

A Sip of MDTea Episode 3.10

WELLBEING



- **5** essential elements of wellbeing
 - Resilience
 - Independence
 - Health
 - Income and wealth
 - Having a role & having time
- Wellbeing in older adults is associated with longer survival
- Interventions in midlife such as physical activity may promote wellbeing in later life
- Engagement with meaningful or favourite activities can increase sense of wellbeing

The MDTea podcast provides Education on Ageing for all healthcare professionals working with older adults. Visit www.thehearingaidpodcasts.org.uk for more information, show notes, to listen on the web and to sign up to our mailing list
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