

Adult Thriving Assets: 60+

Support



- Family Support: Family members are actively involved and provide appropriate levels of love and support.
- Positive Family Communication: Older adult & family regularly participate in constructive, stimulating conversation.
- Family Proximity: Family member lives within an hour driving distance.
- Other Relationships: Older adult has two or more people to socialize with and visit regularly.
- Caring Neighbors: Older adult experiences caring neighbors.
- Caring Groups: Older adult experiences groups, clubs, organizations, and faith-based communities that provide a caring, encouraging environment.

Empowerment



- Community Values Older Adults: Older adult perceives that the community values seniors through services provided and support given by the community.
- Older Adults as a Resource: Older adult holds a role in the community utilizing their opinion, time, money, talent, or skills.
- Physical Safety: Older adult feels safe at home, in the neighborhood, and in the community.
- Financial Stability: Older adult has sufficient financial resources to meet basic needs.
- Financial Safety: Older adult has support and/or ability to protect their assets from abuse or misuse by others (scam awareness)

Expectations



- Positive Peer Influence: Older Adult has a friend or peer who models healthy behaviors.
- Encouragement: Older adult has people encouraging him/her to live well.
- Family Boundaries: Healthy family boundaries have been discussed/communicated.

Constructive Use of Time



- Creative Activities: Older adult participates in cultural activities or hobbies.
- Programs: Older adult participates in clubs, organizations, or classes.
- Religious Activities: Older adult participates in activities in a faith-based organization.
- Physical Activities: Older adult participates in physical activities.
- Nutritional Health: Older adult adheres to nutritional guidelines.

Lifelong Learning



- Learning Engagement: Older adult is actively engaged in learning in a structured or unstructured setting
- Mental Exercise: Older adult reports doing a variety of challenging "brainwork" daily.
- Resilience: Despite current and future limitations/roadblocks, older adult is motivated to cope with/recover from adversity, remaining engaged.
- Reading for Pleasure: Older adult reads for fun.
- Achievement Motivation: Older adult has the motivation and opportunity to set and achieve personal goals.

Positive Values



- Caring: Older adult places high value on helping other people.
- Equality & Social Justice: Older adult values human rights & recognizes the dignity & worth of every human being.
- Responsibility: Older adult accepts and takes personal responsibility.
- Restraint: Older adult believes it is important not to engage in risky behaviors that harm themselves or others.
- Integrity: Older adult acts on convictions and stands up for their beliefs.
- Honesty: Older adult consistently communicates truthfully and transparently

Social Competencies



- Planning & Decision Making: Older adult demonstrates critical thinking and problem-solving skills in planning for current and future opportunities, limitations and roadblocks
- Interpersonal Competence: Older adult has empathy, sensitivity, assertiveness, and friendship skills.
- Resistance: Older adult can resist putting self in dangerous situations.
- Cultural Competence: Older adult has knowledge of and comfort with people of diverse backgrounds.
- Peaceful Conflict Resolution: Older adult resolves conflicts respectfully and without escalation.

Positive Identity



- Personal Power: Older adult believes that he or she has control over things in his/her life.
- Self-Esteem: Older adult reports having good self-esteem.
- Sense of Purpose: Older adult reports that "my life has a purpose."
- Positive View of Personal Future: Older adult is optimistic about his or her personal future.
- Belonging: Older adult perceives they are valued and believe their existence is significant to others.