



# CA Master Plan For Aging: Craft it Your Way, Contra Costa

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June 24, 2021

9:30 – 11:30 am



## Healthcare access barriers for working-age adults include

**1 in 3**

adults with disabilities  
(18-44 years)

do not have a  
usual healthcare  
provider



**1 in 3**

adults with disabilities  
(18-44 years)

have an unmet  
healthcare need  
because of cost  
in the past year



**1 in 4**

adults with disabilities  
(45-64 years)

did not have a  
routine check-up  
in the past year



**Making A  
DIFFERENCE**



# Housekeeping

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**“Active Speaker” view is recommended.** Switch your view by selecting the icon at the top right-hand corner of your screen.



**Please remember to keep your audio muted** to limit background noise and interruptions.



**Engage with attendees and presenters** at any time through the chat feature.



**We will be launching polls throughout the session.** Please be sure to respond to poll questions when they appear.



**Closed captioning is available.** Enable subtitles by selecting the “CC” icon at the bottom of your screen.



**This presentation is being recorded.**

# Agenda Overview

- I. Keynote Address
- II. Key Elements of the Master Plan for Aging
- III. Concurrent Breakout Sessions
  - 1. Housing for All Ages & Stages
  - 2. Health Reimagined
  - 3. Inclusion & Equity, Not Isolation
  - 4. Caregiving That Works
  - 5. Affording Aging
- IV. Message from Congressman Mark DeSaulnier
- V. Session Report Out & Discussion
- VI. Next Steps



# Dr. Louise Aronson, MD, MFA

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Practicing Geriatrician, Writer, and Professor  
of Medicine at UCSF

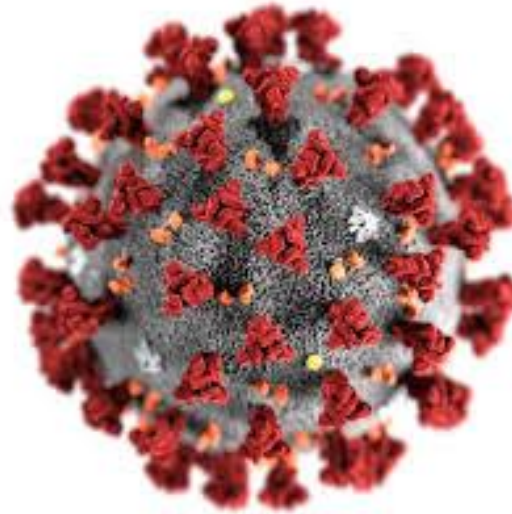


**AGEISM:**

# The Master Plan in Context

Louise Aronson MD MFA  
Division of Geriatrics  
University of California, San Francisco

# Age Matters....



## Death by Age Group

Data as of 6/9/2021	Total	2021	2020
65-and-over age group	45-64 age group	Under 45 age group	
79.7% (467,294 deaths)	17.6% (103,456 deaths)	2.7% (15,909 deaths)	

# ...But Age Isn't Everything

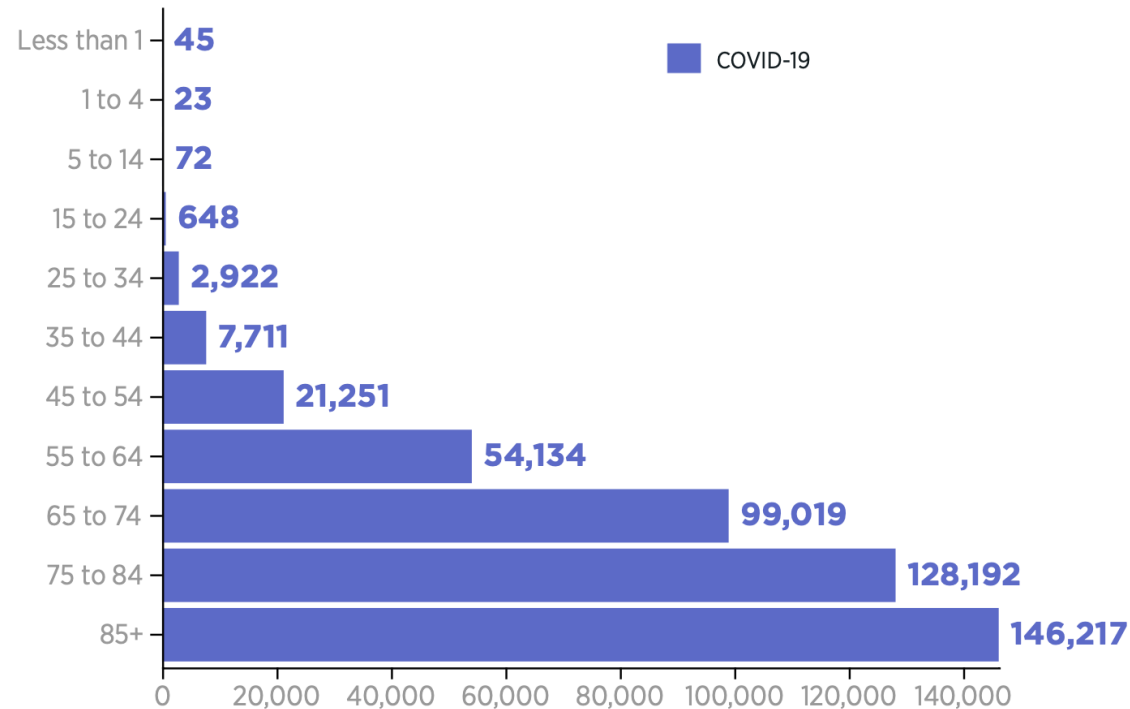
Covid19 Mortality Differences for Ages 75-84 Compared to Non-Hispanic

Whites	Rate Diffs	95% CI
Black	889.1	861.2, 917.0
Latinx	535.8	511.3, 560.4
Native	205.8	133.2, 278.4
Asian PI	146.9	122.7, 171.0

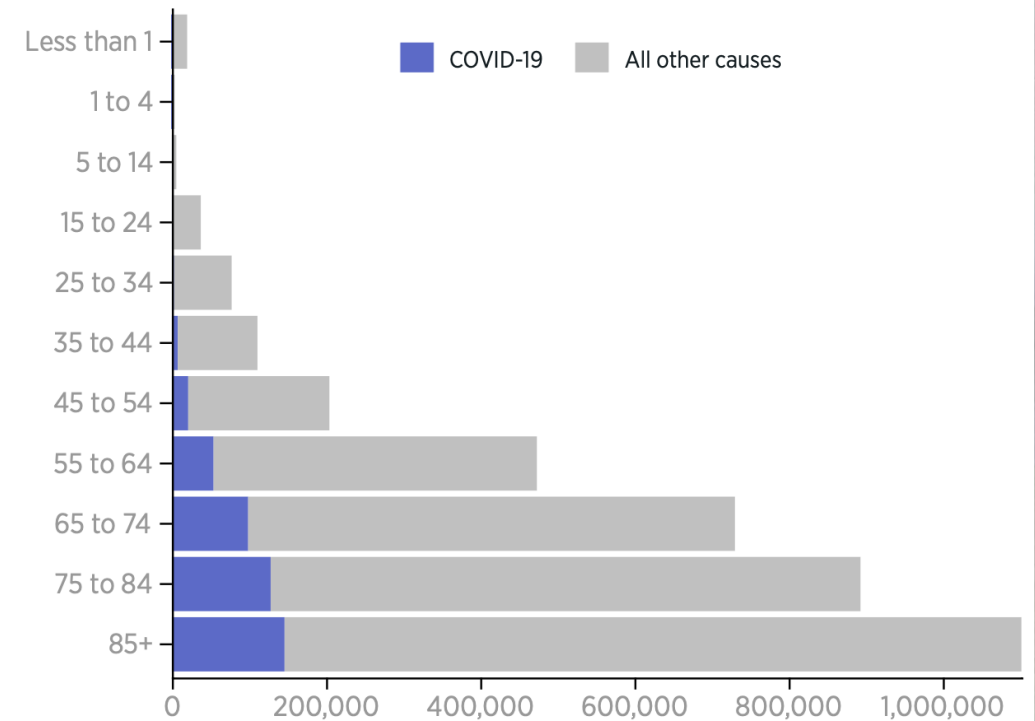
all  $p < 0.001$

# Old Age 2021

Age in years



Age in years



# Old Age 2021



Ageism is “[a] process of systematic stereotyping or discrimination against people because they are old, just as racism and sexism accomplish with skin color and gender. Ageism allows the younger generations to see older people as different than themselves; thus they subtly cease to identify with their elders as human beings.”

- Robert Butler, MD 1975

IDEAS • COVID-19

## The Road to Recovery: How Targeted Lockdowns for Seniors Can Help the U.S. Reopen



**Bethany S. Mandel**  @bethanyshondark · May 6

You can call me a Grandma killer. I'm not sacrificing my home, food on the table, all of our docs and dentists, every form of pleasure (museums, zoos, restaurants), all my kids' teachers in order to make other people comfortable. If you want to stay locked down, do. I'm not.

 15.1K

 7.9K

 8.5K



## Is Age Discrimination Acceptable?

## "Might as well have them walk the plank" – Cuts may force many seniors into nursing homes

BY BARBARA FEDER OSTROV, MAY 19, 2020  
UPDATED ON MAY 20, 2020



Linda Jacobs, 71, at her home in Concord. Jacobs, who is at especially high risk for COVID-19 due to a number of health conditions including diabetes, asthma and heart disease, relies on the Multipurpose Senior Services Program to continue living independently. Photo by Anne Werskoff for CalMatters.

### IN SUMMARY

Gov. Gavin Newsom's proposed cuts to meet the new coronavirus economy include two California day programs aimed at keeping poor and medically fragile seniors in their homes, and out of institutions.

LOCAL // BAY AREA & STATE

## Coronavirus testing slow to come to nursing homes, despite 35% of COVID-19 deaths

Catherine Ho and Sarah Ravani | May 20, 2020 | Updated: May 20, 2020 10:31 a.m.



1 of 2

Berkeley Councilwoman Kate Harrison (right) and husband Jim Hendry visit Harrison's mother, 96, at a Pinole nursing home.

U.S.

## Nursing Homes Don't Have to Report Pre-May Covid-19 Deaths to U.S. Officials

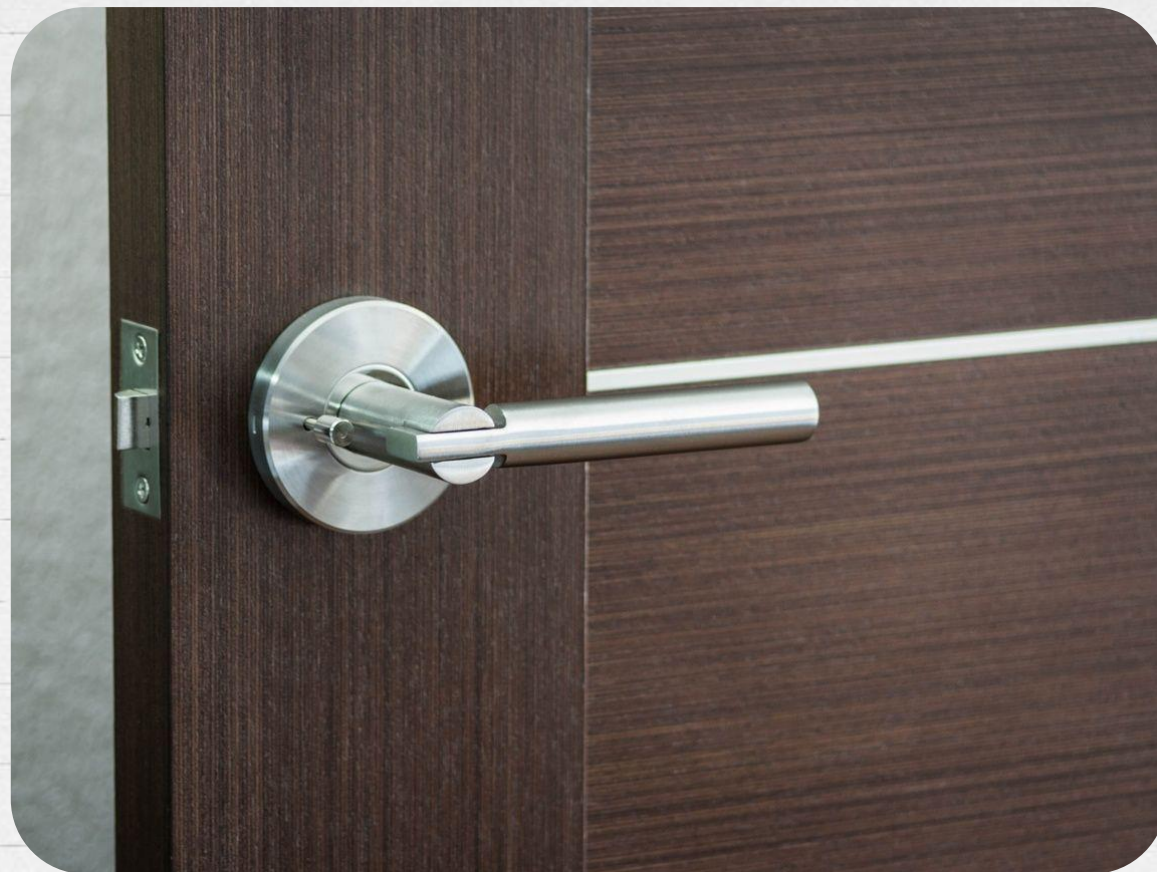
A May 8 rule requires facilities to submit data on coronavirus cases, but CDC says older information is optional





a tendency to structure  
society based on an  
assumption that everyone is  
young, thereby failing to  
respond appropriately to the  
real needs of older persons

- Ontario Human Rights Commission









■ Patient Care • August 3, 2020


# COVID-19 Pandemic Drives Telehealth Boom, But Older Adults Can't Connect


By [Scott Maier](#)


The COVID-19 pandemic has led to a significant increase in video visits between patients and their doctors, but for many older adults, the shift has cut them off from care, rather than connecting them.


A study by researchers at UC San Francisco has found that more than a third of adults over age 65 face potential difficulties seeing their doctor via telemedicine, with the greatest challenges experienced by older, low-income men in remote or rural areas, especially those with disabilities or poor health. The findings appear online Aug. 3, 2020, in *JAMA Internal Medicine*.





abc7news.com › san-leandro-crime-asian-man-attacked-ro...  
**Video shows teens attack, rob 80-year-old Asian ... - ABC7 News**  
 Video shows teens attack, rob 80-year-old Asian man in San Leandro ...  
Like much of the Bay Area, San ...  
May 12, 2021


abc7news.com › san-francisco-asian-attack-sf-stop-hate-aapl  
**EXCLUSIVE: 84-year old Asian man warns others year after ...**  
 An elderly Asian man viciously kicked out of his seated walker onto the ...  
attacks on Asian seniors in San ...  
Mar 26, 2021


abc7news.com › stabbing-san-francisco-woman-stabbed-e...  
**Man arrested in SF stabbing attack of 94-year-old woman ...**  
 An 89-year-old Asian woman was robbed of her personal sentimental  
belongings while moving in Oakland ...  
5 days ago


abc7news.com › asian-attack-san-francisco-aalp-stopasian...  
**83-year-old Asian man says drug dealer came to his aid after ...**  
 As police make an arrest in the attacks on two Asian seniors along ... After  
another attack on an Asian ...  
Mar 18, 2021

abc7news.com › asian-attack-arrest-sf-laundromat-chinato...  
**3 arrested in shocking attack on older Asian man in San ...**  
 San Francisco police announced that three people have been arrested in an  
attack on an older Asian ...  
Mar 17, 2021

abc7news.com › asian-woman-robbed-oakland-crime-sto...  
**EXCLUSIVE: 89-year-old Bay Area Asian woman robbed of ...**  
 An 89-year-old Asian woman was robbed of her personal sentimental  
belongings while moving in Oakland ...  
Jun 1, 2021

abc7news.com › san-francisco-asian-hate-crime-man-attac...  
**Asian father brutally attacked while walking with 1-year-old ...**  
 A father of a 1-year old child is sharing his story after being brutally  
attacked ... EXCLUSIVE: 2 Asian women ...  
May 3, 2021

www.nbcbayarea.com › news › local › east-bay › san-lea...  
**San Leandro Police Arrest 2 Teens in Attack of Elderly Asian ...**  
 Two teens have been arrested in the attack on an Asian elderly man in ...  
old was driving a carjacking ...  
May 12, 2021

abc7news.com › san-francisco-chinatown-asian-man-attac...  
**Older Asian man brazenly attacked inside San Francisco ...**  
 This attack comes shortly after increased patrols in San Francisco's



1) prejudicial attitudes  
towards older people,  
old age, and the aging  
process

- Robert Butler, MD 1975

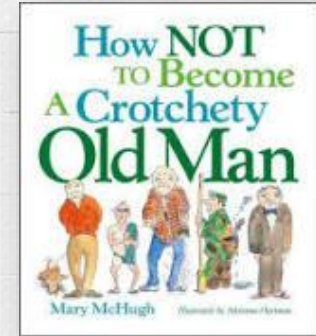
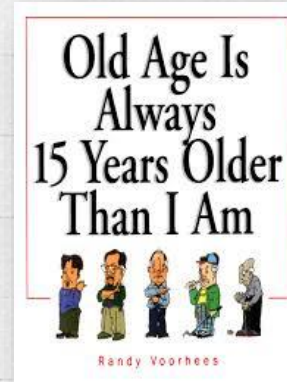
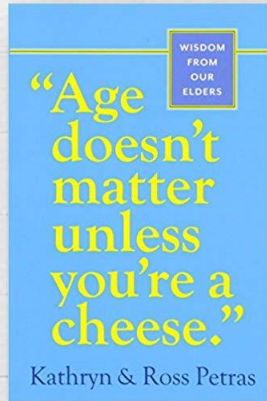
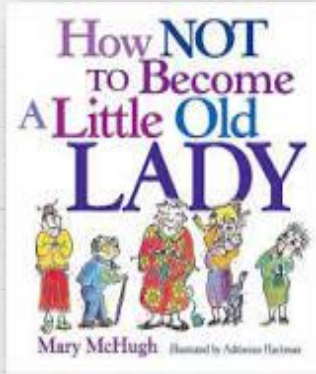
RETIREMENT | MOTHERLODE

## *Talk to Me, Not to My Daughter*

By FRAN HAWTHORNE MAY 9, 2012



Eleanor Davis





## Jodi Reid

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Executive Director, California Alliance for Retired Americans

# Who is CARA?

- CARA is California's largest, grassroots senior advocacy organization.
  - 300 organizations and nearly 1 million members
  - 17 county-wide/regional chapters where the work happens.
- State affiliate of national Alliance for Retired Americans
  - ARA is based in Washington D.C.
  - 38 states have Alliances





# GOVERNOR GAVIN NEWSOM CALLS FOR CREATION OF A MASTER PLAN FOR AGING

*Executive Order N-14-19, June 2019*

Governor's Executive Order calls for the Secretary of the Health and Human Services (HHS) Agency to convene a cabinet-level Workgroup for Aging to advise the Secretary in developing and issuing the Master Plan.

The order also directs HHS to convene a Master Plan for Aging Stakeholder Advisory Committee, which will include a Research Subcommittee and a Long-Term Care Subcommittee with an interest in building an age-friendly California.

MASTER PLAN FOR AGING

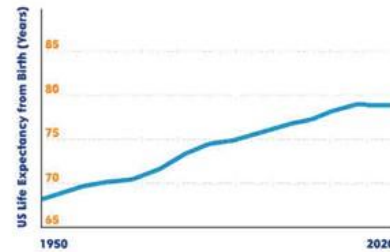


*Aging is changing and*

## IT'S CHANGING CALIFORNIA

California's demographics are shifting. We will be prepared to ensure that all residents have the opportunities needed to thrive as we age in the Golden State.

### Californians are living longer than ever before

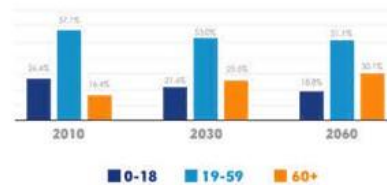


Source: [www.macrotrends.net](http://www.macrotrends.net)

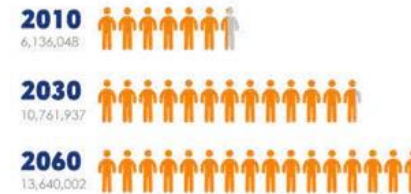
### California's overall population is rapidly becoming older

By 2030 adults 60 and over will make up 30% of California's population.

Distribution of the CA population by age group, by year



Number of Californians age 60+ by year



Source: [CA Department of Finance](http://CA Department of Finance)

# MASTER PLAN FOR AGING TIMELINE



# MASTER PLAN FOR AGING: DELIVERABLES

## *The MPA will include:*

- State Plan
- Local Blueprint for state & local government, communities, organizations, philanthropists
- Data Dashboard: Track MPA progress for 10 years
- Age- & Disability-Friendly Local Planning Toolkit

# LESSONS LEARNED FROM COVID-19



## **New Public Information** [engageca.org](https://engageca.org)

- Check-in Call Campaign
- Aging & Disability Resource Card

## **Expanded & Redesigned Services for Staying Home** [aging.ca.gov](https://aging.ca.gov)

- Nutrition Home-Delivery
- Adult Day Health Center “beyond walls”
- Friendship Line, Digital Divide Initiative
- Long-Term Care Ombudsman CRISIS Line
- CA Aging & Adults Info & Assistance Line

## *The Master Plan for Aging's Five Bold Goals for 2030*

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### **GOAL 1: Housing for All Ages and Stages**

We will live where we choose as we age in communities that are age-, disability-, and dementia-friendly and climate- and disaster-ready.

**TARGET:** Millions of New Housing Options to Age Well



### **GOAL 2: Health Reimagined**

We will have access to the services we need to live at home in our communities and to optimize our health and quality of life.

**TARGET:** Close the Equity Gap in and Increase Life Expectancy



### **GOAL 3: Inclusion & Equity, Not Isolation**

We will have lifelong opportunities for work, volunteering, engagement, and leadership and will be protected from isolation, discrimination, abuse, neglect, and exploitation.

**TARGET:** Keep Increasing Life Satisfaction as We Age



### **GOAL 4: Caregiving That Works**

We will be prepared for and supported through the rewards and challenges of caring for aging loved ones.

**TARGET:** One Million High-Quality Caregiving Jobs



### **GOAL 5: Affording Aging**

We will have economic security for as long as we live.

**TARGET:** Close the Equity Gap in and Increase Elder Economic Sufficiency



## GOAL ONE

# HOUSING FOR ALL AGES & STAGES

We will live where we choose as we age, in communities that are age-, disability-, and dementia-friendly and climate- and disaster-ready.

### TARGET: Millions of New Housing Options to Age Well

**Older adults, like people of all ages, need housing options that meet changing needs across the decades.** Housing that allows for different household sizes, with accessible transportation options, welcoming parks and public spaces, and strong climate and disaster readiness, are foundational to well-being and continued engagement in civic, economic, and social life.

A wider range of housing models are emerging for the second half of life -- such as duplexes and accessory dwelling units to support multi-generational families and caregivers, and new models of residential communities with a range of services -- and these models can be scaled. California's most well-known housing policy for older homeowners, Proposition 13, has limited property taxes to support affordability as people age; Proposition 13 may also have discouraged moving. The recently enacted Proposition 19 may encourage more older adults to consider moving into different homes and communities for the different stages of aging. While most older Californians are homeowners, older adults who rent homes are facing rising affordability challenges. Sharp gaps in home ownership

rates by race and ethnicity, due to the legacy of housing discrimination, means Latino and Black elders are more likely to be renters than White older Californians. Housing policies grounded in equity -- for owners and renters, for all races and all ages, for living alone and all household sizes -- can begin to remedy discrimination and advance more housing options for all.

Transportation choices beyond cars both help slow climate change and help adults live in homes of choice, especially after experiencing a decline in the physical mobility or the ability to safely drive. The future of transportation includes more choices for people of all ages ("multi-modal"). Some older adults and people with disabilities need specialized transportation services, such as door-to-door paratransit and escorts to physician's offices. Accessible transportation networks of buses and additional options keep people of all ages and abilities connected to services, social opportunities, and community activities.

California's climate and natural landscape offer some of the country's most beautiful parks and public lands. These spaces are integral to both mental and physical health, playing a critical role in promoting



Housing is essential to our ability to age where and how we choose with dignity. We must ensure that all Californians have access to safe and affordable housing options that meet our needs at every stage of life.

— **Lourdes Castro Ramirez**  
CA Business, Consumer Services,  
and Housing Agency Secretary

### Local Model: [Age Well San Diego](#)

social inclusion. While adults aged 60 and over account for 20 percent of the population, older adults only represent approximately 4 percent of total park users (although, at same time, they are the majority of State Park volunteers).<sup>1</sup>

California's increasing wildfires and the COVID-19 pandemic have highlighted the pressing need for community design that improves our ability to remain safe during climate and human-made disasters, while also taking measures to prevent and prepare for them. While all Californians are impacted by climate change, some populations, including older adults, are more vulnerable than others to its dangers and health consequences.<sup>2</sup>

### *California will pursue Housing for All Ages and Stages through five strategies:*

#### **+ More Housing Options**

California communities are increasingly developing more affordable housing options to meet the needs of all stages of life for all people, regardless of age, race, income, ability, or household size. The production, protection, and preservation of affordable housing, including Accessory Dwelling Units and Residential Care Facilities of all sizes, will support older adults, caregivers, and their families.

#### **+ Transportation Beyond Cars**

Age- and disability-friendly transportation networks can be strengthened through improved community walkability and expansion of bus and transit stops, transit rider education and subsidies, seamless paratransit across transit district lines, and driver safety education.

#### **+ Outdoor & Community Spaces for All Ages**

All Californians can benefit from more convenient park access within a ten-minute walk or less, co-location of parks with community centers offering programming for all ages, and incorporation of smart park technologies.

#### **+ Emergency Preparedness & Response**

Preparation and planning with and for older adults and people with disabilities is especially important to prioritize, given the higher risk of death or harm due to emergencies and disasters. Improving technologies and communications that address the access and functional needs of residents during disasters can also improve preparedness and response to these growing populations.

#### **+ Climate-Friendly Aging**

Age-friendly communities are naturally in alignment with environmentally friendly initiatives, including low-emissions transportation systems; walkable and low vehicle-miles-traveled (VMT) neighborhoods and cities; and in-home energy-saving modifications. Community planning can factor in climate impact and safety, including disaster resiliency, in new, updated, and rebuilt housing and transportation.

For a full list of each strategies' 2021-2022 Initiatives, see the next section or visit the [MPA website](#). To find out how we are tracking our progress, visit the [Data Dashboard for Aging](#).



## FROM PLANNING TO IMPLEMENTATION

**California is committed to making sure this plan does not sit on a shelf, but rather is continually revisited and improved upon to drive action toward better lives for Californians of all ages over the next ten years. To do that, the State will:**

### **Take Action:** Initiatives for 2021-2022

California's Cabinet Work Group is kickstarting implementation of the Master Plan in the next two years with over 100 catalytic and pragmatic initiatives detailed in the following pages, in partnership with stakeholders and the Legislature. It will continue to meet in 2021-2022 to advise on and continually improve implementation. The Administration will issue an annual progress report, which will include recommended changes and new initiatives for future years.

# WELCOME TO THE MPA LOCAL PLAYBOOK

Resources to Assist You in Taking Action in Your Community



The MPA Local Playbook is designed to assist state and local government, communities, and private and philanthropic organizations in building environments that promote an age-friendly and disability-friendly communities.

There are seven “plays” outlined, each with recommended resources and models for you to consult during your project planning, implementation, and evaluation.

The resources in this Playbook, and more, can be found at [MPA.aging.ca.gov](https://mpa.aging.ca.gov).

# THE MPA LOCAL PLAYBOOK

## *Seven Plays to Build Communities for All Ages*

**PLAY ONE:** Engage Your Local Leaders

**PLAY TWO:** Explore Local Data

**PLAY THREE:** Review Existing Local Aging Models

**PLAY FOUR:** Select Your MPA Initiatives for Implementation

**PLAY FIVE:** Build Your Action Plan

**PLAY SIX:** Evaluate Your Initiative

**PLAY SEVEN:** Stay Connected



# PLAY ONE: *Engage Your Local Leaders*

## Use these Directories to Find Some of Your Local and Regional Government Leaders:

- [California Department of Aging's providers & partners](#)
- [California State Association of Counties](#)
- [County Welfare Directors Association of California](#)
- [League of California Cities](#)
- [American Planning Association: California Chapter](#)

# PLAY TWO: *EXPLORE LOCAL DATA*

Meaningful metrics are the foundation of project planning and evaluation.

There are several publicly available and user-friendly data sets that can help determine the focus of your project, including:

- [The MPA Data Dashboard on Aging](#)
- [Elder Economic Security Index](#)
- [AARP Livability Index](#)
- [Let's Get Healthy California](#)
- [CDA COVID-19 Response Data Dashboard](#)



## **PLAY THREE: REVIEW EXISTING LOCAL AGE-FRIENDLY MODELS**

Successful age-friendly projects have been implemented around the U.S. and the world.

Before developing your own plan, it's important to get to know your own community, what work has already been done there, and which priorities have been identified.

The resources on the next few slides will get you started!



# **PLAY FOUR: SELECT YOUR MPA INITIATIVES FOR IMPLEMENTATION**

Now that you've determined the primary issues and areas of opportunity in your community, narrow down your project's focus using the MPA's **Five Goals and 23 Strategies:**



**Housing for All Ages & Stages**



**Health Reimagined**



**Inclusion & Equity, Not Isolation**



**Caregiving that Works**



**Affording Aging**

The next section introduces the goals, their associated strategies, and local models for inspiration.

# **PLAY FIVE:** *Build Your Action Plan*

## Age-Friendly Community Planning Tools & Resources

- [AARP: How to Make a Community Action Plan](#)
- [AARP: 8 Domains of Livable Communities](#)
- [AARP: Community Listening Session Guide](#)
- [WHO's Essentials of Age-Friendly Cities](#)
- [Grantmakers in Aging: Guiding Principles for the Sustainability of Age-Friendly Community Efforts](#)
- [Making Your Community Livable for All Ages](#)
- [880 cities: Civic Engagement Tools](#)
- [The Community Guide: Program Planning Resource](#)



# **PLAY SIX:** *EVALUATE YOUR AGE-FRIENDLY COMMUNITY PROGRAM* **TOOLS & RESOURCES FOR EVALUATION**

- [AARP: Evaluating Your Age-Friendly Community Program](#)
- [Age-Friendly Communities Evaluation Guide: Using Indicators to Measure Progress \(Canada\)](#)
- [Centers for Disease Control and Prevention: Program Performance & Evaluation Framework](#)



# PLAY SEVEN: STAY CONNECTED

We learn from each other's experiences.  
Tell us about your project! We may  
highlight it on our webpage to inspire other  
communities across California.

Visit [MPA.aging.ca.gov](https://MPA.aging.ca.gov) To share your story





LEARN MORE ABOUT THE MPA  
at [MPA.aging.ca.gov](https://MPA.aging.ca.gov)

Send questions and comments to [EngAGE@aging.ca.gov](mailto:EngAGE@aging.ca.gov)

# CONTRA COSTA – IT'S UP TO YOU TO MAKE THE MPA A REALITY!

- Now, for the main event – creating CC's local plan.
- There will be 5 breakout session – one for each of the 5 bold goals we just went over.
- Each breakout will have a local expert and one or more MPA Stakeholder Advisory Committee members to facilitate your session.
- Each goal group will identify 3 areas to begin working on in the coming year – through the Advisory Council on Aging.
- Debbie Toth from Choice in Aging will talk more about our on-going work after the breakout sessions.

# Breakout Rooms

1. Housing for All Ages & Stages
2. Health Reimagined
3. Inclusion & Equity, Not Isolation
4. Caregiving That Works
5. Affording Aging




# How to Join a Breakout Room

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Select “Breakout Rooms” icon  at the bottom of your screen.

Select the breakout session you would like to attend and click “Join.” If you are not automatically moved into your breakout session, please try again.

You can switch breakout rooms at any time by selecting the “Breakout Rooms” icon  - or click “Leave Room” to return to the Main Session.

Breakout rooms will close automatically after the allotted time. A 60-second warning will display on your screen before the session ends. All participants will be returned to the Main Session upon adjournment.

# Welcome Back!





Congressman Mark DeSaulnier (CA-11)

# Report-Out

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Housing for All Ages & Stages





# Report-Out

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Health Reimagined

# Report-Out

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Inclusion & Equity, Not  
Isolation





# Report-Out

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Caregiving That Works

# Report-Out

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Affording Aging



# Next Steps

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## Housing for All Ages & Stages

1. Build more affordable housing for Older Adults and People with Disabilities, especially Permanent Supportive Housing for ELI and VLI Households
2. Contra Costa needs to increase supply of alternative housing types, including group homes, shared housing, ADUs and board and cares.
3. Transportation in the county needs to be accessible and needs to have one coordinating entity.

# Next Steps

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## Health Reimagined

1. Building of Data infrastructures and information sharing across care and service providers through local collaborative initiatives.
2. Develop Geriatric training programs/initiatives that include emergency department certification programs; behavioral health providers; SWs; CHWs ; etc.
3. Identify ways to promote care wishes, such as advanced planning directives & value of palliative care to improve patient outcomes and support patient and family choices for care.

# Next Steps

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## Inclusion & Equity, Not Isolation

1. We need better health care option and equity for older adults who have very limited access to geriatric care across Contra Costa County regardless of the economic status of the city you are receiving health care in.
2. Countywide campaign about ageism with collateral materials. We need an ageism and ableism module that is a part of training requirements. The training needs to be inclusive of the technology realities that older adults experience. Internet and technology access is one thing but being able to navigate and work the technology is something that needs to be remembered. When we use social media to put messaging out we also need to do it in a way that older adults have access.
3. Multigenerational housing creates inclusion and affordability. Creating “granny units” and ADU’s that are built intentionally with access and space in mind. Cities need to work with developers to create small and large homes that allow people with different income levels and access needs to live in a community together.

# Next Steps

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## Caregiving That Works

1. Address the workforce issue of lack of availability of CG's and provide funding for the workforce of CG to be given a living wage.
2. Need of connection and support for the caregivers to interact with other CB's and also identify local resources for CG and senior.
3. Public awareness campaign that will raise awareness that we are all caregivers so caregiving will be seen in a positive light.
4. Overall funding mechanism for caregiving to make programs equitable and available for everyone.

# Next Steps

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## Affording Aging

1. Nutrition: increase access to & participation in all nutrition programs/affordable meals.
2. Housing: Continue/adapt Project Roomkey housing & ensure affordable to older adults.
3. In-home care: increase affordability, choice, transparency for middle income elders who can't afford on their own and don't qualify for publicly funded care.



# Thank You!

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