Master Plan for Aging

2019 California Master Plan for Aging Forum
Welcome!
Senior Services Coalition of Alameda County

AGING IS SOMETHING WE ALL HAVE IN COMMON

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Contributors on this project

- Anita Sahonero
- Aurelio Sahonero
- Barbara Vega
- Beverly Huggins
- Branden Renfro
- Carmen Gueretta
- Catalina Marron
- Cheng Siu Wun
- Cherie Unholz
- Christine Schaefer
- Curtis Gamble
- Deborah Chaput
- Debra Coronado
- Devora Gonzalez
- Donna Lynn
- Ed Frakes
- Edward Schaefer
- Elvira Ruiz Castillo
- Harold Watkins
- Gwendolyn Boozé
- Jeff Hamaker
- Jennifer Shively
- Jerry Cohn
- Jerome McIntosh
- John Abbott
- Jonnette Newton
- Joyce Chan
- June Slater
- Karen Anderson
- Karen Gordon
- Kathleen Lui
- Kathy Garner
- Maggie Marron-Edwards
- Marianela Rios
- Marilyn Taylor
- Michelle Reed
- Natalie Franks
- Norma Abbott
- Quan Xia Liao
- Robin Trexler
- Rosalinda Cruz
- Ruben Rodriguez
- Ruth Cho
- Shirley Witt
- Susan Greef
- Thuy Nguyen
- Tian Jun Zheng
We learned from older adults and their care teams in urban, rural, and suburban communities.
Quality of Life Elements

There are three areas that deeply impact the ability for older adults to fully thrive.
Quality of Life Elements

There are also additional factors — such as race, gender, sexual orientation, disabilities — that can impact the overall experience and further exacerbate barriers.
Community Design Workshops
The workshops generated over 1,000 ideas
Strategic Framework

Master Plan for Aging Principles

- Physical Environment
  - Strategies
    - Policies
    - Services and Projects
    - Tools

- Supportive Services
  - Strategies
    - Policies
    - Services and Projects
    - Tools

- Social and Emotional Well-being
  - Strategies
    - Policies
    - Services and Projects
    - Tools
Master Plan for Aging Principles
Reframe the narrative to focus on aging as a universal experience
Integrate aging into all systems and agencies, rather than keeping it siloed.
MASTER PLAN FOR AGING PRINCIPLES

Recognize and address the impact of identity factors such as race, gender, sexual orientation, disability socioeconomic status, etc. in all efforts.
Efforts around aging and concerning people with disabilities should be done in tandem with one another.
Develop policies, programs, services, and tools rooted in on-the-ground realities.
Take a personalized and culturally-sensitive approach to solutions, rather than a “one-size-fits-all” application.
Strategies Framework

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Physical Environment
Strategies
Strategies | Neighborhood

- Design for mixed-age, mixed-ability neighborhoods with amenities that meet people’s physical, social, and emotional needs.
- Design intergenerational spaces and communities
- Prioritize health and safety in both existing communities and in the design of new developments.
- Include the voices of older adults in planning and development processes.
Strategies | Transportation

- Make travel convenient and affordable for older adults and people with disabilities.
- Develop transportation options that can meet a variety of accessibility needs.
- Coordinate transportation offerings across public agencies, social service providers, and private entities in order to make them easily navigable.
Strategies  |  Housing

› Remove financial and regulatory barriers that prevent older adults from acquiring and keeping their housing.

› Make it easier to build a variety of housing types for diverse lifestyle needs.

› Streamline housing application processes to ease the process of finding and keeping housing.

› In addition to providing emergency services, provide pathways out of homelessness for individuals that address a range of underlying causes.
Envisioning the Future
A Future “Day in the life”

1. Get in a group of 2-3 people from your table.

2. Consider the postcards of older adults, at your table, that relate to this section.

3. Each group chooses one postcard to discuss.

Ed Frakes
Alameda County

Ed is a retired art teacher and active painter. He lives in Niles, California, in a centrally located home where he is able to access many things - the grocery store, friends’ homes, the library - by foot.
Imagine a future state when the Master Plan has been enacted. Discuss how this herons’s life has changed,

- Where does this person live?
- What is this person’s community like?
- How does this person get where they need to go?
Prioritizing Strategies

1. Review the strategies for this section.

2. Individually select the three strategies you would prioritize a this time.

3. Explain why you chose the strategies you did.
Envisioning the Future

1. Get in a group of 2-3 people.
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3. With your group, discuss how this person’s life changes. Use the prompting question to get started.
4. Individually choose three strategies to prioritize and write why.
Strategies Framework

Master Plan for Aging Principles

Physical Environment

Supportive Services

Social and Emotional Well-being

Strategies

Strategies
Strategies | Holistic Services

- Provide services that consider the whole person—their background, experiences, preferences—and meet individual needs.

- Develop service delivery systems that are coordinated, integrated and easy to access.

- Support collaboration across sectors and between service providers and self-organized communities.

- Expand and train a workforce that matches the growing need to serve an aging population.
Strategies | Long-Term Care

- Provide accessible and affordable channels for financing and saving for long-term care.
- Incentivize planning and saving for long-term care.
Strategies | Caregiving

- Provide supports that alleviate the financial demands of caregiving.
- Expand the pool of qualified caregivers so people can age-in-place and have options for care beyond residential care facilities.
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Tian Jun Zheng & Quan Xia Liao
Alameda County

Both in their 90s, Tian Jun and Quan Xia live with their daughter and love attending Hong Fook, a community-based adult services center that provides culturally responsive services – activities, meals, exercise, transportation, etc. – to area residents.
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Social and Emotional Well-Being
Strategies
Strategies  |  Celebrating Aging

- Promote an aging-positive public narrative.
- Support new and existing channels that generate peer-to-peer community building.
- Create opportunities for increased intergenerational connections.
Strategies | Planning for Aging

- Make planning for aging an integrated part of Californian’s lives.
- Create resources for families and loved ones to have conversations on aging with older adults.
Strategies | Caregiving

- Provide supports that alleviate the physical and emotional demands of caregiving.
Strategies | Job/Volunteer Opportunities

- Aid older adults in transferring existing skills or learning new skills that can be used in their everyday lives.
- Remove barriers and increase incentives that allow people to participate in the workforce longer.
- Build pathways for older adults and people with disabilities to access job and volunteer opportunities.
A Future “Day in the life”

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Barbara Vega
Orange County

Barbara lives with her brother in Orange County. Born with a developmental disability, Barbara receives a number of social services that provide support with her disability and allow her to lead an active lifestyle. She loves attending her local Easterseals daily, where she oversees lunch prep and teaches art classes.
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Next Steps
Before you leave...

Please leave your completed Strategy Priorities worksheets on the table.
Thank you!

sara@greatergoodstudio.com
kareeshma@greatergoodstudio.com