Where You Live Matters:
Living Environments and Cognitive and Physical Health/Well-Being

Sandy Markwood
National Association of Area Agencies on Aging
What is Our Vision?

“To Build a Society That Values and Supports People as They Age”
Promoting Healthy Aging
A New Look at Who Is “Old”
Factors in Promoting Healthy Successful Aging

- Exercise
- Nutrition
- Access to Health Care
- Healthy Behaviors
- Social Engagement
- Safety
- Lifelong Learning
Benefits of Exercise: Get Moving!
Good Nutrition: Eat Well!
Access to Health Care
Take Charge: Adopting Healthy Behaviors

- Eliminate Smoking
- Alcohol in Moderation
- Manage Your Medications
- Reduce Stress
Get Connected: Social Engagement
Staying Safe

Some people respect their elders. Some people abuse them.

Prevent elder abuse.

Have you noticed...?

- Physical injuries. For example, large bruises on the face, neck, knees or back, broken bones, cuts or burns.
- Drastic shifts in the person's financial situation. For example, there's not enough food or the electricity has been turned off.
- A drop in daily upkeep. For example, post personal hygiene, bed rails or other sanitation.
- Unusual weight loss or gain.
- A new unwillingness to talk to friends or loved ones or an avoidance of certain topics.
- A withdrawal from the person's normal activities not explained by age alone.

If you suspect abuse or neglect...

- Report it to your local adult protective service agency and/or law enforcement.
- Remember— you don't have to prove abuse is taking place to say something.

Help McDonell: **Take A Bite Out Of Crime!**

To learn more about elder abuse prevention, visit www.mcpa.org

CRIMES AGAINST THE ELDERLY

Information and resources for crimes against the elderly
Never Too Old: Lifelong Learning
Secret Strategy to Successful Aging

- Individuals Need to Plan for Their Own Aging
- Families Need to Plan Together for Aging
- COMMUNITIES Need to Plan to Support Successful Aging
Are America’s Communities Ready for the Aging of the Population?
The Maturing of America
Communities Moving Forward for an Aging Population
Impact of Your Community/Physical Environment on Aging

Age Friendly Communities
Tools for Building Strong Communities

LIFELONG COMMUNITIES
A REGIONAL GUIDE TO GROWTH AND LONGEVITY
Exercise/Walkability/Mobility
Healthy Aging:
Is This the Road We Are On?

A brisk walk in the park keeps Marcie fit and happy between dog shows. Her owner, Columbus resident Celia Munden, gets up early to give her 3-year-old Standard her regular workout. They typically run 3 miles a week in Berline Park.
Access to Healthy Food
Access: to Health Care, Services and Supports
Supporting Healthy Behaviors
Paid Work, Volunteerism, and Civic Engagement
Never Stop Learning and Doing!
Safety: In the Community and at Home

What To Look At In Making Your Home More Senior-Friendly

- Front Door
- Garage Entry
- Halls and Floors
- Kitchen
- Bath
- Bedroom

Learn More about Making Your Home More Senior-Friendly at LifeStyleOptions.com:
AREAS OF THE HOME TO CONSIDER FOR SAFETY

- Flat Surfaces
- Rugs
- Cords on the Floor
- Uneven Surfaces
- Stairs
- Lighting
- Seating Height
- Water Temperature
- Bathroom
• Enforcement
• Lighting
• Access
• Public Spaces with Community “Eyes”
• Elimination of Trash and Maintenance of Spaces
What Your Community Can Do?

- Look at Aging as Part of the Local Planning Processes, i.e. Land Use Master Plan, Subdivision Ordinance, Zoning
- Conduct a Transportation/Mobility Audit- Assessing Pedestrian, Bicycle, and Road/Crosswalk Safety.
- Ensure Older Adult Engagement on Local Government/Civic Boards
• Challenge the City/County to Request that Every Department Look at Their Programs and Services to See How They Meet the Needs of People Throughout Their Lifespan.

• Celebrate Age as an Asset!!
What You Can Do?

• Get Engaged in Your Community. It is YOUR community.

• Become Active in Your Community—Physically and Mentally.

• Strive Every Day to Do One Thing That Makes Your Community a Better Place.
“Never believe that a few caring people can’t change the world. For, indeed, that’s all who ever have”. Margaret Mead
The Time to Start Planning for Healthy, Livable Communities for All Ages in Tucson and Pima County is Now....
For a Copy of/Information on:

Maturing of America Survey

A Blueprint for Action: Developing a Livable Community for All Ages

Holding a Livable Communities Forum in Your City

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