

PHYSICAL HEALTH

ACTIVE AGING

THE THREE-PART INDEPENDENCE PLAN

THE PROBLEM

Fear of decline and isolation can shrink life too early when movement, connection, and support can help preserve independence.

1 KEEP MOVING

Choose ability-appropriate aerobic, strength, and balance activity.

- ☐ Aerobic movement
- ☐ Strength work
- ☐ Balance practice

SAFE ACTIVITY FOR ME: _____

WHO CAN GUIDE ME: _____

2 KEEP CONNECTING

Connection grows when it is scheduled around something meaningful.

- ☐ Group or club
- ☐ Volunteering
- ☐ Class or learning
- ☐ Travel or day trip
- ☐ Regular call or visit

FIRST INVITATION: _____

3 PLAN THE SUPPORT

The right support can protect independence instead of replacing it.

- ☐ Transportation
- ☐ Home safety
- ☐ Medication support
- ☐ Emergency contact
- ☐ Legal / financial plan

FIRST SUPPORT TO PLAN: _____

THREE LOCAL WAYS TO STAY ENGAGED

Choose one movement, one connection, and one support action available near you.

MOVE
LOCAL OPTION

CONNECT
LOCAL OPTION

SUPPORT
LOCAL OPTION

THE FIRST ONE I WILL CONTACT: _____

WHO CAN HELP?

Senior living community, senior center, travel agency, physical therapist, healthcare provider, or estate planner.

BRING THIS TOOL
TO THE CONVERSATION.

MOVE. CONNECT. PLAN AHEAD.

Get the free PDF at ampmultimediallc.com

AMP TV NETWORK | SOLUTIONS | Helping the People Who Help People

General educational worksheet only. Adapt movement and support plans to ability, health needs, and qualified guidance.