

# All Ages, All Stages NC

*A Roadmap to Aging and Living Well*

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NC DHHS- Division of Aging and Adult Services

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# NC's Aging Population: Trends, Challenges and Opportunities



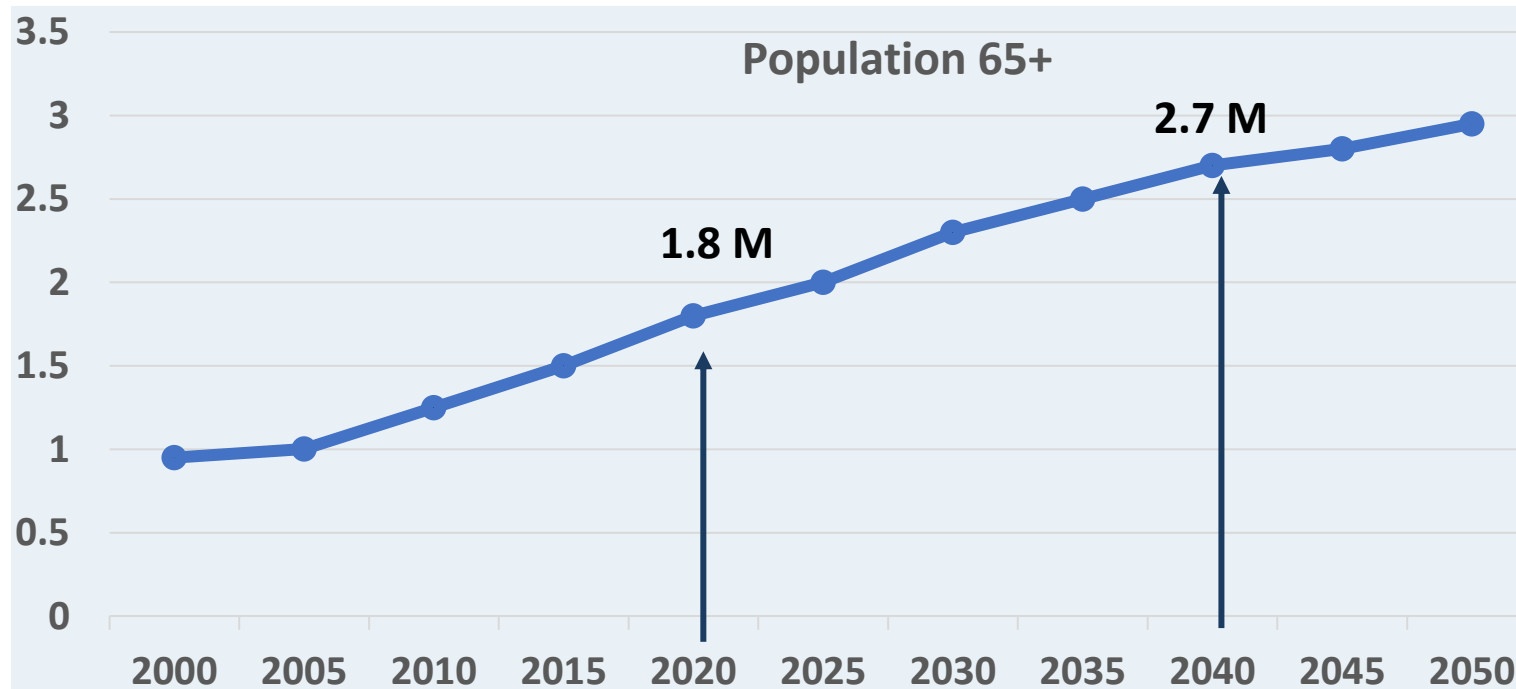
# Activity: Fact or Fiction

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- By 2030, 1 in every 4 Americans will be over 65.
- Women are more to take on caregiving roles (about 60% in US).
- Baby boomers represent the smallest generation in history due to declining birth rates during their time.
- Ageism is the systematic stereotyping and discrimination against people based on their age.
- Research shows physicians are less willing to treat suicidal older persons compared to younger patients, and believe suicidal ideation among older adults is normal.
- Older adults are less likely to adapt to new technologies and digital innovations.



# NC is Aging



↑ 52%

- U.S. Census Bureau, American Community Survey 2020, one-year experimental data estimates. Table XK20014: Population by Age. 2020 ACS 1-Year Experimental Data Tables [www.census.gov](http://www.census.gov)



# 2020



**1 in 6 are 65+**

<https://www.ncdhs.gov/media/14887/open>



# 2028



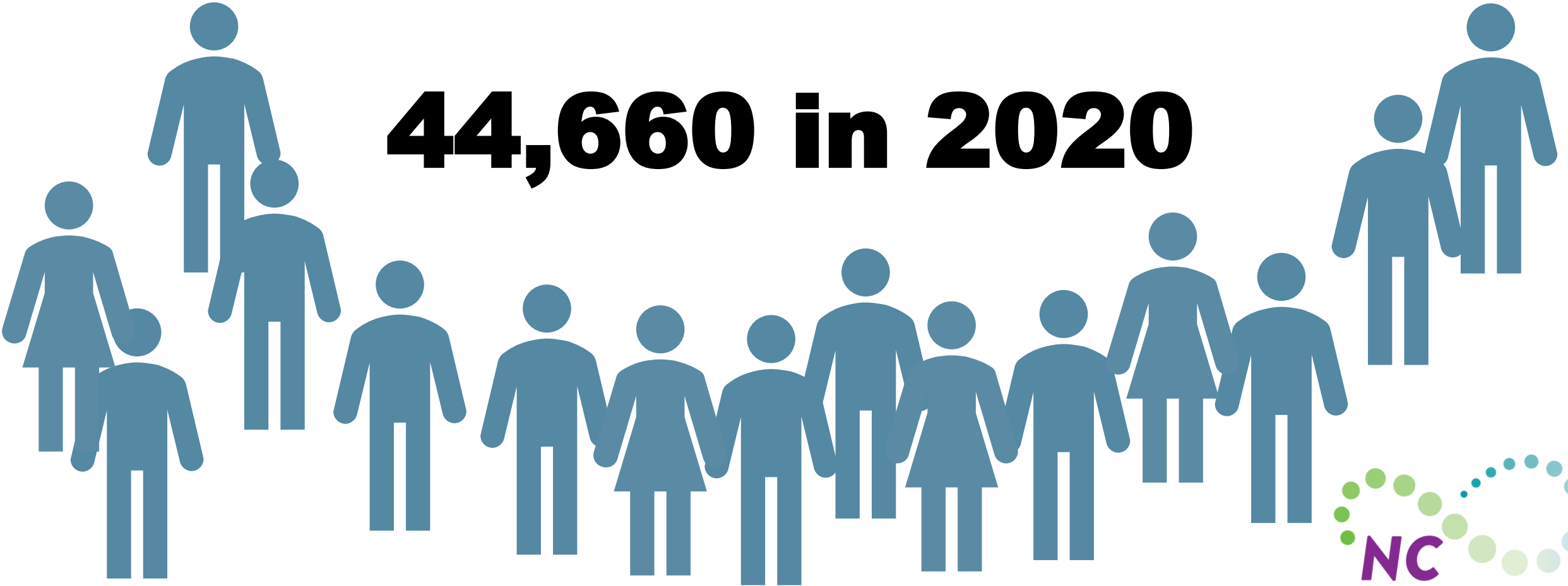
**1 in 5 will be 65+**

<https://www.ncdhhs.gov/media/14887/open>



# Migration 60+

**44,660 in 2020**



# National Rankings

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

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

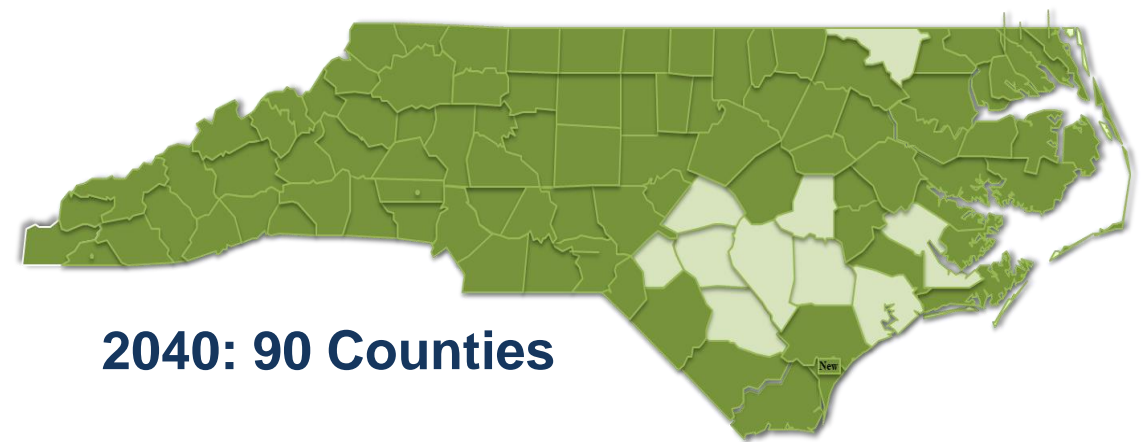
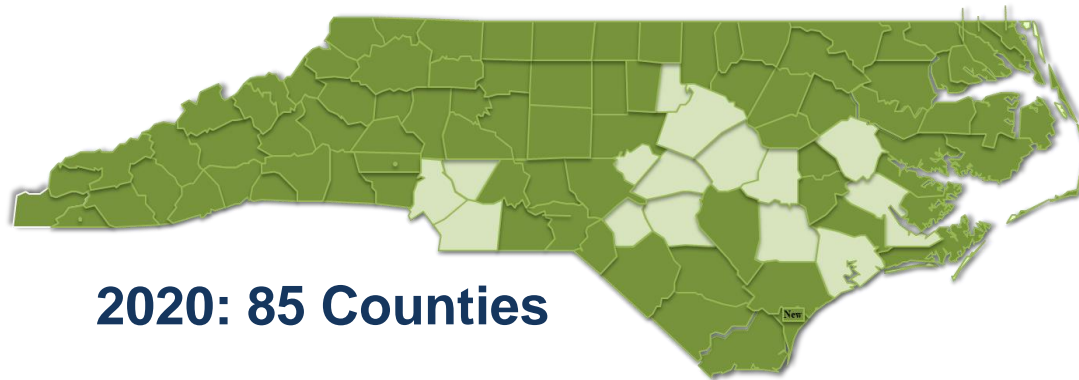




# Profile of Aging in NC



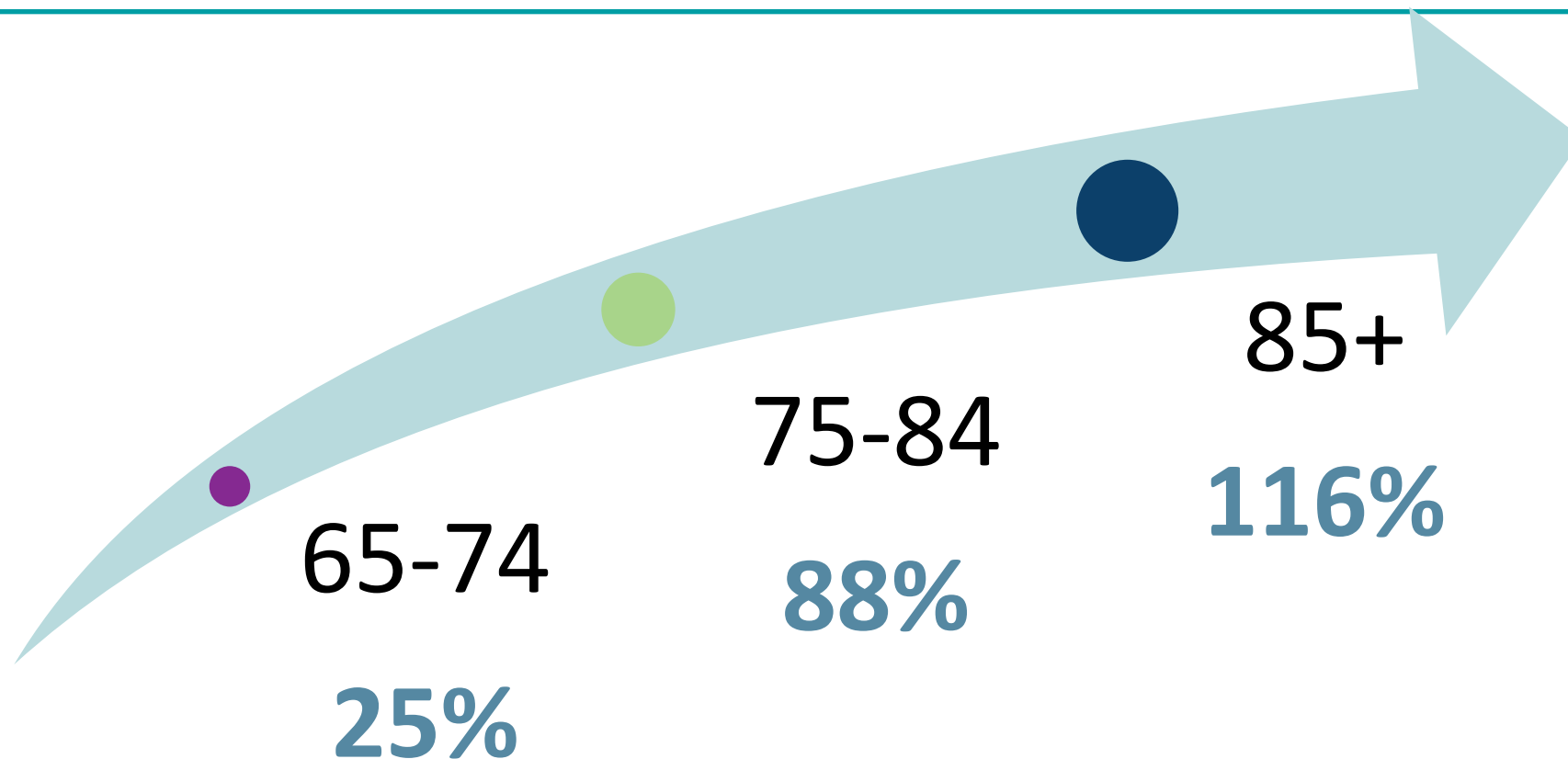
Counties with more people ages 60+ than 0-17



Source: NC Office of State Budget and Management, Standard Population Estimates, Vintage 2020; Population Projections, Vintage 2040  
<https://www.osbm.nc.gov/facts-figures/population-demographics>



# Projected Population Growth



<https://www.ncdhhs.gov/media/14887/open>



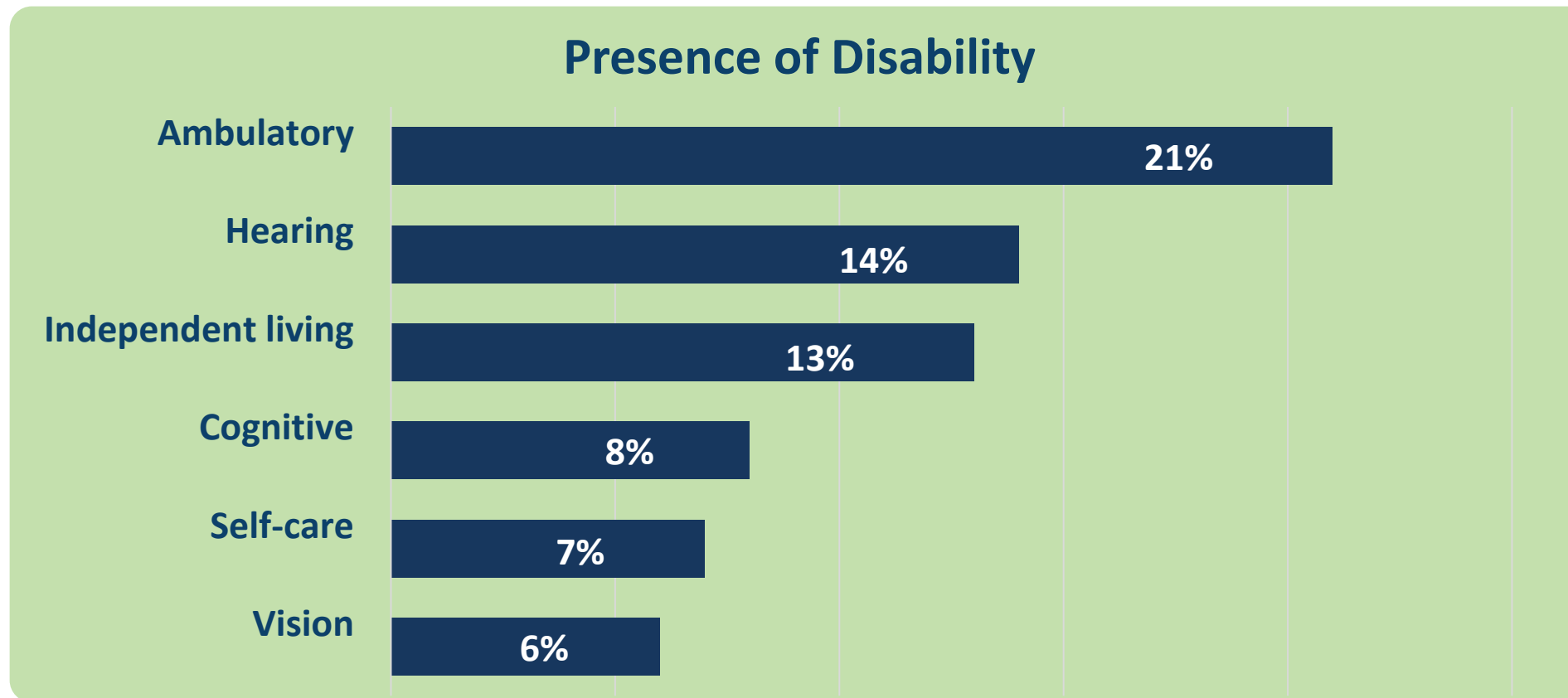
# Social and Economic Characteristics, 65+ (2020)

	NC	US
Lives alone	27%	26%
Is a veteran	18%	17%
Speaks English less than “very well”	2%	9%
Has a disability	35%	34%
Has less than high school education	15%	15%
Has high school, GED/alternative education	30%	32%
In labor force	17%	18%
Income is below poverty level	9%	9%
Income is 100%-199% of poverty level	22%	18%

<https://www.ncdhhs.gov/media/14887/open>



# Disability Status, 65+



Source: U.S. Census Bureau, American Community Survey 2021 5-year estimates. Table S1810: Disability Characteristics, <https://data.census.gov/cedsci/>; [www.ncbi.nlm.nih.gov/pmc/articles/PMC6873710/](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6873710/)



# NC Caregivers\*, All Ages (2021)

**358,000**

Number of  
caregivers

**517 Million**

Total hours of  
unpaid care

**\$7.3 Billion**

Total value of  
unpaid care

Source: Alzheimer's Association: Alzheimer's Disease Facts and Figures report, NC; <https://www.alz.org/media/Documents/northcarolina-alzheimers-facts-figures-2022.pdf>. \*A caregiver is a person who tends to the needs or concerns of a person with short- or long-term limitations due to illness, injury or disability.



# Developing a Multisector Plan for Aging



# Learning Collaborative Opportunity



# Cohort One

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Colorado	Illinois	Indiana	Minnesota
North Carolina	North Dakota	Oregon	South Carolina
	Tennessee	Vermont	





# Cohort 2

Connecticut

Iowa

Maryland

Massachusetts

Missouri

Nevada

New Hampshire

Pennsylvania

Utah

Washington



# Activity: State of Your State

**Which stage of development is your state currently at in creating an MPA?**



respond at [PollEv.com/divyav710](https://PollEv.com/divyav710)



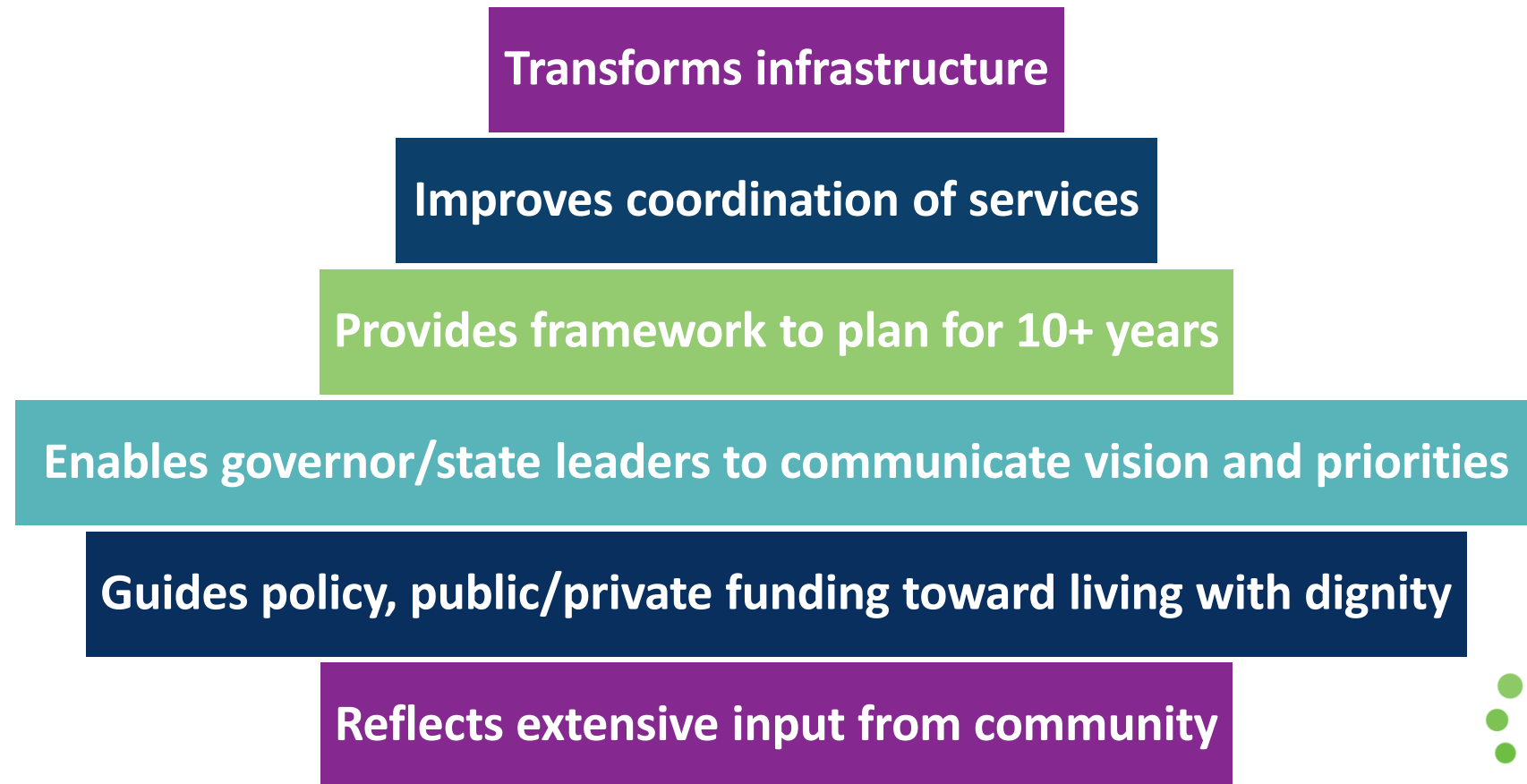
# Definition of Multisector Plan for Aging

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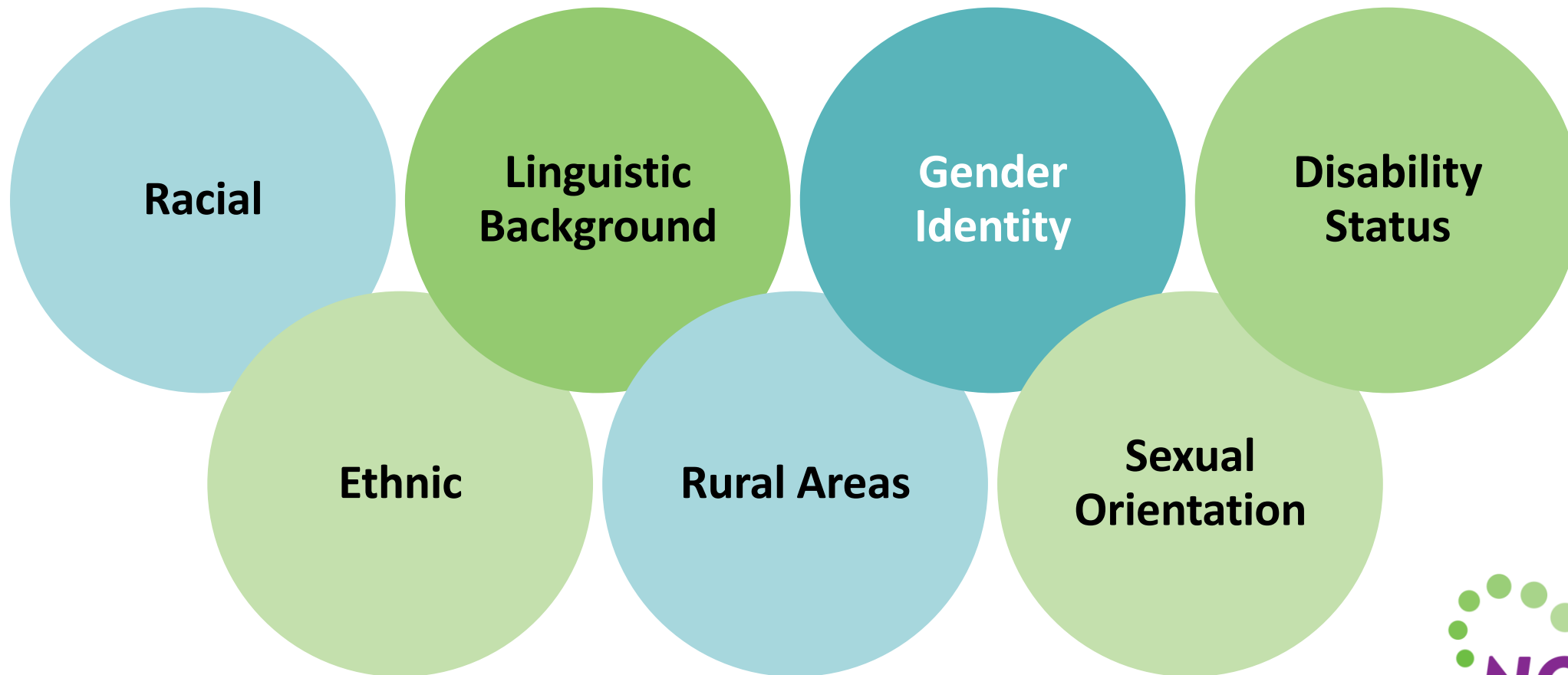
A ***cross-sector, state-led strategic planning resource*** that can help states transform the infrastructure and coordination of services for their rapidly aging population, as well as people with disabilities.



# What Does a Multisector Plan for Aging Do?



# Equity is Baked Into the Process



# Activity: Perceptions of Aging

**What is the first word that comes to your mind when you think of aging?**



respond at [PollEv.com/divyav710](https://PollEv.com/divyav710)



# Stakeholders with Interest In Improving the Aging Experience



# Builds Upon On Existing Age and Disability Related Initiatives

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**Elevates common goals**

**Reduces duplication**

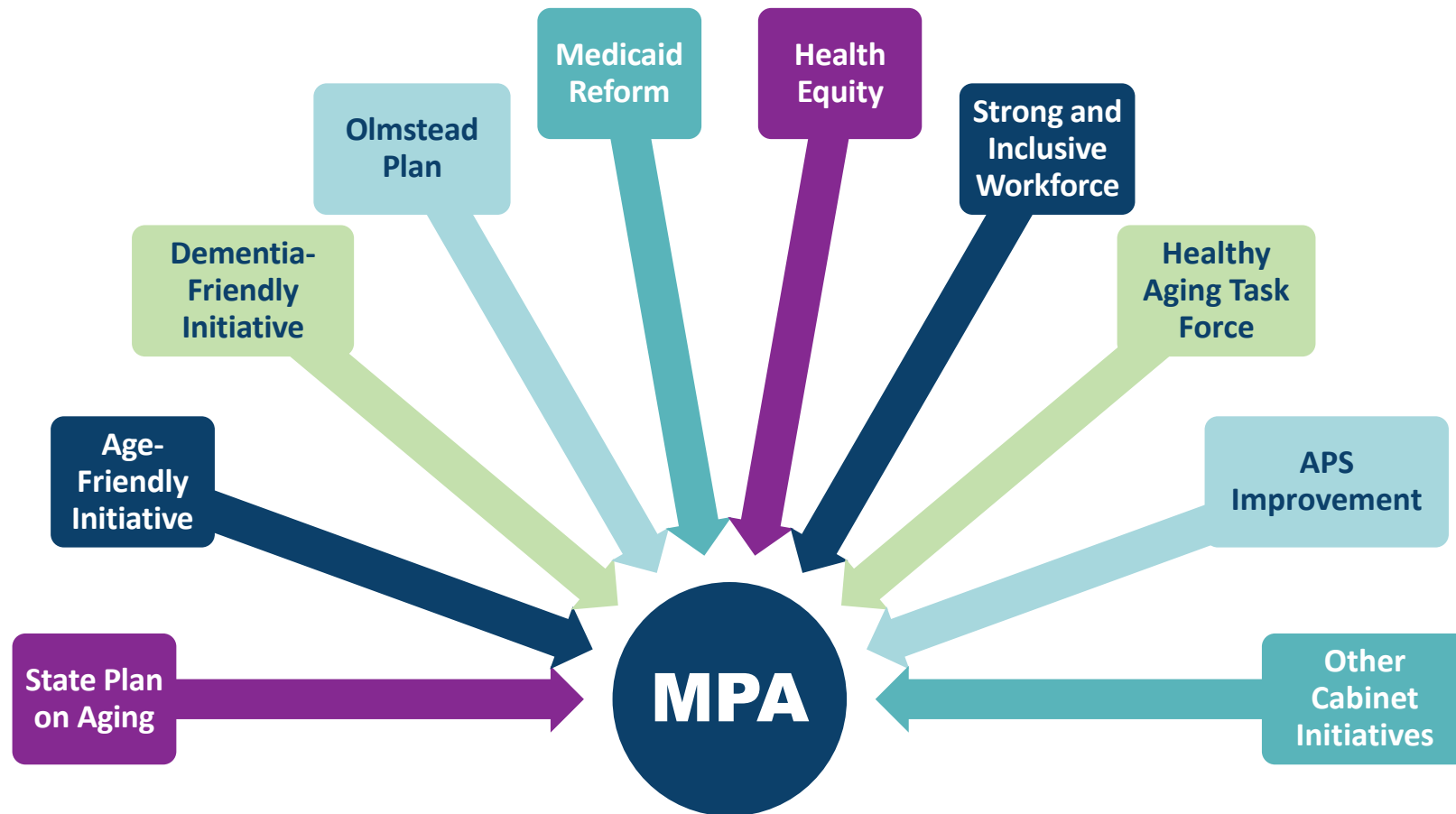
**Streamlines efforts**

***Strengthens rather than replaces!***

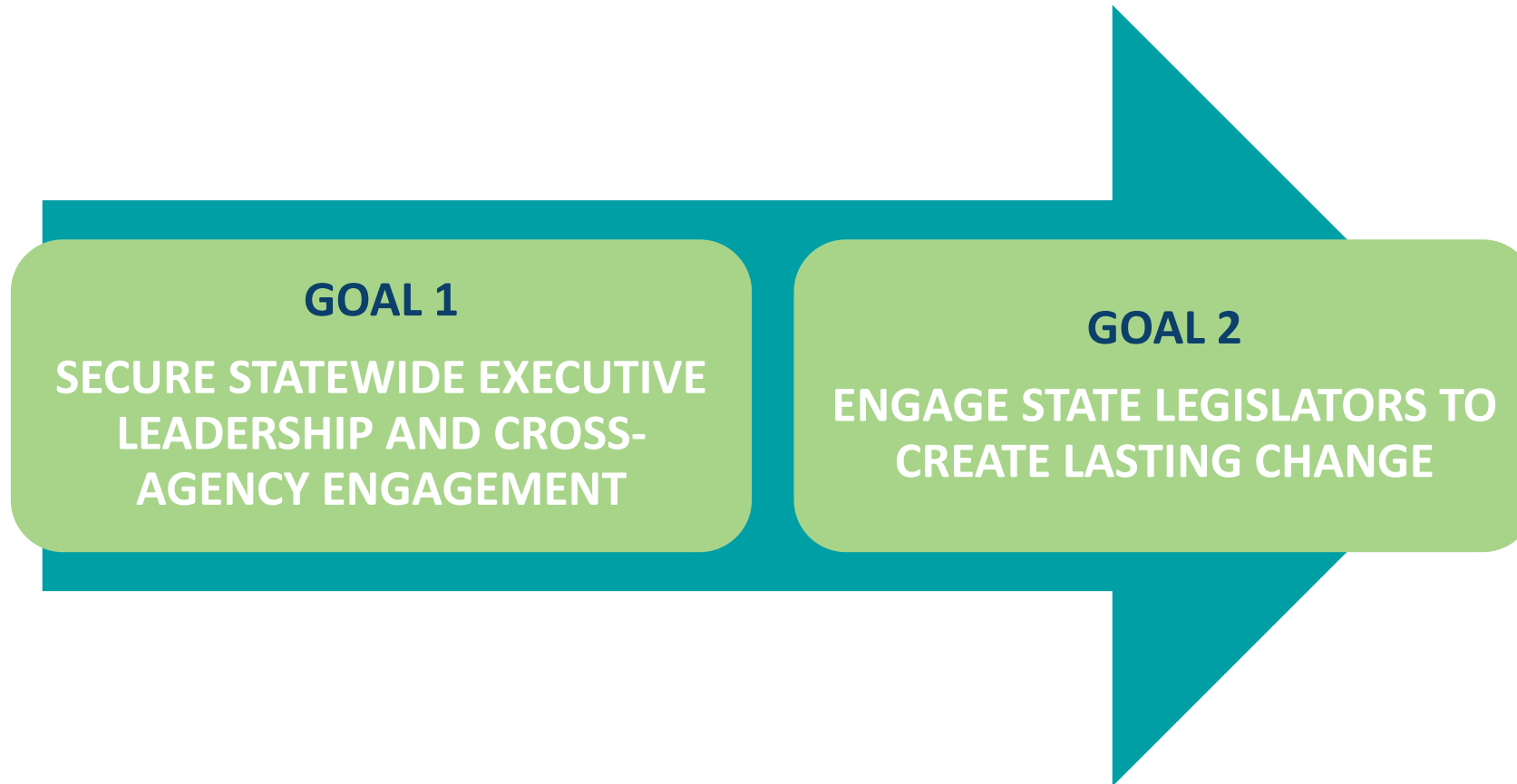




# Existing Initiatives



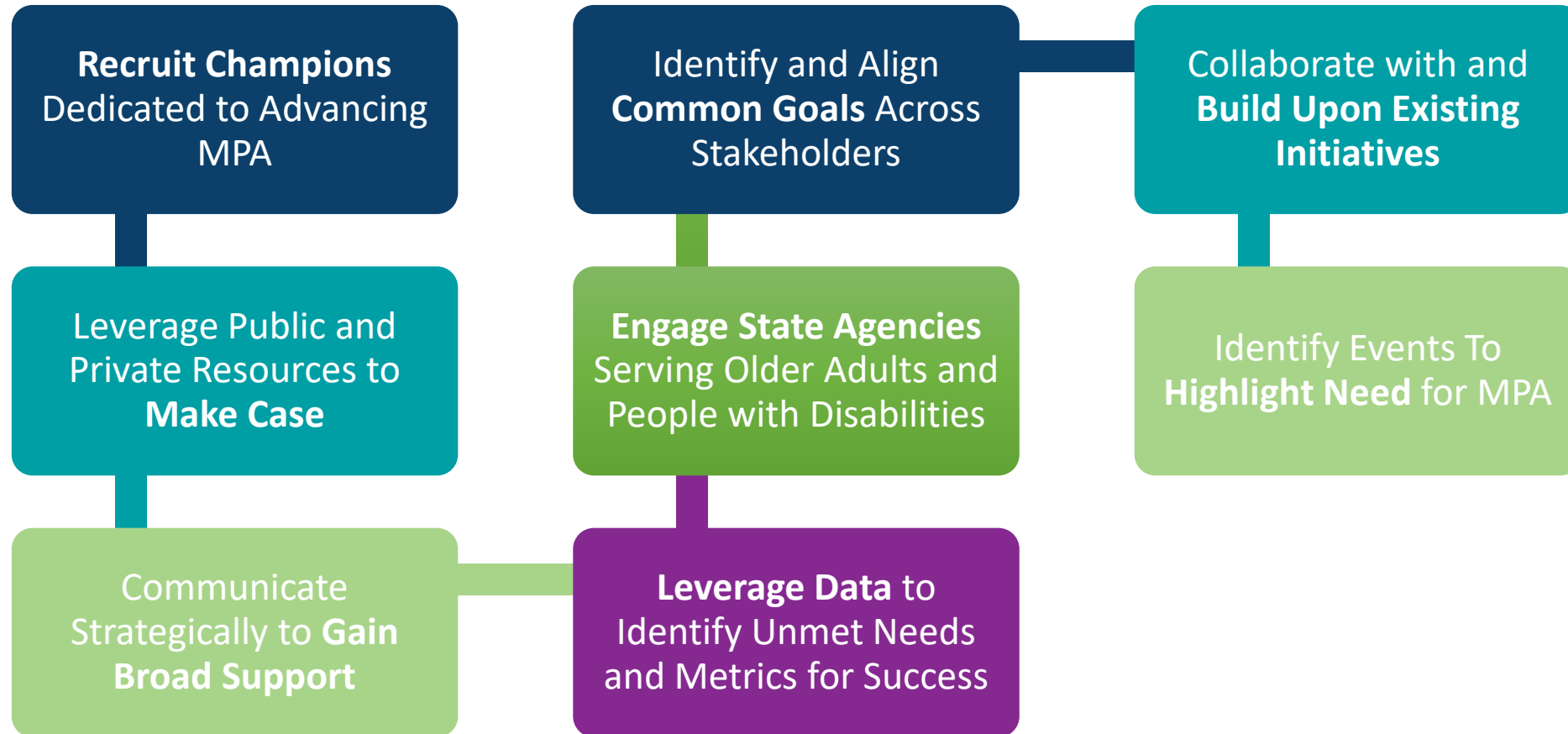
# Getting Started



<https://www.chcs.org/resource/getting-started-with-a-master-plan-for-aging/>



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<https://www.chcs.org/resource/getting-started-with-a-master-plan-for-aging/>



# Three Core Tenets

Promote transparency and inclusion at all stages

- Public-facing, accessible meetings
- Meetings understandable for all
- Communications plan

Embed equity into all stages

- Efforts ground in data
- Equity workgroup
- Feedback and expertise

Incorporate principle of person-centered planning

- Holistic thinking
- Meeting older adults' needs state responsibility

# Nine Best Practices

Skilled Leader

Skilled Team

Existing  
Planning

Relevant Input

Coalition of  
Stakeholders

Executive and  
Legislative  
Support

Stakeholder  
Advisory  
Committee

Leverage Data

Quick Wins and  
Aspirational  
Goals



# Age-Friendly Designation



# Livable Community

*A livable community is one that is **safe** and **secure**, has affordable and appropriate **housing** and **transportation options**, and offers **supportive community features** and services. Once in place, those resources **enhance personal independence**; allow residents to **age in place**; and **foster residents' engagement** in the community's civic, economic, and social life.*

# Domains of Livability

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**Outdoor Spaces  
Buildings**

**Transportation**

**Communication  
Information**

**Civic Participation  
Employment**

**Respect  
Social Inclusion**

**Health  
Community  
Supports**

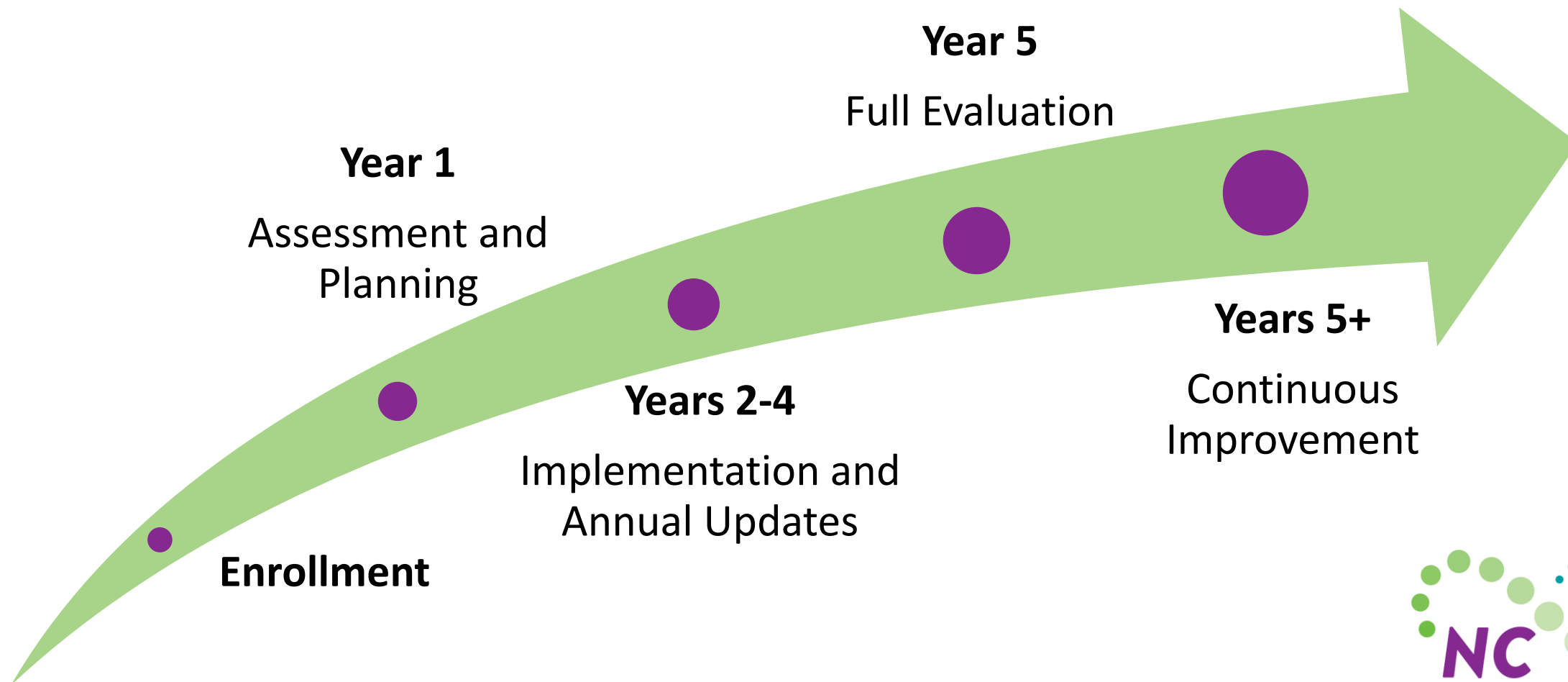
**Social Participation**

**Housing**





# Developing an Age-Friendly State



# Enrolled States and Territories

State/Territory Lead		Date Enrolled
NY	Governor's Office, Health, Aging, State	8/2017
MA	Executive Office/Elder Affairs	1/2018
CO	Local Affairs	8/2018
FL	Elder Affairs	4/2019
USVI	Governor's Office: Initiative of First Lady	4/2019
MI	Health and Human Services: Aging & Adult Services	10/2019
ME	Health and Human Services: Aging and Disability Services	10/2019
CA	California Master Plan on Aging	3/2021
NJ	Human Services: Division of Aging	4/2021
MN	Human Services	1/2022



# NC's MPA Initiative



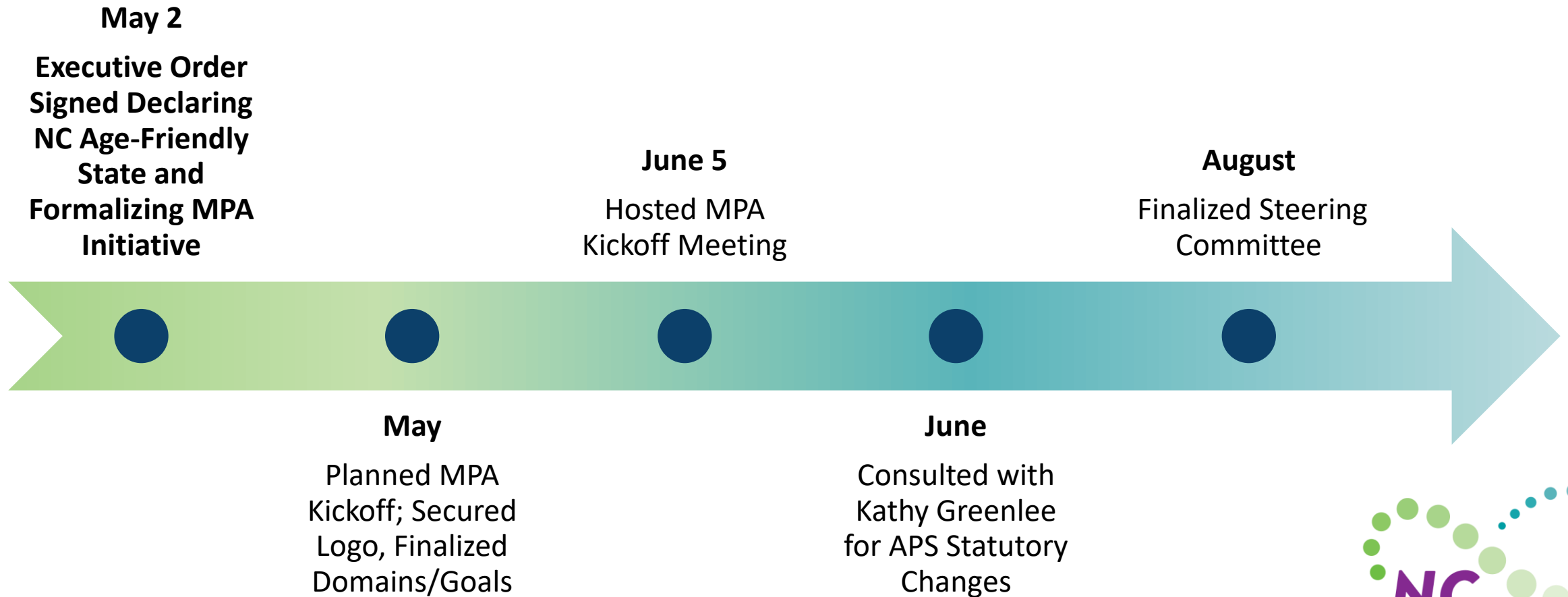
# Original Steering Committee

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<b>Joyce Massey-Smith</b>	<b>Wrenia Bratts-Brown</b>
<b>Mary Bethel</b>	<b>Mary Penny Kelley</b>
<b>Rebecca Freeman</b>	<b>Lisa Riegel</b>
<b>Divya Venkataganesan</b>	<b>Heather Burkhardt</b>
<b>Sabrena Lea</b>	<b>Ed Rosenberg</b>



# Key Milestones



# Branding NC's MPA



# Activity: Setting Priorities

Health

Financial Security

Companionship

Community Infrastructure

Safety and Security

Caregiving



# Domains

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



Housing,  
Homelessness, and  
Universal Design

Transportation and  
Accessibility

Community Safety  
and Protection

Social Connection  
and Inclusion

Food Security and  
Nutrition

Environmental  
Sustainability

Other Focus Areas

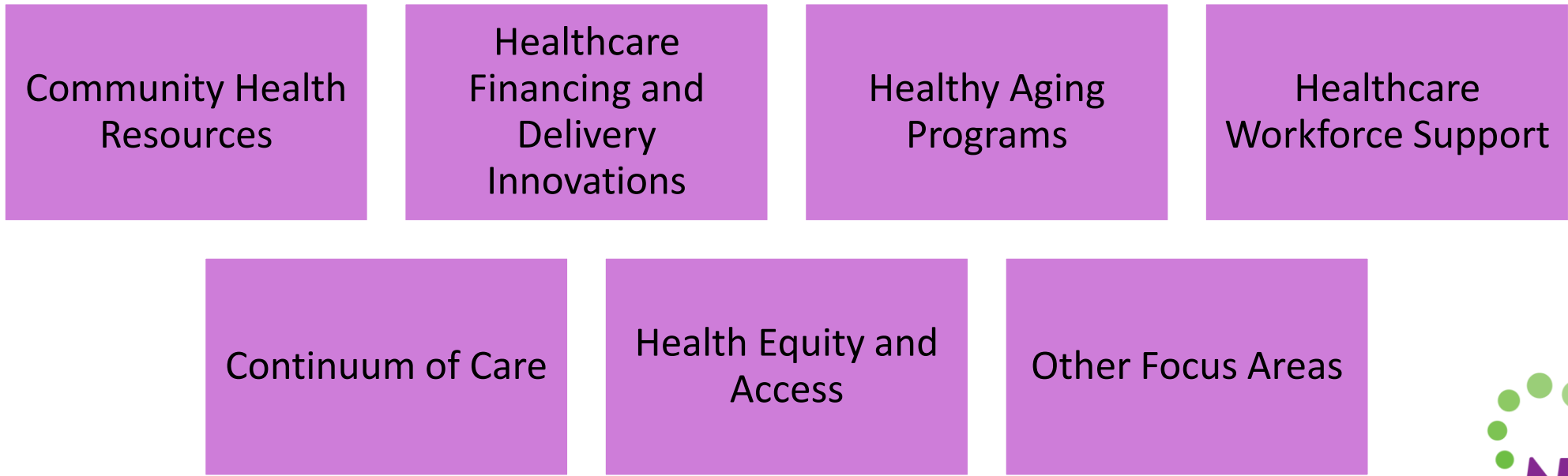




# Domains



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



# Domains

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.

Service Options and  
Payment Models

Adaptive and Assistive  
Technology

Caregiver Support

Addressing Needs of  
Persons with Dementia

Expansion of Public &  
Private Resources

Support for Persons  
with Special Challenges

Supporting Older  
Adults and  
Their Families





# Domains

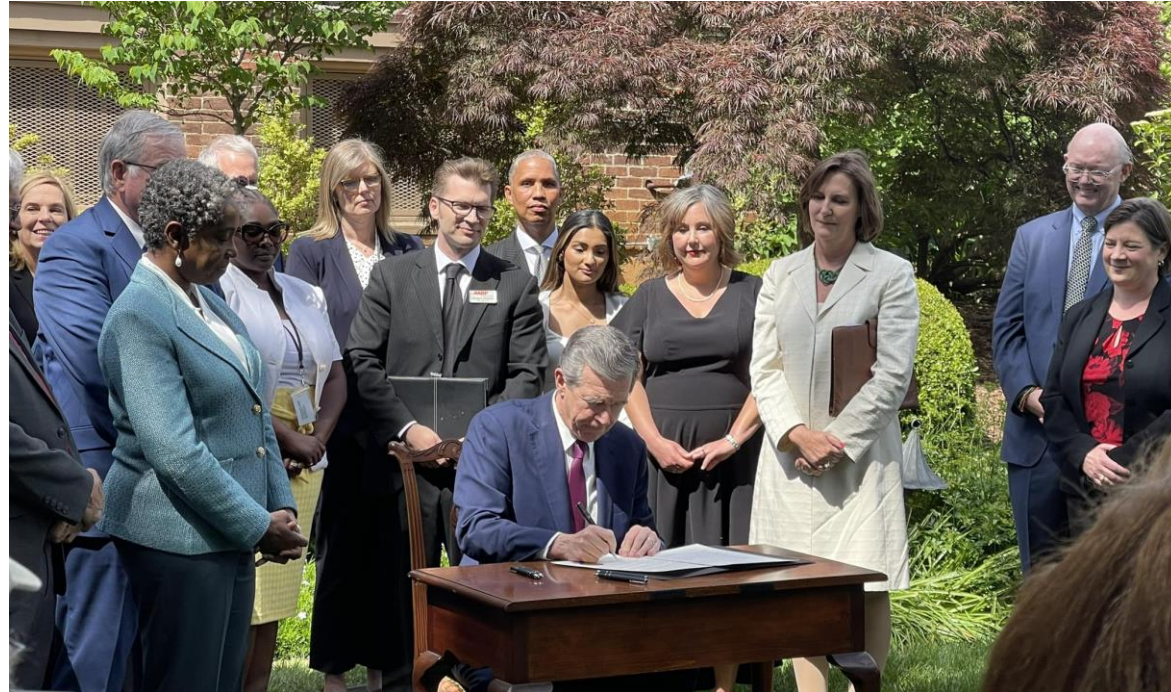
North Carolinians will have the means to effectively strategize for their later stages of life, ensuring sufficient and sustainable financial provisions, fostering avenues for personal growth and advancement, and actively contributing their knowledge and expertise to the betterment of their communities.



# Executive Order 280



# Executive Order 280: NC's Commitment to Building an Age Friendly State



<https://governor.nc.gov/executive-order-no-280/open>



# EO 280- MPA

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



# Protection of Vulnerable Adults

DHHS shall collaborate with the **Governor's Advisory Council on Aging** and other stakeholders to make recommendations to improve protection of vulnerable adults from maltreatment.



# Summit on Nutrition Services for Older Adults

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DHHS shall collaborate with the **Governor's Advisory Council on Aging** to convene a summit to study and make recommendations regarding **nutrition services** available to older adults statewide and improvements needed to reduce food insecurity, which helps prevent further declines in health conditions among people who are aging;





# Broadband Access and Digital Literacy Services

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The North Carolina Department of Information Technology (DIT) shall improve communication and outreach to the state's aging and older adult population as part of its continuing work to **expand broadband access** to ninety-eight percent (98%) of all North Carolina communities.



# Caregiving Workforce Strategic Leadership Group

DHHS and North Carolina Department of Commerce shall convene a **Caregiving Workforce Strategic Leadership** group with representatives from across education, workforce, and economic development.

- Will develop and implement recommendations to better **recruit and retain workers** in behavioral health, direct care, and nursing



# Other Directives

## Improving Access to Outdoor Spaces for Older Adults

- The North Carolina Department of Natural and Cultural Resources (DNCR) shall **improve and promote outdoor spaces and buildings** for use by older adults.

## Transportation for Older Adults

- The North Carolina Department of Transportation (DOT) shall build upon its success in offering public transportation coverage across the state by **implementing additional projects that improve** the coverage, quality, reliability, and convenience of **public transportation**.



# Additional Cabinet Agency Work

Cabinet agencies directed to cooperate in implementation of EO

Not exhaustive of all state cabinet agency age-friendly planning efforts and programs and additional priorities will be identified by development of **Multisector Plan for Aging**



# Establishing Governance, Engaging Stakeholders, and Soliciting Public Input



# Current Steering Committee

Joyce Massey-Smith	Mary Penny Kelley	Emilia Ismael
Mary Bethel	Lisa Riegel	Mark Ezzell
Rebecca Freeman	Heather Burkhardt*	Mona Azarbayjani
Divya Venkataganesan	Ed Rosenberg	Neal Shah
Sabrena Lea	Angie Sardina	Sarajane Melton
Wrenia Bratts-Brown	Cynthia Banks	Bill Lamb

*\*Until September 1*



# Stakeholder Engagement and Input

Stakeholder Workgroups

Focus groups

Public information campaign

Blogs



# Additional Approaches

Give Time for Public Comment

Record/Transcribe Meetings

Solicit Recommendations

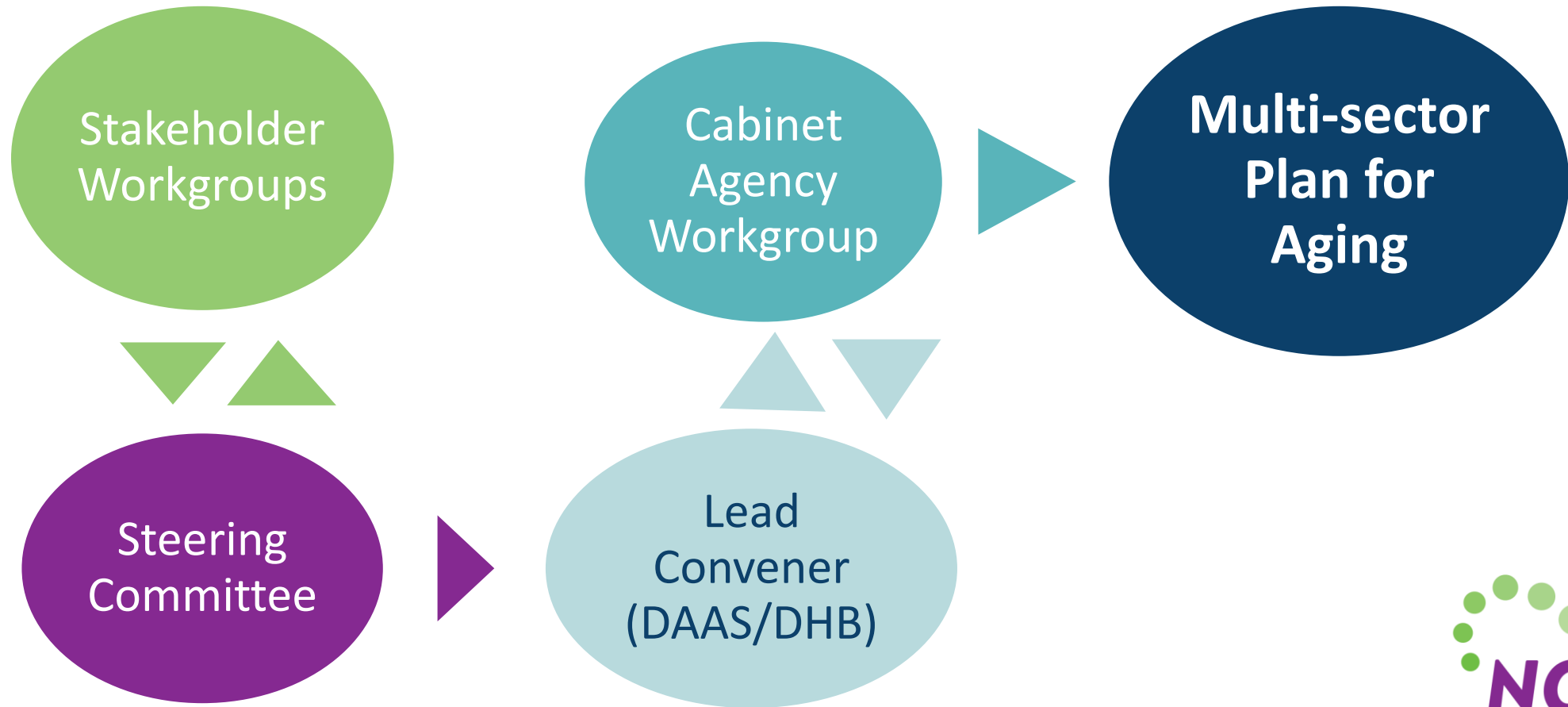
Host Roundtables with Elected Officials

Conduct Private Sector Forums





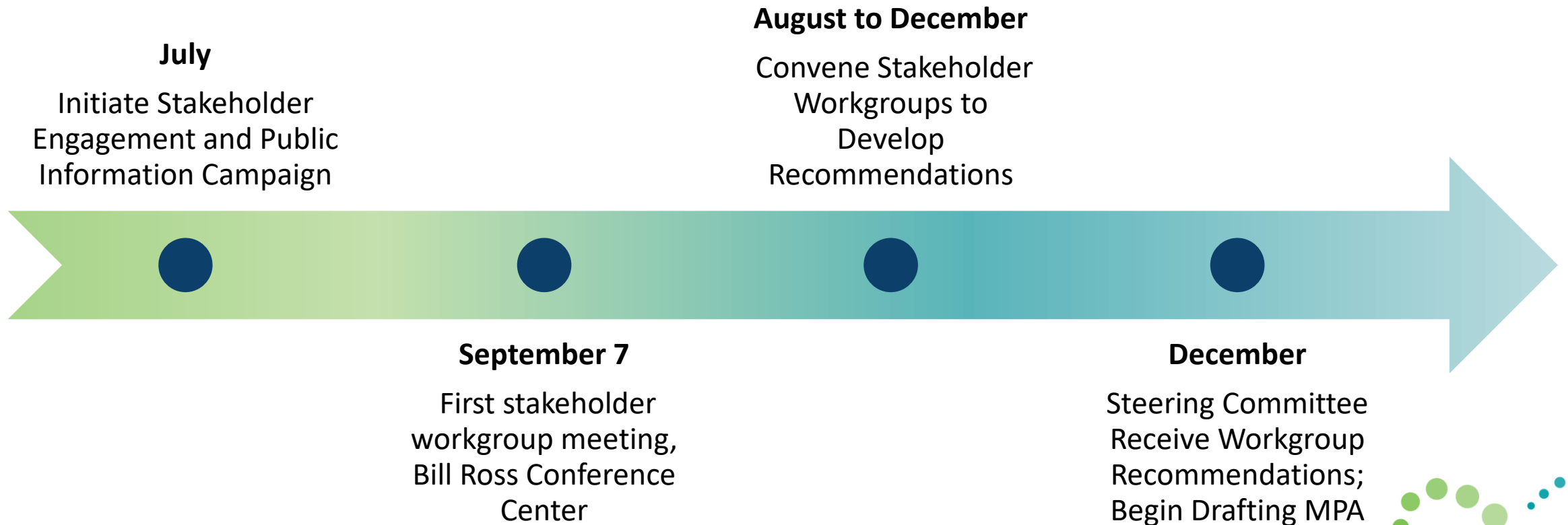
# Synthesizing Input Into Plan



# Timeline and Next Steps



# Next Steps 2023



# Next Steps 2024

## January 2024

Share Recommendations and Draft with Cabinet Representatives

## March 2024

Share Back to Workgroups; Finalizes MPA

## May 2024

Submit Report to Governor

## February 2024

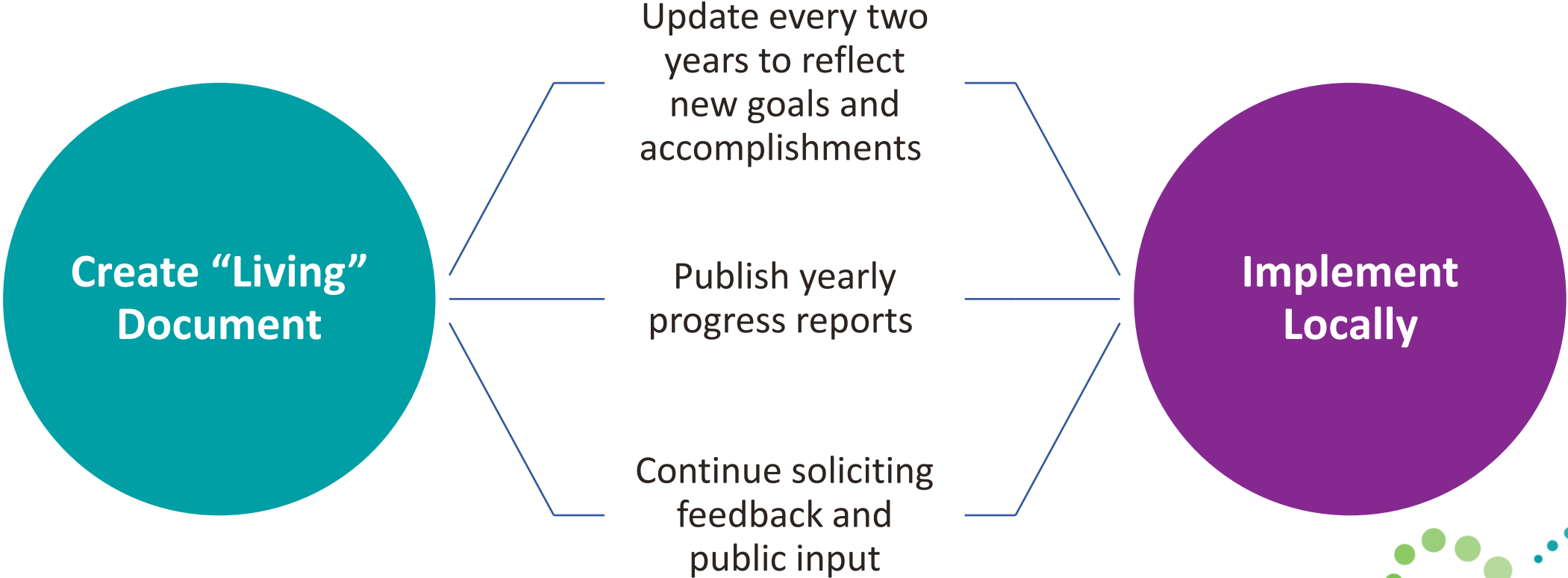
Share Draft and Cabinet Input with Governor's Advisory Council on Aging, Submit Preliminary Budget Requests

## April 2024

Establish 2-Year Outcome Metrics and Finalize Data Dashboard



# And Beyond...



# Multisector Plans for Aging Benefit Us All

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# Questions?

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Rebecca Freeman

Divya Venkataganesan

