

Helping older adults build resilience to age well

Anne Ellermets

Area Agency on Aging of Western Michigan, USA

This workshop will address building resilience to help older adults deal with adversities they face in all areas of life. The aging process brings unique challenges, and building resilience throughout a lifetime can help mitigate those difficulties and bring personal growth even through challenging circumstances. By growing stronger through

difficult situations, we can help older adults find joy and bring their best selves to their families and the community. As a result of the workshop, participants will be able to describe six methods for building resilience to help older adults on their aging journey.

a.majumdar@wayne.edu