



LRM
Longevity Ready
Maryland

FACT SHEET

Ways everyone can help pave the way for a Longevity Ready Maryland.

Frequently Asked Questions

WHAT IS LONGEVITY-READY MARYLAND (LRM)?

LRM is Maryland's multisector plan to prepare the state for longer lives and support a growing population of older adults in Maryland communities.

HOW DOES LRM WORK?

Instead of isolating aging services to people at a particular time of life, LRM incorporates support across the lifespan to improve healthy longevity and make Maryland a state where everyone can comfortably age in place.

WHAT ARE THE BENEFITS OF PARTICIPATION?

LRM supports the work of service providers by consolidating resources, coordinating efforts across sectors, governments, businesses, and communities, and transforming systems of care to more sustainably and efficiently accommodate a greater number of clients of all ages. It will lead to more integrated service delivery models and provide a voice to those who participate to ensure the needs of all Marylanders are being heard.

WHAT ARE THE COMMITMENTS OF PARTICIPATION?

There are many ways to invest as little or as much time as you are able. An hour each year can provide important insight into the service needs across diverse Maryland communities. An hour a month can help map available programs at the local level. Several hours a month can incorporate valuable expertise into policies and programs that mean the most to participating partners and Marylanders of all ages.

Ways to Get Started

Here are some simple ways that everyone can start to incorporate a longevity lens in the work they do:

- Include age-related intake information on your program enrollment forms, collecting as many details on the [social determinants of health](#) as appropriate.
- While protecting client identities, share client-related data you collect about older adults with the [LRM Data team](#), including the number of clients served, their service needs, ages, and other key characteristics.
- Define policies that incorporate how the work you do today will improve the lives of your clients as they age, and/or accommodate the needs of more older adults in the future.
- Identify the programs and services you provide for older adults, and/or how they meet the needs of Marylanders of all ages and abilities. Register [with Maryland Access Point](#) to better connect with those who need them most, and share your programs with the [LRM community](#) so we can support your efforts.

Ways to Get Involved

Join us in helping to pave the way for a Longevity Ready Maryland. Visit our [Stakeholder Engagement page](#) to explore ways to participate.

Join the Conversation

[Sign up](#) to receive news and information about preparing for longevity-readiness.

Help make Maryland a great place to age. For more information, visit [LRM.Maryland.Gov](#)
