Master Plan for Aging Stakeholder Advisory Committee

RECOMMENDATIONS: GOAL 3 HEALTH AND WELLBEING

Goal 3: Health & Well-Being Writing Team

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Health and Wellbeing Summary

▶ Rebrand aging as positive healthy process throughout lifespan

▶ Appoint one leader responsible for integrated health and LTSS services for every older and disabled Californian

▶ Eliminate health care disparities, racism, and discrimination

▶ Reform and provide more alternatives to nursing homes

▶ By 2030, increase number of providers prepared to deliver person-centered, culturally and linguistically congruent, technology enabled care for older adults and persons with disabilities by 10,000

Health and Wellbeing Values

▶ Inclusion: The system must address disparities across racial and ethnic groups, disability, geography, income, immigration status, language, religion/faith, gender identity, sexual orientation, and family status

▶ Holistic: People do not live in silos. Health and wellbeing has as much to do with social, emotional and functional supports as it does with medical care.

▶ Person-centered: Systems must be based on needs of person rather than the needs of the system

▶ Choice: All older adults and people with disabilities should have access to range of supports based on individual needs, desires and preferences

▶ Comprehensive: Health care delivery includes access to acute care, wellness, behavioral health, dental and other benefits, with access to telehealth

Health and Wellbeing Cross Cutting Issues

▶ Equity: Address disparities, meeting needs of underserved communities

▶ Leadership: Establish single state leader for health, aging and disability

▶ Integration: Develop coordinated service delivery system, addressing fragmentation across health, LTSS, human services, and related sectors.

Health and Wellbeing Framework

▶ Person-Level: Healthy aging/wellness and prevention

▶ System-Level: Access and integrated systems of care

▶ Care-Level: Delivery of services

▶ Provider-Level: Professional health care workforce development and provision of integrated care

Health and Wellbeing Person-Level

Wellness and Prevention across Lifespans

► Rebrand aging as a positive healthy process

► Reframe public narrative

► Promote intergenerational education

► Address social determinants of health, including racism and climate change

► Enhance prevention and wellness

Health and Wellbeing System-Level

Health Care Access and Integrated Systems of Care

▶ System Integration

▶ Skilled Nursing Facilities

▶ Alzheimer's and Dementia Care

▶ Behavioral Health

▶ Oral Health

▶ Palliative Care

▶ Telehealth

Health and Wellbeing System-Level

System Integration Recommendations

▶ Governor appointed leader for all health and LTSS

▶ Vision for system integration - medical care, behavioral health and LTSS system integration

▶ Goal - fully integrated care options in all counties

▶ Expanded access to PACE

▶ Integration for older adults and people with disabilities in all Medi-Cal reforms

Health and Wellbeing System-Level

Medicare Beneficiary Recommendations

- ▶ Duals
  - ▶ Medicare/Medi-Cal Coordination Office
  - ▶ Integrated options available in all counties
  - ▶ Cal MediConnect lessons and strategic use of D-SNPs
- ▶ Medicare-only
  - ▶ Integrated care options in original Medicare, Medicare Advantage, and MediGap
  - ▶ Federal demonstrations for community-based integrated models

Goal 3: Health and Wellbeing Care-Level

Skilled Nursing Facility Recommendations

▶ Stabilize nursing home workforce with better pay and benefits

▶ Implement comprehensive quality and performance improvement

▶ Develop leadership entity accountable for SNFs, RCFEs, ICFs

▶ Create more alternatives to nursing home care

▶ Strengthen oversight and collaboration among State and local entities

Goal 3: Health and Wellbeing Care-Level

Skilled Nursing Facility Recommendations

▶ Assure appropriate staffing

▶ Stop inappropriate discharges and transfers

▶ Create transparency in SNF ownership

▶ Provide consumer friendly on-line information

▶ Re-imagine nursing home care (smaller home-like settings)

Goal 3: Health and Wellbeing Care-Level

Alzheimer's and Dementia Care Recommendations

- ▶ Screening/detection
- ▶ Diagnosis
- ▶ Documentation
- ▶ Care planning
- ▶ Care coordination
- ▶ Health plan and provider standards of care

Health and Wellbeing Care-Level

Behavioral Health Recommendations

► Integrate medical care, behavioral health, substance abuse, LTSS

► Older adult behavioral health unit at DHCS

► Geriatric expertise in system planning

► Document unmet need

► Standardized training in geriatrics

Goal 3: Health and Wellbeing Care-Level

Palliative Care Recommendations

▶ Expand access

▶ Incorporate best practices

▶ Grow palliative care workforce

▶ Educate workforce in principles of palliative care

▶ Operationalize Advanced Care Planning

Goal 3: Health and Wellbeing Care-Level

Oral Health Recommendations

▶ Collect data to establish evidence of oral health needs

▶ Include older adults and people with disabilities in state and local plans

▶ Improve Medi-Cal access to dental coverage for older adults and people with disabilities

▶ Set quality and utilization targets for older adults and people with disabilities

▶ Integrate oral and physical health care in Medi-Cal

▶ Support Medicare coverage for dental care

Health and Wellbeing Care-Level

Telehealth Recommendations

- Expand access to telehealth
- Telehealth payment parity
- Licensing board oversight
- Align hardware and broadband funding with telehealth needs
- Consumer outreach and education

Health and Wellbeing Provider-Level: Workforce

Professional Health Care Workforce Development

► Adopt an organizing framework to grow geriatric/gerontological workforce

► Increase # of qualified providers in primary care & behavioral health

- Expand # of primary care and psychiatry residency positions

- Increase # of psych-mental health nurse practitioners

- Strengthen pipeline development for future health care professionals

- Develop more robust data collection to track behavioral health workforce

► By 2030, increase number of providers prepared to deliver person-centered, culturally and linguistically congruent, technology enabled care for older adults and persons with disabilities by 10,000

- Promote inclusion of competencies in care of older adults across settings and specialties for both new professionals and the incumbent workforce, including competencies in dementia care, behavioral health, palliative care and LTSS

Health and Wellbeing Provider-Level: Workforce

Professional Health Care Workforce Development

▶ Align regulations to support optimal access

- Maximize role of advance practice providers (nurse practitioners and physician assistants)
- Conduct pilot demonstrations of nurse delegation in community settings

▶ Incentivize optimal workforce preparation

- Require State, counties, and academic institutions to designate priority slots for future loan forgiveness and stipend programs for trainees including social workers
- Consider incentives in small and rural counties for geriatric behavioral health
- Require competency expectations in accreditation

Goal 3: Health and Wellbeing

QUESTIONS/DISCUSSION