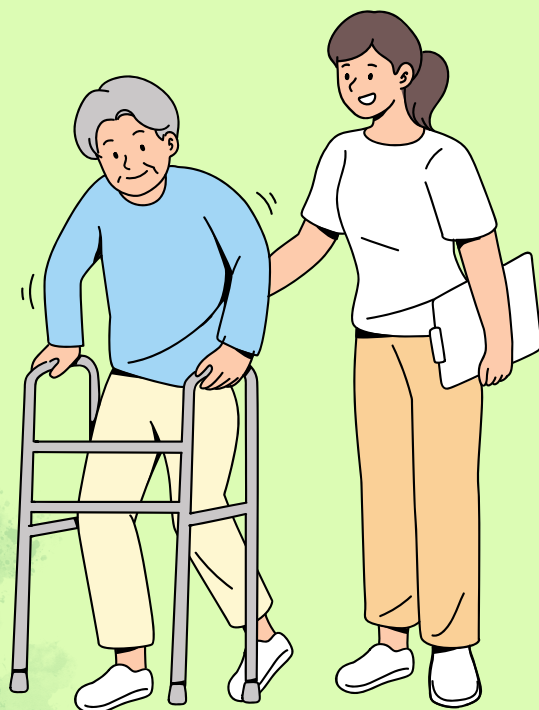


SELF-HELP GUIDE FOR GERIATRIC WELL-BEING



1. Self reflecting questions on Geriatric well-being

- Am I able to perform daily activities (e.g., bathing, dressing, cooking) without much difficulty?
 - Am I getting regular exercise suitable for my age and condition?
 - Do I feel a sense of purpose or meaning in my life right now?
 - How often do I feel lonely, anxious, or depressed?
 - Have I noticed any changes in my memory or thinking?
 - Am I involved in any social groups, community events, or religious/spiritual activities?
 - Am I satisfied with my current living situation?
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THIS WORKBOOK AIMS TO HELP YOU TO:

- Recognise whether you may be experiencing problems with geriatric well being.
- Understand what geriatric well being is, what causes problems and what keeps it going.
- Find ways to understand, manage or overcome your problems during old age.

2. What is Geriatric Well-being?

Geriatric well-being refers to the overall state of health, happiness, independence, and quality of life experienced by older adults, typically aged 60 and above. It encompasses multiple dimensions of wellness—physical, emotional, cognitive, social, and spiritual—that collectively determine how well an individual adapts to the changes of aging.

As individuals age, they undergo a wide range of physical, psychological, and social changes. Geriatric well-being aims to ensure that aging is not just about surviving, but about living well with dignity, autonomy, and meaning.



3. Major areas of Geriatric Well-being?

1. Physical Well-being

This includes maintaining good health, mobility, and functional ability in daily life. Older adults are more prone to chronic diseases (e.g., arthritis, diabetes, cardiovascular issues), so regular medical check-ups, appropriate exercise, and a balanced diet are crucial.

Key aspects:

- Managing chronic conditions
- Preventing falls and injuries
- Maintaining physical fitness
- Access to healthcare and rehabilitation



2. Emotional and Psychological Well-being

Aging often comes with emotional challenges like loneliness, anxiety, or grief. Mental health care and emotional support are essential to maintain resilience and a positive outlook.

Key aspects:

- Coping with loss or role transitions (e.g., retirement)
- Managing stress, anxiety, or depression
- Feeling valued and having a sense of purpose
- Access to mental health services



3. Major areas of Geriatric Well-being?

3. Cognitive Well-being

Cognitive health refers to the ability to think, learn, and remember. While some decline is normal with age, maintaining cognitive function through mental stimulation and early detection of disorders like dementia is important.

Key aspects:

- Memory support
- Brain exercises and lifelong learning
- Early screening for Alzheimer's and other dementias



4. Social Well-being

Social connections are vital for a senior's mental and emotional health. Isolation can lead to depression, while regular interaction helps maintain self-worth and happiness.

Key aspects:

- Family and community involvement
- Meaningful relationships
- Social activities and support systems



3. Major areas of Geriatric Well-being?

5. Spiritual and Existential Well-being

For many elderly individuals, spirituality provides comfort, meaning, and purpose in later life. This can be through religion, nature, art, or personal reflection.

Key aspects:

- Spiritual practices or faith-based support
- Reflection on life and legacy
- Finding inner peace and fulfillment



6. Functional Independence

Geriatric well-being also includes the ability to perform Activities of Daily Living (ADLs) like bathing, dressing, cooking, and managing finances without heavy dependence on others.

Key aspects:

- Maintaining autonomy
- Using assistive devices if needed
- Access to elder-friendly environments



14-Day Activity Plan to Build Geriatric Well-being

Day 1 Wake and Stretch + Gratitude Reflection

Activity Name: Morning Stretches and Gratitude Journal

Instructions: Begin your day with 10–15 minutes of gentle stretches. Focus on movements like neck rolls, arm circles, shoulder shrugs, side bends, and ankle rotations. After stretching, sit comfortably and write down three things you're grateful for in a notebook.

Purpose: This activity improves blood circulation, reduces morning stiffness, and fosters a positive emotional outlook by focusing on gratitude.

Day 2 Memory Boost and Connection Time

Activity Name: Memory Game + Call a Friend or Relative

Instructions: Play a memory game such as card matching, a word recall list, or a memory app. Then, spend 15–30 minutes calling a friend or family member to share stories or simply catch up.

Purpose: Stimulates cognitive functions and nurtures social relationships, reducing loneliness and enhancing mental sharpness.

Day 3 Breathe with Nature

Activity Name: Nature Walk and Deep Breathing

Instructions: Take a 20-minute walk in a garden, park, or on a balcony. Walk slowly, focusing on your surroundings. During the walk, practice deep breathing: inhale for 4 seconds, hold for 4, exhale for 4, and repeat five times.

Purpose: Encourages physical movement, enhances lung function, and calms the mind through mindfulness.

14-Day Activity Plan to Build Geriatric Well-being

Day 4 Music and Memory

Activity Name: Music Therapy and Reflective Writing

Instructions: Listen to songs from your youth or favorite music. Afterward, write about a joyful memory that the music brought up. Include details like who was there, what happened, and how you felt.

Purpose: Boosts emotional well-being, triggers positive memories, and promotes expressive writing.

Day 5 Movement and Meals

Activity Name: Chair Yoga + Nutrition Awareness

Instructions: Follow a 10-minute beginner chair yoga video. Focus on slow, controlled movements for the neck, shoulders, back, and legs. Afterward, assess your meals for the day. Are you eating fruits, vegetables, and drinking enough water?

Purpose: Enhances flexibility without strain and encourages mindful eating for improved physical health.

Day 6 Brain Games and Positive Talk

Activity Name: Puzzle Solving + Affirmation Practice

Instructions: Solve a crossword, sudoku, or jigsaw puzzle. Then, stand in front of a mirror and repeat three affirmations such as: “I am enough,” “I am healthy,” “I bring joy to others.”

Purpose: Strengthens memory and concentration while promoting self-worth and optimism.

14-Day Activity Plan to Build Geriatric Well-being

Day 7 Spiritual Pause

Activity Name: Mindfulness or Prayer Session

Instructions: Spend 15–20 minutes meditating, praying, or engaging in quiet reflection. Light a candle or sit comfortably and focus on your breathing or a spiritual thought.

Purpose: Encourages inner peace, helps reduce anxiety, and fosters a deeper connection to purpose or faith.

Day 8 Movement and Safety

Activity Name: Balance Exercises + Home Safety Check

Instructions: Do light balance activities like heel-to-toe walking, standing on one foot (near a wall for support), or slow leg lifts. Then, inspect your home for hazards—clear clutter, secure rugs, and check lighting.

Purpose: Improves stability, reduces fall risk, and ensures the home environment is safe for daily living.

Day 9 Telling Your Story

Activity Name: Storytelling Session

Instructions: Recall a meaningful life story or memory. Share it with someone in person or over a call, or write it down in a journal. Add photos if available.

Purpose: Strengthens memory, promotes emotional expression, and leaves a legacy of life experiences.

14-Day Activity Plan to Build Geriatric Well-being

Day 10 Circle of Friends

Activity Name: Participate in a Social Activity

Instructions: Attend a gathering, visit a friend, join a video chat group, or even engage in a hobby class. If unable to go out, talk to someone online or play a game with family.

Purpose: Builds emotional support, reduces isolation, and increases feelings of belonging.

Day 11 Art for the Heart

Activity Name: Creative Expression through Art or Craft

Instructions: Pick a creative hobby—drawing, coloring, knitting, or crafting. Create something small and display it proudly.

Purpose: Encourages relaxation, stimulates creativity, and brings joy through personal expression.

Day 12 Curious Mind

Activity Name: Learn Something New

Instructions: Watch a short educational video, read a new article, or learn a fun fact. Share what you learned with someone else.

Purpose: Keeps the mind sharp, builds confidence, and promotes lifelong learning.

14-Day Activity Plan to Build Geriatric Well-being

Day 13 Giving Back

Activity Name: Volunteer or Do a Kind Act

Instructions: Offer help to someone—assist a neighbor, send a kind message, or donate clothes. Reflect on how the act made you feel.

Purpose: Boosts mood, promotes empathy, and strengthens community ties.

Day 14 Reflect and Celebrate

Activity Name: Well-being Reflection and Celebration

Instructions: Review the past 13 days. What did you enjoy most? What made you feel strong or happy? Write about your progress and reward yourself with a favorite snack, relaxing activity, or small celebration.

Purpose: Encourages mindfulness, celebrates small wins, and motivates continuation of well-being habits.

Conclusion

Geriatric well-being is not just about managing health issues—it's about embracing life with vitality, dignity, and joy. This 14-day plan offers a structured yet flexible way for older adults to stay mentally alert, physically active, emotionally balanced, socially connected, and spiritually fulfilled. By integrating these simple daily practices, seniors can foster a sense of purpose, independence, and holistic wellness that supports graceful aging.

"You are never too old to set another goal or to dream a new dream." — C.S. Lewis