

# 8 DIMENSIONS OF WELLNESS THAT CAN ENHANCE SENIORS' LIVES



When senior living communities take a holistic approach to nurturing overall health and wellness, residents lead happier, more fulfilled lives. Below, take a look at how our innovative programs can promote the psychological, physical and social well-being of residents by addressing all 8 Dimensions of Senior Wellness.



## PHYSICAL WELLNESS

Physical activity is a cornerstone of overall wellness. Community fitness professionals can plan and direct exercises designed for residents' specific needs such as improving range of motion, core strength and balance. Group classes provide an important social outlet as well.



## EMOTIONAL WELLNESS

Support for the challenges that come with aging gives residents comfort and strength in difficult times. This support can come in the form of grief and mental health counseling, assistance from peer groups and informal circles of friends, and from interactions with community staff members.



## SOCIAL WELLNESS

Socialization increases engagement, reduces isolation and improves outlook. Residents in an active senior living community can enjoy card games, arts and crafts, movie nights, holiday parties, interest-based clubs, and other activities that bring them together with others.



## INTELLECTUAL WELLNESS

Intellectual activities boost cognitive function, stimulate the brain and fuel lifelong learning. Communities committed to intellectual wellness can provide residents opportunities to engage in brain games and exercises, book groups, trivia contests, educational seminars, and tech workshops.



## VOCATIONAL WELLNESS

Seniors have valuable work and life skills that can benefit the entire community. Residents can share their knowledge by teaching others, volunteering, building or creating something, or leading discussion groups.



## ENVIRONMENTAL WELLNESS

Communities can enhance residents' lives by providing a warm and comfortable environment featuring gardens and green spaces; clean, bright surroundings; a friendly, caring staff; accessible technology; and festive seasonal decorations.



## SPIRITUAL WELLNESS

A strong spiritual sense can offer hope, strength and peace. In the community, residents might nurture their spiritual selves through onsite worship services, meditation, religious studies, music performances and more.



## HEALTH SERVICES

Senior communities offer caring, attentive support especially suited to seniors' health needs. Health care support could include staff or local nurse visits, routine health screens, memory care programs, therapeutic and recuperative care, or on-call physicians.