Medicine Wheel

**COMMUNITY**

**FAMILY/FRIENDS**

**SPIRITUAL**
- Increase in empowerment
- Increase in cultural/community integration
- Maintain independence
- Decrease in risk of nursing home placement

**MENTAL**
- Increase in staff knowledge and skills
- Decrease in mental overload

**INTERGENERATIONAL CONNECTION**

**EMOTIONAL**
- Increase in social contacts
- Increase in social connectedness
- Decrease in social isolation

**PHYSICAL**
- Increase in physical safety
- Increase in food security
- Maintain overall health
- Maintain nutritional intake
- Maintain meal/service satisfaction
- Maintain physical activity