



Presented by **Christina Peoples, MS**
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Aging Well in Action

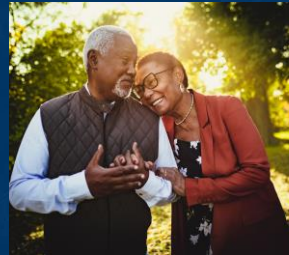
EVIDENCE-BASED PROGRAMS + BEYOND



TODAY'S AGENDA



- **01** WHAT DOES IT REALLY MEAN TO AGE WELL?
- **02** THE AGING LANDSCAPE: WHY THIS WORK MATTERS
- **03** OVERVIEW OF AGE WELL PROGRAMS
- **04** OTHER FACTORS THAT SUPPORT AGING WELL
- **05** HOW YOU CAN SUPPORT THIS WORK





AGING WELL IS...

In one word, what does aging well mean to you?



WHAT DOES IT MEAN TO AGE WELL

- Maintaining physical, emotional, and social well-being.
- Stay connected
- Managing chronic conditions and living with purpose

” Aging well does not mean the absence of challenges.





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THE AGING LANDSCAPE

- **1 in 5** adults will be 65+ by 2030
- In NC, nearly **1 in 4** adults 65+ lives with diabetes
- Falls are a leading cause of injury and injury related deaths among adults 65+
- Social isolation and access disparities





WHY WE NEED SOLUTIONS



» Chronic conditions can impact quality of life

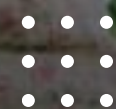
» Falls are preventable with the right knowledge and support

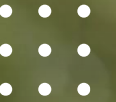
» Empowering older adults can lead to better health outcomes



AGE WELL PROGRAMS

- Offered through the Piedmont Triad Regional Council Area Agency on Aging
- Designed to support older adults' health, confidence, and independence
- Built around proven, evidence-based programs
- Focus on managing chronic conditions and preventing falls
- Delivered in community settings across the region





- 4 or 8-week **small group** class focused on fall prevention
- Reduces fear of falling through discussion and exercises
- Increases confidence and physical activity

A MATTER OF BALANCE



✓ *Ideal **for** someone who has a fear **of** falling, **or** wants **to** learn how to reduce the risk of a fall*



- 6-week self-management program
- Teaches goal setting, problem solving, and nutrition
- Encourages peer support and long-term behavior change

LIVING HEALTHY WITH DIABETES



✓ *Ideal **for** someone living **with** diabetes, pre-diabetes, **or** anyone who wants to learn more.*



WHAT ELSE SUPPORTS AGING WELL?



» Social connection + purpose

» Physical activity + nutrition

» Equitable access to resources

» Community engagement + education



LET'S HELP MORE PEOPLE AGE WELL, TOGETHER!

- Refer older adults to programs
- Host or promote classes
- Share printed resources and flyers
- Talk about what aging well really means



A photograph of two elderly women sitting at a table, playing chess. They are both smiling and clapping their hands together. The woman on the left is wearing a grey sweater and a necklace. The woman on the right is wearing a yellow sweater and glasses. The background is a bright, indoor setting with a window and some plants.

Thank you!

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