

# Master Plan for Aging

## FIVE BOLD GOALS FOR 2030



*Together We*  
**ENGAGE**

Master Plan for Aging

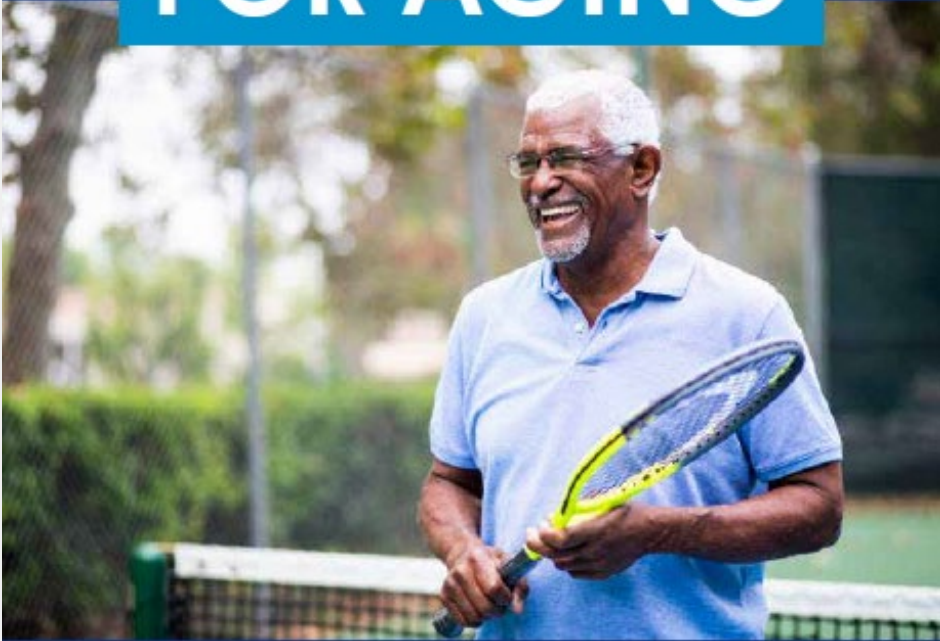


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JANUARY 2021

# Master Plan FOR AGING



**The Master Plan for Aging presents a comprehensive approach for every Californian to help build a California for All Ages by 2030.**

The Plan identifies five bold goals and twenty-three innovative and flexible strategies for state and local leaders in government, business, philanthropic, and community-based organizations to collaborate. Each of these goals is in alignment with Governor Gavin Newsom's California for All vision.

The Master Plan for Aging for 2030 is to be considered a living document for the long-term. Just as California pivoted to ensure the safety and well-being of older adults in new and different ways during COVID-19 pandemic, the Master Plan will be nimble and responsive to shifting social and economic realities.

Beginning in 2021, the five bold goals will be powered by over 100 action-ready initiatives in the short-term that have already been adopted by state agencies for implementation, in partnership with stakeholders and the Legislature. [\(See page 22 for a detailed list of these proposals.\)](#) These initiatives will be continually informed by the publicly accessible, user-friendly, and routinely updated Data Dashboard for Aging, which will track the Master Plan's targets over ten years. Progress, updates, and new initiatives will be addressed in an annual report produced by the Administration.

experienced unprecedented death rates - particularly among Latino, Black and Asian Pacific Islander communities and those living in nursing homes. Intensified social isolation and ageism have been especially burdensome. The suffering, resilience, and leadership of older adults, people with disabilities, caregivers, service providers, and advocates during this time have made the Governor's Master Plan for Aging even more urgent.

This is not a plan simply for today's older adults. Instead, the Master Plan is a blueprint for aging across the lifespan. The Master Plan calls on all California communities to build a California for All Ages: for older Californians currently living through many different stages of the second half of life; for younger generations who can expect to live longer lives than their elders; for communities of all ages - family, friends, neighbors, coworkers, caregivers - surrounding older adults. As Californians, we can create communities where people of all ages and abilities are engaged, valued, and afforded equitable opportunities to thrive as we age, how and where we choose.

...and twenty-three  
It also includes a Data  
Local Playbook to drive  
together.



# GOVERNOR GAVIN NEWSOM CALLS FOR CREATION OF A MASTER PLAN FOR AGING

***Executive Order N-14-19, June 2019***

Governor's Executive Order calls for the Secretary of the Health and Human Services (HHS) Agency to convene a cabinet-level Workgroup for Aging to advise the Secretary in developing and issuing the Master Plan.

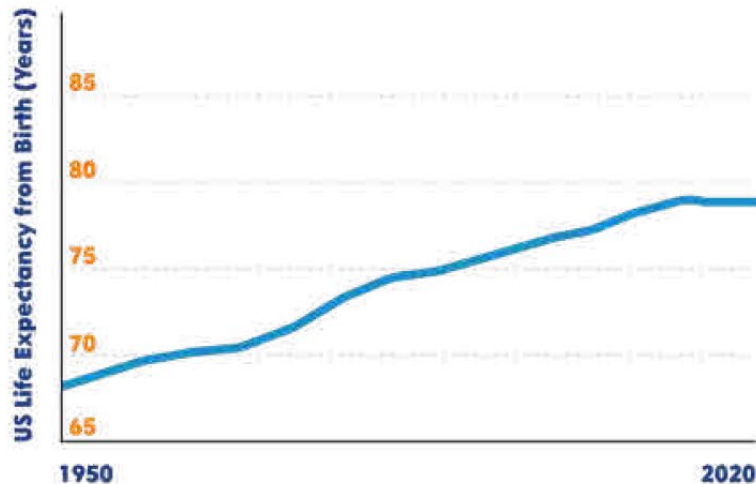
The order also directs HHS to convene a Master Plan for Aging Stakeholder Advisory Committee, which will include a Research Subcommittee and a Long-Term Care Subcommittee with an interest in building an age-friendly California.

*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**



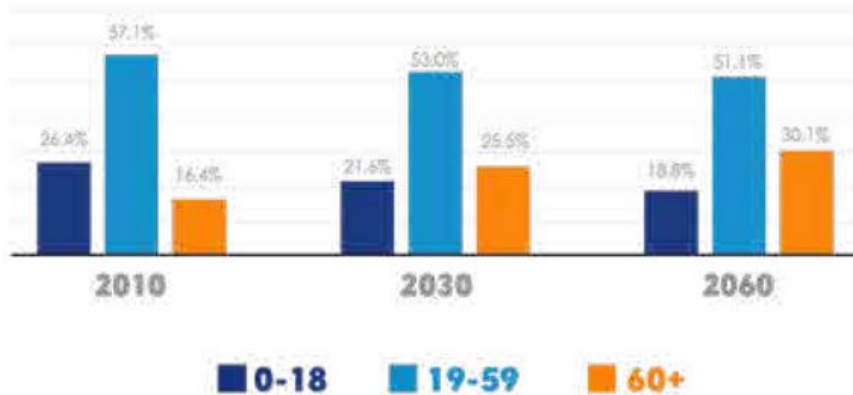
# *Master Plan for Aging: Life-course Perspective*

*Aging is a universal process throughout the lifespan and health shapes this experience, across physical, emotional, social, spiritual, and functional dimensions. Individuals age in the context of their multiple identities, influenced by our communities of belonging and the challenges and opportunities of our social and political world.*

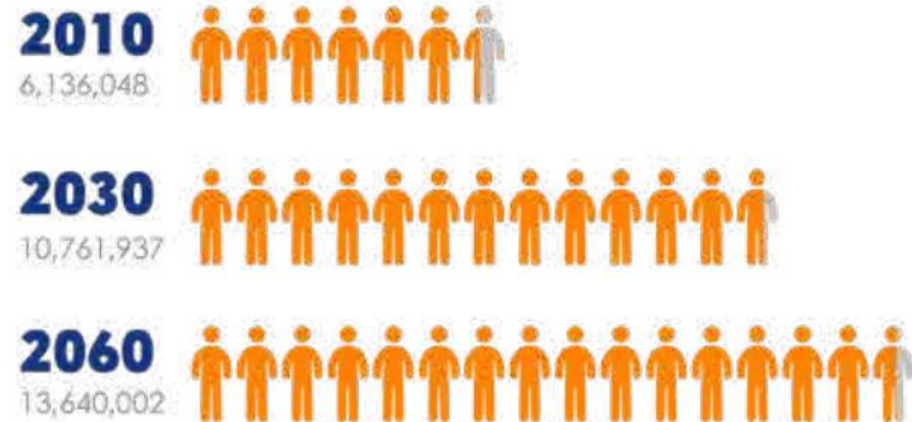
Fernando Torres-Gil, UCLA Luskin School of Public Affairs, SAC Member

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

### Distribution of the CA population by age group, by year



### Number of Californians age 60+ by year

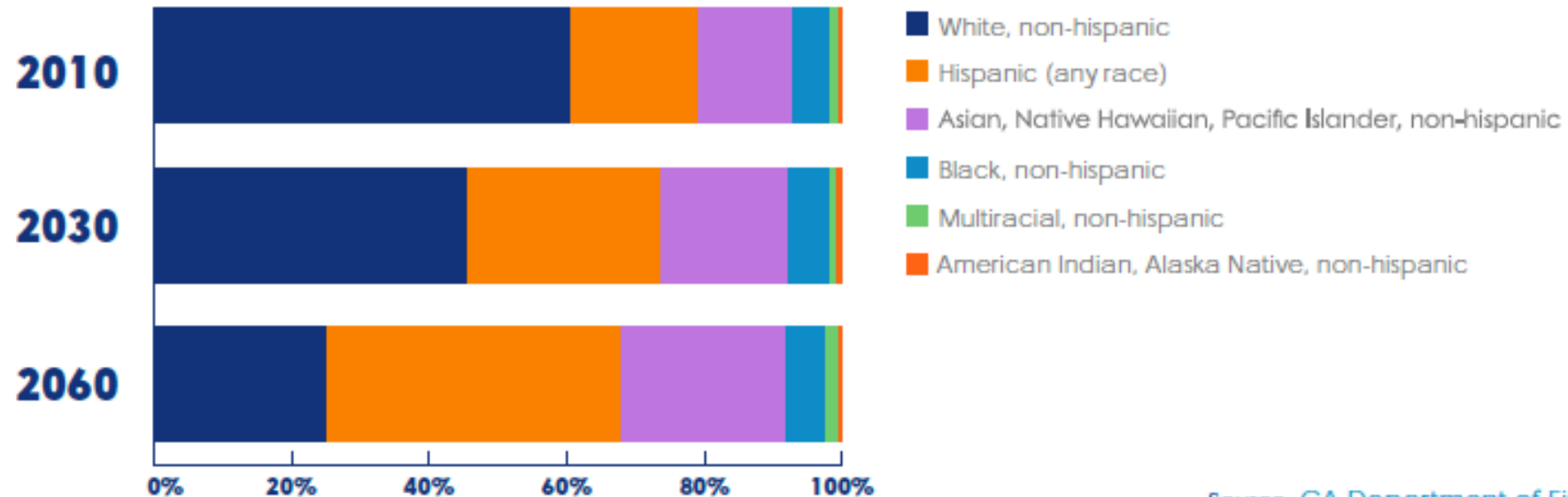


Source: [CA Department of Finance](#)

## 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



Source: [CA Department of Finance](#)

# ***Master Plan for Aging: Ensuring Equity in Aging***

***Equity should be at the center of the Master Plan for Aging's implementation. Systemic racism, ageism, able-ism, and sexism can only be eliminated through intentional systemic solutions. It's time to transform our systems so that they may positively impact the lives of those most affected by historical and institutionalized discrimination and who, therefore, have disproportionately suffered during COVID-19.***

- Kiran Savage-Sangwan, California Pan Ethnic Health Network



# Master Plan for Aging: Together We Engage

## *How We Got Here*

- Public Participation
- Stakeholder Engagement
- Stakeholder Advisory Committee & Recommendations
- Legislators' Community Roundtables
- Governor's Task Force on Alzheimer's Disease Prevention & Preparedness
- Cabinet Work Group
- **COVID19 Lessons**



# Master Plan for Aging: County/Local Engagement with MPA

**Age Well San Diego Action Plan**  
Building & Implementing Practices for San Diegans to Age in their Community



May 2018



**California for All Ages  
Virtual Town Hall**  
Combatting Ageism & Promoting Equity

Wednesday, July 29, 2020  
10 am — 11:30 am  
Via webinar or phone



Shireen McSpadden  
San Francisco Human Services Agency

Janet Spears  
Metta Fund

Kate Kuckro  
Community Living Campaign

Kelly Dearman  
San Francisco In Home Support Services Public Authority



**We're Still Here**

Experience what social isolation feels like in this powerful exhibition created by 186 seniors and advocates in our community.



**CONTRA COSTA**  
COUNTY, CALIFORNIA



LOS ANGELES  
**PURPOSEFUL AGING**  
AN AGE-FRIENDLY INITIATIVE

*Kathryn*  
HOME  
**BARGER**  
5<sup>th</sup> District Supervisor



**County of Monterey**  
*Proudly serving the community since 1850*



VAAA



COUNTY OF  
**SONOMA**

# 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



# Master Plan for Aging: Five Bold Goals for 2030

## GOAL TWO: Health 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



# Master Plan for Aging: Five Bold Goals for 2030

## **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



# Ensuring Equity in Aging “Peer-to-Peer” Webinar Series

## By and for service providers



**Daniel Gaytan**  
Alzheimer's Association,  
Orange County

**Victoria Jump**  
Ventura County Area  
Agency on Aging

**Valeria Ochoa**  
Southern Caregiver  
Resource Center

**Ensuring Equity in  
Aging Webinar Series**  
May 5, 2021, 10–11 am

**Alzheimer's Disease & Other Dementias:  
Culturally Responsive Services,  
Support, and Care**

Closed captioning & ASL interpreting will be provided



- First Wednesdays, 10-11 AM
- Register in advance, ASL & CC provided
- Visit CDA's [Equity in Aging Resource Center](#) for webinar recordings and additional resources.

# Master Plan for Aging: Five Bold Goals for 2030

## 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





# Master Plan for Aging: Five Bold Goals for 2030

## 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:

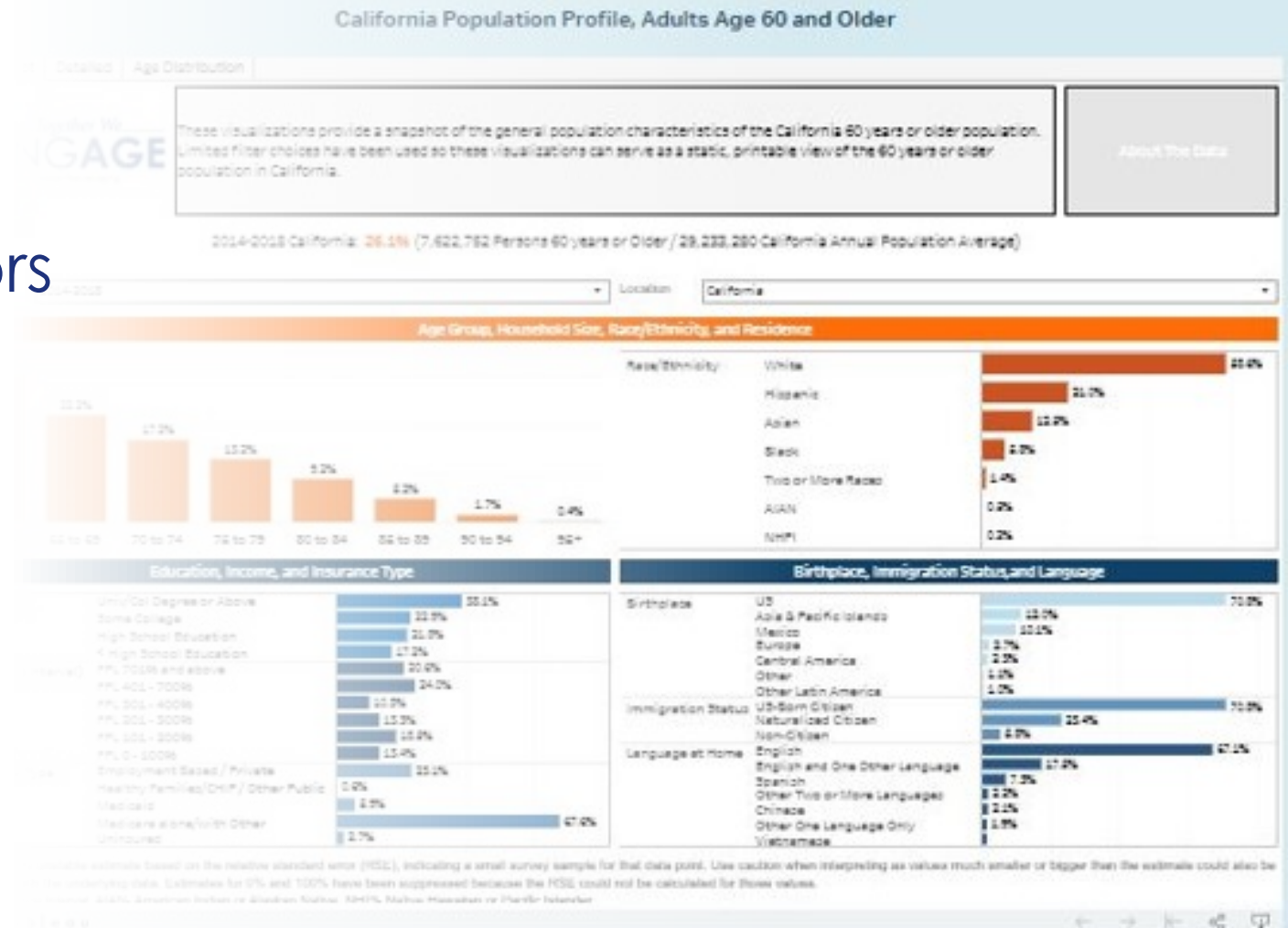
- A. End Homelessness for Older Adults
- B. Income Security as We Age
- C. Protection from Poverty & Hunger



# The MPA Data Dashboard on Aging

Demographic data and several MPA data indicators are available at the local level.

Data is continuously enhanced and updated.




# Key Data Dashboard Components

- Landing page for the Data Dashboard for Aging within Let's Get Healthy California, with cross references to/from MPA home page
- 5 Goal pages, housing data visualizations relating to each strategy within each goal
- Indicator progress dashboard, highlighting statewide trends on key indicators
- Demographic dashboard, providing a profile of the older adult population in California at the state and county levels


# Local Data Availability

## California Population Profile, Adults Age 60 and Older



Together We  
**ENGAGE**  
Master Plan for Aging

These visualizations provide a snapshot of the general population characteristics of the California 60 years or older population. Limited filter choices have been used so these visualizations can serve as a static, printable view of the 60 years or older population in California.



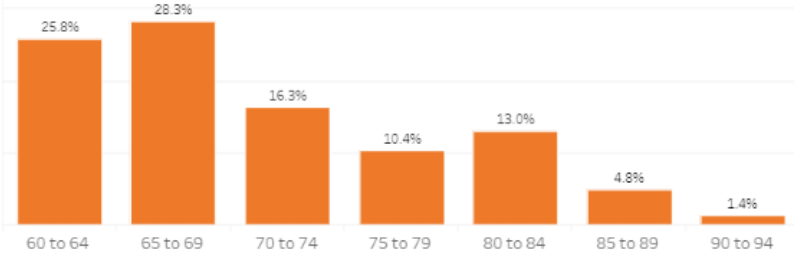
About the Data

2014-2018 Stanislaus: **23.4%** (91,923 Persons 60 years or Older / 392,519 Stanislaus Annual Adult Population Average)

Year:

Location:

### Age Group, Household Size, Race/Ethnicity, and Residence



Age Group	Percentage
60 to 64	25.8%
65 to 69	28.3%
70 to 74	16.3%
75 to 79	10.4%
80 to 84	13.0%
85 to 89	4.8%
90 to 94	1.4%

Race/Ethnicity	Percentage
White	67.3%
Hispanic	25.7%
Asian	3.0%
Black	1.4%
Two or More Races	1.4%
AIAN	1.2%


### Education, Income, and Insurance Type

Education	Univ/Col Degree or Above	24.0%
	Some College	24.2%
	High School Education	31.5%
	< High School Education	20.3%
FPL (100% Interval)	FPL 701% and above	12.1%
	FPL 401 - 700%	25.1%
	FPL 301 - 400%	12.4%
	FPL 201 - 300%	14.2%
	FPL 101 - 200%	19.8%
	FPL 0 - 100%	16.4%
Insurance Type	Employment Based / Private	19.6%
	Medicaid	4.6%
	Medicare alone/with Other	73.6%
	Uninsured	2.0%

### Birthplace, Immigration Status, and Language

Birthplace	US	81.1%
	Mexico	12.9%
	Asia & Pacific Islands	2.8%
	Europe	1.9%
	Other	0.8%
	Central America	0.3%
Immigration Status	US-Born Citizen	81.1%
	Naturalized Citizen	13.1%
	Non-Citizen	5.8%
Language at Home	English	74.1%
	English and One Other Language	17.5%
	Spanish	6.5%
	Other One Language Only	1.0%
	Other Two or More Languages	1.0%

\* = Statistically unstable estimates are based on the relative standard error (RSE) and indicate a small sample. 0% and 100% estimates have been suppressed since RSE cannot be calculated.  
 CI- Confidence Interval, AIAN- American Indian or Alaskan Native, NHPI- Native Hawaiian or Pacific Islander



← → ↶ ↷ ↺

# Local Data Availability



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
- Internet Access
- 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

# The MPA Data Dashboard on Aging Affordable Housing

Strategy Home Affordable Housing

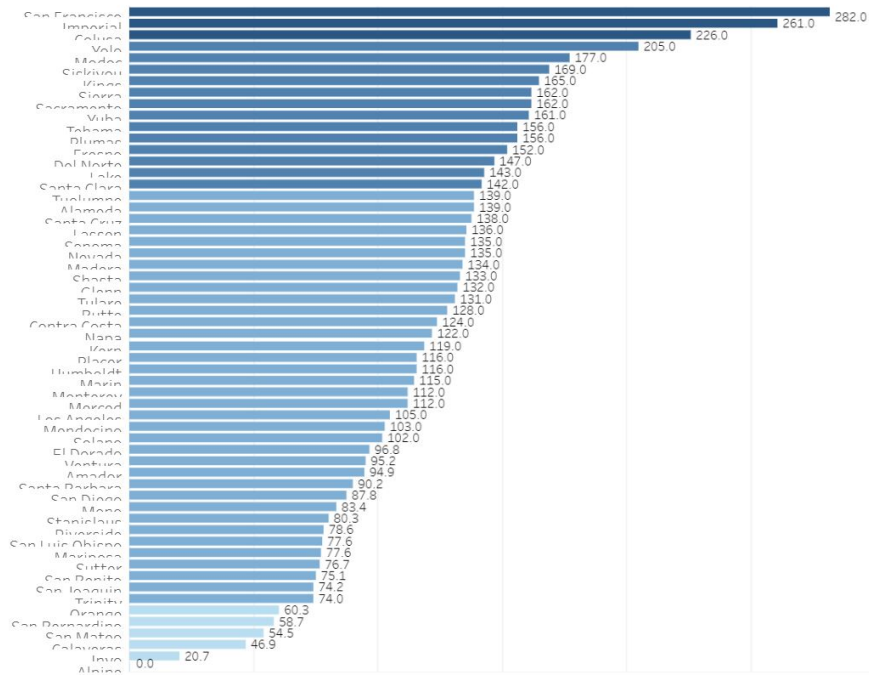


This visualization provides data on the number of subsidized housing units per 10,000 people, statewide and by county. Data made available through the AARP Livability Index (<https://livabilityindex.aarp.org/search#California+USA>).

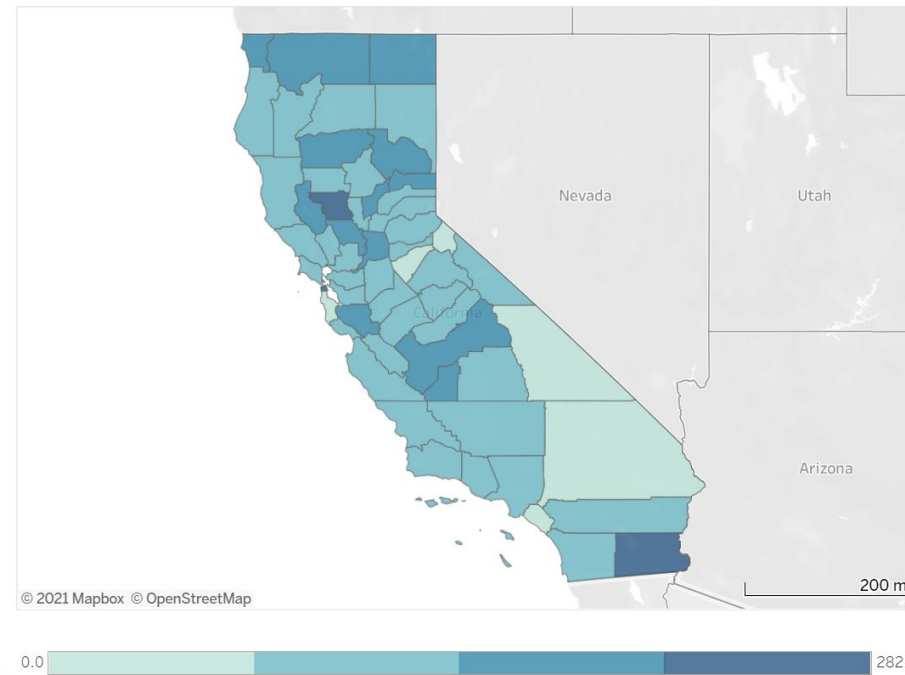


2018 California: 108 Subsidized Housing Units per 10,000 People

Number of Subsidized Housing Units per 10,000 People by County, 2018



Number of Subsidized Housing Units per 10,000 People by County, 2018



# The MPA Data Dashboard on Aging Bridging Health Care With Home: Service Gaps

GOAL TWO for 2030: Health Reim... | letsgethealthy.ca.gov/mpa-data-dashboard-for-aging/health-reimagined/

Let's Get Healthy California | Strategy A: Bridging Health Care with Home | THE STORY | GOALS | PROGRESS | TOGETHER | Search: e.g. Readmission Rates or Walk2Wor

Strategy Home | Gaps in Services & Supports | Availability of Services & Supp... | Enrollment in Medicare Plans ... | Activities of Daily Living

Together We ENGAGE Master Plan for Aging

This visualization provides data on seven categories of services and supports that are very important for older adults and people with disabilities, including: Information and Assistance, Adult Day Health Care, Integrated Health and Long-Term Services & Supports (LTSS) for Dual Eligibles, Assisted Living/Residential Care, Skilled Nursing Facilities, Hospice, & Home Care. The visualization identifies counties with service gaps (i.e., two or less of the seven categories of services and supports are available in the county).

About the Data

2020 California: 5 Counties with Service Gaps (Two or Less Categories of Services and Supports Available)

Number of Important Services in County (0 - 7): 6

		Number of Services/Providers	Population Aged 65+ Per 1 Provider
Information and Assistance	Aging & Disability Resource Connection Services	0	
	Caregiver Resource Centers	1	28,508
Adult Day Health Care	Community Based Adult Services Providers	2	14,254
	Programs for All-Inclusive Care for the Elderly (PACE) Centers	0	
Integrated Health and LTSS for Dual Eligibles	Residential Care Facilities for the Elderly (RCFEs)	21	1,358
Assisted Living/Residential Care	Skilled Nursing Facilities	7	4,073
Skilled Nursing Facilities	Total Home Health Facilities	1	28,508
Home Health Care	Total Hospice Facilities	1	28,508
Hospice Care			

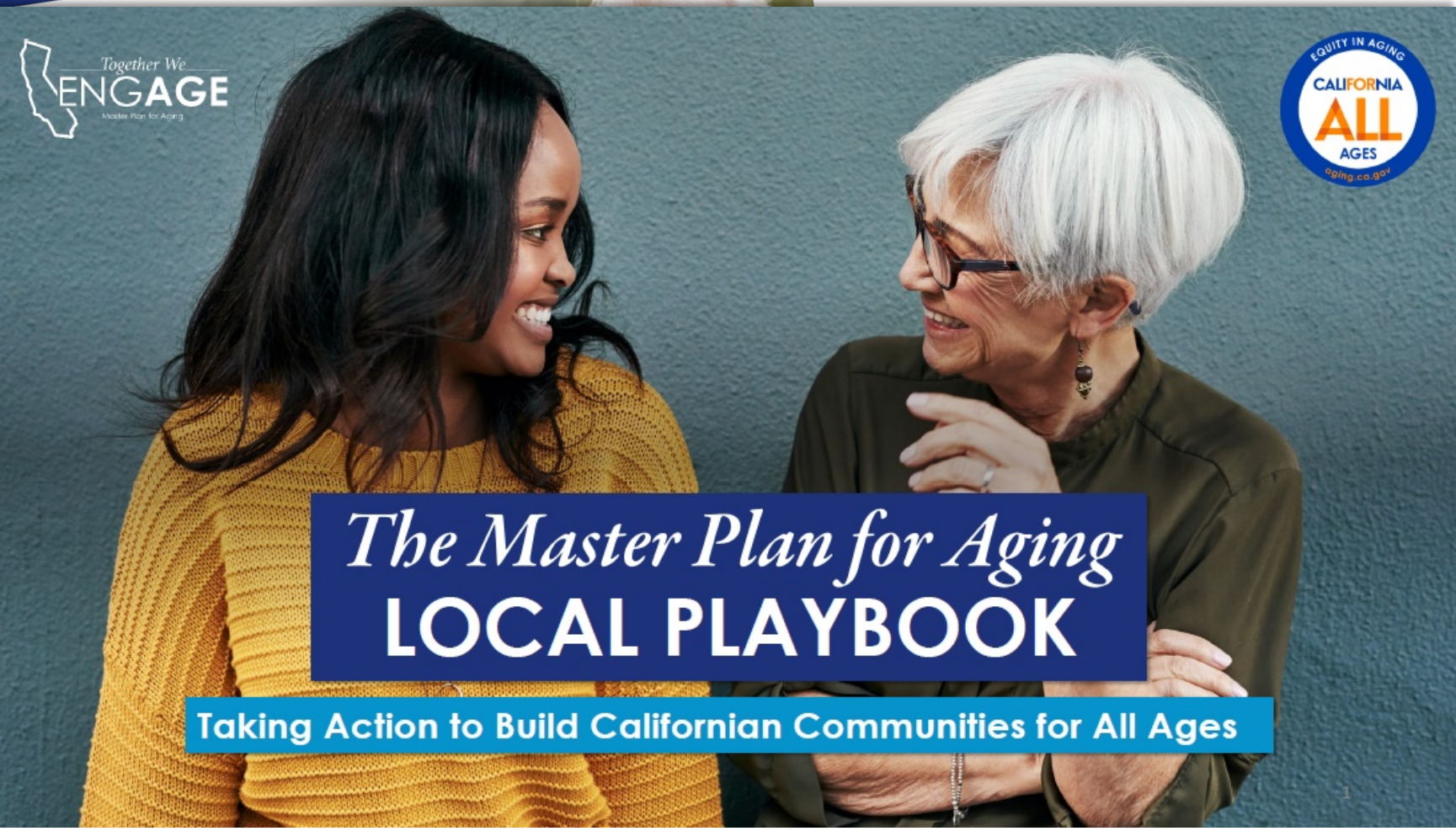
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# THE MPA LOCAL PLAYBOOK

Seven Plays to Build Communities for All Ages

- PLAY ONE: Engage Your Local Community
- PLAY TWO: Explore Local Needs
- PLAY THREE: Review Existing Plans
- PLAY FOUR: Select Your Model
- PLAY FIVE: Build Your Action Plan
- PLAY SIX: Evaluate Your Progress
- PLAY SEVEN: Stay Connected



## *The Master Plan for Aging* **LOCAL PLAYBOOK**

Taking Action to Build Californian Communities for All Ages



Download  
Playbook in PDF  
format

# Local PLAYBOOK



## *The MPA Local Playbook: Take Action to Build a California for All Ages*

The Master Plan for Aging Playbook is designed to assist state and local government, communities, and private and philanthropic organizations in building environments that promote an age-friendly and disability-friendly California.

Download the [MPA Local Playbook](#) and explore resources below.

### \* 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

# PLAY FOUR: Select Your MPA Initiatives for Implementation

## GOAL ONE: Housing for All Ages & Stages



### Goal One: Housing Options as We Age

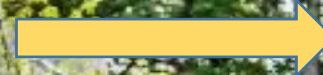
+ Housing Options

+ Transportation Beyond Cars

+ Outdoor & Community Spaces for All Ages

+ Emergency Preparedness

+ Climate Readiness



### Goal One: Housing Options as We Age

+ Housing Options

- Transportation Beyond Cars

- MPA Webinar Wednesday: Transportation
- Academy of Medicine: Transportation Equity, Health, and Aging
- AARP Livable Communities, Domain 2: Transportation
- AARP Walkability Audit
- Seattle's Sidewalk Assessment Project
- American Planning Association: Inclusive Mobility
- 880 cities Open Streets Toolkit

+ Outdoor & Community Spaces for All Ages

# 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.**



- 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.**

# *Master Plan for Aging: Local Opportunities*

- 1. County Master Plans for Aging** – From 4 (SF, SD, LA, OC) to 58
  - CDA California for All Ages Network, AARP Age-Friendly Network
- 2. Local Priorities incorporate focus on All Ages -**
  - Housing and Homelessness
  - Transportation and Climate
  - Emergency Preparedness
  - Behavioral Health and Cognitive Health/Dementia
  - Racial Justice and Elder Justice
  - More
- 3. Aging Services & Area Agencies on Aging Partnership**
  - “Fresh Look” at Governance Structure, with all Stakeholders in 2021
  - Modernizing and streamlining CDA/AAA operations underway



# LEARN MORE ABOUT THE MPA

[MPA.aging.ca.gov](http://MPA.aging.ca.gov)

[Sign up for the Together We Engage newsletter for MPA updates](#)

Send questions and comments to [EngAGE@aging.ca.gov](mailto:EngAGE@aging.ca.gov)