

SUCCESSFUL AGING

"Compression of morbidity to the very end of life"



CRITERIA

1. Freedom from disease and disability
2. High cognitive and physical functioning
3. Social and productive engagement



LIFESTYLE

Maintaining a healthy lifestyle is a modifiable factor for successful aging

Regular Physical Activity

Nutrition

Habits (smoking/alcohol)

Personal Health

Coping skills



PHYSICIAN'S ROLE

Doctors should encourage and facilitate a healthy lifestyle. This includes encouraging beneficial modifiable behaviours and discouraging detrimental habits.



UNMODIFIABLE

Ageing is a lifelong process; in which early and midlife events and behaviours can have an important influence on health as people get older.

Genetics

Development



SOCIAL FACTORS

Social factors have powerful effects upon function, recovery & mortality

Income

Community/Interpersonal Relationships

Meaningful Activities

Positive Attitude Towards Aging

