Reorienting Rehabilitation as a Health Strategy for Empowered Aging

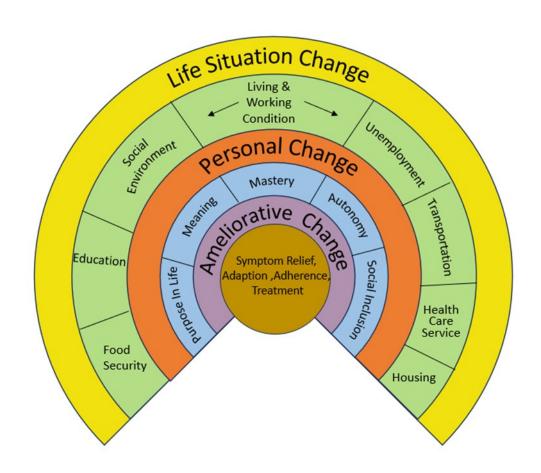
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Empowered Aging: "we can improve quality of life for all of us as we age" Ashwin Vasan, MD, PhD New York City Department of Health and Mental Hygiene

- 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

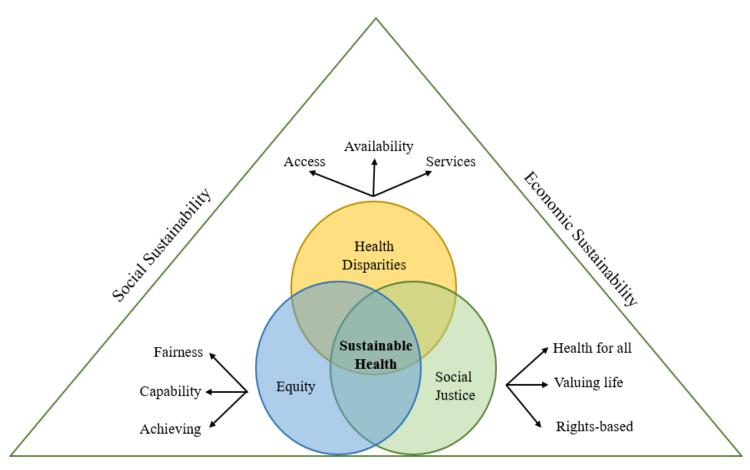


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Life Situations



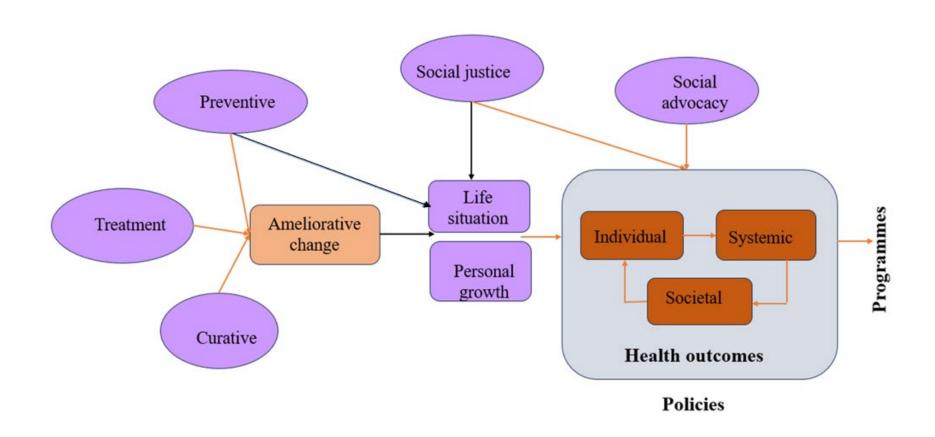
Communities seek sustainable rehabilitation



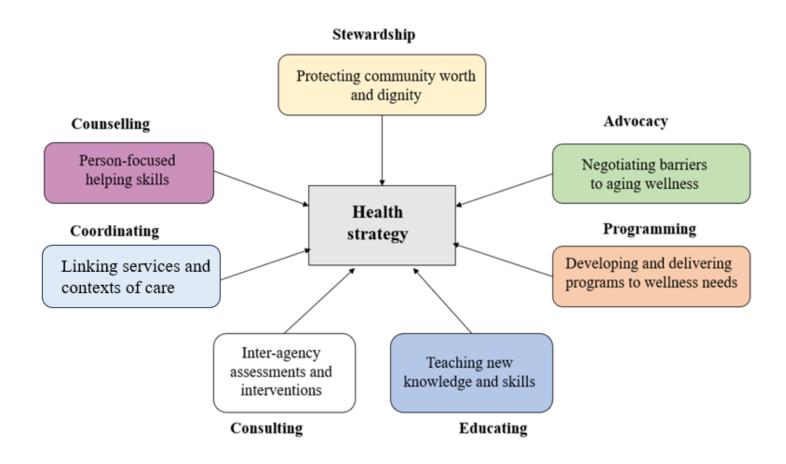
Environmental Sustainability

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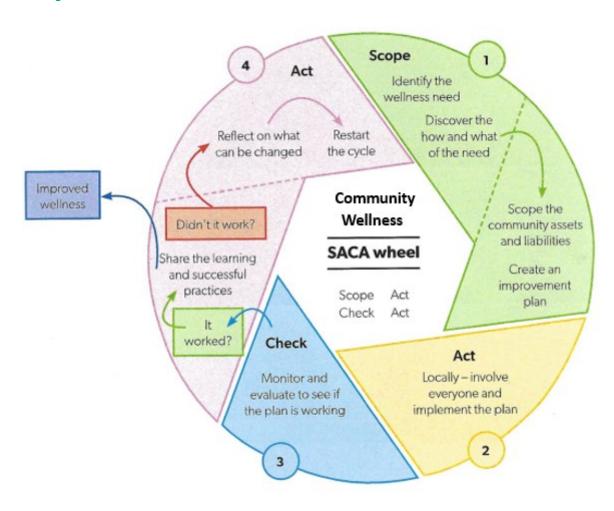
Qualities of responsive rehabilitation services



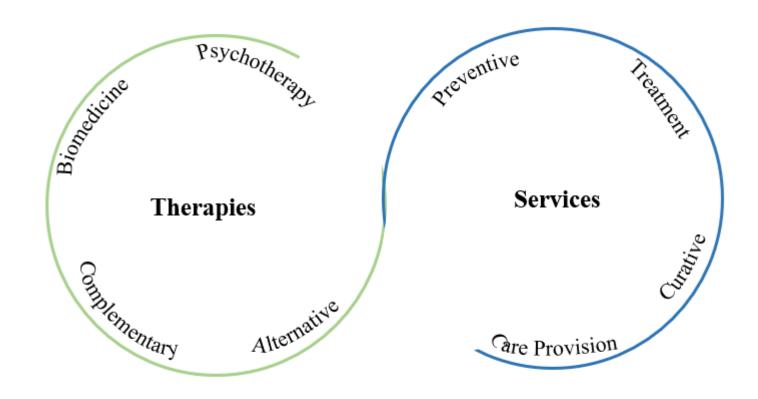
Re-imagined rehabilitation strategy is whole life oriented



Rehabilitation wellness needs for empowered aging require reflective action



Integrative care is critical rehabilitation strategy



Integrative

Community Public Health is the future of aging and functioning

Community Public Health

Environmental justice
Social determinants of health
Equity of access
Health promotion
Disease prevention
Health environment metrices
Social protection Policy

Public Health

Population level
Epidemiology of disease
Health inequalities
Public health policy
Normative health metrices

Primary Health Care

Disease treatment
Universal coverage
Integrated care
Health education
Intersectoral partnerships
Continuous care

Community Health

Neighborhood level
Healthy living
Community resources for health
Civic health policy
Quality of community health metrices

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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