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TRANSFORMING AGING WITH WELLNESS

by John Rude, M.S., President

DEFINITIONS:

WELLNESS

A life-long process of consciously optimizing one's health and well-being in mind, body, and spirit.

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SUCCESSFUL AGING

Low risk of disease and disease-related disability; high mental and physical function and an active engagement with life.

Successful Aging (1998, Rowe & Kahn)

ILLNESS MODEL	WELLNESS MODEL
Reactive Care Dependence or Co-dependence	Pro-active Empowerment Autonomy or Inter-dependence

KEY ELEMENTS FOR SUCCESS

- A vision for wellness
- Top-down commitment
- Qualified and trained leadership
- Education, education, education
- Motivated residents
- Appropriate tools / equipment
- Effective programming
- Outcome management system

FINANCING POSSIBILITIES

- Entrance / service fees
- Capital campaigns
- Resident gifts
- Community / state / national grants
- Internalized financing
- Cross hire / cross train
- Joint ventures
- Fee-for-service income streams

BLUEPRINT FOR SUCCESSFUL AGING:

- Be conscious / take responsibility
- De-stress regularly
- Keep moving
- Eat smart
- Cultivate optimism
- Challenge your mind
- Stay connected
- Keep re-inventing yourself with purpose

“Regardless of age, you have the capacity to grow, develop, modify, and change!” *John Rude*