

Los Angeles Alliance for Community Health and Aging

Healthy Aging: Emerging Issues

A Community Dialogue

The Changing Landscape of Health Care: Investing in a Healthier Los Angeles

COLLABORATION: IT'S THE LA WAY!



Laura Trejo, MSG, MPA

General Manager

Los Angeles Department of Aging

Area Agencies on Aging (AAA) were established in 1973 under the Older Americans Act to respond to the needs of Americans 60 and over in every local community. There are 33 AAAs in California.

- City of Los Angeles was designated as an AAA in 1975.
- In 1983, the City of Los Angeles created an independent City department.

Our Mission

To improve the quality of life, independence, health and dignity of the City's older population by managing community based senior programs that are comprehensive, coordinated and accessible, and to advocate for the needs of older citizens.

Our Core Functions

- **ADVOCACY** - Advocate at the state and national levels for the resources and policies that will help provide the choices older persons and persons with disabilities need to lead meaningful lives.
- **PLANNING** - Responsible for identifying unmet needs of older adults and functionally impaired adults as well as planning, coordinating, and implementing programs that promote the health, dignity, and well-being of the community's residents.
- **SERVICES** - Responsible for ensuring that an array of direct services is available at the neighborhood level in support older adults and their family caregivers.

Los Angeles

◎ Los Angeles County Region

- 1.5 million persons 60 years and older
- 1 in 4 California seniors live here!
- 88 cities spread over 4,000 square miles

◎ City of Los Angeles

- Second most populous city in the nation
- 605,673 persons age 60+
- Over 92 languages and dialects spoken

A Shared Vision

Two brick layers hard at work side by side were asked what they were doing?

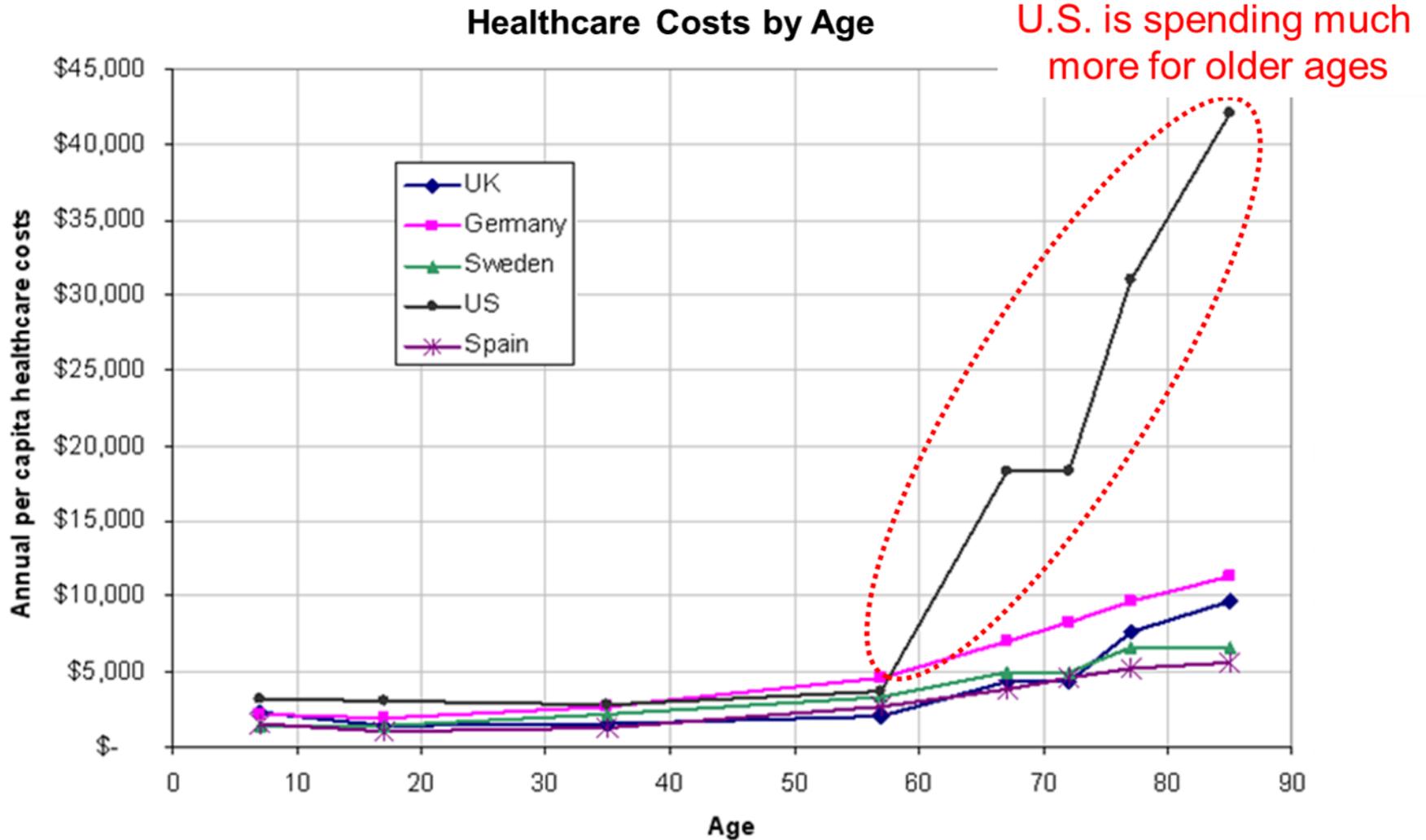
- One said, I am building a wall.
- The other, I am building a great cathedral.

WHAT AND HOW BIG IS THE PROBLEM?

“We live in a complex world, we often don’t know what is going on, and we won’t be able to understand its complexity unless we spend more time not knowing... Curiosity is what we need.”

Margaret Wheatley, organizational behavior guru

Costs by Age Categories



Source: Fischbeck, Paul. "US-Europe Comparisons of Health Risk for Specific Gender-Age Groups." Carnegie Mellon University; September, 2009.



For the 2013 edition of The United States of Aging Survey, the National Council on Aging (NCOA), UnitedHealthcare, and USA TODAY surveyed 4,000 U.S. adults including a nationally representative sample of seniors ages 60 and older. For the first time, the survey also included a nationally representative sample of adults ages 18-59 to provide contrasting perspectives on aging and explore how the country could better prepare for a booming senior population.

Results Snapshot: Los Angeles

General Outlook

- **27 percent** of Los Angeles seniors say they expect their overall quality of life to get better in the next five to 10 years, compared with **21 percent** of seniors nationally.

Health Preparedness

- **70 percent** of seniors in Los Angeles report having two or more chronic health conditions, compared with **65 percent** of seniors nationally.
- **57 percent** of Los Angeles seniors with chronic health conditions say they do not experience any barriers in managing their health, compared with **47 percent** of seniors nationally.
- **48 percent** of seniors in Los Angeles have not set any goals to help manage their health in the past 12 months, compared with **51 percent** of seniors nationally.

Financial Security

- **67 percent** of seniors in Los Angeles say it is very easy or somewhat easy for them to pay monthly living expenses, compared with **66 percent** of seniors nationally.

Community Support

- Seniors in Los Angeles are less likely to feel their community is responsive to the needs of seniors – **64 percent** compared with **71 percent** of seniors nationally.
- Los Angeles seniors are less likely to believe their community is doing enough to prepare for the future needs of the growing senior population – **42 percent** compared with **49 percent** of seniors nationally.
- **33 percent** of Los Angeles seniors say staying connected to friends / family is most important to having a high quality of life in their senior years, compared with **40 percent** of seniors nationally.
- **84 percent** of seniors in Los Angeles agree it is important for seniors to use technology, compared with **83 percent** of seniors nationally.

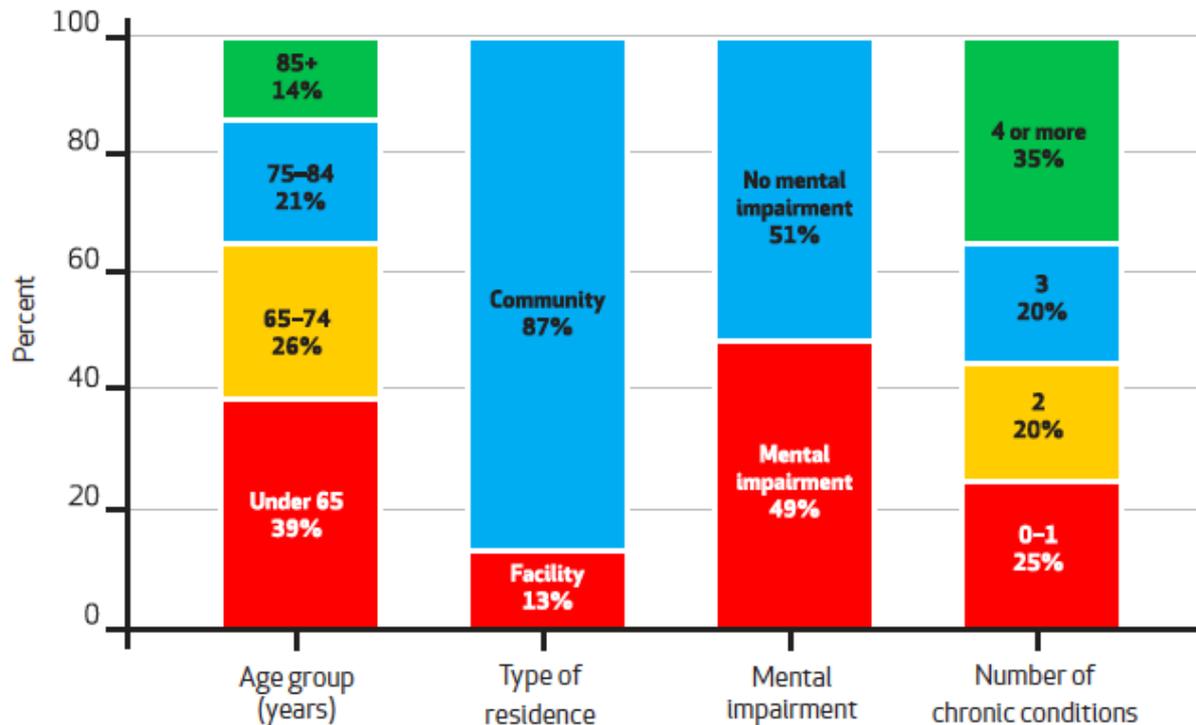
Los Angeles Seniors are slightly more likely to report not having any barriers to managing their health conditions

Barriers to managing health conditions		National 60+ 2013	LA
Among those with 1+ chronic health conditions (Showing top 4 choices)			
Lack of energy 		25%	18%
Lack of money 		21%	12%
Lack of willpower 		17%	11%
Lack of insurance 		9%	6%
None of these		47%	57%



California's Duals Demonstration Cal MediConnect

Distribution Of Dual-Eligible Beneficiaries, By Selected Characteristics, 2008



- 61% over 65
- 87% live in the community
- 49% have a mental impairment
- 3.5 times more likely to have had 5 or more chronic conditions.

SOURCE Kaiser Family Foundation analysis of data from the Medicare Current Beneficiary Survey, 2008. **NOTE** Mental impairments were defined as Alzheimer's disease, dementia, depression, bipolar disorder, schizophrenia, or mental retardation.

WHAT CAN WE DO ABOUT IT?

Launched in Fall 2013

80+ community based partners and counting!

LOS ANGELES
ALLIANCE FOR
COMMUNITY
HEALTH & AGING



GOAL:

To improve population health in the Los Angeles region by making proven and effective health and chronic disease self management education programs more accessible to our diverse population, with the intention of a robust community-wide impact.



Collective Impact

- Successful collective impact has found that:
 - The problem is not necessarily a lack of resources and solutions
 - It is our inability to accurately see the resources and solutions that best fit our situation.
- Demonstrated opportunities are:
 - ✓ Evidence-based practice is identified and applied locally.
 - ✓ Local individuals or organizations begin to work together differently than before and therefore find and adopt new solutions.
 - ✓ A successful strategy that is already working locally, but is not systematically or broadly practiced, is identified and spread more widely.
- Collective impact success favors those who embrace the uncertainty of the journey, even as they remain clear eyed about their destination.

The Five Conditions of Collective Impact

Common Agenda	All participants have a shared vision for change including a common understanding of the problem and a joint approach to solving it through agreed upon actions.
Shared Measurement	Collecting data and measuring results consistently across all participants ensures efforts remain aligned and participants hold each other accountable.
Mutually Reinforcing Activities	Participant activities must be differentiated while still being coordinated through a mutually reinforcing plan of action.
Continuous Communication	Consistent and open communication is needed across the many players to build trust, assure mutual objectives, and create common motivation.
Backbone Support	Creating and managing collective impact requires a separate organization(s) with staff and a specific set of skills to serve as the backbone for the entire initiative and coordinate participating organizations and agencies.

Source: Embracing Emergence: How Collective Impact Addresses Complexity. JKania & Mkramer. Stanford Social Innovation Review (6) Jan. 21, 2013

Achieving Collective Impact

Curiosity

Understanding

Population

Technology



“We are the risk-takers; we are the innovators; we are the developers of new models. We are trying the future on for size. That is our role.”

Maggie Kuhn, a woman who spoke her mind, passionate social activist and founder of the Gray Panthers (1905-1995)

TOGETHER WE CAN IMPROVE SENIOR HEALTH !