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Lisa Mayfield founded Aging Wisdom® in 2003. She is trained and licensed as a mental health counselor, geriatric mental health specialist, and is a certified Aging Life Care Professional. Lisa brings over two decades of experience supporting and finding hope for individuals and families impacted by Alzheimer's disease and related dementias. She is a trained mediator and helps families find common ground when they might not agree on the best approach to supporting their aging parents. Lisa has a passion for helping baby boomers navigate unexpected health changes and proactively plan for their future.

As a member of the Aging Life Care Association (ALCA) and Past President, Lisa has met stringent education, experience, and certification requirements and adheres to a strict code of ethics and standards of practice. She currently Chairs the ALCA Conduct Review committee. Lisa is also an award-winning care manager and a Fellow in the Leadership Academy of ALCA.

Lisa is committed to supporting the Seattle community. She is Past President of the Rainier Club Board of Trustees, is a long-time member of Seattle 4 Rotary as well as the Washington Women's Foundation. When not working, Lisa strives for balance through traveling, yoga, Pilates, walks, aerial yoga (she has a secret desire to one day run away and join Cirque du Soleil!), and spending time with family and friends.