



Sue Lantz, is the Founder and Managing Director of the consulting firm, Collaborative Aging and author of *Options Open: The Guide for Mapping Your Best Aging Journey*. (2020) optionsopen.org.

This workbook style guide helps readers to “think forward” with a positive lens, and proactively plan in ways that ensure agency and choice throughout the different life stages.

Trusted Advisor and Expert on Aging

Sue is a trusted policy expert on healthy aging, housing and aging in place, and health promotion and prevention. She is known for her engaging approach, along with her person-directed philosophy, integrity, and clear and motivating communication style. Sue’s expertise is showcased on several podcasts, radio and television interviews. For more information visit: collaborativeaging.com

Collaborative Style

Sue builds effective relationships with various professionals providing advice and services older adult clients and/or their caregivers. The range of professional advisors Sue works with include: financial, legal, healthcare clinicians, realtors, architects and builders. She also advises non-profit organizations, faith-based organizations, and businesses. Sue’s respectful style in sharing her expertise heightens the impact and reach of the professionals and community groups she works with.

Breadth of Field Experience

Drawing upon her early work with the Cheshire Homes Foundation, the provincial government, and management roles in healthcare settings, Sue has led three types of creative and impactful projects at a national, provincial, and local level:

New Delivery Models: Developing, testing and evaluation of innovative models of housing, home and community care services, or referral and navigation tools. Sue co-led a CMHC-funded [Housing Solutions Lab](#) with seniors and developers to generate innovative and inclusive housing options.

Carried out the early research and drafting of the national Policy Paper called [It’s Time to Unleash the Power of Naturally Occurring Retirement Communities in Canada \(NORC\) \(2022\)](#)

Education/Learning: Sue offers educational workshops in collaboration with various organizations including healthcare organizations, non-profits, companies, and pension/retiree associations. Her 5-part workshop series is currently offered on the Baycrest Health Sciences’ CABHI virtual community called, [Leap - Centre for Aging + Brain Health Innovation \(cabhi.com\)](#) along with global employee wellness platform called [LifeSpeak](#).

Sue’s keynote presentations and conversational workshops, offer a fresh and informative approach. Participants learn about how to navigate the layers of their own plans and decisions, while discovering new ways to shape their own aging and caregiving arrangements.

Policy and Strategy Development and Implementation:

Conducts policy research and stakeholder consultations to inform changes to service delivery, program design, policies, funding or legislation. For an example of policy strategy, view the [Caregiver Support Framework](#).

Education

Sue holds a Master’s in Public Administration degree from Queen’s University. Additional certifications include:

- Being a Leader, *Unstoppable Conversations* (2022)
- Facilitation Leadership: *Building a New Story* (2021)
- Master Trainer, *Powerful Tools for Caregivers Program*® (2017)
- Master Trainer, *Stanford University Chronic Disease Self-Management Program*® (2011)
- *Choices for Changes*, Institute for Healthcare Communication Canada (2011)

Volunteer Roles

- Sue serves on the Board of Directors for 880 Cities, a global organization focused on building safe, healthy and inclusive cities for people of all ages and backgrounds - 880cities.org.
- Sue is a member of the Accountability Table for the City of Toronto’s Seniors Strategy 2.0.
- Sue was a Founding Member of the National Institute on Ageing based at the Toronto Metropolitan University (TMU)