



Northumberland



NEWSLETTER

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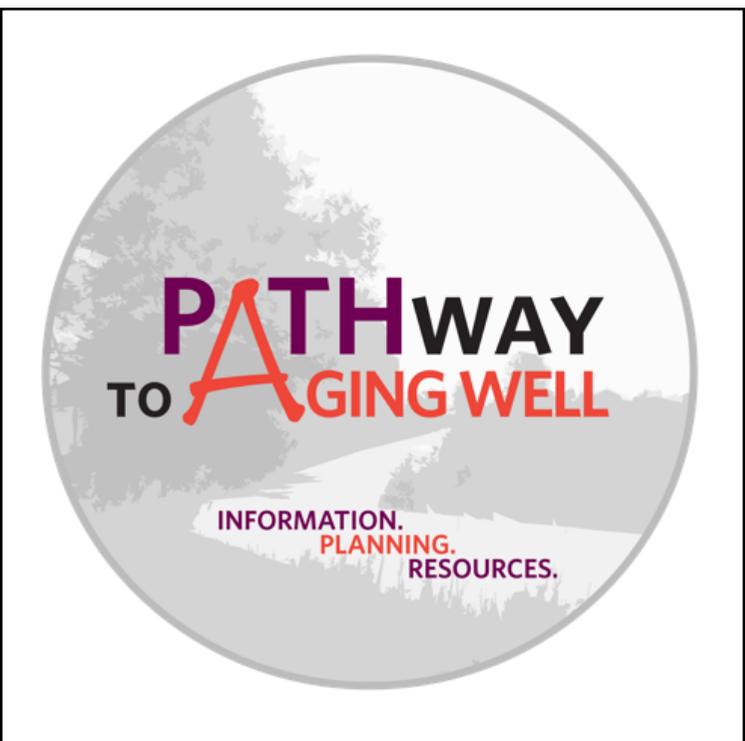
Let's walk the PATH together.

New on-line tool brings information, planning tips and resources into one location for the first time to help Northumberland residents age well

Seniors and caregivers in west Northumberland have a powerful new resource to tap into when planning for life after 65: the *PATHway to Aging Well* website.

Live this week in prototype form, the website was designed and built by a local team of seniors, caregivers and healthcare providers with the support of 12 partners who've come together around the Northumberland Partners Advancing Transitions in Healthcare (PATH) project.

Divided into three areas—information, planning and resources—the website aims to minimize, through planning, the health-related challenges that often come hand-in-hand with our later years. A one-stop shop to help seniors and their loved ones, it features information on healthy aging, links to reliable resources on specific topics, such as chronic health conditions common in later years, and a template for planning how to “age well.” Contact information for available community resources is also provided.



“Many people in our community told us that they wished they could have had a guidebook for healthy aging. This site aims to answer that call, and more. We are very pleased to share the first iteration with our community this week,” said PATH project manager Wendy Kolodziejczak.

“We have worked hard with our partners to include the information that local seniors, caregivers and health providers told us they would find useful, but we know we haven't captured everything. Feedback on the *PATHway to Aging Well* content and design is needed. More input will help us make this site even more useful.”

By launching the new website at the beginning of the 2013 holiday season when people traditionally gather, the PATH partners are hopeful that local families will hear about the site, spend some time exploring it together and resolve to plan to age well in 2014 and beyond.

“I am especially excited about this site's Aging Well Plan,” said Gayle Einarrson, a caregiver representative on the PATH project, and a local resident who participated in the website's development. “By having a personal plan as we age, we can have a greater understanding of the decisions we all have to make in time—decisions like where do I want to live if I can't handle the stairs in my home anymore? What measures do I want my healthcare provider to take if I have a stroke?—and the tools and resources to help us prepare before we're in a crisis.”

“This website is a starting point for aging well,” said Wendy Kolodziejczak. “We hope you'll spend some time with it this holiday season, and we welcome your feedback!”

Visit the *PATHway to Aging Well* website at pathwaytoagingwell.com and share your feedback.



PATHway to Aging Well demo at Northumberland Mall!

Planning a trip to the Northumberland Mall this week? Stop by the PATH partners' PATHway to Aging Well kiosk between 10:00 AM and 2:00 PM on Thursday, December 19th.

The kiosk will have more information on PATH, a demonstration of the PATHway to Aging Well website, and take-away material to help start conversations with your family this season.

**When: Thursday, December 19th
10:00 AM - 2:00 PM**

**Where: Northumberland Mall
1111 Elgin Street West Cobourg**



Want to learn more? Click on changeofoundation.ca/projects/path phone 905.377.7791 or email pathinfo@nhh.ca