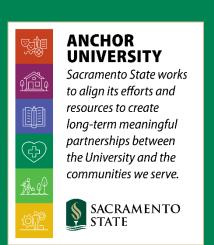
Promoting Healthy Lifestyle Behaviors for Older Adults in a Low-income Senior Living Community: Leveraging Inter-agency and Multidisciplinary Collaboration



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



Sac State Lead:
Theresa Abah
Community Partner:
Margaret McDowell Manor CCH





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.

