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](http://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

**Underlined text in this document are website-links for more information**
California Department of Public Health is providing guidance to prevent COVID-19:
Those at higher risk for serious illness from COVID-19:
- Older adults
- Individuals with compromised immune systems
- Individuals who have serious chronic medical conditions, such as:
  - Heart disease
  - Diabetes
  - Lung disease

If you are at higher risk for serious illness from COVID-19 because of your age or health condition:
- Wash your hands often with soap and water for at least 20 seconds.
- Avoiding touching eyes, nose or mouth with unwashed hands
- Avoid close contact with people who are sick and stay away from large gatherings and crowds.
- Stay home as much as possible. Consider ways of getting food brought to your house through family, social, or commercial networks.
Share your ideas on how to build an age- & disability-friendly California!

Livable Communities & Purpose
- Housing (January 29 — YouTube | Presentation | Transcript)
- Transportation (February 5 — YouTube | Presentation)
- Isolation, Inclusion, and Respect (February 26)
- Civic and Social Engagement (March 18)
- Parks and Community Spaces (March 11)
- Leadership by and with Older Adults and People with Disabilities

Health & Well-Being
- Healthy Aging (January 15 — YouTube | Presentation | Transcript)
- Geriatric Medicine Workforce (March 28)
- 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 — YouTube | Presentation | Transcript)
- Emergency and Disaster Preparedness and Response (February 19)
- Preventing and Responding to Abuse, Neglect, and Exploitation (March 4)
- Retirement Security

@CalAging
@CaliforniaAging
PARKS & OUTDOOR SPACES

Today’s Featured Speakers:

• **Pam Plimpton**, Intergenerational Coordinator, Aging & Independence Services, County of San Diego Health & Human Services Agency (Local Leader)

• **Liz McGuirk**, Chief Deputy Director, California State Parks (State Partner)

• **Jennifer Berdugo**, AARP California, Associate State Director

• **Nina Weiler-Harwell, Ph.D.**, AARP California, Associate State Director – Community (Stakeholder Advisory Committee Member)
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

• 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

2010
2.7M
4.3M

38.1%

White
Latino
Asian
Black
Other

Total % from Ethnic & Racially Diverse Communities

2060
4.2M
13.5M

5.5M
2.4M
.7M

67.1%

MASTER PLAN FOR AGING
Living Alone in California

- **1,436,715** Californians 60+ live alone
- **438,984** Californians live in geographic isolation
- **39.8% LGB, 26.2% Straight**: LGB Californians 65+ are more likely to live alone than straight older adults

Master Plan for Aging
### INCOME DISPARITIES, AGE 65+

#### POOR & NEAR POOR
Age 65+, California, 2018

<table>
<thead>
<tr>
<th>Race/Ethnicity</th>
<th>Below Poverty Line</th>
<th>100-200% Poverty Line</th>
</tr>
</thead>
<tbody>
<tr>
<td>White</td>
<td>8.1%</td>
<td>17.5%</td>
</tr>
<tr>
<td>Asian</td>
<td>10.2%</td>
<td>22.7%</td>
</tr>
<tr>
<td>Latino</td>
<td>13.3%</td>
<td>30.3%</td>
</tr>
<tr>
<td>African American</td>
<td>22.9%</td>
<td>18.9%</td>
</tr>
<tr>
<td>AmIndian / AK Native</td>
<td>17.8%</td>
<td>24.5%</td>
</tr>
</tbody>
</table>

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

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MASTER PLAN FOR AGING

Together We ENGAGE Master Plan for Aging
INCREASED OLDER ADULTS & AWARENESS OF STAGES OF AGING

MASTER PLAN FOR AGING
OLDER ADULTS COUNT: 2020 CENSUS

The Census determines California’s federal funding for important community services that help support individuals and families.

Help keep California strong by completing the 2020 Census!

- Starting in mid-March look for a postcard in the mail from the Census and take action!
- Talk with older adults about the census & provide support to help them get counted
- Outreach resources are available – visit [https://census.ca.gov](https://census.ca.gov)
Vision

- California for all, across the life span

Values

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

Together We EngAGE
Master Plan for Aging
The **CalFresh Healthy Living** program will be administered by participating Area Agencies on Aging (AAA) which coordinate activities that address the following:

• **Living a healthy lifestyle**
• **Eating healthy on a budget**
• **Maintaining a balanced diet**

Eligible participants
• CalFresh recipients age 60 and older
MPA COMMUNITY ROUNDTABLE: LOCAL SPOTLIGHT

SAN BERNADINO

Cycling Without Age: The Right To Wind In Your Hair

Volunteers (pilots) sign up for bike rides with the elderly as often or as rarely as they want to
Facilitated Questions and Polling
ENHANCING ENGAGEMENT
AT PARKS AND COMMUNITY SPACES
IN SAN DIEGO COUNTY

Pam Plimpton
County of San Diego
Health and Human Services Agency
Aging & Independence Services

Local Leader
Health and Human Services Agency (HHSA)
Aging & Independence Services (AIS)
www.LiveWellSD.org
Age Well San Diego

Age-friendly Communities

Dementia-friendly Communities

Local Leader
AGING ROADMAP
INTERGENERATIONAL EFFORTS & MODELS

Local Leader
Supporting at-risk elders & families

Kinship Family Campout ("Gramping")

Other Family Enrichment Events

Kinship Family Pampering ("Grampering")

Local Leader
ENHANCING INCLUSION

Activities/Programming

Accessibility

Safety Features

Local Leader
PROMOTING CONNECTION ACROSS THE GENERATIONS

TECH (Teens & Elders Computer Help) classes

Intergenerational Dance

Intergenerational Games

Local Leader
SHARING
WAYS TO GET
INVOLVED

www.livewellsd.org/intergenerational

Local Leader

INTergenerational programs
 DIRECTORY

WAYS TO ENGAGE!
Great Ideas for San Diego County Homebound Older Adults & Persons with Limited Mobility to Get Involved

Recreational Opportunities for Homebound:
San Diego County Libraries Books by Mail: https://www.sdccpl.org/books-by-mail.html Toll Free: 1-866-579-6629 or email: booksbymail@sdcounty.ca.us *Certain criteria apply.
San Diego City Libraries www.sandiego.gov/public-library (https://www.sandiego.gov/public-library/free-library-at-the-library-homepage) (For specific questions about home delivered books or books by mail, call the Oliver McMillan at the I CAM Center at 619-236-6665.) *Certain criteria apply.

SelfHelp VSC (Virtual Senior Center) Where Senior Connect, Learn & Play Online http://svcm.selfhelp.net/ (Contact David Ding, Exec Dir of SelfHelp Innovations, dding@selfhelp.net for referral; http://svcm.selfhelp.net/volunteer http://svcm.selfhelp.net/volunteer)

Homebound Volunteers:
VolunteerMatch https://www.volunteermatch.org/signup/login?52522&52522&52522&52522& (Select Virtual can be done from computer or home; additional forms available.)

RARE Bear Program (Rare Science) Sewing volunteers that help make one of a kind bears for special one of a kind child. https://www.ucsc.edu/research/challenges/program/how-to-get-involved (https://www.ucsc.edu/programs/for-bear-program/for-bear-program-for-bear-program-for-bear-program) Register to become a RARE Bear maker today! (https://www.ucsc.edu/programs/for-bear-program/for-bear-program-for-bear-program-for-bear-program) How to enroll, contact info@ucsc.edu

 ocurriendo

Well Connected
Well Connected is a community made up of participants, staff, facilitators, presenters, and other volunteers who care about each other and who value being connected. All groups are accessible by phone and you can email us at noc@ccwellconnected.com. (877-779-7299) Well Connected Español: 977-400-8877

This document is brought to you by the Age-Friendly San Diego Local Action Team (Som 2-145010)
BUILDING LIVABLE COMMUNITIES FOR ALL AGES ACROSS THE LIFESPAN
Facilitated Questions and Polling
OLDER ADULTS, PEOPLE WITH DISABILITIES & STATE PARKS

Liz McGuirk
Chief Deputy Director
California Department of Parks and Recreation

STATE PARTNER
California State Parks provides different opportunities for people of all ages to enjoy the cultural, historic and natural resources found in state parks.
Volunteers

Vital partners in the operation of California’s state parks

44K volunteers, most of them seniors, donate over 1 million hours annually – at an estimated value of $33.9 million
Accessible Parks for All

- 500+ Accessible Campsites
- 70+ Accessible Picnic Areas
- 100+ Accessible Trails
- 1K+ amenities, such as restrooms, parking and pathways are designated accessible

Access.parks.ca.gov
Proposition 68

Building parks in underserved communities to create a healthier California for all

STATE PARTNER
Facilitated Questions and Polling
MASTER PLAN FOR AGING STAKEHOLDER
ADVISORY COMMITTEE MEMBER

Nina Weiler-Harwell Ph.D.
AARP California
Associate State Director – Community

Jennifer Berdugo, MPA, MPP
AARP California
Associate State Director
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

• Research & LTSS Subcommittees

• Equity Work Group

• Reporting back to the Goal Work Groups and the full SAC
AARP NETWORK OF AGE-FRIENDLY STATES AND COMMUNITIES

- 440+ communities
- 7 states (including USVI)
- 93 million people live in NAFSC community

Learn more: www.aarp.org/livable

STAKEHOLDER ADVISORY COMMITTEE MEMBER
WHY ARE PARKS & OPEN SPACES IMPORTANT?

- Improves physical and mental health
- Enhances community connections
- Increases economic value of area

STAKEHOLDER ADVISORY COMMITTEE MEMBER
MANY PARKS AREN’T BENEFITING PEOPLE OF ALL AGES

- 2014 study found that older adults account for only 4% of total park users
- Increased need for park features and activities that:
  - Support passive and active recreation by older adults
  - Welcome grandparents raising grandchildren
  - Demonstrate universal design features
  - Encourage intergenerational use

STAKEHOLDER ADVISORY COMMITTEE MEMBER
HAVING ACCESS TO PARKS IS A TOP PRIORITY FOR AARP MEMBERS

91% said parks add value to their communities

61% would be willing to pay slightly more in taxes to improve local parks

65% use parks almost daily

60% safety concerns

54% not feeling welcome

33% lack of appealing amenities
AARP SURVEY RESULTS

AARP MEMBERS ENJOY THE USE OF PARKS, BUT HAVE DIFFICULTY GETTING THERE

- 62% said they would like to go to the park more often, but could not because parks are either too far, or too difficult to get to.
- 55% typically get to their park by car.
- 19% take 10-20 minutes by car.
- 69% said it would be over a 10 minute walk to their park.
- 20% said they could easily get to park by public transit.

AARP SURVEY RESULTS

Together We ENGAGE
Master Plan for Aging
CREATING PARKS & PUBLIC SPACES FOR PEOPLE OF ALL AGES

Available online: www.aarp.org/livableparks

STAKEHOLDER ADVISORY COMMITTEE MEMBER

Together We ENGAGE Master Plan for Aging
The purpose of this guide is to inform parks & rec professionals & community members on how to:

- Provide Activities
- Design for All
- Engage & Energize
- Put Pedestrians First
- Remove Barriers
- Take Back Space
- Think Outside the Box

STAKEHOLDER ADVISORY COMMITTEE MEMBER
BEST PRACTICES

Open Streets Festivals
Golden Age Park
Intergenerational Park
FitLot for Adults

STAKEHOLDER ADVISORY COMMITTEE MEMBER
PLACEMAKING

STAKEHOLDER ADVISORY COMMITTEE MEMBER

Together We ENGAGE
Master Plan for Aging
OTHER RESOURCES

8 80 CITIES


GOLDEN AGE PARK

https://youtu.be/NltIfTEGQL0

STAKEHOLDER ADVISORY COMMITTEE MEMBER
RECOMMENDATIONS

• State, county and local parks should use an age-friendly lens in developing local parks
• Create state-level grants, such as those authorized in Proposition 68 (2018)
• Counties and cities should consider the creation of more fit lots that meet the needs of park users of all ages and abilities
• Ensure older adult participation in the development of state, county and local park plans
• Encourage the development of unconventional parks and open spaces, especially in areas where there is inadequate park space
REFLECTIONS ON PUBLIC COMMENTS RECEIVED
Facilitated Questions and Polling
WEBINAR WEDNESDAYS
9:30am–11:00am

3/18 Civic & Social Engagement
3/25 Geriatric Medicine Workforce
4/01 Retirement Security
4/08 Integration & Coordination of Health & Long-Term Services & Supports

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