

Have You Seen My Keys

Abstract: Managing the aging process and its effects for the 200 million older Americans turning 65 over the next fifty years will fall to any number of actors. These include the individual, family, friends, society and the health care system. The specific keys to managing healthy aging include nutrition, physical activity and exercise, socialization and engagement, health care, and an unknown key which may be different for each individual. Significant research has been completed which resulted in appropriate federal guidelines and state programs to aid in healthy aging. However, significant gaps exist in recognition of the stumbling blocks which place older adults at risk for chronic illnesses, mental disorders, falls and early death.

Presentation Description: This one hour interactive presentation is designed to heighten the awareness of the five keys to achieve engaged aging, and how active use of them can reduce risks and promote healthier aging for older adults. Specifically, each key is reviewed for research currency, medical or technological changes and enhancements, risk mitigation, behavior and lifestyle modification and physiological, psychological and emotional benefits. The presentation also provides an opportunity for group discussion relative to individual unidentified keys to healthy aging in an attempt to stimulate critical and creative thinking.

Learning Objectives:

1. Participants will identify the nature of and the effects of the keys to healthy aging.
2. Participants will learn to recognize individual unknown keys to healthy aging.
3. Participants will describe how key identification and compliance leads to increased aging process control.