

Creating a Collective Approach to Address an Aging NH

NH Alliance for Healthy Aging
Quarterly Meeting
December 14, 2023



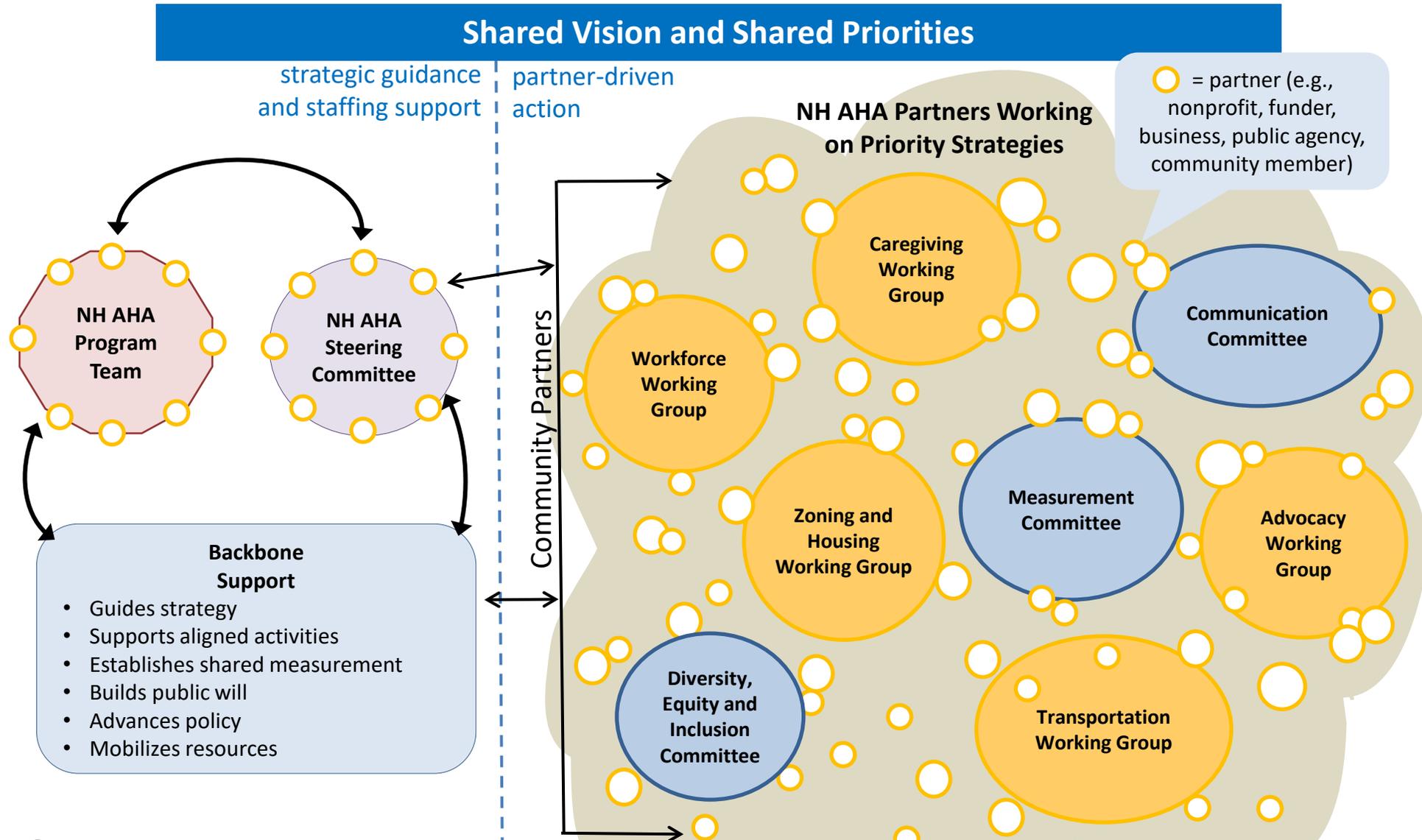
Agenda

- 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

Network name: NHA_Guest

Password: guest2978



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



Dick Chevrefils



NHAHA Quarterly Meeting Advocacy Update



NEW HAMPSHIRE ALLIANCE
FOR HEALTHY AGING



the
Coffee
Break

TIME



CREATING A LONGEVITY READY NEW HAMPSHIRE

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



New Hampshire
State Commission
on Aging

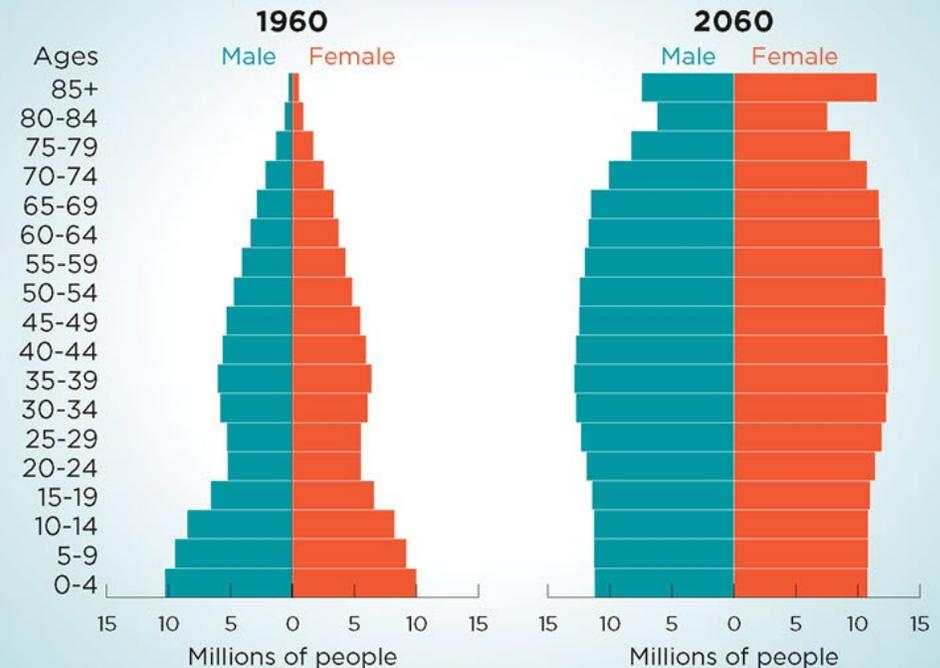


Why do we need a New Story about Aging in NH?

~~AGEISM~~

From Pyramid to Pillar: A Century of Change

Population of the United States



United States™
Census
Bureau

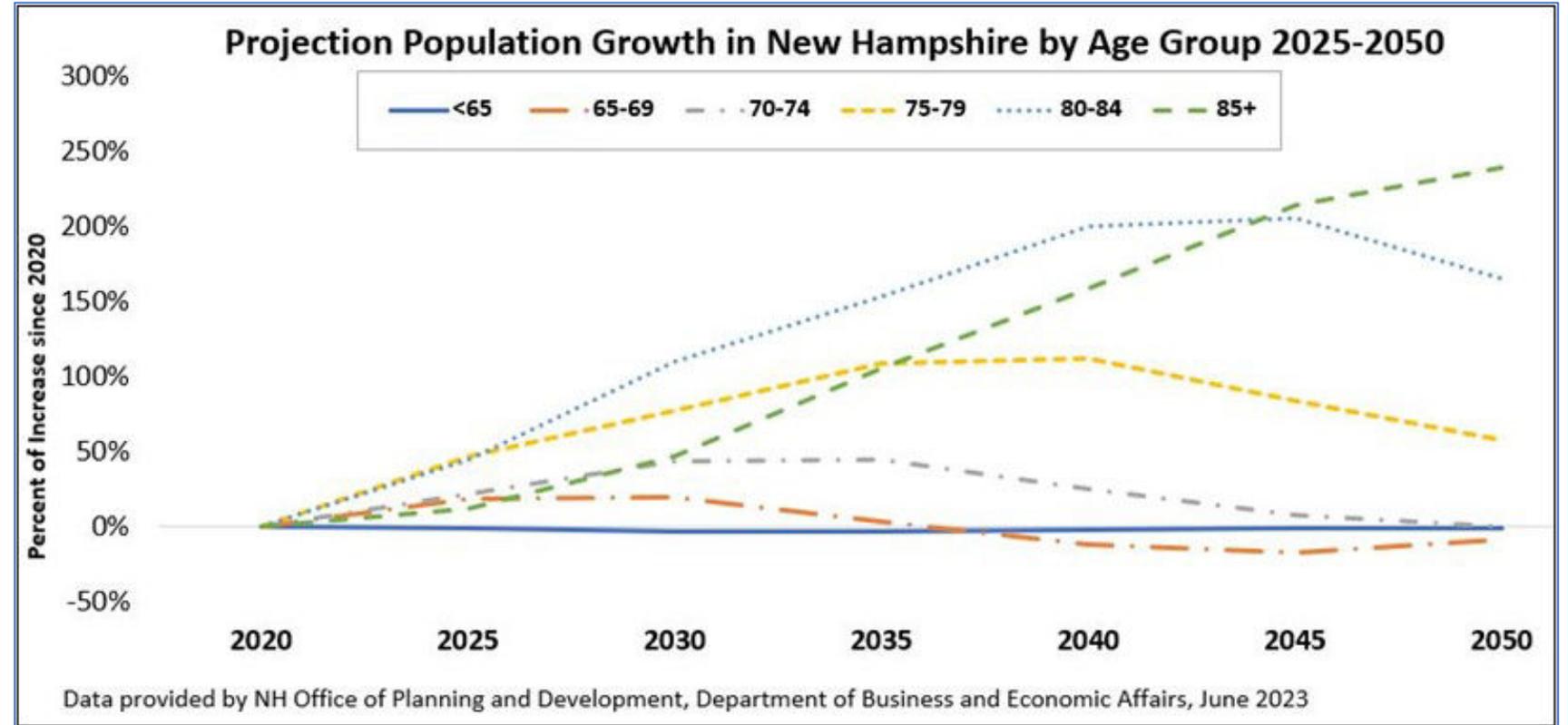
U.S. Department of Commerce
Economics and Statistics Administration
U.S. CENSUS BUREAU
[census.gov](https://www.census.gov)

Source: National Population
Projections, 2017
www.census.gov/programs-surveys/popproj.html

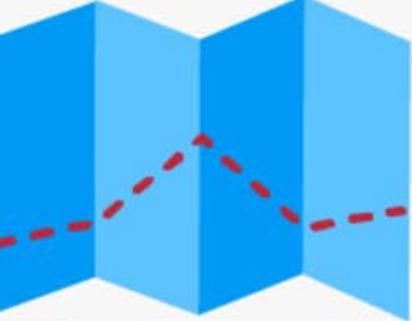
Demographics



NH census
2020
People aged
65+
= 20%
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.

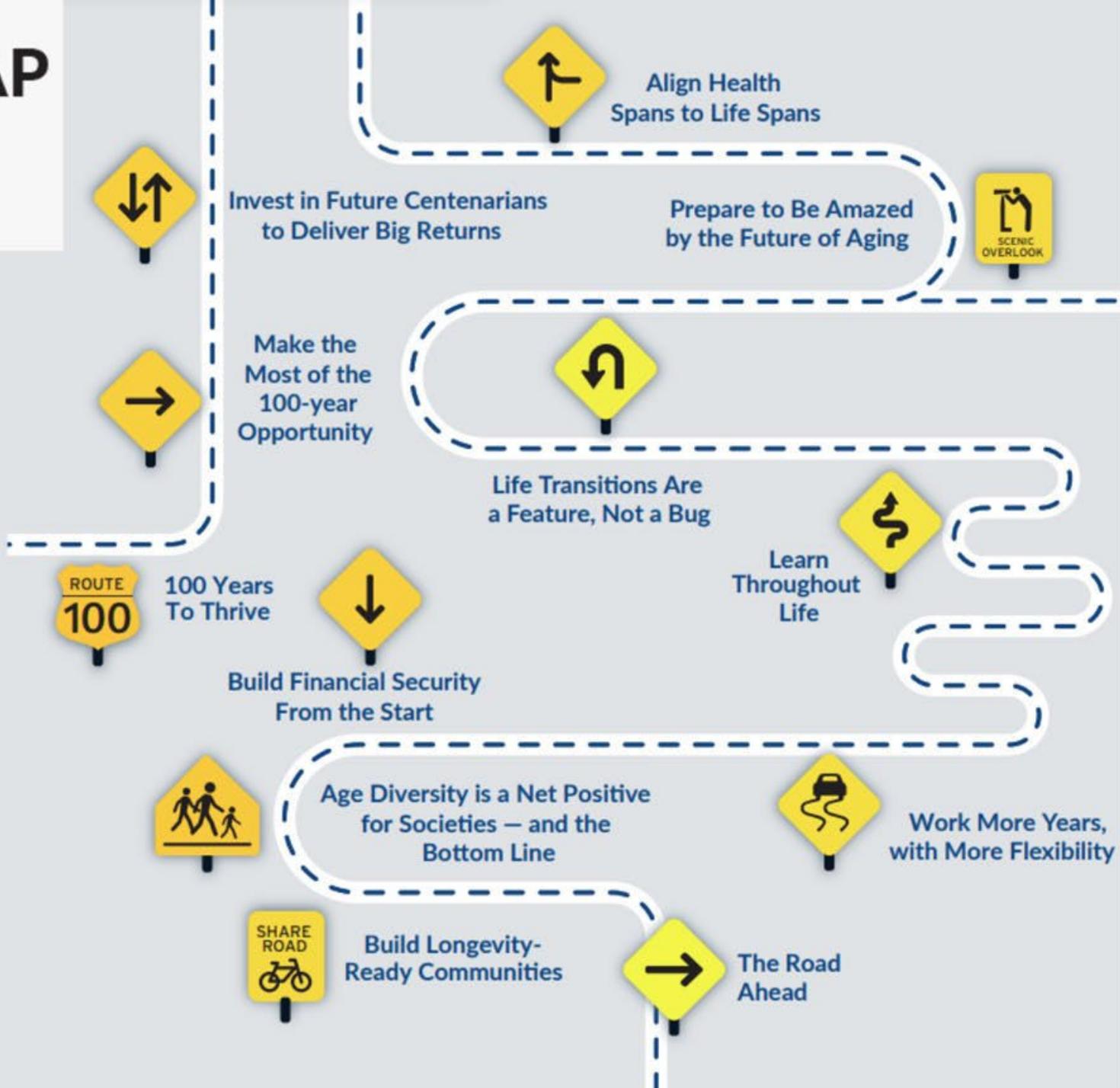


THE NEW MAP of LIFE

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)?

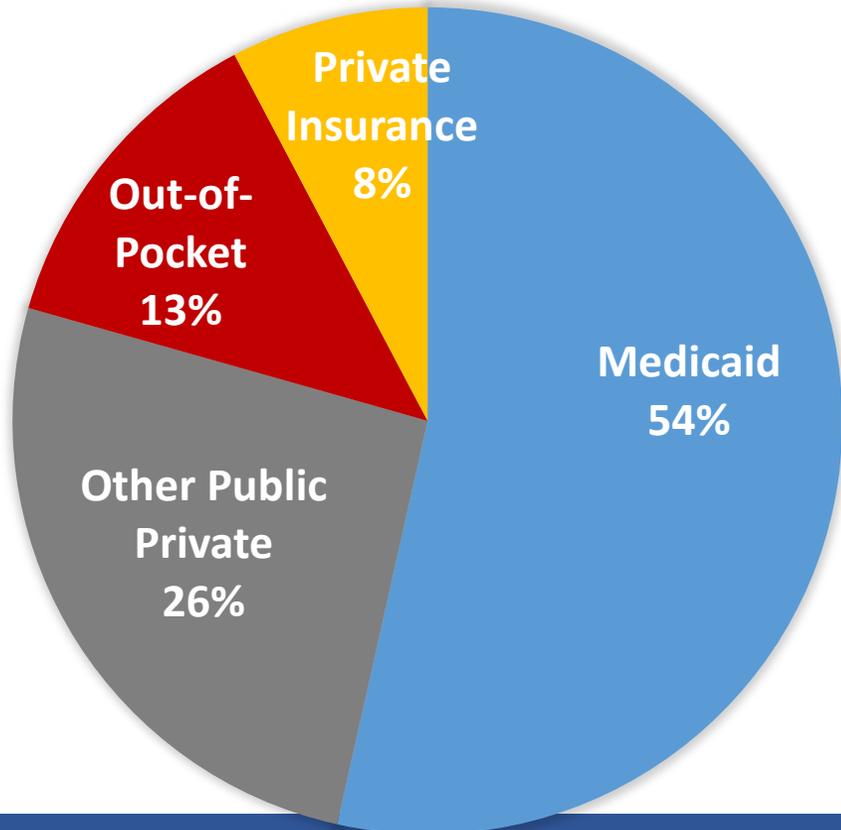
- **A 10-year vision for change**
- A cross-sector, state-led strategic planning roadmap
- Builds on Priorities & Goals of the Governor, Legislature, State Agencies
- Reflects extensive input from the community – all ages and abilities
- Considers systemic inequities that lead to avoidable disparities 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/issue-brief/10-things-about-long-term-services-and-supports-ltss/>

NH:

LTSS Average

55%

Of County
Budgets

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.

Five Elements for Plan Success

Source: [The Scan Foundation](#)

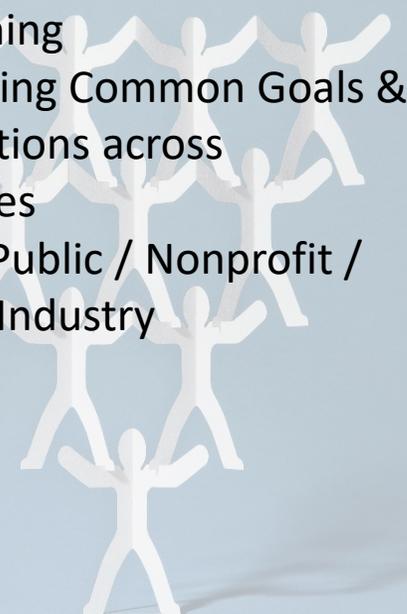
| Decisive Leadership | Rational | Comprehensive | Stakeholder Involvement | Accountability |
|---------------------------------------|---------------------------------------|---|---|---|
| Governor and legislators are invested | Priorities are ranked and data-driven | Services, financing, workforce, 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

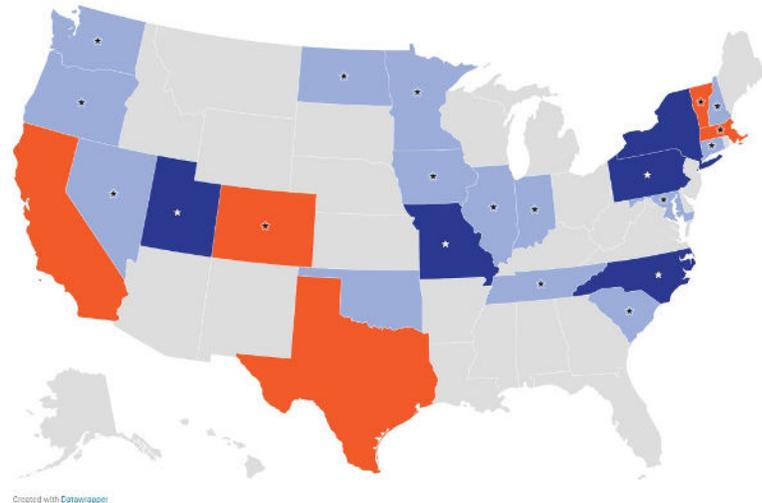
- State Plan on Aging
- 10 Year Mental Health Plan
- State Health Improvement Plan
- 10 Year Transportation Plan
- Mobility Management Plan
- NH's Economic Recovery & Expansion Strategy
- Council on Housing Stability Strategic Plan
- Etc.

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

Longevity Ready:

Purposeful



Socially Connected



Financially Secure



Healthy



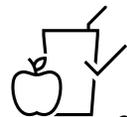
California

Together We EngAGE:

Housing for All Stages and Ages



Health Reimagined



Inclusion & Equity – Not Isolation



Caregiving that Works



Affordable Aging



North Dakota

Multigenerational Plan for Aging:

Services Closer to Home



Futures Planning



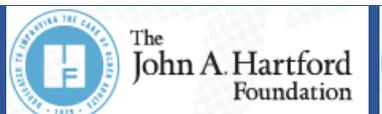
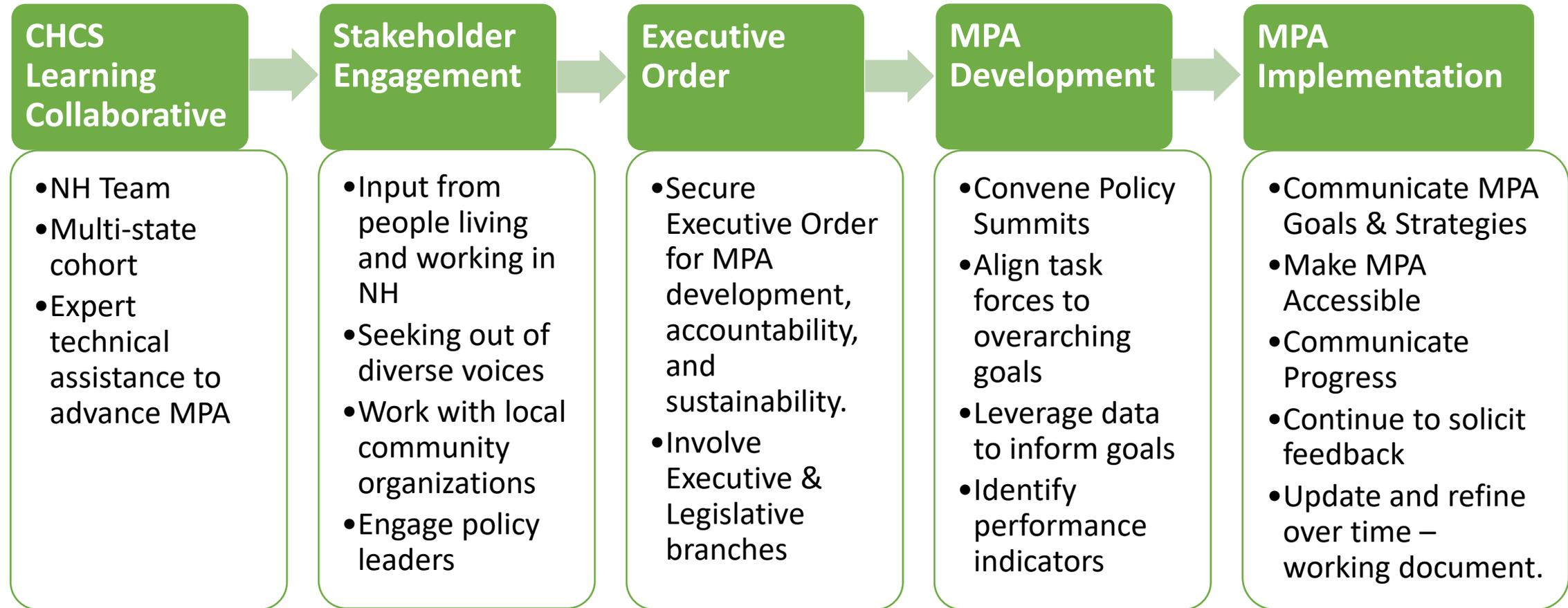
Social Engagement & Accessibility



Workforce



Next Steps: Convene, Collaborate, Catalyze



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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website: nhcoa.nh.gov



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!



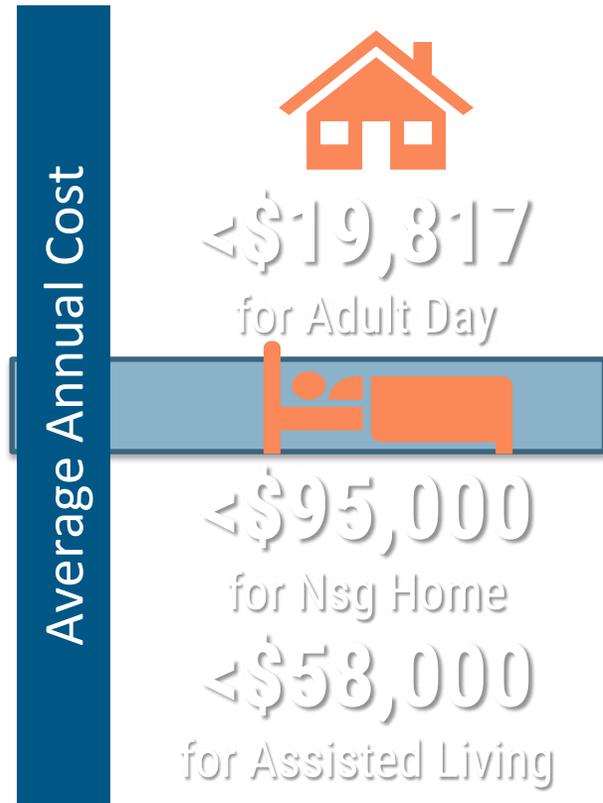
ADULT DAY PROGRAMS

New Hampshire Adult Day Landscape

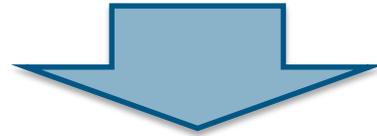
- Conway, Hollis, Hudson, Jaffrey, Manchester, Nashua, Rochester, Salem
- 9 closures in the last 10 years
- Licensed for 491 individuals collectively in 10 centers
- Low census, underutilized
- Rate increase July 2023

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

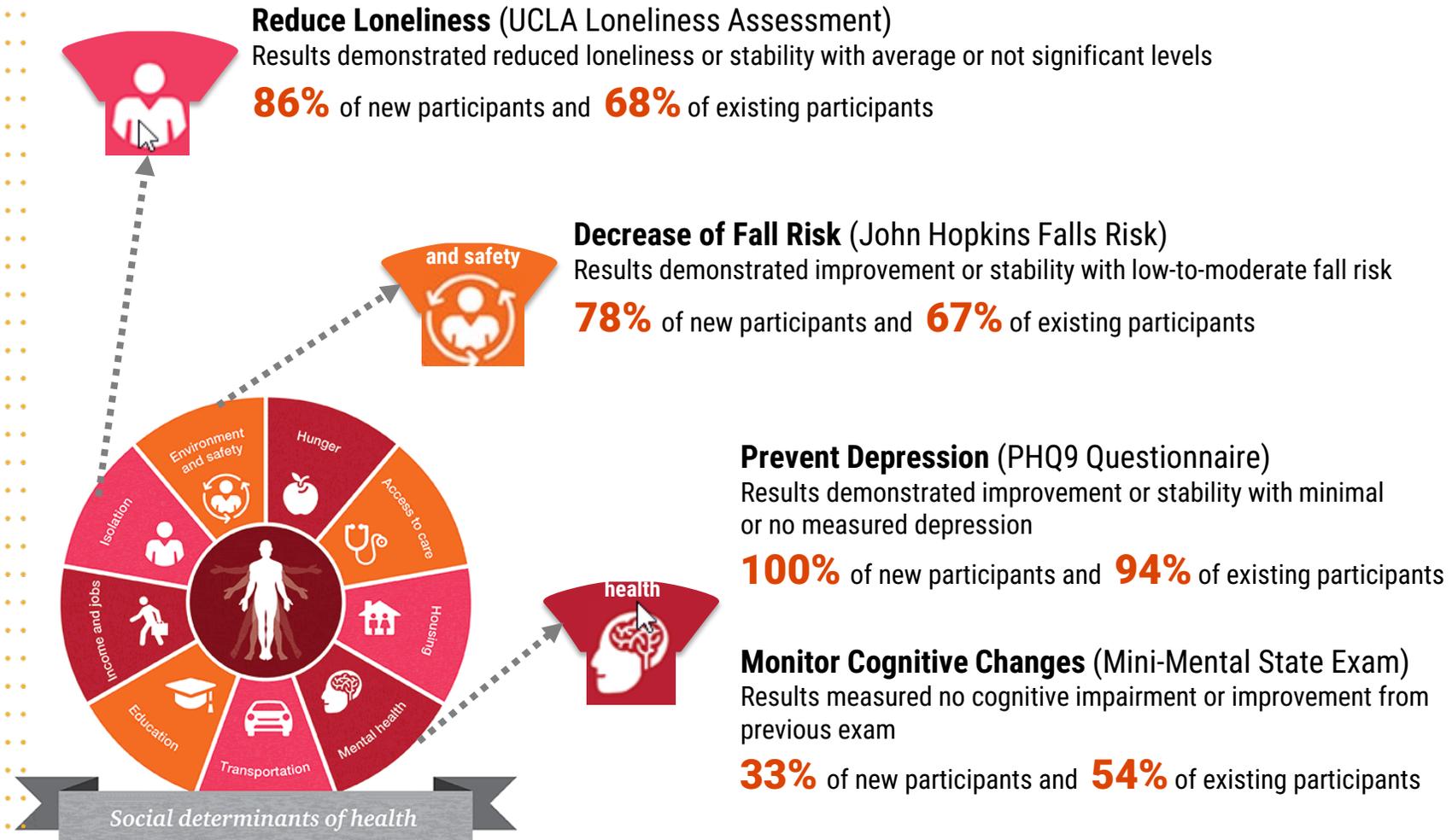


ADULT DAY PROGRAM

MEASURABLE IMPACT ON QUALITY OF LIFE

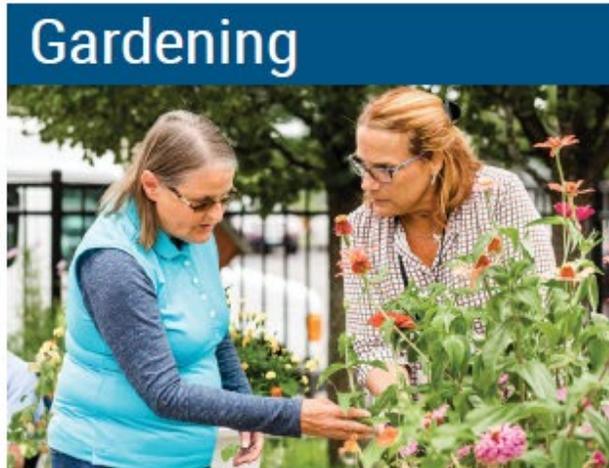


Utilizing industry-standard assessments, Easterseals Adult Day assesses and monitors the life domains of the individuals they serve. Results are used to develop individualized care plans and programming to support the quality of life of the individual and their families.





Bowling



Gardening



Drumming



Jigsaw Puzzling



Painting



Board Games

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?



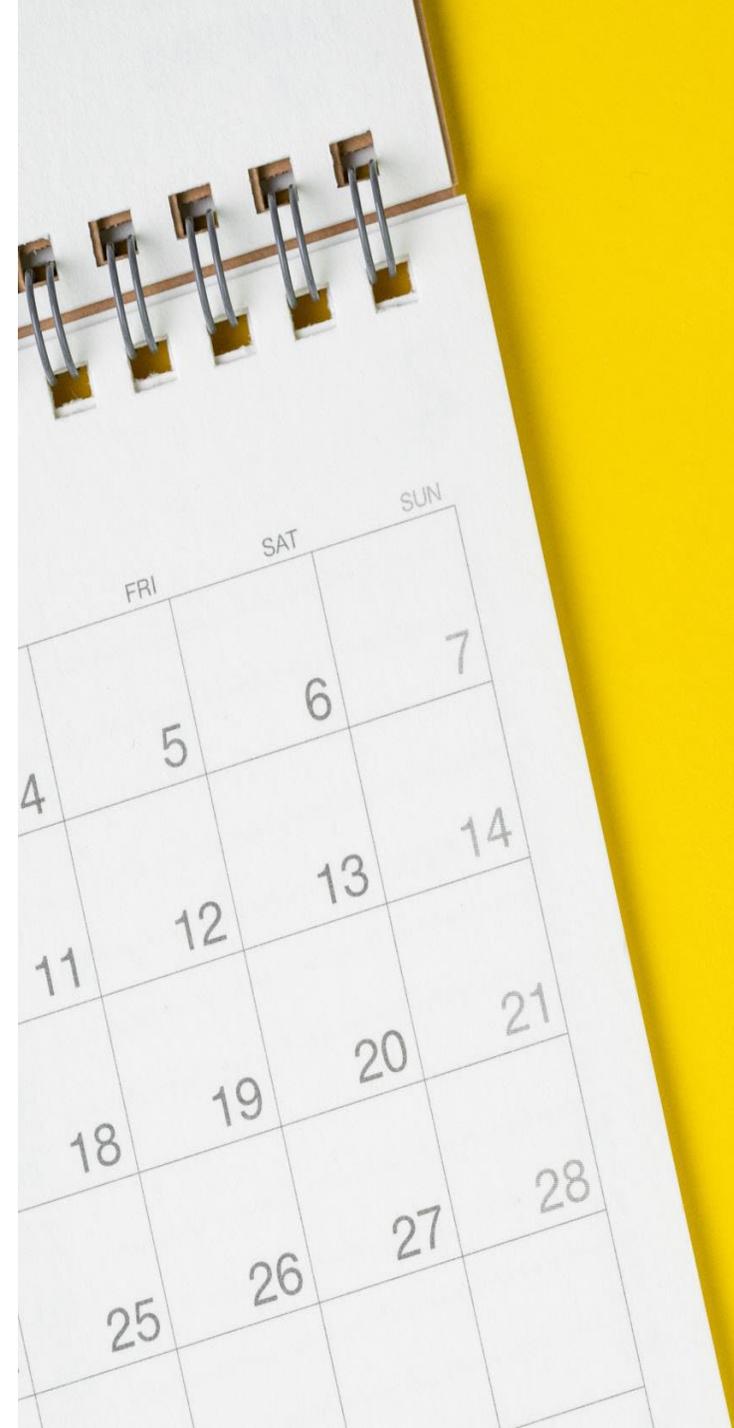
HELP BUILD CENSUS

Do you know someone who could benefit?

Save the Date!

2024 Quarterly Meetings

- Wednesday, March 20th, 2024
- Thursday, June 13th, 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-healthy-aging>



Thank you for
participating!

For questions or additional
information, contact:

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