

Healthy Aging Lecture Set for April 9

Making good decisions about housing and care for older adults is the focus of the Spring Healthy Aging Lecture, sponsored by the University of Washington's School of Nursing's de Tornyay Center for Healthy Aging. This free, public lecture will be held April 9 from 2:00 to 3:30 at the Center for Urban Horticulture.

Heather Young, the Grace Phelps Distinguished Professor and director of the John A. Hartford Center for Geriatric Nursing Excellence at the Oregon Health & Science University School of Nursing, will present "**Ageing Thoughtfully: Optimizing Housing and Care Decisions.**" Most people spend more time planning their funeral and estate arrangements than how they want to live their last years. This talk will include an overview of potential care needs in late life, housing and care options, how decisions are made, ways to optimize the decision and the moving process, and how to have these important conversations with family and friends.

Young earned her master's in nursing in 1989 and PhD in nursing in 1991, both from the University of Washington.

No RSVP required. Contact agingcenter@u.washington.edu or 206-616-4276 with questions.