



The Unified Voice for Older Adults in Yolo County

2019– 2023

Strategic Plan

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INTRODUCTION

The Yolo Healthy Aging Alliance (YHAA) serves as the unified voice for older adults and caregivers in Yolo County. The mission of Yolo Healthy Aging Alliance is to promote the wellbeing of older adults and caregivers through education, collaboration, and advocacy. At the heart of the YHAA mission is assuring that aging adults can access the services they need to live independently and remain in their homes or in the community as long as possible.

Through its involvement in The SCAN Foundation's Community of Constituents initiative, YHAA participates in building a statewide movement to transform the system of care so that all Californians can age with dignity, choice and independence. YHAA is also a core member of the Seniors Count Coalition. The Coalition is a group of pro-active organizations throughout California that host events at the state capitol and locally to educate elected representatives and their staff on aging issues and advocate for aging policy reform.

A grant-funded, non-government organization, YHAA is grateful to current and past supporters including the SCAN Foundation, Sutter Health Foundation, Dignity Health Foundation, and Kaiser Health Foundation. Since YHAA's inception, securing grants for the operation of non-profits has become increasingly competitive. The uncertainty of relying on a limited portfolio of grant sources threatens the sustainability of the organization. YHAA seeks to be a reliable source of information and activities to pro-actively engage consumers and providers alike in collaboration and coordination, the receipt and delivery of services, and the advancement of sound public policy and programs. A reliable and predictable funding stream will assist YHAA in fulfilling this goal.

This strategic plan has been developed to be a road map to forging partnerships, promoting coordination and collaboration, and educating professionals and the public so Yolo County residents can be connected to the right aging and caregiving information and service at the right time no matter where they begin seeking assistance. Shared knowledge of available services and cross-referral among organizations providing support in any form assure that there is no wrong door. Bringing stakeholders from throughout the County together with a shared agenda can maximize the collective impact of Yolo County resources.

In recent years, the State of California launched pilot projects aimed at coordinating care delivery for the aging: The Coordinated Care Initiative (CCI), Whole Person Care, and Health Homes. YHAA collaborated in The Healthy Aging Workgroup with service providers, county government departments, and other stakeholders to develop a model Integrated Care program and create a "Yolo Center for Healthy Aging." The vision was for the Center to be a "one stop" resource for families, patients and caregivers dealing with chronic conditions and the aging process.

In 2017, California discontinued CCI and withdrew funding for Health Homes. Yolo County elected not to participate in the Whole Person Care Program. As a result, activity surrounding the Yolo Center for Healthy Aging shifted focus to the coordination of data collection and reporting. (<http://www.yolocounty.org/health-human-services/community-health/healthy-yolo/healthy-aging-workgroup>). With the loss of programs, funding and momentum behind a bricks and mortar Center as originally conceived, YHAA has emerged as the logical entity to fulfill this vision by operating as center without walls.

To strengthen YHAA capacity to serve as a centralized source of information while directing its resources for maximum impact, the YHAA Board of Directors in 2016 and 2018, adopted Dementia and Alzheimer's Education and Care and Affordable Senior Housing as

priority areas of engagement. Priorities adopted for 2018 reflect emerging issues and the likelihood of YHAA to influence outcomes locally and among state and local public policymakers. These areas will receive emphasis as YHAA pursues its broader aging agenda to create livable communities in which Yolo County's aging population can thrive.

This Strategic Plan sets forth guiding principles; goals, strategies, and tactical plans with measurable objectives; a communications strategy; and evaluation mechanisms to guide deployment of resources and grant seeking in fulfillment of the YHAA mission. A companion Fundraising Plan to achieve YHAA sustainability is in development by the Fundraising and Finance Committee.

SECTION I. YOLO HEALTH AGENCY ALLIANCE (YHAA)

History

YHAA was born out of a June 2010 countywide community-based summit sponsored by the Yolo Commission on Aging and Adult Services and the In-Home Supportive Services (IHSS) Advisory Committee. Summit participants discussed gaps in services for older adults and their caregivers in Yolo County and increasing needs given the "silver tsunami" of aging baby boomers. This summit produced much excitement and interest in engaging key stakeholders, consumers, and providers to partner, plan, and act to address the needs of Yolo County's aging residents. As a result, the Yolo Healthy Aging Alliance (YHAA) was created to promote the wellbeing of older adults through Education, Collaboration, and Advocacy and serve as The Unified Voice for Older Adults in Yolo County.

Structure

YHAA is guided by a Board of Directors that consists of 10 members representing various parts of Yolo County and includes a mixture of providers, older adults, caregivers, and elected officials. (See Appendix A for a list and biographies of the YHAA Board of Directors). YHAA's two primary committees, the Advocacy Committee and the Collaboration Committee, engage participants from throughout the county.

The Advocacy Committee's role is to identify gaps in services for older adults and recommend means to address the gaps through various efforts such as letter writing, meeting with, or presenting testimony to elected officials, bringing partners and stakeholders into the discussion, and educating and informing the community. This committee is chaired by a YHAA Board Member. The Committee consists of service providers, older adults, caregivers, elected official representatives, and county service department representatives. Meetings are open to any member of the public who wishes to attend. (See Appendix B for a list of members.)

The Collaboration Committee is led by YHAA Board Member and consists of over 100 individuals representing more than 90 organizations that provide services to older adults and persons with disabilities. (See Appendix C for list of organizations and representatives). The role of this committee is to promote and enhance collaboration among organizations and provide a forum for educating and cross-training providers of senior services to create a more integrated and seamless system of information, accessible resources, and care. A primary role of the Collaboration Committee is to promote and increase cross-referrals.

Partners

YHAA is a part of and shares in The SCAN Foundation's Community of Constituents vision for transforming the system of long-term care. As articulated in its mission statement: "The SCAN Foundation supports the creation of a more coordinated and easily navigated system of high-quality services for older adults that preserve dignity and independence." (See <http://www.thescanfoundation.org/>)

Another key YHAA partner is the Yolo County Department of Health and Human Services (HHS). YHAA has participated in HHS' broad scope community health improvement planning process, the "Healthy Yolo Initiative," through the department's Community Health Branch. (See <http://www.yolocounty.org/home/showdocument?id=34322>). YHAA worked closely with this group to assure activities align with community derived goals. County staff are included on all YHAA committees and their input, as key strategic partners, is reflected in YHAA planning documents. For more on Healthy Yolo Initiative go to <http://www.yolocounty.org/health-human-services/boards-committees/healthy-yolo>

The Area 4 Agency on Aging (AAA4) is also a major YHAA strategic planning partner. YHAA has worked closely to align AAA4 need identification and work with YHAA and partnering organizations' plans and activities. A data workgroup was created as a part of the AAA4 planning process. The YHAA Advocacy Committee will serve as an extension of the Yolo AAA4 data workgroup. Through this collaborative effort the data abilities of AAA4 can be leveraged for both YHAA and AAA4 projects. (See <http://agencyonaging4.org/happening/data/>)

Events

YHAA hosts or partners to host events that educate the public, providers, stakeholders, advocates, and elected officials on aging and long-term care issues. To date, these events have included:

- Annual Collaboration Committee Training to increase awareness among providers of each other's programs and services and promote cross-referral.
- Election year Candidate Forum for the public to hear from and engage with candidates for state office about aging and long-term care issues.
- Annual Fall Prevention Workshop.
- Annual Seniors Count Coalition Rally and lobby day at the State Capitol.
- Educational events on Alzheimer's and Dementia in 2017
- Town Hall in 2017 to update the public on the federal tax reform and implications for Medicare, MediCal, and Social Security.

SECTION II. YOLO COUNTY

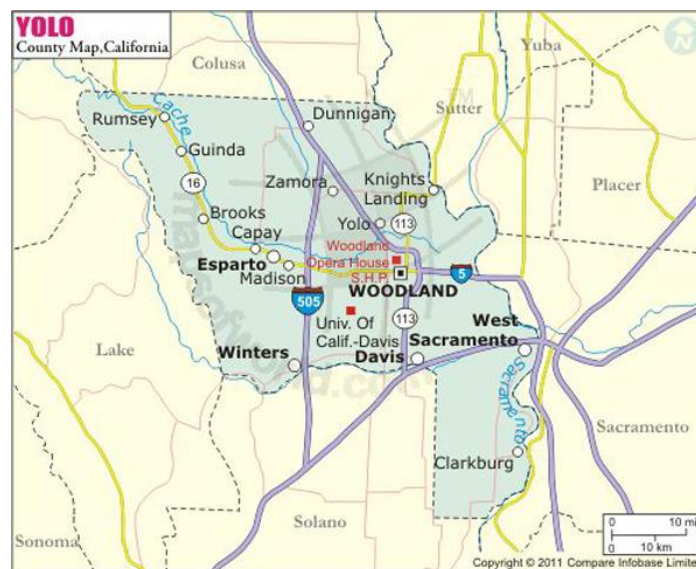
Yolo County is a manageable size (population approximately 200,000) with an interesting mix of urban/industrial (West Sacramento), suburban/college town (Davis), medium sized county seat (Woodland), and small towns (Winters, Esparto, Clarksburg, and Knight Landing), as well as expansive agricultural areas and rural communities. Yolo County really is a microcosm of California! Also, because of its small, manageable size, many of the same people have been involved or worked in various aspects of the aging community service sector for many years making new collaborative efforts easier.

People in Yolo County have a history of embracing collaboration and have been willing to serve as a testing ground for new and improved systems of connecting people to services. The county's location adjacent to Sacramento enables easy access to State Senators, Assembly Members, and state agencies for interaction and an opportunity for advocates, county and city leaders, and providers of health and social services of all kinds to actively engage in policy development.

Geography & Population

Yolo County covers 1,021 square miles between Sacramento and the Bay Area (Yolo County 2013). According to the U.S. 2013 Census, Yolo County's 204,593 population mostly resides in the four cities of Davis, Woodland, West Sacramento and Winters. Woodland houses 56,590 of the population while West Sacramento is home to 49,891 residents (United States Census Bureau 2013). Winters residents total 6,892, while Davis is home to 66,205 (United States Census Bureau 2013). Much of the surrounding area is made up of farmland as Yolo County is one of the largest crop producers in the state (Yolo County, 2013).

Map of Yolo County



Older adults make up approximately 10 percent of the Yolo County population. Ethnic minorities make up 27.4 percent of the older population with the proportion of Hispanic/Latino seniors nearly tripling from 2000 to 2040 (from 7 percent to 20 percent) (Area 4 Agency on Aging, 2009). In 2015, the estimated population of those age 50 and above in Yolo County was 57,531 (36 percent of the population). The median income of those age 55 and older is \$49,371 with 25 percent of them having a household income of less than \$25,000 (ESR, 2015).

According to Partnership HealthPlan (PHP), the only certified health plan for MediCal recipients in Yolo County, there are approximately 4,500 members enrolled in PHP in Yolo over the age of 65. There are approximately 5,200 dual-eligibles (qualify for both Medicare and MediCal) in Yolo County, including those under the age of 65. The number of people age 65 and above in Yolo County is projected to increase from 19,771 (10 percent of the population) to an estimated 27,063 in 2020 (13 percent of the population). Social Security income is not keeping pace with inflation, so the number of dual-eligibles will continue to climb. Furthermore, recent

actions of the federal administration and US Congress threaten to reduce Medicare, Medicaid (MediCal in California), and Social Security payments as well as to cut back funding for other safety net programs that provide assistance to aging and disabled populations.

SECTION III. THE STRATEGIC PLANNING PROCESS

Identifying Needs

YHAA's Strategic Planning process has benefitted over time from YHAA's involvement in the county's efforts to create a Yolo Center for Healthy Aging. That was for a staffed facility to serve as a "one stop shop" resource for seniors, families, and caregivers dealing with chronic conditions and the process of aging. The Center was conceptualized following an evaluation of community needs and gaps in services by the YHAA Advocacy and Collaboration Committees and a day-long Healthy Aging Summit held on October 3, 2014. (See Appendix D for the full report).

Over 100 seniors, caregivers, providers of senior care, elected officials, and interested residents came together at the Woodland Community and Senior Center for the daylong 2014 Yolo Healthy Aging Summit. The primary goals of the day were three-fold:

1. Learn about the work of the Yolo Healthy Aging Alliance and the status of services for seniors in Yolo County;
2. Discuss current and future needs and gaps in services needing to be addressed to provide a healthy aging experience in Yolo County; and
3. Suggest possible solutions and next steps to improve the aging experience in Yolo County including soliciting volunteers for the strategic planning process and the current YHAA committees.

The result of the Summit was the identification of four priority areas to be addressed by YHAA. These areas were:

1. Consumer information and connection to services
2. Mental health & cognitive impairment (including dementia)
3. Transportation
4. Housing

These priorities were the basis for development of the 2016-2019 YHAA Strategic Plan. However, shifting state and county policies and programs, emerging issues and opportunities, and greater recognition of YHHA strengths and limitations led to a re-evaluation of priorities in 2016. A facilitated YHAA Board of Directors summit was held in April that year. Upon consideration of current and emerging issues and YHAA capacity, the Board adopted two priority areas that among the broader range of issues to be addressed through YHAA's ongoing activities, would receive emphasis. These were:

1. Alzheimer's and Dementia
2. Housing

Subsequently, the YHAA Strategic Planning Committee developed tactical plans for addressing these two areas. Several successful Alzheimer's and Dementia activities were carried out in partnership with the Alzheimer's Association in 2017. With respect to Housing, YHAA's

plan to hold a Town Hall event in April 2018 to review senior housing issues and options was postponed when the lead partner opted out of participating. YHAA will now take the lead in organizing a Housing Town Hall in April 2019. In the interim, the Strategic Planning Committee is developing a YHAA position statement to guide advocacy with respect to housing projects proposed for development within Yolo County. This statement will be revised based on information presented and discussed at the 2019 Town Hall.

Moving Forward -- 2019 and Beyond

YHAA funding declined in 2017 to the point where the Executive Director's hours were reduced to half time. Although her work was supported by a temporary, part-time assistant, the capacity of YHAA to carry out its wide-ranging mission was significantly impaired. The Board decided to create a revised Strategic Plan to guide YHAA's transition to a sustainable organization.

Developing a new Strategic Plan was delegated to the Strategic Planning Committee. In reviewing the 2016-2019 Plan, the committee concluded that with the demise of the bricks and mortar Yolo Healthy Aging Center due to limited funding availability, discontinuation of the Coordinated Care Initiative, and Yolo County's decision not to pursue the Health Home program, YHAA is the ideal organization to implement the "one stop shop" concept on a virtual platform with an updated and more comprehensive website, expanded outreach and communications, and Collaboration and Advocacy Committee activities.

The Strategic Planning Committee developed a set of 2019 priority issues to recommend for approval at the Board Summit in June 2018. In so doing, the Committee considered YHAA's unique capabilities, capacity, and opportunity to influence outcomes. Also considered was the variety of roles YHAA can play in advancing the aging and long-term care policy reform agenda and undertaking other activities in fulfillment of its mission as follows:

- Leader, organizer, convener. YHAA will implement the tactical plans for our three priority issues. YHAA will take the lead, organize the effort, set the agenda, handle logistics and communications, and solicit speakers, etc. in some cases with assistance from a working committee of partners to assist.
- Equal partner. YHAA will co-host and carry out our assigned tasks in accordance with our strengths on issues that align with the YHAA mission and priority issues.
- Supportive partner. YHAA will support the efforts of our partners on issues that align with the YHAA mission and priority issues in accordance with our strengths, resources, and availability.
- Participant. A YHAA representative(s) will attend events hosted by others.

Adopting priority issues is always a challenge. The options are numerous as the needs are great. In addition to alignment with the YHAA mission, the criteria the Committee applied to recommending YHAA priorities were: Where can YHAA exert the most influence to achieve the desired outcome? Where is there a void in activities concerning a significant need? Coupled with that is, where can YHAA have the greatest impact without reinventing the wheel or raining on some other organization's parade? Another criterion was: What are the "hot" issues? YHAA's potential for progress and success are enhanced when an issue has caught the attention of government officials and elected representatives, the media, and the public.

The Strategic Planning Committee recommended five aging issues of great need for focus in 2019 that it believes YHAA is uniquely positioned to impact. They are:

1. Alzheimer's & Dementia
2. Housing
3. Advance Planning & Long-Term Care Financing
4. Adult Day Services
5. Rural Services & Supports

Upon preliminary approval of these priority areas by the Board, the Strategic Planning Committee developed Tactical Plans for addressing each one. Each Tactical Plan identifies the need and sets forth goals, strategies and objectives for meeting the needs. In addition, the Strategic Plan Committee developed a Tactical Plan for systematizing operations as YHAA establishes itself as a sustainable organization.

THE PLAN

MISSION

The mission of Yolo Healthy Aging Alliance is to promote the wellbeing of older adults through education, collaboration, and advocacy.

GUIDING PRINCIPLES

The Board of Directors has adopted five principles to guide its activities in fulfilling the YHAA mission:

1. Improve quality of life for Yolo County's diverse urban, suburban and rural aging population, their families, and caregivers by connecting them to information and resources for good nutrition, housing, transportation, social interaction, recreation, and medical and mental health care.
2. Educate the public about healthy aging, how to access services and supports, and planning ahead for long-term care so seniors can remain in their homes and community as long as possible and age with independence, dignity and respect.
3. Facilitate integrated service delivery through communication, collaboration and coordination among service providers.
4. Advocate to increase political support for and action on aging policy reform to build a system of integrated, whole person care at the local, regional and state levels.
5. Enable YHAA to become a sustainable organization.

PRIORITY ISSUES

The Board has designated six priority issues for 2019 and adopted Tactical Plans for each one. While YHAA will continue its activities and interventions across the broad range of aging and long-term care issues, those listed below will be the focus of education events and advocacy efforts for which YHAA will take the lead. The six priority issues are:

1. Alzheimer's & Dementia
2. Housing
3. Adult Day Health Care
4. Adult Day Care
5. Long-term Care Financing and Advance Planning
6. Organization Sustainability

YHAA 2019 PRIORITY NEEDS TACTICAL PLANS

ALZHEIMER'S & DEMENTIA 2019 TACTICAL PLAN

The growth of the aging population has increased the need for dementia related public education, providers with appropriate training, and local community-based resources.

Goal I: Increase the number of knowledgeable clinicians trained in the diagnosis and treatment of dementia.		
Strategies for Addressing Goal I:		
<ul style="list-style-type: none"> ➤ <i>Collaborate with UCD Dementia Training program to implement pilot education program in Yolo Co. for primary care providers at Communicare, Winters Healthcare Foundation, Northern Valley Indian Health, Sutter-Davis, Dignity-Woodland and Kaiser-Davis.</i> ➤ <i>Work with local higher education and career educational institutions to include dementia and gerontology in their curricula.</i> ➤ <i>Facilitate intern opportunities for students with YHAA and the members of the YHAA Collaboration Committee.</i> 		
Objectives		Completion Date
I.1	Contact UCD Dementia Training program to schedule pilot training program in Yolo County.	November 2018
I.2	Implement UCD Dementia Training program	August 2019
I.3	Survey UCD School of Nursing, Master in Public Health and Medical School, CSUS School of Nursing and Gerontology and Woodland Community College Nursing Program to ascertain inclusion of dementia in their curriculum.	March 2019
I.4	Continue to include YHAA in UCD MPH and CSUS Gerontology internship outreach programs. Contact UCD and CSUS Schools of Nursing regarding availability of internship programs.	May 2019
Goal II: Increase educational and training opportunities for community-based providers and first responders in the care of persons with dementia.		
Objectives		Completion Date
II.2	Contact Yolo County Public Authority to review their training schedule and assure that it includes dementia training. Provide community connections to dementia resources for trainings.	December 2019
II.3	All Yolo County law enforcement will have received web-based dementia training.	December 2019

Goal III: Increase education and training opportunities for informal and family caregivers.

Strategies for Addressing Goal III:

- *Coordinate with the Alzheimer's Association to provide public education and training opportunities, including interactive sensitivity training.*
- *Post resource and information links and educational materials including the state Alzheimer's Plan on YHAA website.*

Objectives		Completion Date
III.1	Review and update website materials and links related to dementia.	February 2019
III.2	Continue to co-sponsor educational events with Alzheimer's association rotating throughout Yolo County no less than quarterly and including at least one rural and one Spanish language presentation.	December 2019

Goal IV: Increase public and community awareness of dementia resources.

Strategies for Addressing Goal IV:

- *Partner with Alzheimer's Association, UC Davis School of Nursing, and other appropriate organizations to develop a public health education campaign and expand the number of local information sources (e.g., doctor's offices, DMV and Social Security offices).*
- *Work with community volunteer organizations, such as Meals on Wheels, Community Care Car; local transit operators; and banking and credit union associations to educate employees to recognize and assist those afflicted with Alzheimer's and dementia.*
- *Educate emergency department staff, first responders, discharge planners, and other aging service providers on where to direct patients for care and support.*
- *Produce/distribute public service announcements.*

Objectives		Completion Date
IV.1	Incorporate increasing community awareness of dementia resources in communication plan.	July 2019

Goal V: Identify and address gaps in services and increase community-based dementia care. (see Adult Day Services Tactical Plan)

Strategies for Addressing Goal V:

- *Expand Adult Day Health and Adult Day Care programming to eliminate waitlists and expand geographic coverage.*
- *Advocate for additional funds for community-based programs.*
- *Assess need for and opportunities to provide services in rural communities.*

Objectives		Completion Date
V.1	Develop and implement a plan and strategy for advocacy leadership and community involvement opportunities for both the Woodland ADHC and Davis ADC.	December 2019
V.2	Create a Winters Senior Resource Guide and Rural Yolo Senior Resource Guide in English and Spanish that includes dementia care services.	December 2019

HOUSING 2019 TACTICAL PLAN

Yolo County needs additional, affordable housing options for older adults, including affordable 24-hour residential facilities.

Goal I: Increase the number of low- and moderate income older adult housing options (type and number).		
<u>Strategies for Addressing Goal :</u>		
<ul style="list-style-type: none"> ➤ <i>Create criteria for YHAA support of affordable senior housing projects and support proposed developments and expansions that comply.</i> ➤ <i>Sponsor local housing summit focusing on new, innovative models of housing.</i> ➤ <i>Advocate to include an older adult focus in planning for affordable housing.</i> ➤ <i>Advocate for older adult to sit on Housing Commission for Yolo County Housing.</i> 		
Objectives		Completion Date
I.1	Develop preliminary housing development guidelines and interim YHAA policy position for adoption by the YHHA Board to use to improve and support proposed housing developments in Yolo County.	October 18, 2018
I.2	Assess current opportunities to increase older adult representation on Housing Commission for Yolo County Housing.	October 18, 2018
I.3	Engage Advocacy Committee and other partners in organizing a Spring 2019 housing options summit and developing outreach strategy to secure older adult participation in the Summit.	Spring 2019
I.4	Post information and resources on housing options on the YHAA website on an ongoing basis.	January 2019
I.5	Finalize YHAA housing development policy guidelines within two-months of 2019 Housing Summit.	Within 2 months of Housing Summit 2019
Goal II : Increase the number of homes that include universal design and are single story.		
<u>Strategies for Addressing Goal :</u>		
<ul style="list-style-type: none"> ➤ <i>Advocate for ordinance changes and implementation of existing ordinances related to universal design.</i> ➤ <i>Advocate during planning phase of new housing developments to include single story and accessible housing options.</i> 		
Objectives		Completion Date
II.1	Use YHAA housing guidelines as an advocacy tool when new proposals are presented to governing bodies.	
II.2	Utilize Advocacy Committee to mobilize advocacy on proposed projects.	

Goal III: Increase public awareness of home modifications and assistive technologies that make homes safer and facilitate aging in place.

Strategies for Addressing Goal :

- *Sponsor an annual Fall Prevention Program to inform the public about home safety and personal fitness strategies to prevent falls.*
- *Identify funding sources for home modification.*
- *Partner with organizations to educate the public and caregivers on home modification and assistive technology.*
- *Create YHAA website content on home modification and assistive technology with links to information and funding resources and post to our website.*

Objectives		Completion Date
III.1	Secure author and co-sponsors for CA Legislative Resolution declaring September 2019 “Fall Prevention Month”.	February 2019
III.2	Post information and Resources on Fall Prevention and Home Modification.	March 2019
III.3	Identify partners and plan Fall Prevention/Home Modification event.	April 2019
III.4	Conduct Fall Prevention Public Education Event	September 2019

Goal IV: Educate the public and government representatives on the need for 24-hour residential facilities; advocate to expand the number of beds and facilities in Yolo County including the number and quality of skilled nursing facility (SNF) and assisted living beds.

Strategies for Addressing Goal :

- *Gather data to assess need for all types of residential care beds in Yolo County (e.g., research wait lists, SSI recipients, enrollees at-maximum IHSS hours, compare Yolo County population age and income data with residential facility population.*
- *Join with appropriate partners for expansion of Assisted Living Waiver into Yolo County.*
- *Advocate for more streamlined process to expedite licensing.*
- *Partner with state pilot project for expanding waiver (see (Yolo Co. HHSA Adult and Aging Branch Director and draw distinction between state pilot and Assisted Living Waiver expansion into Yolo County).*
- *Advocate for increased number of quality assisted living, board and care, and SNF beds in Yolo County.*

Objectives		Completion Date
IV.1	Identify and begin to gather Yolo County specific data on need for beds and new facilities.	January 2019
IV.2	Meet with Yolo Co. HHSA Adult and Aging Branch Director to research most effective means of increasing access to residential care and increase available beds in Yolo County.	February 2019
IV.3	Seek additional partners in meeting increased residential facility beds effort.	Spring 2019
IV.4	Develop more detailed, multi-pronged strategy and timeline for achieving this goal.	October 1, 2019

ADVANCE PLANNING & LONG-TERM CARE FINANCING 2019 TACTICAL PLAN

Older adults in Yolo County need to plan ahead for long-term care, financing, and end of life choices. More long-term care financing options are needed.

Goal I: Educate the public on the need and how to plan for later life and long-term care.		
<u>Strategies for Addressing Goal :</u> <ul style="list-style-type: none"> ➤ <i>Collaborate with other organizations, e.g., Yolo Coalition to Honor Choices (YCHC), to conduct “Planning for Later Life” workshop series.</i> ➤ <i>Post long-term care planning materials and links to resources on the YHAA website.</i> ➤ <i>Use listserv to distribute information to the public and providers on a regular basis.</i> 		
Objectives		Completion Date
I.1	Meet with YCHC to partner to host educational events.	January 2019
I.2	Seek input on ways to achieve this goal from the Collaboration and Advocacy Committees.	February 2019
I.3	Post planning for long-term care information and resources on YHAA website.	February 2019
I.4	Develop or rebrand existing resource guide for distribution.	March 2019
I.5	Develop Speaker presentation template for YHAA Board members to make presentations to community groups.	March 2019
I.6	Offer YHAA as a speaker to various organizations on the importance of advance planning for long-term care.	March 2019
I.7	Work with YCHC and other partners to distribute information on advance planning through banks, financial institutions, service providers, and other channels, e.g., faith-based and service organizations.	March 2019
Goal II: Advocate for more affordable, appropriate long-term care and support services in Yolo County.		
<u>Strategies for Addressing Goal:</u> <ul style="list-style-type: none"> ➤ <i>Stay abreast of developing options in long-term care financing including “Medicare 2020” (which proposes to include supplemental services benefits such as Adult Day Health Care) and long-term care insurance benefit requirements.</i> ➤ <i>Advocate for more long-term care financing options.</i> 		
Objectives		Completion Date
II.1	Seek out and partner with organizations most engaged and up-to-date in federal long-term care policy and implementation.	February 2019
II.2	Seek out and begin maintaining contact with individuals and organizations most engaged and up-to-date in state long-term care policy and implementation.	February 2019
II.3	Engage Advocacy Committee members in advocating for accessible and affordable state Long-Term Care programs and financing.	
II.4	Use materials developed to meet Goal 1 to advocate for more attention on the issue of Long-Term Care Financing from elected officials representing Yolo County communities.	

ADULT DAY SERVICES 2019 TACTICAL PLAN

Adult Day Programs benefit individuals by allowing them to socialize with their peers, remain in their homes, and avoid unnecessary hospitalizations and/or premature institutionalization. Family caregivers benefit from respite and the ability to remain in their jobs. More adult day programs are needed in Yolo County.

Goal I: Promote and support expansion of Yolo Adult Day Health Center with possible housing partnership.

Strategies for Addressing Goal :

- *Advocate and support the plan for Yolo County, Dignity Health and other housing partners to create a new Adult Day Health Center in Woodland.*
- *Assure that this issue is a part of the Board of Supervisors public agenda and engage new community partners in the discussion to assure the timely expansion of the Adult Day Health Center.*

Objectives		Completion Date
I.1	Take a major leadership role and create a plan of advocacy and community education action.	December 2018
I.2	Work collaboratively with Yolo County Commission on Aging and Adult Services to assure that Yolo County Board of Supervisor receive a specific facility and program plan.	March 2019

Goal II: Provide support in the development of the Davis Adult Day program to assure that it opens in 2019.

Strategies for Addressing Goal :

- *Remain/Become actively involved in the planning and implementation of the program.*
- *Promote and assist in connection other community-based services with the Adult Day Program.*
- *Assist in publicizing the opening and availability of the Adult Day Program.*

Objectives		Completion Date
II.1	YHAA representatives will be active members of the ADP planning committee.	November 2018
II.2	Provide final report from YHAA surveys and interviews to ADP planning committee.	November 2018
II.3	Connect additional community-based services to ADP through the YHAA Collaboration Committee.	July 2019
II.4	Provide regular updates to YHAA Advocacy and Collaboration Committees on the status of the program through planned opening.	July 2019
II.5	Develop messages and send information to our listserv and on our website and social media regarding opening.	July 2019
II.6	Work with City of Davis or other transportation providers to establish transportation service to ADP.	July 2019

RURAL SERVICES & SUPPORTS

2019 TATICAL PLAN

Rural communities have historically had limited access to health, social, and long-term care services and supports as well as to affordable transportation options. Not only are more services needed, but also, cultural competency among service providers must be increased.

Goal I: Promote increased cultural competency among service providers.

Strategies for Addressing Goal :

- *Work with local higher education and career educational institutions preparing the health care, social services, and gerontology workforce to include cultural competency in their curricula.*
- *Support programs that provide discounted education and training for those committing to work in rural areas.*

Objectives		Completion Date
I.1	Research current efforts of the CA Employment Development Department, Community Colleges, UCs, State Universities, the California Future Health Workforce Commission, and others to determine best issues and areas of possible influence by YHAA.	March 2019
I.2	Develop a more detailed strategy for YHAA contribution to this effort at the state and regional level.	April 2019

Goal II: Document the availability of aging and long-term care services and supports in Yolo County rural communities.

Strategies for Addressing Goal :

- *Identify health and social services providers and resources.*
- *Identify non-profits organizations providing outreach and services to the various rural communities.*
- *Translate rural services and supports resource guide into Spanish.*
- *Identify greatest needs and deficiencies in rural services and supports, e.g., RCF beds, transportation.*
- *Engage Collaboration and Advocacy Committees in discussing needs and solutions to limited access to services and supports in rural communities.*

Objectives		Completion Date
II.1	Develop rural resources and services guide by December 30, 2018.	December 30, 2018
II.2	Engage Advocacy and Collaboration Committees in discussion of needs, solutions, and distribution strategy for resource guide.	February 2019
II.3	Translate guide into Spanish.	March 2019

Goal III: Increase outreach to and education and training opportunities for rural community aging populations, their families, and their caregivers.

Strategies for Addressing Goal :

- *Identify best channels of communication for outreach to rural communities.*
- *Partner with rural service providers, non-profits, elected officials, and tribal alliances to bring YHAA educational events and programs to rural communities.*
- *Use partnerships and communication channels to increase public and community awareness of aging and long-term care resources.*
- *Seek increased rural community representation on the YHAA Board of Directors.*
- *Seek increased rural community representation on the Collaboration Committee.*

Objectives		Completion Date
III.1	Develop rural resources and services outreach strategy.	April 2019
III.2	Engage Advocacy and Collaboration Committees in development of outreach strategy and activities to identify new partners serving rural communities and increase rural representation on the Board and in both Committees.	April 2019
III.3	Develop rural outreach strategy.	May 2019

ORGANIZATION SUSTAINABILITY 2019 TACTICAL PLAN

To become a sustainable organization, YHAA requires a working board that represents the diversity of Yolo County and brings relevant skills to bear in advancing the YHAA mission. Members should commit to implementing a strategic plan with realistic goals and objectives that are subject to meaningful and systematic review, evaluation of progress and achievements, and updates and revisions as appropriate.

Goal I: Maintain a Board of Directors with relevant knowledge and skills, interest, and time to commit to advancing the YHAA mission.

Strategies for Addressing Goal :

- *Develop list of skills sets to be represented on the Board of Directors including legal, fiscal management, fundraising, public policy, and advocacy.*
- *Increase diversity of the YHAA Board by increasing geographical, ethnic, and gender representation.*
- *Engage current Board Members in ongoing search and identification of potential Board Members.*
- *Explore Advocacy Committee, Collaboration Committee for potential Board Members.*
- *Assign Board Members with specialized expertise or interest as “Issue Captains or Co-Captains” with lead responsibility for advancing various YHAA goals or priority issues.*

Objectives		Completion Date
I.1	Recruit new Board Member with fundraising experience to join the Board in 2019.	2019
I.2	Recruit new Board Member(s) that reflect the cultural and geographic diversity of Yolo County.	
I.3	Induct new Board Member(s).	March 2019

Goal II: Operationalize a systematic annual Strategic Plan development, review, and update process.

Strategies for Addressing Goal :

- *Maintain a permanent Strategic Plan Committee*
- *In November of each year conduct a systematic review of Strategic Plan Implementation by the full Board including:*
 - a) *Conduct Strengths, Weaknesses, Opportunities, and Threats (SWOT) analysis*
 - b) *Evaluate progress and outcomes in implementing Tactical Plans*
 - c) *Revise Priority Issues List as needed*
 - d) *Seek input from the Collaboration and Advocacy Committees*
 - e) *Develop appropriate revisions of Strategic and Tactical Plans, including goals and objectives as needed.*

Objectives		Completion Date
II.1	Conduct first annual review.	November 2019
II.2	Revise and adopt updated Strategic Plan.	January 2020

Goal III: Increase benefits of participation in the Collaboration and Advocacy Committees and engage members in pro-active implementation of the YHAA mission and Strategic Plan.

Strategies for Addressing Goal :

- *Conduct Collaboration Committee working session to discuss motivations, expectations, and benefits of participation and ways in which benefits of participation and positive outcomes of collaboration could be increased.*
- *Conduct Advocacy Committee working session to discuss motivations, expectations, and benefits of participation and ways in which benefits of participation and effectiveness of advocacy efforts could be increased.*

Objectives		Completion Date
III.1	Conduct Collaboration Committee working session in October 2018. Develop follow-up survey to quantify findings.	November 2018
III.2	Conduct Advocacy Committee working session.	November 2018
III.3	Based on working sessions' results, develop strategies to implement positive changes in Advocacy and Collaboration Committees operations.	Ongoing
III.4	On an ongoing basis, pro-actively engage Collaboration Committee and Advocacy Committee members in planning and implementing YHAA activities and events.	Ongoing

Goal IV: Upgrade YHAA website to be a primary source of healthy aging and long-term care information.

Strategies for Addressing Goal :

- *Complete website upgrade and populate with information relevant to YHAA priority issues and activities (Phase 1).*
- *Publicize availability of upgraded website.*
- *Continually augment website with meaningful content on regular basis to promote repeat visits (Phase 2).*
- *Include website address in all communications and signature blocks.*

Objectives		Completion Date
IV.1	Complete YHAA website upgrade Phase 1.	December 1, 2018
IV.2	Develop content for resources and information related to Priority Issues.	January 2019
IV.3	Add content to website on a bi-monthly basis (2x/month)	
IV.4	Increase traffic to website in 2019 by 25% over 2018 visits.	

Goal V: Implement a pro-active communications strategy using traditional and social media.

Strategies for Addressing Goal :

- *Adopt detailed communications strategy*
- *Capitalize on popular calendar events garnering media cover e.g., Mothers' Day, Alzheimer's Awareness Month, Fall Prevention Week, Veterans Day, to promote YHAA via Press Release and Op-Eds. Facebook posts and Twitter.*
- *Track coverage and re-post as appropriate to Facebook, Twitter, and website.*

Objectives		Completion Date
V.1	Increase YHAA communications 2019 outputs over 2018.	December 2019
V.2	Increase YHAA media coverage in 2019 as compared to 2018.	December 2019

COMMUNICATION GUIDELINES

Fundamental to the YHAA 2019-2023 Strategic Plan is the ability to clearly articulate what YHAA is, what it does, and why people should engage with the organization. YHAA is not a service provider per se. Rather YHAA functions to convene aging and long-term care organizations, advocates, and service providers and to facilitate collaboration and coordination of information and service delivery. YHAA is uniquely positioned to perform this function and that is one of its major strengths. However, the benefits of collaboration are not always fully understood or appreciated. Having guidelines for expressing what our organization does combined with supporting messaging points will aid in expanding YHAA's reach to the public, funders, and collaborators.

Consistent communication across all platforms is vital to clearly establishing YHAA's identity throughout Yolo County. These guidelines are intended to assist YHAA Board, staff, and Committee members to communicate what YHAA is and does in a way that attracts participation, engagement, grants, donations, and political support.

Description

The Yolo Healthy Aging Alliance (YHAA) is a grant-funded, non-government organization that facilitates collaboration among over 90 providers in Yolo County, educates the public, and advocates for public policy reform to improve and integrate the delivery of services and supports for aging county residents, their families, and their caregivers.

YHAA:

- Provides a forum and tools for providers of services and supports to become familiar with each other; increase cross-provider coordination and referrals, and develop a network for delivering integrated care to the residents of Yolo County.
- Educates and empowers residents of Yolo County to pursue healthy aging, plan ahead, and access services and supports that enable them to live independently as long as possible and find the appropriate housing and care as needed.
- Advocates for aging and long-term care public policy reform at the local, regional, state, and federal level to advance the development of an integrated aging and long-term care system to meet the needs of the whole person.

Key Benefits (Messaging)

Through participation in YHAA activities, programs and events, services and support providers and consumers have more access to information and resources and are empowered to give and receive more efficient and effective "whole person" care.

Aging and Long-Term Care Services and Supports Providers

By participating in YHAA programs your organization will be better able to deliver needed services to your consumers more efficiently and effectively through cross-referrals and coordination with other organizations to provide whole person care.

Families and Caregivers of Aging Yolo County Residents

Participation in YHAA programs will enable you to access services and supports your

loved ones need as well as the services and supports you as a caregiver need to preserve your own health and wellbeing. You will be empowered through increased knowledge to be an advocate on behalf of the person(s) for whom you care.

Yolo County Residents Age 40-65 And 65+

Attending YHAA events and accessing the YHAA website will arm you with information to help you live a healthier life, plan ahead, and access needed services and supports for your loved ones and you.

Local, Regional, State, and Federal Government Officials and Elected Representatives

Improving cross-agency collaboration and integration of aging and long-term care programs will increase efficient and effective delivery of services by reducing overlap and duplication. You will be helping to streamline government and improving the quality of life for your constituents and the communities you serve while spending taxpayer dollars prudently. Your efforts will help avert a major human and economic crisis in California as the aging population grows to almost 20 percent statewide by 2030.

Facts & Figures

Facts and figures supporting YHAA's efforts to advance a system of integrated aging and long-term care services and supports are found in Appendix E. YHAA is continuing to gather and update this information with data more specific to Yolo County, its cities, and unincorporated areas.

Characteristics

Communications, events, and presentations should convey that YHAA is:

Inclusive, Knowledgeable, Pro-active, Effective, Trustworthy, Responsive.

We do this by dotting our "i"s and crossing our "t"s. Details matter. Our appearances, communications, website, and events reflect professionalism in presentation and content. All information is accurate, reliable, supported by verifiable facts and figures, and sourced from reputable individuals and organizations. Emails and phone calls are returned expediently. Representation on the YHAA Board and the Advocacy and Collaboration Committees reflects the diversity of Yolo County. Issues addressed and event logistics reflect the needs and interests of urban, suburban, and rural communities. These commitments enhance YHAA's effectiveness and build trust in and support for YHAA throughout Yolo County.

Logo



The YHAA logo should be prominent, centered, and at the top of the page on all YHAA communications, stationary, press releases, and flyers for events for which YHAA is the sole or lead organization. The logo should be included in flyers and communications for partnered events with its placement and size at the discretion of the lead partner.

Tagline

The Unified Voice for Older Adults in Yolo County

The YHAA tagline should be displayed just beneath the logo on all communications issued by YHAA.

Website

yolohealthyaging.org

The YHAA website will be the primary repository of information about resources, long-term care services and supports, and events relevant to aging in Yolo County. It is important to drive traffic to the YHAA website so that an increasing number of residents will not only be served, but also will become aware of YHAA and the information, activities, and benefits to the community it provides. The URL/link should be referenced in flyers and press releases as a source for further information and in the signature block of those communicating via email. The link is also included in the address as described below.

Address

The address in the form below should be the footer of all YHAA communications.

Yolo Healthy Aging Alliance - The Voice for Older Adults in Yolo County
Supervisor Jim Provenza, Chair - Sheila Allen, Executive Director
600 A Street, Suite C, Davis, CA 95616 530-757-5583

www.yolohealthyaging.org

www.facebook.com/www.yolohealthyaging.org , www.twitter.com/@yoloaging

COMMUNICATIONS STRATEGY

Target Audiences

- Aging and Long-term care services and supports providers.
- Yolo County residents age 40-65 and 65+.
- Families and caregivers of aging Yolo County residents.
- Local, regional, state, and federal government officials and elected representatives.

Messaging

- Promote the positive aspects of and opportunities for healthy aging and the benefits to communities and across generations of interacting with and engaging the aging population.
- Identify issues and their target audiences and create more specific message points with updated and localized data for priority issues, e.g., Alzheimer's and dementia, housing, and long-term care financing, to illustrate the need for pro-active consumer awareness, advance planning, and advocacy.
- Assess and characterize gaps in the service delivery, challenges for consumer access, and opportunities for improvement to motivate providers of services and supports to create a comprehensive and integrated aging and long-term care infrastructure in Yolo County through coordination, communication, collaboration, and cross-provider referral.
- Educate government officials and elected representatives on the gaps in services and supports for the aging and their caregivers and the magnitude and importance of this constituency.

Tasks

Public and Provider Communications

- Develop list of local, regional and state media outlets/channels.
- Develop list of California reporters/bloggers interested in the issues and their focus
- Create Story Bank (both negative and positive outcomes)
- Develop list of reference models for integrated information and services and supports delivery
- Develop list of “hooks,” e.g.,
 - Designated Senior-related Days and Months (for more info see <https://www.awarenessdays.com/us/> and <https://www.beckershospitalreview.com/quality/healthcare-awareness-calendar-key-months-weeks-and-days-from-january-to-december.html>) -
 - Parkinson's Awareness Month (April)
<http://parkinson.org/parkinsonsawarenessmonth>
 - Older Americans Month (May)
<https://www.alz.org/abam/overview.asp>
 - National Osteoporosis Month (May)
<https://www.nof.org/national-osteoporosis-month/>
 - ALS Awareness Month (May)
<http://www.alsa.org/news/public-awareness/als-awareness-month/2018/>
 - Mother's Day (in May)
 - Father's Day (in June)
 - Elder Abuse Awareness Day (in June)
<https://acl.gov/news-and-events/events-and-observances/world-elder-abuse-awareness-day>
 - Grandparents Day (in September)
<https://grandparentsday.org/>
 - Fall Prevention Awareness Week (in September)
<http://stopfalls.org/news-events/fall-prevention-awareness-week/>

- Intergeneration Month (September) <https://nationaltoday.com/intergeneration-month/>
- National Residents Rights Month (October)
<http://theconsumervoice.org/events/residents-rights-month-2018>
- National Family Caregivers Month (November)
<https://www.caregiving.org/caregiversmonth/>
- Alzheimer's & Brain Awareness Month (November)
<https://www.alz.org/abam/overview.asp>
- Veterans Day (November 11)
<https://www.va.gov/opa/vetsday/>
- Health and safety advice for seasons, e.g. –
 - Flu Season (September – May) <https://dailycaring.com/16-cold-and-flu-prevention-tips-for-seniors-and-caregivers/>
 - Holidays (<https://www.caregiverstress.com/senior-activities/holidays/activities-traditions-for-elderly/> m,
- Release of new reports/research/data, e.g., <http://www.gao.gov/products/GAO-15-601R>, <http://www.gao.gov/assets/680/670738.pdf>
- Develop Op-Eds for relevant commemorative/awareness days/weeks/months or events
- Utilize a variety of channels to issue press releases (including photographs) to publicize upcoming events (pre- and post-event), and to communicate YHAA messages and information, including:
 - YHAA Website
 - Community newspapers
 - Public access radio and TV
 - Partner organization newsletters, websites, and meeting announcements
 - Non-Partner organization newsletters websites, and meeting announcements, e.g., Chambers of Commerce, Kiwanis, other service organizations
 - County and City websites/events calendars
 - Social media, e.g., Facebook and Twitter
 - Print media - Press Releases, Op-Eds, Letters to the Editor
 - Email/mailling lists cultivated from YHAA website and events and partner sharable databases
- Attend and make statements at public events, including political gatherings
- Participate in City Council Meetings, Legislative Public Hearings, Aging-related Conferences especially where coverage by the press or public access channel may generate more publicity.

Government Officials and Elected Representatives Communication

- Visit and establish relationships with elected State Assembly and Senate representatives.
- Meet with candidates for office to educate them on the issues and encourage them to adopt pro-active positions on aging and long-term care.
- Invite electeds to attend and/or make presentations at local Senior events.
- Write letters support/opposition for programs, legislation, or budget items.
- Present testimony at public hearings.
- Share relevant stories (deposit in story bank) from constituents, preferably presented in person.

- Ask local elected bodies (e.g., City Council, County Boards of Supervisors) to take positions in support or opposition to program changes, legislation, or budget items including introducing and adopting resolutions of support.
- Offer Op-Eds for placement by elected officials

FUNDRAISING

As a grant-funded, non-government organization, YHAA is grateful to current and past supporters including the SCAN Foundation, Sutter Health Foundation, Dignity Health Foundation, and Kaiser Health Foundation. However, the effort and uncertainty of relying on grants from a limited portfolio of sources to finance YHAA operation threatens the stability of the organization. YHAA seeks to be a reliable source of information and activities that pro-actively engages consumers and providers alike in collaboration and coordination, the receipt and delivery of services, and the advancement of sound public policy and programs. A reliable and predictable funding stream will assist YHAA to become a sustainable organization and fulfill this vision.

In addition to the limited number of funders on which it has relied, YHAA engages in the following fundraising activities on an annual basis:

- Big Day of Giving
- Annual Fundraiser
- End of Year Appeal

YHAA has three fundraising goals for the 2019-2023 period:

1. To expand the portfolio of potential grantors
2. To develop a broader donor base and repeat donations
3. To increase Board of Directors involvement in fundraising.

The Fundraising and Finance Committee is developing a Fundraising Plan for Board adoption that will guide YHAA efforts to achieve these goals. The Committee is reviewing the potential for YHAA to qualify for grants from various state and federal government programs, foundations that focus on aging issues, and a broad range of local and regional businesses and financial institutions. In addition, the Committee is developing an approach to engage repeat annual donors and sponsors of the organization as well as contributors to fundraising events.

PROGRAM EVALUATION

An evaluation system is important, not only for reporting outcomes to YHAA funders, but also to measure YHAA progress in fulfilling its mission and meeting its annual Goals and Objectives. Metrics that can be used and then compared on a year-to-year basis to chart YHAA progress and accomplishments include.

- Deadlines met or missed
- Number of events held
- Attendance at events
- Number of events/meetings attended by YHAA
- Media coverage of events and activities
- Number of active Partners/Partnerships
- Website hits/inquiries

- Calls/emails received
- Number of people served through referrals
- Number of Collaboration Committee and Advocacy Committee members
- Number of Collaboration Committee MOUs in place
- Number of advocacy meetings held with electeds
- Number of advocacy letters sent
- Legislation enacted or defeated, policy and programmatic changes achieved
- Amount of money raised
- In-kind services provided
- Number of YHAA sponsors/"friends"
- Number of event sponsors and contributors
- Number/amount of grants received
- Awards/recognitions received

The Strategic Planning Committee will develop a consistent and detailed data collection and reporting format and evaluation mechanism for approval by the Board.

CONCLUSION

This Strategic Plan will guide the next five years of YHAA activities -- from 2019 to 2023. Priority activity goals and objectives are spelled out in annual Tactical Plans. Progress in meeting YHAA goals and objectives, emerging issues, and priorities will be evaluated and modified as appropriate on an annual basis. Amendments to the plan may be proposed as needed at any time.

Appendix A.

Board of Directors

Name	Term ends	Background	Residence
Jim Provenza	2019	Yolo County Supervisor, Attorney	Davis
Suzanne Reed	2019	Retired, State Legislative Staff	West Sacramento
Alysa Meyer	2019	Managing Attorney, Legal Services Northern CA-Yolo and Senior Link	Davis
Cindy Jacob	2021	Retired, Human Relation Manager	Woodland
Dawn Myers Purkey	2019	Director, Yolo Adult Day Health Center	Davis
Valerie Olson	2020	Retired, Nurse and Attorney	Woodland
Cindi Royval Unger	2020	Community Relations Manager, ApexCare	Davis
Denise Peach	2021	Retired, CA Dept. of Aging	Davis
Pat Leary	2021	Chief, CA Dept. of Social Services	Davis
Nancy Pennebaker	2021	Retired, Non-Profit Administrator	Esparto/Capay Valley

Appendix B.

Advocacy Committee Members

<u>Name</u>	<u>Organization</u>
Julie Bates	AARP
Ellen Berman	Eleanor Roosevelt Circle housing
Kim Britt	Yolo IHSS and Public Authority
Seth Brunner	CA Senior Legislature
James Burke	Partnership Healthplan
Myrna Chang	Sutter Davis Hospital
Kevin Clark	Yolo District Attorney's Office
Saira Delgado	Assemblymember Aguiar-Curry's office
Charlotte Dorsey	CA Senior Legislature, BBCAN
Rita Durgin	Assemblymember Aguiar-Curry's office
Jeff Tardegia	CA4SSI Coalition
Laurie Haas	Yolo Public Guardian
Jessica Hoefling	St. John's Retirement Village
Jonathon Howard	Asm Aguiar-Curry's office
Cynthia Jacob	YHAA Board-Yolo Commission on Aging
Elizabeth Lasensky	Senior Advocate
Audrey Lippman	Senior Advocate
Lysette Marshman	Senator Bill Dodd's Office
Angel Melchor	Congressman John Garamendi's Office
Pam Miller	Agency on Aging Area 4
Elaine Roberts Musser	Yolo Commission on Aging
Valerie Olson	YHAA Board and Yolo Health Council
Teja Payne	Agency on Aging Area 4
Denise Peach	YHAA Board
Wallace Pearce	Senior Advocate
Dawn Myers Purkey	YHAA Board and YADHC
Kate Raymond	Interested Citizen
Suzanne Reed	YHAA Board
Lianne Remen	Assemblymember Kevin McCarty's office
Nancy Schaezlein-Zipse	Senior Advocate
April Wick	Resources for Independent Living

Appendix C.

Collaboration Committee Members

<u>Name</u>		<u>Organization</u>
Diana	Adams	Woodland Healthcare-Care Coordination
Barbara	Ashby	UC Davis Caregiver Education & Support Program
Lisa	Baker	Yolo County Housing Authority
Nadyne	Barang	Partnership Healthplan
Lora	Barrett	Yolo Conflict Resolution Center
Julie	Bates	AARP
Joanne	Bell	Citizens Who Care/Yolo Hospice
Monte	Benedickt	Courtyard Healthcare
Nancy	Bernard	Woodland Healthcare
Becca	Bettis	Volunteers of America-Veterans Program
Isaac	Blackstock	Yolo County Housing
Craig	Blomberg	Sutter Davis Hospital-Care Coordination
Judy	Boothby	Home Dental Care
Jen	Boshken	Yolo Co. D.A. Real Estate Fraud
Katie	Breeze	Support at Home
James	Burke	Partnership Healthplan
Cassie	Bush	Integra Personal HealthCare Management
Allia	Butac	Arise Senior Placement
Danielle	Buzzarte Volk	Dignity Health
April	Carni	ApexCare
Lori	Carpenter	Always Best Care-Senior Services
Clara	Cazares	Woodland Healthcare-Behavioral Health
Bonnie	Chow	Alzheimer's Association
Kevin	Clark	Yolo District Attorney Office
Gloria	Clark	Partnership Healthplan
Beth	Conn-Ossenfort	Yolo Adult Day Health Care
Denise	Davis	Alzheimer's Association
Elizabeth	Dean	Elizabeth Dean Fiduciary Services
Kristie	Dillon	ABC Senior Homecare
Randy	Dinning	AAA4 Ombudsman
Charlotte	Dorsey	BBCAN and CA Sr. Legislator
Craig	Dresang	Yolo Hospice
Terri	Dutton	HHSA MediCal-Cover CA

Josefina	Elliott	HHSA APS
Lisa	Escobar	Kindred at Home
Jennifer	Fallon	Yolo County Housing
Melissa	Faris	Carlton Senior Living
Mark	Fink	Yolo County Library
Rachel	Foster	Legal Services of Northern CA/Senior Link
Jocelle	Fresnido-Lee	Partnership Healthplan
Sara	Gavin	Communicare Behavioral Health
Tawsha	Gaytan	The Californian
Paula	Gonzales	Yolo County Public Authority
Renee	Greg	Sutter Davis Hospital-Care Coordination
Kathy	Guerrero	WeCare4Yolo
Laurie	Haas	Yolo Co. Public Guardian's office
Barbara	Hanna	Home Healthcare Management
Victoria	Harling	CA Telephone Access Program
Ginger	Hashimoto	Yolo Co. HHSA
Joanne	Hatchett	Dignity Health
Susan	Hensley	Yolo County Emergency Preparedness
Noni	Horsburgh	Advanced Home Health and Hospice
Pam	Hunter	Adult Insurance Solutions
Corrie	Ivey	Yolo Co. Emergency Preparedness
Vanessa	Jimenez	
Kristin	Jordan	Serving our Seniors
Louise	Joyce	Yolo Hospice
Alicia	Kelley	Communicare Health Administration
Heidi	Kellis-Johnson	Gerontologist
Michelle	Kimura	West Sacramento Senior Center
Heidi	Klein	Dignity Health
Stephanie	Koop	Citizens Who Care/Yolo Hospice
James	Kreidler	Meals on Wheels Yolo County
Kelly	Lee	Yolo County IHSS
Julie	Lehman	Home Healthcare Management
Anthony	Linch	Dignity Health Care Management
Ricardo	Lopez	Yolo County Housing
Maria	Lucchesi	Davis Senior Center
Guadalupe	Lugo	Yolo County Children's Alliance
Bridget	Luna	City of Woodland
Sondra	Mattingly	RSVP Yolo Co
Heidi	Mazeres	Woodland Healthcare Education Services

Kevin	McClory	WeCare4Yolo
Erin	McEwen	Yolo Co. Children's Alliance
Jean	McSorley	Yolo HHSA Older Adult-Behavioral Health
Melinda	Meeken	Yolo Adult Protective Services
Alysa	Meyer	Legal Services of Northern CA/Senior Link
Aimee	Minor	Sutter Davis Hospital-Care Coordination
Brenda	Mohr	Massage and Reiki master
Silvia	Molina	Yolo Hospice
Liane	Moody	Short Term Emergency Action Committee
Daria	Moore	Sutter Davis Hospital-Care Coordination
Dawn	Myers Purkey	Yolo Adult Day Health Care
Julie	Nelson	Comfort Keepers
Michelle	Nevins	Del Oro Caregiver Resource Center
Teresa	Ogan	MSSP
Alma	Ortiz	California Phones
Teja	Payne	Agency on Aging Area 4
Rebecca	Pope	Qigong for Health
Christine	Prater	West Sacramento Senior Center
Olesya	Prokopchuck	Yolo County Public Authority
Laura	Prosser-Horch	HHSA APS
Lynn	Ramsay	Woodland Healthcare - clinic
Suzanne	Reed	YHAA Board of Directors
Liz	Romero	Yolo Hospice
Lynne	Rumery	Short Term Emergency Action Committee
Arnelle	Sanford	Yolo County District Attorney-Elder Protection volunteer
Bill	Sbarra	Woodland-Community Care Car
Nancy	Schaezlein-Zipse	Senior Advocate
Nancy	Schou	
Jennifer	Scott	Atria Covell Gardens
Elida	Serratos	Yolo County IHSS
Nina	Shenker	Home Instead
Joe	Sheppard	Yolo Adult Day Health Care
Sandra	Sigrist	Yolo HHSA-Adult Services
Maria	Simmons	Dignity Health Care Management
Edith	Simmons-Body	Your Home Nursing Services
Christi	Skibbins	Meals on Wheels Yolo County
Elizabeth	Stevens	HICAP-Legal Services of N. Cal
Elisa	Stone	Davis Community Church
Phonecia	Stone	Yolo Adult Protective Services

Wafa	Taha	Woodland Nursing and Rehabilitation
Jan	Taylor	Comfort Keepers
Kathelene	Thompson	MSSP
Tara	Thronson	Sup. Don Saylor's Office
Kimberly	Tornincasa	City of Woodland
Salvador	Torres	Yolo Veterans Service Officer
Donna	Torres	Palm Gardens Senior Living
Dallas	Tringali	Woodland Community and Senior Center
Joan	Tuss	Yolo Library-Active Older Adult & Books by Mail
Nancy	Ullrey	Cache Creek Conervancy
Cindi	Unger	ApexCare
Emily	Vaden	Yolo HHSA-Healthy Yolo
Kenn	Valenzuela	Yolo MediCal and CalFresh
Rossana	Vigil	Yolo Co. IHSS-Public Authority
Kelli	Villanueva	WeCare4Yolo
Elizabeth	Villarreal	
Tivoli	Walker	California Health Collaborative
Alexandra	Weisgerber	Alzheimer's Association
Jesse	Williams	CA Health Collaborative-MSSP
Katherine	Windmiller	Yolo Co. MediCal-CalFresh
Cynthia	Wolff	Yolo Hospice
Karen	Wood	HomeStyle
Evan	Wyatt	Yolo County Public Authority
Elizabeth	Yeh	Yolo Ombudsman
Jillian	Zook	Yolo Food Bank

Appendix D.

Healthy Aging Summit 2014 – Summary Report



2014 Healthy Aging Summit Report and Findings

**October 3, 2014
Woodland Senior and Community Center
Sheila Allen, RN, PhD
Executive Director**

Summary

On October 3, 2014 over 100 seniors, caregivers, providers of senior care, elected officials and interested citizens came together at the Woodland Community and Senior Center for the all-day 2014 Yolo Healthy Aging Summit. The primary goals of the day were three-fold:

- To learn about the work of the Yolo Healthy Aging Alliance and the status of services for seniors in Yolo County.
- To discuss current and future needs and gaps in services needing to be addressed to provide a healthy aging experience in Yolo County.
- To suggest possible solutions and next steps to improve the aging experience in Yolo County including soliciting volunteers for the strategic planning process and the current YHAA committees.

NOTE: A schedule of the summit day can be found in Attachment A.

The morning guest speaker was Assembly Member Mariko Yamada, a social worker and senior advocate, who provided a historical perspective including her work for seniors and at-risk adults on the Yolo County Board of Supervisors and her state work as the chair of the Assembly Long-term Care Committee. Ms. Yamada was presented with the YHAA Senior Super Star Award in recognition of her work on behalf of seniors during her many years of public service. The lunch speaker was Congressman John Garamendi who spoke of the need to renew the Older Americans Act, acknowledging the many essential services it provides such as home delivered meals, transportation and information and referral services. He spoke of the positive changes that the federal Affordable Care Act (ACA) provided including expanded medication coverage, no denial for preexisting conditions and expanding community based care. He fielded ½ hour of questions from the audience including follow up on the issue that persons receiving SSI in California are not eligible for CalFresh (food stamps). The afternoon speaker was State Senator Lois Wolk who was recently appointed to the Senate Select Committee on Aging. She answered questions regarding state supportive programs for seniors that experienced many cuts during the recession and have not yet been fully funded, such as IHSS.

A morning panel discussion introduced the four areas of identified gaps in service that the Yolo Healthy Aging Alliance committees have called out as priorities for further discussion. The areas and presenters included senior housing options (Meea Kang, Domus Development), transportation (Elaine Musser Roberts, Yolo Commission on Aging), mental health (Nancy Edgar, Yolo County Mental Health Program) and planning for a healthy aging experience (Peggy Phelps, Yolo Caregiver Resource Program). After introductory comments by the panelists, summit participants self-selected into break-out sessions for further description of what is needed in this service area and what are the current gaps in service related to this topic. The notes from break out groups can be found in Attachment B.

Anne Hinton, the Director of the San Francisco Department of Aging and Adult Services, provided an informative and well-received presentation on the California Coordinated Care Initiative (CCI) and why San Francisco decided to plan for its implementation although they are not a designated county to begin CCI now. Anne presented a power point describing how CCI provides an improved approach to coordinated services for seniors and persons with disabilities (See her key points in Attachment D).

All summit participants present completed an individual survey to identify their own top 3 priorities to be addressed by YHAA and provide suggestions of solutions and first steps to address these priorities. Results of the survey can be found in Attachment C. The categories of housing, transportation and mental health were priorities as expected. Affordable housing was the most common priority identified 19 times and housing issues in general were a

priority for 29 participants. Interestingly, access to information was often a top priority for participants, with many suggestions of how to best address this need being offered. When combined with the breakout information and final discussion there are a great number of interesting suggestions to improve service delivery and individual circumstances. Findings were grouped by category to provide additional context and assist with prioritization of the strategic plan.

The last portion of the day was dedicated to small group discussions to allow further discussion of the lessons learned, gaps identified and possible solutions to these problems. Following these rich discussions, table representatives shared final thoughts on the day and ideas of how YHAA should move forward. These ideas and suggestions are captured in Attachment E.

The 2014 Healthy Aging Summit is the first phase in a year-long strategic planning process for the Yolo Healthy Aging Alliance. All of the data and findings from the summit will be presented to the 3 YHAA committees: Collaboration, Advocacy and Board of Directors, for further discussion and development of priorities and strategies to address the needs identified as most pressing. All participants were invited to join a committee, join the YHAA listserv and/or be a part of the strategic planning process.

Local newspapers covered the event. The October 5, 2014, front page article by Anne Ternus-Bellamy in The Davis Enterprise is included as Attachment F and the Woodland Daily Democrat report follows.

ACKNOWLEDGEMENTS

Thanks to the Yolo Healthy Aging Alliance Board of Directors: Supervisor Jim Provenza (chair), Peggy Goldstein (vice-chair), Alysa Meyer (secretary), Penny Smith (treasurer), Fran Smith, Davis Campbell, Joan Beesley, Christi Skibbins, Dawn Myers Purkey and Kim Britt. Thanks to our presenters: Assemblymember Mariko Yamada, Congressman John Garamendi, Senator Lois Wolk, Meea Kang, Elaine Musser Roberts, Nancy Edgar, Peggy Phelps, Anne Hinton and Sheila Allen. Special thanks to our facilitator YHAA Chair, Supervisor Jim Provenza. Thank you to our event co-sponsors the Yolo County Commission on Aging and Adult Services and the In Home Supportive Services Advisory Committee. Special thanks to Atria Covell Gardens of Davis for providing breakfast, lunch and snacks and drinks and Dawn Myers Purkey and Peggy Phelps for arranging for the food. Thanks for day of event support from District 4 Assistant Deputy Supervisor Sandra Rodriguez and UC Davis Masters in Public Health intern, Cheryl Yee and photography assistance from Kim Britt. Thanks to the planning committee: Louise Bettner, Fran Smith, Kim Britt, Dawn Myers Purkey, Cheryl Yee and Sheila Allen. Thanks to YHAA Executive Director, Sheila Allen, for planning and support for the event. Thanks to The SCAN Foundation for their on-going support of the YHAA. The Yolo Healthy Aging Alliance is part of The SCAN Foundation's Community of Constituents initiative, building a statewide movement to transform the system of care so that all Californians can age with dignity, choice and independence. Thank you to all of the participants in the day and your willingness to be a part of the next steps of the planning process and identifying solutions to assure all persons in Yolo have a healthy aging experience.

ATTACHMENT A



2014 Yolo Healthy Aging Summit Agenda

- 8:15 Registration and light breakfast
- 9:00 Welcome and update of progress since 2010 Yolo Aging Summit - Supervisor Jim Provenza & YHAA Executive Director Sheila Allen
- 9:15 Yolo County and California addressing aging needs- Assemblymember Mariko Yamada
- 9:30 Panel Presentation - Unaddressed aging needs in Yolo County
 - Housing-Meea Kang, Domus Development
 - Transportation-Elaine Musser Roberts, Yolo Commission on Aging
 - Mental Health-Nancy Edgar, Yolo Mental Health Program
 - Planning for a healthy aging experience-Peggy Phelps, Yolo Caregiver Resource Program
- 10:00 Break out groups (select one of above topics) What is needed? What is missing?
- 10:45 Break
- 11:00 Report from breakout sessions
- Noon Lunch
- 12:30 Federal initiatives to support healthy aging in Yolo County – Congressman John Garamendi
- 1:00 State initiatives to support healthy aging – Senator Lois Wolk
- 1:15 Planning for the Right Service at the Right Time-The San Francisco Experience – Anne Hinton
- 1:30 Break out – Addressing unmet needs and next steps in Yolo County
- 2:30 BREAK
- 2:45 Report and discussion from breakouts
- 3:45 Next steps and concluding remarks – Sheila Allen & Jim Provenza

ATTACHMENT B

Housing

Break Out Notes

What is needed?

Types of housing needed:

- Transitional housing
- Continuum of care-integrated approach for all phases of life
- Board and Care facilities
- Accessible housing-accommodations for seniors and adults with physical disabilities
- Temporary housing for those most at-risk

Funding for affordable housing

Senior Housing Funding caps are in place and need to be addressed

For planning it is best to place senior housing sites near services and supports

Housing next to accessible areas that include things such as food and social activities

“Senior center like” services including service coordinator or activity director to keep people engaged within housing complex and refer to services when needed

Each city has a housing plan process-need to include the needs of older adults (the next one is not scheduled until 8 years from now)

Redirect MediCal funding for housing

What is missing in Yolo County?

Homeless population-facility in Woodland is almost always full. A very small place in Davis.

FOLLOW UP: Look into the Sacramento Senior Safe House, a 6 bed facility for homeless or persons removed from home because of abuse or neglect (a transitional facility).

Davis and Woodland rely on developers to pay fees resulting in limited funding options for housing and support projects since funding removed by state

Shortage of Board and Care facilities in Yolo (currently only 2)

Currently very limited options for Assisted Living paid by MediCal

Funding for accessible housing

Mental Health Break Out Notes

What is needed?

“My services are very good” says one long-term consumer

Need for mental health services for people who have dementia. This care is not funded. Dementia considered “medical” rather than “psychiatric” in terms of funding. This is a statewide problem.

Psychiatric services not provided to people with Medicare. Dual Enrolled in Medicare/MediCal patients are served but not those with Medicare only.

People with Medicare cannot get services in part because there is a lack of providers who accept Medicare.

Need gero-psych education for professionals and consumers. The few geriatric practitioners may well be “full” and unable to take additional patients.

Chronically mentally ill patients are served better than those with less severe disorders who often have many additional health-related diagnoses. People with health related depressions, for example, are not being referred for mental health services. Dementia/mental health intersect.

Patients need to be referred for mental healthcare within their system of care. Chronic health problem accompanied by dementia needs to be served and both considered and care coordinated. Health care providers may not be properly trained to diagnose and treat dementia especially as it intersects with other disease processes.

Need to re-consider dementia to include a psychological component. System capacity is an issue as this requires very specialized care. Primary care provider might not be equipped to treat depression or other psychiatric issues.

Need to prioritize treatment of depression and elder suicide. People choose to end their lives rather than face isolation. This is especially acute after chronic disease diagnosis and for men.

Social isolation interfaces with psychiatric issues. Adjunct resources such as Adult Day Health services are quite limited. Need more services.

Look at The Netherlands' services, more a social model than “medical”.

Person-centered approach needed...example is Alzheimer's Cafe in Woodland

Building community-intergenerational approach to dementia care

Office of Health Equity - how can they help prompt legislators to fund programs?

Older adults have been identified as an under-served population. We need recognition that they need to be funded and served

Traumatic brain injured patients are another emerging population.

Need to look at more collaboration opportunities for mental health providers.

What is missing in Yolo County?

Need to fund a physician who serves half APS/half mental health populations.

Services for veterans in nursing homes

More practitioners who accept Medicare

Adult Day Health Center provides vital care for this population and is at capacity and already has a wait-list.

Risk for suicide gap in service in Yolo County: not able to follow up with these persons after the crisis.

Need stronger connection and collaboration between county mental health and IHSS services.

Loss of Partnership Advantage program at end of year. What will Partnership do to mitigate this?
What will people do who need dental, vision and transportation that will no longer be available?

FOLLOW UP: Sacramento Co has department of health equity: look at this model

Planning for Healthy Aging and Caregiving Break Out Notes

NOTE: Largest group—took up 2 full tables. Knowledge level was 2 groups: knew a lot or little to no knowledge of services and supports.

General Consensus: “We need more Peggys” referring to the Caregiver Support Program coordinator

What is needed?

Housing issue is scary—gaps in housing; especially for those who need assistance (not eligible for assistance). Space, eligibility and cost are all issues.

What do you do when one spouse is healthy and the other is dealing with medical issues?

Family has some money, but not enough to cover all costs associated with care.

- How do you keep both spouses engaged with varying needs?

Not easy to find where to get information. There needs to be a handout available to people in many/various locations. Need reliable place to go that everyone knows about including:

- Senior Centers
- Newspapers
- Internet
- County Fair marquee
- 2-1-1

Take advantage of our local senior centers. There should be more collaboration/events at the centers to provide resource and relevant information. Most senior centers have a calendar they publish where resources can be added. Most senior centers have a kiosk with resource information.

The information needs to be immediately available. “The right service at the right time”

Use local papers/publications to put out information relevant to seniors. Need information put out via various types of mediums... not just internet/website.

How do we spread the word? YHAA Collaboration can help

Critical issue: shortage of beds and resources for folks that are not eligible for public services and cannot afford to self pay. The seniors “in the gap” of long-term resources. Also, still need more beds available (board and care/SNF) for those with MediCal.

What options are available for those who are Medicare eligible...especially when it comes to long-term care needs?

- Gap: information on the need for long-term care insurance and where to go to get information on it.

- Logical hub for this information: Senior centers

NEED TO MAKE A PLAN BEFORE YOU NEED IT!

Income eligibility is unrealistic related to needs. We need to do something about the issue of “spending down”.

Advance planning: need information on how to “spend down assets” and help with the paperwork. Medical professionals can assist—great avenue as people tend to listen to their health care professionals. It would be helpful to identify people who would benefit from this information.

Need more people trained and able to assist people when they call in. It needs to be publicized widely and staffed by a person, e.g: Resource specialists.

Case management services—help navigate thru health care services and other community resources. Have nurses/nurse practitioners that specialize in this type of service. This is happening in the health care systems now.

“Network of care website” (used in Solano County)—mission: provides resources and info. One stop shop related to behavioral health. County can buy into this network of care website and offer many different types of resources (not just behavioral health).

211—if need is beyond what 211 can do they are supposed to be “patched” or provided a “warm hand off” to LNSC (Senior Link) for assistance.

Physicians need to know more about resources themselves or refer to person who does. Hospitals have a major struggle...patient cannot safely go home and end up staying in acute care (not appropriate level of care needed). This is a particular struggle for dementia patients.

Education is so important—sudden illness, now needing medical assistance—might be required to spend down nearly all their assets. Education would help people prepare for these unforeseen situations.

Share of Cost—eligible for Medi-Cal, but their share of cost is so high that they cannot afford to access services

Nutritional reform for those on SSI—need advocacy/reform so that SSI recipients can be eligible to CalFresh (food stamps). This needs to be addressed. (YHAA Advocacy group is working on this)

Need for short term respite! Gap: Affordable and qualified respite on demand. Need some type of referral service available for the community (Currently the Public Authority has a list of qualified and screened providers but can only refer for Medi-Cal eligible). Suggestion: keep a list of volunteers for respite. This will require an agency to accept liability for referrals.

Yolo Disaster Preparedness Plan: key people have been identified as local resource experts that can respond in an emergency. Can these people be accessed in non-emergency situations?

Only 2 Board and Cares take SSI in Yolo Co. is insufficient.

High School could provide health care training to increase capacity of providers of skilled in home assistance.

Seniors most vulnerable for being scammed

Transportation Break Out Notes

What is needed? What is missing?

Rural Areas – Identified as a priority area, as transportation is almost non-existent there. County Road 16 up through Capay Valley connects to Cache Creek Casino so there may be contributions available from the Tribes for collaboration to create transportation for people in the rural areas.

Planning Based on Data - We do not know exactly how many people are out there. Sacramento Area Council of Governments (SACOG) is getting ready to do a survey of the transportation needs in Yolo County. The process is going to start in this month. YHAA could engage in outreach efforts to identify seniors in our community as a group to participate in this survey process.

WE NEED TO DEFINE THE PROBLEM, BEFORE WE START TO SOLVE ANYTHING.

Connecting Transportation Resources to the Need

Limitations and barriers in using public transportation.

It is difficult to get people from one point to the other in an efficient and timely manner using public transportation. Possible approaches – concierge services or community care car services using volunteers to transport elders for medical or other appointments.

Partnership Advantage Plan currently providing taxi service for necessary medical service. Program being discontinued-will Partnership work to make sure those using it now will continue to be served?

Connecting the County with resources that are outside the County-interjurisdiction agreements and co-planning is needed.

Transportation to medical appointments outside county limits is something to look at as a service needed.

Davis would like to start something like the community care car that is in Woodland.

Access for Hearing Impaired

Think of other sources other than just computers.

Yolo Healthy Aging Alliance can help with identifying resources.

A lot of people don't have access to resources. There is a need for more focused service-someone or an known organization that can help seniors know how to get to where they need to go in a timely manner.

Education needed for seniors and service providers.

More information and education is needed for providers to know what services are available and how to use and refer to the services.

Education to the providers is also needed. Providers need to know what is out there and be able to communicate this information to the community.

Yolo Link is a resource to contact in regards to information about services.

West Sacramento Most in Need

West Sacramento is the most limited in transportation out of the 3 major cities in Yolo County.

More aging people in West Sacramento and it is the city with the most need.

Golden Age Care center in West Sacramento has 6 buses that are not in use. MediCal clients are the only people that can use the buses. This could be a resource for starting a program.

Cultural Issues Provide Barriers to Transportation

Cultural barriers and a lack of information for non-English speaking community is an important issue. Not a good job communicating with them in different languages e.g.: Russian, Spanish.

Translation services needed. Connections Café in Davis is exploring with Google translate, would like to see if this program can help with issues.

There are big pots of transportation money from the federal government, grant are available. A4AA might be able to help to obtain with some transportation funding.

ATTACHMENT C.
INDIVIDUAL SURVEY RESULTS-PRIORITIES AND SOLUTIONS

Priorities	Repeat	Categories
Elder abuse prevention (physical, financial, mental)		ABUSE
Financial abuse		ABUSE
Fraud and scamming awareness	2	ABUSE
Expansion of Adult Day Health		ADHC
Raise awareness of public officials of senior needs		ADVOCACY
Increase funding for services that support seniors		ADVOCACY
Identify gaps in services		ASSESS
Training of new caregivers (students in high school)		CAREGIVER
More trained, affordable, legal caregivers		CAREGIVER
Care Coordination		COLLABORAT
Develop a comprehensive network of services that encourages collaboration	2	COLLABORAT
Coordination of medical, social and behavioral services		COLLABORAT
Work with providers-innovative ways to provide services (telehealth, econsult)	2	COLLABORAT
Collaboration of providers	2	COLLABORAT
Increase collaboration between care facilities and senior centers		COLLABORAT
Increase care managers/coordinators		COLLABORAT
Care transitions with all resources in place before change		COLLABORAT
Services are seamless between departments		COLLABORAT
Appropriate medical coverage including dental		DENTAL
Services for those who are not Medi-Cal eligible		FINANCE
Address elder poverty	2	FINANCE
Increased funding for health care for seniors		FINANCE
More help for seniors "in the gap"-services to keep in home	2	FINANCE
Increase government funding for senior programs		FINANCE
Help with transition to Medi-Cal		FINANCE
Resources for seniors who want/need to continue to work		FINANCE
Allow SSI recipients to received CalFresh (food stamps)	3	FOOD
Food insecurity for older adults in Yolo		FOOD
Healthy food assistance	3	FOOD
Continuum of care housing options	2	HOUSING
Affordable Housing	16	HOUSING
More transitions from SNF to community		HOUSING
Multigenerational, walk-bike friendly housing options		HOUSING
Housing with social and other connections		HOUSING
Shortage of board and cares for elder & disabled		HOUSING
Affordable in home care (those not IHSS eligible)	2	HOUSING
Need for emergency and transitional housing		HOUSING
Beds for affordable placements		HOUSING

Housing resource hotline (24 hr)		HOUSING
Housing for seniors above poverty but below ability to pay		HOUSING
Resources for seniors caring for grandchildren and need for mixed housing		HOUSING
IHSS workers trained and available when needed		IHSS
Expand mental health care access for seniors	6	MENTAL
Need for integrated care, esp. for mental health and chronic illness		MENTAL
Mental health support for caregivers in the home		MENTAL
Mental health tele-health program		MENTAL
Mental health services for older adults including dementia	3	MENTAL
County Older Adult Program expanded to include any senior in crisis		MENTAL
Education and communication on dementia care and options		MENTAL
Adequate physical and mental health services available		MENTAL
Psychiatrists that accept Medicare and consult with PCP		MENTAL
Psychiatric resources		MENTAL
Social isolation		MENTAL
Exercise opportunities for seniors		PHYSICAL
Resources and Information	10	I & R
Educate seniors about services available	4	I & R
Expand information care services to address loneliness and depression		I & R
Care provider website		I & R
Information in multiple languages		I & R
Communication services-translation services		I & R
Hub for senior care information		I & R
Computer access and training	2	I & R
Centrally located and easily accessed information esp. for crisis		I & R
Education of services available	2	I & R
Better dissemination of information		I & R
Care and information in their primary language		I & R
Respite care	7	RESPITE
Transportation	19	TRANSPORT
Transportation in rural areas	3	TRANSPORT
Transportation from rural communities to Woodland (and back)	2	TRANSPORT
Better interaction between transportation agencies		TRANSPORT
Make public transportation a convenient and desired alternative		TRANSPORT
Highway safety concerns esp. Highway 16 near Madison		TRANSPORT
Rides for grocery shopping		TRANSPORT
Solutions	Repeat	Category
Provide information to community and seniors regarding prevention of abuse		ABUSE
Training providers and families to recognize and report abuse		ABUSE
Education of seniors regarding financial abuse where they reside		ABUSE
Adult Day Services-County + Mercy Housing + Dignity		ADHC

Develop Adult Day Health in Davis	2	ADHC
Legislative advocacy to expand services to those who cannot afford		ADVOC
Create an advocacy group to inform elected on senior needs	2	ADVOC
Add link on website to contact elected on senior issues		ADVOC
Develop strategic plan for each issue		ADVOC
Be a voice for seniors at state and federal level for appropriate resources		ADVOC
Comprehensive senior survey	2	ASSESS
Caregiving programs at high schools	2	CAREGIV
Increase hours for caregiving through IHSS		CAREGIV
In home care recognized by CMS as part of continuum of care		CAREGIV
In home care covered by private insurance (Kaiser, Blue Shield, Medicare)		CAREGIV
Private registry for trained, affordable, legal caregivers		CAREGIV
Private day care		CAREGIV
Subsidies for in home care		CAREGIV
Care transitions program-person centered and community centered		COLLAB
YHAA providers and county working together		COLLAB
County integration of services needs a Senior Services branch		COLLAB
YHAA Collaboration Committee is a great start		COLLAB
Coordinate meetings with representatives of all fields to increase networking		COLLAB
Collaboration Committee continue work	2	COLLAB
Assure all providers (including skilled nursing facilities) included in conversation		COLLAB
Educate healthcare providers about community resources		COLLAB
Collaborate with entities that provide transportation-churches, schools, city, etc.		COLLAB
Healthplans, hospitals, clinics, etc. ensure followed through health continuum		COLLAB
Combining all county department to create no wrong door for recipients		COLLAB
Change tax credits to greater than 15percent	2	FINANCE
Pursue legislative or waiver agreement to allow SSI to receive CalFresh	3	FOOD
Gardening opportunities		FOOD
Housing need to involved state and federal officials to address		HOUSING
Assisted living waiver program (pay RCFE with MediCal funds)		HOUSING
Housing needs assessment		HOUSING
Identify funding source to supplement Board and Care costs for seniors		HOUSING
Increase Assisted Living centers-use waiver program to increase low income beds		HOUSING
Work with city planners to include senior housing in future plans		HOUSING
Senior living communities to include information and social support		HOUSING
Housing options for low income and homeless seniors		HOUSING
Funding mechanisms to increase affordable housing		HOUSING
Request funding from Alzheimer's Assoc. for services, not just research		MENTAL

MDs need a kit to give person and family at Alzheimer's Diagnosis		MENTAL
MD need to assess for signs of depression and give referrals		MENTAL
After Alzheimer Diagnosis family needs follow up call at least every 6 mo. to refer to services as needs change		MENTAL
Expand scope of care by county to include seniors with depression		MENTAL
Work with mental health providers to accept lower payment from seniors		MENTAL
Include care of those with dementia by public & private mental health providers		MENTAL
Work with county to expand mental health services beyond seriously mentally ill		MENTAL
Restoration of Older Adult program to include beyond seriously mentally ill		MENTAL
Handouts and services for dementia		MENTAL
On call crisis psychiatrist or psychologist needed 24/7		MENTAL
Psych tele-medicine for assessments and consults		MENTAL
Integrate medical care and mental health care		MENTAL
Change the definition of dementia to include psychiatric issues, care & payment		MENTAL
Create activity based 4 hr programs (e.g: improv, singing, drumming, relaxation)		MISC
Development of mobility management center		MISC
Include persons in skilled nursing facilities in needs assessments		MISC
Each community needs to have a senior plan		MISC
Formal needs assessment		MISC
Comprehensive, wide spread Resource guide	4	I & R
Printed materials with service information in places seniors visit		I & R
Examine Solano Co. Network of Care website		I & R
Provide more information in mail and by email or through senior centers		I & R
Public education and trainings		I & R
Marketing campaign for awareness of how to access services		I & R
Develop a resource location for information and assistance		I & R
Work with high schools and community college to include life planning		I & R
Senior information fairs to get information out		I & R
Resource center for information for seniors, families, friends		I & R
Task force to discuss ways of getting resource information into community		I & R
Multiple ways of accessing info: website, fliers, signs, telephone, presentations		I & R
Contact Senior Centers to put resource information in monthly newsletters		I & R
More information workshops		I & R
Conduct needs assessment		I & R
Use senior gathering places to get info out: newspapers, organizational bulletins		I & R

Every city should have comprehensive information resource list-a local 2-1-1		I & R
Social workers educated on all resources available (beyond their own agency)		I & R
In-service for health providers on community resources available		I & R
Short term respite agency		RESPITE
Work with faith community for respite options		RESPITE
Volunteer pool of retired health care professional as a respite option		RESPITE
Develop additional respite options in the community		RESPITE
Include rural community and farmers in assessment and solutions		RURAL
Senior groups for workers/farmers		RURAL
Make public transportation easier to use		TRANSP
Create ridesharing system like Uber-utilize personal vehicles for transportation	2	TRANSP
Increase existing voucher system		TRANSP
Work with county resource manager to expand transportation options		TRANSP
Conduct senior transportation survey		TRANSP
Transportation needed for appointments outside of the area		TRANSP
Bring all providers of transportation together to better collaborate		TRANSP
Transportation for farmers or workers to medical care		TRANSP

ATTACHMENT D.

Coordinated Care Initiative and Cal MediConnect (Anne Hinton)

What is Cal MediConnect?

- California's pilot project under CCI
- Focuses on Medicare & Medi-Cal beneficiaries
- Combines health services (medical plus LTSS in a single benefits package)
- Delivered by managed care Health Plans
- Under a capitated payment model
- Provide all Medicare & Medi-Cal benefits

Long-term services & supports (LTSS), to be included, at minimum:

- In-Home Supportive Services (IHSS)
- Multipurpose Senior Service Program (MSSP)
- Community-Based Adult Services (CBAS-new name for Adult Day Health Care)
- Skilled Nursing Care – Medi-Cal funded

Cal MediConnect Goals

- Coordinate state & federal benefits
- Optimize Medicare & Medi-Cal
- Coordinate access to care across care settings
- Improve continuity of care
- Use a person-centered approach
- Maximize ability of dual-eligible beneficiaries to remain in their homes and communities with appropriate services and supports instead of institutional care
- Increase availability and access to home and community-based services
- Preserve consumer ability to:
 - self-direct care
 - receive high quality care

Link to San Francisco Long-term Care Initiative Strategic Plan:

http://www.sfdaas.org/asset/SeniorsAdultswithDisabilities/2013_LTIC_Strategic_Plan_Final.pdf

ATTACHMENT E
End of the Day Discussion (all participants)
What is it that we want to accomplish?

****Participants discussed issues and strategies from entire day and provided input on goals and next steps for YHAA**

Transportation

1. Need to create a Transportation Plan for each city and rural that will include health care appointments, store, etc. Ideally, a vehicle should pick them up and transport door-to-door. We should engage the health care industry to be a part of the solution.
2. Transportation-SACOG is currently undertaking a survey of community needs. We need to get information from today to them and also assure that senior voice and needs are included in the survey.
3. Transportation vouchers for seniors-this system works but needs to be expanded.
4. Some healthcare system require persons to travel great distances and out of current public transportation reach so they can be part of the solution.

Housing

1. More affordable housing for seniors such as Eleanor Roosevelt Circle apartment complex in Davis.
2. Need to increase the number, location and variety of affordable Board and Care options with a social worker on site.
3. Increase shared housing options
4. An evaluation of housing availability and where the shortages are needs to be done
5. Only 2 Board and Care facilities remain in Yolo Co. What would attract B & C back?
6. More memory care units needed
7. Affordable senior housing-proposal to bring to state or private donors
8. Continuum of care housing that allows communication across all parts so that they share information and data and have a comprehensive plan for individual.

Mental Health

1. Re-institute Older Adult Program in Mental Health Department in Yolo.
2. Support for tele-psychiatry program being readied now– use technology to reach persons in their home and especially in rural areas.

Information, Referral and Care Management

1. Suggest development of a “health care life coach” to work with individuals, caregivers and families to identify needs and navigate care.
2. Centralized information center for senior information

Caregiver Issues

1. Formal caregiver training needed
2. Registry for private caregivers that have been trained

3. More in-home care covered under regular insurance or supplemental. Too expensive with current model
4. Educate families about benefits of caring for your family. Multigenerational can be a great experience. Resources need to be there to make this work.

Care Delivery Systems

1. Need a Department of Senior Services in the proposed Yolo Health and Human Services agency so they can all work together for a better outcome.
2. Investing in technology-telemedicine, better safety utilizing technology
3. Integrate information between health systems and out into community. Data sharing is essential.
4. More training and education for family and caregivers before someone is discharged or sent home on their own. Need to be given the time and supports they need while still in professional care to be successful at home (ER, in patient, nursing home).
5. Innovative models of Long-term Services and Supports (LTSS) delivery is a long-term objective
6. Senior hunger solutions could be available in community look at total picture e.g.: need, food delivery, better nutrition, coordination with ENP (this is beyond the SSI and CalFresh issue).
7. More adult care centers and expand current centers

Follow up from Summit

1. Communication Plan needed to share information from today for subgroups in the community.
2. A best practice to investigate: “Trilogy-Network of Care for disabled and seniors- a website that they set up for you. San Mateo County has this and Solano County is looking into it.

THE DAVIS enterprise

Sunday, October 5, 2014

Yolo County grapples with silver tsunami

By Anne Ternus-Bellamy

From page A1 | October 05, 2014 |

The long-awaited silver tsunami has arrived.

Baby boomers hitting their senior years are the fastest growing population in Yolo County and have been for a while, increasing demand for everything from health care to respite care, affordable senior housing to basic safety-net services like food assistance. At the same time, the prolonged recession resulted in funding cuts for many programs targeting seniors, something Assemblywoman Mariko Yamada of Davis saw close up while chairing the Assembly's Committee on Aging.

Of all of the health and welfare programs that saw reductions in funding in recent years, Yamada said, cuts on services to the aging "were overwhelmingly disproportionate."

"It was really shocking how disproportionate," she added.

Those cuts have impacted everything from Meals on Wheels to in-home care to mental health services for the elderly.

And while the economy has begun turning around, and some funding has been restored, many issues remain, Yamada said, particularly when it comes to seniors in poverty.

"We know that children get a lot of attention," she said. "Child poverty is in the media quite a bit. But elderly poverty, for women in particular, is a big issue."

Yamada's remarks came during the 2014 Yolo Healthy Aging Summit in Woodland on Friday, where policymakers, caregivers and senior advocates gathered to identify and begin addressing gaps in services that continue to exist for seniors. Topping the list: affordable housing, transportation, mental health care and services for caregivers.

This was the second such summit held in Yolo County since the creation of a Yolo Health Aging Alliance in 2012.

Taking a page from the successful Yolo County Children's Alliance — which pulls together a wide assortment of public and nonprofit agencies to address issues of concern to children — county officials created the aging alliance to do much the same for seniors. Chaired by Supervisor Jim Provenza of Davis, the alliance has focused in the past two years on advocacy, collaboration and education, with an emphasis on coordinating community-based services.

Those local efforts have put Yolo County ahead of the curve in many ways, Yamada said, but much work needs to be done.

By the numbers

The numbers help explain why.

Between 2000 and 2010, the number of Yolo County residents between the ages of 55 and 64 increased by 74 percent, from 11,613 residents to 20,159 — the biggest increase for any population group in the county and more than twice that of one of the next fastest growing groups — residents between the ages of 65 and 74, which increased 31 percent, according to county data.

Those over the age of 85, meanwhile, increase by 51 percent, from 1,973 residents to 2,974.

How to help house, feed, transport and care for those residents likely will be an ongoing issue for the county for years to come, advocates say.

Meea Kang, president of Domus Development, said concerns on the housing front involve both affordability and location. Her company is building senior housing in Winters that aims to address both issues: The 63 affordable housing apartments will be located along Grant Avenue, providing easy access to medical care, grocery stores and other services.

But building affordable housing has been made more difficult by the loss of redevelopment funds and lack of funding from the federal government, she said.

“The resources for senior housing are not growing but the needs are,” Kang said.

“We have to seize opportunities in front of us,” she said, “for healthy, walkable communities.”

Elaine Roberts Musser, a longtime advocate for seniors, agreed, saying communities need to focus on infill projects for senior housing so older residents have easy access to needed services.

Failure to do so, Musser said, will only increase the need for transportation services for seniors, and “we already don’t have enough transportation services.”

Getting around

How well seniors who are reliant on public transportation are able to get around in Yolo County depends largely on where they live.

While 85 percent of the county’s residents live within the city limits of Davis, West Sacramento and Woodland and have access — at the very least — to YoloBus, Musser said, the remaining 15 percent live in more rural areas where public transportation can be nonexistent.

When seniors reach a point where they are no longer able to safely drive, she said, “they need to know they have options. But some communities have better options than others.”

Davis comes out on top in terms of options, thanks largely to the city’s relationship with UC Davis and the availability of Unitrans, which seniors ride for free. Davis also has Davis Community Transit, which provides transportation services for the disabled; YoloBus and YoloBus Special, which provides paratransit services; as well as taxis and airport shuttles.

Additionally, the city has implemented travel training for seniors, Musser noted.

Throughout the year, the Davis Senior Center hosts trainings where seniors can try out Unitrans as a group, learning how the schedules work, where stops are, how to get on and get off the bus and any other information that might be needed to reduce fear and anxiety about taking public transportation.

Travel trainings in recent years also have included bicycles, with seniors able to try out different cycling options, from motorized rides to big tricycles.

Musser said she’s even gotten back on the bike after many years.

But outside of Davis, transportation options for seniors rapidly decline. Woodland and West Sacramento are limited primarily to YoloBus and YoloBus Special, which are not always ideal, noted Provenza, who said it can take two hours to travel by bus just between those two cities. Seniors in rural areas, on the other hand, are pretty much out of luck when it comes to public transportation, just one of many concerns they face, since everything from mental health services to food assistance may be in short supply, officials said.

Fighting hunger

The Yolo Food Bank has instituted a number of programs in recent years aimed at fighting hunger in the far corners of rural Yolo County, areas where grocery stores are few and far apart and transportation for low-income people of all ages limited.

Just how many of those residents are seniors hasn't been documented, but what has been found is a sizable group of seniors throughout the county rely on free food assistance from the Food Bank to get by.

The report "Hunger in America 2014," released this summer, found that of the 44,400 Yolo County residents who received assistance from the Yolo Food Bank and its partner providers, nearly 40 percent are over the age of 60 — a number that surprised local officials.

The survey also found that 57 percent of clients have to choose between paying for food or paying for medicine or medical care, with 20 percent facing that choice every month; more than 30 percent have to choose between paying for food and paying for utilities; and 29 percent reported choosing between paying for food or paying for transportation in the past year.

Demand also has been growing for the county's Meals on Wheels program, which provides daily hot meals to homebound seniors and community meals for seniors at various locations around the county. The program has had to rely more than ever on private support in the wake of funding cuts for elderly nutrition programs nationwide.

Mental health

Another area of concern is mental health care.

Nancy Edgar, supervisor of the Older Adult Team for Yolo County Mental Health since 2006, said the downturn in the economy meant a lot of cutbacks in her department, with the team only being rebuilt slowly.

The good news, she told those attending the aging summit on Friday, is that two nurses were recently hired for Adult Protective Services and funding has made tele-psychiatry possible as well, allowing for treatment of seniors even when they have difficulty getting to mental health care professionals.

But the biggest gap in services is for those having symptoms secondary to a medical issue or dementia, and of particular concern is depression.

"We need to prioritize depression," said Dawn Myers Purkey, program manager of the Yolo Adult Day Health Center.

Many seniors are not being treated for their depression, she said, and elder suicide "is an epidemic."

"We need to start paying very close attention, especially to men and those with chronic conditions," she said.

Suicides and attempted suicides were named one of the top local concerns by the Yolo County Health Council in its annual report released earlier this year.

“We have more deaths from suicide than homicide,” Dr. Michael Wilkes, then chair of the Health Council, told county supervisors back in July.

And while adolescents accounted for the most hospital admissions for suicide and self-injury, he said, seniors over the age of 65 accounted for the next most.

Overall, hospital admissions for attempted suicide increased by 130 percent between 2008 and 2012 from 33 to 76, the council reported, and that didn’t include attempts that did not result in hospitalization.

Caregivers, too

Seniors themselves were not the only topic of concern at the aging summit on Friday — their caregivers were as well.

The need for respite care and in-home support is growing along with the aging population, said Peggy Phelps, a longtime social worker with the Yolo Adult Day Health Center.

Respite care is something the center provides on a daily basis — a place for seniors to socialize, exercise, eat and receive medical attention while their caregivers work or catch a breather and by doing so, keeps all of these seniors out of nursing homes.

But the center is packed daily now, with more than 30 people on the waiting list, Phelps said, evidence of the growing population outstripping the availability of services.

Breakout sessions during the aging summit gave those in attendance the opportunity to talk about their top concerns and resulted in what Provenza dubbed a lengthy “to-do” list for county officials.

Topping the list: the need for affordable senior housing that offers a continuum of care; transportation that addresses not only seniors living in more isolated rural areas but also those who struggle to use public transportation because of issues like hearing loss, lack of mobility, lack of access to the Internet and language barriers; and addressing the many families who fall in the no-man’s land of care: who earn too much to qualify for Medi-Cal and in-home support services but who don’t have enough to pay for it themselves.

Noting the lengthy to-do list, Provenza offered the quote, “Problems are only opportunities in work clothes,” and said the next step “is to begin working on these problems.”

Learn more about the Yolo Healthy Aging Alliance by visiting www.yolohealthyaging.org or contacting executive director Sheila Allen at 530-400-3471.

— Reach Anne Ternus-Bellamy at aternus@davisenterprise.net or 530-747-8051.
Follow her on Twitter at [@ATernusBellamy](https://twitter.com/ATernusBellamy)

Daily Democrat

Leaders highlight senior issues speak at Yolo Healthy Aging Summit

By Margaret Baum

mbaum@dailydemocrat.com @woodlandbaum on Twitter

About 100 participants gathered Friday at the Community and Senior... (Margaret Baum-Daily Democrat)

A day long summit on healthy aging provided a platform for seniors, caretakers and others to discuss issues including housing, transportation and medical care.

The 2014 Yolo Healthy Aging Summit, which was hosted by the Yolo Healthy Aging Alliance Friday at the Community and Senior Center, included speeches from local politicians.

"What is it that we need to be doing to be planning for the silver tsunami?" asked Assemblywoman Mariko Yamada, D-Davis, who has been an advocate for senior citizens during her term. Yamada helped the Yolo Healthy Aging Summit coin the term "silver tsunami" to refer to the growing senior population.

"It's already here," she said. "We have 10,000 people a day turning 65 in our country. This is going to go on for the next 19 years or so."

Yolo County Supervisor Jim Provenza presented a senior superstar award to Yamada before her speech.

Throughout the day about 100 people broke into small groups to talk about what still needs to be done in terms of health care for older adults.

"We are attempting to be the unified voice for older adults in Yolo County," said Sheila Allen, executive director of the Yolo Healthy Aging Alliance. "By 2030 there will be 22.1 million older Americans."

Allen said that the organization is currently focusing on topics such as mental health care for seniors, in home support services and people who have dual eligibility meaning that they qualify for both Medicare and Medi-Cal.

<END 2014 SUMMIT REPORT>

Appendix E.

Facts and Figures-Yolo Demographic Report

Data source

This report relies exclusively on data provided by the 2016 American Community Survey (ACS)¹ 5-year estimates, accessed through the American FactFinder database². Briefly, the ASC is an ongoing survey that provides yearly estimates of demographic data for small geographic areas (Census tracts and block groups³). The 2016 5-year estimates are based on survey responses collected between 2012 and 2016 from over 10 million people and/or households from across the United States, including over 1 million from California.

The strength of the ACS lies in its ability to capture and/or estimate demographic changes that 1) occur on a timescale that is too short to be observed in the decennial Census, or 2) have largely taken place since the most recent Census data was collected. As of the writing of this report, the 2010 Census data is 8 years old, thus until the 2020 Census data is available the ACS provides the most comprehensive, up-to-date information collected and disseminated in a highly standardized format. The primary weakness of the ACS is that the reliability of the data for smaller populations, including rural areas, is somewhat lower due to the small absolute number of respondents. For most populations described here this not a major issue.

Figure 1: General population

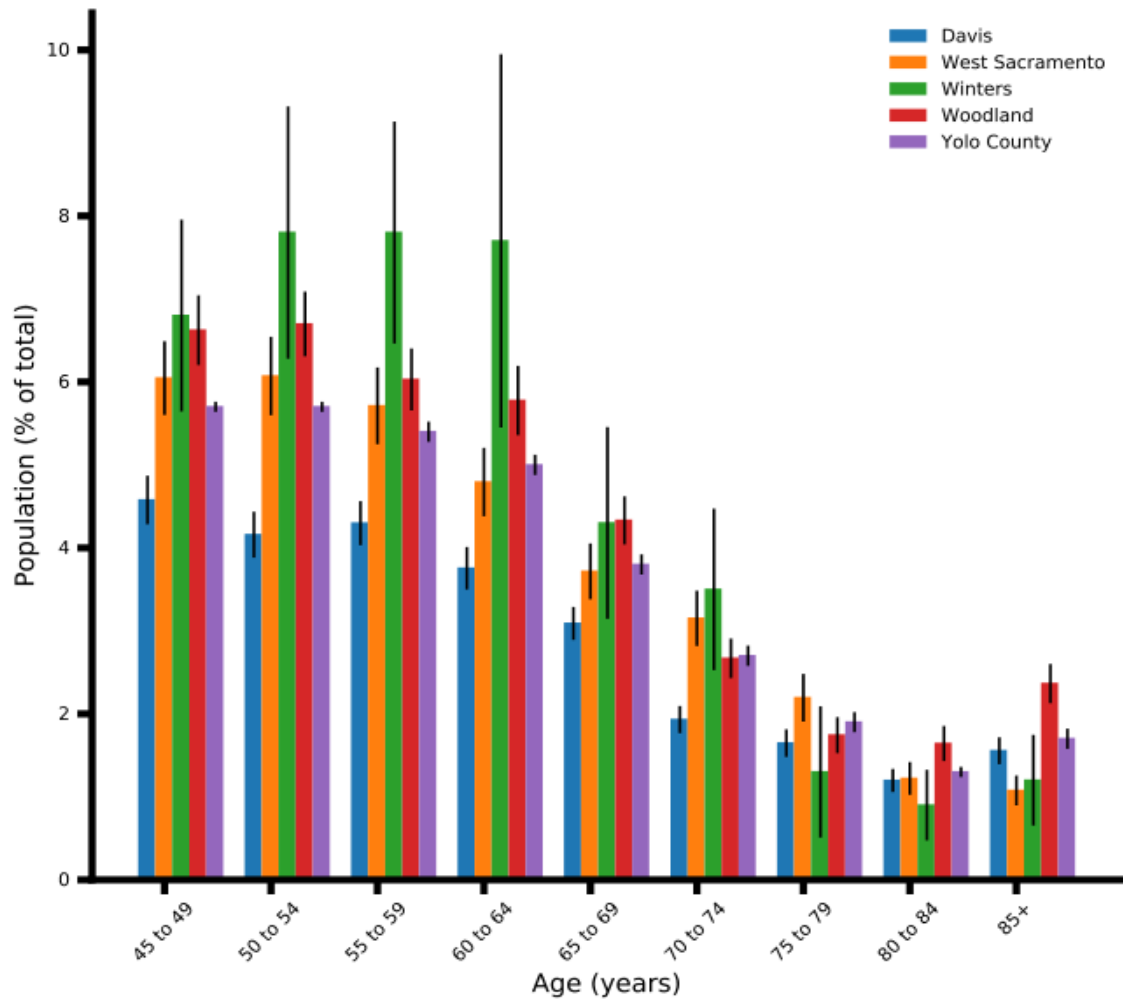


Figure 1: Population of each age group in each location expressed as a percent of the total population of the corresponding area. Error bars represent ± 1 Standard Error (SE).

Table 1: General population (count [90% CI])

Age Range	Davis	West Sacramento	Winters	Woodland	Yolo County
45 to 49	3392.86 [356.08]	3115.55 [376.63]	585.96 [163.72]	4032.82 [420.57]	11951.25 [209.67]
50 to 54	3082.46 [337.40]	3128.18 [400.24]	672.13 [215.43]	4078.76 [390.34]	11951.25 [209.67]
55 to 59	3185.84 [323.78]	2943.04 [391.52]	672.13 [189.57]	3671.58 [373.92]	11322.23 [419.34]
60 to 64	2782.93 [313.12]	2470.10 [349.41]	663.51 [318.83]	3517.20 [417.44]	10483.55 [419.34]
65 to 69	2290.70 [241.84]	1915.48 [284.80]	370.53 [163.72]	2637.57 [290.40]	7967.50 [419.34]
70 to 74	1431.20 [198.85]	1623.85 [282.01]	301.60 [137.87]	1624.88 [238.82]	5661.12 [419.34]
75 to 79	1220.97 [202.75]	1130.27 [243.39]	112.02 [112.02]	1061.88 [217.28]	3983.75 [419.34]
80 to 85	887.05 [169.79]	629.30 [167.05]	77.55 [60.32]	1000.14 [211.29]	2725.72 [209.67]
85+	1152.82 [196.70]	554.41 [152.22]	103.40 [77.55]	1439.85 [236.52]	3564.41 [419.34]

Figure 2: Reported race

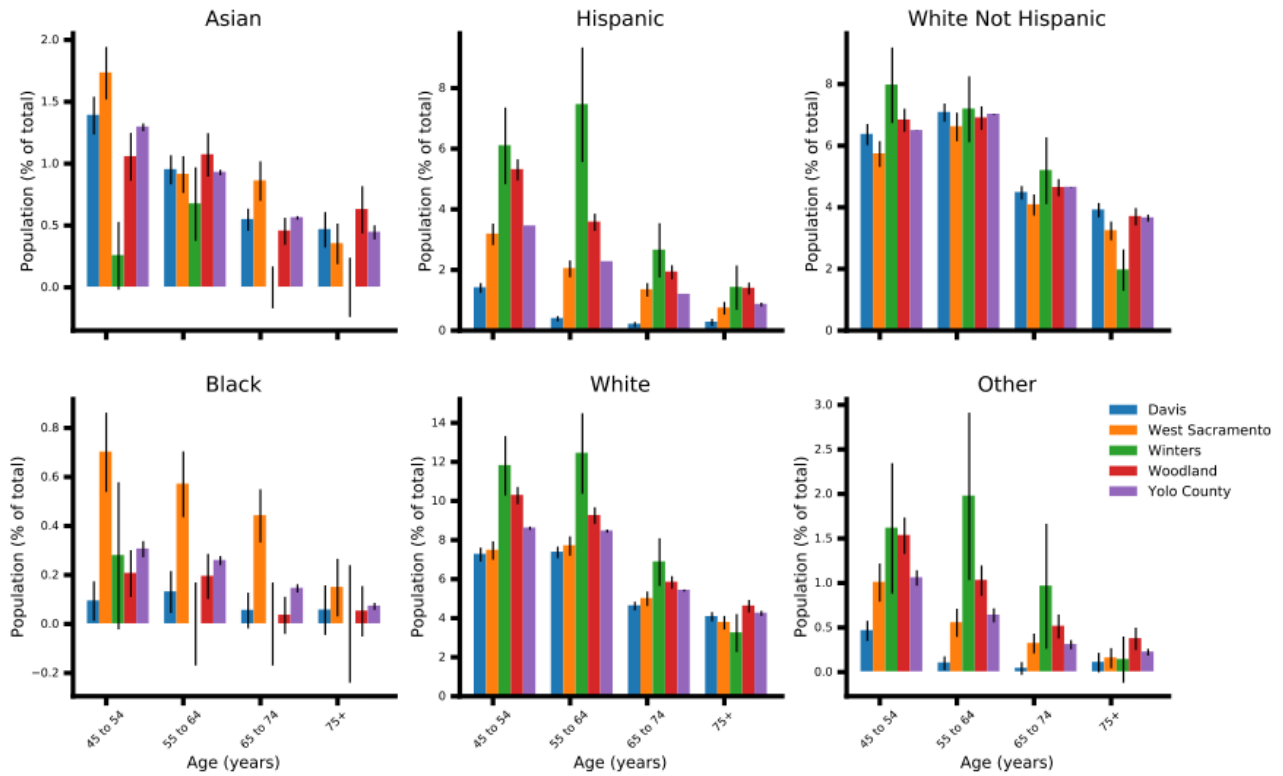


Figure 2: Breakdown of population within each age group by reported race. Error bars represent ± 1 Standard Error (SE).

Table 2: population by reported race (count [90% CI])**A. Asian**

Age Range	Davis	West Sacramento	Winters	Woodland	Yolo County
45 to 54	937.00 [169.58]	887.00 [179.04]	22.00 [38.91]	631.00 [190.17]	2607.00 [104.20]
55 to 64	641.00 [130.50]	467.00 [126.08]	58.00 [42.01]	640.00 [172.92]	1871.00 [73.54]
65 to 74	369.00 [99.28]	440.00 [134.85]	0.00 [24.04]	271.00 [107.24]	1132.00 [48.60]
75+	314.00 [158.44]	180.00 [138.54]	0.00 [34.00]	375.00 [188.24]	895.00 [189.02]

B. Black or African American

Age Range	Davis	West Sacramento	Winters	Woodland	Yolo County
45 to 54	63.00 [89.35]	359.00 [136.40]	24.00 [42.54]	123.00 [94.10]	615.00 [109.56]
55 to 64	88.00 [94.78]	292.00 [113.14]	0.00 [24.04]	116.00 [90.61]	521.00 [62.13]
65 to 74	37.00 [80.98]	226.00 [91.67]	0.00 [24.04]	21.00 [74.57]	292.00 [56.44]
75+	38.00 [112.45]	76.00 [99.05]	0.00 [34.00]	31.00 [101.44]	145.00 [47.74]

C. Hispanic or Latino

Age Range	Davis	West Sacramento	Winters	Woodland	Yolo County
45 to 54	948.00 [178.96]	1626.00 [298.40]	525.00 [179.07]	3172.00 [344.15]	6941.00 []
55 to 64	263.00 [97.41]	1044.00 [233.14]	642.00 [267.68]	2136.00 [281.60]	4565.00 []
65 to 74	135.00 [92.08]	687.00 [189.99]	228.00 [127.06]	1150.00 [229.64]	2395.00 []
75+	181.00 [126.23]	377.00 [175.14]	122.00 [103.72]	830.00 [191.15]	1725.00 [211.67]

D. White

Age Range	Davis	West Sacramento	Winters	Woodland	Yolo County
45 to 54	4897.00 [398.25]	3825.00 [396.58]	1017.00 [215.52]	6147.00 [439.15]	17340.00 [292.87]
55 to 64	4971.00 [329.83]	3941.00 [418.15]	1071.00 [292.05]	5530.00 [421.66]	17038.00 [267.29]
65 to 74	3118.00 [248.46]	2558.00 [316.19]	592.00 [173.05]	3487.00 [314.90]	10917.00 [168.29]
75+	2747.00 [266.95]	1931.00 [291.81]	279.00 [137.91]	2757.00 [312.34]	8549.00 [445.84]

E. White Not Hispanic

Age Range	Davis	West Sacramento	Winters	Woodland	Yolo County
45 to 54	4293.00 [382.14]	2936.00 [353.52]	686.00 [173.68]	4083.00 [368.04]	13071.00 [27.66]
55 to 64	4773.00 [326.34]	3386.00 [391.89]	619.00 [151.49]	4125.00 [377.70]	14136.00 [48.41]
65 to 74	3018.00 [243.97]	2088.00 [288.35]	447.00 [153.81]	2774.00 [275.02]	9356.00 [32.25]
75+	2636.00 [261.99]	1657.00 [256.39]	169.00 [94.97]	2210.00 [278.46]	7355.00 [370.13]

F. Other

Age Range	Davis	West Sacramento	Winters	Woodland	Yolo County
45 to 54	312.00 [125.81]	515.00 [180.62]	139.00 [103.77]	916.00 [201.05]	2130.00 [285.70]
55 to 64	67.00 [85.33]	283.00 [132.73]	170.00 [133.22]	614.00 [167.96]	1284.00 [261.08]
65 to 74	27.00 [79.81]	164.00 [94.22]	83.00 [99.54]	306.00 [132.35]	619.00 [171.94]
75+	72.00 [121.79]	80.00 [95.65]	12.00 [36.76]	223.00 [123.76]	450.00 [125.55]

Figure 3: Poverty status

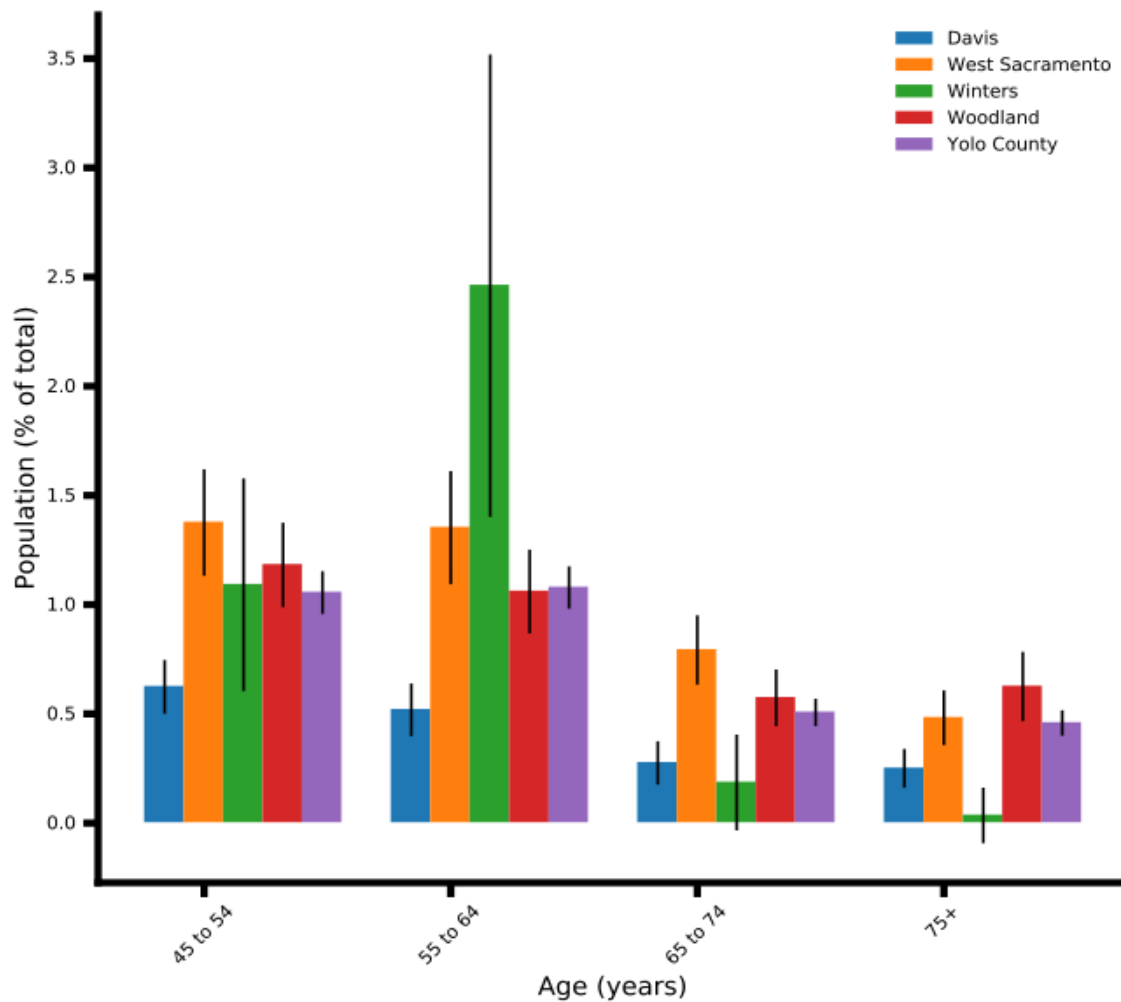


Figure 3: Population of residents in each age group in each location whose income over the past 12 months was below the federal poverty line. Error bars represent ± 1 Standard Error (SE).

Table 3: Population below federal poverty line (count [90% CI])

Age Range	Davis	West Sacramento	Winters	Woodland	Yolo County
45 to 54	421.00 [136.36]	705.00 [205.48]	94.00 [68.96]	707.00 [190.12]	2127.00 [324.66]
55 to 64	350.00 [133.85]	693.00 [218.44]	212.00 [150.01]	634.00 [188.79]	2173.00 [321.27]
65 to 74	186.00 [110.00]	406.00 [133.63]	16.00 [31.06]	343.00 [127.60]	1021.00 [206.63]
75+	169.00 [98.50]	247.00 [105.66]	3.00 [18.03]	374.00 [155.91]	923.00 [192.82]

Figure 4: Disability status

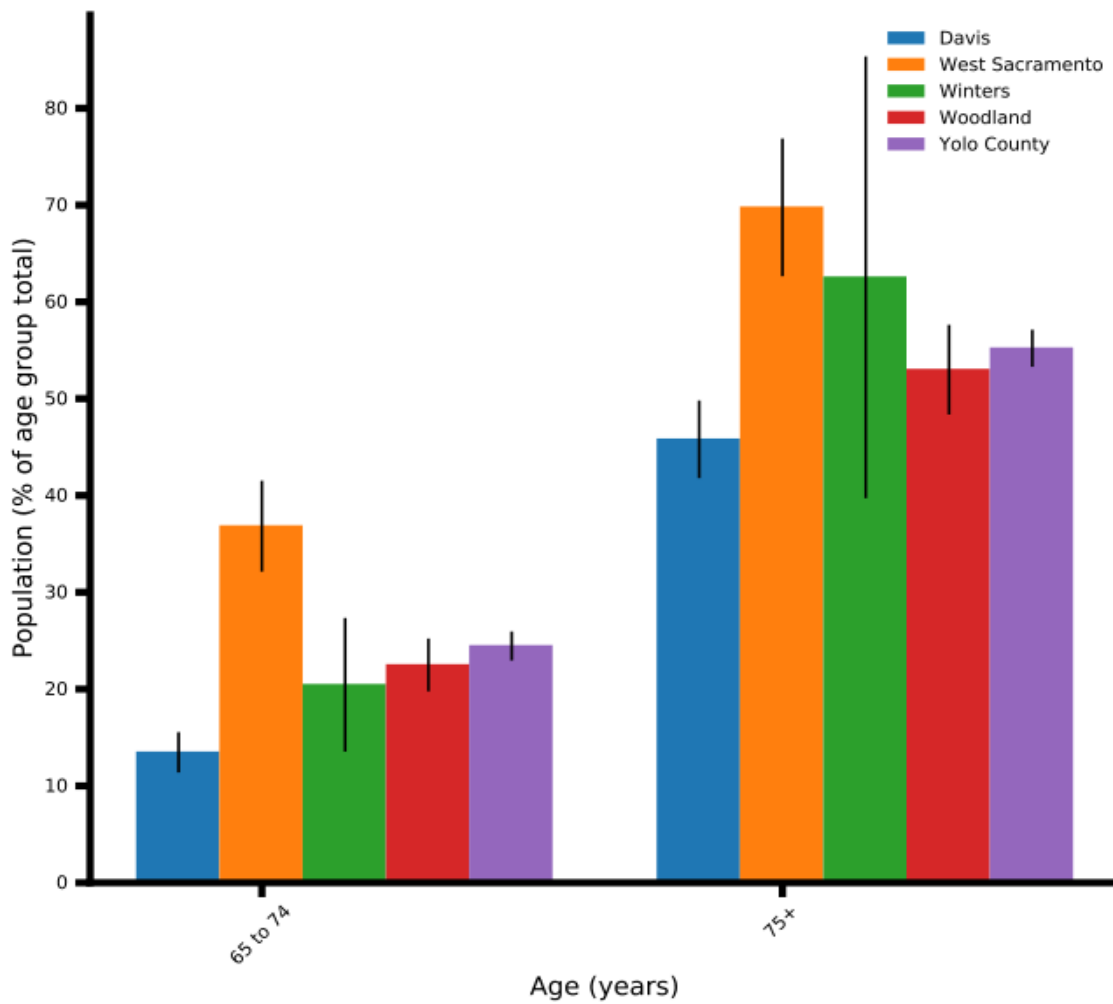


Figure 4: Percent of each age group reporting a disability for each location. Error bars represent ± 1 Standard Error (SE).

**Table 4: Number of residents in each age group in each location reporting a disability
(count [90 % CI])**

Age Range	Davis	West Sacramento	Winters	Woodland	Yolo County
65 to 74	490.00 [124.52]	1306.00 [273.97]	138.00 [76.69]	943.00 [187.92]	3261.00 [328.81]
75+	1440.00 [207.44]	1585.00 [265.79]	182.00 [109.24]	1743.00 [250.45]	5481.00 [312.97]

Figure 5: Employment status

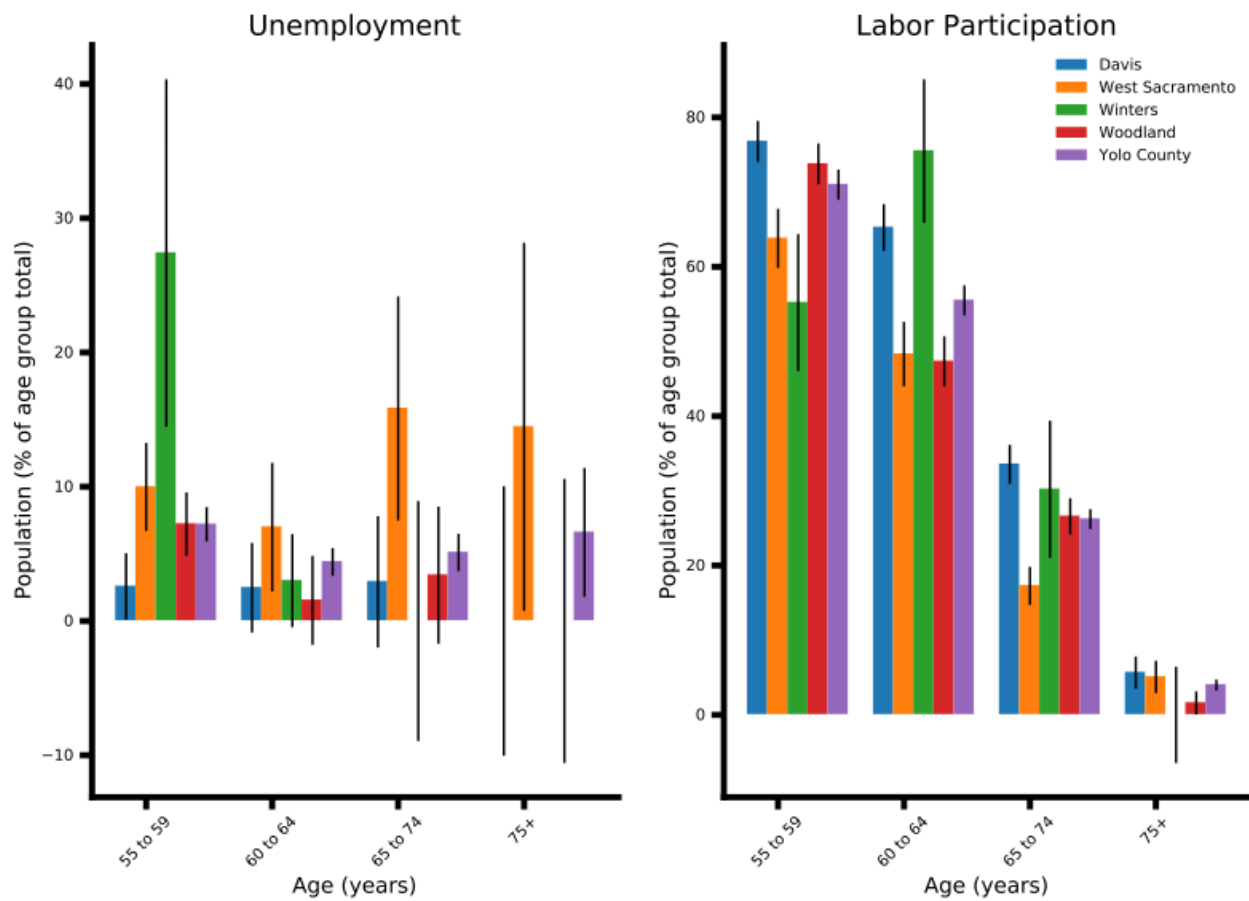


Figure 5: (Left) Percent of each age group reporting an unemployed status and (Right) percent of each age group participating in the labor force. Error bars represent ± 1 Standard Error (SE).

Table 5: Employment status for each age group in each location (count [90% CI])**A. Unemployment**

Age Range	Davis	West Sacramento	Winters	Woodland	Yolo County
55 to 59	81.95 [129.49]	292.95 [158.34]	184.68 [143.56]	264.98 [142.39]	818.71 [238.79]
60 to 64	68.87 [152.88]	172.90 [194.86]	19.92 [37.85]	54.12 [192.19]	458.30 [177.07]
65 to 74	108.45 [298.66]	561.91 [487.30]	0.00 [99.22]	146.01 [359.80]	688.45 [310.48]
75+	0.00 [535.28]	336.24 [524.42]	0.00 [0.00]	0.00 [607.36]	678.61 [812.28]

B. Labor participation

Age Range	Davis	West Sacramento	Winters	Woodland	Yolo County
55 to 59	2445.95 [144.64]	1873.24 [191.60]	372.05 [101.77]	2707.44 [165.26]	8073.41 [375.24]
60 to 64	1816.82 [142.89]	1194.63 [175.97]	501.32 [104.91]	1666.91 [194.33]	5780.88 [343.73]
65 to 74	1245.18 [158.52]	613.45 [148.93]	203.85 [101.92]	1137.57 [171.27]	3536.74 [296.98]
75+	183.68 [114.99]	118.04 [82.58]	0.00 [30.85]	55.83 [89.24]	411.28 [123.38]

Figure 6: Health insurance provider

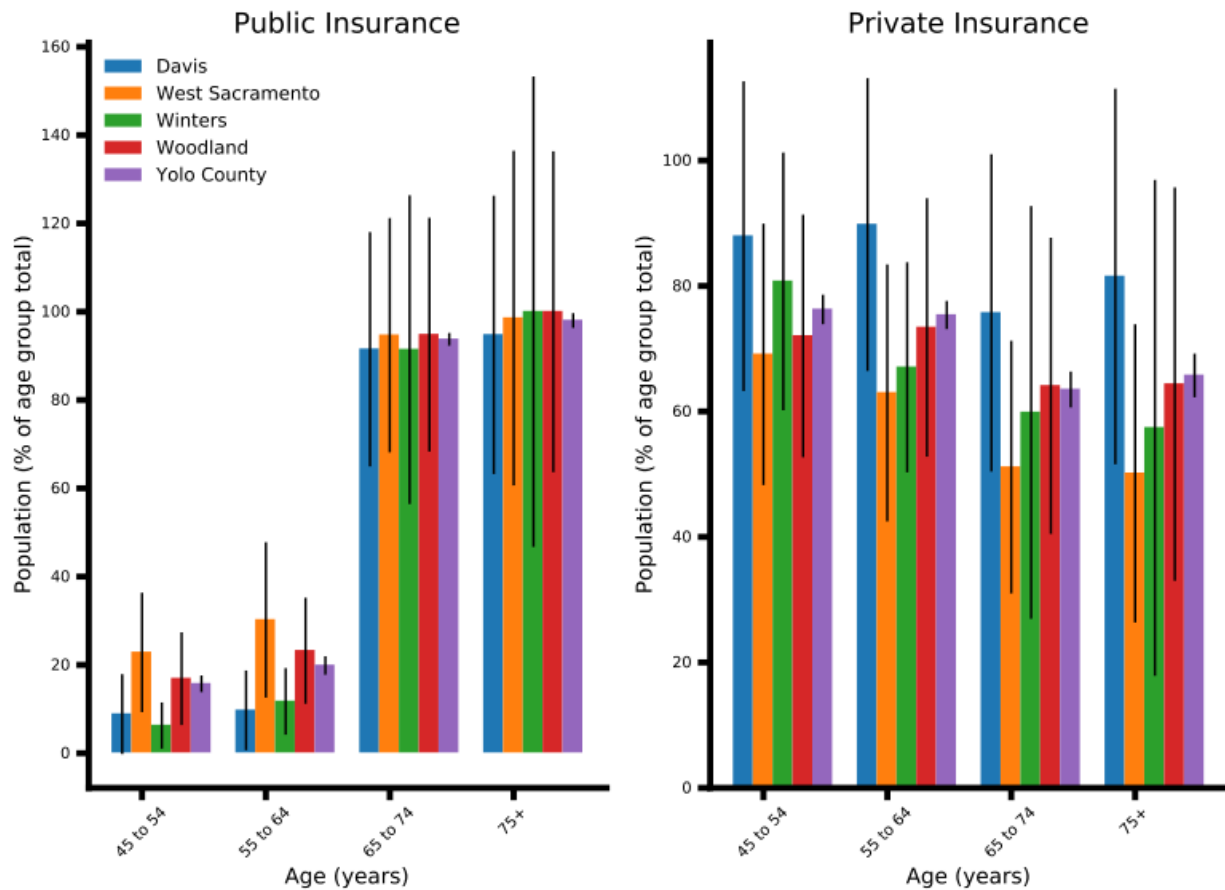


Figure 6: (Left) percent of each age group receiving health insurance through public provider and (Right) percent of each age group receiving health insurance through a private provider. Error bars represent ± 1 Standard Error (SE).

Table 6: Health insurance provider for each age group and location (count [90% CI])**A. Public insurance**

Age Range	Davis	West Sacramento	Winters	Woodland	Yolo County
45 to 54	572.00 [186.21]	1422.00 [353.23]	79.00 [66.00]	1351.00 [272.89]	3763.00 [448.00]
55 to 64	579.00 [154.97]	1630.00 [345.28]	157.00 [101.00]	1649.00 [266.74]	4310.00 [452.00]
65 to 74	3330.00 [255.68]	3357.00 [337.06]	617.00 [236.00]	3975.00 [335.55]	12503.00 [191.00]
75+	2979.00 [263.94]	2239.00 [312.48]	291.00 [155.00]	3289.00 [360.94]	9730.00 [165.00]

B. Private insurance

Age Range	Davis	West Sacramento	Winters	Woodland	Yolo County
45 to 54	5679.00 [446.95]	4304.00 [448.82]	1018.00 [259.00]	5760.00 [469.04]	18243.00 [562.00]
55 to 64	5351.00 [374.70]	3399.00 [380.94]	897.00 [224.00]	5215.00 [457.45]	16341.00 [485.00]
65 to 74	2755.00 [245.52]	1813.00 [249.46]	404.00 [222.00]	2687.00 [297.50]	8469.00 [381.00]
75+	2563.00 [250.15]	1139.00 [192.81]	167.00 [115.00]	2117.00 [312.50]	6527.00 [345.00]