



California Commission on Aging

## AGEWATCH

... as a citizen's voice in government...

**June 15 is WORLD ELDER ABUSE AWARENESS DAY**

Every year an estimated **5 million, or 1 in 10**, older Americans are victims of elder abuse, neglect, or exploitation. And that's only part of the picture: Experts believe that for every case of elder abuse or neglect reported, as many as 23.5 cases go unreported.

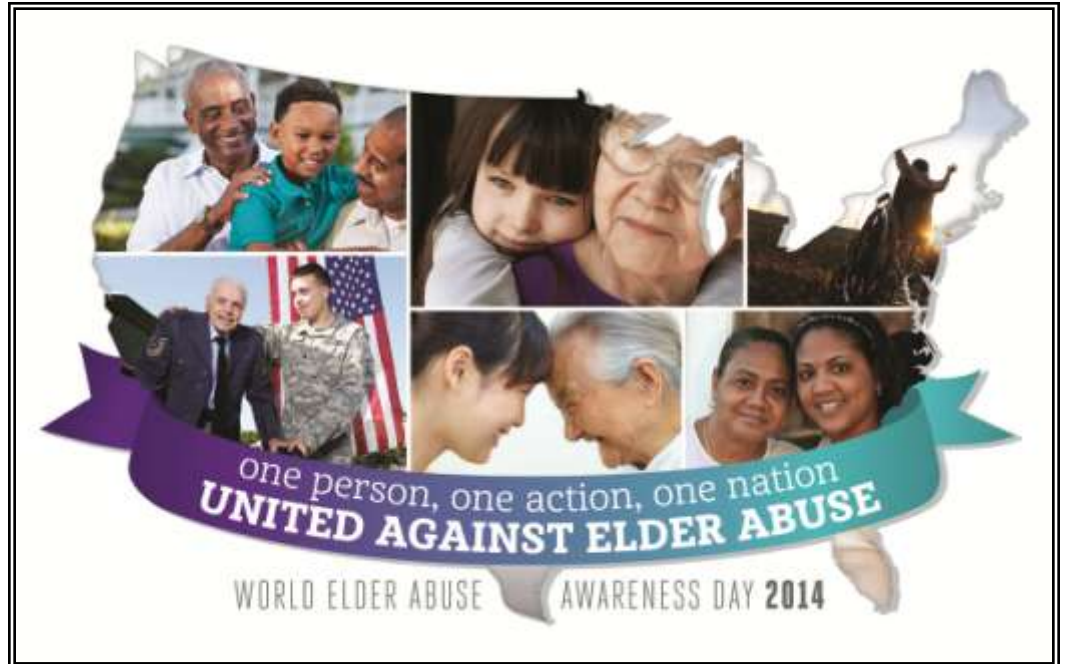
The International Network for the Prevention of Elder Abuse and the World Health Organization at the United Nations (UN) launched the first

World Elder Abuse Awareness Day (WEAAD) on June 15, 2006 in an effort to unite communities around the world in raising awareness about elder abuse. WEAAD is in support of the UN's International Plan of Action acknowledging the significance of elder abuse as a public health and human rights issue. WEAAD serves as a call-to-action for individuals, organizations, and communities to raise awareness about abuse, neglect, and exploitation of elders.

The Administration on Aging (AoA), encourages national, state, and local organizations to raise awareness about elder abuse, neglect, and exploitation and to empower individuals in every community to get involved and take action. Community organizations, places of worship, and small businesses including banks, pharmacies, and grocery stores, as well as senior centers and community centers, are on the front-line when it comes to elder abuse prevention.

To see a calendar of WEAAD events in California, go to <http://www.acl.gov/NewsRoom/Observances/WEAAD/Events/Event-Lookup.aspx>.

Information from the U.S. Administration for Community Living, *World Elder Abuse Awareness Outreach Guide* at [http://www.acl.gov/NewsRoom/Observances/WEAAD/docs/WEAAD2014\\_outreachGuide.pdf](http://www.acl.gov/NewsRoom/Observances/WEAAD/docs/WEAAD2014_outreachGuide.pdf)



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.

## Continuity of care examined in new UCLA policy note

A new policy note released by the UCLA Center for Health Policy Research examines the importance of continuity of care in the lives of California's 450,000 "dual eligibles" who are being transitioned to managed care under the state's combined Medi-Cal/Medicare managed care program called Cal MediConnect. The first of these frail seniors and persons with disabilities living in an eight-county pilot region underwent the transition on April 1 of this year.

In studying Cal MediConnect, which was designed to provide improved care coordination and access to support services, the UCLA researchers found "that continuity of care is best achieved through care that is familiar and responsive, is assured through long-standing relationships with providers, and involves family members, social service providers, and others who are invested and instrumental in meeting their needs." The report's findings are based on interviews with numerous older adults who qualify for the program and recommends that the state incorporate the broader health and social needs of beneficiaries in the definition of care continuity, giving higher consideration for the beneficiaries' experience as consumers.

To read the full policy note, *Smooth Landing?: How California Can Ensure Continuity of Care for Vulnerable Seniors Transitioning to Managed Care*,

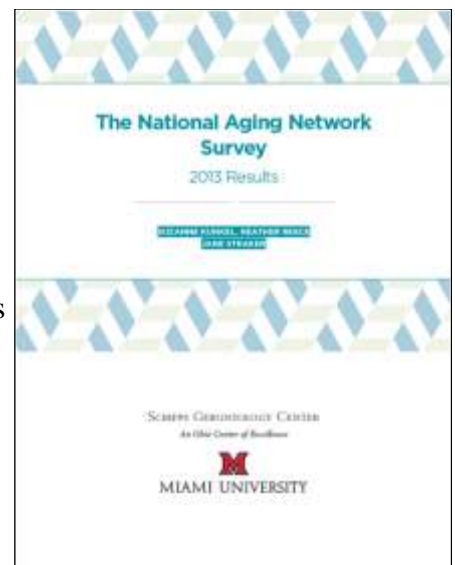
visit <http://healthpolicy.ucla.edu/publications/search/pages/detail.aspx?PubID=1289>

Information from UCLA Center for Health Policy Research Health Policy News, June 11, 2014.

## Trends and New Directions: Findings from 2013 Area Agencies on Aging (AAA) Survey

Evolving trends and the range of services available through the aging network nationwide are the subject of a new report supported by the federal Administration for Community Living and the Administration on Aging. Conducted by Scripps Gerontology Center at Miami University in Ohio, the report surveys area agencies on aging across the U.S. to assess the opportunities, challenges, and new directions in programming.

Released in May, the 2013 National Aging Network Survey of AAAs was conducted by Scripps in partnership with the ACL and AOA, with the goal of assessing their evolving role in a balanced long-term care system. Topics addressed in the survey included Organizational Infrastructure, Key Features and Services of Area Agencies on Aging, Innovative Care Delivery, Elder Abuse Prevention, Sustainability Strategies and Business Development, and Training Needs. Additionally, the survey looked at the expanding role of the aging network in the new healthcare delivery system.



The full report can be accessed at: <http://www.scripps.miamioh.edu/content/national-aging-network-survey-2013-results>

Information from the Administration on Aging, [http://aoa.gov/AoARoot/AoA\\_Programs/OAA/Aging\\_Network/Index.aspx](http://aoa.gov/AoARoot/AoA_Programs/OAA/Aging_Network/Index.aspx)

## Older Californians get high marks for healthy living

California residents age 65 and older engage in more healthy behaviors than seniors in any other state, according to a report by the United Health Foundation, the *Monterey Herald* reports. However, the state ranked 18th overall for the health of its older residents.

Released last month, *America's Health Rankings Senior Report* by United Health rates each state's over-65 population on 34 measures. The highest scores came in the areas of 1) avoiding obesity, 2) maintaining dental care, 3) not smoking, and 4) remaining physically active. For America's Health Rankings Senior Report, researchers used data from more than one dozen federal agencies and private research associations to assess each state's senior health on 34 measures.



The report found that California in 2014 ranked 18th in the country for senior health, up from 24th in 2013. California's older adults had the highest overall score for healthy behaviors in the country, with the state scoring among the top 10 in the U.S. for avoiding obesity, maintaining dental care, not smoking, and taking part in physical activities. In addition, the report found that the state ranked fifth for having prescription drug coverage available to 88.4% of seniors.

The report also found that nursing home quality in the state has increased, with 51.6% of beds receiving a rating of four or five stars, compared with 45.6% in 2013. Hospital deaths among seniors also declined by 10% over the past year, according to the report. However, the report noted that there is a high rate of food insecurity in California, as well as limited access to home health care and high rates of hospital deaths. To read the full report, visit <http://www.americashealthrankings.org/senior>.

Information from California Healthline, CALIFORNIA SENIORS HAVE HEALTHIEST BEHAVIORS IN U.S., REPORT FINDS, Thursday, May 22, 2014.

AGEWATCH

June, 2014

## New Interactive Takes a Look at Income and Assets Among Medicare Beneficiaries, Now and in the Future

A small share of the 52.4 million Medicare beneficiaries have relatively high incomes, but most are of modest means -- with half living on incomes of less than \$23,500 last year. Although the majority of beneficiaries have some savings, the value of their assets varies dramatically, and is much lower for black and Hispanic than white beneficiaries, for widows than for widowers, and for younger Medicare beneficiaries with disabilities and seniors over age 85.

The Kaiser Family Foundation enables readers to see these differences in beneficiaries' income and assets by using the Foundation's newest interactive tool. The tool allows you to select from three measures: income, savings, or home equity, and then to choose one or two demographic categories, such as age, education level, gender, marital status or race/ethnicity. The tool lets users see how trends are expected to change over time by comparing 2013 data and 2030 inflation-adjusted projections. To learn how to further explore this data, a short video clip accompanies the interactive tool. To watch the video and use the tool, visit <http://kff.org>.

Information from the Kaiser Family Foundation, June 12, 2014.



**California  
Commission on Aging**

Virgie Walker,  
Chair, Carson

Marian Last,  
Vice Chair,  
Rossmoor

**Commissioners**

Donna Benton,  
Los Angeles

Bert Bettis,  
Wilton

Steven Castle,  
Los Angeles

Julie Conger,  
Sonoma

Paul Downey,  
San Diego

Lucille Fisher,  
San Francisco

Stuart Greenbaum,  
Sacramento

Barbara Mitchell,  
Riverside

Gail Nickerson,  
Granite Bay

Robert Petty,  
Monterey

Carmen Reyes,  
Whittier

Jane Rozanski,  
Camarillo

Rita Saenz,  
Sacramento

David Sanchez,  
San Francisco

Jean Schuldberg,  
Chico

Ed Walsh,  
Rancho Mirage



## 12 Things that Anyone Can Do to Prevent Elder Abuse

**1** Learn the **signs of elder abuse and neglect.**



**2** **Call or visit an elderly loved one** and ask how he or she is doing.

**3** Provide a **respite break for a caregiver.**



**4** Ask your bank manager to train tellers on **how to detect elder financial abuse.**

**5** **Ask your doctor** to ask you and all other senior patients about possible family violence in their lives.



**6** **Contact your local Adult Protective Services or Long-Term Care Ombudsman** to learn how to support their work helping at-risk elders and adults with disabilities.

**7** Organize a **"Respect Your Elders" essay or poster contest** in your child's school.

**8** Ask your religious congregation's leader to **give a talk about elder abuse** at a service or to put a message about elder abuse in the bulletin.

**9** **Volunteer to be a friendly visitor** to a nursing home resident or to a homebound senior in your neighborhood.

**10** Send a letter to your local paper, radio or TV station suggesting that they cover **World Elder Abuse Awareness Day** (June 15) or **Grandparents Day** in September.



**11** Dedicate your **bikeathon/marathon/ other event** to elder mistreatment awareness and prevention.

**12** **Join the Ageless Alliance.** Ageless Alliance connects people of all ages, nationwide, who stand united for the dignity of older adults and for the elimination of elder abuse. You can join (it's free) and get involved at [agelessalliance.org](http://agelessalliance.org).



Find local resources for Seniors, People with Disabilities, and Caregivers!  
Call the **ElderCare Locator** at **1-800-677-1116** or visit [www.eldercare.gov](http://www.eldercare.gov).

For more information on elder abuse prevention,  
please visit [www.ncea.aoa.gov](http://www.ncea.aoa.gov) or [www.centeronelderabuse.org](http://www.centeronelderabuse.org).

Find us on Facebook, YouTube and POPVOX!

PREPARED FOR NCEA BY:



**CENTER OF EXCELLENCE  
ON ELDER ABUSE AND NEGLECT**  
UNIVERSITY of CALIFORNIA, IRVINE

For more information: [www.ncea.aoa.gov](http://www.ncea.aoa.gov)

This document was completed for the National Center on Elder Abuse and is supported in part by a grant (1H01AG000207) from the Administration on Aging, U.S. Department of Health and Human Services (DHHS). Grantees carrying out projects under government sponsorship are encouraged to express freely their findings and conclusions. Therefore, points of view or opinions do not necessarily represent official Administration on Aging or DHHS policy.

AGEWATCH

June 2014

### ***Upcoming Events***

June 15, 2014 -- World Elder Abuse Awareness Day

June 23, 2014 -- Congress of California Seniors Aging Policy Conference, San Jose Airport Garden Hotel, San Jose. (916) 442-4474 for information.

**California Commission on Aging staff:**  
Sandra Fitzpatrick, M.A., Executive Director  
Carol Sewell, MAG, Program Analyst on Aging  
Marcella Lopez, Administrative Assistant