0:0:0.0 --> 0:0:1.510
77f45ae9-22b3-41ab-a1e1-370f77f40e9a
Healthy aging in Missouri.

0:0:4.650 --> 0:0:5.130
77f45ae9-22b3-41ab-a1e1-370f77f40e9a
So those.

0:0:7.770 --> 0:0:17.340
77f45ae9-22b3-41ab-a1e1-370f77f40e9a
To work for our state seniors, thank you again for your efforts. I look forward to working with you. God bless you and thank you for approving the lives of Missouri seniors.

0:0:20.920 --> 0:0:21.690
Newland, Laura
Awesome.

0:0:22.800 --> 0:0:25.160
Newland, Laura
Thank you Lisa, for sharing that with us.

0:0:35.460 --> 0:0:38.650
Newland, Laura
I'm trying to share my screen again, my apologies here.

0:0:43.490 --> 0:0:44.140
Newland, Laura
OK.

0:0:49.140 --> 0:0:53.730
Newland, Laura
And then we are going to have some welcome remarks for.

0:0:54.160 --> 0:1:26.330
Newland, Laura
Umm for us from a director Paula Nickelson. So I know many of you have likely had the pleasure of meeting or working with Director Nickelson, who's appointed Acting director of the Missouri Department of Health and Senior Services nearly one year ago. She has had a 23 year career with the department, a leader in several program areas including maternal child health, chronic disease prevention, emergency preparedness and response, and she's now responsible for the oversight and management.

0:1:26.460 --> 0:1:35.340
Newland, Laura
Of the department and the administration of its variety of programs and services which protect the health and safety of all Missourians. So director nickelson.

0:1:36.390 --> 0:1:46.770
Paula Nickelson
Thank you so much, Laura, and thanks to each of you for being here this morning. I know you share with me our gratitude for the Lieutenant governor having some opening remarks and kicking us off.

0:1:47.450 --> 0:2:17.780
Paula Nickelson
Umm, I'm really excited about the work ahead of us here. I I'm grateful to the many community partners, our legislative partners, as well as my fellow cabinet members for joining in this work. It's no surprise to anyone here that we have an aging population. You'll hear a lot of those demographics over the coming days, but by 2030, the prediction is that over the age of 65 will be a larger population than other. The age of 18 for the first time in history, both within our state and within our nation.

0:2:18.120 --> 0:2:47.370
Paula Nickelson
So I I'm always I always chuckle whenever I e-mail with Mindy, whom you'll meet if you've not met her before. She has a cute little saying at the bottom of her signature block that says something like aging it so cool everyone is doing it well. We are indeed. Are we? I'm looking forward to thinking about what we need to do to better prepare our state for all of us who are aging and and how we maximize funding opportunities as they come in.

0:2:47.890 --> 0:3:18.780
Paula Nickelson
It's also very personal for me, as I'm sure it is for you. My mother-in-law is 99, residing in a long term care facility in Missouri. My mother is 93 and very proudly living independently in Missouri, so I really want those outcomes for my extended family as well as I'm sure you do as well. So with that, I will turn it back to Laura and just say that we look forward to making a plan with you that allows our Missouri City means citizens, the right to age and safely in place and in healthy environments of their own choice.

0:3:19.50 --> 0:3:19.880
Paula Nickelson
Thanks so much.

0:3:20.880 --> 0:3:51.50
Newland, Laura
Thanks so much, director Nickelson. And as you can tell from her remarks, uh, this is a very personal this. This is a very personal project for all of us, right? So as Mindy says, yes, aging is so cool. All of us are doing it. And all of our friends and family are doing it as well. So this is what makes working on a project like this so exciting, is that it's personal and we can work together on making sure that it fits.

0:3:51.170 --> 0:4:21.700
Newland, Laura
Our needs and the needs of our family and friends in the community, so I also want to introduce Melanie Highland, who is the director of the division of Senior and Disability Services. She has more than 14 years of professional experience in the field of budget and policy analysis with the state of Missouri. She's worked closely with the Department of Health and Senior Services, mental health and social services, including Medicaid. During her tenure at the Office Ministry Administration division.

0:4:21.790 --> 0:4:55.600
Newland, Laura
Budget planning and the Missouri Health, not division. She is passionate about the work these departments perform to serve Missouri's most vulnerable populations. Throughout her career, she has been actively involved in the home and community based services program, Medicaid policy and financing, and maximizing the use of federal dollars. We love that kind of use melody, so she holds an MSW from the Washington University in Saint Louis, where she focused on macro social work, specifically social and economic development, disadvantaged groups.

0:4:55.760 --> 0:5:7.710
Newland, Laura
And I will say that social workers have been key in my lawyer recovery. So special shout out to all the social workers here doing the important work on the ground. So Melanie.

0:5:9.910 --> 0:5:33.580
Melanie Highland
Thank you, Laura. Happy to represent the social work side of things. Thank you for that introduction. Good morning, everybody. Thank you for your time here today. I know many of you were not strangers, the senior and disability world, but others may be wondering why or how this master plan on aging impacts your organization. And while your participation and this Advisory Council matters.

0:5:34.240 --> 0:5:43.510
Melanie Highland
We know our aging population is growing and the needs of individuals with disabilities closely resembles the needs of our aging population. Are we ready?

0:5:44.150 --> 0:5:48.960
Melanie Highland
Do we have sufficient affordable housing in this state to house this growing population?

0:5:49.780 --> 0:5:54.50
Melanie Highland
Does that housing meet universal design standards to allow 18 in place?

0:5:54.860 --> 0:6:5.160
Melanie Highland
Our communities designed to support the needs of older Missourians. Do we have sufficient transportation options for aging and disability population, especially in our rural areas?

0:6:6.250 --> 0:6:17.330
Melanie Highland
We know that seniors within the United States are one of the top targets of criminals worldwide for financial exploitation. Are we educating and protecting our seniors to enable them to aid with dignity?

0:6:17.980 --> 0:6:36.880
Melanie Highland
I would imagine the majority of folks in this call are struggling to fill vacant positions. I know we are to meet the demands of the organization. We know many Missourians retired during the pandemic and left the workforce. So how do we leverage this group that individuals to engage in both paid and unpaid roles?

0:6:37.820 --> 0:6:42.800
Melanie Highland
How can we design state parks and conservation areas to support an aging population?

0:6:43.620 --> 0:7:3.650
Melanie Highland
As you will hear repeatedly, our response to these questions need the brain power for state, federal, regional, local, and community based organizations and from entities outside the traditional aging and disability fields. We want your creative ideas and solutions to enable us to plan for the future of our society.

0:7:4.440 --> 0:7:13.370
Melanie Highland
We want to know what partners and resources we need to put this plan into action, so this master plan is not just recorded and collecting dust on a shelf.

0:7:14.360 --> 0:7:20.740
Melanie Highland
Thank you again for your time and commitment to this effort and I look forward to working together to develop and implement this plan.

0:7:21.550 --> 0:7:22.220
Melanie Highland
Thank you, Lord.

0:7:23.370 --> 0:7:33.40
Newland, Laura
Thank you so much, Melanie and I just want to emphasize what Melanie ended with, which is we want this to be a report that is implemented.

0:7:34.160 --> 0:8:3.110
Newland, Laura
You know, as all of you know, I'm sure we spend a lot of time on reports, most of which are only read by the people who put them together. And So what we want with this master plan is for this to be a community effort where we're Co writing the master plan and that we're constantly going back to it and asking ourselves, is this still right?

0:8:3.400 --> 0:8:13.670
Newland, Laura
And is this how we want to move forward? So it's really a plan, but also a conversation that we will be continuing throughout the years.

0:8:15.270 --> 0:8:44.760
Newland, Laura
And just so everyone gets a sense of who is on the Advisory Council, and I'm gonna be passing this along to you all at the end of this meeting. So we have incredible representation from the cabinet. And you heard remarks from Lieutenant Governor Mike Kehoe as well earlier on. But I just wanted to list all the cabinet agencies that are represented here. And thank the cabinet for.

0:8:45.180 --> 0:9:2.750
Newland, Laura
Joining us and I know as Melanie said, there are some of you have already reached out to me and said, hey, I'm not really quite sure what I can do here, but I'm happy to join. And so if you really think through everything that you're cabinet agencies are responsible for.

0:9:3.710 --> 0:9:20.100
Newland, Laura
Your population is aging. That by your here, and so even if you think about, you know, if you work with young kids well, parents and grandparents are gonna be involved. And so how can we engage folks as they are aging, right?

0:9:20.780 --> 0:9:31.290
Newland, Laura
You know, so I think those are the things we really want you to think about. Think about the work through the lens of an aging population, and that includes all of us.

0:9:32.680 --> 0:10:2.810
Newland, Laura
Here are the Community Advisory Council members and we have Representative Yolanda Fountain Henderson and Senator Mike Moon. I heard you say hello, Senator, and I see representative Yolanda Fountain, Henderson. So I wanna thank both of you for taking the time and attending this and being a part of this really important effort. The legislature, certainly critical in making sure that this.

0:10:3.520 --> 0:10:25.850
Newland, Laura
This process is successful and I wanna thank all of the Community Advisory Council members. As you can see, we have a wide diversity here and the thing about master plans is that government cannot be the only answer and I think we all know that it's really gonna take a community effort.

0:10:28.0 --> 0:10:36.750
Newland, Laura
And I'm gonna pass it over to Mindy to describe what a master plan on aging is and what it's not.

0:10:38.360 --> 0:11:8.450
Mindy Ulstad, DHSS
Good morning. Thank you. Laura, you all may be wondering like why now? Why is now the time to move forward with the master plan on aging? And I think you've heard a little bit from director Nickelson and Director Hyland and Laura talking about the aging population. As you can see on your screen, they expect in 2030 that seniors will outnumber children for the first time, our nation's history. And then as we move on into a future years, seniors are going to greatly outnumber children. So we've got to start now.

0:11:8.570 --> 0:11:33.700
Mindy Ulstad, DHSS
And to be able to plan for that population and make sure that we are all prepared for the aging population within our agencies and our departments and so now is the time for us to work together as a state to prepare for the aging population, to ensure that all Missourians can age with dignity. We're all aging, our families are aging, our children are aging, and we need to be planning now to be prepared ahead of time.

0:11:34.640 --> 0:11:36.550
Mindy Ulstad, DHSS
And if you could go to the next slide, Laura.

0:11:45.510 --> 0:12:16.180
Mindy Ulstad, DHSS
So I want to talk a little bit about what is a master plan on aging. I mean, this is the goal, right? We wanna get to this plan. So a master plan on aging is a multi sector state LED strategic planning resource that can help states transform infrastructure and coordination of services for the rapidly growing aging population as well As for individuals with disabilities and their caregivers. And I really want to emphasize that while it's called a master plan on aging, it truly is going to be a plan for individual disabilities and their caregivers as well.

0:12:16.300 --> 0:12:49.420
Mindy Ulstad, DHSS
And the plan will culminate in a clear 10 year framework and that enables the Governor of legislature and regional, county and local governments to develop policies, programs and services needed to meet the needs of an aging population. We want this to not only be a state level plan, but a plan that can be used at the local levels for planning for your aging populations. Also, the plan will reflect extensive input from the community, including people of all ages and all abilities, and the plan will allow the state to allocate funding and resources to implement initiatives.

0:12:49.590 --> 0:12:54.580
Mindy Ulstad, DHSS
From the master plan, rather than reacting to the needs of individuals in our aging state.

0:12:56.30 --> 0:13:26.780
Mindy Ulstad, DHSS
If you can advance the slide one more time for me, Laura, thank you. As many as you know, we are required by the administration for Community living to complete a state plan on aging every four years. I wanna talk a little bit about that and then how the master plan on aging is going to be different. So the state plan on aging is built around the older American Act funding and that our department receives and the requirements from the administration for Community living. The state plan on aging is created primarily for adults age.

0:13:26.850 --> 0:13:40.890
Mindy Ulstad, DHSS
60 and older, and which is the only qualification for those American ACT services coordination and input for the state plan comes primarily from the area agencies on aging, their contractors, older adults benefiting from the services and the aging network.

0:13:41.750 --> 0:14:11.660
Mindy Ulstad, DHSS
On the other hand, this master plan is not required. The master plan is developed for a 10 year time frame and it's really for planning policies, programs and services to meet the needs of an aging population, not just those 60 and older. The master plan on aging will focus on Missourians needs as they age, regardless of their abilities and on the caregivers that support older adults and adults with disabilities. The master plan will let the state focus on whole person health and on the social determinants of health that we know are necessary.

0:14:11.800 --> 0:14:43.650
Mindy Ulstad, DHSS
To help Missourians age with dignity, like housing and transportation, employment, assistive technology, and and so much more, the master plan will involve the coordination of all the state departments in Missouri, along with all of the stakeholders that play a part in providing services for older adults, adults with disabilities and their caregivers. But more importantly, this plan will allow us to gather input from Missourians to know what they need to be able to age with dignity. We've been given this unique opportunity to start planning for the next 10 years and ensure that we can meet.

0:14:43.730 --> 0:14:48.640
Mindy Ulstad, DHSS
This needs so I think all of you for being on this call today. And Laura, I will pass it back over to you.

0:14:50.540 --> 0:14:54.290
Newland, Laura
Wonderful. Thank you so much, Mindy, for that.

0:14:55.340 --> 0:14:55.800
Newland, Laura
OK.

0:14:56.940 --> 0:15:0.330
Newland, Laura
So we're going to start with why are we doing it?

0:15:1.690 --> 0:15:19.40
Newland, Laura
This is from Simon Sinek. I don't know how many of you are familiar with him and his work, but basically the idea is that efforts are more powerful if we start with why and not just the product, right? So.

0:15:19.270 --> 0:15:28.90
Newland, Laura
Umm the what I would love for you all to do is to kind of interact through chat.

0:15:28.690 --> 0:15:30.780
Newland, Laura
Umm and put in.

0:15:31.540 --> 0:15:32.370
Newland, Laura
Why?

0:15:33.400 --> 0:15:44.790
Newland, Laura
Why a master plan on aging is important to you, or if you're sitting there thinking, well, I just heard the 16 second overview of master plan on aging, I'm still not quite sure what it is yet.

0:15:45.890 --> 0:15:55.260
Newland, Laura
Why is it important to you to be involved in a conversation around aging? So why do you think about that while you're putting the comments in?

0:15:55.740 --> 0:16:2.210
Newland, Laura
Umm, you know, I I'm just gonna give you a couple of things to think about when I think about aging.

0:16:3.330 --> 0:16:14.360
Newland, Laura
You know, one of the things that I often say to colleagues and friends and family is we have to start thinking about aging as something that doesn't just happen to other people.

0:16:15.210 --> 0:16:35.820
Newland, Laura
Right. Aging is not something that happens out here. It happens here and within our own communities. And so that's why Mindy, on her emails says aging so cool. Everyone's doing it right. Another way of thinking about it is aging is living.

0:16:36.520 --> 0:16:39.620
Newland, Laura
Right. And so I know we have a.

0:16:39.700 --> 0:16:51.950
Newland, Laura
Uh, we tend to have a negative conception of aging because we just think of deterioration when really we should be thinking about aging as just living our lives.

0:16:53.470 --> 0:16:54.880
Newland, Laura
And so I see.

0:16:55.180 --> 0:17:24.970
Newland, Laura
Uh. Jennifer Carter, Docler you just put in. My mom passed away last year after a long battle with Ms. I will say that my mom had breast cancer last year. It was Super eye opening. Here I am at an aging expert and having to navigate caregiving and navigate medical support was. I mean, I was like, I've been aging expert and I still can't figure this out. Right. This is.

0:17:25.230 --> 0:17:31.150
Newland, Laura
This is just very hard to juggle family and work responsibilities.

0:17:31.710 --> 0:17:46.490
Newland, Laura
Umm, Nancy uh Pennington. Everyone should be able to live a life they choose as independently and fully as possible. That's absolutely right. Right, because that's that's the desire that we have for us. That's the desire that we have for kids.

0:17:48.990 --> 0:18:2.420
Newland, Laura
Umm, absolutely incarcerated people in prisons as well as the aging incarcerated people releasing into the communities. That's right, none of our systems are actually built for.

0:18:3.380 --> 0:18:34.180
Newland, Laura
People who are growing older, right? So if you think about our prison system, it's not built for people who are aging, who are, you know, getting 6070 and 80. And so, you know, as we think about how do we best serve them within the prison system. And as they have served their time back in the community, absolutely. And I'll actual and developmental disabilities, yes, we need to make sure, as you've heard, over and over, you're going to continue hearing this.

0:18:34.550 --> 0:18:37.620
Newland, Laura
That this master plan on aging, it's for everybody.

0:18:38.600 --> 0:18:39.750
Newland, Laura
It's for babies.

0:18:41.50 --> 0:18:58.710
Newland, Laura
People with disabilities. Teenagers. Right? It's for people who are, you know, and the baby boomer generation, centenarians. It's for everybody because aging is the entire lifespan of how we want to live.

0:18:59.480 --> 0:19:7.850
Newland, Laura
Umm, so one of the things that I wanna ask you now is to think about what's important to you now.

0:19:8.920 --> 0:19:26.450
Newland, Laura
What you think is going to be important to you in the future as a caregiver, as someone who might need to receive care, right? As someone who wants to think about the future of children within the community, whether you have kids of your own or you don't.

0:19:27.250 --> 0:19:47.140
Newland, Laura
So put that in the chat. What are the things that you worry about or you think about in terms of of thinking about, AH, I wish the community had better support in this area or I think my community is doing a fantastic job. And in this particular area.

0:19:53.80 --> 0:20:21.520
Newland, Laura
So I will say I don't have kids in my own and one of the things that I thought to my family and my friends about is, you know, if you don't have kids and you think about, oh, man, like traditionally, culturally, it's your kids who are helping you kind of coordinate care and all this stuff. And somebody reminded me friend of mine was like, well, I have kids, but I'm not sure if they're gonna like me when I'm older.

0:20:22.510 --> 0:20:42.230
Newland, Laura
Enough to help support me, right? And to coordinate care. And I think this is a this is as our culture changes. This is something that we really have to think about is how do we make sure that as we age, the systems really adapts to who we are, right and our needs.

0:20:43.80 --> 0:20:47.360
Newland, Laura
I and you know, I always joke with my nieces and nephews.

0:20:48.560 --> 0:21:1.350
Newland, Laura
Remember how nice I am to you now in 20 years and 30 years? Alright, this is just, you know I'm. I'm depositing so so that I can debit later in the future.

0:21:3.70 --> 0:21:4.440
Newland, Laura
You're getting some great.

0:21:4.760 --> 0:21:33.720
Newland, Laura
Umm great responses here. So Kerri Couch really concerned about lack of resources for the aging and those with disabilities. I think that's absolutely right. We have a workforce issue, especially in a state like Missouri where a lot of it is rural, right? So I grew up in a rural community and the question is always about access and kind of where can we, how can we make sure that people in all communities can access care.

0:21:37.540 --> 0:22:7.230
Newland, Laura
Doctor Heidi Miller. Sometimes we unintentionally foster systems that make us weaker and isolated. I want aging to be associated with meeting our highest potential at any age, without sideloading of services. I really wanna highlight that because I think that's 100% true when we think about the master plan on Aging, I don't want people to think, oh, this is about vulnerability. This is really about living our best lives. And how do we support a community that will support us in doing that?

0:22:8.350 --> 0:22:13.840
Newland, Laura
Transportation support for unpaid uh caregivers this is fantastic. Thank you.

0:22:15.40 --> 0:22:15.730
Newland, Laura
OK.

0:22:17.720 --> 0:22:39.870
Newland, Laura
Leverage coordinated leverage and coordinate integrated services and port supports that are technology based relationship based government supported private, paid and community supports. Absolutely, we wanna make sure. So part of this is making sure that we are planning and thinking before crisis. So to Michelle's point that is 100% correct.

0:22:40.580 --> 0:23:4.460
Newland, Laura
Uh, and will I be able to age in a community when resources are very limited? And I think that's a big question, right? And so part of this process is going to be to say, how can we think of resources and think of it from a more global perspective rather than just saying here are federal resources, here are state resources, right? How do we talk about resources globally?

0:23:5.870 --> 0:23:31.440
Newland, Laura
OK, these are awesome. Just continue putting these in there. We're getting the transcript and I'm going to be sending out, you know, some of the comments that you guys are putting in here. So you know, when I think about aging, right, like part of me is thinking about economic security retirement. But really like, the biggest thing that I want is like, can I continue having fun?

0:23:32.250 --> 0:23:48.720
Newland, Laura
And how do we make sure that we live in communities where that's possible? One question I want you to be thinking about in your head is if you have a temporary disability or have had a temporary disability or currently have a disability.

0:23:49.200 --> 0:24:19.750
Newland, Laura
Umm, what does access look like for you? Access to services and supports accessing your house to medical appointments et cetera. OK, so there are a lot of reasons why why we are here, but it is really summed up and that's we all deserve to age with independence and dignity, right? This isn't about just growing old and decrepid. This is really about.

0:24:19.900 --> 0:24:45.240
Newland, Laura
Aging and being able to be vibrant and to access what we need when we need it in a way that makes sense for us. So how are we gonna do this master plan on aging? It's gonna be with deep engagement with Missourians across the state. So we start with this group. You are a select group of 40 thought leaders.

0:24:45.920 --> 0:24:49.160
Newland, Laura
Thought leaders experienced professionals.

0:24:49.920 --> 0:24:56.250
Newland, Laura
Who have incredible responsibilities throughout the state of Missouri.

0:24:57.350 --> 0:25:27.540
Newland, Laura
So we start with you and we're going to continue meeting with you throughout this process. And then we're going to be drilling down deeper and deeper into the community, right. So I worked for government and I was always shocked with my kind of whenever I did stakeholder engagement of you know, sometimes we were right. But other times we were so wrong and priorities that the Community has. And so part of this process is gonna be to say, how do we?

0:25:27.620 --> 0:25:58.250
Newland, Laura
Best online our best practices are expertise with what the community is really experiencing and how they are thinking about aging. And so we're gonna be doing that. And I'm gonna explain a little bit more about how we're going to do that. And then finally, our product is gonna be a 10 year master plan on aging. But it's not just going to be this like beautiful 10 page 10 year report as Melanie said, although it will be, it's gonna be beautiful. It's gonna be beautiful. It's gonna be readable.

0:25:58.710 --> 0:26:30.500
Newland, Laura
Umm, but it's also going to be something that is adaptable, right? So, as Mindy mentioned, what it is is a framework. And so this is gonna be something that we want the county level community level folks to be able to look at this 10 year master plan on aging and ask themselves, is this something that we can implement and how can we implement that? Where I live right now, right. What are the questions that we need to be having?

0:26:31.60 --> 0:26:35.830
Newland, Laura
Conversation around at the local level and not just at the state level.

0:26:36.620 --> 0:26:44.240
Newland, Laura
So this is what we are going to be constantly kind of going back to throughout this process.

0:26:48.190 --> 0:27:13.880
Newland, Laura
So it's going to take all of us, right. And so that's what we've been talking about. So we have the executive leadership, we have nonprofit advocates and providers within kind of our our Advisory Council. Now we have business and community leaders and we're going to be having a specific outreach plan for our community members here.

0:27:17.530 --> 0:27:24.600
Newland, Laura
So here are our core values. Here's another interaction for you all. I would like you to.

0:27:25.920 --> 0:27:26.820
Newland, Laura
Put in the chat.

0:27:27.750 --> 0:27:41.360
Newland, Laura
What do you think of when you think of equity when you think of access, when you think of choice, you don't have to do all three, although certainly you can choose one of those things and go ahead and put them in the chat.

0:27:45.300 --> 0:27:50.240
Newland, Laura
And the reason why I'm asking this is because these are three words that I feel like we hear a lot.

0:27:51.720 --> 0:27:53.170
Newland, Laura
And their general words.

0:27:54.40 --> 0:28:0.430
Newland, Laura
But I think that people have slightly different conceptions of them. So I'm very curious to hear from this group.

0:28:1.890 --> 0:28:4.300
Newland, Laura
What your reaction is when you see these words.

0:28:10.0 --> 0:28:13.920
Newland, Laura
Great. Thank you, melody. Equity people have the resources to meet their unique needs.

0:28:15.230 --> 0:28:16.310
Newland, Laura
I think that's a great.

0:28:17.270 --> 0:28:20.190
Newland, Laura
General uh description right?

0:28:21.900 --> 0:28:26.170
Newland, Laura
Right resource for the right person and the community. Absolutely.

0:28:38.820 --> 0:28:45.210
Newland, Laura
All right, if you all don't start using the chat more I'm gonna like, put a pause on this and make everyone, like, stand up and do 10 jumping jacks.

0:28:47.650 --> 0:28:56.880
Newland, Laura
Had access ability to be independent at home and the options of medical, social, etcetera, care and support, they can tap into, right?

0:28:58.200 --> 0:29:4.910
Newland, Laura
Not just equal access to the same services, but the services are tailored to me. Each person specific needs.

0:29:9.780 --> 0:29:19.170
Newland, Laura
So these things are all interrelated, right? Choice. The ability to find the right fit for me specifically? Absolutely.

0:29:20.520 --> 0:29:23.270
Newland, Laura
Inclusive, not so separated.

0:29:24.190 --> 0:29:26.960
Newland, Laura
Disabled folks age, right?

0:29:30.630 --> 0:29:37.800
Newland, Laura
Yes, the giving up control can minimize success in aging, absolutely.

0:29:40.540 --> 0:29:41.670
Newland, Laura
This is wonderful.

0:29:42.590 --> 0:30:7.160
Newland, Laura
OK, so as you can see from all these comments, equity access choice, there are three little words and they seem simple. But when you actually think through what it would take to to have equity access and choice, it's pretty complicated, right? Because in government we are used to saying, OK, how can we do the best for the most.

0:30:8.50 --> 0:30:15.870
Newland, Laura
We're not so great about saying being able to say, OK, we can, we can do individualized plans for every single person we serve.

0:30:16.540 --> 0:30:27.360
Newland, Laura
It's just economies of scale and so that's why a master plan on aging needs the entire community is because there are strengths.

0:30:28.320 --> 0:30:30.570
Newland, Laura
That government has.

0:30:31.440 --> 0:31:5.260
Newland, Laura
And weaknesses that government has that community can help fill in, right and that providers, everyone has a different view and different strengths and weaknesses. And so when you combine all of those together, what you hope for is to be able to minimize the weaknesses and be able to kind of cover and overlap. So that in the end, community members get exactly what they need, right? This is great. Nancy access need to also communicate how to access resources because people can't access it. They don't know they exist.

0:31:5.350 --> 0:31:27.790
Newland, Laura
And how to find them? I think that's absolutely true, right. And so communication is actually gonna be a huge part of what this plan is because Missouri can have great programs. But if no one knows about them or if people know about them, but it's so complicated to access them, what's the point?

0:31:28.510 --> 0:31:35.170
Newland, Laura
Right. And so these are all the conversations that we're going to be having.

0:31:36.190 --> 0:32:6.370
Newland, Laura
All right, so logistically, what's this going to look like? We're at 2023 right now, Governor Parsons issued executive order 23-1. This is the first executive order of 2023 establishing this Advisory Council for the Master Plan on Aging this year you all and the subcommittees are gonna be driving for the work to create a master plan on aging, and you're going to be ambassadors.

0:32:6.540 --> 0:32:34.790
Newland, Laura
You're gonna be the ones where people are asking, what is this and what are you guys doing? We want you to be able to have a firm grasp of it. You're gonna be able to have an impact statement of saying what we're doing is for all Missourians, right? We believe in equity access choice. We believe and making sure that we can all age with independence and dignity in a way that we choose not someone else chooses for us.

0:32:36.780 --> 0:32:57.180
Newland, Laura
This year, we're going to be scanning all the needs assessments, publicly available data and develop a survey, right. So I know there's a lot of needs assessments that Missouri is done because every state has done a ton of these assessments. And so this idea is to be able to say, OK, here's the landscape, let's put it all together and then let's figure out what's missing.

0:32:58.350 --> 0:33:28.700
Newland, Laura
And then let's move from there, right. So we don't wanna reinvent the wheel here. We really wanna be able to focus on what's already been done and build on it in 2024. It's gonna be heavy community engagement. You're gonna see us doing in person, town halls and all the regions of Missouri. And we're going to do virtual town halls as well. We wanna make sure that we want to create opportunities for to many people to be involved.

0:33:28.780 --> 0:33:45.660
Newland, Laura
As possible, we're going to have some facilitated conversations with the community and if you are particularly interested in this, please reach out to me because I think this is gonna be a lot of fun and we're gonna need a lot of engagement from you all in order for this to be successful.

0:33:46.760 --> 0:33:47.450
Newland, Laura
So.

0:33:48.310 --> 0:34:18.420
Newland, Laura
Based on that community engagement, we're going to be able to identify current needs, prioritize common themes, and connect needs to recommendations for future planning, right. And then in 2025, we're gonna be drafting this master plan on aging that's going to be consistent with the stakeholder feedback, the data analysis. We're putting it all together, and it's going to be signed by the governor at the end of 2025. And we're going to have a final for the next 10 years.

0:34:19.130 --> 0:34:30.440
Newland, Laura
All right. So that's kind of our general time frame and I know at first I thought to Mindy and I was like 3 years, that's just such a long time. Are you sure you wanna make it this three years?

0:34:31.460 --> 0:34:55.310
Newland, Laura
And. And she's like, yeah, you know, we really wanna make sure that we have enough time for engagement and for some back and forth in the conversation. And I think that's exactly right. I'll be honest with you a lot of times when states talk about stakeholder engagement, it's to check off a box. Right. And so you wanna, like, create this box around community engagement and say, OK, we've done this.

0:34:56.740 --> 0:35:27.550
Newland, Laura
But really, here's you know what the plan or report is gonna be about. And so one of the things that I'm really excited about working with you on Missouri about is that the engagement is actually gonna drive this. So it's engagement with you and it's engagement with Missourians across the state. And that is what this master plan is going to be. So you know, is Missouri going to be the first state to have a master plan on aging? No. There are a few other states have done it before.

0:35:28.970 --> 0:35:45.120
Newland, Laura
Is the goal for Missouri to have the best master plan on aging? Yes, that's the goal. And that's kind of what we should be thinking about. And by best, what do I mean? Well, let's make sure that this is really driven by people and not bureaucracy.

0:35:46.100 --> 0:36:17.180
Newland, Laura
Let's make sure that this is driven by Community priorities and not what government thinks it can or might be able to do in the future. Right? And the difference is that if it's driven by the state that, and I've worked for the state and I have so much respect for state leaders and I know that constantly there are resource issues constantly. There are issues that you're thinking about are, I'm not sure if I wanna like say this publicly because then like, what if politics change or what if staffing?

0:36:17.260 --> 0:36:47.450
Newland, Laura
Changes and et cetera, et cetera, right? And so that's the importance of a community driven plan. So that there's no limitations, right. And that's what at the end of the three-year process, I'm gonna ask you how successful we are. We have fun at that because that should be the goal is, is this plan as creative as it could be, is this plan as inclusive?

0:36:47.560 --> 0:36:48.340
Newland, Laura
As it could be.

0:36:48.420 --> 0:36:48.970
Newland, Laura
Me.

0:36:50.410 --> 0:37:1.490
Newland, Laura
Because it's driven by community and not by profit making, not by states. From a perspective of resource limitation and things like that.

0:37:3.170 --> 0:37:28.390
Newland, Laura
OK, so subcommittees here's what we're looking at. As you all know, the subcommittees for these types of you know, efforts really are needed to deep dive into kind of the particular areas and the master plan on aging. As you have heard and might have put it together.

0:37:28.730 --> 0:37:58.880
Newland, Laura
Umm, it's huge. The things that we're talking about are incredibly expansive. So if you think about what, what would it take to be able to age with dignity and respect and have access to the supports and services that we need? Well, we're talking about a huge portfolio here. So here are we're gonna talk about the seven subcommittees that we've been thinking about and feel free to put in the chat if you if we talk about this.

0:37:58.960 --> 0:38:33.620
Newland, Laura
If you want to put some other ideas out there, but we tried to be as inclusive as possible, so transportation and mobility, we're still figuring out who the Co chairs are gonna be here and we're going to have one Cabinet Co chair and one community code chair. So that's that's gonna be kind of the format that we're looking for. And this is really about how do we get to where we need and want to go. So this isn't just about medical appointments, right? This is about visiting friends and family. This is about getting around in our house. This is about.

0:38:33.770 --> 0:38:46.800
Newland, Laura
Access to, you know, civic engagement, right? So like, I want to go to the library. I wanna be able to visit my friends and a different county. How do we do all of these things?

0:38:50.980 --> 0:39:1.170
Newland, Laura
Housing aging in place, so we do have Co chairs here. Keeps detzler and the economic development and Wayne Crawford from Missouri inclusive housing.

0:39:2.160 --> 0:39:7.240
Newland, Laura
And this is a big one. I think people really have been thinking a lot about this across the country.

0:39:7.950 --> 0:39:12.210
Newland, Laura
How can we live safely in the communities we know and love, right.

0:39:13.610 --> 0:39:19.130
Newland, Laura
You know, and just think about this from personal level. Is your house a single level house?

0:39:19.850 --> 0:39:31.520
Newland, Laura
Was that belt with accessibility in mind right? Chances are the answer to that is no, because a lot of houses just weren't built with those things in mind.

0:39:32.100 --> 0:39:45.490
Newland, Laura
Umm, you know, are you living in the area where you want to spend the rest of your life? Maybe. Maybe not. Right. So. And then for you know, folks who have kind of more unstable access to the housing.

0:39:46.290 --> 0:39:50.880
Newland, Laura
How are we going to help support them as they age and community?

0:39:54.770 --> 0:40:6.680
Newland, Laura
Whole person health. And so we have the government Co chair doctor Jacqueline Miller from DHS, and we're still confirming a community code chair.

0:40:7.540 --> 0:40:15.550
Newland, Laura
But when we talk about aging, we're talking about whole person health. So you know, what does it mean to be healthy?

0:40:17.90 --> 0:40:19.280
Newland, Laura
And I think that's a big question, right?

0:40:19.880 --> 0:40:53.150
Newland, Laura
Umm it's. It means that physically you have access to health, a mentally, emotionally, one of the biggest kind of challenges that we have in the United States is isolation. We really found that out during the pandemic, right? But when I talk to older folks, what I say is isolation is not just an aging issue, right? If you look at some of the surveys, some of the groups that are most impacted by isolation are actually in the younger age groups.

0:40:53.740 --> 0:41:3.610
Newland, Laura
Which is kind of surprising, right? But you think they're so connected on technology and all these social media apps, but sometimes the technology is driving people away from each other.

0:41:4.830 --> 0:41:17.450
Newland, Laura
And kind of that, there's a lack of vulnerability for that real connection. And so when we think about whole person health, I want you to think really expansively of what it means to live a healthy life.

0:41:19.980 --> 0:41:21.530
Newland, Laura
Daily life and employment.

0:41:22.670 --> 0:41:53.940
Newland, Laura
Commissioner Leroy Wade from higher education workforce development has agreed to be our Co chair there, and Beth Brown from Goodwill, so thank you to both of you. So this is really about how do we support all the elements of daily life, employment, volunteerism, civic connections, relationships, et cetera, right. So this is really just what are the things in daily life that make your life that make your life worth living that.

0:41:54.720 --> 0:42:3.110
Newland, Laura
You know the all the things that we need to be considering as we thinking about as we think about the ecosystem that supports us as we age.

0:42:6.230 --> 0:42:32.780
Newland, Laura
Safety and security. So this is a big one, right? But this is how can we and financial fraud abuse, neglect, exploitation. How can we make sure that we're doing emergency preparedness for vulnerable populations? So making sure that our community is working together and supporting these elements of life.

0:42:34.600 --> 0:42:39.640
Newland, Laura
And director is Sandy Karsten and Catherine veneer have both agreed to be Co chairs here.

0:42:41.560 --> 0:42:52.870
Newland, Laura
Family caregiving? I heard someone say that I, you know, either you will be a caregiver and or you will receive care sometime in your life.

0:42:53.840 --> 0:42:58.340
Newland, Laura
And really changed my perspective on things, right?

0:42:58.600 --> 0:43:20.670
Newland, Laura
Umm and I I have and and I see in the chat that many of you have experienced family caregiving and every experience that I have a family caregiving makes me think of something else that I need to think about. It's the plan better in the future, right? Because every instance of family caregiving is different.

0:43:21.850 --> 0:43:51.780
Newland, Laura
There are different considerations that we have to plan for and think about. So director Robert Knodell and Sarah Lovegreen from Alzheimer's Association has have agreed to be the Co chairs here and we know that when it comes to living and community and aging where we we want to live in Community, that it's family caregiving, that makes that happen. So yes, there might be supports that are available in the community, but really.

0:43:52.40 --> 0:43:59.990
Newland, Laura
When we talk about how can people live in Asian community and it's often family and friends who are caregiving.

0:44:0.990 --> 0:44:4.520
Newland, Laura
Who make this possible? They're the ones who fill in.

0:44:5.280 --> 0:44:7.930
Newland, Laura
Umm, all the gaps and then.

0:44:8.860 --> 0:44:14.520
Newland, Laura
We don't do such a great job supporting them and we need to because when they burn out.

0:44:15.210 --> 0:44:22.240
Newland, Laura
There's no one there to fill in the gap, right? And so we often think about the person who needs caregiving.

0:44:22.930 --> 0:44:29.750
Newland, Laura
But we also need to focus on the caregivers to make sure that they have the support that they need.

0:44:31.620 --> 0:44:50.110
Newland, Laura
And then finally long term services and supports and this is really about what's available for folks to access. And so Jessica backs from Dmh and Carol Hudspeth from Missouri Alliance for home care have agreed to Co chair the subcommittee.

0:44:53.420 --> 0:44:56.550
Newland, Laura
So what does the timeline look like for this year?

0:44:57.370 --> 0:45:3.290
Newland, Laura
While we're here, we're at the kickoff meeting and I just gave you overview goals subcommittees.

0:45:4.850 --> 0:45:18.660
Newland, Laura
I'm going to be reaching out to the subcommittee chairs and we're going to be developing kind of an agenda for our first meeting and making sure we get them membership right for each subcommittee.

0:45:20.210 --> 0:45:47.380
Newland, Laura
And that's going to happen before our second Advisory Council meeting, where at that meeting, we're gonna be making sure you all have an update on the subcommittee formation, the membership and the reporting structure, right, cuz it's a conversation between subcommittee and Advisory Council. Our third meeting is gonna be looking at what the available needs assessments are. And then part of the executive order.

0:45:48.280 --> 0:46:2.450
Newland, Laura
Requires quarterly reporting and so we wanna make sure we're all on the same page about how we're going to be reporting progress to the public and making sure our subcommittees are on board with that.

0:46:3.850 --> 0:46:5.970
Newland, Laura
We're going to be developing a draft survey.

0:46:6.570 --> 0:46:18.880
Newland, Laura
Uh. In a few months, I know it's coming up fast. And then our fourth meeting at the end of the year is going to be finalizing that survey and having a plan for 2024 for administering it.

0:46:20.140 --> 0:46:28.710
Newland, Laura
So here are the next steps for you. If you're a cabinet agency, I need you to identify what the relevant agency programs and services are.

0:46:29.520 --> 0:46:46.200
Newland, Laura
That you operate or oversee and send to me by March 10th. So that's three weeks at I think that's plenty of time because you should already have an idea of all the programs and services I hope so. Send that to me. Identify designees if you need to. Again, send that to me.

0:46:46.980 --> 0:47:0.620
Newland, Laura
Advisory Council members so everyone here tell us what you're interested in. Are you interested in data? Are you interested in surveys? Are you interested in stakeholder involvement? Is there something else that you're interested in that you wanna talk to me about?

0:47:1.840 --> 0:47:32.50
Newland, Laura
And we need all the kind of expertise and leadership that we can have. We can get and you're the group to provide it, right? So I'm a facilitator, I'm a coordinator. I'm your support, but this really should be driven by you. And then tell me what subcommittees. Are you interested in? Right. There are seven subcommittees, or maybe you're interested in something that you didn't see. Tell me that too. And then we can make sure that we get your expertise and leadership.

0:47:32.970 --> 0:47:48.40
Newland, Laura
And then I'm gonna be reaching out to subcommittee Co chairs next week, giving them the agency programs and services. And they're gonna be holding their first subcommittee meeting before April 21st, which is when our next Advisory Council meeting is going to be.

0:47:49.670 --> 0:47:58.20
Newland, Laura
And I have an entire calendar for the next three years for you guys, so you can calendar now and make sure you're not double booked.

0:47:59.290 --> 0:48:9.460
Newland, Laura
All right. I'm gonna be sending this out to you so you don't have to worry about scrambling to write all this down, but we're gonna be on a quarterly schedule. So four meetings a year.

0:48:11.230 --> 0:48:17.890
Newland, Laura
And this meeting is just an hour. But future meetings are gonna be 2 hours and I've done a lot of talking this meeting.

0:48:19.70 --> 0:48:31.60
Newland, Laura
But future meetings, I'll do less talking, I promise. And they'll be more conversation and hopefully some more presentations from subject matter experts and subcommittee leadership.

0:48:33.460 --> 0:48:49.870
Newland, Laura
And that's it. That's that's what you get. Uh, that's all we have for today. I know we are right at time and I wanna thank you so much for participating through chat and also for sticking with us through technology challenges that I had in the beginning.

0:48:51.70 --> 0:49:0.920
Newland, Laura
Please feel free to reach out to me. Everyone has my contact information. I would love to hear from you. I'd love to hear from you about what you're excited about, what you're interested in engaging in.

0:49:2.140 --> 0:49:5.930
Newland, Laura
And you know ideas that you have for future meetings.

0:49:6.640 --> 0:49:10.710
Newland, Laura
So any other comments you can put them in the chat, you can unmute yourselves.

0:49:11.800 --> 0:49:24.70
Newland, Laura
I'm so excited to be working with you all and this group I it's you are all leaders and experts in your field. And so I'm so glad that you are a part of this.

0:49:29.470 --> 0:49:32.50
Melanie Highland
Thank you, Laura for your time. Thank you everybody.

0:49:35.290 --> 0:49:35.880
Yolonda Fountain Henderson
Thank you.

0:49:34.920 --> 0:49:37.950
Newland, Laura
All right. I like you. I look forward to hearing from you all.

0:49:38.870 --> 0:49:39.710
Lana Johnson
Thank you.

0:49:41.10 --> 0:49:42.110
Newland, Laura
Alright, take care.