

Master Plan for Aging

Webinar Wednesdays

ISOLATION, INCLUSION & RESPECT

February 26, 2020 | 9:30 a.m. – 11:00 a.m.



WELCOME TO WEBINAR WEDNESDAYS

Purpose: *To inform and engage the public to hear aging priorities from all Californians*

- Join us every Wednesday from 9:30 am – 11:00 am | now – April 22
- Links to join webinars can be found at our new website:
www.engageca.org
- No registration necessary
- Engage with us through live polling and asking the experts questions via ZOOM Q&A
- Webinar materials to be posted to the website after each webinar
- All underlined text in this document is a website-link for more information

MASTER PLAN FOR AGING



Share your ideas on how to build an age- and disability-friendly California!

 @CalAging

 @CaliforniaAging



Livable Communities & Purpose

- **Housing** (January 29 — [YouTube](#) | [Presentation](#) | [Transcript](#))
- **Transportation** (February 5 — [YouTube](#) | [Presentation](#))
- **Isolation, Inclusion, and Respect** (February 26)
- Civic and Social Engagement
- Parks and Community Spaces
- Leadership by and with Older Adults and People with Disabilities



Health & Well-Being

- **Healthy Aging** (January 15 — [YouTube](#) | [Presentation](#) | [Transcript](#))
- Geriatric Medicine Workforce
- Integration and Coordination of Health and Long-Term Services and Supports
- Planning for Serious Illness: Palliative Care and Hospice



Economic Security & Safety

- **Work Opportunity** (January 22 — [YouTube](#) | [Presentation](#) | [Transcript](#))
- **Poverty, Hunger, and Homelessness** (February 12)
- **Emergency and Disaster Preparedness and Response** (February 19)
- **Preventing and Responding to Abuse, Neglect, and Exploitation** (March 4)
- Retirement Security

MASTER PLAN FOR AGING



ISOLATION, INCLUSION & RESPECT

Today's Featured Speakers:

- **Le Ondra Clark Harvey, Ph.D.**, Director of Policy and Legislative Affairs, California Council of Community Behavioral Health Agencies **(Stakeholder Advisory Committee Member)**
- **John M. Connolly, Ph.D., M.S.Ed.**, Deputy Secretary for Behavioral Health, California Health and Human Services Agency **(State Partner)**
- **Mike McConnell, J.D.**, Adult Services Division Director, Santa Cruz County **(Local Leader)**

MASTER PLAN FOR AGING





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.

MASTER PLAN FOR AGING

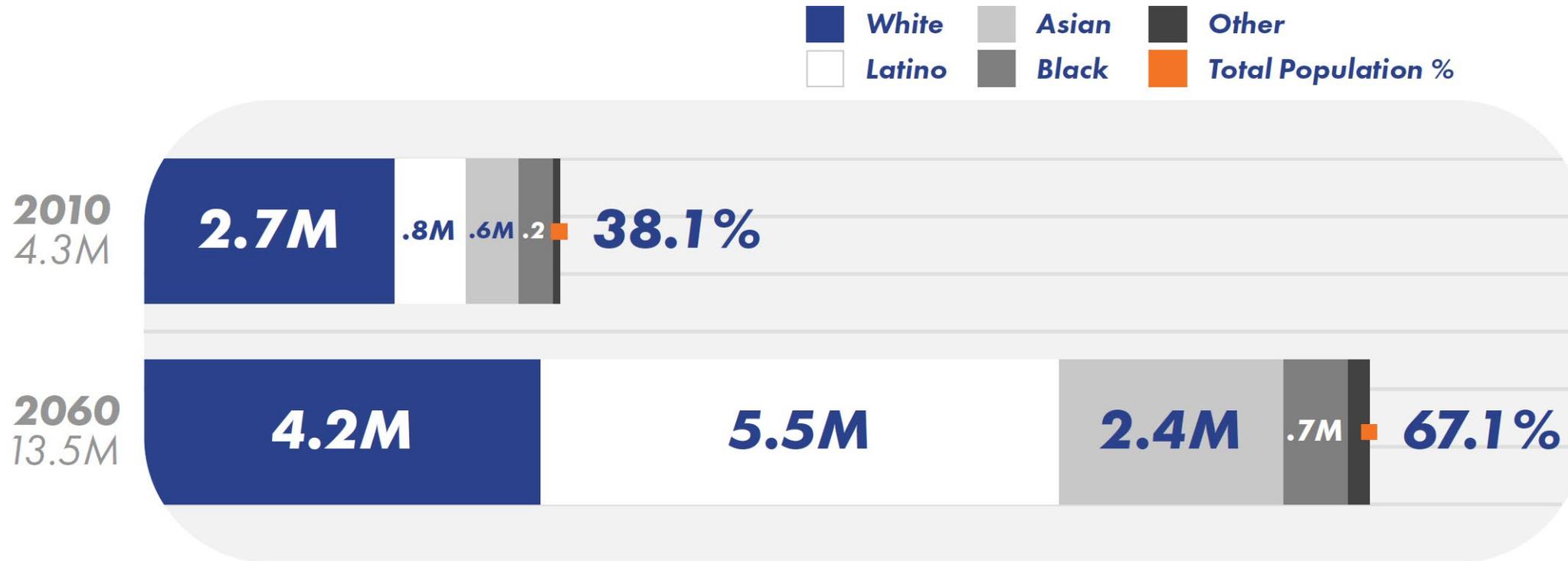


AGING IS CHANGING

- *More diversity*
- *More living alone*
- *More at risk of poverty*
- *More awareness of the stages of aging*



FASTEST GROWTH IN POPULATION: ETHNIC/RACIALLY DIVERSE OLDER ADULTS



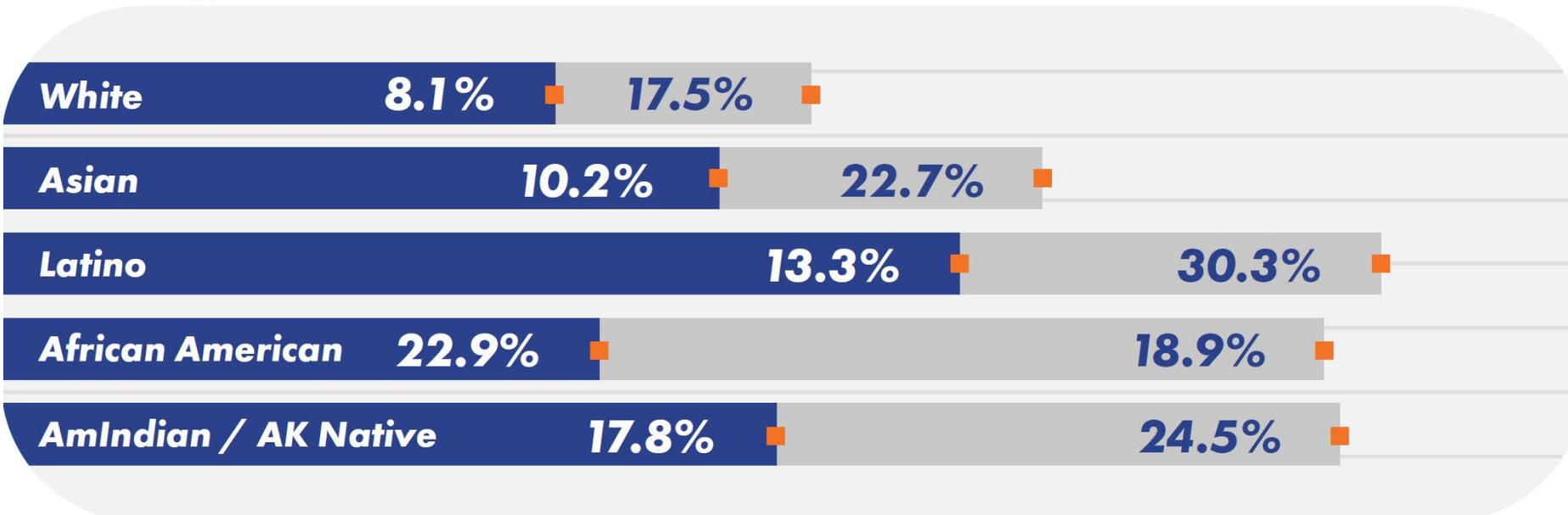
Source:
California
Department of
Finance, 2016,
P-3 database

Dr. Steven
Wallace,
UCLA

INCOME DISPARITIES, AGE 65+

POOR & NEAR POOR Age 65+, California, 2018

■ 100% Federal Poverty Line
■ 100-200% Federal Poverty Line

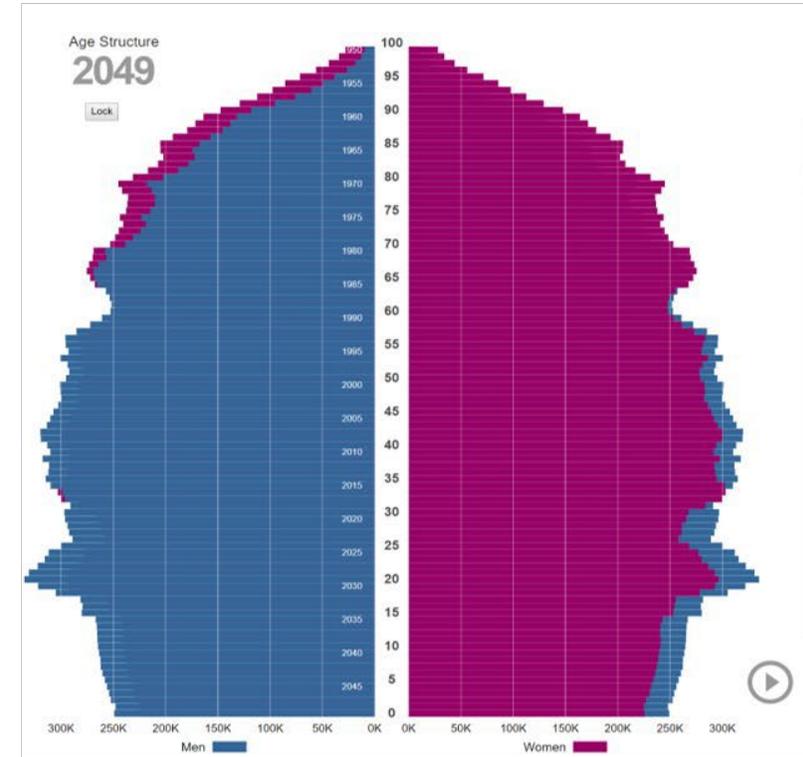
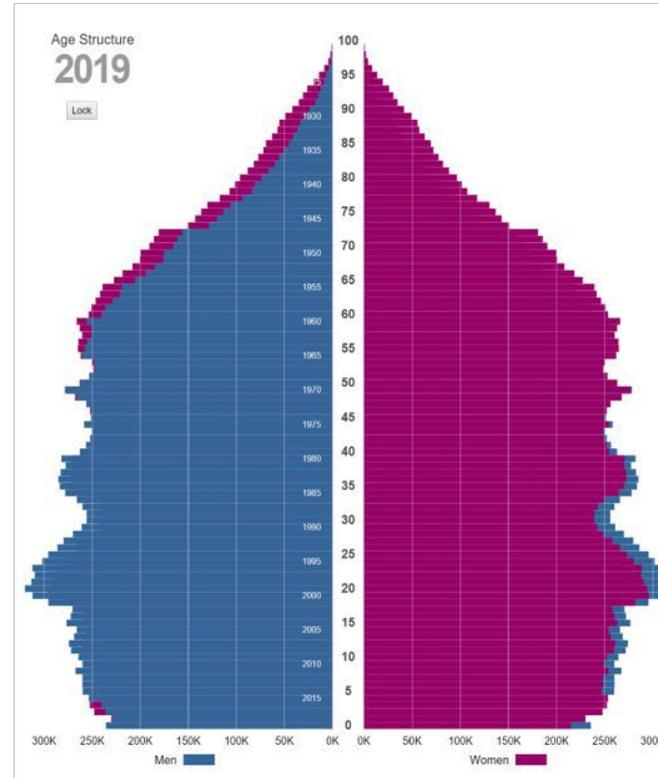
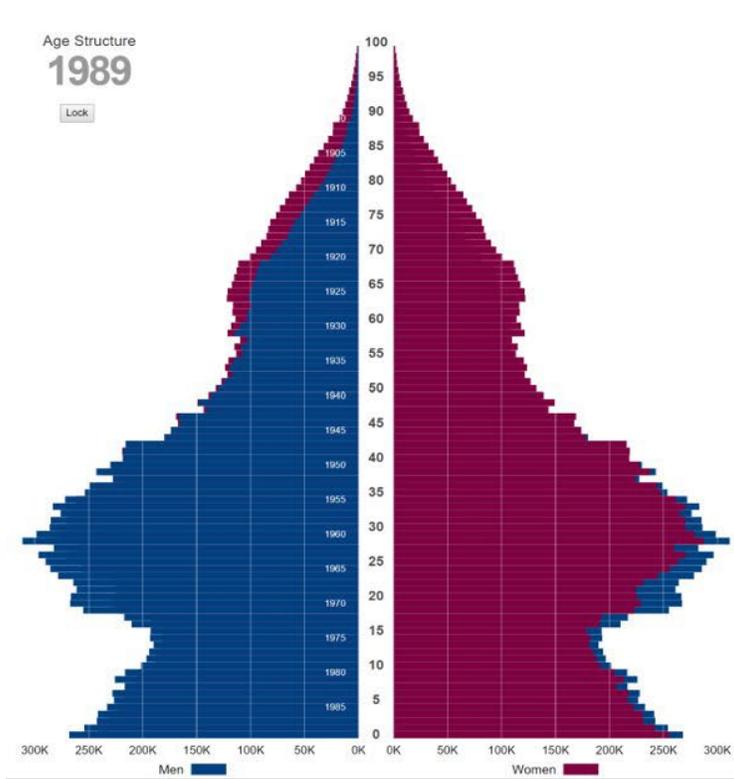


Note: white, Asian & black are non-Latino; Latino is any race; Asian includes multiple race/ethnicities

Source: California data from the Current Population Survey 2018

Dr. Steven Wallace,
UCLA

INCREASED OLDER ADULTS & AWARENESS OF STAGES OF AGING



MASTER PLAN FOR AGING



MASTER PLAN FOR AGING: VISION & VALUES

Vision

- California for all, across the life span

Values

- Choice
- Equity
- Dignity
- Inclusion and accessibility
- Innovation and evidence-informed
- Strong partnerships



MASTER PLAN FOR AGING: MISSION

Mission

A person-centered, data-driven, ten-year California Master Plan for Aging by October 1, 2020:

- State Master Plan
- Local Blueprint
- Data Dashboard of State & Local Data
- Best Practice Resources for Local Planning

MASTER PLAN FOR AGING



MASTER PLAN FOR AGING: GOALS

- 1. Services & Supports.** We will live where we choose as we age and have the help we and our families need to do so.
- 2. Livable Communities & Purpose.** We will live in and be engaged in communities that are age-friendly, dementia-friendly, and disability-friendly.
- 3. Health & Well-being.** We will live in communities and have access to services and care that optimize health and quality of life.
- 4. Economic Security & Safety.** We will have economic security and be safe from abuse, neglect, exploitation, and natural disasters and emergencies throughout our lives.

MASTER PLAN FOR AGING TIMELINE



JUNE 2019
Governor Newsom issues Executive Order N-14-19 calling for a Master Plan for Aging

AUGUST 2019
Launched *Together We EngAGE* campaign and named Stakeholder Advisory Committee members

**FALL 2019/
WINTER 2020**
Master Plan framework in development. Analysis of policy & program options and expansion of cross-sector engagement

MARCH 2020
Report due to the Governor from the Long-Term Services and Supports Subcommittee with recommendations on stabilizing long-term services and supports

SUMMER 2020
Adoption of stakeholder and public feedback into Master Plan; submission to Cabinet workgroup for review

OCTOBER 2020
Master Plan issued by the Governor



OLDER ADULTS & BEHAVIORAL HEALTH



THE UCLA CENTER FOR HEALTH POLICY RESEARCH 

**“Older Californians and the Mental Health Services Act:
Is an Older Adult System of Care Supported?”**

Dr. Janet Frank
Faculty Associate
UCLA Center for Health Policy Research

Dr. Kathryn Kietzman
Research Scientist
UCLA Center for Health Policy Research

BUILDING KNOWLEDGE. INFORMING POLICY. IMPROVING HEALTH. www.healthpolicy.ucla.edu

Janet Frank, DrPH

*Master Plan for Aging,
Research Subcommittee
Member*

Faculty Associate at the Center
for Health Policy Research
Associate Professor of
Community Health Sciences
UCLA

MASTER PLAN FOR AGING



LOCAL PROGRAMS

- **San Bernardino**
 - Age Wise Program
- **Vancouver, WA**
 - Meal on Wheels People



MASTER PLAN FOR AGING



EFFORTS TO COMBAT AGEISM



Shireen McSpadden

- Named one of Time magazine's "16 equality activists" - only one against ageism

San Francisco

- Reframing Aging Campaign #nevergetsold

LeadingAge® California

- Age On. Rage On.™



**WHY DOES AGEISM
MATTER?**



**BET YOU DIDN'T KNOW: 7
SURPRISING FACTS ON
AGING**



**WHAT IS SAN FRANCISCO
DOING ABOUT AGEISM?**

MASTER PLAN FOR AGING

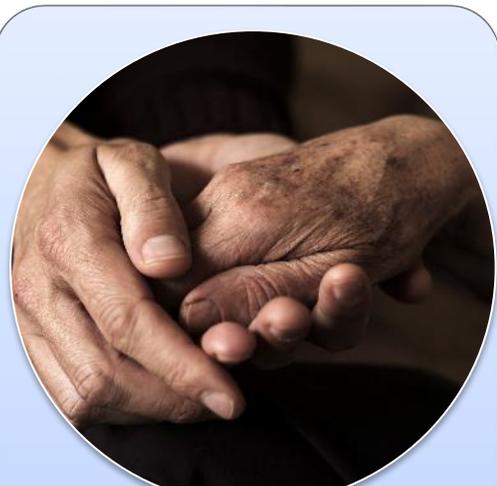




Isolation



Bias



Behavioral Health



National resources and tool kits, including on emotional health, substance abuse, suicide prevention:

Administration on Community Living

Substance Abuse and Mental Health Services Administration

Facilitated Questions and Polling



ISOLATION & OLDER ADULTS



Le Ondra Clark Harvey, Ph.D.
Director of Policy and Legislative Affairs
California Council of Community Behavioral Health Agencies

Master Plan for Aging



NATIONAL & STATE ATTENTION

- 1999 Surgeon General's Report on Mental Health
- 2005 White House Conference on Aging
- 2008 CDC Report: *The State of Mental Health and Aging in America*
- 2017 WHO: Global Action Plan on the Public Health Response to Dementia 2017-2025
- **2020 California Master Plan for Aging**

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COMMITTEE MEMBER





"Being connected to others socially is widely considered a fundamental human need, crucial to both well-being and survival."

Julianne Holt-Lunstad, Ph.D.

Professor of Psychology and Neuroscience

Brigham Young University

STAKEHOLDER ADVISORY
COMMITTEE MEMBER



ISOLATION AND LONELINESS

PREVALENCE (U.S. census data)

- 1/4 of the population lives alone—the highest rate ever recorded
- 1/2 of the population is unmarried
 - Marriage rates and number of children per household have declined since the previous census
- Rates of volunteerism has decreased
- Affiliation with religious organizations has decreased

DEFINITION

- Isolation- separation and disconnection
- Loneliness- distress
 - Loneliness can occur when people are surrounded by others
 - Defined by satisfaction with connectedness

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ELDER ABUSE – Webinar topic next week

1 in 6 older adults experience elder abuse

- Physical
- Verbal
- Psychological
- Financial
- Sexual

Elder abuse can lead to **serious, long-standing physical and psychological consequences**



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HEALTH EFFECTS



Physical effects

- Impaired immune function
- Poor sleep
- Heart disease
- Stroke
- Obesity

Mental effects

- Social isolation
- Anxiety
- Depression
- Low self-esteem

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ISOLATION AND LONELINESS IMPACT MENTAL HEALTH

World Health Organization:

“[Health is] a state of complete physical, mental, and social well-being”

20% of people age 55 years or older experience mental health concern

- Anxiety, severe cognitive impairment, and mood disorders (such as depression or bipolar disorder)

Older men have the highest suicide rate of any age group

Older adults with depression

- Visit the doctor and emergency room more often
- Use more medication
- Incur higher outpatient charges
- Stay longer in the hospital

80% of depression cases are treatable!

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ISOLATION AND LONELINESS IMPACT DEMENTIA

Dementia



A syndrome, usually of a chronic or progressive nature, affects:

- Memory, thinking, behavior
- Performance of everyday activities

50 million people worldwide are living with dementia

- Projected to increase to 82 million in 2030 & 152 million in 2050

Support is needed from the health, social, financial and legal systems for both people with dementia and their caregivers!

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CULTURAL CONSIDERATIONS

1/5 of Hispanics, 65 years or older

Reported not receiving the support they need, compared to 1/10 of older white adults

Immigrant populations less likely to actively seek support

Public Charge

African Americans can be averse to seeking support

Stigma

Gender differences

Adults 50 or older, men more likely to report they “rarely” or “never” received support

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"Different people may be lonely for different reasons, and so a one-size-fits-all kind of intervention is not likely to work because you need something that is going to address the underlying cause."

*Ami Rokach, Ph.D.
Clinical Psychologist Instructor
York University, Canada*



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COMMITTEE MEMBER



Facilitated Questions and Polling



TOGETHER WE CAN BUILD A HEALTHY CALIFORNIA FOR ALL



John M. Connolly, Ph.D., M.S.Ed.
Deputy Secretary for Behavioral Health
California Health and Human Services Agency

Person Centered. Data Driven.

STATE PARTNER



SNAPSHOT OF BEHAVIORAL HEALTH ACROSS CA STATE DEPARTMENTS

- California Health and Human Services Agency, Behavioral Health
- Department of Health Care Services, Behavioral Health Division
- California Department of Public Health
 - e.g. Opioids Dashboard (see *WW on Healthy Aging*)
- Mental Health Services Oversight and Accountability Commission
 - Prop 63 Mental Health Services Act
- CA Department of State Hospitals

STATE PARTNER



STRATEGIC PRIORITY: IMPROVE THE LIVES OF CALIFORNIA'S MOST VULNERABLE, GROWING AGING POPULATION

According to CDC data

- Roughly **20%** of people 55 years or older have a **behavioral health concern**
- **Older men** have the **highest suicide rate**, four times that of other age groups
- **Depression** associated with poorer other health outcomes
- Further, California does not score well on measures of **social and emotional support, life satisfaction, frequent mental distress, or current depression**

STATE PARTNER



SPECIALTY MENTAL HEALTH SERVICES: PENETRATION AND ENGAGEMENT AMONG OLDER ADULTS

1. Older adults have somewhat **lower rates any type of specialty mental health services utilization** compared to all other age groups
2. Older adults have **lower rates of service engagement** (5 or more visits) within **specialty mental health services** compared to all other age groups

STATE PARTNER



CHHS BUDGET ACTIONS

CalAIM: Integration of mental health and substance use disorder services (SUD), SUD Managed Care, payment reform, medical necessity revisions, “In Lieu of” Services, Enhanced Care Management

Quality: Seek multi-payer alignment regarding interventions, and data collection and performance measurement, with a longer-term aim of value-based payment; and DHCS Behavioral Health Quality Incentive Program (BHQIP)

Behavioral Health Task Force: Broad, diverse group of stakeholders across health and human services, and from the public and private sectors, to address the most pressing gaps in timely access, quality of care, performance measurement, service integration, funding and programmatic alignment

STATE PARTNER



Facilitated Questions and Polling



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SANTA CRUZ COUNTY'S RESPONSE TO ISOLATION IN OLDER ADULTS

Mike McConnell, JD

Division Director, Adult Services
Santa Cruz County



Local Leader



ISOLATION AND DEPRESSION IN SANTA CRUZ COUNTY

The Prevalence

*In Santa Cruz County, **1 in 3** seniors report struggling with feelings of isolation and depression*

- 43% of In-Home Supportive Services (IHSS) recipients over 60 live alone
- Older adults (51+) are the second fastest growing homeless population

The Response

Engage the older adult and art community to illustrate the problem and inspire solutions

Local Leader



THE PROCESS

In seven months, museum staff transformed 186 seniors and aging advocates into exhibition designers

- Exhibit Title
- Five big ideas
- Artist selections
- Action cards



Local Leader



EXHIBIT



Local Leader



FIVE BIG IDEAS

1. Visitors will understand the diverse causes and impacts of loneliness on seniors.
2. Visitors will build empathy by experiencing what loneliness and isolation feels like for seniors.
3. Visitors will honor and learn from the wisdom of culturally-diverse seniors.
4. Visitors will build a collective vision of a connected, inclusive, inter-generational future in Santa Cruz County.
5. Visitors will take action beyond the exhibition to end senior social isolation.

Local Leader





THE ARTISTS AND EXHIBITS

Listen to Senior Words of Wisdom
by Wes Modes.

Local Leader





THE ARTISTS AND EXHIBITS

Explore Powerful Portraits
by Gina Orlando

Local Leader





THE ARTISTS AND EXHIBITS

Game of Life: Get Hands-On
by Ry Faraola

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THE ARTISTS AND EXHIBITS

Move Through Rooms of Loneliness
(dance) with Cid Pearlman

Local Leader





THE ARTISTS AND EXHIBITS

Stitch Together a More
Intergenerational Santa Cruz with
Pajaro Valley Quilting Association

Local Leader



ACTION CARDS



Local Leader



Tim Znamirovski, former dentist, exhibit participant, and Rock Steady Boxing coach. Tim shares about his trials of finding himself newly diagnosed with Parkinson's Disease, isolated and depressed, how he found community in an unexpected place and made his way to better physical and mental health.

[Read more here:](https://ksqd.org/state-of-mind-seniors-loneliness-lives-at-risk/)

<https://ksqd.org/state-of-mind-seniors-loneliness-lives-at-risk/>

Local Leader



THE RESULTS

From April 5, 2019 to January 12, 2020 (nine months), 52,503 people visited the exhibit – close to the entire population of the City of Santa Cruz (65,000)



Local Leader



THE RESULTS

7,645 action cards
were taken by visitors



Local Leader





Hey Alexa!

THE RESULTS

A team of engineers from Amazon's Alexa product met with 24 older adults at the MAH to share their advice and concerns to help Alexa evolve.

At the end of the session, older adults and engineers brainstormed what services and features future versions of Alexa might be able to provide to enable aging with ease and independence.

Local Leader



THE RESULTS

1. Connecting events that bridge people of different ages will continue - ConnectingCruz.com
2. Continuing work by the Seniors Council (AAA) Isolation and Loneliness Task Force
3. Engage in a county-wide Age Friendly Initiative
4. The exhibit will travel to SF, Marin and Sonoma Counties – others also interested



Local Leader





FIND YOUR LOCAL GROOVE!

Local Leader



Facilitated Questions and Polling



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MASTER PLAN FOR AGING STAKEHOLDER ADVISORY COMMITTEE MEMBER



Le Ondra Clark Harvey, Ph.D.
Director of Policy and Legislative Affairs
California Council of Community Behavioral Health Agencies



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THE ROLE OF THE STAKEHOLDER ADVISORY COMMITTEE

- **34 stakeholder members of *varying experience and expertise***
As a committee, the “SAC” will inform and advise the California Health and Human Services Agency and the Cabinet-level Workgroup on Aging in the development of the Master Plan
- **Reviewing Public Comments & Recommendations**
Isolation, Inclusion & Response ($n = 129$; 15.9% of all public comments)
- **Research & LTSS Subcommittees**
- **Equity Work Group**
- **Reporting back to the Goal Work Groups and the full Stakeholder Advisory Committee**



PUBLIC COMMENTS & RECOMMENDATIONS



Isolation

- Community services for home-based older adults
- Consistent and reliable services for home-based older adults
 - Transportation, food, etc.
- Home sharing innovation to create connections for people currently living-alone
- Affordable social options
 - Discounts for yoga, tai-chi, etc.

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COMMITTEE MEMBER



PUBLIC COMMENTS & RECOMMENDATIONS

Bias

- Expanded community connections, like co-located elder/youth/community services
- Education about aging starting during primary school
- Intergenerational activities and relationship building
- Anti-ageism campaigns and enforcement



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COMMITTEE MEMBER



PUBLIC COMMENTS & RECOMMENDATIONS



Behavioral Health

- Expand behavioral and cognitive health services to older people
 - Screenings
 - Group therapy including caregiver support
- Workforce behavioral and all cognitive health training

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RECOMMENDATIONS



Behavioral Health Considerations for Workforce:

- Quality older person-centered and ***integrated clinical care***
- Sustainable and appropriately ***trained health workforce***
- Focus on functional ***abilities/strengths***
- ***Early diagnosis***
- Awareness of ***elder abuse***

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RECOMMENDATIONS

Behavioral Health Considerations for Caregivers & Communities

- Providing information and *long-term support to caregivers*
- Adequate *housing*
- *Social support* for older people and their caregivers
- *Health and social programs* targeted at vulnerable groups
 - Live alone
 - Rural populations
 - Suffer from a chronic or relapsing mental or physical illness
- Programs to prevent and deal with *elder abuse*



STAKEHOLDER ADVISORY
COMMITTEE MEMBER



Facilitated Questions and Polling



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WEBINAR WEDNESDAYS

9:30am – 11:00am

- 3/04 Preventing & Responding to Abuse, Neglect, & Exploitation
- 3/11 Parks & Community Spaces
- 3/18 Civic & Social Engagement
- 3/25 Geriatric Medicine Workforce



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Thank you!
Visit engageCA.org for more
on Webinar Wednesdays and the Master Plan for Aging

