Sixty American Indian, Alaska Native, and Native Hawaiian Elders participated in listening sessions to share their perspectives on aging, health, and what community-based programs can do to support them. See what they had to say.

What does “aging well” mean to you?
- One most frequent definitions of aging well for elders was cited as “being with family, grandchildren, friends, or engaged in family-oriented activities.”
- Self-care
- Keeping active
- Helping others
- Connections to family
- Group activities
- Gardening
- Dancing
- Fishing
- Group games such as pitching horseshoe
- Attending sports events with family or friends

What do you like about community-based programs and why do you participate?
- Friendly program staff that treat you like family
- Program incentives like giveaways
- A wide variety of choices
- Group outings
- Activities like harvesting traditional foods, drumming, and beading
- Recognition for completing a program, like a certificate or graduation ceremony

What type of health information do you need?
- Education on diabetes, heart disease, arthritis, Alzheimer’s disease, cancer, and eye health
- Interactive teaching strategies
- Activities like healthy food demonstrations
- Opportunities to learn from peers
- Intergenerational participation
- Technology education

How can community programs support elders in aging well?
- Provision of healthy food during sessions
- Engagement in community activities
- Offering spiritual or religious support
- Providing opportunities for group activity such as walks
- Providing health information
- Activities that enhance group socialization

Where do you look for health information?
- Community Health Representatives
- Clinics
- Family members
- Church
- Media