CSG

The Council of State Governments

NATIONAL LONG-TERM CARE WORKFORCE NETWORK

Topic: Multisector Plans for Aging

March 18, 2024

Agenda

- Introduction and Project Recap
- Multisector Plans for Aging
 - $_{\odot}$ Carrie Graham, Center for Health Care Strategies
 - o Pennsylvania: Kevin Hancock, Pennsylvania Department of Aging
 - o Utah: Rob Ence, Utah Commission on Aging
- Discussion
- Next Steps and Adjourn



Long-Term Care Policy Guide

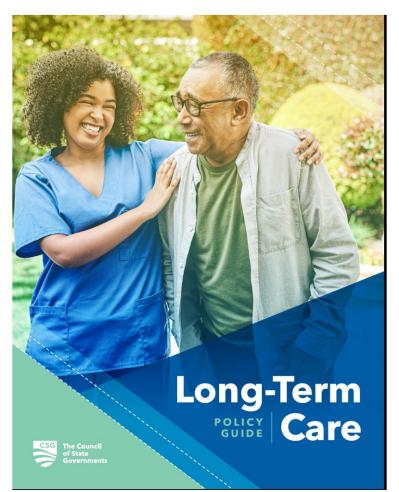


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Revitalizing the Direct Care Workforce and Supporting Family Caregivers



National Center for State Long-Term Care Workforce Policy (2023-24) Summary

- National Long-Term Care Workforce Network
- National Online Resource Center
- State Technical Assistance Services



National Online Resource Center (https://web.csg.org/long-term-care/)























State Strategies to Revitalize the Long-Term Care Workforce

- Increasing Compensation
- Employment Supports
- Enhancing Training and Education
- Facilitating Career Advancement
- Expanding the Pipeline
- Data Collection & Monitoring
- Supporting Family Caregivers





















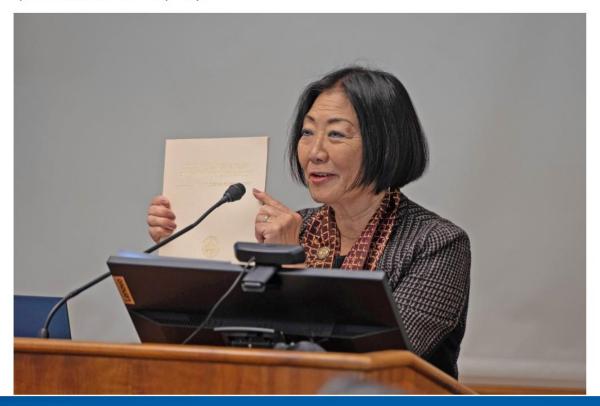


Hawaii Looks to CSG, Other States to Address Long-Term Care System

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Posted on March 14, 2024 | In Capitol Ideas Magazine, Health and Human Services, National, Policy, State Talk

By Sean Slone, CSG Senior Policy Analyst



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Biden Signs Six-Bill Spending Package Funding Key Criminal Justice Programs

Reentry 2030





Multisector Plans for Aging: A National Movement

Carrie Graham, PhD, MGS

Director of Aging and Disability Policy Center for Health Care Strategies

MPA Team:

- Torshira Moffett, Senior Program Officer
- Amy Hoffmaster, Senior Program Officer
- Valerie Flores, Program Associate
- Emma Rauscher, Program Associate

Center for Health Care Strategies Aging and Disability Team

A policy design and implementation partner devoted to improving outcomes for older adults and people with disabilities. We connect people and ideas to spark insights, build expertise, strengthen leadership, and spread innovations:

Effective models for access to LTSS and integrated care for those dually eligible for Medicare and Medicaid that harness the field's best thinking and practices to meet critical needs.



Efficient solutions for policies and programs that extend the finite resources available to improve the delivery of vital services and ensure that payment is tied to value.



Equitable outcomes for people that improve the overall wellbeing of populations facing the greatest needs and health disparities.





Work to Promote Multisector Plans for Aging

- 2019 2020 Consultant to California's Master Plan for Aging
- 2021 Survey of states MPA interest and progress
- 2021 2023 Cohort 1 State MPA Learning Collaborative
 - 10 States: Colorado, Illinois, Indiana, Minnesota, North Carolina, North Dakota, Oregon, South Carolina, Tennessee, and Vermont
 - Technical Assistance Tools
- 2023 present Cohort 2 State MPA Learning Collaborative
 - 10 States: Connecticut, Iowa, Maryland, Massachusetts, Missouri, Nevada, New Hampshire, Pennsylvania, Utah, and Washington State
 - Technical Assistance Tools

• 2024 – present 50 State Survey of MPA Progress

• Results expected Spring 2024

See more on the MPA Learning Collaborative and technical Assistance tools: <u>https://www.chcs.org/project/master-plan-for-aging-learning-collaborative/</u>









What is a Multi-Sector Plan for Aging?



State-Led: An MPA can be authorized through legislation, a governor's executive order, or a more informal decree/declaration.

Cross-Agency Development and Accountability:



While an MPA is usually led by one agency or department (often the unit on aging) the development of the MPA and its implementation are typically done with input, leadership, and accountability from various departments and agencies across state government. The legislative branch of government is often also engaged in the process.



Broad Focus on Aging Throughout the Lifespan: An MPA is not just for people who are currently older.

An MPA is not just for people who are currently older. It addresses all people who are aging, including caregivers, people with disabilities, direct care workers, young people planning for retirement, and employers who are looking to retain and attract older workers. Messaging doesn't "other" older adults; it promotes the message that "we are all aging".



Data Driven: An MPA uses data and evidence in the development phase to identify areas of unmet need and initiatives that the state can consider. It also uses data to demonstrate and measure progress through implementation.



Stakeholder and Consumer Engagement:

An MPA is developed and implemented with broad stakeholder engagement, including input from aging/disability stakeholders as well as stakeholders who may not traditionally focus on aging. It also includes direct feedback from consumers.



Living Document: An MPA is not 'one and done'. Once it is developed, the expectation is that it will be refreshed every one or two years, and that the state will continue to be accountable to stakeholders for progress reports and measurement of goals.



What MPAs are not...

• It is NOT a budget document-

→it can include both funded priorities and those that are aspirational.

• Its not a

- →State Plan on Aging
- → State Health Improvement Plan
- →State Medicaid Plan
- →but it <u>should</u> incorporate the initiatives and priorities of all of these under the umbrella of an MPA

It is not just for people who are old now

- →focuses on all people who are aging, from younger adults planning for retirement, caregivers, providers, employers.
- They are NOT called Multisector Plans for Aging...





States make up their own unique names for MPAs:

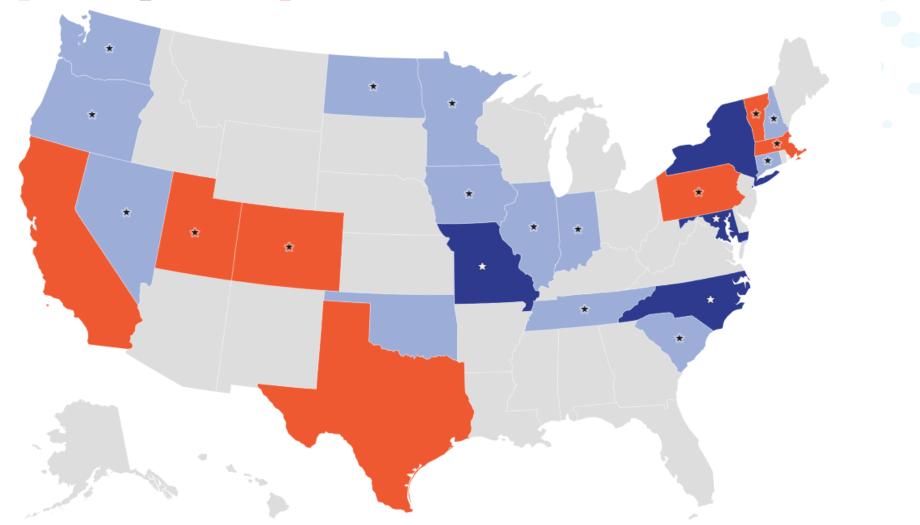
Longevity Ready Maryland	Utah for the Ages	Age Strong Vermont: Our Roadmap for an Age Friendly State	Aging our Way, PA
California Master Plan for Aging	Colorado Strategic Plan for Aging	North Dakota Multi-generational Plan for Aging	Aging Texas Well
Aging with Dignity: Missouri Master Plan on Aging	All Ages All Stages North Carolina	New York State's Master Plan for Aging	Multisector Blueprint for Age Friendly Minnesota



MPA Activity Across States

★ = MPA Learning Collaborative

Fostering Development Legislation/Executive Order MPA Developed/Implementing





North Dakota Multigenerational Plan for Aging

MPA Broad Goals



Services Closer to Home

 North Dakotans will be able to live in the setting of their choice with the support they need to thrive as they age



Futures Planning

 North Dakotans receive widespread outreach and learning opportunities for legal, financial and healthcare planning



inclusive engagement

with their families.

communities and

workplaces



 North Dakotans enjoy ready access to quality services through targeted efforts to attract and retain a qualified workforce



California MPA Organizing Framework

5 Bold Goals for 2030



Goal 1: Housing for All Ages and Stages

Goal 2: Health Reimagined



Goal 3: Inclusion and Equity, Not Isolation

Goal 4: Caregiving that Works



We will live where we choose as we age in communities that are age-, disability-, and dementia-friendly and climate- and disaster-ready.

We will have access to the services we need to live at home in our communities and to optimize our health and quality of life.

We will have lifelong opportunities for work, volunteering, engagement, and leadership and will be protected from isolation, discrimination, abuse, neglect and exploitation.

We will be prepared for and supported through the rewards and challenges of caring for aging loved ones.

We will have economic security for as long as we live.



Multisector Plan for Aging Structure

Example of how you would work on one goal	Goal 2: Domain: LTSS Goal: People will have access to the services and supports			
	they need to live and age well in our state			
State govt Depts/ Agencies/Legislature	Unit on aging,Medicaid AgencyDept of Rehabilitation,	Labor AgencyEmergency PreparednessPublic Health		
External Stakeholders	 AARP, LTSS providers, Labor unions, Academics who research LTSS 	 People who use LTSS Direct Care Workers Family (unpaid) caregivers Aging and Disability Advocates 		
Existing Programs, initiatives, and plans	 State Plan on Aging Medicaid LTSS reform taskforce Olmstead committee recommendations 	 No Wrong Door Initiative Age Friendly Initiatives Rural Aging Initiative Dementia Care Taskforce 		
Data to support goal	 Demographics and projections of Aging population Data on unmet need for LTSS Waitlist for waiver programs 	 Prevalence of various disabilities Data from other departments broken out by age and disability Benchmarks to measure progress 		



MPA Goal 4: Caregiving that Works

+ View the 2023-2024 MPA initiatives

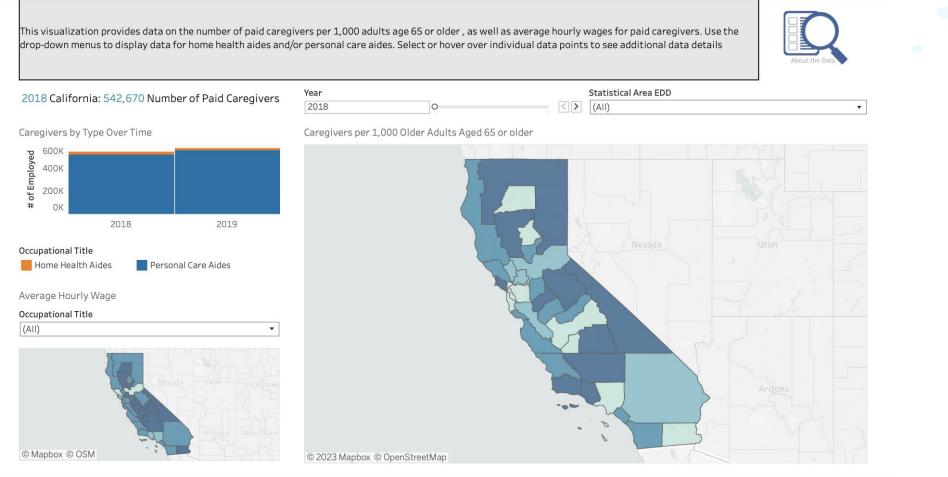
Initiative 83 - Promote innovative models for Community Health Workers to serve older adults and people with disabilities in home and community-based settings, targeting underserved populations with a focus on equity, including through Medicare Fee-for-Service and Medicare Advantage delivery systems. (Lead Agency: CalHHS, LWDA)

Initiative 84 - Develop a direct care inventory of evidence-informed, competency based training, career ladder, and certification programs that are accessible statewide, aimed at promoting person-centered, culturally, and linguistically responsive training designed for older adults, people with disabilities, family caregivers, and populations with complex needs, including persons with dementia. Explore opportunities to expand career pathways for direct care staff, including the feasibility of linking training to wage increases. (Lead Agency: CalHHS, LWDA)

Initiative 85 - Diversify the pipeline for direct care workers in home and community settings by testing and scaling emerging models to meet the need, as funding allows. (Lead Agency: CalHHS, LWDA) ●



MPA Data Dashboard: Direct Care Workforce





CHCS Resources

- Getting Started with a Multisector Plan for Aging This tool defines what an MPA is, describes the benefits and goals of this approach, and outlines key building blocks for generating buy-in and momentum for an MPA.
- <u>Developing a Multisector Plan for Aging</u> This tool outlines core tenets to guide an MPA development process and best practices for cross-sector MPA development. See also a newly released <u>companion infographic</u>.
- <u>Developing a Multisector Plan for Aging? Advice from Someone Who's Been There</u> In this blog post Kim McCoy Wade offers advice for other states beginning the MPA development journey.
- <u>The Unexpected Benefits of a State Multisector Plan for Aging</u> This brief describes the benefits of the MPA planning and implementation process, including concrete examples from California's experience, to inform leaders and advocates from other states.
- Involving Family Caregivers to Shape Multisector Plans for Aging This tool describes strategies states can use to engage family caregivers to shape an MPA and shares considerations for how MPAs can prioritize family caregivers based on efforts in Minnesota and Texas.



For questions or follow up, contact:

Carrie Graham, Ph.D, MGS Director of Aging and Disability Policy cgraham@chcs.org

















Long-term Care Workforce and Aging Our Way, PA

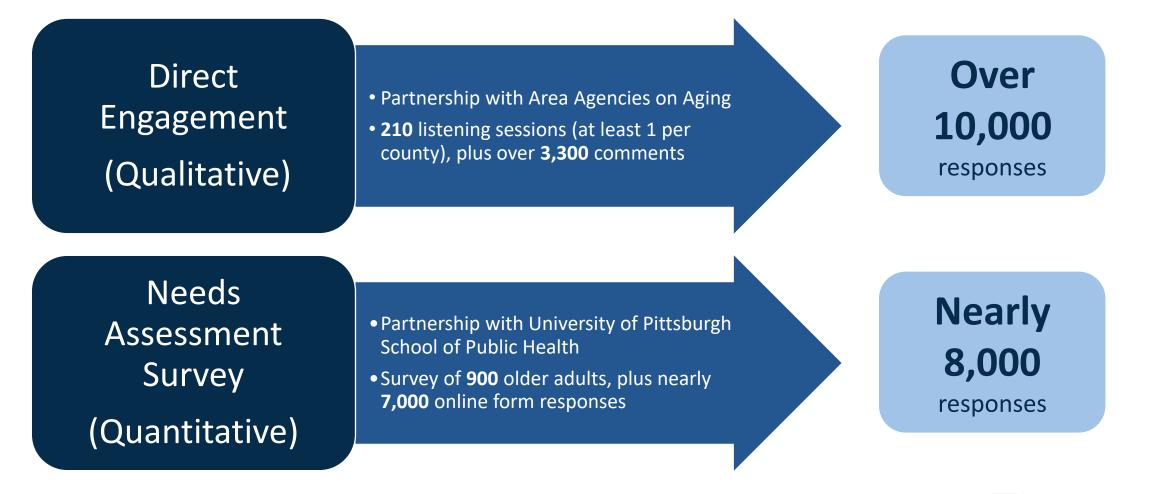
Aging Our Way, PA is:

A 10-year strategic plan designed to help transform the infrastructure and coordination of services for Pennsylvania's older adults.

- Stakeholder-Driven: Pennsylvania's network of Area Agencies on Aging convened stakeholders across the state including Pennsylvanians over 60, caregivers, families, subject-matter experts and community members - to recommend improvements to the services and infrastructure in their communities.
- **Collaborative:** Drawn from stakeholder input, and as directed by the Governor Shapiro's Executive Order 2023-09, state agencies and community expert partners worked together to article the priorities, strategies, and tactics included in the plan.
- Achievable: To guarantee achievability, each Tactic has been refined in active partnership with the agencies responsible for its implementation.
- **Responsive:** The Plan is designed to adapt alongside shifting needs and resources over its 10-year timeframe.
- **Necessary:** The investments and improvements outlined in the Plan are needed for Pennsylvania to grow alongside its aging population.
- Effective: The Plan presents an opportunity for Pennsylvania's government to work smarter.



Development Phase I: Stakeholder Engagement





Development Phase I: Stakeholder Engagement Cont.



AAAs collected as framed by the 8 Domains of Livability. This framework is:

- **Person-centered**: creates snapshot of a person's lived experience
- **Community-focused:** emphasizes relationship between community and quality of life
- Evidence-based: regarded as "Gold Standard" for age-friendly community development



Development Phase II: Steering Committee

PDA staff and academic partners used the data gathered from stakeholders to generate summary reports for each of the 8 Domains of Community Living to inform the Steering Committee about the current experiences that Older Pennsylvanians face as they age. This included:

- 44 members of the Long-term Care Council (not including designees)
- 39 members of the Interagency Workgroup (including individuals from Governor's Budget Office, Governor's Policy Office, DOC, L&I, Insurance, PEMA, DGS, DMVA, DDAP, Ag, Education, DHS, Admin & Tech, DCED, DCNR, Revenue, State, and others)
- Additional Subject Matter Experts (SMEs)

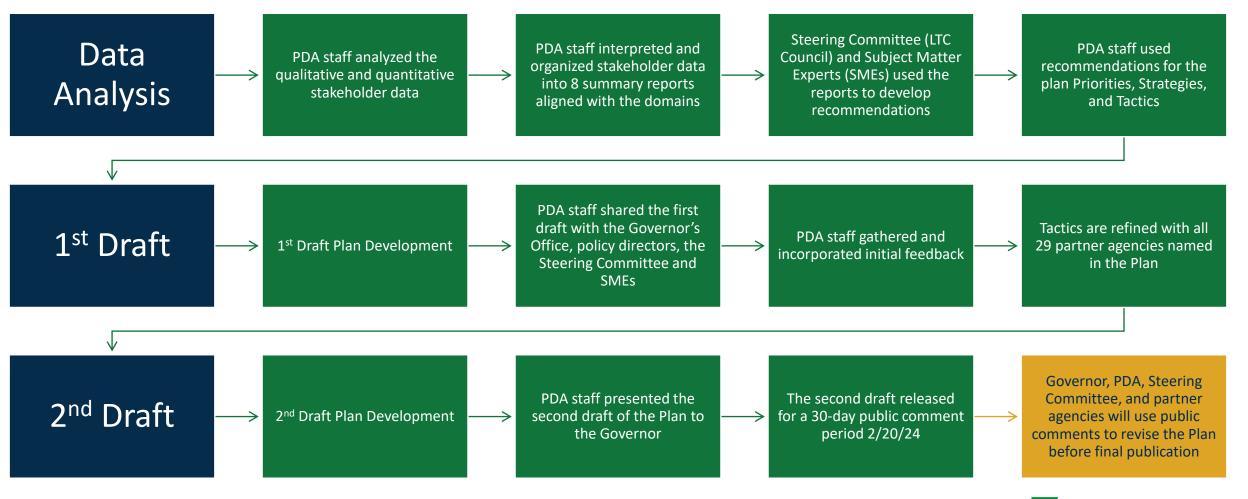
Steering Committee members were invited to join as many workgroups as they were interested in but were required to join at least one.

All Steering Committee members received all 8 summary reports and used these reports to identify priorities as well as potential initiatives to be included in the plan.

Each workgroup was facilitated by an external consultant to complete a recommendation report template that identifies priorities, strategies, and tactics with measures, costs, timelines and durations by Friday, November 10th.



Development Phase II: Crafting Policy Initiatives





Plan Structure: Priorities, Strategies, and Tactics

Aging Our Way, PA is structured around **Priorities** (high-level themes), **Strategies** (mid-level approaches), and **Tactics** (specific, measurable initiatives).

Unlocking Access	Aging in Community	Gateways to Independence	Caregiver Supports	Education and Navigation
Eliminate barriers preventing equitable ability of older Pennsylvanians to live healthy, fulfilling lives.	Enable older Pennsylvanians to maintain secure housing, active community involvement, and familiar surroundings.	Promote older adults' unhindered mobility and safe, convenient, and autonomous use of transportation.	Provide support, training, respite, and navigation tools to paid and unpaid caregivers.	Streamline the resolution of complex problems faced by older adults through improvements to the connections, reach, and delivery of the services network.
10 Strategies	12 Strategies	5 Strategies	2 Strategies	6 Strategies
25 Tactics	65 Tactics	20 Tactics	6 Tactics	40 Tactics
				nonneylyania

DEPARTMENT OF AGING

CAREGIVER SUPPORTS

Focuses on strengthening the direct care workforce and supporting care partners by cultivating better systems of support, education, and assistance to ensure more sustainable, competent, and exceptional care for older adults.

Direct Care Workforce Tactics:

- 111. Audit the recommendations from the 2019 Blueprint for Strengthening Pennsylvania's Direct Care Workforce and develop an implementation plan.
- 112. Change Scope of Practice laws to allow healthcare paraprofessionals and other individuals involved in supporting the clinical and long-term care needs of older adults and individuals with disabilities to perform functions they are qualified to perform.
- 113. Advocate for changes to federal laws to allow immigrants and refugees who qualify to be hired as direct care workers



Plan Impact

Year 1: Expanding and Improving Existing Programs and Resources

• In its first year, Aging Our Way, PA will immediately support the needs of older adults by improving successful and scalable programs while laying the groundwork for more ambitious long-term projects.

Year 5: Redesigning Infrastructure Across Sectors

• By year 5, *Aging Our Way, PA* will build on research and program evaluation to develop new programs that address gaps in services and infrastructure supporting older adults.

Year 10: Reimagining and Building System of Supports

• Through *Aging Our Way, PA*, the service delivery and advocacy networks transformed over the previous decade will deliver reimagined systems of supports that elevate the aging experience to be the best phase of a person's life.



Available for Public Comment

A 30-day public comment period has been established beginning Tuesday, February 20, 2024.

- 1. Review <u>Aging Our Way, PA</u> in Detail.
- 2. Provide comments and feedback through:
 - Online Public Comment Form
 - By Mail:

Aging Our Way, PA, 555 Walnut St. 5th Floor Harrisburg, PA 17101

• By Email:

agingplan@pa.gov

3. Await the final version of Aging Our Way, PA in early April, 2024!



Questions?











Utah for All Ages A Master Plan for Aging

Council of State Governments

March 18, 2024



Rob Ence, MBA Executive Director Utah Commission on Aging



Public Policy

Research & Academia

Communications

Website – Podcast – Social Media Empowered Public

Community Resources





Independence



Social Isolation Food Insecurity Abuse & Fraud **Emergency Preparedness** Ageism **Falls Prevention Fitness** Health & Wellness Long-Term Care Caregiving **Mobility & Transportation** Housing /Aging In Place **Financial Adequacy** Mental Acuity End of Life



Building Trust

- Sharing Events
- Volunteer Management
- Resource Navigation
- Chance Encounter Mon Ami
- Aggregate Reporting





Incremental Progress

- Event Management
- Virtual Resource Center
- Call Center
- Bottom-Up Reporting
- Master Plan Framework





Master Plan

- State Leadership
- Stakeholder Inclusiveness
- Comprehensive Issues
- Rational Data
- Measurable Outcomes



Utah for All Ages

A Master Plan for Aging in Utah

Prepared by the Utah Commission on Aging

> Prepared for Governor of Utah Utah Legislature All Utah Adults





Office of the Governor

Feb. 5, 2024

Utah's population will soon exceed 4 million people. People who are 65 and older make up about 15% of the total population, and in the near future, are expected to represent one in every five residents. This demographic trend impacts our households, culture, economy, environment, and increasing needs of older adults.

Utah benefits from the wisdom and contributions of our older adults, and we recognize that the next generation will be more diverse, live longer, and desire to make meaningful contributions to our great state. If we don't have a meaningful plan for an aging population, we expect to see an increase in the struggles for meaningful employment, affordable housing, food and financial security, and access to quality health care.

These trends are not new, but without deliberate planning, the challenges will accelerate and overshadow the opportunities that should be available to everyone. The purpose of the strategic plan for intelligent aging is to make sure Utahns are engaged and valued across the spectrum of aging into older adulthood.

S.B. 104 Master Plan For Aging was signed into law March 15, 2023, and directs the Utah Commission on Aging to periodically publish a plan that will guide the aging experience over the future decades and make sure all Utahns are able to navigate the challenges and opportunities of older adulthood.

This is a call to action for state and local governments, private and public entities, and individuals to engage innovatively, proactively, and collaboratively to create a Utah where people of all ages can thrive and age with the grace and dignity they deserve. This plan helps lead the way.

Sincerely,

Spencer J. Cox Governor

Utah State Capitol, Ste. 200 - P.O. Box 142220 - Salt Lake City, UT 84114-2220 - Telephone (801) 538-1000

1. Age-Friendly Ecosystems

Staging Successful Aging

Utah adults benefit from age-friendly principles in our communities of living, education, health care, workplace, and public health that improve the quality of life and the aging experience for all.

2. Live Well Everyday

Sustaining Health and Wellness

Utah adults access services and resources that optimize our quality of life by caring for our physical, mental, and social well-being and establishing healthy lifestyles towards a successful aging experience.

3. Affordable Aging

Financial Sufficiency

Utah adults work, save, manage, and protect their assets and resources, free from exploitation and ageism, to sustain economic viability for life.

4. Plan for Life

Personal Empowerment

Utah adults live self-determined lives with dignity, autonomy, competence, and freedom from social isolation.

5. Networks for Care

Support Systems

Utah adults access education, resources and support services to better serve those for whom they care and to preserve their own well-being.

6. Embrace Technology

Educated Aging

Utah adults are empowered through technology and safe device utilization to make informed choices on issues that impact the way we age.





B. Health Care Workforce Expansion

1. Support policy incentives for geriatric trained specialists and rural providers.

2. Expand the adoption of 4M (What Matters, Medication, Mentation, Mobility) principels in older adult health care practices.

3. VA Benefits are known and utilized by eligible Utah Veterans.

4. Establish liscensing standards for professional workers managing patients with mental health issues.

5. Work with DOPL to incude dementia care training across applicable disciplines.

6. Adopt guidelines for Dementia Disease Management, Care, and Education.

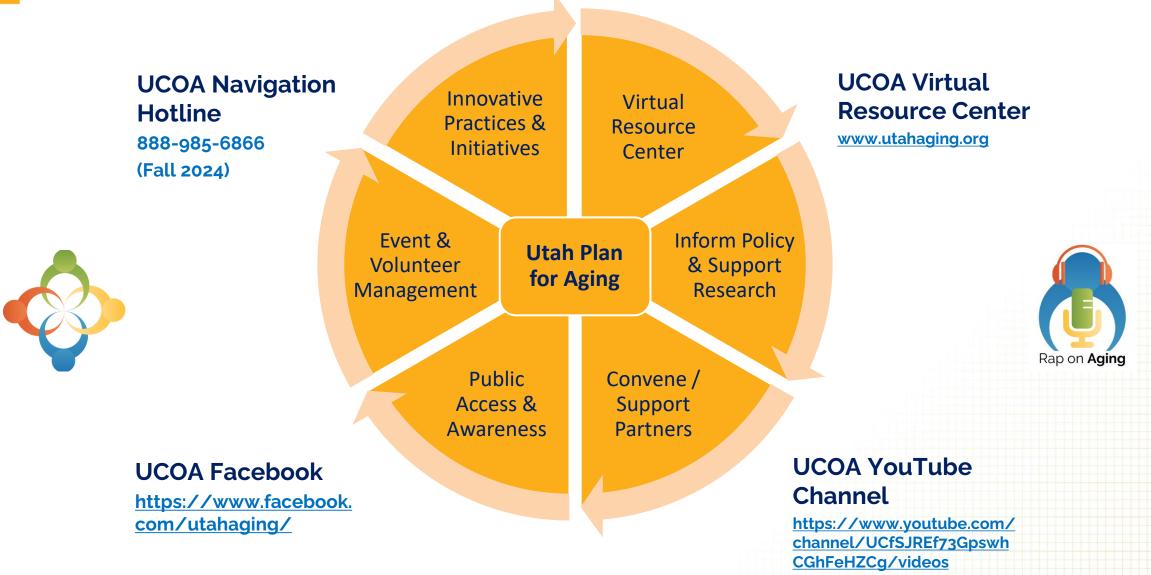
Determine the need and create a plan for transitional housing requirements for mental health and abuse victims.

- 8. Mental Health resources are available and utilized.
 - Models: E4 Policy Academy, others
 - Leads: Jennifer Lloyd, Anne Asman, Dee Dee Richardson, Tim Farrell, Gary Kelso, Mark Supiano, Beth Fauth, Linda Edelman, Joel Macey
 - Measures: Improved standards for mental health workers, increase in geriatric trained providers, increase in rural providers



UCOA Virtual Ecosystem





Q&A/Discussion



Next Steps

- Next Network Meeting: Tuesday, April 30 at 3pm EDT
 - $_{\odot}$ Update on workforce-related action plans of the Moving Forward Coalition
 - Registration open: <u>https://csg-</u> org.zoom.us/webinar/register/WN_pQWjZAOeSjqFhgFz-so9oA#/registration
- Join the mailing list: send an email to <u>sslone@csg.org</u>
- Check out the Updates: <u>National Online Resource Center</u>

 Send Us: Relevant Bills, Reports, Resources, Articles, Initiatives
 Request State Technical Assistance Services



Thank You!

