

**Master Plan for Aging: Count Me In Contra Costa!**  
**November 17, 2022**  
**Pleasant Hill Community Center**  
**Table Topic Vision and Implementation Statements**

**AGE-FRIENDLY CONTRA COSTA**

*“By 2030, Contra Costa and its cities are part of the worldwide Age-Friendly Movement.”*

1. Embed “Age friendly” in the general plan of the County and in every City in Contra Costa.
2. Build an age-friendly infrastructure that is supported and sustainable by funding the work necessary to accomplish the vision, e.g., Measure X dollars.
3. Harness the diversity, unique needs, and assets of each community to formulate action and activate involvement to become an age friendly community.

**AGING & DISABILITY RESOURCE CONNECTION**

*“Anyone looking for aging and disability resources will be able to find them and connect easily when needed.”*

1. County advocates/specialists to speak to each person requiring resources.
2. Public service and PCP connection (including PTA, etc.) to county advocate/specialists to provide referrals as needed/requested.
3. Provide various linked methods to retrieve resources via mailings, news, public access channels, and internet with key words, so it could be easily found in multiple languages. Go beyond ADA-based regulations. Adapt to each person and meet them where they are, i.e., address individual needs, provide resources for advocacy and training.

**CLOSING THE DIGITAL DIVIDE**

*“By 2026, older adults should have free/low cost broadband cellular service and the necessary hardware (tablets, etc.) for mobile connectivity, the instructional resources necessary to effectively use the technology, and outgoing and timely instructional/tech support.”*

1. Better understanding and assessment of older adult technology needs and digital literacy needs. We know about transportation, health, and housing but not technology. Online and community based.
2. Funding for all aspects of successful technology use: service, hardware, and training.
3. Establish educational channels so adults have ongoing learning resources.

## **END HOMELESSNESS FOR OLDER ADULTS**

"We believe housing is a human right and in 2030, no older adult will experience homelessness."

1. Development of deeply affordable housing that is scaled to meet the needs of unhoused seniors.
2. Adequate prevention services to ensure older adults never fall into unsheltered homelessness.
3. California Constitution will have laws in place to mandate cities have adequate affordable housing for all.
4. Contra Costa will have passed Measure H that dedicates a percentage of local tax revenue to a flexible housing pool with a percentage set aside for older adults.
5. Local data will disaggregate senior data by race ethnicity to eradicate disparities of unhoused seniors.

## **END OF LIFE CARE**

*"By 2030 information will be available to the citizens of Contra Costa County by calling a resource number, i.e. 211."*

1. Similar to an emergency preparedness kit, provide citizens with an End of Life Preparedness Tool Kit.
2. Educate doctors and healthcare professionals on the importance of advance planning.
3. Offer resources to people who may not have the ability to pay for end of life care up to and including hospice and cremation or funeral services. Getting doctors to tell patients that they are terminal. Education like End of Life Network. Certification of End of Life Specialist. Information on planning. Education such as 911 info

resources. Find a way to get to the retirement planners and integrate end of life planning there. They are already in “planning” mode so just take it one step further!

## **EQUITY & INCLUSION**

*“In 2030, every older adult, regardless of education level, race, ethnicity, preferred language, age, and health/disability status, receives and helps design services and supports that address what matters most to each person, in the way they prefer.”*

1. Widespread education and community conversations about what diversity and equity look like in the context of aging, ageism, and ableism.
2. Robust data collection to inform policies and practices, including tools to access strengths/gaps of programs and services.
3. Strengthen and expand partnerships with diverse community members, providers, family members, and other caregivers, and stakeholders in other sectors. To build collective input, wisdom, ownership, and accountability.

## **FAMILY & FRIENDS CAREGIVER SUPPORT**

*“By 2030, family and friend caregiving will have access to all services and supports they need to care for themselves and the person they care for.”*

1. Countywide caregiver awareness campaign to keep caregivers self-identity as a caregiver. Know where to find resources.
2. The County will provide a long-term care fund that will subsidize caregiver expenses.
3. Training services that are integrated with medical and social services to increase awareness and access to caregiver trainings.

## **HEALTH CARE FOR AGING**

*“By 2030, All Contra Costa County Health Delivery Systems will have a Geriatric Specialty Service line with a multi-disciplinary team that provides comprehensive, timely, and appropriate assessments in preventive and immediate care needs aligned to the best standards of care in Geriatric Specialty.”*

1. Policy and legislative incentives to spur workforce training and development for all disciplines to become trained in Geriatric Specialty Care.
2. Mandates with funding, ideally that require Health Delivery Systems, to provide Specialty Geriatric Care Services and Assessments.

3. Coordination/Case Management Services development to ensure implementation and follow up of care plan with community-based partners and caregivers

### HEALTH CARE FOR AGING

*“Easy access to informed expert care for the aging population across primary care and specialty care in an ageist free system.”*

1. Provider education and accountability: Oversight for current best practices and patient outcomes.
2. Develop recruitment: Incentive strategies to support older adult experts across modalities and specialties. i.e., physical health, mental health, etc.
3. Create programs within health systems to collaborate with community-based partners; communities, schools, social service agencies to build access to primary care.
4. Policy Change: Standardize and increase insurance reimbursement for services for older adult (specialty) care. I.e.: Physical, mental, preventative, and whole person care.

### HEALTH CARE & HOME CARE (BRIDGING THE GAP)

*“In the future, there will be continuity and coordination of quality care and services from hospital discharge to outpatient care and affordable home and community based services.”*

1. Funding: Increase coverage through programs such as Medicare, Medi-Cal, private insurance, etc. to fund these transitional services and expand eligibility for these programs.
2. Education: Increase training and education on resources available for care providing and support services.
3. Care Coordinators and Advocates (Patient & Senior): Create new positions to ensure there is follow through so the services meet the needs of the older adults in their unique individual situations.

## HEALTH CARE & HOME CARE

*“By 2030, Contra Costa County will have an integrated system in place to effectively address homecare availability, affordability, and accessibility, complimented by the services and support needed to keep them living at home.”*

1. Affordability: Contra Costa County making more county dollars. Priority into IHSS to enhance the program.
2. Availability: Hone in on the illegal immigrant work force that we currently have. Enable them to work legally.
3. Accessibility: To develop an enriched model for IHSS.

## HOUSING

*“By 2030, there will be appropriate and affordable housing options for 100% of older adults who want housing.”*

1. Increase affordable housing production and preservation.
2. Increase availability of housing subsidies.
3. Increase support for people to age in place so they don't have to move. I.e.: In home services and accommodations in home (remodel etc.) There will be appropriate and affordable housing options available for everyone who wants housing. Housing is a right!

## HOUSING

*“Safe, sanitary, and affordable housing for all.”*

1. Tenant Protection: Impose limits on rent increases including for single-family homes.
2. Expansion of the housing subsidy programs.
3. Increase funding and resources for maintaining existing housing for older adults and developing new and diverse housing opportunities.

## **INCOME SECURITY AS WE AGE: PROTECTION FROM POVERTY & HUNGER**

*“In 2030 every older adult in Contra Costa will be able to afford to age with financial security.”*

1. There will be early education in high school and college focused on saving for retirement and life after retirement.
2. There is a local long-term care benefit that will help pay for memory care, long term care, and in-home care.
3. Public benefits and services are fully funded so everyone that needs services can have them.

## **NURSING HOME INNOVATION**

*“By 2030, all residents of Contra Costa County who need a higher level of care can access a facility that feels like home and offers security, safety, dignity, respect, and well-being regardless of income.”*

1. The number of available beds for lower income residents, regardless of insurance status, meets the need of the county.
2. The assessment and transition process is person-centered and equitable and includes a personalized care plan and proximity to residence and current support system, without regard to income.
3. Long-term care staff are paid livable wages, trained properly in whole person care and assured of workplace satisfaction. Ensuring long term and adequate staffing of facilities.

## **OPPORTUNITIES TO WORK, VOLUNTEER & ENGAGE ACROSS GENERATIONS**

*“Contra Costa County engages and strengthens intergenerational relationships in the workplace and through volunteer opportunities.”*

1. Partner and encourage employers to offer flexible job opportunities to appeal to older adults. (I.e.: part time/project specific)
2. Offer mutually beneficial mentorship opportunities across 3-4 generations in the workplace.
3. Provide messaging that reaches all people of all ages regarding this vision (i.e.: media, business, Chamber of Commerce, hospitals, Faith Institutions, schools, community-based orgs).

## PROTECTION FROM ABUSE AND NEGLECT

*“Every person has access to community resources and is safe from abuse and exploitation.”*

1. Prevent: Contra Costa County will have a robust outreach and education program.
2. Connection: Substantial funding for a coordinated Elder Abuse Program involving government and nonprofit community.
3. Response: Response system that supports safety, independence, and advocacy in a timely manner.

## TRANSPORTATION

*“In 2030, Contra Costa will be broadly accessible such that older Contra Costan’s and those with disabilities can get where they need to go, whenever they want to go.”*

1. Guaranteed Funding: formula funding (normalize) bedrock and resource for our communities.
2. Build a culture of mobility across lifespans and community regions that needs to be affordable and accessible through outreach.
3. Establish a systemic, countywide approach to developing accessible transportation programs and policies.