



Aging Mastery Program®

National Council on Aging



Join the Adventure!

The Aging Mastery Program® (AMP) for Caregivers

The Aging Mastery Program (AMP) was founded by the National Council on Aging (NCOA) as a means of offering practical strategies to empower others to age well.

This current session will focus on offering support to those who are in a **caregiver** role to an older adult loved one.

The class will start on Monday, July 12, and meet for 12 consecutive weeks from 1–2:30 p.m., with graduation to follow on Nov. 4.

Classes will meet virtually, using the Zoom meeting platform. An invitation link will be provided after you register. For those unfamiliar with Zoom, support will be available to help you navigate this user-friendly program.

The topics covered in the AMP curriculum are designed to promote healthy aging as you take care of yourself and your loved one. This class emphasizes the importance of small, consistent changes over time leading to mastery of healthy habits.

We would love to have you join us for the Aging Mastery Program for Caregivers! Registration is limited to 25 participants, so register soon and spread the word to others who may be interested in attending.

This class is free for those 60 and older (a \$250 value). Sign up now! To register, call 816-452-4536.



Core Curriculum classes

- **Caregiver Perspectives: Assessing our Needs** — Overview of the caregiving journey.
- **Navigating Longer Lives: The Basics of Aging Mastery®** — Introduction to the AMP program.
- **Exercise and You** — Strategies for exercising both the mind and the body.
- **Sleep** — Simple strategies to improve sleep.
- **Healthy Eating and Hydration** — Review of nutrition as it relates to aging.
- **Financial Fitness** — How to remain economically secure in an era of longevity.
- **Advance Planning** — Making decisions while maintaining personal values.
- **Healthy Relationships** — The benefits of being socially active.
- **Medication Management** — How to take and keep track of medications.
- **Falls Prevention** — Strategies to prevent falling.
- **Community Engagement** — The value of continuing involvement.
- **Caregiver Playbook: Planning, Connecting and Doing** — Review and planning.

For more information, contact Becky Franklin, Older Adult Educator, Tri-County Mental Health, at beckyf@tri-countymhs.org or call 816-468-0400, ext. 330.

KC Communities for All Ages is a program of the Mid-America Regional Council, 600 Broadway, Kansas City, Missouri, www.kccfaa.org.

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