

PROFESSIONAL SPEAKING & PRESENTATION — P O R T F O L I O —

Advancing the Emerging Field of Aging in Recovery



Educating. Inspiring. Collaborating.

Building systems and communities that support older adults in long-term recovery.



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GilbertoCintron.com



AginginRecovery.com



NAHCS.nyc

A Message to Conference and Event Organizers

Across North America, millions of individuals are living longer than ever before in sustained recovery from substance use disorders. Many have maintained recovery for decades, rebuilding their lives, supporting families, contributing to their communities, and helping others find recovery.

Yet as this population grows older, an important question is beginning to emerge:

What happens when people in recovery grow old?

While addiction treatment systems have historically focused on helping individuals initiate and sustain recovery, far less attention has been given to the unique challenges that may arise as people age. Healthcare, aging services, long-term care, and recovery support systems often operate independently, leaving many individuals aging in recovery navigating complex life transitions without services specifically designed to preserve both independence and long-term recovery.

This emerging service gap presents important opportunities for healthcare organizations, aging service providers, social workers, recovery community organizations, policymakers, educators, researchers, and nonprofit leaders to begin shaping a new area of practice.

My presentations introduce audiences to the emerging field of Aging in Recovery by translating research, practice, and lived experience into practical strategies for organizations and professionals. Rather than focusing solely on challenges, each presentation explores opportunities for innovation, collaboration, and systems integration that can better support individuals as they age while preserving the recovery capital that has sustained them throughout long-term recovery.

Whether presenting at professional conferences, universities, healthcare organizations, recovery community organizations, or nonprofit events, my goal is to encourage meaningful dialogue, stimulate new thinking, and help organizations prepare for the demographic realities that are already beginning to reshape recovery services.

Thank you for considering the opportunity to bring this important conversation to your organization. I look forward to exploring how these ideas can contribute to your conference, educational program, or professional development initiative.

Gilberto Cintrón, LMSW

Founder, Never Alone Home Care Services, Inc.

Meet Gil

Gilberto "Gil" Cintrón, LMSW, is a licensed master social worker, author, educator, speaker, and nonprofit founder whose work focuses on a largely unrecognized challenge facing recovery and aging services today: supporting individuals who are aging in recovery from substance use disorders.



Over the course of his career, Gil has worked in behavioral health, substance use disorder treatment, public housing, immigrant services, and nonprofit leadership. These diverse experiences have shaped his understanding of how health, housing, community, and recovery intersect throughout the lifespan.

In recent years, Gil has devoted his professional work to advancing the emerging field of **Aging in Recovery**—an area that explores the unique opportunities and challenges experienced by individuals who have sustained long-term recovery as they grow older. His presentations encourage healthcare providers, social workers, aging service organizations, recovery community organizations, educators, policymakers, and nonprofit leaders to recognize this growing population and begin developing services that preserve both independence and long-term recovery.

Gil is the founder and president of **Never Alone Home Care Services, Inc. (NAHCS)**, a nonprofit organization established to promote recovery-informed aging in place for older adults in recovery. He also developed the **Aging in Recovery Residential Model (ARRM)**, a conceptual framework for recovery-informed residential care when aging in place is no longer feasible. Together, these initiatives reflect his commitment to building practical, person-centered models of care that bridge the gap between recovery support and aging services.

His work extends beyond nonprofit leadership. Gil has authored professional articles, developed educational publications and implementation guides, created training curricula, and produces educational content through the **Aging in Recovery** YouTube channel and podcast. His writing and presentations emphasize systems integration, recovery capital, dignity, independence, and the importance of preparing communities and service providers for the demographic realities of an aging recovery population.

Gil's goal is simple: to encourage conversations that lead to action. Through speaking, writing, education, and collaboration, he hopes to inspire organizations to recognize Aging in Recovery as an emerging field worthy of greater attention, innovation, and investment.

Toward a Field of Aging in Recovery

Defining Aging in Recovery

For decades, the fields of addiction treatment and recovery support have appropriately focused on helping individuals initiate recovery and sustain it over time. At the same time, aging services have concentrated on meeting the needs of older adults as they experience the physical, psychological, and social changes associated with later life.

Yet at the intersection of these two well-established areas lies a growing population that has received comparatively little attention: individuals who are aging after achieving sustained recovery from substance use disorders.

As increasing numbers of people enter older adulthood with years—and often decades—of recovery, new questions begin to emerge. How can recovery capital be preserved as people age? What happens when illness, reduced mobility, retirement, caregiving responsibilities, or the loss of friends begin to alter the routines and relationships that have supported long-term recovery? How should healthcare providers, aging services, recovery community organizations, and policymakers respond to the unique strengths and needs of this population?

Before these questions can be fully explored through research, education, policy, or service development, it is important to establish a clear understanding of what is meant by Aging in Recovery.

A Proposed Definition

Aging in Recovery is the lifelong process through which individuals who have achieved sustained recovery from substance use disorders experience the opportunities, transitions, and challenges associated with growing older while maintaining the recovery capital, relationships, routines, values, and supports that have sustained their recovery.

This definition recognizes that recovery is not a destination reached at the conclusion of treatment or after a certain number of years. Rather, recovery continues throughout the lifespan, evolving as individuals encounter the realities of aging, including retirement, chronic illness, changing family roles, bereavement, housing transitions, and increasing reliance on health and supportive services.

Why Definitions Matter

Every recognized field of practice begins with a shared understanding of the population it seeks to understand and serve. Clear definitions provide the foundation upon which research, education, policy, workforce development, service delivery, and systems innovation are built.

This portfolio does not suggest that Aging in Recovery is already a formally recognized field. Instead, it

presents the case that the intersection of aging and sustained recovery deserves greater recognition as a developing area of inquiry, collaboration, and professional practice. By defining the population and articulating its unique characteristics, it becomes possible to begin building the knowledge, partnerships, and service models needed to support individuals as they grow older while preserving the recovery that has transformed their lives.

Looking Ahead

If Aging in Recovery merits greater recognition, an important question naturally follows:

Why now?

What demographic, social, and systems changes make this conversation increasingly important? Why should healthcare organizations, aging service providers, social workers, recovery community organizations, educators, and policymakers begin preparing today?

The next chapter explores why Aging in Recovery deserves attention now and why the coming decades present an unprecedented opportunity to strengthen both aging and recovery systems through greater collaboration and innovation.

Why This Conversation Matters

A Growing Population at the Intersection of Aging and Recovery

Advances in addiction treatment, recovery support, healthcare, and public health have made it possible for increasing numbers of individuals to achieve and sustain long-term recovery from substance use disorders. At the same time, improvements in healthcare and living conditions have contributed to longer life expectancy, creating a demographic reality that previous generations rarely experienced: large numbers of people are now growing older while maintaining years—and often decades—of recovery.

This remarkable achievement represents one of recovery's greatest success stories. Yet it also presents new questions that existing systems were not designed to answer.

Historically, addiction treatment and recovery support services have focused on helping individuals initiate and sustain recovery. Aging services, healthcare systems, and long-term care providers have concentrated on addressing the needs associated with growing older. While both systems play essential roles, they have largely developed independently, leaving relatively little attention focused on the unique intersection where aging and long-term recovery meet.

As individuals age, the recovery capital that has supported long-term recovery may also begin to change. Retirement can alter daily routines. Chronic health conditions may limit mobility and independence. Family roles evolve. Friends and sponsors may become ill or pass away. Transportation may become more difficult. Social networks may shrink. These changes do not diminish recovery, but they may require new forms of support to help individuals preserve the stability, purpose, relationships, and community connections that have sustained recovery over many years.

Rather than viewing these realities as problems alone, they should also be recognized as opportunities. Healthcare organizations, aging service providers, recovery community organizations, social workers, educators, policymakers, researchers, and nonprofit leaders all have an opportunity to work together in developing more integrated, recovery-informed approaches that recognize both the strengths and the evolving needs of individuals aging in recovery.

The conversation is no longer simply about helping people achieve recovery. It is increasingly about ensuring that recovery can continue to flourish throughout later life.

Looking Ahead

Recognizing the importance of Aging in Recovery naturally leads to another question:

How can organizations begin preparing for this emerging area of practice?

The following chapter introduces the signature presentations designed to help professionals, organizations, and communities better understand Aging in Recovery and begin translating these concepts into education, policy, and practice.

Signature Presentations

Engaging Audiences in the Conversation on Aging in Recovery

The following presentations introduce organizations and professionals to the emerging concepts, service implications, and opportunities associated with Aging in Recovery. Drawing upon research, professional practice, and lived experience, each presentation is designed to encourage thoughtful discussion while providing practical ideas that participants can apply within their own organizations and communities.

Presentations may be delivered as keynote addresses, conference workshops, continuing education programs, webinars, panel discussions, or organizational training sessions. Content can also be customized to address the interests and educational needs of specific audiences.

The Invisible Cohort: Aging in Recovery and the Emerging Service Gap

Overview

Introduces the concept of Aging in Recovery, examines the demographic forces contributing to this growing population, and explores the service gap that exists at the intersection of aging and long-term recovery.

Ideal Audiences

Social workers • Healthcare professionals • Recovery community organizations • Aging service providers • Nonprofit organizations • Policymakers

Recovery Capital Across the Lifespan

Overview

Examines how recovery capital evolves throughout later life and identifies practical strategies for preserving the personal, social, community, and environmental resources that sustain long-term recovery.

Ideal Audiences

Recovery professionals • Social workers • Behavioral health providers • Healthcare organizations • Universities

Recovery-Informed Aging in Place

Overview

Explores how home care, aging services, and community-based supports can better preserve recovery while promoting independence, dignity, and quality of life for individuals aging in recovery.

Ideal Audiences

Home care agencies • Aging service providers • Healthcare organizations • Long-term care professionals • Family caregivers

Technology as Recovery Capital

Overview

Explores how digital literacy, telehealth, virtual recovery meetings, online communities, and assistive technologies can strengthen recovery capital while reducing social isolation and improving access to

support.

Ideal Audiences

Healthcare organizations • Recovery organizations • Social workers • Aging service providers • Technology innovators

Building Recovery-Informed Systems

Overview

Examines opportunities for collaboration among healthcare organizations, aging services, recovery community organizations, educators, nonprofit leaders, and policymakers to develop integrated, recovery-informed models of care.

Ideal Audiences

Healthcare executives • Nonprofit leaders • Government agencies • Universities • Professional associations • Policy leaders

Presentation Formats

Presentations are available in multiple formats, including:

- Conference keynote presentations
- Conference workshops
- Continuing education (CE) programs
- Organizational training sessions
- University lectures and guest presentations
- Webinars and virtual presentations
- Panel discussions

Looking Ahead

While each presentation has been developed for broad interdisciplinary audiences, certain professions and organizations may benefit more directly depending upon their roles and responsibilities. The next chapter highlights the audiences for whom these presentations have been specifically designed and the unique value each can gain from participating in the conversation on Aging in Recovery.

Who Benefits from These Presentations

Designed for Diverse Professional Audiences

Although Aging in Recovery has traditionally been viewed through the lens of addiction treatment, its implications extend far beyond recovery services alone. The challenges and opportunities associated with aging in long-term recovery affect multiple professions and service systems, making interdisciplinary collaboration essential.

These presentations have been developed to help organizations better understand the unique needs, strengths, and opportunities associated with Aging in Recovery while encouraging practical dialogue across professional disciplines.

Healthcare Organizations

Explore how recovery-informed approaches can improve care planning, patient engagement, continuity of care, and quality of life for individuals aging in recovery.

Aging Service Providers

Examine how traditional aging services can become more responsive to the unique experiences of older adults who have sustained long-term recovery.

Social Workers

Consider the evolving role of social work in supporting recovery throughout later life while strengthening interdisciplinary collaboration across healthcare, aging, and behavioral health systems.

Recovery Community Organizations

Explore how recovery support services can evolve to better address aging-related transitions while preserving recovery capital and long-term community connection.

Home Care and Long-Term Care Providers

Learn how recovery-informed practices can strengthen person-centered care, preserve dignity, and support independence for individuals aging in recovery.

Universities and Professional Education Programs

Introduce students and professionals to Aging in Recovery as a developing area of study while encouraging future research, education, and workforce development.

Government Agencies and Policymakers

Examine emerging demographic trends, service gaps, and opportunities for policy development that promote healthier aging while supporting long-term recovery.

Nonprofit Organizations and Community Leaders

Identify opportunities for collaboration, innovation, and community partnerships that strengthen services for individuals aging in recovery.

Looking Ahead

Understanding who can benefit from these presentations naturally raises another question:

What work has already been done to advance this conversation?

The next chapter highlights publications, professional articles, educational resources, and other contributions that have helped shape the ongoing dialogue surrounding Aging in Recovery.

Publications and Educational Contributions

Building the Conversation on Aging in Recovery

Advancing a new area of professional practice requires more than identifying an unmet need. It also requires developing ideas, sharing knowledge, encouraging dialogue, and creating practical resources that help organizations translate concepts into action.

My work has focused on building this conversation through professional writing, educational publications, training resources, conference presentations, and public education. Together, these efforts seek to increase awareness of Aging in Recovery while encouraging greater collaboration among healthcare providers, aging services, recovery community organizations, educators, researchers, nonprofit leaders, and policymakers.

The following publications and educational resources represent milestones in that ongoing effort.

Professional Articles

- **Aging in Recovery: The Invisible Cohort** (*NASW–NY Currents*)
- Professional articles published through **GilbertoCintron.com**
- Ongoing thought leadership exploring Aging in Recovery, recovery-informed care, workforce development, technology, and systems integration.

Educational Publications

- **Never Alone Home Care Services, Inc. Blueprint & Implementation Guide**
- Recovery-Informed Home Care Training Curriculum
- Policy and Procedure Manual
- White papers and educational publications supporting the development of Aging in Recovery.

Educational Resources

- Conference presentations
- Continuing education programs
- Organizational training materials
- Educational infographics
- Professional speaking portfolio

Continuing Development

This body of work continues to evolve through ongoing writing, professional presentations, educational media, and collaboration with organizations interested in advancing Aging in Recovery as an area of research, education, policy, and professional practice.

Looking Ahead

Publications and presentations help introduce new ideas, but lasting change requires organizations willing to translate those ideas into practice.

The next chapter introduces **Never Alone Home Care Services, Inc. (NAHCS)**—the nonprofit organization established to explore recovery-informed models that support individuals aging in recovery.

Never Alone Home Care Services, Inc.

Translating Ideas into Practice

Ideas have the greatest impact when they move beyond discussion and begin informing real-world practice. Recognizing the growing needs of individuals aging in recovery, I founded **Never Alone Home Care Services, Inc. (NAHCS)** as a nonprofit organization dedicated to exploring recovery-informed approaches that help older adults remain safely connected to their homes, their communities, and the recovery supports that have sustained them throughout their lives.

NAHCS was established in response to a simple but important question:

How can aging services better support individuals whose long-term recovery has become an essential part of who they are?

Rather than creating traditional home care services, the organization seeks to demonstrate how recovery-informed principles can be thoughtfully integrated into aging services while preserving dignity, independence, purpose, and recovery capital.

A Recovery-Informed Vision

The mission of NAHCS is to encourage collaboration among healthcare providers, aging service organizations, recovery community organizations, educators, researchers, and policymakers to develop practical approaches that recognize both the strengths and evolving needs of individuals aging in recovery.

This work extends beyond direct services. It includes education, workforce development, public awareness, community partnerships, and the development of innovative models that bridge the gap between aging services and long-term recovery support.

The Aging in Recovery Residential Model (ARRM)

As part of this work, I developed the **Aging in Recovery Residential Model (ARRM)** as a conceptual framework for recovery-informed residential care when aging in place is no longer feasible.

ARRM recognizes that preserving recovery requires more than meeting physical care needs. It emphasizes the importance of maintaining recovery capital, meaningful routines, peer connection, purpose, and opportunities for continued participation in recovery-supportive communities throughout later life.

Together, NAHCS and ARRM represent complementary efforts to explore how recovery-informed principles can strengthen both community-based and residential models of care.

Looking Ahead

Building organizations and developing new models of care are only part of the effort to advance Aging in Recovery. Equally important is sharing these ideas through education, public awareness, and ongoing professional dialogue.

The next chapter highlights the educational platforms, media resources, and public outreach efforts that continue to expand the conversation on Aging in Recovery.

Media and Educational Outreach

Advancing the Conversation

Building a new area of professional practice requires more than research and conference presentations. It also depends upon creating opportunities for ongoing education, interdisciplinary dialogue, and public awareness.

To help advance the conversation on Aging in Recovery, I regularly develop educational content designed to reach professionals, individuals in recovery, family members, caregivers, students, nonprofit leaders, and others interested in the intersection of aging and long-term recovery.

Educational outreach currently includes:

- Professional speaking engagements
- Conference workshops
- Continuing education programs
- Educational articles and publications
- YouTube educational videos
- Spotify podcast episodes
- Interviews and public discussions
- Professional websites and online educational resources

Together, these efforts are intended to encourage continued dialogue, stimulate new thinking, and promote greater collaboration among healthcare organizations, aging service providers, recovery community organizations, educators, researchers, and policymakers.

Looking Ahead

Thank you for taking the time to review this portfolio.

If your organization would like to continue the conversation through a keynote presentation, workshop, educational program, or collaborative initiative, I invite you to connect using the contact information provided on the following page.

Let's Continue the Conversation

Thank you for taking the time to review this **Speaking & Presentation Portfolio**.

If your organization is interested in exploring the emerging field of Aging in Recovery, I would welcome the opportunity to discuss a keynote presentation, conference workshop, continuing education program, webinar, panel discussion, or other speaking engagement.

Request a Speaking Engagement



Scan to submit a speaking engagement request

Connect With Gil

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Professional Platforms

www.gilbertocintron.com

Professional profile, publications, articles, and thought leadership exploring Aging in Recovery, social work, and nonprofit innovation.

www.aginginrecovery.com

The public platform for the Aging in Recovery initiative, featuring educational videos, podcast episodes, speaking opportunities, and opportunities to share lived experiences.

www.nahcs.nyc

The official website of Never Alone Home Care Services, Inc., advancing recovery-informed models that support individuals aging in recovery.

LinkedIn

<https://linkedin.com/in/gilbertocintron>

Professional profile, career experience, publications, and networking within the social work, aging, and recovery communities.