



National Aging Services Network: Infrastructure Supporting Prevention Among Older Adults

Committee on a Blueprint for a National Prevention
Infrastructure for Behavioral Health Disorders: Meeting 3

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Briefing Agenda

- Introductions
- Aging in the United States
- ACL Background
- The Older Americans Act (OAA): Background, Scope, Impact, and Regulations
- Questions and Discussion

Aging in the United States

- Most older adults want to stay in their homes and communities as they age
- Robust networks of community-based services reduce barriers to independence
 - Example: Among our highest risk caregiver clients, 65% indicate that without OAA services, including case management and respite, the care recipient would most likely be living in a nursing home or assisted living facility.
- OAA's low-cost services have a \$4 to \$1 return on federal investment and serve nearly 1 in 5 older adults

Older Americans Act: The People We Serve

Poor & Near Poor

- Below 150% of Poverty Level

At-Risk Older Adults

- Live alone
- Multiple chronic conditions
- Minorities
- Rural
- Isolated

Complex Health Needs

- Over 92% of clients have multiple chronic conditions (vs. 73% general OA population) and are at risk for hospitalization
- 69% of case management clients take 5+ medications

Homebound

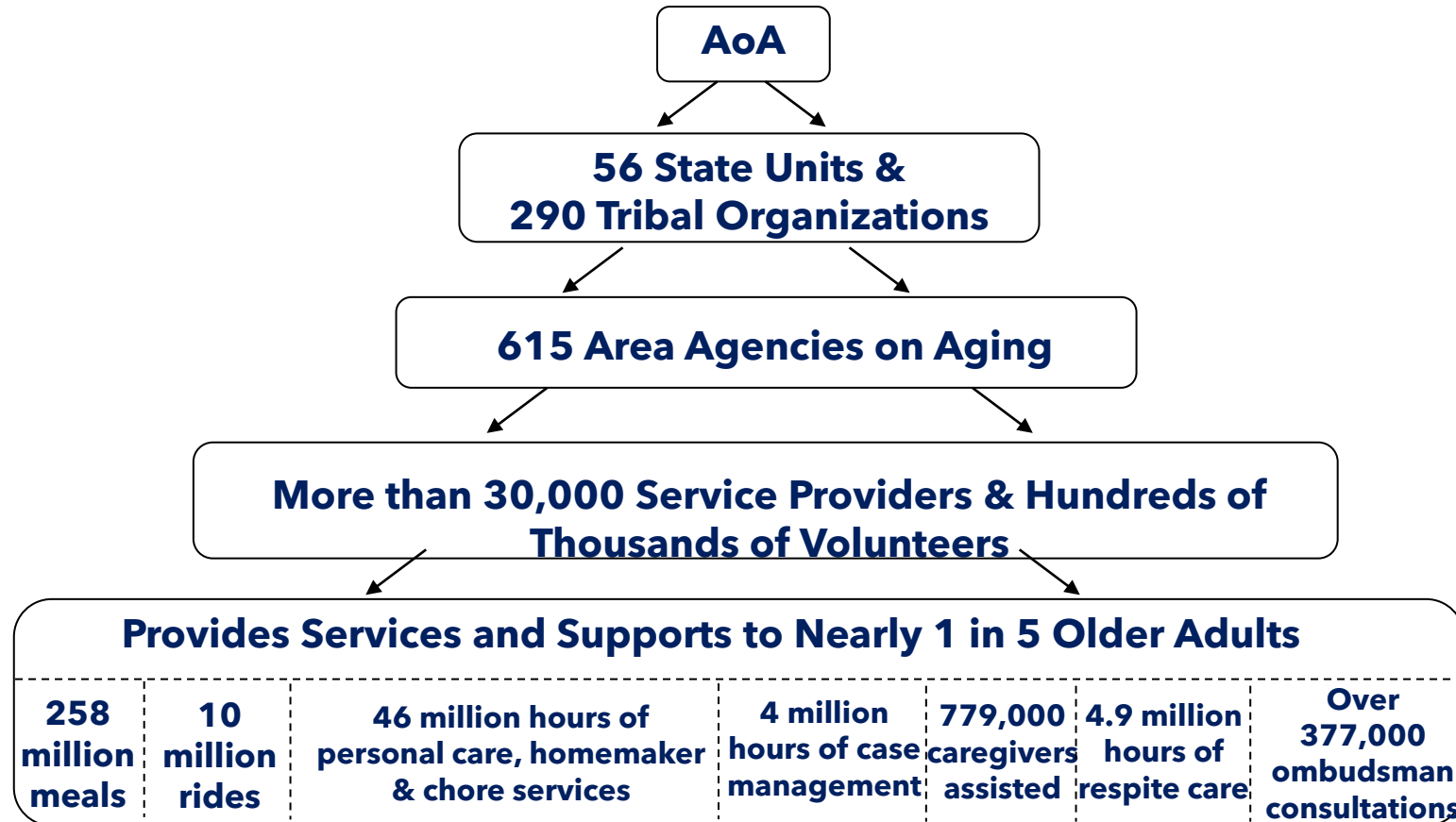
- 40% of home-delivered meal clients need support with 3+ activities of daily living
- 72% of clients need support with 3+ instrumental activities of daily living

Administration for Community Living (HHS)

- Guided by the fundamental principle that all people should be able to **live where they choose, with the people they want**, and with the **ability to participate fully in their communities**, regardless of age, disability, or level of support needs.
- Established in 2012:
 - Combined the Administration on Aging, the Secretary's Office on Disability, and the ACF Administration on Developmental Disabilities
- ACL administers the OAA, which was first enacted in 1965, through the Administration on Aging.

OAA: Objectives and the Aging Network

Title I and Title II of the OAA detail the objectives, including improving the lives of all older Americans, and establishes the Administration on Aging (AoA) and the Aging Network.



OAA: Grants for State and Community Programs on Aging (Title III)

- Title III authorizes grants to the aging network for the coordination of programs for older adults. This includes:
 - Supportive Services and Senior Centers (Title III-B)
 - Nutrition Services (Title III-C)
 - Disease Prevention and Health Promotion (Title III-D)
 - National Family Caregiver Support Program (Title III-E)
- An estimated 11.4 million people are served by Title III programs
- Title III also authorizes human services emergency preparedness and coordination efforts

OAA: Supportive Services and Senior Centers (Title III-B)

Background

- Supportive services and senior centers are designed to ensure that local communities can meet the individual needs of older adults and caregivers in their communities.
- Funding is flexible for > 26 authorized services, including:
 - Adult day care (more than 7 million hours)
 - Case management (4 million hours)
 - Transportation (66% of participants would be homebound without)

OAA: Nutrition Services (Title III-C)

Background

- Nearly 7% of older adults are food insecure, and there has been a 30% increase since 2001
- More than 50% of participants report the OAA meal is half or more of their food for the day
- 71% of congregate meal participants, and 79% of home-delivered meal participants, say they eat healthier meals due to the programs
- 82% of congregate meal participants and 92% of home-delivered meal recipients report that the services help them live independently in the community

OAA: Disease Prevention and Health Promotion (Title III-D)

Background

States that receive Title III-D funds are required to support evidence-based programs. These include:

- Falls Prevention
- Chronic Disease Self Management Education
- Diabetes Self Management Training
- Behavioral Health

These programs complement other OAA services to support independence.

OAA: Disease Prevention and Health Promotion (Title III-D)

Preventive Health Services: Results

FFY 2022: an estimated **731,733 older adults** participated in evidence-based health and disease prevention programs related to the prevention and mitigation of the effects of chronic diseases (including hypertension, diabetes, and cardiovascular disease), alcohol and substance abuse, falls prevention, physical activity, nutrition, medication management, and mental and behavioral health.

States also continue to expand the types of evidence-based health programs offered to address various health conditions, with over 70 programs available, focusing on pressing public health challenges like mental health and social isolation.

OAA: Disease Prevention and Health Promotion (Title III-D)

Chronic Disease Self Mgmt Education: Results

FFY 2022: more than **498,298 older adults** have participated. CDSME programs are effective at helping participants adopt healthy behaviors and improve their psychological and physical health. Participants report significant improvements in aspects of their care (communication with their physicians, medication compliance, and health literacy), better health outcomes (self-assessed health, reduction in depression and quality of life), and reduced health care utilization (lower emergency room visits and hospitalizations), resulting in potential cost savings.

OAA: National Family Caregiver Support Program (Title III-E)

Background

Title III-E provides services to address the needs of informal, unpaid family caregivers:

- 80% of all community-based long-term care is provided by family and friends
- Many caregivers are themselves older adults
- 65% of highest-risk caregiver clients indicate that without OAA services the care recipient would most likely be living in a nursing home or assisted living facility

OAA: Activities for Health, Independence, and Longevity (Title IV)

Background

- Authorizes funding for training, research, and demonstration projects to meet the evolving needs of older adults. This includes:
 - Direct Care Workforce Strategies Center
 - Falls Prevention
 - ACL Innovation Lab
 - National Technical Assistance Resource Centers

Example: Direct Care Workforce

- Demand for home and community-based services is rapidly outpacing workforce capacity.
- Direct Care Workforce Strategies Center will provide technical assistance to improve recruitment, retention, training and professional development

OAA: Grants for Native Americans (Title VI)

Background

- Promotes home and community-based services for American Indian, Alaskan Native, and Native Hawaiian elders:
 - In FY23, 290 tribal organizations representing over 400 tribal nations received grants to provide services including:
 - Transportation
 - Home-delivered and congregate nutrition services
 - Caregiver support services

OAA: Vulnerable Elder Rights Protection Activities (Title VII)

Background

- More than 10% of older Americans experience at least one form of abuse each year. Title VII authorizes the following to prevent and respond to abuse:
 - Long Term-Care Ombudsman Program
 - Legal Assistance Development
 - Coordination of Adult Protective Services efforts

Key Take-Aways

- Partnerships between the aging network and public health were strengthened during the pandemic.
- Volunteers are a significant portion of the aging network workforce.
- Family caregivers provide most support to older adults living in their own homes. OAA services support family caregivers.
- Native elders and their family caregivers are supported through the aging network.

Thank You!

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