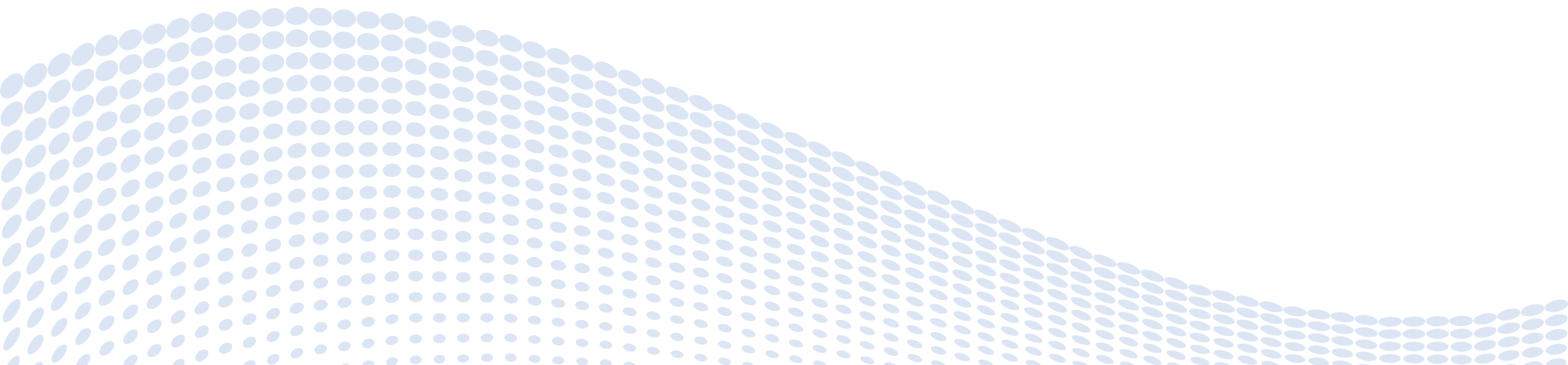




2024 - 2028 Area Plan on Aging Public Hearing

Starting Soon!





Aging in Motion

Area Plan on Aging

Fiscal Years 2024 - 2028

Public Hearing Presentation

Wednesday, March 13, 2024

Phone: (877) 932-4100 Email: rcaging@rivco.org Website: www.rcaging.org



Public Hearing Agenda

1. **Welcome**
2. **Review**
 - a. The Older Americans and Older Californians Acts
 - b. The Role of an Area Agency on Aging
 - c. Riverside County Office on Aging: *Your AAA*
 - d. Purpose of Area Plans on Aging
3. **2024-2028 Area Plan on Aging “Aging in Motion”**
 - a. Community Survey Data
 - b. 2024-2028 Goals
 - c. Title IIIB Priority Services
4. **General Public Comment**
5. **Close**

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The Older Americans Act (OAA)

- The **Older Americans Act (OAA)** is the major federal vehicle for delivery of **social and nutritional services for older adults**.
- The OAA also supports **grants to older American Indians**, as well as **research, training and demonstration activities**.
- Most OAA programs are administered by the **Administration for Community Living (ACL)** est. in 2018 by U.S. Department of Health and Human Services.

- **Title IIIB:** Supportive Services
- **Title IIIC-1:** Congregate Nutrition
- **Title IIIC-2:** Home Delivered Meals
- **Title IIID:** Disease Prevention & Health Promotion
- **Title IIIE:** Family Caregiver Support Program
- **Title V:** Senior Employment
- **Title VII:** LTC Ombudsman & Prevention of Elder Abuse

AAA Priorities Set by the Older Americans Act:

Planning, Research, Services, Partnership, Education & Advocacy

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The Older Californians Act (OAA)

- Signed into law in 1980.
- **Established the California Department of Aging (CDA) and the Area Agencies on Aging (AAA).**
- Expanded to create state-funded programs and services.
- Amended in 2017 to create the **Aging and Disability Resource Centers (ADRC).**



California
Department
of **AGING**

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All Area Agencies on Aging (AAA) *Mission*

To provide leadership in addressing issues that relate to older Californians; to develop community-based systems of care that provide services which support independence within California's interdependent society; and which protect the quality of life of older persons and persons with functional impairments; and to promote citizen involvement in the planning and delivery of services.

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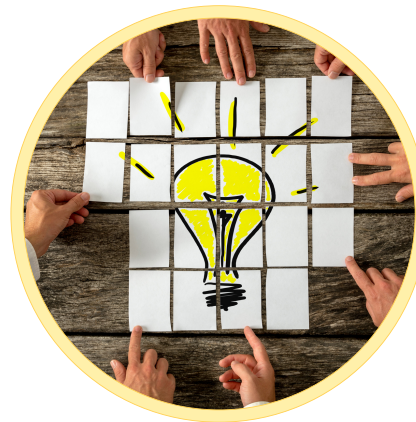
All Area Agencies on Aging (AAA) Tasks



**Coordinate
Services**



**Planning and
Administration**



**Develop New
Resources**



**Act as a Funding
Agency**



Riverside County Office on Aging (RCOoA) *Background*



County department since **1974**.



AAA for Planning and Service Area (PSA) 21
which encompasses **all of Riverside County**.



**Federally recognized as an Aging and Disability
Resource Connection (ADRC).**



Provides over **20 programs and services** to over
98,000 people per year.

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Riverside County Office on Aging's Philosophy

Mission Statement

Mission: The Riverside County Office on Aging serves to promote and support a life of **dignity, well-being** and **independence** for older adults and persons with disabilities.

Vision: The Riverside County Office on Aging will be **recognized locally, statewide and nationally** as the **innovative leader** of support services, coordination and advocacy to improve the lives of the aging population and persons with disabilities.

Purpose: To **enhance quality of life** across generations through innovation and partnerships.

Promise: To listen with **respect**, to foster **trust**, and to serve with **compassion** and **commitment** in a **timely** manner.

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Riverside County Office on Aging's Philosophy

Our Core Values:

Older adults and persons with disabilities live with

DIGNITY
RESPECT FOR ALL
COLLABORATION
HONESTY AND INTEGRITY
INNOVATION
PROFESSIONALISM
EXCELLENCE

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Riverside County Office on Aging 2022-2023 Service Report

RIVERSIDE COUNTY OFFICE ON AGING
An **A**ging & **D**isability **R**esource **C**enter

98,087 TOTAL LIVES IMPACTED BY
NEW & ONGOING SERVICES

\$23.3 MIL TOTAL FUNDING FOR
SERVICES IN 2022-23

2022-23 SERVICE REPORT

07/01/2022 TO
06/30/2023



Call Center [ADRC]

Resource agents provide referrals and direct coordination of free services within the department's partner network.

Options Counseling

32,152 Calls Received
30,428 Answered **95%**

30,986 Completed
Assessments

38,736 Services Offered

73,058 1-ON-1
OUTREACH/EDUCATION



846,912 Meals to
13,184 Clients

Transportation

18,108
One-Way Trips to
255 Clients

615 Caregiver
Support Group
Sessions

Care Management

Social service and clinical practitioners provide free assessments and follow-up to access food, material aid, medical appointments, public benefit applications, and other resources.

1,697 Clients



1,208 Hours of
Training & Education
to
96 Family Caregivers &
6,774 IHSS Providers

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What is an Area Plan on Aging? Why Do We Create an Area Plan?

Identifies gaps in service and possible solutions.

Provides general direction and major themes or areas of work.

Unifies and aligns the agency's work.

Articulates PSA narrative and goals.

- **(Federal) Older Americans Act**
 - Federal legislation sets **parameters** for the use of federal money and the provision of services.
- **(California) Statewide Priorities**
 - The State sets statewide **priorities** for providing service to CA's older adults.
- **(Riverside County) Development of a 4-Year County-Wide Area Plan**
 - AAAs develop the **scope of work** for local implementation that align with federal and state parameters.



California Master Plan for Aging

Development began June 2019 and was released on January 6, 2021.

- One of only five state plans on aging.
- Establishes a **blueprint** to address system issues and transform services at state, regional, and local levels.
- Aims to create a **California for All Ages** by 2030 through emphasizing equity and inclusion.
- Lays out **five key goals** along with strategies to guide public and private organizations.
- Served as one of the major influences in the development of **RCOOA's 2024-2028 Area Plan**.



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Riverside County Office on Aging's *Four-Year Service Theme*

Aging in Motion

Commitment to proactive outreach and prevention strategies.

“Aging in Motion” is Riverside County’s own approach to aging that emphasizes staying active, engaged, and dynamic as one grows older.

RivCo-ONE’s AIM is a united community focused on a lifestyle of continuous movement and vitality.

Aging in Motion



Community Survey Data

2023 Riverside County Office on Aging Surveys



2023 Polco Community Assessment Survey for Older Adults in Riverside County



2023 Riverside County Office on Aging Community Needs Assessment Survey



2023 Riverside County Office on Aging Health and Nutrition Survey



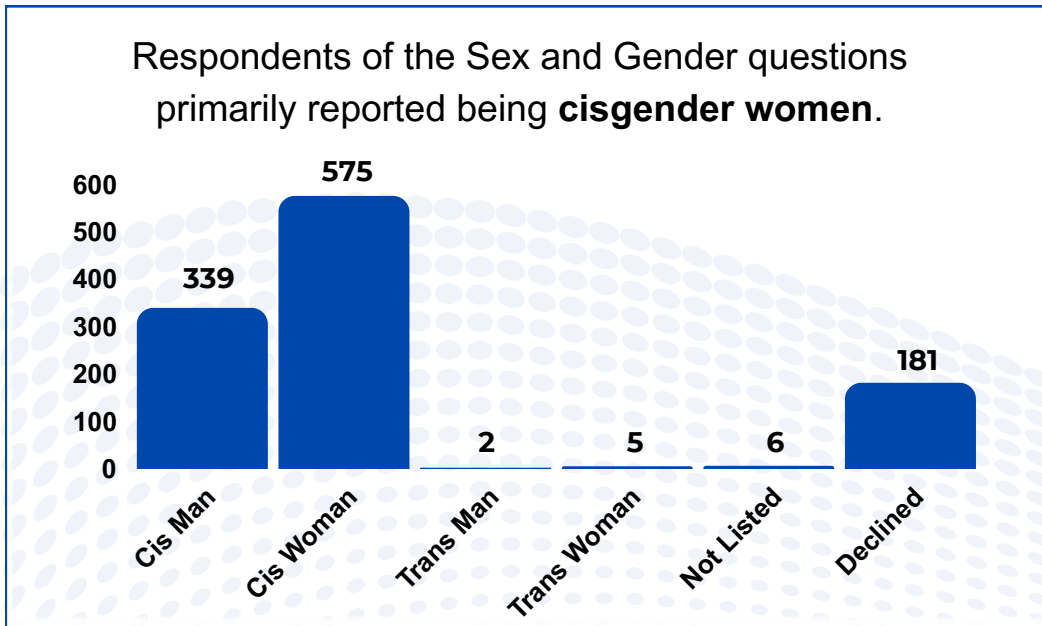
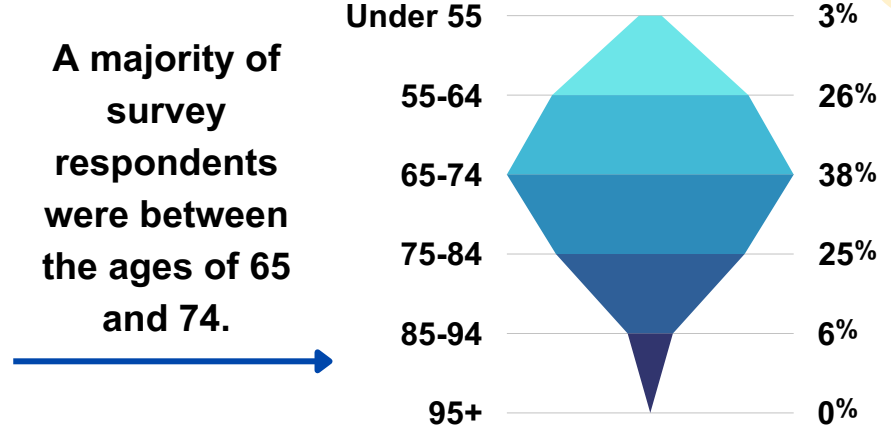
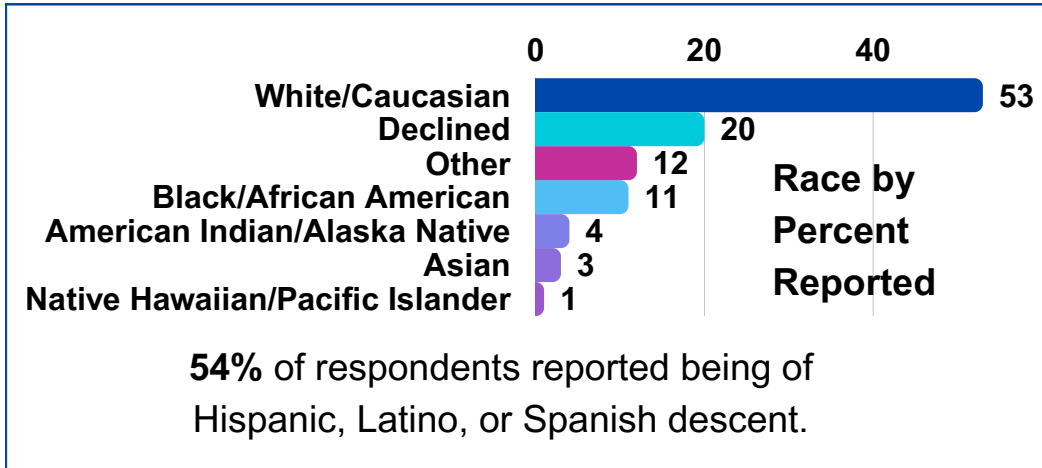
2023 Riverside County Service Providers Survey

2023 Riverside County Caregiver Experience Survey

Aging in Motion



2023 Riverside County Demographics



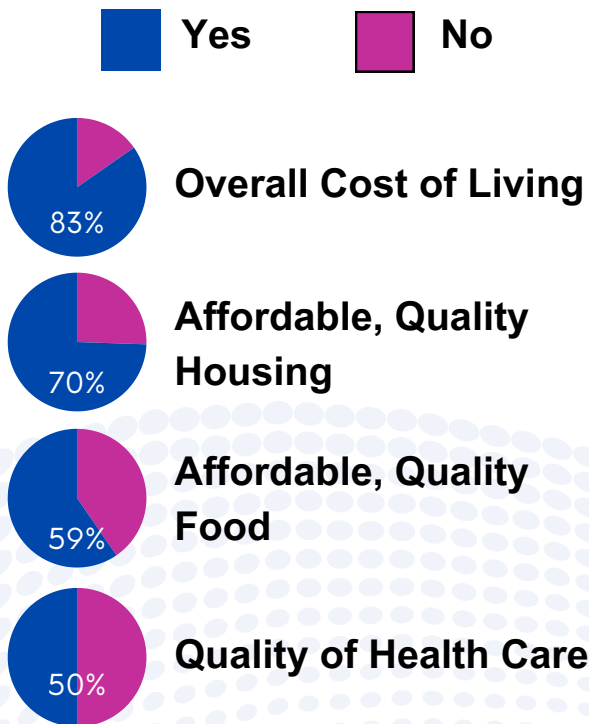
49% of older adults in Riverside County report a gross household income at or below **\$18,499**.

8% of respondents identified as Gay, Lesbian, Bisexual, or Asexual. The national average of **LGBA seniors 50+** is reported to be 7%.
(Pew Research Center, "5 Key Findings About LGBTQ+ Americans." June 2023)



2023 Riverside County Community Assessment

Older adults in Riverside County reported facing challenges obtaining several community needs:



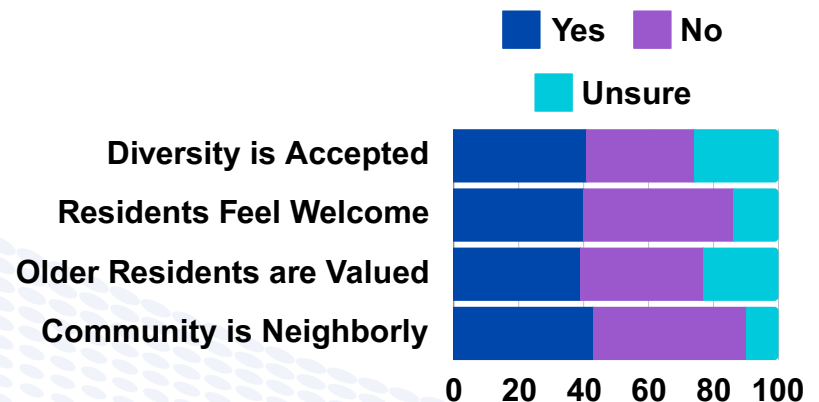
68% of respondents **RECOMMEND** living in Riverside County to other older adults.

What **opportunities** do older adults feel are available to them?



48% of older adults reported difficulty finding information on **senior resources**, and **59%** reported this for **public assistance programs**.

Respondents generally **agreed** that Riverside County is an **open and accepting community**:

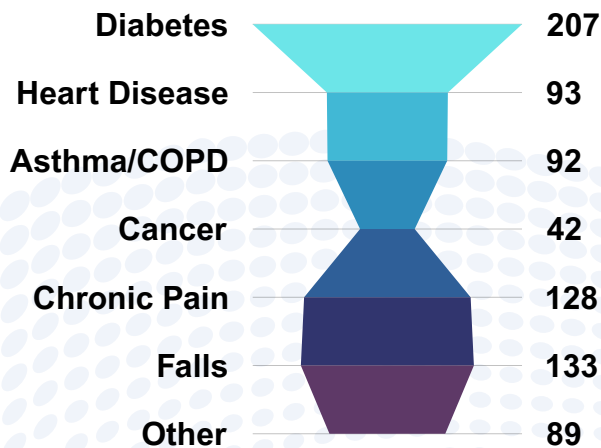




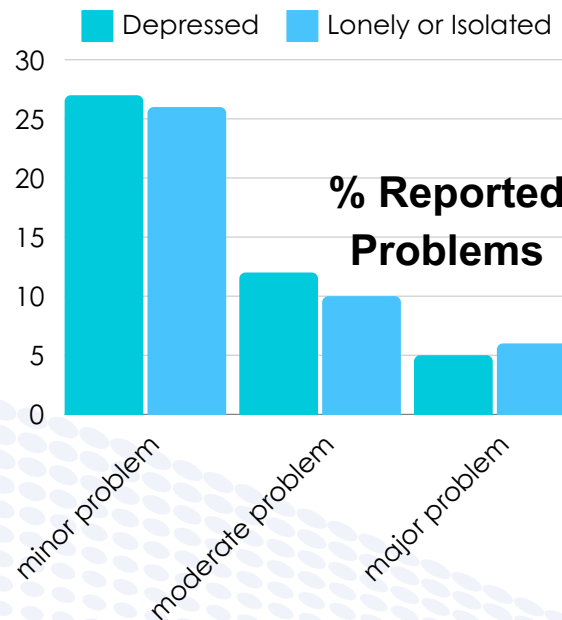
2023 Riverside County Health & Wellness

1 in 3 older adults report falling at least once in the previous 12 months.

59% of older adults in Riverside County reported having a **chronic health condition.**

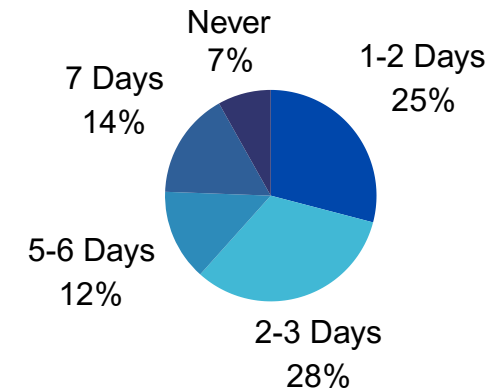


42% of senior respondents reported **feeling lonely or isolated.** **44%** of older adults reported feeling **depressed:**



Physical activities and wellness appear to be **very important** to most Riverside County older adults.

How often are older adults physically active?



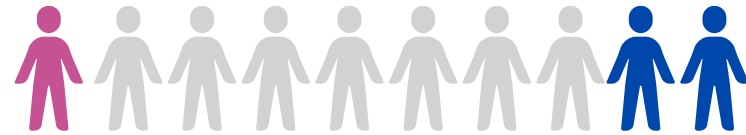
67% of older adults report confidence that they can have a positive impact on their own health.



2023 Riverside County Older Adult Nutrition

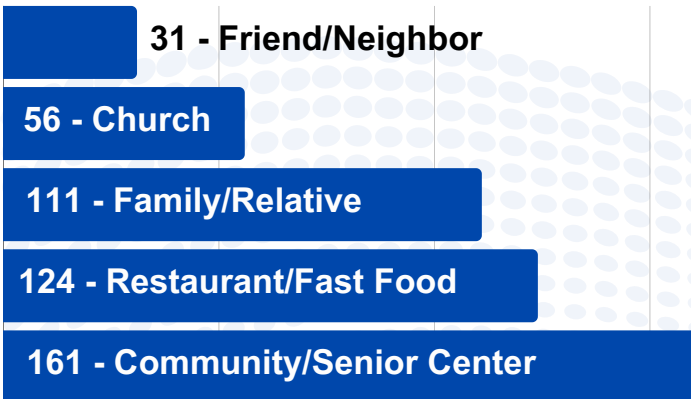
Some Riverside County Seniors reported making **tough choices** between important necessities.

Between buying food OR:
buying medication (1/10) paying bills (2/10)

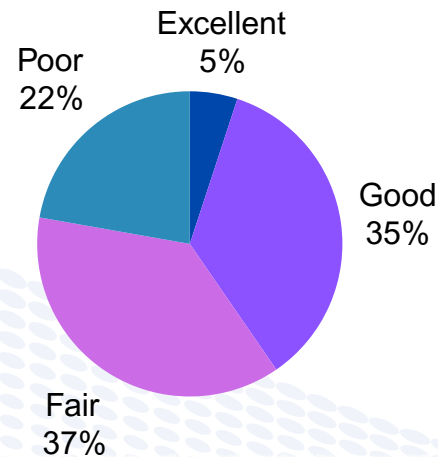


1 in 5 respondents report **lacking transportation** to the grocery store, to get meals from a senior center, or attend medical appointments.

Where are older adults getting their meals?



Seniors rated the availability of affordable, quality food.



One quarter of respondents report receiving food assistance from **CalFresh**.

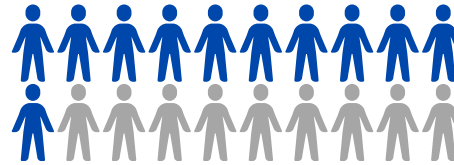
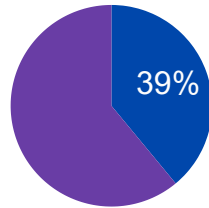
One fifth of respondents report help affording food from **food banks, family, or friends**.



2023 Riverside County Contributions & Finances

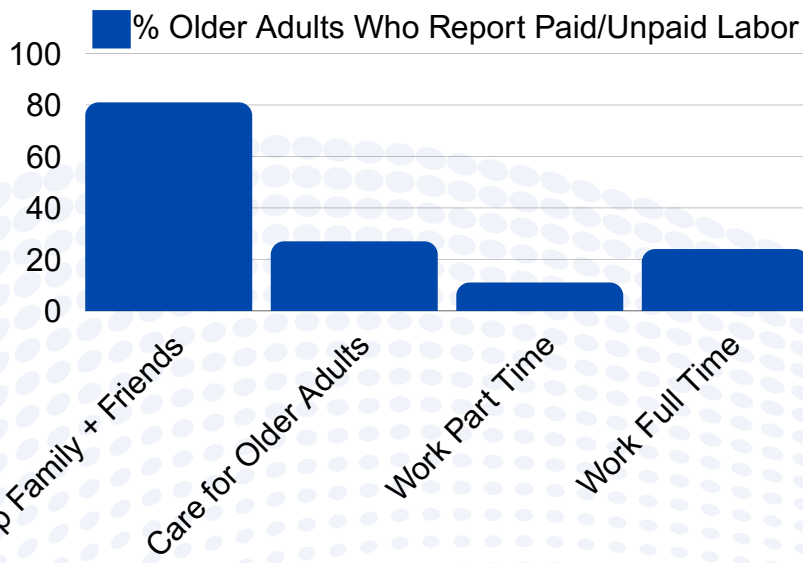
Volunteering is an important part of many Riverside County seniors' lives.

39% of older adults report participating in volunteer work.

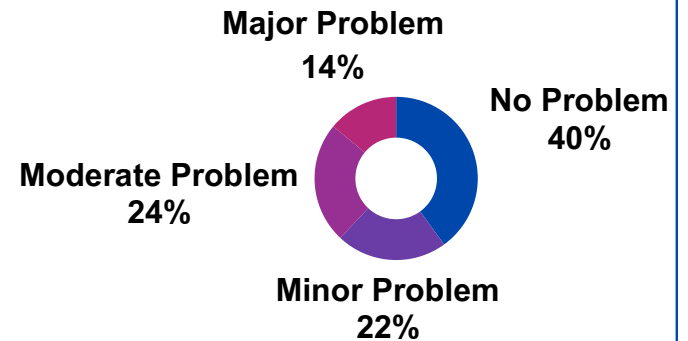


55% of older adults reported they had “**excellent**” or “**good**” volunteer opportunities.

Older residents contribute **an estimated \$14.8 BILLION** annually to Riverside County through paid and unpaid work.



60% of older adults in Riverside County reported having difficulties meeting daily expenses.

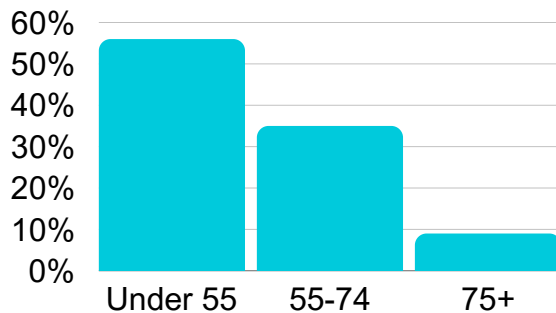


1 in 4 older adults report trouble getting enough food to eat.

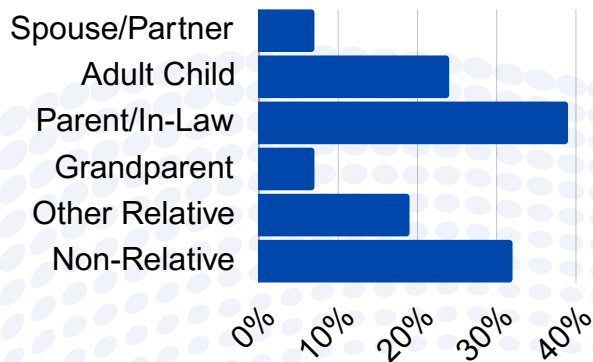


2023 Riverside County Caregivers

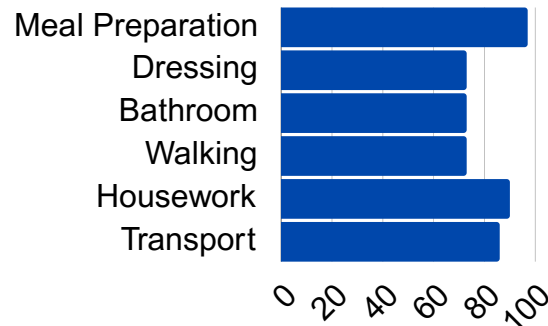
How old are caregiving respondents?



Who is receiving care?



Types of Care Provided (%)



Caregivers reported that providing care is:

- Physically Difficult - 51%
- Emotionally Difficult - 41%
- Financially Difficult - 41%

25% of respondents felt providing care was difficult in **all three aspects**.

Older adults shared their biggest caregiving barriers and resources needed.

Barriers to Caregiving:

- Balancing caregiving responsibilities with other responsibilities.
- Lack of time to care for self.
- Lack of pay/income for providing care.

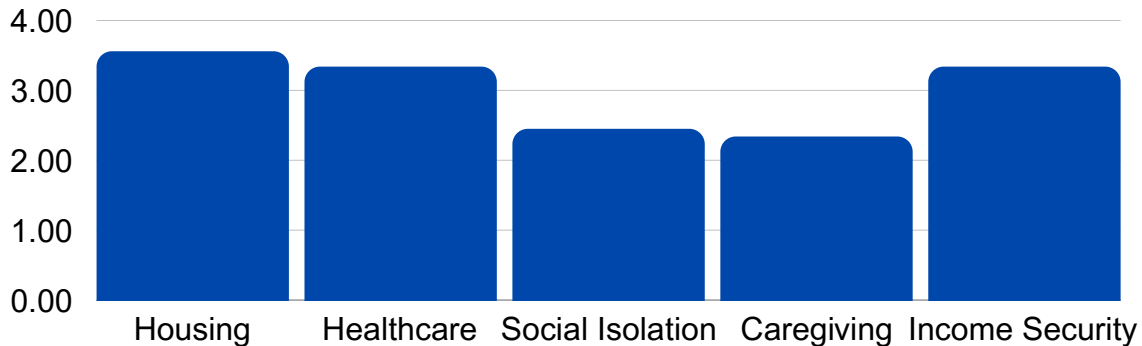
Resources Needed:

- Payment for services.
- Education/training on providing care.
- Time off to care for self.
- Information on caring for others



2023 Riverside County Service Providers

Service Providers ranked several key issues affecting the older and disabled adults they serve on a scale of 1 to 5.



Service Providers gave suggestions on how programs for older and disabled adults can improve:

- Clear Eligibility Guidelines
- More Support Professionals
- Telehealth Options
- Improved Senior Centers
- Better Transportation
- Coordination and Collaboration
- More Housing Options
- Increased Funding

Service Providers gave direct feedback on the gaps in service they've noticed.

“Remote areas are not easy for food vendors to reach.”

“More funding.”

“Transportation and mental health.”

“Service to unincorporated areas.”

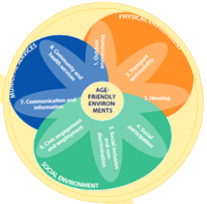
“Transportation needs.”

“They all intertwine in some way and affect one another.”

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Goal Development Process: 2024-2028



World Health Organization: Physical Environment, Social Environment, and Municipal Services



California Master Plan on Aging: Housing for all ages and stages, Health Reimagined, Inclusion & Equity, Not Isolation, Caregiving that works, Affordable Aging.



Riverside County 7 Bold Steps: Healthy, sustainable and safe communities, Easy access and coordination and services of appropriate health care including preventative services, Housing choices [that eliminate] homelessness.



Community Surveys: Data collection, Accessible services & integrated care, outreach and networking, and innovation.



OoA Service Data: Meals, transportation assistance, in-home care, housing options, case management, financial and utility assistance, home repair/modification, legal and insurance counseling, medical assistance, Grandparents Raising Grandparents Program, caregiver support.

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Goal Development Process: 2024-2028

RCOoA Strategies

- 1. Building Age- & Ability-Friendly Communities**
- 2. Bolstering Community Connections**
- 3. Bridging Resources**



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2024-2028 Area Plan Goals

Goal One:

Participate in activities that help build inclusive communities, supporting older and disabled adults to age comfortably and remain in the communities of their choice.

Goal Two:

Provide individuals with resources and programs to encourage mobility, security, self-sufficiency, and social engagement.

Goal Three:

Improve community awareness of public benefits and resources through the use of technology, partnerships, and a person-centered approach.

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2024-2028 Area Plan Goals

Goal One

Participate in activities that help build inclusive communities, supporting older and disabled adults to age comfortably and remain in the communities of their choice.

Why?

- Sixty percent of respondents to our needs assessment survey experienced not having enough money to meet daily expenses within the past year. The rise of household expenses and the growing prevalence of chronic health conditions along with physical, mental and cognitive impairments means that older and disabled adults require assistance with services that will allow them to remain stable in their homes and communities.
- The Riverside County Office on Aging will expand the reach of its programs by building partnerships with community organizations that support our older and disabled adults' ability to age in place.

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2024-2028 Area Plan Goals

Goal One

Participate in activities that help build inclusive communities, supporting older and disabled adults to age comfortably and remain in the communities of their choice.

Objectives:

- Expand meal service providers to improve access to under-served and rural areas (e.g., Brown Bag, Congregate, Freezer, Grab-and-Go, and Home Delivered Meals).
- Expand non-traditional partnerships to enhance access and delivery of health and human services programs, and services that cater to the needs of older and disabled individuals (e.g., universities, faith based organizations, hospitals, etc.).
- Lead key county efforts to develop, modernize, and integrate services for seniors and disabled adults (e.g., homeless, veterans, emergency services, etc.).



2024-2028 Area Plan Goals

Goal Two

Provide individuals with resources and programs to encourage mobility, security, self-sufficiency, and social engagement.

Why?

- Forty-two percent of surveyed Riverside County residents experienced feeling lonely or isolated within the past 12 months. This is consistent with national research which has shown that one out of every three adults feels lonely and nearly a quarter of adults aged 65 and older are considered socially isolated.
- The impacts of social isolation and loneliness can have significant health and economic ramifications to individuals and communities. The Riverside County Office on Aging seeks cost effective solutions to increase social connections, reduce isolation, and link clients to information and community resources.



2024-2028 Area Plan Goals

Goal Two

Provide individuals with resources and programs to encourage mobility, security, self-sufficiency, and social engagement.

Objectives:

- Reduce social, physical, and medical isolation by promoting one-stop shops and public services and benefits through a No-Wrong-Door approach.
- Promote programs that encourage healthy nutrition, movement, and social engagement amongst older and disabled adults within their communities (e.g., Bingocize, resource centers, access to technology programs, Retired Senior Volunteer Program).
- Promote programs that provide social connectedness, self-care, and supports for caregivers of vulnerable adults. Services include: support groups, training, case management, respite, material aid, outreach, information and assistance, as well as public information and community education on caregiving.

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2024-2028 Area Plan Goals

Goal Three

Improve community awareness of public benefits and resources through the use of technology, partnerships, and a person-centered approach.

Why?

- Forty-eight percent of surveyed residents described "the availability of information about older adult resources" as being fair or poor with another 26% of respondents having no knowledge of such resources.
- The department is committed to proactive outreach and prevention strategies. Through the county-wide Integrated Service Delivery model, we aim to foster meaningful connections to elevate the service experience of those who have complex needs.



2024-2028 Area Plan Goals

Goal Three

Improve community awareness of public benefits and resources through the use of technology, partnerships, and a person-centered approach.

Objectives:

- Participate as a core partner and advocate in community hubs designed to streamline and simplify the delivery of services. Engage at least 100 individuals each month who report an increase in knowledge of older adult services between July 2024 and June 2025.
- Establish Mobile ADRC to provide tailored access to programs and supports from any location or neighborhood through the use of technology, mobile devices, and resource vans. Emphasis on assisting those with great economic and social needs including 911 non-emergency callers, hospital discharges, and individuals with special medical conditions.
- Conduct ongoing needs assessment surveys using varied methods of engagement through department staff and community partners.

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2024-2025 Minimum Service Thresholds

Category of Service and the Percentage of **Title III B** Funds to be expended in **FY 2024-2025 through FY 2027-2028**.

Access:

Transportation, Assisted Transportation, Case Management, Information and Assistance, Outreach, Comprehensive Assessment, Health, Mental Health, and Public Information: **25.9%**.

In-Home Services:

Personal Care, Homemaker, Chore, Adult Day / Health Care, Alzheimer's, Residential: **6%**.

Legal Assistance Required Activities:

Legal Advice, Representation, Assistance to the Ombudsman Program and Involvement in the Private Bar: **3.5%**.



Questions & Comments

Public comments may be submitted through 5:00 pm today.

Address comments to:

Renne Sanchez, Supervising Program Specialist

By Phone: (877) 932-4100

By Email: rcaging@rivco.org

Online: www.rcaging.org/contact-us

A copy of our Area Plan can be found on our website:

www.rcaging.org/about-us/area-plan-aging

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Thank You!

