

Who is CARA?

- CARA is California's largest, grassroots senior advocacy organization.
 - 300 organizations and nearly 1 million members
 - 17 county-wide/regional chapters where the work happens.
- State affiliate of national **Alliance for Retired Americans**
 - ARA is based in Washington D.C.
 - 38 states have Alliances





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.

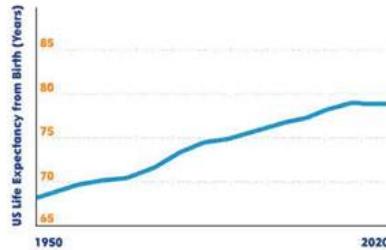
MASTER PLAN FOR AGING



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



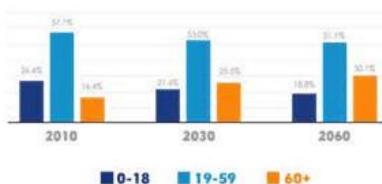
At 81.9 years, California has the second highest average life expectancy in the nation

Source: www.macrotrends.net

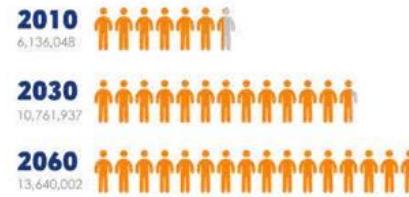
California's overall population is rapidly becoming older

By 2030 adults 60 and over will make up 30% of California's population.

Distribution of the CA population by age group, by year



Number of Californians age 60+ by year



Source: CA Department of Finance

MASTER PLAN FOR AGING TIMELINE



MASTER PLAN FOR AGING: DELIVERABLES

The MPA will include:

- State Plan
- Local Blueprint for state & local government, communities, organizations, philanthropists
- Data Dashboard: Track MPA progress for 10 years
- Age- & Disability-Friendly Local Planning Toolkit

MASTER PLAN FOR AGING



LESSONS LEARNED FROM COVID-19



New Public Information engageca.org

- Check-in Call Campaign
- Aging & Disability Resource Card

Expanded & Redesigned Services for Staying Home aging.ca.gov

- Nutrition Home-Delivery
- Adult Day Health Center “beyond walls”
- Friendship Line, Digital Divide Initiative
- Long-Term Care Ombudsman CRISIS Line
- CA Aging & Adults Info & Assistance Line

The Master Plan for Aging's Five Bold Goals for 2030



GOAL 1: Housing for All Ages and 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 to Age Well



GOAL 2: 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 and Increase Life Expectancy



GOAL 3: 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



GOAL 4: 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



GOAL 5: Affording Aging

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

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



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 to Age Well

Older adults, like people of all ages, need housing options that meet changing needs across the decades. Housing that allows for different household sizes, with accessible transportation options, welcoming parks and public spaces, and strong climate and disaster readiness, are foundational to well-being and continued engagement in civic, economic, and social life.

A wider range of housing models are emerging for the second half of life -- such as duplexes and accessory dwelling units to support multi-generational families and caregivers, and new models of residential communities with a range of services -- and these models can be scaled. California's most well-known housing policy for older homeowners, Proposition 13, has limited property taxes to support affordability as people age; Proposition 13 may also have discouraged moving. The recently enacted Proposition 19 may encourage more older adults to consider moving into different homes and communities for the different stages of aging. While most older Californians are homeowners, older adults who rent homes are facing rising affordability challenges. Sharp gaps in home ownership rates by race and ethnicity, due to the legacy of housing discrimination, means Latino and Black elders are more likely to be renters than White older Californians. Housing policies grounded in equity -- for owners and renters, for all races and all ages, for living alone and all household sizes -- can begin to remedy discrimination and advance more housing options for all.

Transportation choices beyond cars both help slow climate change and help adults live in homes of choice, especially after experiencing a decline in the physical mobility or the ability to safely drive. The future of transportation includes more choices for people of all ages ("multi-modal"). Some older adults and people with disabilities need specialized transportation services, such as door-to-door paratransit and escorts to physician's offices. Accessible transportation networks of buses and additional options keep people of all ages and abilities connected to services, social opportunities, and community activities.

California's climate and natural landscape offers some of the country's most beautiful parks and public lands. These spaces are integral to both mental and physical health, playing a critical role in promoting



Housing is essential to our ability to age where and how we choose with dignity. We must ensure that all Californians have access to safe and affordable housing options that meet our needs at every stage of life.

— Lourdes Castro Ramirez
CA Business, Consumer Services,
and Housing Agency Secretary

Local Model:
[**Age Well San Diego**](#)

social inclusion. While adults aged 60 and over account for 20 percent of the population, older adults only represent approximately 4 percent of total park users (although, at same time, they are the majority of State Park volunteers).¹

California's increasing wildfires and the COVID-19 pandemic have highlighted the pressing need for community design that improves our ability to remain safe during climate and human-made disasters, while also taking measures to prevent and prepare for them. While all Californians are impacted by climate change, some populations, including older adults, are more vulnerable than others to its dangers and health consequences.²

California will pursue Housing for All Ages and Stages through five strategies:

More Housing Options

California communities are increasingly developing more affordable housing options to meet the needs of all stages of life for all people, regardless of age, race, income, ability, or household size. The production, protection, and preservation of affordable housing, including Accessory Dwelling Units and Residential Care Facilities of all sizes, will support older adults, caregivers, and their families.

Transportation Beyond Cars

Age- and disability-friendly transportation networks can be strengthened through improved community walkability and expansion of bus and transit stops, transit rider education and subsidies, seamless paratransit across transit district lines, and driver safety education.

Outdoor & Community Spaces for All Ages

All Californians can benefit from more convenient park access within a ten-minute walk or less, co-location of parks with community centers offering programming for all ages, and incorporation of smart park technologies.

Emergency Preparedness & Response

Preparation and planning with and for older adults and people with disabilities is especially important to prioritize, given the higher risk of death or harm due to emergencies and disasters. Improving technologies and communications that address the access and functional needs of residents during disasters can also improve preparedness and response to these growing populations.

Climate-Friendly Aging

Age-friendly communities are naturally in alignment with environmentally friendly initiatives, including low-emissions transportation systems; walkable and low vehicle-miles-traveled (VMT) neighborhoods and cities; and in-home energy-saving modifications. Community planning can factor in climate impact and safety, including disaster resiliency, in new, updated, and rebuilt housing and transportation.

For a full list of each strategies' 2021-2022 Initiatives, see the next section or visit the [MPA website](#). To find out how we are tracking our progress, visit the [Data Dashboard for Aging](#).



IMPACT: FROM PLANNING TO IMPLEMENTATION

California is committed to making sure this plan does not sit on a shelf, but rather is continually revisited and improved upon to drive action toward better lives for Californians of all ages over the next ten years. To do that, the State will:

Take Action: Initiatives for 2021-2022

California's Cabinet Work Group is kickstarting implementation of the Master Plan in the next two years with over 100 catalytic and pragmatic initiatives detailed in the following pages, in partnership with stakeholders and the Legislature. It will continue to meet in 2021-2022 to advise on and continually improve implementation. The Administration will issue an annual progress report, which will include recommended changes and new initiatives for future years.

WELCOME TO THE MPA LOCAL PLAYBOOK

Resources to Assist You in Taking Action in Your Community



The MPA Local 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 communities.

There are seven “plays” outlined, each with recommended resources and models for you to consult during your project planning, implementation, and evaluation.

The resources in this Playbook, and more, can be found at MPA.aging.ca.gov.

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 Aging Models

PLAY FOUR: Select Your MPA Initiatives for Implementation

PLAY FIVE: Build Your Action Plan

PLAY SIX: Evaluate Your Initiative

PLAY SEVEN: Stay Connected



PLAY ONE: Engage Your Local Leaders



Use these Directories to Find Some of Your Local and Regional Government Leaders:

- [California Department of Aging's providers & partners](#)
- [California State Association of Counties](#)
- [County Welfare Directors Association of California](#)
- [League of California Cities](#)
- [American Planning Association: California Chapter](#)

PLAY TWO: EXPLORE LOCAL DATA

Meaningful metrics are the foundation of project planning and evaluation.

There are several publicly available and user-friendly data sets that can help determine the focus of your project, including:

- [The MPA Data Dashboard on Aging](#)
- [Elder Economic Security Index](#)
- [AARP Livability Index](#)
- [Let's Get Healthy California](#)
- [CDA COVID-19 Response Data Dashboard](#)



PLAY THREE: REVIEW EXISTING LOCAL AGE-FRIENDLY MODELS

Successful age-friendly projects have been implemented around the U.S. and the world.

Before developing your own plan, it's important to get to know your own community, what work has already been done there, and which priorities have been identified.

The resources on the next few slides will get you started!



PLAY FOUR: SELECT YOUR MPA INITIATIVES FOR IMPLEMENTATION

Now that you've determined the primary issues and areas of opportunity in your community, narrow down your project's focus using the MPA's **Five Goals and 23 Strategies:**



Housing for All Ages & Stages



Health Reimagined



Inclusion & Equity, Not Isolation



Caregiving that Works



Affording Aging

The next section introduces the goals, their associated strategies, and local models for inspiration.

PLAY FIVE: Build Your Action Plan

Age-Friendly Community Planning Tools & Resources

- [AARP: How to Make a Community Action Plan](#)
- [AARP: 8 Domains of Livable Communities](#)
- [AARP: Community Listening Session Guide](#)
- [WHO's Essentials of Age-Friendly Cities](#)
- [Grantmakers in Aging: Guiding Principles for the Sustainability of Age-Friendly Community Efforts](#)
- [Making Your Community Livable for All Ages](#)
- [880 cities: Civic Engagement Tools](#)
- [The Community Guide: Program Planning Resource](#)



PLAY SIX: EVALUATE YOUR AGE-FRIENDLY COMMUNITY PROGRAM

TOOLS & RESOURCES FOR EVALUATION

- [AARP: Evaluating Your Age-Friendly Community Program](#)
- [Age-Friendly Communities Evaluation Guide: Using Indicators to Measure Progress \(Canada\)](#)
- [Centers for Disease Control and Prevention: Program Performance & Evaluation Framework](#)



PLAY SEVEN: STAY CONNECTED

We learn from each other's experiences.

Tell us about your project! We may highlight it on our webpage to inspire other communities across California.

Visit MPA.aging.ca.gov To share your story





LEARN MORE ABOUT THE MPA
at MPA.aging.ca.gov

Send questions and comments to EngAGE@aging.ca.gov

CONTRA COSTA – IT'S UP TO YOU TO MAKE THE MPA A REALITY!

- Now, for the main event – creating CC's local plan.
- There will be 5 breakout session – one for each of the 5 bold goals we just went over.
- Each breakout will have a local expert and one or more MPA Stakeholder Advisory Committee members to facilitate your session.
- Each goal group will identify 3 areas to begin working on in the coming year – through the Advisory Council on Aging.
- Debbie Toth from Choice in Aging will talk more about our on-going work after the breakout sessions.
- In a moment, you will see a screen pop up with the list of five breakout sessions. Choose the one you wish to attend.
- Off you go to do this important work.
- Thank you for allowing me to participate today. I can't wait to see what you all decide.