

# Utah Commission On Aging



## Annual Report 2006-2007



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## Executive Director's Message

In the last year, the Utah Commission on Aging has made progress toward its goal of helping the State of Utah prepare for the doubling of its aging population in the next 25 years.

The Commission facilitated the UTAH 2030 project, in which every department in state government considered and identified:

- ♦ the issues that Utah's aging population would raise in each department
- ♦ what each agency is already doing to address these issues
- ♦ priorities that each agency will address
- ♦ action steps and the results the action steps will produce.

Taken as a whole, the agency briefs are a powerful planning document for the State of Utah that can serve as a roadmap for the near future.

During the 2007 legislative session, the Commission encouraged legislation for the first time in its history. The three bills that the Commission promoted all passed unanimously in both houses and were signed into law by the Governor. Most important of the bills is the Utah Advance Health Care Directive Act. This bill makes it easier for an individual to appoint an agent to make decisions if the individual becomes incapacitated. The bill also turns the "Living Will" portion of the document into a statement of preference that allows an individual to choose real-life criteria that must be met before life-sustaining care should be withdrawn. The bottom line is that the bill should make it easier for health care providers to honor patients' end-of-life care wishes.

Much of 2007 and 2008 will be spent working with community partners to assure that there is adequate community and professional training in place to allow a smooth transition to the new law.

The work of the Commission's Special Committees will continue. As this report indicates, projects are ongoing and will be pursued through completion. We are pleased by the progress in assuring that 211 Information and Referral provides effective services to Utah's aging population, the publication of *Take Charge of Your Future Now*, a Utah-

specific guide to financial security, the publication of *Guidelines for Employers of Caregivers*, and the progress made by our partners, Intermountain Healthcare, the University of Utah School of Medicine, and the University of Utah College of Nursing in their successful attempts to fund projects that will improve healthcare for aging Utahns.

The Commission has directed some of its efforts to increasing the emphasis on research and policy development. In its new home at the University of Utah Center on Aging, the Commission is finding new opportunities to collaborate with faculty and students to generate the data needed to make informed policy recommendations. These efforts will be used to assess the effectiveness of Commission projects and other community initiatives.

In 2007-2008, the Commission will continue its work of assessing and recommending policy initiatives, promoting projects that will build community, and collaborating with partners to improve the State's ability to accommodate the needs of Utah's aging population.

## The Wasatch Front's Aging Population in 2007<sup>1</sup>

In 2007, the CareSource Foundation, which funds patient care and works to advance end-of-life care through research, commissioned a Dan Jones & Associates survey of households in which individuals aged 55+ resided. From this study, we learned:

- ◆ 92 percent are "very satisfied" or "somewhat satisfied" with their life and general situation now
- ◆ 64 percent, a smaller, but still substantial number of respondents, are very or somewhat optimistic about the next 10-15 years
- ◆ 46 percent of those not yet retired are in the workforce because they need the money
- ◆ 53 percent have done a financial analysis to determine how much money they will need to save for retirement (those who have done an analysis are more likely to be financially prepared for retirement)
- ◆ When asked how much in savings individuals thought they would need for retirement, 46 percent replied "Don't know."
- ◆ Less than 1/3 reported eating the recommended 5 or more servings of fruits and vegetables per day
- ◆ 66 percent reported getting the recommended amount of physical activity each week
- ◆ 94 percent reported having adequate health care coverage

An initial review of the data suggests a gap between those who think they have long-term care insurance and those who are actually covered by this product. Further analysis will be conducted to consider the implications of these responses.

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<sup>1</sup> Data for Utah is not available.

## Utah 2030

In 2006, Governor Jon M. Huntsman asked each department in state government to participate in UTAH 2030. The project was designed to consider how the dramatic increase in Utah's aging population will affect state government. The process was designed to:

- ◆ Gain an understanding of Utah's changing demographics
- ◆ Project the impact of the aging population on each department's policies, programs, and products
- ◆ Establish realistic and achievable short-term action steps for each department
- ◆ To create an optimal fit between the goods and services provided by state agencies and the needs of the people the agencies are serving.
- ◆ To minimize the burdens on state agencies that may be caused by the aging population
- ◆ To maximize the benefits to the State of Utah of an increasing aging population

The process revealed themes about what the state must do to address its changing demographics:

- ◆ The quality of the state government work force is at risk because of the low unemployment rate, coupled with an older work force that is nearing retirement age
- ◆ Utah's economic boom may offer opportunities for retired workers, especially professional and skilled workers, to help address the labor shortage and to bridge the gap while a new generation of professionals is groomed
- ◆ State government programs will need to change to accommodate the increase of the state's aging population, but strategies that are being put in place now will lessen the burden with tools such as technology

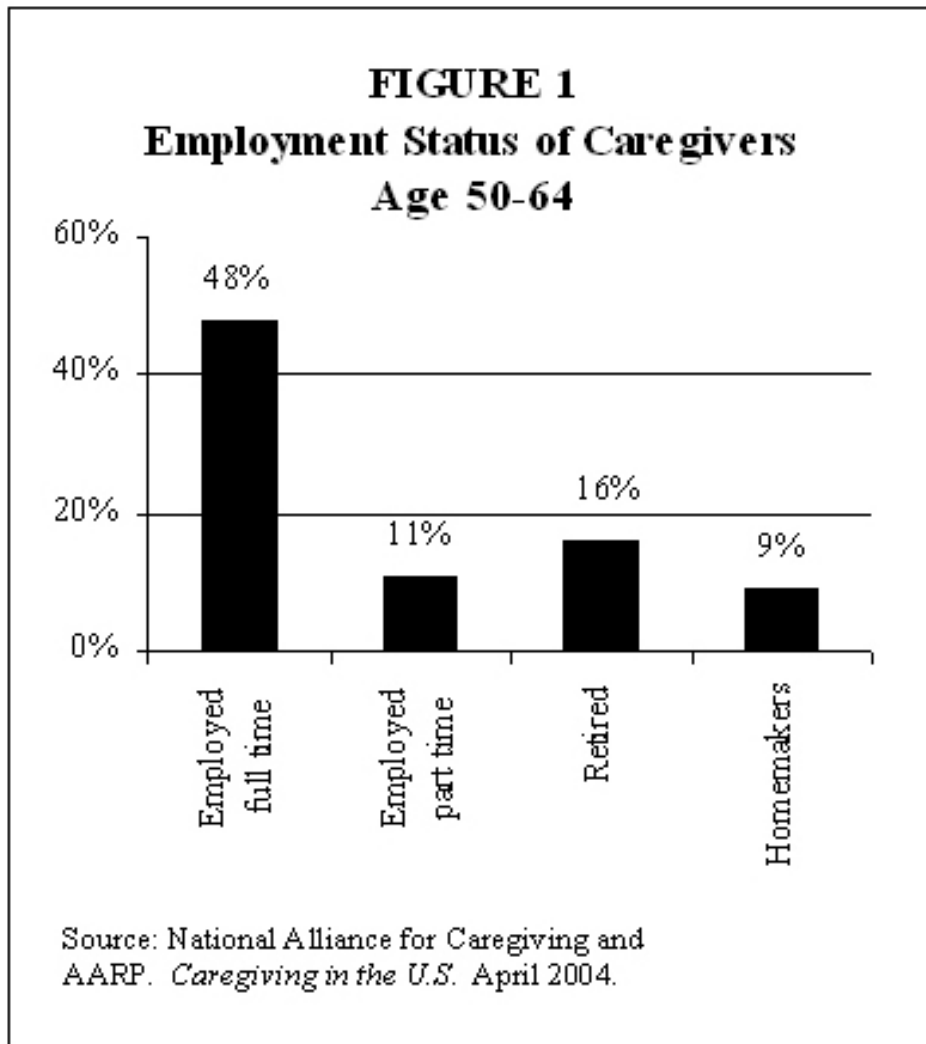
When viewed as a whole, the UTAH 2030 report shows that the state government is innovative, concerned about providing quality services to constituents, and moving forward to effectively prepare for the inevitable changes that are coming.

The UTAH 2030 Report is scheduled for release in early March of 2008.

## Caregiver Support

Informal caregivers provide the majority of long-term care in the U.S. One study estimated that the value of informal caregiving in the U.S. is \$257 billion, annually.<sup>2</sup>

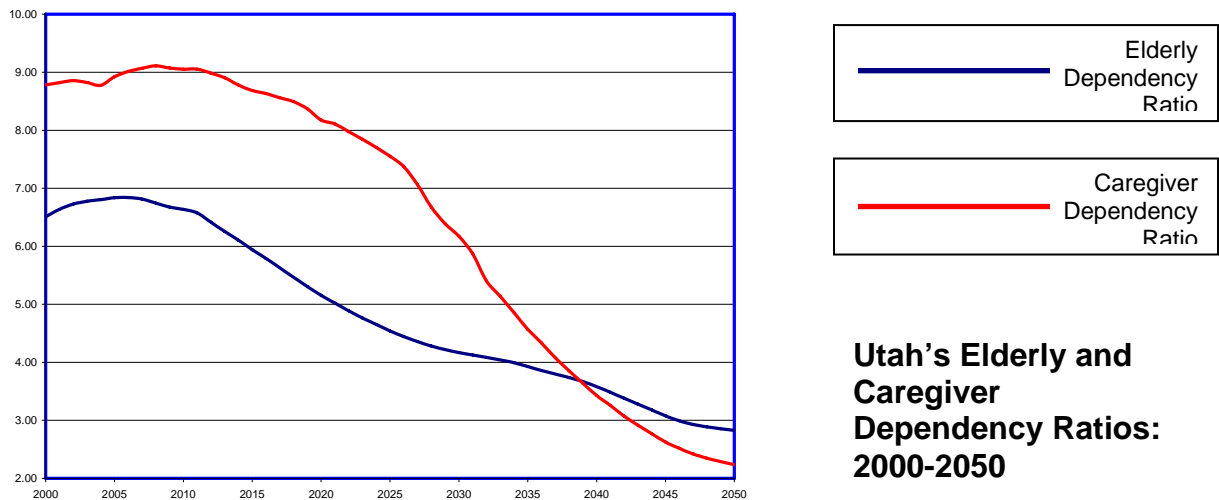
In the U.S., 48% of caregivers are employed full-time, with 11% employed part-time. Figure 1 shows the employment status of caregivers age 50-64. In other words, caregivers are employees.



<sup>2</sup> Arno, P.S. Economic Value of Informal Caregiving. Annual Meeting of the American Association of Geriatric Psychiatry, Orlando, FL, February 24, 2002.

***“Each 1% drop in family care giving requires approximately \$30M in additional public funds...”<sup>3</sup>***

The Caregiver Dependency Ratio compares the number of women aged 45-64 – the demographic profile of a typical caregiver – with the 85+ population. Utah’s Caregiver Dependency Ratio will plummet in coming decades.



The Utah Commission on Aging Committee on Caregiver Support Committee has developed and published, "Guidelines for Employers of Caregivers." This product contains a comprehensive review of the issues and impact of caregiving in the workplace. The guidelines provide a step-by-step outline for employers to:

- ◆ Survey staff to assess caregiver employee needs
- ◆ Evaluate policies and benefits applicable to caregivers in the workplace
- ◆ Compile an HR/EAP caregiving resource library
- ◆ Establish "brown-bag" training and benefit fairs for caregiver/employees
- ◆ Train managers about how to appropriately support caregiver employees

These guidelines were presented to area employers, including America’s First Credit Union and ATK Launch Systems. These employers expressed interest in making their workplace caregiver-friendly.

The Commission on Aging will solicit the help of a graduate student to evaluate the effectiveness of this program.

<sup>3</sup> From Developing the Road Map: Planning the Future of Long-Term Care in Utah, Nancy Rehkamp, UHCA Conference, September, 2007

## **Community-Based Care**

### **211 Information and Referral**

One of the first needs identified by the Utah Commission on Aging's Community-Based Care Committee was an improved Information and Referral system that more effectively met the needs of Utah's aging population. 2-1-1 and Utah Cares prohibited the inclusion of for-profit, licensed agencies that provide many of the services available for aging population in Utah. After much negotiation, an agreement is now in place between the State of Utah and the Utah Food Bank, which operates 2-1-1 Information and Referral, to include for-profit, licensed providers in the Utah Cares/2-1-1 Information and Referral data base.

### **Gap Analysis**

The Community Based Care Committee is working to conduct a gap analysis to determine where services are needed but lacking that would enable individuals to live in their homes.

## **Education**

The Education Committee, with the support of Denise Brooks, a graduate student in Gerontology at the University of Utah, created Aging SMART, a guide to educational opportunities for aging individuals and for those wanting training to enable them to serve the aging population. The state-wide, county-by-county guide is available on line at [www.aging.utah.edu/agingsmart](http://www.aging.utah.edu/agingsmart) and in book form.



A second student drafted a white-paper on policy changes promoting older adult education in Utah.

## End-of-Life Care

The Commission's most significant legislative initiative was a dramatic revision to Utah's Living Will laws, promoted by the End-of-Life Care Committee.

Utah's new law:

- ◆ Makes it easier to make an advance health care directive
- ◆ Encourages appointment of an agent
- ◆ Recognizes that surrogate health care decisions are often for ongoing care, not just end-of-life
- ◆ Aligns directives with health care practice
- ◆ Recognizes and emphasizes patient rights
- ◆ Places patient preferences at the center of end-of-life decision making
- ◆ Eliminates barriers to honoring patient wishes

Since the Utah State Legislature unanimously passed the Utah Advance Health Care Directive Act and Governor Huntsman signed the bill into law, the Commission on Aging has:

- ◆ Collaborated with the Utah State Bar to educate 80 individuals about how to facilitate the end-of-life care planning process
- ◆ Provided train-the-trainer materials and support to 20 trainers, including aging service providers and health educators
- ◆ Collaborated with the Utah State Bar to educate 120 health care attorneys and health care leaders about the new law in December 2007
- ◆ Introduced the new law to every health care system on the Wasatch Front
- ◆ Drafted and submitted proposed Model Instructions to the Department of Health, which is authorized by statute to issue model instructions to accompany the statutory form
- ◆ Drafted a Guide for Health Care Providers on the new advance directive form and law
- ◆ Developed an Academy to be offered through University of Utah Continuing Education Professional Education Office for facilitators and health care providers
- ◆ Collaborated with the Utah Department of Health concerning the need to amend regulations
- ◆ Collaborated with the Utah Medical Association to print the new directives and instructions

The Commission is working to assure that individuals who wish to complete the new forms can find help in the community to complete the forms

- ◆ Senior centers
- ◆ Health care facilities
- ◆ Religious communities

The Commission will work with media partners to assure that the general public knows that a new law is going into effect on January 1, 2008.

## Financial Security

When the Commission's Financial Security Committee first convened two years ago, the group quickly agreed that there was an unmet need for a guide to financial security that was not attempting to sell a product and that contained information specific to Utah.

The new publication, "Take Charge of Your Future Now" is that guide.

The Commission will collaborate with the Department of Health's "Own Your Future" campaign and the United Way's "Utah Saves" campaign to distribute the publication.

The Commission will evaluate the effectiveness of the guide to assure that it achieves the objective of promoting financial security and saving for retirement.

### 2007 Financial Security Legislative Initiatives

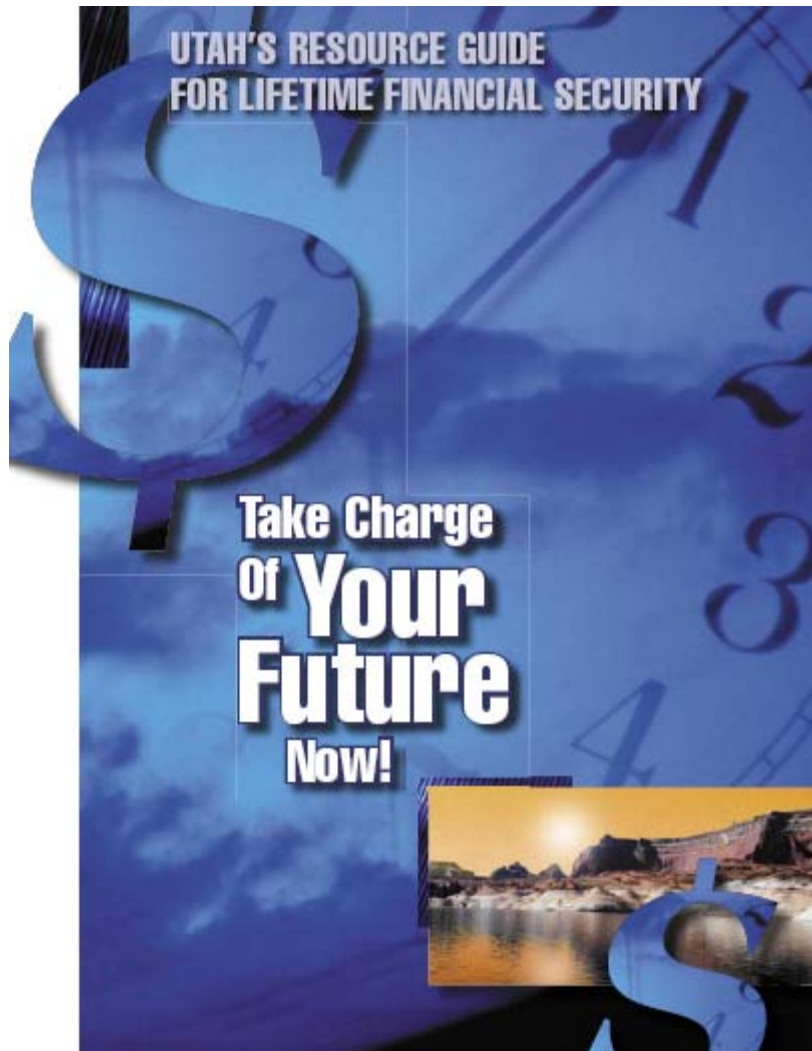
#### • **SB 7, Exploitation of a Vulnerable Adult Amendments**

Allows courts to award attorneys' fees to prevailing plaintiff in

civil elder abuse cases (*Sponsored by Senator Hillyard and Representative Wyatt; passed unanimously in House and Senate*)

#### • **SB 24, Probate Code Amendments**

Increase the small estate exemption amount (*Sponsored by Senator Romero and Representative Johnson; passed unanimously in House and Senate*)



## **Healthcare**

- ◆ Care Management Plus training was provided through January 2007
- ◆ The Oregon Health and Science University received a \$2.5 million grant to continue Care Management Plus, with Cherie Brunker, MD, member of the Commission and the Healthcare Committee, as Co-Principal Investigator
- ◆ The University of Utah College of Nursing was awarded \$1 million by the John A. Hartford Foundation to better prepare nurses to care for geriatric patients
- ◆ The Committee will explore strategies to promote medication self-management
- ◆ The Committee will consider options for assessing and developing the healthcare workforce

## **Long-Term Plan for Long-Term Care**

The Commission has convened a group of stakeholders to develop a long-term long-term care plan for the State of Utah. The Committee is developing a vision for long-term care in the future, and will make near-term recommendations that will help the State to achieve the vision in the future.

Committee members represent stakeholders, such as

- ◆ UDOH
- ◆ DHS/DSPD
- ◆ DHS/DAAS
- ◆ AAAs
- ◆ Nursing Facilities
- ◆ Assisted Living Facilities
- ◆ Disability Community
- ◆ Families of Disabled Individuals
- ◆ Caregivers

Since the Spring of 2007:

- ◆ The group has worked to develop a vision statement aimed at the long-term care system in 25 years
- ◆ The group has reviewed reports of previous efforts to change Utah's long-term care system, including the Olmstead Report and the Utah Health Policy Commission's report on long-term care
- ◆ The Commission has met with officials from the State of Vermont, which has implemented a program that allows individuals who are eligible for long-term care Medicaid to choose the setting in which the individual wants to receive care to learn from the process followed in that state
- ◆ The Commission testified to the Utah Legislature's Medicaid Interim Committee about its efforts

## **Public Safety**

- ◆ Developed a survey tool to assess law enforcement officers' attitudes toward aging individuals and understanding of elder abuse laws
- ◆ Will administer the survey in an assortment of law enforcement organizations around the State
- ◆ Will make policy recommendations based on survey results

## **Quality of Life in Long-Term Care**

- ◆ Formed a Culture Change Coalition
- ◆ Ongoing assessment of Culture Change initiatives
- ◆ Collaborating with the Utah Health Care Association to obtain data to serve as basis for future recommendations
- ◆ Forming a task force on Assisted Living

## **Transportation**

- ◆ The Utah Department of Human Services, Division of Aging and Adult Services, was successful in obtaining authorization to use non-lapsing funds to start a senior transportation program in Utah County
- ◆ AARP and Envision Utah sponsored a Transportation Summit to consider transportation issues facing Utah's aging population; a report on the conference will be issued in early 2008