

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	907-631-7690
<input type="checkbox"/> Elder Program	907-729-6500	
<input type="checkbox"/> Exercise	907-729-6683	907-631-7630
<input type="checkbox"/> Family Wellness Warriors	907-729-5440	
<input type="checkbox"/> Health Education	907-729-2689	907-631-7630
<input type="checkbox"/> Learning Circles	907-729-5449	
<input type="checkbox"/> Optometry	907-729-8500	907-631-7640
<input type="checkbox"/> Waiver Care Coodination	907-729-6365	
<input type="checkbox"/> Primary Care Clinics	907-729-3300	907-631-7800


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

☐ Integrated care team members: behavioral health consultant, community resource specialist, dietitian, integrated pharmacist, integrated physical therapist


☐ Complementary Medicine
☐ Occupational Therapy
☐ Physical Therapy
☐ Traditional Healing


Integrated Care Team Phone Number: _____

Aging Well



Trail Map
to Wellness





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



- 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.

Safety

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



- 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.



- 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.

Mind and Body

Keep a healthy mind and body for your journey ahead.

The Journey Ahead



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

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.

Physical Wellness Challenges

Let your care team know about these challenges. They can help take care of your body to support the journey ahead.

Brain

What to Look For

- Hard time focusing, multi-tasking, or finding words



What to Do

- Exercise your brain (crafts, beading, carving, brain games, storytelling).
- Stay connected with friends and family.
- Minimize distraction and ask for assistance when experiencing difficulty.

Teeth and Gums

What to Look For

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



What to Do

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

Digestive Tract

What to Look For

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



What to Do

- 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

What to Look For

- Urinary incontinence
- Difficulty fully emptying the bladder



What to Do

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

Skin

What to Look For

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



What to Do

- Use mild soaps and moisturizers.
- Wear sunscreen and protective clothing when outside.

Physical Relationships

What to Look For

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

What to Do

- Be open with your partner about what is important to you for a healthy sexual relationship.

Eyes and Ears

What to Look For

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



What to Do

- 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.

Heart and Blood Vessels

What to Look For

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



What to Do

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

Weight and Strength

What to Look For

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



What to Do

- Practice portion control.
- Limit sugars and foods that are high in saturated fats.
- Drink enough water.
- Stay physically active daily.
- Eat traditional foods including fish, meat, and berries.

