



AGING WITH DIGNITY
 Missouri's Master Plan on Aging
Daily Life and Employment Subcommittee



Date: 7/12/23

Resources:

[National Council on Aging](#)

[NIH: National Institute on Aging](#)

[Milken Institute: Center for the Future of Aging](#)

Sample Priorities

Core Areas of Focus in Health Reimagined as We Age	
Thriving as We Age	
1.	Incorporate culturally appropriate prevention and holistic person-centered health in policy and programs instead of relying only on the historical disease-centered or limited organ-specific approaches
a.	Identify innovative health programs at state, federal, and international levels that can be implemented in Missouri
b.	Increase access to evidence-based and/or research-based programs
c.	Explore different models of care and services
d.	Holistic preventative care
2.	Launch Health Reimagined Over the Lifespan campaign to encourage, support, and ensure accessibility for:
a.	Physical activity
b.	Healthy eating
c.	Behavioral health
d.	Social connection
e.	Cognitive health
3.	Focus on upstream intervention and equitable outcomes
4.	Lifelong learning opportunities
Oral Health	
1.	Preventative and restorative oral health must be obtainable with the least number of barriers
a.	Require healthcare workers to do visual oral check and ask seniors if they are getting routine dental care
b.	Identify resources (by county / region?) and distribute in community
2.	Better access to dental care in long term care facilities
3.	Improve Medicaid and Medicare coverage for dental services, including replacement of teeth with dentures and partials
Falls Prevention	
1.	



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2.
3.
Vision Care
1.
2.
3.
Hearing
Equity / Access / Health Literacy