CICOA Envision Lecture

Health Equity for Individuals with Disabilities and the Aging Community
Objectives

- Identify health disparities in individuals with disabilities and the aging community
- Identify interventions that have demonstrated improvements in these health disparities
- Describe local initiatives aimed at supporting equity in these communities
- Identify actions that audience members can take to support equity in these communities
What data exist highlighting disparities in individuals with disabilities and the aging community?
Health Disparities for People with Disabilities

Disability health disparities

• Inaccessible physical environments
• Social assumptions and prejudices
• Inflexible policies and procedures

Examples include assumptions that everyone is able to complete the following tasks independently/unaided to receive health care services:

• Fill out forms
• Undress
• Transfer chairs or tables
• Wheelchair accessible weight scales
• Height adjustable exam table
• Communicate in spoken English

Inaccessible equipment in health care settings leads to fewer preventive tests, missed diagnoses, and delays in care.
Health Disparities for People with Disabilities

31% of people with disabilities report fair or poor health compared to 6% of general population.

Among people with disabilities, 55.2% of Hispanic/LatinX individuals and 46.6% of African Americans report fair or poor health compared to 36.9% of white individuals.

African Americans and Hispanic/LatinX individuals over the age of 50 are more likely to have a mobility disability and use hospital services more as compared to white individuals.

IOM report, “clear racial differences in medical service utilization rates of people with disabilities that were not explained by socioeconomic variables” and “persistent effects of race/ethnicity [in medical service utilization] could be the result of culture, class, and/or discrimination.”
Risk Factors for Unhealthy Aging

- Tobacco use
- Alcohol consumption
- Insufficient physical activity
- High blood pressure
- Obesity
- Diabetes
- Low Socioeconomic Status
Health Disparities in the Aging Community

Alzheimer’s disease is more prevalent among African-Americans than among whites.

Greater familial risk of Alzheimer’s in African Americans.

Genetic and environmental factors may work differently in African-Americans.
Health Disparities in the Aging Community

African American/Black adults experience more rapid physiological complications due to a decline in the body’s ability to recover from stress or damage

• Contributors include:
  • Economic hardship
  • Shortcomings in primary disease prevention
  • Structural factors/systemic discrimination
  • Obstacles to successful chronic disease management
  • Effects of discrimination-related stress
  • Accumulated disadvantage over the life course and inequalities experienced at older ages associated with geographic location of residence, gender, and ageist attitudes and practices

CICOA
Aging & In-Home Solutions

PURDUE UNIVERSITY
Center for Health Equity and Innovation

What proven interventions exist that have demonstrated improvements in these health disparities?
Mitigating Health Disparities

Policies and interventions need to address social determinants of health in early life and across the life course.

Strategies to tackle inequities in healthy aging must also address social inequities experienced at older ages.

- Improved access to preventive and screening services
- Opportunities for social engagement

Local Initiatives

CICOA Community Health Workers
Unpaid caregivers

What resources are available for them in these communities?
Who are caregivers?

- Provide care to people who need some degree of ongoing assistance with everyday tasks on a regular or daily basis.
- Recipients of care can live either in residential or institutional settings, range from children to older adults, and have chronic illnesses or disabling conditions.
- This is termed “informal or unpaid care” because it is provided by family or friends rather than by paid caregivers.
- One-year value of this unpaid caregiver activity was estimated as $450 billion dollars in 2009.
Informal/unpaid caregivers, usually family members or friends, are the backbone of long-term care provided in the home.

<table>
<thead>
<tr>
<th>Caregivers can be at increased risk for negative health consequences</th>
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<tbody>
<tr>
<td>Over half (53%) of caregivers indicate that a decline in their health compromises their ability to provide care</td>
</tr>
</tbody>
</table>

Parent-caregivers who handle both parent/guardian and adult-caregiving roles

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<tr>
<th>12 X more likely to experience the most extreme of adverse mental health symptoms, including serious suicidal thoughts</th>
</tr>
</thead>
</table>

https://www.cdc.gov/aging/caregiving/index.htm

General Resources for Caregivers

From Care.com: Alzheimer's and dementia resources for caregivers: Where to go for support - Care.com Resources

From Alzheimer’s Association: Caregiving - Alzheimer's & Dementia | Alzheimer's Association

From AARP: 5 Tips for Caring for a Parent with Alzheimer’s Disease (aarp.org)
Find help in your community by entering your zip code OR city and state.

Zip Code  City/State

Enter zip code  Search

Results for Indianapolis, IN

Welcome to the Search Results Page. Below is a listing of resources in your community that provide information and assistance for older adults and caregivers. To learn more about each type of agency access the ? button located next to each service.

Show All

Information and Assistance

CICOA Aging and In-Home Solutions

Address: 8440 Woodfield Crossing Boulevard
Ste. 175
Community Resource Finder

Get easy access to resources, community programs and services.

- Alzheimer's Association
  PROGRAMS AND EVENTS
- AARP Family Caregiving
  PROGRAMS AND EVENTS
- CARE AT HOME
- COMMUNITY SERVICES
- HOUSING OPTIONS
- MEDICAL SERVICES
More caregivers will be needed

As the number of older Americans increases, so will the number of caregivers needed to provide care.

Number of people 65 years old and older is expected to double between 2000 and 2030.

Currently, there are 7 potential family caregivers per adult.

By 2030, there will be only 4 potential family caregivers per adult.
What can anyone listening in the audience today do to support equity for individuals with disabilities and in the aging community?
How to Develop a Care Plan

• Summarizes a person’s health conditions and current treatments

• Plan should include information about:
  • health conditions
  • medications
  • healthcare providers
  • emergency contacts
  • caregiver resources
Complete Care Plan

Complete THIS FORM with the information about the PERSON RECEIVING CARE. A care plan summarizes a person's health conditions and current treatments for their care.

First Name: ___________________________  Last Name: ___________________________

Date of birth: ___________  Age: ___________  Phone number: ___________________________

Address: ___________________________  E-mail: ___________________________

About the person receiving care – This information will help your caregivers to know you better and plan activities that you enjoy.
In a few sentences, tell people what you want them to know about you. What is your family like? Where did you grow up? What kind of activities do you like doing (walking, sitting by the garden, playing cards, watching a TV show)? What things are you interested in learning about?

My Medical Conditions

<table>
<thead>
<tr>
<th>Condition</th>
<th>Healthcare Provider for this condition</th>
<th>Medicine(s) I take for it</th>
<th>Things that help (resting, exercising)</th>
</tr>
</thead>
</table>

My Medications

<table>
<thead>
<tr>
<th>Name of medicine</th>
<th>Medication instruction (needs refrigeration, take on empty stomach)</th>
<th>Dose</th>
<th>When I take it</th>
</tr>
</thead>
</table>

Emergency Contacts

<table>
<thead>
<tr>
<th>Name</th>
<th>Relation</th>
<th>Phone number</th>
<th>Address</th>
</tr>
</thead>
</table>

Advanced Care Planning and Insurance Information

<table>
<thead>
<tr>
<th>My Medical Power of Attorney is (Name):</th>
<th>Phone number: ___________________________</th>
</tr>
</thead>
<tbody>
<tr>
<td>Insurance Information- Provider: ___________</td>
<td></td>
</tr>
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Rehabilitation Hospital of Indiana Giving Day
https://rhifoundation.tiny.us/GivingDay
Open Discussion