



**Promoting Successful Aging**  
**The Stanford Center on Longevity's New Map of Life**  
**and**  
**The California Master Plan for Aging**

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May 24, 2022



# Welcome from Age Forward



Sandra J Winter  
Executive Director  
Senior Coastsiders

# Housekeeping

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- All attendees will be muted during the presentation.
- Please submit your questions by selecting the Q&A icon on your toolbar. If you are calling in, email your questions to [Info@AgeForwardSMC.org](mailto:Info@AgeForwardSMC.org). The final 10 minutes are reserved for Q&A.
- Closed Captioning is available. Select the “CC” icon on your toolbar to enable subtitles.



# The Age Forward Coalition Mission

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The Age Forward Coalition is committed to advocating for increased funding to maintain, protect, promote, and enhance services and support for people aged 60 years and older, adults with disabilities, and their caregivers to ensure the highest possible attainment of independence, health, and well-being, and to making San Mateo County a more aging- and disability-friendly community.



# Age Forward Coalition Leadership Team

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- Susan Houston, Peninsula Family Service
- Sandra Winter, Senior Coastsiders
- Tom Barrett, Community Volunteer
- Ann Cooney, Community Volunteer
- Patty Clement, Catholic Charities

# Welcome from CCLTSS

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Mariya Kalina

Executive Director

California Collaborative for Long-Term Services & Supports

# California Collaborative's Regional Network

- Spans 45/58 California Counties
- Includes over 1,000 organizations
- Represents nearly 95% of California's older and disabled adults
- Works to advance dignity, health, and independence through advocacy and education



# California Collaborative's Statewide Members

- Includes 35 state-level organizations
- Fosters understanding about the importance of LTSS
- Educates policymakers about the needs of older and disabled adults
- Develops policy solutions and recommendations for improvements
- Supports members in their advocacy efforts



# New Map of Life

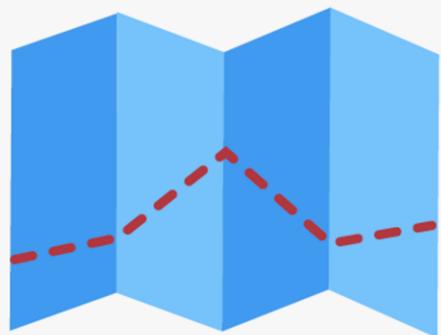
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Marie Conley Smith

Social Science Research Professional

Stanford Center on Longevity

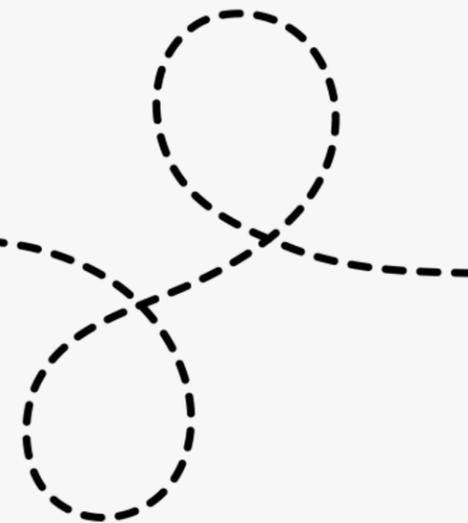


A NEW MAP  
of **LIFE**

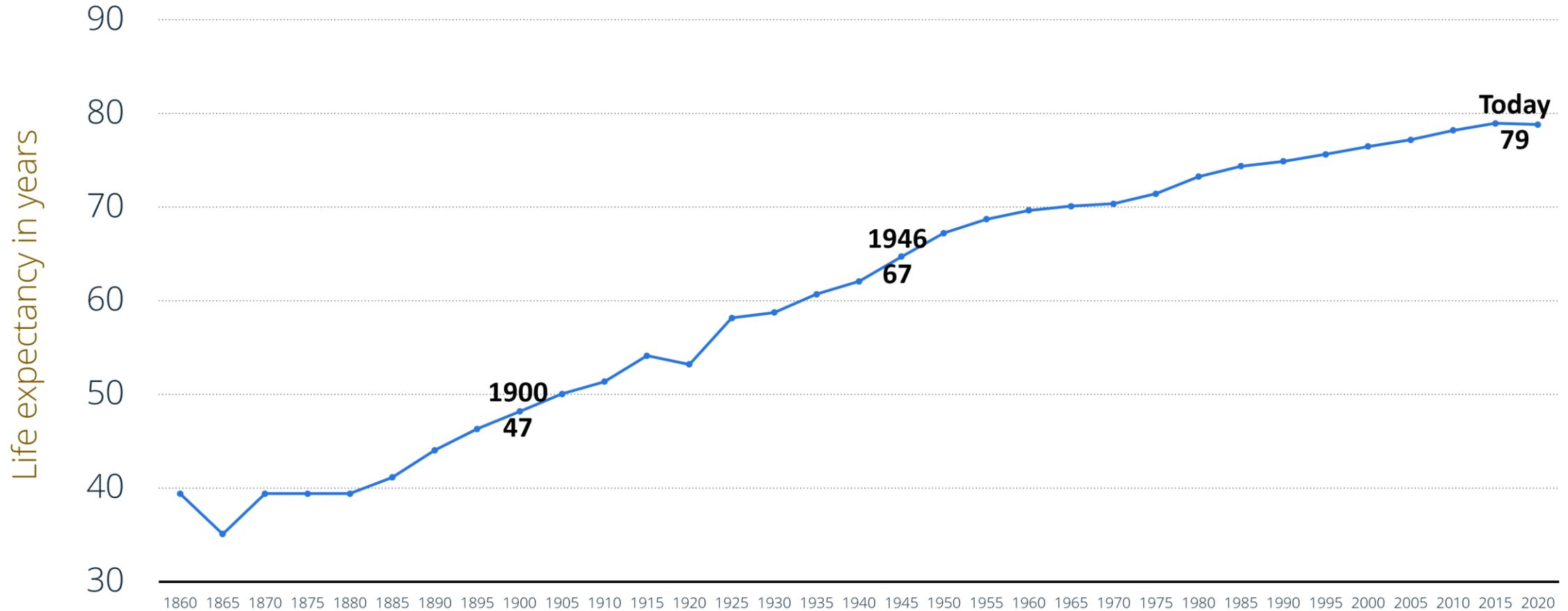


STANFORD  
CENTER ON  
**LONGEVITY**

Marie Conley-Smith  
Senior Research Professional  
Stanford Center on Longevity



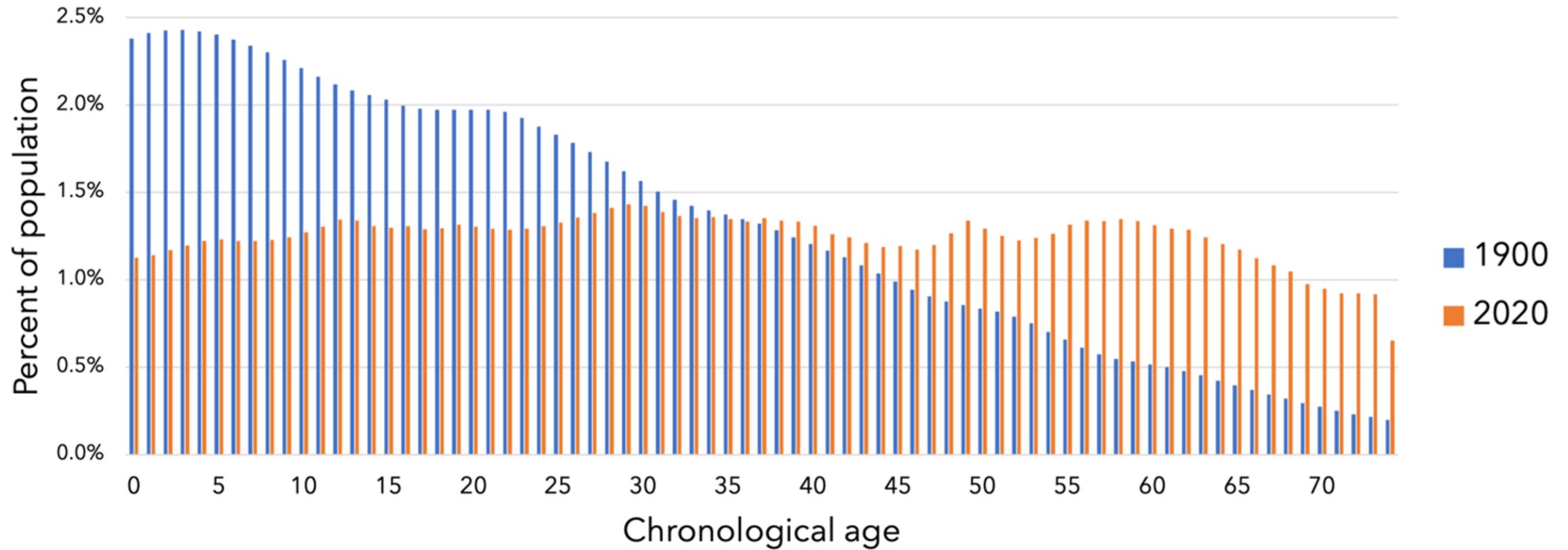
# The longevity story is about dramatically increasing life expectancies



Source(s): UN DESA; Gapminder

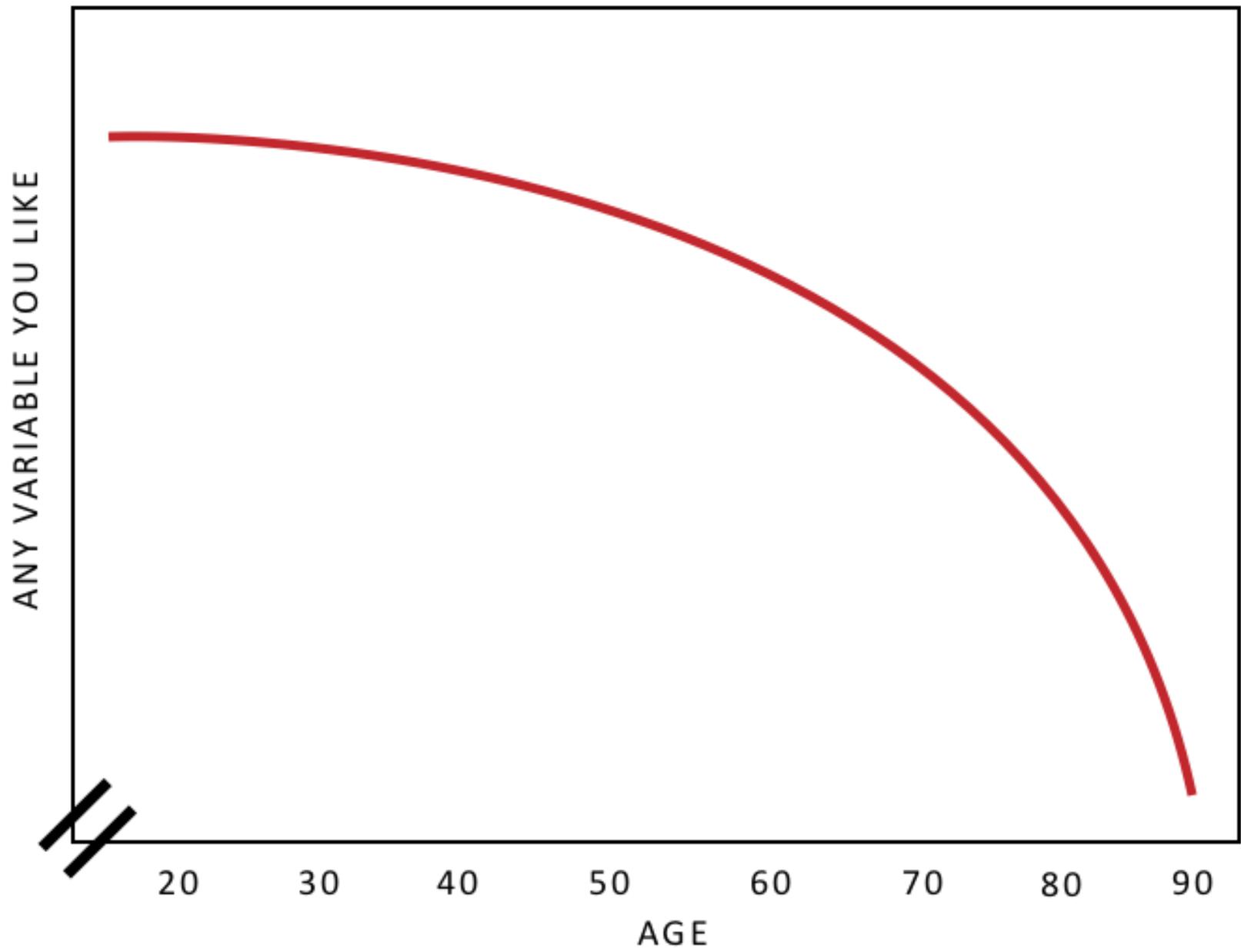
statista

## Age distribution of the US population, 0-74 years old



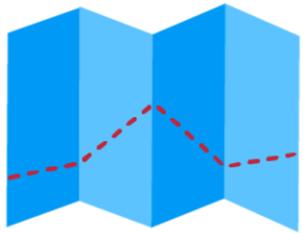
Age distribution of the US population, 0-74 years old, in 1900 and 2020. Data from US Census Bureau population counts and estimates; Analysis by Sasha Shen Johfre





# Science doesn't support the stereotypes

- **Good health and functional independence will last well into the 70s and 80s for many people**
- **Of the non-working population age 65-74, 11 million (73%) were healthy enough to work**
- **Stress, worry, and anger reduce with age**
- **And while cognitive processing speed does decrease, the offset is made up by wisdom and experience**
- **Cognitive decline may be isolated**



**THE NEW MAP**  
of **LIFE**  
*100 Years to Thrive*

**Early Childhood Influences**

**Education**

**Built Environment**

**Climate**

**Financial Security**

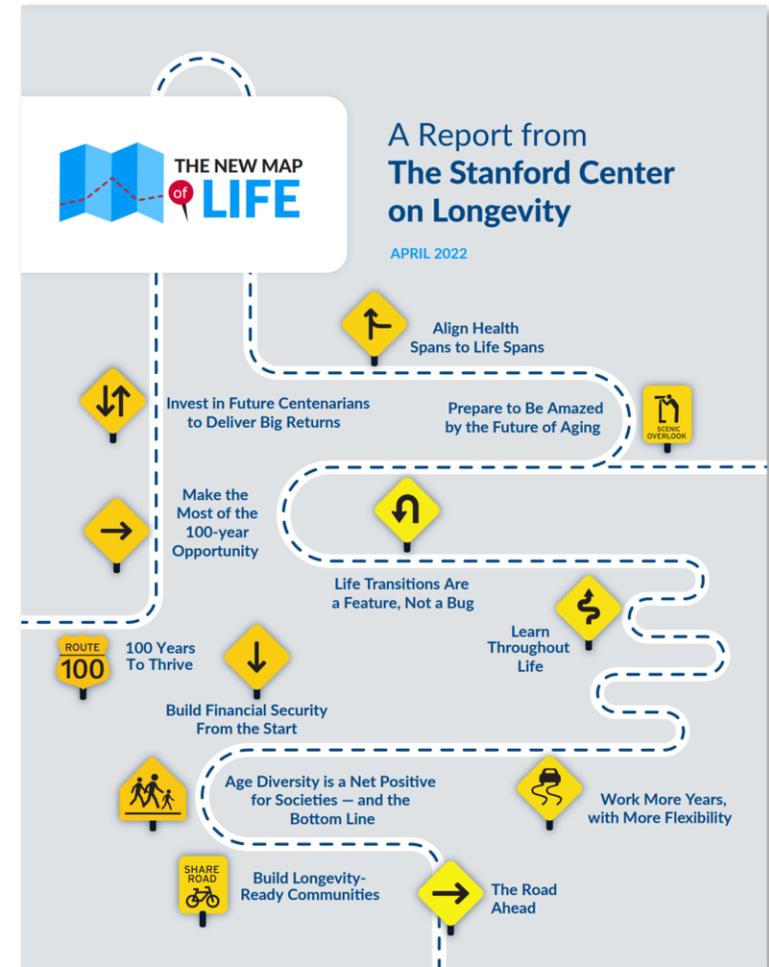
**Lifestyle & Fitness**

**Intergenerational Relationships**

**Work**

**Healthcare & Technology**

Released April 2022



**Report**

[newmapoflife.stanford.edu](https://newmapoflife.stanford.edu)

**Century Lives Podcast**

[centurylives.stanford.edu](https://centurylives.stanford.edu)

Age diversity is a net positive for society.

We are living in the most age-diverse society in human history, and this is a good thing.



Investing in future  
centenarians delivers big  
returns.

In order to build a society that  
better supports 100-year lives,  
we need to start very young.



# Align health spans to life spans.

*Health span = the years in which people are healthy, mobile, and free of pain.*

Health span, rather than life expectancy, should be the measure of healthy longevity.



# Learn throughout Life.

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Education is one of the best predictors of life outcomes.

Our educational systems are poised for major changes to better serve people of all ages.





# Learn throughout Life.

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Apprenticeships,  
employer-based training,  
online learning

Programs for 'non-  
traditional' learners over  
age 25



# Work more years, with more flexibility.

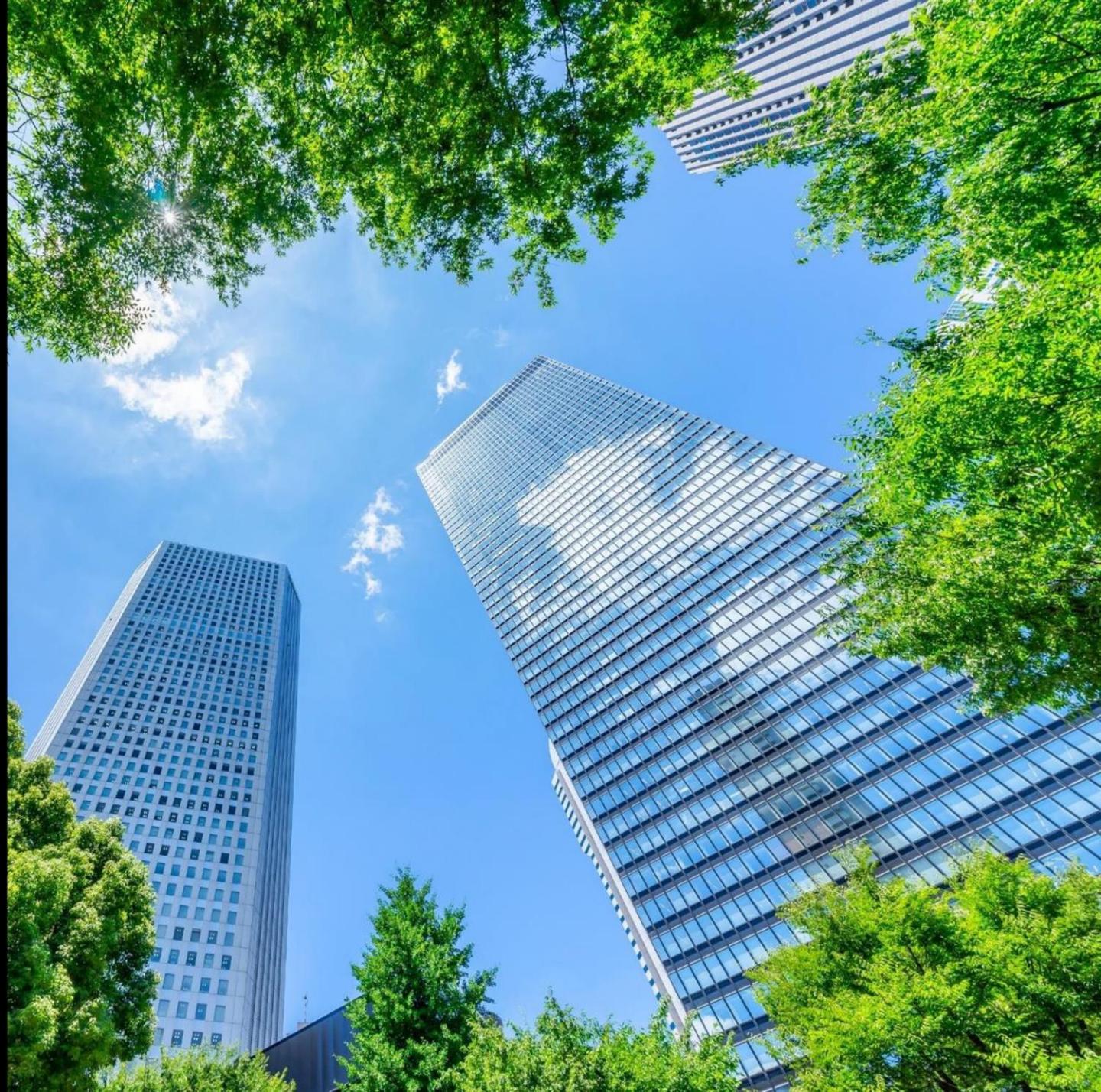
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Over the course of 100-year lives, we can expect to work 60 years or more, but we won't work as we do now. Workers are already seeking flexibility and meaning.



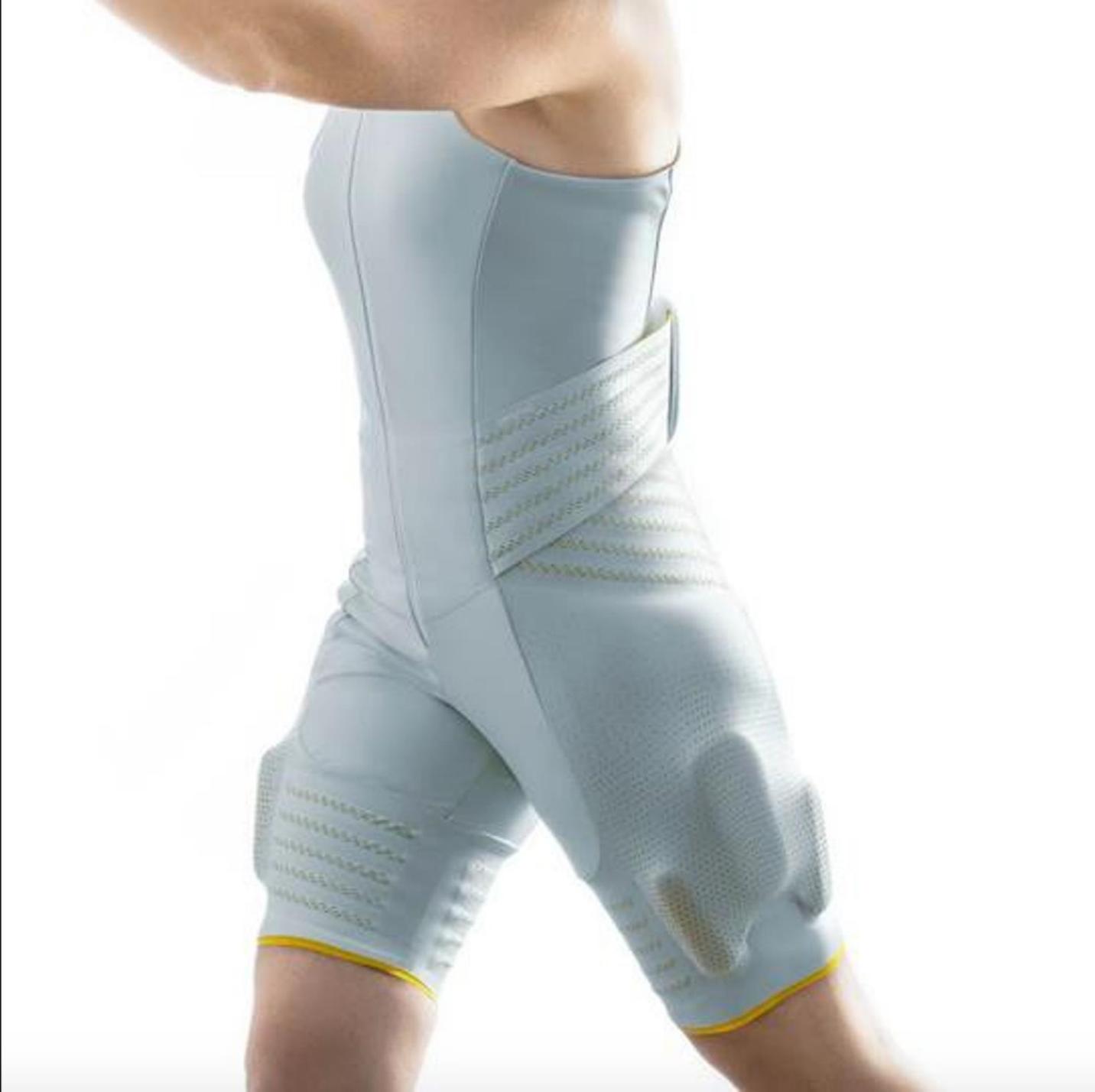
# Build longevity-ready communities.

Our environments (both climate and built environment) impact every age group across many domains.



Prepare to be amazed by  
the future of aging.

Continued advances in  
medicine and technology will  
help make the future  
experience of aging quite  
different than how it is for  
older adults today.



# Life transitions are a feature, not a bug.

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One of the key changes we need to make collectively is to realize that rather than just bringing uncertainty, our many life transitions bring new opportunities.



# California Master Plan for Aging

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Sarah Steenhausen

Deputy Director

CA Dept of Aging, Division of Aging Policy, Research, & Equity

# California's Master Plan for Aging: Year 2 and Beyond

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**Age Forward Coalition**  
**May 24, 2022**

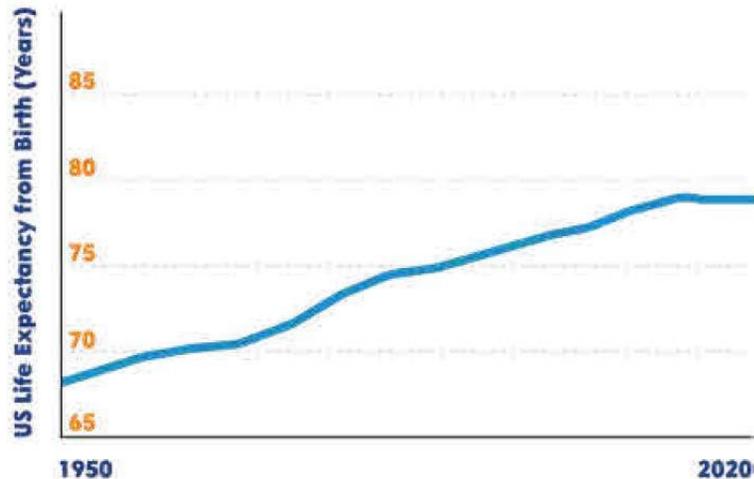


*Aging is changing and*

# 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.**

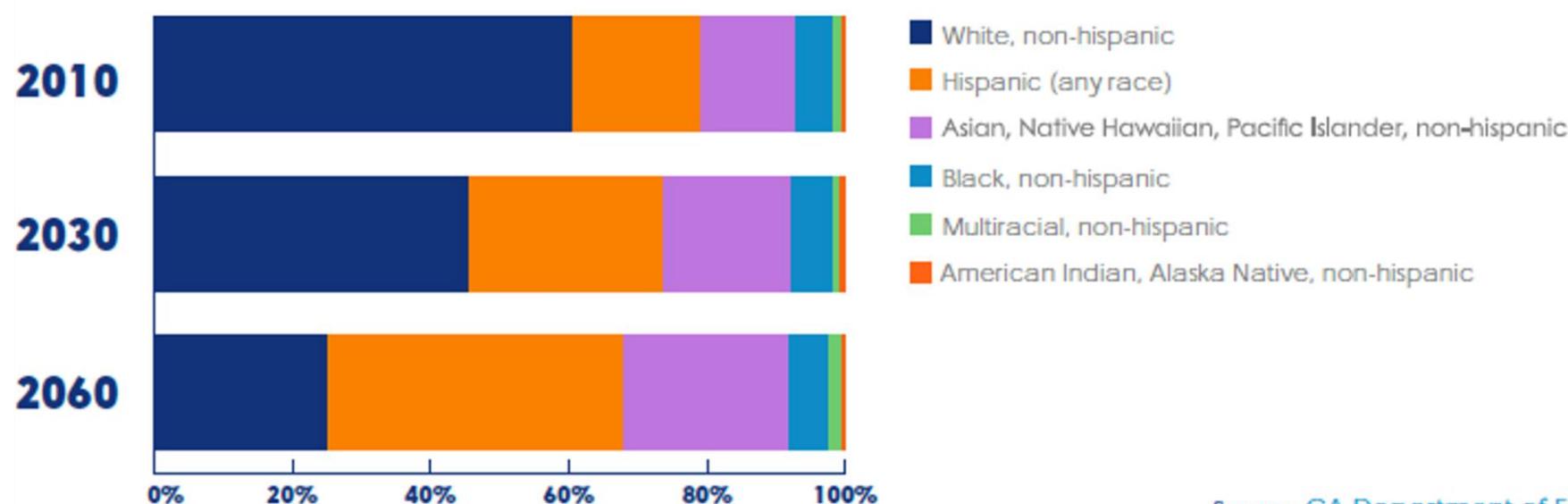
**Californians are living longer than ever before**



## California's older population is becoming more racially and ethnically diverse

By 2030, white, non-Hispanic older adults will no longer represent the majority of older adults.

### California's 60+ population by race/ethnicity, by year



Source: [CA Department of Finance](#)

# Master Plan for Aging: Five Bold Goals for 2030

For people of all ages and abilities



**Goal 1:**  
**Housing for All Ages  
and Stages**



**Goal 2:**  
**Health Reimagined**



**Goal 3:**  
**Inclusion and Equity,  
Not Isolation**



**Goal 4:**  
**Caregiving that Works**



**Goal 5:**  
**Affording Aging**



# MPA Goal 1: Housing for All Ages and Stages

## **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

**LOCAL MODEL:** [Age Well San Diego](#)

### **STRATEGIES:**

- A. More Housing Options
- B. Transportation Beyond Cars
- C. Outdoor & Community Spaces for All Ages
- D. Emergency Preparedness & Response
- E. Climate-Friendly Aging



# MPA Goal 2: Health Reimagined

## **GOAL TWO: 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 & Increase Life Expectancy

**LOCAL MODELS:** [Partners in Care Foundation, Inland Empire Health Plan](#)

## **STRATEGIES:**

- A. Bridging Health Care with Home
- B. Health Care as We Age
- C. Lifelong Healthy Aging
- D. Geriatric Care Expansion
- E. Dementia in Focus
- F. Nursing Home Innovation



# MPA Goal 3: Inclusion & Equity

## **GOAL THREE: 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

**LOCAL MODEL:** [Purposeful Aging Los Angeles](#)

## **STRATEGIES:**

- A. Inclusion and Equity in Aging
- B. Closing the Digital Divide
- C. Opportunities to Work
- D. Opportunities to Volunteer and Engage Across Generations
- E. Protection from Abuse, Neglect & Exploitation.
- F. California Leadership in Aging



# MPA Goal 4: Caregiving that Works

## **GOAL FOUR: 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

**LOCAL MODEL:** [Healthcare Career Pathway](#)

### **STRATEGIES:**

- A. Family & Friends Caregiving Support
- B. Good Caregiving Jobs Creation
- C. Virtual Care Expansion



# MPA Goal 5: Affording Aging

## **GOAL FIVE: Affording Aging**

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

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

**LOCAL MODEL:** [San Francisco's Project Homekey and CV19 Meals Expansion](#)

## **STRATEGIES:**

- A. End Homelessness for Older Adults
- B. Income Security as We Age
- C. Protection from Poverty & Hunger



# 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 Plans

**PLAY FOUR:** Select Your MPA Initiatives

**PLAY FIVE:** Build Your Action Plan

**PLAY SIX:** Evaluate Your Initiatives

**PLAY SEVEN:** Stay Connected



## *The Master Plan for Aging* **LOCAL PLAYBOOK**

Taking Action to Build Californian Communities for All Ages

# Local PLAYBOOK



## *The MPA Local Playbook: Take Action to Build a California for All Ages*

The Master Plan for Aging 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 California.

Download the [MPA Local Playbook](#) and explore resources below.

### **\* Play One: Use the Governor's Blueprint to Engage Your Local Leaders**



Collaborative, and cross-sector, partnerships are the key to implementing successful projects, policies, and initiatives. It is important to get the right leaders at the table. Local government, community planners, aging and disability advocates, and subject matter experts are all important players. The list below will help you identify your local and regional leaders in community development and the aging and disability fields.

[+ Local Government](#)

[+ Health, Aging, and Disability Leaders](#)

[+ International and National Organizations with Local Chapters](#)

[+ Universities & Colleges with Gerontology & Geriatric Research](#)

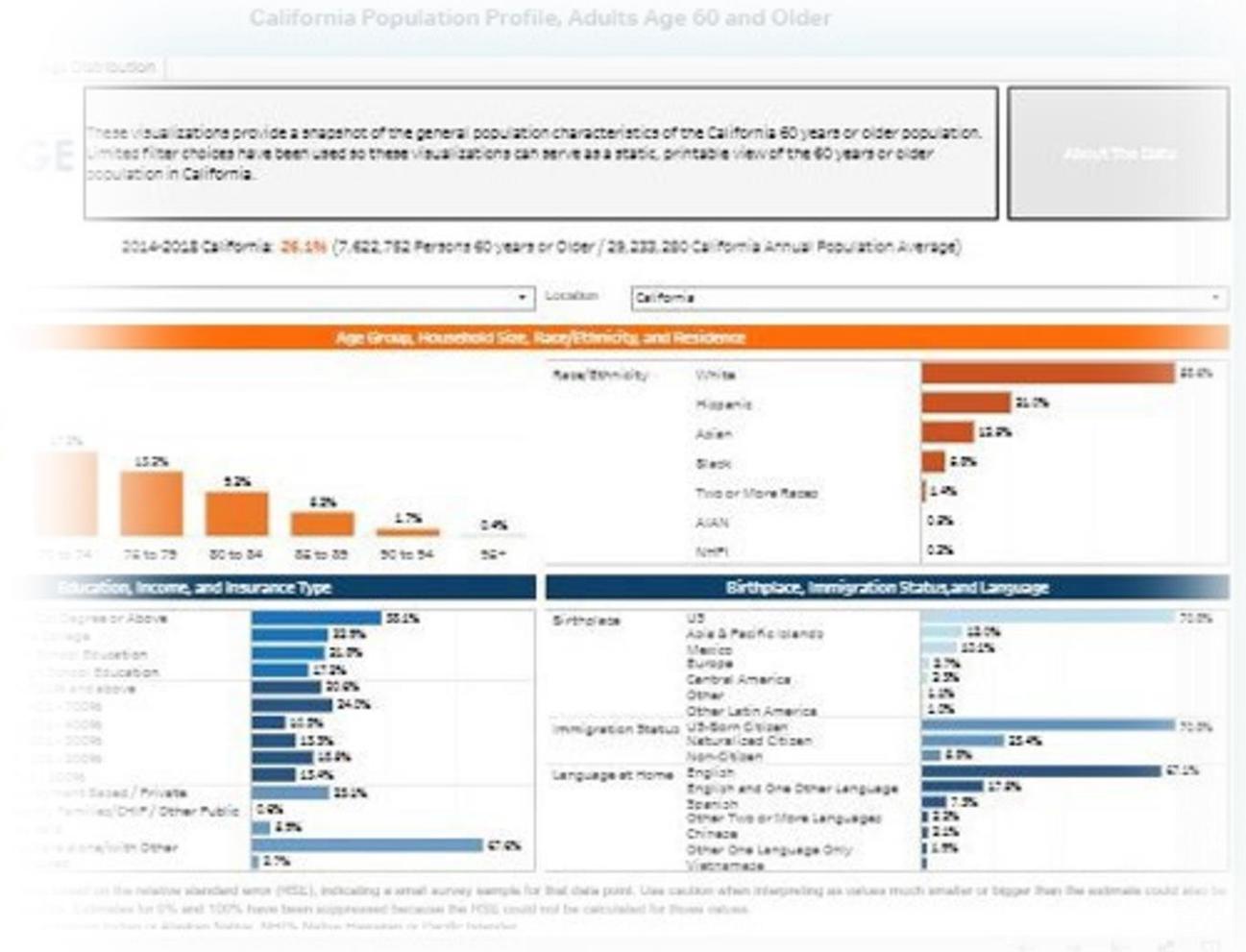
[+ Aging-Focused Philanthropy Organizations](#)

Download  
Playbook in PDF  
format

# MEASURING PROGRESS

## The MPA Data Dashboard on Aging

Visit the **Data Dashboard for Aging** to follow the MPA's progress over the next ten years, as well as to explore aging and disability demographics, including data at the local level.



# The Master Plan for Aging One Year of Progress

## INVESTMENTS

Record investments in aging & disability in the [2021-22 State Budget + HCBS Spending Proposal](#)

## LEGISLATION

[A suite of 2021 chaptered aging & disability legislation](#) across all 5 BOLD MPA Goals

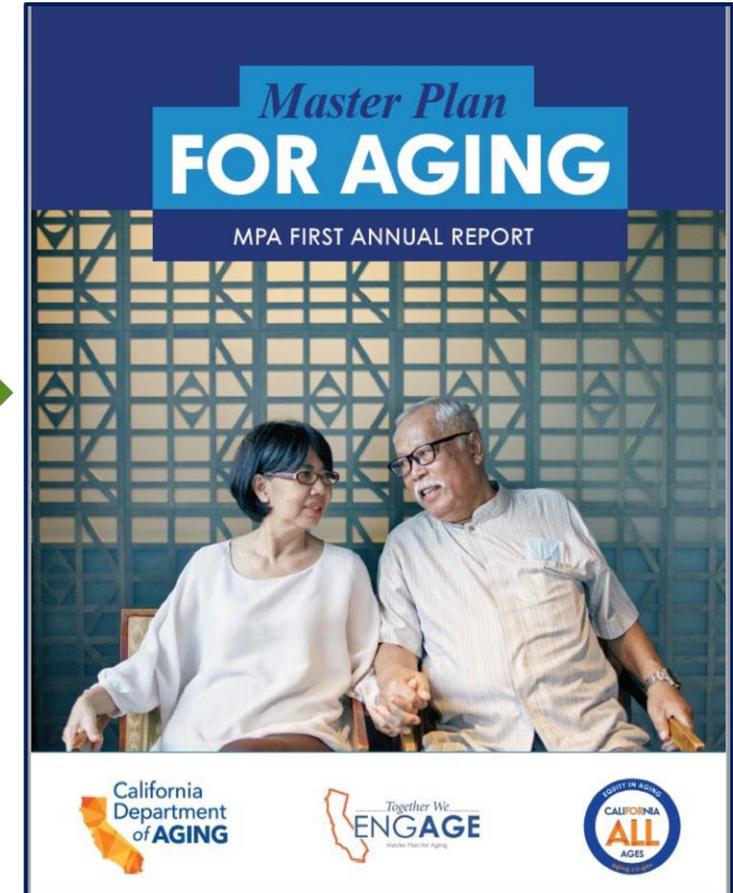
## IMPLEMENTATION

132 Current MPA Initiatives in action powered by work across the Administration and in public/private partnership

## ACCOUNTABILITY

[IMPACT Stakeholder Committee](#)  
[Equity in Aging Advisory Committee](#)  
[Disability & Aging Community Living Advisory Committee](#)  
[Elder & Disability Justice Coordinating Council](#)  
[Alzheimer's Disease & Related Disorders Advisory Committee](#)

\*Cabinet Work Group on Aging



# MPA First Annual Progress Report

Download the Report: <https://mpa.aging.ca.gov>

## Year 1 MPA Updates & Highlights

### INITIATIVES

**One Year of Progress**

In January 2021, the Administration released *The Master Plan for Aging: Driven by Five Bold Goals to Build a California for All Ages*. The MPA calls on all of California's communities to build a California for All Ages. The MPA's Five Bold Goals for 2030 are: **Goal One: Housing for All Ages, Caregiving That Works, Goal Two: Health Reimagined, Goal Three: Inclusion & Equity, Not Isolation, Goal Four: Caregiving That Works, Goal Five: Affording Aging.**

**One-hundred thirty-two initiatives:** The MPA has been jump started by over one-hundred initiatives targeted for implementation during the first two years of this ten-year plan. Each of these initiatives represents key commitments made by Agencies and Departments across the Governor's Administration. High-level progress on these initiatives is indicated below. More details on the Master Plan for Aging's first year of progress can be found in the 2022 MPA Annual Progress Report.

**Goal One: Housing for All Ages & Stages**  
Strategy A: More Housing Options

Initiatives	Lead Agency	Progress
Initiative 1: Identify ways to foster production of more housing options to age well in California suburban, rural, and urban communities - such as Accessory Dwelling Units and affordable, to support aging well, caregiving, and affordable housing.	ECOH	Exploring
Initiative 2: Tax credits and other strategies to prioritize the types of housing units that are not being produced by the market, especially those serving people who are extremely, very, and low income.	ECOH, ETO	Exploring
Initiative 3: Further facilitate affordable housing production by using marketing, technical assistance, and enforcement strategies of existing housing production laws.	ECOH	Planning
Initiative 4: Advance fair housing & equity by conducting compliance, education, surveys, and prosecuting violations of anti-housing discrimination laws.	ECOH	Implementation
Initiative 5: Review housing planning and data indicators with strategic growth Council for older adult demographics and characteristics.	SOC, ECOH	Implementation
Initiative 6: Review current housing program definitions with SOC for inclusion of older adults and advancement of equity.	SOC, ECOH, CDEHA	Planning/Completed

Legend: EXPLORING (orange), PLANNING (yellow), IMPLEMENTATION (green), ONGOING/COMPLETED (blue)



### Master Plan for Aging

#### 2021 LEGISLATIVE WINS

The California State Legislature is a key partner in advancing the Master Plan for Aging. Aging and disability-friendly legislation catalyzes action to improve the lives and well-being of older adults, people with disabilities, families, and caregivers. In 2021, Governor Newsom signed into law several of the Legislature's bills that support the goals of Master Plan for Aging. These policies take effect this year and will increase affordable housing, improve access to health care, expand long-term care services and supports, strengthen the direct care workforce, and more.

**1 GOAL ONE: Housing for All Ages & Stages**

SB 570: Senior-friendly intergenerational housing developments (SB 570, Chapter 344, Statutes of 2021). This bill permits the establishment of intergenerational housing developments that include older adults along with caregivers and transitional age youth.

**2 GOAL TWO: Health Reimagined**

AB 823: Long-term health facilities (Title, Chapter 438, Statutes of 2021). This bill changes the structure for the California Department of Public Health when issuing penalties that can term care facilities for violations that result in the death of a resident and penalties to a qualifying parent or be assessed against those facilities for various violations.

AB 870: Dependent parent health care coverage (SB 870, Chapter 468, Statutes of 2021). This bill requires an individual health plan contract or health insurance policy issued, amended, or renewed on or after January 1, 2023, that provides dependent coverage to include dependent coverage available to a qualifying parent or dependent.

AB 749: Skilled nursing facilities: medical director certification provision, Chapter 584, Statutes of 2021. This bill provides a skilled nursing facility team contracting with a person as a medical director if the person is not, or will not be, within two years, as filed by the American Board of Post-Acute and Long-Term Care Medicine, or a Certified Medicare Care Unit.

AB 849: Skilled nursing facilities: intermediate care facilities: facility (SB 849, Chapter 471, Statutes of 2021). This bill amends the statutes that can be sought by a current or former resident or patient of a skilled nursing facility or intermediate care facility for violation of the resident or patient's rights from \$200 per day to \$250 per day, with the bill on the number of violations that can be brought forward.

# CA4ALL Ages & Abilities:

A Day of Action September 20<sup>th</sup>, 2022

Are you **READY?**

We are **Re-imagining Equity, Aging, Disability & You** as part of it all.



Join us on September 20<sup>th</sup> as we gather with our stakeholders to present the priorities and platforms that impact Aging, Disability and Equity. Be part of the progress as we move forward with California's Master Plan for Aging, and what 21<sup>st</sup> century readiness could look like.

# MPA: The Road Ahead

**Focus on Equity**

**Focus on Inclusivity:  
Aging and Disability**

**Listen**

**Be Nimble**

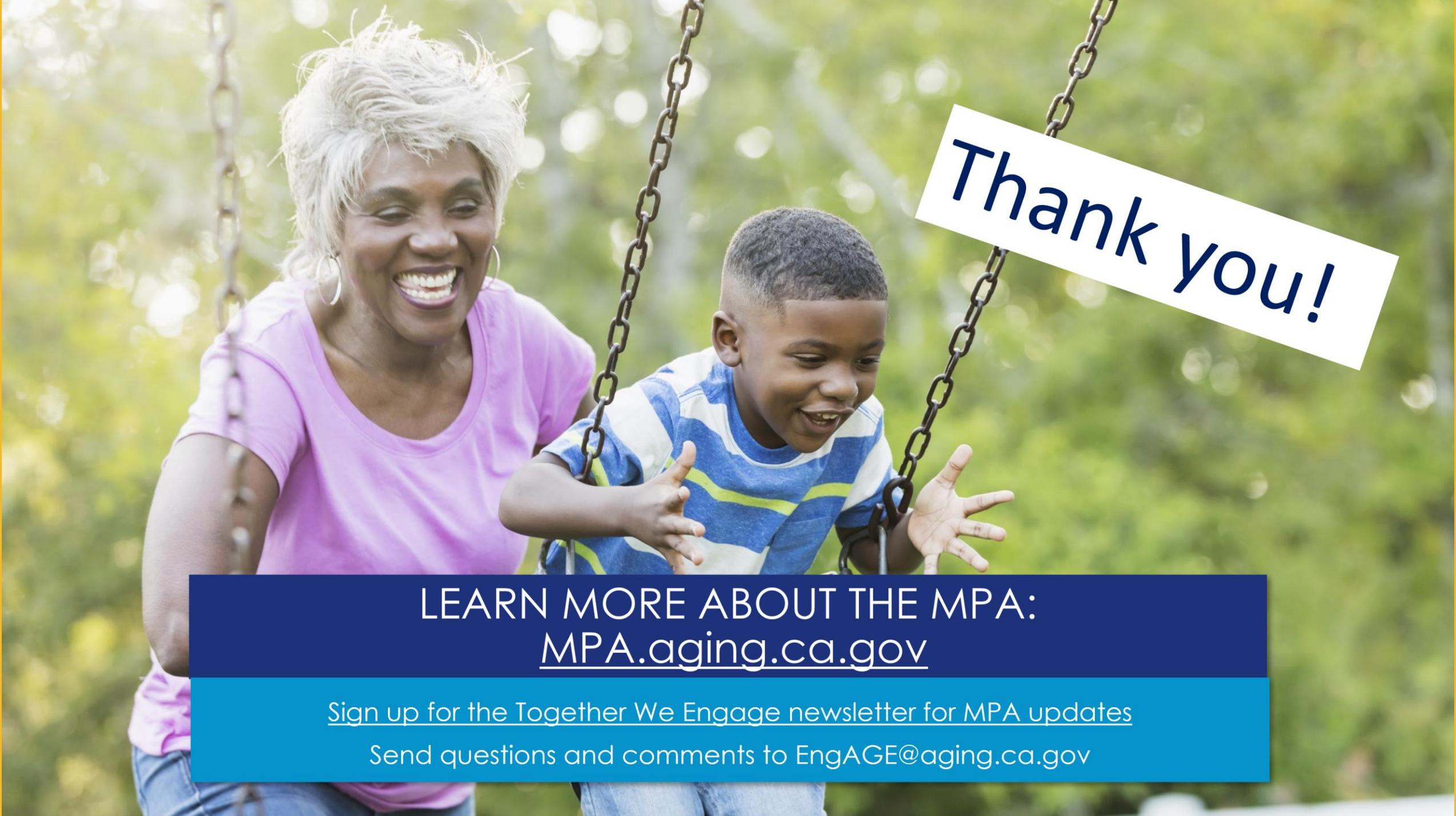
**Partner**

**Engage**

**Bust Silos**

**Lead**



A photograph of a woman with short, light-colored hair and a young boy on a swing set. The woman is wearing a pink shirt and is smiling broadly. The boy is wearing a blue and white striped shirt and is also smiling. They are outdoors in a park-like setting with green trees in the background. A white banner with the text "Thank you!" is overlaid on the right side of the image.

*Thank you!*

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

[Sign up for the Together We Engage newsletter for MPA updates](#)

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

# Tying it all together



Sandra J Winter  
Executive Director  
Senior Coastsiders



**Goal 1:  
Housing for All Ages  
and Stages**



**Goal 2:  
Health Reimagined**



**Goal 3:  
Inclusion and Equity,  
Not Isolation**



**Goal 4:  
Caregiving that Works**



**Goal 5:  
Affording Aging**





# Q&A Discussion

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- Select the Q&A icon on your toolbar to submit a question.
- For those joining by phone, email [Info@AgeForwardSMC.org](mailto:Info@AgeForwardSMC.org) to submit a question



# Thank you!

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Contact Us at  
[Info@AgeForwardSMC.org](mailto:Info@AgeForwardSMC.org)

