



## **Adult and Aging Commission 2024-2025 Report**

### **Executive Summary**

In 2024, the Adult and Aging Commission (AAC) of Sacramento County made great strides in improving the lives of older adults and vulnerable groups. This report highlights AAC's key achievements, ongoing work, and goals for 2025.

Major accomplishments include the 5 Over 50 Volunteer Awards, the multilingual Room & Board Resource Guide, and extended funding for the Senior Connection Program. The AAC also celebrated its 30th anniversary and worked with partners like Agency on Aging Area 4 (AAA4) to tackle issues such as housing, transportation, and digital inclusion.

Looking ahead, the AAC will launch the Local Age and Disability-Friendly Action Plan, strengthen community partnerships, and continue supporting programs for older adults. This report outlines these successes and plans for the future.

### **Introduction**

The Adult and Aging Commission (AAC) serves as an advisory body to the Sacramento County Board of Supervisors, advocating for policies and programs that address the needs of older adults, individuals with disabilities, and their caregivers. In 2024, the AAC continued its mission of fostering a community where older adults can thrive, with a focus on promoting equity, accessibility, and social inclusion.

Throughout the year, the AAC engaged in numerous initiatives to address the challenges faced by older adults. Highlights include the recognition of community volunteers through the 5 Over 50 Volunteer Awards, the development of the Room & Board Resource Guide, and advocacy for sustainable funding for vital programs. These efforts reflect the Commission's commitment to addressing critical issues such as housing, transportation, health equity, and digital inclusion.

As the AAC moves forward, it remains steadfast in its dedication to supporting older adults through collaborative partnerships, community engagement, and strategic planning. This annual report outlines the accomplishments of 2024, details ongoing initiatives, and sets the stage for a productive and impactful 2025.



## Planned Activities for 2024:

1. 5 Over 50 Volunteer Awards: Recognize five outstanding volunteers aged over 50 years and over from 5 districts
2. Age-Friendly Programs:
  - a. Finalize action for the launching of the Age and Disability-Friendly Action Plan.
  - b. Facilitate plans for hosting a March 2025 launch event and related public forums.
3. Ad-Hoc Committee Focus:
  - a. Budget priorities include sustaining preventive programs, technology access, housing, and transportation.
4. Community Outreach:
  - a. Increase focus on CalFresh and SSI participation among older adults.
  - b. Hosting presentations on Agency on Aging programs and benefits.
5. Room & Board Guide Expansion:
  - a. Continued distribution and updates to the guide.
6. Partnerships:
  - a. Strengthening collaboration with Area 4 Agency on Aging (AAA4) for strategic planning and legislative advocacy.
  - b. Include AAC communique in all older adult newsletters to all districts
  - c. Increase visibility with the board of supervisors



## Adult and Aging Commission Accomplishments in 2024:

1. 5 Over 50 Volunteer Awards:
  - a. Recognized five outstanding volunteers aged over 50 for their contributions to the community.
  - b. Conducted the award ceremony during a Board of Supervisors meeting with a reception.
2. Room & Board Resource Guide:
  - a. Developed and translated the guide into seven threshold languages.
  - b. Created a portable version with QR codes for accessibility.
  - c. Distributed through Board of Supervisors' offices and Aging Resources Exchange.
3. Senior Connection Program:
  - a. Provided services to older adults and dependents impacted by the pandemic.
  - b. Extended funding to September 2025.
4. Local Age and Disability-Friendly Action Plan:
  - a. Supported Sacramento County Senior and Adult Services, conducted listening sessions and a community forum for public input.
  - b. Scheduled launch for March 2025.
5. Safe Streets and Roads Initiative:
  - a. Supported Sacramento County Department of Transportation's wayfinding app for older adults and individuals with disabilities.
6. Aging Resources Exchange (ARE):
  - a. Hosted meetings to share resources, including a PEARLS program presentation.
  - b. Hosted at least one or more senior services organization monthly at the ARE monthly meetings sharing resources with the public
7. Community Engagement:
  - a. Partnered with WEAVE for elder abuse outreach.
  - b. Supported initiatives addressing homelessness, housing, and utility assistance for older adults.
8. Legislative Monitoring:
  - a. Engaged with legislative developments impacting older adults, including Senate Bill 1249.
9. 30th Anniversary Celebration:



- a. Highlighted AAC's history and milestones, using this opportunity for community outreach.

10. Educational Initiatives:

- a. Collaborated with Sacramento State for advocacy and health education efforts for the community.

11. Partnership:

- a. Coordinate with Sac County Board of Supervisors to advance aging services programs and awareness in the county

### Agencies/Programs Served:

- Agency on Aging Area 4 (AAA4): Supported various programs like Key Connections and legislative advocacy.
- Sacramento County Senior and Adult Services (SAS): Oversaw 35 contracts, including In-Home Support Services and APS.
- WEAVE: Continued to support elder abuse outreach and support programs.
- Meals on Wheels: Addressed gaps in service delivery across the county.
- Local Transportation and Housing Initiatives: Collaborated with the County Department of Transportation and housing providers.
- Other Senior serving providers: Provide support letters to agencies championing programs to support older adults.

### Conclusion

The Adult and Aging Commission (AAC) of Sacramento County remains committed to advocating for older adults and fostering an inclusive, age-friendly community. The accomplishments of 2024, including expanded resources, strengthened partnerships, and impactful programs, demonstrate the AAC's dedication to addressing critical needs. As the Commission looks to 2025, it will build on this foundation, advancing initiatives that promote equity, access, and quality of life for all older adults in the county.



## Suggested Ad-Committees for AAC

1. By-laws committee??
2. Adult & Aging Commission (AAC) Initiatives & Senior & Adult Services (SAS)  
Program Monitoring Committee  
Monitors all AAC initiatives & SAS priorities for the year. For example, progress with Room & Board project, etc.
3. Housing & Homelessness Committee  
The committee will follow-up on programs and services that support older adults to access;
  - a. Affordable Housing options & prevent homelessness
4. Public Awareness & Advocacy Committee  
Partner agencies correspondence (AAA4, ADRC, Disability Advisory Commission, etc.) to promote AAC communication efforts to;
  - a. Increase awareness about Aging Resources Exchange meetings
  - b. SAS programs
  - c. Transportation / Technology options, etc.
  - d. Coordinate with the Board of Supervisors office to ensure AAC members stay on track with the board's priorities

## All Ad-hoc committees will;

- i. Have no more than 4 members
- ii. Identify the scope of work to be completed in alignment with SAS priorities
- iii. Have a team lead and an assistant
- iv. Report back to the general house on the progress of at least one proposed plan during the monthly general meeting