2020-2022 Strategic Action Plan on Aging

Advisory Committee Meeting No. 3
Nov. 5, 2020
Welcome and overview
Please type questions in the question box
Discussion

Click the icon to raise your hand.

HPIO Equity meeting 3
The webinar will be recorded and posted on the SAPA Advisory Committee page.
Vision
To improve the health and well-being of all Ohioans.

Mission
To provide the independent and nonpartisan analysis needed to create evidence-informed state health policy.
Poll question
Welcome and overview
SAPA progress update
Preview the SAPA document
SAPA Implementation
Next steps
Today’s meeting objectives

Advisory Committee members will:

- Be familiar with the updated SAPA conceptual framework
- Understand the different components and sections of the Strategic Action Plan on Aging (SAPA) document
- Be aware of how ODA and partners can use the SAPA

HPIO and ODA will have the guidance to:

- Inform development of the final SAPA document
Ashley S. Davis
Chief, Elder Connections Division

Fostering sound public policy, research, and initiatives that benefit older Ohioans.
SAPA progress update
Role of the **advisory committee**

Provide guidance to ODA and HPIO on:

- Key findings of the Summary Assessment of Older Ohioans
- Conceptual framework for the SAPA
- Identification of key informants and priority work team members
- Selection of SAPA priority topics, outcomes, targets and strategies
- Dissemination and outreach
<table>
<thead>
<tr>
<th>Area Agency on Aging</th>
<th>Local health department/public health</th>
<th>Hospital/hospital association</th>
<th>Long-term care/nursing facility</th>
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</thead>
<tbody>
<tr>
<td>Home health care</td>
<td>Behavioral health</td>
<td>Memory care provider</td>
<td>Other healthcare provider</td>
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<tr>
<td>Health insurer</td>
<td>State agency</td>
<td>Local government</td>
<td>Age-friendly community</td>
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<td>Business/employer</td>
<td>Philanthropy</td>
<td>Community resident/advocacy organization</td>
<td>Housing</td>
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<td>Transportation/regional planning</td>
<td>Food access</td>
<td>Elder abuse/Adult Protective Services</td>
<td>Law enforcement/first responder</td>
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<td>Academia/researcher</td>
<td>Caregiver</td>
<td>Representative of an at-risk aging population</td>
<td>Other community-based organization, social services or advocacy</td>
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</tbody>
</table>
Timeline


Summary assessment

Summary assessment released

SAPA document

Priority topic and outcome area identification

Priority work team meetings

Key informant interviews

Recommendations for data collection and evaluation
What is the Strategic Action Plan on Aging (SAPA)?

Prioritized and specific action plan that state and local partners can use to ensure all older Ohioans achieve their full health potential.
Advisory Committee

Work team members and subject matter experts

Key informants

State agency input

SAPA
## SAPA content

The SAPA:

- Prioritizes topics and issues
- SMART objectives
- Priority populations
- Evidence-informed strategies
Health equity is achieved when all people in a community have access to affordable, inclusive and quality infrastructure and services that, despite historical and contemporary injustices and obstacles to health such as ageism and ableism, allows them to reach their full health potential.

The SAPA identifies three priority factors and three priority outcomes that affect the overall health and wellbeing of older Ohioans.

What shapes the health and wellbeing of older Ohioans?
Many factors, including these SAPA priority factors:

<table>
<thead>
<tr>
<th>Community conditions</th>
<th>Health Behaviors</th>
<th>Access to Care</th>
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<tbody>
<tr>
<td>Livable communities</td>
<td>Prevention and self-management</td>
<td>Home- and community-based services and supports</td>
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<tr>
<td>• Financial stability</td>
<td>• Nutrition</td>
<td>• Health care coverage and affordability</td>
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<td>• Housing quality and affordability</td>
<td>• Physical activity</td>
<td>• Home and community-based supports</td>
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<td>• Transportation access</td>
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<td>• Home care and caregiver workforce capacity and supports</td>
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</table>

How will we know if the health and wellbeing of older Ohioans is improving?
The SAPA is designed to track and improve these priority outcomes:

- **Social connectedness**
  - Social isolation
  - Volunteerism
- **Population health**
  - Cognitive difficulty
  - Depression
  - Hypertension
- **Preserving independence**
  - Chronic pain management
  - Falls

All older Ohioans achieve their full health potential
Examples only:
- Premature death
- Health status
- Other indicators TBD

Vision Ohio is the best place to age in the nation

The SAPA provides state and local partners with a roadmap of strategies to improve the health and wellbeing of older Ohioans. Achieving this vision requires a coordinated approach to implementation of strategies in the SAPA and the State Health Improvement Plan.

* These factors are sometimes referred to as the social determinants of health or the social drivers of health.
**Goal**

All Ohioans live longer, healthier lives with dignity and autonomy. Disparities and inequities are eliminated.
- Increased life expectancy
- Reduced premature death
- Improved health status
- Reduced elder abuse and neglect

**Vision**

Ohio is the best place to age in the nation

**What factors impact the health and well-being of older Ohioans?**

Issues listed are prioritized in the SAPA

**Community conditions**

Livable communities
- Financial stability
- Quality and affordable housing
- Transportation access

**Healthy living**

Prevention and self-management
- Nutrition
- Physical activity

**Access to care**

Services and supports
- Healthcare coverage and affordability
- Home and community-based supports
- Home care workforce capacity and caregiver supports

**How will we know if the health and well-being of older Ohioans is improving?**

Issues listed are prioritized in the SAPA

**Social connectedness**
- Social inclusion
- Volunteerism

**Population health**
- Cognitive health
- Cardiovascular health
- Mental health

**Preserving independence**
- Chronic pain management
- Falls prevention

**Principles**

**Elder justice**

Elder justice is achieved by eliminating systems, policies and beliefs that devalue aging (ageism) and creating an age-integrated society that supports older Ohioans to live longer, healthier lives with dignity and autonomy.

**Equity**

Equity requires dismantling ageism and the compounding effects of ageism and other forms of discrimination. To eliminate disparities and inequities, SAPA strategies must be tailored to Ohioans with the greatest need, coupled with efforts to dismantle ageism, ableism, racism and other forms of discrimination.
Vision

Ohio is the best place to age in the nation

Original

Ohio is the best place to age in the nation

New
Goal

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Original

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New
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Many factors, including these SAPA priority factors*:

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- Livable communities
  - Financial stability
  - Housing quality and affordability
  - Transportation access

**Health Behaviors**
- Prevention and self-management
  - Nutrition
  - Physical activity

**Access to Care**
- Home- and community-based services and supports
  - Health care coverage and affordability
  - Home and community-based supports
  - Home care and caregiver workforce capacity and supports

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**What factors impact the health and well-being of older Ohioans?**
Issues listed are prioritized in the SAPA

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Ohio is the best place to age in the nation

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**Healthy living**

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**Access to care**

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Discussion

Click the icon to raise your hand.

HPIO Equity meeting 3
Discussion

How does the new SAPA conceptual framework resonate with your work to improve the health and well-being of older Ohioans?

What resonates with you most within the new conceptual framework?
Preview the SAPA
Sections of the SAPA

1. Overview
2. Acting on the SAPA
3. Navigating the SAPA
4. SAPA strategies and resources
5. Tracking SAPA progress
6. Data reporting and evaluation
SAPA components

Elder justice and equity

Priorities

Strategies and resources

SMART Objectives

Data reporting and evaluation
Elder justice and equity

All Ohioans and organizations across public and private sectors have a role to play in **advancing elder justice and equity** by:

- Creating an age-integrated society
- Dismantling systems, policies and beliefs that devalue aging
- Tailoring strategies and allocating resources
SAPA priorities

### Community conditions
- Livable communities
- Financial stability
- Quality and affordable housing
- Transportation access

### Healthy living
- Prevention and self-management
- Nutrition
- Physical activity

### Access to care
- Services and supports
- Healthcare coverage and affordability
- Home and community-based supports
- Home care workforce capacity and caregiver supports

### Social connectedness
- Social inclusion
- Volunteerism

### Population health
- Cognitive health
- Cardiovascular health
- Mental health

### Preserving independence
- Chronic pain management
- Falls prevention
SAPA strategies and resources

**Community conditions**

**Improve transportation access**

How does transportation access impact the health and well-being of older Ohioans?

Transportation access connects older adults to friends and family, health care, employment, volunteer opportunities and other activities and services necessary for healthy aging. Many older adults are unable to drive and often live in places where public transportation is not available or accessible. Policies and programs that increase access to affordable, accessible and reliable transportation are critical for eliminating transportation inequities and improving the health and well-being of older Ohioans.

**Considerations for advancing elder justice and equity**

Prior to advancing strategies to improve the needs of priority populations, it is important to understand and address the unique challenges faced by different populations. The following sections provide a framework for considering the transportation needs of older Ohioans.

**Strategize implementation considerations**

Consider the following when implementing strategies to meet the needs of priority populations:

- Transportation access is particularly important for older Ohioans who are less likely to have a vehicle in their household, such as older Ohioans of color and with low incomes.
- Priority populations, such as rural and Appalachian communities and Ohioans of color, may face unique transportation challenges due to limited access to public transit and lack of geographic proximity to healthcare providers, grocery stores, employment, community services and other critical destinations.
- Priority populations, particularly older Ohioans with disabilities, need flexible and accessible transportation options that support mobility, including accommodating physical and cognitive challenges and use of wheelchairs or other equipment.

To advance elder justice and equity, agism and other forms of systemic discrimination (e.g., ableism and racism) that affect older Ohioans must be dismantled. Strategies and resources allocated to improve transportation access must be targeted, tailored and culturally and linguistically adapted to meet the needs of older Ohioans most at risk for poor outcomes.

**Strategies to improve transportation access**

**Public transportation**

- Strengthened public transportation systems
- Individual incentives for public transportation
- City/Bench program (installation of benches at bus stops, retail corridors and areas with high concentrations of seniors)
- Rural transportation services
- Mobility managers, including development of “universal design”
- Mobility as a Service systems to meet the needs of older adults
- Expand volunteer driver programs and ODHMS Training
- Expand travel training programs that teach older adults the skills needed to travel safely and independently using public transportation

**Transportation and land use policies**

- Complete streets and streetscape design initiatives
- Zoning regulations for land use policy
- Bike and pedestrian master plans
- Multi-component workforce support for active commuting
- Open Streets initiatives which temporarily close streets to motorized traffic to allow community members to gather, socialize, walk, run, bike, dance, etc.
- Adoption of Livable Communities model

**Medical transportation**

- Cultivate safety net services, including escorted rides to and from medical services and shopping and delivery of grocery orders
- Elder services and engagement, including A Little Help (ALH) volunteer transportation services
- Expand and improve accessibility of Non-Emergency Medical Transportation (NEMT) services

Additional resources:

- Access Ohio 2045 draft plan, Ohio Department of Transportation
- Active Transportation Program, Ohio Department of Transportation
- Rise Together: A Blueprint for Reducing Poverty in Franklin County, Franklin County Board of Commissioners
- 2020-2040 Statewide Transportation Improvement Program, Ohio Department of Transportation
- Stay Fit to Drive campaign, Ohio Department of Transportation
- Strategic Highway Safety Plan, Ohio Department of Transportation
- Walk.Bike.Ohio Policy Plan, Ohio Department of Transportation

*Strategy is rated as expert opinion in VITAL or evidence of effectiveness is emerging.
## Tracking progress: SMART objectives

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<tbody>
<tr>
<td><strong>Life expectancy.</strong> Average life expectancy for all Ohioans at birth based on current mortality rates (Ohio Department of Health)</td>
<td>76.5</td>
<td>76.8</td>
<td>77.2</td>
<td>77.6</td>
</tr>
</tbody>
</table>

### Priority populations based on data

| Black/African American | 72.8 | 74.4 | 76 | 77.6 |
Tracking progress: SMART objectives

- All Ohioans
  - Baseline 2018: 72.8
  - Short-term target 2023: 74.4
  - Intermediate target 2026: 76
  - Long-term target 2029: 77.2

- Black/African American Ohioans
  - Baseline 2018: 72.8
  - Short-term target 2023: 74.4
  - Intermediate target 2026: 76
  - Long-term target 2029: 77.2

77.6 years life expectancy
Data reporting and evaluation

Public and private partners

Area agencies on aging
Acting on the SAPA

Goal
All Ohioans live longer, healthier lives with dignity and autonomy. Disparities and inequities are eliminated.

Vision
Ohio is the best place to age in the nation

- State agencies and commissions
- Area agencies on aging
- Long-term care
- Healthcare providers
- Caregivers
- Home health
- Advocacy organizations
- Age-friendly communities
- Local health departments
- Housing
- Transportation
- Other state and local entities
Acting on the SAPA

1. **Align** with and focus on one or more of the 15 issues and eight priority populations in the SAPA

2. **Advocate** for funding and policy change to address SAPA issues

3. **Fund** evidence-informed strategies identified in the SAPA

4. **Implement** one or more of the evidence-informed strategies identified in the SAPA

5. **Partner and collaborate** within and across sectors to improve SAPA outcomes

6. **Evaluate** progress on SAPA outcomes and the impact of SAPA strategies
Strategies and resources
# SAPA topics

## Community conditions
- Livable communities
- Financial stability
- Quality and affordable housing
- Transportation access

## Healthy living
- Prevention and self-management
- Nutrition
- Physical activity

## Access to care
- Services and supports
- Healthcare coverage and affordability
- Home and community-based supports
- Home care workforce capacity and caregiver supports

## Social connectedness
- Social inclusion
- Volunteerism

## Population health
- Cognitive health
- Cardiovascular health
- Mental health

## Preserving independence
- Chronic pain management
- Falls prevention
## SAPA issues

<table>
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</table>

| Healthy living                           |
| Prevention and self-management           |
| • Nutrition                              |
| • Physical activity                      |

| Access to care                           |
| Services and supports                    |
| • Healthcare coverage and affordability  |
| • Home and community-based supports      |
| • Home care workforce capacity and      |
|   caregiver supports                    |

| Social connectedness                     |
| • Social inclusion                       |
| • Volunteerism                           |

| Population health                        |
| • Cognitive health                       |
| • Cardiovascular health                  |
| • Mental health                          |

| Preserving independence                  |
| • Chronic pain management                |
| • Falls prevention                       |
Strategy sections

• Description of the issue
• Considerations for advancing elder justice and equity
• Menu of evidence-informed strategies
• List of additional resources
Evidence sources

1. Administration for Community Living
2. National Council on Aging
3. The Guide to Community Preventive Services
5. What Works for Health
6. World Health Organization
Strategy considerations

• Likely to reduce disparities (based on review by WWFH or Community Guide)
• Included in 2020-2022 State Health Improvement Plan SHIP
• Rated as an expert opinion in WWFH or evidence of effectiveness is emerging*
Improve transportation access
COVID-19 strategy considerations

• Needs of older Ohioans most impacted
• Financial and in-kind support for older Ohioans with reduced incomes
• Virtual engagement and ensuring internet and technology access
• Potential shortfalls or changes to program budgets and funding
COVID-19 strategy considerations (continued)

- Supports and respite for family caregivers
- Increased demand for pandemic-related services
- Pandemic-related modifications to adult day services and provider resources
Objectives
Goal

All Ohioans live longer, healthier lives with dignity and autonomy.
Disparities and inequities are eliminated.
- Increased life expectancy
- Reduced premature death
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- Reduced elder abuse and neglect

Vision
Ohio is the best place to age in the nation

What factors impact the health and well-being of older Ohioans?
Issues listed are prioritized in the SAPA

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SMART objectives

SMART objectives

SAPA objective components

Specific
Measurable
Achievable
Realistic
Time-bound

Indicator, source and priority population
Target data value
Baseline and target years
SMART objectives

**Specific**
- Indicator, source and priority population

**Measurable**
- Target data value

**Achievable**
- Baseline and target years

**Realistic**

**Time-bound**
SMART objectives

SMART objectives

Specific
Measurable

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SAPA objective components

Indicator, source and priority population

Target data value
Baseline and target years
SMART objectives

SMART objectives  SAPA objective components
Specific           Indicator, source and priority population
Measurable         Target data value
Achievable         Baseline and target years
Realistic
### Mental health: Reduce depression

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<tr>
<td>Percent of adults aged 65 and older who reported their mental health was not good 14 or more days in the past 30 days (BRFSS via America’s Health Rankings)</td>
<td>7.7%</td>
<td>7.4%</td>
<td>7.1%</td>
<td>6.8%</td>
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#### Priority populations based on data

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</thead>
<tbody>
<tr>
<td>Females</td>
<td>8.8%</td>
<td>8.1%</td>
<td>7.5%</td>
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<tr>
<td>People with annual incomes below $25,000</td>
<td>10.7%</td>
<td>9.4%</td>
<td>8.1%</td>
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<tr>
<td>Black</td>
<td>8.8%</td>
<td>8.1%</td>
<td>7.5%</td>
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<tr>
<td>People with less than a high school education</td>
<td>16%</td>
<td>12.9%</td>
<td>9.9%</td>
<td>6.8%</td>
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Achieving equity: universal long-term targets
SAPA implementation
Fostering sound public policy, research, and initiatives that benefit older Ohioans.

Ursel J. McElroy
Director
Acting on the SAPA

Goal
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5. **Partner and collaborate** within and across sectors to improve SAPA outcomes

6. **Evaluate** progress on SAPA outcomes and the impact of SAPA strategies
Discussion

Click the icon to raise your hand.

HPIO Equity meeting 3
Discussion

1. What part of the SAPA are you most excited about?

2. Which of the action steps are you most likely to act on?
Please type questions in the question box
Next steps
The webinar will be recorded and posted on the SAPA Advisory Committee page.
### Timeline

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<td><strong>Summary assessment</strong></td>
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<td><strong>Priority topic and outcome area identification</strong></td>
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<td><strong>Key informant interviews</strong></td>
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<td><strong>Recommendations for data collection and evaluation</strong></td>
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2020-2022 Strategic Action Plan on Aging
Executive summary

What is the SAPA?
The Strategic Action Plan on Aging (SAPA) is a prioritized plan that addresses many of the challenges identified in the 2020 Summary Assessment of Older Ohioans.
The overall goal of the SAPA is that all Ohioans live longer, healthier lives with dignity and autonomy and that disparities and inequalities among older Ohioans are eliminated. To achieve this goal, the SAPA provides a comprehensive roadmap that requires public and private collaboration to improve outcomes for older Ohioans. The SAPA:
• Prioritizes 15 issues across six topic areas (Figure 3.1)
• Tracks progress on 18 outcomes
• Highlights opportunities to advance elder justice and equity
• Provides a menu of evidence-informed strategies and resources to improve outcomes across issues prioritized in the SAPA
• Outlines recommendations for data reporting and evaluation

Why is the SAPA important?
Older Ohioans face obstacles to health and well-being and often do not have the opportunity to age with respect, dignity and autonomy. By 2030, Ohio’s aging population (ages 60 and older) will account for more than a quarter of Ohio’s population (25.3%), up from 19.8% in 2010. Supporting healthy aging in light of this changing landscape is critical. Healthy aging means both increasing Ohioans’ years of life and extending older Ohioans’ healthy and active years.

SAPA and COVID-19
Older Ohioans face an increased risk for severe COVID-19 infection. As of November X, 2020, X% of COVID-19 deaths have been among Ohioans ages 60 and older, with X% of total deaths occurring among Ohioans ages 80 and older. A total of X Ohioans, ages 60 and older, have died with COVID-19.

In addition, the pandemic has presented unique challenges for older Ohioans across all issues prioritized in the SAPA, including increased risk for social isolation, financial instability and delayed medical care.
The impacts of COVID-19 will be long-lasting, and many older Ohioans will continue to struggle with the lingering consequences of the virus and pandemic response. Efforts to improve the health and well-being of older Ohioans must account for the challenges surfaced by COVID-19. The SAPA outlines key considerations for implementing strategies in the face of these challenges.
Thank you!