

Senior Services in Rural New Mexico

ALTSD LHHS

September 25, 2019

Aging and Long Term Services Department

The ALTSD consists of the Office of the Secretary and four Divisions, which provide direct access to critical resources for older adults and persons with disabilities:

- ▶ The **Office of the Secretary (OOS)** includes the Cabinet Secretary, Deputy Secretary, Office of the General Counsel, Long-Term Care Ombudsman Program, Office of Indian Elder Affairs, Office of Policy and Planning, Office of Alzheimer's and Dementia Care, New Mexico Conference on Aging, Special Projects, Information Technology and Human Resources
- ▶ The **Administrative Services Division (ASD)** includes the Capital Projects Bureau, financial management, budgeting, procurement, contracting, and administrative support to the programs.
- ▶ The **Consumer and Elder Rights Division (CERD)** includes the New Mexico Aging and Disability Resource Center, Live Web Chat, Care Transitions Bureau, State Health Insurance Program, Senior Medicare Patrol, Prescription Drug Assistance Program and the New Mexico Veteran Directed Care Program
- ▶ The **Aging Network Division (AND)** includes the Senior Services Bureau, which provides financial, technical and programmatic support for the area agencies on aging for Planning Service Areas (PSAs) 1-4, the Senior Employment Programs Bureau, the Senior Corps Volunteer Programs, Legal Resources for the Elderly Program, and New Mexico Senior Olympics. The Aging Network Division provides support for the New Mexico Conference on Aging and houses the budget for the Office of Alzheimer's and Dementia Care and the Office of Indian Elder Affairs, while also providing support to other aging network contractors.
- ▶ The **Adult Protective Services Division (APS)** provides a system of protected services to persons age 18 and older who are unable to protect themselves from abuse, neglect or exploitation. Investigations are conducted through a network of regional field offices, which cover all New Mexico counties. When necessary, APS provides short-term services, including emergency protective placement, home care, adult day care, attendant care and filing of guardianship petitions in district courts.

Aging Network Services

The New Mexico Aging Network Division through both Title III and state funding, funds the following services:

- ▶ case management
- ▶ chore
- ▶ congregate and home-delivered meals
- ▶ health screening
- ▶ health education and training
- ▶ legal assistance
- ▶ medication management
- ▶ home repair and safety
- ▶ housekeeping
- ▶ enhanced fitness/physical fitness
- ▶ adult daycare
- ▶ assisted transportation and regular transportation
- ▶ respite care (to include grandparents raising grandchildren)

AND also contracts with providers to provide Senior Corps Volunteer programs in communities. The Foster Grandparent Program (FGP), Senior Companion Program (SCP) and RSVP support the aging population by providing certain services, small stipends, and other benefits for volunteering under these programs.

Range of Services in Rural Areas

- ▶ The following services are provided in rural communities across New Mexico:
 - Congregate meals
 - Home delivered meals
 - Transportation
- ▶ Additional services that are provided at senior centers may include:
 - **Social Supportive Services** (Access services, in-home services, community services)
 - **Health Promotion/Disease Prevention** (Implementation of disease prevention and health promotion programs to improve the health of older adults)
 - **Caregiver Support** (A range of supports that assist family and informal caregivers to care for a care recipient at home for as long as possible)
 - **Adult Day Care** (Provides care for dependent adults in a supervised, protective group setting during some portion of a twenty-four hour day)

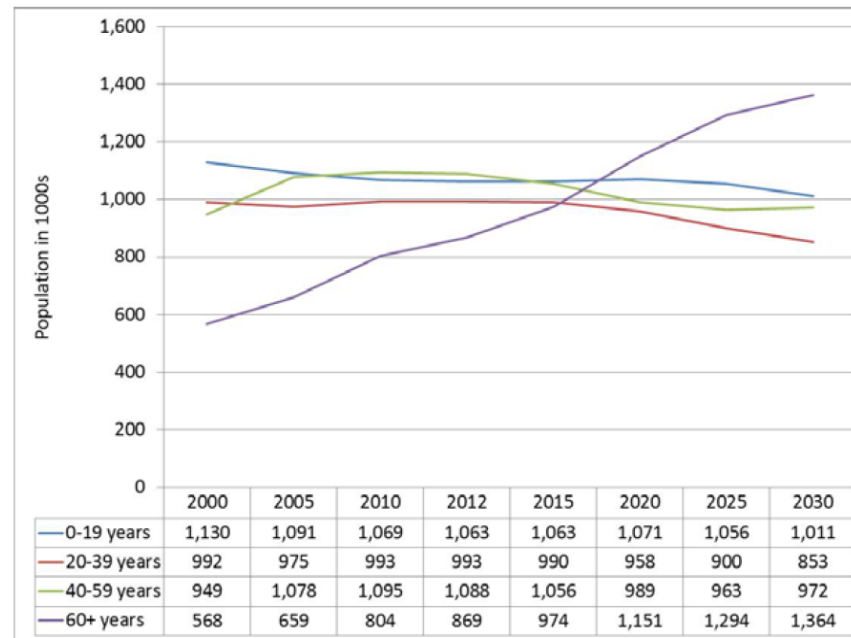
New Mexico Senior Population Growth

THE NUMBER OF OLDER NEW MEXICANS IS GROWING (Population in 1,000s)

The proportion of New Mexico's population that is over 60 is growing while the proportion that is under 60 is shrinking. The U.S. Census Bureau estimates that more than 30 percent of New Mexico's population will be over age 60 by the year 2030, an increase of nearly 50 percent from 2012.

Projected New Mexico Population

Age Group	2012	2020	2030
0 to 19	26.5%	25.7%	24.1%
20 to 39	24.7%	23.0%	20.3%
40 to 59	27.1%	23.7%	23.1%
60+	21.7%	27.6%	32.5%



Source: U.S. Census Bureau

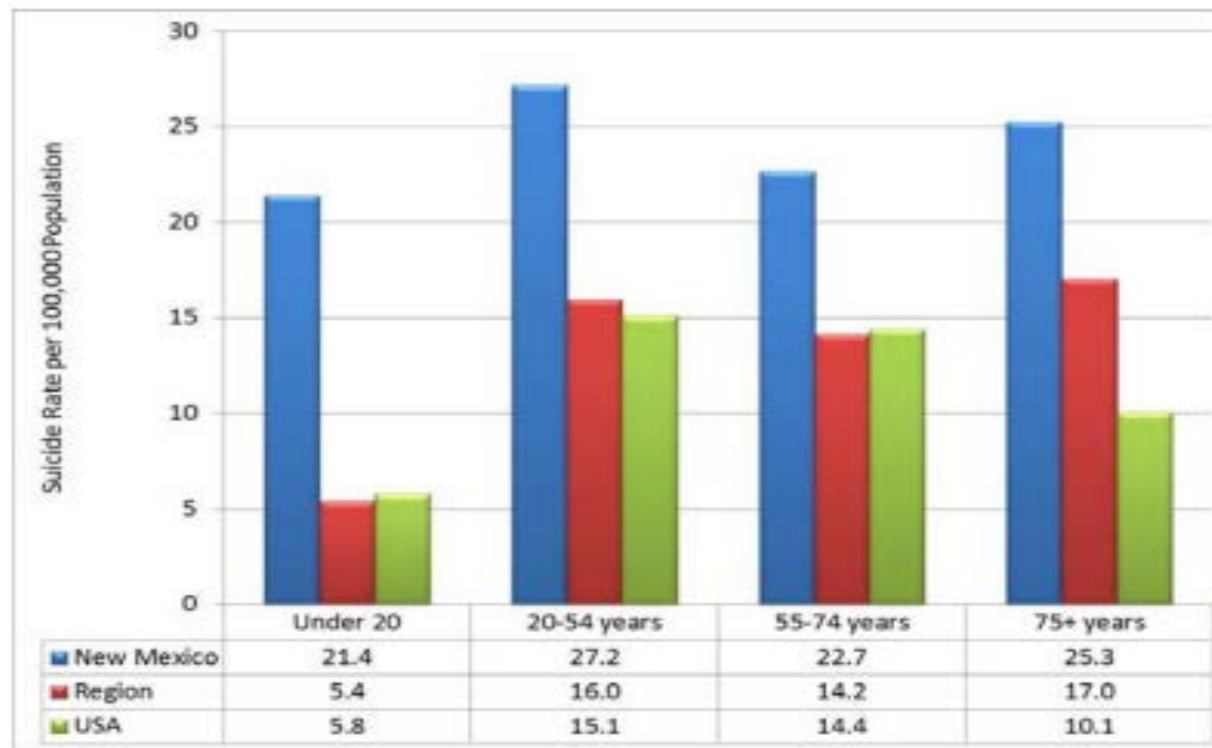
This State behavioral health data profile was developed as part of the Substance Abuse and Mental Health Services Administration-funded Older Americans Behavioral Health Technical Assistance Center in partnership with the U.S. Administration on Aging. Contract No. HHSS283200700003I Task Order No. HHSS28342006T

Rural Community Vulnerability

- ▶ Seniors residing in rural communities across the state of New Mexico have less access to senior centers, food distribution and food delivery services, and are those of which ALTSD considers to be “high” nutritional risk.
 - In an effort to identify those locations with “high” nutritional risk seniors, beginning Fiscal Year 2021, the ALTSD’s new performance measure will track the percentage of older New Mexicans receiving congregate and home delivered meals through aging network programs that are assessed with “high” nutritional risk.
 - More than 58,000 New Mexicans 60 and older are food insecure (Ziliak, 2016)
- ▶ 95% of the Navajo Nation’s elders live in isolated rural and frontier areas
- ▶ Self-neglect is consistently one of the most commonly-substantiated allegation reported to APS

Behavioral Health Statistics for Seniors

Suicide rate for older Americans is much higher than the national average according to the US census.

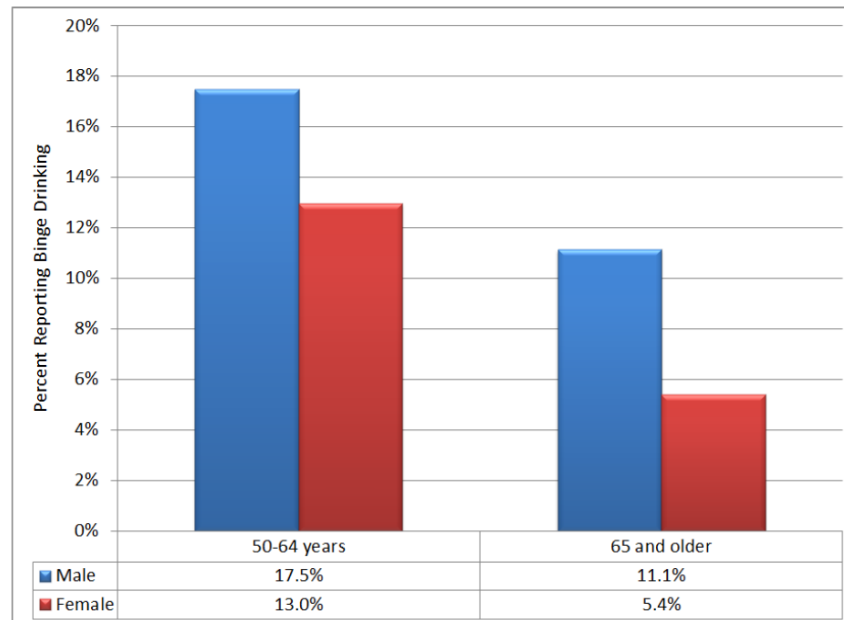


Source: Centers for Disease Control, 2007 and U.S. Census, 2012

Substance Abuse among Older New Mexicans

Substance Abuse and Substance Abuse Treatment among Older New Mexicans

30-DAY BINGE DRINKING AMONG OLDER NEW MEXICANS



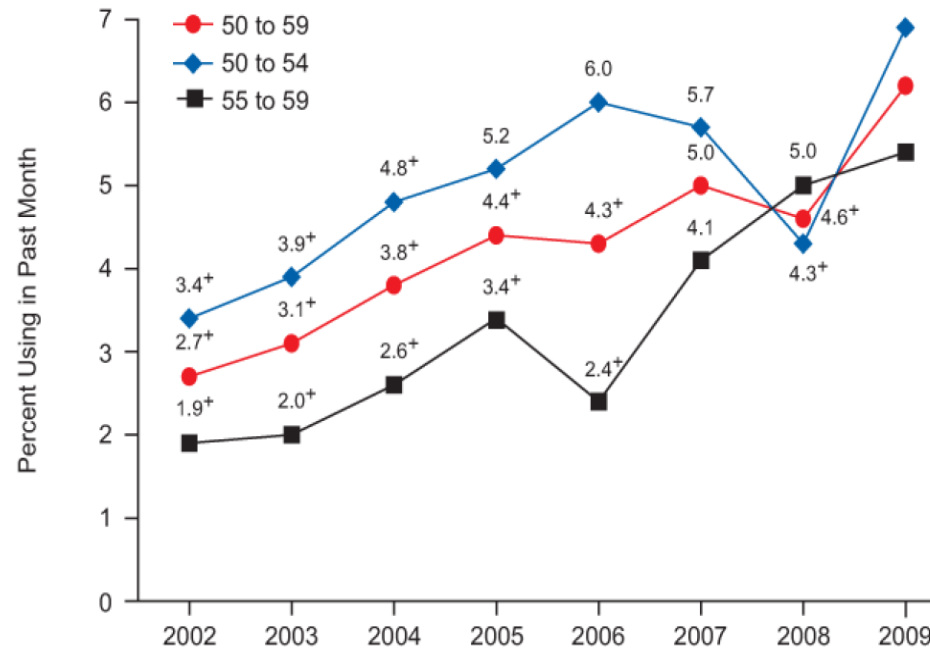
Source: Behavioral Risk Factor Surveillance System, 2011

Duke Medicine News (August 17, 2009) notes that binge drinking can cause: “serious problems, such as stroke, cardiovascular disease, liver disease, neurological damage and poor diabetes control.” Binge drinkers are more likely to take risks like driving while intoxicated, and to experience falls and other accidents. Older people have less tolerance for alcohol. Therefore, this table defines a “binge” as 3 or more drinks for women and 4 or more for men. Binge drinking decreases with age, but is always higher among men. More than 17 percent of New Mexico males age 50-64 reported binge drinking in the past 30 days, while 11 percent of those in the 65+ group reported similar behavior. The confidence intervals around these estimates range from ± 2 to 3 percent.

Substance Abuse Continued....

ILLICIT DRUG USE AMONG OLDER AMERICANS

Nationally, illicit drug use has nearly tripled among 50-59 year old adults since 2002. In the 50-54 year age group, the rate rose from 2.7 to 6.2 percent. The rate rose from 1.9 to 5.4 percent in the 55-59 year age group. According to the Substance Abuse and Mental Health Services Administration (SAMHSA), “These patterns and trends partially reflect the aging into these age groups of members of the baby boom cohort, whose rates of illicit drug use have been higher than those of older cohorts.” While New Mexico-specific data are not available, the SAMHSA “States in Brief” New Mexico Report (http://www.samhsa.gov/statesinbrief/2009/NEW_MEXICO_508.pdf) gives a general picture of substance abuse trends in New Mexico.



Source: 2009 National Survey on Drug Use and Health:
Volume 1. Summary of National Findings

Assessment of Senior Needs

- ▶ The Department's measurements are derived from assessments of needs, trends, and challenges associated with the increasing number of older New Mexicans, as well as the Department's roles and responsibilities which are enumerated in the Older Americans Act, the Accountability in Government Act [6-3A-1 NMSA 1978] and the Department's enabling statute [NMSA 1978 § 9-23-1 et seq.].
- ▶ The following Assessments are utilized at all senior centers in New Mexico:
 - **Nutrition Assessment** - Determines nutritional risk—poor nutrition can negatively impact any and all of the following: healing process, functional status, central nervous system, immune system, and the risk of morbidity and mortality.
 - **Activities of Daily Living (ADLs)** - The things we normally do in daily living including any daily activity we perform for self-care such as feeding ourselves, bathing, dressing, grooming, work, homemaking, and leisure.
 - **Independent Activities of Daily Living (IADLs)** - Activities related to *independent living* and are valuable for evaluating persons with early-stage disease, both to assess the level of disease and to determine the person's ability to care for himself or herself.

Strategies to Support Senior Population

ALTSD and its partners must move to a more holistic approach when it comes to the aging and disabled population. We need to look at the physical, environmental, and behavioral health issues and address them as a whole strategy.

Peer Support

- ▶ Peer support is “a system of giving and receiving help founded on key principles of respect, shared responsibility, and mutual agreement of what is helpful.” (Mead 2001).
- ▶ Peer support services are programs, groups, events, and discussions within the behavioral health system led by people in recovery, based on the philosophy of peer support. Services are delivered within the structure of an agency or organization, or in a person’s home.
- ▶ The following are some examples of peer support services:
 - Providing support for clients’ physical health conditions or concerns
 - Giving assistance with independent living skills (e.g. money management, problem solving, establishing boundaries, reducing stress)
 - Working together to develop socialization and recreational skills
 - Setting a plan to provide aid and comfort to a person in crisis
 - Developing recovery and resiliency skills

Community Health Workers

- ▶ Assist individuals and communities to adopt healthy behaviors. Conduct outreach for medical personnel or health organizations to implement programs in the community that promote, maintain, and improve individual and community health.

Collaboration Statewide with Mobile Clinics

- ▶ The Aging and Long Term Services Department will work with mobile clinics statewide for those seniors that are underserved in rural communities to get preventive healthcare.
- ▶ Mobile vans that already provide services statewide, that the Aging and Long Term Services Department can partner with, an example would be with Healthcare Services Corporation (HCSC).
 - Partnering with HCSC and our seniors in our rural statewide would provide care such as, vision and dental, examinations of all types and immunizations.
- ▶ There are other partnerships throughout New Mexico such as, the Southern New Mexico Diabetes Outreach (SNMDO) and the New Mexico Hispanic Medical Association (NMHMA).
 - The SNMDO provides education, prevention and management of Diabetes.
 - The NMHMA provides Alzheimer's screenings.
- ▶ By partnering with these organizations that provide mobile healthcare, the Aging and Long Term Services Department can connect the 260 senior centers, which includes our tribal communities statewide.

Food Pantries and Senior Centers

- ▶ How do we reach those seniors who are “high” nutritional risk?
 - Work on a plan to develop food pantries in every senior center across New Mexico that currently does not have one.
 - Work with New Mexico Association of Food Banks to collaborate with areas of the state that they are not providing services in those areas.
 - Work with the New Mexico Farmers Markets, to see how we can bring in local fresh fruits and vegetables to all senior centers.
 - Develop standardized procedures on how to maintain and provide locally grown food to seniors statewide.

New Mexico Intergenerational Feeding Programs

Intergenerational programs that connect senior nutrition with Summer Meals demonstrate how much we value the increasingly important roles older adults play in the lives of many children. Engaging older adults in Summer Meal Programs creates opportunities to improve health and nutrition, prevent isolation of older adults, and develop children's social and leadership skills.

- **Increase participation:** Reach out to grandparents or other caregivers to let them know about Summer Meal sites where their children can get a meal.
- **Increase access:** Partner with organizations that serve meals to older adults to expand their meal service to provide Summer Meals to children.
- **Increase awareness:** Visit senior centers and other congregate meal sites for older adults to explain the importance of expanding their capabilities to offer meals to children when school is out.
- **Increase community engagement:** Partner with organizations that sponsor volunteer programs for older adults to find volunteers to help operate or promote Summer Meal sites. (USDA 11/30/16)

Transportation Statewide

- ▶ Transportation - Senior transportation programs make it possible for individuals who no longer drive and do not have access to public transportation to obtain rides for essential trips, such as medical appointments, shopping and other activities.
 - The availability and type of transportation services can vary among communities.
 - Aging & Long Term- Services Department has an online resource directory that makes it easy to find out what transportation services may be available in each county.
- ▶ VA Transportation Initiative - ALTSD has a strong desire to increase transportation services throughout the State.
 - Partnering with other organizations to begin initiatives and pilot programs is ideal until this issue of limited transportation resources can be resolved.
 - Finding the gaps in services is the first step, identifying key partners and strategies is second and finally, launching new pilot programs and services in rural & underserved communities in New Mexico.
 - ALTSD has connected with the VA in Grant County to discuss a pilot program that will help veterans get to necessary medical appointments with the help of a case manager or community health worker coordinating rides.

Alzheimer's Care and Caregiver Resources in Rural Areas

- ▶ Alzheimer's Association, NM Chapter
 - State wide services, main office in ABO
 - 4 Regional Offices; Las Cruces, Roswell, Farmington, Santa Fe
 - Support groups, education and training, respite, newsletter, information and assistance, care consultations, safety, 24 hour toll free support phone line
- ▶ Area Agencies on Aging
 - Various caregiver supportive services: home-maker, transportation, education and training, respite including adult day care, home-delivered meals, legal services, health and wellness programs, grandparent support services, case management
- ▶ Volunteer programs - Senior Companion Program
- ▶ NM Senior Olympics - health and wellness programs
- ▶ LREP - legal services, Senior Legal Handbook
- ▶ Pegasus - kinship guardianship services
- ▶ ADRC - statewide information and referral, options counseling, SHIP, Med-bank, benefits counseling, care transitions
- ▶ APS - referrals for abuse, neglect and exploitation; in-home and adult day care services
- ▶ Long-term care ombudsman program

Community Health Collaboration

- ▶ Work collaboratively with agencies and Stakeholders:
 - Children Youth and Families Department
 - Department of Health
 - Human Services Department
 - New Mexico Alzheimer's Association
 - New Mexico Indian Affairs Department
 - New Mexico Office of African American Affairs
 - New Mexico State University
 - New Mexico Veterans Department
 - University of New Mexico

Questions

