

HCBS Pre-Conference Intensive: Aging and Disability 101

Aging & Disability 101
**Area Agencies on Aging: Trends and
New Directions**



advocacy | action | answers on aging

*Area Agencies on Aging
Trends and New Directions*

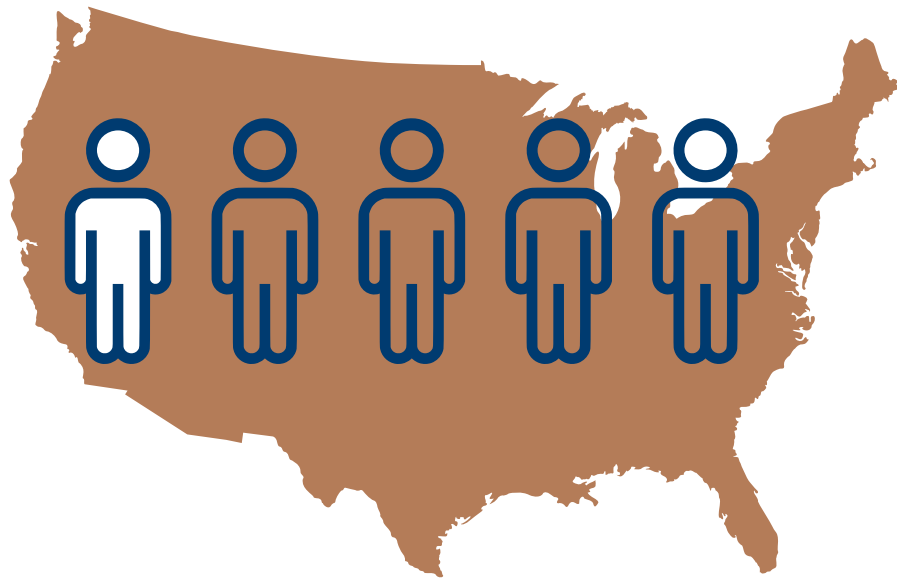
Sandy Markwood, CEO

National Assoc. of Area Agencies on Aging

An Aging Nation

Over the next decade, the number of older adults will dramatically increase as the youngest baby boomers reach age 65.

By 2030, **1 in 5** (73 million)
Americans will be **65 or older**



U.S. Census Bureau, The Baby Boom Cohort in the United States: 2012 to 2060, <https://www.census.gov/prod/2014pubs/p25-1141.pdf>

Housing and Home Modifications/Repairs

86% of adults age 65 and older say they hope to stay in their homes for as long as possible.

To do so, many people will eventually need some level of service or support to live safely and successfully in their home or community.



AARP, 2018 Home and Community Preferences: A National Survey of Adults Ages 18-Plus, August 2018,
<https://www.aarp.org/research/topics/community/info-2018/2018-home-community-preference.html>

Alzheimer's Disease and Dementia

Additionally, **5.8 million**

Americans are living with Alzheimer's disease, the most common form of dementia.

80% of people with dementia live in their homes or with family, and 25 percent live alone.



Alzheimer's Association, 2019 Alzheimer's Disease Facts and Figure, <https://www.alz.org/media/Documents/alzheimers-facts-and-figures2019-r.pdf>.

Office of the Assistant Secretary for Planning and Evaluation, U.S. Department of Health and Human Services, Living Arrangements of People with Alzheimer's Disease and Related Dementias: Implications for Services and Supports: Issue Brief, <https://aspe.hhs.gov/system/files/pdf/257966/LivingArran.pdf>.

Social Isolation and Loneliness

43% of older adults have reported feeling lonely and

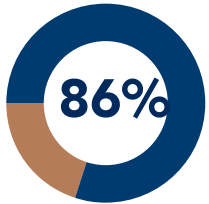
27% report feeling isolated from others.



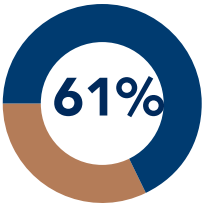
Carla M. Perissinotto, , Irena Stijacic Cenzer, Kenneth E. Covinsky, "Loneliness in Older Persons: A Predictor of Functional Decline and Death," *Archives of Internal Medicine*, 172:14,2012, 1078–1083, doi:10.1001/archinternmed.2012.1993, <https://www.ncbi.nlm.nih.gov/pubmed/22710744>.

Erica Solway, John Piette, Jeffrey Kullgren et al., "Loneliness and Health. University of Michigan National Poll on Healthy Aging." March 2019. Available at: <http://hdl.handle.net/2027.42/148147>.

Social Determinants of Health



of older adults
have at least **one**
chronic disease



of older adults
have at least **two+**
chronic diseases

Research shows that social determinants of health (e.g. access to nutrition, housing supports, or transportation) can prevent, delay or mitigate unnecessary and costly health care episodes.

Brian W. Ward, Jeannine S. Schiller, Richard A. Goodman. Multiple Chronic Conditions Among US Adults: A 2012 Update, Preventing Chronic Disease 2014;11:130389, https://www.cdc.gov/pccd/issues/2014/13_0389.htm#table1_down

Carlyn M. Hood, Keith P. Gennuso, Geoffrey Swain, et al., "County Health Rankings Relationships Between Determinant Factors and Health Outcomes," American Journal of Preventive Medicine, 50:2, 2016, 129-35. <https://pubmed.ncbi.nlm.nih.gov/26526164/>

AAA National Survey Report

MEETING THE NEEDS OF TODAY'S OLDER ADULTS



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MIAMI UNIVERSITY

SCRIPPS GERONTOLOGY CENTER

<https://www.n4a.org/2020aaasurvey>

National Association of Area Agencies on Aging

Nationwide Network with a Local Impact

- There are more than 600 AAAs serving older adults and caregivers serving virtually every community in the nation.
- AAAs were formally established by the 1973 Older Americans Act (OAA) to respond to the needs of Americans 60 and over at the community level.
- AAAs adapt to the unique demands of their communities by providing innovative programs that support the health and independence of older adults.

All AAAs play a key role in:

Planning

Developing

Coordinating

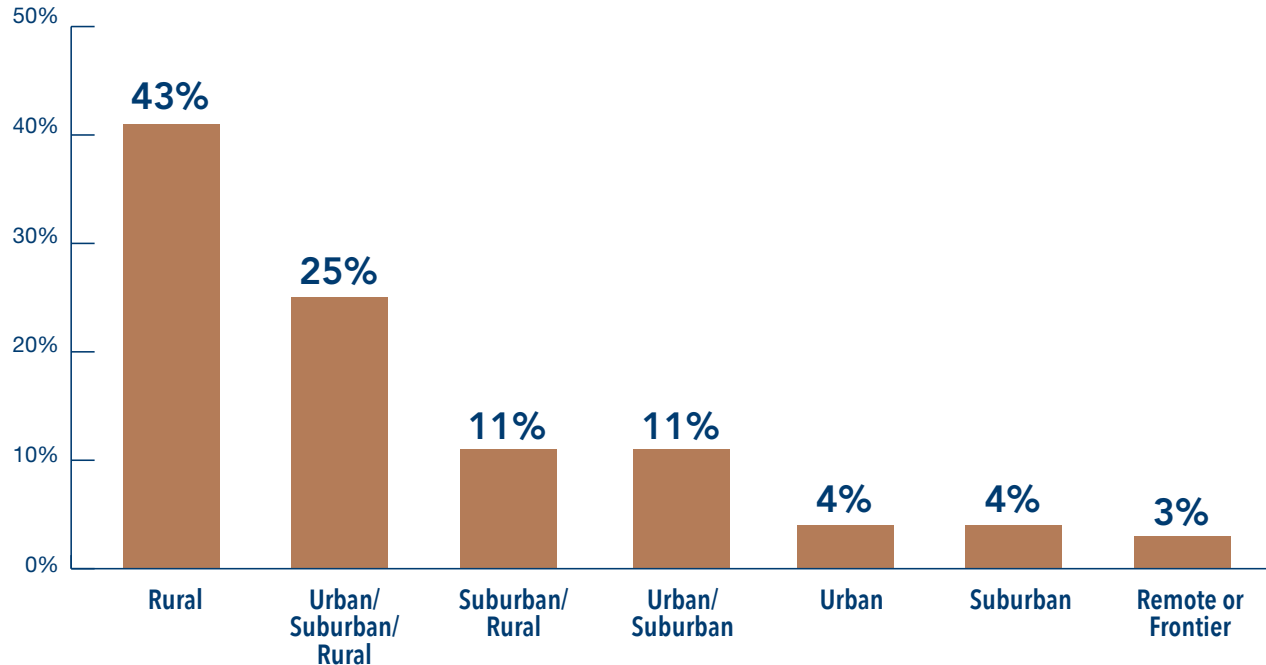
Delivering

A WIDE RANGE OF LONG-TERM SERVICES AND SUPPORTS
To consumers in their local planning and service area (PSA)

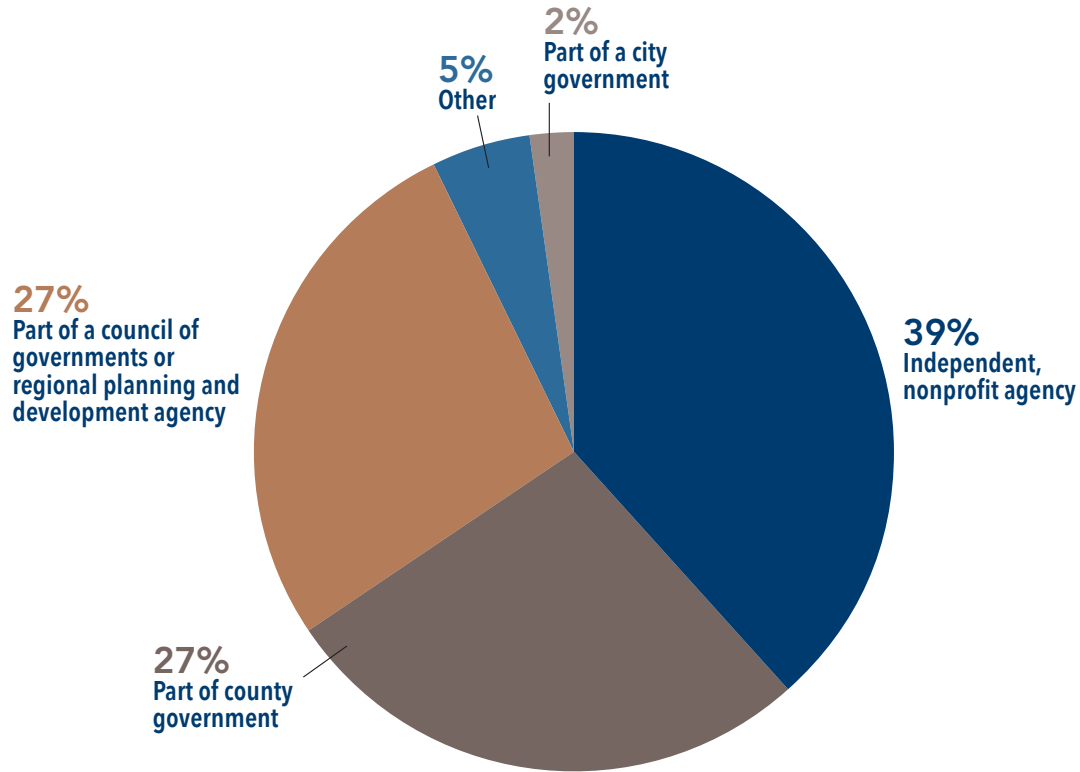
About the National Survey of AAAs

- Funding through the U.S. Administration on Aging within the Administration for Community Living
- Conducted by n4a in collaboration with research partner: Scripps Gerontology Center at Miami University of Ohio
- Tracks important new trends in programs, services and funding affecting older adults
- Conducted every two to three years since 2007
- Survey responses were collected in 2019
- 79% response rate by AAAs

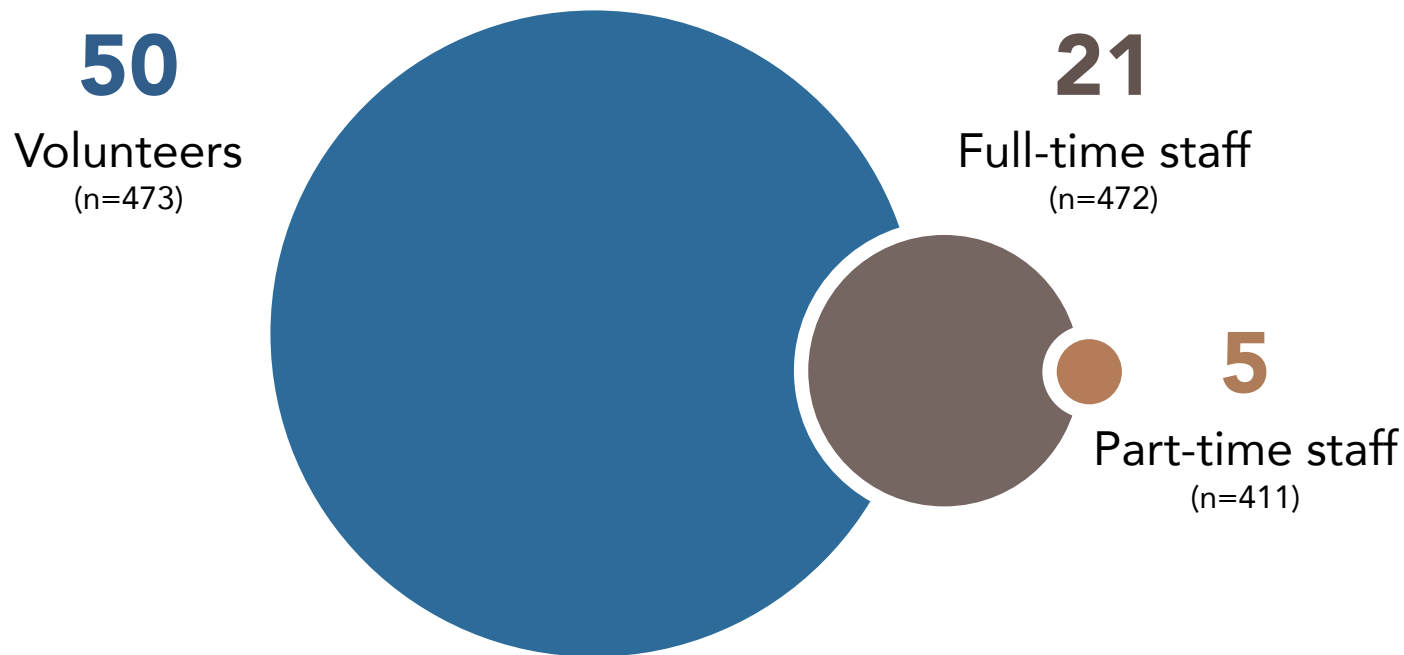
AAA Service Areas



AAA Structure



AAA Workforce (Medians)



AAA Anticipated Staffing Needs Within 5 Years

Position	Percentage
Grant Writer	28%
Business Development Coordinator/Manager	24%
Fundraising/Development Coordinator/Manager	24%
Behavioral/Mental Health Professional	19%
Digital Marketing/Social Media Specialist	19%
Case Manager/Care Coordinator	18%
Program Evaluator/Statistician/Research Methodologist	17%
Volunteer Management Coordinator/Manager	16%
Public Relations/Outreach/Marketing Coordinator/Manager	15%

Core Older Americans Act Services

OAA CORE SERVICES



Information and referral
In-home services
Homemaker & chore services
Transportation
Case management
Home modification
Legal services



Includes abuse prevention
and long-term care
ombudsman programs

Supplemental Services Offered by AAAs or Contracted Partners

Service	Percent (n=489)
Transportation services	89%
Case management	86%
Other meals/nutrition program (e.g. nutrition counseling, senior farmers' market program)	84%
Benefits/health insurance counseling	83%
Homemaker	81%
Benefits/health insurance enrollment assistance	80%
Personal assistance/personal care	79%
Other health promotion services/programs (e.g. health screening, health fairs)	79%
Options counseling	79%
Assessment for care planning	73%

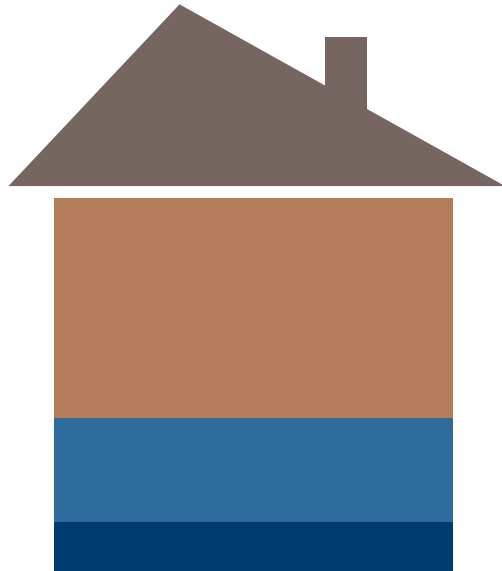
Supplemental Services Offered by AAAs or Contracted Partners

Service	Percent (n=489)
Elder abuse prevention/intervention services	69%
Senior center programming and activities	67%
Ombudsman services	66%
Chore services	66%
Assessment for long-term care service eligibility	64%
Home repair or modification	61%
Adult day service	57%
Emergency Response Systems	57%
Telephone reassurance/friendly visiting	55%
Translator/interpreter assistance	53%

Addressing Social Isolation

- Social isolation is addressed during care planning - 50%
- Assess for social isolation - 43%
- Assess for loneliness - 36%
- Have established partnerships to address social isolation and social engagement - 24%
- Developing or have in place programs to specifically address social isolation and social engagement - 21%

AAAs Support Older Adults Through Affordable and Accessible Housing



61%

provide home modifications
and repair services

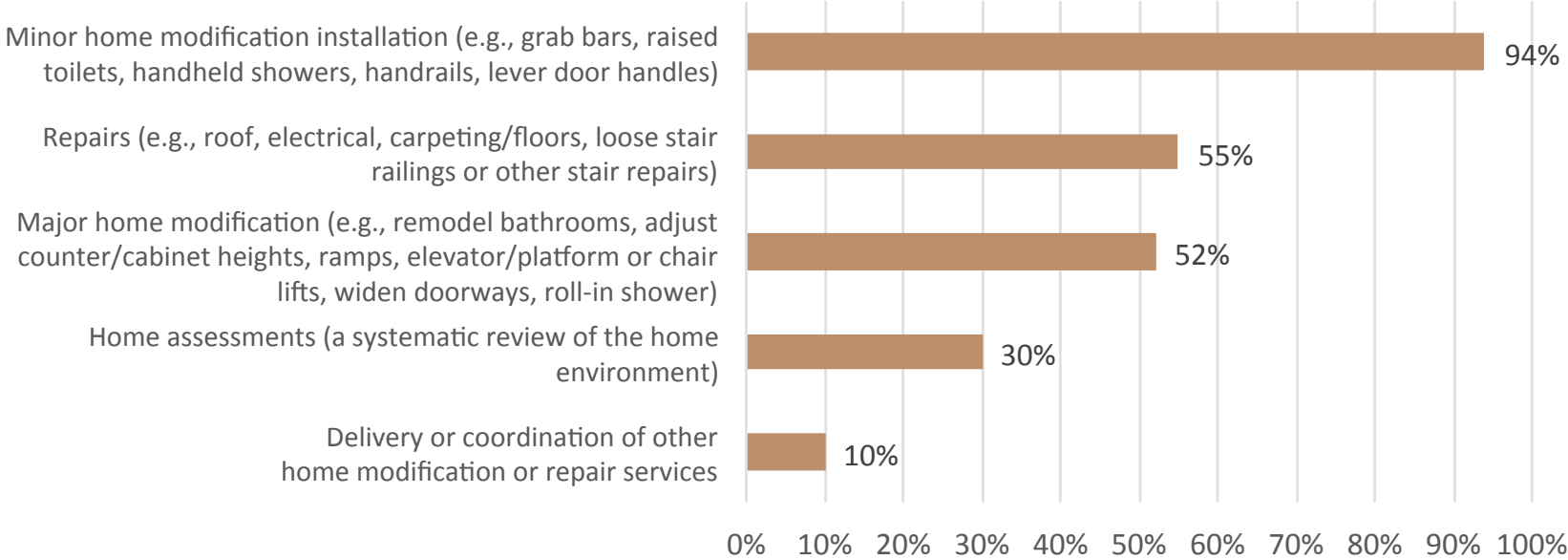
25%

offer a housing
assistance program

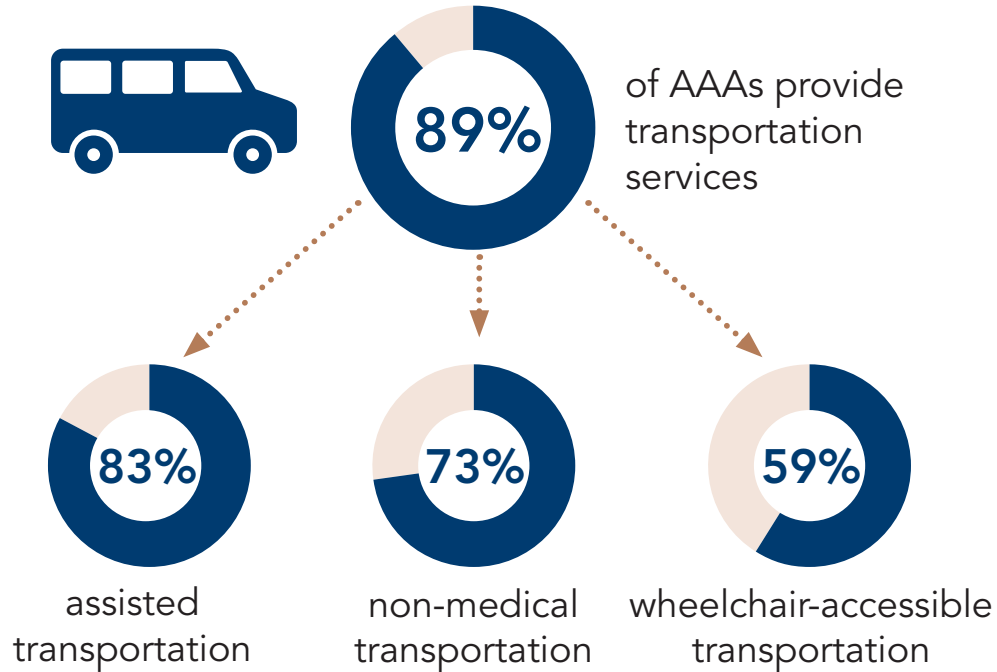
8%

own or operate housing for
older adults

Home Modifications and Repair Services



Transportation Services



Transportation Services

- 51% of AAAs involved with an integrated care initiative provide transportation services;
- 88% of AAAs partner with transportation agencies;
- one in five AAAs receive transportation funding; and
- 40% of AAAs currently have a transportation coordinator or mobility manager on staff.

AAAs Serve a Broad Range of Consumers



78%

Serve individuals younger than 60 who have a disability, impairment or chronic illness.



74%

Provide programming targeted at people living with dementia and their caregivers.



52%

Serve people with dementia of all ages (including under 60).



52%

Offer programming to support the needs of grandparents caring for grandchildren.

Additional Programs Aimed at Specific Audiences

- Beyond programs for people with dementia and grandfamilies, AAAs have programs aimed at:
 - 66% - individuals at risk of nursing home placement
 - 50% - individuals who are Medicaid/Medicare eligible
 - 39% - targeted to serve racial or ethnic minorities.
- Appears to be interest in developing programs to reach homeless individuals, individuals who hoard and individuals with substance abuse issues, but more funding/training is needed to do so

AAA Partnerships

Partner Type	Percent of AAAs with this Partner (n=482)
Adult protective services	92%
Transportation agencies	88%
State Health Insurance Assistance Program (SHIP)	86%
Emergency preparedness agencies	83%
Federal programs/ departments (e.g., Social Security, Veterans Administration Medical Center, Bureau of Indian Affairs)	81%
Mental health/behavioral health organization	80%
Medicaid	80%
Public housing authority or other housing programs	79%
Disability service organizations (e.g., Centers for Independent Living)	78%

AAA Partnerships

Long-term care facilities (e.g., nursing homes, skilled nursing facilities, assisted living residences)	78%
Advocacy Organizations	77%
Hospitals and health care systems	74%
Law enforcement/first responders	72%
Charitable organizations (e.g., United Way, Easter Seals, Red Cross)	72%
Department of Health	72%
Other social service organizations	70%
Faith-based organizations	68%
Educational institutions	66%
Health plans (e.g., commercial health plan, Medicaid managed care)	62%
Community health clinics (e.g., Federally Qualified Health Clinics)	60%

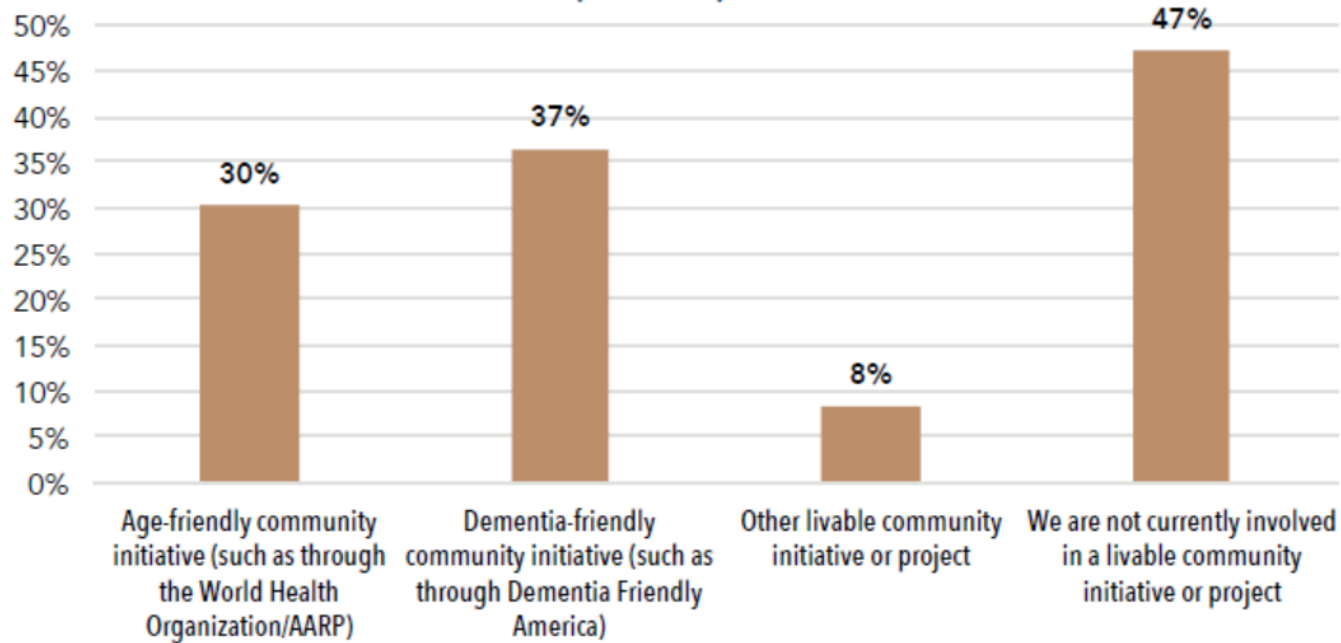
Evidence-Based Programs

- AAAs offer many types of evidence-based programs.
- Fall prevention programs are the most common, offered by 89 percent of AAAs.
- The second most common type of evidence-based program is chronic condition management programs, which 69 percent of AAAs offer.

Services AAAs Provide Through Integrated Care Partnerships

Service	Percentage (n=264)
Case management/care coordination/service coordination	71%
Assessment for LTSS eligibility (including level of care/functional assessment)	60%
Person-centered planning	53%
Nutrition program (e.g., counseling, meal provision)	52%
Respite care	52%
Evidence-based programs (e.g., fall prevention programs, Chronic Disease Self-Management, medication reconciliation program)	51%
Transportation (medical or non-medical)	51%
Options/choice counseling	50%

Age and Dementia Friendly Communities



AAA Funding Overview

Median Budget \$3,985,710
Budget Range \$230,912 - \$377,170,448

Funding Source	Percent Reporting Any Funding from This Source (n=430)	Average Budget Proportion* <small>* calculated based upon those AAAs that report any funding from this source</small>
Older Americans Act	100%	44%
State general revenue	73%	24%
Local government	57%	17%
Medicaid/Medicaid waiver	43%	28%
Grant funds/philanthropy	39%	6%
Other federal funding	35%	9%
Other Notable Sources of Funding		
Transportation funding (federal, state, or local)	20%	9%
Health care payer (hospital, managed care organization, Medicaid MCO, etc.)	18%	7%
Private pay revenue	16%	4%

Summary

- AAAs are addressing the needs of older adults and caregivers in their communities; many AAAs serve additional populations
- AAAs offer an average of 27 services in their communities meeting a broad range of needs, including transportation, housing & home modifications/repairs, and services to address social isolation
- AAAs broaden their reach through a variety of formal and informal partnerships, including partnerships with health care, transportation, and emergency preparedness/response agencies
- In addition to planning, coordination and delivery of services, AAAs are leaders at the community level through engagement and leadership in livable community initiatives

35 State Data Reports

Available for states that met the required response rate to ensure representative data:

Alabama
Arizona
Colorado
Florida
Georgia
Idaho
Illinois
Indiana
Iowa


Kansas
Kentucky
Maine
Maryland
Massachusetts
Michigan
Minnesota
Mississippi
Missouri

Montana
North Carolina
Nebraska
New Jersey
New York
Ohio
Oklahoma
Oregon

South Carolina
Tennessee
Texas
Utah
Vermont
Virginia
Washington
Wisconsin
West Virginia

State Reports

AREA AGENCY ON AGING 2019 PROFILE



24%

Alabama

Older Adults in Alabama

24 percent of Alabama residents are age 60 and older¹

11 percent of all Alabama households consist of adults age 65 and older who live alone²

41 percent of adults age 65 and older in Alabama have a disability³

45 percent of adults age 65 and older in Alabama live in rural areas⁴

Area Agencies on Aging

Area Agencies on Aging (AAAs) operate in virtually every community in the nation with the mission to help older adults age with independence and dignity at home and in the community through a coordinated system of services and supports. Established by the Older Americans Act in 1973, there are 622 AAAs nationwide.

Budget and Staffing

Twelve of Alabama's 13 AAAs responded to the survey, resulting in a response rate of 92 percent! The make up of Alabama's AAAs is varied. They are comprised of parts of councils of government or regional planning and development agencies (75 percent), independent nonprofits (17 percent) and other types of structures (eight percent). The average budget and staff size of the AAAs that responded to the survey are listed below.

AAA Budget and Staffing	
Alabama	US
\$10 Million Median Budget	\$4 Million Median Budget
40.5 Median Number of Full-Time Staff	21 Median Number of Full-Time Staff
3.5 Median Number of Part-Time Staff	5 Median Number of Part-Time Staff
50 Median Number of Volunteers	50 Median Number of Volunteers

¹Alabama response rate for budget—9 AAAA; response rate for staffing—10 AAAA; response rate for FT Staffing—8 AAAA; response rate for volunteers—10 AAAA

²A response rate of 70 percent or greater generally provides information that is representative of the population of AAAs in a state. If there is a significant variability among AAAs within a state, it is possible that some response data differ from population data ways that would skew general findings if they had responded. Not all AAAs answered every question, therefore those who responded will be noted if different.

National Association of Area Agencies on Aging

State Data Reports Include:

- Median overall budget, number of staff and volunteers
- Populations served other than older adults aged 60 and older
- Most common supplemental services (not including core OAA services)
- Funding sources
- Involvement in integrated care activities
- Other roles of AAAs, including SHIPs, ADRCs and Long-term Care Ombudsman
- Most common types of community partnerships

For more information, contact

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