Welcome, Introductions and Overview

Dr. Mark Ghaly, Secretary
California Health and Human Services Agency

Kim McCoy Wade, Director
California Department of Aging
Meeting Logistics

• The meeting materials are posted online here

• Attend in-person or by computer, tablet, or smart phone:

  Click the link below to join the webinar:
  https://zoom.us/j/878704097
  Or join by phone: 888-788-0099  Webinar ID: 878 704 097

• For public comment and meeting feedback, go to:
  https://www.surveymonkey.com/r/MPAComment

• To submit detailed recommendations for MPA, go to:
  https://www.surveymonkey.com/r/MasterPlanRecommendations

• Accommodations:
  • Live closed captioning streamed through ZOOM
  • Live webinar access with two-way communication for public comment
<table>
<thead>
<tr>
<th>SAC Meeting #1</th>
<th>September 17, 2019</th>
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<tbody>
<tr>
<td>SAC Meeting #2</td>
<td>November 4, 2019</td>
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<td>SAC Meeting #2.5</td>
<td>December 18, 2019</td>
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<tr>
<td>SAC Meeting #2.5 (Webinar Only)</td>
<td>December 18, 2019</td>
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<td>SAC Meeting #3</td>
<td>January 21, 2020</td>
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<tr>
<td>SAC Meeting #4</td>
<td>March 2, 2020</td>
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<td>SAC Meeting #5</td>
<td>May 18, 2020</td>
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<td>SAC Meeting #6</td>
<td>August 11, 2020</td>
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Meeting Agenda

1. Welcome, Introductions, and Overview
2. Local Aging Plans – Los Angeles County & Nevada County
3. Long-Term Services and Supports Subcommittee Stakeholder Report – Discussion
4. Lunch Break
5. New Website – EngageCA.org
6. Webinar Wednesday – Report
8. Equity Work Group – Discussion
9. California Department of Aging (CDA) Strategic Plan – Discussion
10. Master Plan for Aging (MPA) and SAC Process – Discussion
11. Public Comment
12. Summary and Action Items
Local Aging Plans
PURPOSEFUL AGING LOS ANGELES

January 21, 2020

Laura Trejo, General Manager Los Angeles City Department of Aging

Lorenza C. Sanchez, Assistant Director, Los Angeles County Aging Services
Los Angeles County Board of Supervisors

Mayor City of Los Angeles

Announcement May 18, 2016

L-R David Ryu (Councilmember), Patricia Perez (AARP); Supervisor Solis and Mayor Garcetti
AREA AGENCY ON AGING

Federally designated Area Agencies on Aging (AAA) were established in 1973 under the Older Americans Act to respond to the needs of Americans 60 and over.

AAA’s are part of a nationwide network helping older adults to plan and care for their needs, with the goal of living independently in their own homes. They provide social services and nutrition services for elders, and support for caregivers.

The Los Angeles Region has two designated AAAs:
City of Los Angeles Department of Aging
and
Los Angeles County Department of Workforce Development Aging & Community Services

Core Functions

ADVOCACY - Advocate at all levels for the resources and policies that will help provide the choices older persons and persons with disabilities need to lead meaningful lives.

PLANNING - Responsible for identifying unmet needs of older adults and functionally impaired adults as well as planning, coordinating, and implementing programs that promote the health, dignity, and well-being.

SERVICES - Responsible for ensuring that an array of direct services is available at the neighborhood level in support older adults and their family caregivers.

http://purposefulagingla.com
Why is Purposeful Aging Los Angeles Needed?
Only 10 States have an older adult population larger than Los Angeles County.

Between 2010 and 2030, the older adult population in the Los Angeles region is expected to double, from approximately 1.1 million to more than 2.1 million individuals.

The older adult population is becoming more racially and ethnically diverse than ever before.

Life expectancy is increasing: it rose from 75.8 years in 1991 to 81.5 years in 2011.

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### California’s Projected Population Age 60+ as a Percent of Total Population by Race and Ethnicity

<table>
<thead>
<tr>
<th>RACE/ETHNICITY</th>
<th>2010</th>
<th>2030</th>
<th>2050</th>
</tr>
</thead>
<tbody>
<tr>
<td>White/Non-Hispanic</td>
<td>61.8%</td>
<td>46.7%</td>
<td>35.8%</td>
</tr>
<tr>
<td>Hispanic/Latino</td>
<td>18.5%</td>
<td>29.1%</td>
<td>38.8%</td>
</tr>
<tr>
<td>Asian</td>
<td>13.5%</td>
<td>16.2%</td>
<td>17.3%</td>
</tr>
<tr>
<td>Black/African American</td>
<td>5.4%</td>
<td>5.6%</td>
<td>5.5%</td>
</tr>
<tr>
<td>American Indian/Alaska Native</td>
<td>0.4%</td>
<td>0.49%</td>
<td>0.4%</td>
</tr>
<tr>
<td>Native Hawaiian/Other Pacific Islander</td>
<td>.020%</td>
<td>0.35%</td>
<td>0.30%</td>
</tr>
<tr>
<td>Two or more Races</td>
<td>1.1%</td>
<td>1.6%</td>
<td>2.2%</td>
</tr>
</tbody>
</table>


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Population

Los Angeles County
• 1.9 million persons 60 years and older
• 1 in 4 California older adults live here!
• 88 cities spread over 4,000 square miles

City of Los Angeles Second most populous city in the U.S.
• People from more than 180 countries, speaking 140 different identified languages, currently call Los Angeles home
• 701,725 persons age 60+
• 58% of persons age 60+ are minority

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Ethnic and Racial Diversity

• Home to more American Indians/Alaska Natives than any other county in the United States. There are fourteen federally recognized Native American Indian tribes within the Greater Los Angeles Area. The City of Los Angeles is home to the second largest percentage of Native Americans in the United States.

• Home to more Latinos/Hispanics than any other county in the United States and the fastest growing population among those aged 65 years and over. Representing immigrants from 22 countries of origin and those who are US born.

• Home to the nation’s largest Asian American population representing 28 distinct groups. Los Angeles County is home to more Asian American older adults than any other county in the United States with nearly one-third of all Asian Americans countywide being older adults.

• Los Angeles has dropped from the 5th to the 6th largest Black population in the United States.


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WHO’s Determinants of Active Aging

70% of seniors in Los Angeles report having two or more chronic health conditions.

- 1 out of every 3 seniors in Los Angeles find some difficulty in paying monthly living expenses
- 1 in 3 food insecure seniors are disabled

Greater support from families, friends and communities is linked to better health.

Safe water and clean air, safe houses, communities and roads all contribute to good health.

Los Angeles is home to people from more than 140 countries, who speak more than 90 languages and dialects.

48% of seniors reporting that they have not set any goals to help manage their health in the past 12 months.

Balanced eating, keeping active, smoking, drinking, and how we deal with life’s stresses and challenges all affect health.

(2002)

Economic determinants

Health and social services

Behavioural determinants

Personal determinants

Social determinants

Physical environment

Culture

Gender

Men and women suffer from different types of diseases at different ages.
ALZHEIMER’S disease

- In Los Angeles County:
  - 5th leading cause of death overall and 4th among persons 75 years and older
  - 147,000+ persons with Alzheimer’s Disease
  - 325,000+ baby boomers today are expected to develop Alzheimer’s disease during their remaining lifetimes.
  - 300,000+ adults reported providing care in the past 30 days.
    - More than one-third reported spending 20 or more hours per week.

- Among Latinos and Asians/Pacific Islanders, Alzheimer’s disease will nearly triple during next 20 years.
WHO IS LEADING
PURPOSEFUL AGING

LOS ANGELES

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**PROCESS**

- A designation process established by the World Health Organization
- In U.S. AARP is the national entity that supports the initiative
- Seeking designation requires commitment from highest elected official

**GOALS**

- Adapting city/county structures to the needs of a growing older population is a strategic investment
- A City of Choice For All Generations
- Benefits of Age-Friendly Environments

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Vision

• To make the Los Angeles region the most age friendly in the world.

Mission

• Purposeful Aging Los Angeles (PALA) – An Age-Friendly Initiative – seeks to prepare the Los Angeles region for a rapidly aging population through an innovative, sustained initiative that unites public and private leadership, resources, ideas and strategies. PALA will improve the lives of older adults and Angelenos of all ages.

http://purposefulagingla.com
14,105 Completed Surveys in 9 Languages

Purposeful Aging LA.com

You Can Help Change the Future of Aging in the Los Angeles Region.

http://purposefulagingla.com
Engagement Process Includes:

Steering Committee
Blue Ribbon Committee **
Action Planning Committee

*Working Groups*
City/County internal
City Departments
County Departments
Research and Evaluation
8 Livability Domains
Dementia Friendly
Aging & Disability Collaborative
Task Force of Cities

** Group is in process of being formed
Others may be added as needed

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SUPPORTING STRONG REGIONAL COALITIONS

- Los Angeles Social Isolation and Impact Coalition
- Los Angeles Falls Prevention Coalition
- Los Angeles Alliance for Community Health and Aging
- Los Angeles Advocacy on Aging Coalition
- Los Angeles Food Access Working Group

http://purposefulagingla.com
WHAT WE HAVE ACHIEVED SO FAR

GOVERNMENT LEVEL

- Mayoral Directive 17
- L.A. County incorporates PALA into County’s Strategic Plan
- Adopted PALA Action Plan in 2018
- Improving Older Adults Services Motion by LA County Board of Supervisors - a feasibility study of creating a stand-alone comprehensive department of aging for the region
- Recruitment of City Neighborhood Council Liaisons
- Funding for PALA dedicated staff by LA City
- Funding for PALA dedicated staff by LA County
- Launched website

✓ Supervisor Barger named to California’s Master Plan on Aging
INDIVIDUAL LEVEL

The Aging Mastery Program® (AMP) is designed to inform, encourage, and support older adults as they take steps to improve their lives and engage with their communities. More than 600 older adults have participated in the AMP 10 week program offered at 26 sites.

Los Angeles County’s LA Found helping caregivers of those living with Alzheimer’s, dementia, autism or other cognitive impairments when the person they are caring for goes missing.

To date, all participant who have wandered have been found.

City of Los Angeles improving bus stops by evaluating and mapping all bus stops citywide for their comfort and utility to an older population. Has already completed revamping 84 stops.

Los Angeles County’s Home Safe Program secured a $2.5 million grant to provide housing-related supports to Adult Protective Services clients who are homeless or are at imminent risk of homelessness as a direct result of abuse, neglect, self-neglect, or exploitation.

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COMMUNITY LEVEL

Dementia Friends LA, in collaboration with Alzheimer’s LA, is part of a global movement that is changing the way people think, act, and talk about dementia. Los Angeles has 980 Dementia Friends, of which 164 are Dementia Friends Champions (volunteers) who provide community workshops.

Aging Summits: Older Adult Summit for Caregivers and Aging Into The Future Conference and Expo, powered by St. Barnabas Senior Services, having hosted three summits reaching more than 3,000 seniors.

Network of Age Friendly Universities consists of institutions of higher education around the globe who have endorsed the 10 AFU principles and committed themselves to becoming more age-friendly in their programs and policies.
- University of Southern California (Wicked Problems Practicum, technology content, published article)
- University of California at Los Angeles
- California State University at Long Beach

Community Engagement
- 8 Livability Domain Working Groups were launched to implement Action Plan recommendations
- Cities Task Force was launched to help the region’s 88 cities coordinate their efforts in serving older adults.
- Regional coordination to amplify efforts of local working coalitions

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Purposeful Aging LA

- Leverage our efforts to become an Age Friendly City
- Support each other in creating an Age Friendly region
- Identify best practice strategies, projects and resources
- Participate in worldwide movement

Engaging local coalitions

Added City/County employees to survey based on work done by Oregon

Launched Aging Mastery program

Age Friendly Cities
- Culver City
- Glendale
- Hermosa Beach
- Long Beach
- Santa Clarita
- Temple City
- West Hollywood
- Norwalk

Summer 2018 Dr. Wilber and Ms. Haley Gallo from USC visited European nations to see first hand their age friendly work.

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Possibilities

• Innovate and implement high quality services for older adults
• Improve county and municipal infrastructure
• Support local businesses serving older adults
  • Baby boomers control more than three-fourths of America’s wealth, outspending other generations by an estimated $400 billion each year on consumer goods and services.
• Tourism is a leading industry in Los Angeles County, supporting jobs, contributing billions in direct spending and economic impact
  • Adults 50+ account for 80% of all luxury travel spending
• Incubator for new technologies that help older adults remain in their homes as long as possible, mitigate workforce shortages and the financial burdens that are inherent to long-term care
  • Approximately 70% of older adults now connected to the internet. Roughly three-quarters of internet-using seniors say they go online on a daily basis – and nearly one in 10 go online almost constantly.

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Planning Timeline

May 2016
Initiative Launch

Summer 2016-
Winter 2017
Initial Planning

Spring 2017-
Summer 2017
Older Adult Summit

Fall 2017
Surveys & Listening Sessions

May 2018
Develop Action Plan

Action Plan to Mayor, Board and Council

August 2018
Action Plan Adopted

October 2019
Working Groups

January 2020
Program Development and Testing

December 2021
Evaluation and Impact

beyond
Funding and Scaling

http://purposefulagingla.com
Action Planning Advisory Group
EVALUATION TEAM

Maria P. Aranda, PhD, MSW, MPA, LCSW
Associate Professor
USC Suzanne Dworak-Peck School of Social Work

Valentine M. Villa, PhD
Professor, School of Social Work
Director, Applied Gerontology Institute
California State University, Los Angeles

Catherine A. Sarkisian, MD, MSPH
Professor and Physician
UCLA Division of Geriatrics and VA Greater Los Angeles
Healthcare System
UCLA School of Medicine/Division of Geriatrics
UCLA Fielding School of Public Health

Iris Aguilar, MPA
Assistant director
USC Edward R. Roybal Institute on Aging
USC Suzanne Dworak-Peck School of Social Work

Kate Wilber, PhD
Mary Pickford Professor of Gerontology
USC Leonard Davis School of Gerontology
Professor of Health Services Administration

Steven P. Wallace, PhD
Associate Center Director, UCLA Center for Health Policy Research
Chair and Professor, Department of Community Health Sciences,
UCLA Fielding School of Public Health
Director, Coordinating Center for the NIH/NIA Resource Centers
on Minority Aging Research

Donald A. Lloyd, PhD
Research Associate Professor
USC Suzanne Dworak-Peck School of Social Work

Laura Trejo, MSG, MPA
General Manager
Los Angeles Department of Aging

http://purposefulagingla.com
STEERING COMMITTEE

Laura Trejo, General Manager, Los Angeles Department of Aging

Lorenza C Sanchez, Assistant Director, LA County Workforce Development, Aging & Community Services, Aging & Adult Services Branch

James Don, Assistant General Manager, Los Angeles Department of Aging

Anna Avdalyan, Program Manager, Aging & Adult Services Branch, Workforce Development, Aging and Community Services

Paul H. Irving, Chairman, Milken Institute Center for the Future of Aging

Kate Wilber, PhD, Mary Pickford Professor of Gerontology, USC Leonard Davis School of Gerontology, Professor of Health Services Administration

Adriana M. Mendoza, Associate State Director, AARP California

Rafi Nazarians, Associate State Director, Community, AARP California

Catherine A. Sarkisian, MD, MSPH, Professor and Physician, UCLA Division of Geriatrics and VA Greater Los Angeles Healthcare System, UCLA School of Medicine/Division of Geriatrics UCLA Fielding School of Public Health

Monica Nunez, Executive Assistant, Los Angeles Department of Aging

http://purposefulagingla.com
Questions

City of L.A.
Laura Trejo
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Purposeful Aging LA
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County of L.A.
Lorenza Sanchez
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www.purposefulagingla.com

#PurposefulAgingLA
#AgeFriendlyLA
Nevada County Roundtable

Jan Arbuckle
City of Grass Valley

Ana Acton
FREED Center for Independent Living
Nevada County Roundtable

- Transportation
- Volunteerism
- Emergency preparedness for older adults and people with disabilities
LTSS Subcommittee Stakeholder Report - Discussion

Susan DeMarois
Alzheimer’s Association

Sarah Steenhausen
The SCAN Foundation
A NEW LONG-TERM SERVICES AND SUPPORTS FRAMEWORK FOR ALL CALIFORNIANS: A DECADE TO DESIGN, DEVELOP & DELIVER

The LTSS Subcommittee report positions the state, over the next ten years, to meet the needs of older adults, people with disabilities and caregivers through an approach addressing:

1. PATHWAYS TO CARE
   - Information and Assistance
   - Standardized screening and assessments
   - Care transitions
   - Integration of medical, social and behavioral health services

2. ACCESS
   - Support for Family Caregivers
   - IHSS sustainability
   - Comprehensive statewide infrastructure for LTSS
   - Plan for and accelerate workforce development
   - 24/7 residential care

3. AFFORDABILITY
   - Individual LTSS financing options/public benefit
   - State financing
   - Local financing
   - Federal financing

LEADERSHIP • VISION • STRATEGY
ENSURING AFFORDABILITY
PUBLIC & PRIVATE INVESTMENT
DATA & ANALYTICS
Lunch Break
12:00 p.m. – 12:30 p.m.
Together We EngAGE Launches EngageCA.org
Webinar Wednesdays: A Series

Livable Communities & Purpose

- Housing (January 29)
- Transportation (February 5)
- Parks and Community Spaces
- Civic and Social Engagement
- Inclusion, Respect, and Isolation
- Leadership by and with Older Adults and People with Disabilities

Health & Well-Being

- Healthy Aging (January 15)
- Geriatric Medicine Workforce
- Integration and Coordination of Health and Long-Term Services and Supports
- Palliative Care and Hospice: Planning for Serious Illness

Economic Security & Safety

- Work Opportunity (January 22)
- Emergency and Disaster Preparedness and Response
- Retirement Security
- Preventing and Responding to Abuse, Neglect, and Exploitation
- Poverty, Hunger, and Homelessness

MASTER PLAN FOR AGING
OUR FIRST TOPIC: HEALTHY AGING

Featured Speakers:

• **Amanda Lawrence**, California Department of Public Health, State Partner
• **Victoria Jump**, Ventura County Area Agency on Aging, Local Leader
• **Fernando Torres-Gil, PhD**, University of California, Los Angeles, Stakeholder Advisory Committee Member
WEBINAR WEDNESDAYS
9:30am - 11:00am

1.22.20 Work Opportunity
1.29.20 Housing
2.05.20 Transportation
2.12.20 Poverty, Hunger, & Homelessness
2.19.20 Emergency & Disaster Preparedness & Response

www.engageCA.org
Data Dashboard - Report

Carrie Graham
Master Plan for Aging Consultant

Kim McCoy Wade
Department of Aging
Research Subcommittee Meetings

- **24 Jan. 2020**: Goal 1: LTSS and Caregiving (UC Berkeley)
- **25 Feb. 2020**: Goal 2: Livable Communities and Purpose (Sacramento)
- **19 Mar. 2020**: Goal 3: Health and Well-being (West Health in La Jolla)
- **28 Apr. 2020**: Goal 4: Economic Security and Safety (Sacramento)
- **18 May 2020**: Report on Preliminary Dashboard Recommendations to SAC
- **26 May 2020**: Topic TBD
- **25 June 2020**: Topic TBD
New Data Partnerships

- MPA Data Dashboard CDPH and *Let’s Get Healthy California*
- MPA Data Gap Action Plan (GAP) Terri Shaw, Master Plan for Aging Consultant
Equity Work Group - Discussion

**Rigo Saborio**
St. Barnabus Senior Services

**Kevin Prindiville**
Justice in Aging
CDA Strategic Plan – Discussion

Mark Beckley
California Department of Aging

Kim McCoy Wade
California Department of Aging
MPA and SAC Process - Discussion

Topics:
• Deliverables
• Timelines
• Models
Public Comment

For public comment and meeting feedback, go to: https://www.surveymonkey.com/r/MPAComment

To submit detailed recommendations for MPA, go to: https://www.surveymonkey.com/r/MasterPlanRecommendations
Summary & Action Steps
THANK YOU!

Send questions to EngAGE@aging.ca.gov

Learn more about the Master Plan for Aging here:

EngAGECA.org