



The Open
University

Ageing Well Series

[Jitka Vseteckova, PhD, D.Prof., SFHEA](#)

Knowledge Exchange and Enterprise Lead, Deputy Chair [Carers Research Group OU](#), Associate Editor BMC

(Springer Nature), Faculty of Wellbeing, Education and Language Studies (WELS), The Open University

Ageing well – facilitated learning

- During the '**Ageing Well**' lecture series, we **explore approaches** which may enable us to **live longer and healthier lives**. Theories of ageing, its biomedical and psychosocial aspects, the most common comorbidities, and the ageing brain are some of the concepts that are explored in the series.

- ***Creating bridges*** between researcher community and people who need this information most and inviting them to join us on campus on monthly basis (for now) and making the talks available on national global level for all who may be keen to learn and join and just don't live locally.
- ***Defying ageism*** – it is not for old people specifically as we are all ageing – the five pillars are for all of us and sooner we start being mindful of them the better for the quality of our longevity
- ***Physical meets mental and psychological and vice versa*** – nothing is isolated, that is why the talks are structured around the five pillars
- ***Self care, self management*** – *being responsible for our own care*

1. Are we prepared to live longer?

(basic biomedical and psycho-social aspects of ageing, age-related conditions e.g. sarcopenia, frailty etc. and overview of the next more detailed lectures)

2. Ageing brain

(basic facts on neurodegenerative conditions associated with ageing and age-related and non age-related memory loss)

3. Nutritional needs of ageing

4. Pharmacotherapy while ageing

(age-related changes in pharmacokinetics and pharmacodynamics)

5. Move it and breathe

(more detailed journey into age-related changes in muscles, tendons, bones and the importance of breathing well, exercising well and enough)

6. Standing tall

(more detailed journey into age-related postural alignment changes affecting postural stability and balance, and ways to compensate for 'gravity of ageing')

Five pillars facilitating Ageing Well

Nutrition

Hydration

Physical stimulation

Social stimulation

Cognitive stimulation



- Ageing processes bring a decline in physical and cognitive domain. This decline proceeds at variable speed for different organs and different individuals. This is why the **ageing** in general **is so difficult to predict**.
- There are some **genetic** predispositions that may slightly speed up or slow down the ageing processes or show us what we need to be aware of in terms of age related conditions in our predecessors. However, the **genetic predisposition does not affect 100% of how our ageing might look like especially if we decide to help it**.

- **Ageing is a process** and this process **starts when we are born**, therefore ageing does not affect our age from 60 or 65 years onwards (although this usually is the most often discussed age when it comes to ageing), but the way we live our lives every day will affect the way we age.
- The majority of epidemiologic studies have found **slower** rates of **cognitive and physical decline** among those who routinely engage in **more cognitively and or physically demanding tasks** compared to those with a more mentally and physically sedentary lifestyles.
- **Nutrition, hydration, physical, cognitive & social stimulation – five pillars of ageing well**

- All the way through the '**Ageing Well**' series we discuss how important it is to maintain a well-balanced nutrition and hydration as well as regular physical and social activity in the older age. Finally, we explore how using this knowledge might facilitate self-management & self-advocacy and delay the ageing processes.
- For all topics we will be looking at **basic facts**, recent **research findings** where applicable and it is positively nuanced into what can we do to delay the onset or slow down the progression or improve management of a condition, where possible.
- The **emphasis** of the '**Ageing Well**' series is on **optimizing cognitive and physical well-being**, physiological ageing and facilitating **self-management**. To a lesser extent, on pathological processes while ageing.
- **Promoting physical activity and healthy lifestyle**
- **stretching sessions during talks**
- Evaluation of the series

Five pillars facilitating Ageing Well

Nutrition

Hydration

Physical stimulation

Social stimulation

Cognitive stimulation



Summary of related resources to The Ageing Well Public Talk Series

Podcasts

- Vseteckova J & King J (2020) COVID-19 Interview podcast for The Retirement Café: '[Ageing Well Under Lockdown](#)'
- Vseteckova J & Broad E (2020) Podcast – Open University & The Parks Trust [Keep Me Walking - researching with people living with dementia and their carers](#) -
- Vseteckova J (2020) Podcast - [Areas of research with The Open University](#)
- Broad E, Methley A & Vseteckova J (2021) Podcast OU & The Parks Trust & Northamptonshire Healthcare NHS Foundation Trust - [Spotter sheet and mindful walking](#).
- Vseteckova J, Methley A, Broad E (2021) Podcast OU & The Parks Trust & Northamptonshire Healthcare NHS Foundation Trust [Preventing brain decline while ageing](#)
- Methley A, Broad E, Vseteckova J (2021) Podcast OU & The Parks Trust & Northamptonshire Healthcare NHS Foundation Trust [Walking therapy](#)
- Vseteckova J, Methley A, Broad (2021) Podcast OU & The Parks Trust & Northamptonshire Healthcare NHS Foundation Trust [Understanding our memory](#)
- The above podcasts can be also seen on [The Parks Trust YouTube Channel](#)

OpenLearn Resources:

- Vseteckova J (2020) **Ageing Well Public Talk Series** <https://www.open.edu/openlearn/health-sports-psychology/health/the-ageing-well-public-talks>
- Vseteckova J (2019) **5 reasons why exercising outdoors is great for people who have dementia** <https://www.open.edu/openlearn/health-sports-psychology/mental-health/5-reasons-why-exercising-outdoors-great-people-who-have-dementia>
- Vseteckova J (2019) **Depression, mood and exercise** https://www.open.edu/openlearn/health-sports-psychology/mental-health/depression-mood-and-exercise?in_menu=622279
- Vseteckova J (2019) **Five Pillars for Ageing Well** <https://www.open.edu/openlearn/health-sports-psychology/mental-health/five-pillars-ageing-well>
- Vseteckova J (2020) **Ageing Brain** <https://www.open.edu/openlearn/health-sports-psychology/health/the-ageing-brain-use-it-or-lose-it>
- Vseteckova J (2020) **Ageing Well Public Talks Series II. Plan for 2020 – 2021** <https://www.open.edu/openlearn/health-sports-psychology/health/ageing-well-public-talk-series-plan-2020/2021>
- Vseteckova J (2020) **Walking the Parks with The OU and The Parks Trust** <https://www.open.edu/openlearn/health-sports-psychology/social-care-social-work/keep-me-walking-people-living-dementia-and-outdoor-environments>
- Vseteckova J, Borgstrom E, Whitehouse A, Kent A, Hart A (2021) **Advance Care Planning (ACP)** - [Discuss, Decide, Document and Share Advance Care Planning \(ACP \) - Discuss, Decide, Document and Share - OpenLearn - Open University](#)

- Vseteckova J, Methley A, Lucassen M (2021) **The benefits of mindfulness and five common myths surrounding it** <https://www.open.edu/openlearn/health-sports-psychology/mental-health/the-benefits-mindfulness-and-five-common-myths-surrounding-it>
- Vseteckova J, Broad E, Andrew V (2021) **The impact of walking and socialising through 5 Ways Café on people living with dementia and their carers: A volunteer's perspective** <https://www.open.edu/openlearn/health-sports-psychology/health/the-impact-walking-and-socialising-through-5-ways-cafe-on-people-living-dementia-and-their-carers>
- Vseteckova J, Methley A, Lucassen M (2021) **The benefits of mindfulness and five common myths surrounding it** <https://www.open.edu/openlearn/health-sports-psychology/mental-health/the-benefits-mindfulness-and-five-common-myths-surrounding-it>
- Methley A, Vseteckova J, Broad E (2021) **Outdoor Therapy: The Benefits of Walking and Talking** <https://www.open.edu/openlearn/health-sports-psychology/mental-health/outdoor-therapy-the-benefits-walking-and-talking>
- Vseteckova J, Methley a, Broad E (2021) **What happens to our brain as we age and how we can stop the fast decline** <https://www.open.edu/openlearn/health-sports-psychology/health/what-happens-our-brain-we-age-and-how-can-we-stop-the-decline>
- Methley A & Vseteckova J & Jones K (2020) **Green & Blue & Outdoor spaces** <https://www.open.edu/openlearn/health-sports-psychology/mental-health/the-benefits-outdoor-green-and-blue-spaces>
- Vseteckova J, Methley A, Broad E (2021) **Understanding our memory** [What do we need to know about our memory? - OpenLearn - Open University](https://www.open.edu/openlearn/health-sports-psychology/mental-health/what-do-we-need-to-know-about-our-memory?)

COVID-19 related

- Vseteckova J, **How to age well, while self-isolating** (2020) <https://www.open.edu/openlearn/health-sports-psychology/how-age-well-while-self-isolating>
- Vseteckova J, (2020) **SHORT FILM - Ageing Well in Self-Isolation** <https://youtu.be/LU4pXFgcGos>
- Vseteckova J, (2020) **ANIMATION - Keeping healthy in Self-Isolation** <https://youtu.be/M9yUC-MUugA>
- Vseteckova J et al (2020) **COVID-19 The effects of self-isolation and lack of physical activity on carers** <https://www.open.edu/openlearn/health-sports-psychology/social-care-social-work/the-effects-self-isolation-and-lack-physical-activity-on-carers>
- Taverner P, Larkin M, Vseteckova J, et al. (2020) **Supporting adult carers during COVID-19 pandemic** <https://www.open.edu/openlearn/health-sports-psychology/social-care-social-work/how-can-adult-carers-get-the-best-support-during-covid-19-pandemic-and-beyond>
- Robb M, Penson M, Vseteckova J, et al. (2020) **Young carers, COVID-19 and physical activity** <https://www.open.edu/openlearn/health-sports-psychology/social-care-social-work/young-carerscovid-19-and-physical-activity>
- Penson M, Vseteckova J et al. (2020) **Older Carers, COVID-19 and Physical Activity** <https://www.open.edu/openlearn/health-sports-psychology/social-care-social-work/older-carers-covid-19-and-physical-activity>
- Vseteckova J & Methley A (2020) **Acceptance Commitment Therapy (ACT) to help carers in challenging COVID-19 times** <https://www.open.edu/openlearn/health-sports-psychology/health/how-can-acceptance-and-commitment-therapy-help-carers-challenging-times-such-the-covid-19-pandemic>

'Ageing Well Public Talks' Series 2021/2022 repository on ORDO Collections

<https://ordo.open.ac.uk/collections/Ageing Well Public Talks 2021-22/5493216>

'Ageing Well Public Talks' Series 2020/2021 repository on ORDO Collections

<https://ordo.open.ac.uk/collections/Ageing Well Public Talks 2020-21/5122166>

'Ageing Well Public Talks' Series 2019/2020 repository on ORDO Collections

<https://doi.org/10.21954/ou.rd.c.4716437.v1>

OpenLearnCreate Course on 'Ageing Well' 2019/2020

<https://www.open.edu/openlearncreate/course/view.php?id=5016>

Home exercise no equipment – no problem *Blog*

<https://selsdotlife.wordpress.com/2020/04/01/home-exercises-for-older-adults-no-equipment-no-problem/>

Ageing Well series of Public Talks - topics



- ***Are we prepared to live longer?*** (Jitka Vseteckova & Catherine Pestano) **September 22nd 2021**
- ***Advanced care planning*** (Barbara Gale) **October 20th 2021**
- ***Ageing brain*** (Jitka Vseteckova & Marco Calabria) **November 17th 2021**
- ***Learning languages and digital technologies in older age*** (Ursula Stickler) **December 15th 2021**
- ***Disenfranchising grief and caring while ageing*** (Kerry Jones) **January 19th 2022**
- ***Nutritional needs while ageing*** (Jitka Vseteckova & Alan Hastings) **February 23rd 2022**
- ***Pharmacotherapy while ageing*** (Jitka Vseteckova & Sonal Mehta) **March 23rd 2022**
- ***Mindfulness and ageing*** (Abi Methley) **April 20th 2022**
- ***Move it and breathe*** (Jitka Vseteckova & Declan Ryan) **May 18th 2022**
- ***Standing tall*** (Jitka Vseteckova) **June 22nd 2022**
- ***The things we don't talk about – Intimacy and ageing*** (Andreas Vossler) **July 20th 2022**

Useful resources:

https://ordo.open.ac.uk/collections/Ageing_Well_Public_Talks_2020-21/5122166

<https://ordo.open.ac.uk/account/home#/collections/5493216>



The Open University



THANK YOU FOR SUPPORTING THE 'AGEING WELL PUBLIC TALK' SERIES

