



**MPN AGING INNOVATIONS  
NETWORK 2026 ANNUAL  
AGING SUMMIT:  
DESIGNING FOR  
LONGEVITY**

Maryland Aging Secretary Carmel Roques

April 29, 2026

# Maryland Department of Aging Vision

To transform institutions, systems, and norms  
so all older adults lead lives that are:



**Healthy**



**Financially  
Secure**



**Socially  
Connected**



**Purposeful**

**For the 100-Year Lifespan**

# Planning vs. Designing



## **Planning:**

Defining the goals, objectives, and strategies that set the strategic direction.



## **Designing:**

Dynamic process-building that drives policy, planning, and advocacy efforts.

# LRM Historic Timeline



LRM Initiative  
Executive Order  
Issued by  
Governor  
Moore

2024



Statewide  
Intensive  
Stakeholder  
Engagement

2023-2025



LRM Plan Signed by  
Governor Moore-  
ACL Approves LRM  
as State Plan on  
Aging

2025



LRM Act Passes  
During Legislative  
Session

2026

# The Longevity Ready Maryland Act

(SB 113, HB 278)



Establish LRM in the permanent, broader work of the Maryland Department of Aging.



Expand the role of the Maryland Commission on Aging to become the LRM Implementation Advisory Group.

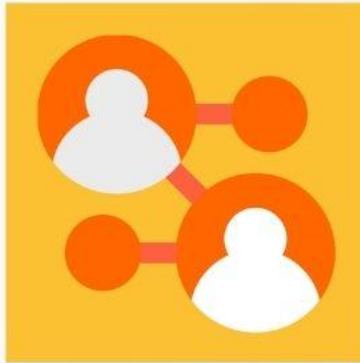


Require comprehensive updates to LRM every four years, accompanied by annual progress reports.

# Longevity Ready Maryland

# EPIC GOALS

## Build a longevity ecosystem



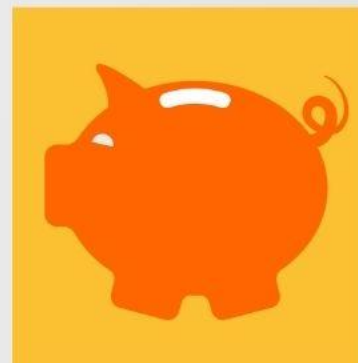
Create supportive and inclusive communities for all ages and abilities and build collective capacity at the local level.

## Promote economic opportunity



Support a multigenerational workforce with opportunities for all ages and abilities while advancing Maryland's economic competitiveness.

## Prepare Marylanders to afford longevity



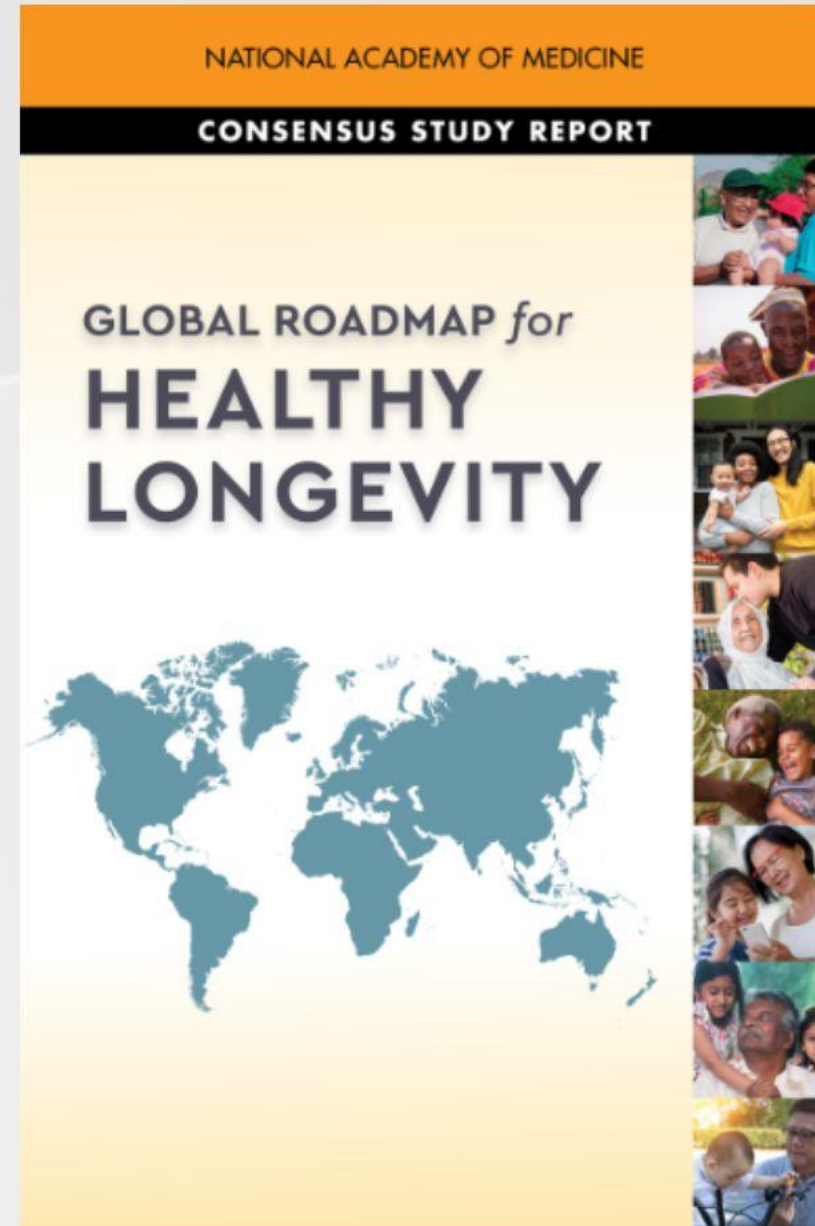
Improve economic security for the 100-year lifespan through affordable housing, health care, financial literacy, and long-term support services.

## Optimize health, wellness, and mobility

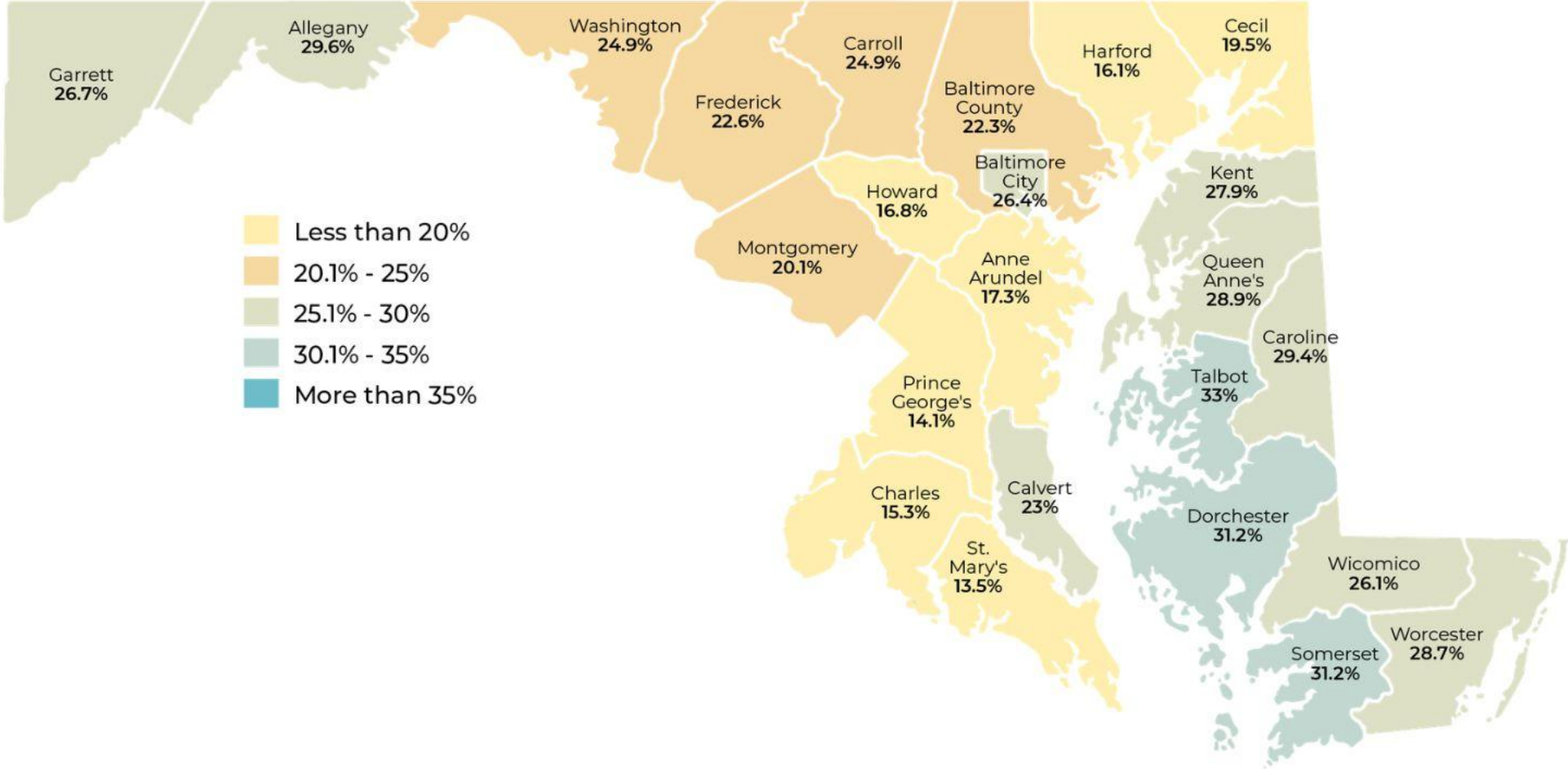


Invest in programs that support healthier, more purposeful, and active lifestyles so Marylanders can enjoy longevity and reduce dependency.

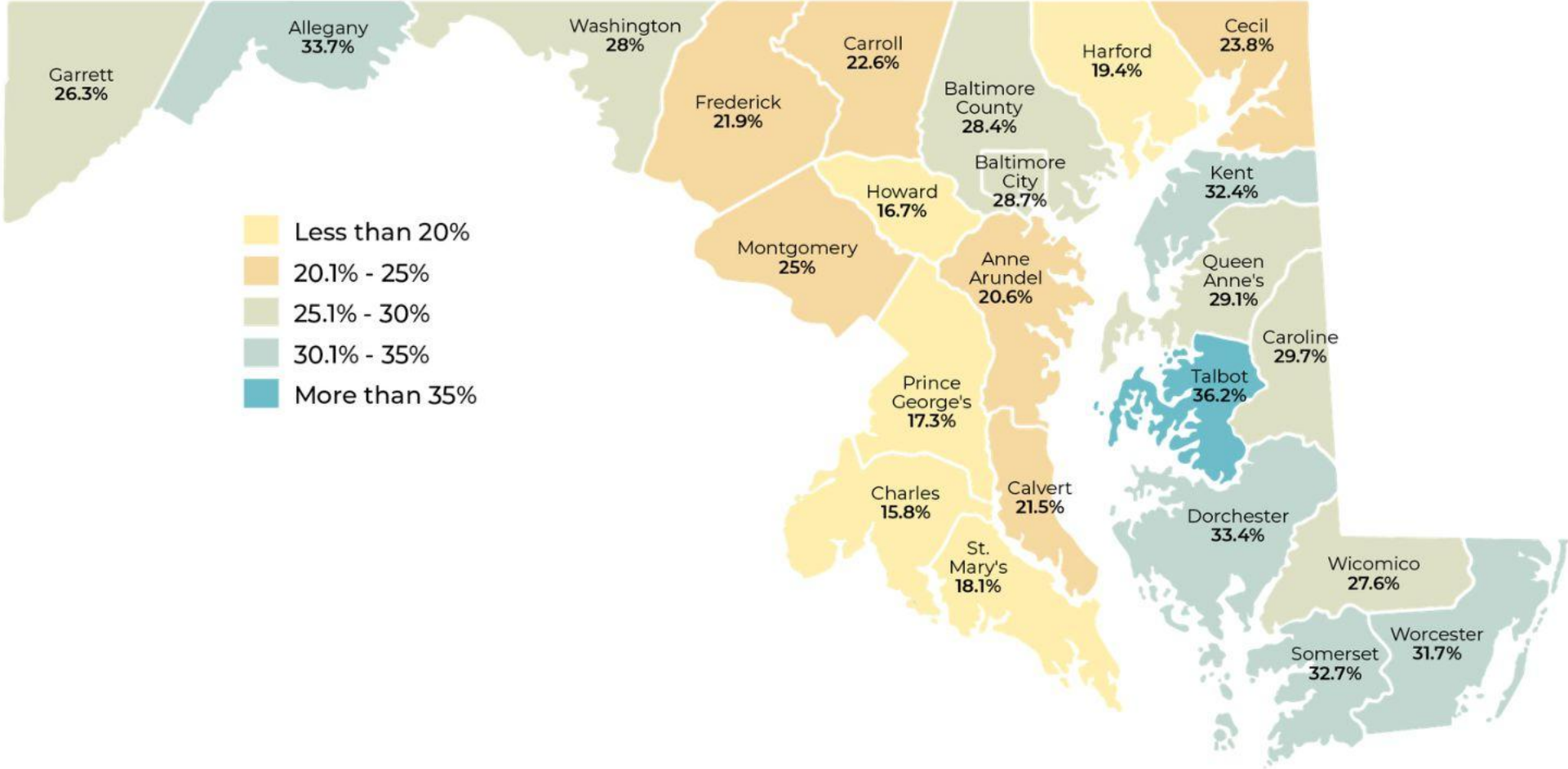
“Long-lived societies are not an inherent problem... the problem is the barriers that systematically prevent people from reaching their later years with the good health needed to thrive.”



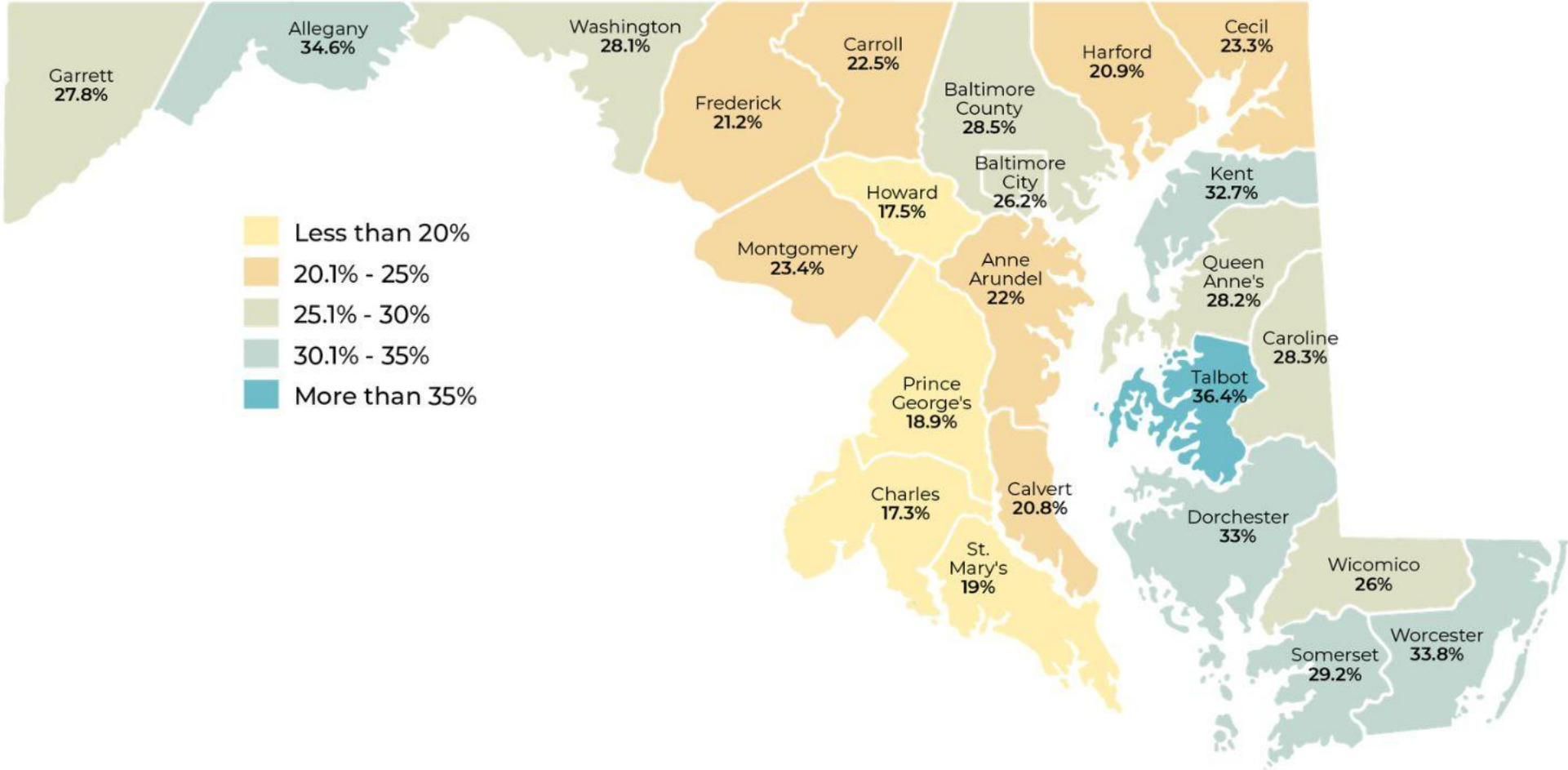
# Age 50+ Population Growth: 1970



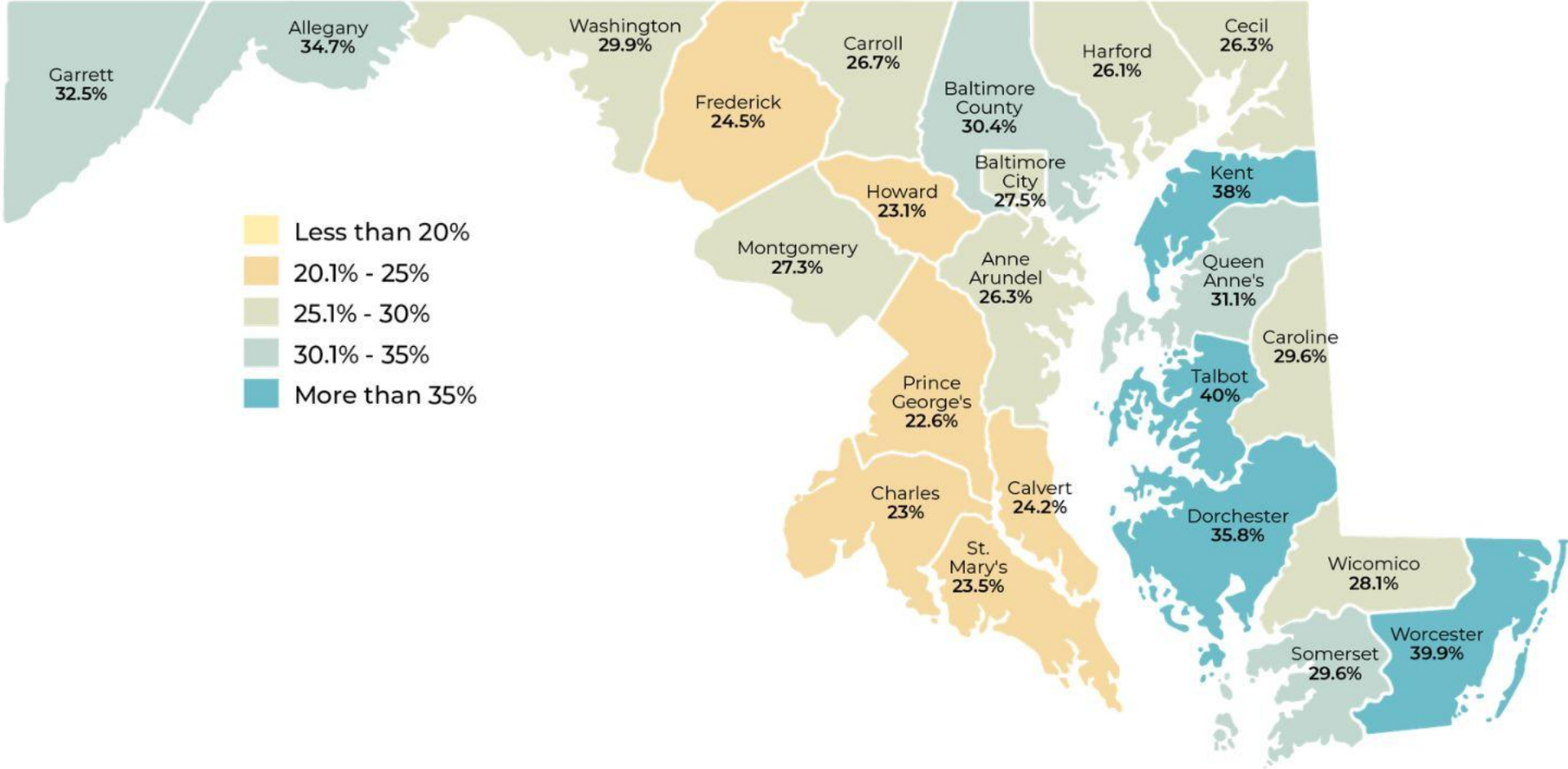
# Age 50+ Population Growth: 1980



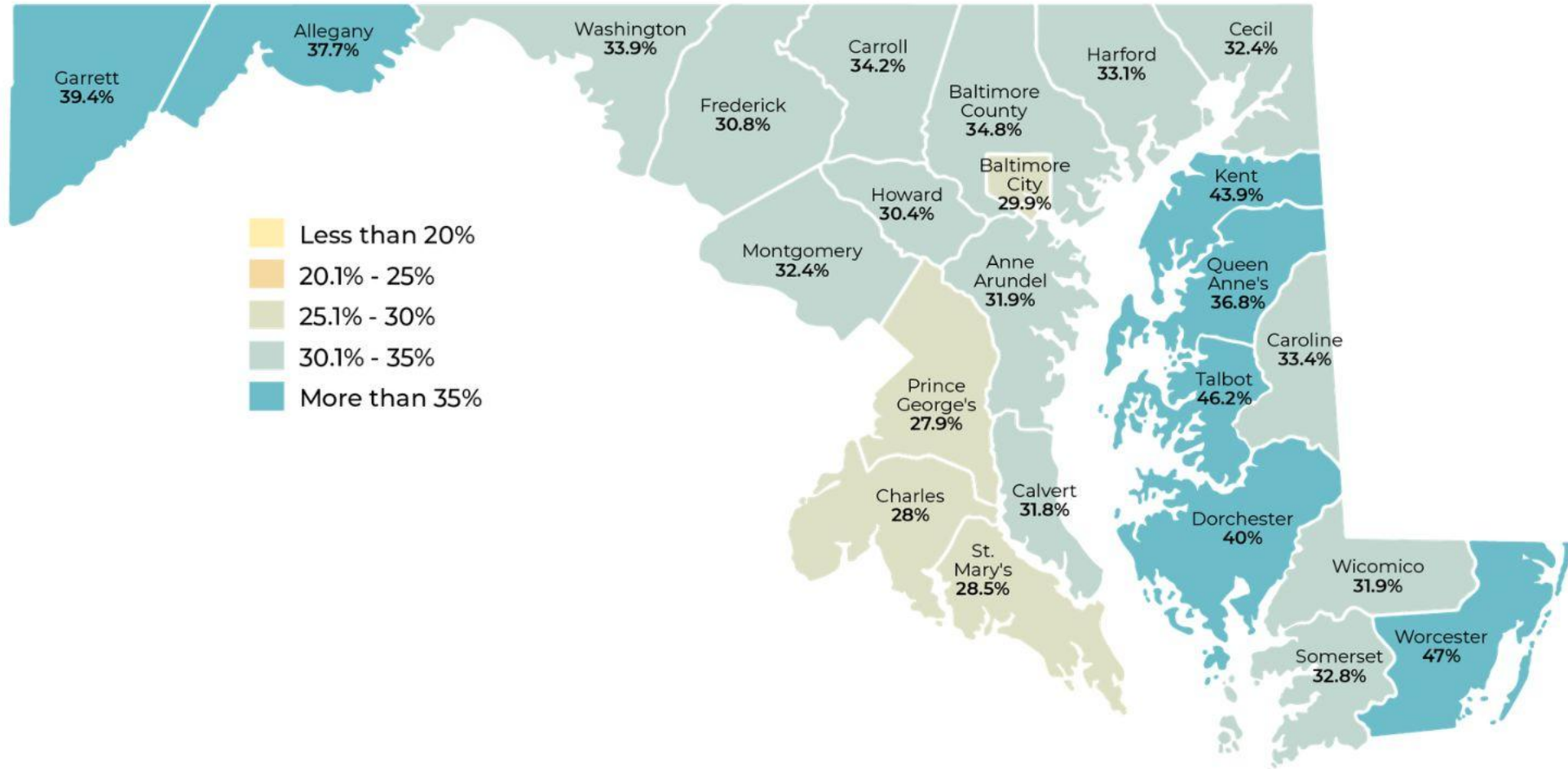
# Age 50+ Population Growth: 1990



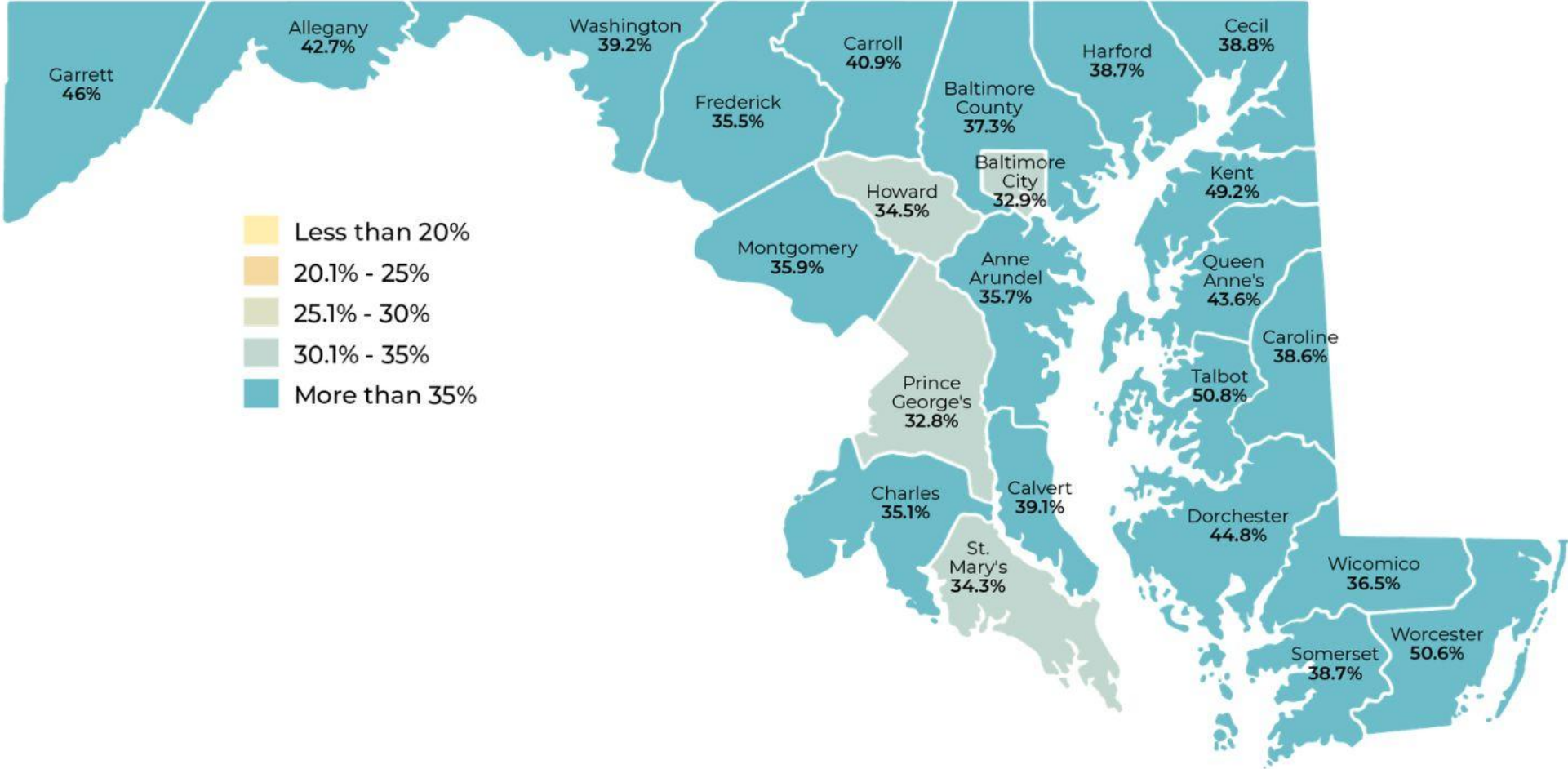
# Age 50+ Population Growth: 2000



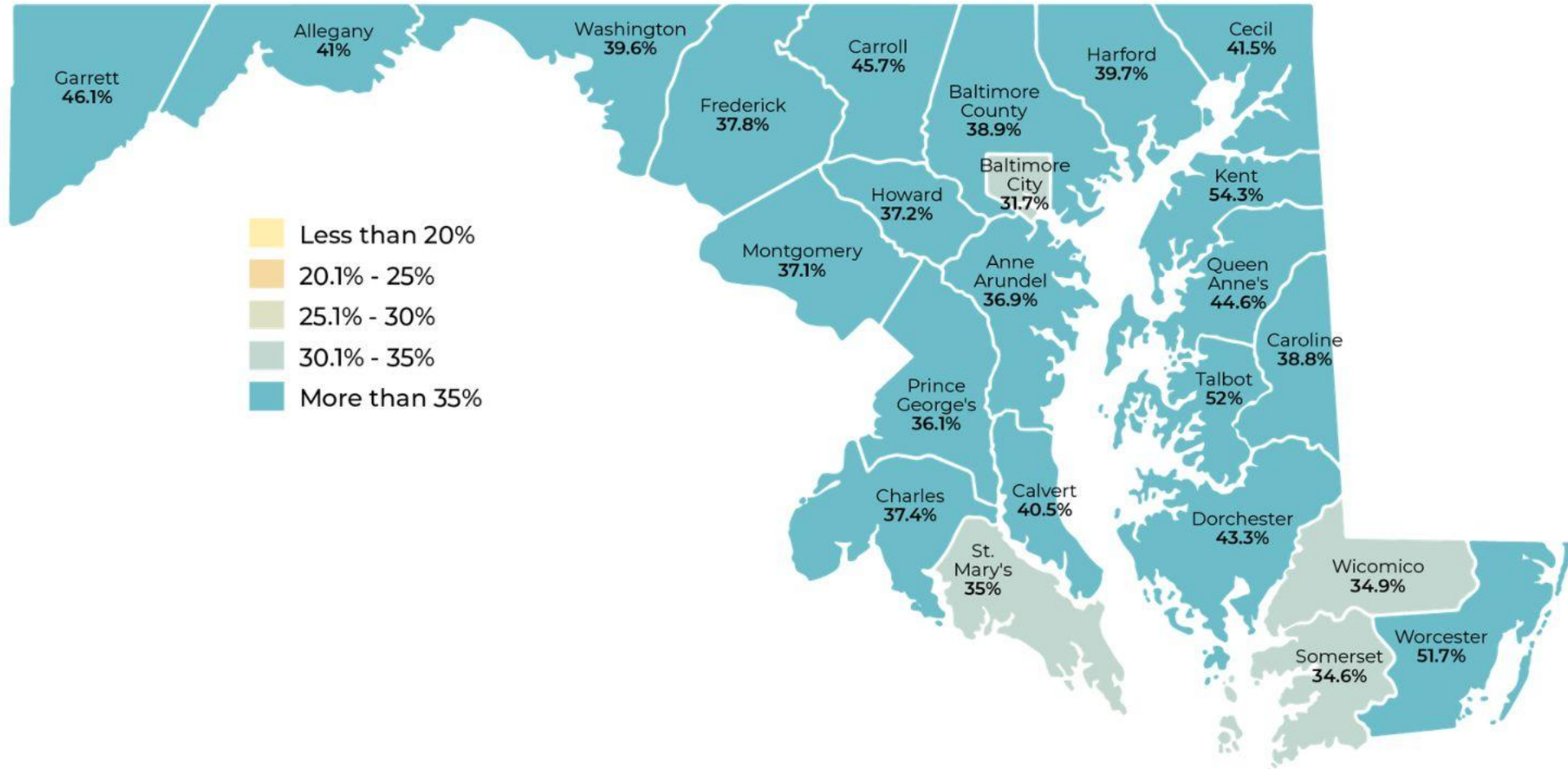
# Age 50+ Population Growth: 2010



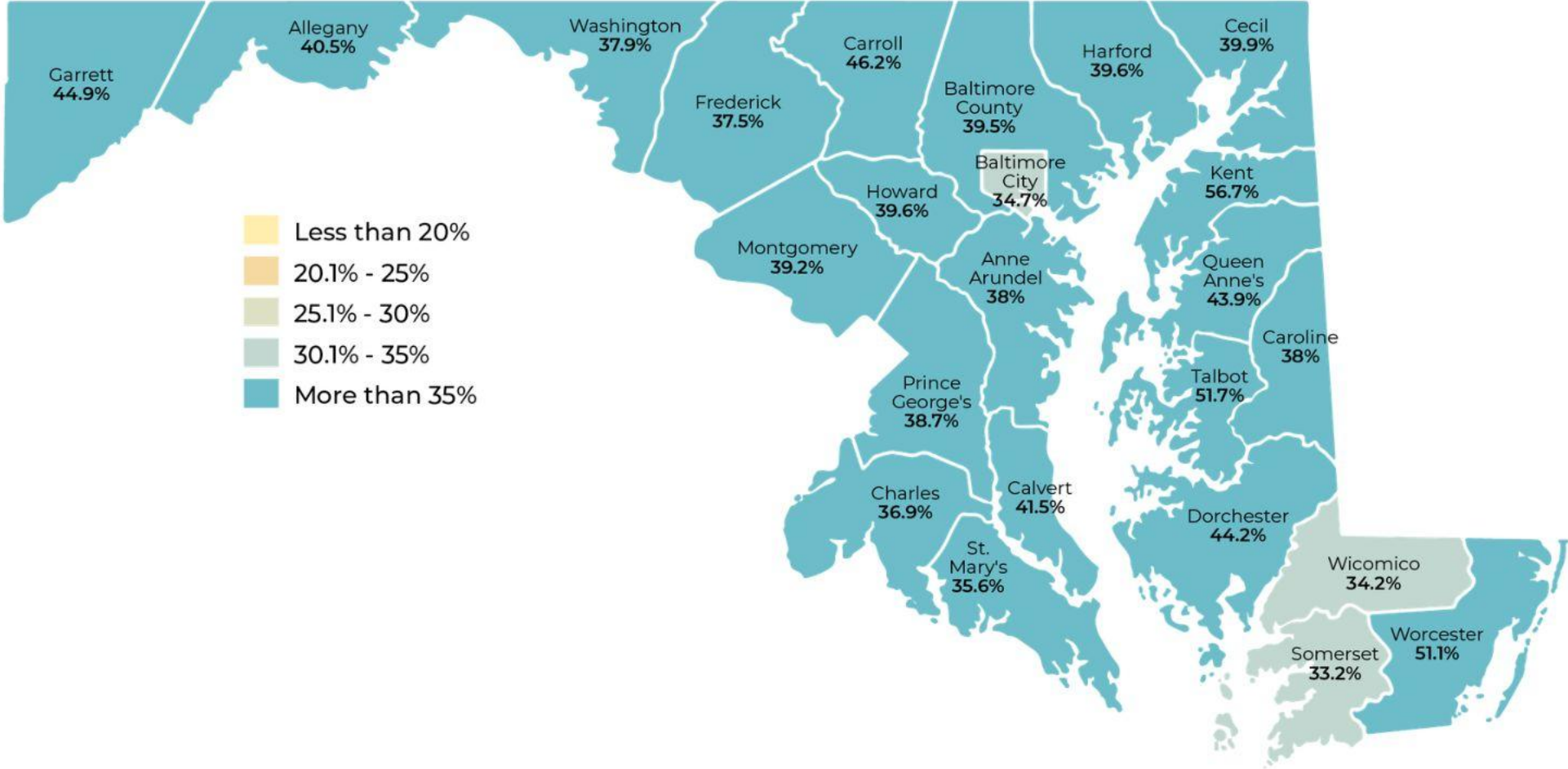
# Age 50+ Population Growth: 2020



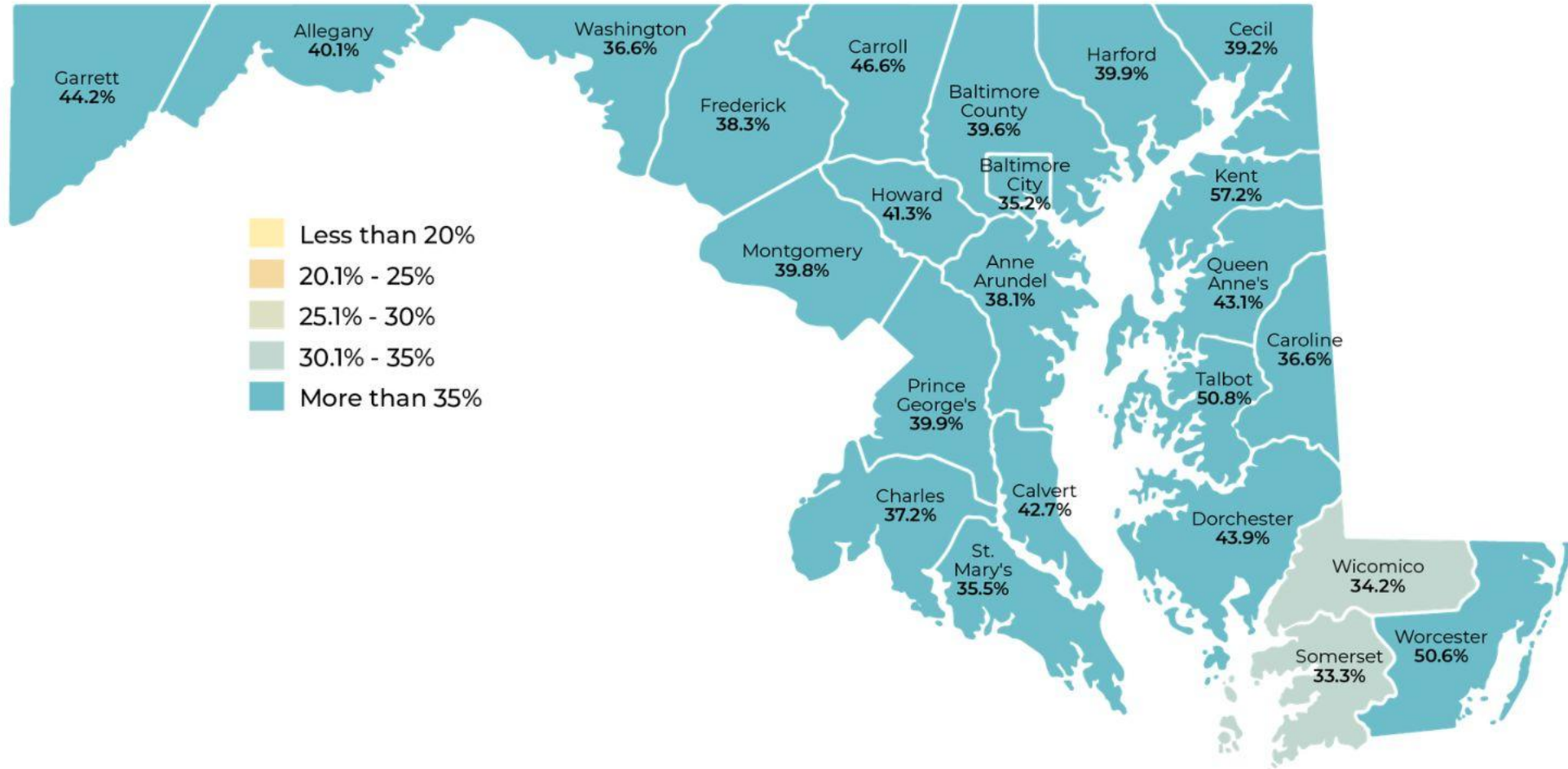
# Age 50+ Population Growth: 2030



# Age 50+ Population Growth: 2040



# Age 50+ Population Growth: 2050





Age: 10



Age: 16



# The Longevity Revolution: 1940 vs. Today

Metric	1940 (Historical)	Today/2026 (Current)
U.S. Life Expectancy	~63 years	~78.4 years (with many expected to live up to 100)
Population over 65 (Maryland)	~5% of total population	~25% of total population (projected by 2030)
Social Security Status	Newly enacted (1935); first monthly benefits began in 1940	Crucial income source; nearly 90% of retirees rely on it

Source: Centers for Disease Control and Prevention, National Center for Health Statistics  
<https://www.cdc.gov/nchs/products/databriefs/db548.htm>



The  
**John A. Hartford**  
Foundation



“It takes radical collaboration and intention to consider how we engage and collaborate across sectors to actively apply these concepts to benefit older adults in all settings.”

~Age Friendly Institute

# LRM in Action



**Housing:**  
MDOA, MDH, MDOD,  
& DHCD worked  
together on the 2024  
Housing & Services  
Partnership  
Accelerator



**Aging in Place:**  
HUD & Thome  
Foundation  
funding used to  
expand the  
CAPABLE model



**Access to  
Supports and  
Services:**  
Maryland Access  
Point modernized  
to provide a  
better “No Wrong  
Door” experience



**Caregiving:**  
Stabilize the care  
workforce and  
support family  
caregivers across  
agencies

## State Government

Leverage extensive programs, initiatives, and strategic plans of all state government agencies to support longevity.

## Philanthropy

Provide resources to support models, services, and programs that impact older adults, and convene multisector stakeholders in developing researched-based solutions that build capacity.

## Local Government & AAAs

Plan and implement services that impact the health, security, and wellbeing of residents.

## Advocacy Groups

Promote the rights of older adults, and create policy to protect older adults from scams, fraud, and other forms of victimization.

## Health Care Providers

Provide medical care across the lifespan to support healthier outcomes as we age, and advocating for patient care with insurance providers.

# Multisector Investment in the Full Life Span

## Business and Employers

Support a multigenerational workforce, providing older adults with opportunities to work, and create products and services for older adults in the community.

## Community-Based Organizations

Provide programs and supports that promote the health and wellbeing of older adults, keeping older adults connected to their communities, and serving as a gateway for other service referrals.

## Federal Government

Provide Medicare and Social Security benefits and Older Americans Act funding to states and AAAs.



**Maryland**  
DEPARTMENT OF AGING



LRM.Maryland.Gov  
Aging.Maryland.Gov

# THANK YOU!

## Stay Connected

### Social Media:

-  [facebook.com/MarylandAging/](https://facebook.com/MarylandAging/)
-  [linkedin.com/company/maryland-department-of-aging](https://linkedin.com/company/maryland-department-of-aging)
-  [twitter.com/MarylandAging/](https://twitter.com/MarylandAging/)
-  [instagram.com/marylandaging/](https://instagram.com/marylandaging/)
-  [youtube.com/c/MarylandDepartmentofAging](https://youtube.com/c/MarylandDepartmentofAging)