



**Your Connection
to the Resources
You Need**

Our Mission:

The primary focus of the Center for Positive Aging is to serve as a valuable resource to elders, caregivers, and our affiliates. We serve as the consumer arm of Aging Services of Georgia and use our connection to reach out to over 150 member providers to offer the community its expertise on aging issues hosting education programs and opportunities for consumers.

The purposes of this Center are to:

- educate consumers about the types of services to assist in successful, positive aging.
- refer consumers to Quality Providers.
- and to assist these providers in connecting with consumers in local congregations and communities.

These purposes shall support the ideas of maintaining dignity, independence, and usefulness of aging persons, promoting the physical, mental, and spiritual well-being of aging persons, and to educate people in preparing for an expanded and healthy long life.

Our Vision:

The Center envisions each of the 150 Aging Services of Georgia member providers as local "Centers for Positive Aging" in the communities they serve. Each center will offer the community its expertise on aging issues hosting educational programs and opportunities for consumers. With the support of information on the website, Aging Services of Georgia members can strengthen their position as the key to resources for aging issues and concerns for those in need.

We drafted criteria for providers in order to be listed as one of the Quality Providers in Georgia. The criteria included having a good reputation in the community, being licensed, having stable ownership, agreeing to refer to other Quality providers if you can not meet the need, and agreeing to a Quality pledge, as well as other factors that insure consumer trust.

The Center will support "Quality Providers" by providing them tools and materials to connect with congregations and other organizations in their local communities. We want to be able to refer consumers directly to the Quality Providers in the area of the state in which they are seeking housing and/or in-home services, etc.

Who We Are:

The Center for Positive Aging is a partnership of affiliates (individuals, community organizations, and congregations) working together to connect seniors and their families to the resources they need.



In December of 2008, the Center for Positive Aging became the consumer arm of Aging Services of Georgia. The Aging Services of Georgia serves over 126,800 elder Georgians with over 150 housing and service providers.

The Center for Positive Aging promotes the physical, mental, and spiritual well-being of all. Our purpose is to educate consumers about the types of resources that support successful, positive aging. Our person-centered philosophy and practice focuses on maintaining dignity, independence, and usefulness through a variety of programs, educational events, and volunteer opportunities.

What We Do:



We are committed to providing seniors with the information they need and serving as a connection to the programs and services they want to maintain independent living.

The Center focuses on not only providing both our affiliates and our seniors with the resources they need, but also on education. Our Initiatives are programs adopted by the Center that serve to better the physical, mental, and spiritual health of elder Georgians. The Center serves to teach and train our affiliates to be advocates and teachers of these Initiatives within their own communities.

The Center values sustainability and strongly believes that power to age positively in the hands of those willing to server in their communities.

Our Initiatives

Modern World 101

With an increasing number of grandparents raising grandchildren, this program seeks to guide grandparents in understanding decisions regarding discipline, modern technology, and effective communication with their grandchildren, as well as educate them on warning signs of drug and alcohol abuse, and depression.



Topics covered include, but not limited to:

- Ways for grandparents to communicate with grandchildren.
- Legal concerns with grandchild custody.
- Community resources to help with rearing children.
- How to handle the repercussions of child abuse and neglect.
- Coping strategies to help grandchildren with the loss of a parent.

Positive Aging LifeStyles (PALS)

Positive Aging LifeStyles (PALS) is a fourteen week educational program designed to reclaim our senior population as leaders in the community. This program strives to enhance the well-being and mental health of our community elders through the instruction of three modules (Ageless Mind, Ageless Body, and Ageless Spirit). The goals of the program are to:

- 1) Maximize life quality as you take on the qualities of the ageless body, mind, and spirit.
- 2) Allow you to serve others to help them live at their maximum level of well-being.
- 3) Contribute to building a society where aging and longevity are used to improve health.

Living Well (Chronic Disease Self Management Program)

Living Well is a six week program designed for adults with any chronic condition or for caregivers of persons with chronic conditions to learn tools to combat the symptoms of fatigue, depression, stress, anxiety, negative emotions, and pain. This is a GREAT program that really places value on giving control back to the individual.

Visit www.livewellagewell.info or CONTACT your local Area Agency on Aging.

Oasis Connections



Oasis Connections is a technology training program for adults over 50. Participants learn how to use email and word processing, search the Internet, understand online security and update job skills, along with other technology applications. The goal of the program is to help mature adults develop confidence in technology, allow them to use technology in their personal lives and workforce, and train members in underserved communities.

Why Now?

The Center for Positive Aging have been promoting independent, creative lives for Atlanta's elders since 1982. The founders of the Center, Virginia Smyth and Joyce Horsley, were visionaries for older adults and their families in helping them deal with senior needs and issues desperately at hand.

Even then, Virginia and Joyce foresaw the challenges that lay ahead for a growing population of older adults and those same needs and issues continue today. The goal remains the same, to develop and promote programs and services that address mental, physical, and spiritual wellbeing.

The "Baby Boom" generation holds 70% of the assets in the United States and is better-educated and healthier than previous generations. This population of seniors is expected to double in the next 15 years. The

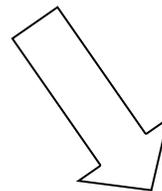
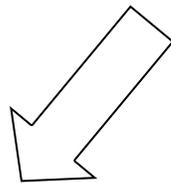


Atlanta Regional Commission states that changing demands will require shifts in supportive service systems because older adults make up almost 500,000 people in the Metropolitan Atlanta area alone.

Are we elder ready? Are our communities, organizations, congregations or families ready for the dynamics of the aging boom? The Center for Positive Aging is ready – we hope you will join us.

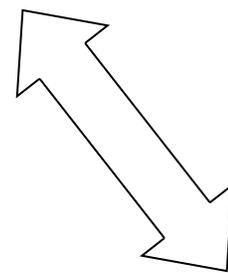
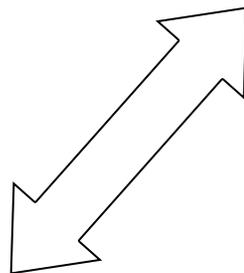
How We Are Connected:

Aging Services of Georgia



Georgia Institute
on Aging
(Education Arm)

The Center for
Positive Aging
(Consumer Arm)



Our Affiliates
(Quality Providers)

The Aging
Community

What is Culture Change?

Founded by the Culture Change Network of Georgia, Culture Change is the common name given to the national grassroots movement for the



transformation of older adult services that places greater value on person-centered care. The mission of Culture Change is to create places that elders can truly call home. The goal is to de-institutionalize long-term care and transform the environments into "home." Regardless of the setting or the services provided, it is a focus on quality care that provides quality of life.

Aging Services of Georgia and the Center for Positive Aging support the culture change movement and believe that it should become adopted throughout the continuum of care – wherever aging services are delivered. The Culture Change Network of Georgia is dedicated to providing quality housing and services that seniors need, when they need them, in the place they call home. They support the transformational leadership that is necessary to encourage, empower, and train staff to become active partners on the journey of change. Visit [Culture Change Network of Georgia](#) for more information.



CULTURE CHANGE Network of Georgia

Our Website

Go to www.centerforpositiveaging.org to:

- Learn about the history and mission behind the Center.
- Search for housing for seniors, in home care, congregations, business affiliates, and our other quality providers!
- Customize your search by type and location to find exactly what you are looking for.
- Know more about upcoming events, how to become an affiliate, our quality provider database, and our newsletter.
- Access links to Our Network organizations, the Aging Services of Georgia, the Georgia Institute on Aging, and the Culture Change Network of Georgia.
- Learn more about our education and advocacy programs.



Contact Us For More Information:



**1440 Dutch Valley Place (Suite 120)
Atlanta, Georgia 30324**

**Phone: 404-872-9191 ext. 305
Fax: 404-872-1737**

E-mail: selahi@agingservicesga.org

Website: www.centerforpositiveaging.org