

# Discover how the Core Concepts of Mind Resilience Apply to Elders 80 Years +

## Sense of Competency

1. Success in life is redefined and adapted to
2. Seeks simplicity in meeting needs
3. Has capacity to adapt to multiple losses
4. Can be self-directed even with changing roles of functioning

## Caring & Respect of Self & Others

1. Is respected as the family and community elder
2. Is grateful/accepting of others they might be dependent on for support
3. Still values and enjoys human interaction and affection
4. Reflects on how relationships change over time

## Problem Solving & Coping Skills

1. Has adapted to numerous social and historical changes
2. Uses the wisdom that comes from a lifetime of adjustment
3. Open to using adaptive skills to help maintain independence
4. Maintains a sense of safety through routine and structure

## Optimism & Hope for the Future

1. Continues to seek out new experiences and interests
2. Appreciates their longevity as a source of wisdom and inspiration
3. Maintains integrity in the midst of multiple challenges
4. Has a sense of belonging to a place and time in history

## Ability to Reframe Stress

1. Finds pleasure in times of rest and relaxation
2. Energy is focused by knowing what works
3. Enjoys reminiscing, and sharing memories with others
4. Seeks to create a safety, and a peaceful existence

## Sense of Purpose & Meaning

1. Remains the narrator of their own life story
2. Has come to peace with their belief about an afterlife

3. Life satisfaction is maintained through quiet reflection
4. Enjoys their role as the family and cultural historian