

Optimal Aging



We believe that optimal aging is the ability to flourish throughout one's lifespan.

Optimal Aging is a new understanding of the aging process in which intergenerational, compassionate communities have all the resources available for people to lead physically, socially & emotionally healthy lives from birth to death.



300 E. Market Street, Suite 200
Louisville, KY 40202

www.OptimalAgingInstitute.org

(502) 852 - 5629

OptimalAging@louisville.edu

 [facebook/optimalaginginstitute](https://facebook.com/optimalaginginstitute)

 [@ULOptimalAging](https://twitter.com/ULOptimalAging)

UNIVERSITY OF
LOUISVILLE[®]

INSTITUTE FOR SUSTAINABLE
HEALTH & OPTIMAL AGING



EMPOWERING
Older Adults to Flourish

www.OptimalAgingInstitute.org



About Us

The University of Louisville Institute for Sustainable Health & Optimal Aging empowers older adults to flourish by building collaborative community networks of research, education, innovation and practice.

We are dedicated to bringing about a new vision of aging where individuals and society are able to approach aging as an opportunity, not as a disease.



www.OptimalAgingInstitute.org

Our Core Pillars

The Institute connects all those involved in improving the lives of older adults through our four transdisciplinary core pillars:

Research **LEADING**

We conduct & support research across all disciplines to achieve mutual scientific goals.

Education **INFORMING**

We develop & promote models of education to share current knowledge of best practices.

Innovation **INSPIRING**

We encourage & expedite age-friendly product innovation, development and realization.

Practice **ADVANCING**

We partner with medical & health organizations to ensure that the most current evidenced-based interventions and services inform older adult care.

How We Can Help You

Older Adults & Caregivers

We provide exposure to latest innovations, resources & interventions related to aging:

- Optimal Aging Lecture Series
- Consulting Services
- Participant Registry
- Annual Optimal Aging Conference
- Annual Gold Standard Award for Optimal Aging
- Transdisciplinary Care Coordination

Businesses & Service Providers

We help business & providers leverage the financial and social opportunities of aging:

- Product & Service Testing Participant Registry
- Transdisciplinary Work Force Development
- Age & Dementia Friendly Business Certification
- Annual Optimal Aging Conference

Academics

We provide a respected platform to share ideas and research as well as provide research support:

- Global Network of Institute Scholars
- Access to Participant Registry Database
- Annual Optimal Aging Conference



To explore all of our current offerings, visit us online at www.OptimalAgingInstitute.org