

## Age-Friendly New Jersey Advisory Council: April 4, 2023

Topics: Long-Term Care and Age-Friendly Healthcare Systems; A-F Blueprint Updates  
[View Official Recording Here](#)

### Janet Sharma's Meeting notes

**Office of the Long-Term (LTC) Care Ombudsman:** Elizabeth Speidel, Director of Community Engagement

- Focus is to reach those most impacted residents of LTC facilities, and amplify their voices to guide policy
- Janet's observations:
  - How can we create a sense of belonging among LTC residents?
  - Age-friendly often relates to the people who work within systems rather than the services they provide
  - We need to expand definition of aging because everyone is aging and everyone needs to realize the importance of planning for, acquiring, and transitioning to long term care.

### **Age-Friendly Healthcare Systems**

- 4 M's: principles that can be incorporated into existing models of care; a framework that can be overlaid to guide care for older adults wherever they touch the healthcare system
  - 1) **What Matters** to patients and caregivers is what matters to you today
  - 2) **Medication** that doesn't interfere with the other 3 principles
  - 3) **Mentation:** Address dementia and other mental health concerns across settings of care
  - 4) **Mobility:** Ensure that older adults can move safely every day to maintain care and do "what matters"
- **Institute for Health Care Improvement** has programs to develop A-F Health Systems in which everyone who is involved in the care of older adults understands what is important to you as an individual; recognizing that each individual has different needs and responding to those needs.
- Several in NJ have committed to this work: Hackensack Meridian Health, St. Joseph's Paterson has a Geriatric ER
- Green House (Small House) model: Everyone on the staff is responsible for the care of the patients. Staff eat meals with patients.

### **Updates**

- Office of State Planning is developing Age-Friendly Land Use policies. Goal is to reflect AF policies and practices in all offices of state government
- Age-Friendly Blueprint:
  - Listening sessions in March 2023:
    - Summary and fuller version of testimony will be sent to the members of the Council.

- View session #1 here:  
<https://www.youtube.com/watch?v=VEmnwzmKQiw>
- View session #2 here:  
<https://www.youtube.com/watch?v=25knTrPrIO4>
- Summary of topics presented in testimony:
  - Affordable Housing
  - Communication about available services
  - Streamlining application processes/assistance with applications
  - Access to information about resources
  - Caregivers
  - Professional caregiving
  - Access for people with disabilities
  - Social isolation
  - Workforce: Salaries, development
  - Meal Delivery, home repairs: Age-in-place services
  - Senior Freeze & Anchor: Expand over long term
  - Mental health & addiction services
  - Training in handling crisis situations
  - JAC and PACE
  - Fund and sustain coordination of A-F work
  - Land Use/Complete streets/Accessory dwellings
  - Deaf & Hard of hearing services in public transportation
  - Diverse housing stock
- Comments on the listening sessions from Council members:
  - We are interested in concerns from grandchildren caring for grandparents.
  - Personal experiences were enlightening.
  - Age-friendly work is very broad and that was reflected in the testimony, from very small and personal to very broad policy.
- Question: What is the timeline for the Advisory Council to release the Blueprint?
  - Response: Deadline for the DHS/DoAS to present the Blueprint is September 2023. Next Advisory Council meetings will be specifically about the blueprint.