

Introducing....

www.En-AGE.ca



En-AGE.ca focuses on sharing evidence, information and stories that show how occupational therapists (OTs) can support healthy ageing and continuing personal growth and engagement in life occupations that are meaningful through the transitions of older age. The website provides an accessible resource for;

- **Seniors and those who care for them**, with information on how OTs can support later life transitions.
- **Organizations and policy makers that serve seniors**, providing a tool to support programming and policy development to meet needs of older adults.

The site features 10 modules each focused on one key common later life transition.

Thinking about Retirement
Mobility Changes & Getting Around
Growing into Senior Citizenship
Staying Socially Connected
Managing Changing Abilities

New Changes as an Older Worker
Growing Older Where & With Whom
When Caregiving Becomes an Identity
Religion, Spirituality & Finding Meaning
Nearing End of Life

Visit www.En-AGE.ca. Contact osot@osot.on.ca for more information about how OTs can support your programming.



Ontario Society of
Occupational Therapists