Age Well Series

5Ms: A Practical Guide to Aging Well

Mind

Mobility

Medications

Multi-complexity

Matters most

wiha
Wisconsin Institute for Healthy Aging

About WIHA

- **Mission**: To improve the health and well-being of all people as we age by disseminating evidence-based programs and practices and by engaging in collaborative public health strategies in Wisconsin and beyond.
- https://wihealthyaging.org
- **Age Well Newsletter**

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Introduction to Speaker

Jonathon Weiss, PT, DPT, EdD

Board Certified Specialist in
Geriatric Physical Therapy

Certified Exercise Expert for
the Aging Adult

Bellin College

The 5M's: A Practical Guide to Aging Well

DR. JONATHON WEISS, PT

MARCH 10, 2026

5Ms

- Mind
- Mobility
- Medications
- Multi-Complexity
- Matters Most

Mind

- Do you feel down or depressed?
- Do you feel drowsy?
- Do you feel confused or foggy?
- Do you feel lonely?
- Have you noticed a decline in memory?

Mind

- Talk to your primary medical care provider, neurologist, or mental health specialist

- What motivates you?

Mind Action Plan

- Maintain mental activity
- Get out of the house
- Recognize and treat depression

Mind Action Plan

- Maintain a healthy lifestyle
  - Aerobic exercise
  - Strength Training
  - Mind/Body Practices (Tai Chi, Yoga)

Mind Action Plan

- Maintain a healthy lifestyle
  - Keep blood pressure under control
  - Screen vision and hearing
  - Proper nutrition
  - Minimize alcohol
  - Avoid smoking

Medications

- Do you have difficulty keeping track of your meds?
- Do you have difficulty taking the meds at the right time?
- How often do you miss doses?

Medications

- Talk to your primary medical care provider or pharmacist

Medication Action Plan

- Ask about interactions
- Know potential side effects
- Work with medical provider to reduce the number of medications

Multi-Complexity

- Health Conditions
- Hospitalizations
- Talk to your primary care medical provider or specialist

Multi-Complexity

- Living concerns
- Financial barriers
- Social isolation
- Transportation
- Communication

Multi-Complexity Action Plan

- Interprofessional Collaborative Care
  - Social Worker, Case Managers
- Community Resources
  - Aging & Disability Resource Centers (ADRC)
  - 211.org
  - Places of worship

Multi-Complexity Action Plan

- Diabetes Prevention Program
- Health Living with Chronic Pain
- Healthy Living with Diabetes**
- Living Well with Chronic Conditions**
- Mind Over Matter: Healthy Bowels, Healthy Bladder

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**Spanish versions are available

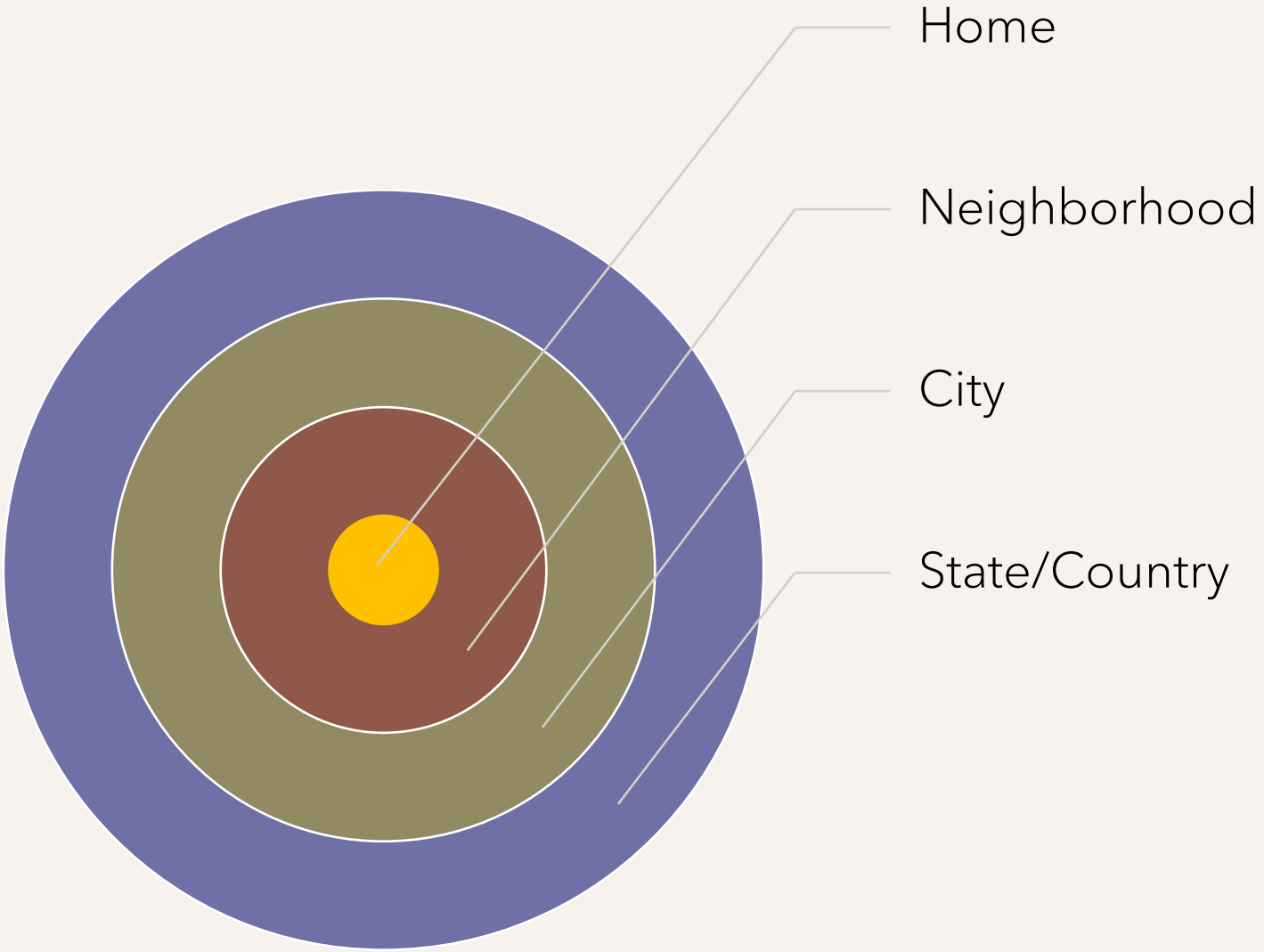
Mobility

- How much do you move? How easy is it to move?
- How do you get around the home? How often do you get out of the house?
- Does pain prevent you from moving?
- Does fear of falling prevent you from moving?

Mobility

- Do you require an assistive device?
- Have you had any falls?
- Do you have difficulty opening a pill bottle?
- Do you have difficulty swallowing medications?
- How do you shop?

How big is your life space?



Activities of Daily Living

BASIC	INSTRUMENTAL
• Bathing • Dressing • Eating • Transferring (moving) • Continence • Toileting	• Cooking • Housekeeping • Shopping • Managing Finances • Managing Medications • Using the phone/technology

Mobility Action Plan

- Talk to a physical therapist, occupational therapist, or speech/language therapist.
- Move More and Move Often
- Don’t restrict activity out of fear

Physical Activity Guidelines

- Talk to your medical provider before beginning, especially if you are sedentary

- 150-300 minutes/week of moderate activity
- 75-150 minutes/week of vigorous activity
- Strengthen muscles 2 times per week
- Balance training

Mobility Action Plan

- Tai Chi
- Keep Challenging Yourself

Mobility Action Plan

- Physical Activity for Lifelong Success (PALS)
- Stand Up for Your Health
- Stepping On**
- Walk with Ease

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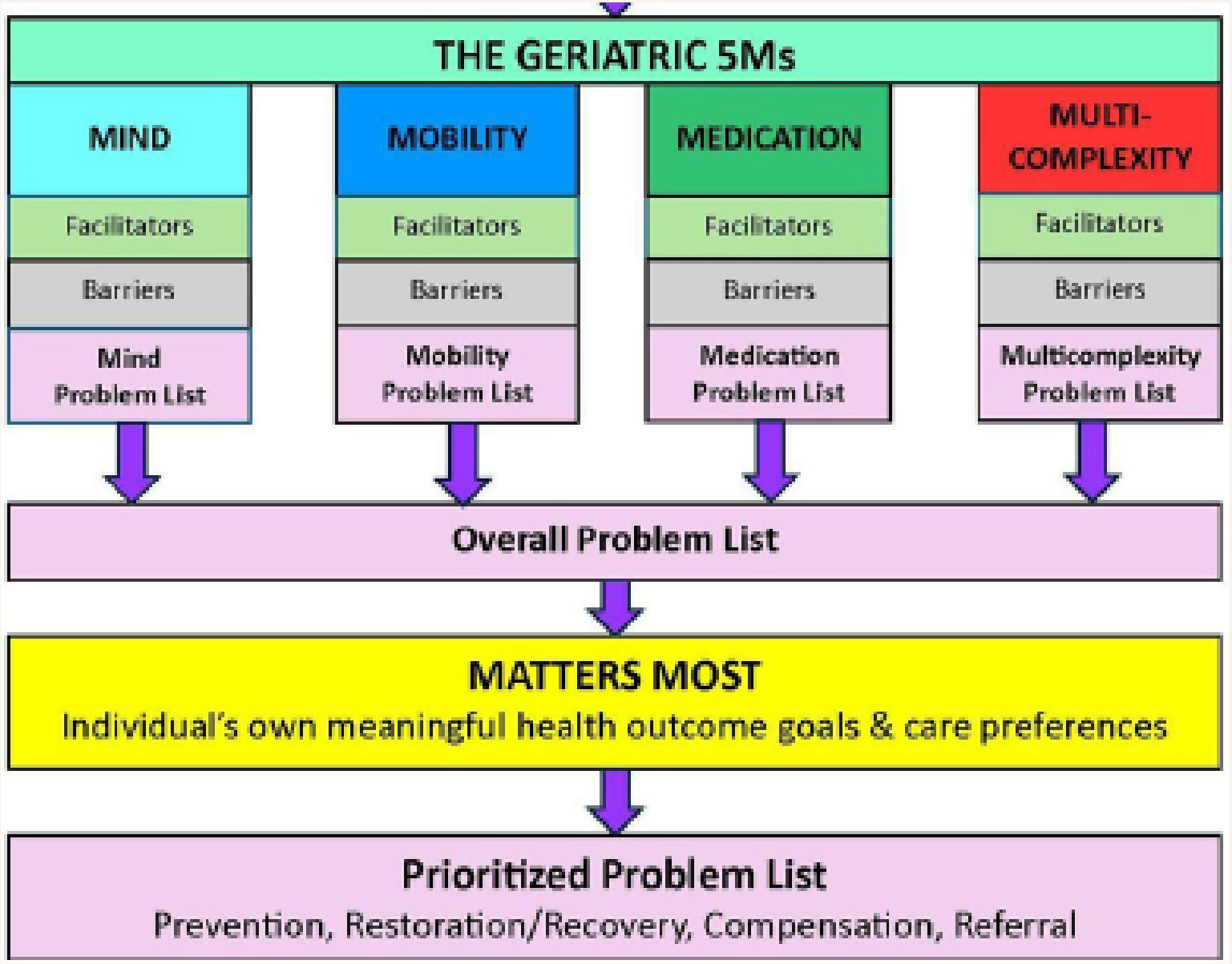
What Matters Most

- What is most important to you?
- What parts of your day or your life are most important to you?

What Matters Most



What Matters Most Action Plan

- Talk to your family, social worker, case managers
- Advanced Care Planning
  - Advanced Directive (Living Will, Durable Power of Attorney for Healthcare)
  - POLST/MOLST/POST
  - Do not resuscitate (DNR) / Do not Intubate (DNI)
- Durable Power of Attorney for Finances
- Long-Term Care Planning Documents

What Matters Most Action Plan

- Will
- Funeral or Burial Preferences
- Personal Values or “Goals of Care” Statements

You are the captain of your team

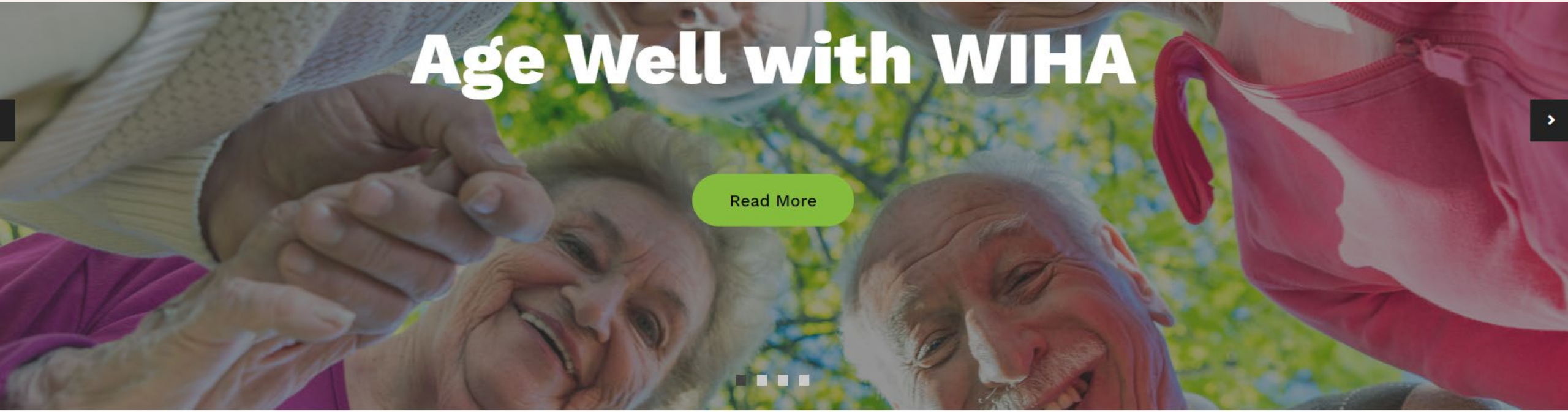
Physician (Geriatrician/ Gerontologist)
Advanced Practice Nurse
Physician Assistant

Dentist
Psychiatrist
Psychologist
Mental Health Specialist

Nurse
Social Worker/Case Manager
Pharmacists
Nutritionists

Physical Therapists
Occupational Therapists
Speech and Language Therapists
Hearing Specialists/ Audiologist

WIHA: Find a Workshop



Age Well

Learn about the 8 dimensions of wellness.

Age Well

Our Programs

WIHA offers 11 programs across the state of Wisconsin and 5 nationwide.

Our Programs

Find a Workshop

Programs are available in-person, online, or by phone!

Find a Workshop

WIHA Initiatives

Learn what WIHA is doing to support healthy aging.

WIHA Initiatives

About WIHA

Learn about WIHA as a 501(c)(3), our mission & vision, and how we got started.

About WIHA

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Feedback

- Upon zoom exit
- Share your thoughts
- Complete the eval live & enter to win a t-shirt!

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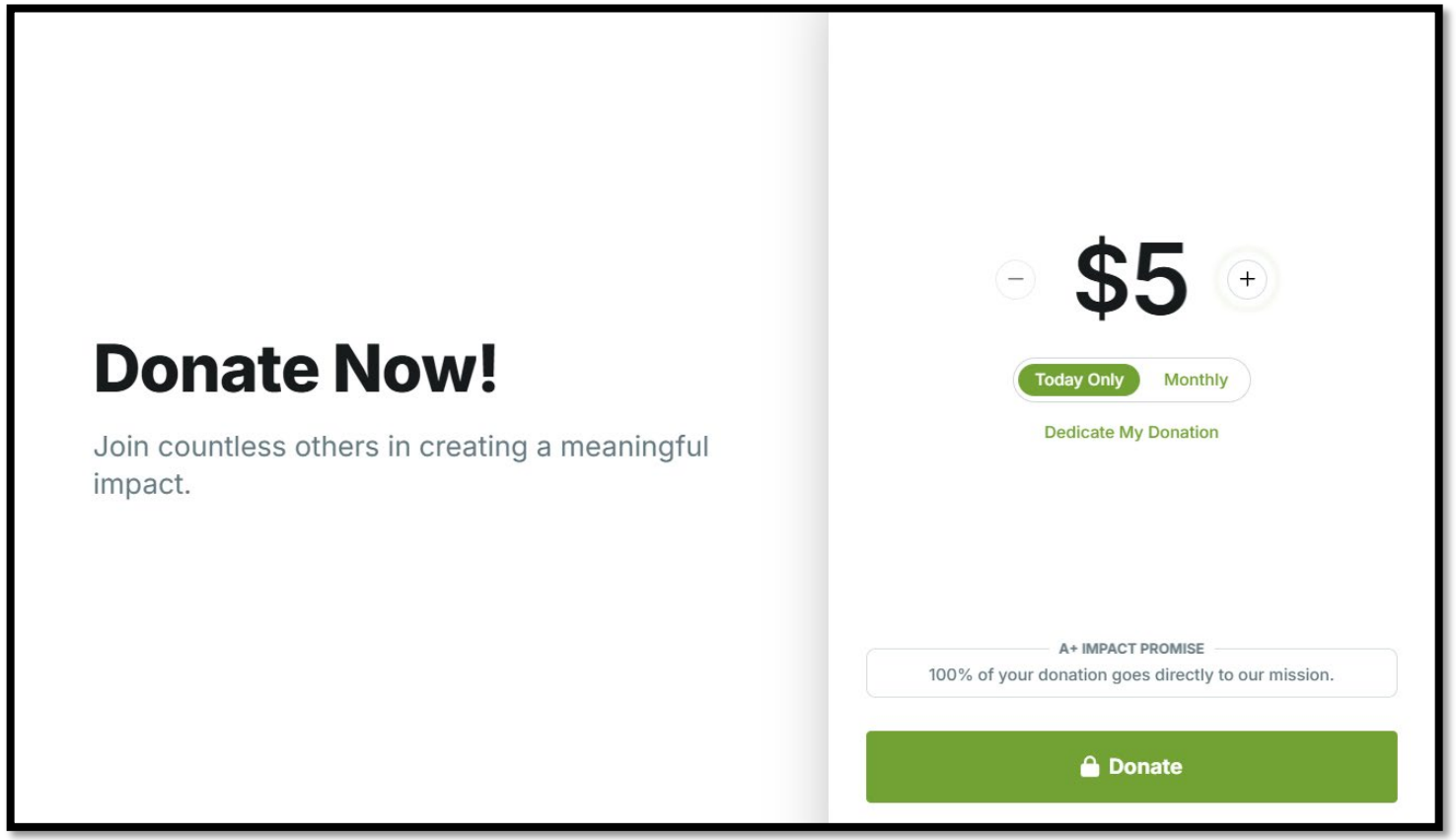
Found this event informational?

Please donate to support the Age Well Series!

Your donation helps to keep this series going!



https://wihealthyaging.org/?give=8NDR96EK

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https://wihealthyaging.org/find-a-workshop/

Healthy Living with Chronic Pain Learn skills and strategies to better manage your chronic pain with this 6-week workshop.	See Schedule
Healthy Living with Diabetes Learn skills and strategies to better manage your diabetes in this 6-week program.	See Schedule
Living Well with Chronic Conditions Learn skills and strategies to better manage your health and help you to age well in this 6-week program.	See Schedule
Mind Over Matter: Healthy Bowels, Healthy Bladder Improve or prevent bowel and bladder incontinence in this 3-session program. (For women only)	See Schedule
Physical Activity for Lifelong Success A program designed for those who have not exercised in a while, this 10-week program will help you get started with being active!	See Schedule
Pisando Fuerte Aprende como prevenir caídas con este programa de prevención de caídas multifactorial de 8 semanas.	See Schedule
Powerful Tools for Caregivers Receive support and learn how to care for yourself as you provide care to another. To find a workshop, visit: https://www.powerfultoolsforcaregivers.org/class-type/wisconsin/	See Schedule
Stand Up for Your Health Sitting too much can be bad for your health. Learn how to sit less and stand more with this 4-week program.	See Schedule
Stepping On Learn how to prevent falls with this 7-week multi-factorial fall prevention program.	See Schedule
Tomando Control de Su Salud Learn skills and strategies to better manage your health and help you to age well in this 6-week program.	See Schedule
Vivir Saludable con Diabetes Learn skills and strategies to better manage your diabetes in this 6-week program.	See Schedule
Walk with Ease This 6-week walking program helps you to become more active, reduce pain from arthritis, and live better.	See Schedule

Next for Age Well Series

Join Dr. Dietram A. Scheufele, UW–Madison professor and nationally recognized researcher, for an engaging presentation on how social media algorithms are designed and how they shape the information we see every day. Learn how these behind-the-scenes systems can influence attention, emotions, and beliefs, contribute to mis- and disinformation, and affect how we make sense of the world. This community talk will help to better understand social media and navigate today's digital environment with greater confidence.

Dr. Dietram A Scheufele
Professor, UW-Madison

April 16, 2026
11am-12pm CST

FREE WEBINAR

Register Here

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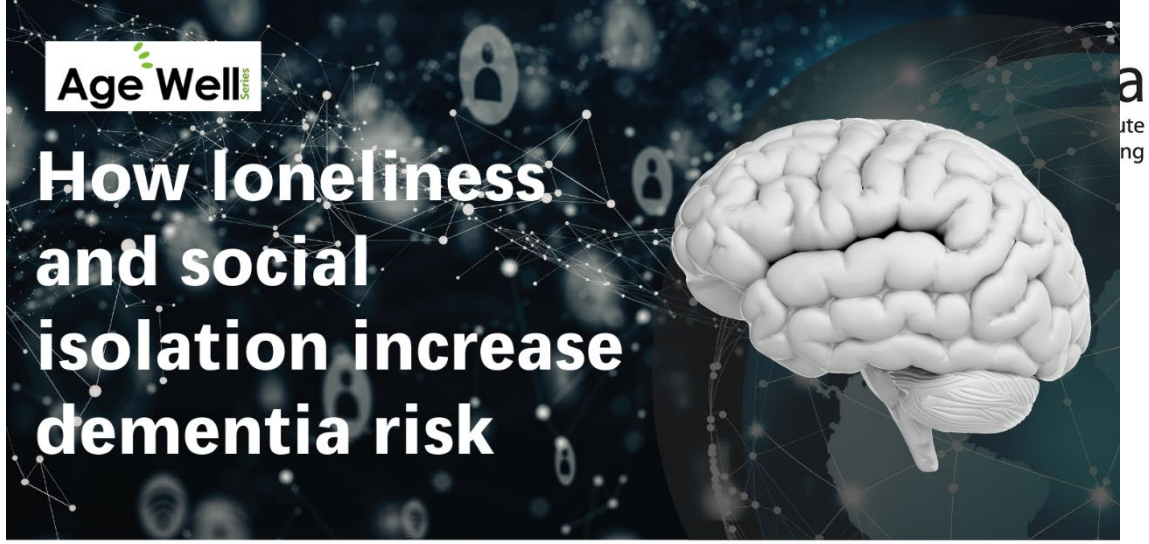
Next for Age Well Series



Having infrequent interactions with others can produce the emotional pain of feeling lonely. Some people even feel lonely when they are around other people. While everyone enjoys solitude from time to time, feeling chronically lonely can be a risk factor for dementia. Join us with Dr. Susan McFadden for a webinar to review recent research on how loneliness and social isolation are experienced by older people and to describe creative ways local communities are responding to help older adults connect meaningfully and joyfully with others.

Susan H. McFadden PhD, former Professor of Psychology at UW Oshkosh, co-founder of Fox Valley Memory Project (FVMP)

May 19, 2026
1-2pm CST
FREE WEBINAR

Register Here

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Q&A