Master Plan for Aging
Webinar Wednesdays

Poverty, Hunger & Homelessness
February 12, 2020 | 9:30 a.m. – 11:00 a.m.
WELCOME TO WEBINAR WEDNESDAYS

**Purpose:** To inform and engage the public to hear aging priorities from all Californians

- Join us every Wednesday from 9:30 am – 11:00 am | January 15 – April 22
- Links to join webinars can be found at our new website:
- No registration necessary
- Engage with us through live polling and asking the experts questions via ZOOM Q&A
- Webinar materials to be posted to the website after each webinar

MASTER PLAN FOR AGING
Today’s Featured Speakers:

- **Madlynn Johnson**, Council of Elder Member & Senior Advocate for Hope and Justice, St. Mary’s Center *(Local Leader)*
- **Alicia Sutton**, Deputy Secretary for Homelessness, California Business, Consumer Services, and Housing Agency *(State Partner)*
- **Dr. Margot Kushel**, Professor & Director of the UCSF Center for Vulnerable Populations, UCSF *(Local Leader)*
- **Janny Castillo**, Seniors for Hope & Justice Program Coordinator, St. Mary’s Center *(Stakeholder Advisory Committee)*
- **Kevin Prindiville**, Executive Director, Justice in Aging *(Stakeholder Advisory Committee)*
Share your ideas on how to build an age- and disability-friendly California!

@CalAging
@CaliforniaAging

Livable Communities & Purpose
- Housing (January 29 — YouTube | Presentation | Transcript)
- Transportation (February 5 — YouTube | Presentation)
- Isolation, Inclusion, and Respect (February 26)
- Civic and Social Engagement
- Parks and Community Spaces
- Leadership by and with Older Adults and People with Disabilities

Health & Well-Being
- Healthy Aging (January 15 — YouTube | Presentation | Transcript)
- Geriatric Medicine Workforce
- Integration and Coordination of Health and Long-Term Services and Supports
- Planning for Serious Illness: Palliative Care and Hospice

Economic Security & Safety
- Work Opportunity (January 22 — YouTube | Presentation | Transcript)
- Poverty, Hunger, and Homelessness (February 12)
- Emergency and Disaster Preparedness and Response (February 19)
- Retirement Security
- Preventing and Responding to Abuse, Neglect, and Exploitation (March 4)
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.
FASTEST GROWTH, ELDERS OF COLOR

Source: California Department of Finance, 2016, P-3 database
Dr. Steven Wallace, UCLA
POOR & NEAR POOR, AGE 65+, CA, 2018

Note: white, Asian & black are non-Latino; Latino is any race; AIAN includes multiple race/ethnicity.

Source: Current Population Survey 2018

Dr. Steven Wallace, UCLA
THE ELDER INDEX

• Currently, the Federal Poverty Guideline is used to determine an individual or couple’s financial need

• An alternative: Elder Economic Security Standard Index (The Elder Index: www.healthpolicy.ucla.edu/ElderIndex):
  • Index is for counties
  • Based on actual costs of basic needs for older households, including housing, food, transportation, health care, etc.
  • Uses unadjusted income
  • Uses current data

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<th>Monthly Expenses</th>
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AGING IS CHANGING

• More diversity
• More living alone
• More at risk of poverty
• More awareness of the stages of aging
Vision
  • California for all, across the life span

Values
  • Choice
  • Equity
  • Dignity
  • Inclusion and accessibility
  • Innovation and evidence-informed
  • Strong partnerships
Mission

A person-centered, data-driven, ten-year California Master Plan for Aging by October 1, 2020

• State Master Plan
• Local Blueprint
• Data Dashboard of State & Local Data
• Best Practice Resources for Local Planning
MASTER PLAN FOR AGING: GOALS

1. **Services & Supports.** We will live where we choose as we age and have the help we and our families need to do so.

2. **Livable Communities & Purpose.** We will live in and be engaged in communities that are age-friendly, dementia-friendly, and disability-friendly.

3. **Health & Well-being.** We will live in communities and have access to services and care that optimize health and quality of life.

4. **Economic Security & Safety.** We will have economic security and be safe from abuse, neglect, exploitation, and natural disasters and emergencies throughout our lives.
Master Plan for Aging

June 2019
Governor Newsom issues Executive Order N-14-19 calling for Master Plan for Aging

Fall 2019 and Winter 2020
Master Plan Framework in Development. Analysis of policy and program options and expansion of cross sector engagement

March 2020 Report due to the Governor from the Long-Term Care Subcommittee with recommendations on stabilizing long-term services and supports

Summer 2020
Adoption of stakeholder and public feedback into Master Plans, submission to Cabinet workgroup for review

October 2020
Master Plan Issued by the Governor
BRIEF OVERVIEW:
STATE PROGRAMS AND SERVICES FOR OLDER ADULTS AND PEOPLE WITH DISABILITIES

MASTER PLAN FOR AGING
CASH PROGRAMS FOR OLDER ADULTS (SSI/SSP)

- Approximately 1.2 million Californians
- Administered by Social Security Administration under contract with CDSS
- SSI = Supplemental Security Income (Federal portion – issued by Social Security Administration)
- SSP = State Supplemental Payment (State portion – supplement authorized by state legislature due to California’s high cost of housing)
- Maximum payment for most recipients (2020): $943.72 (individuals) or $1,582.14 (couples)
- Available to individuals who are at least age 65 or individuals under 65 who are living with a disability or blind. In either case, individuals must be a U.S. citizen (a few exceptions apply)
CASH ASSISTANCE PROGRAM FOR IMMIGRANTS (CAPI)

- Approximately 14,700 participants
- Administered by CDSS Adult Programs Division in cooperation with the 58 counties
- 100% General Fund (no federal financial participation)
- Created by legislature in 1997 after federal welfare reform excluded most non-citizens from SSI

Available to non-citizens only: lawfully admitted permanent residents, permanent residents under color of law, refugees, asylees, etc.

- Eligibility requirements and maximum payment same as SSI/SSP
- Both programs: Higher rates authorized for blind individuals and those without adequate cooking and food storage facilities
EARNED INCOME TAX CREDITS FOR OLDER CALIFORNIANS

- California only state where workers 65 and over can claim EITC!
- Grandparents raising children may also qualify for child tax credits, including the State’s new Young Child Tax Credit
- All info at: CalEITC4me.org
Beginning June 1, 2019, SSI/SSP recipients began applying for and receiving CalFresh food benefits for the first time since 1974!

CalFreshFood.org
CALFRESH EXPANSION REACH

Nearly 400,000 SSI Recipients Receiving CalFresh Food

December 31, 2019

- 400,000
- 300,000
- 200,000
- 100,000

SSI Recipients Estimated to be Eligible to Participate in CalFresh: 405,900 (CDSS Estimate)

June 1, 2019

MASTER PLAN FOR AGING
OTHER NUTRITION PROGRAMS FOR OLDER CALIFORNIANS & PEOPLE WITH DISABILITIES

- Home Delivered Meals (California Department of Aging)
- Congregate Meals (California Department of Aging)
- Child & Adult Care Food Program (California Department of Education)
- Commodity Supplemental Food Program (California Department of Social Services)
- Senior Farmers Market Nutrition Program (California Department of Food & Agriculture)
- Medically Tailored Meals (Department of Health Care Services)
ST. MARY’S CENTER, WEST OAKLAND

• St. Mary’s Center offers a range of services to meet the needs of extremely low income housed and un-housed seniors

• Available services: case management, health care referrals, money management services, food support, community enrichment activities

• Fall prevention and medication safety education services provided on and offsite

• Additional services: winter emergency shelter and three transitional houses

LOCAL LEADER: ST. MARY’S CENTER
SMC runs a preschool, a winter emergency shelter and **41 transitional units across five sites**. SMC also plans to build **68 units** of affordable housing across the street from the main site.
FROM DIRECT SERVICE TO SOCIAL JUSTICE

- Advocate for senior safety net services; housing, health care, food, and economic security
- Protect people’s civil rights by decriminalizing homelessness
- Insist that real solutions must include the experience and ideas of those most affected
- Educate community members and legislators on the effects of poverty and help dissolve stereotypes, influence policy and funding
- Insist that real solutions must include the experience and ideas of those most affected. Report on “Pushed to the Bottom”

LOCAL LEADER: ST. MARY’S CENTER
Madlynn Johnson

Council of Elder Member and Senior Advocate for Hope and Justice
St. Mary’s Center, West Oakland, CA
Facilitated Questions and Polling
HOMELESSNESS AND AGING
California Homeless Coordinating and Financing Council
Business, Consumer Services and Housing Agency
Ali Sutton, Deputy Secretary for Homelessness

STATE PARTNER
HOMELESSNESS IN CALIFORNIA

• On a given night in January 2019, **151,278 Californians** were identified as homeless.

• California represents **12%** of the nation’s population, but **27%** of its homeless population.

• African-Americans are disproportionately homeless in California — roughly **30%** of the state’s unhoused population is black.

• Our state experienced a **16% increase** in homelessness from 2018, and a **21% increase** in unsheltered homelessness.
GOVERNOR NEWSOM’S ACTIONS ON HOMELESSNESS

- Executive Order N-23-20
- New Council of Regional Homeless Advisors
- New State leadership roles
- New investments
GOVERNOR NEWSOM’S EFFORTS ON HOMELESSNESS

- Last year’s budget: $1 billion in funding to fight homelessness, including $650 million in emergency homeless aid.
- This year’s proposed budget: $1 billion in funding, including $750 million in a new California Access to Housing and Services Fund.
Growing Resources for Older Californians
STATE HOMELESS RESOURCES FOR OLDER CALIFORNIANS & PEOPLE WITH DISABILITIES

• Homeless Emergency Aid Program
• Homeless Housing, Assistance and Prevention Program
• Housing and Disability Advocacy Program
• Home Safe Program
• Stay tuned… California Access to Housing and Services Fund possibilities!
Facilitated Questions and Polling
HOMELESSNESS IN OLDER ADULTS: CAUSES, CONSEQUENCES

Margot Kushel, MD
Professor of Medicine, UCSF
Director, UCSF Center for Vulnerable Populations at ZSFG
Director, UCSF Benioff Homelessness and Housing Initiative

@mkushel

LOCAL LEADER: UCSF
THE HOMELESS POPULATION IS AGING

Proportion of single homeless adults ≥50 in San Francisco

- 1990: 11%
- 2003: 37%
- Today: approximately 50%
- Median age increased 0.66 years for every calendar year between 1990-2003

LOCAL LEADER: UCSF
GENERATIONAL EFFECT

Americans born in the second half of the baby boom (1955-1965) have had elevated risk of homelessness throughout their lifetime.

Source: “The Emerging Crisis of Aged Homelessness” Culhane, Treglia, Byrne, Metraux, Kuhn, Doran, Johns, & Schretzman (2019)

LOCAL LEADER: UCSF
California Has 22 Affordable/Available Housing Units For Every 100 Extremely Low-income Households

The Gap: A Shortage of Affordable Homes NLIHC March 2019

LOCAL LEADER: UCSF
HOMELESSNESS IS A RACIAL JUSTICE ISSUE

- Housing primary means of wealth-building
- Discrimination in home ownership
  - Segregated neighborhoods
  - Redlining—restricted access to mortgages in segregated neighborhoods
- Predatory lending
- Discrimination in rental market
- Criminal justice, employment and educational discrimination
- Black Americans at 3-4 fold increased risk of homelessness

LOCAL LEADER: UCSF
HOPE HOME STUDY

Health Outcomes of People Experiencing Homelessness in Older Middle Age

- Funded by National Institute on Aging (NIA)
- Longitudinal cohort study in Oakland, CA
- 350 participants enrolled July 2013 to June 2014, following participants every six months
- Additional 100 participants 2017-2018
- Participants 50 and older; homeless; English speaking

LOCAL LEADER: UCSF
Two thirds are 60 and under, but 12% are older than 65 years at study entry: Median age 57
Almost a third of the sample lost stable housing* in the past year

*Defined as non-institutional place that you lived for a year of more

<table>
<thead>
<tr>
<th>Years since last stable housing</th>
<th>Percent</th>
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<td>&lt;6 months</td>
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<td>6 mo to &lt;1 yr</td>
<td>15</td>
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<tr>
<td>1 yr to &lt;5 yrs</td>
<td>39</td>
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<tr>
<td>5 yrs to &lt;10 yrs</td>
<td>14</td>
</tr>
<tr>
<td>10+ years</td>
<td>15</td>
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LOCAL LEADER: UC SF
44% with first episode of homelessness after age 50
HOPE HOME STUDY

Those with early homelessness (<50)

- More adverse life experiences
- Low income attainment in early adulthood
- No spouse partner

- Mental health problems
- Traumatic brain injury
- Imprisonment
- Alcohol use problem

HOPE HOME STUDY QUOTES

• “(My father said): ‘Next time you, if you runaway, I’ll beat you with a car chain or I’m going to throw you out the window.’”

• “Okay, so I, I was, I wouldn’t use the word ‘reasonable’ but I put things in perspective real quick and I would say, ‘Could I survive a car chain? Probably not.’”

• “Then I looked out the window and said, and we lived on the 13th floor, I said, ‘I ain’t playing with this man.’ He went to work, I had whatever I had on me, I was out the door.”
LATE ONSET HOMELESSNESS

• Low wage work throughout life
• Crises:
  • Job loss
  • Marital breakdown
  • Illness (participant, spouse)
  • Death (spouse, parent)

LOCAL LEADER: UCSF
Participant Quote:

“…When they bought the company out they cut our hours back and they would bring in temp workers and they would give them all the hours and they weren’t giving us our hours, which caused me to lose my place I was staying in because I couldn’t afford to pay the rent, because, you know, from, you’re going from almost 80-100 (hours) a week down to 20 hours a week, it’s kind of hard to pay bills.”
Poor Health in every measure:

56% report health as fair or poor
HIGH PROPORTION WITH FUNCTIONAL IMPAIRMENTS


LOCAL LEADER: UCSF
High Prevalence of Cognitive Impairment

Source: Hurstak E, Johnson JK, Tieu L, Guzman D, Ponath C, Lee CT, Jamora CW, Kushel M. Factors associated with cognitive impairment in a cohort of older homeless adults: Results from the HOPE HOME study. Drug Alcohol Depend. 2017 Sep 1;178:562-570.

LOCAL LEADER: UCSF
HIGH PREVALENCE OF ALL GERIATRIC CONDITIONS

- Mobility impairment: 27%
- One or more falls (6 months): 34%
- Visual impairment: 45%
- Hearing impairment: 36%
- Urinary incontinence: 48%


LOCAL LEADER: UCSF
OVERALL POOR FUNCTIONAL STATUS:

“50 is the new 75”

• Median age of sample: 57 years
• Prevalence of geriatric conditions worse than those in general population samples in their 70s and 80s

LOCAL LEADER: UC SF
ALCOHOL AND DRUG USE PROBLEMS COMMON

• 65% with moderate or greater severity of drug use symptoms
  • Cocaine (43%), cannabis (39%), and opioids (13%) moderate or severe use symptoms
• 26% moderate or greater severity alcohol use symptoms
  • 15% severe symptoms

LOCAL LEADER: UCSF
HIGH MORTALITY RATE AND INSTITUTIONAL CARE

• 51 confirmed deaths out of 350 participants in HOPE HOME since cohort began (July 2013-June 2014)
• 8 additional deaths among 100 recruited last year
• Those first homeless >50 2x as likely to have died as those with earlier onset homelessness
• >40 confirmed nursing home stays
MAJORITY OBTAIN HOUSING BY 18 MONTH FOLLOW-UP

Met HEARTH Criteria at Follow Up

PROPORTION UNHOUSED

FOLLOW UP MONTH

LOCAL LEADER: UCSF
EFFECTIVE SOLUTIONS

• HOUSING is the answer
• ELI housing
• ELI Housing + supports (PSH) for those with behavioral disabilities
• HOUSING FIRST
• House people as quickly as possible
• Divert people from imminent homelessness as quickly as possible

LOCAL LEADER: UCSF
PREVENTION

• Not enough effort on preventing homelessness
• Prevention efforts need to be both EFFICIENT and EFFECTIVE
• Some increased action on eviction protection
• Individuals without a lease are at highest risk
  • HOME BASE in NY
• HOME SAFE
  • Targeting prevention funds for APS involved older adults in CA
• Most benefit is to target those at highest risk!
RAPID RE-HOUSING: KAISER BAC S
SENIOR HOUSING PROGRAM

• Kaiser Permanente and Bay Area Community Service Partnership
• “Flexible engagement”
• Rapid rehousing to 515 homeless individuals 50+
  • Time limited subsidy and services
  • If people not stabilized, move into permanent supportive housing
• Variety of models
  • Shared housing, subsidies for families, apartment
  • Converting approximately 15% to PSH

LOCAL LEADER: UCSF
PERMANENT SUPPORTIVE HOUSING

- Permanent supportive housing for those with chronic homelessness/disabling conditions
  - Subsidized housing
  - Linked supportive services that are voluntary
  - **Housing First** model – start with the housing
  - Shown to be highly effective at keeping people housed
  - Need to adapt for needs of older adults

LOCAL LEADER: UC SF
CHALLENGES: AGING POPULATION

• Loss of residential care facilities throughout California
  • Use of assisted living waiver important
• PSH faced with providing services for aging population
  • Provision of personal care
    • Homebridge
    • PACE programs aligned with PSH
• Advance Care Planning
• Dementia Care

LOCAL LEADER: UCSF
• Homelessness reaching crisis proportions
• Older adults one of fastest rising groups
• Aging population increases urgency
• Suffering is immense
• Use of healthcare system can be chaotic

• While mental health and substance use disorders are common, underlying causes are structural
• Must adjust systems to respond to needs of aging population
• Solutions will not be easy, but are doable
• Must match solution to the problem
Facilitated Questions and Polling
THE ROLE OF THE STAKEHOLDER ADVISORY COMMITTEE

• Two of 34 stakeholder members of *varying experience and expertise*
  • As a committee, the “SAC” will inform and advise the California Health and Human Services Agency and the Cabinet-level Workgroup on Aging in the development of the Master Plan
• Reviewing Public Comments & Recommendations (submitted by email by Dec. 13, 2019)
  • Homelessness & Poverty (*n* = 40; 6% of all public comments)
  • Housing (*n* = 136, 20.3% of all public comments)
• Research & LTSS Subcommittee
• Equity Work Group
• Reporting back to the full Stakeholder Advisory Committee
Master Plan for Aging Stakeholder Advisory Committee Member

Janny Castillo
St. Mary’s Center
Seniors for Hope & Justice Program Coordinator
RECOMMENDATIONS

Prevention

1. Expand rent and eviction prevention assistance programs
2. Strengthen rent control policies protecting low income renters against gentrification and unfair eviction
3. Roll back the entry age to 50 for senior housing units
4. Create a state “subsidize in place” program
RECOMMENDATIONS

Alleviation

5. Make shelters and interim units senior friendly

6. Informal organized settlements (e.g., encampments) land, water, hygiene, and waste management as well as health and human services

7. Expand the number of shelter and interim units with programs that exit into true permanent affordable housing
RECOMMENDATIONS
Permanence

8. Increase the number of subsidized supportive housing units

9. Increase the number of assisted living and board and care units: homeless seniors with disabilities

10. Create a state subsidy program for homeless disabled seniors getting them inside quicker - models: VASH, Shelter Plus Care
Master Plan for Aging Stakeholder Advisory Committee Member

Kevin Prindiville
Justice in Aging
Executive Director
11. Increase the SSP grant to an amount that reflects the real costs of living according to the California Elder Index; make the cost of living adjustment for SSP mandatory and calculate it based on the full SSI/SSP grant.

12. Maximize Cal Fresh enrollment and invest in senior nutrition programs.
Facilitated Questions and Polling
WEBINAR WEDNESDAYS
9:30am–11:00am

2/19  Emergency & Disaster Preparedness & Response
2/26  Isolation, Inclusion, & Respect
3/04  Preventing & Responding to Abuse, Neglect, & Exploitation
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www.EngageCA.org
Thank you!
Visit engageCA.org for more on Webinar Wednesdays and the Master Plan for Aging