

Olmstead Plan Update

Olmstead Consumer Task Force Meeting: September 12, 2025

Katie Damon katie.damon@hhs.iowa.gov

Laura Leise laura.leise@hhs.iowa.gov

Olmstead Publish Target Date: February 2026

HHS Data & Goal Identification process: April 2025 – September 2025

- HHS staff identified available data actively being collected in several HHS divisions which had a disability component.
- The identified data was also cross walked with other Iowa State Plans such as State Health Assessment and the State Plan on Aging, Title V
- Data was placed into a spreadsheet and sorted into three categories as follows:
 - Access to Care Indicators
 - Health & Social Indicators
 - Economic Stability/Community Integration

NOTE: Data relevant to prevalence of disability was used to inform the three above identified categories

- HHS gathered staff members to assist in identifying data that will have the most impact in determining measurable goals for the Olmstead Plan. HHS used surveys, highest indicators and other collaboration efforts to ensure all the gathered information was considered. These efforts are meant to ensure the data being used to measure Olmstead goals is best related to the needs of individuals with disabilities.

Top data indicators of Olmstead plan development process

- Access to Care Indicators
 - Not seeing a doctor because of costs for 22- to 59-year-olds
 - Lack of providers dental care most disparity for people with disabilities
 - Increase of children ages 9 to 35 months who complete a standard developmental screening tool
- Health & Social Indicators
 - Prevalence of depression/anxiety
 - Substance use
 - Dental Care in last year
 - Loneliness and social support
 - Access to Mental Health Providers
- Economic Stability/Community Integration
 - Employment for working age people with disabilities

- Reduced work hours/underemployment for individuals with disabilities
 - Adverse Child experiences
 - Poverty
 - Loneliness and social supports
 - Food Insecurity
 - Housing instability

NOTE: Impact/Momentum survey was used to prioritize indicators

Measurable Goals Identified for Iowa's Olmstead Plan

- **Economic stability**, two primary goals were identified.
 - **Goal #1** - Increase access to employment opportunities and stable jobs for individuals with disabilities, as employment received the highest scores.
 - **Goal #2** - Aims to enhance the availability of affordable and stable housing and transportation options. This goal aligns with aging objectives while addressing some economic stability issues for the younger population as well.
- **Access to care** - one primary goal identified
- **Goal** - the highest-scoring indicators in this category were linked to developmental screenings for children under 21. The identified goal is to Increase the number of children who receive developmental screening and are connected with wellbeing resources and services, which also corresponds Iowa's Title V plan.
- **Social and health indicators**- one primary goal identified
 - **Goal** - the leading concern was related to depression and anxiety. The team also noted loneliness, and social support emerged a key indicator in both economic stability and social/health categories. Given that loneliness and social support are not only pertinent to the Olmstead categories but also significantly connect to aging goals, it was determined to focus the goal on enhancing community connections and supporting socially isolated individuals, which in turn could impact the depression and anxiety measures. The identified goal is to increase community connections and support of socially isolated individuals.

Crosswalk of the drafted Olmstead goals

- Olmstead goals alongside the objectives in the multi-sector plan and the state plan on aging.
- Notably, the crosswalk reveals two shared goals between aging and disability: one concerning housing and another focused-on community connections and social isolation. The Olmstead plan also includes two unique goals specific to the disability population that are not found in the aging plans.

State Health Assessment Priority	Olmstead	Multi Sector Plan	State Plan on Aging
Access to Care	Goal: Increase the number of children who receive developmental screening and are connected with wellbeing resources and services.	Goal: Increase the number of available and inclusive health and human services	Goal: Maximize Independence - Older adults have access to high quality, equitable and person-centered services that maximize independence, community integration and self-sufficiency
Economic Stability and Income	Goal: Increase access to employment opportunities and stable employment for those with disabilities	Goal: Increase the number of affordable and accessible housing and transportation options	
Housing	Goal: Increase the number of affordable and stable housing and transportation options	Goal: Increase the number of affordable and accessible housing and transportation options	
Mental Health and Mental Disorders	Goal: Increase community connections and support of socially isolated individuals	Goal: Increase community connections and support of socially isolated individuals and family caregivers	Goal: Stay Engaged and Supported - Older adults are supported by formal and informal caregivers of their choice and have social connections



			within their communities
Active Living and Healthy Eating			Goal: Improve Health and Wellness - Older adults are empowered to utilize programs that improve their health and wellness

Olmstead & other State Plan Intersection Principals

- Disability Can Begin at Any Age
 - **From Birth (Congenital):** Some people are born with disabilities, such as cerebral palsy, Down syndrome, or spina bifida.
 - **Acquired in Childhood or Adulthood:** Disabilities may result from accidents, illnesses (like cancer or stroke), or chronic conditions (like multiple sclerosis or arthritis).
 - **Age-Related:** As people age, they are more likely to experience disabilities due to natural declines in physical or cognitive function.
- The goals identified in Iowa’s Olmstead Plan are intended to ensure all individuals with disabilities are represented