

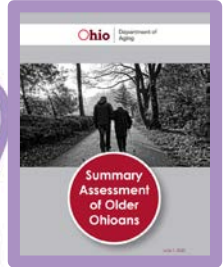
2023-2026
State Plan on Aging



October 2022

Ohio's 2023-2026 State Plan on Aging

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2023-2026 State Plan on Aging



VISION | Ohio is the best place to age in the nation.

GOAL |

- All Ohioans live longer, healthier lives with dignity and autonomy.
- Disparities and inequities are eliminated.

What factors impact the health and well-being of older Ohioans?
Issues listed are prioritized in the State Plan

How will we know if the health and well-being of older Ohioans is improving?
Issues listed are prioritized in the State Plan

Community Conditions	\$ 🏠 🚌	➡➡	Social Connectedness	👥 🙌
Healthy Living	🍏 🧘	➡➡	Population Health	🧠 ❤️ 🧑
Access to Care	☂️ 🦿 🧑	➡➡	Preserving Independence	🧑 🧑

PRINCIPLES | Elder Justice | Equity | Federal Priorities

Social Connectedness



Outcome 13: Improve Social Inclusion

Objective 13.1

Increase the percent of adults, age 60 and older, who report hardly ever feeling left out from 77.4% (2019) to 86% (2029). (Data source: Ohio Medicaid Assessment Survey).

Priority Populations

Older Ohioans: of color | who live alone | who live in rural or Appalachian regions | with low income | who are immigrants or refugees | with disabilities | who are female.



Outcome 14: Increase Volunteerism

Objective 14.1

Increase the percent of adults, age 65 and older, who reported volunteering in the past year from 30.3% (2017) to 45% (2029). (Data source: Corporation for National & Community Service, via America's Health Rankings).

Priority Populations

Older Ohioans: of color | who are immigrants or refugees

Targets, priority populations, and data sources are listed in **Attachment F**

Outcome

Strategy Categories



Improve Social Inclusion

- Physical activity
- Community engagement and social supports (=)
- Home-based social supports
- Transportation and land use
- Self-management and prevention



Increase Volunteerism

- Civic participation supports
- Service opportunities for older adults

Note: The strategy categories labeled with this symbol (=) include strategies that are likely to reduce disparities and inequities based on research

Specific policies, programs, and services within each strategy category are listed in **Attachment E**

Social Connectedness

The tables below list specific strategies to advance the goal and achieve the objectives of the Social Connectedness goal of the State Plan.



Strategies to Improve Social Inclusion

Strategies	Examples Include
Physical activity	<ul style="list-style-type: none"> Activity programs for older adults SHIP such as: <ul style="list-style-type: none"> Arthritis Foundation Aquatic Program (AFAP) PEARLS (Program to Encourage Active, Rewarding Lives for Seniors) SHIP Bingocize®, a 10-week program that combines exercise and health education in a bingo format Senior swim
Community engagement and social supports	<ul style="list-style-type: none"> Community gardens SHIP Fruit and Vegetable Cleaning Initiatives* (=) Lifelong learning programs, such as those administered by the Ohio Department of Higher Education Nutrition service programs for older adults, including congregate, pick-up, and home-delivered meals Elder Services and Engagement, including A Little Help (ALH) The InterAges program Volunteering opportunities, such as "Age friendly" West Chester Universities intergenerational-mentoring Senior activity centers Community centers*, especially senior centers (=) Intergenerational communities* Senior Community Service Employment Program (SCSEP)*, including coordination with other Older Americans Act programs Memory Café* network in Ohio Adult Day Services (ADS)* Creative Aging*, and other arts and cultural experiences, activities, and services Intergenerational mentoring and activities Broadband Initiatives for unserved and underserved areas Affordable Connectivity Program Social media for civic participation
Home-based social supports	<ul style="list-style-type: none"> Shared affordable housing Homesharing for seniors Life-Long Homes Coalition Village Movement, Village to Village Network
Transportation and land use	<ul style="list-style-type: none"> Complete Streets and streetscape design initiatives SHIP Zoning regulations for land use policy SHIP Close-to-home supports such as neighborhood associations* and open streets*
Self-management and prevention	<ul style="list-style-type: none"> Wellness Recovery Action Plan (WRAP)* Aging Mastery Program* Well Elderly Lifestyle Redesign* Cognitive Behavioral Therapy (CBT) Mindfulness Meditation Apps*

Additional Resources

- Connect2Affect, AARP Foundation
- Commit to Connect, ACL
- Connective Connections, AARP
- Connecting Generations in Senior Housing, Generations United
- Eldercare Locator, U.S. Administration on Aging
- eng&pc, The National Resource Center for Engaging Older Adults
- Existence Coach, AARP
- Friendly Phone Line, Age-Friendly Columbus and Franklin County
- Senior Corps (including Foster Grandparents, RSVP and Senior Companions), Corporation for National and Community Service
- Staying Connected, ODA

(=) = Likely to reduce disparities, based on review by WWFH, or health equity strategy in Community Guide

SHIP = Included in 2020-2022 State Health Improvement Plan

*Strategy is rated as "expert opinion" in WWFH, or evidence of effectiveness is emerging

Detailed Strategies

Community engagement and social supports

- Community gardens SHIP
- Fruit and Vegetable Cleaning Initiatives* (=)
- Lifelong learning programs, such as those administered by the Ohio Department of Higher Education
- Nutrition service programs for older adults, including congregate, pick-up, and home-delivered meals
- Elder Services and Engagement, including A Little Help (ALH)
- The InterAges program
- Volunteering opportunities, such as "Age friendly" West Chester Universities intergenerational-mentoring
- Senior activity centers
- Community centers*, especially senior centers (=)
- Intergenerational communities*
- Senior Community Service Employment Program (SCSEP)*, including coordination with other Older Americans Act programs
- Memory Café* network in Ohio
- Adult Day Services (ADS)*
- Creative Aging*, and other arts and cultural experiences, activities, and services
- Intergenerational mentoring and activities
- Broadband Initiatives for unserved and underserved areas
- Affordable Connectivity Program
- Social media for civic participation

Implementation Toolkit









The Toolkit provides **guidance, best practices, tools, and resources** that state and local partners can use to act on the SAPA.

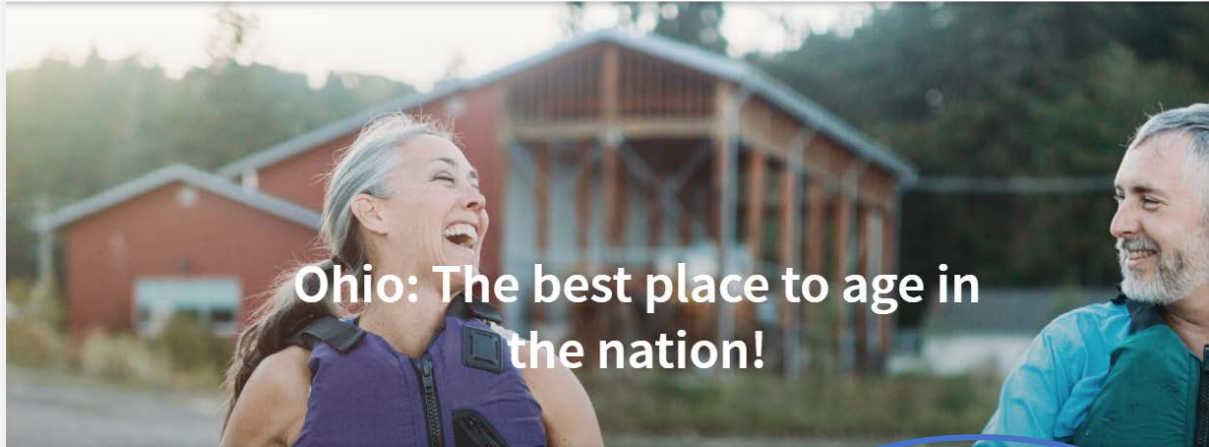
Call to Action

Action Steps to Achieve Ohio's Vision and Goals



	ALIGN	Align with and focus on one or more of the goals, outcomes, and/or priority populations identified in the State Plan.
	ADVOCATE	Advocate for funding and policy change to address the State Plan priorities.
	FUND	Fund evidence-informed strategies identified in Attachment E of the State Plan.
	IMPLEMENT	Implement one or more of the evidence-informed strategies identified.
	PARTNER	Partner and collaborate within and across sectors to improve the State Plan outcomes.
	EVALUATE	Evaluate progress on the State Plan objectives and the impact of the evidence-informed strategies.

2023-2026 State Plan on Aging



Ohio | Department of Aging

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Ohio: The best place to age in the nation!

[Find Services in Your Area](#) | [Learn About Golden Buckeye](#) | [Ohio's State Plan on Aging](#)

The Ohio Department of Aging fosters sound public policy, research, and initiatives that benefit older Ohioans.



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State Plan on Aging, 2023-2026

2023-2026 State Plan on Aging

Ohio | Department of Aging

The Ohio Department of Aging develops a strategic framework, required by the federal [Older Americans Act](#), to provide leadership that improves and promotes quality of life and personal choice for older Ohioans, adults with disabilities and their families and caregivers. The most recent framework, or state plan, covers federal fiscal years 2023 through 2026.

Ohio's new State Plan on Aging implements a collaborative approach that stands out from other aging plans across the country. The plan calls on all Ohioans – including state and local partners in both the public and private sectors – to join forces to help Ohioans live longer, healthier lives with dignity and autonomy, and to eliminate disparities and inequities in aging.

ATTACHMENT

Ohio's State Plan on Aging, 2023-2026

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