

# Governor Inslee's Aging Summit

October 1<sup>st</sup>, 2013

## Recommended Pre-Reads and Resources

### Top-Line Recommended Pre-Reads

**Talkn' bout My Generation: What makes the boomers the boomers?** By Neil Howe, *Governing Magazine*, September 2012.

<http://www.governing.com/generations/government-management/gov-what-makes-boomers.html>

**How Boomers, Millennials and Immigrants Are Changing America.** By Peter Harkness, *Governing Magazine*, May 2013

<http://www.governing.com/columns/potomac-chronicle/col-boomers-millennials-immigrants-changing-america.html>

**Creating Communities that Support Healthy Aging.** By Nancy LeaMond, Executive Vice President, Policy and Practice, April 2013.

<http://states.aarp.org/wp-content/uploads/2013/09/Creating-Communities-That-Support-Healthy-Aging.pdf>

**In a Graying Population, Business Opportunity** by Natasha Singer, Feb 5, 2011, New York Times

[http://www.nytimes.com/2011/02/06/business/06aging.html?pagewanted=all&\\_r=1&](http://www.nytimes.com/2011/02/06/business/06aging.html?pagewanted=all&_r=1&)

**Research Highlights in the Demography and Economics of Aging, Helping Americans Age in Place,** May 2013

[http://agingcenters.org/docs/rh13\\_Helping-Americans-Age-In-Place\\_2013.pdf](http://agingcenters.org/docs/rh13_Helping-Americans-Age-In-Place_2013.pdf)

**2014 Washington State Aging Agenda** by AARP Washington

<http://states.aarp.org/wp-content/uploads/2013/09/2014-Washington-State-Aging-Agenda.pdf>

**The Big Idea in 4 Minutes, Coming of Age in Aging America,** video by Vitalpictures, 2012.

<http://www.youtube.com/watch?v=ZOA1v4-2Fos>

### **Readying for Retirement**

Everett Herald Op-Ed, 6/22/2013 by Senator Barbara Bailey and Representative Steve Tharinger.

<http://www.heraldnet.com/article/20130622/OPINION03/706229977>

**Facts and Fictions about an Aging America** by the MacArthur Foundation Research Network on an Aging Society, Fall 2009

<http://www.macfound.org/media/files/AGING-CONTEXTS-FACTFICTION.PDF>

## Resources by Topic

### Livable Communities

**Livable Community Indicators for Sustainable Aging in Place**, Metlife Mature Market Institute.  
<https://www.metlife.com/assets/cao/mmi/publications/highlights/mmi-livable-communities-highlights.pdf>

**Aging in Place: A State Survey of Livability Policies and Practices**

by: Nicholas Farber, Douglas Shinkle - National Conference of State Legislatures, Jana Lynott, Wendy Fox-Grage, Rodney Harrell, from: Public Policy Institute, December, 2011  
<http://www.aarp.org/home-garden/livable-communities/info-11-2011/Aging-In-Place.html>

**Transportation Funding Reform: Equity Considerations for Older Americans**

by: Jana Lynott, Sandra Rosenbloom, PhD, University of Arizona, from: Public Policy Institute, December 2011  
<http://www.aarp.org/home-garden/transportation/info-12-2011/transportation-funding-reform.html>

**Planning Complete Streets for an Aging America**

by: Jana Lynott, Amanda Taylor, Hannah Twaddell, Jessica Haase, Kristin Nelson, Jared Ulmer, Barbara McCann, Edward R. Stollof, from: Public Policy Institute, May 2009  
[http://www.aarp.org/home-garden/livable-communities/info-08-2009/Planning\\_Complete\\_Streets\\_for\\_an\\_Aging\\_America.html](http://www.aarp.org/home-garden/livable-communities/info-08-2009/Planning_Complete_Streets_for_an_Aging_America.html)

**Loss of Housing Affordability Threatens Financial Stability for Older Middle-Class Adults** by

Rodney Harrell, PhD and Shannon G. Guzman, from: Public Policy Institute, January 2013  
<http://www.aarp.org/research/ppi/security/loss-of-housing-affordability-threatens-financial-stability-for-older-middle-income-AARP-ppi-sec/>

**Growing Older in Clark County: Making Clark County a better place to grow up and grow old.** Prepared by the Aging Readiness Task Force and Clark County Community Planning Staff, February 2012.

[http://www.clark.wa.gov/planning/aging/documents/12-0207\\_ARTF\\_Plan\\_Final\\_Maps\\_Complete\\_Print.pdf](http://www.clark.wa.gov/planning/aging/documents/12-0207_ARTF_Plan_Final_Maps_Complete_Print.pdf)

### Financial Security

**Elders Living on the Edge, When Basic Needs Exceed Income in Washington**, Wider Opportunities for Women, Washington Area Agencies on Aging, 2011.

<http://www.wowonline.org/documents/WAPolicyBrief.pdf>

**Not Making the Grade: 2013 Survey Of Financial Decisions Among Washington State Adults Ages 45-64**

by: Brittne Nelson, AARP Research & Strategic Analysis, from: AARP Research, April 2013  
<http://www.aarp.org/work/retirement-planning/info-04-2013/not-making-the-grade--2013-survey-of-financial-decisions-among-w.html>

**The Retirement Savings Crisis: Is It Worse Than We Think?** National Institute on Retirement Security, June, 2013.

[http://www.nirsonline.org/index.php?option=com\\_content&task=view&id=768&Itemid=48](http://www.nirsonline.org/index.php?option=com_content&task=view&id=768&Itemid=48)

**At Leisure, Or Still at Work**, New York Times article by Steven Greenhouse, September 9, 2013

[http://www.nytimes.com/2013/09/10/business/retirementspecial/at-leisure-or-still-at-work.html?\\_r=0](http://www.nytimes.com/2013/09/10/business/retirementspecial/at-leisure-or-still-at-work.html?_r=0)

**Elder Justice: National Strategy Needed to Effectively Combat Elder Financial Exploitation**, United States Government Accountability Office (GAO), November 2012

<http://www.gao.gov/assets/660/650074.pdf>

**Financial Abuse Costs Elders More Than \$2.6 Billion Annually**, According to MetLife Mature Market Institute Study [http://www.gerontology.vt.edu/docs/MetLife\\_Fin\\_Elder\\_Abuse.pdf](http://www.gerontology.vt.edu/docs/MetLife_Fin_Elder_Abuse.pdf)

**Elder Financial Exploitation: Implications for Future Policy and Research in Elder Mistreatment**

by Thomas Price, MD, Patricia S King, RN, Rebecca L Dillard, MA, and James J Bulot, PhD' *West J*

*Emerg Med.* 2011 July; 12(3): 354–356. <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3117613/>

## **Health Care**

**Washington State Chronic Disease Self-Management Education**

[http://aoa.gov/AoARoot/AoA\\_Programs/HPW/ARRA/Docs/WA%20Profile%20on%20Template.pdf](http://aoa.gov/AoARoot/AoA_Programs/HPW/ARRA/Docs/WA%20Profile%20on%20Template.pdf)

**Lawmakers are cooking up ways to encourage better eating and cultivating local economies.** By Amy Winterfeld, National Conference of State Legislatures, January 2012.

<http://www.ncsl.org/issues-research/health/the-new-healthy.aspx>

**State Government Alzheimer's Disease Plans**, Alzheimers Association web site

[http://act.alz.org/site/PageNavigator/state\\_plans.html](http://act.alz.org/site/PageNavigator/state_plans.html)

**Washington State Alzheimer's Statistics**, Alzheimer's Association, Alzheimer's Association.

[http://www.alz.org/documents\\_custom/facts\\_2013/alz\\_f-statesheets-48.pdf?type=interior\\_map&facts=undefined&facts=facts](http://www.alz.org/documents_custom/facts_2013/alz_f-statesheets-48.pdf?type=interior_map&facts=undefined&facts=facts)

**Boomers Want Control of Their End-of-Life Care**, by Jonathan Walters, Governing Magazine,

October 2012. <http://www.governing.com/topics/health-human-services/gov-end-of-life-care-control.html>

**Improving Advanced Illness Care: The Evolution of State POLST Programs** by: Naomi Karp - AARP Public Policy Institute, Charles Sabatino - American Bar Association, from: Public Policy Institute, April 2011

<http://www.aarp.org/health/doctors-hospitals/info-04-2011/polst-04-11.html>

**Letting Go: What should Medicine do when it can't save your life?** by Atul Gawande, New Yorker, August 2, 2010.

[http://www.newyorker.com/reporting/2010/08/02/100802fa\\_fact\\_gawande](http://www.newyorker.com/reporting/2010/08/02/100802fa_fact_gawande)

## **Long-Term Services and Supports**

**Medicaid: A Program of Last Resort for People Who Need Long-Term Services and Supports** by Donald Redfoot and Wendy Fox-Grage, AARP Public Policy Institute, May 2013.  
<http://www.aarp.org/health/medicare-insurance/info-05-2013/medicaid-last-resort-AARP-ppi-health.html>

**The Aging of the Baby Boom and the Growing Care Gap: A Look at Future Declines in the Availability of Family Caregivers**  
by Donald Redfoot, Lynn Feinberg, Ari Houser, Public Policy Institute, August, 2013  
<http://www.aarp.org/home-family/caregiving/info-08-2013/the-aging-of-the-baby-boom-and-the-growing-care-gap-AARP-ppi-ltc.html>

**A Call to Action: What Experts Say Needs to Be Done to Meet the Challenges of Family Caregiving**, by Susan c. Reinhard, Lynn Feinberg, and Rita Choula, AARP Public Policy Institute, February 2012.  
[http://www.aarp.org/content/dam/aarp/research/public\\_policy\\_institute/ltc/2012/Spotlight-Paper-Meeting-the-Challenges-of-Family-Caregiving-AARP-ppi-ltc.pdf](http://www.aarp.org/content/dam/aarp/research/public_policy_institute/ltc/2012/Spotlight-Paper-Meeting-the-Challenges-of-Family-Caregiving-AARP-ppi-ltc.pdf)

**Long Term Care Reform in Hawaii:** Report of the Hawaii Long Term Care Commission, January 18, 2012  
<http://www.publicpolicycenter.hawaii.edu/documents/HawaiiLTCCFinalReport.pdf>

**What do you mean I'm getting old? Denial About Aging and Our Impending Long-Term Care Crisis**, by Bruce Chernof, MD Perspectives on Aging with Dignity, the SCAN Foundation.  
<http://www.thescanfoundation.org/what-do-you-mean-i%E2%80%99m-getting-old-denial-about-aging-and-our-impending-long-term-care-crisis>

**Current Issues and Potential Solutions for Addressing America's Long-Term Care Financing Crisis** by Gretchen Alkema, The SCAN Foundation, March 2013.  
[http://www.thescanfoundation.org/sites/thescanfoundation.org/files/tsf\\_ltc-financing\\_overview\\_alkema\\_3-20-13.pdf](http://www.thescanfoundation.org/sites/thescanfoundation.org/files/tsf_ltc-financing_overview_alkema_3-20-13.pdf)