## Creating a Collective Approach to Address an Aging NH

NH Alliance for Healthy Aging Quarterly Meeting December 14, 2023



#### Agenda

- Welcome and Housekeeping
- NHAHA Updates
- NHAHA Advocacy Update
- Break
- Developing a Multi Sector Plan on Aging
- Table Discussions
- Impact of Adult Day Health Programs
- Wrap Up and Adjourn

#### Wifi

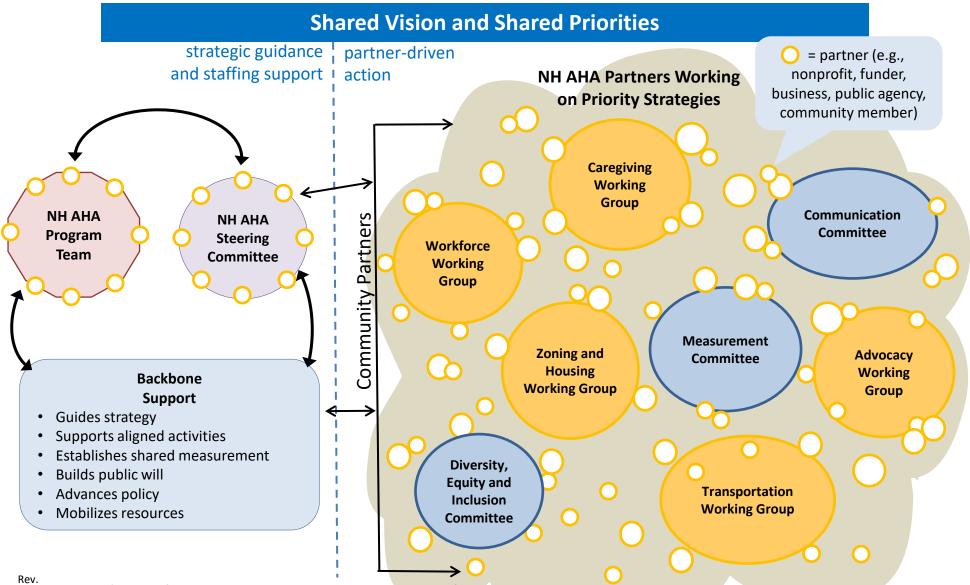
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#### **Strategic Structure**



#### **DEI Moment**





#### Diversity, Equity, and Inclusion Checklist

Inclusive language

Representative images

Adherence to Americans with Disabilities Act (ADA) standards

Avoid labelling people



#### **Steering Committee Leadership Transition**

**Renee Pepin** 



NHAHAS NEW HAMPSHIRE ALLIANCE FOR HEALTHY AGING

**Dick Chevrefils** 



## NHAHA Quarterly Meeting Advocacy Update





# Coppee Break

## TIME



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## **CREATING A LONGEVITY READY NEW HAMPSHIRE**

Why we need a Multisector Plan for Aging in NH And what it might do for us









# Why do we need a New Story about Aging in NH?

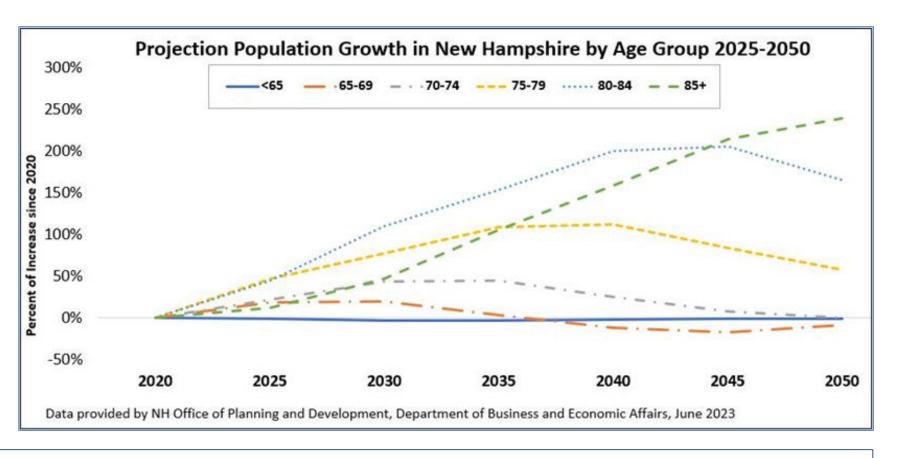


#### From Pyramid to Pillar: **A Century of Change** Population of the United States 1960 2060 Male Female Male Female Ages 85+ 80-84 75-79 70-74 65-69 60-64 55-59 50-54 45-49 40-44 35-39 30-34 25-29 20-24 15-19 10-14 5-9 Millions of people Millions of people U.S. Department of Commerce Source: National Population Economics and Statistics Administration Projections, 2017 www.census.gov/programs-surveys /popproj.html

#### **Demographics**



of population



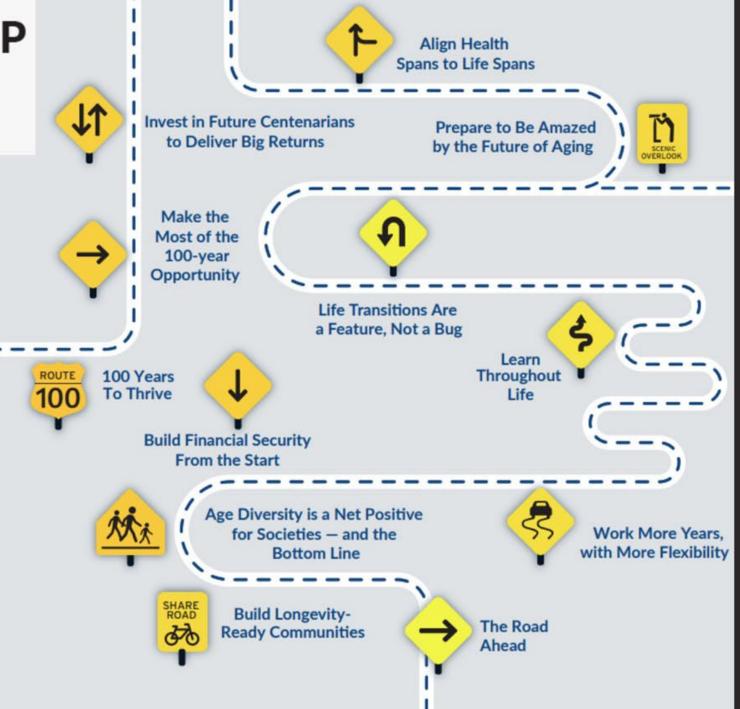
- One in two households in NH has one or more persons aged 60 years & older.
- 35% of households with one or more people 65+ are 1 person households.
- The 2021 American Community Survey estimated that 27% of the NH aged 65+ population worked in the previously 12 months to the data collection.



## A Report from The Stanford Center on Longevity

**APRIL 2022** 

longevity.stanford.edu



## MORE from Stanford Center for Longevity on the New Map of Life...



**New Map of Life Key Principle:** the promise of longevity must include everybody.

Our need for new financial infrastructure is as urgent as the need to renew our social and physical infrastructure.

The economic contributions of the 50+ age group **are on track to triple by 2050.** 

**Shift from a deficit mindset** and assess the true economic and social contributions of older adults.

The New Map of Life envisions on-ramps and off-ramps, allowing workers to extend their working lives over many decades.

Adults 50 and older are a dominant force in the US economy and are the fastest growing segment of the workforce.

Many people experience good health and functional independence well into their 70s and 80s.





#### What is a Multisector Plan for Aging (MPA)?

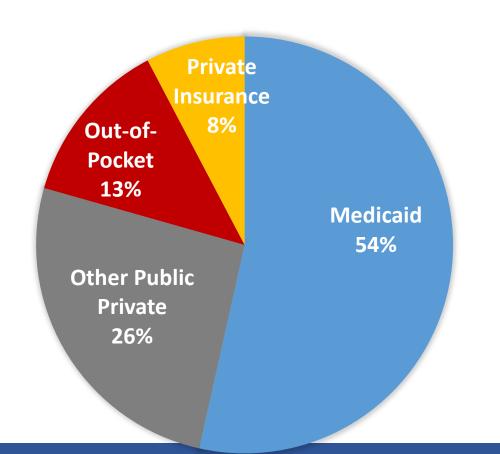
- A 10-year vision for change
- A cross-sector, state-led strategic planning roadmap
- Builds on Priorities & Goals of the Governor, Legislature, State Agencies
- Reflects extensive input from the community all ages and abilities
- Considers systemic inequities that lead to avoidable disparities in aging
- Guides policies, programs, and funding public & private / state & county
- A living document with updates and accountability built in

#### Why a 10-year Plan?

#### **To Tackle Big Hairy Multifaceted Challenges**

For Example: Funding Medicaid Long Term Services and Supports

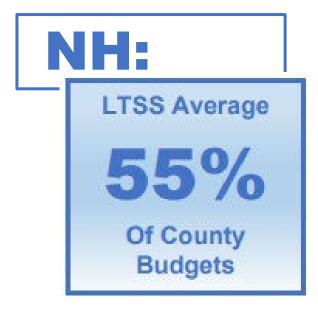
- Medicaid Nursing Facilities Program
- Medicaid Choices for Independence Program (home and community-based services)



#### US SPENT OVER \$400 BILLION ON LTSS IN 2020

NEARLY 10% OF ALL NATIONAL HEALTH CARE EXPENDITURES

https://www.kff.org/medicaid/issuebrief/10-things-about-long-termservices-and-supports-ltss/



## How Does a 10 Year Plan Not Get Lost?

#### **Buy-in & Accountability**

- Bottom-Up and Top-Down Engagement
- Commission on Aging Annual Report
- Alliance for Healthy Aging
- Other Advocates

#### **Agile Planning**

Build in flexibility to accommodate changing realities with 2-year objectives that are modifiable as time goes by.

Source: The Scan Foundation

#### **Five Elements for Plan Success**

Decisive Leadership	Rational	Comprehensive	Stakeholder Involvement	Accountability
Governor and legislators are invested	Priorities are ranked and data-driven	Services, financing, workforce, caregiver support, housing transportation, & more	Consumers, providers, and policy makers work together	Reporting timelines are clear, with measurable outcomes



## An MPA Does Not Reinvent the Wheel ....It creates a unified vision

#### **Existing Plans as Building Blocks**

- State Plan on Aging
- 10 Year Mental Health Plan
- State Health Improvement Plan
- 10 Year Transportation Plan
- Mobility Management Plan
- NH's Economic Recovery & Expansion Strategy
- Council on Housing Stability
   Strategic Plan
- Etc.

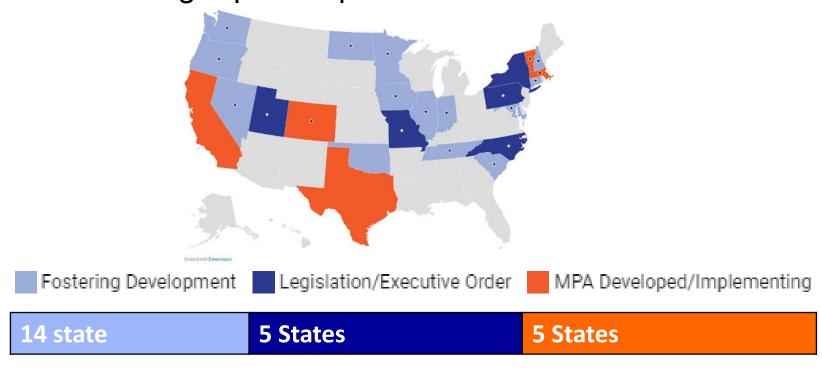
## **Lifting Up & Connecting People & Current Efforts**

- Strengthen through Inclusion in Planning
- Identifying Common Goals & Connections across initiatives
- Across Public / Nonprofit / Private Industry



#### The Multisector Plan for Aging Movement

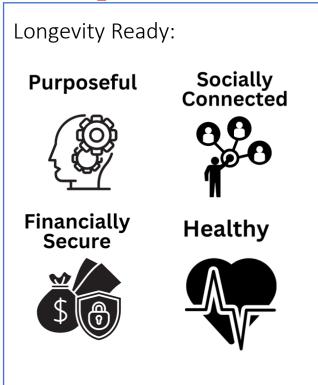
- Strong tool for states to build consensus around and act on aging & disability related initiatives.
- Aligns priorities and breaks down silos across state leadership (public and private)
- 24 states demonstrating rapid adoption & increased interest





#### **Priorities from Across the Country:**

#### Maryland



#### **California**



#### **North Dakota**





#### **Next Steps: Convene, Collaborate, Catalyze**



#### CHCS Learning Collaborative

- •NH Team
- Multi-state cohort
- Expert technical assistance to advance MPA

#### Stakeholder Engagement

- Input from people living and working in NH
- Seeking out of diverse voices
- Work with local community organizations
- Engage policy leaders

#### **Executive Order**

- •Secure
  Executive Order
  for MPA
  development,
  accountability,
  and
  sustainability.
- InvolveExecutive &Legislativebranches

#### MPA Development

- •Convene Policy Summits
- Align task forces to overarching goals
- Leverage data to inform goals
- •Identify performance indicators

#### MPA Implementation

- Communicate MPA Goals & Strategies
- Make MPA Accessible
- CommunicateProgress
- Continue to solicit feedback
- Update and refine over time – working document.

Center for Health Care Strategies

















#### 4 Ways to Be More Involved

#### **Share**

Tell us about existing planning efforts, programs, and initiatives that are working in your community and around the state.

#### **Engage**

Tell us what is meaningful to those living in your community including diverse groups and voices.

#### **Champion**

Advocate for comprehensive a MPA to be developed for New Hampshire. Share what you've learned today with others. Speak to your legislators.

#### Inform

Participate in workgroups and taskforces. Assist with developing recommendations. Stay involved.





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New Hampshire State Commission on Aging



#### Table Discussions: What is Possible?

How Do We prioritize needs, recommend restructuring, and coordinate systems towards optimizing resources and creating the opportunity for people to live well as we age?

- 1. What ideas do you have to make this initiative a success?
- 2. Please Help Fill-in the CHCS Learning Collaborative Mapping Template!



#### **ADULT DAY PROGRAMS**

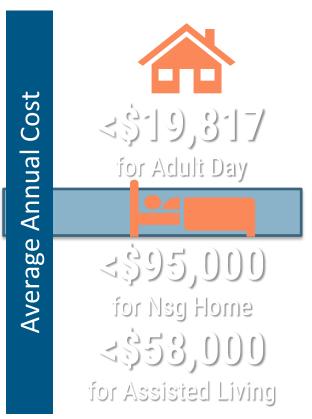
## New Hampshire Adult Day Landscape

- Conway, Hollis, Hudson, Jaffrey, Manchester, Nashua, Rochester, Salem
- 9 closures in the last 10 years
- Licensed for 491 individuals collectively in 10 centers
- Low census, underutilized
- Rate increase July 2023



## **Cost Effective Option in LTC**

#### Choices for Independence (CFI) Medicaid-waiver program



#### **Common Diagnosis**



Cardiac, Stroke, Diabetes, Mental Health, Memory Impairment, etc.



## Why?

- Reduces readmit/ED visits
- Live in community
- Health monitoring
- 5-12 hours/day
- Choice of days
- Group care
- Transportation





#### **Adult Day Health Program**

- Person-centered, evidence-based
- Cognitive, physical, emotional health
- Chronic disease management
- Self-management education
- Partner with physicians
- Nursing services, case management
- Caregiver support, education & respite
- Transportation





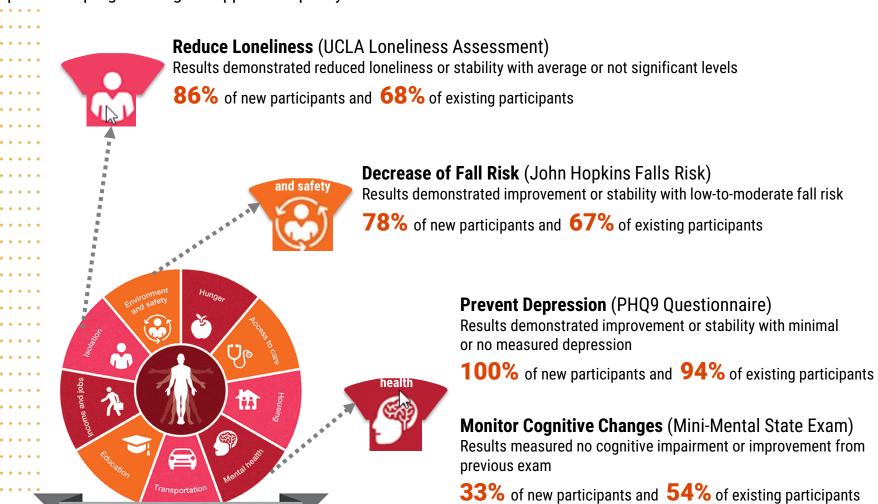
#### **ADULT DAY PROGRAM**

Social determinants of health

#### MEASURABLE IMPACT ON QUALITY OF LIFE



Utilizing industry-standard assessments, Easterseals Adult Day assesses and monitors the life domains of the individuals they serve. Results are used to develop individualized care plans and programming to support the quality of life of the individual and their families.















Corn Hole Chair Yoga Hand Crafts Tai Ji Quan
Ageless Grace Children and Youth Technology
Baking Music & Movement Pet Therapy Trivia



### Call to Action - Adult Day

- Consider Adult Day as a valuable option w/i the LTC system
- Keep working caregivers working
- Partner with us to address social isolation
- Support legislation for Adult Day funding
- Volunteer
- Do you know someone?



#### **HELP BUILD CENSUS**

Do you know someone who could benefit?



## Save the Date! 2024 Quarterly Meetings

- Wednesday, March 20<sup>th</sup>, 2024
- Thursday, June 13<sup>th</sup>, 2024
- Thursday, September 12, 2024
- Wednesday, December 18, 2024





#### Engage with NHAHA



NHAHA website

www.nhaha.info



**Facebook** 

https://www.facebook.com/NHAHA603



**Twitter** 

https://twitter.com/NHAHA603



**Linked In** 

https://www.linkedin.com/company/the-new-hampshire-alliance-for-healthyaging



Thank you for participating!

For questions or additional information, contact:

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