



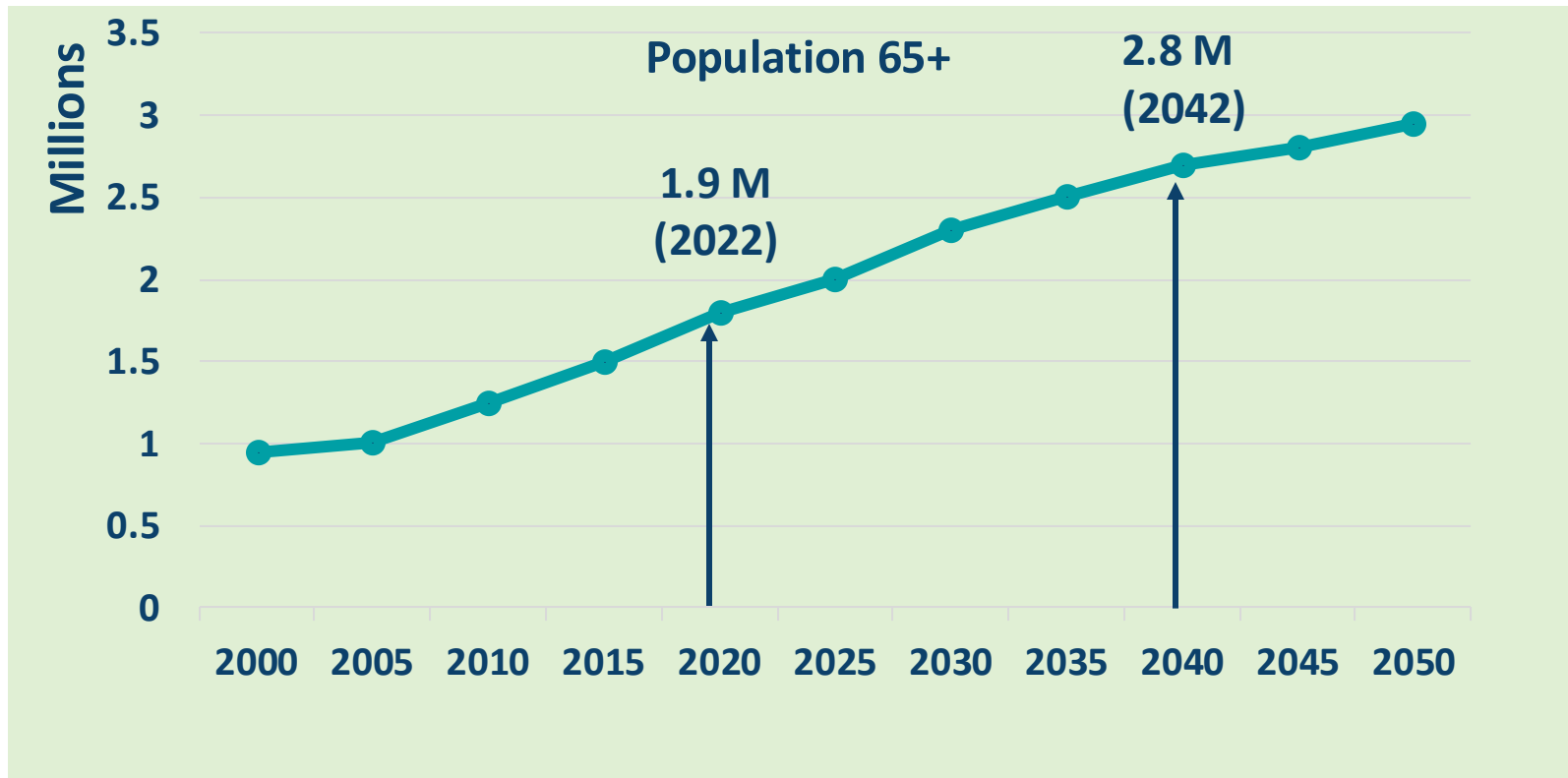
# All Ages, All Stages NC

## A Roadmap to Aging and Living Well

Divya Venkataganesan and Rebecca Freeman

July 16, 2024

# NC is Aging



↑ 48%

9<sup>th</sup> in total population

9<sup>th</sup> in 65+ population

Source: NC Office of State Budget and management, Standard Population Estimates, Vintage 2022; Population Projections, Vintage 2023, [www.osbm.nc.gov/facts-figures/population-demographics](http://www.osbm.nc.gov/facts-figures/population-demographics)

# 2022



**1 in 6 were 65+**

Source: NC Office of State Budget and Management, Standard Population Estimates, Vintage 2022; Population Projections, Vintage 2023, [www.osbm.nc.gov/facts-figures/population-demographics](http://www.osbm.nc.gov/facts-figures/population-demographics)

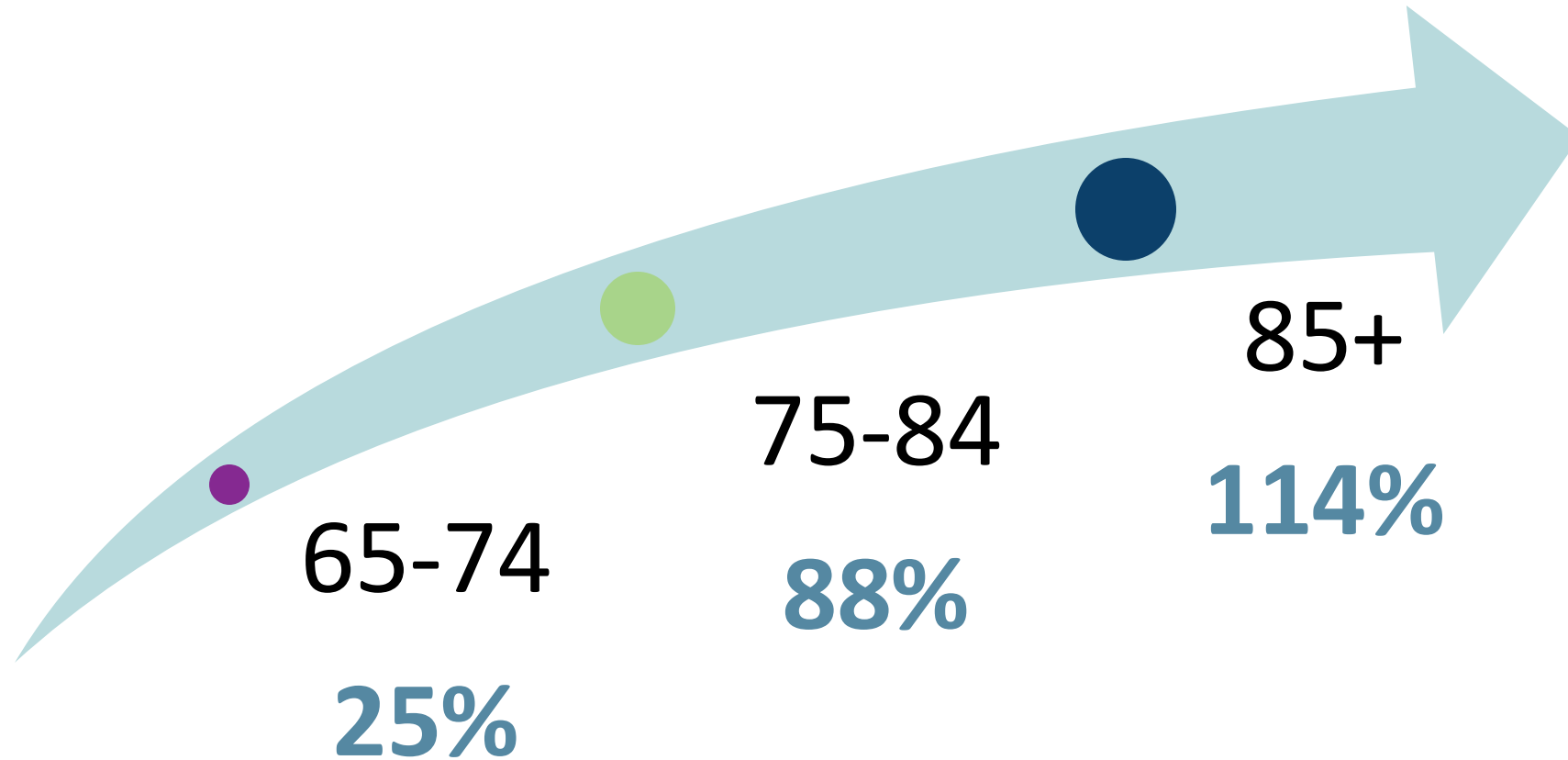
# 2025



**1 in 5 will be 65+**

Source: NC Office of State Budget and Management, Standard Population Estimates, Vintage 2022; Population Projections, Vintage 2023, [www.osbm.nc.gov/facts-figures/population-demographics](http://www.osbm.nc.gov/facts-figures/population-demographics)

# Projected Growth: Next 20 Years



Source: NC Office of State Budget and Management, Standard Population Estimates, Vintage 2022; Population Projections, Vintage 2023, [www.osbm.nc.gov/facts-figures/population-demographics](http://www.osbm.nc.gov/facts-figures/population-demographics)

# NC Caregivers, All Ages (2021)



**1,280,000**  
Number of  
caregivers

**1.19 Billion**  
Total hours of  
unpaid care

**\$16.5 Billion**  
Total value of  
unpaid care

# Age My Way



## AGE MY WAY NC

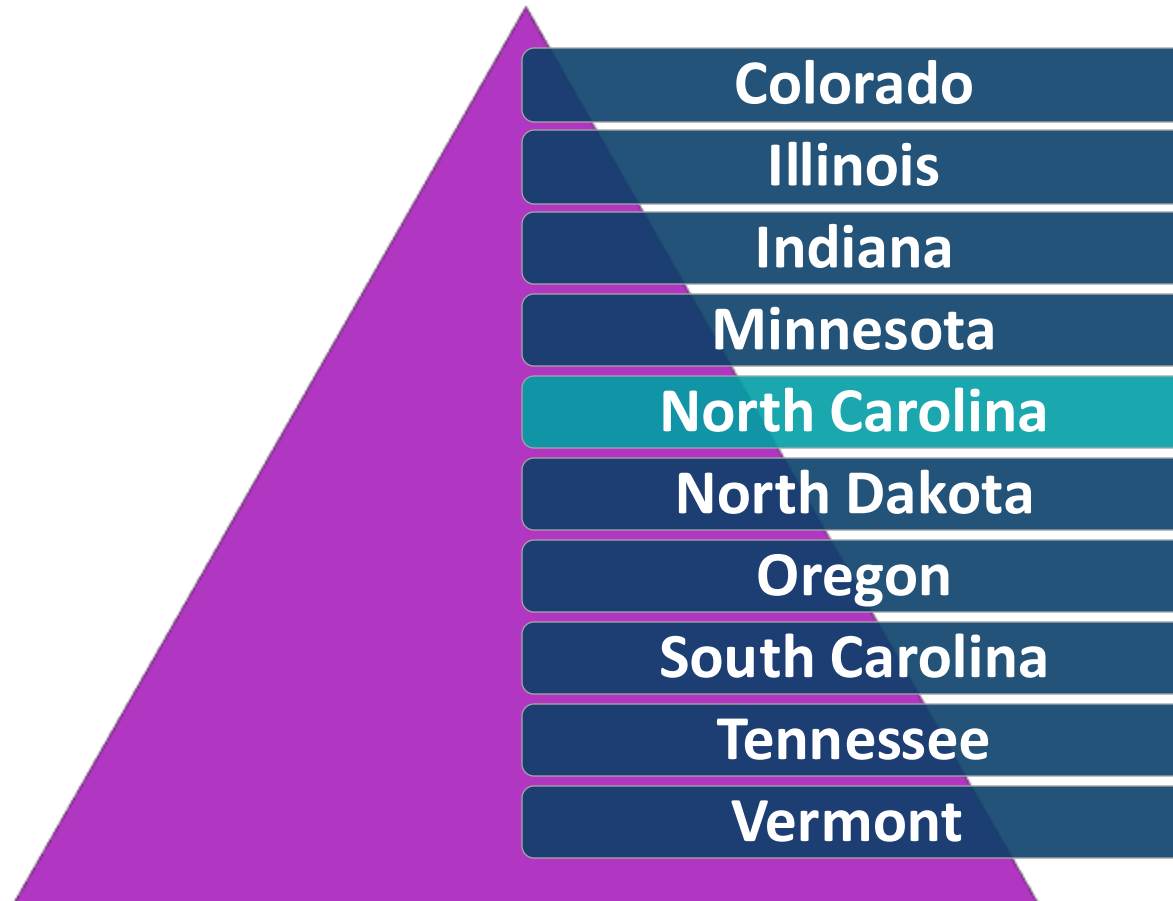
**SURVEY, LISTENING SESSIONS, SUMMIT**

NCDHHS, Division  
of Aging, Division  
of Health Benefits

NCDNCR-  
Hometown Strong

AARP NC

# May 2, 2022: Cohort 1 MPA Learning Collaborative





# Timeline



# May 2, 2023: EO 280- NC's Commitment to Building an Age Friendly State



*DHHS shall implement planning process with working groups to develop Multisector Plan for Aging*

- *Shall be led by Division of Aging and Adult Services and Division of Health Benefits*
- *Report shall be submitted to Governor no later than one year from date of EO*

# NC's MPA

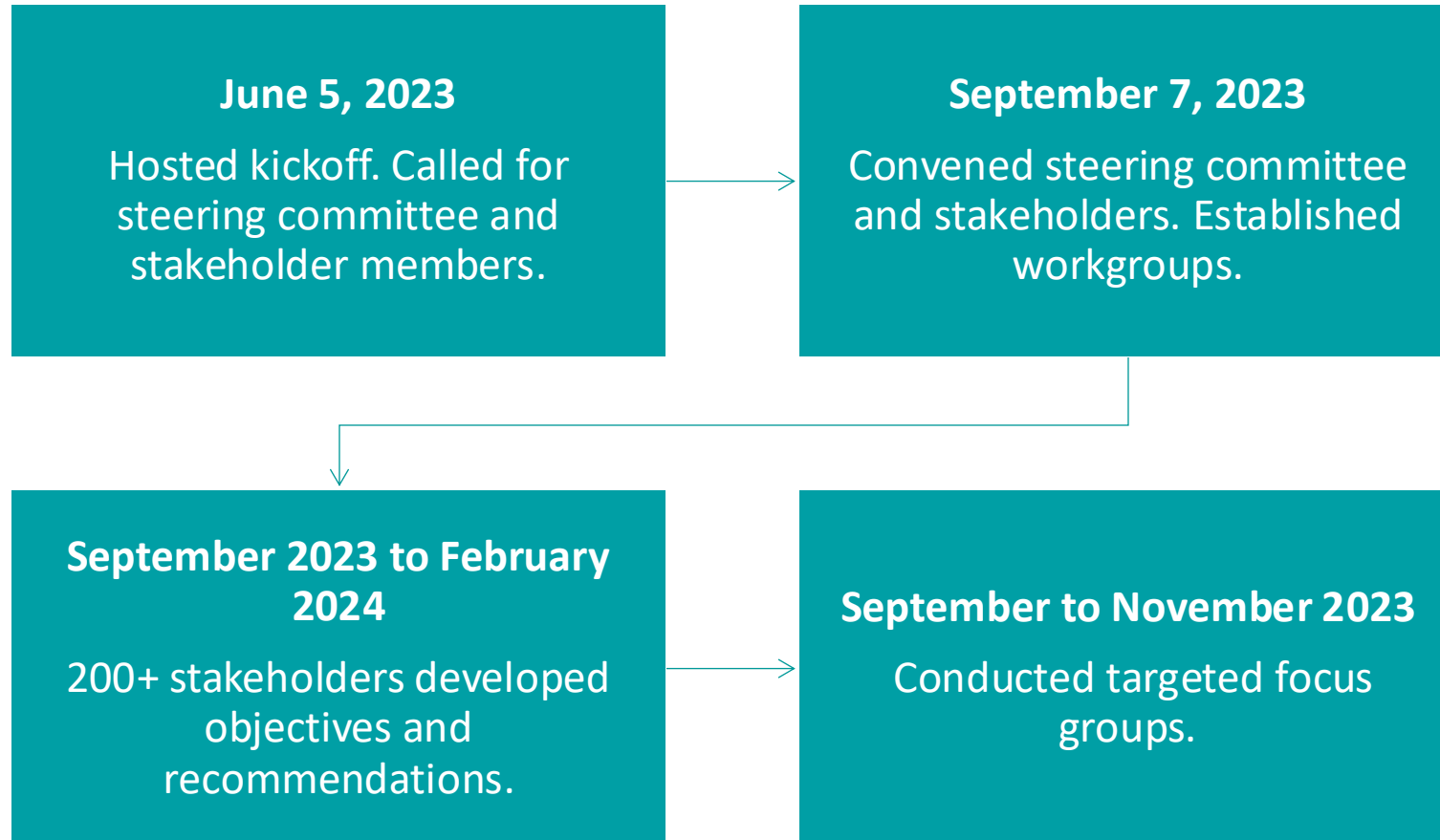


## *All Ages, All Stages NC*

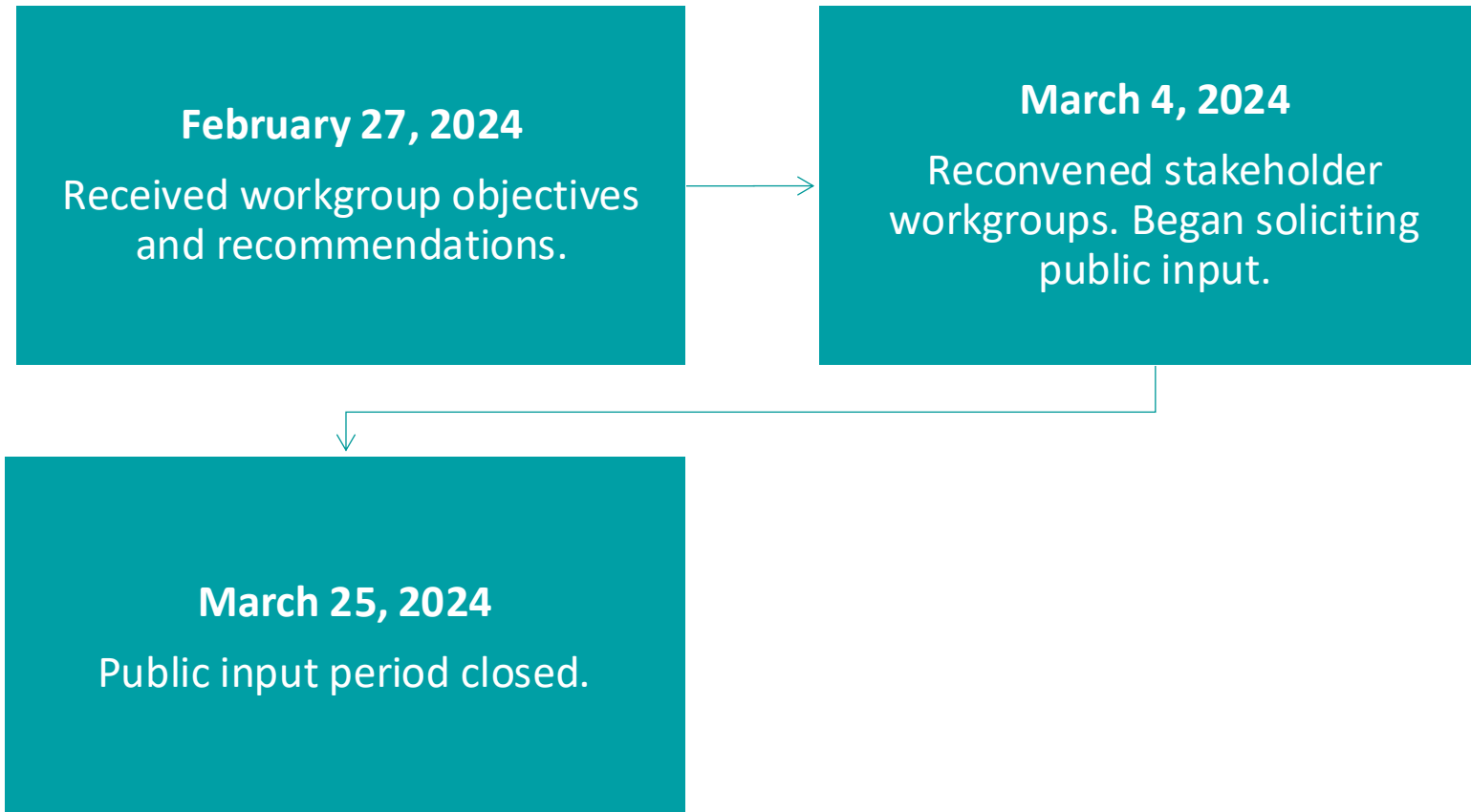
*A Roadmap for Aging and Living Well*



# Timeline



# Timeline



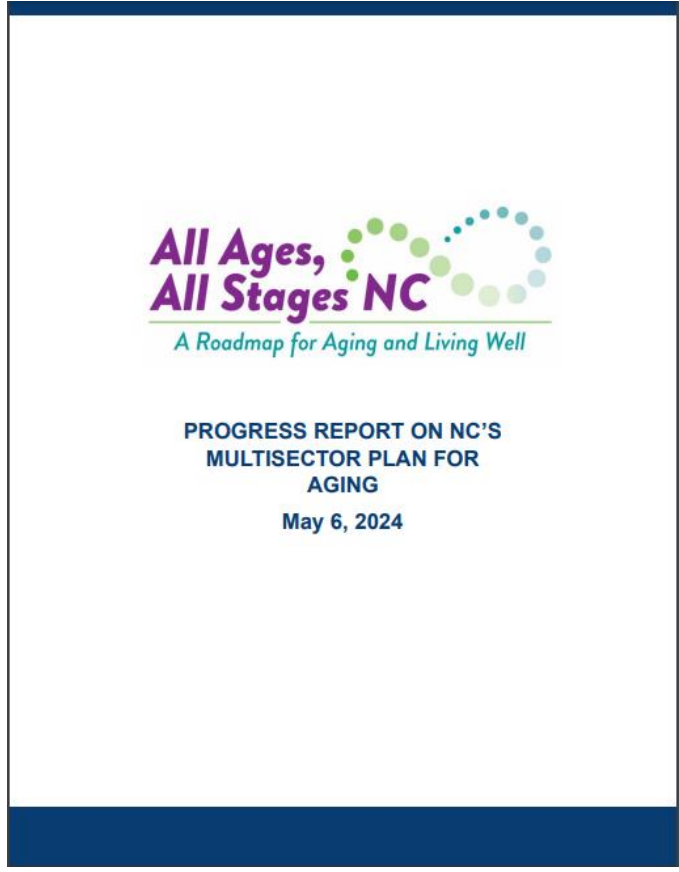
# Timeline



**May 2, 2024**  
Submitted progress report to Governor Cooper



**September 2024**  
Publish All Ages, All Stages NC Plan



# Goal 1- Affording Aging

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**North Carolinians will have the means to effectively plan for their later stages of life, including ensuring sufficient and sustainable financial provisions, fostering avenues for personal growth and for the betterment of their communities.**

## Key Themes

- Promoting educational opportunities for older adults
- Enhancing funding sources for home and community-based services
- Advocating for age-inclusive workplace practices
- Fostering intergenerational collaboration
- Expanding financial literacy and retirement planning education





# Goal 2- Optimizing Health and Well-Being

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**North Carolinians will have access to person-centered services and supports that will optimize their life-expectancy and health quality.**

## Key Themes

- Promoting innovative healthcare delivery and accessibility
- Fostering culture of healthy aging
- Developing comprehensive continuum of care services
- Addressing long-term care financing and delivery challenges
- Advancing healthcare workforce



# Goal 3- Strengthening Communities for a Lifetime



**North Carolinians will live in communities,  
neighborhoods, and homes that support thriving at all  
stages and ages.**

## Key Themes

- Enhancing disaster preparedness and emergency management
- Strengthening transportation services and options
- Addressing housing challenges
- Increasing access to older adult food resources
- Promoting social connectivity and digital literacy



*Strengthening Communities  
for a Lifetime*

# Goal 4- Supporting Older Adults and Their Families

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**North Carolinians will have access to services and resources that will enable them to stay in their homes and communities as they age and will support their families in their efforts to provide care when needed.**

## Key Themes

- Creating multi-disciplinary teams for dementia care
- Promoting technology-based solutions
- Providing caregiver support
- Supporting aging individuals with disabilities
- Enhancing long-term services and supports

Supporting Older  
Adults and  
Their Families



# 2024-2026 Priorities



## Supporting Older Adults and Their Families

Home and community-based services

Family caregiver support

## Strengthening Communities for a Lifetime

Housing

Adult protective services

Age-friendly state and communities

## Optimizing Health and Well Being

Long-term services and supports

Workforce

## Affording Aging

Potential of all older adults



# Home and Community-Based Services

- Replace ARMS
- Explore new funding streams
- Review and optimize HCCBG





# Family Caregiver Support

- Blend federal and state funding for HCBS
- Enhance family leave requirements and promote family-friendly workplaces
- Explore state taxes for caregiver expenses
- Secure funding for NC Caregiver Portal
- Streamline caregiver referrals (211, NCCARE360)



# Housing

- Take executive action to address challenges
- Increase funding for housing rehab, repair, and modification
- Increase incentives for development and repair of housing
- Increase income eligibility and exemption amounts for tax exemption/deferral programs
- Encourage universal design
- Promote aging in place



# Adult Protective Services

- Implement APS statutory changes
- Allocate state funding to county DSS for APS
- Establish pilot alternative protective response program

# Age-Friendly State and Communities



- Assist age-friendly efforts
- Foster culture of healthy living
- Strengthen collaborations to address isolation
- Address digital equity
- Promote model healthcare programs
- Promote innovation in transportation
- Address challenges related to overcoming food insecurity
- Educate on fraud prevention and consumer protection
- Enhance 211 and NCCARE360
- Reestablish legislative study commission on aging

# Long-Term Services and Supports

- Convene task force to address delivery and financing
- Educate consumers on long-term care costs
- Address challenges to providing continuum of LTSS

# Workforce

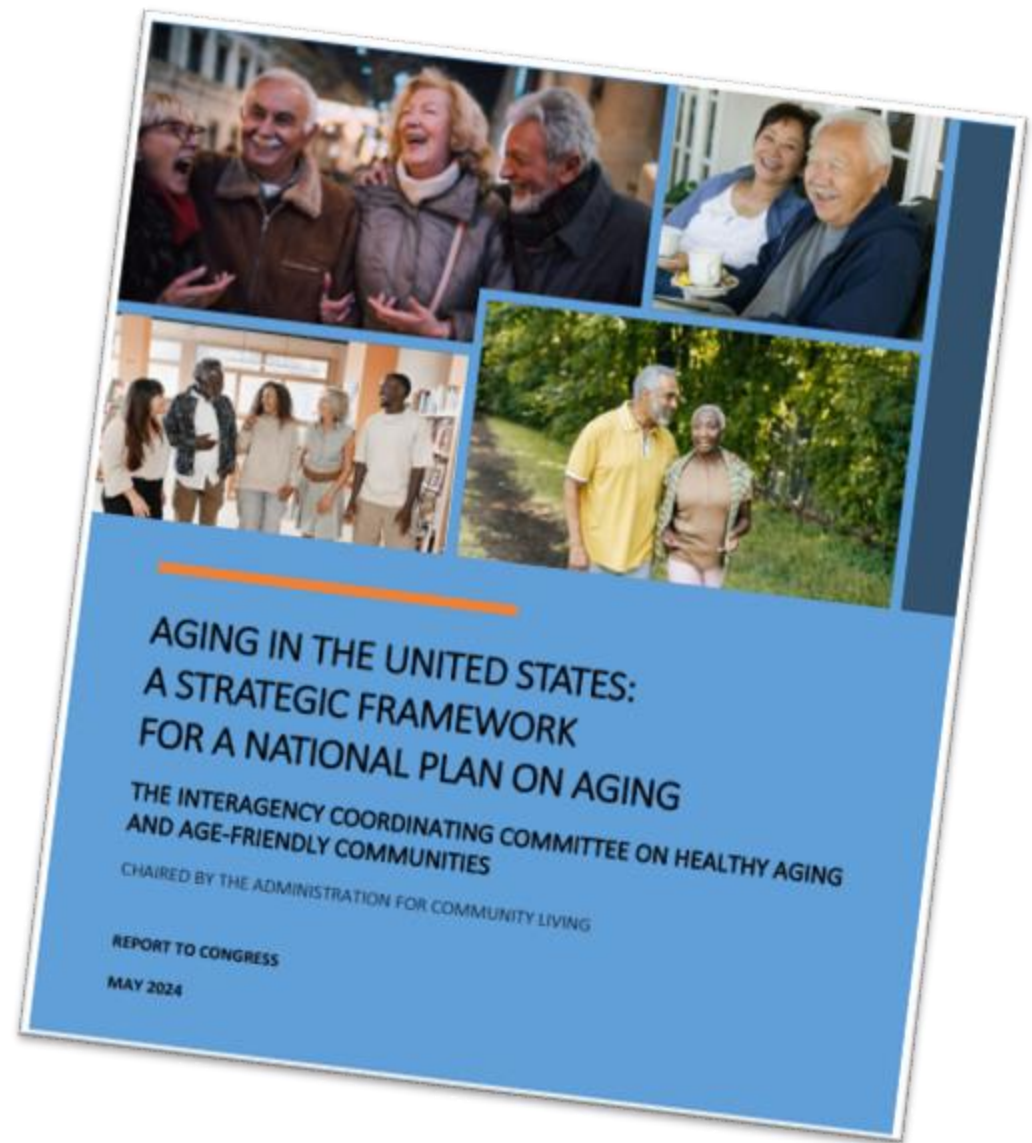
- Ensure skilled aging workforce
- Support current workforce studies
- Expand financial incentives for healthcare careers and address wage disparities
- Expand consumer-directed options



# Potential of Older Adults

- Expand employment and intergenerational opportunities
- Promote retirement savings
- Address ageism
- Reduce health insurance costs
- Explore free tuition benefits
- Strengthen and expand volunteer engagement opportunities
- Promote financial literacy and awareness of benefits/services
- Reestablish and expand PREPARE pre-retirement program

Hot off the  
press!



LEARN MORE

*All Ages,  
All Stages NC*

*A Roadmap for Aging and Living Well*



# Strategic Framework for a National Plan on Aging



NATIONAL DOMAIN	FOCUS AREAS OF OTHER STATES	% of MPAs with Aligning Actions
<b>Age-Friendly Communities</b>	Purpose and Engagement	100%
	Social Connection	100%
	Accessibility and Universal Design	86%
	Transportation	86%
	Economic and Financial Security	57%
	Employment	86%

# Strategic Framework for a National Plan on Aging



NATIONAL DOMAIN	FOCUS AREAS OF OTHER STATES	% of MPAs with Aligning Actions
<b>Coordinated Housing and Supportive Services</b>	Age-Friendly Healthy Systems	29%
	Housing Stability through Coordinated Services	57%
	Affordable Housing	86%
	Accessible Quality Housing	43%
	Homelessness Prevention	43%

# Strategic Framework for a National Plan on Aging



NATIONAL DOMAIN	FOCUS AREAS OF OTHER STATES	% of MPAs with Aligning Actions
<b>Increased Access to Long-Term Services and Supports</b>	Paid and Unpaid Caregivers	100%
	Whole-Person Health Financing	43%
	Elder Justice	100%
	Person-Centered or Statewide Access Systems (NWD)	100%
<b>Aligned Health Care and Supportive Services</b>	Benefits Access	71%
	Optimizing Health, Well-Being, and Functioning	100%
	Aligning Health and Human Services	29%

# Public Relations and Advocacy



# Public Relations and Advocacy



**April**

Paid Media Campaign I

*Estimated Impressions*

**2.4 MILLION**

**May 7**

Aging Advocacy and  
Celebration Day

**May-November**

Paid Media Campaign II

*Estimated Impressions*

**42 MILLION**

**July-September**

Create Data Dashboard

**September-October**

Senior Center Candidate  
Forums

**September 27**

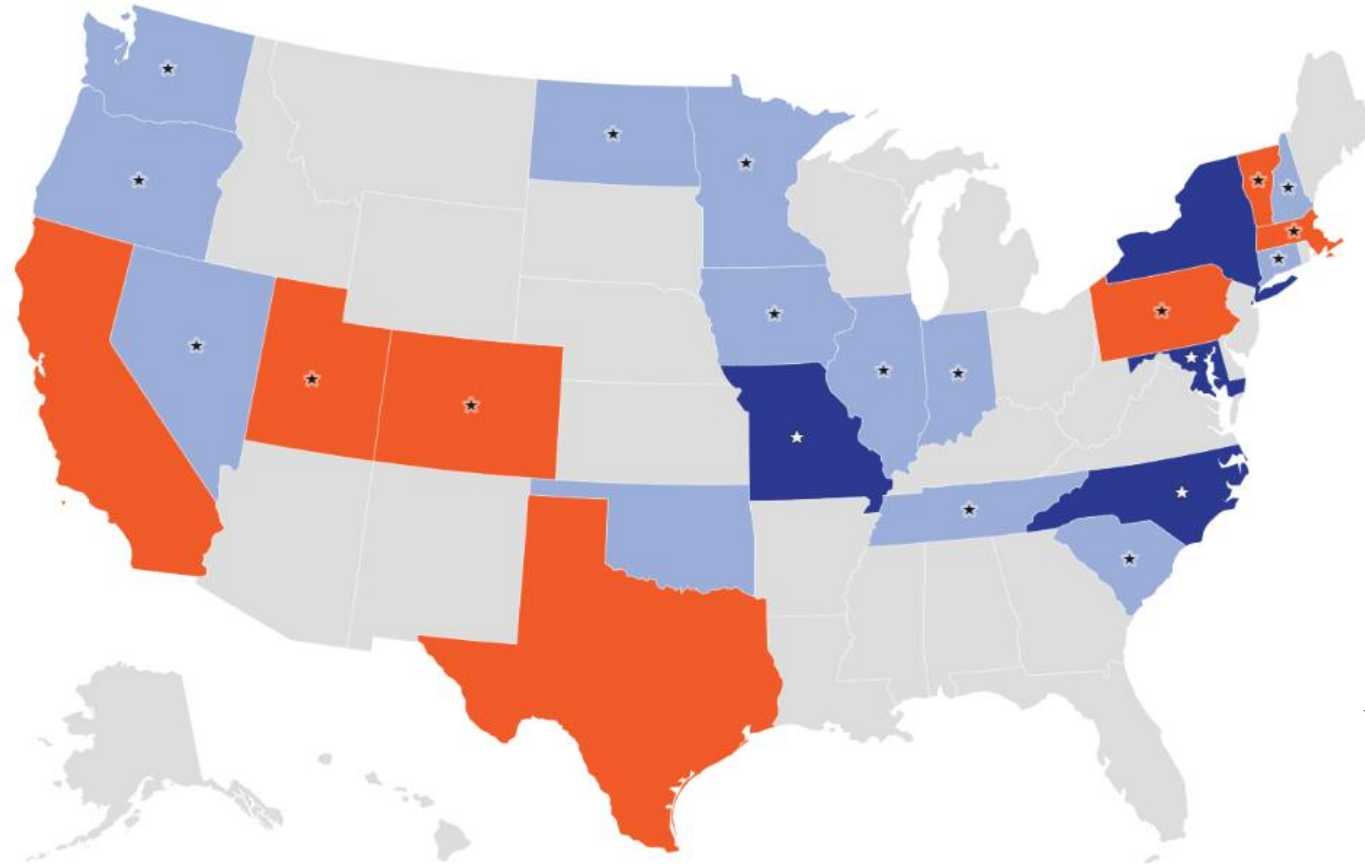
**SAVE THE DATE  
CELEBRATORY EVENT!**





# National Movement



Every state needs a **Multisector Plan for Aging (MPA)** to ensure that all Americans have access to coordinated care and support services that enable them to age with health, dignity and connection.

# MPA Activity Across States



-  Fostering Development
-  Existing Legislation/EO
-  Developed/Implementing
-  MPA Learning Collaborative Participant

# National Strategic Plan for Aging Act



118TH CONGRESS  
2D SESSION

## S. 3827

To amend the Older Americans Act of 1965 to require the Assistant Secretary for Aging to award grants to States, Indian tribes, and tribal organizations to create or implement Multisector Plans for Aging and Aging with a Disability, and for other purposes.

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IN THE SENATE OF THE UNITED STATES

FEBRUARY 28, 2024

Mrs. GILLABRAND (for herself and Mr. CASEY) introduced the following bill; which was read twice and referred to the Committee on Health, Education, Labor, and Pensions

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## A BILL

- <https://www.congress.gov/bill/118th-congress/senate-bill/3827/text?s=2&r=1>
- <https://www.gillibrand.senate.gov/news/press/release/gillibrand-casey-introduce-landmark-strategic-plan-for-aging-act/#:~:text=%E2%80%9CThe%20Strategic%20Plan%20for%20Aging,retirement%20savings%2C%20and%20elder%20abuse.>
- <https://multisectorplanforaging.org/newsletter/gillibrand-casey-introduce-landmark-strategic-plan-for-aging-act/>



# Critical Considerations



**Is Your  
Agency  
Ready?**

- **What data and information do you have to plan for these demographics?**
- **Have you considered policy and program changes you will need to ensure you are meeting the needs of an aging population?**
- **What will your employee base look like?**

# Ways to Get Involved



[Click here to share your thoughts about aging in NC.](#)

Sign Up for the All  
Ages, All Stages  
NC Newsletter



Share All Ages,  
All Stages NC  
Information



Talk to Your  
Representatives  
about All Ages,  
All Stages, NC

# Learn More About Aging in NC



## *NC Aging Profiles*

*Running the Numbers: How North Carolina's Population is Changing and Why It Matters*

*NC's Senior Population is Growing, but Where?*

*NC's Older Adult Population to Almost Double in the Next 20 Years*

*Older Adult Population is Projected to Expand in Most NC Counties*

# Stay Up-to-Date

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## Progress Report

### All Ages, All Stages NC

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