The Aging Network: What Does the Future Hold

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Administration for Community Living (ACL)

ACL was initially established in April 2012 by bringing together the Administration on Aging, the Office on Disability and the Administration on Developmental Disabilities. In the years since, additional research, service, and information and referral programs have been transferred to ACL from other agencies. ACL is responsible for increasing access to community supports, while focusing attention and resources on the unique needs of older Americans and people with disabilities across the lifespan.

Mission

Maximize the independence, well-being, and health of older adults, people with disabilities across the lifespan, and their families and caregivers.

Vision

All people, regardless of age and disability, live with dignity, make their own choices, and participate fully in society.
Administration on Aging (AoA)

1965: Three Important Programs Enacted

- Medicare
- Medicaid
- Older Americans Act (OAA)

“Every State and every community can now move toward a coordinated program of services and opportunities for our older citizens.”

President Lyndon B. Johnson, July 1965
The Older Americans Act, Administered by the Administration on Aging (AoA), Helps Nearly 11 Million Seniors (1 in 5) Remain at Home through Low-Cost, Community-Based Services ($3 to $1 Return on Federal Investment)

AoA

56 State Units & 246 Tribal Organizations

618 Area Agencies on Aging

More than 20,000 Service Providers & Hundreds of Thousands of Volunteers

Provides Services and Supports to Nearly 1 in 5 Seniors

- 219 million meals
- 23 million rides
- 38 million hours of personal care, homemaker & chore services
- 3.6 million hours of case management
- 715,000 caregivers assisted
- 6.2 million hours of respite care
- Over 398,000 ombudsman consultations
Who We Serve:

• Poor and Near Poor *(below 150% Poverty)*

• Frail and Vulnerable
  – Lives Alone; Diabetes; Heart Condition; Minority; Rural

• At Risk for ER visits & Hospitalization:
  • Over 92% of OAA Clients have Multiple Chronic Conditions
    • Compared to 73% of general older adult population (age = 65+)
  • 69% of Case Management Clients take 5 or more medications daily

• At Risk for Nursing Home Admission:
  • 40% of Home-Delivered Nutrition Clients have 3+ Activities of Daily Living (ADL) Impairments
  • 72% of Home-Delivered Nutrition Clients have 3+ Instrumental Activities of Daily Living (IADL) Impairments
Key Challenges

• Rapidly increasing demographics

• Increasing complexity of needs of individuals and families

• Referrals by the healthcare sector without sharing in the costs of care
Health & Independence: Home & Community-Based Supportive Services

FY 2015 Service Data:
- 9.9 million hours of adult day care
- More than 3.6 million hours of case management
- 12.6 million calls answered for information about and assistance obtaining services
  - Augmented by National Eldercare Locator & Support Center
- Complemented by Evidence-Based Interventions:
  - Falls Prevention
  - Chronic Disease Self Management Education
  - Diabetes Self Management Training
  - Alzheimer’s Disease Supportive Services
- Collaborating with Business Acumen Initiative to transform aging & disability grant recipients into strategic business partners with the healthcare sector

Targeting: Transportation Service Example
- More than half (53%) of seniors using transportation services rely on them for the majority of their transportation needs and would otherwise be homebound.
- Nationally, about 27% of individuals 60 and older live alone. In FY 2015, two-thirds (68%) of OAA transportation users lived alone.
- 14% of transportation riders take 10 or more daily prescriptions, increasing their safety risk of driving
- Nearly three-fourths of transportation clients have annual incomes at or below $20,000
Health & Independence: Nutrition Services

Congregate (Formula Grant): Meals at Group Sites, Such as Senior Centers
Home-Delivered (Formula Grant): Delivery of Meals & Related Services to Frail Seniors Who Are Homebound
Nutrition Services Incentives Program: Funds Awarded Based on # Meals Served in Previous Year

• Adequate nutrition is necessary for health, functionality and the ability to remain at home in the community.

• Provide Nutrition Services, Education and Counseling

• 60% of Home-Delivered & 52% of Congregate Nutrition Clients report the meal is half or more of their food for the day.

• OAA meals are nutritious and meet the needs of seniors with nutrition ameliorated chronic illnesses (diabetes, hypertension, congestive heart failure)
  • Provide 33% of Dietary Reference Intake
  • Adhere to the Dietary Guidelines for Americans.

• In FY 2015, Home-Delivered Nutrition Services provided 140 million meals to nearly 850,000 seniors.

• In FY 2015, Congregate Nutrition Services provided 79 million meals to nearly 1.6 million seniors in a variety of community settings.

• In FY 2015, nearly nine out of ten home-delivered meal clients reported that receiving meals helped them to continue to live in their own home.

• Researchers estimate that food insecure older adults are so functionally impaired it is as if they are chronologically 14 years older; a 65 year-old food insecure individual is like a 79 year-old person chronologically.
Caregivers: National Family Caregiver Support Program

Serving 715,000 Caregivers Annually

- Respite Care Services provided caregivers with 6.2 million hours of temporary relief from their caregiving responsibilities.
  - Coordinated with Lifespan Respite Care Program for systems development

- Access Assistance Services provided 1.15 million contacts to caregivers assisting them in locating services from a variety of private and voluntary agencies.

- 85% of caregiver clients indicate that without OAA services the care recipient would most likely be living in a nursing home or assisted living.

- 80% of all community-based long-term care is provided by family and friends.

- In 2014, approximately 34.2 million adult caregivers, or approximately 15 percent of all adults, provided uncompensated care to those 50 years of age and older.

- A 2014 study by the Rand Corporation estimates the economic value of replacing unpaid caregiving to be about $522 billion annually (cost if that care had to be replaced with paid services).
Protection of Vulnerable Elders

Long-Term Care Ombudsman

- 1,301 professional ombudsman and 7,734 volunteers:
  - monitor conditions,
  - investigate complaints,
  - represent resident interests;
  - made quarterly visits to 63% of nursing homes;
  - 26% of assisted living, board and care, and other facilities.

- Ombudsman handled 199,238 resident complaints, 74% were partially or fully resolved.

- Improved consistency with implementation of
  - Regulation (2015);
  - Reauthorization (2016);
  - Data System (2017)

Prevention of Abuse, Neglect & Exploitation

- A minimum 5 million elders are abused, neglected and/or exploited annually.

- Older victims of even modest forms of abuse have a dramatically higher (300%) morbidity and mortality rates.

- OAA focuses on training, education, and coordination with local law enforcement officials, community coalitions, and multidisciplinary teams.

- Elder Justice Act Implementation
  - EJ Coordinating Council
  - National Framework
  - National Center on Elder Abuse
  - National Adult Maltreatment Reporting System
  - APS Guidelines

Legal Services

- More than 933,000 hours of legal assistance were provided in FY 2015.

- Top Areas of Legal Assistance:
  - Income Security
  - Health Care Financing
  - Housing
  - Consumer Protection
  - Elder Abuse

- Enhanced training and technical assistance

- Proposed Data Collection
American Indian, Alaska Native, Native Hawaiian Programs

Purpose
- Promote home and community-based supportive services to Native American, Alaskan Native and Native Hawaiian elders.
  - Help to reduce the need for costly institutional care and medical interventions;
  - Responsive to the cultural diversity of Native American communities; and
  - Represent an important part of the communities’ comprehensive services.

Native American Nutrition and Supportive Services
- Congregate and Home-Delivered Meals; Information and Referral; Transportation; Personal care; Chores; Health Promotion and Disease Prevention; and other Supportive Services.

Native American Caregiver Support Services
- Assist families and grandparents caring for grandchildren.
- Services that meet a range of caregivers’ needs, including information and outreach, access assistance, individual counseling, support groups and training, respite care, and other supplemental services.
## ACL Office of Consumer Access and Self Determination

Focuses on programs that support states to deliver more cost effective and consumer driven services.

### Programs Led by OCASD

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<th>Description</th>
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<tr>
<td>ADRC/No Wrong Door</td>
<td>- Veteran Directed-HCBS</td>
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<tr>
<td>Transportation</td>
<td>- Supported Decision Making</td>
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<tr>
<td>- Assistive Technology</td>
<td>- Lifespan Respite</td>
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### Current Number of Grants

- **112 Formula Grants**
- **130 Discretionary Grants**

### Issues / Opportunities

- **Veteran Directed-Home & Community Based Services (VD-HCBS)** is positioned to continue to give choice and control to veterans to buy the services they need at the time they need them while being cost neutral or at a cost savings to VA. Currently 40% of all VA Medical Centers offer this program to Veterans, and VD-HCBS is expected to expand to 100% of VA Medical Centers by 2020.

VA Medical Centers purchase VD-HCBS from Aging and Disability Network Agencies (ADNA) (e.g. AAAs, ADRCs, CILs, or SUAs). Currently there are 136 ADNAs across the country that deliver VD-HCBS.

### Representative Results

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| Assistive Technology      | **San Diego VD-HCBS Program:**  
  - Saw a **51% reduction in hospital admissions**, **25% reduction in Emergency Room visits**, and **20% of Veterans avoided a skilled nursing home admissions**  
  - In 2 years, saved the VAMC **$1.6 million**  
  - **100% of Veterans** reported improvement in quality of life.                                                                                                               |
| VD-HCBS                   | **Transportation:**  
  - 28 Community Teams are in the project  
  - A communication app was developed in Knoxville TN enabling bus drivers and people with disabilities to improve communications.  
  - In Ypsilanti, MI, PEAC is working with students with disabilities and SMART Bus, Southeast Michigan Regional Transit Authority to help targeted groups access employment opportunities through improved transit services. |

- **In 2015**
  - **66,571 individuals** participated in 43,771 device demonstrations.  
  - **50,706 recipients** acquired 64,617 reutilized devices through AT programs.  
  - **71%** of the reuse device recipients indicated that they **would not have been able to afford the AT** if it were not for the reuse services.
ACL Office of Integrated Care Innovations

Prepares state and community-based aging and disability organizations for roles in delivery system reform

Work Led by OICI

| Business Acumen | Duals Demonstration TA Program |

Grants

Two Business Acumen Grants
- Aging – “Learning Collaboratives for Advanced Business Acumen Skills”
- Disability – “Business Acumen for Disability Organizations”

Issues / Opportunities

- **Business Acumen Work**
  Working with private funders, ACL has led the effort to grow the business acumen of community-based aging (and, as of 2016, disability) organizations.

  The work demonstrates the potential success of public/private partnerships while ensuring that the local organizations have the resources they need to serve their populations.

Representative Results – Business Acumen

- **Network Locations (20 networks total):** CA, FL, MI, MN, NY, PA, TX, IN, MA, MO, NH, OK, TN, VT, WA, and WI
- **Contracts signed:** 28 (with more under negotiation)
- **Common services:** Care transitions, in-home assessment and medication reconciliation, care coordination and navigation, and, evidence-based programs
- **Common contracting organizations:** duals plans, Accountable Care Organizations, health plans, physician groups
Focal Points for Preparing for the Future

- Preventing Abuse and Improving Systems
- Business Acumen to Address Demand
- Quality
- Person-Centered Planning and Care
- VA Partnership
- Reauthorization of Older Americans Act