

CCoA

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California Commission on Aging

AGEWATCH

... as a citizen's voice in government...

The Older Americans Act: improving older adults' lives for 49 years

This month marks 49 years since President Johnson signed the Older Americans Act into law. In the 1960s, only 9 percent of the country's population was over age 65, but many of them lived in poverty. Today the demographics of aging are much different. There is less overall poverty among older adults, but the older population has grown exponentially, as has the diversity of their needs.

The Older Americans Act provides services for people in their communities. In 2012, the aging services network provided 8 million hours of adult day care; 2 million nutrition education sessions; and nearly 25 million rides to and from medical appointments, shops, and social events. With the help of hundreds of thousands of volunteers, the aging services network served more than 225 million meals, providing essential nutrition so hundreds of thousands of older adults can stay healthy.

Even as the population of older Americans has grown, funding for the Older Americans Act has remained steady over time. Despite varying economies in states through the years, the aging services network has effectively leveraged an average of \$3 for every dollar of federal investment. It has also maintained a steady corps of senior volunteers who share their time, experience, and resources with their neighbors and communities. To read more about OAA programs, visit the Administration for Community Living website at <http://www.acl.gov/NewsRoom/Observances/2014/July14-OlderAmericansAct.aspx>

Reprinted from the Administration for Community Living Newsroom's National Observances page.

CCoA's 40th Anniversary Acknowledged

CCoA was honored this spring with a Congressional resolution from Representative Karen Bass, of California's 37th Congressional District. Representative Bass spoke at the Commission's March symposium at USC on *The Future of Aging*. Pictured at right are Representative Bass (at left) and Commission Chair Virgie P. Walker.



AGEWATCH is an occasional publication of the California Commission on Aging (CCoA) intended to inform, educate, and advocate. The CCoA is an independent state agency established in 1973 to serve as the principal state advocate on behalf of older Californians. The CCoA office is located at 1300 National Drive, Suite 173, Sacramento, CA 95834.

Senate Select Committee on Aging and Long Term Care begins work to identify the ideal system of long-term services and supports

The first hearing of the California Senate's new Select Committee on Aging and Long Term Care drew from a pool of experts and academicians to describe the ideal system of services and supports for California's aging population. Chaired by Senator Carol Liu, the information-gathering hearing was held July 8th in Pasadena and was titled "California's Service Delivery System for Older Adults: Envisioning the Ideal System."

Panelists for the day included USC Professor of Gerontology Kathleen Wilber, UCLA Researcher Steve Wallace, Gretchen Alkema of The SCAN Foundation, USC Associate Professor of Social Work Karen Lincoln, Amber Cutler of the National Senior Citizens Law Center, Los Angeles Department of Aging General Manager Laura Trejo, Cheryl Phillips of LeadingAge, and CCoA Executive Director Sandi Fitzpatrick.

The Select Committee's second hearing is set for August 12 in Sacramento.

Materials from the July hearing are available on the Select Committee's website at <http://senate.ca.gov/agingandlongtermcare>.



CCoA Director Fitzpatrick honored by Congress of California Seniors

The Congress of California Seniors has been an active advocacy voice for seniors for nearly forty year. In recent times, CCS has recognized individuals who have made an important contribution to improving the lives of seniors... usually devoting an entire career to the cause.

For 2014, CCS was pleased to honor CCOA Executive Director Sandi Fitzpatrick as the Advocate of the Year. "Sandi has worked tirelessly to help seniors achieve a better quality of life ...to spend their golden years in the Golden State," said CCS State President Hank Lacayo. "She's been a true friend of seniors and we are pleased to partner with her and the Commission in our work."

Fitzpatrick was recognized at the CCS 2014 Policy Conference in San Jose on June 23rd.

Press release provided by CCS.



CCoA Executive Director
Sandi Fitzpatrick

HHS helps facilitate conversation on brain health

The topic of brain health can be complicated when talking with older adults. With an eye toward facilitating conversations with older people about brain health, new set of resource materials is now available from the U.S. Department of Health and Human Services.

The four-part set of materials is written in plain language and explains what people can do to help keep their brains functioning best. Topics include: preventing falls to avoid head injury, refraining from excessively drinking alcohol, getting enough sleep, and managing diabetes and blood pressure. The basics of Alzheimer's disease as a primary threat to brain health with age and managing possible risk factors are also explained in the materials. Although no activity or medicine has yet been shown to prevent the disease or reduce risk, some of the healthy lifestyle and chronic disease management strategies presented are good for healthy aging and may prove, with further research, to directly protect against cognitive decline and Alzheimer's disease.



The materials are intended for use at senior centers and in other community settings. "Staff and volunteers at senior centers, area agencies on aging, health departments, local clinics, and community organizations of all kinds are in a wonderful position to debunk myths and share accurate information about this subject," notes Kathy Greenlee, assistant secretary for aging and administrator of ACL. "Evidence-based resources like these can go a long way to make sure that people with concerns about brain health can get the information they need from the community caregivers they trust."

The Brain Health Resource contains:

- A PowerPoint presentation that teaches older adults and their caregivers how to reduce risks related to brain health.
- An accompanying Educator Guide that provides additional information for presenters to share with audiences.
- A one-page handout for older adults and caregivers called "Brain Health as You Age: You Can Make a Difference!"
- A supplementary handout, Brain Health as You Age: Key Facts and Resources, that includes basic information and resources for the topics covered in the presentation.

To read more and obtain the Brain Health Resource, visit http://www.acl.gov/Get_Help/BrainHealth/Index.aspx.

Reprinted in part from *U.S. Administration for Community Living, Department of Health and Human Services, HHS Offers Evidence-based Materials for Conversations About Brain Health.*

CDC launches second wave of the National Study of Long-Term Care Providers

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In the next few weeks, the Centers for Disease Control and Prevention (CDC) National Center for Health Statistics will begin fielding the second wave of the National Study of Long-Term Care Providers (NSLTCP). This biennial National Study of Long-Term Care Providers (NSLTCP) is a groundbreaking initiative to monitor trends in the major sectors of care services providers. day services centers, home nursing homes, and assisted living and similar residential care communities. This study will help policymakers, health care planners, and providers better understand, plan for, and serve the needs of the older population and disabled young adults.



The NSLTCP uses data from surveys of residential care communities and administrative data on home health agencies, nursing homes and hospices. Information will be obtained from mail and web questionnaires administered to facility directors (or their designees) and will take on average 30 minutes to complete. The vision for NSLTCP is to offer reliable, accurate, relevant and timely statistical information to support and inform long-term care services policy, research and practice.

from surveys of residential adult day service centers, as well as data on home health agencies and hospices. Information will be

A fact sheet on the study and publications from the first wave of research in 2012 are available at <http://www.cdc.gov/nchs/nsltcp.htm>.
NASUAD Friday Updates, June 13, 2014

AGEWATCH

July 2014

Upcoming Events

July 19, 4th Annual West Coast Disability pride Parade & Festival, Mountain View. Contact the Silicon Valley Independent Living Center (<http://www.svilc.org/>) for information.

August 12, Senate Select Committee on Aging, 2:00 p.m., Room 113, State Capitol, Sacramento. Information at <http://senate.ca.gov/agingandlongtermcare>

August 12 - 13, Triple-A Council of California, Vagabond Inn, Sacramento. www.4TACC.org.

September 29-30, California Commission on Aging, Hyatt Regency Sacramento. www.ccoa.ca.gov.

September 30, The SCAN Foundation's 2014 Annual Long-Term Services and Supports Summit, Sacramento Convention Center - Information at: <http://www.thescanfoundation.org/register-now-september-30-2014-scan-foundations-2014-california-ltss-summit#sthash.q9DaxR7n.dpuf>

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