



Master Plan for Aging

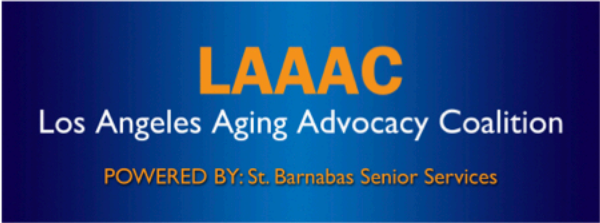
2019 California Master Plan for Aging Forum



Welcome!

**Greater
Good
Studio**





Senior Services Coalition of Alameda County
AGING IS SOMETHING WE ALL HAVE IN COMMON





Contributors on this project

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- Shirley Witt
- Susan Greef
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Research

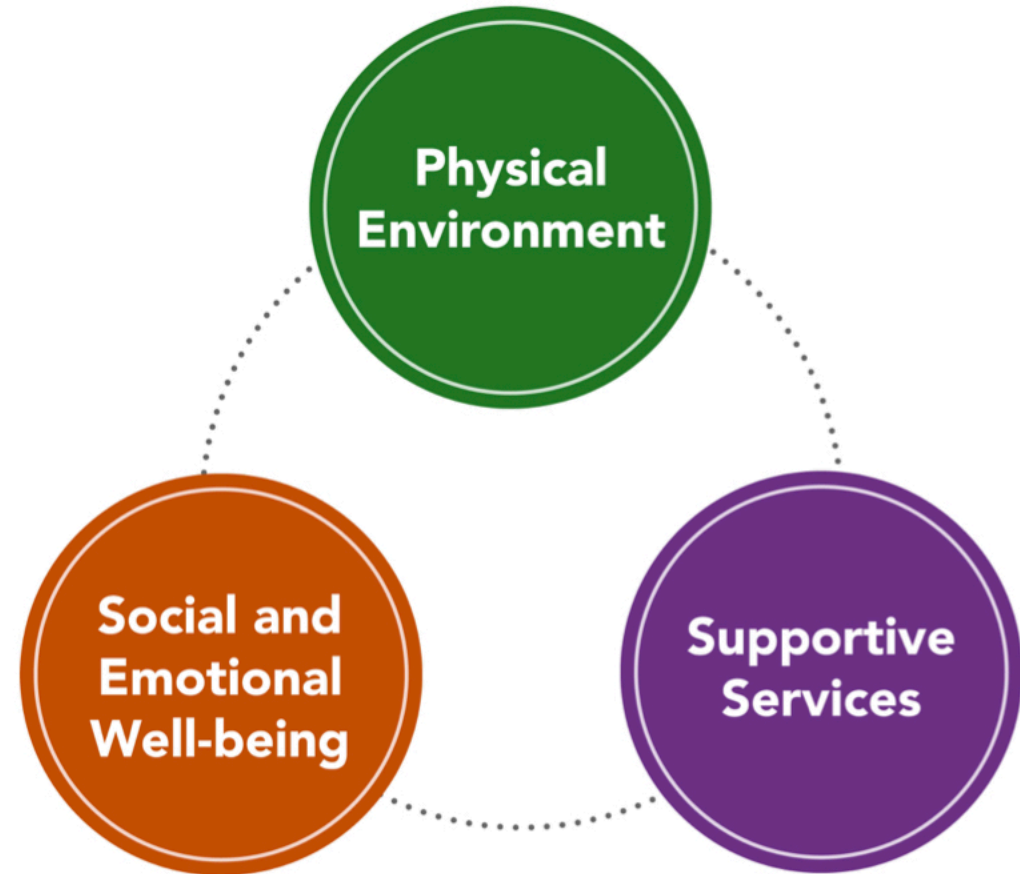
We learned from
older adults and
their care teams
in urban, rural,
and suburban
communities.





Quality of Life Elements

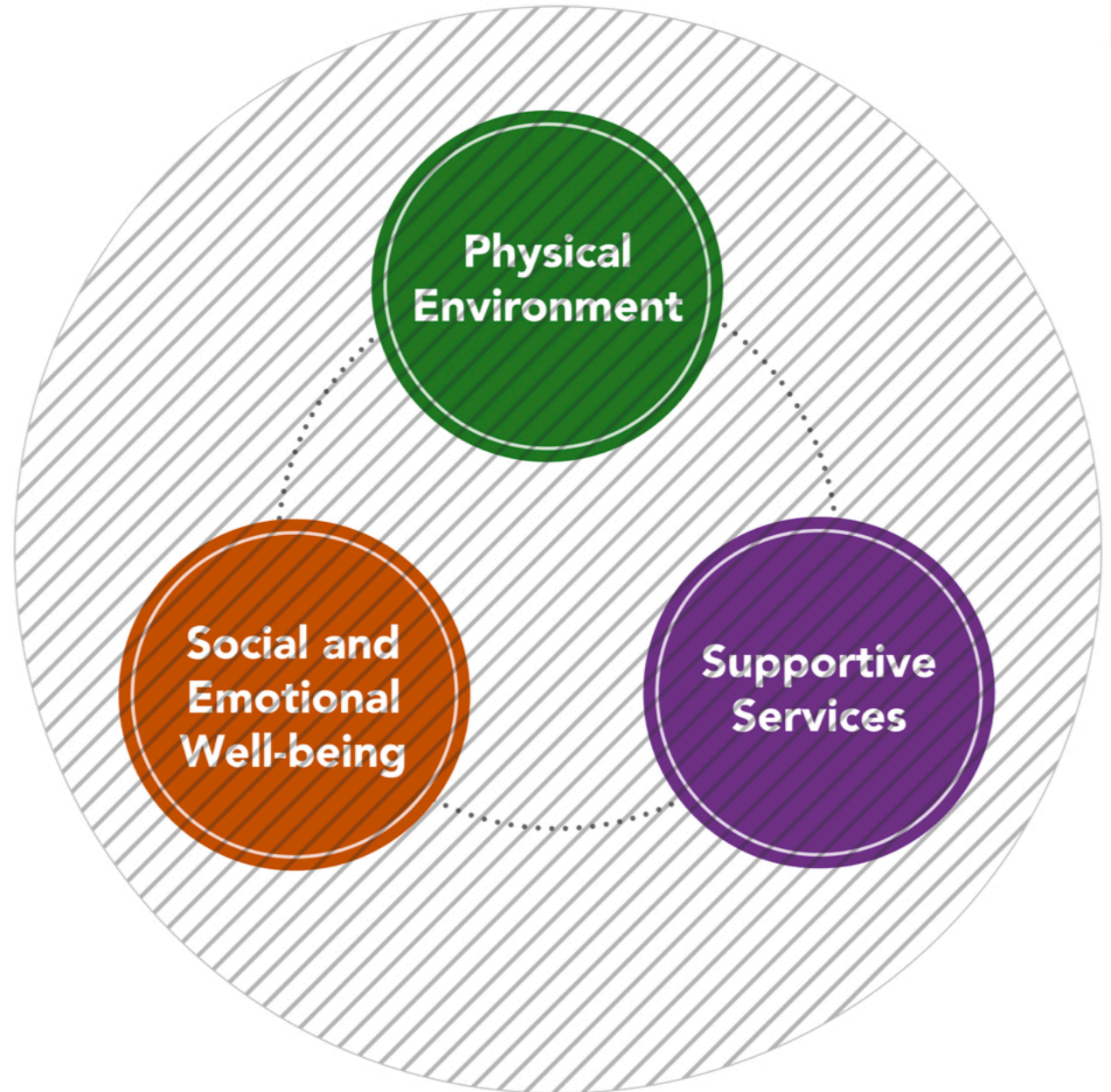
There are three areas that deeply impact the ability for older adults to fully thrive.



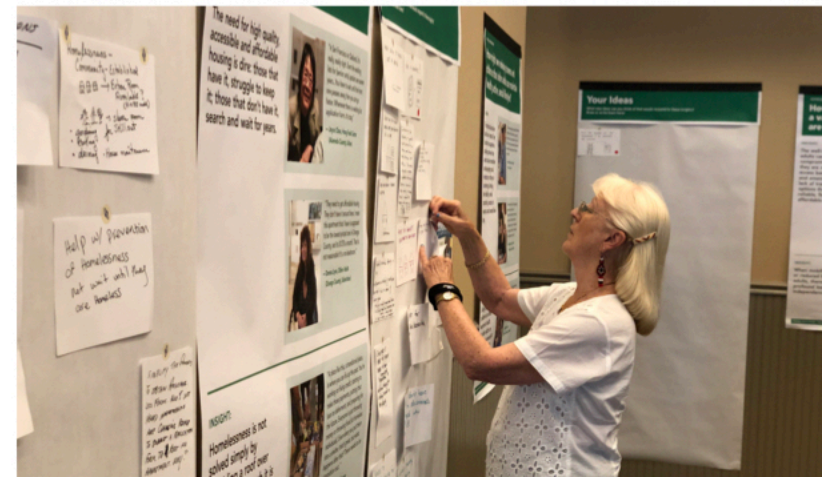
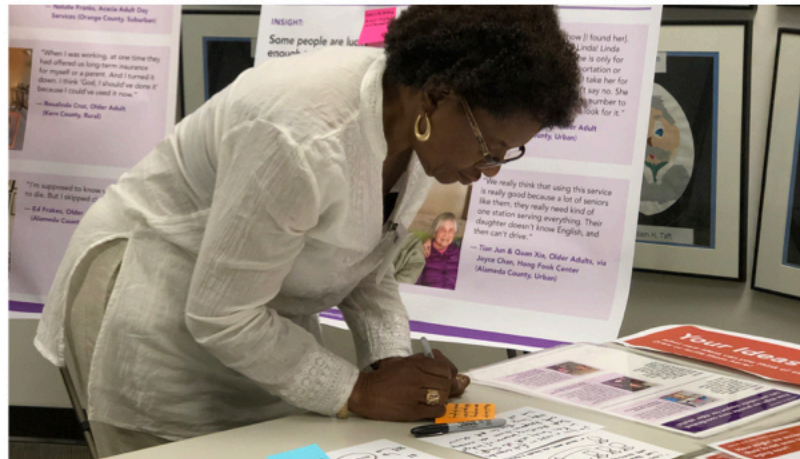


Quality of Life Elements

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

Your Ideas

What new ideas can you think of that would respond to these insights?
Draw or write them here!

High School curriculum on aging & required volunteer work

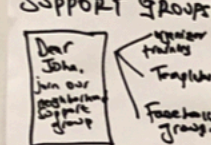


Older adults need to be organized into a political force so that they can be heard & influence systemic change. This is an option for building networks & other activities. We need more than a master plan - we need ongoing feedback.


The State should host the Senior Games in the future

OMG STOP over-medicalizing older adults needs - health plans & doctors are NOT the answer to all of life's ills!


NEIGHBORHOOD SUPPORT GROUPS



PAIR YOUNGER ADULTS AND TEENAGERS WITH OLDER ADULTS FOR ACTIVITIES

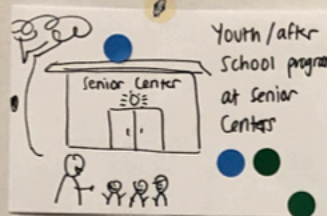


MORE REPRESENTATION OF OLDER ADULTS IN MEDIA

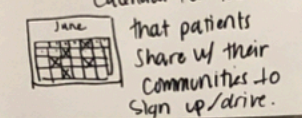


Connect the person back to/with their culture & music & things that give them hope, inspiration, energy


Youth/after school program at Senior Centers



Hospitals/doctors give out a transportation planning calendar for treatment that patients share w/ their communities to sign up/drove.




Restructure systems so they don't penalize ppl. for getting out of poverty.

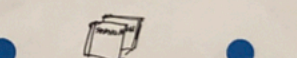


Advocate to eliminate the stigma of loneliness

Connect homeless youth w/ older adults



Connect international students w/ older adults that speak their language



Support older adults to create groups/activities in their areas of interest

The village movement helps older adults build/find social networks through relational programming. A great system to help older adults get a stay connected in the communities they love.

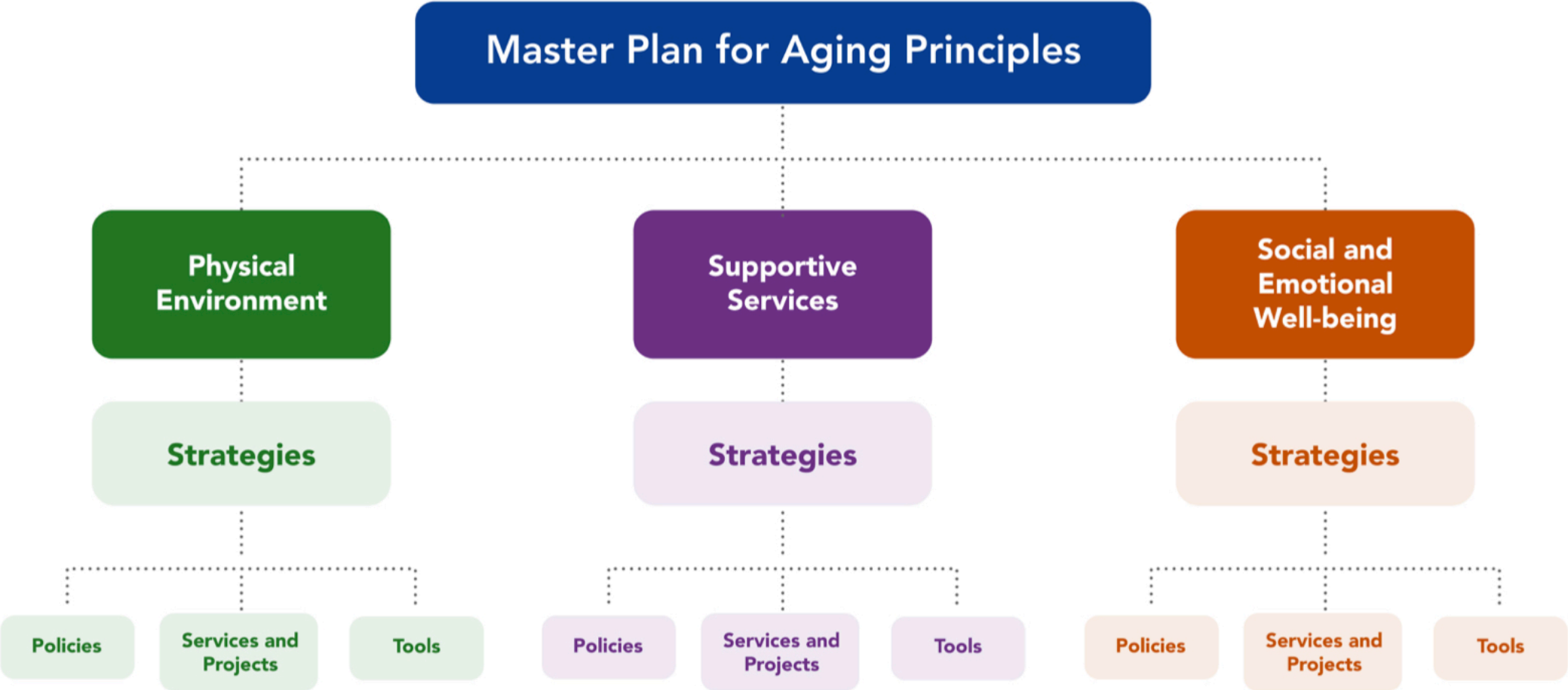
Sanitize Senior Centers

Peer to Peer Connection to support groups

Use Senior Centers to AVOID SOCIAL ISOLATION AND TO PROMOTE OLDER ADULT ADVOCACY

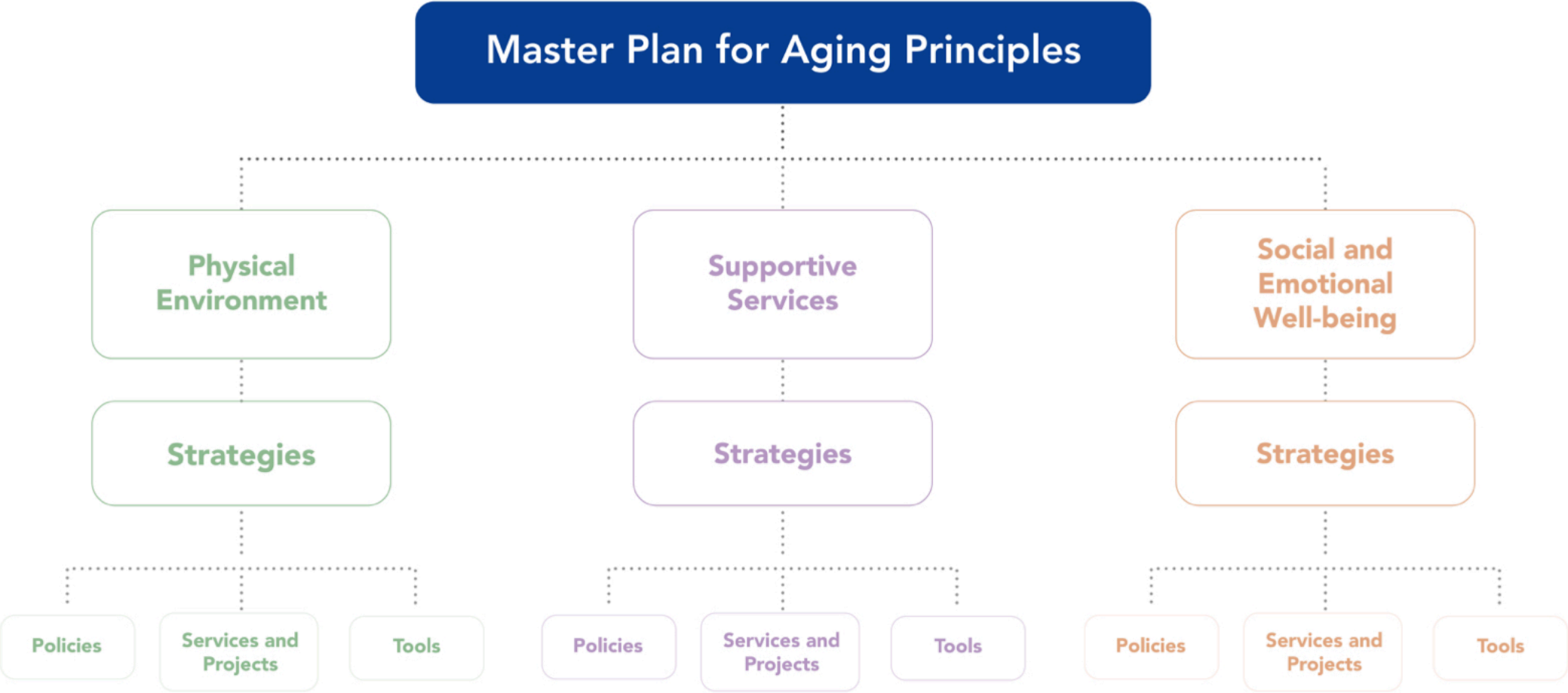


Strategic Framework





Strategic Framework



Master Plan for Aging Principles



MASTER PLAN FOR AGING PRINCIPLES

**Reframe the narrative to focus on
aging as a universal experience**



MASTER PLAN FOR AGING PRINCIPLES

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.



MASTER PLAN FOR AGING PRINCIPLES

Efforts around aging and concerning people with disabilities should be done in tandem with one another.



MASTER PLAN FOR AGING PRINCIPLES

**Develop policies, programs,
services, and tools rooted in
on-the-ground realities.**

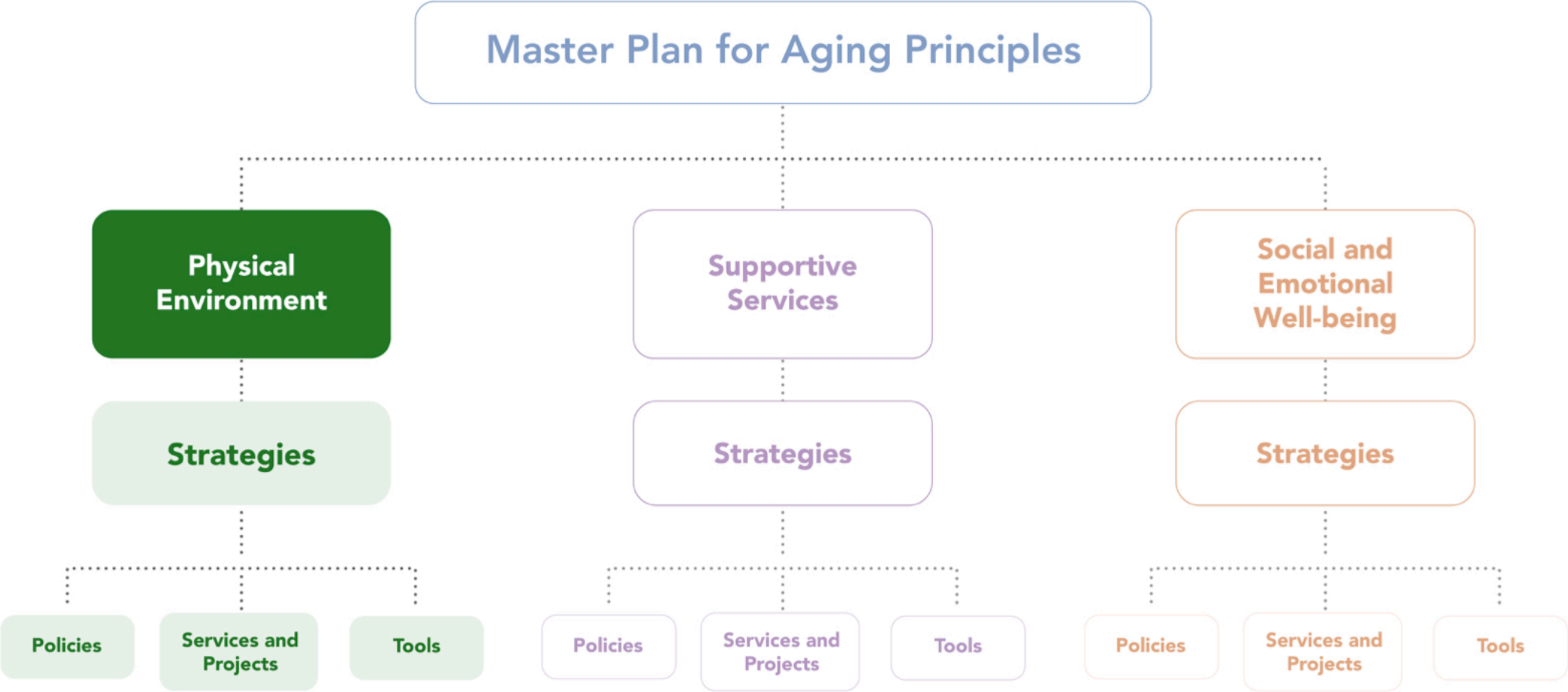


MASTER PLAN FOR AGING PRINCIPLES

Take a personalized and culturally-sensitive approach to solutions, rather than a “one-size-fits-all” application.



Strategies Framework



Physical Environment



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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.





A Future “Day in the life”

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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 at this time.
3. Explain why you chose the strategies you did.

PRIORITIZING STRATEGIES

PHYSICAL ENVIRONMENT

Name: _____

Organization: _____

Strategies can be prioritized using a number of different criteria such as ideas that address the most immediate need, are easiest to implement and/or have greatest long-term impact.

Keeping these in mind, select three strategies in total that you would prioritize for implementation and write why you selected those strategies.

NEIGHBORHOOD

- ☐ Design for mixed-age, mixed-ability neighborhoods with amenities that meet people's physical, social, and emotional needs.
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TRANSPORTATION

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HOUSING

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Why did you select those strategies? _____

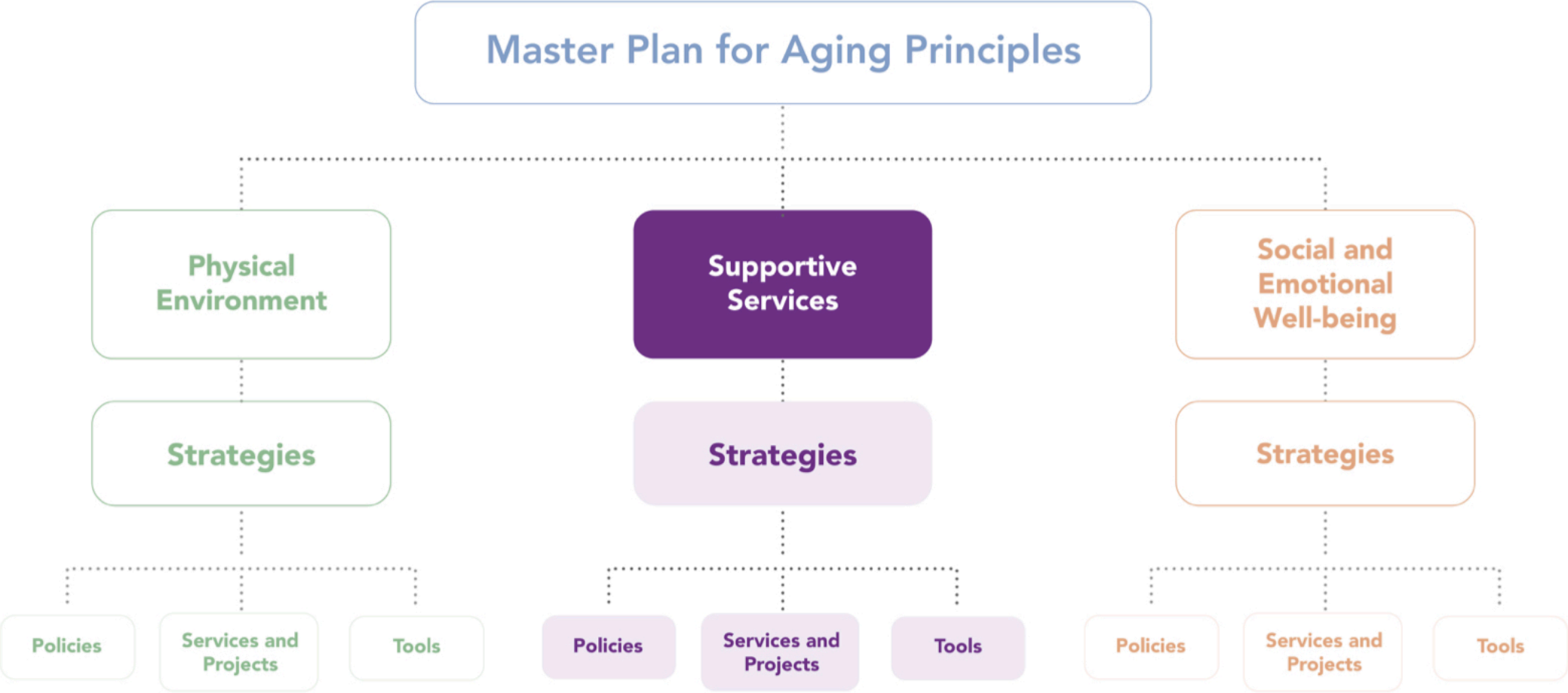


Envisioning the Future

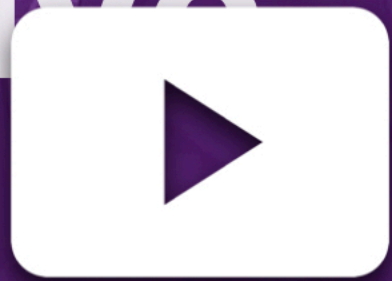
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4. Individually **choose three strategies** to prioritize and write **why**.



Strategies Framework



Supportive Services



—

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.



Envisioning the Future

A Future “Day in the life”

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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.



A Future “Day in the life”

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SUPPORTIVE SERVICES

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HOLISTIC SERVICES

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LONG-TERM CARE

- ☐ Provide accessible and affordable channels for financing and saving for long-term care.
- ☐ Incentivize planning and saving for long-term care.

CAREGIVING

- ☐ Provide supports that alleviate the financial demands of caregiving.
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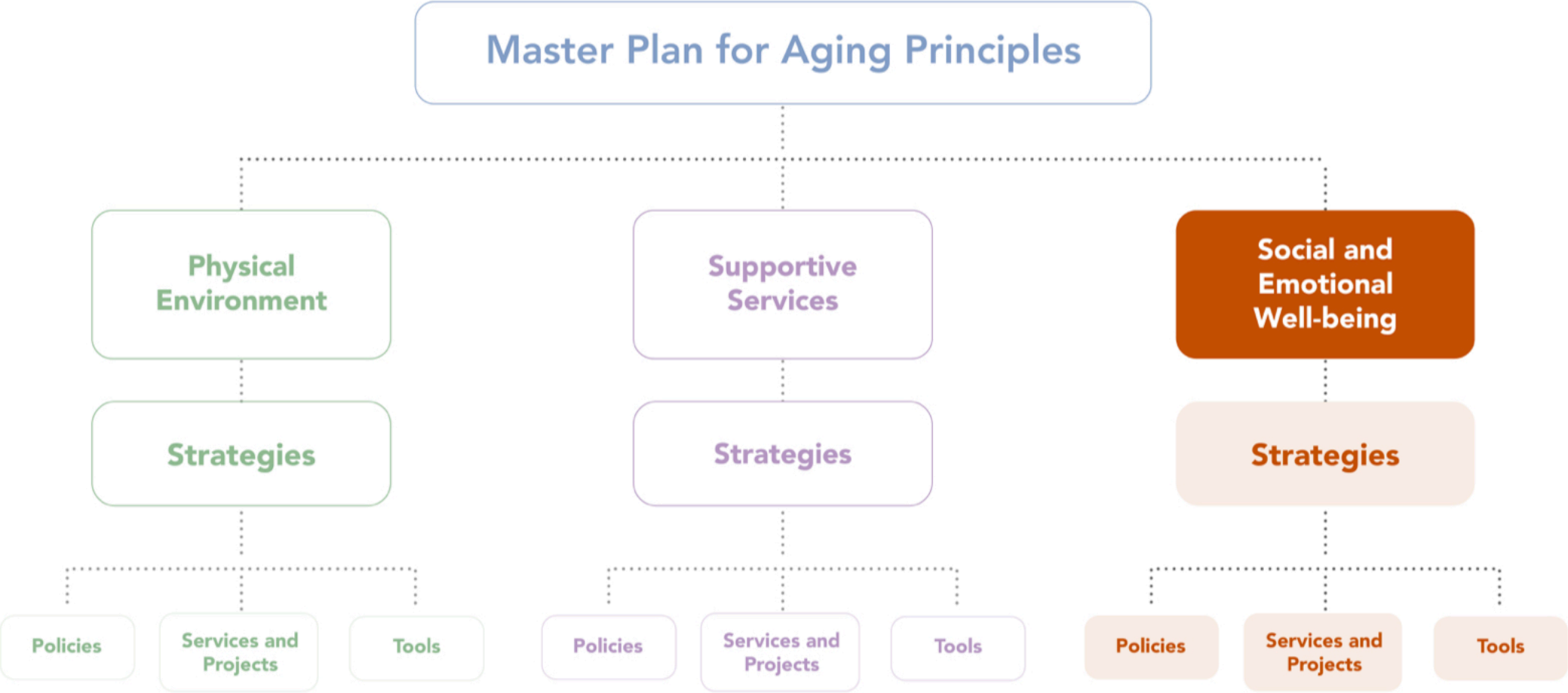


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Strategies Framework



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.

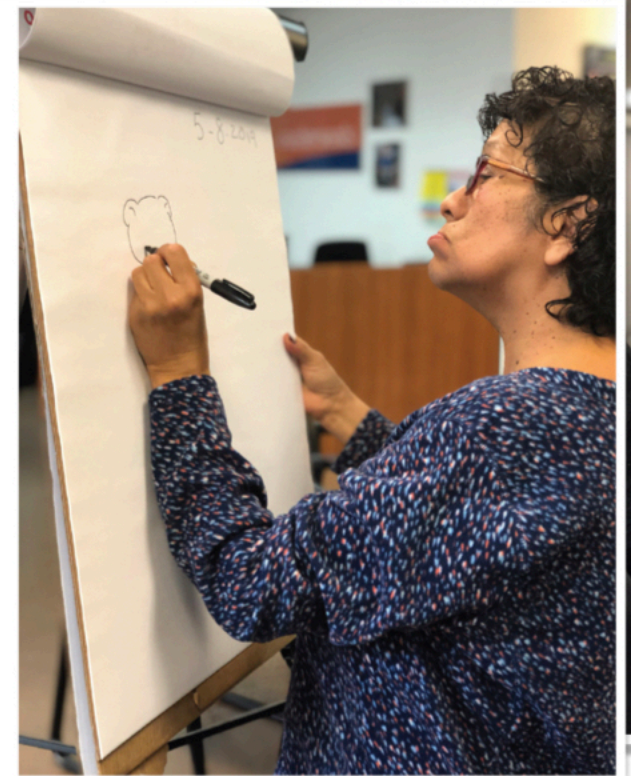
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Barbara Vega

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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SOCIAL AND EMOTIONAL WELL-BEING

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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.

PLANNING FOR AGING

- ☐ Make planning for aging an integrated part of Californian's lives.
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CAREGIVING

- ☐ Provide supports that alleviate the physical and emotional demands of caregiving.

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Next Steps



Before you leave...

Please leave your completed Strategy Priorities worksheets on the table.

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Thank you!

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kareeshma@greatergoodstudio.com