AGING MASTERY PROGRAM: LET'S TAKE ADVANTAGE OF THE GIFT OF LONGEVITY

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AGENDA

Introductions
   Why did you choose this session? What do you hope to gain?

Aging Mastery Program (AMP) and Mid-America Regional Council

   NCOA-AMP Video
   https://vimeo.com/167431160/15729eb513

AMP Conceptual Framework
   Mastery
   Gratitude
   Intentionality and Healthy Choices
   AMP is intended to....

Insights from Facilitators

What does Aging Mastery mean to us?

Q & A
MASTERY:

Small, consistent changes can add up to make a big difference!
HAVE AN ATTITUDE OF GRATITUDE: SEEING THE POSITIVE HELPS TO IMPROVE OUR OVERALL WELL-BEING
BE INTENTIONAL WITH YOUR CHOICES

EACH TOPIC OF AMP URGES PARTICIPANTS TO FOLLOW-UP WITH INTENTIONAL, HEALTHY CHOICES
THIS CLASS IS DESIGNED TO:

• *Expose* participants to a variety of topics with experts in each field
• *Empower* participants with tools for ways to implement healthy choices
• *Connect* participants with community resources
• *Encourage* participants to reach out to others to form and maintain meaningful relationships
• *Celebrate* participants’ accomplishments by seeking out AMP as a 10-week commitment
• *Reward* participants’ efforts with incentives for consistent attendance and completing homework
• *Reflect* on what participants’ have learned and gained from AMP through the final graduation celebration
AMP 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.
MEDICATION MANAGEMENT

Best practices on how to take medications as directed, how to store medications safely, and how to keep track of multiple medications.
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.
FALLS PREVENTION

Overview of the importance of falls prevention among older adults along with strategies to prevent falling.
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.

A 12-session caregiving curriculum is also available.
INSIGHTS FROM BEING A FACILITATOR:

• Every group is different
• We all learn in unique ways
• Be flexible
• Integrate the expertise of each speaker into the homework assignments
• Start early with planning and marketing
• Share personal experiences and growth with the group to encourage them to engage in the materials in a personal way
• Communication is key – weekly emails have been helpful for reminders
• Use graduation as a way of celebrating the participants’ accomplishments
• Be a lifelong learner
• AMP is just the beginning!
WHAT DOES AGING MASTERY MEAN TO US?
Questions?
Responses
PRESENTERS

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