

MISSOURI DEPARTMENT OF

HEALTH & SENIOR SERVICES

Health.Mo.Gov

MISSOURI DEPARTMENT OF
HEALTH &
SENIOR SERVICES

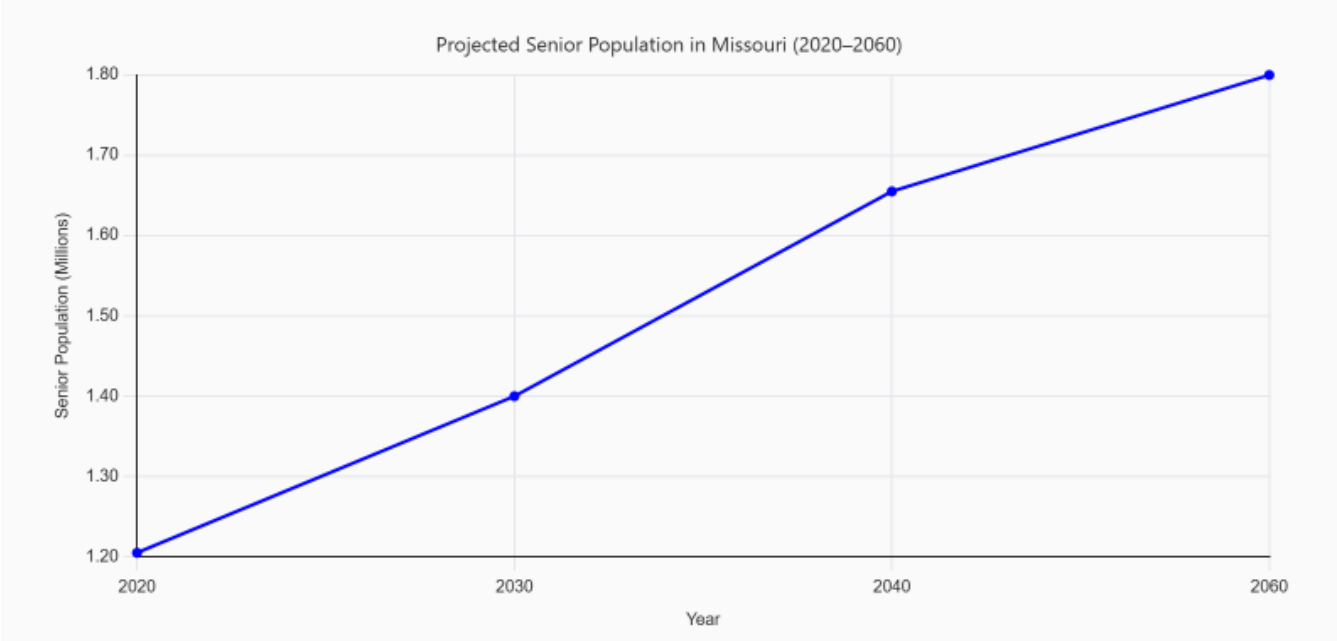
Seize the Age

The Future of Aging in Missouri

Sarah Willson, Director

Missouri is at a Demographic Crossroads

- Missouri's population is aging rapidly — **1 in 5 Missourians will be 65+ by 2030**
- Rural counties have already reached or exceeded this threshold



AGING WITH DIGNITY

Missouri's Master Plan on Aging

- Ten-year statewide plan aligned across agencies
- Built from **grassroots listening sessions and surveys** across Missouri
- Centers on dignity, choice, independence, safety

Master Plan on Aging: Core Pillars

What the Plan Covers

Shared Visions and Focus Areas for Action

Each domain's subcommittee developed a clear vision for the future and a set of statewide priorities to guide progress.

The subcommittee's vision statements and priorities reflect what Missourians said matters most to creating communities where people can live with safety, connection, independence, and purpose at every age.

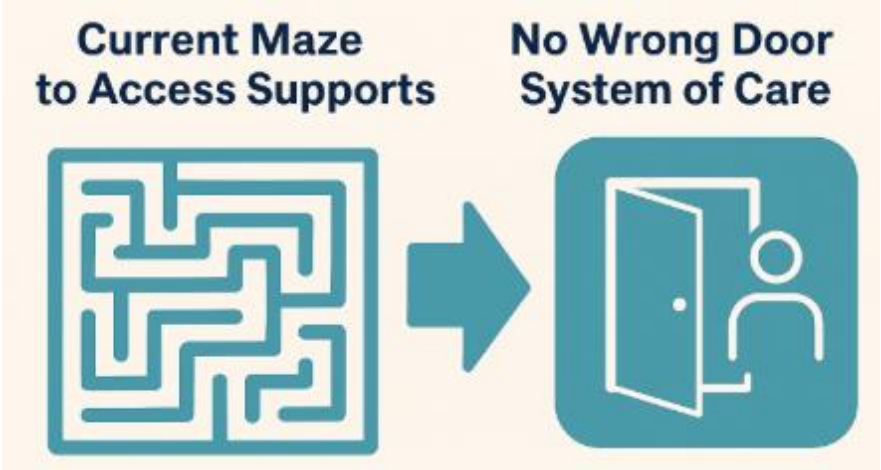
These statements also provided the foundation for statewide action and identified areas where collaboration can make the greatest impact.



	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.

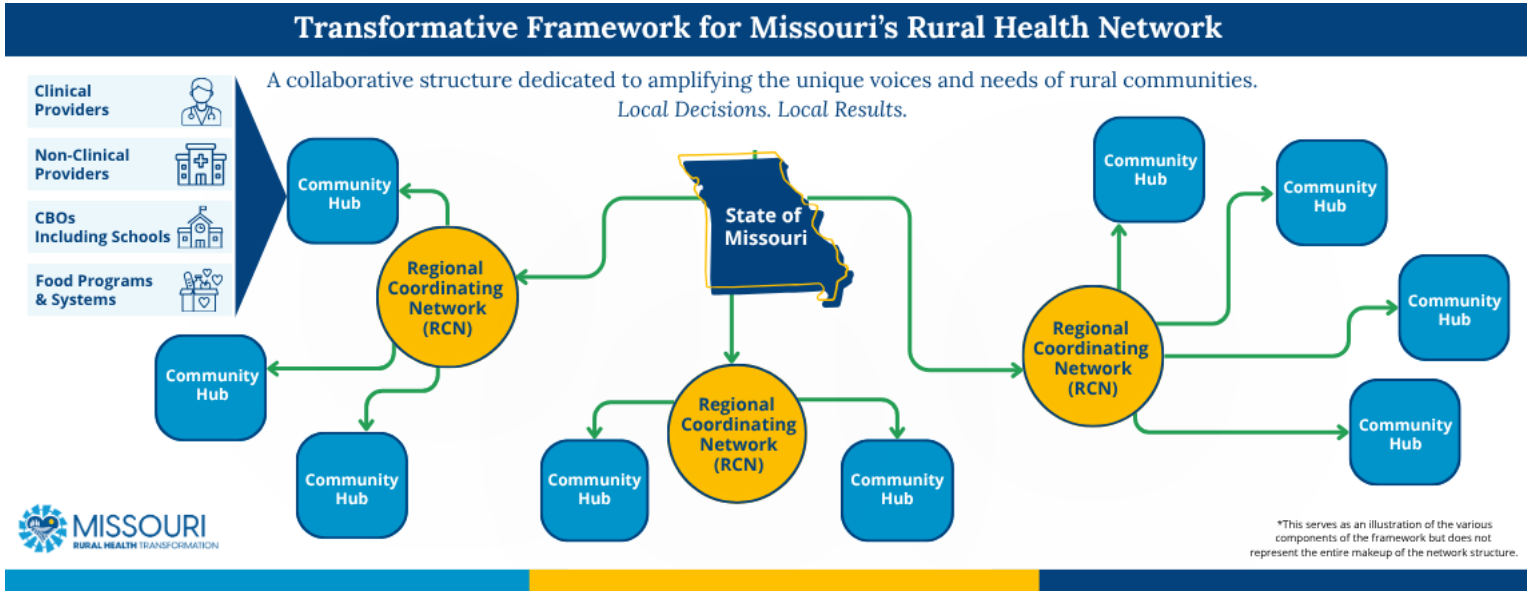
No Wrong Door System

- **Public Information and Outreach:** Accessible, statewide portals and county directories that guide families *before* an emergency strikes.
- **Person-Centered Counseling:** Reframing our conversations. Instead of asking, *"What program do you qualify for?"* our counselors ask, *"What do you need to live independently, and how can we help you achieve that?"*
- **Streamlined Program Access:** Integrating screening processes so that eligibility for nutrition assistance automatically evaluates a resident for energy assistance, Medicaid, and SNAP.
- **Coordinated Transitions:** Facilitating direct "warm handoffs" between hospitals and community providers to ensure that support is waiting at the doorstep when a patient returns home.



Missouri's Rural Health Transformation

- $216M federal funding to strengthen rural health (Year 1)
- Mobile Integrated Healthcare: paramedics providing preventive in-home care
- Addresses falls, chronic disease, medication reconciliation



Missouri's ToRCH Project

- 6 rural hospitals serving as coordination hubs
- Unite Us platform supports closed-loop referrals
- Medicaid "b3" funds nonclinical supports (e.g., mold remediation, food access)

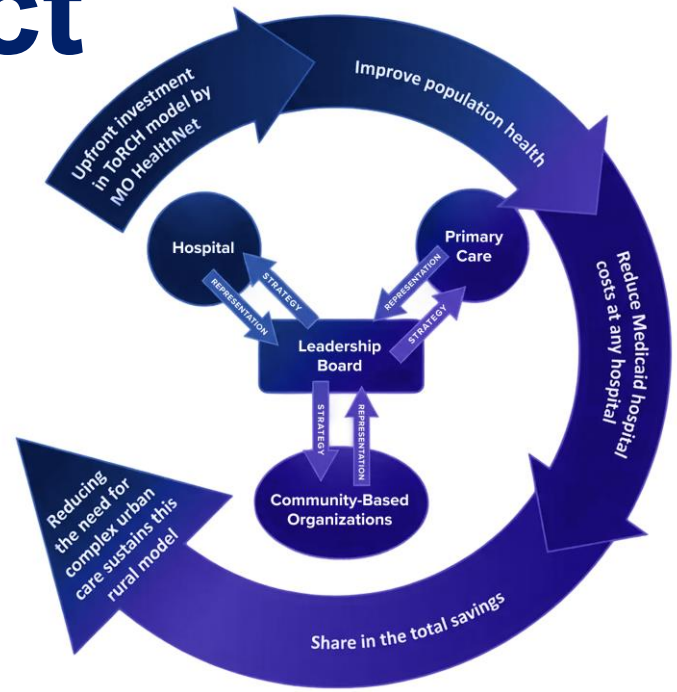


Figure 1: ToRCH Model [4]

Missouri's Urban Anchors

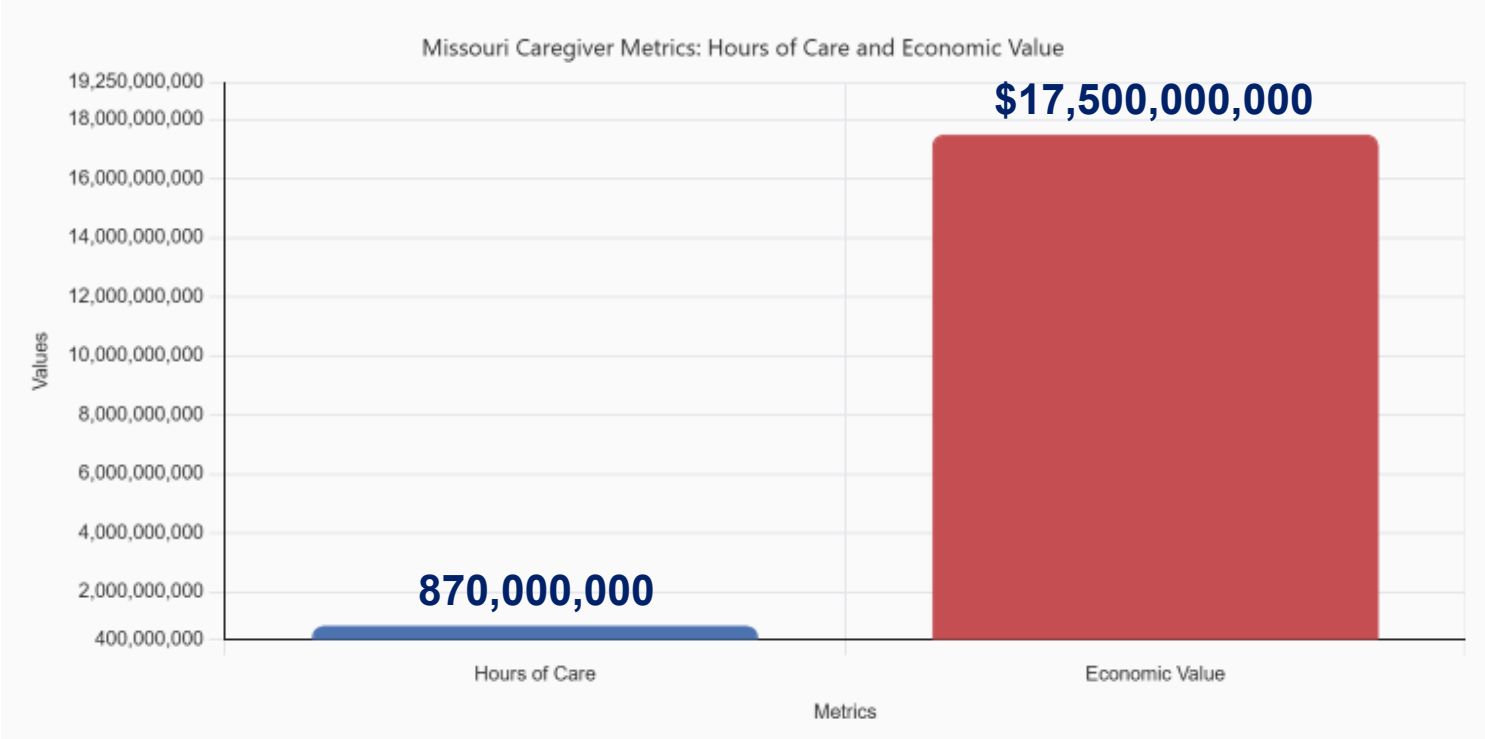
Community Care Hubs (CCHs)/Integrated Health Network

- Kansas City (MARC CSN): high-capacity referral & contracting engine
- St. Louis (SLIHN): discharge coordination + closed-loop referrals



Family Caregivers: The Backbone

- Thousands providing unpaid critical care statewide
- High emotional, physical, financial strain
- Programs must support both the caregiver and the recipient



Based on 1,224,000 caregivers in Missouri

Evidence-based Health Promotion



This funding opportunity from ACL's Administration on Aging is designed to increase participation in Stepping On and STEADI as part of a statewide multifactorial evidence-based falls prevention approach for older adults, while also building the capacity and resources needed to effectively serve participants.

Evidence-based Health Promotion



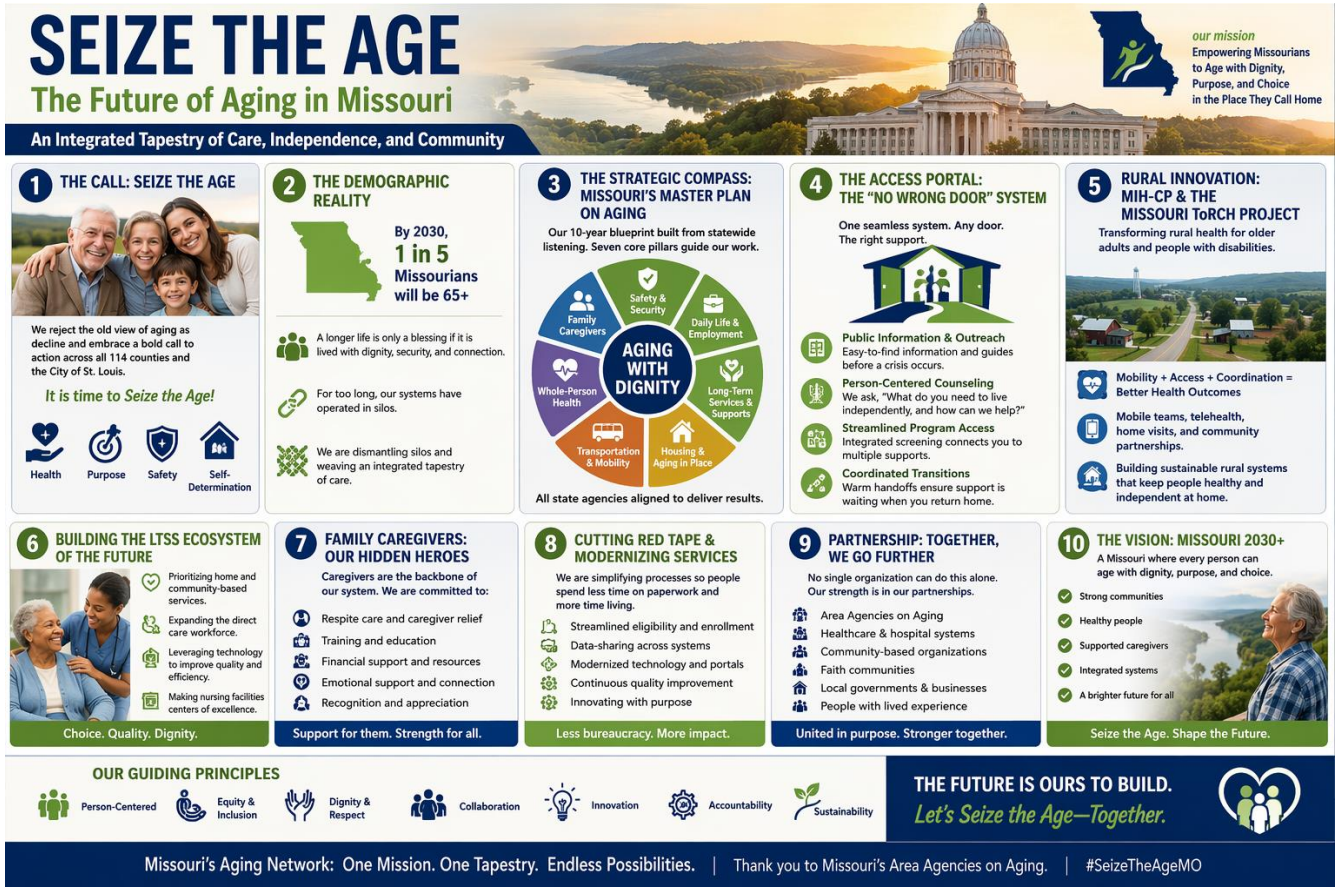
Mind Over Matter: Healthy Bowels, Healthy Bladder a researched and proven program

- give women the tools they need to take control of bladder and bowel leakage.

ACL Caregiver Support Grant



Missouri is Seizing the Age!



MISSOURI DEPARTMENT OF
HEALTH &
SENIOR SERVICES

QUESTIONS?

info@health.mo.gov

573-751-6400

Health.Mo.Gov



MISSOURI DEPARTMENT OF
HEALTH & SENIOR SERVICES

PROMOTING HEALTH AND SAFETY