

0330

Empowerment Through Wellness In Everyday Life: Change Attitudes and Obtain Balance

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Learning Objectives: Participants will

- Identify the components of a "wellness program"
- Learn how to alter attitudes away from the "sick role" toward "wellness"
- Develop "wellness programs" in congregate living settings for elderly people

Time required: 1.5 hours

Teaching Methods: Lecture, Discussion, Experiential

Number of participants: Unlimited

Wellness attitudes can contribute to successful adaptation to old age through the establishment of new roles and valued occupations. These activities need to be ones that the participants find personally meaningful and will allow them to focus on strengths while de-emphasizing limitations. Wellness is a choice - a decision you make to move toward optimal health. It is a way of life, a lifestyle to achieve your highest potential for well-being. It is a process, a developing awareness that there is no end point, but that health and happiness are possible in each moment. Wellness is a balanced channeling of energy, energy received from the environment, transformed within you, and returned to affect the world around you. It is the integration of body, mind and spirit, the appreciation that everything you do, and think, and feel, and believe has an impact on your state of health. Wellness is the loving acceptance of you. Wellness can provide alternative strategies for fuller societal participation.

Education is a vital part of wellness, learning to recognize one's real needs and how to meet them. Education on proper nutrition, exercise, stress management and relaxation. A proper balance between work, play and rest. Expression of emotions, feelings, anger, guilt and self-concept. Health promotion through positive attitudes and life style adaptation.

Discussion will focus on the development of programs, which empower individuals toward wellness and away from the sick role. We will walk through assessment, proactive physical and social participation, discuss cultural sensitivity and motivation, develop plans of wellness programming for elderly people. Wellness programs can include both high functioning elderly people as well as those with various levels of cognitive, social participation and physical functioning. We anticipate interaction from the participants - so please bring your ideas and your "wellness attitude."