

PORTSMOUTH COMMUNITY HEALTH PROFILE

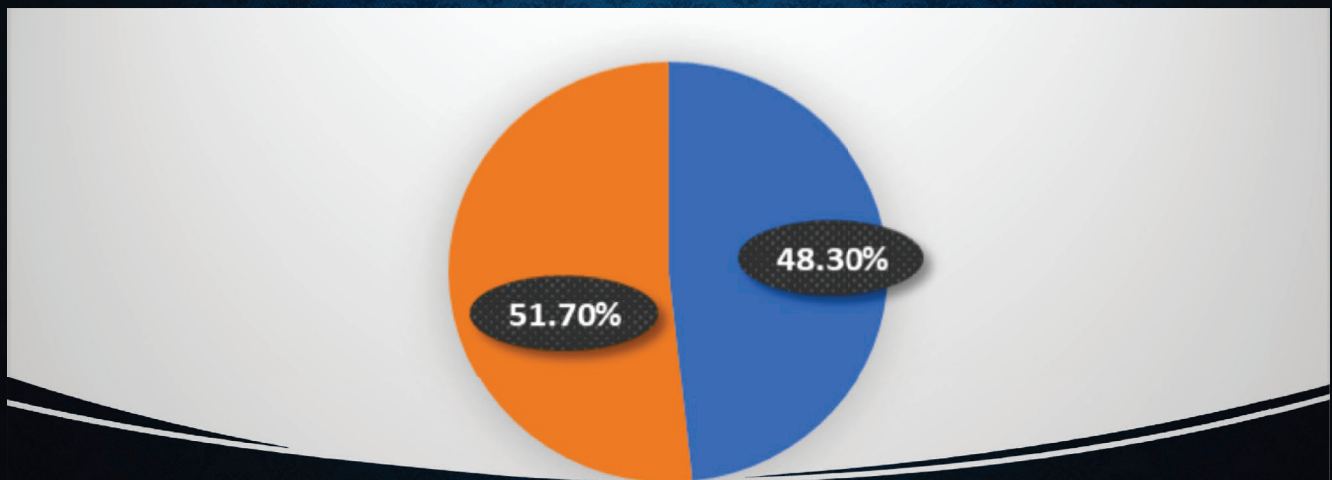
DEMOGRAPHICS

Kim McNamara

Director, Portsmouth Health Department

February 14, 2023 Covid Recovery Task Force Update

PORTSMOUTH GENDER

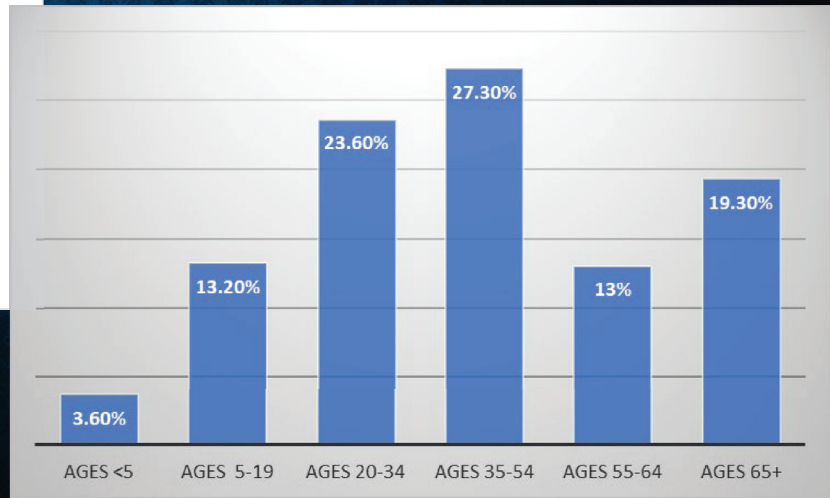
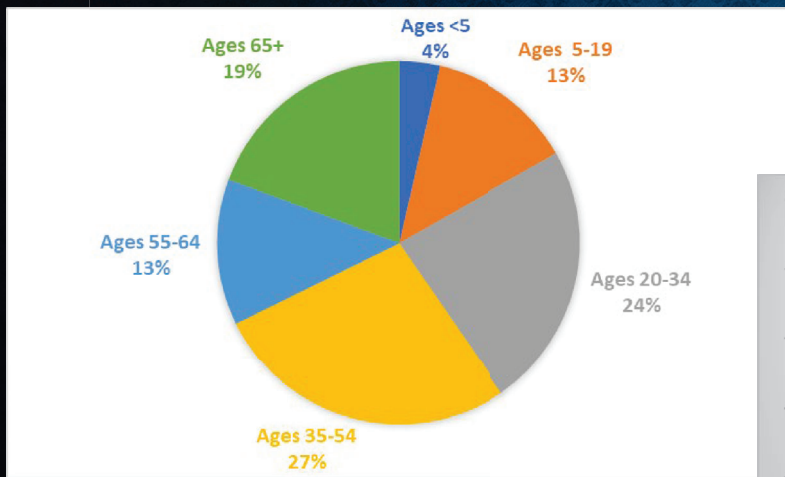


Female 51.7%

Male 48.3%

Source: U.S. Census: American Community Survey (2020)

PORTSMOUTH AGE DISTRIBUTION



Source: U.S. Census: American Community Survey (2020)

COVID EFFECTS & RECOVERY NEEDS

- **Child Care** - Parents can't go back to work without safe, consistent childcare. Daycares are suffering from a constant lack of adequate staff to operate within required, safe, staff: child ratios. Loss of a single staff person can close classrooms. Recovery requires paying enough to attract and retain adequate and qualified staff, including providing benefits to keep this workforce healthy. Affordable housing and transportation also play a role.
- **Support Services for persons with IDD** - Supervision and support is often required around the clock, without a direct care workforce, many persons with IDD have been isolated and languishing since early 2020, unable to even do simple activities because of a lack of support staff, and many have higher risk factors for severe outcomes of Covid infections. This field suffers chronic workforce shortages with high staff turnover, often producing low quality, inadequately trained staff, to provide support and skill development to this highly vulnerable group which often needs lifelong, skilled support and advocacy. Families who must now provide all of the care and supervision, and be the sole advocates to protect services and quality to their family members are exhausted and under emotional and financial strain. Recovery requires financial assistance to open supervised residential programs in secure housing, provide inclusionary supports in local recreation and arts and cultural opportunities, local employment and social opportunities, and local championing of legislative changes on a state level. Affordable housing and transportation also play a role in increasing inclusion and independence for this group.

COVID EFFECTS & RECOVERY NEEDS

- **Substance Use Disorders** – Covid has created isolation and a disruption in recovery services, creating high risk. Recovery requires expansion of a continuum of support from emergency intervention to peer support services and sober transitional housing.
- **Isolated seniors** – Covid has left many seniors without necessary personal care and in-home support services. Continued concerns over circulating virus causes continued isolation of seniors, particularly those with mobility or resource constraints. Recovery requires an expansion of the home health care workforce, accessibility repairs to aging homes, and a system of well-checks.

DISPROPORTIONATELY AFFECTED SENIORS – PORTSMOUTH

- Exacerbated by Covid-19, more seniors are being found in high risk situations, too often with poor outcomes. These seniors often have higher and more complex needs than pre-Covid, as supports, resources and services continue to be diminished through Covid recovery.

EXAMPLES OF RECENT SITUATIONS ENCOUNTERED - SENIORS

- Persons living in insanitary conditions that are not discovered or reported until they are discovered by emergency services and reported to the health department or the NH DHHS BEAS.
- Disabled adults and seniors that are living with and cared for by other disabled or medically frail persons. This includes persons with advanced dementia and multiple debilitating or end stage diseases.
- Seniors that are not able to complete applications for Medicare or Long Term Care facilities. Reasons include: Regulations preventing application to services in more than one state at a time, overwhelming living situations that make simple daily tasks impossible (substandard housing, lack of transportation, caring for other person with high needs, not able to understand the process or remember to complete the process, substance misuse, unmet mental health needs).
- Persons in fragile situations leading to hospitalization, being discharged into those same unsafe conditions.
- Seniors who live in their family homes, becoming disabled with age or injury and the homes are no longer safe for their needs. Ex: seniors in wheelchairs in inaccessible homes.
- Misplaced seniors; elderly or highly disabled, persons suffering dementia and mental illness found in homeless shelters or public housing without the necessary assistance or supervision.

EFFECTS ON THE COMMUNITY - SENIORS

- **Low quality of life and unsafe living situations leading to increased morbidity and mortality for some Portsmouth residents**
- **Increased costs for emergency services**
- **Increased costs of avoidable hospitalizations and surgeries**
- **Potential increased costs for City Welfare**
- **Increased City Departments' time spent on Case Management-type services traditionally provided by others**

POSSIBLE CONTRIBUTING FACTORS SENIORS

- Possible Contributing Factors
 - Lack of interaction with the larger community that would normally intervene or report these incidents sooner.
 - Loss of local Case Management services that can assist in applications for federal benefits, long term care, and other services.
 - Loss of funding for BEAS to assist in hoarding/repair/nuisance removal.
 - Reporting of conditions to state agencies does not generate an immediate response; limitations on state intervention.
 - Persons with clear cognitive deficits not being identified by the medical community.
 - Shortage of Medicare beds in long term care facilities.
 - Shortage of safe, adequate & appropriate housing
 - Lack of planning for the aging Intellectual and Developmentally Disabled population.
 - Difficulty/lack of legal guardianship.

POTENTIAL SOLUTIONS - SENIORS

- Restore local broad case management services.
- Well-checks completed on all residences in public or supervised housing, even if a member of that household has been seen.
- Public messaging to check in on family, friends, neighbors and what to do if there are concerns about their living safely.
- A system of guardianship appointment that is responsive and easy to navigate.
- Long term care facilities including in community development planning
- Supportive housing for seniors with IDD included in community development planning

COVID EFFECTS & RECOVERY VULNERABLE POPULATIONS

- Seniors
- Intellectually & Developmentally Disabled
- Childcare
- Child health
- Housing Insecure
- Food Insecure
- Mental Health Services
- LGBTQIA+ Community
- Minority Populations
- Disabled Populations
- Veterans
- Recovery Community
- Lower Economic Resources
- English Second Language Speakers
- Others Identified

Portsmouth Health Department Needs and Support for Public Health Non-profits Requests	Disproportionately Affected Residents Supported	TOTAL
Portsmouth Health Department Needs		
Assistance for Community Health, Vulnerability and Needs Assessments (Jennison & CHI)	All Residents	\$63,203.32
Additional future expenses as identified by Vulnerability & Needs Assessment/ Community Profile	TBD	\$3,000,000
	Total Health Department Request	\$3,063,203.32
In Support of Non-Profits Serving Disproportionately Impacted Populations		
Multiple applications for Recovery Services	Substance Use Disorders	\$1,456,000
IDD Supportive Housing and Programming	Intellectually & Developmentally Disabled	10,000
Health & dental care, family support services	Low-income, Special Needs	500,000
Mental Health Services	Mental Health Needs	\$233,420
Homeless/Housing insecure	Homeless	TBD
Minority organizations	Minorities	TBD
summer camp music and arts + ongoing lessons *Coord with School ESRA Funds***	Low Income Children	\$30,000
increase pay to attract/retain staff and add Diversion Program staff *Coord w/ PD	At-Risk Children & Youth	\$173,712
IDN Region 6- Regional Social worker/case management: 3 staff social workers *Coord w/ multiple	All At-Risk Residents	Out of Business
ESOL Family Support *Coord w/ School	English Second Language Speakers	TBD
HIV support services	Persons with communicable disease	TBD
Recovery Community Organization	Case Management Svcs	345,000
Sexual assault services	Sexual Assault Victims	
Child Care	Children/Families with Young Children	204,912.50
	Total Non-Profits Requests (Requested Spring 2022)	\$2,953,044.50
	Total Requests to Date	\$5,518,045