



*"People
helping people
help
themselves"*

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Division of Aging Update

- [No Wrong Door](#)
- [Grants for Projects in Aging](#)
- [Who Knew? Surprising Truths About Caregivers](#)
- [Where Did I Put My Keys???](#)

No Wrong Door Update

Since early 2013, the Family and Social Services Administration (FSSA) has taken steps to examine its service delivery systems and the infrastructure in support of those systems. In September 2014, the Division of Aging (DA) was awarded a planning grant from the Administration for Community Living to develop a three-year implementation plan to transform state long-term services and supports access programs and functions into a No Wrong Door system for all populations and all payers.

This No Wrong Door planning grant provides the division with the means to capitalize on recent positive momentum toward better service integration in a more strategic and organized manner. Leaders of each division within FSSA are collaborating in the development of No Wrong Door to ensure all populations and all payers can enter to access the long-term services and supports they need. No Wrong Door touches all demographics from children to older adults and those with physical disabilities as well as mental and developmental issues, regardless of financial status.

Please visit the [No Wrong Door webpage](#) for more information. If you are interested in participating in the development of Indiana's No Wrong Door system, stakeholder listening sessions will be held throughout the state over the next several months. A schedule of those events will be posted on the DA's website soon. Please also sign up to receive alerts on plan updates or email us at NoWrongDoor@fssa.in.gov with questions or comments. Also, if you have an event coming up and would like someone from the Division of Aging to speak to your group about No Wrong Door, we would be delighted to be there! Please email your request to NoWrongDoor@fssa.in.gov.



Retirement Research Foundation Accepting Grant Applications for Projects in Aging

Through its responsive grants program, the [Retirement Research Foundation's](#) (RRF) supports direct service for projects that increase the availability and effectiveness of community programs designed to keep older adults in their homes and provide supportive services to older persons in residential settings. The grants also provide new opportunities for older adults to engage in meaningful roles in society, such as employment and volunteerism. RRF is currently accepting proposals for projects that have a local focus from organizations based in Illinois, Indiana, Iowa, Kentucky, Missouri, Wisconsin or Florida. The proposals are due by August 1, 2015 and an application and additional information can be found in the grants section of the [RRF website](#).

Who Knew? Surprising Truths about Caregivers

Caregiving is a part of daily life for millions of Americans, especially members of the so-called sandwich generation that often balances needs of aging parents with looking after their own children. But a new study has discovered some unexpected facts about just who is providing that care, and for whom they're caring. The University of Washington's research has found that almost one-third of the U.S. population are informal caregivers, and collectively they provide about 1.2 billion hours of unpaid work weekly – the equivalent of over 30 million full-time aides. However, researchers found that the sandwich generation comprises just 3 percent of the population, much less than anticipated. They were also surprised to find that older adults are frequently being cared for by spouses rather than their adult children. About 20 percent of caregiving time for persons ages 80 and older comes from people of the same age. You can read more about this study at [Science Daily](#).

Cognitive Health for Adults or Where Did I Put My Keys!?

We all forget things—people's names, phone numbers—and yet what we think of as only a minor inconvenience at age 25, turns into a little concern at 35, but can become a major cause for anxiety at ages 55 or 60. Forgetfulness at older ages is often associated with a decline in cognition, a public health issue that goes beyond memory lapses, and one that can have significant impact on a person's independent living and healthy aging. The term “cognition” covers many mental abilities and processes including decision making, memory, attention, and problem-solving. An Institute of Medicine study examines cognitive aging, a natural process associated with advancing years. There are things older adults and their families can do to help support and promote their cognitive health and adapt to age-related cognitive changes. To learn more, check out this recent report on the [Institute of Medicine's website](#).