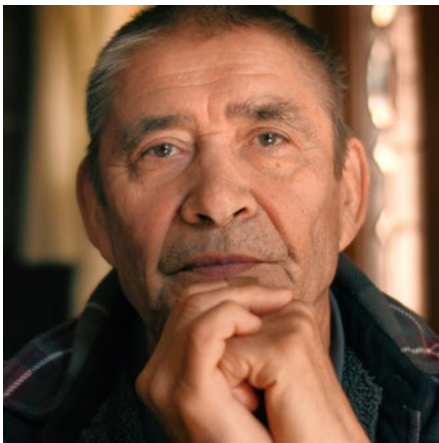


SEPTEMBER 2024

CONTRA COSTA COUNTY Master Plan for Aging

*Enabling older adults, adults with disabilities, and
caregivers to thrive in the community.*



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Collaborative Consulting, a California-based consulting group, works at the intersection of health and social care. In partnership with the Area Agency on Aging, they facilitated the development process of this community plan. Collaborative Consulting collected and synthesized data, analyzed local trends, facilitated IMPACCT Steering Committee discussions, drafted documents, and incorporated feedback from multiple stakeholders throughout the process.

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EXECUTIVE SUMMARY

Contra Costa County is changing. Our neighborhoods, cities and unincorporated areas are seeing a profound shift in demographics, with more older adults, and meaningfully, more adults of a very senior age. Some of our elders experience extreme challenges with poverty, housing and health. Alarming, an increasing number of seniors are unhoused, enduring unsheltered days and nights. Many of our elders lack the resources to live in security and with dignity. We are heading toward a crisis, and it is critical to act now. The Contra Costa County Master Plan for Aging outlined below responds to this crisis by developing a blueprint and call-to-action that requires a collective commitment to establish Contra Costa County as place where aging is valued, and our growing older adult population can thrive.

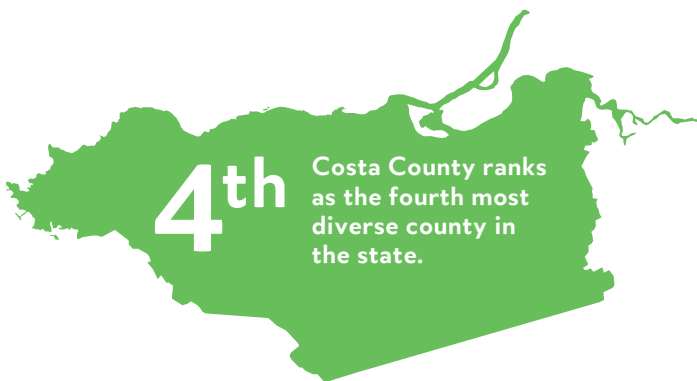


WHY DO WE NEED A CONTRA COSTA COUNTY MASTER PLAN FOR AGING?

THE NUMBER OF SENIORS IS GROWING: Contra Costa County's older adult population is increasing in size, and older adults are living longer. In 2030, 348,441 (30%) of residents will be 60 years and older, and 79,877 residents will be over the age of 80. In 1965, when the Older Americans Act and Medicare were first established, the average life expectancy was 67, as compared to 79 today. The demographics of aging in Contra Costa County, California and the United States reflects a fundamental shift in population and as a result necessitates a thoughtful consideration and implementation of new public policy.

2030

**348,441
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older**



THE OLDER ADULT POPULATION IS DIVERSE: Contra Costa County ranks as the fourth most diverse county in the state with 44% of adults 60 years and older identifying as non-white. By 2035, that percentage will increase to 52%. The county's diversity index, which measures the probability that two people chosen at random will be from different racial and ethnic groups, is 73%. Almost a third of Contra Costa County's In-Home Supportive Services consumers speak a language other than English. To ensure an equitable service delivery system, public and private providers must interact with program participants in ways culturally and linguistically appropriate.

OLDER ADULTS CONTRIBUTE MEANINGFULLY TO SOCIETY: With age comes the acquisition of knowledge, wisdom, and for some, the pleasure of more time to spend pursuing interests and time with family and friends. In a myriad of ways, older adults are an asset of society and contribute to their communities. Nearly one-third of volunteer hours given in the U.S. in 2021 were contributed by older adults, and nearly 20% of people 65 years and older are still working. Nationally, the fastest growing segment of the workforce is people who are between the ages of 65-74.



BUT FOR SOME, LONELINESS AND POOR HEALTH BECOME OVERWHELMING: We must recognize that loneliness is now an epidemic. Nearly one third (29%) of Contra Costa County adults 65 years and older responding to a statewide survey reported that they felt lonely some of the time. The impacts of loneliness are profound. Social isolation has been associated with a 50% increased risk of dementia, a four-times risk of death for cardiac patients, and a 32% increase of stroke. As people age, health becomes an increasing concern, with nearly half of all adults developing at least one chronic condition. As we age, the nexus between aging and disability becomes apparent. Nearly half (46%) of adults 75 years and older have a disability as compared to 8% of adults younger than 35, and nearly 70% of adults 65 years and older will need some form of caregiving support.

Nearly half
of adults 75
years and
older have
a disability.



HIGH HOUSING COSTS AND POVERTY IMPACT OUR SENIORS: The Bay Area's high housing costs hit older adults particularly hard, with 60% spending more than 30% of their income on housing costs. According to the Contra Costa County 2024 Homeless Point in Time Count, 29% of people experiencing homelessness are 55 years of age and older, and in 2023, 19,521 older adults in Contra Costa County were on a waiting list for subsidized housing. Currently, approximately 20% of our older adults receive public benefits, including Medi-Cal, General Assistance, and CalFresh, and more than 15,000 receive assistance through the In-Home Support Services program. The need for supplemental resources and infrastructure is great.

THE STATUS QUO IS NOT ENOUGH: Our seniors are hurting, and as a community we have an obligation to make positive changes. In Contra Costa County, a committed group of people, representing community-based organizations, advocates, and multiple county departments, have worked together to develop a ten-year framework to make our county welcoming and supportive for people of all ages. This framework is a call for action which requires reforms in policy, influxes in investment and a collective commitment to create a community that recognizes and supports older adults, and by extension all in our community.

HOW CAN WE CREATE CHANGE? There is a tremendous movement occurring, with committed and passionate advocates across public and private sectors working together to develop long-term plans and policies that recognize the emerging issues related to our changing demographic. In January of 2021, the California Department of Aging published the “Master Plan for Aging” a ten-year framework for supporting Californians as they age. In May 2024, the Administration of Community Living published “Aging in the United States: A Strategic Framework for a National Plan on Aging,” which articulates a high-level approach for developing a national plan for aging. The national advocacy group American Association of Retired Persons (AARP) is highly committed to helping to support Livable Communities and offers support and toolkits to help communities become age friendly. These efforts have propelled and positioned Contra Costa County to create an informed Master Plan for Aging as a guide, plan and call to action.

With the adoption of the Master Plan for Aging, Contra Costa County embraces becoming an age friendly county. The following pages reflect input from surveys, focus groups, key informant interviews and multiple strategy sessions. This plan represents a shared commitment to respecting, involving and supporting all people as they age, therefore creating a community where all can thrive. As a starting point, the IMPACCT Committee is focusing on six goal areas:

- GOAL 1**  **TRANSPORTATION:** improving access to transportation services for older adults and adults with disabilities.
- GOAL 2**  **HOUSING FOR ALL AGES AND STAGES:** ensuring that older adults and adults with disabilities can access stable and dignified housing in their chosen communities.
- GOAL 3**  **HEALTH RE-IMAGINED:** providing access to quality health services in facilities and community settings for older adults and adults with disabilities.
- GOAL 4**  **EQUITY & INCLUSION, NOT ISOLATION:** focusing on social connections, anti-ageism and anti-ableism, and protection from abuse and neglect for older adults and adults with disabilities.
- GOAL 5**  **CAREGIVING THAT WORKS:** addressing caregiver workforce, resources, and support for paid and unpaid (family and friend) caregivers.
- GOAL 6**  **AFFORDING AGING:** focusing on the economic challenges for older adults and adults with disabilities such as nutrition, in-home care, and income security.

Each goal area includes a lead agency or agencies with staff champions committed to carrying forward the work, an initial list of organizations involved in implementation, timeframes, and desired results. The IMPACCT Steering Committee asks now for commitment from county leadership to support the Contra Costa County Master Plan for Aging and older adults, adults with disabilities, and caregivers in our community.

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*Building Brighter
Futures Together*

Introduction

Like much of California, Contra Costa County's population is seeing an increasing number of older adults and will continue to see this population grow over the next decade. The change goes beyond demographics, as older adults are becoming more diverse culturally, linguistically, socially, and economically. The needs and expectations of older adults, their families, and caregivers are also changing. In preparation for these changes, Contra Costa County has developed a Master Plan for Aging, hereafter referenced as the "Plan for Aging," to guide the advancement of programs, services, and policies that enable older adults, adults with disabilities, and caregivers to thrive in the community.



Informed by research and stakeholder engagement, the Plan for Aging highlights the top needs of older adults, adults with disabilities, and caregivers. It prioritizes strategies to address these needs over the next ten years. Implementation of the strategies will require commitment and coordination of organizations and individuals across Contra Costa County and will afford older adults, adults with disabilities, and caregivers access to services and support to improve their health and well-being.

Why we developed the plan for aging

In June 2019, California Governor Gavin Newsom issued Executive Order N-14-19, which called for developing a State Master Plan for Aging (MPA). Released in January 2021, the MPA provides a blueprint for government agencies, the private sector, local communities, and philanthropy to prepare for demographic changes in ways that promote equity and benefit Californians of all ages, stages, and abilities by 2030. The MPA includes five bold goal areas, each containing strategies to be achieved at the state level by 2030. The MPA responded to key trends, including (1) The population is becoming older and more racially and ethnically diverse. (2) Household composition is changing, and an increasing number of older adult residents are experiencing homelessness. (3) Affording aging is becoming more difficult in California.

“As Californians, we can create communities where people of all ages and abilities are engaged, valued, and afforded equitable opportunities to thrive as we age, how and where we choose.”

– California Master Plan for Aging, 2021

“Aging is changing, and it's changing California.”

– California Master Plan for Aging, 2021

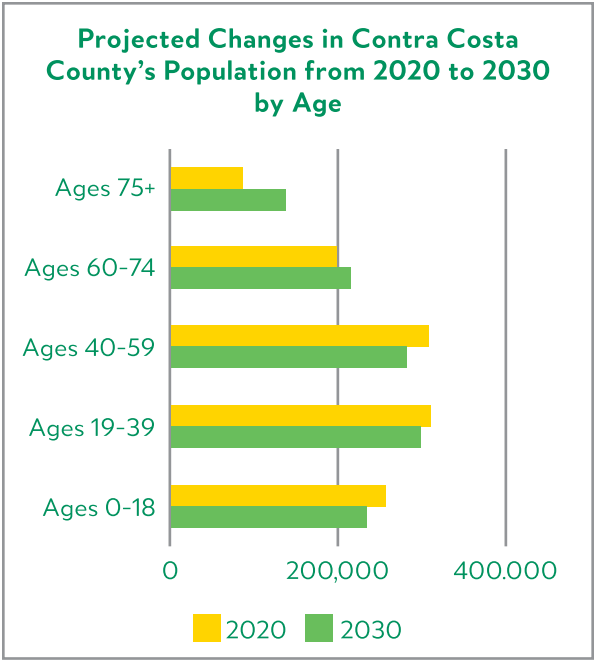
Responding to the state’s call to use the MPA as a starting point for action, Contra Costa County sought to better understand the local trends emerging and to use this information to develop the Plan for Aging. Key trends that informed the Plan include:

Contra Costa County’s population is aging, and the current services are not built to meet the future demand. Older adults are an increasingly large segment of the county’s population, with nearly 1 in 4 residents expected to be over 60 by 2030. The aging trend and longer life expectancies signal that the greatest growth for the next ten years will be within the age group of 75 and older. As the number of older adults increases, the number of seniors with chronic conditions and disabilities will also increase.

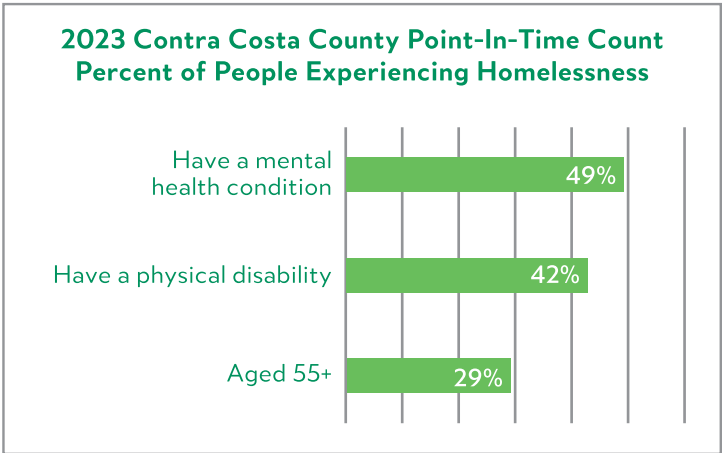
Our population is becoming more culturally, linguistically, racially, and ethnically diverse. The latest projections for the percentage of county residents aged 65+ who identify as non-Hispanic white are 55.4% for 2030. In response, aging service providers are preparing to better meet all populations’ needs and preferences, including developing services and materials that reflect cultural relevance.

Technological preferences among older adults are widening. An increasing number of older adults are becoming more comfortable using technology, such as email, the Internet, cellular devices, and tablets. However, many older adults are uncomfortable with technology or cannot access it. This creates conflicts regarding how older adults (and their families) prefer to receive information.

The cost of living in Contra Costa County is high, straining many older adults. According to the 2023 Elder Economic Index published by the gerontology department of the University of Massachusetts Boston, Contra Costa older adults pay 136% of the national average for the basic costs of living, including housing, transportation, food and health costs. Most older adults have fixed incomes and cannot adequately address rising costs and unexpected expenses. Affording basic needs, such as food and medications, is challenging for many older adults, and housing is often the most difficult to afford. As a result, more older adults are experiencing homelessness. In the county’s 2023 Point-in-Time Count, of those experiencing homelessness, 29% were aged 55+, up from 25% per the 2019 Point-In-Time Count.



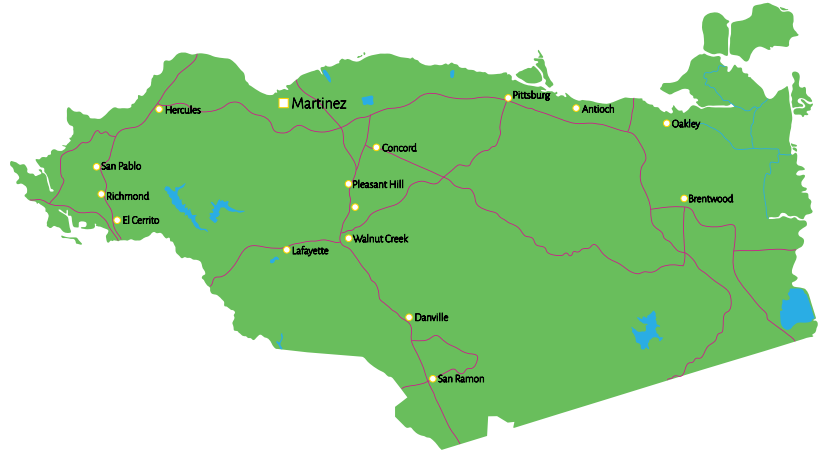
Source: CA Dept. of Finance (2023).



Source: Contra Costa County Point-In-Time (PIT) Count (2023).

Older adults are increasingly living alone and further from family. As of 2022, 24.0% of adults aged 65+ were the sole residents of their household. Many older adults also live in the community without other family members nearby. Adult children frequently leave the area due to the cost of living and employment opportunities. This challenges care coordination and raises the demand for caregiving support outside the family. Even when family members are nearby, providing caregiving support to older adult family members can still be challenging due to the high cost of living and limited support and resources.

Geography impacts the services and support available. Contra Costa County is significant in size and geographic diversity, making it difficult for many services and supports to be available throughout the county. Limited resources and staffing shortages further compound this challenge. Where older adults and adults with disabilities live can heavily impact the availability of services and support, leading to social isolation and poor health and well-being for some.



The changing trends and their impact on older adults in the county require a wide-scale response that involves multiple sectors. To address these trends, the Plan for Aging is a framework highlighting the needs and priorities to be addressed. The Board of Supervisors has designated Measure X funds to support the development of the Plan. Measure X is a half-cent sales tax approved by Contra Costa County voters in November 2020 and generates revenue for services such as safety-net programs and protection for vulnerable populations. On November 16, 2021, the Board of Supervisors adopted the Measure X policy and funding expenditure plan, providing support for the development of the Plan for Aging and \$2 million annually to support community-based organizations providing services to older adults and adults with disabilities.

How we will use the plan for aging

The Plan for Aging is a ten-year iterative plan that presents the community's priority needs based on robust research and stakeholder engagement. It prioritizes strategies to provide and advocate for programs, services, and policies that benefit older adults, adults with disabilities, and their caregivers. The Plan for Aging is a call to action for all sectors of the community – residents, public agencies, nonprofits, private businesses, and others – to make Contra Costa County a place where people of all ages, stages, and abilities can thrive in the community.



The Plan for Aging addresses the most pressing needs of older adults, adults with disabilities, and caregivers. It aligns with efforts across the country and encourages entities across sectors and communities to work together to address the priorities identified. The priorities include a range of tactics, from advocacy to program development. An implementation oversight structure has also been designed to guide implementation and keep the community informed of the progress (see the later section titled “How We Will Oversee the Plan for Aging Strategies”).

The following sections of the Plan for Aging describe the stakeholders involved in the development process, summarize the steps, and present the action plan details, including strategies, key stakeholders for implementation, timeframes, and desired results. The strategies are organized under six goal areas:

- **Transportation**
- **Housing for All Ages and Stages**
- **Health Reimagined**
- **Equity and Inclusion, Not Isolation**
- **Caregiving that Works**
- **Affording Aging.**

What is the Area Agency on Aging (AAA)?

The AAA serves as the county's hub for coordinating Older Americans Act funded programs and services that enhance the lives of older adults, adults with disabilities, and caregivers in Contra Costa County. As the administrator of Older Americans Act, Older Californians Act, and other state and federal programs, the AAA supports these populations through direct service delivery and contracts with community-based organizations.

– Contra Costa County AAA
2024-2028 Area Plan

How we developed the plan for aging

The Plan for Aging development process included four phases: Research and Discovery, Synthesis and Sense-making, Decision-making, and Finalizing the Plan for Aging.

The Stakeholders

- The **Contra Costa County Area Agency on Aging (AAA)**, a division within the county's Employment & Human Services Department (EHSD), was the designated lead for developing the Plan for Aging. The AAA will also continue to provide administrative support for implementing the Plan's strategies.
- The AAA assembled the **Implementing the Master Plan for Aging in Contra Costa Together (IMPACCT) Steering Committee** to provide input on project deliverables, facilitate community connections, and offer expertise to enhance development of the Plan for Aging development. The IMPACCT Steering Committee represents nonprofit organizations and government agencies, departments, and advisory bodies focusing on older adults, adults with disabilities, and caregivers.
- **Numerous service providers, coalitions, and community members** aided the development of the Plan for Aging by sharing perspectives on the needs of older adults, adults with disabilities, and caregivers within Contra Costa County and ideas on addressing these needs through community forums, focus groups, interviews, and a survey.

The Research

Research was central to the development process to ensure the Plan for Aging reflected the community's needs and priorities. The research process included document review, data analysis, and stakeholder engagement. The following key deliverables were developed as a part of the research, discovery, and synthesis process:

Community Member Feedback Summary

Multiple activities, including surveys, focus groups, and needs assessments, were conducted to assess residents' needs and desires. Collaborative Consulting analyzed the feedback to identify the top needs of older adults, adults with disabilities, and caregivers.

Stakeholder Interview Synthesis

Collaborative Consulting conducted interviews with thirty-seven stakeholders in 2023 to gain insights into the needs of older adults, adults with disabilities, and caregivers and ideas on how to address these needs. The engaged stakeholders included community-based organizations, county departments, coalitions, and community members.

Research Briefs

Eight research briefs were developed to summarize the current state of Contra Costa County in key areas of focus for the Plan for Aging. These briefs documented relevant statistics on the subject and highlighted programs and initiatives. The briefs validated areas of need to inform prioritization of strategies and ensured that the Plan for Aging would leverage efforts already underway.

The Decision-Making

The top needs and potential strategies that emerged from the research helped the IMPACCT Steering Committee decide which priorities fit best within the Plan for Aging. To guide the decision-making process, the following criteria categories were applied:

1. **Public Demand:** How important is this strategy for community member needs/desires?
How urgent is the issue being addressed?
2. **Impact:** What is the strategy's potential depth of impact on the targeted population? How many will be affected? Will those with the greatest need be positively impacted?
3. **Investment:** What funding/resources are needed?
4. **Readiness:** How easy will it be to achieve this effort? Is there political support? Is there community capacity? Is this building on existing efforts, or is it new?

Once the priorities were finalized, the Plan for Aging was developed, with additional input from the IMPACCT Steering Committee.

What we learned from the research

During the research and discovery phase, several needs and desires for older adults, adults with disabilities, and caregivers were identified. The top needs were used to prioritize strategies for the Plan for Aging. The top needs are highlighted below.

The ability to afford basic needs is a concern for many. Older adults and adults with disabilities are increasingly concerned about their income security. With rising costs and stagnant incomes, essentials are becoming unattainable for many. This is especially concerning for the “missing middle,” those who do not qualify for public assistance but do not have sufficient funds to afford essential services. Consumers cited many concerns related to affordability, including food, utility bills, medical services, and caregiving.

“If you’re living above the federal poverty line and need help, you don’t have a free caregiver, and you may not have the resources to afford it yourself, so that will put you in a precarious situation.”

– Contra Costa County Stakeholder

Affordable and suitable housing is challenging to find. Options for affordable housing are limited, and the process of requesting and obtaining them is burdensome and overwhelming to older adults and adults with disabilities. The location of housing can be problematic for some older adults and adults with disabilities who rely on accessing public transportation and other services. For others, additional supportive services are needed where they live, but housing with wraparound services is limited within the county.

“Being so spread out geographically and not having an integrated transportation system is really difficult for the people that we serve. If you don’t drive, good luck getting around in Contra Costa County. If you have any physical barriers, good luck getting around in Contra Costa County, especially if you can’t afford an Uber.”

Transportation limitations isolate older adults and adults with disabilities. Transportation has long been a challenge for older adults and adults with disabilities in the county. Limitations due to routes, schedules, availability, and affordability prevent many older adults and adults with disabilities from accessing needed services and taking part in social events that combat isolation. Some people need door-to-door services, which are limited.

Behavioral health offerings are limited. Increasingly, older adults and adults with disabilities need behavioral health services, but limited programs, staff shortages, and offerings that aren’t culturally relevant create barriers. The services that residents desire go beyond the clinical setting, such as peer support groups.

Older adults desire more opportunities to connect and be involved in the community. Many Contra Costa County older adults feel isolated, lonely, and depressed. A growing number of older adults and adults with disabilities lack family ties and a support system. Many seek more engagement through community events, such as classes, group activities, and field trips. Opportunities for volunteering and workforce training are also desired.

“I think the isolation of older adults is probably one of the highest agenda items because I think isolation leads to depression, dementia, and just poor quality of life.”

– Contra Costa County Stakeholder

Caregivers need more support, and Contra Costa County needs more caregivers. Although caregiver services have enormous social, family and economic value, they do not receive sufficient support to address challenges such as financial instability, training to navigate caregiving requirements, and the stress of providing care to people with multiple needs. Both paid and unpaid caregivers need more support, training, and resources.

Services and resources need to be visible and navigable. Services are not always available for all in need; when they are, they may not be known. Efforts to raise awareness and deliver information that is understandable and accessible for older adults, adults with disabilities, and caregivers are needed.

Limited coordination of services and efforts among organizations leads to siloed services and support. This compounds the challenges that older adults, adults with disabilities, and caregivers have in navigating and accessing services and support. It also creates a greater burden on program participants, families, and caregivers to navigate the system and fill out multiple applications since information is not often shared across service providers.

“There are many services that people need and don’t have. There’s not a lot of communication and outreach for families to find things and know where to go.”

– Contra Costa County Stakeholder



How we are going to act

This section presents 44 strategies to provide better services and support for older adults, adults with disabilities, and caregivers. The strategies are organized by the six goal areas and the focus areas within each goal. An inherent assumption of the work is that the desired change in systems requires multiple partners across private and public sectors. For each strategy, a proposed lead agency or agencies is noted as well as implementers, timeframes, and desired results. Representatives from the lead agencies have reviewed the Plan for Aging and have made a commitment to work on the strategies articulated, and to continue to engage, review and update the strategies as appropriate. Strategy implementers include (but are not limited to) county and city agencies; non-profit community-based organizations (CBOs), such as social service organizations, community centers, advocacy organizations, faith-based entities, and other groups; healthcare organizations (HCOs); educational institutions; for-profit service providers; and stakeholders, groups and coalitions. The timeframes are defined based on the anticipated period for full implementation: short-term in 1 to 2 years, mid-term in 3 to 5 years, and long-term in 6 to 10 years. The desired results highlight initial intended outputs and outcomes based on stakeholder input and background research.



Goal Area #1: TRANSPORTATION

Department of Conservation and Development & Contra Costa Transportation Authority

The Transportation goal area focuses on improving access to transportation services for older adults and adults with disabilities. According to the 2021 Accessible Transportation Strategic Plan (ATSP), the county faces numerous transportation challenges, including siloed services that are difficult for older adults and adults with disabilities to navigate and a need for more paratransit services and transportation resources. Developing a network of safe, accessible, and frequent transportation options with geographic coverage across the county is essential to supporting people of all ages and abilities to access medical care, food, support services, work, volunteer opportunities, and social activities. The Plan for Aging transportation strategies complement the ATSP Initiative efforts.

Strategy	Key Implementers	Timeframe	Desired Results
1.1 Establish a countywide approach to developing accessible transportation programs and policies.	CCTA, CCH, EHSD, CBOs, Paratransit providers	Short-term	- Standardized accessible transportation policies created and implemented countywide. - Increased use, and ease of use, of transportation services by older adults and adults with disabilities.
1.2 Expand transportation services to improve accessibility and availability to all older adults and adults with disabilities.	CCTA, CCH, EHSD, CBOs, Paratransit providers	Mid-term	- Expanded transportation routes and schedules for older adults and adults with disabilities. - Increased use, and ease of use, of transportation services by older adults and adults with disabilities.
1.3 Develop new programs for residents to use vouchers and subsidies for rideshare services.	CCTA, EHSD, CBOs, Rideshare companies	Mid-term	- New programs developed, implemented, and advertised that allow residents to use vouchers and subsidies for rideshare services. - Increased use of rideshare services by residents.
1.4 Launch a countywide, cross-sector trip-planning platform with information on subsidies and the amount of walking involved.	CCTA, CBOs, Paratransit providers	Long-term	- Trip-planning platform launched (potentially with artificial-intelligence driven platform). - Utilization of trip-planning platform by older adults and adults with disabilities.
1.5 Advocate at the state level to raise awareness of transportation needs and garner greater funding to address them.	CCTA, CBOs, Paratransit providers, Transit agencies, Consumer groups and coalitions	Long-term	- Advocacy actions completed at the state level focusing on transportation needs. - Increased awareness at the state level of transportation needs of older adults and adults with disabilities. - Increased state-level funding to address transportation needs of older adults and adults with disabilities.



Goal Area #2: HOUSING FOR ALL AGES AND STAGES

Contra Costa Health, Health, Housing & Homeless Programs; Housing Authority of Contra Costa County

The Housing for All Ages and Stages goal area aims to ensure that older adults and adults with disabilities can access stable and dignified housing in their chosen communities. The goal area focuses on affordable housing that meets the needs of an aging population, along with homelessness support and prevention services. As housing prices continue to soar in one of the most expensive housing markets in the country, older adults and adults with disabilities struggle to secure affordable, stable housing that meets their needs. As of 2021, 66% of low-income older adults in the county spent more than half of their income on housing, and as of 2023, 19,521 older adults were on a waiting list for subsidized housing. To tackle the housing issues, Contra Costa County must increase the supply of affordable and accessible housing and enhance services that support older adults and adults with disabilities.

FOCUS AREA: AFFORDABLE HOUSING				
Strategy		Key Implementers	Timeframe	Desired Results
2.1	Improve data collection and reporting on the availability of affordable housing for older adults and adults with disabilities (e.g., number of available units).	CCH H3, HACCC, DCD, City governments	Short-term	Increased accuracy and timeliness of the data on availability of affordable housing for older adults and adults with disabilities.
2.2	Increase the supply of affordable housing (including ADUs and shared housing) and home ownership opportunities for older adults and adults with disabilities.	CCH H3, HACCC, DCD, City governments, Affordable housing providers	Long-term	- Increased number of affordable housing options for older adults and adults with disabilities. - Increased number of home ownership opportunities for older adults and adults with disabilities. - Decreased numbers of older adults and adults with disabilities experiencing homelessness.
2.3	Increase affordable housing units that have onsite, supportive services designed to support evolving needs as residents age.	CCH H3, HACCC, DCD, CBOs, Affordable housing providers	Long-term	- Increased proportion of affordable housing units with onsite, supportive services for aging residents. - Sufficient onsite supportive services to serve affordable housing residents who want to use them as they age.

FOCUS AREA: HOMELESSNESS SUPPORT AND PREVENTION				
Strategy		Key Implementers	Timeframe	Desired Results
2.4	Increase the collaboration between service providers for older adults and homelessness shelters to provide more supportive services to those experiencing homelessness.	CCH H3, CBOs	Short-term	- Increased support services for older adults at homeless shelters. - Increased utilization of support services by older adults experiencing homelessness.
2.5	Bolster prevention services that keep older adults from becoming unhoused, including the expansion of rental subsidy programs.	CCH H3, HACCC, EHSD, CBOs	Mid-term	- Increased availability of homelessness prevention services for older adults. - Increased use of homelessness prevention services by older adults. - Decreased numbers of older adults becoming unhoused.
2.6	Increase the awareness of and support for programs that help tenants stay in their homes.	CCH, HACCC, City governments, CBOs Consumers and coalitions	Long-term	- Increased awareness of and participation in programs that help tenants stay in their homes - Increased funding for programs that help tenants stay in their homes



Goal Area #3: HEALTH REIMAGINED

Contra Costa Health

The Health Reimagined goal area centers on older adults and adults with disabilities having access to quality health services in facilities and community settings. Areas of focus within the health goal area include optimizing options to age in place, end of life care, equitable health and geriatric care options, and mental health. Contra Costa County offers a range of health-related services and supports designed to meet the needs of older adults and adults with disabilities. However, factors such as limited geriatric and dementia care and transportation options can make it difficult for residents to receive the care they need. For instance, the county has only two accredited/emerging Geriatric Emergency Departments out of a total of seven Emergency Departments.

Contra Costa County needs more in-home and community-based care and services to facilitate successful aging-in-place. Ensuring that health care is age-friendly and tailored to the needs of older adults and adults with disabilities will reduce institutionalization and improve their overall health and well-being.

FOCUS AREA: OPTIMIZING OPTIONS TO AGE IN PLACE

Strategy		Key Implementers	Timeframe	Desired Results
3.1	Coordinate and define emergency and disaster preparedness and response strategies for older adults and adults with disabilities (e.g., heat waves, flooding, etc.).	CCOES, CCH, EHSD, City governments, CBOs	Short-term	Disaster preparedness and response strategies for older adults and adults with disabilities identified and integrated into broader disaster preparedness and response plans.

FOCUS AREA: END OF LIFE CARE

Strategy		Key Implementers	Timeframe	Desired Results
3.2	Develop a campaign and toolkit of resources to standardize and increase the practice of discussing end of life care with older adults in a culturally relevant manner.	CCH, CBOs, HCOs, EHSD	Short-term	- Toolkit on discussing end of life care with older adults in a culturally relevant way developed and disseminated to providers. - Campaign to promote culturally relevant discussions of end-of-life care developed and implemented. - More discussions between providers and older adults of wishes for end-of-life care documented.

FOCUS AREA: EQUITABLE HEALTH AND GERIATRIC CARE OPTIONS				
Strategy		Key Implementers	Timeframe	Desired Results
3.3	Expand and formalize partnerships between healthcare organizations and community-based organizations to improve delivery and coordination of services (e.g., leveraging CalAIM opportunities along with other opportunities).	CCH, CBOs, HCOs	Mid-term	- Increased number of informal and formal partnerships between healthcare organizations and community-based organizations. - Improved health and quality of life outcomes among older adults and adults with disabilities (e.g., reduced hospital readmissions, decreased use of Emergency Dept. services, decreased institutionalization).
3.4	Improve and expand healthcare services for those experiencing homelessness, including mobile medical services, dental services, etc.	CCH, CBOs	Mid-term	- Increased hours and geographic coverage of healthcare services for people experiencing homelessness. - Increased number of patients served through mobile and other services.
3.5	Develop and implement training modules for providers that focus on providing equitable and age-friendly care.	HCO's, CCH, CBOs,	Short-term	- Training modules developed for health providers that focus on providing equitable and age-friendly care. - Training modules accessed by priority providers. - Increased knowledge and skills among providers to deliver equitable and age-friendly services.
3.6	Advocate for policy changes that encourage and/or require medical schools and training programs to incorporate age-friendly, geriatric specialized care into curriculums.	CCH, HCOs, CBOs, Education institutions, Consumer groups and coalitions	Long-term	- Advocacy actions implemented that focus on medical schools and other training programs. - Policy changes enacted and implemented that encourage and/or require medical schools and other training programs to incorporate age-friendly, geriatric specialized care into curriculums. - Higher-quality health care delivered to older adults.
3.7	Advocate for increased funding and eligibility for transitional and in-home services across all payer types and programs.	CCH, CBOs, Consumer groups and coalitions	Long-term	- Advocacy actions implemented that focus on increased funding and eligibility for transitional and in-home services. - Policy changes implemented that provide increased funding and eligibility. - Decreased institutionalization among older adults and adults with disabilities.

FOCUS AREA: MENTAL HEALTH				
Strategy		Key Implementers	Timeframe	Desired Results
3.8	Develop mental health support and substance abuse service options tailored for older adults and adults with disabilities, including support groups and other strategies.	HCO's, CCH BH, CBOs	Short-term	- Mental health support and substance abuse service options tailored for older adults and adults with disabilities developed, launched, and advertised. - New services used by older adults and adults with disabilities. - Improved mental health and reduced substance use among older adults and adults with disabilities.



Goal Area #4: EQUITY & INCLUSION, NOT ISOLATION

Contra Costa County Employment & Human Services Department, Aging & Adult Services & Contra Costa County Office of Racial Equity and Social Justice

The Equity & Inclusion, Not Isolation goal area includes a focus on social connections, anti-ageism and anti-ableism, and protection from abuse and neglect among older adults and adults with disabilities. Social connection is a challenge for many. In 2020, 28.9% of Contra Costa County adults 65 and older who responded to a statewide survey were “lonely some of the time,” and another 1% were “often lonely.” Fostering inclusion and equity will involve ensuring individuals of all ages and abilities can access services, work opportunities, and avenues for social connection while also protecting them from isolation and abuse.

FOCUS AREA: SOCIAL CONNECTIONS				
	Strategy	Key Implementers	Timeframe	Desired Results
4.1	Address the challenges in accessing and using technology for older adults by providing education, training, and support programs.	EHSD, CBOs, Consumer groups and coalitions	Short-term	- Education, training, and support programs implemented addressing technology use by older adults. - Participation by older adults in the education, training, and support programs. - Increased technology-related knowledge, skills, confidence, and access to devices/Internet connection among older adults.
4.2	Increase funding for and availability of programs that address social connection, including those that reach isolated people in their homes.	EHSD, CBOs, Consumer groups and coalitions	Mid-term	- Increased funding for programs that address social connection. - Increased programming to address social connection. - Increased number of older adults reached by social connection programs. - Reduced social isolation and loneliness among older adults and adults with disabilities.

FOCUS AREA: ANTI-AGEISM, ANTI-ABLEISM				
	Strategy	Key Implementers	Timeframe	Desired Results
4.3	Reframe how people think about aging through anti-ageism and anti-ableism campaigns and training modules.	EHSD, CBOs, Consumer groups and coalitions	Short-term	- Anti-ageism and anti-ableism campaigns and training modules developed and deployed. - Priority populations for the campaigns and training modules exposed to / engaged with the content. - Reduced ageism and ableism in Contra Costa County.

FOCUS AREA: PROTECTION FROM ABUSE AND NEGLECT				
Strategy		Key Implementers	Timeframe	Desired Results
4.4	Expand education about fraud protection.	EHSD, CBOs, Consumer groups and coalitions	Short-term	- Fraud education activities implemented. - Priority populations for fraud education activities exposed to / engaged with the content. - Increased knowledge of fraud risk and how to protect oneself. - Reduced fraud victimization.
4.5	Improve funding, outreach, and education for elder abuse programs.	EHSD, CBOs, Consumer groups and coalitions	Mid-term	- Advocacy activities implemented in service of increased funding for elder abuse programs. - Increased funding for elder abuse programs. - Increased outreach and education about and through elder abuse programs. - Increased number of older adults who are at risk of abuse and who are victims/survivors of elder abuse served by elder abuse programs.
4.6	Provide ongoing supports to meet the needs of older adults and adults with disabilities who are at risk of or experiencing abuse and neglect.	EHSD, CBOs, Consumer groups and coalitions	Long-term	- Ongoing support services provided to meet the needs of older adults and adults with disabilities who are at risk of or experiencing abuse and neglect. - Increased number of older adults and adults with disabilities who are at risk of or experiencing abuse and neglect receive ongoing support services.





Goal Area #5: CAREGIVING THAT WORKS

Contra Costa County Employment & Human Services Department, Aging & Adult Services

The Caregiving that Works goal area focuses on the caregiver workforce, resources, and support for paid and unpaid (family and friend) caregivers in Contra Costa County. Caregivers are crucial resources for enabling older adults and adults with disabilities to thrive in their homes and communities. However, caregivers face many challenges, including financial instability, lack of training opportunities, minimal support, and the impacts of stressful caregiving situations.

The average caregiver strain index among surveyed caregivers for older adults (paid and unpaid) in 2019 was 10.4 (on a scale of 1-22, where seven or higher indicates “considerable strain”). On average, unpaid caregivers, family caregivers, and caregivers caring for someone with a cognitive impairment reported higher levels of strain. Addressing these challenges can help ensure sustainable and high-quality care for recipients, especially as the population ages and the need for caregiving increases.

FOCUS AREA: WORKFORCE				
	Strategy	Key Implementers	Timeframe	Desired Results
5.1	Conduct a county-level recruitment effort to address the shortage of paid caregivers.	EHSD, CBOs, Consumer groups and coalitions	Mid-term	- County-level paid caregiver recruitment effort planned and implemented. - Increased number of paid caregivers working in Contra Costa County.
5.2	Increase funding for caregiver services so older adults and adults with disabilities in need can obtain caregiver support.	CCH, EHSD, CBOs	Long-term	- Advocacy activities implemented for increased funding for caregiver services. - Increased funding for caregiver services. - Increased number of older adults and adults with disabilities in need obtain caregiver services.

FOCUS AREA: RESOURCES AND SUPPORT				
	Strategy	Key Implementers	Timeframe	Desired Results
5.3	Develop strategies to raise awareness and improve navigation of the resources available to caregivers.	EHSD, CBOs	Short-term	- New strategies developed and implemented to raise awareness and improve navigation of the resources available to caregivers. - Increased awareness and improved navigation of the resources available to caregivers.
5.4	Improve coordination between healthcare providers and social services organizations to encourage awareness and alignment of resources available for paid and unpaid caregivers.	CCH, EHSD, CBOs	Short-term	- Coordinated actions implemented by healthcare providers and social services organizations to increase awareness of resources available for caregivers. - Increased awareness among caregivers of support resources available to them. - Increased use of available services by caregivers.
5.5	Expand caregiver services and supports to meet the needs of the caregiver and the older adults and adults with disabilities they care for (e.g., caregiver training, home modifications, etc.)	EHSD, CBOs	Mid-term	- Increased range of services that address the needs of caregivers and the older adults and adults with disabilities they care for. - Increased use of services by caregivers and the older adults and adults with disabilities they care for.
5.6	Expand caregiver respite support and programs.	EHSD, CBOs	Long-term	- Increased availability of respite support and programs. - Increased number of caregivers utilizing respite support and programs.



Goal Area #6: AFFORDING AGING

Aging & Adult Services, Contra Costa County Employment & Human Services Department, Aging & Adult Services & Choice in Aging

The Affording Aging goal area is centered on the economic challenges that older adults and adults with disabilities face. Areas of focus include nutrition, in-home care, and income security. Although Contra Costa County is seen as a more affluent county than some others in the state, many older adults and adults with disabilities experience significant difficulty affording basic needs.

Access to quality nutrition is a significant issue for older adults and adults with disabilities due to cost as well as lack of transportation, isolation, and food deserts. In 2020, 19.9% of low-income adults aged 60+ in the county experienced food insecurity. Contra Costa County's CalFresh participation rate for adults aged 60 or older was 3.0% in 2019, which ranked 50th out of the 58 counties in CA. Addressing the economic challenges faced by older adults and adults with disabilities in meeting their basic needs will improve their health and well-being, reduce institutionalization, and enable them to live more active lives in the community.

FOCUS AREA: NUTRITION				
Strategy		Key Implementers	Timeframe	Desired Results
6.1	Expand the number of home-delivered and congregate meals for older adults.	EHSD, CBOs	Short-term	Increased number of home-delivered and congregate meals provided to older adults.
6.2	Evaluate meal program service design and sustainable financing mechanisms such as CalAIM Community Supports to enhance capacity and access to a person-centered nutrition service for older adults and adults with disabilities;	CCH, EHSD, CBOs	Mid-term	- Evaluation completed that uses data to form recommendations to improve efficiency and equity for meal program services. - Increased funding for person-centered nutrition services for older adults and adults with disabilities.
6.3	Advocate for funding for the continuation of innovative practices allowed during the COVID-19 pandemic, which included "to go" dining, grocery delivery and other models.	CBOs, EHSD		Increased quantity and diversity of person-centered nutrition services for older adults and adults with disabilities.
6.4	Increase participation of the CalFresh benefit, and advocate to increase minimum CalFresh benefit for older adults and adults with disabilities.	CCH, EHSD, CBOs, Consumer groups and coalitions	Long-term	- Advocacy activities implemented to increase minimum CalFresh benefit for older adults and adults with disabilities. - Increased minimum CalFresh benefit for older adults and adults with disabilities. - Increased use of the CalFresh benefit among older adults and adults with disabilities.

FOCUS AREA: IN-HOME CARE				
Strategy		Key Implementers	Timeframe	Desired Results
6.5	Develop a program that provides a vetted and reliable source for identifying in-home service providers, such as repair workers and home care providers/caregivers.	EHSD, CBOs	Mid-term	- Program that provides a vetted and reliable source for identifying in-home service providers developed, launched, and advertised. - Use of program to identify vetted providers by older adults and people with disabilities.
6.6	Promote in-home care to local and state governments as a cost-effective alternative to institutionalization with the aim of securing more public funding for in-home services.	EHSD, CBOs, Consumer groups and coalitions	Mid-term	- Advocacy activities implemented to promote in-home care to local and state governments as a cost-effective alternative to institutionalization. - Increased local and state government funding for in-home care. - Increased number of older adults and adults with disabilities using in-home services.
6.7	Advocate for, leverage and expand CalAIM services for in-home care and related supportive services, leveraging available resources available for Medi-Cal beneficiaries.	EHSD, CBOs,	Long-term	- Expanded in-home care and related supportive services (for Medi-Cal beneficiaries and others). - Increased number of older adults and adults with disabilities using in-home care and related supportive services.
6.8	Advocate for increased funding for services for those not eligible for means tested program like Medi-Cal/CalFresh	CBO's, Advocacy Groups, EHSD	Mid-term	- Increased services available for older adults/ caregivers not eligible for income-based programs - Incorporated in County's Legislative Platform



FOCUS AREA: INCOME SECURITY				
Strategy		Key Implementers	Timeframe	Desired Results
6.9	Evaluate county processes for accessing and applying for public benefits to address opportunities for improved access and navigation.	EHSD, CBOs	Short-term	- Assessment of application processes for public benefits completed, and opportunities identified for improvement. - Increase outreach regarding how to apply for benefits - Increased number of older adults and adults with disabilities accessing public benefits.
6.10	Advocate for changes to the eligibility and application criteria for public benefits to make the program more accessible and streamlined.	CBOs, Consumer groups and coalitions	Mid-term	- Advocacy activities implemented for changes in the eligibility and application process for public benefits making the program more accessible and navigable. - Eligibility and application process for public benefits changed to make the program more accessible and navigable.
6.11	Address increasing utility costs by advocating for increasing waivers and assistance programs.	CBOs, Consumer groups and coalitions, EHSD	Mid-term	- Advocacy activities implemented to support increased waivers and assistance programs to address increasing utility costs. - Increased availability of waivers and assistance programs that address utility costs. - Increased number of older adults and adults with disabilities using waiver and assistance programs for utility costs.
6.12	Increase investments in and coordination of programs and services that provide free services through volunteer-driven programs.	EHSD, CBOs, Consumer groups and coalitions	Long-term	- Advocacy activities implemented for increased funding for volunteer programs. - Increased funding for volunteer programs. - Increased coordination of volunteer programs. - Increased breadth and reach of volunteer programs.
6.13	Support guaranteed income pilots that prioritize lower-income older adults.	EHSD, CBOs, Consumer groups and coalitions	Long-term	- Advocacy activities for guaranteed income pilots that prioritize lower-income older adults. - Increased funding for guaranteed income pilots that prioritize lower-income older adults. - Increased number of older adults participating in guaranteed income pilots.



How we will oversee the Master Plan for Aging strategies

With the priority strategies identified, the focus shifts to implementing them. The IMPACCT Steering Committee will remain as an advisory body to the work and will meet quarterly to receive and discuss progress reports. The Lead Agency or agencies will establish a workgroup or use existing structures to review strategies, determine next steps, including timelines and tasks, and provide quarterly progress reports to the IMPACCT Steering committee. The AAA will convene the quarterly IMPACCT Steering committee meetings, will document the work, and will publish an annual update.

Conclusion

The Plan for Aging is a call to action to encourage people and organizations to get involved and bring about changes that will make Contra Costa County a place where all residents can thrive as they age. By implementing the priorities outlined in the Plan for Aging, positive changes are possible, which will benefit not only the older adults, adults with disabilities, and caregivers today but also future generations.

END NOTES

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ⁱⁱⁱ National Academies of Sciences, Engineering, and Medicine. 2020. *Social Isolation and Loneliness in Older Adults: Opportunities for the Health Care System*. Washington, DC: The National Academies Press.

^{iv} Master Plan for Aging. (2021; Jan)

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^{vi} Housing America's Older Adults. Joint Center for Housing Studies of Harvard University. 2023.

^{vii} Master Plan for Aging. (2021; Jan.). Accessed February 3, 2023, at <https://www.aging.ca.gov/download/ashx?IEOrcNUVOzYXf9JtT7jkAg%3d%3d>.

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^{xiv} California Housing Partnership Housing Needs Dashboard. Accessed October 3, 2023 at <https://chpc.net/housingneeds/>.

^{xv} Advisory Council on Aging (ACOA) Housing Workgroup. (2023; Sep.). No Place to Call Home. [Infographic.] Citing Contra Costa Housing Authority 2023 Waitlists.

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^{xviii} California Health Interview Survey. AskCHIS. Mental and Emotional Health. Access and utilization. Needed help for emotional/mental health programs or use of alcohol/drug. Accessed July 19, 2023 at [California Health Interview Survey \(CHIS\) \(ucla.edu\)](#).

^{xix} 2020 California Health Interview Survey: AskCHIS. Loneliness Scale (UCLA 3-Item Loneliness Scale). Accessed August 10, 2023, at [California Health Interview Survey \(CHIS\) \(ucla.edu\)](#).

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^{xxiii} California Master Plan for Aging Data Dashboard. Accessed August 9, 2023, at <https://letsgethealthy.ca.gov/mpa-data-dashboard-for-aging/affording-aging/>.

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Appendix A: ACRONYMS

ACRONYM	ENTITY
AAA	Area Agency on Aging
ACOA	Advisory Council on Aging
CBOs	Community-Based Organizations
CCH	Contra Costa Health
CCH BH	Contra Costa Behavioral Health
CCH H3	Contra Costa Health Housing and Homeless Services
CCOES	Contra Costa Office of Emergency Services
CCTA	Contra Costa Transit Authority
CPC	County Planning Commission
DCD	Department of Conservation & Development
EHSD	Employment and Human Services Department
HACCC	Housing Authority of Contra Costa County
HCOs	Health Care Organizations
IMPACCT	Implementing the Master Plan for Aging Together



Appendix B: ISSUE BRIEF: TRANSPORTATION

INTRODUCTION

The “Transportation” goal area within the Contra Costa County Master Plan for Aging includes a focus on providing accessible transportation for older adults and adults with disabilities throughout the county. It summarizes recent data and highlights current efforts and stakeholders in the county. It is not exhaustive of all activities in Contra Costa County related to transportation, but it is a resource for developing the Plan for Aging.

INSIGHTS ON TRANSPORTATION IN CONTRA COSTA COUNTY BASED ON RECENT DATA

According to the 2021 Accessible Transportation Strategic Plan (ATSP) and previous Contra Costa County studies, the county faces transportation challenges, including siloed services that are difficult for older adults and adults with disabilities to navigate, increasing demand for paratransit services, and a need for greater transportation resources.¹ Developing a network of accessible and frequent transportation options and services with geographic coverage across Contra Costa County is essential to supporting people of all ages and abilities in accessing medical care, services, work and volunteer opportunities, and social activities.

- The 2021 Accessible Transportation Strategic Plan (ATSP) compared current transit services in the county with areas of need (based on population density, location of jobs, and where older adults, adults with disabilities, and lower-income persons live). Results showed gaps in medium to high-need areas in West County and Central County in the areas of Concord and Pleasant Hill. There was lower need but larger areas of gaps in the northern portions of the County, East County, and Southwest County.²
- A 2020 survey of older adults and adults with disabilities to inform the ATSP found that the most reported challenge when using transportation services was feeling unsafe while traveling (29% reported the challenge).³ A previous survey of older adults in the county also found that safety was a concern, with one in five older adults reporting not feeling safe on public transit.⁴
- Other challenges related to using transportation services commonly reported by 2020 survey respondents included not being able to travel when needed (24%), the trip taking too long (23%), and not being able to travel where needed (22%).⁵
- The type of trips 2020 survey respondents took most often were medical appointments (56%), grocery/drugstore (46%), and seeing friends or family (17%). These were also the most difficult trips to make (reported difficult by 35%, 20%, and 19% of respondents, respectively).⁶
- The top transportation modes used by 2020 survey respondents included driving oneself (40%); driving with a family, neighbor, or paid driver (38%); BART (32%); bus (24%); and walking (23%).⁷
- A separate 2019 survey of residents 50+ highlighted respondents’ car dependence. The most frequent mode of transportation reported was “driving oneself” (75.6%-91.6% across a range of activities), followed by “having others drive you” (3.7%-13.8% across a range of activities). Less than 5% of respondents reported using public transit across most types of trips.⁸

¹ Contra Costa Transportation Authority. (2021; Mar.). Contra Costa Accessible Transportation Strategic Plan, p. 1-3. Accessed August 10, 2023 at https://ccta.net/wp-content/uploads/2021/05/d212e7_17065ead5e7a4124bf45a8401ff0e23a.pdf.

² Ibid., p. 2-7.

³ Ibid., p. 3-14.

⁴ Contra Costa County Area Agency on Aging. (2020; Dec. 30). 2020-2024 Four-Year Area Plan on Aging, p. 22. Accessed August 9, 2023 at <https://ehsd.org/wp-content/uploads/2021/03/Contra-Costa-County-2020-2024-Area-Plan-on-Aging.pdf>.

⁵ Contra Costa Transportation Authority. (2021; Mar.). Contra Costa Accessible Transportation Strategic Plan, p. 3-14. Accessed August 10, 2023 at https://ccta.net/wp-content/uploads/2021/05/d212e7_17065ead5e7a4124bf45a8401ff0e23a.pdf.

⁶ Ibid., pp. 3-11 to 3-12.

⁷ Ibid., p. 3-8.

⁸ Ragland DR et al. (2019; Apr.). Mobility challenges facing older adults: a Contra Costa County case study. UC Office of the President: University of California Institute of Transportation Studies. Accessed August 10, 2023 at <https://escholarship.org/uc/item/6j47524x>.

EXAMPLES OF CURRENT EFFORTS RELATED TO TRANSPORTATION

The following table provides a sampling of Contra Costa County efforts related to improving transportation. These efforts were identified through desk research and input from IMPACCT Steering Committee members.

Effort	Overview of the Effort
ATSP Implementation	Contra Costa County's 2021 ATSP recommended strategies and an implementation plan for improving accessible transportation based on the results of a study that mapped services against need and collected input from older adults and adults with disabilities. Several recommendations are being implemented by Contra Costa Transportation Authority (CCTA) using Measure X funding (see below), including the following: • Establishment of a Coordinating Entity • Low-Income Fare Subsidy Program, providing eligible individuals with disabilities free tickets for paratransit rides • One-Seat Regional Ride, eliminating the need to transfer services for paratransit riders traveling across multiple transit service areas (https://countyconnection.com/one-seat-regional-ride-program/) CCTA has hired a Program Manager for Accessibility and Equity to oversee implementation. (https://ccta.net/projects/accessible-transportation-strategic-plan/)
Way to Go, Contra Costa	Way to Go, Contra Costa is a mobility management effort led by Mobility Matters that coordinates efforts between private and public transportation to meet the mobility needs of older adults and adults with disabilities. (http://www.waytogocc.com/)
Contra Costa Travel Training Mobility Program	The West Contra Costa County Transportation Advisory Committee provides training to older adults and adults with disabilities on using Bay Area transit services and accessing fare discounts. (https://blog.bayareametro.gov/posts/contra-costa-travel-training-program-seniors-disabled)
Measure X	Measure X is a countywide 20-year, ½ cent sales tax approved by Contra Costa County voters in November 2020. The funds are intended to protect vulnerable populations. The Contra Costa County Board of Supervisors (BOS) approved a CCTA request for \$1.4M annually in Measure X funds for the ATSP implementation. The BOS recommended ongoing funding, but it is subject to annual budgetary decisions. (https://www.contracosta.ca.gov/8530/Measure-X)



KEY STAKEHOLDERS IN TRANSPORTATION

The following is a sample of stakeholder groups and organizations that have a role in transportation through service provision, education, and advocacy. These stakeholders have been identified through desk research and feedback from IMPACCT Steering Committee members. These stakeholders may be valuable connections for developing and implementing the Plan for Aging.

Stakeholder Name	Stakeholder Overview
CCTA ATSP Task Force Committee	The Task Force Committee oversees strategic planning for the ATSP, investigates funding opportunities, and is establishing the CE to implement ATSP strategies. Activities include Task Force Committee and working group meetings. The ATSP Working Group is a subcommittee of the Task Force. Materials related to past and upcoming and past meetings are housed at https://ccta.net/meetings/ .
CCTA Paratransit Coordinating Council (PCC)	The PCC advises CCTA on the use of funding for paratransit and accessible transportation services. Materials related to past and upcoming and past meetings are housed at https://ccta.net/meetings/ .
AC Transit General Manager's Access Committee (GMAC)	The GMAC advises on AC Transit's services for seniors and individuals with disabilities. The group meets monthly. (https://www.actransit.org/gm-access-committee)
Advisory Council on Aging (ACOA) Senior Mobility Action Council (SMAC)	SMAC is a work group of the ACOA that advises on transportation issues related to older residents. (https://ehsd.org/elderly-disabled/advisory-council-on-aging/)
Contra Costa Departments of Health Services (CCHS) and Employment and Human Services (EHSD)	CCH and EHSD maintain transportation programs which could be integrated into the broader County accessible transportation system. For example, CCH has a program providing transportation to medical appointments for Medi-Cal members. (https://cchealth.org/ ; https://www.contracosta.ca.gov/7705/Employment-Human-Services)
Metropolitan Transportation Commission (MTC)	The MTC is the transportation coordinating agency for San Francisco Bay Area counties. Every four years, they produce the Coordinated Public Transit-Human Services Transportation Plan, focused on meeting the needs of older adults, adults with disabilities, and individuals with low income. The most recently updated plan is due out winter 2023-24. (https://mtc.ca.gov/planning/transportation/access-equity-mobility/coordinated-public-transit-human-services-transportation-plan)
Mobility Matters	Mobility Matters provides mobility management services to help seniors and individuals with disabilities identify transportation services via a helpline and the above-referenced Way to Go, Contra Costa website. Mobility Matters also coordinates free transportation to seniors and veterans via volunteer drivers. (https://www.mobilitymatterscc.com/)
County paratransit providers	Providers of Paratransit services include the following: - County Connection LINK in Central County(www.countyconnection.com/link) - East Bay Paratransit in Western county (www.eastbayparatransit.org) - WestCAT Paratransit/Senior Dial-a-Ride in Western County (https://westcat.org/home/ServADAPara) - Tri Delta Transit Paratransit in Eastern Contra Costa County (Paratransit (trideltatransit.com))
City of Richmond Transportation Department	The City of Richmond has multiple rideshare programs to provide residents with additional transportation services. R-Transit offers rides to older adults and individuals with disabilities in either R-Transit paratransit vehicles or in partnership with Lyft. (https://www.ci.richmond.ca.us/2880/R-Transit-Paratransit) Richmond Moves is the city's on-demand public shuttle service, powered by Via. Riders use an app to book a low cost rideshare in an electric vehicle. Seniors ride for free. (https://www.ci.richmond.ca.us/4199/On-Demand-Shuttle) *Additional cities have transportation departments, like Richmond, and may also be considered as key stakeholders for the Plan for Aging.

TRANSPORTATION INITIATIVES WITHIN THE STATE MASTER PLAN FOR AGING

The following 2023–2024 initiatives are included in the state’s Master Plan for Aging (MPA).¹² They may be a starting point for determining the priority strategies and actions to include in the Plan for Aging.

STRATEGY: TRANSPORTATION BEYOND CARS	
Age- and disability-friendly transportation networks can be strengthened through community walkability and expansion of bus and transit stops, transit rider education and subsidies, seamless paratransit across transit district lines, and driver safety education.	
Initiative #7	Use federal and state investments in transportation infrastructure to promote safer, sustainable, and equitable multi-modal mobility options for older adults and adults with disabilities.
Initiative #8	Review mobility and demographic data through the Caltrans Transportation Equity Index and incorporate feedback from the Interagency Transportation Equity Advisory Committee to enhance transportation project decision-making, including a focus on the mobility needs of older adults and adults with disabilities.
Initiative #9	Support the expansion of integrated accessible transportation models through the following: a) Explore opportunities to strengthen Consolidated Transportation Service Agencies (CTSAs). b) Encourage innovation in flexible transit options, including, but not limited to, rural communities. c) Promote free and reduced fare bus/transit (including using digital ID solutions to streamline access) and transit rider education, with outreach and education about cross-eligibility of paratransit services, as well as integration of fare systems to improve transit passenger experience and increase access in urban, suburban, and rural areas through the California Integrated Travel Project.
Initiative #10	Improve community walkability, increase pedestrian safety, and provide accessible and connected transportation options for travelers of all ages and abilities through the California Active Transportation Program and Complete Streets projects.
Initiative #11	Support local programs and regional initiatives focused on expanding clean climate transportation options for older adults and adults with disabilities, e.g., Clean Mobility Project Vouchers and zero-emission fleets.



¹² Master Plan: 5 Bold Goals. Goal One: Housing for All Ages and Stages. Accessed October 7, 2023 at <https://mpa.aging.ca.gov/Goals/1/>.

Appendix C: ISSUE BRIEF: HOUSING

INTRODUCTION

The “Housing for All Ages and Stages” goal area within the Contra Costa County Master Plan for Aging is concerned with ensuring older adults and adults with disabilities have stable, dignified housing in the communities they choose. The goal area focuses on affordable housing, alternative housing, and homelessness prevention services. This brief summarizes recent data on these focus areas and highlights efforts and stakeholders in the county. It is not exhaustive of all activity related to housing but is a resource for developing the Plan for Aging.

INSIGHTS ON HOUSING IN CONTRA COSTA COUNTY BASED ON RECENT DATA

Accessible, affordable housing is the most pressing issue for older adults and adults with disabilities in Contra Costa County. As the county’s housing prices continue to rise, in one of the most expensive housing markets in the country, older adults and adults with disabilities increasingly struggle to secure affordable, stable housing that meets individual needs.¹

- From 2017 to 2019, median rents in the county increased by 22.2% (compared to a 9.7% increase statewide).²
- As of 2021, 66% of extremely low-income older adults in the county spent more than half of their income on housing costs.³
- According to California Elder Index data, 60% of older adults in Contra Costa County spend more than 30% of their income on housing.⁴
- In 2022, Contra Costa County had 149.5 affordable housing units per 10,000 people, which was higher than the statewide rate of 138 per 10,000 people but lower than the rates of some other Bay Area counties, such as Santa Clara (158.8), Alameda (181.9), and San Francisco (377.4).⁵
- As of 2023, 19,521 older adults in the county are on a waiting list for subsidized housing.⁶
- Contra Costa County Eviction Court Watch observations indicated that from May to October 2022, 18% of tenants in eviction court were ages 65+.⁷
- Contra Costa County’s 2023 Point-In-Time Count indicated that of the 2,372 homeless persons in the county:⁸
 - 29% were aged 55+, which was up from 25% per the 2019 Point-In-Time Count;⁹
 - 42% had a physical disability, and
 - 49% had a mental health condition.
- Among the homeless people served by the Contra Costa County Continuum of Care (CoC) in 2022:¹⁰
 - 16% were aged 55 to 64, and 7% were 65+; the number of seniors aged 65+ that CoC served increased by 36% from 2019 to 2022, reflecting the prioritization of those most at risk of COVID-19 complications.
 - Among people in emergency shelters, 24% were aged 55 to 64, and 13% were aged 65+.

¹ Contra Costa County Area Agency on Aging. (2020; Dec. 30). 2020-2024 Four-Year Area Plan on Aging, p. 9. Accessed July 17, 2023 at <https://ehsd.org/wp-content/uploads/2021/03/Contra-Costa-County-2020-2024-Area-Plan-on-Aging.pdf>.

² Ibid., pp. 9-10.

³ California Housing Partnership Housing Needs Dashboard. Accessed October 3, 2023 at <https://chpc.net/housingneeds/>.

⁴ Advisory Council on Aging (ACOA) Housing Workgroup. (2023; Sep.). No Place to Call Home. [Infographic.] Citing the California Elder Economic Security Standard™ Index (<https://elderindex.org/>).

⁵ Master Plan for Aging Data Dashboard. Goal One for 2030: Housing for All Ages and Stages. Strategy A: More Housing Options. Affordable Housing. Accessed July 17, 2023 at <https://letsgethealthy.ca.gov/mpa-data-dashboard-for-aging/housing-for-all-ages-and-stages/>.

⁶ Advisory Council on Aging (ACOA) Housing Workgroup. (2023; Sep.). No Place to Call Home. [Infographic.] Citing Contra Costa Housing Authority 2023 Waitlists.

⁷ Ibid. Citing Werth A. (2023). Unrepresented: A Report on Eviction Court Watch in Contra Costa County. East Bay Alliance for a Sustainable Economy (<https://workingeastbay.org/wp-content/uploads/2023/01/EBASE-Eviction-Court-Watch-Report.pdf>).

⁸ 2023 Contra Costa County Homeless Point-in-Time Count & Survey Summary. (2023; Jun. 13). Accessed August 8, 2023 at [Untitled \(cchealth.org\)](https://cchealth.org).

⁹ 2019 Point in Time: Annual Snapshot of Homelessness in Contra Costa County. (2019; Jun. 21). Accessed October 3, 2023 at [Untitled \(cchealth.org\)](https://cchealth.org).

¹⁰ Advisory Council on Aging Housing Work Group. (2023; Sep. 18). Contra Costa Homeless System of Care. [Ppt. slideset.]

EXAMPLES OF CURRENT EFFORTS RELATED TO HOUSING

The following table provides a sampling of efforts identified related to improving the state of housing. These efforts were identified through desk research and input from IMPACCT Steering Committee members.

Effort	Overview of the Effort
Contra Costa County Continuum of Care (CoC)	Representing the largest federal funding source, the CoC Program administered by the US Department of Housing and Urban Development (HUD) establishes funding and operating guidelines for communities across the country. The CoC is comprised of community-based and public agencies and programs that assist people experiencing homelessness by providing supportive services, permanent housing, and data systems. The CoC is governed by the Contra Costa Council on Homelessness, which is also an advisory body to the Board of Supervisors. Contra Costa Health H3 is the Administrative and Data Lead for the CoC and operates the Coordinated Entry System – the system that assesses and prioritizes CoC resources in Contra Costa. (https://cchealth.org/h3/coc/)
City of Richmond's Castro Encampment Resolution Project (CERP)	On April 5, 2022, the City Council of Richmond accepted and appropriated a \$4.8 million Encampment Resolution Funding (ERF) grant from the California Interagency Council on Homelessness to assist the City in providing services to people living at the Castro Encampment to achieve safe and stable housing. CERP is delivering an array of supportive services to 100+ people living at the Castro vehicle encampment near Castro and Hensley Streets in Richmond. CERP's objectives include: 1) improving living conditions at the site, 2) assessing the behavioral and other health needs of residents, 3) reducing barriers to stable housing and support, and 4) providing job-related training. The goal is to move all encampment residents to stable housing. Way 2 Love Inc in Richmond is the CERP Project Manager. (https://pub-richmond.escribemeetings.com/filestream.ashx?DocumentId=46798) Based on the success of this project, the City of Richmond received another Encampment Resolution Funding award that will target encampments located on a state right of way. Notice of Intent to Award (ca.gov)
Habitat for Humanity and Contra Costa County Neighborhood Preservation Program Home Repair Grants and Loans	Habitat for Humanity East Bay/Silicon Valley partnered with the Contra Costa County Neighborhood Preservation Program (NPP) to offer a home repair grants and loans program for low-income families in Contra Costa County. Grants and loans up to \$70,000 are available. Owners of mobile homes within Contra Costa County are eligible for the grant program; the grant and loan programming for single family homes is currently closed due to lack of funding. (https://www.habitatnsv.org/services/home-repair/contra-costa-county)
Home Match Contra Costa	Home Match Contra Costa is a home-sharing service that matches Contra Costa County homeowners seeking companionship, extra income, and help around the house with housemates. The program is a partnership between Concord City Council and Front Porch. (Home Match Contra Costa Concord, CA (cityofconcord.org))
St. Paul's Commons	St. Paul's Commons in Walnut Creek is an affordable rental community that was created through a collaboration among St. Paul's Episcopal Church, Resources for Community Development (RCD), City of Walnut Creek, Contra Costa County, and Trinity Center. The land is leased from St. Paul's Episcopal Church, and the 44 affordable housing apartments are managed by non-profit developer RCD and the John Stewart Company. Trinity Center, a non-profit organization serving the homeless and working poor, is located on-site. (https://stpaulswc.org/st-pauls-commons/)
Measure X	Measure X is a countywide 20-year, ½ cent sales tax approved by Contra Costa County voters in November 2020. The funds are intended to protect vulnerable populations. The Contra Costa Board of Supervisors (BOS) approved funding for two efforts related to housing. The first is a Local Housing Trust Fund, which received an initial \$10M in funding, to address several areas of need, including homelessness prevention and affordable housing. The second effort funded was for permanent supportive housing. This was a one-time allocation of \$5.2M to leverage available state funds and work toward creating 84 units of permanent, affordable housing with supportive services. (https://www.contracosta.ca.gov/8530/Measure-X)

KEY STAKEHOLDERS IN HOUSING

The following is a sample of stakeholder groups and organizations that have a role in housing through service provision, education, and advocacy. These stakeholders have been identified through desk research and feedback from IMPACCT Steering Committee members. These stakeholders may be valuable connections for developing and implementing the Plan for Aging.

Stakeholder Name	Stakeholder Overview
Health, Housing, and Homeless Services Division of Contra Costa Health (CCHH3)	The CCH H3 Division integrates housing and homeless services within the county health system and coordinates housing and homeless services across county government and the community. CCH H3 operates a homeless service delivery system, serves as the administrative entity for the local homeless Continuum of Care (CoC) (see “Efforts” above), and staffs the Contra Costa Council on Homelessness (see below). CCH H3 direct services include street outreach, emergency shelter, transitional housing for transition-aged youth, and permanent supportive housing for chronically homeless households. (Health, Housing & Homeless Programs Contra Costa Health (cchealth.org))
Contra Costa Council on Homelessness	The Council governs all HUD Homelessness Assistance-funded services in the county, including the CoC (see “Efforts” above). The Council provides input on the operations of homeless services and programming and provides a forum for the CoC to communicate its strategies to prevent and end homelessness. The County Board of Supervisors appoints Council members. (Council on Homelessness Contra Costa Health (cchealth.org))
Housing Authority of Contra Costa County (HACCC)	The Housing Authority provides rental subsidies and supportive programs, including public housing, to low-income families, older adults, and adults with disabilities. The Housing Authority is separate from the county government and is a special district. It is led by a seven-member Board of Commissioners, including the five Contra Costa County Board of Supervisors members and two residents participating in HACCC programs. (https://contracostaha.org/about-us/)
Contra Costa County Department of Conservation and Development	The Contra Costa County Department of Conservation and Development’s Community Improvement group provides affordable housing resources, including a list of affordable or subsidized multiple family rental units, an interactive web application to find affordable rentals, and links to a variety of other housing services provided by public and private entities. (https://www.contracosta.ca.gov/4807/Affordable-Housing)
Contra Costa Senior Legal Services (CCSLs)	CCSLs provides free legal services to persons age 60+ in Contra Costa County. One of their focus areas is housing issues, including problems related to publicly subsidized housing, such as Section 8, eviction defense, housing conditions, and lockouts and utility shut offs. (https://www.ccsls.org/)
Independent Living Resources of Solano & Contra Costa Counties (ILRSCC)	ILRSCC engages in advocacy and provides support to empower adults with disabilities to live independently in Solano and Contra Costa Counties. It partners with the community to expand independent living opportunities. In the area of Housing Services, ILRSCC provides information on fair housing laws, helps clients explore rental and home ownership options, and provides help for other housing-related issues, such as landlord/tenant conflicts. (https://www.ilrsc.org/)
Hope Solutions	Hope Solutions (formerly Contra Costa Interfaith Housing), based in Pleasant Hill, was founded in 1997 by a coalition of local faith communities to provide emergency support to homeless individuals. The organization now provides permanent supportive housing and client-centered vital support services to over 2,200 of the most vulnerable members of the community, with a focus on survivors of intimate partner violence, youth aging out of foster care, people re-entering society post-incarceration, people living with mental health issues, adults with disabilities or special needs, and people living with HIV/AIDS. (https://www.hopesolutions.org/)
Habitat for Humanity East Bay/Silicon Valley	Habitat for Humanity East Bay/Silicon Valley builds and improves homes to create strong and stable communities. Their areas of focus include homeownership opportunities for qualifying households (i.e., those earning up to 120% of the Area Median Income and willing to contribute sweat equity to home construction) in Alameda, Contra Costa, and Santa Clara counties; affordable home repairs to low-income homeowners; and housing and financial counseling and educational services. (https://www.habitatetsv.org/) Habitat for Humanity East Bay/Silicon Valley has partnered with the Contra Costa County Neighborhood Preservation Program (NPP) (see below) to provide a home repair grants and loans program in Contra Costa County (see “Efforts” above). (https://www.habitatetsv.org/services/home-repair/contra-costa-county)

<u>Contra Costa County Neighborhood Preservation Program (NPP)</u>	NPP, which is part of Contra Costa County's Department of Conservation and Development, provides financial assistance to low-income homeowners for home rehabilitation projects to bring homes up to current building codes, eliminate blight, improve energy efficiency, improve accessibility, and enhance older housing stock to promote investment in and the growth of economically integrated communities. NPP has partnered with Habitat for Humanity East Bay/ Silicon Valley (see above) to provide a home repair grants and loans program in Contra Costa County (see "Efforts" above). (https://www.contracosta.ca.gov/4334/Neighborhood-Preservation-Program)
<u>Rebuilding Together East Bay Network (RTEBN)</u>	RTEBN, based in Berkeley, serves Berkeley, Albany, Emeryville, and Contra Costa County. RTEBN coordinates donors and volunteers to meet community needs for home repairs, renovations, and safety modifications. Their Safe at Home program provides home safety assessments and associated modifications (such as grab bars and wheelchair ramps) for qualified applicants. (https://www.rtebn.org/)
<u>Housing Consortium of the East Bay (HCEB)</u>	HCEB, based in Oakland, "creates inclusive communities for individuals with developmental disabilities or other special needs through quality affordable housing in Alameda and Contra Costa County." In service of this aim, HCEB provides housing outreach and support services; develops affordable housing by partnering with other non-profit and for-profit companies to set aside units within larger rental communities; and owns and manages special needs affordable housing. Since 2013, HCEB has also provided interim housing solutions for unhoused people. (https://hceb.org/)
<u>Eden Housing</u>	Eden Housing creates and sustains affordable housing communities throughout California. Partnering with cities and local community partners, Eden has a portfolio of over 10,600 homes, serving over 22,000 low-income residents. They focus on serving very low-, low-, and moderate-income families, older adults, veterans, adults with disabilities, and the formerly homeless. (https://edenhousing.org)
<u>East Bay Alliance for a Sustainable Economy (EBASE)</u>	Oakland-based EBASE implements campaigns in the East Bay that address issues of social, economic, and racial justice. Their equitable housing development focus area includes affordable housing, renter's protections, and better transit access. EBASE's Raise the Roof is a Contra Costa County-based coalition of community, labor, and faith organizations working to ensure that everyone has a home and a sense of safety and belonging. Raise the Roof is pursuing two inter-related policy change agendas in Concord: making Concord a Sanctuary City for immigrants and adopting rent control and "just cause" policies. Both agendas aim to prevent displacement of residents, particularly residents of color. (https://workingeastbay.org/issues/raise-the-roof-concord/)
<u>Greater Richmond Interfaith Program (GRIP)</u>	GRIP is a multicultural coalition of faith congregations that provides those who are unsheltered and in need in the Richmond / West County area with support that helps them move toward self-sufficiency. GRIP began as a small community food pantry and has evolved into a multiservice agency serving 15,000 homeless, hungry, and low-income community members annually. GRIP provides access to meals, showers, mailboxes, and phones, and they offer case management and housing navigation services for unhoused adults, transitional-aged youth, and families. (https://gripcares.org/uncategorized/new-hours-of-operation/)
<u>Multi-faith ACTION Coalition</u>	This coalition of Contra Costa County residents represents some 50 faith communities. Members address the root causes of poverty through advocacy and public policy change, focusing on racial justice. One of their six task forces is Housing and Shelter. (https://www.multifaithactioncoalition.org/)
<u>Bay Area Housing Finance Authority (BAHFA)</u>	Established by the California state legislature in 2019, BAHFA aims to create regional solutions to the Bay Area's affordable housing needs. BAHFA is the first regional housing finance authority in California, and it works with the Metropolitan Transportation Commission (MTC) and the Association of Bay Area Governments (ABAG). BAHFA used the 3Ps framework to address the housing crisis, focusing on protection for residents to avoid displacement, preservation of affordable housing, and production of new housing at all income levels. (https://mtc.ca.gov/about-mtc/authorities/bay-area-housing-finance-authority-bahfa) If BAHFA approves a pending affordable housing bond measure for the nine-county Bay Area, it will appear on voters' ballots for the November 2024 election. If successful, this measure could provide \$10 to \$20 billion for affordable housing, with each county receiving a share equivalent to what their residents paid in taxes. (https://oaklandside.org/2023/08/21/bay-area-regional-housing-bond-2024/#:~:text=BAHFA%20projects%20that%20a%20%2420,the%20local%20revenue%20much%20farther)

HOUSING INITIATIVES WITHIN THE STATE MASTER PLAN FOR AGING

The following 2023–2024 initiatives are included in the state’s Master Plan for Aging (MPA).²³ They may be a starting point for determining the priority strategies and actions for the Plan for Aging.

STRATEGY: MORE HOUSING OPTIONS	
California communities are increasingly developing more affordable housing options to meet the needs of all stages of life for all people, regardless of age, race, income, ability, or household size. The production, protection, and preservation of affordable housing, including Accessory Dwelling Units and Residential Care Facilities of all sizes, will support older adults, caregivers, and their families.	
Initiative #1	Increase the supply of climate-friendly, affordable rental and homeownership opportunities for older adults and adults with disabilities through streamlining of local, state, and federal funding.
Initiative #2	Explore emerging local government models to inform consideration of Rental Subsidy Programs for older adults and adults with disabilities. Identify existing program parameters including subsidy amount, duration, eligibility criteria, and priority populations.
Initiative #3	Address the housing needs of older adults and adults with disabilities by promoting statewide access to integrated models, including connections to social services, healthcare, housing, and home and community-based services, e.g., Community Care Expansion, Healthier at Home, and others in support of Californians remaining in their own homes and communities.
Initiative #4	Implement the Veterans Support of Self-Reliance pilot program to provide enhanced supportive services for veterans aged 55 and over who reside in permanent supportive housing.
Initiative #5	Identify barriers to the production of Accessory Dwelling Units (ADUs) and assess opportunities for local, state, and federal action to continue delivering on opportunities to increase housing production, including ADUs.
Initiative #6	Analyze expenditures from California’s housing finance programs to determine impact on older adults and adults with disabilities and the extent to which the programs have benefitted this population.

²³ Master Plan: 5 Bold Goals. Goal One: Housing for All Ages and Stages. Accessed October 7, 2023 at <https://mpa.aging.ca.gov/Goals/1/>.

Appendix D: ISSUE BRIEF: HEALTH

INTRODUCTION

The “Health Reimagined” goal area within the Contra Costa County Master Plan for Aging is centered on ensuring all older adults and adults with disabilities in Contra Costa County have equal and equitable access to quality health services, both in facilities and in community settings. Areas of focus within the health goal area include equitable health care, geriatric service expertise and options, bridging care between settings, mental and behavioral health, and end-of-life care. This brief summarizes recent data related to all these focus areas except mental and behavioral health (which are addressed in a separate brief) and highlights current efforts and stakeholders in the county.

INSIGHTS ON HEALTH IN CONTRA COSTA COUNTY BASED ON RECENT DATA

While Contra Costa County has various health-related services and supports tailored to the needs of older adults and adults with disabilities, factors such as primary care shortages, scarcity of transportation, and limited geriatric and dementia care present challenges to these residents obtaining equitable, consistent, and high-quality care. Contra Costa County particularly needs more in-home and other community-based care and services that facilitate successful aging-in-place.

- In 2020, 21% of civilians in Contra Costa County lived in a primary care shortage Medical Service Study Area (MSSA). The problem was particularly acute in East County.¹
- While 96.3% of adults ages 60+ in Contra Costa County reported having a usual source of healthcare in 2020, accessing care has become increasingly difficult due to lack of transportation, especially in East County and West County.^{2, 3}
- As of 2023, Contra Costa County has two accredited/emerging Geriatric Emergency Departments (of seven Emergency Departments, in total).⁴
- As of September 2023, the CVS Health MinuteClinic in Walnut Creek and the Veterans Health Administration Geriatrics Outpatient Clinics in Martinez had received the Institute for Healthcare Improvement (IHI) designation of “Age-Friendly Health Systems Committed to Care Excellence”.⁵
- Program of All-Inclusive Care for the Elderly (PACE) services have been offered in West Contra Costa County for over four decades. A new PACE Center opened in Concord in 2021.^{6, 7} (see “Efforts” below).
- As of 2021, 1.2% of older adults ages 65+ residing in Contra Costa County (vs. 1.0% of California older adults overall) were living in long-term care facilities, including facilities for skilled nursing, intermediate care, congregate living health, and hospice.⁸
- That same year, Contra Costa County had 33 skilled nursing facilities (SNFs) and 1,511 licensed SNF beds per 100,000 older adults ages 65+⁹, and the skilled nursing facility occupancy rate was 82.0% (vs. 78.5% for California overall).¹⁰

¹ Master Plan for Aging Data Dashboard. Goal Two for 2030: Health Reimagined. Strategy B: Health Care as We Age. Primary Care Shortage. Accessed July 17, 2023 at <https://letsgethealthy.ca.gov/mpa-data-dashboard-for-aging/health-reimagined/>.

² Ibid. Usual Source of Care.

³ Contra Costa County Area Agency on Aging. (2020; Dec. 30). 2020-2024 Four-Year Area Plan on Aging, pp. 6-7. Accessed July 17, 2023 at [Contra-Costa-County-2020-2024-Area-Plan-on-Aging.pdf](https://letsgethealthy.ca.gov/mpa-data-dashboard-for-aging/health-reimagined/) (ehsd.org).

⁴ Master Plan for Aging Data Dashboard. Goal Two for 2030: Health Reimagined. Strategy D: Geriatric Care Expansion. Geriatric EDs. Accessed July 17, 2023 at <https://letsgethealthy.ca.gov/mpa-data-dashboard-for-aging/health-reimagined/>.

⁵ IHI. (2023). Age-Friendly Health Systems - Health Systems Recognized by IHI. Accessed October 31, 2023 at [Age-Friendly Health Systems Recognized Health Care Sites](https://www.ihionline.org/age-friendly-health-systems-recognized-health-care-sites/) (IHI.org). (See also the map at <https://www.johnahartford.org/ahimap/>.)

⁶ Pace Concord Is Now Open! (2021; May 27). Accessed November 2, 2023 at <https://cei.elders.org/pace-concord-is-now-open/>.

⁷ Center for Elders' Independence PACE Center now open in Contra Costa County. [Press Release.] (2023). The Pioneer. Accessed August 9, 2023 at <https://pioneerpublishers.com/center-for-elders-independence-pace-center-now-open-in-contra-costa-county-2/>.

⁸ Master Plan for Aging Data Dashboard. Goal Two for 2030: Health Reimagined. Strategy F: Nursing Home Innovation. Long-Term Care Living. Accessed July 17, 2023 at <https://letsgethealthy.ca.gov/mpa-data-dashboard-for-aging/health-reimagined/>.

⁹ Ibid., SNF Availability.

¹⁰ Ibid., SNF Occupancy.

- In-home care was reported to be the greatest need among older adults in Contra Costa County, per key informants interviewed in 2020 for the 2020-2024 Area Plan on Aging.¹
- A 2019 survey of Contra Costa County older adults found that just under half had made any changes to ensure injury prevention in their homes (such as installing shower grab bars), and less than a third had made all necessary changes.²
- Contra Costa County does not have an Aging and Disability Resource Center.³ ADRCs support people of all ages, incomes, and disabilities to access a wide array of LTSS options in the community.⁴

EXAMPLES OF CURRENT EFFORTS RELATED TO HEALTH

The following table provides a sampling of efforts identified within Contra Costa County related to improving health and health services. These efforts were identified through desk research and input from IMPACCT Steering Committee members.

Effort	Overview of the Effort
Center for Elders' Independence East Bay Senior Care	Center for Elders' Independence (CEI) opened a new PACE center in Concord in 2021. PACE Concord offers a full-service seniors-only medical clinic, social and activity facilities, computer lab and gym, spiritual room, transportation, and meals. For those enrolled in both Medicare and Medi-Cal ("dual eligibles"), these payors reimburse CEI for PACE services. CEI also accepts people enrolled only in Medicare or in Medi-Cal, and people who want to pay privately. (22-64-MAQs 2022 English Printer.pdf (elders.org))
Choice in Aging	In June 2022, the California legislature approved \$10 million for Choice in Aging to initiate development of an Aging in Place campus in Pleasant Hill that will serve as "a national model for aging independently in the community with wrap around health and social services outside a senior's front door." The campus will include apartments for low-income seniors, a new Adult Day Health Care (ADHC) facility, and a new Montessori intergenerational preschool. Additional funding has been sought from Contra Costa County, the City of Pleasant Hill, and individual donors. (10 Mil Press Release (cdn-website.com))
Contra Costa County Senior Resource Expansion	Contra Costa County Senior Resource Expansion, funded by John Muir Health's Community Health Fund, involves a collaboration among Meals on Wheels Diablo Region, Choice in Aging, Contra Costa Senior Legal Services, and Empowered Aging. This effort aims to enhance awareness and access to a broad range of services for seniors, including health services. Phase 1 (2020) focused on East Contra Costa County. Phase 2 (2021) focused on underserved populations in this same area. Phase 3 involved an expansion to West and Central Contra Costa County. The project is seeking Measure X support. (https://www.johnmuirhealth.com/about-john-muir-health/community-commitment/community-health-fund/current-health-partnerships/senior-resource-initiative.html)
Healthcare Career Pathway	The Healthcare Career Pathway is a partnership of Empowered Aging, Mt. Diablo Adult Education, and Opportunity Junction to address the shortage of Certified Nursing Assistants in Contra Costa County. The program is cited as a Local Model in the State Master Plan for Aging. (https://empoweredaging.org/healthcare-career-pathway/)

¹ Contra Costa County Area Agency on Aging. (2020; Dec. 30). 2020-2024 Four-Year Area Plan on Aging, p. 23. Accessed July 17, 2023 at [Contra-Costa-County-2020-2024-Area-Plan-on-Aging.pdf \(ehsd.org\)](#).

² Ibid., p. 21.

³ Master Plan for Aging Data Dashboard. Goal Two for 2030: Health Reimagined. Strategy A: Bridging Health Care with Home. ADRC. Accessed July 17, 2023 at <https://letsgethealthy.ca.gov/mpa-data-dashboard-for-aging/health-reimagined/>.

⁴ California Department of Aging. (2023). ADRC program overview. Accessed August 10, 2023, at https://aging.ca.gov/Providers_and_Partners/Aging_and_Disability_Resource_Connection/ADRC_Program_Overview/#:-:text=ADRCs%20are%20intended%20to%20act,Support%20options%20in%20the%20community.

KEY STAKEHOLDERS IN HEALTH

The following is a sample of Contra Costa County stakeholder groups and organizations that have a role in equitable care, bridging the gap between care settings, aging in place, and end-of-life care through service provision, education, and advocacy. These stakeholders have been identified through desk research and feedback from IMPACCT Steering Committee Steering Committee members. These stakeholders may be valuable connections for developing and implementing the Plan.

Stakeholder Name	Stakeholder Overview
Contra Costa Health Home (cchealth.org)	Contra Costa Health is the largest department of the Contra Costa County government. Its mission is “to care for and improve the health of all people in Contra Costa County with special attention to those who are most vulnerable to health problems.” Contra Costa Health is an integrated system of health care services, community health improvement, and environmental protection that anticipates and is responsive to community needs. It works in partnership with patients, cities, communities, and other health, education, and human service agencies. (About Contra Costa Health Contra Costa Health (cchealth.org))
Choice in Aging	Choice in Aging’s mission is “to create opportunities where people can learn, grow, and age independently with dignity in community.” In Contra Costa County, Choice in Aging operates two Adult Day Health Care (ADHC) facilities, a Multipurpose Senior Services Program (MSSP), two Alzheimer’s Day Care Resource Center programs, and a California Community Transitions Project that helps Medi-Cal eligible patients in skilled nursing facilities move into their own homes or other community settings with appropriate supports. The organization is also involved in other collaborations to improve health and health services for older adults (see “Efforts” above). (https://choiceinaging.org/)
Empowered Aging	Previously known as Ombudsman Services of Contra Costa, Solano and Alameda, Empowered Aging educates, empowers, and partners with older adults and adults with disabilities to help them navigate the aging continuum and meet their unique needs. Empowered Aging serves as Long-Term Care Ombudsman, advocating for residents in long-term care facilities to ensure that they live free from abuse and neglect and receive quality care. In addition, Empowered Aging has partnered with Contra Costa Legal Services to offer the Resident Empowerment Program, which provides residents of long-term care facilities in Contra Costa County with screening, education, and legal counsel (e.g., to put in place Health Care Directives). (https://empoweredaging.org/)
Developmental Disabilities Council Contra Costa Health (cchealth.org)	The Developmental Disabilities Council of Contra Costa County serves as an advisory body to the County Board of Supervisors and takes a leadership role in collaboration and planning while also providing resource information to the community. Members include over 500 individuals, agencies, and organizations. One of the aims of the Council is to increase access to healthcare for individuals with developmental disabilities. (Developmental Disabilities Council Contra Costa Health (cchealth.org))
Rebuilding Together East Bay Network (RTEBN)	RTEBN, based in Berkeley, serves Berkeley, Albany, Emeryville, and all Contra Costa County. RTEBN coordinates donors and volunteers to meet community needs for home repairs, renovations, and safety modifications. Among other services, their Safe at Home program provides home safety assessments and associated modifications (such as grab bars and wheelchair ramps) for qualified applicants. (https://www.rtebn.org/)
Multi-Faith ACTION Coalition	This coalition of Contra Costa County residents represents some 50 faith communities. Members work together to address the root causes of poverty through advocacy and public policy change, with a particular focus on racial justice. One of their six task forces is Health Care. (https://www.multifaithactioncoalition.org/)

HEALTH INITIATIVES WITHIN THE STATE MASTER PLAN FOR AGING

The following 2023–2024 initiatives are included in the state’s Master Plan for Aging (MPA).¹ They may be a starting point for determining the priority strategies and actions for the Plan for Aging.

STRATEGY: BRIDGING HEALTH CARE WITH HOME	
Through innovative partnerships with the federal government, health plans, health systems, and community-based organizations, California can innovate and test new models of health care delivery that maximize access to the services – and, as a result, avoid unnecessary institutionalization.	
Initiative #18	Continue to evaluate options for developing a Universal Long-Term Services and Supports (LTSS) benefit. Support research, data collection, and analysis of long-term services and supports financing for older adults and adults with disabilities.
Initiative #19	Develop a two-part Home and Community-Based Services (HCBS) Multiyear Roadmap. Each of these efforts seeks to improve access to HCBS services statewide, prioritizing planning for the development of programs for underrepresented populations and services in underserved areas of the state: Medi-Cal HCBS and Managed LTSS Multiyear Roadmap, Non-Medi-Cal HCBS Multiyear Roadmap.
Initiative #20	Finalize implementation of the federal Center for Medicare and Medicaid Services HCBS Settings Final Rules to protect the rights of Medi-Cal beneficiaries to receive HCBS services in settings that promote inclusion in the community and guard against isolation.
Initiative #21	Collect and analyze utilization data upon full implementation of CalAIM Enhanced Care Management and Community Supports to evaluate use by older adults and adults with disabilities to ensure access to coordinated, whole-person care.
Initiative #22	Facilitate opportunities for community-based organizations to develop business acumen and organizational capacity to partner with managed care entities to ensure access to culturally responsive services for older adults and adults with disabilities.
Initiative #23	Advance implementation of the California Community Transitions program and the Community Living Fund as key programs that allow older adults and adults with disabilities to transition from institutional settings to the community and prevent institutionalization.
Initiative #24	Continue to expand access to the Medi-Cal Assisted Living Waiver, the Home and Community-Based Alternatives Waiver, the Program for All-Inclusive Care for the Elderly (PACE), Community-Based Adult Services (CBAS), and the Multipurpose Senior Services Program (MSSP).
Initiative #25	Support older adults who are transitioning to community living from incarceration or other secured settings, leveraging opportunities through CalAIM Enhanced Care Management and Community Supports as well as the Returning Home Well initiative to locate housing for older adult parolees who would otherwise be released without access to secure housing options.



¹ Master Plan: 5 Bold Goals. Goal One: Housing for All Ages and Stages. Accessed October 7, 2023 at <https://mpa.aging.ca.gov/Goals/1/>.

STRATEGY: HEALTH CARE AS WE AGE

California can continue to lead the nation in pursuing strategies to increase access across the spectrum of health care services, including modernizing Medicare counseling services and developing new generic drug manufacturing partnerships, to improve access and care options.

Initiative #26	Fully eliminate the Medi-Cal asset test by January 1, 2024, to help more older adults avoid impoverishment to qualify for Medi-Cal, accessing services and supports needed as they age.
Initiative #27	Subject to funding availability and federal approval, increase the Medi-Cal maintenance needs income level (after health care expenses) to 138 percent of the Federal Poverty Limit (FPL) (currently around \$1,500 per month) beginning in 2025 (per provisions included in the 2022-23 Budget Act).
Initiative #28	Improve health care affordability and reduce delays in coverage for older adults and adults with disabilities through Medicare and Medi-Cal changes to be implemented under federal regulations tied to the Consolidated Appropriations Act of 2021.
Initiative #29	Advance the statewide goals of better integrating, coordinating, and aligning services across the Medicare and Medi-Cal programs for California's dual eligible beneficiaries.
Initiative #30	Convene Medicare Advantage plans in partnership with the Centers for Medicare and Medicaid Services (CMS) to explore innovative strategies and common goals to improve quality, access, affordability, and equity for Medicare beneficiaries in California.
Initiative #31	Partner with the Mental Health Services Oversight and Accountability Commission (MHSOAC) to expand the Program to Encourage Active Rewarding Lives for Seniors (PEARLS) evidence-based behavioral health program to reach more older adults in more California communities and bring the innovative AgeWise model to scale for replication statewide.
Initiative #32	Focus on risk reduction and prevention strategies based on data reported by the California Violent Death Reporting System (VDRS) to address individuals most at risk of suicide, including older adults aged 85 and above who experience the highest suicide rates statewide.

STRATEGY: LIFELONG HEALTHY AGING

By fostering healthy environments beginning at birth, expanding access to prevention programs, and developing culturally competent public health educational tools and services, California communities can reduce some of the greatest and most inequitable health disparities.

Initiative #33	Identify promising practices in collaboration with public/private partners that promote lifelong healthy aging and brain health, while maximizing independence and community integration.
Initiative #34	Examine, with an equity lens, available data to determine the consequences of long-term COVID-19 on older adults and adults with disabilities to develop sustainable services and supports.
Initiative #35	Commit to a robust rollout of the Physician Orders for Life-Sustaining Treatment (POLST) registry to include consumer education, provider training, streamlined workflows, and technology support.
Initiative #36	Include palliative care services for members with serious illness in model contract language for Medicare Advantage Dual Eligible Special Needs Plans.
Initiative #37	Lead statewide, regional, and local COVID-19 vaccination initiatives to keep at-risk populations current with their vaccine and booster series through targeted paid media, earned media, strategic partnerships, and community outreach to focus on equitable access for Californians most at risk of COVID-19 infection, including older adults, adults with disabilities, Latinos, and Blacks.

STRATEGY: GERIATRIC CARE EXPANSION

California is home to some of the foremost geriatric experts in the country. Expanding Geriatric Emergency Department certification and increasing geriatric training opportunities will ensure our health care system is staffed by teams including geriatricians and gerontologists, as well as nurses and social workers with geriatric training.

Initiative #38	Expand opportunities for pipeline, stipends, tuition assistance, and loan forgiveness to undergraduate, graduate, and professional students to encourage academic and clinical focus on geriatrics, gerontology, and behavioral health.
Initiative #39	Map the statewide distribution of accredited Geriatric Emergency Departments (GEDs), prioritizing expansion to underserved areas, including rural communities and Veteran's Affairs Medical Centers.
Initiative #40	Promote Age-Friendly Health System principles and encourage adoption of evidence-based practices to align with what matters most to older adults and their families, including in the Veteran's Affairs network.
Initiative #41	Develop and implement programs specific to care of the incarcerated aging and disabled population.
Initiative #42	Expand treatment services and placement options for the aging population served by the state hospital system.

STRATEGY: DEMENTIA IN FOCUS

Continue California's leadership commitment to target clinical research into Alzheimer's on gender and racial disparities.

Initiative #43	Improve access to the Alzheimer's Day Care Resource Center (ADCRC) model for rural and disproportionately impacted communities by leveraging the Cal-COMPASS Learning Community.
Initiative #44	Replicate best practices developed as part of California's Healthy Brain Initiative and Blue Zone® efforts to extend statewide expertise in cultural competence, community outreach, caregiver education, workforce development, and local planning for people at risk of developing Alzheimer's, individuals with dementia, and family caregivers.
Initiative #45	Continue to improve the dementia assessment and diagnostic process through California's innovative Dementia Care Aware program developed to train more primary care providers who serve older adults, including people with Down Syndrome.

STRATEGY: NURSING HOME INNOVATION

California can emerge from the COVID-19 pandemic with renewed commitment to innovation in quality care, including such areas as value-based payment and architectural redesign to smaller, more home-like environments.

Initiative #46	Monitor implementation of the statewide transition to Medi-Cal managed long-term care (nursing home care) to assess impacts on older adults and adults with disabilities.
Initiative #47	Improve nursing home quality for older adults and adults with disabilities by reforming the financing methodology for Skilled Nursing Facilities as outlined in AB 186 (Chapter 46, Statutes of 2022) the Medi-Cal Long-Term Care Reimbursement Act, to incentivize and hold facilities accountable for staffing levels and quality resident care, working with consumer advocates, providers, and labor unions to establish the methodology, parameters, and eligibility criteria.
Initiative #48	Implement the Veterans Home master plans to continue to provide premier care and services at eight state facilities across California.
Initiative #49	Ensure resident rights, individual preferences, and cultural values are considered to mitigate transfer trauma by evaluating best practices and developing a protocol for facility closures.
Initiative #50	Promote the availability of the Cal Long-Term Care Compare website as a no-cost, objective, transparent, public resource designed to be an accessible, user friendly, and easy to navigate source of nursing home quality data.
Initiative #51	Reduce or prevent social isolation among nursing home residents in the event of future public health emergencies by addressing the concerns of residents and family members. Develop recommendations that balance public safety with the benefits of social engagement, personal connection, and community support.

Appendix E: ISSUE BRIEF: BEHAVIORAL AND MENTAL HEALTH

INTRODUCTION

The “Health Reimagined” goal area within the Contra Costa County Master Plan for Aging is centered on ensuring all older adults and adults with disabilities in Contra Costa County have equal and equitable access to quality health services, both in facilities and in community settings. Areas of focus within the health goal area include equitable health care, geriatric service expertise and options, bridging care between settings, mental and behavioral health, and end-of-life care. This brief focuses on the area of mental and behavioral health within the health goal. It summarizes recent data and highlights current efforts and stakeholders in the county.

INSIGHTS ON MENTAL AND BEHAVIORAL HEALTH IN CONTRA COSTA COUNTY BASED ON RECENT DATA

Nationally, adults with disabilities report experiencing frequent mental distress close to five times as often as adults without disabilities, and they have significantly higher rates of substance use.^{1,2} Although the use of illicit drugs among older adults is much lower than among other adults, it is currently increasing, and changes in physical, social, economic, and emotional circumstances contribute to the risk of both mental health challenges and substance use among older adults.^{3,4} In Contra Costa County, assessments indicate that adults with disabilities, older adults, and the family caregivers who support and care for them have significant mental and behavioral health needs.

- In 2016, 44.4% of adults in Contra Costa County with disability status due to a physical, mental, or emotional condition reported needing help for an emotional/mental health problem or for use of alcohol/drugs in the past 12 months (vs. 11.7% of adults without a disability).⁵
- In 2021, 9.7% of adults ages 60+ in Contra Costa County reported needing help for an emotional/mental health problem or for use of alcohol/drugs in the past 12 months, and 11.4% of adults ages 60+ reported seeing a healthcare provider for these issues during that period.⁶
- In 2020, there were 33 suicides among adults ages 60+ in Contra Costa County, which translated to 11.2 per 100,000.⁷
- In 2021, 29.1% of Contra Costa County adults who provided caregiving to a friend or family member with illness/disability reported needing help for an emotional/mental health problem or for use of alcohol/drugs in the past 12 months (vs. 25.3% of adults not providing such caregiving).⁸
- Family caregivers in Contra Costa County serving older adults, most of whom were themselves older adults, evidenced a mean Caregiver Strain Index score of 10.4 per a 2019 Contra Costa County survey. The possible score range is 0-22, with a score of 7 or higher indicating considerable strain.⁹

¹ Cree RA et al. (2020; Sep. 11). Frequent mental stress among adults, by disability status, disability type, and selected characteristics--United States, 2018. MMWR, 69(36): 1238-1243. Accessed August 8, 2023 at: <https://www.cdc.gov/mmwr/volumes/69/wr/mm6936a2.htm>.

² Czeisler ME et al. (2021; Aug. 27). Mental health and substance use among adults with disabilities during the COVID-19 pandemic--United States, February-March 2021. MMWR, 70(34): 1142-1149. Accessed August 8, 2023 at: <https://www.cdc.gov/mmwr/volumes/70/wr/mm7034a3.htm>.

³ WHO. (2017; Dec. 12). Mental health of older adults. Accessed August 8, 2023 at: <https://www.who.int/news-room/fact-sheets/detail/mental-health-of-older-adults#:~:text=In%20addition%2C%20older%20people%20are,they%20require%20long%20term%20care.>

⁴ NIDA. (2020; Jul.) Substance use in older adults DrugFacts. Accessed August 8, 2023 at: [Substance Use in Older Adults DrugFacts | National Institute on Drug Abuse \(NIDA\) \(nih.gov\)](https://www.drugfacts.org/substance-use-in-older-adults).

⁵ California Health Interview Survey. AskCHIS. Mental and Emotional Health. Access and utilization. Needed help for emotional/mental health programs or use of alcohol/drug. Accessed July 19, 2023 at [California Health Interview Survey \(CHIS\) \(ucla.edu\)](https://chis.ucla.edu/).

⁶ Ibid.

⁷ Master Plan for Aging Data Dashboard. Goal Two for 2030: Health Reimagined. Strategy C: Lifelong Healthy Aging. Suicide. Accessed July 17, 2023 at <https://letsgethealthy.ca.gov/mpa-data-dashboard-for-aging/health-reimagined/>.

⁸ California Health Interview Survey. AskCHIS. Mental and Emotional Health. Access and utilization. Needed help for emotional/mental health programs or use of alcohol/drug. Accessed July 19, 2023 at [California Health Interview Survey \(CHIS\) \(ucla.edu\)](https://chis.ucla.edu/).

⁹ Contra Costa County Area Agency on Aging. (2020; Dec. 30). 2020-2024 Four-Year Area Plan on Aging, pp. 22-23. Accessed July 17, 2023 at <https://ehsd.org/wp-content/uploads/2021/03/Contra-Costa-County-2020-2024-Area-Plan-on-Aging.pdf>.

Stakeholder Name	Stakeholder Overview
Contra Costa Behavioral Health	Contra Costa Behavioral Health partners with community members, staff, and community-based agencies to provide welcoming, integrated mental health, substance use, and other services that promote well-being and recovery while respecting the complexity and diversity of those who are served. (https://cchealth.org/bhs/)
Monument Impact	Monument Impact is a community-based organization with sites in Concord and Antioch that aims to “ensure that immigrants, refugees, and low-income residents in Central and East Contra Costa County have the voice, tools, and relationships necessary to have an equitable share of the social and economic wealth of our region.” The organization’s Healthy Community Programs are led by Spanish-speaking promotores (promoters) who give community members tools to be active, healthy, and connected. One of these programs, Mentas Positivas en Acción (Positive Minds in Action) is designed to give community members who are living with stress and depressive symptoms tools to improve their mental health. (Mentas Positivas en Acción - Monument Impact)
Rainbow Community Center	Based in Concord, the Rainbow Community Center provides support and social opportunities to the LGBTQIA+ community and its allies in Contra Costa County. The Center provides community mental health services, a houseless transitional youth program and other programming for young people, a food pantry, HIV education and prevention programming, older adult programming, and professional development and training for other organizations to improve LGBTQIA+ practices. The Center’s community mental health services include outpatient individual therapy, relational therapy, and group therapy for LGBTQIA+ communities. (https://www.rainbowcc.org/counseling)
VistAbility	VistAbility is a community-based organization that was founded in 1965 by family members of individuals with intellectual and developmental disabilities. Their services have expanded over the years, and they now offer a range of community access, employment, family support, early start, and behavioral health services for people of all ages with developmental disabilities and other complex needs across the East Bay. VistAbility offers behavioral health services in Richmond for immigrant adults who speak a variety of Asian languages (see also Examples of Current Efforts, above). (https://vistability.org/#home)



Appendix F: EQUITY & INCLUSION

INTRODUCTION

The “Inclusion & Equity, Not Isolation” goal area within the Contra Costa County Master Plan for Aging includes a focus on age-friendly access, social connections, anti-ageism and ableism, transportation, and protection from abuse and neglect among older adults and adults with disabilities. This brief summarizes Contra Costa County data, efforts, and stakeholders related to these focus areas, except transportation, which is covered in a separate brief. It is not exhaustive of all activity in Contra Costa County related to inclusion and equity but is a resource for developing the Plan for Aging.



INSIGHTS ON INCLUSION AND EQUITY IN CONTRA COSTA COUNTY BASED ON RECENT DATA

Fostering inclusion and equity in Contra Costa County involves ensuring individuals of all ages and abilities can access services, volunteer and work opportunities, and avenues for social connection, while also protecting them from abuse and isolation.

- According to a 2019 Contra Costa County needs assessment, 39% of older adult respondents lived alone. Among respondents, more older adults were living alone in Central County than in East and West Counties.¹
- In 2020, 70.2% of adults 65+ in Contra Costa County reported being “hardly ever lonely”, while 28.9% were “lonely some of the time”.²
- In 2020, 94.3% of adults 60+ in Contra Costa County reported that people in their neighborhood were willing to help. This was higher than the statewide average of 86.1%.³
- In 2018, 53.7% of adults 60+ in Contra Costa County had performed volunteer work or community service in the past year.⁴
- In 2019, 88.8% of households with at least one older adult reported having high-speed broadband availability. This was higher than the statewide average of 78.0%.⁵
- The Adult Protective Services (APS) case rate for clients 65+ in Contra Costa County was 3,867 per 100,000 residents in 2019. This was lower than the statewide rate of 6,338 per 100,000 residents.⁶
- The most common self-neglect cases documented by APS for clients 65+ in Contra Costa County in 2020 were neglect of residence (51.4%) and neglect of physical care (39.7%). The most common type of abuse case documented was financial abuse or abduction (50.1%).⁷

¹ Contra Costa County Area Agency on Aging. (2020; Dec. 30). 2020-2024 Four-Year Area Plan on Aging, p. 21. Accessed August 9, 2023, at [Contra-Costa-County-2020-2024-Area-Plan-on-Aging.pdf \(ehsd.org\)](#).

² 2020 California Health Interview Survey: AskCHIS. Loneliness Scale (UCLA 3-Item Loneliness Scale). Accessed August 10, 2023, at [California Health Interview Survey \(CHIS\) \(ucla.edu\)](#).

³ State Master Plan for Aging Data Dashboard, Goal Three for 2030: Inclusion and Equity, Not Isolation. Accessed August 10, 2023, at [https://letsgethealthy.ca.gov/mpa-data-dashboard-for-aging/inclusion-and-equity-not-isolation/](#).

⁴ Ibid.

⁵ Ibid.

⁶ Ibid.

⁷ Ibid.

EXAMPLES OF CURRENT EFFORTS RELATED TO INCLUSION AND EQUITY

The following table provides a sampling of Contra Costa County efforts to improve inclusion and equity. These efforts were identified through desk research and input from IMPACCT Steering Committee members.

Effort	Overview of the Effort
Elder Abuse Prevention Project	This project is a partnership among multiple public and private Contra Costa County organizations to improve coordination in serving older adults experiencing abuse. Based on data from the Adult Protective Services caseload, it focuses on identified areas of greatest need including financial abuse, case management, and counseling. (http://cocoelderjustice.org/)
Home Match Contra Costa	Home Match Contra Costa is a home-sharing service that matches Contra Costa County homeowners seeking companionship, extra income, and help around the house with housemates. The program is a partnership between Concord City Council and Front Porch. (Home Match Contra Costa Concord, CA (cityofconcord.org))
Meals on Wheels Diablo Region Friendly Visitor, Caller, and Helper Program	To address older adult isolation, this program matches older adults with volunteers for weekly visits, calls, or errands. (https://www.mowdiableregion.org/friendly-visitors-callers-and-helpers)
Rainbow Community Center Friendly Visitor Program	This program, based in Concord, offers case worker home visits to link LGBTQIA+ older adults to key services and supports and reduce social isolation. (https://www.rainbowcc.org/senior-programs)
Rainbow Community Center Senior Outreach & Advocacy Programming (SOAP)	This program educates senior care facility staff on LGBTQIA+ cultural competency issues and advocates for LGBTQIA+ seniors who may be experiencing discrimination at senior living facilities. (https://www.rainbowcc.org/senior-programs)
Well Connected and Well Connected Español	Well Connected, a program of Front Porch, is an online and phone-based community for older adults to participate in social and educational groups and classes. Programs foster intellectual stimulation and connection among participants. The programs are open to older adults nationally, but many participants are from California and the Bay Area. (https://covia.org/programs/well-connected/)
Café Costa	Café Costa is an Employment & Human Services Department (Area Agency on Aging) program that provides congregate meals for older adults in locations across the county. The program provides older adults with nutritious meals as well as opportunities for social connection. (Senior Nutrition Program's Cafe Costa EHSD)
ElderTech Academy	This program connects older adults with high school student technology tutors, with the goal of improving older adults' technology skills as well as promoting intergenerational understanding and relationships. Senior centers, libraries, and school districts in Contra Costa County have partnered to deliver the program. (http://eldertechacademy.com/)
Young at Heart program at Choice in Learning Montessori	Choice in Aging runs the Choice in Learning Montessori preschool in Pleasant Hill, which includes an intergenerational component where students and older adult participants from the neighboring Mt. Diablo Center ADHC interact for activities and learning. (https://cilmontessori.org/programs/)
Mt. Diablo Center and The Bedford Center Adult Day Health Care (ADHC)	Choice in Aging runs two ADHC programs for older adults and adults with disabilities in Pleasant Hill and Antioch. The programs provide physical and cognitive care and opportunities for social interaction, aiming to foster participants' wellbeing and sense of purpose and community. (Adult Day Health Care (choiceinaging.org))
Healthcare Career Pathway	The Healthcare Career Pathway is a partnership of Empowered Aging, Mt. Diablo Adult Education, and Opportunity Junction to address the shortage of Certified Nursing Assistants in Contra Costa County. The program provides training and assistance to support students in becoming certified caregivers, including training on providing person-centered care to older adults. The program is cited as a Local Model in the State Master Plan for Aging. (https://empoweredaging.org/healthcare-career-pathway/)
Measure X	Measure X is a countywide 20-year, ½ cent sales tax approved by Contra Costa County voters in November 2020. The funds are generally intended to protect vulnerable populations. The Contra Costa County Board of Supervisors (BOS) approved the dedication of funds to go towards developing a local plan on Aging and provide capacity building and direct funding support to agencies providing services to older adults and adults with disabilities. (https://www.contracosta.ca.gov/8530/Measure-X)

KEY STAKEHOLDERS IN INCLUSION AND EQUITY

The following is a sample of stakeholder groups and organizations with a key role in the “Inclusion & Equity, Not Isolation” goal area through service provision, education, and advocacy. These stakeholders have been identified through desk research and feedback from IMPACCT Steering Committee members. These stakeholders may be valuable connections for developing and implementing the Plan for Aging.

Stakeholder Name	Stakeholder Overview
Contra Costa Senior Legal Services (CCSLs)	CCSLs provides free legal services to persons 60+ in Contra Costa County. One of their focus areas is preventing elder abuse, and they are one of the partner organizations involved in the Elder Abuse Prevention Project (see “Efforts” above). (https://www.ccsls.org/)
Independent Living Resources	Independent Living Resources is a non-profit serving adults with disabilities, seniors, and their families and service providers in Contra Costa and Solano Counties. Their goal is to “incorporate those with disabilities into the community – eliminating all institutional, social, and attitudinal barriers that hinder progress.” (https://www.ilrsc.org/)
Village Movement California: Ashby Village (Richmond), Clayton Valley Village (Clayton, Concord), and Lamorinda Village	Village Movement California is a coalition of grassroots community organizations called “villages”. Villages are membership organizations that promote community and personal connection to improve older adults’ quality of life, empowerment, and sense of meaning as they age. Established villages in Contra Costa County include Ashby Village (Richmond), Clayton Valley Village (Clayton, Concord), and Lamorinda Village (Lafayette, Moraga, Orinda). (https://villagemovementcalifornia.org/)
Rainbow Community Center	Based in Concord, the Rainbow Community Center provides support and social opportunities to the LGBTQIA+ community and its allies in Contra Costa County. The Center provides community mental health services, a houseless transitional youth program and other programming for young people, a food pantry, HIV education and prevention programming, older adult programming, and professional development and training for other organizations to improve LGBTQIA+ practices. The Center’s older adult programming includes the Senior Outreach & Advocacy Programming (SOAP) and Friendly Visitor Program (see “Efforts” above). (https://www.rainbowcc.org/senior-programs)
Meals on Wheels Diablo Region (MOWDR)	MOWDR provides home delivered meals to Central and East County and operates cafés in Walnut Creek, Rodeo, Crockett, Concord, Pittsburgh, and Bay Point. It also runs a friendly visitor program (see “Efforts” above). (https://www.mowdiablregion.org/)
Choice in Aging	Choice in Aging’s mission is “to create opportunities where people can learn, grow, and age independently with dignity in community.” In Contra Costa County, Choice in Aging operates two Adult Day Health Care (ADHC) facilities (see “Efforts” above), a Multipurpose Senior Services Program (MSSP), two Alzheimer’s Day Care Resource Center programs, an intergenerational preschool program (see “Efforts” above), and a California Community Transitions Project that helps Medi-Cal eligible patients in skilled nursing facilities move into their own homes or other community settings with appropriate supports. (https://choiceinaging.org/)
Various Contra Costa County Senior Centers	Senior centers across the county provide older adults with services relevant to inclusion and equity, including social and educational programs, support groups, and referrals to and assistance with accessing other services. Senior centers are run by city parks and recreation departments, faith-based institutions, and non-profits. For example: • The Pleasant Hill Senior Center provides its participants with programs such as technology training, bereavement support, and a consult-an-attorney program. (https://pleasanthillrec.com/567/Senior-Resource-Center) • Sakura Kai Senior Center is a non-profit in El Cerrito that focuses on sustaining Japanese-American culture in the programming offered to older adult participants (https://www.sakurakaica.org/home)

INCLUSION AND EQUITY INITIATIVES WITHIN THE STATE MASTER PLAN FOR AGING

The following 2023–2024 initiatives are included in the state’s Master Plan for Aging (MPA).¹ They may be a starting point for determining the priority strategies and actions to include in the Plan for Aging.

STRATEGY: INCLUSION AND EQUITY IN AGING

As the most racially, ethnically, and linguistically diverse state in the nation, California can lead in combatting ageism, ableism, racism, xenophobia, sexism, homophobia, and all prejudices and in expanding opportunities for all older adults and adults with disabilities to be economically, civically, and socially engaged, without experiencing discrimination or bias. California’s aging and disability leaders, providers, and partners are committed to becoming increasingly culturally responsive through strategies including trainings, data collection, public campaigns (including with partners in California’s entertainment industry), and targeted equity and inclusion goals in workforce, service planning, and service delivery.

Initiative #52	Elevate the Governor’s Executive Order on Equity to expand MPA equity-based data with specified metrics focusing on intersectional data across age, disability, race, sexual orientation/gender identification, Veteran status, and ethnicity. Ensure that aging and disability is part of all equity initiatives, and that equity metrics are clearly communicated to the appropriate audiences, including through the Data Dashboard for Aging, the CalHHS Equity Dashboard, and the Strategic Growth Council’s Racial Equity Resource Hub.
Initiative #53	Partner with the Centers for Medicare & Medicaid Services (CMS), health plans, and providers as well as local public health, behavioral health, and regional centers, to reduce health disparities for COVID-19 vaccination rates and use of therapeutics among older adults.
Initiative #54	Promote language access efforts by a) Implementing the Language Access Pilot and providing recommendations to expand the pilot statewide; and b) Assessing CalHHS Agency’s Language Access Initiative for availability of culturally and linguistically competent communications to older adults, adults with disabilities, their families, and supporters.
Initiative #55	Increase awareness and enforcement of anti-discrimination laws and anti-hate initiatives for all Californians, including older adults and adults with disabilities, through the CA vs. Hate Network to create awareness of the network including connection to resources and improved data collection of hate incidents and violence; launch the Commission on the State of Hate.
Initiative #56	Explore common quality and equity metrics impacting older adults and adults with disabilities across Medicare, Medi-Cal, CalPERS, Covered California, and the Data Dashboard for Aging.
Initiative #57	Assess community living and LTSS needs of LGBTQ+ older adults specific to race, ethnicity, disability, and geographic location.

STRATEGY: BRIDGING THE DIGITAL DIVIDE

In August 2020, Governor Gavin Newsom signed Executive Order N-73-20 to deploy affordable and reliable broadband throughout the state. Closing the digital divide by increasing access to the internet and digital devices will improve the ability of older adults and adults with disabilities to connect to family and friends, health care providers, and to access additional support during the COVID-19 pandemic and beyond.

Initiative #58	Expand broadband infrastructure, including middle and last mile, and use new federal funds to facilitate digital literacy training for underserved communities, including older adults, adults with disabilities, and tribal communities, as part of the state’s Broadband for All strategic plan.
Initiative #59	Evaluate the impact of the \$50 million Access to Technology initiative to measure the extent to which older adults and adults with disabilities gain meaningful access to digital devices, service plans, and digital literacy/technology training.

¹ Master Plan: 5 Bold Goals. Goal Three: Inclusion and Equity, Not Isolation. Accessed October 7, 2023 at <https://mpa.aging.ca.gov/Goals/3#goal-header>.

STRATEGY: OPPORTUNITIES TO WORK

Scaling flexible work and education models, including virtual options, and preventing age discrimination in the workplace can increase the inclusion of older adults and adults with disabilities and harness California's talent, knowledge, and expertise.

Initiative #60	Provide tools, training, and technical assistance to state employers to actively promote recruiting, interviewing, hiring, and training older adults and adults with disabilities who want to remain in or enter the workforce. Build on models such as the CalHHS Hiring Playbook, Including Adults with Disabilities Drives Innovation, and the State of California's Limited Examination and Appointment Program (LEAP).
Initiative #61	Explore strategies to recruit retired or close-to-retirement healthcare professionals to work as faculty in clinical training programs.
Initiative #62	Focus on job opportunities for older adults and adults with disabilities and identify opportunities to leverage the federally funded Senior Community Service Employment Program and other models, in collaboration with the Area Agencies on Aging (AAAs).
Initiative #63	Explore opportunities to support California's aging farmworker population by funding Farmworker Resource Centers that support access to social services and housing, with services available in multiple languages.

STRATEGY: OPPORTUNITIES TO VOLUNTEER AND ENGAGE ACROSS GENERATIONS

Volunteer programs for community priorities can intentionally and effectively recruit, support, and connect adults of all ages through volunteer centers, schools, community sites, libraries, and more. Older Californians have much to contribute to our society and to younger generations of Californians, therefore, developing opportunities for multi-generational exchanges is critical.

Initiative #64	Promote opportunities for volunteerism by creating the California Experience Corps.
Initiative #65	Align the statewide efforts of California Volunteers with established volunteer opportunities and cross-promote to older adults and adults with disabilities in partnership with the California Guard, California State Parks, Governor's Office of Emergency Services, and the state's network of 33 Area Agencies on Aging (AAAs).

STRATEGY: PROTECTION FROM ABUSE, NEGLECT & EXPLOITATION

Through new statewide coordinated efforts focused on prevention and equity, California can strengthen prevention and responses to elder abuse, neglect, exploitation, and fraud with person-centered, data-driven, and culturally competent approaches.

Initiative #66	Develop resources, in partnership with the California Elder & Disability Justice Coordinating Council, to build capacity among legal services providers that serve older adults and adults with disabilities to prioritize equity and the rights of older adults and adults with disabilities.
Initiative #67	Provide resources to all 58 county Adult Protective Services (APS) programs to facilitate financial institutions reporting potential financial abuse to county APS offices across the state.
Initiative #68	Train APS social workers on how to assess an individual's decision-making abilities.
Initiative #69	Explore dedicated funding opportunities for probate guardianship with caseload standards based on acuity levels. This effort may align with AB 1663 (Chapter 894, Statutes of 2022) (Maienschein), which reforms California's probate conservatorship system to enable adults with disabilities and older adults to pursue supported decision-making as a less restrictive alternative to conservatorship.

Appendix G: AFFORDING AGING

INTRODUCTION

The “Affording Aging” goal area within the Contra Costa County Master Plan for Aging is centered on the economic challenges that many older adults and adults with disabilities face. Areas of focus within the affording aging goal area include in-home care, nutrition, and income security. This brief focuses on all areas of focus except for nutrition. It summarizes recent data and highlights efforts and stakeholders in the county. It is not exhaustive of all activity in Contra Costa County related to affording aging but is intended to be a resource for developing the Plan for Aging.

INSIGHTS ON AFFORDING AGING IN CONTRA COSTA COUNTY BASED ON RECENT DATA

Contra Costa is seen as a more affluent county than some within the state, but there are areas within the county where older adults and adults with disabilities have significant challenges affording basic needs. This challenge is expected to amplify as the older population within Contra Costa County grows, particularly those aged 75 and older.¹

- Based on 2019 data, nearly 32% of adults aged 65 and older in Contra Costa County were below the California Elder Economic Index (CEI). The CEI measures the basic cost of living for each county, including housing, food, healthcare, and transportation expenses.²
 - 24% of adults aged 65 and older in Contra Costa County are below the CEI but above the federal poverty level, which is known as the “hidden poor.”
- Based on the 2019 Area Agency on Aging Needs Assessment survey results, the greatest need identified was in-home care. The second greatest need included income, housing, and caregiver support.
 - In the same survey, housing and healthcare costs were noted as the most significant economic impacts on older adults in Contra Costa County.

EXAMPLES OF CURRENT EFFORTS RELATED TO AFFORDING AGING

The following table provides a sampling of efforts identified within Contra Costa County related to improving the affordability of aging. These efforts were identified through desk research and input from IMPACCT Steering Committee members.

Effort	Overview of the Effort
Monument Impact ELEVATE Concord: Family Economic Equity Pilot	A partnership between Monument Impact and the City of Concord, who is funding the effort, the ELEVATE pilot is a program to provide monthly payments to families to use toward housing, bills, education, and savings. The pilot is limited to 120 participants and has criteria to be eligible which includes being a single parent, having at least one child under age 12, income limits, and other requirements. Though this does not have an older adult or disability focus, this partnership serves as a promising practice for consideration. The Contra Costa County Board of Supervisors (BOS) approved the concept of supporting guaranteed income projects, meaning the additional income from the pilot is not considered when renewing or determining benefits. (https://monumentimpact.org/)

¹ <https://ehsd.org/wp-content/uploads/2021/03/Contra-Costa-County-2020-2024-Area-Plan-on-Aging.pdf>
² <https://letsgethealthy.ca.gov/mpa-data-dashboard-for-aging/affording-aging/>

KEY STAKEHOLDERS IN AFFORDING AGING

The following is a sample of Contra Costa County stakeholder groups and organizations that have a role in affording aging through service provision, education, and advocacy. These stakeholders have been identified through desk research and feedback from IMPACCT Steering Committee members. These stakeholders may be valuable connections for developing and implementing the Plan for Aging.

Stakeholder Name	Stakeholder Overview
Ensuring Opportunity	Ensuring Opportunity's goal is to end poverty in Contra Costa County by addressing the root causes of poverty through policy change, focusing on six policy areas: Economic Security, Housing Security, Health Security, Food Security, Education, and Safety. (https://cutpovertycc.wordpress.com/home/overview/)
East Bay Leadership Council	The East Bay Leadership Council is a public policy advocacy organization that aims to increase economic vitality and quality of life in East Bay. Their focus areas for advocacy and policy reform include economic development, equity, housing, talent and education, and more. (https://eastbayleadershipcouncil.com/our-work)
Contra Costa Economic Partnership	Contra Costa Economic Partnership was founded by business and civic leadership in Contra Costa County to support and advocate for economic development. Their focus areas include land use for housing and jobs, workforce development, and infrastructure. (https://www.ccpartnership.org/what-we-do)
Monument Impact	Monument Impact is a community-based organization with sites in Concord and Antioch that aims to "ensure that immigrants, refugees, and low-income residents in Central and East Contra Costa County have the voice, tools, and relationships necessary to have an equitable share of the social and economic wealth of our region." Their focus areas include asset building (providing pathways to self-sufficiency and economic stability through training and support), healthy living (through health education, programs, and resources), and community engagement. (https://monumentimpact.org/en/home/#https://forms.gle/TXEA1Nbcs3eVxsZv9)
Contra Costa Senior Legal Services	CCSLS provides free legal services to persons ages 60+ in Contra Costa County. One of their focus areas is consumer protection, including problems related to seniors living on fixed incomes and struggling to make ends meet, such as advice on debtor's rights and loan discharges. (https://www.ccsls.org/)
East Bay Alliance for a Sustainable Economy (EBASE)	Oakland-based EBASE implements campaigns in the East Bay that address social, economic, and racial justice issues. Their work aims to positively impact low-wage workers, people of color, immigrants, those formerly incarcerated, and grassroots leaders. One of their focus areas is "Rights: everyone deserves a good job", which focuses on fighting for living wages, paid sick days, fair scheduling, and other areas related to economic security. Other areas of focus include fighting for equitable housing development and immigrant rights. (https://workingeastbay.org/our-work/)



AFFORDING AGING INITIATIVES WITHIN THE STATE MASTER PLAN FOR AGING

The following 2023–2024 initiatives are included in the state’s Master Plan for Aging (MPA).¹ They may be a starting point for determining the priority strategies and actions for the Plan for Aging.

STRATEGY: INCOME SECURITY AS WE AGE

Challenges require multiple approaches: For income, California will pursue partnerships to assess and strengthen all three sources – individual savings, employer-based retirement, and Social Security – and to expand employment opportunities and economic security at all ages. For expenses, reducing housing and health costs (as discussed in goals one and two) will increase elder economic security.

Initiative #89	Implement year one of three of the expansion of CalSavers to employers with fewer than five employees and continue to implement employer compliance enforcement to ensure workers have promised access to the program.
Initiative #90	Conduct displaced worker analysis to understand the impact of job loss on older workers’ employment, retirement, and health.



¹ Master Plan: 5 Bold Goals. Goal One: Housing for All Ages and Stages. Accessed October 7, 2023 at <https://mpa.aging.ca.gov/Goals/1/>.

Appendix H: NUTRITION

INTRODUCTION

The “Affording Aging” goal area within the Contra Costa County Master Plan for Aging is centered on the economic challenges that many older adults and adults with disabilities face. Areas of focus within the affording aging goal area include in-home care, nutrition, and income security. This brief focuses on nutrition. It summarizes recent data and highlights current efforts and stakeholders in the county. It is not exhaustive of all activity in Contra Costa County related to nutrition but is a resource for developing the Plan for Aging.

INSIGHTS ON NUTRITION IN CONTRA COSTA COUNTY BASED ON RECENT DATA

Access to quality nutrition is a significant issue within Contra Costa County. Barriers to access nutrition for older adults in the county include costs, lack of transportation, and isolation. Contra Costa County also has multiple food deserts. For example, in Far East County, there are fewer than two grocery stores/vendors per 10,000 people, which is 38% lower than the state average.¹ (See the visual below for a complete view of the food deserts.)

- In 2020, 19.9% of low-income adults aged 60 or older experienced food insecurity with or without hunger.²
- Based on the 2019 AAA Needs Assessment survey results, meal preparation was noted as the sixth highest assistance need for older adults in Contra Costa County.³
- Nearly one-quarter of the 2019 AAA Needs Assessment survey respondents reported reliance on food banks to obtain food.⁴
- Contra Costa County’s CalFresh participation rate for adults aged 60 or older was 3.0% in 2019. This rate ranked Contra Costa County as 50th out of the 58 states in CA.⁵

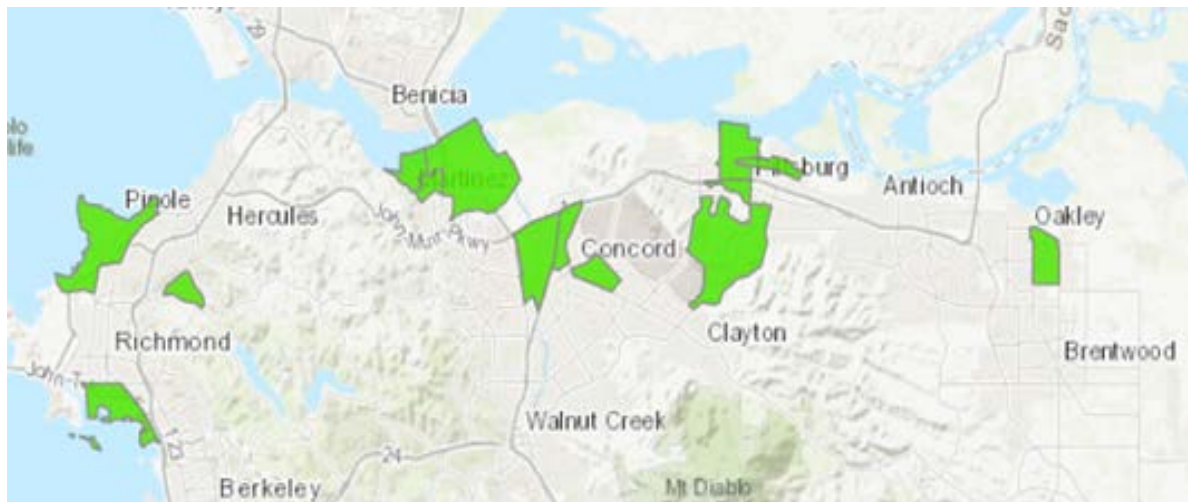


Figure 1. Contra Costa County Map Identifying the Food Deserts within the County.

¹ USDA Economic Research Service U.S. Department of Agriculture. <https://www.ers.usda.gov/data-products/food-access-research-atlas/go-to-the-atlas>

² California Master Plan for Aging Data Dashboard. <https://letsgethealthy.ca.gov/mpa-data-dashboard-for-aging/affording-aging/>

³ Ibid.

⁴ Ibid.

⁵ California Master Plan for Aging Data Dashboard. <https://letsgethealthy.ca.gov/mpa-data-dashboard-for-aging/affording-aging/>

EXAMPLES OF CURRENT EFFORTS RELATED TO NUTRITION

The following table provides a sampling of Contra Costa County efforts related to improving the state of nutrition. These efforts were identified through desk research and input from IMPACCT Steering Committee members.

Effort	Overview of the Effort
Oakley Senior Center – Food Pantry	In 2019, a new senior center opened in the City of Oakland, which includes a food pantry. The food pantry is open once a week to provide free food to older adults. The location of this new site is near the largest food desert in Contra Costa County, making it a significant service addition to the community. (https://ContraCostaCounty.myresourcedirectory.com/index.php/en/?option=com_cpx&task=resource.view&id=3467552)
Café Costa	Café Costa provides congregate meals for older adults at eighteen café sites across the county. The program provides older adults with nutritious meals as well as opportunities for social connection. For older adults that are homebound and unable to attend a café site, home-delivered meals can be delivered from providers in the county, including Meals on Wheels Diablo Region, Meals on Wheels West Contra Costa County, and J-Sei. (Senior Nutrition Program's Cafe Costa EHSD)
CalFresh Healthy Living (SNAP-ED)	CalFresh Healthy Living is a Supplemental Nutrition Assistance Program that provides nutrition classes (and wellness classes) at numerous locations throughout the county. (https://ehsd.org/elderly-disabled/area-agency-on-aging/)

KEY STAKEHOLDERS IN NUTRITION

The following is a sample of Contra Costa County stakeholder groups and organizations that have a role in nutrition through service provision, education, and advocacy. These stakeholders have been identified through desk research and feedback from IMPACCT Steering Committee members. These stakeholders may be valuable connections for developing and implementing the Plan for Aging.

Stakeholder Name	Stakeholder Overview
Contra Costa County Area Agency on Aging Senior Nutrition Program	The Senior Nutrition Program provides nutritious daily meals at the eighteen café sites throughout Contra Costa County for adults 60 years of age and older as well as home-delivered meals for homebound older adults (see Café Costa effort above). (https://ehsd.org/aging-and-adult-services/senior-nutrition-programs-cafe-costa/)
Meals on Wheels Diablo Region (MOWDR)	MOWDR provides home-delivered meals to Central and East Counties and operates cafés in Walnut Creek, Rodeo, Crockett, Concord, Pittsburgh, and Bay Point. The organization has several other programs, including a breakfast bag program, a grocery bag program, a friendly visitors program, and case management. (https://www.mowdiablregion.org/)
Meals on Wheels West Contra Costa County (MOWWCC)	MOWWCC provides home-delivered meals in West County to the cities of Crockett, El Cerrito, El Sobrante, Hercules, Kensington, and North Richmond. (https://www.wccmow.com/)
J-Sei	J-Sei's friendly volunteers deliver nutritious Japanese lunches to eligible older adults. Meals are also delivered to adults recovering from an injury, illness, or who have a short-term need for meal delivery service. (https://j-sei.org/seniorservices/nutrition/)
Meals on Wheels of Contra Costa	Meals on Wheels of Contra Costa is a coalition of public agencies, non-profit organizations, and advisory groups. The coalition works to raise funds to support the cost of meals delivered to homebound elders served by the county's meal delivery program. (https://mowofcontracosta.org/our-story-2/)
Food Bank of Contra Costa and Solano	The Food Bank of Contra Costa and Solano distributes free food to the community through a variety of programs within Contra Costa County. Their programs include a Senior Food Program, which provides low-income seniors with free, healthy food twice a month. (https://www.foodbankccs.org/)

NUTRITION INITIATIVES WITHIN THE STATE MASTER PLAN FOR AGING

The following 2023–2024 initiatives are included in the state’s Master Plan for Aging (MPA). They may be a starting point for determining the priority strategies and actions to include in the Plan for Aging.

STRATEGY: PROTECTION FROM POVERTY & HUNGER	
The federal/State safety net for older adults and adults with disabilities, Supplemental Security Income/State Supplementary Payment (SSI/SSP), has not kept up with poverty levels. A recent state budget agreement proposes to begin to address the SSP in January 2022. The hunger and nutritional needs of older Californians need greater assessment and coordination to provide affordable and culturally appropriate foods through CalFresh (SNAP), food banks, meal delivery at home, congregate meals at day centers and long-term care facilities, farmers markets, and medically tailored meals, among others.	
Initiative #92	Expand the number of home-delivered and congregate meals provided to older adults using increased state and federal funding. Plan for the expansion of CalFresh to all adults aged 55-plus who are income-eligible, regardless of citizenship status.
Initiative #93	Evaluate meal program service design and sustainable financing mechanisms to enhance capacity and ensure access to a person-centered, equitable, and accessible supportive nutrition services program for older adults and adults with disabilities, building off the innovations and program flexibilities exercised during the COVID-19 public health emergency which included dine-in, “to go,” grocery, and home delivery models.
Initiative #94	Explore sustainable financing mechanisms to build community infrastructure and ensure access to supportive nutrition services for older adults and adults with disabilities.
Initiative #95	Engage with the U.S. Department of Agriculture and Congress to ensure, at a minimum, the same levels of funding for the Senior Farmer’s Market Nutrition Program for continued benefit to both older Californians and California agriculture.



Appendix I: CAREGIVING

INTRODUCTION

The “Caregiving That Works” goal area within the Contra Costa County Master Plan for Aging includes a focus on the caregiver workforce, resources and supports for caregivers, including paid and family and friend caregivers, and caregiver volunteer opportunities. This brief summarizes recent data on these focus areas and highlights efforts and stakeholders in the county. It is not intended to exhaustively list all activities in Contra Costa County related to caregiving but to serve as a resource for developing the Plan for Aging.

INSIGHTS ON CAREGIVING IN CONTRA COSTA COUNTY BASED ON RECENT DATA

Paid caregivers, as well as family and friend caregivers, are crucial resources for enabling older adults and adults with disabilities to thrive in their homes and communities. However, caregivers face challenges, including financial instability, lack of training opportunities, minimal support, and the IMPACCTs of stressful caregiving situations.¹ Addressing these challenges can help ensure sustainable and high-quality care for recipients in Contra Costa County, especially as the population ages and the need for caregiving increases.

- There were 103.3 paid caregivers per 1,000 adults 65+ in Contra Costa and Alameda Counties in 2019. This is above the benchmark of at least 90 paid caregivers per 1,000 adults 65+, which is considered “good availability.”²
- In Contra Costa County, from 2019 to 2020, 22.8% of adults 18+ self-identified as a family or friend caregiver (which meant they provided care within the past 12 months to a family member or friend with a serious or chronic illness or disability).³
- Less than 5% of the estimated 136,000 family caregivers in Contra Costa County received services and support in the county in 2019. The estimated annual economic value of the unpaid contributions of these 136,000 county caregivers that year was \$1.56 billion.⁴
- In Contra Costa County, 74% of surveyed caregivers for older adults were unpaid in 2019. Relatives, who were most of the caregivers surveyed, were the least likely to be paid (15% were paid), followed by close friends (56% were paid).⁵
- In Contra Costa County, the average caregiver strain index among surveyed caregivers for older adults in 2019 was 10.4 (on a scale of 1-22, where 7 or higher indicates “considerable strain”). On average, higher levels of strain were reported by unpaid caregivers, family caregivers, and caregivers caring for someone with a cognitive impairment.⁶

¹ Master Plan: 5 Bold Goals. Goal Four: Caregiving that Works. Accessed August 22, 2023, at <https://mpa.aging.ca.gov/Goals/4>.

² State Master Plan for Aging Data Dashboard, Goal Four for 2030: Caregiving that Works. Accessed August 9, 2023, at <https://letsgethealthy.ca.gov/mpa-data-dashboard-for-aging/caregiving-that-works/>.

³ Ibid.

⁴ State of Caregiving in Contra Costa County. (2021; Mar. 15). Accessed August 9, 2023, at [State-of-Caregiving-in-CCC-March-2021.pdf](https://caregiver.org/State-of-Caregiving-in-CCC-March-2021.pdf) (caregiver.org).

⁵ Contra Costa County Area Agency on Aging. (2020; Dec. 30). 2020-2024 Four-Year Area Plan on Aging, p. 22. Accessed August 9, 2023, at <https://ehsd.org/wp-content/uploads/2021/03/Contra-Costa-County-2020-2024-Area-Plan-on-Aging.pdf>.

⁶ Ibid., pp. 22-23.

EXAMPLES OF CURRENT EFFORTS RELATED TO CAREGIVING

The following table provides a sampling of efforts identified within Contra Costa County to improve caregiving. These efforts were identified through desk research and input from IMPACCT Steering Committee members.

Effort	Overview of the Effort
Healthcare Career Pathway	The Healthcare Career Pathway is a partnership of Empowered Aging, Mt. Diablo Adult Education, and Opportunity Junction to address the shortage of Certified Nursing Assistants in Contra Costa County. The program provides training and assistance to support students in becoming certified caregivers. The program is cited as a Local Model in the State Master Plan for Aging. (https://empoweredaging.org/healthcare-career-pathway/)
SEIU Local 2015 Time for \$20 Campaign	SEIU Local 2015's campaign for increased caregiver wages led to an October 2022 agreement with the Contra Costa County Board of Supervisors to raise In-Home Supportive Services (IHSS) wages from \$16.50 to \$20 by 2026. Implementing this increase would make Contra Costa County the fourth county in California to provide IHSS caregivers with a \$20 per hour living wage. (https://www.seiu2015.org/contra-costa-county-board-of-supervisors-approves-new-union-contract-making-time-for-20-a-reality-for-in-home-care-providers/)
California Senate Bill 525	Signed by the Governor in October 2023, SB 525 will raise the minimum wage for health workers, including caregivers, to \$25 by 2026-2033 (depending on the facility where they are employed). (https://leginfo.ca.gov/faces/billNavClient.xhtml?bill_id=202320240SB525)
Alzheimer's Association Caregiver Support Groups (Northern California Chapter)	Support groups held online and in person throughout the Bay Area provide education about caregiving and coping skills to address the challenges of caregiving and their IMPACCT on caregivers' well-being. Choice in Aging (see "Key Stakeholders" below) hosts a group at its Mt. Diablo Center in Pleasant Hill, and other groups serving Contra Costa County are based in Brentwood, Lafayette, and Martinez. (https://www.alz.org/events)
National Alliance on Mental Illness (NAMI) Contra Costa County Family Support Group	NAMI holds a weekly, peer-led support group for family members and caregivers of adults with a mental illness. The group is held via Zoom and provides opportunities to share experience, build understanding of mental illness, and develop coping skills. (https://www.namicontracosta.org/family-support.html)
Companioa	Institute on Aging's Companioa program, which serves Bay Area counties including Contra Costa County, provides dementia services to older adults and their families. In addition to offering home care, care management, and a San Francisco-based adult day care program, the program's Certified Dementia Practitioners provide caregiver coaching including emotional support, resources, and tools. (https://www.ioaging.org/companioa/)



KEY STAKEHOLDERS IN CAREGIVING

The following is a sample of Contra Costa County stakeholder groups and organizations that have a role in caregiving through service provision, education, and advocacy. These stakeholders have been identified through desk research and feedback from IMPACCT Steering Committee members. These stakeholders may be valuable connections for developing and implementing the Plan for Aging.

Stakeholder Name	Stakeholder Overview
Family Caregiver Alliance (FCA)	FCA serves as the Bay Area Caregiver Resource Center, one of 11 Caregiver Resource Centers throughout California. They provide assistance, education, and referrals to family caregivers. (https://www.caregiver.org/)
Empowered Aging	Empowered Aging, previously known as Ombudsman Services of Contra Costa, Solano, and Alameda, is an independent, non-profit organization that provides multiple services to the three-county area. They are a partner in implementing the Healthcare Career Pathway (see “Efforts” above) and provide Certified Nurse Assistant (CNA) training. (https://empoweredaging.org/)
Choice in Aging	Choice in Aging’s mission is “to create opportunities where people can learn, grow, and age independently with dignity in community.” In Contra Costa County, Choice in Aging operates two Adult Day Health Care (ADHC) facilities, a Multipurpose Senior Services Program (MSSP), two Alzheimer’s Day Care Resource Center programs, and a California Community Transitions Project that helps Medi-Cal eligible Californians in skilled nursing facilities move into their own homes or other community settings with appropriate supports. They also offer Alzheimer’s Caregiver Support Groups at their Mt. Diablo and Bedford Centers (see “Efforts” above). (https://choiceinaging.org/)

CAREGIVING INITIATIVES WITHIN THE STATE MASTER PLAN FOR AGING

The following 2023–2024 initiatives are included in the state’s Master Plan for Aging (MPA).¹ They may be a starting point for determining the priority strategies and actions for the Plan for Aging.

STRATEGY: FAMILY & FRIENDS CAREGIVER SUPPORT	
Family caregivers need supports – such as paid family leave, multilingual training resources, virtual care options, and respite – so that the role remains rewarding, and caregivers can maintain health, well-being, and income while caring for a loved one. Given that lower-income women, particularly women of color, disproportionately provide family caregiving, resources and support should be tailored and prioritized accordingly.	
Initiative #79	Partner with the Caregiver Resource Centers, Area Agencies on Aging, and providers of services under Title III-E of the Older Americans Act to ensure family caregiver assessments track equity metrics, focusing on reaching Black, Latino, Indigenous, Asian/Pacific Islander, and LGBTQ+ caregivers, as well as adults with disabilities and Californians with the greatest economic and social needs.
Initiative #80	Convene subject matter experts and people with lived experience as family caregivers to review training resources, and partner with stakeholders (government, community-based organizations, academia, labor, philanthropy) to develop a compendium of resources to meet the education and training needs of California’s diverse caregivers.
Initiative #81	Utilize data from the LTSS Dashboard, the DHCS Medi-Cal and CDA Non-Medi-Cal Home and Community-Based Services Gap Analyses and Multiyear Roadmaps, and the California Health Interview Survey to understand the unmet needs of family caregivers with a focus on addressing the emotional burden of care and the need for respite support.
Initiative #82	Develop a Statewide Caregiver Equity Roadmap and Strategy to position California as a lead state partner in the federal Administration for Community Living’s National Strategy to Support Family Caregivers, including strategies to address the financial burdens of caregiving and the risk to caregivers’ financial security.

¹ Master Plan: 5 Bold Goals. Goal One: Housing for All Ages and Stages. Accessed October 7, 2023 at <https://mpa.aging.ca.gov/Goals/1/>.

STRATEGY: GOOD CAREGIVING JOBS CREATION

The caregiving workforce can be grown through caregiver training and professional development opportunities, along with livable wages, job placement support, and improved job quality. Higher wages will help paid caregivers work toward financial security, alleviate economic disparities, and better reflect the true value of their work.

Initiative #83	Promote innovative models for Community Health Workers to serve older adults and adults with disabilities in home and community-based settings, targeting underserved populations with a focus on equity, including through Medicare Fee-for-Service and Medicare Advantage delivery systems.
Initiative #84	Develop a direct care inventory of evidence-informed, competency-based training, career ladder, and certification programs that are accessible statewide, aimed at promoting person-centered, culturally, and linguistically responsive training designed for older adults, adults with disabilities, family caregivers, and populations with complex needs, including persons with dementia. Explore opportunities to expand career pathways for direct care staff, including the feasibility of linking training to wage increases.
Initiative #85	Diversify the pipeline for direct care workers in home and community settings by testing and scaling emerging models to meet the need, as funding allows.

STRATEGY: VIRTUAL CARE EXPANSION

New technologies, many pioneered in California, are paving the way for innovations in personal devices, smart home and community design, telehealth and more, and have the potential to help support caregiving and aging well across the state, nation, and globe.

Initiative #86	Leverage technology, innovative practices, and program flexibilities that enable older adults, adults with disabilities, and family caregivers to access virtual care (tele-health) through Medi-Cal, particularly in underserved communities.
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Area Agency on Aging

A Division of Aging & Adult Services

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