

**CCoA**  
California Commission on Aging

# AGEWATCH

## National Family Caregiver Support Program Praised for Serving Caregivers' Needs

A new report by the Congressional Budget Office (CBO) highlights the expansion of caregiver services and supports across the nation over the past 15 years following passage of the National Family Caregiver Support Program (NFCSP).

As reported by AARP, creation of the Older Americans Act program was the first federal acknowledgement of the issues facing families caring for older adults with such debilitating conditions as Alzheimer's disease, grandparents raising grandchildren, and families caring for adult children or relatives with disabilities. Under guidance from NFCSP, the Area Agency on Aging network and community based organizations have developed information resources for family caregivers and programs providing support services, respite, counseling and supplemental services, among other services.

The CBO reports that prior to passage of the NFCSP, fewer than half of the states offered community-based services for caregivers. Since that time the number of states engaged in such services has grown exponentially, but more work is needed. To read more about the new research, visit the [AARP Blog](#).

Excerpted from Freinberg, Lynn Friss, The National Family Caregiver Support Program: Recognizing Family Caregivers as Consumers in Their Own Right, *Around AARP*, <http://blog.aarp.org/2016/09/07/the-national-family-caregiver-support-program-recognizing-family-caregivers-as-consumers-in-their-own-right/>, 09/07/2016.



## Celebrate Senior Centers during Senior Center Month

September is National Senior Center Month—an opportunity for California's centers to showcase programs and promote a positive image of aging. During September, the National Institute of Senior Centers (NISC) invites you to celebrate the many ways residents "*find balance at (their) center*" as part of National Senior Center Month 2016!

The National Council on Aging's theme for 2016 - **Find Balance at Your Center** - speaks to the way older adults find balance and whole person wellness at senior centers. Senior Center Month is a time for centers to promote services that include traditional and innovative programming – from lunch programs to travel programs, from computer classes to chair yoga and telehealth screenings -- keeping older adults engaged physically, mentally, and emotionally in the community. California centers are encouraged this month to open their doors to show the community the many advantages they offer residents.

To learn more about the NCOA's senior center work, visit [NCOA.org/NISC](http://NCOA.org/NISC).



AGE WATCH is an occasional publication of the California Commission on Aging (CCoA) intended to inform, educate, and advocate. The CCoA is an independent state agency established in 1973 to serve as the principal state advocate on behalf of older Californians. The CCoA office is located at 1300 National Drive, Suite 173, Sacramento, CA 95834. (916) 419-7591

[www.ccoa.ca.gov](http://www.ccoa.ca.gov)

## You are what you do, not your age

Guest editorial by  
Stuart Greenbaum

The YouTube videos only slightly less cliché than those of cute cats are of “seniors” doing cute things. More power to the talented tap dancing seniors (about 8,250) and seniors singing rock songs (about 43,300). But here’s why I take issue with this viral display of vitality. In my opinion, this representation is inherently, if inadvertently, condescending and perpetuates ageism. Why should it be so impressive that older people still do things; and that to be relevant they must do “youthful” things?



Being old is not a novelty act to applaud. It is an accomplishment, for sure; offering real challenges and new opportunities, not simply memories and comparisons to younger times.

As we embrace our extended life expectancy and increasingly older populations, this “Age of Longevity” will be better distinguished by older adults’ meaningful, progressive contributions to society, the economy and culture. This is a time to reframe aging as *longevity*; to dispel the perception of old age being passive, unproductive or worse, “cute”; and to define our more experienced years by endurance, resourcefulness, vision and ongoing potential.

Next year a septuagenarian will lead the United States into an era with the largest percentage of older adults in history. There has never been a better time to focus on ways to substantively improve the aging experience for everyone. If we commit to this sooner than later the present generation of older adults will benefit directly and also earn a legacy as pioneers of the new frontier of healthy, purposeful longevity.

The Age of Longevity may be charmed by seniors’ song and dance, but on the bigger stage of life will hopefully be associated with lasting contributions such as:

- **Age-friendly cities** with affordable and convenient transportation and housing options for all ages.
- **Innovative geriatric services** and inventive technologies to maximize the “longevity dividend.”
- **Repurposed retirement** that encourages intergenerational workforces, encore careers and mentoring.
- **A cure for Alzheimer’s** and its extraordinary individual health and U.S. socio-economic benefits
- **Replacing ageism with *generativity*** and demonstrating the mutual benefits of generations supporting one-another.



If all things go well, our next president will be judged more for ennobling older adults than simply for being one.

Stuart Greenbaum is a Governor’s appointee to the California Commission on Aging. He is editor of the books *Longevity Rules* and *Before the Age Boom Goes*, lead author of the online blog [Humble Sky](http://www.humblesky.net) ([www.humblesky.net](http://www.humblesky.net)) and president of Greenbaum Public Relations. *The opinions expressed in this essay are independent of CCoA.*



## California's APS Liaison Honored by the National Adult Protective Services Association

California's newly appointed Adult Protective Services Program Liaison Lori Delagrammatikas was awarded the 2016 Joanne Otto Distinguished Service Award by the National Adult Protective Services Association (NAPSA) last month. Chosen for "her many years of distinguished service, leadership and innovation as a leading force in elder abuse prevention," Delagrammatikas was appointed by Governor Brown to the APS liaison position in 2015.

Delagrammatikas was also named incoming president of NAPSA at the organization's national conference in August. As president, she will chair the national Regional Representatives' Advisory Board which directs NAPSA's national voice for and in support of state APS programs. NAPSA's mission is to strengthen APS programs across the nation in order to improve the safety and independence of older adults and adults with disabilities who are victims of abuse, neglect or financial exploitation.

Since Delagrammatikas' appointment to the California Department of Social Services, the state's involvement in the realigned APS program has been strengthened. The department has received \$3 million in one-time funding through the 2016-2017 State Budget for APS worker training and has been awarded a federal grant to improve data collection to enhance future services to victims. In addition, DSS has hosted a strategic planning event for county programs and an elder abuse awareness day for stakeholders. Given the change in the state's demographics, this program is expected to continue to grow.

## CHA Launches New Website ~ Making Medicare Accessible for Californians

Making Medicare understandable and accessible in a friendly, feel-good way" is one of the goals of the newly launched website for California Health Advocates (CHA). "With close to 1,000 pages of quality and reliable Medicare information for consumers and professionals, we strive for a site that is both welcoming and easy for people to get their questions answered and equipped with helpful resources," said Tatiana Fassieux, Board Chair for California Health Advocates.

CHA's new website ([cahealthadvocates.org](http://cahealthadvocates.org)) serves beneficiaries, their families and caregivers, and professionals with:

- ..Up-to-date information about Medicare benefits for Californians,
- ..Information on options, rights and resources regarding long-term care (LTC) and LTC insurance,
- ..Tools to detect, report and prevent Medicare fraud, and
- ...Technical information for professionals working directly with California's Medicare beneficiaries.



**Call HICAP: 1-800-434-0222**

Free Medicare Help from Volunteer Counselors

[Learn how to become a volunteer!](#)

Reprinted from California Health Advocates' notice *CHA Launches New Website ~ Making Medicare Accessible*, August 10, 2016.

California  
Commission on Aging

Paul Downey, Chair  
San Diego

Ed Walsh, Vice Chair,  
Rancho Mirage

#### Commissioners

Joaquin Anguera,  
San Diego

Donna Benton,  
Los Angeles

Betsy Butler,  
Marina del Rey

Steven Castle,  
Los Angeles

Julie Conger,  
Sonoma

Lucille Fisher,  
San Francisco

Stuart Greenbaum,  
Sacramento

Meea Kang,  
Davis

Gail Nickerson,  
Citrus Heights

Robert Petty,  
Monterey

Kathy Randall,  
San Diego

Carmen Reyes,  
Whittier

Jane Rozanski,  
Camarillo

Rita Saenz,  
Sacramento

Sedalia Sanders,  
El Centro

Jean Schuldberg,  
Chico

## UPCOMING EVENTS

September 12 - 13, 2016 -- Triple-A Council of California, Sacramento, CA.  
[www.4TACC.org](http://www.4TACC.org) for information.

September 14 - 15, 2016 -- California Commission on Aging, Sacramento, CA.  
[www.ccoa.ca.gov](http://www.ccoa.ca.gov) for information.

October 25, 2016 -- Congress of California Seniors 2016 Conference - *Ride the Wave*. Angelus Plaza, Los Angeles. Information at (800) 543-3352 or [www.seniors.org](http://www.seniors.org) to register.

November 15 - 17, 2016 -- California Association of Area Agencies on Aging Annual Conference, Los Angeles. [www.c4a.info](http://www.c4a.info) for registration and information.

### JUSTICE IN AGING

FIGHTING SENIOR POVERTY THROUGH LAW

#### Income Network Alert

Understaffing at the Social Security Administration leads to real hardships for low-income older adults. Historic backlogs mean a record one million Americans are waiting over 575 days on average for a hearing on their Social Security and Supplemental Security Income (SSI) claims. 575 days can mean losing your home, going hungry, and missing crucial medications.

Today's backlog exists in part because [Social Security's operating budget has been cut by over 10 percent since 2010](#). Since 2010 Social Security has closed more than 60 field offices and 500 mobile offices.

Yet 10,000 people are turning 65 every day in America and more people than ever are relying on Social Security offices to be fully staffed.

#### **Social Security should be there for us when we need it.**

Instead, Congress is considering even more cuts. A funding bill in the House of Representatives would [cut Social Security's operating budget by over \\$250 million in 2017](#).

**That's why we need you to contact your Members of Congress and tell them to fully fund the Social Security Administration.**

**ACT NOW**

*Reprinted with permission from Justice in Aging, Act Now! Tell Congress to Fully Fund Social Security. September 9, 2016.*

**California Commission on Aging staff:**  
Sandra Fitzpatrick, M.A., Executive Director  
Carol Sewell, MAG, Legislative Director  
Marcella Villanueva, Analyst