



## **NHAHA Quarterly Meeting**

December 14, 2023  
9:00am – 11:30am  
McLane Audubon Center

### **Meeting Summary**

#### **Welcome and NHAHA Updates (slides 1-6)**

**Presenters:** Jennifer Rabalais, *UNH Center on Aging and Community Living, NHAHA*  
*Debbie Perou, NHAHA DEI Committee*  
*Lori Fortini, NHAHA DEI Committee*

Jennifer welcomed everyone to the December NHAHA Quarterly meeting and reviewed the day's agenda.

#### **NHAHA Diversity, Equity, and Inclusion (DEI) Committee**

##### *DEI Moments*

The NHAHA DEI Committee introduced "DEI Moments" – the sharing of moments to encourage discussion and consideration around topics of diversity, equity, and inclusion. Lori and Debbie each provided an inclusive introduction before defining DEI. The DEI Committee will bring DEI Moments to future NHAHA quarterly meetings and NHAHA newsletters. Feedback and suggestions for future DEI Moments are welcome.

##### *DEI Checklist*

Jennifer discussed the work that the DEI Committee has undertaken to create a checklist document to be used for the internal review of materials for accessibility and a DEI-focused lens. The checklist was subsequently shared amongst NHAHA stakeholders, resulting in requests for its public availability. A downloaded version of the document will be available on the NHAHA DEI webpage.

#### **NHAHA Steering Committee**

##### *Chair Transition*

Renee Pepin's term as NHAHA Steering Committee Chair ends on December 31. Dick Chevrefils, NHAHA Steering Committee member and NHAHA Caregiving Workgroup member, has been chosen as the incoming chair. Jennifer expressed great gratitude for all the work that Renee assisted with during her term as chair and welcomed Dick to the new role to begin in January of 2024.

## **NHAHA Advocacy Strategic Priority Workgroup Update**

**Presenters: Dawn McKinney, NH Legal Assistance**

**Heather Carroll, NH Legal Assistance**

**Michele Merritt, New Futures**

Dawn explained that, beginning in 2024, the NHAHA Advocacy Workgroup funding will change from being held at NH Legal Assistance to being held at New Futures. Heather Carroll's position as Advocacy Director will also be ending on December 31 and a new Director of Advocacy will be determined in 2024. Dawn and Jennifer thanked Heather for her many years of leadership and the tireless commitment and passion that she brought to her advocacy work. Michele, President of New Futures, requested that anyone reach out to her if they have questions about the transitions taking place.

Heather provided the NHAHA Advocacy update, explaining that the NHAHA Advocacy team will be following several important bills that impact older adults in the new legislative session, including issues of hunger, end of life care, and voting.

## **Developing a Multi-Sector Plan on Aging (slides 9-23)**

**Presenters: Rebecca Sky, NH State Commission on Aging**

**Margaret Franckhauser, JSI and NH State Commission on Aging**

**Martha McLeod, New Futures**

Rebecca explained that a Multi-Sector Plan on Aging (MPA) is a cross-sector blueprint to set direction for policy, action, and investment. This state-led collaborative, long-term planning process addresses the unique needs of a state's older adult population by advancing preexisting initiatives in the state across non-profit, public, and private industries. MPAs are currently in effect in several other states, with an aim to have an MPA developed in NH as well.

Margaret explained the importance of building an MPA to support NH's older adult population growth. Nearly 20% of NH's population is aged 65 or older, and 1 in 2 households in NH consists of at least one person aged 60 or older. Margaret also shared *The New Map of Life*, developed by the Stanford Center on Longevity, which illustrates how changes that can be implemented through an MPA can aid in increasing quality of life and longevity and provide opportunities for reframing aging.

## **Why a 10-year plan?**

Rebecca explained how the long-term design, often ten years in length, allows for culture change and the ability to tackle complex issues that require more time than a two-year legislative cycle. For instance, the process of making changes to the long-term services and supports (LTSS) system is complex and will take time.

- 25% of NH residents 65 years and older will require LTSS for five years or longer.
- Medicaid pays for 54% of LTSS, half of which is funded through property tax.

With the shifting demographics of NH, there will be increased strain on property tax and a growing need to diversify funding streams.

### **How to build and maintain a relevant MPA**

- Participate in a national learning collaborative to prepare for the development of the MPA.
- Building the MPA through diverse community engagement.
- Connect with legislators, the governor's office, and state agencies for policy development.
- Build in measurement to hold policy makers accountable.
- Build in flexibility with two-year objectives that are modifiable to accommodate changes.
- Utilize guidance from other states and the Scan Foundation to help develop the plan.

Rebecca confirmed that the Commission on Aging and a facilitating team for the development of the MPA has sought out an executive order by Governor Sununu.

As a part of a learning collaborative on the MPA, Martha also discussed their work in learning about how the plan was developed in other states. Martha described what the next steps will be in the plan's development, including completion of the learning collaborative and building community engagement, and discussed how individuals may get involved.

A table discussion was held to formulate ideas to aid in the development of the MPA.

### ***Impact of Adult Day Health Programs (slides 24-30)***

***Presenter: Laurie Duff, Easterseals NH***

Laurie Duff discussed the current landscape of adult day health centers in NH and why they are in need of support.

### **The landscape**

There are approximately 5,500 adult day health centers in the US.

- Massachusetts: 130 approx.
- Maine: 30 approx.
- Vermont: 20 approx.
- New Hampshire: 10 (9 closures in the last 10 years)

### **Benefits of adult day health centers**

1. A variety of funding sources are available including Medicaid's Choices for Independence, Older American Act dollars, grants, etc.
2. They are cost effective by decreasing hospital readmittance and allowing individuals to continue to live in their communities.
3. Adult Day Health Programs provide additional health-related benefits, including health monitoring and education of chronic health issues.
4. Many provide or partner with external organizations to provide transportation options.

Using evidence-based tools, Easterseals Adult Day program was shown to have a positive impact on multiple domains of health, including reduced loneliness, decreased fall risk, cognitive performance, and depression prevention.

**Call to Action**

Despite these benefits, Laurie confirmed adult day programs are underutilized. To have a more prominent role in the long-term care system, Laurie requested that the group speak of adult day when speaking about and advocating for long term care.

**NH Alliance for Healthy Aging 2024 Quarterly Meeting Schedule:**

Wednesday, March 20, 2024 @ 9:00 AM

Thursday, June 13, 2024 @ 9:00 AM

Thursday, September 12, 2024 @ 9:00 AM

Wednesday, December 18, 2024 @ 9:00 AM