

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.

- Share your wishes with your family and support system.

- Prepare for the unexpected with Advance Care Planning.

What Matters Most

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

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.

Safety

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

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

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

- 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

Eyes and Ears

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

- 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

Teeth and Gums

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

- Get regular check-ups for your teeth and gums
- Floss and brush your teeth

Heart and Blood Vessels

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

- Find healthy ways to manage stress (exercise, meditation, crafts, beading, carving, etc.)
- Practice healthy sleep habits



Physical Wellness Challenges

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What to Look For

What to Do

Digestive Tract

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

- Do not delay having a bowel movement
- Maintain a healthy diet and physical activity
- Drink enough water
- Eat traditional foods for digestive health (traditional teas, berries, etc.)

Urinary Tract and Bladder

- Urinary incontinence
- Difficulty fully emptying the bladder

- Use the bathroom regularly
- Learn pelvic muscle exercises
- Avoid things that irritate the bladder

Skin

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

- Use mild soaps and moisturizers
- Wear sunscreen and protective clothing when outside
- Pay attention to changes to your skin and inform your healthcare team

Weight and Strength

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

- 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.)

Physical Relationships

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

- 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
<input type="checkbox"/> Audiology	Main Office (907) 729-8844 Primary Care (907) 729-3303	(907) 631-7640
<input type="checkbox"/> Behavioral Services	(907) 729-2500	(907) 631-7800
<input type="checkbox"/> Dental	(907) 729-2000	(907) 631-7960
<input type="checkbox"/> Elder Program	(907) 729-6500	
<input type="checkbox"/> Exercise	(907) 729-6683	(907) 631-7630
<input type="checkbox"/> Family Wellness Warriors Initiative	(907) 729-5440	(907) 631-7426
<input type="checkbox"/> Health Education	(907) 729-2689	(907) 631-7630
<input type="checkbox"/> Learning Circles	(907) 729-5443	
<input type="checkbox"/> Optometry	(907) 729-8500	(907) 631-7640
<input type="checkbox"/> Waiver Care Coordination	(907) 729-6365	
<input type="checkbox"/> Primary Care Clinics	(907) 729-3300	(907) 631-7800

Reach out to your primary care provider
team for the following services:

- | | |
|---|---|
| <input type="checkbox"/> Integrated team members:
behavioral health
consultant, community
resource specialist, dietitian,
integrated pharmacist | <input type="checkbox"/> Complementary Medicine
<input type="checkbox"/> Occupational Therapy
<input type="checkbox"/> Physical Therapy
<input type="checkbox"/> Traditional Healing |
|---|---|

Primary Care Provider Phone Number: _____