

County of San Diego

HEALTH AND HUMAN SERVICES AGENCY

AGING & INDEPENDENCE SERVICES

Advisory Council 2024 Annual Report

Stephen Huber, Council Chair

September 9, 2024



**LIVE WELL
SAN DIEGO**

Table of Contents

San Diego County Board of Supervisors.....	1
The Aging & Independence Services Advisory Council.....	2
The Council’s Role.....	2
The Council’s Operational Activities.....	2
Council Year 2023-24 Accomplishments.....	4
Standing Subcommittee.....	4
Ancillary Subcommittees.....	4
Ad Hoc Subcommittees.....	5
The Year Ahead: Council Year 2024-25 Council Priorities.....	7
Appendix: AIS Advisory Council Goals 2024-27.....	8



San Diego County Board of Supervisors



Nora Vargas
District 1
Chair



Joel Anderson
District 2



Terra Lawson-Remer
District 3
Vice Chair



Monica Montgomery
Steppe
District 4



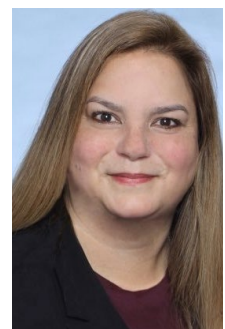
Jim Desmond
District 5



Ebony Shelton
Chief Administrative Officer
County of San Diego



Caroline Smith
Interim Deputy Chief Administrative Officer
Health and Human Services Agency



Jennifer Bransford-Koons
Director
Aging & Independence Services
Public Administrator/Public Guardian

The Aging & Independence Services Advisory Council

The Council's Role

The Advisory Council (Council) for the County of San Diego (County) Health and Human Services Agency, Aging & Independence Services (AIS) operates in accordance with the duties and responsibilities defined in the provisions of Title III of the Older Americans Act of 1965, the Mello-Granlund Older Californians Act Section 9402, and the San Diego County Code of Administrative Ordinances Article IIIa. The Council's primary responsibility is to:

"...advise continuously the area agency on aging on all matters relating to the development of the area plan, the administration of the plan and operations conducted under the plan;"

The Council's Operational Activities

The Council holds regular public meetings on the second Monday of each month from 12 p.m. to 2 p.m. at the County Operations Center. The Council has 30 seats, ten of which are appointed by members of the San Diego County Board of Supervisors. As of the regular Council meeting on July 8, 2024, 22 seats were filled. Council members and AIS staff have continued outreach efforts to fill vacancies.

In Council Year 2023-24, members reviewed and evaluated needs to ensure a strong and vital aging system. Monthly Council meetings featured several AIS program staff members who provided operational updates and in-depth overviews of AIS programs. The Council also heard from representatives from several other County departments and guests including the County's Chief Geriatric Officer Dr. Lindsey Yourman, County Counsel, Agency Budget Office, Housing and Community Development Services, and the Live Well San Diego team who provided relevant updates and information pertaining to AIS operations and support of older adults in San Diego County. The Council and subcommittees continued to be engaged with local organizations and heard from several speakers including the San Diego Regional Center, Alzheimer's San Diego, Parkinson's Association of San Diego, Serving Seniors, and the Regional Task Force on Homelessness who provided insight into issues impacting the region and programs and services available to older adults. These speakers helped Council members remain informed of current needs, resources, and trends as they provided guidance on items related to the local aging system prior to these items going before the San Diego County Board of Supervisors.

Every four years, the Older Americans Act requires each Area Agency on Aging (AAA) to submit a new Area Plan describing the AAA's future activities over the coming four years and its efforts to identify the needs of older adults, persons with disabilities, and their caregivers. A needs assessment is required every four years prior to the development of a new four-year Area Plan. An extensive amount of community input and feedback was collected as part of the planning process for this Area Plan. AIS Advisory Council members participated in the first Area Plan 2024-28 Community Feedback Session held in the fall of 2023 and provided input and feedback to improve and refine the questions used at an additional sixteen Community Feedback Sessions with older adults, caregivers, persons with disabilities, and service providers across a range of topic areas and localities in San Diego County. The AIS Advisory Council's participation in this process was integral to the development of the 2024-28 Area Plan and the County's efforts to address the present and future aging and long-term care issues within San Diego County.

Council Year 2023-24 Accomplishments

In Council Year 2023-24, efforts continued toward strengthening the aging network in our region. The Council conducts a considerable amount of work through subcommittees, and the subcommittees were engaged and impactful in supporting the work of the Council.

Standing Subcommittee

Executive & Membership

The Executive & Membership Subcommittee continued to perform internal organizational functions including recruiting and recommending new members and reviewing and maintaining Council records. The subcommittee also set Council meeting agendas, strengthened the focus on strategic planning and goals, encouraged subcommittee development of focus areas, and secured speakers for Council meetings to support Council goals.

Ancillary Subcommittees

Healthy Aging

The Healthy Aging Subcommittee aims to expand current programs, develop new, evidence-based communitywide programs, and promote preventative measures to eliminate or reduce the impact of disease and chronic disabilities. In 2024, the subcommittee focused on risk reduction of diseases affecting older adults, such as diabetes, cardiac health, Alzheimer's disease, Parkinson's disease, and frontotemporal dementia. The Subcommittee also focused on learning about risk reduction strategies and the San Diego County programs and services offered through the hospital networks and non-profits devoted to improving older adults' health.

Housing

The Housing Subcommittee continued to research and monitor issues and trends related to the affordability, adaptability, and accessibility aspects of aging in place within age-friendly communities. These topics included permanent supportive and affordable housing for older adults and novel strategies for economical and safe options for older adults facing housing insecurity. The committee met with community housing agencies and learned about current housing programs and issues, also inviting community partners to present on their unique contributions to the broader effort.

Long-Term Care Ombudsman & Facilities

The Long-Term Care Ombudsman & Facilities Subcommittee monitored legislative proposals and changes related to skilled nursing facilities and residential care facilities for the elderly, and proposed AIS program improvements, including effective outreach, education, and training and better outcomes for residents and providers.

Nutrition

The Nutrition Subcommittee ensured that the Council was informed about the delivery of AIS nutrition services contracts, site responsiveness to AIS performance standards, and community participation. The AIS Public Health Nutrition Manager is a regular participant in the Nutrition Subcommittee, adding important nutrition information and operational updates to subcommittee discussions. The subcommittee frequently meets at nutrition program sites and reports observations at Council meetings. Presentations from community agencies and County staff provide the subcommittee with greater insight into the importance of accessibility to nutritional food and nutrition information for older adults. The committee continued to examine the ease of access and availability of nutrition services, including CalFresh benefits for older adults.

Ad Hoc Subcommittees

Aging Dashboard

The ad hoc Aging Dashboard Subcommittee reviewed and provided feedback on the Aging Dashboard, developed by AIS and Medical Care Services and focused around the California Department of Public Health Master Plan for Aging (MPA) initiative. The MPA, and the newly developed Aging Dashboard, contains metrics centered around 5 goals: housing for all ages and stages; health reimagined; inclusion and equity, not isolation; caregiving that works; and affording aging. The primary goal of the dashboard is to provide a consolidated resource for County departments to reference for their own MPA objectives and see which issues and areas of the county have the greatest need and serve as a public-facing resource for community members to access. The subcommittee's feedback will be reviewed and incorporated, as appropriate, prior to the dashboard becoming available to the public.

Area Plan

The ad hoc Area Plan Subcommittee advised on the development, provided input on the redesign, and gave feedback on the new four-year 2024-28 Area Plan, a California Department of Aging requirement which provides a four-year plan of services and execution of the critical responsibilities addressing present and future aging and long-term care issues within San Diego County.

Budget

The ad hoc Budget Subcommittee reviewed the Fiscal Year 2024-25 proposed budget and made recommendations to staff regarding content and format and provided input into the presentation of the proposed budget to the Council.

Legislative

The ad hoc Legislative Subcommittee advised on the County of San Diego's 2025 Legislative Program and gave feedback on priorities and policy guidelines related to older adults and persons with disabilities.

Nominating

The ad hoc Nominating Subcommittee recommended a slate of officers for the Council Year 2024-25 officer elections.

The Year Ahead:

Council Year 2024-25 Council Priorities

At its annual strategic planning meeting, the Council discussed progress on existing goals and streamlined priorities to establish goals with measurable outcomes for the upcoming Council Year that align with the Aging Roadmap's priority areas. The Council's priorities include:

- Alzheimer's Disease and Related Dementias
- Caregiver Support
- Continuum of Care
- Food Security
- Healthcare
- Health Promotion
- Housing
- Legislation
- Long-Term Care
- Nutrition
- Social Engagement
- Technology
- Transportation

The complete list of goals is included in the [Appendix – AIS Advisory Council Goals 2024-27](#).

Moving forward, the Council will continue its work in advancing services and supports for older adults in the region. The Council will provide input on the Area Plan Update for FY 2025-26, and advise on programs and initiatives that will further advance Aging Roadmap efforts in the year ahead.

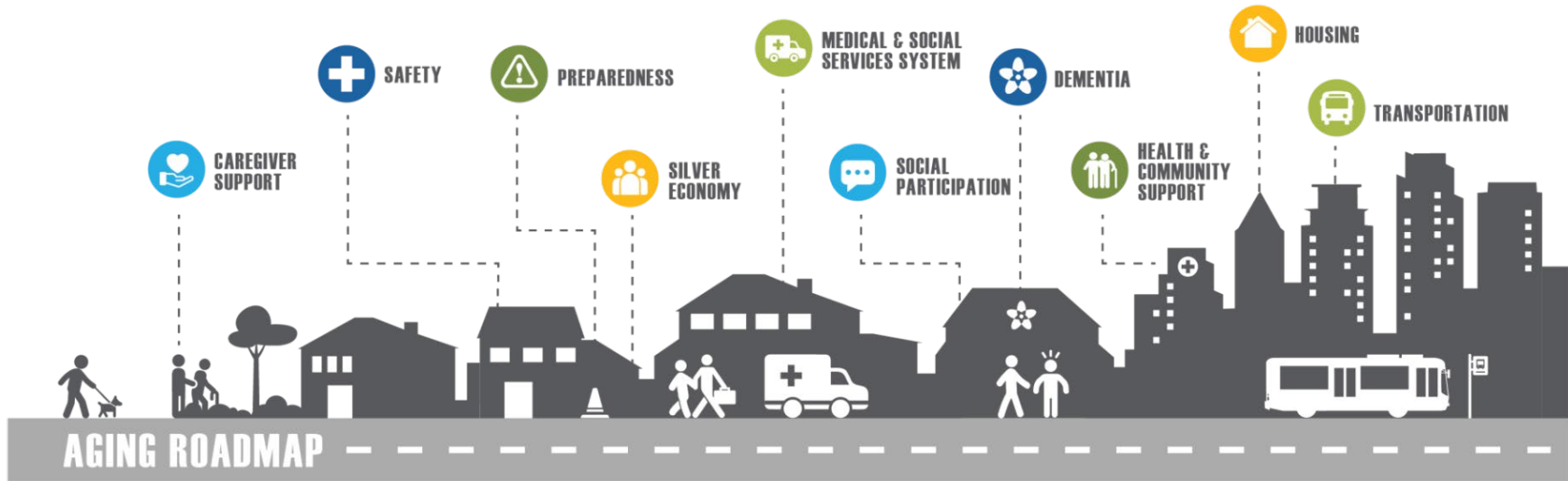
For questions about the Aging & Independence Services Advisory Council, please contact Jana Jordan at jana.jordan@sdcounty.ca.gov or call 858-495-5858.

All meetings are open to the public, and interested parties are encouraged to attend and participate in the public comment period. Past meeting materials and other information may be found at <https://www.sandiegocounty.gov/AISAdvisoryCouncil>.


APPENDIX: AGING & INDEPENDENCE SERVICES (AIS) ADVISORY COUNCIL | GOALS 2024 – 2027

COUNCIL FOCUS: Use or gain expertise to identify, project, and anticipate needs and trends, and advise on AIS operational actions to address the needs of older adults and persons with disabilities.







AGING ROADMAP: County of San Diego’s [regional plan](#) that is implemented and organized by 10 focus areas that collectively represent the County’s comprehensive system of care, including both person-centered and community-wide efforts. Roadmap focus areas are as follows and identified throughout the Council’s Goals:








GOALS 2024 – 2027

#	Goal	Timeline	Lead	Measure	Outcome	Status
1	Advise on the 4-year Area Plan for FY 2024-2028. 	Feb – May 2024	Ad Hoc Area Plan Subcommittee	<ul style="list-style-type: none"> Meeting date(s) Discussion Vote and authorization of Council Chair to sign letter of transmittal 	<ul style="list-style-type: none"> Ad Hoc Area Plan Subcommittee met on 2/12/24 and 3/8/24. Area Plan public hearing comment and consideration of acceptance during Advisory Council meeting on 3/11/24. Discussion included: Area Plan 2024-2028 updates and process and content of the Area Plan. The Ad Hoc Subcommittee recommends continued consultation, input, and monitoring of progress from Advisory Council. Authorization passed with 18 votes on 3/11/24. 	Completed








APPENDIX: AGING & INDEPENDENCE SERVICES (AIS) ADVISORY COUNCIL | GOALS 2024 – 2027

<p>1a Advise on Area Plan updates for FY 2024-2025.</p> 	<p>Feb – May 2025</p>	<p>Ad Hoc Area Plan Subcommittee</p>	<ul style="list-style-type: none"> • Meeting date(s) • Discussion • Vote and authorization of Council Chair to sign letter of transmittal 	<ul style="list-style-type: none"> • Discussion included: 	<p>Not yet started</p>
<p>2 Monitor and plan for the expansion of services for older adults to meet the needs of the growing population.</p> 	<p>Ongoing</p>	<p>Ad Hoc Area Plan Subcommittee and Advisory Council</p>	<ul style="list-style-type: none"> • Discussion 	<ul style="list-style-type: none"> • Discussion included: 	<p>In progress</p>
<p>3 Find engaging speakers for the AIS Advisory Council general meetings.</p> 	<p>Ongoing</p>	<p>Advisory Council</p>	<ul style="list-style-type: none"> • Speakers 	<ul style="list-style-type: none"> • Speakers’ topics included: 	<p>In progress</p>
<p>4 Expand participation in appropriate Auxiliary Subcommittees.</p> 	<p>Ongoing</p>	<p>Advisory Council</p>	<ul style="list-style-type: none"> • Meeting date(s) • Discussion 	<ul style="list-style-type: none"> • Auxiliary Subcommittee met on: • Discussion included: • Authorization passed: 	<p>In progress</p>
<p>5 Participate in appropriate Ancillary Subcommittees.</p> 	<p>Ongoing</p>	<p>Advisory Council</p>	<ul style="list-style-type: none"> • Meeting date(s) • Discussion 	<ul style="list-style-type: none"> • Ancillary Subcommittee met on: • Discussion included: • Authorization passed: 	<p>In progress</p>
<p>6 Research and make recommendations for priority areas to support economic security amongst older adults in San Diego.</p> 	<p>2024-25 Council Year</p>	<p>Affordability in Aging Subcommittee</p>	<ul style="list-style-type: none"> • Finding(s) 	<ul style="list-style-type: none"> • Topics included: • Recommendations: 	<p>Not yet started</p>





APPENDIX: AGING & INDEPENDENCE SERVICES (AIS) ADVISORY COUNCIL | GOALS 2024 – 2027

7	<p>Research and make recommendations for priority areas of healthcare programs and groups for older adults.</p> 	Ongoing	Healthy Aging Subcommittee	<ul style="list-style-type: none"> Finding(s) 	<ul style="list-style-type: none"> Topics may include, but are not limited to, where the older adult population meets, nutrition, socialization, geography/communities, disabilities, mental health, neurodegenerative diseases of AD, PD, FTD, Dementia, ways to increase awareness and education in hospitals re: geriatric issues. 	In progress
7a	<p>Research the impacts of isolation and explore the “Seniors Who Live Alone” topic.</p> 	Ongoing	Healthy Aging Subcommittee	<ul style="list-style-type: none"> Finding(s) 	<ul style="list-style-type: none"> Discussion included: 	In progress
8	<p>Review how older adults who have the greatest economic or social need are made aware of and utilize nutrition services including CalFresh benefits.</p> 	Ongoing	Nutrition Subcommittee	<ul style="list-style-type: none"> Finding(s) 	<ul style="list-style-type: none"> Topics may include review of nutrition resources and education through the AIS website, printed materials. Examine the barriers to CalFresh benefit enrollment and how enrollment assistance is promoted. 	In progress
9	<p>Review the research and implementation efforts of local and national ‘food as medicine’ initiatives that focus on the integration of food for disease prevention and management.</p> 	Ongoing	Nutrition Subcommittee	<ul style="list-style-type: none"> Finding(s) 	<ul style="list-style-type: none"> Topics may include, but not limited to enhancing nutritional quality through increased fruit and vegetable consumption and the importance of good nutrition for older adults living with chronic health conditions. 	In progress
10	<p>Increase awareness about good oral health and dental treatment options through public insurance benefits.</p> 	Ongoing	Nutrition Subcommittee	<ul style="list-style-type: none"> Finding(s) 	<ul style="list-style-type: none"> Discussion included: 	In progress
11	<p>Identify disease risk reduction strategies and educational opportunities</p>	Ongoing	Healthy Aging Subcommittee	<ul style="list-style-type: none"> Finding(s) 	<ul style="list-style-type: none"> Topics may include cardiac health, diabetes, oral health care and nutrition, dementia and neuro-degenerative disorders and Parkinson’s disease. 	In progress

APPENDIX: AGING & INDEPENDENCE SERVICES (AIS) ADVISORY COUNCIL | GOALS 2024 – 2027

	for diseases and disorders affecting older adults. 					
12	Monitor and advise on AIS programs through presentations and site visits. 	Ongoing	Nutrition Subcommittee Healthy Aging Subcommittee	<ul style="list-style-type: none"> Meeting(s) and date(s) attended 	<ul style="list-style-type: none"> Discussion included: 	In progress
12a	Congregate Meals (Title III C1) and Transportation to Dining Sites (Title III B). Review nutrition education and in-service requirements for congregate sites. 	Ongoing	Nutrition Subcommittee	<ul style="list-style-type: none"> Meeting(s) and date(s) attended 	<ul style="list-style-type: none"> Discussion included: 	In progress
12b	Home-Delivered Meals (Title III C2) 	Ongoing	Nutrition Subcommittee	<ul style="list-style-type: none"> Meeting(s) and date(s) attended 	<ul style="list-style-type: none"> Discussion included: 	In progress
12c	SNAP-Ed (Cal Fresh) 	Ongoing	Nutrition Subcommittee	<ul style="list-style-type: none"> Meeting(s) and date(s) attended 	<ul style="list-style-type: none"> Discussion included: 	In progress
12d	Older Adult Health Promotion (Feeling Fit, Fall Prevention, etc.) and Healthy Aging in life-long learning. 	Ongoing	Healthy Aging Subcommittee	<ul style="list-style-type: none"> Meeting(s) and date(s) attended 	<ul style="list-style-type: none"> Awareness and Promotion of local programs in lifelong learning to support Healthy Aging. 	In progress
13	Monitor pending legislation in all goal areas and participate with respective committees and AIS staff in analysis of legislation. 	Ongoing	Advisory Council and Ad Hoc Legislative Subcommittee	<ul style="list-style-type: none"> Legislation monitored 	<ul style="list-style-type: none"> Discussion included: Recommendations: 	In progress
14	Monitor and make	Ongoing	Long Term Care	<ul style="list-style-type: none"> Date(s) of Choose Well 	<ul style="list-style-type: none"> Recommendations for improvement, including assessment 	In progress

APPENDIX: AGING & INDEPENDENCE SERVICES (AIS) ADVISORY COUNCIL | GOALS 2024 – 2027

	recommendations for enhancements to Choose Well. 		& Ombudsman Facilities	meeting(s) attended • Quarterly meetings.	of effectiveness or additional resources needed. • Discussion included:	
15	Advise AIS on legislation proposals and changes related to Skilled Nursing Facilities and Residential Care Facilities for the Elderly. 	Ongoing	Long Term Care & Ombudsman Facilities	• Legislation Monitored	• Raise and maintain awareness for the AIS Advisory council surrounding legislation related to skilled nursing facilities and residential care facilities for the elderly. • Discussion included:	In progress
16	Monitor and advise AIS on the Ombudsman program standard of operations, goals, performance, and increasing the number of volunteers as well as advise on areas of concern related to long term care. 	Ongoing	Long Term Care & Ombudsman Facilities	• Meeting(s) and date(s) attended	• Recommendations for improvement, including assessment of effectiveness or additional resources needed. • Discussion included:	In progress
17	Monitor and advise on success of existing technology programs and promote access to and utilization of technology. 	Ongoing	Advisory Council and All Subcommittees	• Finding(s) • Number and topic of media campaign	• Recommendations may include a media campaign to promote existing programs or identify opportunities for new programs.	Not yet started