

July 27, 2022

## Age-Friendly Public Health Systems Learning and Action Network News



### News:

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#### The Value of Being a Recognized AFPHS

The [California Department of Public Health](#) (CDPH) completed the AFPHS Recognition Program as an Exemplar. In reflecting on why they chose to participate in the program, a Department spokesperson said “completing the AFPHS requirements allowed CDPH staff to continue conversations with existing stakeholders, and initiate discussions with new partners as well. Staff were able to identify gaps and connect internal programs to complete required activities, which will also contribute to better coordinated future efforts. CDPH highly recommends that other states and local health departments take the opportunity to participate in TFAH’s AFPHS to improve their healthy aging programs and partnerships. Receiving Exemplar recognition as an AFPHS will help CDPH highlight the important role public health plays in supporting healthy aging in California.”

Read more about our [AFPHS Recognition Program](#) and how you and your department of health can become recognized for leadership and innovative work to support older adults.

#### Florida Leads the Way!

Four more county health departments have recently been recognized at the Advanced level of the AFPHS Recognition Program: [Charlotte](#), [Hillsborough](#), [Marion](#), and [St. Lucie](#). These recognitions are based on the completion of health department activities aligned with the [AFPHS 6Cs Framework](#). Congratulations to these departments of health!

### Events and Opportunities:

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#### Age-Friendly Public Health Systems (AFPHS) Monthly Trainings

AARP defines a livable community as one “that is safe and secure. It offers choices in where to live and how to get around. And it equitably serves residents of all ages, ability levels, incomes, races, ethnicities, and other backgrounds.” Having safe, healthy, and livable communities where older adults can remain active and engaged is an important part of healthy aging.

The next installment of our 2022 training series will focus on how livable communities are addressing social determinants of health. Speakers will share national and local level innovative practices in livable communities and note valuable partnerships with

departments of public health.

This session will be held on **August 18 at 3 pm ET**. Register [here](#).

You can also view a recording of our [July training](#) on and read July's [blog post](#) *What's Public Health Got to Do With... Using Data to Address Social Determinants of Health*

**Improving Quality of Life for People Living with Dementia** – *Thursday, July 28, 2022, 12:00 pm - 1:00 pm ET*. Grantmakers in Aging is hosting a webinar to describe collaborations that embrace the local community as a way to help individuals living with the challenges of Alzheimer's Disease and related dementias. Community and collective efforts to create environments that support the unique needs of people living with dementia will be highlighted. Register [here](#).

**Ageism Unmasked: A Conversation with Author Tracey Gendron** – *Wednesday, August 24, 2022, 12:00 pm – 1:00 pm ET*. Author of the newly-released book, *Ageism Unmasked: Exploring Age Bias and How to End It*, Tracey Gendron will discuss ageism and how we can work together to address it. This session is co-hosted by Changing the Narrative, the Colorado Center for Nursing Excellence, Denver Public Library and the NextFifty Initiative. Register [here](#).

**Housing for People of All Ages** – *Wednesday & Thursday, September 21 – 22, 2022*. AARP is hosting a virtual event to explore how communities across the nation can provide safe, affordable housing options for individuals and families of all backgrounds, incomes, and abilities. Best practices, insights, and next steps will be shared around four core themes: housing choice, design, stability, and equity. Register [here](#).

**Second Annual Age-Friendly Ecosystem Summit** – *Wednesday, November 9, 2022, 9:00 am – 5:00 pm ET*. The George Washington University's Center for Aging, Health and Humanities is hosting the Second Annual Age-Friendly Ecosystem Summit. Interested parties are [invited to submit](#) innovative, replicable, successful initiatives for the Regional Age-Friendly Resource Guide. The Summit will focus on transportation, housing, the long-term care workforce and health systems, and emergency preparedness and resilience. This virtual regional collaborative event will be held in partnership with Age-Friendly Alexandria, Arlington, DC, Howard County, Hyattsville, Montgomery County, and the Georgetown University Aging & Health Program. Register [here](#).

### **Funding Opportunity – The Biden Administration Announces a Funding Opportunity to Address Unsheltered Homelessness**

The Biden Administration through the U.S. Department of Housing and Urban Development has released a first-of-its-kind package of resources to address unsheltered homelessness and homeless encampments, including funds specifically to address homelessness in rural communities. The \$365 million package includes grant funds and vouchers that can enhance communities' capacity to address unsheltered homelessness by connecting vulnerable individuals and families to housing, health care, and supportive services. This initiative promotes partnerships with health care organizations, public housing authorities and mainstream housing providers, and people with lived experience and expertise of homelessness. Learn more about this [opportunity](#).

## **Resources:**

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### **COVID-19**

#### **Older Adults Urged to Stay Up-to-Date with Boosters**

White House COVID-19 coordinator Dr. Ashish Jha is reminding people, especially those age 50 and older, to [stay up-to-date on COVID-19 vaccines and boosters](#). Variants of COVID-19 are continuing to spread and higher levels of reinfections are being reported. Data from the Centers for Disease Control and Prevention indicate that only 48% of Americans have received a first booster.

### **Additional Resources**

**Recording from the “Public Health Opportunities and Challenges of Dementia**

### Caregiving” Conference

With 150 in-person and 360 virtual attendees, the [\*\*BOLD Public Health Opportunities and Challenges of Dementia Caregiving Conference\*\*](#) on June 14 and 15 was a real success! Public health leaders from across the country gathered for two days of expert presentations about key public health policy and practice issues in dementia caregiving, vibrant discussions and idea sharing.

### Older Adult Disaster Resilience Tool Kit

AARP has developed a [\*\*tool to help local leaders, government staff, aging services professionals, and community volunteers protect older adults during disasters\*\*](#). This is a companion title to the [\*\*Guide to Expanding Mitigation: Making the Connection to Older Adults\*\*](#), a resource published by the Federal Emergency Management Agency as a resource for emergency management professionals. By working with emergency managers, state and local officials, and other community leaders can understand the diverse needs of older adults and develop effective lifesaving plans, projects, and procedures.

### Healthy Longevity Roadmap

The [\*\*Global Roadmap for Healthy Longevity \(the Global Roadmap\)\*\*](#) from the National Academy of Medicine (NAM) describes a path forward to avoid the predicted challenges of population aging. Authored by an Internal Commission assembled by NAM, the Global Roadmap emphasizes the need for equity within and across countries, and describes how to reshape and align multiple complex systems to ensure that intergenerational societies have healthy longevity by 2050. Evidence-based recommendations are provided to note the benefits of engaging with older adults and the value of this engagement for people of all ages and societies around the world.

### Wearable AI Technology Supports Balance

Selected as one of the 2021 National Academy of Medicine Healthy Longevity Catalyst Award winners, Emrah Bayrak and Antonia Zaferiou developed a [\*\*“multi-sensor wearable system with a personalized AI and multimodal biofeedback to improve the balance of older adults at home.”\*\*](#) This device has helped to mitigate falls and promote balance in older adults with assistive wearable artificial technology. Older adults can use this device on a daily basis through training sessions. The system provides suggestions on ways for older adults to improve their balance through a novel biofeedback mechanism. When asked in an interview about what motivated them to apply for the Healthy Longevity Catalyst Award, they noted that they wanted to “extend functional aging in our community through engaging older adults early in the design process of our balance training system so that we create systems that they really trust and look forward to interacting with as they gain agency and confidence in their balance control.”

### Older Adults Can’t Afford Basic Necessities

Developed by researchers at the Gerontology Institute at the University of Massachusetts-Boston, the [\*\*Elder Index measures the cost of living for older adults\*\*](#). The Elder Index contains information for every state and county in the U.S. and “uses various public databases to calculate the cost of health care, housing, food, transportation, and miscellaneous expenses for seniors. It represents a bare-bones budget, adjusted for whether older adults live alone or as part of a couple; whether they’re in poor, good, or excellent health; and whether they rent or own homes, with or without a mortgage.”

[\*\*Results from a 2020 analysis of data from the Index\*\*](#) revealed that nearly five million older women living alone, two million older men living alone, and more than two million older couples had incomes that made them economically insecure. The [\*\*Equity in Aging Collaborative\*\*](#) plans to use this index to influence policies to support older adults.

### Impact of Inflation on New Affordable Housing for Older Adults

In Miami-Dade County, Florida, developers are having a [\*\*hard time building new affordable housing communities\*\*](#) designed for lower-income older adults due to growing construction costs and insurance rates. Builders are pushing for public-private partnerships to ensure this housing gets built. Otherwise, developers feel it is “just not possible in this economic environment.”

### Expanding Access to Home and Community-Based Services

The Centers for Medicare and Medicaid Services have [\*\*extended the American Rescue\*\*](#)

**Plan Act spending deadline through March 31, 2025.** This provides an opportunity to strengthen home and community-based services (HCBS) for individuals with Medicaid who have long-term service and supports needs. States can now continue with an expanded capacity to provide critical services and meet the needs of family caregivers and people on HCBS waitlists. Extending this timeframe for an additional year will allow Medicaid beneficiaries to remain in the setting of their choice and help to facilitate high-quality, cost-effective, person-centered services.

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