



ASTHO's 2014-2015 President's Challenge

Healthy Aging: Living Longer Better

Menu of Strategies

In support of ASTHO's 2014-2015 President's Challenge, I pledge to elevate healthy aging in my state, by partnering with **at least one new partner** in implementing at least **one of the strategies** from the menu of strategies around at least **one of the areas of focus highlighted in the National Prevention Strategy** in an effort to create a system/infrastructure where older adults can live and age well in their communities. This menu of strategies is research-based, but is not meant to be prescriptive or comprehensive. It is meant to provide examples of strategies to consider implementing in your state. As you review the list of strategies consider the partners you have and/or would need to implement the strategy. Some recommendations are included in callout boxes. If you are unsure where to focus your efforts, consider starting with "Using Data to Understand Your Older Adult Population and Drive Action".

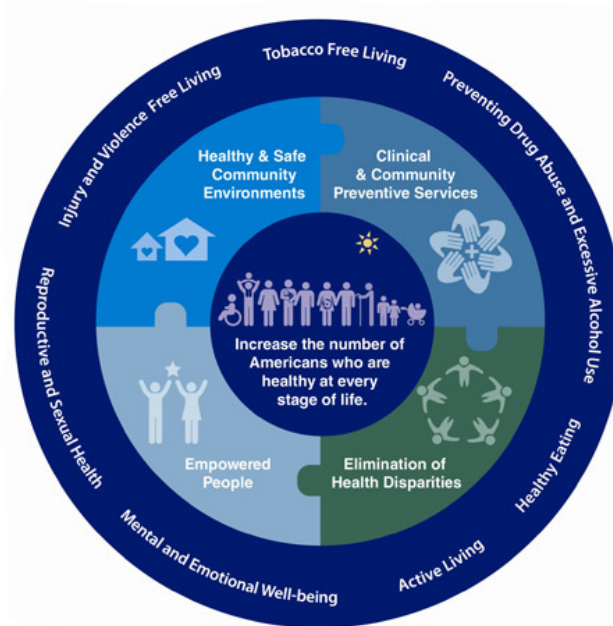
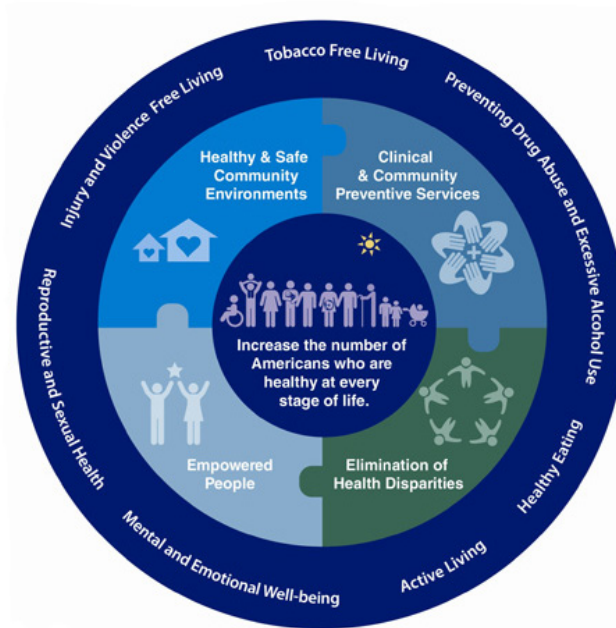


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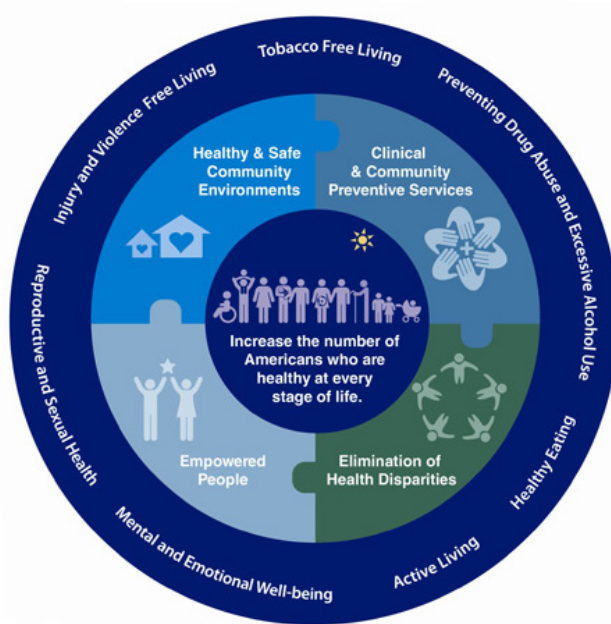


Using Data to Understand Your Older Adult Population and Drive Action

- Integrate Healthy People 2020 objectives on "Older Adults" and "Dementias, including Alzheimer's disease" topic areas into state-based plans.
- Assess age-friendliness at city/town or state level
- Conduct aging readiness assessment at state, city/town, and/or organizational level
- Analyze state and national data (e.g. Behavioral Risk Factor Surveillance System (BRFSS); United Health Foundation America's Health Rankings Senior Report) to determine area of greatest need/opportunity for promoting health of older adults
- Analyze local data to identify where older adults live (including naturally occurring retirement communities (NORCs)) to leverage/maximize outreach and service provision
- Analyze local data to identify where services for older adults are located to leverage/maximize outreach and service provision.

If you select a strategy from this area of focus, consider partnering with, for example:

- Department of Medicaid
- Area Agency on Aging
- Department of Housing



Healthy and Safe Community Environments

Building Safe and Resilient Communities

- Increase public awareness of financial exploitation and elder abuse in order to promote multi-sectoral, multidisciplinary approach to confronting and reducing financial abuse.”
- Foster and sustain partnerships with the area agencies on aging and all entities that aid the elderly during an emergency the most effectively
- Develop and maintain medical and "special needs" registries (medical equipment, transportation, medicine, etc.) encompassing resources and partnerships needed to successfully utilize medical registries during the state of an emergency

If you select a strategy from this area of focus sub-category, consider partnering with, for example:

- AARP Chapter
- Department of Consumer Affairs
- Division of Emergency Preparedness

Community-Based Living/Livable Communities/Aging in Place

- Assess age-friendliness at city/town or state level
- Identify gaps in Medicaid coverage and apply for waivers to support using Medicaid for supportive services at home or advocate for policies to support appropriating state funding for supportive services at home
- Public education materials for caregivers and older adults promote housing options including home modification and repair
- Support smoke free housing
- Institute tax credits for implementing accessible home features

If you select a strategy from this area of focus sub-category, consider partnering with, for example:

- Department of Medicaid
- Department of Human Services
- Department of Housing

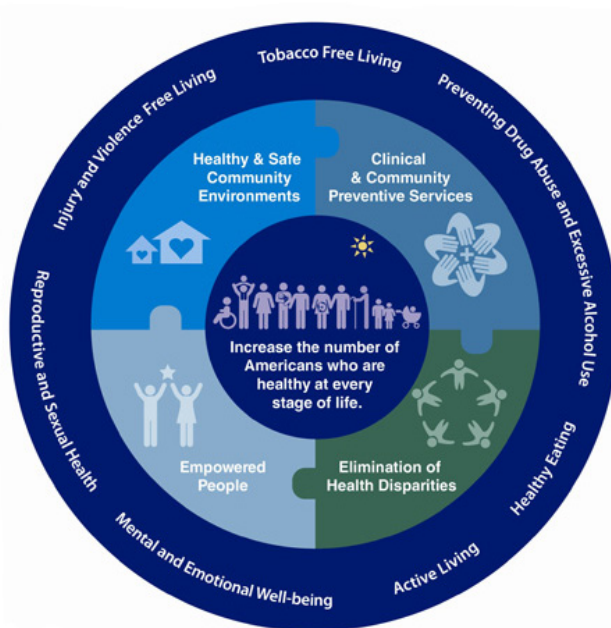
- Institute policies and/or programs that promote affordable housing for older adults (e.g. property tax relief for older homeowners)

Communities that Promote Mobility

- Assess role of older adults in State Transportation Plan, including pedestrian and bicycle safety, improve roadway and driving environment, identify at risk older adults, improve driving competency, reduce risk of injury and death of older drivers and passengers (overarching) (including license renewal policies)
- Develop/update a comprehensive city planning guide to address accessibility issues for older adults
- Promote urban design and land use policies and practices that support physical activity for older adults. Policy instruments employed include: building codes, roadway design standards, and environmental changes. Design components include: improving street lighting, adequate time to cross streets, developing infrastructure projects to increase safety of street crossing, using traffic calming approaches (e.g., speed humps, traffic circles), and enhancing street landscaping.
- Improve transportation for older adults including implementing “Compete Streets” policies and/or public transportation schedules and stops that are understandable, well-located, etc.

If you select a strategy from this area of focus sub-category consider partnering with, for example:

- Department of Planning
- Department of Transportation
- Department of Housing



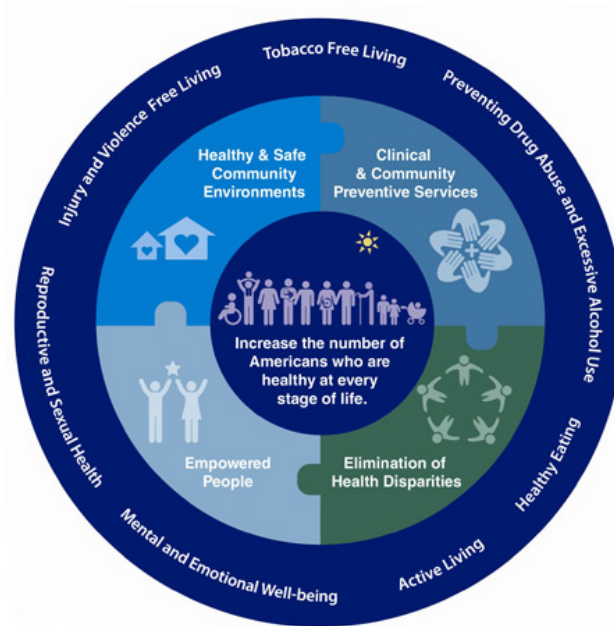
Clinical and Community Preventive Services

- Identify appropriate roles and determine effectiveness of community health workers, promotoras, patient navigators, and paraprofessionals with respect to older adult care.
- Develop strategies to help ensure that healthcare professionals recognize the role of care partners in the care coordination of persons with Alzheimer’s disease and related dementias (ADRD) and other conditions.
- Ensure that all providers are aware of and communicating all vaccine recommendations (including shingles) for the older adult population utilizing new Behavioral Risk Factor Surveillance System (BRFSS) module
- Support patient-centered care and delivery of high quality dementia competent care
- Support training infrastructure for Chronic Disease self-management or other evidence based self-management programs
- Increase management of long-term care for dual eligibles to lower burden on state resources
- Promote emerging, promising, and evidence-based interventions/practices for improving health of older adults and conduct a Return on Investment (ROI) on interventions/practices
- Increase public and/or healthcare provider awareness of clinical preventive screenings/services recommended for older adults, including payment/reimbursement options
- Increase preventive screening among older adults, as recommended by the U.S. Preventive Services Task Force (USPSTF). This includes influenza vaccination, pneumococcal vaccination, diabetes screening, osteoporosis screening, and colorectal cancer screening, among others
- Integrate clinical provider systems (e.g. physicians, nurses, pharmacists, etc.) and clinical/social service provider systems
- Educate the public and/or providers around Hepatitis C testing recommendations for older adults

If you select a strategy from this area of focus, consider partnering with, for example:

- Department of Medicaid
- Medical Association Chapter
- Insurance Provider

- Leverage/implement policies to ensure healthy care transition from hospital to home
- Support patient-centered medical home certification efforts
- Assess scope of practice regulations
- Utilize Medicaid waivers for Community Options and Policies and regulations appropriate allied health professionals to provide certain screenings, preventive services and counseling for older adults and hold providers accountable for key services
- Identify state and community-based oral health services, including needs/gaps
- Form working partnerships between public community stakeholders, private stakeholders, and oral health providers to improve access to and quality of dental care
- Provide appropriate oral health promotion programs and treatment services, encouraging people to retain natural teeth as long as possible.
- Promote the awareness and utilization of weight loss counseling covered under Medicare

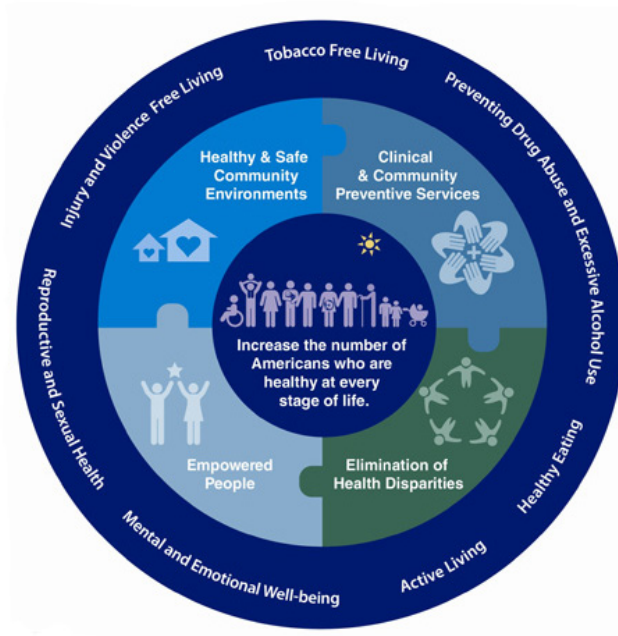


Empowered People (including Caregivers)

- Identify caregiver services, including gaps/needs
- Provide education to empower older adults and their caregivers to advocate for the services they need
- Leverage policy opportunities (e.g. Affordable Care Act (ACA), Caregiver Advise, Record, and Enable (CARE) Act, Family Medical Leave Act (FMLA), etc.) to support caregivers
- Ensure state agencies offer long term care benefits for employees and their families
- Support caregivers through respite care, pension credits, financial subsidies, training, and/or home nursing services
- Disseminate appropriate educational materials for caregivers and patients on available health and community resources
- Promote workplaces that support caregivers
- Promote workplaces the support older adults in the workforce
- Identify older adults who will need financial support in retirement
- Promote advance care planning and advanced financial planning to care partners, families, and individuals.

If you select a strategy from this area of focus, consider partnering with, for example:

- Department on Aging
- Alzheimer's Association Chapter
- AARP Chapter
- Area Agency on Aging

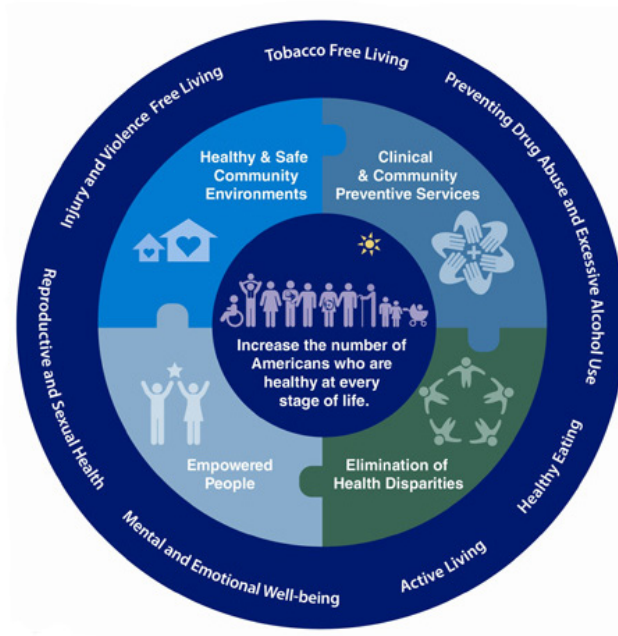


Elimination of Health Disparities

- Identify gaps in existing policies, programs, and/or initiatives and target efforts to ensure all older adults are being served
- Integrate racial/ethnic; lesbian, gay, and transgender; educational; socioeconomic; and geographic disparities within interventions and outreach to help ensure materials and initiatives are culturally appropriate.

If you select a strategy from this area of focus, consider partnering with, for example:

- Department of Human Services
- Alzheimer's Association Chapter
- Area Agency on Aging

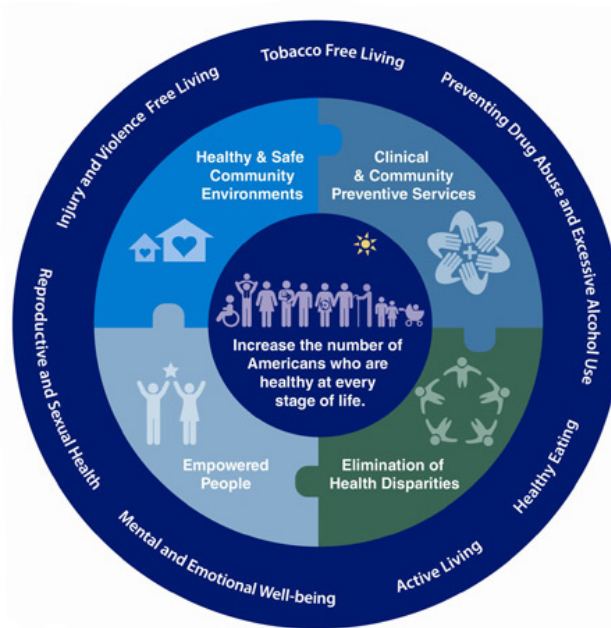


Tobacco Free Living

- Identify the number of older adults who smoke and where they “live, work, and play” in an effort to target efforts
- Ensure Medicaid Quitline matches are implemented and information to access the Quitline is disseminated to the public
- Promote smoke-free air policies (e.g. public housing, state agencies, bars/restaurants)
- Promote taxes on tobacco products
- Educate older adults, caregivers, and/or healthcare providers around cessation materials and payment/reimbursement options

If you select a strategy from this area of focus, consider partnering with, for example:

- Division of Chronic Disease
- Department of Housing
- Department of Parks and Recreation

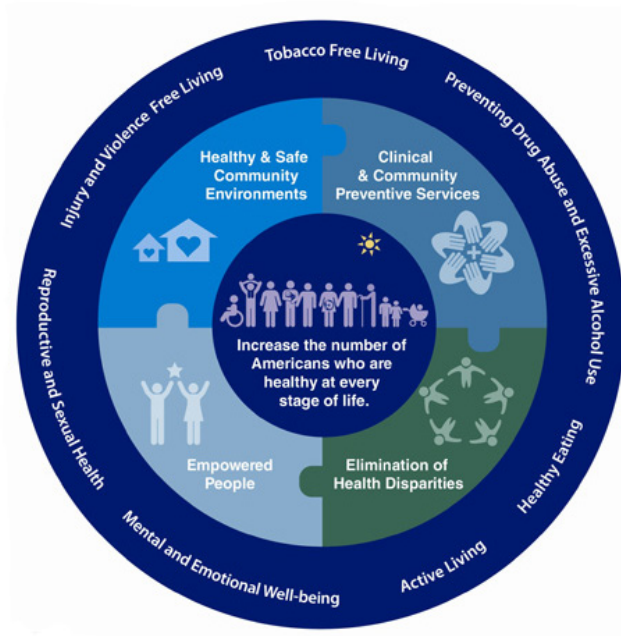


Preventing Drug Abuse and Excessive Alcohol Use

- Identify rates of prescription and/or over-the-counter drug misuse/abuse among older adults to target prevention and treatment efforts
- Identify rates of alcohol misuse/abuse among older adults to target prevention and treatment efforts
- Educate healthcare providers around the identification, screening, assessment, and treatment of the elderly for alcohol abuse and abuse of prescription drugs or over-the-counter drugs.
- Support policies to reduce the use of antipsychotic medications and other drugs in long-stay nursing home residents and in the community, and enhance the use of non-pharmacologic approaches and person-centered dementia care practices where appropriate.
- Promote practices and policies to reduce inappropriate prescribing by health professionals and other health advisors

If you select a strategy from this area of focus, consider partnering with, for example:

- Department of Social Services
- Department of Mental Health and Addiction Services, Care Services Organization

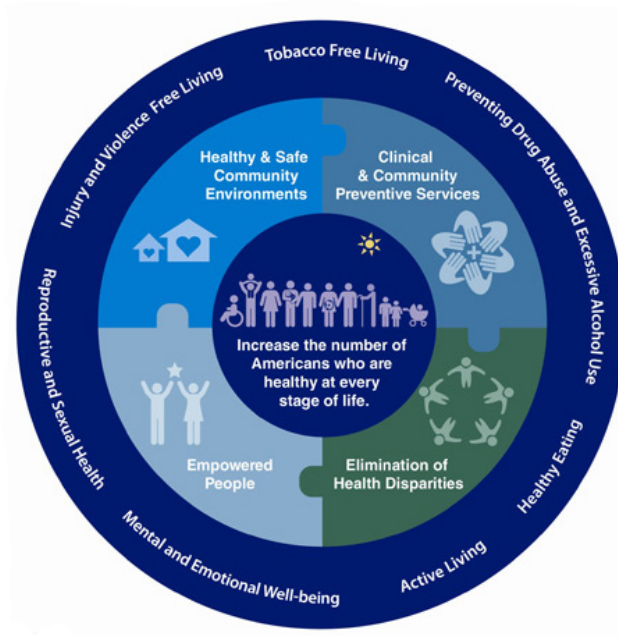


Healthy Eating

- Educate older adults, caregivers, and/or healthcare providers on healthy eating for older adults
- Assess/Identify challenges/barriers for older adults' access to nutritional foods, including Supplemental Nutrition Assistance Program (SNAP), food deserts, etc.
- Increase access to healthy and affordable food (e.g. policies, programs (Meals on Wheels)
- Promote policies that support health foods in adult long-term and day care centers

If you select a strategy from this area of focus, consider partnering with, for example:

- Department of Human Services
- Department on Aging
- Legislator/Legislative Representative

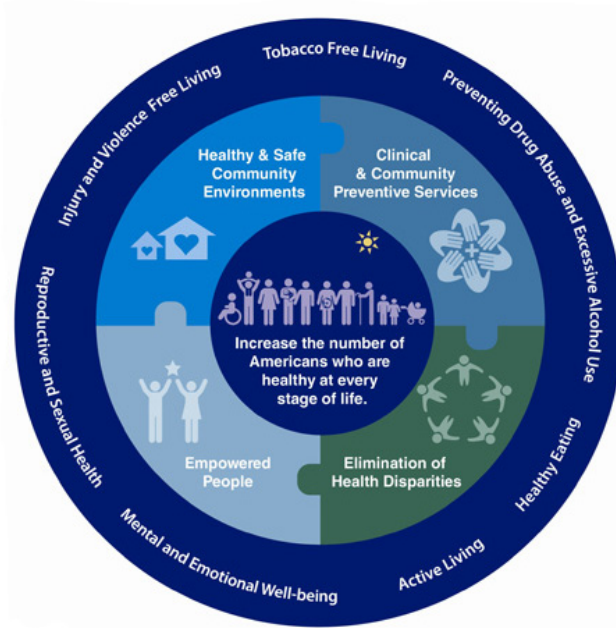


Active Living

- Educate older adults, caregivers, and/or healthcare providers around the importance of safely maintaining physical activity and mobility
- Promote evidence-based physical activity programs that help older people maintain physical activity and mobility
- Improve access to places for physical activity (e.g. sidewalks, walking trails, and exercise facilities/parks)

If you select a strategy from this area of focus, consider partnering with, for example:

- YMCA Chapter
- Department of Parks and Recreation
- Department of Planning

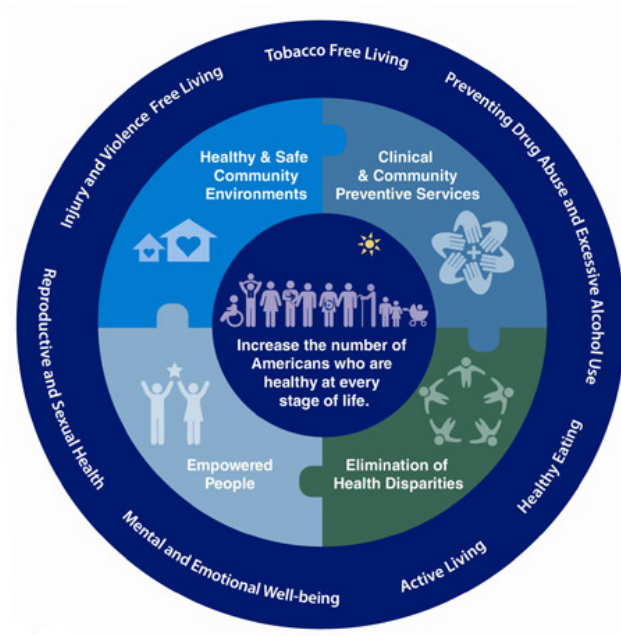


Injury and Violence Free Living

- Promote awareness of physical and mental abuse and exploitation of older adults and support related prevention.
- Increase public awareness of physical and mental elder abuse and promote multi-sectoral, multidisciplinary approach to confronting and reducing elder abuse
- Educate older adults, caregivers, and/or healthcare providers around strategies for preventing falls, including, medication review and management; vision exams and vision improvement; and home safety assessment and home modifications.
- Identify falls data (where and why) to target efforts
- Analyze emergency room data around falls rates and costs
- Promote policies and/or evidence-based practices to prevent falls in older adults

If you select a strategy from this area of focus, consider partnering with, for example:

- Department of Social Services
- Department of Mental Health and Addiction, and/or
- Division of Injury Prevention

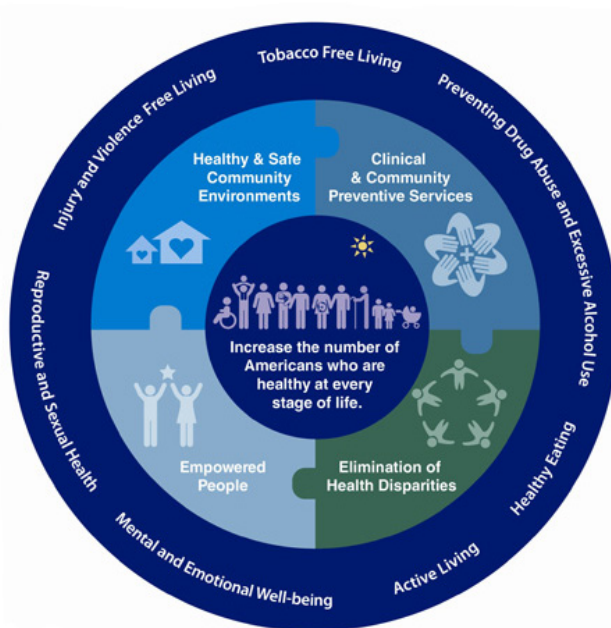


Reproductive and Sexual Health

- Educate older adults, caregivers, and/or healthcare providers around preventing and treating sexually transmitted disease (STDs) in older adults.
- Identify STD treatment and prevention services for older adults, including gaps/needs
- Promote policies and/or evidence-based practices around the prevention and treatment of HIV/AIDS, hepatitis C, and other STDs in older adults.

If you select a strategy from this area of focus, consider partnering with, for example:

- Healthcare Providers
- Division of Infectious Disease
- Care Services Organization



Mental and Emotional Well-Being, including Alzheimer’s Disease and Other Dementias

- Identify rates of Alzheimer’s disease and other dementias (ADRD)
- Identify treatment and prevention services for ADRD, including gaps/needs
- Promote evidence-based practices for the treatment/management and prevention of ADRD
- Collaborate in the development, implementation, and maintenance of state Aging including Alzheimer's disease plans.
- Integrate cognitive health and impairment into state and local government plans (e.g., aging, coordinated chronic disease, preparedness, falls, and transportation plans).
- Promote incorporation of aging, cognitive health and impairment into state and local public health burden reports.
- Evaluate the need for utilizing the Behavioral Risk Factor Surveillance System's (BRFSS's) cognitive impairment and caregiver modules
- Assess information about the economic impact of dementia, including Alzheimer’s disease, on states and communities and disseminate the findings.
- Support state and local needs assessments to identify racial/ethnic; lesbian, gay, bisexual, and transgender; socioeconomic; and geographic disparities related to cognitive health and impairment and help ensure materials are culturally appropriate.
- Educate healthcare providers about validated cognitive assessment tools that could be administered in such settings as physician offices, clinics, emergency rooms, and acute care hospitals’ admission offices.

If you select a strategy from this area of focus, consider partnering with, for example:

- Alzheimer’s Association Chapter
- Department of Mental Health and Addiction Services
- Department on Aging

- Identify rates of mental/behavioral health issues, including social isolation, depression, and suicide in older adults
- Identify treatment and prevention services for mental/behavioral health issues, including gaps/needs
- Promote evidence-based mental/behavioral health prevention and treatment/management interventions (e.g. Healthy Identifying Depression, Empowering Activities (IDEAS); Partnership, Empathy, Apology, Respect, Legitimization, and Support (PEARLS))
- Promote routine mental/behavioral health universal screening
- Employ navigators to assist patients in obtaining mental/behavioral health services.
- Structure services to complement older adult needs by establishing health homes, developing triage and delivery system to allow routine medical care during periods of social isolation, and co-locate physical and mental health care within the same site