

## What is Aging Life Care and Why is it So Important?

While the practice and profession of Aging Life Care is not new, there is more attention being paid to the impact our aging population has on communities and resources. Aging Life Care plays an important role as these professionals are prepared to help aging adults plan for and face age-related challenges.



Aging Life Care is a holistic, client-centered approach to caring for older adults or others facing health challenges. The Aging Life Care Professional® is a health and human services specialist who is a guide, advocate, and resource for families caring for an older relative or disabled adult. Working with families, the expertise of Aging Life Care Professionals provides the answers at a time of uncertainty. Their guidance leads families to the actions and decisions that ensure quality care and an optimal life for those they love, thus reducing worry, stress, and time off work for family caregivers.



They have extensive knowledge about the costs, quality, and availability of resources in their communities. Aging Life Care Professionals are members of the Aging Life Care Association® (ALCA), must meet stringent education, experience, and certification requirements of the organization, and all members are required to adhere to a strict code of ethics and standards of practice.

Aging Life Care Professionals throughout the country will celebrate National Aging Life Care Month by providing seminars, webinars, special events, open houses, and

other educational activities for the public. For more information, and locations of Aging Life Care Professionals, visit ALCA's website [aginglifecare.org](http://aginglifecare.org).

The association was formed in 1985 by a group of about 50 members – mainly social workers and nurses – who came together to build a profession from the ground up. “Our association was the first to represent the pioneers in a growing and developing field,” said ALCA CEO Kaaren Boothroyd.

“ALCA recognizes the vulnerable population our professionals serve, so we have developed the highest standards by which to hold our members accountable – for both the protection of the client and the public.”

Aging Life Care Professionals may be trained in any of several fields related to long-term care. These include counseling, gerontology, mental health, nursing, occupational therapy, psychology, social work, and other allied health professions, with a specialized focus on issues related to aging.