

# AFPHS 6Cs Training and Implementation Guide



The  
John A. Hartford  
Foundation

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Introduction to the Age-Friendly Public Health  
Systems Movement

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Making the Case for AFPHS

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The AFPHS 6Cs Framework

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Alignment with the Age-Friendly Ecosystem

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6Cs Guide Learning Objectives

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Steps to Becoming an AFPHS & Using the Guide

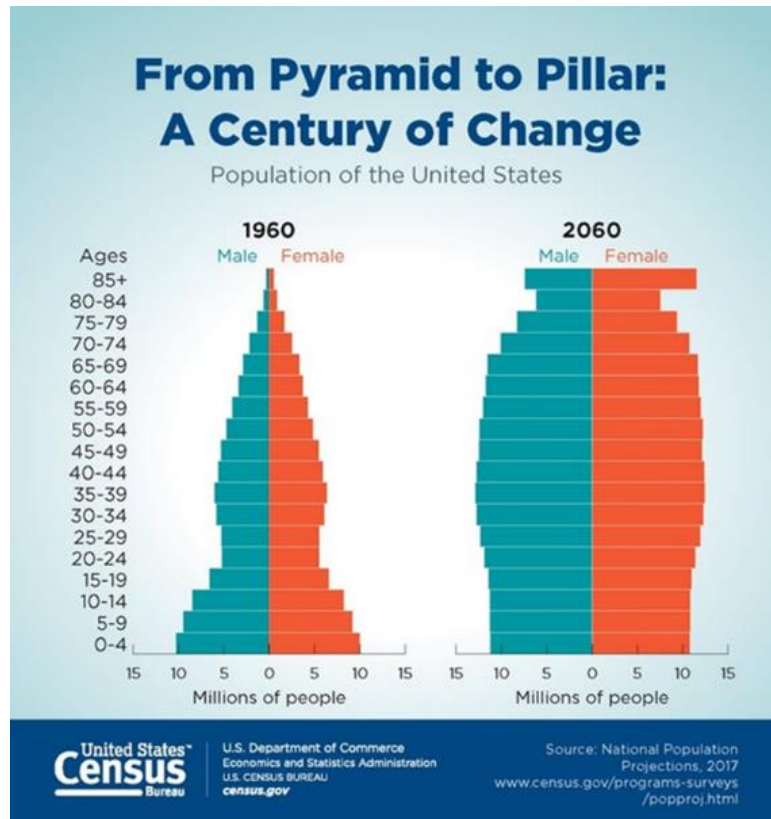
# Introduction to the Age-Friendly Public Health Systems Movement

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## ***Public health has contributed to longevity***

- Need to explore & expand public health roles in healthy aging
- Enhance state and community collaborations
- Expand federal, state, local, tribal and territorial engagement
- Lead policy, systems, and environmental changes that benefit adults, families, caregivers

# Making the Case for AFPHS

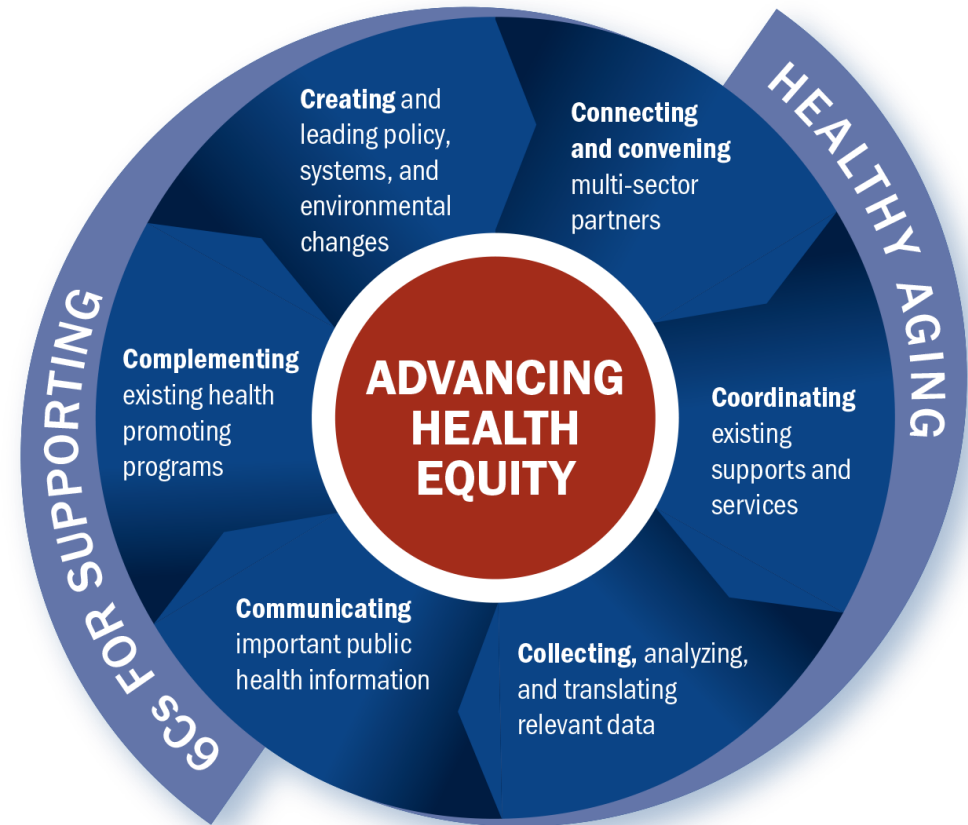


- Growth of older adult population
- Public health contributions to longevity
- Reversal of longevity trends
- Diversity of older adult population
- Unique contributions from public health sector

# AFPHS 6Cs Framework

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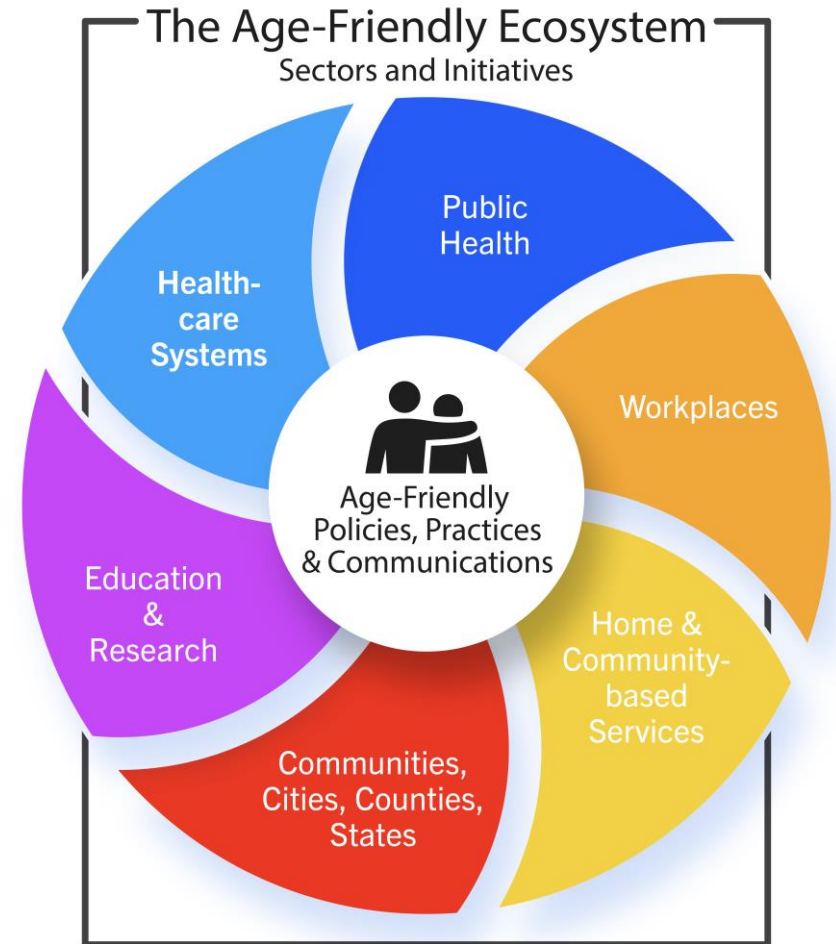
- C1: Importance and value of having a champion
- C2: Multi-sector collaboration
- C3: Acknowledge historical roles in serving older adults
- C4: Data is crucial for making the case
- C5: Engage partners, community, policymakers
- C6: So many roles for public health!



# Alignment with the Age-Friendly Ecosystem

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- *The Age-Friendly Ecosystem is a multi-sectoral network of practitioners, providers and organizations that prioritize improved quality of life for older adults, their families, caregivers, and communities through collaborative impact*
- *Actively engaged sectors currently include health care systems, public health departments, the aging services sector, academia, businesses, and communities where age-friendly practices are being implemented*



# 6Cs Training Guide: Learning Objectives

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1. Define each of the AFPHS 6Cs
2. Identify public health roles within each of the 6Cs and how these roles can be strengthened
3. Demonstrate how healthy aging aligns with the 10 Essential Services of Public Health
4. Explain how to advance health equity within healthy aging practices by addressing the social determinants of health
5. Identify state and community partners to create an AFPHS Advisory Committee, Council or Team to advance selected strategies and identify the best approach for state- or community-wide adoption
6. Identify where healthy aging practices may be incorporated in the state or community public health framework

# Steps to Becoming an Age-Friendly Public Health System

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1. Create an internal team of colleagues to lead the development of the AFPHS action plan

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2. Create an external Advisory Committee, Council, or Team of partner organizations and/or agencies with individuals that have varying areas of expertise

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3. Complete the 6Cs Training Guide Modules 1-6, including accompanying activities

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4. Develop your AFPHS state- or community-wide plan

# Create an Internal Planning Team

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## Why create an internal planning team?

- Agency buy-in
- Share the load
- Build capacity across the department/organization
- Leverage expertise among multiple disciplines



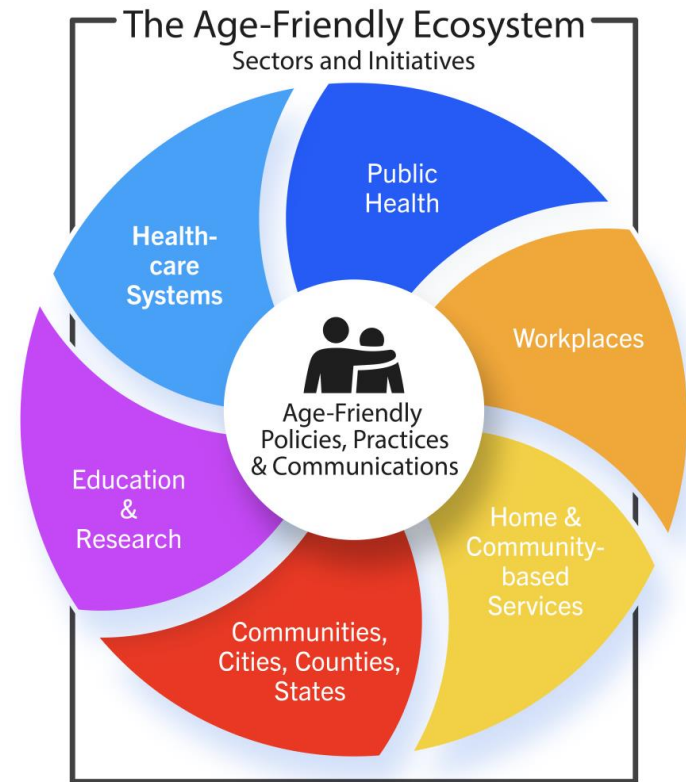


# Create a Multi-Sector Advisory Committee of Partner Organizations

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## Why create an Advisory Committee?

- Buy-in from potential partners
- Joint advocacy
- Leverage expertise across sectors
- Work toward creating an age-friendly ecosystem



# Complete Modules 1-6



AFPHS 6Cs Training and Implementation Guide



## AFPHS 6Cs Training and Implementation Guide

### Module 1: Capacity Building

This module is designed to expand on the concepts outlined below, public health professionals as well as toward the adoption of these concepts.

**Definition:** Creating and leading an organization that there is an established person or group within the public health system.

#### Module 1 Learning Objectives:

1. Define "Creating & Leading"
2. Identify at least three strategies
3. Describe how to operationalize equity
4. Identify challenges to an organization
5. Identify potential partners

### Policy and Practice

The strategies listed below have been identified as those that are building age-friendly communities. Some will be more challenging than others, but all are large or small for consideration for change.

Steps:	Strategies to Consider
<ol style="list-style-type: none"> <li>1. Identify 2-3 strategies</li> <li>2. Answer all questions</li> <li>3. Select the tools and resources</li> <li>4. Identify other health professionals</li> </ol>	<p>Given your position as a public health professional, what <u>policy</u> and <u>systems change</u> are the barriers that may exist? What steps can professionals can take to address these barriers?</p>
Strategies	Steps:
	<ol style="list-style-type: none"> <li>1. Identify which change</li> <li>2. Answer all questions</li> <li>3. Select the tools and resources</li> <li>4. Identify other health professionals</li> </ol>
Tier One	Strategies
Join, create, or expand a state or local community coalition or task force focused on healthy aging that engages multiple agencies and organizations working to improve the health and well-being of older adults and caregivers.	Address agency siloes by creating a public health department and assessing for system change.
	Use the state or community assessment and planning process to identify steps to address barriers.

### Module 1 Competence Check

Congratulations on completing Module 1! You should be able to define Creating and Leading and identify a few strategies to pursue and adopt. This final exercise will provide you with an opportunity to reflect on the content you learned and consider how you can further apply it to your work.

Question	Response
Define and provide an example of Creating and Leading that is relevant to your work/your role.	
Identify at least three strategies to demonstrate Creating and Leading. Consider examples that may apply directly to your work/role.	
How might you operationalize equity based on the strategies you noted above?	
Describe the opportunities and challenges for public health to develop policies and programs that support healthy aging.	

-What steps can my agency take to address these barriers?

◇ [Supporting Healthy Aging and Older Adult Health: The Role of Public Health Systems](#)

# Supplement on Operationalizing Equity

## Strategies and Resources to Operationalize Equity

**Health equity** occurs when "everyone has a fair and just opportunity to be as healthy as possible in a society that values each member equally through focused and ongoing efforts to address avoidable inequities, historical and contemporary injustices, and the elimination of disparities in health and healthcare." Achieving this requires ongoing societal efforts to:

- Address historical and contemporary injustices
- Overcome economic, social, and other obstacles to health and health care
- Eliminate preventable health disparities.

To achieve health equity, we must change the **policies and systems** that have resulted in the generational injustices that give rise to health disparities related to race, ethnicity, ability, and other factors. This is a large and complex issue and should be addressed in coordination with other equity efforts.

### Steps:

1. Identify at least two strategies to explore.
2. Identify the next steps for that strategy.
3. Select the tools and resources you can use to better understand how to move toward the completion of that strategy.
4. Identify other strategies to operationalize equity that are achievable and sustainable within this tenet.

Strategies	Questions to Consider	Resources	Selected Strategies
Understand structural and cultural drivers of health inequities among older adults.	<i>-Does your jurisdiction allow for disaggregation of data on older adults?</i> <i>-How are other agencies in your jurisdiction addressing structural drivers of inequity?</i>	◇ <a href="#">CDC - 10 Essential Public Health Services - Public Health Infrastructure Center</a> ◇ <a href="#">STRETCH (Strategies to Repair Equity and Transform Community Health) Framework</a>	

# How to Use the Guide

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## Using the AFPHS 6Cs Training and Implementation Guide

**Who Should Complete the Guide?** Public health leaders, staff, and practitioners; public health partners such as aging services personnel and community health workers; ecosystem partners such as health care professionals, academic leaders, nursing home staff; other state or local agency staff who are part of your internal team or Advisory Committee working on the statewide AFPHS action plan.

**Why Complete the Guide?** The AFPHS 6Cs Guide is designed to build awareness and understanding of the public health roles in aging, building the foundation for the creation of a statewide (or community-wide) plan to advance healthy aging policies and programs, in collaboration with other state or community agencies and partners. Each section includes a comprehensive list of resources for process improvement and building issue expertise, with a separate section on operationalizing equity.

**How Should We Complete the Guide?** Public health practitioners and partners are encouraged to complete all six modules, either sequentially or in whatever order is most expeditious for your learning experience. However, we do recommend completing Module 1 first as it provides some context for becoming an AFPHS leader in your jurisdiction.

# Develop AFPHS Action Plan

## Goal 1: Creating and leading policy, systems, and environmental changes to improve older adult health and well-being

Strategy	Action Steps	Year	Key Indicators
<b>Strategy #1:</b> Inform state and local policies to be inclusive of older adults and caregivers	<b>Action A:</b> Issue guidance to state agencies on the optimal framing, as well as the importance of the demographic shift in the Mississippi population	2	<ul style="list-style-type: none"> <li>Starting with the MSDH, strategic plans from agencies, commissions or councils include older adults' and family caregivers' needs and abilities</li> <li>All state and municipal policies are using "reframing" language and acknowledge equity, access, and inclusion</li> <li>Increase in number of municipal ADA plans that incorporate priorities of older adults with disabilities</li> <li>Review state budget for programs and services that impact older adults and caregivers</li> </ul>
	<b>Action B:</b> Leverage existing guides to help municipalities review policies and procedures and make them more inclusive of the aging population	1-3	
	<b>Action C:</b> Proactively work with state agencies representing various sectors to embed aging in all policies and remove barriers that stand in the way of adopting age-friendly policies	1-3	
Strategy	Action Steps	Year	Key Indicators
<b>Strategy #2:</b> Establish age-friendly standards and designations in various sectors	<b>Action A:</b> Certify businesses that support older workers and family caregivers with Age-Friendly Employer Designation	1-3	<ul style="list-style-type: none"> <li>Increase in number of certified Age-Friendly Employers</li> <li>Increase in number of Age-Friendly Businesses</li> <li>Increase in number of Age-Friendly Health Systems</li> <li>Increase in number of referrals from healthcare organizations to community agencies</li> </ul>

# TFAH is Here to Help!

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