

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.

Elective Classes

Physical Health

Communicating With Your Doctor

Introduction to the importance of good communication with health care teams with a focus on gaining the skills to become more empowered and effective in these interactions.

Preventive Health Services and You

Overview of preventive care with the goal of having participants reflect on their healthcare use patterns with respect to benefits such as annual check-ups, immunizations, preventive tests, and counseling.

Memory Matters

An interactive class highlighting normal age-related memory changes and highlighting basic skills—Active Attention and Spaced Retrieval—to aid memory.

Nutritional Vital Signs: Preventing and Treating Malnutrition

An awareness class on the myths, realities, and prevalence of malnutrition among older adults with the goal of helping individuals interpret warning signs and understand options for both treatment and prevention.



Aging Mastery Program®

National Council on Aging

Financial Health

Your Home as a Strategic Asset

Discussion of issues related to aging in place and the health, social, and financial questions to consider when deciding to stay in one's home. Review of various home financing options, including reverse mortgages.

Rightsizing Your Life

Guidance around the pros and cons of rightsizing (downsizing) by thinking through both the concerns and upsides to moving to a different living situation, along with the practical considerations of such a move.

Safe Home/Healthy Home

Introduction to the impact of the home environment on a person's health and safety with special attention to falls prevention, fire safety, and environmental health as well as do-it-yourself low-cost/no-cost solutions for areas of potential concern.

Life Enrichment

Intergenerational Connections

Overview of the benefits of intergenerational connections for older adults with a focus on strengthening intergenerational interactions/relationships within the family and within the community.

Aspirations/Bucket Lists

A motivational class to help individuals discover strategies to align personal goals with societal benefits—linking what they would like to do with why they would like to do it.



NATIONAL COUNCIL ON AGING

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