

Dr. Joe Casciani

Geropsychologist • Speaker • Author • Podcaster

Living longer is the new normal!

Living well while living longer requires a positive mindset and proven strategies to bounce back from setbacks

Dr. Joe Casciani

(pronounced Cash-e-onnee)
inspires audiences to turn aging on its head, reconnect with their resilience, and age with positivity.

Having a positive attitude about aging is an important message but the mental and physical setbacks that can come with aging can make it difficult.

For 40 years I've worked in the field of gerontology. I know what works to help people over the hurdles and back into fully living their lives.

If your group of 55+ members would benefit from an uplifting program of psychological insights about successful aging, tips on creating a positive mindset, and coping with loss and obstacles, here are some of my popular talk topics:

- **9 Must Have Strategies for Living Well While Living Longer**
How to maintain or regain that motivation and inner spark to keep moving ahead even in the face of obstacles, using proven mental health strategies.
- **Is there a "Perfect" Prescription for Living to 100?**
Participants will learn how to develop the mindset that allows us to flourish in our senior years using two ingredients: resilience and nonstop engagement.
- **Setbacks Will Happen, How to Bounce Back**
How we explain and adapt to losses and setbacks determines how well we cope with them. Instead of feeling "stuck," learn problem-solving solutions to getting unstuck.



If you run an association or agency for **caregivers** these topics are for you:

- **10 Tips to Better Understand Depression, Dementia, and Delirium in Older Adults**

Understand the difficulties and limitations that are common in these 3 conditions with your patients in order to provide the most effective and informed treatment approaches

- **Secrets to Being More Effective with Difficult Clients**

Learn the difference between functional and organic disorders, and purposeful vs. unintentional behaviors. This will open the door to more effective management of problem behaviors.

- **How to Maximize Compliance and Cooperation with Clients**

Learn evidence-based interventions for managing resistance in difficult clients, and how to customize your approach that addresses individual client needs

Dr. Casciani has a 40-year history as a psychologist and manager of mental health practices specializing in behavioral health concepts in the care of older adults. That may sound dry but he is an upbeat speaker, with a good sense of humor and plenty of stories of hope and transformation. He combines his expertise with his insights on managing obstacles and emotional barriers, and has a unique problem-solving formula for aging well while living longer.

Joe's Podcast, Living to 100, has been going strong for 2 + years now with weekly episodes.

He started **The Living to 100 Club**, a virtual community for the over 55 crowd. The content and events are curated to provide a trustworthy source of information and support for anyone looking to make the most of their decades to come.

Let Dr. Joe inspire your audience to "turn aging on its head," with unique perspectives on aging successfully, overcoming obstacles, and starting new chapters.

"The feedback from your presentation was wonderful! The Board and other members were well informed and entertained. Thank you again for sharing your Living to 100 Club to the SD County Council on Aging."

— Annette Conway, PsyD

"Joe Casciani, PhD, has pieced together a tapestry of innovative topics illustrating strategies for successful aging not only how to increase longevity but how to find a path to achieve a life of resilience, dignity, creativity and insight."

— Paula E. Hartman-Stein, Ph.D.

The logo for Living to 100 Club is located in a white circular graphic on the right side of the page. It features the text "Living to 100 Club" in a teal color, with "100" in a larger font and a small "SM" trademark symbol. Below this, the tagline "TURNING AGING ON ITS HEAD" is written in a smaller, teal, all-caps font.

Living to
100SM Club
TURNING AGING ON ITS HEAD

Contact Dr. Casciani at jc@Livingto100.Club or 858-272-3992