

Overview



The proportion of older adults in our population is growing. With that growth comes the need for greater awareness of the health, social and other concerns faced by older adults and their families.

To address this concern, *BC Talks Aging* offers free access to a series of modules provided by established scholars at Boston College. The series is aimed at those who wish to gain knowledge and resources on the issues related to aging, including social workers, nurses, and other practitioners in the field, instructors, students, and members of the general public. Each module includes a video presentation and resources for further reading.

Contributing faculty:

James Lubben, School of Social Work
Carrie Johnson, Institute on Aging
Christina Matz-Costa, School of Social Work
Scott Easton, School of Social Work
Stewart Bond, Connell School of Nursing
Sara Moorman, MCA&S Sociology Department
Lichuan Ye, Connell School of Nursing
Eranthi Weerapana, MCA&S Chemistry Department

View the video playlist on YouTube
<http://www.bc.edu/centers/ia/>



BC Talks Aging

Producing Online Learning Modules

James Lubben, School of Social Work and Carrie Johnson, Institute on Aging

BOSTON COLLEGE EXCELLENCE IN TEACHING DAY



Script Development for Video

1. The faculty presenter meets with IOA staff and video producer to understand the "narrative arc" needed for a film.
2. The presenter creates a script and shares it with IOA staff and producer who works with presenter on the flow and ask clarifying questions from a layperson's perspective.
3. The presenter shares existing graphics or data they would like included. A professional designer creates high resolution graphics to underscore important information and keep visual interest.
4. The script is segmented and corresponding graphics are linked to script. Every second counts and is planned!
5. This script goes to faculty several times for final revisions and approval before day of filming.



Sample Script: Social Isolation

1. How many **Relatives** do you see or hear from at least once a month?
2. How many **Relatives** do you feel close to such that you could call on them for help?
3. How many **Relatives** do you feel at ease with that you can talk about private matters?
4. How many **Friends** do you see or hear from at least once a month?
5. How many **Friends** do you feel close to such that you could call on them for help?
6. How many **Friends** do you feel at ease with that you can talk about private matters?

The LSNS-6 has a series of three questions for assessing family ties and a comparable set of questions assessing friendships.

The lead in for family items "considering all the people you are related to by birth, marriage, adoption, and so forth."
The lead in for the friendship items is "considering all of your friends including those who live in your neighborhood."

The set of questions for the LSNS-6 are shown on this slide.

Reflections

Focused and concise content

- Shorter videos are more useful and successful. Online viewers tend to watch a video for three minutes or less.
- Faculty utilizing videos in the classroom want short, manageable soundbites. Agencies using videos for staff training want concise videos to stimulate further discussion in a meeting or training session.
- The videos are most useful when kept to a specific topic rather than longer videos that cover a broad range of information. People will not search through a 15 minute video to find the one topic that they are interested in.
- Professionals in the field want theoretical information but also need to know how it relates to their work on a day to day basis.

Professional production

- Using a professional production company has been very important to successful video production. Professional video producers, videographers, and teleprompter technicians bring a different "eye" to the work. Their expertise allows for a more finished product in terms of visual production value, content and story-telling.
- Writing a clear, concise script is critical to achieving a successful end product. Presenting in a video is very different than a live speech and adlibbing does not translate well to this format.
- Development of graphics specific to the topic is critical. We relied too heavily on stock photography for our initial videos and missed the opportunity to more specifically convey important messages during the videos.

Module II: Social and Productive Engagement

Engage as We Age

Featuring **Dr. Christina Matz-Costa**, Assistant Professor at the School of Social Work.



Introduction

The productive aging paradigm focuses on the idea that providing opportunities for older adults to put their hearts, minds, and souls into activities that are both recognized by society and personally valued—like work, volunteering, caregiving, informal helping, and education—can have powerful consequences for individuals, families, communities and society. This module will focus on the individual, community, and societal benefits...

Module VI: Sleep

Poor Sleep is Not a Normal Part of Aging

Featuring **Dr. Lichuan Ye**, Associate Professor at the Connell School of Nursing



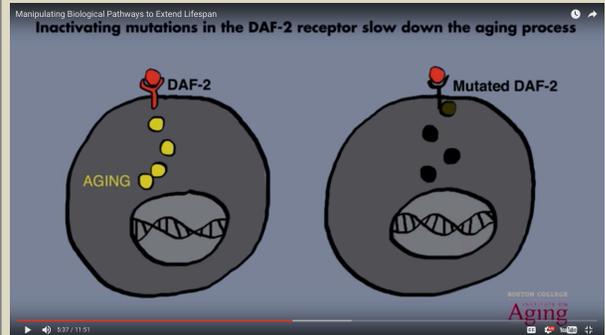
Links to Further Resources:

Simple Tips to Improve Your Sleep
Age-Related Sleep Problems and Sleep Strategies Later in Life
National Sleep Foundation: Aging and Sleep
National Institute on Aging: A Good Night's Sleep
Selected List of References

Module VII: Extending Lifespan

Manipulating Biological Pathways to Extend Lifespan

Featuring **Dr. Eranthi Weerapana**, Associate Professor of Chemistry at Boston College



Works Cited:

- C. Elegans as a model organism: Riddle, D. L.; Blumenthal, T.; Meyer, B.J.; Priess, J.R. In C. elegans II 2nd ed.; Riddle, D. L., Blumenthal, T., Meyer, B.J., Priess, J.R. Eds. Cold Spring Harbor (NY), 1997.
- Generation of the daf-2 mutant: Kenyon, C.; Chang, J.; Gensch, E.; Rudner, A.; Tabtiang, R. "A C. elegans mutant that lives twice as long as wild type" Nature, 336, 461-4, 1993.