

CALIFORNIA HEALTHIER LIVING COALITION MEETING

Monday, November 8, 2021

9:30 AM – 12:30 PM

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Living Your Best Life...

This project was supported, in part by grant number 90FPSG0034-01-02 and 90CSSG0033-01-00 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 ACL policy

Welcome

Dianne Davis, Vice President of Community Wellness
Partners in Care Foundation

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MEETING AGENDA

- Networking Breakout Groups: Identifying Challenges and Brainstorming Solutions
- CA Department of Aging Update
- BREAK
- Healthy Aging Initiative Update
- National Update
- Panel: The Future of Remote Programs
 - CDSME
 - Falls Prevention

Networking Breakout Groups: Identifying Challenges and Brainstorming Solutions

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BREAKOUT GROUPS

- **Group 1:** Outreach
- **Group 2:** Access to Programs (including access to technology)
- **Group 3:** Participant Retention
- **Group 4:** Leader Engagement/Re-Engagement

ROUND 1: Identifying challenges to implementing evidence-based programs

ROUND 2: Brainstorming solutions to the challenges identified by the previous group

Networking Breakout Groups: Identifying Challenges and Brainstorming Solutions REPORT OUT

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CA Department of Aging Update

Sutep Laohavanich and Shawntel Bush

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CDA Programs & Initiatives

Sutep Laohavanich, Deputy Director for Division of Home and Community Living

State Leadership Updates in Aging

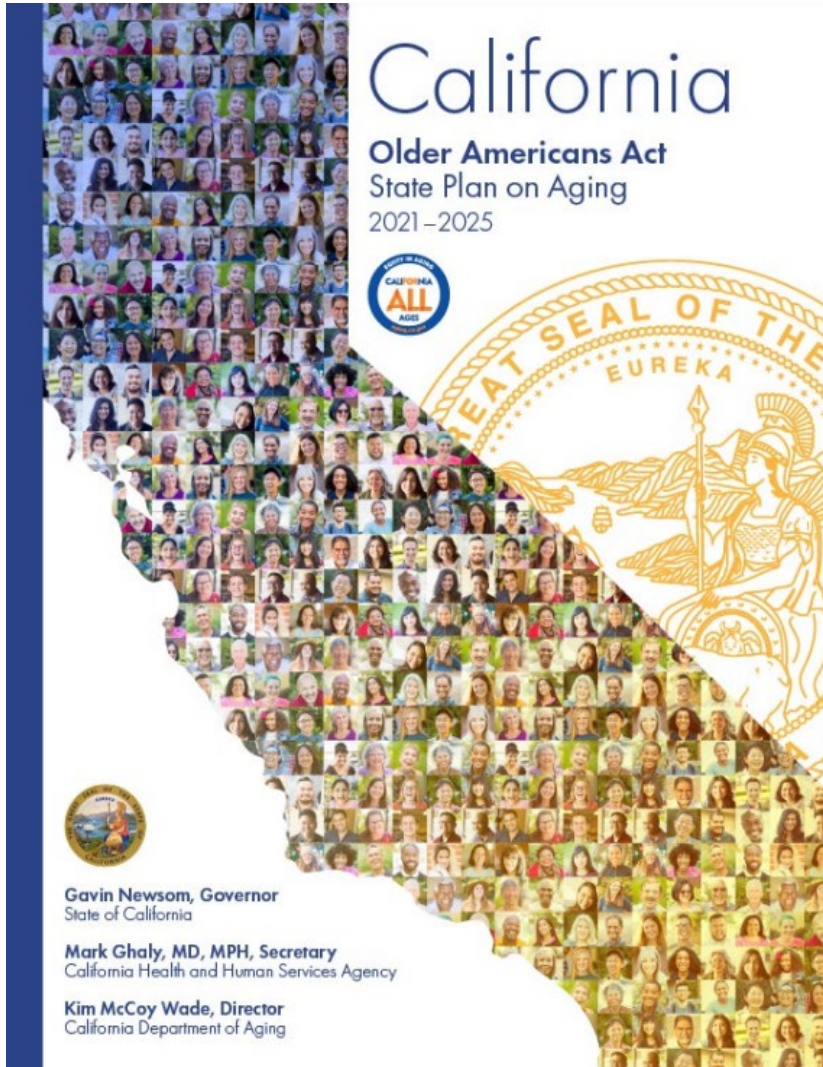


- New CDA Director – **Susan DeMarois**
- Governor's Office Senior Advisor for Aging, Disability and Alzheimer's – **Kim McCoy Wade**

Recruitment of Executive Positions at CDA:

- State Long-Term Care Ombudsman
- Aging Policy, Research, and Equity Deputy Director
- Long-Term Care Patient Representative
- Chief Information Officer

OAA Updates



- California's State Plan on Aging (2021-2025) was approved by the Health and Human Services and Administration for Community Living
- Plan went into effect October 1, 2021

COVID-19 Vaccine Outreach

- CDPH data indicates >80% 65+ have had one or more doses
- Statewide Vaccine Outreach continues with paid and earned media tactics including TV, Radio, Online, and Direct Mail in English and other languages.
- For more information and to keep updated about **COVID 19 Vaccine outreach campaign**, go to [CDA Webpage Highlights Section](#).





16,000,000

Home delivered meals
Jan 2021 – Jun 2021

Collaborating with our partners to deliver nutrition services with funding from:

- Senior Nutrition: Home and Community Meals
- Senior Infrastructure
- California Expansion
- American Rescue Plan
- Consolidated Appropriations Act

Friendship Line California



Accredited, 24-hour toll-free emotional support for people aged 60 years and older, and adults living with disabilities.

Extended through October 2022

24,919 Calls

June 2021 – August 2021

139,453

Calls

April 2020 – August 2021

Falls Prevention



2,339

Participants served as of
Jul 2020 - Jun 2021

Fall prevention services can include:

- In-home assessments
- Home modifications (grab bars, ramps, etc.)
- Education classes
- And more

New Investments:

- \$10 million on-time Older Adults Resiliency and Recovery (OARR)

Senior Community Service Employment Program

New Investments:

- \$17 million one-time HCBS (pending HHS-CMS approval)
 - Expand senior employment opportunities by increasing participant slots at California's minimum wage until 2026.
 - Enhance Senior Employment infrastructure and services in local communities.

Engagement with the California Workforce Development Board (CWDB):

- August 25, 2021 – MPA presentation at CWDB stakeholders meeting



Health Insurance Counseling & Advocacy Program (HICAP)



New Investments:

- FY 2021-22 and 2022-23 State funding to increase staffing for volunteer coordinators

Modernizing California's HICAP: A SWOT Analysis and Strategy Recommendations

to be released
in Q4 2021

- Report by ATI Advisory funded by The SCAN Foundation

26,443

Clients Counseled
Jan 2021 – Aug 2021

773

Presentations
Jan 2021 – Aug 2021

Aging & Disability Resource Connections (ADRC)



New Investments:

- \$10 million ongoing beginning 2022-23
- \$9.4 million one-time OARR
- \$5 million one-time HCBS (pending HHS-CMS approval)

ADRC Network is Growing Statewide:

- **8** Designated ADRCs
- **11** Emerging ADRCs
- **4** new ADRC submissions anticipated in October 2021

ADRC partnerships are established and developing in **24** counties covering **43%** of the state population



Community-Based Adult Services (CBAS)

New Investments:

\$5 million one-time HCBS (pending HHS-CMS approval)

- Collaborating with CAADS/ALE to launch the HCBS Alzheimer's Day Care Resource Centers Pilot Project
- To deliver dementia-capable services, including but not limited to caregiver support, social and non-pharmacological approach



Providers and participants continue to transition to in-center services based on conditions at respective communities and CBAS centers

Collaboration on returning to full in-center services with:

- California Association for Adult Day Services (CAADS)
- Alliance for Leadership and Education (ALE)
- CA Departmental partners

Multipurpose Senior Services Program (MSSP)

Restored MSSP slots will take effect January 1, 2022

- Estimated **2,457** MSSP slots restored statewide to a total of **11,740**
- Contract amendment and budget revisions are in progress

Electronic Visit Verification (EVV)

- October 6, 2021, stakeholder meeting was held for MSSP sites to provide EVV system overview and next steps toward roll-out



Please refer to DHCS Website for latest updates.

- Guidance for providers participating in ECM and Community Supports to obtain a National Provider Identifier (NPI)
- Contract templates and care model details online



High Level Timeline (2022)

- Jan 1 – **MSSP** carved out of CCI counties
- Jan 1 – WPC/HHP transition to Enhanced Care Management & Community Supports (formerly ILOS)
- CMS will not enter into D-SNP “look-alike” Medicare Advantage Plans
- Dec 31 – Discontinue of Cal Medi-Connect and Coordinated Care Initiative and transition to D-SNP

Department Updates: New Initiatives

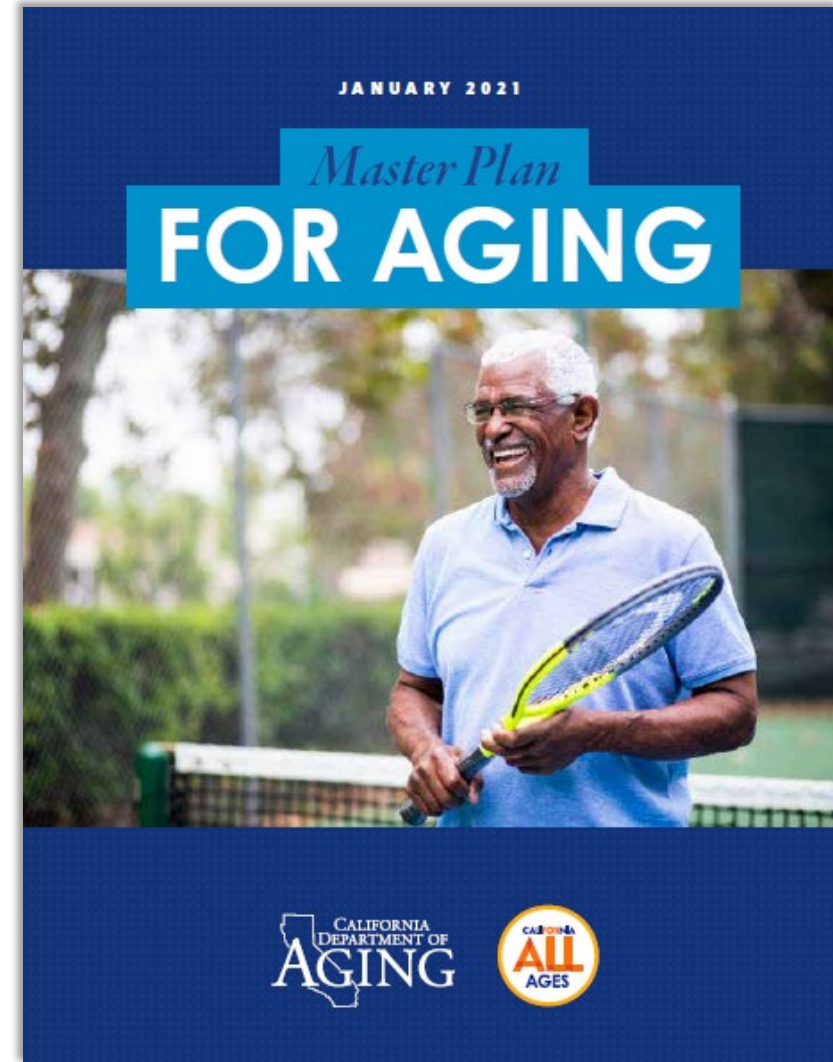
The department has several key initiatives it is implementing this winter into the new year including:

- Direct Care Workforce
- Adult Family Homes
- Alzheimer's Day Centers
- Nutrition Infrastructure
- Digital Divide/Digital Literacy

Master Plan for Aging

2021-2021 Initiatives

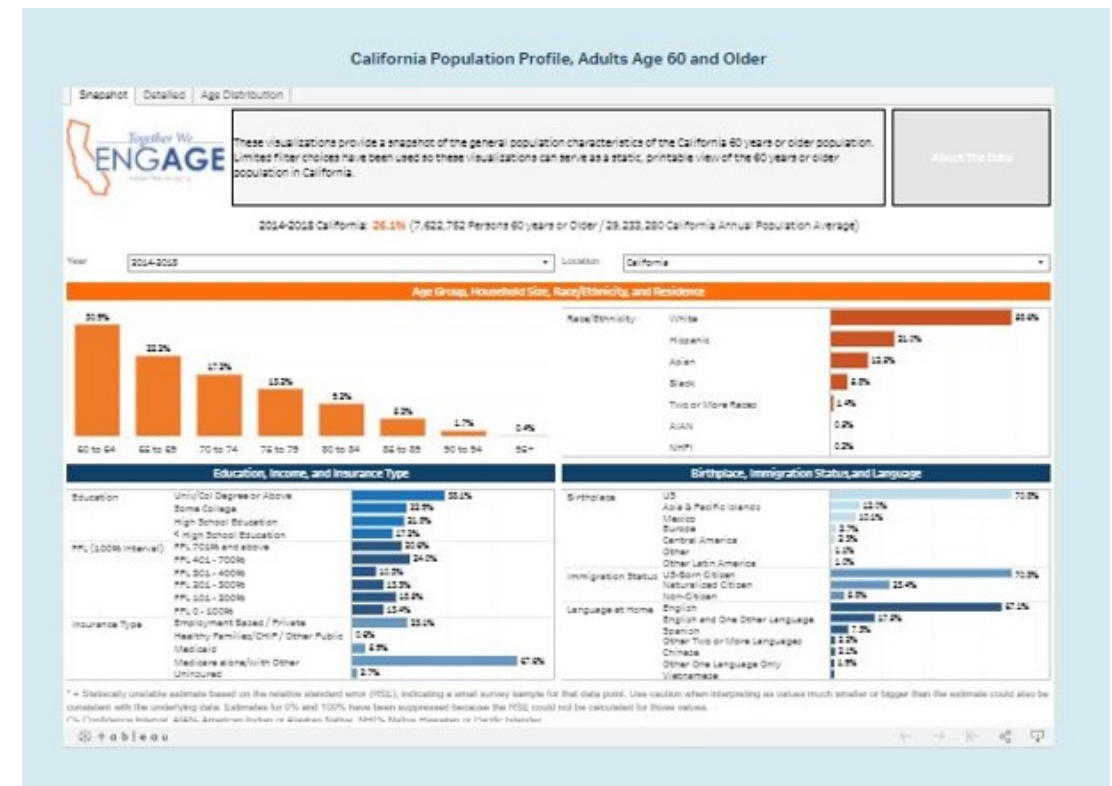
- [MPA progress Report](#) (released June 2021)
- Governor's and Legislature's Investments in Aging across all 5 MPA Goals. [Final Enacted Budget 2021-2022 \(with HCBS spending plan\)](#)
- Senior Advisor on Aging, Disability, and Alzheimer's (*Initiative #99*)
- [CHHS Disability and Aging Community Living Advisory Committee](#) (*Initiative 43*), Next Meeting: November 16
- Elder Justice Coordinating Council: (*Initiative #93*)



Master Plan for Aging

Accountability and Oversight

- [IMPACT Stakeholder Committee](#)
- *(Initiative #134) 2nd meeting, Oct. 19*
- [Data Dashboard for Aging](#)
Recent & Upcoming Enhancements
- [Research Partnership \(Initiative #102\)](#)
- [Report to the Legislature \(January 2022\)](#)



Hubs & Spokes for Aging & Disability Network

Completed initial stakeholder engagement opportunities

- Townhalls, webinars, and survey
- Comment period has closed; Spanish survey remains open until 10/31/21

December 2021

- CDA and CCOA in partnership with CSU Sacramento will host a results and recommendations briefing

2022+

- Based on results and recommendations, activities may include state bills, budget, program, and local efforts



We've Moved!



- CDA has moved to **2880 Gateway Oaks Drive, Suite 200**
- **Access & Inclusion:** Meets or exceeds all ADA standards
- **Technology:** Includes technological and modernization upgrades
- **Collaboration:** Includes conference rooms capable of hosting trainings and convenings
- **Refreshed CDA Logo**





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@CaliforniaAging



@CalAging

Healthy Aging Initiative Update

Elizabeth Jones & Karissa Anderson
California Department of Public Health

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Healthy Aging Initiative

CALIFORNIA DEPARTMENT OF PUBLIC HEALTH



California Healthier Living Coalition

Elizabeth Jones & Karissa Anderson

November 8, 2021



Healthy Aging Initiative

A comprehensive approach to aging that aligns resources from across the California Department of Public Health (CDPH) 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.



Presentation Topics

- June 2021 Healthy Aging California Convening Summary
- Trust For America's Health (TFAH)
 - Age-Friendly Public Health Systems Program (AFPHS)
- CDC Core State Injury Prevention Program (SIPP)
 - Traumatic Brain Injury Project (TBI)
- Collaborations
 - Suicide Prevention Data Brief
 - Healthy Aging Initiative & CDPH Alzheimer's Disease Program
 - Master Plan on Aging & Healthy Aging Initiative

Healthy Aging California Convening 2021

- Goals:
 - Define health equity and health disparities as they relate to your organization's work with older adults.
 - Provide examples of specific actions aging partners can take to incorporate health equity in their work.
 - Identify tangible health equity resources and tools for program implementation.
 - Share next steps for continued collaboration between state and local aging partners.
- Presentations from: CDA, CDPH Fusion Center, and Dr. Tucker-Seeley from USC
- Breakout Groups to discuss the Framework feasibility within participant organizations
- Summary Report of the convening to help plan for next steps

Healthy Aging California Convening 2021

- 86% of respondents gave the overall event four or five stars out of five.
- 70% indicated that they could apply the Health Disparity/Health Equity Framework to their work.
- 61% indicated that they felt they could start the Health Equity conversation within their organization.
- Participant responses from the small group discussions noted that data access is still an ongoing challenge for many partners, as well as concerns around health equity program implementation and feasibility.

Healthy Aging California Convening 2021

- How We Got Here
- Where We Are
- Where We Are Going



TFAH Age-Friendly Public Health

- TFAH has developed an [AFPHS Recognition Program](#) that sets out 10 foundational actions that, if achieved, will reflect a health department's commitment to healthy aging.
- The AFPHS program prioritizes public health's role in healthy aging and encourages public health departments to make healthy aging a core function.
- CDPH has started the process of becoming accredited as an AFPHS with the hope of completing the program by 2024.



CDC Core SIPP

- In 2019, TBI contributed to 5,078 injury deaths and another 34,065 Californians were hospitalized with injuries that resulted in a TBI diagnosis.
- Rates of injury-related TBI deaths and hospitalizations increase sharply after age 65.
- Older age is known to negatively influence outcomes after TBI and existing medical conditions may contribute to TBI. Studies have found that 73% of older TBI patients had a medical condition before injury, compared with 28% of younger adults.

CDC Core SIPP

- CDPH will analyze the most current data for older adults age 65+ years to better understand the TBI trends within this population (including trends around race/ethnicity/gender/and regional location within California counties).
- Based on findings, CDPH will create educational data briefs highlighting the trends for this population in California (county-level data briefs will be created upon request).
- These resources will be shared through a variety of educational outreach activities to both internal and external partners to help raise awareness and support prevention efforts.

Collaborations

- Suicide Prevention Data Brief
- Healthy Aging Initiative & CDPH Alzheimer's Disease Program
- Master Plan on Aging & Healthy Aging Initiative

Next Steps

- June 2022 Convening – Part 3 of our Health Equity Series
- CDC Core State Injury Prevention Program
 - Traumatic Brain Injury Project
- Trust for America's Health
 - Age-Friendly Public Health Systems Program
- Master Plan for Aging



Contact Us: HealthyAging@cdph.ca.gov

Or visit our [website!](#)

National Update

June Simmons, President and CEO
Partners in Care Foundation

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Living Your Best Life...

State & National Updates

June Simmons, CEO



PARTNERS IN CARE FOUNDATION

A Mission-Driven Organization

Our Mission

Partners shapes the evolving health system by developing and spreading high-value models of community-based care and self-management





The Social Determinants Specialists



A Statewide Network In a Large Geographic Footprint



Building inclusive models of care:

Evidence-Based Self-Management Workshops

Social Care Service Coordination

Caregiver Education & Support/Respite

Workforce development

Aligning Social Care & Health Care

CalAIM

Enhanced Care Management – Special Populations

- Outreach & Engagement
- Comprehensive Assessment and Care Management
 - Member and Family Supports
 - Coordination and referral to services
- Health Promotion
 - Evidence Based Programs a component

Community Support Services

- Arranged and paid services

Aligning Social Care & Health Care

SHARPS Conundrum

(Social Health Access Referral Platforms)

- Referrals without payments

Network Lead Entities

- CBO Hubs
 - Contracting
 - Billing
 - Analytics
 - QA
 - IT, etc.

Aligning Social Care & Health Care

A broad coalition of health plans and CBOs co-designing the next system:

- ✓ **Goal I:** Co-design a plan, with engagement from CBO network leads, health plan/systems, and diverse consumers, to build the capacity of CBO networks to provide measurable health-impacting social services.
 - CBO Network Credentialing
 - TA and Training Approaches to Strengthen CBOs for this New Role
 - Create a streamlined model for interface between CBOs and plans/systems
- ✓ **Goal II:** Co-design common standards for effective and sustainable partnerships between CBO networks, health plans, and health systems.
 - Best Business and Service Practices
 - IT Element and Solutions
 - TA and Advocacy
 - Coding
 - Contracting
 - Infrastructure Needs and Funding

Thank You!



For more information, please contact:

June Simmons

President and CEO

jsimmons@picf.org

818-837-3775 x101

The Social Determinants Specialists.

The Future of Remote Programs: CDSME and Falls Prevention

Kate Lorig, Self-Management Resource Center
Jennifer Tripken, National Council on Aging

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CDSME

What is available? What is the future?

Kate Lorig, DrPH

kate@selfmanagementresource.com

www.selfmanagementresource.com



SMRC Programs

- Chronic Disease Self-Management
- Workplace Chronic Disease Self-Management
- Diabetes Self-Management
- Chronic Pain Self-Management
- Positive Self-Management
- Cancer Thriving and Surviving
- Building Better Caregivers

Available Modes of Delivery

- In-person small groups
- Virtual via Zoom or another internet platform
- Mailed Tool Kit of materials + 6 weekly telephone calls

Available Languages

- English → All
- Spanish → All except pain toolkit, which is coming
- Chinese → CDSMP, Diabetes
- For other languages → ask, we may have it

What is Coming?

- New Website and Program Locator
- Updated Chronic Pain Self-Management Program
- New Standards for Leader Training and Master Training

Leader Training

- In-Person Small Groups — 4 full days
- Online Small Groups — 7 weeks
 - Week 1: One session (Session 0) — 2.5 hours
 - Weeks 2-7: Two sessions per week — each 2.5 hours

Master Training

- Starting January 1, all new Master Trainers must be active Leaders who have facilitated at least two workshops
- Training
 - Online offered by SMRC → three 3-hour sessions
 - In-person → 2 or 2.5 days (manuals in preparation)

Research

Please Take Part in the National Study

Lesley E. Steinman <lesles@uw.edu>

- Home Meds by phone
- Walk with Ease by mail
- Enhanced Fitness via internet
- CDSMP via internet
- DSMP via internet
- CPSMP via Tool Kit and phone
- Healthy Ideas via Internet

Questions, please!



Many Thanks!

National Council on Aging

Center for Healthy Aging Falls Prevention

Jennifer L. Tripken, EdD, CHES

Associate Director

11.08.2021



NCOA and Falls Prevention



National Falls Prevention Resource Center

Housed at NCOA's Center for Healthy Aging, the National Falls Prevention Resource Center increases public awareness about the risk of falls and supports the implementation and dissemination of evidence-based falls prevention programs and strategies across the nation.

- Support ACL falls prevention grantees and the broader aging network deliver and sustain evidence-based falls prevention programming throughout the pandemic
- Lead the FallsFree Initiative, a national effort bringing together state and regional coalitions to increase awareness of falls prevention and to leverage our collective strength to impact change.
 - Falls Prevention Awareness Week – September 20-24th

Falls Prevention in the Remote/Virtual Setting

Guidance and Delivery Support

Up-to-date program guidelines:

<https://ncoa.org/article/tracking-health-promotion-program-guidance-during-covid-19>

- Almost all evidence-based falls prevention programs have some type of remote delivery option

Collection of Best Practices for Remote/Virtual Delivery:

<https://ncoa.org/article/resource-guide-remote-delivery-of-evidence-based-programs>

- Best practices for before, during, and sustaining remote EBPs
- Comprehensive Guides from the Field

Join our monthly Grand Rounds series on virtual/remote programming:

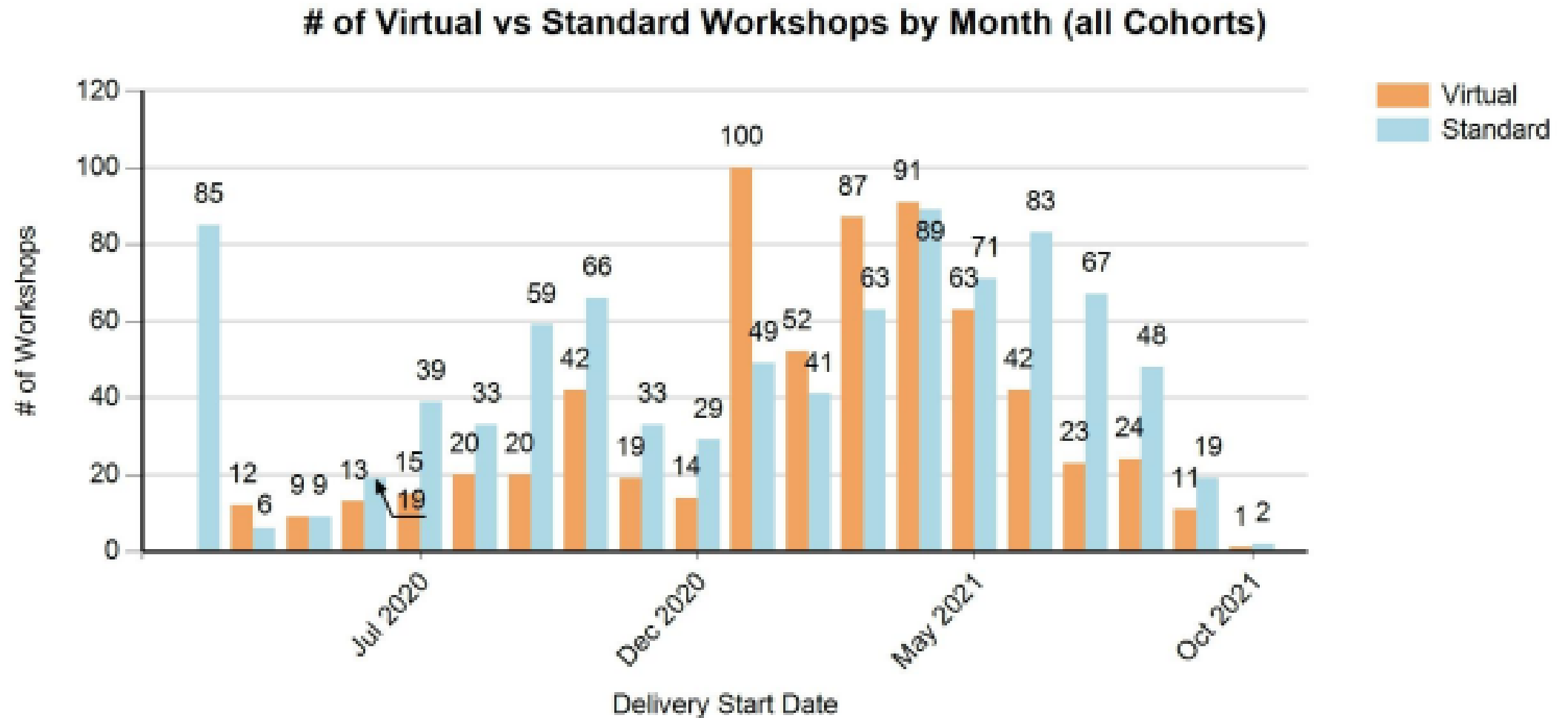
Register here:

<https://ncoa.org/article/join-future-grand-rounds-webinars-on-remote-implementation>

- Monthly workgroup to share key learnings and a forum for collaborative solution finding



Falls Prevention Programming since March 2020

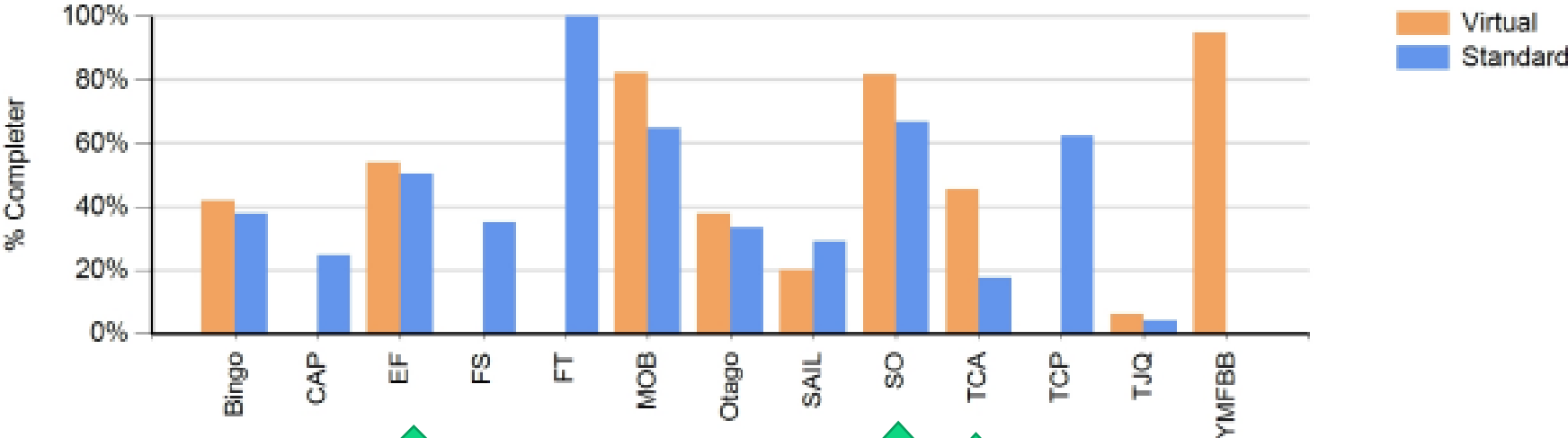


Falls Prevention Programming since March 2020

Totals by Program	Delivery Mode	# Workshops	# Participants	# Completers	Completion Rate
Bingocize	Standard	42	517	195	38%
	Virtual	80	1040	436	42%
CAPABLE	Standard	2	4	1	25%
EnhanceFitness	Standard	298	1430	723	51%
	Virtual	151	698	376	54%
FallsTalk	Standard	17	17	17	100%
Fit & Strong!	Standard	19	176	62	35%
MOB	Standard	127	1228	795	65%
	Virtual	65	553	456	82%
Otago	Standard	16	132	44	33%
	Virtual	59	1711	649	38%
SAIL	Standard	76	1563	452	29%
	Virtual	48	2100	427	20%
Stepping On	Standard	55	428	286	67%
	Virtual	2	11	9	82%
Tai Chi for Arthritis	Standard	127	1176	208	18%
	Virtual	147	1604	731	46%
Tai Chi Prime	Standard	1	8	5	63%
Tai Ji Quan	Standard	59	623	26	4%
	Virtual	50	508	31	6%
YMCA MFBB	Standard	3	23	0	0%
	Virtual	3	19	18	95%

Falls Prevention Programming since March 2020

Completion Rate, Virtual vs Standard, by Program



Totals by Cohort	Delivery Mode	# Workshops	# Participants	# Completers	Completion Rate
Total (All Cohorts)	Standard	842	7,325	2,814	38%
	Virtual	605	8,244	3,133	38%

Remote Falls Prevention Programs - Demographics

	Virtual Programs 03/01/2020 – 11/04/2021 N=8,378	Standard 01/01/2019 – 03/01/2020 N=34,956
Age		
Average	71.5 years	75 years
Below 75	66%	49%
Above 75	36%	51%
Sex		
Female	87%	81%
Male	13%	19%
Race		
White	81%	85%
Asian	5%	4%
Black/African American	13%	9%
Ethnicity		
Hispanic	5%	5%
Education Level		
High school or below	13%	27%
Some college	26%	30%
College graduate	62%	43%
Chronic Condition		
Yes	76%	76%

Remote Falls Prevention Programs - Demographics

Remote

Falls past 3 months (pre)			
Pre Q11 (Times fallen)			
None	1-2	3+	
1291 (81%)	260 (16%)	42 (3%)	
Pre Q11a (Falls with injury)			
None	1-2	3+	
425 (87%)	60 (12%)	2 (0%)	
Pre Q11b (Fall location) *			
Indoors	Outdoors	Both	
117 (39%)	135 (45%)	48 (16%)	
Pre Q11c (Med care for fall injury) *			
ER	PCP	Hosp	None
43 (16%)	34 (13%)	6 (2%)	194 (72%)

In-Person

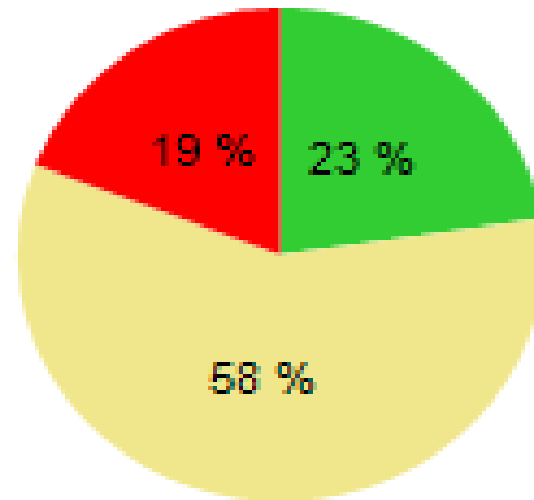
Falls past 3 months (pre)			
Pre Q11 (Times fallen)			
None	1-2	3+	
8916 (73%)	2834 (23%)	531 (4%)	
Pre Q11a (Falls with injury)			
None	1-2	3+	
4851 (82%)	989 (17%)	69 (1%)	
Pre Q11b (Fall location) *			
Indoors	Outdoors	Both	
1219 (47%)	912 (35%)	454 (18%)	
Pre Q11c (Med care for fall injury) *			
ER	PCP	Hosp	None
471 (20%)	332 (14%)	135 (6%)	1623 (68%)

Remote Falls Prevention Programs - Outcomes

Fear of Falling

Remote

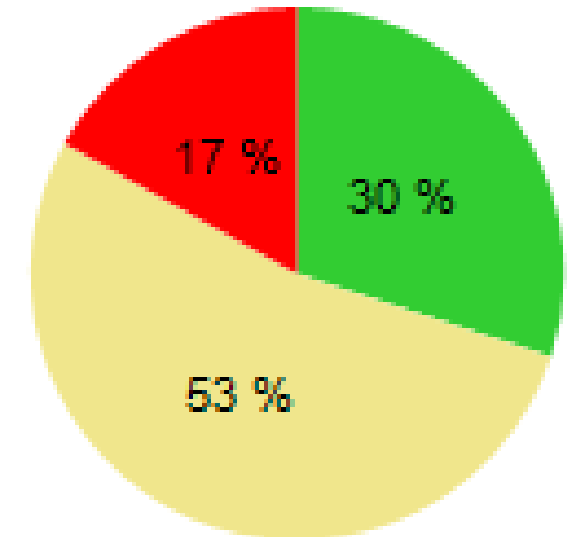
How fearful of falling



Pre Q12 / Post Q3

Improved	Maintained	Declined
365 (23%)	938 (58%)	307 (19%)

In-Person



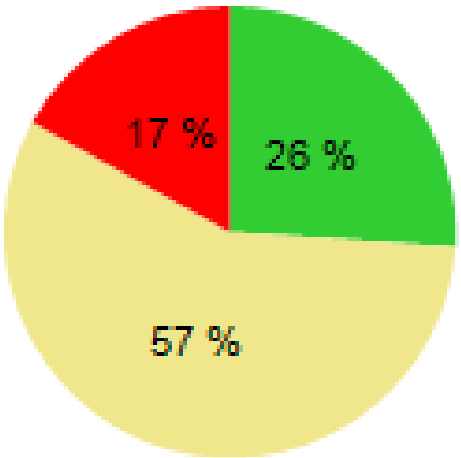
Pre Q12 / Post Q3

Improved	Maintained	Declined
4199 (30%)	7435 (53%)	2360 (17%)

Remote Falls Prevention Programs - Outcomes

Confidence to find a way to reduce falls

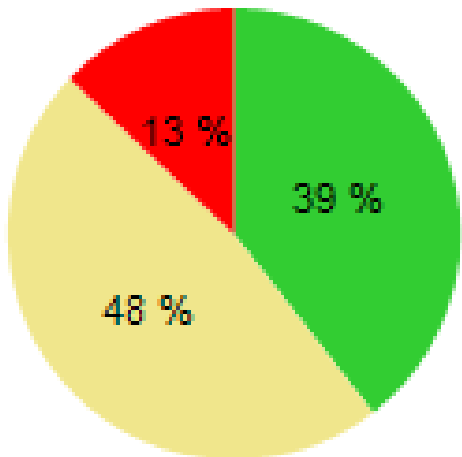
Remote



Pre Q13b / Post Q4b

Improved	Maintained	Declined	
435 (26%)	954 (57%)	283 (17%)	

In-Person



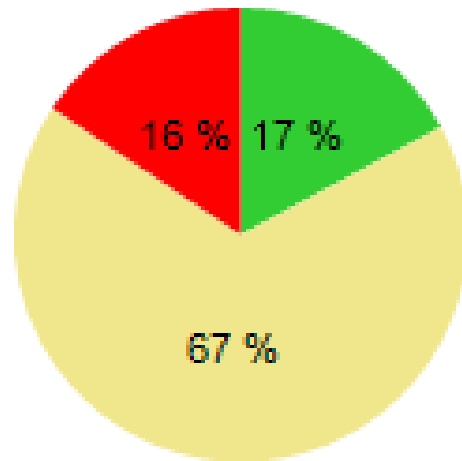
Pre Q13b / Post Q4b

Improved	Maintained	Declined	
5499 (39%)	6631 (48%)	1800 (13%)	

Remote Falls Prevention Programs - Outcomes

Self-Rating of Health in General

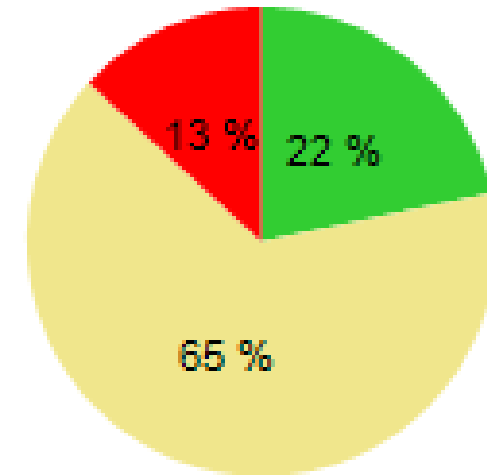
Remote



Pre Q10 / Post Q1

Improved	Maintained	Declined	
286 (17%)	1122 (67%)	260 (16%)	

In-Person



Pre Q10 / Post Q1

Improved	Maintained	Declined	
3064 (22%)	9215 (65%)	1863 (13%)	

Falls Prevention in the Remote/Virtual Setting

Key Learnings and Preparing for the Future

STRENGTHS



- Reach a broader audience
- Common barriers to in person programs (e.g., transportation) are eliminated
- Most programs have remote offerings
- Geographic diversity

WEAKNESSES (CHALLENGE)



- Technology access
- Broadband access
- Technology literacy
- Leader retention and morale
- Marketing and recruitment

OPPORTUNITIES



- Reach traditionally hard-to-reach populations
- Unique and distributive partnership opportunities
- Broader falls prevention strategies (functional assessment/home hazard checks) can be leveraged

THREATS



- Financial and social costs
- Personnel time and skills
- Privacy and security
- IT infrastructure for data collection
- Competing priorities

Contact

Jennifer L. Tripken, EdD, CHES

Associate Director, Center for Healthy Aging

Jennifer.Tripken@ncoa.org

Evaluation and Closing

Meeting evaluation link has been placed in the chat box

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THANK YOU