



## WRAP<sup>®</sup> for Seniors: Your Wellness, Your Way

Wellness Recovery Action Plan (WRAP<sup>®</sup>) for Seniors is a program that anyone age 60 and up can use to get well, stay well, and make life the way they want it to be. It helps people to:

- Identify safe, simple tools to support healthier and happier aging
- Discover and reduce everyday stressors
- Build on personal strengths and interests
- Feel more hopeful, confident, and engaged in healthcare decisions

WRAP<sup>®</sup> is proven to reduce stress, anxiety, depression, and poor health. It supports people in making their own choices for improved wellness, quality of life, and physical health. Here is what recent participants have shared about their experience with WRAP<sup>®</sup>:

*"WRAP has changed my life."*

*"My struggles used to knock me over. Now I have a plan for how to stay well."*

*"Thank you. I am grateful for having hope in my life!"*

*"I feel more of a sense of community with the other people in the class now."*

*"I am now much more confident in taking care of my own health."*

[Optional: Include video thumbnail: [www.youtube.com/watch?v=3qtBiPvSdkY](http://www.youtube.com/watch?v=3qtBiPvSdkY)]

Thanks to a federal grant, classes and materials are provided for free. Trained, certified facilitators, employed by the University of Illinois at Chicago (UIC), travel to organizations around Illinois to offer three 5-hour sessions with breaks, up to one week apart.

To learn more about WRAP<sup>®</sup> for Seniors, you may contact Bryce Goff:

- Email: [bgoff@uic.edu](mailto:bgoff@uic.edu)
- Phone: (312) 286-4618

# Frequently Asked Questions

## Participants

### What topics will be covered?

WRAP® for Seniors Classes will cover topics such as:

- Discovering your strengths
- Developing a wellness toolbox filled with safe, simple tools to support healthier and happier aging
- How to feel more hopeful, strengthen your support network, and take charge of your wellness
- Feeling more hopeful, confident, and engaged in healthcare decisions
- Creating a personalized plan to discover and reduce everyday stressors

### Will this cost me anything?

WRAP® for Seniors classes and materials are currently provided for free by the University of Illinois at Chicago (UIC) to participants and programs thanks to a federally funded grant.

### What health conditions can WRAP® help with?

WRAP® for Seniors can help you to live well despite a number of ongoing health conditions, including, but not limited to:

- Challenges in daily living related to aging
- Feeling down, anxious, worried, or lonely
- Diabetes
- Hypertension
- Arthritis
- Cancer
- Heart Disease
- Other challenges and chronic health conditions

### How long do classes last?

WRAP® for Seniors classes typically last for five hours per day. They may be scheduled three days in a row, or one day per week for three weeks. That can sound like a long time, but we make sure to take plenty of breaks, classes are fun, the content is meaningful, and teaching is very interactive.

### Is there an age requirement?

WRAP® for Seniors is targeted to people who are age 60 and above.

**Can my friend or family member come too?**

They would certainly be welcome. Everyone can learn something from WRAP, and support is a key concept of the program.

**Is transportation provided?**

Transportation is not provided through the grant for this program, but we would be happy to discuss options available to you and explore options that may be available through the host site.

**How will I know if a WRAP for Seniors class is being hosted in my area?**

You may contact the UIC Project Coordinator Bryce Goff directly at [bgoff@uic.edu](mailto:bgoff@uic.edu) or (312) 286-4618 or suggest that your organization reach out to explore opportunities to bring WRAP® for Seniors to your area.

**Will refreshments be provided?**

While our grant does not include funds for refreshments, we typically work with host sites to arrange for refreshment or lunch options.

**How many participants are needed to arrange a class?**

Classes consist of about 20 individuals. To get the most out of the program and steward grant resources well, it is important to complete the full set of three classes, or as close to that as possible.

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