



What we do...

Life Span programs support individuals and families as they transition through the aging process by providing programming and resources on family caregiving, healthy aging, end-of-life programming, and by building local partnerships to create aging-friendly communities.



Program focus areas

Family Caregiver Education and Support

Life Span programs provide educational programming and resources to caregivers across the state. It is our goal to support family caregivers by providing the tools and resources they need to be successful in their own self-care, provide them opportunity to connect with other caregivers and the knowledge to utilize the community resources they need to be care for their loved one.

Creating Aging-Friendly Environments

Aging-friendly communities are generally inclusive, sustainable and healthy. They have many other characteristics as well. Some of these characteristics include being accessible, interdependent and engaged. Life Span educators are dedicated to providing communities with support, leadership and resources to create aging-friendly environments because they live, work, and play in local communities.

End-of-Life Planning



End-of-life planning is one of the best gifts that you can leave for your loved ones after you pass. It is also a topic that many people are uncomfortable discussing. Life Span programs offer education, resources, and tools to help people start the conversation and make plans for final wishes, advance directives, estate planning, end-of -life care, and finances.

Increasing Social Connection

Life Span programs provide opportunities for social connections by creating space for participants to learn, share lived experiences, and grow together. On a broader scale, Extension is a leadership member of the Wisconsin Coalition for Social Connection, supporting communities in connecting older adults with services and resources to build meaningful social connections.



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For more information on Life Span Programs:

<https://aging.extension.wisc.edu/>

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