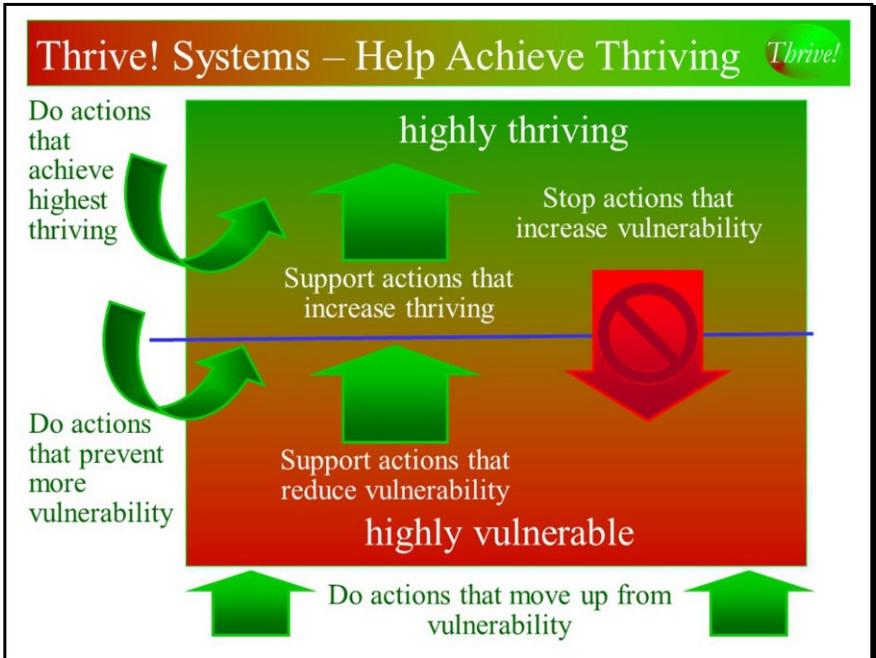


Thrive! System![®]

Achieving Thriving Future For All



by

Gary “Chris” Christopherson
Founder, *Thrive!*[®] - Building a Thriving Future for All Forever
Founder, HealthePeople[®] - Building a Healthy and Thriving Future

Nelson, WI

University Park, MD

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Dedication

*People who help build, achieve and sustain
a surviving and thriving future for all forever..*



envision earth embraced, sustained & thriving

Thrive! Sculpture by GChris [GChris.com]

3' x 3' metal mobile

Envision earth and all its creatures embraced to achieve sustained thriving for all everywhere for all time.

Dedication

Irene and Lynn Christopherson, nurturing and inspiring parents.

Dr. Patricia Haeuser, friend and supporter.

About The Author

Gary (Chris) Christopherson continues to work nationally and locally on improving health, reducing vulnerability and building a better future. Currently at **The Thrive! Center** he founded, he develops strategy, management and policy for creating, managing and sustaining large positive change and building a better and thriving future for all. ThriveEndeavor.org Thrivism.world He wrote several nonfiction books, including **Thrive! - Building a Thriving Future** available via Amazon.com or ThrivingFuture.org.

Thrive! and **HealthPeople** draw on 30+ years' experience creating, managing and sustaining large positive change at national and local levels in public and private sectors. He founded **HealthPeople** (building a healthy and thriving future; HealthePeople.com), **viaFuture** (creating large positive change) and **Vulnerable** (minimizing vulnerability). He served as senior leader, manager and policymaker responsible for multi-billion dollar policy, programs and budgets and thousands of employees. His public service includes: Principal Deputy Assistant Secretary and Acting Assistant Secretary of Defense for Health Affairs and Senior Advisor, Department of Defense; Associate Director, Presidential Personnel, Executive Office of the President, White House; Senior Fellow, National Academy of Public Administration; Senior Advisor to Chief Operating Officer and Deputy Director for Quality Improvement Group, Centers for Medicare and Medicaid Services, DHHS; Senior Advisor to Under Secretary, Veterans Health Administration, VA; Senior Fellow and Scholar-In-Residence, Institute of Medicine, National Academy of Sciences; Chief Information Officer, Veterans Health Administration, VA; Director of Health Legislation, House Select Committee on Aging, U.S. House of Representatives; Deputy Director, Municipal Health Services Program (funded by The Robert Wood Johnson Foundation and based at John Hopkins Medical Institutions); and Director of Special Projects, Milwaukee City Health Department.

He is a sculptor of abstract art, focusing on mobile and stabile sculptures and creating over 150 sculptures. Thrive! Sculpture by GChris at GChris.com. He wrote science fiction books, including **The Thrive! Endeavor** and the illustrated children's book **Angel, Thriving Creator of Artful Things**. Both are available via Amazon.com or GChris.com.

He received his bachelor's in political science and his master's in urban and regional planning from the University of Wisconsin (Madison), and did doctoral work in health policy and management at John Hopkins University School of Public Health.

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Thrive! System[®] Summary

The Thrive! Systems' vision is thriving people and communities with highest levels of thriving for all everywhere. To achieve thriving people, Thrive! Systems provide community and personal level support systems for surviving and for achieving thriving.

We should want to thrive for as much of our lives as possible. We should do everything reasonable and possible to thrive. While we may be able and willing to do much by ourselves, we will be more successful with truly good partners in the form of Primary Personal Support (PPS) and all needed and wanted Personal Support (PS). More successful when these are brought together effectively in a truly good system (Thrive! System).

Better than our current incomplete and inadequate personal support throughout our lives, a Thrive! System (TS) gives us our best chance to survive and thrive throughout our lifetime. Our having a TS for our community ensures we are more thriving people in a more thriving community.

Every community everywhere should have an effective and comprehensive TS. Then, together, these TS can help people and communities thrive everywhere in the world. Together, they can share valuable resources to most efficiently and effectively support people and their communities. Together, they can best support people, their communities and the world, including the Earth upon which we depend for our continuing existence and thriving.

We can and should build and sustain Thrive! Systems for all people, all other creatures and Earth. We can and should achieve substantially more thriving. We can and should move toward a truly thriving world of all people, all other creatures and Earth. All people, all other creatures and Earth deserve and should expect nothing less.



Thrive! System[©] (TS). Achieve thriving people and communities with highest levels of thriving for all everywhere.

How Thrive! Systems help builds, achieves and sustains a thriving future for people and communities.

In the 1970s, inner city Milwaukee (WI) suffered from a severe shortage of health and related support for its low- and middle-income people. The author, serving as Director of Special Projects for the Milwaukee Health Department, designed and implemented a four-site personal support system providing support to inner city people. It was a rudimentary first instance of a Thrive! System. Bringing together a wide range of public and private organizations, a wide range of personal support was provided together in several sites. They included preventive health, public health, medical care, dental care, mental health care, social services, and financial assistance. This personal support was coordinated for persons by Nurse Coordinators in each site. The community was actively involved and supportive. The system was funded through a collaboration of the City, County, private hospitals, the dental school, The Robert Wood Johnson Foundation, Community Development Funds and waiver from the Medicare and Medicaid programs. This effort operated successfully for decades. While far short of what is described here as a Thrive! System, this effort served as a foundation for Thrive! Systems proposed here.

In our lives, if we survive birth, only two things are sure about our lives. We are born. We die. Everything else varies from person to person and over a person's lifetime.

Better than our current incomplete and inadequate personal support, a Thrive! System (TS) gives us our best chance to survive and thrive throughout our lifetime.¹ Our having a TS for our community ensures we are more thriving people in a more thriving community. (Table 8.1. Thrive! System – Helping Ensure Thriving for All)

A TS has persons and their communities at the center-. At the center with persons are their Primary Personal Support (PPS) surrounded by all needed and wanted Personal Support (PS). A TS adjusts when locations, time, person, and community change. It takes into account all of personal and community characteristics and all of health and well-being. It understands personal and community environment and its impact on thriving. It understands and uses the full range of thriving support to improve and sustain thriving. It connects all of these, with information and other support, into a fully integrated and supportive system for persons and their communities. (Figure 8.1. Thrive! Systems Ensure More Thriving People)

¹ Thrive! Systems (TS) are comprehensive systems that can be of almost any size and for any type of community. Community includes legal communities (e.g., village, town, city, county, State, nation), geographic areas (e.g., regions), groups (e.g. families, ethnic groups, affinity groups), and worlds.

Thrive! System – Helping Ensure Thriving For All ¹



Vision	Thriving people and communities with highest levels of thriving for all everywhere.
Mission	Achieve thriving people and communities with highest levels of thriving for all everywhere.
System	<ul style="list-style-type: none"> • Ensures accessible, affordable and high quality Personal Support for everyone in community. • Supports whole person and whole community’s thriving rather than disconnected or partially connected support or supporting only parts of a person (e.g. only health) and a community. • Operates in partnership with the person and their family and community. • Provides a person-centered Primary Personal Support as the primary partner with the person to access and coordinate all needed Personal Support to achieve highest levels of thriving. • Provides a personal support system for persons and their Primary Personal Support. • Provides directly or indirectly the full range of Personal Support. • Provides directly and provides collaboratively via affiliations the full range of Personal Support to ensure accessibility for the person and the community. • Utilizes all payers (public, private and person) and optimizes costs to ensure affordability of Primary Personal Support and Personal Support for the person and the community. • Utilizes effective quality assurance collaboratively by Thrive! Systems and affiliated organizations to ensure high quality Primary Personal Support and Personal Support. • Ensures that all people, other creatures and Earth survive and thrive to maximum extent feasible.

¹ Thrive! System is the updated, upgraded and more comprehensive and complete version of system created for and implemented in inner city Milwaukee (WI) in late 1970s and which operated successfully for decades.

Table 8.1. Thrive! System – Helping Ensure Thriving for All.



Thrive! Systems Ensure More Thriving People

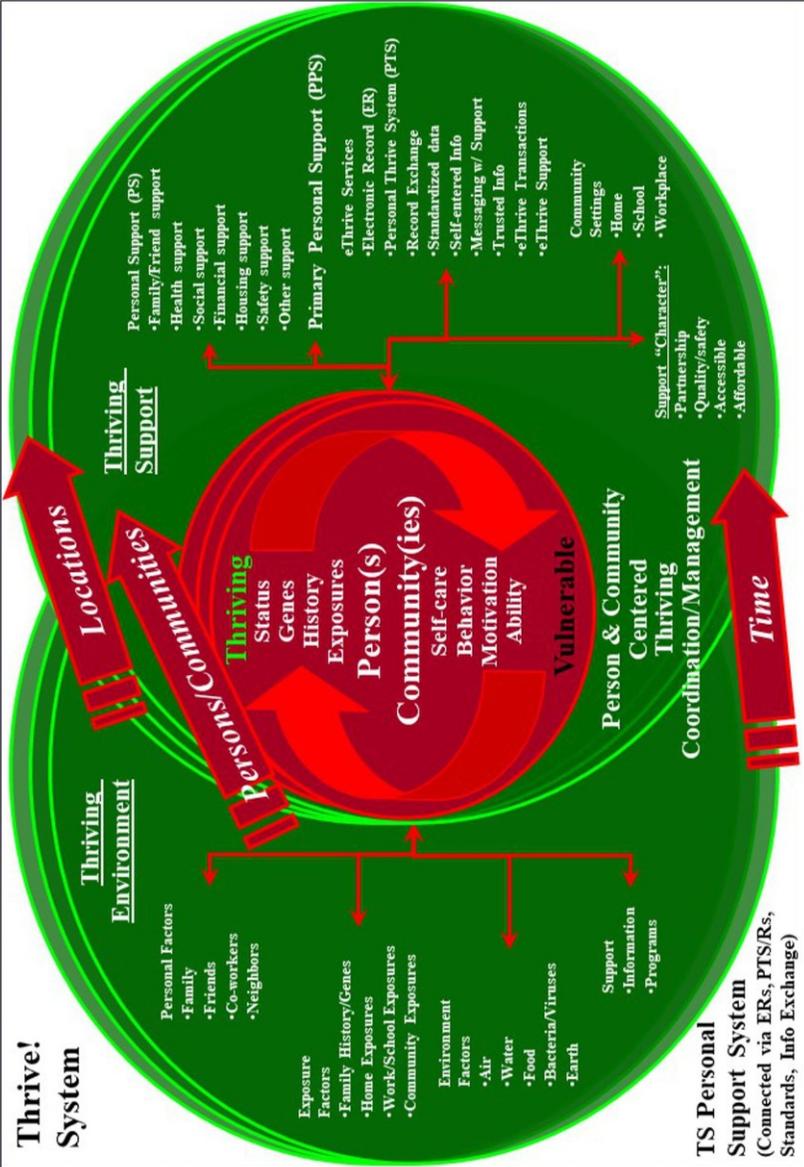


Figure 8.1. Thrive! Systems Ensure More Thriving People.

We want to thrive as much as possible over our lifetime.

We are born. If we live long enough, we are a child, an adult, and an older adult. Then we die. Over our lifetime and depending on how long we live, we may go through early development, may learn, may work, may expand our family, and may have post-work time. Then we die.

If we are fortunate, we live many years through all these stages until we die a quick and painless death. If we are truly fortunate, we thrive through all these stages. Very few of us will be that fortunate under the current incomplete and inadequate system.

During our lives after we are born, we may thrive and/or we may be vulnerable. Then we die.

We should want to thrive for as much of our lives as possible. We should do everything reasonable and possible to thrive. While we may be able and willing to do much by ourselves, we will be more successful with truly good partners (Primary Personal Support (PPS)) with all needed and wanted Personal Support (PS) in a truly good system (a Thrive! System (TS)). (Figure 8.2. Persons & Our Lifetime.)

Persons & Our Lifetime

Persons & Our Lifetime Over Lifetime, By Status, In Location/Environment *

<u>Life Stages</u>					
Birth	Child	Adult	Older Adult	Death	Death
Birth	Early Development	Education	Work	Family	Post-Work
<u>Status</u>					
Birth / Vulnerable / Surviving / Thriving / Death					
<u>Locations/Environments Over Lifetime</u>					



* Note:
 Over lifetime, life stages may overlap. E.g., education at same time as work. E.g., post-work may still include work with or without some pay.
 Over lifetime and at any time, person may have multiple statuses.
 Over lifetime, locations and environment may change. Environment may change within a location.

Figure 8.2. Persons & Our Lifetime.

What does it mean for us to thrive?

Very simply, we thrive when we do well throughout our lives. When our families and friends do well throughout their lives. When our communities do well now and for the long term. When our world does well now and for the long term.

More specifically, we, our families and friends, our communities and our world thrive when we are:

- Performing well,
- Well-off (financially),
- Well nourished,
- Well housed,
- Well protected (exposures, crime),
- Well educated,
- Physically and mentally well (people),
- Growing/developing well,
- Living within good habitat,
- Physically well (Earth, plants, animals, environment),
- Not vulnerable,
- Producing personal and public goods,
- Living within a stable, positive climate, and
- Sustained.

We are more likely to thrive in a Thrive! System[®] (TS).

The U.S. Institute of Medicine (IOM) [now the National Academy of Medicine] provides a way of viewing a health system's performance through our eyes. What we want from a health system is that we are "staying healthy", "getting better", "living with illness or disability" and/or "coping with the end of life." Only considering health, this is a health system we want and need. This health system, a Thriving Health System, is described in Thriving Health Systems chapter in **HealthePeople[®] - Achieving Health People, Communities & World Via Thrive![®]** and in **First People Thriving Health System -Achieving healthy and thriving First People.** HealthePeople.com

Going beyond health and taking this one more major positive step via a Thrive! System (TS), we "start and stay thriving", "get better (from vulnerable to thriving) faster", "live as well as possible with illness or

disability” and/or “cope as well as possible with end of life.” Some of us may experience more than one of these at the same time. IOM’s quality reports have six aims for a high performing health system. They stress it should be safe, effective, person/patient-centered, timely, efficient, and equitable. Going further, a Thrive! System should be safe, effective, person- and community-centered, efficient and equitable, and should help achieve thriving for both a person and a community.

Building on and going beyond the IOM work, a TS should perform well from the person’s perspective and a community’s perspective. As depicted in the attached figure, a TS would “check all the boxes.” (Figure 8.3. Thrive! System’s Six Aims & Person’s and Community's Perspective on Thriving) As suggested earlier, a TS can, should and will do much better.

To get to the personal support we truly want and need, we need a TS that has us and our Primary Personal Support (PPS) at the center. Together as partners from birth to death, we access whatever other support is needed to help us start and stay thriving, help us get better (from vulnerable to thriving) faster, help us live as well as possible with illness or disability, and help us cope as well as possible with end of life.

Can we transform what we have into Thrive! System? Yes, but not easily. Most of the elements exist in our current communities. But they are poorly organized, poorly connected and poorly communicating. The first step is to put in place the Primary Personal Supports (PPS) and connect them to us and the rest of Personal Support (PS). We need to improve and organize the existing PS elements so they better provide and coordinate personal support. We need a lifetime electronic personal support system that tracks and appropriately shares both our interactions with our PPS and all other PS and appropriately and carefully tracks our own personal needs, wants, behaviors and conditions. We need our PPS and ourselves to appropriately share our information carefully and accurately only with whom we want when we want and how we want.



Six Aims & Person/Community's Perspective on Thriving

Supportive of Institute of Medicine principles and aims, a Thrive! System supports persons, communities and their Primary Personal Support, and the rest of Personal Support in continuing to innovate and find better ways to achieve thriving.

Person & Community's Perspective on Needs	Aims for Personal Support Performance/Quality.					
	Safe	Effective	Person & Community centered	Timely	Efficient	Equitable
Start & stay thriving	+	+	+	+	+	+
Get better (from vulnerable to thriving) faster	+	+	+	+	+	+
Live as well as possible with illness or disability	+	+	+	+	+	+
Cope as well as possible with end of life	+	+	+	+	+	+

Figure 8.3. Six Aims & Person's and Community's Perspective on Thriving.

We are more likely to thrive in a Thrive! System[©] (TS) that addresses the whole person and the whole community.

A Thrive! System (TS) is very different from what we have today. TS addresses the whole person, not just piecemeal parts of the person. TS addresses the whole community, not just piecemeal parts of the community.

What we have today is a piecemeal approach to persons. It is more problem by problem oriented than effectively dealing with the full range of problems experienced by persons at a point in time or over their lifetime. Health is generally addressed separately from housing. Housing from income. Work from school. Public safety from environmental protection. Etc. The same is generally true for a community.

What we have today is more oriented toward solving individual problems rather than being oriented toward solving all problems that a person experiences. The same is generally true for a community.

What we have today is more oriented toward solving problems than helping the whole person thrive. The same is generally true for a community

What we have today is a non-system in which different parts of personal support are poorly coordinated, are disconnected and communicate poorly.

What we have today is a non-system where persons are essentially on their own when it comes to addressing the whole set of factors that reduce vulnerability and increase thriving. Not only is the person not well served but the community is not well served.

Very differently and much more effectively, a TS has a PPS for each person who partners with the person to address all factors that reduce vulnerability and increase thriving.

Very differently and much more effectively, a TS is fully coordinated, is fully connected and communicates well among persons, their Primary Personal Support (PPS), and their total Personal Support (PS). A TS addresses all the factors in a person's life that reduce vulnerability and

increase thriving. A TS addresses all the factors in a community that reduce vulnerability and increase thriving.

We are more likely to thrive with a Primary Personal Support (PPS) partner in a Thrive! System[®] (TS).

A Primary Personal Support (PPS) functions as a partner with us within our community. A partner who brings more knowledge about how to reduce vulnerability and increase thriving than we have and who supports our efforts to thrive. This partner would preferably be a person with specific training and experience to be a PPS. This partner must be well trained and may come from a range of professions, including a social worker or a nurse.

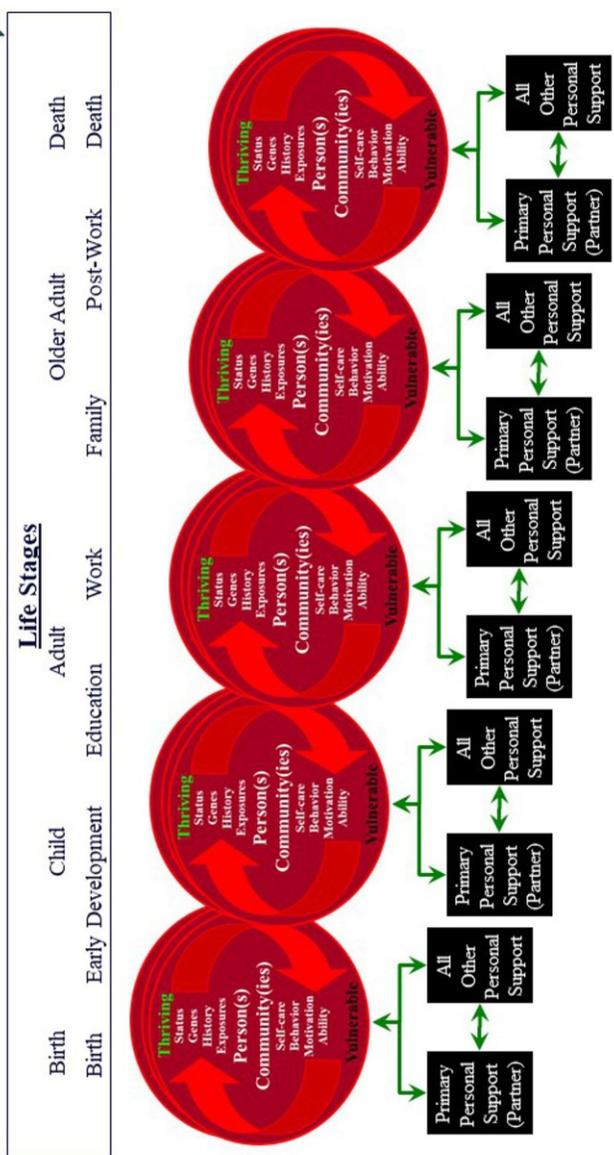
On our behalf, a PPS partners with the rest of Primary Support (PS) across as many life stages and as much of our life as is appropriate and feasible.

Our PPS partner knows us, knows our key thriving and vulnerability factors, knows our needs and wants, knows our behaviors, knows our living and work environment, and provides continuity over as much of our lifetime as possible. Our PPS partner helps us start and stay thriving, helps us get better (from vulnerable to thriving) faster, helps us live as well as possible with illness or disability, and helps us cope as well as possible with end of life. (Figure 8.4. Persons & Our Personal Support)

Persons & Our Personal Support



Persons & Our Lifetime Personal Support & Thriving Over Lifetime



Note: Over lifetime, life stages may overlap. E.g., education at same time as work. E.g., post-work may still include work with or without some pay.

Figure 8.4. Persons & Our Personal Support.

We are more likely to thrive by having and using Thrive! System[©] (TS) personal support systems for persons and their Primary Personal Support (PPS).²

As is increasingly the case with respect to health, persons and their Primary Personal Support (PPS) need personal support systems to help them collect and store personal information, access electronic support resources (information and tools), and decide and adjust the best path and actions to reduce vulnerability and increase thriving.

These Thrive! System (TS) personal support systems collect and hold the personal information on persons that relate to vulnerability and thriving. They help persons and their PPS assess the current status and develop and adjust the strategy that will achieve the most thriving. They utilize artificial intelligence and other decision support mechanisms to support decision-making. They track progress toward reducing vulnerability and increasing thriving. They help connect to and use the full range of internet and other electronic information and personal support resources. They enable communication and information sharing between persons and their PPS and with any other needed Personal Support (PS). They enable information to be moved from one PPS to a subsequent PPS. They enable connecting information on and for members of a family.

When persons want or need information or to take an action to reduce vulnerability or increase thriving, the TS personal support systems enable them to get the information, make better decisions, and effectively take the best action or actions.

We are more likely to thrive by using all needed Personal Support (PS) partners in a Thrive! System[©] (TS).

To address the full range of conditions we may face in our lives, our Primary Personal Support (PPS) and we both need all needed Personal Support (PS) as partners. We need partners to help successfully address conditions such as an acute illness or injury, a chronic illness and/or a

² The TS personal support system is also known as a “Thrive! System”, a subsystem of the overall TS.

disability. Each of these conditions often require additional skills and knowledge. Maybe a specialist or subspecialist. Maybe rehabilitation people. Maybe a therapist of one kind or another. Maybe home care or community care people. Maybe a palliative or hospice care team.

PS may include family and friends. It may include public social services and financial assistance. May include spiritual healers, public health, and personal assistants. May include schools and employers. May include public safety people. May include food and nutrition people.

PS may be any one of the full range of personal support that can and should be provided when needed. Many different types of people and organizations will have the skills and knowledge to be partners and help address conditions. Depending on our need, any of these people may have an important role as partners in helping us start and stay thriving, helping us get better (from vulnerable to thriving) faster, helping us live as well as possible with illness or disability, and helping us cope as well as possible with end of life.

Our having full “Personal Support (PS)” is more and better than what supports us today.

To keep ourselves thriving, traditional personal support is not enough. While traditional support has a very important role to play, we need more and better support. Full Personal Support (PS) is more complete and is the full range of people, goods and services that can help us thrive as much as possible. This includes the partners described above. But it also includes electronic support (e.g. internet information, apps and devices, messaging, our personal record) and devices, sensors, computers, smartphones, tablets and many more support tools yet to come. A Thrive! System (TS) has the types of personal support we have today plus other important personal support and plus future personal support yet to be available or even developed.

At the center of a TS are persons and their Primary Personal Support (PPS). Together, they access whatever PS is wanted or needed. Traditional PS services may include health care and social services. When needed for a severe or terminal illness, PS may also include hospice and palliative care. When a person has a disability, PS may include personal assistance or home care. When a person has multiple issues, the Primary Personal Support (PPS) is especially important.

In the following figure, many more of the potential PS are detailed. But even this is not a complete PS list. (Figure 8.5. Thrive! Systems – Person and Primary and Other Personal Support.)

- Support For Thriving
- Support Against Vulnerability
- Community Support
- Family/Friends Support
- Financial/Income Support
- Health Support
- Food/Nutrition Support
- Disability Support
- End of Life Support
- Education/Training Support
- Supportive Environment/Habitat
- Housing Support
- Internet Info & Services
- Protection from Crime
- Protection from Exposures
- Growth & Development Support

There are many other types of personal support that are part of a TS. There is information that is provided through understanding a person's history, family history, environmental history, education history, work history and genetic makeup.

There is also indirect support, support that may never touch the person directly but that helps reduce vulnerability and increase thriving for the person. Examples of indirect support include advocacy, government executive and legislative branches, environmental protection, workplace protection, health-related research, food production, regulation, and standards setting.

In a TS, personal support is whatever support a person wants and needs that will improve or maintain thriving or will help a person who is vulnerable with a disability and/or with a terminal illness or injury. The PPS partners with a person to make best use of any or all available personal support.

Thrive! Systems – Person & Personal Support

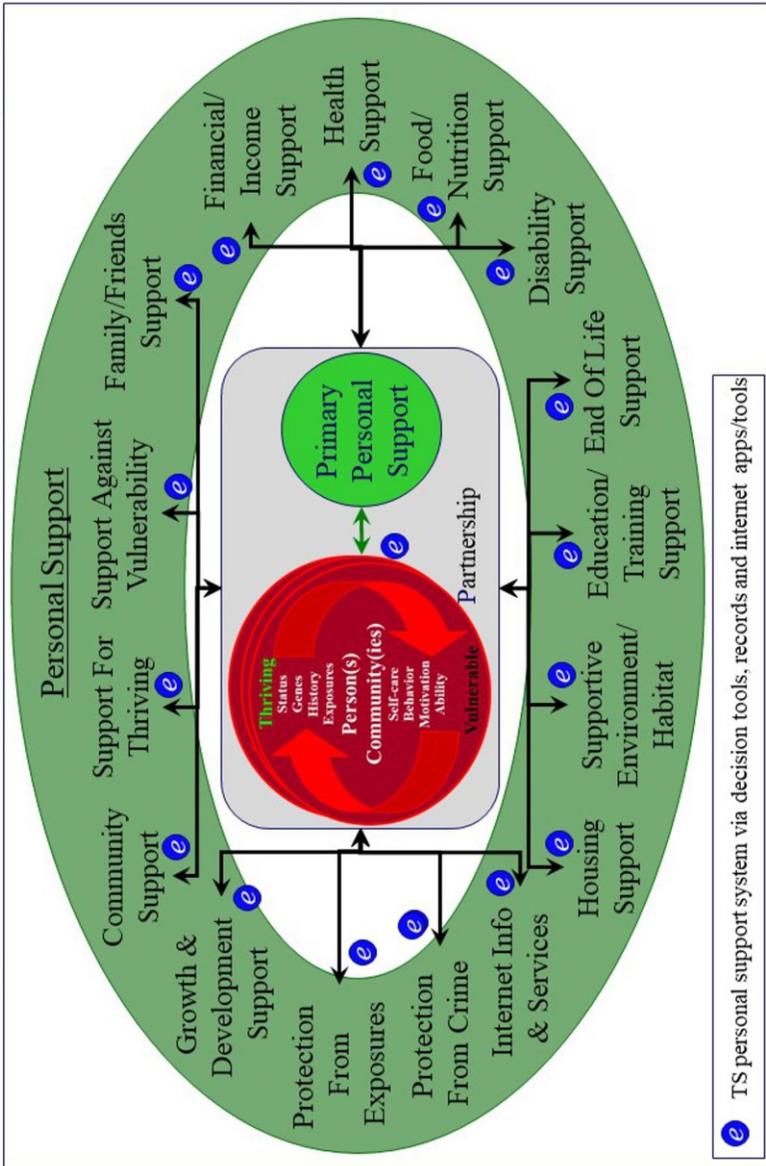


Figure 8.5. Thrive! Systems – Person and Primary and Other Personal Support.

Together in a TS, all this personal support best supports persons and their PPS as they partner to help start and stay thriving, get better (from vulnerable to thriving) faster, live as well as possible with illness or disability, and cope as well as possible with end of life.

How is a Thrive! System[©] (TS) best organized to help us?

A Thrive! System (TS) for a community may provide personal support via a fully integrated TS (single organization with Primary Personal Support (PPS) at the center) and/or partially-integrated TS (well-connected multiple organizations with one or more Primary Personal Support at one or more centers). They both can support persons, their PPS and all other Personal Support (PS). (Figure 8.6. Thrive! Systems – Person & Community Centered Organizations.)

Public and private organizations provide personal support that is key to maintaining and improving thriving. Together, they should include PPS and other Personal Support, including health care, skilled nursing home, long term nursing home, home care, personal assistance, rehabilitation, illness/injury specific support, public health, nutrition, emotional support, hospice, palliative, and holistic therapies. They should include social service, food/nutrition, housing, income support, financial services, payment for health care, personal security, justice, education/training, environmental protection, regulation, roads, parks, waste disposal, utilities, libraries, and emergency assistance. Some employers provide personal support in- and/or outside of the workplace. Some schools provide personal support. The Federal government provides national security.

Connecting all this PS with persons and their PPS are TS personal support systems that can and should hold and process information to be shared carefully and only when needed, appropriate and authorized. They must be able to exchange information in a standardized way that supports effective decision-making for the person, for a person's PPS and for a person and community's PS.



Thrive! Systems - Person & Community Centered Organizations

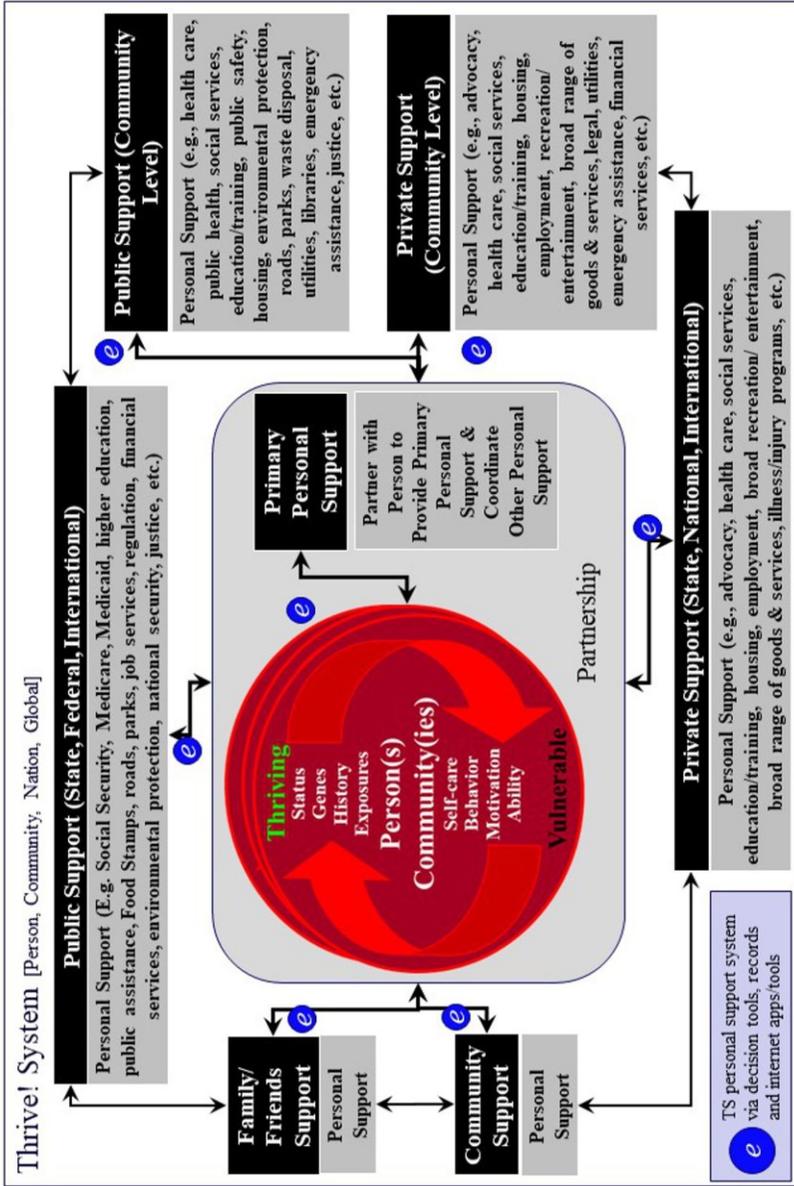


Figure 8.6. Thrive! Systems - Person & Community Centered Organizations.

How does a Thrive! System[©] (TS) support a person and a community?

A Thrive! System (TS) supports a person or persons from beginning to end. Prior to birth, we, via our family, are partnered with a Primary Personal Support (PPS). Starting with our birth and through childhood, we have a PPS partner. The PPS partners with us as individuals or with us and our family and helps us access all other Personal Support (PS). As children and as we grow, we take an increasing part in our own pursuit of thriving. The more the better.

When we become an adult, we may change our PPS partner. Our respective roles are similar. Our PPS may be one with more skills and knowledge to support our adult lives. As an adult and to the extent we can, we take on a stronger role in our pursuit of thriving. The more the better. If we have a family, we and our family may partner with a PPS as a family unit.

In our later years when any children may have moved on to their own lives and we may experience more illness or disabling conditions, we may change our PPS to one who has more skills and knowledge with illness and/or disabling conditions. We and our PPS will need to access the PS that can best help us manage illnesses or disabling conditions. To the extent we are able, we should take a strong role in our pursuit of thriving. The more the better.

If we have a terminal illness or are just nearing the end of our lives as part of normal aging, our PPS may be one who can best help us best cope with end of life. We should live this part of our lives as independently and with as much dignity and quality of life as possible. The more the better.

At any point in our lives, we may experience a major illness or disabling condition that requires us to partner with a PPS with that skill and knowledge.

In a TS, all wanted and needed PS must be physically accessible. This is particularly challenging in rural areas but more doable today with internet and other electronic resources. Special provisions must be made for people with physical or cognitive limitations.

Even if all this PS is available, interconnected and accessible, financial access must be ensured. PS must be affordable for all payers, including the

person. Today, this is through private support, public support, charity and self-pay. There are possibly better ways a TS can ensure financial access. In a TS, no person fails to receive wanted and needed PS due to financial limitations or inability.

What will our lives be like in a Thrive! System[®] (TS)?

Starting with our birth and through childhood, we and our families and our Primary Personal Support (PPS) focus on how to increase and sustain thriving in the way we live our daily lives. Eat and drink healthier. Exercise better. Avoid or minimize environmental risks. Get age-appropriate health and well-being exams. Treat illnesses and injuries early and well. Obtain education and training. Track our personal vulnerability and thriving. Use effective Personal Support (PS) partners. Take responsibility for our and our family's thriving and for our community's thriving. Together, these actions help us reduce vulnerability and increase thriving.

When we become an adult, we take more responsibility for our own vulnerability and thriving. But we still do so in partnership with our PPS. We continue to eat and drink healthier. Exercise better. Avoid or minimize environmental risks. Get age-appropriate health and well-being exams. Treat illnesses and injuries early and well. Continue to learn and develop. Ensure our food and housing. Ensure our financial viability now and through the end of our lives. Ensure our personal safety. Track our personal vulnerability and thriving. Learn more about our specific risks from family history, genetic make-up, environmental risks, and how we live our lives. Together, these actions help us reduce vulnerability and increase thriving, help us deal with vulnerabilities earlier and better, and help us reduce vulnerability and increase thriving.

In our later years when any children may have moved on to their own lives and we may experience more illness or disabling conditions, we continue with our PPS and with what we have been doing throughout our adulthood. But now we may be experiencing even more vulnerability, more illnesses, more disabling conditions, more of these at the same time and more severe versions of these. Together, we and our PPS help us reduce vulnerability, prevent illness and injury, help us deal with vulnerabilities earlier and better, help us reduce the severity of these, help us better deal with simultaneous vulnerabilities, help us better cope with a chronic or

disabling condition, help us better deal with simultaneous and different PS, and help us reduce vulnerability and increase thriving.

If we have a terminal illness or are just nearing the end of our lives as part of normal aging, our PPS may be one who can best help us best cope with end of life. We still try to thrive as best we can given that we are nearing the end. Managing pain better. Prioritizing what PS are done or not done. Addressing emotional issues better for ourselves and our family and friends. Making sure we have our final arrangements in order. Handling the end of our lives as we want and with dignity.

Across and throughout our lives, we effectively use effective PS partners. We take responsibility for our and our family's health and well-being and for our community's health and well-being.

We want our "status" to improve from "worst thriving (highly vulnerable)" to "best thriving (highly thriving)" status. (Figure 8.7. Thriving Status – Move From Vulnerable To Thriving.)

It is worst when we are highly vulnerable and experience low personal and support ability, low personal and support motivation, unsupportive "environment", poor prevention outcomes, poor treatment and intervention outcomes, high risk for adverse events, high morbidity, low quality of life, high mortality, low life expectancy, and low satisfaction with PPS and PS.

It is best when we are highly thriving and experience high personal and support ability, high personal and support motivation, supportive "environment", good prevention outcomes, good treatment and intervention outcomes, low risk for adverse events, low morbidity, high quality of life, low mortality, high life expectancy, and high satisfaction with PPS and PS.

We need to move each element of our lives from being worst (highly vulnerable) to being best (highly thriving). Move to best outcomes and status. Move to thriving. We do that best in a Thrive! System (TS).

Thriving Status – Move From Vulnerable To Thriving

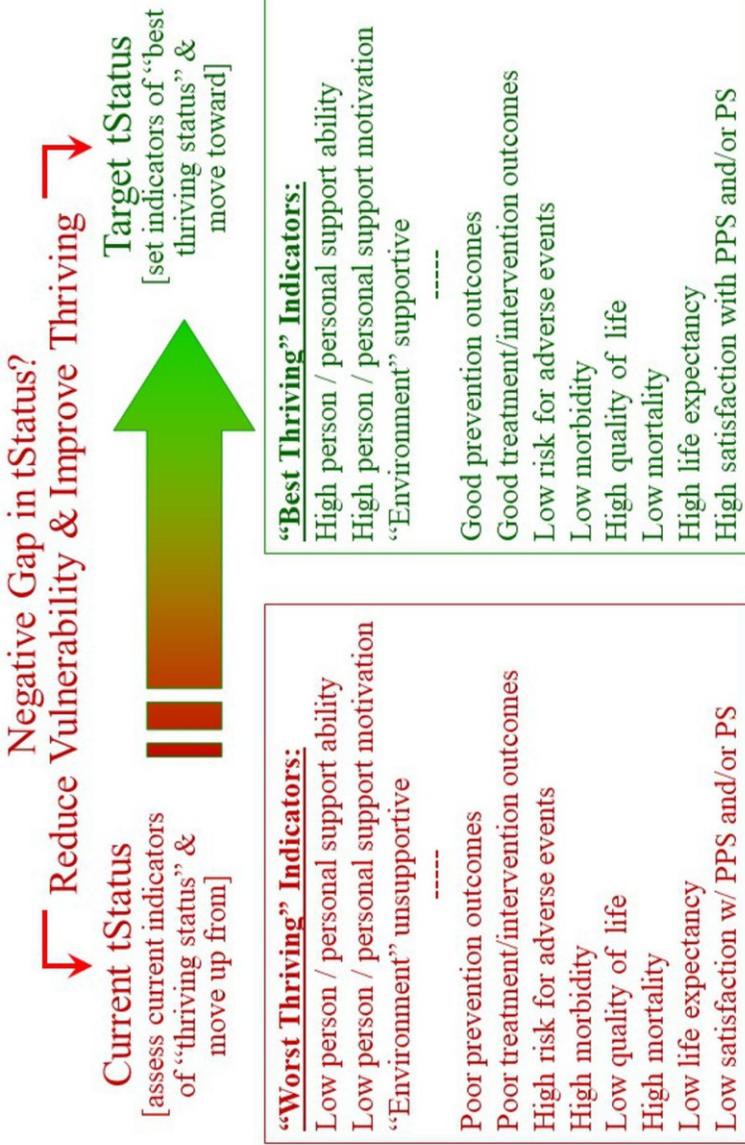


Figure 8.7. Thriving Status – Move From Vulnerable To Thriving.

How will we know when we are successful? When we are thriving? As noted earlier, thriving is when we are: performing well, well-off (financially), well nourished, well housed, well protected (exposures, crime), well educated, physically and mentally well (people), growing/developing well, living within good habitat, physically well (Earth, plants, animals, environment), not vulnerable, producing personal and public goods, living within a stable, positive climate, and sustained.

Our having Thrive! Systems[®] (TS) can and should achieve thriving people and communities for all everywhere.

Thrive![®] and Thrive! Systems (TS) have a vision of thriving people and communities for all everywhere. They have the strategy to achieve that vision. (Figure 8.8. Thrive! Systems – Help Achieve Thriving).

The strategy is for us to thrive as best we can by doing the following:

- Stop actions that increase vulnerability.
- Support actions that increase thriving.
- Support actions that reduce vulnerability.
- Do actions that best achieve highest thriving.
- Do actions that best prevent more vulnerability.
- Do actions that move up from vulnerability.

This is the Thrive![®] vision for Thrive! Systems and for us and the communities these systems support.³ As people, communities, nations and world, we should proceed toward the vision of achieving thriving people and communities for all everywhere.

³ Thrive![®] - Vision, mission, strategy and supportive tools help create and sustain large, positive and timely change and build a thriving future for all forever. They help build a thriving and surviving future:

- Vision: All thrive forever. All includes persons, communities, and world.
- Mission: Large, positive, timely change achieving surviving and thriving future for all forever.
- Strategy: A joint Thrive! Endeavor and call to action building a thriving future for all forever.

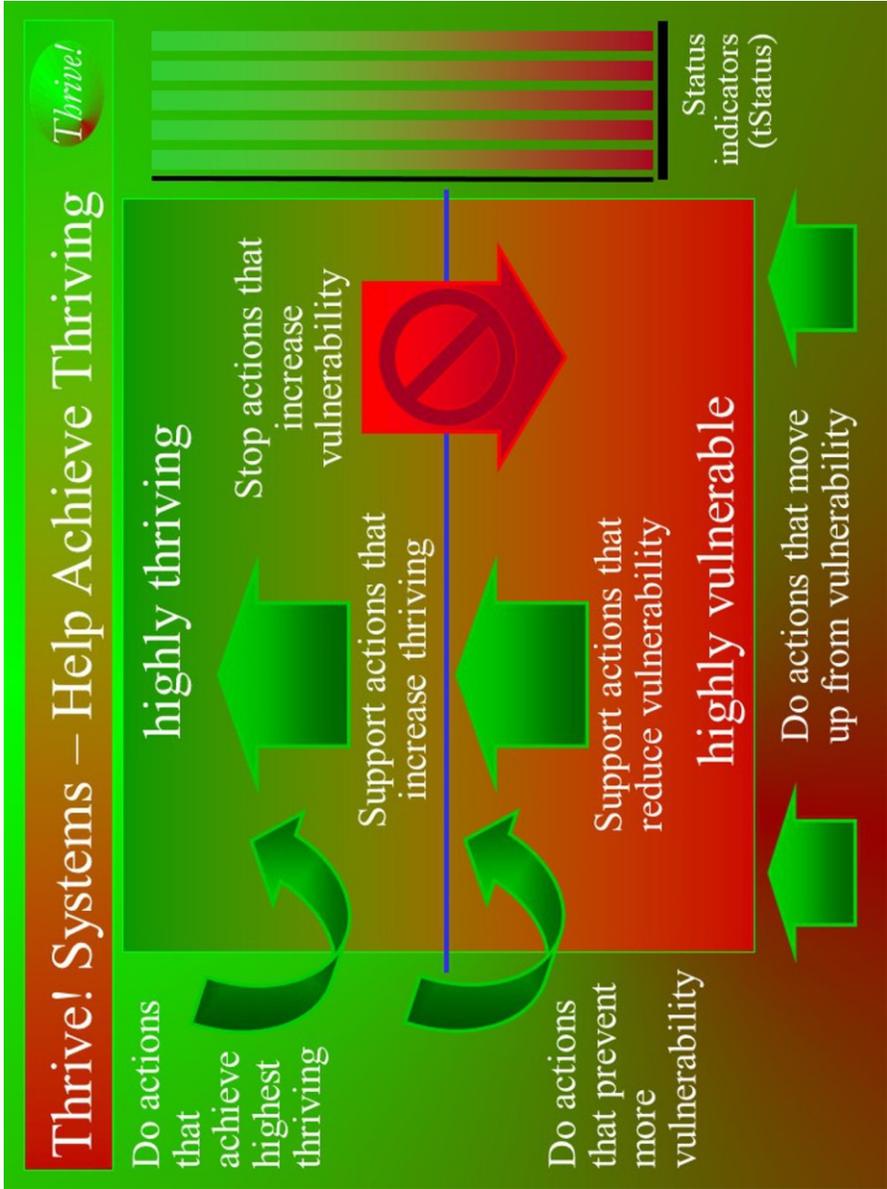


Figure 8.8. Thrive! Systems – Help Achieve Thriving.

We do this via a strategy of TS for all people and communities everywhere. TS are self-perpetuating, very affordable, easily accessible, “e” enabled, person-centered, prevention-oriented, and high quality systems. They produce high outcomes and status (thriving).

Such TS, partly physical and partly virtual and put into place by collaborative private and public partnerships, will greatly improve accessibility, quality and affordability for all people everywhere. They will greatly reduce vulnerability and increase thriving for all people everywhere and for all other creatures and for Earth.

Every community everywhere should have an effective and comprehensive TS. By every community having an effective and comprehensive TS, we can help people and communities thrive everywhere in the world. Every community’s TS should effectively connect with every other community’s TS. Together, they can best support people as they move amongst the world’s communities. Together, they can share valuable resources to most efficiently and effectively support people and their communities. Together, they can best support people, their communities and the world, including the Earth upon which we depend for our continuing existence and thriving.

We can and should build and sustain TS for all people, all other creatures and Earth. We can and should achieve substantially more thriving people, communities, nations and world. We can and should move toward a truly thriving world. All people, all other creatures and Earth deserve and should expect nothing less.

Appendix 1: Thrive![®] – Building a Thriving Future for All

	<p><i>Thrive!</i>[®] – Thriving future for all forever</p>
<p>What is Thrive?</p>	<p>Thriving and surviving future forever for all (humans, other creatures and Earth). All thrive forever.[®]</p>
<p>Why Thrive?</p>	<p>Unique among Earth’s species, humans <u>need to survive and want to thrive</u> both near and long term.</p> <p>Achieve <u>thriving</u> future - thrive and survive, low vulnerability, avoid early extinction of humans and other creatures, and avoid extensive damage to Earth.</p> <p>Avoid <u>current endangered</u> future - not thrive and not survive, high vulnerability, early extinction of humans and other creatures, and extensive damage to Earth.</p>
<p>Is Thrive truly different and better?</p>	<p>Thrive is not just getting by or achieving a surviving future. Is <u>achieving thriving future</u>.</p> <p>Thrive is not just for some people. Is <u>for all people</u>.</p> <p>Thrive is not just for current and next generation. Is <u>for current and all future generations</u>.</p> <p>Thrive is not just for humans. Is <u>for humans, other creatures and Earth on which we depend</u>.</p>

<p>Can we achieve Thrive?</p>	<p>We can <u>if we act now</u>. It is still our choice to make. But time has almost run out.</p> <p>We can <u>if we use our full ability</u>. We have the ability as we are most able in all human history.</p> <p>We can <u>if we care enough about self, everyone, everything else and Earth</u>. We must stop selfishness.</p> <p>We can <u>if we care enough about both near- and long-term future</u>. We must stop shortsightedness.</p>
<p>How to achieve Thrive?</p>	<p>Immediately, we successfully develop and use strategy, tools and actions to successfully build and execute strategies and actions to build thriving future. [like in People’s Guide To A Thriving Future ThrivingFuture.org]</p> <p>Immediately, all of us together build thriving future for our families and friends, communities, countries and world. [like the Thrive! Endeavor® ThriveEndeavor.org]</p> <p>Immediately, each and all of us separately and together stop negative actions and take only positive actions. Thrivism.world</p> <p>Immediately, start with who and what you care about and move from vulnerable to surviving to thriving.</p>
<p>Act now!</p>	<p>Together build thriving future now!</p>

Appendix 2: Thrive!® Websites and Blogs

Websites:

- Thrive! Endeavor - Join endeavor to build thriving future. ThriveEndeavor.org
- Thrive! - Building a Thriving Future - Strategy/tools to build better future. ThrivingFuture.org
- Thrivism - Join Thrivism to build thriving future for all. Thrivism.world
- Children Thrive Forever! - Aspire to better future when children thrive forever. ChildrenThriveForever.org
- All Thrive Forever - Aspire to better future when all thrive forever. AllThriveForever.org
- We Are Vulnerable - Reduce and avoid vulnerability for better future. WeAreVulnerable.org
- Endangered Future - Endangered more than ever before in our history. EndangeredFuture.org
- HealthePeople - Use Thrive! to build healthy and thriving future. HealthePeople.com
- GChris Sculpture - Thrive! sculpture supporting endeavor to build thriving future. GChris.com

Blogs:

- Thrivism Blog - Blog key messages and suggested actions. Thrivism.blog
- T! Blog - Blog key messages and suggested actions. ThriveBlog.org
- T! Blog - Blog asking and challenging "What will you do?" ThriveBlog.net
- T! Blog - Thrive! sculpture and thoughts/messages. [WordPress Blog] ThriveSculpture.com
- T! Blog - Thrive! sculpture and thoughts/messages. [Website Blog] ThriveSculpture.org