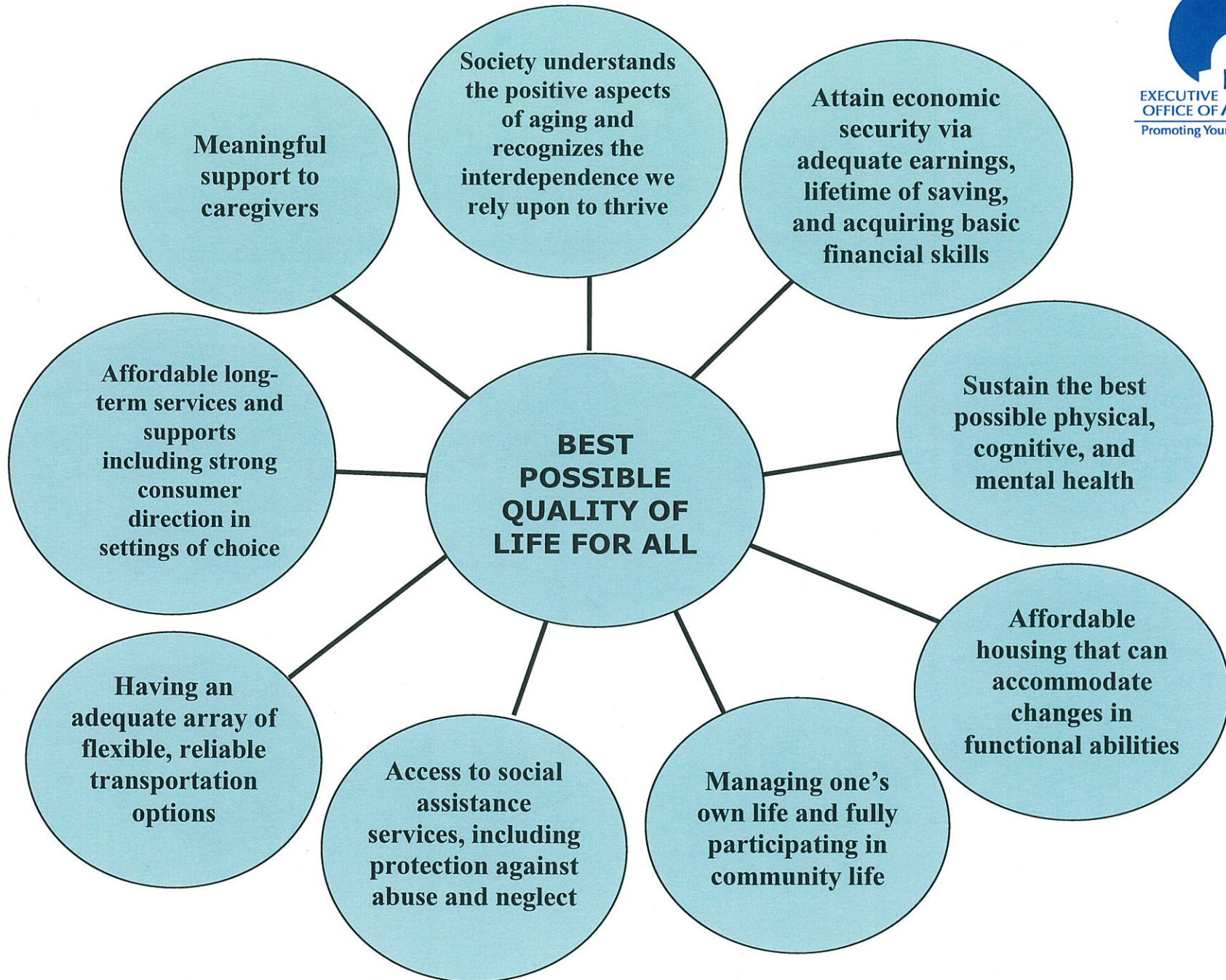


9 PRINCIPLES FOR AGING WELL



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Society cannot thrive or even survive without the continuous active participation of all people as they age. Each of us, both individually and collectively, has a stake in building an environment in which every person has an equal opportunity to participate in all aspects of civic life. We believe all adults, during each stage of the lifespan, should have the full and free enjoyment of these fundamental principles for aging well.

- To live in a society that understands the positive aspects of aging, recognizes the interdependence we rely upon to meet life's challenges, and values the intergenerational sharing of life, wealth, wisdom, caring and caregiving.
- To attain economic security through a combination of earning an adequate income, saving money over one's lifetime, and learning basic financial skills to avoid financial hazards and financial exploitation.
- To attain and sustain the best possible physical, cognitive, and mental health and have the opportunity to benefit from proven methods for maximizing and improving one's abilities, health and happiness.
- To reside in affordable housing suitably designed to accommodate the predictable changes in functional abilities we'll likely experience as we age.
- To exercise control over managing one's own life and participate in a wide range of civic, cultural, learning, spiritual and recreational opportunities for as long as possible.
- To have access to social assistance services, including protection against abuse and neglect, that can be readily provided in an efficient and appropriate manner for diverse populations.
- To have an adequate array of flexible, reliable transportation options.
- To have access to affordable long-term services and supports that can sustain individuals in the setting of their choice, including a consumer's full participation in managing services.
- To lend meaningful support to caregivers to preserve the beneficial impact caregiving has upon the caregiver, the person depending upon them and society at large.