**Healthy Ageing Committee worksheet 2023**

**Committee functions**

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| 1. Provide evidence-based information on healthy aging to AFSM members and their families via the newsletter |
| 1. Survey members periodically in order to obtain areas of interest for educational programs. 2. Offer educational programs via zoom that engage members in up-to-date information regarding healthy aging and planning for the future to ensure maintenance of function and quality of life. 3. On behalf of AFSM members work with WHO/PAHO to ensure the interest of older persons are included in the planning and work of the Decade of Healthy Aging and that AFSM members are included in the work of the Decade of Healthy Aging. |

| Priority | Concrete actions to be taken in 2023 | Lead person: | Time for delivery | Budget |
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| 1. Increasing Membership and Participation | * Develop, for members only, demonstration of at least two evidence-based prevention programs that are easy to implement, are accessible, and have been proven effective. * Provide newsletter with a series of personal stories of retirees successfully coping with caregiver challenges | Martha Pelaez  Maria Teresa | May  October  Ongoing |  |
| 1. Strengthening Information andCommunication with Member | * 3 Webinars on the topic of aging at home and long term care planning * 3 Newsletter articles on healthy aging * Survey members on topics of interest for future webinars and newsletter articles * Monitoring and contributing to Face Book on issues of healthy aging | Martha Pelaez  Martha Pelaez  Yvette Holder  Maria Teresa and  Maria Edith Baca | Ongoing  Ongoing  April  Ongoing |  |
| 1. Linking with PAHO and other organizations | * MOU legal review to include working with technical program * Monitor and contribute to Platform for Decade * Link retirees with Age friendly network activities * Represent AFSM HAC in Global AFSM initiatives regarding the Decade on Healthy Aging | Gloria Coe and Hernan Rosember  Yvette Holder  Miguel Malo and  Maria Edith Baca  Martha Pelaez | March  Ongoing  Ongoing  Ongoing |  |