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CACL Winter Newsletter 2015



## Winter 2015 Newsletter



University of New Hampshire

Promoting Person-Centered Options for  
Living & Aging in Our Communities
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#### About CACL

CACL is a collaboration between the [Institute on Disability \(IOD\)](#) and the [Institute for Health Policy and Practice \(NHIHPP\)](#) at the University of New Hampshire (UNH). CACL constructively engages partners within and outside the University in applied research that

#### CACL Co-Director Susan Fox to Receive Doctorate in Sociology

CACL's Co-Director, Susan Fox, recently defended her dissertation in fulfillment of the requirements for her PhD in Sociology from UNH. Her degree will be conferred in May. Her dissertation focused on the experience of informal family caregivers who are caring for an aging relative. Susan's contributions to the improvement of the lives of individuals with disabilities, older adults, and their caregivers continue through her work in policy, program development, education, and research. Congratulations, Dr. Fox.



#### New CACL Brief with a Focus on Senior Leadership

The new CACL brief, *Building an Aging Advocacy Network: Findings from the New Hampshire Senior Leadership Series*, summarizes the Granite



State's grassroots effort to foster leadership and advocacy on aging issues with an examination of The New Hampshire Senior Leadership Series. This series, which has trained over 75 participants, provides support and education to enhance participants' advocacy and leadership skills, which are necessary to promote livable communities for New Hampshire citizens as they age. This brief utilizes data from a recent Senior Leadership Series alumni survey to evaluate the efficacy of the program and identify future needs. Results indicate that participants of the NH Senior Leadership Series are politically engaged in local, state, and national aging issues and motivated to continue their advocacy efforts. However, the report indicates that despite the success of this one program, there is a critical need for continued development of leaders within local communities. [Read the brief for further details and final recommendations.](#)

#### Endowment for Health Releases Roundtable Report

The Endowment for Health has engaged in a year of planning with stakeholders to inform their Elder Health priority area work. The Endowment and the Maine Council on Aging hosted the Tri-State Roundtable on Aging on November 18<sup>th</sup>, 2014, which engaged partners from Maine, Vermont and New Hampshire to develop new and innovative ways to respond to the rapidly emerging needs of older residents. This event was a

*advances sustainable,  
person-centered options for  
aging and community living.*

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catalyst for discussion of the common struggles for the region regarding work force shortages, limited housing options for seniors, lack of public transportation, and a lack of resources devoted to community-based services for older adults. Dialogue that occurred on November 18th has opened the door for continuing a conversation across the region around these common issues and developing a collaborative effort to find solutions. To read the final report and learn more about the event [click here](#).

**White House Conference on Aging**

On Tuesday, February 1, Congresswoman Annie Kuster hosted a Town Hall and Listening Session at the Nashua Senior Center to inform the 2015 White House Conference on Aging. Susan Fox, Co-Director of CACL, presented as an expert panelist. The panel discussed issues related to Medicare, Social Security and other topics of interest to seniors, including healthy aging, elder justice, retirement security, and long-term care. The listening session allowed community members to hear about key issues related to aging and share their views, concerns, and suggestions for Congress and the 2015 White House Conference on Aging. The 2015 White House Conference on Aging is an opportunity to engage in a dialogue and build a shared vision on how to continue to maximize the contributions of Americans as we age. Listening sessions are being held across the country to gather input on issues related to retirement security, healthy aging, long-term services and supports, and elder justice. For more information on the White House Conference on Aging, [click here](#).

**Items of Interest**

The new [Livable Communities Website](#), recently launched by AARP, features experts and advisers from the Public Policy Institute sharing their research, analysis, and expertise on livable communities issues.

Learn about the The SCAN Foundation's [person-centered care roadmap](#) that was developed by The SCAN Foundation and Avalere Health.

[Read the Commonwealth Fund's report](#) on a survey of older people in 11 other countries. Findings say that US older adults are more likely to face financial barriers to care.

Read the UNH Cooperative Extension brief, [Planning for an Aging Population](#), to learn more about the challenges in creating conditions for small and rural communities to help their residents age in place.

[ACL is seeking to improve integration between hospitals and health care providers](#), and the community based organizations that provide the day to day support to older people and people with disabilities. This innovative approach will seek to provide technical assistance in the areas of marketing, contracting, and pricing services with the aim of building business capacity. A New Hampshire collaboration of aging and disability organizations has been selected to participate in a national learning

collaborative.

Read AARPs issue [Expanding Specialized Transportation: New Opportunities under the Affordable Care Act](#) to learn about how states can use underutilized options to expand transportation services for certain low-income populations in need.

## Upcoming Events

- Save the Date for the May 12<sup>th</sup> *NH Chronic Disease Conference*, hosted by the Southern New Hampshire Area Health Education Center at the Grappone Center in Concord. [Learn More](#)
- Join NH AARP and New Hampshire Public Television for a special 30-minute screening *Changing Aging in the Granite States* on March 18th or April 14th. [Learn more](#)
- Register for the April 23<sup>th</sup> *Geriatric Syndromes Session*, hosted by the Dartmouth-Hitchcock Medical Center in Lebanon, NH. [Registration and more information](#)
- Attend free monthly podcasts on geriatric nursing topics organized by Dartmouth-Hitchcock. [More information here](#)

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