

# California Master Plan for Aging Stakeholder Advisory Committee Meeting

September 15, 2020

10:00 a.m. – 12:00 p.m. and 1:00 p.m. – 3:00 p.m.

Telephone & Webinar Only





# Meeting Logistics

- **Telephone or webinar (Zoom) only - *No in-person meeting***
  - **Telephone:** 888-788-0099
  - **[Webinar: Join by smart phone, tablet, or computer](#)**
  - **Meeting ID:** 912 0831 9603      **Password:** 357
  - **Live captioning streamed through webinar (Zoom)**

# AARP California: Meeting Guidelines

1. Start and end on time.
2. One person speaks at a time.
3. Be fully present.
4. Use respectful language and tone.
5. Assume good intentions.



# Public Comment

- **Public comments during meeting, as on agenda and announced:**
  - Attendees joining by **phone**, press \*9 on your dial pad to join line. The moderator will announce the last 4 digits of your phone number and will unmute your line.
  - Attendees joining by **webinar (Zoom)**, click the raise hand button to join line. The moderator will announce your name or your last 4 digits of your phone number and will unmute your line.
  - For additional public comment or for meeting feedback email [Engage@aging.ca.gov](mailto:Engage@aging.ca.gov).

# Welcome & Introductions

**Dr. Mark Ghaly**

*Secretary, California Health & Human Services Agency (CHHS)*

**Richard Figueroa**

*Deputy Cabinet Secretary, Office of the Governor*

**Kim McCoy Wade**

*Director, California Department of Aging (CDA)*

[Stakeholder Advisory Committee Roster](#)



# Master Plan for Aging Team

**Amanda Lawrence**

*MPA Project Director, CDA*

**Dan Birmingham**

*MPA Research Manager, CDA*

**Mark Beckley**

*Deputy Director, CDA*

**Carrie Graham, MGS, Ph.D.**

*Master Plan for Aging Consultant*

**Jennifer Wong, Ph.D.**

*Master Plan for Aging Consultant*

**Terri Shaw**

*Master Plan for Aging Consultant*



# Meeting Agenda

## Session One: 10 a.m. - Noon

- Welcome & Introductions
- Administration Updates
- Stakeholder Advisory Committee Final Recommendations
- Public Comment
- Break – *reconvene at 1:00*

## Session Two: 1 p.m. – 3 p.m.

- Welcome Back & Remarks from Legislature
  - *State Senator Hannah-Beth Jackson*
- Stakeholder Advisory Committee Updates & Recommendations
- Public Comment
- Closing & Next Steps



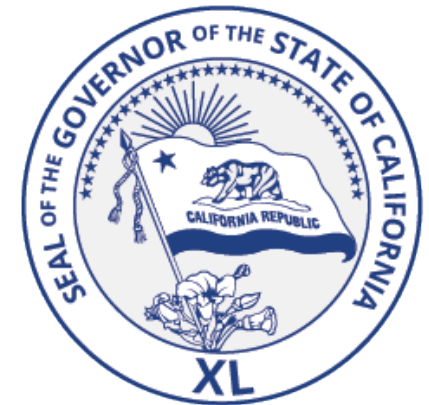
# **Governor Gavin Newsom Calls for Creation of a Master Plan for Aging**

## **Executive Order N-14-19**

Governor's Executive Order calls for the Secretary of the Health and Human Services (HHS) Agency to convene a cabinet-level Workgroup for Aging to advise the Secretary in developing and issuing the Master Plan.

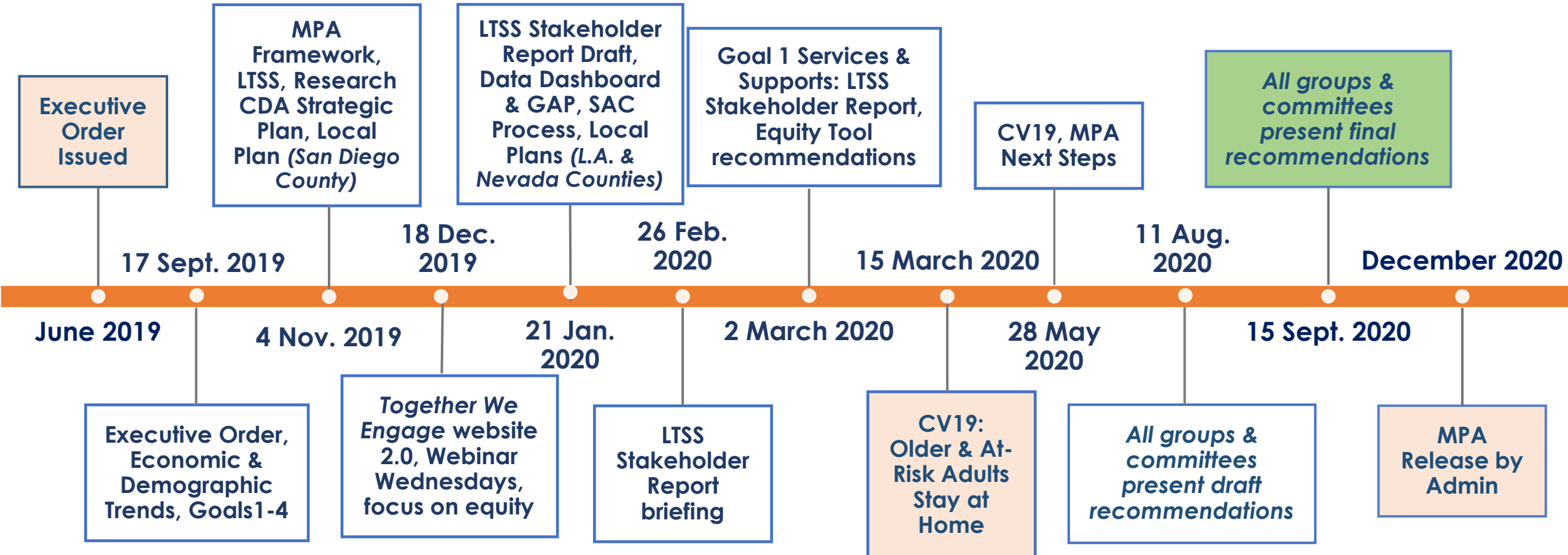
The order also directs HHS to convene a Master Plan for Aging Stakeholder Advisory Committee, which will include a Research Subcommittee and a Long-Term Care Subcommittee with an interest in building an age-friendly California.

Visit <https://www.chhs.ca.gov/home/master-plan-for-aging/> for all MPA SAC meeting materials and reports





# Updated SAC Timeline



# Legislative Round Table

With Dr. Jim Wood, D.D.S.  
September 22, 2020

# Save the Date

The Master Plan for Aging  
Virtual Roundtable  
Assembly District 2

September 22, 2020  
10–11:30 am

Jointly hosted by  
Assemblymember Jim Wood, D.D.S.,  
CHHS Secretary Dr. Mark Ghaly,  
& CDA Director Kim McCoy Wade



# Administration Updates

- Cabinet Work Group
- New: MPA Historian Interviews with Aging & Disability Trailblazers



# SAC Final Recommendations to Administration





# Public Comment

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# California Master Plan for Aging Stakeholder Advisory Committee Meeting

Meeting will reconvene at 1:00 p.m.





# Remarks From the Legislature

**Hannah-Beth Jackson**  
*CA State Senator, District 19*

- SB 228 (2019) – Master Plan on Aging
- Santa Barbara County MPA Legislative Round Table – February 2020



# MPA Research Agenda: Overview & Discussion



**Laura Carstensen, Ph.D.**  
*Stanford Center on Longevity*

**David Lindeman, Ph.D.**  
*Center for Information Technology  
Research in the Interest of Society*



# Research Agenda for the Master Plan for Aging

MPA Research Subcommittee

2020

# Research Agenda – Master Plan for Aging

- **MPA Executive Order** included a Research Subcommittee tasked with ensuring that the MPA was developed and implemented in an evidence-based manner.
- **Stakeholders** submitted over 100 recommendations that called for data collection and/or evaluation of various policies and services across Goal 1, 2, 3, and 4.
- **The MPA LTSS Subcommittee Report** included several recommendations that called for data collection, research, and evaluation to strengthen various services and supports for older adults and people with disabilities in California.
- **The MPA Equity Workgroup** called for an MPA research agenda that would collect data on the experience of diverse older adults, identify local factors that determine inequity; use disparities-sensitive and equity measures to assess the MPA; and report performance data stratified by race, ethnicity, language, socioeconomic status, age, sex, gender identity, sexual orientation, disability, and other demographic factors.
- **MPA Research Subcommittee** met six times and developed this proposed 3 part research agenda.

# Proposed MPA Research Agenda Mission

- Establish a partnership of world-class experts in health and aging: including California policy makers, researchers, providers, advocates, older adults, and people with disabilities to guide and evaluate the MPA using data and evidence.
- Achieve a deep understanding of the diversity of the aging trajectories of Californians through the synthesis of multiple data sources and the engagement of the state's top aging researchers and data management scientists.
- Provide evidence-based guidance to the MPA as it unfolds, and simulate social, health, and economic projections that will inform California's future.
- Elucidate aging in California now and in the future at the level of ethnicity, race, gender, geographic region, and economic status.
- Identify outcomes of MPA policies and remedy inequities quickly so that all Californians can age well.

# Three Components of the MPA Research Agenda

- 1) Advisory Consortium
- 2) University-Based Research Alliance
- 3) Data Action Center



# Governance: Advisory Consortium

**The advisory consortium of experts can include California policymakers, researchers, providers, consumers, and other stakeholders charged with overseeing core projects, generating key questions and hypotheses, and ensuring that the overall MPA goals and objectives are achieved.**

- Convene meetings of participating stakeholders and researchers
- Determine the most important research questions, evaluation plans, and data collection priorities for the MPA.
- Review proposals from researchers and other organizations who wish to use the dataset (see data action center)
- Produce an annual state of the State of Aging in California report and other policy briefs
- Guide updates to the data dashboard

# University-based Research Alliance

**A university-based research alliance can include multiple California universities and research centers to engage world class researchers and experts in aging, disability, and health.**

- Generate state of the art analyses to support implementation of the MPA.
- Model outcomes of MPA policy implementation and simulate individual trajectories and future scenarios about aging California.
- Disseminate MPA research at state and national conferences and peer reviewed journals.
- Host traineeships with graduate students and post docs to conduct analysis and train future generations of aging and health policy experts.

# Data Action Center

**A funded “Data Action Center” (a.k.a. data warehouse) that will work closely with the state to integrate data on aging Californians from several agencies/programs.**

- The Center will host the largest integrated dataset on aging indicators for the state of California.
- Will provide technical assistance to researchers and policymakers using the dataset (who have received approval from the Advisory Consortium) and assist individual researchers with study design, research questions, and analysis.
- The Center will conduct rapid response analysis for state policymakers and evaluators to answer pressing policy questions related to MPA implementation.
- Oversee the public-facing MPA data dashboard,
- Execute data use agreements and ensure HIPAA compliance across research studies.

# Expected Outcomes

- Evaluation of MPA efforts as they are implemented, with an equity lens.
- Connecting disparate state data sources and filling data gaps to provide evidence to make sound and equitable policy decisions.
- Creating an unprecedented a policy collaborative across sectors: Policymakers, Academics, Advocates, Service Providers and Consumers to bridge the divide between aging research ->aging policy-> and service delivery in California.
- Create cost savings for the state through more efficient, evidence-based service provision.
- A new generation of policy makers and academics who understand how to work together to implement evidence-based policy that is age-, disability-, and dementia-informed.
- Improved quality of life for aging Californians.

# Timeframe and Budget

- The MPA Research Consortium will operate over 10 years to guide and evaluate the implementation of the MPA policies
- A budget of 40M across 10 years (approximately 4M per year) is needed (see full proposal for details)
- Additional funding will come through researchers who are part of the MPA Research Alliance who will bring in National Institutes of Health/Aging grants, foundation funding, private industry funding, etc.



# MPA Technology Agenda

**David Lindeman**

*Center for Information Technology  
Research in the Interest of Society*

**Jeanne Parker Martin**

*Leading Age*

**Rigo Saborio**

*St. Barnabas Senior Services*





# Technology Agenda 2020-2030

FOR THE MASTER PLAN FOR AGING

CONTRIBUTORS: DAVID LINDEMAN •  
JEANNEE PARKER MARTIN • RIGO SABORIO



# Goals

**Technology will enable older adults to better manage their own well-being and improve their ability to thrive.**

In addition, **technology can improve** the means in which providers and family caregivers alike can **support and protect** older adults.

*Technology-enabled solutions can significantly benefit older adults, persons with disabilities, caregivers and the aging and long-term care workforce; remedy inequities; and help reach considerably more older Californians than is currently possible.*



# Guiding Principles

California's older adults and persons with disabilities are socio-economically diverse and have a range of capabilities and needs. These recommendations for applying technology-enabled solutions are guided by these key principles:

- ▶ Promote **equitable access to technology-enabled solutions**, specifically addressing needs of low-income, at-risk individuals to reduce the digital divide, ensuring that “no one is left behind”
- ▶ **Address** the **wide variation** of need, resources, and capacity
- ▶ Promote **options** that are evidence-based; that can be efficiently and cost effectively implemented
- ▶ **Maximize public/private collaboration** to ensure the widest impact possible
- ▶ **Build on existing resources, infrastructure and programs** wherever possible



# Selection of Technology-Enabled Solutions

A central tenet in **selecting impactful technology-enabled solutions** are that they improve **accessibility and affordability** of technology for the most vulnerable older adults and persons with disabilities. In light of variations in accessibility and affordability to broadband, devices and training across the state, we recommend actionable, proactive technology-enabled solutions that:

- ▶ Have the greatest **impact and benefit**,
- ▶ Focus on the **most vulnerable, under represented, under-served and under resourced** segments of the older adult and disability communities,
- ▶ Are **actionable, replicable** and rapidly **scalable**, and
- ▶ Can be **sustained and serve as a platform for long-term support** for older adults and persons with disabilities.



# Technologies for Older Adults

Technologies that are used by older adults continue to expand, covering a vast array of technology-enabled solutions that range from “low-tech” to those considered “high-tech”.

Technologies that currently benefit older adults and persons with disabilities include, but are not limited to, the following:

- ▶ Low-tech (telephones, canes, etc.)
- ▶ Communication, social networking, and smart phones
- ▶ Engagement, games, fitness and legacy technologies
- ▶ Assistive technologies
- ▶ Vision, hearing and voice first
- ▶ Medication management
- ▶ Falls prevention and detection
- ▶ Cognitive technologies
- ▶ Digital health
- ▶ Telehealth and remote monitoring
- ▶ Sensors, wearables and smart home (IoT)
- ▶ Robotics and machine learning
- ▶ Transportation
- ▶ Virtual reality/Augmented reality
- ▶ Financial technology and fraud detection
- ▶ Data analytics and machine intelligence (AI and predictive analytics)



# Technology Solutions

## Long Term Services and Supports

**Technologies** for older adults and those with disabilities address multiple goals of long-term supports and services (LTSS) by:

1. Providing **new opportunities** for socialization, engagement, and education;
2. Assisting in self-management of chronic diseases; and
3. Expanding access to healthcare, preventive services, and wellness activities.

Technology solutions lead to an **improvement of quality of life**, ensuring **safety and security**, and maintaining or reducing costs to individuals and society. Technology-enabled solutions support LTSS solutions that ultimately support older adults and people with disabilities to **reside independently**.



# Technology Solutions

## Housing and Congregate Settings

Housing remains a critical issue for older adults and persons with disabilities in California, particularly when compounded by socio-economic and health challenges experienced by many older adults. Given housings' central role for older adults, we recommend technology-enabled solutions that:

1. Enhance Independent Living, Affordable Housing, Assisted Living, and Skilled Nursing Facilities to support persons **at the least restrictive level**
2. Support the development of **Smart Homes and home design** to increase independence



# Technology Solutions

## Housing and Congregate Settings

### Short-term Priorities

1. Adopt technologies that **support engagement** to reduce social isolation, enhanced communications, improved mobility and accessibility, caregiver physical assistance

### Mid- to Long-Term Priorities

1. **Streamline and strengthen regulations and payment policies** that govern home accessibility standards in order to promote uniform standards allowing efficient use and changes in technological support systems
2. Develop **integrated systems**, enhanced mobility systems, robotics, advanced batteries, voice-first, and other technologies for smart homes



# Technology Solutions

## Health Care and Digital Health Technology

Technology plays a major role in older adults' and persons with disabilities' health and mental health, whether it is used to **empower** them to **manage their own health and well-being**; provides better **access to health care and health care providers**; and/or **offers health care providers new tools** to diagnose, treat and manage older adults and persons with disabilities. Health care and digital health technologies will play an increasing role in active and passive management of older adults health.

We recommend technology-enabled solutions that focus on:

- 1) Personal digital health technologies
- 2) Health technology solutions for providers



# Technology Solutions

## Health Care and Digital Health Technology



### Short-term Priorities

- ▶ Expand telehealth and remote monitoring, care management, medication management, cognitive training, falls prevention and tracking, end-of-life planning and directives

### Mid- to Long-Term Priorities

- ▶ Predictive diagnostics; disease prevention; connected Electronic Health Records; personal health management and monitoring; vision, hearing and assistive device innovation; nutrition management; behavioral health innovation; universal broadband access

# Technology Solutions

## Safety and Emergency Response Technology

Given the dangers that have emerged due to the Covid-19 pandemic, the numerous natural disasters that continue to impact California, and the increasing level of elder abuse, we recommend technology-enabled solutions that address:

1. Covid-19 and **future health emergencies**
2. Natural **Disasters** and Emergencies
3. Physical and Financial **Safety and Security**



# Technology Solutions

## Safety and Emergency Response Technology

### Short-term Priorities

1. Create Covid-19 testing/contact tracing, data maps, streamlined communication systems, interactive PERS
2. Automate emergency alert system, data tracking, and resilient communication technologies for emergencies
3. Develop reporting system to rapidly identify and mitigate elder abuse, abuse of people with disabilities, and fraud and scams

### Mid- to Long-Term Priorities

1. Automate warning systems, data bases and predictive modeling for abuse and fraud; financial monitoring and warning systems
2. Create interoperable and more effective emergency communications systems in which the needs and capabilities of older people are included for existing and future wireline and wireless voice, data, image, and video technologies



# Technology Solutions

## To Improve the Workforce

Technology can both **enhance the workforce** that supports older adults as well as be a **critical resource** in supporting the meaningful and gainful employment for aging populations and persons with disabilities, enabling a **more inclusive** and productive workforce. We recommend technology-enabled solutions that:

1. Support improving the skills of the Aging and Long-term Care Workforce
2. Support Older Adults entering or staying in the Workforce



# Technology Solutions

## To Improve the Workforce

### Short-term Priorities

1. Technologies that enhance diagnostic, support, and training of aging and LTC workforce
2. Programs that provide digital literacy and technology maintenance and technical support

### Mid- to Long-Term Priorities

1. Providing technology innovations that enhance the skill sets of the Aging and Long-term Care Workforce, such as AR/VR, predictive analytics, and embedded sensors.
2. Providing (re)skilling and training in technology tailored to the cognitive and physical attributes, needs, and skills of diverse individuals; facilitate more inclusive job discovery, selection, and access; and enhance and augment an individual's skills.



# Training on Technology

A key barrier to using technology is lack of training for both older adults as well as the workforce that supports them. California must **develop and expand training programs** for older adults and persons with disabilities in the use of technology, to strive for universal digital literacy among older adults. Technology training should aim to achieve:

1. **Digital literacy of older adults**, particularly the **most vulnerable**, in particular the **under-represented, under-served and under-recognized communities**.
2. **Digital literacy for family caregivers and aging providers**.



# Training on Technology



## Short-term Priorities

1. Implement digital health literacy training for all older adults and persons with disabilities
2. Provide ongoing training in technology-enabled interventions that could ultimately support and provide technical assistance to the entire aging and long-term care workforce

## Mid- to Long-Term Priorities

1. Develop technologies for older adults that require minimal training and maintenance, and effectively learn from the older adult
2. Develop training methods and technologies that maximize technology skill sets



# Data and Data Analytics

Data and data analytics provide the underpinnings of all technologies that support older adults. **Computing and data, including the management of data, data analytics, machine learning, artificial intelligence, and computing, permeate and shape technologies that benefit older adults.** Given its importance as to how data supports older people and the aging and Long-term Care workforce, data must follow strict provenance guidelines.

# Data and Data Analytics

## Short-term Priorities

1. Improve data sources that will contribute to technologies that will enhance California's aging population
2. Support the use of data visualization and dashboards as part of the MPA

## Mid- to Long-Term Priorities

1. Apply next generation data methodologies that can rapidly improve the well-being of older adults, family caregivers and the workforce
2. Proactively apply next-gen data management and data analytics to current and future aging programs, such as Quantum computing, cloud, 5G, etc.



# CROSS CUTTING ISSUES

## Protecting Privacy and Security

- ▶ With increased use of technology comes a concomitant need to **insure personal privacy and information security** for older adults and persons with disabilities. We recommend technology-enabled solutions that **protect personal data, personal health information, and financial information** through protocols for data ownership, including standards for ownership, collection, access, control, and notices for use of data as well as intrusion detection and prevention.

## Inclusive Design and Technology Innovation

- ▶ As technology solutions are increasingly used by older adults it is incumbent upon the state and key stakeholders to insure that technology innovation involves the end users in order to improve **adoption and efficacy**. Public and private entities involved in the creation of innovative technologies for older adults need to employ co-creation, human-centered design principles.



# SUMMARY:

## TECHNOLOGY AND OLDER CALIFORNIANS

The MPA Stakeholder Advisory Committee assumes that **technology will be a fundamental part of life** for older adults and persons with disabilities over the coming decade. These recommendations are intended to insure that:

1. All Californians should **have equitable access** to affordable technology solutions
2. Technology-enabled solutions are applied to **improving care and services** while maximizing the **independence** of the individual
3. Technology solutions lead to **reducing costs and improving efficiencies**, while **empowering** older adults and ultimately improving their well-being and quality of life

Ultimately, California must **harness** its **cutting edge** private and public technology innovation ecosystem and serve as a national and international model of technology-enhanced life for older adults and persons with disabilities.




# Climate Change and Aging

WHAT THE MASTER PLAN ON AGING CAN DO

CONTRIBUTORS: MARTY LYNCH • JEANNEE PARKER MARTIN



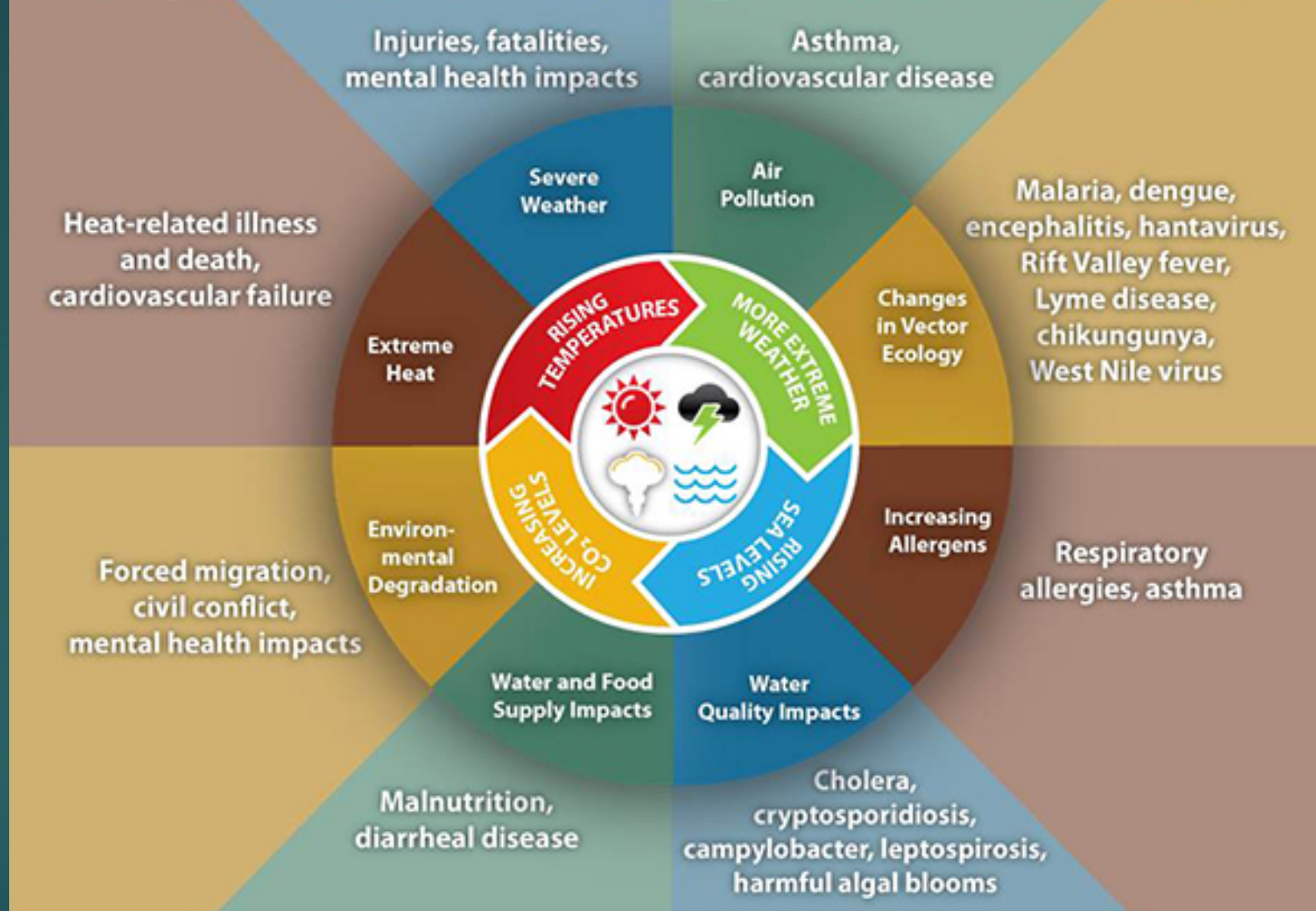


*Climate change represents an inevitable, massive threat to global health that will likely eclipse the major known pandemics as the leading cause of death and disease in the 21st century.*

Dr. Dana Hanson, the president of the World Medical Association



# Impact of Climate Change on Human Health





# Major Climate Issues

## Affecting Older Adults and People with Disabilities

- ▶ Rising temperatures, volatile weather events, wildfire, smoke, flooding, pollutants
  - ▶ Extreme heat – heat stroke, heart issues
  - ▶ Decreased air quality – cardiovascular and neurological problems
  - ▶ Power outages
- ▶ Disparate impacts on populations, esp. brown and black; disabled
- ▶ Impact on nature and its healing effects
- ▶ + COVID



# Major Climate Issues

## Impact on Equity

- ▶ Disparate impacts on populations, esp. brown and black; disabled
- ▶ Agriculture and service jobs outdoors in hottest parts of the state
- ▶ Red-lined and poorer neighborhoods
  - ▶ Hotter
  - ▶ Closer to freeways and sources of pollution
  - ▶ COVID outcomes worse
- ▶ Fewest resources to mitigate the impacts, i.e., air conditioning, air purifiers, ability to move to better locations
- ▶ Immigration from climate impacted areas



# Big Picture:

## What Can Master Plan for Aging Do?

- ▶ Climate change may be largest health issue facing our constituents
- ▶ Link MPFA to Governor's climate change strategy, Call out that link in our presentations
- ▶ Aging and Disability advocates add support of carbon neutral/reduction policies to our legislative agendas
  - ▶ Educate constituents about the importance and impact of climate change to our communities
  - ▶ Adopt green policies to reduce non-renewable and carbon footprints
  - ▶ Zoning decisions to promote green dense senior housing development near transit centers



# MOST IMPORTANT THING WE CAN DO:

## *Green the Aging and Disability Network*

- ▶ **Educate clients, staff, and boards** about impact on them and what they can do
- ▶ **Prepare them** for what to do in extreme heat, power outages, evacuations
  - ▶ Agencies can develop strategies to **buy sustainable materials, lower energy use, change energy sources to renewable, avoid toxics**
  - ▶ Encourage our own **move away from gas and oil use : to electric**
    - ▶ **Encourage and incent telecommuting, walking, biking, and public transportation to work, move to electric vehicles and solar, green buildings**
- ▶ **Most IMPORTANT:** Work with **partners and political leaders** like the Governor to **change policy and economy for California**

# SAC Goal Team Updates & Recommendations

**Goal 2:** *Nina Weiler-Harwell, AARP*

**Goal 3:** *Maya Altman, Health Plan of San Mateo*

**Goal 4:** *Kevin Prindiville, Justice in Aging*

*Note: Final SAC Recommendation Revisions due 9/22*





# MPA Looking Ahead: Implementation



# Public Comment

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# Next Steps

- Final Recommendation Revisions from SAC – Due *September 22*
- Cabinet Work Group – *Ongoing*
- Community-Led Forums – *Ongoing*
- MPA Release by Administration – *December*
- MPA Implementation & Continuous Improvement – *2021*

# Thank you!

Send questions to [EngAGE@aging.ca.gov](mailto:EngAGE@aging.ca.gov)

Learn more about the Master Plan for Aging at

