ADvancing States
Home & Community-Based Services Conference 2021

Aging-in-Place: It Takes an Ecosystem!
December 8, 2021
Jane Carmody, DNP, MBA, RN, FAAN
Senior Program Officer
The John A. Hartford Foundation
A private philanthropy based in New York City, established by family owners of the A&P grocery chain in 1929

$640,000,000 in grants since launch of Aging & Health program in 1982

• Building the field of experts in aging
• Testing and replicating innovations in health care
Mission

DEDICATED TO IMPROVING THE CARE OF OLDER ADULTS

PRIORITY AREAS

Age-Friendly Health Systems

Family Caregiving

Serious Illness & End of Life
Planning for the Future: We Need Age-Friendly Solutions

- **Demography**: # of older adults is rapidly growing
- **Complexity**: multiple chronic conditions, dementia, disability, functional limitations
- **Disproportionate Harm**: Higher rates of health care utilization, health care-related harm, delay, discoordination
Age-Friendly Solutions

1. Eliminate Ageism
2. Livable Communities
3. Health Care
4. Social Services
5. Public Health
# 1 Eliminate Ageism
Reframing Aging (2014)

Redefine aging
A call for justice
Names matter
A new metaphor dramatically shifts perceptions of aging

www.reframingaging.org
# 2 Livable Communities

WHO / AARP AFC (2012)

Great Places for All Ages

• AARP Livable Communities: urban and rural neighborhoods, towns, cities (390+)

• Age-Friendly communities provide safe, walkable streets; housing and transportation options; access to needed support services; and opportunities for all ages to participate in community life

www.aarp.org/livable-communities/network-age-friendly-communities
Dementia Friendly America (2012)

• A key strategy to facilitate the inclusion of people living with dementia to make our country dementia-friendly (80+ communities and 40,000 DFA friends)

• Village, town, city or county: informed, safe and respectful of individuals with dementia, their families and caregivers and provides supportive options that foster quality of life, become dementia friendly

www.dfamerica.org
# 3 Health Care

Older Adults:

- Complexity
- Disproportionate harm

- Many evidence-based practices and geriatric-care models of care are proven very effective…yet most reach only a portion of those who could benefit
Age-Friendly Health Systems

Age-Friendly Health Systems is an initiative of The John A. Hartford Foundation and the Institute for Healthcare Improvement in partnership with the American Hospital Association and the Catholic Health Association of the United States

IHI.org/agefriendly
The 4Ms of Age-Friendly Care

**What Matters**
Know and align care with each older adult’s specific health outcome goals and care preferences including, but not limited to, end-of-life care, and across settings of care.

**Medication**
If medication is necessary, use Age-Friendly medication that does not interfere with What Matters to the older adult, Mobility, or Mentation across settings of care.

**Mentation**
Prevent, identify, treat, and manage dementia, depression, and delirium across settings of care.

**Mobility**
Ensure that older adults move safely every day in order to maintain function and do What Matters.

IHI.org/agefriendly
A Goal Met and a Growing Movement!

Our First Goal: Spread to 1,000 sites by end of 2020

Success!

2,418 hospitals, practices, convenient care clinics and nursing homes have joined the movement! (and growing globally)

As of September 2021
IHI.org/AgeFriendly
Age-Friendly Care in CVS Retail Pharmacy Clinics

- Partnered with CVS Health’s MinuteClinic and Case Western Reserve University Frances Payne Bolton School of Nursing
- Embedding Age-Friendly 4Ms Care in all 1,100 MinuteClinics
- Training and education for NPs
- Building 4Ms into EPIC EHR

https://case.edu/nursing/research/research-areas/faculty-research-studies-labs/implementation-and-improvement-science/age-friendly-health-systems-ambulatory-care-continuum
American College of Emergency Physicians: Geriatrics Emergency Department Accreditation

275 sites, across 41 states

www.acep.org/geda
Geriatrics Surgery Verification 4 areas of focus:

- Goals of Care and Decision Making
- Cognition Screening and Delirium
- Maintenance of Function and Mobility
- Nutrition and Hydration Optimization

www.facs.org/quality-programs/geriatric-surgery
Geriatrics Workforce Enhancement Program (GWEPs) $175M/5 years

48 sites, 35 states and 2 territories

- Educate and train workforce to integrate geriatrics and primary care models
- Partner with community-based organizations to address gaps, promote age-friendly care, dementia-friendly communities, and the social determinants of health

[Links to HRSA and American Geriatrics Society websites]

[HRSA logo]

DEDICATED TO IMPROVING THE CARE OF OLDER ADULTS
#4 Social Services

- 80% of health outcomes determined by social factors (SDOH)
- COVID-19 exposed fragile support systems
- Advancing / supporting community-based services is critical

Initiatives underway:

- Private/public partnerships
- Integration with healthcare systems, health plans, community and public health
- Research & publications to impact policymakers and decisionmakers
Community Partnerships (2016)

- The USAging (n4a) Aging and Disability Business Institute:
  Advancing integration, partnerships and payment models between social services and health plans and systems (and public health)

- Payment Options:
  Medicaid, commercial, VA and MAs, ACOs

Affiliated partners: Advancing States, ILRU. MOW America
Funders: ACL, SCAN, West, Colorado, Buck and Marin Co.

www.aginganddisabilitybusinessinstitute.org
#5 Public Health

- Public Health in no small part is responsible for the dramatic increases in longevity.
- Over the past 50 years, it is rare when local, state or federal public health agencies have dedicated funding or developed initiatives targeting adults ages 65 and over.
- Limited collaborations with health care systems and aging sectors.
Age-Friendly Movement
Addressing Ageism with the Age-Friendly Ecosystem

- 2006: WHO guide on global Age-Friendly Cities
- 2012: AARP, US affiliate, Age-Friendly Cities, Communities, States
- 2014: FrameWorks Institute study on public’s view of aging, GSA Reframing Aging Initiative.

(1968: Robert Butler coined the term ”ageism”)

- 2016: JAHF & n4a establish Aging & Disability Business Institute for community-based orgs
- 2016: JAHF & IHI introduce Age-Friendly Health Systems; GWEPs, emergency care, surgeries
- 2017: JAHF & TFAH introduce Age-Friendly Public Health Systems

….because cities and communities cannot be age-friendly without age-friendly care and health systems

Fulmer, et al. Moving Toward a Global Age-Friendly Ecosystem, Journal of the American Geriatrics Society, July 2020
Thank You!

Jane.Carmody@johnahartford.org

WWW.JOHNAHARTFORD.ORG
AGING IN PLACE: IT TAKES AN ECOSYSTEM!

LAURA CANTWELL
ASSOCIATE STATE DIRECTOR
AARP FLORIDA
For the First Time in U.S. History Older Adults Are Projected to Outnumber Children by 2034

Projected percentage of population

- Adults 65+: 22.8% → 23.4%
- Children under 18: 15.2% → 19.8%

Projected number (millions)

- 2016: 49.2 → 94.7
- 2020: 73.6 → 80.1
- 2025: 77.0 →
- 2030: 76.5 →
- 2034: 2040:
- 2045:
- 2050:
- 2055:
- 2060:
MILLENNIALS AND BABY BOOMERS WANT WALKABLE, MIXED-USE NEIGHBORHOODS

Age doesn’t define us

- Well maintained, safe and accessible streets: 80%
- Conveniently-located grocery stores: 82%
- Safe Parks: 83%
- Well-maintained health care facilities: 87%
An **age-friendly community** is one that is free from physical and social barriers and is supported by policies, systems, services, products and technologies that:

- promote health and build and maintain physical and mental capacity across the life course; and

- enable people, even when experiencing capacity loss, to continue to do the things they value.
The 8 Domains of Livability

- Housing
- Outdoor Spaces and Buildings
- Transportation
- Communication and Information
- Social Participation
- Health Services and Community Supports
- Respect and Social Inclusion
- Civic Participation and Employment

Other Areas
- Emergency Preparedness
- Elder abuse
- Public safety
- Dementia-friendly

LEARN MORE
AARP.org/Livable
### FLORIDA AGE-FRIENDLY NETWORK

<table>
<thead>
<tr>
<th>Alachua County</th>
<th>Indian River County</th>
<th>Palmetto Bay</th>
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<tbody>
<tr>
<td>Cape Canaveral</td>
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<td>Pinecrest</td>
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<td>Pinellas County</td>
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<td>Coconut Creek</td>
<td>Marion County</td>
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<td>Collier County</td>
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<td>Satellite Beach</td>
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<td>Winter Haven</td>
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<td>Hollywood</td>
<td>Orlando</td>
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**MAP KEY**
- Age-Friendly County
- Age-Friendly City
- DCCI Task Force
DEVELOPING AN AGE-FRIENDLY COMMUNITY: THE PROCESS

Year 1: Conduct a survey and listening sessions

Year 2: Create an action plan

Years 3-5: Implementation

Year 5: Progress / status update

Enrollment
Credit: AARP Florida

Credit: Miami-Dade Age-Friendly Initiative
Multi-Faceted Age-Friendly Community Approach
Age-Friendly Communities and Health

Alignment of Community Health Improvement Plan and Age-Friendly Action Plan

Integration of Department of Health in Age-Friendly Committees

Older Adult Data
AGE-FRIENDLY AND COVID-19

Ways to Save Lives and Slow the Spread of COVID-19

3

STAY HOME

1. DON'T leave home unless you absolutely must.
2. DO try grocery or restaurant delivery, mail order, prescription, virtual medical appointments and telework.
3. DO ask friends, family or neighbors to safely deliver essential items to your door.

STAY HEALTHY

1. DO wear a cloth face covering and keep about 6 feet between yourself and others if you go out.
2. DO wash your hands with soap and water for 20 seconds, and disinfect all touched surfaces when you return home.
3. DON'T go to the hospital with mild symptoms; call your health care provider at 911 if you are in distress.

STAY CONNECTED

1. DO check in regularly with friends and family by calling, texting, emailing, video chatting or writing letters.
2. DO keep your mind and body active by walking, gardening, cycling, playing games or learning something new.
3. DO volunteer to help your neighbors through the new AARP Community Connections website.

AARP has more resources and information at aarp.org/coronavirus

We'll Meet You at Home

Vaccine Visits for Homebound Seniors

Florida is bringing COVID-19 vaccinations to homebound seniors. To register for a vaccine and for more information email HomeboundVaccinations@myflorida.com.

Residents can also contact the state's COVID-19 PVN Center at 866-779-6211 for assistance.

AARP Florida

Vaccine Locator

floridahealthcovid19.gov/vaccines/vaccine-locator

Be Aware of Vaccine-Related Scams

Scammers are looking for new ways to steal your money and your personal information. Be aware of these vaccine fraud red flags.

1. Ignore vaccine offers that ask for personal or financial information. It's a scam!
2. Never pay to put your name on a list to get the vaccine. It's a scam!
3. Be skeptical of callers who ask for your personal information, like your Social Security number, bank account or credit card number.

Hang up!

VACCINE LOCATOR

floridahealthcovid19.gov/vaccines/vaccine-locator
LIVABILITY DOMAINS AND COMMUNITY RESPONSES TO COVID-19

Civic Participation and Employment
- Connect people with educational and social opportunities through online "virtual" academies
- Promote online volunteerism for advocacy or service campaigns
- Foster local economic assets, such as maker spaces or by adapting commercial properties for needed but temporary uses

Respect and Social Inclusion
- Create online programming for schools and senior care facilities on topics of shared interest to students and older adults
- Ask children to make and deliver greeting cards to Meals on Wheels recipients and people in senior care facilities

Outdoor Spaces and Buildings
- Close streets to motor vehicle traffic so people can safely walk and bicycle while social distancing
- Automate crossing signals so pedestrians won’t need to touch the crosswalk buttons

Emergency Preparedness
- Add safety resources and tips to utility bills and local government mailings
- Create tool kits that can help older adults manage in the event of a power outage, food shortages or other disruptions
- Use or adapt existing emergency plans and resources

AGE-FRIENDLY TRAINING MODULES

Lesson 1
Learn about aging in America, what “age-friendly” means and how communities join the network.

Lesson 2
The 8 Domains of Livability can be used as a framework for organizing age-friendly work.

Lesson 3
Learn how to enroll a town, city, county — or entire state — in the age-friendly network.

Lesson 4
Learn about conducting a community assessment.

Lesson 5
Learn about writing and submitting an age-friendly action plan.

Lesson 6
Learn how to implement an action plan and report on its progress.

AARP.org/AgeFriendlyTraining
AARP COMMUNITY CHALLENGE GRANTS

102 Healthy living programs/resources
107 Sculptures/art pieces installed
3,547 Volunteers engaged
54 Murals painted
421 Properties improved with home maintenance
522 Benches installed
124 Transportation access and safety trainings
26 Bike fix-it stations mounted
154 Bike racks installed
118 Crosswalks improved
17 Bike/Mobility lanes created
428 Garden beds built
CONNECT WITH US

Visit us on the web at:
• aarp.org/livable

Subscribe to our award-winning FREE e-newsletter at:
• aarp.org/livable-subscribe

Laura Cantwell
• lcantwell@aarp.org
Aging in Place: It Takes an Ecosystem!

Megan Wolfe, JD
Trust for America’s Health
December 2021
Trust for America’s Health

Independent, non-partisan, public health and prevention focus

➢ Advancing evidence-based policy and advocacy with an equity focus
➢ Improving the health of every community
➢ Making disease prevention a national priority
Growth in Older Adult Population
Health Needs of Older Adults

10 Common Chronic Conditions for Adults 65+

Quick Facts:
- 80% have 1 chronic condition
- 68% have 2 or more chronic conditions

- Hypertension (High Blood Pressure): 58%
- High Cholesterol: 47%
- Arthritis: 31%
- Ischemic Heart Disease (or Coronary Heart Disease): 29%
- Diabetes: 27%
- Chronic Kidney Disease: 18%
- Heart Failure: 14%
- Depression: 14%
- Alzheimer’s Disease and Dementia: 11%
- Chronic Obstructive Pulmonary Disease: 11%

Source: Centers for Medicare & Medicaid Services, Chronic Conditions Prevalence State/Country Table: All Pneumonia, 2016.
# Risk of Hospitalization from COVID Increases with Age

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Hospitalization</th>
<th>Death</th>
</tr>
</thead>
<tbody>
<tr>
<td>18-29 years</td>
<td>Comparison Group</td>
<td>Comparison Group</td>
</tr>
<tr>
<td>30-39 years</td>
<td>2x higher</td>
<td>4x higher</td>
</tr>
<tr>
<td>40-49 years</td>
<td>3x higher</td>
<td>10x higher</td>
</tr>
<tr>
<td>50-64 years</td>
<td>4x higher</td>
<td>30x higher</td>
</tr>
<tr>
<td>65-74 years</td>
<td>5x higher</td>
<td>90x higher</td>
</tr>
<tr>
<td>75-84 years</td>
<td>8x higher</td>
<td>220x higher</td>
</tr>
<tr>
<td>85+ years</td>
<td>13x higher</td>
<td>630x higher</td>
</tr>
</tbody>
</table>
Public Health’s Focus on Older Adults Pre-COVID-19

➢ Federal: New CDC Healthy Aging Branch but programs not connected
➢ Current public health aging projects include falls prevention, vaccinations, Alzheimer’s and related dementias
➢ State/local: Lack of funding and expertise
Age-Friendly Public Health Systems Can Improve Older Adult Health Outcomes

➢ **Promote Equity**: COVID-19 reveals dramatic and persistent health disparities among communities of color

➢ **Change the “social determinants”**: 80% of health outcomes determined by social factors

➢ **Strengthen Partnerships**: Collaboration is crucial for collective impact and can reduce medical cost burden
Public Health Must Respond to Needs of Older Adults Beyond COVID-19
Age-Friendly Public Health Systems

Connecting

Complementing

Coordinating

Communicating

Collecting
What are the Cs of an Age-Friendly Public Health System?

Connecting and Convening
- Engage at least one new aging sector or other community partner in collaborative efforts to support older adult health.
- Enhance at least one existing relationship with an aging sector partner.
- Create or join a multi-sector coalition, committee, or council that addresses healthy aging.
- Engage in or lead policy, systems, and/or environmental change to improve older adult health and wellbeing, e.g., Age-Friendly Communities.

Coordinating
- Review and strengthen the emergency preparedness plan to ensure it addresses the needs of vulnerable older adults.

Collecting and Disseminating Data
- Collect, analyze and disseminate data from the Aging in Florida profile.
- Review and strengthen the community health assessment to ensure it addresses older adult health needs.
- Identify a priority around older adult health in the community health improvement plan.
- Conduct an environmental scan to identify community programs that address older adult needs.
- Establish a mechanism for ongoing input of older adult residents to identify needs and inform the community health assessment process and policy development.

Communicating
- Develop messaging or communication strategies and tools to engage additional partners and/or improve visibility of healthy aging programs/services.
- Increase awareness of existing services and facilitate referrals to improve access.

Complementing and Supplementing
- Implement at least one new education program or service targeted at older adults.
What we learned in Florida:

➢ Importance of data to identify priorities for action and intervention

➢ Importance of collaboration to implement those actions and interventions
What sectors can public health collaborate with? 
What can partnerships & collaboration achieve?

- Public Health
- Aging Services
- Community
- Health Systems

Equity
Age-Friendly Eco-system vs. Ego-system
Age-Friendly Ecosystem
Just take the first step!
Thank You!

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