

Chapter 2: Supporting Maximum Independence and Lifelong Health

Senior well-being and independence are a result of several variables, such as nutrition, financial status, and family and community support. Many of these are under individual control, or at least influenced by personal actions, such as choices about exercise and diet. Others are influenced to a large degree by the community environment, including access to resources.

Health and support services are most effective when they are widely known and available, and when people take responsibility for their personal well-being. In many cases this means taking the necessary steps—such as starting an exercise program or planning for retirement—well before the senior years. The recommendations below focus on enhancing programs and outreach so that citizens of all ages can be active participants in designing their own futures.

1. PROMOTE ACCESS TO RESOURCES THAT SUPPORT HEALTHY BEHAVIORS AND PREVENTIVE HEALTH MAINTENANCE THROUGHOUT LIFE.

- 1.1 Provide a range of accessible education/outreach programs on healthy lifelong choices and preventive services to serve a diverse population of all ages.

2. ENCOURAGE LIFE-LONG PLANNING AND USE OF COMMUNITY RESOURCES FOR MAXIMUM INDEPENDENCE LATER IN LIFE.

- 2.1 Provide education and outreach activities to promote long-range planning and self-advocacy.

