

Valuing Older Adult Quality of Life in a Medically-Focused World



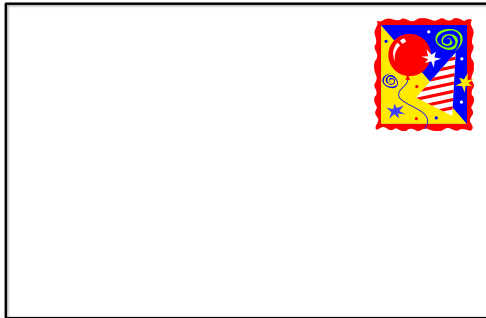
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Session Objectives

- Identify strategies that support the quality of life and leisure interests of older adults
- Identify current best practices activity and related professionals engage in and challenges they face in their work
- Identify ways for people who are non-activity professionals can support and emphasize the importance of people's quality of life and psychosocial needs

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Who Are Our Seniors?

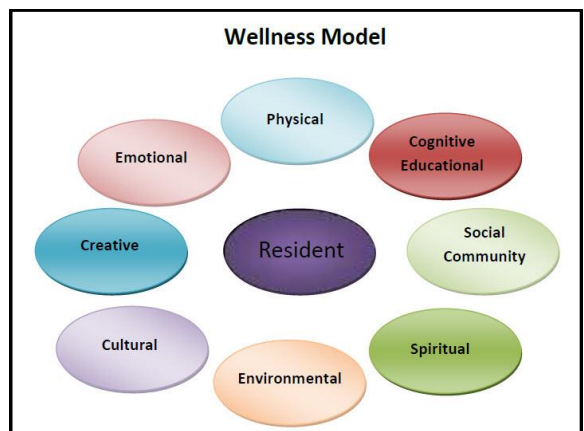
- Culture
- Activity future
- Older Seniors
- Activity and leisure needs
- What about those boomers?
- Assessing for activity and leisure needs
- Consumer demand

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"Silver Tsunami"

Healthiest, best educated and wealthiest in nation's history

Focus;
Exercise
Wellness
Volunteering
Being an activist
Volunteering
Weathering financial times



Tips and Ideas

- Don't get hooked on the number of activities- focus on quality and fun
- Don't overlook simple things
- What's important.....