



**Inland Coalition
on Aging**

Monthly Meeting

March 26, 2024

Inlandaging.org

Agenda

Welcome

Key Points from Last Meeting

AARP Network of Age-Friendly States and Communities

IE-MPA Updates

Next Meeting

Post-meeting Poll

Last ICA Meeting

Ben Jauregui, DSW

ICA Chair

Key Points

CA's Master Plan for Aging: Updates can be found at

<https://mpa.aging.ca.gov/>

MPA Implementation Tracker Available: <https://www.mpaprogress.org/>

MPA Stakeholder Committees: Consider participating in committees. There are cross agency collaboration possibilities with the CA Inter-Agency Council on Homelessness and the Behavioral Health Task Force

Age 65+ Population Growth by Region 1980-2060: There is a projected 682% increase projected in the Inland Empire.

Key Points (cont.)

IE-MPA Awareness: Help us spread the word. <https://www.inlandaging.org/>

One page flyer (digital use)

Tri-fold brochure (print)

Social media toolkit

Informational video (available on YouTube)

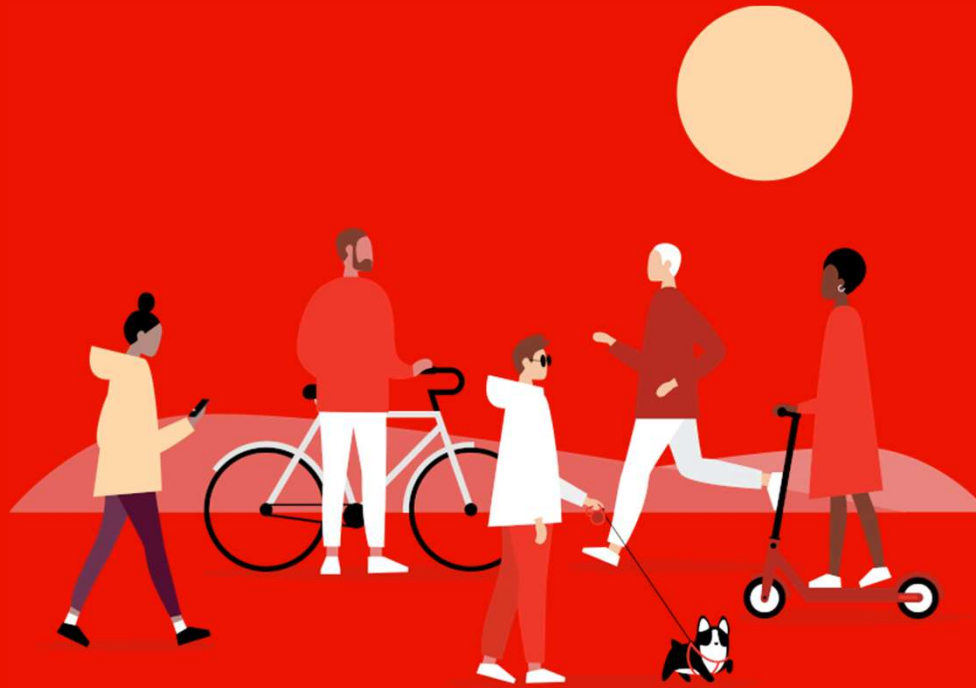
Special Guest: AARP

Rafi Nazarians

Advocacy Director, AARP California



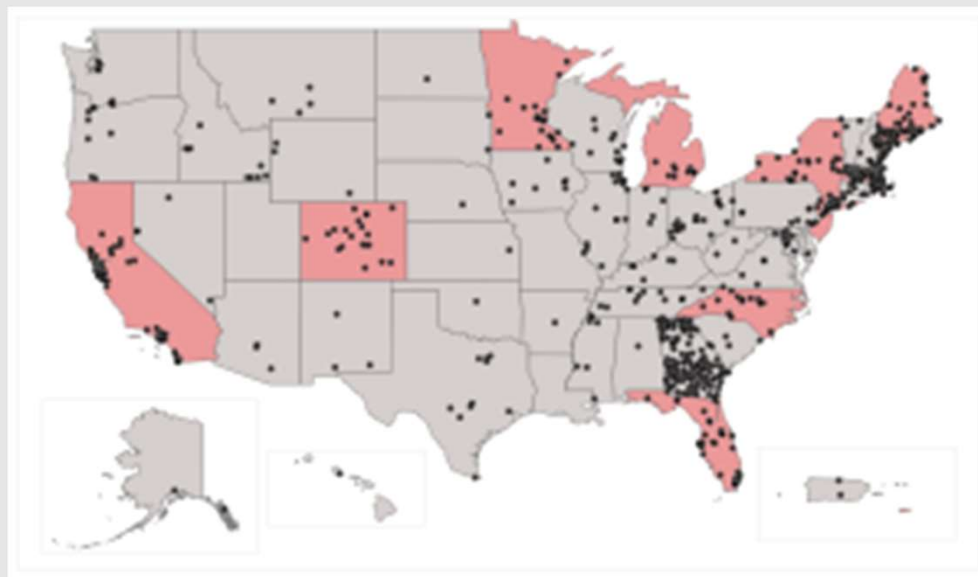
**Inland Coalition
on Aging**



The AARP Network of Age-Friendly States & Communities



A Brief on the AARP Network of Age-Friendly States & Communities (NAFSC)





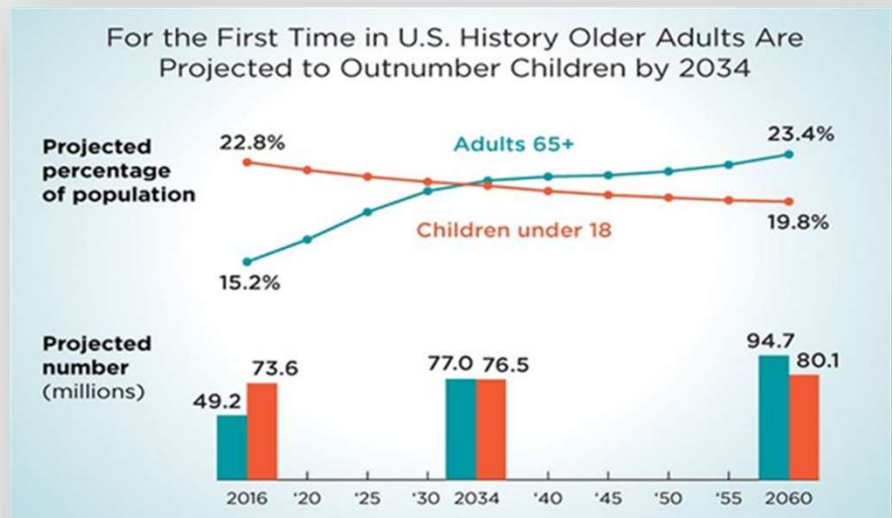
What is “Age-Friendly”?

What's good for an 80-year-old is good for an 8-year-old!



Why is “Age-Friendly” Important?

- By 2060, nearly 1 in 4 people in the United States will be at least 65 years old.
- Knowing this turning point is on the horizon is, in many ways, an opportunity.
- For the last seven decades, the dominant development paradigm has been one primarily focused on meeting the perceived needs of families with children.





Opportunities for Growth

AARP Study: Two-thirds (67%) of all adults — and 79% of those 50-plus — want to stay in their current communities. Adults primarily value communities that foster good health, promote street safety, and provide good opportunities for community engagement and social interaction.

Take a moment to think about your community!

Can you age in place? Can your community support its growing aging population?



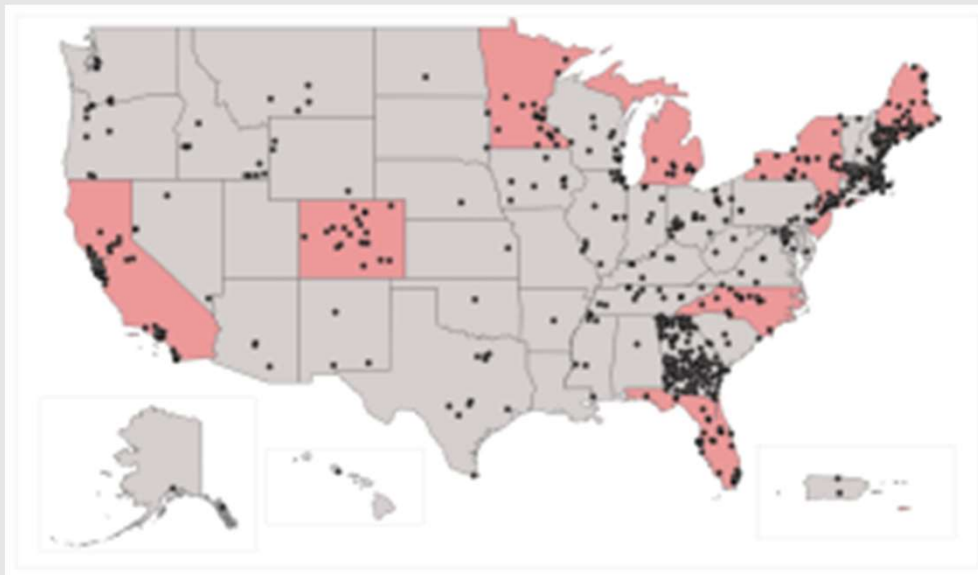
The AARP Network of Age-Friendly States & Communities (NAFSC)

Membership in the network:

- Serves as an organizing structure for making community improvements
- Fosters partnerships among community groups and local stakeholders
- Provides resources for identifying and assessing community needs
- Enables community improvements that benefit people of all ages

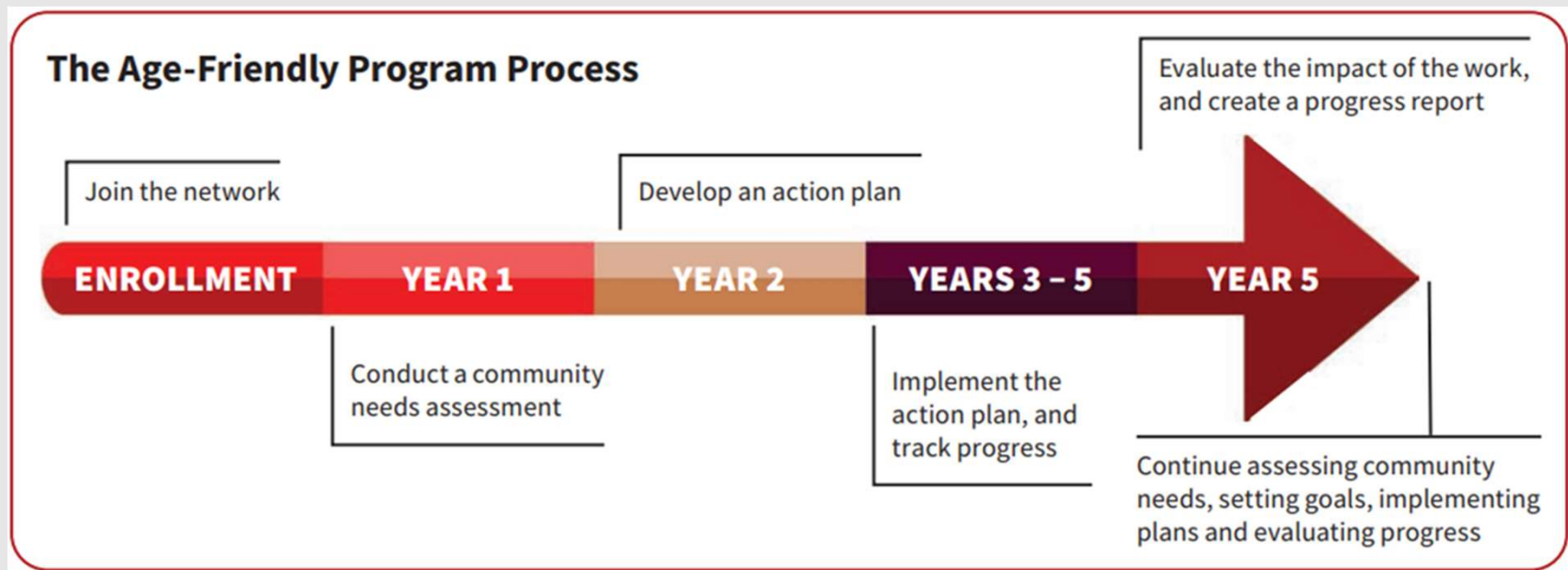


The AARP NAFSC





The AARP NAFSC Program Process





NAFSC: Pre-Enrollment










NAFSC: Enrollment – Application Pre-View

AARP NETWORK OF AGE-FRIENDLY STATES AND COMMUNITIES

AARP Livable Communities

[AARP.org/Livable](#) [About](#) [Age-Friendly Network](#) [Community Challenge](#) [Publications & Resources](#) [Videos](#) [Livability Index](#) [Map](#) [A-Z Topics](#)



Membership Application

Join the AARP Network of Age-Friendly States and Communities

AARP Livable Communities

When a town, city, county or state joins the AARP Network of Age-Friendly States and Communities, it is joining a global effort to be a more livable and age-friendly community.

The AARP network is an organizational affiliate of the World Health Organization Global Network of Age-Friendly Cities and Communities. (Communities wishing to join the global network instead of or in addition to the AARP program can find application information on the WHO website.)

To enroll your community in the AARP network, please complete and submit the application below.

Note: Since content added to this form cannot be saved, we advise that you review and download a PDF of the questions in advance, gather the materials and information you'll need, and draft the narrative responses offline for later pasting into the applicable fields. If this form doesn't work for you, please email your materials to AARPAge-FriendlyNetwork@aarp.org.

Section 1: Community Details

Application Submission Date

State

Community Name

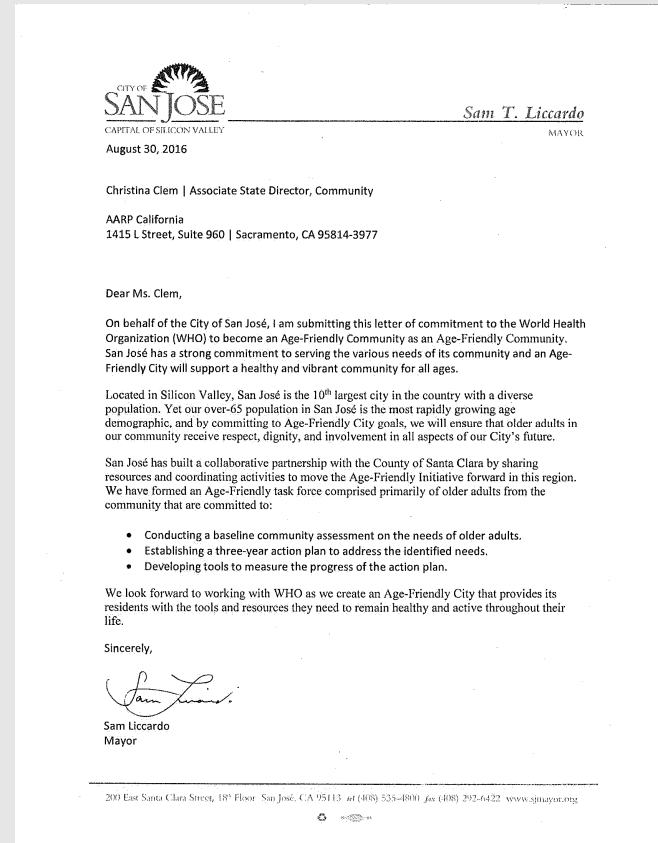
Total Population

Percentage of Residents Age 60 or Older



NAFSC: Enrollment

1. A letter of commitment
2. A completed application
3. Your community's seal





NAFSC: Community Assessment (Year 1)

1. An asset inventory
2. A comprehensive community profile
3. A community survey
4. Analyze all the data you've gathered to create a blueprint for age-friendly action in your community



Community Assessment: Asset Inventory

The asset inventory is a compilation of relevant age-friendly activities, services and experts already available in your community.





Community Assessment: Community Profile

The community profile describes the demographics of your community.





Community Assessment: Community Survey

A survey to hear directly from many your community members about their needs and wants.

[Test]: test new formatHow can we make Oakland more livable for all ages?

AC AARP California
To cmeese@vertexcommunication.com

Wed 1/2/2019 9:55 AM

If there are problems with how this message is displayed, click here to view it in a web browser.
Click here to download pictures. To help protect your privacy, Outlook prevented automatic download of some pictures in this message.

Complete the [online survey](#) and help us identify what makes your community a great place to grow up and grow old! The survey results are confidential and will help inform the City of Oakland's "Age-Friendly" work.

The survey should take no longer than 30 minutes and will close **March 8th, 2019**. For more information, contact Scott Means at (510) 238-6137 or [email](#).

The City of Oakland is part of AARP's [Network of Age-Friendly States and Communities](#), a commitment on behalf of the city to enhance the quality of life as people age.

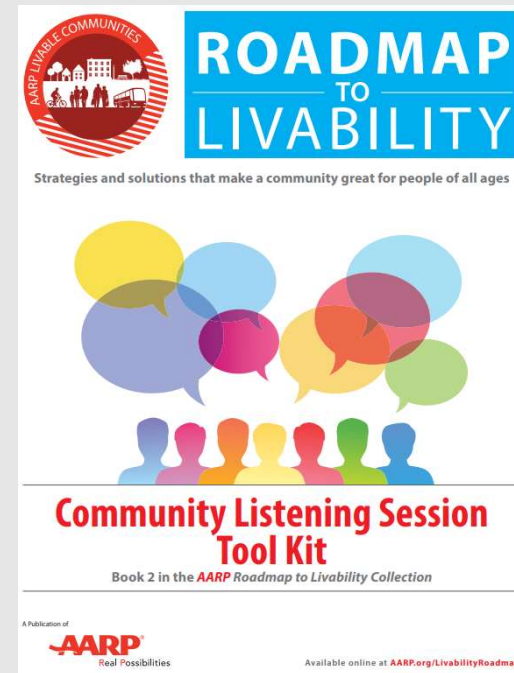
The survey link will direct you to a third-party vendor. Any information provided through this link will be governed by the vendor's privacy policy.

TAKE SURVEY



Community Assessment: Listening Sessions

Listening sessions augment the survey and are another way to directly engage with your community and provide a “face” to the age-friendly initiative.



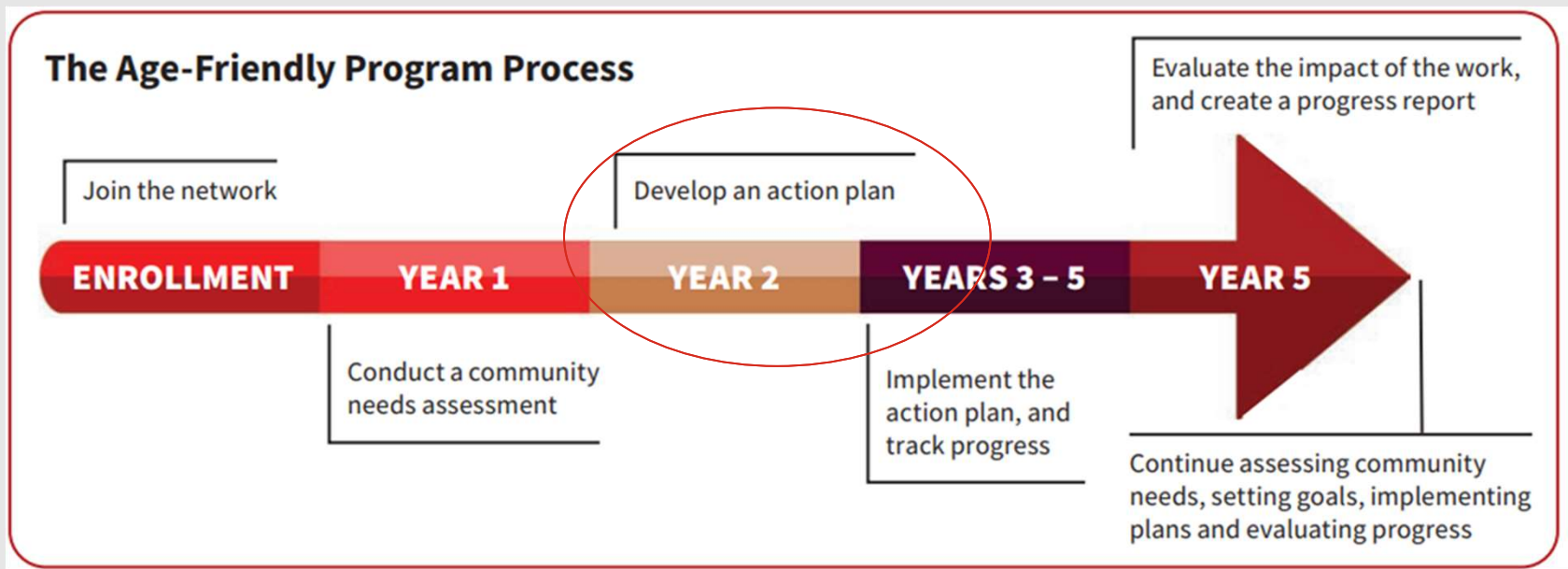


Community Assessment: Analyzing the Data





The AARP NAFSC Program Process






NAFSC Member Benefits

Membership provides local leaders with:

- Access to expert-led webinars and technical assistance from livability professionals
- Connections to a national network of more than 700 enrolled communities
- Support, guidance and best-practice resources from AARP about creating an action plan and documenting progress
- Support in reaching AARP members
- A private group forum for discussions, asking questions and finding answers



NAFSC Member Benefits: The Age-Friendly Portal

 Age-Friendly Communities
Are Livable for
People of All Ages

[Home](#) [Discussions](#) [Events](#) [Action Plans/Progress Reports](#) [AARP Livable](#) [Log In](#)

Welcome to the AARP Network of Age-Friendly States and Communities

AARP Livable Communities supports the efforts of neighborhoods, towns, cities and rural areas to be great places for people of all ages.

[Learn More](#) [Log In](#)

AARP Livable Communities supports the efforts of neighborhoods, towns, cities and rural areas to be great places for people of all ages.

[Learn More](#) [Log In](#)

COMMUNITY IS

ENTRY



NAFSC Member Benefits: Regional Roundtables





The AARP Community Challenge Grants



**AARP
COMMUNITY
CHALLENGE**

Grants to make communities livable
for people of all ages

aarp.org/CommunityChallenge





AARP Public Resources

AARP
LIVABLE COMMUNITIES RESOURCES

AARP Livable Communities supports the efforts of neighborhoods, towns, cities and rural areas to be great places for people of all ages. We believe that communities should provide safe, walkable streets; age-friendly housing and transportation options; access to needed services; and opportunities for residents of all ages to participate in community life.

AARP Livable Communities Website
AARP Livable Communities' award-winning website is the entryway to AARP's suite of livability content and materials, including publications, articles, photo albums and all sorts of inspiring ideas and best practices information for local leaders and livability advocates.
Visit: AARP.org/Livable

AARP Livable Communities e-Newsletter
Created for community "influencers" – elected officials, local leaders, advocates, municipal staff, placemaking professionals and interested residents – our free weekly newsletter is filled with information about livability and age-friendly efforts.
Subscribe: AARP.org/LivableSubscribe or text LIVABLE to 50757

AARP Network of Age-Friendly States and Communities
The age-friendly network serves as a catalyst to educate local leaders (both elected officials and engaged residents) and encourage them to implement the types of changes that make communities more livable for older adults and people of all ages.
Learn more: AARP.org/AgeFriendly

AARP Community Challenge
This annual grant program helps communities become more livable by providing funds for quick-action projects that make immediate, tangible improvements and jump-start long-term change. (Subscribe to our newsletter to be among the first to know when the next application window opens.)
Learn more: AARP.org/CommunityChallenge

AARP Livability Index
As an interactive online tool, the AARP Livability Index scores neighborhoods and communities across the U.S. based on the available services and amenities in seven broad categories of community livability: housing, neighborhood, transportation, environment, health, engagement, and opportunity.
Learn more: AARP.org/LivabilityIndex

AARP Technical Assistance
AARP partners with experts in housing, transportation, economic development, public spaces, community engagement and more to search as advisors and provide specialized assistance to local governments and community organizations.
Learn more by emailing: Livable@AARP.org

CONNECT WITH US
AARP.ORG/LIVABLE
@AARPLIVABLE
AARP.LIVABLE.COMMUNITIES
LIVABLE@AARP.ORG

MORE

AARP **LIVABLE COMMUNITIES LIBRARY**

Visit our collection of free, award-winning information- and photo-filled publications about housing, community engagement, inspiring examples, and other livability and age-friendly topics created to inform and inspire local leaders and community residents. Download a digital file or order a printed copy of the titles below and many more at AARP.org/LivableLibrary or by scanning the QR code.

FIND THESE PUBLICATIONS AND MORE IN OUR LIVABLE LIBRARY:

Creating Parks and Public Spaces for People of All Ages AARP.org/LivableParks	AARP Disaster Resilience Tool Kit <i>(Available in English and Spanish)</i> AARP.org/DisasterResilience
A Handbook for Improved Neighborhoods <i>(Available in English, Spanish, Chinese, Korean, and Vietnamese)</i> AARP.org/Zoning	AARP HomeFit Guide <i>(Available in English, Spanish, Chinese, Korean, and Vietnamese)</i> AARP.org/HomeFit
Making Room: Housing for a Changing America AARP.org/MakingRoom	Discovering and Developing Missing Middle Housing AARP.org/MissingMiddleHousing
AARP Rural Livability Workshop Report AARP.org/RuralLivability	The ABCs of ADUs AARP.org/ADUs
Creating Community Gardens for People of All Ages AARP.org/CommunityGardens	AARP Pop-Up Placemaking Tool Kit AARP.org/LivablePopUp
AARP Walk Audit Tool Kit <i>(Available in English and Spanish)</i> AARP.org/WalkAudit	Where We Live: Communities for All Ages AARP.org/WhereWeLive

MORE



Questions, Comments, Observations?



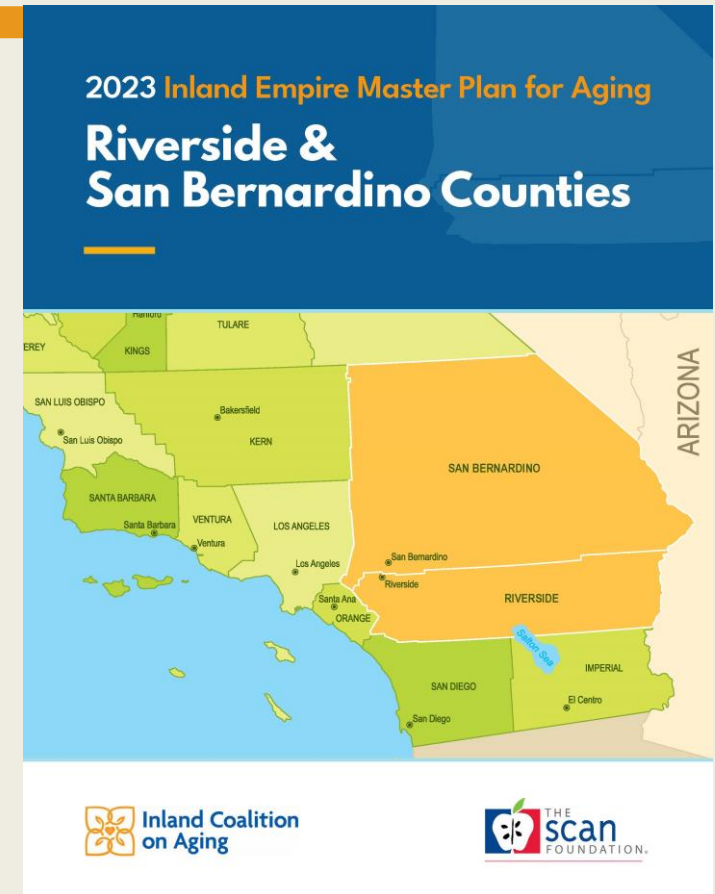
IE-MPA Updates

Carmen Estrada, MPA

IE-MPA Co-Chair

Scope of Work

- ✓ Form a Local Advisory Committee
- ✓ Review Existing Data
- ✓ Hold Listening Sessions
- ✓ Create a preliminary report with findings and recommendations
- ✓ Form Implementation Workgroups
- Join the AARP Age-Friendly Network – Make the Inland Empire an Age-Friendly Community
- Brainstorm Action Items & Identify Resources
- Build Public Awareness and Support
- Draft a Local MPA, Gaining input from Key Leaders
- Hold Public Release Event for Local MPA – Due March 31, 2025



CC-LTSS Grant

ICA has been awarded a grant from the CC-LTSS to Amplify Diverse Representation to Explore Equitable Systems Change

- **Enhance ICA Membership**

- Membership Survey and compare to IE Census Composition
- Targeted Outreach
 - **Digital/Social Media Outreach**
 - **Presentations**
 - **Health Fairs**

- **Reduce Siloes of Service**

- Workgroup Process of narrowing recommendations
- Education and Awareness Campaign

Workgroups

Behavioral Health (2nd Wednesday of month 3pm-4pm)

Transportation (2nd Wednesday of month 11am-12pm)

Heather Menninger, President AMMA Transit Planning Inc.

Caregiving & Alzheimer's and all other Dementias (2nd Wednesday of month 9am-10am)

-Susan Howland, MSG, Senior Director of Programs, Alzheimer's Association Southland

-Carmen Estrada, Executive Director, Inland Caregiver Resource Center

Housing (4th Wednesday of month 2:30pm – 3:30pm)

Workgroups Updates

Caregiving & Alzheimer's and all other Dementias (2nd Wednesday of month 9am-10am)

- Current services were reviewed
- Survey conducted,
- Survey results presented and discussed
- Next steps include inviting others to participate in workgroup, learning about health systems in place that integrate early dementia diagnostic, learning about current advocacy efforts, sharing information on google drive

Transportation (2nd Wednesday of month 11am-12pm)

- Current services were reviewed
- Survey conducted,
- Survey results presented and discussed
- Next steps include working towards selecting the most viable recommendations and highlighting what is already being worked on, sharing information on google drive

Workgroups Updates

Behavioral Health (2nd Wednesday of month 3pm-4pm)

- Current services were reviewed
- Survey conducted
- Survey results presented and discussed
- Next steps include presenting survey results and discussing them

Housing (4th Wednesday of month 2:30pm – 3:30pm)

- Survey conducted
- Survey results will presented and discussed at the next meeting on 3/27/24
- Next steps will be discussed at next meeting

Awareness

Resource Tables

- Transdisciplinary Symposium Series @ Cal Baptist - Support for Older Adults March 23rd
- 36th Annual Adult Protective Services Multi-Disciplinary Team Conference May 22nd
- 2024 Riverside County Elder & Dependent Adult Abuse Symposium June 13th

Presentations

- Inland Empire Disabilities Collaborative March 19th
- San Bernardino County Older Adults Awareness Subcommittee May 23rd
- 36th Annual Adult Protective Services Multi-Disciplinary Team Conference May 22nd

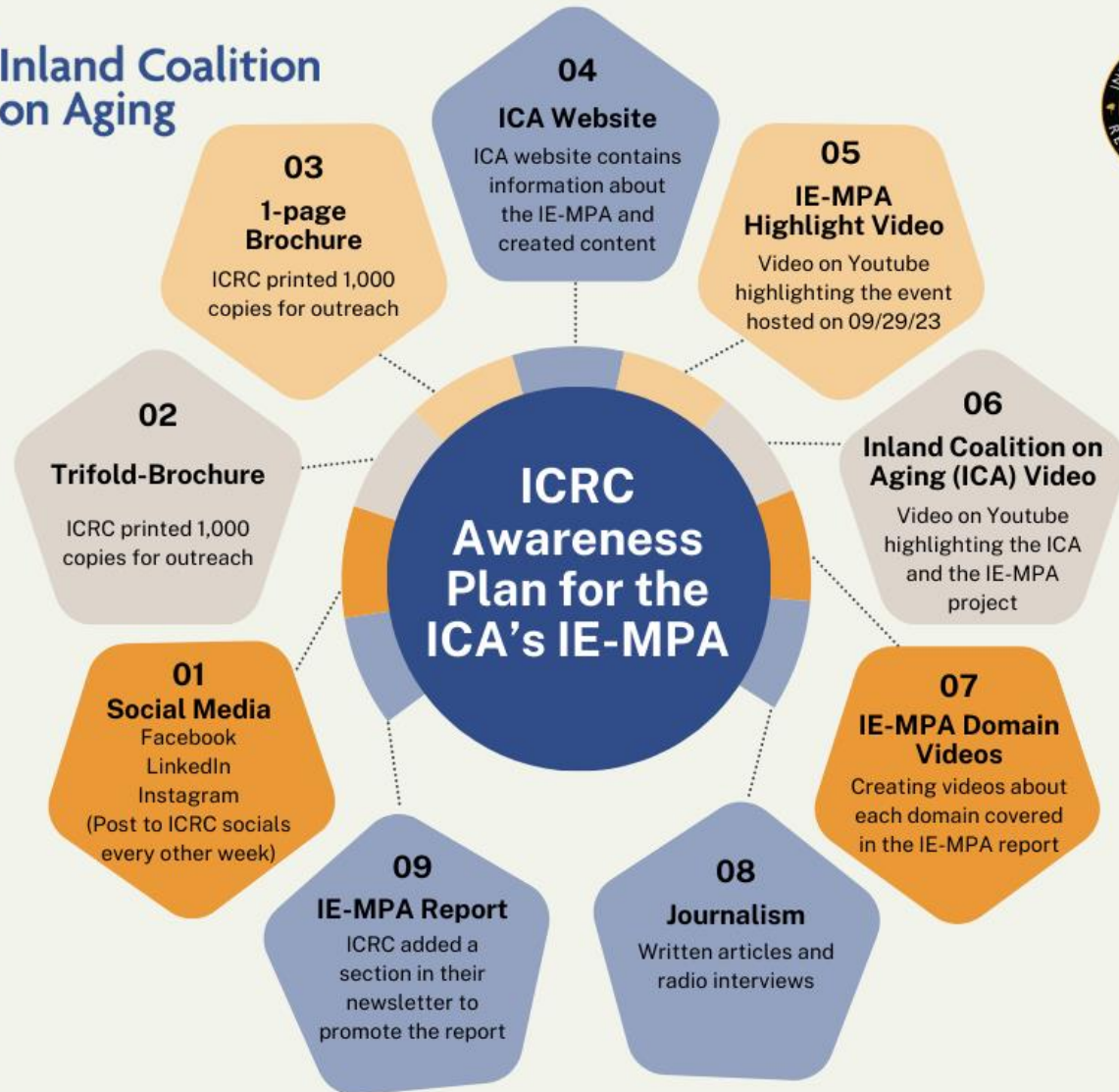
ICA Linked In – Follow us!

<https://www.linkedin.com/company/inland-coalition-on-aging/>

Awareness



Inland Coalition
on Aging



Inland Coalition
on Aging

Next Meeting

Tuesday

April 23, 2024

11:00 am - 12:00 pm



**Inland Coalition
on Aging**

**Remember to complete the post-meeting poll to let us
know how we did.**

Thank You!

For more information, please visit: **[Inlandaging.org](https://www.inlandaging.org)**