

# National Healthy Aging Symposium

## Innovation Across the Age-Friendly Ecosystem

September 26, 2024

The Office of Disease Prevention and Health Promotion (ODPHP) and Trust for America's Health (TFAH) hosted the National Healthy Aging Symposium: Innovation Across the Age-Friendly Ecosystem on September 26, 2024.

The Symposium explored successful innovations that have been developed to improve older adult health and well-being. Policy makers, researchers, and professionals from across sectors shared their perspectives on important topics related to healthy aging through a series of panels covering topics like caregiving, social engagement, housing, transportation, brain health, and workforce.

### Missed the event or want to rewatch sessions?

All recordings, session materials, and additional healthy aging resources from the Symposium are available at [afphs.org/national-symposium-resources/](https://afphs.org/national-symposium-resources/).

### Looking to stay engaged with Healthy Aging?

Visit the [ODPHP webpage on Healthy Aging](#) and the [TFAH webpage on Age-Friendly Public Health Systems](#) to learn more about efforts to advance healthy aging.

## HIGHLIGHTS

- Insights from multiple sectors across the country on innovative approaches to address the needs of a diverse aging population.
- Real world examples, challenges, and lessons learned for implementing healthy aging programs and initiatives.
- Additional resources to learn more about effective healthy aging strategies to apply in your own work and community.

Experts from across the country participated in the Symposium to share insights and lessons learned on the following topic areas:



### **Plenary Session on Innovations in Aging and Health Equity**

A dynamic plenary panel featuring national thought leaders from various sectors highlighted innovative approaches and collaborative efforts to address the needs of a diverse aging population.



### **Maintaining Brain Health**

This vital discussion on brain health and its impact on older adults delved into the latest research on cognitive aging, strategies for maintaining mental acuity, and interventions to prevent or slow cognitive decline.



### **Connecting Older Adults and Boosting Social Engagement**

Panelists discussed ways to reduce barriers to social engagement opportunities, successful community initiatives, and strategies for fostering meaningful interactions with and among older adults.



### **Transforming Transportation for Older Adults**

Panelists discussed current challenges, innovative partnerships and solutions, and how policies can help ensure that transportation systems effectively support healthy aging.



### **Ensuring a Skilled Workforce to Improve the Lives of Older Adults**

Panelists discussed workforce development strategies, training programs, and policy initiatives designed to address workforce shortages and ensure high-quality care for older people.



### **Empowering Caregiving and Strengthening Support for Older Adults**

Panelists discussed strategies for managing caregiver stress, and accessing resources and support networks, as well as improving the supply of trained caregivers to better meet the demand of the growing older adult population.



### **Supporting Health through Affordable, Safe, and Accessible Housing**

Panelists discussed the challenges of housing insecurity, the benefits of age-friendly housing designs, and policy solutions to improve housing access for older adults.

Learn more at [afphs.org/national-symposium-resources/](https://afphs.org/national-symposium-resources/)