The Keystone for Independence – Low Vision, Vision Loss, and Cognitive Decline in Older Adults

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Dedicated to Improving the Care of Older Adults

Priority Areas:

- Age-Friendly Health Systems
- Family Caregiving
- Serious Illness & End of Life
Age-Friendly World = Vision-Friendly World
Why Older Adults?
WHO: Global Network for an Age-Friendly World

What is an age-friendly world?

A world in which you would want to grow older.

Environments that foster healthy and active aging and enable people to:

- age safely in a place that is right for them
- be free from poverty
- develop personally
- contribute to their communities
- retain autonomy, health and dignity

Older people know best what they need, so they must be at the center of any effort to create a more age-friendly world.
Great Places for All Ages

AARP Livable Communities supports neighborhoods, towns, cities and rural areas to be great places for all ages.

Age-Friendly Communities provide safe, walkable streets; housing and transportation options; access to needed support services; and opportunities for all ages to participate in community life.
Why Age-Friendly Health Systems?

- Demography
- Complexity
- Disproportionate Harm
The Game-Changing Aim

Build a social movement so *all* older adults receive *age-friendly care*:

- Guided by an essential set of evidence based practices (4Ms)
- Causes no harms
- Is consistent with What Matters to the older adult and their family

Our *first* aim is to reach 20% by December 31, 2020: 1000 hospitals and 1000 primary care practices
The 4Ms Framework

- Builds on very strong evidence
- Represents core health issues that matter to older adults
- Simplifies & reduces implementation and measurement burden while increasing effectiveness
- Components are synergistic and reinforce one another
- Has an impact on key quality and safety outcomes
The 4Ms Framework

Where is vision care?

EVERYWHERE
Age-Friendly on the Rise

Cumulative growth in participation (as of Feb 2019)

- 2017: 50 systems, 100 sites
- 2018: 100 systems, 200 sites
- 2019: 126 systems, 357 sites

Health systems: Blue bars
Sites of care: Orange bars

126 systems 357 sites
37 states
Age-Friendly Public Health Systems
Age-Friendly Public Health Systems

4Ms of Age-Friendly:
- What Matters
- Medication
- Mentation
- Mobility

Assure Acting On the 4Ms:
- Assure Workforce Competent in Age-Friendly Care
- Link to Health Systems and Area Agencies on Aging addressing Age-Friendly Care
- Evaluate 4Ms – Goal of Primary & Secondary Prevention of 4Ms

Assess Acting On the 4Ms:
- What Matters/Advance Care Planning
- Medication Management
- Maintain Cognitive Wellness/Address Social Isolation
- Mobility/Fall Risk

Policy to support Acting on the 4Ms:
- Empower older adults and caregivers to demand Age-Friendly care
- Engage older adults and caregivers in actions that support their health
- Develop policies to promote Age-Friendly care and embed 4Ms
Age-Friendly Public Health Systems

32 Teams
60 Participants
37 Counties
Age-Friendly Public Health Systems

**Goal:** Create An Age-Friendly Public Health System

- Feasibility analysis; Framework developed
- Pilot in Florida
- National Expansion & Adoption

United States of Aging

**Prevent Blindness**
Bringing Americans to Eye Care

Focus on Eye Health National Summit

A Lifetime of Vision
July 17, 2019 | National Press Club | Washington D.C.
Advancing an Age-Friendly Social Movement
Age-Friendly = Vision-Friendly

Policy Action
- Implement public health vision screening programs in senior centers and other settings with older adults
- Review and potentially expand Medicare coverage of vision services and low vision devices
- Include vision-related measures in national surveillance surveys

Community Action – Support Programs to:
- Increase access to screenings, eyeglasses, etc. (e.g., libraries having reading aids)
- Make home environments more vision-accessible (structured environments, lighting)
- Assist people with low vision through technology, volunteer programs, etc.
Age-Friendly = Vision-Friendly