# Aging Well



# Trail Map to Wellness



# The Journey Ahead

The Trail Map to Wellness is a guide to help you understand what changes to expect as you age and ways to support healthy aging.



#### Connection

Create and maintain strong and healthy relationships by sharing story.

· Connect with the people, activities, and traditions that are

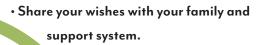
important to you.

- · Reach out to and share your feelings with people you trust.
- Ask about support services to help you stay connected with your community.

### **Spiritual**

Connect to your purpose and values that give meaning to life.

 Spend time in the communities that give you purpose and nurture your faith and spirituality.



• Prepare for the unexpected with Advance Care Planning.



What matters most will guide your journey to wellness. Your voice is important in meeting your goals and needs.

# **Matters Most**

## Safety

Explore resources to keep you safe, independent, and healthy.

- · Ask about ways to:
- o Improve balance.
- o Stay in your own home.
- o Put a plan in place for aging.
- Share any concerns you may have about caregiver burnout or Elder abuse.



## Mind and Body

Keep a healthy mind and body for your journey ahead.

- Stay strong and mobile by being physically active.
- Exercise your brain and keep a healthy diet.
  - Know how to use your medications safely.
    - · Avoid alcohol, tobacco, and recreational drug use.



# Physical Wellness Challenges

Take care of your body to support the journey ahead.

## What to Look For

## What to Do

#### **Brain**

 Hard time focusing, multi-tasking or finding words

#### Eyes and Ears

- · Difficulty focusing
- Blurred vision
- Dry eyes
- Hearing loss

#### **Teeth and Gums**

- · Receding gums
- Tooth decay
- · Increased dryness in the mouth

#### **Heart and Blood Vessels**

- · High blood pressure
- Heart may have a more difficult time adjusting to different physical demands



- Exercise your brain (crafts, beading, carving, brain games, story telling)
- Stay connected with friends and family
- Minimize distraction and ask for assistance when experiencing difficulty
- Get regular check-ups for your eyes and ears
- Use prescription glasses, protective eye wear and hearing aid as needed
- Protect your ears from loud noises
- Get regular check-ups for your teeth and gums
- Floss and brush your teeth
- Find healthy ways to manage stress (exercise, meditation, crafts, beading, carving, etc.)
- · Practice healthy sleep habits

# Physical Wellness **Challenges**

Take care of your body to support the journey ahead.

# What to Look For

## What to Do

#### **Digestive Tract**

- · Constipation · Bloating
- · Hemorrhoids · Diarrhea
- Gas
   Heartburn

#### **Urinary Tract and Bladder**

- Urinary incontinence
- Difficulty fully emptying the bladder

#### Skin

- · Skin bruises easily · Sores
- Dry skin
- Skin growths (skin tags)
- · Age spots
- Wrinkles

#### Weight and Strength

- · Weight gain or loss
- Decrease in strength or muscle mass
- Falls or concern of falling

#### Physical Relationships

- Changes in interest, desire, or performance
- Discomfort during sex
- Vaginal dryness
- · Erectile dysfunction



- Maintain a healthy diet and physical activity
- Drink enough water
- Eat traditional foods for digestive health (traditional teas, berries, etc.)
- Use the bathroom regularly
- · Learn pelvic muscle exercises
- Avoid things that irritate the bladder
- Use mild soaps and moisturizers
- Wear sunscreen and protective clothing when outside
- Pay attention to changes to your skin and inform your healthcare team
- Practice portion control
- Limit sugars and foods that are high in saturated fats
- Drink enough water
- Stay physically active daily
- Eat traditional foods (fish, meat, berries, etc.)
- Be open with your partner about what is important to you for a healthy sexual relationship
- Let your health care team know about these changes.
   They may be able to help.



# Explore Your **Resources**

Talk with your health care team about resources to support healthy aging.

SCF Services	Anchorage	Mat-Su Borough
☐ Audiology	Main Office (907) 729-8844 Primary Care (907) 729-3303	(907) 631-7640
☐ Behavioral Services	(907) 729-2500	(907) 631-7800
Dental	(907) 729-2000	(907) 631-7960
□ Elder Program	(907) 729-6500	
☐ Exercise	(907) 729-6683	(907) 631-7630
<ul><li>Family Wellness</li><li>Warriors Initiative</li></ul>	(907) 729-5440	(907) 631-7426
☐ Health Education	(907) 729-2689	(907) 631-7630
Learning Circles	(907) 729-5443	
Optometry	(907) 729-8500	(907) 631-7640
□ Waiver Care Coordination	(907) 729-6365	
Primary Care Clinics	(907) 729-3300	(907) 631-7800
Reach out to your primary care provider team for the following services:		
□ Integrated team members behavioral health consultant, community resource specialist, dietitic integrated pharmacist	Occupational Therapy	

Primary Care Provider Phone Number: \_