



Expression of Interest

Become a member of Central Health's Healthy Aging Steering Committee and help improve the health and well-being of older adults living in the Central region.

Central Health's Healthy Aging Strategy Goal

"To improve the health and well-being of older adults living in the Central region."

At Central Health, we believe that healthy aging is both an individual and collective responsibility, and that collaborative partnerships are key. Our Healthy Aging Strategy partners include: provincial government ministries and agencies, individuals, families, communities, municipalities, cultural groups, seniors' organizations, health organizations, professional organizations, businesses, volunteer and community organizations.

What is Healthy Aging?

According to the World Health Organization and Health Canada healthy aging is defined as "a lifelong process of opportunities for improving and preserving health and physical, social and mental wellness, independence, quality of life, and enhancing successful life-course transitions".

Healthy aging views health holistically to address the physical, emotional, spiritual, and mental health needs experienced by all individuals.

Research shows that a wide range of determinants contribute to seniors' health or put them in situations of risk. A holistic approach addresses these determinants through:

- Building healthy public policies
- Creating supportive environments
- Strengthening community action
- Developing personal skills, and
- Reorienting health services

Promoting health and well-being, and preventing illness and injury are the main priorities of Central Health's Health Aging Strategy. However, providing supportive care to enable healthy living in their community, treating illness and injury, helping individuals manage their chronic illnesses, and providing rehabilitation are key to helping people age well. The Healthy Aging Strategy recognizes the critical need for treatment services, while highlighting the need for primary prevention. Both treatment services and population health promotion are important for healthy aging.

About Central Health's population

Central Health serves 177 communities, with a population of approximately 95,000. Adults aged 65 years and older account for 18.3 per cent of this population, and it's projected that in the year 2025, 50 per cent of the population in the Central region will be over the age of 55 years.

The aging population will create many opportunities and challenges. Through its Healthy Aging Strategy, Central Health is developing, maintaining, and supporting programs and services to help seniors age in a healthy way.

Being a Healthy Aging Strategy Steering Committee member

You'll have an opportunity to bring your experiences and expertise to the advisory council to help set the priorities for healthy aging initiatives.

You'll help to identify gaps and best practices in relation to development and implementation of a healthy aging strategy for Central Health.

You'll be able to share healthy aging information with community organizations and act in a liaison capacity between external and internal key stakeholders.

If you have a passion for promoting and enhancing healthy aging across the lifespan, and can commit to attending scheduled meetings of the Steering Committee, we want to hear from you.

Please send completed applications to:

Mimie Carroll

Regional Director of Community Health

95 Airport Blvd

Gander, NL A1V 2L7

mimie.carroll@centralhealth.nl.ca

or drop off at any Central Health health centre or long term care facility.

Deadline for applications: Monday, March 13, 2017



APPLICATION

Healthy Aging Strategy Steering Committee Member

First Name:

Last Name:

Address:

Telephone:

Alternative Telephone:

Email:

Briefly outline your interest in becoming a member of the Healthy Aging Strategy Steering Committee. Please indicate how you feel you can contribute to improving the health and well-being of older adults living in the Central region.