

Quick Guide:

The Misconceptions of Aging

Use this guide to dispel common myths about aging and create a more positive mindset that fosters fuller, more meaningful lives for older adults.

Myth: It's normal for older adults to be lonely and depressed

Loneliness and depression aren't inevitable consequences of aging. Many older adults actually notice a renewed sense of vitality as they age. If you notice signs of depression – such as fatigue, feelings of self-doubt and difficulty connecting with others – reach out to a therapist, counselor or support group for help.

Ways to connect

- Join community groups, clubs and events
- Reach out to friends or family members
- Visit or check in with a neighbor
- Invite others over for tea or meet friends for lunch at a restaurant

Myth: Older adults can't learn new things

Science has shown that continued learning leads to improved cognitive health and better memory. Ask your parent what new skill they would like to learn. What is something they've always been curious about?

Simple ways to engage the mind

- Listen to audiobooks or lectures
- Join a club that teaches a skill, like Toastmasters®
- Volunteer within the community
- Play games and puzzles
- Draw, paint or learn other forms of art
- Try a new recipe

Myth: Older adults should take it easy

No matter one's age, ability or health condition, everyone can enjoy physical activity. What challenges prevent your parent from being active? Brainstorm ways to reintroduce movement and fun.

Easy-to-do activities that move the body

- Yoga
- Tai chi or martial arts
- Dancing
- Chair exercises
- Walks in the park or an indoor mall
- Breathing exercises
- Swimming or water aerobics
- Gardening