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Stories of a Movement, Lived Experience Matters:

United for Health Equity in Aging Summit

July 19, 2023

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How are we connected in cultivating aging justice for all?

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Photo: Image shows two hands, one of an older adult and one of a younger person. Both hands are holding onto a stack of photos, against a wooden desk. Sprawled on the table are also photographs.

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100+ people

(image collage of multiple people)

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Imperial Valley

(Imperial County image: The image shows a street corner in Imperial Valley. The building on the street corner is of a cafe with signage that says "Avenue" on it and has posters of food on the windows. There are also people standing around the corner, and a pickup truck with folks standing near it.)

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San Diego County

(San Diego County image: The image shows buildings in San Diego county. The taller building has a mural on the side of it. The mural looks like a newspaper page and has the image of someone painting an image of a man on it. There are other buildings next to it, specifically a smoke shop and then a coffee shop next to it.)

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San Francisco

(SF street: Image of a street corner in San Francisco. There are several buildings shown. One of the taller buildings has a mural on the side of the building. The mural has an artistic depiction of a person)

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Butte County

(Garden - Butte County. This image shows a garden with produce growing. A person's lower half is shown as they are bent over picking the produce with their hands.)

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Shasta County

(Shasta County landscape. The image shows a lake in Shasta County. Closer to the foreground there is a small boat with some people on it. In the background, there are trees and foliage with some short buildings peeking through.)

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Imagine each person as a tree.

(Photo: Image of a tree branches and leaves silhouette against a grayish/blue sky.)

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A tree's rings tell its unique record of health.

(Photo: Image of a tree's rings)

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Trees can thrive in their older years,

(Photo: Image of a road in the foreground and behind the road, there is a line of thick trees and foliage)

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Or just survive.

(Photo: Image of a top view of a road and next to the road you see dead grass, trees, and brown dirt)

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How might we play our part in the thriving of older adults past, present, and

future?

(Photo: Image of a clearing in a forest. Two sides are lined with green , full trees and running down the middle is a slightly paved path with some overgrown grass on it)

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Imagine Derrion as a tree.

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The quality of soil, water, air and overall environment has a direct impact on Derrion's health.

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How people experience structural equity or inequity have direct effects on their health.

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(image of sticky notes with themes and topics of Derrion's life such as generational trauma, poverty, lack of awareness & options for a healthy lifestyle)

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(Image of a tree's roots, with different levels. The diagram shows that we will focus on system drivers & conditions and societal environment)

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(Diagram of presentation, with three large themes, Health from our first to final days, Economic and environmental wellbeing and Cultures of belonging and care.

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THEME 01

Health from our first to final days:

Reframe the paradigm on health & aging to sustain a high quality of life from our first to our final days

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OPPORTUNITY AREA 01

Recognize discrimination as an ideological root of health inequity and foreground identity & culture to deliver whole person care

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My mom told me to be quiet ... I remember my mom say ... You always walk on the unpaved. This is where we walk. The paved is only for the white people because they were dressed up and what have you. And so never walk on the paved street, it's not meant for you." — Harry, Older Adult, San Francisco County

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I remember being called the n-word with people who didn't want to accept me being a part of the county [public health agency]. I've seen, people would drive by and they would see me driving a county car and they would literally just gimme that look like, are you kidding me? And they, they'll call in, well, I need this or I need that, but don't send that African American lady..." — Virginia, Family Caregiver & Service Provider, Shasta County

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It seems to me like when you, if you poor, you go through, you go through quite a bit in the healthcare... [they're] slower... substandard care. I don't think a lot of times that is intentional, but it definitely happens." — Derrion, Older Adult, San Francisco County

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OPPORTUNITY AREA 02

Prioritize preventative & holistic care to sustain higher levels of wellness from our first to final days

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When we got to the [refugee] camp I was so sick. I was dizzy, had headaches, and felt that all my body was really numb. I was admitted to the hospital. The physician came over to check me, and they said that I was so depressed that caused me to be sick ... the shaman said ... your soul was lost, when you escaped to Thailand." — Tong, Older Adult, Butte County

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If we started earlier, then maybe in the future people would be more diabetic control. You would have less amputations ... less people getting dialysis on renal failure, because you are showing people from early on to take care of themselves. You don't have to wait until they're that ill to qualify." — Maribelle, Service Provider, Imperial County

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OPPORTUNITY AREA 03

Cultivate a pipeline of healthcare & care providers with a heart for the work, who identify with the communities they serve

Slide 33

It needs to be stressed with healthcare professionals that listen, they're not just a patient, look at them as part of your own family ... some doctors in this field it's like why are you in this field? Why didn't you just become a mechanic or a police officer ... it's the same as the medical profession, and same in the ministry. You've got to care for people." — Older Adult, San Diego County

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There is a difference because we've lived it ... We've been there. Our parents were there ... you just have to be part of that culture, that you lived it ... whether it's a senior or a kid or a baby boomer, you just can know how to communicate cause you understand where they're coming from."— Blanca, Service Provider, Imperial County

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THEME 02

Economic & environmental wellbeing:

Recognize the long-term costs of disinvestment and restructure the system for economic and environmental wellbeing

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OPPORTUNITY AREA 04

Invest in housing, transportation, and food security to mitigate long-term, compounding health challenges over time

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So little of patient's health is determined by healthcare itself. It's really determined by the environment in which people live, play, work, pray ... homelessness makes you sicker and makes it less likely that you get the care that you need to thrive. This leads me to say that there is no medicine as powerful as housing."

— Margot, Service Provider, San Diego County

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[There's only one pharmacy unless you wanna go into Redding.]

I would have to make a trip into Redding, which is 30 miles away.

[If you don't have your medicine, what happens?] I don't have my medicine." — Ruth, Older Adult, Shasta County

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OPPORTUNITY AREA 05

Reimagine the social contract between employment, retirement and benefits to equip older adults with economic security

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We've always worked, the family has always worked, we pay our taxes, we're not eligible for any of the good care. It has to come from our pocket ... so you have the haves and the have nots and I believe the have nots are the working class people now ..." — Debra, Older Adult, Imperial County

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She used to be a caregiver. That's the really crazy part. She used to be a caregiver for seniors and now her herself as a senior, she doesn't have anybody because she doesn't qualify for

Medi-Cal, and she only has Medicare. And Medicare doesn't cover the things that she actually needs.” — Paola, Service Provider, San Diego County

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OPPORTUNITY AREA 06

Design accountability into health & social services systems to reduce fragmentation and distribute fair access to resources and levels of care

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I've had to call the medics for clients ... when the first responders see that there's somebody there that cares for them, they treat them differently ... They'll care as much as I care ... I don't know what happens when they get in the ambulance, but when I'm there, I have that peace of mind ... I've set the bar of how they should treat this person that has nobody, who's borderline homeless.”

— Joseph, Service Provider, San Diego County

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We have to stop all this channeling of 'you have to be here. You have to be there.' You're dealing with folks that don't have adequate income or adequate means. So how are they supposed to go from one end of town to the other end of town on appointment basis to ascertain a home?” — John, Older Adult, San Diego County

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THEME 03

Cultures of belonging & care

Restore the connection across identities, communities, and generations to allow all older adults to age where we belong

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OPPORTUNITY AREA 07

Return to social & communal forms of care to offset social isolation and the fragility of family caregiving

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I didn't have time to not be okay ... I couldn't even look at things that I couldn't even see straight because of my sight had got so blurry because I was just so exhausted most of the time. But that sense of responsibility was there and I couldn't allow myself to let that go and realize, 'Hey, you need a break.'” — Virginia, Family Caregiver & Service Provider, Shasta County

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It's just me and my shadow. I don't have nobody else ... I'm taking care of [a friend], like his caretaker ... He was originally from Dallas, Texas, but he has family, but his families don't talk ... I don't know the whole story. So I'm like his sister and he's my baby brother ... you know,

everybody's my family here. That's why I love this community.” — Marilyn, Older Adult, San Francisco

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OPPORTUNITY AREA 08

Honor elderhood as a source of connection across generations past, present, and future

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You know, I worked at a nursing home in Illinois for seven years before I came back out here. And I was blown away by the fact that they don't have college students coming in interviewing these older folks. Because what I'm thinking is do you realize how much wealth up here, these people have? And it's going right in the ground.”

— Melissa, Older Adult, San Diego County

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When grandma and grandpa go like, what's gonna happen to this family and how much are we gonna lose? ... People continue to be more and more disconnected from that identity because I do think that there's still a lot of shame within families that prevent people from researching or just being interested in their own language. Where are they from? What are the native values? What is Native American spirituality?” — Vanessa, Service Provider, Shasta County

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OPPORTUNITY AREA 09

Emphasize belonging as the criteria for where, how, and with whom we age in place

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I'm Mexican, Native American. And that's what I cook too ... I'm a country girl, I've always been a country girl ... When I was at the independent living place, I was paying \$600 a month ... the food was terrible ... They make Mexican food and I go, this isn't Mexican food.”

— Balvina, Older Adult, San Diego County

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We are both a widow. We stay home there's a pretty hard ... I would like to see there is a senior house out there ... a safe place for the senior to come together. Because we know that at this time, our kids is pretty busy and they don't really have a time. So we as a senior stay home alone [is] pretty tough.” — Zoua, Older Adult, Butte County

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How might we play our part in the thriving of older adults past, present, and future?

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We grow stronger when our roots are bound together.

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How are we connected in cultivating aging justice for all?

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This summit, it should have happened a hundred years ago ... My voice is tiny, but if we get a group, your voices — you the next generation. — Harry, Older Adult, San Francisco

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Stories of a Movement

Lived Experience Matters:

United for Health Equity in Aging Summit

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