



FLOURISH

WELLNESS FOR SENIORS 55+

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8th March, 2018.

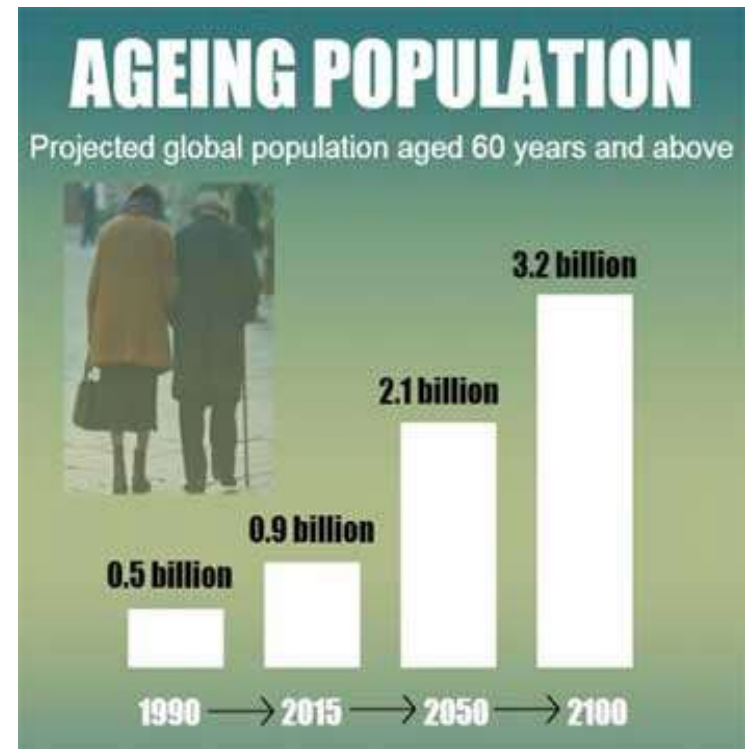


FLOURISH **AT 55 & BEYOND**

- Our Aging World
- How well are we aging?
- Poor Aging: Risk Factors
- Successful Aging Framework
- FLOURISH - guidelines for Seniors' program creation

OUR AGING WORLD

- Globally, population aged 60+ is growing faster than all younger age groups.
- Virtually every country experiencing growth in no. and % of older persons.
- Currently 13% of the global population
- No. of persons aged 60+ yrs will...
 - more than double by 2050 and
 - more than triple by 2100

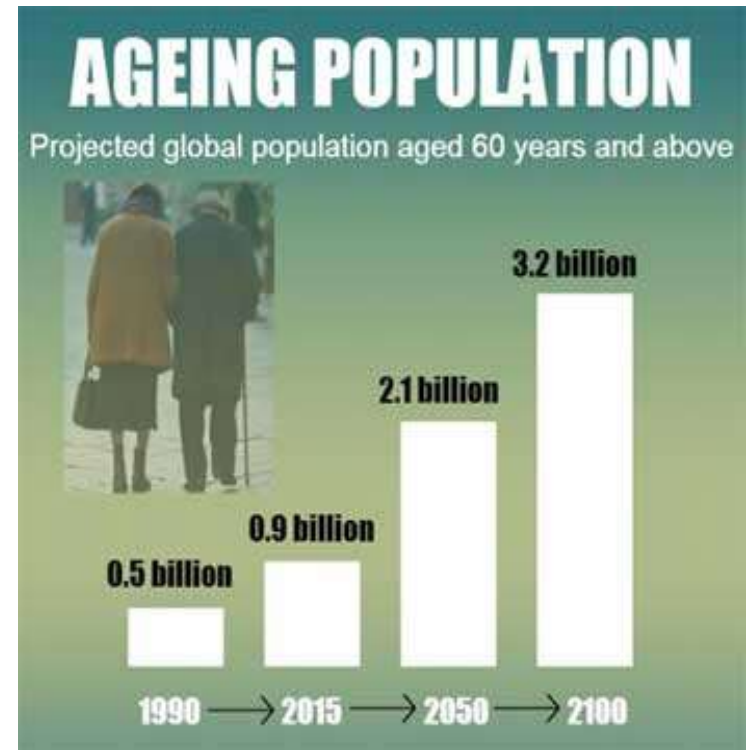


Source: [United Nations](#)

World Population Prospects – the 2017 Revision

OUR AGING WORLD

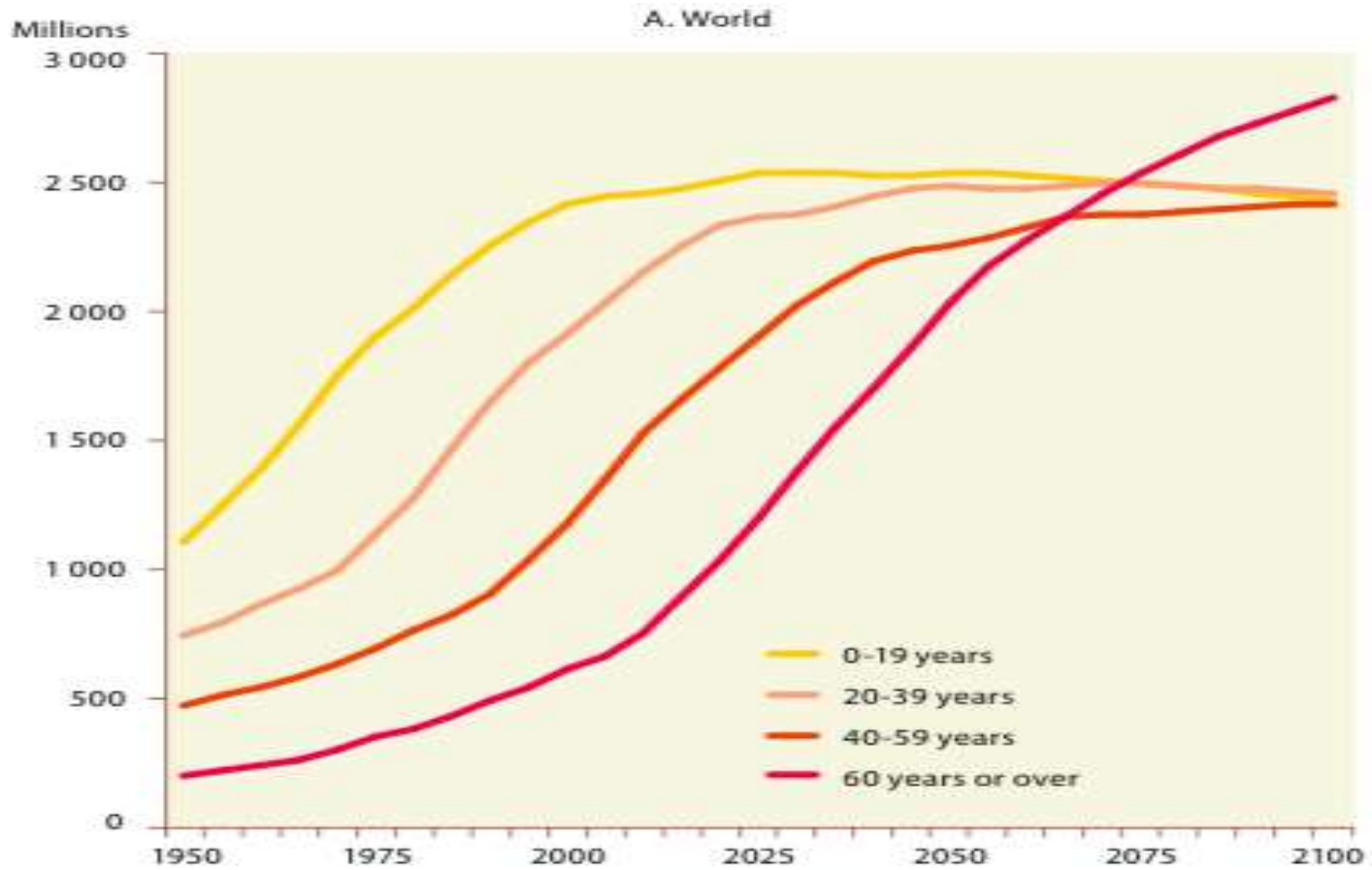
- Europe is the most aged society: seniors 25% of the population,
- however all world regions except Africa will reach or exceed 25% by 2050.
- Widespread social Implications:
 - labour and financial markets
 - family structures
 - demand for goods and services, e.g. housing, transport, social security *and healthcare*.



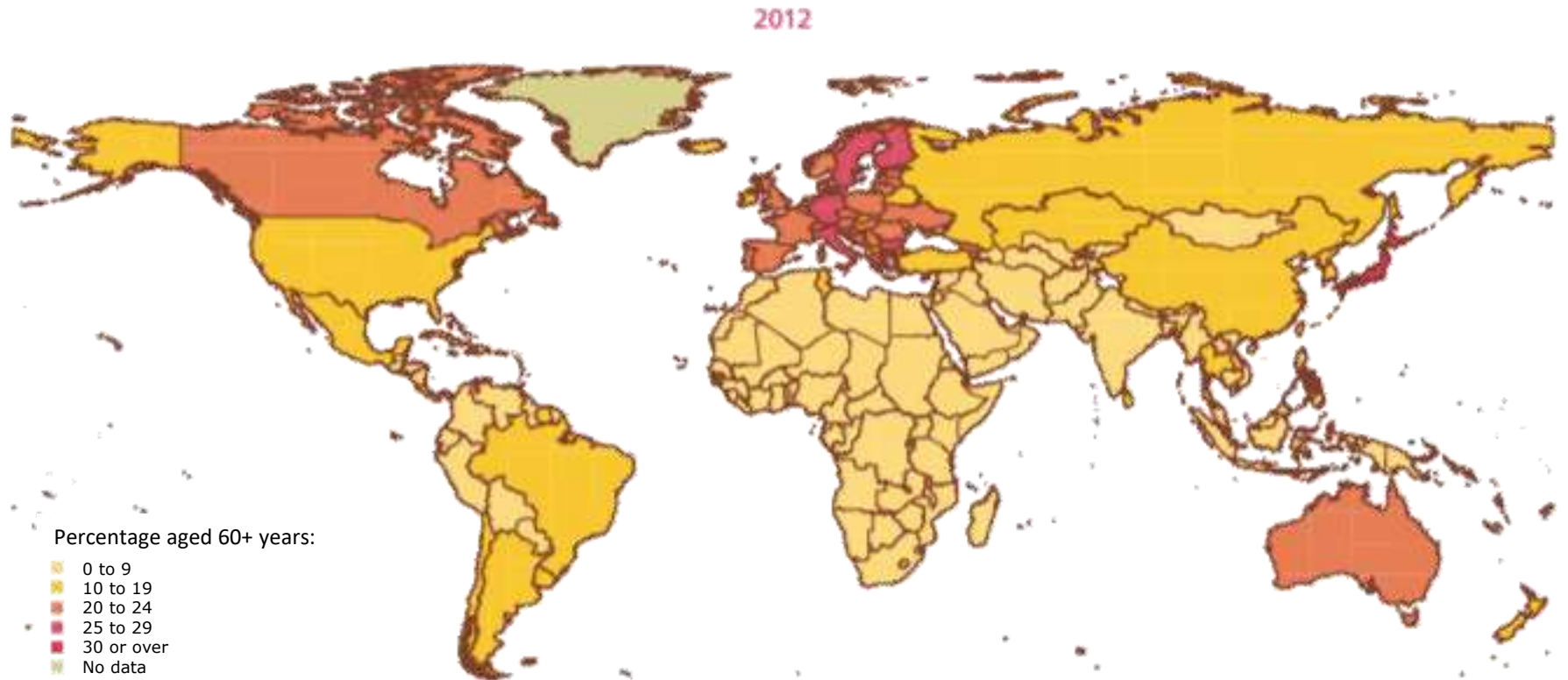
Source: [United Nations](#)

World Population Prospects – the 2017 Revision

OUR AGING WORLD

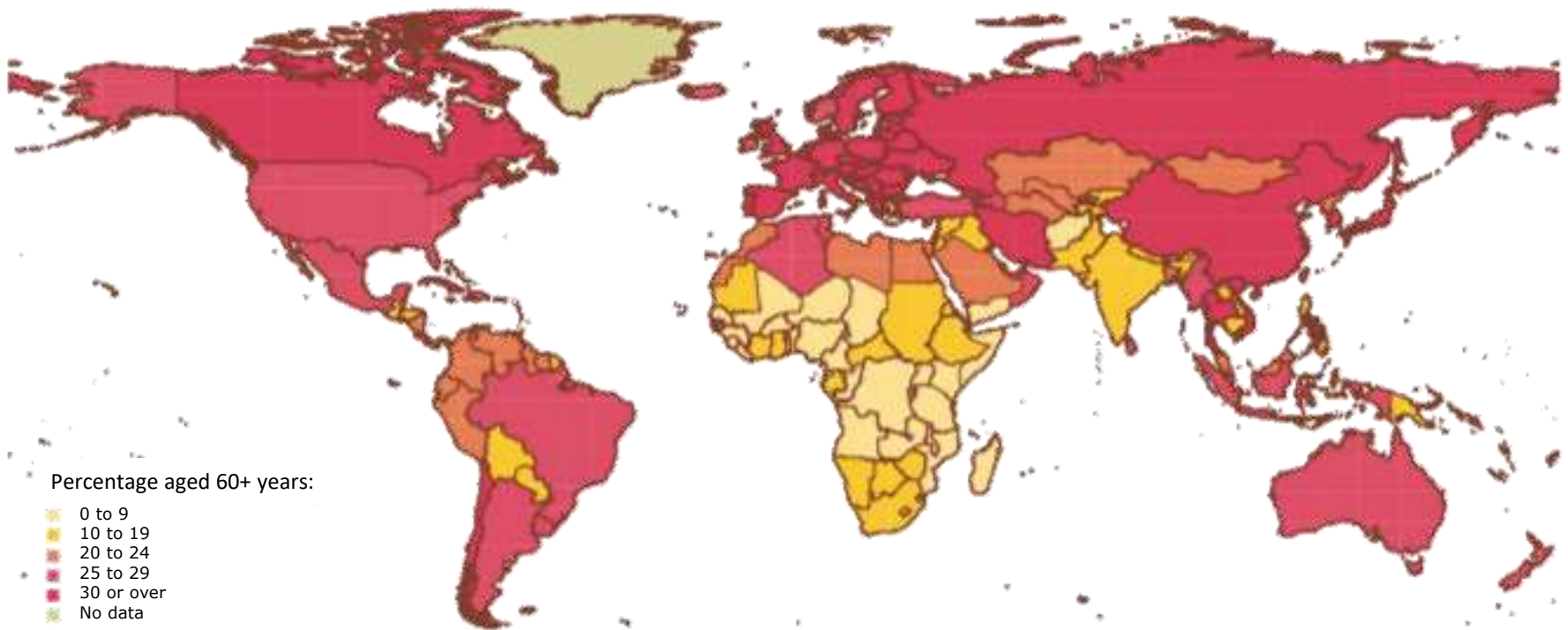


OUR AGING WORLD 2012



OUR AGING WORLD 2050

2050



Percentage aged 60+ years:

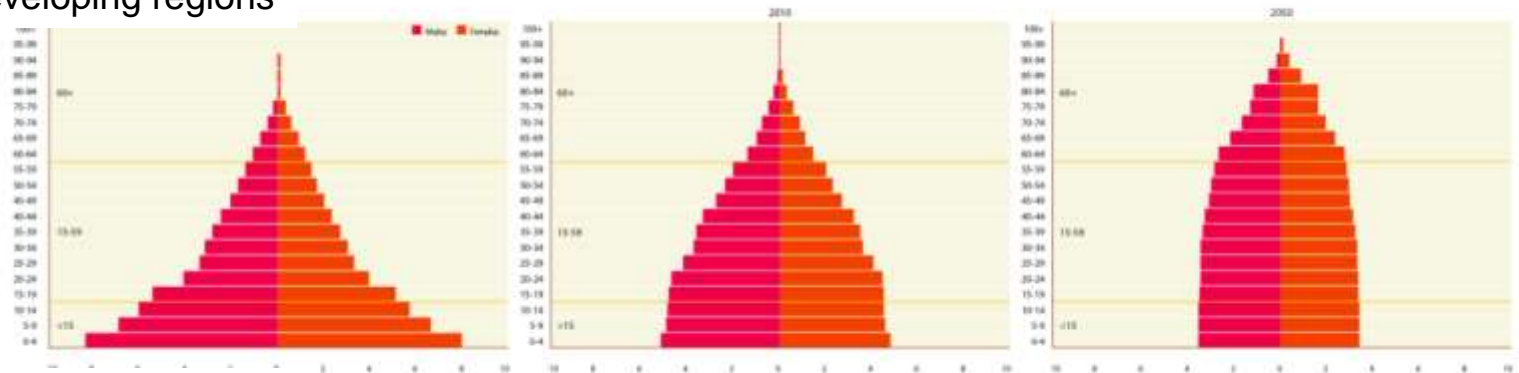
- 0 to 9
- 10 to 19
- 20 to 24
- 25 to 29
- 30 or over
- No data

OUR AGING WORLD

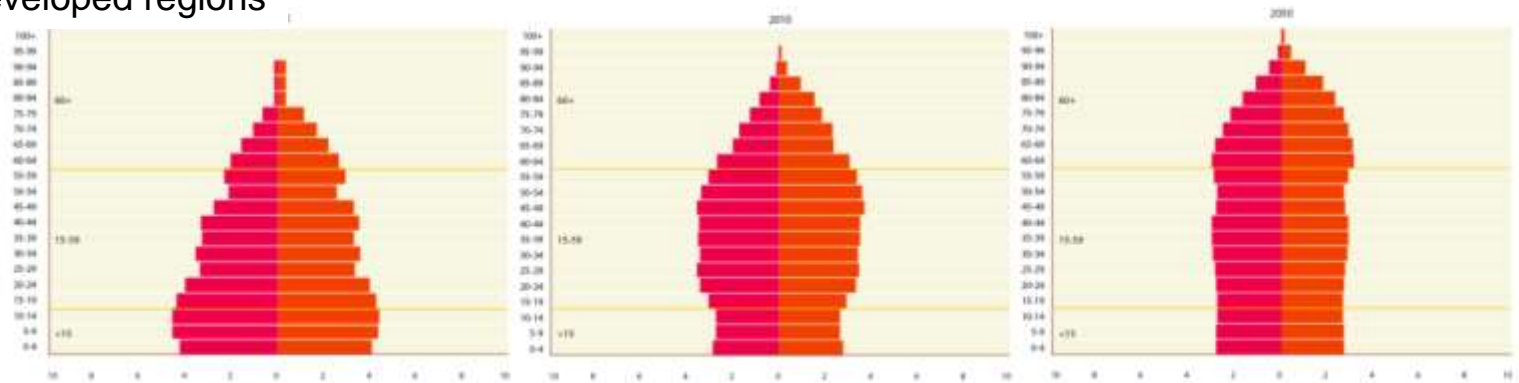


1970 2010 the world's population 2050

Developing regions



Developed regions

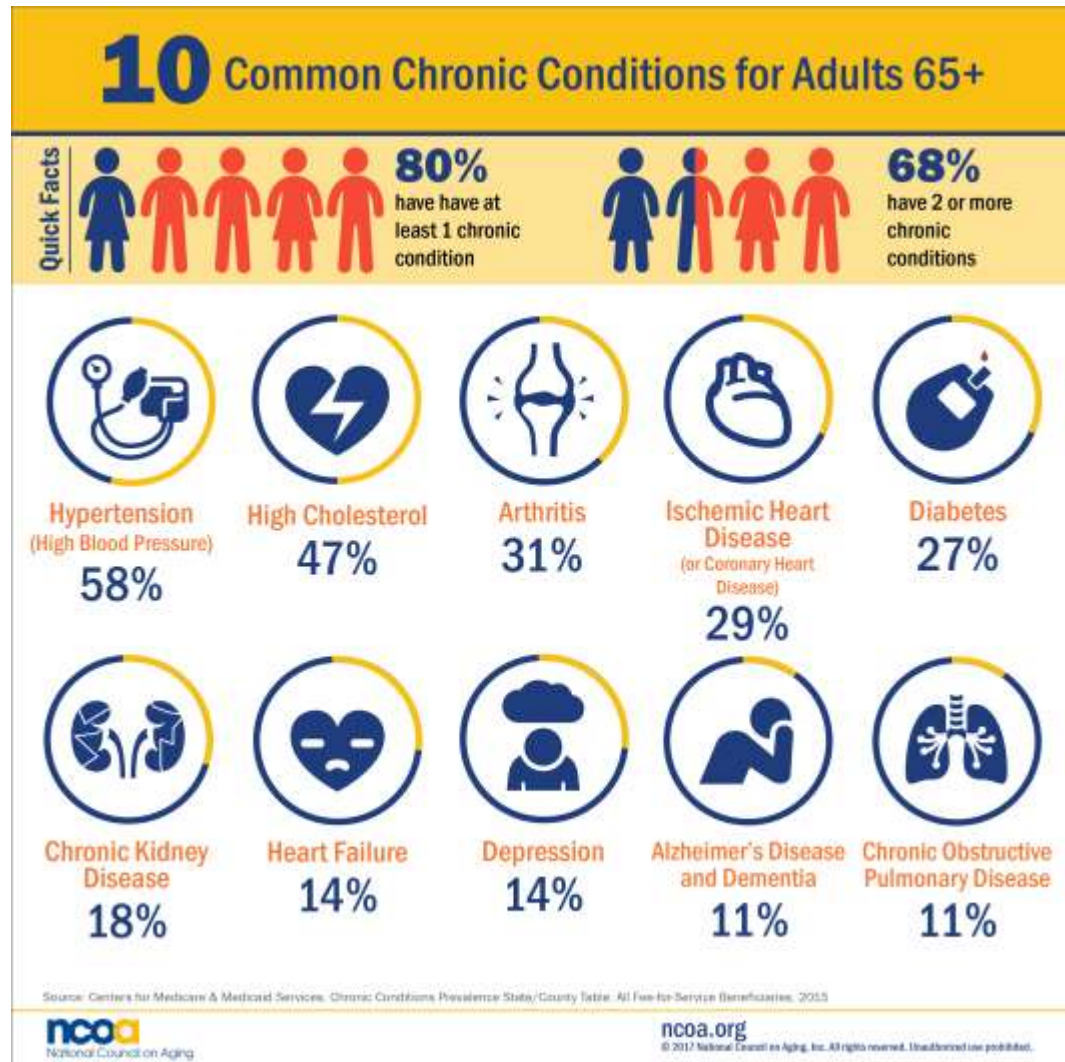


HOW WELL ARE WE AGING?

In short, *NOT WELL!*

- 80% have chronic disease
- 68% have more than 1 NCD
- Incidence accelerating with global obesity epidemic.
- Over 20% have a mental or neurological disorder
 - Dementia 5% (diagnosed)
 - Depression 7%
 - Anxiety 4%
 - Substance abuse 1%
- 10% suffer 'elder abuse'

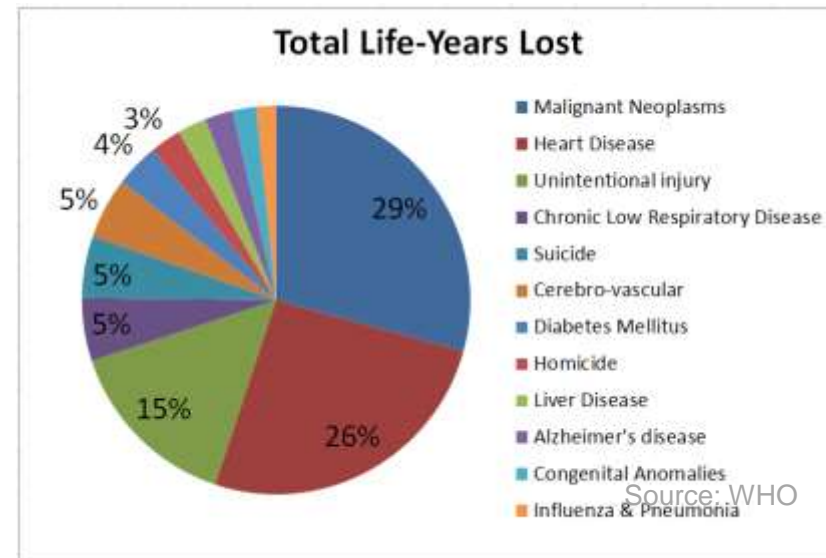
Source: WHO



HOW WELL ARE WE AGING?

Chronic disease is not just debilitating...it's deadly:

- Causes ~70% of deaths worldwide
- 'Big 4' accounts for 4 out of 5 cases:
 1. Cardiovascular disease
 2. Cancers
 3. Respiratory diseases
 4. Diabetes
- + Mental health (depression and anxiety)
- Over 80% of these deaths are considered 'premature' or preventable...
- NCDs are a disease of lifestyle
- Over 20m deaths could be prevented each year through proper lifestyle.
- Risk factors are largely under our control...



POOR AGING RISK FACTORS

MODIFIABLE BEHAVIOURS

- Tobacco use
- physical inactivity
- unhealthy diet
- harmful use of alcohol

**R
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K**

METABOLIC RISK FACTORS

- Raised blood pressure
- Overweight / obesity
- Hyperglycemia (high blood sugar)
- Hyperlipidemia (high blood fat)

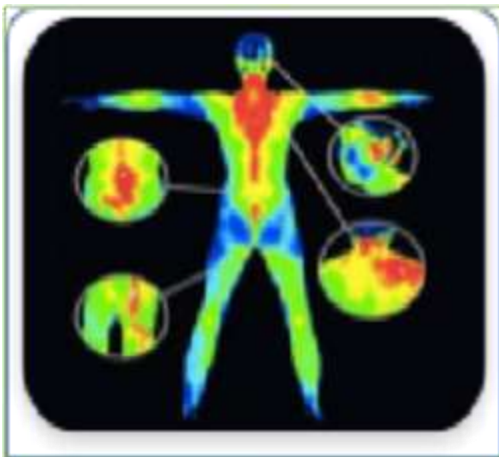
SUCCESSFUL AGING FRAMEWORK



FLOURISH - Guide for creating seniors' programs

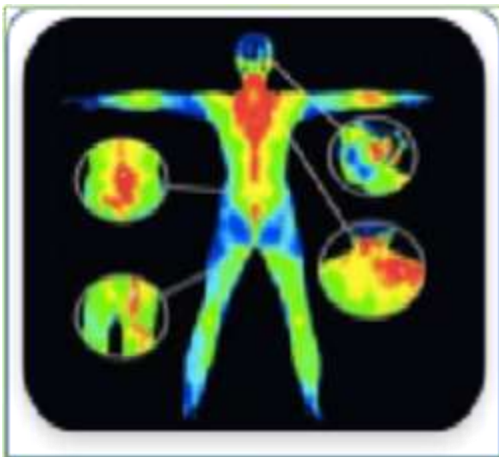
- **F** Freedom from disease
- **L** Lifestyle habits & choices
- **O** Outlook, positive attitude to life (emotional health)
- **U** Understanding (cognitive function)
- **R** Resilience and rest (relaxation therapy + sleep)
- **I** Independence
- **S** Social Engagement
- **H** Hobbies, interests and leisure activities

FREEDOM FROM DISEASE **DIAGNOSTICS**



- Early detection and prevention is key.
- Naturopathic consultation combined with diagnostics evaluate current condition and identify risk factors.
- Corrective action is planned using complementary health modalities such as nutrition, physiotherapy, etc.

FREEDOM FROM DISEASE **DIAGNOSTICS**



Essential tests for people aged 50+:

- Weight / BMI / WHR / 3D Body Scanning
- Blood pressure, RHR, HRV, Blood sugar: FBS
- Cardiovascular panel: cholesterol, HDL, LDL, triglycerides, apolipoprotein B (apoB), LDL particle number(LDL-P), Homocysteine
- Cancer markers
- Thermography
- Colorectal cancer screening
- Eyes: vision, cataracts, macular degeneration, glaucoma
- Ears: hearing
- Skin: cancer screening, mole mapping
- Bone Density: DXA
- Fitness / Physical exam: strength, mobility, flexibility, balance
- Men: prostate-specific antigen (PSA)
- Women: breast exam, pelvic exam, pap smear
- Ultrasound: carotid artery, abdominal

FREEDOM FROM DISEASE THERAPY



Program prescribed according to condition:

- Nutrition
- Exercise
- Physiotherapy / Rehab
- Energy medicine
- Supporting services, e.g.
 - Acupuncture
 - Herbal medicine
 - Bio-identical hormone replacement



LIFESTYLE HABITS & CHOICES



- **Diet** and **exercise** are key pillars of wellness programs, however,
- **Education** and services to help overcome behavioural risks such as:
 - smoking
 - excess alcohol
 - unmanaged stress
 - poor sleep
- Classes and workshops
- **Holistic therapies**
 - Mindfulness training
 - Detoxification therapies
 - Hypnotherapy, counselling
 - TCM, energy balancing/healing

OUTLOOK [EMOTIONAL HEALTH]



- The way we perceive our life and circumstances has as much (or more) impact on physical and mental health than the events themselves.
- Help guests to take a positive approach to life...
 - Exercises in gratitude, journaling, re-framing, etc.
 - Meditation
 - Psychology / Counselling
- Note: recommended to check for biochemical causes – functional medicine testing.

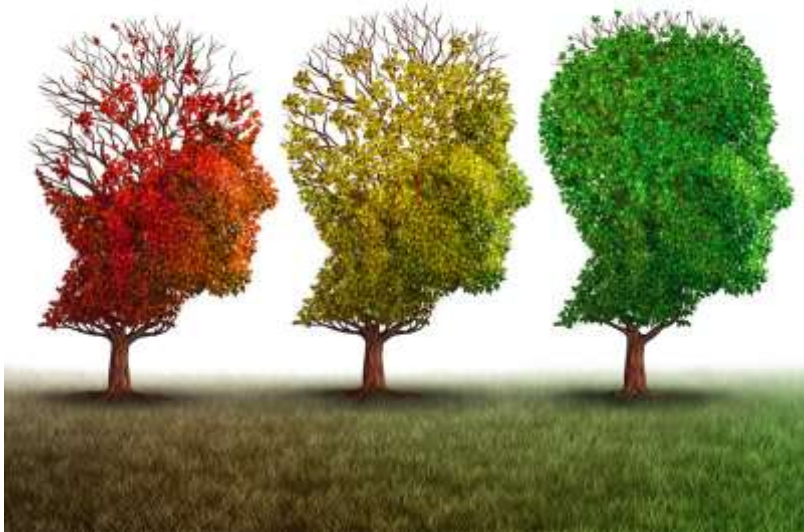
UNDERSTANDING [COGNITIVE FUNCTION]



alzheimer's  association®

- Alzheimer's and dementia: the No.1 fear of aging persons.
- Was believed ~70% genetic, but...
- New research proves it IS preventable and somewhat reversible in many cases
- 3 causes:
 1. Inflammation
 2. Deficiency
 3. Toxicity

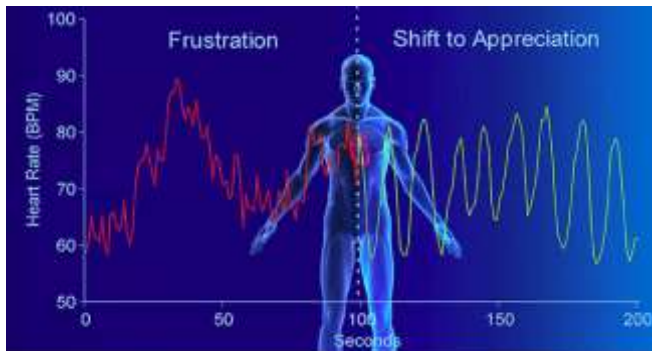
UNDERSTANDING [COGNITIVE FUNCTION]



Program should feature:

- Diagnostics
- Detoxification
 - e.g. heavy metals, mold
- Dental exam / amalgam removal
- Diet – esp. sugar management
- Exercise
- Braining training
- Holistic approaches are showing not just in prevention, but also improved memory and cognitive function.

RESILIENCE AND REST



Stress is a major catalyst for disease at all ages, impacting all body systems as well as mind and mood.

Program should include:

- Relaxation provided through spa and thermal facilities.
- Teach guests to identify and manage their stress response...
- Heart rate Variability
- Meditation



INDEPENDENCE



Becoming a 'burden' is a fear of many aging people.

Possibly straining relationships, leading at worst to 'elder abuse': physical, verbal, psychological, financial abuse; abandonment; neglect; and serious losses of dignity and respect.

Program emphasis is on:

- Mobility
- Strength
- Cognitive function and
- Sensory (sight, hearing) preservation
- Aging in place: wellness communities, retail

SOCIAL ENGAGEMENT



Many older people suffer social isolation and loneliness.

Activities that bring people together are encouraged:

- Group classes and workshops
- Design for connection, e.g.: Long Table at restaurant
- Membership / guest communities and events
- CSR project participation



HOBBIES INTERESTS & LEISURE



Creative expression is a great source of joy and fulfilment.

Interests are also a potential source of learning and challenge that can help preserve cognitive function.

- Art and craft workshops
- Brain-stimulating recreation (chess, table-tennis)
- Nature walks
- Cultural activities



IMPLEMENTATION



- Start simple, with what you have
- Package services in a style written to speak to seniors
- Partner with medical and holistic health practitioners to...
- Offer Successful / Healthy Aging specific programs or weeks
- Add specialist staff, facilities and equipment as business grows

Time to FLOURISH

- F* freedom from illness
- L* lifestyle choices & habits
- O* outlook, approach to life
- U* understanding & intellect
- R* resilience & rest
- I* independence; freedom to 'be'
- S* social engagement
- H* hobbies & interests



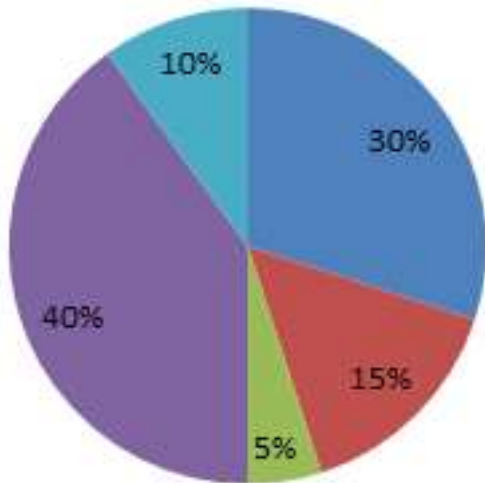
THANK YOU!

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THE NEED FOR SUCCESSFUL AGING

Health Determinants as % of Mortality



- Genetics
- Social Circumstances
- Environmental Conditions
- Behavioral Choices
- Medical Care