

Navigating Longer Lives: The Basics of Aging Mastery – Introduction to the program and its philosophy with a special emphasis on the new realities of aging, making the most of the gift of longevity, and taking small steps to improve health, financial well-being, social connectedness, and overall quality of life.

Exercise and You – Discussion of the importance of exercising both the mind and the body with a focus on strategies for incorporating meditation, aerobics, strengthening, flexibility, and balance into daily routines.

Sleep – Overview of how sleep patterns change as we age, the importance of monitoring the sleep cycle, and simple strategies to improve sleep.

Healthy Eating and Hydration – Review of nutrition as it relates to aging with a focus on strategies for incorporating healthy eating and hydration into daily routines.

Financial Fitness – Introduction to strategies for remaining economically secure in an era of longevity with an emphasis on setting financial goals and setting financial boundaries with friends and families.

Advance Planning – Guidance around key steps needed to manage health care, financial, and housing/care decisions with a focus on considering the role of personal values and beliefs in these decisions.

Healthy Relationships – Exploration of the benefits of being socially active, as well as the risks of isolation with a focus on practical strategies for continuing to build and strengthen friendships and family connections as we age.

Medication Management – Best practices on how to take medications as directed, how to store medications safely, and how to keep track of multiple medications.

Community Engagement – Introduction to the value of continuing contribution and small acts of kindness with a focus on identifying personal aptitudes for meaningful volunteer and civic opportunities.

Falls Prevention – Overview of the importance of falls prevention among older adults along with strategies to prevent falling.



Live Well – Do Well – Age Well

Aging Mastery aims to help millions of baby boomers and older adults take key steps to improve their well-being, add stability to their lives, and strengthen their ties to communities. When they participate in the Aging Mastery Program[®] (AMP) or use the Aging Mastery Starter Kit on their own, individuals create their own playbook for aging well via actionable goals, sustainable behaviors, social engagement, and gratitude.



What is Aging Mastery?

Aging Mastery is a comprehensive and fun approach to living that celebrates the gift of longevity. Central to the Aging Mastery philosophy is the belief that modest lifestyle changes can produce big results and that people can be empowered to cultivate health and longevity.

Our goal is to change societal expectations about the roles and responsibilities of baby boomers and older adults and to create fun and easy-to-follow pathways for getting more out of life.

Equally important, the program encourages *mastery*—developing sustainable behaviors across many dimensions that will lead to improved health, stronger financial security, enhanced well-being, and increased connectedness to communities.

The path to mastery is entirely individual. Individuals set their own goals and create their own pathways to these goals, opening the door to autonomy and purpose in the process.

We are living longer. Are we living better?

Why is Aging Mastery Important?

Life expectancy has increased dramatically over the past 50 years, yet societal expectations of older adults have changed little. Also, people are generally unprepared for this increased longevity. Aging Mastery guides individuals through this phase of life. The suite of products incorporates evidence-informed materials with inspiration and small nudges to give people the skills and tools they need to achieve measurable improvements in managing their health, remaining economically secure, and contributing actively in society. All materials and resources align with the goal of helping people enjoy self-sufficient lives.

“This program was very uplifting, I learned that the aging process can be done gracefully. I am working on a plan for the future to share with my family.”

- AMP Participant

Aging Mastery Products

Aging Mastery Program® (AMP)

Our flagship 10-class program encourages individuals to create their own playbook for aging well. In this program, individuals set goals for positive actions in many aspects of their lives such as exercise, nutrition, finances, advance care planning, community engagement, and healthy relationships. An AMP for Caregivers program is also available.

Aging Mastery Starter Kit

Our new, self-guided version of AMP combines education with engaging activities to inspire and help people take actions to achieve autonomy, mastery, and purpose as they age. The kit contains the Aging Mastery Playbook, two exercise DVDs, activity cards, a notepad for personal reflection and goal-setting, and postcards to express gratitude.

“AMP is the best program we’ve ever done. Participants love it. At the end, they say, “What’s next!” They want to learn more, stay engaged, and stay connected with friends they have made. I highly recommend AMP. It’s a game changer.”

- Senior Center Director

Creating Value

Community Centers/CCRCs/Colleges

Aging Mastery attracts new participants and motivates older adults who want to make the most out of their later years.

Foundations/Nonprofits/Corporations

Aging Mastery can incorporate interventions that both help individuals and advance an organization’s mission via a nationwide network.

Health Systems and Insurers

Aging Mastery can link hospitals with community-based programs to support people to take actions that improve their health and well-being.

Making Impact

The program has proven effective in a variety of settings and for a wide demographic. Behavior change is a key metric. Surveys show that a majority of program participants take positive steps to improve their lives in each of the 10 classes.

A 2018 research study, published in the journal *Healthcare*, supports the program’s effectiveness and its value as an evidence-based intervention for older adults. This study showed specific improvements in physical activity and use of advance care planning.

Additional studies are underway to understand the program’s impact on mental health and social engagement. Preliminary results have indicated that AMP could have beneficial effects in these two areas.



To explore partnership opportunities, contact us at AMP@ncoa.org or visit ncoa.org/AMP.