



# Aging Matters

**PROGRAMS FOR OLDER ADULTS and THOSE WHO CARE FOR THEM!**



## **Staying healthy as you age is important.**

And it's something everyone can do with a little help. The Area Agency on Aging 1-B (AAA 1-B) is committed to helping older adults and family caregivers live their best lives. We support several senior health and wellness initiatives in the six counties we serve: Livingston, Macomb, Monroe, Oakland, St. Clair and Washtenaw.

## **How our programs work.**

Our health and wellness programs are available to older adults and their family members or caregivers. Led by people like you, they are held at community venues throughout S.E. Michigan. Wherever you are, there is likely a class nearby. Most workshops will meet once or twice a week for multiple weeks. Most are free, but a donation is always welcome.

## **Evidence-Based, so you know they work.**

All our programs have been tested and proven to work in a real-world situations. Most workshops are built on models that have been developed in university settings.

**Call today for more information: (833) 262-2200 or email [wellnessprograms@aaa1b.com](mailto:wellnessprograms@aaa1b.com)**



## PROGRAM DESCRIPTIONS



### Aging Mastery

This program is designed to provide baby boomers and older adults with tools to improve their well-being and celebrate longevity. The program encourages individuals to set personal goals around many aspects of their lives including: exercise, nutrition, finances, medication management, advanced care planning, community engagement and healthy relationships.

### A Matter of Balance: Managing Concerns about Falls (MOB)

These workshops are designed to reduce the fear of falling and increase physical activity among older adults. Topics discussed throughout the workshop include: assertiveness, recognizing fall-typing habits, fall hazards in the home and environment and confidence building. Balance and flexibility exercises are also part of the program.

### Chronic Pain Self-Management Program (PAIN)

This workshop is designed to provide participants with techniques and skills they need for the day-to-day management of chronic pain. Individuals with chronic pain and/or their caregiver are encouraged to participate. Topics discussed include: dealing with difficult emotions, communicating effectively, evaluating new treatments, pacing activity and rest and appropriate use of medications.

### Diabetes PATH/Diabetes Self-Management Program: (DPATH)

This workshop is designed to provide participants with techniques and skills they need for the day-to-day management of type 2 diabetes. Topics discussed include: techniques to deal with the symptoms of diabetes, dealing with difficult emotions, working effectively with health care providers, healthy eating and exercises for maintaining and improving strength and endurance.

### Personal Action Toward Health (PATH)/Chronic Disease Self-Management Program (CDSMP)

This workshop is designed to provide participants with techniques and skills they need for the day-to-day management of chronic conditions such as arthritis, heart disease, COPD, stroke, etc. Topics discussed include: techniques to deal with problems such as frustration, fatigue, pain and isolation, appropriate use of medications, communicating effectively, nutrition, decision making and evaluating new treatments.

### Powerful Tools for Caregivers (PTC)

Powerful Tools for Caregivers is an educational program designed to help family caregivers take care of themselves while caring for a relative or friend. Topics discussed throughout the workshop include: communicating effectively with family and health care providers, reducing stress and taking care of yourself, reducing feelings of guilt, anger and depression, making tough decisions and relaxation techniques.

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