

RECREATION

ACTIVITIES OF PERSONAL INTEREST THAT PROVIDE ENRICHMENT AND ENJOYMENT



AGING TEXAS WELL MEANS THAT TEXANS PREPARE FOR AGING IN ALL ASPECTS OF LIFE AND THAT STATE AND LOCAL SOCIAL INFRASTRUCTURE FACILITATES AGING WELL THROUGHOUT THE LIFESPAN.

TRENDS

- Recreation is an important part of a person's social behavior. It affects wellness in older adults by playing an important role in improved quality of life and increased life satisfaction.
- Physical recreation can have a positive impact on an older person's health by preventing disease, and reducing risk of coronary heart disease, hypertension, colon cancer, and diabetes mellitus.
- Participation in recreational activities indirectly influences mental health by facilitating coping behaviors (e.g., perception of available social support) in response to stressful life events and daily hassles.
- As people get older, their participation in recreational activities often decreases, often because of scarce financial resources, lack of transportation, or poor health.

Recreation can have a positive impact on older person's physical and mental health.

POLICIES, PROGRAMS & SERVICES

There are many choices when it comes to recreation, including commercial (fees required) and non-commercial (free) activities. These include:

- Travel
- Elderhostel
- Theme parks
- Activities at state parks and historic sites
- Participation in local city parks and recreation programs
- Senior center activities
- Book clubs
- Gardening
- Entertainment/art activities
- Formal sports
- And many more

GET INVOLVED

Partnerships, corporate sponsors, and diverse and innovative funding sources are essential to expanding recreation activities for older Texans.

- Work with senior centers to transform their image and adapt to the changing interests of today's older adults.
- Encourage organizations to promote innovative programs that address the diverse needs older people.
- Work with appropriate entities to consider offering reduced-rate recreational activities for older adults.
- Develop non-commercial recreational activities that encourage low-income elders to participate within their communities.

FOR MORE INFORMATION ON RECREATION

Contact your local **area agency on aging** at: **800.252.9240** for Aging Texas Well resources and services in your community. Or, visit TDoA at **www.tdoa.state.tx.us** for this and other Aging Texas Well publications.