

Small Steps Big Rewards

The Aging Mastery Program® (AMP) 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.

WITH AMP, YOU WILL:

1

Create your own playbook for aging well

2

Learn with your peers

3

Make new friends!



“This program was very uplifting and 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 Program®

National Council on Aging

AMP Core Curriculum

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, and quality of life.
Exercise and You	Discussion of the importance of exercising both the mind and 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.
Medication Management	Best practices covering how to take medications as directed, how to store medications safely, and how to keep track of multiple medications.
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.
Falls Prevention	Overview of the importance of falls prevention among older adults, and strategies to prevent falling.
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.

- Start Date _____
- Location _____
- Contact _____