

## Celebrate your longevity bonus

Many people underestimate their potential longevity. Even if they learn it could be longer than they expect, they feel the additional years will be of little value.

The evidence suggests otherwise. Many factors are already known to influence longevity and wellness. A lot more are emerging:

### Five remarkable examples

- A commonly used drug for Type 2 diabetes is now also being tested in multiple large-scale clinical trials as a health-span and life-span-extending drug.
- A drug designed to inhibit the progress of clinical dementia seems to be effective at much lower doses than previously thought, leading to new insights on how it works.
- Hearing loss at lower levels than normally tested has been associated with declining cognitive ability, suggesting a benefit from addressing hearing loss earlier.
- Gut microbes can compensate and support an ageing body through positive stimulation. A specific chemical thought to be involved could lead to a food-based response.
- Close friends (rather than numbers of friends) are an important factor in social satisfaction and well-being.

### What's the importance of this?

This is only a small selection of projects in the pipeline. It suggests the future of ageing could be much more positive than some might fear.

This invites thinking about how we might feel looking back in say ten years' time through the dismal 'if only I'd known' lens. Why ten years?

## Stages in our life

Forecasts about increasing lifespans have typically underestimated the actual outcomes. Currently at age 65 the trend in Australia suggests that a majority of people will continue to be 'able' for at least ten years. It makes sense to plan for this, also taking into account a good possibility of a further several years of independent living.

While we can't predict the future, the journey is likely to be much more satisfying if we plan for positive experiences rather than just drift along – although of course that's a matter of personal choice.

We devised the Longevity Plan for those seeking a positive ageing experience.

### What's involved?

Making the best of the rest of your life requires an ongoing process which reflects the changes that can take place in you (and accompanying people) as well as advances along the lines listed previously.

Your Longevity Plan uses your latest SHAPE Analyser results to suggest immediate actions in conjunction with your health advisers. You then address key longer term issues. Your Plan then provides the ongoing context within which to fulfil your lifestyle, financial and estate planning goals.

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