



AGING TEXAS WELL PLAN 2014-15

December 2013



DADS Vision:

Older Texans and persons with disabilities will be supported by a comprehensive and cost-effective service delivery system that promotes and enhances individual well-being, dignity, and choice.

DADS Mission:

To provide a comprehensive array of aging and disability services, supports, and opportunities that is easily accessed in local communities.

Our key responsibilities to the citizens of Texas include:

- Working in partnership with consumers, caregivers, service providers, and other stakeholders;
- Developing and improving service options that are responsive to individual needs and preferences; and
- Ensuring and protecting self-determination, consumer rights, and safety.

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Executive Summary

Executive Order RP 42 mandates that the Texas Department of Aging and Disability Services biennially update and disseminate a comprehensive and effective working plan to identify and discuss aging policy issues, guide state government readiness, and promote increased community preparedness for an aging Texas. The Aging Texas Well Plan 2014-15 will guide the Aging Texas Well initiative over the coming biennium. The Plan establishes objectives within each of the areas mandated by RP 42:

- The Aging Texas Well Advisory Committee
- The Aging Texas Well Plan
- Review of State Policy
- State Agency Readiness
- Texercise
- Local Community Preparedness

Details of the Aging Texas Well Plan 2014-15 are provided in the following pages.

Introduction

The Aging Texas Well (ATW) initiative was formalized under Executive Order RP 42 in 2005 (see Appendix A). The purpose of the initiative is to promote state and local community preparedness for the rapidly increasing population of older adults in Texas, while also encouraging individual Texans to better prepare for their later years.

RP 42 mandates that the Texas Department of Aging and Disability Services (DADS) biennially update and disseminate a comprehensive and effective working plan to identify and discuss aging policy issues, guide state government readiness, and promote increased community preparedness for an aging Texas. The executive order directs the Aging Texas Well Advisory Committee (ATWAC) to advise DADS on the biennial plan, and to make recommendations to state leadership on policies and programs related to aging. ATWAC members are drawn from diverse sectors of the community including older adults, academics, advocates, service providers, faith-based organizations, non-profit organizations, health care providers, and key state agencies. (A list of current ATWAC members is presented in Appendix B.)

ATW is both an initiative and a guiding philosophy that connects DADS with older adults, caregivers, academic institutions, non-profit organizations, businesses, and communities to help prepare Texas for the increase in the older adult population. ATW approaches aging from a holistic perspective by focusing on sixteen life domains,¹ some of which are concerned with individual preparedness while others pertain to state and local community supports. (A list of the sixteen domains is presented in Appendix C.) Addressing these domains simultaneously promotes successful aging in place for current and future generations of Texans.

¹ The Aging Texas Well domains were developed through consultation with staff in the Texas Department on Aging (TDoA) and several gerontological resources: Havighurst, R. J. (1961), Successful aging, *The Gerontologist*, 1(1), 8-13; Palmore, E. B. (1995), Successful aging, in Maddox, G. L. (Ed.). *Encyclopedia of aging: a comprehensive resource in gerontology and geriatrics*, 2nd edition. New York: Springer; and Rowe, J. W. & Kahn, R. L. (1998), *Successful Aging*, New York: Pantheon Books.

Aging Texas Well Plan 2014-15: Mandates and Planned Actions

The mandates listed within Executive Order RP 42 form the core elements of all ATW Plans. In the ATW Plan 2014-15 presented below, the mandates are highlighted in bold, and the activities which will serve to carry them out are listed beneath each mandate. These planned activities were developed by DADS staff with input from the ATWAC. The objectives will be carried out by DADS staff located in several divisions throughout the agency with assistance from ATW partners, including the ATWAC, other state agencies, educational institutions, non-governmental organizations, and private organizations.

Mandate 1: Advisory Committee

The Aging Texas Well Advisory Committee will advise DADS and make recommendations to state leadership on the implementation of the Aging Texas Well initiative.

Key ATWAC actions during the 2014-15 biennium will include:

- Participating in the development of the ATW Plan 2016-17.
- Annually reviewing the implementation of the ATW Plan 2014-15.
- Participating in quarterly meetings during which members will:
 - Review and discuss research, service programs, policy issues, state government readiness, and local community preparedness for the growing population of older Texans;
 - Make presentations on topics affecting the older adult population in Texas; and
 - Provide updates on their organizations' and agencies' activities related to aging.
- Providing advice to DADS and making recommendations to state leadership on policy issues and priorities, community preparedness, and state agency readiness by sharing insights gained in the field, preparing white papers, and making presentations as requested.
- Reviewing and providing input on ATW Indicator Survey issue briefs.
- Ensuring a qualified and active ATWAC by:
 - Nominating knowledgeable and competent candidates to the committee as vacancies occur;
 - Encouraging member engagement and development through increased responsibility such as drafting white papers containing policy recommendations, submitting

recommendations for the DADS legislative appropriation requests, and reviewing and providing input to the ATW Plans and Progress Reports; and

- Revising ATWAC by-laws as needed.

Mandate 2: Aging Texas Well Plan

With the advice of the ATWAC, DADS shall create and disseminate a comprehensive and effective working plan to identify and discuss aging policy issues, guide state government readiness, and promote increased community preparedness for an aging Texas. DADS will biennially update the plan and shall evaluate and report on its implementation.

Key actions for DADS staff include:

- Gathering input from DADS program areas and ATWAC members to develop the ATW Plan, and
- Assessing the progress of the ATW Plan, and preparing progress reports to be reviewed by the ATWAC in November 2014 and November 2015.

Mandate 3: Review of State Policy

With the advice of the ATWAC, DADS shall review and/or comment on state policies, concentrating on current critical trends, including but not limited to: improving services for informal caregivers; promoting ways to increase evidence-based disability and disease prevention activities; increasing the recruitment and retention of health care providers trained in geriatrics; improving the provision of services and supports to individuals with intellectual and developmental disabilities who are aging; reviewing options to expand the mobility of older adults through affordable, accessible and integrated transportation services; improving the provision of behavioral health services and supports to older persons; and reviewing federal changes in health care policy.

Key actions for DADS staff include:

- Gathering and analyzing data to better understand the conditions and needs of older Texans, and, with the advice of the ATWAC, developing issue briefs, reports, and presentations to encourage broad understanding of issues and to inform policy relevant to aging in Texas. Topics for analysis and possible reports and presentations include:
 - Texas demographics and projected demographic trends;
 - Informal caregivers and existing caregiver support programs including evidence-based programs, respite care, education, and decision support services;

- The results of the Aging Texas Well Indicators Survey, a survey of Texans age 60 and older conducted approximately every four years, most recently in the summer of 2013;
 - Older adult physical and behavioral health issues and available evidence-based physical and behavioral health promotion programs;
 - A review of services and supports available to older Texans with developmental and intellectual disabilities;
 - Older Texans' transportation needs, trends in delivering transportation, and innovations in transportation systems and services;
 - End of life issues affecting older Texans;
 - Older Texans' use of new technologies, including those that support independent living; and
 - The need to increase the recruitment and retention of health care providers trained in geriatrics.
- Facilitating ATWAC's review and/or comment on state policies by collecting and providing information as requested.
 - Working toward expanding the availability of evidence-based programs in health promotion, disease prevention, and caregiving via:
 - Successful completion of current grant initiatives aimed at expanding the number of individuals trained to lead evidence-based programs offered by Area Agencies on Aging (AAAs) and Aging and Disability Resource Centers (ADRCs);
 - Building alliances with various grant funders and evidence-based license holders to expand the availability of evidence-based program workshops and training opportunities for participants and volunteers;
 - Working with the AAAs and ADRCs to increase their knowledge about, funding for, and ability to offer evidence-based programs; and
 - Conducting a biennial survey to monitor the number and location of evidence-based programs offered by AAAs and ADRCs.
 - Expanding the ATW Evidence-based Clearinghouse for Health Promotion by adding information about emerging evidence-based practices, new research, and evidence-based workshop locations in Texas.
 - Following the efforts of the Texas Higher Education Coordinating Board to track the number of geriatric medical residencies offered in the state and the number of both filled and open residency positions.

- Implementing an initiative to measure and meet the needs of a stable and adequate direct support workforce. Efforts will include:
 - Continuing to provide free public access via the DADS website to two realistic job preview videos for direct support workers (also known as home health care aides, direct care workers, etc.), and to webpages containing advice for both workers and employers about how best to use the videos;
 - Contingent upon the availability of funds, DADS may also:
 - Conduct a state-wide survey of direct support workers in order to obtain data on workforce issues to inform and guide policymakers and to serve as a baseline for assessing the progress of workforce interventions;
 - Establish a direct support workforce matching service through which workers and employers can connect based on location, skills, schedules, and other relevant criteria; and
 - Develop an on-line training and career development system for direct support workers.

- Continuing to support the Texas Lifespan Respite Care Program's efforts to expand information and services to informal caregivers throughout the state. Actions will include:
 - Continued collaboration with the Texas Respite Coalition;
 - Enhancement of the Take Time Texas website including expansion of the Texas Inventory of Respite Providers database; and
 - Increased outreach to the public about the Take Time Texas website and the Texas Inventory of Respite Providers database.

- Collaborating with the University of Texas at Austin's School of Social Work in an effort to increase the number of social workers with field placements in aging-related public policy positions within Texas Health and Human Services (HHS) agencies.

- Expanding the number of ADRCs with Balancing Incentives Program (BIP) grant funds (Centers for Medicare & Medicaid Services, Affordable Care Act, Section 10202). ADRCs will serve as highly visible single points of entry for access to and information about the full range of long-term services and supports options for people of all ages throughout the state. As of September 2013, fourteen ADRCs were in operation. Grant funds will be used to establish another 6-9 ADRCs in the effort to obtain statewide coverage.

- Continuing to collaborate with DSHS and other partners on the Behavioral Health and Aging Initiative on educational materials and events (such as issue briefs and conference presentations), offering evidence-based behavioral health training to AAA and ADRC staff throughout the state, and related activities to address the behavioral health needs of older Texans.

Mandate 4: State Agency Readiness

The Department of Aging and Disability Services shall lead a planning effort to ensure the readiness of all Texas state agencies to serve an aging population by identifying issues and current initiatives, future needs, action steps, and methods of performance evaluation.

- ATWAC members who represent state agencies will provide updates on their agencies' services, issues, current initiatives, future needs, and methods of performance evaluation for the older population at ATWAC meetings and to DADS staff as requested for inclusion in ATWAC meeting notes, ATW Plans, and ATW Plan Progress Reports.
- DADS will support Texas state agency preparedness for the expansion of the older adult population by developing and sharing resources, including web-based information briefs, to inform and support agency staff. DADS will continue to provide expertise and technical assistance to other agencies upon request, and will:
 - Provide regular information updates on the ATW website;
 - Provide information and presentations to the Texas Joint Legislative Committee on Aging as requested;
 - Participate in collaborative workgroups; and
 - Make presentations with and to other agency staff as appropriate.

Mandate 5: Texercise

The Department of Aging and Disability Services, Department of State Health Services (DSHS), Governor's Advisory Council on Physical Fitness, and other appropriate state and community organizations shall continue to promote and expand the internationally-recognized Texercise program as a means to ensure healthy lifestyles in older Texans.

- Texercise is a statewide health promotion program developed by DADS to educate older Texans about nutrition and involve them in physical activity. During 2014-15, DADS will:

- Continue to work with state and local organizations to promote and expand the Texercise program;
- Report on the evaluation of the effectiveness of the Texercise program; and
- Continue to implement and expand GetFitTexas, an online physical activity tracking database.

Mandate 6: Local Community Preparedness

The Department of Aging and Disability Services shall work with public and private community partners, including state and local governments, to build capacity to serve a growing aging population through partnership development and action planning using formal community assessment processes.

- DADS, in collaboration with the AAAs, ADRCs, and other public, private, and state agency partners, will:
 - Support the AAA role as a change agent to implement the pilot phase of the ATW Community Assessment Toolkit (CAT) in three communities (existing ATW CAT implementation grants have been made to the North Central, Tarrant County, and South East AAAs for 2013-2015);
 - Help all interested parties expand the implementation of the ATW CAT by providing technical assistance that includes the World Health Organization’s age-friendly community recommendations;
 - Develop partnerships with public and private organizations to build community capacity to serve older Texans;
 - Provide technical assistance as appropriate and as requested to any community engaged in age-friendly community assessment processes;
 - Update and disseminate public awareness materials to support ATW initiatives throughout the state;
 - Apply for and implement grants that develop and test new initiatives; and
 - Develop and distribute ATW, Texercise, Age Well Live Well, and Volunteer and Community Engagement public awareness materials.

Conclusion

During the 2014-15 biennium, with input and direction from the ATWAC, DADS and its partners will implement the ATW Plan 2014-15 detailed above. The plan fulfills the

mandates of Executive Order RP 42, which seeks to support state and local community preparedness for the growing population of older Texans while also encouraging individual Texans to better prepare for their later years.

APPENDIX A:
Executive Order RP 42, April 1, 2005

Executive Order

BY THE
GOVERNOR OF THE STATE OF TEXAS
Executive Department
Austin, Texas
April 1, 2005

Executive Order RP42

Relating to the creation of the Aging Texas Well advisory committee and plan.

WHEREAS, the State of Texas values older Texans and is committed to ensuring that all Texans age well with dignity, independence and opportunities to contribute to society; and

WHEREAS, Texas has 3.1 million people over the age of sixty, the fourth largest such population in the nation; and

WHEREAS, the elderly population represents an increasingly diverse and rapidly growing group as a result of increased longevity and the aging of the baby boom generation; and

WHEREAS, the Aging Texas Well initiative was first created in 1997 to encourage Texans to prepare individually for aging in all aspects of life and to ensure that state and local social services infrastructure facilitates aging well throughout the life span; and

WHEREAS, the changing demographics of the state will create the need for comprehensive policy changes in response to: growing numbers of informal caregivers for older Texans, rapidly increasing costs associated with caring for those with chronic disease and disability, the need for providers with geriatric training, the aging of persons with mental retardation and developmental disabilities and their caregivers, and increasing numbers of older Texans with transportation and mobility needs; and

WHEREAS, recent federal initiatives such as the President's New Freedom Commission on Mental Health and the Medicare Modernization Act will also impact the state's ability to appropriately serve this population; and

WHEREAS, these demographic trends will create new and different demands on state services across all functions of state government, and will introduce new opportunities for economic and community growth while driving health and long-term care costs inexorably higher unless Texans emphasize healthy lifestyles that include physical activity and good nutrition; and

WHEREAS, local communities have a critical role in preparing for the future demographic changes by building capacity to support an aging population; and

WHEREAS, the White House Conference on Aging, scheduled for October 2005, provides an opportunity for states to further review and amend aging policies in their state;

NOW, THEREFORE, I, Rick Perry, Governor of Texas, by virtue of the power and authority vested in me by the Constitution and laws of the State of Texas as the Chief Executive Officer, do hereby order the following:

Advisory Committee. The current Department of Aging and Disability Services Aging Resource Group shall be reconstituted as the Aging Texas Well Advisory Committee to advise the Department and to make recommendations to state leadership on implementation of the Aging Texas Well initiative.

Aging Texas Well Plan. With the advice of the Aging Texas Well Advisory Committee, the Department of Aging and Disability Services shall create and disseminate a comprehensive and effective working plan to identify and discuss aging policy issues, guide state government readiness and promote increased community preparedness for an aging Texas. The Texas Department of Aging and Disability Services shall biannually update the plan and shall evaluate and report on its implementation.

Review of State Policy. With the advice of the Aging Texas Well Advisory Committee, the Texas Department of Aging and Disability Services shall review and/or comment on state policies, concentrating on current critical trends including but not limited to:

1. Improving services and supports for informal caregivers;
2. Promoting ways to increase evidence-based disability and disease prevention activities;
3. Increasing the recruitment and retention of health care providers trained in geriatrics;
4. Improving the provision of services and supports to persons with developmental disabilities and mental retardation who are aging;
5. Reviewing options to expand the mobility of older adults through affordable, accessible and integrated transportation services;
6. Improving the provision of behavioral health services and supports to older persons; and
7. Reviewing federal changes in health care policy, particularly the impact of the Medicare D prescription drug benefit, on the ability of older Texans to access medications.

State Agency Readiness. The Texas Department of Aging and Disability Services shall lead a planning effort to ensure the readiness of all Texas state agencies to

serve an aging population by identifying issues and current initiatives, future needs, action steps, and methods of performance evaluation. The effort shall advance an intergenerational approach to policies, programs, and services to address the needs of Texans across the lifespan.

Texercise. The Department of Aging and Disability Services, Department of State Health Services, Governor’s Advisory Council on Physical Fitness, and other appropriate state and community organizations shall continue to promote and expand the internationally-recognized Texercise program as a means to ensure healthy lifestyles in older Texans.

Local Community Preparedness. The Department of Aging and Disability Services shall work with public and private community partners, including state and local governments, to build capacity to serve a growing aging population through partnership development and action planning using formal community assessment processes.

Report of Compliance. The Aging Texas Well Plan shall serve as a report on implementation of this order.

Full Cooperation. All affected agencies and other public entities shall cooperate fully with the Department of Aging and Disability Services in the implementation of this order.

This executive order supersedes all previous orders in conflict or inconsistent with its terms and shall remain in effect and in full force until modified, amended, rescinded, or superseded by me or by a succeeding Governor.

Given under my hand this the 1st day of April, 2005.

RICK PERRY
Governor

ATTESTED BY:
ROGER WILLIAMS
Secretary of State

APPENDIX B:
Aging Texas Well Advisory Committee Members, 2012-13

Michèle J. Saunders, M.D. (Chair)

University of Texas Health Science Center in San Antonio and South Texas
Geriatric Education Center (Academic)

Bruce Bower, Texas Senior Advocacy Coalition (Advocate/Consumer)

Andrew Crocker, Texas AgriLife Extension Service, Texas A&M System (Academic)

Beverly Donoghue, Ph.D., Texas Workforce Commission (Workforce)

Chris Fowler, Texas Higher Education Coordinating Board (Education)

Amanda Fredriksen, Texas AARP State Office (Advocate)

Lori Henry, Texas Department of Family and Protective Services

Carlos Higgins, Texas Silver Haired Legislature (Advocate/Consumer)

Karen Johnson, United Ways of Texas (Faith/Non-profit)

Gary Luft, Texas Association of Area Agencies on Aging (Aging Network)

Pearl Merritt, Ed.D., Texas Tech University Health Science Center (Academic)

Dan Pruett, Meals on Wheels and More (Aging Network)

Le Riggs, Silverado Senior Living (Community Supports)

Susan Ristine, Texas Department of State Health Services

Brian Robbins, Westminster Retirement Community (Residential Services)

Nancy Walker, Acting Representative, Health and Human Services Commission

Ann Woods, Texas Department of Assistive and Rehabilitative Services

Carol Zernial, WellMed Charitable Foundation (Faith/Non-profit)

APPENDIX C:
Aging Texas Well Domains

Aging Texas Well Domains

Physical:

Physical health; access to health care providers trained in geriatrics

Mental

Mental health; access to mental health care providers trained in geriatrics

Social

Social engagement; access to social and recreational activities that are available for, and accessible to, older adults

Spirituality

A personal belief system that provides meaning and purpose

Financial

Adequate income

Legal

Legal preparation and protection for major life transitions

Employment

Ability to participate in the workforce without age-based barriers

Education

Intellectual growth and lifelong learning

Volunteerism

Meaningful unpaid service; communities offer opportunities to volunteer in a wide range of settings

Recreation

Engagement in activities of personal interest

Housing

Homes that are safe, affordable, and accessible

Community Supports

Environments and services that support independent living and aging in place

Transportation

Adequate affordable and accessible transportation options within communities

Long-Term Care

Long-term care options to address unique needs

Caregiving

Community supports for caregivers

Protection

Personal safety and freedom from abuse, neglect, and exploitation

APPENDIX D:
Aging Texas Well Plan 2012-13 Progress Report

Aging Texas Well Plan 2012-13 Progress Report

The Aging Texas Well (ATW) Plan 2012-13 Progress Report documents the actions taken by the Texas Department of Aging and Disability Services (DADS) and its partners – including other state agencies, educational institutions, non-governmental organizations, and the private sector -- to achieve the objectives of the ATW Plan 2012-13. On the pages below, goals and objectives contained within the plan are presented in bold. Actions undertaken by DADS and its partners during 2012-13 are presented immediately below each objective. For ease of comparison to the ATW Plan 2012-13, this report follows the organization of the plan.

I. **Aging Texas Well Advisory Committee**

- ❖ **The Aging Texas Well Advisory Committee (ATWAC) will advise and provide feedback to DADS on aging policy issues, state government readiness, and community preparedness. ATWAC key activities will include:**
 - **Participating in the development of the ATW plan**
 - *Action:* ATWAC members reviewed and provided input on the draft ATW Plan 2014-15 during the fall of 2013. Members reviewed and discussed the final plan for the 2014-15 biennium during the November 6, 2013 meeting.
 - **Participating in quarterly meetings through 2013**
 - *Action:* Quarterly meetings of the ATWAC were held during 2012-13. At all meetings, members provided updates on their organizations' and agencies' activities related to aging, and provided input from their perspectives on aging-related issues, research, service programs, and program development.
 - **Increasing the participatory role for ATWAC members**
 - *Action:* In February 2012, the ATWAC Chair appointed a Strategic Planning Standing Subcommittee. The main charges to the committee are to review all ATW plans and progress reports, to make recommendations to the full ATWAC regarding the implementation of the ATW initiative, and to provide input on the DADS legislative appropriation request (LAR) to the full ATWAC.
 - In 2012, the Subcommittee developed and delivered recommendations to DADS for inclusion in the 2014-15 LAR.

- In early 2013, the Subcommittee prepared a list of prioritized recommendations that was approved by the full ATWAC. These recommendations were for the state to:
 - Fully fund the Texas Health and Human Services Commission (HHSC) Enterprise Exceptional Item 2a in House Bill (HB) 1/Senate Bill (SB) 1 which would increase community care attendant wages 50 cents per year during each year of the biennium.
 - Increase funding for home delivered meals for homebound older adults.
 - Support HB 550 in order to create a more stable and predictable funding stream for Lite-Up Texas.
 - Strengthen laws around powers of attorney, wills, and end of life issues by changing Texas’ Probate Code, Chapter XII, to be opt-in rather than opt-out; and conduct outreach to Texans about advance directives.
 - Support changes to SB 303 that would protect the advance directive rights of patients and their duly named surrogates or agents.
 - Support expanding the Program of All-Inclusive Care for the Elderly (PACE) as it helps older Texans remain in the community longer and supports unpaid caregivers by offering regular respite through the adult day care services.
 - Continue funding for the Texas Respite Coordination Center and for respite services.
 - Support SB 565/HB 1102 which prioritizes local infrastructure improvements to include efforts that will help older Texans remain independent and in the community.

- In the fall of 2013, the Subcommittee reviewed and provided input on the ATW Plan 2014-15, and the ATW Plan Progress Report 2012-13.

- Action: ATWAC members presented updates of their organizations’ and agencies’ activities at quarterly meetings, and periodically made formal presentations to the full ATWAC. After all formal presentations (whether made by members or other speakers), members discussed the implications of the information presented. Listed below are the formal presentations made to the ATWAC during 2012-13.
 - “Reflections on Aging Texas Well Past and Future,” Jon Weizenbaum, Deputy Commissioner, DADS, February 2012.
 - “DADS Culture Change Initiative for Texas Nursing Homes,” Mary Valente, Center for Policy and Innovation, DADS, May 2012.

- “Age Well, Live Well,” Ken Bomar, Marketing Director, DADS, August 2012.
- “AARP Legislative Priorities and ‘You’ve Earned a Say’ Campaign,” Amanda Fredriksen, AARP Texas State Office, ATWAC member, November 2012.
- “Transportation Policy,” Kenneth Hosen, Austin KFH Group; and “Legislative Update,” Allison Lowery, Director for Consumer and External Affairs, DADS, February 2013.
- “The 2013 Texas Legislative Session and Older Texans,” Amanda Fredriksen, AARP Texas State Office, ATWAC member; Carlos Higgins, Texas Silver-Haired Legislature, ATWAC member; and Allison Lowery, Director for Consumer and External Affairs, DADS, June 2013.
- “Elder Abuse Grants,” Rachel Duer, Community Engagement Specialist with the Texas Department of Family and Protective Services’ Adult Protective Services; and “Guardianship Services,” Tim McGinnis, Access and Intake Division, DADS.

➤ **Nominating ATWAC members as vacancies in the committee occur**

- *Action:* During 2012-13, ATWAC members recommended nominees for membership as vacancies occurred. Members nominated Mr. Brian Robbins, Executive Director of the Westminster retirement community in Austin and member of the Board of Directors of LeadingAge Texas and of the Texas Chapter of the American College of Healthcare Administrators to the ATWAC. Mr. Robbins joined the ATWAC in June 2013.

➤ **Supporting the rollout of the ATW Community Assessment Toolkit (CAT) project**

- *Action:* In 2013, competitive grants of \$50,000 each were awarded to the Area Agency on Aging (AAA) of South East Texas, the AAA of Tarrant County, and the North Central Texas AAA to develop local partnerships to use the ATW CAT to assess and build community infrastructure to support aging in place. The grants are for a two-year period beginning in June 2013. Updates about the CAT grants competition and awards were regularly presented and discussed at ATWAC meetings. Updates on the progression of the CAT projects will be made to, and input on the projects will be obtained from, the ATWAC throughout the grant period.

- **Providing input on research topics, issue briefs, community preparedness, and state agency readiness by sharing insights gained in the field and supporting resource development as appropriate**
 - Action: During the fall of 2013, the ATWAC Strategic Planning Subcommittee prepared a draft white paper on end of life issues affecting older Texans. This paper is expected to be completed in January 2014.
 - Action: Updates on the progress of the ATW Indicators Survey 2013 and other research-related activities were regularly presented at ATWAC meetings for member input and discussion.
 - Action: Issue briefs on (1) financial preparedness, (2) mental health and substance abuse, (3) social engagement and recreation, (4) physical health, and (5) nutrition, physical activity and obesity were completed with ATWAC members' review and input over a period of several years following the ATW Indicators Survey 2008, a statewide survey of Texans age 60 and older conducted approximately every four years. The "ATW Issue Briefs Series" are available on the ATW website.
 - Action: During 2012-13, DADS staff and ATWAC members made presentations at several conferences. These included: *The Community Assessment Toolkit: An Initiative to Promote Aging Well*, 1st Annual Symposium on Gerontology-Geriatrics Awareness and Education (February 2012); *Aging in Place: Preparing Individuals and Communities for the Future*, Texas Conference on Aging (May 2012); *Aging with Intellectual and Developmental Disabilities*, Texas Conference on Aging (May 2012); *Aging and Employment*, Texas Rehabilitation Association Conference (June 2012); and *Current Mental Health and Aging: Needs and Trends in Texas*, Texas Behavioral Health Institute (July 2013).

II. Aging Texas Well Plan

- ❖ **DADS will update the ATW Plan every two years and evaluate and report on its implementation annually. Activities will include:**
 - **Gather and verify input from DADS program areas and ATWAC members to develop the ATW Plan**
 1. Action: During the fall of 2013, DADS ATW Coordinator gathered and verified input from DADS program areas and from ATWAC members for development of the ATW Plan 2014-15. The updated plan will be completed by November 30, 2013.

- **Prepare ATW Plan 2012-13 Progress Reports by November 2012 and 2013.**
 1. *Action:* The ATW Plan Progress Report 2012 was completed in October 2012; the draft progress report for 2012-13 will be prepared with input from ATWAC members, and will be reviewed by the full ATWAC in November 2013. The final report will be completed by November 30, 2013.

III. Review of State Policy

❖ **DADS will develop issue briefs and reports on various topics to encourage understanding of complex aging and gerontological topics. These will include:**

- **Updates on Texas demographics**
 - *Action:* DADS staff has worked closely with the HHSC Demographer to prepare demographic profiles of the older adult population in Texas. These have been used for program planning, presentations, and reports.
- **Transportation needs and options for older Texans and individuals with disabilities, innovations in providing transportation to these populations, and trends in delivering these services**
 - *Action:* Kenneth Hosen, a transportation planner with over 30 years of experience planning and managing transportation, made a formal presentation to the ATWAC in February 2013. Mr. Hosen spoke of the challenges involved in providing affordable, accessible, and integrated transportation options to meet the needs of older adults and people with disabilities, and of possible solutions being implemented in various locations throughout the United States. The discussion by ATWAC committee members following Mr. Hosen’s presentation focused on the importance of expanding integrated, affordable, and accessible transportation options for older Texas.
- **Informal caregiving, the current supports available in the state, evidence-based caregiving programs, best practices to support current and future caregivers, and trends in state-based support programs including respite care, consumer-directed options, and caregiver education and decision support services**
 - *Action:* In 2012, the report “*A Profile of Informal Caregiving in Texas*” was prepared by DADS staff and submitted to the Office of the Governor and to the Legislative Budget Board.
- **Planning for improved service provision for older people and individuals with disabilities to include disaster preparedness and end of life issues**

- *Action:* During the 2013, the ATWAC Strategic Planning Subcommittee prepared a white paper including policy recommendations on end of life issues affecting older Texans. This white paper may be used during the upcoming biennium for an ATWAC presentation to the Legislative Committee on Aging and for DADS program planning.
 - *Action:* Due to other priorities, DADS staff did not work on disaster preparedness. However, in January 2013, the Governor’s Committee on People with Disabilities issued policy recommendations on emergency management / disaster preparedness for older adults and people with disabilities (see Texas Governor’s Committee on People with Disabilities, *Policy Recommendations for the 2013-15 Biennium, 83rd Legislative Session: January 2013* at: <http://governor.state.tx.us/disabilities/members/goals/>).
- **The use of health information technology for chronic disease self-management and to promote wellness**
 - *Action:* In 2013, DADS proposed that a module on “Older Adults Use of Technology” be included in the 2014 Behavioral Risk Factor Surveillance System (BRFSS) survey. The module would gather data on older adults’ use of a wide variety of technologies, including those that support independent living such as medication dispensing monitors and medical emergency alert systems. If the proposed module is accepted by BRFSS staff for inclusion in the 2014 survey, a report and/or issue brief presenting the findings of the module will be prepared during 2015-16.
- **The effects of federal health care reform on older Texans**
 - Due to other priorities, a report on this topic was not prepared during 2012-13.
- ❖ **DADS will work with the AAAs and their local partners and the Access and Intake Special Projects Unit to continue outreach and expansion of the Texas Healthy Lifestyles initiative and Better Choices, Better Health™, which incorporates evidence-based programs in health promotion, disease prevention, and caregiving. Activities may include:**
 - **Successful completion of the current grant initiatives and sustainability of these programs**
 - *Action:* The Texas Healthy Lifestyles Program grant continuation during 2012-13 was administered by DADS in partnership with the Department of

State Health Services (DSHS), HHSC, and local partner agencies in 67 counties.

- The program delivered Chronic Disease Self-Management Program (CDSMP) / Diabetes Self-Management Program (DSMP) classes to 4,458 enrollees and 3,194 completers age 60 and older.
 - All of the partners participating in the grant were successful in building partnerships with other entities to extend the reach of their program. In total, the partner agencies collaborated with over 100 other entities, including hospitals, area agencies on aging, senior housing facilities, prisons, health clinics, social service agencies, YMCAs, city and county government, libraries, churches, colleges and housing authorities.
 - Three local entities are pursuing Diabetes Self-Management Training accreditation and two have achieved it. Accreditation allows them to receive Medicare reimbursement for providing DSMP classes.
 - All of the partner agencies have identified ongoing funding to continue the classes.
 - Programs were very effective in reaching low income minority communities. In East Texas, a total of 16 counties were reached – most of them largely rural and characterized by high poverty rates and low education levels. Texas' CDSMP also reached two Native American communities, one in East Texas and one in West Texas. It provided workshops in the *colonias* of El Paso County – communities that lack adequate water and sewer service and have high rates of both acute and chronic health problems. In San Antonio, the program reached Hispanic neighborhoods where more than 50 percent of the population was diagnosed with diabetes. In a unique partnership, the East Texas Coalition reached inmates of the Texas Department of Criminal Justice prison system.
- Action: DADS applied for and received three Lifespan Respite Care Program grants from the Administration on Aging (AoA) cumulatively effective 2011-16. Grant funds have been used to carry out statewide initiatives including:
- Creating the Take Time Texas website and online list of respite services
 - Coordinating the Texas Respite Coalition
 - Developing marketing materials (brochures and posters) and conducting an outreach campaign on respite care
 - Conducting statewide forums on respite care
 - Organizing caregiver training and support programs such as the Schmieding Home Care Curriculum and WellMed Caregiver Teleconnection Program
 - Conducting extensive outreach to health care providers to educate them about respite so that they can, in turn, provide information to caregivers

- **Responding to requests for proposals issued by the AoA and other entities to obtain funding to maintain and expand evidence-based health promotion programs**
 - *Action:* DADS staff actively monitored and responded to request for proposal announcements issued by the AoA and other entities, resulting in the grants to maintain and expand evidence-based health promotion programs described on pages 6-7 above.
- **Conducting a biennial survey of all evidence-based programs operated by AAAs**
 - *Action:* The biennial survey of evidence-based programs offered by AAAs will be conducted during November-December 2013. Data from this survey will be used to update the Evidence-Based Clearinghouse so that AAAs offering particular evidence-based programs may be easily identified.
- **To develop and promote innovative AAA nutrition programs through *Promoting Healthy Lifestyles Through Community Programs***
 - *Action:* DADS staff conducted a study of best practices for nutrition programs, including how to best attract and serve young-older adults in need. This data served as the basis for “Promoting Healthy Lifestyles through Community Programs” presentations made at the Texas Conference on Aging and to local service providers (including Meals on Wheels) during 2012.
- ❖ **DADS will expand the ATW Evidence-based Clearinghouse for Health Promotion to support ATW activities as outlined in Executive Order RP 42 and the activities of the Texas Healthy Lifestyles grant project.**
 - **DADS will continue to update and expand the ATW Evidence-based Clearinghouse and include information about emerging evidence-based practices and evidence-based workshop locations in Texas**
 - *Action:* New evidence-based programs (including the Stress-Busting Program for Family Caregivers) continued to be added to the ATW Evidence-Based Clearinghouse during 2012-13.
- ❖ **DADS, the Texas Statewide Health Coordinating Council (SHCC), the Texas Higher Education Coordinating Board (THECB) and the Texas Workforce Commission (TWC) will continue to monitor recruitment and retention of healthcare providers trained in geriatrics. These efforts will include:**

- **Identifying and monitoring recruitment and retention of faculty and instructors available to train these providers**
 - *Action:* The THECB tracks data on the number of geriatric residencies in Texas and the number of positions in those residencies (both open and filled). Updates on these numbers are presented to the ATWAC and to state legislators. No state agency or other entity identifies and monitors recruitment and retention of faculty and instructors available to train geriatric health care providers.

- **DADS will distribute the direct service worker realistic job preview (RJP) videos and conduct an evaluation and dissemination of the results of utilizing the RJP videos throughout the state**
 - *Action:* DADS produced two RJP videos for direct support workers: one video focuses on working with people with intellectual and developmental disabilities, the second on working with older adults and individuals with physical disabilities. In 2012-13, access to the videos was made available free of charge on the DADS website and organizations from numerous states including Georgia, Illinois, Michigan, Montana, and Pennsylvania as well from Texas contacted DADS about using the videos for screening direct support job applicants. Due to other priorities, evaluation of the results of utilizing the videos was not conducted.

- **DADS will study career ladder opportunities for Direct Care Workers**
 - *Action:* DADS staff conducted a review of other states' efforts to create career ladder opportunities for direct support workers. Staff are in the early stages of developing a scope of work for an online distance learning and career development system.
 - *Action:* During 2012-13, DADS staff designed a survey of direct support workers. The survey will be conducted once funding is available. Approximately 40,000 survey questionnaires (in both English and Spanish) will be mailed to individuals receiving community-based services to give to their attendants to complete. The survey includes questions on work conditions, pay, training, perceived career opportunities, and plans to continue working in this field. Data from this survey will serve as a baseline against which progress of workforce initiatives can be measured.

- **DADS will establish a direct support workforce employment clearinghouse, where workers and employers can connect, based on location, skills, preferences, and schedules**

- *Action:* DADS staff have gathered and examined information on other states' systems to match direct support workers (DSWs) with employers. A scope of work for the Texas system will be developed during the fall of 2013.
- **DADS will develop a web-based virtual resource center for workers, employers, and the public, offering information about DSWs and their role providing home and community based services**
 - *Action:* The focus of this project has shifted to the creation of an online distance learning and career development system.
- **DADS will collaborate with the Texas Lifespan Respite Care Program and the Texas Inventory of Respite Providers database to enhance search options for the public and build awareness of both programs' activities**
 - *Action:* The Texas Inventory of Respite Providers was launched in March 2012 as part of the DADS "Take Time Texas" website. The inventory can be searched by county, type of provider, or type of service, and presents information about each service provider including type of respite provided, contact information, hours available, counties served, and languages spoken. DADS staff are collaborating with the Texas Respite Coalition on the expansion and updating of the inventory list, and on outreach to increase awareness of the searchable database.
- **DADS will collaborate with the University of Texas (UT) School of Social Work to enhance the number of social workers trained in geriatrics by developing social work field placements in gerontology and public policy within HHSC agencies**
 - *Action:* DADS and the UT School of Social Work (SSW) have developed a process by which DADS programs around the state can hire a paid graduate school intern from the SSW Community Administrative Leadership program. This program will expose graduate social workers to the variety of opportunities available to them at DADS. An intern will work during the final semester(s) of their degree program, approximately 36 hours per week (Jan –May) or over two semesters at approximately 18 hours per week (Jan – August). Similar processes are underway at other HHSC agencies.

IV. State Agency Readiness

- **DADS will encourage the readiness of Texas state agencies for a rapidly growing aging population in Texas by developing and sharing resources,**

including web-based information and information briefs, to inform and support agency preparation for aging populations. DADS will provide expertise and technical assistance to other agencies' planning efforts and will:

➤ **Provide regular updates on the ATW website**

- *Action:* During 2012-13, the ATW website was regularly updated with links to new resources including issue briefs, news reports, evidence-based programs, aging organizations, and services. These included links to the websites for *Take Time Texas* (respite care) and *DADS Culture Change in Texas Long-term Care*, DSHS and community partner websites, and informational reports on a wide range of topics.

➤ **Provide information and presentations to the Texas Joint Legislative Committee on Aging as appropriate**

- *Action:* DADS Commissioner and Deputy Commissioner presented information about older Texans' demographics, needs, services, and issues to the 2013(R) session of the Texas legislature. DADS staff also provided information and support to the ATWAC Chair who presented on older adults' transportation issues before the Legislative Committee on Aging in 2012.

V. Texercise

➤ **Texercise is a statewide health promotions program developed by DADS to educate and involve older Texans and their families in physical activities and proper nutrition. The program promotes activity among individuals, as well as community events and policies, to support fitness in all life areas. Through Texercise, DADS will:**

➤ **Ensure a coordinated delivery of physical fitness and nutrition information and resources to aging Texans**

- *Action:* DADS continues to work closely with the Texas Department of State Health Services Chronic Disease Prevention Branch to coordinate the promotion and delivery of Texercise throughout the state. During 2012-13, Texercise continued to be offered by all 28 AAAs as well as by numerous city parks and recreation departments, and by community centers and senior centers, throughout the state. Recent enhancements to Texercise include an increase in the number and location of trained Texercise Champions, individuals who advocate for and help implement Texercise and other physical activity programs for adults in their community.

- **Develop a component to evaluate the effectiveness of the Texercise program**
 - *Action:* DADS has contracted with researchers at Texas A&M University Health Science Center to evaluate the effectiveness of the Texercise program. The evaluation was completed on August 31, 2013, and is now under review.
- **Expand nutrition and healthy eating materials for individuals and communities**
 - *Action:* Twenty Texercise facts sheets on health related topics such as nutrition, the importance of physical activity, stress management, and injury prevention are offered as part of the Texercise program. In addition, these fact sheets are available online at:
<http://www.dads.state.tx.us/texercise/resources/factsheets.html>
 - *Action:* DADS Age Well Live Well program partners with TAMU's Agrilife Extension Center to offer free online recipes, cooking videos, and nutrition information to help Texans create healthy meals.
- **Develop toolkits to support the creation of environmental changes that encourage physical activity (e.g. how-to create walking trails)**
 - *Action:* The "Texercise Walking Trail Toolkit" was created and made available on the DADS website in 2012. The toolkit was developed to support individuals, groups at work, communities, and civic groups to create walking trails to promote physical activity. Comprehensive instructions for creating walking trails (indoor and outdoor, at-work and in the community) are included.
- **Implement and expand GetFitTexas! an online physical activity tracking database**
 - *Action:* GetFitTexas! is a free online tool that can be used by individuals, groups, and communities to track exercise activity. This tool was used during the 2012 and 2013 competition between state agencies to track which agency's employees were the most active. Software for this tool is being updated to allow multiple ongoing competitions.

VI. Local Community Preparedness

- **DADS, in collaboration with the AAAs and other public, private, and state agency partners, will:**
 - **Develop partnerships with public, private, and state agency partners to build community capacity to serve older Texans**
 - *Action:* In June 2013, DADS awarded three AAAs (South East Texas, Tarrant County, and North Central Texas) two-year \$50,000 grants each to complete the ATW CAT, which involves creating partnerships to assess and improve community capacity to support older Texans' aging in place. Partners for the North Central Texas ATW CAT process include the City of Denton, the University of North Texas College of Public Affairs and Community Service, United Way Denton County, and Interfaith Ministries. Partners for Tarrant County include United Way Tarrant County, United Way Arlington, the University of North Texas Health Science Center's Center for Community Health, the Arlington Life Shelter, the Vietnamese Community Center, Tarrant County 2-1-1, and Trauma Support Services of North Texas.
 - *Action:* During 2012-13, DADS staff collaborated with organizations working to create age-friendly communities including the Austin Mayor's Task Force on Aging and the Georgetown Aging Initiative.
 - *Action:* DADS Age Well Live Well is a collaborative initiative promoting older Texans' physical health, volunteerism, and awareness of available resources. The following cities and counties have received Age Well Live Well grants: Abilene, Bexar County, Denton, Harris County, and Tarrant County. Abilene's Age Well Live Well partners include the City of Abilene, Abilene Regional Senior Circle, Abilene Christian University, and Rose Park Senior Center. Bexar County's partners include the City of San Antonio, Nix Community General Hospital, the San Antonio Food Bank, and the Alamo City Medical Group. Other Age Well Live Well grantees have similar partnership coalitions comprised of public, private, and government entities.
 - **Support the AAA role as a change agent to implement the pilot phase of the ATW CAT in a few communities**
 - *Action:* During 2012-13, the AAA implementation of the ATW CAT was supported via grants to three AAAs (see above) and ongoing technical assistance provided by DADS staff to each AAA grantee.

- **Help AAAs expand the implementation of the ATW CAT by providing technical assistance to targeted communities**
 - *Action:* DADS staff provides ongoing technical assistance to AAAs and others implementing the ATW CAT, including answering questions via phone and email; arranging for informational conference calls; and regularly researching and sending out informational materials on what other cities around the world are doing/have done to make their communities more age friendly.

- **Apply for and implement grants that develop and test new services and delivery models**
 - *Action:* In 2013, DADS received a \$183,000 grant from the Administration for Community Living (ACL) for a No Wrong Door/Aging and Disability Resource Center (ADRC) Opportunity – Sustainability Competitive Continuation. This grant will support DADS efforts to finalize statewide standards and training plans for ADRC Options Counseling, and to establish sustainable funding mechanisms for ADRCs such as contracting with managed care organizations for some services.

 - *Action:* In 2013, DADS was awarded \$198,000 from the ACL Centers for Medicare & Medicaid Services Veterans Health Administration (Affordable Care Act, Sec 2405 and Older Americans Act Title IV) for an Aging and Disability Resource Center (ADRC) Sustainability Program Expansion Supplemental Program (Part B) grant. The one-year grant provides funds to develop sustainability strategies for Texas' ADRC Options Counseling Program.

 - *Action:* DADS 2013 grant application to the ACL for the Lifespan Respite Program: Building Integrated and Sustainable Lifespan Respite Care Programs was awarded \$250,000. The 18-month grant will bring to scale, integrate, and ensure the sustainability of a fully functioning state-wide Lifespan Respite Program. Grant activities will include:
 - Caregiver training for families with children or adults with special needs.
 - Expansion of respite care availability through increased volunteer and faith-based respite care programs.
 - A summit to develop a statewide strategic plan for respite services.
 - Improved ADRC awareness of and coordination with services for families of children with special needs.
 - Enhancement of the Take Time Texas website to include a page for caregivers of children with special needs and a page for caregivers of older adults.

- Improved data collection, with a focus on collecting outcome data on the benefits of respite care.

➤ **Develop and distribute ATW, Texercise and VCE public awareness materials**

- *Action:* Promotional materials for ATW, Age Well Live Well, and Volunteer and Community Engagement (including brochures, leaflets, pens and notepads) are distributed at AAAs, conferences, and community events related to aging such as the Aging in Texas Conference, Age Well Live Well launch events, and events such as “*Síclavía*” in San Antonio.

➤ **Work with providers, advocates, researchers and others to develop resources that support culture change in nursing facilities and contribute to on-going research that enhances the dignity and worth of individuals**

- *Action:* During 2012-13, DADS staff worked with providers, advocates, researchers and others to develop resources that support culture change including:
 - Annual culture change conferences to educate providers and to promote improved health and satisfaction outcomes for both residents and workers in nursing facilities.
 - Online webinars including (1) *The Bathing Experience*; (2) *Activities in a Person-Directed Environment*; (3) *Moving-In Day: The Person-Directed Approach*; (4) *What’s the Fuss about Anti-Psychotic Medications in Long Term Care Facilities?*; (5) *Decreasing Inappropriate Use of Anti-psychotic Medications in the Dementia Population*; (6) *The Value and Importance of Spending Time Outdoors*; and (7) *Implementing Consistent Assignment in a Long-Term Care Setting Using Evidence-Based Strategies.*” These webinars were attended by nurses, state supported living center staff, adult day care providers, assisted living managers, and home health/hospice agency providers. 1,812 individuals attended these webinars in 2012-13.
 - Regional symposia were held in five cities in 2012-13: Dallas, Fort Worth, Houston, Lubbock, and San Antonio. Topics included person-centered dining, caring for special populations, self-directed teams, ethics in nursing, life safety code, and non-pharmacological interventions. 650 individuals attended these symposia.
 - DADS staff also provided professional assistance with culture change action plans, including providing access to architects and engineers for

questions about a nursing home's physical plant, and access to nurses, dietitians and pharmacists to assist with questions related to health and medicine.

Conclusion

The ATW Plan Progress Report 2012-13 details the actions taken by DADS and its partners to fully implement the ATW Plan 2012-13. The many, varied, and often on-going actions described in the pages above illustrate DADS and its partners' commitment to fulfilling the mandate of RP 42, and to serving the older adult population of Texas.