



Sacramento County Adult and Aging Commission 2021 Achievements and Activities

Supporting City & County Age-Friendly Initiatives

The Commission served as a resource for local officials seeking input and advice on how to make our community more age-friendly.

Staff from the City of Sacramento Youth, Parks, and Community Enrichment Department attended the February Commission meeting to get input on the city's Parks Master Plan.

Several Commissioners served on the City of Sacramento's Age-Friendly Stakeholders Group to help the city develop its Age-Friendly Action Plan as part of the process of joining the AARP Age-Friendly Network.

Towards the end of 2021, the Commission began working with county staff on organizing listening sessions to inform the county's Age-Friendly Action Plan. Thanks to Patty Wait for serving as the liaison between the Commission and county staff.

New Sacramento County Online Aging Resources Directory

In partnership with the Sacramento State University Gerontology Department, the Commission launched a new online directory of local, state, and federal resources for older adults and caregivers. Gerontology students and faculty developed over 50 pages on topics ranging from affordable housing to veteran programs. The website includes listings for hundreds of non-profit and government agencies. The directory is located at: <https://www.sacagingresources.org/resources-directory>.

To fulfill its role of raising public awareness of available programs and services, the Commission will continue to work with the CSUS Gerontology Department to maintain and grow this resource directory.

Virtual Aging Resources Exchange

The Commission hosted monthly virtual meetings for professionals working with older adults and others interested in learning about aging issues and local programs. The 2021 topics and presenting organizations were:

- Programs of All Inclusive Care for the Elderly - Sutter PACE
- Serving Older Adults Remotely - ACC Senior Services & El Hogar Community Services
- Preventing Falls & Making Home Safe For Older Adults – Dignity Health Mercy San Juan Medical Center/StopFalls Sacramento & Rebuilding Together
- Connecting Older Adults To Programs & Services - Unite Us & Agency on Aging Area 4
- Resources for People with Hearing or Vision Loss - California Telephone Access Program & Society for the Blind
- Resources for LGBT Older Adults - Sacramento LGBT Community Center & AARP California
- Affordable Housing Options for Older Adults - HomeShare American River & Mercy Housing
- The New Normal for Aging Services - Triple-R Adult Day Program, Ethel MacLeod Hart Senior Center, & Meals on Wheels by ACC
- Domestic Violence & Crisis Support – WEAVE & Sacramento County Behavioral Health Services
- Healthy Aging - Sacramento State Cardiovascular Wellness Program & UC Davis Healthy Aging Clinic
- Crimes Against Older Adults - California Department of Financial Protection & Innovation & Sacramento County District Attorney's Office

Thanks to Debra Bonner, Rachael Hoskins, and Catheryn Koss for co-chairing. Recordings of past presentations and information about future Aging Resource Exchange meetings are available at: <https://www.sacagingresources.org/aging-resources-exchange>.

Commission Priorities for 2022-2023 County Budget

The Commission appreciated the opportunity to share its priorities for the 2022-2023 budget. The Commission identified the following priorities:

- Flexible funding for older adults facing financial crises that are likely to lead to homelessness without immediate assistance (e.g., to pay for utility bill, rent, home repair, etc.)
- Creative solutions to provide affordable housing alternatives for older adults (e.g., rent not more than 30% of income) that are readily available in the near future (e.g., home share programs, rent assistance, ADU incentives)
- Increase support to informal caregivers by improving 211 referrals for older adults, strengthening recruitment and training (e.g., caregiving skills, language skills, or other needs) of IHSS workers, providing a living wage for IHSS workers to ensure a sufficient pool of providers, and other supportive programs for caregivers who do not qualify for MediCal

- Support through adequate staffing and funding the implementation of the county's age-friendly initiative
- Improve accessibility for alternatives to driving by removing financial, physical, environmental, and other barriers to using alternative transportation options (e.g., vouchers for Lyft or Uber, free or reduced fares on public transportation, expanding support for the Senior Companion program or similar volunteer programs to increase volunteer pool of senior companions/escorts)

Action Priorities for 2022

In 2022, the Commission will:

- Continue to support the county's Age-Friendly Initiative as it conducts community listening sessions and develops an action plan
- Raise awareness of local programs through the online resource directory and monthly Aging Resources Exchange meetings
- Work with the county to address the long-term impacts of the COVID pandemic
- Recruit and orient new commissioners

About the Commission

The Sacramento County Adult and Aging Commission is comprised of volunteers who track aging trends, monitor services, and listen to input from service providers and the public. The Commission was created to report to the County Board of Supervisors about resources and needs concerning older and dependent adults, their families, and their support networks.

The Commission meets on the fourth Wednesday of each month from 2-4pm. Members of the public are welcome to attend. The Commission is actively recruiting new members. For more information, go to <https://dcfas.saccounty.net/SAS/Pages/Adult-and-Aging-Commission.aspx>.

2021 Commissioners

Theresa Abah	Catheryn Koss*
Debra Bonner	Megan Masten*
April Carni*	Teresa Ogan
Gaby Hernandez	Preston Romero*
Rachael Hoskins*	Robert Van Cleef
Thomas Johnson	Patricia Wait

*served on the Executive Committee during 2021