



FOR IMMEDIATE RELEASE:

Mather Institute Announces Innovative Research on Aging Award Winners

Evanston, IL (August 31, 2021) – Mather Institute, an internationally recognized resource for research and information about wellness, aging, and trends in senior living, announces the 2021 Innovative Research on Aging Award Winners. Now in their sixth year, the awards recognize excellent applied research that offers important implications for the senior living and aging services industries to help them improve the ways in which they serve older adults. With 46 honorees over the last six years, the Innovative Research on Aging Awards has awarded more than \$35,000 to researchers across the country since its inception.

“We’re working to bring research to real life. Sharing this important research reinforces our commitment to encouraging innovation throughout all areas that affect older adults,” said Cate O’Brien, PhD, Vice President and Director, Mather Institute. “We hope these findings and ideas will benefit the senior living industry across the country and around the world, as other organizations adapt the ideas and transform them into what we call ‘next practices’.”

Each year, Mather Institute reviews dozens of submissions from researchers across the country on a wide range of topics, including

- health and well-being of senior living residents
- technological advancements for older adults
- aging in place
- staff training and empowerment

Award recipients are selected based on relevance to important problems, quality of research methods, usability of findings and recommendations, and ability to contribute to innovation in senior living.

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Inspiring Next Practices, the report detailing this year's 10 award recipients, provides insights into a wide range of topics on aging, including:

- a look at the effectiveness of online “microlearning” sessions for staff training, from Virginia Commonwealth University
- factors involved in potentially damaging social hierarchies among assisted living residents, from University of Colorado School of Medicine
- an intervention to remove barriers to cognitive screening for Black older adults, from Penn State.

This year’s winners include: 2021 Gold Award Recipient, Virginia Commonwealth University; 2021 Silver Award Recipients: Saint Louis University; University of Colorado School of Medicine; University of Texas at Austin; The Pennsylvania State University; 2021 Bronze Award Recipients: Virginia Commonwealth University; University of Lethbridge; University of British Columbia; University of Northern Colorado; University of Massachusetts Boston.

Mather Institute is the research area of service for Mather, a unique not-for-profit organization that enhances the lives of older adults by creating Ways to Age Well. SM Now celebrating its 80th anniversary, Mather’s vision is to change the way society views aging, carrying on the legacy of its founder, Alonzo Mather, who established Mather in the spirit of progress and innovation.

Mather Institute carries on that spirit with a commitment to innovation by creating original research; collaborating with universities; sharing insights, information, and best practices; and showcasing important applied research, services, and programming through its annual Innovative Research on Aging Awards as well as its Promising Practices awards.

A full complimentary report on the Innovative Research on Aging Award recipients, *Inspiring Next Practices*, is [available for download](#). The report features summaries of the award-winning research, as well as specific ideas and suggestions for putting these studies to use to benefit organizations. Nominations will open in February for the 2022 Innovative Research on Aging Awards. Winners of the Promising Practices awards will be announced Fall 2021 on matherinstitute.com.

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ABOUT MATHER INSTITUTE

Mather Institute is an award-winning resource for research and information about wellness, aging, trends in senior living, and successful industry innovations. In order to support senior living communities and others that serve older adults, the Institute shares its cutting-edge research in areas including effective approaches to brain health, ways to enhance resilience, and successful employee wellness programs. Mather Institute is part of Mather, an 80-year-old not-for-profit organization dedicated to creating Ways to Age Well.SM To learn more, visit www.matherinstitute.com.

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