

The Master Plan for Aging
LOCAL PLAYBOOK

Taking Action to Build Californian Communities for All Ages

WELCOME TO THE MPA LOCAL PLAYBOOK

Resources to Assist You in Taking Action in Your Community



The MPA Local Playbook is designed to assist state and local government, communities, and private and philanthropic organizations in building environments that promote an age-friendly and disability-friendly communities.

There are seven “plays” outlined, each with recommended resources and models for you to consult during your project planning, implementation, and evaluation.

The resources in this Playbook, and more, can be found at MPA.aging.ca.gov.

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 Aging Models

PLAY FOUR: Select Your MPA Initiatives for Implementation

PLAY FIVE: Build Your Action Plan

PLAY SIX: Evaluate Your Initiative

PLAY SEVEN: Stay Connected



PLAY ONE: *Engage Your Local Leaders*

- Collaborative, and cross-sector, partnerships are the key to implementing successful projects, policies, and initiatives.
- The resources on the next slides will help you find local government leaders, community planners, aging and disability advocates, and subject matter experts in your own community.



PLAY ONE: *Engage Your Local Leaders*

Use these Directories to Find Some of Your Local and Regional Government Leaders:

- [California Department of Aging's providers & partners](#)
- [California State Association of Counties](#)
- [County Welfare Directors Association of California](#)
- [League of California Cities](#)
- [American Planning Association: California Chapter](#)

PLAY ONE: *Engage Your Local Leaders (con't)*

Use These Directories to Find Some of Your Local and Regional Health, Aging, and Disability Leaders:

- [Area Agencies on Aging](#)
- [Aging & Adult Service Providers in Your County](#)
- [Local Health Departments](#)
- [California Foundation for Independent Living Center's Members](#)
- [California Collaborative for Long Term Services & Supports Members](#)
- [California Council of Community Behavioral Health Agencies](#)
- [CalPACE Programs](#)

PLAY ONE: *Engage Your Local Leaders (con't)*

There are several international and national organizations with local chapters working on age-friendly communities. Find out if your community is involved:

- [AARP Local Chapters](#)
- [AARP Livable Community Map](#)
- [World Health Organization Age-Friendly World: Global Health Network](#)
- [Village to Village Network](#)
- [Alzheimer's Association](#)
- [California Alliance for Retired Americans](#)



PLAY ONE: *Engage Your Local Leaders (con't)*

Universities & Colleges Across California Offer Expertise and Conduct Research in Geriatrics & Gerontology:



UC San Diego



UCIRVINE

PLAY TWO: EXPLORE LOCAL DATA

Meaningful metrics are the foundation of project planning and evaluation.

There are several publicly available and user-friendly data sets that can help determine the focus of your project, including:

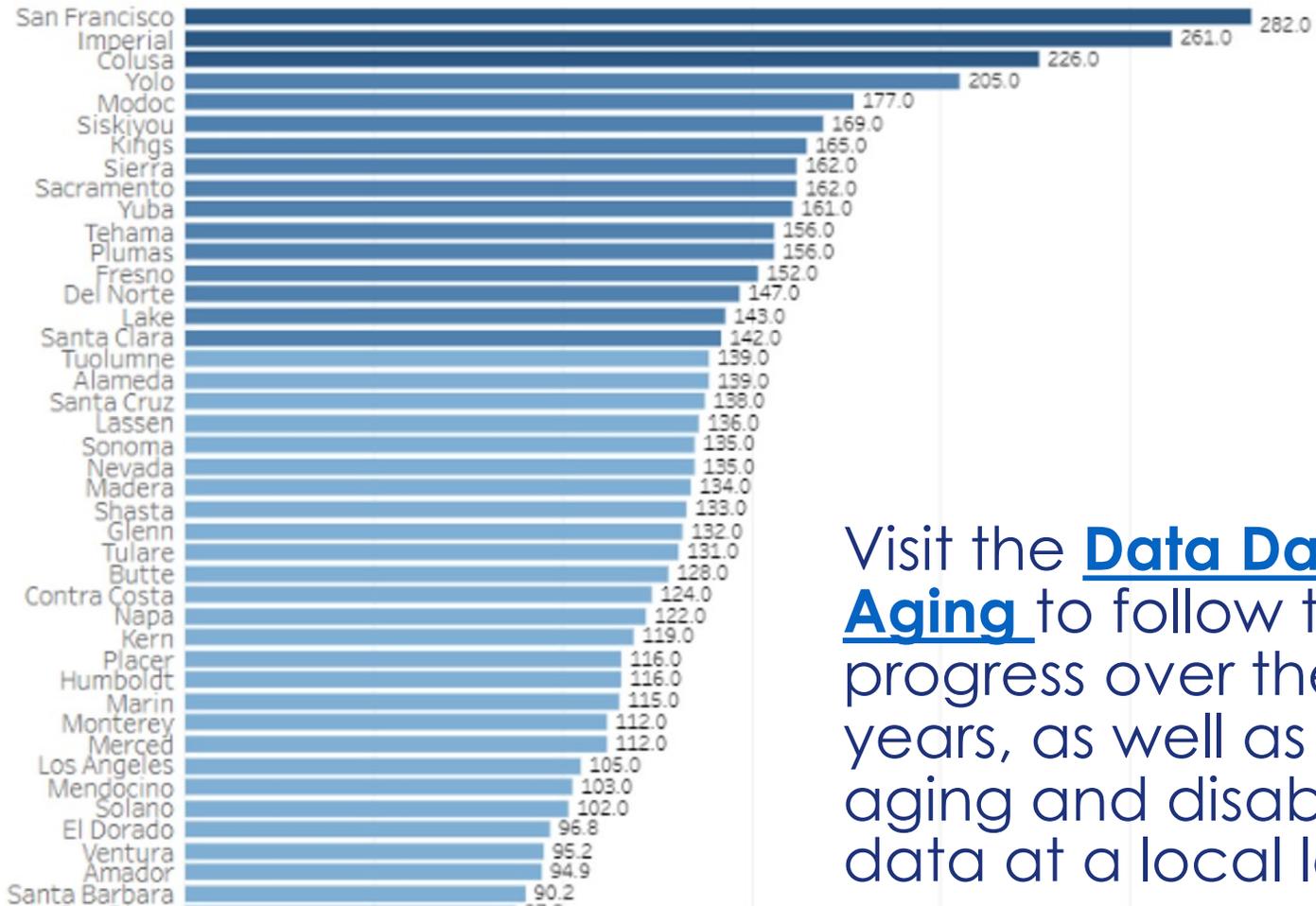
- [The MPA Data Dashboard on Aging](#)
- [Elder Economic Security Index](#)
- [AARP Livability Index](#)
- [Let's Get Healthy California](#)
- [CDA COVID-19 Response Data Dashboard](#)



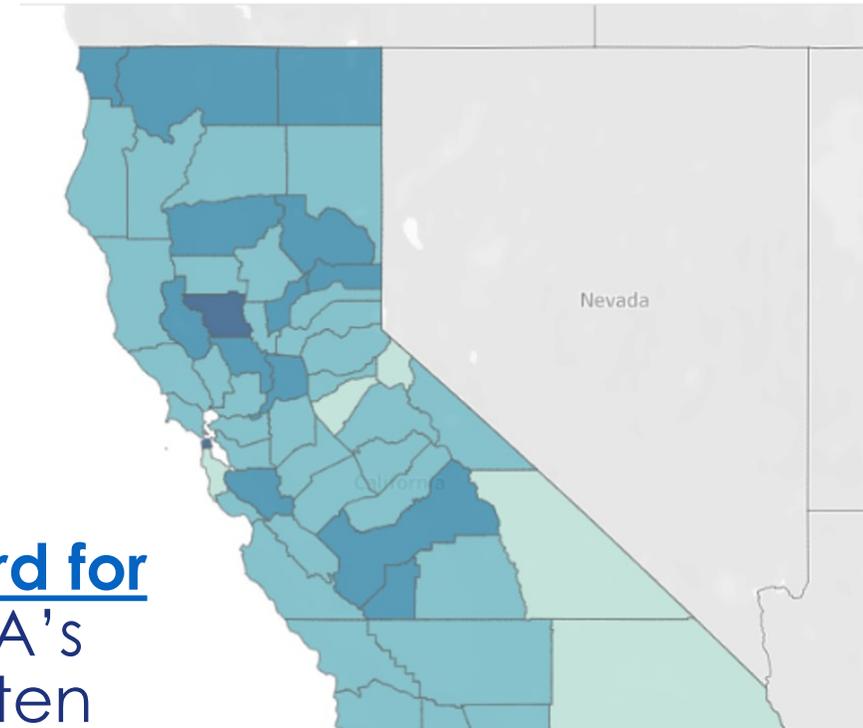
PLAY TWO: Explore Local Data (con't)

Data Dashboard for Aging

Number of Subsidized Housing Units per 10,000 People by County, 2018



Number of Subsidized Housing Units per 10,000 People by County, 2018



Visit the [Data Dashboard for Aging](#) to follow the MPA's progress over the next ten years, as well as to explore aging and disability related data at a local level.

PLAY TWO: *Explore Local Data (con't)*

Elder Economic Security Index (EESI)



- **The EESI, or Elder Index**, measures the income that *older adults* need to meet basic needs while aging, allowing researchers to evaluate retirement security.
- It is a more accurate way of measuring economic security than the Federal Poverty Level, because the Elder Index considers local expenses, savings requirements, and what incomes are needed to achieve economic security by family type, and **at the city and county level**.
- You can specify household size, location, housing ownership, and health status. It includes the cost of Housing, Health Care, Transportation, Food, and Miscellaneous Essentials.

PLAY TWO: *Explore Local Data (con't)*

AARP's Livability Index

AARP's Livability Index scores neighborhoods and communities across the US for the services and amenities that impact your life the most.

You can search for your location and explore the top-rated communities.

■ HOUSING

Affordability and access



They say home is where the heart is—and the same holds true for the Livability Index. Housing is a central component of livability.

■ TRANSPORTATION

Safe and convenient options



How easily and safely we're able to get from one place to another has a major effect on our quality of life.

■ HEALTH

Prevention, access and quality



Community conditions influence health behaviors.

■ NEIGHBORHOOD

Access to life, work, and play



What makes a neighborhood truly livable? Two important qualities are access and convenience.

■ ENVIRONMENT

Clean air and water



Good communities maintain a clean environment for their residents. Great communities enact policies to improve and protect the environment for generations to come.

■ ENGAGEMENT

Civic and social involvement



A livable community fosters interaction among residents.

PLAY TWO: *Explore Local Data (con't)*

Let's Get Healthy California

LET'S GET HEALTHY CALIFORNIA

A shared vision for the future health of Californians. It is a commitment to become a healthier state through joint efforts in six project goals focusing on health across the lifespan and pathways to health, with an emphasis on achieving better health, better care, and lower costs and promoting health equity for all Californians



PLAY TWO: *Explore Local Data (con't)*

COVID-19 Response Data Dashboard

The **COVID-19 Response Data Dashboard** demonstrates how CDA is adapting programs and services during the COVID-19 pandemic to serve older adults, families, and caregivers. Data is collected from AAA's, CDA programs, and other available data.

▶  CDA's Home Delivered Meals for Older Adults

▶  Information and Assistance Calls: Local Area Agencies on Aging (AAAs)

▶  Information and Assistance Calls: Statewide Inbound Calls

▶  Long-Term Care Ombudsman CRISISline Calls

▶  Supportive Services and Health Care at Home for Older Adults

▶  Statewide Demographic Data on Older Adults, Fiscal Year 2018-2019

PLAY THREE: REVIEW EXISTING LOCAL AGE-FRIENDLY MODELS

Successful age-friendly projects have been implemented around the U.S. and the world.

Before developing your own plan, it's important to get to know your own community, what work has already been done there, and which priorities have been identified.

The resources on the next few slides will get you started!

PLAY THREE: *Review Local Age-Friendly Models (con't)*

Every four years, your local area agency on aging publishes a plan. Find yours here:

- [Area Agency on Aging Directory](#)

Other Sample Age-Friendly Plans in California & Beyond:

- [West Sacramento, CA](#)
- [Age Well San Diego](#) and [Aging Roadmap](#)
- [Purposeful Aging Los Angeles](#)
- [Chula Vista: Creating an Age-Friendly City](#)
- [Age-Friendly Seattle](#)
- [Age-Friendly Portland](#)
- [The Village Movement California](#)

PLAY THREE: *Review Local Age-Friendly Models (con't)*

Sample Dementia-Friendly Plans

- [Dementia Friendly America Network](#)
- [Dementia Friendly Ventura County](#)

Sample LGBTQ-Focused Aging Projects

- [San Francisco's LGBT Aging Policy Task Force](#)
- [Open House: LGBT-Specific Housing & Services](#)



PLAY FOUR: SELECT YOUR MPA INITIATIVES FOR IMPLEMENTATION

Now that you've determined the primary issues and areas of opportunity in your community, narrow down your project's focus using the MPA's Five Goals and 23 Strategies:



Housing for All Ages & Stages



Caregiving that Works



Health Reimagined



Affording Aging



Inclusion & Equity, Not Isolation

The next section introduces the goals, their associated strategies, and local models for inspiration.

PLAY FOUR: *Select Your MPA Initiatives for Implementation*

GOAL ONE for 2030: Housing for All Ages & Stages

Housing for All Ages & Stages Strategies:

- **Housing Options As We Age**
- **Transportation Beyond Cars**
- **Outdoor & Community Spaces for All Ages**
- **Emergency Preparedness**
- **Climate Readiness**

PLAY FOUR: *Select Your MPA Initiatives for Implementation*

GOAL ONE Local Model: Age Well San Diego

A regional plan for an age- and dementia-friendly community

In 2016, the County of San Diego joined the AARP® Network of Age Friendly Communities and the Dementia Friendly America network. The Age Well Action Plan includes goals in the areas of:

- Dementia-friendly
- Health & Community Support
- Housing
- Social Participation
- Transportation



PLAY FOUR: *Select Your MPA Initiatives for Implementation*

GOAL ONE Local Model: **Age Well San Diego**



VISION: Safe and affordable **housing** that is located near goods, services, and activities, and allows older adults to age in their community.

GOALS:

- Implement zoning ordinances that create **mixed-use villages**
- Implement policies and programs to **prevent homelessness**
- Increase **affordable housing stock**
- Develop supports to **assist aging in place**



PLAY FOUR: *Select Your MPA Initiatives for Implementation*

GOAL ONE Local Model: **Age Well San Diego**



An age-friendly community is one where people of all ages have access to **affordable housing**. The Age Well San Diego Housing Team's actions have included:

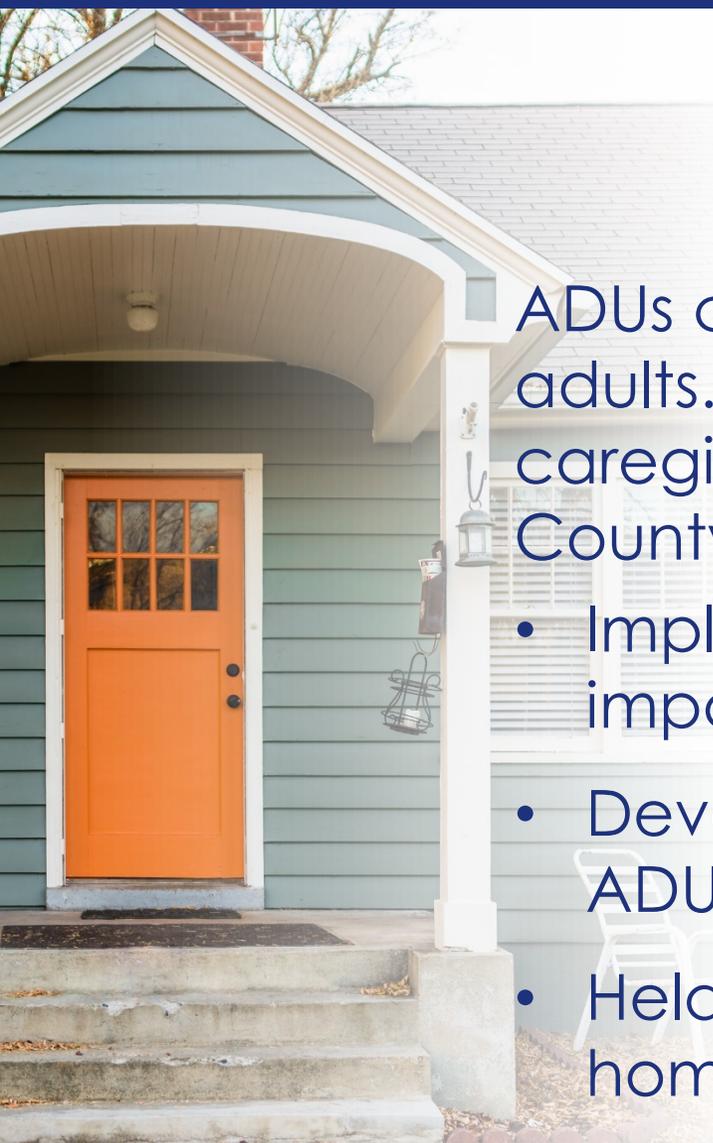
- Implementation of policy language in the County's Consolidated Plan to highlight the need for affordable housing units that are ADA compliant and offer supportive services to assist aging in place.
- Presentation and resources to educate community members about the need for affordable housing.
- Symposium in partnership with AARP to educate homeowners about Accessory Dwelling Units



PLAY FOUR: *Select Your MPA Initiatives for Implementation*

GOAL ONE Local Model: Age Well San Diego

EXAMPLE HOUSING STRATEGY: ACCESSORY DWELLING UNITS (ADUs)



ADUs can provide an important housing solution for older adults. They can create rental income, provide a home for a caregiver, or allow an older adult to live near family. The County of San Diego used several strategies to promote ADUs:

- Implemented pilot program to waive ADU development and impact fees
- Developed resources and a dedicated phone number for ADU questions
- Held a Symposium in partnership with AARP to educate homeowners about ADUs

PLAY FOUR: Select Your MPA Initiatives for Implementation

GOAL TWO for 2030: Health Reimagined

Health Reimagined Strategies:

- Bridging Health Care & Home and Community Services
- Health Coverage & Care for All
- Geriatric Medicine
- Dementia in Focus
- Lifelong Healthy Aging
- Nursing Home Quality

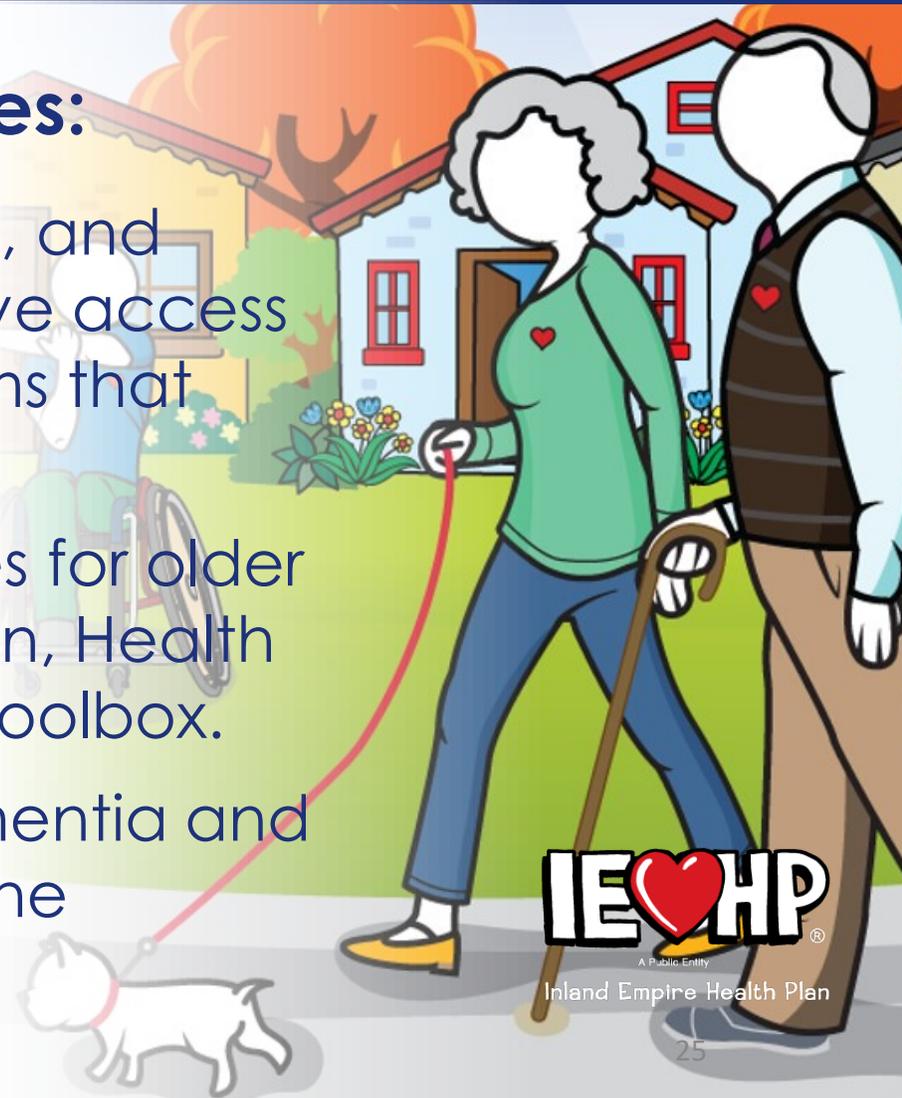


PLAY FOUR: Select Your MPA Initiatives for Implementation

GOAL TWO Local Model: Inland Empire Health Plan

Long Term Supports & Services (LTSS) Strategies:

- Multidisciplinary Team of Social Workers, Nurses, and Care Coordinators ensure that older adults have access to member-centered, long-term support systems that promote independent living.
- Community Resource Centers offer free courses for older adults including Yoga, Line Dancing, Meditation, Health Cooking classes, Chair Fitness, and Caregiver Toolbox.
- Older Adults are screened for Alzheimer's/Dementia and individual care plans include what matters to the Member.



PLAY FOUR: Select Your MPA Initiatives for Implementation

GOAL TWO Local Model: Inland Empire Health Plan

Long Term Services & Supports Strategies :

- Caregivers are identified, included in care planning if requested by the Member, included in the Care Team, assessed for burnout, and provided with community resources.
- LTSS assessment is included in the Health Risk Assessments of older adults.
- LTSS Providers are included in weekly Interdisciplinary Care Team meetings.



PLAY FOUR: Select Your MPA Initiatives for Implementation

GOAL TWO Local Model: Inland Empire Health Plan

Long Term Services & Supports Strategies:

- Support Services team provides wraparound services including housing to ensure older adults can age in place and transition out of skilled nursing facilities.
- Robust Stakeholder Committee with older adults, advocates, caregivers, and LTSS providers provide input to ensure seamless access and coordination across the full continuum of care.

“Will have access to the services we need to live in the community with optimal health and quality of life.”



PLAY FOUR: Select Your MPA Initiatives for Implementation

GOAL TWO Local Model: Partners in Care Foundation



California's aging population is increasingly susceptible to - and suffering from - chronic disease and unnecessary falls, which are exacerbated by a lack of knowledge about healthy behaviors, including a lack of exercise.

Partners in Care provides older adults with health and wellness information, workshops that provide tools for personal activation and fun activities covering the areas of Chronic Disease Self-Management, Falls Prevention and Exercise.

[Learn more at picf.org](http://picf.org)

PLAY FOUR: Select Your MPA Initiatives for Implementation

GOAL TWO Local Model: Partners in Care Foundation

Examples of Partners in Care Foundation's Programs:

Healthier Living: Learn everyday skills like nutritious eating & relaxation techniques

Diabetes Prevention Program: A personal health coach shows how to make healthier food choices, be more active and lower the risk of type 2 diabetes.

A Matter of Balance: Falls and the fear of falling are controllable through activities that increase strength and balance.

Tai Chi for Arthritis: Learn core movements in the Tai Chi Sun Style and the Tai Chi principles that build balance of mind and body.

PLAY FOUR: *Select Your MPA Initiatives for Implementation*

GOAL THREE for 2030: Inclusion & Equity, Not Isolation

Inclusion & Equity, Not Isolation Strategies

- Equity & Inclusion in Aging
- Closing the Digital Divide
- Protection from Abuse, Neglect, Exploitation
- Opportunities for Work
- Opportunities to Volunteer & Engage



PLAY FOUR: *Select Your MPA Initiatives for Implementation*

GOAL THREE Local Model: Purposeful Aging Los Angeles (PALA)



Purposeful Aging Los Angeles (PALA)

- Seeks to prepare the Los Angeles region for a rapidly aging population through innovative and sustained initiatives that unite public and private leadership, resources, ideas and strategies.

PLAY FOUR: *Select Your MPA Initiatives for Implementation*

GOAL THREE Local Model: Purposeful Aging Los Angeles (PALA)



Initiatives

- Repurposed - PALA platform to inform & connect.
- New partnerships to provide: social/virtual Clubs, tech support, real-time conversation groups
- Senior Event Calendar – Collection of nationwide senior events
- Intergenerational Programs

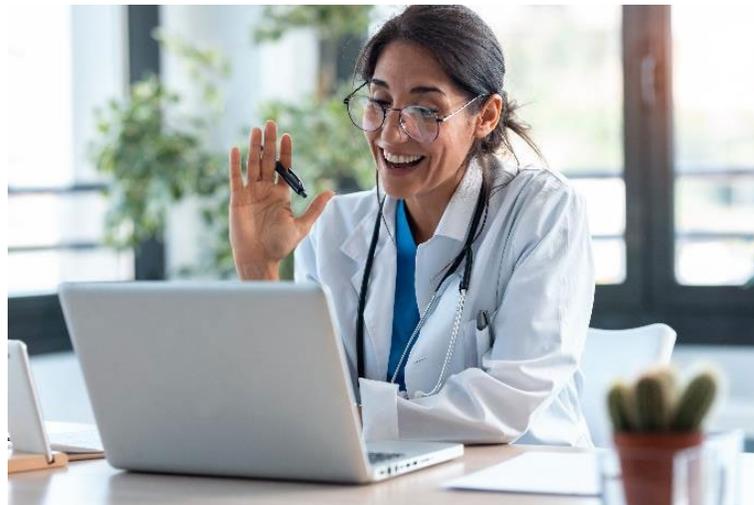
Learn More: <https://purposefulagingla.com/>

PLAY FOUR: *Select Your MPA Initiatives for Implementation*

GOAL FOUR for 2030: Caregiving that Works

Caregiving That Works Strategies:

- Family & Friend Caregiving
- Direct Care Jobs
- Virtual Care



PLAY FOUR: *Select Your MPA Initiatives for Implementation*

GOAL FOUR Local Model: Healthcare Career Pathways



Healthcare Career Pathways (HCP) is a collaborative partnership with Ombudsman Services of Contra Costa, Solano and Alameda, Opportunity Junction, and Mt. Diablo Adult Education formed to address the critical shortage of healthcare workers.

Founded in principles of restorative justice, person centered care and student-centered learning while being deeply informed by the needs of the long-term care industry.

PLAY FOUR: *Select Your MPA Initiatives for Implementation*

GOAL FOUR Local Model: Healthcare Career Pathways



HCP Helps people graduate with the certification they need to become a caregiver in their community

Provides high quality classroom and clinical training equipping students with the technical and critical "soft skills" they will need to succeed as working professionals

working with education and legislative partners to allow other communities to launch similar initiatives

Learn More: <https://www.ccsombudsman.org/healthcare-career-pathway/>

PLAY FOUR: *Select Your MPA Initiatives for Implementation*

GOAL FIVE for 2030: Affording Aging

Affording Aging Strategies:

- Income Security as We Age
- Protection from Poverty & Hunger
- No Older Homeless



PLAY FOUR: *Select Your MPA Initiatives for Implementation*

GOAL FIVE Local Model: San Francisco Project Homekey

Project Homekey seeks to protect California's homelessness population who are at high risk for serious illness and significantly impacted by COVID-19.

“Permanent Supportive Housing is the foundation of our Homelessness Recovery Plan. By expanding access to housing and other support, we can create real opportunities for people to get off the streets and create a path for them to live a fuller, healthier life,” -Mayor London Breed

\$29 million in grant funding to purchase and rehabilitate housing, including hotels, motels, vacant apartment buildings, and other buildings and convert them into interim or permanent, long-term housing.



PLAY FOUR: *Select Your MPA Initiatives for Implementation*

GOAL FIVE Local Model: SF's Meal Delivery Expansion

San Francisco's Department of Disability and Aging Services (DAS) and community partners collaborate to help older adults and adults with disabilities have access to food, home care, social engagement, and other essential support in response to COVID-19.

Great Plates Delivered Program: Local restaurants and food providers deliver three free meals a day to eligible adults 65+ who are sheltering in place and adults 60-64 who are at high-risk from COVID-19.



PLAY FIVE: BUILD YOUR ACTION PLAN

Once you've determined your project's focus, it's important to develop a clear scope of work with goals, objectives, strategies, and evaluation measures.

Suggested resources for building age-friendly and equitable communities and programs are featured on the next two slides.



PLAY FIVE: *Build Your Action Plan*

Age-Friendly Community Planning Tools & Resources

- [AARP: How to Make a Community Action Plan](#)
- [AARP: 8 Domains of Livable Communities](#)
- [AARP: Community Listening Session Guide](#)
- [WHO's Essentials of Age-Friendly Cities](#)
- [Grantmakers in Aging: Guiding Principles for the Sustainability of Age-Friendly Community Efforts](#)
- [Making Your Community Livable for All Ages](#)
- [880 cities: Civic Engagement Tools](#)
- [The Community Guide: Program Planning Resource](#)



PLAY FIVE: *Build Your Action Plan*

Resources to Bake Equity Into Your Planning



- [League of California Cities: Advancing Equity](#)
- [California Department of Aging: Ensuring Equity in Aging Resource Center](#)
- [California Department of Aging: California for ALL Ages anti-ageism resources](#)
- [An Intersectional Approach to Services and Care for LGBT Elders](#)
- [American Planning Association: Equity Resources](#)

PLAY SIX: *EVALUATE YOUR AGE-FRIENDLY COMMUNITY PROGRAM* **TOOLS & RESOURCES FOR EVALUATION**

- [AARP: Evaluating Your Age-Friendly Community Program](#)
- [Age-Friendly Communities Evaluation Guide: Using Indicators to Measure Progress \(Canada\)](#)
- [Centers for Disease Control and Prevention: Program Performance & Evaluation Framework](#)



PLAY SEVEN: *STAY CONNECTED*

We learn from each other's experiences. Tell us about your project! We may highlight it on our webpage to inspire other communities across California.

Visit [MPA.aging.ca.gov](https://mpa.aging.ca.gov) To share your story



LEARN MORE ABOUT THE MPA
at [MPA.aging.ca.gov](https://mpa.aging.ca.gov)

Send questions and comments to EngAGE@aging.ca.gov