



# Design for Healthy Aging: Innovative and Evidence-based Practices for Every Setting

January 23, 2025

## The Workshop

**Aging happens everywhere** and with ever-greater frequency. The number of Americans aged 65 and older is projected to increase from 58 million in 2022 to 82 million by 2050 – a stunning 47% increase.

**Nowhere is this demographic shift being felt more seismically than in the healthcare and living environments serving our aging population.** People aged 65 and older are hospitalized twice as frequently as adults aged 45 to 64. The demand for all types of senior living – independent, assisted, skilled nursing and memory care – continues to outweigh supply.

Yes, it's a challenge, but it's also a **tremendous opportunity – to re-envision, design and build a new generation of “age-friendly” care and living environments** that support the goals of patients, residents, caregivers and organizations, and ultimately produce the best outcomes.

The Design for Healthy Aging workshop will provide you with not just a glimpse into that future, but **the research, resources, tools and best practices** to help get you there.

**Whatever types of environments you are creating** – from acute care and ambulatory/outpatient, to independent, assisted living, long term and memory care settings – **the innovations, ideas and lessons learned presented by our expert faculty** of forward-thinking administrators, policy makers, clinicians and designers **will have broad and immediate application and impact.**

## Agenda

Time	Agenda Item
8:00 AM PT 11:00 AM ET	Welcome Opening Remarks & Introductions Addie Abushousheh, PhD, EDAC, Research Associate, The Center for Health Design



<p>8:05 AM PT 11:05 AM ET</p>	<p><b>Opening Keynote: I Can See the Future, and it's All of Us</b></p> <p>Why do we need to think about aging in everything we design? What does it mean to see every environment through an aging lens? There's a lot of talk about engagement, empowerment, and inclusivity in design, but what does that really mean and how does it impact how we design environments in vast continuum of healthcare?</p> <p>A past recipient of the Rochester Business Journal's 40 Under 40 award, Marvell Adams, Jr., CEO of the Caregiver Action Network will set the stage with his work advocating for aging through distributed leadership and the influential role of the built environment in both care and caregiving.</p> <p><b>Marvell Adams Jr.,</b> Founder &amp; CEO, W Lawson</p>
<p>8:35 AM PT 11:35 AM ET</p>	<p><b>Using Insights From Allied Fields To Inform Design</b></p> <p>How do we leverage practice, policy, existing infrastructure and the lessons learned from other fields to create environments that foster respect and empowerment for older patients and residents?</p> <p>The Montessori approach is often associated with early education, where children are empowered to learn at their own pace in their own ways. Jennifer Brush, MA, SLP, and Director of Brush Development is the first to implement Montessori principles in dementia care. Her approach of moving "From Can't to Can Do" has broad implications in how we think about what matters, whether we are designing policy or environments.</p> <p><b>Jennifer Brush, M.A., SLP,</b> Director, Brush Development <b>Jake Quigley,</b> Vice President of Operations, Benchmark Senior Living</p>



<p>9:05 AM PT 12:05 PM PT</p>	<p><b>From Opposition to Opportunity: Capitalizing on Community Connections</b></p> <p>As we continue to pursue expanded access to healthcare into our communities, we inevitably face the toughest question - “where?”</p> <p>Blurred boundaries between facility campuses and surrounding communities can often times raise the emotional temperature in a room of competing interests. Increasingly, however, we are finding that thinking strategically about facility locations can create positive linkages to the community while reducing the burden of care and amenities on a single institution. Advancing a premise of “Cognability,” we will look at age-friendly systems that support brain health later in life through physical and social connection.</p> <p><b>Migette L. Kaup, PhD, FIDEC, FGSA, ASID, IIDA, NCIDQ, EDAC,</b> Resilient Aging Environments Network   Facilitator, The Center for Health Design</p> <p><b>Margaret Suit,</b> VP of Architecture, Design &amp; Development, Erickson Senior Living</p> <p><b>Vassar Byrd,</b> CEO, The Kendal Corporation</p> <p><b>Jessica M. Finlay, PhD,</b> Assistant Professor, Department of Geography and Institute of Behavioral Science, University of Colorado Boulder</p>
<p>9:35 AM PT 12:35 PM ET</p>	<p><b>West Coast Coffee Break / East Coast Lunch Break</b></p>
<p>10:05 AM PT 1:05 PM ET</p>	<p><b>Rethinking the Essential Role of Family in Care Environments</b></p> <p>We often talk about person-centered care and meaningful engagement of users, but who really has the best voice to advance improved care and outcomes? In this session, we will touch on the Essential Caregiver’s</p>



	<p>Act, aimed at ensuring that family members and essential caregivers can maintain access to their loved ones, especially during times of crisis or public health emergencies. Focused on long-term care, we will look at a novel new place type - it wasn't defined anywhere, but it wasn't disallowed either. Understanding the "who and the "why" led to a novel "what," along with a lot of "how"!</p> <p><b>Robin DeLieto, CNE, GRI</b>, Owner/Broker DeLieto RE, Member, CT Statewide FC, Member, Moving Forward Coalition</p> <p><b>Steve Lindsey</b>, Chief Executive Officer, Garden Spot Communities</p> <p><b>Melody Karick, CDP, CMDCP, PCHA, VDTCT, PAC</b>, Dementia Educator and Consultant, The Forgeworks</p>
10:35 AM PT 1:35 PM ET	<p><b>Age-Friendly Health System Initiatives: The 4Ms (and sometimes 5)</b></p> <p>What is the near and far future of an Age-Friendly Health System (AFHS)? The national AFHS initiative launched by CMS and IHI, uses a well-established clinical framework, the 4Ms - What Matters, Medications, Mentation, Mobility (and increasingly a 5th M: Multi-complexity) - to advance care for older adults. How do the 4Ms create a framework to think about the built environment? Hear from this panel on the policy, regulatory, and practice initiatives that are underway, and learn about the possibilities that exist to address design for aging in all settings.</p> <p><b>Alice Bonner</b>, Director of Strategic Partnerships, Johns Hopkins School of Nursing CAPABLE Program, Senior Advisor for Aging at the Institute for Healthcare Improvement (IHI)</p> <p><b>Diana Anderson, MD, M.Arch, FACHA</b>, DoChitect</p> <p><b>Michael McKay, AIA, ACHE, EDAC, LEED AP, NCARB</b>, Planning Design Construction and Corporate Real Estate, UW Health</p>
11:05 AM PT 2:05 PM ET	<p><b>Panel Discussion with Presenting Faculty</b></p> <p>Pose questions to the panelists and hear their responses and insights.</p>



11:35 AM PT 2:35 PM ET	Audience Q&A with Presenters
Noon PM PT 3:00 PM ET	Adjourn Day
12:05 PM PT 3:05 PM ET	“Backstage Pass” post-workshop social event with workshop faculty

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