

Developing a Local MPA to Address the Needs of Older & Disabled Adults in Rural Communities

Tuesday, December 13, 2022

*Presented for the California Collaborative
for Long Term Services and Supports*

Rural MPA Project Introduction

In January 2022, The SCAN Foundation provided support to three advocacy coalitions to focus on developing local MPAs that address the unique challenges of aging in rural communities.

Over a process of two years, these coalitions are developing local MPAs covering seven counties:

[Diversability Action Network \(DAN\)](#) - Shasta/ Butte/ Glenn Counties

[Central Valley LTSS Coalition](#) - Kings/ Tulare Counties

[Inland Empire LTSS Coalition](#) - San Bernardino/ Riverside Counties

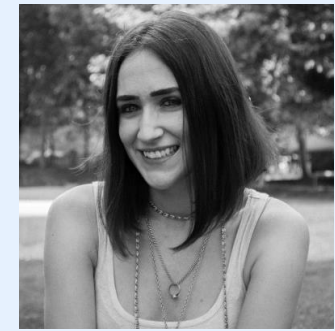
Inland Empire:
Riverside &
San Bernardino
Counties



Anna Swartz



Carmen Estrada



Elizabeth Bogumil

Central Valley:
Kings & Tulare
Counties

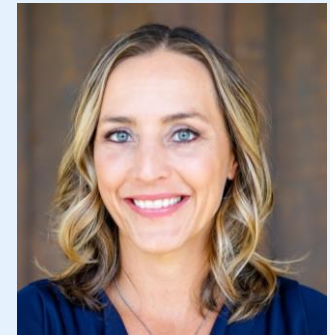


Helen Miltiades



Dayna Wild

Project Consultant



Pauline DeLange
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NorCal:
Shasta, Butte &
Glenn Counties



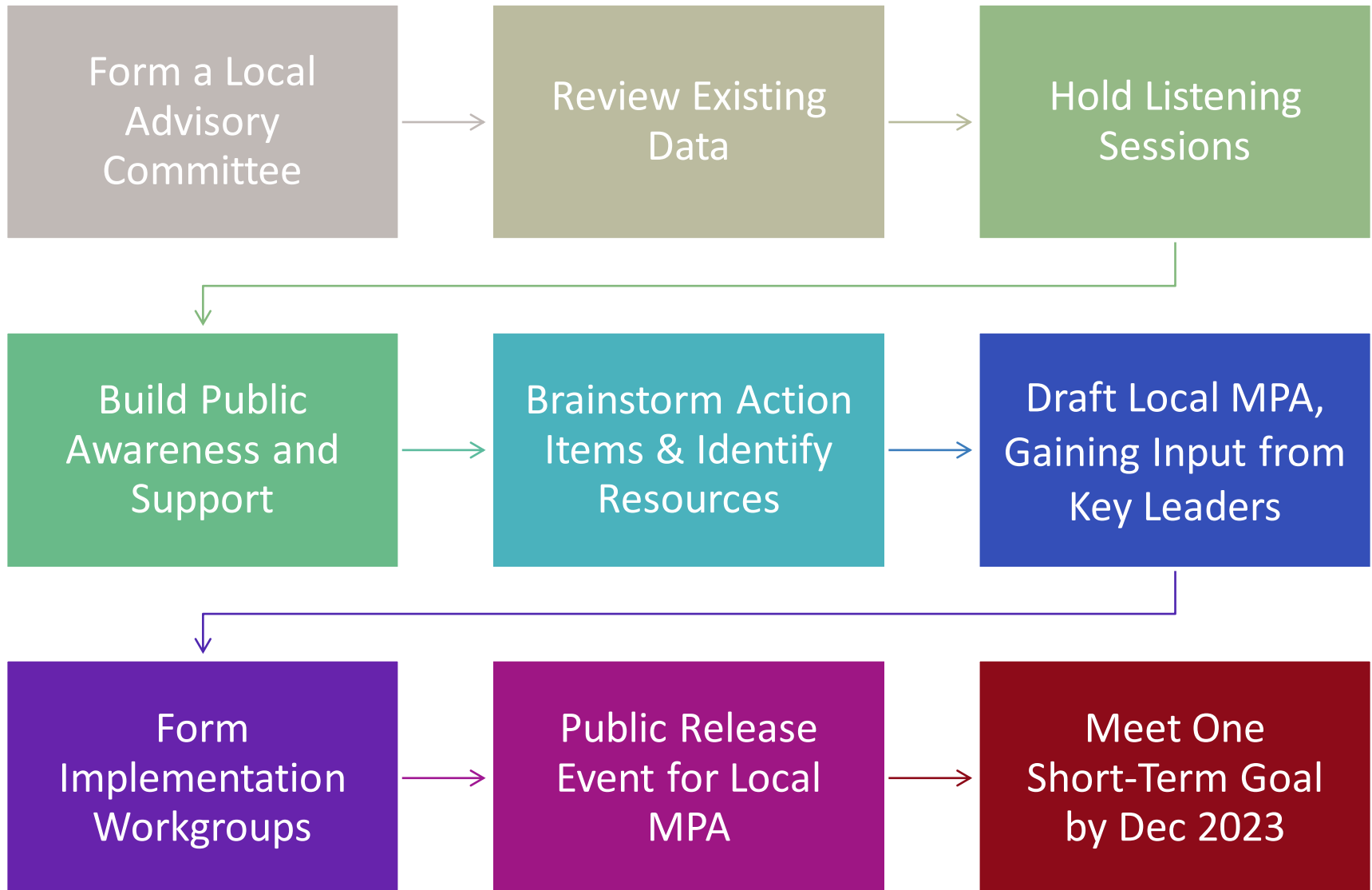
Carolyn Nava



Sharon Brisolaro

SCOPE OF PROJECT OVERVIEW

JANUARY 2022 – DECEMBER 2023



Tried and True Process



- Town of Los Altos and Los Altos Hills
- Santa Clara County and 15 Cities/ Towns
- San Mateo County and 10 Cities/ Towns
- Central Oregon

<http://cfafe.org>

STEP 1: FORM A LOCAL ADVISORY COMMITTEE

	Riverside/ San Bernardino	Kings/ Tulare	Shasta/ Butte/ Glenn
Area Agency on Aging	(falls under County)	Kings/Tulare Area Agency on Aging	AAA PSA 2; Passages
County Health and Human Services/ Social Services	San Bernardino County Department of Aging and Adult Services; Riverside County Office on Aging	Kings County Human Services; Tulare County Health and Human Services	Glenn County HHS; Butte County DESS
Independent Living Center	Community Access Center	Resources for Independence (ILC), Kings/Tulare Counties	Disability Action Center; State Council on Developmental Disabilities
United Way, 211		United Way Kings; United Way Tulare	211 Butte/ Glenn
Health Plan	Inland Empire Health Plan		Common Spirit Health; Dignity Health; Far Northern Regional Center; Maximus Health
Community Health Centers			Northern Valley Indian Health; Pitt River Health Services
Adult Day Health Care & CBAS			Peg Taylor Center
Alzheimer’s Association	Alzheimer's Association, California Southland Chapter		
Caregiver Resource Center	Inland Caregiver Resource Center		Passages
Transportation Representatives			Butte County Association of Governments; Shasta Regional Transportation Agency
Housing Representatives	Riverside County Housing & Workforce; HumanGood Affordable Housing	Kings Tulare Homeless Alliance; Self Help Enterprises- Resident Services	North Valley Housing Trust; Butte County Homeshare
LGBTQ+ Community Center			Stonewall Alliance
Veterans Services		San Joaquin Valley Veterans	
Senior Center/ Senior Nutrition		Community Services Employment Training	
Local Government Leaders		Board of Supervisors Kings County; Board of Supervisors Tulare County; Dinuba City Council Member; Corcoran City Mayor; Kings County Commission on Aging	Butte County Board of Supervisors

Step 2: Review Existing Data

Review existing, relevant, region-specific data.



Sample data sources:

AAA Area Plans	Community Health Assessments	County Housing Element	Plan to End Homelessness
Countywide Transportation Plans	AARP Livability Index	California Data Dashboard for Aging	California HHS Open Data Portal

Step 3: Community Listening Sessions



- » Multiple listening sessions in each region, representing diverse geographies and perspectives.
- » Focused on engaging older adults, adults with disabilities, and caregivers (“lived experience”)
- » Goal to capture perspectives from at least 50 individuals

Developing the Interview Guide

Statewide MPA is broad with 132 initiatives!

Decided to focus local MPA listening sessions to gather community input on unmet needs and potential solutions related to:

- Housing
- Transportation
- Healthcare
- Home & Community Based Services
- Behavioral Health
- Dementia
- Caregiving
- Nutrition Access

View Sample Interview Guides: <https://bit.ly/MPAinterviewguides>



First Listening Sessions were held with our Advisory Committees: <https://bit.ly/ACLListeningSessionReports>



Subpopulations Identified for Listening Sessions

NorCal	Inland Empire	Central Valley
IHSS Caregivers and Recipients	LGBTQIA+ Older Adults	Veterans
Wildfire Survivors	Black/ African American Older Adults	Caregivers
LGBTQIA+ Older Adults	Rural Spousal Caregivers	Hispanic/Latinx Older Adults
Older Adult Veterans	Hispanic/ Latinx Older Adults	Most rural
Hispanic/Latinx Older Adults	Hispanic/ Latinx Spousal Caregivers	Adults in 40's and 50's
Hmong Older Adults	American Indian Older Adults/ Tribal Nations	Waiting List for Affordable Housing
Older Adults who were Formerly Incarcerated	Low Income Older Adults	Persons with Disabilities (throughout all categories)
Black/ African American Older Adults	Veterans	
PSA 2 and PSA 1 AAA Providers (two sessions)	Older Adults in Transitional Housing	



Sample Recruitment Strategies: <https://bit.ly/recruitmentstrategiesMPA>

Logistics of Organizing and Moderating Focus Groups

Elizabeth Bogumil, Inland Empire MPA

- » Outreach (shared by our community contact)
- » RSVPs & email follow up (verify mailing address & Zoom link)
- » Reminder email (2-7 days out)
- » Consent form

Sample Recruitment Flyer:

<https://bit.ly/MPArecruitmentflyer>



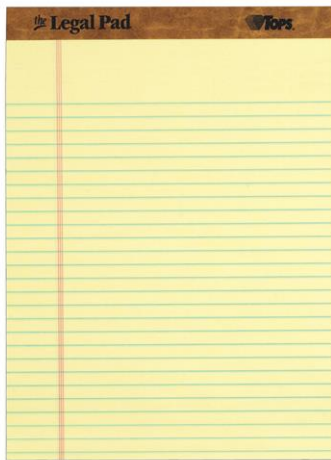
Sample Consent Form:

<https://bit.ly/MPAconsentform>



Logistics of Organizing and Moderating Focus Groups: On Zoom

- » Interview Guide
- » Verbal Consent (recorded)
- » Consider: closed captioning



Logistics of Organizing and Moderating Focus Groups: In Person

- » Printed interview guide
- » Verbal Consent (recorded)



Recruiting

Sharon Brisolara, Shasta/ Butte/ Glenn MPA

Decision Making

Centering in the values of the LMPA

Reflecting on voices important to this effort

Considering aspects of inclusion

Building on existing relationships & building new relationships

The Importance of Follow-Up

Increasing opportunities for input

Sharing highlights and resources with groups

Gathering and reporting

Preparing for collective interpretation sessions

Step 3: Community Listening Sessions

Helen Miltiades, Kings/ Tulare MPA

- » Conducted 38 one-on-one interviews in-person and via phone, plus one focus group of community volunteers
- » Recruitment at Health Fairs, Senior Centers, Picnic in the Park
- » Participants were selected randomly, gift cards, use of translator, rural areas

Listening Session Outcomes

Data collection in-process –
Findings to be shared Spring 2023.

Great need for research on rural aging in California:

According to the latest census,

804,000 Californians aged 65+ live in a rural census code

This is more than the entire populations of Wyoming, Vermont, Alaska, or North Dakota.

Step 4: Build Public Awareness & Support

Sample Strategies:

- Present at a County Board of Supervisors (BOS) meeting (NorCal & Central Valley)
- Publish a press release (Central Valley)
- Host a regional, virtual event in Spring 2023 to present listening session outcomes and capture additional input (Inland Empire – *planning in progress*)

Listen to Butte County BOS Presentation
(start time 02:22:44):

<https://bit.ly/MPApresentationforBOS>



View Kings/Tulare Press release:

<https://bit.ly/CVpressMPA>



Step 5: Brainstorm Action Items, Identify Resources and Support

Plan to include at least 1 short term and 2 long term goals in each local Master Plan for Aging.

Consider:

- Alignment with other initiatives
- Non-traditional partnerships
- Funding opportunities
- In-kind resources
- “Low hanging fruit”
- What’s been successful in other communities?

Learn from other Communities

Sources of Inspiration:

- » [AARP Livable Communities A-Z Topics](#)
- » [WHO Global Database of Age-friendly Practices](#)
- » [Dementia Friendly America- Action Plan Options Menu](#)
- » Join a special interest group, subscribe to newsletters and/or attend annual meetings offered by the [American Society on Aging \(ASA\)](#), [Gerontological Society of America \(GSA\)](#), [American Public Health Association \(APHA\)](#)

Rural-Specific Resources:

- » [Rural Health Information Hub](#)
- » [Grantmakers in Aging – Rural Aging Resources](#)
- » AARP Rural Lab (invitation only)
- » [Healthy Aging in Rural Towns \(HeART\) Toolkit, from the University of Wisconsin](#)

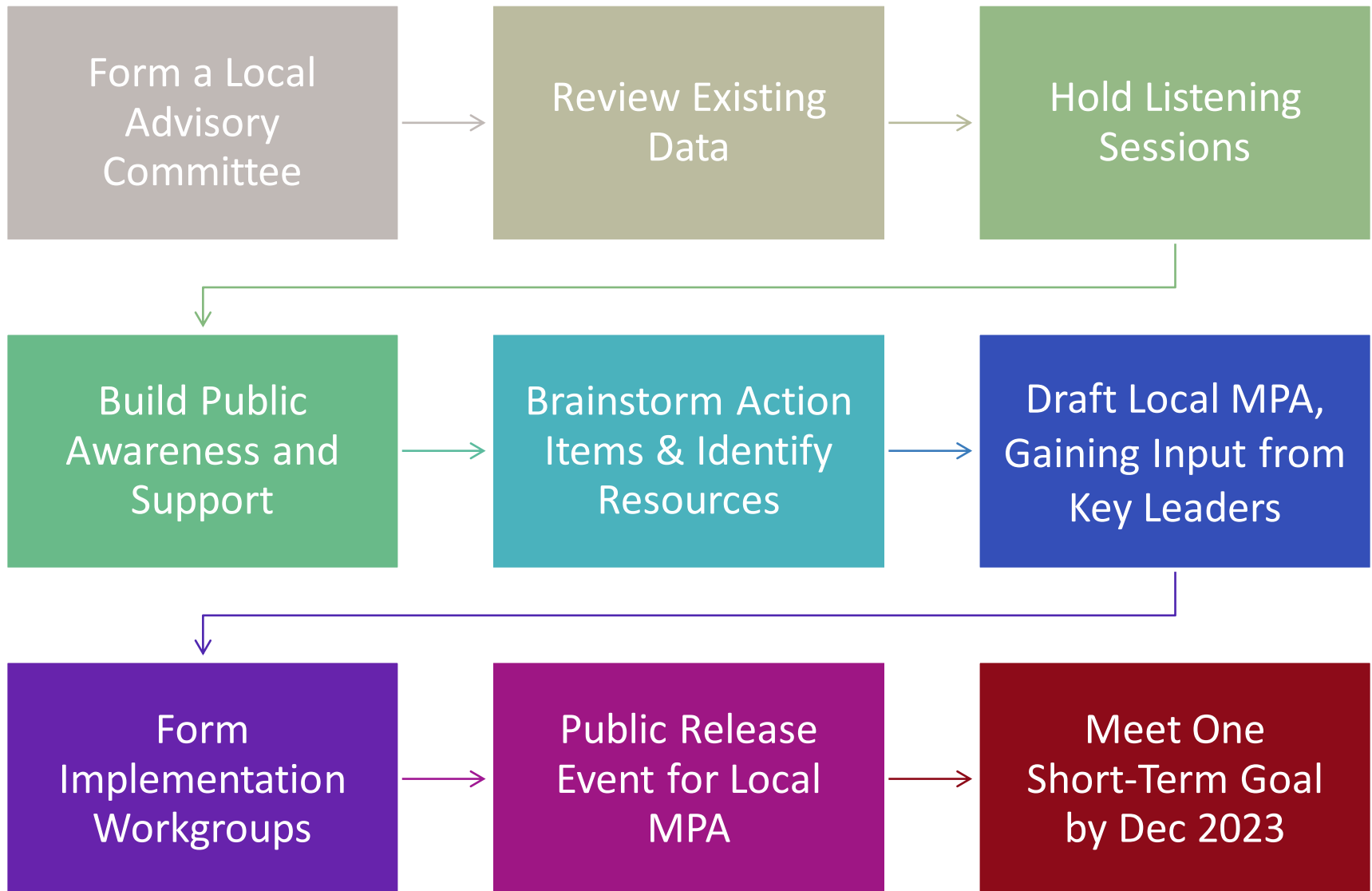
Step 7: Draft your Local MPA, gaining input from key leaders

- » Local MPA to include clear objectives, strategies, and assigned responsibilities.
- » Create implementation workgroups; identify leaders
- » Set target dates, identify inputs and resources.
- » Develop a logic model and proposed evaluation metrics.

Step 8: Public Release Event



SCOPE OF PROJECT OVERVIEW



Questions?