Rural Health Alignment with Age-Friendly Communities

SORH Regional Partnership Meeting
Pensacola, Florida
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Objectives

• Describe Age-Friendly Communities

• Recognize Age-Friendly Intersect with Rural Health

• Inspire Y/OUR journey!
Aging in Rural America

Generally, Americans living in rural areas find themselves with fewer financial resources, business opportunities, health and social services, public transportation options, and young people living in their midst than their urban and suburban counterparts.

Source: Caregiving in Rural America: National Alliance for Caregiving (2006)

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Rural Cultural Values:

self-reliance/ preservation of local autonomy / helping one’s neighbors/ natural helpers/natural helping networks/ reliance on tradition/ respect for long-standing institutions: schools/ churches/ service clubs/ cooperative extension services
“Longevity changes everything”

Dr. Joe Coughlin, MIT Age Lab
Age-friendly Communities...

- encourage Active Aging by optimizing opportunities for health, participation and security in order to enhance quality of life as people age. (WHO)

- create supportive social and physical environments that enable older people to live active, safe and meaningful lives and continue to contribute in all areas of community life. (AARP)

- promote active, healthy and engaged living for persons at all life stages and abilities throughout the life course. (Age-Friendly Sarasota)
“Age-Friendly Communities” ≠ “Old People Places”

Age-Friendly Communities are Great Places for People of All Ages
In a Livable Community, people of all ages can ...

- Go for a walk
- Cross the streets
- Ride a bike
- Get around without a car
- Live safely and comfortably
- Work or volunteer
GLOBAL NETWORK OF AGE-FRIENDLY COMMUNITIES

700+ Communities /39 Countries/250 million people
Eight Domains of Age-friendly Communities

- Outdoor space & buildings
- Transportation
- Communication & information
- Housing
- Respect & social inclusion
- Social participation
- Civic participation & employment
- Community support & health services

World Health Organization, 2007
Cycle of WHO/AARP Age-Friendly Communities

1. Planning
   a. Involve Older People
   b. Assessment of Age-Friendliness
   c. Develop an Action Plan
   d. Identify Indicators

2. Implementation
   a. Implement Action Plan
   b. Monitor indicators

3. Evaluate Progress
   a. Measure Progress
   b. Identify Successes and Remaining Gaps
   c. Submit Progress Report

4. Continual Improvement
   5-Year Membership Cycles
Age-Friendly Community Model

ASSETS

ASPIRATIONS

Age-Friendly Sarasota

Civic Participation & Employment
Communication & Information
Community Support & Health Services
Housing
Outdoor Spaces & Buildings
Social Participation
Transportation
Respect & Social Inclusion

People
Government
Business
Nonprofits
Media
Adopting a Healthy Aging Lens “in everything”
1. **Build partnerships** to build innovation to improve health in our nation’s rural communities

2. **Collect and disseminate data** which informs public policy decisions that impact rural providers

3. **Provide technical assistance** that improves quality of care

4. Aid in health care provider **recruitment and workforce development**

5. **Build and expand access** to life-saving health care services for 60% of the nation’s counties

**One-stop shop** for community leaders and health care providers in the nation’s rural communities
Housing

In This Issue:

- Housing for Seniors: Challenges and Solutions
- Communities Support Seniors With Aging-Friendly Policies
- Housing Challenges of Rural Seniors

Aging-Accessible Homes

How many of the 21.5 million homes with an adult age 65 and over have accessible features?
Civic Participation & Employment

America’s Aging Workforce: Opportunities and Challenges

Special Committee on Aging
United States Senate

Senator Susan M. Collins (R-ME), Chairman
Senator Robert P. Casey, Jr. (D-PA), Ranking Member

December 2017

Doing Good is Good for You
Volunteering

- Reduces depression
- Reduces chronic pain
- Reduces stress
- Reduces risk of disease
- Reduces social isolation

- Increases physical fitness
- Increases mental functionality
- Increases sense of purpose
- Increases social connection
- Increases longevity

Public libraries as platforms for civic engagement
May 2018

The Health Benefits of Volunteering
A Review of Recent Research
Respect & Social Inclusion

Intergenerational Programming in Senior Housing:
From Promise to Practice

Creating An Age-Advantaged Community:
A Toolkit for Building Intergenerational Communities that Recognize,
Engage, and Support All Ages

Public Policy & Aging Report
doi:10.1002/ppar.pr926

Addressing Social Isolation as a Potent Killer!
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The Gerontological Society of America®
Dementia Friendly Libraries

Libraries are respected community institutions and vital to a dementia friendly community because they provide access to resources, services, and programs for people living with dementia and their families.

engAGED:
Increasing Social Engagement through the Arts

The Potential Public Health Relevance of Social Isolation and Loneliness: Prevalence, Epidemiology, and Risk Factors

Julianne Holt-Lunstad, PhD
Guidelines for Library Services to Persons with Dementia

Helle Arendrup Mortensen and Gyda Skat Nielsen

Age-Friendly Communication
Facts, Tips and Ideas
Community Supports & Health Services

RESEARCH BRIEF

Boosting Disaster Resilience Among Older Adults

Age-Friendly Health Systems

Integrated care for older people
Guidelines on community-level interventions to manage declines in intrinsic capacity

OLDER AMERICANS BEHAVIORAL HEALTH
Issue Brief 11: Reaching Diverse Older Adult Populations and Engaging Them in Prevention Services and Early Interventions

Introduction
The Substance Abuse and Mental Health Services Administration (SAMHSA) and the Administration on Aging (AoA) recognize the value of strong partnerships for addressing behavioral health issues among older adults. This Issue Brief is part of a

Questions?
With much excitement for our collective age-friendly future ahead!

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