

Becoming Age-Friendly: A State-Level Approach



Presented by:

Mark Kissinger, Special Advisor to the Commissioner
of Health, New York State Department of Health

Robin Lipson, Deputy Secretary, Massachusetts
Executive office of Elder Affairs

Hayley Gleason, Older Adult Policy Advisor
Department of Health Care Policy & Financing



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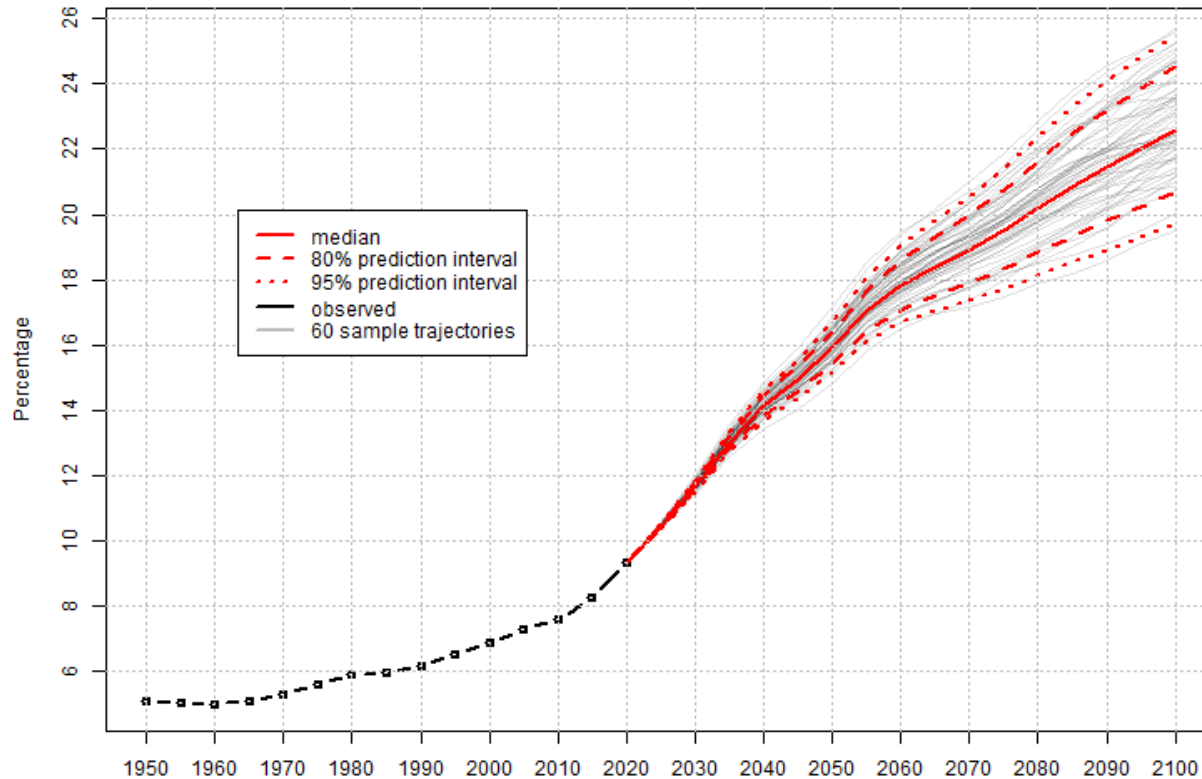


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Of Elder Affairs

Presentation Overview

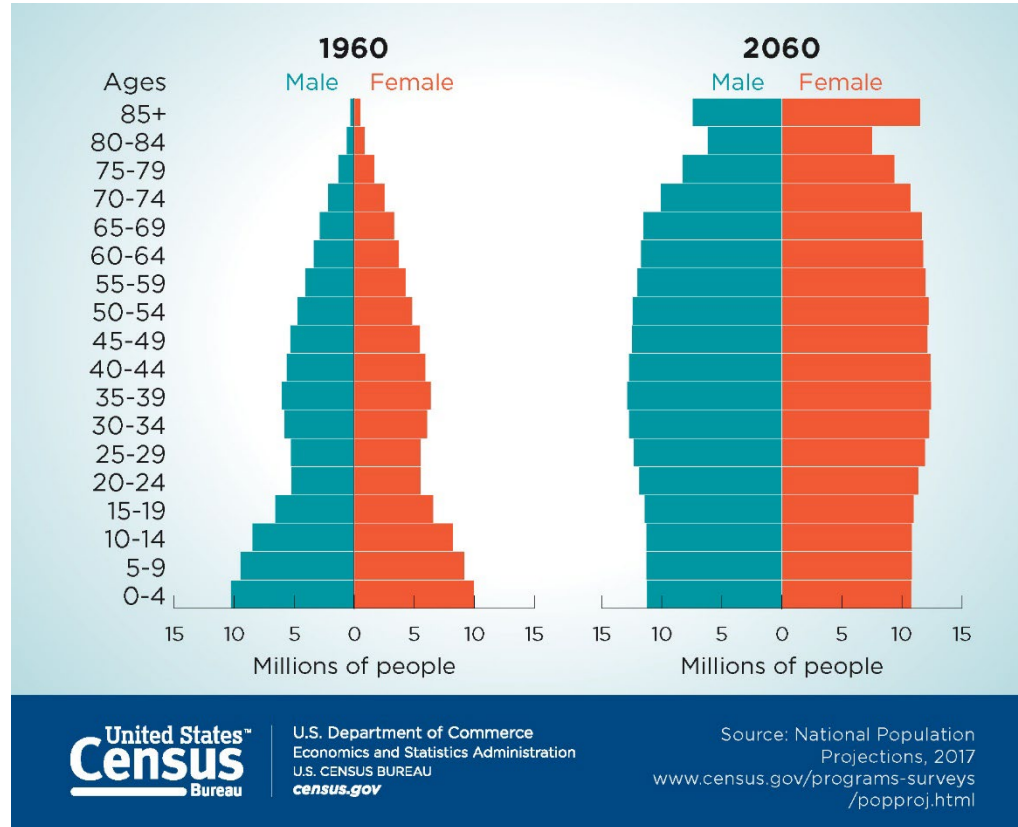
- »» Introduction to Age-Friendly and Livable Communities
- »» State Overview
 - New York
 - Massachusetts
 - Colorado
- »» Discussion and Questions

Percent of the Global Population 65 and over



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United Nations, DESA, Population Division. *World Population Prospects 2019*. <http://population.un.org/wpp/>

U.S. Population Change, 1960 and 2060



Global and U.S. Organizations: Age-Friendly & Livable Communities

World Health Organization- Age-Friendly World

AARP- Age-Friendly Network

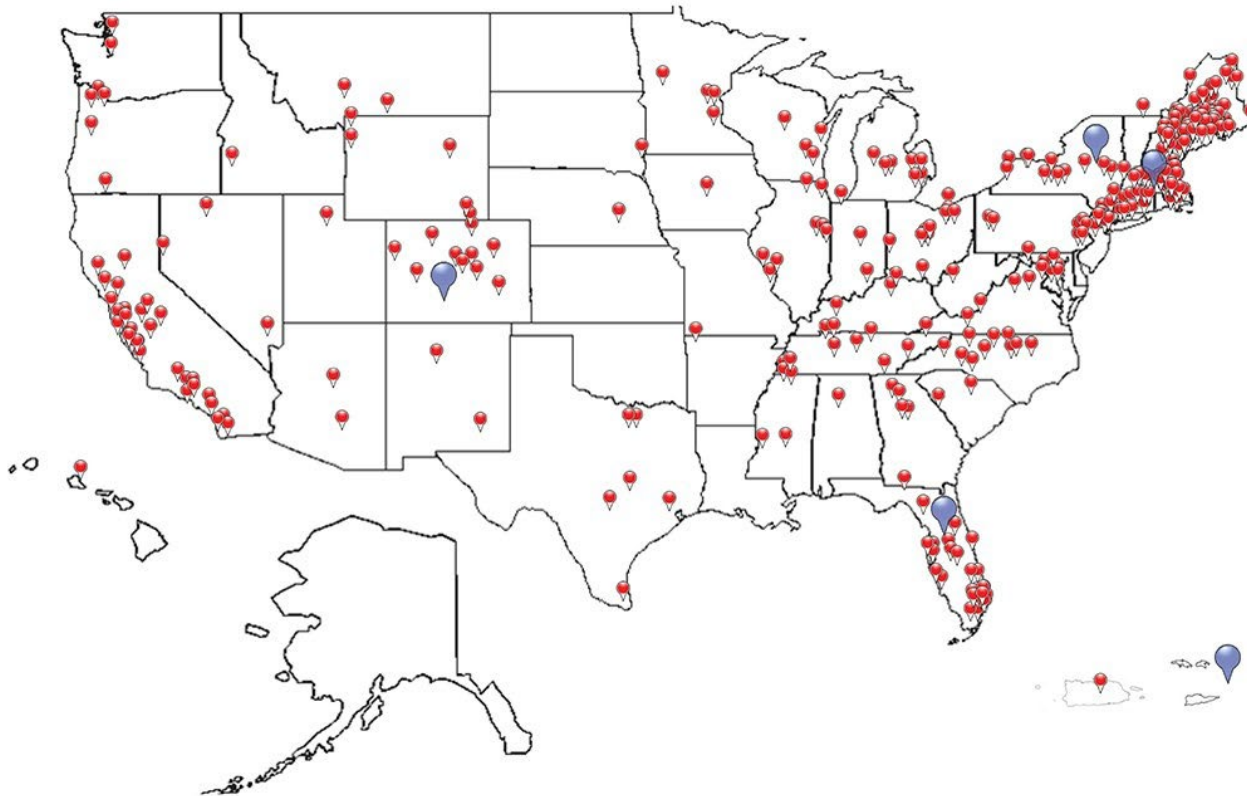
National Association for Area Agencies on Aging (N4A)- Livable Communities

Funders: Grant Makers in Aging, Robert Wood Johnson, Tufts Health Plan, Pfizer Foundations

Domains of Livability



AARP Age-Friendly Network of States & Communities



NY•MA•CO

AGE-FRIENDLY STATES



Department
of Health

Mark Kissinger

Special Advisor to the Commissioner of Health, New York State
Department of Health

NEW YORK

Context

- Using the State's [Prevention Agenda](#) as the overarching framework, the Governor launched a [Health Across All Policies](#) approach, where health and non-health related State agencies work together to take into account how policies and programs can positively impact public health. This approach is broad-based and inclusive of community partners, local government, and philanthropy and benefits New Yorkers of all ages in all geographic areas.
- In his 2017 State of the State address, Governor Cuomo directed State agencies to employ a more proactive and interactive approach to improve New York's overall population health and become the healthiest state in the country. This includes making New York the first age-friendly state in the country.

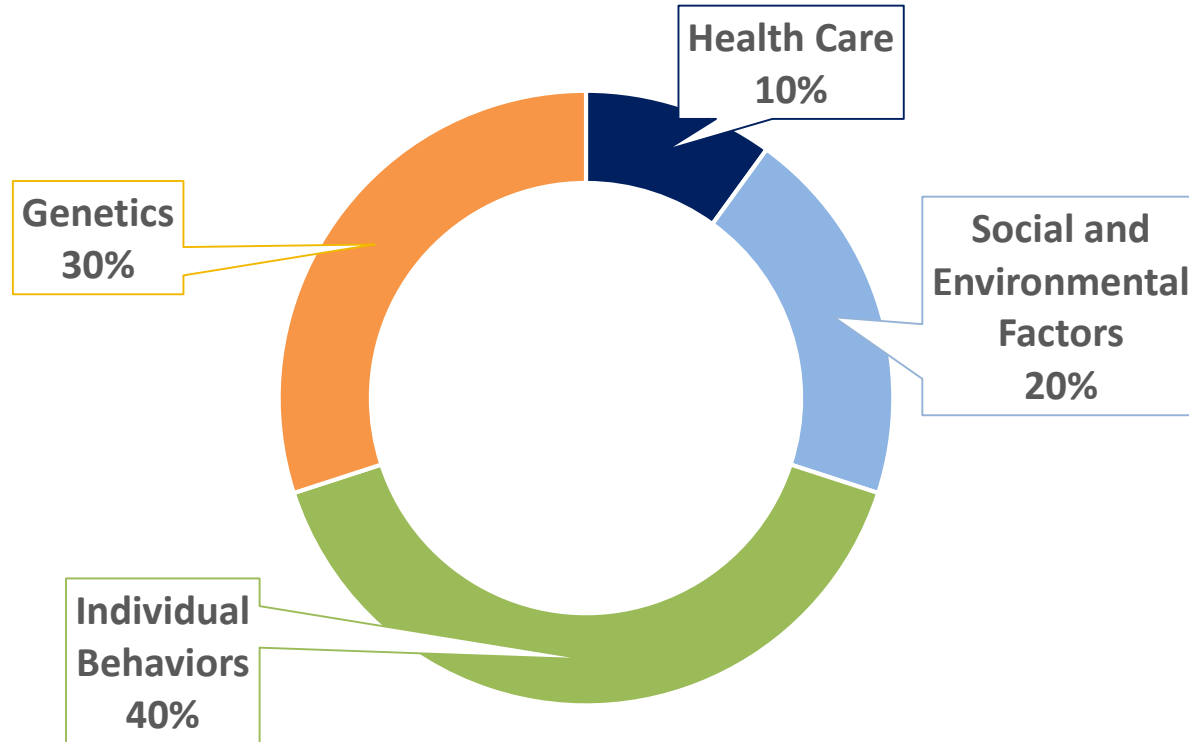
Health Across All Policies (HAAP)

The Goals of HAAP include:

- Consideration of how policies, programs, and initiatives may support being the first age friendly state in the nation.
- Design and implement multi-agency projects supporting population health and healthy aging.
- Incorporating public health metrics into the New York State Department of Health's Prevention Agenda.
- Implement system-wide mechanisms for state agencies to embed Health Across all Policies, age friendly, and healthy aging into all aspects of our government work.

What Determines Health?

Impact of Different Factors on Risk of Premature Death



Health in All Policies: A multi-sector approach to improving health



The New York Academy of Medicine, 2016.

Governor's Actions

- Building on the State's age-friendly strategies, the Governor has continued to promulgate a series of policies preparing for the emerging needs of a growing aging population, including:
 - Issuing Executive Order #190, which directs all State agencies to consider the impact of their policies and procurements on health and healthy aging, aligned with the eight domains of an age-friendly community.
 - Setting a goal of making 50 percent of all health systems in the State age-friendly by 2023, including the establishment of age-friendly emergency rooms better equipped to provide care to aging New Yorkers with cognitive and other physical disabilities.

Examples of Achievements Supporting the Governor's Goals and Vision

- Since signing the Complete Streets Act, 12 counties and more than 100 villages, towns, and cities have adopted Complete Streets policies to consider the safe, convenient access and mobility of all roadway users of all ages and abilities.
- As part of the Downtown Revitalization Initiative, New York State has awarded three rounds of \$10 million to 10 downtown areas per round, prioritizing awards to municipalities that have age-friendly policies in place.

Centers of Excellence & LTC Planning Project

- The New York State Office for the Aging, in partnership with the Department of State, the Department of Health, the Health Foundation of Western and Central New York, and the New York Academy of Medicine, will fund 10 Centers of Excellence (COE) to: replicate the State's Executive Order at the county level; sign on to be a certified age-friendly community; or a combination of both. The partnership will include learning collaboratives for grantees and the creating of Age Friendly Regional COEs to work with other communities interested in pursuing age-friendly policies and programs.
- Launching a Long Term Care Planning Project to examine New York's aging and long-term care system and analyze, evaluate, and identify existing service gaps, and prepare a strategic plan on meeting the emerging needs of New York's aging population over the next decade.

- Ten regional Sustainable Development and Collaborative Governance conferences were held in 2017 to discuss the benefits of sustainable community planning and certification as an age-friendly community.
- The National Network of Public Health Institutes recognized the Health Across All Policies/Age Friendly NY initiative with its 2019 Public Health Innovation Award. The award is given for an out-of-the-box solution resulting in new approaches, scalable ideas and ways of working together.

NY State Demographic Trends

New York State		
62 Counties		
Change in Population Aged 60 and Over		
2010 to 2020		
Proportion of County Population Aged 60 and Over	Number of Counties with Specified percent of Older Persons	
	2015	2025
Less than 20%	7	5
20% to 24%	41	6
25% to 29%	12 →	33
30% and over	2 →	18

Moving Forward

- 12 State Agencies working on HAAP initiative and Healthy Aging
- Agencies identified existing and proposed State-level initiatives that support HAAP and Healthy Aging
- Increase local level participation to realize added impact of collaborative local agency actions that support Health across all Policies, Healthy Aging and Smart Growth principles.

Moving Forward

- Age Friendly RFA – provide funding in each of 10 Regional Economic Development Council regions to sign on to become certified age friendly, replicate age friendly executive order, or both.
 - Develop statewide learning collaborative to provide technical assistance and training to grantees and to regional age friendly centers of excellence.
 - Applications are due 8/31/19.
 - Contract tentatively slated to start 2/1/20.

THANK YOU

Mark L. Kissinger

Special Advisor to the Commissioner of Health

Mark.Kissinger@health.ny.gov

(518) 402-5673



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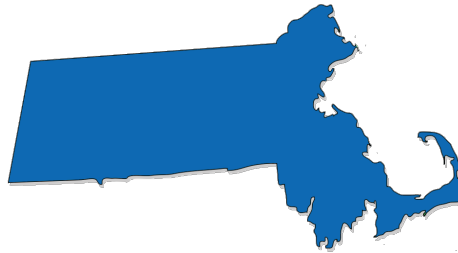
Robin Lipson

Deputy Secretary, Massachusetts Executive Office of Elder Affairs

MASSACHUSETTS

Massachusetts: A Snapshot

- ✓ Governor Baker established a first in the nation **Council to Address Aging in Massachusetts** (April 2017)
- ✓ Massachusetts **Healthy Aging Data Reports** provide a valuable resource for communities interested in pursuing age and dementia friendly initiatives
- ✓ Massachusetts become the second state to join AARP's Network of **Age-Friendly States** and Communities (January 2018)



- ✓ There are over **200 communities** pursuing age or dementia friendly initiatives across the Commonwealth
- ✓ The Commonwealth invests more **resources in community based care** than institutional settings programs
- ✓ There are deliberate efforts to **integrate age and dementia friendly** across the Commonwealth

ReiMAging Aging: A Movement

2008: Tufts Health Plan Foundation founded with a focus on healthy aging

2012: Tufts Health Plan Foundation partners with UMass Boston to produce Healthy Aging Data Report and MHAC is officially launched

2015: Age-Friendly MA Summit with 400 thought leaders

2017: AARP launches Community Challenge to fund local Age Friendly work

2017: Start of Age-Friendly Universities and Health Systems in MA

2017: Governor's Council to Address Aging in MA established under Executive Order 576

2018: Governor's Council to Address Aging in MA releases blueprint recommendations

10+ Years in the Making

2011: First Memory Café in Massachusetts meets in Marlborough

2014: Dementia Friendly Massachusetts launched

2014: Three Massachusetts communities join Age-Friendly Network (AARP or WHO)

2015/2016: LGBT Aging Commission and Elder Economic Security Commission submit reports

2017: Governor Baker is the first Governor in MA to discuss aging in the State of the Commonwealth

2018: MA receives AARP Age-Friendly State Designation

2019: MA submits *ReiMAging Aging*, the Commonwealth's Age-Friendly Action Plan to AARP

Governor Baker's Challenge



“We need to think differently about aging in Massachusetts. This isn’t just about acknowledging a shift in demographics; it’s about being intentional in our planning to ensure that those who grew up here, raised families and built communities, can continue to contribute their energy experience and talents where they live and make Massachusetts the most age-friendly state.”

– Governor Charles D. Baker, 2018 –

Framework

Aspirational Future State

All Massachusetts communities are considered age-friendly

Aging is considered an asset and is embedded in all policies

Massachusetts is the Silicon Valley of innovation in aging and exports knowledge and services

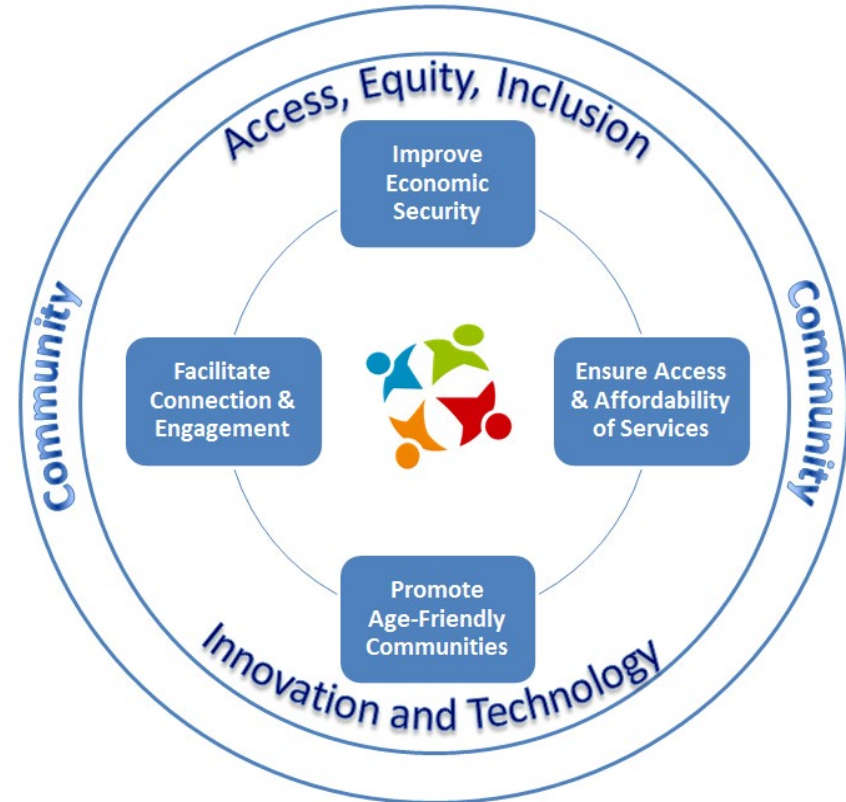
Continuum of long-term care services is reimagined and integrated

People of all ages have access to health and social supports and disparities are reduced

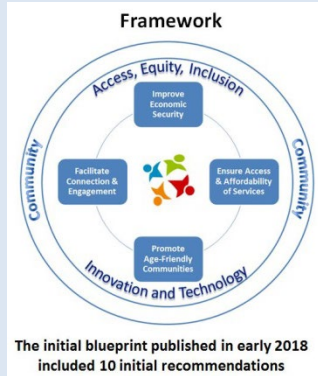
People proactively plan for a 100-year life

Residents have the resources to live a meaningful life in the community they choose

Framework



Recommendations



Initial Blueprint

Recommendations aligned to the four areas of the framework, including **other big opportunities** related to reframing aging, amplifying cross-sector collaboration, and harnessing the longevity economy

Caregiving

Employment

Housing

Transportation

Innovation and Technology

Workgroups

Recommendations specific to workgroup topic, including **targeted opportunities** to address challenges in caregiving, employment, housing and transportation



Compiled Recommendations:

28 recommendations with **67** action steps; all aligned to the framework introduced in the blueprint



Age-Friendly Massachusetts

Community-Led Age and Dementia Friendly Efforts



Age-Friendly Businesses

Dementia Friendly Massachusetts



Feedback and Input from Stakeholders



Massachusetts Healthy Aging Collaborative (MHAC and Multicultural Coalition on Aging)



Governor's Council to Address Aging in Massachusetts



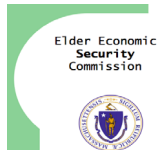
Cross-Sector Partnerships and Collaboration



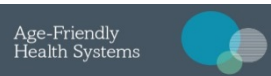
Input from 500+ Residents Across Massachusetts



State Commissions on Issues Critical to Older People



Sector-Specific Age-Friendly Initiatives



ReiMagine Aging:

Planning Together to Create an Age-Friendly Future for Massachusetts

ReiMagine Aging:

Age-Friendly Action Plan

Mission

To amplify, align, and coordinate local, regional, and statewide efforts to create a welcoming and livable Commonwealth as residents grow up and grow older together.

Vision

Aging in Massachusetts is reimagined.

The Commonwealth is an accountable partner in supporting communities, embedding aging in all policies, and empowering residents with opportunities to age meaningfully in the communities of their choice.

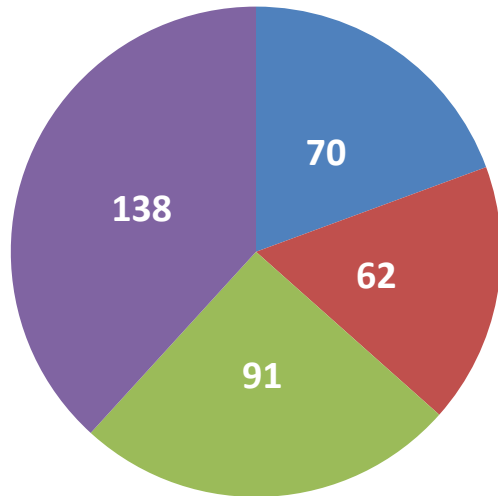
Goals

1. Deepen Community Initiatives
2. Promote Information and Communication
3. Reframe Aging
4. Embed Aging in Policy and Practice
5. Improve Economic Security
6. Create Sustainability

Community Initiatives

Age-Friendly Municipalities in Massachusetts

Updated July 2019



■ Active ■ Emerging ■ Informed ■ Opportunity

*Active, Emerging, Informed and Opportunity represent status of Age-Friendly according to the Massachusetts Healthy Aging Collaborative (MHAC)

Dementia Friendly Massachusetts



- ✓ Over 160 cities and towns in Massachusetts are engaged in dementia friendly activities

Memory Cafés in Massachusetts



- ✓ 110 Memory Cafés across Massachusetts to support individuals living with dementia and their caregivers



- ✓ 17 active Villages in Massachusetts and 12 Villages in development

Progress: Highlights Across MA

Dementia Training and Awareness

Topsfield Fair trained volunteers as dementia friends and Purple Table awareness is growing



Community Compacts

Age and Dementia Friendly best practices added to Community Compact Program



Transportation and Built Environment

MBTA and local communities make improvement to bus stops to increase ridership



Village Movement

17 active Villages and 12 Villages in development. Northampton Neighbors grew from 0 members to 600 in a year.



Technology and the Longevity Economy

Aging2.0 to bring innovation conference to MA and creation of startup work space



Reframing in Action

Boston's Age Strong Commission and Tufts Health Plan Foundation commitment to reframing



Business Involvement

Boston, Brookline and Salem designated local businesses as Age and Dementia Friendly



Advice Moving Forward

- ✓ Leverage the commitment to **align other sectors** (private, not-for-profit, academia, and philanthropy) around shared priorities
- ✓ Gain consensus to **embed aging** in all policies
- ✓ Work outside of the aging and health and human services **silos**
- ✓ Take on the opportunity to **eliminate ageism** and ageist language
- ✓ Designate and invest in a **backbone organization**
- ✓ Listen to **communities** and honor the voices of older adults and family caregivers in this work
- ✓ Allocate resources to under-resourced and **diverse communities**
- ✓ Agree to **avoid duplication** of tools, resources, and information platforms
- ✓ **Leverage collaborations** and partnerships at state, local and regional levels and across domains/sectors
- ✓ Set **clear goals** and **measure outcomes**

THANK YOU

Robin Lipson

Deputy Secretary

Executive Office of Elder Affairs

Robin.Lipson@state.ma.us

 @Mass_EOEA



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Policy & Financing

Hayley Gleason

Older Adult Policy Advisor, Department of Health Care Policy & Financing

COLORADO



Lifelong
Colorado

Becoming an Age-Friendly State

- Launched in 2018 by Governor Hickenlooper
- Designed as a partnership between the state, local communities, and allied organizations



“Lifelong Colorado is a bottom-up inclusive strategy that will build on existing efforts and support livable communities for people of all ages”

Expansion of Aging Efforts

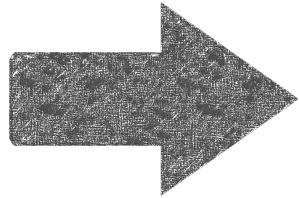
Boomer Bond Communities

Age-Friendly Communities

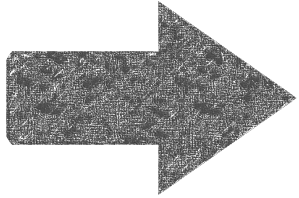
Strategic Action Planning
Group on Aging (SAPGA)

Governor's Senior Advisor on
Aging

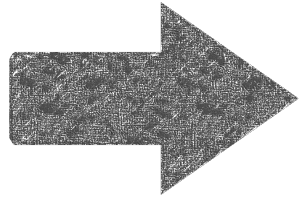
Lifelong Colorado Framework



Continued Expansion of Livable Communities Work



State-Level Collaboration



Department-Level Efforts

Health Care Policy & Financing

- Align work focused on older adults within the Department
- Strengthen aging expertise within the Department and through external partnerships
- Launch a formal strategic planning process focused on serving older adults
- Expand older adult stakeholder outreach and engagement
- Enhance collaboration with other Departments and state-level organizations around aging efforts

Support Ongoing Work

Align Current

Department Initiatives

- Form intra-agency Aging Strategy Workgroup
- Identify internal initiatives focused on the older adult population
- Align efforts and build collaboration internally

Strengthen Aging Expertise

- Create Older Adult Policy Advisor Position to lead aging strategy efforts
- Contract with outside consultants, vendors to support internal work

Launch Formal Strategic Planning Process

Engage Stakeholders at the State and Local Levels

- *Conduct seven focus groups*
- *Conduct ten regional listening sessions*

Create a Five-Year Older Adult Strategic Roadmap



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Access External Expertise

- *Identify evidence based programs or innovative strategies*
- *Form Expert Advisory Committee*

Emerging Promising Strategies

- Consider **social determinants of health**
- Expand support for **family caregivers**
- Strengthen the **direct care workforce**
- Invest in better **end of life planning**
- **Ensure access** to the right services at the right time

Enhance Stakeholder Engagement



Expand Older Adult
Stakeholder Network

Develop and Roll-Out
Stakeholder Engagement Plan
with the Roadmap

Enhance Collaboration

Align Cross-Department Efforts around Aging and Older Adults

- Partner with key state leaders to coordinate efforts (Aging and Adult Services, CDHS; Governor's Office)
- Form ongoing aging work group
- Develop focused, topic-specific work groups as needed (ex. Workforce)

Engage with State-Level Organizations

- Strategic Action Planning Group on Aging
- Colorado Commission on Aging
- Thought Leaders in Aging
- Catalyst for Aging

Hayley Gleason

Older Adult Policy Advisor

Hayley.Gleason@state.co.us



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Policy & Financing

QUESTIONS?



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