Dr Lis Boulton is Health & Care Policy Manager, in the Charity Influencing Division at Age UK. She has 27 years’ experience in providing and commissioning health and social care services in London and West Yorkshire, and has been Chair of the Board of the local charity Age UK Calderdale & Kirklees for the last five years. Lis is also a Trustee for Calderdale Carers, an organisation supporting unpaid carers. She has 11 years’ experience as an academic researcher, working in the Healthy Ageing Research Group at the University of Manchester. She has published extensively on falls prevention and the importance of physical activity for healthy ageing. Her most recent academic post, in the NIHR Policy Research Unit for Older People and Frailty, included research into frailty and end of life, alongside work on digital access to services, and remote support for people experiencing social isolation and loneliness. Lis joined Age UK in October 2021, but remains involved in healthy ageing research with the University of Manchester.