

Cultivate Contentment

Many people are able to increase their peace, joy, and happiness through a few simple steps. Start by reflecting on what you do, what's working, and what isn't. Be honest with yourself about your strengths and limitations and about what you can and can't control. Practice self-compassion when times are tough, rather than dwelling on the negative aspects of your life. It is possible to accept negative realities while nurturing hope and positivity. Work on noticing positive events and positive emotions. If journaling works for you, try keeping a list of moments of joy, things of beauty, and feelings of gratitude.



Every person should have the opportunity to live a long and healthy life – to create the environments and opportunities that enable them to be and do what they value throughout their lives.

– World Health Organization

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WE CARE

We hope you find these tips helpful. For more support in healthy aging, please call our free, confidential help line. Our trained staff are available to assist you with your healthy aging goals.

Care2Caregivers

WHEN YOU CARE • WE ARE THERE

For more information:

Comprehensive Services on Aging (COPSA) has been providing compassionate and sensitive mental health care to older adults since 1975. A team of Geriatric Psychiatrists, Social Workers and Case Managers are available to assist families with diagnosis and treatment. COPSA also provides training for professionals, family caregivers and the community on issues related to aging, memory and mental health.

Care2Caregivers provides resources, referrals, information and supportive counseling to anyone caring for someone with memory loss. Call for help.

HELPLINE: 800.424.2494
www.Care2Caregivers.com

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HEALTHY AGING



**Achieving and
Maintaining
a Full Life**

STAY ACTIVE

EAT HEALTHY

BE SOCIAL

The idea of aging

often suggests images of frailty and disability. However, we also gain knowledge, experience, and wisdom with age. Looking at the positives of aging can alter your perceptions, reduce your fears, and inspire you to take action for healthy aging.

Aging Well

Aging well means achieving and maintaining a full life, with social, mental, and physical well-being. Throughout each stage of life there are risks, and not all can be avoided. However, your lifestyle and environments can help reduce risks and prevent declines in functioning, while improving your ability to recover from difficulties, manage challenges, and enhance your quality of life.

Common natural changes: Aging often comes with graying hair and wrinkling skin. People lose muscle and bone, find they are less flexible, and notice changes in their hearing and vision. Even people who stay physically fit and mentally sharp will notice some slowing—both physically and cognitively.

Common natural gains: On average, older people gain in happiness and emotional well-being. Often, they have found ways to accept life's challenges and appreciate what's going well. Recognizing that the time left is less than the time lived creates a new perspective, with a focus on how best to use the time and energy they have.

What makes a good life?

What's important to you is not necessarily what's important to someone else. It's up to you to define the values, purpose, and pleasures that contribute to a good quality of life. For many, this includes good physical health, positive relationships, and a sense of contentment.

Take Care of Your Body

Take care and take charge! If you have a health condition, learn how to manage it. If you take a prescription medicine, ask what it does, why it's important, and exactly when and how to take it. If you have a family history of a certain condition, like diabetes, ask your healthcare team how to prevent it and what to watch for. If it's getting harder to do your daily activities, consider assistive aids. Ask your doctor for a referral to see an occupational therapist.

Build positive health habits into your day and week. Remember, what's good for your body is good for your brain! Staying active and eating lots of vegetables and fruits will help keep you physically healthy and mentally sharp. Consult a nutritionist, physical therapist, or other expert to learn what's best for you.

Get enough good quality sleep. Too little sleep or disrupted sleep can cause weight gain, mood changes, and cognitive difficulties. If you don't sleep well, tell your healthcare team. Find a sleep specialist who can help you adopt new habits to improve your sleep, instead of relying on sleeping pills. Learn how to structure your day and manage your stress in ways that can help with sleep.



Plan Ahead

Find a balance in living for today and planning for tomorrow. Tell the important people in your life about what makes your life meaningful and how you want to manage changing life circumstances. Making decisions in advance will help others do things the way you want them done.

Focus on Positive Relationships

A big risk for older adults is isolation. **Stay connected** by reaching out through phone calls and letters. Use texts and emails, too, if that's comfortable for you. Strengthen and expand your social network by joining a group with shared interests. Volunteer, if you can. Help others by showing kindness and being generous. Supporting someone else can make you feel energized, happy, connected, and worthwhile. At the same time, balance caring for others with caring for yourself.



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