

August 10, 2022

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



### News:

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#### **Importance of Supporting Community-Based Organizations and Public Health Departments During COVID and Beyond**

The Public Health Institute's Public Health Alliance of Southern California recently released a new report, [Supporting Communities and Local Public Health Departments During COVID-19 and Beyond: A Roadmap for Equitable and Transformative Change](#). This report contains policy, program, and resource recommendations, and best practice examples, to ensure that local public health departments are adequately prepared to protect communities most vulnerable to the health and socioeconomic impacts of COVID-19 and future public health emergencies. Some of the recommendations from the report include:

- Significantly increasing funding (especially flexible funding) for public health departments and communities to advance health equity
- Building a resilient and equity-focused public health workforce
- Embedding "equity" in local health department emergency planning, response and recovery processes
- Advancing health equity through community-informed policies and practices
- Building effective partnerships between public health and healthcare.

### Events and Opportunities:

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

AARP defines a livable community as one "that is safe and secure. It offers choices in where to live and how to get around. And it equitably serves residents of all ages, ability levels, incomes, races, ethnicities, and other backgrounds." Having safe, healthy, and livable communities where older adults can remain active and engaged is an important part of healthy aging.

The next installment of our 2022 training series will focus on how livable communities are addressing social determinants of health. Speakers will share national and local innovative practices in livable communities and note valuable partnerships with departments of public health.

This session will be held on **August 18 at 3 pm ET**. Register [here](#).

You can also view a recording of our [July training](#) - The Role of Data in Addressing

### **Newly Approved Evidence-Based Program: Home Hazard Removal Program**

– *Wednesday, August 10, 2022, 2:00 pm ET*

This webinar, hosted by the National Council on Aging, will provide an overview of the newly approved Home Hazard Removal Program (HARP) for the Older Americans Act Title III-D evidence-based program pre-approved list. HARP is a behavioral intervention that targets fall risk behaviors and home hazards for older adults at high risk of falling through minor home repair, adaptive equipment, task modification, and education and self-management strategies. Register [here](#).

### **Technology and Digital Equity: The Future Impact of the COVID Public Health Emergency**

– *Tuesday, August 16, 2022, 2:00 – 3:00 pm ET* COVID-19 prompted an expansion of telehealth and technology. With this increase in high-tech health care comes challenges, especially around providing access in rural America. In an upcoming webinar lead by the American Public Health Association several public health leaders will share how technology will change the way health care is provided and received in rural areas. Presenters and moderators will also touch on the benefits and challenges of adopting new technologies and success stories from specific communities. Register [here](#).

**Tribal Health Equity Summit** – *Tuesday, August 16, 2022, 12:00 – 6:00 pm ET* This virtual summit, hosted by the National Indian Health Board, will bring together leaders and stakeholders in Tribal health equity to build a path forward for health equity in Indian Country. Building on the discussions of drivers of health inequities from the May 13 Inter-Tribal World Café on Health Equity, questions about how to advance health equity in a meaningful way will be explored. In addition, the summit will include discussions around the appropriate role of federal government agencies in supporting Tribal health equity, with a special focus on the Centers for Medicare and Medicaid Services. Register [here](#).

**Ageism Unmasked: A Conversation with Author Tracey Gendron** – *Wednesday, August 24, 2022, 12:00pm – 1:00 pm ET*. Author of the newly-released book, *Ageism Unmasked: Exploring Age Bias and How to End It*, Tracey Gendron will discuss ageism and how we can work together to address it. This session is co-hosted by Changing the Narrative, the Colorado Center for Nursing Excellence, Denver Public Library and the NextFifty Initiative. Register [here](#).

**Housing for People of All Ages** – *Wednesday & Thursday, September 21 – 22, 2022* AARP is hosting a virtual event to explore how communities across the nation can provide safe, affordable housing options for individuals and families of all backgrounds, incomes, and abilities. Best practices, insights, and next steps will be shared around four core themes: housing choice, design, stability, and equity. Register [here](#).

**Second Annual Age-Friendly Ecosystem Summit** – *Wednesday, November 9, 2022, 9:00 am – 5:00 pm ET*. The George Washington University's Center for Aging, Health and Humanities is hosting the Second Annual Age-Friendly Ecosystem Summit. Interested parties are [invited to submit](#) innovative, replicable, successful initiatives for the Regional Age-Friendly Resource Guide. The Summit will focus on transportation, housing, the long-term care workforce and health systems, and emergency preparedness and resilience. This virtual regional collaborative event will be held in partnership with Age-Friendly Alexandria, Arlington, DC, Howard County, Hyattsville, Montgomery County, and the Georgetown University Aging & Health Program. Register [here](#).

### **Opportunity to Provide Feedback on Next Healthy Brain Initiative Road Map**

In Spring 2022, the Alzheimer's Association and the Centers for Disease Control and Prevention initiated the development of the next Healthy Brain Initiative (HBI) Road Map for State and Local Public Health. This will be the fourth edition of the HBI Road Map Series for State and Local Public Health and will serve as an expert guidebook for state and local public health practitioners to advance the vision of the HBI: fully integrate cognitive health and caregiving into public health practice. State and local public health agencies, and other interested organizations and individuals, are invited to provide input on the Road Map's proposed content to enhance its relevance and usefulness. This input will be analyzed and presented to the Leadership Committee for their consideration as they prepare their final recommendations for the Road Map in Fall 2022. Click here for

additional info on the [road map](#) and [instructions on providing feedback](#) by August 15, 2022.

### **Public Input Opportunity: Chronic Disease Self-Management Education Information Collection**

The Administration for Community Living is seeking public comment on the proposed extension of the data collection requirements for the ACL Evidence-Based Chronic Disease Self-Management Education (CDSME) Program Information Collection, as [published in the Federal Register](#). The CDSME Grant Program awards competitive grants to implement and promote the sustainability of evidence-based CDSME programs that have been proven to provide older adults and adults with disabilities with education and tools to help them better manage chronic conditions such as diabetes, heart disease, arthritis, chronic pain, and depression. Comments can be sent via e-mail to Lesha Spencer-Brown at [Lesha.spencer-brown@acl.hhs.gov](mailto:Lesha.spencer-brown@acl.hhs.gov) until **11:59 pm ET on September 19, 2022**. [Click here](#) for more information.

## **Resources:**

### **COVID-19**

#### **Using Cognitive Therapy to Treat COVID-19 Related Brain Fog**

Many people that contract COVID-19 experience difficulty sustaining attention and multitasking, commonly referred to as brain fog. [Cognitive rehabilitation is a form of therapy](#) consisting of a suite of interventions used to treat those with concussions, strokes, or Parkinson's disease. This suite of interventions can also be used to help those dealing with brain fog associated with COVID-19. Older adults are more susceptible to this condition than younger people. According to Alyssa Lanzi, a cognitive rehabilitation researcher at the University of Delaware, cognitive rehabilitation can enhance the everyday lives of older adults.

### **Additional Resources**

#### **A Call for Agency Coordination on Fall Prevention Programs**

A Government Accountability Office (GAO) report calls out [the need for greater coordination among federal programs that are working to reduce fall risk](#) among older adults. There are nine separate federal programs that work to reduce fall risk or increase accessibility. Among other recommendations, GAO notes that the relevant agencies should share data with each other and that the Centers for Disease Control and Prevention should examine falls data for adults of various ages.

#### **Connection Between Intensive Care Unit Admission and Later Dementia**

Spending time in an intensive care unit (ICU) can lead to an increased risk of developing dementia. A study presented at the Alzheimer's Association International Conference found that [older adults who had been admitted to an intensive care unit had twice the risk of developing later dementia](#) than those who had not. Researchers note that ICU hospitalization may be an under-recognized risk factor for dementia among older adults. Complications such as neurologic dysfunction and delirium, sedation, infection, and severe sepsis during an ICU stay can raise the risk of cognitive impairment.

#### **Helping Older Adults Provide Care to their Dogs**

[Peace of Mind Dog Rescue in California](#), operated by Carrie Broeker, specializes in finding new homes for dogs whose owners have died or are longer able to care for them. This program also provides dog-walking service for owners who cannot take their dogs out anymore. Typically, most older adults do not need to surrender their dogs, they just need assistance providing care. Broeker shared that, "We can preserve that human-animal bond and make this person's life better and brighter through our services" and honor older adults.

#### **Museum Programs for Older Adults**

The ["Vitality Arts Project for Art Museums"](#) initiative by Minneapolis arts education foundation E.A. Michelson Philanthropy is providing \$2 million over 18 months to nine major museums. The goal of this initiative is to provide creative aging programs in museums for visitors age 55 and up. The foundation founder and president Ellen

Michelson commented that, "We just need to throw aside an ageist attitude and think of ways to bring older adults into our lives more and more equitably."

### **Employee Crisis with Nursing Homes, Assisted Living, and Home Care**

Since January 2020, [\*\*400,000 employees have quit working in nursing homes and assisted living facilities\*\*](#) due to low pay, pandemic burnout and lack of advancement opportunities. This shortage has impacted home health care more. While home health is the fastest growing industry, there are still not enough workers to meet the demand. To address this crisis, loosening immigration regulations and increasing pay to attract more workers have been recommended.

### **Recent Data Book on Medicare Spending**

The Medicare Payment Advisory Commission recently released the [\*\*July 2022 Data Book on Health Care Spending and the Medicare Program\*\*](#). This report provides data on Medicare spending, demographics of the Medicare population, beneficiaries' access to care, and Medicare program quality. It also includes information on provider settings and presents data on Medicare spending, beneficiaries' access to care in the setting, and the sector's Medicare profit margins, if applicable. Section 4 of this report covers dually eligible individuals and includes information on the percentage of Medicare spending for this population, demographic data, health status, and service use.

### **AFib may be Connected to a Higher Risk of Dementia**

A study published in the Journal of the American Heart Association indicates that [\*\*having atrial fibrillation \(AFib\) appears to result in higher risk for dementia\*\*](#) in adults between ages 65 and 70. This risk is not evident before age 65. This systematic review and meta-analysis examined data from six studies encompassing nearly 1.6 million patients and identified AFib diagnoses mainly via hospital admission, discharge records, and clinical diagnosis.

### **Age-based Nutritious Breakfast Options**

Each life stage has special nutritional needs. Four registered dietitians provided their recommendations for [\*\*healthy breakfast ideas for people starting at age 2 to 60 and older\*\*](#). Middle age (ages 40 to 60) adults should eat a loaded vegetable omelet, whole grain pancakes and oatmeal. Protein shakes and scrambled eggs are good options for adults ages 60 and older.

### **Government Program Helps Older Adults in Maine Age in Place**

After seeing the challenges older adults and individuals with disabilities experienced maintaining their homes, the housing authority in Bath, Maine created the [\*\*Comfortably Home program\*\*](#). Designed to help lower-income older adults age in place, the program installs handrails and shower seats, repairs stairs and windows, provides weatherizing, upgrades lighting, and installs carbon monoxide detectors and smoke detectors, among other safety measures. This program was the inspiration for the federal Older Adult Home Modification Program. The Comfortably Home program is "low-cost, high-impact," according to Bath Housing executive director Debora Keller. It has also helped decrease waiting lists for public housing assistance.

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