CALIFORNIA HEALTHIER LIVING COALITION MEETING

Monday, November 9, 2020

9:00 AM – 12:00 PM

C A L I F O R N I A

HEALTHIER LIVING

Living Your Best Life…

This project was supported, in part by grant number 90FPSG0005-01-02 and 90CSSG005-01-02, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201.Grantees undertaking projects under government sponsorship are encouraged to express freely their findings and conclusions. Points of view or opinions do not, therefore, necessarily represent official Administration for Community Living policy.

Welcome

June Simmons, President and CEO
Partners in Care Foundation

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HEALTHIER LIVING

Living Your Best Life…

MEETING AGENDA

- Statewide Overview
- California Department of Public Health, Healthy Aging Initiative
- Stretch Break: Virtual Tai Chi
- PANEL – Remote Programs: Marketing, Coordination and Implementation
- Remote Programs Sample Sessions
- Evaluation and Closing

Statewide Overview – Governor's Master Plan on Aging

Irene Walela, Deputy Director, Long-Term Care and Aging Services Division
California Department of Aging

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Living Your Best Life…

Agenda

I. Introduction

II. COVID-19

III. Aging and Adult Services

IV. Governor's Master Plan for Aging

V. Department Updates

VI. Q&A

Introduction

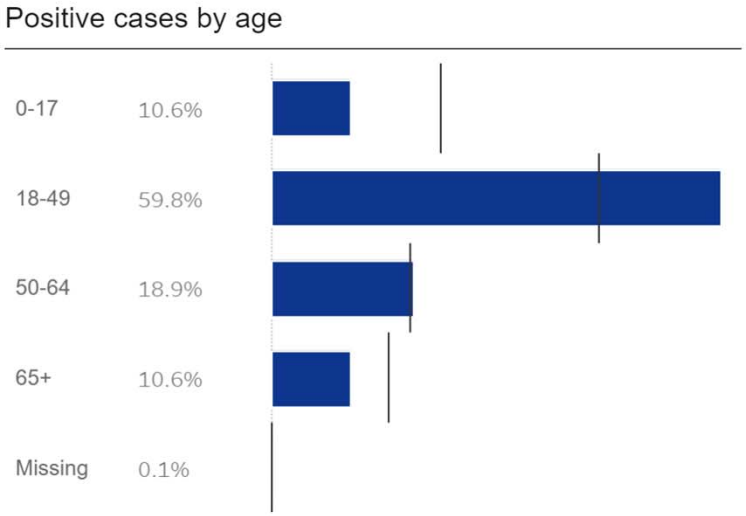
- Irene Walela
- Deputy Director
- Long-Term Care and Aging Services Division
- California Department of Aging

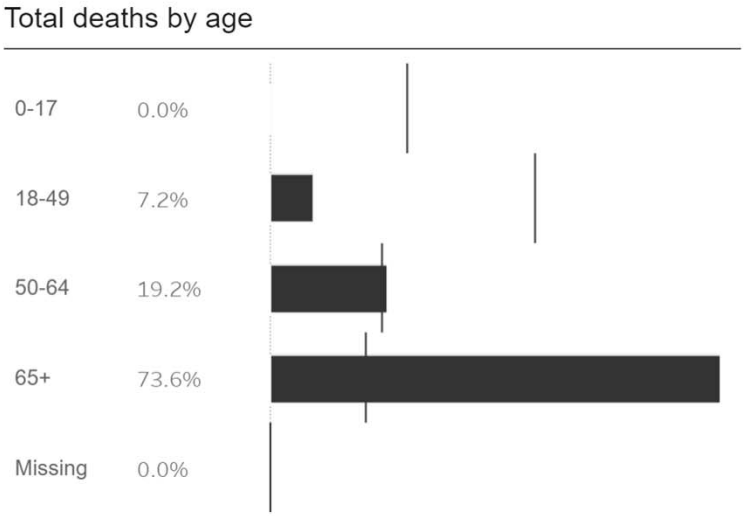
COVID-19: Data

As of October 19:

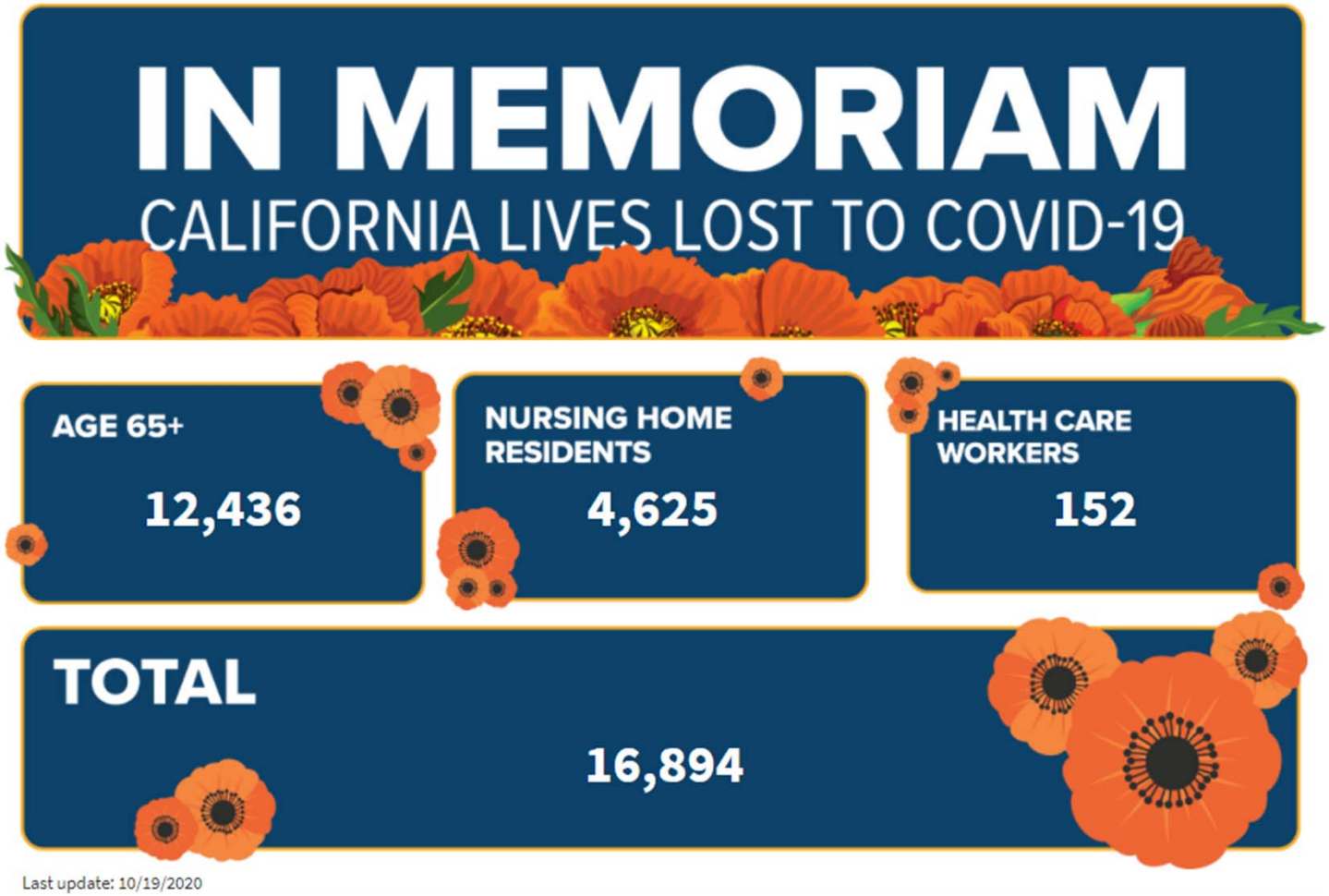
- **92,952** positive cases 65+
- **12,436** deaths 65+

Source: Tracking COVID-19 in California





COVID-19: Lives Lost



Source: Lives Lost to Covid 19

COVID-19 Funding

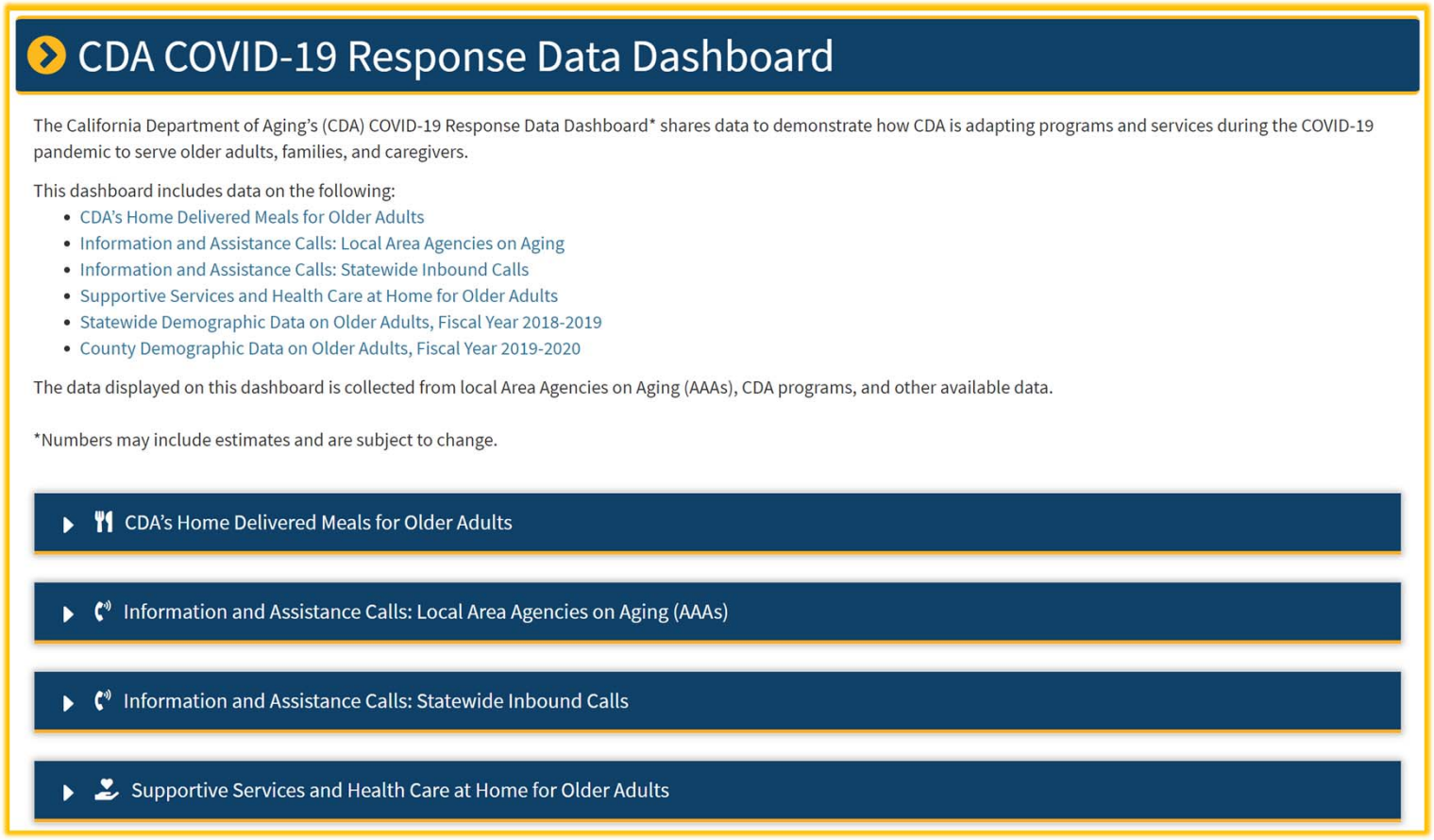
Families First Coronavirus Response Act

- Received by CDA: $25,086,381
- Distributed to AAAs: $23,832,062
- Total Distributed Statewide Projects Funding: $1,254,319

Coronavirus Aid, Relief, and Economic Security Act

- Received by CDA: $86,505,282
- Distributed to AAAs, ADRCs, Ombudsman: $59,671,495
- Total Distributed Statewide Projects Funding: $4,176,000
- Balance of CARES to be distributed to AAAs: $18,181,788

Aging and Adult Services: COVID-19 Data Dashboard



CDA COVID-19 Response Data Dashboard

The California Department of Aging's (CDA) COVID-19 Response Data Dashboard* shares data to demonstrate how CDA is adapting programs and services during the COVID-19 pandemic to serve older adults, families, and caregivers.

This dashboard includes data on the following:

- CDA's Home Delivered Meals for Older Adults
- Information and Assistance Calls: Local Area Agencies on Aging
- Information and Assistance Calls: Statewide Inbound Calls
- Supportive Services and Health Care at Home for Older Adults
- Statewide Demographic Data on Older Adults, Fiscal Year 2018-2019
- County Demographic Data on Older Adults, Fiscal Year 2019-2020

The data displayed on this dashboard is collected from local Area Agencies on Aging (AAAs), CDA programs, and other available data.

*Numbers may include estimates and are subject to change.

▸ CDA's Home Delivered Meals for Older Adults

▸ Information and Assistance Calls: Local Area Agencies on Aging (AAAs)

▸ Information and Assistance Calls: Statewide Inbound Calls

▸ Supportive Services and Health Care at Home for Older Adults

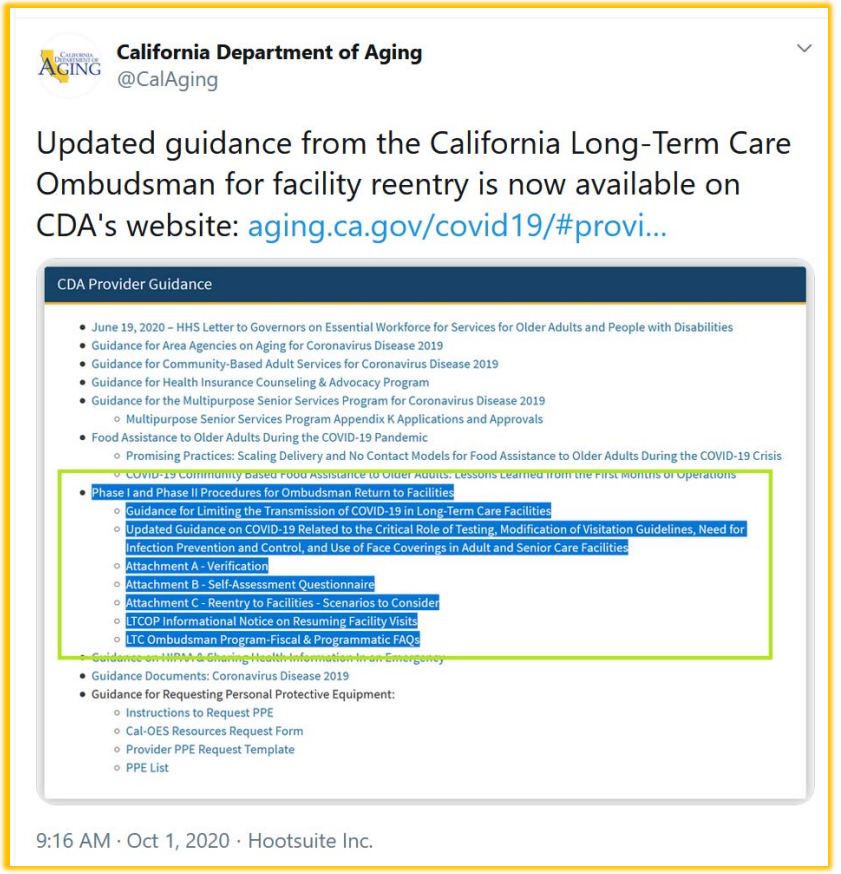
Using Data for Action

Public display of all data reported weekly by our network of local Area Agencies on Aging

aging.ca.gov/Data_and_Reports/COVID-19_Data_Dashboard/

Aging and Adult Services : Residents, Families, and Friends in Senior Living (LTCO)

- California Long-Term Care Ombudsman issued facility **reentry guidance** in September
- Provided briefings, technical assistance, and training on new guidance to local LTCOs and LHDs, in partnership with CDPH
- Services also continue via phone and on-line

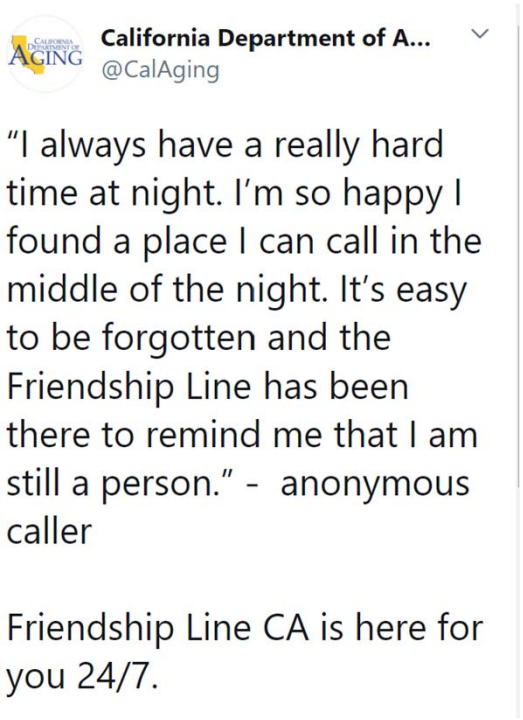


Aging and Adult Services: Meals

- 17.9 million meals served to 2.9 million individuals since April 6
- Continuing program flexibility permitting resources to be used for home-delivered meals instead of congregate settings
- California Aging and Adult Information Line at 1-800-510-2020 to connect with your local Area Agency on Aging for nutrition assistance

Aging and Adult Services: Friendship Line California

- **52,658 calls** received since April
- Service is funded through December 2020
- New RFP released on October 19th



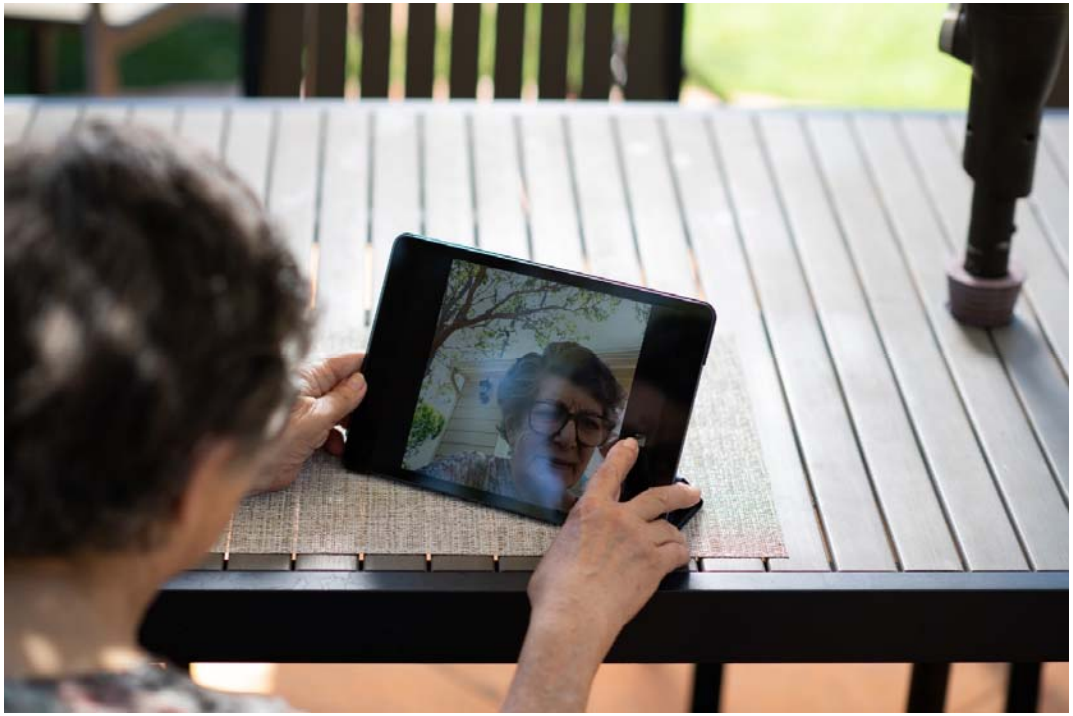
- **CMS Approves Temporary Alternative Services (TAS) for CBAS**

- 36,000 participants served each month from June 2019 to June 2020
- TAS approved on October 9, 2020
- TAS authority remains effective through March 12, 2021

Aging and Adult Services:
Multi Purpose Senior Services Program

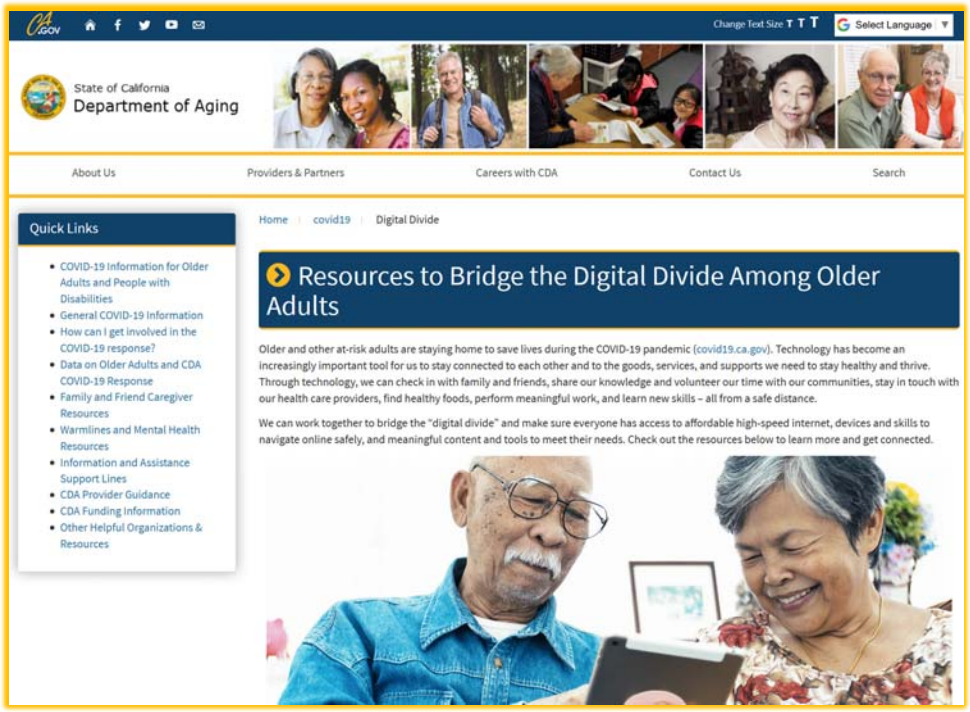
- MSSP sites served **9,173 participants** from April to June 2020
- Transforming Services:
  - Telephonic or video enrollment
  - Increased PPE supplies
  - CMS flexibilities with program requirements

Aging and Adult Services:
Digital Divide Initiative



- Executive Order N-73-20 to bridge the Digital Divide in CA
- CDT with CDA & CDE developing a State Broadband Strategy for All
  - Devices, internet access and training for providers and older adults
- New CARES Act Funded Initiative - allows providers to purchase internet access, devices, and training

Aging and Adult Services: Digital Divide Initiative



[Resources to bridge the digital divide among older adults]

- Visit CDA's Digital Divide Webpage:

✓ Webinars on digital divide

✓ Tools and resources

✓ Organizations working to bridge the digital divide

✓ Resources to get online

✓ Resources to stay active and connected through technology

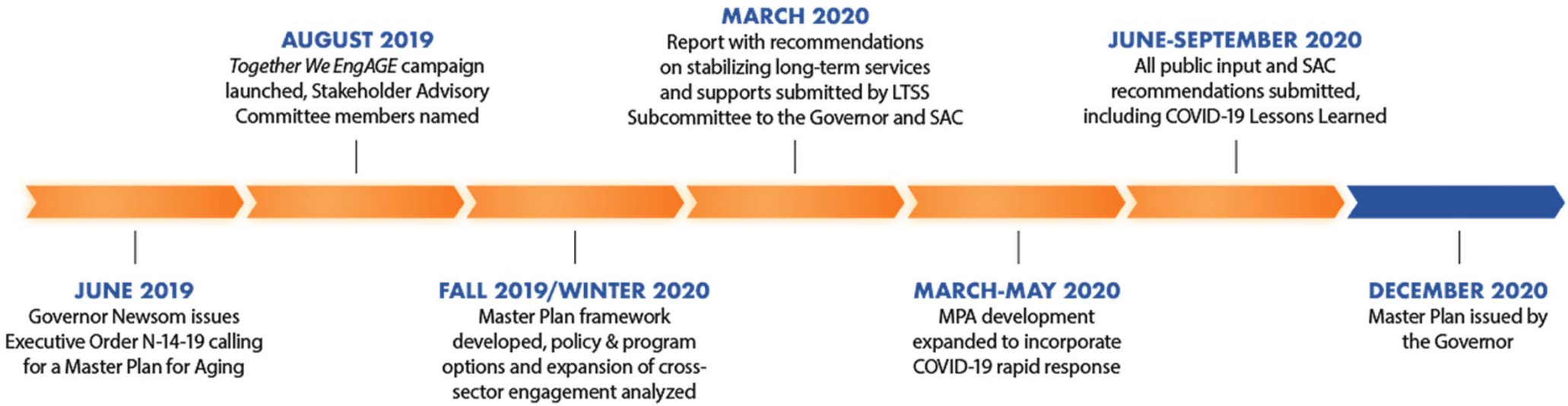
Aging and Adult Services:
NEW Equity in Aging Webinar Series

- Join CDA for a monthly peer-led Ensuring Equity in Aging webinar series featuring national, state, and local leaders!
- Tune in every first Wednesday from 10 - 11 a.m. through July 2021.
- Kicks off November 4 on the topic of Tribal Elders.
- December edition will focus on people with disabilities.

Governor's Master Plan for Aging

- ✓ 2019-20 Timeline
- ✓ December Deliverables
- ✓ Summer Progress Report
- ✓ "California for All Ages" Equity in Aging Initiative
- ✓ Stakeholder Recommendations
- ✓ Governor's Alzheimer's Task Force
- ✓ Legislative Roundtable

Governor's Master Plan for Aging: 2019-20 Timeline



ENGAGECA.org

Governor's Master Plan for Aging: December Deliverables

- **State Plan** for state & local government, communities, organizations, philanthropy
- **Local Playbook**
- **Data Dashboard on Aging** (version 1.0) to track MPA progress for 10 years

Governor's Master Plan for Aging: Summer Progress Report

- Check out the latest Master Plan for Aging progress report here.

MASTER PLAN FOR AGING
PROGRESS REPORT
SUMMER 2020

MPA Stakeholder Engagement Process Wraps Up

Stakeholder Advisory Committee (SAC) Releases Final Recommendations to Administration

What's Next for the MPA Process?

On September 15th, the SAC released over 800 Master Plan for Aging recommendations. The California Health and Human Services Agency and an All Cabinet Work Group are currently reviewing these recommendations and developing the MPA with the Governor this fall. This December, the Governor will release the final Master Plan for Aging, including the MPA State Plan, Local Playbook, and Data Dashboard in alignment with the Governor's Alzheimer's Prevention and Preparedness Task Force. We look forward to partnering with state and local government, non-profit, and private entities on implementation of the Master Plan in 2021.

2019-2020 Together We Engage Stakeholder & Public Engagement Process

Since the Governor's Executive Order in June 2019, the Master Plan for Aging's Together We Engage campaign has included nine SAC meetings, as well as thirteen Long-Term Services & Supports Subcommittee, six Research Subcommittee, and four Equity Work Group meetings. In between these meetings, countless hours of work took place, including review and consideration of over 240 stakeholder organization recommendation letters and over 1,000 public comments collected via meetings, surveys, email, nine Webinar Wednesdays. Legislators convened communities with us to discuss the MPA at six legislative round tables. Throughout the past year, the MPA team has gathered a wide range of input through dozens of MPA forums with associations, local communities, and private sector partners.

This engagement process has culminated in over 800 Stakeholder Advisory Committee recommendations to inform the final Master Plan for Aging. An executive summary was released by SAC lifting up Long Term Services and Supports, Housing, Poverty, Equity and Leadership priorities.

Together We Engage: Summer 2020

Following a two-month pause to focus on COVID-19 response efforts, the Stakeholder Advisory, public, and partner activities resumed in May 2020.

Summer Subcommittee and Work Groups Activities

The Research Subcommittee met twice to determine an MPA Research Agenda, as well as to inform the development of the MPA Data Dashboard. The Long-Term Services and Supports Subcommittee met three times for discussion of the proposed Long-Term Care at Home Benefit, and the Equity Work Group met twice to develop MPA equity recommendations, an equity tool, and an equity glossary for use in the MPA planning and implementation phases.

Public Input on COVID-19

In July, CDA released a public online COVID-19 Impacts and Recommendations survey. Over 1700 responses, which emphasized social isolation, timely health care access, and the role of technology and the Internet, were summarized and shared with the Stakeholder Advisory Committee. To respond to those needs, a resource card was produced and shared out on social media. (Please continue to share).

Knowing Our History, Listening to Our Elders

In August, CDA began a project to interview retired and long-serving leaders of California's aging policy and programs whose experience, perspective, and insight will inform our future planning. A timeline and stories will be included in the final Master Plan.

Private Sector Partners

In April, Director McCoy Wade participated in USC Annenberg Norman Lear Center's Hollywood, Health & Society's Forum on Older Adults & Caregiving in the Age of COVID-19; as well as participated in the Milken Institute's Summit on California's Older Demographic Future.

Stakeholder Advisory Committee Meetings

Following a brief pause to focus on COVID-19 response efforts, the Stakeholder Advisory Committee began an re-convening on May 28th, moving forward with the development of its MPA recommendations. On September 15th, the SAC presented its executive summary, seven small group recommendations and its final recommendations to inform the Master Plan for Aging. The SAC was kindly joined by Master Plan for Aging champion and Senate Bill No. 228 sponsor, Senator Hannah-Beth Jackson (District 19) who shared remarks.

Stakeholder Advisory Committee's Final Recommendations Submitted on September 22:

- Executive Summary (5 core priorities): equity, leadership, system of long-term services & supports, housing, and poverty
- Final reports available on CHHS MPA webpage (800-plus recommendations)
- Includes cross-cutting proposals on climate change, technology, and university research

Alignment with The Governor's Alzheimer's Disease Prevention & Preparedness Task Force, led by Maria Shriver – recommendations forthcoming

Governor's Task Force on Alzheimer's Disease Prevention and Preparedness

Department Updates:
Aging Matters newsletter September 2020

- Aging Matters Newsletter

- In this issue…
- ✓CDA's Response to COVID-19: By the Numbers
- ✓CDA Surveys Californians on the Impacts of COVID-19
- ✓CDA Distributing Federal COVID-19 Resources to Locals
- ✓CDA Working to Support Communities Disproportionately Impacted by COVID-19
- ✓Disaster Preparedness and Response Resource
- ✓And more!

Thank You

California Department of Aging

www.aging.ca.gov

Irene.Walela@aging.ca.gov

(916) 217-7528

Healthy Aging Initiative

California Healthier Living Coalition

November 9, 2020

Elizabeth Jones, MPH

California Department of Public Health (CDPH)

Presentation Goals

- What is the Healthy Aging Initiative
- CDPH Activity Areas Around Older Adult Health
- Healthy Aging Workgroup
- Healthy Aging Initiative Website
- California Healthy Aging Convening

Healthy Aging Initiative

A comprehensive approach to aging that aligns resources from across the California Department of Public Health to increase public health's capacity to address health concerns of older adults and their caregivers.

Vision: A public health system that supports healthy, resilient, thriving residents throughout the entirety of their lifespan.

Mission: To amplify, align, and coordinate local and statewide public health efforts to create nurturing, healthy, and inclusive environments for older adults and their support networks.

CDPH California Department of PublicHealth

CDPH Activity Areas Related to Older Adults Health

- Influenza
- Nutrition
- Colon Cancer
- Stroke & CVD
- Diabetes
- Alzheimer's and Dementia
- Health Care Quality – Licensing & Certification
- Injury Prevention & Traffic Safety
- Gambling Disorder
- Opioid Overdose Prevention
- Violence Prevention Initiative
- Emergency Preparedness
- Oral Health
- Climate Change Vulnerability
- Grandparents as Caregivers

CDPH California Department of PublicHealth

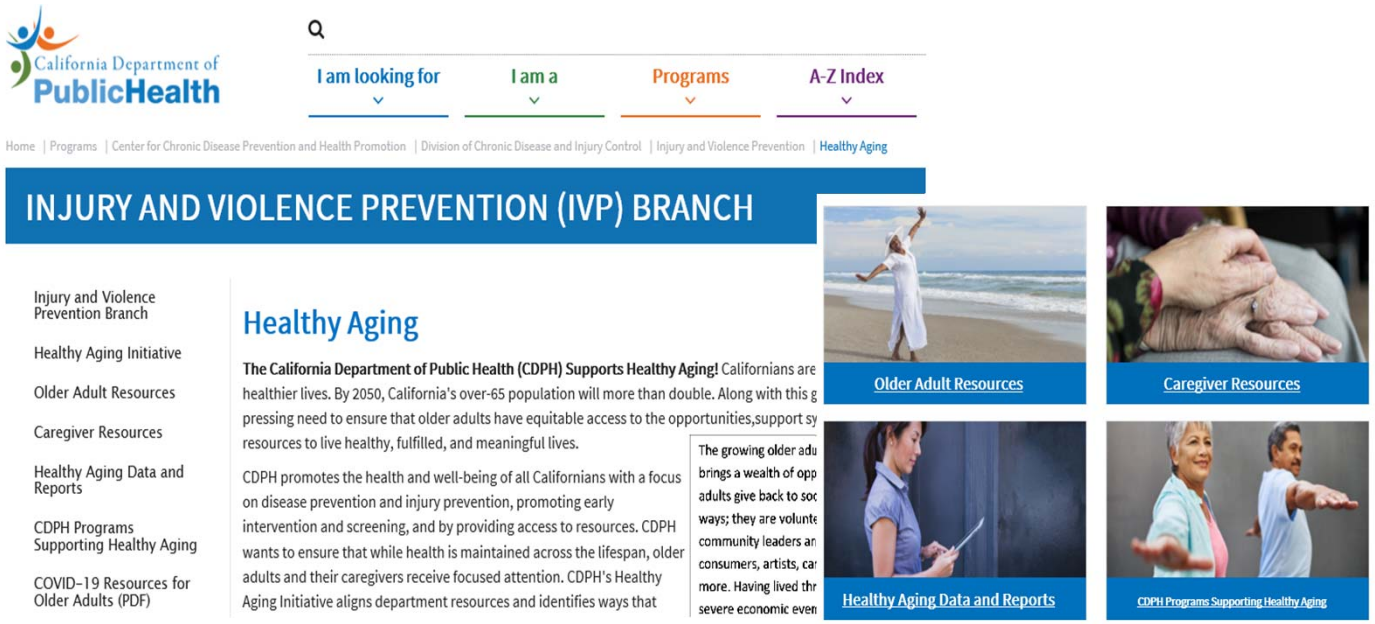
Additional Older Adult Areas of Concern

- **Housing**
- **Healthcare Affordability**
- **Transportation**
- Long term care and support services
- Skilled Caregivers
- Employment
- Financial Security
- Exploitation
- Loneliness Social Isolation
- Depression
- Alcohol
- Financial Security

Healthy Aging Workgroup

- Membership: Over two dozen staff members from across the Department's six Centers
- Includes staff working in areas that are a concern for older adults
- Two subgroups: Healthy Aging Data Team and Communications Team

Healthy Aging Initiative Website



https://www.cdph.ca.gov/Programs/CCDPHP/DCDIC/SACB/Pages/HealthyAging.aspx

California Healthy Aging Convening

Purpose

- To engage Local Health Jurisdictions (LHJ) in a process to look at public health aging issues, establish priority areas, and generate recommendations on how to move forward

Format

- Presentations by CDPH's HAI, Fusion Center, and Office of Health Equity & Purposeful Aging LA
- Breakout sessions around priority areas to determine next steps

CDPH California Department of PublicHealth

Convening
Breakout Session 1

Below is a summary of the biggest challenges discussed:

- Providing support/TA during COVID-19
- Being intentional in addressing health equity
- Funding & staffing
- Digital access
- Data availability

Convening
Breakout Session 2

Below is a list of areas participants would like to further address:

- **Equity** – equity data availability, equity in rural areas
- **Coordinated systems** – coordinated care, easily navigated care, addressing fragmented programs
- **Partnerships** – strengthening partnerships & collaboratives, exploring non-traditional partnerships, involving more diverse partners
- **Livable communities** – improvements in transportation, food access/insecurity, injury prevention, safety, social isolation, housing insecurity/affordability, digital access/digital divide
- **Community engagement** in decision making
- **Data** gaps

CDPH California Department of PublicHealth

Next Steps

- Share Health Equity Tool with Local Public Health Departments
- Healthy Aging Workgroup will continue to work on Health Equity activities
- Summer 2021 Convening – Part 2 of our Health Equity Series

Thank You!

Contact Information:
Elizabeth Jones
HAI Program Lead
Elizabeth.Jones@cdph.ca.gov

https://www.cdph.ca.gov/Programs/CCDPHP/DCDIC/SACB/Pages/HealthyAging.aspx

STRETCH BREAK: Tai Chi for Arthritis

Led by: Christy Lau

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HEALTHIER LIVING

Living Your Best Life…

Remote Programs: Marketing, Coordination, and Implementation

Moderated by: Cassandra Manfre

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HEALTHIER LIVING

Living Your Best Life…

Panelists

- **Jennifer Tripken,** National Council on Aging
- **Paige Colburn-Hargis,** Scripps Health
- **Carol Powers,** Alameda County Health Care Services Agency
- **Lucia Ramirez,** Dignity Health Mercy and Memorial Hospitals
- **Ken Wong,** On Lok

REMOTE PROGRAMS: MARKETING, COORDINATION, AND IMPLEMENTATION

Jennifer L. Tripken, EdD, CHES
Associate Director, Center for Healthy Aging
National Council on Aging

National Council on Aging

Improving the lives of 40 million older adults by 2030

NCOA's Center for Healthy Aging

- **Goal**: Increase the quality and years of healthy life for older adults and adults with disabilities.
- Houses **Two National Resource Centers** funded by the Administration for Community Living:
  - Chronic Disease Self-Management Education (CDSME)
  - Falls Prevention
- Other key areas: behavioral and mental health, physical activity, immunizations, oral health, ***social determinants of health***

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We're here to support you!

Information, Education, and Resources
Support implementation, dissemination, and sustainability of programs

One-on-One Support

- Tailored technical assistance based on your needs

Networking & Peer Learning

- Work groups
- Learning Collaboratives
- Listservs for professionals

Online Tools and Resources

- Ongoing webinars
- Best practices from organizations across the country

National Databases

- Data collection & management
- CDSME & falls prevention

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From In-Person to Remote:
Chronic Disease Self-Management Education

March 1, 2019 – March 1, 2020

HOST ORGANIZATIONS	IMPLEMENTATION SITES	WORKSHOPS	ENROLLED	COMPLETED
468	1,768	2,364	25,472	18,927

March 1, 2020 – Oct. 30, 2020

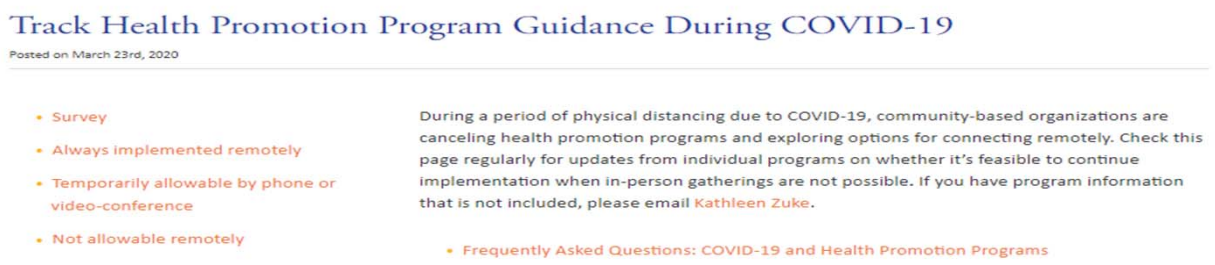
HOST ORGANIZATIONS	IMPLEMENTATION SITES	WORKSHOPS	ENROLLED	COMPLETED
81	139	289	2,004	1,346

- Scheduled workshops canceled across the country
- Loss of evidence-based programs that provide peer connection, support managing chronic conditions, and physical activity
- Faced with the need to decide if and how to implement workshops remotely

 | © 2019 National Council on Aging

What's Possible?

- **Website:** https://www.ncoa.org/news/ncoa-news/center-for-healthy-aging-news/track-health-promotion-program-guidance-during-covid-19/



Track Health Promotion Program Guidance During COVID-19

Posted on March 23rd, 2020

- Survey
- Always implemented remotely
- Temporarily allowable by phone or video-conference
- Not allowable remotely

During a period of physical distancing due to COVID-19, community-based organizations are canceling health promotion programs and exploring options for connecting remotely. Check this page regularly for updates from individual programs on whether it's feasible to continue implementation when in-person gatherings are not possible. If you have program information that is not included, please email Kathleen Zuke.

- Frequently Asked Questions: COVID-19 and Health Promotion Programs

- Each evidence-based program has its own set of guidance on how to proceed with remote delivery when in-person is not possible.
- Some programs have been approved for remote delivery, while others are not.
- If you have a question and don't know who to ask, email healthyaging@ncoa.org

RESPONSE TO REMOTE

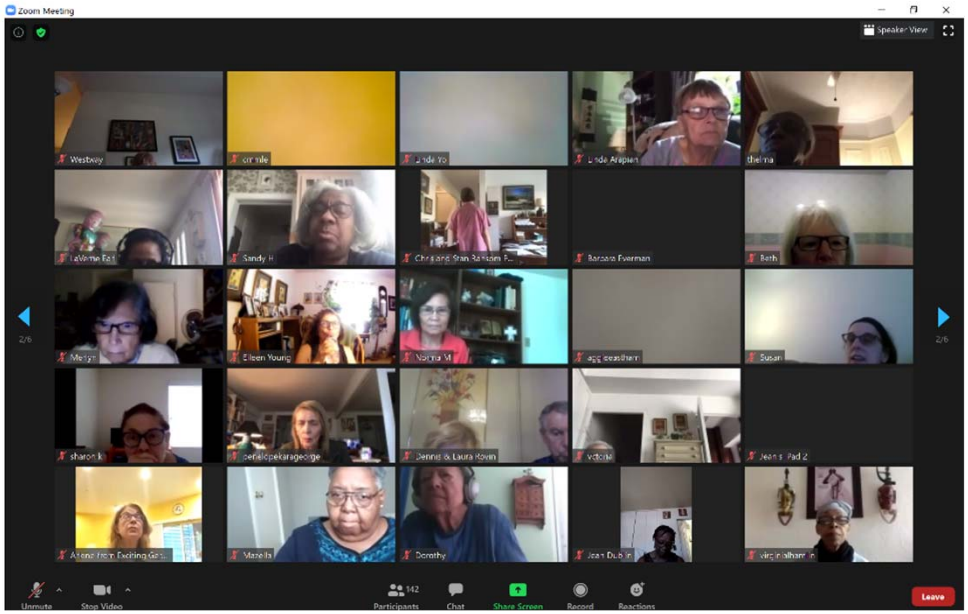
To offer continued guidance, NCOA:

- Hosted several webinars:
  - Offering Evidence-Based Programs During the COVID 19 Pandemic
  - Webinar: Tools and Tips for Reaching a Remote Audience
  - Tools for reaching a remote audience tip sheet

- Grand Rounds webinars: A weekly, now monthly, call to highlight best practices and share resources on remote programming: https://www.ncoa.org/uncategorized/upcoming-and-archived-events-health-promotion-programs-and-covid-19/

EARLY FINDINGS

- Program Delivery:
  - Online
  - Telephone
  - Mail
  - Hybrid
- Preferences
- Equity
- Redefining community



Successful Strategies: Outreach and Recruitment

- **Engaging Participants**
  - Finding connections
  - Using Motivational Interviewing to increase comfort
  - Safety and Settings
  - New opportunities reach broader geographic areas

- **Connections to programming**
  - Access to internet
  - Streaming programs using partnerships with companies and local public access channels
  - Faith-based organization groups
  - Congregate settings

Successful Strategies: Technology Access & Education

- Schedule a "session-zero" to introduce the workshop and address technology-related questions
- Include an additional staff member in workshops to assist with technology questions
- Hold one-on-one calls to walk-through the process of joining a videoconference
- Consider purchasing devices for participants to use through a lending library
- Provide training and practice sessions for leaders

Teaching Adults Technology

Updated September 21, 2020

Leacey Brown
SDSU Extension Gerontology Field Specialist

TeachSD Toolkit and Covid-19

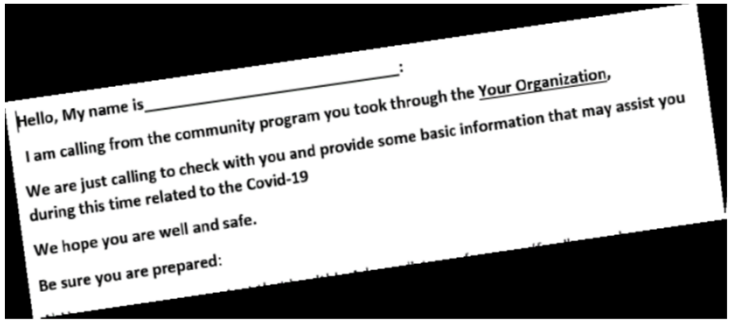
The covid-19 pandemic is inspiring many individuals and organization across the country to use technology to connect with the people they serve. Estimates suggest that one in ten Americans do not use the internet. Lack access to broadband and costs associated with technology (e.g., monthly access fee) are barriers to using technology. Another reason for not using technology is not seeing it as relevant to themselves. Covid-19 provides a perfect opportunity to learn and teach technology skills.

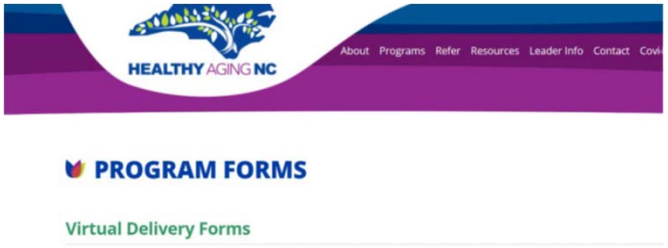
Toolkit Summary

The TeachSD toolkit is the result of a two-year intergenerational technology program pilot. The toolkit includes three videos, an implementation guide, and a technology trainer orientation guide. These materials are designed to help individuals and communities develop an intergenerational technology training program in their community.

https://extension.sdstate.edu/teaching-adults-technology

INNOVATION IS HAPPENNING





JUNIPER
Your Health. Your Community.

Virtual Juniper Class Toolkit

Welcome to the Virtual Juniper® Class toolkit. The toolkit compiles processes and resources to support Juniper providers implementing virtual Juniper classes in communities across Minnesota.

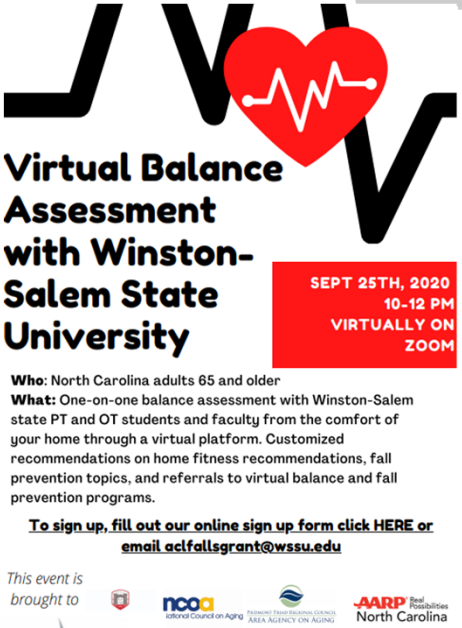
The modules in the toolkit contain resources and information focused on implementing, evaluating, and sustaining virtual Juniper evidence-based health promotion program classes.

1: Introduction

The social distancing guidelines needed to curtail the COVID-19 Pandemic carry the unintended consequence of social isolation among older adults, and service disruption for the community-based organizations that serve them. This toolkit identifies options and models for virtual implementation of Juniper classes, as well as other resources for health and wellbeing.

CLINICAL-COMMUNITY CONNECTIONS

- Community Integrated Health Care
- Referrals from clinical sites to community programs and services
- Referrals from community organizations to clinical services



RESPONSE TO REMOTE

- Programs are ongoing and received well!
- Completion rates and attendance are higher compared to in-person programs.
- Hard-to-reach populations are accessing and participating in programs.
- Creativity – acquiring technology, accessing internet, unique partnerships, program settings.
- Collaboration – sharing of resources, templates, ideas for dissemination

HOW DO WE SHARE?

- Register for the Grand Rounds webinars: A monthly, call to highlight best practices and share resources on remote programming: https://www.ncoa.org/uncategorized/upcoming-and-archived-events-health-promotion-programs-and-covid-19/

- Frequently Asked Questions: COVID-19 and health promotion programs – Questions from community-based organizations on how they can continue offering health promotion programs during the pandemic.

Contact Information:

Jennifer Tripken
Jennifer.Tripken@ncoa.org
(703) 304-9657

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What strategies or tools have you used to market your program(s)?

Who/where did you target for your marketing?

Was there one strategy/tool you found most successful?

What advice would you give to someone who was just starting to offer remote program(s)?

What have you found most successful in keeping participants engaged in programming?

Remote Programs Sample Sessions: Virtual Chronic Disease Self-Management Program

Allison Goforth and Kathryn Keogh

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Remote Programs Sample Sessions: Bingocize

Mayte Villanueva

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Logging in to the Bingocize Platform

- **Website:** play.bingocize.com
- **Username:** participant123
- **Password:** participant123

Evaluation and Closing

Dianne Davis

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THANK YOU