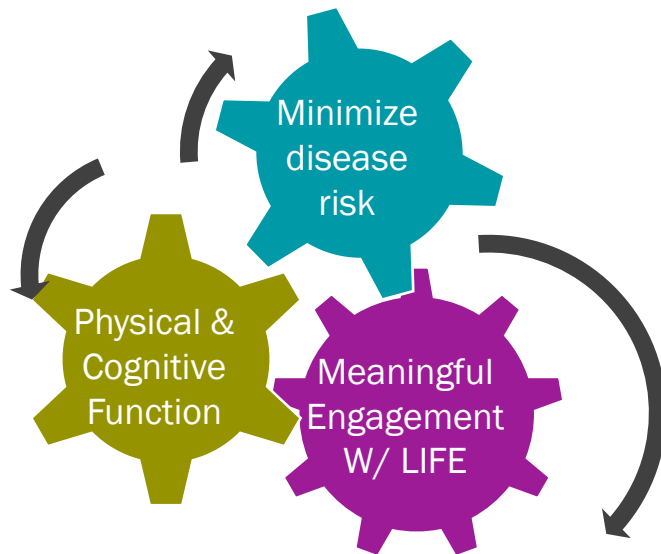


Successful Aging: 10 Tips for Meaningful Engagement

Successful Aging



ENGAGEMENT:

- Increases **quality of life**
- Creates **meaning** & **purpose**
- Decreases **depression**
- Reduces **challenging** behaviors
- Preserves **DIGNITY**

LACK of Engagement

- **Expedites** the disease process
- **Increases** likelihood of dementia

10 Tips for Meaningful Engagement

1. Continuum of definitions & goals
2. Access preferences
3. Activity modifications
4. Incorporate spiritual & emotional activities
5. Antecedent-based improvements
6. Cultivate independence
7. Reinforcement-based procedures
8. Capitalize on staff's interests
9. Process is as important as product
10. Staff empowerment programs