



AGENDA

CONTRA COSTA COUNTY Advisory Council on Aging

Monday, December 8, 2025

1:00 PM

**500 Ellinwood Way, Pleasant Hill, CA
Corner Conference Room**

Health and Elder Abuse Awareness Committee
<https://cccouny-us.zoom.us/j/83870526995>

PUBLIC ACCESS AND PUBLIC COMMENT INSTRUCTIONS:

The public may attend this meeting in person at the above location. The public may also attend this meeting remotely via webinar. Login information is provided above. ACOA members will also be participating from the following locations: 2756 Lily Court, Antioch | 139 Aster Court, Hercules | 2950 Buskirk Avenue, Suite 330 Walnut Creek | 400 El Cerro Blvd. Danville

1:00 Call to Order | Roll Call | Introductions – Michael Wener

Approval of October 13, 2025 Minutes

Health and Elder Abuse MINUTES 10-13-25 REV

[25-5191](#)

Attachments: [Health and Elder Abuse MINUTES 10-13-25 REV](#)

1:10 Member Reports:

- Nutrition: no report
- County Wellness Update: Cristina Ugaitafa
- Medi-Cal: Brian O'Toole

1:30 Presentation “Elder Abuse Signs and Legal Remedies”, presented by Emily Milstein, Staff Attorney with Contra Costa Senior Legal Services

Elder Abuse Presentation CCSL

[25-5026](#)

Attachments: [Elder Abuse Presentation CCSL](#)

2:00 Annual Committee Report: Review Progress

2:05 Break

2:10 Committee Chairs

2:15 Discussion: Open

2:20 Area Plan Update/Community Presentation and Tracking

HEAP Objectives 12_04_25

[25-5032](#)

Attachments: [HEAP Objectives 12_04_25](#)

2:25 Public Comment

Next Health & Elder Abuse Awareness Committee Meeting:

- Monday, January 12, 2026, 1:00pm – 2:30pm

2:30 Adjourn

The Committee will provide reasonable accommodations for persons with disabilities planning to attend the Committee meetings. Contact the staff person listed below at least 72 hours before the meeting. Any disclosable public records related to an open session item on a regular meeting agenda and distributed by the County to a majority of members of the Committee less than 96 hours prior to that meeting are available for public inspection at 500 Ellinwood Way, Pleasant Hill during normal business hours. Staff reports related to items on the agenda are also accessible online at www.contracosta.ca.gov. If the Zoom connection malfunctions for any reason, the meeting may be paused while a fix is attempted. If the connection is not reestablished, the committee will continue the meeting in person without remote access. Public comment may be submitted via electronic mail on agenda items at least one full work day prior to the published meeting time.

For Additional Information Contact:

Cristina Ugaitafa at 925 655-0775 or cugaitafa@ehsd.cccounty.us



CONTRA COSTA COUNTY

Staff Report

1025 ESCOBAR STREET
MARTINEZ, CA 94553

File #: 25-5191

Agenda Date: 12/9/2025

Agenda #:



CONTRA COSTA COUNTY

Committee Meeting Minutes - Draft

Advisory Council on Aging

Monday, October 13, 2025

1:00 PM

**500 Ellinwood Way, Pleasant Hill, CA
Corner Conference Room**

Health and Elder Abuse Prevention Committee
<https://cccouny-us.zoom.us/j/83870526995>

PUBLIC ACCESS AND PUBLIC COMMENT INSTRUCTIONS:

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Call to Order | Roll Call | Introductions – Michael Wener

Present	Alan Goldhammer, Thomas Lang, Brian O'Toole, and Michael Wener
Absent	Nikki Lopez, Carol Schaefer, Terri Tobey, and Dennis Yee
Non-voting	Steven Freshman

Staff: Cristina Ugaitafa | Dixie Peralta

Guests: Steve Freshman, New ACOA member (testing out committees) | Jennifer Quallick – Chief of Staff, District 2 | Andrea Hodgson – Staff attorney, Contra Costa Senior Legal Services | Liz – Student doing a school project

Adopt Today's Agenda

- It was clarified that agendas do not need formal approval, but minutes do.

Approved September 2025 Minutes

Motion:	Goldhammer
Second:	Lang
Aye:	Goldhammer, Lang, O'Toole, and Wener
Absent:	Lopez, Schaefer, Tobey, and Yee
Result:	Passed

Health 09-08-25 DRAFT Minutes

[25-4277](#)

Attachments: [Health 09-08-25 DRAFT Minutes](#)

- 1:10 Member Reports:
- Nutrition: No report
 - County Wellness: No report
 - Medi-Cal: Brian O'Toole, No update different from last month
- 1:30 Annual Committee Report: Report is being compiled by Terri
- 2:00 Break
- 2:05 Committee Name
- Mike stated that there will be a proposal to change the committee name from Health and Elder Abuse Prevention to Health and Elder Abuse Awareness to be more in line with the work of the committee.
 - Proposed change will go to the Exec Committee.
- 2:10 Committee chairs
- A chair for the committee is needed for next year. Those that are interested should reach out to current chairs.
- 2:15 Discussion: None
- 2:20 Community Presentations and Tracking
- Reminder to the committee members to keep track of the presentation that they provide in the community so they can be counted in the year-end report.
- 2:25 Public Comment
- None
- 2:30 Adjourn:
- Meeting adjourned at 2:00pm

Next Health & Elder Abuse Awareness Committee Meeting:

- Monday, December 8, 2025, 1:00pm – 2:30pm

For Additional Information Contact:

Cristina Ugaitafa at 925 655-0775 or cugaitafa@ehsd.cccounty.us



CONTRA COSTA COUNTY

1025 ESCOBAR STREET
MARTINEZ, CA 94553

Staff Report

File #: 25-5026

Agenda Date: 12/8/2025

Agenda #:



Elder Abuse Signs & Legal Remedies



Emily Milstein, Staff Attorney



We provide free legal services exclusively
to county residents 60 and over.

Legal Services:

- Elder abuse (restraining orders and other services / EAPP)
- Preservation of housing (tenant's rights, eviction defense)
- Consumer issues (scams, identity theft, etc.)
- Advance Health Care Directives / Powers of Attorney
- Public benefits (but not initial applications for benefits)

Elder and Dependent Adult Abuse

What Does “Elder” Mean?

Elder =
65 years or older

If not old enough,
screen for
“dependent adult.”



A “Dependent Adult” is:

A person who is 18-64 years old with physical or mental limitations that restrict his or her ability to carry out normal activities or to protect his or her rights.

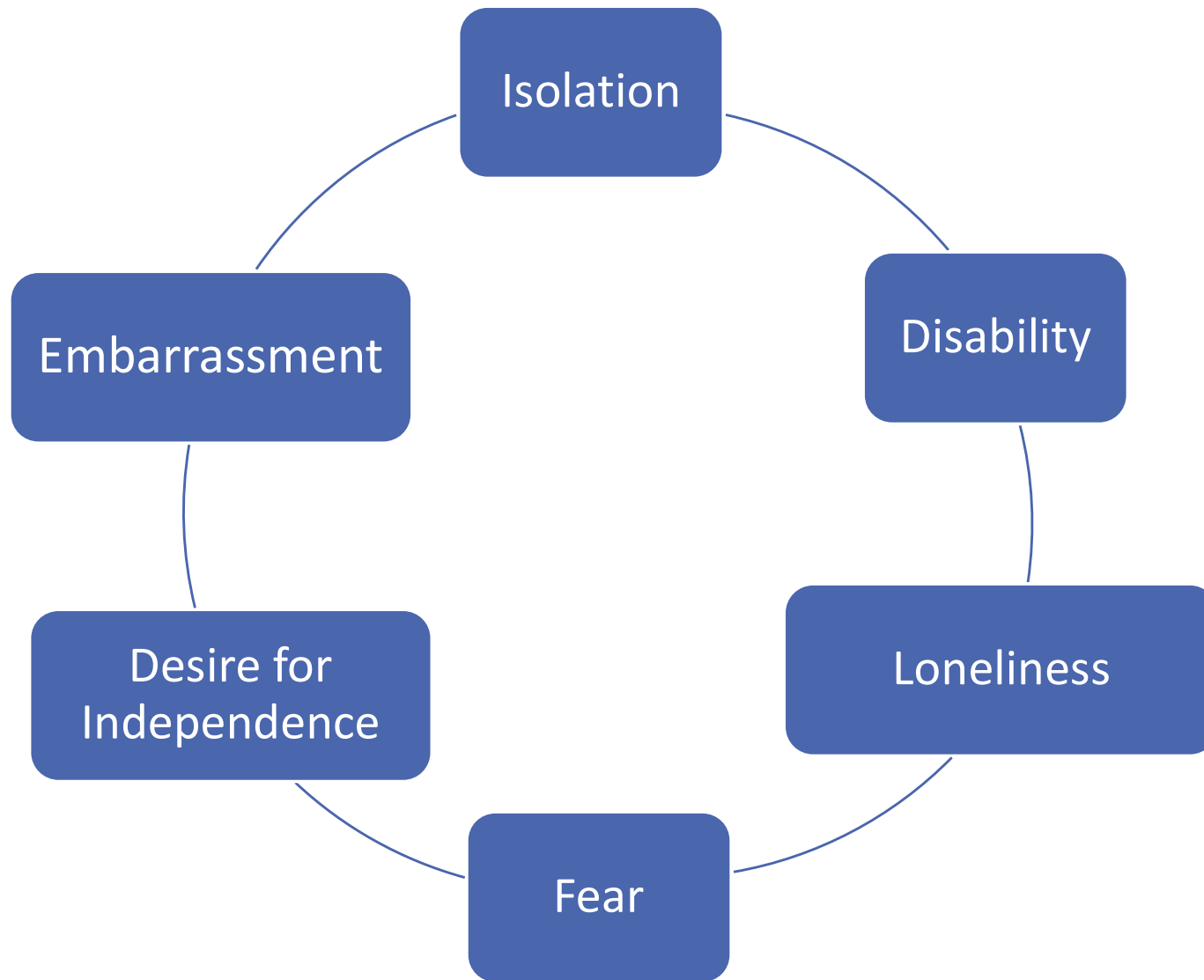
This is a functional test, not linked to any specific diagnosis.



What makes ELDERS and DEPENDENT ADULTS vulnerable?



FACTORS MAY INCLUDE:





Who experiences elder abuse?

- § Seniors across all socio-economic groups, cultures, and races
- § Women more likely to be affected (66%)
- § Elders who lack capacity (dementia) are more vulnerable
- § 1 in 10 Americans aged 60+ have experienced elder abuse

Types of Abuse

Physical abuse

- § Inappropriate restraint
- § Deprivation of food / water
- § Medication misuse: over-medicating or administering drugs for a purpose not authorized by physician (e.g., as punishment or restraint)



Types of Abuse

- Sexual abuse – nonconsensual sexual activity
- Mental or emotional abuse: includes harassment and intimidation that causes emotional distress or fear (name calling, threats to “put in a home”)
- Isolation

Types of Abuse

- Deprivation by a care custodian or caregiver of services or things needed to avoid harm and suffering
- Neglect / Abandonment
- Other treatment that results in physical harm, pain or mental suffering



The background of the slide features a close-up, slightly blurred image of several US dollar bills, including a \$5 bill and a \$1 bill, scattered and overlapping. The bills are in various orientations, creating a textured, financial theme.

Financial Abuse

When a person takes the property of an elder/dependent adult for a wrongful use, or with intent to defraud—or **assists** in any of the above—if the person knew or should have known that this conduct is likely to be harmful to the elder/dependent adult.

Financial abuse is the most common abuse reported to Adult Protective Services

Examples of Financial Abuse



A scammer convinces a senior to wire money to a foreign country for an “investment”



A daughter agrees to help her mom pay bills, but writes checks to herself from mom’s account



A “new friend” gets a senior’s social security number and opens credit cards in the senior’s name



A financial advisor asks a senior to invest in their “side business,” which turns out to be a fake



WHO ARE THE ABUSERS?

- Family members
- Caregivers
- “Friends”
- Financial Advisors & Lawyers
- Strangers, scam artists

Elder Abuse Restraining Orders

FOR ELDERS (65+) AND DEPENDENT ADULTS



Advantages of an EARO

- Can protect people who lack capacity
- Orders can be made permanent
- Protection available in cases where abuse is exclusively financial
- Unlike DVRO, there is no relationship requirement
- Lower burden of proof than CHRO
- Designed to be flexible

Disadvantages of an EARO

- Not as many available orders as DVROs (for those whose relationships qualify; especially married couples)
- Cannot recover money through EARO
- Can be challenging to enforce, depending on circumstances (i.e., those who live together and move-out is not available)



What can a restraining order do for seniors?

ORDERS THAT AN ELDER / DEPENDENT ADULT CAN
OBTAIN IN A RESTRAINING ORDER

Available Orders

(1) **Stay away order**

The restrained party is ordered not to come within a certain distance of:

- Elder/Dependent Adult
- Other Protected Parties
- Home
- Job/workplace
- Vehicle
- Other locations





Available Orders

(2) Personal Conduct Orders:

- o No Abuse – The restrained party is ordered not to physically abuse, financially abuse, intimidate, molest, assault, attack, stalk, threaten, harass, destroy the personal property of, or disturb the peace of, the protected person.
- o No Contact – direct or indirect
- o Other orders to protect the petitioner from harmful or abusive behavior.



Available Orders

(3) **Move-out order** (“residence exclusion”)

For the temporary order, this requires evidence that:

- the elder has a right to possession of the premises
- the party to be excluded has assaulted or threatens to assault the petitioner (or family or household member or conservator)
- physical or emotional harm would otherwise result.

Available Orders

(3) Move Out Orders: Important Points

- The elder's right to possession of the property means that:
 - The elder must have equal or greater right to live there.
 - The title or lease to the residence is not in the name of the respondent only, or of the respondent and a third party.
- Physical abuse / threat of physical abuse is not required for a move out order **after** notice and hearing.
 - Ex. A person who is suffering financial abuse only would not get a move-out TRO, but may get one in the EARO after hearing.

Elder Abuse Restraining Orders

Who is eligible to obtain an EARO?

- Persons age 65 and older and dependent adults

What is the purpose of an EARO?

- An EARO is meant to protect one individual from another
- Prevent a recurrence of abuse

Overview: EARO Procedure



(1) Submit complete set of forms to
Dept. 57 in Martinez (9-10:30 a.m.)
(2) Pick up forms when the court calls
you to tell you they're ready



Have Respondent served with one
copy of filed documents + plus blank
Response 5 days before hearing.



Appear at hearing

Branch depends on
Petitioner's home
address

Bring the Proof of
Service!

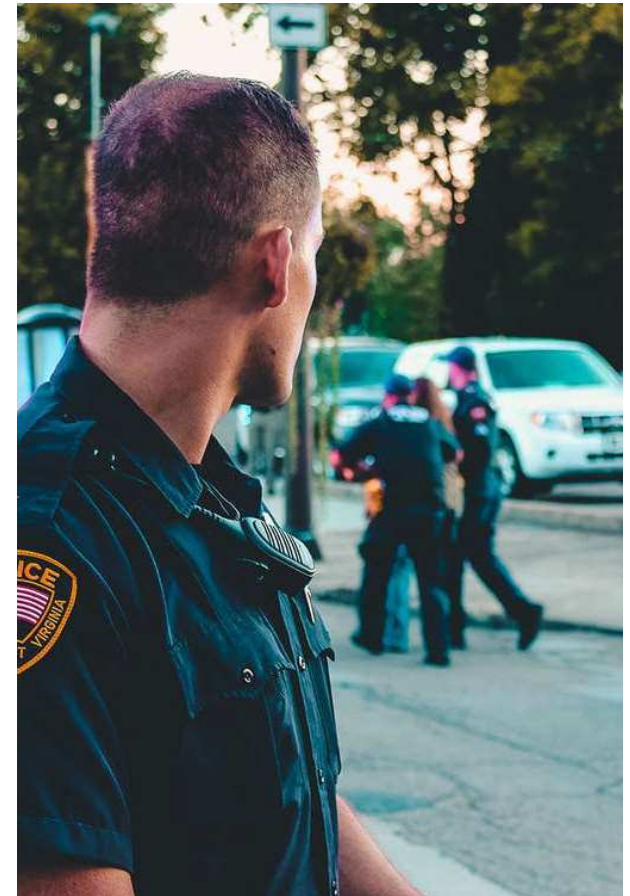


Serve the final order (OAH) as
required


Restraining Order Enforcement

To enforce a restraining order, the person who is protected can **call the police** if the restrained person is violating the restraining order. The police can come and arrest the restrained person for the violation. But:

- Police responses may vary by city
- May vary by violation (i.e. coming to the house versus calling on the phone.)
- Protected people can also go back to court for contempt if they document the violations and make police reports, and the restrained person may have to pay a fine. However, this is uncommon.



Resources for Survivors of Elder Abuse



Sometimes, seniors want MH treatment for their children instead of a restraining order.

Call 211, or:

Assisted Outpatient Treatment
Court managed program for severely mentally ill individuals who resist treatment.

Family members can refer.

1-844-422-2268

Contra Costa Elder Abuse Prevention Project

- Family Justice Center
- Contra Costa Senior Legal Services
- District Attorney
- Adult Protective Services
- Contra Costa Behavioral Health
- Empowered Aging
- Meals on Wheels Diablo Region
- Senior Peer Counseling



There is
no wrong
door!

Contact Information

Emily Milstein

Contra Costa Senior Legal Services
2702 Clayton Road, Suite 202
Concord, CA 94519

emily.milstein@ccsls.org

(925) 609-7900

www.ccsls.org

Thank you!





CONTRA COSTA COUNTY

1025 ESCOBAR STREET
MARTINEZ, CA 94553

Staff Report

File #: 25-5032

Agenda Date: 12/9/2025

Agenda #:

SECTION 7. AREA PLAN NARRATIVE GOALS & OBJECTIVES

Goal # 1

Goal:

The AAA will support the implementation of the Master Plan for Aging for Contra Costa County by advocating for the availability of resources necessary to successfully and effectively execute the goals, priorities, and strategies established in the Local Playbook.

Rationale:

The AAA has been designated to coordinate the implementation of Contra Costa's Master Plan for Aging Local Playbook. This requires the AAA to partner with the Advisory Council on Aging, the aging and disabilities provider network, and other community stakeholders to successfully and meaningfully implement the Local Playbook's strategies, initiatives, and activities.

List Objective Number(s) _____and Objective(s) [Refer to CCR Article 3, Section 7300 (c)] (Priority Service if applicable)	Projected Start and End Dates	Type of Activity and Funding Source ⁶	Update Status ⁷
1.1 The AAA and ACOA will support the MPA Local Playbook strategy of addressing social isolation and connection by identifying funding source(s) to implement this priority.	7/1/2024- 6/30/2026	Admin	Continued
1.2 The ACOA Housing Workgroup will support the MPA Local Playbook strategy of promoting awareness of issues facing affordable housing by developing and updating, at least annually, the infographic "No Place to Call Home," which highlights the county's senior housing issues.	7/1/2024- 6/30/2026	Admin	Continued

1.3 The ACOA Health Workgroup will support the implementation of the MPA Local Playbook to educate seniors about healthcare resources available in the community through distribution of collateral materials.	7/1/2024-6/30/2026	Admin	Continued
1.4 The ACOA Transportation Workgroup will support the implementation of the MPA Local Playbook strategy for establishing a county wide approach to accessible transportation.	7/1/2024-6/30/2026	Admin	Continued

Goal # 2

Goal:

The AAA will promote the development of age- and disability-friendly communities by advocating for an infrastructure that fully and meaningfully prioritizes the needs of older and disabled adults and those who care for them.

Rationale:

The continued growth of the older adult population, especially with the oldest of the baby boomers reaching an advanced age of 85 years starting in 2031, calls attention to the need to prioritize and promote age- and disability-friendly Contra Costa communities. A strong infrastructure that includes diverse and reliable funding sources for programs and services and the inclusion and prioritization of older adults, persons with disabilities, and family caregivers in planning, building, and delivering services promote the development of age- and disability-friendly communities. Promoting neighborhood safety, improving the walkability of streets, protecting seniors from falling victims to scams and crime, and keeping essential services, such as housing, transportation, food, medical/dental care, etc., were among the needs mentioned by focus group participants to make communities age- and disability-friendly. Furthermore, making communities as age and disability - friendly as possible while simultaneously leveraging the needs and accessibility of caregiver respite services speaks to servicing the needs at both ends of the spectrum; those of care receivers as they navigate communities that are adapted and those of caregivers as they seek respite.

List Objective Number(s) _____and Objective(s) [Refer to CCR Article 3, Section 7300 (c)] (Priority Service if applicable)	Projected Start and End Dates	Type of Activity and Funding Source ⁶	Update Status ⁷
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1.1 The ACOA will participate in the Food Security Collaborative to develop strategies to address the nutritional health of older adults and persons with disabilities in Contra Costa County.	7/1/2024-6/30/2026	Admin	Revised
1.2 The ACOA Transportation Workgroup will advocate for older and disabled adults' transportation infrastructure needs by providing at least four informational presentations a year to the community and service providers.	7/1/2024-6/30/2026	Admin	Continued
1.3 The ACOA Health Workgroup will work with the AAA to produce and distribute a resource brochure for "Aging in Place" to be distributed to senior populations prioritized in the Older Americans Act.	7/1/2024-6/30/2026	Admin	Continued

Goal # 3

Goal:

The AAA will improve access to information, assistance, and resources to promote equity and visibility of services among older adults, persons with disabilities, and family caregivers.

Rationale:

Knowledge, awareness, and ability to obtain the services and resources one needs are critical to supporting residents' ability to safely age in place and thrive in Contra Costa. Focus group participants established that for services to be accessible and effective, they must be affordable, available, coordinated, equitable, reliable, seamless, and visible. Furthermore, elevating the visibility of Caregiver Respite services is specifically crucial as caregivers are often dependent on this resource as a sole source for relief from caregiving. Hands-on support is also needed to navigate the service system and enroll in programs.

List Objective Number(s)	Projected Start	Type of	Update
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_____and Objective(s) [Refer to CCR Article 3, Section 7300 (c)] (Priority Service if applicable)	and End Dates	Activity and Funding Source⁶	Status⁷
2.1 The ACOA and Planning Committee will assist the AAA's Information & Assistance Program in sponsoring and coordinating at least four events to reach populations prioritized in the Older Americans Act to inform older and disabled individuals and caregivers of available programs and services.	7/1/2024-6/30/2026	Admin	Continued
2.2 The ACOA Planning Committee will work with the AAA's Information and Assistance Program in translating the County Senior Resource Directory into Simplified Chinese and helping in its distribution in the community.	7/1/2024-6/30/2025	Admin	Completed
2.3 The AAA and ACOA Planning Committee will increase access to information about services by creating QR codes for the Senior Resource Directory and the County Guides to expand promotion and reach of these resources in the community.	7/1/2024-6/30/2025	Admin	Completed
2.4 The ACOA Health Workgroup will schedule a minimum of four presentations at monthly meetings delivered by subject matter experts/professionals on topics specific to the MPA's "Health Reimagined" goal to increase awareness about community resources and supports for older adults.	7/1/2024-6/30/2026	Admin	Continued

2.5 The ACOA Housing Workgroup will schedule a minimum of eight presentations by non-profit, government, and private organizations to foster partnerships and learn about housing related programs and policies.	7/1/2024-6/30/2026	Admin	Continued
2.6 The ACOA Housing Workgroup will develop outreach materials, including a Power Point presentation, to inform the community about current housing challenges older adults face in Contra Costa County and resources available to help address their needs. The workgroup will conduct at least two educational presentations a year to seniors, service providers, and/or policy makers.	7/1/2024-6/30/2026	Admin	Continued
2.7 The ACOA Technology Workgroup will schedule a minimum of four presentations at monthly meetings on topics specific to technology in order to increase awareness of community resources.	7/1/2024-6/30/2028	Admin	Continued
2.8 The ACOA Technology Workgroup will produce at least two infographic documents describing important technology subjects including “Protecting Against Online Scams” and “Artificial Intelligence and Older Adults” and will leverage scheduled AAA outreach events to distribute the information.	7/1/2024-6/30/2026	Admin	Continued
2.9 The ACOA Legislative Workgroup will track and report at least twice annually to the ACOA and advocate on relevant legislative proposals as they pertain to older adults.	7/1/2024-6/30/2028	Admin	Continued

2.10 The AAA and ACOA Health Workgroup will facilitate at least four health related informational presentations including mental health at Contra Costa Senior/Community Centers.	7/1/2024-6/30/2028	Admin	Continued
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Goal # 4

Goal:

The AAA will review and update Programs and regulatory requirements to align with the changes in the Older Californians Act and the reauthorized Older Americans Act.

Rationale:

The AAA must prepare for and respond to changes resulting from the reauthorization of the Older Americans Act (OAA) and the modernization of the Older Californians Act (OCA). Program goals, objectives, and operational activities shall align and comply with the resultant changes in legislation and policy guidelines from the California Department of Aging.

List Objective Number(s) _____and Objective(s) [Refer to CCR Article 3, Section 7300 (c)] (Priority Service if applicable)	Projected Start and End Dates	Type of Activity and Funding Source ⁶	Update Status ⁷
4.1 The ACOA and the Planning Committee will assist the AAA, as requested, in their monitoring process of service providers.	7/1/2024-6/30/2028	Admin	Continued
4.2 The ACOA Planning Committee will assist the AAA in reviewing amendments to the OAA, OCA, and other state requirements and support the AAA in ensuring that program policies and procedures are reflective of the changes and implemented by contractors.	7/1/2024-6/30/2028	Admin	Continued

⁶ Indicate if the objective is Administration (Admin,) Program Development (PD) or Coordination (C). If a PD objective is not completed in the timeline required and is continuing in the following year, provide an update with additional tasks. For program specific goals and objectives please identify service category where applicable.

⁷ Use for the Area Plan Updates to indicate if the objective is New, Continued, Revised, Completed, or Delete