



2019 Optimum Life[®] Continuing Education Series



Healthy Aging: It's Never Too Early and Never Too Late

Carol Cummings, RN, BSN, Senior Director, Optimum Life, Resident Engagement and Innovation

The world's older population continues to grow at an unprecedented rate. Today, 8.5 percent of people worldwide (617 million) are age 65 and older, and this percentage is projected to jump to nearly 17 percent of the world's population by 2050. This phenomenon has placed a new emphasis on healthy aging.

Join us as we explore the latest research on how to age well, whatever your current age. We will explore theories of aging, how much difference lifestyle makes and what lifestyle factors have the greatest impact on how we age. Learn how to better age for yourself and how to support your older clients in their aging journey.

Following this presentation the participant will be able to:

- Review demographics of the aging population globally
- Define the aging process
- Discuss lifestyle factors that support healthy aging
- Identify environmental factors that impact healthy aging

- The Optimum Life CE series is a pre-recorded webcast.
- This activity has been submitted to the Ohio Nurses Association for approval to award contact hours. The Ohio Nurses Association is accredited as an approver of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation (OBN-001-91)
- Call (312) 977-3711 for more information about contact hours.
- This program has been submitted (but not yet approved) for Continuing Education for 1.0 hour from NAB/NCERS.
- This activity is pending approval from the National Association of Social Workers.
- This program has been submitted to The Commission for Case Manager Certification for approval to provide board certified case managers with 1.0 hour.
- Brookdale Senior Living Inc. is recognized by the New York State Education Department's State Board for Social Work as an approved provider of continuing education for licensed social workers #0221.
- This course is approved by the Michigan Social Work Continuing Education Collaborative.