The Aging Mastery Program® (AMP) is a comprehensive and fun approach to living that celebrates the gift of longevity. The 10-session program combines goal-setting, daily practices, and peer support to help participants make meaningful changes in their lives. Central to the AMP philosophy is the belief that modest lifestyle changes can produce big results and that people can be empowered to cultivate health and longevity.

Equally important, the program encourages mastery – developing sustainable behaviors across many dimensions that will lead to improved health, stronger financial security, enhanced well-being, and increased connectedness to communities. Each level of mastery is based on consistency and duration, allowing participants to set individual goals. In addition, a reward system motivates and encourages ongoing behavior change.

“\textit{This program was very uplifting. I learned that the aging process can be done gracefully. I am working on a plan for the future to share with my family.}”

~ AMP participant

Life expectancy has increased dramatically over the past 50 years, yet societal expectations of older adults have changed little. Moreover, people are generally unprepared for this increased longevity. AMP offers an innovative approach to guide individuals through this phase of life. The materials, expert speakers, group discussion, peer support, and small rewards to give participants the skills and tools they need to achieve measurable improvements in managing their health, remaining economically secure, and contributing actively in society. All program materials and resources align with the goal of helping people enjoy self-sufficient lives.

\textbf{Where to start:}

In 2017, Mid-America Regional Council (MARC) partnered with National Council on Aging (NCOA) to purchase a regional license to offer AMP throughout the Kansas City metropolitan area. This regional license allows organizations and businesses in the Kansas City region to offer the Aging Mastery Program without the obligation of paying the full license fee.

\textbf{As a regional license holder, MARC}

- Provides an AMP Information Session, including an overview of AMP curriculum and implementation basics.
- Schedules regular Facilitator Trainings taught by trained staff.
- Works with NCOA to offer technical assistance to organizations to successfully organize and implement AMP in your individual settings.
- Provides marketing templates to promote AMP to your constituents/employees.
- Works with organizations to identify content experts to make presentations on curriculum topics.

\textbf{Live Well – Do Well – Age Well}

Aging Mastery® aims to help millions of today’s and tomorrow’s older adults take key steps to improve their well-being, add stability to their lives, and strengthen their ties to communities. When they participate in the Aging Mastery Program®, individuals create their own playbook for aging well via actionable goals, sustainable behaviors, peer support and incentives.
What would my organization be responsible for?

Organizations/companies offering AMP are asked to:

- Offer AMP under partnership with NCOA and MARC to ensure program fidelity and data reporting.
- Provide a facilitator (staff or volunteer) for each of the 10 AMP sessions. Facilitators receive training from trained staff.
- Provide the venue.
- Market the program to your constituents, register and collect fees from participants, and order AMP curriculum kits from NCOA.

How are program costs determined?

AMP has a program value of $250 per person. Depending on subsidies, grants, etc., organizations or companies may offer the program at reduced levels.

Costs include AMP curriculum materials per participant and organizational costs to administer the program.

How does AMP add value to your organization?

Current and future older adults:

- AMP encourages individuals to be healthier, more productive and have a better quality of life.
- Individuals’ health care costs may be lower.

Nonprofits, corporations, senior centers, retirement communities, religious organizations, community colleges and universities:

- Organizations that offer AMP will attract new participants and be positioned as vibrant community spaces that appeal to a broader demographic.
- AMP helps organizations attract and motivate older adults who want to make the most of their later years.

Health systems and insurers:

- AMP can link hospitals with community-based programs to support people to take actions that improve their health and well-being.

“AMP is the best program we’ve ever done. Participants love it. At the end of the program, they say, ‘What’s next?!’ They want to learn more, stay engaged, and stay connected with friends they have made. I highly recommend AMP. It’s a game changer.”

~ Senior Center Director

Core Curriculum

- **Navigating Longer Lives: The Basics of Aging Mastery** — Introduction to the program and its philosophy with a special emphasis on the new realities of aging, making the most of the gift of longevity, and taking small steps to improve health, financial well-being, social connectedness, and overall quality of life.
- **Exercise and You** — Discussion of the importance of exercising both the mind and the body with a focus on strategies for incorporating meditation, aerobics, strengthening, flexibility, and balance into daily routines.
- **Sleep** — Overview of how sleep patterns change as we age, the importance of monitoring the sleep cycle, and simple strategies to improve sleep.
- **Healthy Eating and Hydration** — Review of nutrition as it relates to aging with a focus on strategies for incorporating healthy eating and hydration into daily routines.
- **Financial Fitness** — Introduction to strategies for remaining economically secure in an era of longevity with an emphasis on setting financial goals and setting financial boundaries with friends and families.
- **Advance Planning** — Guidance around key steps needed to manage health care, financial, and housing/care decisions with a focus on considering the role of personal values and beliefs in these decisions.
- **Healthy Relationships** — Exploration of the benefits of being socially active, as well as the risks of isolation with a focus on practical strategies for continuing to build and strengthen friendships and family connections as we age.
- **Medication Management** — Best practices on how to take medications as directed, how to store medications safely, and how to keep track of multiple medications.
- **Community Engagement** — Introduction to the value of continuing contribution and small acts of kindness with a focus on identifying personal aptitudes for meaningful volunteer and civic opportunities.
- **Falls Prevention** — Overview of the importance of falls prevention among older adults along with strategies to prevent falling.

“A 12-session caregiving curriculum is also available.

Contact Cathy Boyer-Shesol at cboyer@marc.org or call 816-701-8246 to learn how to set up an AMP program in your organization.

www.marc.org/AMP

The Aging Mastery Program:

A person-centered education program that empowers participants to plan for their gift of longevity.

KC Communities for All Ages is a program of the Mid-America Regional Council, 600 Broadway, Kansas City, Missouri, www.kccfaa.org

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