Advancing an Age-Friendly Public Health System

AARP Livable Communities

November 13, 2018
Advancing an Age-Friendly Public Health System:
AARP Florida Age-Friendly Communities

Laura Cantwell
AARP Florida
Florida is Aging: Percent of Population Age 65+ 2020

Distribution of Growth by Age Group between April 1, 2010 to April 1, 2030

Source: Florida Office of Economic & Demographic Research
AARP Network of Age-Friendly Communities

<table>
<thead>
<tr>
<th>Coral Gables</th>
<th>Pembroke Pines</th>
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<td>Cutler Bay</td>
<td>Pinecrest</td>
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<td>Dunedin</td>
<td>Pinellas County</td>
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<td>Fort Lauderdale</td>
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<td>Hallandale Beach</td>
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<td>Miami</td>
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<td>Miami-Dade County</td>
<td>Winter Haven</td>
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<td>Miami Lakes</td>
<td>New Port Richey</td>
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<td>Palmetto Bay</td>
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AARP Network of Age-Friendly Communities in Florida
St. Petersburg Age Friendly

Livability In The ‘Burg

Transportation
- Improve Bike Safety
- Improve Crosswalks & Sidewalks

Community & Health Care
- Bring Services to the Home
- Provide Renovation Assistance
- Provide Healthy Food

Employment & Civic Participation
- Match Volunteers
- Seek Funding to Provide Employment Training & Incentives
- Encourage Job Flexibility

Housing
- Provide Support Services
- Increase Police Engagement
- Improve Lighting

Outdoor Spaces & Buildings
- Improve Lighting, Signage, Sidewalks, & Playgrounds
- Redesign Streets
- Add More Seating & Shade
- Modify Building Codes & Zoning

Respect & Social Inclusion
- Offer Activities such as Gardening, Games, Stories
- Engage with Schools and Youth Groups
- Implement an Awareness Campaign
- Offer Local Option /Spaces to Gather
- Increase Awareness about Activities
- Ensure Affordability of Activities

Social Participation

Communication & Information
- Collaborate with Neighborhoods and Groups
- Establish an Information Hub

AGE-FRIENDLY ST. PETERSBURG
Hallandale Beach Age-Friendly

HEALTH AND WELLBEING

- Fresh & Healthy Food Choices
- Physical Activity & Exercise Programs
- Preventative Health
- Health Clinic
- Mental Health

Comida fresca y saludable
Actividad Física & Ejercicios
Salud Pública Preventiva
Clínica de Salud
Salud Mental
Partners

AGF Friendly Sarasota

University of South Florida
Florida Policy Exchange Center on Aging

Department of Elder Affairs
State of Florida

University of South Florida
Sarasota-Manatee

Florida Health

Sarasota County

The Patterson Foundation

AARP

World Health Organization
Are you a Longwood resident and over the age of 50?

Is so, then the Seminole County city is inviting you to share your comments and ideas on what services or improvements are needed to make Longwood a more “age-friendly” community.

City staff will join AARP volunteers on Wednesday at the Meals on Wheels Neighborhood Dining Site to gather feedback from older residents and caregivers for the elderly regarding age-related issues that are important to them.

The Meals on Wheels dining will be from 9:30 a.m. to 12:30 p.m. at the Longwood Hills Congregational Church, 1255 E.E. Williamson Road.

A voluntary donation of $2.50 is suggested for the meal. Those attending are also invited to take part in activities and socialize. The neighborhood dining site is open from 9:30 a.m. to 12:30 p.m. Monday through Friday at the church.

As part of Longwood’s participation in the AARP Network of Age-Friendly Communities, the city is working with various organizations, including the Florida Department of Health in Seminole County, to improve the lives of older residents through an “age-friendly action plan.” A key part of that plan is to receive feedback from residents on various issues, including mobility, housing and accessibility.

Longwood also has a survey on the city’s web site at https://www.longwoodfl.org/agefriendly
Florida Age-Friendly Webinar

Eight Priority Areas

1. Health Equity
2. Maternal and Child Health
3. Immunizations
4. Injury, Safety and Violence
5. Healthy Weight, Nutrition and Physical Activity
6. Behavioral Health
7. STDs and Other Infectious Diseases
8. Chronic Diseases and Conditions
Age-Friendly Sharing Symposium
The Vital Role of Health Systems & Public Health to Age-Friendly Communities

AARP Livable Communities Conference
November 13, 2018

Jane Carmody DNP, MBA, RN
The John A. Hartford Foundation
The Aging Population: Greatest success of the 20th Century!

10,000 people turn 65 every day - 8 every minute!

- Older adults contribute to society in vital ways
- Only naturally occurring resource that is growing!
- Success story of public health services and interventions

Number of People 65+, 1900-2060 (in millions)
US Census Bureau, Population Estimates & Projections
The John A. Hartford Foundation
A private philanthropy based in New York, established by family owners of the A&P grocery chain in 1929.

Dedicated to Improving the Care of Older Adults

Priority Areas:
- Age-Friendly Health Systems
- Family Caregiving
- Serious Illness & End of Life
The Leader in Improving Care of Older Adults

$580,000,000

Grants authorized since 1982 to improve health care

• Building the field of aging experts
• Testing & replicating innovation
Priority Area:  

Age-Friendly Health Systems  

Few hospitals and health systems alone meet the needs of older adults. Evidence-based, age-friendly approaches to better care exist.

- Focusing on what *matters* to older adults receiving care
- Improving health outcomes and reducing harm
- Achieving lower costs and better value
Care during serious illness or at end of life often fails to meet goals and preferences. Palliative care reduces harm and burden.

- Making palliative care more widely available
- Supporting clinician training
- Promoting advance care planning
More than 18 million people are family caregivers of older adults. They are often invisible and unprepared, better support can improve outcomes.

- Helping health systems assess and address needs of family caregivers
- Advancing policies for family-centered care
What is an Age-Friendly Health System? the 4Ms

Age-Friendly care is the reliable implementation of a set of evidence-based geriatric best practice interventions across four core elements, known as the “4Ms,” a bundle.

<table>
<thead>
<tr>
<th>The “4Ms”</th>
<th>Description</th>
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<tbody>
<tr>
<td>What Matters</td>
<td>Know and align care with each older adult’s specific health outcome goals and care preferences including, but not limited to end-of-life, and across settings of care</td>
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<tr>
<td>Medication</td>
<td>If medications are necessary, use Age-Friendly medications that do not interfere with What Matters to the older adult, Mobility, or Mentation across settings of care</td>
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<tr>
<td>Mentation</td>
<td>Prevent, identify, treat, and manage dementia, depression, and delirium across care settings of care</td>
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<tr>
<td>Mobility</td>
<td>Ensure that older adult move safely every day to maintain function and do What Matters</td>
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Age-Friendly Care results in...

- Goal Concordant Care
- Better Health Outcomes
- High-Value Care
- Cost-Effective Services
Gateways to Age-Friendly Care and Support

Institution-based Care

Ambulatory/Primary Care

Community-based Organizations
The Partnership: Five Health Systems
• What could public health contribute?
• Who are the current leaders in this work?
• Is there a role for public health?

CONCLUSION: Yes

✓ Public health has much to contribute
✓ Aging services, other partners would welcome it
✓ Partner with TFAH for age-friendly public health
Vision:
Age-Friendly Health Systems that transcends borders and boundaries, seamless and reliable
Advancing an Age-Friendly Public Health System

Goal of Project (Partner with Trust for America’s Health)
Build on framework and demonstrate how to build an age-friendly public health system

Approach
• Develop a Florida initiative
• Create a model for states/locals
• Build national support for public health’s role
An Age-Friendly Health System begins and ends at the kitchen table

Age-Friendly is a world-wide health and social movement
John Beard, MBBS PhD, Australian physician
WHO: Global Network for an Age-Friendly World

Age-Friendly…
Cities
Communities
States
Countries

The LENS by which we plan, do, study, act….anything and must include healthcare and public health
What is Trust for America’s Health?

Independent, non-partisan, public health & prevention focus, including:

- Data and research for action
- Health-promoting policies
- Strong public health system
- Informed policymakers
What Does Public Health Do?

- Identify and track needs and gaps
- Implement multi-level prevention and health promotion strategies
- Address social determinants of health
- Build multi-sector approaches
- Focus on the most vulnerable
- Respond to emergencies
Ten Great Achievements in Public Health, 1900–1999

- Immunizations
- Motor-vehicle safety
- Safer workplaces
- Control of infectious diseases
- Decline in deaths from heart disease and stroke
- Safer & healthier foods
- Healthier mothers & babies
- Family planning
- Fluoridation
- Recognizing tobacco as a health hazard
Public Health’s Current Focus on Older Adults:

- Federal: CDC has neither a healthy aging unit nor a funding stream to support states
- State and local: health departments lack funding and expertise
- Current PH aging work is limited: falls prevention, vaccinations, Healthy Brain Initiative
Public Health Needs of Older Adults

- Preventive/other quality health services
- Healthy, affordable foods
- Physical activity
- Tobacco/substance misuse prevention
- Social/emotional support
- Violence/abuse prevention
- Safe, affordable housing and transportation
Create An Age-friendly Public Health System

Feasibility analysis; Framework developed

Pilot in Florida

National Expansion & Adoption

Florida's Growth by Age Group 1990-2020

United States of Aging

Sources: Florida Centers for Disease Control & Prevention; U.S. Censuses; U.S. Department of Commerce; U.S. Census Bureau; U.S. Department of Health and Human Services

The John A. Hartford Foundation

Trust for America's Health
Framework and Public Health Roles:

1. **Connecting and convening** multiple sectors and professions that provide the supports, services, and infrastructure to promote healthy aging

2. **Coordinating** existing supports and services to avoid duplication of efforts, identify gaps, and increase access to services and supports

3. **Collecting** data to assess community health status (including inequities) and aging population needs to inform the development of interventions
Framework and Public Health Roles

4. Conducting, communicating and disseminating research findings and best practices to support healthy aging

5. Complementing and supplementing existing supports and services, particularly in terms of integrating clinical and population health approaches
Creating Age-Friendly Public Health Systems--Florida

- Advisory Committee (PH, Aging, Healthcare)
- AFPH Learning and Action Network comprising 37 of Florida’s 67 County Health Departments (65% of population; 65% of older adult population)
- Identify best practices and develop tools and training materials
- Build national support with key stakeholders
Creating Age-Friendly Public Health Systems--Florida

For older people in our community to have a healthy and productive life! Add “life to your years”!

An age-friendly community for people of all ages, races, ethnicity and poverty levels.

To be among the leaders in creating a vibrant, well served community enjoyed by all supported by a diverse and highly collaborative network of partners.

An age-friendly county that is empowered to engage in healthy, safe, and active lifestyles through strong partnerships and locally available programs and resources.
Connecting and convening multiple sectors and professions that provide the supports, services, and infrastructure to promote healthy aging

AND

Coordinate data collection and analysis to assess community health status and older adult needs to inform the development of interventions
Community Health Assessments for Community Health Improvement Plan (PHAB) –every 5 years

Community Health Needs Assessment –required by ACA every 3 years

Age-Friendly Communities survey

Opportunities to increase collaborations and efficiencies between public health and aging stakeholders.
Public Health Alignment with Age-Friendly Communities

Kathy Black, Ph.D., MPH
AARP Florida Consultant, Age-Friendly Communities
Professor, University of South Florida, Sarasota-Manatee
Guiding Framework: CDC

Healthy Aging Actions to Advance the National Prevention Strategy

**HEALTHY AND SAFE COMMUNITY ENVIRONMENTS**
- Increase the supply of accessible, affordable, adaptable housing
- Create more walkable communities
- Improve older driver safety
- Enhance transportation options

**ELIMINATION OF HEALTH DISPARITIES**
- Educate professionals to identify and address disparities
- Collect community-wide data to identify health care disparities
- Distribute information and implement programs that address age-related health issues

**NATIONAL PREVENTION STRATEGY**
- Increase access to preventive services
- Increase access to and availability of preventive dental services
- Increase access to and availability of behavioral health care
- Develop falls prevention programs
- Train physicians and other health care professionals on age-related health issues
- Expand the availability of home- and community-based services

**CLINICAL AND COMMUNITY PREVENTIVE SERVICES**
- Support and empower informal caregivers to promote healthy aging
- Combat ageism

**EMPOWERED PEOPLE**
- Provide information about healthy options
- Increase access to and use of technology to support health and other needs
- Create opportunities for employment, education, and volunteer activities

**Promote access to healthy food**
**Develop plans to address potential vulnerability to natural disasters**
**Protect from elder mistreatment**
**Recruit, retain, and train a multi-sector and multidisciplinary workforce**
Guiding Framework: WHO

Fig. 2.4. A public-health framework for Healthy Ageing: opportunities for public-health action across the life course

Health services:
- Prevent chronic conditions or ensure early detection and control
- Reverse or slow declines in capacity
- Manage advanced chronic conditions

Long-term care:
- Support capacity-enhancing behaviours
- Ensure a dignified late life

Environments:
- Promote capacity-enhancing behaviours
- Remove barriers to participation, compensate for loss of capacity

High and stable capacity
Declining capacity
Significant loss of capacity

Functional ability
Intrinsic capacity
Alignment of Public Health & Age-Friendly Community Processes

• Community Health Improvement Process

Mobilize ▶ Assess ▶ Plan ▶ Implement ▶ Track

1. Planning
   a. Involve Older People
   b. Assessment of Age-Friendliness
   c. Develop an Action Plan
   d. Identify Indicators

2. Implementation
   a. Implement Action Plan
   b. Monitor indicators

3. Evaluate Progress
   a. Measure Progress
   b. Identify Successes and Remaining Gaps
   c. Submit Progress Report

4. Continual Improvement
   5-Year Membership Cycles
NACCHO MAPP Process

Mobilizing for Action through Planning and Partnerships (MAPP)

1. Organize for Success and Partnership Development
2. Visioning
3. Four MAPP Assessments
4. Identify Strategic Issues
5. Formulate Goals and Strategies
6. Action Cycle

www.naccho.org/MAPP
Age-Friendly Community Assessment by Domain

Checklist of Essential Features of Age-friendly Cities

# of Items
WHO- OSPB- 12
T- 17
H- 7
SP- 8
R/SI- 9
CP&E – 8
C&I -11
CS/HS- 12
AARP- 35 + demos

Strategies and solutions that make a community great for people of all ages
Checklist of Essential Features of Age-friendly Cities

This checklist of essential age-friendly city features is based on the results of the WHO Global Age-Friendly Cities project consultation in 33 cities in 22 countries. The checklist is a tool for a city’s self-assessment and a map for charting progress. More detailed checklists of age-friendly city features are to be found in the WHO Global Age-Friendly Cities Guide.

This checklist is intended to be used by individuals and groups interested in making their city more age-friendly. For the checklist to be effective, older people must be involved as full partners. In assessing a city’s strengths and deficiencies, older people will describe how the checklist of features matches their own experience of the city’s positive characteristics and barriers. They should play a role in suggesting changes and in implementing and monitoring improvements.

Outdoor spaces and buildings

☐ Public areas are clean and pleasant.

☐ Green spaces and outdoor seating are sufficient in number, well-maintained and safe.

☐ Pavements are well-maintained, free of obstructions and reserved for pedestrians.

☐ Pavements are non-slip, are wide enough for wheelchairs and have dropped curbs to road level.

☐ Pedestrian crossings are sufficient in...

☐ Services are situated together and are accessible.

☐ Special customer service arrangements are provided, such as separate queues or service counters for older people.

☐ Buildings are well-signed outside and inside, with sufficient seating and toilets, accessible elevators, ramps, railings and stairs, and non-slip floors.

☐ Public toilets outdoors and indoors are sufficient in number, clean, well-maintained and accessible.
Ask these questions to learn what people age 50+ think about where they live.
### Aging Mastery Program Items

#### Common Measures for Adult Well-being

1. Please imagine a ladder with steps numbered from zero at the bottom to ten at the top. The top of the ladder represents the **best possible life for you** and the bottom of the ladder represents the **worst possible life for you**. Indicate where on the ladder you feel you personally stand right now.

2. On which step do you think you will stand about five years from now?

3. Now imagine the top of the ladder represents the **best possible financial situation for you**, and the bottom of the ladder represents the **worst possible financial situation for you**. Please indicate where on the ladder you stand right now.

4. In general, how would you rate your physical health?

   - Excellent
   - Very Good
   - Good
   - Fair
   - Poor

5. In general, how would you rate your mental health, including your mood and your ability to think?

   - Excellent
   - Very Good
   - Good
   - Fair
   - Poor

6. How often do you get the social and emotional support you need?

   - Always
   - Usually
   - Sometimes
   - Rarely
   - Never

7. How strongly do you agree with this statement? "I lead a purposeful and meaningful life."

   - Strongly Disagree
   - Disagree
   - Slightly Disagree
   - Mixed
   - Slightly Agree
   - Agree
Questions?
Contact Us!

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