Aging Mastery®
A Community Health Program for Baby Boomers and Older Adults

James Firman – May 2016
The Opportunity — We are Living Longer

Sources: U.S. Social Security Administration, Cohort Life Expectancy Table and CDC State-Specific Healthy Life Expectancy at Age 65 Years
The Challenge — How Older Adults Spend Their Time

- Work and related activities
- Household activities
- Leisure and sports
- Sleeping and personal care
- Civic and religious activities
- Caring for or helping others
NCOA’s Aging Mastery Program ® (AMP)

Community Classes

Alumni Clubs and Ongoing Activities

Core Classes
- Navigating Longer Lives
- Exercise and You
- Sleep
- Healthy Eating and Hydration
- Medication Management
- Financial Fitness
- Advance Planning
- Healthy Relationships
- Falls Prevention
- Community Engagement
### AMP is Fun and Educational

Fall 2015 sessions from 13 senior centers; responses from 233 of 278 participants

<table>
<thead>
<tr>
<th>Question</th>
<th>A lot of fun</th>
<th>Somewhat fun</th>
</tr>
</thead>
<tbody>
<tr>
<td>How much fun was AMP?</td>
<td>86%</td>
<td>13%</td>
</tr>
<tr>
<td>How would you rate the quality of the program?</td>
<td>Excellent</td>
<td>Good</td>
</tr>
<tr>
<td></td>
<td>77%</td>
<td>22%</td>
</tr>
<tr>
<td>Did you get the kind of education that you wanted?</td>
<td>Yes, definitely</td>
<td>Yes, I think so</td>
</tr>
<tr>
<td></td>
<td>64%</td>
<td>35%</td>
</tr>
<tr>
<td>Would you recommend AMP to a friend?</td>
<td>82%</td>
<td>16%</td>
</tr>
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</table>
Impact — AMP Improves People’s Lives
Fall 2015 sessions from 13 senior centers; responses from 233 of 278 participants

<table>
<thead>
<tr>
<th>Has AMP helped you to:</th>
<th>Yes, a great deal</th>
<th>Yes</th>
</tr>
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<tbody>
<tr>
<td>Deal more effectively with your health?</td>
<td>45%</td>
<td>52%</td>
</tr>
<tr>
<td>Deal more effectively with your personal finances?</td>
<td>29%</td>
<td>55%</td>
</tr>
<tr>
<td>Improve the quality of your life in other ways?</td>
<td>51%</td>
<td>47%</td>
</tr>
<tr>
<td>People who know me would say this program has made a positive change in me.</td>
<td>Yes, definitely</td>
<td>Yes</td>
</tr>
<tr>
<td></td>
<td>26%</td>
<td>61%</td>
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</table>
Program Status and Timetable for Scaling AMP

- Successful Alpha phase, powerful results.
- Rapid-cycle innovation and learning in Beta Phase
- Quasi-experimental evaluation study in NY state
- $3M in commitments from foundations
- New venues including religious organizations, senior housing, and community colleges.
- Emerging partnerships with health care

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<td>5 site pilot</td>
<td>140+ sites (2016)</td>
<td>1500+ sites</td>
</tr>
<tr>
<td>40 site expansion</td>
<td>250+ sites (2017)</td>
<td>Network effect</td>
</tr>
</tbody>
</table>
AMP is in 140 communities as of Spring 2016
Our vision for Kansas City
Aging Mastery Program

Thousands of baby boomers and older adults throughout the greater Kansas City area will embrace their gift of longer lives and spend more time each day doing things that are good for themselves and for others.
Our vision for Kansas City Aging Mastery Program

- The Kansas City AMP will be offered through a wide variety of community based organizations (e.g. senior centers, retirement communities, recreation centers faith-based organizations, etc.)

- After start-up support, Kansas City AMP will be self-sustaining through a combination of government funds, consumer fees and support from health plans/systems.
Let's work together to AMP up the greater Kansas City area!