

# Agriculture for Life:

*Health Promotion and Successful Farming and Ranching  
for Ag Families*



United States Department of Agriculture  
National Institute of Food and Agriculture



---

CONTRIBUTING PROGRAMS: OKLAHOMA STATE UNIVERSITY, OKLAHOMA COOPERATIVE EXTENSION SERVICE;  
OKLAHOMA ASSISTIVE TECHNOLOGY FOUNDATION, OKLAHOMA ABLE TECH; AND LANGSTON UNIVERSITY,  
SCHOOL OF PHYSICAL THERAPY

## A Planning Guide and Workbook



# Purpose

The purpose of this resource guide is to assist farmers, ranchers, employees and family members with issues related to aging, chronic health issues, and living with disabilities. It takes an 'Ag for Life' perspective, helping families maintain a quality of life for successful production across generations.

This information is designed to help at any stage and age because the focus is on seeking solutions by accessing available resources. Being proactive in using what is available is just one way you will move forward and take control.

Featured state resources, such as OK ABLE Tech and OK Extension Service, are waiting to work with agricultural families and communities across the state.

In these pages, you'll learn how state, local, and federal resources may assist you in planning, business management, health, and family transitions. The worksheets and appendices are intended to help you in the discovery and planning phases and can be used to strengthen family discussions on a variety of important topics.

On behalf of the state of Oklahoma, thanks to all farmers, ranchers and their families for your hard work and dedication!

*Agriculture for Life is sponsored by the U.S. Department of Agriculture (USDA), National Institute of Food & Agriculture; Grant # 2010-41590-20754: OK AgrAbility*