

A large, light blue map of Texas is centered on the page. The map has a white outline and is set against a dark blue background on the left and a light blue gradient background on the right.

# ***Aging Texas Well Plan 2008-2009***



*Helping to ensure that  
Texans prepare for  
aging in communities  
that support them*

Prepared by the Center for Policy and Innovation  
Policy Analysis and Support  
Texas Department of Aging and Disability Services  
August 2008



# **Aging Texas Well Plan 2008-09**

## **Table of Contents**

<b>Executive summary .....</b>	<b>1</b>
<b>DADS vision statement.....</b>	<b>2</b>
<b>Introduction and purpose.....</b>	<b>7</b>
<b>ATW objectives in the 2008-2009 biennium.....</b>	<b>9</b>
<b>Appendix A – ATW Advisory Committee members .....</b>	<b>13</b>
<b>Appendix B – ATW Diagram of Domains .....</b>	<b>15</b>



## **EXECUTIVE SUMMARY**

The Aging Texas Well (ATW) Plan is submitted to the governor by the Texas Department of Aging and Disability Services (DADS) as required by Executive Order RP 42. This 2008-09 plan is the response to the RP 42 mandate that DADS create and disseminate a comprehensive and effective working plan to identify and discuss aging policy issues, guide state government readiness and promote increased community preparedness for an aging Texas. RP 42 also mandates that DADS update the plan every two years and evaluate and report on its implementation.

The plan details the elements of the ATW initiative and establishes objectives within each of the key focus areas identified by RP 42 mandates. During the 2008-09 biennium, with guidance from the Aging Texas Well Advisory Committee (ATWAC), DADS will continue to develop approaches to address the areas of focus outlined in RP 42.



## **DADS Vision Statement**

Older Texans and persons with disabilities will be supported by a comprehensive and cost-effective service delivery system that promotes and enhances individual well-being, dignity, and choice.

### **DADS Mission Statement**

To provide a comprehensive array of aging and disability services, supports, and opportunities that is easily accessed in local communities.

Our key responsibilities to the citizens of Texas include:

- Working in partnership with consumers, caregivers, service providers, and other stakeholders;
- Developing and improving service options that are responsive to individual needs and preferences; and
- Ensuring and protecting self-determination, consumer rights, and safety.



## **Aging Texas Well Mandate: Executive Order RP 42**

Executive Order RP 42 mandates the creation of the Aging Texas Well Advisory Committee and the Aging Texas Well Plan.

Text of RP 42 follows:

### ***Executive Order RP42 - April 1, 2005***

***WHEREAS***, the State of Texas values older Texans and is committed to ensuring that all Texans age well with dignity, independence and opportunities to contribute to society; and

***WHEREAS***, Texas has 3.1 million people over the age of sixty, the fourth largest such population in the nation; and

***WHEREAS***, the elderly population represents an increasingly diverse and rapidly growing group as a result of increased longevity and the aging of the baby boom generation; and

***WHEREAS***, the Aging Texas Well initiative was first created in 1997 to encourage Texans to prepare individually for aging in all aspects of life and to ensure that state and local social services infrastructure facilitates aging well throughout the life span; and

***WHEREAS***, the changing demographics of the state will create the need for comprehensive policy changes in response to: growing numbers of informal caregivers for older Texans, rapidly increasing costs associated with caring for those with chronic disease and disability, the need for providers with geriatric training, the aging of persons with mental retardation and developmental disabilities and their caregivers, and increasing numbers of older Texans with transportation and mobility needs; and

**WHEREAS**, recent federal initiatives such as the President's New Freedom Commission on Mental Health and the Medicare Modernization Act will also impact the state's ability to appropriately serve this population; and

**WHEREAS**, these demographic trends will create new and different demands on state services across all functions of state government, and will introduce new opportunities for economic and community growth while driving health and long-term care costs inexorably higher unless Texans emphasize healthy lifestyles that include physical activity and good nutrition; and

**WHEREAS**, local communities have a critical role in preparing for the future demographic changes by building capacity to support an aging population; and

**WHEREAS**, the White House Conference on Aging, scheduled for October 2005, provides an opportunity for states to further review and amend aging policies in their state;

**NOW, THEREFORE**, I, Rick Perry, Governor of Texas, by virtue of the power and authority vested in me by the Constitution and laws of the State of Texas as the Chief Executive Officer, do hereby order the following:

**Advisory Committee.**

The current Department of Aging and Disability Services Aging Resource Group shall be reconstituted as the Aging Texas Well Advisory Committee to advise the Department and to make recommendations to state leadership on implementation of the Aging Texas Well initiative.

**Aging Texas Well Plan.**

With the advice of the Aging Texas Well Advisory Committee, the Texas Department of Aging and Disability Services shall create and disseminate a comprehensive and effective working plan to identify and discuss aging policy issues, guide state government readiness and promote increased community preparedness for an aging Texas. The

*Texas Department of Aging and Disability Services shall biannually update the plan and shall evaluate and report on its implementation.*

### **Review of State Policy.**

*With the advice of the Aging Texas Well Advisory Committee, the Department of Aging and Disability Services shall review and/or comment on state policies, concentrating on current critical trends including but not limited to:*

- *Improving services and supports for informal caregivers;*
- *Promoting ways to increase evidence-based disability and disease prevention activities;*
- *Increasing the recruitment and retention of health care providers trained in geriatrics;*
- *Improving the provision of services and supports to persons with developmental disabilities and mental retardation who are aging;*
- *Reviewing options to expand the mobility of older adults through affordable, accessible and integrated transportation services;*
- *Improving the provision of behavioral health services and supports to older persons; and*
- *Reviewing federal changes in health care policy, particularly the impact of the Medicare D prescription drug benefit, on the ability of older Texans to access medications.*

### **State Agency Readiness.**

*The Texas Department of Aging and Disability Services shall lead a planning effort to ensure the readiness of all Texas state agencies to serve an aging population by identifying issues and current initiatives, future needs, action steps, and methods of performance evaluation. The effort shall advance an intergenerational approach to policies, programs, and services to address the needs of Texans across the life span.*

**Texercise.**

*The Department of Aging and Disability Services, Department of State Health Services, Governor's Advisory Council on Physical Fitness, and other appropriate state and community organizations shall continue to promote and expand the internationally-recognized Texercise program as a means to ensure healthy lifestyles in older Texans.*

**Local Community Preparedness.**

*The Department of Aging and Disability Services shall work with public and private community partners, including state and local governments, to build capacity to serve a growing aging population through partnership development and action planning using formal community assessment processes.*

**Report of Compliance.**

*The Aging Texas Well Plan shall serve as a report on implementation of this order.*

**Full Cooperation.**

*All affected agencies and other public entities shall cooperate fully with the Department of Aging and Disability Services in the implementation of this order.*

*This executive order supersedes all previous orders in conflict or inconsistent with its terms and shall remain in effect and in full force until modified, amended, rescinded, or superseded by me or by a succeeding Governor.*





## Introduction and Purpose

The Aging Texas Well (ATW) initiative referenced in RP 42 began in 1997 and was formalized under Executive Order RP 42 in 2005. The purpose of ATW is to identify and discuss aging policy issues, guide state government readiness, and promote increased community preparedness for an aging Texas.

Within DADS, ATW activities are conducted by staff of the Center for Policy and Innovation (CPI), Access and Intake Division (A&I), Area Agencies on Aging (AAAs), and the Center for Consumer and External Affairs (CCEA). The diverse ATWAC membership is appointed by the DADS commissioner for two-year terms and includes representatives from academia, advocacy groups, consumers, service providers, faith-based organizations, non-profits, health care providers, educators, and key state agencies (a list of current ATWAC members is in Appendix A).

ATW is both an initiative and a guiding philosophy that partners DADS with communities and individuals to meet the needs of Texas' citizens. As a guiding philosophy, ATW helps define strategies to prepare Texas for its aging future. As an initiative, the state approaches aging well from a holistic perspective, encompassing all aspects of individual and social life, not just retirement, but also physical health, long-term services, and other aging-related concerns for young and old alike. Approaching aging well from this perspective solidifies the important relationship between individual actions and community support. ATW accomplishments reflect the efforts of many people working in DADS, in other agencies, and in businesses and communities across Texas.

ATW aims for improvements in 16 life areas, some of which focus on individual preparedness and others that focus on social infrastructure (see Table 1). From the individual perspective, ATW addresses the areas of physical health, mental health, social engagement, spirituality, and financial and legal preparedness.

Social domains are quite varied, and include employment, protections, transportation, housing, volunteerism, community supports, and long-term services and supports, among others. Taken together, these life areas empower aging Texans to take control of their lives, promote a positive aging experience, meet the challenge of obstacles with resources, and foster innovative solutions for generations of Texans to come.

<b>Table 1: Aging Texas Well Domains<sup>1</sup></b>	
<b><i>Individual preparedness in the following aspects of life:</i></b>	
<b>Physical</b>	Achieving and maintaining the best possible physical health
<b>Mental</b>	Achieving and maintaining the best possible mental health
<b>Social</b>	Facilitating interaction among individuals, family, and community
<b>Spiritual</b>	Having a personal belief system that provides meaning and purpose
<b>Financial</b>	Achieving and maintaining adequate income by managing monetary resources
<b>Legal</b>	Managing personal/family life by advance preparation for major life decisions
<b><i>Social infrastructure: laws, policies and services that create opportunities for:</i></b>	
<b>Employment</b>	Workforce participation without age-based biases or barriers
<b>Education</b>	Intellectual growth and lifelong learning
<b>Volunteerism</b>	Meaningful unpaid service in a wide range of civic and educational settings
<b>Recreation</b>	Activities of personal interest that provide enrichment and enjoyment
<b>Housing</b>	Personal residences that are adequate, affordable, and accessible
<b>Community Supports</b>	Services and assistance that allow for independent living
<b>Transportation</b>	Safe, affordable and accessible movement within communities
<b>Health/ Long-term Care</b>	Health care that addresses the unique needs of older Texans
<b>Caregiving</b>	Community support in caring for family members or loved ones
<b>Protections</b>	Personal safety and freedom from abuse, neglect, and exploitation

<sup>1</sup> The Aging Texas Well domains were developed through consultation with staff in the Texas Department on Aging (TDoA) and several gerontological resources: Havighurst, R. J. (1961). Successful aging. *The Gerontologist*. 1(1), 8-13, Palmore, E. B. (1995). Successful aging. Pages 914-915 in Maddox, G. L. (Ed.). *Encyclopedia of aging: a comprehensive resource in gerontology and geriatrics*: 2nd edition. New York: Springer, and Rowe, J. W., & Kahn, R. L. (1998). *Successful Aging* (MacArthur Foundation Study Outcomes).



## **ATW OBJECTIVES IN THE 2008-09 BIENNIUM**

The ATW objectives document activities that will be carried out by DADS in collaboration with its many partners, including other state agencies, educational institutions, non-governmental organizations and the private sector. Throughout the biennium, DADS will develop new resources and will share those resources with its partners across the state to build capacity and help prepare Texas for its aging future. Specific objectives for the biennium are outlined here, organized by RP 42 mandate areas.

### **Aging Texas Well Advisory Committee (ATWAC)**

- ATWAC will advise and provide feedback to DADS on development of the ATW Plan, aging policy issues, state government readiness, and community preparedness. Some of the key activities for the ATWAC will:
  - Support rollout of community assessment protocol to local communities;
  - Provide direction on research topics and state agency readiness;
  - Share insights gained in the field by ATWAC members;
  - Support other resource development as appropriate.

### **Aging Texas Well Plan**

- DADS will update the ATW plan every two years.

### **Review of State Policy**

- DADS will develop a series of easy-to-read resource briefs to support basic understanding of complex aging and gerontological topics, including:
  - Federal health care policy, as outlined in RP 42, particularly focusing on the Medicare D drug benefit and the ability of older Texans to access prescription medications;
  - Texas demographics and the changing trends of the Texas population and how those changes will affect state government;

- Mobility options for aging Texans and people with disabilities, innovations in providing transportation to these populations, and trends in delivering such services;
  - Informal caregiving, the current supports available in the state, best practices to support current and future caregivers, and trends in state-based support programs;
  - Improving service provision to people aging with disabilities. Recent trend data reveals that people who are disabled before age 60 find that their needs change as they age, and that their needs are not the same as non-disabled people in the same age group.
- DADS will develop the 2008 ATW Indicators Survey, a follow-up survey to the 2004 benchmarking indicators survey, to continue the evaluation and measurement of successful aging activities in Texans age 60 and older living in the community. This statistically valid telephone survey of approximately 1,100 older Texans will be conducted by the Survey Research Center at the University of North Texas.
  - DADS will work with the area agencies on aging (AAA) and their local partners to continue outreach and expansion of the evidence-based health promotion project, Texas Healthy Lifestyles and other ongoing evidence-based health promotion programs, such as the Texas Association of Area Agencies on Aging (T4A) Fall Prevention Collaborative. The T4A Fall Prevention Collaborative will replicate Maine's Partnership for Healthy Aging evidence-based activity program, *A Matter of Balance*. This coalition comprises 17 area agencies on aging and their community partners and covers 147 Texas counties.
  - DADS will develop the ATW Clearinghouse for Evidence-Based Health Promotion website to support both ATW activities, as outlined in RP 42, and the activities of the Texas Healthy Lifestyle grant demonstration project. The primary activities of the clearinghouse are to:
    - Synthesize research findings with an emphasis on the characteristics of practices associated with healthy and/or active aging derived from evidence-based models;

- Advance understanding of how to bring the results of research into practice for evidence-based model development, construction, and utilization;
  - Support Texas partners in their development of new studies, and analyze existing databases to identify evidence-based characteristics and consequences of healthy lifestyles, active aging, chronic disease self-management, and the promotion of health for aging populations.
- DADS and the Texas Statewide Health Coordinating Council (SHCC) and the Texas Higher Education Coordinating Board will monitor recruitment and retention of healthcare providers trained in geriatrics.
  - DADS will support the Texas Department of State Health Services (DSHS) and relevant state agencies on mental health transformation in Texas through participation in the Mental Health Transformation State Incentive Grant from the Substance Abuse and Mental Health Services Administration. DADS has identified four activities that relate to the transformation:
    - Support the dissemination of behavioral health programs to communities across the state using the ATW Evidence-based Clearinghouse.
    - Include behavioral health components in the ATW Community Assessment to identify key community mental health indicators that older adults need to lead full and productive lives.
    - Target behavioral health interventions for certain people with disabilities who are transitioning from nursing facility services to community services as part of the Texas Money Follows the Person demonstration.
    - Include behavioral health services in the Aging and Disability Resource Centers (ADRCs). These centers offer Texans 18 and older multiple access points into a unified referral system for comprehensive and standardized mental and physical health information services within a community.

### **State Agency Readiness (SAR)**

DADS will encourage the readiness of Texas state agencies by developing and sharing resources, including web-based information and information briefs, to inform and support agency preparation for aging populations. DADS will provide expertise and technical assistance to other agencies as they undertake their planning efforts.

### **Texercise**

Texercise is a statewide fitness program developed by DADS to educate and involve older Texans and their families in physical activities and proper nutrition. The program promotes activity among people, as well as community events and policies, to support fitness in all life areas. Through Texercise, DADS will ensure a coordinated delivery of physical fitness and nutrition information and resources to aging Texans.

### **Local Community Preparedness**

DADS, in collaboration with public, private, and state agency partners, will:

- Pursue and support partnerships with public, private, and state agency partners to build community capacity to serve the aging populations of Texas;
- Support and disseminate a community assessment toolkit to facilitate community evaluation of ATW life areas;
- Develop and disseminate public awareness materials to support Texercise, Aging Texas Well, and Volunteer and Community Engagement activities throughout the state.

## **Conclusion**

The Aging Texas Well initiative, developed in 1997 and formally brought into existence under Executive Order RP 42 in 2005, continues to develop new opportunities for supporting the aging population of Texas. During the 2008-09 biennium, with the advice of the ATWAC, DADS and its partners will continue to focus their energy on meeting the goals outlined in RP 42 and develop best practices to improve not just the lives of aging Texans, but the lives of all Texans.

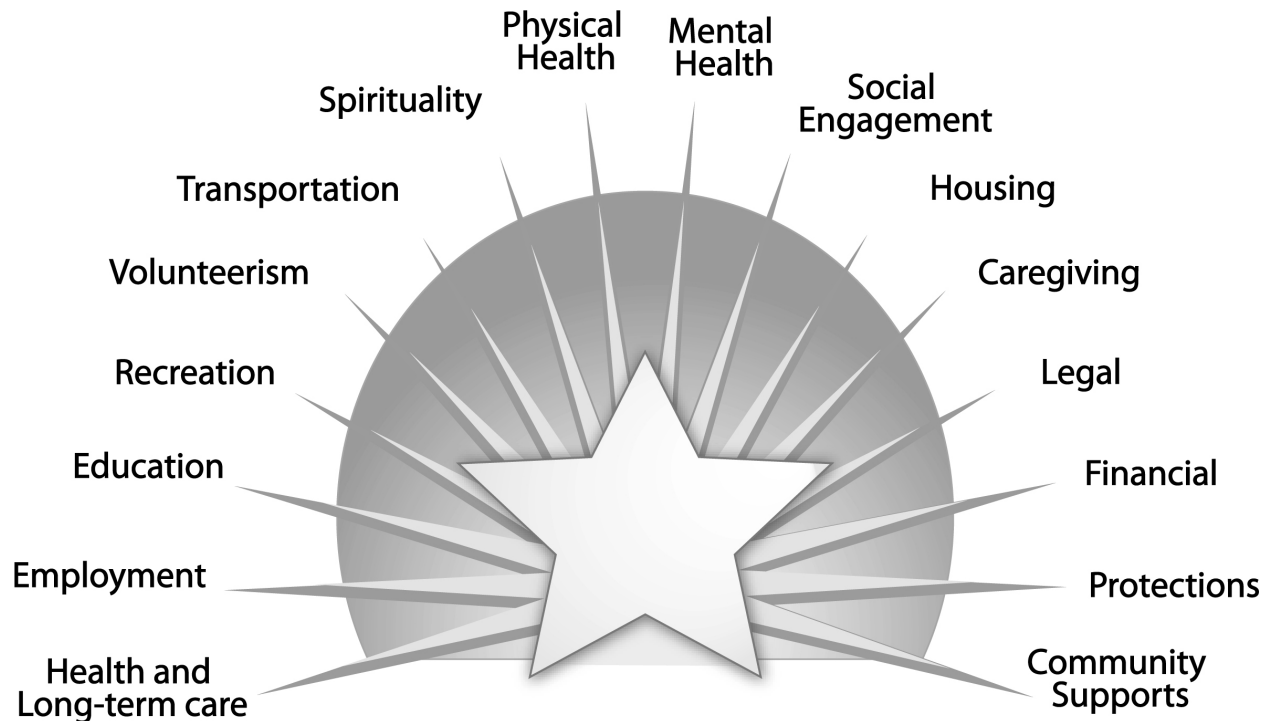
## **Appendix A – ATW Advisory Committee Members**

<b>Aging Texas Well Advisory Committee (ATWAC) 2007-2009</b>		
<b>Name</b>	<b>Occupational Area</b>	<b>Organization</b>
Michele Saunders, MD Chairperson	Academic	UT Health Science Center & Geriatric Research Education Center Clinic
Karen Johnson	Faith/non-profit	United Ways of Texas
Andrew Crocker, MA	Academic	Texas A&M Cooperative Extension
Susan Paynter	Faith/non-profit	Baptist General Convention of Texas
Vacant	Faith/non-profit	Texas Medical Association
Carol Zernial	Aging network	Texas Area Agencies on Aging
Bruce Bower	Advocate/consumer	Texas Legal Services Center
Carlos Higgins	Advocate/consumer	Texas Silver Haired Legislature
Dan Pruett	Aging network	Meals on Wheels & More
Lisa Kerber, PhD	Healthcare	Seton Health Systems
Cynthia Colbert	Faith/non-profit	Catholic Charities of Central Texas/Diocese of Austin
Bea Morehead	Advocate/consumer	Texas Impact!
Mark Narvaez	Advocate consumer	AARP
Janna Zumbrun	Physical/mental health	Texas Department of State Health Services
Vacant	Housing	Texas Department of Housing and Community Affairs

<b>Aging Texas Well Advisory Committee (ATWAC) 2007-2009 (continued)</b>		
Lori Henry	Protections	Texas Department of Family and Protective Services
Cameron Bell	Workforce	Texas Workforce Commission
Audrey Deckinga	Policy analysis and program coordination	Texas Health and Human Services Commission
Cheryl Fuller	Employment	Texas Workforce Investment Council
Grace Sanders	Community supports	Texas Department of Assistive and Rehabilitative Services
Terri Hairston	Community supports	Office of Rural and Community Affairs
Ed Serna	Transportation	Texas Department of Transportation
Nancy Gresham	Legal/protections	Office of the Attorney General
Joe Golson	Workforce	Employee Retirement Services
Sherrie Zgabay	Protections	Texas Department of Public Safety
Chris Fowler	Education	Texas Higher Education Board
Vacant	Rural community supports	Texas Department of Agriculture



## Appendix B – ATW Diagram of Domains



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