Protection & Preparedness for Florida’s Seniors

By Margie Bell, Livable Communities Coordinator, Florida Department of Elder Affairs

As the Florida Department of Elder Affairs (DOEA) commemorates 30 years of serving Florida’s seniors throughout 2022, the Department is simultaneously launching the next 30 years. During the month of July, DOEA focused on Protecting and Preparing for Florida’s seniors. In collaboration with DOEA stakeholders, provider network, and staff, DOEA promoted Disaster Preparedness to help senior Floridians live well and age well, even if a disaster strikes.

Secretary Michelle Branham, DOEA staff, and Florida’s Aging Network stakeholders visited the Area Agency on Aging of Pasco-Pinellas, Inc., to highlight the great work being done and discussed ways to continue improving services to local seniors.

It is important for every Floridian, especially citizens with disabilities and other special needs, to plan for an emergency and know what to do in the event of an emergency. Secretary Branham and DOEA leadership met with the Area Agency on Aging of Pasco-Pinellas, Inc. and providers from Pasco and Pinellas County to highlight the great work being done and discuss ways to continue improving services to local seniors.

continued on page 2
Protection and Preparedness...continued from page 1

Branham, DOEA leadership, and the Pasco County Florida Department of Health toured the West Pasco Special Needs Shelter (SpNS), known as the Mike Fasano Regional Hurricane Shelter in Hudson.

Furthermore, DOEA hosted an expert panel discussion in St. Petersburg to share valuable resources with Florida’s seniors about emergency planning for disasters. The Florida Division of Emergency Management, Florida Department of Children and Families, and the Area Agency on Aging of Pasco-Pinellas joined Secretary Branham and DOEA team to discuss the state's role in supporting seniors during emergencies.

**When is hurricane season in Florida in 2022?**
The official Florida hurricane season runs from June 1 to November 30, just as it is in the rest of the nation. The peak months for hurricane season typically run from August through October, with most storm activity historically occurring during these months.

According to the National Oceanic and Atmospheric Administration (NOAA), 96 percent of the major hurricane days occur from August to October. However, mid-September is generally more active in regard to tropical storms.

Living in Florida offers many benefits and advantages, but be sure to thoroughly prepare for the 2022 Atlantic Hurricane Season. After assessing damages done from hurricanes in the past few years, Floridians are encouraged to have at least 7 days of supplies. A disaster can strike at any time – sometimes without warning.

**What persons with special medical needs should know for disaster preparedness**
In Florida, there are two types of shelters – general population shelters and special needs shelters. It is important to note that not every person with a disability is eligible to evacuate to a special needs shelter. The best place to shelter for every Floridian is outside the evacuation area, in a safe and secure structure, with family and friends.

While evacuating to a general population shelter, Floridians should bring some of their own supplies such as bed linens or blankets, clothing, toiletries/hygiene items, and personal medications. Other resources available at general population shelters may vary. To assure your needs can be accommodated, contact your local emergency management office. [Click here for a list of county emergency management offices and contacts.](#)

Each Florida county has a designated emergency management program, and residents, businesses, and visitors should also [visit their county’s emergency management](#) for the most up-to-date and locally significant information.

---

**ABOVE** The Florida Department of Elder Affairs (DOEA), Florida Division of Emergency Management, the Area Agency on Aging of Pasco-Pinellas, and the Department of Children & Families discussed the State’s role in supporting seniors during emergencies at DOEA’s Protection and Preparedness for Florida’s Seniors Panel in St. Petersburg.

**ABOVE** Secretary Branham and the Department of Elder Affairs toured the Mike Fasano Regional Hurricane Shelter with the Florida Department of Health and the Pasco County Emergency Management team.
Special Needs Shelters
A Special Needs Shelter is for people who have special needs according to the definition in the Florida Administrative Code (Chapter 64-3):

“...someone who during periods of evacuation or emergency, requires sheltering assistance, due to physical impairment, mental impairment, cognitive impairment or sensory disabilities.”

The basic eligibility criteria you would need to meet to stay in a special needs shelter: 1) You are a person with special medical needs 2) Your care exceeds the basic first aid provided at general population shelters 3) Your impairments or disabilities are medically stable and do not exceed the capacity, staffing, and equipment of the special needs shelter to minimize deterioration of your pre-event level of health.

Remember — just because you have a disability does NOT mean you will require a Special Needs Shelter. Some people with disabilities can be safely accommodated in a general population shelter. And the best place to shelter for every Floridian is: 1) with friends or family; 2) in a safe structure; and 3) outside of the evacuation area.

Make contact with your local Office of Emergency Management to find out if you are a candidate, and register in advance, so your county will be able to assist you to be prepared and provide additional information on their procedures. By completing the basic disaster plan, information about your local Office of Emergency Management will be provided to you automatically.

FEMA, AARP Release New Resources to Help Local Communities Protect Older Adults Before, During, and After Natural Disasters

As the United States enters peak hurricane season, FEMA and AARP have released new resources to help local officials and emergency managers protect older adults in their communities before, during, and after natural disasters and support communities in mitigating the effects of extreme weather events.

The “Guide to Expanding Mitigation: Making the Connection to Older Adults,” released by FEMA and AARP, highlights how natural hazards uniquely affect older adults and provides recommendations for how emergency managers, planners, local officials, and community members

continued on page 4
A growing body of evidence shows that older adults are disproportionately impacted by the types of weather-related emergencies and natural disasters that are becoming increasingly frequent and severe. Individuals who have chronic illnesses, functional limitations, or disabilities are especially vulnerable, as evidenced by the impact of the global COVID-19 pandemic on older adults. Not only are older people at a higher risk of death from infectious diseases and disasters, but the long-term effects on those who survive often undermine their physical and mental health, economic security, and overall wellbeing.

Although many communities support older adults in preparation for disasters, expanded mitigation planning can help reduce the loss of life and property by minimizing the impact of disasters before they happen. Mitigation actions and strategies that make cities, towns, and neighborhoods safer for older adults can benefit all residents and increase community resilience overall.

The guide and tool kit are the result of a multi-year collaboration between AARP and FEMA to identify and provide resources, spark ideas, and encourage organizations to better engage older Americans in disaster mitigation, preparedness, response, and recovery operations. This long-term, strategic alliance aims to advance accessible, safe, and livable communities for people of all ages.

To view and download the “Guide to Expanding Mitigation: Making the Connection to Older Adults,” visit FEMA.gov. To view, download, or request a print copy of the AARP Disaster Resilience Tool Kit, visit AARP.org/DisasterResilience.
Helping Seniors Maintain Mobility Independence

By Gail M. Holley, Florida Department of Transportation

The 2021 AARP Home and Community Preferences Survey revealed that 77 percent of adults 50 years of age and older want to remain in their homes for the long term. That number has been consistent for more than a decade. Well-designed “livable” or “age-friendly” communities support aging in place. They provide opportunities for people to live rewarding, healthy, and active lifestyles as they reach retirement age and beyond. Transportation plays a crucial role in successfully aging in place as older adults will need safe access to reliable transportation options to support mobility independence and community participation.

The Safe Mobility for Life Coalition can help older adults and community leaders find and support ideal age-friendly communities.

Livable Communities and Mobility Independence are just two of the six focus areas of the Safe Mobility for Life Strategic Action Plan that supports age-friendly communities. Working collaboratively, we develop and distribute materials and resources to help educate and assess features and services to support a community’s transportation needs related to:

- Community Design,
- Getting Around,
- Street Safety and Security, and
- Neighborhood Support Services.

To become involved in bringing age-friendly features and designs that support transportation to your community, you can:

- Encourage the use of different transportation options, such as biking, walking, riding transit, or using transportation network companies including Uber or Lyft;
- Become an advocate to support age-friendly features and services;
- Review, support, and incorporate goals, objectives, and strategies from the Safe Mobility for Life Strategic Action Plan into local plans; and
- Keep a look out for our new Age-Friendly Florida’s Transportation Checklist coming soon to our Livable Communities webpage.

The Safe Mobility for Life Coalition would like to help spread the word about the benefits of age-friendly communities and share ways to determine how a community can meet the mobility needs of Florida’s population. Visit fdot.tips/aginginplace to learn more, access our resources, and join us as we support the Transportation Domain in the 8 Domains of Livability.

“Mobility Independence means being able to get to and from the places you need and want to go with or without a car”
~ Safe Mobility for Life
Florida’s Aging Population

Today’s older adults are not only living longer, they are driving longer and for more miles. Florida currently ranks second in the nation with the highest number of adults aged 65 and older. By the year 2045, it is projected that 1 in 4 drivers will be 65 years or older.

While older adults tend to have fewer fatalities and serious injuries than any other age group, the numbers of incidents involving this age group are increasing.

To maintain quality of life and prevent isolation, older adults must continue to safely get from place to place even after transitioning from driving.

Safe Mobility for Life Coalition

The Florida Department of Transportation’s Safe Mobility for Life Program partnered with the Pepper Institute on Aging and Public Policy at Florida State University to create the Safe Mobility for Life Coalition.

Coalition members work together to improve aging road user safety and mobility by achieving a reduction in their fatalities, serious injuries, and crashes while maintaining their safe mobility and connection with the community.

The Keys to Achieve Safe Mobility for Life

The Safe Mobility for Life Coalition believes that “you hold the keys to your transportation future.” To help Floridians stay safe and mobile for life, the Coalition promotes the keys to achieve safe mobility for life:

- UNDERSTAND the impact aging has on driving
- BE PROACTIVE about safe driving skills
- PLAN for a safe transition from driving

Why it’s important

Non-drivers make:

- 15% fewer trips to the doctor
- 59% fewer shopping trips
- 65% fewer trips for social, family, and religious activities

Source: Preserving the Mobility and Safety of Older Americans; TRIP; March 2018
Medicare Options Abound During Open Enrollment

By SHINE Staff, Florida Department of Elder Affairs

Medicare’s Open Enrollment Period occurs each year from Oct. 15 through Dec. 7. This period provides a window of opportunity for making changes in a beneficiary’s current Medicare coverage.

“Annual Notice of Change” letters are sent near the end of September from plans, describing any changes in benefits, premiums, networks, or service areas. It is very important to read through these changes, as they may greatly affect a beneficiary’s health or drug costs for the coming year. During Open Enrollment, beneficiaries should evaluate their coverage and make plan adjustments to better meet their needs. Any changes made during Open Enrollment are effective January 1.

Let’s review the options available to all Medicare beneficiaries during this period.

Stay in Original Medicare
Those enrolled in Original Medicare have nationwide coverage for inpatient (Part A) and outpatient (Part B) services. Through private insurers, beneficiaries may also enroll in prescription drug coverage (Part D) as well as a Medicare Supplement Plan (Medigap) which bridges the cost gaps associated with Original Medicare. Those cost gaps include copays, co-insurance, deductibles, Part B excess charges for non-assignment claims, as well as health coverage while on foreign travel. Many beneficiaries find their current coverage is sufficient. If that is your case, you do not need to do anything during Open Enrollment.

Add or Change Medicare Prescription Drug Plans
For various reasons, some beneficiaries did not elect drug coverage when they first enrolled in Original Medicare. If you find yourself needing to add drug coverage, Open Enrollment is the time to enroll in a Part D plan. However, keep in mind that if you have been without drug coverage for more than a couple of months, a late enrollment penalty may be added to the plan premium. These penalties can add up quickly; if you have not enrolled in Part D, do not delay any longer.

If you currently have drug coverage, you also need to take a good look at your plan. Your prescriptions will change periodically. Plan formularies also change, and all too quickly, beneficiaries find themselves in the coverage gap, also known as the “doughnut hole.” While in the gap, a beneficiary will pay 100 percent out of pocket for prescription drug costs. Some enhanced drug plans offer some coverage even during the coverage gap. During Open Enrollment, beneficiaries may shop for drug plans that better suit their needs.

Switch From Original Medicare to a Medicare Advantage Plan (Part C)
Another Medicare option that includes medical care and can provide prescription drug coverage is a Medicare Advantage plan (Part C), also known as Medicare Health Plans. These plans are also offered by private insurers and must include everything Parts A and B cover. However, while Original Medicare offers nationwide coverage, Advantage plans are more restricted by regions and networks of providers.

Before committing to a Part C plan, beneficiaries should always ask three important questions:

• Does my doctor accept the plan?
• Are all my drugs covered?
• Am I covered if I travel outside the area?

Despite the restrictions, Advantage plans are very attractive to many beneficiaries because many have relatively low annual premiums. Some are offered premium-free. Although anyone enrolled in an Advantage plan still pays the Part B premium, some plans reimburse all or part of this expense.

Return to Original Medicare From an Advantage Plan
“Inexpensive” insurance is no bargain if it fails to protect against very high health costs. During Open Enrollment, a beneficiary enrolled in a Part C plan may switch back to Original Medicare with a stand-alone Part D plan.

If you have questions or need more information about your Medicare options, call 1-800-963-5337 and ask for a SHINE counselor. You may also contact SHINE on its website at floridashine.org/Contact-Us.aspx.
MEDITCARE BASICS
Which Path is Right for You?

ORIGINAL MEDICARE

PART A
Hospital

PART B
Medical

OPTIONAL COVERAGE

MEDIGAP
Medicare Supplement

BRIDGES
MEDICARE
COST-GAP

PREMIUMS
AND/or
Deductibles

PRESCRIPTION
ASSISTANCE

AVAILABLE FINANCIAL ASSISTANCE

SHINE Can Help

SHINE
FLORIDA SHIP - SMP
Department of Elder Affairs

1-800-963-5337 • FLORIDASHINE.ORG

MEDICARE ADVANTAGE

PART C
Includes Both A & B

PART D
Prescription

MOST INCLUDE

WHEN CAN I ENROLL?

Ms. Smith
Official Enrollment Period

PREMIUMS
AND
Deductibles
Vary

PRESCRIPTION
SAVINGS PROGRAMS

Helps Pay For
Premiums, Deductibles,
and Copayments

Helps Pay For
Premiums, Deductibles,
and Copayments
**2022-2026 State Health Improvement Plan**

Alzheimer’s Disease and Related Dementias

*By Myasha Graham, State Health Improvement Plan Coordinator, Florida Department of Elder Affairs*

**Summary**

To drive health improvement and enhance the performance of Florida's public health system, the State of Florida, under the leadership of the Florida State Surgeon General, assembled a diverse group of partners across public and private sectors to create a practical roadmap that enables and informs meaningful action. This process culminated in the development of Florida's State Health Improvement Plan (SHIP), which serves as a five-year blueprint for driving efficient and targeted collective action to enhance public health. With the priority health areas determined, the SHIP Steering Committee created Priority Area Workgroups (PAWs) and tasked them with identifying impactful goals for each of the seven priority health areas. PAW partners will track and report metrics toward implementation of the SHIP over the course of the five-year plan. This includes meeting quarterly to discuss progress and identification of actionable solutions or revisions to increase the effectiveness of the SHIP.

We are honored to be heading up the Alzheimer's Disease and Related Dementias PAW. However, we couldn't do it without the dedication from our subject matter experts who have volunteered their time and efforts to assisting us in reaching our very important goals. Our goals and objectives for the next five years are highlighted below:

Alzheimer’s Disease and Related Dementias Priority Area Goals:

**Goal 1 Strengthen the capacity to address Alzheimer’s disease and related dementias.**

**Objective 1.1** By December 31, 2026, increase the number of identified partners that have distributed an approved and current Early Detection, Early Diagnosis concern and awareness campaign from 134 (2021) to 2,000.

**Objective 1.2** By December 31, 2026, increase the number of new identified partners that can distribute an approved and current Early Detection, Early Diagnosis concern and awareness campaign or related dementias resources, information, and toolkits from 714 (2021) to 6,000.

**Objective 1.3** By December 31, 2026, increase the outreach and education events throughout the state that share accurate, reliable, and cohesive information regarding Early Detection/Early Diagnosis of Alzheimer’s disease and related dementias from 184 (2021) to 500.

**Objective 1.4** By December 31, 2026, increase the number of people reached at outreach and education events regarding Early Detection/Early Diagnosis of Alzheimer’s disease and related dementias from 33,000 (2021) to 60,000.

**Goal 2 Ensure a competent Alzheimer’s disease and related dementias workforce.**

**Objective 2.1** By June 30, 2026, increase the percentage of facilities, support agencies, or partners that provide Alzheimer’s and related dementias training, in various formats, to all their direct care employees or staff from zero percent (2021) to 100 percent.

**Objective 2.2** By December 31, 2026, increase the number of counties in Florida having at least one business that has achieved the Department of Elder Affairs (DOEA) Age and/or Dementia Friendly Business/Employer Designation from one (2022) to 67.

**Objective 2.3** By December 31, 2026, increase the number of providers and partners who are receiving education and/or training and clinical support resources on the essentials of a clear and concise care plan (i.e., assessment, diagnosis, outcomes, planning, implementation, and evaluation) from zero (2021) to 3,000.

**Goal 3 Enhance support for those living with Alzheimer’s disease and related dementias and their caregivers.**

**Objective 3.1** By December 31, 2026, increase the number of promotions of public health campaigns discussing caregivers’ physical and mental health from 134 (2021) to 2,000.

**Objective 3.2** By December 31, 2026, increase the number of individuals participating in Alzheimer’s disease and related dementias support groups, counseling programs, and education platforms from 32,000 (2021) to 100,000.

**Objective 3.3** By December 31, 2026, increase the number of caregivers who utilize respite programs, including emergency respite, from 1,569 (2021) to 3,000.
Wish of a Lifetime

Wish of a Lifetime from AARP (WOL) was founded in 2008 by Jeremy Bloom, entrepreneur and the only athlete in history to ski in the Winter Olympics and be drafted into the NFL, in honor of his grandmother. In August 2020, WOL joined forces with AARP to become one of its charitable affiliates, helping people achieve long held goals while combating the negative effects of isolation and strengthening social ties and intergenerational connections. Connecting wish recipients with the people and passions that are important to them is central to the organization's work.

To date, WOL has granted over 2,000 wishes. The wishes we fulfill are varied and highly unique. Still, they can be categorized into four basic types of experiences:

• Renewing and Celebrating Passions,
• Reconnecting Loved Ones,
• Commemorating Service, and
• Fulfilling Lifelong Dreams.

Our Mission and Vision

Our mission is to shift the way society views and values our oldest generations by fulfilling seniors’ dreams and sharing their stories to inspire those of all ages. We envision a world in which society embraces aging and the inherent wisdom that accompanies it, where seniors are celebrated for their accomplishments and sacrifices, and where intergenerational connections are part of our daily lives. To learn more about our mission and vision visit: wishofalifetime.org.

Sharing Inspiring Stories

Wish of a Lifetime’s vision is gradually being realized as society is increasingly recognizing the importance of our oldest generations and their continuing contributions to our lives. Inspiring wish stories are being shared by national, regional, and local media outlets including: TIME, the Today Show, BBC News, NBC and NPR.

Ellie Hits the Slopes

After a broken hip and two damaged knees, Ellie thought she would never get to feel the rush and serenity that comes from gliding down a freshly powdered slope again. Contrary to what the doctors predicted, Ellie found herself traveling to Colorado to ski with our very own Jeremy Bloom to gain back the exhilaration that she needed in her life. Ellie hoped that by sharing her story she could remind others that we can’t let fear get in the way of living the life meant for us. Ellie’s Wish gained national attention and was featured in the news by many outlets.

Why It Matters

By 2040, one in five Americans will be over the age of 65.1 Seniors are the fastest growing population in the world, and yet our society and culture tend to disregard them.

Currently, 14.7 million seniors live alone in isolation.2 Researchers have said social isolation is just as hazardous to health as smoking 15

---

Aging is one of the few truly universal experiences. Let’s make it a purposeful experience for all.

As our senior population explodes in the coming years, the problem of isolation will continue to grow. We are on a mission to change that. Aging is one of the few truly universal experiences, and we want to make it a purposeful experience for all.

The Impact of a Wish
The granting of a wish is a simple act, and yet the outcomes are profound. The positive impact we have seen motivates us to do everything we can to extend our reach and touch the lives of even more older adults.

Ninety-five percent of Wish Recipients responding to our Post-Wish Survey indicate that after the fulfillment of a wish, they experienced improvement in their quality of life. Ninety-eight percent report that their overall happiness increased, and 79 percent report improvement in physical health.*

How to Apply
Applicants must be 65 years of age or older, and legal US citizens or residents. Applications can be submitted online or by calling (303) 954-9144 to request a mailed application.

How to Give
When you give, you help a deserving member of our oldest generations achieve a meaningful, life-changing dream. Your donations truly make a difference and help us share our wish recipients’ stories that inspire others to change the way they view and value aging. Donate Here: wishofalifetime.org/donate.

*Source: Wish of a Lifetime Survey data as of 1/21/20

Grants Awarded to 10 Organizations to Make Communities More Livable

AARP Florida announced 10 organizations throughout the state will receive 2022 Community Challenge Grants, totaling $157,800, as part of the largest group of grantees to date with $3.4 million awarded among 260 organizations nationwide. Grantees will implement quick-action projects that help communities become more livable in the long-term by improving public places; transportation; housing; diversity, equity and inclusion; digital access; and civic engagement, with an emphasis on the needs of adults age 50 and over.

Florida State Director Jeff Johnson said, "AARP Florida is committed to working with communities to improve residents’ quality of life through tangible changes. We are proud to collaborate with this year’s grantees as they make immediate improvements in their communities to jumpstart long-term change in the Sunshine State, especially for Floridians 50+.”

The Florida 2022 Community Challenge Grant projects include:

**DUNEDIN PUBLIC LIBRARY** $6,200 Universal-access picnic tables will be added to the playground at the library, and a “story walk” will be created with signage explaining the city’s history and other distinctions.

**GRACE ARTS, FORT LAUDERDALE** $12,500 A giant fabric shade with a design of geometric shapes will hang above an outdoor shopping plaza in the Victoria Park neighborhood to provide shade and better location for cultural events and activities.

**FRIENDS OF THE UNDERLINE, MIAMI** $20,000 Miami’s Walk4Life club will expand into the city’s downtown. One digital message board will highlight members’ accomplishments, offer health tips and promote wellness events.

**TRANSIT ALLIANCE MIAMI** $20,000 The My Transit My City project will offer lessons and technical support to older adults and people with disabilities about how to use the county’s redesigned bus system.

**COUNCIL ON AGING OF WEST FLORIDA** $50,000 Two “tiny houses” will be built. One will house a low-income senior citizen, the other will be used as a model home to educate the community about the ways tiny houses can help alleviate the city’s severe housing shortage.

**WALTON COUNTY BOARD OF COUNTY COMMISSIONERS** $9,000 A gaming area will be created at the Coastal Branch Library on an existing courtyard or green space. It will include a ping-pong table, cornhole game and checkers/chess table.

**2-1-1 BIG BEND, TALLAHASSEE** $15,000 Rides will be provided throughout the county to residents age 50 or older.

**CARROLLWOOD CULTURAL CENTER, TAMPA** $6,350 To aid blind or visually impaired arts aficionados, audio describers will be hired and an assistive-listening system will be installed for center’s theatrical, dance and art offerings. The Blind Visionaries multimedia group will perform, and a tactile and audible art exhibit will be staged.

**CITY OF TAMPA** $7,500 A pathway will be built to connect Linebaugh Avenue and apartments for older adults to the walking loop in Takomah Trail Park.

**THREE BRIDGES NEIGHBORHOOD ASSOCIATION, WILTON MANORS** $11,250 To improve the aesthetic appeal of Coral Gardens Park, new lighting, plants and a Little Free Library will be installed. Grant funds will also be used for a renaming contest and block party.

AARP Community Challenge Grant projects will be funded in all 50 states, Washington, D.C., Puerto Rico, and the U.S. Virgin Islands. True to the program’s quick-action nature, projects must be completed by November 30, 2022.

This year, AARP is bolstering its investment of affordable and adaptable housing solutions in response to the national housing crisis. With additional funding support from Toyota Motor North America, the program is also increasing its support of projects that improve mobility innovation and transportation options.

The grant program is part of AARP’s nationwide Livable Communities initiative, which supports the efforts of cities, towns, neighborhoods and rural areas to become great places to live for people of all ages. Since 2017, AARP Florida has awarded 24 grants and $264,328 through the program to nonprofit organizations and government entities across the state.

View the full list of grantees and their project descriptions at [aarp.org/communitychallenge](https://aarp.org/communitychallenge) and learn more about AARP Livable Communities at [aarp.org/livable](https://aarp.org/livable).