Occupational Wellness for Older Adults

Occupational wellness means finding personal satisfaction through work. However, "work" can be defined broadly and doesn't always need to mean paid work. Even if your program participants are retired, they still may be interested in contributing their unique skills and talents to your program and/or your overall community via tasks and projects.

Some ways to address your participants' occupational wellness include:

- Providing volunteer opportunities within your program to help participants serve their peers.
    - o Participants who still drive could help participants who don't drive get to congregate meal sites. They can also deliver meals.
    - o Participants can facilitate book clubs, discussion groups, crafting circles, or group exercises for your program. Ask your participants what activities they would like to lead!
    - o Participants can also serve as program greeters, servers, taste testers, or members of a program advisory council.

- Encouraging and promoting volunteer opportunities in your broader community, such as service projects or intergenerational activities.
    - o Participants can raise money for local food banks, serve meals at shelters, foster pets, knit hats and blankets for premature babies, or work in a community garden.
    - o Participants can also work with local schools, universities, or preschools to tutor, read to students, help in the classroom, or be a mentor or "honorary grandparent" for a young person.

Source: Occupational Wellness for Seniors