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Foundation



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



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

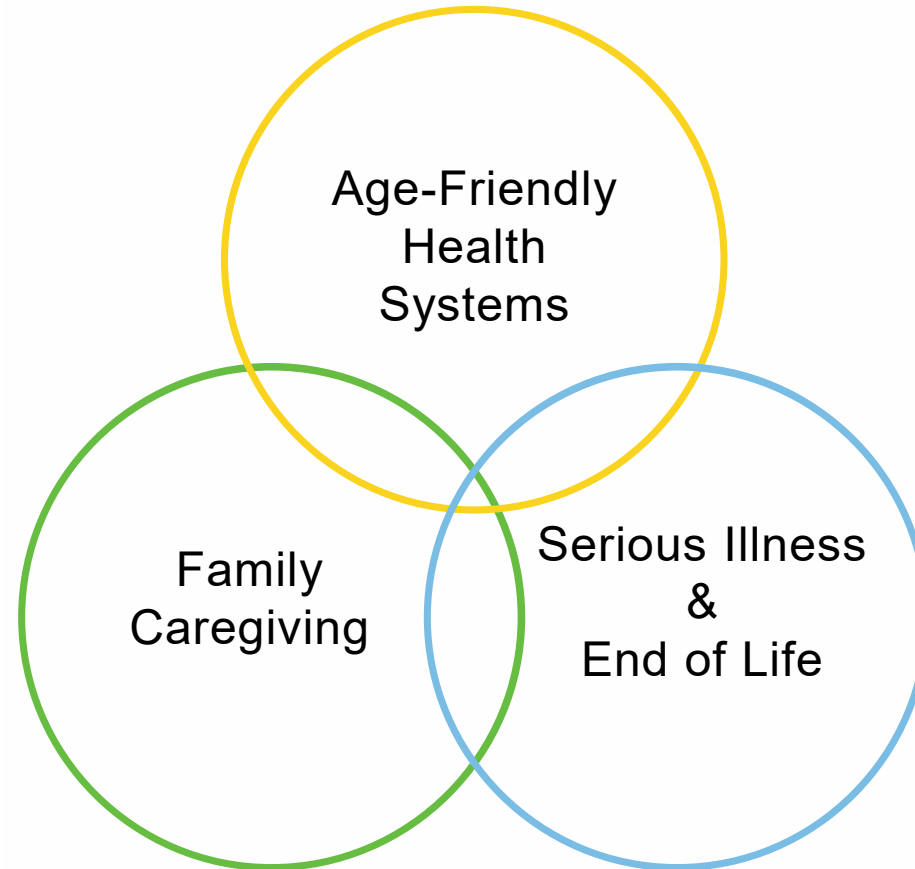




Mission

DEDICATED TO IMPROVING THE CARE OF OLDER ADULTS

PRIORITY AREAS



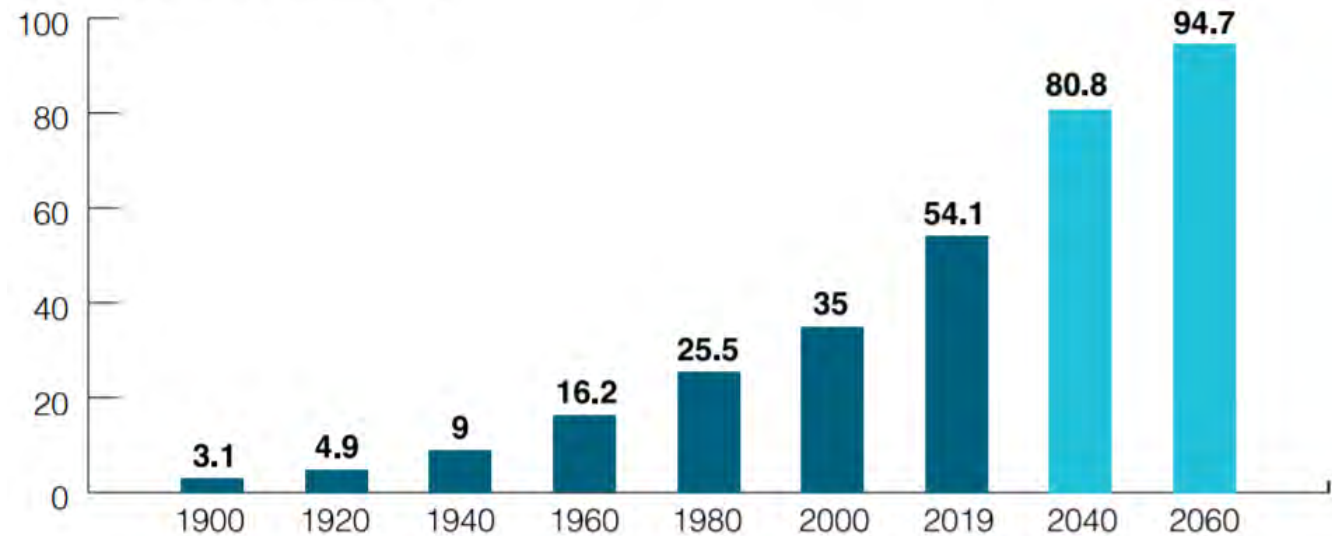
Planning for the Future: We Need Age-Friendly Solutions



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- **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

**Number of Persons Age 65 and Older, 1900 - 2060
(numbers in millions)**



Note: Increments in years are uneven. Lighter bars (2040 and 2060) indicate projections.

Source: U.S. Census Bureau, Population Estimates and Projections





Age-Friendly Solutions

1. Eliminate Ageism
2. Livable Communities
3. Health Care
4. Social Services
5. Public Health



1 Eliminate Ageism Reframing Aging (2014)



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Reframing Aging Initiative



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



www.reframingaging.org



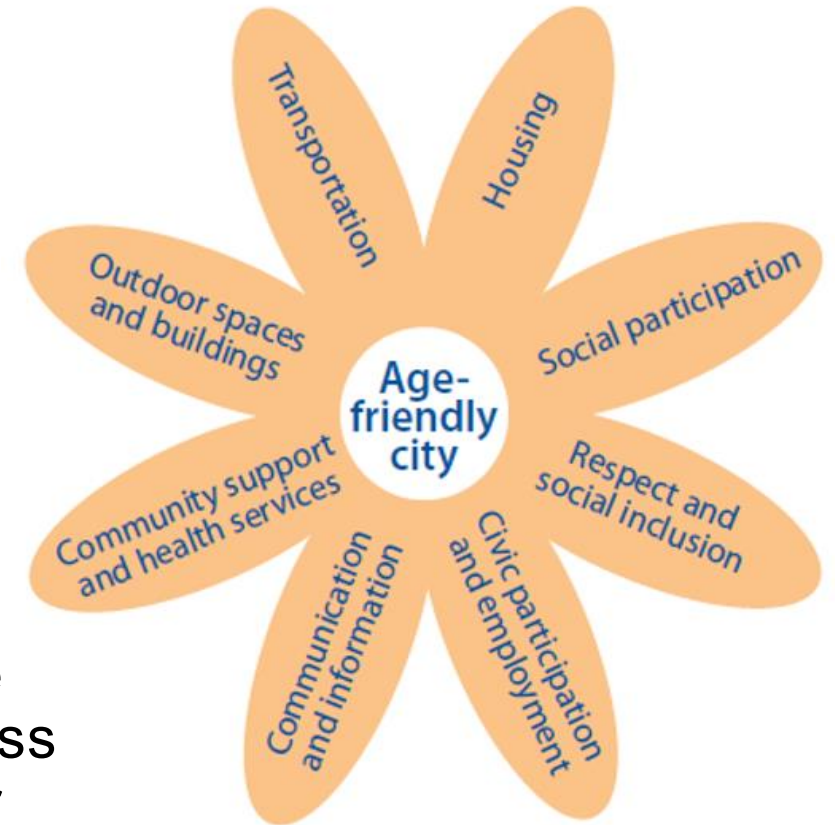
2 Livable Communities WHO / AARP AFC (2012)

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)



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- 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



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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



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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**



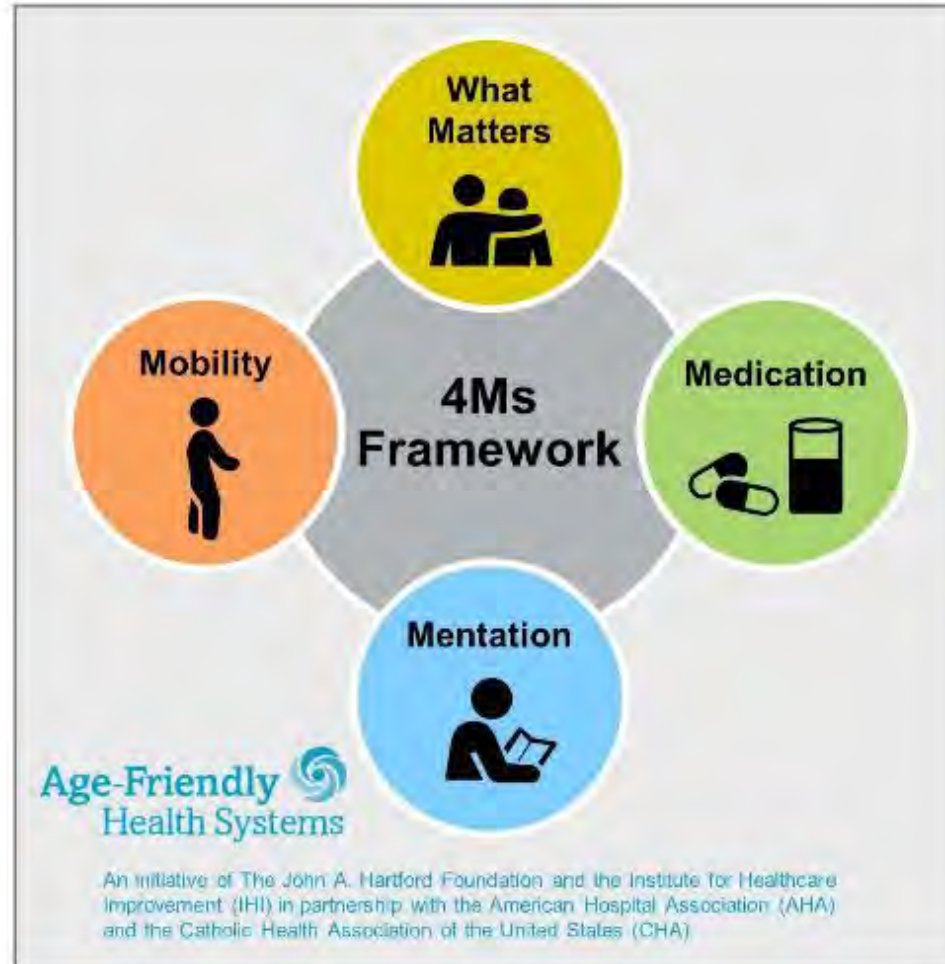
IHI.org/agefriendly



The 4Ms of Age-Friendly Care



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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.

For related work, this graphic may be used in its entirety without requesting permission. Graphic files and guidance at ihi.org/AgeFriendly.



A Goal Met and a Growing Movement!



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



As of September 2021

IHI.org/AgeFriendly





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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

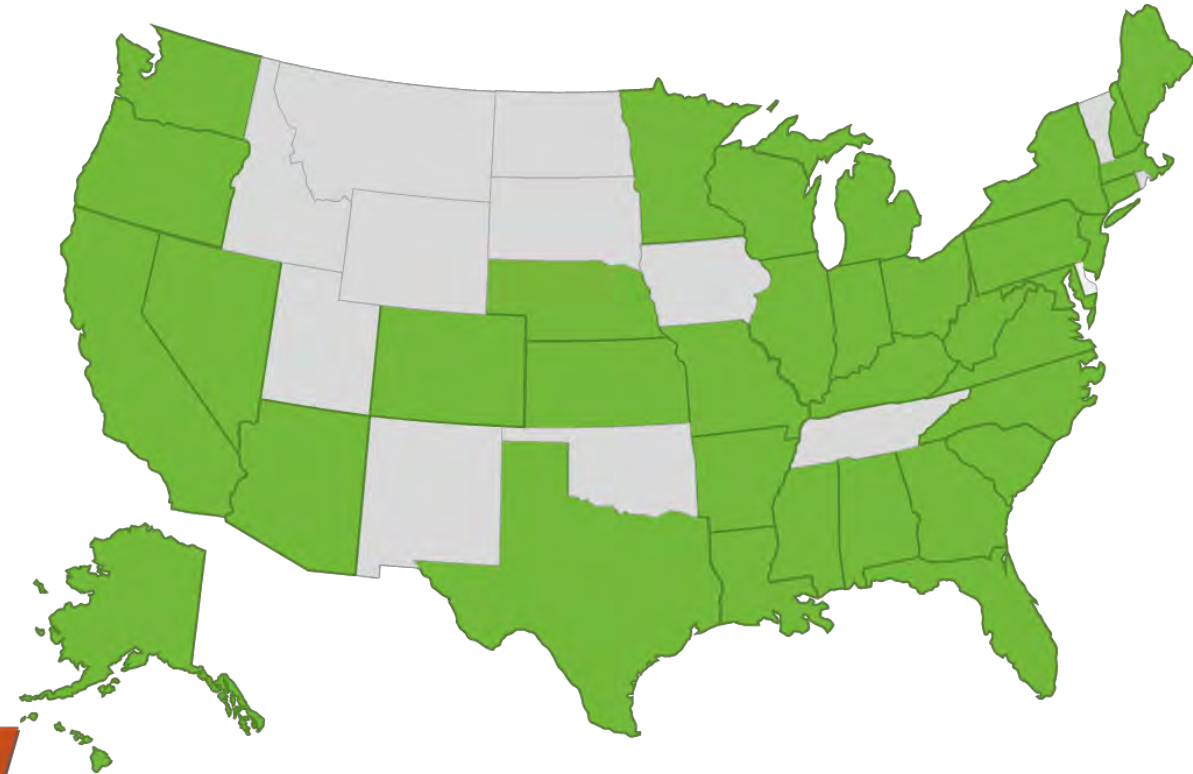


American College of Emergency Physicians: Geriatrics Emergency Department Accreditation



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275 sites, across 41 states



www.acep.org/geda





AMERICAN COLLEGE OF SURGEONS

Inspiring Quality: Highest Standards, Better Outcomes

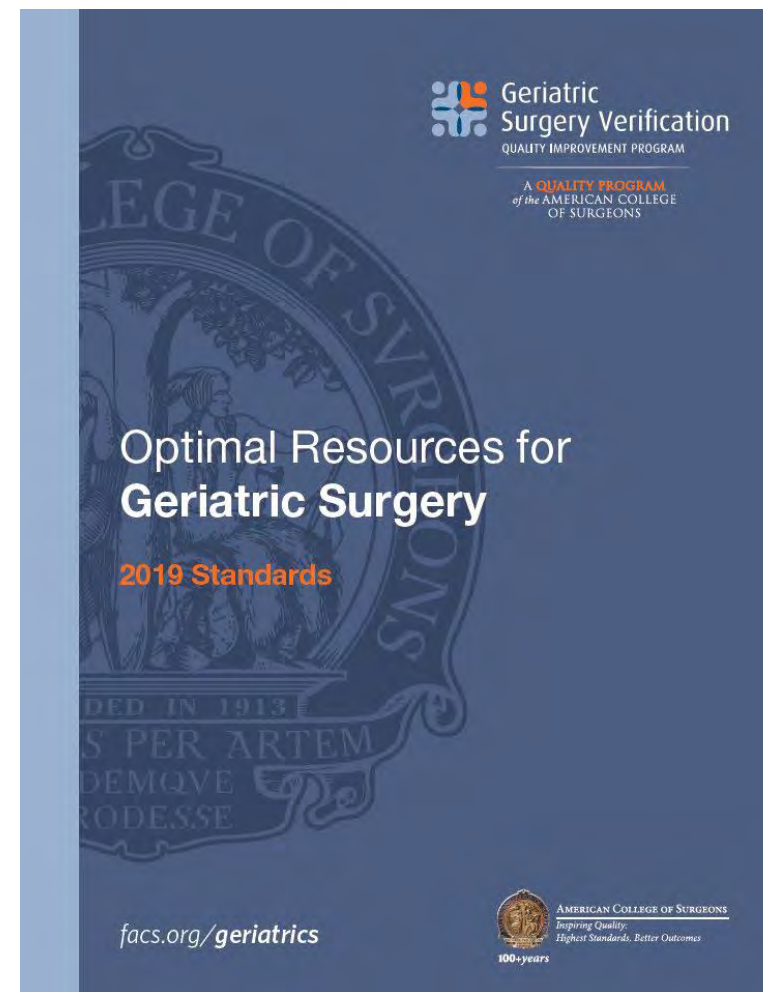


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Geriatrics Surgery Verification 4 areas of focus:

- 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





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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



HRSA
Health Resources & Services Administration

www.hrsa.gov/grants/find-funding/hrsa-19-008

www.americangeriatrics.org/programs/gwep-coordinating-center



#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)



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- 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

USAging

Leaders in Aging Well at Home



**Aging and Disability
BUSINESS INSTITUTE**

Connecting Communities and Health Care

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

www.aginganddisabilitybusinessinstitute.org





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#5 Public Health



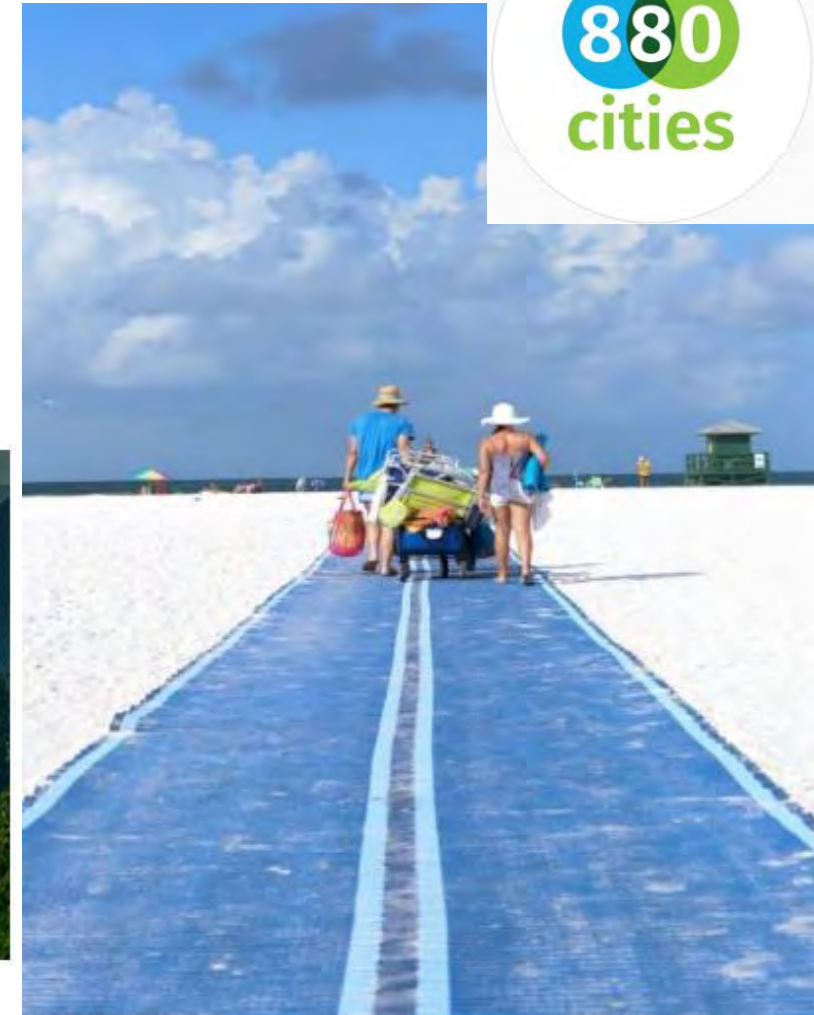
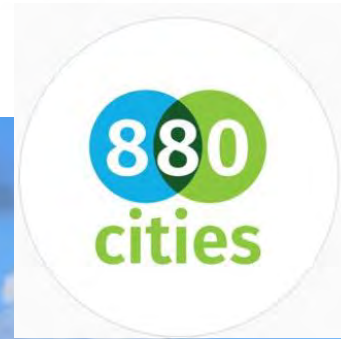
- Public Health in no small part is responsible for the dramatic increases in longevity
- Over the past 50 years, it is rare when local, state or federal public health agencies have dedicated funding or developed initiatives targeting adults ages 65 and over
- Limited collaborations with health care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



Age-Friendly Movement



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Addressing Ageism with the Age-Friendly Ecosystem



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- 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.

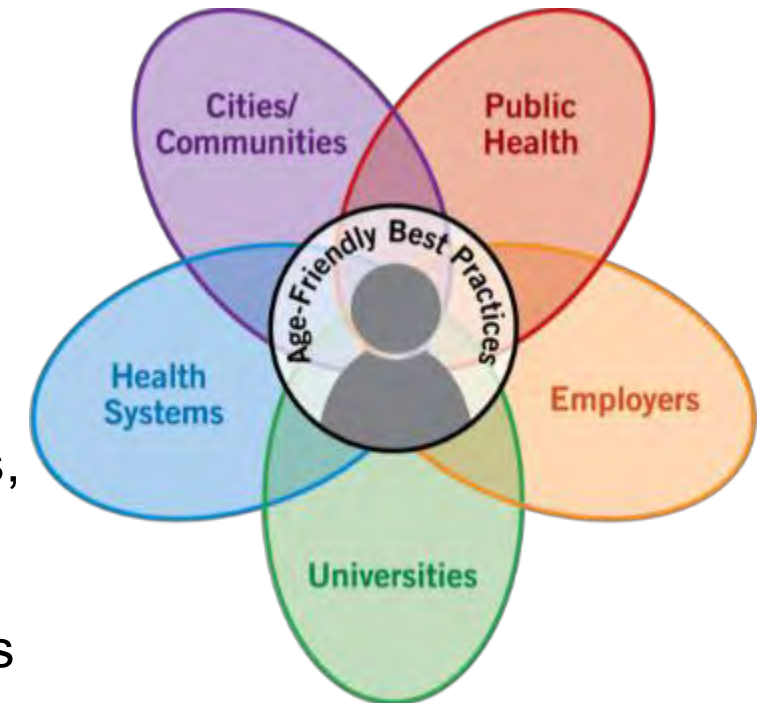
(1968: Robert Butler coined the term "ageism")



- 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

Age-Friendly Ecosystem
agefriendlyinstitute.org



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



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Thank You!

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WWW.JOHNHARTFORD.ORG



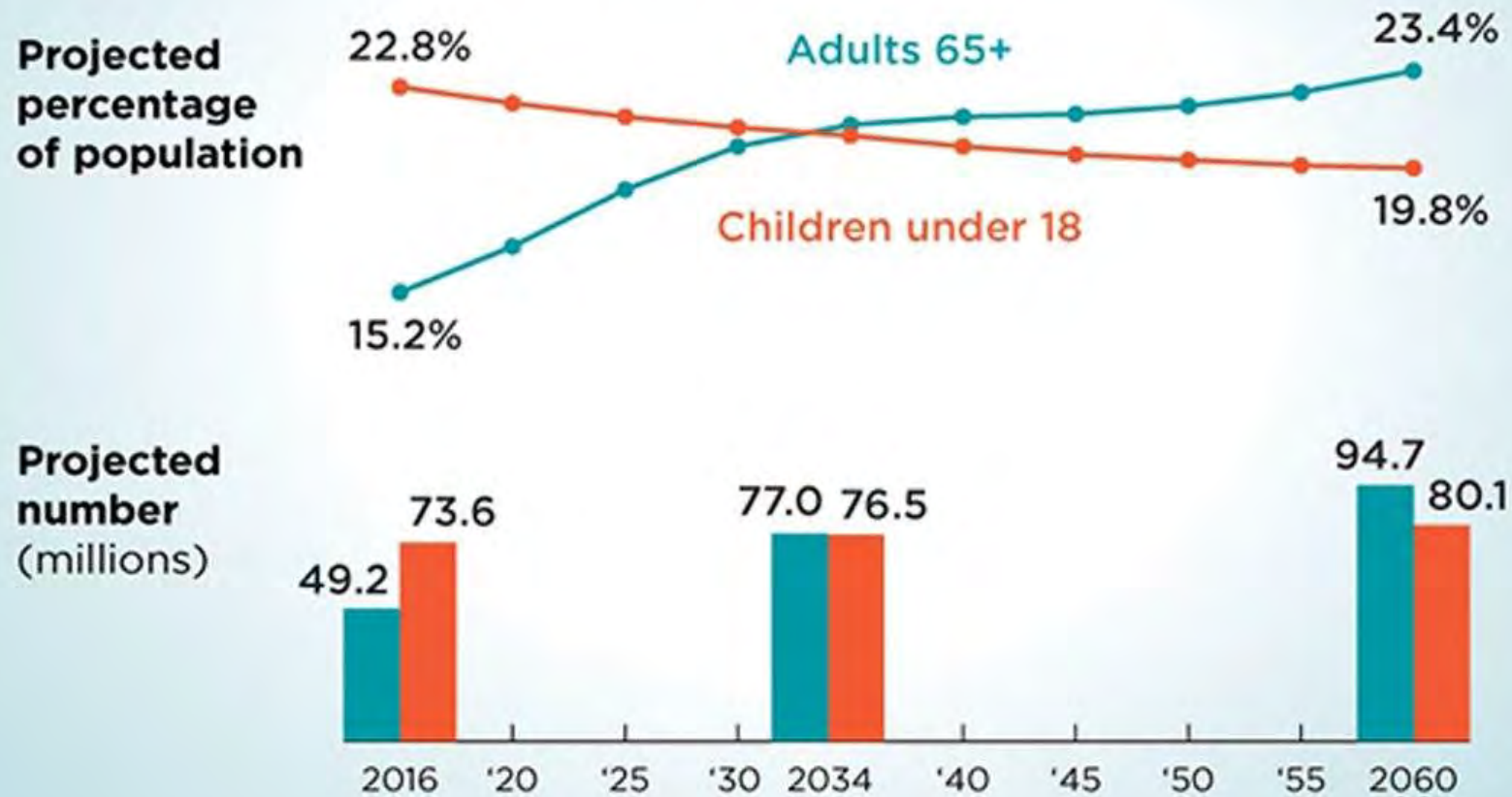
DEDICATED TO IMPROVING THE CARE OF OLDER ADULTS

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



MILLENNIALS AND BABY BOOMERS WANT WALKABLE, MIXED-USE NEIGHBORHOODS

Age
doesn't
define us

80%

Well maintained, safe and accessible streets

82%

Conveniently-located grocery stores

83%

Safe Parks

87%

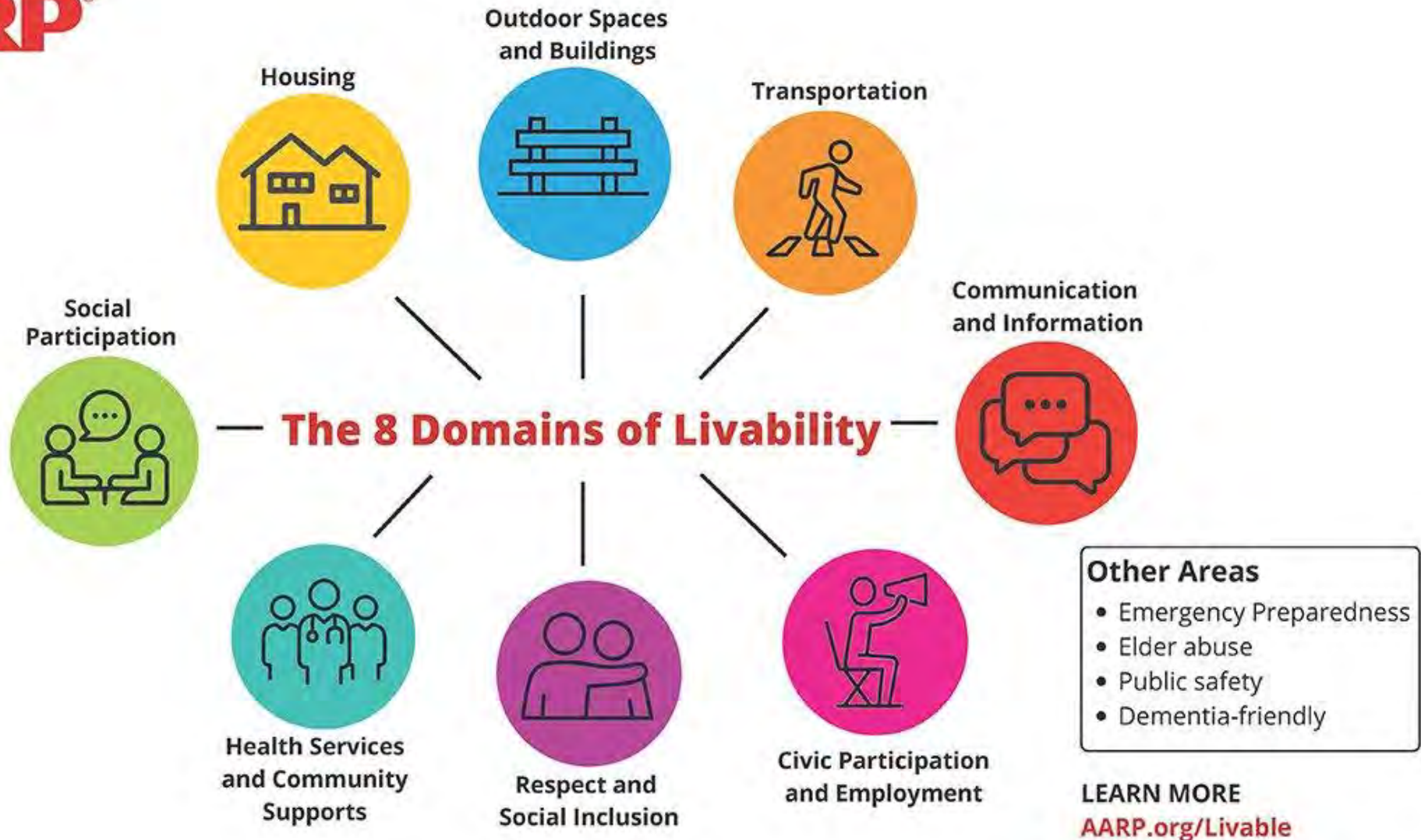
Well-maintained health care facilities

WHAT IS AGE-FRIENDLY?

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.



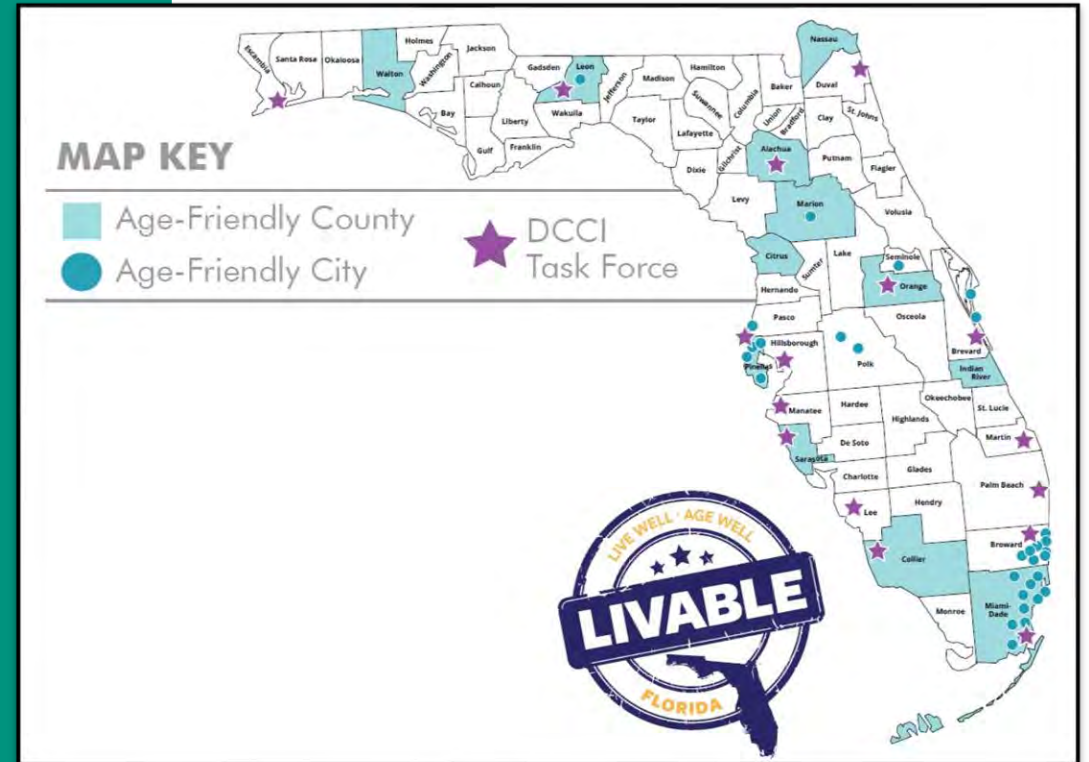


FLORIDA AGE-FRIENDLY NETWORK

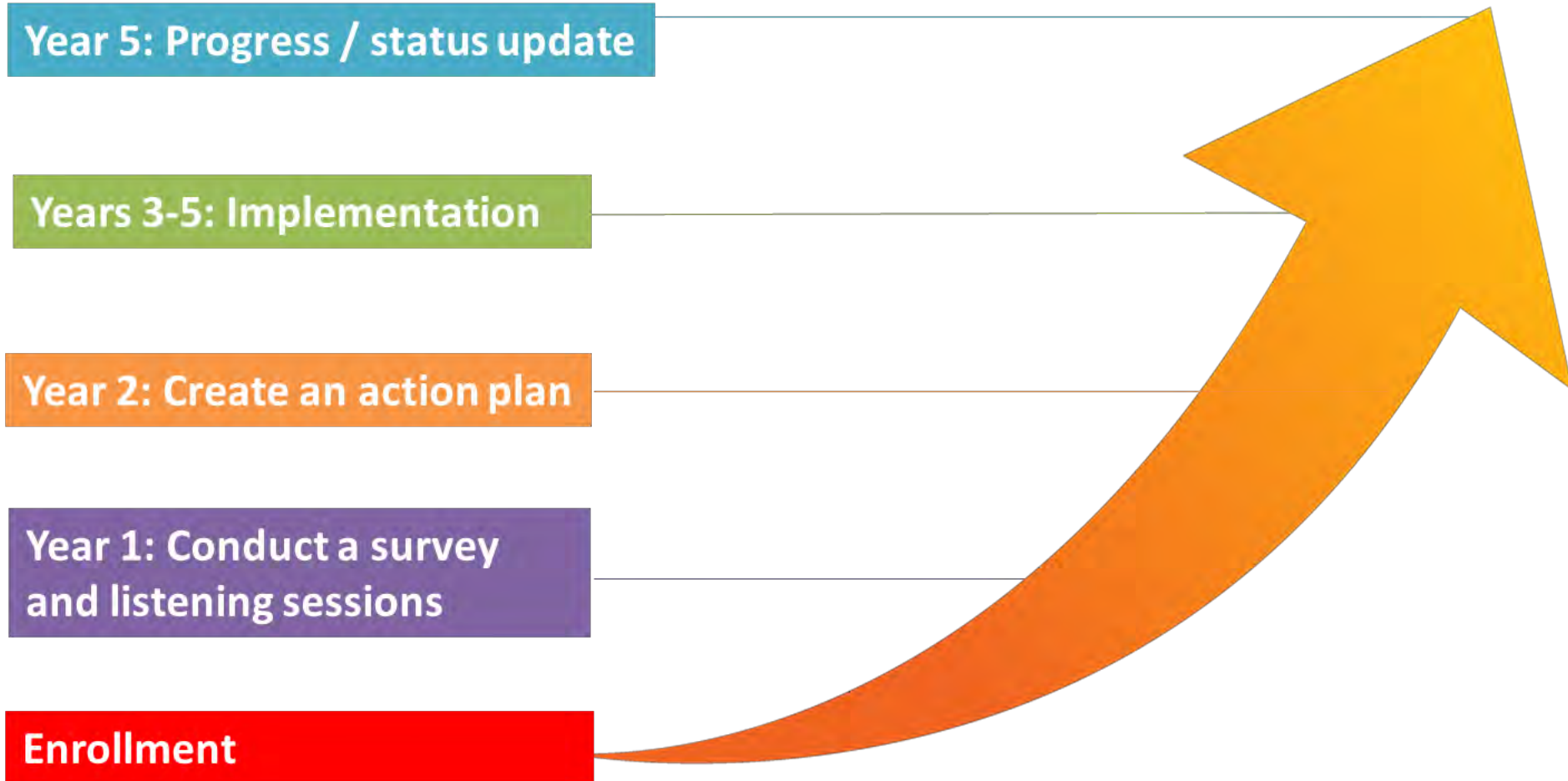
Alachua County
Cape Canaveral
Citrus County
Clearwater
Coconut Creek
Collier County
Coral Gables
Coral Springs
Cutler Bay
Doral
Dunedin
Fort Lauderdale
Hallandale Beach
Hialeah
Hollywood

Indian River County
Lakeland
Leon County
Longwood
Marion County
Miami Beach
Miami Garden
Miami Lakes
Miami Shores
Miami
Miami-Dade County
Nassau
Ocala
Orange County
Orlando

Palmetto Bay
Pembroke Pines
Pinecrest
Pinellas County
Pompano Beach
Sarasota County
Satellite Beach
St. Petersburg
Tallahassee
Tampa
Walton County
Wilton Manor
Winter Haven



DEVELOPING AN AGE-FRIENDLY COMMUNITY: THE PROCESS



Credit: AARP Florida



Credit: Miami-Dade Age-Friendly Initiative



Multi-Faceted Age-Friendly Community Approach

ST. PETERSBURG AGE-FRIENDLY COMMUNITY ACTION PLAN



February 2021

Action Plan for an
Age-Friendly Miami-Dade

AGE FRIENDLY INITIATIVE
Miami-Dade County



WALTON COUNTY, FLORIDA COMMUNITY HEALTH IMPROVEMENT PLAN JANUARY 2020 – DECEMBER 2022

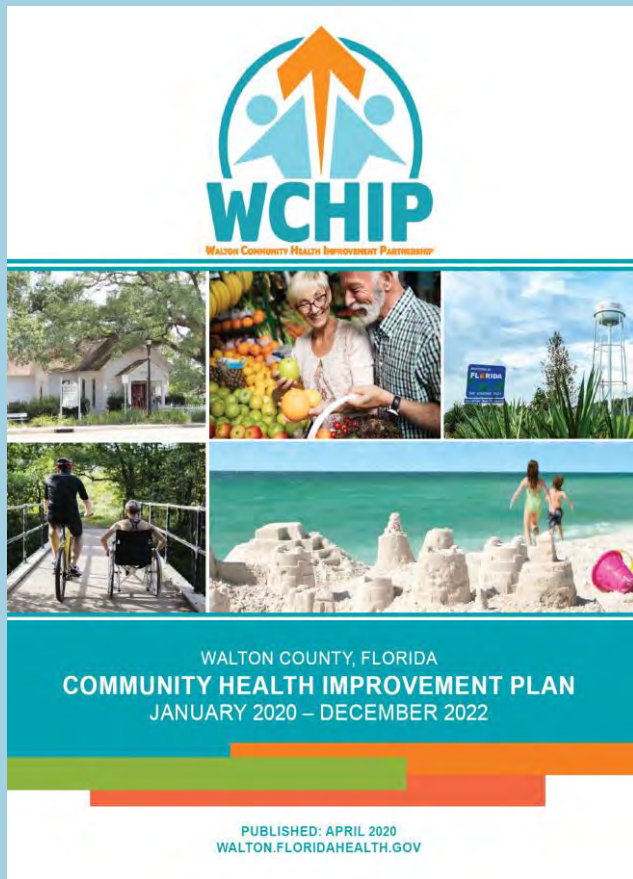
PUBLISHED: APRIL 2020
WALTON.FLORIDAHEALTH.GOV



Resilient Cape Canaveral Action Plan (2021)

City of Cape Canaveral
Community and Economic Development Department
100 Polk Avenue
Cape Canaveral, FL 32920
(321) 868-1220
cityofcapecanaveral.org

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

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



There are simple ways to minimize your exposure to coronavirus and keep yourself and your community safe, healthy and connected.

We're all in this together.



STAY HOME

DON'T leave home unless you absolutely must.

DO try grocery or restaurant delivery, mail order prescriptions, virtual medical appointments and telework.

DO ask friends, family or neighbors to safely deliver essential items to your door.



STAY HEALTHY

DO wear a cloth face covering and keep about 6 feet between yourself and others if you go out.

DO wash your hands with soap and water for 20 seconds, and disinfect all touched surfaces when you return home.

DON'T go to the hospital with mild symptoms; call your health care provider. Call 911 if you are in distress.



STAY CONNECTED

DO check in regularly with friends and family by calling, texting, emailing, video chatting or writing letters.

DO keep your mind and body active by walking, gardening, cycling, playing games or learning something new.

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 HomeboundVaccine@em.myflorida.com.

Residents can also contact the state's COVID-19 Call Center at **866-779-6121** for assistance.

Elder Helpline:
1-800-96-ELDER
1-800-963-5337
ELDERAFFAIRS.ORG



AARP has more resources & info at aarp.org/FLvaccine



BE AWARE OF VACCINE-RELATED SCAMS

FOUR

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

- Never pay to put your name on a list to get the vaccine. **It's a scam!**
- Be skeptical of callers that ask for your personal information, like your Social Security number, bank account, or credit card number. **Hang up!**

Ignore vaccine offers that ask for personal or financial information. **It's a scam!**

Never pay for promised early or priority access to the vaccine. **It's a scam!**

If you suspect a COVID-19 vaccine-related scam, report it to the Attorney General's Office by calling **866-966-7226** or visiting MyFloridaLegal.com.

Find out where to get a vaccine in your area!

VACCINE LOCATOR



floridahealthcovid19.gov/vaccines/vaccine-locator

RON DESANTIS Governor | RICHARD PRUDOM Secretary

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



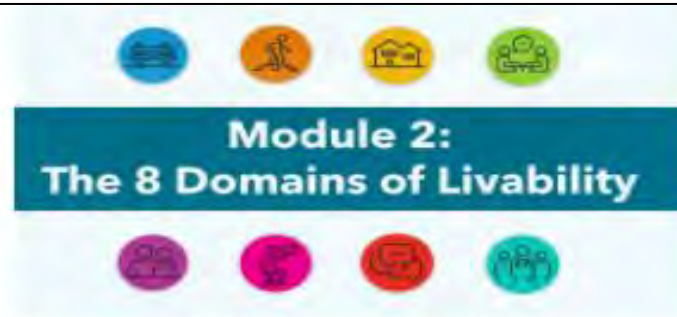
- Add safety resources and tips to utility bills and local government mailings
- Create tool kits that can help older adults manage in the event of a power outage, food shortages or other disruptions
- Use or adapt existing emergency plans and resources

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

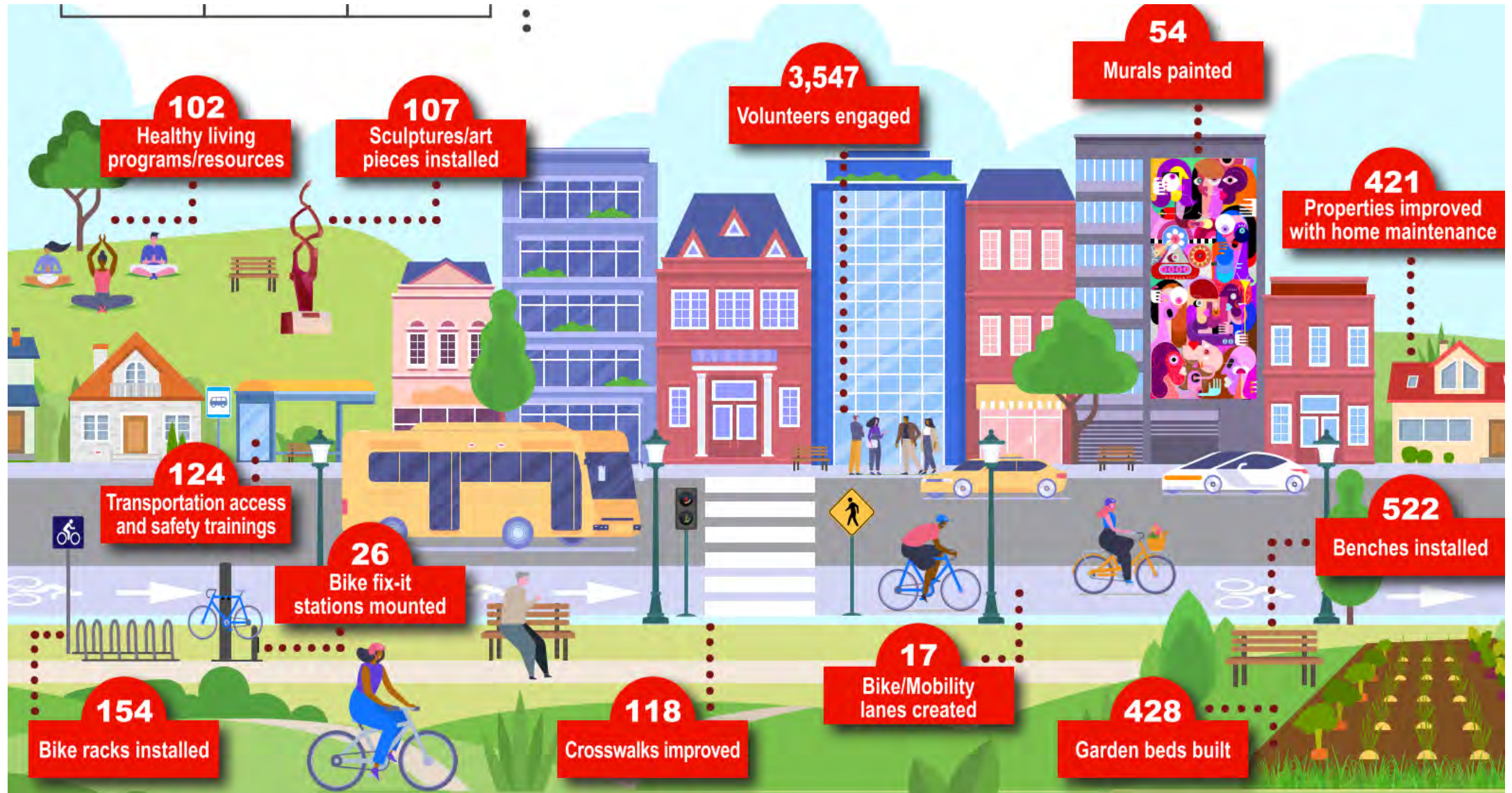
Learn about writing and submitting an age-friendly action plan



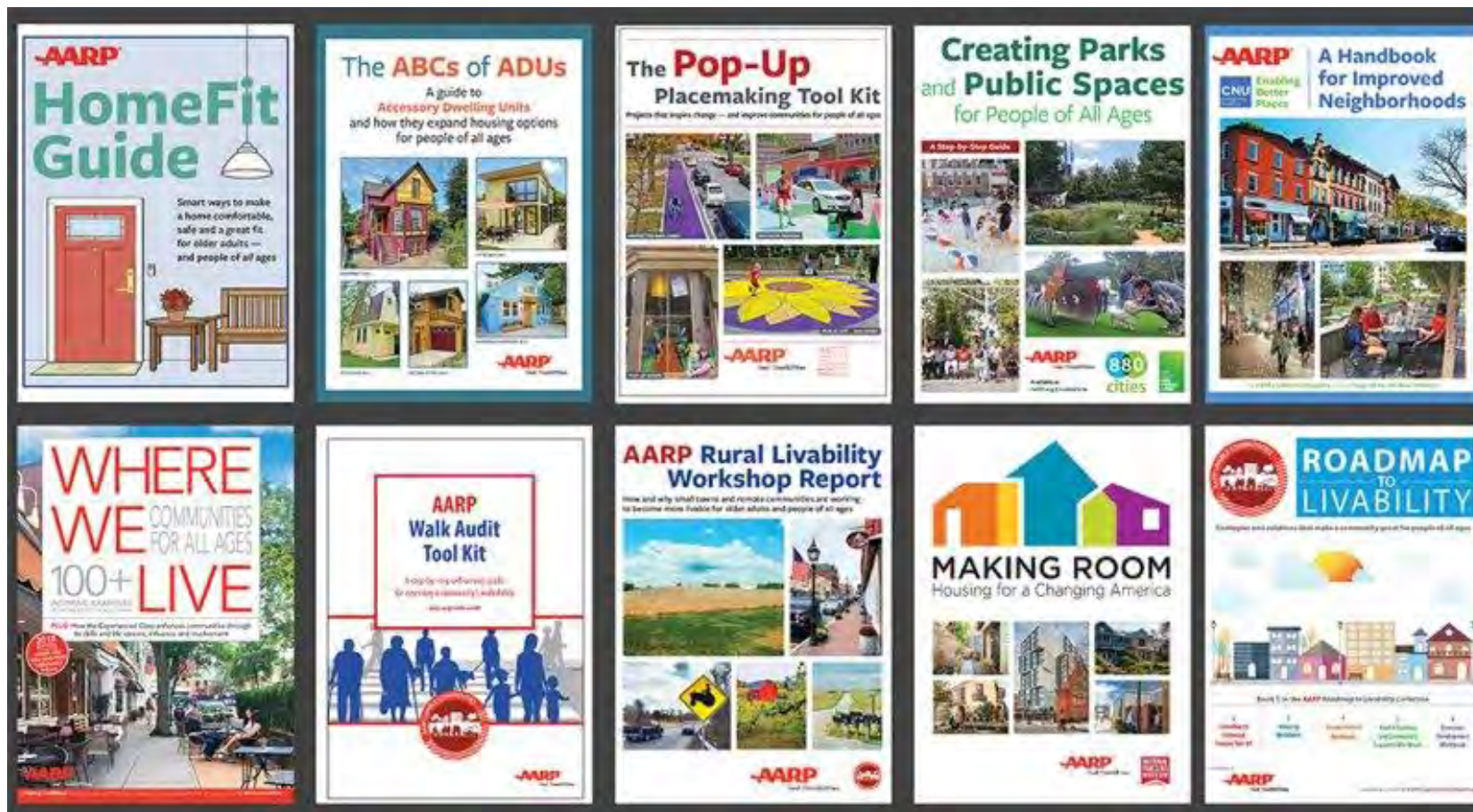
Lesson 6

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

AARP COMMUNITY CHALLENGE GRANTS



AARP.ORG/LIVABLE



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

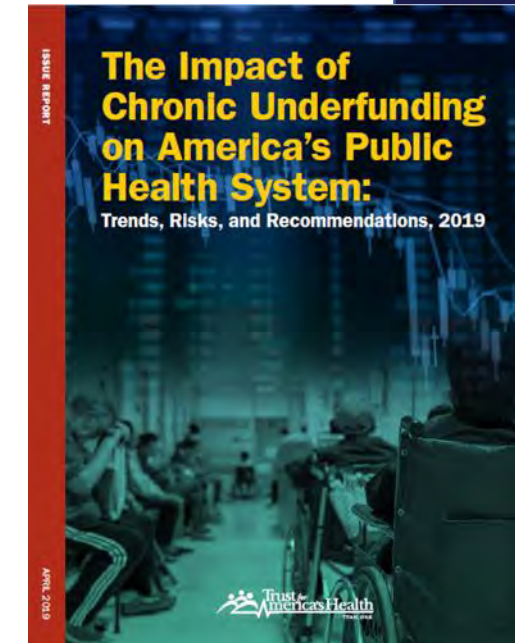
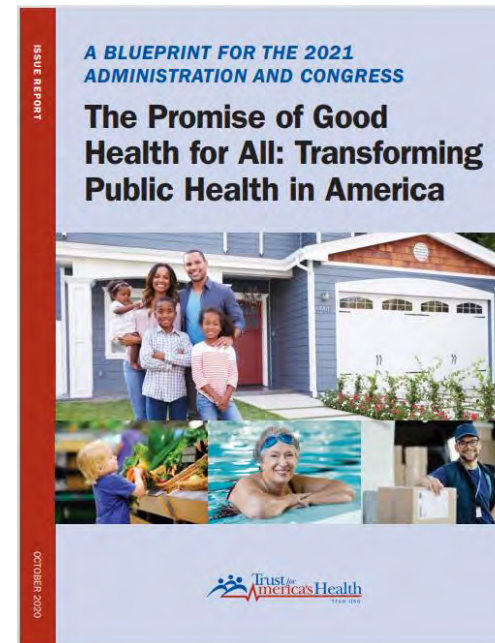
December 2021



Trust for America's Health

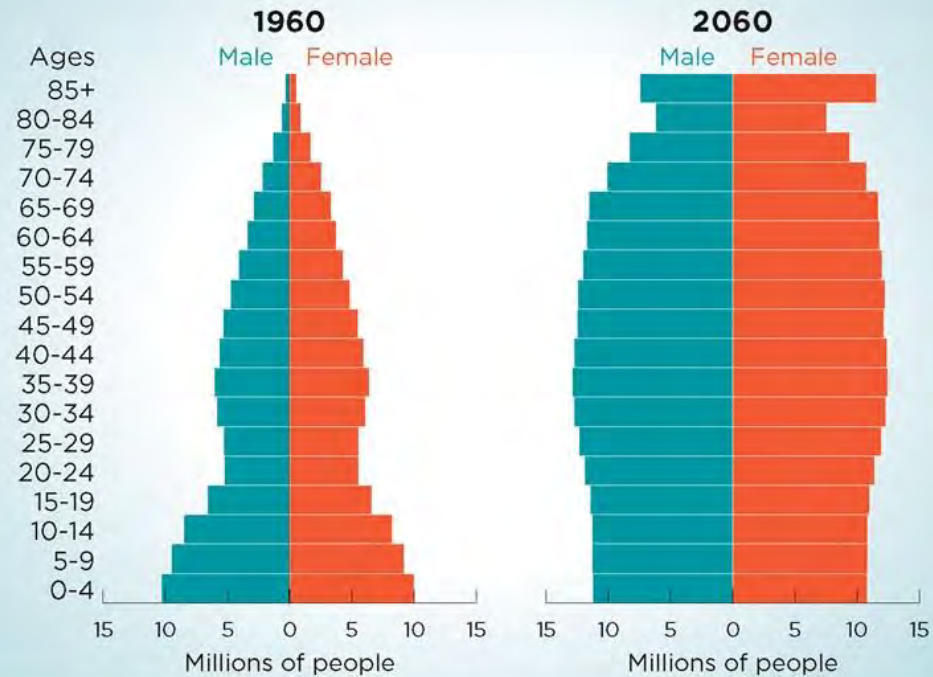
Independent, non-partisan, public health and prevention focus

- Advancing evidence-based policy and advocacy with an equity focus
- Improving the health of every community
- Making disease prevention a national priority



From Pyramid to Pillar: A Century of Change

Population of the United States



Growth in Older Adult Population

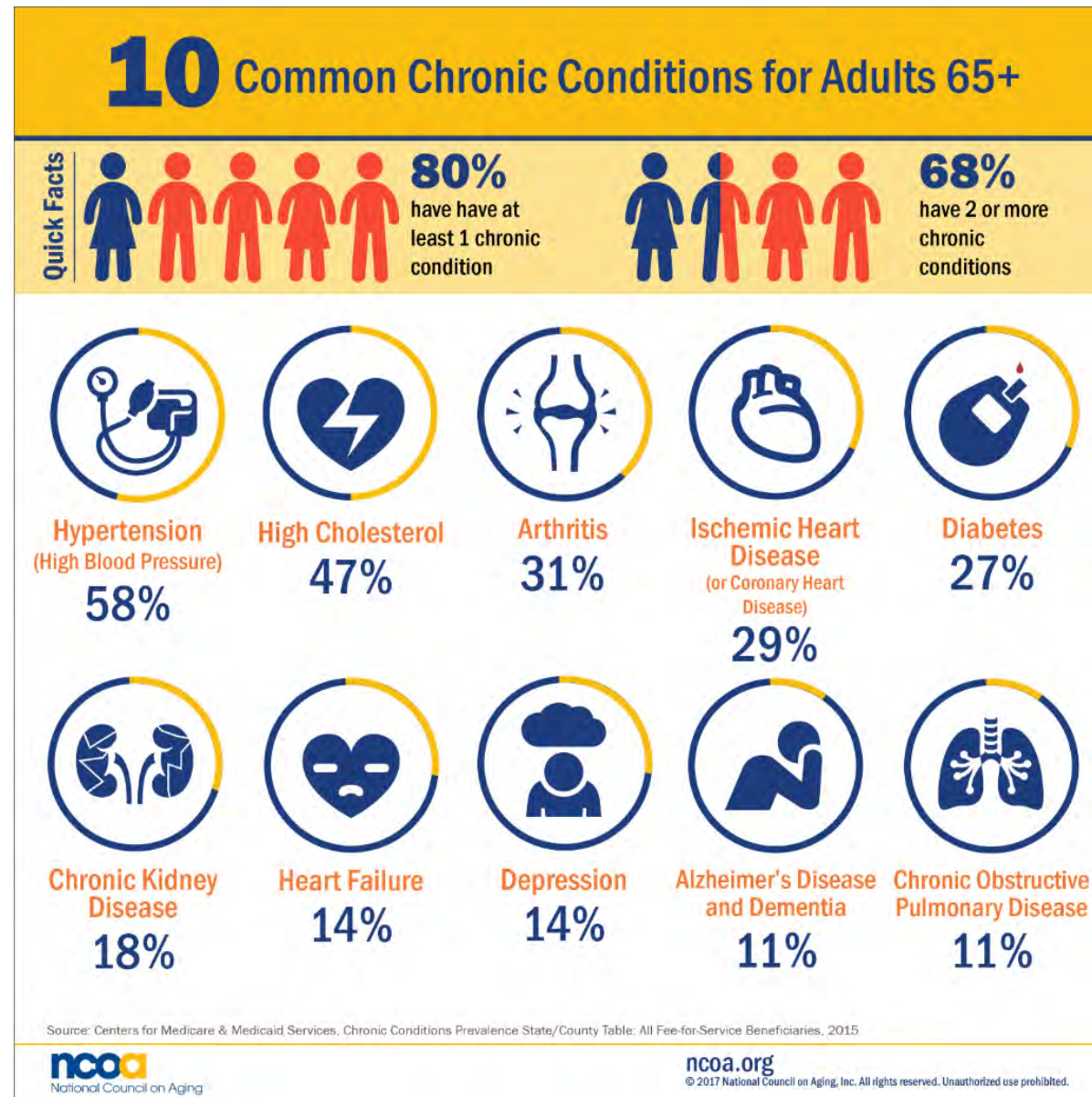
United States[™]
Census
Bureau

U.S. Department of Commerce
Economics and Statistics Administration
U.S. CENSUS BUREAU
census.gov

Source: National Population
Projections, 2017
www.census.gov/programs-surveys/popproj.html



Health Needs of Older Adults



Risk of Hospitalization from COVID Increases with Age

	Hospitalization ¹	Death ²
18-29 years	Comparison Group	Comparison Group
30-39 years	2x higher	4x higher
40-49 years	3x higher	10x higher
50-64 years	4x higher	30x higher
65-74 years	5x higher	90x higher
75-84 years	8x higher	220x higher
85+ years	13x higher	630x higher



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

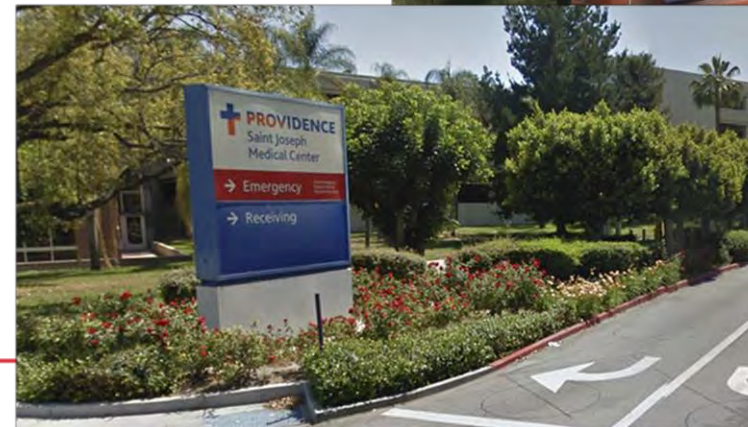


**HEALTHYBRAIN
INITIATIVE**



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

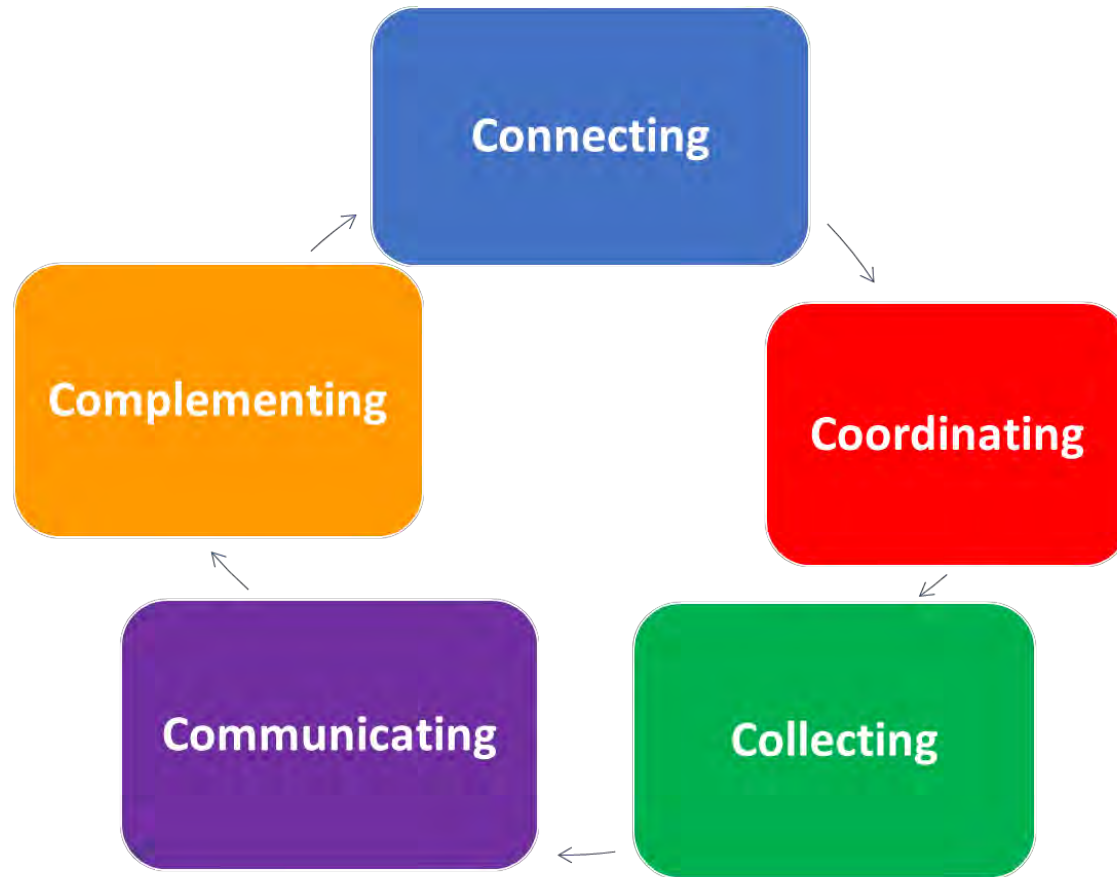


Public Health Must Respond to Needs of Older Adults Beyond COVID-19



Age-Friendly

PUBLIC HEALTH SYSTEMS



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



Age-Friendly

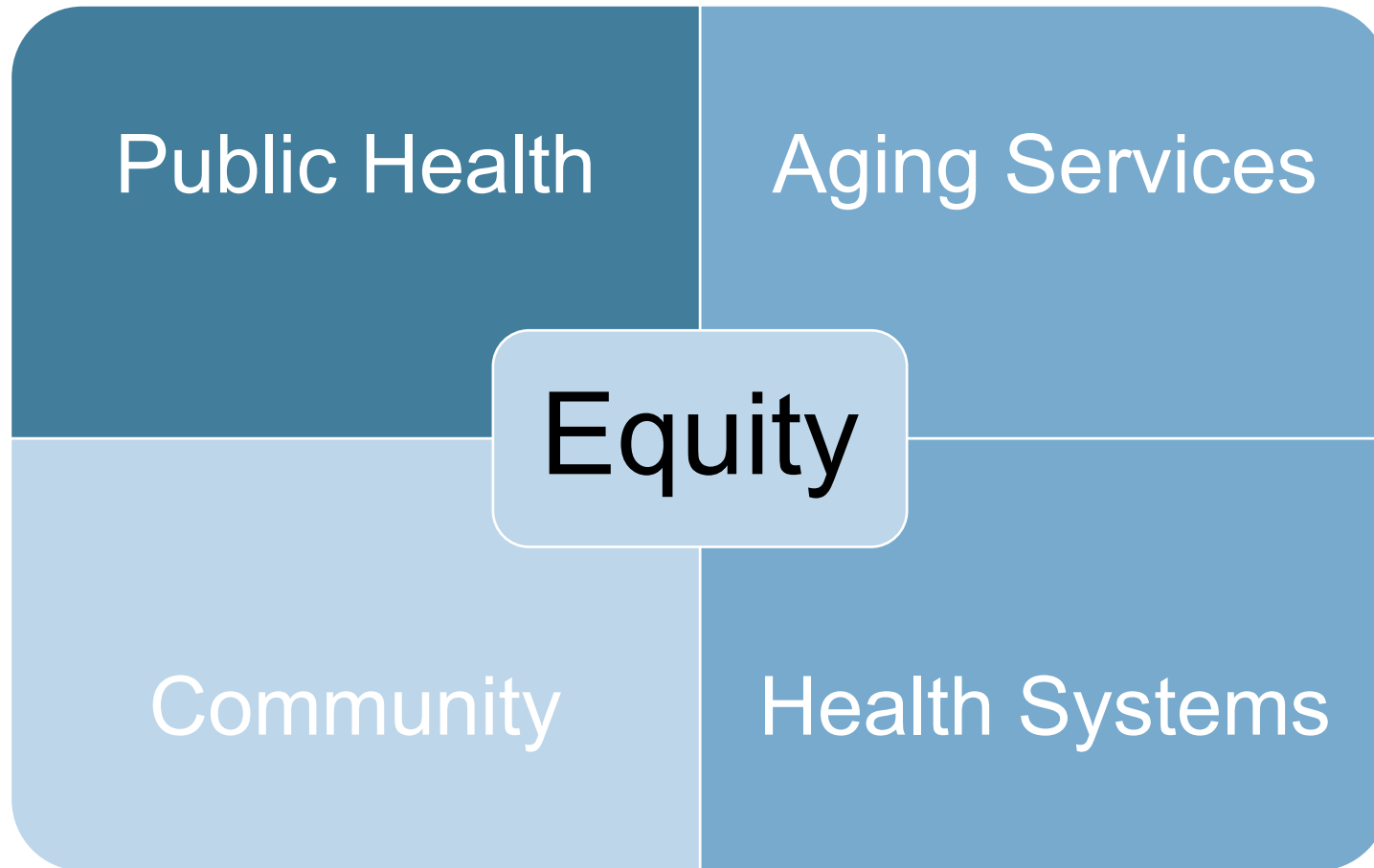
PUBLIC HEALTH SYSTEMS

What we learned in Florida:

- Importance of data to identify priorities for action and intervention
- Importance of collaboration to implement those actions and interventions



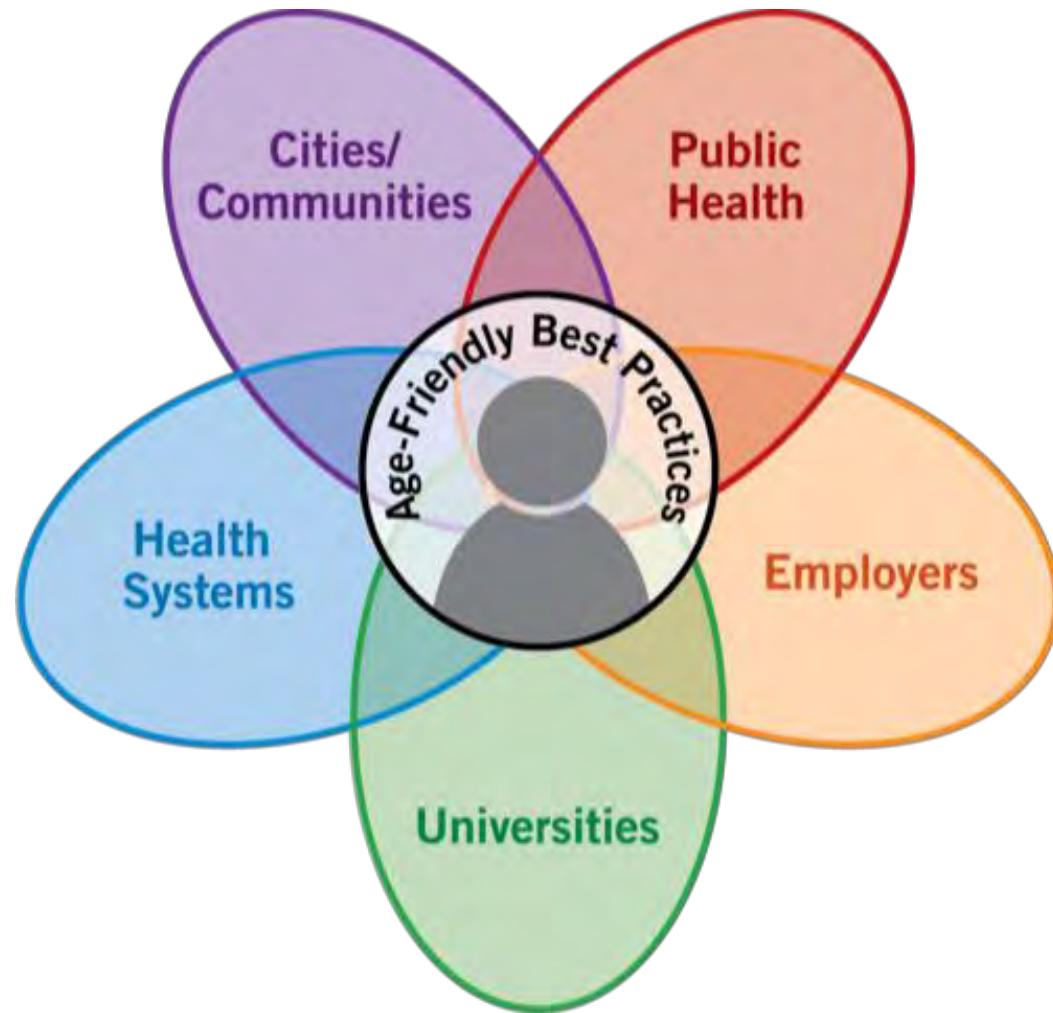
What sectors can public health collaborate with?
What can partnerships & collaboration achieve?



Age-Friendly Eco-system vs. Ego-system



Age-Friendly Ecosystem



Just take the first
step!





Thank You!

Megan Wolfe
mwolfe@tfah.org
www.afphs.org

