



# **Aging Texas Well Strategic Plan for 2024 - 2025**

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**As Required by  
Executive Order R.P. 42**

**Texas Health and Human Services  
Commission  
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**TEXAS**  
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## Executive Summary

Created in 1997 by the Texas State Unit on Aging and formalized in 2005 through Executive Order R.P. 42, the Aging Texas Well (ATW) initiative helps Texans prepare for all aspects of aging at the individual, community, and state level. The ATW Strategic Plan is the state's comprehensive plan to identify and explore the issues and priority areas impacting older Texans and promote strategies to increase readiness and preparedness to address these issues at the individual, community, and state level. The goal is to help older Texans and their informal caregivers plan for the future while providing community and state leadership with recommendations and guidance for establishing policies and the infrastructure to support healthy aging for all Texans.

The ATW Strategic Plan for 2024-2025 identifies the issues that older adults, informal caregivers, and aging services providers identified as top priorities impacting older adults; the strategies the Health and Human Services Commission (HHSC), other state agencies, service providers and other community partners developed to address these priorities; and progress towards implementing these strategies. Based on the challenges and successes of the ATW Strategic Plan's current initiatives, the ATW Strategic Plan concludes with key areas to target future efforts, which focus on enhanced multi-sector collaboration and coordination, increasing supports and skills training for family caregivers, and expanding access to information that will enhance the ability to identify priority needs and develop policies to address those needs.

## Introduction

Texas has the third largest population of people 50 years of age and older in the United States. In 2020, Texas had 9 million people who were 50 years of age and older and that population is projected to grow 82 percent to 16.4 million by 2050<sup>1</sup>. As the number of older adults in Texas continues to grow so will the need for long term services and supports. State and local service providers must be prepared to meet these needs. The ATW initiative focuses on ensuring that older Texans have a sense of well-being and feel prepared to proactively deal with life's changes, and that communities have the infrastructure in place to support them.

The ATW Strategic Plan is developed every six-years with updates submitted biennially to the Governor to report on the initiative's progress. The 2022-2023 ATW Strategic Plan identified priority areas using data findings from a non-experimental, cross-sectional study and worked with multi-sector stakeholders to develop strategies to address the identified areas. This ATW Strategic Plan for 2024-2025 provides progress updates on the implementation of the strategies.

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<sup>1</sup> Texas Demographics Center's 2018 Texas Population Projections Data Tool [TDC - 2018 Projections](#)

## Background

Aging Texas Well was created by the Texas State Unit on Aging in 1997 as a catalyst to help the state assess its readiness to serve the growing older adult population. HHSC is charged with leading the initiative, including analysis of state readiness, local community preparedness, and aging policy issues and trends. A key part of the ATW initiative is the support of the Aging Texas Well Advisory Committee (ATWAC), created to advise state leadership on aging-related matters. The ATW Strategic Plan is developed in accordance with Executive Order R.P. 42 and submitted biennially to the Governor and Legislature as a report on the implementation of this order.

The key mandates are:

- Mandate 1: Advisory Committee – HHSC will provide support and technical assistance to this committee as it advises and makes recommendations to state leadership on the implementation of the ATW initiative.
- Mandate 2: Aging Texas Well Plan – HHSC will draft and submit a comprehensive and effective working plan that identifies aging policy issues to guide state government readiness and promotes increased community preparedness for supporting the growing older adult population.
- Mandate 3: Review of State Policy – HHSC will review policies affecting the lives of older Texans, with special concentration on critical trends.
- Mandate 4: State Agency Readiness – HHSC will lead a planning effort to ensure the readiness of all Texas state agencies to serve the growing older adult population by identifying issues and current initiatives, future needs, action steps, and methods of performance evaluation.
- Mandate 5: Texercise – HHSC will promote and expand this internationally-recognized health promotions initiative to encourage healthy lifestyles in older Texans.
- Mandate 6: Local Community Preparedness – HHSC will use partnership development, action planning, and community assessment resources to help communities develop policies, programs, and infrastructures that support older adults.

## Aging Texas Well Focus Areas

To highlight and help categorize the issues older adults experience, ATW utilizes core impact areas identified from the Older American's Act service areas (see Appendix B for the full list of the core impact areas). These categories provide a strong foundation for the scope of ATW and align with the U.S. Office of Disease and Health Promotion Healthy People 2030 non-medical drivers of health<sup>2</sup>: Neighborhood and Built Environment; Health and Health Care; Social and Community Context; Education; and Economic Stability.

**Figure 1: Core Impact Areas presented in Appendix A**



This framework provides the state and its partners with areas of focus to prepare for the needs of a growing older adult population without limiting scope. Knowledge across these core impact areas and the non-medical drivers of health can help older

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<sup>2</sup> [Social Determinants of Health - Healthy People 2030 | health.gov](https://www.health.gov/healthy-people-2030)

Texans continue to control their lives and empower them to prepare for future needs as they age.

## Survey of Aging Priorities

In April 2021, the HHSC Office Aging Services Coordination (OASC) office conducted an online, non-experimental, cross-sectional study that sought to understand the needs, concerns, and priorities of older adults, informal caregivers of older adults, and organizations providing services to older adults. Data analysis identified the following top priorities for each group:

- **Older Adults**
  - Physical health
  - Access to services and supports in the community
  - Access to social engagement opportunities
- **Informal Caregivers**
  - Mental health
  - Physical health
  - Work strains and issues
- **Service Providers**
  - Collaboration and coordination
  - Funding
  - Staffing
  - Addressing social isolation
  - Addressing food insecurity
  - Supporting caregivers

Once priorities were identified, ASC worked with HHSC program areas and other state agencies to identify strategies that aligned with the identified priorities of each population group. The Strategy Highlights section features a few of the strategies that were implemented during the 2022-2023 biennium. A complete list of the strategies and their progress updates can be found in Appendix C.



## Future Data

In September 2022, HHSC was awarded a grant from the Administration for Community Living to assess and strengthen the state's No Wrong Door (NWD) system of access to long-term services and supports (LTSS). OASC, in collaboration with the Office of Disability Services Coordination (ODSC) and the Office of Veteran Services Coordination (OVSC), is leading this agency-wide effort which will conclude in August 2024. A primary component of the project is gathering input from older adults, people with disabilities, former service members, family caregivers and from LTSS providers on their experiences finding, accessing, and implementing LTSS through the states NWD system. Feedback is being collected via regional in-person listening sessions, a virtual statewide listening session, and through a multi-method statewide survey which will result in qualitative and quantitative data on the needs and experiences of people needing LTSS and perspectives from LTSS providers. Survey and feedback data will be used to inform a report highlighting areas for improving the NWD system and a plan for establishing stronger oversight of the system, as well as other HHS strategic plans, including future iterations of the ATW Strategic Plan and the Promoting Independence Plan.

## Priority and Strategy Highlights

OASC conducted a survey of older adults, family caregivers, and aging services providers to identify needs and priorities associated with aging. OASC then worked with HHSC program areas and state agencies to develop strategies to address the top priorities of each population group. The full list of strategies, representing a broad range of programs, services, and projects, are in Appendix C along with progress updates for each. This section highlights just a few of the innovative strategies developed to serve older Texans and their family caregivers and to support aging services providers.

### Older Adults

The top three priorities identified by older adults are:

- Physical health,
- Access to social enrichment and recreation opportunities, and
- Services and support in the community.

### Strategies to Support Physical Health

#### ***Highlight 1: Promoting the 2019-2023 Texas State Plan for Alzheimer's Disease and Related Disorders***

The Department of State Health Services' (DSHS') Alzheimer's Disease Program (ADP) continues to work with its stakeholders to promote the state plan. ADP publishes the state plan on its [website](#) and encourages its stakeholders to share the state plan with all of Texas' health service regions populations. The DSHS ADP stakeholders distribute and leverage the state plan's recommendations to support their work plans and potential funding opportunities (e.g., grant applications). In 2022, the state plan was accessed or downloaded from the ADP website over 640 times.

### Strategies to Support Access to Social Engagement Opportunities

#### ***Highlight 2: Implement new or improved intergenerational mentoring programs***

The DSHS Obesity Prevention Program worked with San Augustine County to implement two intergenerational mentoring programs. The [San Augustine Strong Coalition](#) worked with the Retired Senior Volunteer Program (RSVP) to establish a mentoring program at the San Augustine Elementary School where RSVP volunteers provide educational assistance to students. Similarly, the Foster Grandparent program has established a mentoring program with the San Augustine Boys & Girls Club to assist in after school activities. Both programs provide older adults with the opportunity to be engaged and provided interactions with the youth of San Augustine.

***Highlight 3: Continue promoting Age Well Live Well resources to community partners, including underserved communities***

In 2022, OASC launched the online [Aging Well Resources Order Form](#) which enables easy access to and downloading of more than 100 resources developed to support older adults, family caregivers and services providers. These resources, which include educational fact sheets, resource sheets, and program and campaign awareness materials, have over 927 downloads since the launch. OASC also targeted direct outreach to over 220 potential partners in south Texas including city and county leadership, non-profits, low-income housing, libraries, long-term care facilities and more.

## **Strategies to Support Services in the Community**

***Highlight 4: Review ongoing research and data on older survivors' needs and specialized services to develop recommendations for Family Violence Program (FVP) contractors and provide information and/or training to enhance services within family violence centers***

In 2022 and 2023 the FVP AmeriCorps Volunteers in Service to America (VISTA) member supported services in the community by sharing resources with family violence program centers that provided information and tools to help their staff and clients. These resources included information about mental health, how to prevent vicarious trauma and burnout among frontline staff, and considerations for working with dual family violence-human trafficking survivors. The VISTA member also connected certified Community Health Workers statewide with volunteer opportunities within local family violence centers.

Discussions with FVP providers and research revealed that a common misconception amongst older adults is that family violence centers only serve

women with young children when, in fact, family violence centers serve all survivors of family violence. The VISTA member shared ideas and recommendations with family violence centers on ways to conduct outreach to the older adult population and ways to partner with organizations within their communities that serve older adults.

***Highlight 5: Continue promoting Person-Centered Practices throughout the agency to improve support and services for older adults and their informal caregivers***

HHSC secured Money Follows the Person Demonstration funds to sponsor an education opportunity featuring the Montessori and Dementia Care Model through The Center for Applied Dementia Research. These seminars were provided virtually and included a one day “Montessori Based Dementia Programming® Seminar” and second full-day training on “Applying Montessori-based Principles for Leadership Development and Staff Engagement in Care Communities.” This project ended in December 2021. In March 2022, Person Centered Practices transferred to the ODSC which is continuing to promote person-centered practices and thinking, including:

- continuation of the Person-Centered Practices Steering Committee of internal and external partners to discuss ideas and best practices,
- evaluation of public facing websites and materials for ease of access and understanding,
- asset mapping process to identify current Person-Centered Practices champions and initiatives,
- cultivating cross agency partnerships, and
- data refinement for provider training opportunities to inform current needs and future capacities.

## **Informal Caregivers**

The top three priorities identified by family (or informal) caregivers are:

- Mental health,
- physical health, and
- work strains and issues.

## Strategies to Support Mental Health

***Highlight 1: Increase informal caregiver access to educational resources and awareness about evidence-based programs designed to address informal caregiver health and wellness, including stress relief***

During federal fiscal years 2022 and 2023, Texas Area Agencies on Aging (AAAs) provided evidence-based programming focused on caregivers. The Central Texas and Texoma AAAs provide the Powerful Tools for Caregivers Program, which is a class focused on ways caregivers can better care for themselves while caring for a friend or relative. The Central Texas AAA collaborates with healthcare systems and other partner agencies to provide a series of monthly instructional, training, and interactive workshops to promote evidence-based health promotion activities. In Texoma, the Powerful Tools for Caregivers Program is offered in all counties served by the AAA by coaches who are trained and certified by a state-recognized program.

The Golden Crescent, Heart of Texas, and Lower Rio Grande Valley AAAs provide the Stress-Busting Program for Family Caregivers, which is an evidence-based intervention focused on support, problem-solving, education, and stress management for family caregivers. These AAAs contract with local social service organizations or directly provide this intervention in their regions, offering older residents with the opportunity to learn and participate in healthy choices.

## Strategies to Support Physical Health

***Highlight 2: Work with the internal and external stakeholders through the Center for Health Care Strategies (CHCS) Family Caregiving technical assistance opportunity to develop strategies to increase awareness of informal caregiver experiences and services to support them; and identify ways to leverage Medicaid managed care services to support informal caregivers***

OASC convened a group of state level leaders and family caregivers to spearhead a project to develop resources to better support the family caregiver's ability to provide care. Because of the work of this Texas group and the support of CHCS, OASC applied for and received American Rescue Plan Act funds to launch a comprehensive one-time statewide caregiving awareness campaign, "[Strengthen the Care You Give](#)". This statewide caregiving campaign provides multiple, mixed-media deliverables for building public awareness of caregiving issues and available

resources, services and supports that emphasize self-care, training, planning and supportive resources for informal caregivers. The campaign targets all types of caregivers, with the primary target audience being informal caregivers, older adults (aged 65 years and up) and potential Texas Medicaid beneficiaries, particularly Texans receiving Home and Community-based Services. Marketing materials with this campaign were developed to be evergreen, allowing for longer use.

## Strategies to Support Work Strains/Issues

***Highlight 3: Enhance state and local lifespan respite care systems to provide access to direct respite services, thereby increasing the total number of informal caregivers and families served. Enhance Take Time Texas website to include additional resources and training materials.***

In 2020 the Administration for Community Living awarded HHSC the Texas Lifespan Respite Care Program – Respite Innovative Technology Enhancements grant to implement the Lifespan Respite Care Act requirements of 2006. The larger aim of the grant is to focus on expanding and enhancing respite services by improving the coordination and dissemination of respite services, streamlining access to respite programs, filling gaps in services, and improving the overall quality of services. From fiscal year 2022 through fiscal year 2023, a total of 165 caregivers received 9,939 hours of respite services from Aging and Disability Resource Centers in Texas.

Texas Lifespan Respite Care Program accomplishments include:

- Collaboration with the Texas A&M University Public Policy Research Institute as they conducted focus group interviews, needs assessment report, and evaluations of respite care needs and gaps in Texas;
- Identifying implementation and outreach possibilities for respite care resources across the country based on the Texas A&M University Public Policy Research Institute research findings; and,
- Framing a statewide marketing campaign to promote respite care in Texas.

## Aging Services Providers

The top three administrative priorities identified by aging services providers are:

- Collaboration and coordination,

- funding, and
- staffing.

The top three programmatic and policy priorities identified by aging services providers are:

- Addressing social isolation,
- Addressing food insecurity, and
- Supporting informal caregivers.

## Strategies to Support Collaboration and Coordination

***Highlight 1: Convene coalitions of partners across identified communities to identify resources and priorities for their population related to improving social connectedness among older adults***

The Paris-Lamar County Health District convened a new Building Resilient Inclusive Communities coalition in Bowie County with a focus on older adults' social connectedness. The Building Resilient Inclusive Communities worked with the existing Gatekeepers Coalition in Red River County to support activities related to this strategy. Additionally, San Augustine County convened the San Augustine Strong Coalition with a primary focus on social connectedness in older adults.

## Strategies to Address Older Adults Isolation

***Highlight 2: Promote Eye2Eye, a resource and peer support program for older adults who are blind or visually impaired***

Participants in the Eye2Eye Peer Network receive information and encouragement to participate in support groups in their communities. Approximately 600 to 700 customers received information on how to self-initiate a referral to the program. Participants who self-enrolled reported they experienced the positive outcome of having the ability to interact with others across the country who are experiencing vision loss and share experiences and tips for independent living. The network provided training on orientation and mobility to participants who need travel assistance in their communities. Additionally, because this is a highly specialized field and providers and personnel are limited, especially in rural areas, the network is focused on recruiting more providers to expand access to training in the future.

## Strategies to Address Older Adult Food Insecurity

### ***Highlight 3: Promote Texercise Malnutrition Campaign to raise awareness of malnutrition and strategies to address this issue***

OASC continues to promote “Texercise Prevents: Malnutrition in Older Texans” to the aging network and providers serving older adults. Texercise is conducting a phased marketing approach to targeted areas in Texas as part of its outreach for the campaign. Texercise has added the “Texercise Prevents: Food Insecurity in Older Texans” campaign that is being promoted to the aging network and providers serving older adults.



## Developing Issues

### Social Isolation Among Older Adults

The COVID-19 pandemic increased attention on the negative health impacts of social isolation and loneliness for all ages, and older adults are the most vulnerable, at-risk population.<sup>3</sup> During shelter-in-place and stay-at-home orders, many of the customary means older adults had for connecting with family, friends and support networks ceased. Sites where older adults participated in daily health and social activities such as congregate meal sites, community centers, medical care facilities, and businesses were among those sites that were closed or had services suspended.

The lack of social connection poses a significant risk for individual health and longevity. Loneliness and social isolation increases the risk for premature death by 26 percent and 29 percent respectively.<sup>4</sup> More broadly, lacking social connection can increase the risk for premature death as much as smoking up to 15 cigarettes a day<sup>5</sup> and is associated with increased risk of disease, including a 29 percent increased risk of heart disease and a 32 percent increased risk of stroke<sup>6</sup>. It is also associated with increased risk for anxiety, depression, and dementia.

One of the initiatives Texas HHSC established to address social isolation and loneliness is the “Know Your Neighbor” campaign which seeks to increase connection and engagement and reduce older neighbors’ risks of isolation and loneliness.

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<sup>3</sup> Berg-Weger, M., & Morley, J. E. (2020). Editorial: Loneliness and Social Isolation in Older Adults during the COVID-19 Pandemic: Implications for Gerontological Social Work. *The journal of nutrition, health & aging*, 24(5), 456–458. Retrieved from [Loneliness and Social Isolation in Older Adults during the COVID-19 Pandemic: Implications for Gerontological Social Work - PMC \(nih.gov\)](https://doi.org/10.1177/15598276211009454)

<sup>4</sup> Holt-Lunstad J. (2021). Loneliness and Social Isolation as Risk Factors: The Power of Social Connection in Prevention. *American journal of lifestyle medicine*, 15(5), 567–573. <https://doi.org/10.1177/15598276211009454>

<sup>5</sup> Holt-Lunstad, J., Robles, T. F., & Sbarra, D. A. (2017). Advancing social connection as a public health priority in the United States. *The American psychologist*, 72(6), 517–530. <https://doi.org/10.1037/amp0000103>

<sup>6</sup> Sharma, T., Padala, P. R., & Mehta, J. L. (2021). Loneliness and Social Isolation: Determinants of Cardiovascular Outcomes. *Current cardiology reviews*, 17(6), e051121190873. <https://doi.org/10.2174/1573403X17666210129101845>

## Supports for Family Caregivers

Each year, more than 53 million people in the United States provide informal (unpaid) care and support to older adults and people of all ages with a disability.<sup>7</sup> This informal care is primarily provided by a family member and makes it possible for millions of people to live in homes in the community rather than in institutional settings.<sup>8</sup> These informal or family caregivers also often supplement the care of others who might be hospitalized or living in nursing homes and other facilities.<sup>9</sup> As the populations of older adults and people with disabilities have rapidly grown so have their needs for care support. The COVID-19 pandemic highlighted the important, lifesaving role of the informal family caregiver when the national shortages of direct care workers reached crisis proportions, adding to the family caregiver's workload.

In February 2023, Texas HHSC launched the "Strengthen the Care You Give" caregiving campaign to help Texans learn about the role of the family caregiver, highlight issues associated with caregiving, and build awareness of available services and supports. Recognizing and supporting family caregivers is crucial to the health, economic and social well-being of both the caregiver and the people who receive their care, and HHSC encourages caregivers to seek support when needed through the "Strengthen the Care You Give" campaign.

## Public Health and Community-Based Organizations Serving Older Adults

Everyday across the nation, thousands of public health entities and community-based organizations provide vital services that enable older adults to remain independent and stay in their own homes. In response to the COVID-19 pandemic health protocols, these organizations had to close their doors and quickly change how they deliver services. Public health shifted services to virtual or telehealth options while community-based organizations suspended in-person programming

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<sup>7</sup> Centers for Disease Control and Prevention. (2024 September 3). Dementia Caregiving as a Public Health Strategy. Retrieved from [Dementia Caregiving as a Public Health Strategy | CDC Caregiving | CDC](#)

<sup>8</sup> Coe, N. B., & Werner, R. M. (2022). Informal Caregivers Provide Considerable Front-Line Support In Residential Care Facilities And Nursing Homes. Health affairs (Project Hope), 41(1), 105–111. <https://doi.org/10.1377/hlthaff.2021.01239>

<sup>9</sup> Avison, C., Brock, D., Campione, J., Hassell, S., Rabinovich, B., Ritter, R., & Zebrak, K. (2018). Outcome evaluation of the national family caregiver support program. Administration for Community Living, 2018-12. Retrieved from [Outcome Evaluation of the National Family Caregiver Support Program \(acl.gov\)](#)

(e.g., evidence-based program classes, congregate meals) with many switching to virtual, phone based and home delivery options. The unknowns of this new pandemic brought shifting safety protocols which created confusion. Siloed services impacted the delivery of vaccines and health related communications across health and social services sectors. While many characteristics of daily living impacted by the pandemic have started to fade and society is returning to pre-pandemic operations, these issues and needs continue to have a bearing on public health entities and community-based organizations serving older adults.

## Role of Multi-Sectors

Aging is influenced and impacted by multiple factors such as access to affordable housing, nutritious food, comprehensive medical care, internet and technology, and safe places to gather and make social connections. Similarly, a strategic vision for Texas' aging population does not hinge on one type of service or provider, but rather it is the role of many agencies, organizations, and stakeholders to ensure older adults have access to the information, supports and services needed to age well.

Social and supportive services are key determinants of a person's ability to age independently in their communities of choice. However, many other sectors such as state legislatures, public health entities, faith communities, business, academic and nonprofits can provide the services, supports and engagement that create a life of vibrancy and purpose. Ample opportunities for multi-sector engagement in aging exist and can include:

- State legislatures – can utilize its position to create state level awareness of the importance of including aging issues and planning in state and local policies.
- Public health – can encourage cross agency partnerships to ensure clear communications and better understanding of services and delivery systems.
- Faith communities – can provide a place where older adults can engage in worship and spiritual connection. Faith communities can also offer places to gather and build community as well as provide information and access to social services.
- Business sector – can offer in-kind and direct capital to local services providers to extend limited resources. Business can also offer facility space for classes and distribute information through websites and newsletters.
- Academic – can dedicate research and trainings on geriatrics and older adult issues to ensure the state and the services provider workforce are informed on current and emerging trends.
- Nonprofits – can develop cross-service partnerships to strengthen the NWD system and fill gaps in services. These cross-sector partnerships can also share resources to extend limited supplies.

Multi-sector partnerships can benefit from each other's contributions by building connections, sharing resources, and enhancing each other's understanding of the needs and perspectives of older adults.

## Conclusion

The strategic plan for aging offers program and service providers, policy makers, communities, and partners with a roadmap to identify priority areas that impact aging and methods for addressing the needs of older Texans and their caregivers. This strategic plan uses facts and data to identify trends to inform a vision for successful aging. It also highlights the many sectors and stakeholders involved in realizing the vision. Most importantly, a strategic plan for aging elevates awareness of older adults and their family caregivers' issues by providing a platform for their experiences and amplifying the importance of a supportive community and proactive planning.

For over 24 years, the ATW initiative and its Strategic Plan have been Texas' visioning roadmap for older Texans. The ATW Strategic Plan prioritizes the issues shared by older adults, caregivers, and services providers for older adults, and seeks to provide innovative strategies to create enhancements.

The successes and challenges that HHSC, other state agencies, and other stakeholders have experienced in implementing the identified strategies have revealed key areas of focus as Texas continues to build multi-sector partnerships and collaboration, and to support older adults:

- Creating state and local opportunities where older adults can be socially connected and engage in their communities,
- Developing robust supports for family caregivers to provide much needed breaks and specific skill development,
- Establishing stronger coordination and collaborations across agencies and services providers to break down silos,
- Enhancing and expanding options and data sets that can inform future strategic plans, and
- Centering policies and priorities around older adults and their identified issues.

The HHSC ATW initiative will continue focusing on these priorities, emerging trends, and the Executive Order mandates with a goal of helping Texas prepare for aging.

## List of Acronyms

<b>Acronym</b>	<b>Full Name</b>
AAA	Area Agencies on Aging
ADP	Alzheimer's Disease Program
HCBS-AMH	Home and Community Based Services Adult Mental Health
APS	Adult Protective Services
ATW	Aging Texas Well
ATWAC	Aging Texas Well Advisory Committee
BHS	Behavioral Health Services
CHCS	Center for Health Care Strategies
CTI	Centralized Training Infrastructure
DFPS	Department of Family and Protective Services
DSHS	Department of State Health Services
FBCE	Faith-Based and Community Engagement
FVP	Family Violence Program
HHSC	Health and Human Services Commission
IDD	Intellectual and Developmental Disabilities Services
ILS-OIB	Independent Living Services for Older Individuals who are Blind
IT	Information Technology
LBHA	Local Behavioral Health Authority
LMHA	Local Mental Health Authority
LTSS	Long-term services and supports
MCS	Medicaid and CHIP Services
MHSUP	Mental Health Substance Use Prevention
NWD	No Wrong Door
OPP	Obesity Prevention Program
OAAA	Office of Area Agencies on Aging
OASC	Aging Services Coordination
OADRC	Office of Aging and Disability Resource Centers
ODSC	Office of Disability Services Coordination
RAISE	Recognize, Assist, Include, Support, and Engage
RSVP	Retired Senior Volunteer Program
TCCCP	Texas Comprehensive Cancer Control Program
TWC	Texas Workforce Commission
VISTA	Volunteers in Service to America
WHC	Women's Health Coordination

## Appendix A. ATW Core Impact Areas



- Caregiving
- Community Support
- Education
- Employment
- Financial
- Health and Long-term Care
- Housing
- Legal
- Mental Health
- Physical Health
- Protections
- Recreation
- Social Engagement
- Spirituality
- Transportation
- Volunteerism



## Appendix B. ATWAC Position Statement

Executive Order R.P. 42, which established ATWAC, tasked the ATWAC with advising and providing recommendations to HHSC and state leadership on aging-related matters, including the Aging Texas Well initiative, its implementation, and the Aging Texas Well Strategic Plan. The ATWAC consists of members representing diverse locations and specialties, including older adults, caregivers, advocacy organizations, academia, and professionals from the aging field. The ATWAC created this position statement and the opinions and suggestions in this section are the members' own and do not reflect the views of the Texas HHSC Executive Council or HHSC.

### Background

Like most other states, Texas has experienced a dramatic increase in its older population. In 2021, over 5.5 million Texans were 60 years of age or older.<sup>10</sup> While the state's overall population grew by nearly 17 percent since 2011, the older population grew by 41 percent. Thus, Texas' older population is larger than the general population of 29 states and the District of Columbia. The population growth occurred throughout the state, but there are some standout areas. The largest area of growth was Fort Bend County, which more than doubled its older population in the last 10 years.<sup>11</sup> The fastest growing population segment was the 85 and older bracket, and it is expected that by 2030, 1.4 million Texans, or 1 in every 6 older adults, will be over the age of 85.

In some areas of the state, especially in rural areas, the demographic shift has been profound. For example, in Jeff Davis County, 48 percent of the entire population is an older adult. Loving, Kent, Menard, Llano, Real, and Terrell counties are not far behind, with 40 percent or more of the county's entire population over the age of 60.<sup>12</sup>

We are at a crossroad: as a society, we can choose to proactively address issues related to an aging population, or we can wait until they become a crisis. The challenges from the last few years have hit older adults particularly hard.

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<sup>10</sup> U.S. Census Bureau (2021). *American Community Survey: 1-year estimates* [table S0102]. Retrieved from [data.census.gov](https://data.census.gov).

<sup>11</sup> Calculations based on American Community Survey data and were performed by the Collaboratory for Aging Resources and Education. [American Community Survey Data](#)

<sup>12</sup> U.S. Census Bureau (2021). *American Community Survey: 1-year estimates* [table S0101]. Retrieved from [data.census.gov](https://data.census.gov).

Statewide, more than one in five homeowners and 1 in 2 renters are house burdened, meaning they pay more than 30 percent of their income for housing. One in three parents of adult children have reported making “significant financial sacrifices” to support their grown children, with 55 percent reporting that helping their older children has led to them having higher debt. The latest estimates are that Texans retiring today will need a yearly income of over \$48,000 for basic needs<sup>13</sup>, which means those without access to income other than Social Security will face numerous and significant financial challenges. Furthermore, experts advise that older adults should have between \$1 and \$2 million available for retirement: in reality, median retirement savings are closer to \$164,000.<sup>14</sup>

With its various geographical and experiential representation, the ATWAC recognizes that Texas needs to do more to support older adults and to remind them and the rest of the community that they bring value to society through their collective experiences. As the overwhelming majority of older adults wish to age in place/age in community, assisting them to do that, even with supportive services, is more cost effective than nursing homes. The ATWAC believes we have a responsibility to engage our members from across the aging services field, to address growing and ever-changing needs and concerns.

## Our Priorities

For the most recent Aging Texas Well Strategic Plan, the ATWAC polled members to establish a list of priorities that the members would focus their attention on in the years to come. The ATWAC listed a plethora of important and often interconnected issues such as vision loss, insufficient caregiver services, loneliness and isolation, affordable housing, accessing community activities, providers services, institutionalism, neglect, transportation, nutritional access, and preventive healthcare. The committee also recognized that many community-based services are not prepared to meet the needs of this specialized population.

We also recognized that the COVID-19 pandemic changed the landscape in ways we do not yet understand. The pandemic and its related recession led to more older adults leaving the workforce, whether due to job loss or retirement. A larger portion

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<sup>13</sup> GoBankingRates.com (July 2023). *What a comfortable retirement*

<https://www.gobankingrates.com/retirement/planning/comfortable-retirement-cost-state/>;

<sup>14</sup>Board of Governors of the Federal Reserve System. (2021). *Survey of Consumer Finances: Retirement Accounts by Age of Reference Person* [site generated data table],

[https://www.federalreserve.gov/econres/scf/dataviz/scf/chart/#series:Retirement\\_Accounts;demographic:agecl;population:5,6;units:median;range:1989,2019](https://www.federalreserve.gov/econres/scf/dataviz/scf/chart/#series:Retirement_Accounts;demographic:agecl;population:5,6;units:median;range:1989,2019)

of older adults note that they are now out of the workforce due to retirement.<sup>15</sup> Also, older adults, especially older women, lost their jobs at higher rates than other age categories and have not experienced the bounce-back that other age groups have.<sup>16</sup> Multigenerational families are once again on the rise as generations combine for economic and caregiving reasons.<sup>17</sup> The most recent estimates identify more working adults are providing care to an older loved one. In Texas, 3.1 million residents, or 10.5 percent of all adults are family caregivers, providing over 2.9 million hours or \$41 billion in unpaid care.<sup>18</sup> Many people who provide care continue to work, and they face financial difficulties related to having to ask for time off from work or using their own funds to support an older loved one.

Following our discussion and research, the ATWAC drafted the following position statements:

- **Expand the ability and scope of current programs and services to older adults so that they can age in place gracefully**
- Identify supplemental resources or funding to meet the anticipated growth and demand for services needed by older adults experiencing vision loss
- Create strategies to expand collaboration and coordination among agencies and organizations that serve the general senior population to encourage more outreach effort
- **Increase awareness, access and utilization of existing systems, resources services and support for older Texans needing care and the unpaid caregivers who provide it**
- Create access to providers or attendants for activities of daily living assistance

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<sup>15</sup> Fry, Richard. (Nov. 4, 2021). *Amid the pandemic, a rising share of older U.S. adults are now retired*. Pew Research Center, <https://www.pewresearch.org/short-reads/2021/11/04/amid-the-pandemic-a-rising-share-of-older-u-s-adults-are-now-retired/>.

<sup>16</sup> Gould, Elise. (April 29, 2021). *Older workers were devastated by the pandemic downturn and continue to face adverse employment outcomes: Testimony to the Senate Special Committee on Aging*. <https://www.epi.org/publication/older-workers-were-devastated-by-the-pandemic-downturn-and-continue-to-face-adverse-employment-outcomes-epi-testimony-for-the-senate-special-committee-on-aging/>.

<sup>17</sup> U.S. Census Bureau (2023). *Several Generations Under One Roof*. Retrieved from <https://www.census.gov/library/stories/2023/06/several-generations-under-one-roof.html>

<sup>18</sup> Reinhart, S., Caldera, S., Houser, A., & Choula, R. (March 2023).

*Valuing the Invaluable: 2023 Update*

*Strengthening Supports for Family Caregivers* AARP,

<https://www.aarp.org/content/dam/aarp/ppi/2023/3/valuing-the-invaluable-2023-update.doi.10.26419-2Fppi.00082.006.pdf>

- **Create more access to assistive technology and home modifications to improve safety and accessibility**
- Develop on-line training curriculums focused on basic awareness and sensitivity of vision loss targeted to home health care providers, nursing homes and assisted living staff and Ombudsmen within the Area Agencies on Aging

## 2023 Update

Following the publication of the 2022-2023 ATW Strategic Plan, the ATWAC voted on the position statements and chose the three highlighted above in bold for further focus. The ATWAC divided into subgroups, and each subgroup was tasked with researching their assigned priority, identifying best practices from around the state, and connecting with other stakeholders that could provide insight on the topic. The groups began their work in early 2023, and we hope to have position briefs to present to stakeholders next year.

In addition to its work on selected issues, the Committee has become more engaged in its quarterly meetings, asking thoughtful questions and engaging HHSC program directors and representatives in an effort to improve programs statewide. Members have participated in HHSC-related focus groups and have provided program improvement ideas for the Medicaid Managed Care Denial and Appeals Process (Article II, HHSC, Rider 36.). Lastly, the ATWAC has worked to build internal and external relationships to create better information sharing across represented sectors.

## Appendix C. 2022 - 2023 Strategic Plan Implementation Updates

The implementation status of the strategies identified to address 2022 - 2023 ATW Strategic Plan priorities are listed in the table below. Strategy owners could select from the following status options: ongoing/continual, in progress, delayed, completed or no update.

### Older Adults

#### Strategies to Support Physical Health

Strategy	Owner	Status
Empower older adults and their informal caregivers to live active, healthy lives by promoting the adoption of healthy behaviors through evidence-based programs and screening potential clients to be able to provide effective linkage to information and services.	OAAA	Ongoing/Continual
Continue the Alzheimer's disease awareness campaign.	DSHS ADP	In progress
Promote the 2019-2023 Texas State Plan for Alzheimer's Disease. (see page 11 for highlight)	DSHS ADP	Ongoing/Continual
Increase colorectal cancer screening rates through community-based and health system-based interventions.	DSHS TCCCP	Completed
Continue Home and Community Based Services-Adult Mental Health (HCBS-AMH) annual nursing assessments for enrolled participants, including those age 50 years and above, to ensure medications are administered as prescribed, and prevent or minimize medication errors.	MHSUP	Completed
Continue oversight and coordination of community-based services through HCBS-AMH Recovery Management for enrolled participants, including those age 50 years and above. Increase HCBS-AMH contractor collaboration with community providers of mental and physical health services, hospital social workers, and pharmacies to ensure HCBS-AMH participants receive appropriate treatment for mental and physical health disorders.	MHSUP	Ongoing/Continual
Continue promoting Texercise resources to community partners.	OASC	Ongoing/Continual

### Strategies to Support Access to Social Engagement Opportunities

Strategy	Owner	Update
Promote virtual group training and peer support resources to older adults with vision loss.	TWC ILS-OIB	Ongoing/Continual
Continue funding for adaptive aids, such as vehicle modifications, service animals and supplies, environmental adaptations, aids for daily living, and minor home modifications, for HCBS-AMH enrolled participants, including those age 50 and above.	MHSUP	Ongoing/Continual
Implement new or improved intergenerational mentoring programs. (see page 11-12 for highlight)	DSHS OPP	Completed
Continue promoting Age Well Live Well resources to community partners (see page 12 for highlight)	OASC	Ongoing/Continual

### Strategies to Improve Access to Services and Supports in the Community

Strategy	Owner	Update
Review ongoing research and data on older survivors' needs and specialized services to develop recommendations for FVP contractors and provide information and/or training to enhance services within family violence centers. (see pages 12-13 for highlight)	FVP	Ongoing/Continual
Work towards building and strengthening partnerships with community and faith-based organizations, who primarily serve the aging population, to provide access to food, cash, and health care. Aim to increase the number of AAAs that are community partners.	OAAA	Ongoing/Continual
Continue promoting person centered practices, including Person Centered Thinking, Planning and Practices and Montessori Dementia Care practices throughout the agency to improve support and services for older adults and their informal caregivers. (see page 13 for highlight)	ODSC	Ongoing/Continual: Continue promoting person centered practices Completed: Montessori Dementia Care practices
Work with HHSC to implement elements of SB 1917, regarding increasing awareness of services and support available for older adults with vision loss.	TWC ILS-OIB	Ongoing/Continual
Make use of Silver Star Emergency Resource Rooms, rooms with basic necessity items for clients in need, and other community resources.	DFPS FBCE APS	Ongoing/Continual
Support adults with intellectual and developmental disabilities who reside in nursing facilities to build skills that increase independence and help explore community living options.	BHS	Ongoing/Continual

<b>Strategy</b>	<b>Owner</b>	<b>Update</b>
Contract for substance intervention and treatment services to address people's substance use issues. Require contractors to collaborate with and refer people and their support systems to specialized services and resources in the community.	MHSUP	Ongoing/Continual
Work with local mental health authorities (LMHAs) in geographic regions impacted by a disaster or critical incident to develop a community-based outreach strategy that identifies needs, linkages to available resources, and promotion of disaster behavioral health services to vulnerable populations.	BHS	Ongoing/Continual
Continue to create awareness of risks of opioid misuse in older adults' and available treatment resources.	MHSUP	Ongoing/Continual
Increase Recovery Management Entities' assistance to enrolled HCBS-AMH participants, including those 50 years and above, to apply for benefits such as disability, supplemental security income, and the Supplemental Nutrition Assistance Program or other state benefits.	MHSUP	Ongoing/Continual
Participate in HHSC Behavioral Health and Aging Workgroup and facilitate Social Isolation Subgroup. Continue participating in the HHSC Person-Centered Practices Steering Committee. Work with the University of Texas Centralized Training Infrastructure (CTI) to ensure up to date resources on aging are available on the CTI website. Continue reviewing the resources web page quarterly to ensure information remains up to date and relevant.	MHSUP	Ongoing/Continual
Continue promoting informational fact sheets on services and support available for older adults through Age Well Live Well campaign.	OASC	Ongoing/ Continual
Work with HHSC Vision Loss in Older Adults Workgroup to identify ways to increase awareness of and expand access to services for older adults with vision loss.	OASC	Ongoing/Continual
Promote awareness of services and resources through Texas Talks campaign.	OASC	Ongoing/Continual
Work with HHSC Behavioral Health and Aging Workgroup to identify ways to increase awareness of and expand access to services for older adults experiencing behavioral and mental health issues.	OASC	Ongoing/Continual

# Informal Caregivers

## Strategies to Support Mental Health

Strategy	Owner	Update
Work with OASC to elevate experiences of women informal caregivers, including impacts of caregiving on mental health and social connection.	WHC	Ongoing/Continual
Continue to provide education information on blindness and visual impairments and the resources available through the ILS-OIB program.	TWC ILS-OIB	Ongoing/Continual
Enhance the Alzheimer's Disease Program website with information for informal family caregivers on caregiver wellness and community resources.	DSHS ADP	Ongoing/Continual
Include the Caregiver Optional Module and the Cognitive Decline Optional Module in the Texas Behavioral Risk Factor Surveillance System for 2023.	DSHS ADP	In progress
Promote the 2019-2023 Texas State Plan for Alzheimer's Disease.	DSHS ADP	Ongoing/Continual
Continue the Alzheimer's disease awareness campaign.	DSHS ADP	In progress
Encourage intervention and treatment programs to provide referrals on education and community support services to address behavioral health needs.	MHSUP	Ongoing/Continual
Continue coordination efforts with internal stakeholders to identify available resources and disseminate information to Recovery Managers that informal caregivers can use to address mental health concerns.	MHSUP	Ongoing/Continual
Provide compassion fatigue and stress management guidance, and materials to local disaster behavioral health responders during and after a disaster. Encourage Local Mental Health Authorities (LMHAs) and Local Behavioral Health Authorities (LBHAs) disaster response personnel to complete compassion fatigue and standardized stress management training to incorporate into outreach and response services related to informal caregivers.	BHS	Ongoing/Continual
Work with CTI to develop trainings that support the behavioral health of older adults.	MHSUP	Ongoing/Continual
Coordinate with HHSC Mental Health Substance Use Prevention (MHSUP) programs to learn about available resources and identify training/technical assistance gaps. Explore working with CTI to develop service provider trainings and to address gaps in training.	MHSUP	Ongoing/Continual



<b>Strategy</b>	<b>Owner</b>	<b>Update</b>
Coordinate with HHSC Behavioral Health and Aging Workgroup to explore available mental health resources for informal caregivers of older adults and develop staff trainings.	OASC	In-Progress
Increase informal caregiver access to educational resources and awareness about evidence-based programs designed to address informal caregiver health and wellness, including stress relief. (see page 14 for highlight)	OAAA	Ongoing/Continual

### **Strategies to Support Physical Health**

<b>Strategy</b>	<b>Owner</b>	<b>Update</b>
Work with OASC to elevate experiences of women informal caregivers, including impacts of caregiving on health.	WHC	Ongoing/Continual
Enhance the ADP website with information for informal family caregivers on caregiver wellness and community resources.	DSHS ADP	Ongoing/Continual
Include the Caregiver Optional Module and the Cognitive Decline Optional Module in the Texas Behavioral Risk Factor Surveillance System for 2023.	DSHS ADP	In progress
Promote the 2019-2023 Texas State Plan for Alzheimer's Disease	DSHS ADP	Ongoing/Continual
Continue the Alzheimer's disease awareness campaign.	DSHS ADP	In progress
Increase colorectal cancer screening rates through community-based and health system-based interventions.	DSHS TCCCP	Completed
Address the individual support system through intervention and treatment programs. Refer people to community resources designed to address the impact of substance use on physical health needs. Provide referrals and coordinate services for specialized services.	MHSUP	Ongoing/Continual
Coordinate with DFPS, DSHS and external organizations to identify resources that address the impact of untreated physical health conditions on older adults' mental health. Explore training options for behavioral health direct service providers working with older adults to help tailor therapeutic interventions, including Cognitive Behavior Therapy for the older adult population.	MHSUP	Ongoing/Continual
Continue promoting Texercise as a resource for both older adults and their family and/or caregivers.	OASC	Ongoing/Continual

<b>Strategy</b>	<b>Owner</b>	<b>Update</b>
Work with the internal and external stakeholders through the CHCS Family Caregiving technical assistance opportunity to develop strategies to increase awareness of informal caregiver experiences and services to support them; and identify ways to leverage Medicaid managed care services to support informal caregivers. (see page 14 for highlight)	OASC	Completed

### **Strategies to Support Work Strains/Issues**

<b>Strategy</b>	<b>Owner</b>	<b>Update</b>
Work with OASC on strategies to enhance informal caregiver support for Medicaid beneficiaries and their families.	MCS	Ongoing/Continual
Enhance state and local lifespan respite care systems to provide access to direct respite services, thereby increasing the total number of informal caregivers and families served. Enhance Take Time Texas website to include additional resources and training materials. Inputs will be gathered from stakeholders via surveys, needs assessments, and forums. Effectiveness will be measured through a count of Take Time Texas website page views and responses to survey questions. (see page 15 for highlight)	OADRC	Ongoing/Continual
Work with OASC to elevate experiences of women informal caregivers, including impacts of caregiving on work.	WHC	Ongoing/Continual
Educate program participants on resources available from the HHSC Age Well Live Well webpage.	TWC ILS-OIB	Ongoing/Continual
Collaborate, support, and participate with caregiver organizations on events, including training events.	DFPS FBCE APS	Ongoing/Continual
Continue providing both planned and emergency in-home and out-of-home respite/short-term relief for informal, unpaid caregivers of enrolled HCBS-AMH participants, including those age 50 years and above.	MHSUP	Ongoing/Continual
Work with organizations through the Texas Talks initiative to elevate the experiences and issues of informal family caregivers, including impacts to employment.	OASC	Ongoing/Continual

<b>Strategy</b>	<b>Owner</b>	<b>Update</b>
Work with the internal and external stakeholders through the CHCS Family Caregiving technical assistance opportunity to develop strategies to increase awareness of informal caregiver experiences and services to support them; and identify ways to leverage Medicaid managed care services to support informal caregivers.	OASC	Completed

## Service Providers

### Strategies to Support Collaboration and Coordination

<b>Strategy</b>	<b>Owner</b>	<b>Update</b>
Enable adults to maintain or improve their quality of life and self-determination through engaging in the community and social interactions, including providing a locally based system that connects older adults with services and benefits.	OAAA	Ongoing/Continual
Work with HHSC to implement elements of 87(R) SB 1917 regarding training and outreach to service providers.	TWC ILS-OIB	Ongoing/Continual
Promote the 2019-2023 Texas State Plan for Alzheimer's Disease.	DSHS ADP	Ongoing/Continual
Inform community members and partners about the Adult Protective Services (APS) Silver Star Emergency Resource Rooms that provide material goods to assist clients.	DFPS FBCE APS	Ongoing/Continual
Educate law enforcement on APS services and maintaining relationships with probate courts handling APS clients.	DFPS FBCE APS	Ongoing/Continual
Strengthen services and care coordination between managed care organizations and other case management entities for individuals with IDD.	MCS	Ongoing/Continual
Provide technical assistance and guidance to intervention and treatment providers serving this specialized population. Work with community service providers to maintain current resources.	MHSUP	Ongoing/Continual
Build capacity and educate providers about opioid use and misuse among older adults.	MHSUP	Ongoing/Continual

<b>Strategy</b>	<b>Owner</b>	<b>Update</b>
Increase coordination of community-based services through HCBS-AMH Recovery Management Entities for HCBS-AMH enrolled participants, including those age 50 years and above. Increase HCBS-AMH contractor collaboration with community providers of mental and physical health services, hospital social workers, and pharmacies, to ensure the HCBS-AMH participants receive appropriate treatment for mental and physical health disorders.	MHSUP	Ongoing/Continual
Utilize and promote the LMHA 101 video to serve as a resource for providers and referral networks and explain the role of LMHAs and LBHAs in the community and how to access their services. Share the resource with providers serving older adults.	MHSUP	In Progress
Work with community partners to help build capacity to serve older adults living in their communities with the assistance of Age Well Live Well resources.	OASC	Ongoing/Continual
Continue working with internal and external partners to identify ways to increase collaboration opportunities between organizations.	OASC	Ongoing/Continual
Strengthen HHSC cross-coordination among offices serving older adults, improve understanding of aging issues and needs, and ultimately increase capacity to provide services for older adults in Texas.	OASC	Ongoing/Continual
Convene coalitions of partners across identified communities to identify resources and priorities for their population related to improving social connectedness among older adults. (see page 16 for highlight)	DSHS OPP	Completed

### **Strategies to Support Funding**

<b>Strategy</b>	<b>Owner</b>	<b>Update</b>
Begin special projects to serve underserved populations, including older victims of family violence.	FVP	Complete
Continue use of HCBS-AMH flex funds, in addition to adaptive aids, as a mechanism to potentially cover medication cost and co-pays.	MHSUP	Ongoing/Continual

### **Strategies to Address Older Adult Isolation**

<b>Strategy</b>	<b>Owner</b>	<b>Update</b>
Promote the resource Eye2Eye peer support program for older adults who are blind or visually impaired. (see page 16 for highlight)	TWC ILS-OIB	Ongoing/Continual

<b>Strategy</b>	<b>Owner</b>	<b>Update</b>
Promote and increase volunteerism in Caring by Calling.	DFPS FBCE APS	Ongoing/Continual
Continue promoting person-centered recovery and service planning for persons enrolled in the HCBS-AMH program, including those age 50 years and above, through choice of residential services. Promote Peer and Psychosocial Rehab services to facilitate outdoor activities and community integration.	MHSUP	Ongoing/Continual
Continue promoting connections between older adults and fellow community members through the Know Your Neighbor Campaign.	OASC	Ongoing/Continual
Assess continuum of care for mental health services and access to care for older adults. Consider trainings related to identifying and mitigating social isolation and promoting positive prevention and lifestyle choices	MHSUP	Ongoing/Continual
Promote Texercise Malnutrition Campaign to raise awareness of malnutrition and strategies to address this issue.	OASC	Ongoing/Continual

### **Strategies to Help Support Caregivers**

<b>Strategy</b>	<b>Owner</b>	<b>Update</b>
Continue promoting person centered practices, including Person Centered Thinking, Planning and Practices and Montessori Dementia Care practices throughout the agency to improve support and services for older adults and their informal caregivers.	ODSC	Completed
Develop training and related resources for supporting informal caregivers in collaboration with HHSC for older adults with vision loss and their families, direct service providers, and community-based organizations.	TWC ILS-OIB	Ongoing/Continual
Include the Caregiver Optional Module and the Cognitive Decline Optional Module in the Texas Behavioral Risk Factor Surveillance System for 2021.	DSHS ADP	In Progress
Coordinate training to LMHA disaster staff on cumulative stress, grief and loss, and/or compassion fatigue after a disaster or critical incident.	BHS	Ongoing/Continual
Provide disaster planning and educational materials on stress management to local mental health authority staff providing direct services during and after a disaster to informal caregivers.	BHS	Ongoing/Continual

<b>Strategy</b>	<b>Owner</b>	<b>Update</b>
Work with organizations through the Texas Talks initiative to elevate the experiences and issues of family informal caregivers.	OASC	Ongoing/Continual
Work with the internal and external stakeholders through the CHCS Family Caregiving technical assistance opportunity to develop strategies to increase awareness of informal caregiver experiences and services to support them; and identify ways to leverage Medicaid managed care services to support informal caregivers.	OASC	Completed

### **Strategies to Address Older Adult Food Insecurity**

<b>Strategy</b>	<b>Owner</b>	<b>Update</b>
Include resources around access to food in program outreach and community awareness, education, and training.	TWC ILS-OIB	Ongoing/Continual
Expand Healthy Pantry Project at food pantries in Texas.	DSHS TCCCP	Completed
Promote Texercise Malnutrition Campaign to raise awareness of malnutrition and strategies to address this issue. (see pages 16-17 for highlight)	OASC	Ongoing/Continual
Expand provision of monthly produce and senior box distribution and offer the Supplemental Nutrition Assistance Program application assistance.	DSHS OPP	Ongoing/Continual
Expand weekly home delivery program to homebound seniors that struggle with access to emergency food resources.	DSHS OPP	Ongoing/Continual