Promoting quality of life, independence, and choice for older people and adults with disabilities in Seattle-King County

Aging Mastery Program

ADS Advisory Council Meeting
March 9, 2018
Agenda

- Aging Mastery Program
  - What it is and Why It Matters

- Fun and Games – Roll the Dice!
  - Hands on practice

- What did you think?
  - Reactions and feedback

- What’s Next?
  - NCOA evaluation and your role
The Opportunity — We are Living Longer

Sources: U.S. Social Security Administration, Cohort Life Expectancy Table and CDC State-Specific Healthy Life Expectancy at Age 65 Years
The Challenges: Longevity

- Chronic conditions
- Behavior change difficult
- Insufficient savings
- Not optimizing assets
- Inadequate preparation for inevitable transitions
- Lack of institutions to help people navigate longer lives
The Challenge --- How Older Adults Spend Their Time

- Work and related activities
- Household activities
- Leisure and sports
- Sleeping and personal care
- Civic and religious activities
- Caring for or helping others
### How Older Adults Spend Their Time

<table>
<thead>
<tr>
<th>Activity</th>
<th>Age 65-74</th>
<th>Age 75 and older</th>
</tr>
</thead>
<tbody>
<tr>
<td>Watching TV</td>
<td>240</td>
<td>270</td>
</tr>
<tr>
<td>Socializing / Communicating</td>
<td>40</td>
<td>40</td>
</tr>
<tr>
<td>Computer Games / Leisure</td>
<td>30</td>
<td>30</td>
</tr>
<tr>
<td>Recreation / Exercise</td>
<td>18</td>
<td>12</td>
</tr>
<tr>
<td>Reading</td>
<td>36</td>
<td>66</td>
</tr>
<tr>
<td>Relaxing / Thinking</td>
<td>24</td>
<td>42</td>
</tr>
<tr>
<td>Other</td>
<td>30</td>
<td>24</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>7 HOURS</strong></td>
<td><strong>8 HOURS</strong></td>
</tr>
</tbody>
</table>

We Need New Norms for the Third Age

- What is the meaning and purpose of this phase of life?
- What is the desired mix of learning, contribution, and leisure?
- Should people have adequate opportunities and pathways?
- Should people have any responsibilities?
- Do we care whether older adults are included in society?
We need new pathways for the third age!

<table>
<thead>
<tr>
<th>Preparation the first transition</th>
<th>Preparation for the second transition</th>
</tr>
</thead>
<tbody>
<tr>
<td>K-12, Technical School, College, Grad School</td>
<td>?</td>
</tr>
<tr>
<td>Girl Scouts, Boy Scouts, YMCAs, etc.</td>
<td>?</td>
</tr>
<tr>
<td>Religious Guidance</td>
<td>?</td>
</tr>
<tr>
<td>Parental and Peer Support and Advice</td>
<td>?</td>
</tr>
<tr>
<td>“Graduation”</td>
<td>“Retirement”</td>
</tr>
</tbody>
</table>
Millions of baby boomers and older adults will embrace their gift of longer lives and spend more time each day doing things that are good for themselves and for others.
A New Pathway: NCOA’s Aging Mastery Program®

- The Aging Mastery Program® (AMP) is a comprehensive and fun approach to living that combines education with goal-setting, daily practices, and peer support to help participants make meaningful and enduring changes in the areas of health, finances, life enrichment, and advanced planning.

AMP is fun, engaging, and life-changing!
Aging Mastery Program (AMP) helps people to spend their time more wisely!

**Community Classes**

**Alumni Clubs and Ongoing Activities**

**Apps, Social Media, and Document Storage**

**Core Classes**

- Navigating Longer Lives
- Exercise and You
- Sleep
- Healthy Eating and Hydration
- Medication Management
- Financial Fitness
- Advance Planning
- Healthy Relationships
- Falls Prevention
- Community Engagement
AMP is designed to address key needs, wants and motivators of older adults

Primary Wants:
- Have more fun
- Be healthy
- Be financially secure
- Have meaning and purpose

Primary Needs:
- Education, guidance and help to navigate longer lives!

Primary Motivators:
### AMP By the Numbers: 2013 –March 2017*

<table>
<thead>
<tr>
<th>Descriptor</th>
<th>Results</th>
</tr>
</thead>
<tbody>
<tr>
<td># of AMP Participant</td>
<td>6,615</td>
</tr>
<tr>
<td># of AMP Sites</td>
<td>199</td>
</tr>
<tr>
<td>Graduation Rate</td>
<td>83%</td>
</tr>
<tr>
<td>Average Age (Range)</td>
<td>72 (31-101)</td>
</tr>
<tr>
<td>Gender</td>
<td>80% Female, 20% Male</td>
</tr>
<tr>
<td>Provided long-term care in the past year</td>
<td>29% Yes, 71% No</td>
</tr>
</tbody>
</table>

*National roll-up data as of March, 2017
Status: AMP is in 199+ communities (as of Mar 2017)
Current AMP sites in Washington State

- Benton Franklin Community Action Connections (Pasco)
- Buckley Senior Center and Enumclaw Senior Center
- Issaquah Valley Senior Center
- Jefferson Healthcare (Port Townsend)
- Klickitat County Senior Services (White Salmon)
- Lynnwood Senior Center
- Morton Senior Center
- Oak Harbor Senior Center (North Whidbey Island)
- Pullman Regional Hospital Foundation
- Senior Services for South Sound (Thurston and Mason Counties)
- Stillaguamish Senior Center (Arlington)
- Village Green Foundation (Kingston)
- Waterfront Park Community Center (Bainbridge Island)
Enumclaw, Washington Graduation
Roll the Dice!

- What’s in the Box?
- Pair up and play!
What Did You Think?

- Did you find the exercise valuable?
- How might you see the Aging Mastery Program being used in your communities and networks?
What’s Next

- NCOA Evaluation

- Your role
  - Take a kit
  - Use the kit
  - Respond to a brief survey before the end of April.