

January 12, 2021

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



### News:

---

The Age-Friendly Institute has expanded the scale and scope of their website, [agefriendly.org](http://agefriendly.org). The website contains numerous resources that provide information about age-friendly efforts across the country. Departments of Health (DOH) can use this site to identify Age-Friendly Health Systems (AFHS) in their jurisdictions for collaboration to improve older adult health and well-being. Information from this site can also be promoted on the DOH websites to help older adults locate local AFHS, age-friendly employers, and caregiving resources.

### Events and Opportunities:

---

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

The January AFPHS training will be the second installment of our training on ageism. This training will help both public health practitioners and aging services personnel understand what ageism is and why we all need to recognize it in our society. Patricia D'Antonio from the Gerontological Society of America will share tools and strategies to support organizations as they engage in efforts to improve older adult health and well-being. This session will occur on **Thursday, January 20, 2022, at 3:00 pm ET**. Register [here](#).

You can also view a recording of our December training on the [Age-Friendly Ecosystem](#) and our latest [blog post](#) What's Public Health Got to do With....Healthy Aging.

**Getting Serious About Housing Supply: Addressing Restrictive Land Use and Zoning Policies** – Tuesday, January 18, 2022, 1:00 pm – 2:00 pm ET The Bipartisan Policy Center's J. Ronald Terwilliger Center for Housing Policy is hosting the second event in their series, "Getting Serious About Housing Supply." Restrictive zoning and land use policies negatively impact housing affordability and economic mobility, and can worsen segregation and poverty. This event will pinpoint what it will take to meaningfully address land use and zoning policies that drive up production costs and limit housing supply. Register [here](#).

**Sixth Annual National Day of Racial Healing** – Tuesday, January 18, 2022, 3:00 pm ET. The W.K. Kellogg Foundation is hosting a virtual event for the sixth Annual National Day of Racial Healing. Award-winning documentarian, journalist, speaker, author and philanthropist Soledad O'Brien will host this year's event. Insights and solutions uncovered over the past five years of gathering, including real-time examples of

how we can catalyze the process of racial healing and create opportunities to reimagine systems to promote racial equity, will be shared. Register [here](#).

**Partnering to Fight Hunger: Breaking Down Silos and Incorporating Lived Expertise** – *Wednesday, January 26, 2022, 12:30 pm - 2:00 pm ET.* This Center for Health Care Strategies webinar will highlight opportunities to address food insecurity by connecting state partners with lived expertise. The session will feature insights from community members and who have experienced food insecurity and state officials from Oregon and Indiana who will discuss opportunities to coordinate Medicaid and SNAP benefits to improve access to nutritious food. Register [here](#).

**Developing Volunteer Opportunities to Help Older Adults Stay Engaged** – *January 27, 2022, 2:00 pm ET.* engAGED, The National Resource Center for Engaging Older Adults, is hosting a [webinar](#) focused on volunteerism as a form of social engagement. Presenters will share ways that the Aging Network can foster civic engagement through volunteerism and how volunteerism benefits older adults, as well as strategies for Aging Network organizations to develop similar opportunities for older adult volunteers. Register [here](#).

**Special and Vulnerable Populations COVID-19 Forum** – *Friday, January 28, 2022, 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. Previous sessions were held on September 2 and November 19, and the final date for this four-part series is 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 is available [here](#).

**Job Opportunity – Senior Program Assistant, National Academy of Medicine.** The National Academy of Medicine is hiring a Senior Program Assistant to support the Healthy Longevity Global Competition! This international prize program aims to accelerate research, innovation, and entrepreneurship across disciplines and sectors to improve health as people age. [Learn more about this opportunity](#).

## Resources:

---

### **National Healthcare Expenditures Report**

The [2020 National Healthcare Expenditures Report](#) highlights how U.S. health care spending increased rapidly in response to the pandemic. This was primarily caused by the following reasons: 1) increased federal spending including financial assistance to providers to make up for lost revenue through the Provider Relief Fund and the Paycheck Protection Program; and 2) increased federal public health spending including spending for vaccine development, COVID testing, and health facility preparedness. In sum, federal government spending on health care increased by 36% in 2020.

### **COVID-19**

#### **Health Promotion Programs, Social Isolation and Mental Health**

Research has established that quarantines and isolation resulting from the pandemic's physical distancing requirements can worsen mental health. Adapting existing health promotion programs may help lessen these potential negative effects. An example of this can be seen with the [Student–Senior Isolation Prevention Partnership \(SSIPP\) in Canada](#). This program is a student-led, community health promotion initiative that has been scaled into a nation-wide effort to improve social connection among older adults. The initiative began with in-person visits and transformed into a tele-intervention guided by health promotion principles due to COVID-19.

## **Tips for Older Adults and Caregivers during the Pandemic**

Developed by USAging and the Eldercare Locator, [Healthy Aging in a Pandemic World: What Older Adults and Caregivers Need to Know Now](#) describes the changes that families, friends and caregivers may experience due to the pandemic and poses questions readers should ask themselves and their loved ones to help navigate these changes. It also contains information on how older adults, caregivers and families can connect to services that agencies provide to address these changes.

## **Mental Health**

### **New Enhanced Medicaid Option for Mental Health and Substance Use Disorder**

The Centers for Medicare and Medicaid Services is helping states to promote access to Medicaid services for people with mental health and substance use disorders. With funds from the American Rescue Plan Act, [states can support community-based mobile crisis intervention services for individuals with Medicaid](#). Mobile crisis intervention services can rapidly provide critical services to people experiencing mental health or substance use crises by connecting them to a behavioral health specialist anytime of the day, 365 days a year.

### **Managing Behavioral Health in the Community**

Launched in 2021 by the Public Health Institute, the [Cypress Resilience Project](#) is a new mental health and behavioral health program that equips communities with behavioral health skills and tools. Cypress has certified over 2,000 public health workers in Mental Health First Aid and trained over 5,000 people in trauma-informed practices.

## **Social Isolation & Social Support**

### **Social Engagement Programming in Rural Communities**

A recent [engAGED blog post](#) focuses on aging in rural areas and related issues, including social isolation. The blog post also includes key takeaways from the November engAGED [webinar](#) that featured the UMaine Center on Aging, Jefferson Area Board for Aging and the Wyandotte Nation Title VI Aging Program.

### **Impact of Social Isolation and Loneliness on Mortality**

[Higher levels of loneliness or social isolation are associated with higher mortality rates](#) among women and men age 69 and older in Sweden. Social isolation was more strongly associated with mortality than loneliness. Published in the Journal of Aging and Mental Health, this study is notable because gender differences with loneliness and social isolation are rarely analyzed in the same study.

### **Regional Differences in Social Support and Loneliness**

Results from a recent [study](#) indicate that older adults living in cities and rural areas had higher structural social support. They also experienced less loneliness than older adults living in towns, with no difference in functional support. This study provides insight into the potential ways structural social support impacts loneliness. It also suggests that strategies for older adults should be adjusted by different regions.

## **Additional Resources**

### **Scan of State Strategies for Direct Care Workers**

The Center for Health Care Strategies recently produced [a scan that highlights examples of strategies in 11 states](#) – Colorado, Iowa, Illinois, Indiana, Massachusetts, Minnesota, Nevada, New Jersey, Tennessee, Washington State, and Wisconsin – to strengthen the direct care workforce using American Rescue Plan Act funding and training. Included in the scan are the (1) legislative language supporting direct care workers, including related to ARPA investments; and (2) direct care workforce training models, including how states fund training, when available.

### **New Affordable Broadband Program**

On December 31, 2021, the Federal Communications Commission launched the [Affordable Connectivity Program](#). This program is the \$14.2 billion successor program to the Emergency Broadband Benefit which has helped almost 9 million people

afford internet access during the COVID-19 pandemic. Created by Congress in the Infrastructure and Jobs Act, it will help ensure households can afford internet connection.

### **Financing Community-Based Interventions for Older Adults – CAPABLE**

A new Milbank Memorial Fund blog post written by Alice Bonner with the Institute for Healthcare Improvement and Sarah Szanton of the Johns Hopkins School of Nursing examines [how states might finance interventions such as the Community Aging in Place: Advancing Better Living for Elders \(CAPABLE\) approach](#). The CAPABLE model consists of an interdisciplinary team comprising an occupational therapist, nurse and handy worker. They work with individuals to set goals related to mobility, self-care, and activities of daily living.

### **The Value of Managed Long-Term Services and Supports (MLTSS)**

In partnership with the Center for Health Care Strategies, ADvancing States has released an [update to the 2017 issue brief](#) “*Demonstrating the Value of Medicaid MLTSS Programs*.” This updated brief highlights new research and data that has emerged in support of the value proposition that was posited based on survey data from MLTSS state leaders.

### **New Uses for the Age-Friendly Health Systems Model Tenets**

The Institute for Healthcare Improvement recently published a blog post that notes how the 4Ms Framework (What Matters, Medication, Mentation, and Mobility) and the use of an Age-Friendly Public Health Systems approach can be useful for geriatrics professionals. In the post [Using the Age-Friendly 4Ms to Better Advocate for Older Adults \(and Geriatric Care\)](#) Dr. Khai Nguyen, the Clinical Services Chief of Senior Medicine at UC San Diego Health, states that “the 4Ms framework and the age-friendly movement gave me a voice as a geriatrician.”

### **Tips for Exercising in the Winter**

The Centers for Disease Control and Prevention Office of Disease Prevention and Health Promotion notes that while it may be more challenging in the winter, it is important to keep moving our bodies. The [Physical Activity Guidelines for Americans](#) recommends about 30 minutes of movement, 5 times a week. Some of the suggested activities for all ages (and some specifically for older adults) include those related to music, housecleaning, and exercise videos.

- Exercise videos help you stay active in the comfort of your own home and some are included in the online [SNAP-Ed Toolkit](#).
- Check out the [SNAP-Ed physical activity page](#) to find more unique indoor physical activity ideas for individuals and families.

### **Carpentry Students Provide Update to Housing for Older Adults**

Carpentry students from Southeastern Regional Vocational Technical High School in Easton, MA are applying the skills they have learned to [help update the facilities for residents of a Norton Housing Authority complex](#). The 38 students started this endeavor in November 2021 by repairing the decking and outdoor stairs of the 13 residential buildings at Woodland Meadows, which contains 130 units for seniors and people with disabilities.

---

Created with support from The  
John A. Hartford Foundation



The  
John A. Hartford  
Foundation

[SUBSCRIBE](#)

P (202) 223-9870

F (202) 223-9871

E [AFPHSNEWS@TFAH.ORG](mailto:AFPHSNEWS@TFAH.ORG)

**CONTACT**

TRUST FOR AMERICA'S HEALTH

1730 M ST NW

