

# The Inland Empire Master Plan for Aging

*On the Road to Aging Well*

Strength Through Partnership

# WHAT IS A MASTER PLAN FOR AGING?

**A multisector approach to transforming our human services systems to meet our needs as we age.**

**Partnerships include government, private, and nonprofit sectors**

**Priorities include, but are not limited to:**

- housing
- long term care
- caregiving
- transportation
- community safety and livability
- legal services
- health care
- financial security

# ***Master Plan for Aging: Five Bold Goals for 2030***

The MPA is for people of all ages who are family, friends, neighbors, coworkers, and caregivers of older adults.



**Goal 1:  
Housing for All Ages  
and Stages**



**Goal 2:  
Health Reimagined**



**Goal 3:  
Inclusion and Equity,  
Not Isolation**



**Goal 4:  
Caregiving that Works**



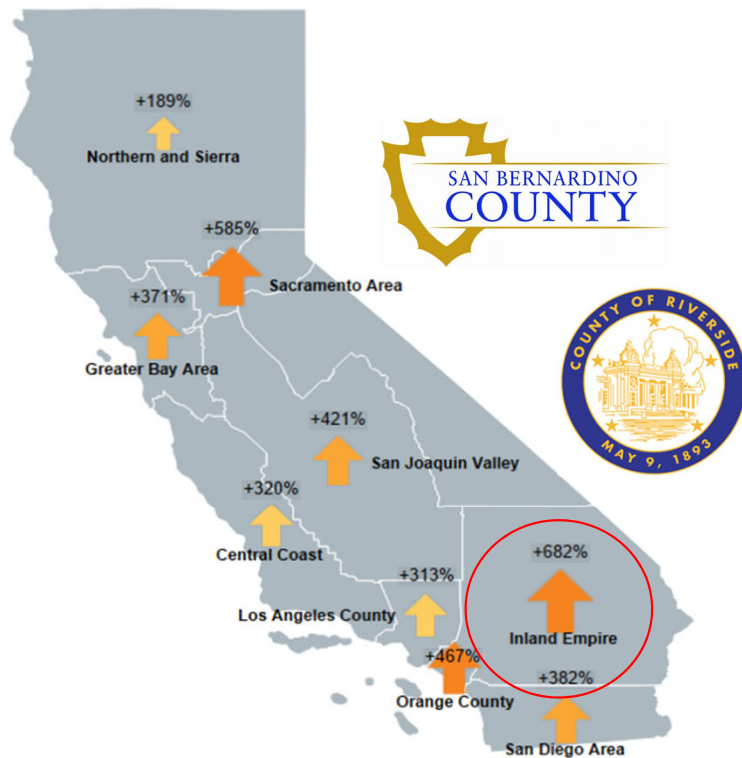
**Goal 5:  
Affording Aging**





## Is the Inland Empire prepared for the Age 65+ Population Growth Rate Increase that has been expected from 1980-2060?

Age 65+ Population Growth by Region



Inland Coalition on Aging  
(ICA) Board of Directors



**IEHP**  
Inland Empire Health Plan



**RIVERSIDE COUNTY**  
OFFICE ON AGING

Region	1980 Population Age 65+	2060 Population Age 65+	Percent Change
Inland Empire	188,724	1,476,126	+682%
Sacramento Area	106,426	728,994	+585%
Orange County	161,348	914,839	+467%
San Joaquin Valley	211,468	1,101,413	+421%
San Diego Area	200,662	967,858	+382%
Greater Bay Area	533,805	2,516,355	+371%
Central Coast	153,082	642,540	+320%
Los Angeles County	742,478	3,064,289	+313%
Northern and Sierra	121,071	350,083	+189%

*ICA Mission: Improve integrated care and service delivery of long-term services and supports in the Inland Empire*



**Inland Coalition  
on Aging**



# Inland Coalition on Aging



- **Formed in 2008:** Previously IE-LTSS Coalition
- **Mission:** Improve integrated care and service delivery of long-term services and supports in the Inland Empire.
- **Vision:** A community where older adults, adults with disabilities, and caregivers age well.

**Chair:** Dr. Ben Jáuregui, DSW, Manager, Integrated Transitional Care Team, Inland Empire Health Plan, Commissioner for the San Bernardino County Senior Affairs Commission.

**Secretary:** Anna Swartz, Human Resources Manager, Community Access Center

**Treasurer:** Carmen Estrada, MPA, Executive Director, Inland Caregiver Resource Center

**Member:** Jamiko Bell, Interim Assistant Director, San Bernardino County Department of Aging and Adult Services-Public Guardian

**Member:** Jewel Lee, MSW, Director of Riverside County Office on Aging

**Other ICA Members:** Over 125 professionals representing over 100 organizations

## IE-MPA Advisory Committee

**David Wilder**, Senior Senator, **California Senior Legislature**

**Hon. Cheryl Brown**, Chair, **California Commission on Aging**

**Kelly Watson**, Steering Committee Member, **Planning Ahead for LGBT+ Seniors**

**Sondra Cradduck**, Regional Council on Aging Representative, Owner of The  
**Living Room - Senior Home Care**

**Steve Mehlman**, Senior Senator, California Senior Legislature, Founder, Pass  
Area Senior Collaborative, Member, **Riverside Advisory Council on Aging**

**Susan Howland**, MSG, Senior Director of Programs, **Alzheimer's Association**,  
California Southland Chapter

**Tanya Torno**, MSW, Deputy Director, Continuum of Care, **Riverside County**  
**Housing and Workforce Solutions**

**ICA Board of Directors**

# IE MASTER PLAN FOR AGING: HOW WE GOT HERE

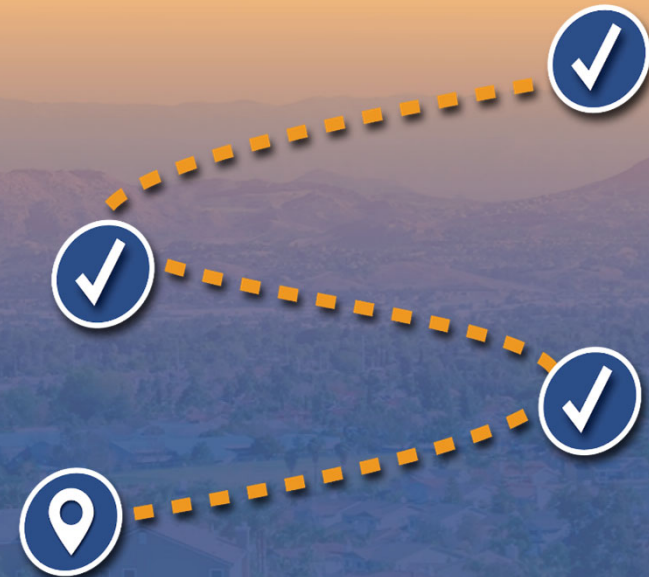
**January 2022:** Received funding from The SCAN Foundation to develop an MPA

**May 2023:** Received a grant from the CA Dept of Aging to develop the *IE MPA Implementation Plan*

**September 2023:** Released the *IE MPA Recommendations Report*.

**January 2024:** Began developing the *IE MPA Implementation Plan* through the work of four workgroups

**September 2024:** Released the Implementation Plan draft framework



# Data Collected

## IE-MPA Subpopulations

Black/African American

Hispanic/Latinx

LGBTQ+

Low Income

Veterans

Unhoused

American Indian/Tribal Nations

Caregivers

Rural Areas

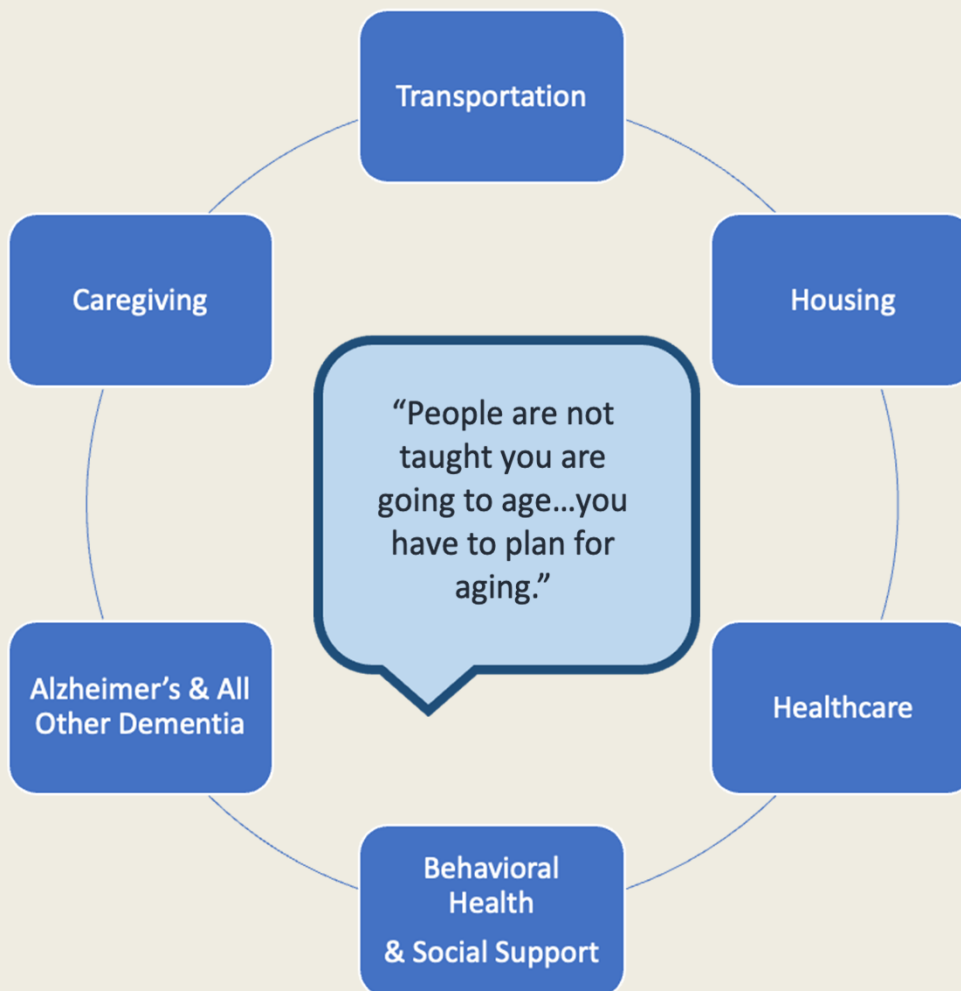
Adults with Disabilities

Recruiting Group	County	Population	# Participants
<b>Community Listening Sessions</b>			
Yucca Valley Senior Center	San Bernardino	Rural	9
DAP Health	Riverside & San Bernardino	Low Income	7
DAP Health & The LGBTQ Center of the Desert	Riverside County	LGBTQIA+	8
Inland Caregiver Resource Center	Riverside & San Bernardino	Caregivers – Spanish Speaking	10
Inland Caregiver Resource Center	Riverside & San Bernardino	Caregivers – English Speaking	4
St. Paul AME Church	San Bernardino	African American	8
Mecca Family & Farmworker's Service Center	Riverside	Hispanic/Latinx	11
Menifee VFW	Riverside	Veterans	5
Path of Life Ministries – Community Shelter	Riverside	Unhoused	7
Independent Living Centers	Riverside & San Bernardino	Adults with Disabilities	8
<b>External Surveys</b>			
Riverside-San Bernardino County Indian Health Inc. – Morongo & National Resource Center on Native American Aging	San Bernardino & Riverside	Native American	78



"When discussing extending life, it's important to discuss quality of life"

"folks go home to heaven" and there are fewer people in social circles



"If we stay in California, it won't be this area because it's too difficult with lack of transportation"

A disabled individual needs to be a legal library to advocate for their rights – often times providers don't know the law or types of supports required.

*ICA Vision: A community where older adults, adults with disabilities, and caregivers age well.*

# IE MASTER PLAN FOR AGING'S FIVE GOALS



**Housing As Home & Healthcare**



**Transportation For All Ages, Abilities & Regions**



**Focus On Caregiving, Alzheimer's Disease & Dementias**

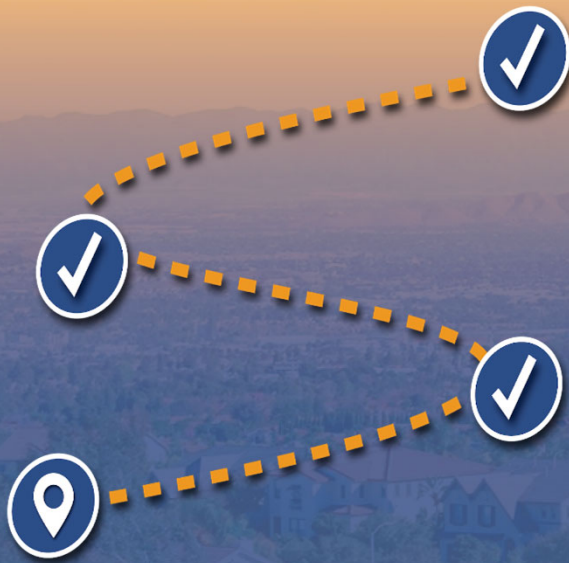


**Age & Disability Friendly Behavioral Health & Social Support**



**Safety, Respect & Equity As We Age**

# IE MASTER PLAN FOR AGING NEXT STEPS



**January 2025:** Release draft *MPA Implementation Plan* for community comment

**Winter/Spring 2025:** Build partnerships for implementation

**June 2025:** Release final *MPA Implementation Plan*, form implementation and oversight bodies

**2025-2028:** Implementation with partners

# GOAL ONE: HOUSING AS HOME & HEALTHCARE

**STRATEGY 1:** AFFORDABLE HOUSING  
OPTIONS & ACCESS

**STRATEGY 2:** HOME & COMMUNITY  
SUPPORTS



## GOAL TWO : TRANSPORTATION FOR ALL AGES, ABILITIES & REGIONS



**STRATEGY 1: COMMUNICATIONS & INPUT**

**STRATEGY 2: INCREASED RIDERSHIP**



# GOAL THREE: FOCUS ON CAREGIVING, ALZHEIMER'S DISEASE & OTHER DEMENTIAS

**STRATEGY 1: LONG TERM CARE (LTC)**

**STRATEGY 2: CAREGIVER SUPPORT**

**STRATEGY 3: ALZHEIMER'S DISEASE & OTHER DEMENTIAS**



# GOAL FOUR: AGE & DISABILITY FRIENDLY BEHAVIORAL HEALTH & SOCIAL SUPPORT



**STRATEGY 1: PUBLIC AWARENESS & EDUCATION**

**STRATEGY 2: CAREGIVER & PROVIDER CAPACITY BUILDING**

**STRATEGY 3: BEHAVIORAL HEALTH SERVICE QUALITY, ACCESS & NAVIGATION**

# GOAL FIVE: SAFETY, RESPECT & EQUITY AS WE AGE

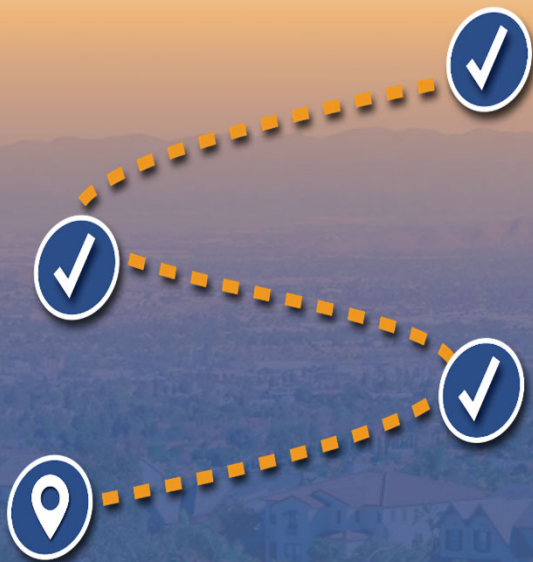
**STRATEGY ONE: ELDER & DISABILITY JUSTICE**

**STRATEGY TWO: EQUITY & RESPECT**

**STRATEGY THREE: EMERGENCY SERVICES**



# With your help we can make the ICA vision a reality!



- ***Sign up*** as a partner
- ***Join*** Inland Coalition on Aging
- ***Commit*** to helping with IE-MPA Implementation
- *Potential Follow up Meeting if needed*
- ***Connect*** us to other potential partners
- ***Attend*** the IE MPA Launch
- ***Connect*** if you have a project or grant idea to collaborate on: [info@inlandaging.org](mailto:info@inlandaging.org)





**Inland Coalition  
on Aging**

# Thank You!

For more information, please visit:

**[InlandAging.org](http://InlandAging.org)**