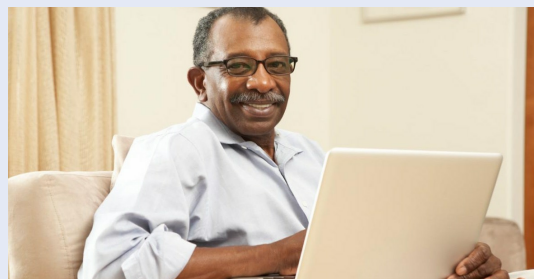


October 12, 2022

Age-Friendly Public Health Systems Learning and Action Network News



News:

Ending Ageism

October 7th was Ageism Awareness Day. The goal of the day is to help people develop more favorable attitudes toward older adults and aging. Ageism expert Ashton Applewhite shared how ageism can cause "prejudice against our future self" in a [TED talk](#). [An article from the virtual community platform for older adults GetSetUp](#) provides the following three ways to empower older adult to fight ageism: 1) reskilling and upskilling older adults; 2) awareness of strategies for aging well and maintaining a healthy lifestyle; and 3) becoming involved in community activities, spiritual organizations, or virtual communities.

Events and Opportunities:

Age-Friendly Public Health Systems (AFPHS) Monthly Trainings

Transportation is a key social determinant as it is fundamental to supporting healthy communities for older adults. Reliable and safe transportation is important not only for getting to health care appointments and wellness resources, but also aids in fostering social connections and engagement.

The October AFPHS training will focus on the role of transportation in supporting healthy aging. This session will be held **October 20 at 3 pm ET**. Register [here](#).

You can also view a recording of our [September training](#) – Addressing Social Determinants of Health among Older Adults in Rural Communities – and read September's [blog post](#) *What's Public Health Got to Do With...Rural Communities*.

Reminder: Individuals who attend 6 or more AFPHS monthly trainings will be designated as AFPHS Champions. Over 30 people across the country have been recognized as Champions! Visit the [AFPHS Recognition Program page](#) for more information.

Using Data to Improve Communities and Advance Equity – Thursday, October 13, 2022, 3:30 pm ET. The Chicago Department of Public Health (CDPH) has focused on making data accessible, understandable and sharable via the Chicago Health Atlas. In an upcoming Metopio webinar, CDPH will provide a roadmap for better access to better data to fuel collaboration. Register [here](#).

2022 MIT AgeLab OMEGA Summit – Saturday, October 15, 2022, 1:00 pm – 3:00 pm ET. OMEGA is an initiative from the MIT AgeLab that is designed to support student-led projects that create connections between high school students and older adults. Every year OMEGA hosts summits to encourage students to connect across generations,

brainstorm and share programming ideas, learn about careers in aging, and plan intergenerational activities. This year's summit will provide attendees with the opportunity to learn about: 1) careers in aging; 2) community-based intergenerational programming to strengthen relationships between generations; and 3) the OMEGA scholarship application process and eligibility requirements. Register [here](#).

Housing Justice: Preventing Evictions, Stabilizing Housing, and Advancing Equity – *Wednesday, October 19, 2022, 1:00 pm ET*. Housing justice advocates at PolicyLink and the National Center for Medical-Legal Partnership will discuss the role of legal aid for renters in improving health equity. Hosted by Health Begins, this session will include a presentation from CityHealth (a partnership of de Beaumont Foundation & Kaiser Permanente) that highlights housing policy priorities and policy solutions that leaders in healthcare support to stabilize housing in their communities. Register [here](#).

Natural Disasters and Dementia Care: A Roundtable Discussion on Public Health Action – *Thursday, October 27, 2022, 12:00 pm – 1:30 pm ET*. Natural disasters can be especially challenging for people living with dementia and their caregivers. The BOLD Public Health Center for Excellence on Dementia Caregiving is hosting a webinar to explore the role and opportunities for public health agencies to support people living with dementia and their family caregivers through preparedness, response, and recovery from natural disasters. Register [here](#).

Reentry and Older Adults: Accessing Income and Health Care Benefits - *Wednesday, November 9, 2022, 2:00 pm ET*. Reintegrating into society after incarceration can be especially challenging for older people. These older adults, especially older adults of color, experience difficulty accessing health, housing, and economic security programs that could help them adjust to returning to the community. This upcoming webinar hosted by Justice in Aging, in conjunction with their newly launched [Reentry Project](#), will offer advocates information on the benefits available to older adults after incarceration and tips for connecting them with those benefits. 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. 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](#).

Disabling Ableism: Tips for Partnering with Disabled People – *Thursday, November 10, 2022, 3:00 pm – 4:00 pm ET*. This webinar, led by Applied Self-Direction, will feature a compilation of incidents that have happened to people living with a disability and those who support them. These examples demonstrate how simple it can be to communicate with individuals living with a disability. While this program is geared toward professionals working with self-direction programs, the key takeaways will be applicable to anyone who is non-disabled and working with the disability community. Register [here](#).

Global Roadmap for Healthy Longevity Report Summit: Enabling a Virtuous Cycle for Healthy Longevity in the U.S. – *Monday, November 14, 2022, 8:45 am – 5:30 pm ET*. The National Academy of Medicine is holding a one-day symposium to discuss how recommendations presented in the [Global Roadmap for Healthy Longevity report](#) can be used to create healthy longevity. National experts from various disciplines will discuss how to overcome barriers to healthy longevity. Register [here](#).

Accelerating Health Equity Conference: Together on the Quest for Healthy Ecosystems – *May 16-18, 2023*. This conference is focused on the development of equitable solutions to address barriers that prevent access to high-quality care and improved health outcomes. [Click here](#) for more information.

Funding Opportunity: Public Health AmeriCorps Program The next round of funding for the [Public Health AmeriCorps](#) program is now available. Organizations interested in hosting one or more Public Health AmeriCorps members may apply for the [2023 Public Health AmeriCorps Grant](#) until **January 4, 2023 by 5pm ET**. Eligible organizations include Indian Tribes, institutions of higher education, local governments, public health departments; nonprofit organizations, state service commissions, and states and U.S. Territories. Successful applicants will be notified in April 2023.

Request for Information - Person-Centered Care Planning for Multiple Chronic Conditions

The Agency for Healthcare Research and Quality is seeking public comments about comprehensive, longitudinal, person-centered care planning for people at risk for or living

with multiple chronic conditions. This request is for comments on the current state of care planning for people at risk for or living with multiple chronic conditions across settings of care (e.g., health systems, primary care, home, and other ambulatory practices), including:

- Existing models of person-centered care planning, their current scale, and what can help or interfere with implementation;
- Innovative models of care, approaches, promising strategies, and solutions for clinicians and practices to routinely engage in person-centered care planning; and
- Evidence for effectiveness of strategies for implementation and delivery of person-centered care planning, their impact on improving health outcomes, as well as evidence on how to adapt, scale, and spread the intervention.

Comments are due on **November 15, 2022**. [Click here](#) for more information.

Resources:

Mental Health

Mental Health Crisis Support in Rural Areas

Police have historically handled mental health emergencies when 911 is called. These officers generally have less experience helping someone that is agitated or experiencing an issue due to their mental health condition. Iowa now has a [**state-run hotline that people can call to request a visit from a mental health professional**](#). This program serves 18 mostly rural counties in central and northern Iowa. This free service stabilizes people at home instead of admitting them to a psychiatric unit or putting them in jail due to their behavior. Arizona has as crisis response team that is able to reach rural regions. This program was created as the direct result of a class-action lawsuit from the 1980s. Programs like these have been slow to catch on in other rural communities due to the size of the area and having fewer mental health professionals than cities.

Two New Infographics Highlight Mental Health Challenges

Challenges addressing the growing mental health crisis include physician burnout, a workforce shortage, and poor funding. The National Institute for Health Care Management Foundation developed an [**infographic that highlights the challenges and barriers to addressing mental health care**](#), and explores ways to improve and strengthen mental health care in America. Some of the strategies include integrating behavioral health care into primary care and expanding the mental health workforce. The National Institute for Health Care Management Foundation also developed an [**infographic that explores the interconnectedness of climate change and mental well-being**](#). Extreme weather events have become more frequent. Climate change-fueled disasters can impact mental health and cause conditions like post-traumatic stress disorder, anxiety and depression. This infographic also addresses how to build mental health resilience during climate change. Strengthening social networks and finding a source of personal meaning are recommendations presented to build personal resilience. Prioritizing community building and addressing disparities are notes as strategies to build community resilience.

Additional Resources

Senior Centers Fostering Connections

September was National Senior Center month. The 2022 theme was Strengthening Community Connections and highlighted the role senior centers play in connecting older adults with programs and services. The Administration for Community Living celebrated the [**role of senior centers in a recent blog post**](#). Senior centers are noted as “forward thinkers and innovators” as they were able to quickly adapt their programs and services during the pandemic. With all the health and wellness resources that they provide “senior centers truly make a difference.”

Snapshots of the 2021-2022 Community Care Corps Grantees

To highlight the accomplishments of the 2021-2022 Community Care Corps Grantees, a new publication was developed by the National Community Care Corps partners (Oasis Institute, USAging, the Caregiver Action Network and Altarum) with [**an overview of the programs, key efforts, partners and future directions**](#). Lessons learned on enhancing volunteer service models were shared by returning grantees. Information about the new volunteer program models launched were shared by first-time grantees.

Impact of Rising Food Prices on Older Adults

New findings from the National Poll on Healthy Aging examines the [**impact of food costs on food insecurity among older adults**](#). Over a third of people age 50 to 80 in the United States say the rising cost of groceries has affected them somewhat or a lot. Among these older adults, 46% rated their physical health as fair or poor, 58% rated their mental health as fair or poor, 56% had incomes under \$30,000, and 48% have a high school education or less. Approximately a third of older adults say they are eating less healthily as a result of the increased cost of food.

Checking on Older Neighbors in the Wake of Hurricane Ian

Many older adults were not able to evacuate in advance of hurricane Ian. **Evacuating is not always an option** due to health reasons and the inability to prepare for those health concerns in other settings. Transportation costs, food, and housing can be costly. Transporting medical equipment such as oxygen tanks and home dialysis can be very difficult. Older adults could experience mobility issues in crowded situations. In addition, many older adults trust their past experiences with surviving hurricanes. These reasons highlight the importance of checking on older neighbors as communities prepare for emergencies.

The Importance of Osteoporosis Prevention in Healthy Aging

Driven by factors such as population growth, socio-economic development and subsequently higher life expectancy, there will be an expected increase in the number of worldwide osteoporosis cases. The **health and social consequences of an osteoporotic fracture** can include lengthy hospitalizations, extended immobility, and loss of independence. To support the prevention and management of osteoporosis, the World Health Organization has developed various guiding documents and tools, including the **“Integrated care for older people: guidelines on community-level interventions to manage declines in intrinsic capacity”** and its implementation guide. This guide aims to help healthcare providers in detecting and managing declines in physical and mental capacities.

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