

Master Plan on Aging Town Hall

June 7, 2023

10 a.m. to 12 p.m.

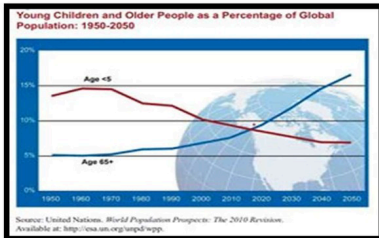
**Hunter College Silberman Campus
2180 Third Avenue, New York, NY**





Age-Inclusive NYC

- 2007: Age-Friendly NYC launched in response to the daily living needs of older adults.
- 2010: NYC named the first Age-friendly City by the World Health Organization.
- 2022: Mayor Adams pushes the envelope, expanding age-friendly to age-inclusive: a new standard creating and embedding systemic transformation through policy, legislation, operations, and cultural changes. *NYC Cabinet for Older Adults is launched!*



The Cabinet

The NYC Cabinet for Older New Yorkers is *leading the nation* in building an age-inclusive city. The Cabinet brings together dozens of city agencies to harness the voices of older adults to inform policy, legislation, systems and operations, combat discrimination and cultivate lasting change.

First Deputy Mayor Wright and Deputy Mayor Williams-Isom convene quarterly meetings. NYC Aging supports operations and management.

Serving Today, Planning for Tomorrow

An age-inclusive city considers the needs of older adults today as the foundation for tomorrow.

More than 42% of older adults live alone. Intergenerational engagement combats the health risks of social isolation, including heart disease, dementia, stroke, depression, anxiety, and suicide. At the same time, it is reaching our youth to get ahead of ageist stereotypes and prepare the next generation of leaders to approach the future with an age-inclusive lens. *More than 82% of older adults face ageism every day.*

By 2040, there will be an estimated 1.34 million NYC school aged and more than 1.8 million older adults. We need to envision more support and services to align with this demographic shift, and consider the impact on our infrastructure - hospitals and housing.

Today's caregivers are tomorrow's older adults. The Cabinet is closing gaps in information to ensure that adults have access to and information about free services to support their loved ones, nurture themselves as caregivers and plan for their aging.

Twenty-five percent of older adult pedestrian fatalities occur less than 0.1 miles from home (vs. 14% for adults). This is because older adults tend to stay close to home due to limited mobility and aging in place. Reaching older adults where they live for feedback and engagement is critical. And, when designing for the future – older adult feedback on pedestrian and street safety is vital.

86,000 older adults live in NYCHA residences. Surveyed youth have overwhelmingly indicated an opportunity to gain “wisdom” from their older neighbors, but nearly half don’t feel a connection with older adults in their community. With intergenerational living environments, community building and problem solving require intergenerational engagement and understanding.

City Participants

CCHR, DCLA, DCWP, DHS, DOHMH, DOT, DVS, DYCD, H+H, HPD, HRA, MOIA, MOPD, NYC Aging, NYC Public Schools, NYC Service, NYCHA, NYPD, OTI, Parks, PEU, Civic Engagement

Cabinet membership and projects are intended to be flexible, evolving with time, knowledge acquisition and review.



Cabinet Projects

Projects set the groundwork for systemic change and long-term impact, while responding to current gaps and needs. Phase One projects are underway with highlighted accomplishments below. Second phase projects will launch in June, including legislative initiatives.

1300+ High School Change Agents

Thirteen Brooklyn high schools are teaching anti-ageism through classroom lessons and school-wide assemblies. Currently, we’re reaching more than 1350 students and their families and communities. Our goal is to scale and embed in all NYC public schools.

The Cabinet initiative is catching national attention *setting the standard for the first-ever anti-ageism curriculum* and addressing discrimination at an early age - most effective for systemic change.

This program can be easily replicated across NYC and national school districts, as it does not require legislation or additional funding. It is implemented through activities and teaching materials outlined an Anti-Ageism Resource Guide that provides a framework for effective and appropriate discourse, while allowing for creativity, community responsiveness and continuous iteration.

Next step: Expand across NYC high schools in Fall 2023, followed by middle and elementary schools, Wall St. Journal profile.

“The New York City program is important because it reaches young people . . . This generation is going to help us fully design the new map of life.”

-Jess Maurer, anti-ageism activist quoted in MarketWatch March 2023.



Empowering Caregivers and Frontline Staff with Information

NYC Aging offers free services in seventeen program areas from transportation to health insurance to workforce. Nearly 25% of services are unknown to referral sources.

This initiative developed curricula, surveys, and resources through human-centered design practices for citywide education. To date, we trained nearly 200 professionals from the City’s Public Health Corps (H+H and DOHMH) and PEU’s Get Covered and Tenant Support Teams.

Next step: Scale for longer term sustainability, establish and institutionalize regular content updates and training schedules and upload to e-learning management systems.

“I have a client who is undocumented and needs support, I didn’t know that services you offer are free of charge. Thank you.”

-Community Health Worker

Intergenerational Problem Solving

One hundred high school students and older adults are *building relationships, understanding and trust in NYCHA-based communities*. The Cabinet is cultivating stronger communities through facilitated conversation, story-telling and shared projects.

Curricula with scripts, activities, surveys, and follow-up make it easy to replicate locally and nationally.

Twenty-three percent of NYCHA residents are 62+. Cohesive and connected residents are vital to their health and safety.

Next step: Scale across NYCHA sites and institutionalize through Cornerstone program.



Older Adult Pedestrian Safety

The Cabinet is partnering with community-based organizations to meet older adults at community centers for input on pedestrian safety and to conduct walking audits of neighborhood streets and sidewalks. Conversations will *inform Department of Transportation upgrades and safety work in high traffic older adult pedestrian areas*.

Older adults make up more than 45% of pedestrian fatalities and Vision Zero has had limited impact on bringing this number down. With older adults primarily staying close to home, their pedestrian injuries and fatalities occur close to home, too.

Curricula is available for replication across NYC and nationally. Data from safety measures will be publicly disseminated for national learning and modeling.

Next step: Roll out across 8 Older Adult Centers in Manhattan, Brooklyn, Queens. Expand to Staten Island and Bronx and institutionalize.

“Our participants were eager to take part in the [Safer Streets] walk and enjoyed voicing their opinions and being heard.”

-Carter Burden Network

Welcome

- Opening remarks
- What is the Master Plan for Aging
- Why Does New York Need a Master Plan for Aging
- Master Plan for Aging Organizational Structure
- List of Subcommittees
- Cross-cutting Themes
- Pre-submitted Questions
- Audience Questions
- Ongoing Engagement
- MPATownHall@health.ny.gov

Governor Hochul signed an Executive Order on November 4, 2022 calling for the creation of a State Master Plan for Aging to...



Create a **blueprint of strategies** for government, the private sector, and non-profit sector to support older New Yorkers



Address challenges related to communication, coordination, caregiving, long-term financing, and innovative care



Coordinate all State policy and programs



With the goal of having all older New Yorkers "live **fulfilling lives**, in **good health**, with **freedom, dignity and independence** to **age in place** for as long as possible"

Why does New York need a Master Plan for Aging?

By 2030, 1 in 5 people in New York will be aged 60 years or over.

The Master Plan for Aging builds off our State's successes in healthy aging, emphasizing aging in place and improving the lived experience for all ages.



All New Yorkers deserve a fair chance to live not only a long life, but also a healthy and vibrant one

New York is the first Age Friendly State in the Nation. The Department of Health and the State Office for Aging have together supported complementary missions of fostering policy, programs, and services that meet the needs of aging and disabled New Yorkers.



Master Plan's Bold Agenda



Factors that impact health
including transportation
and housing



Rising use of healthcare
services as people age



Medicaid and Medicare
funding



Healthcare workforce
challenges



Meaningful choice and
remaining in community



Family caregivers

Lay the foundation for change to the aging landscape for the long haul

- Integrated and age friendly community health systems
- Seamless system of care across settings
- Public-private partnerships to support aging in place
- Person-centered planning
- Fair pay and appropriate working conditions
- Increased access to information about services and supports
- Expanded availability of services

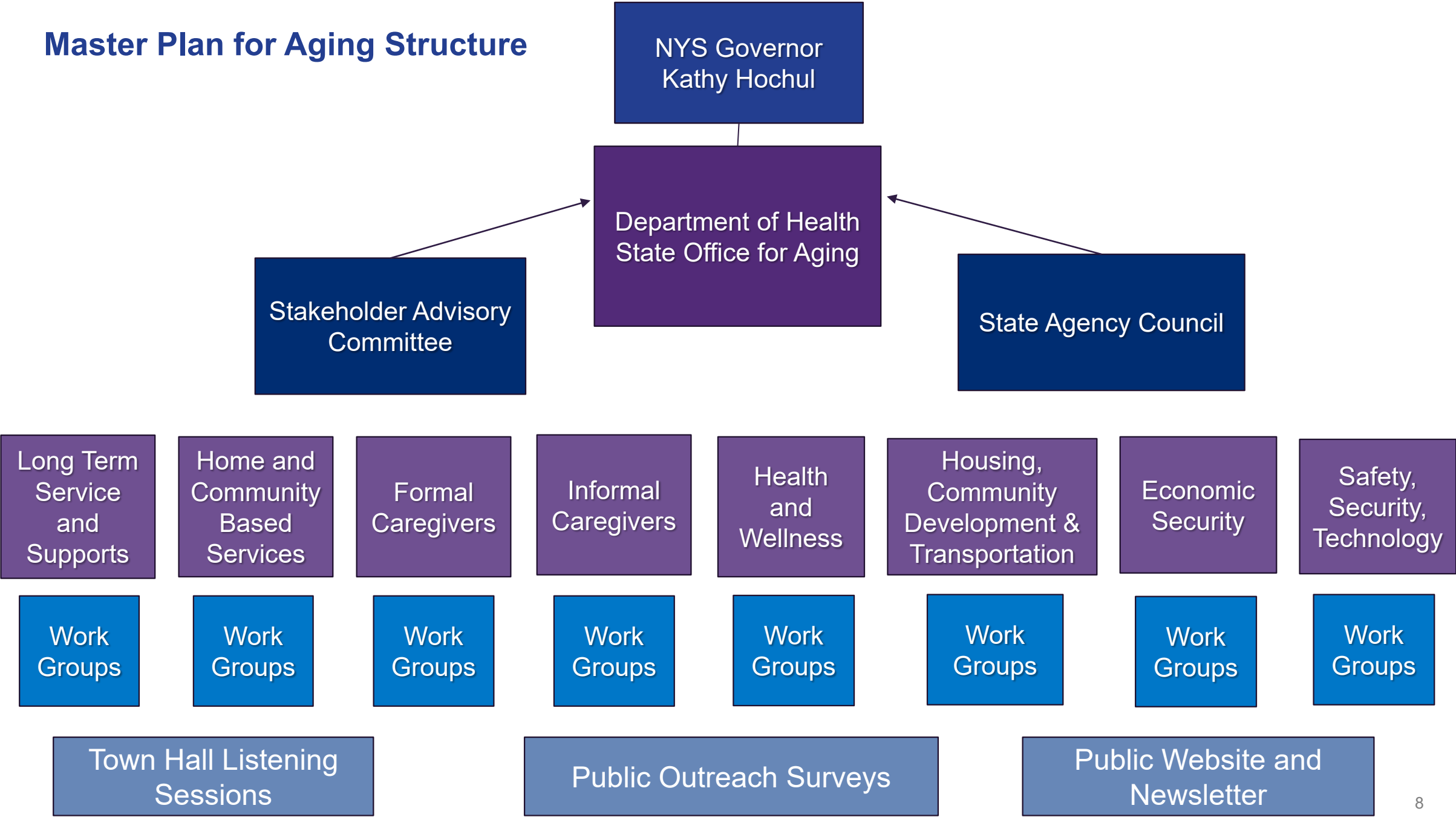


NEW YORK STATE'S MASTER PLAN FOR AGING



The Master Plan for Aging will ensure our State has a long-term care system that is accessible, effective, and affordable, while also recognizing the unique needs and value of all New Yorkers.

Master Plan for Aging Structure



Subcommittees

The following subcommittees have been created:

1. Long Term Services and Supports
2. Home and Community-Based Services
3. Informal Caregivers
4. Formal Caregivers
5. Health and Wellness
6. Housing, Community Development, and Transportation
7. Safety, Security, and Technology
8. Economic Security

Emerging and Cross-Cutting Themes

- Age friendly principles
- Ageism
- Diversity, equity, and inclusion
- Funding/payment mechanisms
- Geography
- Housing
- Person-centered models of care
- Sexual orientation and gender identity
- Social isolation
- Technology
- Training and education
- Transportation
- Workforce

Expected
Timeline for
Development
of Master Plan
for Aging



Community Questions

How can you help to develop the Master Plan?

- Communities will have an opportunity to share input through:
 - A Public Survey
 - Town Hall Meetings
 - Emails to MPA@health.ny.gov

**“All New Yorkers
deserve to age
in their community
with dignity
and independence.”**

Governor Kathy Hochul

Questions?

- Additional questions, ideas and feedback can be sent to **MPATownHall@health.ny.gov**
- Please be sure to visit the Master Plan for Aging website at **www.ny.gov/mpa**