

CONTRA COSTA COUNTY

EMPLOYMENT & HUMAN SERVICES

Building Brighter Futures Together

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Aging & Adult Services Report

Presentation to the Advisory Council on Aging January 15, 2025

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Building Brighter Futures Together

Aging in Contra Costa County

Building Brighter Futures Together

Contra Costa County Older Adults

- In 2022, 297,880 (26%) residents were 60 +
- In 2022, 131,067 (44%) of residents 60+ identify as non-white
- In 2022, 86,385 (29%) residents 60+ speak a language other than English at home
- In 2022, 80,406 (27%) residents 60+ with a Disability (compared to 11% overall)
- In 2030, 348,441 (30%) of residents will be 60+
- In 2030, 79,877 (6.8%) of residents will be 80+

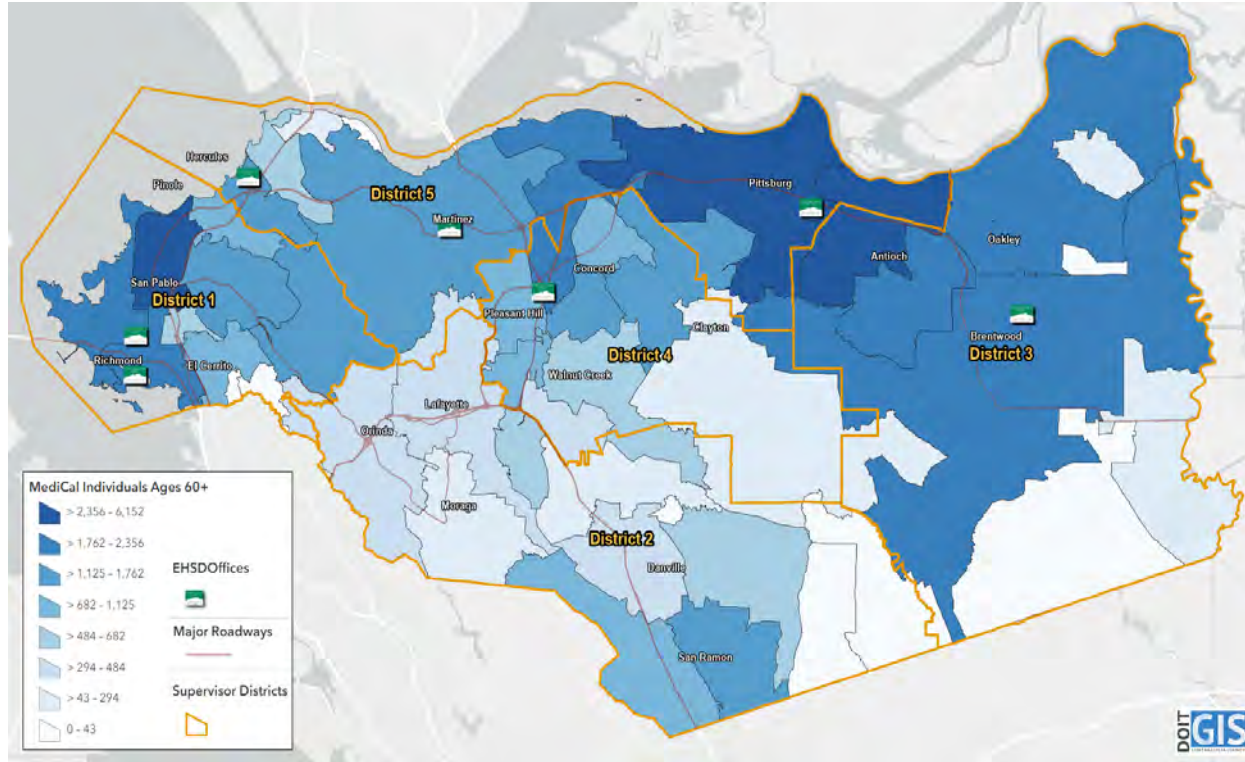


Source: CA Department of Aging – Data Dashboard

Older Adult Services

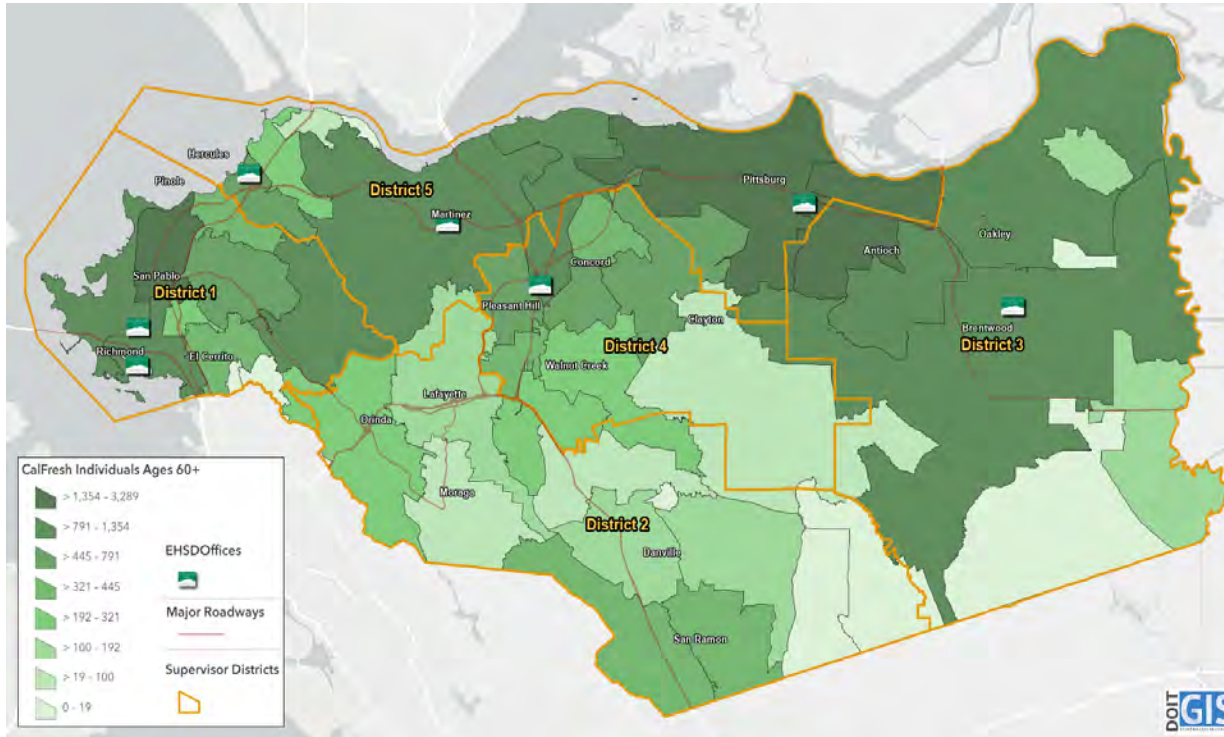
Building Brighter Futures Together

MC beneficiaries that are 60+



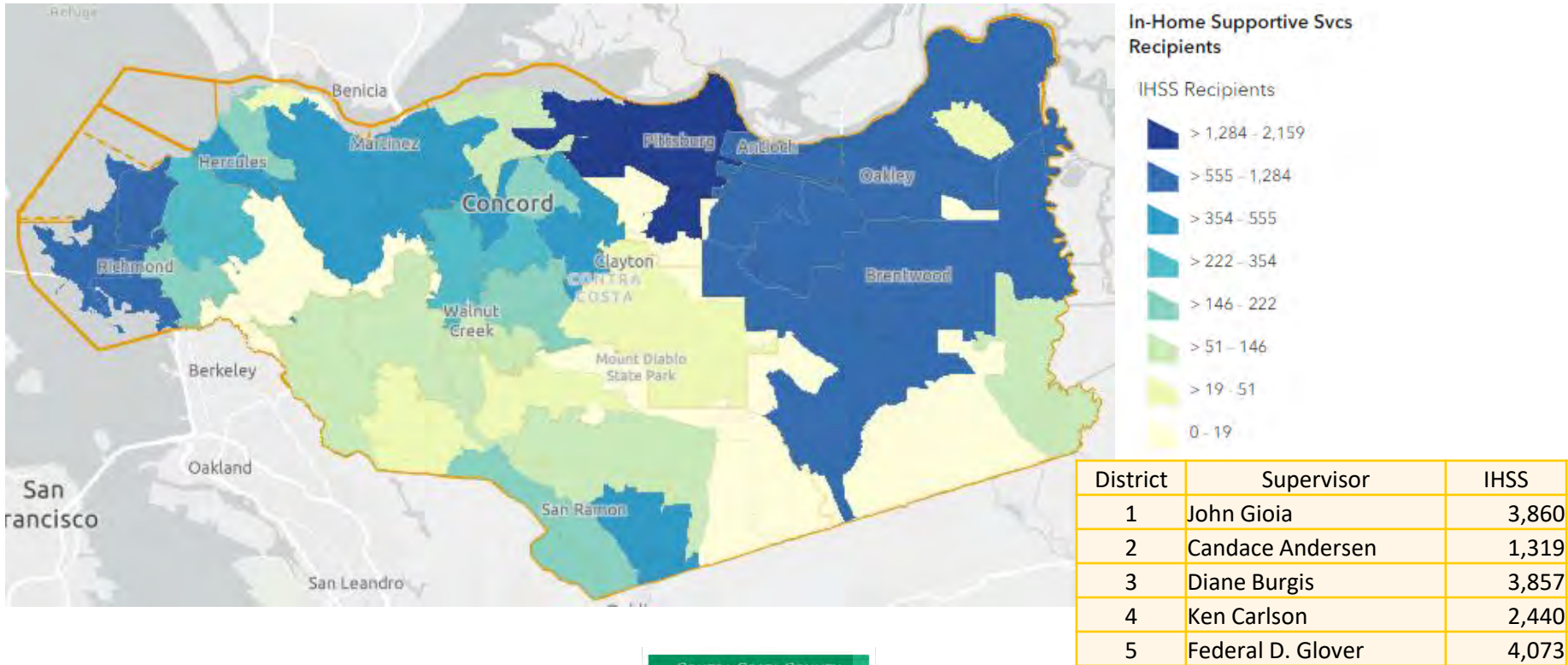
District	Supervisor	MediCal 60+
1	John Gioia	11,961
2	Candace Andersen	5,616
3	Diane Burgis	9,445
4	Ken Carlson	8,764
5	Federal D. Glover	11,716

CalFresh beneficiaries that are 60+



District	Supervisor	CalFresh 60+
1	John Gioia	6,491
2	Candace Andersen	1,862
3	Diane Burgis	4,964
4	Ken Carlson	4,088
5	Federal D. Glover	6,575

IHSS Map by District



Aging & Adult Services At A Glance

11,252

Clients served by CBO's working with the AAA & Elder Abuse Program in Fiscal Year (FY) 2023-24

454

Average monthly reports of Elder/Dependent Adult Abuse in FY 2023-2024
904 active Adult Protective Services Cases in June 2024

18,844

Clients served through HICAP and Information & Assistance in FY 2023-24

919,117

Meals provided by the Area Agency on Aging in FY 2023-24

534

Average monthly applications for General Assistance in FY 2023-24
679 active General Assistance cases in June 2024

452

Average monthly applications for In-Home Supportive Services in FY 2023-24
15,673 consumers and **14,646** providers in June 2024

Community Service Providers

Alzheimer's Association	J-Sei
Choice in Aging	Legal Assistance for Seniors
Community Housing Development Corp.	Meals on Wheels Diablo Region
Contra Costa Senior Legal Services	Meals on Wheels West Contra Costa
Contra Costa Crisis Center	Mobility Matters
Contra Costa Family Justice	Pacific Clinics
Empowered Aging	Trio Community Meals
Family Caregiver Alliance	West Contra Costa Unified School District
Jewish Family & Community Services	West Contra Costa Unified School District

Contra Costa County Master Plan on Aging

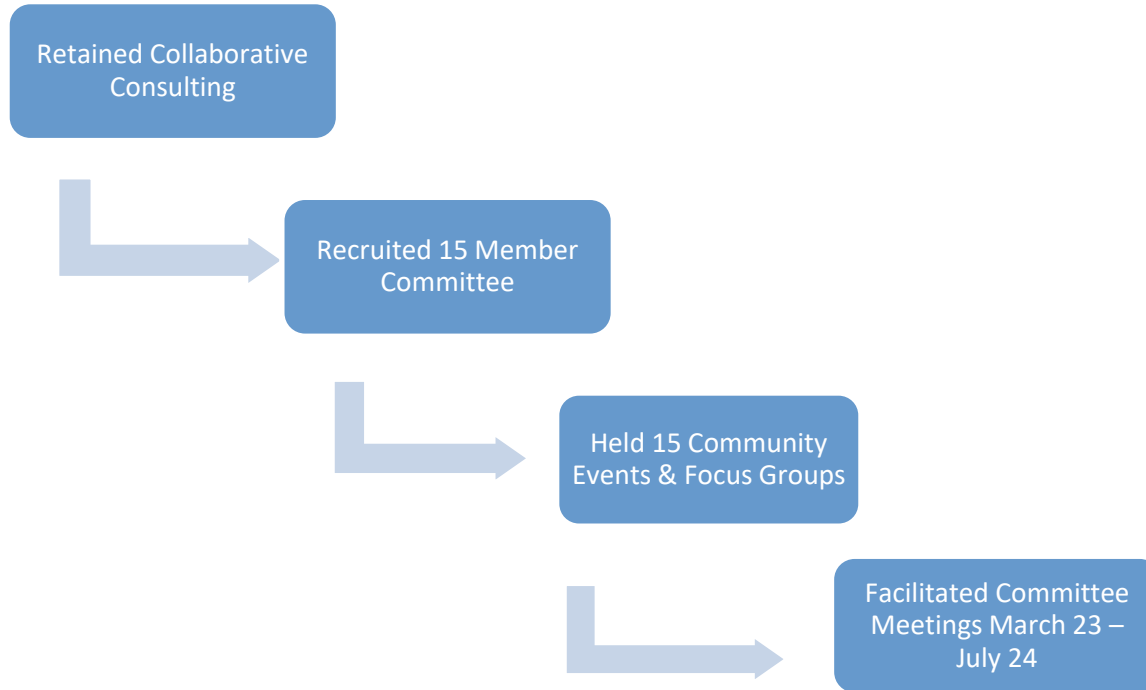
Master Plan Initiatives

- 2019 Governor Newsom Issued Executive Order calling for the creation of a State Master Plan on Aging
- 2021 California Department of Aging published the Master Plan on Aging
- 2022 Contra Costa County Board of Supervisors authorized Measure X funding to create a local plan
- 2024 Administration on Community Living published a ten-year framework



“Aging is Changing, and it’s Changing California” – California Master Plan on Aging

How We Developed this Plan



Committee & Contributors

CBO's

Mercel Amim
Susannah Meyer
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Susan Rotchy
Debbie Toth
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Advisory Council on Aging

Jim Donnelly
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County Partners

John Cunningham
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Aging & Adult Services

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Other Contributors

Marketing & Communications
Policy & Planning
Images generated by OpenArtAI

Stakeholder Input

- 2 Community Events
- 13 Focus Groups
- 417 Community Assessment Surveys completed
- 37 Stakeholder Interviews



Master Plan For Aging
Count Me In, Contra Costa!

November 17, 2022

What we Learned from the Community Assessment Survey

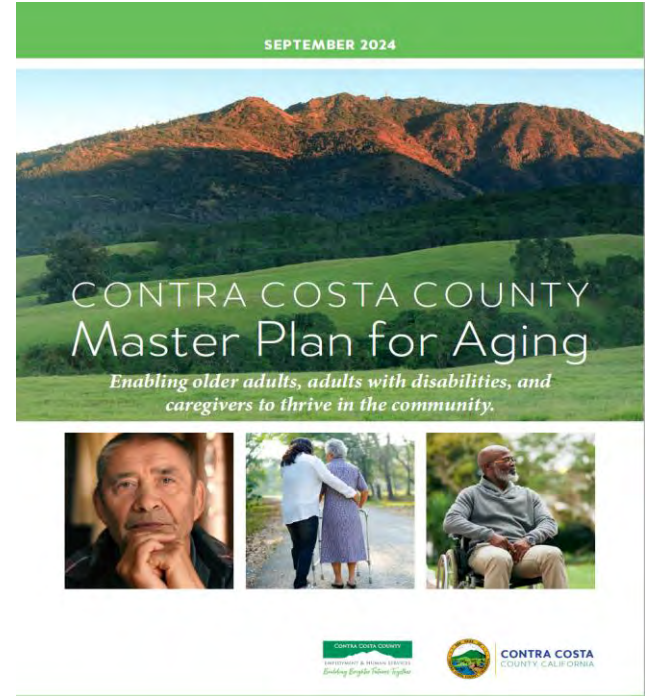
Percent of Responses Rated as Good or Excellent

Overall quality of life	70%
Ease of Public Transportation	25%
Availability of affordable quality healthcare	25%
Availability of long-term care options	23%
Cost of Living	13%
Availability of Affordable Housing	12%

Source: Community Assessment Survey for Older
Adults, November 2023 – 417 respondents

Elements of the Plan

- Why & how we developed the Plan
- What we learned from the research
- How we are going to act:
 - ✓ 6 Goals
 - ✓ 44 Strategies
- How we will oversee the plan
 - ✓ Lead agencies
 - ✓ Champions
 - ✓ Area Agency on Aging coordinating effort



The Framework for Action

Goals	Number of Strategies
Transportation	5
Housing for All Ages & Stages	6
Health Reimagined	8
Equity & Inclusion, not Isolation	6
Caregiving that Works	6
Affordable Aging	13
Total	44

Transportation Goal

As noted in the 2021 Accessible Transportation Strategic plan, the most reported (29%) challenge was feeling safe while travelling.

Strategies:

- Establish a countywide approach to developing accessible transportation policies
- Expand transportation services to improve accessibility and availability
- Launch a countywide, cross-sector trip planning platform with information on subsidies and the amount of walking involved



Housing for all Ages & Stages

19,521 Contra Costa County older adults are on waitlists for affordable housing.

Strategies:

- Increase collaboration between service providers for older adults and homelessness shelters
- Bolster prevention services that keep older adults from becoming unhoused
- Increase affordable housing units that have onsite supportive services



Health Re-imagined

In 2020, 21% of civilians in Contra Costa County lived in a primary care shortage Medical Service Study Area

Strategies:

- Develop a campaign and toolkit of resources to standardize and increase the practice of discussing end of life care
- Improve and expand healthcare services for those experiencing homelessness
- Advocate for policy changes that encourage and/or require medical schools and training to incorporate age-friendly geriatric care



Source: Master Plan for Aging Data Dashboard

Equity & Inclusion, not Isolation

Social Isolation is associated with a 50% increased of dementia and 32% increase for stroke.

Strategies:

- Address the challenges in assessing and using technology by providing education, training & support programs
- Increase funding for and availability of programs that address social connection
- Provide ongoing support to meet the needs of older adults and adults with disabilities who are at risk of or are experiencing abuse and neglect



Source: National Academies of Science

Caregiving that works

70% of adults 65 years and older will need some form of caregiving support.

Strategies:

- Develop strategies to raise awareness and improve navigation of the resources available to caregivers
- Expand caregiver services and supports to meet the needs of the caregiver and people they care for
- Expand caregiver respite support programs



Source: Pew Research Center

Affording Aging

60% of older adults spend more than 30% of their income on housing, and 20% receive public benefits

Strategies:

- Expand the number of home delivered and congregate meals
- Advocate for increased funding for services for those not eligible for means tested programs
- Increase participation in the CalFresh benefit program and advocate to increase minimum CalFresh benefit



Source: Pew Research Center

Next Steps

- AAA Convenes Implementation Committee
- Champions establish teams
- AAA coordinates quarterly updates
- AAA publishes yearly report



Lead Agencies and Champions

Goal	Lead Agency(s)	Champion
Transportation	Department of Conservation Development; Contra Costa Transportation Authority	John Cunningham Rashida Kamara
Housing for all Ages & Stages	Contra Costa Health, H3; Contra Costa County Department of Conservation & Development	Jamie Schecter Gabriel Lemus
Health Re-imagined	Contra Costa Health	Dr. Sara K. Levin
Equity & Inclusion, not Isolation	Employment & Human Services Department; Office of Racial Equity & Social Justice	Tracy Murray Kendra Carr
Caregiving that Works	Employment & Human Services Department	Tracy Murray
Affording Aging	EHSD Choice in Aging	Tracy Murray Debbie Toth

Questions and Feedback

