

Aging Mastery Program FAQs

What is AMP?

The Aging Mastery Program® (AMP) is a comprehensive and fun approach to aging well that encourages people to take actions to enhance their health, financial well-being, social connectedness, and overall quality of life. Central to the AMP philosophy is the belief that modest lifestyle changes can produce big results and that people can be empowered and supported to cultivate health and longevity. Equally important, the program encourages mastery—developing sustainable behaviors over time. Participants in AMP go through a 10-week core program with speakers and activities.

Why is AMP important?

Life expectancy has increased dramatically over the past 50 years, yet people are generally unprepared for living longer lives. AMP offers an innovative approach to guide individuals through this phase of life. The program incorporates evidence-informed materials, expert speakers, group discussion, peer support, and small rewards to give participants the skills and tools they need to achieve measurable improvements in managing their health, remaining economically secure, and contributing actively in society. All program materials and resources align with the goal of helping people enjoy self-sufficient lives.

Where is AMP currently offered?

AMP is a nationwide program with a presence in more than 100 sites from Massachusetts to Florida and California to Alaska reaching thousands of baby boomers and older adults. Beginning in February 2016, AMP will be offered at select City of Cleveland Recreation Centers as well as some of the Rose Centers for Aging Well:

- Monday mornings at 10am at Gunning Park Rose Center for Aging Well at Gunning Park Recreation Center, 16700 Puritas Rd., Cleveland
- Wednesday evenings at 6:30pm at Lakeshore Rose Center for Aging Well, 16600 Lakeshore Blvd., Cleveland
- Thursday mornings at 10:00am at Woods Rose Center for Aging Well at Riverview Towers, 1795 West 25th St., Cleveland

How is AMP different from evidence-based programs?

AMP is an engagement and incentive program designed to educate, encourage, and support baby boomers and older adults to take actions to improve their health, finances and general well-being and to contribute more to their communities and society. It is not an evidence-based program.

Presented in Cleveland with support from The Cleveland Foundation.

What are AMP results?

Evaluation of the program is ongoing and is producing encouraging results. Initial pilot projects with 464 participants demonstrated a strong demand for the program and, most importantly, that older adults significantly increased their:

- Social connectedness
- Physical activity levels
- Communication with health care provider(s)
- Healthy eating habits
- Use of advanced planning
- Self-reported medication adherence
- Enrollment in evidence-based programs
- Adoption of several other healthy behaviors

In Cleveland, which organizations are involved in the program?

The Benjamin Rose Institute on Aging (BRIA), in collaboration with the City of Cleveland Department of Aging, plans to deliver AMP to some of the Rose Centers for Aging Well and some of the City of Cleveland Recreation Centers. This program is presented with support from The Cleveland Foundation.

Who is the program for?

The program is designed and offered to adults over the age of 50 who are interested in enrolling in the 10-week program.

What does participating involve?

- Attending 1 class each week for 10 weeks
- Participating in class activities and outside activities if desired
- Having fun!

Is there someone I can talk to for more information about the program?

Yes, you can ask the director at your Rose Center for Aging Well or you can contact Ashlee Williman at the Benjamin Rose Institute on Aging at 216-373-1611 or awilliman@benrose.org for more information.

