

# What is a Master Plan for Aging?



## Inland Coalition on Aging

A **Master Plan for Aging** is a blueprint for promoting healthy aging and supporting quality of life. The plan will allow local government, the private sector, and philanthropy to prepare for upcoming demographic changes in our older adult population. While California has a 10-year Statewide plan, the California Department of Aging recognized the importance of engaging communities to develop their own, locally-informed Master Plans for Aging.

Locally, the **Inland Empire Master Plan for Aging (IE-MPA)** will include recommendations for improvements to Housing, Transportation, Healthcare, Alzheimer's and all other Dementias, Behavioral Health & Social Support, and Caregiving.

### Who is the plan for?

The plan is for all Inland Empire residents, but focuses on optimizing health and wellness of older adults, adults with disabilities, and caregivers.



### What are the unique needs of older adults, adults with disabilities, and caregivers in the Inland Empire?

There are a wide range of needs amongst older adults, adults with disabilities, and caregivers in the Inland Empire. Overall, services and supports must be age and disability-friendly, aligning with the cultural needs and values of our diverse communities.

### What will the plan accomplish?

The IE-MPA will be designed to ensure older adults, adults with disabilities, and caregivers in the region can live with dignity, be engaged, feel safe, maintain good health and mobility, age in place, and have the ability to make choices.

### Who is the Inland Coalition on Aging?

The Inland Coalition on Aging (ICA) brings together diverse health care entities, community-based organizations, public officials, and stakeholders with the goal of better serving older adults, adults with disabilities, and caregivers in San Bernardino and Riverside Counties. **For more information, please visit [InlandAging.org/about](http://InlandAging.org/about)**

### Why does the Inland Empire need a regional plan?

The Inland Empire Master Plan for Aging (IE-MPA) will address the unique challenges of aging in our geographically diverse region, encompassing rural and urban populations in San Bernardino and Riverside Counties.

### What is the timeline?

We are working toward a launch date of March 2025. Throughout the project, people can learn about our progress at [InlandAging.org](http://InlandAging.org) or by signing up for updates.

### How can I get involved?

Are you a professional who works with older adults, adults with disabilities, and/or caregivers? We'd love your support in developing the IE-MPA. Join our coalition by going to [www.InlandAging.org/about](http://www.InlandAging.org/about)

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