

PERSON-CENTRIC WELLNESS MODEL HANDOUT

Mather Institute developed the Person-Centric Wellness Model based on a review of existing models of psychological well-being and research on positive aging.

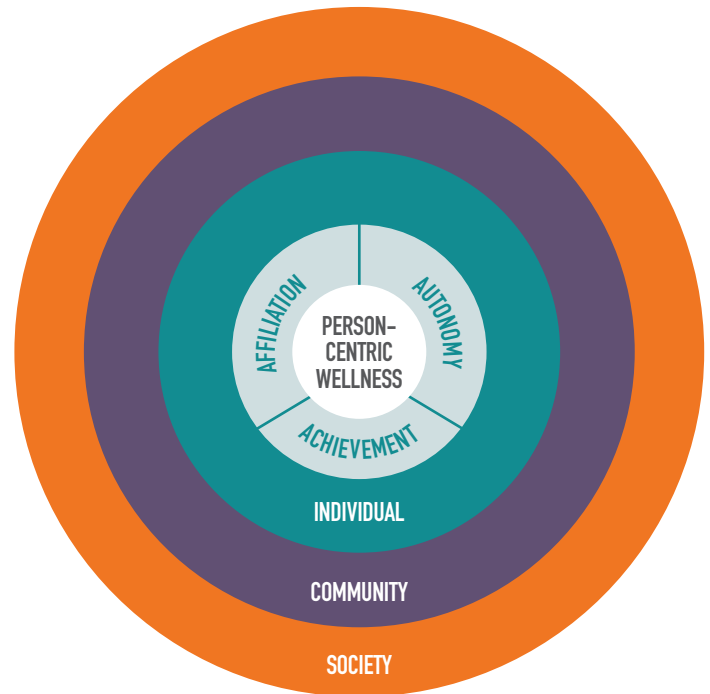
At the heart of the Person-Centric Wellness Model is the belief that everyone's wellness journey is unique, and each person may have different wellness needs and goals.

To support personal wellness, our model focuses on three A's (Autonomy, Achievement, and Affiliation). We are more likely to benefit from wellness efforts when we

- feel like we can make choices that shape our lives (Autonomy)
- feel like we can reach and celebrate our goals (Achievement)
- feel connected to others (Affiliation)

These elements are made even stronger when we are in environments that support the 3 A's, because outside factors can also help or limit well-being. Our model recognizes that wellness is affected by many different factors, including the following:

- individual factors, such as personal history, interests, beliefs, and attitudes
- community factors, such as social networks and neighborhood resources
- societal factors, such as politics, the economy, and culture



Additional information about the Person-Centric Wellness Model is available here:
matherinstitute.com/person-centric-wellness-model.

For more information about Mather Institute: matherinstitute.com

