



MISSOURI DEPARTMENT OF
**HEALTH &
SENIOR SERVICES**



AGING WITH DIGNITY
Missouri's Master Plan on Aging

Mindy Ulstad
Bureau Chief, Senior Programs

Agenda

Topics we will discuss today

Why a Master Plan on Aging?

Missouri's Aging Profile

Developing the Master Plan on Aging

Vision, Recommendations, and Action Items

Cross-cutting Recommendations

Next Steps for Implementation



MISSOURI DEPARTMENT OF
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Section 01

Why a

Master Plan?

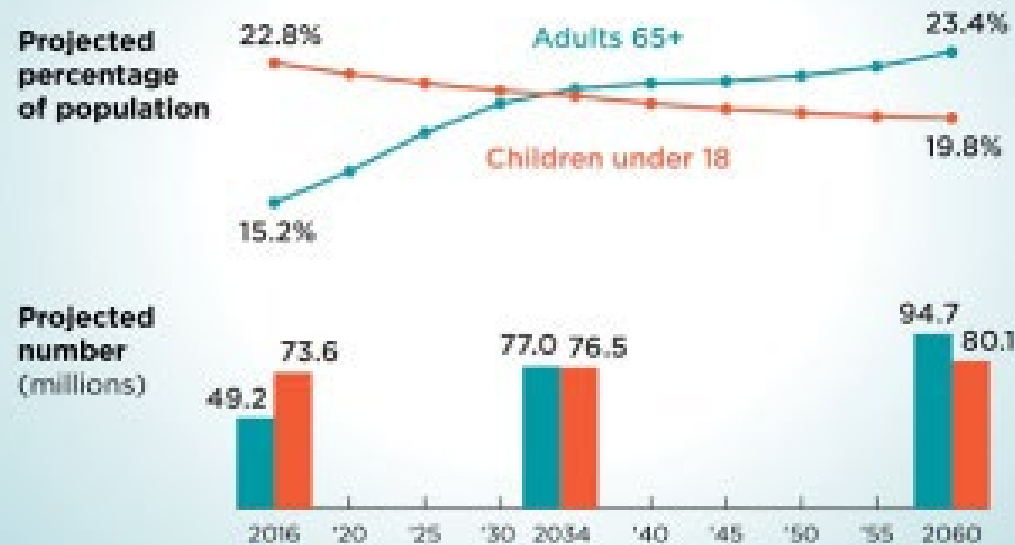
Why a Master Plan on Aging?



An Aging Nation

Projected Number of Children
and Older Adults

For the First Time in U.S. History Older Adults Are
Projected to Outnumber Children by 2034



Note: 2016 data are estimates not projections.

United States[®]
Census
Bureau

U.S. Department of Commerce
U.S. CENSUS BUREAU
census.gov

Source: National Population
Projections, 2017
www.census.gov/programs-surveys/popproj.html

Why a Master Plan on Aging?

Governor Michael L. Parson's Executive Order 23-01

In January 2023, Missouri Governor Michael L. Parson issued Executive Order 23-01 that called on state agencies, private and non-profit leaders, and other key stakeholders and community members to develop an MPA to support Missourians to age with dignity. Specifically, it required the DHSS and its Advisory Council to do the following:

- Review and assess the current state of aging services in Missouri.
- Coordinate and complete at least 10 listening sessions with stakeholders in the Area Agencies on Aging (AAA) regions, with at least two listening sessions available statewide.
- Conduct a statewide senior citizen and adults with disabilities needs assessment.
- Establish priorities for each state agency and communicate these priorities to key stakeholders.
- Develop a Master Plan on Aging.

Why a Master Plan on Aging?

An MPA Benefits the State and Missouri Residents

- It provides a comprehensive 10-year roadmap for state, local, private, and non-profit leaders and community members to follow as Missouri re-envisioning aging across the lifespan.
- It also focuses on a broader set of needs for older adults, individuals with disabilities, and family caregivers, covering all facets of life, including the caregiver support network, employment resources, affordable, safe and healthy housing accommodations, transportation services and options, and access to a health care system that is age- and disability- friendly.

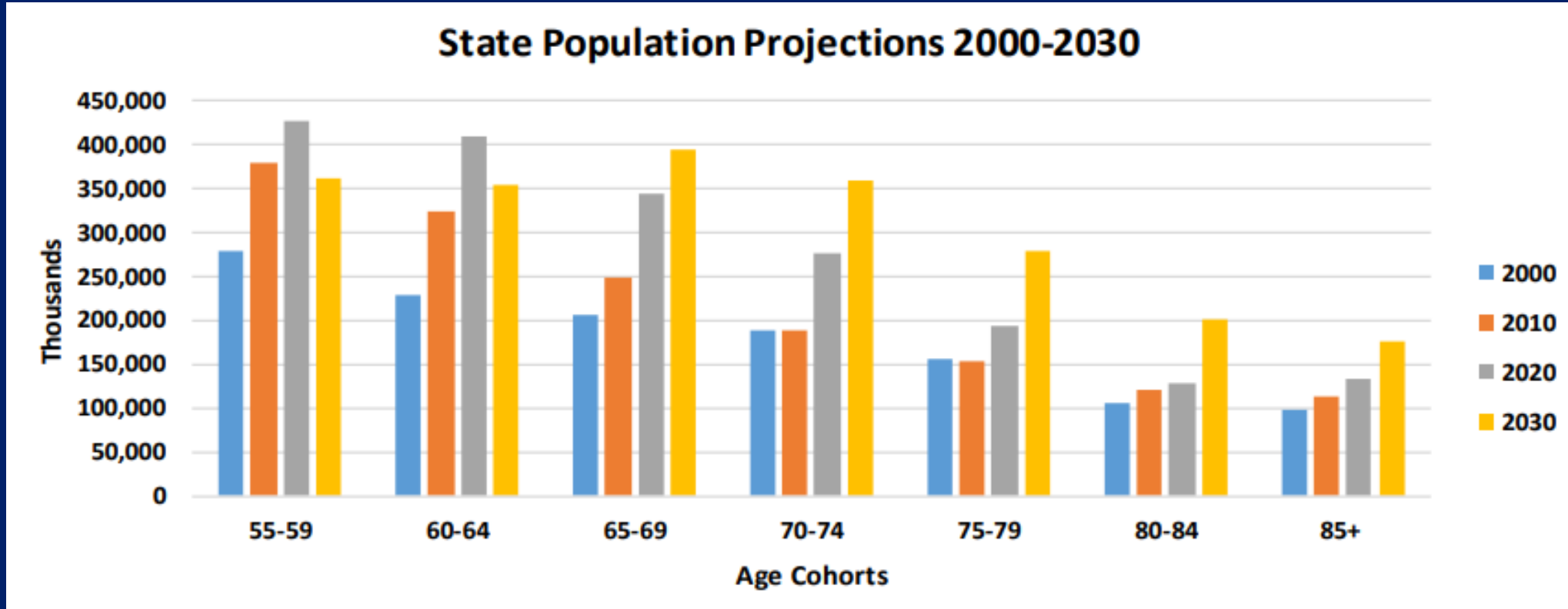


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Section 02

Missouri's Aging Profile

Missouri's Aging Profile



Missouri population projections for older adults, 2000-2030. Source: Missouri Office of Administration, 2020

Missouri's Aging Profile

MISSOURI AGING PROFILE

MISSOURI

Life Expectancy

76.6



Adults 65+

1,062,483

Percentage 65+

17%

65+ Below Poverty Level

97,505



Housing Costs Greater Than 30% of Income

186,240



Without a Vehicle

61,987



At Risk of Social Isolation

56%



Injuries from Falls

50,080

Social and Economic Characteristics of Older Adults

Characteristic	Number of Residents
Number of individuals in the workforce	185,896
Grandparents responsible for grandchildren under age 18 (no age range)	52,226
Limited English capability	15,678
Living in a skilled nursing facility (no age range)	44,059
Has difficulty living independently	136,179

Data compiled from most recently available years. Unless otherwise noted, all data is for adults 65+. [Data sources](#)



Veterans 65+
187,019

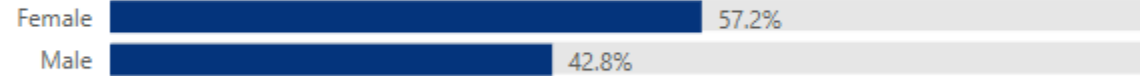


AGING WITH DIGNITY
Missouri's Master Plan on Aging

Bureau of Senior Programs
P.O. Box 570
Jefferson City, MO 65102
573.526.4542
Health.Mo.Gov/aging

Missouri's Adults with Disabilities Profile

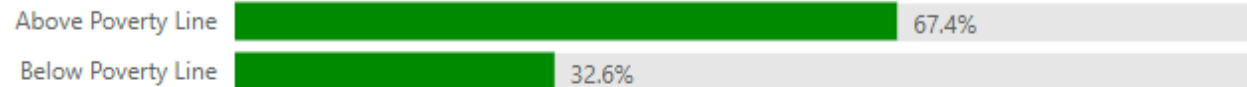
Sex



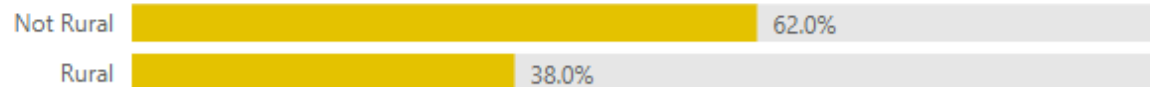
Age Group



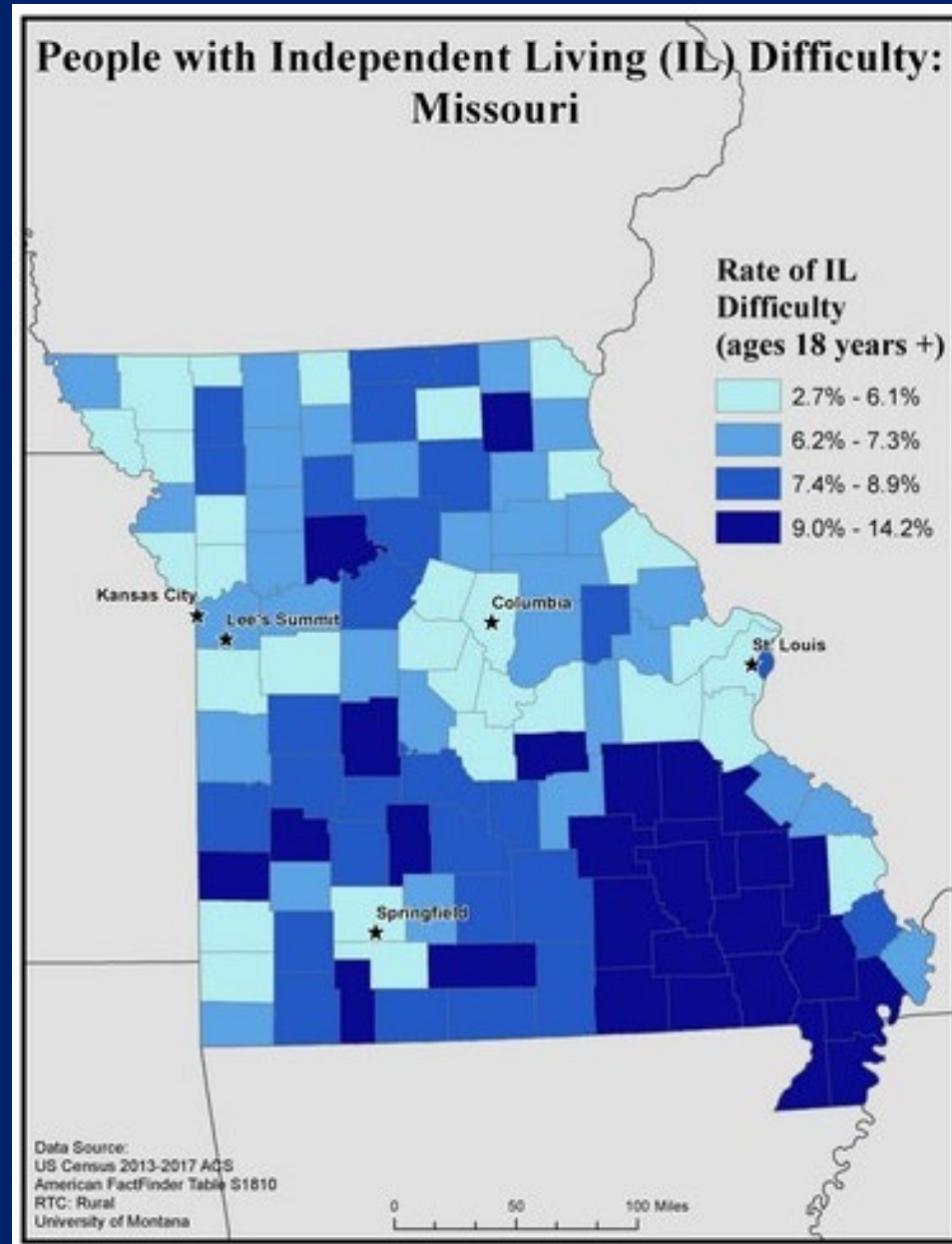
Poverty Status



Rural Status



Missouri's Adults with Disabilities Profile



Missouri's Caregivers Profile

CAREGIVING

2015–2016 Behavioral Risk Factor Surveillance System (BRFSS) Data
from adults in 38 States, Puerto Rico, and the District of Columbia.



1 in 5 adults
are caregivers

CAREGIVERS provide regular care or assistance to a FRIEND or FAMILY member with a health problem or disability

CAREGIVING CAN BE

LENGTHY
Half have provided care
for at least two years



INTENSE
30% have provided
care for at least 20 hours
per week



HOW DO CAREGIVERS HELP?



4 in 5 manage
household tasks

Over half assist
with personal care



FUTURE CAREGIVERS

1 in 6
NON-CAREGIVERS
expect to **BECOME**
CAREGIVERS within
2 years

cdc.gov/aging



U.S. Department of
Health and Human Services
Centers for Disease
Control and Prevention



CS-20-0225-A August 2018

Geographic Distribution

99 Rural Counties
16 Urban Counties

2/3 of the older adult population lives
in urban areas.

1/3 of older adults live in rural areas.



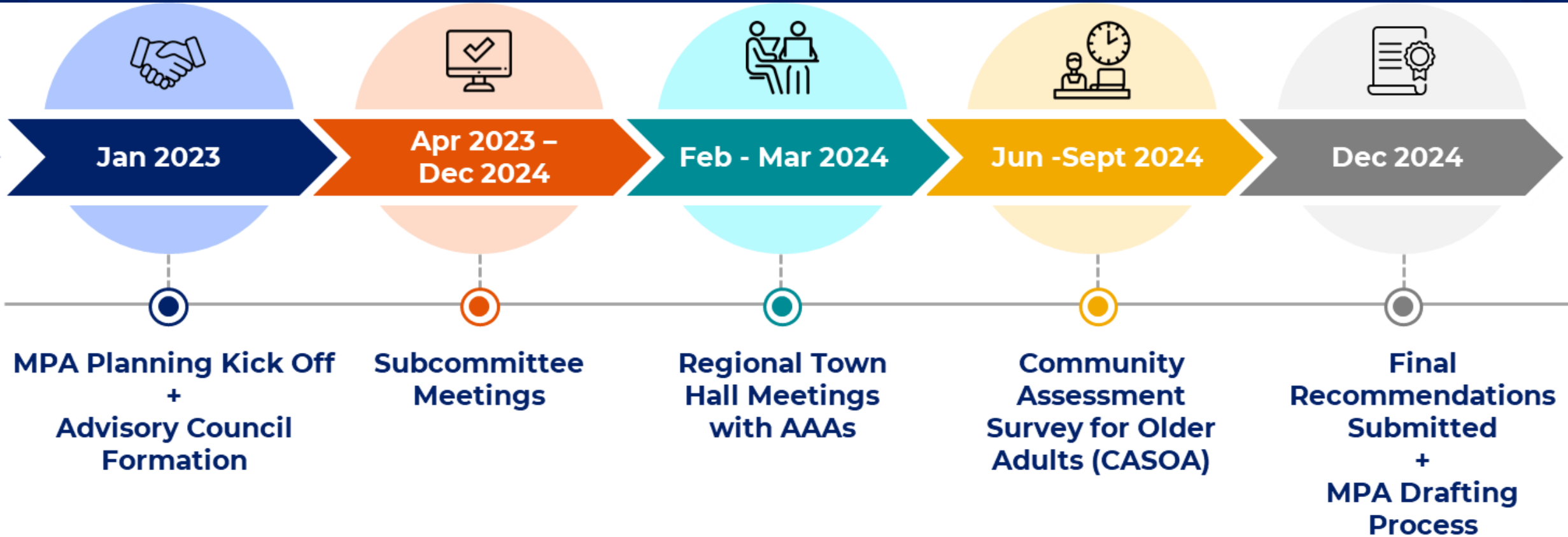


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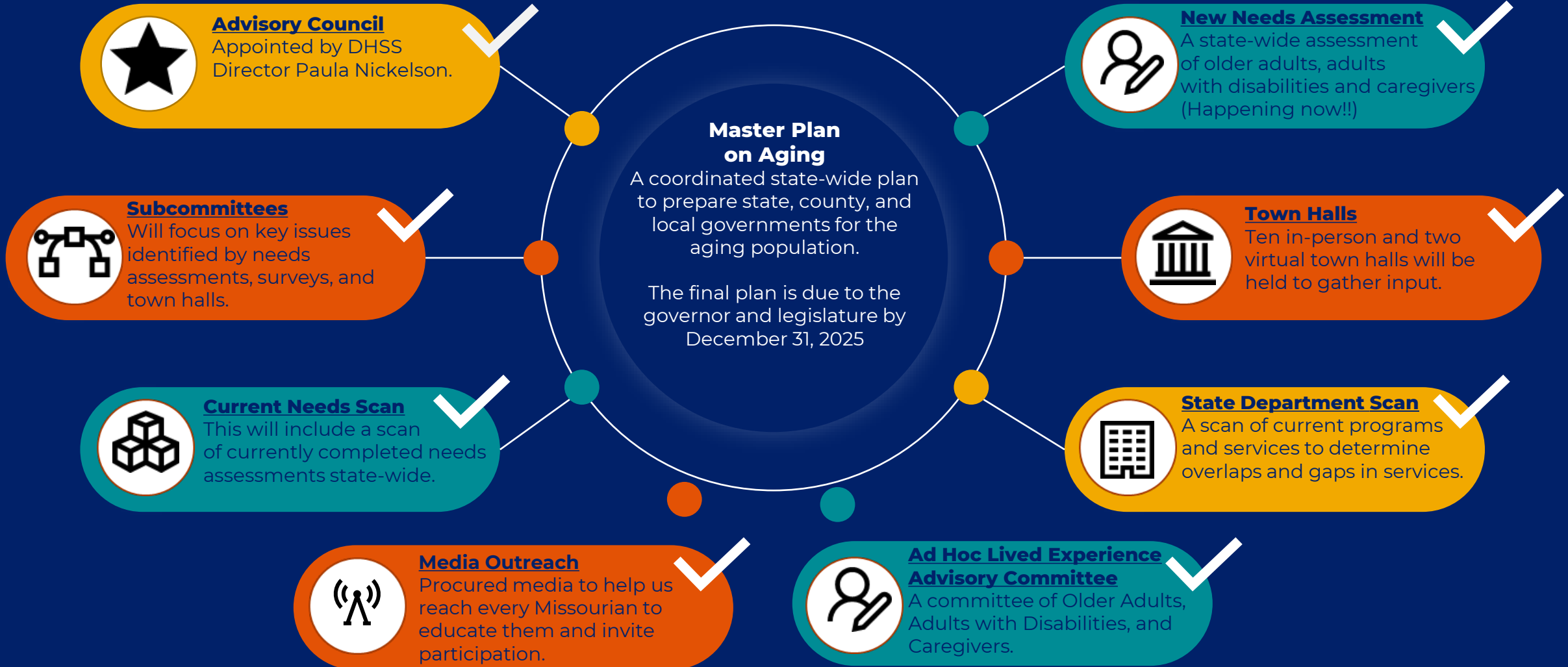
Section 03

Developing the Plan

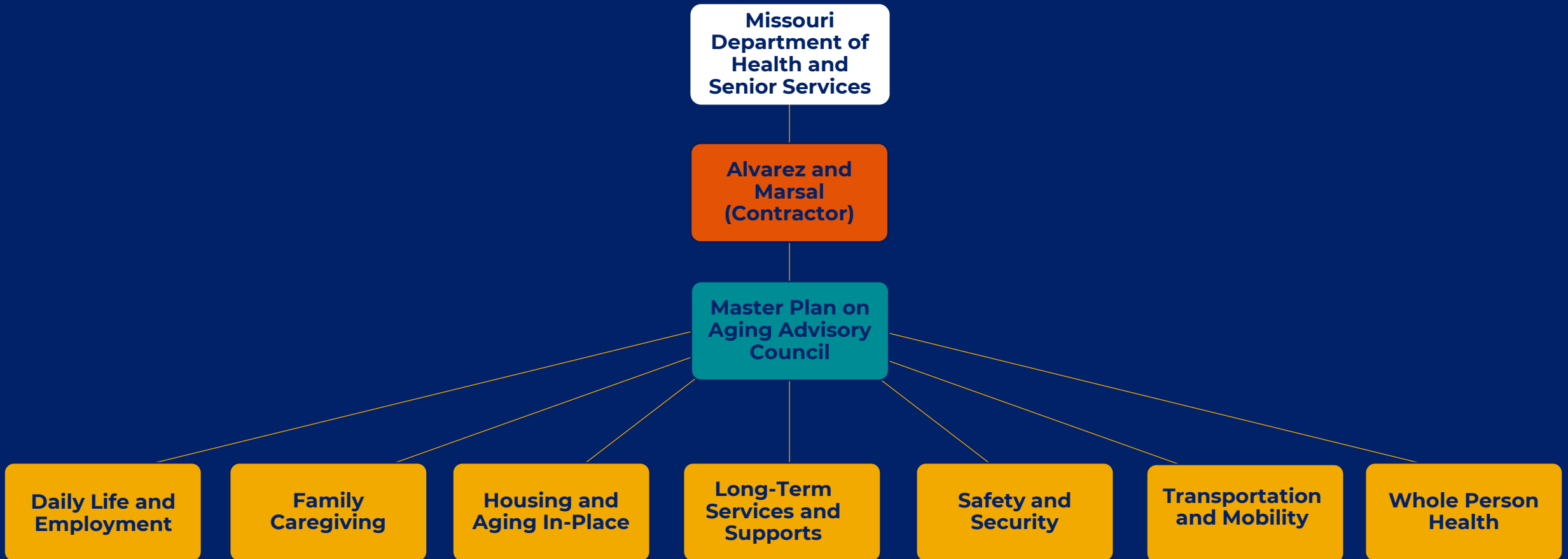
Developing the MPA



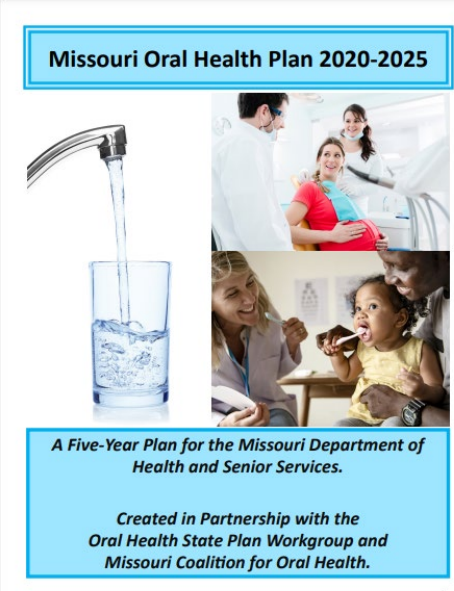
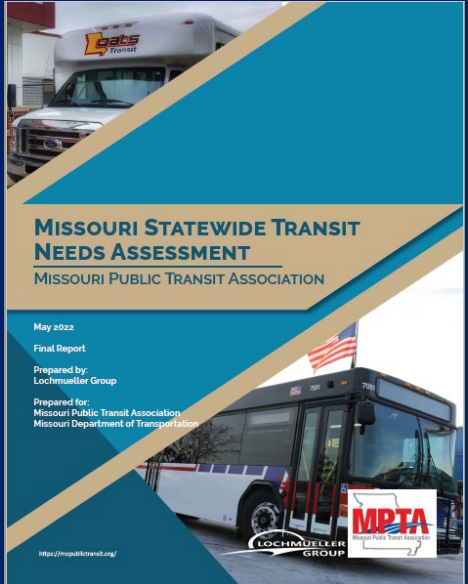
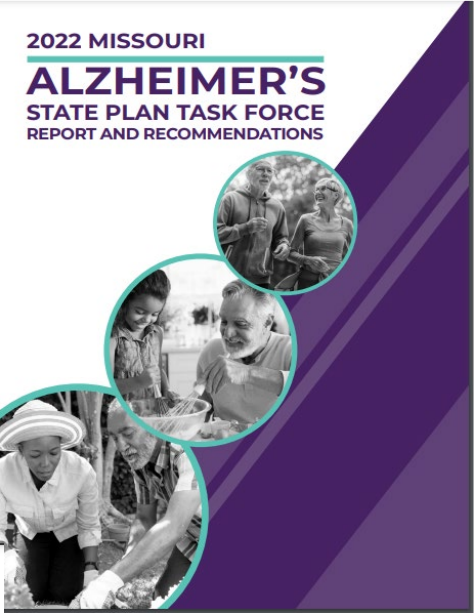
Components of the Master Plan on Aging



Missouri's Master Plan on Aging Organization Chart



Building on Recent Related Work



Master Plan on Aging Town Halls

- 10 Town Halls across the state's 10 AAA regions
- 2 Virtual Town Halls
- 311 volunteers
- 1,769 participants
- Over 15,000 comments received!!



Key Needs:

- Transportation of all kinds, with an emphasis on mobility management
- Safe & affordable housing that people can age into
- Funding to retrofit housing for those who want to age in place
- A “No Wrong Door” so people can find the services they need
- Education and outreach about currently available services and programs
- Safety and security around financial scams and concerns with AI scams
- Caregiver support and services



Statewide Needs Assessment Survey

- 158,489 surveys sent to random addresses across MO
 - Statistically significant amount from each county
- Public engagement from July 8 through September 16, 2024
- Assistance available to take the survey
 - Available in multiple languages
 - Accessible



CALLING ALL MISSOURIANS,
REGARDLESS OF AGE OR ABILITY!

It's time to shape our future together.

 **AGING WITH DIGNITY**
Missouri's Master Plan on Aging

TAKE THE SURVEY ▶

MPA Advisory Council

- Directors or designees from all 16 Cabinet-level departments
- Missouri Association of Area Agencies on Aging (ma4)
- Centers for Independent Living
- Missouri Association of County Developmental Disability Services
- Senior Tax Levy Boards
- Missouri Association of Councils of Governments
- County Commissioners Association of Missouri
- Missouri Municipal League
- UMKC- Institute for Human Development
- Missouri Hospital Association
- Missouri AARP
- Senior Community Service Employment Program
- Missouri Veterans Commission
- St Louis Housing Authority
- Missouri Council on Aging
- Alzheimer's Association of Greater Missouri Chapter
- Missouri Foundation for Health
- Health Forward Foundation
- Missouri Housing Development Commission
- IntellectAbility
- Legal Services of Eastern Missouri

MPA Ad-Hoc Lived Experience Advisory Council

Candi Bockenstedt	Caregiver
Sharon Williams	Caregiver
Barbara Miller	Caregiver
James (Chris) Richardson	Caregiver
Diana Willard	Disabled Adult
Rene Powell	Disabled Adult
Patty Goss	Adult with I/DD
Sue Schaeffer	Sandwich Caregiver siblings with I/DD and older parents
Bob Pieper	Older Adult
Mary Wesche	Older Adult
John Kramer	Older Adult
Sara Kelley	Caregiver/Parent

MPA Subcommittee Areas












Section 04

**Vision,
Recommendations,
and Action Items**

Vision

	Vision Statements	Priorities
 Daily Life & Employment	Missouri is a national leader and center of innovation in engaging all people, regardless of age, ability level, or personal circumstances in employment, volunteerism and community participation opportunities to strengthen their social/civic ties and enhance their sense of purpose in daily life.	Improve employment opportunities and financial security, expand volunteerism and recreation access, promote encompassing , community-driven design, and support lifelong learning.
 Family Caregivers	Family caregivers in Missouri will have knowledge of and access to adequate training and resources to provide effective care in support of the care recipient's choices and their own physical and mental well-being.	Increase access to caregiver resources and community supports, invest in the caregiving workforce, support working caregivers across sectors, and strengthen kinship caregiving supports.
 Housing and Aging in Place	Missouri is a state where every person has access to safe, affordable, quality, accessible, and housing suitable for all ages and abilities in a caring community that provides the necessary support and services to meet the needs of all citizens.	Strengthen leadership, funding, and legal frameworks, improve program administration, and promote public awareness and education.
 Long-Term Services & Supports	Missourians will have the knowledge and resources to make informed and person-centered choices regarding the setting in which quality long-term services and supports are available for delivery, including home and community-based services and congregate care options, that maximize independence, health, and quality of life.	Promote affordability and supports planning, maintain and expand service options, address workforce challenges, and improve navigation across the system.
 Safety & Security	Missourians will have education and resources available to keep them safe and free from abuse, neglect, and exploitation and to help them plan for their financial security in retirement.	Strengthen legal protections and awareness, improve professional training and accountability, foster interagency collaboration, and enhance data-sharing and system oversight.
 Transportation	Missourians can access safe and reliable transportation and mobility options to get to the places they need or desire to go.	Expand transportation access, especially in rural areas, align infrastructure and planning with aging and disability needs, strengthen statewide coordination, invest in the transportation workforce, and support flexible, person-centered mobility solutions.
 Whole Person Health	Missourians will have access to the care and services needed to help them live a safe, healthy life with maximum independence as they age.	Improve access to preventive and comprehensive care, strengthen health literacy, expand use of technology in care delivery, grow the specialized health workforce, and secure sustainable funding for health and wellness services.

How Action Items are Labeled

Level of Effort	Type of Action Proposed
Lower Effort L	Outreach, education, promotional, awareness, or work already in progress
Medium Effort M	Coordination across agencies or partners, moderate resource allocation, some programmatic changes but achievable within existing structures
Complex Effort C	New legislation, large-scale funding, major system change, multi-year implementation, extensive stakeholder engagement

Level of Effort

Cross-Over between Subcommittees

Abbreviations	Subcommittee
 DLE	Daily Life & Employment
 FC	Family Caregivers
 HAIP	Housing & Aging in Place
 LTSS	Long-Term Services and Supports
 SS	Safety & Security
 TM	Transportation & Mobility
 WPH	Whole Person Health

Daily Life and Employment

Vision Statement: Missouri is a national leader and center of innovation in engaging all people – regardless of age, ability level or personal circumstances – in employment, volunteerism and community participation opportunities to strengthen their social/civic ties and enhance their sense of purpose in daily life.



Daily Life and Employment

Recommendation: Reimagine volunteerism and promote civic engagement for older adults through cross-sector partnerships.

Examples and Promising Practices:

- Give 5 is a free volunteer engagement program launched in Springfield, Missouri, that matches retirees with local nonprofits based on their skills and interests. The program educates participants about key community challenges and connects them with opportunities to make a meaningful impact. It addresses two major needs in Missouri: reducing social isolation among older adults and helping nonprofits find skilled volunteers. Recognizing its success, the Missouri Legislature has expanded the program statewide. <https://give5program.com/learn/>

Daily Life and Employment

Recommendation: Strengthen employment access and economic stability for older adults and adults with disabilities.

Examples and Promising Practices:

- Missouri Disability Benefits 101 is a free, anonymous online tool that helps users understand how employment income may affect disability-related benefits like SNAP, Social Security, health care, and housing. It is maintained by the World Institute on Disabilities.

<http://mo.db101.org/>

Daily Life and Employment

Recommendation: Improve access to recreation, fitness, and public spaces for older adults and adults with disabilities.

Recommendation: Expand educational and digital access for older adults and adults with disabilities.

Family Caregivers

Vision Statement: Family caregivers in Missouri will have knowledge of and access to adequate training and resources to provide effective care supporting the care recipient's choices and their own physical and mental well-being.



Family Caregivers

Recommendation: Increase Access to Caregiver Resources and Innovative Community-Based Supports.

Recommendation: Invest in the Caregiving Workforce to Better Support Families.

Recommendation: Support Working Family Caregivers Across Employment Sectors.

Recommendation: Strengthen Support for Kinship Caregivers.

Housing and Aging In Place

Vision Statement: We envision Missouri as a state where every person has access to safe, affordable, quality, accessible housing suitable for all ages and abilities in a caring community that provides the necessary support and services to meet the needs of all citizens.



Housing and Aging In Place

Recommendation: Develop a state oversight agency appointed by the Governor.

Recommendation: Focus on finance and funding.

Examples and Promising Practices:

- Moberly Junior High School repurposed into senior housing in long-awaited \$14 million project.

<https://krcgtv.com/news/local/moberly-junior-high-school-repurposed-into-senior-housing-in-long-awaited-14m-project>

Housing and Aging In Place

Recommendation: Focus on law, legislation, and legal issues.

Recommendation: Focus on improving program administration and processes.

Examples and Promising Practices

- Addressing Homelessness Among Older Adults: Final Report. United States Health and Human Services; Assistant Secretary for Planning and Evaluation. October 2023.
<https://aspe.hhs.gov/sites/default/files/documents/9ac2d2a7e8c360b4e75932b96f59a20b/addressing-older-adult-homelessness.pdf>
- WeBUILT Something More. <https://webuilt-fulton.org/webuilt-something-more/>

Housing and Aging In Place

Recommendation: Conduct public education and awareness campaigns.



Long-Term Services and Supports

Vision Statement: Missourians will have the knowledge and resources to make informed and person-centered choices regarding the setting in which quality LTSS are available for delivery, including individual HCBS and congregate care options, that maximize independence, health, and quality of life.

Long-Term Services and Supports

Recommendation: Promote Advanced Planning and Affordability.

Examples and Promising Practices:

- The Washington Cares Fund is a publicly funded long-term care insurance program that provides eligible Washington workers with up to \$36,500 in lifetime benefits (adjusted annually for inflation) to help pay for services such as in-home care, family caregiving, home modifications, transportation, and other supports needed to live independently. Funded through a payroll deduction of 0.58%, the program aims to ensure working residents have access to basic LTSS as they age.

<https://wacaresfund.wa.gov/>

Long-Term Services and Supports

Recommendation: Maintain access to existing LTSS options.

Examples and Promising Practices:

- Missouri published an updated rate study of HCBS services in January 2025. This rate study shows the current rates needed for staff compensation, benefits, other service-related and administrative costs. <https://health.mo.gov/seniors/hcbs/info-docs/rate-study-for-1915c.pdf>

Long-Term Services and Supports

Recommendation: Increase access to more LTSS options.

Recommendation: Support workforce recruitment and retention.

Examples and Promising Practices:

- Missouri's Direct Service Worker (DSW) Panel, led by DSDS in partnership with Advancing States, brings together frontline workers every other month to provide input on recruitment, retention, and training strategies.
- Missouri's DSW Learning Management System is a new training platform being developed by DSDS to standardize personal care training, reduce provider burden, and create career pathways through specialty certifications.

Long-Term Services and Supports

Recommendation: Provide comprehensive service navigation.
NWD

Examples and Best Practices

- Western New York Integrated Care Collaborative (WNYICC) – A regional example of LTSS system navigation through NY Connects, coordinating health coaches, referrals, and services across 17 counties.
<https://www.aginganddisabilitybusinessinstitute.org/wp-content/uploads/2022/03/2022-Advancing-Partnerships.pdf>
- NWD System Model – A national best practice that provides coordinated access points to LTSS through aging and disability networks, ensuring PCC, streamlined referrals, and standardized assessments. <https://acl.gov/programs/no-wrong-door>

Safety and Security

Vision Statement:

Missourians will have education and resources available to keep them safe and free from abuse, neglect, and exploitation and to help them plan for their financial security in retirement.



Safety and Security

Recommendation: Strengthen legal protections against abuse, neglect, and financial exploitation.

Recommendation: Expand public education and awareness about safety risks and protective actions.

Examples and Promising Practices:

- Missouri APS launched a statewide public awareness campaign to increase recognition and reporting of adult abuse, neglect, and exploitation, including promoting the adult abuse hotline.

Safety and Security

Recommendation: Increase training and accountability for mandated reporters and professionals.

Recommendation: Promote collaboration through multidisciplinary teams (MDTs) and interagency coordination.

Examples and Promising Practices:

- Missouri is actively expanding Adult/Disabled MDTs, which bring together professionals across sectors to coordinate responses to abuse and neglect. As of June 2025, there are eight MDTs operating, with plans to add more each year to strengthen survivor-centered investigations and care.

Safety and Security

Recommendation: Improve data collection and information-sharing across systems.

Transportation and Mobility

Vision Statement: Missourians will have access to safe and reliable transportation and mobility options so they can get to the places they need or desire to go.



**TRANSPORTATION
AND
MOBILITY**

Transportation and Mobility

Recommendation: Support state investments in transportation infrastructure to leverage federal funding.

Examples and Promising Practices:

- MoDOT Long Range Transportation Plan, based on input from over 7,700 residents, identified public support for new funding to expand transportation options, including public transit, rail, biking, and walking. The plan underscores the need for statewide planning to ensure “transportation choice” for the 1/3 of Missourians without a driver’s license.

<https://www.movingmissouri.org/our-work/advocacy/statewide-active-transportation-plan/>

Transportation and Mobility

Recommendation: Support the expansion of coordination among agencies and transportation modes.

Examples and Promising Practices:

- Missouri Public Transit Association's 2025 Statewide Transit Needs Assessment examined public transit access across Missouri. Findings will help Missouri's 30 transit providers and MoDOT prioritize federal, state, and local funding to improve mobility and transit service delivery. https://mopublictransit.org/wp-content/uploads/2025/05/MPTA_service_evaluation_2025_update_FINAL.pdf

Transportation and Mobility

Recommendation: Improve or implement programs to assist with vehicle and driver shortages.

Examples and Promising Practices:

- MO Rides is a statewide referral service that connects Missourians to transportation options, particularly for medical appointments, work, and daily needs. It offers online and phone-based support and helps close service gaps through regional coordination.

<https://morides.org/>

Transportation and Mobility

Recommendation: Encourage innovation in flexible transit options, including rural communities.

Recommendation: Provide education and training to older drivers, including safe driving, information about transportation options other than personal vehicles, and how to use mobility apps.

Transportation and Mobility

Recommendation: Utilize the Built Environment concept when developing or revitalizing infrastructure to assure community walkability, increase pedestrian safety, and provide accessible and connected transportation options for travelers of all ages and abilities.

Examples and Promising Practices:

- Missouri Complete Streets promotes healthy, connected communities by encouraging the development of sidewalks, bike lanes, and accessible transportation options for people of all ages and abilities. Their Complete Streets Toolkit supports both urban and rural areas in designing safe streets that meet the needs of everyone. <https://www.mocompletestreets.com/resources/>

Transportation and Mobility

Recommendation: Ensure older Missourians are engaged in meaningful ways to determine what the transportation and mobility needs are and what solutions will work for them.

Whole Person Health

Vision: Missourians will have access to the care and services needed to help them live a safe, healthy life with maximum independence as they age.



Whole Person Health

Recommendation: Improve access to health care services and screenings. This may include recommendations for increased coverage of services by health insurance organizations.

Recommendation: Increase access to and availability of programs that promote health and wellness.

Recommendation: Adopt and integrate technological solutions to streamline older adult's experience accessing and communicating health and wellness initiatives. Ensure older adults have access to technology education to adopt and utilize technology.



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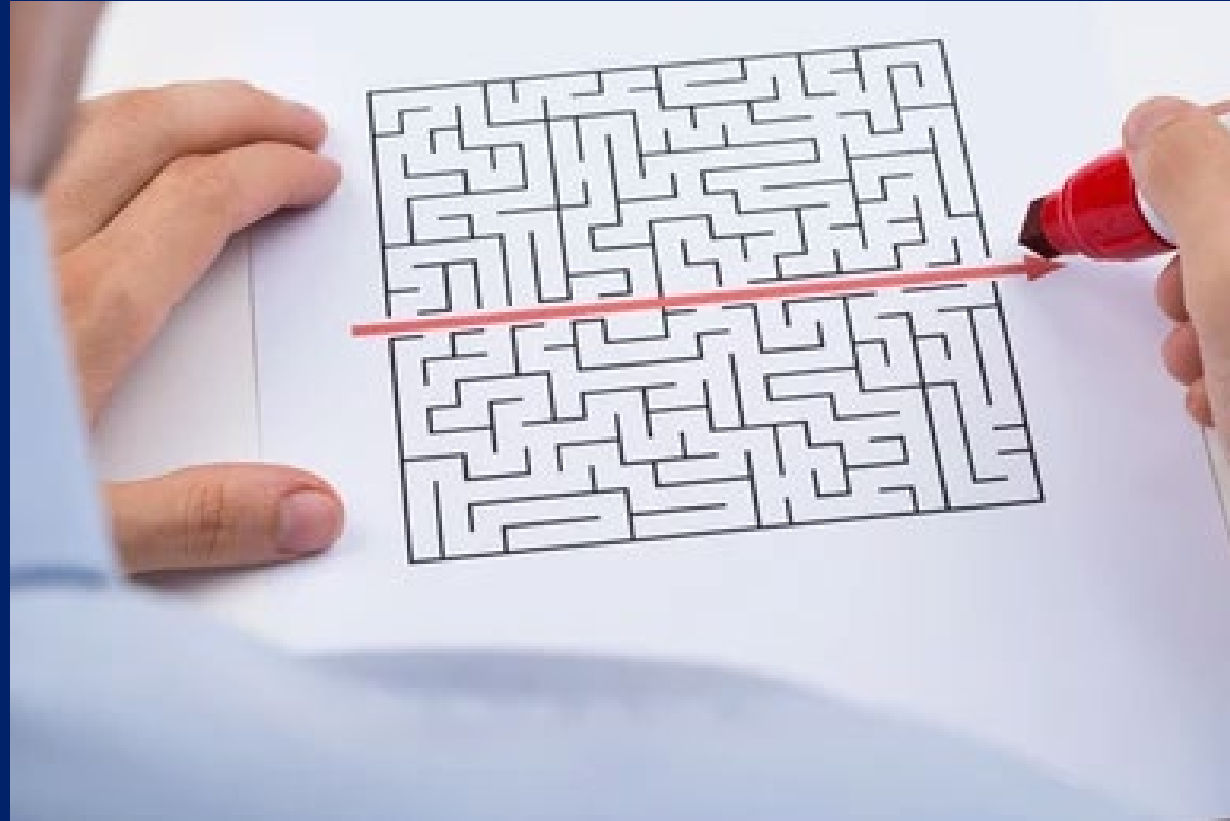
Section 05

Cross-cutting Priorities

Cross-Cutting Priorities

- **Navigating Services:** Missourians need clearer, more coordinated pathways to access support.
- **Addressing Workforce Shortages:** Recruitment, retention, and training challenges affect every sector – from direct care workers and protective services staff to behavioral health professionals and transportation providers.
- **Supporting Caregivers:** Both paid and unpaid caregivers are essential to Missouri's long-term care system. Their health, well-being, and economic security must be prioritized.
- **Accessing Housing and Transportation:** The ability to remain in one's home and community depends on coordinated housing options and reliable transportation, especially in rural areas.
- **Accessing Health and Support:** Access to health care, housing, transportation, nutritious food, and community support are closely linked. When one is out of reach, it impacts a person's ability to age well, especially for individuals in rural communities, those with disabilities, and people with limited income or support systems.
- **Communicating and Public Awareness:** Many Missourians are unaware of existing support available to them. Organized outreach, plain language materials, and culturally responsive communication are needed across all domains.

No Wrong Door





Section 06

Next Steps for Implementation

Next Steps for Implementation

In May 2024, the ACL Interagency Coordinating Committee on Healthy Aging and Age-Friendly Communities developed a strategic framework for a National Plan on Aging, which will guide federal policy in addressing aging concerns and needs at the national level.

As Missouri continues to advance this work, our goals and strategies must be aligned with and supported by federal actions. These national frameworks will help inform the state's next steps as we move toward implementation.

The recommendations outlined in the MPA can serve as a resource for community organizations, advocacy groups, and other stakeholders interested in pursuing legislative changes or driving local planning efforts to support Missourians as they age.

Next Steps for Implementation

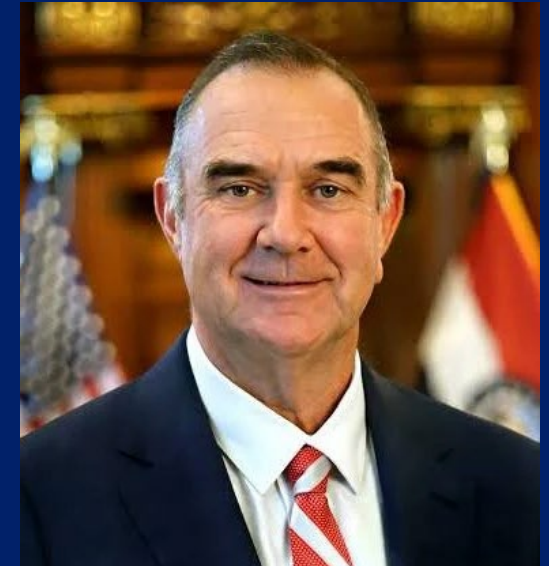
Finalizing the Master Plan on Aging



Public Comment Period
August 15 –
September 14, 2025



Finalize the MPA after
Public Comments
October 1, 2025



Submit the Report to
Governor Mike Kehoe
December 31, 2025



Next Steps for Implementation

DHSS will develop a data dashboard to show progress on MPA initiatives actively being worked on.

DHSS will provide a local implementation guide for local governments, businesses, non-profits and citizens to be able to act on the recommendations of the plan.

Keeping up with MPA Progress



All updates to the Master Plan on Aging can be found by visiting www.health.mo.gov/aging

From this landing page, we will be adding additional information to keep the public informed and ensure transparency.

The Draft Master Plan on Aging is out for public comment until September 14, 2025. Please consider reading the plan and providing feedback. You can provide feedback at the bottom of the MPA Landing Page at www.health.mo.gov/aging or by emailing MoStatePlanOnAging@health.mo.gov.



QUESTIONS?



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573-526-4542



Health.Mo.Gov/Seniors/



MISSOURI DEPARTMENT OF
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**PROTECTING HEALTH AND
KEEPING PEOPLE SAFE**