Updates in Colorado Health Policy Initiatives for Older Adults:

The Colorado Opportunity Project & Colorado’s Strategic Action Planning Group on Aging

University of Colorado Geriatric Grand Rounds

Hillary Lum, MD, PhD
2015-2016 Health and Aging Policy Fellow
CU Division of Geriatric Medicine
VA Eastern Colorado GRECC

Jim Riesberg, MA
Gerontologist
Chair, Colorado Strategic Action Planning Group on Aging

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Outline

• List current state policy initiatives relating to Colorado older adults

• Identify purposes of a framework and indicators in state initiatives

• Identify current priorities of The Colorado Opportunity Project & Colorado’s Strategic Action Planning Group on Aging
Part 1

My work as a 2015-2016 Health and Aging Policy Fellow -

• Introduce The Colorado Opportunity Project Framework

• Describe Expansion of Framework across the Life-Span and Inclusion of Individuals with Disabilities

The ‘Opportunity Moment’

“I want an America where everyone gets a fair shot and there are “ladders of opportunity to this nation of dreamers.” - President Obama

“We do not want the accident of your birth to affect where you end up in society...[but] we are in danger of becoming a more stratified society” - Isabel V Sawhill. Brookings, Poverty and Opportunity Event
Key Questions:

What does Opportunity look like for Coloradans?
• What do Coloradans need to thrive across the life span?

What does Opportunity look like for older Coloradans?
• How can older Coloradans achieve a high quality of life by remaining active, healthy, and meaningfully engaged?
• How can older Coloradans live with dignity and respect?

Multiple Colorado initiatives...
Operationalizing “Opportunity” into a Policy Framework and Indicators:

Why Indicators? Indicators generate ->

- Clearer debates about goals
- Higher-quality data collection
- More evidence-based programs
- Coalitions and Partnerships across institutional lines
- Serve as Commitment devices for long-term goals

The Colorado Opportunity Project (A Cross-Agency Collaborative)

- The Need: Many Coloradoans face roadblocks that keep them from having the opportunity to being healthy, economically-secure members of society.

- What We Do: The Colorado Opportunity Project is taking a prevention-based approach to identifying and removing roadblocks.
Six Life Stages Along the Way

From the prenatal period to adulthood (age 40):

- Family formation
- Early childhood
- Middle childhood
- Adolescence
- Transition to adulthood
- Adulthood

Adapted from the Brookings Institute Social Genome Model where the goal is Middle Class by Middle Age (age 40)
How the Colorado Opportunity Project works:

- Indicators of success for each Life Stage, promoting future success
- Evidence-based initiatives and community-based promising practices to achieve success

Example: Family Formation Life-Stage

INDICATORS include:
- Low Birth Weight
- Unintended Pregnancies
- Family Income
- Maternal Depression
- Dual Caregiver Household
- Early Screening & Intervention

INTERVENTIONS include:
- Nurse Family Partnership
- Women Infants and Children (WIC)
- Colorado Family Planning Initiative
- Prenatal Plus
- Supplemental Nutritional Assistance Program
- Earned Income Tax Credit
- Baby and Me Tobacco Free

Project Goal: To deliver evidence-based initiatives and community-based promising practices that remove roadblocks for all Coloradans, so that everyone will have the opportunity to reach and maintain their full potential.

Below are the Colorado Opportunity Project “indicators” that help Coloradans stay on a path towards being healthy, economically-secure members of society, across the life span.

**LIFE STAGE**

**FAMILY FORMATION**
(positive birth circumstances)
Planned pregnancy, born at healthy birth weight, to dual parent household without maternal depression

**EARLY CHILDHOOD**
(ages 0 – 5)
School readiness, healthy social emotional skills & family access to affordable, nutritious food

**MIDDLE CHILDHOOD**
(ages 6 – 11)
Math/Reading skills & healthy social emotional skills

**OPPORTUNITY INDICATORS**
- rate of low birth weight
- family income
- maternal depression
- single- or dual-parent household
- unintended pregnancy
- early screening and intervention

- % of parents concerned about child’s emotions, concentration, behavior, or ability to get along with others (ages 0 - 8)
- % of families relying on low cost food
- % of families with children who read them less than 3 days/week
- % of parents concerned about child’s emotions, concentration, behavior, or ability to get along with others (ages 9 - 14)
- standardized test: math scores
- standardized test: reading scores
- early screening and intervention

**INDIVIDUALS LIVING WITH DISABILITIES**
- family-directed planning
- living at home
- access to assistive technology
- receiving needed services
Project Goal: To deliver evidence-based initiatives and community-based promising practices that remove roadblocks for all Coloradans, so that everyone will have the opportunity to reach and maintain their full potential.

Below are the Colorado Opportunity Project “indicators” that help Coloradans stay on a path towards being healthy, economically-secure members of society, across the life span.

<table>
<thead>
<tr>
<th>LIFE STAGE</th>
<th>OPPORTUNITY INDICATORS</th>
<th>INDIVIDUALS LIVING WITH FUNCTIONAL LIMITATIONS OR DISABILITIES</th>
</tr>
</thead>
<tbody>
<tr>
<td>ADOLESCENCE (ages 12 – 17)</td>
<td>✓ high school graduation status</td>
<td>✓ living well with disabilities, including effective support and services</td>
</tr>
<tr>
<td></td>
<td>✓ violent arrest &amp; property arrest rates</td>
<td>✓ person-directed planning</td>
</tr>
<tr>
<td></td>
<td>✓ teen parent status</td>
<td>✓ access to assistive technology</td>
</tr>
<tr>
<td></td>
<td>✓ % of students (6th - 12th grade) who report ever feeling sad/hopeless or have considered suicide</td>
<td>✓ living at home</td>
</tr>
<tr>
<td></td>
<td>✓ % of young adults (ages 18 - 25) who are currently depressed</td>
<td>✓ receiving needed services</td>
</tr>
<tr>
<td>TRANSITION TO ADULTHOOD (ages 18 – 29)</td>
<td>✓ employed status of population (ages 16 - 19, by race and gender)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>✓ % of Federal Poverty Level (FPL)/family income</td>
<td></td>
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<tr>
<td></td>
<td>✓ attending post-secondary training/education</td>
<td></td>
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<tr>
<td></td>
<td>✓ avg. # of days poor physical/mental health prevented usual activities, like self-care, work, or recreation</td>
<td></td>
</tr>
<tr>
<td>EARLY ADULTHOOD (ages 30 – 40)</td>
<td>✓ % of Federal Poverty Level (FPL)/family income at age 29</td>
<td></td>
</tr>
<tr>
<td></td>
<td>✓ employment status of population (by education level, ages 25+)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>✓ employment status of population</td>
<td></td>
</tr>
</tbody>
</table>

Key Questions:

What does Opportunity look like for Coloradans?

- What do Coloradans need to thrive across the life span?

  The Colorado Opportunity Project ended at age 40!

What does Opportunity look like for older Coloradans?

- How can older Coloradans achieve a high quality of life by remaining active, healthy, and meaningfully engaged?
- How can older Coloradans live with dignity and respect?
Healthy Aging involves many factors...

Active Ageing: A policy framework (World Health Organization, 2002)

Social Determinants of Aging...

<table>
<thead>
<tr>
<th>WHO Framework</th>
<th>Northwest Colorado Council of Governments*</th>
<th>Colorado’s Strategic Action Planning Group on Aging</th>
</tr>
</thead>
<tbody>
<tr>
<td>Health and social services</td>
<td>Access to Health Care</td>
<td>Health and Wellness</td>
</tr>
<tr>
<td>Economic Determinants</td>
<td>Employment</td>
<td>Workforce Development</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Family Economic Security</td>
</tr>
<tr>
<td>Physical Environment</td>
<td>Housing &amp; Transportation</td>
<td>Physical Community</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• Mobility</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• Housing</td>
</tr>
<tr>
<td>Personal Determinants</td>
<td>Home services</td>
<td>Supportive Community</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• Long Term Care</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• Services, including caregiver support</td>
</tr>
<tr>
<td>Behavioral Determinants</td>
<td>Support for Caregivers</td>
<td></td>
</tr>
<tr>
<td>Social Determinants</td>
<td>Information about resources</td>
<td>Outreach &amp; Communication</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Public Finance</td>
</tr>
</tbody>
</table>

*Northwest Colorado Council of Governments: 2011 study of key gaps among older adults
Outline

My work as a 2015-2016 Health and Aging Policy Fellow -

- Introduce The Colorado Opportunity Project Framework
- **Describe Expansion of Framework across the Life-Span and Inclusion of Individuals with Disabilities**

### Expanding the Framework

<table>
<thead>
<tr>
<th>Life Stage</th>
<th>Age Range</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adulthood</td>
<td>Ages 41+</td>
<td>Independence at home, employment, social connectedness, and preventative services</td>
</tr>
<tr>
<td>Adulthood with Support</td>
<td>Ages 60+</td>
<td>Independence at home with support, avoidance of excessive healthcare risks, caregiver support</td>
</tr>
<tr>
<td>Decline and End-of-Life</td>
<td>Last 12 months (any age)</td>
<td>Quality care that is aligned with personal goals, effective support</td>
</tr>
</tbody>
</table>
Expanding the Framework

Rationale and Considerations:

• Life situation and functional ability matter more than age, thus, no age specific categories (i.e. 65-75; 76-85; 86+)

• Disabilities or functional limitations can be diagnosed before birth or acquired in any life stage, not just in advanced ages or end-of-life.

• Indicators targeted in earlier Life-Stages remain important benchmarks of success in subsequent stages.

• Indicators include prioritized social determinants
  ➢ Domains: Financial, Physical Environment, Social Support, Health

Choosing Life Stage Indicators:

• Predictive - of success in reaching overall goal

• Intuitive - make sense to policy makers and users

• Available - can be captured in existing datasets

• Feasible - work at a practical and political level
Goal: To deliver evidence-based initiatives and community-based promising practices that remove roadblocks for all Coloradans, so that everyone will have the opportunity to reach and maintain their full potential.

Some Coloradans may experience Life Stages related to the need for support or the development of significant functional limitations:

<table>
<thead>
<tr>
<th>LIFE STAGE</th>
<th>ADULTHOOD (age 41 and older)</th>
<th>ADULTHOOD With Support (age 60 and older)</th>
<th>DECLINE and END-OF-LIFE (last 12 months)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Independence at home, employment, social connectedness, preventative services</td>
<td>At risk due to medical complexity: independence at home with support, avoidance of excessive healthcare risks, and caregiver support.</td>
<td>Quality care that is aligned with personal goals, effective support</td>
</tr>
</tbody>
</table>

**OPPORTUNITY INDICATORS**

- employment status
- affordable, accessible housing
- social connections
- primary care provider
- sufficient financial resources
- access to a formal or informal caregiver
- falls
- preventable hospitalizations
- advance care plan
- early enrollment and hospice use
- dying in preferred place

**INDIVIDUALS LIVING WITH FUNCTIONAL LIMITATIONS OR DISABILITIES**

- person-directed planning
- access to assistive technology
- living in the community
- receiving needed services

1 Eligibility for Older Americans Act programs begins at age 60.

**On-going Opportunities**

- Catalog Department of Health Care Policy & Financing programs with respect to the Framework
- Embed Indicators within HCPF Programs
  - Example) Revisions to Critical Incident Reporting Forms
- Create centralized, coordinated data across agencies
- Create centralized, coordinated access across agencies (i.e. No Wrong Door initiative)
The Planning Group will examine the impact of the aging demographic shift on:

- the economy, workforce, businesses, market based products and services;
- state and local revenue budgets and fiscal policies; Medicaid and other safety-net programs and the collateral impact on other non-related state programs;
- family caregiving and public and private options for long-term care, services and support;
- federal entitlement reforms; and
- transportation services and infrastructure.