



How does Palliative Care fit in with Healthy Aging?

March 19, 2019 - 4:00pm-5:00pm

Rose Villa Performing Arts Center

For most older adults, healthy aging means staying active, maintaining independence, keeping our brains sharp, and continuing to engage with family and friends. Palliative care, often thought of as the care one receives at the end of life, may seem like the exact opposite of healthy aging. [Dr. Eckstrom](#) will provide some of her best tips for healthy aging- and make the case for why all of us need to consider palliative care in our healthy aging framework. Come learn how to enhance your "health span" via healthy aging and wonderful palliative care.

Program description:

This interactive conversation will help attendees set healthy aging goals for themselves and loved ones. Participants should come prepared to ask questions about healthy aging and palliative care.

By the time participants leave, list 3-5 things they will have learned or are able to do because of the program.

1. Understand the difference between life span and health span and why healthy aging is so important to having a good health span.

2. Understand how palliative care can help older adults optimize healthy aging
3. Set goals to help optimize their own healthy aging

Open to residents, staff, family and community. No cost to participants

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