

March 28, 2016

We would like broad stakeholder input to develop the Older Adulthood Life Stages of the **Colorado Opportunity Project**.

The Older Adulthood Life Stages are currently in DRAFT form. Also note that the overall Project GOAL is also being updated so that it reflects Coloradans across the life-span.

Help us to **identify common performance indicators (milestones)**: The Project establishes a common set of indicators to define opportunity in Colorado, so government agencies, non-profit, private and community initiatives work toward the same goals with the same understanding of what needs to be done. The indicators are common milestones that are important to success in life, like being born at a healthy weight, being prepared for school and graduating from high school.

The Project's indicators all have strong evidence to support that they are predictive of future life success. The indicators were selected based on the availability of data in Colorado and are based on the following factors:

- *Predictive* – reliably predict success in the life stages that follow
- *Intuitive* – make sense to policy makers, users, and the public
- *Available* – can be captured in existing datasets
- *Feasible* – work at a practical and political level

We invite members of the Strategic Action Planning Group on Aging to help us develop the Older Adulthood Life Stages.

We need input that:

- Connects the younger life stages to our goals for Coloradans as they age.
- Helps represent broad goals for older adults (going beyond health outcomes).
- Identifies measures in each stage that lead to better likelihood of success in the next stage (if that stage is experienced).
- Prioritizes measures. Ideally each stage would have no more than 5 measures.

If you are interested in participating in on-going discussions and development of the Colorado Opportunity Project Older Adulthood Life Stages, please contact:

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The Colorado Opportunity Project

Project Goal: To deliver evidence-based initiatives that remove roadblocks for all Coloradans, so that everyone will have the opportunity to reach their full potential.

Below are the Colorado Opportunity Project “indicators” that help Coloradans stay on a path towards being healthy, economically-secure members of society, across the life span.

LIFE STAGE



FAMILY FORMATION (positive birth circumstances)

Planned pregnancy, born at healthy birth weight, to dual parent household without maternal depression



EARLY CHILDHOOD (ages 0 – 5)

School readiness, healthy social emotional skills & family access to affordable, nutritious food



MIDDLE CHILDHOOD (ages 6 – 11)

Math/Reading skills & healthy social emotional skills

OPPORTUNITY INDICATORS

- ✓ rate of low birth weight
- ✓ family income
- ✓ maternal depression
- ✓ single- or dual-parent household
- ✓ unintended pregnancy

- ✓ % of parents concerned about child’s emotions, concentration, behavior, or ability to get along with others (ages 0 - 8)
- ✓ % of families relying on low cost food
- ✓ children whose family members read to them less than 3 days/week

- ✓ standardized test: math scores
- ✓ standardized test: reading scores
- ✓ % of parents concerned about child’s emotions, concentration, behavior, or ability to get along with others (ages 9 - 14)

¹ Indicators in the Colorado Opportunity project framework have been vetted and finalized by the Department of Public Health and Environment, Human Services and Health Care Policy and Financing with the support of the Brookings institution and are based on available statewide data and quality measures



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LIFE STAGE



ADOLESCENCE (ages 12 – 17)

Graduates from high school on time, develops healthy social emotional skills, not convicted of a crime, nor become a teen parent



TRANSITION TO ADULTHOOD (ages 18 – 29)

Currently sustainably employed having attended post-secondary education & has good physical/mental health



ADULTHOOD (ages 30 – 40)

Employment status, has good physical /mental health & middle class household (300% FPL¹)

OPPORTUNITY INDICATORS

- ✓ high school graduation status
- ✓ violent arrest & property arrest rates
- ✓ teen parent status
- ✓ % of students (6th - 12th grade) who report ever feeling sad/hopeless or have considered suicide
- ✓ % of young adults (ages 18 - 25) who are currently depressed

- ✓ employed status of population (ages 16 - 19, by race and gender)
- ✓ % of Federal Poverty Level (FPL)/ family income
- ✓ attending post-secondary training/education
- ✓ avg. # of days poor physical/mental health prevented usual activities, like self-care, work, or recreation

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- ✓ % of Federal Poverty Level (FPL)/ family income at age 29
- ✓ employment status of population (by education level, ages 25+)

¹ Middle class = having a family income of 300% Federal Poverty Level (FPL) or higher at age 40

² Selected indicators based on available statewide data and quality measures; older adult measures to be added



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Some Coloradans may experience the following Older Adulthood Life Stages:

LIFE STAGE	OLDER ADULTHOOD With Support (ages 65+)	OLDER ADULTHOOD With Frailty* (ages 65+)	END-OF-LIFE (last 12 months)
MATURE ADULTHOOD (age 41 and older)	<i>Independence with support, good physical /mental health, avoidance of excessive healthcare risks</i>	<i>Living with disabilities, effective support, avoidance of excessive healthcare risks</i>	<i>Quality end-of-life care, medical care aligned with goals, effective support</i>
<i>Independence, employment status, good physical/mental health, access to preventative health opportunities</i>			

OPPORTUNITY INDICATORS

- ✓ Avg. # of days with poor physical/mental health prevented usual activities
- ✓ % FPL/family income at age 40
- ✓ employment status of population (ages 41-65)
- ✓ % with nutritious meals
- ✓ % with affordable housing
- ✓ % with primary care provider
- ✓ % current smoker
- ✓ Suicide rate

- ✓ Avg. # of days with poor physical/mental health
- ✓ % with long-term care insurance
- ✓ % receiving immunizations
- ✓ Injurious falls**
- ✓ Hospital readmission rate

- ✓ % with good health status
- ✓ % Satisfied with current living situation
- ✓ % receiving needed caregiving services
- ✓ % Medicaid recipients living outside of nursing homes

- ✓ % with advance care plan
- ✓ % medical care aligned with goals
- ✓ % receiving needed caregiving services
- ✓ Hospice use rate

* Frailty could be defined by receiving Medicaid LTSS or by receiving Older American’s Act services
 Note: Medicare eligibility begins at age 65.
 **Falls causing hospitalization