



California Commission on Aging

## AGEWATCH

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

## Californians endorse major changes to Medicare through the Center for Healthcare Decisions' MedCHAT Project

After a year of conducting 82 discussion groups, CHCD and its partners have released the report on the MedCHAT project. This report shows how 800 individuals consider the attributes of Medicare: what to keep, what to add and what new restrictions are acceptable.

In response to growing concern about the future of Medicare, CHCD designed these 3-hour small-group discussions with the computer process called CHAT®. In collaboration with LeadingAge California and 20 other organizations, (CHCD) convened groups of seniors, younger adults, community leaders and health-care/senior services providers. **This is not a “wish list” exercise: if more benefits are chosen, then new limits are required.** Their task was to design the best Medicare coverage possible, based on current spending, for everyone in the country, not just for themselves or their families. Through a multi-step process of priority-setting and trade-offs, most participants made these decisions:

**New coverage.** They added a long-term care benefit of one-year nursing home or in-home services when seniors are unable to live independently. They also chose coverage of services that are not available in Original Medicare, such as dental, vision and hearing.

**New restrictions.** They sacrificed unlimited choice of providers that Original Medicare now guarantees; set boundaries on the use of medical treatments that are only marginally effective; and did not cover attempts to prolong life and ICUs for patients when death is near. They did, however, expect that palliative care and hospice be readily available.



This project has gained national interest. On Sept. 19th, the American Enterprise Institute and Brookings Institution are co-sponsored a briefing in DC. The full report provides detailed quantitative and qualitative results, demographic variables and the implications of these findings for healthcare policy. A 4-page executive summary is also available. For more information about the MedCHAT project, email [info@chcd.org](mailto:info@chcd.org).

*Information from the Center for Healthcare Decisions, September 10, 2014.*

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.

## NCOA webinar focuses on older adults and suicide

The National Council on Aging Center for Healthy Aging is holding a webinar about suicide prevention and older adults on **Monday, September 29, 2014, 1:00 p.m. to 2:30 p.m. ET**. Research studies indicate that older adults die by suicide at a higher rate than the national average and when older adults attempt suicide, they are more likely to die.

This webinar will discuss risk factors for suicide, screening tools, and effective prevention interventions as prevention is key to reducing suicide risk among older adults.

To register, visit <https://cc.readytalk.com/cc/s/registrations/new?cid=7b09qqj95puh>

*Information from NASUAD Friday Updates Sept 26, 2014*

## ACL Funds National Resource Center on Nutrition and Aging

The Administration on Aging has announced a grant award to the Meals on Wheels Association of America for \$225,000 for the first year of a three year project. This grant will continue to fund the National Resource Center on Nutrition and Aging.

Older Americans Act nutrition services provide healthy meals to approximately 2.5 million older adults every year. ACL is funding the National Resource Center on Nutrition and Aging to support the nutrition services programs by helping to enhance the skills, knowledge, and sustainability of their programs. The funding will also increase the availability of information about promising practices for successful integration of the nutrition network into the changing home- and community-based services network and health care arena. To learn more about the National Resource Center on Nutrition and Aging, visit <http://nutritionandaging.org/>.

*Information from ACL Updates August 14, 2014*

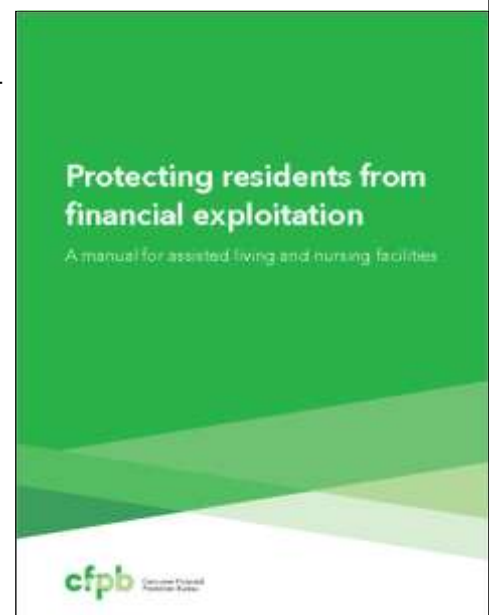
## Preventing Financial Abuse in LTC Facilities

The Consumer Financial Protection Bureau (CFPB) recently released a guide to protecting long-term care facility residents from financial exploitation. The guide aims to equip assisted living and nursing facility staff with the knowledge to prevent and recognize the warning signs of elder financial abuse. The guide will give facility staff the tools to:

- Prevent financial exploitation and scams by educating staff, residents, and family members about warning signs and precautions
- Recognize, record, and report financial abuse as early as possible using a model protocol and a team approach
- Get help from first responders in the community

To read and print copies of the guide, go to: [http://files.consumerfinance.gov/f/201406\\_cfpb\\_guide\\_protecting-residents-from-financial-exploitation.pdf](http://files.consumerfinance.gov/f/201406_cfpb_guide_protecting-residents-from-financial-exploitation.pdf)

Reprinted from NASUAD Friday Update August 29 , 2014  
Action



## San Francisco Department of Aging and Adult Services Wins Two Aging Innovation Awards

The San Francisco Department of Aging and Adult Services (DAAS) announced this summer that two of its programs recently received recognition from the National Association of Area Agencies on Aging (n4a) with Aging Innovation and Achievement Awards which recognize Area Agencies on Aging and Title VI Native American aging programs that develop and implement cutting-edge approaches to support older adults, people with disabilities and their family caregivers.

Of 45 awards given, DAAS received the first place Innovation Award for the Healthier Living Alumni Online Community. Working with the National Council on Aging (NCOA), DAAS strove to create an online community for graduates of the Chronic Disease Self-Management Program (CDSMP). Healthier Living Alumni Online Community allows graduates of CDSMP to continue to have access to tools that support self-management, practice what they learned in the workshop, participate in forums, get support from others and share resources to better manage their chronic health conditions. NCOA staffs the online community with a manager and peer discussion leaders to foster discussion, maintain a safe environment, and keep members engaged. As of spring this year there were 510 active members.

DAAS also received an Innovation Award for the Senior and Disability Survival School and University program of Senior and Disability Action (SDA). The Survival School and University offered by contract with SDA, a local advocacy organization, provides participants with information and contacts needed to gain access to health, housing and other support services, as well as formal classes on civic and political change. Many of these classes are helping participants develop advocacy skills allowing them to participate in public hearings and volunteer with other community organizations.

"The Senior and Disability Survival School and University provide an opportunity for San Francisco residents to learn how to gain access to needed resources to remain living at home and engaged in the community," reports Sarah Jarmin, Survival School Director. "We feel it serves a vital purpose of preventing isolation and creating an informed and active senior and disability community. We are very grateful to DAAS for supporting us so generously in this work, and to n4a for recognizing the importance of the program."

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### Triple-A Council of California elects new officers



The Triple-A Council of California (TACC) elected new officers for 2014-2015 at the council's August meeting.

Kathy Randall (at left), from San Diego, was elected Chair; Marti Overfield (right) of Tehachapi, was elected as Vice Chair.

TACC is comprised of the Advisory Council chairs from each of the state's 33 Area Agencies on Aging. The group meets quarterly to learn about changes in state and federal programming and to share information on local projects. TACC is administered by the California Commission on Aging.



**California  
Commission on Aging**

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***Fall Prevention doesn't end  
with the end of  
FALL PREVENTION WEEK!***

California's annual Fall Prevention Awareness Week Celebration ends on Sunday, but the focus on protecting older adults from falling never ends!

Stay on top of the latest news, research, and fall prevention resources for service providers through the Fall Prevention Center of Excellence website at [www.stopfalls.org](http://www.stopfalls.org).



Fall Prevention Awareness Week -  
September 22 -- 28

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***Upcoming Events***

September 29-30, 2014 -- California Commission on Aging Meeting, Hyatt Regency Hotel, Sacramento. Information at [www.ccoa.ca.gov](http://www.ccoa.ca.gov)

September 30, 2014 -- The SCAN Foundation 2014 Summit on Transforming California Long-Term Services and Supports, Sacramento, [www.thescanfoundation.org](http://www.thescanfoundation.org)

September 30, 2014 -- *NORTHBAY ELDER JUSTICE SUMMIT: A COLLABORATIVE APPROACH*, DoubleTree by Hilton Hotel Sonoma Wine Country 8:00 AM to 4:30 PM (PDT) [www.eventbrite.com/e/northbay-elder-justice-summit-a-collaborative-approach-registration-12282199389?aff=zvents](http://www.eventbrite.com/e/northbay-elder-justice-summit-a-collaborative-approach-registration-12282199389?aff=zvents)

October 17, 2014 -- California Council on Gerontology and Geriatrics 2014 Elder Justice Policy Forum, California Department of Aging, Sacramento. Register at [www.surveymonkey.com/s/CCGGELderJusticePolicyForum](http://www.surveymonkey.com/s/CCGGELderJusticePolicyForum)

November 19-21, 2014, 2014 C4A Annual Meeting and Allied Conference - Sheraton Gateway Los Angeles Hotel, Los Angeles, <http://c4aregistration.info/>

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