

What is “Normal” Aging? Teaching Outline

Prepared by:

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Introduction to problem:

Aging can sometimes be a scary thing – mostly because we do not always know how aging is supposed to progress. This lesson will cover “normal” aging, as well as discussing simple strategies you can do now to help you to continue aging successfully.

Program objectives:

After completing this program, participants should understand:

- What can be expected from typical aging.
- Strategies to help participants aging successfully.

Program materials:

- For FCS educators:
 - Teaching outline
 - 45 minute full program PowerPoint
- For OHCE leader lesson:
 - Teaching outline
 - Presentation notes
 - Presentation handout
 - 15 minute leader lesson PowerPoint

Preparation and suggested activities:

Read the PowerPoint slide and notes section prior to the program. The program is meant to be interactive. Encourage participants to share stories about their experiences regarding aging.

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Lesson Evaluation: Family Breakdown, Resilience, and Risky Behaviors Issue Team

- FCS educators: Following the lesson, please gather the completed evaluations and return them to your County OSU Extension Center no less than one week after lesson.

Source:

- Whitbourne, S. K., & Whitbourne, S. B. (2017). Adult development and aging: Biopsychosocial perspectives (6th edition). Wiley.