



U.S. SENATE SPECIAL COMMITTEE ON AGING

AGING ACTION REPORT

FROM RANKING MEMBER TIM SCOTT

DEAR FRIEND,

I have been around amazing caregivers my entire life, including my mother Francis Scott, who was a nurse's assistant. Their compassion is why I am dedicated to developing innovative ways to provide the care and support Americans need. Patients and families want flexibility for patient-centered, self-directed care—not government-directed bureaucracy. And I know we can provide more resources, information, and collaboration from the local-level up to ensure the highest continuum of care.

Tremendous work is being done at the state level, including in South Carolina, to provide care for seniors without leaving them destitute and struggling. But there is more to be done. My Senate colleagues and I owe it to our constituents to make sure they can all age with grace, dignity, and adequate caregiving.

RANKING MEMBER TIM SCOTT



AGING HEARING DEBRIEF: 21ST CENTURY CAREGIVING

On Thursday, June 17, Ranking Member Tim Scott and members of the U.S. Senate Special Committee on Aging heard from a panel of witnesses about caregiving during the 21st century and ways to support workers, family caregivers, seniors, and people with disabilities. In his opening statement, RM Scott noted America's increasing aging population and the need to prepare for the challenge of providing quality care now, and into the future. He commented on the Democrats' insufficient plan for giving care and highlighted better ways forward that focus on giving caregivers flexibility and recipients quality, tailored care.

The committee welcomed Stephanie Blunt, executive director of Trident Area Agency on Aging, as witness. Blunt testified to her vast experience serving the caregivers and older adults of South Carolina.

SCOTT REQUESTS REPORT ON STATE OF SENIOR DEBT

Ranking Member Scott joined Chairman Bob Casey and Senator Susan Collins in requesting the U.S. Government Accountability Office (GAO) review the implications of personal debt for the retirement security of workers and their families. The GAO released the report, "Retirement Security", in late May revealing that older Americans held nearly half of the total debt in 2020 and significantly more debt than in 1989. They also found that low-income, older Americans had greater "debt stress"—the ratio of debts to assets.



SCOTT RELEASES REPORT, EXPANDING HCBS OPPORTUNITIES FOR OLDER AMERICANS

Ranking Member Tim Scott released a report titled “Expanding Opportunities for Older Americans: Self-Directed Home & Community Based Services.” The report highlights the inadequate and disastrous policies proposed by the Biden administration and offers a better path forward where caregivers and recipients are empowered to make informed decisions about the services they want and need.

“Caregiving is a deeply personal issue, and policymakers have an obligation to get it right. Bold reform can boost seniors’ quality of life, support caregivers, and tackle new challenges.” said Ranking Member Tim Scott. “However, pushing \$400 billion into an inflated and unaccountable program misses the mark for productive reform.”

The report finds that the federal government has increased spending on caregiving in recent decades. The American Rescue Plan strongly incentivized states to increase Medicaid spending overall and to spend more of that money on Home & Community Based Services (HCBS). Yet, sharp rises in HCBS spending have not reduced care costs over time.

An effective alternative to the administration's proposal would enable older Americans and their caregivers to manage their budgets while building on the success of self-direction.

Read the full report on our website: **AGING.SENATE.GOV.**

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THE SWEET TEA

Data collected by the National Health and Aging Trends Study shows that adults who have significant difficulty falling asleep and experience frequent night awakenings are at high risk for developing dementia and other serious conditions, such as diabetes, stroke, and cardiovascular disease.

To reduce your risk, the CDC suggests...

- Eat a well-balanced diet, exercise, and stay mentally active.
- Practice good “sleep hygiene” and follow a bedtime routine.
- Aim for 7 to 10 hours of sleep each night.



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