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/ioa/

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

Sample Script: Social Isolation

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

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 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 VII: Extending Lifespan
Manipulating Biological Pathways to Extend Lifespan
Featuring Dr. Eranthi Weerapana, Associate Professor of Chemistry at Boston College

Works Cited: