Aging Texas Well Plan 2012-13

Helping ensure that Texans prepare for aging in communities that support them.

An initiative of the Texas Department of Aging and Disability Services
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Executive Summary

This Aging Texas Well (ATW) 2012-13 Plan is the response to Executive Order RP 42 which mandates that DADS create and disseminate a comprehensive and effective working plan to identify and discuss aging policy issues, guide state government readiness and promote increased community preparedness for an aging Texas. RP 42 also mandates that DADS update the plan biennially and evaluate and report on its implementation.

The plan details the elements of the ATW initiative and establishes objectives within each of the key focus areas identified by RP 42 mandates. During the 2012-13 biennium, with guidance from the Aging Texas Well Advisory Committee (ATWAC), DADS will address the areas of focus outlined in RP 42.
DADS Vision Statement

Older Texans and persons with disabilities will be supported by a comprehensive and cost-effective service delivery system that promotes and enhances individual well-being, dignity, and choice.

DADS Mission Statement

To provide a comprehensive array of aging and disability services, supports, and opportunities that is easily accessed in local communities.

Our key responsibilities to the citizens of Texas include:

- Working in partnership with consumers, caregivers, service providers, and other stakeholders;

- Developing and improving service options that are responsive to individual needs and preferences; and

- Ensuring and protecting self-determination, consumer rights, and safety.
Introduction and Purpose

The Aging Texas Well (ATW) initiative began in 1997 and was formalized under Executive Order RP 42 in 2005. The purpose of the initiative is to identify and discuss aging-policy issues, guide state government readiness, and promote increased community preparedness for an aging Texas.

ATW activities are conducted by DADS staff with guidance from the Aging Texas Well Advisory Committee (ATWAC). The diverse ATWAC membership is appointed by the DADS commissioner for two-year terms and includes representatives from academia, advocacy groups, consumers, service providers, faith-based organizations, non-profits, health care providers, educators, and key state agencies (a list of current ATWAC members is in Appendix A).

ATW is both an initiative and a guiding philosophy that partners DADS with communities and individuals to meet the needs of Texas’ citizens. As a guiding philosophy, ATW helps define strategies to prepare Texas for its aging future. As an initiative, the state approaches aging well from a holistic perspective, encompassing all aspects of individual and social life not just retirement but also physical health, long-term services, and other aging-related concerns for young and old alike. Approaching aging well from this perspective solidifies the important relationship between individual actions and community support. ATW accomplishments reflect the efforts of many working in DADS, in other agencies, and in businesses and communities across Texas.

ATW aims for improvements in 16 areas. Some areas focus on individual preparedness and others that focus on social infrastructure. From the individual perspective, ATW addresses physical health, mental health, social engagement, spirituality, and financial and legal preparedness.

Social domains are quite varied, and include employment, protections, transportation, housing, volunteerism, community supports, and long-term services and supports. Taken together, these life areas help aging Texans take control of their lives, promote positive aging, meet obstacles with resources, and foster innovative solutions for generations of Texans to come.
Aging Texas Well Individual Domains

- **Physical**
  Achieving and maintaining the best possible physical health
- **Mental**
  Achieving and maintaining the best possible mental health
- **Social**
  Facilitating interaction among individuals, family, and community
- **Spiritual**
  Having a personal belief system that provides meaning and purpose
- **Financial**
  Achieving and maintaining adequate income by managing finances
- **Legal**
  Managing personal/family life by preparing for major life decisions

Aging Texas Well Social Domains

Social infrastructure: laws, policies and services that create opportunities for:

- **Employment**
  Workforce participation without age-based biases or barriers
- **Education**
  Intellectual growth and lifelong learning
- **Volunteerism**
  Meaningful unpaid service in a wide range of civic and educational settings
- **Recreation**
  Activities of personal interest that provide enrichment and enjoyment
- **Housing**
  Personal residences that are adequate, affordable, and accessible
- **Community supports**
  Services and assistance that allow for independent living
- **Transportation**
  Safe, affordable and accessible movement within communities
- **Health/long-term care**
  Health care that addresses the unique needs of older Texans
- **Caregiving**
  Community support in caring for family members or other loved ones
- **Protection**
  Personal safety and freedom from abuse, neglect, and exploitation

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ATW Plan 2012-13 Objectives

ATW Objectives In The 2012-13 Biennium

The ATW objectives for the 2012-13 biennium are initiatives that will be carried out by DADS and ATW partners. The partners include other state agencies, educational institutions, non-governmental organizations and the private sector. Throughout this period, DADS will develop resources and share them with partners to build and improve effectiveness of programs to help prepare Texas for an aging population. Specific objectives for the biennium are outlined here and are organized by RP 42 mandated areas – Aging Texas Well Advisory Committee (ATWAC), Aging Texas Well Plan, Review of State Policy, State Agency Readiness (SAR), Texercise, and Local Community Preparedness.

Aging Texas Well Advisory Committee (ATWAC)

- ATWAC will advise and provide feedback to DADS on aging policy issues, state government readiness, and community preparedness. ATWAC key activities will include:
  - Participating in the development the ATW Plan
  - Participating in quarterly meetings through 2013
  - Increasing the participatory role for ATWAC members
  - Nominating ATWAC members as vacancies in the committee occur
  - Revising ATWAC by-laws as needed
  - Supporting the rollout of the Community Assessment Toolkit project
  - Providing input on research topics, issue briefs, community preparedness, and state agency readiness by sharing insights gained in the field and supporting resource development as appropriate.
Aging Texas Well Plan

- DADS will update the ATW Plan every two years and evaluate and report on its implementation annually. Activities will include:
  
  o Gather and verify input from DADS program areas and ATWAC members to develop the ATW Plan
  

Review of State Policy

- DADS may develop issue briefs, written reports, and presentations on various topics to encourage understanding of complex aging and gerontological topics. These could include:
  
  o Updates on Texas demographics, changing trends of the Texas population, and how those changes affect state government
  
  o Transportation needs and options for older Texans and individuals with disabilities, innovations in providing transportation to these populations, and trends in delivering these services
  
  o New developments in informal caregiving, the current supports available in the state, evidence-based caregiving programs, best practices to support current and future caregivers, and trends in state-based support programs including respite care, consumer-directed options, and caregiver education and decision support services
  
  o Planning for improved service provision for older people, individuals with physical disabilities, people who are aging with intellectual and developmental disabilities (IDD), disaster preparedness and end of life issues
  
  o The use of health information technology for chronic disease self-management and to promote wellness
  
  o The effects of the Older Americans Act (OAA) Reauthorization on older Texans.
• DADS will work with the Area Agencies on Aging (AAAs) and their local partners to continue outreach and expansion of the Texas Healthy Lifestyles initiative and Better Choices, Better Health™, which incorporate evidence-based programs in health promotion, disease prevention, and caregiving. Activities may include:
  o Successful completion of the current grant initiatives and sustainability of these programs
  o Building alliances with grant partners, and other evidence-based health and wellness practice license holders to collaborate and expand the availability of workshops and training opportunities for participants and volunteers
  o Responding to Requests for Proposals issued by the Administration on Aging, and other entities, to obtain funding to maintain and expand evidence-based health promotion programs
  o Conducting a biennial survey of all evidence-based programs sponsored by AAAs
  o Developing and promoting innovative AAA nutrition programs through the Promoting Healthy Lifestyles Through Community Programs initiative.

• DADS will expand the ATW Evidence-based Clearinghouse for Health Promotion to support ATW activities as outlined in Executive Order RP 42 and the activities of the Texas Healthy Lifestyles grant project.
  o DADS will continue to update and expand the ATW Evidence-based Clearinghouse and include information about emerging evidence-based practices, new research and studies, program development, and evidence-based workshop locations in Texas.

• DADS will continue to monitor recruitment and retention of direct service workers and other healthcare providers trained in geriatrics:
  o Efforts will include identifying and monitoring current and future recruitment and retention of faculty and instructors available to train providers
  o Depending on resource availability DADS will implement innovative workforce initiatives which may include:
1. Distributing the direct service worker Realistic Job Preview (RJP) video, and conduct an evaluation and dissemination of the results of utilizing the RJP video throughout the state

2. Studying career ladder opportunities for Direct Care Workers

3. Collaborating with the Texas Lifespan Respite Care Program and the Texas Inventory of Respite Providers database to enhance search options for the public and build awareness of both programs activities.

   o DADS will collaborate with the University of Texas School of Social Work in Austin to enhance the number of social workers trained in geriatrics by developing social work field placements in gerontology and public policy within Texas Health and Human Service (HHS) agencies. DADS may expand such partnerships with other disciplines to improve training for people who work with older Texans.

**State Agency Readiness (SAR)**

- DADS will encourage the readiness of Texas state agencies for a rapidly growing aging population in Texas by developing and sharing resources, including web-based information and information briefs, to inform and support agency preparation for aging populations. DADS will provide expertise and technical assistance to other agencies’ planning efforts and will:

  o Provide regular updates on ATW website

  o Develop and distribute current ATW marketing materials

  o Provide information and presentations to the Texas Joint Legislative Committee on Aging as requested

  o Develop and disseminate evidence-based best practices on diabetes to improve outcomes for individuals living in nursing homes.

**Texercise**

- Texercise is a statewide health promotions program developed by DADS to educate and involve older Texans and their families in physical activities and proper nutrition. The program promotes activity among individuals, as well as
community events and policies, to support fitness in all life areas. Through Texercise, DADS will:

- Ensure a coordinated delivery of physical fitness and nutrition information and resources to aging Texans
- Develop a component to evaluate the effectiveness of the Texercise program
- Expand nutrition and healthy eating materials for individuals and communities
- Develop toolkits to support the creation of environmental changes that encourage physical activity (e.g. how-to create walking trails)
- Implement and expand GetFitTexas! An online physical activity tracking database.

**Local Community Preparedness**

- DADS, in collaboration with the AAAs and other public, private, and state agency partners, will:
  - Develop partnerships with public, private, and state agency partners – Corpus Christi Mayors Council on Aging and others – to build community capacity to serve older Texans
  - Collaborate with the AAAs and other community agencies to expand the implementation of the community assessment toolkit by providing technical assistance to targeted communities
  - Develop and disseminate public awareness materials to support Aging Texas Well and Aging Texas Well initiatives throughout the state
  - Apply for and implement grants that develop and test new services and delivery models for older Texans
  - Develop and distribute Aging Texas Well, Texercise and Volunteer and Community Engagement (VCE) public awareness materials
  - Work with providers, advocates, researchers and others to develop resources that support culture change in nursing facilities and contribute to on-going research that enhances the dignity and worth of individuals
  - Focus attention on issues related to emergency preparedness, end-of-life issues, aging in place, public benefits, and transportation.
Conclusion

The Aging Texas Well initiative, developed in 1997 and formally brought into existence under Executive Order RP 42 in 2005, continues to develop new opportunities to support the population of older Texans. During the 2012-13 biennium, with input and direction from the ATWAC, DADS and its partners will focus on the goals outlined in RP 42 and develop best practices to improve the lives of older Texans and their families and communities.
# Appendix A – Aging Texas Well Advisory Committee (ATWAC) 2012-13

<table>
<thead>
<tr>
<th>Name</th>
<th>Title/Role</th>
<th>Organization/Agency</th>
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</thead>
<tbody>
<tr>
<td>Michèle J. Saunders</td>
<td>M.D., Chair</td>
<td>Health Science Center at San Antonio and South Texas Geriatric Education Center (Academic)</td>
</tr>
<tr>
<td>Cameron Bell</td>
<td></td>
<td>Texas Workforce Commission (Workforce)</td>
</tr>
<tr>
<td>Bruce Bower</td>
<td></td>
<td>Texas Senior Advocacy Coalition (Advocate/consumer)</td>
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<tr>
<td>Andrew Crocker</td>
<td></td>
<td>Texas AgriLife Extension Service, Texas A&amp;M System (Academic)</td>
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<tr>
<td>Kevin Estes</td>
<td></td>
<td>Texas Health and Human Services Commission</td>
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<tr>
<td>Chris Fowler</td>
<td></td>
<td>Texas Higher Education Coordinating Board (Education)</td>
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<tr>
<td>Amanda Fredriksen</td>
<td></td>
<td>AARP Texas State Office (Advocate/consumer)</td>
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<tr>
<td>Robin Hayes</td>
<td></td>
<td>Trisun Healthcare (Provider-residential setting)</td>
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<td>Lori Henry</td>
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<td>Texas Department of Family and Protective Services</td>
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<tr>
<td>Carlos Higgins</td>
<td></td>
<td>Texas Silver Haired Legislature (Advocate/consumer)</td>
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<tr>
<td>Karen Johnson</td>
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<td>United Ways of Texas (Faith/nonprofit)</td>
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<tr>
<td>Gary Luft</td>
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<td>Texas Association of Area Agencies on Aging (Aging network)</td>
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<tr>
<td>Pearl Merritt</td>
<td></td>
<td>Texas Tech University Health Science Center (Academic)</td>
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<tr>
<td>Susan Paynter</td>
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<td>Baptist General Convention of Texas (Faith/nonprofit)</td>
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<tr>
<td>Dan Pruett</td>
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<td>Meals on Wheels and More (Aging network)</td>
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<td>Le Riggs</td>
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<td>Silverado Senior Living (Community Supports)</td>
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<tr>
<td>Susan Ristine</td>
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<td>Texas Department of State Health Services</td>
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<tr>
<td>Naomi Trejo</td>
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<td>Texas Department of Housing and Community Affairs</td>
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<tr>
<td>Ann Woods</td>
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<td>Texas Department of Assistive and Rehabilitative Services</td>
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<tr>
<td>Carol Zernial</td>
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<td>WellMed Charitable Foundation (Faith/non-profit)</td>
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Appendix B – Aging Texas Well Plan 2010-11 Progress Report

Aging Texas Well (ATW) Plan 2010-11 Progress Report

The ATW Plan 2010-11 Progress Report documents the initiatives and objectives carried out by DADS and its partners – including other state agencies, educational institutions, non-governmental organizations and the private sector during the biennium. Throughout this period, DADS has developed new resources and shared them with its partners to build capacity and help prepare Texas for its aging future.

Organized by Executive Order RP 42 mandate areas (see Appendix A), this progress report addresses the 2010-11 biennium objectives and the status of their completion.

**Aging Texas Well Advisory Committee (ATWAC) Objectives**

- The ATWAC will advise and provide feedback to DADS in developing the ATW Plan, aging policy issues, state government readiness, and community preparedness.

**Deliverables Completed**

- Quarterly meetings of the ATWAC were held during 2010-11. At all meetings, members provided input from their agencies’ perspectives on aging related research, program service, and program development. In addition, four ATWAC members with related background served as expert reviewers on ATW issue briefs prior to their publication.

- Presentations given during the 2010-11 ATWAC meetings included: New Directions in Alzheimer’s disease Research; the Texas Health Disparities...
Task Force, the Green House Project, and two emerging evidence-based programs developing in Texas.

- At the meeting on March 9, 2011, the ATWAC chair, Dr. Michele Saunders, was re-elected to serve another one-year term.

**Future Deliverables**

- Quarterly ATWAC meetings are scheduled for the remainder of the 2011 Meeting dates are on the ATW website calendar and the rooms have been reserved. Future meetings for the 2011 calendar year are August 24th and November 2nd.

**Aging Texas Well Plan Objectives**

- DADS will update the ATW plan every two years and will evaluate and report on its implementation annually.

**Deliverables Completed**

- The Aging Texas Well Plan 2010-11 was completed and presented at the August 29, 2009, ATWAC meeting and has been posted on the ATW website since that time.
- The draft progress report on the ATW Plan 2010-11 was presented to the ATWAC at their meeting on August 24, 2011.

**Future Deliverables**

- The Aging Texas Well Plan 2012-13 will be completed by November 30, 2011.

**Review of State Policy Objectives**

- DADS will develop a series of easy-to-read issue briefs to support basic understanding of complex aging and gerontology topics.
**Deliverables Completed**

- Issue briefs on mental health and substance abuse, physical health, financial preparedness, and social engagement and recreation were completed between August 2009 and August 2010. In addition, the DADS report titled, Informal Care in Texas: Aging Family Caregivers and their Need for Services and Support, was completed in October 2009 and is posted on the DADS website: [www.agingtexaswell.org/publications/informalcare-11-09.pdf](http://www.agingtexaswell.org/publications/informalcare-11-09.pdf).

- Several PowerPoint presentations were developed, presented, and are now posted on the Aging Texas Well website. These include: Marketing Your Community as Aging-Friendly: Tools for Success; Current Demographic Changes in Texas Pertaining to Aging, Retirement, and the Socio-Demographic Characteristics of the Older Population of Texas (October 2009), Evidence-Based Practices: Programs for Older Texans (February 2010), The Aging Process and Resources for Older Texans (December 2010), and Public Health Practicum Topic Messages on Oral Health for Seniors (2009).

**Future Deliverables**

- Issue briefs on Transportation and Nutrition, Physical Activity and Obesity are scheduled for completion by March 2012.

- DADS proposes to add a modified version of the Caregiver Module (module 15) to the 2010 Texas Behavioral Risk Factor Surveillance System (BRFSS) Survey.

**Deliverables Completed**

- DADS staff collaborated with staff from the Health and Human Services Commission (HHSC) and Department of State Health Services (DSHS) to revise the caregiver module questions and added this to the 2010 Texas Behavioral Risk Factor Surveillance System (BRFSS) survey. The BRFSS is a system for collecting population data on health risks, health practices and chronic diseases.
**Future Deliverables**

- DADS will use data from the caregiver module to assess caregiver needs, plan programs and services and to continue the evaluation and measurement of successful aging activities in Texans age of 60’s and older living in the community. DADS will continue to collaborate with DSHS on surveillance regarding caregiver modules. The new BRFSS data is expected by fall 2011 and staff will begin analysis.

- DADS will work with AAAs and their local partners to continue outreach and expansion of the evidence-based health promotion project, Texas Healthy Lifestyles, and other evidence-based health promotion programs, such as the Texas Association of Area Agencies on Aging (T4A) Falls Prevention Collaborative.

**Deliverables Completed**

- In September 2009, DADS was awarded supplemental funding from the Administration on Aging (AoA) ($200,000) to support the Texas Healthy Lifestyles program. The project expanded to five new sites located in the Houston area, 11 counties surrounding Bexar County, and the Belton-Temple-Killeen and Waco areas. The project has established partnerships with the Veterans Health Administration and Scott and White Healthcare.

- In March 2010, Texas was awarded a $1 million grant through the Administration on Aging and the American Recovery and Reinvestment Act’s (ARRA) program of Communities Putting Prevention to Work: Chronic Disease Self-Management. The grant aims to dramatically increase the capacity of Texas’ state and local partnerships to deliver Stanford University’s evidence-based programs – Chronic Disease Self-Management Program (CDSMP) and Diabetes Self-Management (DSMP). This is a partnership between DADS, DSHS, HHSC, HHSC’s Office of Border Affairs, and a coalition of AAAs. This initiative will also allow Texas to expand to five new geographic areas: Alamo and Bexar Area Agencies on Aging, Central Texas, East Texas Coalition, Rio Grande, and Tarrant County.

- In June 2010, DADS was awarded a one-year, $99,999, Competing Continuation Grant for the Texas Healthy Lifestyles Project to sustain effective evidence-based programs within the areas of Houston (Neighborhood Centers, Inc.), San Antonio (Bexar County Area Agency on Aging), and Bryan-College Station (Brazos Valley Area Agency on Aging),
and expand services to an additional 240 individuals and 58 counties for course completion.

- In January 2011 DADS held a two-day 2011 ARRA/CDSMP Grant Summit for key stakeholders and ARRA grant partners to focus on state-wide infrastructure development, building capacity, and program fidelity.

**Future Deliverables**

- The agency will continue to build alliances with ARRA grant partners and other Stanford University license holders to collaborate and expand the availability of workshops and training opportunities for volunteers. In addition, DADS will continue to respond to Requests for Proposals issued by AoA, and other entities, to obtain additional funding to maintain and expand evidence-based health promotion programs. DADS aims for the successful completion of the current grant initiatives and sustainability of these programs.

- The T4A Falls Prevention Collaborative will continue to replicate Maine’s Partnership for Healthy Aging evidence-based activity program, A Matter of Balance. This coalition comprises 24 AAAs and their community partners and covers 240 Texas counties.

**Deliverables Completed**

- DADS leadership role with the Falls Prevention Collaborative project and the TFA contract ended on August 31, 2010, when the goals were completed.

- In November 2009, staff from all 28 AAAs completed a survey on their evidence-based programs. The results were compiled and provide an inventory of the evidence-based health promotion programs sponsored by AAAs. This data was used in the successful 2010 grant application for ARRA funds from the AoA.

- In 2011, DADS staff conducted a follow-up survey of AAA evidence-based programs in fiscal year 2010. The results will inform future evidence-based program development. The outcomes were presented in a workshop and poster session at the Texas Conference on Aging on June 2011, in San Antonio, TX.
In collaboration with a representative from the Senior Corps of Retired Executives (SCORE), DADS managers have developed a business plan for the sustainability of the Texas Healthy Lifestyles evidence-based programs. The purpose of the plan is to establish a direction for expanding evidence-based programs to help older Texans improve their health and manage their chronic conditions.

**Future Deliverables**

- The DADS draft sustainability business plan will be completed and reviewed by December 2011.
- DADS will expand the ATW Clearinghouse for Evidence-Based Health Promotion website to support both ATW activities as outlined in RP 42 and the activities of the Texas Healthy Lifestyles grant demonstration project.

**Deliverables Completed**

- During fiscal year 2010, the DADS developed a searchable database of evidence-based programs that aim to support individuals over 60 years. This Clearinghouse is available on the ATW website and programs can be searched by both topic areas and key words. Between November 2010 and April 2011, an average of 1,250 visits per month was made to the evidence-based clearinghouse website: www.agingtexaswell.org/initiatives/ebased/index.cfm.
- With data collected from researchers and program providers, a poster – Aging Texas Well: Providing Evidence-based Programs to the Spanish-speaking Community was presented at the 2010 International Conference on Aging in the Americas. In addition, two GIS maps – Texas Evidence-based Programs by County (2009-11) were prepared to display the results of the DADS and AAA evidence-based Survey of programs.
The development and expansion of the ATW Clearinghouse will continue. Expansion will include information about emerging evidence-based practices, new research and studies, program development, and evidence-based workshop locations in Texas.

- DADS, the Texas Statewide Health Coordinating Council (SHCC), the Texas Higher Education Coordinating Board and the Texas Workforce Commission will continue to monitor recruitment and retention of healthcare providers trained in geriatrics and will study the current and future recruitment and retention of faculty available to train these providers.

**Deliverables Completed**

- At the request of HHSC Executive Commissioner, a Home and Community-Based Services Workforce Advisory Council (the Council) was established in September 2009. This Council provided a final report which included 15 recommendations:

- A new Policy Specialist position was created to assist with the implementation of the Council’s recommendations. This position was funded by the Centers for Medicare & Medicaid Services through the Money Follows the Person Demonstration project.

- DADS has produced and distributed two Realistic Job Preview videos for direct service workers and their employers. These videos are: Working with People with Intellectual and Developmental Disabilities and Working with Older Adults and Individuals with Physical Disabilities. The first is found on the DADS website:

**Future Deliverables**

- The Workforce Development Policy Specialist's short term, goals include increasing the distribution and access to the RJP video, and evaluating its success; studying career ladder opportunities for Direct Care Workers; and making connections with existing workforce development structures in the state. Longer term goals include a training pilot, and a website that will act
as a virtual resource center for workers, employers, and the public, offering information about Direct Support Workers and their critical role providing home and community based services.

- DADS will continue to support DSHS and relevant state agencies on mental health transformation in Texas through the Mental Health Transformation State Incentive Grant from the Substance Abuse and Mental Health Services Administration.

**Deliverables Completed**

- Evidence-based behavioral health program content has been added to the ATW Evidence-based Clearinghouse; and behavioral health questions were added to the ATW Community Assessment Toolkit survey.

- Behavioral health interventions for individuals with disabilities transitioning from nursing facility services to community services are monitored as part of the Texas Money Follows the Person Demonstration project. The project now includes all seven counties adjacent to Bexar County in Region 8 Star+Plus service area and the Travis County Star+Plus service area. This demonstration project provides two new services, cognitive adaptive training and adult substance abuse training services; DSHS has assumed the lead role on this initiative.

- The Texas Behavioral Health Clearinghouse, created through the Texas Mental Health Transformation State Incentive Grant, has been posted online and disseminated. This Clearinghouse assists behavioral health providers, consumers, family members, and interested stakeholders find information about prevention, treatment, advocacy, and evidence-based practices.

- DADS is working with providers, advocates, researchers, and others to establish resource information that supports the goal of culture change in nursing homes and contributes to ongoing efforts to enhance person-centered and person-directed care planning and the dignity and worth of individuals living in nursing homes in Texas.

- DADS sponsored a Culture Change Symposium on July 25, 2011. Co-sponsors of the symposium were TMF Health Quality Institute and AARP.
The event was well attended by over 300 people representing nursing home stakeholders, advocates and educators.

**Future Deliverables**

- DADS is currently engaged in a number of efforts to improve behavioral health services and supports and intends to continue and expand those efforts in the future. These include:

1. **Nursing Facility Quality Review (NFQR)** – an annual face-to-face survey of nursing facility residents across the state. The 2010 survey was expanded to include questions about depression. This information will be included in the next NFQR report to be published by June 2012.

2. **Nursing Facility Behavioral Health Collaborative** – an interdisciplinary workgroup comprised of nursing facility providers, community centers, and DADS staff, focuses on identifying ways to address the behavioral health needs of nursing facility residents. A survey was developed by this collaborative and responses were compiled and analyzed. The results of the survey will serve to inform the collaborative and guide future projects and initiatives of the workgroup.

3. In the next year, the culture change workgroup will hold a small stakeholder focus group meeting to inform the selection of topics for a webinar series. The webinar series will include four topics, the first of which is the dining experience.

- In fiscal year 2011, DADS will use State Unit on Aging administrative funds and Money Follows the Person rebalancing funds to support the nine Aging and Disability Resource Centers (ADRCs) and to establish five new ADRCs.

**Deliverables Completed**

- The ADRCs are now operating in fourteen areas of Texas, including: Bexar County (San Antonio), Central Texas (five counties), Tarrant County (Fort Worth), Harris County and Gulf Coast, Lubbock County, East Texas (five counties), North Central Texas (four counties), Dallas County, El Paso (six counties) West Central Texas Regional Foundation, Coastal Bend Council of Governments and Lower Rio Grande Valley Development Council (LRGVDC).
The ADRCs model of service delivery may include a shared data warehouse, a shared intake system, and a telephone system that integrates intakes for all partner agencies. New federal funding will be used to enhance the capacity of the ADRCs to collaborate with hospital discharge planning departments to reduce hospital readmission and to provide additional structure and uniformity of services.

A Request for Proposals was released in May 2011 to establish two additional ADRCs with preference given to applicants from HHSC Regions 5 and 9 (regions where there is not an already established ADRC). Brazos Valley and San Angelo have been awarded these grants.

**Future Deliverables**

- DADS Commissioner has articulated his vision for “ADRCs 20/20”, which represents his priority to have 20 ADRCs operating in Texas by 2020.

**State Agency Readiness (SAR) Objectives**

- DADS will encourage the readiness of Texas state agencies by developing and sharing resources, including web-based information and information briefs, to inform and support agency preparation for aging populations. DADS will provide expertise and technical assistance to other agencies’ planning efforts.

**Deliverables Completed**

- A newly designed and updated ATW website was launched in June 2011, and now includes greater accessibility for the visually impaired, a news format, key links, expanded resources and reports, and aging services.

- An electronic external stakeholder distribution list is used to provide informational updates and links to aging-related publications, meetings, evidence-based studies and other pertinent and timely information.

- In May 2009, the Texas Legislature enacted two laws affecting respite care for caregivers in Texas, and created the Lifespan Respite Care Program: 1) Senate Bill (S.B.) 271, 81st Legislature, Regular Session, 2009, directed DADS to coordinate public awareness outreach efforts regarding the role of informal caregivers in long-term care; and, 2) House Bill (H.B.) 802, 81st Legislature, Regular Session, 2009, appropriated $1,000,000 over the fiscal
year 2010-11 biennium and directed DADS to create a lifespan respite services program.

- In September 2009, DADS received $200,000 in grant funds from the U.S. Administration on Aging to enhance and expand the coordination and availability of respite services in Texas, and to establish the Texas Respite Coordination Center (TRCC). The TRCC was established in June 2010 with a contract awarded to the Texas Association of Regional Councils. The purpose of the TRCC is to: (1) compile and update the Texas Inventory of Respite Services; (2) create media and best practices toolkits for respite providers and a training toolkit for caregivers; and, (3) hold a series of respite care forums throughout the state.

- As a result of the 2006 Lifespan Respite Care Act (Public Law 109-716), DADS formed the Texas Respite Coalition. The coalition now includes thirty-five members, is broadly represented, includes a variety of caregivers, and is available to assist DADS in its efforts to coordinate respite care for caregivers.

- In August 2010, with the funds from H.B.802, 81st Legislature, Regular Session, 2009, DADS selected three pilot project sites to increase the availability of and facilitate access to respite services for caregivers caring for individuals of any age, with any health condition and/or any disability. The three projects sites selected are: the Aging and Disability Resource Centers of Tarrant County and Central Texas and the Area Agency on Aging of the Capital Area.

**Texercise**

- Texercise is a statewide health promotions program developed by DADS to educate and involve older Texans and their families in physical activities and proper nutrition. The program promotes activity among individuals, as well as community events and policies, to support fitness in all life areas. Through Texercise, DADS will: ensure a coordinated delivery of physical fitness and nutrition information and resources to aging Texans and develop a component to evaluate the effectiveness of the Texercise program.
**Deliverables Completed**

- A comprehensive revamp of all Texercise educational and marketing materials (including the website and handbook) to create materials that are current and resonate with the baby boomer-plus audience; and development of 12-week Texercise Coordinators Kit with evaluation forms for both the program host and program participants and to support community coordinators hosting Texercise programs across Texas; development of Texercise programs in many communities and settings across the state which include annual work plans to guide activities and to ensure deliverables are met.

**Future Deliverables**

- Ongoing deliverables for 2011 include: expanded nutrition and healthy eating materials for individuals and communities; and toolkits to support the creation of environmental changes that encourage physical activity (e.g. how-to create walking trails); and implementation and expansion of GetFitTexas!, an online physical activity tracking database.

- In fiscal year 2010, the Texas Round-Up gifted Department of Aging and Disability Texercise program with GetFitTexas!

- Texercise will provide ongoing technical support and outreach to Texercise partners, such as: Humana, AgriLIFE Extensions Walk Across Texas program, Texas Retired Teachers Association (TRTA), AARP Driver Safety Program, Special Olympics, and Governor’s Advisory Council on Physical Fitness. The continuing Texercise objective is to sustain the current programs and expand programs to other areas of the state.

**Local Community Preparedness Objectives**

- DADS, in collaboration with the AAAs and other public, private, and state agency partners, will pursue and support partnerships with public, private, and state agency partners to build community capacity to serve the aging populations of Texas; support and disseminate a community assessment toolkit to support community evaluation of ATW life areas; developing and disseminating public awareness materials to support Texercise and Aging Texas Well activities throughout the state; and applying for and implementing grants that develop and test new services and delivery models.
Deliverables Completed

- DADS developed partnerships that enhance the services and programs for the population DADS serves.

- The Sam’s Club and Wal-Mart statewide partnership was expanded. The partnership brings information regarding federal, state and local services available to older adults and their families. Sam’s Club hosts ongoing wellness events at identified stores to provide an interactive opportunity for older adults, their families and caregivers to learn about health and wellness activities, available services and to connect with local providers.

- The Age Well Live Well initiative was piloted in targeted West and East Texas communities. Age Well Live Well connects DADS regional/local offices, state supported living centers, AAAs and MRAs with city leadership and professionals in the aging and disability field to create community-wide awareness of the importance of health/wellness, volunteerism and resources/services available throughout the networks.

- An enhanced partnership between DADS and the Texas AgriLIFE Extension Service to support Age Well Live Well community programming developed. The partnership highlights: health/wellness through DADS Texercise and AgriLIFE’s Walk Across Texas programs; volunteerism through DADS Silver Lining and AgriLIFE 4H programs; and resources/services available through a joint DADS/AgriLIFE resource sheet.

- DADS developed and disseminated public-awareness materials to support Texercise and other Aging Texas Well activities throughout the state.

- DADS distributed public awareness materials throughout the state in fiscal year 2010-11. Public awareness of Texercise, Aging Texas Well, and VCE programs were provided through: representation at conferences, health fairs, public presentations and other events as identified; media partnerships developed by VCE and offered through magazines, websites, newspapers, public transportation services and radio; and the aging and disability network providers.
Future Deliverables

- Development and distribution of Texercise, Aging Texas Well and Volunteer and Community Engagement (VCE) public awareness materials will continue.
- DADS will work with providers, advocates, researchers and others to establish a resource of information to support culture change in nursing facilities and contributes to best practices and research to enhance the dignity and worth of individuals in an environment of home and community within nursing facilities.

Conclusion

The ATW Initiative developed in 1997, and formally brought to fruition under Executive Order RP 42 in 2005, continues to develop new opportunities for supporting older Texans. During the 2010-11 biennium, with guidance from the ATWAC, DADS and its partners have focused on and achieved many of the goals outlined in Executive Order RP 42. In the future, the ATW initiative will continue to develop best practices to improve the lives of older Texans.
Executive Order RP 42 mandates the creation of the Aging Texas Well Advisory Committee and the Aging Texas Well Plan. Text of RP 42 follows:

Executive Order RP 42 - April 1, 2005

WHEREAS, the State of Texas values older Texans and is committed to ensuring that all Texans age well with dignity, independence and opportunities to contribute to society; and

WHEREAS, Texas has 3.1 million people over the age of sixty, the fourth largest such population in the nation; and

WHEREAS, the elderly population represents an increasingly diverse and rapidly growing group as a result of increased longevity and the aging of the baby boom generation; and

WHEREAS, the Aging Texas Well initiative was first created in 1997 to encourage Texans to prepare individually for aging in all aspects of life and to ensure that state and local social services infrastructure facilitates aging well throughout the life span; and

WHEREAS, the changing demographics of the state will create the need for comprehensive policy changes in response to: growing numbers of informal caregivers for older Texans, rapidly increasing costs associated with caring for those with chronic disease and disability, the need for providers with geriatric training, the aging of persons with mental retardation and developmental
disabilities and their caregivers, and increasing numbers of older Texans with transportation and mobility needs; and

WHEREAS, recent federal initiatives such as the President’s New Freedom Commission on Mental Health and the Medicare Modernization Act will also impact the state’s ability to appropriately serve this population; and

WHEREAS, these demographic trends will create new and different demands on state services across all functions of state government, and will introduce new opportunities for economic and community growth while driving health and long-term care costs inexorably higher unless Texans emphasize healthy lifestyles that include physical activity and good nutrition; and

WHEREAS, local communities have a critical role in preparing for the future demographic changes by building capacity to support an aging population; and

WHEREAS, the White House Conference on Aging, scheduled for October 2005, provides an opportunity for states to further review and amend aging policies in their state;

NOW, THEREFORE, I, Rick Perry, Governor of Texas, by virtue of the power and authority vested in me by the Constitution and laws of the State of Texas as the Chief Executive Officer, do hereby order the following:

Advisory Committee.

The current Department of Aging and Disability Services Aging Resource Group shall be reconstituted as the Aging Texas Well Advisory Committee to advise the Department and to make recommendations to state leadership on implementation of the Aging Texas Well initiative.

Aging Texas Well Plan.

With the advice of the Aging Texas Well Advisory Committee, the Texas Department of Aging and Disability Services shall create and disseminate a comprehensive and effective working plan to identify and discuss aging policy issues, guide state government readiness and promote increased community preparedness for an aging Texas. The Texas Department of Aging and Disability Services shall biannually update the plan and shall evaluate and report on its implementation.
Review of State Policy.

With the advice of the Aging Texas Well Advisory Committee, the Department of Aging and Disability Services shall review and/or comment on state policies, concentrating on current critical trends including but not limited to:

- Improving services and supports for informal caregivers;
- Promoting ways to increase evidence-based disability and disease prevention activities;
- Increasing the recruitment and retention of health care providers trained in geriatrics;
- Improving the provision of services and supports to persons with developmental disabilities and mental retardation who are aging;
- Reviewing options to expand the mobility of older adults through affordable, accessible and integrated transportation services;
- Improving the provision of behavioral health services and supports to older persons; and
- Reviewing federal changes in health care policy, particularly the impact of the Medicare D prescription drug benefit, on the ability of older Texans to access medications.

State Agency Readiness.

The Texas Department of Aging and Disability Services shall lead a planning effort to ensure the readiness of all Texas state agencies to serve an aging population by identifying issues and current initiatives, future needs, action steps, and methods of performance evaluation. The effort shall advance an intergenerational approach to policies, programs, and services to address the needs of Texans across the life span.

Texercise.

The Department of Aging and Disability Services, Department of State Health Services, Governor’s Advisory Council on Physical Fitness, and other appropriate state and community organizations shall continue to promote and expand the internationally-recognized Texercise program as a means to ensure healthy lifestyles in older Texans.
**Local Community Preparedness.**

The Department of Aging and Disability Services shall work with public and private community partners, including state and local governments, to build capacity to serve a growing aging population through partnership development and action planning using formal community assessment processes.

**Report of Compliance.**

The Aging Texas Well Plan shall serve as a report on implementation of this order.

**Full Cooperation.**

All affected agencies and other public entities shall cooperate fully with the Department of Aging and Disability Services in the implementation of this order.

This executive order supersedes all previous orders in conflict or inconsistent with its terms and shall remain in effect and in full force until modified, amended, rescinded, or superseded by me or by a succeeding Governor.
Appendix D – ATW Diagram of Domains

ATW aims for improvements in 16 life areas, some of which focus on individual preparedness and others focus on social infrastructure (see page 8).

From the individual perspective, ATW addresses the areas of physical health, mental health, social engagement, spirituality, and financial and legal preparedness.

Social domains are quite varied, and include employment, protections, transportation, housing, volunteerism, community supports, and long-term services and supports, among others.

Taken together, these life areas empower aging Texans to take control of their lives, promote a positive aging experience, meet the challenge of obstacles with resources, and foster innovative solutions for generations of Texans to come.