

The 2024 Aging Summit presented opportunities to reframe our approach to serving older adults. Each of the following modules includes a presentation by an aging expert followed by Q&A. Feel free to use these materials when working with your team to reflect, brainstorm, and innovate. We are ever striving to improve the lives of Washington's aging and longevity community!

### **Module 1: Leading Change – “What is Now?” and “What Could Be?”**



[2024 Washington State Aging and Longevity Summit: Part 1 \(TVW\)](#)



#### **Watch**

Diane Ty, Milken Institute.  
Fostering a Longevity Mindset  
(58:06-1:13:14)



#### **Discuss**

What could you or others do to help people plan financially for longer life spans (i.e., life after retirement, long-term care)?



#### **Watch**

Rita Noonan, Centers for Disease Control and Prevention. Public Health Initiatives Have Added Years to Life (1:13:31-1:25:55)



#### **Discuss**

What proactive steps can your organization take to improve health and quality of life for all Washingtonians over the life course?



#### **Watch**

Dr. Umair Shah, Department of Health. Aging through the Life Course – WA State Initiatives Moving Us Forward (1:26:01-1:40:45)



#### **Discuss**

What might your organization do to become more adaptable to address aging? Example: Connecting housing and transportation to help reduce social isolation.



#### **Watch**

David Mancuso, Department of Social and Health Services. Washington State Population Data, Forecasts, and Impacts (1:41:04-1:52:48)



#### **Discuss**

What kind of data and/or information do you need to start planning for the growth of the older adult population, specific to your sector?



#### **Watch**

Q&A with Module 1 Panelists (1:53:42-2:15:50)

## Module 2: Creating a New Approach to Aging & Longevity



[2024 Washington State Aging and Longevity Summit: Part 2 \(TVW\)](#)



### Watch

Trish D'Antonio, Gerontological Society. Reframing Aging Movement (1:29-32:32)



### Discuss

What is an immediate step that you individually and/or your organization can take to apply the principles of reframing aging (addressing ageism)?



### Watch

Lori Parham, American Association of Retired Persons. Disrupting how we think & talk about aging and the longevity economy (33:33-43:30)



### Discuss

How can this organization improve the public's understanding of aging and the contributions older adults make?

## Module 3: Innovating Care in the Long-Term Sector – What Could Be?



[2024 Washington State Aging and Longevity Summit: Part 3 \(TVW\)](#)



### Watch

Bea Rector, Aging and Long-Term Support Administration. Transforming Care in the Long-Term Service & Support Sector (4:10-30:53) Panel Discussion (30:56-53:44)



### Discuss

What ideas or solutions could this organization put forward in collaboration with other sectors, to bring forward a brighter future for older adults and their communities of care?

## Module 4: Opportunities for Collaboration



[2024 Washington State Aging and Longevity Summit: Part 4 \(TVW\)](#)



### Watch

Susan DeMarois, California Department of Aging. Multi-Sector Planning (1:43-18:12)



### Discuss

How can we include and engage individuals who aren't receiving state services in a multi-sector plan for aging?



### Watch

Lori Parham, American Association of Retired Persons. Building an Age-Friendly Washington (18:36-29:25)



### Discuss

How can you contribute to the development of policies and practices to ensure Washington is a place where all residents can live, work, and grow older with dignity and purpose?



### Watch

Sue Birch, Health Care Authority. Committing to Collaborative Change Across Sectors (1:02:33-1:14:03) Q&A w/panelists (29:34-42:00)



### Discuss

After reflecting on everything you've heard in these modules, what is your commitment and what next steps could you and your team make?