

CCoA
California Commission on Aging

AGEWATCH

California Task Force on Family Caregiving issues final report and recommendations

California's 4.5 million family caregivers provide more than \$60 million worth of care each year for family members with disabling or terminal conditions. Despite their commitment to provide care without question, the work of caregiving takes a physical, emotional, and financial toll. These facts propelled the work of [California's Task Force on Family Caregiving](#) (CTFFC), which released its final report and recommendations last week.

Created with the goal of identifying solutions to help family caregivers, the CTFFC was established by ACR 38 by former Assemblymember Cheryl Brown and administered by the University of Southern California's Leonard Davis School of Gerontology. The CTFFC prioritized seven recommendations designed to facilitate the work of informal caregiving and to help caregivers to continue their role safely and with necessary supports. The report, [Picking up the Pace of Change: A report from the California Task Force on Family Caregiving](#), details the rationale behind each recommendation and the steps needed to carry them through.

CTFFC's report was presented as part of an informational hearing of the California Assembly Committee on Aging & Long-Term Care held at USC. Chaired by Assemblymember Ash Kalra and attended by Assemblymember Sydney Kalmager-Dove, the hearing featured expert testimony on the needs of informal caregivers and presentation of the CTFFC's recommendations. The work of the CTFFC was funded by AARP and the Archstone Foundation. To learn more about CTFFC and read the report, click [here](#).

THE CAREGIVER

There are currently an estimated 4.5 million family caregivers adults over the age of 18 in California



35-60% of caregivers are women

On average, caregivers are 49 years old

Notably, there is a growing population of young caregivers; 1 in 4 caregivers are Millennials



(Presenters and CTFFC members appear with attendees and staff at the July 19th hearing. Pictured (L-R) top row are Kylie Meyer, Kristina Bas Hamilton, Ash Kalra, Barry Brewer, and (front row) Mary Ellen Kullman, Kathleen Wilber, Kathleen Kelly, Bob Lesch, Donna Benton, Edie Yau, Jenya Cassidy, Betsy Butler, Sandi Fitzpatrick, Zach Gas-soumis, and Cheryl Brown)

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 to Unsubscribe email coagewatch@gmail.com

TSF Launches Community for Millennial Caregivers

One in three young people in America provide unpaid care to an adult friend or relative—while pursuing education and career goals, as well as relationships.

The SCAN Foundation's campaign, called [*DO YOU GIVE A CARE?*](#), establishes a community for the 10 million Millennials (age 18 to 39) who provide support to older family and friends. The website provides a forum for young caregivers to share their stories and garner support. The site features videos, graphics, and social channels for caregivers and allies to share their stories and tips.

New TSF-sponsored research by the Associated Press-NORC Center for Public Affairs Research reveals that while younger adults are just as likely as those age 40 and older to expect to be a caregiver soon, they feel much less prepared for the job.

The SCAN-funded research, titled

[*Younger Adults' Experiences and Views on Long-Term Care*](#) is the

AP NORC Center's sixth annual Long Term Care Poll. Prior years of the poll focused on Americans age 40 and older. For the first time, this year's study also explores the perspectives of younger adults, those age 18 to 39, generating new insights on their personal experiences with caregiving and their views of long term care.

Visit the SCAN Foundation [*DO YOU GIVE A CARE?*](#) page to learn more about millennials' experience of caregiving. To read the AP-NORC Center research, click [here](#).

Information from The SCAN Foundation July 11, 2018 announcement *TSF Launches Community for Millennial Caregivers*.



Social Security impersonation scams on the rise

The Acting Inspector General of Social Security is warning citizens about [*ongoing Social Security Administration \(SSA\) impersonation schemes*](#). SSA and the Office of the Inspector General (OIG) have recently received reports of suspicious phone calls claiming to be from SSA.



The range of telephone scams include automated recordings saying an individual's Social Security number has been suspended for "suspicious activity," and providing a phone number to call to resolve the issue by providing additional sensitive identifying information. Similar calls have said that problems with the system have created problems with direct deposit of a person's Social Security funds, also requiring the individual to provide personal information in order to resolve the problem. In January, the OIG shared similar information from the Federal Trade Commission, which reported an increase in reports of suspicious phone calls from people claiming to be SSA employees.

According to the Social Security Administration, SSA employees occasionally contact citizens by telephone for customer-service purposes. In only a few limited special situations, usually already known to the citizen, an SSA employee may request the citizen confirm personal information over the phone. If a person receives a suspicious call from someone alleging to be from SSA, citizens should report that information to the OIG at 1-800-269-0271 or online via <https://oig.ssa.gov/report>.

In Good Company: the 2018 Optimal Aging Challenge

Research by the AARP Foundation shows that a combination of societal barriers and life transitions increase social isolation as people age. Prolonged isolation increases an individual's risk for cardiovascular disease, depression, dementia and disability. This type of isolation has a mortality effect equivalent to smoking 15 cigarettes a day.

As a result of these concerns, Massachusetts Governor Baker's Council to Address Aging in Massachusetts has launched a global competition to improve healthy aging. The [2018 Optimal Aging Challenge](#) is a \$20,000 (USD) global competition to improve healthy aging by leveraging the development of breakthrough technologies, community resources and other solutions to reduce social isolation and loneliness and increase engagement among the older populations. This competition is being hosted in collaboration with the Massachusetts Institute of Technology's AgeLab (MIT AgeLab), Benchmark Senior Living (Benchmark), and GE Healthcare.

To participate, submit an entry by **September 28, 2018 at 5:00 p.m. ET**. Judges will evaluate submissions throughout October and November and announce winners in December 2018.

The 2018 Optimal Aging Challenge rules and objectives can be found [here](#).

Information from NASUAD Friday Update, July 13, 2018.

AARP TV for Grownups Honors Producer Norman Lear



Norman Lear, producer of such iconic hits as *All in the Family*, was celebrated July 25th as AARP's first [TV for Grownups](#) honoree and toasted by friends and stars of his many shows on the occasion of his 96th birthday this week. The award was presented in honor of Mr. Lear's 50-year career producing hit comedies that resonate with American viewers of all ages. The celebrity-studded event included a presentation of Mr. Lear's award by actress Rita Moreno.

AARP's [TV for Grownups](#) spotlights the shows and stars that resonate with the 50-plus audience, the biggest TV-watching demographic, and provides the know-how and tools to navigate their TV experience.



CCoA Commissioners Betsy Butler (left) and Stuart Greenbaum (far right), joined by Wendy Malick and Steve Castle at the AARP event.

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Minimizing Heat-Related Health Dangers for Older Adults During the Summer

Older people are at an increased risk of experiencing heat stroke, heat edema, heat syncope, heat cramps, and heat exhaustion. New information from the National Institutes of Health (NIH) includes tips to reduce the risk of hyperthermia for older adults. The article, [Heat-related health dangers for older adults soar during the summer](#), describes health-related factors that may increase an individual's vulnerability to high temperatures, including heart, lung, and kidney disease, high blood pressure, and taking certain medications. NIH also outlines several lifestyle risk factors and describes the steps that should be taken if you suspect that someone is suffering from a heat-related illness. [Click here](#) to read more about how to mitigate heat-related health dangers for older adults.

Information from NASUAD Friday Update, July 20, 2018



Addressing Health Disparities in People Living with Dementia

Understanding how to improve the health of dementia patients will be the focus of a July 31st webinar hosted by the [National Alzheimer's and Dementia Resource Center](#), featuring expert presenters on the reasons for and ways to reduce health disparities of persons living with dementia.

The session, [Addressing Health Disparities in People Living with Dementia](#), will include presentations on development of a dementia-friendly-dementia-capable community and best practices when working in cross-cultural environments, along with presentation by a cognitive neuropsychologist on why disparities exist with Alzheimer's and cognitive impairments.

The webinar is scheduled for Tuesday, July 31 from 1:00-2:00 p.m. ET. [Click here](#) to learn more. Information from NASUAD Friday Updates, July 20, 2018

CCoA welcomes new member



Bill Earley of San Diego is the newest appointee to the California Commission on Aging. Appointed by the Senate Rules Committee in July, Mr. Earley is the chief administrative officer and general counsel at West Health in San Diego. The CCoA welcomes Mr. Earley and looks forward to his contributions to our work.

UPCOMING EVENTS

August 1-2, 2018 — California Commission on Aging. Historic Cary House Hotel, Placerville. www.ccoa.ca.gov for agenda.

August 28 – 30, 2018 - 29th Annual NAPSA Conference and August 31st, 9th Annual Summit on Elder Financial Exploitation, Anaheim, Calif. Registration and information [here](#).

September 27, 2018—The SCAN Foundation [California Summit on Long-Term Services and Supports](#). Sacramento Convention Center, Sacramento. Click on the link above for information or to register.

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