



AGING ROADMAP

San Diego County Regional Plan

2022
ANNUAL UPDATE



ATTACHMENT A



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INTRODUCTION

Launched at the direction of the San Diego County Board of Supervisors (Board) on September 24, 2019 (04), the Aging Roadmap is the County of San Diego's (County) plan to ensure that the region has communities and programs that equitably support the needs and celebrate the contributions of the growing population of older adults in the San Diego region. The Aging Roadmap serves as the County's framework for aging and encompasses Age Well San Diego, a community driven initiative for an age-friendly region. The Aging Roadmap identifies goals and action steps in ten priority areas:

HEALTH & COMMUNITY SUPPORT

HOUSING

SOCIAL PARTICIPATION

TRANSPORTATION

DEMENTIA

CAREGIVER SUPPORT

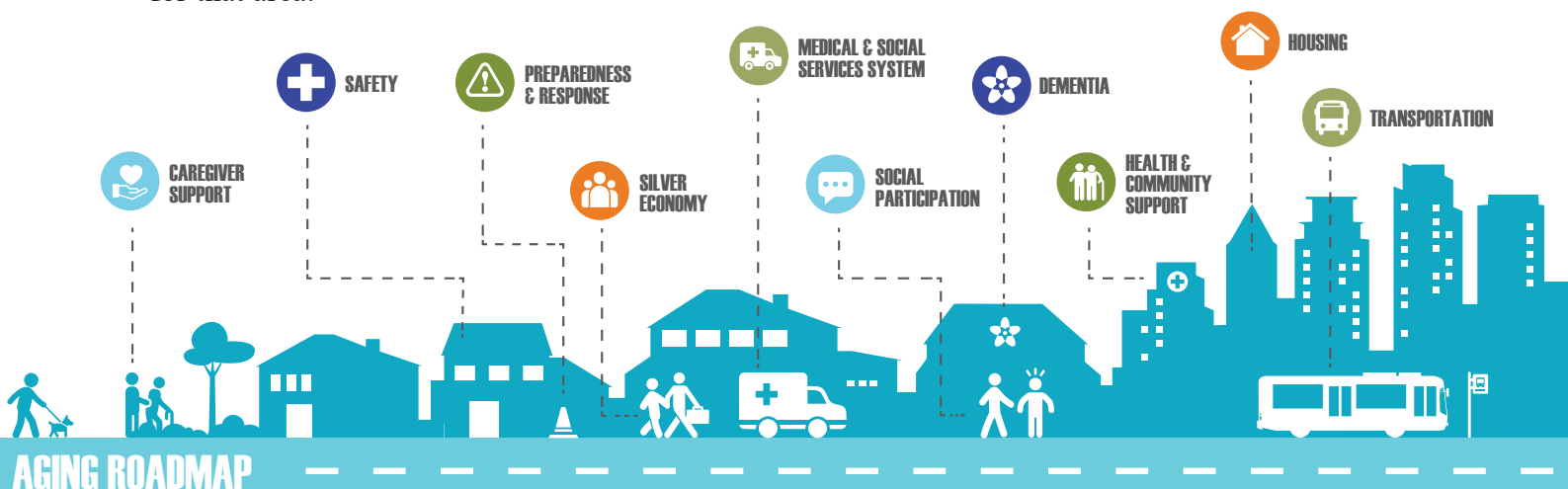
SAFETY

PREPAREDNESS & RESPONSE

SILVER ECONOMY

MEDICAL & SOCIAL SERVICES SYSTEM

This annual report provides an update on Aging Roadmap progress and accomplishments. It also describes activities in the past fiscal year to engage older adults and older adult service providers in updating the Aging Roadmap goals to further advance equity in aging. For each of the ten priority areas, the report describes accomplishments and next steps towards reaching the vision for that area.



BACKGROUND

The Aging Roadmap is the product of multiple phases of community input and collaboration that began in 2016 when the County joined the American Association of Retired Persons (AARP) Network of Age-Friendly Communities. This initiated a two-year community input process that resulted in the selection of the first five priority areas (Health & Community Support, Housing, Social Participation, Transportation, and Dementia) and an initial three-year action plan, known as the Age Well Action Plan. Each of the initial five priority areas is represented by a collaborative team coordinated by the County Health and Human Services Agency (HHSA), Aging & Independence Services (AIS) and comprised of older adults, caregivers, County staff in relevant areas, and local service providers and experts. In 2019, the Aging Roadmap was conceptualized as a broader framework to encompass all County programs for older adults and individuals with disabilities. Additional community input was garnered, and the remaining five priority areas were identified, completing the Aging Roadmap's ten priority areas.

In 2020, the Aging Roadmap was adopted as the organizational framework for San Diego County's 2020-2024 Area Plan. As required by the California Department of Aging (CDA), an Area Plan identifies the priorities and direction for County activities on behalf of older adults. As part of the development of the Area Plan, County staff solicited community input through countywide public feedback forums; this feedback was integrated into the Area Plan and now informs various County programs and the direction of the Aging Roadmap. With the rise of COVID-19, in mid-2020, another round of outreach was conducted and community input was gathered from older adult food service providers, disability service providers, and over 20,000 older adults and residents with disabilities in the In-Home Supportive Services (IHSS) program.

In Spring of 2022, several opportunities have been presented to capture the voices of community stakeholders, older adults, and caregivers, including:

- › Collaborative threading meetings across County departments to ensure continuous collaboration, information sharing, and alignment of efforts.
- › Input sessions with the Caregiver Coalition of San Diego to further understand current, new, and emerging issues affecting caregivers throughout the region.
- › Community listening sessions with monolingual older adults participating in the Elder Multicultural Access and Support Services program. Languages included Spanish, Arabic, and Tagalog.

Using information gained from the input above, Aging Roadmap partners participated in Action Planning workshops to identify goals and strategies for the future to reflect new, emerging priorities and include greater emphasis on equity and aging. Since the launch of the Aging Roadmap, community input and impactful partnerships have advanced current programming and supported the development of new programs, projects, and services to address current and anticipated long-term needs of older adults. Opportunities for more community input on Aging Roadmap efforts will be facilitated through the 2024-2028 Area Plan Public Feedback Forums that are planned for 2023.

REGIONAL IMPACT & ALIGNMENT WITH COUNTY & STATE STRATEGIC PLANS

As the first jurisdiction in the region to become an Age-Friendly Community through AARP and the World Health Organization, the County lends its experience and support to other regional jurisdictions beginning their Age-Friendly Communities journey. In April 2022, the City of Solana Beach became the sixth jurisdiction to embark on the process of becoming a member of AARP's Network of Age-Friendly Communities, joining the City of Carlsbad, City of Chula Vista, City of La Mesa, City of National City, and City of San Diego. County staff will provide technical support to the City of Solana Beach, led by San Diego State University's Social Policy Institute and AARP, as they gather community input and develop their Age-Friendly Action Plan. Additionally, Aging Roadmap efforts continue to be represented at the San Diego Foundation's Age-Friendly Regional Roundtable, providing updates to other age-friendly jurisdictions in the region and sharing best practices. Additionally, to address emerging opportunities and challenges for older adults and healthy aging across the life span, County staff continue to collaborate with and support San Diego State University's Center for Excellence in Aging & Longevity.

At the County level, the Board's *Framework for the Future* addresses disparities that require systemic changes at the organizational and programmatic level. The Aging Roadmap aligns with these priorities and provides strategies that specifically impact older adults. Many of the *Framework for the Future* priorities have been raised by community members through the engagement process this past year, specifically around racial justice, health equity, and economic opportunity. Moving forward, the Aging Roadmap will continue to align with the *Framework for the Future* priorities and contribute a community voice to the conversation.

More broadly, in June 2019, California Governor Gavin Newsom signed executive order N-14-19 affirming the health and well-being of older adults is a priority of the State of California and ordering the creation of the Master Plan for Aging (MPA). The MPA was released in January 2021, and serves as a blueprint for state government, local government, private sector, and philanthropy to better serve the growing population of older adults, their families, and caregivers. San Diego's Aging Roadmap and its Age Well Housing priority area is featured in the MPA as a successful local model that is working to promote housing options that meet the changing needs of an aging population. The Aging Roadmap will continue to align with the MPA goals and is expected to lead the way in developing innovative local programs.



EQUITY IN AGING

Principles of equity are incorporated across all ten Aging Roadmap priority areas. The region boasts a vastly diverse population, not only among older adults, but among people of all ages, abilities, races, ethnicities, income levels, and more. Recognizing this diversity, the Aging Roadmap represents a commitment to ensuring that all residents can age well while accessing needed services. Equity continues to be prioritized in all aspects of program planning, community engagement, and service accessibility. In the past year, discussions and events focused on equity and reaching diverse audiences were hosted, including the “Aging + Equity” Virtual Workshop which was hosted in partnership with AIS, the Office of Equitable Communities, the Department of Human Resources, and the AIS Advisory Council, among others. This event brought together over 135 attendees, dozens of organizations, and a diverse set of speakers to share some of the main concepts in the equity field, including exploring the difference between equity and equality, government responsibility, and working alongside diverse communities to inform impactful changes, as well as discussing how equity can be integrated into older adult-related work to address challenges such as ageism, sustainability, and social inclusion. The event offered simultaneous oral translation in English, Spanish, and Arabic so participants of various languages could engage in meaningful discussions in real time. Moving forward, community partners will continue to be involved in these conversations and an equity lens will be applied to planning programs across the Aging Roadmap priority areas.



PROGRESS IN PRIORITY AREAS & NEXT STEPS

For each of the ten Aging Roadmap priority areas, accomplishments of the last Fiscal Year (July 1, 2021 to June 30, 2022) and next steps towards reaching the vision for that area are described in the following sections.



When changes and challenges in health occur, older adults and their families must be empowered to find relevant resources and support and engage in care planning. Aging Roadmap partners continue to implement and expand programs that ensure health and community services are accessible and enable older adults to remain as independent as possible.

Technology Fair

In partnership with San Diego Oasis, a virtual Get Connected Technology Fair was held in November 2021, aimed at increasing older adults' access to and understanding of technology. Topics covered included cybersecurity, streaming services, scam and fraud prevention, telemedicine, technology for brain health, wearables, and how technology can assist caregivers and those facing social isolation. With 1,150 registered participants, the Technology Fair reached many local older adults, caregivers, and people living with disabilities. Of those who attended, 93.8% of attendees rated the event as "excellent" or "good."

IHSS Technology for Social Inclusion and Wellbeing

The County will be launching a new two-year program for isolated, homebound IHSS recipients and providers called IHSS: Technology for Social Inclusion and Wellbeing. This initiative was approved by the Board on June 8, 2021 (03), as part of a set of programs to be funded using the American Rescue Plan Act. The program aims to reduce social isolation by providing eligible participants with a tablet and/or data (if needed), technology training, and support to connect with telehealth - mental health services and social engagement opportunities.

Health Promotion Programs

AIS Health Promotion provides programs for older adults to manage chronic conditions, improve physical functioning, increase socialization, and remain as independent as possible. To help older adults remain connected to these programs during the COVID-19 pandemic, adaptations were made to allow the programs to be conducted virtually. In Fiscal Year 2021-22, many programs resumed in person, and more than 2,000 older adults and caregivers have participated in AIS health promotion programs.

- › Approximately 1,500 individuals participated in Feeling Fit Club, a functional fitness program that helps older adults develop and maintain physical fitness.
- › More than 420 older adults participated in Tai Chi programs aimed at improving movement balance, strength, flexibility, and reducing risk of falls.
- › More than 118 older adults, family members, and caregivers participated in Healthier Living, an evidence-based workshop series that helps people develop healthy habits and manage chronic pain and conditions such as diabetes.

NEXT STEPS

The Aging Roadmap efforts will continue to address the unique needs of diverse communities throughout the region. Through these efforts, culturally competent, equity-focused outreach, education, and engagement will increase awareness of, and access to, aging resources and opportunities. Upcoming technology programs, including the 2022 Technology Fair and the IHSS Technology for Social Inclusion and Wellbeing program set to launch in Summer of 2022, will help close the digital divide. Moving forward, the Health & Community Support priority area will focus on empowering older adults to age well, increasing access to culturally appropriate outreach and education, and ensuring caregivers have access to needed support.





HOUSING

The Housing focus area of the Aging Roadmap envisions a region where older adults live in safe and affordable housing that enables them to remain in their communities as they age. The San Diego region has a shortage of affordable housing, and a growing population of older adults experiencing homelessness. The 2022 Point-in-Time Count found that 8,427 San Diegans are experiencing homelessness. Of those, close to one-quarter, or 2,064, are age 55 and over. It is critical to understand this is the minimum number, as it is impossible for the annual count to find every person experiencing homelessness. The region's Homeless Management Information System records indicate that during the period from October 1, 2020 until September 31, 2021, there were 10,453 people age 55 and over who were served by our region's homeless service agencies, comprising 27% of all the people served. Also, a survey distributed by a local community organization – Serving Seniors – found that among unsheltered seniors, 88% became homeless in San Diego and 45% are experiencing homelessness for the first time in their lives.

Through collaborative partnerships and shared priorities with community partners and consistent feedback received from County departments about housing priorities for older adults, impactful housing programs and strategies continue to be developed and implemented. The Regional Task Force on Homelessness (RTFH), AIS, Planning and Development Services (PDS), Housing and Community Development Services (HCDS), and the Office of Homeless Solutions, all have goals that intersect and align with preventing and addressing older adult homelessness and advance the Board's *Framework for Ending Homelessness*.

In addition to the need for more affordable housing options, community members also voiced the need for aging in place strategies, such as home modification and repair, more information about homeless prevention and support services, and continued education about unique and affordable housing options, such as Accessory Dwelling Units (ADUs). In Fiscal Year 2021-22, HCDS completed a senior veterans-oriented development, Genesis Apartments, and broke ground on two additional developments which collectively would add 185 units of affordable housing for older adults.

Home Safe

The Home Safe Program began in July 2019, with funding from the California Department of Social Services to support AIS' Adult Protective Services (APS) to identify clients at risk of homelessness and connect them with housing navigation services. By June 30, 2022, Home Safe served 230 APS clients who were facing housing insecurity. The State of California Budget Act of 2021 allocated additional funding to expand the Home Safe program,

SUCCESS SPOTLIGHT

A homeless Veteran had lost his home due to a loan scam (financial abuse) and he was living in his car. With ongoing support of the Home Safe case manager, he moved into an independent living facility.

as well as develop a new program component specifically for chronically unhoused adults aged 50 and older. County departments are collaborating to implement this new component. Each program component is anticipated to serve over five hundred clients each year.

Aging 101 Training

In October 2021, the homeless service providers in the RTFH expressed a need to receive more thorough training on the unique needs of older adults and the resources available to them. In response, the RTFH's Aging and Homelessness Ad Hoc Committee established a small working group consisting of AIS staff, Serving Seniors, and RTFH representatives. A two-hour training, "Aging 101: Training for Homeless Service Providers" was developed. The training includes information on the prevalence of older adult homelessness, how homeless service providers can assess an older adult's ability to perform Activities of Daily Living and Instrumental Activities of Daily Living, and how they can connect older adults to the vast array of programs and resources to help meet their needs such as entitlement programs, transportation services, APS, and senior service organizations. The training was piloted with 11 homeless service providers in June 2022, and with the feedback received in that session, the revised version of the training will be rolled out to the hundreds of staff across the region working for homeless service agencies. With the region's homeless service providers trained in supporting this vulnerable population, shelters will be able to better accommodate older adults, and housing navigation staff will be able to assist older adults in obtaining housing security as well as the additional supports needed to remain safe in their home.

NEXT STEPS

Various County departments, RTFH, and other community partners are working collaboratively to explore ways to further support the many efforts underway to better address older adult homelessness and to bolster efforts to increase the supply of affordable housing. Upcoming projects will focus on increasing awareness of existing housing information resources, such as 2-1-1 San Diego and the AIS Call Center, and educating homeowners on options like ADUs and affordable housing specifically for older adults through workshops and County resources. The Aging 101 training will continue to be enhanced and offered to homeless services providers across the region, and age-friendly strategies, such as HCDS' Home Repair Program and PDS' housing options study for older adults, will continue so that residents can age safely in place. The Department of Homeless Solutions and Equitable Communities (HSEC), in partnership with HCDS and AIS, is in the early stages of designing a Shallow Subsidy Pilot program for Seniors to progress the Board's *Framework for Ending Homelessness* and provide further housing support for the region's older adults. Additionally, HSEC and AIS are working in partnership to expand the Home Safe Program and leverage \$5.8 million to deliver services and housing supports to approximately 1,300 seniors experiencing homelessness by Fall of 2022. HCDS will also continue developing housing for older adults, with four awarded projects that will collectively add over 300 affordable units throughout the region.



SOCIAL PARTICIPATION

The Social Participation component of the Aging Roadmap focuses on establishing a range of social and community engagement opportunities for older adults that promote active living, reduce isolation, and provide enriching experiences across all age groups and generations.

Community Events and Intergenerational Engagement

The COVID-19 pandemic created barriers to meaningful social engagement opportunities and caused social isolation for many older adults. Coming out of the acute phase of the pandemic, a variety of events were developed and hosted which reached over 300 older adults. One example includes Life as a Song, which was hosted in collaboration with the South County Community Action Network and focused on the promotion of physical and social wellness through movement and music therapy.

Another example is the intergenerational book discussion group created in partnership with the San Diego County Library. This discussion group included students from the University of California San Diego (UCSD) and community older adults who met virtually to engage and discuss the book *Being Heumann*, by disability rights activist, Judith Heumann. Subsequently, Intergenerational Connections, a UCSD student club, expanded these efforts and developed an Intergenerational Book Club that continues to meet.

Age-Friendly Film Festival

In 2021, AIS staff worked in partnership with the Media Arts Center and AARP to develop and implement the Emerging Filmmaker Fellowship and host the first Age-Friendly Film Festival. This fellowship program was funded by the San Diego Foundation. The fellowship promoted age-friendly initiatives across the region by providing ten students with stipends, training, mentorship, and resources to develop short films that highlighted the importance of age-friendly



work, such as walkable communities and dementia-friendly environments. The Age-Friendly Film Festival was hosted in-person on November 13, 2021, and virtually on December 8, 2021, with over 150 individual attendees. These films are available online for community partners and individuals to view and share widely. In addition to screening films as a part of ongoing regional community discussions, the films were also screened during the National Planning Conference in May 2022, and continue to be shared locally and nationally by AARP.

Connections, Health, Aging & Technology Project (CHAT)

In early 2022, CDA provided San Diego County with 332 iPads to implement the CHAT program in 2022. Through CHAT, eligible older adults will receive an iPad, a data plan, digital literacy training, and technical support to facilitate socialization and participation in activities from the older adult's home. In May 2022, eligible participants were identified, with priority given to low-income older residents, and those who are black, indigenous, and people of color with the greatest economic and social need. The program will run through March 2023 and pre- and post-testing will be used to evaluate the program's effectiveness.

NEXT STEPS

New goals for the Social Participation priority area are being developed with community partners to ensure older adults can remain engaged as they age and combat social isolation. These new goals focus on continuing to increase access to technology and digital literacy training, creating more cross-cultural and intergenerational social engagement opportunities, and increasing awareness of the negative impacts of social isolation on older adults and people of all ages.





TRANSPORTATION

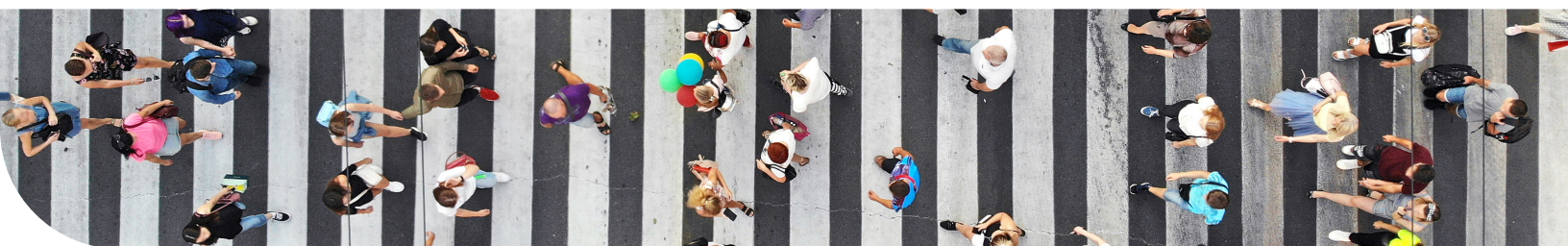
Many older adults rely on alternative modes of transportation to preserve their independence and remain in their communities as they age. The safety, accessibility, and affordability of local transportation options are essential components of an age-friendly community. Supporting and implementing regional planning strategies helps to create age-friendly environments, strengthens connections to outdoor and public gathering spaces like senior centers and parks, and increases opportunities for social engagement and physical activity. Additionally, providing training on how to use public transportation and how to access other low- or no-cost transportation options through resources like the *Ride Well to Age Well* guide, can further advance older adults' comfort with and use of alternative transportation modes.

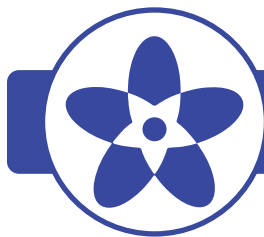
PRONTO Card Outreach and Engagement

In Fall of 2021, the San Diego Metropolitan Transit System (MTS) and North County Transit District (NCTD) released the new PRONTO fare collection system. AIS worked alongside MTS and NCTD to promote PRONTO, share information about using public transportation, and provide public awareness about the Reduced Fare option for adults 65 and older. In addition to the countywide outreach MTS and NCTD conducted during the roll-out of PRONTO, AIS staff contributed to the promotion and distribution of PRONTO cards and information about how to use the public transportation system by working with community partners to provide educational presentations to over 130 residents and distributing 400 Adult Fare PRONTO cards and 200 Reduced Fare PRONTO cards between September and October 2021.

NEXT STEPS

It remains a priority to continue deepening the local understanding and expertise related to transportation challenges faced by older adults and ensure safe and equitable transportation options are promoted. The *Ride Well to Age Well* guide will continue to be updated to maintain a current list of transportation services available within the region and this resource will be translated into all threshold languages. Additionally, ways to increase access to current transportation services, such as by providing transit training in non-English languages to communities that have historically lacked access, will be explored with community partners. Another effort will be to release a *San Diego Complete Streets Tool for Older Adults* that provides engaged citizens, city planners, designers, and policymakers with new ideas and strategies on how to improve streets and physical environments for people of all ages and abilities.





DEMENTIA

County epidemiologists have estimated that there are approximately 100,000 people living with Alzheimer's disease and related dementias (ADRD) in the region and the prevalence is expected to reach 115,000 by 2030. The vision of the Dementia priority area is that San Diegans have the information they need to reduce their risk of ADRD, that residents with ADRD receive the highest standard of clinical care, that individuals with ADRD are well cared for and supported by "Dementia-Friendly" communities to be as independent as possible, and that family members have the support they need to care for their loved ones.

Since the launch of The Alzheimer's Project by the Board on May 6, 2014 (05), the County and its partners have made significant improvements with innovative approaches to addressing the impacts of ADRD in the region. In addition to County funding, several grants have supported this work. Most notably, in 2020, HHSA applied for and received a two-year grant from the California Department of Public Health for implementation of national Healthy Brain Initiative strategies that support the vision of this Aging Roadmap component. A more detailed report on The Alzheimer's Project is presented in the in the 2022 Alzheimer's Project Annual Report which can be found at the end of this document. Highlights of the report include:

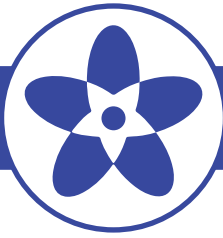
Clinical Roundtable

Due to a shortage of specialists, primary care physicians are on the front lines of dementia care, but they have not historically had the tools or information to provide the highest standard of care. The Clinical Roundtable, comprised of medical specialists from each of our region's health systems, developed the *Physician Guidelines for the Screening, Evaluation, and Management of Alzheimer's Disease and Related Dementias (Guidelines)*. In Fiscal Year 2021-22, more than 1,018 clinicians were trained on the *Guidelines*, bringing the total number to over 4,800 clinicians trained.

Clinical Roundtable physicians have also identified a need to embed certain aspects of the *Guidelines* into their organizations' electronic medical record (EMR) systems, such as patient scores on cognitive evaluations, which have – for other diseases – been shown to increase early diagnosis, reduce treatment errors, and improve patient outcomes. In the last year, several local health systems have committed to integrating screening instruments and evaluation score fields into their respective EMR systems.

ADRD Caregiver Support

County epidemiologists estimate that there are more than 290,000 San Diegans currently caring for someone with ADRD. It remains a priority of this component to ensure support and assistance is provided to individuals in their caregiving journey. In addition to respite programs, caregiver initiatives include working alongside community partners to assist with the Caregiver Coalition of San Diego and implement the Alzheimer's Response Team program.



DEMENTIA

Public Awareness and Education

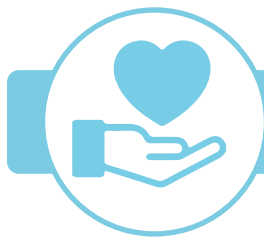
In a dementia-friendly community, people and organizations are well-informed and can recognize and respond effectively to the needs of individuals living with dementia. Over the past fiscal year, specific community sectors have been engaged to support their ability to successfully create a dementia-friendly community. These include:

- › 70 public health professionals participated in virtual trainings on dementia, the role of public health, and information and tools to support public health action.
- › Libraries, senior centers, senior living communities, faith-based institutions, and banks were given training or materials to learn dementia-friendly practices such as lighting, room design, and communication techniques.
- › Over 600 mandated reporters received elder and dependent adult abuse training with enhanced education on dementia to better equip them to recognize ADRD and respond to incidents of abuse.

NEXT STEPS

The Clinical Roundtable will train more primary care providers on the *Guidelines* and encourage the integration of ADRD information into EMR systems to improve early diagnosis and treatment. Healthy lifestyle factors will be promoted as a means of preventing or delaying ADRD. Public health professionals will continue to receive training to further integrate brain health topics into ongoing public health education. Community sectors, such as banks and restaurants, will continue to be equipped with information and tools to create more dementia-friendly environments.





CAREGIVER SUPPORT

The Caregiver Support priority area envisions a region where caregivers have access to the support and resources necessary to provide responsive and quality care to older adults, while also tending to their own well-being. In the region, there are an estimated 490,000 volunteer caregivers who care for a family member or loved one.

Caregiver Coalition of San Diego

The Caregiver Coalition of San Diego, a collaborative community group, aims to identify and address the needs of caregivers through education and advocacy efforts. Over the past fiscal year, the Caregiver Coalition of San Diego has hosted virtual webinars on veterans' caregiver programs, housing options, emergency preparedness tips for caregivers, preserving dignity with dementia, and Parkinson's disease. In addition, specialized virtual events including "Caregiving & the Holidays: From Stress to Success" and "Let's Talk About Mental Health" included tools for caregivers, local community resources, and practical caregiving tips. These efforts reached more than 200 caregivers.

Family Caregiver Support Program (FCSP)

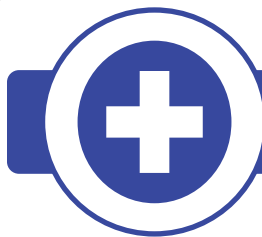
The FCSP is a federally-funded program which provides services including information and education, caregiver counseling, case management, support groups, legal aid, minor home modification, respite care, and supports for grandparents raising grandchildren and other kinship families. More than 2,790 family caregivers received various combinations of these services in Fiscal Year 2021-22, and an additional 215,000 were reached through broad public information and caregiver community education efforts. These services help family caregivers maintain their own mental wellbeing while improving the care that they provide for their loved one.

Respite Care

One of the most essential caregiver support services is respite care, which provides a professional home caregiver so the family caregiver gets a break (usually 4 – 8 hours). From July 2021 to June 2022, organizations using FCSP funds provided more than 23,500 hours of respite care to over 400 clients (including grandparents raising grandchildren). To further augment the respite provided via the FCSP, since 2019, the County has provided a unique program specifically for caregivers of those living with ADRD. Through the County's Respite Voucher Program, families pay 50% of the cost and the County covers the remaining 50%. Two contracted organizations provided over 57,000 hours of cost-reduced respite to approximately 1,275 ADRD caregivers in Fiscal Year 2021-22. To date, more than 4,500 clients have been served.

NEXT STEPS

Caregiving resources will continue to be shared with the community. As more resources are created, translated, and made available, the Caregiver Coalition of San Diego, and other partners will be engaged to help promote these materials through digital and print media, presentations, and discussions with community groups.



SAFETY

The vision for the Safety priority area of the Aging Roadmap is that older adults and persons with disabilities are safe in their homes and community.

Dignity at Home

Each year, over 100,000 older adults in the region experience falls that result in serious injuries. The Dignity at Home Fall Prevention Program was developed to reduce the number of these debilitating falls by addressing common risk factors. To implement the program, AIS received grant funding from CDA to purchase, assemble, and distribute fall prevention kits to eligible older adults and persons with disabilities. Each kit includes home safety products, assistive devices, and educational materials. AIS has developed referral pathways with its case management programs, including the Multipurpose Senior Services Program (MSSP) and IHSS to distribute these kits to eligible clients.

Long-Term Care Ombudsman Program (LTCOP)

The mission of LTCOP is to seek resolution of complaints and advocate for the rights of residents in long-term care facilities to ensure their dignity, quality of life, and care. The program is mandated by the federal government under the Older Americans Act and serves residents living in the 1,473 facilities across the region. A team of certified volunteers and staff identify, investigate, and resolve complaints made by, or on behalf of, the residents. From July 2021 to June 2022, the LTCOP completed 2,887 facility visits and Ombudsman volunteers donated 2,546 hours.

Project C.A.R.E.

Frail older adults and people with physical or mental disabilities who are socially isolated are at high risk of abuse and neglect. Project C.A.R.E. (Community Action Reaching the Elderly) is a partnership of local organizations to identify and support these residents to prevent social isolation, loneliness, neglect, and abuse. Through contracts with local service providers, Project C.A.R.E. maintains regular contact, conducts home visits to assess needs, provides minor home repairs, care plan development and case management, and referrals to APS, IHSS, and other programs. Since July 2021, Project C.A.R.E. reached more than 7,740 clients.

Growth of APS

In January 2022, a new law in California expanded the age of eligibility for APS services. Previously APS served individuals 65 and older and dependent adults 18-64. The expansion reduced the age of eligibility to 60 years and older and dependent adults 18 to 59 years old. This fiscal year, APS received over 20,000 referrals, with over 17,200 investigations resulting in more than 13,800 cases. Due to the increasing older adult population and number of referrals coming in, APS added additional staff to address the increasing needs, including creating a specialized unit with a focus on financial abuse.

Elder Justice Task Force (EJTF) - Scams

The EJTF is a partnership of the San Diego County District Attorney's office, local law enforcement, Federal Bureau of Investigations, and APS that began June 2021. In contribution to the EJTF, APS workers who specialize in financial abuse and scams have trained law enforcement jurisdictions in the region and created a pocket card to help law enforcement collect key information when taking a scam related police report. These efforts have been a major success, resulting in prosecutions in the region and extending to connected prosecutions across the nation.

SUCCESS SPOTLIGHT

\$75,000 was returned to one victim, and \$1.5 million was prevented from being taken from another victim's bank account.

NEXT STEPS

County departments and community partners will continue to work on the expansion of the programs described above and on raising awareness in the community. For instance, efforts to increase awareness of elder abuse and APS will include the continuation of presentations to service providers such as senior center staff and senior housing managers, as well as a new emphasis on conducting more broad publicity such as advertising and social media. For all the safety programs above, outreach will include a focus on equity to reach historically underserved residents who might not be aware of the services and resources available to them.





PREPAREDNESS & RESPONSE

Older adults, people with disabilities, caregivers, and people with other access and functional needs are often disproportionately affected during times of disaster. This priority area of the Aging Roadmap works to ensure that these individuals are prepared to be safe during emergencies.

Personal Disaster Plan for People Who May Need Assistance

AIS partnered with the Office of Emergency Services (OES) to create the *Personal Disaster Plan for People Who May Need Assistance* guide. The guide is a tool for residents to make their own individualized plan for themselves and their family. Interested residents can receive information on how to access the guide, have the guide mailed directly to their home or access it on the ReadySanDiego website (readysandiego.org). The guide is available in audio format and in print in 12 different languages. Since the guide was completed in 2021, more than 13,000 have been distributed to residents and community organizations.

Preparedness and Response Project with CERT

In collaboration with the American Red Cross Community Emergency Response Teams (CERT), AIS and OES will train senior volunteers to provide individualized training to family members, neighbors, and other community members on how to be prepared for a disaster, especially in rural and high fire risk areas. In Fiscal Year 2021-22, senior volunteers in the San Diego County Sheriff's Department were given the *Personal Disaster Plan for People Who May Need Assistance* as a guide to use in this project and training sessions.

NEXT STEPS

Collaborative partnerships will continue to ensure seniors and those who may need assistance are prepared for disasters, especially vulnerable residents who live in rural areas with a high fire risk. Live training sessions and communication about available resources, including the Preparedness and Response Project with CERT and the *Personal Disaster Plan for People Who May Need Assistance*, will be shared regionwide, and special attention will be given to isolated homebound residents.





SILVER ECONOMY

This priority area envisions a skilled and diverse workforce with ample opportunities for older adults to work and volunteer.

Volunteer Opportunities for Older Adults

Senior Volunteers in Action (SVA) and the Retired and Senior Volunteer Program (RSVP) engage older adults in the San Diego community by connecting them to meaningful volunteer opportunities. Volunteers in the SVA and RSVP programs provide much needed service in the community such as gleaning food for distribution to food banks and welfare checks to isolated seniors. Throughout the fiscal year, more than 1,300 volunteers have served over 188,700 hours. These volunteers have served in 89 non-profit and public organizations throughout the region. Many organizations added virtual volunteer opportunities in response to the COVID-19 pandemic, which provide an opportunity for otherwise isolated seniors to get engaged. To show appreciation for these dedicated volunteers, regional volunteer recognition celebrations were hosted at County and City of San Diego parks. In the past year, the senior volunteer website was updated and now can be used by potential volunteer community members to explore the 89 different organizations.

IHSS Caregiver Recruitment

The IHSS program provides homemaker and personal care assistance to eligible individuals who are receiving Supplemental Security Income or who have a low income and need help in the home to remain independent. The County of San Diego IHSS Public Authority (PA) maintains a registry of providers (caregivers) and is the employer of record for IHSS caregivers. Throughout California, there is a shortage of professional caregivers for IHSS and private home care companies. Following direction of the Board on October 5, 2021 (09), the PA has worked to address this care shortage. The PA has contracted with a company that will provide program evaluator services, including assistance with caregiver recruitment and retention, creating a data framework, gathering stakeholder feedback, and other tasks as needed. Information about becoming a caregiver is now included in outreach presentations for community groups and on the County website. From July 2021 to June 2022, 7,205 new people have enrolled as IHSS caregivers, and recruitment and retention efforts continue.

NEXT STEPS

Regional collaborative work will continue to expand opportunities for job training and volunteerism for older adults. In addition, efforts will continue to increase caregiver recruitment to serve the greatest number of people possible.





MEDICAL & SOCIAL SERVICES

The vision of this priority area is care coordination among medical and social services providing proactive, seamless, prevention-focused, and person-centered responsive support. Because the medical and social services system is rather large, fragmented, and based on multiple funding streams, it can be very hard for older adults and caregivers to navigate and even to know what is available. Social service programs offered are key supports for older adults in our community, the largest of which is IHSS. In addition, the Senior Nutrition Program provided approximately two million home-delivered, take-home, and congregate meals to older adults in Fiscal Year 2021-22. Care coordination programs such as MSSP, Senior Options, Advocacy and Referral, and others help older adults access needed medical care and social services that support them to live in their own homes, rather than move to assisted living or skilled nursing facilities. Over the past year, several accomplishments have been made that improve quality of and access to medical and social services and increase awareness of the services that are available.

Geriatric Emergency Department Accreditation

Going to the emergency department can be a stressful experience for older adults. Emergency departments with geriatric accreditation can improve older adults' experience by modifying the physical environment, adding senior-specific protocols, and providing staff with special training. The initiative, launched by the Board along with the Aging Roadmap on September 24, 2019 (04), is a partnership co-funded by the County and the West Health Institute, and it involves the region's major health systems and the Hospital Association of San Diego and Imperial Counties, with the aim of achieving geriatric accreditation for all eligible emergency departments across the region. Rady Children's Hospital and the two Navy hospitals were not eligible. This goal was achieved in March 2022, with all eighteen of the region's eligible hospitals earning this important marker of quality care for older adults. San Diego County is the first large county in the nation to offer accredited senior-friendly emergency care across the region.

IHSS Outreach

The IHSS program serves residents who need personal assistance in the home. On March 2, 2021 (13), the Board approved an education campaign to publicize the IHSS program so that more eligible residents can obtain services. Staff have conducted presentations for over 2,535 older adults, family caregivers, hospital staff and other service providers, sharing information about the program and letting them know how to enroll. Also, a full-page advertisement was published in the annual Eldercare Directory that is used all year by older adults and senior service professionals. As of June 30, 2022, IHSS had over 36,500 recipients, which is more than a 6.0% increase from previous years.

COVID-19 Support & Resources

As part of the County's COVID-19 response, the Older Adult and Disability Sector Support Team provided timely public health guidance, regular telebriefings, and resources to older adults, individuals with disabilities, and related service providers. In February 2021, the Homebound San Diegan Vaccine Program was launched. Focused on health equity, the County partnered with

2-1-1 San Diego and local health care providers to administer COVID-19 vaccines to homebound residents. Many homebound residents were unintentionally excluded from traditional vaccination distribution due to their high-risk status, immobility, or inability to secure transportation to a vaccination site, and this program allows homebound residents of any vaccine-eligible age to register to receive the vaccine at their home by a contracted provider. In Fiscal Year 2021-22, over 1,080 residents received at least one COVID-19 vaccine in their home, bringing the total number since program inception to over 1,300 residents.

In January 2022, CDA provided funding to conduct outreach to older adults regarding COVID-19 vaccination. A formula based on the Healthy Places Index was used, along with regional vaccination rates, to allocate funds in an equitable manner to contractors serving the six HHSA regions. By the end of June 2022, these contractors assisted with scheduling more than 920 first dose appointments, more than 815 second dose appointments, and nearly 3,000 booster doses using Community Health Workers to reach underserved older adults.

Senior Nutrition Program

In response to the State’s plan for moving “Beyond the Blueprint for a Safer Economy” issued on June 15, 2021, a safe reopening plan for congregate meal sites throughout the region was developed. Upon reopening, site attendance steadily increased, providing much needed in-person interaction for older adults that experienced social isolation during the pandemic. Many program flexibilities implemented during the pandemic have remained, allowing Senior Nutrition Providers to serve meals in alternative methods and reach a higher number of participants. Between July 2021 and June 2022, providers served approximately two million home-delivered, take-home, and congregate meals. Funding from the American Rescue Plan Act has enabled providers to further expand home-delivered and take-home meal services to older adults.

NEXT STEPS

With an equity focus, outreach in multiple languages will aim to reach underserved communities that may have less awareness of County and community resources. Existing partnerships with the region’s senior centers and community partners will be leveraged to ensure that the patrons are aware of and have access to all programs for which they may be eligible.



CONCLUSION

The Aging Roadmap is based on a collaborative, community-centered approach that identifies and addresses the regional inequities in aging. This framework is vital in meeting the needs of our growing older adult population and addresses these needs in a sustainable and equitable manner, while ensuring access to services and opportunities as our residents age. As highlighted in this report, the multiple County departments, residents, and community organizations that have contributed to advancing the ten priority areas have seen accomplishments that could have only been achieved through these valued partnerships. With a greater emphasis on equity and community input, the County will continue these efforts alongside our partners, and move forward in elevating efforts to meet the needs of our older adult residents.



PARTNERS

The Aging Roadmap and its accomplishments this past year would not be possible without the collaboration between community partners, jurisdictions, and County departments. We would like to share our appreciation for the following partners and their contributions towards ensuring the region's communities and programs equitably support the needs of the growing population of older adults throughout the region.

Community Partners

101 Mobility of San Diego

2-1-1 San Diego

Aaron Home Care

AARP

Aging & Independence Services Advisory Council

Alliance Healthcare Foundation

Alliant University

Alvarado Hospital Medical Center

Always Best Care Senior Services

Alzheimer's Association San Diego/Imperial Chapter

Alzheimer's San Diego

American Red Cross

California Relay Services

California Telephone Access Program

Caregiver Coalition of San Diego

Champions for Health (formerly San Diego County Medical Society Foundation)

Circulate San Diego

City of Carlsbad

City of Chula Vista

City of La Mesa

City of National City

City of San Diego

City of Solana Beach

Coast Care Partners

ComForCare Home Care – East County San Diego

Consumer Advocates for RCFE Reform

Consumer Center for Health Education and Advocacy

Dementia Friends California

Elder Law & Advocacy/Health Insurance Counseling & Advocacy Program

ElderHelp of San Diego

Facilitating Access to Coordinated Transportation

Federal Bureau of Investigation

For Love & Art

Foundation for Senior Care

Gary & Mary West Program of All-Inclusive Care for the Elderly

A large, stylized rainbow graphic with multiple bands of color (red, orange, yellow, green, blue, purple) curves from the top left corner of the page towards the center, framing the title.

PARTNERS (CONTINUED)

Home Instead Senior Care
Hospital Association of San Diego and Imperial Counties
Jewish Family Service of San Diego
Kaiser Permanente
Meals on Wheels San Diego County
Media Arts Center
Metropolitan Transit System
National Alliance on Mental Illness San Diego
NeuroLab 360
North County Transit District
Oasis Senior Advisors
Palomar Health Medical Group
Parkinson's Association of San Diego
Parkinson and Other Movement Disorder Center
Perlman Clinic
Point Loma Nazarene University
Regional Task Force on Homeless
Retired Employees of San Diego County
San Diego Association of Governments
San Diego Community College District
San Diego County Bicycle Coalition
San Diego Housing Federation
San Diego Foundation
San Diego Military and Veterans Advisory Council
San Diego Oasis
San Diego Program of All-Inclusive Care for the Elderly
San Diego Seniors Community Foundation
San Diego State University
San Diego Union-Tribune
San Diego VA Caregiver Support Program
Scripps Health
Sharp HealthCare
Serving Seniors
Sharp HospiceCare
Sharp Rees-Stealy Medical Group
Sharp Senior Resource Center
Silver Linings Transitions, Solutions for Change
South County Action Network
Southern California Permanente Medical Group
Southern Caregiver Resource Center
Southwest Lifeline
St. Paul's PACE

PARTNERS (CONTINUED)

St. Paul's Senior Services
The Elizabeth Hospice
The George G. Glenner Alzheimer's Family Centers, Inc.
The Neurology Center of Southern California
Time to Move Care Placement
TrueCare
University of California San Diego
University of California San Diego Shiley-Marcos Alzheimer's Disease Research Center
Union of Pan Asian Communities
Village Core
Village Movement California
Vista Community Clinic
West Health Institute
Windward Life Care

County Departments, Offices, and Services

County of San Diego Finance and General Government Group

Department of Human Resources

County of San Diego Health and Human Services Agency

Aging & Independence Services

Behavioral Health Services

Homeless Solutions and Equitable Communities

Housing and Community Development Services

IHSS Public Authority

Medical Care Services

Public Health Services

County of San Diego Land Use and Environment Group

Planning and Development Services

San Diego County Library

County of San Diego Public Safety Group

District Attorney's Office

Office of Emergency Services

Sheriff's Department

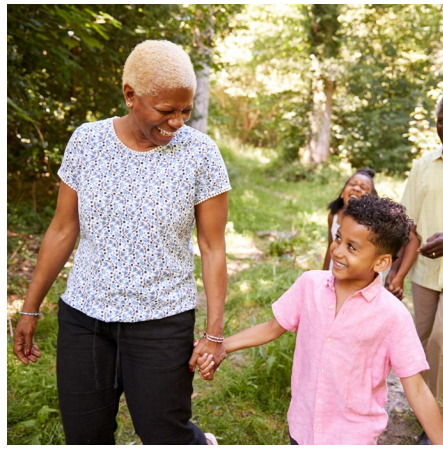


ACRONYMS & ABBREVIATIONS

AARP – American Association of Retired Persons
ABRD – Alzheimer’s disease and related dementias
ADU – Accessory Dwelling Unit
AIS – County of San Diego Health and Human Services Agency, Aging & Independence Services
APS – Adult Protective Services
Board – San Diego County Board of Supervisors
C.A.R.E. – Community Action Reaching the Elderly
CDA – California Department of Aging
CERT – Community Emergency Response Teams
CHAT – Connections, Health, Aging, and Technology
County – County of San Diego
EMR – Electronic medical record
EJTF – Elder Justice Task Force
FCSP – Family Caregiver Support Program
Guidelines – Physician Guidelines for the Screening, Evaluation, and Management of Alzheimer’s Disease and Related Dementias
HCDS – County of San Diego Health and Human Services Agency, Housing and Community Development Services
HHSA – County of San Diego Health and Human Services Agency
HSEC – County of San Diego Health and Human Services Agency, Department of Homeless Solutions and Equitable Communities
IHSS – In-Home Supportive Services
LTCOP – Long-Term Care Ombudsman Program
MPA – Master Plan for Aging
MSSP – Multipurpose Senior Services Program
MTS – Metropolitan Transit System
NCTD – North County Transit District
OES – County of San Diego Public Safety Group, Office of Emergency Services
PA – County of San Diego IHSS Public Authority
PDS – County of San Diego Land Use and Environment Group, Planning and Development Services
RSVP – Retired and Senior Volunteer Program
RTFH – Regional Task Force on Homelessness
SVA – Senior Volunteers in Action
UCSD – University of California San Diego



APPENDIX



THE ALZHEIMER'S Project
Prevention – Care – Community Support

ANNUAL REPORT • 2022



Introduction

County of San Diego (County) epidemiologists have estimated that there are approximately 100,000 people living with Alzheimer's disease and related dementias (ADRD) in San Diego County and the prevalence is expected to reach 115,000 by 2030. Since the launch of The Alzheimer's Project on May 6, 2014 (05), the County has been paving the way for improved dementia care with its innovative approach to addressing the impacts of ADRD in the region. Despite new challenges imposed by the COVID-19 pandemic, Project leaders have made significant strides in the areas of clinical response, caregiver support, and education. In addition to County funding, several grants have supported the work of The Alzheimer's Project. Most notably, in 2020, a two-year grant from the California Department of Public Health was received for implementation of national Healthy Brain Initiative (HBI) strategies. These efforts support The Alzheimer's Project vision of a region where San Diegans have the information they need to reduce their risk of ADRD; residents with ADRD receive the highest standard of clinical care; individuals with ADRD are well cared for and supported by "Dementia-Friendly" communities to be as independent as possible; and family members have the support they need to care for their loved ones.

Primary care physicians are on the frontlines of dementia care due to the limited availability of specialists. This shortage, coupled with minimal guidance for non-specialists on how to effectively screen, evaluate, and manage the diseases that cause dementia (e.g. Alzheimer's, Vascular, Parkinson's, and more), has illuminated the critical need for more physician education, resources, and support. The Clinical Roundtable of the Alzheimer's Project—comprised of neurologists, psychiatrists, geriatricians, and other members of the clinical community—have helped address this need by lending expertise regarding medical care for those living with the disease, promoting clinical standards and guidelines, identifying resources, and providing tools for effective communication.

Caregivers are vital to ensuring the health, safety, and wellbeing of those living with ADRD. With the demand for care rising and the growing shortage of professional caregivers, family caregivers are the backbone of the long-term care system for older adults. Empowering caregivers in their role so that they may continue to provide quality care is essential to the sustainability of the regional care infrastructure. San Diego County's caregiver support network is comprised of healthcare providers, experts in dementia, family caregivers, residential and day care providers, public safety representatives, and community organizations. The caregiver support component of The Alzheimer's Project focuses on increasing resources for caregivers and building connections between clinical and social services available to families impacted by ADRD.

There is a lack of awareness and understanding of ADRD leading to stigma, barriers to seeking care, and inadequate knowledge of how to recognize and respond to the needs of those living with the disease. Additionally, the role of healthy lifestyle behaviors in preventing or delaying cognitive decline is not widely known, underscoring the need for public education. A strong network of County and community organizations collaborate to equip the community, professionals, caregivers, and stakeholders with the resources and skills necessary to support San Diegans living with the disease.

This latest annual report showcases the work of The Alzheimer's Project and related dementia initiatives in San Diego County.





Clinical Roundtable

National and local shortages of neurologists and other specialists have alarming consequences for the care of people with ADRD, including delays in detection and treatment of these diseases. Early detection can allow impacted patients to get treatment and participate in clinical trials with promising pharmaceuticals when these interventions are most likely to be beneficial, and patients and their loved ones have time to get resources in place and make plans to ensure a higher quality of life for as long as possible. The Clinical Roundtable was formed in 2015, bringing together geriatricians, neurologists, and other medical specialists from across the major health systems in San Diego County. Due to the shortage of specialists, primary care physicians are on the frontlines of dementia care, but they have not historically had the tools or information necessary to provide the highest standard of care. The

Clinical Roundtable developed the *Physician Guidelines for the Screening, Evaluation, and Management of Alzheimer's Disease and Related Dementias (Guidelines)*, to equip primary care clinicians with the knowledge and tools they need. The *Guidelines* were first released in 2016 and updated regularly thereafter, and are available in print, online, and as a mobile application (AlzDxRx). The *Guidelines* include best practice algorithms, screening and evaluation instruments, information on FDA-approved medications, information on care through the disease stages, and resources for clinicians and caregivers.

Clinical Roundtable physicians have identified a need to embed certain aspects of the *Guidelines* into their organizations' electronic medical record (EMR) systems, such as patient scores on cognitive instruments. Inclusion of these fields would improve patient process tracking and assure systemic screening and diagnosis, but many EMR systems lack similar fields for ADRD information. In the past year, even though healthcare providers have been incredibly impacted by the COVID-19 pandemic, Clinical Roundtable members have garnered commitments from several local health systems to integrate screening instruments and evaluation score fields into their respective EMR systems. These system changes are likely to make a lasting improvement in ADRD care going forward.

Educating middle aged patients on dementia prevention is a new approach in most clinical environments. Primary care physicians have continued to disseminate the Healthy Body, Healthy Mind handout which encourages patients to engage in healthy lifestyle behaviors—such as eating a balanced diet, getting regular exercise, and being socially involved—to reduce ADRD risk. This represents a unique multiple health system effort to educate patients on actions they can take early in life to promote brain health.

FY 21-22 Achievements

- **1,018 healthcare providers** received training on the use of the *Guidelines*, bringing the total number trained to more than **4,800**.
- More than **3,800 Healthy Body, Healthy Mind patient education handouts**, as well as **exam room posters** encouraging the importance of screening were disseminated to providers and physician offices.
- A series of articles written by Clinical Roundtable members and published in the San Diego Physician magazine (January through June 2022) was viewed by **11,600 providers monthly**. Articles highlighted the clinician's role screening and evaluation, behavioral management, pharmacotherapy, caregiver health and wellbeing, and brain health education.
- **Kaiser Permanente, Scripps, and UC San Diego Health**, among others, have committed to integrating screening instruments and evaluation score fields into their EMR systems.



County epidemiologists estimate that approximately 292,556 San Diegans are currently caring for someone with ADRD. In collaboration with community-based organizations that serve caregivers and individuals living with dementia, County Health and Human Services Agency (HHS), Aging & Independence Services (AIS) has continued to provide services, tools, and information to support individuals in their caregiving journey. The Caregiver Coalition of San Diego hosted several conferences and events online as part of its ongoing effort to provide education on a wide range of topics, including how to prepare for emergencies, access veterans' caregiver programs, and take the stress out of the holiday season. Additionally, the Caregiver Coalition's Caregiver Handbook was printed in five threshold languages (English, Spanish, Tagalog, Vietnamese, and Arabic). Efforts are currently underway to translate this valuable resource into additional threshold languages (Persian, Korean, Somali, and Chinese Mandarin) resulting in a more equitable approach to information-sharing.



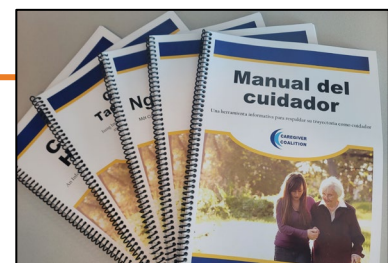
Caregiver Support

Due to circumstances related to the COVID-19 pandemic, many individuals and families experienced a need for increased respite. Respite gives caregivers valuable time away from their caregiving duties while allowing the person living with ADRD to receive care in a safe environment. In partnership with its contractors, the County has provided thousands of hours of respite to caregivers in need. Through the National Family Caregiver Support Program, clients received free respite and had access to information and education services, caregiver counseling, and case management. Additionally, through the Respite Voucher Program, clients received cost-reduced respite including in-home care, companion care, adult daycare, overnight respite, and out-of-home care.

The County has continued to support programs that provide specialized assistance in the event of an emergency or crisis. Adult Protective Services has a specialized program called the Alzheimer's Response Team (ART). This program helps older adults with dementia access support services when they are in crisis so that they can avoid ending up in the emergency department or in law enforcement custody. Originally created as a pilot project in East County, the initiative was recently expanded to serve all areas of the county. ART was expanded to accept referrals county-wide in January 2022, providing individuals with ADRD and their loved ones with informed crisis response and intervention, as well as care coordination.

FY 21-22 Achievements

- Southern Caregiver Resource Center and Coast Care Partners provided more than **57,000 hours of cost-reduced respite** to approximately **1,275 ADRD caregivers** through the County's Respite Voucher Program.
- Southern Caregiver Resource Center provided more than **23,500 hours of free respite** to over **400 ADRD caregivers** through the National Family Caregiver Support Program.
- More than **150 caregivers, professionals, and community members** attended events and conferences on caregiver issues.
- ART received over **795 referrals**, resulting in over **545 visits** by the crisis response team this fiscal year.





Public Awareness & Education

In a dementia-friendly community, individuals are well-informed and can recognize and respond effectively to the needs of individuals living with dementia and their caregivers. AIS' Outreach & Education Team has continued to educate the community on the causes and warning signs of ADRD through outreach events and presentations. As the region's Master Dementia Friends Champion, AIS has continued to provide informative sessions that draw contrast between normal signs of aging and signs of cognitive impairment, as well as promote best practices for effectively interacting with someone living with dementia. Collectively, these efforts can help change attitudes and public perceptions about dementia, as well as reduce the stigma that prevents people living with ADRD from actively participating in community life.

An all-sectors approach is needed to create public spaces that are welcoming and inclusive of individuals living with dementia. The Age Well Dementia Team has engaged senior centers, senior living communities, libraries, faith-based institutions, and banks in efforts to make their settings more dementia-friendly. This has been accomplished through trainings or materials that address sector-specific dementia-friendly practices. Because individuals living with dementia can be at greater risk for abuse and neglect due to impaired judgement and communication difficulties, these dementia education efforts included information on abuse prevention and reporting instructions to promote vigilance in these settings. The AIS elder abuse training was also revised to include more information on dementia.

Historically, public health professionals have not addressed brain health, but in recent years, research has shown that up to 40% of ADRD cases could be prevented or delayed by engaging in healthy lifestyle behaviors—such as eating healthy, being physically active, and staying socially engaged—throughout the lifespan. A primary goal of national and local efforts of the Healthy Brain Initiative is to advance cognitive health as an integral component of public health. HHSA's Public Health Services has led efforts to educate public health professionals on dementia, the role of public health in dementia response, and information and tools to support public health action.

FY 21-22 Achievements

- **More than 600 mandated reporters** that received elder and dependent adult abuse training are better equipped to recognize ADRD and respond to incidents of abuse.
- **18 City and County library staff** attended virtual Dementia Friends Information Sessions and learned about the role of libraries in cultivating dementia-friendly communities; tips for communicating with library patrons with dementia; environmental considerations for libraries; and library programs that are suitable for individuals living with dementia and their caregivers.
- **70 public health professionals** participated in trainings on dementia, dementia caregiving, the role of public health, and sources of information, tools, and assistance to support public health action.



Looking Ahead

Next Steps for Improving Clinical Care, Expanding Caregiver Supports, and Education on ADRD

The Alzheimer's Project has made significant progress in addressing the toll of ADRD; however, as the number of older adults continues to rise, the number of people affected by these diseases is also projected to rise. There is still more work to be done to improve clinical care for patients at-risk or diagnosed with ADRD; to expand services and supports available to family caregivers; and to raise awareness and understanding of ADRD in all community sectors. Next steps for The Alzheimer's Project are outlined below.

Clinical Roundtable

- **Work with all San Diego health systems and federally qualified health centers to train more primary care providers on standardized best practices in care for ADRD utilizing the *Guidelines*.**
- **Assess the uptake and usefulness in clinical practice of the Healthy Body, Healthy Mind patient education handout and the exam room poster that encourages dementia screening.**
- **Encourage the integration of screening and evaluation instruments into EMR with all health systems countywide to improve the early diagnosis and treatment of older adults affected by ADRD.**

Caregiver Support

- **Work with members of the Clinical Roundtable to further increase awareness among healthcare providers of the wide variety of local caregiver resources.**
- **Provide respite and other services that help caregivers to maintain their wellbeing.**

Public Awareness & Education

- **Promote healthy lifestyle factors as a means of preventing or delaying ADRD in messaging and engagement efforts.**
- **Work with public health professionals to further integrate brain health topics into ongoing public health education.**
- **Equip community sectors such as banks and restaurants with information about dementia and ways to create a more dementia-friendly environment.**

Acknowledgements – FY 2021-22 Partners

Clinical Roundtable

Michael Lobatz, MD, Scripps Health,
The Neurology Center of Southern
California (Committee Chair)
Alvarado Hospital Medical Center
Alzheimer's Association San
Diego/Imperial Chapter
Alzheimer's San Diego
Champions for Health (formerly San
Diego County Medical Society
Foundation)
County of San Diego Health and
Human Services Agency, Aging &
Independence Services

County of San Diego Health and
Human Services Agency, Medical
Care Services
Kaiser Permanente
Palomar Health Medical Group
Perlman Clinic
San Diego State University
Scripps Health
Sharp HealthCare
Sharp Rees-Stealy Medical Group
Southern California Permanente
Medical Group
Southern Caregiver Resource Center

The Elizabeth Hospice
The George G. Glenner Alzheimer's
Family Centers, Inc.
The Neurology Center of Southern
California
TrueCare
UC San Diego
UC San Diego Shiley-Marcos
Alzheimer's Disease Research Center
Vista Community Clinic

Caregiver Support and Public Awareness & Education Partners

101 Mobility of San Diego
Aaron Home Care
AARP
Aging & Independence Services
Advisory Council
Alliance Healthcare Foundation
Always Best Care Senior Services
Alzheimer's Association San
Diego/Imperial Chapter
Alzheimer's San Diego
California Relay Services
California Telephone Access Program
Caregiver Coalition of San Diego
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County of San Diego Health and
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Human Services Agency, Public Health
Services

County of San Diego Sheriff's
Department
Elder Law & Advocacy/Health
Insurance Counseling & Advocacy
Program
ElderHelp of San Diego
For Love & Art
Foundation for Senior Care
Gary & Mary West Program of All-
Inclusive Care for the Elderly
Home Instead Senior Care
IHSS Public Authority
Jewish Family Service of San Diego
Meals on Wheels San Diego County
National Alliance on Mental Illness
San Diego
NeuroLab 360
Oasis Senior Advisors
Parkinson's Association of San Diego
Parkinson and Other Movement
Disorder Center
Point Loma Nazarene University
San Diego Community College District
San Diego County Sheriff's Department

San Diego Military and Veterans
Advisory Council
San Diego Program of All-Inclusive Care
for the Elderly
San Diego State University
San Diego Union-Tribune
San Diego VA Caregiver Support
Program
Sharp HospiceCare
Sharp Senior Resource Center
Silver Linings Transitions
Solutions for Change
Southern Caregiver Resource Center
Southwest Lifeline
St. Paul's Senior Services
The George G. Glenner Alzheimer's
Family Centers, Inc.
Time to Move Care Placement
Union of Pan Asian Communities
Windward Life Care

Online Resources

The Alzheimer's Project
www.sdalzheimersproject.org

Aging Roadmap
www.livewellsd.org/agingroadmap

Clinical Roundtable materials
www.championsforhealth.org/alzheimers

Data on ADRD in San Diego County
www.sdhealthstatistics.com

THE ALZHEIMER'S Project

Prevention – Care – Community Support



LIVE WELL
SAN DIEGO

LIVEWELLSD.ORG

WWW.SDALZHEIMERSPROJECT.ORG

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AGING ROADMAP

San Diego County Regional Plan



LIVE WELL
SAN DIEGO

WWW.AGING.SANDIEGOCOUNTY.GOV