



**County of Maui
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PRESS RELEASE

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MAUI KŪPUNA & CAREGIVERS CAN LEARN FROM ACTIVE DAILY LIVING

Maui County Office on Aging Launches New Free Online Resource

Most Maui seniors are active and independent and want to stay that way. The Maui County Office on Aging wants to help them do just that with a new free online resource, *Active Daily Living*, for kūpuna and their caregivers. Watch a short introductory video at <https://mauicountyadrc.dailylivingadvice.com/>

Active Daily Living offers personalized advice and practical tips on health, caregiving and senior wellbeing designed to help with Aging in Place. To age in place means to spend the “golden years” in your own home instead of moving into a smaller home, assisted living facility, or a retirement community.

“Experts in healthy aging and senior well-being developed *Active Daily Living*, so we’re confident that Maui kūpuna and their caregivers will find the information to be both helpful and useful,” said Maui County Executive on Aging Deborah Stone-Walls. “Actually, I’ve found a lot of the information to be valuable for folks of any age.”

Seniors and their caregivers will enjoy these offerings on *Active Daily Living*:

- **QuickCare Tips** -- Hundreds of no- or low-cost ideas that solve common problems and everyday irritations faced by seniors
- **CareGuide Library** -- A collection of timely articles that are updated each month
- **Age in Place Guides** -- Simple advice on how to make everyday life and health challenges a little easier on everyone
- **Senior Health & Caregiver Newsletters** -- Free personalized health news regularly delivered by email
- **Healthcare Navigators** -- Assistance for older adults and/or their caregivers to prepare for medical appointments

ABOUT THE MAUI COUNTY OFFICE OF AGING

The Maui County Office on Aging serves the islands of Maui, Moloka'i and Lāna'i with an emphasis on Aging in Place. Every service, program and product referred, or implemented by, the Maui County Office on Aging and contracted providers assist Maui County's seniors and adults with disabilities to lead independent, fulfilled and dignified lives in their own homes and own communities for as long as possible.

For more information, visit <https://www.mauicountyadrc.org/> or phone: Maui (808) 270-7774; Moloka'i (808) 553-5241; Lāna'i (808) 565-6818

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