



COUNTY OF SAN DIEGO

AGENDA ITEM

BOARD OF SUPERVISORS

NORA VARGAS
First District

JOEL ANDERSON
Second District

TERRA LAWSON-REMER
Third District

MONICA MONTGOMERY STEPPE
Fourth District

JIM DESMOND
Fifth District

DATE: September 24, 2024

14

TO: Board of Supervisors

SUBJECT

RECEIVE UPDATE ON THE AGING ROADMAP (DISTRICTS: ALL)

OVERVIEW

According to population estimates from San Diego Association of Governments, of the nearly 3.3 million people currently residing in San Diego County, approximately 710,000 are adults aged 60 years and older. By 2029, the number of adults aged 60 years and older who reside in the county is expected to increase to more than 824,000. Additionally, the fastest growing age group in the county, those 85 years and older, is projected to increase from an estimated 64,850 in 2022 to 75,740 in 2029. Therefore, it is crucial that we take the needs of our region's older adults into account as we plan for the future.

Launched at the direction of the San Diego County Board of Supervisors (Board) on September 24, 2019 (4), the Aging Roadmap is the County of San Diego's (County) plan to ensure that the region has programs and communities that equitably support the needs of older adults. The Aging Roadmap serves as the County framework for aging and identifies goals and action steps in ten priority areas of: Health & Community Support; Housing; Social Participation; Transportation; Dementia; Caregiver Support; Safety; Preparedness; Silver Economy; and Medical & Social Services System.

The Aging Roadmap annual report provides an update on each of the ten priority areas to include the current landscape, accomplishments, and next steps for each priority area. The annual report also describes the programs and initiatives for Fiscal Years 2024-28 through an updated Aging Roadmap Action Plan. Today's action requests the Board receive the fifth annual report of the Aging Roadmap.

This item supports the County's vision of a just, sustainable, and resilient future for all, specifically those communities and populations in San Diego County that have been historically left behind, as well as our ongoing commitment to the regional *Live Well San Diego* vision of healthy, safe, and thriving communities. This will be accomplished by supporting older adults and persons with disabilities through various programs and initiatives and ensuring a community that is livable for people of all ages. This item aligns with and advances the State of California's Master Plan for

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Aging, which prioritizes advancing local and statewide goals to include person-centered and equity-focused age- and disability-friendly policies, programs, and services.

RECOMMENDATION(S)

CHIEF ADMINISTRATIVE OFFICER

1. Receive update on the Aging Roadmap.

EQUITY IMPACT STATEMENT

Recognizing the increasing diversity of San Diego County's population, the Aging Roadmap represents the commitment to ensure that all residents can age well while accessing needed services, regardless of their race, ethnicity, national origin, religion, gender identity, and/or sexual orientation.

Principles of equity guide the County of San Diego's (County) ongoing community engagement efforts. The County Health and Human Services Agency, Aging & Independence Services (AIS) invited input from the community to share their needs and express input on issues relevant to the Aging Roadmap. Starting in September 2023, AIS conducted 17 community feedback sessions with older adults, caregivers, persons with disabilities, and service providers across a range of topic areas and localities throughout the county. The sessions were held at senior centers, community centers, and similar locations with support from partner and service organizations. Eight of these sessions were fully open to the public while the remaining nine involved groups that had been specifically invited by the host organization (e.g., attendees of a day program for persons living with dementia, people living with disabilities). Some sessions included multi-lingual support or were conducted in a language other than English. A few examples include, Spanish interpretation services for the Congregational Tower Chula Vista community feedback session, Arabic interpretation services for the Salvation Army El Cajon community feedback session, and Arabic and Chaldean interpretation services during the Silvercrest Senior Residence community feedback session in El Cajon. Equity considerations throughout the planning process ensured that sessions would capture the voices of diverse cohorts of older adults. Attendees included people from diverse racial and ethnic backgrounds, non-English speakers, people with disabilities, people with dementia, caregivers, refugees, people from the LGBTQI+ population, housing insecure older adults, and those living on a low-income.

By convening community coalitions, collaborating with community-based organizations, and conducting programming within diverse neighborhoods, the County ensures that the voice of the community informs the development of Aging Roadmap programs and initiatives. One example from Fiscal Year 2023-24 is the creation of a food resource guide for non-English-speaking residents who took a CalFresh Healthy Living course at the Villa Alta Apartments in City Heights. The program participants shared that they lacked awareness of community resources due to language barriers and they desired a resource guide to know where to access various food resources. As a result, a food resource guide was created, and it is now available in the eight languages spoken in that apartment complex.

SUSTAINABILITY IMPACT STATEMENT

Today's action supports the County of San Diego's (County) Sustainability Goal #1 to engage the community in meaningful ways; Sustainability Goal #2 to provide just and equitable access to

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County services, and Sustainability Goal #4 to promote the health and well-being of everyone in the region. Specifically, the Aging Roadmap represents the County's comprehensive system of care, including both person-centered and community-wide efforts. Engaging the community through ongoing convenings with community coalitions ensures that diverse input and contributions from impacted stakeholders inform Aging Roadmap priorities. Additionally, equity and service accessibility are prioritized across all ten priority areas within the Aging Roadmap. Specific efforts that contribute to this goal include ensuring resources are available in multiple languages; closing the digital divide through resources and services offered through the Technology for Social Inclusion and Well-Being program such as iPad distribution and one-on-one, in-home instructional classes; and administering programs that keep older adults healthy and housed. Utilizing the Aging Roadmap as the guide, the County and community organizations leverage impactful partnerships to improve and expand services that contribute to the safety and well-being of older adults.

FISCAL IMPACT

There is no fiscal impact associated with this recommendation. There will be no change in net General Fund costs and no additional staff years.

BUSINESS IMPACT STATEMENT

N/A

ADVISORY BOARD STATEMENT

The Aging & Independence Services Advisory Council reviewed the Aging Roadmap Annual Update and recommended approval at its regular meeting on September 9, 2024.

BACKGROUND

Nearly 3.3 million people currently reside in San Diego County and approximately 710,000 are adults aged 60 years and older, according to population estimates from San Diego Association of Governments. By 2029, the number of adults aged 60 years and older who reside in the county is expected to increase to more than 824,000. Additionally, the fastest growing age group in the county, those 85 years and older, is projected to increase from an estimated 64,850 in 2022 to 75,740 in 2029.

The Aging Roadmap, led by the County of San Diego (County) Health and Human Services Agency (HHSA) Aging & Independence Services (AIS), serves as a guide for the future of aging in the county. It includes programs and initiatives that represent the efforts of diverse County departments and community collaborations.

The Aging Roadmap is the County's regional vision and framework for supporting healthy aging for people of all ages. It is the product of ongoing community input and collaboration that began in 2016 when the County joined the AARP Network of Age-Friendly Communities. Building upon initial age-friendly efforts, the Aging Roadmap was approved by the San Diego County Board of Supervisors (Board) on September 24, 2019 (4) and serves as the local "Master Plan for Aging" for our region. Within the Aging Roadmap are programs and initiatives designed to create age-friendly and dementia-friendly communities so that we can all age well. The ten Aging Roadmap priority areas include: Health & Community Support; Housing; Social Participation; Transportation; Dementia; Caregiver Support; Safety; Preparedness; Silver Economy; and

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Medical & Social Services System.

Interdepartmental collaboration has been integral to the success of the Aging Roadmap. Several community committees that address Aging Roadmap priority areas include representatives from County departments across the enterprise. These include all the service departments within HHSA as well as the Office of Emergency Services, Parks and Recreation, Planning and Development Services, Public Works, San Diego County District Attorney, San Diego County Library, and the Sheriff's Department. These County partners contribute to the committees' goals and provide input toward the Aging Roadmap's ongoing strategic planning.

The Aging Roadmap was developed to be adaptable and regularly incorporate community input. The 2024 Annual Report (Attachment A) provides an update on Aging Roadmap progress and achievements. For each of the ten priority areas, the report describes the current landscape, accomplishments, and next steps towards reaching the vision for that area. The issues and concerns voiced by the community informed the development of programs and initiatives in The Aging Roadmap Action Plan for Fiscal Years (FY) 2024-28, which is included as Appendix A of the report.

In addition, the year 2024 marks the completion of ten years since the County launch of The Alzheimer's Project on May 6, 2014 (5). Accomplishments of the project are described in the Dementia section of the report as well as in the more extensive Alzheimer's Project 2024 Annual Report that comprises the report's Appendix B. Accomplishments in the Dementia priority area include improvements to our region's electronic medical record systems to track patients' cognitive evaluation scores as well as education on how community members can be more helpful and inclusive with people living with dementia.

Next Steps

Building age-friendly communities requires sustained efforts, and the Aging Roadmap provides the blueprint for the work ahead. Programs and initiatives will continue to be adaptable and responsive to community needs, such as by addressing issues of equity, social isolation, access to technology, food security, affordable housing, and safe transportation. Progress will continue through alignment with the State of California's Master Plan for Aging, by strengthening cross-departmental relationships to help older adults age in place, and by identifying emerging opportunities to expand inclusive programming for all ages, abilities, and zip codes.

The growth of the older adult population brings challenges and opportunities as our communities work to ensure the health, safety, and quality of life of all older adult residents. The Aging Roadmap goes beyond basic needs and recognizes the exciting opportunity to redefine what is possible during this phase of life: ample ways to make meaningful contributions, experience deep social connections, and access systems and resources that honor and respect older adults as valued members of the community. Looking ahead, the County and community partners will continue to advance Aging Roadmap goals. The Aging Roadmap Action Plan for FY 2024-28 outlines programs and initiatives that will further advance Aging Roadmap efforts in the year ahead.

Today's action requests the Board receive an update on the Aging Roadmap, the County's regional vision and framework for supporting healthy aging for people of all ages.

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LINKAGE TO THE COUNTY OF SAN DIEGO STRATEGIC PLAN

Today's proposed action supports the County of San Diego's 2024-2029 Strategic Plan Initiatives of Sustainability (Resiliency), Equity (Health), and Community (Quality of Life), and the regional *Live Well San Diego* vision of healthy, safe, and thriving communities by strengthening the system of care for older adults and ensuring a community that is livable for residents of all ages.

Respectfully submitted,


FOR

EBONY N. SHELTON
Chief Administrative Officer

ATTACHMENT(S)

Attachment A – Aging Roadmap Annual Update: 2024