



Aging at a Glance

Texans are living longer than ever. The state has one of the largest older adult populations in the United States.¹ Those 50 and older will reach over 11 million by 2030, with those ages 75-84 growing the fastest.²

Longer life provides new possibilities for people as they age, like more time with loved ones, opportunities for another career, and time for social and community engagement. As Texas' older adult population grows, so do opportunities to enhance programs and supports serving them. Below are snapshots from the Texas Health and Human Services Commission programs that serve older adults, and the best practices they use to improve the lives of older Texans.

In the Community

Office of Area Agencies on Aging & Office of Aging and Disability Resource Centers

- The state's 28 Area Agencies on Aging served **488,156 older adults** and their caregivers through their various programs, including: **15,953,199 home and congregate meals; 199,873 hours of respite care; 739,526 rides; and 202,316 information, referral and assistance contacts.**³
- **55,359 Texans** were served through the State Health Insurance Assistance Program.⁴
- The state's 22 Aging and Disability Resource Centers served **over 8,500 veterans** and received **119,000 contacts** from Texans seeking specialized information, referral and assistance about long-term services and supports. In addition, Texas ADRCs provided **32,000 hours** of respite services to **600 eligible family caregivers** through the Texas Lifespan Respite Care Program.⁵

Behavioral Health Services

- **80,360 Texans** 50 and older received mental health services (such as phone, telemedicine or face-to-face interventions) at their local mental health authority or local behavioral health authority.

¹Texas Demographic Center; Aging in Texas: Introduction

²HHS Center for Analytics and Decision Support (2018, October). Texas: Population projections, years 2015-2050 [data set].

³FY2018 State Performance Report, MIPPA Grant Final Report; Data covers Oct. 1, 2017 – Sept. 30, 2018

⁴Ibid

⁵ADRC Quarterly Performance and Financial Reports, ADRC toll-free line data from Century Link, ADRC MFP Quarterly Reports; Data covers Sept. 1, 2017 – Aug. 31, 2018

- **5,500 adults** 50 and older received mental health crisis residential services, and **20,040 adults** received crisis outpatient services.
- **12,757 Texans** 50 and older received substance use disorder services, including outpatient services, residential detox, intensive residential treatment, and treatment for co-occurring psychiatric and substance use disorders.⁶

Veterans Services

- **66%** of Texas veterans are over 50.⁷ In addition, **181,492 veterans** 50 and older are women. This number is expected to reach **213,745 by 2028**.

Intellectual and Developmental Disability Services

- **12,956 Texans** 50 and older received intellectual and developmental disability services (such as Home and Community-Based Services Waiver, Intermediate Care Facilities- IID/RC, IDD non-Medicaid Community Services, and Texas Home Living Waivers) at their local intellectual and developmental disability authority.

Aging Services Coordination

- The Age Well Live Well campaign works with people, organizations and communities in Texas to improve the quality of life for older adults. The campaign helps communities in establishing AWLW Collaboratives that share resources, promote wellness, identify local needs, develop solutions, and create inclusive events and programs of support. There are **four active AWLW Collaboratives** across the state and **three more in development**.
- Texercise is a health promotions initiative to engage people and communities to take on healthy lifestyle behaviors. From Sept. 1, 2017 – Aug. 31, 2018, **1,300 Texans** 45 and older participated in **74 Texercise Classic and Select programs** across the state.

In Residential Facilities

Quality Monitoring Program

- **550 Texas nursing facilities** were certified to conduct the Music and Memory Program to reduce the use of antipsychotic medications in nursing facilities. By 2020, **10,000 nursing facility residents** will have accessed this program.⁸
- **200 nursing facility staff at 40 nursing facilities** across the state were trained to become master trainers in handfeeding techniques to improve handfeeding support to residents and decrease the incidence of unintended weight loss.⁹
- **465 nursing facility staff** participated in the Meaningful Engagement training to help facility staff implement individualized activities that reflect residents' preferences, customary habits, and lifestyle.

⁶Aggregate data for mental health services at LMHA/LBHA for fiscal year 2018 through the first quarter of fiscal year 2019, a fifteen-month period

⁷ Most recent official data: 2016

⁸ Began in 2015 and continues into 2020

⁹Regional trainings were conducted between April 2018 and July 2018

- **1,024 nursing facility** staff participated in Texas Outcome and Assessment Information Set Dementia Training Academy for Nursing Facilities. The training assists nursing facility staff in their care of residents with Alzheimer’s disease and other dementia-related conditions. It focuses on best practices around dementia, person-centered care, and other topics regarding residential care.

Health and Specialty Care System: State Supported Living Centers

- The 13 State Supported Living Centers across Texas served **1,652 residents** 50 and older.
- All SSLC staff provide supports and services based on a resident’s needs, likes, preferences and strengths. **San Antonio SSLC** provides programs to their residents that emphasize skill maintenance, community integration, development of new interests, participation in meaningful group activities and retirement enjoyment.

State Long-term Care Ombudsman

- From Sept. 1, 2017 – Aug. 31, 2018, ombudsmen staff and volunteers:
 - Made **21,339 visits to nursing facilities** and **13,669 visits to assisted living facilities**
 - Investigated **13,524 nursing facility complaints** and **3,210 assisted living facility complaints**
 - Provided **20,362 consultations to residents and family members** and **4,401 consultations to facility staff**
- Since Sept. 1, 2018, ombudsmen staff and volunteers:
 - Made **8,909 visits to nursing facilities** and **5,960 visits to assisted living facilities**
 - Investigated **5,553 nursing facility complaints** and **1,333 assisted living facility complaints**
 - Provided **9,902 consultations to residents and family members** and **1,900 consultations to facility staff**

Intellectual and Developmental Disability Services

- **3,227 Texans** 50 and older received IDD services (such as Home and Community-Based Services Waiver, Intermediate Care Facilities- IID/RC, IDD non-Medicaid Community Services, and Texas Home Living Waivers) in nursing facilities.

Aging Services Coordination

- The ASC office received Centers for Medicare and Medicaid Services Civil Money Penalty funds to assess and develop volunteer management and sustainability tools for nursing facility use. The project currently **serves 10 nursing facilities**, totaling approximately **1,590 residents**.

Program Best Practices and Highlights

Office of Aging and Disability Resource Centers: Foster Grandparent Program

- **506 Foster Grandparent volunteers** across Texas, ranging from 55 to 98, served **480,101 hours** and mentored **over 12,000 exceptional needs youth**. In a survey, **99% of active Foster Grandparent volunteers** felt they have a purpose in life in relation to volunteering within the program.¹⁰

Quality Monitoring Program

- **539 home and community-based service providers**, including professionals from assisted living facilities, day activity and health service facilities, home health workers, programs of all-inclusive care for the elderly (PACE) and direct service workers, received the Texas Outcome and Assessment Information Set Home and Community Based Services Dementia Training on best practices in dementia care.
- **106 recently graduated nurses** and other nurses participated in the Transition to Practice in the Nursing Facility Setting. The goal of the project was to increase participants' knowledge and readiness to practice in nursing facilities, support their transition, and assist them in providing quality care. Training is now available to nursing facilities through Quality Monitoring Program staff upon request.
- **1,100 professionals in the long-term care and aging fields** attended the yearly Provider Long-term Care Quality Conference (formally known as the Geriatric Symposium, Texas Taking the Next Step), a two-day symposium hosted by HHS in collaboration with the University of Texas at Austin School of Nursing.

Health and Specialty Care System: State Supported Living Centers

- **All new employees working with SSLC residents** are required to take the "Geriatric Issues/Aging" course which discusses aging, with emphasis on actions that caregivers can take to adapt care to meet older residents' needs.
- The **Lubbock SSLC** offers three aging-related trainings for nurses that cover physical changes, memory and attention span changes, communication changes, and other topics of concern when caring for older adults.

State Long-term Care Ombudsman

- **"Our Lives, Our Voices"** is a CMS-approved grant project to enhance the self-advocacy skills of nursing facility residents through education and practice while building coalitions of nursing facility self-advocates through community organizing strategy and education. The program is nearing the end of the first year in a two-year project to teach residents about advocating for themselves.

¹⁰FGP Annual Progress Report; Data covers July 1, 2017 – June 30, 2018

Veterans Services

- Veterans Services provides many ways to engage older veterans and connect them to services. They can participate in a peer-to-peer mentoring program, to help younger veterans navigate services and life after military service. In addition, older veterans can tutor and mentor school-age children and participate in other relationship-building activities.

Aging Services Coordination

- **Texas Talks** is a health and wellness campaign that encourages adults to have conversations about being proactive and making preparation around aging issues and topics with older loved ones. In 2019, over **150 organizations** implemented the Texas Talks initiative.
- ASC received a Corporation for National and Community Services Volunteers in Service to America grant for **eight members and one VISTA leader** to work on programs and projects that support the three focus areas of Age Well Live Well. As a part of the project, ASC has partnered with **seven Area Agencies on Aging** that supervise and provide local project supports for VISTA members.

To learn more about the programs and data in the document, email HHSC External Relations at HHSCExternalRelations@hsc.state.tx.us or call 512-487-3300.