

November 20, 2024

AFPHS News



News:

New AFPHS Podcast Episode

[In this episode of Age-Friendly Public Health: The Podcast](#), guest Jess Maurer, Executive Director of the Maine Council on Aging (MCOA) shares how Maine is taking action to tackle ageism.

November is Homelessness Awareness Month

November is National Homelessness Awareness Month and older adults are the fastest growing demographic of homeless people. The Substance Abuse and Mental Health Services Administration has a **[social media toolkit](#)** that can be used to raise awareness about the risk of homelessness. The toolkit also includes links to resources and partnerships used to promote housing stability and recovery.

National Family Caregivers Month

November is a time to acknowledge and show support for family caregivers. **[In a recent AFPHS blog](#)**, how public health professionals can support the needs of caregivers is highlighted.

Did You Know...?

Relief Resources for Older Adults after a National Disaster

After natural disasters, identifying appropriate resources for older adults is important to ensure recovery. There are several resources from national organizations that provide relief:

- **[Meals on Wheels Emergency Response Fund](#)**
- **[FEMA preparedness guide for older adults](#)**
- **[Red Cross Hurricane Helene Reunification page](#)**
- **[AARP Foundation: Act Now to Help Disaster Victims](#)**
- **[National Council on Aging Older Adults Disaster Assistance & Community Based Organizations preparedness tips and programs](#)**
- **[USAging's Disaster Relief Fund](#)**

Events and Opportunities:

Age-Friendly Public Health Systems (AFPHS) Monthly Trainings

Ensuring all older adults have an equitable opportunity to live healthy lives is foundational to age-friendly public health. The 2024 AFPHS trainings are focused on various topics related to equity.

November is National American Indian Heritage Month and tomorrow's AFPHS training will focus on how public health can improve the health and well-being of tribal elders through partnerships with Tribal communities. The session will feature representatives from the Washington State Department of Health and the Northwest Washington Indian Health Board who are working together to assess tribal elders' needs so they can better target resources.

Speakers for this training are:

- Marci Getz, Director-Healthy Aging Initiatives, Washington State Department of Health
- Barbara Juarez, Executive Director, Northwest Washington Indian Health Board

You can register for one or all the trainings in this series [here](#).

Build your expertise and healthy aging knowledge! Individuals who attend 6 or more AFPHS monthly trainings will be designated as AFPHS Champions. Over 100 people in 24 states across the country have been recognized as Champions to date. Visit the [AFPHS Recognition Program page](#) for more information.

Partnerships To Expand Accessible Housing Options with Assistive Technology – Thursday, November 21, 2024, 3:00 pm ET.

The Administration for Community Living's Housing and Services Resource Center is hosting a webinar about community living options for people with developmental disabilities. A partnership between the New York State Council on Developmental Disabilities, the Westchester Institute for Human Development, the NYS TRAUD Assistive Technology Program, and local partners across New York explored this topic and how these community living options could be expanded through increased access to assistive technology (AT). Presenters will review the wide range of AT available and how it can be used to make a home accessible, how these organizations formed a cross-sector partnership, and best practices and lessons learned from their pilot program. Additionally, the presenters will provide information on what funding and resources might be available to support increased access to AT. Register [here](#).

Building Systems for Comprehensive Dementia Care: Implementation of the CMS GUIDE Model –

Monday, December 9, 2024, 11:00 am – 12:00 pm ET In an upcoming public health-centered webinar hosted by the BOLD Public Health Center of Excellence on Dementia Caregiving, Tennessee and Rhode Island will share their experiences with the CMS GUIDE Model. They will also discuss ways in which public health agencies can support local implementation of GUIDE, especially related to family caregiver support and education. Register [here](#).

Person-Centered Planning Technical Assistance

The National Center on Advancing Person-Centered Practices and Systems (NCAPPS) is offering free technical assistance to states to provide support on implementing person-centered planning in compliance with the Home and Community-Services Based Final Rule requirements. NCAPPS works with human services agencies to create action plans and connect them to experienced subject matter experts to provide support in achieving their goals. The free NCAPPS technical assistance is available through the end of August 2025. States that apply by the end of the day on December 31, 2024 will receive priority review. [Click here to learn more and apply](#). Send questions to ncapps@hsri.org.

Request for Proposals (RFP) for the Strategies to Advance Greater Elder Safety: Pathways for Older People Surviving Violence (STAGES Pathways) Sub-Awards

Futures Without Violence, in partnership with the [National Clearinghouse on Abuse in Later Life](#), [Justice in Aging](#), [Center for Justice Innovation](#), and [Wise Women Gathering Place](#) has launched a Request for Proposals for the Strategies to Advance Greater Elder Safety: Pathways for Older People Surviving Violence ([STAGES Pathways](#)) Sub-Awards. Eight community-based organizations will be selected to build, enhance, or adapt services for older adult survivors of abuse. The funding range for this award is \$50,000 - \$60,000. Applications are due by Friday, November 22, 2024. Click [here](#) for more information.

Seeking Submissions: Caregiver Services and Supports Innovations Hub

USAgings Caregiver Services and Supports Innovations Hub is seeking innovative caregiver programs, services, or interventions to include as examples on the hub site. The Hub functions as an online clearinghouse to support the exchange of programs and the development of new caregiver services and supports. Some examples of programs that may be submitted include: caregiver peer support and counseling programs, respite alternatives, technology and assistive devices to support caregivers, and training courses. Businesses and for-profit entities are not eligible for submission. Questions can be sent to

USAgings' caregiving team at caregiving@usaging.org. [Click here](#) for more information.

Seeking Resources: SNAP-Ed Connection

The Food and Nutrition Service (FNS) is **now accepting material** that can be included in **SNAP-Ed Connection**. This resource includes non-intervention resources that help administer, develop, implement, and showcase SNAP-Ed programs. Some of the resources included are SNAP-Ed staff training, social media guides, toolkit/guides, webinars, or other materials. Submitted resources will be reviewed by FNS and those approved will be shared publicly on the SNAP-Ed Library.

Contributing to the Next Edition of the Physical Activity Guidelines

The Office of Disease Prevention and Health Promotion, along with other federal partners at the Centers for Disease Control and Prevention and the National Institutes of Health, organized a listening session earlier this year to identify key research areas that may help inform the third edition of the Physical Activity Guidelines. The latest edition of the Guidelines will not be released until 2028 but discussions about what should be included are underway. Some of the ways to promote the current editions of the Physical Activity Guidelines for Americans and assist in the development of the next edition include:

- Contribute to the literature base that will inform the next edition of the Guidelines (works must be published by December 31, 2025 to be considered for inclusion in the systematic literature review)
- Submit nominations for members of the Physical Activity Guidelines Advisory Committee (coming in spring of 2025)
- Refer to the current Guidelines and promotional materials from **Move Your Way®** and the CDC's **Active People Healthy NationSM** when encouraging physical activity.
- Join the **ODPHP email list** to stay informed about the Guidelines development process.

Request for Proposals: Grants for Innovative Models Using Volunteers to Assist Older Adults, Adults with Disabilities and Family Caregivers

The Community Care Corps has recently announced a national Request for Proposals for innovative local models to provide volunteer nonmedical assistance to help family caregivers, older adults or adults with disabilities maintain their independence. Grants will be for 18 months and range in size from \$30,000 to \$200,000. The grants will be awarded to organizations developing, expanding, or refining innovative local models. [Click here](#) to learn more.

Resources:

Elder Mistreatment

New Issue Brief on Adult Protective Services and Self-Neglect

Findings on self-neglect from the 2022 National Survey of Adult Protective Services (APS) Programs have recently been published in a new issue brief – **Self-Neglect: Findings from the Advancing States National Survey of Adult Protective Services**.

Advancing States conducted this survey to assess the current state of APS programs and identify trends related to topics such as caseload, staff retention, and client assessment. This brief focuses on the issue of self-neglect, which is the most prevalent form of maltreatment reported. The issue of self-neglect, services needed for this population, and highlights of what states are doing to address self-neglect are included.

Incorporating Person-Centered Principles in Adult Protective Services

The Adult Protective Services Technical Assistance Resource Center (APS TARC) has released a **brief that emphasizes the importance of person-centered principles** in the current application in APS programs. The brief includes definitions of person-centered principles as established in federal law, an overview of the application of the person-centered principles in the Administration for Community Living Final Rule requirements, and the policy and practice related to person-centered principles based on data from the National APS Process Evaluation.

Department of Justice Activities to Combat Elder Fraud and Abuse

The Department of Justice (DOJ) recently released their **sixth Annual Report to Congress on DOJ Activities to Combat Elder Fraud and Abuse**. This report highlights how the DOJ worked with local, state, Tribal, and federal partners to pursue over 300 elder justice enforcement actions against over 700 defendants. The DOJ has also participated in nearly 1,000 public awareness events reaching over 320,000,000 Americans. Resources, training, and tools are available in the report for law enforcement and other elder justice partners. The report also highlights important information on trending fraud schemes and tips for how older adults and their families can protect themselves.

Supplemental Nutrition Assistance Program

Combating High Food Insecurity with SNAP

In 2023, over one in ten adults ages 50 and older faced food insecurity. Some of the factors that have influenced this trend include inflation and the end of various COVID-era relief measures, such as emergency allotments for people participating in the Supplemental Nutrition Assistance Program (SNAP). Strengthening SNAP can help reduce rates of food insecurity and lift older adults out of poverty. [A recent AARP blog post](#) recommends that policymakers ensure benefits are adequate and streamline SNAP processes to make it easier for eligible older adults to participate.

Household SNAP Participation

According to data from 2022, almost half of all Supplemental Nutrition Assistance Program (SNAP) households included at least one adult age 50 or older. SNAP helped nearly 2 million households with adults ages 50 and older out of poverty. With the emergency allotments from temporary pandemic-related payments, SNAP helped 3.5 million households. [A new fact sheet from AARP](#) describes characteristics of households with adults ages 50 and older as well as individuals ages 50 and older who participated in SNAP in FY 2022. Findings are disaggregated by older age groups (participants or households with adults ages 50 to 59 versus those ages 60 and older), and state-level data are included in the appendix of this fact sheet.

Additional Resources

Web Tool on Person-Centered Care

A new, free, web-based tool – [My Health Priorities](#) – provides older adults and their care partners with support in identifying their health priorities. This allows them to share these priorities with their families and health professionals. Developed by Patient Priorities Care, a national team of clinicians, patients, caregivers, health system leaders, payers, and funders, the tool is based on the 4Ms of age-friendly care: 1) decision-making around what Matters; 2) Medication management to maximize Mobility and Mentation to achieve individuals' health and life goals while being consistent with care preferences; and 3) Mentation and 4) Mobility required to achieve individuals' realistic health goals.

Increasing Awareness and Access to Medicare Benefits

ADvancing States has released two issue briefs that highlight efforts to connect low-income Medicare beneficiaries to public services and benefits. The first brief, [“Strengthening How Clients are Connected to Benefits: Findings from the 2023 Information and Referral/Assistance National Survey”](#), includes results from the 2023 national survey of information and referral/assistance (I&R/A) agencies. The benefits of screening, assistance, and outreach within I&R/A aging and disability networks are described. These benefits play a critical role in assisting with financial needs and frees up income for an individual to pay for transportation, utilities, and food, among other expenses. The second brief, [“Increasing Awareness and Access to Medicare Low-Income Subsidies and Other Benefits”](#), illustrates how certain states have increased benefits awareness, as well as increased enrollment in public benefit programs. Tools implemented during the COVID-19 pandemic to assist individuals in applying for public benefits are also included. Both briefs were developed with support from the National Council on Aging.

Updated CDC Vaccine Recommendations

The Director of the U.S. Centers for Disease Control and Prevention (CDC) recently endorsed the CDC Advisory Committee on Immunization Practices (ACIP) [recommendations for the pneumococcal and COVID-19 vaccines](#). The first recommendation is to lower the age for pneumococcal vaccination from 65 to 50. The risk of infection substantially increases at age 50 so lowering the age for pneumococcal vaccination allows more adults to protect themselves from pneumococcal disease. The second recommendation is that people 65 years and older and those who are moderately or severely immunocompromised receive a second dose of the 2024-2025 COVID-19 vaccine six months after their first dose. This recommendation acknowledges the increased risk of severe disease from COVID-19 in older adults and those who are immunocompromised.

Older Americans Act Fact Sheet

The Older Americans Act (OAA) is the only program of its kind to provide services to older adults while complementing other community-based programs. The funds are used to support nutrition, family caregiver supports and services to prevent the abuse, neglect, and exploitation of older persons. It is also the hub for developing the national plan on aging. Current funding for OAA, however, is inadequate and is not able to keep up with inflation and the growth of the 60-plus population. [AARP highlights the many vital functions of the OAA in a new fact sheet](#). While public health is not eligible for funding under the OAA, it remains vitally important for healthy aging.

How Art Shapes Our Minds

Chronic loneliness can increase inflammation and weaken immune function, but creative expression can prime the brain for connection. A new video [Embrace Your Signal: Loneliness, Art, and the Brain](#) shows how art can shape the mind and have positive impacts on behavior.

New Infographic for Tip-Over Prevention

New data from the Consumer Product Safety Commission (CPSC) show tip-over incidents among older adults have steadily increased over the past decade from 1,800 in 2013 to 4,300 in 2022. Adults age 60 and older are the only age group experiencing an increase in furniture tip-over deaths in recent years. Anchor It!, a campaign developed by CPSC in 2015 to help educate parents and caregivers about the dangers of falling TVs and furniture, developed a "[Senior Tip-Card](#)" infographic in both English and Spanish that emphasizes the dangers posed to older adults by tip-overs, and how they can be addressed.

Addressing Older Adults' Housing and Health Needs

A new report from the U.S. Government Accountability Office (GAO) highlights the needs of older adults who experience homelessness and the challenges to addressing those needs. "[Homelessness: Actions to Help Better Address Older Adults' Housing and Health Needs](#)" includes interviews from nine communities with 45 service providers and 34 older adults. The reports notes that older adults often need housing with accessibility features. In addition, the mobility challenges of older adults can be difficult to address in shelters. More specifically, shelters often use bunk beds or bathrooms with limited accessibility features. Older adults also need the support of home and community-based services when they are transitioning into new housing.

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