

# Health and Aging: AoA Strategies for Health Promotion and Disease Prevention



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# Administration on Aging

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## Mission

- n Promote the dignity and independence of older people
- n Help society prepare for aging population



# Administration on Aging

cont'd

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- n Established by the Older Americans Act (OAA-1965)
- n Oversees OAA & other programs
- n Small agency – large mandate
- n Lead by Assistant Secretary for Aging, Josefina Carbonell

# Service System

U.S. Department of Health and Human Services

**Administration on Aging**  
Central Office and Regional Offices

State Units on Aging (56)

Area Agencies on Aging (655)

Local Service Provider Organizations (29,000)

Family Caregiver Support & ADDGS

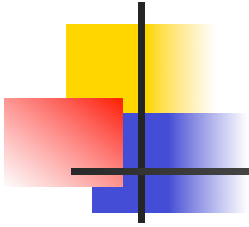
**Health Promotion/  
Disease Prevention  
Services**

ELDER RIGHTS SERVICES

COMMUNITY & IN-HOME SERVICES

GRANTS AND PARTNERSHIPS

NUTRITION SERVICES





# AoA Strategic Priorities

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- n Make it easier for older people to access an integrated array of health and social supports
- n Help older people stay active and healthy
- n Support families in their efforts to care for their loved ones at home and in the community
- n Ensures the rights of older people and prevent their abuse, neglect and exploitation



# Target Population

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- n Older adults and their caregivers
- n Age groups – vary by program guidelines/eligibility
  - n 55–64 years
  - n 65–74
  - n 75–84
  - n 85 +



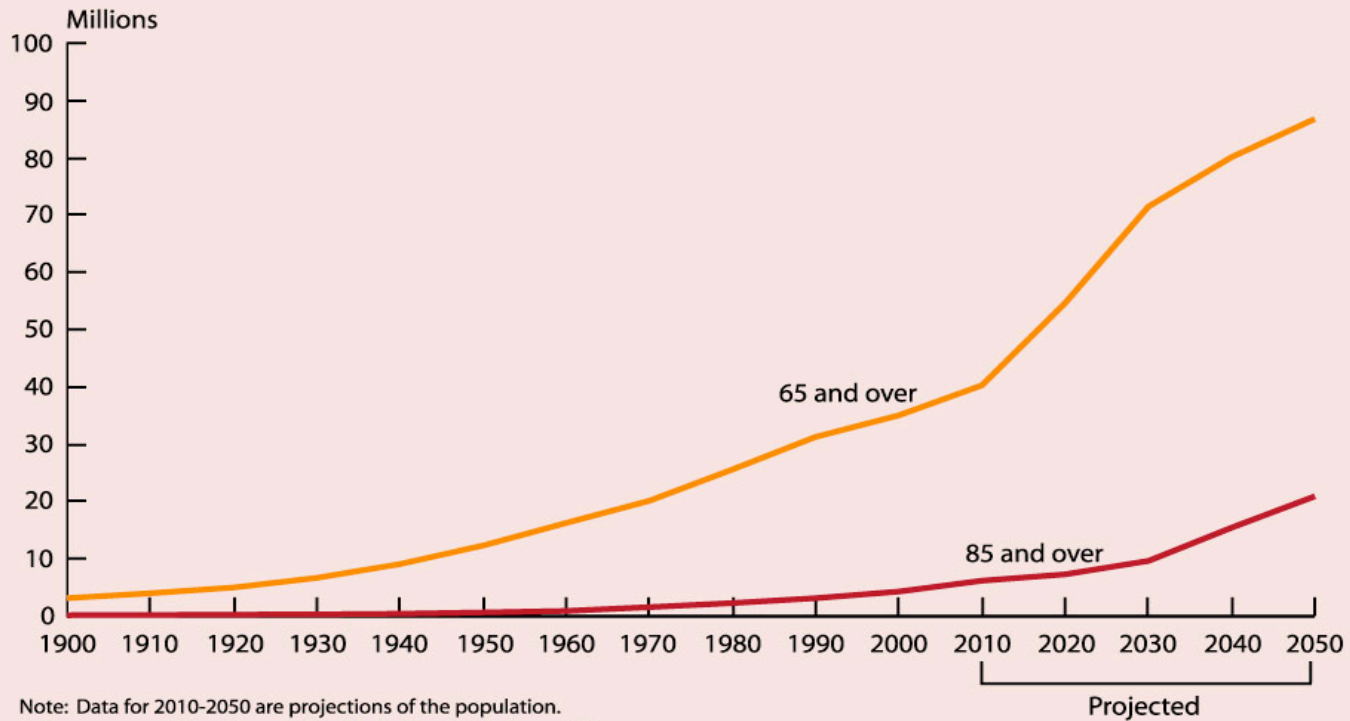
# Health & Aging

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- n The projected growth for the aging population has important consequences for the health care system.
- n As the older fraction of the population increases, more services will be required for the treatment and management of chronic and acute health conditions.
- n Providing health care services needed by older Americans will be a major challenge in this century.

# Aging Society

Number of people age 65 and over, by age group, selected years 1900-2000 and projected 2010-2050





# Achieving AoA Priorities

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- n **Information/Service Access**
- n Evidence-based health promotion and disease prevention programming
- n Public and private partnerships at the federal, state and community level
- n Reauthorization of the Older American's Act



# AoA Information & Access Services

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Activities that educate older adults and their caregivers about health promotion and how to access services, including:

- n Information and Referral/Assistance Service
- n Aging and Disability Resource Centers
- n Eldercare Locator
- n Outreach
- n Transportation
- n Case Management



# Information and Referral/ Assistance

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- n Information and outreach to inform older individuals with greatest needs about available services and eligibility
- n Funded through the Older Americans Act
- n Provided locally by Area Agencies on Aging and other community aging service providers

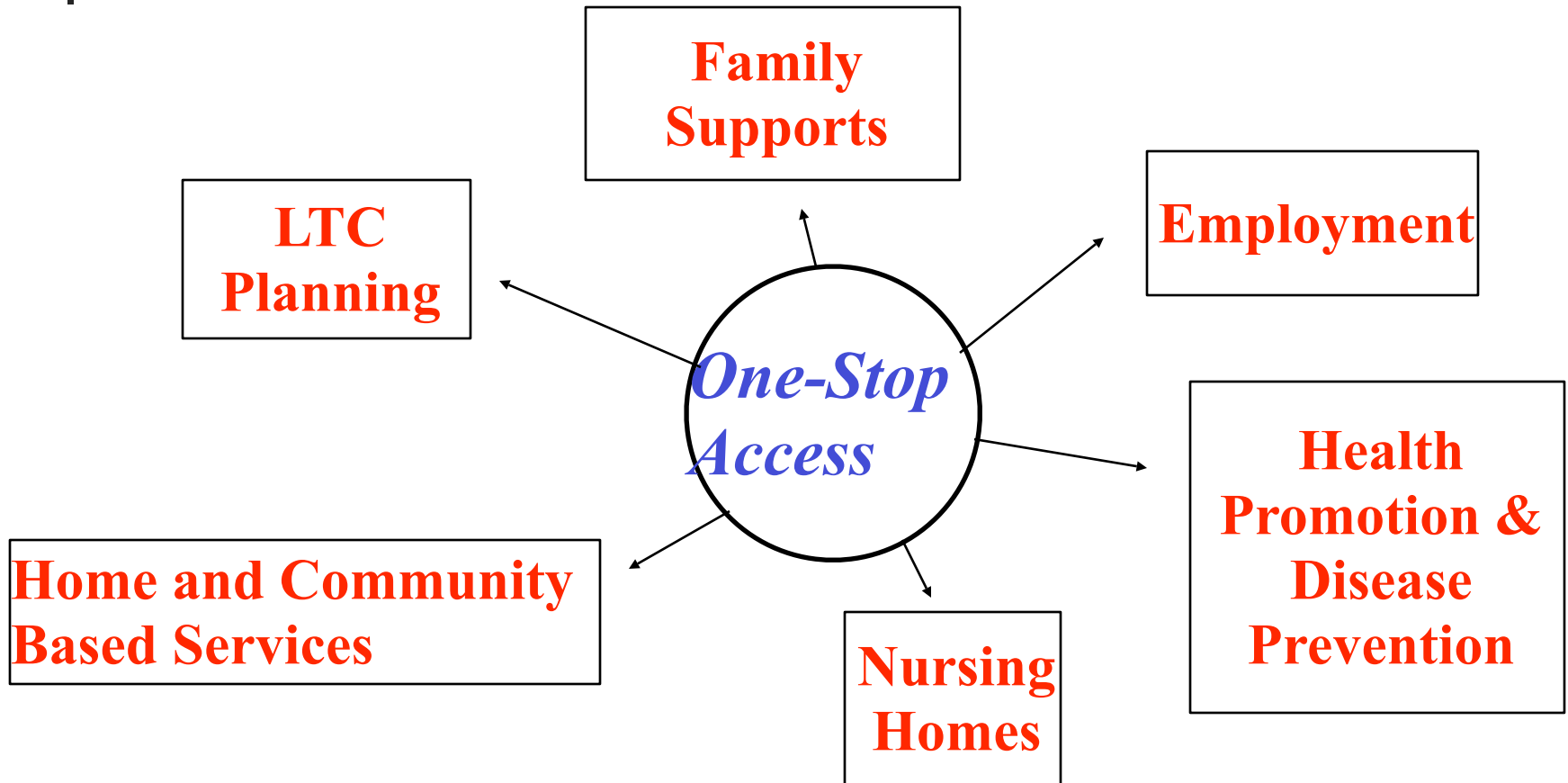
# Aging and Disability Resource Center Grants Program



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- To improve access to home and community based services
- n Must serve individuals 60+ and at least one target population of people with disabilities
  - n Serve individuals at all income levels
  - n Assist individuals planning for future LTC needs
  - n Establish formal linkages w/ critical pathways to LTC
  - n Open a Resource Center meeting all the requirements in at least one community

# Aging and Disability Resource Centers cont'd





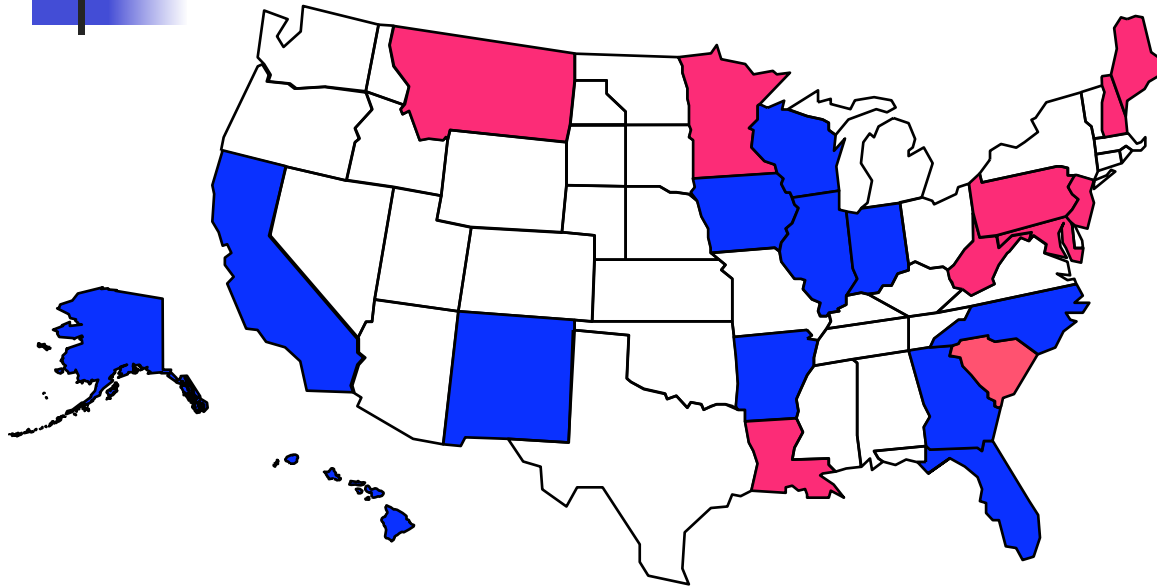
# AoA & CMS VISION

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To have Aging and Disability Resource Centers:

- n in every community
- n serving as highly visible and trusted places
- n where people of all incomes and ages can turn for information on the full range of long term support options, and
- n a single point of entry for access to public long term support programs and benefits.

# ADRC Grantees



 2003 Awardees

 2004 Awardees

Louisiana	New Hampshire
Maine	New Jersey
Maryland	Pennsylvania
Massachusetts	Rhode Island
Minnesota	South Carolina
Montana	West Virginia

Alaska	Indiana
Arkansas	Iowa
California	New Mexico
Florida	North Carolina
Georgia	Northern Mariana Islands
Illinois	Wisconsin



# Eldercare Locator

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- n Information and assistance services through a nationwide toll-free number to identify community resources for older individuals
- n A service of AoA, administered by N4A and NASUA
- n 1-800-677-1116
- n [www.eldercare.gov](http://www.eldercare.gov)



# Achieving AoA Priorities

cont'd

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- n Information/Service Access
- n Evidence-based health promotion and disease prevention programming
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# Evidence-Based Programming

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## Rationale:

There is substantial evidence that proactive management of chronic diseases and conditions is effective in preventing or reducing the risk of disease, injury, and disability



# Evidence-Based Programs

cont'd

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## Implementation:

Evidence-based prevention programs are interventions that are based on evidence that is generated by scientific studies

## AoA Goal:

To increase access for older people to health promotion and disease prevention programs that have proven to be effective

# AoA

## Evidence-Based Initiatives

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2. Evidence-Based Disease Prevention Grants Program
3. Alzheimer's Disease Demonstration Grants to States (ADDGS)
4. Cash & Counseling Program



# Evidence-Based Disease Prevention Grants Program

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- n For Community Aging Service Providers
- n Areas of Focus:
  - n Disease self-management
  - n Falls prevention
  - n Medication management
  - n Physical activity and
  - n Nutrition



# Evidence-Based Grant Program– cont'd

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- n AoA funding \$2 million per year for a 3 year period; 13 sites
- n Demonstrates how the Aging Services Network can implement evidence-based disease prevention programs through providers at the community level
- n Utilizes AoA discretionary funds for demonstrations that will produce “toolkits” for further replication

# Alzheimer's Disease Demonstration Grants to States



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- n To develop innovative models of care for persons with Alzheimer's disease and their families
- n To expand the availability of services, as well as improve responsiveness of the HCBS to persons with dementia
- n Grants awarded to 38 state government agencies; AOA funding \$6.78 million



# Cash & Counseling Program

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- n Consumer-directed care: Medicaid beneficiaries given the opportunity to direct their own supportive services and hire their own caregivers
- n Demonstration program evaluation showed:
  - n quality of life improved
  - n satisfaction with services increased
  - n unmet needs for care were reduced
  - n access to home care increased, and
  - n overall costs per recipient virtually the same as with traditional services



# Cash & Counseling Program –

cont'd

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- n 11 new states funded to replicate and expand on demonstration program
- n Three-year grants of approximately \$250,000 each
- n Partnership with RWJF, ASPE, AoA and DHHS



# Achieving AoA Priorities

cont'd

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- n Information/Service Access
- n Evidence-based health promotion and disease prevention programming
- n Public and private partnerships at the federal, state and community level
- n Reauthorization of the Older American's Act



# AoA Partnerships

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- n Government

- n Foundations, Non-Profit and Professional Organizations



# AoA Federal Partnerships

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## n CMS

- n The Aging and Disability Resource Center Grants
- n Medicare Modernization Act

## n SAMHSA

- n Older American Substance Abuse and Mental Health Technical Assistance Center
- n National Registry of Effective Programs and Practices (NREPP)

## n CDC

- n SENIOR grants
- n Steps to a HealthierUS grants
- n READII



# AoA – Federal, Private and Foundation Partnerships

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## Evidence-Based Grant Program for Community Aging Service Providers

- n **National Technical Assistance Center on Prevention for the Elderly:** NCOA – AoA awarded a grant to The National Council on the Aging (NCOA) to establish the center to assist local organizations in developing evidence-based prevention activities
- n **Federal Partners:** NIA, CMS, CDC, AHRQ
- n **Foundation Partners:** RWJ Foundation, Horizon Foundation, Hartford Foundation, Archstone Foundation, California Endowment



# Achieving AoA Priorities

cont'd

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- n Evidence-based health promotion and disease prevention programming
- n Public and private partnerships at the federal, state and community level
- n **Reauthorization of the Older American's Act**



# Older Americans Act Reauthorization

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- n Carrying AoA's vision for long-term care into the reauthorization process for the Older Americans Act (OAA)
- n Focusing on three areas that will guide the reauthorization of the OAA and our investments in the aging network



# OAA Disease Prevention/ Health Promotion Activities

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- n SUA – Statewide Activities
- n AAAs – City/County/Multi-county Activities
- n Activities:
  - n Health Education
  - n Health Screening
  - n Medication Review and Management
  - n Physical Activity & Exercise
  - n Nutrition Programs
  - n Immunizations



# OAA Reauthorization – cont'd

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- n Helping people prepare for long-term living (e.g., financial planning, living arrangements and lifestyle options);
- n Targeting OAA dollars being used for long-term care to those at greatest risk of institutionalization; and
- n Making evidence-based prevention models readily available to older Americans across the country.



# Summary Remarks

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- n Continue to build partnerships and promote collaborations that foster integration in health sciences and greater integration between health and human support
- n Produce and measure results and do a better job of demonstrating the cost efficiencies possible while still providing quality services
- n Ground all of our programs and services in the best science available
- n Focus on older consumers in local communities



# AoA Contact Information

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