

Humor: Not Just a Laughing Matter

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Learning Objectives for Class 5: at the end of this session, the learner will be able to:

- Discuss the role of 'agism' on the perspective of growing older.
- List two reasons why we may laugh less from the ages of 30 -60.
- Explain why our response to perceived humorous situations may change as we age.
- Discuss 2 strategies to enhance your own humor appreciation as we age.

Content Outline: Class 5

- When does 'elderly' begin?
- The impact of ageism
 - The Maine experience
- What is the humor cliff?
 - Why does the laughter stop
 - Changes in humor preferences
 - Is it an issue with understanding
- Research on elder perceptions of humorous situations
 - Are social gaffes a symptom?
 - What types of humor do we prefer?
- The Impact of dementia
 - Helping adults with dementia laugh
- Climbing the cliff again
- Benefits of aging
- How can we improve our laughter quotient during aging?
 - Look with new eyes
 - Appreciate the humor around us
 - Resources available (books, video)
 - Play for health

References for Class 5

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