

The Inland Empire Master Plan for Aging

On the Road to Aging Well

Strength Through Partnership

Goal 3 - Focus On Caregiving, Alzheimer's Disease & Dementias

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

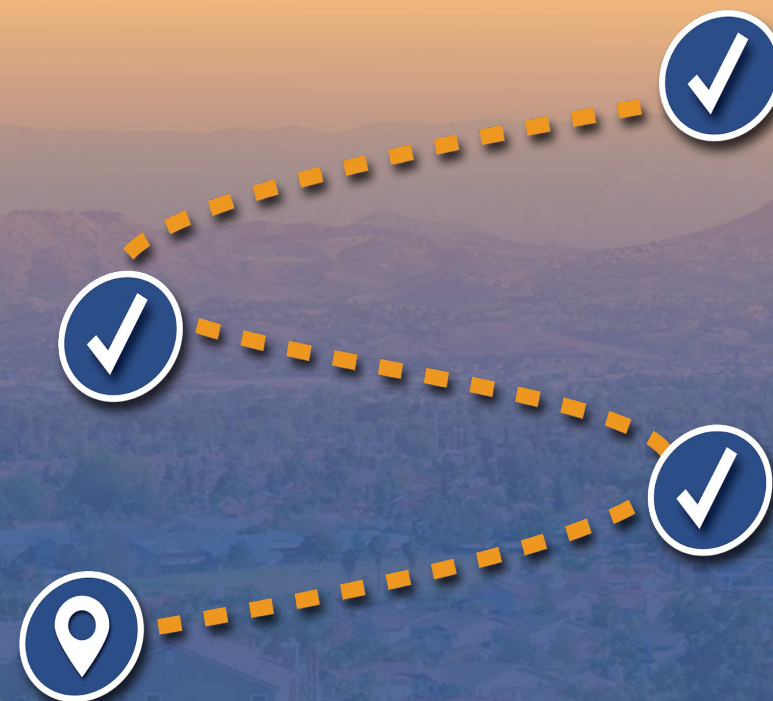
January 2022: Received funding from The SCAN Foundation to develop an MPA

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

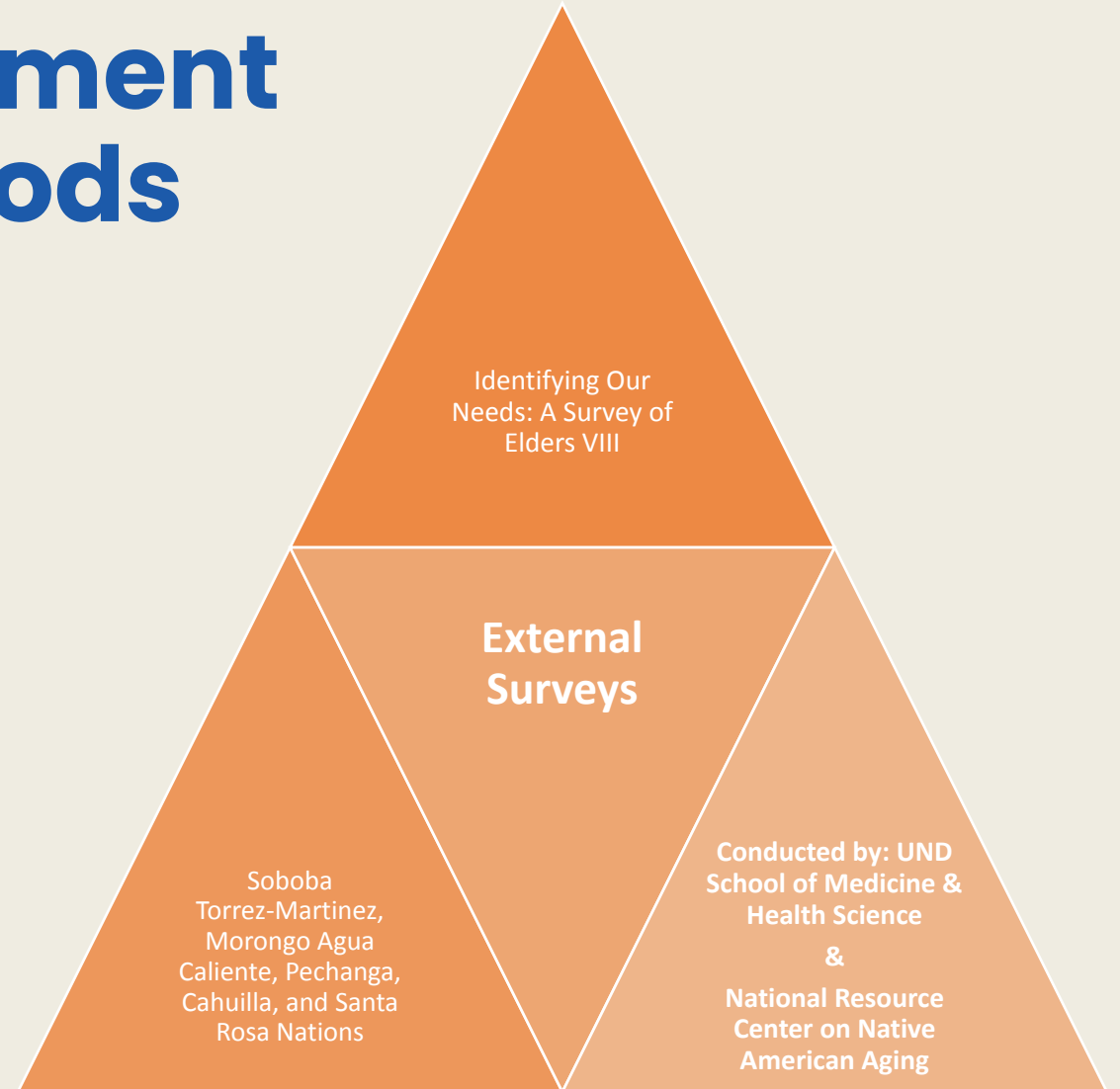
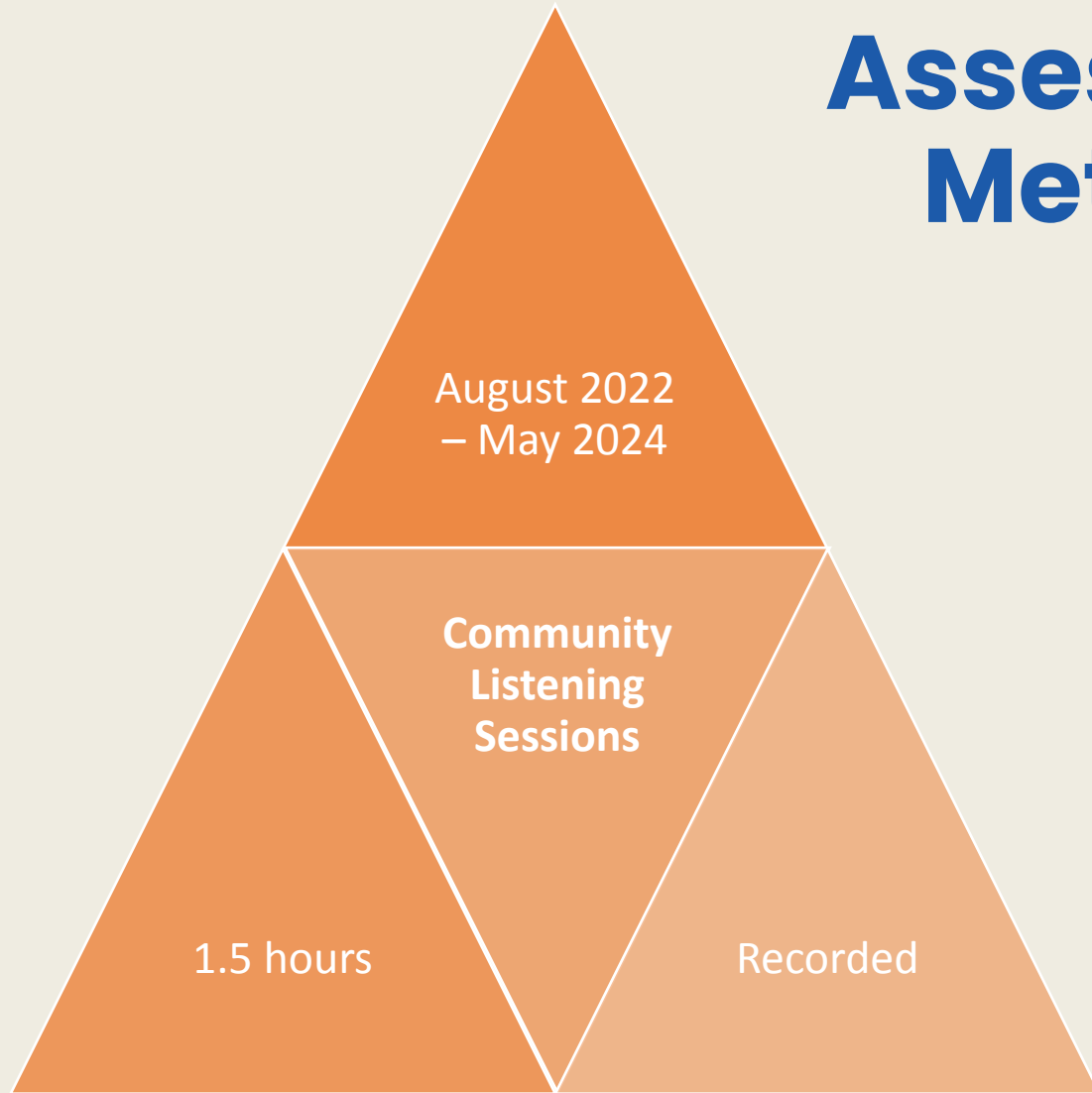
Steve Mehlman, Senior Senator, California Senior Legislature, Founder, Pass Area Senior Collaborative, Member, Riverside Advisory Council on Aging

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

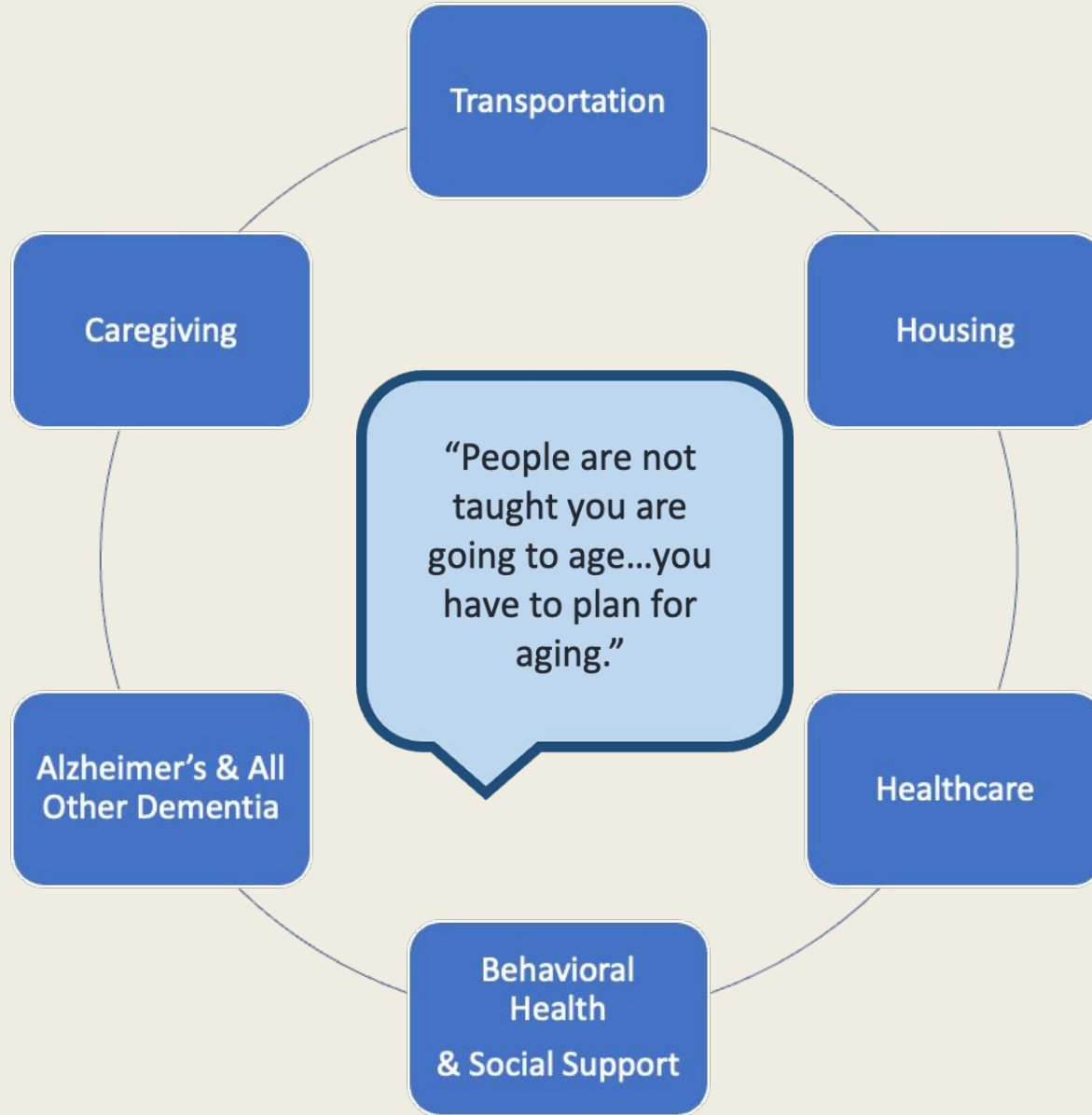
Rural Areas

Adults with Disabilities

Recruiting Group	County	Population	# Participants
Community Listening Sessions			
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
External Surveys			
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

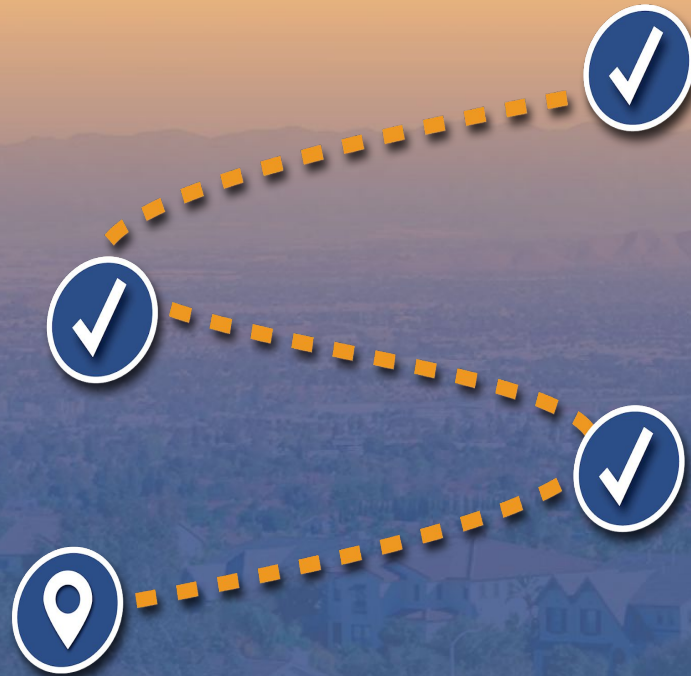
Karen Sadewater, PsyD & Glenda Jackson
SB Department of Aging & Adult Services

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

TRANSPORTATION

Heather Menninger
AMMA Transit Planning

IE MASTER PLAN FOR AGING 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

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

GOAL THREE: FOCUS ON CAREGIVING, ALZHEIMER'S DISEASE & OTHER DEMENTIAS

STRATEGY 1: LONG TERM CARE (LTC)

STRATEGY 2: CAREGIVER SUPPORT

STRATEGY 3: ALZHEIMER'S DISEASE & OTHER DEMENTIAS



GOAL THREE: FOCUS ON CAREGIVING, ALZHEIMER'S DISEASE & OTHER DEMENTIAS

STRATEGY 1: LONG TERM CARE (LTC)

Objectives:

- A. Increase awareness among providers and consumers of LTC services.
- B. Support the capacity of LTC services through advocacy efforts.



GOAL THREE: FOCUS ON CAREGIVING, ALZHEIMER'S DISEASE & OTHER DEMENTIAS

STRATEGY 2: CAREGIVER SUPPORT

Objectives:

- A. Ensure that family & friend caregivers are aware of resources and how to access them.
- B. Connect providers with caregiver resources.
- C. Incorporate caregiving considerations into housing, behavioral health, and transportation activities to strengthen caregiver support.



GOAL THREE: FOCUS ON CAREGIVING, ALZHEIMER'S DISEASE & OTHER DEMENTIAS

STRATEGY 3: ALZHEIMER'S DISEASE & OTHER DEMENTIAS

Objectives:

- A. Build dementia capacity within existing systems (law enforcement, home care, facilities, etc.).
- B. Build public awareness and education on early detection, diagnosis, treatment.

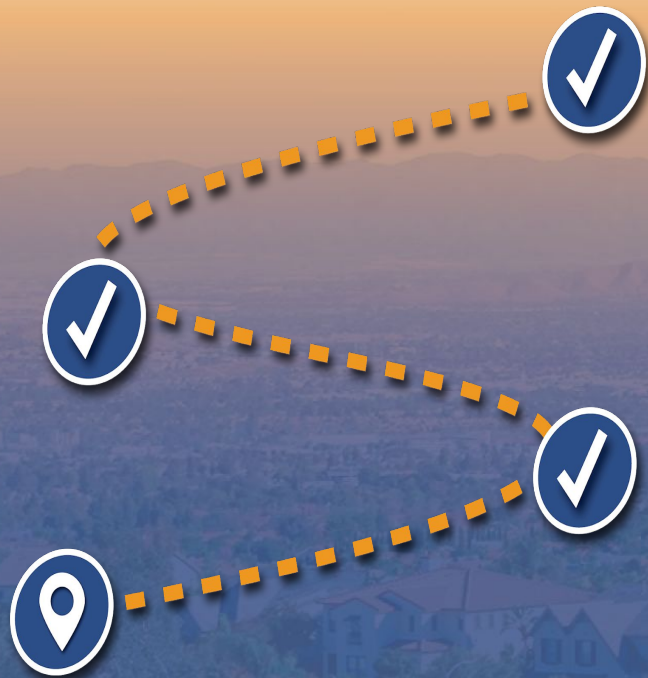


GOAL THREE: FOCUS ON CAREGIVING, ALZHEIMER'S DISEASE & OTHER DEMENTIAS

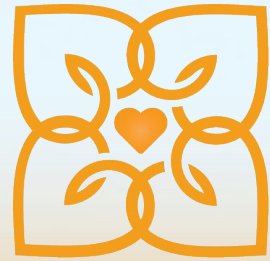
Potential Opportunities for Partnership:

- ✓ **Distribute** information to build awareness about caregiving
- ✓ **Host** trainings on caregiver support programs and tools to provide referrals
- ✓ **Sign on** as an organization or leader whose work intersects with the wellbeing of caregivers or as an organization participating in dementia capacity building efforts
- ✓ **Apply for funding** for projects focused on or including caregivers and those experiencing Alzheimer's or dementia
- ✓ **Facilitate** cross sector alignment of resources and planning to support caregivers (e.g. housing, financial, transit, physical, emotional)
- ✓ **Participate** in improvement to services and navigation
- ✓ **Partner** on early detection of cognitive decline
- ✓ **Develop** guidelines to include people living with Alzheimer's and dementia in behavioral health support programs
- ✓ **Build** an Alzheimer's, dementia, and brain health education campaign

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



**Inland Coalition
on Aging**

Thank You!

For more information, please visit:

inlandaging.org