

# Empowering Seniors to Age Successfully



Dilip Jeste

Director, Sam and Rose Stein Institute for Research on Aging, Director of Education, Clinical and Translational Research Institute

## CURRENT RESEARCH

### Identifying Key Factors of the Healthy Aging Process

An unprecedented demographic change is sweeping the globe, with enormous and widespread consequences for humanity: the aging of the population. The average lifespan of Americans has increased from 45 years in 1900 to 75 years in 2000, and will reach 90 by 2050. Today there are 550 million people in the world over age 65; in 2050, this number will reach 2 billion, including 1 million centenarians. Older adults will outnumber children under 15 – a notable inversion of the age distribution of our society. Among seniors there will be multiple subgroups (e.g., ethnic minority elderly, multiple gender identification, etc.) with diverse assets and needs. This aging of the population is viewed with increasing alarm because it will have a major impact on social security, Medicare, housing, jobs for younger generations, etc. There is growing evidence for plasticity in aging – positive changes in the brain and other tissues, in association with appropriate physical activities, targeted nutrition, and psychosocial stimulation along with necessary healthcare and social support. Helping people age successfully can help turn what has been dubbed the Silver Tsunami into a Golden Wave by empowering seniors to be more productive, contribute more to the society, and become wise mentors for youth. Dr. Dilip Jeste, Director of the UC San Diego Center for Healthy Aging, is seeking to enhance and promote quality of life in older adults by investigating factors and strategies that promote healthy aging as well as interventions that enhance positive psychosocial traits known to increase longevity like resilience and optimism.

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## AFFILIATION

 University of California, San Diego

## EDUCATION

- Re-certification in Geriatric Psychiatry, 2000, American Board of Psychiatry and Neurology
- Certificate of Added Qualification in Geriatric Psychiatry, 1991, American Board of Psychiatry and Neurology
- Diplomate of the American Board of Psychiatry and Neurology (Adult Psychiatry), 1979
- Federal Licensure Examination (FLEX), 1975
- E.C.F.M.G. Certificate # 01493550, 1971
- and 3 more...

## AWARDS

- San Diego's Physicians of Exceptional Excellence – 2014 Top Doctors, San Diego County, Medical Society and the San Diego Magazine, October 2014
- 2013 David H. Solomon Award for Clinician Leader in Geriatric Medicine or Geriatric Psychiatry, University of California, Los Angeles, September 2013
- President, American Psychiatric Association, May 2012 - May 2013
- 2011 Award for Significant Contributions in Neurosciences to World Psychiatry, 3rd World Congress of Asian Psychiatry organized by the Asian Federation of Psychiatric Associations, Melbourne, July 2011
- Healthcare Champion Award (Educator), San Diego Business Journal, August 2008
- and 6 more...

## RESEARCH AREAS

Health & Wellness, Wellness, Aging Research

## FUNDING REQUEST

Your contributions will enable Dr. Jeste to scale up a number of his projects and increase access to detailed biological information; funding for the successful aging project will enable in-depth MRI scans and DNA analysis for more individuals, while funding for The Wisdom Project will enable the introduction of biological analysis of participants. Your contributions will help translate the data gained through research to the development of techniques to encourage successful aging.