

CA Master Plan for Aging

Equity Advisory Committee on Aging & Disability

May 18, 2023
10:00 a.m. – 12:00 p.m.



Meeting Logistics

Webinar or Telephone only - *No in-person meeting*

- Live captioning and ASL interpreting streamed through webinar (Zoom)
- Meeting slides, transcript, and recording will be posted to CalHHS' Master Plan for Aging webpage.
- Please update your name in Zoom by left clicking the dots in the upper right corner of your video and selecting "rename" from the menu.

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 your last 4 digits of your phone number and will unmute your line

For additional public comment, email Engage@aging.ca.gov

Welcome & Introductions



Marina Castillo Augusto

Equity Officer

California Department of Aging

Equity in Aging Advisory Committee Members, Cont.



- **Marcy Adelman**, CA Commission on Aging
- **Donna Benton**, USC Leonard Davis School of Gerontology
- **Catherine Blakemore**, Disability Rights CA (ret.)
- **Cheryl Brown**, Advocate & Former Assembly Member
- **Betsy Butler**, CA Women's Law Center/ Los Angeles Probation Commission
- **Elvira Castillo**, Advocate
- **Denny Chan**, Justice in Aging
- **Le Ondra Clark Harvey**, CA Council of Community Behavioral Health Agencies
- **Vincent Crisostomo**, San Francisco AIDS Foundation
- **David "Jax" Kelly**, Let's Kick ASS (AIDS Survivor Syndrome)
- **Marielle Kriesel**, Disability Community Resource Center

Equity in Aging Advisory Committee Members, Cont.



- **Darrick Lam**, Aging & Equity Advocate
- **Marty Lynch**, LifeLong Medical (ret.)
- **Diana Murray**, Advocate, HICAP
- **Berenice Nuñez Constant**, AltaMed
- **Gail Orum**, Keck Graduate Institute
- **Kevin Prindiville**, Justice in Aging
- **Kiara Pruitt**, Sistahs Aging with Grace & Elegance
- **Rigo Saborio**, The SCAN Foundation
- **Valentine Villa**, CA State University, Los Angeles
- **Julia Yarbough**, Keeping it REAL Caregiving
- **Edie Yau**, Alzheimer's Association

Meeting Agenda

- 10:00 – 10:20: Welcome & Introductions, Opening Remarks
- 10:20 – 10:35: Asian American and Pacific Islander Heritage Month
- 10:35 – 10:50: Hmong Cultural Center, Butte County – Mental Health Services for Older Adults
- 10:50 – 10:55: Public Comment
- 10:55 – 11:35: CDA and MPA News & Updates:
 - Local Aging & Disability Action Planning (LADAP) Grant Program
 - Aging & Disability LGBTQ+ Research Project
 - Community Assessment Survey for Older Adults
 - Older Adult Behavioral Health Initiative
 - Office of Equity
- 11:45 – 11:55: Public Comment
- 11:55 – 12:00: Closing and Next Steps

Opening Remarks

Susan DeMarois

Director

California Department of Aging

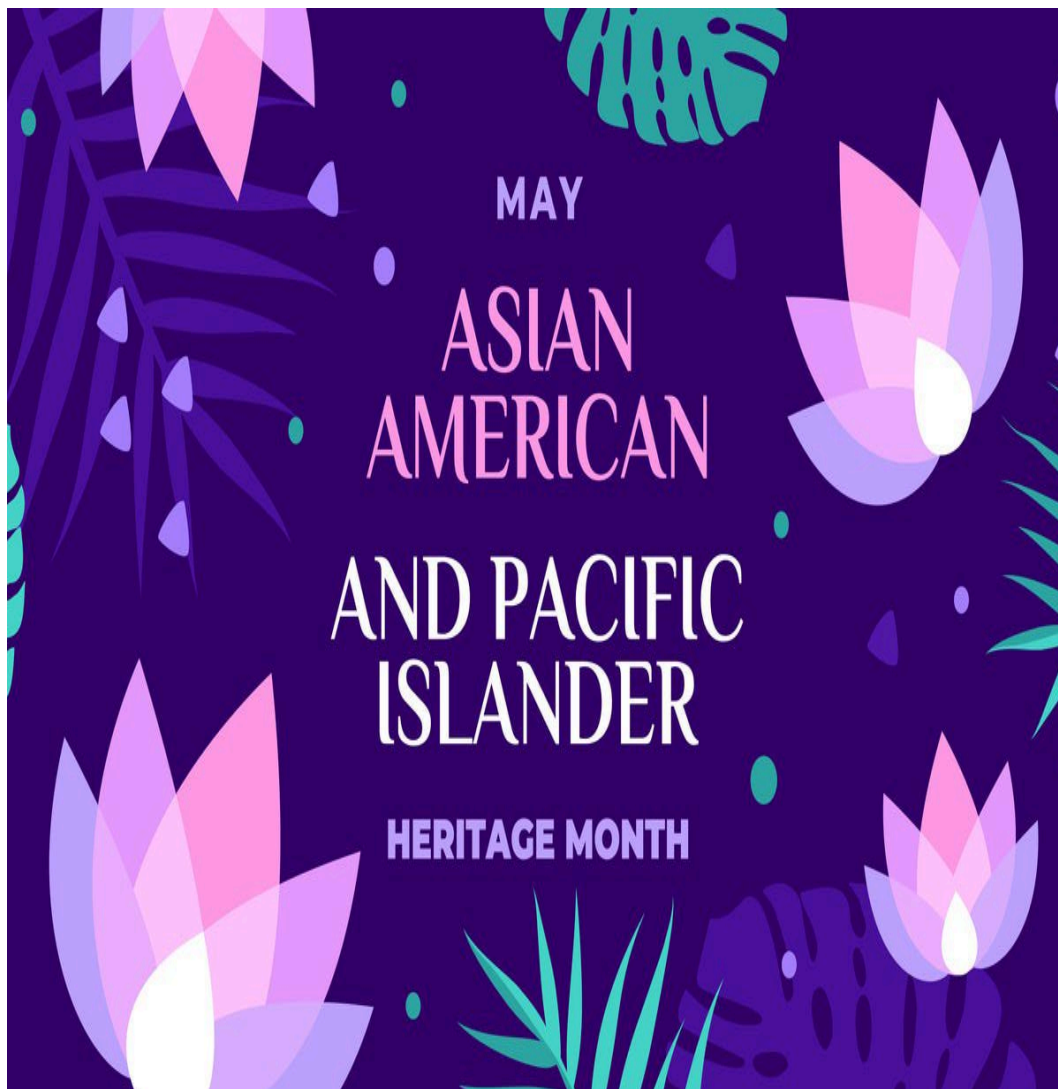
Committee Recruitment Efforts: EACAD 2023-2024



- Thank you to all Members for serving their two-year term on the EACAD!
- CDA will begin recruitment for the 2023-2024 term.
- Application and supporting materials will be released in June.
- Current members are encouraged to apply.
- CDA will identify up to 25 members for EACAD who represent the diverse interests of older and disabled Californians.
- The 2023-2024 Committee members will be welcomed at the September 14th meeting.

Darrick Lam

*Former President & Chief Executive Officer
ACC Senior Services*



<https://www.cnet.com/culture/aapi-heritage-month-what-it-is-and-what-you-can-do-today/>

SOME FACTS ABOUT AAPI

Darrick Lam, MBA, MSW
EACAD Meeting
May 18, 2023

HISTORY



Asian American Milestones: Timeline

<https://www.history.com/topics/immigration/asian-american-timeline>

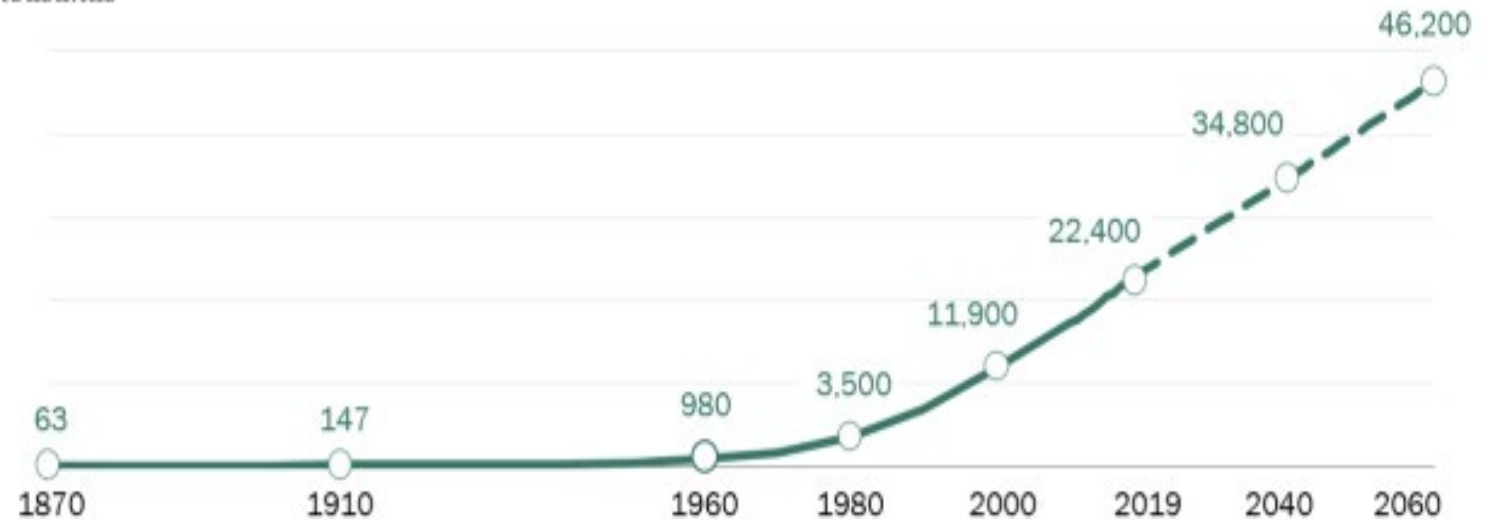
-
- “AAPI communities consist of approximately 50 ethnic groups speaking over 100 languages” NAMI (n.d.)
 - “22 million Asian Americans trace their roots to more than 20 countries in East and Southeast Asia and the Indian subcontinent, each with unique histories, cultures, languages and other characteristics.” Budiman & Ruiz (Corrected in 2021)

DIVERSITY

**> 46 MILLION
BY 2060**

Asian population in U.S. nearly doubled between 2000 and 2019 and is projected to surpass 46 million by 2060

In thousands



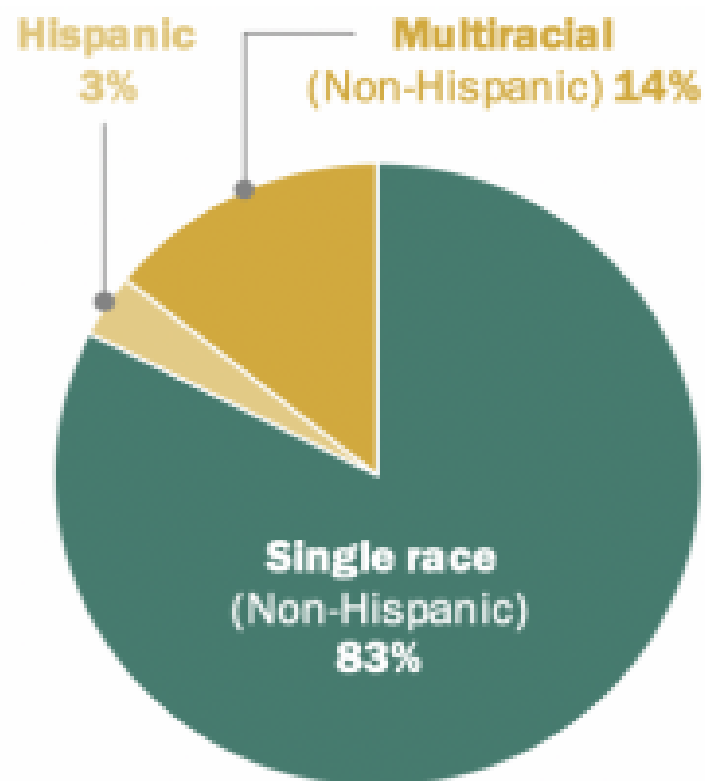
Note: In 2000 and later, Asians include the mixed-race and mixed-group populations, regardless of Hispanic origin. Prior to 2000, decennial census forms only allowed one race category to be selected. Asians include Pacific Islanders in 1980 and earlier years. Population figures for 1870-1980 are rounded to the nearest 1,000, and for 2000-2060, they are rounded to the nearest 100,000.

Source: U.S. Census Bureau 2017 population projections for 2020-2060. For 2011-2019, American Community Survey 1-year estimates (via Census Bureau data). For 2000 and 2010, census counts from Census Bureau, "The Asian Population: 2010" Census Brief, Table 6. For 1990, U.S. Census Bureau, "Asian Population: 2000" Census Brief, Table 2. For 1980 and earlier years, Campbell Gibson and Kay Jung, "Historical Census Statistics on Population Totals by Race, 1790 to 1990, and by Hispanic Origin, 1970 to 1990, for the United States, Regions, Divisions and States." U.S. Census Bureau.

PEW RESEARCH CENTER

Single-race, non-Hispanic Asians make up a large majority of the population

*% of the U.S. Asian population that is
—, 2019*



Note: "Single-race" refers to people who self-identify as Asians alone and do not identify as Hispanic. "Multiracial" refers to people who self-identify as Asian and one or more races in combination but does not identify as Hispanic. "Hispanic" refers to Asians who self-identify as Hispanic and as Asian (multiracial or otherwise).

Source: Pew Research Center analysis of 2017-2019 American Community Survey (IPUMS).

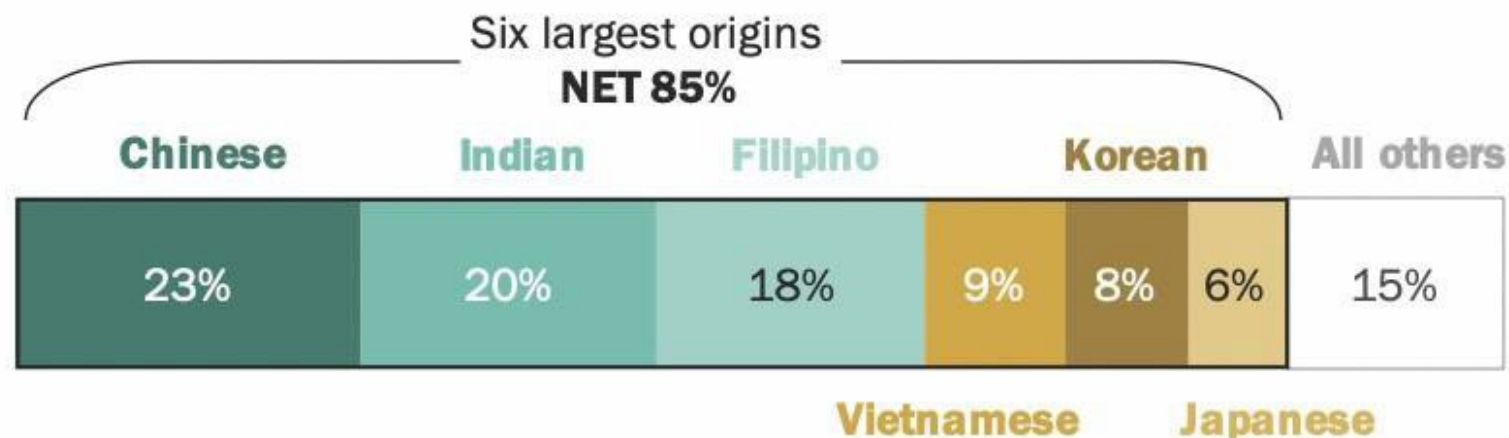
PEW RESEARCH CENTER

**SINGLE-RACE,
NON-HISPANIC
ASIANS MAKE
UP A LARGE %
OF THE
POPULATION**

ORIGIN GROUPS: THE BIG 6

Six origin groups make up 85% of all Asian Americans

% of the U.S. Asian population that is ...



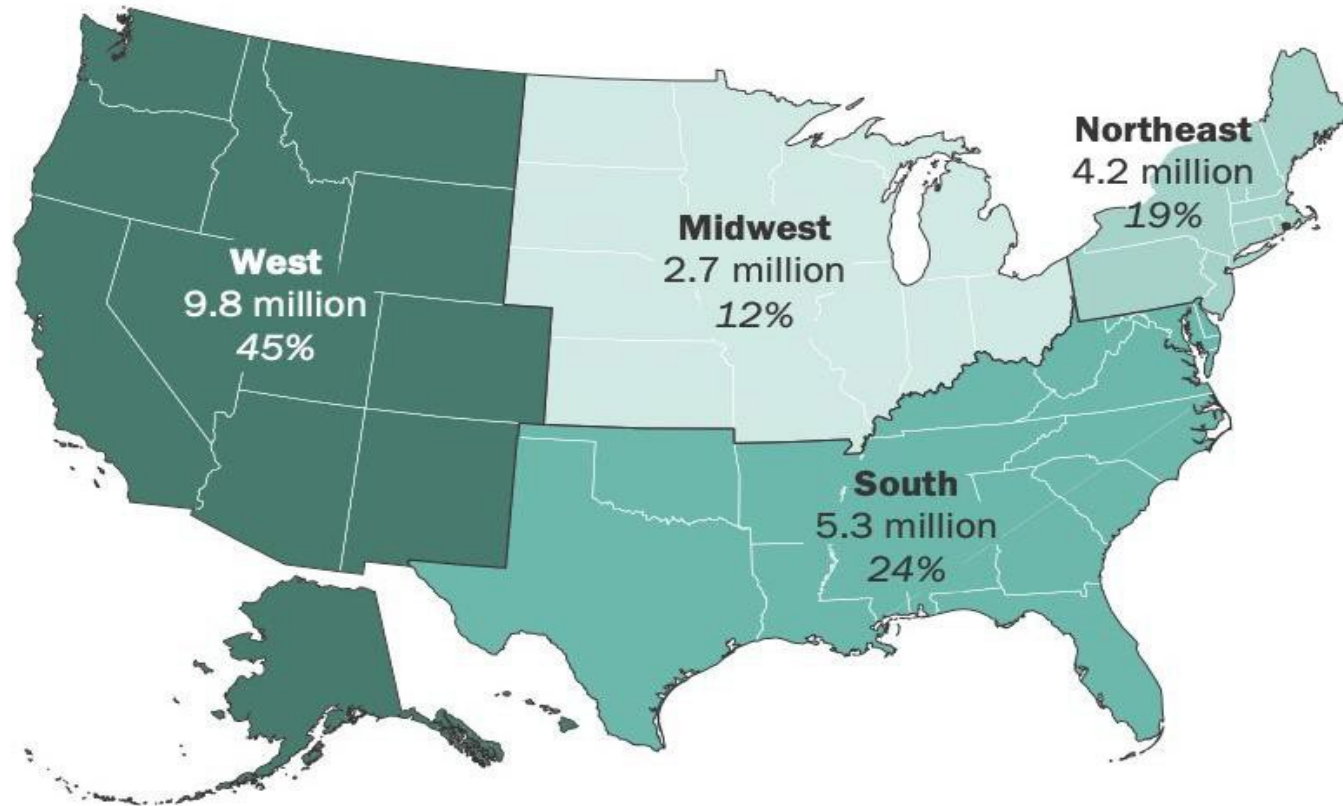
Note: "Chinese" includes those identifying as Taiwanese. "All others" includes the 3% of U.S. Asians in the category "Other Asian, not specified." Figures may not add up to 100% due to rounding. Figure for all origin groups include mixed-race and mixed-group populations, regardless of Hispanic origin.

Source: Pew Research Center analysis of 2019 American Community Survey 1-year estimates (Census Data).

PEW RESEARCH CENTER

Nearly half of all Asian Americans live in the West

% of the Asian population in the U.S., 2019



Note: Figures for all Asians include mixed-race and mixed-group populations, regardless of Hispanic origin.

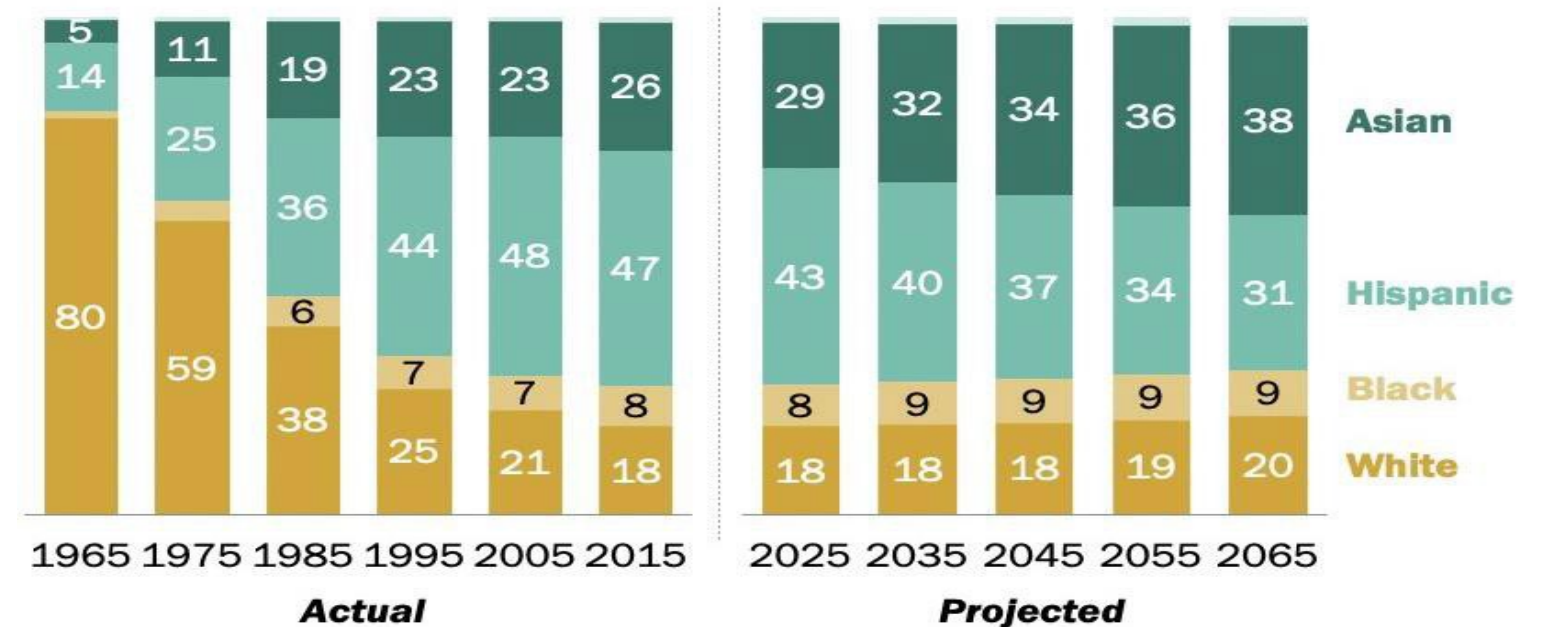
Source: Pew Research Center analysis of 2017-2019 American Community Survey (IPUMS).

POPULATION DISTRIBUTION

PROJECTION

Asians projected to become the largest immigrant group in the U.S., surpassing Hispanics

% of immigrant population



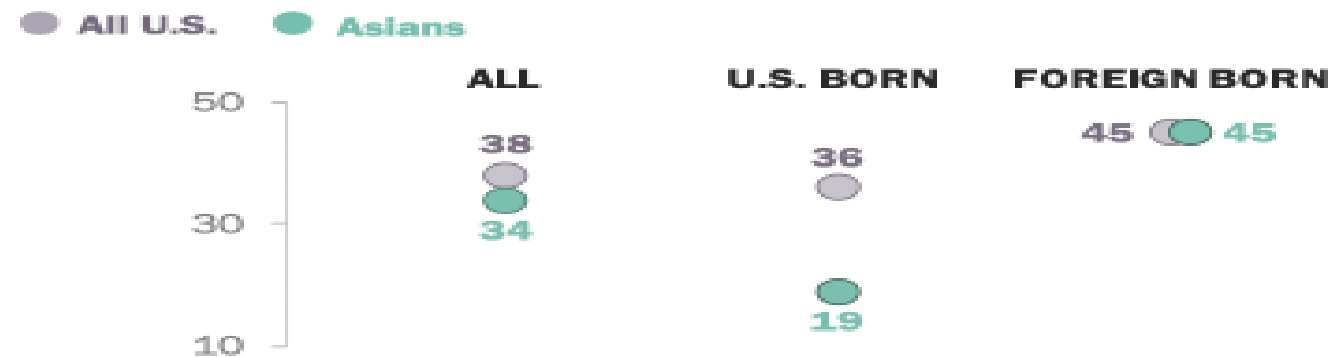
Note: White, Black and Asian populations include those who report being only one race and are not Hispanic. Asians include Pacific Islanders. Hispanics are of any race. Other races shown but not labeled.

Source: Pew Research Center estimates for 1965-2015 based on adjusted census data; Pew Research Center projections for 2025-2065.

PEW RESEARCH CENTER

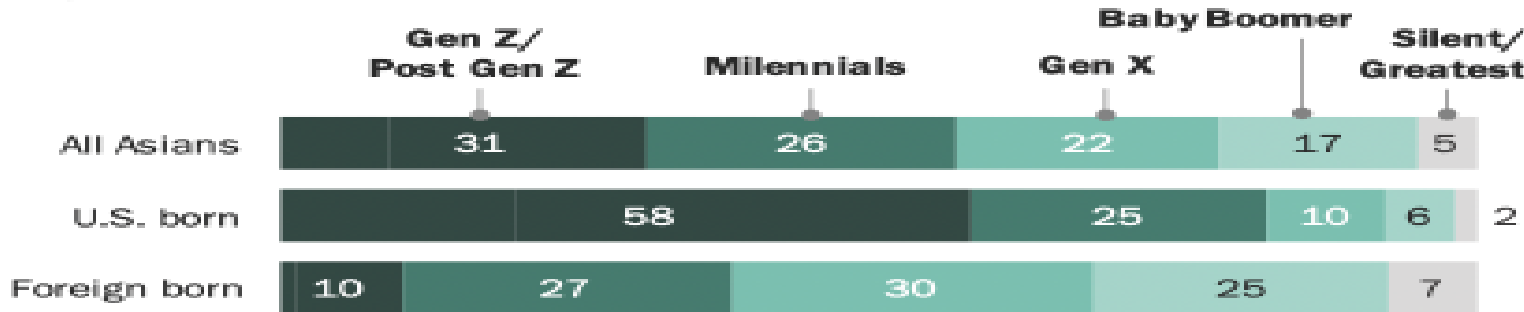
U.S.-born Asians are significantly younger than their foreign-born counterparts ...

Median age, 2019



... and nearly 60% are members of Gen Z or younger

% of Asian Americans, 2019



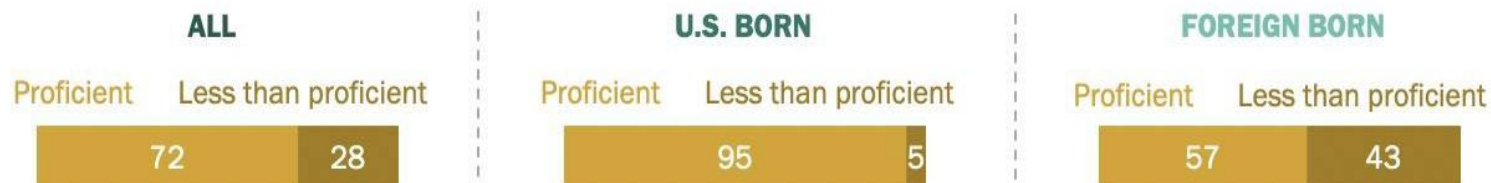
*No chronological endpoint has been set for Gen Z. For this analysis, Generation Z is defined as those ages 7 to 22 in 2019.
Note: Figures for all Asians include mixed-race and mixed-group populations, regardless of Hispanic origin. Figures may not add up to 100% due to rounding.
Source: Pew Research Center analysis of 2017-2019 American Community Survey (IPUMS).

U.S.-BORN
ASIANS

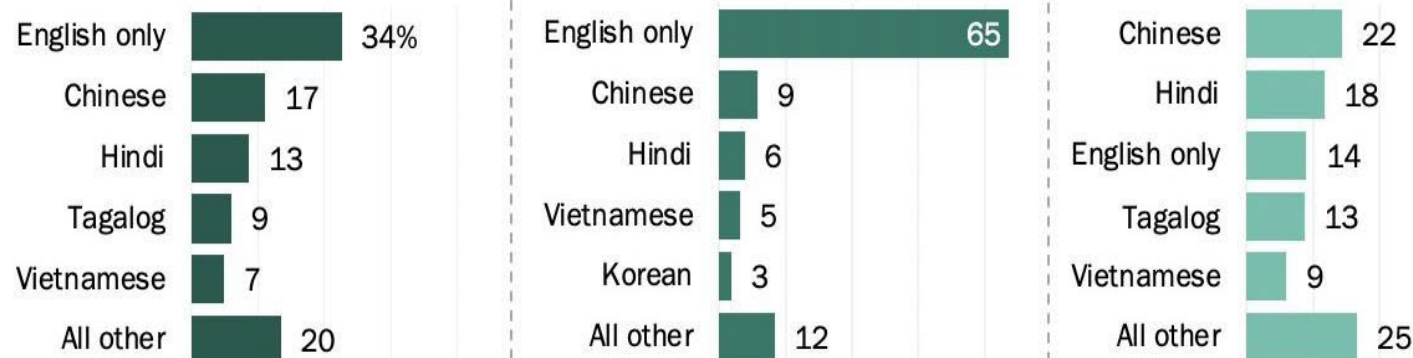
ENGLISH PROFICIENCY

In 2019, nearly three-quarters of the U.S. Asian population speaks English proficiently; among the U.S. born, nearly two-thirds speak only English at home

% of Asian Americans ages 5 and older who are ___ in speaking English



% of Asian Americans ages 5 and older who speak ___ at home



Note: Figures for all Asians include mixed-race and mixed-group populations, regardless of Hispanic origin. Top five spoken languages shown. Those who are proficient in English include those who say they speak “only English” or speak the language “very well.” Chinese includes languages such as Cantonese and Mandarin. Hindi includes languages such as Urdu and Bengali.
Source: Pew Research Center analysis of 2017-2019 American Community Survey (IPUMS).

PEW RESEARCH CENTER

Despite doing well on economic indicators overall, income varies widely among Asian origin groups ...

Median annual household income, 2019



... as do poverty rates

% who live in poverty, 2019



Note: Figures for all Asians include mixed-race and mixed-group populations, regardless of Hispanic origin. Bhutanese, Malaysian and Mongolian household income estimates not shown due to insufficient sample sizes. The household population excludes persons living in institutions, college dormitories and other group quarters. Households are classified by the race or detailed Asian group of the head. Incomes are not adjusted for household size. Poverty figures exclude children under age 15 not related to the householder, people living in institutional group quarters and people living in college dormitories or military barracks. Due to the way in which IPUMS assigns poverty values, these figures will differ from those that might be provided by the U.S. Census Bureau.

Source: Pew Research Center analysis of 2017-2019 American Community Survey (IPUMS).

PEW RESEARCH CENTER

INCOME VARIATION

MAJOR TAKEAWAYS

DO'S: Respect the unique histories, cultures, languages and other characteristics

DON'TS: Use Cookie Cutter Approach or Stereotypes

REFERENCES

- National Alliance on Mental Health (NAMI, n.d.) *Asian American and Pacific Islander*. Retrieved from <https://www.nami.org/Your-Journey/Identity-and-Cultural-Dimensions/Asian-American-and-Pacific-Islander>
- History.com Editors. (2021, March 22). *Asian American Milestones: Timeline*. Retrieved from <https://www.history.com/topics/immigration/asian-american-timeline>
- Budiman, A. & Ruiz, N. (2021, April 29). *Key Facts About Asian Americans, A Diverse And Growing Population*. Retrieved from <https://www.pewresearch.org/short-reads/2021/04/29/key-facts-about-asian-americans/>

Hmong Cultural Center of Butte County: Mental Health Services for Older Adults

Seng S. Yang

Executive Director

Hmong Cultural Center of Butte County



Zoosiab Program

Seng S. Yang, MA

Director

Hmong Cultural Center of Butte County (HCCBC)



- Hmong background and history
- Hmong Cultural Center of Butte County
- Zoosiab Program

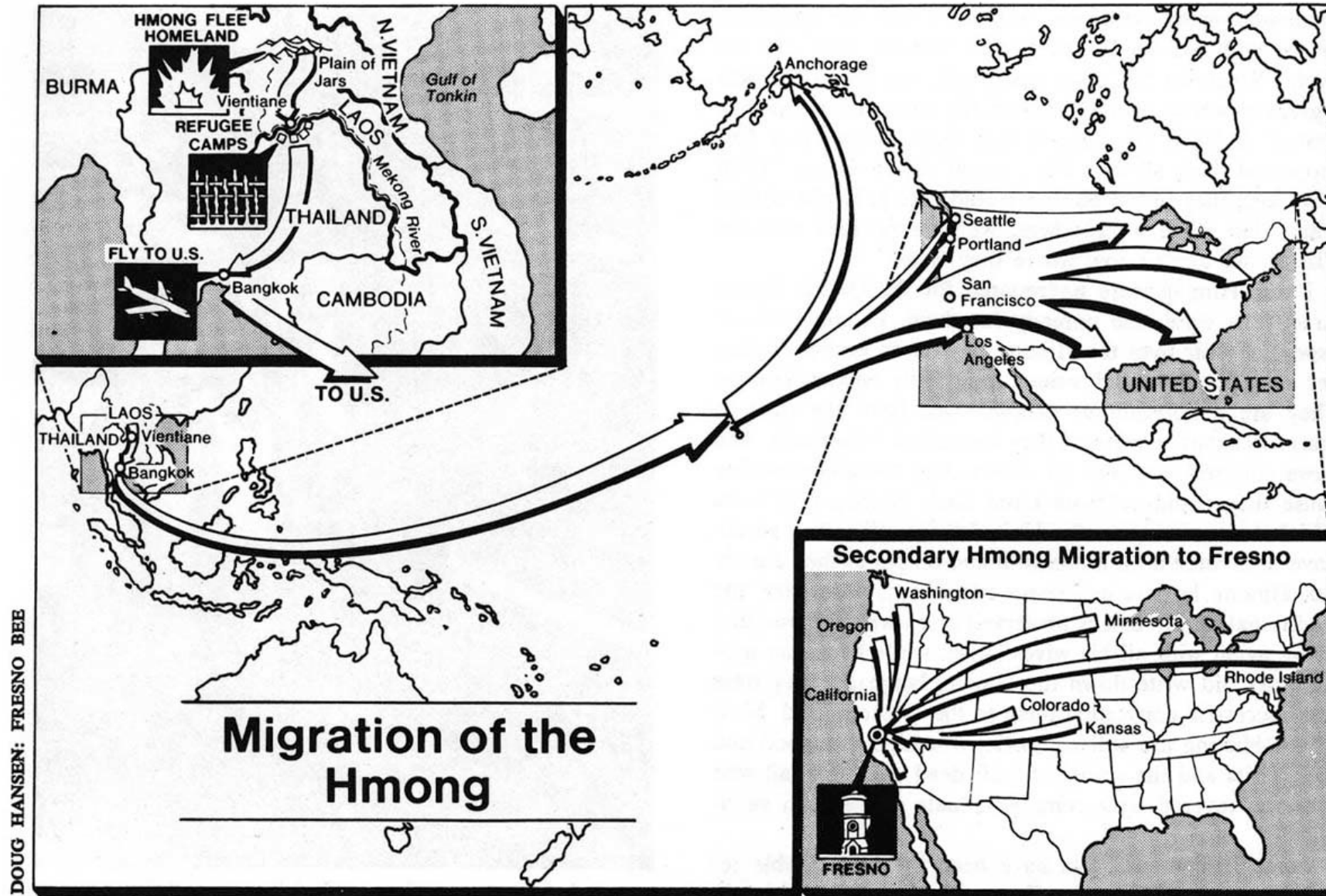
Background of Hmong History

- ▶ Origin- “unknown”; But had long history in China
- ▶ Today, most family can trace their roots to ancestors coming out of China (Beginning late 1800s and early 1900s)
- ▶ In Laos: 1960 to 1975- Involvement in the Vietnam War
- ▶ The Hmong Refugee Experience/Movement to neighbor country and to the U.S. 1975-Early 1990s and as recently late in 2010

Background of Hmong History Cont.



Background of Hmong History Cont.



Refugee's life in the Camps

Refugees camp



Refugees life in the Camp



Hmong Elders Lives in the US

Stay alone at home



Sit down on the backyard





Hmong Cultural Center of Butte County

A Hmong and Southeast Asian Community Resource center

Services

Mission

The mission of Hmong Cultural Center of Butte County (HCCBC) is to improve the lives of individuals and families through culturally sensitive education, advocacy, support, and services.

- Behavioral and Mental Health Services
- Older Adults
- Children and Family
- Community Resource
- Cultural Brokerage
- Education and Outreach
- Health and Wellness
- Immigration & Citizenship Assistance
- Language Access
- Navigation
- Referrals
- Social Services
- Youth Services

Zoosiab

This program is mainly targeted at Hmong elders, age 50 or older, however, it's open to the public. Participants who are under the age of 50, can also be referred from Behavioral Health.

Overview of Zoosiab

- ▶ Community-based prevention and early intervention program that aims to
 - ▶ prevent and/or reduce further mental health problems and social isolation among Hmong elders by strengthening sense of community and social engagement
 - ▶ improving both psychological and spiritual mental health
 - ▶ and increasing access to culturally and linguistically appropriate mental health services
- ▶ Designed to be culturally meaningful and relevant for Hmong elders

Culturally Appropriate Services

- ▶ Traditional Hmong Beliefs
- ▶ Recreational Groups
- ▶ Ntoj Ncig (means field trips)
- ▶ Community Garden
- ▶ Referrals/Resource connections
- ▶ Case management/Direct services



Traditional Hmong Beliefs

- ▶ Animism—all things living or nonliving have a spirit
 - ▶ Goal—to be in harmony
- ▶ Humans have 3 souls (ntsuj) and many spirits
 - ▶ These are the causes of illness
- ▶ Shamanism
 - ▶ Ways to restoring balance or healing (kho)



Recreational Groups

- ▶ Two sites
 - ▶ Chico and Oroville
- ▶ 5 health topics
 - ▶ Physical Activity, Cultural Activity, Mental Health, Health Education, and Life Skills
 - ▶ Each topic lasts 8 weeks, 7 weeks of lesson and activities and 1 week for reviews/survey/quiz.
 - ▶ All topics have a pre/post survey and pre/post quiz.
 - ▶ Survey assesses their attitudes and beliefs of the health topic and the quiz assesses their knowledge before and after the health topics.

Ntojncig /Field Trips



Garden



Life Skills



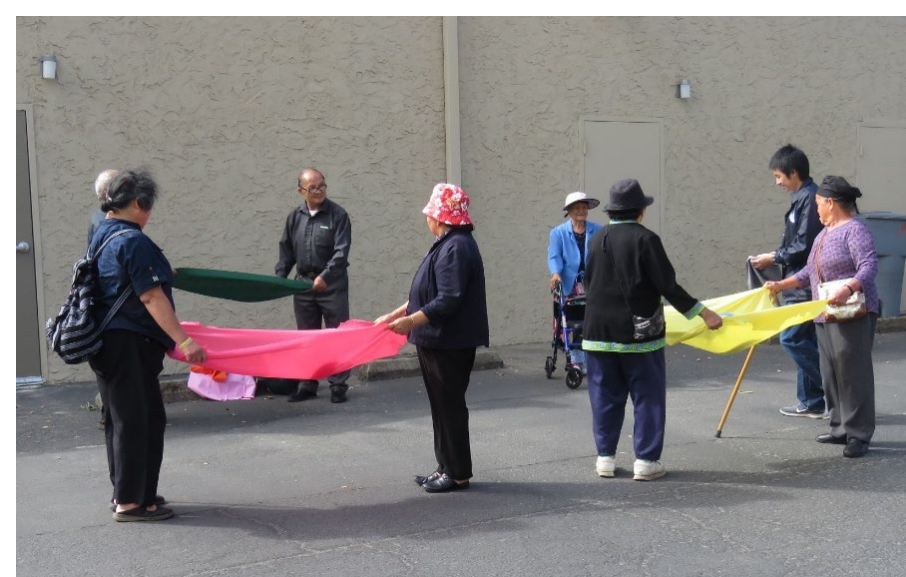


Cultural Activity





Mental Health



Physical Activity

California Reducing Disparities Project (CRDP)

35 IPPs, OHE, LMU, TAPs and Evaluations



Improved Knowledge about Mental Health

Table 1: Mental Health Pre/Post-Survey Average Scores

Year	PRE (Mean)	POST (Mean)	% Change
2018	58%	67%	+9%
2019	69%	74%	+5%
2020	65%	66%	+1%
2021	80%	86%	+6%

81% OF PARTICIPANTS DEAL MORE EFFECTIVELY WITH DAILY PROBLEMS.

Figure 2: Participant outcomes after 12 months of Zoosiab program involvement





Zoosiab Program

Ua Tsaug/Thank you!

Questions?



Hmong Cultural Center of Butte County
P.O.Box 2134 or 1704 Oro Dam Blvd., West
Oroville, CA 95965

Phone: 530-534-7474

info@hmongculturalcenter.net

ssyang@hmongculturalcenter.net

www.hmongculturalcenter.net

Public Comment



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CA Master Plan for Aging Updates

Amanda Lawrence

*MPA Project Director
CA Department of Aging*

Local Aging & Disability Action Planning Grant Program

- [\\$4.5 million](#) one-time funding to provide competitive grants to support local communities in developing aging- and disability-friendly action plans.
- Grant Program Priorities
 - Equity, cultural competency & community engagement principles and practices.
 - Support communities and populations that have been historically under-resourced and under-served.
- 15 First Round Awardees (~\$3 million)
- Second Round RFA will open Summer 2023
- Technical assistance and program evaluation in partnership with UC-Davis



Round One Awardees

- Alliance on Aging (Salinas, Monterey Co.)
- City of Azusa (Los Angeles Co.)
- City of La Puente (Los Angeles Co.)
- County of San Luis Obispo
- Disability Action Center (Butte, Glenn, Shasta Co.)
- Independent Living Resource Center (Santa Barbara)
- Inland Caregiver Resource Center (Riverside & San Bernardino)
- Los Altos Mountain View Community (Santa Clara)

Round One Awardees (continued)

- Madera County
- Marin Aging & Disability Institute (San Anselmo, Marin Co.)
- Sacramento County Dept. of Child, Family & Adult Services
- Seniors Council of Santa Cruz & San Benito
- Sonoma County Human Services Department, Area Agency on Aging
- Solano County Older Adults & Disabled Adults Services
- Stanislaus County Community Services Agency

LGBTQ+ Statewide Survey

Ross Lallian

*Research Manager
CA Department of Aging*

Background

- Started as CDA's Chief of Research on December 1, 2022.
- Previously was the Health Workforce Development Research Chief with the Department of Health Care Access and Information.
- Experience in data management, program evaluation, and data storytelling.

Focus on: LGBTQ+ Study of Older Adults

Data nationally shows that LGBTQ+ adults aged 50 or older:

- More likely to live alone.
- Two thirds report not disclosing sexual orientation in LTC facilities.
- Self-report higher rates of disability.

COVID Impact – SF Study

LGBTQ+ Aging Experience Survey

- First of its kind: Establishment of baseline data.
- Examples of topics asked about (not limited to):
 - Demographic information
 - Housing
 - Discrimination
 - Behavioral health
 - Equity

Survey Design

- Survey at least 2,000 individuals.
- Statewide Coalition
- LGBTQ+ Advisory Committee
- Respondents from all regions of the state.
 - Oversampling of BIPOC, API, and rural/frontier communities.

Deliverables

- Review of literature and data sources
- Data collection procedures and the survey instrument
- Fact sheets
- Executive summary
- Report of data analysis
- Identification of policy priorities

Sample of Policy/Program Implications

- Expand training across health care and aging networks to better reach the older LGBTQ+ community.
- Improve access to LGBTQ+ affirming medical and social service providers including from minority populations, rural areas, and addressing culturally specific needs.
- Recommendations for priority public and private programs and interventions that can reduce barriers for older LGBTQ+ persons.



Questions?

Ross.Lallian@aging.ca.gov

Mark Beckley

*Chief Deputy Director
CA Department of Aging*

Dr. Nakia Thierry

*Branch Chief - Older Adults Program Branch
CA Department of Aging*



CDA PROGRAM UPDATES: CASOA NEEDS ASSESSMENT



CASOA Needs Assessment

- Polco is an organization serving over 350 government partners, aimed at developing and administering representative survey's throughout the community, to gain input from constituents, and gather data to assist organizations with making effective change and with developing leading-edge insights.
- Polco is supported by public and private data in partnership with Stanford and UW-Madison, just to name a few.
- The Polco team is made up of survey researchers, data scientists, certified engagement, professionals, communication experts, PhDs, and MPAs, with experience working with and for local, state and federal governments.

CASOA Needs Assessment Intent

- CDA will be doing the first ever statewide needs assessment for older adults aged 55 years and older throughout the state of California.
- The survey is a Community Assessment for Older Adults also known as the CASOA survey
- It will track key metrics, assist with measuring performance over time and comparing benchmarks against peer communities
- The survey is being funded utilizing Home and Community Based Services (HCBS) funding.

CASOA Needs Assessment Purpose

- Gather information from participants who may or may not be served by our AAA partners, along with those apart of the general population.
- Assist in better understanding the needs of older adult Californians
- Identify ways in which we can help our communities grow stronger through participant feedback.
- Assist with further establishing programs, supports, and services geared toward, and aligned with the needs of older adults as identified by them.

What to Know about the Survey

- The CASOA survey will target and be administered to older adults statewide with varying ethnic and demographic backgrounds.
- Polco will work directly with CDA and the AAAs to do state and locally branded invitations to the CASOA and make the CASOA accessible to older adults.
- The survey will be available via mailed paper format in both English and Spanish, and in an ADA Compliant online format via 9 different languages including: English, Spanish, Chinese-Cantonese, Chinese-Mandarin, Korean, Tagalog, Vietnamese, Hindi, and Arabic

What to Know about the Survey (cont'd)

- Polco will use statistically appropriate methodologies and the responses will be statistically weighted at a 95% confidence interval, to ensure statewide and PSA representativeness targeting an average of a 5-7% margin of error.
- Statewide survey results as well as results by individual PSA with cross-tabulations will be provided. Additionally, raw survey data will be provided in csv format and shared with each PSA.
- Postcards and printed survey's will be mailed out during the first and second weeks of June 2023; open participation to the general public of older adults aged 55 and older and overall data collection will occur between June and July 2023; analysis of survey results will occur between July through September 2023; and survey results will be provided to CDA in September 2023.

What to Know about the Survey (cont'd)



- Polco will conduct a presentation to CDA of results remotely or in-person.
- CDA and our AAA partners will have access to the Polco platform for a period of 48 months, should we want to conduct an unlimited number of micro polls and surveys for our program needs. The results of all micro polls and surveys will be transferred to CDA.
- CDA has already held an internal kickoff meeting with Polco staff, and an introductory email to all AAA Directors and Director Designees was sent, with the CASOA survey instrument and a draft timeline included. Polco host weekly Office hours for CDA and AAA staff.



Thank you!

Mark Beckley, Chief Deputy Director
Dr. Nakia Thierry, Branch Chief, OAPB
(nakia.thierry@aging.ca.gov)

Sarah Steenhausen

*Deputy Director- Division of Policy, Research & Equity
CA Department of Aging*

Marina Castillo Augusto

Equity Officer
CA Department of Aging

Equity in State Government

- ✓ Governor Newsom's Executive Order on Equity N-16-22
- ✓ Governor Newsom's Executive Order on the Master Plan for Aging N-14-19
- ✓ Governor Brown's Executive Order B-10-11
- ✓ CalHHS – Justice, Equity, Diversity & Inclusion
- ✓ CA Older Americans Act State Plan
- ✓ CDA Strategic Plan



Office of Governor
GAVIN NEWSOM



California Department
of **AGING**



CalHHS
California Health & Human Services Agency



Why Equity Matters

- Equity ensures everyone has access (www.15five.com)
- Equity considers factors that affect opportunities (www.gallup.com)
- Creates a level playing field (www.rsm.global)
- Each person has different circumstances, faces different barriers
- Fair distribution of opportunity and power (edc.org)

Current Equity Efforts

- Justice Equity Diversity & Inclusion (JEDI) Committee
- Equity Advisory Committee on Aging & Disability (EACAD)
- Tribal Affairs Manager
- Language Access Policy
- Racial Equity Action Plan (REAP)
- CalGROWS
- CA LGBTQ+ Study
- Digital Inclusion (health work group)
- Community Engagement

Master Plan For Aging



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



Older Farmworkers



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Rural & Hard to Reach Communities



Tribal Engagement



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People, Policy, Power, Principle – The 4 “P’s”



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Public Comment



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