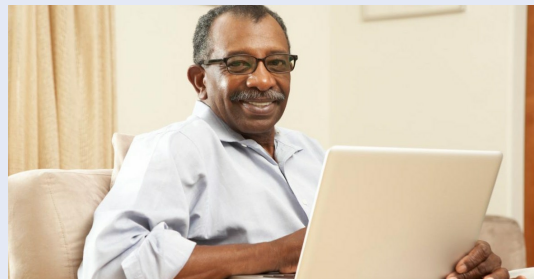


October 13, 2021

Age-Friendly Public Health Systems Learning and Action Network News



News:

Connecting Public Health with Long-Term Care Communities

Funding will soon be available for all state and territorial health departments, and those of the six largest cities, to support long-term care facilities' response to the COVID-19 pandemic. A total of \$500 million will be provided through the U.S. Centers for Disease Control and Prevention's (CDC) Epidemiology and Laboratory Capacity Cooperative Agreement. These funds can be used to build and maintain the infection prevention infrastructure necessary to support resident, visitor, and facility healthcare personnel safety, as well as other purposes. More information can be found [here](#). Stay tuned to the AFPHS Network News for additional resources and guidance.

Events and Opportunities:

Age-Friendly Public Health Systems Monthly Trainings

Recent data shows that falls among older adults have increased since the COVID-19 pandemic due to social isolation and decreased physical activity. Falls can significantly impact older adults' ability to live independently. Public health evidence-based interventions are key in reducing and preventing falls. TFAH's October AFPHS training will feature Dr. Robin Lee, Team Lead, Division of Injury Prevention at the U.S. Centers for Disease Control and Prevention's (CDC) National Center for Injury Prevention & Control. Dr. Lee will highlight the strategies for fall prevention, with a specific focus on CDC's Stopping Elderly Accidents, Deaths & Injuries programs.

This session will occur on **Thursday, October 21, 2021, at 3:00 pm ET**. Register [here](#).

You can also view a recording of our September training – [Collaborating to Promote Healthy Aging](#) and our latest [blog post](#) What's Public Health Got to do With..... Collaboration.

Amplifying All Voices in Aging – Wednesday, October 13, 20 & 27, 2021, 3:00 pm ET

This SCAN Foundation Virtual Forum is a four-week series that will explore the stories of real people aging and engaging with health care and long-term services and supports systems. The first session in this series was held on October 6th. Register [here](#).

Briefing on United States Department of Housing and Urban Development's Worst Case Housing Needs Report – Monday, October 18, 2021, 1:00 pm – 2:15 pm

ET. As the older adult population continues to increase, so have the housing challenges for this group. The prevalence of “worst case needs” decreased among households headed by someone younger than 62, but it increased among households headed by an older adult. The Bipartisan Policy Center’s J. Ronald Terwilliger Center for Housing Policy is hosting a discussion where senior United States Department of Housing and Urban Development officials and leading experts will discuss the **[Worst Case Housing Needs report](#)**, its key findings, and its policy implications. Register [here](#).

Confronting Ageism in Health Care: A Conversation for Patients, Caregivers and Clinicians – *Thursday, October 21, 2021, 12:00 pm ET*. Kaiser Family Foundation’s Kaiser Health News and The John A. Hartford Foundation are holding a 90-minute interactive web event on ageism in health care. This session will explore the pervasive, systemic problem of bias, discrimination based on age, how to recognize ageism, and how to address it in health care settings. Register [here](#).

Public Health Infrastructure Modernization: How State Leaders are Using Covid-19 as a Catalyst to Build Next Generation Technology – *Thursday, October 21, 2021, 12:00 pm – 1:00 pm ET*. Altarum is hosting a one-hour webinar with state leaders from across the nation to discuss how they are preparing for tomorrow’s public health challenges. These leaders will share how they are applying lessons from COVID-19 to build next generation technology. Register [here](#).

Advancing Equity for Older Adults, Part 1: An Introduction to Advancing Equity in Legal and Aging Services – *Thursday, October 28, 2021, 2:00 pm - 3:15 pm ET*. The National Center on Law & Elder Rights is leading a webinar series focused on how aging and legal services professionals can better advance equity for older adults in their own work. This first webcast of the series will: 1) provide an overview of why equity, especially race equity, is important for older adults with economic and social need; 2) review different strategies and opportunities to advance equity in legal and aging services; and 3) highlight a local program’s journey to centering equity in its work with older adults. Register [here](#).

Special and Vulnerable Populations COVID-19 Forum – *Friday, November 19, 2021, 2:00 pm ET*. The National Center for Equitable Care for Elders presents this webinar series that will address how COVID-19 has impacted health centers across the country and the special populations they serve. The first session was held on September 24, and future dates for this four-part series are January 28, 2022, and March 25, 2022. Register [here](#).

Conference on Caregiving Research – March 3 -4, 2022. The Center for Research, Training, and Dissemination of Family Support for People with Disabilities Across the Life Course is hosting the Second Biennial Conference on Caregiving Research in Pittsburgh, PA. The theme for the conference is Building Bridges: Advancing Family Caregiving Research Across the Lifespan. National leaders in caregiving research, policy, and practice across the lifespan will come together to discuss the community, clinical and policy needs of family caregivers. More information [here](#).

Request for Proposals – TFAH’s Age-Friendly Public Health Initiative Evaluation

TFAH is pleased to provide an opportunity to evaluate our AFPHS project. The project start date is November 1, 2021 and the evaluation should be completed by March 31, 2023. For more information about this opportunity, you can access the RFP [here](#).

Funding Opportunity – Request for Technical Assistance: Infection Prevention and Control Assessment Training

The National Association of County and City Health Officials, with support from the Centers for Disease Control and Prevention Division of Health Quality and Promotion, has announced a new opportunity for local health departments (LHDs) to build infection prevention and control (IPC) capacity through partnership with Association for Professionals in Infection Control and Epidemiology Consulting Services. The goal of this is to enhance IPC capacity in LHDs so they can better respond to infection threats, such as COVID-19 and healthcare-associated infections, in long-term care facilities. LHDs will receive technical assistance from a locally-based board-certified Infection Preventionist. The deadline for submitting requests for technical assistance is Friday, October 1st. More

information on this opportunity can be found [here](#).

Resources:

COVID-19

Disparities in COVID-19 Vaccination among Noninstitutionalized Adults with Disabilities

[Recent data from the Centers for Disease Control and Prevention National Immunization Survey COVID Module](#) indicate that adults with a disability were more likely to report difficulty getting a COVID-19 vaccine compared to adults without a disability. This survey asked participants about their perceived COVID-19 risk, vaccination status, and barriers to getting vaccinated. Adults with a disability are more likely to report difficulty getting a COVID-19 vaccine due to challenges with getting an appointment online, not knowing where to get vaccinated, and getting to a vaccination site compared to adults without a disability. They are less likely to report vaccine hesitancy compared to adults without a disability.

Realizing Deferred Dreams

The COVID-19 pandemic caused many older adults to postpone some of their dreams and aspirations. Writer Larry Jacobson acknowledges that it can be difficult to keep these dreams alive during the pandemic, but recommends [revisiting them](#). To help accomplish these goals he suggests stepping out of your comfort zone, breaking a big dream into smaller, more realistic steps, and asking for help when needed.

Ageism

Free “Age-Positive” Icons

The Centre for Ageing Better in the UK has developed 10 age-positive icons to use in presentations about aging and older adults. [These downloadable icons](#) were designed to replace the limited and stereotypical selection of icons and symbols commonly used to depict aging and older adults.

Impact of Negative Stereotypes on Older Adults

Research shows that [negative stereotypes about aging can impact older adults’ self-perceptions](#). This can make them more likely to see themselves as useless or in decline, which can in turn impact their overall health. Stereotypes that depict older adults as unhealthy can adversely impact their motivation to engage in health-promoting behaviors. These stereotypes can also lead to psychological distress.

Advocating for Aging to be Reframed

After analyzing 210 years in newspapers, magazines, and fiction and nonfiction books, researchers Reuben Ng and Nicole Indran co-authored two studies about the depiction of older adults. In [a recent article in *The Gerontologist*](#), Ng and Indran highlighted their research and concluded: “Given the frequent portrayal of old age as a period associated with many ills, we advocate for aging to be reframed in a manner that emphasizes the important roles of older adults and the tremendous value they add to society.”

Ng also co-authored an article with Weizhong J. Lim that was [published in *The Journals of Gerontology: Series B*](#). The results from this study indicate that the diminishing status of older adults, loss of warmth, loss of competence, social ostracism, and the medicalization of aging all contributed to the increasing negativity of aging narratives over 21 decades. They also examined whether ageism is more related to demographics or culture. After controlling for demographics, economics, and cultural dimensions they found: “Demographics is only one side of the ageism coin, and the cultural side is equally, if not more important.”

Additional Resources

AARP Guides About Parks and Public Places

AARP’s [Parks and Public Spaces Collection](#) consists of three guides to developing and managing outdoor places for people of all ages. Developed in partnership with 8 80

Cities and The Trust for Public Land, [Creating Parks and Public Spaces for People of All Ages](#) is a step-by-step guide that outlines how to develop livable communities for all. The [Winter Placemaking Guide](#) provides solutions for how cold-weather places can make their outdoor public spaces welcoming and useful, regardless of how low the temperature falls. The [Addressing Homelessness in Parks: An Inclusive Practices Guide](#) offers guidance to local leaders and advocates on adopting strategies for the use of public parks by unhoused people.

Helping Older Adults Improve their Mental Health

To help older adults cope with life changes, licensed clinical social worker Ruthann McFadden offers [strategies for helping older adults improve their mental health](#). These strategies include focusing on how you contribute to relationships, embracing self-care, exercising and getting fresh air, spending time with loved ones and considering seeing a therapist.

Potential Impact of Diabetes on Memory

A recent study funded by the National Institutes of Health examines the [impact that Type II diabetes may have on increasing the risk of developing Alzheimer's disease](#). Published in the *Communications Biology* journal, this research suggests that chronic hyperglycemia may alter working memory performance and change aspects of working memory networks.

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P (202) 223-9870

F (202) 223-9871

E AFPHSNEWS@TFAH.ORG



CONTACT

TRUST FOR AMERICA'S HEALTH

1730 M ST NW

SUITE 900

WASHINGTON, DC 20036

