

**Inland Coalition  
on Aging**

# **Monthly Meeting**

**January 23, 2024**

**[Inlandaging.org](http://Inlandaging.org)**

# Agenda

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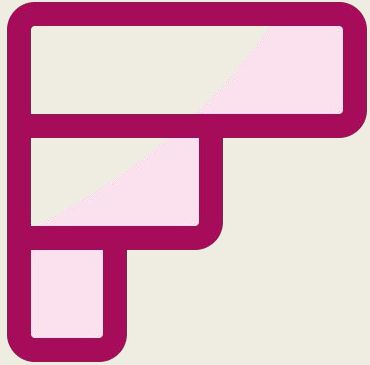
**Welcome**

**History of Inland Coalition on Aging**

**Inland Empire Master Plan for Aging**

**Next Meeting**

**Post-meeting Poll**



**What are you manifesting for yourself in 2024?**

# History of ICA

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**Ben Jauregui, DSW**

ICA Chair

# Inland Coalition on Aging

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**Formed in 2008:** Previously IE-LTSS Coalition

**Mission:** Improve integrated care and service delivery of long-term services and supports in the Inland Empire.

**Vision:** A community where older adults, adults with disabilities, and caregivers age well.

# ICA Objectives

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1. Engage stakeholders
2. Develop initiatives to move the mission forward
3. Spearhead and implement ICA projects

# Inland Coalition on Aging Board

**Chair: Dr. Ben Jáuregui, DSW,** Manager, Integrated Transitional Care Team, Inland Empire Health Plan, Commissioner for the San Bernardino County Senior Affairs Commission.

**Secretary: Anna Swartz,** Human Resources, Community Access Center

**Treasurer: Carmen Estrada, MPA,** Executive Director, Inland Caregiver Resource Center

**Member: Glenda Jackson,** Assistant Director, San Bernardino County Department of Aging and Adult Services-Public Guardian

**Member: Jennifer de la Ossa-Ramirez,** Administrative Services Manager II, Riverside County Office on Aging





**What do you hope to gain by participating in the ICA?**



# Formation of IE-MPA Project

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**Pauline DeLange Martinez, MA**

Research and Community  
Engagement Manager

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# Master Plan for Aging: Five Bold Goals for 2030

The MPA is for people of all ages who are family, friends, neighbors, coworkers, and caregivers of older adults.



**Goal 1:**  
**Housing for All Ages  
and Stages**



**Goal 2:**  
**Health Reimagined**



**Goal 3:**  
**Inclusion and Equity,  
Not Isolation**



**Goal 4:**  
**Caregiving that Works**



**Goal 5:**  
**Affording Aging**





# THE MPA LOCAL PLAYBOOK

Seven Plays to Build Communities for All Ages

- PLAY ONE:** Engage Your Local Leaders
- PLAY TWO:** Explore Local Data
- PLAY THREE:** Review Existing Local Plans
- PLAY FOUR:** Select Your MPA Initiatives
- PLAY FIVE:** Build Your Action Plan
- PLAY SIX:** Evaluate Your Initiatives
- PLAY SEVEN:** Stay Connected



## *The Master Plan for Aging* **LOCAL PLAYBOOK**

Taking Action to Build Californian Communities for All Ages



# Rural MPA Project

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In January 2022, The SCAN Foundation provided support to 3 coalitions to focus on developing local MPAs that address the unique challenges of aging in rural communities.

- Diversability Action Network (DAN) – Shasta/Butte/Glenn Counties
- Central Valley LTSS Coalition – Kings/Tulare Counties
- Inland Empire LTSS Coalition (Now Inland Coalition on Aging) – Riverside/San Bernardino Counties

In July 2023, the ICA received new funded from the California Department on Aging to extend these efforts through March 31, 2025

# Scope of Work

- Form a Local Advisory Committee
- Review Existing Data
- Hold Listening Sessions
- Brainstorm Recommendations for Programs, Policy, and Practice
- Draft a Local MPA, Gaining input from Key Leaders
- Build Public Awareness and Support
- Form Implementation Workgroups
- Hold Public Release Event for Local MPA – Due March 31, 2025





# IE-MPA Advisory Committee

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**Anna Swartz**, Community Access Independent Living Center, Chair

**Carmen Estrada**, Inland Caregiver Resource Center, Chair

**Hon. Cheryl Brown**, Chair, California Commission on Aging

**Sondra Craddock**, San Bernardino Regional Council on Aging

**Dr. Ben Jauregui**, Inland Empire Health Plan

**Glenda Jackson**, San Bernardino County Department of Aging

**Renne Sanchez**, Riverside County Office on Aging

**Tanya Torno**, Riverside County Housing and Workforce Solutions

**Kelly Watson**, Planning Ahead for LGBT+ Seniors

**Shari Fleishman**, Former Member, City Riverside Commission on Aging

**David Wilder**, Chair, San Bernardino County Senior Affairs Commission

**Steve Mehlman**, Member, Riverside County Advisory Council on Aging

**Susan Howland**, Alzheimer's Association, California Southland

**Nena McCulough**, Town of Yucca Valley Senior Center

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# Following the MPA Local Playbook

## State Master Plan on Aging

- Goal 1: Housing for All Stages & Ages
- Goal 2: Health Reimagined
- Goal 3: Inclusion & Equity, Not Isolation
- Goal 4: Caregiving That Works
- Goal 5: Affording Aging

## IE-MPA Areas of Focus

- Housing
- Transportation
- Healthcare
- Alzheimer's and All Related Dementias
- Behavioral Health and Social Support
- Caregiving



**Do you think the Inland Empire is ready for the increased growth of an aging population?**



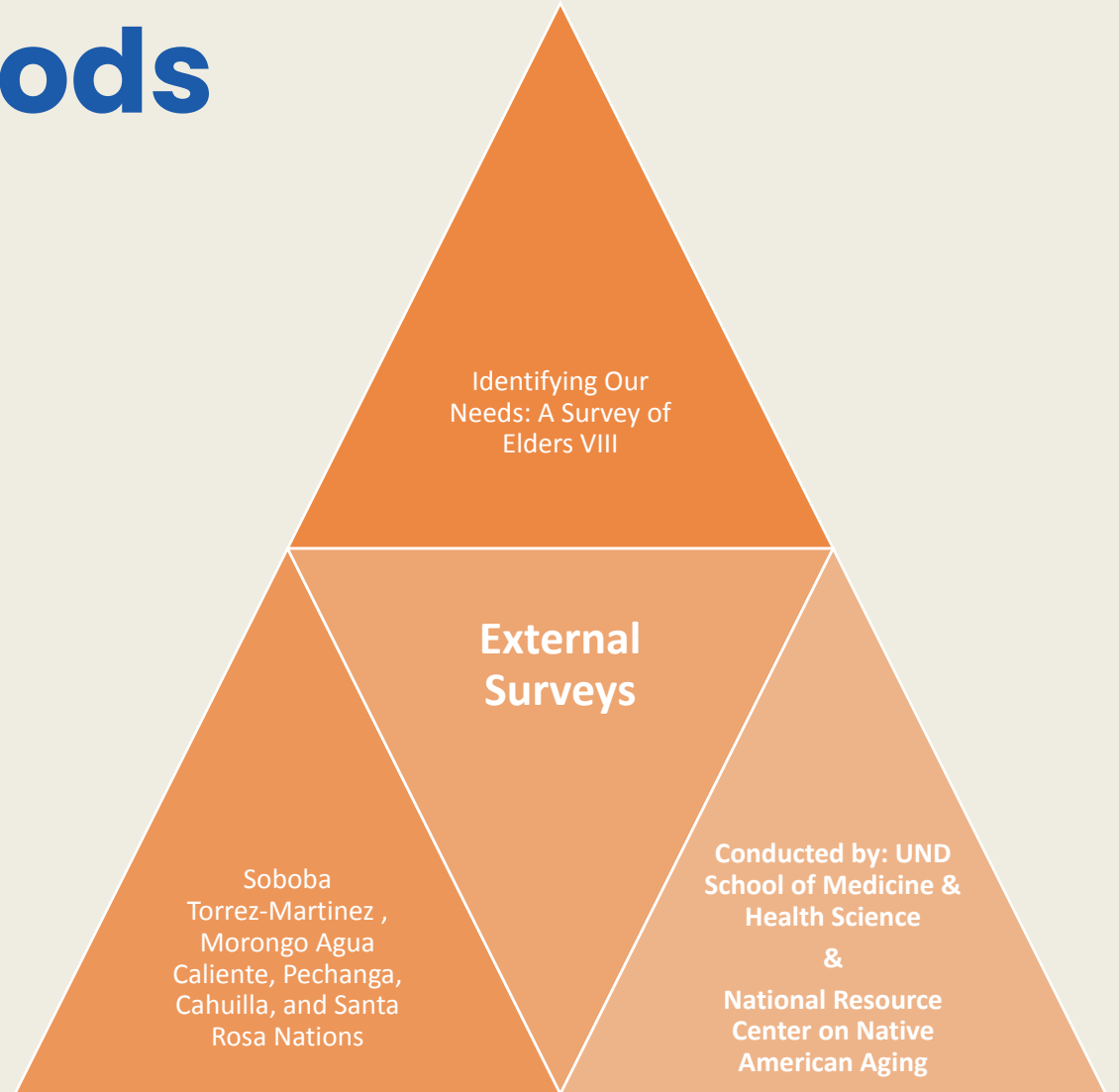
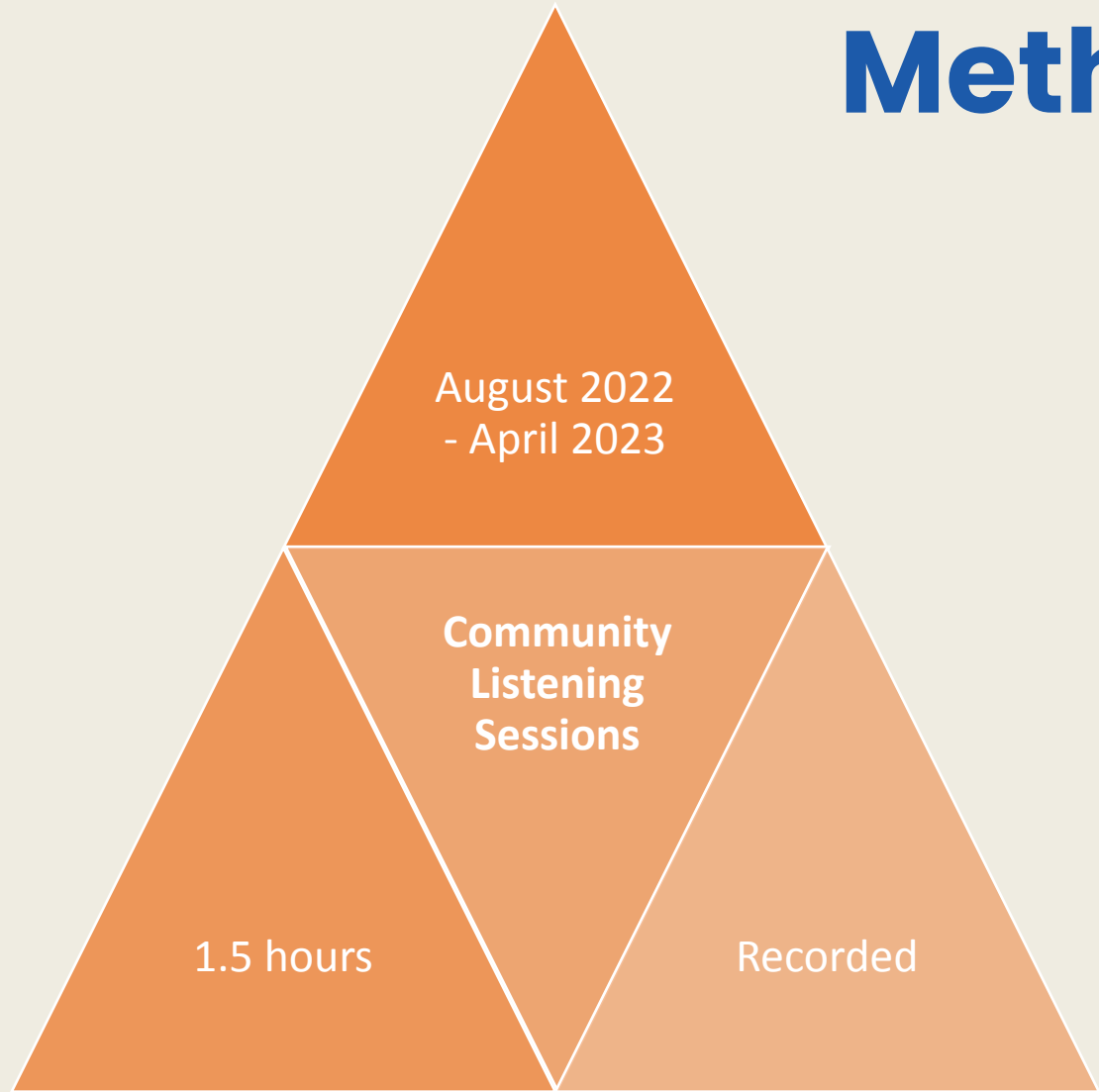
# IE-MPA Report

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**Elizabeth Bogumil, MA**

Ph.D. Candidate

# Methods



# Data Collected

## IE-MPA Subpopulations

Black/African American

Hispanic/Latinx

LGBTQ+

Low Income

Veterans

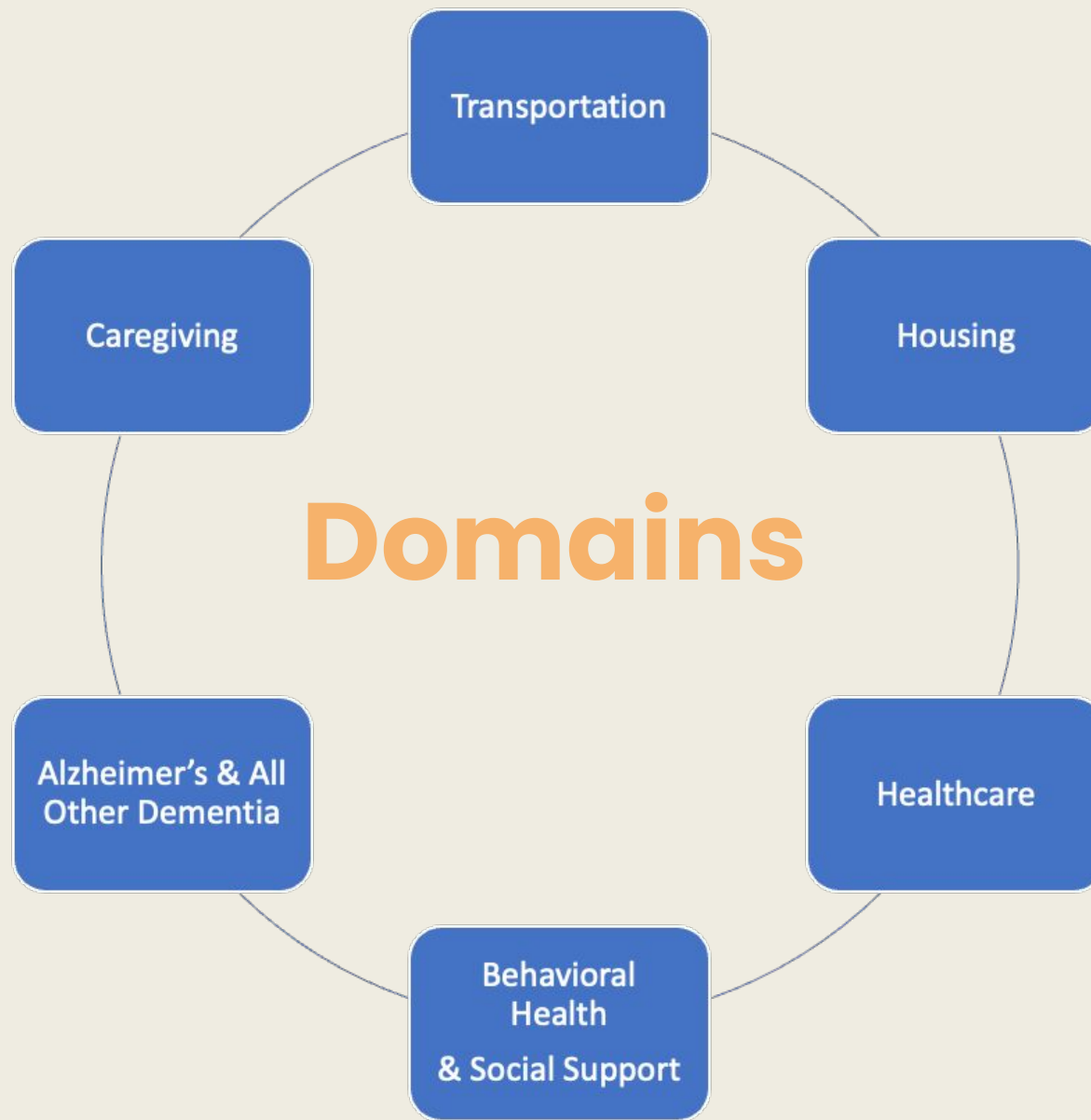
Unhoused

American Indian/Tribal Nations

Caregivers

Rural Areas

Recruiting Group	County	Population	# Participants
<b>Community Listening Sessions</b>			
Yucca Valley Senior Center	San Bernardino	Rural	9
DAP Health	Riverside & San Bernardino	Low Income	7
DAP Health & The LGBTQ Center of the Desert	Riverside County	LGBTQIA+	8
Inland Caregiver Resource Center	Riverside & San Bernardino	Caregivers – Spanish Speaking	10
Inland Caregiver Resource Center	Riverside & San Bernardino	Caregivers – English Speaking	4
St. Paul AME Church	San Bernardino	African American	8
Mecca Family & Farmworker’s Service Center	Riverside	Hispanic/Latinx	11
Meniffee VFW	Riverside	Veterans	5
Path of Life Ministries – Community Shelter	Riverside	Unhoused	7
<b>External Surveys</b>			
Riverside-San Bernardino County Indian Health Inc. – Morongo & National Resource Center on Native American Aging	San Bernardino & Riverside	Native American	78



# Findings: Healthcare

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“When discussing extending life, it’s important to discuss quality of life”

“Navigating health insurance in California is a little more complicated than the other state we lived in.”

# Findings: Transit

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“I don’t drive no more...I have the bus passes but can only ride the bus to the store 1 day or I can come here [Senior Center] 2 days. Shopping is hard because you can only take so many bags and I can’t carry that much because I have to use my walker”

“If we stay in California, it won’t be this area because it’s too difficult with lack of transportation”

“It’s scary not being able to drive or the idea of not being able to leave the house freely”



# Findings: Caregiving, Alzheimer's & All Other Dementias

A husband of a friend got Alzheimer's (he's a big tall man and the wife is a petite woman). They're in their 70s. The wife is taking care of him because the cost of a caregiver is too much. She falls and breaks her hip. Later he trips on her and she breaks the other hip. She couldn't afford to pay a vetted caregiver to take care of her husband while she was hospitalized. The caregiver stole valuables from their home."

"we had a church family but lately our world is getting smaller and smaller. I used to take my wife to church but she would act up but we've gotten to the point where we didn't want to do that anymore...our world starts to shrink and then pretty soon you're not seeing anybody because you're [caregiving]."

"People are not taught you are going to age...you have to plan for aging."

"Being so overwhelmed with what is going on [caregiving] and then trying to get resources – even if they are there – they're hard to navigate."

# Findings: Behavioral Health & Social Support

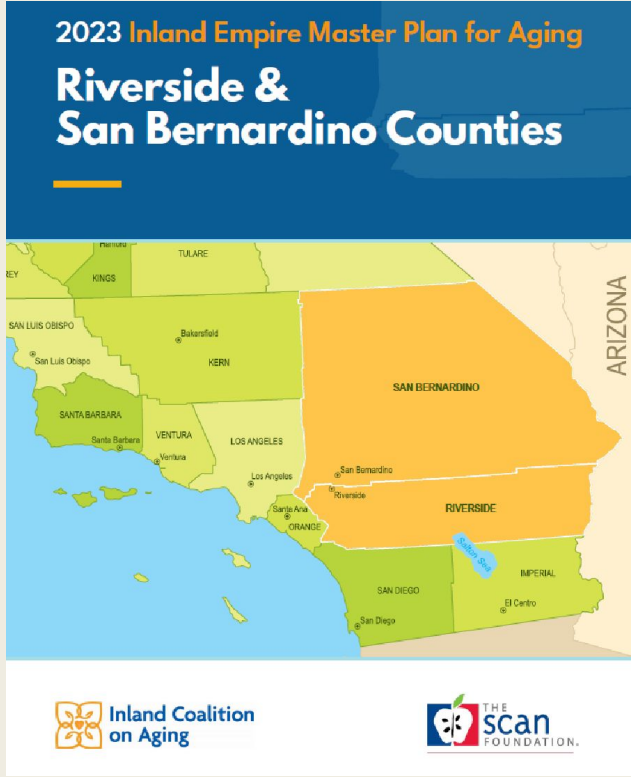
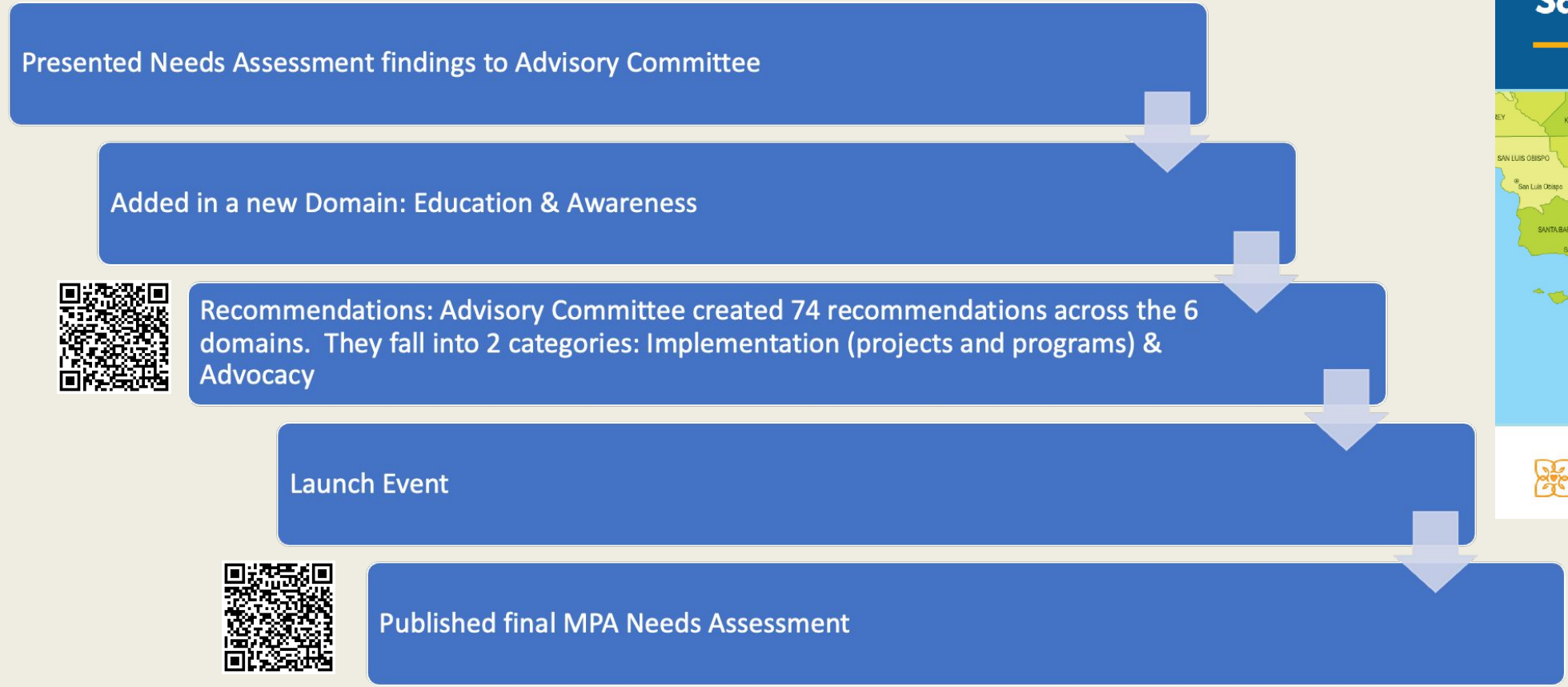
“folks go home to heaven” and there are fewer people in social circles

“In our culture it is difficult to accept the need of a psychologist”

Community centers are key gathering places, “somos nosotros” (we are us) and “todos nos acoplamos (we all get along and fit well).



# The Report & Recommendations



# IE-MPA Next Steps

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**Carmen Estrada, MPA**

IE-MPA Co-Chair

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- Continue IE-MPA Awareness
  - Become an Age Friendly Community - AARP
  - Gain Support from Local Leaders - Board of Supervisors
  - Create a Final Draft

### **Workgroups**

Gather More Input

**Town Halls, Community Presentations, etc.**

- Work together to Implement Plan
- ### **Implementation Groups**

# Awareness

Website - [Inlandaging.org](https://inlandaging.org)

Digital Flier and Brochure

Social Media

Videos

News Articles

Radio Spots

## What is a Master Plan for 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](https://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](https://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](https://www.inlandaging.org/about)

*Funding for the development of a local Master Plan for Aging has been provided by the SCAN Foundation and California Department of Aging.*







Learn More About the  
Inland Coalition on Aging's  
IE-MPA Today!

Keep up-to-date with our  
progress at:  
[InlandAging.org](http://InlandAging.org)

If you are an industry  
professional interested in  
joining the coalition visit:  
[InlandAging.org/about](http://InlandAging.org/about)

Sign up for updates at:  
[InlandAging.org/mpa](http://InlandAging.org/mpa)

We welcome your feedback!  
Email us at:  
[info@inlandaging.org](mailto:info@inlandaging.org)



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Or scan  
the QR  
code

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Are you a local community member who would like to share your input on the plan? We welcome your feedback! Email us at [Info@Inlandaging.org](mailto:Info@Inlandaging.org) or sign up for updates at [www.InlandAging.org/mpa](http://www.InlandAging.org/mpa)



**Inland Coalition  
on Aging**

# Workgroups

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## **Behavioral Health**

Dr. Georgina Yoshioka, DSW, MBA LCSW, Director SB County Behavioral Health

Toni Ortego, LMFT, Behavioral Health Services Administrator, Older Adult Integrated System of Care, Riverside University Health System - Behavioral Health

## **Transportation**

Heather Menninger, President AMMA Transit Planning Inc.

## **Caregiving & Alzheimer's and all other Dementias**

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

Carmen Estrada, Executive Director, Inland Caregiver Resource Center

**Housing** - Pending

# Next Meeting

**Tuesday**

**February 27, 2024**

**11:00 am - 12:00 pm**

**Please complete our  
post-meeting poll.**