



KANSAS HEALTH INSTITUTE

# AGING IN PLACE: OPTIONS FOR OLDER ADULTS

February 15, 2024

Kansas Health Institute



# Who We Are

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- Nonprofit, nonpartisan educational organization based in Topeka.
- Established in 1995 with a multi-year grant by the Kansas Health Foundation.
- Committed to convening meaningful conversations around tough topics related to health.



# Hello!

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# Acknowledgments

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We recognize the following individuals for their contributions:



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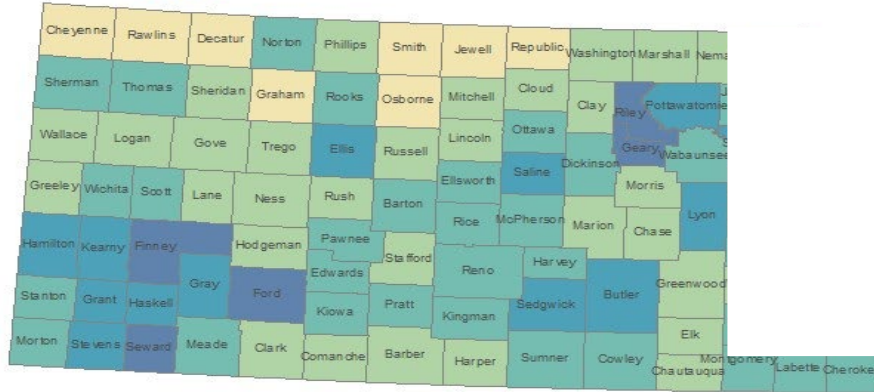
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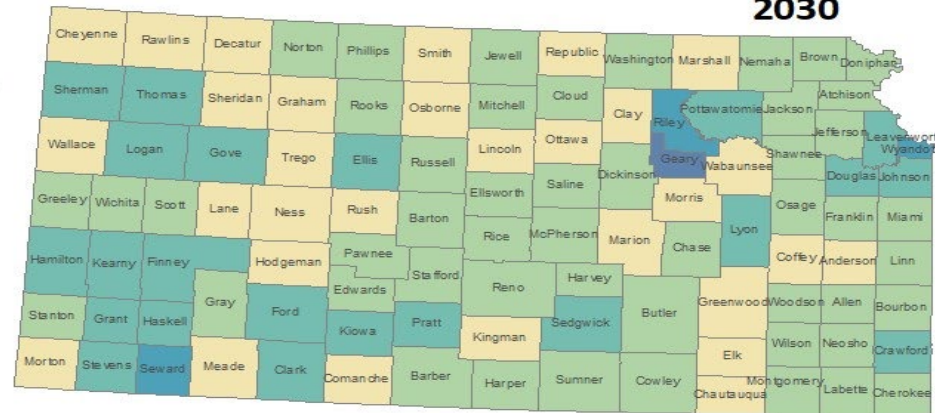


# The Growing Older Adult Population in Kansas

2010



2030



**Percent of Population 65+**

- 25% or more
- 20% to 24.99%
- 15% to 19.99%
- 10% to 14.99%
- Less than 10%

Source: Center for Economic Development and Business Research (Wichita State University)



# Aging in Place: Growing Older at Home

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## Defined as:

The ability to live in one's own home and community safely, independently, and comfortably, regardless of age, income, or ability level.



*62.5 percent of rural older adults would prefer to receive care in their own homes.*

Source: Preferences for Long-Term Care Arrangements Among Rural and Urban Older Adults (May 2021). University of Minnesota Rural Health Research Center.



# State Snapshot: Select Programs and Resources to Support Aging in Place

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## Kansas Department for Aging and Disability Services

- Kansas Senior Care Act (SCA) Programs
- Area Agencies on Aging (AAAs) & Aging and Disability Resource Center
- Kansas Lifespan Respite Coalition

## Kansas Department of Health and Environment Programs

- Kansas Senior Farmers Market Nutrition Program
- Kansas Senior Nutrition Program
- **Program of All-Inclusive Care for the Elderly (PACE)**

## KanCare (Medicaid)

- KanCare Home and Community Based Services (HCBS) – Frail Elderly (FE) Waiver
- Kansas Money Follows the Person (MFP) Program

## Kansas Department for Children and Families

- Kansas Low Income Energy Assistance Program (LIEAP)
- Older Blind Independent Living Program
- Kansas Adult Protective Services (APS)

## Other Programs

- U.S Department of Energy (DOE) Kansas Weatherization Assistance Program (K-WAP)
- Kansas Legal Services - Senior Citizen Law Project (SCLP)
- USDA Rural Repair and Rehabilitation Grants for the Elderly



# Presenters

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**Emilie Rains**

*Executive Director,  
Bluestem PACE*



**Glenda DuBoise**

*Kansas State Director,  
AARP*







BLUESTEM PACE  
KIDRON BETHEL VILLAGE  
SCHOWALTER VILLA

[bluestemks.org](http://bluestemks.org)



Emilie Rains  
*Executive Director of Bluestem PACE*

# PACE- Program of All Inclusive Care for the Elderly

## What is PACE?

PACE provides all inclusive medical care and supportive services to individuals 55 and better with complex medical needs who wish to remain living in their home community.

## PACE services may include:

- Primary Care
- Specialty Care
- Home Care
- Therapy Services
- Nutrition
- Social Services
- Transportation
- Durable Medical Equipment
- Medications

## What makes PACE Unique:

PACE is built around the concept of an interdisciplinary team (IDT) providing integrated and collaborative care.

## The IDT is made up of:

- Primary Care Provider
- Nurse
- CNA
- Social Worker
- Physical Therapist
- Occupational Therapist
- Recreational Therapist
- Dietitian
- PACE Center Manager
- Home Care Coordinator
- Driver

## Who Qualifies for PACE Services?

- Individuals 55 years and better
- They live in a PACE service area
- They meet the level of care requirement according to the state of Kansas guidelines
- They are assessed by the PACE IDT to be safe in the community at the time of enrollment

## How to Enroll in PACE:

- Reach out directly to your local PACE provider
- Reach out to their local area agency on aging and request a PACE referral
- Indicate they are interested in PACE on a Medicaid application

## PACE by the numbers:

- There are 326 PACE programs nationwide
- 96% of PACE seniors live in the community
- The average PACE participant has an average of 6.1 chronic conditions
- The top 5 chronic conditions of PACE participants include:
  - Vascular Disease
  - Major Depression
  - Diabetes
  - Congestive Heart Failure
  - COPD

## State Funding Implications

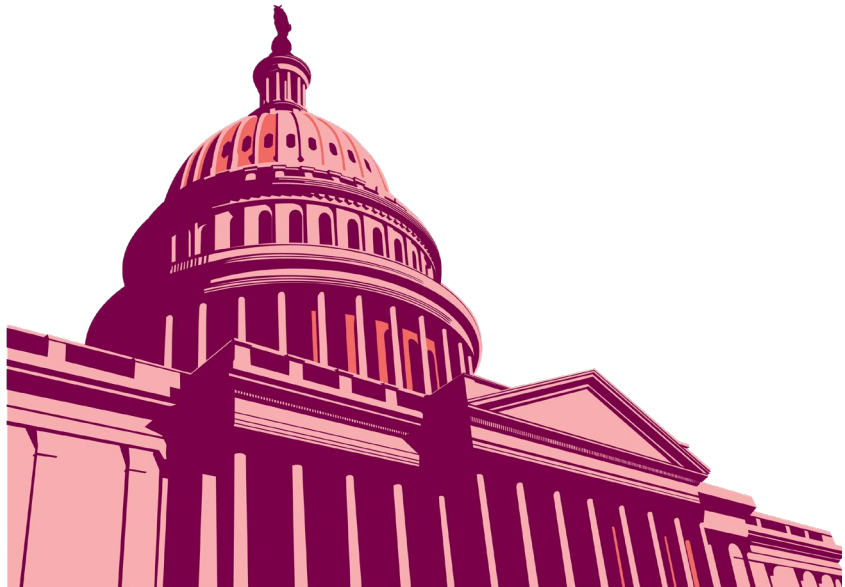
- States pay PACE programs 12% less than the cost of other Medicaid services
- Lower Hospitalization rate; A 24% lower hospitalization rate than dually-eligible beneficiaries who receive Medicaid nursing home services
- Decreased Re Hospitalization; At 16% less than the national re hospitalization rate of 22.9% for dually-eligible beneficiaries age 65 and over

**AARP**<sup>®</sup>  
**Kansas**



## **AARP Mission**

Empower people to  
Choose how they live  
as they age



## **Vision**

A society in which all  
people live with dignity  
and purpose and fulfill  
their goals and dreams



# AARP History



## The unlikely birthplace of AARP.

A chicken coop. It's probably not the first thing that comes to mind when you hear "AARP," but that humble location is where we began. Back in the 1940s our founder, retired educator Dr. Ethel Percy Andrus, found a former teacher living in a chicken coop because she could afford nothing else. Ethel couldn't ignore the need for health and financial security in America and set the wheels in motion for what would become AARP.



# AARP 501c(4)

## AARP Foundation

Works to end senior poverty by helping vulnerable adults build economic opportunity and social connectedness

## AARP Services, Inc

Wholly owned taxable subsidiary of AARP, and manages the relationship with AARP-endorsed providers

## Affiliated Charities

Legal Counsel for the Elderly

Wish of a Lifetime

OATS (Older Adult Technology Services)

# AARP KS – Who We Serve



- 300+ volunteers carry out AARP's mission
- 278,000 + Kansas members

# What People 50+ Think About Where They Will Live



49%

Believe they will **move** to allow them to **age independently**



55%

Would consider **leaving** their community to find one that is **safer**



29%

Move to a different community



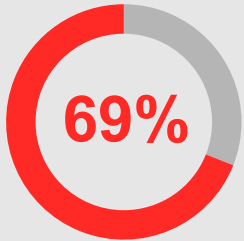
18%

Move into a different residence within their current community

# Sharing a Home



As you grow older would you consider sharing your home with another person? Would sharing your home with another person be something you would consider if...?



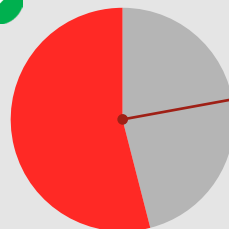
**Already share or would consider** sharing their homes as they age; a majority would consider it if they needed help with everyday activities.

## Who to **share** a home with?



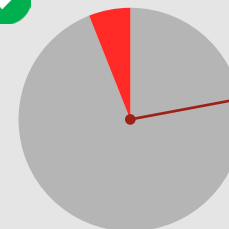
69%

Family Member



54%

Friends



6%

Stranger



## The Cost of Not Staying in Your Home

- Private Duty Home Health Aides
- Adult Daycare (Outside of Home)
- Assisted Living Facility
- Nursing Home Semi-Private Room
- Nursing Home Private Room



# Universal Design

Accommodating All People of All Abilities



# The Smart Home

Using Technology to Improve Lifestyle



# Resources

## AARP

- **AARP Livable Communities:** [AARP.org/Livable](https://www.aarp.org/Livable)
- **AARP HomeFit Guide:** [AARP.org/HomeFit](https://www.aarp.org/HomeFit)
- **HomeFit AR:** Apple App Store

## AARP Foundation

- ***Here to Stay: Home Upkeep for All***, a step-by-step guide to help you plan and prepare so that home maintenance is more manageable and affordable | [aarpfoundation.org/heretostay](https://aarpfoundation.org/heretostay)

**Occupational Therapists:** Recognize the health and disability issues people face over a lifetime and know how to match the abilities of an individual with needed supports.

- **American Occupational Therapy Association** | [AOTA.org](https://www.aota.org): Visit the “Patients and Clients” section.

**Certified Aging-in-Place Specialists:** Recognize the unique needs of the older adult population and are knowledgeable about aging-in-place home modifications, common remodeling projects and solutions to common barriers.

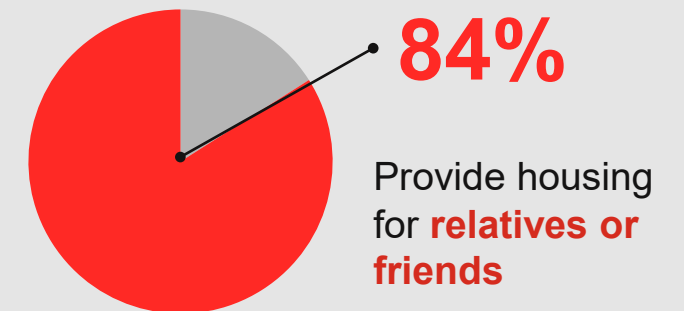
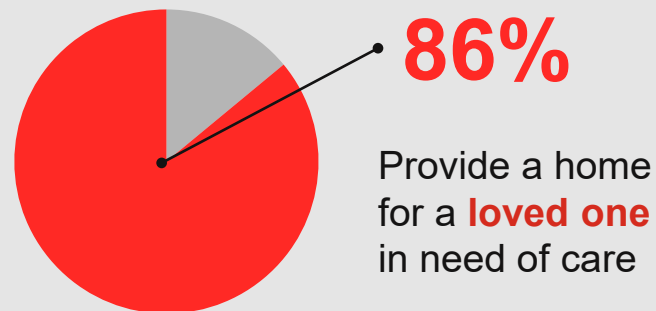
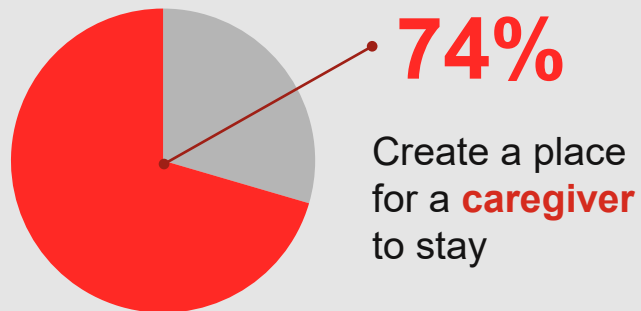
- **National Association of Home Builders** | [NAHB.org](https://www.nahb.org) and search for **Certified Aging-in-Place Specialist** | or call 800-368-5242

# Accessory Dwelling Unit- Importance



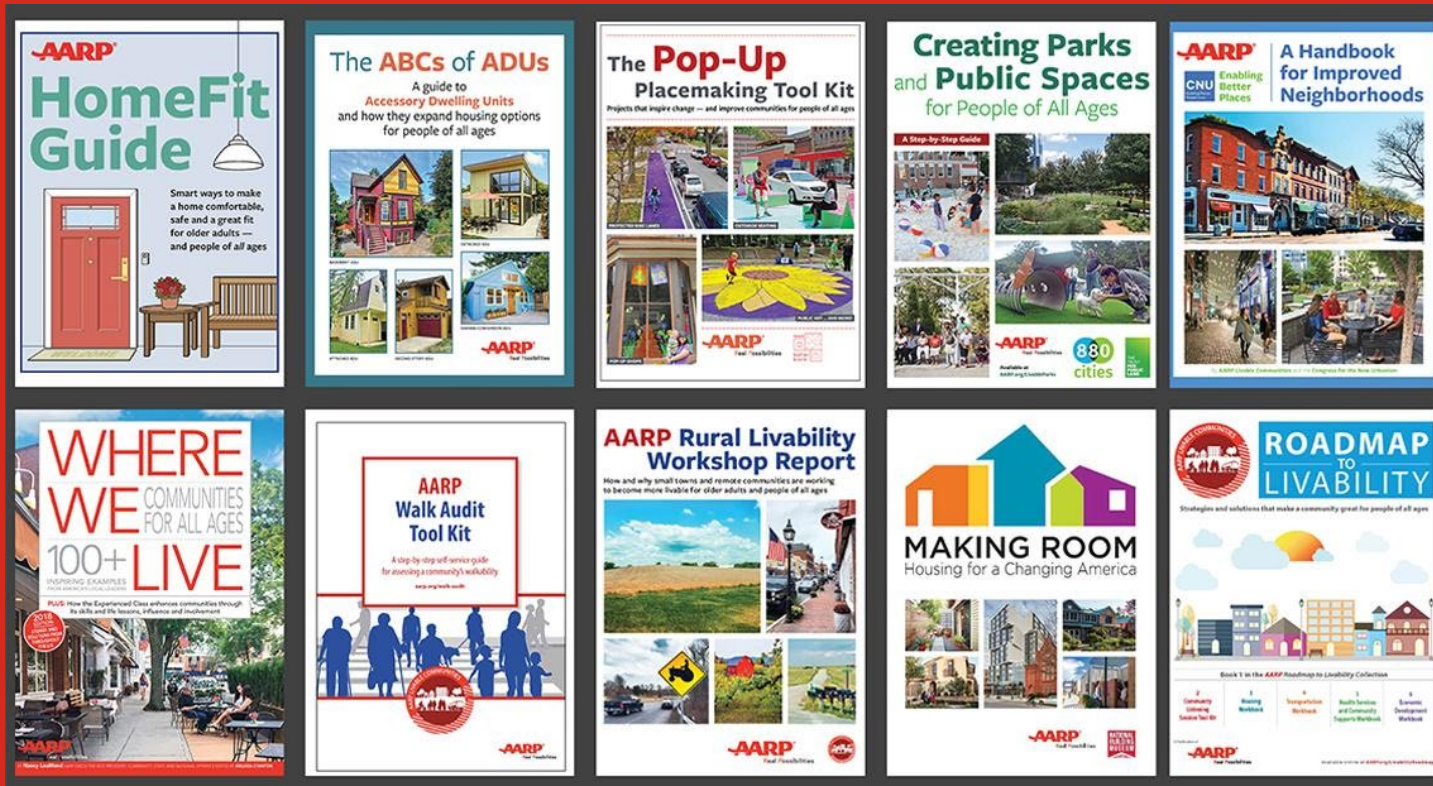
Nearly three-fourth of those polled said they would create an ADU for a place for a caregiver to stay.

According to the 2021 AARP Home and Community Preferences Survey, adults aged 18 or older who would consider creating an ADU said they'd do so in order to:



# AARP Livable Communities Approach aka our “Age-Friendly” Approach and the Future of Housing





# AARP Livable Communities Resources



Available at <https://www.aarp.org/livable-communities/>



# BROADBAND

## Infrastructure Expansion and Digital Opportunities

- Continued investment in broadband expansion  
Targeted to unserved or underserved
- Affordable Connectivity Program  
Funding Expires in April





# TAX RELIEF

People on fixed incomes often struggle to pay increasing taxes

- Social Security income tax exemption
- Property Tax Relief
  - Property Tax Credit
  - Local Tax Relief
  - Payment Options
- Sales Tax on Food





## Keep in Touch with Us

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[Twitter.com/aarpks](https://twitter.com/aarpks)

# THANK YOU!

Any Questions?

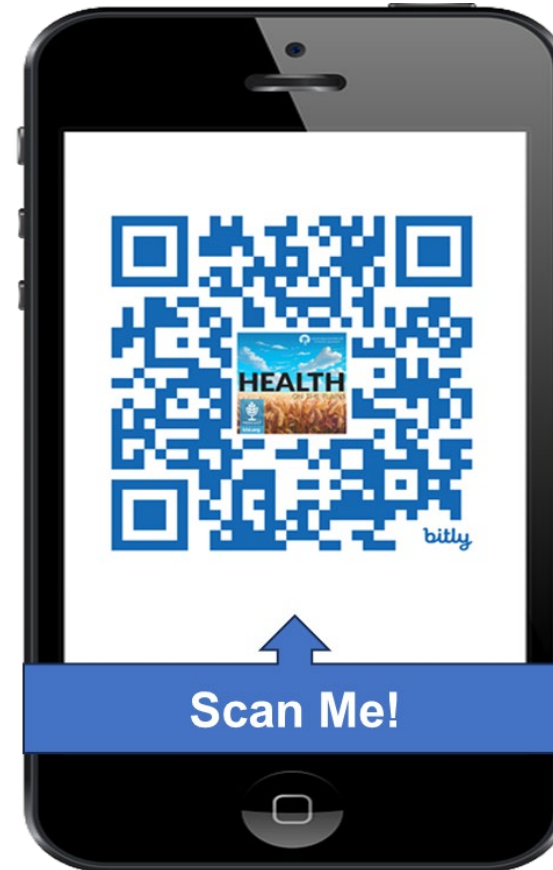


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*Informing Policy. Improving Health.*



# Episode 5, Setting the PACE for Aging in Rural Kansas



# Connect With Us

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