



## Equity Advisory Committee on Aging and Disability (EACAD)

March 12, 2026 | 10:00 a.m. – 12:00 p.m.



# Welcome



## **Carroll De Andreis**

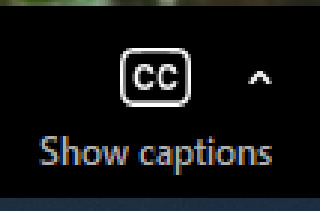
*Master Plan of Aging (MPA) Stakeholder  
Engagement Manager*

*California Department of Aging*

---

# Meeting Accessibility



- **American Sign Language (ASL)** interpreting is provided.
- **Closed captioning** is available during this meeting.
- To initiate closed captioning (cc):
  1. Click the cc icon on the Zoom toolbar 
  2. Click “Show captions” to display spoken meeting content as text
  3. Click “View full transcript” to review previous caption text
- If the (cc) icon does not appear on your toolbar, select “More”, then select “Captions” and begin at Step 1 above.

# Meeting Logistics



- Meeting slides and recording will be posted to the [CaIHHS MPA – EACAD](#) webpage.
- **Committee Members:** Update your name display in Zoom by right clicking the upper right corner of your video and selecting “rename.”
- Please turn on your camera while the meeting is in session.

# Virtual Meeting Operations



- The chat function is enabled for Committee Members, California Department of Aging (CDA) and state staff, and invited guests to share meeting-related resources and information. **NOTE:** select “EVERYONE” from the drop down when sharing information in the chat.
- The public will be able to view content share in the chat during the meeting.
- The chat and the Question/Answer functions are not enabled for comments and questions from the public attendees.
- We invite the public to provide comments during the designated Public Comment period. Please hold comments until that time.
- Additional public comments and questions can be directed to [Engage@aging.ca.gov](mailto:Engage@aging.ca.gov).

# Public Comment



Attendees joining by **phone**, press \*9 on your dial pad to join line. The moderator will announce the last 4 digits of your phone number and will unmute your line.



Attendees joining by **webinar (Zoom)**, click the raise hand button to join line. The moderator will announce your name or the last 4 digits of your phone number and will unmute your line.

**Note:** Public commentators will have 2 minutes.

For additional public comment, email [Engage@aging.ca.gov](mailto:Engage@aging.ca.gov)



## Committee Purpose

The purpose of the Equity Advisory Committee on Aging and Disability (EACAD) is to serve as a strategic partner to California's Master Plan for Aging (MPA), advising and ensuring that equity is intentionally and meaningfully woven throughout the implementation of the MPA's Five Bold Goals.

# EACAD Members



**Denny Chan**, Justice in Aging

**Vincent Crisostomo**, San Francisco AIDS Foundation

**Lynn Fritz**, Licensed Marriage Family Therapist

**Ephraim Getahun**, Advocate

**David “Jax” Kelly**, Aging and HIV Institute

**Dani Soto**, Openhouse

# New EACAD Members

**Maria Aguilar Aroch**, Advocate

**Julie Bates-Livesay**, Agency on Aging Area 4

**Lauren Brown**, University of Southern California,  
Leonard Davis School of Gerontology

**Linda Cardoza**, Advocate

**Megan Carey**, Advocate

**Ann Choi**, Chapman Consulting

**Eric Devezin**, Community Action Partnership

**Sue Elhessen**, Advocate

**Diana Jimenez**, County of Monterey, Department of Social  
Services

**Katie Kalvoda**, Advance OC



**New  
EACAD  
Members  
Continued**



**Nicola Lopez**, Caregiver OneCall

**Alicia Martinez**, California Rural Indian Health Board

**Alaya McKinney**, Advocate

**Jose Montoya**, California Health Collaborative

**Candelaria Pahua Oros**, Advocate

**Elizabeth Pinder-McSwain**, Caramel Connections Foundation

**Carmen Reyes**, Advocate

**Amina Sen**, The Cambodian Family

**Ronald Spingarn**, Advocate

**Carli Stelzer**, California Behavioral Health Association

# Agenda



- 10:00 a.m.** | Welcome, Meeting Logistics, Agenda Review & Land Acknowledgement
- 10:10 a.m.** | Opening Remarks
- 10:20 a.m.** | EACAD: Setting the Context and Member Engagement
- 10:40 a.m.** | Migration, Caregiving, & Dementia Study
- 11:05 a.m.** | Aging & Disability Lived Experience Advisory Board (AD-LEAB) Update
- 11:20 a.m.** | Master Plan for Aging Mid-Point Evaluation & Committee Discussion
- 11:35 a.m.** | California Health & Human Services Agency Recommendations from EACAD: Committee Discussion
- 11:45 a.m.** | Public Comments
- 11:55 a.m.** | Next Step & Adjourn

# Land Acknowledgement



## Lynn Fritz

*Licensed Marriage and Family Therapist*

*Karuk Tribe, Happy Camp, CA*

*EACAD Member*

---

# Opening Remarks



## **Sarah Steenhausen**

*Deputy Director*

*California Department of Aging*

---

# EACAD: Setting the Context and Member Engagement



**Yia Xiong**

*Equity Specialist*

*California Department of Aging*

**David "Jax" Kelly**

*President, Aging and HIV Institute*

*EACAD Co-Chair*

---

# Migration, Caregiving, and Dementia Study



## **Dr. Alissa Bernstein Sideman**

*Study Principal Investigator*

*University of California San Francisco*

## **Dr. Tala A-Rousan**

*UC San Diego Project Investigator*

*University of California San Diego*

## **Dr. Na'amah Razon**

*UC Davis Project Investigator*

*University of California Davis*

---



# **At the intersection of migration, dementia, and caregiving:** A study to understand and address experiences and needs

Equity Advisory Committee on Aging and Disability  
March 12, 2026

Alissa Sideman, PhD, MPH, MA  
Associate Professor, Institute for Health Policy Studies  
University of California, San Francisco

Tala Al Rousan, MD, MPH(UCSD Site PI)  
Na'amah Razon, MD, PhD (UC Davis Site PI)

CDPH Alzheimer's Disease Program Grant #24-10129



## Investigators:



Alissa Sideman,  
PhD, MPH, MA,  
**Study PI, UCSF**  
(medical  
anthropology,  
health policy)



Tala Al Rousan,  
MD, MPH  
**Site PI, UCSD**  
(family  
medicine, public  
health)



Na'amah Razon,  
MD, PhD  
**Site PI, UCD**  
(family medicine,  
medical  
anthropology)



Corey  
Abramson, PhD  
Data  
infrastructure  
Rice University  
(sociology)

## Research team:



Alma Hernandez  
de Jesus, MA  
(health policy)



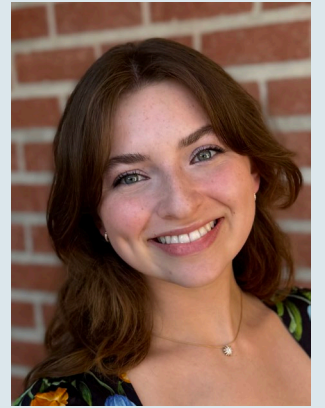
Claudia Guerra  
Castillo, MSW  
(social work)



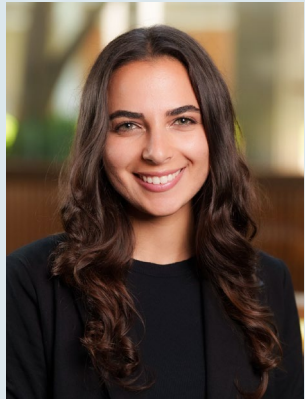
Cecilia Alagappan,  
RN  
(nursing)



Ignacia Arteaga,  
PhD (medical  
anthropology)



Julia Katowitz, BA  
(cultural psychology  
and education)



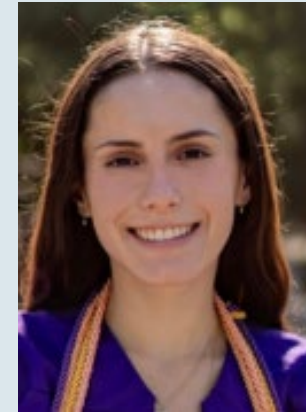
Sabrina Smadi, BS,  
MS  
(biology, clinical  
development)



Ariana  
Khayamian, BS,  
MPH  
(public health)



Carine Tamamian,  
BS  
(biology)



Rebeca  
Espinosa, BS  
(social work and  
public health)



Bethney Bonilla  
Herrera, MA  
(policy analyst,  
journalism)

# Background: Migration, Dementia, and Caregiving

- Over 25% of California's population are foreign-born, including:
  - **Immigrants** (voluntary migration)
  - **Refugees and asylum seekers** (forcibly displaced)
- **Migration is a key social determinant of health**, shaping lifelong stress exposure, access to care, and social support
- **The immigrant population is aging**, with increased risk of chronic disease, including dementia



# Background: Migration, Dementia, and Caregiving

- **Migrants in the U.S.** have:
  - 70% greater likelihood of having dementia compared to US-born adults
  - 199% greater likelihood of having undiagnosed dementia.<sup>1</sup>
- **Compounding impact: mental health, dementia, and migration**
  - Dementia and migration together increase:
    - Mental health challenges
    - Reduce family and health care supports
    - Create barriers to diagnosis and care
  - These combined challenges make living with dementia and caregiving more difficult

# Trauma Across Migration Journey

## Pre-migration

Lack of opportunity, exposure to war, poverty, natural disasters

## Travel & Transit

Challenging and life-threatening conditions, unforeseen costs

## Post-migration

Lack of social network, potentially uncertain legal and financial status

## Integration & settlement

Poor living conditions, unemployment, assimilation difficulties

# Overarching Methodological Approach

- Using interviews, we learn about people's experiences, stories, and histories.
- Based on what we learn, our aim is to inform policies and find ways to improve people's lives and better support communities and service systems.



# Study Aims

Aim 1. Characterize the experiences, needs, and support used and desired among migrants with dementia and their family caregivers from Latin America, the Middle East, and Afghanistan in California

Aim 2. Interview key informants from community organizations, long-term supports and services, and health services to learn about facilitators and barriers to the provision of dementia and caregiving support for migrants

Aim 3. Interview policy leaders and develop community-driven plans to a) better connect and tailor dementia support for migrants with dementia; and b) to inform health policies and practice change

# Participant Characteristics

<b>Category of Research Participant</b>	<b>(n=139)</b>
Organizational, health, policy Caregiver	77 (55.4%) 62 (44.6%)
<b>Location of Research Participant</b>	(blank)
Southern California San Francisco Bay Area/Central Coast Central Valley/Northern California	52 (37.4%) 44 (31.7%) 43 (30.9%)
<b>Gender</b>	(blank)
Female Male Not labeled	108 (77.7%) 21 (15.1%) 10 (7.2%)
<b>Interview Language</b>	(blank)
English Spanish Arabic Not labeled	83 (59.7%) 38 (27.3%) 16 (11.5%) 2 (1.4%)

*We fulfill **so many roles**...culturally, socially, humanly, we have to give back to our parents...**But when you're caring for someone with dementia, who has aggressive outbursts**...it's very complicated. This is beautiful work; but it's also **very heavy**.*

**-Caregiver**, immigrant from Colombia, cares for her father with dementia, SF Bay Area

*It is **prevention and intervention**, [for] those who are isolated, depressed, and have high anxiety, **just building a support system, getting them integrated into the community***

**-Staff member** at an organization that provides mental health services to the Latino community with a focus on older adults, Sacramento

# Types of Organizations Interviewed

## **Medical, Legal, Social, and Community Organizations**

- Ethnic Community-Based Organizations
- Legal & Medical-Legal Services
- Caregiver Services
- ADRD-Specific Services
- Religious Organizations
- Health & Mental Health Services
- General Senior Services
- Refugee and Immigrant Services
- Urban and Rural-based Service Settings

## **Federal, State, and County Services**

- Senior and Aging Services
- Health Care Services

# Early Lessons Learned

- The need to build awareness about dementia and its legal and clinical implications for migrant communities
- Fragmented health, aging, dementia, and immigration service sectors require additional cross-system coordination when addressing the needs of migrants
- Profound experiences of discrimination, invisibility, and exclusion

# Early Lessons Learned, Continued

- Substantial unmet community needs related to:
  - Language
  - Whole-person, integrated care access, including mental health services
  - Support for caregiver wellbeing
  - Health education and practice that is culturally salient and migration-aware
  - Social connection
  - Legal support
  - Systems navigation
  - Community-driven grassroots engagement and support

**Goal:**  
**To develop  
actionable  
deliverables with  
our Community  
Advisory Board**

- **POLICY BRIEFS AND  
MEMOS**
- **A STATEWIDE COMMUNITY  
RESOURCE DIRECTORY**
  - **COMMUNITY AND  
PROVIDER TOOLKITS OR  
ROADMAPS**
  - **FORM AN ADVOCACY  
COALITION**
  - **PRESENTATIONS**

# Discussion

## **Next steps:**

- As we think about eventual deliverables, what would make our work and findings most actionable for you?
- Where would this work have the greatest impact within current state initiatives?
- What questions should we be asking to ensure our work is most useful to state policy and the Master Plan for Aging?

## **Gaps and Opportunities:**

- What are the biggest gaps or opportunities in how California serves older adults who are immigrants across aging and disability systems?

# We'd love to hear and learn from you!



## Participate in a policy interview

- Send a voicemail or text to:

**415-890-5994**

- Send an email to:

[CDPHMigrationstudy@ucsf.edu](mailto:CDPHMigrationstudy@ucsf.edu)

# Funders, Projects, and Institutions

## Funders, Projects, and Institutions

UC San Diego



**UC DAVIS**  
UNIVERSITY OF CALIFORNIA



**UCSF** Philip R. Lee Institute for  
Health Policy Studies

# Aging & Disability Lived Experience Advisory Board Update



**Yia Xiong**

*Equity Specialist*

*California Department of Aging*

**David "Jax" Kelly**

*President, Aging and HIV Institute*

*EACAD Co-Chair*

---

# Aging and Disability Lived Experience Advisory Board (AD-LEAB) Update Continued



- Purpose

- to learn directly from the lived experience of older adults, people with disabilities, and caregivers from underserved and under-resourced communities to inform and guide the Master Plan for Aging (MPA).

- Member Make-up

- 12 members representing individuals of adults (50 – 59 years old), older adults (60+ years old), people with disabilities, and caregivers.

# Meet the Board Members



# EACAD Discussion Recommendations to CalHHS Agency



## David "Jax" Kelly

*President, Aging and HIV Institute*

*EACAD Co-Chair*

---

# Public Comment



Attendees joining by **phone**, press \*9 on your dial pad to join line. The moderator will announce the last 4 digits of your phone number and will unmute your line.



Attendees joining by **webinar (Zoom)**, click the raise hand button to join line. The moderator will announce your name or the last 4 digits of your phone number and will unmute your line.

Note: Public commentators will have 2 minutes.

For additional public comment, email [Engage@aging.ca.gov](mailto:Engage@aging.ca.gov)

# Meeting Resources



- [Master Plan for Aging webpage](#)
- [CalHHS MPA – EACAD Meeting webpage](#)
- [Fifth Master Plan for Aging Annual Report](#)
- [Aging and Disability Lived Experience Advisory Board](#)



# Meeting Materials & Meeting Date

**All meeting materials and recording  
are posted after this meeting on  
CaIHHS EACAD Meeting Materials  
webpage.**

## **Next Meeting Date**

**June 25, 2026, at 10:00a.m. – 12:00p.m.**

# Stay Connected



Learn more about the MPA at [MPA.aging.ca.gov](https://MPA.aging.ca.gov)

Contact: [Engage@aging.ca.gov](mailto:Engage@aging.ca.gov)

Learn more about CDA at [Aging.ca.gov](https://Aging.ca.gov)



[@CaliforniaAging](https://www.facebook.com/CaliforniaAging)



[@CalAging](https://twitter.com/CalAging)



[@CalAging](https://www.linkedin.com/company/CalAging)



[@Cal\\_Aging](https://www.instagram.com/Cal_Aging)