



TASC Population Health Learning Collaborative: Aging and Long-Term Care

Prepared by: Karla Weng, Stratis Health (kweng@stratishealth.org)

1. Explore county level data on aging populations in your state. What rural counties have the highest proportion of individuals 65 and older? 85 and older? Are you aware of access issues for health care services in those counties?
 - One source for population data is the [AGing Integrated Database \(AGID\): County-Level Population Estimates Data Custom Tables](#) from the Administration for Community Living
 - Each state has an identified Federal-State Cooperative for Population Estimates Agency ([FSCPE Contacts](#)) that works with the Census Bureau. These agencies may be a good resource to explore for state level data.
 - Many SORHs have developed detailed reports/chartbooks focused on rural populations and rural health. A couple examples:
 - [Aging in Rural and Frontier Oregon](#)
 - [Rural Health Care in Minnesota Chart Book](#)
2. Review how Older Americans Act (OAA) programs (such as Area Agencies on Aging) are distributed in your state to understand key contacts and entry points for support. Explore the website for your State Unit on Aging to get a sense of the scope and structure of services available.
 - One source: [AGing, Independence, and Disability \(AGID\) Program Data Portal – State Profiles.](#)
 - If you are not already connected to and/or familiar with your State Unit on Aging, consider scheduling an informational interview to better understand the availability of services in rural communities, and get their input on the best ways to help connect CAHs to available resources available. *Note:* Many of these agencies are currently focused on meeting immediate COVID related needs, so please be considerate regarding the timing of potential outreach.



NATIONAL
RURAL HEALTH
RESOURCE CENTER

3. Advance Care Planning has heightened importance the current pandemic, particularly for older adults. According to a national survey done in 2018, *92% of people say talking with their loved ones about end-of-life care is important, but 32% have done so.* (www.theconversationproject.org)
 - Consider three things you and your loved ones can do now to be prepared by reviewing this brief guide: [Being Prepared in the Time of COVID-19](#)
4. If your state moved towards a population health focus regarding one area of aging or long-term care, what do you think would be most impactful? Consider data as well as what you know and are hearing from your hospitals.