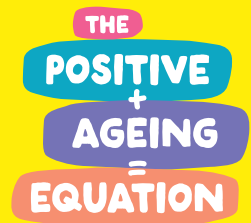


Your Positive Ageing Pathway

Maintaining functional ability as you age



This checklist is intended for use with the book *The Positive Ageing Equation*.

Name: _____

GP's name: _____

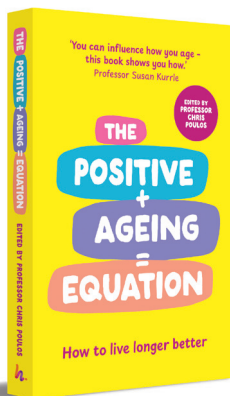
Date: _____

| Area | Check | My notes |
|-------------------|--|----------|
| Prevention | <ul style="list-style-type: none"> <input type="checkbox"/> Stop smoking (if you smoke) <input type="checkbox"/> Keep to safer levels of alcohol use (if you drink) <input type="checkbox"/> Be up to date with government-recommended screening <input type="checkbox"/> Be up to date with government-recommended vaccinations <input type="checkbox"/> Stay safe in the sun <input type="checkbox"/> See your GP for a check-up, at least annually, and ask for an individual health plan <input type="checkbox"/> Check your falls risk and take action if needed <input type="checkbox"/> Have a dental check-up (ideally every six months) | |
| Exercise | <ul style="list-style-type: none"> <input type="checkbox"/> Know why exercise is important <input type="checkbox"/> If you're new to exercise, see your GP or healthcare professional before starting <input type="checkbox"/> Meet your exercise goals for aerobic exercise <input type="checkbox"/> Make sure you include strengthening exercises <input type="checkbox"/> Stay flexible <input type="checkbox"/> Balance exercises are very important for reducing falls risk, but get advice before you begin <input type="checkbox"/> Build incidental exercise into your day and adapt exercise to suit the environment and your limitations | |

| Area | Check | My notes |
|----------------------|--|----------|
| Nutrition | <ul style="list-style-type: none"> <input type="checkbox"/> Know what's a healthy diet (the Mediterranean diet is a great place to start) <input type="checkbox"/> Aim for a healthy weight range for your age, and avoid being underweight <input type="checkbox"/> Eat sufficient protein <input type="checkbox"/> Don't try to lose weight without first checking with your GP or dietitian <input type="checkbox"/> Personalise your nutritional needs according to any health conditions you have <input type="checkbox"/> Eat smarter and take some shortcuts if needed to meet your nutritional goals <input type="checkbox"/> See a healthcare professional if you experience unplanned weight loss | |
| Cognition | <ul style="list-style-type: none"> <input type="checkbox"/> Make lifelong learning your aim Challenge your brain with new things <input type="checkbox"/> Aim for optimal brain health – remember, what's good for the heart is good for the brain <input type="checkbox"/> Stay engaged with the world and others <input type="checkbox"/> Follow advice on dementia prevention – there are 14 risk factors you can work on to reduce your risk <input type="checkbox"/> If you notice changes in your cognition, seek help | |
| Mental health | <ul style="list-style-type: none"> <input type="checkbox"/> Check in on your mental health from time to time <input type="checkbox"/> If anxiety or depression is affecting your sense of wellbeing, take action and seek help <input type="checkbox"/> Talk about mental health concerns with a trusted partner or friend <input type="checkbox"/> Seek trusted online resources for more information <input type="checkbox"/> Seek professional help if concerns remain <input type="checkbox"/> Men are more likely to neglect their mental health, so take note! | |

| Area | Check | My notes |
|---|--|----------|
| Senses | <ul style="list-style-type: none"> <input type="checkbox"/> Get your eyes checked annually (or as recommended), even if you don't wear glasses <input type="checkbox"/> If you have eye health conditions, or health conditions that can affect vision, follow healthcare professional advice for monitoring <input type="checkbox"/> Know about changes in vision needing urgent care <input type="checkbox"/> Get your hearing checked, especially if you (or those close to you) notice any changes <input type="checkbox"/> Wear hearing aids if you need them <input type="checkbox"/> Assistive technologies can help compensate for vision and hearing loss | |
| Intimacy, waterworks & bone strength | <ul style="list-style-type: none"> <input type="checkbox"/> If you're urinating more often, with more urgency, more difficulty, or leak urine, don't put it down to ageing – get help <input type="checkbox"/> If bladder control affects your wellbeing, the right aids can help you keep getting things done <input type="checkbox"/> Many problems with sexual function can be treated (for both men and women), so get advice from your GP <input type="checkbox"/> Talk with your GP about screening and management of osteoporosis and bone health | |
| Meaning & purpose | <ul style="list-style-type: none"> <input type="checkbox"/> Know your ikigai (your reason to get up in the morning) <input type="checkbox"/> Take positive steps to find meaning and purpose <input type="checkbox"/> Don't neglect your spiritual side, whatever that may be to you <input type="checkbox"/> Explore your creative side <input type="checkbox"/> Volunteering can bring you meaning and purpose if you've left the workforce, plus it benefits others too! | |

| Area | Check | My notes |
|-----------------------------|--|----------|
| Connections | <ul style="list-style-type: none"> <input type="checkbox"/> Do you need to nurture existing relationships, make new ones, or restore old ones? <input type="checkbox"/> If you've left work, think about volunteering to stay connected <input type="checkbox"/> Connect with nature, your faith, interest groups, or your creative side <input type="checkbox"/> Will electronic devices help you stay connected | |
| Assistive technology | <ul style="list-style-type: none"> <input type="checkbox"/> Don't avoid technology It could help your: <ul style="list-style-type: none"> - vision - hearing - mobility - ability to connect with people - ability to get things done <input type="checkbox"/> If your vision or hearing loss is likely to worsen, start early with technology so you can get used to it <input type="checkbox"/> If you're having difficulty with technology, get help from family, friends or professionals | |



The Positive Ageing Equation: How to live longer better is a new approach to ageing well at any stage of life.



Purchase copies of the book via the QR code or at

thepositiveageingequation.com