

Element Care's Top 12 Ways to Support Healthy Aging for Older Adults

We all want to maintain good health as we get older. To help, here's Element Care's list of the top 12 ways to support healthy aging for older adults.

1. Stay active with regular exercise. Physical activity improves your overall well-being and can even prevent health problems. Element Care's team works with each participant to customize an exercise plan tailored to their health needs and interests.

2. Prevent bone loss and muscle weakness. Keep your bones and muscles strong by doing weight-bearing exercises. Ask your doctor or nurse practitioner about your calcium and vitamin D intake and avoid actions that put you at risk for falls. Element Care's physical and occupational therapists work with participants to keep them strong and reduce the risks for falls.

3. Engage socially. Staying connected to friends and family can help with memory loss and feelings of isolation. Element Care provides a range of activities and tools to keep you engaged so you can continue to enjoy the people and things you love.



4. Eat healthy. A nutritious diet can give you more energy, increase your stamina and reduce the risks from heart disease, diabetes, and other conditions. Element Care's nutritionists and care teams work with participants to develop healthy eating plans, ensure health monitoring and provide nutritional supplements as indicated to keep you well.

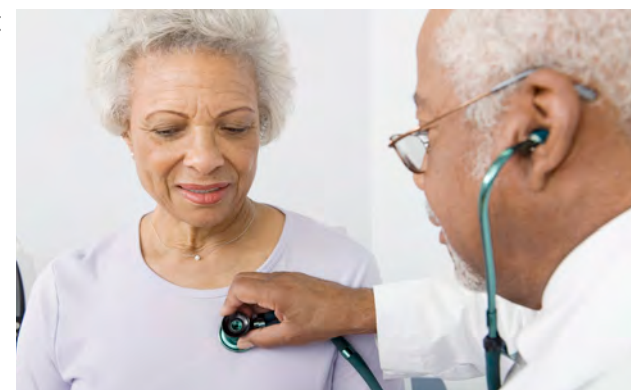
5. Stop smoking and limit alcohol intake. Smoking and excessive alcohol use are particularly dangerous for older adults who are already at heightened risk for various health conditions. It's never too late to quit smoking. Element Care's Smoking Cessation Program can help you kick the habit.

6. Seek help for depression. Approximately 80% of new Element Care enrollees have a behavioral health need. If you feel sad, talk to your doctor or nurse practitioner. Element Care has its own behavioral health team which provides therapy at home, remotely and in our PACE Wellness Centers.

7. Keep Up with Your Appointments. Regular check-ups with your doctor, dentist, and optometrist are even more important as you age. At Element Care, our team helps by coordinating care between medical offices, scheduling your appointments, and setting up your transportation.

8. Get your immunizations. Get ready for flu season! Make sure to get your annual flu shot and other vaccinations for shingles, pneumonia, etc. Element Care PACE participants are able to get their immunizations as ordered by their primary care provider.

9. Get recommended screenings. Make sure you speak with your doctor or nurse practitioner about screening tests that you may need. Element Care manages all necessary screenings for our participants.



10. Consider using telehealth tools to stay safe. With the onset of COVID-19, telehealth tools have been growing in popularity and provide a convenient, fast and safe way to see your doctor and other clinical professionals. Element Care provides a range of telehealth tools tailored to the needs of older adults that expedite clinical visits, health monitoring, playing games like zoom bingo and that keep participants connected with family.

11. Be Mindful of Your Medications. Remembering to take all your medications can be challenging, especially if like many older adults you take many medications each day. Taking too many or too few of your medications can put you at risk for dizziness, falls or other serious side effects. So it's important to use a system such as a 7-day medication planner to ensure that you take all your meds every day. Element Care packages your meds for you placing them in dated and color coded packets to ensure you adhere to your prescribed medication regime. We also have a clinical pharmacist that can meet with participants to review their medications and side effects.

12. Stay safe during COVID-19. Older adults have a greater risk of poor outcomes related to COVID-19 infection. It is very important to make sure you practice social distancing, wear a mask, and wash your hands frequently in order to keep you safe during the pandemic and the upcoming flu season. Element Care staff follow CDC and state guidelines in order to provide our participants with the medical care they need in the safest way possible. Element Care provides nursing, home care and a range of other services in our participants' homes to prevent unnecessary visits to the doctor or hospital.



About Element Care: Element Care, founded in 1995, is a non-profit, healthcare organization with a simple mission: to help people live safely and comfortably in their homes and their communities for as long as they can, keeping their stays in hospitals and nursing facilities as minimal as possible. Element Care provides complete health care to eligible people through PACE (Program of All-Inclusive Care for the Elderly) throughout the Massachusetts North Shore, the Merrimack Valley and the northeast region of Middlesex County.

For more information and to learn more about how Element Care is providing our services remotely and in the home call 877-803-5564, or visit www.elementcare.org.