The mission of the Ohio Department of Aging is to deliver practical, person-centered strategies and services that will strengthen and support Ohio’s elders and their communities.

Ohio’s Older Adults

2.3 2.6 2.8 3

- Source: Scripps Gerontology Center, Miami University

By 2035, it is estimated the proportion of our population age 60 and older will begin to decline. However, the proportion of those age 85 and older continue to increase:

- 3.3 percent (388,900 residents) by 2040; and
- 3.8 percent (448,790 residents) by 2050.
A Message From the Director

August 1, 2019

The Ohio Department of Aging proudly serves 11.5 million Ohioans, including nearly 2.8 million older adults. Our older adult population is growing both in number and diversity. We have three distinct generations of older adults in our state: baby boomers, retirees, and an unprecedented number of individuals living beyond age 90. Within each generation, we have diversity and a rich mix of urban and rural cultures. We have affluence and poverty. We have individuals living alone and those who benefit from the support of family and friends. And, we have disability rates that rise with age.

Meeting the needs of our diverse and rapidly growing older adult population is the singular charge of the Department of Aging. Working with Governor Mike DeWine, we have begun making significant investments to protect the health, safety, and prosperity of older Ohioans in these essential areas:

- Strengthening Ohio’s Caregiver Infrastructure;
- Protecting the Independence and Vitality of Older Adults;
- Addressing the Impact of Ohio’s Opioid Crisis on Older Adults; and
- Expanding Nutritional and Other Services that Promote Healthy Living.

I thank our partners in Ohio’s aging network – area agencies on aging, senior centers, advocates, providers, and more – for working with us to uphold the fundamental principle that older adults can live where they choose, with the people they choose, and with the ability to participate fully in their communities. It is important that we continue to collectively ensure the needs of older adults, their caregivers, friends, and loved ones are met. I look forward to continuing these partnerships and building upon the accomplishments outlined in this Annual Report.

Sincerely,

Ursel J. McElroy
Director
Introduction

In 2010, approximately 2.3 million Ohioans age 60 and older made up 19.8 percent of the state’s total population. By 2015, that had grown to 2.6 million older residents making up 22.3 percent of the population.

As 2020 approaches, we face the reality that 2.8 million, or 24.3 percent of all Ohioans, are age 60 or older. By 2030, more than three million individuals, or more than one in four Ohioans, will have reached this age milestone, according to the Scripps Gerontology Center at Miami University.

These trends mean that Ohio must make strategic investments in resources and public policy that evolve with the aging population we serve. Over the past fiscal year, the Department of Aging has worked with Governor Mike DeWine and the 133rd Ohio General Assembly to shape a state budget that supports continuing and new efforts in four key areas during this biennium:

- Strengthening Ohio’s caregiver infrastructure;
- Protecting the Independence and Vitality of Older Adults;
- Addressing the Impact of Ohio’s Opioid Crisis on Older Adults; and
- Expanding Nutritional and Other Services that Promote Healthy Living.

The Department of Aging’s budget proposals were informed by Ohio’s State Plan on Aging, 2019-2020. Passage of the Fiscal Year 2020-2021 State Operating budget represents a major accomplishment for the Administration and the Ohio Department of Aging.

This annual report highlights the initiatives supported by the budget, the State Plan on Aging, and other efforts, as well as related department accomplishments during the past fiscal year in the four focus areas outlined above.
Strengthening Ohio’s Caregiver Infrastructure

Caregiving is a complex issue. Like aging, Ohio’s caregiving infrastructure spans a continuum, including family and professional caregivers, caregivers in institutions and home and community-based settings, and caregivers with varying levels of expertise and credentials.

Short-term strategies in Ohio’s State Plan on Aging aims to generate interest in caregiving and related careers, enhance training curricula, and foster advancement opportunities within the profession. We are partnering with other state agencies, area agencies on aging, providers, and other businesses to continue to advance strategies to drive workforce development and a robust system of services and supports for informal and family caregivers.

Our long-term strategies combat ageist beliefs that too often drive a lack of interest in jobs and careers that support older adults.

Person-Directed Dementia Care Project

To care for adults with dementia, caregivers should get to know the individual so that they can respond to their needs more directly. With limited time and resources, nursing homes have historically relied too heavily on medications as the quickest and most direct way to address difficult behaviors.

Ohio spent $600 million in SFY 2017 on personal care for individuals living in the community but who need a nursing home level of care. Additionally, we spent another $2.4 million to support providers of Older Americans Act and local aging service programs that support older adults in their homes and communities.

Dr. Doris Bergen

Dr. Bergen works to improve her community and make it a greener, more beautiful place to live and play. This is exemplified by her successful efforts to have her home town of Hamilton named a Tree City USA Community and supporting the Hamilton Community Foundation.

- 2019 Ohio Senior Citizens Hall of Fame Inductee
The Office of the State Long-Term Care Ombudsman, working with the Eden Alternative, leveraged federal grant funds to make a unique educational package of training programs available to Ohio nursing homes. These programs have been proven to build staff confidence in using non-medication approaches in dementia care.

The project is currently underway and will include in-person training experiences, team-based workshops and online learning opportunities. Project activities to date have been received positively: more than 90 of representatives from the 85 participating facilities reported they would recommend the training to others.

**Person-Centered Staff Engagement Project**

The Office of the State Long-Term Care Ombudsman continued its two-year project to help nursing homes engage staff in person-centered care practices. More than 120 nursing homes are participating in the project.

The project brought nursing facilities together for collaborative learning built around improving the communication infrastructure. The evaluation is expected to show that quality improvement efforts were successfully adopted in the 129 facilities that participated in all or part of the project. Early results suggest that this project made important differences in the way staff communicate with each other. Nurses and aides are participating in care planning, receiving information about new residents more quickly, and in many cases receiving information about residents they had not been given before. Small meetings among different groups of staff are

Staff Engagement Project Ombudsmen shared best practices and celebrated its conclusion.

**Marianne B. Campbell**

Marianne Campbell has hosted the “Talk of the Town” radio show since 2005 on WJEH-AM, the radio station she launched nearly 70 years ago. At age 92, she is actively involved in volunteer work supporting Gallia County and the Appalachia region.

- 2019 Ohio Senior Citizens Hall of Fame Inductee
occurring for the first time in some cases, and occurring more often and among more staff than prior to this program.

**Improving Access to Ombudsman Services**

Long-term services and supports continue to evolve by balancing services between community and facility settings. Assuring safety and quality in facility and non-facility settings has expanded the role of the Office of the State Long-Term Care Ombudsman. Annually, the Ombudsman handles nearly 10,000 complaints.

Volunteers are the eyes and ears of the program. They educate consumers about their rights and how the Ombudsman can empower them. Unfortunately, the volunteer corps has declined from more than 500 in 2008 to fewer than 200 in 2018. Learn how you can be an ombudsman volunteer by calling 1-800-282-1206 or visiting www.stepup.ohio.gov.

In SFY 2019, the Office of the State Long-Term Care Ombudsman partnered with the Ohio Commission on Service and Volunteerism (ServeOhio) to employ 11 AmeriCorps Ombudsman Specialists who are helping regional ombudsman programs recruit volunteers to visit long-term care facilities and consumers’ homes to answer questions and resolve complaints about their providers and care.

**William H. Considine**

Bill Considine is one of the longest-serving hospital leaders is the US. He believes it is important to have a balance in your life and have the right perspective at any age. Having a positive attitude is everything. He says, if you do it right, you’ll live the right kind of life.

- 2019 Ohio Senior Citizens Hall of Fame Inductee
In early 2019, Ombudsman staff, volunteers, and partners around the state advocated for and secured additional funding in the Fiscal Year 2020-2021 State Operating Budget. Increases for the Ombudsman program totaling $2.6 million over the biennium will help expand program capacity to meet demand, primarily by rebuilding the volunteer base and establishing a firm infrastructure for continued volunteer recruitment and retention.

**Ohio’s Home and Community-Based Services Transition Plan**

Ohio has been a national leader in transitioning residents who want to move out of institutional care settings such as nursing homes and into home and community-based settings. The Ohio Department of Aging contributed to continuing work on the State’s Transition Plan, required by the U.S. Centers for Medicare and Medicaid Services.

In 2018 and 2019, the Ohio Department of Medicaid solicited public comment on the plan. Department of Aging staff helped respond to feedback and draft revisions to the plan.

**Medicaid Waiver Alignment**

Ohio Medicaid’s PASSPORT, MyCare Ohio, and Ohio Home Care waiver programs currently provide care for nearly 55,000 older adults in home and community-based settings each day.

The Department of Aging has been collaborating with our state agency partners to align regulatory, training, and monitoring standards across waiver programs. The goal is to make quality care, continuity of care, and consistent assignment expectations of all providers.

**Eileen Cooper Reed**

For more than three decades, Eileen Cooper Reed has addressed systems and structures that lead to inequity and inequality for the most vulnerable in her Cincinnati community. As an accomplished attorney and humanitarian, she strives to influence better policy for everyone she serves.

- 2019 Ohio Senior Citizens Hall of Fame Inductee
As the agencies implement the phases of alignment, our systems must be responsive to regulatory and other program changes. We are supporting the development of a single IT system to house a universal assessment tool for all individuals seeking services in a nursing facility or home and community-based services waiver program. Today, the Department of Aging and Department of Medicaid maintain separate IT systems for waiver programs to complete assessments for needs identification and service planning.

The departments created aligned services specifications and rates for six waiver services effective January 1, 2019. Three additional services were aligned effective July 1, 2019. Further, the agencies have adopted an aligned rule for incident management to streamline and standardize the process across all four of the state’s nursing home level of care waivers.

The Department of Aging is pleased to receive an additional $3.7 million in the fiscal year 2020-2021 State Operating Budget to continue to align systems for administrative efficiencies, support a single IT system, and house a universal assessment tool for all Ohioans seeking facility and home and community-based services.

**Electronic Visit Verification**

Electronic Visit Verification (EVV), is a requirement under the 21st Century Cures Act, a federal law passed in December of 2016. States must implement an electronic system to verify that certain home and community-based services were delivered in order to continue receiving federal financial support toward the costs of those services.

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**Larry R. Hunter**

As founder of the Portage Lakes Purple Martin Association, Larry Hunter has introduced children to birds and other wildlife. He believes that if you are going to take from natural resources, you ought to be willing to give back to them and make our environment better for the next generation.

- 2019 Ohio Senior Citizens Hall of Fame Inductee
Services provided under the Ohio Department of Aging’s home and community-based waiver programs were included in Phase II of the EVV implementation, which takes effect August 5, 2019.

Electronic visit verification aims to help cut down on fraud and ensure that people receive the documented care they need. EVV was designed to help verify that services billed for home health care are for actual visits made.

The Ohio Department of Aging worked closely with the Ohio Department of Medicaid to provide training and resources to providers affected by the new requirement. The departments also worked with area agencies on aging to educate consumers on the change in how their services are being tracked.

Protecting the Independence and Vitality of Older Adults

Older Ohioans’ diversity, values, insight, and experiences throughout their lives have helped to shape their communities. When empowered to connect with friends and families, as well as to local services and resources, older adults continue to thrive.

Communities benefit from older Ohioans’ tremendous potential when they think about them not just as a group that might need assistance, but as individuals who are rich with wisdom, values, and abilities.

When they develop care needs, older Ohioans deserve access to services and supports that enable them to age in place as contributors to their communities, receive a consistent consumer experience, and expect continuity of care even as their needs continue to change.

David Meyers

After a 30-year career as a psychologist and administrator, David Meyers began working with underserved and non-traditional community college students. In retirement, his passion is writing. He has written at least one book every year since 2008.

- 2019 Ohio Senior Citizens Hall of Fame Inductee
Emergency Response and Disaster Preparedness

For a variety of reasons, older adults may have a harder time responding to emergencies and extreme conditions than younger people do. The Department of Aging works with partners to help older adults prepare for emergencies.

During severe storms in May 2019 that included 21 confirmed tornadoes, department staff worked with Ohio's Emergency Operation Center to coordinate relief efforts for older Ohioans in the affected areas.

The department supports the EMA's Mass Care operations, which can include an array of daily life support activities, including: sheltering, sheltering-in-place, feeding, hydration, first aid-level medical care, transportation, counseling, and storage and distribution of supplies and equipment.

Combatting Elder Abuse

Each year, the Adult Protective Services program at the Ohio Department of Job and Family Services receives approximately 16,000 reports of elder abuse. The National Institutes of Health estimates that most cases of abuse go unreported.

In 2018, the Ohio Department of Aging launched an elder abuse prevention webpage, with resources and information to help Ohioans learn the different types of abuse, recognize the warning signs, and know who to contact if they suspect abuse, neglect, or exploitation. Visit the webpage at: www.aging.ohio.gov/elderabuse.

June 15, 2019, was World Elder Abuse Awareness Day. The Ohio Department of Aging conducted a week-long social media campaign to raise awareness of the issue and the webpage.

Genny D. Reed

After she retired, Genny Reed reached out to the regional Long-Term Care Ombudsman. Since then, she has contributed more than 7,300 hours of service, going above and beyond as an advocate for residents' rights to ensure that those under her care are treated with dignity and respect.

- 2019 Ohio Senior Citizens Hall of Fame Inductee
We also partnered with the Ohio Department of Insurance, the Ohio Department of Commerce, and the Ohio Department of Job and Family Services on statewide media messaging on related topics.

**Advocating For and Protecting Nursing Home Residents**

While the Department of Aging’s goal is to ensure that every consumer of long-term care in every setting gets the best, most responsive care available, sometimes providers fall short of what is required of them.

The Office of the State Long-Term Care Ombudsman helps consumers expect and get excellence from their care providers.

When necessary, the Ohio Department of Aging works with our state agency and local partners, including the Ohio Department of Health, to hold providers accountable. When no other solution works, our collective staffs ensure the safety of consumers. The State Ombudsman leads an interagency response team that identifies local resources and helps residents find new homes that will meet their care needs.

In 2018, one nursing home closed due to the state’s termination of the Medicaid provider agreement after a period of non-compliance with regulations. Thirteen facilities of varying types closed voluntarily, with four requiring the assistance of the transition team.

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**Walter L. and Carol A. Tylicki**

Walter and Carol Tylicki have a deep love for one another and helping others. They volunteer together at Metroparks Toledo, where they provide a link between trail users and staff, promote safe use of trails, and enjoy the benefits of walking and being social.

- 2019 Ohio Senior Citizens Hall of Fame Inductee

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**What is Elder Abuse?**

**Neglect:** Failure through one’s own action or inaction (or that of others) to meet basic needs

**Exploitation:** Improper use of another person’s resources for personal benefit

**Physical Abuse:** Intentional use of force that results in injury, pain, or punishment

**Emotional Abuse:** Actions that threaten, humiliate, intimidate, or otherwise psychologically hurt someone

**Sexual Abuse:** Rape or unwanted, nonconsensual sexual contact, nudity, exhibition, and other sexual situations
In the first six months of 2019, seven homes closed, one of which closed because of termination of the Medicaid provider agreement. Three of those homes closed with short notice, affecting more than 100 residents. Two of those involved residents who had complicating factors that made finding homes for them more difficult. The third sudden closure this year took place over 29 hours. The safety and security of the residents could not have been achieved without the interagency transition team and the State Ombudsman’s leadership.

Older Americans Month

Each May is observed nationally as Older Americans Month. The Ohio Department of Aging celebrated this year with the theme: “Connect, Create, Contribute.” State leaders, including Governor Mike DeWine, Lt. Governor Jon Husted, cabinet members, legislators, and more recorded special video messages for older Ohioans. At least one different message was featured on the Department of Aging’s web site and social media each day in May. Visit www.aging.ohio.gov/olderamericansmonth/videos.

The department also solicited and provided a list of local Older Americans Month celebrations, and agency staff attended several events to present proclamations on behalf of the governor.

Ohio’s long-term care consumers deserve to be treated with dignity and respect, while expecting excellence from their providers.

Dr. Eric V. A. Winston

In retirement, Dr. Eric V. A. Winston began producing award winning documentary films. His films expose viewers to outstanding African-Americans - individuals who have made significant contributions to this country, but who are unknown to most people.

- 2019 Ohio Senior Citizens Hall of Fame Inductee
Addressing the Impact of Ohio’s Opioid Crisis on Older Adults

Older adults often use prescription opioids to cope with painful chronic conditions, such as arthritis, as a result of a surgical procedure, or due to injury. The health threat of opioids is exacerbated because as we age, medications affect older adults more strongly and are slower to leave their systems, so side effects of opioids can be more severe.

Older adults can intentionally or inadvertently contribute to the illicit drug trade or become targets for addicts and criminals looking to steal and sell their money and use their prescription medications.

Further, many older Ohioans must face the tragic reality that their adult children are addicted, and their grandchildren are in need of a home due to the parents’ treatment, incarceration, domestic violence, child abuse, or neglect.

The Ohio Department of Aging is using available resources through the Older Americans Act and other funding sources to partner with state and local partners to create innovative responses to the unique impacts of the opioid crisis on older Ohioans.

3 times as many older adults are likely to be prescribed opioids and have an increased risk of misusing or abusing them.

Between 2002 and 2016, prescription opioid misuse increased 66 percent for those age 50-64 and more than doubled for those age 65 and older.

- Source: Scripps Gerontology Center, Miami University

Charles J. Younger

Charles J. Younger has done a little bit of everything, while doing a lot in Hancock county. From serving as the president of the Findlay Area Arts Council to volunteering as the announcer for boys and girls high school soccer games, he’s made a lasting impression.

- 2019 Ohio Senior Citizens Hall of Fame Inductee
Medication Safety Resources

In October 2018, the Department of Aging worked with the Ohio Pharmacists Association and the Ohio Department of Mental Health and Addiction Services to launch an online information resource on medication safety for older adults.

The page includes tips and resources to help older Ohioans be their own advocates with health care providers; take, store, and dispose of medications safely; understand side effects and misuse; and explore alternatives to medication for pain management. The page includes resources from the Take Charge Ohio and Start Talking! medication safety campaigns, as well as printable fact and information sheets.

Visit www.aging.ohio.gov/medicationsafety.

Drug Disposal Packet Project

Having unused or expired medications in your home increases the risk of misuse or abuse. The Ohio Department of Aging received 20,000 Deterra drug disposal packets through Interact for Change as part of the Ohio State Opioid Response Project. We partnered with senior centers across the state to distribute the packets, which contain a compound to neutralize the medication for safe disposal.

Area agencies on aging staff identified consumers with high risk of medication misuse or abuse for distribution of the packets. A supply of the packets will also be distributed on Senior Day at the Ohio State Fair. Aging network partners will complete distribution of the packets by fall 2019.

Drug disposal packets are being distributed across Ohio to older adults to promote medication safety, encourage proper drug disposal, and reduce misuse and improper access to drugs.
Expanding Nutritional and Other Services that Promote Healthy Living

Good nutrition supports a healthy and active lifestyle, reduces frailty and disability, improves health outcomes, and reduces health care costs. Malnutrition is frequently associated with advanced age and is caused by a range of factors, including physical changes, limited income, lack of transportation, and more.

Malnutrition, chronic health conditions, and avoidable injuries such as falls can reduce an older Ohioan’s ability to remain independent in his or her own home and community. Nutrition programs offered by the aging network reduce hunger and food insecurity among older adults, promote socialization, health, and well-being, and prevent or delay adverse health conditions.

Evidence-based chronic disease self-management and injury prevention programs provide individuals with tools to improve overall health and wellbeing.

- HEALTHY U Ohio workshops teaches how to stay active, make healthy choices and manage symptoms for better quality of life and improved health outcomes.
- STEADY U Ohio provides information and Matter of Balance classes to manage falls risk factors to help live a full and active life free of the fear of falling.
Chronic conditions, such as arthritis or diabetes, can affect your independence and well-being. Learn how to stay active, make healthy choices and manage symptoms for better quality of life and improved health outcomes.

- Malnutrition Prevention Commission

As a member of the Malnutrition Prevention Commission, the Department of Aging assisted in the development, dissemination, and implementation of the first Malnutrition Prevention Report, which includes a summary of the study of malnutrition in older adults and strategies to reduce incidents of malnutrition among older Ohioans. The commission’s recommendations are consistent with the latest research and nationally accepted standards and can be adapted as this issue and technologies evolve. Recommendations included those in the areas of data and evaluation, education and awareness, and prevention models in team-based care.

Senior Farmer’s Market Nutrition Program

The Senior Farmers’ Market Nutrition Program provides coupons to income-eligible older adults for locally grown fruits and vegetables at participating farmers’ markets and roadside stands. This supports independence and choice and puts healthy food on the tables of older adults who are otherwise unable to afford it. It also supports Ohio’s farmers, many of whom are older adults.

The fiscal year 2020-2021 State Operating Budget includes new funding of $2.4 million over the biennium for the Ohio Department of Aging to invest in the statewide expansion of the highly successful program currently serving only a portion of the state.

With the new funding, the Department of Aging will provide start-up funds to regions of the state where the program is not currently available, supplement federal funds to eliminate waitlists in currently served areas, and centralize administration of the program.
Ohio
Department of Aging

97.8 Million Steps Help Prevent Older Adult Falls

Ohioans walked 78 million steps as part of STEADY U Ohio’s 5th anniversary of the 10 million steps campaign. This multi-agency, public-private partnership raises awareness of the impact of older adult falls and increase access to information and resources to help prevent them. While adults age 65 and older make up about 16 percent of our population, they account for more than 85 percent of fatal falls.

In September, the Ohio Department of Aging hosted the fifth annual 10 Million Steps to Prevent Falls campaign. 10 Million Steps engages local partners to host local fitness walks, health fairs, and more.

Each event or group was challenged to walk at least one mile to contribute to the state goal of 4,000 miles – or 10 million steps – walked in the name of falls prevention. Community partners hosted 106 local events and groups around the state, and 16,034 individuals logged 31,273 miles, or 78.2 million steps, for the cause.

Well Beyond 60! EXPO

For the fourth consecutive year, the Ohio Department of Aging partnered with the Ohio State Fair to host the Well Beyond 60! EXPO on Senior Day, July 29, 2018. The EXPO is an interactive health and wellness fair that features free health screenings, wellness demonstrations, and more provided at no cost by state and community partners. The EXPO is free with fair admission, which was half price for visitors age 60 and older.

For this year’s event, the Department of Aging doubled the EXPO, offering nearly 3,000 square feet of services, resources, and information from 20 different partners.

Despite inclement weather, which led fair attendance to be down 28 percent from 2017’s Senior Day, our EXPO attendance was up and hundreds of fairgoers filed through the large EXPO tents and took advantage of more than 2,500 services provided by partners.
Expenditures SFY 2019
(Detail may not add to total due to rounding)

$510.3 (in millions)

Long-Term Services and Supports $431.2
Home, Community and Caregiver Support $67.4
Healthy and Productive Aging $3.5
Long-Term Care Ombudsman $5.8
Program Support $1.4
BelTSS $0.7
Long-Term Care Consumer Guide $0.4

Program Budgets SFY 2019

Long-Term Services and Supports* (Medicaid) $431,191,328
Home, Community, and Caregiver Support** (Older Americans Act / General Revenue) 67,399,234
Healthy and Productive Aging (Older Americans Act) 3,457,717
Long-Term Care Ombudsman (Older Americans Act / General Revenue) 5,806,514
Program Support / Other (General Revenue) 1,305,807
Long-Term Care Consumer Guide 356,242
BelTSS - Board of Executives of Long-Term Services and Supports 717,071

Total $510,278,912

* Long-Term Care Services and Supports is administered by the department. Funds are part of Medicaid line item in the Ohio Department of Medicaid's budget. Most low-income seniors with Medicare eligibility are required to enroll in MyCare Ohio.

** Home, Community & Caregiver Support includes another $48,706,322 in local funds, which do not pass through the department's budget.
Core Values

**Promote Independence**
Provide resources that foster independence and autonomy throughout the lifespan.

**Empower Communities**
Deliver sustainable, relevant solutions that empower communities to act within the best interest of their older adults.

**Challenge Ageism**
Promote new perspectives of aging that challenge the traditional declinist narrative.

**Advocate for Excellence**
Advocate with and for older Ohioans to ensure their voices are heard and their needs are met.

**Engage in Innovation**
Engage the aging network by staying innovative, flexible and attentive to the evolving needs of our partners and stakeholders.

For more information about aging services, contact:
1-866-243-5678
www.aging.ohio.gov

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The Ohio Department of Aging is an equal opportunity employer and service provider.

Mike DeWine, Governor
Ursel J. McElroy, Director