

October 27, 2021

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



### News:

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**Connecting Public Health and Long-Term Care Facilities** : Funding from CDC has now been sent to 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. 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. CDC has published guidance on the funding opportunity which can be accessed [here](#).

Informational webinar: [CDC is hosting a Zoom call on Tuesday, November 2 at 1:00 pm ET](#) to share information about this funding and potential uses and to provide examples of effective public health and long-term care collaborations during the pandemic. All health department personnel who may be engaged in this effort are invited to join this Zoom call, as well as long-term care facility operators and other state and local stakeholders.

### Events and Opportunities:

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

The complex health and social needs of older adults have been made particularly clear due to COVID-19 and public health departments are being called on to increase their expertise and resources to meet these needs. TFAH is committed to supporting all state and local public health departments in the age-friendly transformation and the AFPHS Recognition Program provides the key steps leading to this transformation. The 10 foundational steps of the program promote expansion of services, building effective partnerships, and demonstrate a health department's commitment to healthy aging.

November's training will provide guidance on the transformative process for becoming an Age-Friendly Public Health System. This session will include best practices and key strategies for achieving recognition.

This session will occur on **Thursday, November 18, 2021, at 3:00 pm ET** . Register [here](#).

You can also view a recording of our October training – How the CDC is [Partnering to Address Falls](#) and our latest [blog post](#) What's Public Health Got to do With....Falls Prevention.

**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 and 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 needs; 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](#).

**Conversations with GIA Webinar: What to Think About in Designing a Reframing Aging Initiative in Your Community** – *Thursday, November 4, 2021, 2:00 pm – 3:00 pm.* Grantmakers in Aging is hosting a webinar to highlight [Changing the Narrative](#), a strategic communications and awareness campaign to increase understanding of ageism, and share the results of the outcome evaluation of the first three years of this program. This session will share how this initiative changed language and attitudes, and influenced policies. Successful strategies to engage audiences and older adults in mobilizing against ageism will also be highlighted. Register [here](#).

**Support for Organizations Serving Older Adults and their Caregivers during COVID-19** – *Thursday, November 18, 2021, 12:00 pm ET.* Presenters from the Centers for Disease Control and Prevention, Interfaith Volunteer Caregivers and International Association for Indigenous Aging will introduce a new online resource library [Search. Find. Help](#). Based on research conducted by NORC at the University of Chicago, this session will highlight this new library of 300 resources for community-based organizations to help them support older adults and their caregivers. Register [here](#).

**Addressing Social Isolation in Rural America** – *Friday, November 19, 2021, 1:00 pm ET.* This webinar, hosted by the engAGED: The National Resource Center for Engaging Older Adults, will focus on addressing social isolation in rural communities. Presenters include the University of Maine Center on Aging, the Jefferson Area Board for Aging and the Wyandotte Nation Title VI Aging Program. Presenters will share local social engagement activities that have developed to help older adults and caregivers living in rural and tribal communities. Registered [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](#).

## **Resources:**

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### **COVID-19**

**Supporting Older Adults with American Rescue Plan Act Funds**  
[A new Milbank Memorial Fund issue brief](#) provides an overview of ways the

American Rescue Plan Act can help state government officials address both long-standing and emerging needs of older adults. Through a temporary 10 percentage point increase in the federal match, funds can be used by states for certain Medicaid home- and community-based services (HCBS) spending. In addition, funding can be used for health-related social needs and workforce supports to bolster traditional programs and services delivered through Medicaid and the aging network.

### **New Centers for Disease Control and Prevention and AmeriCorps Partnership**

To address the shortage in the public health workforce, [\*\*a new partnership has been announced between AmeriCorps and the Centers for Disease Control and Prevention\*\*](#) to recruit and train up to 5,000 people to work in state and local public health departments. These new public health workers will be integral in helping the country recover from the impact of COVID-19. The first 1,000 of these workers are estimated to start working in communities as early as May 2022.

### **Additional Resources**

#### **Improving Public Health Data Systems**

To improve public health data systems with a focus on health equity, the Robert Wood Johnson Foundation is supporting a National Commission that has developed recommendations and actionable solutions. The Commission, led by TFAH Board Chair Gail Christopher, has released a [\*\*Roadmap for an Equity-Centered Public Health Data Infrastructure\*\*](#) that contains recommendations for government at all levels, as well as businesses, community-based organizations, philanthropy, and others, to take specific actions to transform public health data systems. RWJF will also support this transformation with \$50 million in grant funding.

#### **Ageism in Medical Care**

Some older adults are experiencing discrimination in health care settings due to their age. Practitioners are assuming that they do not understand or cannot cope with their medical conditions. In some cases, [\*\*ageism has become quite explicit\*\*](#) and hospitals are rationing medical care by treating younger patients before older patients. It has been estimated that the annual health cost of ageism in America, including over- and undertreatment of common medical conditions, is \$63 billion.

#### **Building Relationships and Mitigating Loneliness**

In a recent *How to Build a Happy Life* podcast, [\*\*U.S. Surgeon General Dr. Vivek Murthy and Arthur Brooks discuss loneliness\*\*](#). They address what it feels like, how difficult it is to identify, and the remedies to alleviate its impact on our daily lives. Brooks also provides an exercise to migrate away from the extrinsic goals in our lives to focus on intrinsic goals. This exercise includes imagining yourself in five years, imagining what makes you happy in five years and then discussing how to actively manage these two goals.

#### **Cutler Bay's Age-Friendly Profile**

The “youngest” of the 34 municipalities in Miami-Dade County, Cutler Bay has a higher growth rate of older adults than that of the overall population. Many neighborhoods in this community have become naturally occurring retirement communities. This community is the only location in the county where one can qualify for the Florida Senior Games. The games allow the town to promote their [\*\*age-friendly initiative and social engagement\*\*](#). Cutler Bay also has an ordinance that allows golf carts on the town's streets. This was expanded five years ago to allow the use of carts on the town's two-lane roads.

#### **Adding Healthy Years to Your Life**

Research suggests that interventions related to diet, exercise and mental outlook could lessen the impact of aging and age-related diseases. [\*\*A multidisciplinary approach of evidence-based interventions\*\*](#) can increase longevity. According to some experts, someone could set a record for living the longest by the end of this century.

#### **Neighborhoods Supporting Cognitive Aging**

Based on three research studies from the University of Michigan, both [\*\*urban and suburban neighborhoods provide opportunities for socialization, physical activity and intellectual stimulation\*\*](#) that may help preserve older adults' cognitive health. Researchers also found older adults whose neighborhoods are conducive to

physical activity and socialization were about three years younger, in terms of cognitive health, compared to communities with very little access to exercise and socialization. Neighborhoods with intellectually stimulating places such as museums, higher education campuses and libraries had about a five-year difference in cognitive age compared to neighborhoods with limited or no access to these resources.

### **Fifth Year of the National Adult Maltreatment Reporting System Data**

The Administration for Community Living recently released a report on the **[fifth year of data collected by the National Adult Maltreatment Reporting System \(NAMRS\)](#)**. This dataset is the only comprehensive national source of data on the abuse, neglect, and exploitation of older adults and adults with disabilities as reported to state adult protective services. This year's report contains information on the potential impact of the COVID-19 pandemic on adult maltreatment as reported to state adult protective services programs.

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