Master Plan for Aging

FIVE BOLD GOALS FOR 2030

Kim McCoy Wade
Director, CA Department of Aging
March 15, 2021
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

[Graph showing increasing life expectancy from birth to age 85 from 1950 to 2020.]

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

Source: www.macrotrends.net

By 2030, Californians 60 and Over Will Comprise One-Quarter of the Population

[Bar charts showing the distribution of the CA population by age group by year from 2010 to 2060.]

Number of Californians age 60+ by year

<table>
<thead>
<tr>
<th>Year</th>
<th>Population</th>
</tr>
</thead>
<tbody>
<tr>
<td>2010</td>
<td>6,138,048</td>
</tr>
<tr>
<td>2030</td>
<td>10,761,937</td>
</tr>
<tr>
<td>2060</td>
<td>13,640,002</td>
</tr>
</tbody>
</table>

Source: CA Department of Finance
California’s older population is becoming more racially and ethnically diverse

By 2030, white, non-Hispanic older adults will no longer represent the majority of older adults.

California’s 60+ population by race/ethnicity, by year

- White, non-hispanic
- Hispanic (any race)
- Asian, Native Hawaiian, Pacific Islander, non-hispanic
- Black, non-hispanic
- Multiracial, non-Hispanic
- American Indian, Alaska Native, non-Hispanic

Source: CA Department of Finance

Master Plan for Aging: Together We Engage

How We Got Here

- Public Participation
- Stakeholder Engagement
- Stakeholder Recommendations
- Community Roundtables with Legislators
- Task Force on Alzheimer’s Disease Prevention & Preparedness
- Cabinet Work Group
- COVID19 Lessons
Master Plan for Aging: County Engagement with MPA
Stakeholder Advisory Committee Meetings & Webinar Wednesdays

Master Plan for Aging: Five Bold Goals for 2030
The MPA is for people of all ages who are family, friends, neighbors, coworkers, and caregivers of older adults.

Goal 1: Housing for All Ages and Stages
Goal 2: Health Reimagined
Goal 3: Inclusion and Equity, Not Isolation
Goal 4: Caregiving that Works
Goal 5: Affording Aging
Master Plan for Aging: Five Bold Goals for 2030

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

LOCAL MODEL: Age Well San Diego

STRATEGIES:
A. More Housing Options
B. Transportation Beyond Cars
C. Outdoor & Community Spaces for All Ages
D. Emergency Preparedness & Response
E. Climate-Friendly Aging

GOAL TWO: Heath 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 & Increase Life Expectancy

LOCAL MODELS: Partners in Care Foundation, Inland Empire Health Plan

STRATEGIES:
A. Bridging Health Care with Home
B. Health Care as We Age
C. Lifelong Healthy Aging
D. Geriatric Care Expansion
E. Dementia in Focus
F. Nursing Home Innovation
GOAL THREE: 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

LOCAL MODEL: Purposeful Aging Los Angeles

STRATEGIES:
A. Inclusion and Equity in Aging
B. Closing the Digital Divide
C. Opportunities to Work
D. Opportunities to Volunteer and Engage Across Generations
E. Protection from Abuse, Neglect & Exploitation.
F. California Leadership in Aging

GOAL FOUR: 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

LOCAL MODEL: Healthcare Career Pathway

STRATEGIES:
A. Family & Friends Caregiving Support
B. Good Caregiving Jobs Creation
C. Virtual Care Expansion
GOAL FIVE: Affording Aging
We will have economic security for as long as we live.

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

LOCAL MODEL: San Francisco’s Project Homekey and CV19 Meals Expansion

STRATEGIES:
A. End Homelessness for Older Adults
B. Income Security as We Age
C. Protection from Poverty & Hunger

The MPA Local Playbook
Seven Plays to Build Communities for All Ages

PLAY ONE: Engage Your Local Leadership
PLAY TWO: Explore Local Data
PLAY THREE: Review Existing Local Planning
PLAY FOUR: Select Your MPA Initiative
PLAY FIVE: Build Your Action Plan
PLAY SIX: Evaluate Your Initiative
PLAY SEVEN: Stay Connected}

Master Plan for Aging: Five Bold Goals for 2030
PLAY ONE: Engage Your Local Leaders

Play One: Use the Governor’s Blueprint to Engage Your Local Leaders

Collaborative, and cross-sector, partnerships are the key to implementing successful projects, policies, and initiatives. It is important to get the right leaders at the table. Local government, community planners, aging and disability advocates, and subject matter experts are all important players. The list below will help you identify your local and regional leaders in community development and the aging and disability fields.

- Local Government
- Health, Aging, and Disability Leaders
- International and National Organizations with Local Chapters
- Universities & Colleges with Gerontology & Geriatric Research
- Aging-Focused Philanthropy Organizations
Visit the **Data Dashboard for Aging** to follow the MPA's progress over the next ten years, as well as to explore aging and disability demographics, **including data at the local level**.

**Goal 1**
- Affordable Housing
- Park Access

**Goal 2**
- Gaps in Services & Supports
- Availability of Services & Supports
- Enrollment in Medicare Plans & Programs
- Usual Source of Care
- Primary Shortage
- Life Expectancy
- Fall-Related Mortality
- Psychological Distress
- Suicide
- ED Utilization
- Geriatric EDs
- Medicare Readmissions
- Dementia-Related Mortality
- LTC Living
- SNF Availability
- SNF Quality

**Goal 3**
- Life Satisfaction
- Community Support
- CA Lifeline Program
- Volunteering
- Self-Neglect (APS)
- Abuse (APS)
- Repeat Maltreatment (APS)

**Goal 4**
- Caregiver Availability

**Goal 5**
- Housing Cost Burden
- Affording the Cost of Living
- Food Insecurity
- CalFresh Participation
### MEASURING PROGRESS

**Accessing Local Data**

Hover over the map for a pop-up window of data for your county.

Example: Services & Supports data (Goal 2) for Fresno County

<table>
<thead>
<tr>
<th>County</th>
<th>Number of important services in county (5–6)</th>
<th>Number of Services/Provisioner</th>
<th>Population Age 80+ Per 1 Provider</th>
</tr>
</thead>
<tbody>
<tr>
<td>Services &amp; Supports</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Fresno County</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Master Plan for Aging: Next Steps

2021-2022 Initiatives

Ten Cabinet Agencies + strong partnership with local leaders, private sector, federal government, and all stakeholders, will launch over 100 initiatives within the first two years.
The success of many of the MPA’s initiatives relies on **Strong County Leadership and Partnership**. For example:

**Goal One: Housing for All Ages & Stages**  
Initiative 16: Expand seamless para-transit rides across district lines  
Initiative 23: Promote Blue Zones for dementia-friendly communities

**Goal Two: Health Reimagined**  
Initiative 63: Equity-focused dementia-prevention public health campaign

**Goal Three: Equity & Inclusion, Not Isolation**  
Initiative 98: Make it easy for public to get info on aging & disability via “No Wrong Door”  
Initiative 101: Revisit local Area Agency on Aging partnerships

**Goal Four: Caregiving That Works**  
113. Diversify pipeline for direct care workers in home and community settings by testing and scaling emerging models

**Goal Five: Affording Aging**  
130. Map and identify opportunities to address older Californians’ needs for nutrition

---

**Implementing Master Plan for Aging in California Together**

- New stakeholder committee members will be named in 2021 to the **Implementing Master Plan for Aging in California Together (IMPACT) Committee** to advise on the administration and implementation of the MPA.
- Existing and new stakeholder committees will continue to drive policy and program on priorities including **Long Term Services and Supports, Equity in Aging, and Elder Abuse and Justice**.
- **First Equity in Aging Advisory Committee Meeting on March 16th @2pm**
LEARN MORE ABOUT THE MPA
MPA.aging.ca.gov

Sign up for the Together We Engage newsletter for MPA updates
Send questions and comments to EngAGE@aging.ca.gov

Master Plan for Aging:
A County Perspective

Shireen McSpadden, Executive Director
March 15, 2021
MPA Local Playbook

- Play One: Use the Governor’s Blueprint to Engage Your Local Leaders.
- Play Two: Explore Local Data
- Play Three: Review Local Age-Friendly Models
- Play Four: Select Your MPA initiatives for Implementation (using the MPA 5 Bold Goals)
- Play Five: Build Your Action Plan
- Play Six: Evaluating Your Age-Friendly Community Program
- Play Seven: Stay Connected

Use the Governor’s Blueprint to Engage Your Local Leaders

Play One

- Host events and discussions with local elected officials and stakeholders
  - San Francisco’s Long-Term Care Coordinating Council hosted a widely-attended Master Plan for Aging discussion in September 2019, in partnership with the California Collaborative for Long-Term Services and Supports
  - We will be hosting another event in April 2021
- Engage state representatives through state associations, like California Area Agencies on Aging
- Share and present on the MPA to local leaders
Select Your MPA Initiatives for Implementation

Play Four

Five Bold Goals:

a) Housing for All Ages and Stages

b) Health Reimagined

c) Inclusion and Equity, Not Isolation

d) Caregiving that Works

e) Affording Aging

Developing reports on affordable housing needs and supply pipeline with local housing, planning, and disability agencies

Exploring opportunities for health plan partnerships and alignment

Build Your Action Plan

Play Five

Find opportunities to integrate MPA into new or existing planning processes

• Local Area Agency on Aging Four-Year Area Plan

• Age-Friendly and Livable Cities Initiatives

• Other strategic planning processes and materials
Thank You