Welcome to our Annual Update!

Aging in Virginia

January 25, 2023

Virginia Center on Aging
College of Health Professions

Virginia Department for Aging
And Rehabilitative Services
DARS UPDATES

Annual Update on Aging in Virginia
January 25, 2023
## Implementing Funding from Last Year

<table>
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<tr>
<th>Program</th>
<th>Funding Information</th>
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<tr>
<td>JCHC Aging in Place Needs Assessment</td>
<td>$250,000 one-time funding</td>
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<tr>
<td>APS Regional Consultant</td>
<td>5 new positions</td>
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<tr>
<td>Dementia Case Management</td>
<td>$112,500 each year in increased funding</td>
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<td>Public Guardian and Conservator Program</td>
<td>$2.6 million each year in increased funding for 300 additional slots, 1 new staff position, rebasing of the rates, and a study</td>
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<td>Senior Farmers’ Market Nutrition Program</td>
<td>$125,000 each year in new funding</td>
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<td>Senior Legal Helpline</td>
<td>$100,000 each year in new funding</td>
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<tr>
<td>State Long-Term Care Ombudsman Program</td>
<td>$450,000 for 5 new positions</td>
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<tr>
<td>Virginia Insurance Counseling and Assistance Program (VICAP)</td>
<td>$600,000 each year in increased funding</td>
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As Virginia moves beyond the COVID-19 pandemic, AAAs are seeing some services return to pre-pandemic levels while also identifying opportunities to serve older adults in new ways.

From FFY 2021 to FFY 2022, Virginia’s AAAs experienced:

- **60%** increase in the number of one-way trips under the *Transportation service*
- **99%** increase in *Adult Day Care* hours service units
- **31%** increase in the number of unique individuals served *Congregate Meals*
- **54%** increase in the number of unique individuals served by *Nutrition Counseling*

**Service offerings:**

- **Nutrition Education** service offering provided **46,329** sessions
- **Consumable Supplies** totaled **978** payments provided for **199** individuals
- **Assistive Technology** totaled **211** devices provided for **104** individuals and **124** payments for **35** individuals
DARS and VCoA: In Partnership

- Age in Action eNewsletter
- Grant Projects
- Needs Assessment Listening Sessions
- Needs Assessment Data & Trends Analysis
Senior Farmers’ Market Nutrition Program Expansion

• DARS has been awarded just shy of **1.6 million dollars** in a two-year U.S. Department of Agriculture (USDA) Senior Farmers’ Market Nutrition Program (SFMNP) American Rescue Plan Act (ARPA) grant to:
  
  • **Expand coverage** of SFMNP across the Commonwealth. Currently there are 11 AAAs and 1 City who administer this program locally. **There is potential to reach the remaining 14 AAAs.**
  
  • Increase the individual booklet amount from **$45 to USDA’s maximum allowable amount of $50** per eligible participant.
  
  • Adjust the income eligibility of the program from the current **150% of the federal poverty level to 185% of the federal poverty level**, which has the potential to reach over **70,000 more individuals** who are eligible for the program.
  
  • Modernize the delivery of SFMNP in Virginia using a hybrid solution to bridge the use of paper vouchers to an **electronic processing system** that will incorporate the use of QR codes via a closed ecosystem that **disperses funds directly to the farmers** while eliminating the majority of banking fees of standard check processing.
Save the Date!

April 11 – 15, 2023
SGS Annual Meeting & Conference
https://southerngerontologicalsociety.org/meeting.html

May 8 – 9, 2023
Virginia Governor’s Conference on Aging
www.vgcaging.com

May 10, 2023
Dementia Capable Summit
www.vda.virginia.gov/boardsandcouncils.htm
The VCoA advances health, well-being and equity for the elders of today and tomorrow. Our innovative research, critical education and impactful service strive to make Virginia a place where its people can thrive at every age.
Our Vision

- **Fostering Innovation**
  Lifespan approach to Aging | Challenging Ageism to Embrace Aging

- **Research and Dissemination Hub**
  Sharing Successful Approaches | Obtain funding from external agencies to elevate responsive research

- **Statewide Data Resource**
  Helping inform legislative decisions
Commonwealth of Virginia
ARDRAF
Alzheimer’s and Related Diseases Research Award Fund
Geriatric Training & Education (GTE) Initiative 2022-2023 Awardees

- **Aging Together**: Ellen Phipps, Dementia Educational Conference for Healthcare Professionals and Family Caregivers
- **Eastern Virginia Medical School**: Mary Rubino, M.D., Aligning Care with What Matters Most to Older Adults with Multiple Chronic Conditions: A Standardized Patient Activity
- **Honoring Choices**: Eleanor Jones, Proposal to Support Advance Care Planning for Mental Health
- **Riverside Center for Excellence in Aging and Lifelong Health**: Christy Jensen, PhD, Inking with Partners in the Middle Peninsula and Eastern Shore: Addressing Social Determinants of Health through Memory Care Programs
- **Tidewater Arts Outreach**: Kate Powell, Artist in your Pocket Project
- **University of Virginia**: Ishan Williams, Ph.D. Collaborative Relationships and Partnerships in the Geriatric Workforce across Virginia: A Proposal to Offer Focused Conference Engagement to Virginia’s Area Agencies on Aging
- **Virginia Department for Aging and Rehabilitative Services**: George Worthington, Virginia Dementia Capable Summit: Building an Inclusive Dementia State Plan
Geriatric Training & Education Initiative

Spring 2023 Request for Proposals

Proposals due Monday, April 3rd, 2023
Theme: Sustainability

For more info: https://go.vcu.edu/gte
Virginia Long-Term Care Clinician Network

• A partnership between VDH, VCoA, VCU Gerontology, and the VCU Division of Geriatric Medicine

• Brings together medical directors and clinicians practicing in nursing homes, assisted living facilities, and other congregate care settings, such as PACE (Program of All-Inclusive Care for the Elderly).

• Provides a monthly forum for peer discussions and ensures access to the latest clinical COVID-19 care guidelines.

• [http://ltccn.vcu.edu](http://ltccn.vcu.edu)
What is the VCU Richmond Brain Health Initiative?
We are a team of professionals that provide brain health support to older adults in the Richmond, VA surrounding area. We support caregivers and those living with or at risk of memory/brain health (dementia-related) needs.

What services do we provide?
We offer 3 phone-based educational interventions at no cost:

- Health Coaching: for individuals at risk of brain health needs
- Care Navigation: for individuals living with brain health needs
- Care Consultation: for brain health caregivers/care receiver duos

Want to learn more? Contact us today!
email: rbhi@vcu.edu | call: 804-828-1126 | go.vcu.edu/rbhi
The Virginia Memory Project

Supporting those with memory concerns... today and tomorrow.

Scan the QR code to complete our quick survey.

We keep your answers anonymous, and discover where more government funding is needed.

Citizens receive the brain health support they need.
Virginia HEAR Project

Helping Elders Access Resources

Objectives

Multimedia Intervention
- A solution-focused, multimedia intervention
- Focus on rural communities of interest

Safety Connector
- Develop a web-based tool that is integrated with No Wrong Door Virginia.

Implementation & Dissemination
- The multimedia intervention will be implemented first in rural, Southwest Virginia then widely. Web-based tool e-marketing campaigns will reach 400,000 users.

Outcomes

Knowledge, Trust & Identification
- Knowledge for responding to abuse
- Decrease in ageist attitudes
- Increased trust with APS
- Identify enduring and emerging challenges

Connected, Collaborative
- Increase in referrals to and utilization of services that promote safety and well-being

Streamlined Services
- Increase in interdisciplinary efficiency and streamlined delivery of services. Ensure older adults are served by a better linked and more efficient network of systems

VCU Virginia Center on Aging
College of Health Professions

DARS Disability Resource & Referral Services

Virginia NoWrong Door Access, Options, Answers

VT Virginia Tech
Annual Update on Aging in Virginia
Let's Meet Maria!
Maria’s Story

Maria enjoys spending time with her grandson

She likes knitting

She likes animals, but her apartment complex does not allow pets
Maria’s Whole Self

**LIKES**
- Time with her grandson
- Enjoys knitting
- Visiting with friends

**CHALLENGES**
- She had a bad fall
- She is recovering from surgery
- She is feeling isolated
- Daughter feels her mom needs supports

**Assistive Technology**
- Chronic Pain Management
- In-Home Assistance
- Social Connection
Virginia Easy Access Offers Maria Supports
Thank you for contacting No Wrong Door answered by 211 Virginia. To better assist you, may I please have your first and last name?

Thank you, Sandy. My name is Robert. How may I help you and your mother?

Hi. My name is Sandy, I am Maria Lawson’s daughter.

Thank you, Sandy. My name is Robert. How may I help you and your mother?

Thanks. We are unsure where to start. My Mom needs help in her home, she is recovering from a fall and still has a lot of pain, and she’s having trouble using her phone since she cannot see very well.
Assistive Technology:
Also referred to as adaptive technology, it includes programs, devices, and resources that help people with disabilities increase their mobility and/or ability to communicate and live more comfortably.

Social Connection Assistive Technology Consultation
Virginia Assistive Technology System (VATS)
2001 Maywill Street, Suite 202, Richmond, VA 23230
See Map: Google Maps
Main: (804) 662-9990
Toll-Free: (800) 552-5019
No Wrong Door Systems support individuals to make informed decisions, to exercise control over their long-term care needs, and to achieve their personal goals and preferences.

- Tell your story only once
- Share your info with a network of over 230 trusted providers
- Access 27,000+ community resources across Virginia
- Options provided by over 600 trained professionals.
- 24/7 toll-free line available in more than 200 languages
No Wrong Door Improves Maria’s Health & Well Being

- Pain Management Workshop at AAA
- Personal Care service in her home
- VATS Assistive Device Consultation Service
- Personalized plan for social connection including helpful articles
VISIT US
Easyaccess.virginia.gov

Thank You!
Sara Link
No Wrong Door Director
sara.link@dars.virginia.gov
State Plan for Aging Services
NEEDS ASSESSMENT UPDATE

Annual Update on Aging in Virginia
January 25, 2023
State Plan for Aging Services

Background
Planning for Aging Services

WHY IT MATTERS

- 10,000 Americans turn 65 everyday
- By 2060, nearly 1 in 4 Americans is projected to be an older adult
- Seniors volunteer, vote, and donate to charity at higher rates than any other generation
- 1 in 3 seniors is economically insecure, with higher rates among women and people of color
- Nearly 95% of seniors have at least 1 chronic health condition
- 2.5 million grandparents report taking care of grandchildren’s needs
State Plan for Aging Services
Requirements

FY 2024 – 2027 Now in Development

Federal requirements & approval (OAA & ACL)

State requirements, approval, and reporting

Needs Assessment, Stakeholder Engagement, and Public Comment

§ 51.5-136 and State Plan for Aging Services
Needs Assessment Process

Background
Needs Assessment Process

Scope
- State Plan for Aging Services: Broad Lens
- JCHC Study: In-Home Services and Home Modifications

Phase 1
- Polco: CASOA™ Random Sampling (Mail)
- VCOA: Listening Sessions

Phase 2
- Polco: CASOA™ Open Participation Sampling (Online)
- VCOA: Trends in Data & Reporting

Products: Pending Release
- Statewide Report
- AAA-Level Reports
- JCHC-Specific Report

Action Steps
- Engage with Other Agencies – State Agency Reports
- Engage with AAAs & Partners
Gathering Input from Older Virginians

- Contract with Polco
- Phase 1: Representative Sampling by Mail
- Phase 2: Open Sampling via web link
Survey Results

8,843 COMPLETED SURVEYS

REPRESENTS 10% RESPONSE RATE
Findings: In-Home Services

Joint Commission on Health Care (JCHC) Study: DARS Needs Assessment
Respondents in lower income brackets were more likely than those with higher incomes to report that they would like to move but don't have the resources to do so, or that they want to stay in their current home but are concerned they won't be able to.
In-Home Services & Home Modifications

Among older Virginians with concerns about aging in place in their current home, the top concerns are:

- **Financial Reasons**
- **Health Reasons**
- **Home Not Suited**

![Bar chart showing percentages for each concern]
41% stated they needed **chore** services

22% of older Virginians stated they had a **major or moderate** need for homemaker services

6% stated they needed **personal care** services
Home Modifications

- 37% of older Virginians indicated a major or moderate need for home repairs or home maintenance assistance
- 18% needed assistance with maintaining the minimum housing standards
- 18% needed minor home modifications
- 16% needed major home modifications
Findings: Statewide Report

Polco: Community Assessment Survey for Older Adults (CASOA™)
The Economic Contribution of Older Adults

Older Virginians’ annual contribution to their community through employment, volunteerism and caregiving:

$38,508,493,401
Virginia is on-par with our peers.

Compared to national benchmarks, Virginia’s results are **typical** for:

1. Community Livability
2. Older Adults Experiencing Challenges
Older Virginians’ Greatest Needs

The largest challenges were in the areas of housing, mental health, and physical health.

At least 45% of older residents reported at least one of these as a major or moderate problem in the last year.
Overall Community Quality

• About **79%** of older residents living in the state rated their overall quality of life as **excellent or good**.

• Most respondents scored their communities **positively** and **would recommend** their communities to others.

• About **76%** of residents planned to stay in their community throughout their retirement.

• **Positive** scores were given to their communities as **places to retire** by **69%** of older residents.
Of the 17 aspects of livability examined, respondents identified these aspects as **strongest** and most in need of **improvement**.
Highlight: Community Design

• About 45% of older residents in the state reported experiencing housing needs

• About 24% reported mobility needs
Highlight: Economic Health

• About 69% of older residents rated the overall economic health of their communities positively.

• However, the cost of living was rated as excellent or good by only 27%.

• About 30% of older adults reported financial challenges.
Highlight: Inclusivity

- About 54% of the respondents positively rated their community’s openness and acceptance toward older residents of diverse backgrounds.

- About 49% indicated that their community valued older residents.
Highlight: Health & Wellness

Health & Wellness Options

Physical Healthcare

Long Term Care Options

Mental Healthcare
Highlight: Info & Assistance

- The overall services provided to older adults in the state were rated as excellent or good by 47% of survey respondents.

- However, about 42% of older adults were found to have information access challenges in the state.
Highlight: Caregiving

- About **36%** of older residents reported providing care to adults 55 and older
- About **15%** cared for adults 18-54
- About **19%** to individuals **under 18**
Findings: Listening Sessions

Virginia Center on Aging at VCU
Virginia Center on Aging at VCU conducted a total of 31 listening sessions:

- Individual Interviews
- Focus Groups
- Written Interviews

Protocols for both professionals/providers and seniors/caregivers themselves

English, Spanish, and Korean sessions
Listening Session Themes

- Abuse in Later Life
- Accessibility
- Aging in Place
- Caregiver Support
- Education/Awareness at all Levels
- Finances/Income-Related
- Healthcare
- Housing
- Legal Assistance
- Stereotypes of Aging
- System/Organizational Barriers
- Workforce Retention/Expansion
Opportunities

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<th>Education &amp; Training</th>
<th>Outreach &amp; Marketing</th>
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<td>Virginians want and need investments in education and training for both the workforce and the general public.</td>
<td>Older adults (and their caregivers) can benefit from increased awareness of services and supports.</td>
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Next Steps
Timeline for Final Development and Implementation
Plan Development Timeline

Current Plan ends September 30, 2023

Draft Plan Public Comment & Hearing

Final Plan due to ACL on July 1, 2023

Final Plan due Governor & General Assembly

New Plan Effective Oct 2023 – Sep 2027
QUESTIONS?

FOR ADDITIONAL INFORMATION ON THE STATE PLAN:
HTTPS://VDA.VIRGINIA.GOV/STATEPLANS.HTM

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Thank you for joining us today!