

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.

For Modules 1-3, users will be asked to select two strategies to pursue, and these are provided in two tiers. Tier One offers less challenging strategies. Tier Two strategies may require more resources and time, but may be more impactful for systems change. Modules 1-3 also include a Competence Check as a reflection tool for learning. Modules 4-6 take a more experiential approach, with activities aligned with the strategies and leading toward the development of the AFPHS action plan.

6Cs Training Guide Learning Objectives

1. Define each of the AFPHS 6Cs tenets
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. Be able to identify state and community partners to create an AFPHS Advisory Committee or team to advance selected strategies and identify the best approach for state- or community-wide adoption
6. Be able to identify where healthy aging practices may be incorporated in the state or community public health framework

Steps to Become an Age-Friendly Public Health System

1. Create a team of staff within your department or agency to lead the development of an AFPHS action plan
2. Create an external Advisory Committee, Council or Team of partner organizations, agencies with individuals that have varying areas of expertise, and people with lived experience
3. Complete the 6Cs Training Guide and related activities (Modules 1-6)
4. Develop your AFPHS state- or community-wide plan
5. Enroll your department or agency in the AFPHS Recognition Program and encourage staff to become AFPHS Champions