

Are you an Older Adult or a Caregiver for one? Love to write? We're looking for you!

Complete a journal about your day-to-day experience and you will receive a \$25 Visa gift card.

All you have to do is complete a private journal we will provide to you. This journal will ask about your day and prompt you to talk about your interactions with others. (e.g. caregivers, loved ones, medical staff, etc.).



So, why are you doing this?

Aging By Design is a multi-year initiative to see what is possible when we create solutions with older adults and caregivers rather than for them.

To Register:

Please complete, or have someone help you, this brief online survey and we will determine your eligibility:

www.surveymonkey.com/r/ABDjournaling

Learn more www.agingbydesign.info

**AGING
BY
DESIGN**

Health Foundation
for Western & Central New York
Investing in Better Health for People and Communities