

## Why Gerontology Matters

PowerPoint Notes

### Slide 1

No notes

### Slide 2

- What are old people like? What names do we call old people? Do you look at aging as a positive or negative? Are you excited to age?
- Aging is a natural and inevitable process (all those who thought we were this close to immortality have one thing in common – they're dead) and includes gains as well as losses
- What do we gain psychologically? (increased vocabulary, problem solving, creativity, wisdom; plasticity, compensation, positivity focus/emotion regulation)

### Slide 3

- Social reasons: demographic shift
- Personal reasons: Why I study aging (want to promote quality of life for myself and other aging individuals; treat others the way I hope someone will treat me when I'm old)
- Most careers are careers in aging; good job security
- Do you want to get old? What don't we like about the idea of growing old? (cognitive decline)

### Slide 4 – 6

No notes

### Slide 7

- Help students to understand Gerontology is relevant to all fields...

### Slide 8 – 28

No notes