

February 15, 2024

## AFPHS News



### News:

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#### **TFAH Webinar on Equity and Economic Opportunity**

TFAH and the Bipartisan Policy Center are co-hosting a national webinar that will address the reciprocal connections between health and income on **February 27th**. The **[Promoting Health Equity Through Economic Opportunity](#)** webinar will feature a panel of subject matter experts who will discuss the impact of COVID-19 pandemic financial assistance programs and opportunities to adopt evidence-based policies to further address the economic needs of communities, improve individuals' financial stability, and promote health and well-being. The session will include time for Q&A from the audience.

### Events and Opportunities:

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

Ensuring all older adults have an equitable opportunity to live healthy lives is foundational to age-friendly public health. The 2024 AFPHS trainings will focus on various topics related to equity.

You can register for one or all the trainings in this series **[here](#)**.

Build your expertise and healthy aging knowledge! Individuals who attend 6 or more AFPHS monthly trainings will be designated as AFPHS Champions. More than 90 people across the country have been recognized as Champions to date. Visit the **[AFPHS Recognition Program page](#)** for more information.

**Addressing Ageism in Election Media Coverage** – Tuesday, February 20, 2024, 2:00 pm ET. The National Center to Reframe Aging (NCRA) is hosting a webinar that will present reframing strategies to address ageist election media coverage. Moira O'Neil from the FrameWorks Institute and John Beilenson from Strategic Communications & Planning will lead this session and provide tips for writing effective opinion pieces. NCRA also just published guidance on election communications: **[Responding to Ageist Election Coverage in the Media guide](#)**. Register **[here](#)**.

**Better Caregiving for All** – Wednesday, February 21<sup>st</sup>, 2024, from 6:00 pm – 7:00 pm ET. The University of California, Los Angeles Alzheimer's and Dementia Care Program is hosting a new monthly virtual series that will speak to the needs of populations that have not been the focus of traditional caregiver training/education in the past. Each session will

include a local content expert and caregivers who will share their knowledge and experience. The first session will focus on early onset dementia caregivers. Register [here](#).

**Building Community Capacity to Meet the Needs of People with Disabilities as they Age** – *Tuesday, February 27, 2024, 1:00 pm – 2:00 pm ET*. An upcoming webinar from the American Association on Intellectual and Developmental Disabilities will present findings from a national study that sought to identify the areas where capacity building is most needed to effectively serve people with life-long disability or long-term disability. Professional skills, organizational operations, service/care models, and public policies to effectively serve older adults with long-term serious mental illness, intellectual and developmental disabilities, and physical and sensory disabilities will be discussed. Register [here](#).

**Navigating Ethical Choices in the Care of Older Adults** – *Wednesday, March 6, 2024, 1:00 p.m. ET*. Hosted by the American Society on Aging, this webinar will address the ethical challenges faced by professionals working with older adults. There are several ethical issues related to helping older adults who have been abused or neglected: complex family dynamics, end-of-life wishes, preserving dignity and respect, promoting independence, and keeping the individual safe. This webinar will explore these challenges and provide attendees with insights into ethical decision-making models that empower professionals to mitigate risks and advocate for older adults. Register [here](#).

**Beyond Alzheimer's: Identifying and Managing Other Types of Dementia** – *Wednesday, March 13, 2024, 1:00 p.m. ET*. Led by the American Society on Aging, presenters in this session will compare and contrast the multiple types of dementia, describe behavioral and cognitive changes, and discuss disease progression. Non-pharmacological approaches to dementia care, along with over-the-counter medications that advertise cognitive improvements and new medications to treat Alzheimer's disease will also be discussed. Register [here](#).

#### **AARP Community Challenge Small Grants**

The AARP Community Challenge is now accepting applications. AARP provides small grants to fund quick-action projects that can help communities become more livable for people of all ages. In 2024, the AARP Community Challenge will be accepting applications for three different grant opportunities – 1) Flagship Grants; 2) Capacity-Building Microgrants; and 3) Demonstration Grants. Applications are due **March 6, 2024, 5:00 pm ET**. [Click here](#) to learn more about this opportunity.

#### **Advance Your Career and the Future of Dementia Research**

The Alzheimer's Association is holding an [Interdisciplinary Summer Research Institute](#). This immersive, no-cost experience provides early career researchers in psychosocial care and public health the opportunity to further their knowledge of dementia science and accelerate breakthroughs in the field. The Institute will take place in Chicago, IL August 19-23, 2024. Applications are due March 11, 2024. A total of 24 applicants will be selected for this exclusive experience. Learn more and submit your application [here](#).

#### **Show Support for Age-Friendly Care**

The Partnership for Quality Measurement is seeking public comment on an [Age-Friendly Hospital Measure](#). This particular “programmatic measure” can help increase patient-centered, coordinated care across specialties for older adults. It encourages hospital systems to rethink how they approach care for older adults with multiple medical, psychological, and social needs at highest risk for adverse events. It also emphasizes the importance of defining patient (and caregiver) goals. Comments are now being accepted to encourage the Centers for Medicare & Medicaid Services to adopt this measure and improve outcomes for older adults.

## **Resources:**

### **Healthy Aging**

#### **Healthy Aging Campaign**

FAIR Health recently launched ["Healthy Decisions for Healthy Aging"](#), a campaign designed to promote and disseminate FAIR Health's healthcare educational tools and resources. This online resource is designed to provide older adults with clinical, financial, and educational information to develop plans for the treatment and support for ongoing conditions. This resource also contains healthcare educational tools and resources for caregivers. The site contains a [video guide](#) is available to help people navigate the online resources, [decision-making tools](#) to help estimate the cost of care, and [resource library](#).

#### **Where the Healthiest Older Adults Live**

To determine where the healthiest older adults live, SmartAssesst assessed states based on several health metrics, including obesity, smoking, arthritis, mental distress, and disability status to determine their rankings. **[The top five states with the healthiest older adults are New Hampshire, Hawaii, Vermont, Washington and Wisconsin.](#)** Hawaii has the lowest rate of obesity among older adults. Utah has the lowest number of older adult smokers. Older adults in southern states are the least healthy.

## **Housing & Homelessness**

### **Health and Housing Issue of Health Affairs**

The **[February issue of the Health Affairs Journal is focused on health and housing.](#)** The articles are open-access and topics in the issue include: interventions at the neighborhood level to promote equity, addressing housing related social needs through Medicaid, and how housing status changes can impact cancer outcomes among veterans.

### **Understanding Housing for Older Adults**

**[“Housing America’s Older Adults 2023”](#)** is a biannual report produced by The Joint Center for Housing Studies of Harvard University, through its Housing an Aging Society Program. The 2023 report explores equitable access to affordable, accessible, safe, and connected housing. The report includes: 1) demographics and living arrangements of older adults; 2) challenges with affordable, accessible, and livable housing; the dual burden of housing and care; and 4) the dual burden facing households with low and moderate incomes.

### **Homelessness Prevention Efforts Led by Area Agencies on Aging (AAA)**

Five homelessness prevention case examples led by AAAs have been featured by USAgings. These examples highlight different successful AAA programs and partnerships to support housing stability. The specific case examples are:

- **["Building the Capacity of the Aging Network to Preserve Homes for People at Risk of Homelessness"](#)**
- **["On-Site Service Coordination Helps Older Adults Maintain Housing"](#)**
- **["Preventing and Reducing Homelessness Through Housekeeping Services and Mobile Community Outreach"](#)**
- **["Addressing Older Adult Homelessness Through a Community-Wide Prevention and Response Initiative"](#)**
- **["AAA Expertise Can Support APS Clients’ Housing Stability"](#)**

## **Additional Resources**

### **Connecting Older Adults to Services and Benefits**

ADvancing States released a new issue brief that includes person-centered approaches to support individual goals. The **[“Person-Centered Approaches: Connecting Individuals to Services and Benefits”](#)** brief was developed with support from the National Council on Aging. The information in the brief can be used by community-based organizations, including Aging and Disability Resource Centers, Area Agencies on Aging, and Benefit Enrollment Centers to strengthen their connections and engagement with long-term services and supports access systems. The issue brief also highlights some of the states that have implemented person-centered approaches.

### **State Investments in Home and Community Based Services (HCBS) using American Rescue Plan Act (ARPA) Funds**

A new brief from ADvancing States and the ARPA HCBS Technical Assistance Collective examines states’ efforts to understand the impact of HCBS projects implemented using ARPA funds. The **[“Efforts to Evaluate the Impact of ARPA HCBS Investments”](#)** brief contains information based on state surveys, focus groups, and an ARPA HCBS spending plan analysis. The brief includes information on how states can evaluate the impacts, successes, efficiencies, lessons learned, and best practices of their ARPA HCBS investments.

### **National Inventory of Long-Term Services and Supports Programs**

Building on the **[2023 LTSS State Scorecard](#)** and previous inventories, AARP recently released the **[“National Inventory of Self-Directed Long-Term Services and Supports Programs”](#)**. This resource provides an overview of all publicly funded self-directed long-term services and supports (LTSS) nationwide. It also covers significant trends influencing the overall LTSS landscape, including the national shortage of direct care workers. This is the first report released since the onset of the COVID-19 pandemic that provides insight into the impact of the pandemic on self-direction programs.

### **Updated Regulations for Older Americans Act Programs**

The Administration for Community Living recently **[released a final rule to update regulations](#)** for implementing its Older Americans Act (OAA) programs. This is the first substantial update to most OAA program regulations since 1988. This update aligns regulations to the current statute, addresses issues that have emerged since the last update

and clarifies requirements. In addition, it aims to better support the national aging network that delivers OAA services. The rule will take effect on March 15, 2024 and regulated entities will have until October 1, 2025, to comply.

### **Addressing Issues that Impact American Indian and Alaska Native Older Adults**

A new brief from Justice in Aging identifies important themes of tribal culture and governance; barriers in health care, long-term care, and economic and social services programs; and opportunities to improve systems for tribal elders. "**Justice for Tribal Elders: Issues Impacting American Indian and Alaska Native Older Adults**" includes information on the inequities tribal elders experience accessing health care, housing, and other services essential for aging at home. Additional barriers, such as transportation limitations and digital inaccessibility compound these issues. **In a recent interview**, Sahar Takshi, attorney at Justice in Aging and author of the report, discussed the importance of advancing equity for tribal elders with advocate Larry Curley, member of the Navajo Nation and former Executive Director of the **National Indian Council on Aging**.

### **Exploring Online Trust and Public Health**

**A recording of the webinar Online Trust and Public Health: Communicating in a Digital World** is now available. This session includes insights from social media experts and researchers on ways to deliver core messages, build trust online, and combat misinformation.

**Loneliness is Declared a Public Health Emergency in a California County** **San Mateo County, California declared loneliness a public health emergency (PHE)**, the first local government to do so. The declaration was first introduced by the county's Board of Supervisors with the goal of fostering connections among those that are experiencing isolation and underscoring how loneliness contributes to heart disease, dementia, and mental health. According to Board of Supervisors Vice President David Canepa, "The resolution doesn't directly set aside funds for programs to reduce loneliness; rather, it signals the county's commitment to addressing the issue and validates residents' experiences."

### **Adverse Outcomes Associated with Food Insecurity**

Results from a recent study published in JAMA Internal Medicine show that **adults that are food insecure have higher odds of dying prematurely and have a shorter life expectancy after age 50**. Researchers also found that adults with very low food security lived 4.5 years less once they turned 50 than those with full food security. Some of the characteristics of people with food insecurity include being more likely to smoke, and having a higher prevalence of conditions including obesity, diabetes, and cardiovascular disease.

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**SUBSCRIBE**

#### **CONTACT**

TRUST FOR AMERICA'S HEALTH  
1730 M ST NW  
SUITE 900  
WASHINGTON, DC 20036

P (202) 223-9870

F (202) 223-9871

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



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