



**CARING FOR SELF + CARING FOR OTHERS =  
RESILIENT AND SUSTAINABLE COMMUNITIES**

**Elizabeth Speidel, JD**

**Cynthia V. Dougherty, MSW, PhD**

# OBJECTIVES

- What is Champion Intergenerational Center?
- Understanding Self-Care
- Self-Awareness and Self-Reflection: Unconscious Bias
- Sustainable and Resilient Community:  
Champion Intergenerational Center



# WHAT IS CHAMPION



Champion Intergenerational Center is a community-university collaboration where older adults, young children, youth, and university students work together with staff and faculty to advance knowledge, health, and wellness across the life span and where all generations are engaged, feel valued, and find purpose.



# WHO IS CHAMPION



**THE OHIO STATE UNIVERSITY**  
COLLEGE OF MEDICINE



**THE OHIO STATE UNIVERSITY**  
COLLEGE OF NURSING



**THE OHIO STATE UNIVERSITY**  
COLLEGE OF SOCIAL WORK



# SOME VERY BASIC THINGS ABOUT YOUR BRAIN

- Hand Brain
- Awareness Test:  
<https://www.youtube.com/watch?v=oSQJP40PcGI>
- Peanut Butter and \_\_\_\_\_
- Stroop Test:  
<http://www.math.unt.edu/~tam/SelfTests/StroopEffects.html>

Lesson: We think we know and see more than we do and that we think we consciously and control more than we do.



# SELF-CARE

What is self-care?

Why is it important?

Caring for myself is not self-indulgence, it is self-preservation, and that is an act of political warfare.

Audre Lorde

Self-care in the moment



# SELF-REFLECTION & SELF-AWARENESS

- Self-reflection: the activity of thinking about your own feelings and behavior, and the reasons that may lie behind them
- Self-awareness: an awareness of one's own personality or individuality, and physical and emotional body

*“We do not see things as they are, we see them as we are.”*

***Anais Nin***



# WHAT IS UNCONSCIOUS BIAS?

- Unconscious bias: **learned stereotypes**, which encompass both favorable and unfavorable assessments, that are **automatic, unintentional, deeply ingrained, universal**, and able to influence behavior.
- OSU Kirwan Institute for the Study of Race and Ethnicity Implicit Bias Training Modules  
<http://kirwaninstitute.osu.edu/implicit-bias-training/>





# STEPS TO ADDRESS UNCONSCIOUS BIAS

- **Understand** that unconscious bias is a natural cognitive function.
- **Self-care:** [http://philome.la/jace\\_harr/you-feel-like-shit-an-interactive-self-care-guide/play](http://philome.la/jace_harr/you-feel-like-shit-an-interactive-self-care-guide/play)
- **Self-reflection and Self-awareness**
  - Admit you are human and have biases.
  - Project Implicit: <https://implicit.harvard.edu/implicit/>
  - Kirwan Institute Implicit Bias Training: <http://kirwaninstitute.osu.edu/implicit-bias-training/>
  - In a SAFE SPACE, have conversations



# WE ARE A COMMUNITY THAT LEARNS TOGETHER



# WE ARE A COMMUNITY THAT CARES FOR EACH OTHER



# WE ARE A COMMUNITY THAT HELPS EACH OTHER



# WE ARE A COMMUNITY THAT PLAYS TOGETHER



# WE ARE A COMMUNITY THAT GROWS TOGETHER



# CONTACT

Elizabeth Speidel

OSU Intergenerational Program Manager

Champion Intergenerational Center

240 N. Champion Ave.

Columbus OH 43206

614-253-2266

[elizabeth.speidel@osumc.edu](mailto:elizabeth.speidel@osumc.edu)

Cynthia Dougherty, MSW, PhD

Program Director

Office of Geriatrics and Interprofessional Aging Studies

Graves Hall

Columbus OH 43210

614-293-8031

[cynthia.dougherty@osumc.edu](mailto:cynthia.dougherty@osumc.edu)

[aging@osu.edu](mailto:aging@osu.edu)

