

## STRATEGIES FOR HEALTHY AGEING

A Positive Ageing forum presented by  
Older Persons' Mental Health Service (Prince of Wales Hospital)  
22 October 2019



# Marcus Riley

Author: *Booming: A life-changing philosophy for ageing well*

## Ageing Well



# ***Booming***

***Marcus Riley***







*Why*

*Successful  
ageing*



# Bondi Junction



# West Wyalong



*What age are you ?*

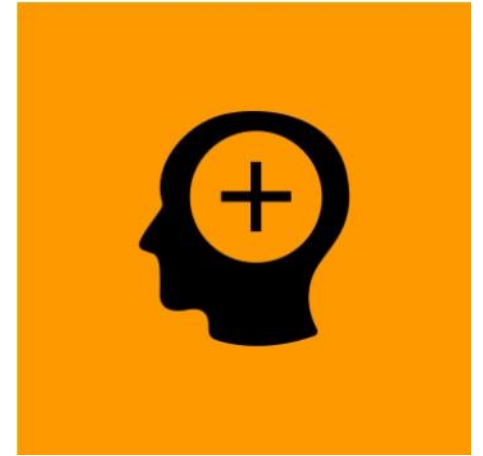
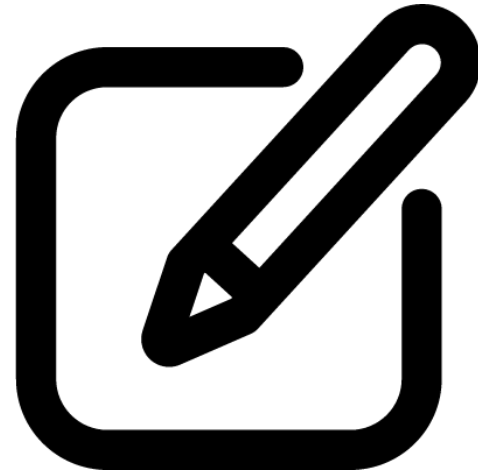
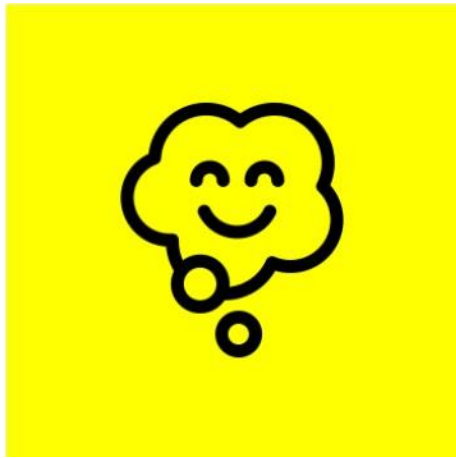


# 3 FORMS OF AGE

- Chronological
- Biological
- Psychological

# THREATS TO OUR BOOMING

- Negativity – own & others
- Loss of control
- Isolation

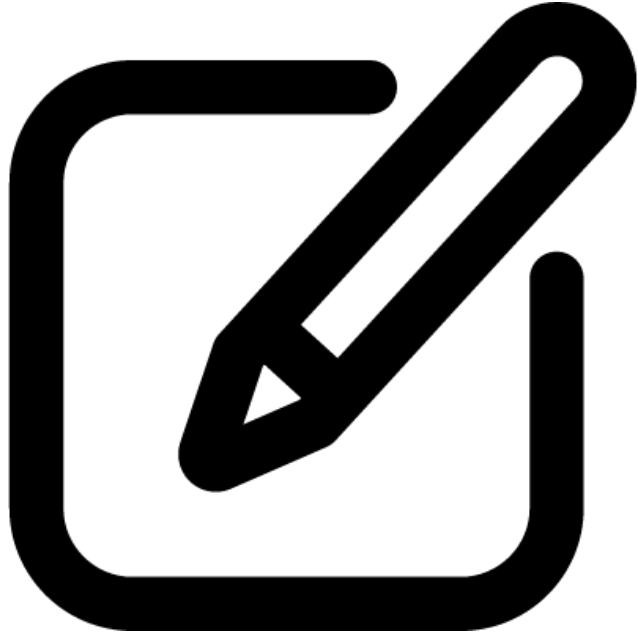


Opportunity to *Boom*

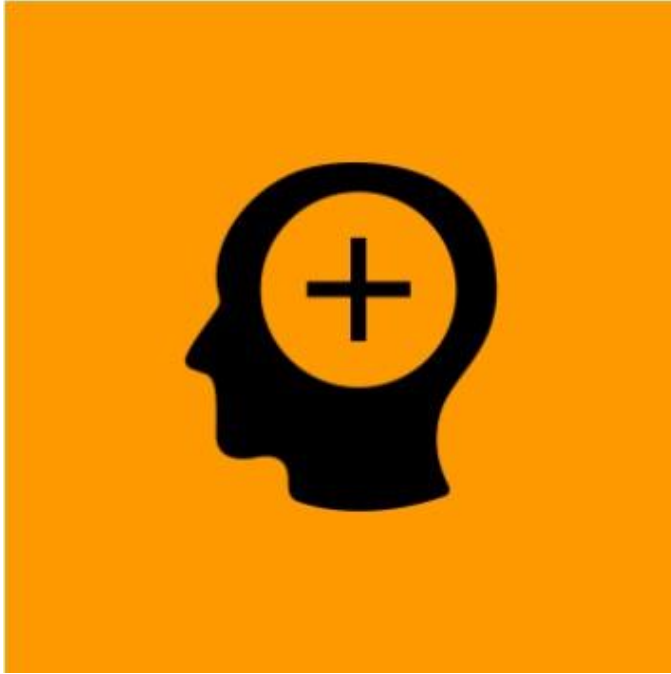


# Positivity





# Planning



# Purpose

# OTHER CONSIDERATIONS

- Self-knowledge
- Adaptability
- Stay informed – tax system, health system, policy..

The book cover features a white background with a decorative border of green and yellow leaves and branches. The author's name, 'MARCUS RILEY', is printed in a dark blue, serif font at the top. The title, 'BOOMING', is in large, bold, red, distressed capital letters in the center. Below the title, the subtitle 'A LIFE-CHANGING PHILOSOPHY ON AGEING WELL' is written in a smaller, dark blue, serif font.

MARCUS RILEY

# BOOMING

A  
LIFE-CHANGING  
PHILOSOPHY  
ON  
AGEING WELL



# Strategies for Ageing Well

Older Persons' Mental Health Service, Prince of Wales Hospital