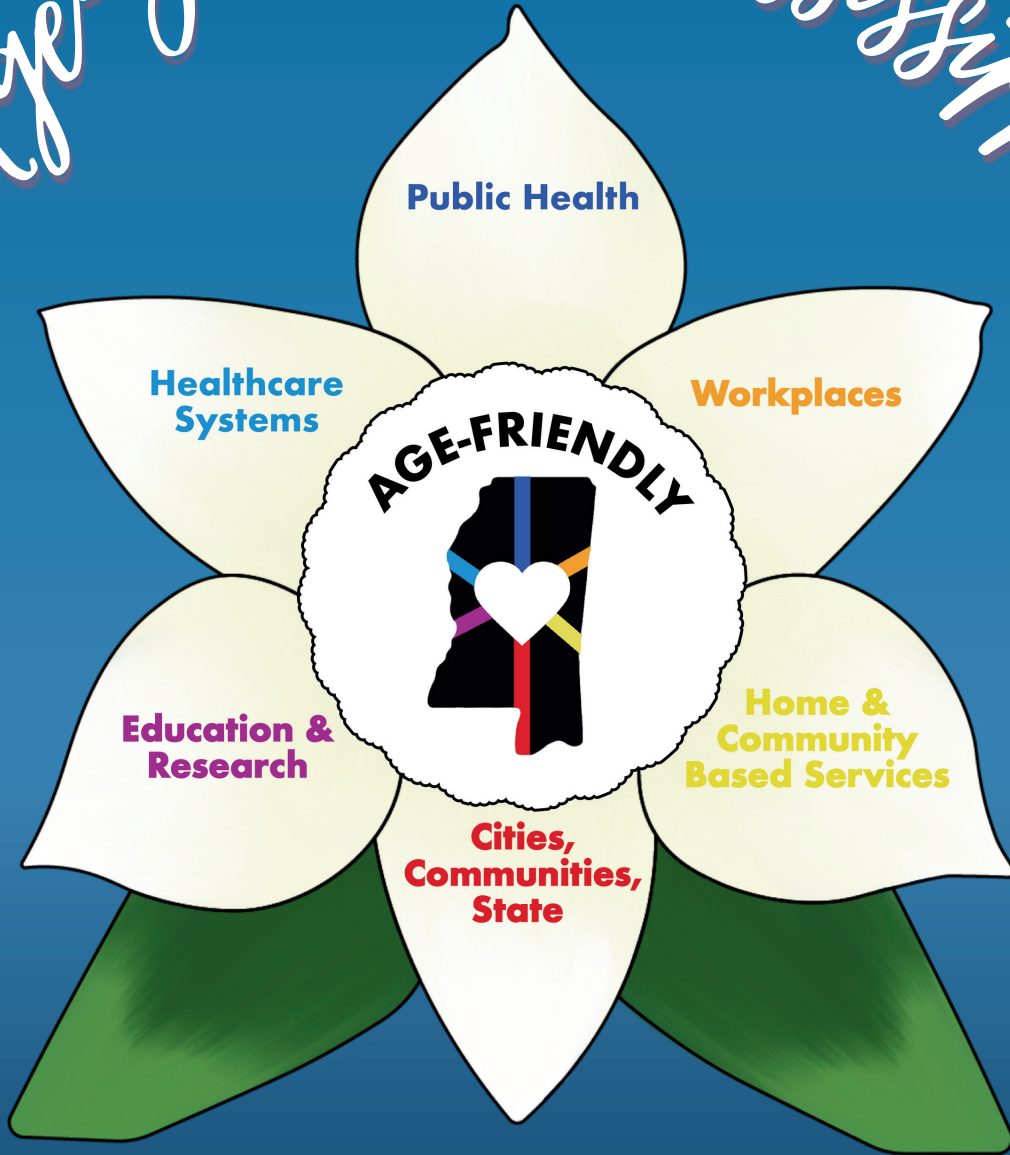


Age-Friendly Mississippi



ECOSYSTEM TOOLKIT & RESOURCES

AN INITIATIVE OF THE MISSISSIPPI STATE DEPARTMENT OF HEALTH, AARP MISSISSIPPI, AND THE MISSISSIPPI PUBLIC HEALTH ASSOCIATION

SEPTEMBER 2025

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INTRODUCTION

The contents of this document provide a toolkit and resources for individuals and organizations to better understand the age-friendly ecosystem, how to engage in the Age-Friendly Mississippi initiative, and to become recognized for efforts to support healthy aging. In alignment with the national strategic framework for aging, this tool will serve as a quick reference guide to introduce key concepts, advance strategic efforts, and achieve recognition for the respective sector(s). The Age-Friendly Mississippi ecosystem sectors include the following:



Each part of the age-friendly ecosystem has a specific application and recognition process that will be used to promote achievements and identify opportunities for cross-sectoral collaboration. Mississippi's work in these areas is based on a national framework "The Age-Friendly Ecosystem: Sectors and Initiatives" can be accessed on the next page. The work for each sector, and for the framework, is evidence-based and reflects the best practices for that sector.

Mississippi is a pioneer in this body of work and has been recognized nationally for its work. To read more about the Mississippi story, please visit the Journal of Public Health Management and Practice to read the paper:

[Public Health Management & Practice: https://journals.lww.com/jphmp/fulltext/2024/05000/how_mississippi_is_changing_public_health.3.aspx](https://journals.lww.com/jphmp/fulltext/2024/05000/how_mississippi_is_changing_public_health.3.aspx)

[Mississippi's Pioneer Path of an Age-Friendly Ecosystem: https://jphmpdirect.com/mississippi-pioneer-ing-path-of-an-age-friendly-ecosystem/.](https://jphmpdirect.com/mississippi-pioneer-ing-path-of-an-age-friendly-ecosystem/)

[Advancing an Age-Friendly Ecosystem in Mississippi- https://generations.asaging.org/advancing-age-friendly-ecosystem-mississippi/](https://generations.asaging.org/advancing-age-friendly-ecosystem-mississippi/)

This toolkit also includes the best practices within the sectors to illustrate success. For additional information and assistance, links to resources are provided. We hope that you will find the contents of this roadmap useful in your age-friendly journey.

Age-Friendly Public Health System (AFPHS)

The Trust for America's Health (TFAH) manages the Age-Friendly Public Health System (AFPHS) Recognition Program based on the 6Cs Framework for Creating Age-Friendly Public Health Systems and corresponding actions that, if achieved, will reflect a health department's commitment to healthy aging. The recognition program is applicable to all levels of engagement by public health professionals in advancing healthy aging. All state, territorial, local, and tribal public health departments are eligible for recognition. **Mississippi has an Age-Friendly Public Health System! The Mississippi State Department of Health has achieved advanced recognition in May of 2023 to be the 3rd U.S. recognized age-friendly public health system.**

Becoming an AFPHS means that healthy aging is a core function of a state, territorial, tribal, or local health department. The AFPHS 6Cs framework as depicted in the image below.



Participation as a Healthy Aging Champion is open to all individuals. Champion recognition is achieved by attending or viewing the recording of six AFPHS monthly training courses. Individuals should complete the following survey after attending a live training or viewing a recording: [AFPHS Training Completion Survey](#). The AFPHS Team will notify individuals of recognition upon completion of the six surveys.

Organizations that would like to participate should download and complete the [AFPHS Action Plan – Public Health Organizations](#) and send it by email to afphs@tfah.org with a designated point of contact. Organizations that complete activities within each of the 6Cs will receive the Advanced Recognition designation. Activities may be selected from the [database of examples](#) outlined according to the 6Cs Framework or may select actions that better meet the needs of older adults in their jurisdiction. Activities already under way are eligible for inclusion in the action plan. Organizations that are collaborating and connecting with the aging sector to promote healthy aging in their communities are eligible for recognition. The Mississippi State Department of Health serves as the lead agency for the Age-Friendly Mississippi work throughout the state.

“Mississippi’s age-friendly public health system helps create and support environments where older adults can live longer, healthier, and more fulfilling lives while maintaining independence and dignity.”
 - Paulita Edwards-Childs, Healthy Aging Bureau Director,
 Mississippi State Department of Health

Department of Health Recognition	Public Health Organization Recognition	Individual Recognition
<ul style="list-style-type: none"> • Leading policy and systems change • Enhancing data collection on older adults • Coordinating healthy aging activities across sectors • Coordinating efforts to improve health equity among older adults 	<ul style="list-style-type: none"> • Leading policy and systems change • Collaborating with state and local health departments • Implementing healthy aging strategies • Coordinating with other age-friendly initiatives to advance healthy aging policies 	<ul style="list-style-type: none"> • Becoming a healthy aging expert • Engaging in partnerships to advance healthy aging • Sharing opportunities for supporting older adult health and well-being • Communicating the importance of addressing ageism

Resources:
afphs@tfah.org • <https://afphs.org/program-resources-2/>
<https://afphs.org/afphs-recognition-program/> • <https://www.healthymys.com/>

Age-Friendly Cities and Communities

WANT YOUR COMMUNITY TO BE MORE LIVEABLE AND AGE-FRIENDLY?

The AARP Age-Friendly Network educates local leaders, elected officials, and engaged residents to implement changes that make communities more livable for people of all ages, especially older adults. The network provides cities, towns, counties, and states with the resources necessary to become more age-friendly by tapping into national and global research, planning models, and best practices.

The recognition process begins with a community becoming a member of the AARP Age-Friendly Network. That membership indicates that a community's elected leadership has made a commitment to actively collaborate with residents and local advocates to make their town, city, county, or state an age-friendly place to live. Partners in this initiative can include:

- Elected officials - Government agencies - Nonprofit organizations and foundations
- Academic institutions - Area Agencies on Aging - Community coalitions - Local businesses
- Chambers of Commerce - Residents and lots of volunteers

There is no fee to join the AARP Age-Friendly Network. Communities seeking to enroll in the network submit a membership application and a letter of commitment signed by the jurisdiction's highest elected official, such as a mayor or county executive. Communities with council or commission forms of government may pass a resolution in support of membership in the network.

For more details on the process, please see the next two pages.

“Mississippi’s Age-Friendly Communities initiative focuses on fostering environments that enhance livability for individuals across all age groups. The program aims to support aging in place by creating accessible, inclusive, and supportive communities.”
— Kimberly L. Campbell, Esq., AARP Mississippi State Director.

Resources:

<https://www.aarp.org/livable-communities/network-age-friendly-communities/info-2014/an-introduction.html>

<https://www.aarp.org/livable-communities/network-age-friendly-communities/info-2016/dementia-friendly-communities.html>

<https://www.aarp.org/livable-communities/network-age-friendly-communities/>

<https://issuu.com/aarpagefriendly/docs/guidebook>

Dementia Friendly Communities

WANT YOUR COMMUNITY TO BE MORE LIVEABLE AND DEMENTIA FRIENDLY?

According to Dementia Friendly America, “a dementia friendly community is a village, town, city or county that is informed, safe and respectful of individuals living with dementia, their families and care partners and provides supportive options that foster quality of life”. Becoming a dementia friendly community is a natural part of the age-friendly Mississippi work in that it means that such a community is engaging people living with dementia, caregivers and multiple community sectors in a collaborative team to create positive change toward becoming more dementia friendly and therefore improving quality of life.

The goals of a dementia-friendly community include:

- Increasing awareness and understanding of dementia and people living with dementia
- Increasing awareness and understanding of brain health and risk reduction
- Collaborating with public, private, not-for-profit and health care sectors to better serve people living with dementia and care partners
- Addressing the changing needs of people with dementia and care partners
- Creating social and cultural environments that are welcoming to people living with dementia
- Improving the physical environment in public places and systems so that they are dementia friendly

Dementia Friendly America has a comprehensive toolkit that guides a community through each step of the process to become dementia friendly. The DFA Community Toolkit is a research-informed resource that fosters adoption of dementia friendly practices. The toolkit supports communities in their dementia friendly efforts by providing straightforward, adaptable steps and standardized tools to help evaluate community efforts with trusted measures. The toolkit is organized into four phases to organize the effort. Within each phase, you will find detailed steps and accompanying resources for each step. The toolkit can be downloaded at this link. <https://dfamerica.org/community-toolkit/>

To join the DFA network of communities, review the Dementia Friendly Community Readiness and Recognition Criteria and complete a community application, go to this link.

<https://dfamerica.org/wp-content/uploads/2025/01/Dementia-Friendly-America-Joining-the-National-Network-FINAL-1.2025.pdf>

Convene key community leaders and members to understand dementia and its implications for your community

Engage key leaders to assess current strengths and gaps in your community's dementia friendliness

Analyze community needs and determine the issues collaborators are motivated to act on; then set community goals

Act to create a community action plan that includes specific objectives, activities to meet the objectives, a designated lead person, a timeline, and an evaluation plan. Include strategies to seek funding as needed to support and sustain the plan

The conceptual framework behind the healthy aging communities and the dementia friendly communities is simple- Better Together. The phrase "Better Together Healthy Aging" suggests that older adults can experience a more fulfilling and healthier life when they actively engage in social interactions and build strong relationships. Better Together Healthy Aging addresses mutual support, increased acceptance of aging, feelings of safety, less social isolation through an interdependent community, and less loneliness.



In Mississippi, the faith-based community is a vital component of the Age-Friendly Ecosystem. The Alzheimer's Society has developed a practical guide for churches and other faith communities looking for advice on how to create more dementia-friendly environments. It covers many aspects such as services, events, prayers, communications, and buildings. The key sections include:

Faith-Based Communities

Adopting a positive attitude that encourages people with dementia to do everyday activities they can probably manage.

Encouraging supportive relationships. Personal relationships and someone's social environment are central to life, regardless of age or mental ability.

Facilitating communication. People with dementia sometimes find it difficult to tell others how they are feeling and what they are thinking.

Creating an accessible physical environment.

Encourage creativity. We all thrive and flourish when we are able to exercise our own creative energy.

Become part of a local network of churches who are working on being dementia friendly. This promotes learning from others.

Resources:

The guide mentioned can be accessed at <https://faithinlaterlife.org/wp-content/uploads/2025/07/Dementia-Friendly-Church-Guide.pdf>

<https://dfamerica.org/overview/>

<https://dfamerica.org/community-toolkit/>

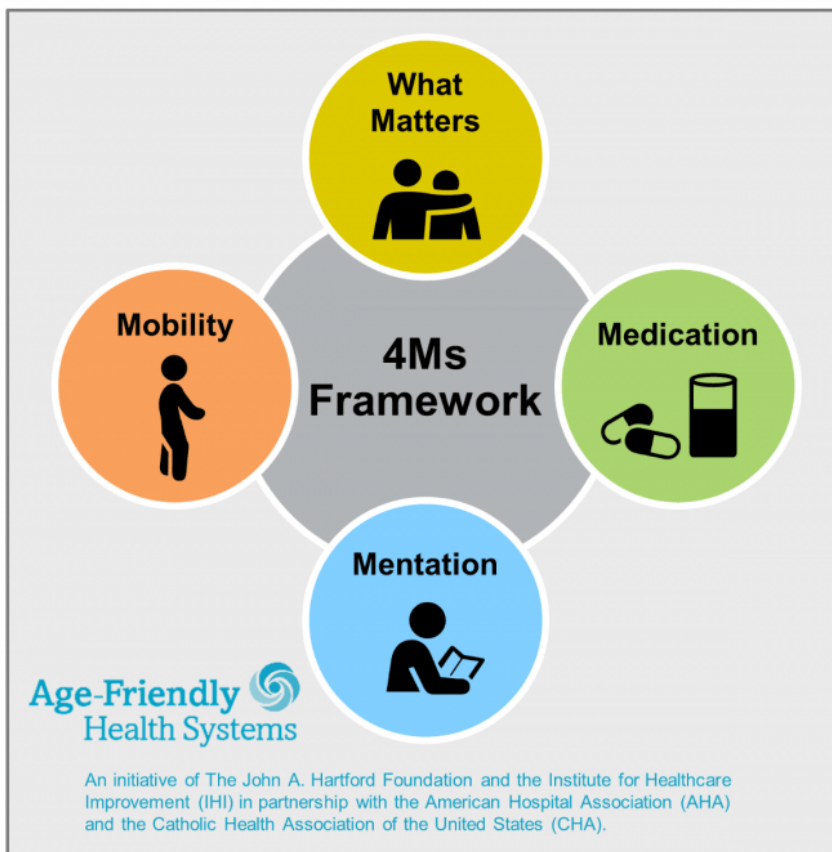
<https://pubmed.ncbi.nlm.nih.gov/24300063/>

https://www.researchgate.net/publication/352846544_Aging_Better_Together_Intentionally

Age-Friendly Health Systems (AFHS)

WANT TO BECOME AN AGE-FRIENDLY HEALTH SYSTEM?

The John A. Hartford Foundation and the Institute for Healthcare Improvement (IHI), in partnership with the American Hospital Association (AHA) and the Catholic Health Association of the United States (CHA), designed the Age-Friendly Health System framework and guidelines. An Age-Friendly Health System will follow an essential set of evidence-based practices; cause no harm; and align with what matters to the older adult and their family caregivers. Age-Friendly Health Systems commit to the elements of the “4 M’s Framework” as described below.



What Matters

Know and align care with each older adult’s specific health outcome goals and care preferences including, but not limited to, end-of-life care, and across settings of care.

Medication

If medication is necessary, use Age-Friendly medication that does not interfere with What Matters to the older adult, Mobility, or Mentation across settings of care.

Mentation

Prevent, identify, treat, and manage dementia, depression, and delirium across settings of care.

Mobility

Ensure that older adults move safely every day in order to maintain function and do What Matters.

The Institute for Healthcare Improvement (IHI) manages the recognition program for clinical care settings that are working toward reliable practice of evidence-based interventions for all older adults in their care known as the 4 M’s framework above. Age-Friendly Health System recognitions are made at the unit and/or facility level including hospitals, practices, nursing homes and convenient care clinics. There are two levels of recognition.

level 1:

An Age-Friendly Health System Participant has completed a 4 M's Care Description to outline how it will assess, document, and act on all 4 M's at its care setting. Initially, their 4Ms Care Description might represent a plan that they will assess and work towards reliably performing.

An Age-Friendly Health System — Committed to Care Excellence is working toward reliable practice of the 4 M's. They have achieved level 1 and have submitted at least three months of counts of the number of older adults that have received care that included all 4 M's.

level 2:

Eligible clinical care settings include the following:

- Hospitals
- Geriatric Psychiatry Units
- Nursing Homes
- Ambulatory Care Clinics
- Convenient Care Clinics
- Home Health Agencies
- Hospitals That Have Achieved Geriatric Surgery Verification
- Sites That Have Achieved Geriatric Emergency Department Accreditation
- Committed to Care Excellence Counts (multiple sites)

IHI provides guidelines for each of the specific eligible clinical care settings. These guidelines ensure that each setting can effectively implement the evidence-based practices outlined in the 4 M's framework, thereby promoting the best possible care for older adults across various healthcare environments.

There is no cost associated with Age-Friendly Health Systems Recognition. Thanks to generous support from The John A. Hartford Foundation, IHI offers implementation support and recognition at no cost to health systems.

When a health system has completed the recognition process, that health system will receive a toolkit that includes:

- Ideas for celebration events within your organization and community.
- A digital "badge" for email signatures, presentation slides, or print/display materials.
- Templates for communicating recognition via press releases and on social media.

IHI will also list the name of the clinical care location on the Age-Friendly Health Systems Recognition web page. IHI and The John A. Hartford Foundation may also celebrate recognized care locations in press releases, on social media, and in other settings.

Resources:

[Age-Friendly Health Systems Recognition Process and Forms](#)
[Getting Started on Age-Friendly Health System Recognition](#)

Age-Friendly University Global Network

WANT TO BECOME AN AGE-FRIENDLY UNIVERSITY?

The Age-Friendly University Global Network is an association of higher education institutions committed to promoting positive and healthy aging and enhancing the lives of older members of the global community through innovative educational programs, research agendas, curriculum development, online education, health and wellness activities, arts and culture programs and civic engagement opportunities. The network is committed to creating an age-friendly, age-inclusive world as well as to advancing the unique contributions institutions of higher education can make in a globally aging world. The Secretariat for the Age-Friendly University Global Network is Arizona State University.

There are three steps in the process for becoming an Age-Friendly University.

- Develop an Age-Friendly University Working Group & Identify Age-Friendly University Champions
- Obtain Institutional Support and Commitment to the Age-Friendly University Principles
- Complete the [Age-Friendly University Application](#)

There is no cost to join the Age-Friendly University Global Network.

Applications submitted to the Global Secretariat are reviewed Bi-Monthly at the Executive Council Meeting. The University's Age-Friendly Champion and University Administrator will receive an electronic letter from the Secretariat with the decision and next steps.

Resources:

<https://www.afugn.org/frequently-asked-questions>

<https://www.afugn.org/>

“MSU’s inclusion in the Age-Friendly University Global Network reflects our long history of taking care of what matters for people across the life course. We are building new learning opportunities and degree programs for those who can’t get to campus, including older adults. As a gerontologist who studies healthy aging, these developments make me beam with pride that our Institution centers the importance of engaging all people regardless of their position in the life course or geographic location.”

-David R. Buys, PhD, MSPH, CPH, FGSA, Interim Head of Campus | MSU-Meridian, Associate Vice Provost | Health Sciences, Primary MSU Liaison | Mississippi Center for Clinical and Translational Research, Mississippi State University.

Age-Friendly University Principles

1

To encourage the participation of older adults in all the core activities of the University, including educational and research programs.

2

To promote personal and career development in the second half of life and to support those who wish to pursue second careers.

3

To recognize the range of educational needs of older adults (from those who were early school-leavers through to those who wish to pursue Master's or Ph.D. qualifications).

4

To promote intergenerational learning to facilitate the reciprocal sharing of expertise between learners of all ages.

5

To widen access to online educational opportunities for older adults to ensure a diversity of routes to participation.

6

To ensure that the university's research agenda is informed by the needs of an aging society and to promote public discourse on how higher education can better respond to the varied interests and needs of older adults.

7

To increase the understanding of students of the longevity dividend and the increasing complexity and richness that aging brings to our society.

8

To enhance access for older adults to the university's range of health and wellness programs and its arts and cultural activities.

9

To engage actively with the university's own retired community.

10

To ensure regular dialogue with organizations representing the interests of the aging population.

Age and Dementia Friendly Businesses

According to AARP, an “age-friendly business considers the needs of older adults and creates a barrier-free environment that enables people of all ages and abilities to visit, shop and fully access the location’s spaces and use the offered services.” Any business can become age-friendly on its own. Businesses are encouraged to become a part of the age and dementia friendly community work in their areas. They can also review the Dementia Friendly America (DFA) Readiness and Recognition Criteria at [this link](#).

<https://dfamerica.org/wp-content/uploads/2025/01/Dementia-Friendly-America-Joining-the-National-Network-FINAL-1.2025.pdf>

What are the potential benefits of a business becoming age-friendly and marketing themselves in that way?

- Businesses that adapt their services and physical locations to be age-friendly can expand their customer base and revenue, while helping older adults remain active and live independently.
- Most adults (96 percent) are grandparents by age 65, and grandparents spend a collective \$179 billion annually on their grandchildren — the average spent is \$2,562.3.
- Nearly 40 percent of people aged 70 or older use an assistive device (such as a walker) to meet their self-care and mobility needs; more than 50 percent have a toilet-related modification (such as grab bars or a raised toilet seat) in their home. Accommodating differing mobility and other needs can be crucial to a business’s success.

What does a business need to do to be recognized as age-friendly? Activities will vary by business, but some examples include:

- Business doors are easy to open
- Clients can comfortably navigate and move within the shop, eatery or office
- Bathrooms are accessible for people with mobility issues
- Glass doors are clearly marked for safety
- Signage and symbols are understandable, visible and legible
- Noise levels promote hearing and speaking
- Lighting is neither too dim nor too bright
- Customers can sit while waiting for service or for a brief rest
- Staff are respectful, helpful, and patient

A good example of a tool to assess whether a business is age-friendly was developed in the city of Boston, Massachusetts. The checklist can also be found at this link <https://www.boston.gov/sites/default/files/document-file-04-2018/af-df-business-checklist.pdf>

Resources:

<https://www.aarp.org/livable-communities/network-age-friendly-communities/info-2022/businesses.html>

<https://www.aarp.org/livable-communities/network-age-friendly-communities/business-examples/>

Certified Age Friendly Employer (CAFE)

**WANT TO BECOME
A CERTIFIED
AGE-FRIENDLY
EMPLOYER?**



The Age-Friendly Institute's non-profit-generating Certified Age Friendly Employer (CAFE) program is the world's leading certification program that identifies organizations committed to being the best places to work for employees fifty years of age and older. Since the Certified Age-Friendly Employer (CAFE) Program was created in 2006, hundreds of leading companies and organizations have earned the distinction of being recognized as a Certified Age Friendly Employer. There are CAFE employers on Five continents. A list of the employers who have received this certification can be located at <https://institute.agefriendly.com/initiatives/certified-age-friendly-employer-program>.

A Certified Age-Friendly Employer is one who:

- Values employees based on proficiency, qualifications, and contribution
- Maintains policies, practices and programs supporting people fifty years of age and older
- Values employee knowledge, maturity, reliability, and productivity
- Commits to meaningful employment, development opportunities and competitive pay and benefits for employees fifty years of age and older

Step 1: Letter of Interest

Employers may submit a letter of interest via the Online Portal.

<https://institute.agefriendly.com/initiatives/certified-age-friendly-employer-program>.

Step 2: Process Review Discussion

An Age-Friendly Institute staff member will contact the employer to explain the CAFE certification program and the evaluation process in its entirety.

Step 3: Evaluation Questionnaire

Participating employers are asked to submit answers to a confidential employer evaluation worksheet regarding recruiting and employment policies, practices, and programs. This evaluation encompasses the twelve categories of known best practices related to age-friendly employers.

Step 4: Program Review

The employer's questionnaire submission is reviewed by the Age-Friendly Institute's HR, Compensation and Benefits analysts and follow up discussions are held as appropriate to ensure accuracy and validity. Additional material or information may be requested.

Step 5: Certification

The certification process typically takes 2-3 weeks after submission of an application. Those organizations who do not receive certification are invited to apply again in one year.

Step 6: Recognition

Certified employers are listed on the Age-Friendly Institute's website and other promotional vehicles. Certified employers are encouraged to place the seal on their own career sites, on postings at other online sites and in appropriate marketing collateral. They are also encouraged to communicate the designation to current employees, using internal newsletters and by prominently displaying their CAFE Plaque in their company locations.

Step 7: Training for Managers

Post-certification, the Age-Friendly Institute offers educational opportunities for managers about age bias, why addressing it matters and why the specific organization has earned the Certified Age-Friendly Employer (CAFE) designation.

Step 8: Renewal and Recertification

Recertification is completed every twenty-four months. Employers seeking to maintain the currency of their certification are assured of a scheduled review.

CAFE certification offers the employer a CAFE Analytics Report on the organization within its industry and region. This can be used to set a baseline for improvement in Human Resources, compensation, and benefits-oriented age-friendly standards.

CAFE certification also hosts a network which includes institute analysts and executive-level members of the worldwide CAFE community at invitation-only, virtual, and in-person round-table events.

CAFE certification provides the employer the opportunity to obtain license to use CAFE seal on marketing, employee collateral and job postings.

Resources:

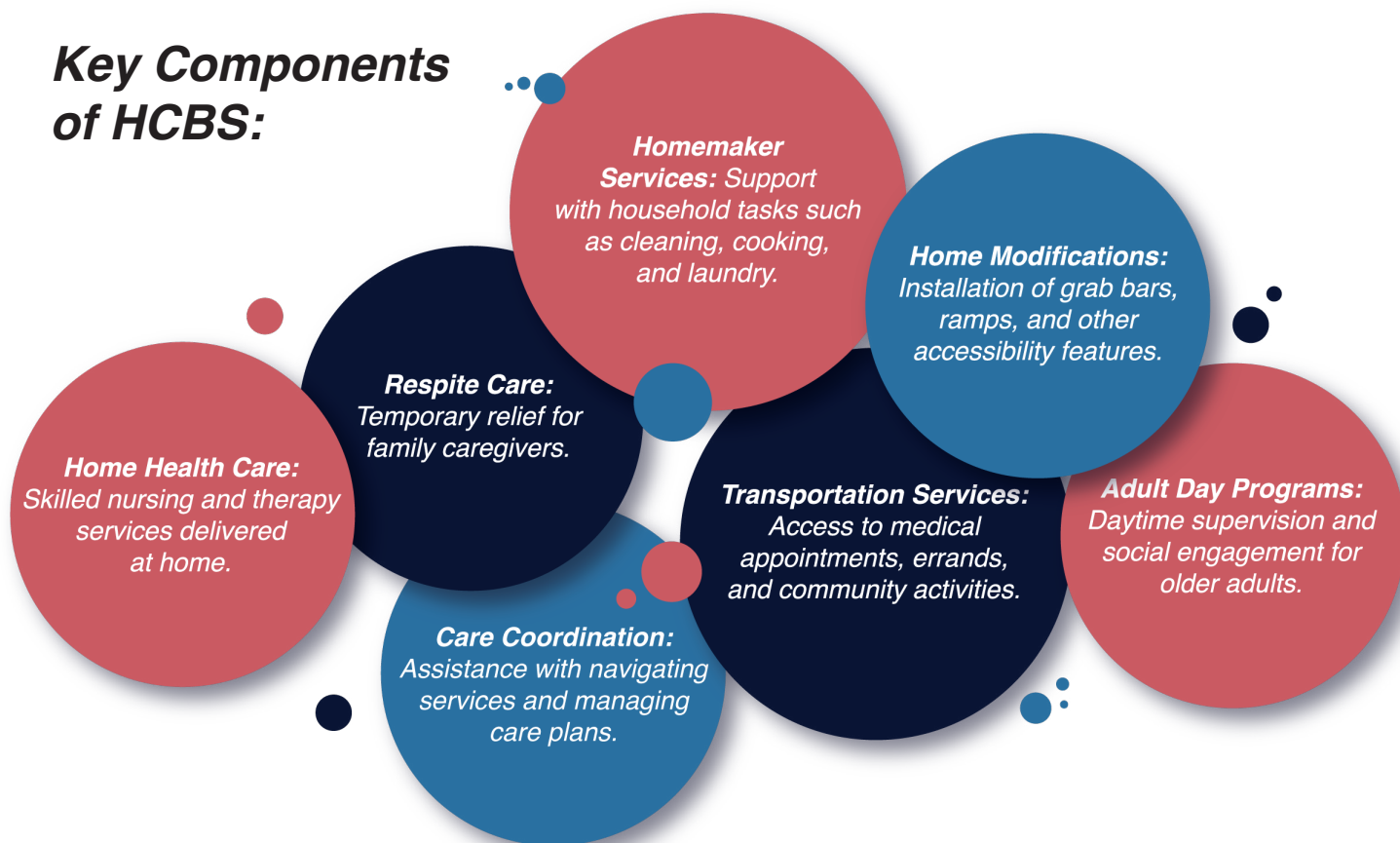
<https://institute.agefriendly.com/initiatives/certified-age-friendly-employer-program>

<https://institute.agefriendly.com/connect/become-a-partner>

Home and Community-Based Services

For the purposes of this toolkit, home- and community-based services (HCBS) are described as a variety of types of person-centered care delivered in the home and community. These services may be provided by government agencies, nonprofits, health systems, or other types of organizations. HCBS are often designed to enable people to stay in their homes, rather than moving to a facility for care and generally fall into two categories: health services and Human Services. Additionally, HCBS programs may offer a combination of both types of services and do not necessarily offer all services from either category. Home and Community-Based Services (HCBS) are vital to an age-friendly ecosystem, enabling older adults and individuals with disabilities to live independently in their homes and communities. These services reduce reliance on institutional care and promote dignity, autonomy, and quality of life.

Key Components of HCBS:



Mississippi-Specific Examples
Mississippi offers a robust array of HCBS through the Mississippi Department of Human Services (MDHS) and local Area Agencies on Aging (AAA):

Respite Vouchers:
Family caregivers can receive up to \$300 to pay for temporary care through an in-home agency, adult day center, or private provider.

Homemaker Services:
Includes grocery shopping, meal preparation, kitchen and bathroom cleaning, laundry, and light housekeeping.

Transportation Assistance:
Locally organized programs help older adults travel to medical appointments, run errands, and attend social events.

Information and Referral Services:
Outreach coordinators and MAC Centers help older adults and caregivers find and access services.

Family Caregiver Support Program:
Offers counseling, supplemental services, and help with accessing resources for unpaid caregivers.

Case Management:
Trained professionals conduct assessments and develop personalized care plans.

“Home and community-based services are the cornerstone of an age-friendly state. They empower older adults to live independently, maintain their dignity, and stay connected to their communities. By providing personalized support and fostering social engagement, these services not only enhance the quality of life for our old adults but also strengthen the fabric of our society.”

-Ken Yada Blake-Washington, Division of Aging and Adult Services Director, Mississippi Department of Human Services.



**BENEFITS IN AN
AGE-FRIENDLY
ECOSYSTEM**

Improves Health Outcomes: Encourages preventive care and early intervention.

Supports Aging in Place: Reduces the need for institutional care.

Cost Savings: More affordable than long-term facility care.

Empowers Caregivers: Provides essential tools and relief.

Promotes Equity: Services are available across urban and rural communities.



**IMPLEMENTATION
STRATEGIES**

Partner with local AAAs and MAC Centers to expand outreach.

Advocate for Medicaid Waivers and state funding to support HCBS.

Train and retain a qualified direct care workforce.

Use assistive technology to enhance independence.

Ensure cultural and linguistic accessibility in service delivery.

For additional information please see the next page from the Mississippi Department of Human Services, with contact details and information on access.



HOME AND COMMUNITY-BASED SERVICES

Home and Community-Based Services help older individuals continue to live in their homes independently while maintaining their dignity and self-worth. Services include help around the house, financial aid, and transportation options.

RESPIRE VOUCHERS

Respite Care is the temporary care of a sick, elderly, or disabled person, providing relief for their usual caregiver. Vouchers may be used to pay an in-home care agency, an Adult Day Center, or a private individual to provide respite care. Approved family caregivers can get up to \$300 from the first voucher.

Respite care is available for anyone who is providing unpaid care for a dependent person of any age with a significant disability or chronic illness requiring 24/7 care.

HOMEMAKER SERVICES

The main goal of Homemaker Services is to provide the older Mississippians an opportunity to continue living independently. Homemakers aid with daily activities and assist with other things as well.

Below is a list of just some of the services provided by the Homemakers program:

- Grocery Shopping
- Meal Preparation
- Kitchen Cleaning and Organization
- Cleaning and Organizing Bathrooms
- Vacuuming and Sweeping
- Laundry

TRANSPORTATION

Transportation Services around Mississippi are locally organized efforts which help older adults get to medical appointments, run errands, and participate in recreational activities.

To find out more information about receiving these services, please contact your local Area Agency on Aging (AAA) to receive assistance.

INFORMATION AND REFERRAL/ASSISTANCE

Through this service, older adults and their caregivers can obtain information to make informed decisions regarding long-term services and programs.

This service also will help people locate services near them and find out if they qualify.

OUTREACH COORDINATORS

Outreach Coordinators seek out older adults to educate and connect them with services that may be available to them. This service, like Information and Referral/Assistance, is an essential tool for ensuring the aging population knows about available programs and services.

FAMILY CAREGIVER SUPPORT PROGRAM

The Family Caregiver Support Program provides support to unpaid caregivers providing care in a private setting. Below is a list of some of the services provided to support these caregivers:

- Information about available services
- Assistance in gaining access to services
- Individual counseling
- Respite
- Supplemental services

CASE MANAGEMENT

Case managers help older adults develop a care plan by identifying their needs through a comprehensive assessment.



FIND WHAT YOU NEED

To see more information and find the program(s) that best meets your needs, please scan the QR code or visit <https://www.mdhs.ms.gov/adults-seniors/services-for-seniors/>



SCAN HERE

To contact your local MAC Center, or visit <https://www.mississippiacesstocare.org/help-info/about-mac-centers>

Healthy Aging Champions

WANT TO BECOME A HEALTHY AGING CHAMPION?

With generous support from AARP MS, a healthy aging champion program was established in collaboration with the MS State Department of Health and the Mississippi Public Health Association (MPHA). A Healthy Aging Champion is a volunteer who learns about various healthy aging topics in Mississippi and shares that information with their families, churches, and in their local communities. Healthy Aging Champions bring important and accurate information to local communities across Mississippi, and they also network with each other to share best practices. Training is provided to the volunteers on a monthly basis. Healthy Aging Champions are recognized on the MPHA website; in various publications; and at various public health conferences.

To volunteer to become a **Healthy Aging Champion**, an individual should complete the form which can be accessed at the link below or by scanning the QR code.

<https://forms.office.com/g/yC6FiyPmg4>



“Mississippi’s Healthy Aging Champions serve as a significant component of our age-friendly work across all sectors. Because they are from the communities they represent, they bring the best of the local perspectives to this work.”

Dr. Kaye Bender, Mississippi Public Health Association

