

7 DOMAINS OF WELLNESS

Older Adults experience joy and purpose by engaging in meaningful activities designed to support all seven domains of holistic quality of life:

PHYSICAL

Movement is good for the body, mind, and emotions—and helps preserve high-level brain functioning.

SPIRITUAL

Feeling connected to something greater than ourselves brings deeper meaning and satisfaction, as well as gratitude.

EMOTIONAL

Activities that foster social support and connection help older adults cope with stressful events and life changes.

INTELLECTUAL

Intellectual stimulation helps preserve key cognitive functionality in older adults.

ENVIRONMENTAL

Feeling harmonious in their environment helps older adults remain independent, active and engaged.

VOCATIONAL

Activities that help us feel like productive members of society boost our sense of usefulness and self-worth.

CREATIVE

Arts-based programs help older adults have better quality of life and more easily maintain independence.



Cultivating joy, engaging curiosity, and fostering personal expression

Call (650) 777-7607 or email Hummingbird@SageEldercare.com for a free consultation to get started today!