

JANUARY 2023

Master Plan **FOR AGING**

MPA ANNUAL REPORT





Message From **GOVERNOR GAVIN NEWSOM**

California is Leading the Way

Our state has made remarkable progress on all five bold goals of the Master Plan for Aging this past year, building off the incredible foundation we established in 2021, the plan's inaugural year. I'm proud to report to the Legislature — and most importantly to California's older adults, people with disabilities, and family caregivers — that we are disrupting the status quo with historic investments, groundbreaking new initiatives, and collaborative public-private partnerships. All of this is being carried out with a laser focus on 2030, when, for the first time, one in four Californians – 10.7 million people – will be age 60 or older, changing our families, our communities, and our economy.

In so many ways, the future starts here in California. With our state holding the distinction of having one of the longest lifespans in the nation, California is out in front of a major global demographic shift with a 10-year blueprint to guide our way. We've inspired other states to follow our lead, with more than a dozen states joining the Master Plan for Aging movement just this year.

California is both aspirational and pragmatic. We know the intractable issues of our time – confronting inequality, redressing historic wrongs, and eliminating stubborn disparities – require steadfast commitment to make the California Dream a reality for every one of us. While we pause today to reflect on our Master Plan for Aging success over the past year, I recognize our work is just beginning. Together, we have enormous equity, housing, transportation, health care, and caregiving challenges ahead, just as we have unprecedented opportunities to empower all generations to live well and thrive across an even longer lifespan. In that spirit, today our Administration Cabinet Work Group also commits to a second set of 95 initiatives, to power our progress over the next two years.

My sincere thanks to the individuals and organizations who worked tirelessly throughout 2022 to achieve results for Californians of all ages and abilities, most notably our partners in the California Legislature. With your continued support, this Administration will continue to focus and elevate our efforts in the coming year to boldly move our state forward to 2030.

Sincerely,

A stylized, handwritten signature in blue ink, representing Gavin Newsom.

Gavin Newsom
Governor of California



Message From
CALIFORNIA HEALTH & HUMAN SERVICES AGENCY
SECRETARY MARK GHALY

Partners in Progress

We are partners in progress, and there was no better example of our collective spirit than the [California for All Ages and Abilities Day of Action](#) held on September 20, 2022. From the outset, Californians shared a common refrain: the Master Plan for Aging (MPA) would not be a report that sits on a shelf. In September, when more than 1,000 older adults, people with disabilities, family caregivers, stakeholders, government officials, and philanthropic partners joined together in person and via livestream, it was clear to me that the MPA is far more than a report — it's a movement toward a better future for all Californians.

As we applaud the results we achieved together, I want to acknowledge the strength of the alliance between stakeholders, philanthropy, the Legislature, and this entire administration. The reason we can celebrate major wins – such as unprecedented investments in affordable housing with supportive services, health care access for all undocumented Californians aged 50 and above, and more than \$2 billion for the workforce — is due to our shared commitment to the populations uplifted in the MPA: older adults, people with disabilities, and family caregivers.

But we share more than our commitment. I continue to be impressed by the values we hold in common: building a coordinated, integrated system that is person-centered, equity-focused, and data-driven. The Data Dashboard for Aging positions us well for the future, as we continue to make great strides in tracking, measuring, and monitoring outcomes to drive fiscal and policy decisions, as well as system change.

I invite the public, consumers, and stakeholders to stay engaged with the MPA in the coming year. We need to hear from more diverse voices and people with lived experience for the MPA to stay off-the-shelf and at the forefront of public and private planning decisions.

Sincerely,

Mark Ghaly, MD, MPH
CalHHS Secretary



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California's Master Plan for Aging: **DELIVERING RESULTS AND BUILDING TOWARDS 2030**

California's population is rapidly aging. By 2030, one in four Californians will be over the age of 60, representing greater racial, ethnic, and cultural diversity than ever before. This demographic shift provides an opportunity to design, develop, and deliver a blueprint for California that is age- and disability-friendly for all. To meet the moment, California Governor Gavin Newsom called for a Master Plan for Aging (MPA) to serve as a 10-year blueprint that relies on innovative solutions to prepare for the state's aging population. The MPA presents a tool for the public, state and local governments, private partners, and philanthropic organizations to work together to ensure Californians of all ages and abilities can thrive in the Golden State.

In its first two years of implementation, the MPA has driven the comprehensive solutions needed to address the state's most persistent challenges. Since launching the MPA in January 2021, the Newsom Administration and the Legislature have committed billions of dollars in unprecedented investments to advance equity in support of older adults, people with disabilities, and family caregivers. In partnership with stakeholders, MPA strategies have been adopted by Agencies and Departments across the Administration to strengthen existing programs while simultaneously launching new equity-focused and person-centered initiatives.

As a result of the MPA, California's older adults and people with disabilities have greater access to health care and more affordable health care, more housing opportunities, enhanced home- and community-based care options, streamlined information and supports, expanded access to technology, and more support for family caregivers.

California: A National Leader in Age- & Disability-Friendly Planning

California's Master Plan for Aging quickly became a national model for advancing age- and disability-friendly policies, partnerships, investments, and innovative service delivery. As one of only five states with a comprehensive multi-sectoral plan for aging, California is frequently asked for technical assistance and expert guidance. In addition to countless calls with state leaders across the country, California experts have presented at several national conferences focused on equity, aging, and public health, accelerating new state-led age-friendly action plans. Currently, at least fourteen states are developing their own version of a Master Plan for Aging. California looks forward to continued and new partnerships to inspire and build an age- and disability-friendly nation.

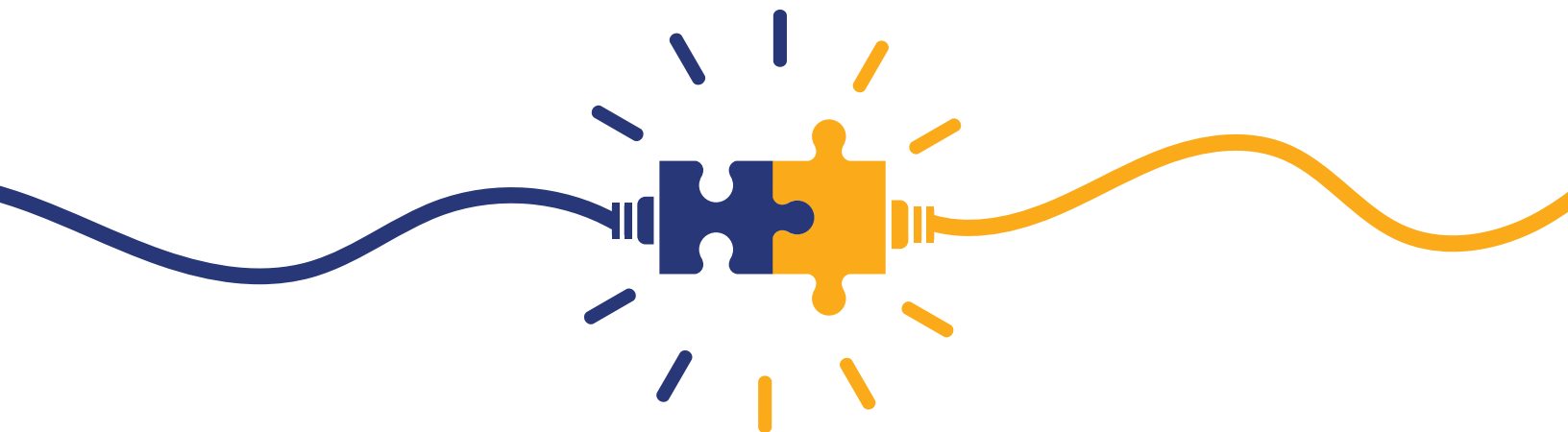
While the state has made significant progress, much work remains to address the problems facing California's growing and diverse older population. The COVID-19 pandemic led to a decline in average life expectancy (from 81 years in 2019 to 78 years in 2021), and an increasing mortality gap between the highest and lowest income census tracts (11.5 years in 2019 to 15.5 years in 2021). COVID-19 continues to magnify historical inequities, systemic racism, and health disparities that impact communities of color, while revealing widespread ageist and ableist societal views of older adults and people with disabilities. The Newsom Administration has redoubled its commitment to equity and strives to eliminate disparities by increasing access and affordability for all Californians.

The MPA provides a shared framework from which to advance system change and positively impact the lives of older adults, people with disabilities, and family caregivers for generations to come. It is driven by the belief that all Californians deserve to age with dignity, respect, and choice. In only two years' time, Californians can feel proud of the MPA's initial success, already delivering real results for real people wherever they may live. Through its Five Bold Goals and 23 strategies, the MPA has been a catalyst for historic investments and broadened cross-sector partnerships to deliver results and build a California for All Ages and Abilities by 2030.

This report provides 2022 progress updates on the MPA in four areas:

- 1) Building Strength Through Partnerships Across Sectors
- 2) Delivering Results Through Investments and Action Across the Five Bold Goals
- 3) Growing Local Aging & Disability Leadership
- 4) Ensuring Accountability and Transparency

Tracking Implementation: For updates on each of the 2021-2022 MPA's 132 initiatives, please see the publicly available [Master Plan for Aging Implementation Tracker](#). The tracker is searchable by goal, strategy, initiative, and topics for year-round access to progress updates on each of the MPA's initiatives.



Building Strength Through Partnerships Across Sectors

The MPA is a blueprint for delivering results. Results are achieved through partnerships across sectors to ensure all systems are equity-focused and person-centered. The Governor's Cabinet, together with the Legislature, local leaders, private sector, philanthropy, federal government, and stakeholders, is collaborating to implement the MPA at the state and local levels. These first two years have been foundational to achieving the Five Bold Goals for building a California for All Ages & Abilities by 2030.

Master Plan for Aging Cabinet Workgroup

A California for All Ages and Abilities cannot be achieved in silos. Agencies across Governor Newsom's Administration are prioritizing older adults, people with disabilities, and family caregivers in program and fiscal planning. The Master Plan for Aging Cabinet Workgroup, comprised of leadership from the Governor's Office and each Agency Secretary, advanced dozens of initiatives for implementation in the first two years of the MPA, often through collaborative efforts. The Workgroup has again collectively developed 95 initiatives for implementation in 2023-2024 in pursuit of a shared vision of a California for all. The list of 2023 – 2024 initiatives may be accessed on the [MPA's website](#).

The California State Legislature

The California State Legislature is a critical partner in advancing the MPA, including promoting equity and combating ageism and ableism through policy and funding priorities. Dozens of legislative measures signed into law by the Governor take key actions to address aging and disability, while improving the lives and well-being of older adults, people with disabilities, and family caregivers. A full summary of these legislative actions can be found on the [Master Plan for Aging's website](#).

Stakeholder Advisory Committees

To design programs, services, and systems for all ages and abilities, stakeholder leadership is essential. Several hundred dedicated public members generously volunteered their time and subject matter expertise as stakeholder committee members to ensure the MPA delivers on the promise of a person-centered, data-driven, equitable system for Californians of all ages and abilities. The six stakeholder advisory committees include [the Alzheimer's Disease & Related Disorders Advisory Committee](#), [the California Aging & Disability Research Partnership](#), [the Disability & Aging Community Living Advisory Committee](#), [the Elder & Disability Justice Coordinating Council](#), [the Equity in Aging Advisory Committee](#), and [the IMPACT Stakeholder Committee](#).



Building Momentum and Delivering Results Together

The California Department of Aging, in partnership with the IMPACT Stakeholder Committee and with generous financial support from the MPA philanthropic partners, hosted the first [California for ALL Ages & Abilities Day of Action](#), featuring keynote speaker Ashton Applewhite, on September 20. Nearly 1,000 people joined this hybrid virtual/in-person event, which brought together stakeholders, policy leaders, state and local partners, philanthropists, consumers, advocates, and caregivers to discuss the intersection of ageism, ableism, and racism and how Californians can work together to build a state where people of all ages and abilities thrive. Participants underscored the critical importance of preventing and ending homelessness; tailoring mental and behavioral health strategies to older adults, people with disabilities, and family caregivers; and tackling the growing affordability crisis for middle income Californians.

Governor Gavin Newsom and First Partner Jennifer Siebel Newsom kicked off the day with opening remarks on the significance of the MPA, emphasizing the importance of the care economy. To view these remarks, as well as CalHHS Agency Secretary Mark Ghaly's panel discussion with legislative leaders, a caregiving panel discussion with [Inclusion Films'](#) Founder and Director Joey Travolta, remarks by Administration on Community Living Acting Director Alison Barkoff, MPA Stakeholder Committee presentations, and closing words by Former First Lady and Chair of Governor Newsom's Alzheimer's Prevention and Preparedness Task Force Maria Shriver, visit the [California Department of Aging's YouTube channel](#).



Delivering Results Through Investments and Action Across the Five Bold Goals

1



Goal One: Housing for All Ages & Stages

"We will live where we choose as we age in communities that are age-, disability-, and dementia-friendly and climate- and disaster-ready."

Older adults and people with disabilities, like people of all ages, need housing options that accommodate changing needs across the lifespan. Housing that allows for different household sizes, with accessible transportation options, welcoming parks and public spaces, and strong climate and disaster readiness are foundational to well-being and continued engagement in civic, economic, and social life. California's communities are expanding housing options and alternatives to meet the needs of all stages of life for all people, regardless of age, race, income, or ability as part of historic investments in affordable

housing production, mortgage and rent relief, and accessible transportation.

This year the Newsom Administration, in partnership with the Legislature, invested more than \$20 billion in affordable housing, which directly impacts a wide range of populations including California's older adults, people with disabilities, and multi-generational families. A few highlights of work implemented this past year to advance Housing for All Ages and Stages are below. For progress updates on all Goal One initiatives, please visit the [MPA Implementation Tracker](#).



Building Capacity for Housing and Services and Preventing Homelessness

Community Care Expansion: As of October 2022, CDSS awarded a total of \$100.27 million to 17 organizations to fund 19 projects to create more residential care options for older adults and people with disabilities, including people at risk of or experiencing homelessness. More than 660 beds or units will be created with these funds. Additionally, 35 counties accepted more than \$186 million in non-competitive allocations to help preserve licensed adult and senior facilities in their communities.

Affordable & Supportive Housing: This year, the Governor signed [Assembly Bill 2483](#) (Maienschein), which helps create affordable and supportive housing units for older adults who are experiencing homelessness by increasing the opportunity for housing projects, such as the national Program of All-Inclusive Care for the Elderly (PACE) model, to receive grant funding from the state.

Housing for California Veterans

Veterans Housing and Homeless Prevention: The 2022-23 state budget invested \$100 million dollars to augment the [Veterans Housing and Homeless Prevention Program](#) to build affordable housing, including supportive housing, for veterans who are homeless or who have extremely low income, to support them in achieving housing stability and improved self-sufficiency.

Supporting Health at Home

The 2022-23 budget provided \$12.5 million to launch the Healthier at Home competitive grant pilot program for qualified nonprofit organizations to hire registered nurses and community health workers to provide health education, navigation, coaching, and care to residents of affordable senior housing developments in eight California counties.



Goal One Local Highlight



Safety & Community for LGBTQ+ Older Adults in Sacramento

A fear of living “out” is one of the biggest barriers to safe housing for older lesbian, gay, bisexual, queer, and transgender people. Nearly half of older same-sex couples have experienced some form of housing discrimination. Additionally, older LGBTQ+ people are twice as likely to be single and live alone and four times less likely to have children who can help with long-term care needs. Moving into communal living that’s not LGBTQ+ friendly may result in LGBTQ+ older adults going “back into the closet.”

In Sacramento, the Lavender Courtyard by Mutual Housing, a 53-unit community, focuses on serving low-income LGBTQ+ residents ages 62 and over. Lavender Courtyard was designed to offer an affirming community for a diversity of people including Sacramento’s LGBTQ+ older adults in the heart of the city, where walkability, public transit, and opportunities to socialize abound. Twenty-four of the units are reserved for older adults transitioning out of homelessness. The project demonstrates the power of partnership: the primary source of funding for the community is federal housing tax credits, while leveraging dollars from the State of California, Sacramento County, and the city of Sacramento, in addition to private funding.

Goal Two: Health Reimagined



"We will have access to the services we need to live at home in our communities and to optimize our health and quality of life."

Nearly all older adults and people with disabilities prefer to age at home or in the community, even as their care needs change. Yet many individuals cannot access the care and support needed, whether due to financial constraints, lack of access to services, or difficulty finding the services they need. The MPA envisions a system that is affordable, easy to navigate, and enables access to the necessary services at the right time and in the setting of choice. In its first two years of MPA implementation, the Legislature and Administration have made significant investments in addressing these system challenges and developing a blueprint for 2030 when one in four Californians will be over the age of 60.

The following highlights a few of the advancements in health care access and home and community-based care. For progress updates on all Goal Two initiatives, please visit the [MPA Implementation Tracker](#).

Investing in Home and Community-Based Services (HCBS)

California's CalAIM initiative includes 14 groundbreaking Medi-Cal Community Supports, as well as Enhanced Care Management services, to help older adults and people with disabilities address social determinants of health and access coordinated services and supports in alignment with their health care services.

In-Home Supportive Services (IHSS) Home

Care Restorations: The 2021-22 state budget invested nearly \$500 million to restore prior cuts to the IHSS program.

Adult Day Services COVID-19 Recovery

Grants: The 2022-23 state budget included more than \$60 million to support Adult Day

Health Care and Adult Day Centers in building infrastructure to increase staffing and enhance infection control in response to COVID-19.

Assisted Living Waiver: To help more people remain at home and avoid institutionalization, the 2021-22 budget included an increase in the number of Medi-Cal Assisted Living Waiver slots by 7,000.

HCBS Gap Analysis and Roadmap: Many older adults, people with disabilities, and family caregivers cannot access the services they need in the home and community, often due to lack of availability or long waitlists. To plan for statewide access to Home and Community-Based Services (HCBS), the Department of Health Care Services is launching a Medi-Cal HCBS Gap Analysis and Multiyear Roadmap with \$5 million awarded from a federal Money Follows the Person grant, focusing on Medi-Cal HCBS. Additionally, the 2022-23 budget provided \$4 million to the California Department of Aging to launch a corresponding HCBS Gap Analysis and Multiyear Roadmap that will focus on non-Medi-Cal HCBS. These companion efforts will assess the statewide HCBS infrastructure with accompanying roadmaps designed to increase access to the services and supports people need to age at home and in their communities.

Long-Term Services and Supports (LTSS)

Dashboard: The Department of Health Care Services launched the California LTSS Dashboard, published in December 2022. The Dashboard includes comprehensive data about the more than 800,000 older adults and people with disabilities accessing LTSS through IHSS and other Medi-Cal programs.



Community Living Fund: The Department of Rehabilitation has launched the \$10 million statewide Community Living Fund program, a 2022-2023 state budget investment, to advance community living for people with disabilities and older adults. The Community Living Fund is a “bridge” program that expedites the provision of goods or services not available through other means to individuals either transitioning to the community from an institution or at risk of institutionalization. The program will be implemented through a statewide network of disability and aging service providers that will provide person-centered services, assess individuals for needs and eligibility of services, and coordinate services with other systems designed to support people with disabilities and older adults to live in the community.

Expanding Health Care Affordability and Access

Since 2021, California has embarked on a major expansion of the Medi-Cal program serving low-income older adults and people with disabilities, as follows:

Coverage for People 50+ Who are Undocumented: The Medi-Cal program now covers individuals over age 50 regardless of immigration status. The 2021-2022 state budget invested \$1 billion (ongoing) to expand access to full-scope Medi-Cal benefits for adults aged 50 and over, which has already provided 235,000 additional Californians with access to health care.

Elimination of the Medi-Cal Asset Test by 2024: The 2021-22 state budget fully eliminates the Medi-Cal asset test by January 1, 2024. This policy will help more older adults avoid impoverishment to qualify for Medi-Cal, accessing services and supports needed as they age.

Elimination of the Working Disabled Premium: The 2022-23 state budget eliminated the premium for the Medi-Cal Working Disabled Program, enabling access to premium-free Medi-Cal for approximately 14,000 people with disabilities.

Addressing Medi-Cal Share of Cost in 2025: Subject to funding availability, the 2022-23 state budget seeks to reform the Medi-Cal Share of Cost program in 2025, providing affordable access to Medi-Cal for lower-income older adults.

Addressing Long-Term Services and Supports Financing and Service Delivery

Californians are concerned about the costs of growing older. Many older adults and people with disabilities struggle to finance their Long-Term Services and Supports (LTSS) needs, which creates a significant economic burden for California families. The 2022-23 state budget invested \$5 million to support data and research of LTSS financing and services options for older adults and people with disabilities, building off the work of the [Long-Term Care Insurance Task Force](#) and related efforts.

Innovating & Integrating Medicare for Improved Quality and Access

Office of Medicare Innovation and Integration: California is focused squarely on Medicare access, quality, equity, and coordination through the [Office of Medicare Innovation and Integration \(OMII\)](#). OMII is publishing data and analysis and will identify and implement program improvements for California's 6.5 million Medicare beneficiaries, nearly one quarter of whom are dually eligible for Medi-Cal.



Goal Two Local Highlights



San Diego Leading in Geriatric Care

[Through a 2018 pilot program](#), the Gary and Mary West Emergency Department at UC San Diego Health received accreditation as a specialized Geriatric Emergency Department (GED). Just four years later, San Diego became the first county in the nation to earn a regionwide geriatric emergency department accreditation with all 18 local health systems committing to the endeavor.

“The goal was to ensure that no matter which part of San Diego an older adult was living in, they would have access to high-quality senior-friendly care before, during, and after a medical crisis,” said Shelley Lyford, CEO and Chair, West Health, and a commissioner on the California Commission on Aging. “The COVID-19 pandemic, which disproportionately affected seniors, only made all our work that much more important and the accomplishment that much more urgent and consequential.” To learn more, visit [West Health](#).

Additionally, in October of 2022, San Diego County named its first Chief Geriatric Officer, Dr. Lindsey Yourman, who will focus on the health and well-being of the county’s older residents. This new position is part of San Diego’s [Aging Roadmap](#), a regional vision and framework for supporting healthy aging for people of all ages.



Award Winning Behavioral Health Care in San Bernardino

The San Bernardino County Department of Aging and Adult Services' [Age Wise Program](#) is a three-time national award-winning behavioral health program targeting the underserved older adult population. The program provides non-traditional behavioral health and wellness services, education, and linkage to community resources including transportation and housing assistance, as well as working to address the ongoing stigma associated with older adults participating in mental health services. Over the last three years, more than 99 percent of Age Wise consumers remained in safe housing, 99 percent have been linked to Primary Care Providers to address medical needs and preventive care, and more than 98 percent have avoided costly behavioral health-related hospitalizations.

The model program was the centerpiece of a \$20 million older adult proposal approved by the Mental Health Services Oversight and Accountability Commission in November 2022.

2



Investing in Alzheimer's & Dementia Awareness and Care

California Healthy Brain Initiative (HBI): [California's HBI](#) continues to advance cognitive health as an integral component of public health in six California counties through 1) monitoring and evaluation, 2) education and mobilization, 3) policies and partnerships, and 4) assuring a competent workforce. [Six Local Health Jurisdictions](#) have launched dozens of innovative initiatives to expand culturally responsive community-based programs, and \$10 million in new state budget investments will allow the HBI to expand to additional counties in 2023.

Dementia Care Aware: This year, the Department of Health Care Services (DHCS) launched the nation's first [Dementia Care Aware \(DCA\)](#) program. Through this \$23 million investment, DHCS, in partnership with UC San Francisco, is leading a statewide program for primary care providers, including trainings, tools, and resources needed to administer cognitive health assessments in a culturally responsive manner and determine the appropriate next steps for patients. Over the next two years, DCA will introduce additional training opportunities through webinars, podcasts, and region-specific events.

Improving Nursing Home Quality for Residents

More than 100,000 of California's most vulnerable older adults and people with disabilities live in skilled nursing facilities, where the sustained effects of the COVID-19 pandemic are most pronounced. This year, California called for [major financing reform](#) to drive quality care, advance equity, and improve outcomes. For residents and families, this includes [expanded online information](#), outreach on Long-Term Care Ombudsman services, a review of visitor access policies during emergencies, and new robotic pets, among other improvements.



Goal Three: Inclusion & Equity, Not Isolation

“We will have lifelong opportunities for work, volunteering, engagement, and leadership and will be protected from isolation, discrimination, abuse, neglect, and exploitation.”

Safety, social connection, and living with purpose are essential ingredients to healthy aging. However, nearly one in four adults aged 65 and over are considered socially isolated, and nearly one out of three adults over age 45 feel lonely. The COVID-19 pandemic worsened this extreme isolation. To address the need for social connection, California is investing in broadband access and digital literacy, technology tools and devices, intergenerational and community engagement opportunities, and a robust public information and navigation system designed to help individuals access the services they need to age with dignity and choice.

Advancing Equity in Aging

A few examples of how the Master Plan for Aging is advancing Inclusion and Equity are below. To access the progress updates on all Goal Three initiatives, please visit the [MPA Implementation Tracker](#).

Affirming California's commitment to a California for ALL, Governor Newsom issued an [Executive Order on Equity](#) in September 2022.

Among other items, the Executive Order calls for the creation of a State Chief Equity Officer, expanded health care access, and continued advancement of age-friendly communities. Further, the Executive Order acknowledges the importance of embedding equity in all state policies, programs, and procedures and calls on state agencies to develop strategic plans that reflect an aggressive agenda for advancing equity.

Building Meaningful Connections

Volunteerism & Intergenerational Engagement:

Social engagement and a sense of purpose are integral to health and well-being, with older volunteers reporting better health and longevity. To expand opportunities for volunteer engagement, California invested \$10 million to expand the Foster Grandparents and Senior Companion Volunteer Programs and invested additional resources in intergenerational meal programs.



Bridging the Digital Divide

Recognizing broadband access as an equity issue, Governor Newsom announced a \$6.5 billion investment in 2021 to expand broadband infrastructure and enhance internet access for unserved and underserved communities as part of the California Comeback Plan.

With approximately one in three individuals aged 65 and over lacking broadband access in their homes, this expansion will lead to meaningful improvements in the lives of thousands of older adults. Construction on the first leg of the 10,000-mile broadband network began in October 2022. The California Department of Aging has implemented the below initiatives to bridge the digital divide.

Access to Technology: The \$50 million [Access to Technology \(ATT\) initiative](#) is a partnership with counties that provides digital devices, broadband service plans, digital literacy training, and digital infrastructure to facilitate broadband and technology access.

HCBS Digital Connections: The \$17 million [HCBS Digital Connections Program](#) builds off the Connections, Health, Aging, and Technology (CHAT) program that distributed 4,000 iPads, including digital literacy training, to isolated older adults in 2021. The Digital Connections Program expands CHAT's reach to include participants in the Multipurpose Senior Services Program (MSSP) and Community-Based Adult Services (CBAS) program, as well as PACE program recipients.

Putting People at the Center of Service Delivery

Many older adults, people with disabilities, and family caregivers don't know how to access services when they need them, particularly when discharged from a hospital to home or after a serious diagnosis. The following initiatives advance the MPA's goals to ensure streamlined access to information and supports.

Aging and Disability Resource Connections (ADRCs): California continues to invest in and expand [ADRCs](#), which assist individuals of any age, ability, and income level in navigating and accessing the full range of available LTSS options and provide objective and unbiased information, advice, counseling, and assistance. Since 2020, designated ADRCs have expanded from six to 15 communities, with an additional "emerging" nine ADRCs.



Goal Three Local Highlight



Fostering Connection in Tulare County

Through a grant from the Suicide Prevention Task Force, Tulare County received funding to purchase nearly 100 iPads for local older adults who have been isolated from loved ones and disconnected from the community during the COVID-19 pandemic.

In addition to receiving the iPads, the participants received a prepaid data plan and training on how to use the devices. The iPads have enabled recipients to engage virtually with family and friends, which has resulted in many long-overdue and deeply personal connections.



Consumer Contact Center and Web Portal: The California Department of Aging is in the early stages of advancing efforts to launch a centralized, statewide contact center that will serve as a resource for anyone calling any time, from any location, who needs personalized assistance and support, with a “warm hand-off” to local partners. This will also include a consumer-facing web portal to provide consistent, streamlined, and standardized information on the array of services available to older adults, people with disabilities, and caregivers at the state and local levels.

The site will be available and accessible to individuals, families, providers, community-based organizations, and more. This effort builds on the strength of California's network of ADRCs and Area Agencies on Aging (AAAs) by providing streamlined access to information and supports, ensuring that all Californians have equal access to a trusted resource that offers navigation, assistance, and support in multiple languages 24-hours a day, seven days a week.

California Attracts National Funding: In the summer of 2022, California was one of a handful of states to receive two grants from the federal Administration on Community Living that will advance ADRC and No Wrong Door (NWD) system change. The first grant establishes a California No Wrong Door State Leadership Council, focused on establishing a state-level NWD governance structure and governing body that will be responsible for coordinating the on-going development, implementation, financing, evaluation, and continued improvement of the state's NWD system.

The second grant, California's Alzheimer's Disease Program Initiative – CAIz Connect – embraces Community Health Workers as foundational to a dementia-capable NWD system for individuals with Alzheimer's disease and their caregivers while ensuring access to comprehensive, culturally-competent, and sustainable services.

Eli Gelardin, Co-Chair of California's ADRC Advisory Committee, notes, “California is leading the way in bringing together Independent Living Centers and Area Agencies on Aging to focus on aligning aging and disability services and advancing the No Wrong Door system. This effort is critical to ensuring older adults and people with disabilities have coordinated, streamlined, and sustainable access to the programs and supports needed to age with dignity and choice.”



Protecting Older Adults & People with Disabilities from Abuse, Neglect, and Exploitation

One of the greatest threats to full inclusion and equity for all ages is elder abuse, which is estimated to impact 10 percent of older adults and people with disabilities living at home, and still more in institutions. Elder abuse takes many forms, including physical, sexual, abandonment, isolation, financial, neglect, self-neglect, and mental suffering. Women are as much as 35 percent more likely than men to suffer from some form of abuse, with individuals with cognitive impairments also at increased risk. With the formation of California's first [Elder & Disability Justice Coordinating Council](#) this year, statewide advocates and experts are working together to protect the safety and security of vulnerable adults.

Expanded Eligibility for Adult Protective Services: The [Adult Protective Services](#) program (APS) serves adults who are victims of abuse, neglect, or exploitation, or who present a risk to themselves. In response to the growing need for services, California expanded eligibility for APS to a wider number of people by lowering the eligibility age from 65 to 60, while also establishing a dedicated state position to coordinate with public guardians.

Office of the Long-Term Care Patient Representative: In 2022, the California Department of Aging established the new Office of the Long-Term Care Patient Representative, an innovative program that will provide trained representatives for specified long-term care residents who may need medical treatment but lack the capacity to make their own health care decisions and have no legal surrogate authorized to make decisions on their behalf. The program formally launches in January 2023.

Office of the State Long-Term Care Ombudsman (OSLTCO):

In January 2022, Blanca Castro, Governor Newsom's appointee to serve as the State Long-Term Care Ombudsman, assumed responsibility for independent oversight of more than 7,000 licensed long-term care facilities throughout the state.

In 2022, the Long-Term Care Ombudsman Program was allocated \$1.5 million in general funds to update and refresh its outreach, education, and website to ensure consumer-friendly and resident-centered communications. The OSLTCO received an additional \$1.8 million grant from the Administration for Community Living to develop and deploy a statewide outreach and recruitment campaign for volunteer Long-Term Care Ombudsman representatives to increase resident access to Ombudsman services.

California saw a trend toward closures of Skilled Nursing Facilities in 2022, resulting in the loss of several hundred licensed beds. To reduce transfer trauma and support resident well-being, the State Long-Term Care Ombudsman developed a Facility Closure Guide sharing best practices to ensure a resident-centered approach during these challenging situations.

4



Goal Four: Caregiving That Works

"We will be prepared for and supported through the rewards and challenges of caring for aging loved ones."

Most Californians will seek care from family, friends, or paid caregivers at some point in their lives. Likewise, most Californians will also have the privilege and responsibility of caring for a loved one who needs support. Prioritizing caregiving for older adults and people with disabilities is essential for family life, the economy, and for realizing a California for all ages and abilities. "We are rewriting the narrative on what it means to be part of the care economy and reminding everyone how important caregiving and care work are." – California First Partner Jennifer Siebel Newsom

Supporting Unpaid Family and Friend Caregivers

More than six million unpaid California family caregivers help their parents, spouses, partners, siblings, and friends who need

assistance with everyday tasks to live well in their homes and communities. Of these, almost 1.7 million friend and family caregivers are supporting someone with Alzheimer's disease or dementia, usually with little training or additional resources. Women provide a disproportionately large share of this care, often while simultaneously working and caring for children.

Paid Sick, Family, and Disability Leave: In 2022, Governor Newsom signed landmark legislation that supports family and friend caregivers: [SB 951](#) (Durazo) increases family and disability leave to support lower-wage workers; and [AB 1041](#) (Wicks) enables workers to take paid sick leave or family leave in order to care for any person designated by the employee, including non-family members.

Local Highlight: Culturally Responsive Caregiving Support in Los Angeles

Helping the Helper™ (Ayudando a Quien Ayuda™ in Spanish), a partnership between AARP California, 211 Los Angeles, and the University of Southern California Family Caregiver Support Center (USC FCSC), empowers Latino family caregivers in Los Angeles County to self-identify with caregiving and seek resources to support them in their role. The program provides free, culturally responsive assistance, guidance, and resources to help Latino caregivers cope with the challenges of caregiving.



Building a Strong Direct Care Workforce

California's direct care workforce provides the vital hands-on care and support needed to ensure older adults and people with disabilities can live in the setting of their choice, according to their needs and preferences. This care can be provided in many settings – in private homes, through community-based services like adult day centers, or in congregate care communities, such as assisted living or nursing homes. In the coming years, [California will face a labor shortage of up to 3.2 million paid direct care workers](#).

Women, particularly Black, Indigenous, Latino, and Asian-American women, are providing a disproportionately large share of this care. Many direct care workers are immigrants and are twice as likely as other Californians to live in low-income households. Direct care worker retention is low, and training to help workers better serve clients and advance their skills is limited. Further, direct care workers earn less than half of California's median annual income and one in four falls below the federal poverty line. Low wages, stress, and an elevated risk of job-related injury reduce prospects for financial stability for those employed in the caregiving workforce.

A key component of the MPA includes investing in the training, recruitment, and retention of California's direct care workforce, comprised of both paid direct care workers and unpaid family and friend caregivers. Over the past two years, the Administration and Legislature have invested an unprecedented \$2.5 billion to meet the growing needs of the direct care workforce, including the following initiatives:

[In-Home Supportive Services \(IHSS\) Career Pathways:](#) The California Department of Social Services' (CDSS) IHSS Career Pathways program provides training and incentives to IHSS providers in the areas of general health and safety, caring for recipients with dementia, caring for recipients with behavioral health needs, and caring for recipients with complex needs. The program's online and in-person classes for IHSS providers in five different pathways launched in October 2022. Providers can be paid for time they spend in training, and they may qualify for additional incentive payments. Classes will continue throughout 2023 with the goal of training tens of thousands of IHSS providers.

[CalGrows:](#) The California Department of Aging has launched a \$150 million statewide Direct Care Workforce Training and Stipends Program – CalGrows – including an Innovation Fund that seeks to train, incentivize, and support the direct care Home and Community-Based Services (HCBS) workforce (non-IHSS), including unpaid family and friend caregivers. CalGrows will improve direct care worker skills, job satisfaction, and employment retention, and present opportunities to progress on career, training, and educational ladders. This person-centered, equity-focused approach to care will improve health outcomes and prevent unnecessary institutionalization.



Goal Four Local Highlight



Dementia-Friendly Partnerships in Placer County

[Project Lifesaver](#), an initiative of Placer County's Healthy Brain Initiative, is a premier search and rescue program operated within four Placer County police department jurisdictions. Designed for at-risk individuals with dementia who wander, the program combines state-of-the-art locating technologies, innovative search and rescue methods, and community policing courses that educate first responders about cognitive disorders. The program has demonstrated a significant reduction in search times, ensuring the safe return of individuals with dementia.

Program Highlight: Meeting Direct Care Workforce Needs

"Congregate care facilities and home and community-based settings are facing severe workforce shortages. The Gateway-In Project® will begin to change that story by cultivating the next generation of Certified Nurse Assistants and Home Health Aides as well as supporting those already in the field." - Jeannee Parker Martin, President & CEO of LeadingAge California

LeadingAge California was awarded more than \$25 million by the California Department of Health Care Access and Information (HCAI) to implement [The Gateway-In Project](#), which will add 2,700 Certified Nursing Assistants and Home Health Aides to the workforce pipeline through specialized training and job placement, including accelerated Licensed Practical Nurse and Registered Nurse training programs.



Goal Five: Affording Aging

"We will have economic security for as long as we live."

Older adults on fixed, limited incomes struggle with rising costs, contributing to the alarming rise in the number of Californians aged 50 and older who are unhoused. The MPA has influenced key actions and investments that address housing and homelessness for older adults and people with disabilities living well below the Federal Poverty Limit; increase access to affordable, nutritious, and culturally appropriate foods; and lay the groundwork to repair the safety net.

Ending Older Adult Homelessness

Housing and Disability Advocacy Program

(HDAP): To help combat homelessness among older adults and people with disabilities, the California Department of Social Services (CDSS) administers the Housing and Disability Advocacy Program (HDAP). In the last two years, California has invested \$300 million in HDAP, which has expanded to 57 counties and two tribes. Every locally administered HDAP

program must include four components: outreach, case management, disability advocacy, and housing assistance and supports, including, but not limited to, interim housing, rental assistance, housing navigation, security deposits, utility payments, moving costs, legal services, and credit repair. In the last five years, HDAP has enrolled more than 5,300 people, 2,600 people were permanently housed, 6,000 disability applications were submitted, and 1,800 applications were approved.

Home Safe Program: In 2022 the Administration and Legislature invested \$185 million in the Home Safe Program, which supports the safety and housing stability of individuals involved in Adult Protective Services (APS) by providing housing-related assistance using evidence-based practices for homeless assistance and prevention.



Goal Five Local Highlight



Preventing Older Adult Homelessness in San Diego

One in four homeless people in San Diego is over the age of 55, and 43 percent of those older adults are homeless for the first time in their lives. The crisis disproportionately affects Black San Diegans, who comprise four percent of the county's population but approximately 25 percent of its homeless population. In September 2022, the San Diego County Board of Supervisors established a rental subsidy pilot program for qualified adults aged 55+ whose household income does not exceed 50 percent of the area median income and who pay more than 50 percent of household income toward housing. The Pilot Shallow Rental Subsidy Program will provide a monthly rental subsidy of \$500 paid directly to the landlord of a severely rent low-income older San Diegan at immediate risk of homelessness. Each subsidy will be paid for up to 18 months with those who live in a [Health Equity](#) area of the county being prioritized.

"Senior homelessness is largely a function of catastrophic events. Economic forces such as insufficient retirement income, unaffordable housing options, disability, or an unexpected crisis such as job loss or serious illness are the primary drivers. Half of San Diego's homeless seniors became homeless within the past year." Paul Downey, President and CEO, Serving Seniors



Improving Economic Security & Affordability

California continues to explore new ways to address the affordability gap for a growing number of older adults and people with disabilities who need financial assistance to cover the cost of care, housing, and a secure retirement.

Cash Assistance: The [SSI/SSP](#) program provides income support to eligible individuals who are aged 65 or older, blind, or disabled. The 2022-23 budget increases grants for individuals and couples by 23.95 percent in 2022 and 10.3 percent in 2023.

CalSavers Employer Expansions: California recently expanded the [CalSavers](#) mandate to include employers with more than one employee. Starting on January 1, 2023, employers with one to four employees can register with CalSavers. This program gives employers an easy way to help their employees save for retirement with no employer fees, no fiduciary liability, and minimal employer responsibilities.

Eliminating Food Insecurity

CalFresh Expansion: The California Food Assistance Program (CFAP)/[CalFresh](#) was expanded to Californians aged 55 and older, regardless of immigration status. California is the first state in the nation to provide food assistance benefits to undocumented adults.

Nutrition Support: Investments in home-delivered and congregate meals have increased by \$52.5 million (ongoing) to support the nutrition needs of older adults.

Nutrition Infrastructure: The state invested \$40 million to fund capacity and infrastructure improvement grants for senior nutrition programs.



Goal Five Local Highlight



Nutrition Innovations in Yuba, Sutter & Ventura Counties

[Dine Around Town](#) is a restaurant voucher program of the Area Agency on Aging serving Yuba and Sutter Counties. The program provides participants aged 60 and over with meal vouchers at five local restaurants for a healthy breakfast, lunch, or dinner.

The Dine Around Town program has helped its small-scale partner restaurants stay in business by adding almost twice the amount of program participants and encouraging meals to go, for delivery, or dine-in. Diana, a program participant in Sutter County, said, "If I hadn't been on this program, I don't know what I would've done. The good part is, it gets you out and moving. I would cry if we didn't have the program, I would be so lost."

Ventura County leveraged local, state, and federal funding sources to deliver 932,049 meals to older adults and people with disabilities, including two meals a day to individuals transitioning from homelessness as part of California's Project Roomkey, and supporting farm workers and their families with daily meals as part of the Home for the Harvest program. Drawing on the rich agricultural bounty of the area, the Area Agency on Aging runs a staff/volunteer-led organic farm that produced 12,500 pounds (88,000 servings) of fresh produce enjoyed by local residents who participate in the county's senior nutrition programs.

GROWING LOCAL AGING & DISABILITY LEADERSHIP

Growing Local Aging & Disability Leadership

The MPA is a framework for leaders and advocates throughout the state to advance age- and disability-friendly planning. The MPA Local Playbook was developed to help guide these efforts at the local and regional levels, providing a practical, step-by-step approach for communities to engage local leaders, explore local data, consider innovative models, and select priority initiatives for local implementation.

A record number of communities across California are actively engaged in age- and disability-friendly planning. More than 70 cities have enrolled in AARP's Age-Friendly Network, with California leading the way by joining the network in July 2021, followed by Ventura County launching its own Master Plan for Aging in 2022.

Preparing the State for the Future

A future-ready aging network needs to prepare to serve a larger, older, diverse, and more complex population of older Californians. To accelerate preparations for this future, in December 2022 the California Department of Aging convened the first meeting of a focused initiative titled CA2030. Led by the CA2030 Steering Committee comprised of statewide and local leaders in aging and disability, the group is charged with identifying short and long-term opportunities for network enhancement in six areas of focus: funding sources and capacities, geography and demographics, governance, branding and communications, programs and services, and performance measures.

Aligning Local Resources to Respond to Community Need

In July 2022, Los Angeles County celebrated the establishment of the first-ever Aging and Disabilities Department after dissolving its Department of Workforce Development, Aging and Community Services. Creating a separate department led by a new Director, Dr. Laura Trejo, will enable greater focus and optimize services.

"After years of hard work, we now have a county department dedicated entirely to addressing the needs of older adults and individuals with disabilities," Supervisor Janice Hahn said in a statement. "No longer will we be relying on a fragmented approach to helping these residents — one where they had to navigate many different county departments to get the services they need. Instead, with this new department, we will be more agile and more responsive to the changing needs of our residents, and more proactive about shaping policy to make L.A. County a place that is more age-friendly and inclusive of all abilities."

Strengthening Leadership in Rural Communities

Regional leaders from seven predominately rural counties have aligned themselves around the development of local MPAs, with three focused efforts well underway across California: [Diversability Advocacy Network](#) (Shasta, Butte, and Glenn Counties); the [Central Valley LTSS Coalition](#) (Kings and Tulare Counties); and the [Inland Empire LTSS Coalition](#) (Riverside and San Bernardino Counties).

Advisory Committees in each region are actively gathering community input from diverse perspectives through targeted focus groups and interviews to better understand unmet needs and potential solutions related to healthcare, housing, transportation, food insecurity, caregiving, dementia, and mental health in rural communities.

MPA Local Planning Highlight: Contra Costa County's Master Plan for Aging

In 2020, Contra Costa County voters passed a safety net sales tax to fund the development of a Master Plan for Aging and the first two years of implementation. In total, Contra Costa is investing \$3.25 million over the next two years to build a county where all can live and age in their setting of choice with the support they need.

Led by the local Area Agency on Aging, the MPA team includes Contra Costa Health Plan, Housing/Homeless Services, Planning, Office of Equity, the County Administrator's Office, the local Ombudsman, and community-based organizations.

This effort centers on community input and collaboration, data, and research combined with understanding individuals' lived experiences to identify disparities. The result will be a final plan that advances equity and improves the lives of all county residents as they age, prioritizing those who have been historically underserved.

New Opportunities for Local Leadership

Over the next two years, the California Department of Aging will award \$4.5 million in grants to up to 36 local communities across the state to help launch their own aging- and disability-friendly action plans. For more information about the grant program, please visit [MPA's grant program webpage](#).

Ensuring Accountability & Oversight

The MPA is more than a plan – it is an agenda for action. It is dynamic, flexible, and focused on outcomes and accountability for an age- and disability-friendly state. Through renewed state leadership, deep stakeholder partnership, continuous public engagement, and the [Data Dashboard for Aging](#), California is committed to driving progress, identifying challenges, and delivering on the promise of building a California for All Ages and Abilities by 2030.

IMPACT Stakeholder Advisory Committee

From the outset, the Master Plan for Aging called for the establishment of the Implementing the MPA in California Together (IMPACT) Stakeholder Committee. Over the past two years, the committee has provided valuable input, thoughtful critiques, and substantive recommendations to Governor Newsom, CalHHS Agency Secretary Dr. Mark Ghaly, and the Legislature to guide MPA work and drive system change.

IMPACT Stakeholder Committee members include:

- Elizabeth Edgerly, Executive Director, Alzheimer's Association – Northern California and Northern Nevada Chapter
- Andy Imparato, Executive Director, Disability Rights California
- Nancy McPherson, State Director, AARP
- Sarita Mohanty, President & CEO, The SCAN Foundation
- Doug Moore, Executive Director, United Domestic Workers of America
- Sharon Nevins, Director, San Bernardino County Department of Aging & Adult Services
- Kevin Prindiville, Executive Director, Justice in Aging
- Kiran Savage-Sangwan, Executive Director, California Pan-Ethnic Health Network
- Fernando Torres-Gil, Professor of Social Work & Public Policy; Director, UCLA Center for Policy Research on Aging

Data and Research

This year, California took an additional accountability step to ensure the Master Plan for Aging is person-centered, data-driven, and equity-focused by forming the [California Aging and Disability Research Partnership \(CADRP\)](#) to strengthen the evidence base for the work ahead. Comprised of experts in aging, disability, research, and policy, CADRP informs the research efforts that measure and benchmark the goals of the MPA. Ultimately, this group will lead efforts to develop up to five population-based outcomes to track longitudinally.

The Data Dashboard for Aging

The [Data Dashboard for Aging](#) (DDA) measures progress across the MPA's Five Bold Goals and provides data for planning and action. The DDA features local and state data for policy and program planners. [This year's data updates](#) include new data about long-term services and supports and caregiving; new data about people with self-identified difficulties with activities of daily living; and more recent data on affordable housing, primary care shortage areas, life expectancy, suicide, and facility complaints. The data are publicly available and accessible to all.

Tracking MPA Implementation Progress

The California Department of Aging, in close collaboration and partnership with West Health Institute, has launched a publicly available [MPA Implementation Tracker](#). The tracker can be filtered by goal, strategy, initiative, and key words for year-round access to updates on each of the MPA's initiatives. Users will be able to easily access information and download reports on areas of interest.

LOOKING AHEAD: 2023-2024 PRIORITIES



Focusing on the Next Two Years: Accountability & Foundational Work

Message from CDA Director Susan DeMarois

It's remarkable that the Master Plan for Aging has been such an extraordinary force for good in California in its first two years, with billions of dollars in new investments strengthening our systems, dozens of new initiatives testing innovative models and creative approaches, and hundreds of diverse stakeholder committee members meeting regularly to inform and influence the MPA process. Today, we are charged with the immediate responsibility of successfully implementing these early actions while simultaneously positioning California for transformative, system change opportunities.

In the coming year, we're especially excited about the Home and Community-Based Services (HCBS) Gap Analysis and Roadmap as the cornerstone of California's future aging and disability network. We have an opportunity to better understand and ultimately reduce racial, ethnic, language, gender, sexual orientation, economic, and geographic disparities by building system capacity. We anticipate many positive outcomes from the launch of the CalGrows HCBS workforce initiative to address the workforce crisis, among many other CalHHS and Labor and Workforce Development Agency initiatives.

Acknowledging the high cost of Long Term Services and Supports (LTSS), we're eager to build off the work of the Long-Term Care Insurance Task Force and other efforts to further examine pathways to a solution for our LTSS financing crisis. And finally, it's an honor to serve on California's Interagency Council on Homelessness led by Business, Consumer Services and Housing Agency Secretary Lourdes Castro Ramirez and California Health and Human Services Agency Secretary Dr. Mark Ghaly, where we are now joined by a powerhouse advisory committee with new members who have already contributed important perspectives drawn from their lived experience and professional expertise.

This administration remains committed to listening to and learning from older adults, people with disabilities, family caregivers, and our broader community of public and private partners. Whether you are new to this work or deeply steeped in the MPA movement, we encourage you to engage with us by attending our public events, stakeholder committee meetings, or sharing your thoughts at engage@aging.ca.gov.

The Work Continues:

Delivering, Analyzing and Communicating 95 New MPA Initiatives

The Master Plan for Aging is a 10-year blueprint for California. While the original five bold goals and 23 strategies remain unchanged, the Administration is committed to updating the initiatives with each legislative session to reflect progress made, new priorities, and continued work toward system change. Based on extensive stakeholder input and, in consultation with Cabinet Agencies and departments, the Administration is proud to release the second iteration of MPA Initiatives, replacing the 132 initiatives from 2021-22 with the 95 initiatives for 2023-24.

ACKNOWLEDGEMENTS

The Master Plan for Aging is a plan for all Californians and is driven by leadership and partnership spanning government, private, non-profit, and philanthropic sectors. This year's success was made possible by countless consumers, advocates, providers, legislative colleagues and statewide elected officials, and Administration partners who are committed to advancing the MPA.

The administration is especially grateful to the many stakeholder committee members, past and present, who have tirelessly advocated on behalf of older adults, people with disabilities, and family caregivers.

From inception, every aspect of the MPA has been generously supported by seven active foundation partners who are true champions for California and the nation's older adults, people with disabilities and family caregivers: [Archstone Foundation](#), [The Rosalinde and Arthur Gilbert Foundation](#), [Metta Fund](#), [San Diego Foundation](#), [The SCAN Foundation](#), [May & Stanley Smith Charitable Trust](#), and the [Gary and Mary West Foundation](#).

And, finally, this plan is intended for the benefit of Californians of all ages and abilities and would not be possible without the ongoing support, participation, input, and inspiration from people throughout the state who share in a vision of a California for ALL.