

Adult Thriving Assets: 60+

Support



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

Empowerment



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

Expectations



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

Constructive Use of Time



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

Lifelong Learning



- Learning Engagement: Senior is actively engaged in learning in a structured or unstructured setting
- Mental Exercise: Senior reports doing a variety of challenging "brainwork" daily.
- Resilience: Despite current and future limitations/roadblocks, senior is motivated to cope with/recover from adversity, remaining engaged.

Positive Values



- Caring: Senior places high value on helping other people.
- Equality & Social Justice: Senior values human rights and recognizes the dignity of every human being.
- Responsibility: Senior accepts and takes personal responsibility.
- Restraint: Senior believes it is important not to engage in risky behaviors that harm themselves or others.

Social Competencies



- Planning & Decision Making: Senior demonstrates critical thinking and problem solving skills in planning for current and future opportunities, limitations and roadblocks
- Interpersonal Competence: Senior has empathy, sensitivity, assertiveness, and friendship skills.
- Resistance: Senior can resist putting self in dangerous situations.

Positive Identity



- Personal Power: Senior believes that he or she has control over things in his/her life.
- Self-Esteem: Senior reports having good self-esteem.
- Sense of Purpose: Senior reports that "my life has a purpose."
- Positive View of Personal Future: Senior is optimistic about his or her personal future.