

# FACT SHEET

## Mather LifeWays Institute on Aging

### DESCRIPTION:

Mather LifeWays Institute on Aging creates Ways to Age Well for older adults by conducting transitional research and education for professionals who serve them. National initiatives focus on person-centered care, staff development and retention, comprehensive wellness assessment and programming, emergency preparedness for senior living organizations, and online education for those working with older adults. Additional Institute programs include addressing aging workplace issues and workforce wellness.

Uniquely, the Institute is able to conduct pilot programs and surveys in Mather LifeWays senior living residences and Mather's—More Than a Café locations, allowing residents, customers, and employees to benefit immediately. The findings are shared nationally and internationally, making the Institute a trusted resource for introducing progressive practices.

In 2007, PREPARE, an emergency preparedness program, was awarded a third year of funding from the U.S. Department of Health and Human Services, allowing the Institute to reach organizations in all 50 states. In addition, Our Resident Whole-Person Wellness Survey received the Best Practice Award from the Health Promotion Institute of the National Council on Aging.

### PRODUCTS/SERVICES:

**LEAP** – a “family” of educational programs to develop and retain qualified professionals and staff in senior living and long-term care settings

**PREPARE** – an emergency preparedness program for the senior living and long-term care workforce

**SAFE-TI** – a falls reduction train-the-trainer program for senior living communities

**Online Education** – a host of “state-of-the-art” web-based educational programs pertinent to those working with older adults

**aging in action** – a free monthly e-newsletter compiling the latest aging related news and views

For a complete listing of Institute programs and services, please call 1 (888) 722.6468.

### LOCATION:

1603 Orrington Avenue, Suite 1800, Evanston, IL 60201

### HISTORY:

The Institute was created in 1999 as a way to expand the impact of Mather LifeWays by evaluating programs for senior living and community-residing older adults through applied research.

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**WEB SITE:** [www.matherlifeways.com/institute](http://www.matherlifeways.com/institute)