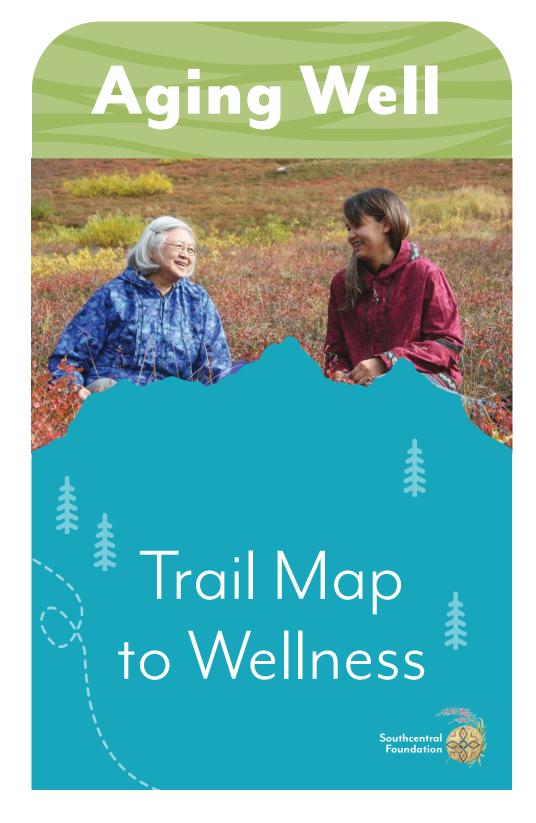
Explore Your Resources

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

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







recreational drug use. tobacco, and · Avoid alcohol,

medications safely. · Know how to use your

• Exercise your brain and keep a healthy diet.

physically active.

· Stay strong and mobile by being

journey ahead.

Keep a healthy mind and body for your

Wind and Body

your community. stay connected with services to help you

people you trust.

Ask about support

your feelings with · Reach out to and share

traditions that are important to you. · Connect with the people, activities, and

relationships by sharing story. Create and maintain strong and healthy

Connection

Safety

or Elder abuse. caregiver burnout

λοη may have about

• Put a plan in place

Improve balance.

independent, and healthy.

Explore resources to keep you sate,

Ask apont ways to:

Stay in your own home.

· Share any concerns

tor aging.

aqvance care planning.

dtiw bətəəaxənu Prepare for the

support system. with your family and

Share your wishes

and spirituality. give you purpose and nurture your faith

• Spend time in the communities that give meaning to life.

Connect to your purpose and values that

Spiritual

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



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, multitasking, 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.

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.

Teeth and Gums

What to Look For

Receding gums

Tooth decay

 Increased dryness in the mouth

What to Do

- · Get regular checkups for your teeth and gums.
- Floss and brush your teeth.

Heart and Blood Vessels

What to Look For

High blood pressure

Weight and Strength

· 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

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.).

What to Look For



- 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.

Urinary Tract and Bladder

What to Look For

- Urinary incontinence
- Difficulty fully

- · Use the
- Learn pelvic muscle exercises.
- · Avoid things that

- emptying the bladder

What to Do

- bathroom regularly.
- 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.