

Caring Well Newsletter

July 2024
Edition

Recognizing (and Celebrating) World Population Day

What is World Population Day?

On July 11, 1987, the world recognized Five Billion Day—the approximate day that the world would reach a population of 5 billion.

Interest in Five Billion Day led the Governing Council of the United Nations Development Programme to institute World Population Day two years later, on July 11, 1989.

Why It Matters

World Population Day has been held every year since then, on July 11, with the purpose of drawing attention to global population issues. Discussions have ranged from poverty and human rights to gender equality and family planning.

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Brought to you by the Chicagoland Suburb Care Planning Council as a resource for employee family caregivers to effectively care for their loved ones while maintaining a fulfilling career and personal life.



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For most people, issues such as family planning have centered on when or if to have children. For some families, the focus is shifting slightly to include planning for retirement and elderly care.

In the United States, there are around 80 million baby boomers, who currently range from 60-78. By 2030, all baby boomers will be at least 65 years old. **There will be more older adults than children by 2035.**

It makes sense to discuss family planning issues, including retirement and possible elderly care, as part of your World Population Day recognition.

In fact, why not celebrate it?

Plan a July get-together with your extended family members to discuss elderly for the baby boomers you love most.

Consider these following ideas to make your World Population Day celebration fun and sweet (as well as allowing you to begin addressing the necessities).



Five Ways to Celebrate - and plan with- your Baby Boomer family members

Invite extended family members to one of the following party ideas. Gently bring up the idea that it's time to start planning for elderly care and take note of the ideas that come up. List the resources you have in place, as well as resources you will need to seek out.



IDEA #1: Family Dance Party! - Make sure the baby boomers in your family get to dance with EVERYONE! You might bring up the idea of elderly care by suggesting fun ways to stay active together as they age.

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July is Healthy Vision Month.

Do your aging loved ones need new glasses?





IDEA #2: The Family Cookbook -

Gather together for a potluck where everyone brings a traditional family dish, and the recipe. Later, combine the recipes into a family recipe book. Talk about the foods your baby boomers love, and plan ahead to share them with each other again.

IDEA #3: Photo Album Fun -

Bring out the family pictures! Have fun passing around old photos and let your aging loved ones share the stories behind them. Don't forget to record their voices!

IDEA #4: Building your Bucket Lists - Give everyone a notecard and pen. Let them fill their notecards with things they want to do, and then take turns sharing ideas. Alternatively, take notes on a computer while everyone shares. Who has the same life goals?



IDEA #5: Family Movie Night -

Watch a movie together. Even better, watch family movies! And don't forget to take videos of your baby boomers sharing their ideas! Use the time to discuss how to make the future as great as the past has been.

If you'd like to see more articles like this one, please contact the Chicagoland Suburbs Care Planning Council.

"Caregiving often calls us to lean into love we didn't know was possible."

— Tia Walker

Caring for Your Mental Health While You Care for Others

Note: July is National Minority Mental Health Awareness Month.

Caring for someone who can no longer care for themselves is more than a full-time job. It can be exhausting, mentally as well as physically, and the stress can result in anxiety or depression. A National Council on Aging article referred to Family Caregivers Alliance, which estimates that at least 20% of caregivers suffer from depression.

Providing the best care for your loved ones means you must also take care of yourself--and that includes your mental health. Consider these ideas for staying mentally well throughout the stress of caregiving:

1. **Find respite care.** Taking a break now and then allows you to come back to the situation feeling refreshed.
2. **Indulge in healthy self-care.** If possible, keep a steady sleep schedule. Stay hydrated. Get some fresh air, some sunshine, and some exercise.
3. **Reach out to local resources** that can provide help--whether it's counseling services or in-home care.

Depression in the Elderly

In the United States, around 6 million adults over the age of 65 suffer from depression.



While depression in the elderly is common, it isn't a normal part of aging. Health problems, such as having had a stroke or cancer, can contribute to it. Having had depression when younger also seems to play a role in elderly depression, as does feelings of loneliness or isolation.

Helping older adults stay connected can help them overcome feelings of social isolation. Reach out to local resources to find out more about how to keep your elderly loved ones socially engaged, healthy, and happy.