

# DE TORNYAY CENTER FOR HEALTHY AGING

THE UW SCHOOL OF NURSING'S DE TORNYAY CENTER FOR HEALTHY AGING SUPPORTS EDUCATION, RESEARCH, CLINICAL PRACTICE, ADVOCACY AND COMMUNITY PARTNERSHIPS IN THE FIELD OF GERONTOLOGY TO OPTIMIZE WELLNESS AND INDEPENDENCE AMONG OLDER ADULTS, ALLOWING THEM TO EXPERIENCE THE BEST POSSIBLE QUALITY OF LIFE AS THEY AGE.

## ABOUT THE CENTER

The de Tornyay Center for Healthy Aging unites faculty from the UW School of Nursing and disciplines across the university, community professionals and partners, all with expertise in various aspects of aging. Through this vast network, the center is able to serve as a catalyst for promoting and advancing healthy aging and support innovative age-related research: from basic science research to clinical inquiry to systems research.

Research by faculty members affiliated with the center is focused on three core areas of healthy aging:

- Healthy cognitive aging
- Supportive family care giving
- Data collection and analysis to reveal health patterns, trends and associations in older adults

## LEADERSHIP ACROSS UW

The de Tornyay Center serves as a leader in healthy aging across the University of Washington campus, collaborating with faculty members not only in nursing and health sciences, but also fields not traditionally associated with health care, such as engineering, law and architecture. The center is an information hub, keeping faculty and students at UW, as well as at affiliate institutions and agencies, informed of aging-related events and initiatives occurring locally, nationally and internationally.

## COMMUNITY PARTNERSHIP, CLINICAL PRACTICE

The de Tornyay Center sponsors community organizations, activities and services supporting healthy aging in older adults in order to strengthen the workforce and ensure every health-care professional working with older adults can provide expert and compassionate care.

The center sponsored the founding charter of the Northwest Chapter of the National Gerontological Nursing Association, which is dedicated to the clinical care of older adults across diverse care settings through inclusiveness, respect, innovation and responsiveness. The association promotes quality care for older adults by enhancing the professionalism of gerontological health-care professionals through collaboration and education.



It also sponsors the Gerontological Professionals Network, which creates a forum for discussion of professional issues and provides networking opportunities for professionals working in diverse areas of elder care.

In 2015, the center will launch an initiative to establish a wellness network across congregate housing facilities in the Seattle area to support research, education and wellness services for older adults.

## HEALTHY AGING EDUCATION

The de Tornyay Center prepares the next generation of nurse leaders to deliver evidence-based, compassionate health care to every older adult. The center also supports future nursing scientists working to advance knowledge and develop systems to improve experiences for all older adults.

The de Tornyay Center provides scholarships to both undergraduate and graduate students to pursue research in the field of gerontology. Faculty mentors offer individual guidance and serve as valuable resources for beginning researchers. More than 120 undergraduate and graduate scholarships have been awarded to support student research in areas, such as music therapy, wellness programs, dementia-friendly opportunities, healthy aging in underserved populations, technology, and community building.

The center leads Elder-Friendly Futures, an annual two-day conference for nurses, nurse practitioners, psychologists, social workers, pharmacists and other health-care professionals. Participants attend panels, roundtable discussions and research presentations showcasing innovative ways to support aging.

## ABOUT RHEBA DE TORNYAY

The de Tornyay Center for Healthy Aging was made possible by a generous endowment and bequest of Rheba and Rudy de Tornyay. Rheba de Tornyay served as dean of the UW School of Nursing between 1975 and 1986. Under her leadership, the UW School of Nursing established one of the nation's first doctoral programs in nursing and was named the number one school of nursing in the nation. de Tornyay wrote a ground-breaking book, *Strategies of Teaching Nursing*, was only the third nurse elected to the Institute of Medicine of the National Academies, first president and a Living Legend of the American Academy of Nursing and the first nurse and woman appointed to the Robert Wood Johnson Foundation.

## ABOUT THE UW SCHOOL OF NURSING

The UW School of Nursing is one of the nation's premiere nursing schools dedicated to addressing challenges facing health care and improving the health of communities locally, regionally and globally.

The UW School of Nursing is dedicated to healthy living at all ages. Our school's mission is to advance nursing science and practice by preparing future leaders to address health needs across the lifespan in our community and globally. In addition to healthy aging, the UW School of Nursing also is dedicated to family and child nursing, psychosocial and community health, and biobehavioral nursing and health systems.

