

Aging Action Initiative

Overview & Context

Long Term Vision

The purpose of the Aging Action Initiative is to promote a county-wide age-friendly environment, especially for those in need, collectively created by a strong network of aging service providers through public education, policy advocacy, and service coordination.

Short Term “Year One” Goals

In its first year, AAI participants will implement collective action that meets important community needs, is “doable” within a one year time-frame, and builds and strengthens interagency relationships.

Six Month Planning Objectives

The objectives for the initial six month planning process were to cultivate a shared understanding of the aging landscape with respect to Mental Health, Dementia & Memory Loss, Food & Nutrition, and Care Coordination, and then develop plans for one to three collective actions that could be launched and in-process within a year.

Context & Issue Area Landscape Highlights

Mental Health

- Complex spectrum of issues from clinically diagnosed “mental illness” to non/pre-clinical disruptive or self-destructive behavior due to loneliness, grief and loss, anxiety, social isolation, and other emotionally challenging situations
- Not well funded through the healthcare and insurance systems and tends to fall through “support service” cracks
- Marginalized due to stigma and denial associated with both mental health and ageism
- Non/pre-clinical personality disorders, disruptive behaviors and mental wellness issues represent the largest “gap area” of need

Dementia & Memory Loss

- Our bodies outlive our minds - rates of dementia, Alzheimer’s, and other memory loss issues are on the rise
- Need greater awareness and sensitivity to reduce shame, denial and stigma
- All types of caregivers, from first responders and medical professionals, to families and in-home support staff need to become more informed, sensitive, and better equipped with tools and referral resources

Food & Nutrition

- “Foody, Organic Marin” has numerous opportunities and existing resources for healthy, fresh food
- Key issues include: access equality, stigma, and barriers (policy, geography, transportation, income)
- One big challenge is connecting the need with available food through an improved resource referral and information assistance system

Care Coordination

- Complex spectrum of issues from basic one time referrals → follow-up assistance → care coordination → case management
- Involves interagency exchange of program/service information as well as referral and assistance process information and eventually coordination of wrap-around client care
- Starts with improving the information referral and assistance end of the coordination spectrum

Aging Action Initiative

Summary of Year One Action Items

No Wrong Door: Strengthening our Network Through Shared Information Sharing Knowledge and Improving Access to Resource Referral and Information Assistance

This project will facilitate interagency knowledge sharing and coordination of existing information systems among resource referral and information assistance providers. The year-one focus is on collectively assessing and documenting the current landscape of services, as well as finding opportunities for improved coordination.

Lifelong Learning: Nutrition Education Cooking Class

This project will bring organizations together to improve elder nutrition through collectively producing a cooking experience for older adults and/or their caregivers.

Eating Together: Leveraging Our Successes in Congregate Dining

This is a group self-evaluation project to better understand the current congregate meal landscape in order to determine: what's working well, is there an unmet need, where does it exist, and how can it best be met?

Legislative Action: Improving the SSI/SSP – CalFresh Interrelationship

Advocate for changes to SSI/SSP as it relates to government funded food assistance programs

Through coordinating outreach and inspiring participation, this project will make visible existing state-wide education and advocacy efforts of the CA4SSI workgroup to address hunger issues among SSI/SSP (Supplemental Security Income/State Supplemental Payment) recipients who are ineligible to receive government food assistance (“CalFresh”).

Mobile Markets: Replacing Food Deserts with Farm Fresh Nutrition

This project will coordinate routes and services of the Agricultural Institute of Marin's new Mobile Farmers' Market Van with existing aging services and known client needs in order to proactively avoid service duplications and fill known gaps.

Early Intervention Training Workshop Sensitivity, Awareness & Referral Assistance for Cognitive Impairment and Behavior Issues in Older Adults

This project will bring together Mental Health and Dementia professionals to co-create a 2-3 hour education/training event leveraging best practices from the “Mental Health First Aid” and Alzheimer's programs. The training will uniquely focus on difficult pre/non-diagnosed behavioral and personality issues commonly found in older adults with cognitive impairment, memory loss and other mental health issues as well as integrate interactive learning through wisdom of life stories, in-person connections with clients, and role play experiences.

Responding with Compassion: Dementia & Memory Loss Field Tool

Sensitivity, Awareness & Referral Assistance at “Point of Service” Encounters

This project will co-create a field tool (or tools), coordinated with content from the Early Intervention Workshop, to help first responders, caregivers, medical professional, and other field-based social service staff assess, understand and respond to situations impacted by older adult dementia and cognitive impairment issues.

Responding with Compassion: Mental Health/Wellness Field Tool

Sensitivity, Awareness & Referral Assistance at “Point of Service” Encounters

This project will co-create a field tool (or tools), coordinated with content from the Early Intervention Workshop, to help first responders, caregivers, medical professional, and other field-based social service staff assess, understand and respond to behavioral and personality issues commonly found in situations impacted by older adult mental health/wellness issues.

Access to Services: Gaps & Cracks in our Older Adult Safety Net

This research project will create a portrait of older adults in need who are ineligible for existing services through looking at Marin's Elder Economic Index and other eligibility data. (Action Plan still in process)

Aging Action Initiative

ACTION PLAN TEAMS

No Wrong Door: Strengthening our Network Through Shared Information

- Ana Bagtas, Aging & Adult Services (Coalition Building/County Services)
- Carol Hovis (Outreach to Faith Communities)
- Chloe Cook, Aging & Adult Services (Coalition Building/Counter Services)
- Eli Gelardin, Marin Center for Independent Living (Coordinate with ADRC)
- Jon Gaffney, Marin Transit (Active Participant, Mobility Management)
- Laurie Vermont, Whistlestop (Active Participant)
- Lee Pullen, Aging & Adult Services (Outreach)
- Lisa Brinkman, Marin Villages (Assessment)
- Lynn Von der Werth, Sutter Care at Home (Active Participant)
- Nancy Masters, Jewish Family and Children's Services (Coordinate with CASS)
- Pam Osborn, West Marin Senior Services (Open Data Policies)
- Sheila Kopf, SF/Marin Food Bank (Digital Systems/211)

Legislative Action: Improving the SSI/SSP – CalFresh Interrelationship

- Brigitte Moran/Leah Smith, Marin Agricultural Institute (Active Participant)
- Lee Pullen, Aging & Adult Services (Co-Lead)
- Becky Gershon, SF/Marin Food Bank (Co-Lead)
- Steve Schwartz, Interfaith Sustainable Food (Active Participant)
-

Lifelong Learning: Nutrition Education Cooking Class

- Amy Dietz, Aging & Adult Services (Active Participant)
- Krista Pelletier, Whistlestop (Active Participant)
- Mary Kay Sweeny, Homeward Bound (Lead)

Early Intervention Training Workshop

- Candice Simonds, Lifelong Medical Care (Active Participant)
- Dana Pepp, DPP Consulting (Advisor)
- Deb Barns, UCSF (Advisor Content & Evaluation)
- Diane Gruhl, Whistlestop (Event Logistics Assistance)
- Laila Salaam, IHSS (Active Participant)
- Lewis Jordan, Marin Housing Authority (Advisor)
- Madeline Kellner, IHSS (Advisor/Active Participant)

Eating Together: Leveraging Our Successes in Congregate Dining

- Amy Dietz, Aging & Adult Services (Co-Lead)
- Marv Zauderer, ExtraFood.org (Active Participant)
- Shirin Vakharia, Marin Community Foundation (Co-Lead)

Mobile Markets: Replacing Food Desserts with Farm Fresh Nutrition

- Becky Gershon, SF/Marin Food Bank (Active Participant)
- Brigitte Moran, Agricultural Institute of Marin (Lead)
- Krista Pelletier, Whistlestop (Active Participant)

- Mary McEachron, Buck Institute for Research on Aging (Advisor)
- Maya Gladstern, Marin Advocates for Mental Health (Active Participant)
- Patty Lyons, HOPE Program/Senior Peer Counseling (Active Participant)
- Richard Jensen, Love is the Answer-LITA (Active Participant)
- Shelley Dombroski, Alzheimer's Association (Advisor)

Aging Action Initiative

Responding with Compassion: Dementia & Memory Loss Field Tool

- Deborah Barns, UCSF (Advisor Content & Evaluation)
- Jim Ward, Senior Access (Lead)
- Richard Jensen, Love is the Answer-LITA (Content Advisor)
- Shelley Dombroski, Alzheimer's Association (Active Participant)

Responding with Compassion: Mental Health/Wellness Field Tool

- Julia Chu, Seniors at Home, JFCS (Co-Lead)
- Angela Struckmann, Aging & Adult Services (Co-Lead)

Access to Services: Gaps & Cracks in our Older Adult Safety Net

- Lee Pullen, Aging & Adult Services (Co-Lead)
- Shirin Vakharia, Marin Community Foundation (Co-Lead)