Aging and Disability Services
Area Agency on Aging for Seattle and King County

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

Aging Mastery Program

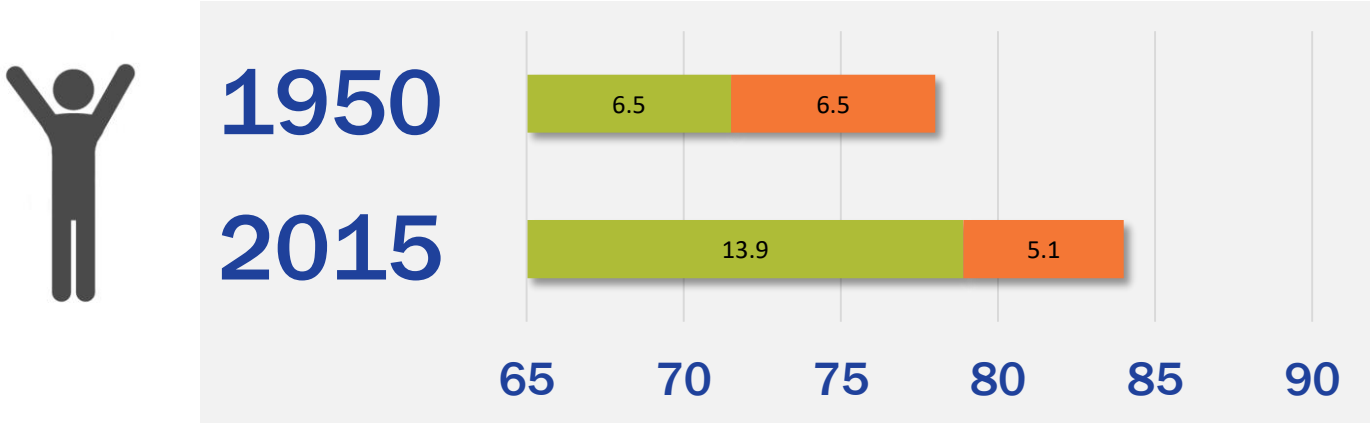
ADS Advisory Council Meeting

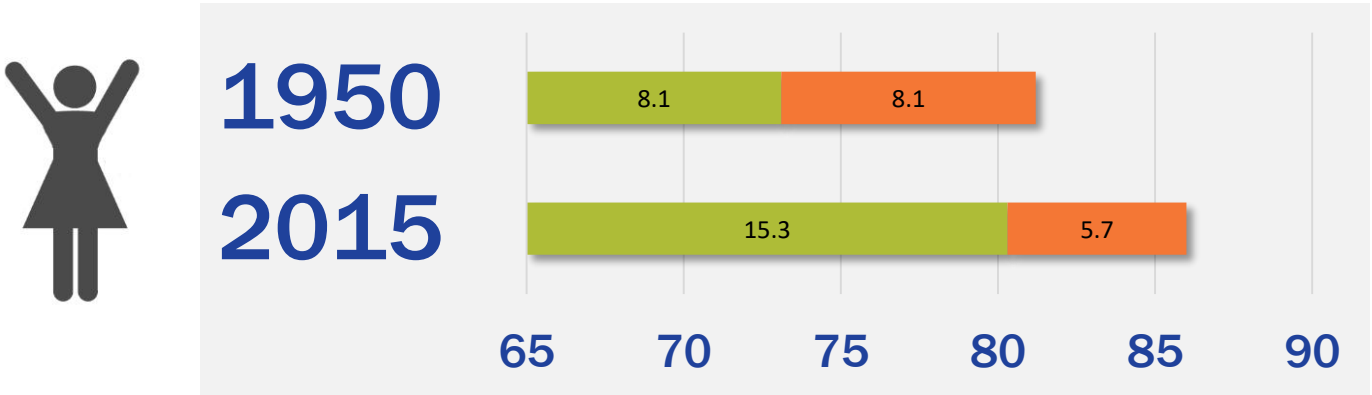
March 9, 2018

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





Green bar = Average years of good health at age 65

Orange bar = Average life expectancy at age 65

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

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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

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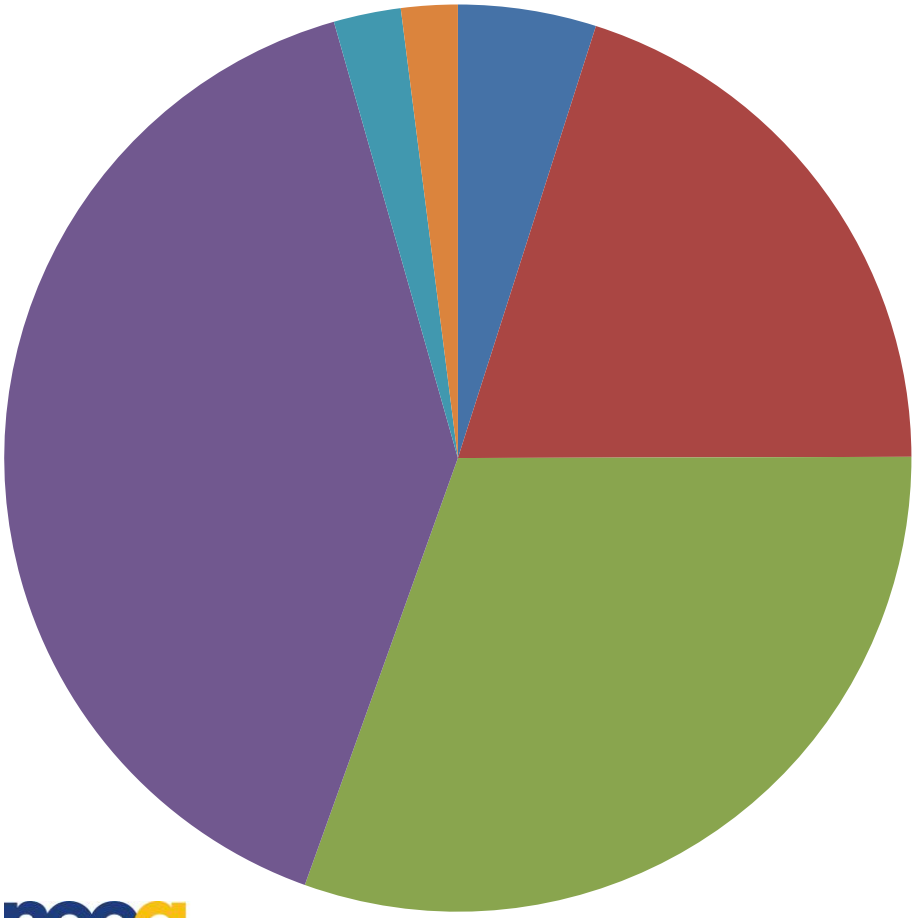
The Challenge --- How Older Adults Spend Their Time



- Work and related activities
- Household activities
- Leisure and sports
- Sleeping and personal care
- Civic and religious activities
- Caring for or helping others

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How Older Adults Spend Their Time

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

Source: American Time Use Survey – 2014 Results from US Bureau of Labor Statistics.

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?

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We need new pathways for the third age!

Preparation the first transition	Preparation for the second transition
K- 12, Technical School, College, Grad School	?
Girl Scouts, Boy Scouts, YMCAs, etc.	?
Religious Guidance	?
Parental and Peer Support and Advice	?
"Graduation"	"Retirement"

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Aging Mastery Program® (AMP): Our Vision

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.

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A New Pathway:
NCOA's Aging Mastery Program®

- The **Aging Mastery Program® (AMP)** is a comprehensive and fun approach 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!

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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

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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!

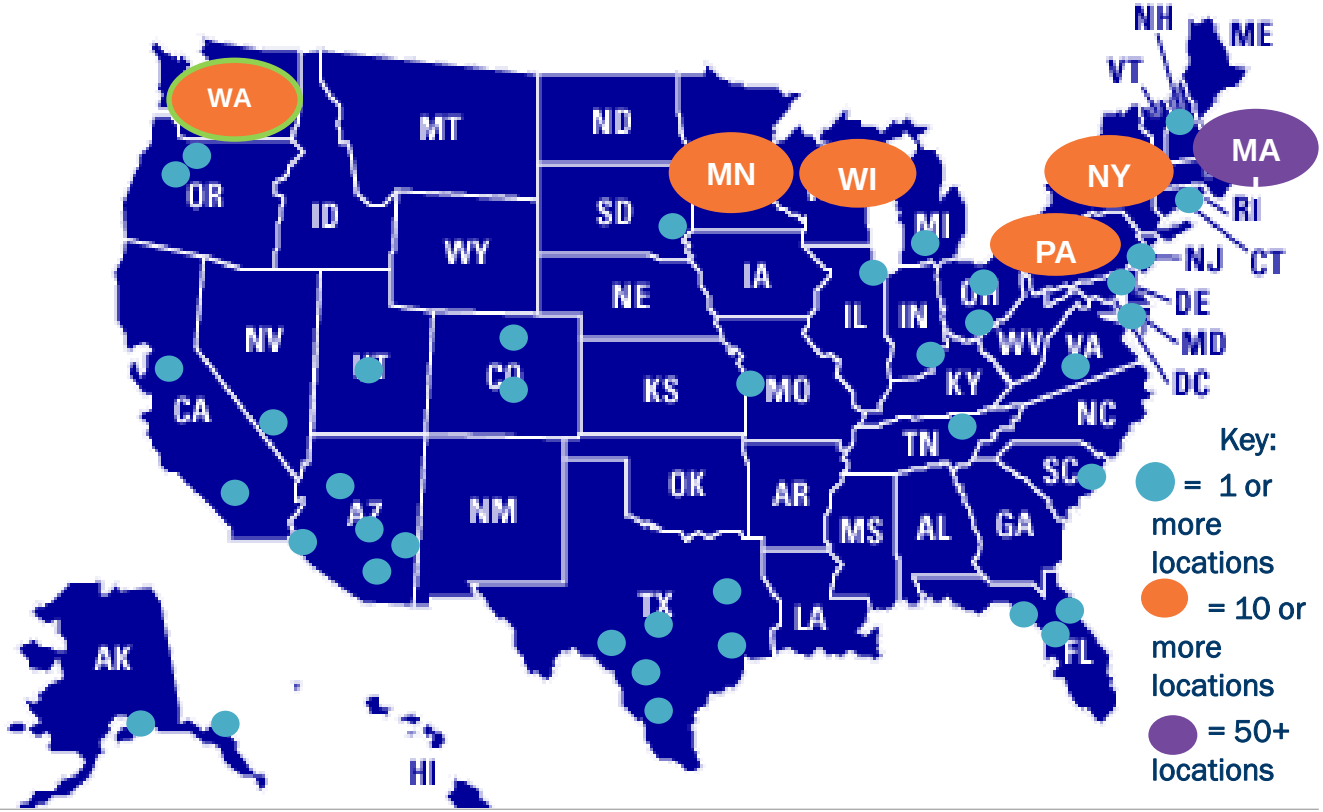
Primary Motivators:

AMP By the Numbers: 2013 –March 2017*

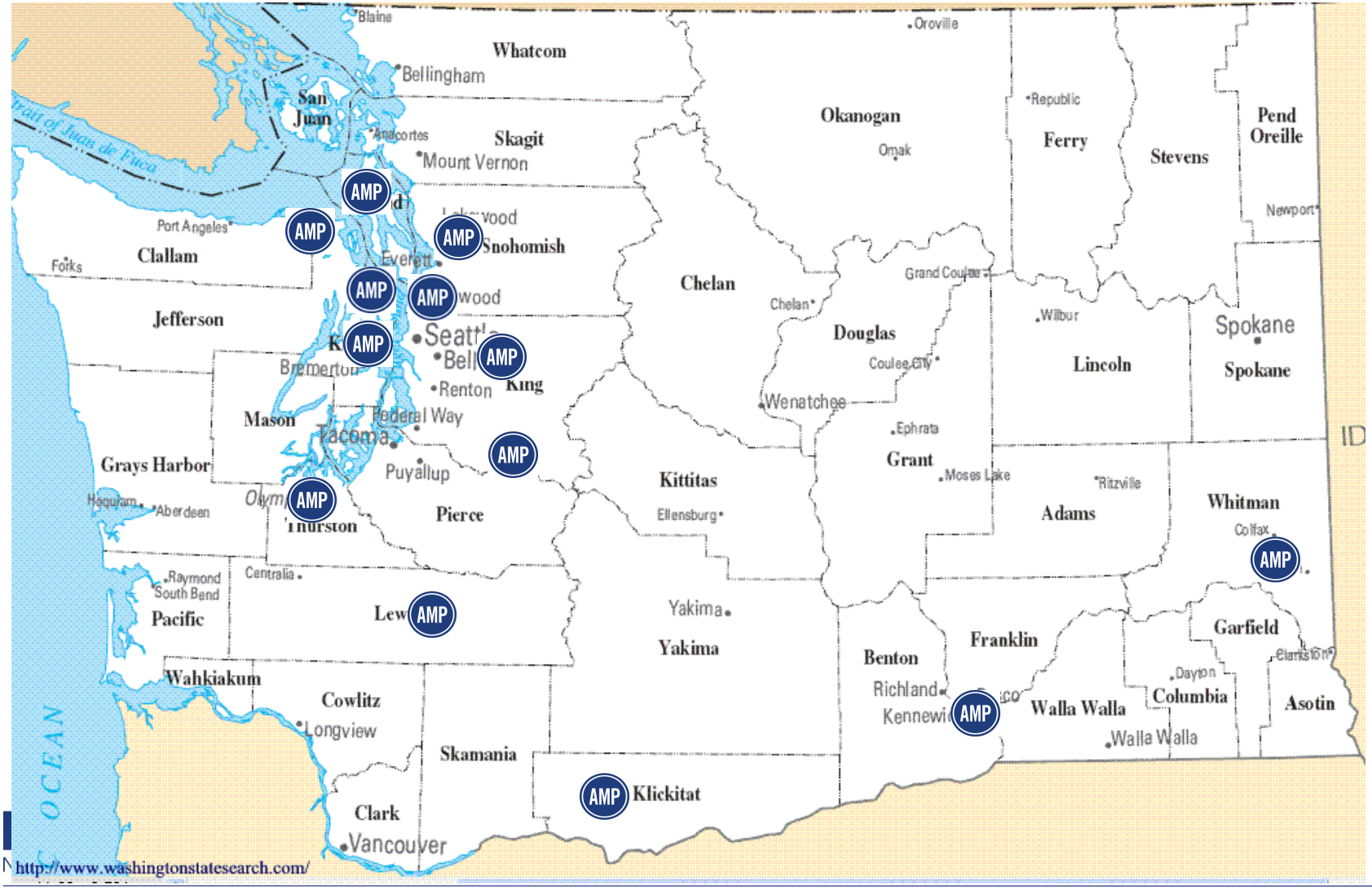
Descriptor	Results
# of AMP Participant	6,615
# of AMP Sites	199
Graduation Rate	83%
Average Age (Range)	72 (31-101)
Gender	80% Female, 20% Male
Provided long-term care in the past year	29% Yes, 71% No

*National roll-up data as of March, 2017

Status: AMP is in 199+ communities (as of Mar 2017)



Washington AMP Pioneer Communities



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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)

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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.