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## **Mather Announces Next Generation Wellness Model**

*Research-Based Model Benefits Older Adults/Senior Living/Aging Services Providers*

**Evanston, IL (October 1, 2021)** – Today, [Mather](#) announces the release of a new research-based wellness model that focuses on individual characteristics and external factors that influence each person’s individual wellness, while recognizing the role the broader environment plays in that journey. Backed by [Mather Institute’s](#) research, the new Person-Centric Wellness Model provides a guiding philosophy for anyone committed to providing or promoting individualized wellness or wellness services, and is available to Senior Living/Aging Services providers in a free report available for download at <https://www.matherinstitute.com/senior-living-professionals/person-centric-wellness-model>.

“We’ve come to recognize something crucial: wellness looks different to each person. It’s why we decided to supplement the wellness model that has been an industry standard for more than four decades,” said Mary Leary, CEO and President of Mather. “Mather Institute researchers have developed a next generation model that empowers individuals to choose the types of fulfillment that matches their aspirations. It’s a game-changer.”

Wellness has long been a focus of Mather and Mather Institute, which share insights, research, and best and next practices as part of their commitment to continued innovation in wellness. The process of developing a new model began with a thorough review of existing models of psychological well-being and quality of life. In addition, research on positive aging was investigated to identify factors that could be incorporated into a new model. Mather’s national longitudinal [Age Well Study](#) found that greater happiness and life satisfaction (outcomes of wellness) are associated with the three wellness drivers that are key to this new model: Autonomy, Achievement, and Affiliation. While each person’s wellness is unique to their experiences and influences, the model highlights the critical role of these three drivers in achieving wellness. Together, the presence of these factors supports individuals in achieving their potential and enjoying full, meaningful lives.

“We define wellness as the process of engaging in behaviors and decisions that enable people to reach their full potential,” said Cate O’Brien, PhD, Vice President, and Director of Mather Institute. “This new model goes well beyond the six dimensions of wellness (i.e., physical, emotional, intellectual, social, spiritual, and vocational), and focuses on individual and external and environmental factors that can influence an individual’s wellness—from beliefs, knowledge, and values, to relationships with others and culture.

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The Person-Centric Wellness Model can be used to inform the development and promotion of wellness programs as well as to assess the impact of these programs on participants. People are more likely to benefit from a wellness program when it's something they're choosing to do (Autonomy), when they feel able to reach their goals (Achievement), and when their efforts are encouraged by others (Affiliation). An important benefit of the model is that it brings these drivers and the factors of individual, community, and society, into focus so that staff may more fully support people's aspirations and help them identify and address challenges to achieving their goals.

"We're committed to research and development of tools in support of person-centric wellness and will continue to share with organizations," Leary said. "Our hope is that the Senior Living/Aging Services sector will embrace the model by supporting a personalized approach as individuals pursue their wellness journey."

For more information or to download the report, visit <https://www.matherinstitute.com/senior-living-professionals/person-centric-wellness-model>

#### **ABOUT MATHER**

Based in Evanston, Illinois, Mather is an 80-year-old, unique, not-for-profit organization that enhances the lives of older adults by creating Ways to Age Well<sup>SM</sup>. Mather Institute is an award-winning resource for research and information about wellness, aging, trends in senior living, and successful industry innovations. In order to support senior living communities and others that serve older adults, the Institute shares its cutting-edge research in areas including effective approaches to brain health, ways to enhance resilience, and successful employee wellness programs. To learn more about Mather Institute, or Mather senior residences and community-based initiatives, find your way to [www.mather.com](http://www.mather.com).

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