



Vermont Action Plan for Aging Well Advisory Committee Meeting

Thursday, October 21, 2021
Waterbury Complex / MS Teams



Today's Agenda & Logistics

1. Welcome & Introductions
2. Opening Remarks by Commissioners Levine and White
3. Committee Purpose and Member Roles
4. Introduction to the Older Vermonters Act, the Proposed Process for the Development of the Vermont Action Plan for Aging Well, and a Summary of Learnings from Other States
5. Intersection with Existing Vermont Plans
6. The Work Ahead / Next Steps
7. Scheduling the next meeting / Check out



Angela facilitating.

Colleen taking notes.

Raise your hand or type in chat to comment or ask questions.

Older Vermonters Act ([Act 156](#))

Principles of System of Services, Supports and Protections

Older Vermonters should be able to direct their own lives as they age so that aging is not something that merely happens to them but a process in which they actively participate. Whatever services, supports, and protections are offered, older Vermonters deserve dignity and respect and must be at the core of all decisions affecting their lives, with the opportunity to accept or refuse any offering.

Self-Determination

Safety and Protection

Older Vermonters should be able to live in communities, whether urban or rural, that are safe and secure. Older Vermonters have the right to be free from abuse, neglect, and exploitation, including financial exploitation. As older Vermonters age, their civil and legal rights should be protected, even if their capacity is diminished. Safety and stability should be sought, balanced with their right to self-determination.

Coordinated and Efficient Systems of Services: Older Vermonters should be able to benefit from a system of services, supports, and protections, including protective services, that is coordinated, equitable, and efficient; includes public and private cross-sector collaboration at the State, regional, and local levels; and avoids duplication while promoting choice, flexibility, and creativity. The system should be easy for individuals and families to access and navigate, including, as it relates to major transitions of care. The system should be designed to address the needs and concerns of Older Vermonters and their families during normal times and in the event of a public health crisis, natural disaster, or other widespread emergency situation in this State.

Financial Security: Older Vermonters should be able to receive an adequate income and have the opportunity to maintain assets for a reasonable quality of life as they age. If older Vermonters want to work, they should be able to seek and maintain employment without fear of discrimination and with any needed accommodations. Older Vermonters should also be able to retire after a lifetime of work, if they so choose, without fear of poverty and isolation

Optimal Health and Wellness: Older Vermonters should have the opportunity to receive, without discrimination, optimal physical, dental, mental, emotional, and spiritual health through the end of their lives. Holistic options for health, exercise, counseling, and good nutrition should be both affordable and accessible. Access to coordinated, competent, and high-quality care should be provided at all levels and in all settings.

Social Connection and Engagement: Older Vermonters should be free from isolation and loneliness, with affordable and accessible opportunities in their communities for social connectedness, including work, volunteering, lifelong learning, civic engagement, arts, culture, and broadband access and other technologies. Older Vermonters are critical to our local economies and their contributions should be valued by all.

Housing, Transportation and Community Design: Vermont communities should be designed, zoned, and built to support the health, safety, and independence of older Vermonters, with affordable, accessible, appropriate, safe, and service-enriched housing, transportation, and community support options that allow them to age in a variety of settings along the continuum of care and that foster engagement in community life.

Family Caregiver Support: Family caregivers are fundamental to supporting the health and well-being of older Vermonters, and their hard work and contributions should be respected, valued, and supported. Family caregivers of all ages should have affordable access to education, training, counseling, respite, and support that is both coordinated and efficient.

Act 156 – The Older Vermonters Act

Section 1:

- Outlines Core Principles of a System of Services, Supports and Protections for Older Vermonters
- Outlines the duties of DAIL and the AAAs
- Expands the 2023-2026 State Plan on Aging to include all LTSS for Older Vermonters

Section 2:

- Requires an Annual Report to the Legislature on Adult Protective Services

Section 3:

- Calls on the Agency of Administration along with DAIL and VDH to put forth a process for the development of a Vermont Action Plan for Aging Well

Section 7:

- Creates a Self-Neglect Working Group to Make Recommendations to the Legislature

Process Proposal for the Development of the Vermont Action Plan for Aging Well

Submitted to legislature 5/1/21; linked [here](#).

Action Steps:

1. Research Other States' Processes and Plans and Analyze Resource Needs
2. Establish an Advisory Committee
3. Conduct a Baseline Assessment
4. Develop the Plan
5. Disseminate and Promote the Plan
6. Implement the Plan and Monitor Progress
7. Engage Stakeholders Throughout Process

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Proposed Timeline:

Action Step	Timeframe
Approval of Proposed Process	May – June, 2021
Research Other States' Processes and Plans and Analyze Resource Needs	May – August, 2021
Creation of Advisory Committee	July – August, 2021
Conduct Baseline Assessment	September 2021 – July 2022
Develop Action Plan for Aging Well*	July 2022 – June 2023
Disseminate/Promote the Plan	July 2023 – December 2023
Implement the Plan and Monitor Progress	July 2023 – July 2033
Engage Stakeholders	Throughout Steps Above

Learnings from Other States

CA, TX, CO, MA

- Leadership investment is key
- Dedicated staffing to write and monitor the plan
- Priorities are ranked and data driven
- Track data and outcomes transparently (like a public data dashboard)
- This is not a plan about aging services only
- Stakeholder involvement is critical
- Equity: Apply an equity lens to the plan at the start
- Address aging across the life span. We are all aging. Plan as tool to combat ageism
- Cross-sector collaborations (i.e., private, public, and independent; foundations, universities, etc.)
- Financial investment is key to sustainability (philanthropic, state)

Existing Plans & Connections to this Work

State Plan on Aging 2023-2026

- The plan contains
 - information on aging demographics
 - the mission for the duration of the plan
 - goals to empower older adults to be more independent, promote wellness, and expand home and community-based services
- Plans are conducted by DAIL in coordination with community partners under the relevant provisions of the Older Americans Act
- Additions from the Older Vermonters Act
 - Priorities for continuation of existing programs and development of new programs
 - Criteria for receiving services or funding
 - Types of services provided (including all services for older Vermonters)
 - A process for evaluating and assessing each program's success

Existing Plans & Connections to this Work

State Health Improvement Plan, 2019 – 2023

- Advances the mission for all people to have a fair and just opportunity to live a long and healthy life
- Prioritizes Healthy Vermonters 2020 goals & Health Equity:
 - reduce prevalence of chronic disease and rates of substance abuse and mental illness
 - improve childhood immunizations
- Addresses social determinants in our society and sets forth strategies to even out the chances for health and wellbeing through improving Transportation, Housing, Food, Economic Security
- Supports work performed at Vermont Department of Health and 100+ partners that contributes toward Healthy Aging

State Action Plan on Alzheimer's and Healthy Aging, 2022 - 2024

The Work Ahead

Next Phase:

- Planning for a needs assessment
- Engaging more, diverse stakeholders in the process

Immediate Next Steps:

- Scheduling the next meeting
- Sending minutes
- Creating a VAPAW webpage
- Invites to potential subcommittees



Check Out Question

After learning more today about this body of work and the role of the committee, what are you taking away with you and how do you see this connecting to your life and/or the work you do?