Seizing the Future of Aging in Missouri

21st Show Me Summit on Aging and Health

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Seizing the Future of Aging
Us Aging……All of Us!



USAging

USAging's Vision Statement

To Build a Society that Values and Supports People as They Age



Aging –Policy Issue at All Levels





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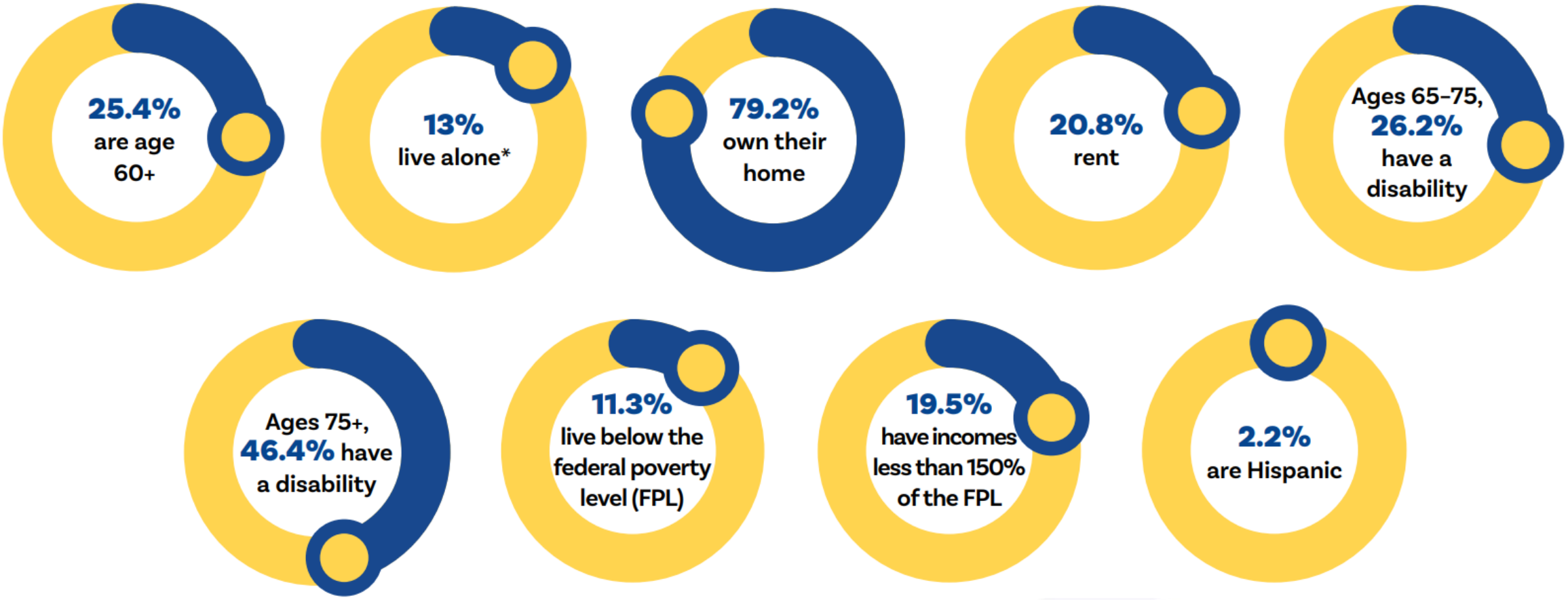
About Missouri Older Adults



About Missouri Caregivers

25% of adults in Missouri (1.2 million) are caregivers*

*(*currently provide or have provided care over the past year to an adult family member or friend)*



Who Are Family Caregivers in Missouri?

58% Women

42% Men

Caregiver average age is **53** years old

55% have worked while caregiving

Care recipient average age is **66** years old

38% care for a parent

30% are sandwich generation caregivers with a child at home while caring for an adult

Well-Being of Family Caregivers in Missouri

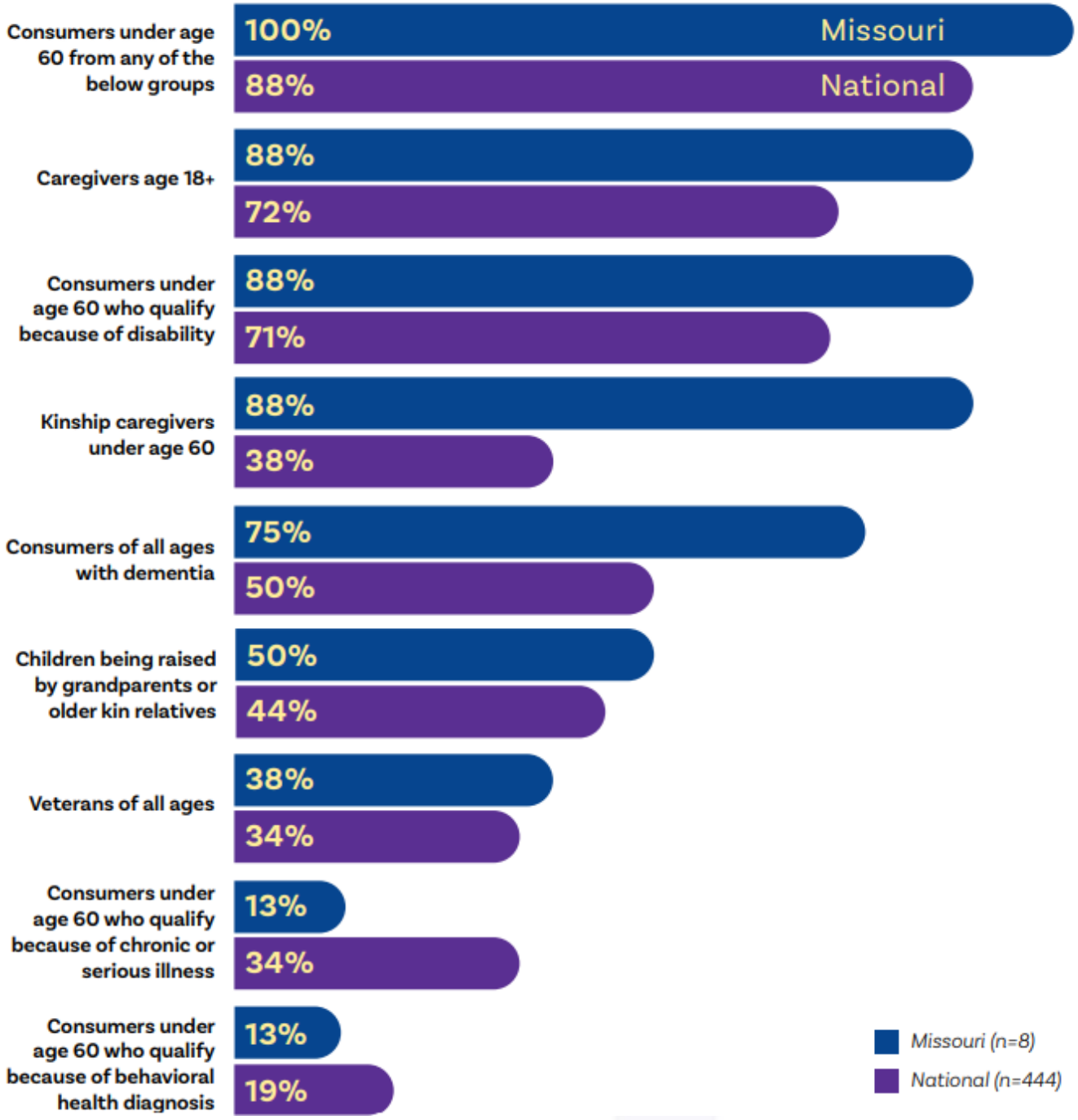
49% experienced at least one negative financial impact such as taking on more debt, stopping saving, or being unable to afford basic expenses

40% report moderate to high levels of emotional stress

40% receive no help with caregiving (either paid or unpaid)

Populations Served

FIGURE 1: PERCENTAGE OF AAAs SERVING SPECIFIC POPULATIONS



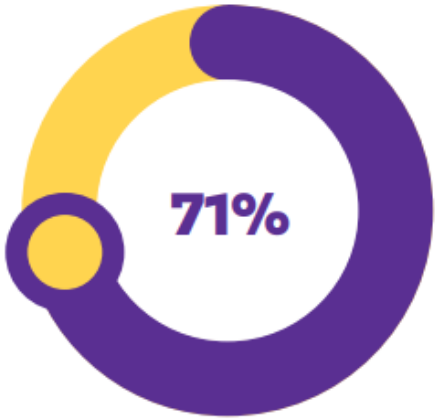
Waitlists for OAA Services

In Missouri,



have a waiting list.

Nationally,



have a waiting list.

In Missouri, services with waitlists include:

- home-delivered meals,
- homemaker/chore,
- personal care,
- respite,
- transportation, and
- intake assessment.

Aging: Seizing the Future



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Opportunities for the Aging Network Now and in the Future

- Expand Who We Serve, No Wrong Door for HCBS for All
- Opportunities to Form Networks/Community Care Hubs
- Development of New Service Lines ex. Brain Health, Food as Medicine, Social Engagement
- Focus on Lifelong Planning/Lifelong supports to Promote Wellness, Longevity & Integrated Health Care

- Elevation of Societal Role of Caregivers and Caregiving
- Acceleration of Age-Friendly, Dementia-Friendly Lifelong Communities



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You Are the Trailblazers of Aging 2.0!













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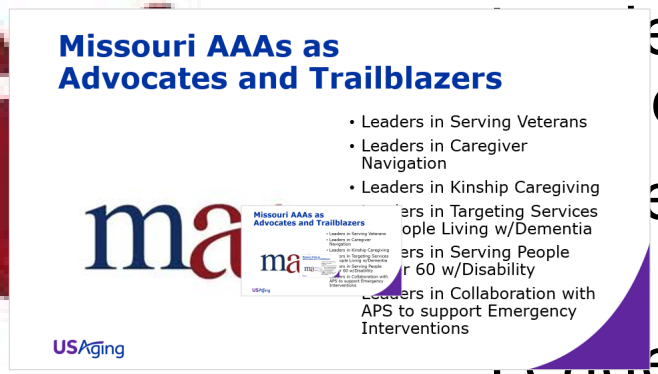
Missouri AAAs as Advocates and Trailblazers



- Leaders in Serving Veterans
- Leaders in Caregiver Navigation
- Leaders in Kinship Caregiving
- ers in Targeting Services
  ople Living w/Dementia
- ers in Serving People
  r 60 w/Disability
- Leaders in Collaboration with APS to support Emergency Interventions

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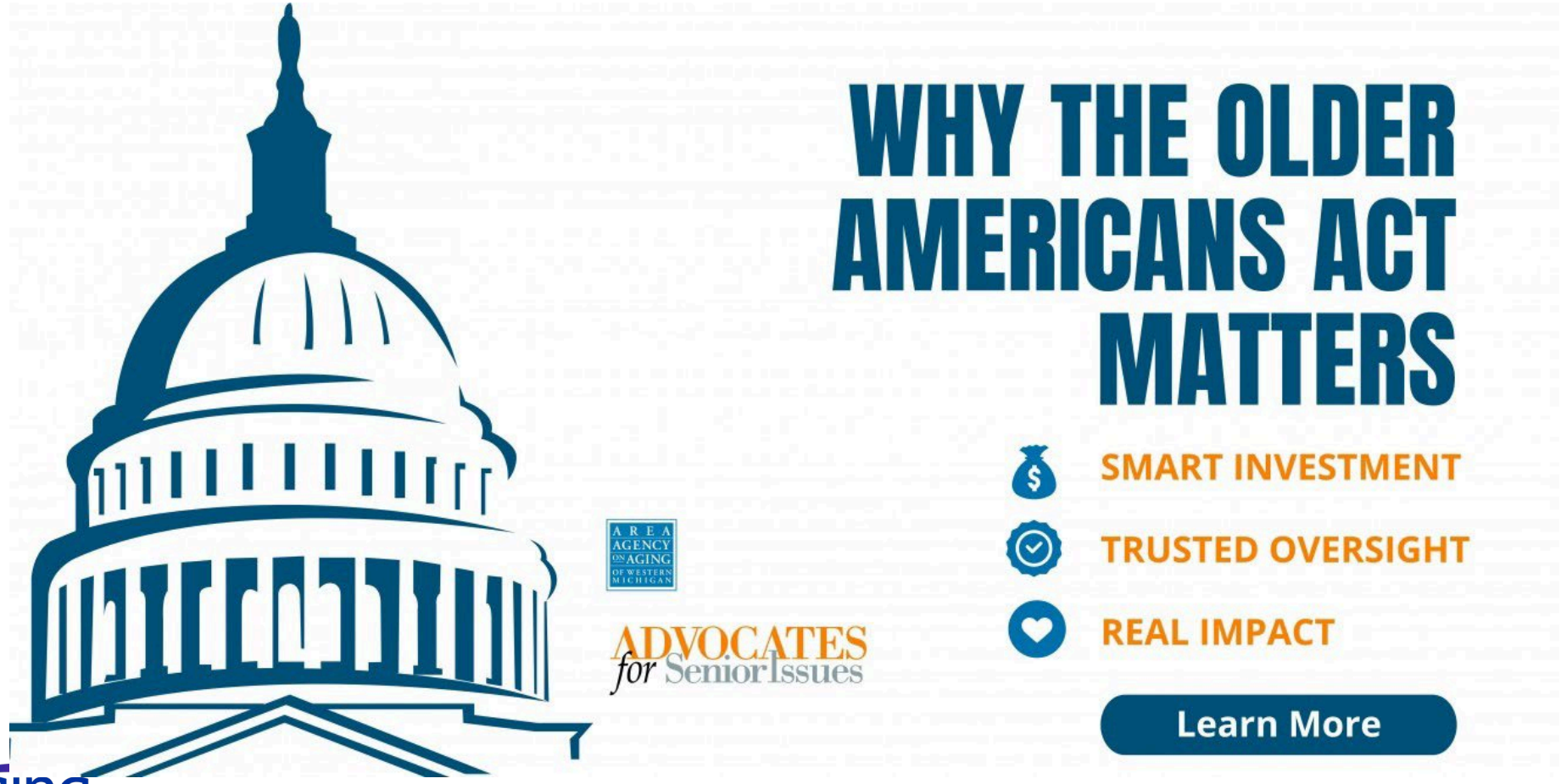
Big Advocacy Push
Get the Older Americans Act Over the Finish Line



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Today's and Tomorrow's Older Adults are Counting on Us!



Working in Aging is the BEST Profession!



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SEIZE
THE
DAY



Your Association
Your Advocate
Your Resource