

Age-Friendly Health & Community Services Implementation Group
Web-Ex
JANUARY 23, 2023

Attendees: Manjula Ganapathi, Susan Hailman, Gretchen Tucker, Harsha Desai, Karen Basinger, Hugh Scoggins, Nancy Kusmaul, Alice Harris, Kathy Wehr, Michele Millican, Kelly Chase, Cecilia Daniels, Tiffany Erbeling, Stephanie Boyd, Terri Hansen, Morgan Spliedt

Agenda:

- 1) Welcome
- 2) Review Purpose of the Action Plan
- 3) Review/Discuss Roles
- 4) Review Action Items
- 5) Set Date and Location for Next Meeting
- 6) Calls to Action and Wrap Up

Meeting Notes:

- 1) Welcome & Introductions
- 2) Purpose of today's meeting – Orient the Work Group to the same page.
 - a. Review Purpose of the Action Plan
 - i. Guide how the community works together to make our vision a reality – a livable community that is a great place to grow up and to grow older.
 - ii. Provide a blueprint to achieve a healthier, happier community that is a great place to grow up and to grow older.
 - b. Review/Discuss Roles
 - i. Leadership Roles – still seeking people for these roles. Email agefriendly@howardcountymd.gov if you're interested.
 1. **Community Leader** is a community member who will...
 - a. Coordinate, plan, and lead the Work Group Meetings.
 - b. Track progress and effort of the domain's Action Items.
 - c. Work collaboratively with the County Liaison to communicate with the Age-Friendly Howard County Advisors.
 2. **County Liaison** is a Howard County government employee who will...
 - a. Act as the primary liaison between the Work Group and the Age-Friendly Howard County Advisors.
 - b. Maintain meeting records and submit materials to the Age-Friendly Howard County Advisors.
 - c. Collect and update Work Group contact information.
 - d. Support the Community Leader as needed.
 - ii. General Expectations of all Work Group Members
 1. Actively participates in meeting and the implementation of Action Items.
 2. Work toward achieving Work Group goals.
 3. Follow through with tasks.

4. Report effort and progress updates to the Community Leader.
- c. Review Action Items
 - i. The Action Plan online provides highlights on the Action Items for the Health & Community Services Domain. Opening the Appendix will lead you to a significant amount of information about the action items, sub-action items, the background information, and proposed next steps.
 - ii. Work Groups can use Logic Modeling to break down the Action Items into actionable steps (SMART Goals) to track and measure progress. Attendees reviewed Logic Model used by the Age-Friendly Howard County Advisors.
- 3) Discussion
- a. [AARP Livable Communities Portal](#) is a resource we have access to (work group members can join the portal). In the Portal, people share resources, ask questions, attend trainings, etc.
 - i. Sign up for the [AARP Livable Communities e-Newsletter here.](#)
 - b. HC 1. It will be incremental to make progress on this, but the goal is to help residents to be independent in their search for information.
 - i. The Resource Guide for 2023 has been reorganized based on the Age-Friendly 8 Domains of Livability – small, but critical step.
 - ii. Recommendation from Terri: This Work Group hosting a focus group to ask the community what they want out of a Resource Guide – so that this resource is actually helpful for the people we are serving.
 1. Giving some information about WHERE to FIND information easily, as well as providing someone who knows how to help people work through the information, answer questions.
 - iii. Recommendation from Susan: Planning for age-friendly services, we need to know what the capacity is – if there is an extensive waiting list for a program, then we need to figure out how to build capacity (What is the gap in services).
 - iv. Consider the “who” – who are we trying to serve (older adults, families etc.)
 - v. Perhaps the future of this could be an “Age-Friendly Guide” because it spans the life span rather than a Resource Guide just for older adults – something to consider.
 - c. HC 2.
 - i. There is an online resource (Trualta) for caregivers that the Office on Aging and Independence has partnered with that offers a little more support – but is not 24/7 support and is not a hotline. Consider the importance of providing those resources to the County.
 - ii. There are so many community-based organizations that are doing some of this work – supporting caregivers or providing chronic disease management. The role of the Work Group is to consider these tools to reduce things like food insecurity and things that contribute to increased health risk factors.
 - iii. We are coming at this from the perspective of Age-Friendly Howard County, so we need to look at what services are existing and where gaps or limitations may be in providing available resource across ALL of Howard County.
 - d. HC 3

- i. Enhancing someone's ability to age in place, it would be important to consider state-level services in the gap analysis. On the other side, if a resource is listed but has a limit (income, race, location) then those disclaimers need to be there.
 - e. One role of this work group is to advocate for real expansion of services and efforts to effectively fill the gap in resources/services
 - i. Creative thinking is needed for gap analysis and coming up with effective solutions – this could be through things like peer support strategies and staff with varying levels of degrees/experience.
 - f. It's one thing to have a resource guide or a number to call, but when you're going through a hard time or working through health issues – it is good to have a person to help take that next step.
 - i. Having better outreach to people who interact with older adults on a regular basis and giving them information and knowledge about where to find resources or be a natural advocate. Opening access to different tiers for help.
 - ii. Possibly developing a flow chart/decision tree
 - g. Ambassador Program shows up in 4 different domains (HCS, Social Participation, Outdoor Spaces & Buildings, and Respect & Social Inclusion). The program is already in progress via Leadership Howard County (LHC). LHC is developing the initial (and hopefully) ongoing training between now and May 2023.
- 4) Set Date and Location for Next Meeting
 - a. Next Meeting will be at 1:30pm on Monday, February 27th via WebEx. An email invitation will be sent at the end of January.
 - i. Fourth Mondays generally work – takes us to February 27 at 1:30pm
- 5) Calls to Action and Wrap Up
 - a. Re-Read the Appendix, be well versed in the recommendations and background recommendations so we can discuss by meeting on February 27th. Make note of Action Items that pique your interest, any questions you may have or even steps that may be needed to accomplish these Action Items. What priority should the Action Items be? Also make note of any areas we can add.
 - b. Put into priority order what YOU want to work on first and decide if you want to work on the Action Items as a big group or in smaller subgroups.
 - c. Consider a leadership position in the work group (Community Leader, County Liaison) and email agefriendly@howardcountymd.gov to indicate interest.
 - d. Non-attendees at today's meeting also: Review the Action Plan Health & Community Services Action Items and note which action item(s) you would like to work on. Email agefriendly@howardcountymd.gov to indicate interest in the Action Items.