

You're Not Over the Hill

Claiming an Empowered
Elderhood of Meaning and
Purpose




Personal Workbook for Navigating

successfulesenior.org

Senior Bounce Back Project
620 Cherokee Blvd Suite 206
Chattanooga, Tn 37405
423-875-6723





Aging is not lost youth but a new
stage of opportunity and strength.

– Betty Friedan



You're Not Over the Hill Personal Workbook

**Aging is not lost youth but a new stage
of opportunity and strength
Betty Friedan**

Welcome to You're Not Over the Hill - providing a plan for reclaiming an Empowered Elderhood. This workbook was designed to help you get exciting results from this 7 episode video course. You can watch these videos in a single day or spread them out, watching them at your convenience.

This Navigation Guide will provide you with some activities you can do to help you get the most out of this program. Print off a copy of this guide on one side of the paper, using the other side to take notes as you go.

Congratulations on your interest in reclaiming your potential as an Empowered Elder making a positive difference in the world.



You're Not Over the Hill

Episode 1

Empowered Elderhood in Spite of Bumps in the Road

1. Begin by viewing Episode 1 (15 minutes)

2. When you have finished, think about the bumps in the road you have faced and the ways you managed to overcome the obstacles you were facing. Make some notes here to remind you of how you have faced difficult challenges and overcome them.

Notes:

3. What were some key things you learned about how to overcome adversity? Take some notes then set them aside for future use.

**“There will always be rocks in the road ahead of us. They will be stumbling blocks or stepping stones; it all depends on how you use them.”
Friedrich Nietzsche**



You're Not Over the Hill



Episode 2

Getting Past the Bias Against Elders

1. Watch Episode 2 (15 minutes)
2. Think about examples you have seen in stores, online, or television or other places that seem to imply that elders are “less than” or “over-the-hill.” List some here
3. Now take a few minutes and note all the ways these prejudices are not true.
4. You begin to see new possibilities as you look at your life with eyes of gratitude. Use this document to begin to daily list 5 new things you notice that you are thankful for. Notice how many more you see once you get started writing them down.

**“Gratitude turns what we have into
enough” Aesop**





You're Not Over the Hill

Episode 3

Giving Life Meaning

1. Watch Episode 3 (20 minutes)
2. Make a list of knowledge and skills you have that might be useful in helping others in some way.
3. Consistent with what was described in the video, determine what things in your life are really important to you now and things you hope will be part of your life in the future.

Pick the top 8 and begin to collect some pictures or symbols to represent those items on the vision board you are going to create for yourself.



“The meaning of life is to find your gift. The purpose of life is to give it away” William Shakespeare



You're Not Over the Hill



Episode 4

Developing your Plan

1. Watch Episode 4

2. Using the materials you have collected along with a “board” of some type, create your own vision board of the things you want to protect, grow, and add to your life as an empowered elder.

Be sure to add some motivational quotes to encourage you.

3. Using the Empowered Elder Assessment Form found at the end of this booklet, consider all the things your vision board indicates you want to be able to do.

Determine what tools or outside help you are going to need to be able to successfully execute the plan for your future.



“A goal without a plan is just a wish”
Antoine de Saint - Exupery



You're Not Over The Hill



Episode 5

Having the Right Expectations

1. View Episode 5 (15 minutes)
2. Review your vision board and your self assessment. Ask yourself if there are any areas where you are limiting yourself and your potential more than you need to be. If so, adjust your plan accordingly.
3. Ask yourself what you need to say to yourself to encourage the “Can Do” attitude you need. Add any messages to you Vision Board you think will be helpful.
4. Continue to daily list 5 new things you are thankful for.

“Once you replace negative thoughts with positive ones, you’ll start having positive results.” Willie Nelson



You're Not Over The Hill



Episode 6

Choosing Restorative Care

1. View Episode 6 (20 minutes)
2. Now, ask yourself, “How do I feel when others see me as “old” or incompetent? Write notes to yourself.
3. What have you learned is important for retaining a sense of being and Empowered Elder? Write notes to yourself.
4. Now return to your Vision Board. Build into your plan any additional steps or strategies you need to take to assure you are tackling it as an Empowered Elder.
5. Continue to record 5 things daily you are thankful for.

“I was always looking outside myself for strength and confidence, but it comes from within. It is there all the time.”
Anna Freud



You're Not Over The Hill



Episode 7

Stretching the Possibilities

1. View Episode 7 (15 minutes)

2. After seeing a number of additional ideas of ways elders have used their life experiences to make a difference in creative ways, return to your vision board.

Ask the question, "What more am I already equipped to do (or could be with just a little effort) that could make a positive difference in the lives of others?"

3. Congratulate yourself on being intentional about making a plan, changing your life and the lives of others for the better

4. Continue to add 5 new things daily you are thankful for. This will add fuel to your success.



**"In this life we cannot always do great things, But we can do small things with great love."
Mother Teresa**





If you know other groups that could benefit from the You're Not Over the Hill Program, please share our website information

successfulesenior.org

or contact us for more information about Bounce Back in Assisted Living staff development, individual certification and facility accreditation

or

Empowered Elder Groups in Senior Independent Living including Life Enrichment activities



How I Will Reclaim An Empowered Elderhood (Episode 4)

Name _____

Date _____

Things I need to be able to do to achieve my personal vision	I can do on my own	Special Tools or Adaptations that will enable me to do it (list)	Technology that can assist me (list)	Paid outside help to assist (list)	A living setting will provide (Describe)
1. Able to be in group opportunities that interest me					
2. Practice way to interact with friends and family					
3. Shopping for meals and supplies					
4. Provision and preparation of meals					
5. Household cleaning and other tasks					
6. Laundry and keeping clean clothes					
7. Dressing myself/ undressing					
8. Bathing regularly					
9. Grooming, shaving, hair care					

Things I need to be able to do to achieve my personal vision	I can do on my own	Special Tools or Adaptations that will enable me to do it (list)	Technology that can assist me (list)	Paid outside help to assist (list)	A living setting will provide (Describe)
--	--------------------	--	--------------------------------------	------------------------------------	--

10. Physically able to get where I need to go inside my house					
11. Physically able to get where I need to go outside the house					
12. Able to do tasks needed to maintain household					
13. Able to handle medicines and any needed medical treatment					
14. Able to remember and process what I need to do					
15. Able to see adequately to handle daily living					
16. Able to hear adequately to handle daily living					
Other issues needing a plan					