# Table of Contents

Aging Texas Well Plan 2012 Progress Report ................................................................. 3
Aging Texas Well Advisory Committee Objective .......................................................... 3
Aging Texas Well Plan Objective ................................................................................... 4
Review of State Policy Objectives ................................................................................. 4
Review of State Agency Readiness Objectives .............................................................. 7
Review of Texercise Objectives .................................................................................... 7
Review of Local Community Preparedness Objectives ................................................. 8
Conclusion .................................................................................................................... 9
Appendix A: Fiscal Year 2012 Federal Grants in Support of Older Texans ................. 10
The Aging Texas Well (ATW) Plan 2012 Progress Report documents the initiatives and objectives carried out by the Department of Aging and Disability Services (DADS) and its partners - including other state agencies, educational institutions, non-governmental organizations and the private sector - during the first year of the ATW Plan 2012-2013. Throughout this period, DADS has developed new resources and shared them with partners to build capacity and help prepare for a rapidly growing population of Texans over age 60.

Organized by Executive Order RP 42 mandate areas, this progress report addresses the 2012-2013 biennium objectives and the current status of their completion as of August 31, 2012.

Aging Texas Well Advisory Committee Objective

- The Aging Texas Well Advisory Committee (ATWAC) will advise and provide feedback to DADS on aging policy issues, state government readiness and community preparedness.

**Deliverables Completed**

- ATWAC members participated in the development the ATW Plan 2012-2013.
- The ATWAC chair appointed an ATWAC Strategic Planning Standing Subcommittee in February 2012 to enhance the ATWAC members’ participatory role. The charge to the committee is to review all biennial ATW plans and annual progress reports and to make recommendations to the full ATWAC; and to provide input on the DADS legislative appropriation request (LAR) to the full ATWAC. The subcommittee developed and delivered recommendations to DADS for inclusion in the 2014-2015 LAR.
- In 2012, ATWAC members recommended nominees for ATWAC membership as vacancies occurred.
- The ATWAC provided 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. The ATWAC member representing the Department of State Health Services (DSHS), provided input and guidance to one ATW issue brief.
- Speakers at the FY 2012 ATWAC meetings addressed the following topics: Emergency Preparedness, Glen Bason, DADS Director of Staff Operations on November 2, 2011; Late Life Depression and Telehealth Problem-solving, Dr. Namkee Choi, Professor, University of Texas at Austin on November 2, 2011; Reflections on Aging Texas Well Past and Future, DADS Deputy Commissioner Jon Weizenbaum on February 22, 2012; DADS Culture Change Initiative for Texas Nursing Homes, Mary Valente, Policy Specialist, Center for Policy and Innovation on May 23, 2012; and Age Well, Live Well, Ken Bomar, Marketing Director, DADS, Volunteer and Community Engagement Program; and ATW Indicator Survey 2012, Dr. Martha Diase, Research Specialist for Center for Policy and Innovation on August 22, 2012.

**Future Deliverables**

- Quarterly ATWAC meetings are scheduled for the remainder of 2012-2013. Meeting dates are on the ATW website calendar. Future quarterly meeting dates for the 2012-2013 calendar years are November 7, 2012; February 6, 2013; June 5, 2013; and August 7, 2013.
Consistent with the ATWAC Strategic Planning Subcommittee April 2012 recommendations, all ATWAC members will participate in the on-going rollout of the Community Assessment Toolkit project.

**Aging Texas Well Plan Objective**
- DADS will update the ATW Plan every two years and will evaluate and report on its implementation annually.

**Deliverables Completed**
- DADS staff completed and ATWAC members reviewed the ATW Plan 2012-2013 on November 8, 2011. The plan is now posted on the ATW website.

**Future Deliverables**
- The ATW Plan 2012-2013 progress report will be distributed at the November 7, 2012 ATWAC meeting.
- The ATW Plan 2013-14 will be completed by September 1, 2013.

**Review of State Policy Objectives**
- DADS may develop issue briefs and reports on various topics to encourage understanding of complex aging and gerontological topics.

**Deliverables Completed**
- During 2012, DADS staff provided updates on Texas aging demographics, changing trends in the Texas population, and information on disability and internet use to the DADS Center for Consumer and External Affairs.
- The fifth and final ATW Issue Brief using 2008 ATW indicator survey data, "Aging Texas Well Issue Brief: Nutrition, Physical Activity, and Obesity" was completed and posted on DADS websites in August, 2012.
- In 2012, DADS staff and ATWAC members made presentations at several conferences. These included: 1st Annual symposium on Gerontology-Geriatrics Awareness and Education: The Community Assessment Toolkit: An initiative to promote aging well (February 2012); Texas Rehabilitation Association Conference: Aging and Employment (June 2012); Texas Conference on Aging (TCOA): Aging in Place: Preparing individuals and communities for the future, (ATWAC panel, May 2012); Aging with Intellectual and Developmental Disability (May 2012).

**Future Deliverables**
- The ATWAC Strategic Planning Subcommittee identified areas of focus for future ATWAC meetings and in on-going study and recommendations: mobility options for older Texans and individuals with disabilities, transportation, and trends in delivering services.
- The ATWAC agendas in future meetings and informational updates on the ATW website will address: disaster preparedness, end-of-life issues, the use of health information technology for chronic disease self-management and health promotion.
- DADS staff in collaboration with the ATWAC members will study the use of home-based technologies to enable older individuals to age in place.
- DADS staff will address the effects of the Older Americans Act re-authorization on older persons through on-going education and discussion. Informational updates will be provided by email, ATW website postings, and subject matter expert presentations in ATWAC meetings.
To determine caregiver needs for respite care, DADS developed and distributed a caregiving survey related to respite care on DADS Take Time Texas and ATW websites. Survey results are in the process of analysis.

DADS staff conducted two additional caregiving surveys in response to SB 271 from the 81st Texas Legislature. This legislation required DADS to collect data on caregivers. One survey is a needs assessment of caregivers using all 28 Area Agencies on Aging (AAA) and the other survey is a caregiver status questionnaire of informal caregivers known to 11 community service regions to develop a profile of caregivers. The findings will be presented in a report due to the legislature on December 1, 2012.

DADS will work with the AAAs and their local partners and the Access and Intake Special Projects Unit to continue outreach and expansion of the Texas Healthy Lifestyles initiative and Better Choices, Better Health™. Better Choices, Better Health™ provides on-line evidence-based practices for health promotion, disease prevention, and caregiving.

**Deliverables Completed**

- The Texas Healthy Lifestyles Chronic Disease Self-Management project (CDSMMP) funded under the American Recovery and Reinvestment Act (ARRA) ended on June 30, 2012. Texas met its goal of 4,098 enrollees and 2,975 completers in the CDSMMP grant-funded programs.
- In August 2012, DADS received $250,000 from the Administration on Aging (AoA) Office of Home and Community Based Services to continue development of the Texas Lifespan Respite Care program. *The Texas Lifespan Respite Care Program: Building Integration and Sustainability* was funded from August 1, 2012 until January 31, 2014.
- DADS was awarded an ADRC Sustainability Program Expansion Supplemental Program (Part B) grant for an estimated $198,000 from the Administration for Community Living Centers for Medicare & Medicaid Services Veterans Health Administration (Affordable Care Act, Sec 2405 and Older Americans Act Title IV). The one-year grant provides funds to develop sustainability strategies for Texas’ ADRC Options Counseling Program in conjunction with DADS Balancing Incentives Program, other CMS-funded activities, and the Veterans Health Administration.
- The Texas Health and Human Services Commission (HHSC) in partnership with DADS will implement the State Balancing Incentive Payments Program (BIP) project (Centers for Medicare & Medicaid Services Affordable Care Act, Section 10202). The grant amount is 2 percent enhanced Federal Medical Assistance Percentage (FMAP) until funds are exhausted or until October 1, 2015 and tied to the percentage of a State's non-institutional LTSS spending. Over the three-year project period (October 1, 2012 – September 30, 2015) funds approximating $310.5 million is projected. The BIP provides increased FMAP in return for implementation of structural changes, including a No Wrong Door/Single Entry Point system, conflict-free case management services, and a core standardized assessment instrument.
- DADS focused on AAA nutrition programs *Promoting Healthy Lifestyles Through Community Programs* by surveying congregate nutrition sites funded by the Older Americans Act to encourage healthy living. To support nutrition programs, the DADS AAA section is currently developing program instruction for the use of donated produce and community gardens at nutrition sites and is identifying model congregate meal programs to share with the Aging Network.
Future Deliverables
- The CDSMP and Diabetes Self-Management Program (DSMP) evidence-based health promotion programs previously funded by American Recovery and Reinvestment Act (ARRA) grants, will be sustained with Older Americans Act funding for Title IIID eligible clients, increased partnerships with Department of State Health Services (DSHS), and through partnerships with local foundations, health departments and community based organizations. In addition, four of the five original Texas ARRA grantees are seeking accreditation from the American Association of Diabetes Educators to receive Medicare reimbursement for DSMP classes.
- DSHS will host a leader training session in September 2012 to train one master trainer from DADS East Texas Coalition (ARRA Grant contractor) to become a T-Trainer for the Stanford Chronic Disease Self-Management Model. Having a T-Trainer in Texas allows for lower cost training and more opportunities statewide.
- The ATW Evidence-based Clearinghouse for Health Promotion is continuously updated by DADS staff. This includes tracking the progress of research to support the development of evidence-based programs and emerging evidence-based programs.

Deliverables Completed
- DADS will continue to monitor recruitment and retention of direct service workers and other healthcare providers trained in geriatrics.

Future Deliverables
- The PIAC Workforce Subcommittee has begun to examine the feasibility of establishing and identifying potential financial resources to establish a Direct Service Worker evaluation; an employer/employee automated matching system; and an online training and career development pilot.
- Based on the recommendations of the HHSC Executive Commissioner, a Home and Community-Based Services Workforce Advisory Committee was appointed (November 2010). DADS staff will conduct a survey of Texas direct service workers to gain a better understanding of their needs.
- A member of the ATWAC is serving as a project investigator from Texas Tech University Health Science Center (TTUHSC) in partnership with Sears Methodist Retirement System in their third year of a U.S. Health Resources and Services Administration (HRSA) grant to train certified nursing aides to work in rural/underserved populations and to also implement a career ladder for certified nurse aides to work with the geriatric population.
- DADS has an on-going collaboration with the University of Texas in Austin (UT) School of Social Work to enhance the number of social workers trained in geriatrics by developing social work field placements in aging and public policy within HHSC agencies. DADS may expand such partnerships with other disciplines to improve training for individuals who work with older Texans.
Deliverables Completed
- DADS staff meets regularly with the UT School of Social Work Gerontology Resources and the Aging Community in Education committee to plan for and provide education related to geriatric training for social worker students.

Review of State Agency Readiness Objectives
- 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.

Deliverables Completed
- DADS staff provides regular updates on the ATW website and on-going coordination and linking between DADS websites including Take Time Texas (Respite Care) and Culture Change in Texas Long-term Care, DSHS and community partner websites, and informational reports on a wide range of topics.
- In Spring 2012, DADS staff developed and distributed ATW marketing materials: new ATW brochures, pens with ATW labels, and ATW note pads.

Future Deliverables
- DADS will contract with a Texas institution of higher education to conduct the Aging Texas Well Indicator Survey 2012. The institution of higher education that is awarded the contract will conduct approximately 2,600 phone interviews with Texans over age 60. The data collected will be delivered to DADS by February 28, 2013, for analysis and to develop reports on a wide range of topics.
- DADS staff participated on the Texas Commission Coordinating Council for Veterans Services (TCCVS) created by Senate Bill 1796 (82nd Legislature). The workgroups of the TCCVS have drafted a report on several issues affecting veterans, service members and their families. The report was submitted to the Governor and the Legislature on October 1, 2012.

Review of Texercise Objectives
- Texercise, a statewide health promotions program developed by DADS, will 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.

Deliverable Completed
- Recent enhancements to Texercise include an expansion of the Texercise Champions, to new program locations and sites. These enhancements focus on individuals who receive the necessary knowledge and tools to advocate for and help implement Texercise and other physical activity programs for adults in their community. The Age of Champions, a documentary that highlights senior athletes, and the International Council on Active Aging have joined the Texercise Champions program to help create awareness of the importance of physical activity.
- DADS staff awarded a grant to the Texas A & M Health Science Center (TAMHSC) to evaluate specific outcomes related to the effectiveness the 12-week Texercise program. The timeline for the research is between September 2012 and August 31, 2013.
o DADS staff expanded nutrition and healthy eating materials for individuals and communities. Texercise fact sheets are available on twenty topics covering physical activity, health and nutrition. They are available online: http://www.dads.state.tx.us/texercise/resources/factsheets.html.

o DADS staff developed toolkits to support the creation of environmental changes to encourage physical activity (e.g. how to create walking trails). The toolkit will be posted on the worksite portion of the Texercise website.

o DADS staff expanded GetFitTexas!, an online physical activity tracking database. Beta testing conducted with focus groups has been completed.

**Review of Local Community Preparedness Objectives**

- DADS, in collaboration with the AAAs and other public, private, and state agency partners, will develop partnerships with public, private, and state agency partners – the Corpus Christi Mayors Council on Aging and others - to build community capacity to serve older Texans.

**Deliverables Completed**

- A pilot of the ATW Community Assessment Toolkit (CAT) is underway in the city of Corpus Christi and DADS will formally recognize and acknowledge achievement of specific milestones.
- Beginning in February 2012, DADS staff developed the ATW Community Assessment recognition process to acknowledge and motivate progress for the CAT pilot process.
- DADS staff is working 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. Results have included: three webinars on the topics of dining, bathing and recreational activities, distribution of 42 copies of a CD containing Webinar or Symposium training materials, ongoing updates to the culture change webpage including no-cost ideas, articles, and video.
- The Volunteer and Community Engagement Age Well Live Well (AWLW) initiative was piloted in targeted West and East Texas communities. The ATW and AWLW staff provided a joint presentation for the Texas Rehabilitation Association Conference in Arlington, Texas in April 2012.
- DADS developed and distributed ATW and VCE public awareness materials at the Texas Conference on Aging (May 2012), Texas Retired Teachers annual convention (March 2012), and Shape-up Sugarland (January 2012).

**Future Deliverables**

- The Aging Texas Well initiative will focus on issues related to emergency preparedness for individuals over age 60, end-of-life issues, aging in place, public benefits, and transportation.
- In 2012, the DADS Culture Change initiative plans to conduct *Person-Directed Care is the Heart of Culture Change* Symposia in four locations in Texas.
- In September, 2012, a Culture Change webinar will address the topic: *Moving-In Day: A Person-Directed Approach.*
- The DADS Volunteer and Community Engagement (VCE) office will redesign the agency's volunteer recruitment and awareness initiative, "Silver Lining.” This includes the designing of (1) a website; (2) flyers, posters, fact sheets, and brochures; (3) public service announcements; and (4) articles for print media including the DADS View, senior publications, and targeted DADS partners.
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 growing population of older Texans. This progress report underscores DADS commitment to the ATW Plan and the progress made on the goals of the plan in 2012. During the 2012-2013 biennium, with input and direction from the ATWAC, DADS and its partners will continue to focus on the goals outlined in RP 42 and develop best practices to improve the lives of older Texans and their families.
Appendix A: Fiscal Year 2012 Federal Grants in Support of Older Texans

During FY 2012 DADS applied for and was awarded federal discretionary grants designed to support activities serving older Texans. DADS also partnered with other entities to secure federal funding, as noted.

**ADRC Sustainability Program Expansion Supplemental Program (Part B)**

Administration for Community Living Centers for Medicare & Medicaid Services
Veterans Health Administration (Affordable Care Act, Sec 2405 and Older Americans Act Title IV)

**Grant Period:** 1 year (September 30, 2012 – September 29, 2013)

**Award:** FY 2012: $198,161

**Overview:** This funding opportunity is specifically designed to help support states pursue and develop sustainability strategies for ADRC Options Counseling Program in conjunction with their health systems transformation and funding from the CMS, and Veteran Health Administration. DADS Access and Intake will implement this grant.

**Lifespan Respite Care Program – Grants to States (Option 2: Building Integrated & Sustainable Lifespan Respite Care Programs)**

Administration on Aging (Lifespan Respite Care Act of 2006)

**Grant Period:** 18 months (August 1, 2012 – January 29, 2014)

**Award:** $250,000

**Overview:** This project will build upon existing lifespan respite infrastructure to effectively coordinate a more robust system of services and supports for caregivers across the lifespan statewide. DADS Access and Intake will implement this grant.

**State Balancing Incentive Payments Program (BIP)**

Centers for Medicare & Medicaid Services (Affordable Care Act, Section 10202)

**Grant Period:** October 1, 2012 – September 30, 2015

**Grant amount:** 2% enhanced FMAP until funds are exhausted or until October 1, 2015, tied to the percentage of a State’s non-institutional LTSS spending. Over the three-year project period, $310.5 million is projected.

**Overview:** The Balancing Incentive Program provides increased FMAP in return for their implementation of structural changes, including a No Wrong Door/Single Entry Point System, conflict-free case management services, and a core standardized assessment instrument. HHSC will implement the project in partnership with DADS.

**FY 2011 Section 811 Project Rental Assistance (PRA) Demonstration Program**

Department of Housing and Urban Development (HUD Reform Act Section 103)

**Grant Period:** September 30, 2011 – September 29, 2012

**Grant amount:** $330,000; After HUD’s project timelines were delayed, a no-cost extension in the amount of $178,114 for FY 2013 was granted in August 2012.
Overview: Section 811 PRA Demo funding for state housing or other appropriate housing agencies to provide project-based rental assistance in the development of supportive housing for extremely low-income persons with disabilities. The grant program continues the partnership between DADS, HHSC, and the Texas Department of Housing and Community Affairs (TDHCA) to provide assistance to individuals with disabilities receiving Medicaid.