

# Understanding the Concept of Resilience

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**Why call it Resilience?**



Children and Adolescents



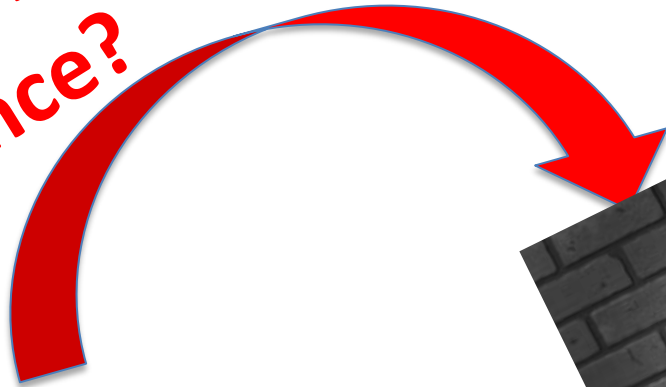
Older Adults

**Physics**

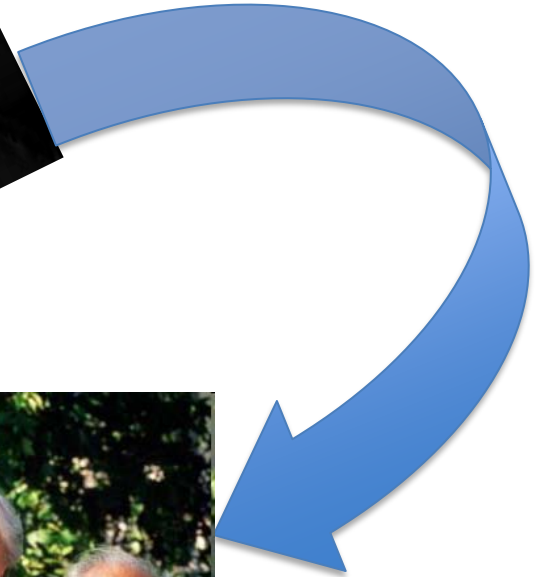
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Physics

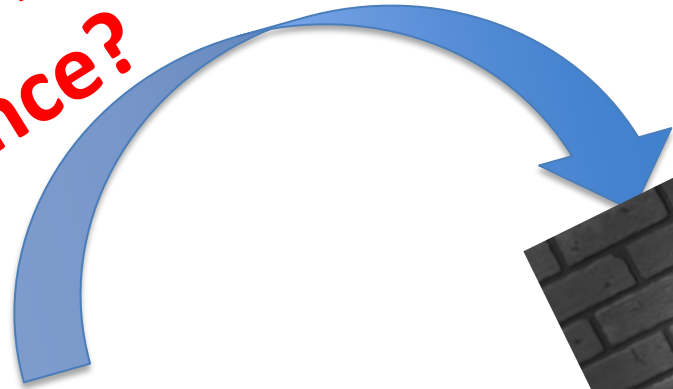


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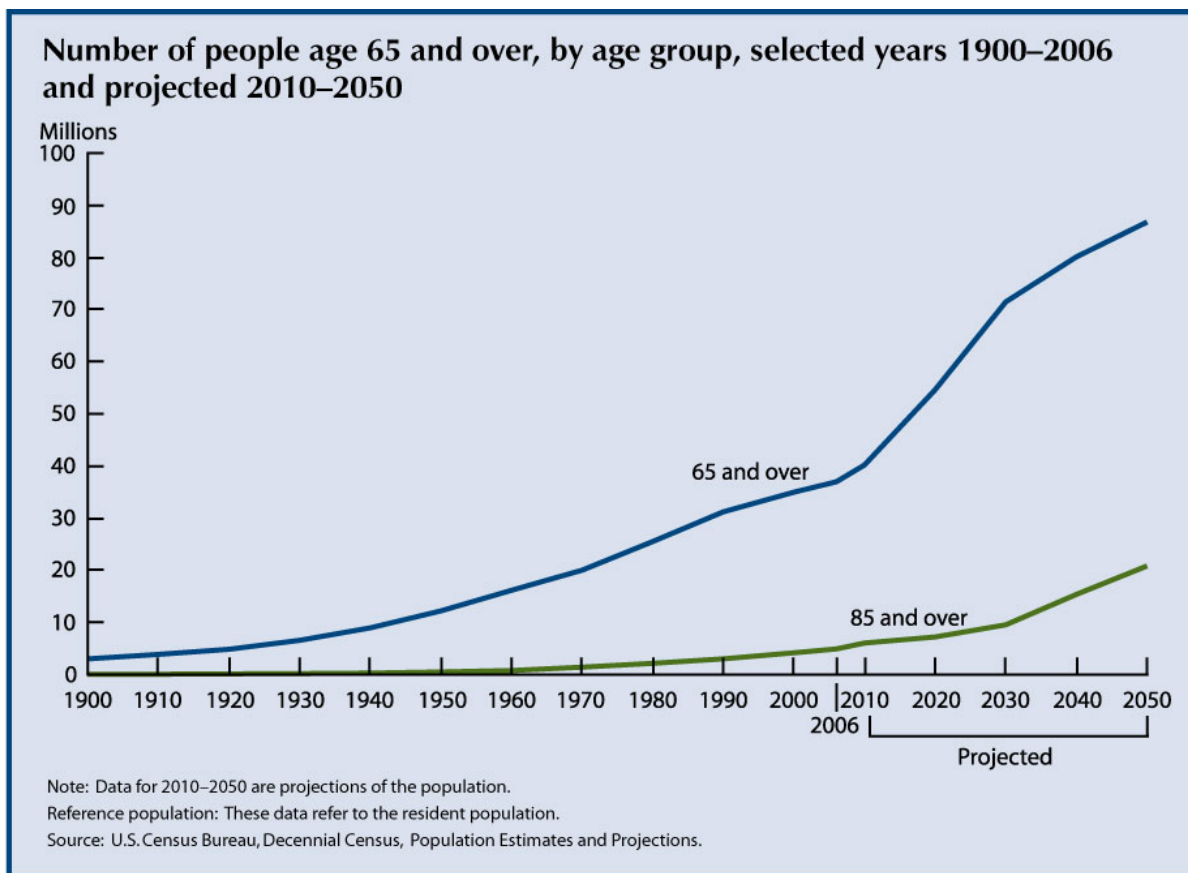


Physics



**Older  
Adults**

# Rising Number of Older Americans



# What does aging really all about?



# Independence

- Most older adults are independent and living at home
  - Age 65-74: 99%
  - Age 75+: 95%



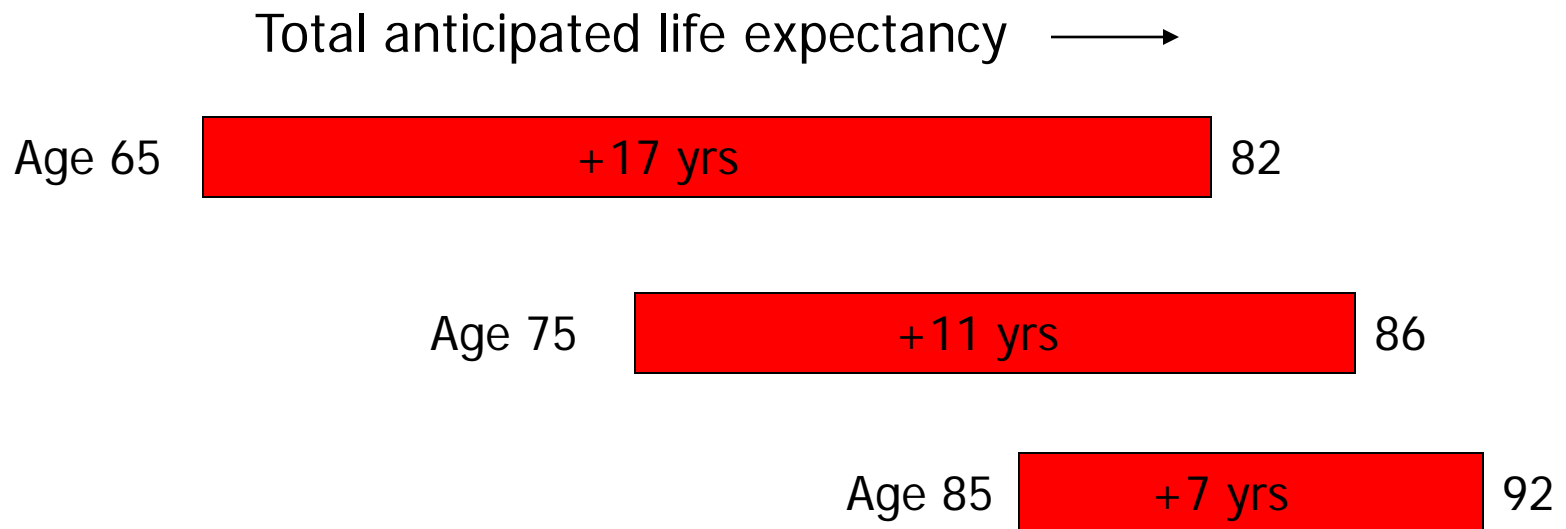
# Good/Excellent Self-Reported Health

- Most older adults rate their health as excellent/good
  - Age 65-74: 78%
  - Age 75+: 67%



Ostbye, T. Ten Dimensions of Health and Their Relationships with Overall Self-Reported Health and Survival in a Predominately Religiously Active Elderly Population: The Cache County Memory Study *Journal of the American Geriatrics Society*, Dec. 19, 2005; online edition

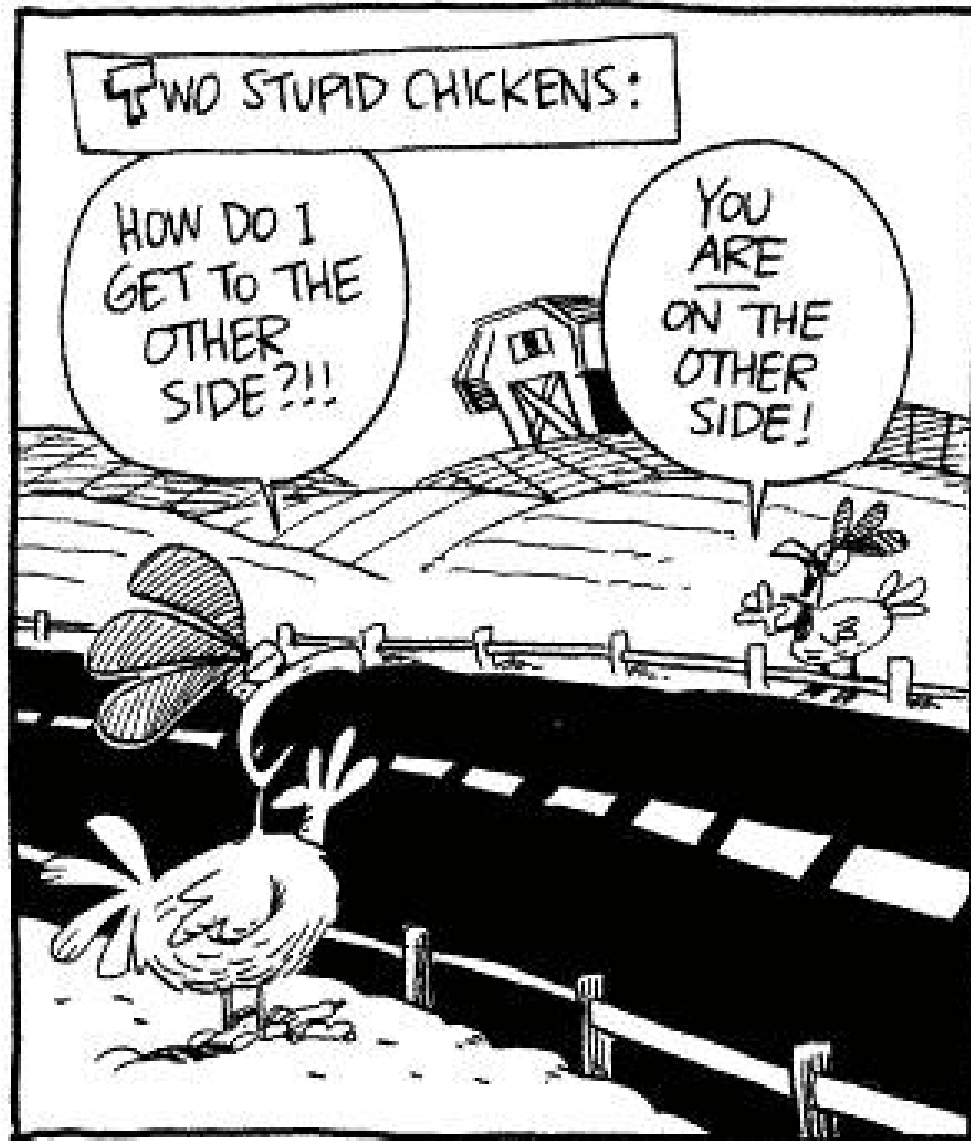
# Long Anticipated Life Expectancy



Adapted from: [AgingStats.gov](http://AgingStats.gov) Federal Interagency Forum on Aging-Related Statistics 2008



## On perspective...



# The Life Course



# How do we understand resilience?



The Individual

# How do we understand resilience?



The Community

# Resilience

## An Overview of the Seven Tenets



# Optimism

The expectation of a hopeful outcome and a focus on the most positive aspects of a situation



# Flexibility

The capability to adapt to new, different, or changing requirements; adaptability



# Determination

To demonstrate resolve, perseverance and strength of purpose



# Connectedness

To develop and maintain close ties with others  
and with the larger community



# Balance

Symmetry in physical sense and composure in the psychological sense characterized by stability, centeredness, and harmony



# Diversity

To have a range of possibilities, and a mix of alternative actions



# Sustainability

To endure and remain capable over time; to maintain a desired state of health and wellbeing



# Additional thoughts...



# Lifetime Adversity and Resilience



"Stop your whining. Don't you know that what doesn't kill you will make you stronger?"

# Rubber Bands and Resilience



# Successful Aging vs. Resilience



# On Compassion



# Understanding the Concept of Resilience

**Thank you!**



# Questions?

