



Health  
South Eastern Sydney  
Local Health District

Eastern Suburbs Mental Health Services

# Ageing with Purpose

*Being visible* by Professor Henry Brodaty



# Ageing with purpose



**Henry Brodaty**  
**Aged Care**  
**Psychiatry,**  
**POW Hospital;**  
**Centre for Healthy**  
**Brain Ageing**  
**(CHeBA) UNSW;**  
**Dementia Centre**  
**for Research**  
**Collaboration**  
**(DCRC) UNSW**



# Being invisible





You See...

Fragile  
A burden  
Incapable  
No Future

I See... Strong  
Independent  
Business Owner  
Possibilities:  
I'm going to hike the  
Appalachian Trail!



# Ageism



I miss you like an old man's urine stream misses the toilet.



# Still.....?

- *Are you still ....working?*
- *Are you still ....working full time?*
- *Are you still .... riding your bike?*

*Or ....*

- *Are you still playing bridge?*
- *Are you still driving?*
- *Are you still alive?*



# **Ageism**

- **2002 US Survey of people 60+**
  - **80% had experienced ageism, eg a person assuming that they must have mental or physical deficiencies**
  - **58% had been told a joke that mocked older people**
  - **31% had been ignored or not taken seriously by another person**

# Betty Friedan on TV & magazines Ads



- Non-existence of older people
- Media blackout
- 60<sup>th</sup> Anniversary Year of Woman's Weekly featuring Joan Collins turning 60, there were 52 Ads – not a single one of woman over 60
- Problems of ageing

Betty Friedan, The Fountain of Age, 1993



HOLD ON...IF I'VE  
GOT A SUPPOSITORY IN MY  
EAR - WHERE THE HELL IS  
MY HEARING-AID?



THE DOCTOR  
WOULD LIKE A  
STOOL SAMPLE,  
A URINE SAMPLE,  
AND A SPERM  
SAMPLE.

WHAT DID  
SHE SAY?

THEY WANT  
YOUR  
UNDERWEAR.







**Good evening. You're probably all wondering why you just walked into this room**

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# Invisibility older workers



**Transition to  
retirement age of 67  
by 2023, but ...  
..how to get a job ??**





# Invisibility: nursing home residents

## Four Corners: AGED CARE 17.09.18



Image: Four Corners

# Four Corners: AGED CARE 24.09.18

**Four Corners** By Anne Connolly, [Brigid Andersen](#), Mary Fallon, [Patricia Drum](#)

Posted 24 Sep 2018, 5:24am



**VIDEO:** [WARNING: DISTRESSING CONTENT](#). Hidden camera captures Jean Robins' treatment at Perth nursing home. (ABC News)

When Ed Robins noticed bruising and skin tears on his 92-year-old mother, he decided to install a small video camera in her room at Perth's Morrison Lodge nursing home.

**RELATED STORY:** ['They're all someone's mum, someone's dad... and they're just forgotten'](#)

**RELATED STORY:** ['Truly disgusting': Would you eat this? The food inside aged care facilities](#)

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# Contrast with visibility of old age in different cultures



**“... we pay our respects to  
elders past & present”**



**Filial Piety**

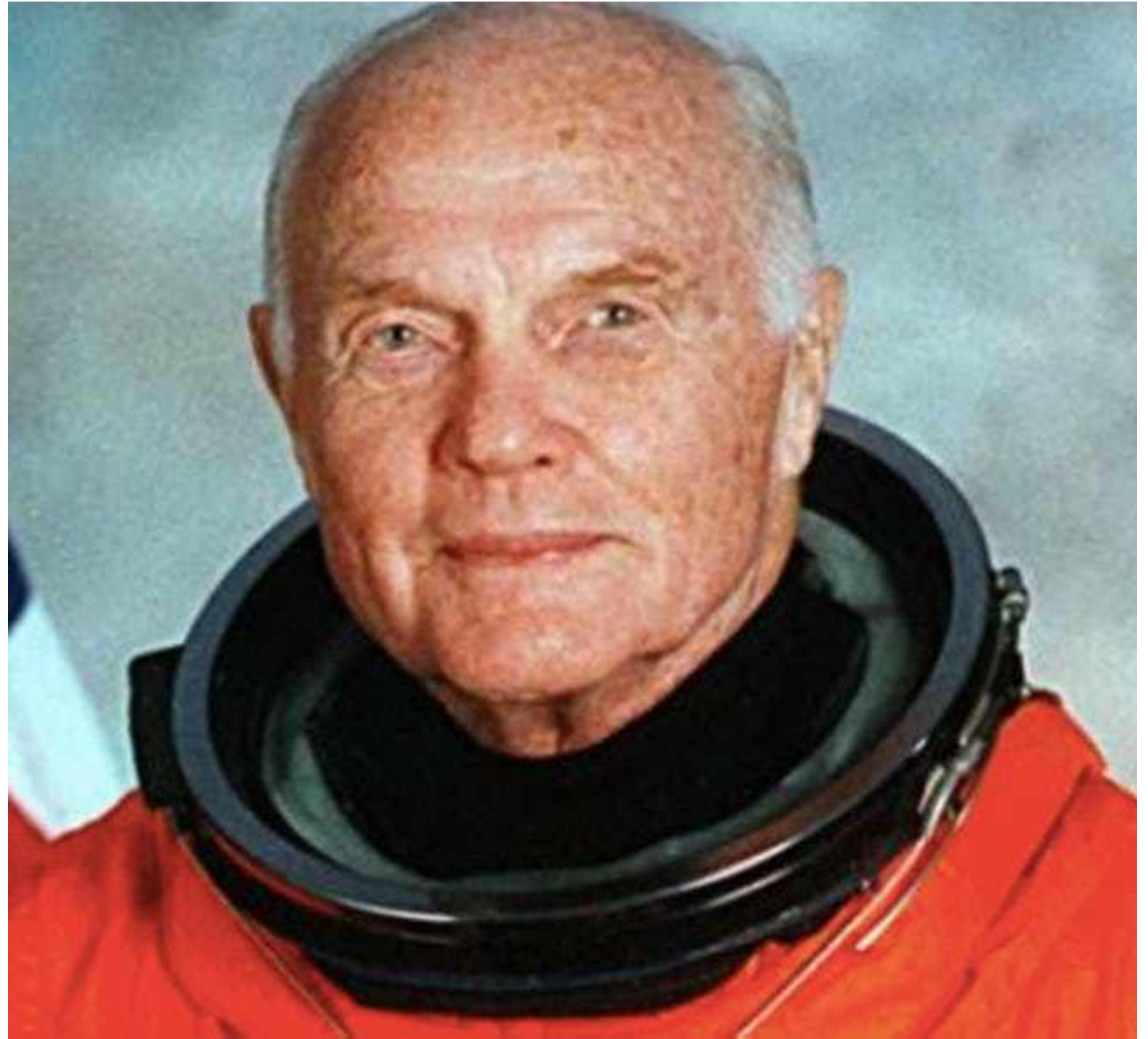
# Contrast with visibility in media



**Hugh Hefner, 83**



**John  
Glenn  
became  
oldest  
person go  
to into  
space,  
aged 77**





**Mick Jagger, 75**

**Jane Fonda, 80  
2018 Oscars**





**Tun Dr. Mahathir bin  
Mohamad, 93**



**Robert Mugabe 94**



**Nelson  
Mandela  
elected  
President of  
South Africa  
at 75**





# The Queen, 92



# Roberta McCain, 106, at John's funeral





# Ita Buttrose turns 75 on TV



***Do not go gentle into that good night***

...







# Secrets of youth

Bluemoon Secrets Chamber

## Natural Fountain Of Youth

Premium Royal Jelly  
From New Zealand

蜂 存魅力光采  
蜂王乳+芝麻素

Made with NATURAL Ingredients

BHK's  
Royal Jelly  
芝麻萃取配合

BHK's

An advertisement for BHK's Royal Jelly. It features a woman's face on the left, a honeycomb in a glass dish in the center, and a bottle of the product on the right. The text is in both English and Chinese, highlighting the product's natural ingredients and origin from New Zealand.

HOW  
MY MUM  
STAYS  
YOUNG



# Quest for eternal life



- Pope Innocent VIII (1432-1492)
- Requested injection of blood of young men
- He died almost immediately

**Now being resurrected**

# Quest for eternal life

- 20<sup>th</sup> century, John Romulus Brinkley advocated transplanting goat testicles into men
- Testosterone injections continue to be popular

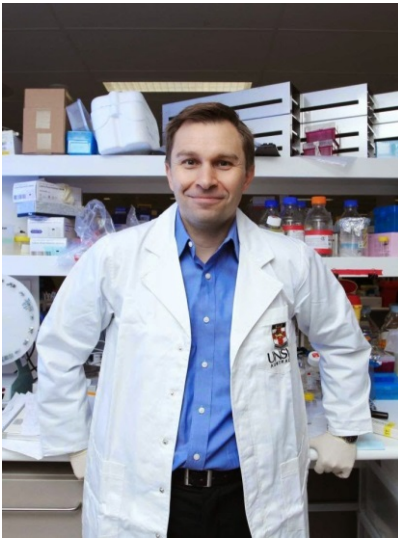


Goat testicles at  
Beijing market



# **The quest continues**

## **Current searches for youth elixirs**



**David Sinclair**

- **Calorie restriction**
- **Sirtuins – “longevity genes”**
- **Resveratrol**
- **NAD (nicotinamide adenine dinucleotide)**
- **NMN (nicotinamide mononucleotide) into mice → leaner, >energy, run further**
- **Human trials started\***

**\*Harvard Magazine, Sept 2017**

# The baby boomers are here!









**The four Dames:  
Maggie Smith 83, Joan  
Plowright 89,  
Eileen Atkins 84 and Judi  
Dench 83**

**The Book Club  
Mary Steenburgen 65, Jane Fonda 80,  
Candice Bergen 72, Diane Keaton 72**



# **Older Australians in 2016 are getting older and are more diverse**

**If you were aged 65**

- a man could expect to live 20 years**
- a woman could expect to live 22 yrs**

**1 in 3 older people  
were born overseas,  
most in non-English  
speaking countries**

**Australian Institute for Health  
and Welfare, 2018**

# Older Australians....

- 1 in 8 is employed
- 3 in 4 own their home
- 1 in 5 volunteer
- 3 in 4 participate in recreational activities away from home





# Older Australians

- Most older people live in private dwellings in the community—only 6% live in non-private dwellings, e.g. aged care homes and hospitals
- Even among those aged 85 years and over, 74% live in private dwellings
- Almost a *third* of men aged 65–69 years are in the workforce; *this halves each five years till 80*
- *Rates for women  $\approx$  half of those for men*



***Productivity Commission 2013***

# **Older people are contributors**

- **Despite relatively low average levels of income, 24% of all older Australians provide direct or indirect financial support for adult children or other relatives**
- **Older Australians are active contributors to family and community life**
  - **48% of people aged 65–74 years provide unpaid assistance to someone outside their household**
  - **33% volunteer through an organisation**
  - **29% are actively involved in community organisations**
  - **two thirds in social and support groups**

# The future

- Demography wins OK!

***By 2050 or 2060.....***

- Age 65+ = 15% population now → 25%
- Age 75+ almost 7% now → 14%+
- ***Centenarians:*** 1 in 10,000 in 1975 to...1 in 1,000 in 2054/55 or about 4000 *now* to 40,000

***But...***

- 4.5 people of working age (15-65) to support every person aged 65+ → 2.7

**Intergenerational Report 2015**



# The future



- Healthier and more active ageing
- Years to our life; life to our years
  - Longer disability-free lifespan
- Assistive technology
- Electoral power
- Market place power:  
“Woofies” = Well Off Older Folks



# Ageing with purpose

- Ageing and proud
- For many it is a golden age; for some not
- How we lived in earlier years strongly influences on how we enjoy later life
- AND, how we live now ....



# Purpose → Meaningfulness

- **Family**
- **Volunteering**
- **Socialising**
- **Spirituality**
- **Personal development**
- **Leaving one's legacy**
- **Reflecting on past**
- **More .....**



**World's  
oldest  
marathon  
runner,  
aged 104**



**Master's degree, 94yo**



# Ageing with purpose



- **Visibility of older people generally**
- **Very visible older people in arts, politics, etc**
- **Our panel who are visibly ageing with purpose**
- **Becoming older is not a disease**
- **Ageing is not a cause of depression and anxiety**
- **Ageing is no barrier to assertion**
- **Each of us visible and important to Australia and to our family, our friends and ourselves**



**Slides  
available on**



**[www.seslhd.health.nsw.gov.au/ageing-purpose-2018](http://www.seslhd.health.nsw.gov.au/ageing-purpose-2018)**

**[www.cheba.unsw.edu.au](http://www.cheba.unsw.edu.au)**  
**[www.dementiaresearch.org.au](http://www.dementiaresearch.org.au)**

**Please fill out your evaluation form  
Give us your feedback and your ideas**



Health  
South Eastern Sydney  
Local Health District

Eastern Suburbs Mental Health Services

# Ageing with Purpose

*Understanding & managing my mood*  
by Associate Professor Chanaka Wijeratne

