



# COUNTY OF SAN DIEGO

## AGENDA ITEM

### BOARD OF SUPERVISORS

PALOMA AGUIRRE  
First District

JOEL ANDERSON  
Second District

TERRA LAWSON-REMER  
Third District

MONICA MONTGOMERY STEPPE  
Fourth District

JIM DESMOND  
Fifth District

**DATE:** September 30, 2025

**02**

**TO:** Board of Supervisors

### SUBJECT

**RECEIVE UPDATE ON THE AGING ROADMAP SAN DIEGO COUNTY REGIONAL PLAN 2024-25 ANNUAL REPORT (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 824,500. Therefore, it is essential that the County of San Diego (County) has a plan to support the unique needs of older adults and empower them to live healthy, safe, and thriving lives. Initiated at the direction of the San Diego County Board of Supervisors on September 24, 2019 (4), the Aging Roadmap is the County plan to ensure that the region has programs and communities that equitably support the needs of older adults.

The Aging Roadmap is organized by ten priority areas that collectively represent the County's comprehensive system of care, including person-centered and community-wide approaches: Health & Community Support; Housing; Social Participation; Transportation; Dementia; Caregiver Support; Safety; Preparedness; Silver Economy; and Medical & Social Services System. The Aging Roadmap annual report highlights significant accomplishments across each of the ten priority areas as well as age-friendly efforts across the county.

The region must continue to work collaboratively and proactively to strengthen the comprehensive system of care to better support older adults, their families, and people of all ages. Today's action requests the Board receive the Aging Roadmap San Diego County Regional Plan 2024-25 Annual Report.

This item supports the County 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 continuing to support older adults and persons with disabilities through various programs and initiatives and ensuring a community that is livable for people of all ages.

**SUBJECT:** RECEIVE UPDATE ON THE AGING ROADMAP SAN DIEGO COUNTY  
REGIONAL PLAN 2024-25 ANNUAL REPORT (DISTRICTS: ALL)

**RECOMMENDATION(S)**

**CHIEF ADMINISTRATIVE OFFICER**

Receive update on the Aging Roadmap.

**EQUITY IMPACT STATEMENT**

Recognizing the increasing diversity of San Diego County's population, the Aging Roadmap represents a commitment to ensuring 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 and diverse community engagement have guided the development of Aging Roadmap priorities since its inception. Implementation of programs and initiatives within each of the priority areas are informed by the needs expressed by community members and stakeholders. Through regular convening of diverse community coalitions and collaboration with community-based organizations, the County of San Diego (County) has worked to ensure that programs are implemented with continuous input from those they intend to serve.

Throughout this past fiscal year, community partnerships and cross-departmental collaboration have facilitated innovative approaches to increased program accessibility. Community partnerships have been instrumental in the success of programs for at-risk populations such as non-English speaking residents, homebound older adults, and rural communities. For example, transit trainings were held with diverse community members participating in the CalFresh Healthy Living program about the use of public transportation to access community resources. Partnerships with community-based organizations serving rural parts of the county were strengthened through frequent communication and resident-led planning. For example, the use of livestream technology helped to facilitate the implementation of new programming in Campo, a community with limited access to services due to its rural location. Additionally, the Dementia-Friends initiative continues to educate various sectors of the community on how to be inclusive of those living with dementia and cultivate a sense of belonging for them and their families.

The County continues to engage partners and community members in discussions to inform future initiatives and program planning. Likewise, providing input opportunities for diverse and often under-represented groups remains a priority.

**SUSTAINABILITY IMPACT STATEMENT**

Receiving today's update 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 County services, and Sustainability Goal #4 to promote health and well-being. The Aging Roadmap represents the County's comprehensive system of care for older adults, and it was informed by input from impacted stakeholders with diverse perspectives. The Aging Roadmap prioritizes equitable access to both person-centered and community-wide programs and services that aim to improve the quality of life and overall well-being of older adults. Furthermore, the Aging Roadmap advances the County's sustainability goals by raising awareness on transportation programs and resources that enable older adults to access community resources; implementing programs that improve physical and social health; highlighting education efforts to help older adults avoid scams; and increasing opportunities for older adults to live in safe and affordable housing. The Aging Roadmap continues to underscore the needs of older adults in the region's

**SUBJECT:     RECEIVE UPDATE ON THE AGING ROADMAP SAN DIEGO COUNTY  
REGIONAL PLAN 2024-25 ANNUAL REPORT (DISTRICTS: ALL)**

sustainability planning and leverages impactful partnerships to improve and expand services that enable older adults to live healthy, safe, and thriving lives.

**FISCAL IMPACT**

There is no fiscal impact associated with today’s 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 this item at their regular meeting on September 8, 2025, and recommended approval.

**BACKGROUND**

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 824,500. As the older adult population continues to grow, creating communities where people of all ages and abilities can thrive is more important than ever.

The Aging Roadmap is the County of San Diego’s (County) plan to ensure that the region has policies, programs, and initiatives that equitably support the needs and leverage the contributions of the growing population of older adults in our region. The Aging Roadmap is informed by 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 the region. Within the Aging Roadmap are ten priority areas that collectively represent the County’s comprehensive system of care for older adults, including community-wide and person-centered efforts. These ten priority areas are:

- |                              |                                    |
|------------------------------|------------------------------------|
| • Health & Community Support | • Caregiver Support                |
| • Housing                    | • Safety                           |
| • Social Participation       | • Preparedness                     |
| • Transportation             | • Silver Economy                   |
| • Dementia                   | • Medical & Social Services System |

While led by the County Health and Human Services Agency, Aging & Independence Services (AIS), the Aging Roadmap incorporates County-wide programs and initiatives, as well as collaborations with local partners. Several community coalitions throughout the county, consisting of stakeholders and County staff, regularly convene to address Aging Roadmap priority areas. These cross-departmental and community based collaborative efforts have amplified the voices of older adults as other County departments have developed their programs and services. Additionally, many of the goals of the County Aging Roadmap support the goals of the State

**SUBJECT:     RECEIVE UPDATE ON THE AGING ROADMAP SAN DIEGO COUNTY  
REGIONAL PLAN 2024-25 ANNUAL REPORT (DISTRICTS: ALL)**

Master Plan for Aging. This general alignment of the two frameworks is beneficial when seeking funding opportunities.

Furthermore, the Aging Roadmap is designed to be flexible, adaptable, and continuously informed by ongoing community input. In Fiscal Year 2023-24, AIS hosted an extensive round of stakeholder input sessions including 17 community feedback sessions across the county for older adults, caregivers, service providers and persons with disabilities. Additionally, a randomized sample of adult households participated in the Community Assessment Survey for Older Adults sponsored by the California Department of Aging. The information collected from this community input process was described in the “Aging Roadmap Annual Update: 2024,” provided to the Board on September 24, 2024 (14), and used to inform Aging Roadmap priorities outlined in this year’s annual report.

The County was the first jurisdiction in the region to become an Age-Friendly Community in 2016. Since then, there are now 10 cities across the county recognized as members of AARP’s Network of Age-Friendly Communities that have committed to implementing their own Age-Friendly plans. Additionally, San Diego State University is the first academic institution in the region to become an Age-Friendly University. To foster collaboration and provide technical support to the growing network of Age-Friendly Communities in the county, AIS coordinates the Age-Friendly Regional Roundtable which convenes all Age-Friendly communities on a quarterly basis to share best practices and learn from each other.

In addition, the year 2025 marks 11 years since the Board approved The Alzheimer’s Project on May 6, 2014 (5). This unprecedented regional initiative was launched to address the toll of Alzheimer’s disease on families, communities, and our health care systems. Accomplishments of the Alzheimer’s Project are highlighted in the Dementia section of the Aging Roadmap San Diego County Regional Plan 2024-25 Annual Report (Attachment A). For example, one of the accomplishments includes the facilitation of a Dementia Friends session by aging services providers and professionals for more than 280 participants. The Dementia Friends session focused on teaching about dementia, what it means to live with dementia, and how to create environments that are welcoming to those living with dementia, and their care partners.

*Next Steps*

As the number of older adults in the county grows, the Aging Roadmap provides a blueprint for the work ahead. The County and community partners will continue to work towards the vision for each Aging Roadmap priority area. By strengthening cross-departmental relationships, encouraging age-friendly policies and practices, and fostering community collaboration, the Aging Roadmap will continue to be a model for aging service delivery across the country. As the older adult population grows, there are many opportunities to work together to ensure all residents can age well with dignity, support, and as valued members of the community.

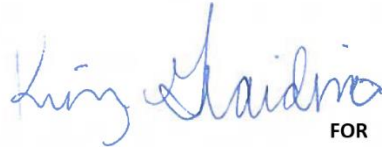
Today’s action requests the Board receive the Aging Roadmap San Diego County Regional Plan 2024-25 Annual Report.

**SUBJECT:** RECEIVE UPDATE ON THE AGING ROADMAP SAN DIEGO COUNTY  
REGIONAL PLAN 2024-25 ANNUAL REPORT (DISTRICTS: ALL)

**LINKAGE TO THE COUNTY OF SAN DIEGO STRATEGIC PLAN**

Today's proposed action supports the County of San Diego 2025-30 Strategic Plan Initiatives of Sustainability (Resiliency), Equity (Health), and Community (Quality of Life), and the regional *Live Well San Diego* vision 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 San Diego County Regional Plan 2024-2025 Annual Report