

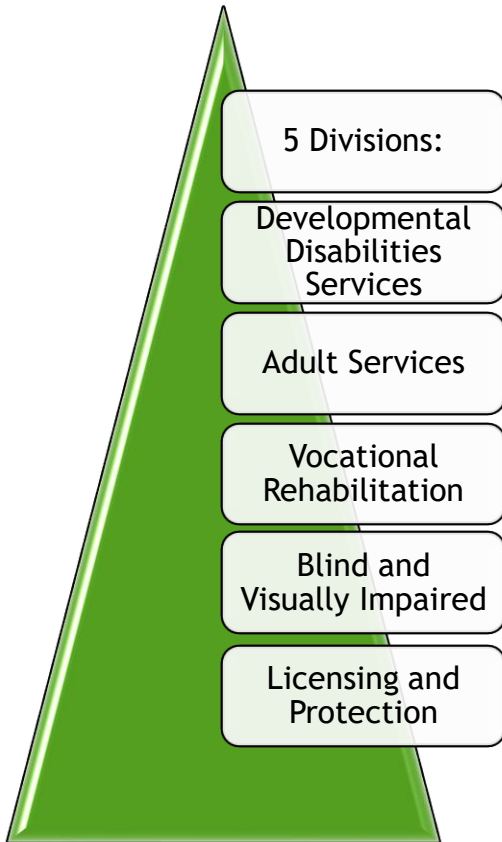
# Older Vermonters Caucus

Monica Caserta Hutt  
Commissioner  
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# Department of Disabilities, Aging and Independent Living Mission

- ▶ “To make Vermont the best state in which to grow old or live with a disability, with dignity and respect and independence.”
- ▶ Principles:
  - ▶ Choice
  - ▶ Person-Centered
  - ▶ Self-Determination
  - ▶ Community Inclusion

# Department of Disabilities, Aging and Independent Living



**Budget: \$514 million dollars**



**Staff: Approximately 276**



**Scope: Approximately 75,000 Vermonters served annually**

# Adult Services Division

Serving older  
Vermonters and  
Vermonters with  
Physical Disabilities



## Older Americans Act

Whole population services, federally mandated, all Vermonters over the age of 60 and family caregivers, targeting those in the most economic and social need.



## Choices for Care

Long-Term Services and Supports (LTSS) for individuals who meet clinical eligibility for nursing home level of care.



Both offer respect, independence, dignity and choice.

# Vermont Demographics

- ▶ Over 152,000 Vermonters are age 60 or older
- ▶ In 2015, 40.7% of the VT population was age 50+, the second highest in the U.S.
- ▶ In 2015, 17.6% of the VT population was age 65+, the 4<sup>th</sup> highest in the U.S.; by 2030 this is projected to increase to 25%, the 2<sup>nd</sup> highest in the U.S.
- ▶ In 2015, 2.3% of the VT population was age 85+, the 10<sup>th</sup> highest in the U.S.; by 2050 this is projected to increase to 6.6%, the highest in the U.S. The number of people age 85+ in VT is projected to increase from about 14,000 in 2015 to 50,000 in 2050.
- ▶ In 2018 the estimated median age in Vermont was 42.8, ranking 3<sup>rd</sup> oldest behind Maine and New Hampshire

# Vermont Demographics

- ▶ In 2016, 72.7% of Vermonters age 65+ lived in nonmetropolitan areas, the highest in the U.S.
- ▶ Nearly 31% of Vermonters age 60 and older live with a disability
- ▶ 7.7% of Vermonters age 60 and older live below the poverty level
- ▶ 80.7 % own their own home; for 33.6% of them, their monthly housing costs represent 30% or more of their household income.
- ▶ The Alzheimer's Association estimates that in 2019, 13,000 Vermonters over the age of 65 had Alzheimer's disease and that this number will increase about 30.7% to 17,000 Vermonters by 2025
- ▶ Family Caregivers are the backbone of LTSS

# Vermont Areas of Concern

## Falls and Fall related deaths rate for adults age 60+

- Fall-related ED Visits: VT 5,628 per 100,000 adults/ US 5,341 per 100,000
- Fall-related death rate: VT: 118.7 per 100,000 adults/ US 56.7 per 100,000

## Death by Suicide rate for adults age 65+

- VT: 22 per 100,000 adults / US 16.0 per 100,000 adults

## Substance Use (2015 BRFSS data for adults 65+)

- Chronic Drinking Rate (>60/month for men; >30/month for women): US 5%/ VT 6%
- Binge Drinking Rate (4+men; 3+ women): US 8%/VT 9%
- At-Risk Drinking Rate (3+ men; 2+women): US 19%/ VT 22%

AND.....

- ▶ Social Isolation (and it's impact on health)
- ▶ High Rates of Alzheimer's and Other Related Dementia's
- ▶ Transportation Challenges



# Overall Health:

## United Health Foundation 2018 America's Health Rankings Senior Report



Vermont Ranked #8 in Overall Senior Health (up from #13)



### **Vermont's Strengths:**

Low percentage of ICU



High home-delivered meals rate



High prevalence of high health status



**Vermont's Challenges:** High prevalence of falls



High prevalence of excessive drinking



Low percentage of hospice care use

# Older Americans Act

Federal Act first authorized  
in 1965

Codified the civil rights of  
older adults to direct their  
own services and supports  
and to live as  
independently as possible

Established Federal, State  
and Local Structure for  
Planning and Services for  
older adults

With an overall Vermont  
population of  
approximately 626,000,  
OAA services touch about  
9.4% of the VT population,  
almost 39% of all older  
Vermonters

# Older Americans Act Services

## Supportive Services

- I/R&A
- Case Management

## Nutrition Services

## Health Promotion and Disease Prevention

## Family Caregiver Supports

## Legal Services

## Elder Rights - LTC Ombudsman

## Demonstration Grants

## Native American Services

# Vermont State Plan on Aging 2019- 2022

- Blueprint for development of the system of care for older Vermonters and family caregivers

- Needs Assessment: resources and gaps

- Consistent Issues: Housing and Transportation

- Key Goals:

  - Support Healthy Aging for All

  - Bolster the System of Protection and Justice for Older Vermonters

  - Strengthen Core OAA Services that Support Older Vermonters in Greatest Social and Economic Need

- Challenge: Stagnant Funding

# Vermont's Choices for Care

Vermont's LTSS Program for  
older Vermonters and  
Vermonters with physical  
disabilities

Created in 2005 Primary  
Goal: Re-balancing LTSS from  
institutions to Home and  
Community-Based Services  
(HCBS) by supporting choice  
of setting and service

The original target: 60:40  
split, increasing community-  
based care to 40%

With an overall Vermont  
population of approximately  
626,000- we serve about  
5,400 Vermonters in the  
Choices for Care Program -  
just short of 1 % of the  
population

# Global: Policy to Practice - Reframing Aging

- ▶ Aging is not the problem, how we talk about it is
- ▶ Language contributes to “ageism” - stereotyping or discrimination based on age
- ▶ Affects our thoughts, actions, policies and culture
- ▶ Ageism can have real consequences for the health of older people, including shorter life expectancy and reduced access to health care
- ▶ Reframing:
  - ▶ Vermonters are living longer, healthier, contributing
  - ▶ Change the way we **think** by changing the way we **talk**
- ▶ <https://asd.vermont.gov/reframing-aging-vermont>

# Making a Difference- The Economics of Employment

## More Mature Workers in the Vermont Workforce

- ▶ Governor's Award for Business Excellence in Supporting Mature Workers- 3 years running
- ▶ VT Legislative Joint Fiscal Office: Between 2005-2015 the share of jobs held by people age 55 to 64 rose from 14% to almost 20% and for people age 65 or older it almost doubled from 3.5% to almost 7%
- ▶ Older people in Vermont are more active in the labor force than older people in other states. The US Census estimates that in 2017 32% of Vermonters age 65-74, and 8.1% age 75+, participated in the labor force. This compares to national estimates of 25.6% for age 65-74 and 7.4% for age 75+. <https://factfinder.census.gov/faces/tableservices/jsf/pages/productview.xhtml?src=bkmk>

# Making a Difference- Volunteerism

- ▶ 5,000 older Vermonters volunteered to help their neighbors with rides, meal deliveries, teaching classes, offering companionship
- ▶ Vermont ranks 8<sup>th</sup> in the country in terms of our rate of volunteerism with 34.2% of adults 65+ engaged in volunteering as compared to a mean of 26% for the rest of the country

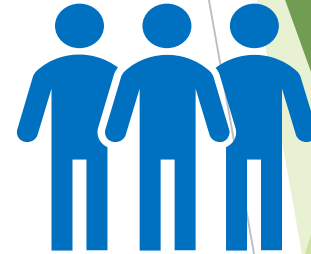


# Making a Difference: Family Caregivers in Vermont

## General Caregiving

- ▶ 64,300 Family Caregivers (unpaid)
- ▶ Contribute 69 million hours of caregiving
- ▶ Value of caregiving: \$683 million

<https://www.caregiver.org/caregiving-across-states-50-state-profiles-2014>



## Caregiving Specific to ADRD

- ▶ approximately 24,000 ADRD caregivers in Vermont
- ▶ 34 million hours of unpaid care worth \$430 million (2016)

*Statewide Survey of ADRD Caregivers in Vermont:*

<http://asd.Vermont.gov/governors-commission-adrd>

# Aging Demographics and the Ripple Effect

- ▶ Aging Caregivers
- ▶ Kinship Care
- ▶ Shortage of People in the Health Care Workforce
  - LNA
  - LPN
  - Registered Nurses
  - Geriatricians
  - Psychiatrists
  - Etc.

Thank you!

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