TODAY’S AGENDA

1. State Strategies And Programs To Support Aging People With IDD
2. Aging And Disability In California: Priorities, Opportunities, And Partnership
3. Health Disparities And Aging: People With Intellectual Disabilities
4. Beyond The Regional Center - Accessing Local Aging Services
5. The Future Is Now – Life Planning For People With Disabilities And Their Families
STATE STRATEGIES AND PROGRAMS TO SUPPORT AGING PEOPLE WITH IDD

Susan DeMaroils
Director
California Department of Aging
AGING AND DISABILITY IN CALIFORNIA: PRIORITIES, OPPORTUNITIES, AND PARTNERSHIP

Sarah Steenhausen
Deputy Director
Aging Policy, Research and Equity
California Department of Aging

California Department of AGING
TODAY’S REMARKS

We will cover these topics on aging and disability in California:

1. **Priorities**: Vision & Initiatives
2. **Opportunities**: Programs and services we provide
3. **Partnership**: Bringing together aging and disability services
4. **Planning**: Preparing effective services for the long-term
PRIORITIES:
VISION AND COMMITMENT
Our Vision:
An age and ability-friendly California where you choose where and how you live throughout your life

Our Mission:
Transform aging for all Californians
We help individuals, their families, and their communities
We provide them better options, equity, and well-being
We achieve this with innovative programs, planning, policies, and partnerships
OUR COMMITMENTS

• Person-Centered services that support you
• Engagement with all stakeholders
• Partnership between disability and aging services
• Equity for every race, ethnicity, language, culture, LGBTQ, age, income, disability, geography
Aging is changing and

IT’S CHANGING CALIFORNIA

California's population statistics are changing. We will ensure that all residents have the opportunities they need to thrive as we age in the Golden State.

Californians are also living longer than ever before

At 81.9 years, California has the second-highest average life expectancy in the nation.
California’s older population is becoming more racially and ethnically diverse

By 2030, white, non-Hispanic older adults will no longer make up the majority of older adults

California’s 60+ Population by race/ethnicity, by year

- White, non-Hispanic
- Hispanic (any race)
- Asian, Native Hawaiian, Pacific Islander, non-Hispanic
- Black, non-Hispanic
- Multiracial, non-Hispanic
- American Indian, Alaska Native, non-Hispanic

Source: CA Department of Finance
GOVERNOR NEWSOM’S COMMITMENT

“We need to get ready for this major demographic challenge headed our way. It’s time for a new Master Plan on Aging in California.”

February 12, 2019, State of the State
MASTER PLAN FOR AGING: FIVE BOLD GOALS FOR 2030
For People Of All Ages And Abilities

Goal 1: Housing for All Ages and Stages

Goal 2: Health Reimagined

Goal 3: Inclusion and Equity, Not Isolation

Goal 4: Caregiving that Works

Goal 5: Affording Aging
OPPORTUNITIES:
PROGRAMS AND SERVICES FOR OLDER ADULTS, PEOPLE WITH DISABILITIES, AND FAMILY CAREGIVERS
These are the core services:

- Nutrition and Meals
- Information and Assistance
- Case Management
- Supportive Services
- Medicare Counseling
- Long-Term Care Ombudsman
- Caregiver Support
- Fall Prevention
- Home Modifications
- Health Promotion
NUTRITION AND MEALS

Programs Provide Meals In Both Congregate Settings And Home-delivered
PROGRAM FOR ALL-INCLUSIVE CARE FOR THE ELDERLY (PACE)

Team-based care that provides medical care and long-term services and support for people aged 55+

Goal: Enable older adults to remain at home and in the community
COMMUNITY-BASED ADULT SERVICES

These are our Community-Based Adult Services:

- Community-Based Adult Day Services (CBAS)
  - Often referred to as “Adult Day Health Care”
- Professional nursing services
- Physical, occupational, and speech therapies
- Mental health services

- Therapeutic activities
- Social services
- Personal care
- Meals and nutritional counseling
- Transportation to and from the participant’s residence
MULTIPURPOSE SENIOR SERVICES PROGRAM

This program helps provide:

- Care Coordination
- Housing Assistance
- Specified personal care services
- Protective supervision
- Respite
- Transportation
- Meal services
- Social services and communication services
COMING SOON!

ALZHEIMER’S DAY CENTERS

What: Community-based support for individuals with Alzheimer’s/Dementia

Where: Adult Day Health Care/Adult Day Care Centers (CBAS Sites)

Services Include:
• Caregiver Support
• Social Services
• Dementia-Responsive
• Programming
CAREGIVER RESOURCE CENTERS

Support for family caregivers who care for individuals affected by conditions including dementia, Alzheimer’s disease, cerebrovascular diseases (such as stroke or aneurysms), and others.

Services include:

• Information and Assessment
• Consultation
• Care Navigation
• Respite
INDEPENDENT LIVING CENTERS

These assist individuals with:

- Information and referral (I&R)
- Advocacy
- Independent living skills
- Peer counseling
- Transition and diversion
- Personal assistance services
- Housing
- Assistive technology
Helping Individuals Transition From Nursing Home To Home
PARTNERSHIPS:
HOW WE ARE BRIDGING AGING AND DISABILITY NETWORKS
AGING AND DISABILITY SERVICES ARE STRONGER TOGETHER

• Individuals with developmental disabilities are aging
• Caregivers of individuals with developmental disabilities are aging
• Aging and disability advocates can partner and advocate together for services that enable aging with dignity and independence
HEALTH DISPARITIES AND AGING OVERVIEW

We will cover these topics on health disparities for aging people with intellectual disabilities:

• The serious health disparities people with intellectual disabilities experience over their lifetimes, and how these are amplified as people age

• What clinical best practices are best for serving these individuals

• How effective services can facilitate healthy aging for the population, prevent institutionalization, and improve quality of life
DIVERSITY OF CONDITIONS THAT AFFECT THE AGING PROCESS

INDIVIDUAL AGING PROCESS

COGNITIVE RESERVE

- Susceptibility to disease
- Compensatory behaviors + access to resources
- Genetic predisposition
- Lifestyle

PLASTICITY

- Individual organ systems age differently
- Gender
- Social and cultural factors

Presented by California Disability Services Association & Easterseals of Southern California | DisabilityThriveInitiative.org
THE “RAINBOW MODEL” OF SOCIAL DETERMINANTS OF HEALTH

These conditions affect health during aging:

Source: adapted from Dahlgren & Whitehead (1991)
BODILY CHANGES DURING AGING

- **Our Bones**: normal aging-related bone loss
- **Our Muscles**: progressive loss of muscle mass
- **Our Eyes**: the lens of the eye becomes stiffer and less flexible – affecting the ability to focus on close objects (accommodation)
- **Our Ears**: aging-related change in the ability to detect higher pitches – more noticeable in those aged 50+
- **Our Taste**: decrements become more noticeable >60+
- **Our Smell**: decrements become more noticeable after 70+
- **Other Senses**: reduction in sensitivity to pain, touch, temperature, proprioception, reduced reaction time
- **Our Vestibular System**: Reduction in balance and coordination
- **Our Minds**: Reduction in short-term memory loss, attention, and retrieval
- **Our Ability to Bounce-Back (Homeostenosis)**: narrowing of reserve capacity; decline to maintain homeostasis (depressed immune response)
<table>
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<th>AGE RELATED HEALTH CONDITIONS</th>
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| • Seizures
• Osteoarthritis, osteoporosis > PAIN
• Falls and fractures
• Behavioral and mental health issues
• Visual and hearing deficits
• Dementia
• Gait dysfunction
• Altered metabolism > obesity

| • Cardiopulmonary disease
• Strokes
• Cancer
• Spinal disease
• Liver & Kidney disease
• GI disturbances (Dental-GERD, constipation)
• Altered Medication Metabolism
• Geriatric Syndromes - common clinical conditions that do not fit into specific disease categories |
• Minimise diabetes
• Treat hypertension
• Prevent head injury
• Stop smoking
• Reduce air pollution
• Reduce midlife obesity

• Maintain frequent exercise
• Reduce occurrence of depression
• Avoid excessive alcohol

• Treat hearing impairment
• Maintain frequent social contact
• Attain high level of education

Early Life Determinants
Reduced neuropathological damage (amyloid or tau-mediated, vascular or inflammatory)
Less education
• Preventing dementia

Midlife Determinants
Increased and maintained cognitive reserve

Later Life Determinants
Smoking
Depression
Social isolation
Physical inactivity
Air pollution
Diabetes

Hearing loss
Traumatic brain injury
Hypertension
Alcohol
Obesity

Percentage reduction in dementia prevalence if this risk factor is eliminated
Early Life Determinants
Midlife Determinants
Later Life Determinants

Terms and Conditions
HEALTHY BRAIN INITIATIVE FOR PEOPLE WITH INTELLECTUAL AND DEVELOPMENTAL DISABILITIES

HEALTHY AGING MODEL: Promote brain health for persons with intellectual and developmental disabilities (IDD) and their supports. Help them realize their abilities and cope with life situations by optimizing their cognitive, emotional, psychological and behavioral functioning.

Good brain health is a state in which every individual can realize his or her own abilities and optimize their cognitive, emotional, psychological and behavioral functioning to cope with life situations. - WHO

Source: www.healthmattersprogram.org/hbi-pwidd/

Help increase engagement in:
- Physical Exercise
- Food & Nutrition
- Medical Health
- Sleep & Relaxation
- Mental Fitness
- Social Interaction

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“Discovery consists in seeing what everyone else has seen but understanding it for the first time”

Albert Szent-Gyorgyi, Nobel Laureate in physiology & medicine

Our aging and disability service goals must be:

• Well being-focused
• Lifespan as a baseline
• Dynamic
• Person AND Relationship-centered

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BEYOND THE REGIONAL CENTER
ACCESSING LOCAL AGING SERVICES

Debbie Toth
President and CEO
Choice in Aging
WHO WE ARE

• We have been providing services to the community’s frailest people since 1949
• We were founded by a physical therapist and built by volunteers to serve children severely disabled by Polio
• We serve Contra Costa, Napa, Solano and Sacramento counties

“Creating opportunities where people can learn, grow and age independently with dignity in community.”
OUR PROGRAMS & SERVICES

• Two Adult Day Health Care programs
• A Multipurpose Senior Services Program
• The California Community Transitions project to help people transition out of nursing homes to independent living
• An intergenerational Montessori preschool
• Prevention and Early Access mental health program for seniors
• Specialized transportation services
• Caregiver support and education
• Policy and budget advocacy
AGING, AGEISM, DISABILITY, ABLEISM, AND CALIFORNIA’S LONG-TERM CARE SYSTEM

Are we prepared to age with dignity?

With a Master Plan for Aging in California and a network of services and providers, we sure hope so!
Your Area Agency on Aging serves older adults, adults with disabilities, family caregivers, and residents in long-term care facilities throughout the state. They provide transportation, nutrition, caregiver support and respite, legal services, advocates and more to help people age with support and dignity.

800-510-2020

https://aging.ca.gov/Find_Services_in_My_County
Think of this as your starting point. Each Area Agency on Aging has an Information and Referral line that can listen to your unique situation and provide you with resources in your area to meet your needs.

Long-Term Care Ombudsman representatives help residents in long-term care facilities with issues related to day-to-day care, health, safety, and personal preferences.
SENIOR LEGAL SERVICES

Legal Services help older adults and adults with disabilities with problems in:

- Housing
- Consumer fraud
- Elder abuse
- Social Security
- Supplemental Security Income (SSI)
- Medicare
- Medi-Cal
- Age discrimination
- Pensions
- Nursing homes
- Protective services
- Conservatorships, and other matters

MEALS ON WHEELS

The Home-Delivered Meals Program serves nutritious meals to older adults in their home. The program also provides nutrition education, nutrition risk screening, and, in some areas, nutrition counseling.
AGING & DISABILITY RESOURCE CONNECTION

- A partnership between the Area Agency on Aging and the Independent Living Center
- Enhanced Information and Referral Services - Comprehensive resource information, follow-ups, and referrals via “warm hand-offs”
- Options Counseling - Help identify goals and needs through person-centered counseling and coordinating access to long-term services and supports in the community
MORE SERVICES FROM AGING & DISABILITY RESOURCE CONNECTION

Short-Term Service Coordination: Expedited access to services and supports for individuals at risk of institutionalization, generally for 90 days or less, until a longer-term plan is in place.

Transition Services: For people who are currently in a hospital, nursing facility, or other institution and wishes to receive long-term services and supports at home or in a community-based setting.
ADULT DAY HEALTH CARE/COMMUNITY BASED ADULT SERVICES

A place where people come during the day for activities, music, exercise and lunch with friends. They receive medical and social services to remain living at home. Many programs have pets visit, gardening, live music, word games, current events, and more!

MULTIPURPOSE SENIOR SERVICES PROGRAM (MSSP)

A nurse and social work team support people 65 and older who need assistance living at home. They visit the home throughout the year and help people with transportation, doctor appointments, home care, nutrition, and opportunities to socialize and avoid having to move to higher care facilities.
THE FUTURE IS NOW – LIFE PLANNING FOR PEOPLE WITH DISABILITIES AND THEIR FAMILIES

Julie Snyder
Person Centered Life Navigator
Tierra del Sol, Sunland
ABOUT TIERRA DEL SOL FOUNDATION

VISION
Regardless of the notion of disability, all people live productive and personally meaningful lives.

MISSION
We champion inclusion and value for all people with disabilities through creative pathways to employment, education, and the arts.

VALUES
Person-Centeredness, Passion, Honesty, Respect, and Full Engagement
LET'S PLAN
On The Go

Presented by California Disability Services Association & Easterseals of Southern California | DisabilityThriveInitiative.org
CHOICES?

- Active Retirement: Older Adults with IDD CAN have Person Centered plans to identify their choices in shaping the next phase
- Fitting into the service days/hours, transportation, residential, and still tailoring their program to meet their needs. It can be done
- Hoping for a day when they have flexible schedules in response to their choices and age-related changes?
- Our system is underprepared and has not caught up with aging needs
There are 900,000 families living in the United States with a family member with IDD, and no plan in place (The Arc)

Communication with family members is critical to avoid disruptive transitions

This is the first generation of adults with IDD who are living normal life spans and outliving their parents
PLANNING FOR LATER IN LIFE
USE “THE FUTURE IS NOW” CURRICULUM TO INFORM PLANNING

- Key players, financial information, successor caregiver
- Daily routines, personal and support needs, likes and dislikes
- Social opportunities
- Medical needs and information
- Living options (family home, supported living, group home)
ARE WE PREPARED?

- Journey of Discovery
- Advanced Care Planning
- End of Life/Quality of Life
- Integrated Services and Supports