



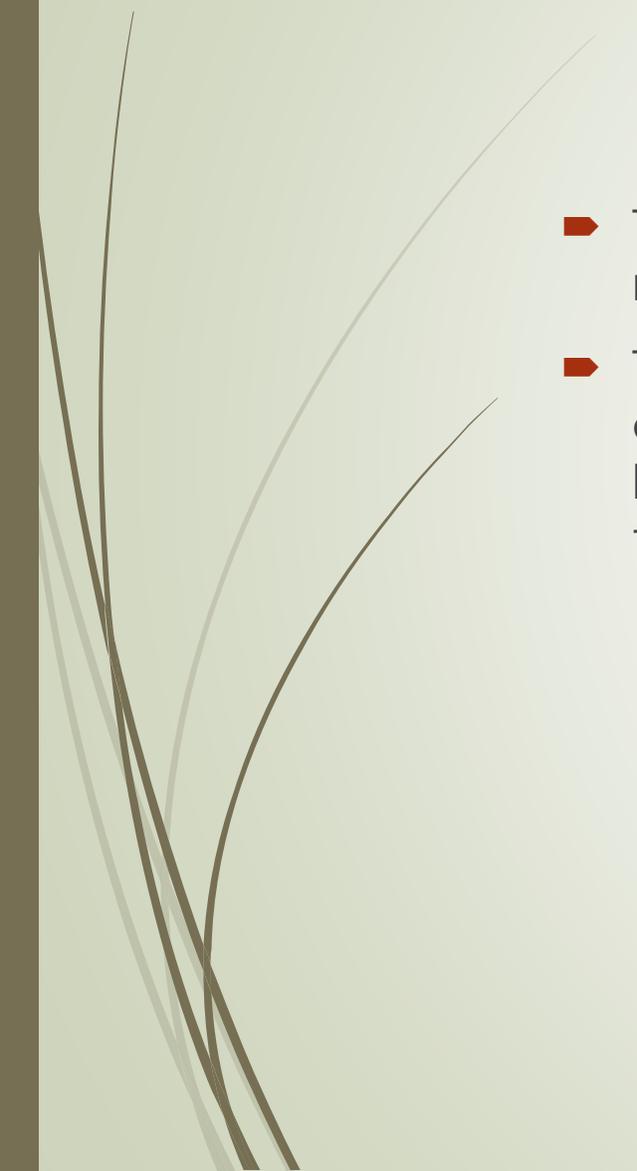
A Guide to Develop and Implement
Living Longer/Living Better Initiatives in
Indiana Communities: Developing
Local Community Care Coalitions

Senior Center Coalition of Indiana

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Purpose of the guide:

- ▶ To help communities adapt positively to population aging by becoming more age-friendly and dementia friendly
 - ▶ To help older adults and their families become more literate in accessing and utilizing health care and aging services by guiding and encouraging health care providers to become more age-friendly and integrated with the aging services network
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Why is this important now for Older Hoosiers?

People are living longer than ever before and want to live the best way possible during retirement. How are older people paying for long-term services and supports (such as nursing home, assisted living, adult day care, home care/personal care) when living on social security and other retirement income? If they have enough money to pay for these services they are fine, but if they don't have enough money to pay for these services, what can they do? Since Medicare doesn't pay for these long-term services, can they use Medicaid?



Medicaid

- ▶ **Medicaid is funded by general tax revenues. The program is funded by both federal and state taxes. 10,000 baby boomers are turning 65 every day. On average, 52 percent of people who turn 65 today will develop a severe disability that will require services at some point. The average duration of need, over a lifetime, is about two years.**

Melissa Favreault and Judith Dey, "Long-Term Services and Supports for Older Americans: Risks and Financing Research Brief," Office of the Assistant Secretary for Planning and Evaluation, US Department of Health and Human Services, Washington, D.C. July 1, 2015



Medicaid and Nursing Home Care

- ▶ **Medicaid is the dominant payer for long-term services and supports; for example, 62 percent of nursing home residents have their care paid by Medicaid. <https://aspe.hhs.gov/basic-report/overview-long-term-services-and-supports-and-medicaid-final-report>**

If we use a cookie jar as a metaphor for Medicaid funding for long-term services and supports, will there be enough cookies in the Medicaid cookie jar in the near future?





Time for Action Now

Medicaid is a tax-funded program and is the primary payment source for long-term services and supports for growing numbers of older adults. The current level of funding for Medicaid will not meet the increasing number of people attempting to use Medicaid to fund their long-term care in their later years. The political will is to decrease taxes. Thus, states will be forced to limit the number of people who can access this payment source resulting in long wait lists for services funded by Medicaid and/or states will be forced to reduce payments to providers of these services. That would leave many older Hoosiers at risk. So what is Indiana doing?

<https://www.aarp.org/content/dam/aarp/ppi/2018/08/across-the-states-profiles-of-long-term-services-and-supports-full-report.pdf>).



Managed Long-term Services and Supports

- To contain the cost of Medicaid expenditures for the care of older adults and because older adults do not want to be in congregate living since the COVID 19 epidemic, Indiana is moving to develop and implement a managed care system by 2024 for older adults who need nursing home level of care and qualify at a financial level for Medicaid. The target is that 75% of those meeting both qualifications will use home and community based services. Thus, there will be a dramatic need for new personal care services and adult day care centers as well as programs related to social interaction and health education and advocacy that can be provided by senior centers. In addition, businesses such as restaurants, government buildings, hospitals and primary care offices, faith community buildings, and public transportation will need to be accessible to more older adults who have functional limitations. So the Indiana Commission on Aging developed a Guide to help Indiana communities prepare for this situation by becoming more age-friendly and dementia friendly.

The guide recommends that Two Work Groups form within each local community care coalition. One work group focuses on the local community and the other on health care and aging services providers



Why is the Commission on Aging encouraging communities to become more age-friendly and dementia friendly?

- ▶ In the near future, increasing numbers of older adults will be living in community based settings and will need suitable housing, transportation, and assistive services in their own residences. Moreover, the COVID-19 pandemic has brought health disparities to the forefront of population health discussions. Social determinants of health take place in the communities where people live and work and contribute to the health disparities observed in the pandemic.
- ▶ Through a work group within a local community care coalition, the Guide encourages Indiana communities to work with their Area Agencies on Aging as well as local government and local businesses and other organizations to make these communities more livable and more healthy for older adults. The Guide references AARP's 8 Domains of Livability as a method for communities to start the work or to enhance efforts already underway.
- ▶ For communities just starting to work on this initiative, the Guide recommends inviting the Area Agency on Aging serving the community to be involved in the initial work because they have the expertise to connect community leaders with information resources and can facilitate networking opportunities. This work would be a grassroots initiative led by the local community itself.



Why is the Commission on Aging encouraging health providers to become more age-friendly and integrated with the aging services network?

- ▶ The COVID-19 pandemic has brought the focus on health disparities to the forefront of population health discussions. Not only are community discussions needed to address issues related to social determinants of health, they are also needed to better integrate health care and the aging/social services network because health does not happen exclusively within the walls of health care institutions.

Figure 1
Social Determinants of Health

Economic Stability	Neighborhood and Physical Environment	Education	Food	Community and Social Context	Health Care System
Employment	Housing	Literacy	Hunger	Social integration	Health coverage
Income	Transportation	Language	Access to healthy options	Support systems	Provider availability
Expenses	Safety	Early childhood education		Community engagement	Provider linguistic and cultural competency
Debt	Parks	Vocational training		Discrimination	Quality of care
Medical bills	Playgrounds	Higher education		Stress	
Support	Walkability				
	Zip code / geography				

Health Outcomes
 Mortality, Morbidity, Life Expectancy, Health Care Expenditures, Health Status, Functional Limitations

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- ▶ The Guide encourages local health care providers to work with aging services experts from the Area Agency on Aging and other organizations within the community to help older adults and their families better access and utilize the health care and aging services available in the community. While we surely need services available in nursing homes, we need to build the capacity for more home and community-based services as well as more supports for family caregivers and care partners. The Guide suggests that this work be done through a second work group within a local community care coalition. This work group would bring together a local health care provider (hospital/health care system-primary care practices) and the Area Agency on Aging serving the community as well as other aging services providers to focus on helping older adults better access and utilize the health care and aging services in their communities so more can remain in their own residences or in the residences of family members.



Build from the strengths and assets older adults bring to each community

- ▶ Older adults bring numerous assets to communities. The longevity economy is a vital part of our American economy. Oxford Economics estimates that it accounts for \$7.1 trillion in annual economic activity (<https://www.aarp.org/content/dam/aarp/home-and-family/personal-technology/2013-10/Longevity-Economy-Generating-New-Growth-AARP.pdf>).
- ▶ Voluntary contributions made to each community need to be recognized. Grandparents caring for grandchildren, mentoring initiatives for in school and after school programs, back pack blessing initiatives to feed children on weekends, caring for older family members and neighbors, and many other contributions.
- ▶ Recognizing the contributions of older adults to the communities in which they live offers a foundation to build capacity to assist those who need some help in their later years. Together, we can continue to strengthen our Indiana communities so they are a very good place to live throughout our lives!

Lessons Learned from Tipton: An example of a local community care coalition at work in a rural community



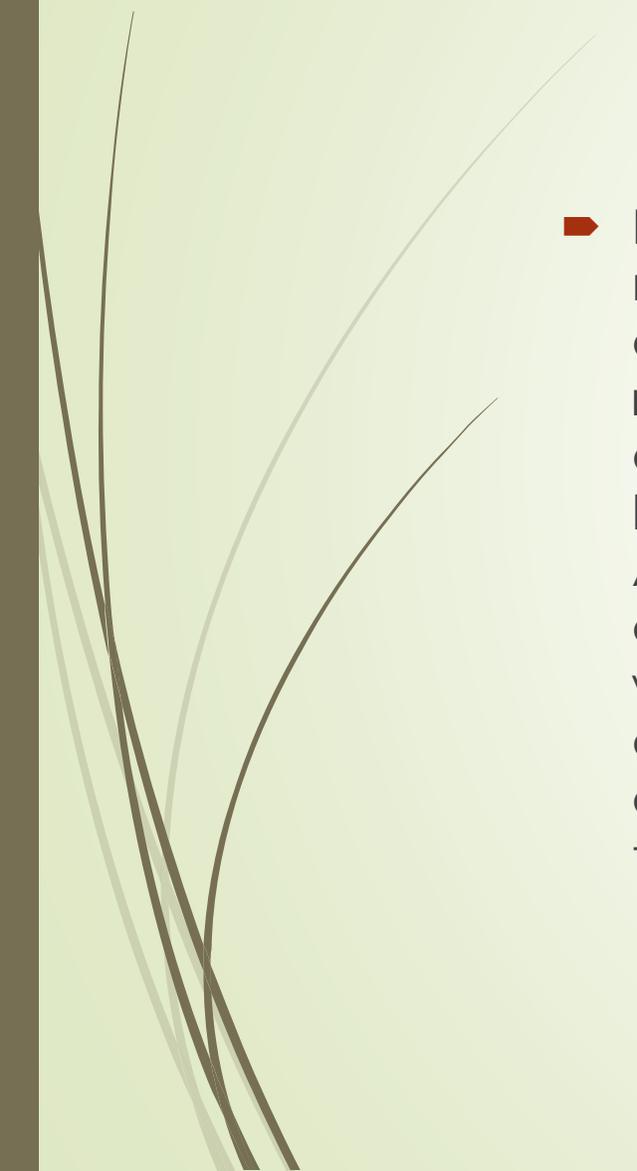


Tipton County

- ▶ Tipton is a rural county in central Indiana with a population of 15148 that is being heavily impacted by population aging and urbanization. 31% of the population is projected to be 65 or over by 2050 (STATS Indiana, 2019).



Tipton Community Care Coalition

- ▶ Developed in the summer of 2015, a group of interested community members and representatives from health care and social service organizations began to meet six times a year to identify and address issues related to the growing number of older adults in the community. The group addressed what is now being called the social determinants of health. We have brought our hospitals, nursing homes and assisted living facilities, Area Agency on Aging, Senior Center, Purdue Extension, other social service organizations, and community members together to identify what is working well and what we need to address as the community ages. We are sharing some of the successes of this collaboration and encourage other communities to engage in this process as more of us are living longer than ever before!
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The Tipton Community Care Coalition has two work groups:



The first step for the Work Group 1 was bringing together the Area 5 Agency on aging, local government leaders, local faith communities, the public library, the local chamber of commerce, and others interested in issues related to aging to learn what was working well and what needed to change to make the community more aging and dementia friendly. Meetings were held at the Tipton County Foundation and the Purdue Extension Office in Tipton





Community Assessment: What was working well for older adults?

- ▶ Encore Senior Center with full activity schedule each month
- ▶ Senior transportation through Encore Center
- ▶ Area 5 Agency on Aging dedicated care manager for Tipton, nutrition site located at Encore Senior Center, and home delivered meals
- ▶ Volunteer Guardianship Training Program operated by Area 5
- ▶ Our one nursing home (has a 5 star rating from Medicare)
- ▶ A knee and hip rehabilitation center at Tipton IU Health Hospital
- ▶ A public library with on line access as well as a comfortable reading room with a fireplace and full library services and monthly activities for all ages on site
- ▶ Numerous volunteer activities for older adults including an expansive after school tutoring program



Community Assessment:

What do we need to change or add in the community and how can we work to make these changes?

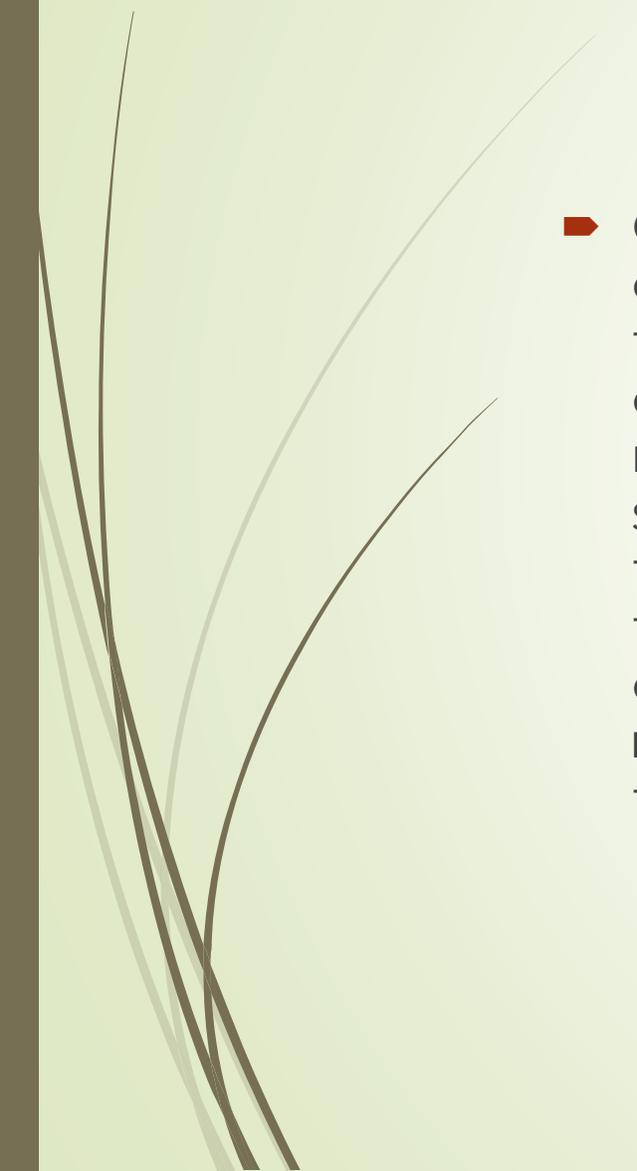
- ▶ Both market rate and affordable housing/home renovations for older adults (A housing committee was formed that helped write grants for affordable senior housing.)
- ▶ A local zoning ordinance that prohibits senior housing downtown, and we need crosswalks on two very busy streets. (An advocacy committee was formed to work with the Plan Commission.)
- ▶ More senior transportation (A transportation committee was formed to help the senior center write a grant to obtain an INDOT grant for a second bus)
- ▶ More CNAs and home care workers to care for older adults (A committee was formed to work with a local high school to develop internships at local nursing home)
- ▶ Better understanding of how to access appropriate health care and aging services (A community education committee was formed to invite health care and aging services providers make presentations to the community.)

The community learned about funding sources such as Medicare, Medicaid, CHOICE, and private insurance products. Information about these funding sources and local service providers was posted on Purdue Extension Tipton website so community has improved access with linkage to IN Connect and Aging and Disability Resource Centers.





Trust



- ▶ One of the lessons learned was that a local resource directory of health care and aging services providers was insufficient. People valued meeting the service providers because it helped them gain relational trust. Health care and aging services providers need to be visible in the community and not just in a marketing sense. It helps when the providers describe their services and tell people how to access them and fund them. The people in the community need to interact directly with the care providers! The face to face meeting at Purdue Extension helped build trust between the consumers of the services and the providers. In addition to a community resource directory, the community wants more face to face contact with the direct care providers.

The first step for Section 2 Work group involved contacting the Chief Nursing Officer at IU Health Tipton Hospital and bringing together their staff with key staff from the Area 5 Agency on Aging to work toward initiatives to make health care in the Tipton community more age and dementia friendly and to encourage better collaboration between health care and aging services providers so older people in the community could more easily access appropriate acute care and supports.



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- ▶ Our local critical access hospital now has had training from Dementia Friends Indiana and has shared it with our local senior center staff!
 - ▶ The COVID 19 pandemic has limited further work at this time, but there are plans to continue to identify needs and initiate action to address these needs.
 - ▶ Currently we are working with a primary care practice who is using an interprofessional, comprehensive care approach to work with patients of all ages. They have integrated behavioral health into the practice and have social workers and psychology interns working in the practice. They are screening for depression and dementia. If older adults screen positive for dementias, they are assisted in making arrangements to receive care at a regional clinic specializing in dementia assessments. There is an ambulatory health pharmacists at the primary care practice two days a week meeting with high risk patients. They deal with medication compliance by helping patients get access to medications if they are having difficulty and teach them how to use the medications. The Community Care Coalition is working with ways to help the community learn about this age and dementia friendly comprehensive primary health care approach. We have encouraged this primary care practice to become a member of the local Chamber of Commerce. We hope this will bring awareness of age and dementia friendly initiatives to other businesses in the community.



What has the Tipton community care coalition accomplished in the last 5 years?

- A housing committee was formed that helped write a grant that has brought a 7 million dollar affordable senior housing apartment complex to the east side of town and helped to bring a 2.1 million dollar affordable senior complex to the south side.
- A transportation committee was formed and helped the senior center write a grant to obtain an INDOT grant for a second bus
- A committee is working with a local high school to develop internships at local nursing home
- A community education committee was formed that held 2 programs to help the community understand Medicare, Medicaid, and other services for older people including guardianship. 5 people volunteered to help with the Area Agency on Aging guardianship program as a result of these community education programs
- A representative from the Care Coalition worked with the local trail committee to obtain a grant to expand the trail system in the park so older adults would have more opportunities to walk in a safe place



The work continues . . .

- ▶ Work Group 1:

- ▶ continues to work with local government to improve crosswalks at two locations in town
- ▶ continues to work with the local Planning Commission to remove the zoning ordinance that prohibits older adult residences in the downtown area
- ▶ continues to advocate for affordable senior housing in a location in the city where there has been remonstrance
- ▶ is bringing together local and state organizations to start a family caregiver support group for families who have a member who has a dementia

- ▶ Work Group 2:

- ▶ continues to work toward expanding staff training at the local hospital to enhance age and dementia friendly practices
- ▶ Dementia Friends Indiana has offered training to some of the staff
- ▶ is helping the community learn about age and dementia friendly primary care



Tipton Council on Aging Assuming Leadership for the Community Care Coalition: A Role for the Future

- ▶ The Senior Center Coalition of Indiana is encouraging its members to take the lead in using the Guide and to host and give leadership to the community's care coalition. The Co-Directors of the Tipton Community Care Coalition hope the Tipton Council on Aging (dba Encore Lifestyle and Enrichment Center) will give consideration to assuming leadership for the Work Group 1 part of the coalition. They would work closely with AREA 5 Agency on Aging and IU Health Tipton Hospital as well as other community organizations, local government, and interested citizens in continuing to promote age and dementia friendly initiatives in the community. While others could provide leadership, the senior center through its mission to address the quality of life for older adults appears to be the most qualified and well-positioned entity to initiate age and dementia friendly initiatives in the local community and to give on-going leadership.



Qsource Community Partnership Grant

- ▶ Based on the Living Longer/Living Better Guide, a Qsource Community Partnership Grant was focused on encouraging age and dementia friendly initiatives in Brown, Marshall, and Randolph counties.
 - ▶ In Brown County, Mill Race Center and Thrive Alliance have been working together within existing community coalitions to promote more age and dementia friendly initiatives.
 - ▶ In Marshall County, there are some new and exciting age and dementia friendly initiatives. We will hear more about some of these later today.
 - ▶ In Randolph County, Lifestream Area Agency on Aging has received a local grant to fund a virtual social interaction program for people with dementia who live at home. It also includes their family caregivers. The Agape virtual reminiscence group augmented with mini horses has been modified to be part of the program.



Other applications for the Guide

- Integration of the Guide into higher education courses, presentations to professional organizations (webinars), and public presentations (TV)
 - The Guide is being used in a doctoral nursing course at Saint Mary's College in South Bend. Students are doing a project based on the 4 Ms framework (What Matters, Medication, Mentation, Mobility) to help hospitals become more age and dementia friendly. The two Geriatric Workforce Enhancement Programs (IU School of Medicine and University of Southern Indiana) have infused more age and dementia friendly initiatives into the curriculum for physicians, nurses, and social workers
 - Guest lectures about the Guide to social work classes at Saint Mary's College
 - Webinars with Indiana Minority Health, and Indiana Geriatrics Society
 - Team presentation (Commission on Aging, Lifestream, Purdue Extension/Tipton, and Dementia Friends) about the Guide on Wellness Matters Program WIPB TV Muncie to promote community education about age and dementia friendly initiatives.



The Indiana Commission on Aging is encouraging local communities and their health care providers across the state to embrace age-friendly and dementia practices

- ▶ The intent of the Guide is to encourage communities to use this **grassroots** approach to identify their strengths and build upon them as they work to identify and address changes that are needed in order to accommodate the needs of growing numbers of older adults in their communities. This is not a “one size fits all” approach. For this to be successful, hard work needs to be done locally. More of us are living longer than ever before. Our communities were built were for a younger population, and we are challenged now to make some modifications so our communities truly can become **communities for a lifetime!**



How will the Guide be disseminated across Indiana?

- ▶ We have many wonderful organizations working to address the needs of older Hoosiers and their families. In fact, many of these organizations have contributed to the content of this Guide and are actively working with on-going age and dementia friendly initiatives across Indiana communities. The Commission recognizes and appreciates their contributions and wants this Guide to underscore the importance of giving attention to continue to improve the quality of life for older adults in Indiana. The Senior Center Coalition of Indiana is encouraging its members to use this Guide and to take the lead in their local communities to help them become more age and dementia friendly. Qsource is encouraging the use of this Guide as they work with health care providers across the state. As Indiana Medicaid is moving quickly to develop managed long-term services and supports for older adults, **the time to use the Guide is now!**



Changing the Game: Preparing for a New Era in Services for Older Hoosiers

As Indiana moves into a managed care format for older Hoosiers on Medicaid who need assistance with at least 3 activities of daily living, roles for senior centers may be emerging that were not available in the past in this state. It is a new day and creativity is encouraged! This change is a culture change in Indiana as we deinstitutionalize the care and support of older adults. This change gives senior centers an opportunity to demonstrate and put forth their worth because senior centers address the social determinants of health in their local communities. Senior Centers can bring forward more evidenced-based programming that contributes enormous value. Thus, new and additional sources of revenue may be possible for the value that you are adding in local communities.



Multiple Opportunities for Senior Centers through Collaboration in Indiana

- ▶ Contracts with Adult Day Services to provide the life enrichment/activity programs in Adult Day Centers. Additional enhancements might include collaboration with the Institute for Excellence in Memory Care (South Bend) to add an internationally recognized component (Dementia Village approach from the Netherlands) to your activities
- ▶ Contracts with Area Agencies on Aging to provide healthy living and chronic disease self management educational programs in local communities
- ▶ Medicaid transportation contracts with managed care organizations (Health insurance companies with MCO contracts with Indiana Division of Aging and Indiana Medicaid)
- ▶ Apply for foundation grants and solicit private contributions for buildings that would house both a senior center and an adult day center
- ▶ Facilitate dementia cafes in local churches/faith communities to provide social interaction for older adults with dementia and their family caregivers. Perhaps employ a faith community nurse and contract with faith communities/churches who would pay for a senior health ministry on a part time basis. Collaborate with the Indiana Center for Parish Nursing to develop this.
- ▶ Virtual programming with tablets to home bound older adults (eg. Agape Therapeutic Riding Center's(Cicero) virtual reminiscence program augmented with mini horses)
- ▶ Host Dementia Friends training for businesses and other organizations in your community



Senior Centers Could Explore Collaboration with Faith Community Nurses

- > Explore supporting and collaborating with senior health ministries and faith community nurses (FCN) working within local faith communities/churches for whole person care. These faith community nurses can facilitate dementia cafes in local churches/faith communities to provide social interaction for older adults with dementia and their family caregivers**
- > The Indiana Center for Parish Nursing (ICPN) has many resources to access for this collaborative work, to include dementia friendly care in congregational settings. ICPN offers how to start health ministries and FCN programs in your communities. Website Indianacenterforparishnursing.org**



Underserved Communities



- ▶ More established and comprehensive senior centers may have an opportunity to extend services (face to face and virtually) to neighboring communities that have large older populations and less support for social services. Lobbying efforts through the Senior Center Coalition of Indiana could impact legislative and state administrative policies to direct some funding for senior center services to these underserved communities. Community Foundations in underserved counties may be able to partially fund some of this outreach.
- ▶ Virtual programs developed by or through senior centers would expand services. Local public libraries may be able to make virtual programs more accessible and inclusive.



Thank you to those organizations who have Joined us so far, and we invite Many others to Help in this effort!

- ▶ Alzheimer's & Dementia Services of Northern Indiana
- ▶ Alzheimer's Association, Indiana Chapter
- ▶ AARP Indiana
- ▶ Dementia Friends Indiana
- ▶ Indiana Association of Area Agencies on Aging
- ▶ Indiana Center for Parish Nursing
- ▶ Indiana Division of Aging
- ▶ Indiana Hospital Association
- ▶ Indiana Minority Health Coalition, Inc.
- ▶ Indiana Rural Health Association
- ▶ Purdue University Extension
- ▶ Qsource
- ▶ Saint Mary's College Graduate Nursing Program, Notre Dame, Indiana
- ▶ Senior Center Coalition of Indiana
- ▶ University of Southern Indiana Center for Healthy Aging



Additional contact information

- ▶ Institute for Excellence in Memory Care (a division of Alzheimer's & Dementia Services of Northern Indiana) info@alzi.org
- ▶ Agape Therapeutic Riding Center (virtual reminiscence group augmented with mini horses) info@agaperiding.org
- ▶ Indiana Center for Parish Nursing indianaparishnurses@gmail.com
- ▶ The preceding organizations were mentioned in this presentation and are thus noted, and there are many other wonderful organizations throughout the state who could be partners with senior centers in expanding age and dementia friendly initiatives.