

Why Age Well Live Well

Throughout life we prepare for milestone events like going to college, starting a career, buying a home, getting married and having a family; but so few of us prepare for our aging in a similar manner.

The Texas Health and Human Services (HHS) Age Well Live Well campaign encourages people and communities to take action today to help ensure a healthy tomorrow.

The Age Well Live Well campaign provides resources, tips, tools and expertise to help Texans:

- **Be Healthy:** by providing information and opportunities to improve the physical health of older adults, their families and the community at large.
- **Be Connected:** by providing opportunities for Texans to get engaged in local activities and volunteer.
- **Be Informed:** by creating awareness of aging-related issues and resources offered through Age Well Live Well partners, HHS and the aging network.

By 2050, the U.S. population 65 and older will reach 83 million. Almost double of what it is now.

What can YOU do to Age Well Live Well?

Take charge of your future and engage in regular physical activity. Research shows older adults who participate in regular physical activity reduce their risk of chronic conditions by half when compared to those who are not active.

Staying engaged and connected in your community is good for your health, and volunteering is a great way to connect and give back. Studies show that volunteering leads to greater life satisfaction, lower rates of depression and longer life expectancy.

Age Well Live Well can provide you with tools to help you live a healthy and engaged life and be part of positive community change. Contact Age Well Live Well (reverse side) for the following:

- Resource sheets
 - Self-assessments
 - Texercise health resources
 - Ideas on how to connect with your community
- Information on community collaboratives

Making small lifestyle changes can improve your health and quality of life.

What can COMMUNITIES do to Age Well Live Well?

Through the Age Well Live Well campaign, local organizations and community partners create collaboratives to share resources and information, create and promote wellness programs, and identify opportunities for their residents to age and live well.

The Age Well Live Well campaign provides these tools to help collaboratives create organizational structure, awareness of their programs and resources, and options for residents to engage in healthy activities:

- Operational plan template
- Toolkit for collaborative planning
- Volunteer management resources
- Template fact sheets
- Texercise resources
- Tools for reaching out to partners

Programs highlighted in Age Well Live Well are easily implemented in community settings and most are free or have minimal associated costs.

Who is involved in the collaborative?

Most AWLW collaboratives have a combination of representatives from the following types of organizations:

- Area agencies on aging
- Aging and Disability Resource Centers
- City parks and recreation departments
- Networking groups
- Volunteer programs
- Hospital groups
- Civic and social organizations
- City leadership
- Healthcare industry professionals
- Faith-based organizations
- Local service providers

Benefits of Age Well Live Well

Age Well Live Well can help both individuals and communities enhance and improve:

- Health and quality of life of residents, employees and the community
- Gaps in services and programs
- Access to community resources
- Communities' ability to meet aging issues
- Relationships with other organizations that have shared interests and goals
- A sense of community that fosters collaboration

For more information about the Age Well Live Well campaign, contact Claire Irwin at 512.438.3057 or Claire.Irwin@HHSC.state.tx.us.