

Service Offerings

OLDER ADULTS & CAREGIVERS

UNIVERSITY OF
LOUISVILLE

INSTITUTE FOR SUSTAINABLE
HEALTH & OPTIMAL AGING

We make aging an opportunity for older adults and caregivers through a variety of direct service offerings, research participation opportunities, and educational programming.



GERIATRIC CONSULTATION

We provide comprehensive, home-based geriatric consultation to older adults, caregivers, families, and community organizations. This service includes:

- ✓ A comprehensive geriatric assessment that assesses six determinants of health including: biological, psychological, individual health behaviors, health services, environmental, and social
- ✓ Polypharmacy consultation
- ✓ Customized care plan development and implementation support from our skilled team
- ✓ Access to our team of gerontology specialists and content experts to provide personalized advice and consultation on topics including:
 - Mobility & Fall Risk
 - Service Coordination
 - Long-term Care Arrangements
 - Alzheimer's & Dementia



FLOURISH PROGRAM

We offer a specialized care coordination program for adults with multiple chronic conditions. This program is free to eligible patients.



RESEARCH PARTICIPATION

We offer several ways for individuals to participate in and benefit from advances in medications, interventions, and innovations:

- ✓ Participant Registry
A program where adults 50+ can volunteer to participate in research and product testing conducted in the field of aging studies.
- ✓ Clinical Trials
A subset of our Participant Registry, individuals can participate specifically in medical or health-related interventions and studies.



EDUCATION OPPORTUNITIES

We provide a variety of educational programs year-round that explore how you can age optimally, such as a conference, lectures, Optimal Aging Month, and a blog. We also host the Gold Standard Award for Optimal Aging.



COMMUNITY ADVOCACY

The Institute helps to lead several community initiatives that are great ways to get involved including: Age-Friendly Louisville, the MOST Coalition, and the Kentucky Coalition for Healthy Communities (KCHC).

WHY CHOOSE UofL

UofL is a leader in health and aging care, with a dedicated Institute for Sustainable Health & Optimal Aging.

The Institute has internationally recognized experts who can help create customized care plans to optimize your health.

Our Flourish Integrated Care Coordination Model, used with more than 200 patients, is a proven model for improving both life satisfaction and health outcomes across six determinants of health

Our interdisciplinary care team can provide diverse consultation through a network of over 300 aging-related faculty throughout UofL.

With over 200 successful IRB applications and 20 funded grants, we have demonstrated success in developing innovative research that seeks to find answers to pressing aging-related questions.

CONNECT WITH US

Join our email list by visiting www.OptimalAgingInstitute.org

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We believe *Aging*
is an *Opportunity*