

# Emotional Intelligence and Age Wise Caregiving

## Crescendo Connect Conversations – January 13, 2021

Presented by: Liz Backus



### Emotional Intelligence and Age Wise Caregiving

**Zoom Conference**

- See Calendar Invite for Login information

**Materials for call**

- Slides Handout
- EQ-i2.0 Model

Thank you!

Presented by:  
Liz Backus  
January 13 2021

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*Dedicated to all who have cared for or lost loved ones during this pandemic*

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### EQ-i2.0 Model of Emotional Intelligence



*“Emotional intelligence is a set of emotional and social skills that influence the way we perceive and express ourselves, develop and maintain social relationships, cope with challenges, and use emotional information in an effective and meaningful way.”*

- Multi-Health Systems Inc.

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### What age is “old age”?

- What age do you think of as “old age”?
- What, if anything, are you *not* looking forward to in your old age?



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### Redefining Aging

*“Old age isn’t so bad when you consider the alternative.”*  
Maurice Chevalier

- “When does old age begin?”  
Millennials: 59; GenXers: 65; Boomers and older: 73 (U.S.Trust Survey 2017)
- U.S. Life Expectancy: 76.1 males/81.1 females (CDC 2017- differs by race)
- 100,322 people in the U.S. age 100+ (2019 est. - double from 2010)
- Adults 65+ staying in the workforce longer/seeking work



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### Redefining Aging

*“Ageism is prejudice against our own future selves.”*  
Ashton Applewhite

- Age stereotypes influence an older adult’s health and functional well-being
- Elderspeak
- Aging as an illness, age-segregated housing
- Covid-19: Older adults are most vulnerable, at risk of being dispensable



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### Redefining Aging

*"Old age will only be respected if it fights for its future self...to the last breath"*  
Cicero

- Social Determinants = est. 80% of health outcomes  
social/economic 40% physical environment 10% behavior 30%
- Isolation poses health risks as serious as smoking or being physically inactive



Graphic: NYT

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### Redefining Aging

*"It's not the age, it's the attitude."*

- Movements are redefining aging stereotypes
- Think *age-full* not *ageless*



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### EI and Caregiving Competencies: Building a Healthy Partnership

- Emotional Self-Awareness (know your "buttons")
- Emotional Expression (trust helps us safely express feelings)
- Independence (highly valued, help to maintain through support)
- Interpersonal Relationships (trust, compassion, patience)
- Empathy (recognize, express, respect)
- Decision Making (solving problems with calm reassurance, objectivity/reality, impulse control)
- Stress Management (flexibility, optimism, care for the caregiver)



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### EI and Caregiving Lessons

#### Empathy and Problem Solving

*"To care for those who once cared for us is one of the highest honors."*  
Tia Walker



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### EI and Caregiving Lessons

#### Being in the moment

- Problem solve with flexibility, creativity, being in the moment
- Foster trust through empathy and compassion
- Find trusted supporters to help (doctors, family members, neighbors)



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### EI and Caregiving Lessons

#### What does healthy aging look like?

Social Connection Purpose Optimism



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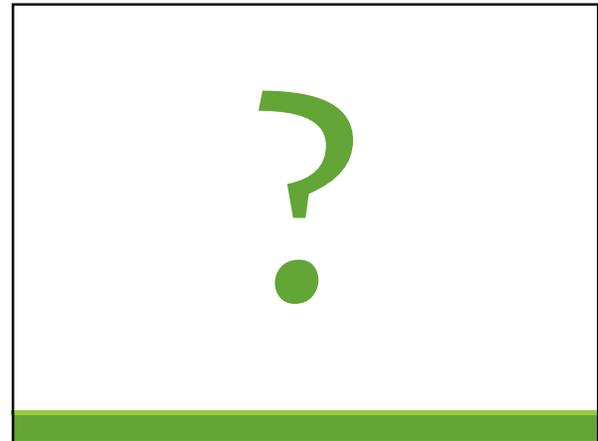
Closing Thoughts & Questions  
What do you look forward to as you age?

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"Aging is not a problem to be fixed or a disease to be cured...  
it is a natural, powerful, lifelong process that unites us all."  
Ashton Applewhite, This Chair Rocks, TEDx



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### What's Next?

- Crescendo Connect: March 23, 2021
  - EI and Stress Management – Cindy Edwards
- EQ-i<sup>2</sup>-0/EQ360 Certification – Virtual
  - March 2021

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