

**CCoA**  
California Commission on Aging

# AGEWATCH

## California holds steady at No. 9 in AARP-SCAN Foundation LTSS rankings

California ranked 9th for the second time in the latest national long-term services and supports (LTSS) Scorecard released last month, which provides LTSS data to benchmark state performance, measures progress, and identifies areas in need of improvement. A project of [The SCAN Foundation](#) (TSF), AARP Public Policy Institute, and the Commonwealth Fund, [Picking up the Pace of Change 2017: A State Scorecard on Long-Term Services and Supports for Older Adults, People with Physical Disabilities, and Family Caregivers](#) (Scorecard) tracks all states' progress toward improvement in five dimensions of the LTSS system. The latest results show limited progress in the delivery of LTSS, particularly in relation to the rapid growth of the older adult population.

California's ratings are the focus of a follow-up brief from TSF. [Picking Up the Pace of Change: California's Results in the 2017 LTSS Scorecard](#) looks at five areas of service delivery, including : 1) Affordability and Access; 2) Choice of Setting and Provider; 3) Quality of life and quality of care; 4) Support for family caregivers; and 5) Effective transitions. As shown below, California's scores improved in two dimensions, dropped in two, and were unchanged on the fifth.

**Table 1: California's Ranking in Characteristics of a High-Performing LTSS System, 2017**

Characteristic	Definition	Rank	
		2014	2017
Overall Rank		9	9
Affordability and Access	LTSS is easy to find and affordable.	14	19
Choice of Setting and Provider	A person-centered approach allows for consumer choice and control of services.	2	3
Quality of Life and Quality of Care	LTSS maximizes positive outcomes while respecting the individual and his/her personal preferences.	24	21
Support for Family Caregivers	The needs of family caregivers are assessed and addressed.	24	8
Effective Transitions	Health care, LTSS, and social services integrate effectively, minimizing disruptive transitions between care settings.	22	22

Note: Methodology for the Scorecard rankings can be found at [www.longtermscorecard.org](http://www.longtermscorecard.org).

improvements.

Excerpted from [Picking Up the Pace of Change: California's Results in the 2017 LTSS Scorecard](#). The Scan Foundation, June 30, 2017.

AGEWATCH is an occasional publication of the California Commission on Aging (CCoA) intended to inform, educate, and advocate. The CCoA is an independent state agency established in 1973 to serve as the principal state advocate on behalf of older Californians. The CCoA office is located at 1300 National Drive, Suite 173, Sacramento, CA 95834. (916) 419-7591 [www.ccoa.ca.gov](http://www.ccoa.ca.gov)

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Guest editorial by  
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## Cheers to the 'Age of Sharing'

Labels rub us wrong. They scratch our collars on shirts and waists on pants. Men's and women's, all patterns and colors, whether cheap or fancy. A real scourge. The only thing more uncomfortable is when labels are attached to people, literally – as with race, heritage, sexual orientation, social and economic class, and age. Then it's prejudice.

For the most part, people labels are being [challenged](#); yet *ageism* not only persists, it's growing. And "generation-ism" is both a cause and effect.

There's the "Silent Generation (born in 1945 and before)," "Baby Boomers" (1946-1964), "Gen X" (1965-1980), "Gen Y" or "Millennials" (1981-2000) and "Gen Z" (2001 and later). Ask yourself, who but demographers, sociologists, marketers and media do these age demarcations benefit? To *them*, they make total sense, to the rest of *us* the labels are pretentious, pandering, protean nonsense. What's more, for as many individuals who match the assigned characteristics in an age demo (which, for the [record](#), vary dramatically by [source](#)?!), arguably, as many don't.

On top of this obvious stereotyping, there's an even bigger problem with labeling age: it promotes segregation. People who should be united become divided from each other.

### FOR PRACTICAL INTENTS AND PURPOSES

Connecting people of different ages shows how much we're alike, not different; breaking down counterproductive barriers. This direction is more vital now than ever as our population shifts in an unprecedented manner: older adults' numbers are increasing, youngsters' numbers are declining, and more years are separating the extremes.

The good news is respect between generations is improving and, according to research, conflict is lessening. Which makes now -- for practical intents and purposes -- the best time to demonstrate the multiple reasons why and how aging together is [mutually beneficial](#).

The goal here is called [generativity](#), which means people of all ages supporting one another. When it works, challenges become win-win opportunities. Generational game-changers provide economic, educational and experiential benefits -- what *New York Times* columnist David Brooks calls the "generativity revolution."

Among the best -- label-arresting, culture advancing -- practices are those which encourage generations to live, learn, work and share experiences with one another. Genuine progress is made when we:

**LIVE TOGETHER.** NYU is partnering with several local assisted living communities to hook up students who need housing with residents who have spare rooms. "Beer Pong at Grandma's?" was the headline of an article on the innovative program. Students who opt in to the home-stay program can slice their \$14,000 per-year housing costs nearly in half, the program claims, with a fair percentage of the cost savings going to the older roomie.

This off-shoot of the sharing or *gig* economy is taking off with other universities around the country. Some pan-generational housemates also share transportation expenses, meals (maybe with beer or wine), home chores and schoolwork, and best of all friendship. The ideal scenario, these *ageless* connections become commonplace.

**LEARN TOGETHER.** Programs across the country are encouraging multiple generations to share campuses, courses and interests -- including entertainment, in at least one case. A unique [media literacy program](#) in New York engaged older adults and youngsters in the exploration of ageist portrayals in media.

Schools and older adult communities combine regular personal visits with social media and Skyping between to empower cross-generational socialization and learning experiences.

With increases in both multi-generation homes and informal caregiving, schools have an opportunity, if not obligation, to respond to the challenges of an aging population with formal education and training.

(Continued, page 3)

## Hawaii passes nation's first financial assistance law for working family caregivers

Hawaii last week passed groundbreaking legislation to provide financial assistance to family caregivers. The Kupuna Caregivers Act provides qualified caregivers with a voucher of up to \$70 a day to buy services that they would otherwise perform themselves, such as adult day care and assisted transportation.

While support for elder care is usually granted directly to care recipients, Hawaii's law grants assistance to working family caregivers, even if the care recipient is not Medicaid eligible. The small dollar amount provided is not intended to fully cover the cost of care, but rather provides for more hours of in-home care, meals, and other services that provide respite and support, enabling the caregiver to continue working.

Eligible caregivers are those working at least 30 hours a week while caring for a family member over age 60. Advocates assert the law recognizes the critical role family caregivers play in the patient care team.

Information from "Hawaii becomes first state to offer money to caregivers with jobs." Hawaii News Now ,Thursday, July 6th 2017 and [Hawaii Passes Law to Ease Responsibility of Elder Care - NBC News](#), July 11, 2017.



(Cheers... continued from page 2)

**WORK TOGETHER.** Brooks Brothers, the nation's oldest clothier, prides itself on structuring workplace environments and schedules to combine the experience of veteran employees with ambition of new hires. Renowned longevity advocate Robert N. Butler, M.D. asked, "Is it reasonable for people to spend a quarter of their adult life in retirement?" Not when they have more to contribute – as individuals and to society.

Why become an economic dependency when intergenerational workforces can add to economic productivity? Creative "retooling" of workstations and life-stations, like Brooks Brothers and other progressive employers are doing, *exploit* the coincidence of private gain and public interest.

**SHARE EXPERIENCES.** More than three in four people wish there were more opportunities in their communities for people of different ages to meet and engage with one another, according to the Generations United and Eisner Foundation May 2017 report, [I Need You, You Need Me: The Young, The Old, and What We Can Achieve Together](#).

Filled with strategies for advocacy and program development, the authors included this suggestion: "Smile at someone much older or younger than you. ... You never know what will happen from there." As the population of the United States grows older, our culture should do more to take advantage of the natural affinity between young and old.

World travel creates sharable experiences and life lessons. Closer intergenerational bonds are more obvious in European societies where people of all ages get together to dine and drink, enjoy music and sports, and have actual conversations.

By living, learning, working and sharing with one another, the sum of generations become better than the individual ages. And those pesky labels, they become irrelevant to our culture's fabric.

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## Scam alerts out for Medicare cards due out in 2018

The Centers for Medicare and Medicaid Services (CMS) have announced that new Medicare cards are due out next year. Scams relating to the new card are already surfacing, according to AARP, who warns that some Medicare recipients have received calls from scammers who tell them that they must pay for the new card and then ask them for their checking account and Medicare card numbers. AARP cautions “**Don’t give out either number.**”

The new Medicare cards will no longer display Social Security numbers, a move designed to protect against fraud and identity theft, which is on the rise among those age 65 and older. According to the latest figures from the Department of Justice, the number of cases reached 2.6 million in 2014, up a half million incidents in just two years.

General information about the new cards:

- CMS will begin mailing the cards to beneficiaries in April.
- The cards will automatically be mailed to all 58 million current beneficiaries. You don’t need to do anything special to receive one.
- The new cards will feature a randomly assigned Medicare Beneficiary Identifier (MBI) made up of 11 letters and numbers.
- Your benefits won’t change under the new MBI.

“Anyone saying they are going to charge you for a card is a scammer,” says Paul Stephens, director of policy and advocacy with the Privacy Rights Clearinghouse in San Diego. “In the case of CMS, they will never need you to tell them what your Medicare card number is because they already know it.”

Reprinted from AARP Medicare Resource Center, [New Medicare Cards Debut in 2018](#). May 31, 2017.

### *September is Senior Center Month!*

#### **Time to start planning for 2017 Senior Center Month!**

The National Council on Aging has released its [2017 Senior Center Month Program Planning Guide](#), available for use in planning your September Senior Center Month celebration. The guide includes suggestions to help educate the community about the wide range of activities, services, and benefits you offer. This year’s theme, **Senior Centers: Masters in Aging**, reflects the core ideal of what older adults come to senior and community centers to achieve through fitness classes, social activities, learning opportunities and a range of other programs. 2017 Senior Center Month materials will be available soon. Keep an eye out on the [NCOA/NISC website](#) for more information!

Information from NCOA Week *Get ready for Senior Center Month!* June 20, 2017.

### **Upcoming Events**

August 8-9, 2017, Triple-A Council of California (TACC), Vagabond Inn, Sacramento. [Www.4TACC.org](#) for agenda and information.

September 7-8, 2017. California Commission on Aging, San Rafael. [Www.ccoa.ca.gov](#) for information.

October 26, 2017. The SCAN Foundation Long-Term Services and Supports Summit, Sacramento

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