

Promoting Healthy Lifestyle Behaviors for Older Adults in a Low-income Senior Living Community: Leveraging Inter-agency and Multidisciplinary Collaboration



This program brings together Sac State Students studying Gerontology and older adults together creating intergeneration relationships focused on health and wellness.



Sac State Lead:
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Community Partner:

Margaret McDowell Manor CCH

ANCHOR UNIVERSITY
Sacramento State works to align its efforts and resources to create long-term meaningful partnerships between the University and the communities we serve.

SACRAMENTO STATE



HEALTHY LIFESTYLE

For Older Adults

Many Californians aged 60 and above, residing in senior housing facilities, face challenges such as poverty, healthcare, and social isolation. Gerontology students often lack direct engagement with this demographic, creating a training gap. To address this, Sacramento State's Psychology and Cardiovascular Wellness Program, awarded a grant to partner with Margaret McDowell Manor CCH, brings together gerontology students and older adults.

Through activities like exercise and health talks, the program aims to promote healthy lifestyle changes, build community, and provide hands-on experience, enhancing the well-being of older adults and offering valuable training for students.

This collaborative effort not only addresses the multifaceted needs of seniors but also fosters intergenerational connections, creating a holistic approach to aging support.

