



# MDHHS and GetSetUp Offer Virtual Classes to the Older Adults of Michigan

**Michigan Aging & Adult Services Agency** is one of the first states to innovatively partner with **GetSetUp**, an interactive learning platform providing health and learning benefits for older adults. Now more than ever, older adults in Michigan need access to virtual services to not only learn new skills but to socialize in order to help alleviate anxiety, depression, and isolation. Sponsored by the Michigan Health Endowment Fund, these classes are **free** to all older Michiganders, age 60 and over.

Michigan's e-learning channel is at <https://www.getsetup.io/partner/michigan>

## What Do Michiganders Get?

- A welcome message from MDHHS
- 10 hours of live classes a day
- Small-group interactive classes
- Learning new skills from peers
- Health and Wellness classes
- Technology and Finance classes
- Fun Social Hours

## Who Has This Helped?

- Over 75,000 Michiganders (and growing quickly)
- Metropolitan and rural citizens across the entire state
- Learners in all 83 counties
- Those fighting isolation, depression, and anxiety

## Most Popular Classes



Schedule & Host a Zoom Session this Holiday Season



Make Great Meals in 30 Minutes or Less



Gmail - Useful Things You May Not Know



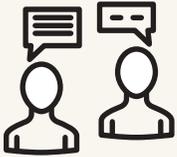
Thanksgiving Fun - Games & Social Hours

## How Does This Program Impact Health?



### Battle Loneliness

- Through socialization, a supportive virtual community, and positive growth through empowering learning experience, we help learners battle anxiety, depression, and loneliness



### Socialization

- Greater technology use is associated with better self-rated health, fewer chronic conditions, higher subjective well-being, and lower depression
- Older adults learn essential tools to stay connected with loved ones, make new friends, and access essential services



### Neuroplasticity

- Classes provide mental stimulation that can improve cognitive functioning and increase cognitive reserve



### Creating Economic Opportunities

- Opportunities for Michiganders to be hired to teach other Michiganders, which provides extra income and increases self-esteem plus purpose



### Positive Perception

- Help older adults plan for independent living as they age
- Mastery of new skills and independence has a positive impact on older adults' self and community perception. Positive perception of oneself significantly increases Quality of Life

## Testimonials

*"This is a tremendous gift for the seniors and older adults that live in Michigan. It's a game-changer and it's going to allow all of us to engage and be part of our communities. I just cannot say enough how appreciative I am for this investment you're making in the older adults who live in Michigan. Thank you." - Carol H., Muskegon, Michigan*

*"I couldn't ask for a better result...Thank you for a terrific introduction to a new way to listen to my favorite music." - Diantha G, Detroit, Michigan*

*"I truly enjoyed the diversity of the participants. Thanks for getting us together." - Mary M. Manistee, Michigan*