Aging Reframed: Ohio's 2023-2026 State Plan on Aging

Ashley S. Davis, MA, RDN, LD
Morgan Fitzgerald, MPH, CHES
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Objectives

- Examine the link between social determinants of health and health and longevity.
- Describe an innovative approach to enhancing the State Plan on Aging required under the Older Americans Act.
- Summarize the Ohio Strategic Action Plan on Aging (SAPA) and Implementation Toolkit.
- Discuss the impact of reframing our approaches to policymaking, service delivery, and investment priorities.
- Utilize the SAPA Implementation Toolkit to complete an interactive workshop activity.
Adapted from: U.S. Assistant Secretary of Planning and Evaluation
“What’s the matter? It’s the same distance!”
Social determinants of health are the conditions in the environments where people are born, live, learn, work, play, worship, and age that affect a wide range of health, functioning and quality-of-life outcomes and risks.

Source: Healthy People 2030, U.S. Department of Health and Human Services, Office of Disease Prevention and Health Promotion.
Social Determinants of Health

Source: Centers for Disease Control and Prevention, 2021
Life Expectancy
Differences in Life Expectancy Across Select Urban and Rural Census Tracts in Ohio

FACTORS:
- 43% of Franklinton residents are black, non-Hispanic, compared to less than 1% in Grandview Heights.
- 21% of Franklinton residents have a disability, compared to 4.5% in Grandview Heights.
- 44% of Franklinton residents have less than a high school education, compared to only 1% in Grandview Heights.
- Franklinton’s median household income is nearly $63,000 less than that of Grandview Heights ($10,176 compared to $72,917).

FACTORS:
- 49% of Steubenville residents are black, non-Hispanic, compared to 2% in Smithfield.
- 30% of Steubenville residents have a disability, compared to 19% in Smithfield.
- 21% of Steubenville residents have less than a high school education, compared to only 10% in Smithfield.
- Steubenville’s median household income is less than half of Smithfield’s ($17,029 compared to $42,500).

Summary Assessment of Older Ohioans

**Question 1**
What are the biggest health and wellbeing strengths and challenges for older Ohioans?

**Question 2**
Which factors that impact the health and wellbeing of older Ohioans are most important to address?
Key Themes

The opportunity to live a long and full life is out of reach for many Ohioans.

Strengthening housing and transportation in Ohio supports healthy aging.

While most older Ohioans can cover their basic needs, many are not financially prepared for life after work.
Caregiver supports and workforce capacity are key issues facing Ohio’s aging population.

Older Ohioans face mounting challenges related to mental health and addiction.

Chronic conditions, including heart disease, dementia and related disorders, remain a concern for older Ohioans.
Innovation and partnership are key strengths in Ohio’s aging network.

Workforce shortages and social isolation are top challenges exacerbated by COVID-19.
Prioritized action plan to **advance elder justice** and **equity** and **achieve optimal health and well-being** for older Ohioans.
**VISION**
Ohio is the best place to age in the nation.

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

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

**How will we know if the health and well-being of older Ohioans is improving?**
Issues listed are prioritized in the State Plan

- Community Conditions
- Healthy Living
- Access to Care

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**PRINCIPLES**
- Elder Justice
- Equity
- Federal Priorities
Elder Justice and Equity

- Providing considerations for advancing elder justice and equity
- Identifying priority populations
- Highlighting strategies likely to reduce disparities and inequities
- Setting specific targets to eliminate disparities and inequities
SAPA Strategies and Resources

Focus on **15 issues across 6 topics areas**
Call to Action

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

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

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

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

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

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

**Advance elder justice**

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**Goal**
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**Vision**
Ohio is the best place to age in the nation.

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[aging.ohio.gov](http://aging.ohio.gov) Fostering sound public policy, research, and initiatives that benefit older Ohioans.
SAPA Implementation Toolkit

The Toolkit provides **guidance, best practices, tools, and resources** that state and local partners can use to act on the SAPA.
Advance elder justice
Align
Partner and collaborate
Implement and fund
Advocate
Evaluate

Implementation Toolkit

Implement and fund
Use the flexible menu of evidence-informed strategies in the SAPA to increase opportunities for healthy aging

Strategy selection worksheet provides you with a set of selection criteria for deciding which SAPA strategies to focus on.

Implementation worksheet can walk you through the steps to implement your selected SAPA strategies.

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How can you implement SAPA strategies?

1. Collaborate with partners
2. Leverage community strengths
3. Clearly communicate goals and plans
4. Begin strategy implementation
Collaborate with partners

Once you have identified your partner organizations, you can assign roles for strategy implementation. For example, your organization may lead the grant proposal process, while a partner may begin surveying community members and identifying needs.

See the Partner and collaborate section (page 23) for tips on building and sustaining strong relationships.

Questions to consider:
- Have we set clear expectations for the role of each partner?
- What action steps will each partner lead?
- Have we established a process for ongoing communication?
- How can we engage community members and ensure their voices are reflected in our decisions?

Be sure to include the perspectives and experiences of older adults and make a concerted effort to extend and share decision-making authority with priority populations. This includes partnering on each aspect of the implementation process with priority populations and/or organizations that represent or serve priority populations.
Strategic Action Plan on Aging (SAPA) Implementation Toolkit Tool

Strategy selection worksheet

Strategies put action behind your priorities. Once you have identified the 2020-2022 SAPA issues you would like to focus on, you can select strategies to implement or fund to address these priorities.

This worksheet provides you with a set of selection criteria for deciding which SAPA strategies to focus on by evaluating:
- Impact on the health and well-being of older adults
- Relevance to the older adults you serve or represent
- Availability of resources necessary to fully implement the strategy.

Your organization can use this worksheet to facilitate a conversation among partners who agree on the SAPA priorities they want to address and to select new policies, programs, or services to implement in efforts to support the health and well-being of older Ohioans. For more information and resources, see the Implement and fund section (page 26) of the 2020-2022 SAPA Implementation Toolkit.

Instructions:
You can use the selection criteria to rate each strategy you are thinking about implementing. Score each criterion based on the rating scale provided in each row below and sum your ratings across all the criteria to calculate an overall score for the strategy. Strategies with the highest scores will have the highest likelihood of successful and impactful implementation. You can also document other considerations or notes for each criterion in the right column to inform your strategy selection.

Once you have selected the strategy(ies) that you want to implement, the Implementation worksheet provides considerations for strategy implementation. You can also document your selections in the Alignment tracker.

<table>
<thead>
<tr>
<th>Strategy:</th>
<th>Likelihood to decrease disparities or inequities: Is there evidence that the strategy is likely to decrease disparities or inequities (marked with * in the SAPA), or can the strategy be tailored and culturally adapted to meet the needs of older adults in priority populations?</th>
</tr>
</thead>
<tbody>
<tr>
<td>Selection criteria</td>
<td>Rating scale</td>
</tr>
<tr>
<td>Applicable</td>
<td>Yes</td>
</tr>
<tr>
<td></td>
<td>4</td>
</tr>
</tbody>
</table>
### Social Connectedness

<table>
<thead>
<tr>
<th>Community Impact</th>
<th>Individual Impact</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Upstream</strong></td>
<td><strong>Community Conditions</strong></td>
</tr>
<tr>
<td>- Zoning regulations for land use policy</td>
<td></td>
</tr>
<tr>
<td>- Complete Streets and streetscape design initiatives</td>
<td></td>
</tr>
<tr>
<td>- Broadband Initiatives for unserved and underserved areas</td>
<td></td>
</tr>
<tr>
<td><strong>Midstream</strong></td>
<td><strong>Individual Social Needs</strong></td>
</tr>
<tr>
<td>- Senior activity centers</td>
<td></td>
</tr>
<tr>
<td>- Adult Day Services</td>
<td></td>
</tr>
<tr>
<td>- Village Movement</td>
<td></td>
</tr>
<tr>
<td><strong>Downstream</strong></td>
<td><strong>Individual Healthcare Needs</strong></td>
</tr>
<tr>
<td>- Cognitive Behavioral Therapy</td>
<td></td>
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<tr>
<td>- Mindfulness Meditation Apps</td>
<td></td>
</tr>
<tr>
<td>- Wellness Recovery Action Plan</td>
<td></td>
</tr>
</tbody>
</table>

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Stretch Break!

5 minutes
Group Activity

Each table/group is assigned an action step and corresponding tool, along with examples of partners in action. Work as a table/group to:

1. Identify the type of partner your table will serve as (get creative!) including identifying your partner profile:
   - Organization type (e.g. adult day, senior center, non-profit, direct care provider, city government, LTC, etc.)
   - Service region (e.g. city, county, region, state)

2. Complete the corresponding tool assigned to your group from the lens of the partner you selected in step #1

3. Select 1 person from the group to share afterward
Group Activity

One person from each table/group, share:

1. The action step and tool your table was assigned
2. Partner identified, organization type, & service region
3. Your table’s experience
   - How the activity went
   - What did your table include in the tool
   - General reflections/impressions
   - How the toolkit can be useful in your work
The Future
Ohio’s 2023-2026 State Plan on Aging

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Background & Requirements

• **42 U.S.C. 3027**
  • State Units on Aging (SUA) are designated agencies responsible for developing and administering a multi-year State Plan

• **State Unit on Aging Directors Letter #01-2021**
  • Issued by ACL on 8/5/2021
  • Guidance applies to any new state plan taking effect on/after October 1, 2022
  • Incorporates key changes from the 2020 OAA reauthorization
  • Includes Biden-Harris priorities that shape ACL’s work
State Plan Development

Ohio’s new 2023-2026 State Plan on Aging builds upon:

- Summary Assessment of Older Ohioans
- Strategic Action Plan on Aging (SAPA)
- Stakeholder Feedback
- AAA Strategic Area Plan Trends
- Federal Guidance & Priorities

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Strategic Area Plans: Local Alignment

- Community Conditions
- Healthy Living
- Access to Care
- Social Connectedness
- Population Health
- Preserving Independence

- Financial Stability
- Transportation Access
- Housing Quality and Affordability
- Nutrition
- Physical Activity
- Health Care Coverage and Affordability
- Home Care Workforce Capacity and...
- Social Inclusion
- Volunteerism
- Cognitive Health: Reduce Cognitive Difficulty
- Cardiovascular Health: Reduce Depression
- Mental Health: Reduce Depression
- Chronic Pain Management
- Falls Prevention
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Strategic Action Plan on Aging

The Strategic Action Plan on Aging (SAPA) is a prioritized plan that addresses the many challenges identified in the 2020 Summary Assessment of Older Ohioans. The goal of the SAPA is that all Ohioans live longer, healthier lives with dignity and autonomy and that disparities and inequities among older Ohioans are eliminated. To achieve this goal, the SAPA provides a comprehensive roadmap that requires public and private collaboration to improve outcomes for older Ohioans.

ATTACHMENT
2020-2022 Strategic Action Plan on Aging

ADDITIONAL DOWNLOADS
Strategic Action Plan on Aging:
- Executive Summary
- Quick Guide

SAPA Implementation Toolkit:
- Implementation Toolkit
- Advance Care Directive Worksheet
- Advocacy Worksheet
- Alignment Tracker

NEW - SAPA Implementation Toolkit
Questions?
FOR MORE INFORMATION:
www.aging.ohio.gov/sapa