

SAN LUIS OBISPO COUNTY COMMISSION ON AGING

<https://www.slocounty.ca.gov/coa>

Meeting Date: Wednesday May 28, 2025

Time: 10:00 am - Noon

Location: DSS Building, 3433 South Higuera Street, Room #101, SLO

- ✓ Call to Order
- ✓ Flag Salute (please stand if able)
- ✓ Check/announce meeting being recorded.
- ✓ Public Comment and Member/Agency Updates – *burning desires from members or guests about current concerns, issues, events* - 2 min. max

Introductions: Members and Guests (please provide your name, Commission position, and brief agency description)

Member roll call: Chair establish Quorum.

Approve Minutes: April 23, 2025

Presentation: Your Voice Matters!
SLO Master Plan for Aging
Improving the well-being of older adults, adults living with disabilities, and more...

Presenter:

Robert Diaz, Program Manager II
Adult Protective Services/Public Authority

Break 10 minutes

Reports:

ASPC (5 min) – Jerry Mihaic

AAA (5 min) – Susannah Fenton

Scam Report – Isabella Gaddinni DA VW

Membership Update and Co-Chair Report – Anita and Maryanne

Next Meeting: June 25, 2025 – Brainstorming Meeting!

DSS Building, 3433 South Higuera Street, Room #101, SLO

***Please submit agenda and program items, ideas, and feedback to
slocommissiononaging@gmail.com***

SAN LUIS OBISPO COUNTY COMMISSION ON AGING
Department of Social Services Building, Conference Room #101 3433 South Higuera,
San Luis Obispo, CA 93401
May 28th, 2025 Minutes

Members Present: Maryanne Zarycka, Sue Gibson, Anita Shower, Paul Worsham, Laura Edwards, Jerry Mihaic, Mike Bossenberry, Louise Justice, Kristin Allen, Susannah Fenton, Jessica Yates, Danielle Raiss, Claryce Knupper, Paulina Flores Jimenez, Ilene Brill

Members Absent: Charmaine Petersen, Alexis Okumura, Dianna Votaw, Rod Brown, Jamie Moothart, Paige Anderson

Call to Order: 10:00 am

Flag Salute.

"Meeting is Being Recorded" Announcement

Public Comment:

Ilene Brill

- June 6th resource fair for the homeless at 40 Prado in SLO from 2pm-4pm

Mike Bossenberry

- Transitions-Mental Health Association (TMHA) May Mental Health Awareness Month Life House Open House on Friday, May 30th from 11am-3pm at 5850 West Mall Atascadero, CA 93422
- Transitions-Mental Health Association (TMHA) May Mental Health Awareness Month Openings Minds Art Show May 2nd – May 31st
- New program coming to TMHA Vet Well support to Veterans and their families of the Central Coast
- TMHA is hiring for this new program

Paulina Flores Jimenez

- Healthy Aging Services will now be closing due to budget cuts

Kristin Allen

- June 8th Veterans Resource Fair 9029 Morro Rd, Atascadero, CA 93422-4955, United States 10am-2pm

Claryce Knupper

- June 5th in person public hearing regarding the master Plan for CA in LA

Ranelle Baldwin

- Hospice SLO no longer offers an evening grief group counseling class

Robert Diaz

- DSS Adult Services is eliminating personal care aid program for older adults

Jerry Mihaic

- Tamale Festival in Atascadero

Approval of April 2025 Minutes: Motion to approve minutes as written was made. Seconded and passed unanimously

Presentation:

San Luis Obispo County Master Plan for Aging (SLOMPA)

Robert Diaz, Program Manager II Adult Protective Services/Public Authority

Background

- Community level efforts existed since January of 2021 when the California Master Plan on Aging was announced.
- Coordination in meetings such as the Commission on Aging (COA) and Adult Services Policy Council (ASPC) led to early planning efforts by community advocates.
- In March of 2023 California Department of Aging Announced the Local Aging and Disability Action Planning (LADAP) Grant
- County Adult Services applied for and secured the grant.
- SLOMPA foundational document released beginning of March 2025.

Why a SLOMPA?

- Approximately 28% of SLO County citizens are adults age 65+ and about 8% percent of the population under 65 in SLO county is reported to be living with a disability.
- To centralize the preexisting collaboratives led by service agencies serving Older Adults and Individuals living with disabilities.
- Align with the efforts of the California Master Plan on Aging

Goals of the California MPA

- Housing for All Ages and Stages
- Health Reimagined
- Inclusion and Equity, Not Isolation
- Caregiving That Works
- Afford Aging

SLOMPA Pillars and Goals

- Housing: *Aging in Place with Dignity*
- Healthcare: Ensuring Access to Quality Care and Staff
- Caregiving: Expanding Awareness and Options
- Emotional Well Being: Promoting Social Connectivity

Physical Health & Housing: Key Insights

- Physical Health Satisfaction
- Disability-specific trends
- Challenges
- Housing Satisfaction
- Disability and racial disparities

Supporting the SLOMPA

- Leveraging connections to expand collaboration network
- Highlight your work and how it aligns with the SLOMPA
- Scale strategies in the SLOMPA to meet your needs
- Help spread awareness of the plan
- Participate in workgroups and projects

ASPC

Jerry Mihaic

ASPC Presentation/Action Items

- Angela Frank, Executive Director Los Osos Cares
- Karen Jones Federal HHS Proposal Review
- Robert Diaz Continuum of Care

AAA

Susannah Fenton

- Executive director has resigned from agency a posting for the job will come out soon
- Elder Abuse Prevention Training occurred May 15th
- Link of presentation will be provided on official website

Scam Update

Isabella Gaddinni

- Phone scams with local area codes are very common
- Impersonation scam, if its urgent message be alert, do not provide any of your personal information
- Text messages with links it most likely a scam
- Reject cookies when navigating the internet
- Avoid making public in social media vacation plans etc...

Co-Chair Report

- Will explore another possible mini resource fair similar to last year

Next Meeting: June 25th, 2025 at Conference Room #101 3433 South Higuera, San Luis Obispo, CA 93401

Minutes submitted by Gabriela Garcia. Reviewed by Co-Chairs.

San Luis Obispo County Master Plan for Aging

The SLOMPA

Background

- Community level efforts existed since January of 2021 when the California Master Plan on Aging was announced.
- Coordination in meetings such as the Commission on Aging (COA) and Adult Services Policy Council (ASPC) led to early planning efforts by community advocates.
- In March of 2023 California Department of Aging Announced the Local Aging and Disability Action Planning (LADAP) Grant
- County Adult Services applied for and secured the grant.
 - With the funds, the County engaged a consulting firm, Health Management Associates, and allocated dedicated staff to coordinate the development of the initial SLOMPA plan.
- SLOMPA foundational document released beginning of March 2025.

San Luis Obispo County
Master Plan for Aging
2025 to 2030



Why a SLOMPA?

- Approximately 28% of SLO County citizens are adults age 65+ and about 8% percent of the population under 65 in SLO county is reported to be living with a disability.
 - One of the largest 65+ populations in CA
 - These population are steadily growing
 - Community awareness of services are low
 - Services are not meeting current need
- To centralize the preexisting collaboratives led by service agencies serving Older Adults and Individuals living with disabilities.
- Align with the efforts of the California Master Plan on Aging.

Goals of the California MPA

- **Housing for All Ages and Stages:** We will live where we choose as we age in communities that are age-, disability, and dementia-friendly and climate- and disaster ready.
- **Health Reimagined:** We will have access to the services we need to live at home in our communities and to optimize our health and quality of life.
- **Inclusion and Equity, Not Isolation:** We will have lifelong opportunities for work, volunteering, engagement, and leadership and will be protected from isolation, discrimination, abuse, neglect, and exploitation.
- **Caregiving That Works:** We will be prepared for and supported through the reward and challenges of caring for aging loved ones.
- **Affording Aging:** We will have economic security as long as we live

Who is the SLOMPA for?

“Although the SLOMPA’s intent is to improve services for the community, the SLOMPA Document and strategies within are meant for implementation by service agencies, public and private.”

SLOMPA Pillars and Goals

- **Housing: *Aging in Place with Dignity***
 - *Expand countywide access to affordable housing that is age and disability appropriate*
 - *Implement homeless prevention services at scale to allow older adults and individuals with disabilities to age in place with dignity*
- **Healthcare: Ensuring Access to Quality Care and Staff**
 - Increase Access to quality, trauma informed primary and specialty healthcare within SLO County that addresses the needs of older adults and individuals living with disabilities.
 - Expand recruitment and retention of local healthcare professionals.
- **Caregiving: Expanding Awareness and Options**
 - Expand 'no wrong door' countywide access to information and resources on the range of availability of affordable caregiving services, programs, and support.
 - Increase geographic availability and expand existing programs of high quality, affordable adult day programs and facilities, senior centers, and other respite and supportive caregiving services throughout the County.
- **Emotional Well Being: Promoting Social Connectivity**
 - Expand countywide access to information and resources on the range and availability of behavioral (mental health and SUD) health services, programs, and support for older adults, individuals living with disabilities, and their caregivers.
 - Well-being and Social Connectivity Goal: Reduce social isolation and loneliness through expanded access to affordable meals, as well as social, physical, and cultural programming tailored to the needs and desires of older adults, individuals with disabilities, and their caregivers.

How did we identify these goals?

- Support of contracted consultant Health Management Associates
- Data collection between July and September of 2024:
 - 12 'key informant interviews' including elected officials, civic leaders, CBO leaders, and leadership from adjacent counties.
 - Roughly 800 surveys
 - 16 community meetings/townhalls
- Review of State and other county MPA initiatives
- Review of local survey and data sources. (Ex: Healthy Brain Initiative, County Community Health Assessment, Elder Needs Assessments [AAA], etc.)

Surveys Summary



Surveys

- Both an **Older Adult and People With Disabilities Survey** and **Caregiver Survey** were developed and given to the community.
 - Available in standard and large print paper format
 - Available online via a weblink
 - Both in English and Spanish
-

Summary of Caregiver Survey

187 usable responses

Characteristics

- Adult Child (41%)
- Spouse (33%)
- Other relative (20%)
- Unpaid/Unrelated (7%)

Race/Ethnicity

- White (73%)
- Hispanic Latino (8%)
- Black/African American (4%)
- Asian/Filipino/Pacific Islander (3%)

Gender identified

- Female (73%)
- Male (27%)

Caregiver Regions

Central
County (36%)

North County
(19%)

South
County (18%)

North Coast
(7%)

Other (11%)

Blank (9%)

Caregivers: Stressors, Social Connections and Needs

Primary Stressors:

- Balancing caregiving with family/work responsibilities (53%)
- Lack of personal time (51%)
- Uncertainty on caregiving decisions (49%)
- Strained relationships with care recipients (42%)

Social Challenges:

- Isolation (26%), lack of companionship (25%), feeling left out (24%)
- Higher stress and fewer connections in South and Central regions

Caregiver Needs:

- Temporary care for personal time (36%; 50% in South County)
- Training on caregiving best practices (36%; 62% in North Coast)
- Access to counseling/therapy (35%; 46% in Central County)
- Community caregiver connections (32%; 50% in South County)

Caregivers prioritize self-care, education and social connections.

Physical & Housing Conditions of Care Recipients: Key Insights



Physical Health Satisfaction:

Positive ratings for primary care (76%) and specialized healthcare (72%)

Moderate satisfaction for prescriptions access (65%) and affordability (63%)

North County caregivers most satisfied with physical healthcare



Challenges:

Understanding health insurance and benefits (48% satisfied)

Using telehealth (41% satisfied)

Central region caregivers least satisfied



Housing Satisfaction:

Affordability (67%) and suitability (64%) rated highly

Protections for falls/mobility at home (52%) moderately rated

Concerns about independence in current housing (40%)

Anxiety about relocating due to aging or disabilities (57%)

Caregivers seek improvements in health education, telehealth access, and housing independence.

Well-Being & Needs of Care Recipients: Key Insights

- **Emotional Well-Being:**
 - 68% of caregivers did not provide responses about emotional well-being needs, suggesting reluctance or inability to comment on behavioral health or social interactions.
- **Top Needs Identified:**
 - Healthy meals and food (53%)
 - Access to physical activity/fitness programs (47%)
 - Assistance with understanding/managing finances (41%)
 - Help understanding health insurance and benefits (36%; 58% in North County)
 - Support with legal issues (34%; 50% in North County)
 - Financial assistance and benefits (33%)

Older Adult and People With Disabilities Survey Summary



Self Identification:

- The majority of respondents (70%) identified as only Older Adults.
- An additional 23% identified as a person with Disabilities.
- A total of 16% identified as both, with 7% leaving this question blank.
- Males were over-represented (7% more) among the respondents who identified as Individuals with Disabilities.

Race Ethnicity:

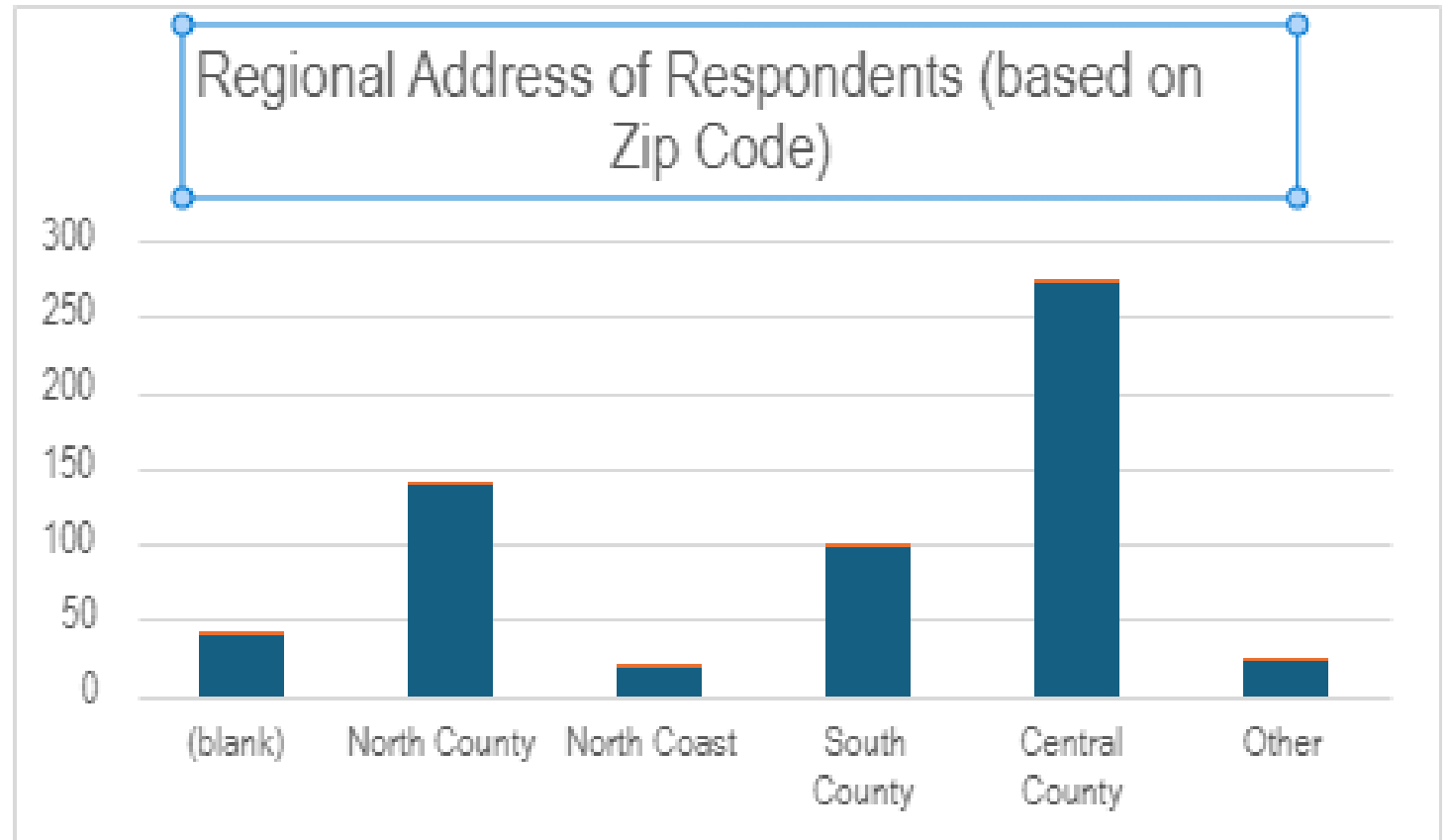
- White (74%)
- Hispanic/Latino (7%)
- Asian/Filipino/Pacific Islander (3%)
- Black/African American (1%).

Respondent gender

- Most (68%) were Female, with 23% identifying as Male.

Respondent Regions

- Respondents most likely to live in the Central part of the County (46%) Followed by:
 - North County (24%)
 - South County (17%)
 - North Coast (3%)
 - Other (4%)
 - Left blank (7%)



Physical Health & Housing: Key Insights

Improving healthcare professionals' understanding, telehealth access, housing independence, and addressing disparities are key areas for action.

- Physical Health Satisfaction:
 - Positive ratings for primary healthcare (82%),
 - specialized healthcare (65%),
 - prescription access (75%), and
 - insurance understanding (71%)
- Disability-specific trends:
 - Higher satisfaction with specialized care,
 - lower satisfaction with prescriptions and insurance
- Challenges:
 - Medical professionals' understanding of older adults/disabled individuals (59%)
 - and telehealth discomfort, especially in the Central region
- Housing Satisfaction:
 - Safety (83%),
 - independence (82%),
 - Affordability (76%) rated highly
 - Less than half considering moving (39%) or modifying homes (36%) for age/disability needs
- Disability and racial disparities:
 - Non-White respondents and individuals with disabilities less satisfied with housing conditions
 - North County: Least satisfied with housing affordability, most likely to contemplate a move

Caregiving: Key Insights

Respondents living with a disability express higher concerns about caregiving needs, including home maintenance and personal care.

High Levels of Concern:

- 67% worry about finding quality, affordable care as they age
- Top caregiving needs include home cleaning/repairs (61%), mental ability decline (52%), and personal care needs (47%)

Lack of Knowledge:

- Only 33% aware of programs linking caregivers to care recipients
- 21% aware of caregiver resources (paid or unpaid)

Caregiver Demographics:

- 79% do not currently have a caregiver

Among those with caregivers:

- 8% have unpaid caregivers
- 7% have paid caregivers (rises to 18% among disabled respondents)
- Paid caregiving more common in Central region and among non-White respondents

Well-Being & Social Connectivity: Key Insights

Improving awareness of mental health, wellness resources, and substance use support is essential to strengthen community well-being

Social Support & Interaction:

- 72% have someone to call for emotional support (61% among Disabled respondents)
- 61% regularly engage in social activities (50% among Disabled respondents vs. 67% non-Disabled)
- Lower social connection overall: lack of companionship (15%), feeling left out (13%), isolation (14%)
- Disabled respondents report higher levels of social disconnection

Transportation:

- 78% drive themselves
- 24% rely on family/friends
- 16% use public transportation (higher among Disabled, non-White, South region respondents)

Behavioral Health Awareness:

- Only 53% know where to access mental health support (lowest awareness in South region)
- 46% aware of wellness/self-care groups
- Substance use awareness critically low: only 39% know where to find help

Most Important Services & Supports: Key Insights

Strong importance is placed on health, fitness, nutrition, and navigating legal and financial systems.

Top Priorities:

- Access to physical activity/fitness programs (50%; 56% in South region)
- Healthy meals and food (41%; 52% among Disabled, 51% among non-White respondents)
- Help with legal issues (34%; 41% in North County)
- Assistance with understanding health insurance/benefits (32%; 41% among non-White, 39% in North County)

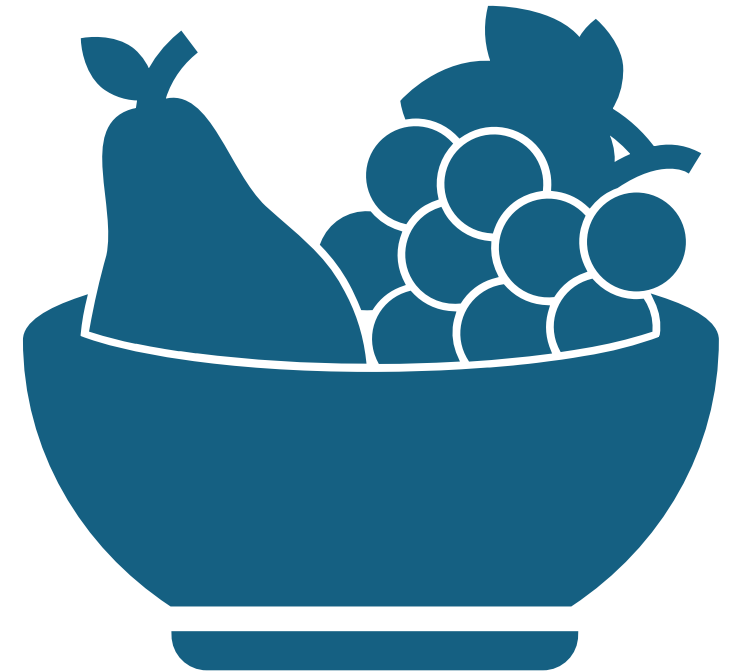
Other Needs:

- Transportation to appointments/activities (32%; 45% among Disabled and non-White respondents)
- Technology support for using computers/phones (28%; 34% in Central region)
- Financial assistance and benefits (26%; 40% among Disabled respondents)
- Help understanding/managing finances (18%; 28% among non-White respondents)

Summary: Key Focus Areas

- Respondents prioritized improving physical health through food and physical activity.
- Strong interest in assistance with navigating systems providing information, resources, and services (e.g., legal, health insurance, transportation).
- 28% expressed a need for technology support to better access and utilize these services and systems.

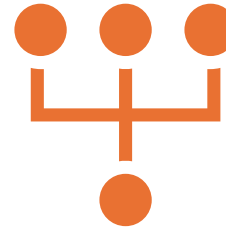
The data overall underscores the importance of supporting physical health, system navigation, and technological empowerment for older adults and individuals with disabilities.



What now?



SLOMPA Advisory Committee will transition to the stewardship of Adult Services Policy Council as the primary steering committee and the advisory committee will remain as liaison support.



Workgroups will be coordinated within the next few months to begin working on ‘pillar projects’ some of these include:

‘Resource Inventory’

ASPC Continuum of Care update

Development of ‘Aging Symposium’ for local private businesses and providers.

Support of State reclassification of San Luis Obispo County from rural to metropolitan for the purposes of healthcare reimbursement.

Direct support of the brain trust to establish more adult day centers.

Supporting the SLOMPA

- Leveraging connections to expand collaboration network
 - Finding aligned projects to reduce overlapping work and improve community outcomes
 - Identify non-traditional partners to support
- Highlight your work and how it aligns with the SLOMPA
- Scale strategies in the SLOMPA to meet your needs
- Help spread awareness of the plan
- Participate in workgroups and projects

