Annual Report

2021-22

Prepared for:
Governor Spencer J. Cox
Utah State Legislature
Health and Human Services

Submitted by:
Rob Ence
Executive Director
Andrew Jackson
Commission Chair
Message from the Commission Chair

The Utah Commission on Aging (UCOA) was essential in keeping opportunities accessible the past two challenging years in careful partnership with the area agencies on aging and other service partners.

The emergence of UtahAging.org, our older adult virtual resource center, will continue to be a vital navigation resource to all Utahns. UCOA's collaborative efforts on critical topics continues to address current and future needs with age friendly frames on finance, education, health, housing, and caregiving.

Technical, health, and financial literacy are ongoing challenges as all deserve the opportunity to connect to social networks and access vital information. UCOA remains dedicated to helping all Utahns live their best lives.

Message from the Executive Director

UCOA respectfully shares this annual report to our policy makers, stakeholders, and collaborative partners. Fiscal year 2021-22 continued vital partnerships and launched new initiatives. UtahAging.org is now a robust and comprehensive virtual resource center for important programs.

UCOA continues to lead in driving access to information through technology and is looking forward to supporting new efforts on family caregiving, Alzheimer’s research, and other critical challenges ahead.

The work with the state AAAs has been productive and the joint project on the resource center has been highlighted in forums outside of Utah.

UCOA is ready to tackle a new state master plan for aging, deploy the resource call center, and engage older Utahns in lifelong learning and arts engagement opportunities.
Our Social Impact
Utahns are better prepared to engage the opportunities and challenges of aging.

Our Mission
The Utah Commission on Aging convenes stakeholders to innovate, advocate, educate, and communicate to help Utahns navigate the opportunities and challenges of aging.

Our Values
1. Empowering through knowledge
2. Fostering new innovation
3. Advocating effective policy
4. Improving societal outcomes

UCOA Commitment to Stakeholders:
(Policy Makers, Researchers, Resource Providers, Public)

1. Research
   • Study, evaluate, and report on the projected impact on the state’s ecosystem
   • Facilitate and conduct the research and study of aging issues
   • Study and evaluate policies and programs in other states and countries

2. Public Policy
   • Identify and recommend policies and programs
   • Study, evaluate, and report on the effectiveness of policies and programs
   • Work with policy makers in analysis, planning, and preparing

3. Resource Education
   • Increase understanding of current and future needs and solutions
   • Facilitate collaborative efforts between public and private entities
   • Increase public awareness on innovative solutions and services

4. Communications
   • Provide a forum for public access and input on aging issues
   • Utilize all media formats to disseminate public information
   • Report results and account to stakeholders
UCOA Statutory Appointments as of June 30, 2022

Chair:

Jackson, Andrew
Public Transportation

Appointed Members:

Anderson, Amy
Utah League of Cities and Towns

Burbank, Chris
Public Safety

Curley, Darlene
General Public – Policy

Daniel, Ronnie
Advocate for Older Adults

Hofmann, Michelle*
Health - DHHS

Hollinghaus, Mike*
Demographic Data Analyst

Holmgren, Nels
Aging Services - DHHS

Kelso, Gary
Long-Term Care

Leggett, Paul
Utah Area Agencies on Aging

Milne, Linda
General Public

Ormsby, Alan
Advocate for Older Adults

Rajeev, Deepthi
Nonprofit Organizations

Supiano, Mark
Higher Education

Wilson, Troy
Legal Profession

Wright, Glenn
Utah Association of Counties

*six new appointments awaiting approval*

*New UCOA appointments during fiscal year.*

Executive Director:

Ence, Rob

Thank you to Ronnie Daniel for his years of service to the Commission as well as the Alzheimer’s Association of Utah.
UCOA Quarterly Summit Agendas/Topics

Complete packets and recordings of meetings can be found at https://ucoa.utah.edu/meetings.php.

All meetings are virtual and open to the public.
*Average Attendance = 50+ Members/Partners

All meetings conducted by Andrew Jackson, UCOA Chair

**Summer Quarter - Thursday, August 12, 2021 @ Zoom Conference**

**Executive Director Report**

- Meeting with the Governor and quarterly staff meeting
- Darlene Curley – newly appointed UCOA member
- Annual Report for UCOA – Distribution by September 1
- Utah Elder Abuse Awareness Day
- Practicum Students—Nancy A, Joel M, Erika T

**Community Partner Engagement**

- UGS Revival – Utah Geriatric and Gerontology Society
  - J Lassere, MD
- Utah Broadband Center – Advisory Council
  - Rebecca Dilg
- Utah Library System – older adult learning centers
  - Liz Gabbitas
- Division of Arts and Museums – training program
  - Tracy Hansford
- Alzheimer’s Association – program updates
  - Ronnie Daniel
- Upcoming events – open announcements
  - All
    - Family Caregiver Retreat at Senior Expo – Debbie Williams
    - Sept 22 Falls Prevention day
    - Advance Care Planning study – Nancy Aruscavage
    - Childrens Service Society - Encarni Gallardo

**Commission Communications Update**

- IT Survey snapshot – not yet for distribution
- Website – utahaging.org – new site overview
- Member and partner engagement asks and offers including:
  - Website – navigation, content proofing, recommendations
  - Older adult assistance hotline – volunteer, contribute to scope
  - Resource expertise – commitment and profiles
  - State aging plan 2050 and 2022 caregiver/partner plan – contributors/reviewers
Fall Quarter – Thursday, November 04, 2021 @ Zoom Conference

Executive Director Report
• November is National Family Caregivers and Alzheimer’s Awareness Month
• Recent UCOA Appointments
• Community Engagements
• Annual Report for UCOA
• Website Updates

Partner Presentations
• The Case for a Utah State Plan for Family Caregiving  Rebecca Utz
• COVID-19 Update from Utah Department of Health  Michelle Hofmann
• UCOA Tech Survey Final Report  Alex Schiwal

Community Calendar and Partner Events  Rob Ence/All
• HHAU – Homecare and Hospice Assoc of Utah Conference – Nov 8
• Utah Geriatric/Gerontology Society Annual Meeting – Nov 9
• Other

Winter Quarter – Thursday, February 10, 2022 @ Zoom Conference

Executive Director Report  Rob Ence
• Annual report
• State Plan for Family Caregiving
• State Aging Plan – Update for 2023
• Website updates
• Aging and the Arts  https://artsandmuseums.utah.gov/creative-aging/
• Utah Broadband speed test  speedtest.utah.gov
• Helpful Village

Falls Prevention Alliance Update  Teresa Brunt, Chair

Navigating Medicaid and the Demands of Long-Term Care  Marcel Jones, Medicaid Specialist
• Eligibility and Resources
• SHIP Program Insights  Darren Hotton, SHIP Director
• Legal Perspective and Planning Considerations  Troy Wilson, JD

Community Calendar and Partner Events  Rob Ence/All
• March 31 – Advance Care Planning Summit
• June 15 – Utah Elder Abuse Awareness Day
• Calendar of Events on  www.UtahAging.org
Spring Quarter – Thursday, May 12, 2022 @ Zoom Conference

Executive Director Report
- Website updates
- Future UCOA meetings
- Community calendars

Conversation with Leadership - Utah Department of Health and Human Services
- DHHS Overview
- Division Details
  - Organizational directories
  - Implications for aging services
  - Other departmental relationships impacting aging
- DAAS Implications

Community Partner Projects
- State Plan for Family Caregiving
- State Aging Plan – Update for 2023
- UGS events
- Partner open conversation

Rob Ence
Deputy Directory – Nate Checketts
Asst Dep Director – Tonya Hales
Nels Holmgren
Rob Ence/All
Katie Sierer
Aging Priorities with Demographic Trends 2020-2060

Planning for the future is art and science. What has occurred in the past and is witnessed in the present confirms or questions the best assumptions demographers can offer. The Kem Gardner Institute excels at what it does and acknowledges that results to projections will vary as real time plays out.

Everything in the future is based on the best assumptions available and reliability of good census data. These assumptions are influenced by birth and death rates, net migration, economic opportunity, community health factors (e.g., COVID), and other factors.

Projections inform about the potential impact of a growing older adult population sector and resultant shifts in demographic contributors to the dependency ratio over the next forty years.

The Utah Commission on Aging (UCOA) is deeply engaged in planning for those contingencies to ensure that Utahns have what is currently required for their well-being, but even more important, what we need to prepare for in the years ahead. It requires input from researchers and educators, service providers and partner organizations, policy makers and the general public. Information shared back enables individuals to make the best decisions for their lives and their futures.

The advent of UtahAging.org as the state’s unique virtual resource center for older adults is designed to increase access to information to everyone. It complements program efforts of service providers while providing a comprehensive navigation center for aging information in Utah.

This report will further serve to highlight UCOA’s support and participation on vital programs, policy, and research efforts and emphasize the need for a dynamic master plan on aging to ensure that state decision makers and families have the best information and resources available as our futures come into focus. The master plan for aging is a major priority for UCOA and its partners for the next fiscal year 2022-23.
Communications
UtahAging.Org – Utah’s Virtual Resource Center for Older Adults

UtahAging.org grew significantly in content and site visits over the past year. The site has added new pages for the Utah Geriatrics and Gerontology Society, VA Benefits, the Alzheimer’s Disease and Related Dementias (ADRD) information and coordinating council, arts in aging collaboration with Utah Division of Arts and Museums with referral site to teaching artists. The site continues to expand its offerings on issues, specialists, informational blogs, event promotion, conferences, and general resource navigation.

Communications Highlights:
- UCOA hosts four quarterly stakeholder summits with average attendance of about sixty participants each; agenda summaries above and materials archived on website.
- UtahAging.org is the recognized online resource center for older adults, families, care partners. Advance Care Planning pages had over 14,000 visits in 2021.
- Content development with the assistance of UCOA member Darlene Curley and gerontology graduate students, Joel Macey and Nancy Aruscavage.
- UCOA continued work with the Utah Broadband Advisory Council and assisted with the speedtest.utah.gov study.
- UCOA continued work with the Utah Library Association
- Utah Arts and Museums collaboration adds older adult trained teaching artists.
- VA Benefits Cover to Cover program updated and now hosted on website.
- YouTube channel creates and adds new assets including an updated training video on Utah POLST agreements and the Utah electronic registry.
- UCOA coordinated taping three segments for “Living and Aging with Pride” and host James Brown focused on need for geriatricians, volunteering, and financial security.
- Added glossary of terms for older adult issues and navigation.
- Published article on ageism for BYU’s Daily Universe.
- Added six-part series on YouTube on Emergency Preparedness.
- Expanded contributions to blog content and experience.
- Featured guest on KSL radio for multiple segments on aging issues.

What’s Next:
- Older adult navigation call center – funding and training required.
- Promotional public campaign to promote UtahAging.org and related resources – funding required.
- Continue website and YouTube asset expansion.
- Older driver content in collaboration with the U of Utah Trauma Outreach & Injury Prevention Program.
- Working with National Consumer Law Center on campaign to build consumer awareness on “rent-a-bank” predatory lending practices.
Research and Academia

UCOA promotes gerontology education and promotes collaboration across academic institutions. UCOA also collaborates on community outreach program and topical symposia while assisting and promoting research recruitment and projects.

Research and Academic Highlights:

- Conducted and presented results of older adult awareness and use of technology underwritten and partnered with Utah State University.
- UCOA is the home site for the Utah Geriatrics and Gerontology Society (UGS).
- Hosted four quarterly UGS professional education meetings.
- Promoted HB60 and other Lifelong Learning programs.
- Interview team for College of Nursing Assistant Dean.
- Collaboration with Utah Department of Health data collection and analysis team to utilize and promote their resources.
- Continued to promote presence of all Utah academic centers with training and certification offered in gerontology studies.
- Continued to promote the participation and recruitment for research studies involving older adults.
- Continued to collaborate with Geriatric Workforce Enhancement Program (GWEP) under the Utah Geriatric Education Consortium (UGEC).
- Participated in the Frameworks Institute roundtable as part of the Cultural Change Project.

What’s Next:

- Sponsor new gerontology practicum mentorships.
- Promote and grow the collaborative statewide academic effort to promote gerontology education, build business links, and assist in research promotion and subsequent publication.
- Incorporate research and policy topics in monthly blog contributions.
- Participation in the first age friendly symposium fall of 2022.
- Provide support and critical partnership for the newly funded Utah Alzheimer’s Research Center base at Utah State University.
Public Policy

UCOA strives to achieve its statutory mission through listening, advising, consulting, and advocating with and for Utah’s older adults to inform policy makers, researchers, and service providers. UCOA continues to inform policy makers on the status and effectiveness of policies and programs through analysis and objective evaluation and by providing insights to state and local governments for the impact of future planning and demographic growth.

Public Policy Highlights:

- Started efforts to create a master plan for aging.
- Participated in Unified Caregiving Strategy series assisting states creating state plans and policy development.
- Collaborative partner on the creation of a state plan for family caregivers.
- Supported local Alzheimer’s Association roundtable conversation with Utah Congressman Chris Stewart and Utah DAAS.
- Working with court WINGS program on guardianship and conservatorship issues and helping recruit volunteers for the court visitors program.
- Provided important stakeholder information on Utah Medicaid rules and eligibility for long term care assistance with legal planning perspective.
- Supported the launch and information dissemination on the merger of the health and human services department, met with leadership, and provided engagement opportunities with UCOA partners.
- Met with key legislators on appropriations requests, information priorities to vulnerable constituent groups, and future UCOA plan priorities on information and resources including families with disabilities, geriatrician locator, women’s health and aging.

What’s Next:

- Legislative appropriations request to support volunteer call center, virtual resource center, and technology literacy training.
- Delivery with partnership of the Utah State Caregiver Plan.
- Update the UCOA statute to include required master plan for aging.
- Engage master plan for aging work teams.
- Work on policy for hospice homes, managing unbefriended adults that fall into health expense and care gaps, and adult protective services resources.
- Support the launch efforts of the new state Alzheimer’s research center.
- Recommendations to legislators on policy and commission redundancy and areas of focus consistent with plan for aging.
Community Resources and Engagements

UCOA plans, sponsors, and hosts with partner stakeholders’ events throughout the year. UCOA also connects events and programs through an interactive event calendar. Promoting awareness of existing services and educating all Utahns and providers and professionals to help empower individuals to make good decisions with the best information available.

Community Outreach Highlights:

- Expanded resource specialist listings of expert volunteers available to the community on older adult topics.
- UCOA actively supported U4A projects and meetings and presented to advisory councils in Mountainlands AG (Summit, Utah, Wasatch), San Juan, Weber-Morgan, Salt Lake, and Davis Counties.
- Provided ACP training to members of the Utah Health Care Association.
- Promoted and participated in the special arts training sponsored by Utah Division of Arts and Museums and conducted by Lifetime Arts.
- Co-sponsored and co-chaired all Falls Prevention Alliance projects and hosted an annual summit during legislative session.
- Obtained Governor declaration naming Sept 23 as Falls Prevention Day.
- Founding committee member to create the first age-friendly symposium on communities, housing, health, and education with the U Department of Architecture and College of Nursing as core sponsors.
- Presented to BYU graduate gerontology students.
- Planned and co-hosted the sixth annual Advance Care Planning Summit for professionals with over 150 in attendance.
- Planned and hosted the second annual Utah Elder Abuse Awareness Day with over 160 professionals in attendance.
- Continue to partner with Adult Protective Services in promoting awareness across the state on recognizing and reporting abuse.
- Collaborated with leaders from the Utah Pride Center’s Sage program to understand and promote mutual resources for LGBTQ older adults.
- Ongoing collaboration with the Utah Department of Health to promote Get Healthy Utah.

What’s Next:

- Continue collaborative work with issue partners including WINGS, guardian of the court, Comagine, Alzheimer’s Council, Area Agencies on Aging, Department of Health and Human Services programs, long term care partners, educational partners at Utah’s academic institutions, etc.
- Recruit, train, and manage volunteers to drive call center and provide literacy support in health, finance, and technology.
- Present case study on innovative communications strategy with partners to U.S. Aging conference August 2022 in Washington D.C. and the American Society on Aging conference in March 2023 in Atlanta.
- Convene quarterly public commission summit meetings and addressing topics of current and high priority needs to our communities.
- Plan, co-sponsor, and host specialty summits on falls prevention, advance care planning, age-friendly communities, elder abuse awareness, and others.