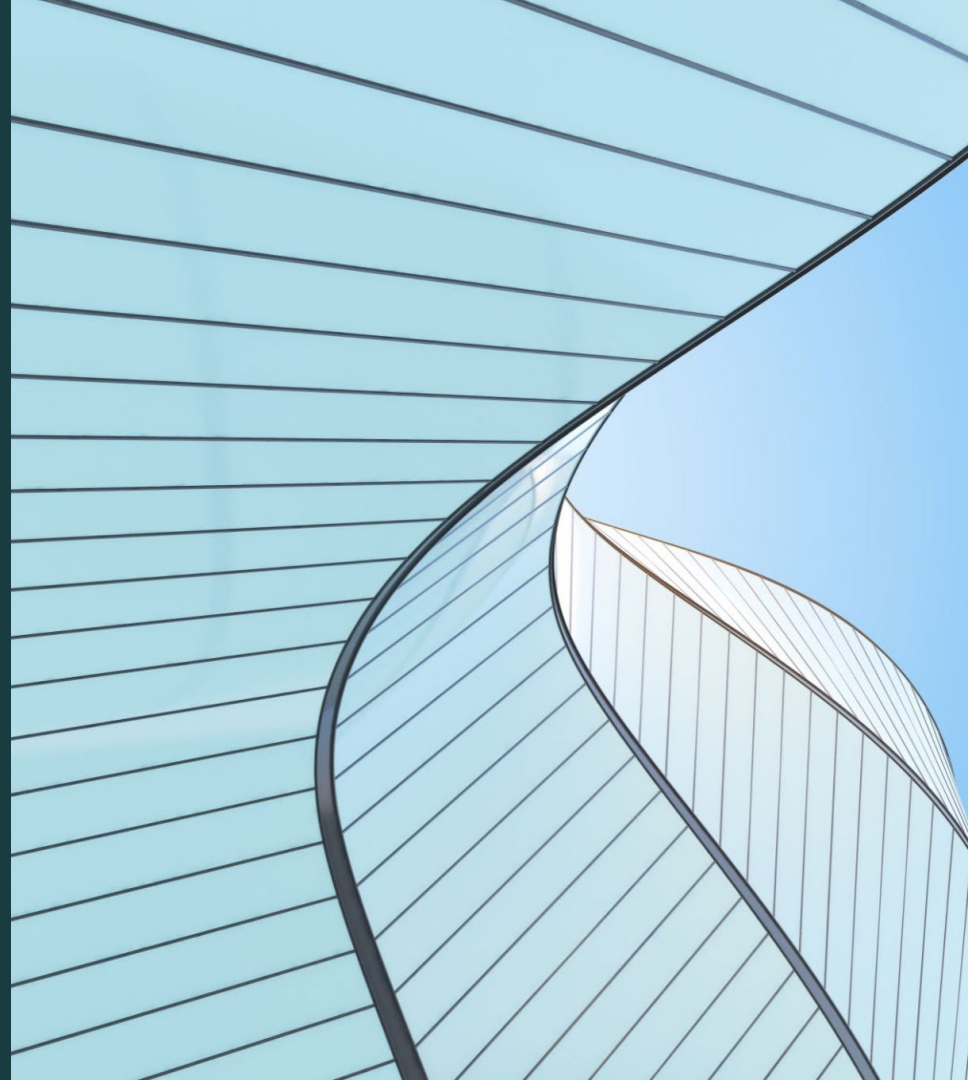


Sarah Vi Cerreto

Planning *Holistic* Aging

intentional aging in a holistic manner



Content *overview*

1

Holistic Aging

2

Pillars

3

Integration

4

Pain Preparedness

5

Surgical Preparedness

6

Post Operative
Management



What is

Holistic Aging?

- Mind, body, spirit connection
- Balance & wellbeing across lifespan
- Not** anti aging
- Pillars:

Physical

Cognitive

Emotional

Spiritual

Environmental

Aging is *inevitable* every year is a blessing.
Can we consciously and *intentionally*
participate in the process?

Can we set ourselves up for *success* in trying
times?

Can we develop *healthy coping mechanisms*
prevent misuse of unhealthy ones?



HOLISTIC AGING PILLARS



Physical

Nutrition

Movement

Sleep

Preventative Care

HOLISTIC AGING PILLARS



Nutrition

Fiber

Limiting:

Whole Foods

Antioxidants

Caffeine

Pre & Probiotics

Hydration

Processed

HOLISTIC AGING PILLARS



Movement

Cardio

Strength

Flexibility

Balance

HOLISTIC AGING PILLARS

Sleep



Early & often
Consistent
Intentional
Routine
Prioritize

HOLISTIC AGING PILLARS



Preventative Care

Screenings

Primary & Proactive

Risk based vaccinations

HOLISTIC AGING PILLARS



Cognitive

Learning

Stress

Stimulation

Regulation

HOLISTIC AGING PILLARS



Lifelong Learning

Skills

Courses

Hobbies

Curiosity

HOLISTIC AGING PILLARS



Stress Management

Mindfulness

Breathing

Cortisol balance

Self Reflection

Self Awareness

HOLISTIC AGING PILLARS



Cognitive Stimulation

Neural Pathway Management

Strategic Thinking

Critical Thinking

Challenge & Expand

HOLISTIC AGING PILLARS



Self Regulation

Healthy Coping Mechanisms

Regulation

Trigger Awareness

Self Reflection

Self Awareness

Talk Therapy

HOLISTIC AGING PILLARS



Emotional

Community

Purpose

Expression

Connection

HOLISTIC AGING PILLARS



Community

Nurturing Relationships

Groups

Team

Meaningful

HOLISTIC AGING PILLARS



Purpose

Volunteering

Mentoring

Passions

Career

HOLISTIC AGING PILLARS



Emotional Expression

Safe space

Feelings

Reflection

Without judgment

HOLISTIC AGING PILLARS



Connection

Self

Others

Environment

Presence

HOLISTIC AGING PILLARS



Spiritual

Peace

Gratitude

Reflection

Values

HOLISTIC AGING PILLARS



Inner Peace

Connection to the outer

Inner silence

Trigger awareness

Resilience

HOLISTIC AGING PILLARS



Gratitude

Daily practice

Positive outlook

Opportunity mindset

Contentment

HOLISTIC AGING PILLARS



Reflection

Journaling

Debrief

Walk in their shoes

Realignment

HOLISTIC AGING PILLARS



Values

Daily actions

Core values

Integrity

3 Ps

HOLISTIC AGING PILLARS



Environmental

Safe Living Space

Non Toxic Environment

Outdoors

Soul security

HOLISTIC AGING PILLARS



Safe Living Space

Minimizing injury

*Preparing for aging &
procedures*

Accessible to care

Around support system

HOLISTIC AGING PILLARS



Non Toxic Environment

No smoking

Limit known carcinogens

Reduce pollutants

Household products

HOLISTIC AGING PILLARS



Connection to Nature

Fresh Air

External Peace

Movement

Introspection

HOLISTIC AGING PILLARS



Security in Personhood

Confidence

Control/Boundaries

Resilience

Stability

HOLISTIC AGING & ADDICTION INTEGRATION

What are some *risk factors* for substance misuse?

Vulnerable Population Elements

01

FAMILY HISTORY

GENETICS

Brain's reward system

02

MENTAL HEALTH
DISORDERS

Depression

Anxiety

PTSD

ADHD

03

TRAUMA
ADVERSE CHILDHOOD
EXPERIENCE

Abuse

Trauma

Lack of being taught coping
mechanisms

04

PERSONALITY TRAITS

High impulsivity

Sensation seeking

Low harm avoidance

Lack of purpose

HOLISTIC AGING & ADDICTION INTEGRATION

How does planning *holistic* aging prevent addiction?

01

INTERNAL WELLBEING

Coping mechanisms

02

TRAUMA RESILIENCE

Strong foundation

03

PHYSICAL RESILIENCE

Withstand the strain

04

COMMUNITY

Support

HOLISTIC AGING & ADDICTION INTEGRATION

How does planning *holistic* aging prevent addiction?

05

3 Ps

Peer influence

Social pressure

06

CONNECTION

Social isolation

Loneliness

07

ACCOUNTABILITY

Increased personal

External

08

AWARENESS

Self reflection

Appreciate of self

PAIN PREPAREDNESS

Can practicing a daily DOSE for pain *prevent* substance misuse?

Dopamine

Motivation, learning,
pleasure

Exercise, Nature, Music

Morphine, Heroin

Oxytocin

Trust, motivation,
sustaining relationshipsPhysical touch, quality
time, kindness

Morphine

Serotonin

Self and social
acceptanceTryptophan foods,
complex carbs, fatty
acids, exercise, sunlightTramadol, Methadone,
Fentanyl

Endorphins

Euphoria

Exercise, dancing,
massage, acupuncture,
laughter, sunlight
Percocet, Vicodin,
Morphine, Fentanyl

PAIN PREPAREDNESS

Can preparing for pain *prevent substance misuse?*

Pain Threshold

Realistic Expectations

Front Load

Tool Kit

Passive → Dynamic &
Active

Pain level of 0 = not
realistic

Non Pharmacological
Strategies

Heat/Cold

Self Survey

Realistic pain level

Practice techniques

Aromatherapy

Ability to learn

Enabling recovery

Use them first

Guided Meditation

Fear & Anxiety

Manageable

Foundation of non
opioid medications

Music

Distraction techniques

Positioning

Pillow use

~~Meditation~~

Strong foundation

Preparedness

→

SURGICAL PREPAREDNESS

Dedicated conversation *prior* to procedure/surgery

Needs and motivations

What is our goal for pain management after the procedure?

Pain points

What non opioid options will be scheduled as a foundation?

Support

What is the plan for pain that is not well managed?



Active Communicating

Provider & patient:

Active listening

Co creating a plan of care

POST OPERATIVE MANAGEMENT

Managing pain *after* procedure/surgery

Realistic Goals & Expectations

Ambulation & movement goals

Scheduled non opioid medications

Utilizing opioids for breakthrough pain

Keep acute pain controlled

Promote health

Mobilize blood flow

Relax tight muscles

Positioning & elevation

Nutrition

Mind- Body Techniques

Utilizing the tool kit

Pre practiced techniques



Proactive Partner in Pain Management

Control & participation in care

Combine tools for best effect

Communication with care &
support team



Empowered Self

Self Trust

Self Love

Self Control

Care team trust

Care team rapport

Care team control

Thank you