

The Healthy Aging Spring Lecture

Aging Thoughtfully: Optimizing Housing and Care Decisions

By Heather M. Young, PhD, GNP, FAAN

As people live longer, there is a growing awareness of the importance of enhancing these added years. Most people spend more time planning their death (estate planning, wills, funeral plans) than how they want to live their last years. This talk will focus on the potential need for care in late life, ways to optimize housing and care decisions, and how to have these important conversations within family and friendship circles.



Heather Young, PhD, GNP, FAAN focuses her research and clinical work on environments that promote healthy aging. Through her evaluation research, Dr. Young has played a key role in shaping long-term care policies in Washington State. Heather Young is the Grace Phelps Distinguished Professor, Director of the John A. Hartford Center for Geriatric Nursing Excellence, and Director of Rural Health Research Development at the School of Nursing, Oregon Health & Science University.

Wednesday, April 9, 2008

2:00 – 3:00 pm

**Center for Urban Horticulture
Northwest Horticultural Society Hall
Reception will follow**

Co-Sponsored by the University of Washington Retirement Association

For more information, please contact Heather Wicklein Sanchez (wicklein@u.washington.edu, 206-616-4276) or visit the de Tornyay Center for Healthy Aging website (www.agingcenter.org)