

# Talk or Text: Communication Strategies as We Age

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Healthy Aging Public Lecture Series

Ruth Pike Auditorium, 022 Biobehavioral Health Building, Penn State University, University Park

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## Effective Communication is at the Core of Healthy Aging

- Relationship Competence
- Relationship Satisfaction
- Social Influence
- Gathering and Disseminating Information
- Health Care Interactions

## Communication Changes as We Age

- Language Development (Words, Actions, meanings, ..)
- Adolescent Experimentation
- Family/Work Focus
- Intergenerational Communication
- Brain Plasticity
- Older Adult Challenges (physical, psychological and interactive)

## **We think we are much better communicators than we actually are**

- We are good listeners
- We can competently express what we are feeling
- We choose the correct time
- We choose the appropriate modality (face-to-face, letter, email, text..)

## What can I possibly do....

- Maintain Social network of Friends & Family.
- Self-Monitor.
- Adapt to Communication of Other.
- Utilize Community Resources
- Volunteer

## Excellent, Readable Sources:

Giles, H., Davis, S., Gasiorek, J., & Giles, J. (2013). *Successful aging: A communication guide to empowerment.*

Spain: Editorial Aresta

Harwood, J., et al. (2012). *Communicating with older adults: An evidence-based review of what really works.*

Gerontological Society of America

Nussbaum, J. F., Federowicz, M. & Nussbaum, P.D. (2009).

*Brain health and optimal engagement for older adults.* Spain: Editorial Aresta.