

# The Inland Empire Master Plan for Aging

*On the Road to Aging Well*

## Strength Through Partnership

Goal 5 - Safety, Respect & Equity As We Age

# INLAND EMPIRE MASTER PLAN FOR AGING

## 2023 Inland Empire Master Plan for Aging Riverside & San Bernardino Counties



## Today's Agenda

- IE MPA: How We Got Here
- IE MPA Timeline
- IE MPA Framework For Implementation
- Discussion: Opportunities For Partnership In Implementation
- Next Steps

# 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



# WHAT IS A MASTER PLAN FOR AGING?

A multisector approach to transforming our human services systems to meet our needs as we age.

Partnerships include government, private, and nonprofit sectors

Priorities include, but are not limited to:

- housing
- long term care
- caregiving
- transportation
- community safety and livability
- legal services
- health care
- financial security

# Is the Inland Empire prepared for the Age 65+ Population Growth Rate Increase that has been expected from 1980–2060?

Age 65+ Population Growth by Region



Inland Coalition on Aging (ICA) Board of Directors



Region	1980 Population Age 65+	2060 Population Age 65+	Percent Change
Inland Empire	188,724	1,476,126	+682%
Sacramento Area	106,426	728,994	+585%
Orange County	161,348	914,839	+467%
San Joaquin Valley	211,468	1,101,413	+421%
San Diego Area	200,662	967,858	+382%
Greater Bay Area	533,805	2,516,355	+371%
Central Coast	153,082	642,540	+320%
Los Angeles County	742,478	3,064,289	+313%
Northern and Sierra	121,071	350,083	+189%

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



# Inland Coalition on Aging

- **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.

**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 Manager, Community Access Center

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

**Member: Jamiko Bell,** Interim Assistant Director, San Bernardino County Department of Aging and Adult Services-Public Guardian

**Member: Jewel Lee, MSW,** Director of Riverside County Office on Aging

# IE MASTER PLAN FOR AGING: HOW WE GOT HERE

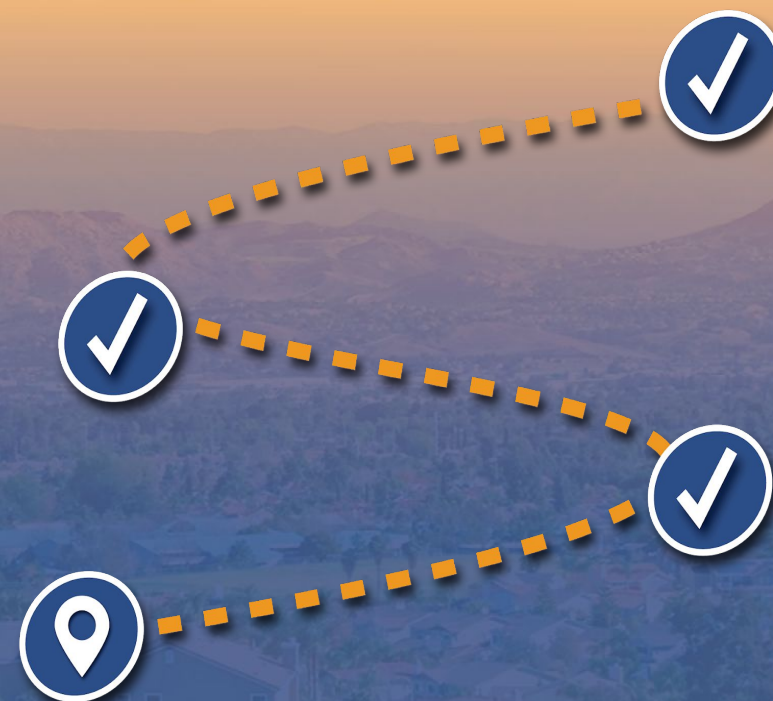
**January 2022:** Received funding from The SCAN Foundation to develop an MPA

**May 2023:** Received a grant from the CA Dept of Aging to develop the *IE MPA Implementation Plan*

**September 2023:** Released the *IE MPA Recommendations Report*.

**January 2024:** Began developing the *IE MPA Implementation Plan* through the work of four workgroups

**September 2024:** Released the Implementation Plan draft framework





# IE-MPA Advisory Committee

**David Wilder**, Senior Senator, California Senior Legislature

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

**Kelly Watson**, Steering Committee Member, Planning Ahead for LGBT+ Seniors

**Sondra Craddock**, Regional Council on Aging Representative, Owner of The Living Room - Senior Home Care

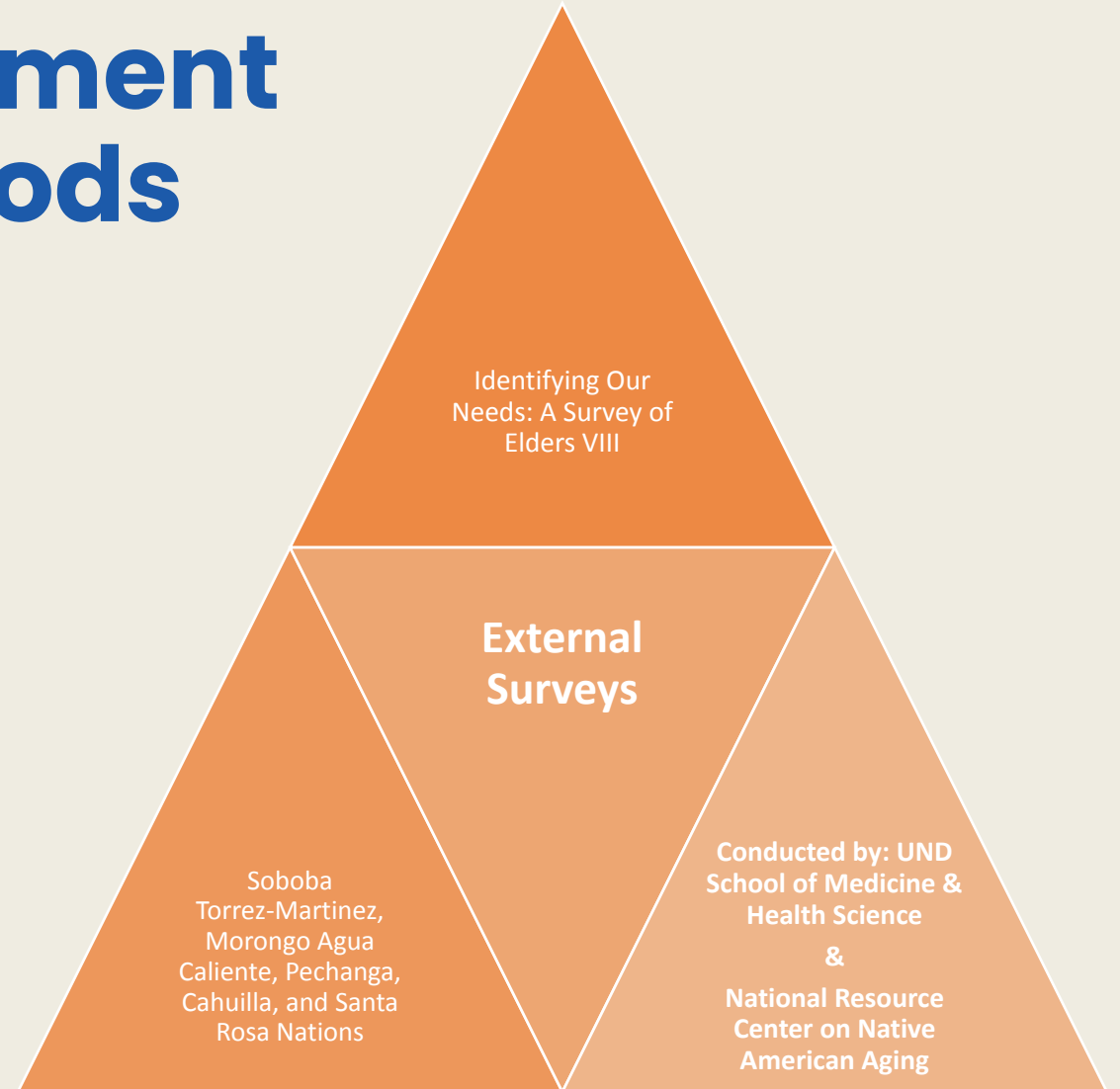
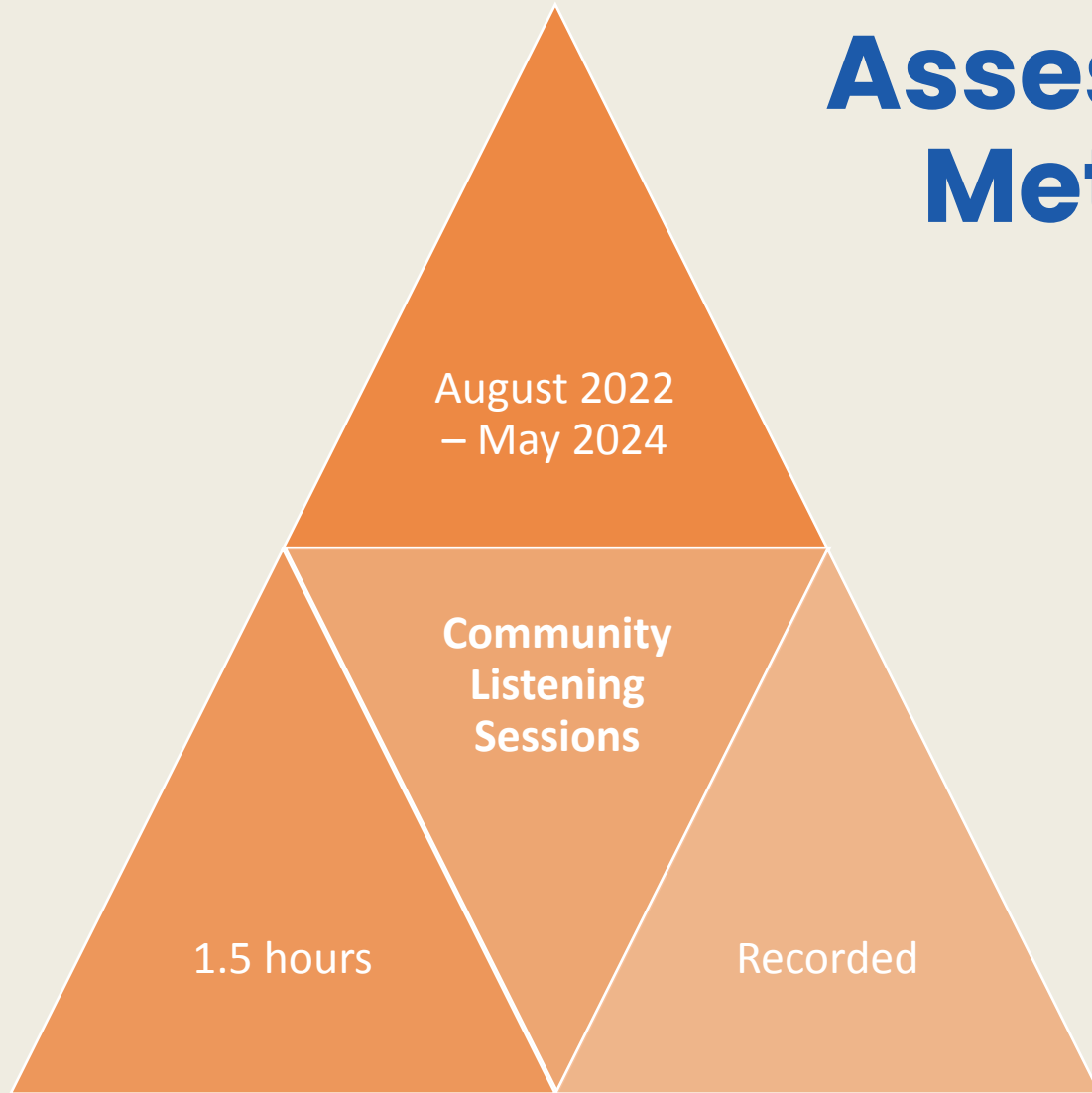
**Steve Mehlman**, Senior Senator, California Senior Legislature, Founder, Pass Area Senior Collaborative, Member, Riverside Advisory Council on Aging

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

**Tanya Torno**, MSW, Deputy Director, Continuum of Care, Riverside County Housing and Workforce Solutions

**ICA Board of Directors**

# Needs Assessment Methods



# Data Collected

## IE-MPA Subpopulations

Black/African American

Hispanic/Latinx

LGBTQ+

Low Income

Veterans

Unhoused

American Indian/Tribal Nations

Caregivers

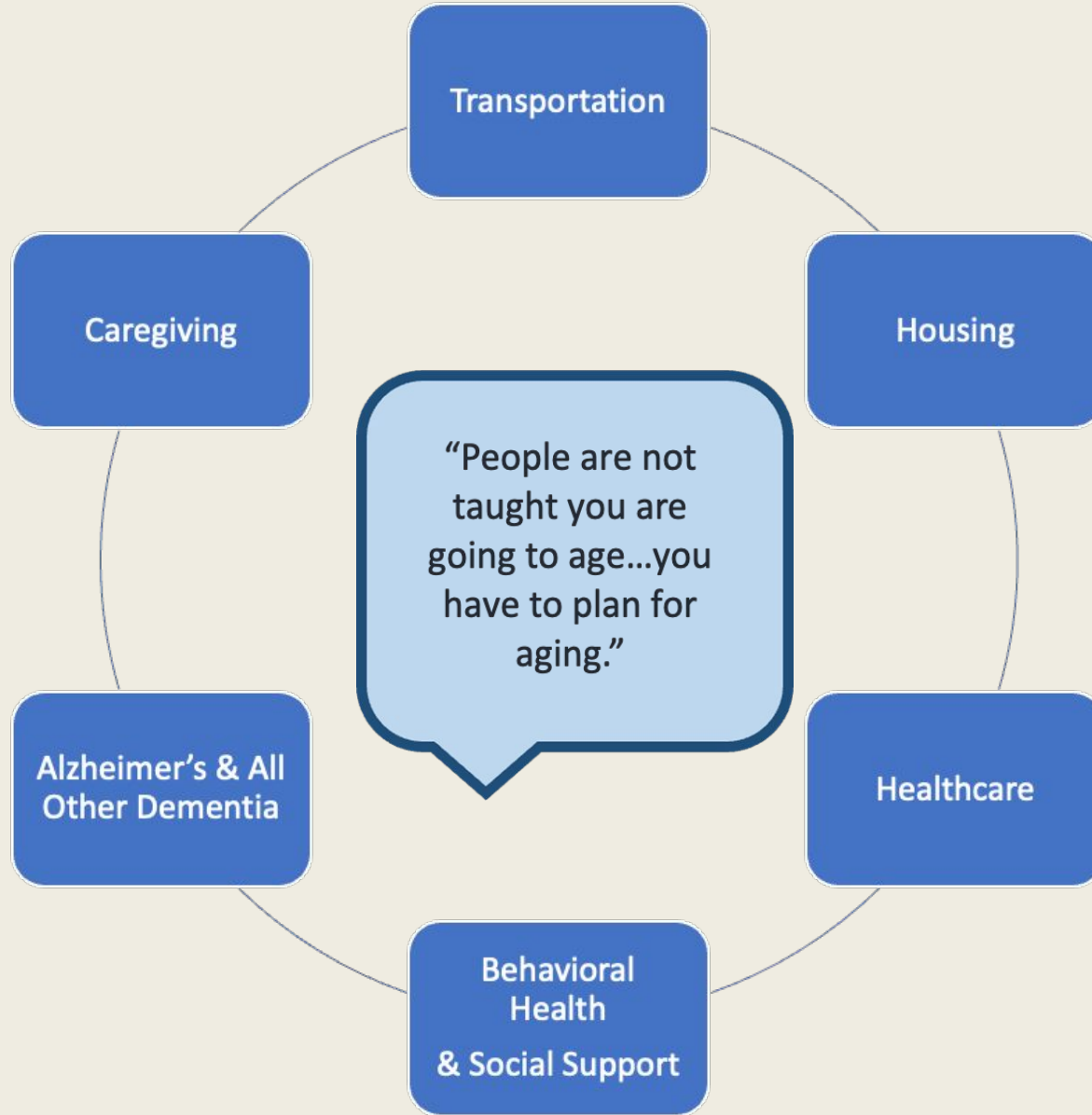
Rural Areas

Adults with Disabilities

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
Menifee VFW	Riverside	Veterans	5
Path of Life Ministries – Community Shelter	Riverside	Unhoused	7
Independent Living Centers	Riverside & San Bernardino	Adults with Disabilities	8
<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

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

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



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

A disabled individual needs to be a legal library to advocate for their rights – often times providers don’t know the law or types of supports required.

# INLAND EMPIRE MASTER PLAN FOR AGING

## WORKGROUP CO-CHAIRS

### HOUSING

**Ben Jauregui, DSW, MPA, CCM**  
Inland Empire Health Plan

**Tanya Torno, MSW**  
Housing & Workforce Solutions

### CAREGIVING, ALZHEIMER'S DISEASE & OTHER DEMENTIAS

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

**Susan Howland, MSG**  
Alzheimer's Association CA Southland

### BEHAVIORAL HEALTH & SOCIAL SUPPORT

**Tony Ortego, MA, LMFT**  
Riverside University Health System

**Karen Sadewater, PsyD & Glenda Jackson**  
SB Department of Aging & Adult Services

**Georgina Yoshioka, DSW, LCSW & Alyce Belford-Saldana, PhD**  
SB County Behavioral Health

### TRANSPORTATION

**Heather Menninger**  
AMMA Transit Planning

# IE MASTER PLAN FOR AGING'S FIVE GOALS



**Housing As Home & Healthcare**



**Transportation For All Ages, Abilities & Regions**



**Focus On Caregiving, Alzheimer's Disease & Dementias**

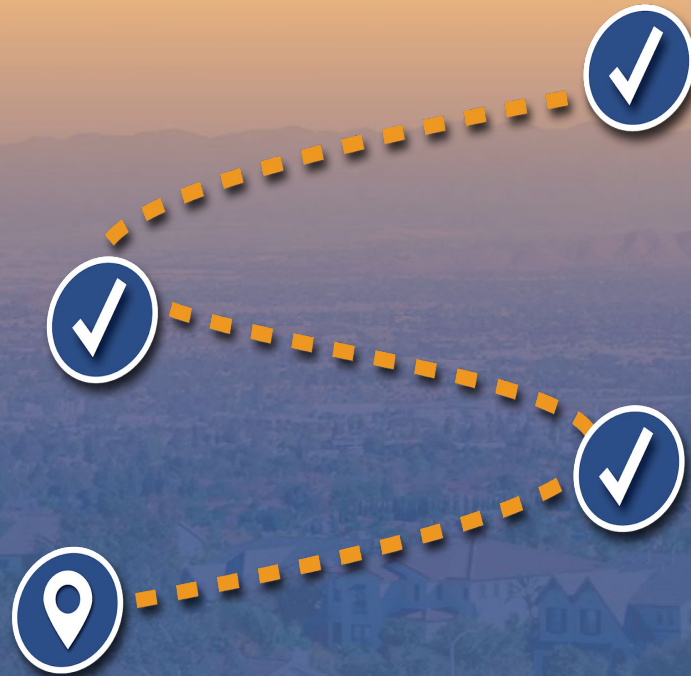


**Age & Disability Friendly Behavioral Health & Social Support**



**Safety, Respect & Equity As We Age**

# IE MASTER PLAN FOR AGING NEXT STEPS



**January 2025:** Release draft *MPA Implementation Plan* for community comment

**Winter/Spring 2025:** Build partnerships for implementation

**June 2025:** Release final *MPA Implementation Plan*, form implementation and oversight bodies

**2025–2028:** Implementation with partners

# GOAL FIVE: SAFETY, RESPECT & EQUITY AS WE AGE

**STRATEGY 1: EQUITY & RESPECT**

**STRATEGY 2: EMERGENCY  
SERVICES**

**STRATEGY 3: ELDER & DISABILITY  
JUSTICE**





# GOAL FIVE: SAFETY, RESPECT & EQUITY AS WE AGE

## STRATEGY 1: EQUITY & RESPECT

### Objectives:

- A. Aging, caregiving, and disability service providers provide culturally responsive and equitable access to Inland Empire residents.
- B. Improved data collection provides a clear indication of existing inequities and disparities in the aging and disability services sector.
- C. Address persistent ageist and ableist attitudes and assumptions.



# GOAL FIVE: SAFETY, RESPECT & EQUITY AS WE AGE

## STRATEGY 2: EMERGENCY SERVICES

### Objectives:

- A. Older adults, adults with disabilities, and caregivers are prepared for emergencies and disasters.
- B. Emergency services include older adults, adults with disabilities, and caregivers in emergency response planning and recovery.



# GOAL FIVE: SAFETY, RESPECT & EQUITY AS WE AGE

## STRATEGY 3: ELDER & DISABILITY JUSTICE

### Objectives:

- A. Older adults & adults with disabilities in nursing care facilities are treated with dignity and respect.
- B. Older adults, adults with disabilities, and caregivers are aware of and able to access legal services to meet their needs.

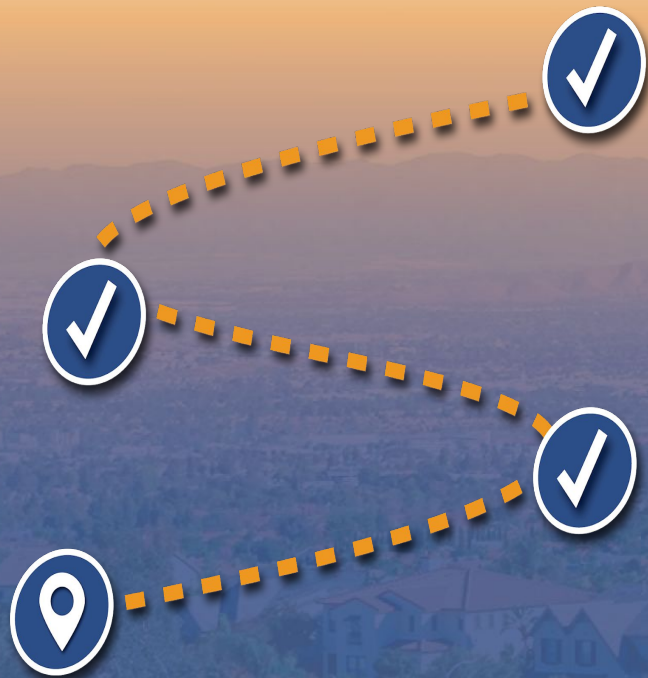


# GOAL FIVE: SAFETY, RESPECT & EQUITY AS WE AGE

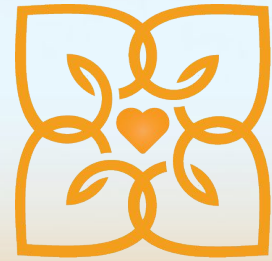
## Potential Opportunities for Partnership:

- ✓ **Compile** best practices to provide culturally responsive and equitable access to resources for older adults and those with disabilities
- ✓ **Assess** data collection processes for race, ethnicity, and sexual identity gaps to improve services
- ✓ **Develop** public facing Aging Well Data Dashboard
- ✓ **Host** Reframing Aging trainings or abilism trainings
- ✓ **Create** or **host** emergency preparedness trainings with an aging or disability focus
- ✓ **Advocate** for protections for older adults and those with disabilities and attend California Elder & Disability Justice Coordinating Council meetings
- ✓ **Educate** and **empower** older adults and those with disabilities on their rights resources or **present** on legal resources
- ✓ **Participate** in improvement to services and navigation
- ✓ **Apply for funding** to promote safety and equity activities in the community

# PARTNERSHIP BUILDING NEXT STEPS



- **Sign up** as a partner
- **Join** Inland Coalition on Aging
- **Commit** to helping with IE-MPA Implementation
- Potential Follow up Meeting if needed
- **Connect** us to other potential partners
- **Attend** the IE MPA Launch
- **Connect** if you have a project or grant idea to collaborate on:  
[info@inlandaging.org](mailto:info@inlandaging.org)



**Inland Coalition  
on Aging**

# Thank You!

For more information, please visit:

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