

## **WPA Course on Positive Aging**

**Session date:** Thursday, 28 September 2023

**Session time:** 08:30 – 11:30 (break at 09:50-10:20)

**Course name:** The Art and Science of Positive and Healthy Aging

Course Director:

Prof. Dilip V. Jeste (San Diego, USA)

Course Co-Director:

Prof. Helen Lavretsky (Los Angeles, USA)

Faculty:

Prof. Dilip V. Jeste (San Diego, USA)

Prof. Helen Lavretsky (Los Angeles, USA)

Prof. Samantha Boardman (New York, USA)

Prof. Carlos de Mendonca Lima (Geneva, Switzerland)

### **Course Session**

Thursday, 28 September 2023, 08:30am-11:30am CET

### **Course Programme:**

08:30 – 11:30

The Art and Science of Positive and Healthy Aging

(1) Prof. Dilip Jeste, MD: How to Keep Our Brain Young and Our Body Active in Later Life: 20 min.

Q&A: 5 min.

(2) Prof. Carlos de Mendonca Lima: Using Education to promote healthy aging and to combat ageism 20 min

Q&A: 5 min.

(3) Break: 20 min.

(4) Prof. Helen Lavretsky, MD: Mind-Body Interventions to Reduce Stress and Increase Resilience in Older Age:

20 min.

Q&A: 5 min.

(4) Prof. Samantha Boardman, MD: Practical Strategies to Promote Healthy Aging in People with Mental Illnesses: 20 min.

(5) Discussion

## Methods and materials

Presentations, PP slides, interactive discussions, general discussion, recommended readings.

## Educational intentions

After the course the participants will be knowledgeable about ...

... Changes in the brain that occur with aging in active vs. inactive persons

... Using body-mind interventions to reduce stress and increase resilience in late life

... Employing strategies that enable mentally ill individuals to age successfully

## Course Description

The United Nations has declared 2021-2030 as the Decade of Healthy Aging. The World Health Organization has proposed four major target areas: combating ageism, creating more age-friendly cities and communities, securing person-centred integrated healthcare, and providing access to long-term care, so more people can live a healthy and active later life. This Course will address all these 4 main areas as they apply to mental health and mental illnesses.

Ageism is driven by a common misperception that old age is associated with an inevitable decline in brain functioning. The Course Faculty will describe global research during the last 30 years that clearly shows plasticity of the aging brain in people who stay active physically, cognitively, and socially. Body-mind interventions like meditation and mindfulness reduce stress, enhance resilience, and have positive biological effects on brain and body. Positive psychosocial determinants of health such as quality of social connections, wisdom, and positive attitude can be enhanced in age-friendly communities. Many strategies that are available to the general population can also be used, with appropriate modifications, in older adults with mental illnesses. These will be presented along with illustrative case examples.

This Course will be useful to attendees who are interested in understanding the mechanisms that underlie healthy aging and the strategies that promote healthy aging in people with mental illnesses, their families, and also the healthcare providers themselves. The Course Faculty are internationally renowned experts in aging and mental health. There will be time for questions and comments from the audience after each presentation and toward the end of the session.

## Prerequisite knowledge

Mental healthcare practitioners, researchers, educators, and administrators as well as trainees in the fields of psychiatry, psychology, nursing, social work, and pharmacy, who are interested in understanding the effects of aging on the brain and body in the general population and especially in people with mental illnesses. Attendees from any age group will find this session useful because they are themselves older adults, or they focus on treating older persons with mental illnesses, or they have family members or friends who are older and who can be helped.

## List of recommended readings

Algoe, S. B., Kurtz, L. E., & Hilaire, N. M. (2016). Putting the “you” in “thank you” examining other-praising behavior as the active relational ingredient in expressed gratitude. *Social Psychological and Personality Science*, 7(7), 658-666.

Boardman, S., Odem, R., & Lam, J. A. (2022). Using the tools of positive psychiatry to improve clinical practice. *Current Psychiatry*, 21(10), 17.

Eglit GML, Palmer BW, Jeste DV: Overview of Measurement-based Positive Psychiatry. *Nordic Journal of Psychiatry*, 2018;72:6, 396-403. doi:10.1080/08039488.2018.1459834

Eyre HA, Lundin R, Falcão VP, Berk M, Hawrot T, Leboyer M, Destrebecq F, Sarnyai Z, Reynolds C 3rd, Lavretsky H, Kolappa K, Cummings J. Brain Health Is a Determinant of Mental Health. *Am J Geriatr Psychiatry*. 2023 Feb 14:S1064-7481(23)00179-3. doi: 10.1016/j.jagp.2023.02.005. Epub ahead of print. PMID: 36914554.

James, S. N., Chiou, Y. J., Fatih, N., Needham, L. P., Schott, J. M., & Richards, M. (2023). Timing of physical activity across adulthood on later-life cognition: 30 years follow-up in the 1946 British birth cohort. *Journal of Neurology, Neurosurgery & Psychiatry*.

Jeste DV, Palmer BW, Rettew DC, Boardman S. Positive psychiatry: its time has come. *Journal of Clinical Psychiatry* 2015 Jun;76(6):675-83. doi: 10.4088/JCP.14nr09599

Jeste DV, Savla GN, Thompson WK, Vahia IV, Glorioso DK, Martin AS, Palmer BW, Rock D, Golshan S, Kraemer HC and Depp CA. Association between older age and more successful aging: Critical role of resilience and depression. *American Journal of Psychiatry* 170:188-196, 2013.

Lam J, Lee EE, Aftab A, Jeste DV: Positive Psychiatry Interventions in Geriatric Mental Health. *Current Treatment Options in Psychiatry*, 2020 Dec;7(4):471-488. doi: 10.1007/s40501-020-00228-6

Laird KT, Lavretsky H, Paholpak P, Vlasova RM, Roman M, St Cyr N, Siddarth P. Clinical correlates of resilience factors in geriatric depression. *Int'l Psychogeriatr*. 2019 Feb;31(2):193-202. doi: 10.1017/S1041610217002873. Epub 2018 Jan 16. PMID: 29335041 Free PMC article.

Leaver AM, Yang H, Siddarth P, Vlasova RM, Krause B, St Cyr N, Narr KL, Lavretsky H. Resilience and amygdala function in older healthy and depressed adults. *J Affect Disord*. 2018

Sep;237:27-34. doi: 10.1016/j.jad.2018.04.109. Epub 2018 Apr 25. PMID: 29754022Free PMC article.

Levine GN, Cohen BE, Commodore-Mensah Y, Fleury J, Huffman JC, Khalid U, Labarthe DR, Lavretsky H, Michos ED, Spatz ES, Kubzansky LD. Psychological Health, Well-Being, and the Mind-Heart-Body Connection: A Scientific Statement from the American Heart Association. *Circulation*. 2021 Mar 9;143(10):e763-e783. doi: 10.1161/CIR.0000000000000947. Epub 2021 Jan 25. PMID: 33486973.

Reynolds CF, Jeste DV, Sachdev P, Blazer DG: Mental health care for older adults: recent advances and new directions in clinical practice and research. *World Psychiatry*, October 2022;21:336–363.

Saito, J., Haseda, M., Amemiya, A., Takagi, D., Kondo, K., & Kondo, N. (2019). Community-based care for healthy ageing: lessons from Japan. *Bulletin of the World Health Organization*, 97(8), 570.

Scelzo A, Di Somma S, Antonini P, Montross LP, Schork N, Brenner D, Jeste DV: Mixed-Methods Quantitative-Qualitative Study of 29 Nonagenarians and Centenarians in Rural Southern Italy: Focus on Positive Psychological Traits. *International Psychogeriatrics*. 2018 Jan;30(1):31-38. doi: 10.1017/S1041610217002721

Willmore, L., Cameron, C., Yang, J., Witten, I. B., & Falkner, A. L. (2022). Behavioural and dopaminergic signatures of resilience. *Nature*, 1-9.