

June 18, 2024

## AFPHS News



### News:

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#### **A National Plan on Aging**

The Administration for Community Living recently released a new framework for supporting older adults across the country – **[“Aging in the United States: A Strategic Framework for a National Plan on Aging.”](#)** Developed by leaders and experts from 16 federal agencies and departments working together through the Interagency Coordinating Committee (ICC) on Healthy Aging and Age-Friendly Communities, this Strategic Framework describes the opportunities and challenges created by the aging of the U.S. population and defines goals and objectives for addressing critical aging issues. It includes a road map for developing a national plan on aging that will enhance service delivery and support the development of partnerships within and across sectors.

Organizations and individuals are encouraged to carefully review the Strategic Framework and provide input **by September 15, 2024**. This is the **[first national public input opportunity](#)**.

#### **Did You Know...?**

##### **New Profile of Older Americans Available**

The Administration for Community Living’s **[2023 Profile of Older Americans](#)** provides statistics on the U.S. older adult population using data from the U.S. Census Bureau, the National Center for Health Statistics, and the Bureau of Labor Statistics. Some of the key topic areas included in the Profile are future population growth, marital status, living arrangements, income, employment, and health.

### 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 are focused on various topics related to equity.

To help professionals in the field of public health see how they can use their expertise to support healthy aging, Trust for America’s Health developed a brief – **[How the 10 Essential Public Health Services Align with the AFPHS 6Cs Framework for Supporting Healthy Aging](#)**. Aligning the AFPHS 6Cs Framework with the 10 Essential Public Health Services, a widely established rubric for building successful public health

infrastructure, provides public health practitioners with a roadmap for designing strategies to improve and support older adult health and well-being.

The June AFPHS training will focus on this brief by providing an overview of the alignment between the two frameworks, including common language and a shared focus on equity, with examples of policies and healthy aging strategies.

The presenters for this training are:

- Dr. Breanca Merritt, Director of Policy, Trust for America's Health
- Megan Wolfe, Senior Policy Development Manager, Trust for America's Health

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. Over 100 people in 24 states across the country have been recognized as Champions to date. Visit the [AFPHS Recognition Program page](#) for more information.

**BOLD PHCOE EDD Webinar: Advancing Equity in Dementia Research – Tuesday, June 18, 2024, 3:00 pm – 4:00 pm ET.** The BOLD Public Health Center of Excellence on Early Detection of Dementia is hosting the first installment in a series of conversations about advancing health equity in aging and dementia research. Register [here](#).

**Building Dementia Awareness in Tribal Communities through Interactive Programming: Implementing the Virtual Dementia Tour – Tuesday, June 25, 2024, 2:00 pm - 3:00 pm ET.** The National Alzheimer's and Dementia Resource Center is hosting a webinar to share how education and engagement have become key in supporting Tribal members living with dementia, their caregivers, and the community. Attendees will learn about the utility of the "Virtual Dementia Tour" as a powerful tool to build understanding and open the door to greater conversation and education about dementia within Tribal Communities. "The Virtual Dementia Tour", created by P.K. Beville, is a scientifically proven method of building a greater understanding of dementia through the use of patented sensory tools and instruction. Register [here](#).

**Community Matters: Understanding Social Determinants of Health to Reduce Dementia Risk – Wednesday, June 26th, 3:00-4:00p ET.** The BOLD Public Health Center of Excellence on Dementia Risk Reduction is hosting a series focused on social determinants of health and dementia risk. The first webinar in the series – Economic Stability to Reduce Dementia Risk – will focus on understanding economic stability as a way to reduce dementia risk and improve brain health. The topics for the other sessions in the series are:

- July 24, 2024 - Nourishing Minds: Exploring Nutrition and Food Security's Role in Dementia Prevention
- August 24, 2024 - Breaking Barriers: Combating Dementia Through Social Engagement
- September 25, 2024 - Creating Healthier Environments: Harnessing Social Determinants for Dementia Risk Reduction

Register [here](#).

**Advancing Social Connection Through Art and Creative Expression – Thursday, June 27, 2024, 11:30 am –12:30 pm ET.** An upcoming webinar from Commit to Connect and engAGED: The National Resource Center for Engaging Older Adults will highlight how art, culture, and creative expression can play an important role in strengthening social connection for older adults, people with disabilities, and caregivers. The Central Vermont Council on Aging and Dances for A Variable Population will share how their programs use the arts to promote social connections for older adults. Immediately following the 60-minute webinar, Commit to Connect and engAGED will host a 30-minute office hours session to allow attendees to engage with the webinar speakers and participants. Register [here](#).

### **2024 Age-Friendly Ecosystem Summit – Save the Date**

The 2024 Age-Friendly Ecosystem Summit hosted by the George Washington Center for Aging, Health and Humanities will take place on October 8<sup>th</sup>, 9<sup>th</sup>, 15<sup>th</sup>, & 16<sup>th</sup>, 1:00 pm – 3:00 pm ET.

### **Healthy People 2030 Champion**

Improving health, eliminating health disparities, and advancing health equity requires coordination and collaboration with organizations nationwide. That's why the [Office of Disease Prevention and Health Promotion](#) (ODPHP) within the U.S. Department of Health and Human Services (HHS) is excited to **invite you to become a [Healthy People 2030 Champion!](#)**

Healthy People 2030 Champions are public and private organizations that support the [Healthy People 2030 vision](#), work toward Healthy People's overarching goals and [objectives](#), and improve health and well-being at the local, state, territorial, and tribal level. Champions receive information, resources, and recognition from ODPHP to help them promote the Healthy People 2030 initiative among their networks.

If your organization is interested in becoming a Healthy People 2030 Champion, apply today using the [online application form](#)! ODPHP reviews applications on a rolling basis. To become a Champion, an organization must have a demonstrated interest in or understanding of disease prevention, health promotion, [social determinants of health, health disparities](#), health equity, or well-being.

### **Funding Available to Support State Implementation of the National Strategy to Support Family Caregivers**

The Administration for Community Living has announced the availability of approximately \$2 million to support statewide implementation of the [National Strategy to Support Family Caregivers](#). Four cooperative agreements will be awarded to state units on aging to undertake a range of activities for a period of 24 months with one, 24-month budget of up to \$490,000. Each grantee will be expected to focus on implementing *at least three (3)* of the five goals of the Strategy, as determined by the state's needs and priorities, including:

- Goal 1: Increasing awareness of, and outreach to, family caregivers.
- Goal 2: Advancing partnerships and engagement with family caregivers.
- Goal 3: Strengthening services and supports for family caregivers.
- Goal 4: Ensuring financial and workplace security for family caregivers.
- Goal 5: Expanding data and the use of research and evidence-based practices to support family caregivers.

**Applications due Tuesday, August 6, 2024. [Learn more about this opportunity.](#)**

## **Resources:**

### **Alzheimer's & Brain Awareness Month**

June is Alzheimer's Disease and Brain Awareness month. There are over 55 million people living with Alzheimer's disease or some other form of dementia. The changes in the brain that cause Alzheimer's are thought to begin 20 years or more before symptoms start. This suggests that there may be an opportunity to intervene in the progression of the disease. The Alzheimer's Association encourages individuals to incorporate these [10 healthy habits](#) to reduce the risk of cognitive decline and possibly dementia.

### **Recognizing a Decade of Federal Progress in Addressing Elder Abuse**

On Wednesday, June 12, 17 federal agencies including the U.S. Department of Health and Human Services (HHS) and the Justice Department [reflected on a decade of work to expanded efforts to combat elder abuse, neglect, and exploitation](#). These efforts include public education, training, interagency collaboration, research, and support for older adults who experience or are at risk of experiencing abuse. Alison Barkoff, the Administration for Community Living Administrator and Assistant Secretary for Aging, shared that "It is incredible to reflect on the progress we have made in the years since the EJCC first convened. We have a lot of progress to build upon and so many opportunities to do more. The work of advancing elder justice has never been more important, or more urgent."

### **Lessons Learned from State Implementation of ARPA HCBS Initiatives**

[A new report from ADvancing States and the American Rescue Plan Act \(ARPA\) home and community-based services \(HCBS\) Technical Assistance Collective \(TA Collective\)](#) provides insight into states' experiences in implementing their ARPA HCBS initiatives. The TA Collective conducted a national survey in early 2024 to identify strategies used by states that are implementing their ARPA HCBS spending plans, as well as any barriers hindering their success. Some of the barriers identified by the 33 states that responded to the survey include delays in obtaining approval for both their spending plans and a lack of staff capacity to design and implement complex initiatives. The report also contains recommendations for making any future time-limited investments in the HCBS system more effective, including giving states more time to implement, easing the Centers for Medicare and Medicaid Services (CMS) approval process, and providing resources to both states and CMS.

### **National Vaccine Initiatives and Resources**

The [National Vaccine Initiatives](#) website contains several resources from USAging's and National Council on Aging's (NCOA) grant activities supporting vaccine education and promotion across the aging and disability networks. USAging's [You've Got This](#) campaign and NCOA's [Yes, I'll Be There](#) campaign promote the importance of

vaccinations and overall well-being. These resources can also help connect older adults and people with disabilities to local organizations that can assist them with vaccinations. The [Vaccination Program Resources](#) page contains outreach and community engagement strategies for vaccination programs.

### **Protecting Older Adults and Family Caregivers by Updating State Emergency Plans**

AARP highlighted the importance of making sure state emergency plans are updated in a [recent blog post](#). This post highlights the Federal Emergency Management Agency's [State Mitigation Planning Policy Guide](#), which places greater expectations on states to account for the increased risk hazards faced by older adults, people with disabilities, and others. Additionally, the AARP LTSS State Scorecard introduced a [State Emergency Management Plan indicator](#).

### **Improving Oral Health and Addressing Disparities with Medicaid Waivers**

[A new brief from Justice in Aging](#) contains education and advocacy tips on how to leverage Medicaid waivers to expand access to oral health and address disparities in access to dental treatment. State-specific examples are provided to illustrate how Medicaid waivers can both expand the scope of coverage available and address barriers to care. Case studies are included as well for Kansas, South Carolina, Florida, California, Michigan, Mississippi and Utah.

### **The Importance of Addressing Social Isolation and Loneliness**

[In a recent blog post](#), the Director of the Office of Disease Prevention and Health Promotion Rear Admiral Paul Reed, MD shares the importance of connecting with each other. He comments that “We connect with one another as family and friends, through the communities within which we live, in our workplaces, across support networks that stretch beyond our geographic location, and in many other ways that — whether we intend them to or not — help fulfill our fundamental human need to socialize and interact.” The blog also includes highlights from several reports that note the importance of connection and emphasizes the Healthy People 2030 national objectives directly related to social connection.

### **Health Policy 101 Resource**

The Kaiser Family Foundation has introduced [a new resource that provides basic information on a wide range of topics about health programs and policy](#). These topics include Medicare and Medicaid, the Affordable Care Act, health care costs and affordability, women’s health issues, and the politics of health care. This resource was created to serve as a mini “textbook” that can be used by faculty and students.

### **Getting Older Adults to their Appointments with Uber**

Uber is launching a new feature this summer to help caregivers find rides to medical appointments and to get medication for older adults. [Uber Caregiver](#) will help caregivers coordinate care for people ages 65 and older with Medicare Advantage, Medicaid recipients, and people with eligible commercial health insurance coverage. The caregiver and recipient can track their ride and there is a three-way chat feature in the app that allows the caregiver, rider, and driver to stay in communication.

### **Poor Nutrition Linked to Arthritis**

According to a study published in the journal Scientific Reports, [older adults with arthritis, regardless of functional impairment, had poorer nutritional risk scores](#) when compared with those without arthritis. The study researchers noted that “There is increasing evidence indicating that the relationship between nutrition and arthritis is multifactorial, likely caused by complex interactions between physical, psychological, social, financial, and environmental factors.”

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