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Healthy Aging in the Commonwealth: Pathways to Life Long Wellness

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With research and logistical support from

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The Talk

- The Issue Brief
- Reflections on Healthy Aging from a LTC researcher



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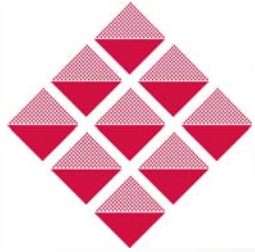
The Issue Brief

Questions:

- What is "Healthy Aging"?
- What programs and policies support HA?
- What's happening in MA with HA?

Methods:

- Research review
- Interviews



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What is Healthy Aging?

- *Healthy Aging* is the development and maintenance of optimal physical, mental and social well-being and function in older adults.*

* Definition from the Healthy Aging Research Network, CDC & Prevention Research Centers



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How is Healthy Aging Achieved?

- Keys to achieving healthy aging:
 - Effective community programs and health services are available and accessible.
 - Communities are safe and support healthy behaviors.
 - Individuals adopt and maintain behaviors known to promote health and well-being.



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Ingredients of Healthy Aging

Healthy Aging
Seniors will

**Lead meaningful
lives**

**Be pro-active about
health**

Be socially engaged

Be physically active

Feel safe and secure

Have good diets

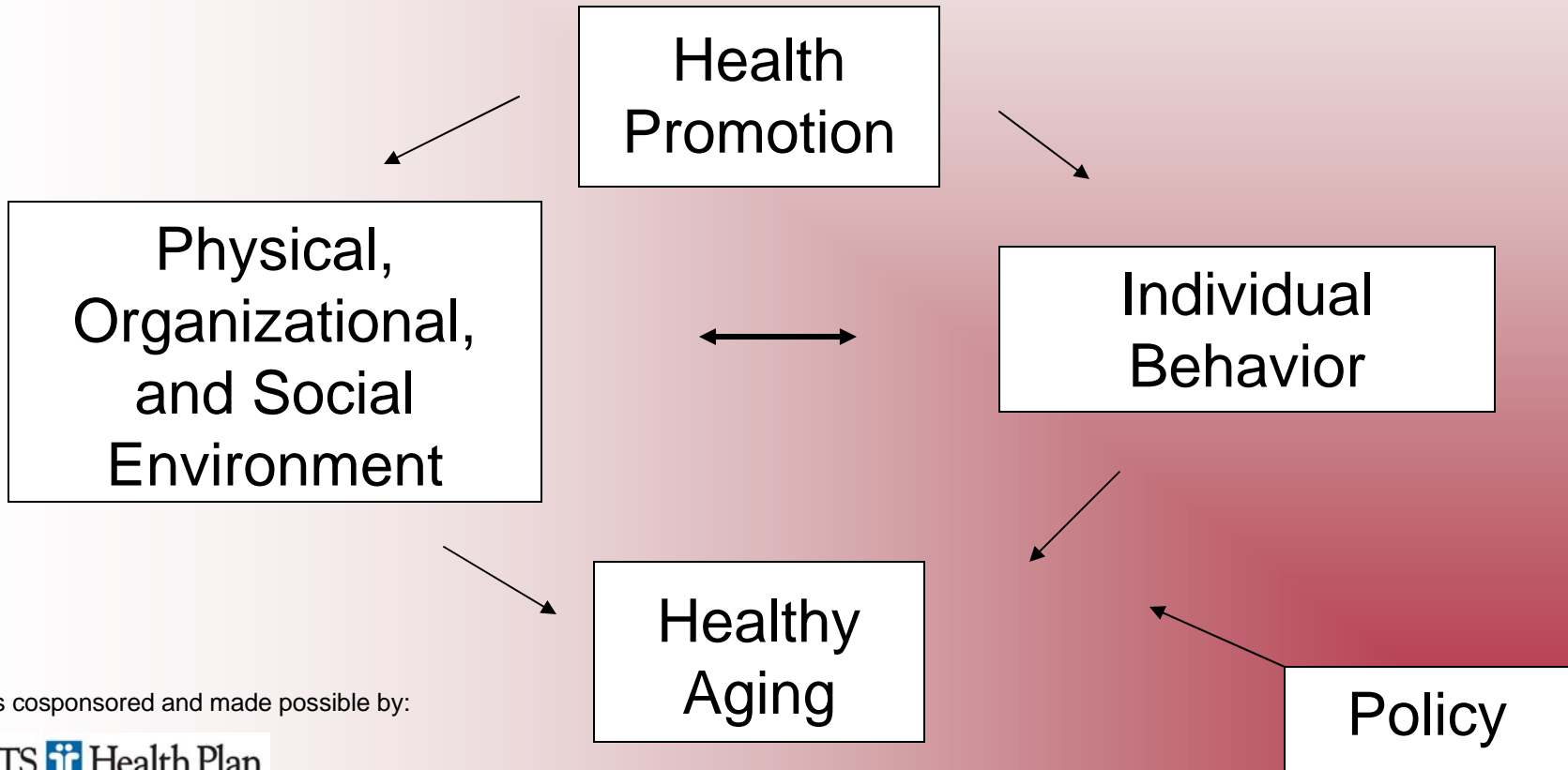
**And....Communities
will support older
adults to achieve these
goals**



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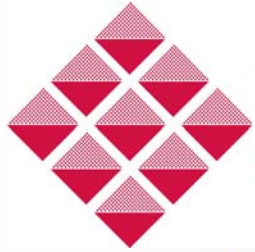
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The Social - Ecological Model of Healthy Aging



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What's Happening in MA?

- Rolling out Evidence-based HA programs
- EOEA and DPH leadership with community partners
- Healthy Communities
- Aging Network & others on the frontline



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Reflections on HA from a traditional LTC researcher

- They're creating a myth
- They'll be blaming the victims
- They'll be taking our money



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A re-framing HA from a converted LTC researcher

1. HA is not just about the Viagra ad people: it's about people with disabilities and chronic illnesses.

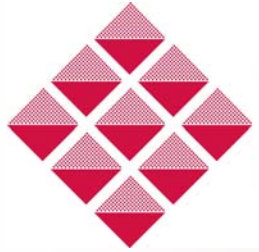


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A re-framing HA from a converted LTC researcher

2. HA is consistent with the new participant-direction paradigm in LTC (and therefore it's critical to creating a home-based and community-based LTC system).



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A re-framing HA from a converted LTC researcher

3. HA is about organizational change
4. HA is about community organizing



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Challenges to the Aging Network

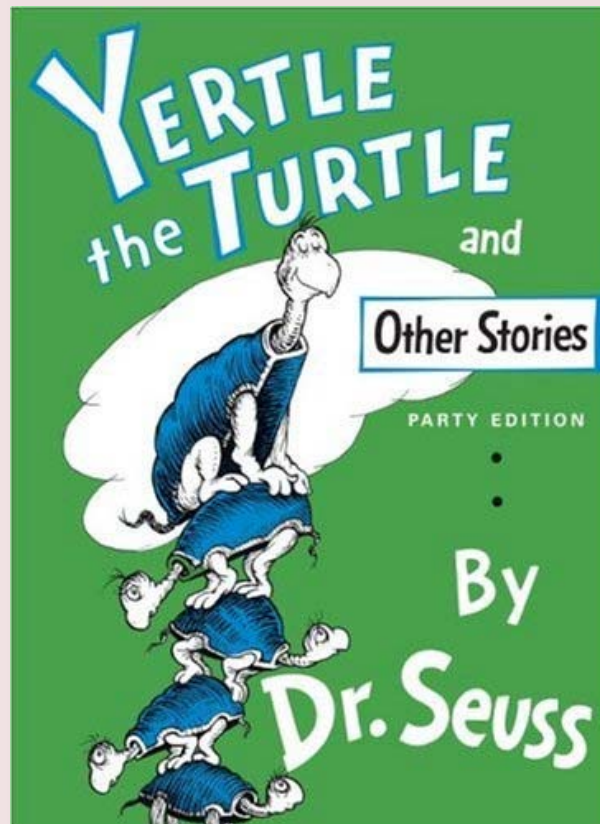
- HA asks the Network to use resources to save resources in health care.



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Can the Network maintain this infrastructure?



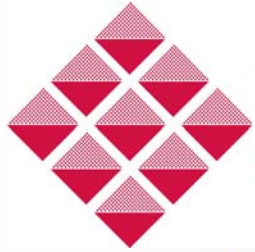


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Challenges to HA

- Will the partners in this system collaborate?
- Will the health care system (or someone) pay up?



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Final thought: How about a Mantra?

- Healthy Aging - I'm a Believer
- Healthy Aging - Mass in the lead again
- Healthy Aging - May we be healthy