Utah Commission on Aging
Quarterly Summit Agenda
Tuesday – December 05, 2023

12:00 PM - 01:30 PM

Community Partner and Member Networking Meeting

Join Zoom Meeting https://zoom.us/j/640416337

Or Dial 669 900 6833

Meeting ID: 640 416 337

(Zoom conference information will remain the same for all UCOA quarterly meetings)

Agenda

12:00   Welcome to members and partners   Darlene Curley
   First time attendees – please put name and organization in chat.

   Introduction to newly appointed members – brief comments
      Joel Macey - CNS
      Jeri Openshaw - Utah Division of Libraries
      Dennis Leffirth - Tech Charities

12:10   Partner Updates   Rob Ence
      SVL Habitat for Humanity – Kimberline Correa
      NAC Conference – Becky Utz
      CHCS Cohort Meeting in Sacramento – Amy Anderson

12:30   Master Plan on Aging Update   Rob Ence
      Core End Goals
      Age-Friendly Ecosystems – Health Care Model   Dr. Tim Farrell

12:50   Plan Walk Through – Action Items for the Group   Rob Ence

01:20   Participant comments and input   Darlene Curley

   Next meeting Thursday – Feb 08, 2023, at Noon – via Zoom

(Public and partner comment and input welcomed throughout. Session will be recorded.)

Center on Aging Newsletter

October - November 2023

MPA - Multi-Sector Plan on Aging

The complete draft for the MPA is taking longer than planned and will be put out for stakeholder and peer review by December 1. Resetting legislative report-in schedule to January. Six major end goals drive the framework of the MPA. Working title is "Utah for the Ages." Will be discussed at the Dec 5 UCOA quarterly meeting (postponed from Nov 9 given CHCS conference conflict). Utah cohort representatives Rob Ence, Nels Holmgren, and Amy Anderson for the CHCS collaborative met with partner states in Sacramento on Nov 8-9. Plan updates and best practices shared, and met with leaders from states with active plans.

UCOA Appointments

New statutory appointments include Joel Macey, Community Nursing Services (CNS) and formerly with hospice programs at IHC; Jeri Openshaw, Utah State Library Division (including special access needs) and has an extensive background in media production and work with the Utah Arts and Museums; and finally Dennis Lifferth, Tech Charities, who manages several initiatives to refurbish tech devices for reimplementation among lower income and rural populations. We have two more nominations in motion working with Nubia Pena, Senior Advisor of Equity and Opportunity from the Utah Division of Multicultural Affairs and a final to come from Casey Cameron, Director of Workforce Services. By mid-December, we will have all positions filled for the first time since the expanded statute was amended.

UCOA Engagements Ongoing

ED Ence met with SLC Mayor's two housing specialists to get data related to homelessness and discuss current initiatives in progress. Additional meetings continued with WINGS updates on rights and guardianship issues, co-lead the follow up conversation w Linda Edelman and the E4 Region 8 Policy Academy and its contribution to MPA plans, participated in recent conversations with BRAG and Cache County on advisory coordination, updates on Living Well Coalition, Utah Broadband Coalition, and joined the new Utah Digital Equity Coalition of community partners. Work has started of the 2024 Advance Care Planning summit to be held April 16, 2024,

with co-anchor Comagine Health. Ence also started working with the Working with A Bolder Way Forward – Health Across the Lifespan project recently initiated with USU and the Women's Center.

NAC – Caregiver Nation Conference in DC
Ence joined Becky Utz, PhD, Jennifer Morgan, Nancy Allen, PhD, Mary Urie, Utah Developmental Disabilities Council attended the National Alliance for Caregiving – Caregiver Nation Summit to work with six partner states leading the state and national efforts to build better strategies to serve family caregivers and to inform and encourage congressional support of the many elements of the R.A.I.S.E. Act. The group met with key staff from Reps Moore and Curtis, Sens Romney and Lee.

Struggling to afford major home repairs?

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- ☑ Damaged flooring
- ☑ Faulty electrical
- ☑ Broken windows
- ☑ Bad water heater, furnace, A/C
- ☑ Accessibility
- ☑ Mold

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– Kim, a **CHIRP** *client*

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How much does CHiRP cost? There is **no up front cost** and clients may be eligible for a grant up to $5,000. We make the remaining cost affordable with our low-interest financing program.

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Title: Revolutionizing Care: University of Utah's Family Caregiving Collaborative Leading the Way
By Andrew DeQuiroz
November 1, 2023

As November arrives, a month dedicated to honoring and acknowledging family caregivers, the University of Utah's Family Caregiving Collaborative (FCC) proudly announces its recent participation in the inaugural Caregiver Nation Summit held in Washington DC on October 24-25. The University of Utah's FCC was among the select few invited to this historic event, underscoring the exceptional work being carried out in Utah. As part of the inaugural summit, FCC representatives participated with 6 other states to develop advocacy and coalition-building strategies to better serve family caregivers at the state-level and met with more than 70 congressional offices to drive action on the National Strategy to Support Family Caregivers. The

Utah team was led by Professor Rebecca Utz, a caregiving researcher in the College of Social and Behavioral Science and Rob Ence, Director of Utah Commission on Aging, and Nancy Allen, College of Nursing researcher for persons with diabetes and their care-partners. They were accompanied by representatives from the College of Nursing, Veteran's Administration, the Developmental Disabilities Council, and others who have experience doing research and clinical practice with family caregivers.

For the past 4 years, the FCC, sponsored by the University of Utah's College of Nursing, has been making significant strides in supporting and advocating for the unsung heroes of healthcare - the family caregivers. With an interdisciplinary approach leveraging the expertise of more than 50 faculty, researchers, and scholars across campus, the FCC has spearheaded initiatives to empower and provide resources for caregivers, as they tirelessly support their loved ones. The FCC has also played an instrumental role in convening stakeholders from across the state to identify, prioritize, and strategize about how to recognize and support family caregivers in Utah. This work, in particular, highlights the innovative, research-community partnerships that have positioned Utah at the forefront of national conversations.

Unseen Heroes Valued at Billions

Family caregivers, often hidden in plain sight, form a vital backbone of healthcare in America. It is estimated that 53 million American – about 1 in 5 adults – are currently providing care and support to an older adult or child with special needs. These mostly unpaid contributions are valued at a staggering $470 billion on a national scale, with $5.1 billion attributed to Utah alone.

"Family caregivers – who are providing the majority of long-term care in the United States – often experience challenges to their own health, wellbeing, and financial security while providing support to those who need it. It is for this reason," said Dr. Rebecca Utz, Professor and Senior Associate for the FCC*, "that it is becoming increasingly recognized that 'caring for the caregiver' is essential to both the public health and economic well-being of America."*

The importance of family caregiving has recently gained significant momentum at both the local and national levels. The introduction of the National Strategy on Family Caregiving and the White House executive order on caregiving have set the stage for heightened awareness and support. Delivered to Congress in fall 2022, the RAISE Act national strategy outlines nearly 350 actions the federal government has committed to take to support family caregivers, along with more than 150 actions that can be adopted at other levels of government and across the private sector to build a comprehensive system to support family caregivers.

Three Pillars of Transformation

The Family Caregiving Collaborative, a College of Nursing-led interdisciplinary initiative employs employs a multi-faceted approach to address the myriad challenges faced by family caregivers.

· **Education:** The Collaborative is dedicated to empowering the future healthcare workforce by emphasizing the critical role of family caregivers. By educating healthcare professionals on the significance of involving family caregivers in the care process, the FCC is helping shape healthcare systems to be more inclusive and supportive of families.

· **Research and Practice:** The FCC is actively involved in testing new approaches to support the health and well-being of both patients and caregivers. By exploring innovative strategies, they aim to alleviate the burdens faced by family caregivers, ensuring they can continue their vital role without sacrificing their own well-being.

· **Outreach:** The Collaborative collaborates with community stakeholders and policymakers to advocate for better support systems for family caregivers. By providing evidence-based information/data, they actively work to enhance the lives of caregivers and facilitate the development of crucial resources.

The ultimate mission of the Family Caregiving Collaborative is to create a future where caregivers of all ages, races, ethnicities, and gender are not only seen and heard but also understood, valued, connected, and supported. By focusing on education, research, and outreach, the FCC is paving the way for a healthcare system that acknowledges the invaluable contributions of family caregivers.

"These dedicated individuals often find themselves providing care at the expense of their own health," notes FCC Director, Lee Ellington, PhD. *"The FCC seeks to address this imbalance, focusing on the advancement of person- and family-centered care, where patients and caregivers together define their "family" and collaborate in decision-making.*

A Brighter and More Inclusive Future

As National Caregivers Month arrives, it's time to recognize and celebrate the unsung heroes who quietly provide essential healthcare across the nation. Governor Spencer Cox will declare November as Family Caregiver Month highlighting the important

role of Utahns serving as caregivers. Additionally, the FCC is hosting a Caregiving Forum (hyperlink Forum) focused on mental health in early December.

 "*Throughout our lives, all of us will likely be a caregiver or need a caregiver, or perhaps both,*" said Rob Ence, Director of the Utah Commission on Aging. *"It is so exciting to see increasing public awareness, research, and policy support for family caregiving. This is an issue that affects us all, no matter our age, race, class, or sex."*

The University of Utah's Family Caregiving Collaborative is not just supporting caregivers; it is championing a fundamental shift in the way we view and support caregiving, setting the stage for a brighter and more inclusive future for all.
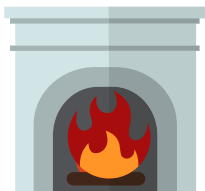
FIRESIDE CHAT PRESENTATION

Mindful Self-Care: Small Changes and Short Practices That Make a Big Difference

Raven Albertson, BS, MA, CHES

THURSDAY, DECEMBER 7, 2023
10:00 - 11:00AM (MT)

Online Meeting Link:
HTTPS://UTAH.ZOOM.US/J/93924914850

Can't make it at this time? A recording will be posted on our website, utahgwep.org

Meet the speaker:

Raven Albertson is the Program Director for the Utah Chapter of the Alzheimer's Association, where she aims to bring supportive services to all Utahns. As an adjunct professor at Utah Valley University, where she teaches health and wellness courses. Raven is a Certified Health Education Specialist. She obtained her BS in Community Health from Utah Valley University, and her MA in Mass Communications from BYU, with a focus on health communications and filmmaking. Raven also minored in a MBA in Social Innovation and enjoys collaborating to solve problems. She leads a weekly virtual support group for Mindful Self-Care on Thursdays at 3:30 pm.

Holding Effective Difficult Conversations

Catherine Soehner, BSN, MLS, AHIP
Thursday, December 21, 2023
2:00 - 3:15 PM (MT)

Catherine B. Soehner, BSN, MLS, AHIP, is the Associate Dean for Research and the Director of the Eccles Health Sciences Library at the University of Utah. She has 35 years of experience in librarianship with 25 of those years spent in named leadership positions. Catherine's research interests are focused on change management and leadership with publications and presentations focused on systems thinking, conspiratorial thinking in the workplace, and assessment of library programs. She has given over 70 presentations and published two books, one on effective difficult conversations (2017) and the other on strategic planning (2019).

Registration:

- Register for the UGEC Age-Friendly ECHO series **HERE**. Passcode: **968680**

Continuing Education Credits (1.25):

- This ECHO series offers: CMEs*, Social Work CEUs and Nursing Contact Hours
- *CME code for this ECHO session: **356254**
- For more information on how to claim credits, please visit the **UGEC website**.

Questions:

- Contact **Jacqueline.Telonidis@hsc.utah.edu**

Visit us at
utahgwep.org

Utah for the Ages

Strategic Road Map for Aging

A Multi-Sector Plan

2024 Edition

Prepared by the

Utah Commission on Aging

Prepared for

Governor of Utah

Utah Legislature

All Adults Who Age

I. Purpose

Introduction

The Utah Commission on Aging (UCOA) collaborators and partners welcome you to "Utah for the Ages", a multi-sector plan for aging (MPA) across the adult lifespan. This road map helps guide state and local governments, agencies, public and private businesses, and the general public to prepare and successfully navigate the challenges and opportunities of aging in an ever-changing demography.
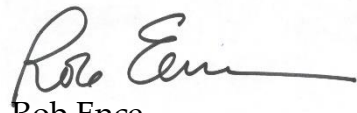
The MPA informs policy, programs, and funding decisions that will empower Utahns to live their best lives by applying innovative and intelligent solutions to meet our individual and collective needs as we age. It is a dynamic document that will measure impact utilizing key indicators of core long and short-term social impact goals. Annual reporting of key indicators is published each fiscal year and available to all.

Utah's MPA incorporates guidelines provided by the Center for Health Care Strategies (CHCS) including state leadership commitment, rational data-driven analysis, comprehensive scope of issues, stakeholder inclusiveness, and measurable outcomes. The selected social impact priorities are a result of collaborative input and current research. Recommended strategies build upon current program successes and learnings, address critical needs and gaps, and identify future opportunities for systematic savings and elimination of redundancies to transform the way aging is experienced in Utah.

Utah for the Ages is for older adults currently living through the second half of life, for younger generations who may live longer lives than their forebears, and for the communities of all ages that encircle our lives: families, friends, neighbors, co-workers, and partners in care.
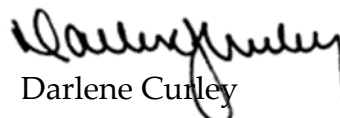
We invite everyone to visit the Utah for the Ages home website and other resources at www.utahaging.org and share feedback and input to inform our mutual journey.

The Utah MPA calls on all Utahns engaged in policy, academia, and community services to build a Utah for all Ages. To create and promote partnerships that promote healthy and equitable aging, reduce social isolation, improve financial security, support care partners and resource coordination, encourage advance care planning, defeat ageism, build age-friendly communities, and embrace technology and innovation.

Rob Ence
UCOA Executive Director

Darlene Curley
UCOA Chair

Envisioning a Utah for the Ages

A future where every adult Utahn:

1. **Lives a life with meaning and purpose, dignity, and respect**

2. **Shares an age-friendly and healthy environment**

3. **Shelters in suitable, affordable, and adaptable housing**

4. **Enjoys financial sufficiency and freedom from want**

5. **Finds employment based on merit and free of ageism**

6. **Accesses personalized comprehensive quality health care**

7. **Is encircled with a caring support network.**

8. **Enjoys social connections free of isolation**

9. **Experiences independent living and self-determination**

10. **Makes decisions with functional literacy**

11. **Lives free of exploitation and abuse of any kind**

12. **Accesses and utilizes technology safely**

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A Message from Governor Spencer J Cox

(proposed language)

Utah's population will soon exceed 4 million people. The 65+ plus population comprises 15% of the total and in the near future will represent 1 in every 5 citizens. This demographic trend impacts our households, culture, economy, environment, and increasing needs of older adults.

We continue to benefit from the wisdom and many contributions of our older adults and recognize that the next generation will be more diverse, live longer, and desire to make meaningful contributions to our great state. And if we don't have a meaningful plan, we see an increase in the struggles for meaningful employment, affordable housing, food and financial security, and access to quality health care.

These trends are not new, but without deliberate planning, the challenges will accelerate and overshadow the many opportunities that should be available to everyone. The purpose of the strategic plan for intelligent aging is to ensure Utahns are engaged and valued across the spectrum of aging into older adulthood.

S.B.104 Master Plan For Aging, was signed into law on March 15, 2023, and directs the Utah Commission on Aging to periodically publish a plan that will guide the aging experience over the future decades and will ensure that all Utahns are able to navigate the challenges and opportunities of adulthood.

This is a call to action for state and local governments, private and public entities, and individual citizens to engage innovatively, proactively and collaboratively, to create a Utah that thrives for all ages and allows everyone to age with the grace and dignity they deserve. This plan helps lead the way.

Sincerely,

Spencer J. Cox, Governor of Utah

A Message from Our Legislative Sponsors

(proposed language)

We would like to thank the Utah Commission on Aging for its collaboration and guidance in drafting SB104 during the 2023 legislative session which requires the Utah Commission on Aging to produce and maintain a Master Plan for Aging (MPA) for Utah. This bill passed out of the Senate Health and Human Services Committee and both houses with overwhelming support. The bill was signed into law by Governor Spencer Cox on March 15, 2023.

As legislative sponsors of the bill, we are familiar with and supportive of the work and mission of UCOA and are committed to the success of the plan development. This statutory amendment to the UCOA code, outlines the creation and delivery of a 10-year rolling multi-sector plan on aging for our state with periodic short term objectives. It is forward looking with strategies to address our growing older adult population. The MPA draws upon existing resources, evaluates current practices, and identifies innovative approaches to address projected gaps in services provided to our aging population and eliminates redundancies and inefficiencies.

The MPA will demonstrate broad collaboration in its formation and implementation. It will provide social impact measures and accountability tools for annual reporting to the legislature and executive branch. Annual updates will recommend future adjustments and legislation as may be required.

Thank you for your consideration,

Senator Karen Kwan, EdD
SB 104 Sponsor - 2023
Utah Senate District 12

Representative Ray Ward, MD
SB 104 House Sponsor - 2023
Utah House District 19

Data Dashboard for Aging (placeholders)

These samples will be replaced to reflect the metrics to be tracked as determined by the final draft.

Figure 6
Utah Population Pyramid
1960, 2015, and 2065
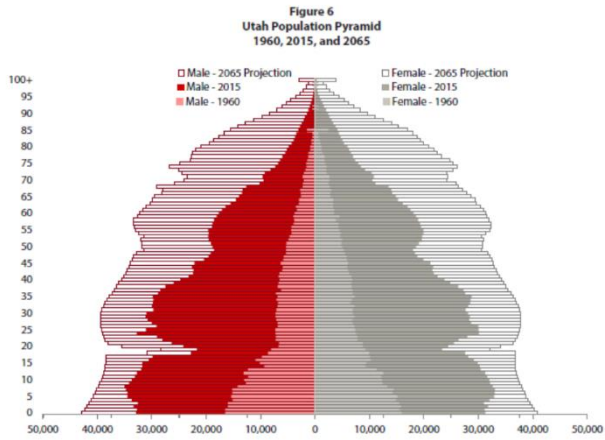
Sources: Kem C. Gardner Policy Institute 2015-2065 State and County Projections; U.S. Census Bureau Decennial Count Data.

Figure 13
Select Age Groups as a Percent of the Total Utah Population
2015-2065
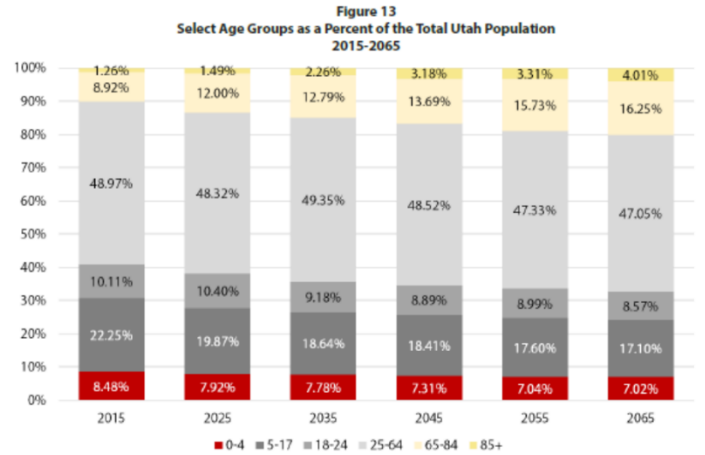
Source: Kem C. Gardner Policy Institute analysis of U.S. Census Bureau Decennial Census and Population Division data; Kem C. Gardner Policy Institute 2015-2065 State and County Projections.

Appendix Table 5. Utah Population 65 and Older Living in Nursing Facilities by Sex and Age, 2020

Age	Male		Female		All	
	Count	Percent	Count	Percent	Count	Percent
65 to 69	354	0.6%	356	0.5%	710	0.5%
70 to 74	387	0.8%	465	0.9%	852	0.8%
75 to 79	372	1.2%	552	1.5%	924	1.4%
80 to 84	361	1.9%	695	2.9%	1056	2.4%
85 and over	757	4.7%	1546	6.6%	2303	5.8%

Source: U.S. Census Bureau, 2020 Census Demographic and Housing Characteristics File (DHC)

Retirement Age (65+)

- Hispanic, 18%
- Two or More Races, 2%
- Native Hawaiian or Pacific Islander, 1%
- Asian, 4%
- American Indian or Alaska Native, 1%
- Black or African American, 2%
- White, 72%
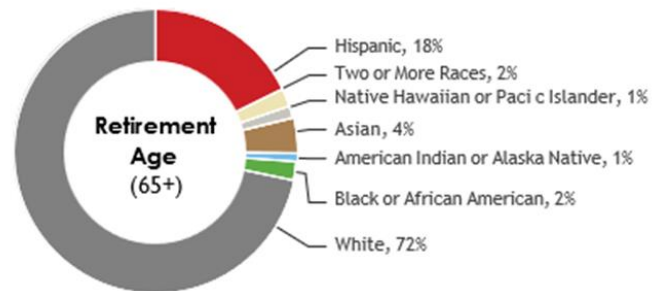
PEOPLE EXPERIENCING CHRONIC HOMELESSNESS IN UTAH

512 (2019), 688 (2020), 642 (2021), 792 (2022), 1,004 (2023) — 27% Increase
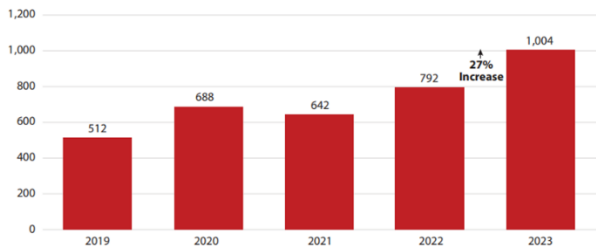
Source: Utah Point in Time Count (2021 is not comparable to other years because of inconsistencies caused by COVID)

The Number of Family Caregivers is Expected to Increase as Utah's Population Ages and Grows, 2015–2030

Historical / Projected

450, 379, 424, 430*, 460, 436, 441, 454, 466, 478, 490, 501, 514, 526, 539, 552 (Thousands)
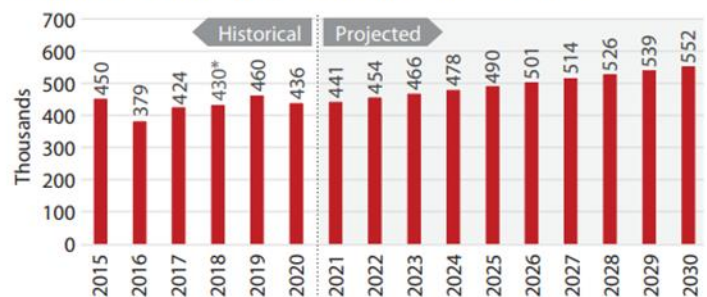
Note: Data are unavailable for Utah in 2018; count shown for 2018 is an estimate.
Source: U.S. Centers for Disease Control and Prevention (data) and the Kem C. Gardner Policy Institute (analysis).

Utah Commission on Aging

The Utah Governor's Commission on Aging (UCOA) was established by statute in 2005 to prepare Utahns and the network of agencies and organizations whose work is impacted by the aging demographic trends. Policy makers, municipal leaders, government and private agencies, researchers, investors, service providers, and individual citizens benefit from a coordinated effort to prepare for and meet the challenges of the future. UCOA was created for this planning, convening, and collaborative purpose. It sits at the crossroads of research and academia, policy, and community services to promote informed communication and cooperation.

UCOA sponsors and manages www.UtahAging.org, Utah's virtual resource center for older adults. The website is home to the MPA, historical UCOA documents, annual reports, statutory requirements, expert resource profiles, multi-sector activity calendars, and a library of resources and reference materials. UCOA promotes and links to Utah's aging service providers, VA benefits, arts and aging programs, professional development, research and volunteer opportunities, and much more.

The 2023 UCOA roster of Governor appointed members includes:

Ence	Robert	Executive Director
Allen	Christy	Utah Transit Authority
Anderson	Amy	Utah League of Cities and Towns
Burbank	Chris	Public Safety
Curley	Darlene	UCOA Chair and Public Policy
Fauth	Beth	USU Alzheimer's Research Center
Grover	Jim	Utah Office of Economic Opportunity
Hollingshaus	Mike	Kem C Gardner Policy Institute
Holmgren	Nels	Dept Health and Human Services
Kelso	Gary	Mission Health Services
Leffirth	Dennis	Tech Charities
Leggett	Paul	Area Agencies on Aging
Lloyd	Jenifer	Association for Utah Community Health
Macey	Joel	Community Nursing Services
McCullough	Matt	Utah Technology Network
Milne	Linda	Emergency Preparedness - Public
Openshaw	Jeri	Utah Division of Libraries
Ormsby	Alan	AARP Utah State Director
Pinilla-Coxe	Victor Hugo	The Americas Council
Rajeev	Deepthi	Comagine Utah
Supiano	Mark	U of Utah Center on Aging
Wilson	Troy	Elder Law Attorney

Collaborating for Collective Impact

Preparing for the future is an iterative process. UCOA deploys multiple efforts throughout the year to ensure thorough and inclusive input into establishing core issues, priorities, key strategies, recommendations, and measurable outcomes. This MPA and its future iterations are derived from the many intentional conversations and discussions from these forums described below and many other informative topical encounters.

UCOA Quarterly Summits

UCOA convenes expert stakeholders to share program resources, research, and best practices from our communities. The summits may include topical workshops for in depth issue conversation and serve to build networks among community partners. These summits are held generally on the second Thursday of February, May, August, and November. They are virtual, open to the public, and archived on the UCOA website. In addition to these open summits, the statutory members will hold strategy and planning sessions periodically throughout the year. A list of contributing partners and presentations can be found at www.utahaging.org under Commission Home.

Utah Aging Services Partnership

UCOA is in perpetual dialogue and exchange with the state unit on aging, Division of Aging and Adult Services (DAAS) and each of the designated planning and service areas or Area Agencies on Aging and their state association U4A. DAAS also provides a direct link and regular meetings with the cabinet level Department of Health and Human Services. UCOA engages in these agencies' sponsored events, monthly coordinating meetings, advocacy priorities, and participates in state and regional presentations and listening sessions with advisory boards from almost every entity at least once a year. There is a mutual commitment to inform, promote, refer services, identify needs, advocate, and coordinate to improve public service. UCOA also meets or communicates with departments of the Utah Governor's Office as needed or requested.

Research and Academic Partnerships

UCOA periodically meets with key educators from the eight gerontology programs across the state. Frequent exchanges occur with staff from Utah State University, Brigham Young University, and the University of Utah. UCOA is an integral part of multiple disciplines comprising the Utah Center on Aging at the U, an interdepartmental, interdisciplinary collaboration of individual educators and researchers committed to the aging experience. UCOA will frequently speak to undergraduate and graduate programs on aging issues and advocacy and in turn capture insights from the collegiate environment. Program relationships span nursing,

family living, geriatric conferences, social work, architectural and community design, educational technology programs, and studies in gerontology.

Partner Events and Conferences

UCOA is deeply engaged in public-facing events and conferences as a convenor, educator, surveyor, sponsor, presenter, and supporter. Organized events include regional hospitals, community centers, senior expos, chambers of commerce. Topics often include caregiving, fraud and exploitation, advance care planning, social isolation, age-friendly communities, and others.

Partner collaborators include older adult conferences, Seniors Blue Book, National Readmission Prevention, Utah State of Reform Health Policy, Digital Health Services Commission, Home and Hospice Association of Utah, Utah Health Care Association, Utah Hospital Association, Utah Assisted Living Association, Adult Protective Services, Utah Broadband Coalition, Comagine Health, Huntsman Cancer Institute, University of Utah's Colleges of Geriatrics, Nursing, Architecture, Social Work, Psychology, Family and Consumer Studies, and the Center on Aging. UCOA sponsors or participates in major events including Utah Elder Abuse Awareness Day, Annual Summit on Advance Care Planning, Falls Prevention Alliance workgroup, Utah Broadband Confluence, Conference on Poverty, Utah Family Caregiver Forum, Rocky Mountain Geriatrics Conference, and Age Friendly Community Symposium.

UCOA is a core member of several peer workgroups and councils all contributing to the content and issue determination herein. These include Alzheimer's Disease and Related Dementias Council, Utah Alzheimer's Association, Cover to Cover Veteran's Benefit program, Utah Geriatrics and Gerontology Society professional education program, Family Caregiver Collaborative at the University of Utah and the National Alliance for Caregiving, Utah Division of Arts and Museums, Jewish Community Center, Living Well Coalition, Healthy Aging Utah, Utah and County Library systems, E4 Center (Engage, Educate, and Empower for Equity) for older adult mental health, WINGS (Working Interdisciplinary Network of Guardianship Stakeholders), and other peer workgroups and councils

UCOA produces Rap on Aging (YouTube), a podcast series of interviews and educational experts on a variety of aging issues. UCOA has been an expert presenter and participant at several national annual conferences including US Aging (formerly National Association of Area Agencies on Aging – N4A), Gerontological Society of America (GSA), Home and Community Based Services Conference (HCBS), and American Society on Aging (ASA)

Utah MPA Team and the Multi-State Cohort 2023-24

A representative group of Utah colleagues is part of the Multisector Plan for Aging Learning Collaborative, multi-state cohort, sponsored by the Center for Health Care Strategies (CHCS) and funded through The SCAN Foundation, West Health, and the May & Stanley Smith Charitable Trust. A multisector plan for aging (MPA) is an umbrella term for a state-led, multi-year planning process that convenes cross-sector stakeholders to collaboratively address the needs of older adults and people with disabilities. Utah delegates include Rob Ence (UCOA), Nels Holmgren (DAAS), Amy Anderson (Logan City), Beth Fauth (USU Alzheimer's Research Center), Linda Edelman (U College of Nursing), and Carrie Schonlaw (Five County Area Agency on Aging – SW Utah). The collaborative provides a unique opportunity for the UCOA planning team in peer-to-peer exchange, access to a network of experts, and technical assistance to learn, share, and apply best practices and innovative strategies on behalf of all Utahns. The project runs for one year from June 1, 2023 to May 31, 2024 with future engagement opportunities. The states included with Utah are Connecticut, Iowa, Maryland, Massachusetts, Missouri, Nevada, New Hampshire, Pennsylvania, and Washington.

Public Portal on UtahAging.org

The Utah MPA home is found on the www.UtahAging.org home page. The current version of the plan, the social impact dashboard, related news, and portal for feedback are available to the public.

Glossary of Terms and Acronyms

AAA	Area Agency on Aging
ACL	Administration for Community Living
ACP	Advance Care Planning
AD	Advance Directive
ADL	Activities of Daily Living
ALF	Assisted Living Facility
AOA	Administration on Aging
AOG	Association of Governments
CCRC	Continuing Care Retirement Community
CDC	Center for Disease Control
CHC	Community Health Center
CHCS	Center for Health Care Strategies
CMS	Center for Medicare and Medicaid Services
CNA	Certified Nurse Aide
COB	Coordination of Benefits
COLA	Cost of Living Adjustment/Allowance
DAAS	Utah Department of Aging and Adult Services
DME	Durable Medical Equipment
DNR	Do Not Resuscitate Order
EMS	Emergency Medical Services
EOL	End of Life
FDA	Food and Drug Administration
FMLA	Family and Medical Leave Act
HHS	Health and Human Services
HIPAA	Health Insurance Portability and Accountability Act
HMO	Health Maintenance Organization
HUD	Department of Housing and Urban Development
LTC	Long Term Care
MPA	Multi-Sector Plan for Aging
NAC	National Alliance for Caregiving
NIA	National Institute on Aging
NIH	National Institute of Health
OAA	Older Americans Act
POLST	Provider Order of Life Sustaining Treatment
SSA	Social Security Administration
SSI	Supplemental Security Income
U4A	Utah Association of Area Agencies on Aging
UCOA	Utah Commission on Aging
UHCA	Utah Health Care Association

II. Design and Implementation

Six Social Impact End Goals - Overview

Six social impact end goals define MPA priorities for the next ten years. each with multiple defined outcomes, related strategies, key indicators of success, and performance measures. Each strategy identifies lead agencies/individuals. From this ten-year outlook, current priorities are selected by the UCOA planning participants to be accomplished within the first three years of the plan.

This exercise will remain dynamic with annual adjustments or course corrections after each reporting period. The performance dashboard highlights these indicators and serves as a guide to future policy and decision making processes by the MPA stakeholders. All information is archived and available to the public on www.utahaging.org.

1. ## Age-Friendly Ecosystems
   ### *Staging Successful Aging*

   Utah adults benefit from age-friendly principles in our communities of living, education, health care, workplace, and public health that improve the quality of life and the aging experience for all.

2. ## Live Well Everyday
   ### *Sustaining Health and Wellness*

   Utah adults access services and resources that optimize our quality of life by caring for our physical, mental, and social well-being and establishing healthy lifestyles towards a successful aging experience.

3. **Affordable Aging**
   Financial Sufficiency

   > Utah adults work, save, manage, and protect their assets and resources, free from exploitation and ageism, to sustain economic viability for life.

4. **Plan for Life**
   Personal Empowerment

   > Utah adults live self-determined lives with dignity, autonomy, competence, and freedom from social isolation.

5. **Networks of Care**
   Support Systems

   > Utah adults access education, resources and support services to better serve those for whom they care and to preserve their own well-being.

6. **Embrace Technology**
   Intelligent Aging

   > Utah adults are empowered through technology and safe device utilization to make informed choices on issues that impact the way we age.

1. **Age-Friendly Ecosystems –** *Staging Successful Aging*

    Utah adults benefit from age-friendly principles in our communities of living, education, health care, workplace, and public health that improve the quality of life and the aging experience for all.

    A. **Establish Age-Friendly Communities**
        1) Utah applies for and receives the Age-Friendly Utah state designation, proclaimed and endorsed by the Governor.

        2) Six municipalities apply for and receive community age-friendly designation each year for the next ten years.

        3) Expand age-friendly systems in health care, education, and the workplace.

Models:	WHO/AARP designated states/communities, University of Utah Age Friendly designations for health care and a university, 4 M healthcare delivery model
Leads:	UCOA, DAAS, AAAs, A Ormsby, Tim Farrell, MD, - U SOM; Kara Dassell - U Coll of Nursing, Mike Hollingshaus, Chris Burbank, Christy Allen
Measures:	Increase in designations across target sectors.

    B. **Reframe Aging and Eliminate Ageism**
        1) Public education campaign to promote the value-add of older adults in society.

        2) Ageism is understood and eliminated in all its forms and manifestations.

Model:	Frameworks Institute, sample businesses
Leads:	Jackie E, Katarina F., others, Jim Grover, Jeri Openshaw, Mike Hollingshaus
Measure:	Public opinion survey improves over baseline

C. Develop Age-Friendly Policies

    1) Develop a team of bipartisan legislators committed to older adult issues and legislation.

    2) Build awareness among policymakers and the public on how aging and disability-related policy impacts people at all stages of life

    3) Identify and eliminate policies or gaps that enable ageist behaviors or outcomes.

Model:	Example legislation
Leads:	UCOA, Sen Kwan, Rep Ward, Rep Judkins, Darlene Curley, Nels Holmgren, Amy Anderson, A Ormsby, others…
Measure:	Legislative workgroup established; impact policies changed
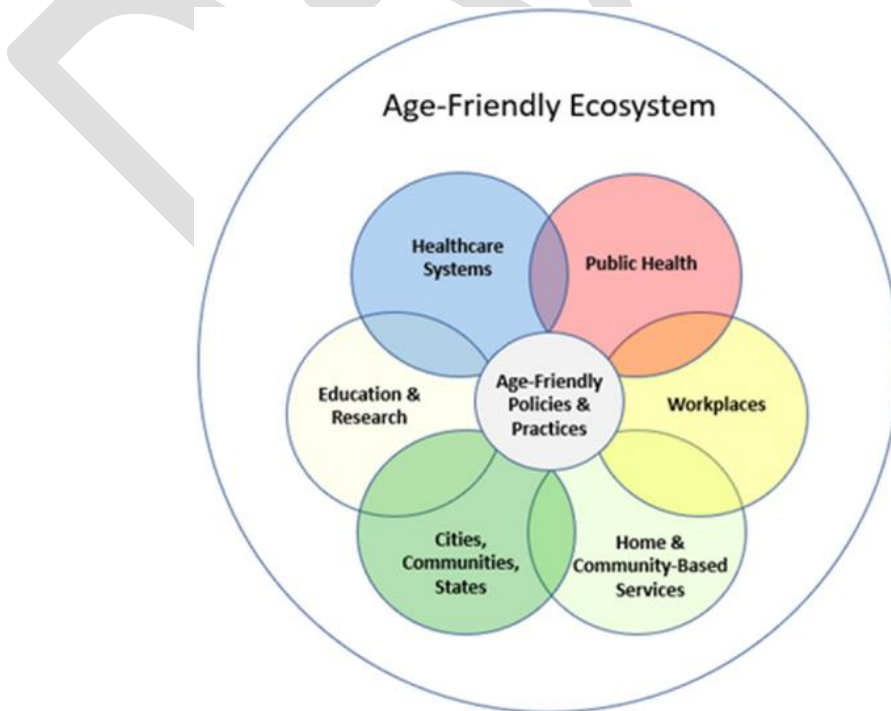
Age-Friendly Ecosystem

2. Live Well Everyday - *Sustaining Health and Wellness*

Utah adults access services and resources that optimize our quality of life by caring for our physical, mental, and social well-being and establishing healthy lifestyles towards a successful aging experience.

A. Healthy Living

1) Support policies that improve the air quality of our environment.

2) Promote and support programs that focus on the elements of healthy living: exercise, nutrition, sleep

3) Older adults reporting food insufficiency is reduced.

4) Promote Falls Prevention education and risk screening and relate to fewer falls and unnecessary repeat hospital admissions and EMT calls.

Model:	Living Well Coalition
Leads:	Teresa Brunt, Nicole Shepherd, Living Well, Deepthi Rajeev
Measure:	Policies for clean air, education on elements of health living, % reporting food insufficiency decreases, % falls/hospital admissions decreases

B. Health Care Workforce Expansion

1) Support policy incentives for geriatric trained specialists and rural providers.

2) Expand the adoption of 4M (What Matters, Medication, Mentation, Mobility) principles in older adult health care practices.

3) VA Benefits are known and utilized by eligible Utah veterans.

4) Establish licensing standards for professional workers managing patients with mental health issues.

5) Work with DOPL to include dementia care training across applicable disciplines.

6) Adopt guidelines for Dementia Disease Management, Care, and Education.

7) Determine the need and create a plan for transitional housing requirements for mental health and abuse victims.

8) Mental health resources are available and utilized.

Model:	E4 Policy Academy, others
Leads:	Jennifer Lloyd, Anne Asman, Dee Dee Richardson, Tim Farrell, Gary Kelso, Mark Supiano, Beth Fauth, Linda Edelman, Joel Macey
Measure:	Improved standards for mental health workers, increase in geriatric trained providers, increase in rural providers,

C. Lifelong Learning and Social Engagement

1) Engage older adults in arts, music, and cultural opportunities.

2) Promote and grow participation in continuing education opportunities, e.g. Osher Institute, HB 60.

3) Provide program information for travel and recreational opportunities.

4) Create and connect older adults with volunteer opportunities in their communities.

Model:	Osher, Go Learn,
Leads:	Traci Hanford, Osher rep, Emily Christensen, AARP, Jeri Openshaw, Dennis Leffirth
Measure:	Enrollment over baseline, participant survey

3. Affordable Aging – *Financial Sufficiency*

Utah adults work, save, manage, and protect their assets and resources, free from exploitation and ageism, to sustain economic viability for life.

A. Workforce Options

1) Promote the value of older workers and secure business support to provide viable employment opportunities.

2) Identify and secure policies that protect older workers from ageism practices.

> Model: Sample business
> Leads: TBD Legislators, UCOA, AARP,
> Measure: TBD promotional campaign
> Removal of harmful policies

B. Suitable Housing

1) Support development and revitalization plans to ensure open space and accessible adaptive recreation.

2) Support policies to increase availability of innovative and practical mobility and transportation options.

3) Educate and work with architectural and construction industry to incorporate Universal Design elements into more dwellings.

4) Increase inventory of affordable housing for older adults.

5) Reduce unsheltered and homeless population trend.

6) Promote services for repair and adaptation for low income assistance.
> Model: Helpful Village, etc.
> Leads: Valerie Greer, E4 group rep, Carol Hollowell, Mary Helen Stricklin, Christy Allen, Kimberlin Correa
> Measure: TBD

C. Financial Adequacy

1) Support wealth accumulation options and education.

2) Reduce cases of financial exploitation, fraud, and scams among older adults.

3) Access to unbiased Social Security and Medicare counseling and insurance guidance.

4) Simplify financial assistance enrollment – Medicaid eligibility

Model:	AARP Fraud Network, State Health Ins Program, Chris Burbank
Leads:	Darren Hotten, U4A, AARP, DWS Rep
Measure:	Utilization growth TBD

4. Plan for Life – *Personal Empowerment*

Utah adults live self-determined lives with dignity, autonomy, competence, and freedom from social isolation.

A. Advance Care Planning

1) Support policies to protect individual choice, right to self-determination, and control of their lives and assets.

2) Support policies to encourage universal recognition and acceptance of ACP documents.

3) Create Utah state repository for ACP documents.

4) Support policies for informed conservatorship and guardianship application.

> Model: Repository: IHC, Oregon, Idaho
> Leads: UCOA, C Collet, E Gardner, DHHS, Troy Wilson, WINGS rep, Doug Cunningham, Mary Helen Stricklin
> Measure: TBD

B. Combating Social Isolation - Building and Maintaining Connections

1) Grief and loss resources are broadly accessed and utilized.

2) Find and create connections for orphaned and unbefriended adults.

3) Identify and provide connection opportunities for socially isolated individuals.

> Model: TBD
> Leads: Kathy Supiano, Tim Farrell, Josie Stone
> Measure: TBD

C. Emergency Preparation

1) Support program for personal emergency preparation education.

2) Demonstrate educational outreach for personal preparation and successful plans in place.

   Model: VOAD, Utah Emergency Operations Plan
   Leads: VOAD volunteers, Linda Milne, Ed Blake, Paul
              Leggett
   Measure: TBD

5. Networks of Care – *Support Systems*

Utah adults access education, resources and support services to better serve those for whom they care and to preserve their own well-being.

A. Educate and Support Family Caregivers

1) Promote and resource the Utah Family Caregiver Plan.

2) Support and promote awareness and adoption of the national R.A.I.S.E. Act (Recognize, Assist, Include, Support, and Engage).

B. Protect Health and Well Being of Patient

1) Support policies to ensure freedom from mental, physical, and sexual abuse, and involuntary seclusion under the care of others.

2) Support policies to ensure freedom from misappropriation of resident property and exploitation.

3) Support ADRD and other training requirements for service providers.

C. Protect Health and Well Being of Caregivers

1) Provide culturally competent and appropriate services

2) Identify and reach vulnerable populations.

3) Support and resource grandparents raising grandchildren.

4) Support and resource families caring for adults with disabilities.

Model:	Utah Family Caregiver Plan, etc.
Leads:	Becky Utz, Kate Nederostek, Anne Asman, Dee Dee Richardson, E4 Participants, FCC partners, Joel Macey, Lee Ellington
Measure:	TBD

6. Embrace Technology – *Intelligent Aging*

Utah adults are empowered through technology and safe device utilization to make informed choices on issues that impact the way we age.

A. Resource Navigation

1) Digital navigator call center program launched with trained volunteers.

2) Expand and refresh www.utahaging.org assets at least 20% each year.

3) Increase visits to website and social media assets by 50% each year.

> Model: Mon Ami call center frame work
> Leads: UCOA, Sally Aerts, Michelle Kelly, Jeri Openshaw, Jim Grover
> Measure: Obtain funding for call center
>   Recruitment and training of X volunteers
>   Increase visits to website by 20% annually

B. Mentoring Literacy

1) Improve health, financial, legal, and technical literacy rate of older adults.

2) Device availability and safe usage education

> Model: Digital Navigator programs, Tech Charities
> Leads: UCOA, Sally Aerts, Michelle Kelly, Dennis Leffirth, Utah Broadband Coalition, Matt McCullough, Jeri Openshaw, Troy Wilson, Victor Hugo Pinilla-Coxe
> Measure: Number of individuals mentored, trained, devices placed, reported increased utilization for resource access

MPA Priorities for 2024-2026

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Acknowledgements

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Social Impact Hierarchy and Accountability Framework

- End Goals Outcomes desired to be defined – Impact Results
- Key strategies per outcome
- Baseline indicator per outcome and per strategy existing or TBD.
- Measurement strategies – performance – existing or TBD
- Assigned agencies per strategy (Leads – suggested and TBD)

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Commission Request (see survey document)

1. Overview input
2. 12 vision descriptors for Utah for the Ages
3. Acronyms
4. End Goals
   a. Strategy
      i. Action
         1. Model – example of existing programs, policies
         2. Measure – performance indicators
         3. Lead – individuals or organizations
   b. Priority in first three years
5. Listing in Acknowledgements – how – name, organization, etc.

![UtahAging.org — Utah Commission on Aging logo]

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