

SPIRITUALITY

HAVING A PERSONAL BELIEF SYSTEM
THAT PROVIDES MEANING AND PURPOSE



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

- Although the terms are sometimes used interchangeably, formal religion is only one component of spirituality. Religion refers to an organized, systemic approach that provides people with beliefs, practices, and rituals to support the spiritual quest.
- Formal spiritual affiliations are the nation's largest social organizations.
- Spiritual organizations are especially important to the elderly, creating connections across the generations.
- 75 percent of older adults (60+) in the United States report that religion is an important aspect of their lives.
- Spirituality may play a bigger role than once believed in positive health outcomes and healing.

Spirituality is a personal pursuit for understanding the meaning of life, regardless of religious

POLICIES, PROGRAMS & SERVICES

- The United States has a long tradition of faith-based organizations providing health and social services. One specific service that has been provided through faith-based organizations is a parish nurse who is a paid health educator, medical interpreter and volunteer mobilizer.
- The close connections among members of spiritual organization help meet specific wellness needs.
- Spiritual organizations often provide their members with convenient locations, support, sensitivity to cultural issues, and motivation to practice positive lifestyles.

GET INVOLVED!

- Promote opportunities to strengthen spirituality among older adults regardless of religious affiliations and beliefs.

Encourage all aspects of personhood – compassion, respect for life and existence, relationships with self and others.

- Encourage individuals and organizations to recognize the impact spirituality has on the lives, health, and wellness of their members, specifically older adults, and to increase outreach efforts in their communities.
- Work with spiritual organizations to assess their communities, determine the spiritual needs of their older-adult members, and provide multiple options so they can remain spiritually connected.

FOR MORE INFORMATION ON SPIRITUALITY

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.