

# Master Plan for Aging

## Webinar Wednesdays

### PARKS & OUTDOOR SPACES

March 11, 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](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

# Coronavirus Disease (COVID-19) UPDATE

**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!

 @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** (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**

MASTER PLAN FOR AGING



# 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)

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

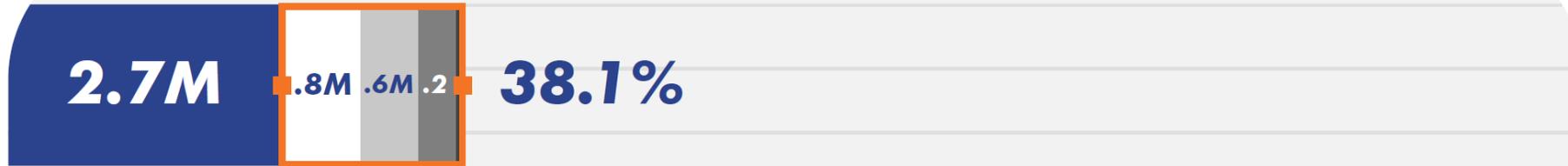
- *More diversity*
- *More living alone*
- *More at risk of poverty*
- *More awareness of the stages of aging*



# FASTEST GROWTH IN POPULATION: ETHNIC & RACIALLY DIVERSE OLDER ADULTS



**2010**  
4.3M



**2060**  
13.5M



Source:  
California  
Department  
of Finance,  
2016, P-3  
database  
  
 Dr. Steven  
 Wallace,  
 UCLA

# 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



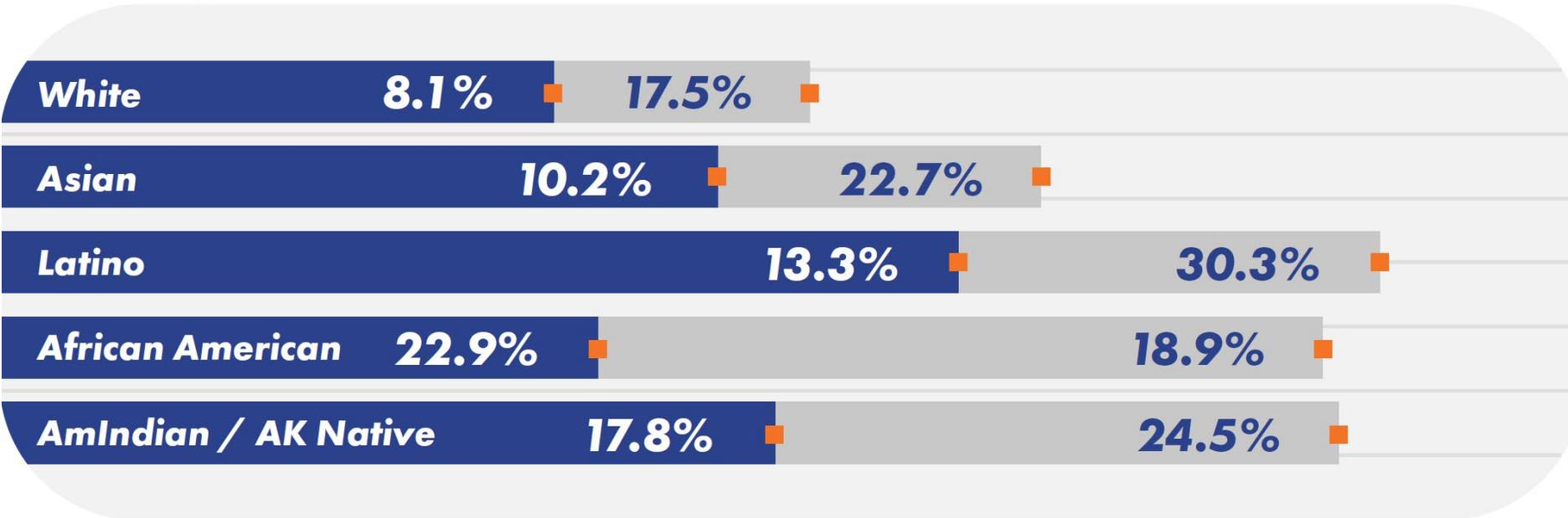
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# INCOME DISPARITIES, AGE 65+

## 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

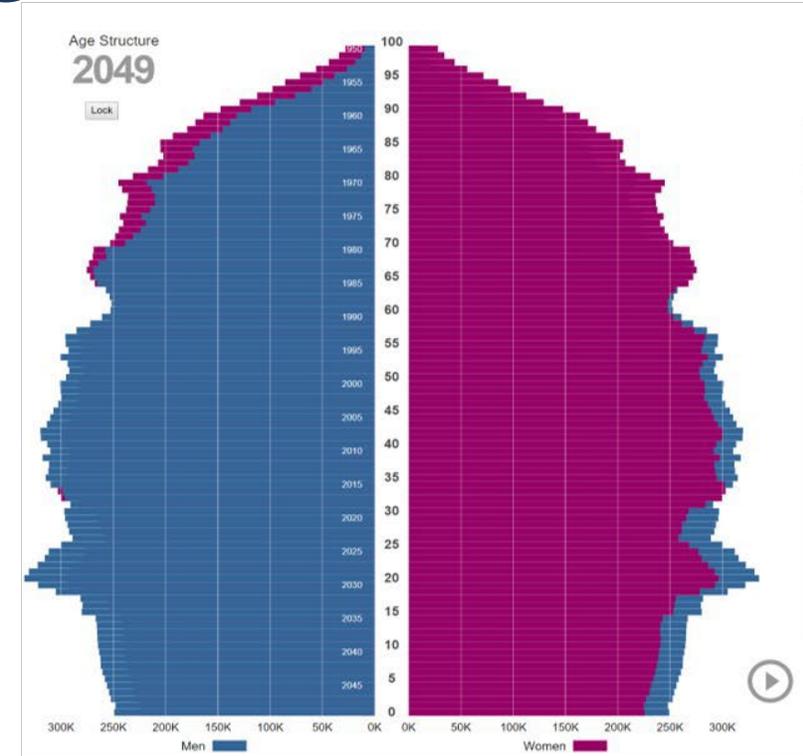
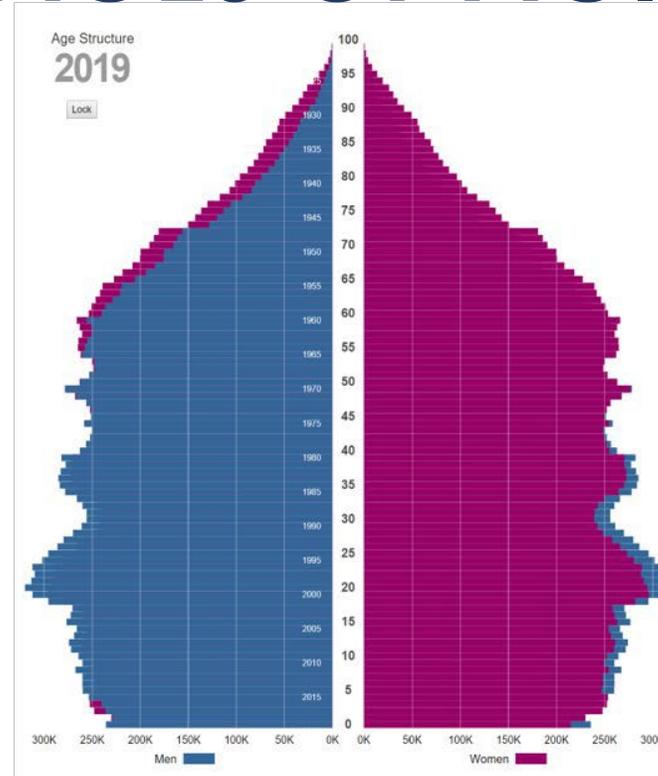
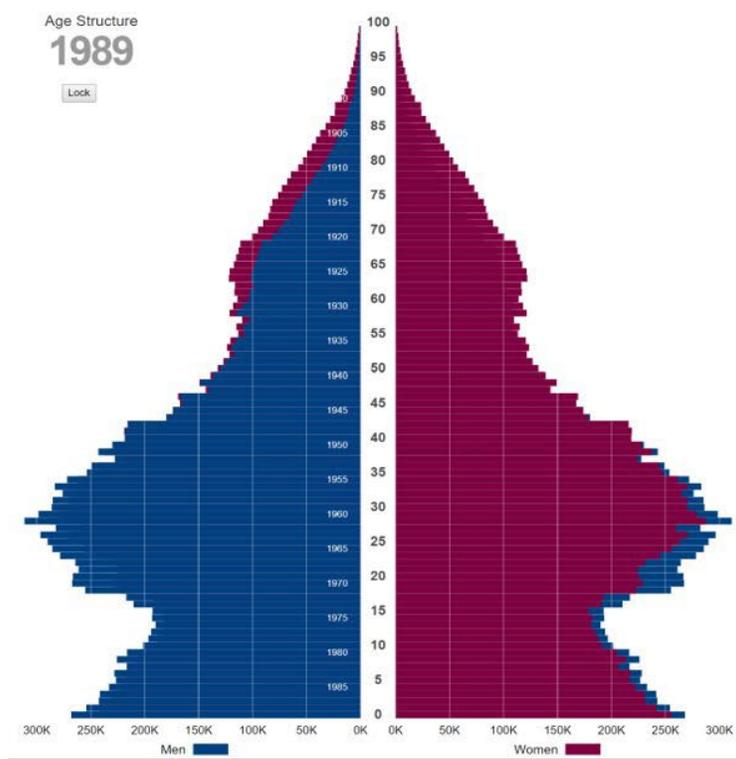
Dr. Steven Wallace,  
UCLA

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# INCREASED OLDER ADULTS & AWARENESS OF STAGES OF AGING



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# 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>



# 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



# CDA PROGRAM CONNECTION: CalFresh Healthy Living (SNAP-ED)

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



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# 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



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# Facilitated Questions and Polling



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# 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*



**LIVE WELL**  
SAN DIEGO

Local Leader





**LIVE WELL**  
SAN DIEGO

**Health and Human  
Services Agency  
(HHSA)  
Aging & Independence  
Services (AIS)  
[www.LiveWellSD.org](http://www.LiveWellSD.org)**

**Building  
Better  
Health**

**Living  
Safely**

**Thriving**

Local Leader



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Master Plan for Aging



**Age-friendly  
Communities**



**Dementia  
Friendly  
America®**

**Dementia-friendly  
Communities**

**Age Well  
San Diego**

Local Leader



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# AGE WELL SAN DIEGO ACTION PLAN



Health & Community  
Support



Housing



Social  
Participation



Transportation



Dementia-Friendly

## Age Well San Diego Action Plan

Building & Implementing Practices for San Diegans to Age in their Community



May 2018



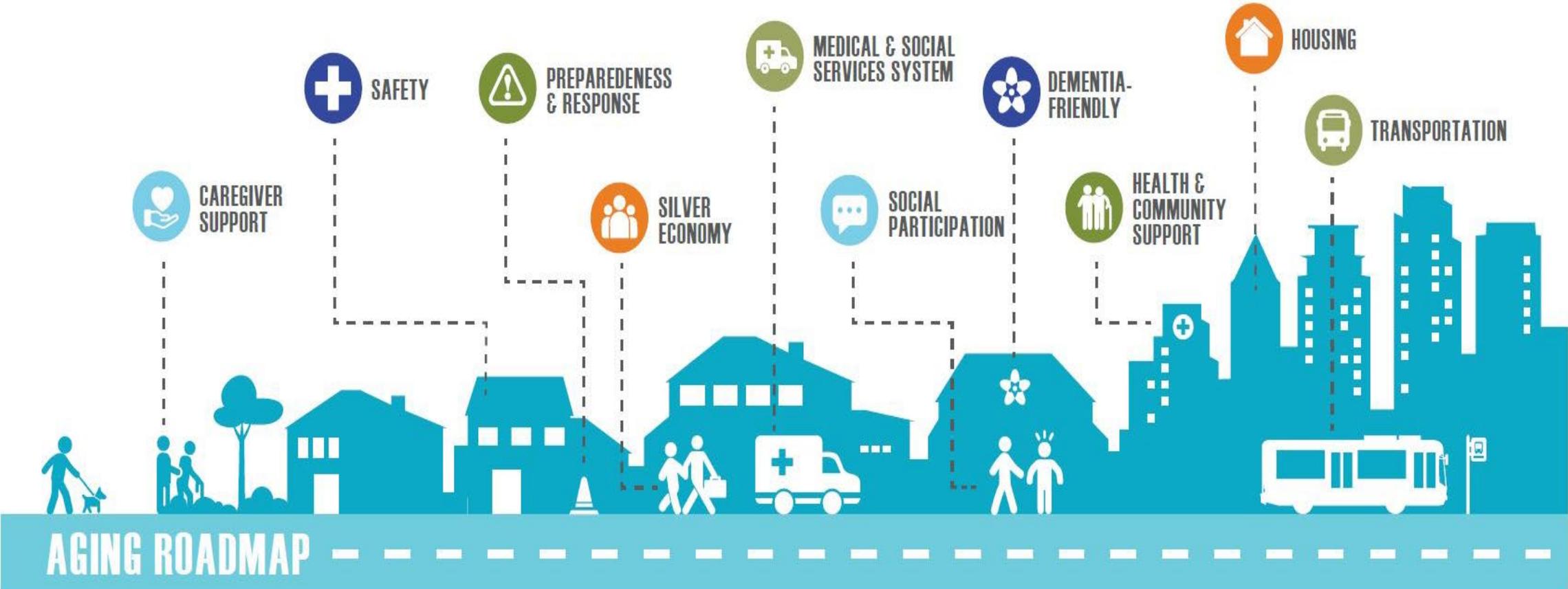
Local Leader



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# AGING ROADMAP



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# INTERGENERATIONAL EFFORTS & MODELS

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# SUPPORTING AT-RISK ELDERS & FAMILIES



**Kinship Family  
Campout  
("Gramping")**

**Other Family  
Enrichment  
Events**



**Kinship Family  
Pampering  
("Grampering")**

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# ENHANCING INCLUSION

**Accessibility**



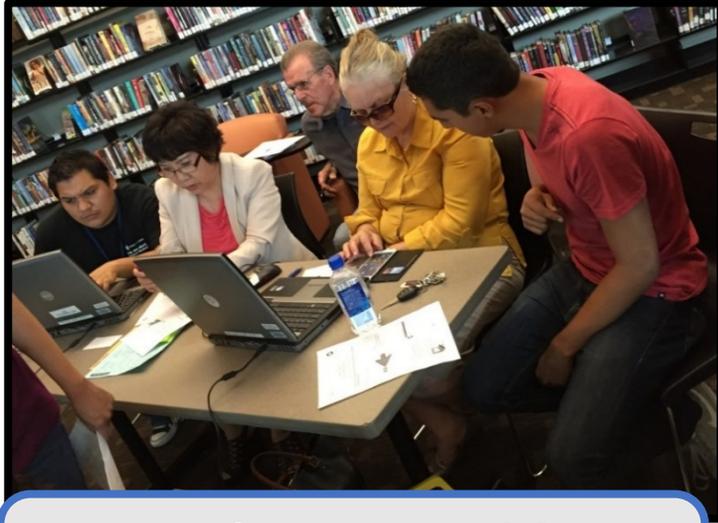
**Activities/Programming**



**Safety Features**

Local Leader

# PROMOTING CONNECTION ACROSS THE GENERATIONS



**TECH (Teens & Elders  
Computer Help) classes**

**Intergenerational Dance**



**Intergenerational  
Games**

Local Leader



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# SHARING WAYS TO GET INVOLVED

[www.livewellsd.org/intergenerational](http://www.livewellsd.org/intergenerational)

INTERGENERATIONAL PROGRAMS  
**DIRECTORY**



COUNTY OF SAN DIEGO  
**HHSA**  
HEALTH AND HUMAN SERVICES AGENCY

LIVE WELL  
SAN DIEGO  
LIVEWELLSD.ORG



## 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\*: <http://www.sdccl.org/books-by-mail.html> (Toll Free: 1-866-279-9629 or Email: [books.bymail@sdccounty.ca.gov](mailto:books.bymail@sdccounty.ca.gov)) \*Certain criteria apply.  
**San Diego City Libraries** [www.sandiego.gov/public-library](http://www.sandiego.gov/public-library) (<https://www.sandiego.gov/public-library/central-library/i-can-center#homebound>) (For specific questions about home delivered books or books-by-mail\*, call the Oliver McMillan at the I CAN! Center at 619-238-6665.) \*Certain criteria apply.

**Selfhelp VSC (Virtual Senior Center)** Where Seniors Connect, Learn & Play Online <http://vscm.selfhelp.net/> (Contact David Dring, Exec Dr of Selfhelp Innovations, [dtring@selfhelp.net](mailto:dtring@selfhelp.net) For Service: <http://vscm.selfhelp.net/service> To Volunteer: <http://vscm.selfhelp.net/volunteering>)

**Homebound Volunteering:**  
**VolunteerMatch** <https://www.volunteermatch.org/search/?l=San%20Diego,%20CA,%20USA> (Select Virtual-can be done from computer or home; additional filters available.)

**RARE Bear Program (Rare Science)** Sewing volunteers that help make one of a kind bears for special one of a kind kids <https://www.rarescience.org/rare-bear-program/>  
How to Get Started: <https://www.rarescience.org/getting-started/>  
Register to become a RARE Bear maker today! <https://www.rarescience.org/rare-bear-program/rare-bear-army-signup/> How to Enroll, contact [info@rarescience.org](mailto:info@rarescience.org)

**Covia 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 from wherever you are at no cost to you.  
<https://covia.org/services/well-connected/> (Call Well Connected English: 877-797-7299/Well Connected Español: 877-400-5867.)

This document is brought to you by the Age Well San Diego Social Participation Theme Team (Rev. 2/14/2020)

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SAN DIEGO  
LIVEWELLSD.ORG

Local Leader

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LIVE WELL  
SAN DIEGO

# BUILDING LIVABLE COMMUNITIES FOR ALL AGES ACROSS THE LIFESPAN

Local Leader



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# Facilitated Questions and Polling



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# OLDER ADULTS, PEOPLE WITH DISABILITIES & STATE PARKS

**Liz McGuirk**

*Chief Deputy Director*

California Department of Parks and  
Recreation

STATE PARTNER



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



STATE PARTNER





# 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**

STATE PARTNER



# 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](https://access.parks.ca.gov)

STATE PARTNER



# Proposition 68

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



STATE PARTNER



# Facilitated Questions and Polling



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# 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*



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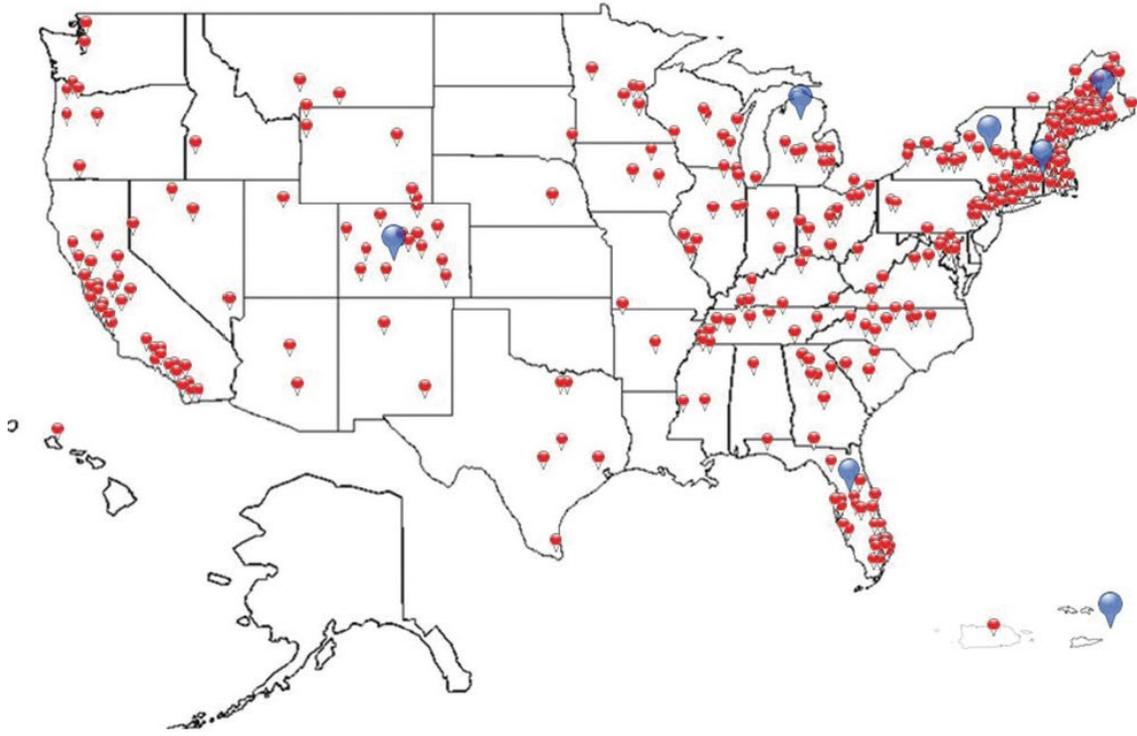
# THE ROLE OF THE STAKEHOLDER ADVISORY COMMITTEE

- 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
- Research & LTSS Subcommittees
- Equity Work Group
- Reporting back to the Goal Work Groups and the full SAC

STAKEHOLDER ADVISORY  
COMMITTEE MEMBER



# 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](http://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



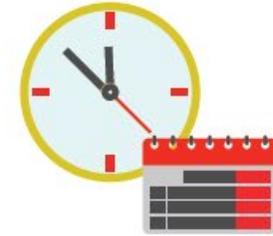
## HAVING ACCESS TO PARKS IS A TOP PRIORITY FOR AARP MEMBERS



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



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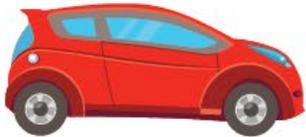
Master Plan for Aging

## 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

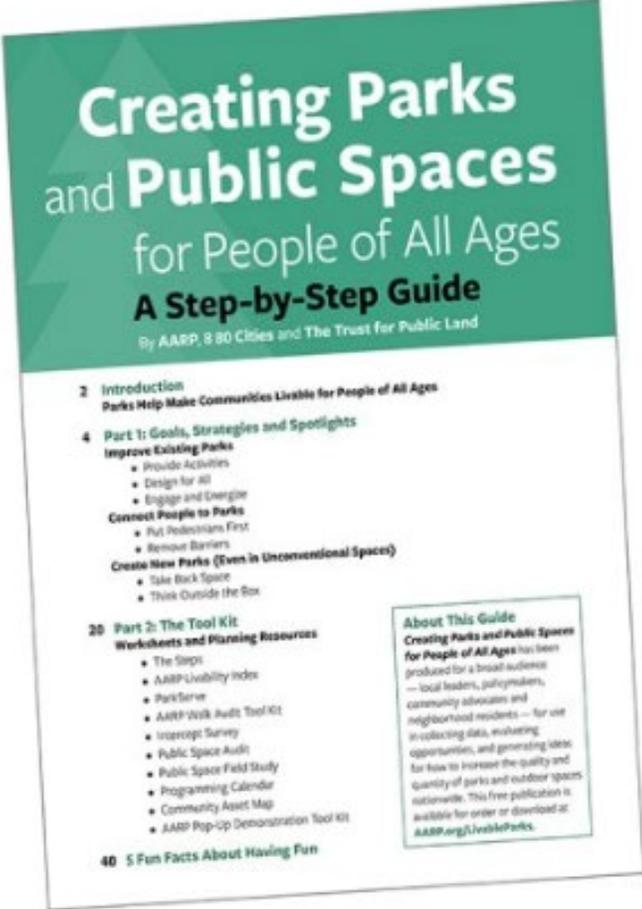
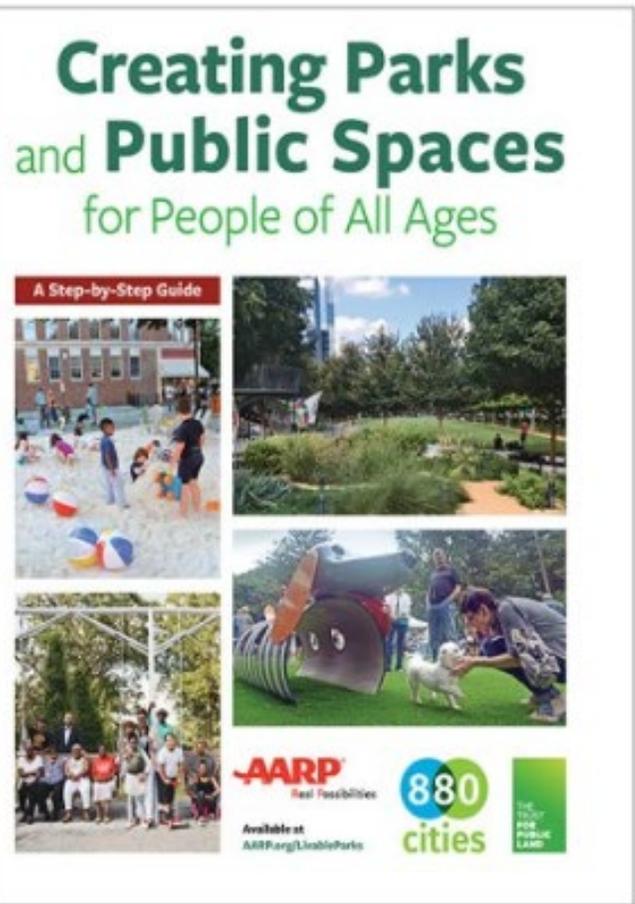
20%

said they could easily get to park by public transit

AARP SURVEY RESULTS



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# CREATING PARKS & PUBLIC SPACES FOR PEOPLE OF ALL AGES

Available online:  
[www.aarp.org/livableparks](http://www.aarp.org/livableparks)

STAKEHOLDER ADVISORY COMMITTEE MEMBER



# The purpose of this guide is to inform parks & rec professionals & community members on how to:



## Improve Existing Parks

- Provide Activities
- Design for All
- Engage & Energize



## Connect people to parks

- Put Pedestrians First
- Remove Barriers



## Create New Parks

- Take Back Space
- Think Outside the Box

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# BEST PRACTICES



**Open Streets Festivals**



**Golden Age Park  
Intergenerational Park**



**FitLot for Adults**

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# PLACEMAKING



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# OTHER RESOURCES

## 8 80 CITIES



<https://youtu.be/W6wfsFduD-E>

## GOLDEN AGE PARK



<https://youtu.be/NltIfTEGQL0>

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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

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# REFLECTIONS ON PUBLIC COMMENTS RECEIVED

# Facilitated Questions and Polling



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# 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](http://www.engageCA.org)





Thank you!

Visit [engageCA.org](https://engageCA.org) for more  
on Webinar Wednesdays and the Master Plan for Aging

