

# Reorienting Rehabilitation as a Health Strategy for Empowered Aging

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National Academies of Science, Engineering and Medicine Workshop, University of Lucerne,

February 16-17, 2024

# Empowered Aging : “we can improve quality of life for all of us as we age”

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- capabilities in priority life areas to be able **to do what one can** across the life span, to **become what one can be** (Sen, 2009).
- agency to influence the world around them as participants, and not observers or passengers (Gopinath, 2018).
- older adults are people, first and foremost, and citizens of their communities to function as fully human.
- reconceptualized rehabilitation would for improved life situations (Mpofu, in press)

# Life situations drive people's health function

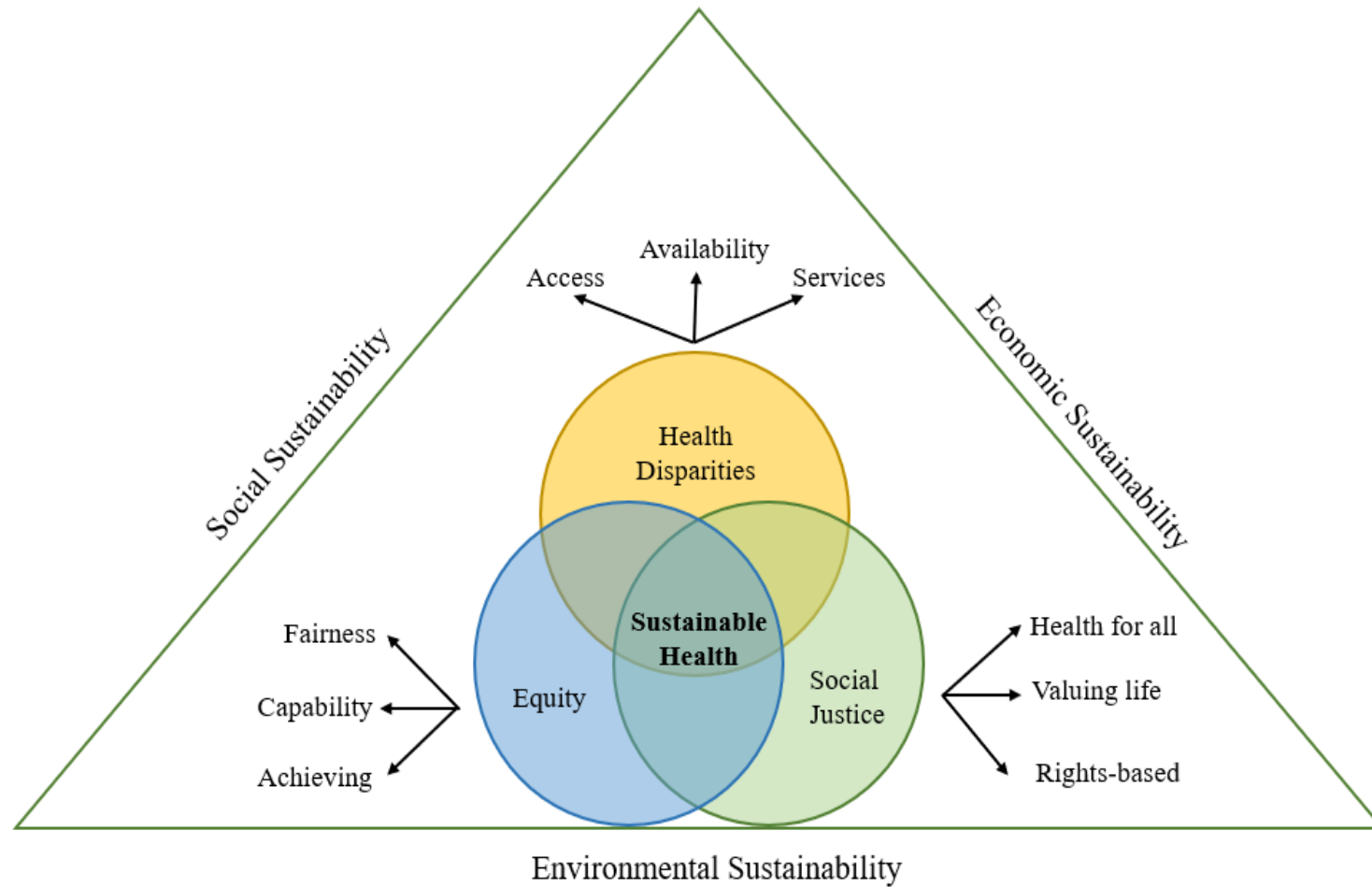




# Life Situations

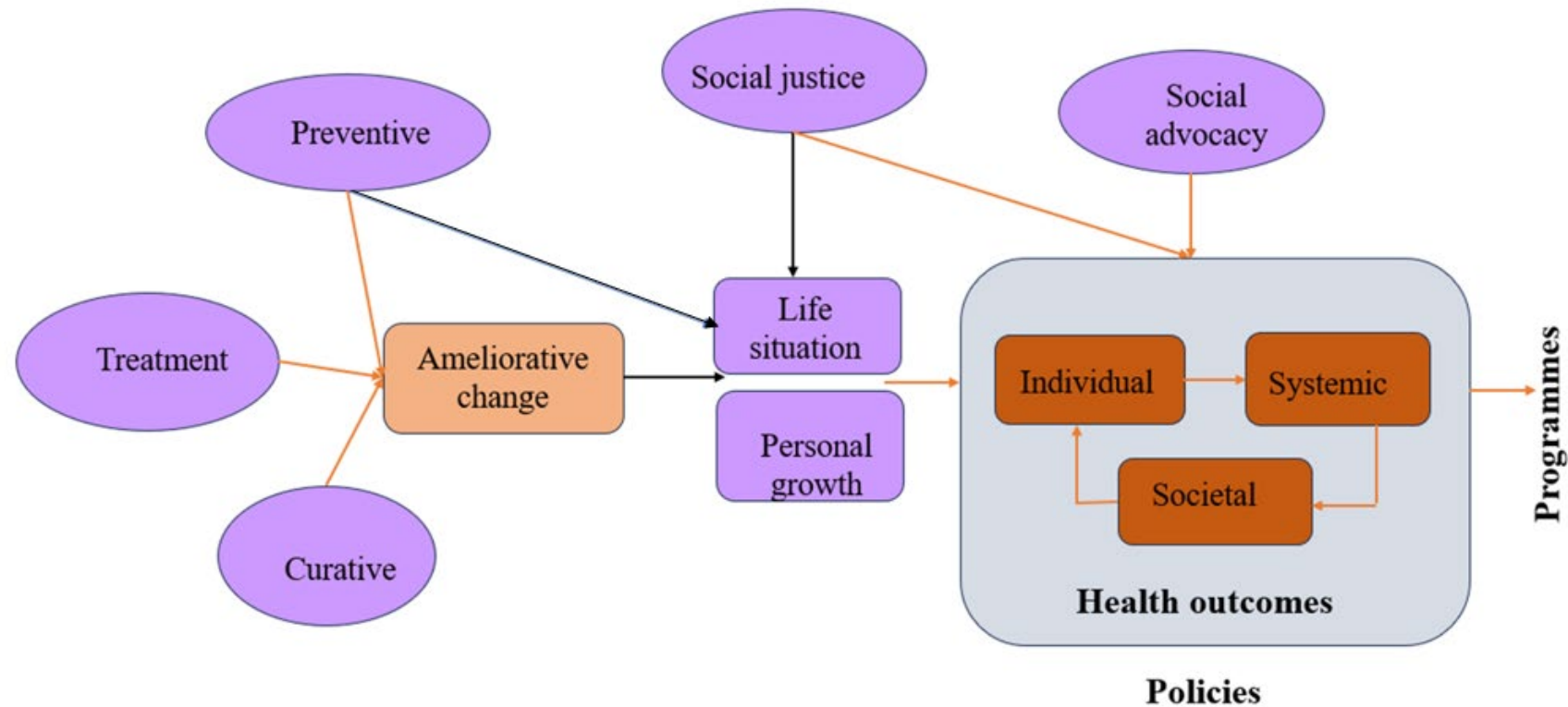


# Communities seek sustainable rehabilitation

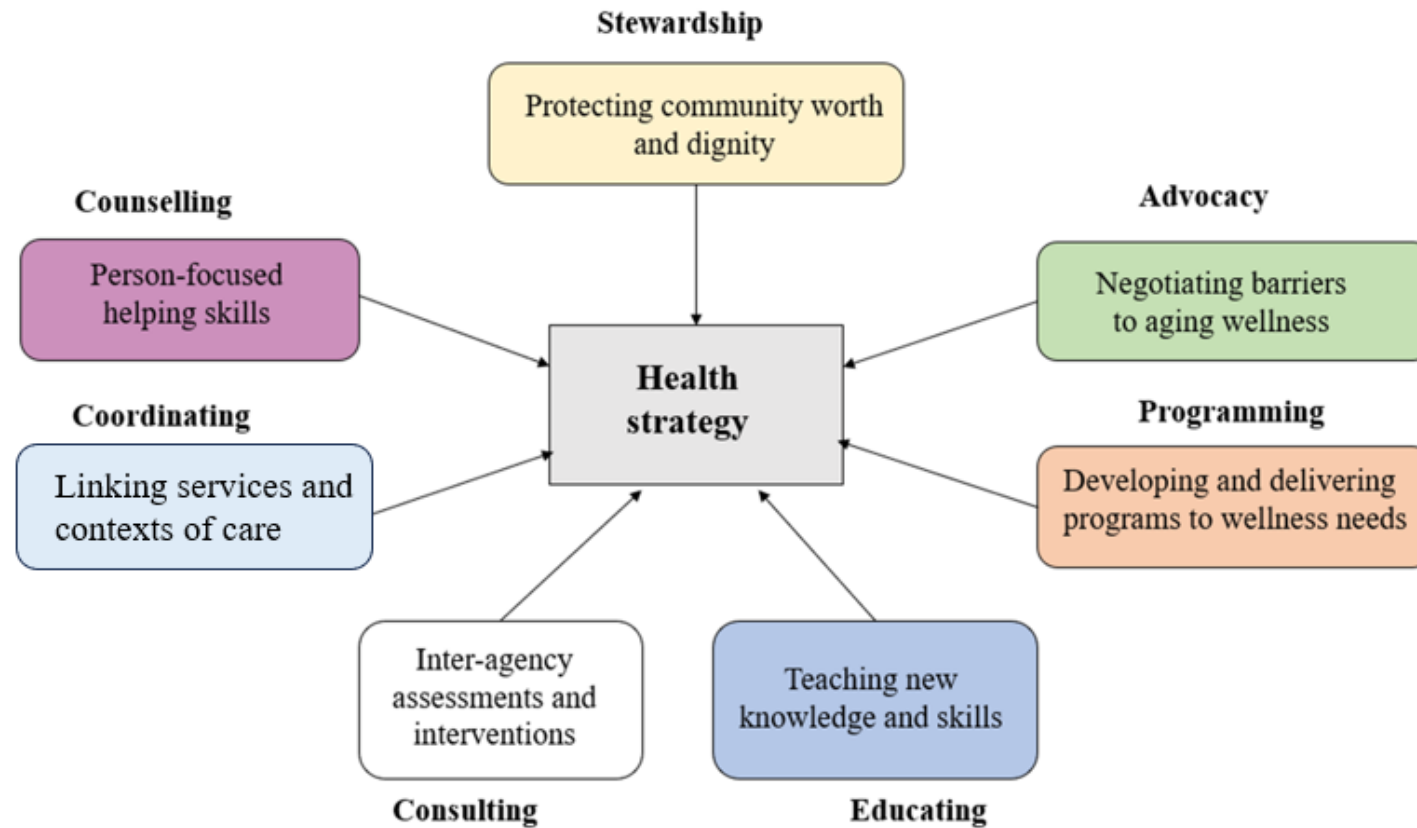




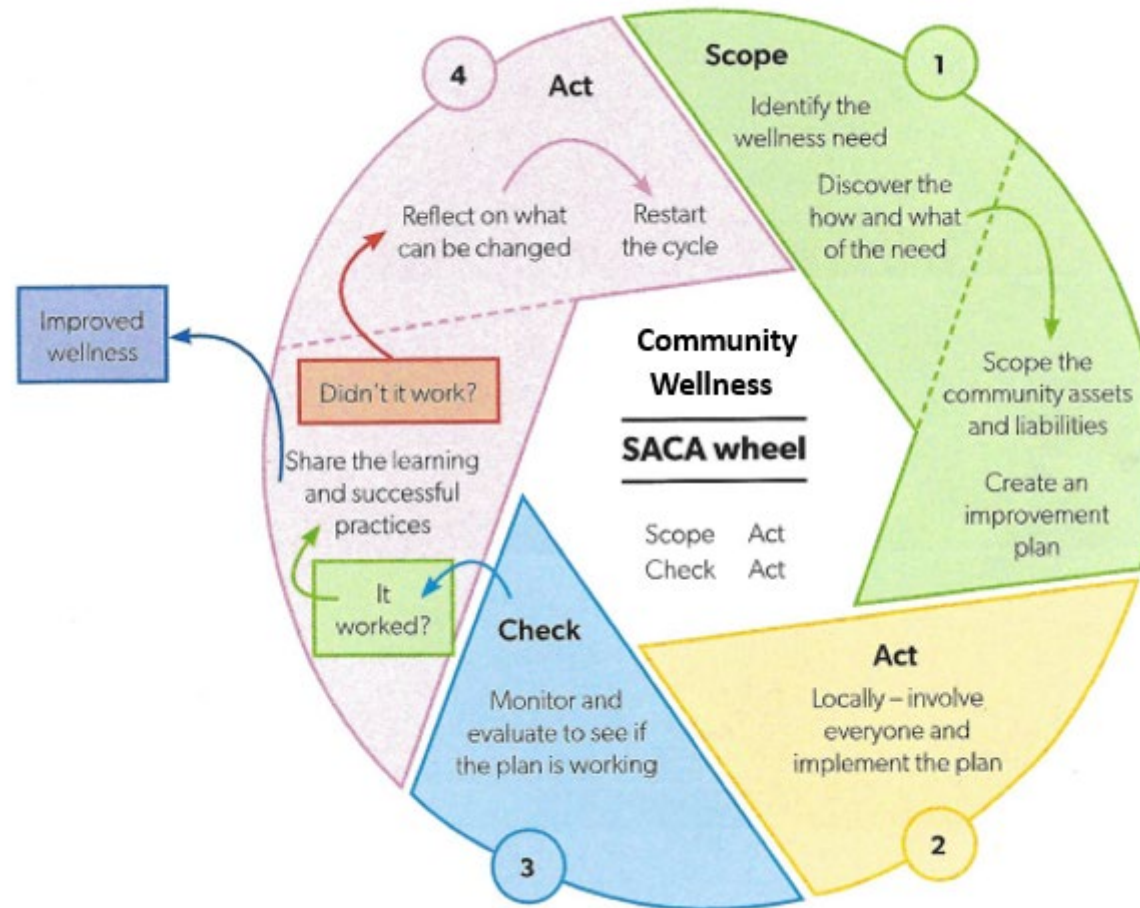
# Qualities of responsive rehabilitation services



# Re-imagined rehabilitation strategy is whole life oriented

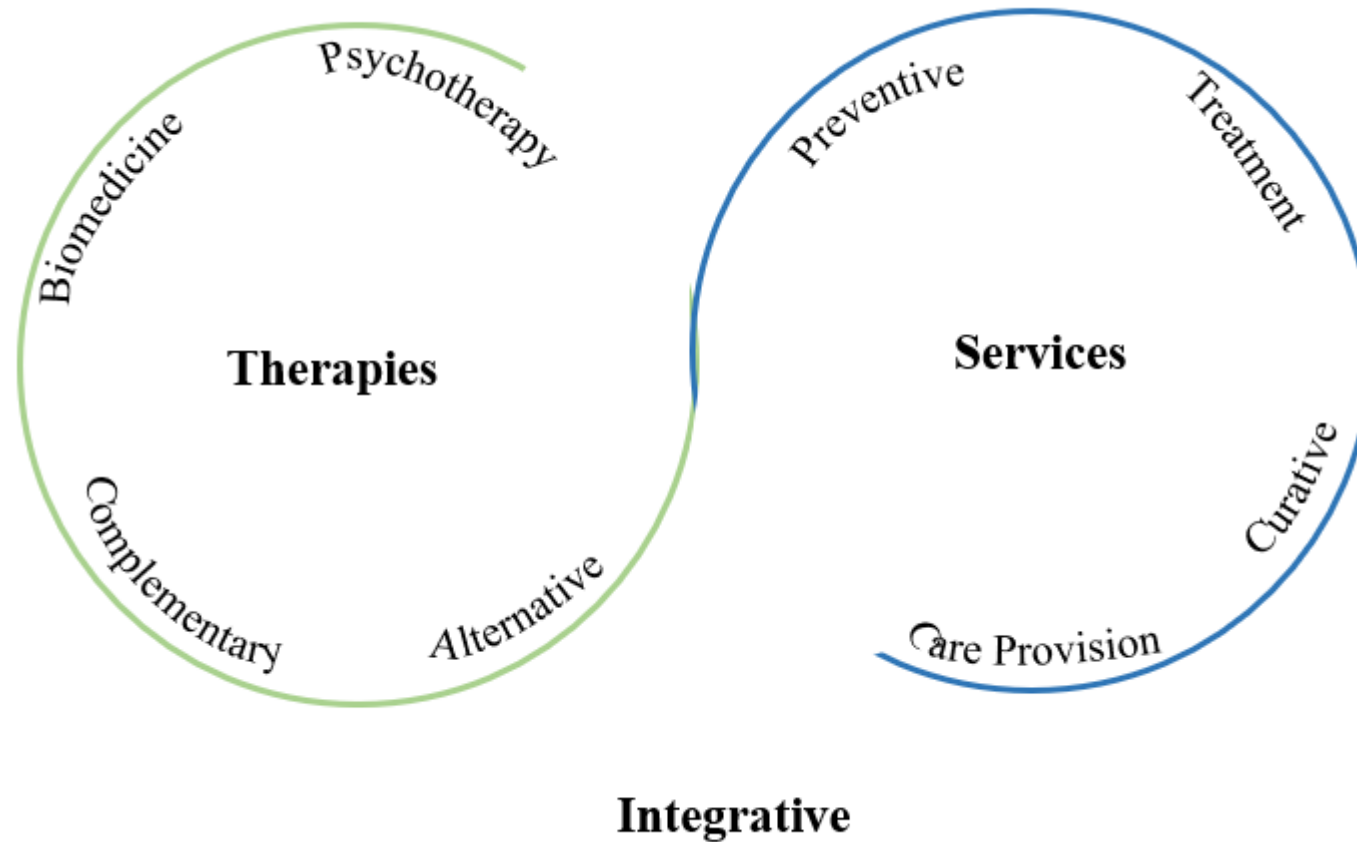


# Rehabilitation wellness needs for empowered aging require reflective action

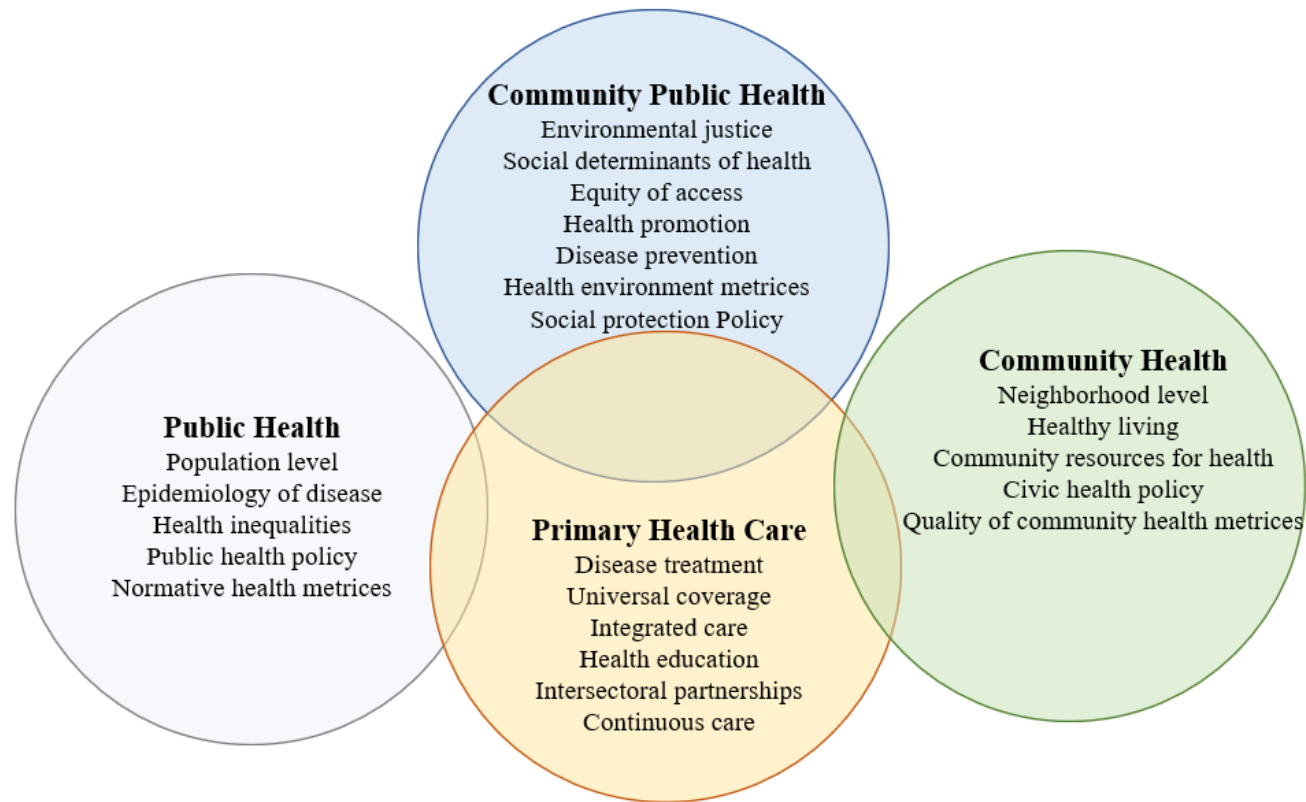




# Integrative care is critical rehabilitation strategy



# Community Public Health is the future of aging and functioning



## What this all says:

1. people have what it takes to make what they want of themselves as they age
2. Rehabilitation strategy for empowered aging is life situation oriented
3. We need to seek out opportunities to understand what health and wellbeing is for communities to support their functioning of all members

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# THANK YOU

