

Michael Bordofsky's Top 10 list of things to help you and your parents age smart:

10. Avoid hazardous substances

- Tobacco
- Alcohol
- Sleeping pills
- Tranquilizers (Ativan, Valium, Restoril, Xanax...)
- Advil/Aleve
- Pain pills

9. Take the right medicines

- Know what you are supposed to take and take them correctly
- Keep a careful, up to date list
- If necessary, let someone help you
- Ask your doctor if there are any that can be eliminated

8. Prepare for your doctor visits

- Medication list
- Blood pressure measurements
- Prioritize your questions
- Make sure your doctor understands your goals
- Make sure you understand instructions
- Bring an advocate
- Remind specialists to send reports to your PCP
- Treat the office staff well

7. Make sure your wishes are followed

- What is most important to you as you age?
- Tell your family
- Complete an Advance Directive
- Share it with you doctor
- Complete a POLST

6. Stay out of the hospital

- Bring an advocate
- Bring your med list
- Bring your POLST
- Don't stay in bed
- Make sure you understand your discharge instructions
- Make sure you fill your discharge medications
- See your PCP promptly
- Make sure your PCP office knows to get your records

5. Get better sleep

- Regular bedtime and awake time
- Avoid spending 10-12 hours in bed
- Dark, cool, and no visible clocks
- Get out of bed if you are not sleeping within 15 min
- Use bed for its two essential functions only
- Limit napping
- Avoid alcohol
- Get exercise
- Morning bright light exposure may help

4. Don't fall down

- Tell your doctor
- Are medications contributing?
- Creating a safe home
- PT balance programs
- Get your eyes checked
- Wear good shoes and use your assist device

3. Exercise your body

- Make it part of your routine
- Make it enjoyable
- Make a goal, Write it down, count it, get a streak going
- Walking counts!

2. Exercise your brain

- a. Read
- b. Be social
- c. Brain exercises
- d. Hearing aids
- e. Don't give up on learning new things

1. Get the help you need

- Don't wait for a crisis to make changes
- Hire help
- Avoid social isolation
- Look for other resources like Visiting Nurses, meals-on-wheels, Friendship Center

Book mentioned: *An American Sickness*, Elizabeth Rosenthal