

**Amendments
to the
2025 – 2026
AREA PLAN
UPDATE**

Changed Pages Only

Final Draft

Approved by APC on December 19, 2025

Reformatted on April 4, 2026

Proposed Changes Shown in **Blue**

AGENCY ON AGING AREA 4

1401 EL CAMINO AVENUE, SUITE 400

SACRAMENTO, CA 95815

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AREA PLAN UPDATE (APU) CHECKLIST

Check one: FY25-26 FY 26-27 FY 27-28

Use for APUs only

AP Guidance Section	APU Components (Update/Submit A through G) ANNUALLY:	Check if Included
n/a	A) Transmittal Letter- (submit by email with electronic or scanned original signatures)	<input type="checkbox"/>
n/a	B) APU- (submit entire APU electronically only)	<input type="checkbox"/>
2, 3, or 4	C) Estimate- of the number of lower income minority older individuals in the PSA for the coming year	<input type="checkbox"/>
6	D) Priority Services and Public Hearings	<input type="checkbox"/>
n/a	E) Annual Budget, should match Org. Chart	<input type="checkbox"/>
8	F) Service Unit Plan (SUP) and LTC Ombudsman Program Outcomes	<input type="checkbox"/>
11	G) Legal Assistance	<input type="checkbox"/>

AP Guidance Section	APU Components (To be attached to the APU) ➤ Update/Submit the following only if there has been a CHANGE to the section that was not included in the 2024-2028 Area Plan:	Mark C for Changed	Mark N/C for Not Changed
1	Mission Statement	<input type="checkbox"/>	<input checked="" type="checkbox"/>
5	Needs Assessment/Targeting	<input checked="" type="checkbox"/>	<input type="checkbox"/>
7	AP Narrative Objectives:	<input checked="" type="checkbox"/>	<input type="checkbox"/>
7	• System-Building and Administration	<input checked="" type="checkbox"/>	<input type="checkbox"/>
7	• Title IIIB-Funded Programs	<input type="checkbox"/>	<input checked="" type="checkbox"/>
7	• Title IIIB-Program Development/Coordination (PD or C)	<input type="checkbox"/>	<input checked="" type="checkbox"/>
7	• Title IIIC-1 or Title IIIC-2	<input type="checkbox"/>	<input checked="" type="checkbox"/>
7	• Title IIID-Evidence Based	<input type="checkbox"/>	<input checked="" type="checkbox"/>
7	• HICAP Program	<input type="checkbox"/>	<input checked="" type="checkbox"/>
9	Senior Centers and Focal Points	<input type="checkbox"/>	<input checked="" type="checkbox"/>
10	Title IIIE-Family Caregiver Support Program	<input type="checkbox"/>	<input checked="" type="checkbox"/>
12	Disaster Preparedness	<input type="checkbox"/>	<input checked="" type="checkbox"/>
13	Notice of Intent to Provide Direct Services	<input type="checkbox"/>	<input checked="" type="checkbox"/>
14	Request for Approval to Provide Direct Services	<input type="checkbox"/>	<input checked="" type="checkbox"/>
15	Governing Board	<input type="checkbox"/>	<input checked="" type="checkbox"/>
16	Advisory Council	<input type="checkbox"/>	<input checked="" type="checkbox"/>
17	Multipurpose Senior Center Acquisition or Construction	<input type="checkbox"/>	<input checked="" type="checkbox"/>
18	Organizational Chart(s) (Must match Budget)	<input type="checkbox"/>	<input checked="" type="checkbox"/>
19	Assurances	<input type="checkbox"/>	<input checked="" type="checkbox"/>

TRANSMITTAL LETTER
2024-2028 Four Year Area Plan/ Annual Update
Check one: FY 24-25 FY 25-26 FY 26-27 FY 27-28

AAA Name: Area 4 Agency on Aging (dba Agency on Aging Area 4)

PSA 4

These Amendments to the Area Plan Update are hereby submitted to the California Department of Aging for approval, in accordance with State law and State directives. The Governing Board and the Advisory Council have each had the opportunity to participate in the planning process and to review and comment on the Area Plan. The Governing Board, Advisory Council, and Area Agency Director actively support the planning and development of community-based systems of care and will ensure compliance with the assurances set forth in this Area Plan. The undersigned recognize the responsibility within each community to establish systems in order to address the care needs of older individuals and their family caregivers in this planning and service area.

1. Supervisor Sharon Dryden
(Type Name)

Signature: Governing Board Chair ¹ 4/10/26
Date

2. Catheryn Koss
(Type Name)

Signature: Advisory Council Chair 4/10/26
Date

3. **Will Tift** _____
(Type Name)

Signature: **Acting** Area Agency Director 4/10/26
Date

A copy with digital signatures will be sent to CDA under separate cover.

¹ Original signatures or electronic signatures are required.

Unmet Consumer Needs Information from Local ADRCs

As mentioned previously, there are five separate Aging and Disability Resource Connections (ADRCs) operating within AAA4's seven-county service area. The following excerpts are from the 2025-26 ADRC Annual Plans

NEVADA COUNTY ADRC:

"In our rural county, public transportation only services a couple very small in-town areas, and the rest of the county suffers from a lack of reliable transport, especially to medical appointments. The managed care transportation contracts have been inconsistent and caused some consumers to miss important appointments and therapies, and has increased the risk of hospitalization and institutionalization."

"One other significant unmet needs is a shortage of in-home caregivers. The ADRC funds One Source Empowering Caregivers (OSEC), a volunteer caregiver respite organization to support enhancing availability of some service for overwhelmed families. OSEC has two Options Counseling trained staff and are getting volunteers trained regularly. The county still has a shortage of IHSS workers available, and it is especially a challenge for individuals who live far from town, in our outlying rural areas."

"Nevada County does not offer the Multipurpose Senior Services Program (MSSP) which could enable eligible older adults to remain in their own homes and prevent or delay institutionalization. Nevada County also does not have access to the Assisted Living Waiver, so low income individuals who need assisted living have no local options for affordable board and care."

"The Housing crisis continues to impact people with disabilities and older adults, and it is the number one request for services from the ADRC."

"Partnership Health Plan is the only MediCal managed care plan available in Nevada County, and they do not offer 2 important Community Supports: Transitions Services and Home Modifications. With the ending of the DOR's Community Living Fund, and the end of the OAA funding for Fix-it Services in Nevada County, financial assistance for home modifications and transitions will be completely unavailable, leaving people stuck in institutions."

PLACER COUNTY ADRC:

"Funding for critical services remains insufficient, limiting the ability of providers to meet the growing community needs. There is a shortage of qualified IHSS caregivers."

SACRAMENTO COUNTY ADRC:

1. Individual and Family Housing
2. Transportation
3. Communication and Information
4. Health Services and Community Supports
5. Social Participation
6. Outdoor Spaces and Buildings
7. Civic Participation and Employment
8. Respect and Social Inclusion"

YOLO COUNTY ADRC:

- Shortage of caregivers for IHSS and private pay
- Lack of caregiver training
- Lack of funding for diversion transition services (home modifications) to make home accessible
- Limited housing opportunities for those who are extremely low-income
- Finding affordable and accessible housing for those with physical disabilities
- Access to reliable mental health providers and/or individualized person-centered mental health services.
- Frequent mental health provider turn over”

YUBA & SUTTER COUNTIES ADRC:

“Older adults and individuals with disabilities in the Yuba-Sutter region continue to experience significant unmet needs across multiple areas. Key gaps include:

Transportation: Rural transportation options are extremely limited

Senior Center Access: The region has only one senior center serving one city.

Assisted Living Waiver Access: There is no ALW

Information and Referral Systems: The region does not have a 211 system”

SECTION 6. PRIORITY SERVICES & PUBLIC HEARINGS

2024-2028 Four-Year Planning Cycle

Funding for Access, In-Home Services, and Legal Assistance

The CCR, Article 3, Section 7312, requires the AAA to allocate an “adequate proportion” of federal funds to provide Access, In-Home Services, and Legal Assistance in the PSA. The annual minimum allocation is determined by the AAA through the planning process. The minimum percentages of applicable Title III B funds² listed below have been identified for annual expenditure throughout the four-year planning period. These percentages are based on needs assessment findings, resources available within the PSA, and discussions at public hearings on the Area Plan.

Category of Service and the Percentage of Title III B Funds expended in/or to be expended in FY 2024-25 through FY 2027-2028

Access:

Transportation, Assisted Transportation, Case Management, Information and Assistance, Outreach, Comprehensive Assessment, Health, Mental Health, and Public Information

2024-25 30 % 25-26 30 % 26-27 _____% 27-28 _____%

In-Home Services:

Personal Care, Homemaker, Chore, Adult Day / Health Care, Alzheimer’s Day Care Services, Residential Repairs/Modifications

2024-25 4 % 25-26 ~~Four~~ 3 % 26-27 _____% 27-28 _____%

Legal Assistance Required Activities:³

Legal Advice, Representation, Assistance to the Ombudsman Program and Involvement in the Private Bar

2024-25 10% 25-26 10 % 26-27 _____% 27-28 _____%

Explain how allocations are justified and how they are determined to be sufficient to meet the need for the service within the PSA.

These percentages arise from the Community-Centered process described in Section 4, meaning they are calculated *after* county-level funding decisions have been made, and they are intended to remain constant throughout the 4-year RFP cycle. However, variations can occur over time due to changes in the availability of funding or the discontinuation of service categories. If they are significant enough, these variations will trigger a “mid-stream” adjustment to the percentages so that minimum levels are maintained.

² Minimum percentages of applicable funds are calculated on the annual Title IIIB baseline allocation, minus Title IIIB administration and minus Ombudsman. At least one percent of the final Title IIIB calculation must be allocated for each “Priority Service” category or a waiver must be requested for the Priority Service category(s) that the AAA does not intend to fund.

³ Legal Assistance must include all the following activities: Legal Advice, Representation, Assistance to the Ombudsman Program and Involvement in the Private Bar.

PUBLIC HEARING: At least one public hearing must be held each year of the four-year planning cycle. CCR Title 22, Article 3, Section 7302(a)(10) and Section 7308, Older Americans Act Reauthorization Act of 2020, Section 314(c)(1).

Fiscal Year	Date	Location	Number of Attendees	Presented in languages other than English? ⁴ Yes or No	Was hearing held at a Long-Term Care Facility? ⁵ Yes or No
2024-2025	5/16/2024	Agency on Aging Area 4 1401 El Camino Ave. Sacramento, CA	19	No	No
2025-2026	4/11/2025	Agency on Aging Area 4 1401 El Camino Ave. Sacramento, CA	26	No	No
2026-2027					
2027-2028					

The following must be discussed at each Public Hearing conducted during the planning cycle:

- Summarize the outreach efforts used in seeking input into the Area Plan from institutionalized, homebound, and/or disabled older individuals.
A notice appeared in the Sacramento Bee, the meeting was featured on the A4AA website and e-mails were sent out to all A4AA-funded service providers. A4AA also welcomes written input.
- Were proposed expenditures for Program Development (PD) or Coordination (C) discussed?
 Yes. Go to question #3
 Not applicable, PD and/or C funds are not used. Go to question #4
- Summarize the comments received concerning proposed expenditures for PD and/or C. The following regarding Placer County Coordination Objective 4.3(b)1 Family & Friends Caregiving Support, "I was excited to see the statement, *'Explore development of an Adult Day Care program in Western Placer County, by conducting a feasibility study in partnership with the County of Placer and the Placer ADRC.'* I have been advocating for the need for Adult Day Care programs since the loss of two programs during COVID. Several entities, including the Lincoln Hills Foundation, Eskaton, and Placer County, have expressed interest in supporting the formation of a new program. I look forward to continued discussions on this important initiative and appreciate the efforts to explore its feasibility."
- Attendees were provided the opportunity to testify regarding setting minimum percentages of Title III B program funds to meet the adequate proportion of funding for Priority Services
 Yes. Go to question #5
 No, Explain:

5. Summarize the comments received concerning minimum percentages of Title IIIB funds to meet the adequate proportion of funding for priority services.

No comments were received on this subject.

6. List any other issues discussed or raised at the public hearing.
There was some discussion about why poverty levels appear to have changed at different rates across the 7-county service area.

7. Note any changes to the Area Plan that were a result of input by attendees.
None of this input has resulted in changes to the Area Plan itself.

⁴ A translator is not required unless the AAA determines a significant number of attendees require translation services.

⁵ AAAs are encouraged to include individuals in LTC facilities in the planning process, but hearings are not required to be held in LTC facilities.

SECTION 7. AREA PLAN NARRATIVE GOALS & OBJECTIVES

Aligning the Area Plan Goals with the Master Plan for Aging

This 2024-28 Area Plan contains seven sets of goals: one for each County (except for Yuba & Sutter which are combined), and one for Planning and Service Area 4 (PSA 4) as a region. Within each of these sets, we have adopted the 5 bold goals from the Master Plan for Aging.

GEOGRAPHY	GOAL #1 HOUSING	GOAL #2 HEALTH	GOAL #3 INCLUSION	GOAL #4 CAREGIVING	GOAL #5 AFFORDABILITY
NEVADA	Objectives	Objectives	Objectives	Objectives	Objectives
PLACER	Objectives	Objectives	Objectives	Objectives	Objectives
SACRAMENTO	Objectives	Objectives	Objectives	Objectives	Objectives
SIERRA	Objectives	Objectives	Objectives	Objectives	Objectives
YOLO	Objectives	Objectives	Objectives	Objectives	Objectives
YUBA-SUTTER	Objectives	Objectives	Objectives	Objectives	Objectives
PSA 4	Objectives	Objectives	Objectives	Objectives	Objectives

Nevada, Sacramento and Yuba-Sutter have each developed their own Local Aging & Disability Action Plans which aim to advance goals that are compatible with the Governor's Master Plan for Aging.

The Nevada Playbook (2021-26) and Implementation Plan were developed by the County Adult Services Department and the Nevada ADRC. Agency on Aging Area 4 (AAA4) is a core partner of the Nevada ADRC along with the FREED Center for Independent Living which is also the fiscal/administrative agent. The County of Nevada and/or FREED are the lead agencies for most of the strategies in the Nevada Implementation Plan. This Area Plan references strategies where AAA4 or a funded partner of AAA4 is the lead agency.

The Sacramento Action Plan (2025-30) was developed by the County Department of Child, Family and Adult Services with input from various community partners, including AAA4. Specific strategies to implement the Action Plan are still in development at this time (September 2025). Four workgroups are developing specific strategies.

The Yuba-Sutter Aging and Disability Action Plan (2025-2030) and Implementation Playbook were developed by the Yuba-Sutter ADRC. AAA4 is a core partner and the fiscal agent for the Yuba-Sutter ADRC. Implementation work is happening in parallel with this Area Plan.

AAA4's 2024 – 2028 Strategic Area Plan: NEVADA COUNTY, California



The local access point to a “No Wrong Door” system where people of all incomes and ages can turn for the full range of long-term support options and smooth access to public programs and benefits.

ADRC of Nevada County	7/25 to 6/26	ADRC
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The Nevada County ADRC will continue to lead by bringing together diverse community partners to improve service delivery for older adults and people with disabilities, and to promote ease of access to resources available.

- **Enhanced Information & Assistance – ADRC Core Service**
Provides comprehensive information to people of any age, disability type and income level/source. Includes a warm hand off and follow-up to ensure quality referrals.
- **Person Centered Options Counseling – ADRC Core Service**
Personal interview to discover the consumers’ strengths, values, and preferences; decision support including fact finding and the weighing of pros and cons resulting in facilitated decision making; personalized action steps detailing consumers goals; and, follow-up to evaluate action plan success or the need for changes/plan adjustments.
- **Short-Term Service Coordination – ADRC Core Service**
Personalized service coordination (usually 90 days or less) for the purpose of stabilizing a situation for individuals whose health, safety and welfare are at risk; and assistance to prevent unnecessary admittance to emergency department or institutional placement.
- **Transition Support – ADRC Core Service**
Support a person with information, decision support and coordination of multiple services in order to successfully move from a health care facility back to a community home. Includes both hospital/acute care to home, as well as nursing facility to home.

Additional goals for SFY 2025-26 include:

- ❖ Increasing visibility of the ADRC and public awareness of programs and services available to older adults and people with disabilities in Nevada County.
- ❖ Understanding gaps in services and consumer satisfaction with ADRC services.
- ❖ Collaborating with partners to identify and pursue additional grants and funding opportunities to expand its capacity to provide the core services of the ADRC.

FREED Center for Independent Living
<https://freed.org/adrc/adrc-nevada-county/> or (530) 477-3333

1.2 NEVADA: Develop New Programs to Address Unmet Needs

Where it is warranted and when sufficient resources exist, AAA4 will develop new programs to address unmet needs among older adults, people with disabilities and their family caregivers.

(A) Start-up Project

7/25 to 6/26

PD

Support Nevada County's Local Playbook (Strategy 5.3) by:

Committing resources to the development of a new volunteer-based transportation program.

- Year 1 (2025-26): Develop a sustainable business plan in partnership with the County of Nevada and the Nevada ADRC
- Year 2 (2026-27): Launch the pilot project (if determined feasible)
- Year 3 (2027-28): Evaluate the project, make improvements and prepare for transition to a standalone program or an ongoing Older Americans Act Program

Staff Lead: Regional Services Specialists –Rebecca

1.3 NEVADA: Coordinate with Community Partners on Goal #1

AAA4 will coordinate with advisory bodies, lead organizations and stakeholder groups that serve older adults, people with disabilities and their family caregivers. For the primary purpose of avoiding duplication of effort, validate non-OAA funded groups that represent the collective interests of people served by PSA 4 (or subgroups thereof) by publicly acknowledging and/or supporting their efforts. Seek to actively collaborate with such groups if doing so advances the goals of AAA4. Collaborations could include dedicated advocacy, promotion and training that yields tangible results for both parties.

(A) Support Advisory Bodies

7/25 to 6/26

C

Coordinate with local advisory bodies that have a special interest in Goal #1 strategies, including but not limited to the following.

- 1) Nevada County Adult & Family Services Commission
- 2) Nevada County Planning Commission
- 3) Nevada County Social Services Transportation Advisory Council (SSTAC)
- 4) Northern Sierra Air Quality District
- 5) Operational Area Emergency Services Council (Nevada County)

Staff Lead: Regional Services Specialists (Clayton & Rebecca)

1.4 NEVADA: Recommendations regarding the Strategies under Goal #1

The Master Plan for Aging includes many elements that are beyond the scope of AAA4 and its network of social service providers. Therefore, we offer the following recommendations to local individuals and organizations who's positions of authority allow them to take further action.

(A) "More Housing Options as We Age"	7/25 to 6/26	R
<i>To be determined.</i>		
(B) "Transportation Beyond Cars"	7/25 to 6/28	R
<p>Support Nevada County's Local Playbook (Strategy 5.4) by:</p> <p>1) Encouraging Nevada County Connects and other stakeholders to work with 211 Connecting Point to coordinate outreach to older adults and people with disabilities regarding transportation service opportunities, including travel training.</p>		
(C) "Outdoor and Community Spaces"	7/25 to 6/26	R
<i>To be determined.</i>		
(D) "Emergency Preparedness & Response"	7/25 to 6/26	R
<i>To be determined.</i>		
(E) "Climate-Friendly Aging"	7/25 to 6/26	R
<i>To be determined.</i>		
(F) OTHER (if applicable)	7/25 to 6/26	R
<i>To be determined.</i>		

2.4 NEVADA: Recommendations regarding the Strategies under Goal #2

The Master Plan for Aging includes many elements that are beyond the scope of AAA4 and its network of social service providers. Therefore, we offer the following recommendations to local individuals and organizations who's positions of authority allow them to take further action.

(A) "Bridging Health Care with Home" (Cross-Sector Partnership)	7/25 to 6/28	R
<p>Support Nevada County's Local Playbook (Strategy 2.1) by:</p> <p>1) Encouraging the Homeless Resource Council and other stakeholders to work with Hospitality House to identify a funding stream to support additional recuperative care beds for individuals experiencing homelessness and identifying needed professional medical personnel if additional beds are secured.</p>		
(B) "Health Care as We Age" (including Affordable Prescription Drugs)	7/25 to 6/28	R
<p>Support Nevada County's Local Playbook (Strategy 6.4) by:</p> <p>1) Encouraging the Elder Care Provider Coalition and other stakeholders to work with 211 Connecting Point to coordinate with local programs and services to continue development of a community data exchange.</p>		
(C) "Lifelong Healthy Aging"	7/25 to 6/26	R
<i>To be determined.</i>		
(D) "Geriatric Care Expansion"	7/25 to 6/26	R
<i>To be determined.</i>		
(E) "Dementia in Focus"	7/25 to 6/26	R
<i>To be determined.</i>		
(F) "Nursing Home Innovation"	7/25 to 6/26	R
<i>To be determined.</i>		
(G) OTHER (if applicable)	7/25 to 6/26	R
<i>To be determined.</i>		

3.4 NEVADA: Recommendations regarding the Strategies under Goal #3

The Master Plan for Aging includes many elements that are beyond the scope of AAA4 and its network of social service providers. Therefore, we offer the following recommendations to local individuals and organizations who's positions of authority allow them to take further action.

(A) "Inclusion & Equity in Aging"	7/25 to 6/26	R
<i>To be determined.</i>		
(B) "Closing the Digital Divide"	7/25 to 6/26	R
<i>To be determined.</i>		
(C) "Opportunities to Work"	7/25 to 6/26	R
<i>To be determined.</i>		
(D) "Opportunities to Volunteer & Engage"	7/25 to 6/28	R
<p>Support Nevada County's Local Playbook (Strategy 1.1) by:</p> <p>1) Encouraging the City of Grass Valley and other stakeholders to work with Gold Country Senior Services to develop a Senior Center in Western Nevada County.</p> <p>2) Encouraging the Town of Truckee and other stakeholders to work with Sierra Senior Services to develop a Senior Center in Eastern Nevada County.</p>		
(E) "Protection from Abuse, Neglect & Exploitation"	7/25 to 6/26	R
<i>To be determined.</i>		
(F) OTHER (if applicable)	7/25 to 6/26	R
<i>To be determined.</i>		

4.4 NEVADA: Recommendations regarding the Strategies under Goal #4

The Master Plan for Aging includes many elements that are beyond the scope of AAA4 and its network of social service providers. Therefore, we offer the following recommendations to local individuals and organizations who's positions of authority allow them to take further action.

(A) "Family & Friends Caregiving Support"	7/25 to 6/26	R
<i>To be determined.</i>		
(B) "Good Caregiving Jobs Creation"	7/25 to 6/28	R
<p>Support Nevada County's Local Playbook (Strategy 3.1) by:</p> <p>1) Encouraging Sierra College and other stakeholders to work with 211 Connecting Point to develop and promote a community college-to-caregiver pipeline.</p> <p>Support Nevada County's Local Playbook (Strategy 3.3) by:</p> <p>2) Encouraging United Domestic Workers and other stakeholders to work with 211 Connecting Point to determine local barriers to obtaining an IHSS caregiver for those who qualify.</p> <p>Support Nevada County's Local Playbook (Strategy 3.5) by:</p> <p>3) Encouraging the California Department of Social Services and other stakeholders to work with 211 Connecting Point to advocate for standardizing IHSS caregiver pay across the State.</p>		
(C) "Virtual Care Expansion"	7/25 to 6/26	R
<i>To be determined.</i>		
(D) OTHER (if applicable)	7/25 to 6/26	R
<i>To be determined.</i>		

AAA4's 2024 – 2028 Strategic Area Plan: PLACER COUNTY, California



The local access point to a “No Wrong Door” system where people of all incomes and ages can turn for the full range of long-term support options and smooth access to public programs and benefits.

ADRC of Placer County

7/25 to 6/26

ADRC

The ADRC of Placer County will continue to lead by bringing together diverse community partners to improve service delivery for older adults and people with disabilities, and to promote ease of access to resources available.

- **Enhanced Information & Assistance – ADRC Core Service**
Provides comprehensive information to people of any age, disability type and income level/source. Includes a warm hand off and follow-up to ensure quality referrals.
- **Person Centered Options Counseling – ADRC Core Service**
Personal interview to discover the consumers’ strengths, values, and preferences; decision support including fact finding and the weighing of pros and cons resulting in facilitated decision making; personalized action steps detailing consumers goals; and, follow-up to evaluate action plan success or the need for changes/plan adjustments.
- **Short-Term Service Coordination – ADRC Core Service**
Personalized service coordination (usually 90 days or less) for the purpose of stabilizing a situation for individuals whose health, safety and welfare are at risk; and assistance to prevent unnecessary admittance to emergency department or institutional placement.
- **Transition Support – ADRC Core Service**
Support a person with information, decision support and coordination of multiple services in order to successfully move from a health care facility back to a community home. Includes both hospital/acute care to home, as well as nursing facility to home.

Additional goals for SFY 2025-26 include:

- ❖ Increasing partner engagement and community awareness of the ADRC within the public through coordinated outreach efforts, including non-English speaking communities.
- ❖ Increasing the knowledge of potential funding options for ADRC core services, including Medi-Cal reimbursement.
- ❖ Establishing connections with elected officials to investigate funding support and raise awareness of the Placer ADRC with government entities.

Agency on Aging Area 4 (AAA4)

<https://adrc4.org/sacramento-county/> or (800) 211-4545

AAA4's 2024 – 2028 Strategic Area Plan: SACRAMENTO COUNTY, California



The local access point to a “No Wrong Door” system where people of all incomes and ages can turn for the full range of long-term support options and smooth access to public programs and benefits.

ADRC of Sacramento County	7/25 to 6/26	ADRC
<p>The ADRC of Sacramento County will continue to lead by bringing together diverse community partners to improve service delivery for older adults and people with disabilities, and to promote ease of access to resources available.</p> <ul style="list-style-type: none"> Enhanced Information & Assistance – ADRC Core Service Provides comprehensive information to people of any age, disability type and income level/source. Includes a warm hand off and follow-up to ensure quality referrals. Person Centered Options Counseling – ADRC Core Service Personal interview to discover the consumers’ strengths, values, and preferences; decision support including fact finding and the weighing of pros and cons resulting in facilitated decision making; personalized action steps detailing consumers goals; and, follow-up to evaluate action plan success or the need for changes/plan adjustments. Short-Term Service Coordination – ADRC Core Service Personalized service coordination (usually 90 days or less) for the purpose of stabilizing a situation for individuals whose health, safety and welfare are at risk; and assistance to prevent unnecessary admittance to emergency department or institutional placement. Transition Support – ADRC Core Service Support a person with information, decision support and coordination of multiple services in order to successfully move from a health care facility back to a community home. Includes both hospital/acute care to home, as well as nursing facility to home. <p>Additional goals for SFY 2025-26 include:</p> <ul style="list-style-type: none"> ❖ Increasing engagement from community partners and the public to raise awareness of the ADRC and its role as a No Wrong Door provider in Sacramento County. ❖ Increasing the knowledge of potential funding options for ADRC core services including Medi-Cal reimbursement. ❖ Establishing connections with elected officials to investigate funding support and raise awareness of the Sacramento ADRC with government entities. <p>Agency on Aging Area 4 (AAA4) https://adrc4.org/sacramento-county/ or (800) 211-4545</p>		

2.3 SACRAMENTO: Coordinate with Community Partners on Goal #2

AAA4 will coordinate with advisory bodies, lead organizations and stakeholder groups that serve older adults, people with disabilities and their family caregivers. For the primary purpose of avoiding duplication of effort, validate non-OAA funded groups that represent the collective interests of people served by PSA 4 (or subgroups thereof) by publicly acknowledging and/or supporting their efforts. Seek to actively collaborate with such groups if doing so advances the goals of AAA4. Collaborations could include dedicated advocacy, promotion and training that yields tangible results for both parties.

(A) Support Advisory Bodies

7/25 to 6/26

C

Coordinate with local advisory bodies that have a special interest in Goal #2 strategies, including but not limited to the following.

- 1) Sacramento County Adult & Aging Commission (AAC)
- 2) Sacramento County Behavioral Health Commission
- 3) Sacramento County Developmental Disabilities Planning and Advisory Council
- 4) Sacramento County Disability Advisory Commission (DAC)
- 5) Sacramento County Emergency Medical Advisory Group (EMAG)
- 6) Sacramento County Health Authority Commission
- 7) Sacramento County Human Services Coordinating Council
- 8) Sacramento County Public Health Advisory Board
- 9) Sacramento County Veterans Advisory Commission
- 10) Sacramento Medi-Cal Managed Care Stakeholder Advisory Committee

Staff Lead: Regional Services Specialists (Clayton & Sara)

2.3 SACRAMENTO: Coordinate with Community Partners on Goal #2 (continued)

(B) Engage with Lead Organizations and Stakeholder Groups

7/25 to 6/26

C

Coordinate with local organizations that have primary responsibilities related to the Strategies under Goal #2 and with other local groups that have a stake in those Strategies (whether or not they are actively addressing them), including but not limited to the following.

- 1) “Bridging Health Care with Home” (Cross-Sector Partnerships)
 - a) Sacramento County Department of Health Services – CalAIM Lead Agency
 - b) Sacramento County Veterans Services
 - c) Adventist Health
 - d) Community HealthWorks (formerly Sacramento Covered)
 - e) Dignity Health
 - f) Kaiser Permanente
 - g) Molina Health Care
 - h) Sutter Health
 - i) UC Davis Health System
 - j) VA Northern California Health Care System
- 2) “Health Care as We Age” (Affordable Prescription Drugs)
 - a) One Community Health
- 3) “Lifelong Healthy Aging”
 - a) Sacramento County Public Health
 - b) City of Sacramento Older Adult Services – 50+ Wellness Program
 - c) El Hogar Community Services, Inc.
 - d) StopFalls Sacramento
 - e) UC Davis Health – Healthy Aging Clinic
- 4) “Geriatric Care Expansion”
 - a) UC Davis Health – Geriatric Fellowship Programs
 - b) California Northstate University – College of Medicine
 - c) Habitat Health PACE
 - d) InnovAge PACE
 - e) Sacramento State University – School of Nursing
 - f) Sutter SeniorCare PACE
 - g) Sutter Health – Senior Services and Geriatric Care
- 5) “Dementia in Focus”
 - a) Alzheimer’s Association of Northern California
 - b) Sacramento County Alzheimer’s Disease Program
 - c) Alzheimer’s Aid Society
 - d) Del Oro Caregiver Resource Center
 - e) UC Davis Health – Alzheimer’s Disease Center
- 6) “Nursing Home Innovation”
 - a) California Advocates of Nursing Home Reform (CANHR)
 - b) California Healthcare Foundation – Innovation Fund
 - c) Foundation Aiding the Elderly (FATE)

Staff Lead: Regional Services Specialists (Clayton & Sara)

5.1 SACRAMENTO: Provide Services that Advance Goal #5 (continued)		
(B) Other Programs:	7/25 to 6/26	S
<p>1) CalFresh Healthy Living Agency on Aging Area 4 (AAA4) https://agencyonaging4.org/wellness/ or (800) 211-4545 Provides classes and information to help low-income older adults lead a healthy lifestyle. This program provides activities to: Eat healthy on a budget, Live a healthy lifestyle, Eat a balanced diet. Staff Lead: Health Promotion Manager (Brittany)</p>		

5.2 SACRAMENTO: Develop New Programs to Address Unmet Needs		
Where it is warranted and when sufficient resources exist, AAA4 will develop new programs to address unmet needs among older adults, people with disabilities and their family caregivers.		
(A) Start-up Project	7/25 to 6/26	PD
<i>To be determined.</i>		

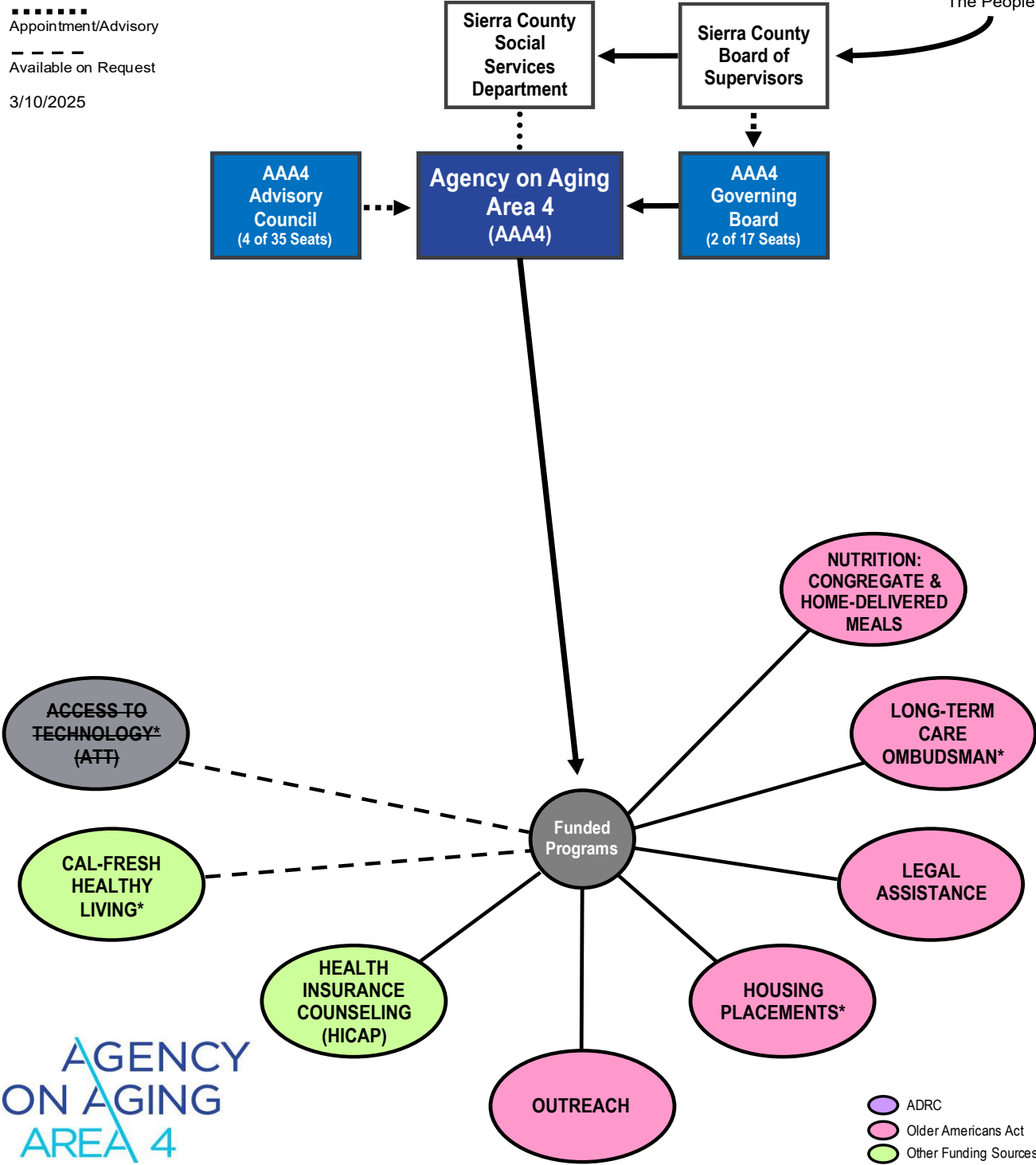
5.3 SACRAMENTO: Coordinate with Community Partners on Goal #5		
AAA4 will coordinate with advisory bodies, lead organizations and stakeholder groups that serve older adults, people with disabilities and their family caregivers. For the primary purpose of avoiding duplication of effort, validate non-OAA funded groups that represent the collective interests of people served by PSA 4 (or subgroups thereof) by publicly acknowledging and/or supporting their efforts. Seek to actively collaborate with such groups if doing so advances the goals of AAA4. Collaborations could include dedicated advocacy, promotion and training that yields tangible results for both parties.		
(A) Support Advisory Bodies	7/25 to 6/26	C
<p>Coordinate with local advisory bodies that have a special interest in Goal #5 strategies, including but not limited to the following.</p> <ol style="list-style-type: none"> 1) Sacramento County Adult & Aging Commission (AAC) 2) Sacramento County Behavioral Health Commission 3) Sacramento County Disability Advisory Commission (DAC) 4) Sacramento County Housing and Redevelopment Commission 5) Sacramento County Human Services Coordinating Council 6) Sacramento County Veterans Advisory Commission <p>Staff Lead: Regional Services Specialists (Clayton & Sara)</p>		

Aging Services Network: Sierra County

*AAA4 Direct Service

 Coordination Role

 Appointment/Advisory
 - - - -
 Available on Request
 3/10/2025



AGENCY ON AGING AREA 4

NOTE: Sierra County is a Frontier community with a total senior population of 1,530 people. In the unlikely event that a resident of Sierra County urgently needs to speak to Senior Information & Assistance on a weekend or after hours, they are welcome to call the neighboring program in Nevada County. This is so unusual that there is no scope of service for this purpose.

AAA4's 2024 – 2028 Strategic Area Plan: YOLO COUNTY, California



The local access point to a “No Wrong Door” system where people of all incomes and ages can turn for the full range of long-term support options and smooth access to public programs and benefits.

ADRC of Yolo County	7/25 to 6/26	ADRC
<p style="background-color: #e6f2ff; padding: 2px;">The ADRC of Yolo County will continue to lead by bringing together diverse community partners to improve service delivery for older adults and people with disabilities, and to promote ease of access to resources available.</p> <ul style="list-style-type: none"> • Enhanced Information & Assistance – ADRC Core Service Provides comprehensive information to people of any age, disability type and income level/source. Includes a warm hand off and follow-up to ensure quality referrals. • Person Centered Options Counseling – ADRC Core Service Personal interview to discover the consumers’ strengths, values, and preferences; decision support including fact finding and the weighing of pros and cons resulting in facilitated decision making; personalized action steps detailing consumers goals; and, follow-up to evaluate action plan success or the need for changes/plan adjustments. • Short-Term Service Coordination – ADRC Core Service Personalized service coordination (usually 90 days or less) for the purpose of stabilizing a situation for individuals whose health, safety and welfare are at risk; and assistance to prevent unnecessary admittance to emergency department or institutional placement. • Transition Support – ADRC Core Service Support a person with information, decision support and coordination of multiple services in order to successfully move from a health care facility back to a community home. Includes both hospital/acute care to home, as well as nursing facility to home. <p style="background-color: #e6f2ff; padding: 2px;">Additional goals for SFY 2025-26 include:</p> <ul style="list-style-type: none"> ❖ Increasing partner engagement and community awareness of the ADRC within the public through coordinated outreach efforts, including non-English speaking communities. ❖ Collaborating with partners to identify and pursue additional grants and funding opportunities to expand its capacity to provide the core services of the ADRC. ❖ Educating local and state officials on the ADRC. <p style="background-color: #e6f2ff; padding: 2px;">Agency on Aging Area 4 (AAA4) https://adrc4.org/sacramento-county/ or (530) 248-2421</p>		

AAA4's 2024 – 2028 Strategic Area Plan: YUBA & SUTTER COUNTIES, California



The local access point to a “No Wrong Door” system where people of all incomes and ages can turn for the full range of long-term support options and smooth access to public programs and benefits.

ADRC of Yuba-Sutter Counties	7/25 to 6/26	ADRC
<p>The ADRC of Yuba and Sutter counties will continue to lead by bringing together diverse community partners to improve service delivery for older adults and people with disabilities, and to promote ease of access to resources available.</p> <ul style="list-style-type: none"> • Enhanced Information & Assistance – ADRC Core Service Provides comprehensive information to people of any age, disability type and income level/source. Includes a warm hand off and follow-up to ensure quality referrals. • Person Centered Options Counseling – ADRC Core Service Personal interview to discover the consumers’ strengths, values, and preferences; decision support including fact finding and the weighing of pros and cons resulting in facilitated decision making; personalized action steps detailing consumers goals; and, follow-up to evaluate action plan success or the need for changes/plan adjustments. • Short-Term Service Coordination – ADRC Core Service Personalized service coordination (usually 90 days or less) for the purpose of stabilizing a situation for individuals whose health, safety and welfare are at risk; and assistance to prevent unnecessary admittance to emergency department or institutional placement. • Transition Support – ADRC Core Service Support a person with information, decision support and coordination of multiple services in order to successfully move from a health care facility back to a community home. Includes both hospital/acute care to home, as well as nursing facility to home. <p>Additional goals for SFY 2025-26 include:</p> <ul style="list-style-type: none"> ❖ Increasing engagement from community partners and the public to raise awareness of the Yuba Sutter ADRC and its role as a No Wrong Door provider. ❖ Collaborating with partners to identify and pursue additional grants and funding opportunities to expand its capacity to provide the core services of the ADRC. ❖ Establishing connections with elected officials to investigate funding support and raise awareness of the ADRC of Yuba and Sutter Counties with government entities. <p>FREED Center for Independent Living https://freed.org/adrc/adrc-yuba-sutter/ or (530) 742-4474</p>		

Other Supportive Service: Housing Unit of Service = 1 hour

Fiscal Year	Proposed Units of Service	Goal Numbers	Objective Numbers (If applicable)
2024-2025	792 {First 6 months of operation as Key Connections}	Goal 7	PSA 4: 5.1(A)
2025-2026	1,584	Goal 7	PSA 4: 5.1(A)
2026-2027			
2027-2028			

Other Supportive Service: Residential Repairs Unit of Service = 1 modification

Fiscal Year	Proposed Units of Service	Goal Numbers	Objective Numbers (If applicable)
2024-2025	288	Goal 1	Nevada, Placer, Sacramento & Sutter: 1.1(A); Objective numbers vary
2025-2026	480 194*	Goal 1	Placer and Sacramento: 1.1(A); Objective numbers vary
2026-2027			
2027-2028			

*Prior to each major Request for Proposals (RFP), AAA4 convenes seven independent Ad Hoc Workgroups to recommend which Service Categories should be funded at what levels. This process resulted in a significant reduction of total Minor Home Modification units because this service has been discontinued in Nevada and Sutter counties.

1. Title IIID/Health Promotion—Evidence-Based

- Provide the specific name of each proposed evidence-based program.

Evidence-Based Program Name(s): Bingocize, Diabetes Education Empowerment Program (DEEP) and Matter of Balance (MOB)

Add additional lines if needed.

Unit of Service = 1 contact

Fiscal Year	Proposed Units of Service	Goal Numbers	Objective Numbers (If applicable)
2024-2025	520	Goal 2	All 7 Counties: 2.1(A); Objective numbers vary
2025-2026	520	Goal 2	All 7 Counties: 2.1(A); Objective numbers vary
2026-2027			
2027-2028			

SECTION 1: STATE PERFORMANCE MEASURES

HICAP Fiscal Year (FY)	PM 1.1 Clients Counseled (Estimated)	Goal Numbers
2024-2025	2,105	Goal 2
2025-2026	2,105 2,283	Goal 2
2026-2027		
2027-2028		
HICAP Fiscal Year (FY)	PM 1.2 Public and Media Events (PAM) (Estimated)	Goal Numbers
2024-2025	63	Goal 2
2025-2026	63 56	Goal 2
2026-2027		
2027-2028		

SECTION 2: FEDERAL PERFORMANCE MEASURES

HICAP Fiscal Year (FY)	PM 2.1 Client Contacts (Interactive)	Goal Numbers
2024-2025	11,982	Goal 2
2025-2026	11,982 5,838	Goal 2
2026-2027		
2027-2028		
HICAP Fiscal Year (FY)	PM 2.2 PAM Outreach (Interactive)	Goal Numbers
2024-2025	5,016	Goal 2
2025-2026	5,016 3,637	Goal 2
2026-2027		
2027-2028		

HICAP Fiscal Year (FY)	PM 2.3 Medicare Beneficiaries Under 65	Goal Numbers
2024-2025	2,087	Goal 2
2025-2026	2,087 745	Goal 2
2026-2027		
2027-2028		

HICAP Fiscal Year (FY)	PM 2.4 Hard to Reach (Total)	PM 2.4a LIS	PM 2.4b Rural	PM 2.4c ESL	Goal Numbers
2024-2025	6,009	2,619	784	2,606	Goal 2
2025-2026	6,009 3,025	2,619 1,805	784 762	2,606 458	Goal 2
2026-2027					
2027-2028					

HICAP Fiscal Year (FY)	PM 2.5 Enrollment Contacts (Qualifying)	Goal Numbers
2024-2025	13,813	Goal 2
2025-2026	13,813 6,032	Goal 2
2026-2027		
2027-2028		

SECTION 11. LEGAL ASSISTANCE

2024-2028 Four-Year Area Planning Cycle

This section must be completed and submitted annually. The Older Americans Act Reauthorization Act of 2020 designates legal assistance as a priority service under Title III B [42 USC §3026(a)(2)]¹². CDA developed *California Statewide Guidelines for Legal Assistance* (Guidelines), which are to be used as best practices by CDA, AAAs and LSPs in the contracting and monitoring processes for legal services, and located at:

https://aging.ca.gov/Providers_and_Partners/Legal_Services/#pp-gg

1. Based on your local needs assessment, what percentage of Title IIIB funding is allocated to Legal Services? **Discuss:** The Minimum allocation is 10%; for SFY 2024-25 the actual allocation is 12.9%, and for SFY 2025-26 the actual allocation is 13.5%.
2. How have your local needs changed in the past year(s)? Please identify any changes (include whether the change affected the level of funding and the difference in funding levels in the past four years). **Discuss:** Retaining safe and affordable housing continues to be a top need of older adults seeking legal support in the wake of the pandemic. This has not changed funding levels.
3. How does the AAA's contract/agreement with the Legal Services Provider(s) (LSPs) specify and ensure that the LSPs are expected to use the California Statewide Guidelines in the provision of OAA legal services? **Discuss:** In our Program Specifications and Standards, we state that "LSPs shall have ready access to the following for all appropriate staff: relevant United States Code and Code of Federal Regulations; local laws and regulations; relevant California laws, regulations and rules; manuals for relevant government programs; relevant support center manuals, newsletters, information and referral manuals; and a law library." In addition, clear instruction is given by the AAA's Regional Services Specialist that the California Statewide Guidelines must be followed. These guidelines as well as the California Uniform Reporting System Instructions and Definitions are linked and referenced during the annual monitoring process. AAA's integrated the contents of the Statewide Legal Services Guidelines (Guidelines) into the Program Specifications & Application portion of our Request for Proposals (RFP). More specifically, content from Section VIII of the Guidelines was added to Section J of the RFP document, and the Guidelines are referenced in Section L. When an applicant is awarded funds, their Program Spec/Application is made a part of their service contract via incorporation by reference. This ensures our Legal Services Providers are aware of their ongoing obligation to abide by the Guidelines.
4. How does the AAA collaborate with the Legal Services Provider(s) to jointly establish specific priority issues for legal services? What are the top four (4) priority legal issues in your PSA? **Discuss:** We collaborate with our Legal Services Providers to establish priority legal issues. Priorities are set based on the results of regular surveys with clients, staff, and the general public. The top four priority issues in our PSA are currently Housing (tenant's rights, utilities), Health Care, Economic Stability/Nutrition, Family Safety and Stability.

5. How does the AAA collaborate with the Legal Services Provider(s) to jointly identify the target population? What is the targeted senior population and mechanism for reaching targeted groups in your PSA? **Discuss:** We collaborate to identify target populations. Services are targeted to those people with the greatest social or economic need but not limited to low-income individuals, minorities, rural residents and those with limited English proficiency. Groups that should be considered to receive priority for legal assistance services include older adults who are:

- Homebound
- Residing in long-term care facility
- Without access to transportation
- Living alone with no support or geographically isolated
- Experiencing chronic health issues
- Experiencing homelessness or at risk of homelessness
- Deaf/hearing/vision impaired
- LGBTQ+
- Limited English Proficiency
- People with physical disabilities
- People with dementia or other mental capacity issues
- Grandparents caring for grandchildren
- Formerly incarcerated

These target populations were gathered with a variety of input from our funded partners, Advisory Council, Governing Board and the knowledge of those in leadership at AAA4. Our Funded Partners reach out to these communities directly in different ways. Some programs will annually put flyers in home delivered meal packets to reach out to the home bound population. Educational presentations and office hours are regularly held in Low Income Senior Housing and at other locations where target populations are found.

6. How many legal assistance service providers are in your PSA? **Complete table below.**

Fiscal Year	# of Legal Assistance Services Providers	Did the number of service providers change? If so please explain
2024-2025	4	Yes, we no longer contract with Community Beyond Violence in Nevada/Sierra counties.
2025-2026	4	No
2026-2027		
2027-2028		

7. What methods of outreach are Legal Services Providers using? **Discuss:** The Legal Services Providers are using multiple methods of outreach in our communities. Service Providers participate in health fairs and outreach events where they provide information and outreach materials to the public. They conduct educational presentations and training to community partner organizations, including the ADRCs. Legal Services Providers also offer office hours open to the public at Focal Points, Senior Centers and other CBOs.

8. What geographic regions are covered by each provider? **Complete table below:**

Fiscal Year	Name of Provider	Geographic Region covered
2024-2025	a. LSNC Motherlode b. LSNC Yolo c. LSNC Sacramento d. Yuba Sutter Legal Center	a. Placer, Nevada and Sierra Counties b. Yolo County c. Sacramento County d. Yuba and Sutter Counties
2025-2026	a. LSNC Motherlode b. LSNC Yolo c. LSNC Sacramento d. Yuba Sutter Legal Center	a. Placer, Nevada and Sierra Counties b. Yolo County c. Sacramento County d. Yuba and Sutter Counties
2026-2027	a. b. c.	a. b. c.
2027-2028	a. b. c.	a. b. c.

9. Discuss how older adults access Legal Services in your PSA and whether they can receive assistance remotely (e.g., virtual legal clinics, phone, U.S. Mail, etc.). **Discuss:** Potential clients can call, email, use the U.S. postal service or show up in person to receive legal assistance. They can also access Legal Services at remote locations during office hours held in community centers and other CBOs.

10. Identify the major types of legal issues that are handled by the Title IIIB legal provider(s) in your PSA (please include new legal problem trends in your area). **Discuss:** Preservation of housing is a major area that our Legal Services Providers are currently focused on. The temporary moratorium on evictions was lifted after the pandemic and older adults are losing their housing due to rent increases, new landlords, and other property management issues. Our LSPs are continuing to prioritize these housing needs. Health care, economic stability, access to public benefits, and family safety and stability are also major issues older adults are currently bringing to our providers. **There are no new legal problem trends in our area as of September 2025. Our LSPs conduct a survey about priority issues every three years, with the next survey going out in late 2025.**

11. What are the barriers to accessing legal assistance in your PSA? Include proposed strategies for overcoming such barriers. **Discuss:** The Legal Service Providers in most of our counties are encountering challenges in recruiting and retaining attorneys and other staff. This can make providing services challenging. Barriers that may affect delivery of legal services, including geographic limitations, language barriers, lack of awareness of available services, are being addressed by our Legal Service provider by utilizing strategies such as teleconferencing and mobile legal clinics to increase accessibility especially in our frontier communities. Additionally, our providers are actively engaging in community outreach and education by partnering with local organizations and senior centers to raise awareness and ensure that services reach those in need.