

Nevada County Aging and Disabilities Playbook



July 2021 - June 2026



**NEVADA
COUNTY**
CALIFORNIA



The Nevada County Aging and Disabilities Playbook (July 2021 – June 2026) was produced by Adult Services – Nevada County, California in partnership with the California Aging and Disability Resource Connection (ADRC) of Nevada County.

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- ▶ Right bottom: Jeree Waller. (2019). HWP – FREED TBI – Fall Colors, 1920-1.

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Executive Summary

The purpose of the Nevada County Aging and Disabilities Playbook is to establish an Action Plan with innovative solutions for improving the lives older adults and people with disabilities throughout our community (See [Priority Populations](#) for definitions). From July 2021 to June 2023, Adult Services – Nevada County, the Aging and Disability Resources Connection (ADRC) of Nevada County, along with local stakeholders, partners, and community members developed this plan (See [Background](#), [Planning Process](#), and [Acknowledgements](#)). Throughout the planning process, extensive available data and community input were collected to identify the state and local priorities, resources, and opportunities to create a community that is thriving for all ages and abilities (See [Data Collection](#) for an overview of the process and [Summary Results](#) with the [Needs Assessment Findings](#)). These findings guided the development of our three-year [Local Playbook Action Plan](#) (July 2023 – June 2026), including our Vision, Mission, Goals, and Strategic Actions (summarized below). Our Local Playbook Action Plan is aligned with the [California Master Plan for Aging](#), the state’s plan for creating a California for all ages by 2030. The Action Plan will be implemented by Adult Services – Nevada County, the ADRC, and multiple local community agencies and groups (See [Local Playbook Action Plan](#) for the lead agencies/groups listed for each Strategic Action).

Vision



Nevada County **THRIVES**.

Mission



In Nevada County, we **C**oordinate, **A**dvocate, and provide **R**esources and **E**ducation (**CARE**) for older adults, people with disabilities, and all to thrive.

Action Plan Goals & Strategic Actions



Goal 1: Inclusion, Equity, and Social Participation

Strategy 1.1:	Support the development of senior centers in both Eastern and Western Nevada County.
Strategy 1.2:	Engage with diverse cultural groups to leverage connection and support for seniors and people with disabilities from underserved communities.
Strategy 1.3:	Improve access to technology to connect older adults and people with disabilities to internet services and resources.
Strategy 1.4:	Investigate interest in the local development of adopt-a-grandparent/adopt-a-grandchild programs.
Strategy 1.5:	Research and investigate a “Village Model” that fits our community.



Goal 2: Housing for All Ages and Stages

Strategy 2.1:	Increase recuperative care beds for the homeless.
Strategy 2.2:	Promote and develop co-housing options and availability.
Strategy 2.3:	Investigate the use of, and incentives for tiny homes and Accessory Dwelling Units (ADUs) to improve housing access, affordability, and sustainability.
Strategy 2.4:	Coordinate with Nevada County to investigate pursuing AARP livable communities and Prohousing Designation Programs to spur housing and make it more livable.



Goal 2: Housing for All Ages and Stages

Strategy 2.5: Prepare local facilities to utilize the Home & Community-Based Alternatives Waiver and for the Assisted Living Waiver Integration legislation to go into effect.



Goal 3: Enhanced Caregiving Resources

Strategy 3.1: Investigate the creation of a community college-caregiver pipeline.

Strategy 3.2: Identify funding resources for Sierra Palliative Care Services.

Strategy 3.3: Determine the local barriers to obtaining an In-Home Supportive Services (IHSS) caregiver for those who qualify.

Strategy 3.4: Increase the availability of respite care.

Strategy 3.5: Advocate for standardizing IHSS caregiver pay across the State.

Strategy 3.6: Expand adult day programs.



Goal 4: Progressive Health Care Access

Strategy 4.1: Investigate opportunities to increase access to telehealth.

Strategy 4.2: Ensure effective coordination of CalAIM funding in the County.

Strategy 4.3: Get mental health volunteers for family therapy and safety planning.

Strategy 4.4: Investigate and promote prescription drug affordability options.



Goal 5: Expanded Transportation Options

- Strategy 5.1:** Promote the Dial-A-Ride area expansion.
- Strategy 5.2:** Secure funding for on-demand transportation.
- Strategy 5.3:** Research the feasibility of a volunteer transportation program.
- Strategy 5.4:** Coordinate outreach to older adults and people with disabilities regarding transportation service opportunities including travel training.
- Strategy 5.5:** Increase transportation services to and from medical appointments for the blind and visually impaired.



Goal 6: Effective Coordination, Communication, and Education

- Strategy 6.1:** Coordinate with local agencies to provide community guidance about being prepared in the event of emergencies, and the needs of older adults and people with disabilities in evacuations and disasters.
- Strategy 6.2:** Develop a communications/marketing strategy related to available long-term services and supports for older adults, people with disabilities, and caregivers that takes into consideration social stigmas.
- Strategy 6.3:** Develop tools and strategies to increase coordination and connection among community service providers.
- Strategy 6.4:** Coordinate with local programs and services to continue development of a community data exchange.



Goal 6: Effective Coordination, Communication, and Education

Strategy 6.5: Identify and coordinate with agencies to educate the community on existing financial literacy resources (e.g., protection from scams, budgeting, etc.).

Strategy 6.6: Coordinate countywide to leverage state/local funding opportunities.

Introduction

This document serves as the Nevada County Aging and Disabilities Playbook (also referred to as the “Local Playbook” or the “Nevada County Playbook”) to establish a community where all people thrive. This plan was developed with local stakeholder input to improve the lives of older adults and people with disabilities throughout the county (See [Acknowledgements](#) below). This plan is in alignment with the California Master Plan on Aging (MPA), a statewide, comprehensive approach to help build a California for all ages by 2030 (See the [California Master Plan for Aging](#) background below).

The purpose of the Nevada County Playbook is to establish a blueprint for our whole community, guiding us towards our Vision – our “North Star” or what we aspire to be. We achieve our Vision through our Mission, which is our core purpose, or what we do and why. Within our Local Playbook Action Plan, we lay out our specific Goals, Strategic Actions, and Key Steps for what we want to achieve, what we will do (e.g., projects, programs, and activities), and how we will do it over the next three (3) years. (See the [Glossary of Planning Terms](#) for more detailed descriptions of the Local Playbook elements).



Timeline

The graphic below shows the Nevada County Aging and Disabilities Playbook timeline. This plan was developed from July 2021 to June 2023. Included is a Local Playbook Action Plan, which is operating within a three (3)-year timeframe, with the first cycle beginning July 2023 to June 2026 (fiscal years). The Action Plan will be a working document throughout the course of the project, with needed adjustments being made based on progress, revisions, changing environmental conditions, funding, regulations, and other internal or external forces. Beginning in July 2026, the plan will be revisited for an official update to prepare for the next Action Plan cycle.



Background

Priority Populations

The Nevada County Playbook addresses interventions aimed at improving the lives of “older adults” and “people with disabilities.” It is important that we define these priority populations, as well as describe why they are linked together.

Population Definitions

Older adults are defined by the Older Americans Act (OAA) as individuals aged 60 and over* (Congressional Research Service, 2022).¹ Those found in the older age groups are not a homogenous group, with variations in health, activity participation, employment, and living situations (Orimo et al., 2006).² An individual with a disability is defined by the Americans with Disabilities Act (ADA) as “a person who has a physical or mental

*Some define older adults as age 65 and over. The data presented in this report will include both the “60 and over” and “65 and over” age groups depending on the indicators available for the particular data source.

impairment that substantially limits one or more major life activities, a person who has a history or record of such an impairment, or a person who is perceived by others as having such an impairment” (ADA, 2020).³

Population Linkages

Life expectancy in general is increasing, and individuals with long-term physical impairments or disabilities are also increasing, so older adults with disabilities are a significant and growing population (UN, n.d.).⁴ For both older adults and people with disabilities – at any age, there are similarities in the services and supports needed to live independently (ACL, n.d.);⁵ and the environment (social, cultural, physical) plays a significant role in shaping their life experiences (Putnam, 2002).⁶ Given these factors, the United Nations, Department of Economic and Social Affairs proposed that countries implement policies and programs that “take into consideration the cross-sectionalities between the aging and disability [populations],” and especially the growing needs of older persons with disabilities (UN, n.d.).⁴ In addition, countries “need to take a longer-term approach to investment in the planning, design, and construction of their community to ensure environmental inclusiveness and accessibility in moving towards the goal of creating a society which meets the needs and capacities of all users” (U.N., n.d.).⁴

California Master Plan for Aging

In June 2019, Governor Gavin Newsom issued an executive order calling for the creation of a Master Plan for Aging (MPA) (Executive Order N-14-19, 2019).⁷ The Executive Order affirmed that it is a priority for the state to assure the health and well-being of older Californians and the need for policies that promote healthy aging. It also called for the development of a “Playbook,” or a blueprint for state government, local government, the private sector, and philanthropy to prepare the state for the coming demographic changes and to continue California’s leadership in aging, disability, and equity.

MPA’s Bold Goals for 2030

The California MPA identified five (5) bold goals, with innovative strategies for state and local leaders to implement in government, business, philanthropic, and community-

based organizations. Implementation of bold goals began in 2021 and will be revisited in 2030 by state and local agencies, in partnership with stakeholders and the Legislature (California Department for Aging, 2021).⁸ Visit the [Master Plan for Aging](#) website for a detailed list of the strategic initiatives and activities. These initiatives will be continuously informed by the publicly accessible [Data Dashboard for Aging](#), which will track the MPA’s targets over ten years (California Department for Aging, 2021; Let’s Get Healthy California, 2016)^{8,9} Progress, updates, and new initiatives will be addressed in an annual report produced by the state.

California Master Plan for Aging: 5 Bold Goals for 2030	
	Goal 1: Housing for all Ages and Stages
	Goal 2: Health Reimagined
	Goal 3: Inclusion and Equity, Not Isolation
	Goal 4: Caregiving that Works
	Goal 5: Affordable Aging

Nevada County Playbook

To support the strategic efforts of the State of California, Nevada County developed this Local Playbook to identify innovative solutions for improving the lives of our older adults and people living with disabilities throughout our community. Our Local Playbook is aligned with the California MPA’s bold goals for 2030. The Nevada County Playbook includes an Action Plan (July 2023 – June 2026), which serves as a county-wide blueprint, mobilizing the community on a path towards achieving its vision (See [Local Playbook Action Plan](#) for the detailed plan). Our Local Playbook was made possible with considerable time and resources provided by Adult Services – Nevada County and the Aging and Disability Resource Connection (ADRC) (See [Adult Services – Nevada County](#) and [ADRC](#) overview below). In addition, input was provided by local decision-makers

and service-providers throughout the planning process, with 20 people providing input through a workshop, in-person and virtual meetings, and e-mail correspondence. (See [Planning Process](#) and [Acknowledgements](#) below).

Adult Services – Nevada County

Adult Services of Nevada County under the Department of Social Services (DSS), Nevada County Health and Human Services Agency provides a wide array of services and support to seniors and adults living with a disability in the community, with the goal of helping individuals remain safely in their own homes. This is done through investigations, assessments, and referrals to appropriate agencies and programs. The programs at Adult

Adult Services Mission

Opening doors, building community, and being of service to County citizens needing, social, eligibility, or employment training services.

Services include Adult Protective Services (APS), In Home Supportive Services (IHSS), Senior Outreach Nurse Program, and Public Guardian Services (PG). Adult Services partners with the Agency on Aging/Area 4 (AAA4) to provide community resources and support. Visit the [Adult Services – Nevada County](#) and [AAA4](#) websites for

more information about this partnership and community resources (County of Nevada, n.d.; AAA4, 2022).^{10,11}

Aging and Disability Resources Connection

The Aging and Disability Resources Connection (ADRC) of Nevada County is a collaboration between FREED Center for Independent Living (also referred to as FREED), AAA4, and partner organizations designed to streamline access to services for people with disabilities, older adults, family members, and caregivers. The ADRC began in 2010, with the Long-Term Care

ADRC Mission

The ADRC of Nevada County will provide easy access to a broad array of services, a continuum of help in accessing services and advocacy for individuals desiring long term support services and information.

Implementation Council (LTC) and a grant from the State Independent Living Council (SILC). Since its inception, the ADRC has been driven by an Advisory Committee made up of diverse members and partner organizations serving the community. Visit ADRC at the [FREED](#) and [AAA4](#) websites for more information about this partnership and community resource (FREED, 2022; AAA4, 2022).^{12,13}

Planning Process

Adult Services -Nevada County and the ADRC (with the Executive Director of FREED) contracted Ellis Planning Associates Inc. (EPAI) to conduct an intensive collaborative planning process by engaging stakeholder input in the activities described below (See [Adult Services – Nevada County](#) and [ADRC](#) above). Our aim was to provide the opportunity to gain diverse knowledge, experiences, and perspectives from a range of decision-makers, service providers, and community members throughout the planning process.

Design Team

To coordinate the overall planning process, EPAI facilitated regular meetings with the Adult Services – Nevada County Program Manager and the ADRC/FREED Executive Director. This team identified the Local Playbook initiative needs, resources, and the overall project design, which was intended to maximize opportunities for local stakeholder input into the Action Plan (See [Local Playbook Action Plan](#) below).

Data Collection

Data Map

The Design Team collected available local data on the aging and disability landscape of Nevada County from multiple partner agencies, community stakeholders, and research conducted from state and online sources. Every effort was made to be as inclusive and comprehensive as possible. All available data was compiled into a document titled, “Data Map.” The objectives of the Data Map were to assist the community in identifying local

strategic priorities, assessing the need for additional data collection, and establishing benchmarks for improving the aging and disability landscape in the county. The Data Map is broken down based on the California MPA's five (5) bold goals for 2030 (See [MPA's Bold Goals for 2030](#) above). It is made up of available data from local, state, and online sources (sources cited below), and where possible, comparisons are made between local and state data. The Data Map is meant to be a living document that is continuously updated throughout the course of the project. (See [Appendix A. Data Map](#)).

Sources for available data included in this report were:

- ▶ **Local Sources:** Adult Services – Nevada County; Connecting Point (211); FREED Center for Independent Living; Behavioral Health – Nevada County; Nevada County Connects, Sierra Services for the Blind, Transit Services; Nevada County Legislative Platform; Regional Housing Authority – Sutter, Yuba, Colusa, and Nevada Counties; Sierra Nevada Memorial Hospital.
- ▶ **State Sources:** California Association of Health Facilities (CAHF); California Department of Fair Employment and Housing; California Department of Health Care Access and Information; California Department of Public Health; California Department of Social Services (CDSS); California Health & Human Services (CHHS) Agency; California Health Care Foundation (CHCF); California Master Plan for Aging (MPA); California Program for All-Inclusive Care for the Elderly (CalPACE); California Public Utilities Commission; California State Parks; UCLA Center for Health Policy Research, California Health Interview Survey (CHIS).
- ▶ **National Sources:** Alzheimer's Association; American Association of Retired Persons (AARP); Environmental Protection Agency; LiveStories; Pew Research Center; U.S. Census Bureau; U.S. Centers for Medicare & Medicaid Services (CMS); U.S. Department of Health & Human Services; U.S. Social Security Administration.

Assets and Resources Grid

Research was conducted by the Design Team and staff members from the FREED Center for Independent Living on the aging and disabilities assets and resources in Nevada County. All resources found were compiled in a document titled "Assets and Resources Grid," based on the California MPA's five bold goals for 2030 (See [MPA's Bold Goals for 2030](#) above). The objectives of the Assets and Resources Grid were to assess gaps in

programs and services, as well as identify available local resources that could be leveraged in the Local Playbook Action Plan (See [Local Playbook Action Plan](#) below). This document is not a comprehensive list of all the community resources for older adults and people with disabilities, but it is meant to serve as a starting point for identifying how the aging and disability needs are being met in Nevada County. The charts within this document reference Eastern County and Western County to identify the program and services offered in each region. (See [Community Profile](#) below for an overview of Nevada County; and [Appendix B. Assets and Resources Grid](#)).

Local Playbook Planning Workshop

In June 2022, EPAI facilitated the Nevada County “Master Plan for Aging and Disabilities Local Playbook Planning” workshop. The purpose of the workshop was to gain stakeholder input on the strategic initiatives for the Local Playbook. The workshop consisted of a diverse group of 20 participants, representing local leaders and decision-makers, as well as program managers and coordinators servicing the aging and disability populations in Nevada County. The goal of bringing together these stakeholders was to gain buy-in and a shared commitment for improving the aging and disability landscape in Nevada County. In the workshop, EPAI presented a comprehensive summary of the needs assessment findings; and participants were given the opportunity to reflect on those findings to identify strategic actions and partners for the Local Playbook Action Plan. (See [Appendix C. Local Planning Workshop Outcomes](#); and [Local Playbook Action Plan](#) below).

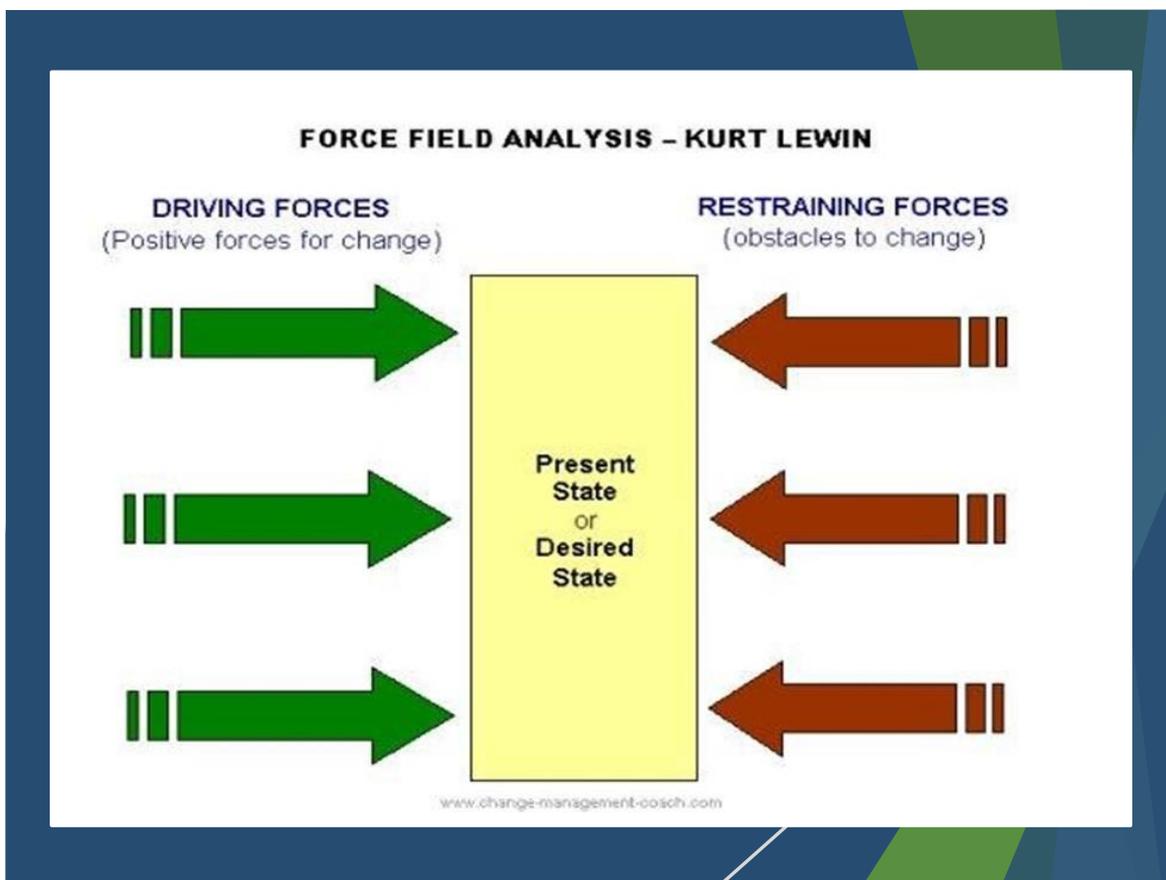


Environmental Scan

Equipped with the needs assessment findings and reflecting on their own experiences, the Local Playbook Planning Workshop participants identified driving and restraining forces affecting the community’s ability to achieve the California MPA’s 5 bold goals of

2030 (See [MPA’s Bold Goals for 2030](#) above). The “driving forces” were defined as the trends and opportunities that would be most important in helping them meet the goal. The “restraining forces” were the challenges that would need to be addressed or overcome to meet the goal. This process is called a “Force Field Analysis,” a structured decision-making technique developed by Kurt Lewin (Lewin, 1948).¹⁴ Lewin suggested that by strengthening the driving forces or weakening the restraining forces, the desired change can be achieved. (See [Figure 1](#) below; and [Appendix C. Local Planning Workshop Outcomes](#)).

Figure 1. Force Field Analysis overview (Lewin, 1948).¹⁴



Identifying Strategic Actions and Partners

In table groups corresponding with the California MPA’s bold goal areas, workshop participants drafted up to six (6) strategic actions that would leverage the driving forces and address the restraining forces to achieve the goal (See [MPA’s Bold Goals for 2030](#) above). Then, the table groups identified key partners that were essential for

successfully implementing each of the strategies. Table group facilitators, which included EPAI and leadership from Adult Services – Nevada County, FREED, and AAA4 provided guidance to the groups in responding to focus questions on desktop pads to engage each member at the table, as well as the group collectively. All the outcomes from the table group discussions were recorded onto half sheets and placed onto a sticky wall at the side of the room for a full group discussion to review, clarify, and refine. The stakeholder input was used to form the basis of the initial draft of the Local Playbook Action Plan. (See [Appendix C. Local Planning Workshop Outcomes](#); and [Action Plan Overview](#) below).



The stakeholder input was used to form the basis of the initial draft of the Local Playbook Action Plan. (See [Appendix C. Local Planning Workshop Outcomes](#); and [Action Plan Overview](#) below).

Action Plan Development

Based on the outcomes of the Local Playbook Planning Workshop, EPAI drafted a three (3)-year Action Plan to be developed by the Design Team in a series of virtual meetings (See [Appendix C. Local Planning Workshop Outcomes](#)). From July through December 2022, the Design Team reviewed, refined, and finalized the Action Plan elements, including the goals, strategic actions, key steps, responsible parties, timeline, and evaluation measures. Throughout this process, the Design Team gathered input from key stakeholders with knowledge of the internal and external capacities and resources (e.g., personnel, partners, programs, funding, policies, and infrastructure). The Design Team also took into consideration local assets, resources, and needs in developing the plan (See [Data Collection](#) above). From January to February 2023, the Action Plan draft was reviewed and approved by the ADRC and Adult Services – Nevada County leadership. From March to April 2023, input was received by Local Playbook Workshop participants, community organizations, and the public through an extensive outreach and review effort. In April 2023, all feedback from local partners and community members were compiled and incorporated into the final draft (See [Local Playbook Action Plan](#) below).

Vision and Mission Statements Development

In August 2022, Adult Services – Nevada County e-mailed all staff and the ADRC engaged partners at a local council meeting for input into the Local Playbook initiative name and messaging. The ADRC partners indicated that they would like the word “thrive” included. The Adult Services team provided suggestions, such as using a C.A.R.E. acronym. EPAI reviewed the feedback from Adult Service and the ADRC, as well as the outcomes from the Local Playbook Planning Workshop to develop the draft Vision and Mission statements. The Design Team reviewed, refined, and finalized the statements included in the Nevada County Local Playbook (See [Vision Statement](#) and [Mission Statement](#) in the [Summary Results](#) below).

Summary Results

Vision Statement

The vision statement is the Nevada County Local Playbook initiative’s “north star.” The vision is a futuristic view regarding our ideal state or conditions that we aspire to change or create.



Nevada County **THRIVES.**

Mission Statement

The mission statement specifies our core purpose, the needs we exist to fill, our unique role, and how we do it.



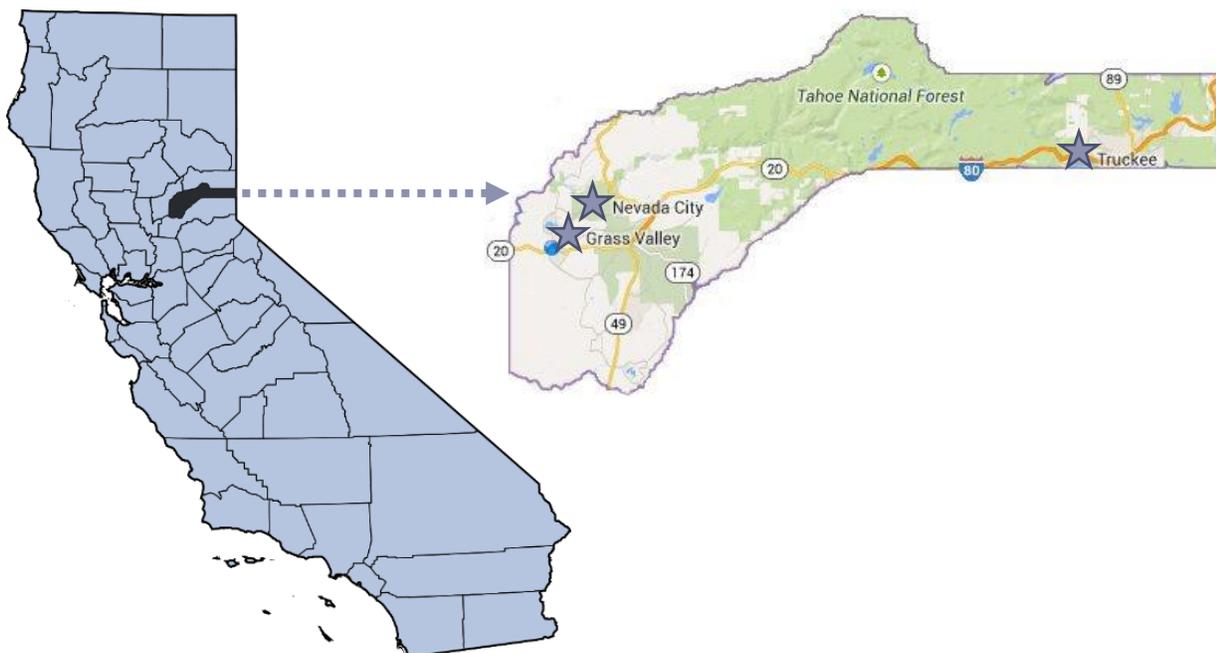
In Nevada County, we **C**oordinate, **A**dvocate, and provide **R**esources and **E**ducation (**CARE**) for older adults, people with disabilities, and all to thrive.

Needs Assessment Findings

Community Profile

Nevada County is in the heart of the Sierra Nevada mountains in Northern California. The Middle and South Yuba rivers flow through the county. The county seat is Nevada City, located about 60 miles northeast of Sacramento and 28 miles north of Auburn. The county's population is just under 100,000. Only a third (32%) of the population live in three (3) incorporated areas: Nevada City (3%), Grass Valley (13%), and Truckee (16%), while 68% live in the unincorporated areas (U.S. Census Bureau, 2019).¹⁵ Truckee is in Eastern County, about 65 miles northeast from the county seat. Nevada City and Grass Valley are in Western County. (See [Figure 2](#) below).

Figure 2. Nevada County map (with incorporated areas starred) and location in the State of California (Benbenick, 2022).¹⁶

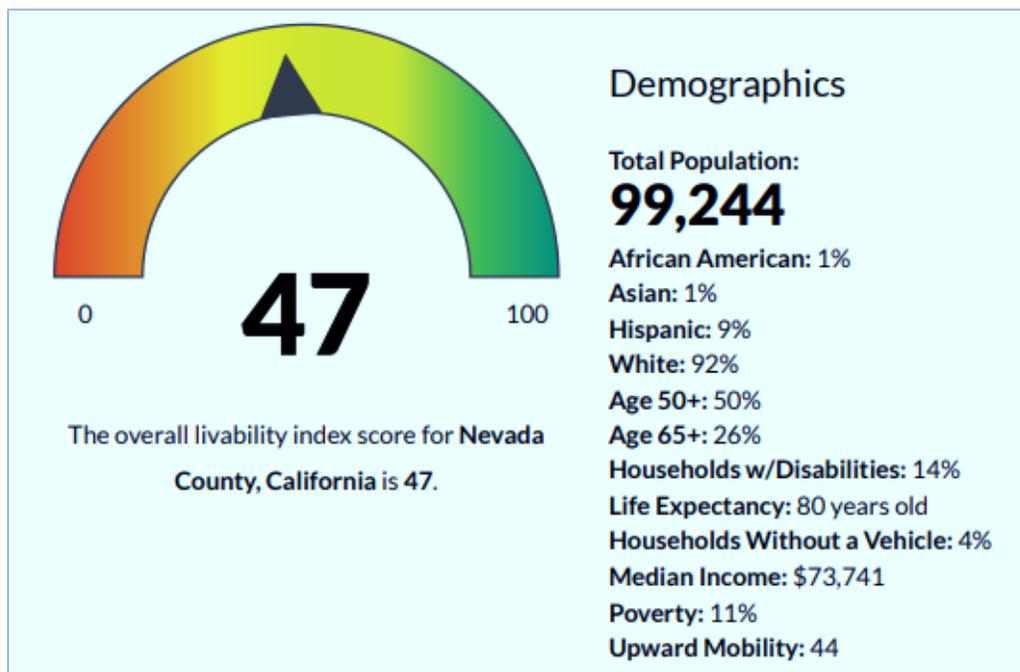


Livability

According to the AARP Livability Index, Nevada County is rated 47 out of 100, which is slightly below average when compared to other communities (See [Figure 3](#) on the next

page) (AARP, 2022).¹⁷ It is based on the average score of seven livability categories—looking at housing, neighborhoods, transportation, environment, health, engagement, and opportunity – with a range from 0 to 100 in all categories (AARP, 2022).¹⁷

Figure 3. Nevada County Livability Score (AARP, 2022).¹⁷

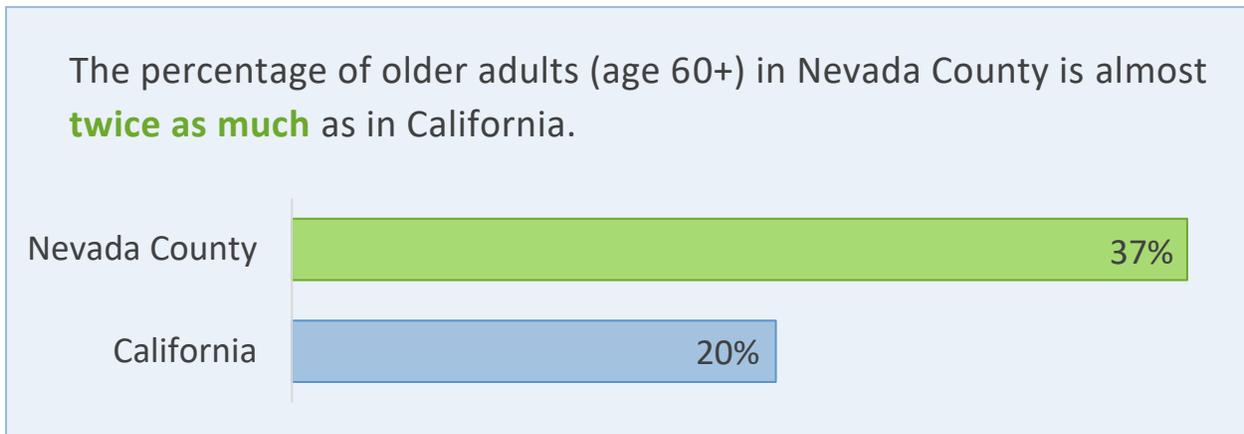


Priority Populations in our Community

Older Adults

In Nevada County, 37% of the population are over the age of 60 (over 36,500 people), which is a significant proportion of the population (U.S. Census Bureau, 2020).¹⁸ When compared to California, this is almost double the amount of older adults in this age bracket statewide (20%) (U.S. Census Bureau, 2020) (See [Figure 4](#), on the next page).¹⁸ In Nevada County, we have a predominantly white population in general at 85% (U.S. Census Bureau 2020).¹⁸ When looking at older adults over the age of 60 that percentage is greater, with 92% being white (not Hispanic or Latinx) and 95% being predominantly English-speaking (U.S. Census Bureau, 2020).¹⁸ When looking at older adults age 60 and over and sex, there are more females (53%) compared with males (47%) and this divide gets greater as we age (U.S. Census Bureau, 2020).¹⁸ Beyond age 85, 65% are women (Nevada County Executive Office, 2016).¹⁹

Figure 4. Percentage of older adults (age 65 and over) in Nevada County and California (U.S. Census, 2019).¹⁸



The Growing Aging Demographic

From 2008 to 2018, individuals age 65 years and over increased more than any other age group according to a Nevada County labor market and industry sector analysis (NoRTEC, 2019).²⁰ Those between the age of 20-34 also increased, adding 675 individuals to the County, but were projected to drop by nearly 500 by 2023 (NoRTEC, 2019).²⁰ Whereas individuals over 65 increased by 49% (over 9,000 people), and were projected to increase by another 13% (an additional 3,655 people) by 2023 (NoRTEC, 2019).²⁰ (See [Table 1](#). below).

Table 1. Nevada County change in population by age demographic 2008-2018 (NoRTEC, 2019).²⁰

Age	2008 Population	2018 Population	Change 2008-2018		Projected Change 2018-2023	
Under 5	4,345	4,461	116	3%	163	4%
5-19	17,625	14,583	(3,042)	(17%)	496	3%
20-34	13,347	14,022	675	5%	(488)	(3%)
35-54	27,707	22,575	(5,132)	(19%)	172	1%

Age	2008 Population	2018 Population	Change 2008-2018		Projected Change 2018-2023	
55-64	16,909	17,090	181	1%	(2,481)	(15%)
Over 65	18,275	27,297	9,022	49%	3,655	13%
Total	98,205	100,028	1,823	2%	1,515	2%

People with Disabilities

One in seven people in Nevada County has a disability (roughly 13,600 people); with almost two-thirds of individuals being over the age of 65 (roughly 8,600 people) (U.S. Census Bureau, 2020).¹⁸ When compared to the state, we have a slightly higher percentage of people with disabilities, with 14% of the total population being disabled compared to 11% in California (U.S. Census Bureau, 2020).¹⁸ When looking at race and disability, an estimated 14% of the total White alone (not Hispanic or Latinx) population and 10% of the total Hispanic or Latinx population are living with a disability in our county (See [Table 2](#). below) (U.S. Census Bureau, 2020).²¹ This is comparable to the percentage of people with disabilities in these race categories statewide (U.S. Census Bureau, 2020).²¹

Table 2. Individuals living with a disability by race and age in Nevada County (U.S. Census Bureau, 2020; U.S. Census Bureau, 2019).^{21,22}

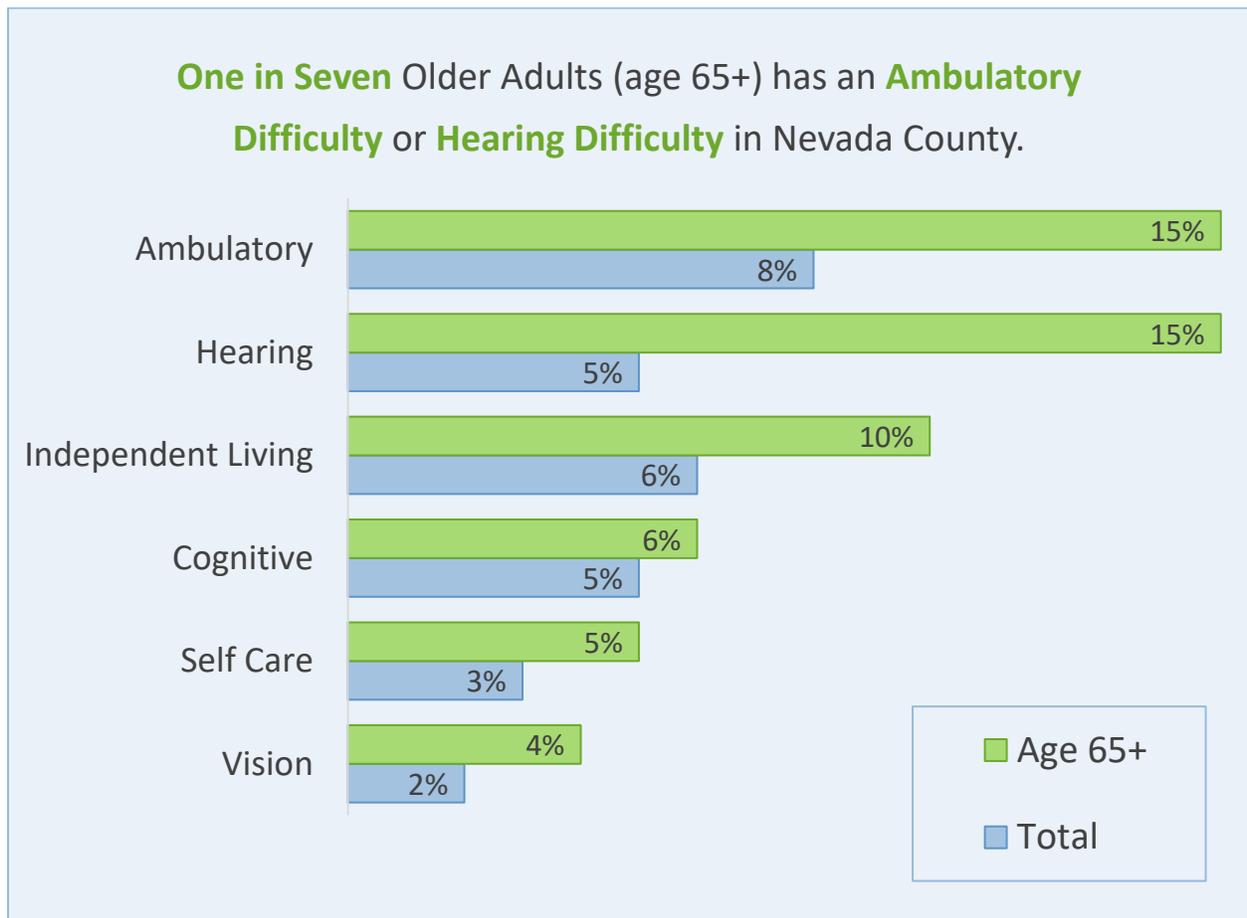
Race	<18 years		18-64 years		65+ years		Total	
White Alone	317	1%	5,001	6%	6,672	8%	11,990	14%
Hispanic or Latinx	54	1%	696	8%	213	2%	963	10%

Types of Disabilities for Older Adults

One in seven older adults (age 65 and over) in Nevada County has an ambulatory difficulty (i.e., having serious difficulty walking or climbing stairs) (U.S. Census Bureau, 2019).²² Given the rural nature of our county and the lack of access to ramps and

elevators, this population could experience significant challenges getting around. In addition, one in seven older adults has a hearing difficulty (U.S. Census Bureau, 2019).²² According to research, risks of untreated hearing loss can have serious consequences that go beyond the struggle to hear, such as an increased risk of falls, social isolation, and dementia (Johns Hopkins University, 2022).²³ As we age, disabilities can become more severe, which can negatively impact a person’s ability to live independently. For example, low vision, which leads to legal blindness can be severe enough to make one change their life, such as loss of a driver’s license (Sierra Services for the Blind, 2023).²⁴ By age 80, one in three individuals will be legally blind (Sierra Services for the Blind, 2023).²⁴ Based on the census data, this is an increase in vision difficulties by 88% from age 65 to 80 years old (U.S. Census Bureau, 2019; Sierra Services for the blind, 2023).^{22,24} This data speaks to the type of supports needed for those who are disabled in our community (See [Figure 5](#). below).

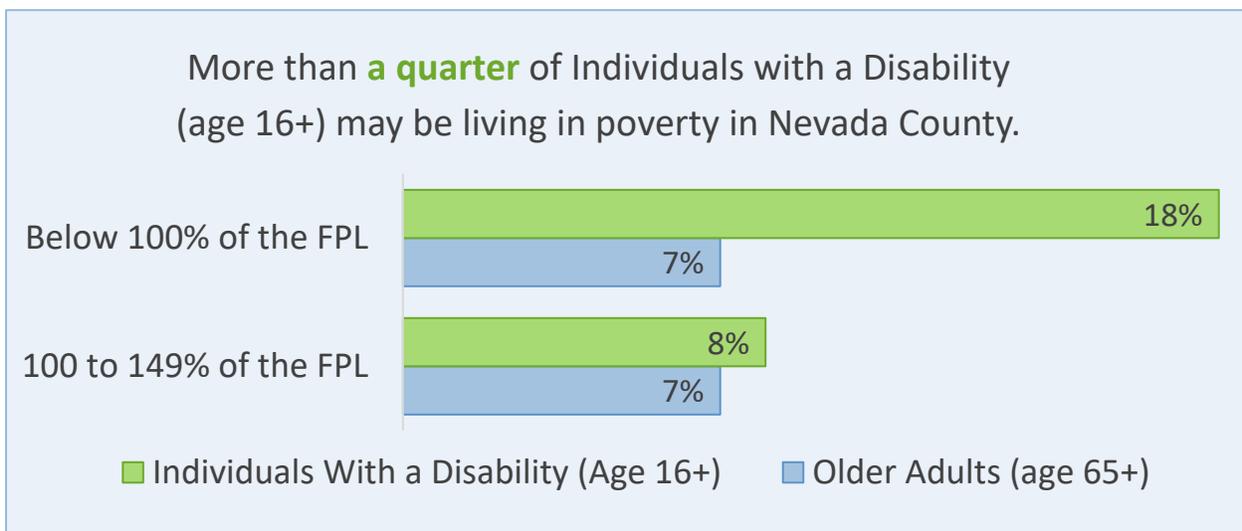
Figure 5. Types of disabilities for older adults (age 65 and over) and total Nevada County residents (U.S. Census Bureau, 2019).²²



Poverty

It is estimated that almost one in ten (9.2%) individuals are living in poverty in Nevada County (U.S. Census Bureau, 2021).²⁵ People living in poverty may not have enough money to meet their basic needs, such as food, clothing, and shelter. When looking at our priority populations, over one quarter (26%) of individuals with a disability (age 16 and over) and one in seven (14%) older adults (age 65 and over) live at or below 149% of the Federal Poverty Level (FPL) in our county (See [Figure 6](#) on the next page) (U.S. Census Bureau, 2019).²⁶ Poverty level is based on household income and household size and is used to qualify individuals for grant and assistance programs, such as rent, utility, broadband, health care, and/or food assistance programs (Kennelly, 2022).²⁷

Figure 6. Poverty status for individuals with a disability (age 16 and over) and older adults (age 65 and older) in Nevada County (U.S. Census Bureau, 2019).²⁶



Food Insecurity

According to the UCLA Center for Health Policy Research, more than one out of ten (11%) older adults aged 60 and over are food insecure (UCLA, 2020).²⁸ Food insecurity is a lack of reliable access to enough affordable, nutritious food. Regarding CalFresh benefits, known federally as the Supplemental Nutrition Assistance Program (SNAP), half (50%) of Nevada County households with a person with a disability received benefits in 2019, while only 1.7% of older adults (age 60 and over) received benefits this past year (U.S.

Census Bureau, 2019; Nevada County, 2022).^{29,30} In order to reduce food insecurity, we could increase the rate of CalFRESH participation among older adults (AARP, 2022).³¹

Action Plan Summary Findings

Action Plan Overview

As the basis for the Nevada County Aging and Disabilities Playbook, the Action Plan details the specific strategic actions the community will take to leverage the county's strengths and address community needs. The Action Plan is aligned with the California MPA (See [California MPA](#) overview above).

Summary Findings Overview

The summary findings below are organized by the Nevada County Playbook Action Plan's six (6) goal areas:



Goal 1: [Inclusion, Equity, and Social Participation](#)



Goal 2: [Housing for all Ages and Stages](#)



Goal 3: [Enhanced Caregiving Resources](#)



Goal 4: [Progressive Health Care Access](#)



Goal 5: [Expanded Transportation Options](#)



Goal 6: [Effective Coordination, Communication, and Education](#)

Included in this summary is a section about *What we learned*, which includes the needs assessment data findings related to that goal area. Then, we include *What we will do*, or

the strategic actions we will carry out to respond to the high priority needs (See [Table 3. Action Plan Elements](#) on the next page for definitions included in the summary findings).

Table 3. Definitions for the Local Playbook Action Plan elements in the summary findings.

Action Plan Summary Elements	Definitions
Goals	Broad statements about our long-term expectations or outcomes.
Strategic Actions	The approaches we will take to create an impact under the Goals.

The Action Plan Summary Findings are not the complete Action Plan. See the [Local Playbook Action Plan](#) below for the full and detailed Action Plan with the goals, strategic actions, key steps, lead agency/group, available resources, timeline, and intended outcomes needed to accomplish each of the Nevada County Local Playbook’s goals.



Goal 1: Inclusion, Equity, & Social Participation



Photo Source: Waller, Rick. (2017). Disabled – Wheelchair- Guide Dog – Heart Work.



Goal 1: Inclusion, Equity, and Social Participation

What we learned

Social Inclusion

Nevada County is a quaint, historical Gold Country community that is rich in arts, music, creativity, and natural beauty. Community members often come together at the various festivals and events at the downtown city centers, local parks, fairgrounds, theatres, art galleries, health fairs, libraries, seasonal outdoor markets, and independent shops. Recreational opportunities are abundant year-round with the beautiful public parks, trails, and open land. According to the California Master Plan for Aging, “These spaces are integral to both mental and physical health, playing a critical role in promoting social inclusion” (California Department of Aging, 2021).⁸ However, older adults and people with disabilities – especially those living in outlying areas need to have reliable transportation to participate in social activities and recreation in the community. In addition, many of the rural and historical community buildings, walkways, and trails are inaccessible to those who are wheelchair bound and have challenges with mobility.

Diversity and Equity

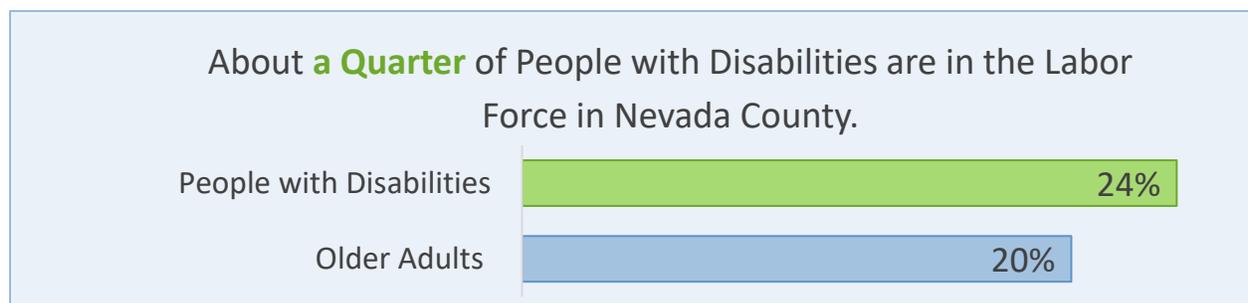
Nevada, Sierra, Yuba, Sutter, and Placer Counties were originally home to the Nisenan tribe (County of Nevada, n.d.).³² In the late 1800s, the gold rush brought an influx of miners, including Chinese immigrants who helped build the railroads. At this time, the Nisenan were forced into one area just outside Nevada City, which became the Nevada City Rancheria (County of Nevada, n.d.).³² Although, we are a predominantly white county today (see [Community Profile](#) above), our community has diverse residents with varied cultural backgrounds, interests, perspectives, and experiences. It is essential that we preserve and uplift the history and importance today of the Nisenan, Chinese, Hispanic/Latinx, Black, LGBTQ+ and other groups in our local community.

In order to build a culture of equity and inclusion, there are local efforts, initiatives, and organizations promoting these principles throughout Nevada County. In 2020, the President/CEO of the Sierra Nevada Memorial Hospital initiated the Equity and Inclusion Leadership Alliance (ELIA) coalition, which is committed to reducing bias and inequality in Nevada County institutions, including healthcare, law enforcement, education, and others (County of Nevada, 2020).³³ In addition, the Board of Supervisors added “Equity and Inclusion” to their vision and mission statements this past year so that “all residents thrive, visitors feel welcome, and we care for one another despite our differences. There is equal and fair access to resources, opportunities are abundant, and everyone does their part to embrace collective responsibility and take actions that uphold racial and social equity” (County of Nevada, 2022).³⁴ According to the Local Playbook Workshop participants, our older adults and people with disabilities could be better connected to Diversity, Equity, and Inclusion (DEI) resources through local outreach efforts.

Work and Volunteer Opportunities

According to the California Master Plan for Aging, “Employment and volunteer opportunities, particularly those offering intergenerational engagement, can provide a powerful sense of purpose and connection” (California Department of Aging, 2021).⁸ In Nevada County, about a quarter of people with disabilities (age 16 and over), and one-fifth of older adults (age 65 and over) were estimated to be in the workforce in 2019 (U.S. Census Bureau, 2019) (See [Figure 7](#), below).²⁶ In addition, there were 227 volunteers aged 60 and older with the Connecting Point Volunteer Hub this past year (Connecting Point, 2022).³⁵ The Connecting Point Volunteer Hub connects county residents of all age and abilities to volunteer opportunities in our community (Connecting Point, n.d.).³⁶

Figure 7. Employment status for people with disabilities (age 16 and over) and older adults (age 65 and over) in Nevada County (U.S. Census Bureau, 2019).²⁶



Programs and Services

In Nevada County, we have programs and services that connect older adults and people with disabilities to meaningful employment, volunteering, arts, entertainment, and that celebrate equity and inclusion among our diverse older adults and people with disabilities. There are also agencies and groups that support healthy, independent living among these groups. These agencies and groups streamline access to services for people with disabilities, older adults, family members, and caregivers. (See [Table 4](#) below and [Appendix B. Assets and Resources Grid](#)).

Table 4. List of programs and services that promote equity and inclusion in Nevada County.

Type of Program	Local Programs and Services
Employment	AAA4 employment program; AARP Foundation SCSEP; Cal Works; Department of Rehabilitation: Employment; PRIDE Industries; TK Momentum
Volunteering	Connecting Point (211) Volunteer Hub
Museums/Arts/Entertainment	Community Asian Theatre; Crystal Hermitage; Fire House #1 Museum; Grass Valley Museum; Miners Foundry Cultural Center; Neighborhood Center of the Arts; Nevada City Narrow Gauge Railroad Museum; Nevada County History Center; Nevada Theatre; Nugget Fringe; Off Broad Street; Off Center Stage; Sierra Stages Studio; The Onyx Theatre
Equity/Inclusion	California Heritage Indigenous Research Project (CHIRP); Color me Human; Equity and Inclusion Leadership Alliance (EILA) coalition; FREED friendly visitor/phone reassurance program
Protection from Abuse/Neglect/Exploitation	Legal Services of Northern California; Nevada County Adult Services; Nevada County Law Library; Ombudsman

Type of Program	Local Programs and Services
Aging & Disability Resources/ Support	ADRC of Nevada County Advisory Group; Alta California Regional Center; Connecting Point (211); FREED; SCDD Advocacy Groups

Access to Technology

According to the California Master Plan for Aging, “digital technologies are fostering new opportunities for connection and inclusion for work, play, community, culture, and commerce” (California Department of Aging, 2021).⁸ However, only 63% of Nevada County residents have high-speed, competitively priced service (as compared with 94% of the US median neighborhood) (AARP, 2022).¹⁷ In recent years, the COVID-19 pandemic has heightened the need for improved access to broadband, digital devices, and technology for older adults and individuals with disabilities (California Department of Aging, 2021).⁸

Broadband Access

In 2019, the Sierra Business Council secured a CivicSpark Fellow to re-energize the local broadband (or “high speed” internet) efforts, which included conducting new surveys, mapping high need areas, and developing the Nevada County Broadband Plan. According to the plan, “The broadband landscape in Nevada County can best be described as challenging. While there are areas of the county that have sufficient speeds for daily work and home life, there are still large swaths of the county with no coverage or coverage so slow, it has become prohibitive to perform daily, essential tasks” (Nevada County, 2019).³⁷ The local broadband plan has focused on impactful, achievable strategies and actions for local policy and planning, funding mechanisms, and partnerships to advance broadband coverage within Nevada County.

The Nevada County Board of Supervisors (BOS) has made the expansion of broadband a local objective in order to “support economic development, public safety, remote learning, telehealth services, and overall community prosperity in the county” (County of Nevada, 2022).³⁷ In the past year, the BOS has championed the implementation of Nevada County Broadband Strategy Plan policies, as well as broadband infrastructure projects with the Last-Mile Broadband Grants program (County of Nevada, 2022).^{38,39} In

addition, Nevada County leaders invited all residents to participate in a new survey that assessed broadband availability and reliability across the county (County of Nevada, 2022).⁴⁰

In addition to the broadband expansion projects, the County created the award-winning Collaborative Technology Center at the main Library branch location in Nevada City (See Photo to the right; County of Nevada, 2022).³⁸ According to the County website, “A wide collaboration of community partners came together to support and implement this project which brings free, ultra-high speed 1Gbs Internet



access on a wide variety of the newest wireless, computer, and tablet systems, in a dedicated technology use space for our local community.”³⁸ Visit the [Collaborative Technology Center](#) website for more information (County of Nevada, n.d.).⁴¹

Telephone Access

Telephone access could be potentially lifesaving for our older adults and individuals with disabilities living alone. In addition, it allows people to easily stay in contact with their loved ones. Only 1% of older adults aged 60 and over are estimated to not have available telephone service (U.S. Census Bureau, 2020).⁴²

The California LifeLine Program is a state program that provides discounted home phone and cell phone services to eligible households (California Public Utilities Commission, 2022).⁴³ In Nevada County, 774 people aged 65 and over are registered with LifeLine (CA Public Utilities Commission, 2020).⁴⁴ Qualification is based on income, so if you qualify for Medi-Cal, you qualify for LifeLine (CA Public Utilities Commission, 2021).⁴⁵

Protection from Abuse, Neglect, & Exploitation

Abuse is one of our the greatest threats to full inclusion and equity for all ages (California Department of Aging, 2021).⁸ According to the California Master Plan for Aging, “abuse

can take on many forms, including physical, sexual, abandonment, isolation, financial, neglect, self-neglect, and mental suffering” (California Department of Aging, 2021).⁸

Nevada County Adult Protective Services (APS) assists older adults (age 60 years and older) and dependent adults (age 18-59 who are disabled) when they are unable to meet their own needs, or are victims of abuse, neglect, or exploitation (CDSS, 2022).⁴⁶ County APS investigate reports of abuse of older and dependent adults who live in private homes, apartments, hotels, or hospitals (CDSS, 2022).⁴⁶ Within Nevada County, there have been 191 confirmed allegations of abuse by others in the past year, with 15% of cases finding repeated maltreatment of those for whom a prior report was filed within the past 12 months (County of Nevada, 2022).⁴⁷ In addition, there have been 704 reported allegations of abuse of self-neglect among APS clients age 65 and older (County of Nevada, 2022).⁴⁷ With respect to facility complaints, APS has found 2 cases of abuse, gross neglect, or exploitation within Skilled Nursing Facilities (SNF) or Intermediate Care Facilities (ICF), with no cases in Residential Care Facilities for the Elderly (RCFE) (County of Nevada, 2022).⁴⁷ APS is mandated to cross report all cases of abuse, gross neglect, or exploitation to the State Ombudsman Office for further investigation.

What we will do

Strategic Actions

We will carry out the following strategic actions to respond to the high priority needs for Goal 1: Inclusion, Equity, and Social Participation (See [Local Playbook Action Plan](#) for the complete action plan).



Goal 1: Inclusion, Equity, and Social Participation

Strategy 1.1: Support the development of senior centers in both Eastern and Western Nevada County.

Strategy 1.2: Engage with diverse cultural groups to leverage connection and support for seniors and people with disabilities from underserved communities.



Goal 1: Inclusion, Equity, and Social Participation

Strategy 1.3: Improve access to technology to connect older adults and people with disabilities to internet services and resources.

Strategy 1.4: Investigate interest in the local development of adopt-a-grandparent/adopt-a-grandchild programs.

Strategy 1.5: Research and investigate a “Village Model” that fits our community.



Goal 2: Housing for All Ages and Stages



Photo Source: Lone Oak Apartments. (September 30, 2022). Personal Communication with Adult Services – Nevada County.



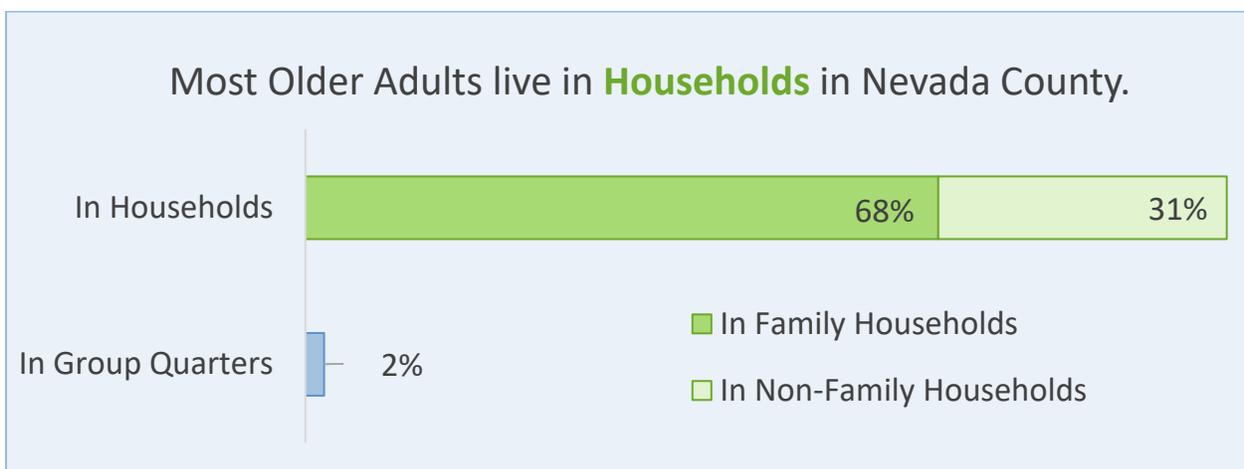
Goal 2: Housing for All Ages and Stages

What we learned

Living in Households

In Nevada County, most older adults live in households as opposed to group quarters (Group quarters are defined as places where people live or stay in a group living arrangement that is owned or managed by an organization providing housing and/or services for the residents) (U.S. Census Bureau, 2020).⁴⁸ In Nevada County, 98% live in households, with 68% living in family households, and 31% living in non-family households (See [Figure 8](#). below). Many who live with family members have the support from loved ones, but there are others who may not have that support with challenges in activities of daily living (ADLs) (e.g., those who have difficulties dressing or bathing; those who have serious difficulty walking or climbing stairs; and those who have difficulty doing errands alone because of a physical, mental, or emotional condition) (CMS, 2008).⁴⁹

Figure 8. Percent of older adults (age 65 and over) living in households and in group quarters in Nevada County (U.S. Census Bureau, 2020).⁴⁸



In addition, an estimated 60% of housing is in the unincorporated areas of the county according to our County Legislative Platform (County of Nevada, 2021).⁵⁰ Older adults living in households in these more rural, outlying areas may be presented with challenges, such as limited accessibility and the need for reliable transportation to get necessities and to go to and from appointments.

Staying in Households and/or Relocating

California has recent legislation that may assist older adults and the severely disabled in staying in their homes or in relocating without higher property taxes. California's most well-known housing policy for older homeowners, Proposition 13 ([1978 California Proposition 19](#)), has limited property taxes to support affordability as people age, which may have kept many older adults and people with disabilities in their homes (California Department of Aging, 2021).⁵¹ However, according to the California Master Plan for Aging, "the recently enacted Proposition 19 may encourage more older adults to consider moving into different homes and communities for the different stages of aging" (California Department of Aging, 2021).⁵¹ Proposition 19 allows homeowners who are over 55 years of age (without regard to wealth), disabled, or victims of natural disasters to transfer their existing property tax assessed value under Proposition 13 to a replacement home, including a more expensive home (BOE, 2020).⁵²

In Nevada County, 7% of older adults moved to a different house in 2019, which is comparable to the percent of older adults who moved in California that same year at 6% (U.S. Census Bureau, 2019).⁵³ We may see an increase in this rate with the newly enacted Proposition 19.

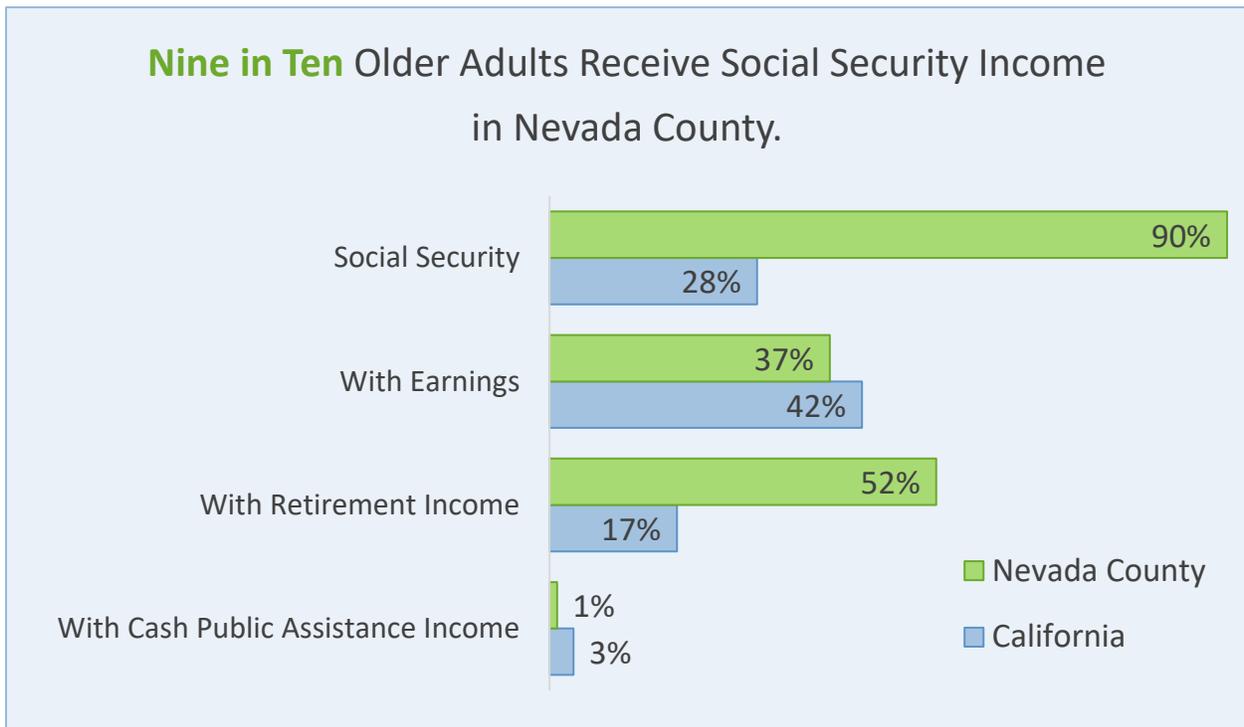
Living Alone

Within those non-family households are older adults living alone. Women have a much higher probability of living alone in older age. Out of the population age 65 and over in Nevada County, twice as many women live alone (16%) as compared to men (8%) (U.S. Census Bureau, 2020).⁴⁸ Owing to their longer life expectancy and their tendency to marry men who are two or three years older than they are, women have a much higher probability to be widowed and to live alone in older age (Nevada County Executive Office, 2016).¹⁹

Household Income

In Nevada County, many are experiencing downward economic mobility with age that is being seen in the State and nationwide (California Department of Aging, 2021).⁸ Nearly 90% of older adults receive social security income, which is three times the number of Californians with social security income (28%) (See [Figure 9](#). below) (U.S. Census Bureau, 2019).²⁶ Out of these, there are 1,885 older adults in Nevada County whose only source of income is their Social Security benefits, which averages about \$1,500 per month for retired workers and \$1,250 per month for disabled workers (SSA, 2019).⁵⁴ Nearly half (48%) of households headed by someone aged 65 or older have no retirement savings in Nevada County (See [Figure 9](#). below) (U.S. Census Bureau, 2019).²⁶ These individuals are at risk of homelessness given the rental amounts in this area. According to the California Master Plan for Aging, “With California’s fair market rent for a one-bedroom apartment at \$1,522, many older renters are left with little or no money for food, healthcare, and other expenses. California has the second-highest rate of poverty among older adults in the country, leading to high levels of hunger and increasing homelessness” (California Department of Aging, 2021).⁸

Figure 9. Household income in the past 12 months for older adults (age 65 and older) in Nevada County and in California.²⁶



Cost of Living

People who rent homes are facing rising affordability challenges, leading to unstable housing conditions for older adults and people with disabilities. According to the National Low Income Housing Coalition “Across California, there is a shortage of rental homes affordable and available to extremely low-income households (ELI), whose incomes are at or below the poverty guideline or 30% of their area median income (AMI). Many of these households are severely cost-burdened, spending more than half of their income on housing. Severely cost-burdened, poor households are more likely than other renters to sacrifice other necessities like healthy food and healthcare to pay the rent; and experience unstable housing situations like evictions” (NLIHC, 2022).⁵⁵ In Nevada County, both FREED and Adult Services of Nevada County have seen evictions skyrocket this past year. Currently, our local Adult Services has Home Safe grant monies to assist seniors or adults living with a disability who are at risk of homelessness due to self-neglect or abuse by others.

Affordable Housing Options

In Nevada County, we have affordable housing options for our aging and disabled populations (See [Table 5.](#) on the next page and [Appendix B Assets and Resources Grid](#)). According to the Master Plan for Aging, “Throughout California, a wider range of housing models are emerging for the second half of life – such as duplexes and accessory dwelling units to support multi-generational families and caregivers, and new models of residential communities with a range of services – and these models can be scaled.” Nevada County is investing in new housing options for older adults to “age well,” including:

- ▶ Lone Oak Apartments in Penn Valley (est. Summer 2021) (See [Goal 2. cover photograph](#) above)
- ▶ Brunswick Commons (est. Spring 2022)
- ▶ Cashin’s Field (est. Winter 2022)

Local Playbook Workshop Participants identified creative solutions for affordable housing options that could be leveraged in Nevada County, such as the use of trailers and voucher programs, the approval of tiny houses, incentivizing accessory dwelling units

(ADUs), and new density laws to shape our community. There are also existing models that could be useful locally, such as the Home Share Program in Placer County. These potential solutions highlight the need for the Board of Supervisors and other local decision-makers to be involved in the Local Playbook initiative.

Table 5. Affordable housing options in Nevada County.

Type of Housing	Number	Name
Apartment Community/Hotel	22	Artist’s Loft; Cedar Park Apartments; Coldstream Commons; Courtyards at Penn Valley; Elks Lodge Everhart Hotel; Frishman Hollow; Glenbrook Apartments; Grass Valley Apartments; Grass Valley Terrace Apartments; Henness Flats Apartments; Nevada Commons Apartments; Nevada Meadows Apartments; Nevada Woods Apartments; Oak Ridge Apartments; Pioneer Court; Sawmill Heights; Sierra Village; Springhill Gardens Apartments; Truckee Pines Apartments; Valley Commons E. Apartments; Valley View Apartments
Assisted Living/Residential Care Home	14	Atria Senior Living; Banner Crest Care Home; Bragg House; Brunswick Village; Cascades of Grass Valley (Independent living option); Claudia S. Cook Home; Eskaton Village (Independent living option); Houston and Nobles Adult Residential Care; Lake Wildwood Manor (hospice care option); Mountain View Care Home; Ryan’s Residential Care; Sierra Guest Home; Sierra View Senior Living; Younger’s Residential Care
Community Living	1	River View Homes
Mobile Home/RV Community	16	Coachland RV Park; Creekside Village Mobile Home Park; Donner Creek Mobile Home Park; Gold Country Mobile Home Park; Grass Valley Mobile Home Village; Lake Combie Mobile Home Village; Mountain Air Mobile Home Park; Olympia Glade Mobile Estates; Pines Mobile Home Park; Ponderosa Pines Mobile Home Village (for ages 55+); Rebel Ridge Village; Rough & Ready Mobile Village; Sierra Pines Mobile Home Park; Tall Pines Mobile Home Estates; Village

Type of Housing	Number	Name
		Green Mobile Home Park; Wagon Ho Mobile Terrace
Senior Independent Living Apartment Community	7	Bret Hart Retirement Inn; Cas Loma Retirement Home; Eastridge Apartments; Grass Valley Senior Apartments; Hilltop Commons; Lone Oak Senior Apartments; Nevada City Senior Apartments; Truckee Donner Senior Apartments
Skilled Nursing Facility/ Rehabilitation	5	Crystal Ridge Care Center; Golden Empire Nursing & Rehab Center; Spring Hill Manor; Wolf Creek Care Center Odyssey House (social rehabilitation)
Transitional Housing/Recovery	2	Common Goals Transitional Housing; Granite Wellness Transitional Housing

Bridging Health Care and Home

In Nevada County, 713 older adults have access to Residential Care Facilities for the elderly (RCFE) (CDSS, 2022).⁵⁶ RCFEs provide room, board, housekeeping, supervision, and personal care assistance with basic activities like personal hygiene, dressing, eating, and walking (CANHR, n.d.).⁵⁷ These facilities usually centrally store and distribute medications for residents to self-administer (CANHR, n.d.).⁵⁷

In Nevada County, 312 older adults have access to skilled nursing facility (SNF) beds (See [Appendix A. Data Map](#)). SNFs serve as licensed healthcare residences for individuals who require a higher level of medical care than can be provided in an assisted living facility (CANHR, n.d.).⁵⁸ Skilled nursing staff consisting of Registered Nurses (RNs), Licensed Practical Nurses (LPNs), and Certified Nurse’s Assistants (CNAs) are available to provide 24-hour medical attention (CANHR, n.d.).⁵⁸

According to the Local Playbook Design Team, when looking at the gaps in health care and home programs, Nevada County needs the following:

- ▶ **Board and Care Homes:** Those who wind up in the hospital are transitioned to board and care homes in Sacramento, which are not connected to the resources available in our community to move them to the next level of placement. We have

skilled nursing and assisted living facilities (cost ~\$2,000-\$5,000 per month), but we don't have board and care homes.

- ▶ **Homeless Recuperative Care:** Utah’s Place at Hospitality House has recuperative care downstairs that can serve up to 69 homeless people and their families, but those beds are usually full. If the homeless are discharged from the hospital, they can go there, but it’s a low-barrier unit and there is a limit to how they can support them. They can go there to recuperate, but they cannot have memory issues, need assistance with activities of daily living, or medical care. There are no doctors or nurses on staff.

Subsidized Housing

Nevada County has 27 more subsidized housing units per 10,000 population than California (See [Figure 10](#), below) (AARP, 2022).¹⁷ The Regional Housing Authority currently assists 483 units with Housing Choice or Section 8 vouchers (Regional Housing Authority, 2022).⁵⁹

Figure 10. Number of subsidized housing units per 10,000 population in Nevada County and in California (AARP).¹⁷



Homelessness

According to the Master Plan for Aging, “A particularly alarming trend is that residents over age 50 are now the fastest-growing population of homeless people in many parts of the state, with the median age of the homeless expected to rise” (California Department of Aging, 2021).⁸ Moreover, individuals with disabilities are also disproportionately more likely to experience homelessness (NACCHO, 2019).⁶⁰ In Nevada County, over 1,000

people are experiencing homelessness, with seven in ten of those individuals with a disability, and one fifth of those being older adults (age of 60 and over) (See [Table 6.](#) below) (Connecting Point, 2021).⁶¹ There are dire health impacts for those experiencing homelessness, including cognitive decline and decreased mobility (California Department of Aging, 2021).⁸

Table 6. Number of adults with a disability and older adults (age 60 and over) experiencing homelessness in Nevada County (Connecting Point, 2021).⁶¹

Indicator	Total	Total with a Disability	Total age 60+	Total with a disability and age 60+
Number of Adults who are experiencing homelessness	1,005	691 (69%)	211 (21%)	154 (15%)

Economic Supports

In Nevada County, we have a number of local programs and services providing economic supports to older adults and people with disabilities, such as food distribution or meals, public funds or assistance programs, homeless shelters, housing and transportation assistance, or help to transition out of institutions (See [Table 7.](#) below; and [Appendix B. Assets and Resources Grid](#)).

Table 7. Programs and services providing economic support to older adults and individuals with disabilities in Nevada County.

Type of Program	Local Programs and Services
Food/Meals	Food Bank of Nevada County; Gold Country Senior Services (Meals on Wheels); Interfaith Food Ministries; Sierra Roots
Homeless Shelter/Housing/Transitioning	Advocates for Mentally Ill Housing (AMI); Department of Rehabilitation (DOR) Transition Grant; FREED – Housing and Disability Advocacy Program (HDAP); Adult Services Nevada County Home Safe Program; Hospitality House; Regional Housing

Type of Program	Local Programs and Services
	Authority; Salvation Army; Sierra Roots (cold weather shelter)
Public funds/Grants/ Assistance Programs	FREED – Supplemental Security Income (SSI)/Social Security Disability Insurance (SSDI) Outreach, Access, and Recovery (SOAR) Grant (works to increase access to benefits); Low-Income Home Energy Assistance Program (LIHEAP); Nevada County Social Services; Nevada County Veteran Services (benefits assistance)
Transportation	Nevada County Connects (discounted bus fares), Sierra Services for the Blind (transportation to medical appointments)

What we will do

Strategic Actions

We will carry out the following strategic actions to respond to the high priority needs for Goal 2: Housing for All Ages and Stages (See [Local Playbook Action Plan](#) for the complete action plan).



Goal 2: Housing for All Ages and Stages

- Strategy 2.1:** Increase recuperative care beds for the homeless.
- Strategy 2.2:** Promote and develop co-housing options and availability.
- Strategy 2.3:** Investigate the use of, and incentives for tiny homes and Accessory Dwelling Units (ADUs) to improve housing access, affordability, and sustainability.



Goal 2: Housing for All Ages and Stages

Strategy 2.4: Coordinate with Nevada County to investigate pursuing AARP livable communities and Prohousing Designation Programs to spur housing and make it more livable.

Strategy 2.5: Prepare local facilities to utilize the Home & Community-Based Alternatives Waiver and for the Assisted Living Waiver Integration legislation to go into effect.



Goal 3: Enhanced Caregiving Resources



Photo Source: [istockphoto.com](https://www.istockphoto.com). (2018). Senior woman with daughter; Nurse taking care of senior woman on wheelchair.



Goal 3: Enhanced Caregiving Resources

What we learned

Caregiving Needs and Costs

According to the California Master Plan for Aging, “At some point in our lives, most Californians will seek care from family, friends, or paid caregivers. As more Californians live longer lives, more people will seek home or community care to support optimal health and to continue to live well within homes and communities of choice. Critically, these services are often unaffordable for individuals, particularly for middle-income older adults covered by Medicare only, which still largely does not cover these home and community services” (California Department for Aging, 2021).⁸

What is In-Home Supportive Services (IHSS)?

In-Home Supportive Services (IHSS) program through Adult Services – Nevada County assists eligible aged, blind, and disabled individuals who would be unable to remain safely in their own homes otherwise. IHSS is an alternative to out-of-home care, such as skilled nursing or board and care. In order to be eligible for IHSS, the person applying must live in their own home (i.e., the place in which the individual chooses to reside) and they must be eligible for Medi-Cal. Visit the [IHSS Nevada County website](#) for more information.

In Nevada County, there are approximately 881 IHSS Caregivers (not including private pay care), with 514 providing care for a family member (ASNC, 2022).⁶² The employed IHSS caregivers are paid approximately \$1,578,335 per month, which further supports and is re-distributed back into the community (ASNC, 2022).⁶² However, due to growing demand, we have a shortage both IHSS and private pay caregivers throughout the county.

In addition to the growing demand and lack of caregivers, is the high cost of home and community care. For those who do not qualify for IHSS it can be upwards of \$30 per hour and many cannot sustain that. These individuals are left floundering and self-neglect can become greater if they do not have family support.

Support for Caregivers

Caring for older adults and people with disabilities, such as helping with physical daily tasks, decision-making, preparing meals, running errands, and performing chores is not an easy job. Caregivers need support, which could include respite care, financial, emotional, and medical support. In Nevada County, we have a few resources and respite programs available to support local caregivers (See [Table 8.](#) below and [Appendix B. Assets and Resources Grid](#)). However, according to stakeholders we could use more day programs for older adults and for younger people with developmental disabilities to support the local demand.

Table 8. List of Nevada County caregiver resources and respite programs.

Type of Program	Local Programs and Services
Caregiver Resources	Alzheimer's Outreach Program; DelOro Caregiver Resource Center; Elder Care Providers' Coalition; Senior Providers Breakfast Club
Respite	One Source Empowering Caregivers; Alta California Regional Center; Helping Hands Adult Day Program

What we will do

Strategic Actions

We will carry out the following strategic actions to respond to the high priority needs for Goal 3: Enhanced Caregiving Resources (See [Local Playbook Action Plan](#) for the complete action plan).



Goal 3: Enhanced Caregiving Resources

- Strategy 3.1:** Investigate the creation of a community college-caregiver pipeline.
- Strategy 3.2:** Identify funding resources for Sierra Palliative Services.
- Strategy 3.3:** Determine the local barriers to obtaining an In-Home Supportive Services (IHSS) caregiver for those who qualify.
- Strategy 3.4:** Increase availability of respite care.
- Strategy 3.5:** Advocate for standardizing IHSS caregiver pay across the State
- Strategy 3.6:** Expand adult day programs.



Goal 4: Progressive Health Care Access

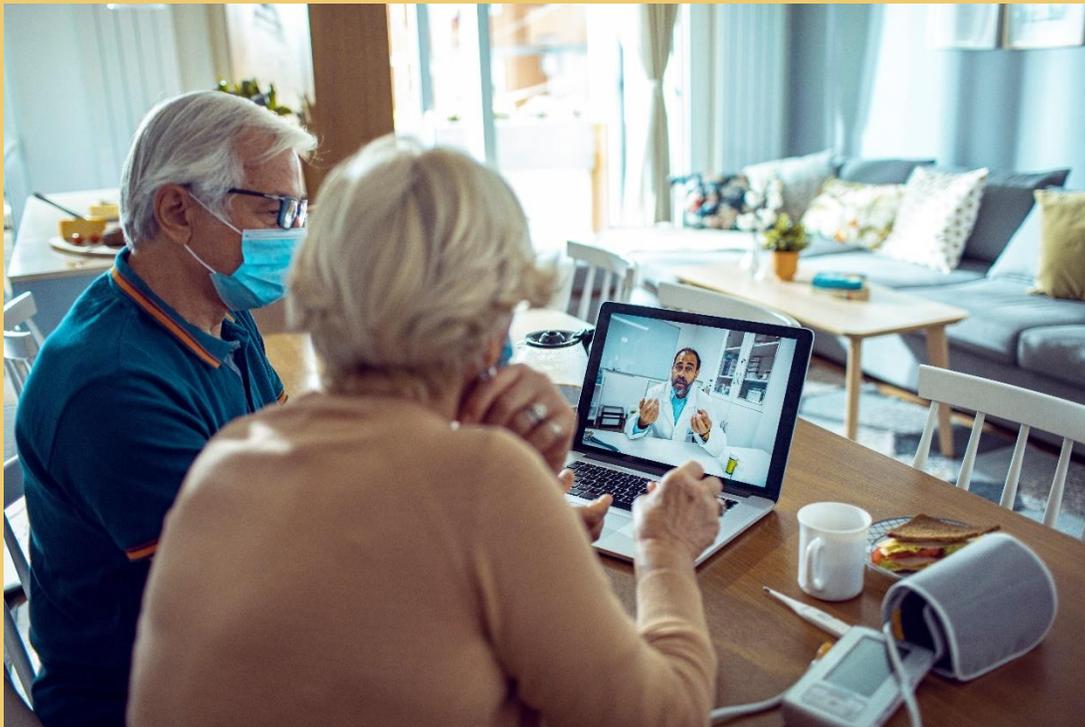


Photo Source: [istockphoto.com](https://www.istockphoto.com). (2020). Close up of a senior couple consulting with their doctor online on their laptop.



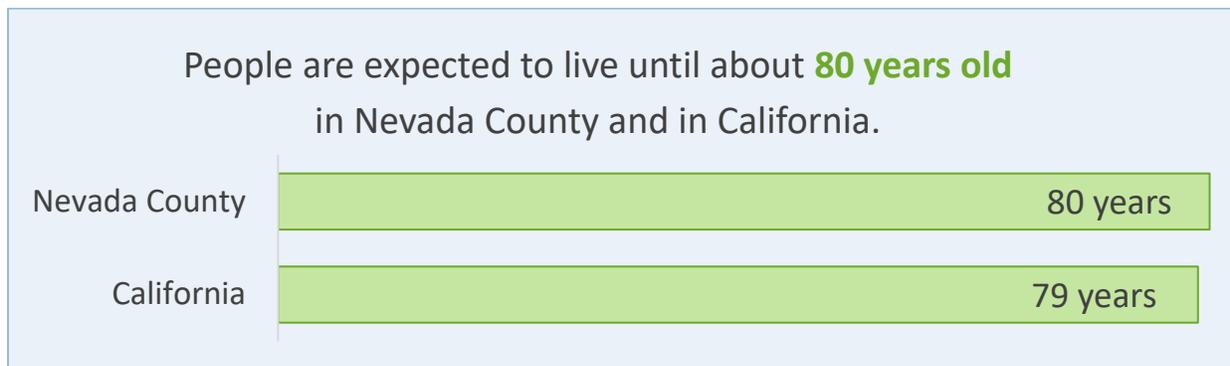
Goal 4: Progressive Health Care Access

What we learned

Lifelong Healthy Aging

To age well, people need access to both health care and healthy communities across the lifespan (California Department of Aging, 2021).⁸ Not only are people living longer lives, with life expectancy being 80 years old in Nevada County and statewide, but there is a growing aging population with the baby boomers in retirement age (See [Figure 11](#). below) (AARP, 2022; CDC, 2020).^{17,63}

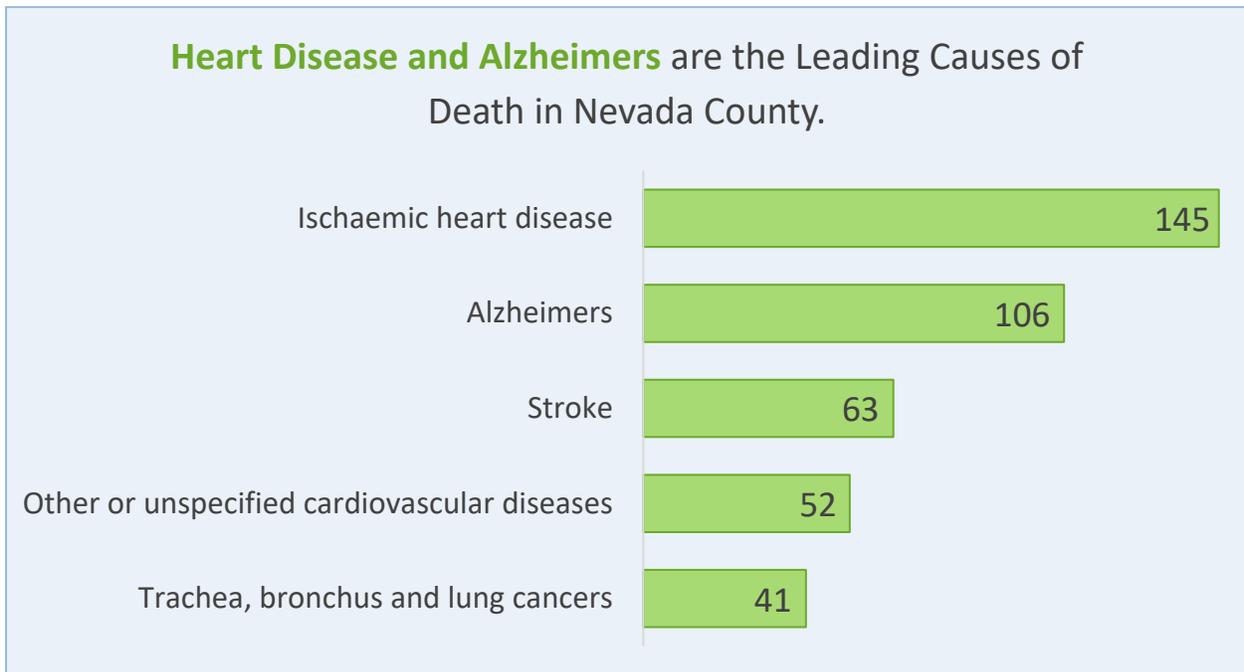
Figure 11. Life expectancy (at Birth) for Nevada County and California (AARP, 2022; CDC, 2020).^{17,63}



Local Health Concerns and Disabilities

Public health data looks across multiple measures to identify significant patterns and trends and public health challenges (Let's Get Healthy California, 2022).⁶⁴ Causes of death measures how many people died from a given condition. When looking at the top five (5) leading causes of death in Nevada County, heart disease is number one with Alzheimer's being second (Let's Get Healthy California, 2022).⁶⁴ (See [Figure 12](#). on the next page).

Figure 12. Nevada County cause of death measures 2007-2017 (Let’s Get Healthy California, 2022).⁶⁴



Alzheimer’s and Dementia

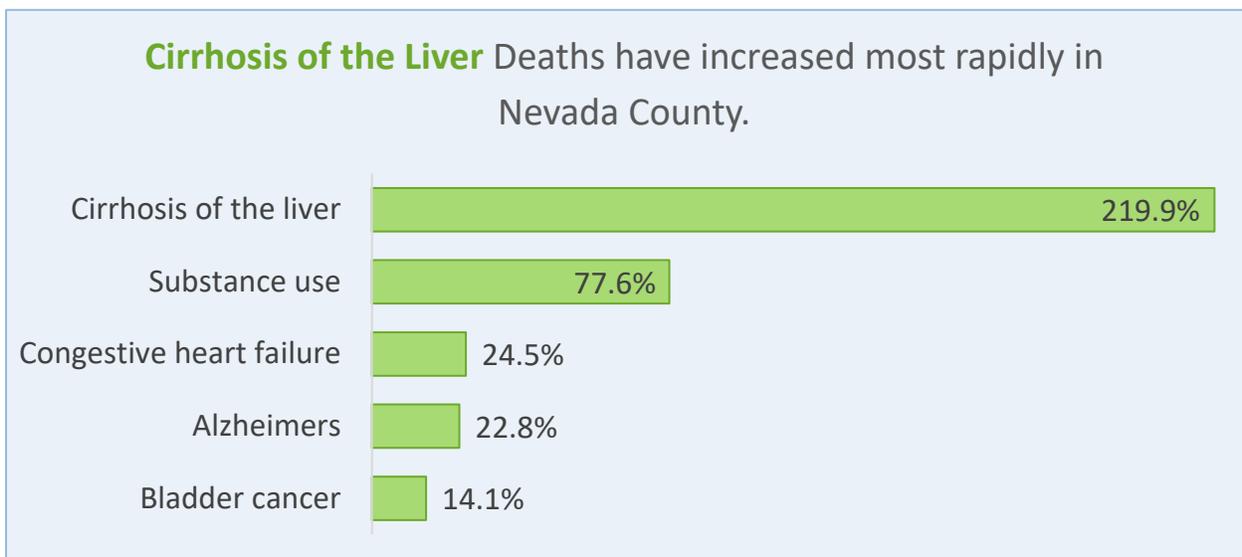
According to the California Master Plan for Aging, “Alzheimer’s and Dementia’s growing impact requires urgent focus” (California Department of Aging, 2022).⁸ That’s why Governor Gavin Newsom created a Task Force on Alzheimer’s, led by the state’s former First Lady Maria Shriver (California Department of Aging, 2022).⁸ Locally, the Alzheimer’s Outreach Program at the Sierra Nevada Memorial Hospital Foundation provides Dementia education, caregiver support groups, respite funds, and case management (See [Appendix B. Assets and Resources Grid](#)).

It is important to identify cognitive decline and memory loss early on. However, locally we are lacking data on the number of people experiencing and speaking with physicians about these issues. According to feedback from Adult Services – Nevada County, many older adults may be hesitant to share their cognitive decline with healthcare providers for fear of the perception that they may be unable to care for themselves in their homes. There needs to be outreach to assure people that they can share this information, so they receive the needed home care resources available.

Substance Use

Increases in deaths in Nevada County, measure the change in the death rate over time and show which conditions are increasing most rapidly (Let’s Get Healthy California, 2022).⁶⁴ According to public health data, Cirrhosis of the liver increased 220% between 2007 to 2017 (Let’s Get Healthy California, 2022).⁶⁴ Cirrhosis is a late-stage liver disease in which healthy liver tissue is replaced with scar tissue and the liver is permanently damaged (Mayo Clinic, 2022).⁶⁵ Chronic alcohol use is typically the main cause of Cirrhosis, but there could be other causes as well such as Hepatitis B or C, and a severe form of non-alcoholic fatty liver disease (NAFLD) (NHS, 2020).⁶⁶ Substance use deaths have also increased rapidly, with a 78% increase from 2007 to 2017 (Let’s Get Healthy California, 2022).⁶⁴ Substance use could be excessive use of psychoactive drugs, such as alcohol, pain medications, or illegal drugs, which can lead to physical, social, or emotional harm (MedlinePlus, 2022).⁶⁷ (See [Figure 13](#). below).

Figure 13. Leading rates of increases in Deaths in Nevada County from 2007-2017 (Let’s Get Healthy California, 2022).⁶⁴

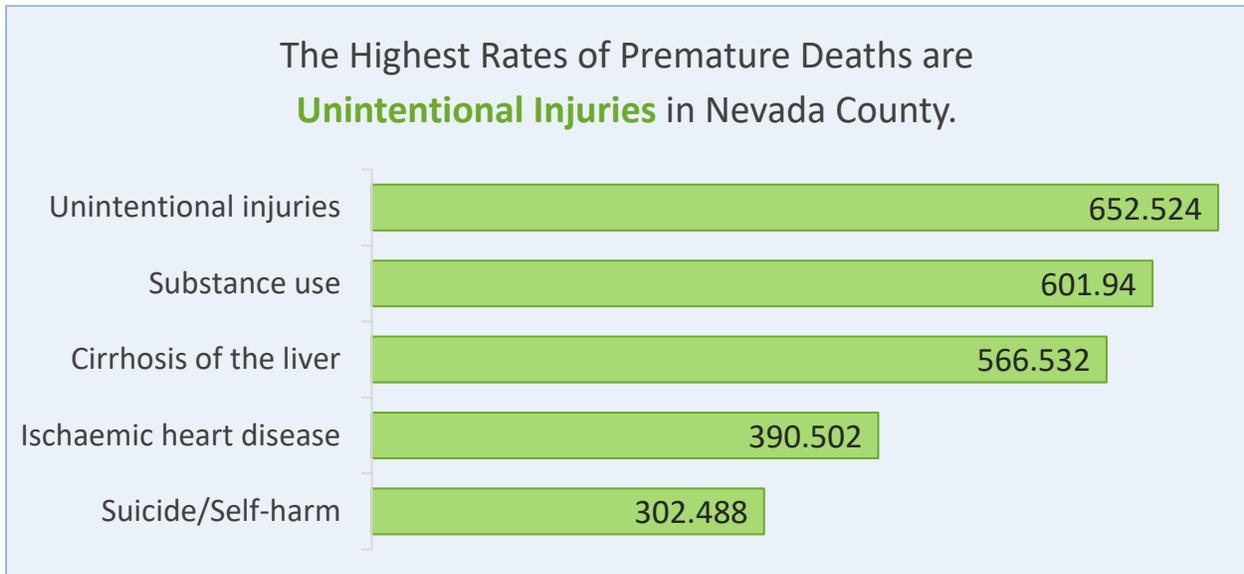


Unintentional Injuries

In Nevada County, the highest rates of premature deaths, or conditions that cause more deaths among younger people are unintentional injuries (with substance use and Cirrhosis of the liver being the next leading causes of death in young people) (Let’s Get

Healthy California, 2022).⁶⁴ This is also called the number of years of life lost (YLL), which is calculated by summing the number of years before age 75 that each death occurs (with 0 for deaths occurring after age 75) (Let’s Get Healthy California, 2022).⁶⁴ (See [Figure 14](#). below).

Figure 14. Leading rates of premature deaths (YLL) per 100,000 people in Nevada County (Let’s Get Healthy California, 2022). ⁶⁴



Unintentional Falls

Although unintentional injuries are the leading cause of premature death among younger people, unintentional falls are a serious threat for our older adults in our community. In Nevada County twice as many older adults (age 65 and over) per 100,000 were hospitalized for unintentional falls as compared with the state in 2016 (Office of Statewide Health Planning and Development, 2017) (see [Table 9](#). on the next page).⁶⁸ This data may speak to the rural nature and lack of walkability of our county (See [Walkability](#) data in the [Transportation](#) goal summary findings below). The Falls Prevention Coalition with the Sierra Nevada Memorial Hospital Foundation is a group of community advocates who work with seniors and nurses, physical and occupational therapists, senior exercise specialists, health educators, and independent living and rehabilitation/long-term care specialists to reduce the risk of falling for older adults and people with disabilities. For more information, visit the [Falls Prevention Coalition website](#) (County of Nevada, n.d.).⁶⁹ (see [Appendix B. Assets and Resources Grid](#)).

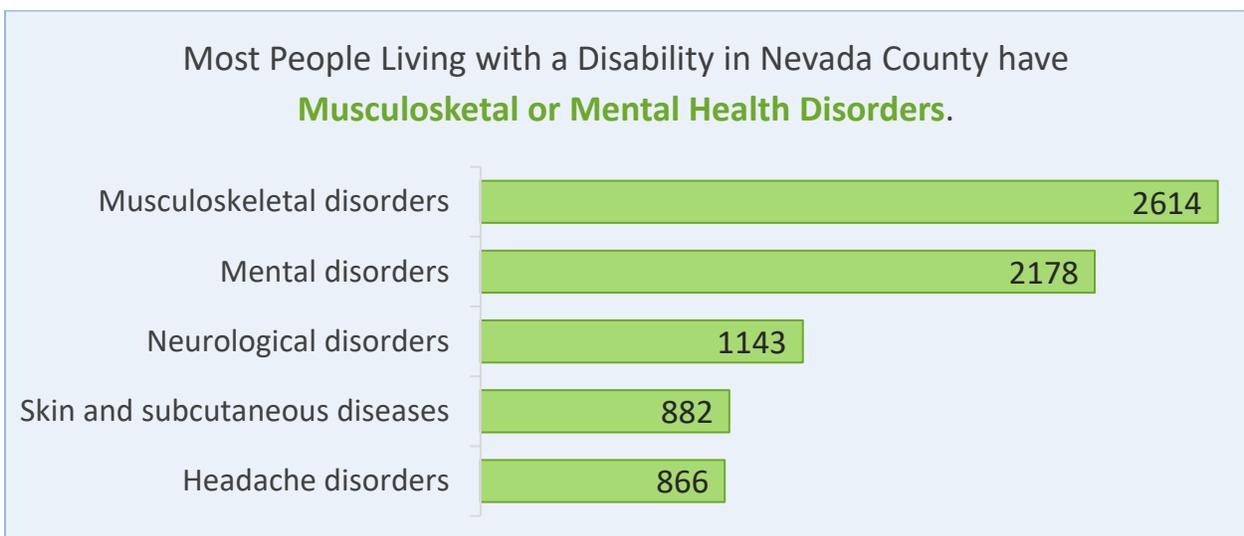
Table 9. Number of hospitalizations for unintentional falls per 100,000 older adults (age 65 and older) in Nevada County and in California (Office of Statewide Health Planning and Development, 2017).⁶⁸

	Treated and Released	Resulted in In-Patient Stay	Total
Nevada County	1,342	270	1,612
California	622	198	820

Disabilities

When looking at people living with a disability in Nevada County, the top two diseases or disorders causing disability are musculoskeletal disorders and mental health disorders (Let’s Get Healthy California, 2022).⁶⁴ For this measure, disability refers to the burden of infirmity, affliction, or disadvantage associated with a disease or disorder for multiple years (Let’s Get Healthy California, 2022).⁶⁴ (See [Figure 15](#). below). According to our Local Playbook Design Team, for wheelchair bound individuals in our community, we are in need of a local wheelchair repair service. Bills Wheels in Auburn is an amazing volunteer program, but for those with a costly wheelchair repair and are relying on Medicare, they must go to Sacramento where the waitlists are long.

Figure 15. Leading rates of disabilities (for multiple years) per 100,000 population in Nevada County (Let’s Get Healthy California, 2022).⁶⁴



Mental Health Disorders and Suicide

Older adults and people with disabilities are at particular risk for mental health issues, such as depression. In the past year, 380 older adults (age 60 and over) showed up to the emergency room or the Crisis Stabilization Unit (CSU) (Nevada County, 2022).⁷⁰ The CSU is located near the hospital and was developed to be a welcoming place for people experiencing a mental health crisis. In addition, 70 older adults were seen by the Adult Services Senior Outreach Nurse for depression in the past year (ASNC, 2022).⁷¹ Moreover, there were 120 referrals for the FREED friendly visitor/phone reassurance program, which is for isolated older adults and people with disabilities looking for social connection or need someone to check on them. Research indicates that older adult population has a significant risk of suicide when compared to any other age group (Kumar et al, 2015).⁷² In Nevada County 35% of all suicide deaths in 2019 were older adults (age 65 and over)[†] (LiveStories, 2018).⁷³

Medical Care and Social Services

In Nevada County, we have community health care resources to assist our aging and disabled populations (See [Table 10](#) on the next page; and [Appendix B. Assets and Resources Grid](#)) (Nevada County Transportation Commission, 2021).⁷⁴ However, according to our Local Playbook Workshop participants we are lacking a community hub for these resources, which could be challenging given the geographical spread and rural nature of the county (See [Community Profile](#) above). A recent Nevada County transportation plan looked at the activity centers, including medical and social services available to individuals with disabilities, older adults, and low-income populations throughout the county (Nevada County Transportation Commission, 2021).⁷⁴ This plan found that most of these services reside in Western County, and in particular Grass Valley, with very few in Eastern County and the outlying areas (Nevada County Transportation Commission, 2021).⁷⁴

[†]The overall number of suicide deaths is suppressed for privacy reasons due to the small location and demographic.

Table 10. List of Nevada County medical and social service resources (Nevada County Transportation Commission, 2021).⁷⁴

Type of Resource	Local Medical and Social Services
Clinics and Centers	Chapa-De; Living Well Medical Clinic; Sierra College Drive Medical Facilities; Sierra Family Health Center; Sierra Family Medical Clinic; Sierra Nevada Urgent Care; Western Sierra Medial Clinic; Yuba Docs Urgent Care
Dialysis	Davita Dialysis
Hospitals and Hospice	Dignity Health Sierra Nevada Memorial Hospital; Hospice of the Foothills; Tahoe Forest Hospital
Pharmacies and Medial Retail	CVS; Dokimos; Pleasant Valley Pharmacy; Raley’s Pharmacy; Rite Aid; Save Mart Pharmacy; Walgreens; Western Sierra Pharmacy
Social Services	Alta California Regional Center; Anew Day; Common Goals Substance Abuse Counseling Services/Clinic; Connecting Point (211); Forever Families; Food Bank of Nevada County; FREED; Gold County Community Center; Helping Hands Caregiver Resources; Hospitality House; Interfaith Food Ministry of Nevada County; Nevada County Adult Services; Nevada County Behavioral Health; Nevada County Health Department; Nevada County Housing and Community Services; Nevada County Substance Abuse Treatment and Recovery; Nevada County Veteran’s Services Office; Nevada County Social Services Partners Family Resource Center; Sierra Nevada Children’s Services; Sierra Services for the Blind (provides transportation to and from medical appointments); Spirit Peer Empowerment Center; Women, Infants, and Children (WIC) Supplemental Nutrition Program

Clinical Care Shortages

Nevada County is not considered a healthcare professional shortage area, which is defined as one full-time provider serving more than 2,000 people (HHS, 2022).⁷⁵ However, in Grass Valley there were an estimated 1,100 people per primary care provider in 2019, which was almost seven times the number of people per primary care provider in San Francisco, with 160 people per primary care provider (CHCF, 2019).⁷⁶ According to feedback from Adult Services – Nevada County, it is very difficult for older adults to access primary care physicians in the community. Many can get into see a nurse practitioner, but to see a physician can take up to three to four months to get an appointment. Moreover, there is continual turnover with primary care physicians. This impacts the patient’s quality of care when they have to start over with a new doctor after they have established care with a provider.

We are also in need of more specialty care providers in Nevada County, such as heart, dental, geriatric care providers, and neurologists or neuropsychologists. In addition, there are quite a few medical specialists who do not take Medi-Cal. Therefore, many of our older adult and disabled community members are forced to go to Roseville, Sacramento, or San Francisco to access care, which this creates another layer of complexity regarding transportation, getting to out-of-town appointments, and obtaining the care they need. For example, anyone needing a neurological assessment must go out of the area to access care – this is a particularly important and challenging step for individuals dealing with a possible diagnosis of some type of dementia.

Health Care Benefits

Access to health insurance is critical for all, especially our aging and disabled populations. According to the California Master Plan for Aging, “California leads the nation in health care coverage for older adults – most recently through the expansions of Medi-Cal and Covered California, California’s health insurance exchange” (California Department of Aging, 2021).⁸ However, “There are still those who are at most risk for not having access to comprehensive health care coverage, including people with lower incomes, those living in rural areas, and those without citizenship status” (California Department of Aging, 2021).⁸ In Nevada County, when looking at health insurance coverage for older adults, there are 107 males age 65 to 74 without health insurance coverage (U.S. Census Bureau, 2019).⁷⁷ For individuals with a disability, all older adults are covered; however,

there are an estimated 542 individuals with disabilities under the age of 65 who are not covered by health insurance (U.S. Census Bureau, 2019).⁷⁸ (See [Table 11](#), on the next page).

Table 11. Priority population groups without health insurance coverage in Nevada County (U.S. Census Bureau, 2019).^{77,78}

Priority Population Groups	Sex	Age Groups	Number without Health Insurance
Older Adults (age 65+)	Male	65-74 years	104
		75+	0
	Female	65-74 years	0
		75+	0
Individuals with a Disability	(Not available)	<19 years	122
		19-64 years	420
		65+ years	0

Community Costs

Our community provides financial assistance to those who have health care needs and are uninsured, underinsured, ineligible for a government program, or otherwise unable to pay. According to Sierra Nevada Memorial Hospital, the unreimbursed community costs were \$36.4 million for patients covered by Medicare and \$4.5 million for patients covered by Medicaid and other community benefits in 2021 (Sierra Nevada Memorial Hospital, 2021) (See [Table 12](#), on the next page).⁷⁹ This cannot be sustainable especially as the costs of living are going up and it is getting increasingly difficult for older adults and individuals with disabilities to pay for health care services. A poll conducted by Gallup for West Health found that 45% of adults ages 50 to 64 are concerned they will not be able to pay for needed health care services in the next year, while 37% of those older than 65 had the same concern (Gallup, 2022).⁸⁰

Table 12. Economic value of community benefits reported by Sierra Nevada Memorial Hospital in 2021. (Sierra Nevada Memorial Hospital, 2021).⁷⁹

Description	Community Costs
In patient financial assistance, unreimbursed costs of Medicaid, community health improvement services, community grants, and other community benefits	\$4,505,751
Unreimbursed costs of caring for patients covered by Medicare	\$36,393,673

Telehealth

According to the Master Plan for Aging, “As the population age, and the need for caregiving increases, virtual caregiving and telehealth will become more vital for empowering aging adults, people with disabilities, and caregivers to age well at home. Moreover, the lessons from COVID-19’s rapid pivot to telehealth, coupled with California’s global leadership in the tech sector, have the potential to drive transformative advances in virtual care.” (California Department of Aging, 2021).⁸ Locally we are lacking data on the number of primary care visits via telehealth.

What we will do

Strategic Actions

We will carry out the following strategic actions to respond to the high priority needs for Goal 4: Progressive Health Care Access (See [Local Playbook Action Plan](#) for the complete action plan).



Goal 4: Progressive Health Care Access

Strategy 4.1: Investigate opportunities to increase access to telehealth.

Strategy 4.2: Ensure effective coordination of CalAIM funding in the County.

Strategy 4.3: Get mental health volunteers for family therapy and safety planning.

Strategy 4.4: Investigate and promote prescription drug affordability options.



Goal 5: Expanded Transportation Options



Photo Source: Van Valkenburgh, Robin. (2022). Nevada County Transit Bus featuring Denise Way art.



Goal 5: Expanded Transportation Options

What we learned

Nevada County Transit Services

According to the California Master Plan for Aging, “Transportation choices beyond cars both help slow climate change and help adults live in homes of choice, especially after experiencing a decline in physical mobility or the ability to safely drive. The future of transportation includes more choices for people of all ages (“multi-modal”). Some older adults and people with disabilities need specialized transportation services, such as door-to-door paratransit and escorts to physician’s offices. Accessible transportation networks of buses and additional options keep people of all ages and abilities connected to services, social opportunities, and community activities” (California Department of Aging).⁸

Nevada County transit includes on-demand and paratransit services (See [Appendix B. Assets and Resources Grid](#)). The regular bus offers discounted passes for youth, older adults, and disabled riders. In fact, roughly one-third (33%) of all riders received a discounted rate in 2018 to 2019 (Nevada County Connects, 2022).⁸¹ However, after the COVID-19 Pandemic, overall ridership has been down by 50% (Nevada County Transportation Commission, 2021).⁸² Also, according to the Local Playbook Design Team, the Sunday Service (used for shopping, errands, etc.) for older adults and people with disabilities is being discontinued due to low ridership. As a result, there is a need to create a marketing or messaging campaign to increase knowledge and awareness of transportation services available, as well as the health and safety protocols put in place as a response to the pandemic.

Currently, there are efforts to update and re-envision the paratransit services in Western Nevada County, such as increasing the Zone Dial-a-Ride system in the outlying areas to meet the demand (Transit Services Commission, 2022).⁸³ There are also efforts to

increase bus frequencies on routes with higher demands (i.e., implementing the approved 30 minute frequency enhancement on Route 1) (Transit Services Commission, 2022).⁸³ There has been a lack of available transit staffing to implement this, but recruitment efforts are underway (Transit Services Commission, 2022).⁸³

Transportation and Access to Care

Transportation issues, especially in rural communities like Nevada County and for low-income individuals, are a known barrier to health care (RWJF, 2023).⁸⁴ According to the Robert Wood Johnson Foundation, “More than one in five adults with limited public transit access forgo health care because of transportation barrier. While substantial increases in the availability of telehealth since the start of the COVID-19 pandemic likely reduced transportation barriers for some types of health care, especially mental health and primary care services, telehealth is not accessible to all adults and cannot substitute for in-person care for all health care needs” (See [Telehealth](#) in [Goal 4: Progressive Health Care Access](#) above) (RWJF, 2023).⁸⁴

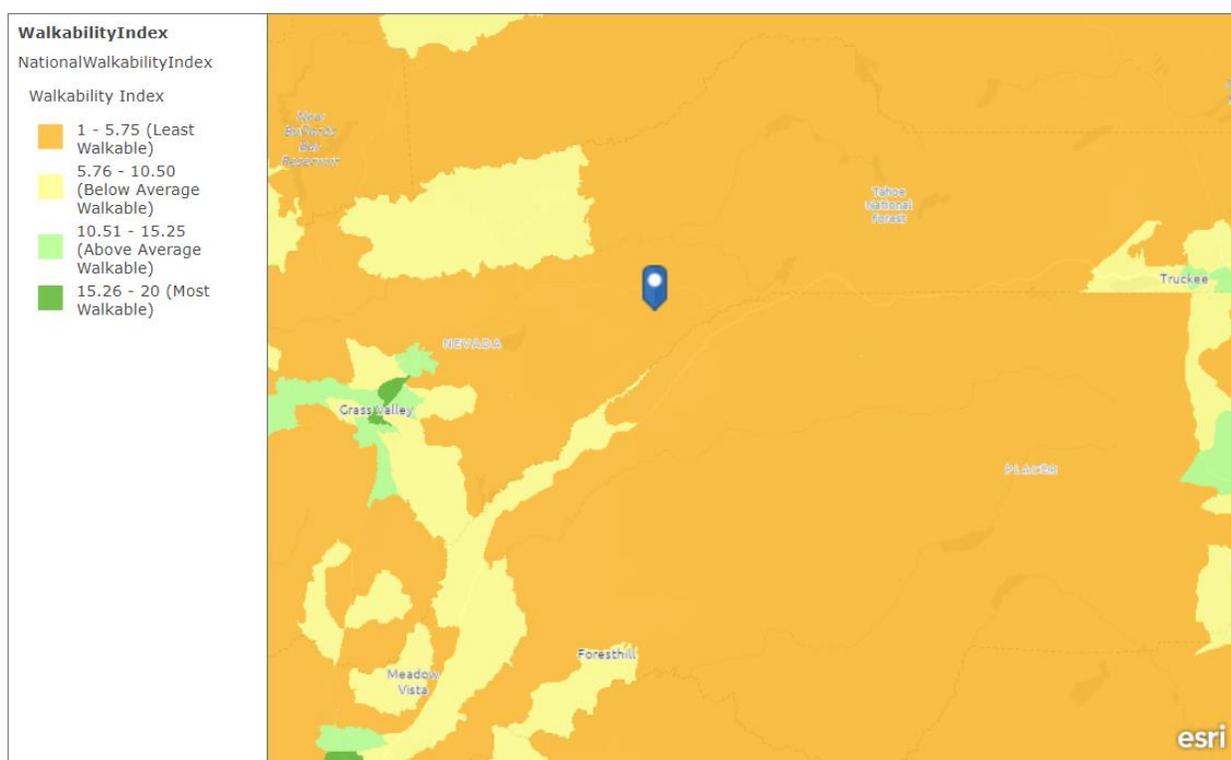
To improve access to care, the Medi-Cal program offers two benefits that together cover transportation to non-emergency medical services for most enrollees: 1) transportation for non-emergency medical transportation (NEMT), and 2) non-medical transportation (NMT) (CHCF, 2020).⁸⁵ According to the California Healthcare Foundation, these transportation services in rural and frontier communities are limited due to high costs and administrative burdens placed on rideshare companies and creative solutions are needed (CHCF, 2020).

The American Foundation for the Blind (AFB) has identified transportation as a critical barrier to health care for people who are blind or visually impaired and unable to drive (NADTC, 2020).⁸⁶ In Western Nevada County, Sierra Services for the Blind provides transportation services for clients to and from medical appointments as far as Sacramento and for trips to the pharmacy to get prescriptions filled (Sierra Services for the Blind, 2023).⁸⁷ Similar transportation services are needed impaired in Eastern Nevada County.

Walkability

According to the National Walkability Index, most of the County is rated “least walkable” with a 1 to 5.75 rating, which means community members must rely heavily on car or public transportation to get around (EPA, 2022).⁸⁸ There are only a couple of small census block groups in downtown Grass Valley and Truckee that are considered above average walkable (EPA, 2022).⁸⁸ (See [Figure 16](#) below).

Figure 16. National Walkability Index block group scores in Nevada County (EPA, 2022).⁸⁸



What we will do

Strategic Actions

We will carry out the following strategic actions to respond to the high priority needs for Goal 5: Expanded Transportation Options (See [Local Playbook Action Plan](#) for the complete action plan).



Goal 5: Expanded Transportation Options

- | | |
|----------------------|--|
| Strategy 5.1: | Promote the Dial-A-Ride service area expansion. |
| Strategy 5.2: | Secure funding for on-demand transportation. |
| Strategy 5.3: | Research the feasibility of a volunteer transportation program. |
| Strategy 5.4: | Coordinate outreach to older adults and people with disabilities regarding transportation service opportunities and travel training. |
| Strategy 5.5: | Increase transportation services to and from medical appointments for the blind and visually impaired. |



Goal 6: Effective Coordination, Communication, & Education



Photo Source: Ellis, Galen. (2022). Nevada County Local Playbook Planning Workshop.



Goal 6: Effective Coordination, Communication, & Education

What we learned

Coordination and Partnerships

Nevada County has diverse community agencies, programs, and resources servicing our aging and disabled populations (See [Appendix B. Assets and Resources Grid](#)). According to the Local Playbook workshop participants, these agencies are very connected, collaborative, and cooperative. Community partners meet often to improve the lives of the aging and disabled populations throughout the County (See [Table 13](#) below for a list of local collaborative groups and meetings). Moreover, our local ADRC is actively working to expand its community impact, visibility, and membership (see [ADRC overview](#) above). With increased public awareness, the ADRC could effectively serve as an aging and disability resource hub for the community. In addition, local stakeholders indicated that Nevada County partners with the state and utilizes state resources very effectively. However, we could collaborate better with other cities and counties across the State.

Table 13. Collaborative groups and partners working to improve the lives of the aging and disabled populations in Nevada County.

Collaborative Group Description

Adult and Family Services Commission

Meets monthly to engage and empower our community to eliminate poverty to create equity and prosperity and assist people in achieving self-sufficiency through direct services, advocacy, and community partnership. Partners include the ADRC, community members, a private sector representative, and a low-income sector representative. For the current board

Collaborative Group Description

members, vacancies, and meetings, visit: [Nevadacountyca.gov/3140/committee-board-and-commission-informati](https://nevadacountyca.gov/3140/committee-board-and-commission-informati).

Agency on Aging Area 4 Meetings

Meets monthly to enrich the lives of older adults and people with disabilities by fostering networks of support, advocating for individual choice, collaborating with others, ensuring equity, and striving to do so with conviction. Partners include AAA4 staff and representatives from 7 counties (Nevada, Placer, Sacramento, Sierra, Sutter, Yolo, and Yuba). For more information, contact Pam Miller, Director at pmiller@agencyonaging4.org.

Aging and Disability Resource Connection (ADRC)

Meets every other month to provide enhanced information and assistance, options counseling person-centered planning, short-term service coordination, transition from institutional settings (nursing homes) to community and from hospital to home. Partners include Adult Services – Nevada County, AAA4, FREED, community partners, and community members. For more information, contact FREED at (530) 477-3333, or FREEDgrassvalley@freed.org.

Better Together: Nevada County Homeless Initiative

The HOME Team identifies, engages, and provides case management and housing support to highly vulnerable homeless individuals, while meeting people where they are at in the community. Partners include Hospitality House, Behavioral Health – Nevada County, Coordinated Entry (211), Nevada County Regional Continuum of Care (NCRCoC), Nevada County Homeless Resource Council of the Sierras (HRCS). For more information call (530) 470-2686, or email home@co.nevada.ca.us.

Breakfast Club

Meets monthly to share community resources. This group is for community members and partners. For more information, contact Peter Stack at peterstack@yahoo.com.

California Advancing and Innovating Medi-Cal (CalAIM) Meeting

Meets monthly to check-in on CalAIM funding, a state-funded program that has a long-term commitment to transform and strengthen Medi-Cal, offering Californians a more equitable, coordinated, and person-centered approach to maximizing their health and life trajectory.

Collaborative Group Description

Partners include Nevada County – Behavioral Health and the ADRC. For more information, visit dhcs.ca.gov/CalAIM.

Elder Care Providers' Coalition (ECPC)

Meets quarterly to provide access to education, wellness and emotional health for professional care providers in partnership with the community, so that they can enhance the quality of services for older adults, and their family members in Western Nevada County. This group is open to all community members and organizations. Contact theresa@ElderCareProvidersCoalition for more information.

Emergency Partners Information Connection (EPIC)

Meets monthly with a broad array of organizations and partners to exchange information that helps people stay safer and healthier during a public health emergency. Through EPIC's partnerships, the Centers for Disease Control and Prevention (CDC) can more effectively reach some of the people most vulnerable to public health threats. Partners included skilled nursing. For more information, contact Kim Stein at kimstein@nevadacountyca.gov.

Falls Prevention Coalition of Nevada County

Meets monthly to reduce the risk of falls through education via an annual conference. Their vision is to create a community that empowers seniors and people with disabilities to reduce their risk of falling, thereby enhancing their quality of life and maintaining their independence. Partners include Sierra Nevada Memorial Hospital, Adult Services – Nevada County, local community members and partners. For more information call (530) 274-6739 or visit www.nevadacountyca.gov/1506/Falls-Prevention-Coalition.

Nevada County Health Collaborative

Meets every other month (not open to the public) with Nevada County Healthcare Providers (Chapa De, Western Sierra Medical Clinic, etc.) and Medi-Cal Insurance Providers (Anthem Blue Cross and California Health and Wellness). For more information, contact Annette LeFrancois, Administrative Assistant, Health and Human Services Agency – Nevada County, at Annette.LeFrancois@NevadaCountyCA.gov.

Truckee Health Collaborative

Meets monthly to discuss and brainstorm difficult customer situations (Zoom call). Partners include Tahoe Truckee Medical Social Workers, Social Outreach Nurses, APS Social Workers

Collaborative Group Description

from Nevada and Placer Counties. For more information, contact Jackie Griffin, RN, Care Coordinator, at (530) 582-3587, or jgriffin@tfhd.com.

Nevada County Disaster Response Coalition

Meets quarterly to discuss disaster responses, disaster responses de-briefs, and coordination pre-planning. Partners include Office of Emergency Services, Social Services – Nevada County, Law Enforcement, FREED, Connecting Point (211). For more information, contact Brain@freed.org.

Communications and Marketing

Local Playbook workshop participants recognized a need for more effective public messaging with community partners about available programs, services, and initiatives. Initiatives could include this Local Playbook. The marketing and communications strategy should take into consideration stigma about aging and disabilities for a more inclusive messaging approach. In addition to an engaged public that we could tap into, there are many local community resources that could be leveraged for a communications and marketing campaign (e.g., Nevada County’s Public Information Officer; Connecting Point (211); cultural groups; use of county and community organization websites and social media pages, etc.) (See [Appendix B. Assets and Resources Grid](#) for a list of local community resources).

Local Education and Outreach

There are agencies and groups who provide educational resources, classes, and outreach to older adults and people with disabilities in Nevada County. The Local Playbook Design Team identified an initial list of local educational resources and classes (See [Table 14](#), on the next page). According to Local Playbook workshop participants, there is a need to coordinate and promote these efforts locally.

Table 14. Initial list of educational resources and outreach efforts for the aging and disabled populations in Nevada County.

Local Agency/ Group	Description of Educational Resource and Efforts
Alzheimer’s Outreach Program (AOP)	Resource for anyone in western Nevada County dealing with any type of dementia. They provide education for caregivers and ongoing case management for families. For more information, call the AOP Program Coordinator at (530) 274-6007 ext. 5595.
Adult Services – Nevada County	Provides a wide array of services and support to seniors and adults living with a disability in our community with the goal of helping individuals remain safely in their own homes. For more information, call (530) 265-1639.
Agency on Aging Area 4 (AAA4)	Resources and classes to enrich the lives of older adults and people with disabilities, including “GetSetUp” virtual classes (see Nevada County Library below). For more information, call (916) 486-1876.
Connecting Point (211)	Senior-specific Guide available on website, provides individualized information and assistance services. For more information, call 211, or (833) 342-5211.
Falls Prevention	Falls Prevention Conference. For more information, contact Hollie Grimaldi Flores, Coordinator at (530) 274-6739.
FREED	General outreach and navigation to long-term services and supports, coordinates individual agencies via ADRC meetings and cross trainings, hosts “Housing Club” to support and educate on housing search. For more information, call (530) 477-3333.
Gold Country Senior Services	Educational flyers provided with meal deliveries. For more information, contact Leslie Lovejoy, Executive Director at (530) 273-4961.
Nevada County Library	“GetSetUp” virtual classes for older adults taught by peers. Visit https://www.nevadacountyca.gov/3455/Library for links to all 6 county libraries: Madelyn Helling Library, Grass Valley Library,

Local Agency/ Group	Description of Educational Resource and Efforts
	Truckee Library, Penn Valley Library, Bear River Library, and the Doris Foley Library).
Sierra College	Community Education “Kaleidoscope” personal enrichment and professional development activities. For more information, visit www.sierracommunityed.org
Sierra Services for the Blind	Education and counseling to accommodate visual impairments and disabilities and improve independent living skills, such as use of magnification and cane training. For more information, visit http://sierraservices.org .
Nevada County Veterans Services	“All Veterans Stand Down” connects Veterans who are homeless or at-risk of homelessness to providers and resources to help meet their immediate needs. For more information, call (530) 273-3396.

Protection from Financial Exploitation

The Local Playbook workshop participants identified a particular need to educate older adults and people with disabilities about scams, fraud, and financial exploitation. The need to protect individuals from online scams has increased in recent years with the COVID-19 pandemic and increased use of technology (US DOJ, 2021).⁸⁹ In addition, older adults who are experiencing cognitive decline or memory loss could be particularly vulnerable to financial abuse (Ueno et al., 2021).⁹⁰ The Local Playbook Design Team identified the following educational resources related to combating scams and frauds that could be coordinated, promoted, and/or utilized in local education efforts:

- ▶ **Adult Services – Nevada County** has the California Department for Business Oversight “Protect Yourself from Fraud” booklet that provides information on scams, contacts, credit reporting agencies and what to do. Contact Adult Services – Nevada County for more information about this resource or available outreach presentations at (530) 265-1639.

- ▶ **Agency on Aging/Area 4 (AAA4)** provides education on scams and fraud. Contact AAA4 for more information about the education they provide at (916) 486-1876.
- ▶ **FREED** utilizes materials from “Money Smart for Older Adults,” a Consumer Financial Protection Bureau training resource for local service providers that contains presentation material and free resources on common frauds, scams, and other forms of financial exploitation for older adults, family/caregivers, and other community members. (DFPI, 2013).⁹¹

Emergency Preparedness

With climate change, the landscape of emergency preparedness has evolved greatly over the last several years with our community experiencing multiple dramatic new realities connected to local wildfires, extreme weather events, and power outages. According to the California Master Plan for Aging, “While all Californians are impacted by climate change, some populations, including older adults, are more vulnerable than others to its dangers and health consequences” (California Department of Aging, 2021).⁸ Nevada County residences are especially vulnerable in times of emergencies due to the limited access in and out of the County. Thus, it is critical that our older adults and people with disabilities have a safety plan, a list of neighborhood contacts, and are prepared for all emergency situations.

In Nevada County, various local agencies and organizations provide information, resources, and support to the community in times of emergencies (See [Table 15](#) below and [Appendix B. Assets and Resources Grid](#)). It is a local priority that community agencies coordinate and provide guidance to older adults and people with disabilities about being prepared in times of emergencies.

Table 15. List of Nevada County organizations or agencies providing resources and support in times of emergencies.‡

‡ This is a starting point, rather than a comprehensive list of all the emergency resources and supports in our county.

Organization/Agency	Emergency Resources
Nevada County Fire Safe Council	Fire safety projects and education
Nevada County Social Services	Emergency Preparedness, Code Red, referral and assistance programs
Community Beyond Violence	Emergency transportation and clothing
Connecting Point (211)	211, emergency assistance and recovery navigation
FREED	Emergency preparedness, resources for individuals with a medical need for power
Gold Country Senior Services	Meals on Wheels, firewood assistance

Funding Opportunities

According to Local Playbook workshop participants, our Nevada County government partners works well with community organizations and utilizes existing resources effectively (see [Table 13](#), above for collaborative groups and partners). However, there is a need for a more coordinated approach among local government, community organizations, and other stakeholders to leverage local and state funding opportunities. Although there are some efforts among partners to coordinate for local grants (e.g., CalAIM), most agencies source funding individually (See CalAIM in [Table 13](#), above).

Data Collection and Dissemination

In Nevada County, local agencies and organizations collect data for their individual programs. It is a priority for our community that we are collecting data across the County about our local needs and services. Prior to the Local Playbook initiative, the ADRC and AAA4 partnered to provide funding to Connecting Point (211) to develop a Community Data Exchange, an electronic referral platform based on their 211 database. The idea behind the initiative was to develop a central database that could be accessed across the community. The Community Data Exchange could be a resource for local agencies and partners to make informed decisions about programs and services. The project has since been put on hold due to the need to identify funding, develop the technology and systems,

overcome legal and privacy issues, and create buy-in from the community. Reinvigorating the Community Data Exchange would be a long-term, high-impact project.

The data included in this report was an effort to align with the California Master Plan for Aging, as well as to assist the community in making informed decisions about our priorities for our Local Playbook Action Plan (See [California Master Plan for Aging](#) in the Background section above and [Local Playbook Action Plan](#) below). However, this data could be a useful resource to inform, develop, and fund other relevant local projects in the short-term ([Appendix A. Data Map](#) and [Appendix B. Assets and Resources Grid](#)).

What we will do

Strategic Actions

We will carry out the following strategic actions to respond to the high priority needs for Goal 6: Effective Coordination, Communication, and Education (See [Local Playbook Action Plan](#) for the complete action plan).



Goal 6: Effective Coordination, Communication, and Education

- Strategy 6.1:** Coordinate with local agencies to provide community guidance about being prepared in the event of emergencies, and the needs of older adults and people with disabilities in evacuations and disasters.
- Strategy 6.2:** Develop a communications/marketing strategy related to available long-term services and supports for older adults, people with disabilities, and caregivers that takes into consideration social stigmas.
- Strategy 6.3:** Develop tools and strategies to increase coordination and connection among community service providers.



Goal 6: Effective Coordination, Communication, and Education

Strategy 6.4: Coordinate with local programs and services to continue development of a community data exchange.

Strategy 6.5: Identify and coordinate with agencies to educate the community on existing financial literacy resources (e.g., protection from scams, budgeting, etc.).

Strategy 6.6: Coordinate countywide to leverage state/local funding opportunities.

Local Playbook Implementation

Action Plan Overview

The Local Playbook Action Plan includes the goals and strategic actions included in the [Action Plan Summary Findings](#) above. The Action Plan also includes the key steps, lead agency/group, available resources, timeline, and intended outcomes needed to accomplish the goals (See [Table 16](#) below for definitions of the Local Playbook Action Plan elements). Implementation of the Action Plan will be monitored by the ADRC and Adult Services – Nevada County (See [ADRC](#) and [Adult Services – Nevada County](#) background above).

Table 16. Definitions for the Local Playbook Action Plan elements.

Action Plan Summary Elements	Definitions
Goals	Broad statements about our long-term expectations or outcomes.
Strategic Actions	The approaches we will take to create an impact under the Goals.
Key Steps	The tactics or activities needed to complete each strategic action.
Lead Agency/Group	The specific organizations or teams who will assist with implementing the strategic actions.
Available Resources	Available community resources, including local community partners, agencies, organizations, groups, equipment, facilities, and more that are critical for implementing the strategic actions.

Action Plan Summary Elements	Definitions
Timeline	The Action Plan shall be completed within a three (3)-year timeframe from July 2023 to June 2026. Each strategic action has a specific start and completion dates within this timeline.
Desired Outcomes	The evaluation measures, or targeted changes that will be measured as a result of project implementation.

Local Playbook Action Plan

Adult Services – Nevada County, the ADRC, and multiple community partners identified the specific action plan elements below, which will serve as the basis of the Local Playbook Action Plan (See [Planning Process](#) and [Action Plan Summary Findings](#) above; and [Acknowledgements](#) below). These goal-specific tables will guide project implementation from July 2023 to June 2026.

 Goal 1: Inclusion, Equity, & Social Participation	
Strategy 1.1: Support the development of senior centers in both Eastern and Western Nevada County.	
Key Steps	<ul style="list-style-type: none"> ▶ Support gold country senior services with the senior center that is under development. ▶ Investigate and coordinate with Truckee’s Sierra Senior Services social and senior services and activities.
Lead Agency/ Group	<ul style="list-style-type: none"> ▶ Gold Country Senior Services ▶ Sierra Senior Services

Available Resources	<ul style="list-style-type: none"> ▶ Adult Services – Nevada County ▶ Agency on Aging Area 4 (AAA4) ▶ Aging & Disability Resource Connection (ADRC)
Timeline	<ul style="list-style-type: none"> ▶ Start Date: July 2023 (Year 1) ▶ Due Date: December 2023 (Western County) (Year 1) ▶ Ongoing (Eastern County)
Desired Outcomes	<ul style="list-style-type: none"> ▶ Western County: Doors open and services coordinated for Senior Center. ▶ Eastern County: Services coordinated with Sierra Senior Services of Truckee.

Strategy 1.2: Engage with diverse cultural groups to leverage connection and support for seniors and people with disabilities from underserved communities.

Key Steps	<ul style="list-style-type: none"> ▶ Create a list of cultural groups and key contacts. ▶ Gather input on unique outreach opportunities and needs of communities represented. ▶ Conduct focus groups/interviews to ensure culturally competent services and messaging. ▶ Ensure culturally relevant marketing efforts are in the Communications/Marketing Plan (See Goal 6: Strategy 6.2).
Lead Agency/ Group	<ul style="list-style-type: none"> ▶ ADRC ▶ Adult Services – Nevada County
Available Resources	<ul style="list-style-type: none"> ▶ Color Me Human ▶ California Heritage Indigenous Research Project (CHIRP) ▶ Tahoe Truckee Community Collaborative
Timeline	<ul style="list-style-type: none"> ▶ Start Date: July 2023 (Year 1) ▶ Due Date: June 2024 (Year 1)
Desired Outcomes	List of cultural groups and outreach opportunities.

Strategy 1.3: Improve access to technology to connect older adults and people with disabilities to internet services and resources.

Key Steps	<ul style="list-style-type: none"> ▶ Investigate how we can support local broadband expansion efforts. ▶ Implement access to technology grants for internet-connected devices for older adults and people with disabilities. ▶ Identify and develop training resources.
Lead Agency/ Group	<ul style="list-style-type: none"> ▶ ADRC ▶ Adult Services – Nevada County
Available Resources	<ul style="list-style-type: none"> ▶ AAA4 ▶ California Low-Cost Internet Plans (state) ▶ City Councils ▶ Economic Resource Council (ERC) ▶ Local broadband initiative ▶ Nevada County Board of Supervisors ▶ Planning Departments ▶ Truckee Donner Public Utility District
Timeline	<ul style="list-style-type: none"> ▶ Start Date: July 2023 (Year 1) ▶ Due Date: June 2026 (Year 3)
Desired Outcomes	Number of devices and trainings tracked.

Strategy 1.4: Investigate interest in the local development of adopt-a-grandparent/adopt-a-grandchild programs.

Key Steps	<ul style="list-style-type: none"> ▶ Identify a community partner to lead this effort, depending on interest. ▶ Research existing models from other communities.
Lead Agency/ Group	<ul style="list-style-type: none"> ▶ ADRC ▶ Adult Services – Nevada County
Available	<ul style="list-style-type: none"> ▶ Churches ▶ Schools

Resources	▶ Sierra Nevada Children’s Services (SNCS)
Timeline	▶ Start Date: July 2025 (Year 3) ▶ Due Date: June 2026 (Year 3)
Desired Outcomes	Community-viability of the program(s) determined.

Strategy 1.5: Research and investigate a “Village Model” that fits our community.

Key Steps	▶ Identify lead agency. ▶ Investigate previous efforts, including opportunities and barriers for program development.
Lead Agency/ Group	▶ Adult Services – Nevada County
Available Resources	▶ Eskaton ▶ Neighborhood Association ▶ Neighborhood Watch ▶ Residents Council
Timeline	▶ Start Date: July 2025 (Year 3) ▶ Due Date: June 2026 (Year 3)
Desired Outcomes	Community-viability of the program determined.



Goal 2: Housing for All Ages and Stages

Strategy 2.1: Increase recuperative care beds for the homeless.

Key Steps	<ul style="list-style-type: none"> ▶ Identify funding stream to support the addition of beds. ▶ Identify needed professional medical personnel if new beds are provided.
Lead Agency/ Group	<ul style="list-style-type: none"> ▶ Hospitality House
Available Resources	<ul style="list-style-type: none"> ▶ Adult Services – Nevada County (referrals) ▶ Homeless Resource Council ▶ Hospitality House ▶ Nevada County Housing and Community Services
Timeline	<ul style="list-style-type: none"> ▶ Start Date: July 2023 (Year 1) ▶ Due Date: June 2026 (Year 3)
Desired Outcomes	Increase the number of beds for medically fragile homeless customers.

Strategy 2.2: Promote and develop co-housing options and availability.

Key Steps	<ul style="list-style-type: none"> ▶ Develop list of available co-housing options. ▶ Market and promote the Home Share American River program locally.
Lead Agency/ Group	<ul style="list-style-type: none"> ▶ Home Share American River
Available Resources	<ul style="list-style-type: none"> ▶ Nevada County Housing and Community Services ▶ Nevada City Co-Housing ▶ Wolf Creek Co-Housing
Timeline	<ul style="list-style-type: none"> ▶ Start Date: July 2023 (Year 1) ▶ Due Date: June 2026 (Year 3)

Desired Outcomes	Active list of available co-housing opportunities.
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Strategy 2.3: Investigate the use of, and incentives for tiny homes and Accessory Dwelling Units (ADUs) to improve housing access, affordability, and sustainability.

Key Steps	<ul style="list-style-type: none"> ▶ Investigate updates to local codes to allow trailers on private properties. ▶ Investigate Regional Housing Authority’s (RHA) ability to update voucher policies for trailers/mobile homes to allow vouchers. ▶ Access to incentives/vouchers for people with units with a shared bathroom. ▶ Investigate incentives for ADU development in the county.
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Lead Agency/ Group	▶ ADRC
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Available Resources	<ul style="list-style-type: none"> ▶ Board of Supervisors and City Councils ▶ Community Representatives ▶ Local Planning and Zoning ▶ Nevada County Housing and Community Services
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Timeline	<ul style="list-style-type: none"> ▶ Start Date: January 2024 (Year 1) ▶ Due Date: June 2026 (Year 3)
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Desired Outcomes	Support changes in 2 policies/local building codes.
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Strategy 2.4: Coordinate with Nevada County to investigate pursuing AARP livable communities and Prohousing Designation Programs to spur housing and make it more livable.

Key Steps	<ul style="list-style-type: none"> ▶ Identify lead agency. ▶ Convene multi-agency/citizens workgroups and advocacy groups. ▶ Research planning policies. ▶ Conduct a self-assessment. ▶ Make a plan.
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Lead Agency/ Group	<ul style="list-style-type: none"> ▶ ADRC ▶ Adult Services – Nevada County
Available Resources	<ul style="list-style-type: none"> ▶ County and City ▶ Local Planning Department ▶ Nevada County Housing and Community Services
Timeline	<ul style="list-style-type: none"> ▶ Start Date: January 2024 (Year 1) ▶ Due Date: June 2026 (Year 3)
Desired Outcomes	Lead agency identified and a plan developed.

Strategy 2.5: Prepare local facilities to utilize the Home & Community-Based Alternatives Waiver and for the Assisted Living Waiver Integration legislation to go into effect.

Key Steps	<ul style="list-style-type: none"> ▶ Identify local board and care and/or assisted living facilities to participate in this state-funded program. ▶ Market and promote assisted living waiver program locally.
Lead Agency/ Group	<ul style="list-style-type: none"> ▶ ADRC ▶ Adult Services – Nevada County ▶ Nevada County Housing and Community Services
Available Resources	<ul style="list-style-type: none"> ▶ Counties approved for this program (referral source) (Alameda, Contra Costa, Fresno, Kern, Los Angeles, Orange, Riverside, Sacramento, San Bernardino, San Diego, San Francisco, San Joaquin, San Mateo, Santa Clara, and Sonoma counties) ▶ Home and Community-based Alternatives Waiver and Assisted Living Waiver (HCBA-ALW) Integration legislation for February 28, 2024 – to be available in all counties
Timeline	<ul style="list-style-type: none"> ▶ Start Date: July 2024 (Year 2) ▶ Due Date: June 2026 (Year 3)
Desired Outcomes	1-3 local facilities to participate in the state-funded program.



Goal 3: Enhanced Caregiving Resources

Strategy 3.1: Investigate the creation of a community college-caregiver pipeline.

Key Steps	<ul style="list-style-type: none"> ▶ Identify a lead agency/group. ▶ Identify courses/classes at the community level to engage. ▶ Promote program to the community and caregiving agencies.
Lead Agency/ Group	<ul style="list-style-type: none"> ▶ Connecting Point (211)
Available Resources	<ul style="list-style-type: none"> ▶ Sierra College ▶ High School ▶ Connecting Point (211) In Home Supportive Services Career Pathways Program ▶ Comfort Keepers ▶ AgapeCare Home Health Inc. ▶ All About Care ▶ Altern Home Care LLC ▶ Always Best Care Senior Services ▶ Amah Home Care ▶ Helping Heart Senior Care Services ▶ Home Instead ▶ HomeWell Care Services ▶ Interim HealthCare of Grass Valley ▶ Interim Home Style Services ▶ Partner’s In Care ▶ Pawnie’s Home Care ▶ Progressive Home Care ▶ Rhonda’s After Care ▶ Shekinah Care-In Home Care for Seniors ▶ Sierra Nevada Home Care
Timeline	<ul style="list-style-type: none"> ▶ Start Date: July 2023 (Year 1) ▶ Due Date: June 2024 (Year 1)

Desired Outcomes	Establish curriculum and regularly scheduled classes.
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Strategy 3.2: Identify funding resources for Sierra Palliative Services.

Key Steps	<ul style="list-style-type: none"> ▶ Outreach to community partners for collaboration and possible funding stream opportunities.
Lead Agency/ Group	<ul style="list-style-type: none"> ▶ Hospice of the Foothills ▶ Dignity Health Care
Available Resources	<ul style="list-style-type: none"> ▶ To be determined
Timeline	<ul style="list-style-type: none"> ▶ Start Date: July 2023 (Year 1) ▶ Due Date: June 2024 (Year 1)
Desired Outcomes	Establish an operational palliative care system for our community.

Strategy 3.3: Determine the local barriers to obtaining an In-Home Supportive Services (IHSS) caregiver for those who qualify.

Key Steps	<ul style="list-style-type: none"> ▶ Conduct interviews with service providers. ▶ Investigate doing a survey with IHSS recipients.
Lead Agency/ Group	<ul style="list-style-type: none"> ▶ ADRC ▶ Connecting Point (211)
Available Resources	<ul style="list-style-type: none"> ▶ Adult Services – Nevada County IHSS ▶ California Department of Social Services ▶ One Source – Empowering Caregivers ▶ United Domestic Workers (UDW)
Timeline	<ul style="list-style-type: none"> ▶ Start Date: July 2023 (Year 1) ▶ Due Date: June 2024 (Year 1)
Desired Outcomes	List of identified barriers and recommendations.

Strategy 3.4: Increase Availability of Respite Care.

Key Steps	<ul style="list-style-type: none"> ▶ Explore funding sources. ▶ Recruit volunteers as respite caregivers.
Lead Agency/ Group	▶ One Source – Empowering Caregivers
Available Resources	<ul style="list-style-type: none"> ▶ Connecting Point (211) ▶ Dignity Health/Sierra Nevada Memorial Hospital
Timeline	<ul style="list-style-type: none"> ▶ Start Date: July 2023 (Year 1) ▶ Due Date: June 2025 (Year 2)
Desired Outcomes	Robust respite resources.

Strategy 3.5: Advocate for standardizing IHSS caregiver pay across the State.

Key Steps	<ul style="list-style-type: none"> ▶ Investigate possible legislation and advocacy opportunities for a standard wage increase. ▶ Ensure positive marketing efforts to elevate the caregiving/caregiver profession are in the Communications/Marketing Plan (See Goal 6: Strategy 6.2).
Lead Agency/ Group	▶ Connecting Point (211)
Available Resources	<ul style="list-style-type: none"> ▶ California State Department of Social Services (DSS) ▶ IHSS Advocacy Group ▶ Public Health Directors Association ▶ UDW
Timeline	<ul style="list-style-type: none"> ▶ Start Date: July 2023 (Year 1) ▶ Due Date: June 2026 (Year 3)
Desired Outcomes	Participate in 3 advocacy efforts.

Strategy 3.6: Expand adult day programs.

Key Steps	<ul style="list-style-type: none"> ▶ Identify partners. ▶ Explore funding sources. ▶ Establish at least two new adult day programs that are centrally located, one in Western and one in Eastern County.
Lead Agency/ Group	<ul style="list-style-type: none"> ▶ Alta Regional Center ▶ Helping Hands
Available Resources	<ul style="list-style-type: none"> ▶ AAA4 ▶ ADRC ▶ Alzheimer’s Association ▶ Alzheimer’s Outreach Program ▶ EngAGED Services ▶ Gold Country Senior Services (upcoming Senior Center) ▶ Hospital/Medical Sector ▶ Neighborhood Center of the Arts ▶ Nevada County Association of the Developmentally Disabled ▶ One Source – Empowering Caregivers ▶ PRIDE
Timeline	<ul style="list-style-type: none"> ▶ Start Date: July 2024 (Year 2) ▶ Due Date: June 2026 (Year 3)
Desired Outcomes	Establish 2 new adult day programs.



Goal 4: Progressive Health Care Access

Strategy 4.1: Investigate opportunities to increase access to telehealth.

Key Steps	<ul style="list-style-type: none"> ▶ Apply for grant programs. ▶ Speak to Partnership Health on telehealth options and identify gaps.
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	<ul style="list-style-type: none"> ▶ Outreach with California Low-Cost Internet Plans to make it available. ▶ Training on technology and support.
Lead Agency/ Group	<ul style="list-style-type: none"> ▶ ADRC ▶ Adult Services – Nevada County
Available Resources	<ul style="list-style-type: none"> ▶ Dignity Health/Sierra Nevada Memorial Hospital ▶ Health Plans ▶ Home Health ▶ Nevada County Senior Outreach Nurse Team ▶ Partnership Health ▶ Sierra Services for the Blind ▶ Technology grant program - FREED
Timeline	<ul style="list-style-type: none"> ▶ Start Date: July 2023 (Year 1) ▶ Due Date: June 2024 (Year 1)
Desired Outcomes	Identify 3 activities that will increase access to telehealth in Nevada County.

Strategy 4.2: Ensure effective coordination of CalAIM Funding in the County.

Key Steps	<ul style="list-style-type: none"> ▶ Understand the CalAIM program and how it impacts local service providers. ▶ Identify agency/organization that could contract with CalAIM and subcontract local partners. ▶ Coordinate a collaborative group of interested providers. ▶ Connect potential providers with Partnership Health managed care plan for 2024 rollout.
Lead Agency/ Group	▶ Behavioral Health - Nevada County
Available Resources	<ul style="list-style-type: none"> ▶ AAA4 ▶ Adult Services - Nevada County ▶ Health Care Squared (HC²) Strategies ▶ Hospitality House

	<ul style="list-style-type: none"> ▶ Managed Care Plans ▶ Partnership Health Plan
Timeline	<ul style="list-style-type: none"> ▶ Start Date: July 2023 (Year 1) ▶ Due Date: June 2026 (Year 3)
Desired Outcomes	75% of enhanced case management are provided by local providers.

Strategy 4.3: Get mental health volunteers for family therapy and safety planning.

Key Steps	<ul style="list-style-type: none"> ▶ Identify lead agency/organization. ▶ Investigate the potential for a community program.
Lead Agency/ Group	<ul style="list-style-type: none"> ▶ Adult Services – Nevada County
Available Resources	<ul style="list-style-type: none"> ▶ Anew Day Counseling ▶ Behavioral Health – Nevada County ▶ FREED (Pearls Program) ▶ National Alliance for Mental Illness (NAMI) ▶ Spirit Center
Timeline	<ul style="list-style-type: none"> ▶ Start Date: July 2024 (Year 2) ▶ Due Date: June 2025 (Year 2)
Desired Outcomes	List of volunteers able to help and support community families.

Strategy 4.4: Investigate and promote prescription drug affordability options.

Key Steps	<ul style="list-style-type: none"> ▶ Investigate options (drug plans, manufacturer assistance programs, etc.). ▶ Outreach to inform the community.
Lead Agency/ Group	<ul style="list-style-type: none"> ▶ ADRC ▶ Adult Services – Nevada County
Available	<ul style="list-style-type: none"> ▶ AAA4 ▶ Health Insurance Counseling & Advocacy Program (HICAP)

Resources	▶ Hospital Foundation
Timeline	▶ Start Date: July 2024 (Year 2) ▶ Due Date: June 2025 (Year 2)
Desired Outcomes	Drug affordability options gathered, and communication tools developed/distributed.



Goal 5: Expanded Transportation Options

Strategy 5.1: Promote the Dial-A-Ride area expansion.

Key Steps	▶ Develop marketing/advertising to be disseminated to partner agencies.
Lead Agency/ Group	▶ Nevada County Connects
Available Resources	▶ Dial-A-Ride ▶ Nevada County Transit Services ▶ Nevada County Transportation Commission (NCTC)
Timeline	▶ Start Date: July 2023 (Year 1) ▶ Due Date: June 2026 (Year 3)
Desired Outcomes	Outreach materials distributed to ADRC partners.

Strategy 5.2: Secure funding for on-demand transportation.

Key Steps	▶ Identify the funding available for on-demand transportation and the need for additional funding. ▶ Investigate AAA4 funding, any potential flexibilities, and creative ways to fund on-demand transportation.
Lead Agency/	▶ ADRC

Group	
Available Resources	<ul style="list-style-type: none"> ▶ AAA4 ▶ Hospitality House (OAA Funded Transportation Program) ▶ Nevada County Connects ▶ Nevada County Now Paratransit Services ▶ Nevada County Transit Services ▶ Senior First Placer Rides
Timeline	<ul style="list-style-type: none"> ▶ Start Date: July 2023 (Year 1) ▶ Due Date: June 2026 (Year 3)
Desired Outcomes	Increase funding for on-demand transportation.

Strategy 5.3: Research the feasibility of a volunteer transportation program.

Key Steps	<ul style="list-style-type: none"> ▶ Identify partners for program coordination. ▶ Identify funding sources for gas and insurance.
Lead Agency/ Group	<ul style="list-style-type: none"> ▶ AAA4 ▶ Gold County Senior Services ▶ Nevada County Connects ▶ Transit for the Tahoe Area (TART)
Available Resources	<ul style="list-style-type: none"> ▶ Connecting Point (211) ▶ Transit for the Tahoe Area (TART)
Timeline	<ul style="list-style-type: none"> ▶ Start Date: July 2024 (Year 2) ▶ Due Date: June 2026 (Year 3)
Desired Outcomes	Have an established program.

Strategy 5.4: Coordinate outreach to older adults and people with disabilities regarding transportation service opportunities including travel training.

Key Steps	<ul style="list-style-type: none"> ▶ Identify a funding source. ▶ Identify partners to conduct training.
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Lead Agency/ Group	<ul style="list-style-type: none"> ▶ ADRC ▶ Connecting Point (211)
Available Resources	<ul style="list-style-type: none"> ▶ Nevada County Connects
Timeline	<ul style="list-style-type: none"> ▶ Start Date: July 2024 (Year 2) ▶ Due Date: June 2026 (Year 3)
Desired Outcomes	Outreach materials and strategies developed.

Strategy 5.5: Increase transportation services to and from medical appointments within and out of county for the blind and visually impaired as well as individuals with types of disabilities and older adults.

Key Steps	<ul style="list-style-type: none"> ▶ Partner with Partnership Health to increase capacity of Medi-Cal funded transportation. ▶ Identify additional funding sources to increase capacity in Western County and Eastern County. ▶ Identify partners to assist with volunteer recruitment efforts for Eastern County.
Lead Agency/ Group	<ul style="list-style-type: none"> ▶ ADRC ▶ Sierra Services for the Blind ▶ Partnership Health
Available Resources	<ul style="list-style-type: none"> ▶ Connecting Point (211) ▶ Dignity Health/Sierra Nevada Memorial Hospital ▶ Nevada County Connects ▶ Hospitality House ▶ Transit for the Tahoe Area (TART) ▶ Legal Services of Northern CA
Timeline	<ul style="list-style-type: none"> ▶ Start Date: July 2024 (Year 2) ▶ Due Date: June 2026 (Year 3)
Desired Outcomes	Increased access to specialty medical care.



Goal 6: Effective Coordination, Communication, & Education

Strategy 6.1: Coordinate with local agencies to provide community guidance about being prepared in the event of emergencies, and the needs of older adults and people with disabilities in evacuations and disasters.

Key Steps	<ul style="list-style-type: none"> ▶ Gather available resources and community group input. ▶ Create a check-off list/one-pager. ▶ Develop a plan for community-wide distribution.
Lead Agency/ Group	<ul style="list-style-type: none"> ▶ ADRC ▶ Adult Services – Nevada County ▶ Veterans Office – Nevada County
Available Resources	<ul style="list-style-type: none"> ▶ Connecting Point (211) ▶ Fire Safe Council of Nevada County ▶ FREED ▶ Listos preparedness program ▶ Nevada County Office of Emergency Preparedness
Timeline	<ul style="list-style-type: none"> ▶ Start Date: July 2023 (Year 1) ▶ Due Date: September 2024 (Year 1)
Desired Outcomes	<ul style="list-style-type: none"> ▶ Create a check-off list/one-pager for local agencies about the needs of older adults and people with disabilities in times of emergencies. ▶ Create a one-page Emergency Resource flyer with local emergency numbers.

Strategy 6.2: Develop a communications/marketing strategy related to available long-term services and supports for older adults, people with disabilities, and caregivers that takes into consideration social stigmas.

Key Steps	<ul style="list-style-type: none"> ▶ Identify an individual to coordinate the project. ▶ Identify funding sources.
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	<ul style="list-style-type: none"> ▶ Identify marketing professional with understanding of how to reach and messaging for priority populations. ▶ Coordinate with statewide marketing plan for ADRCs (depending on the State’s timeline). ▶ Develop communications/marketing plan. ▶ Create a booklet and online source with local and statewide programs, services, and supports for older adults, people with disabilities, and caregivers. ▶ Create an online caregiver resource page (could be hosted by Sierra Nevada Memorial Foundation)
Lead Agency/ Group	<ul style="list-style-type: none"> ▶ ADRC
Available Resources	<ul style="list-style-type: none"> ▶ Connecting Point (211) ▶ Nevada County Public Information Officer ▶ Navigators ▶ Media Outlets (e.g., radio station, newspapers, bus advertisements, newsletters, and social media) ▶ Sierra Nevada Memorial Foundation
Timeline	<ul style="list-style-type: none"> ▶ Start Date: July 2023 (Year 1) ▶ Due Date: June 2025 (Year 2)
Desired Outcomes	<p>Communications/ Marketing Plan developed.</p> <p>Online and physical resources developed with local and statewide programs, services, and supports.</p>

Strategy 6.3: Develop tools and strategies to increase coordination and connection among community service providers.

Key Steps	<ul style="list-style-type: none"> ▶ Identify all local community group’s coordination meetings and communicate with service providers. ▶ Develop a communication tree for the dissemination of messaging, resources, events, meetings, and information. ▶ Repository of recorded training for service providers. ▶ Develop an online hub for service providers (e.g., social media page).
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Lead Agency/ Group	<ul style="list-style-type: none"> ▶ ADRC ▶ Adult Services – Nevada County
Available Resources	<ul style="list-style-type: none"> ▶ Local Assets and Resources Grid ▶ Breakfast Club ▶ Public Information Officer at Connecting Point (211) (Key resource for posting information) ▶ Media Outlets (e.g., social media for providers and radio spots)
Timeline	<ul style="list-style-type: none"> ▶ Start Date: July 2023 (Year 1) ▶ Due Date: June 2026 (Year 3)
Desired Outcomes	Online hub for service providers developed.

Strategy 6.4: Coordinate with local programs and services to continue development of a community data exchange.

Key Steps	<ul style="list-style-type: none"> ▶ Identify funding sources to maintain and expand the existing program. ▶ Identify a dedicated staff person to work on the database. ▶ Identify partner organizations willing to participate
Lead Agency/ Group	<ul style="list-style-type: none"> ▶ Connecting Point (211)
Available Resources	<ul style="list-style-type: none"> ▶ Adult Services – Nevada County ▶ Behavioral Health – Nevada County ▶ CalAIM ▶ Elder Care Provider Coalition (“purple book”) ▶ FREED
Timeline	<ul style="list-style-type: none"> ▶ Start Date: July 2023 (Year 1) ▶ Due Date: June 2026 (Year 3)
Desired Outcomes	Sustainable community data exchange developed.

Strategy 6.5: Identify and coordinate with agencies to educate the community on existing financial literacy resources (e.g., protection from scams,

budgeting, etc.).	
Key Steps	<ul style="list-style-type: none"> ▶ Identify financial literacy educational opportunities in the community. ▶ Coordinate with agencies on educational opportunities. ▶ Develop an educational resources list to refer older adults and people with disabilities.
Lead Agency/ Group	<ul style="list-style-type: none"> ▶ Adult Services - Nevada County
Available Resources	<ul style="list-style-type: none"> ▶ Area Agency on Aging/Area 4 (AAA4) education on scams and fraud ▶ Chamber of Commerce ▶ Financial Institution/Bank ▶ FREED (Financial Protection Bureau train-the-trainer) ▶ Sierra College ▶ Young Entrepreneurs
Timeline	<ul style="list-style-type: none"> ▶ Start Date: July 2024 (Year 2) ▶ Due Date: June 2025 (Year 2)
Desired Outcomes	Produce an annual one-pager of education and educational resources.

Strategy 6.6: Coordinate countywide to leverage state/local funding opportunities.

Key Steps	<ul style="list-style-type: none"> ▶ Research and identify grant opportunities to support community needs. ▶ Identify countywide partners to leverage funding opportunities.
Lead Agency/ Group	<ul style="list-style-type: none"> ▶ ADRC ▶ Adult Services – Nevada County
Available Resources	<ul style="list-style-type: none"> ▶ AAA4 ▶ Dignity Health/Sierra Nevada Memorial Hospital ▶ California Department of Aging ▶ California Department of Rehabilitation ▶ Managed Care Plans

	▶ Nevada County CEO's Office
Timeline	<ul style="list-style-type: none">▶ Start Date: July 2024 (Year 2)▶ Due Date: June 2025 (Year 2)
Desired Outcomes	Process established for sharing and coordinating grant and partner opportunities.

Glossary of Planning Terms

Terms	Definition
Vision	Futuristic view regarding our ideal state or conditions that we aspire to change or create.
Mission	Our core purpose: what we do and why.
Goals	Broad statements about our long-term expectations or outcomes.
Strategic Actions	Specific actions we will take to achieve our Goals.
Key Steps	Tactics or activities necessary to achieve each strategic action.

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Appendices

Appendix A. Data Map

NEVADA COUNTY MASTER PLAN FOR AGING & DISABILITY

Data Map

This Data Map is a tool to understand aging and disabilities landscape in Nevada County based on the California Master Plan for Aging’s 5 Bold Goals for 2030: 1) Housing for all Ages and Stages; 2) Health Reimagined; 3) Inclusion and Equity, not Isolation; 4) Caregiving that Works; and 5) Affordable Aging. It is made up of available data from local, state, and online sources (sources cited below). The goals of the Data Map are to assist the county in identifying strategic priorities, assessing the need for additional data collection, and establishing benchmarks for improving aging and disability needs in the county.

Community Demographic Data

Indicators	Nevada County Data	Source	California Data	Source
Population	– 99,417	US Census, Population 60 Years and Over in the United States (Geos Filters: Nevada County;	– 39,346,023	US Census, Population 60 Years and Over in the United States (Geos Filters: Nevada County;
– Total	– 36,536 (36.75%)		– 7,898,685 (20.01%)	
	○ 47.2%		○ 45.6%	
	○ 52.8%		○ 54.4%	

Indicators	Nevada County Data	Source	California Data	Source
<ul style="list-style-type: none"> - Older adults (aged 60+) (percent of total population) <ul style="list-style-type: none"> ▪ Percentage Male ▪ Percentage Female 		California), American Community Survey (ACS) 5-Year Estimates Data Profiles, URL: https://api.census.gov/data/2020/acs/acs5/subject (2020)		California), American Community Survey (ACS) 5-Year Estimates Data Profiles, URL: https://api.census.gov/data/2020/acs/acs5/subject (2020)
Percentage of (noninstitutionalized) persons with a disability <ul style="list-style-type: none"> - Total civilian population (% of total population) - 60 years and over 	<ul style="list-style-type: none"> - 13.9% - 24.1% 	US Census, ACS 5-Year Estimates (2020) (See details above)	<ul style="list-style-type: none"> - 10.7% - 29.2% 	US Census, ACS 5-Year Estimates (2020) (See details above)
Race <ul style="list-style-type: none"> - White alone (not Hispanic or Latino) - Hispanic or Latino - Asian - American Indian/Alaska Native - Black or African American 	<ul style="list-style-type: none"> - 84.8% - 9.5% - 1.1% - .5% - .4% - .2% - 1.2% 	US Census, ACS 5-Year Estimates (2020) (See details above)	<ul style="list-style-type: none"> - 36.5% - 39.1% - 14.8% - .8% - 5.7% - .4% - 14.3% 	US Census, ACS 5-Year Estimates (2020) (See details above)

Indicators	Nevada County Data	Source	California Data	Source
<ul style="list-style-type: none"> – Native Hawaiian and Other Pacific Islander – Other 				
Race for Population 60 Years and Over <ul style="list-style-type: none"> – White alone (not Hispanic or Latino) – Hispanic or Latino Origin – Asian – American Indian/Alaska Native – Black or African American – Native Hawaiian and Other Pacific Islander – Other 	<ul style="list-style-type: none"> – 92.1% – 4.0% – 1.0% – .4% – .3% – .1% – .5% 	US Census, ACS 5-Year Estimates (2020) (See details above)	<ul style="list-style-type: none"> – 54.7% – 21.8% – 15.7% – .7% – 5.5% – .3% – 8.0% 	US Census, ACS 5-Year Estimates (2020) (See details above)
Race and Percent of Persons with a Disability <ul style="list-style-type: none"> – White Alone (not Hispanic or Latino) <ul style="list-style-type: none"> ▪ Under 18 Years (% of total disabled) 	<ul style="list-style-type: none"> – 11,990 (14.35%; n=83,568) <ul style="list-style-type: none"> ▪ 317 ▪ 5,001 ▪ 6,672 – 963 (10.35%; n=9,304) 	US Census, ACS 5-Year Estimates, Race and Ethnicity; Disability, URL: https://api.census.gov/data/2020/acs/acs5 (2020)	<ul style="list-style-type: none"> – 1,917,983 (13.54%; n=14,166,137) <ul style="list-style-type: none"> ▪ 73,108 ▪ 804,461 ▪ 1,040,414 	US Census, ACS 5-Year Estimates, Race and Ethnicity; Disability, URL: https://api.census.gov/data/2020/acs/acs5 (2020)

Indicators	Nevada County Data	Source	California Data	Source
<ul style="list-style-type: none"> ▪ 18 to 64 years ▪ 65 years and over – Hispanic or Latino <ul style="list-style-type: none"> ▪ Under 18 Years (% of total disabled) ▪ 18 to 64 years ▪ 65 years and over 	<ul style="list-style-type: none"> ▪ 54 ▪ 696 ▪ 213 		<ul style="list-style-type: none"> – 1,276,492 (8.39%; n=15,212,871) ▪ 168,496 ▪ 689,984 ▪ 418,012 	
Age and Percent of Persons with a Disability (in that age bracket) <ul style="list-style-type: none"> – Under 5 years – 5 to 17 years – 18 to 34 years – 35 to 64 years – 65 to 74 years – 75 years and over 	<ul style="list-style-type: none"> – 0.0% – 4.8% – 7.9% – 12.3% – 19.8% – 41.9% 	US Census, ACS 5-Year Estimates, Disability Characteristics, URL: https://api.census.gov/data/2019/acs/acs5/profile (2019)	<ul style="list-style-type: none"> – .7% – 4.3% – 5.0% – 9.9% – 23.4% – 50.0% 	US Census, ACS 5-Year Estimates, Disability Characteristics, URL: https://api.census.gov/data/2019/acs/acs5/profile (2019)
Persons and Older Adults with Disability Types <ul style="list-style-type: none"> – With a hearing difficulty <ul style="list-style-type: none"> ▪ Population 65 years and over – With a vision difficulty 	<ul style="list-style-type: none"> – 5,298 (5.4%) <ul style="list-style-type: none"> ▪ 3,767 (14.6%) – 2,234 (2.3%) <ul style="list-style-type: none"> ▪ 1,101 (4.3%) – 4,589 (4.9%) <ul style="list-style-type: none"> ▪ 1,594 (6.2%) 	US Census, ACS 5-Year Estimates, Disability Characteristics, URL: https://api.census.gov/data/2019/acs/acs5/profile (2019)	<ul style="list-style-type: none"> – 2.9% <ul style="list-style-type: none"> ▪ 13.7% – 2.0% <ul style="list-style-type: none"> ▪ 6.3% – 4.3% <ul style="list-style-type: none"> ▪ 9.7% 	US Census, ACS 5-Year Estimates, Disability Characteristics, URL: https://api.census.gov/data/2019/acs/acs5/profile (2019)

Indicators	Nevada County Data	Source	California Data	Source
<ul style="list-style-type: none"> ▪ Population 65 years and over – With a cognitive difficulty <ul style="list-style-type: none"> ▪ Population 65 years and over – With an ambulatory difficulty <ul style="list-style-type: none"> ▪ Population 65 years and over – With a self-care difficulty <ul style="list-style-type: none"> ▪ Population 65 years and over – With an independent living difficulty <ul style="list-style-type: none"> ▪ Population 65 years and over 	<ul style="list-style-type: none"> – 7,015 (7.5%) <ul style="list-style-type: none"> ▪ 3,843 (14.9%) – 2,393 (2.5%) <ul style="list-style-type: none"> ▪ 1,251 (4.8%) – 4,774 (5.9%) <ul style="list-style-type: none"> ▪ 2,474 (9.6%) 		<ul style="list-style-type: none"> – 5.8% <ul style="list-style-type: none"> ▪ 22.3% – 2.6% <ul style="list-style-type: none"> ▪ 9.6% – 5.5% <ul style="list-style-type: none"> ▪ 16.6% 	
<p>Languages Spoken at Home and Ability to Speak English for Population 65 Years and Over</p> <ul style="list-style-type: none"> – English only – Speak English Less than “Very Well” 	<ul style="list-style-type: none"> – 95% – 1.2% 	<p>US Census, ACS-5 Year Estimates Data Profiles, Population 65 Years and Over, URL: https://api.census.gov/data/2019/acs/acs5/profile (2019)</p>	<ul style="list-style-type: none"> – 64.3% – 23.1% 	<p>US Census, ACS-5 Year Estimates Data Profiles, Population 65 Years and Over, URL: https://api.census.gov/data/2019/acs/acs5/profile (2019)</p>

Indicators	Nevada County Data	Source	California Data	Source
Marital Status of Population 65 Years and Older <ul style="list-style-type: none"> — Now married, except separated — Widowed — Divorced — Separated — Never married 	<ul style="list-style-type: none"> — 61.1% — 19.1% — 14.9% — 0.4% — 4.4% 	US Census, ACS-5 Year Estimates Data Profiles, Population 65 Years and Over, URL: https://api.census.gov/data/2019/acs/acs5/profile (2019)	<ul style="list-style-type: none"> — 54.1% — 22.5% — 14.9% — 1.7% — 6.8% 	US Census, ACS-5 Year Estimates Data Profiles, Population 65 Years and Over, URL: https://api.census.gov/data/2019/acs/acs5/profile (2019)
Educational Attainment for Population 65 Years and Over <ul style="list-style-type: none"> — Less than high school graduate — High school graduate, GED, or alternative — Some college or associates degree — Bachelor’s degree or higher 	<ul style="list-style-type: none"> — 5.6% — 18.4% — 38.8% — 37.2% 	US Census, ACS-5 Year Estimates Data Profiles, Population 65 Years and Over, URL: https://api.census.gov/data/2019/acs/acs5/profile (2019)	<ul style="list-style-type: none"> — 19.7% — 20.7% — 28.1% — 31.5% 	US Census, ACS-5 Year Estimates Data Profiles, Population 65 Years and Over, URL: https://api.census.gov/data/2019/acs/acs5/profile (2019)
Responsibility for Grandchildren Under 18 Years Old for Population 65 Years or Older	<ul style="list-style-type: none"> — 2.2% — .8% 	Estimates Data Profiles, Population 65 Years and Over, URL: https://api.census.gov/d	<ul style="list-style-type: none"> — 8.3% — 1.3% 	Estimates Data Profiles, Population 65 Years and Over, URL: https://api.census.gov/

Indicators	Nevada County Data	Source	California Data	Source
<ul style="list-style-type: none"> — Living with grandchildren — Responsible for grandchildren 		ata/2019/acs/acs5/profile (2019)		data/2019/acs/acs5/profile (2019)
Grandparents Responsible for Own Grandchildren Under 18 years and Age of Grandparent by Disability Status <ul style="list-style-type: none"> — Total — Age 60 years and over 	With any Disability <ul style="list-style-type: none"> — 127 — 61 No Disability <ul style="list-style-type: none"> — 462 — 264 	US Census, Selected Economic Characteristics, ACS 5-Year Estimates Data Profiles, URL: https://api.census.gov/data/2019/acs/acs5/profile (2019)	With any Disability <ul style="list-style-type: none"> — 50,601 — 31,331 No Disability <ul style="list-style-type: none"> — 199,011 — 88,510 	US Census, Selected Economic Characteristics, ACS 5-Year Estimates Data Profiles, URL: https://api.census.gov/data/2019/acs/acs5/profile (2019)
Veteran Status for Population 65 Years or Older <ul style="list-style-type: none"> — Civilian Veteran 	<ul style="list-style-type: none"> — 9.8% 	Estimates Data Profiles, Population 65 Years and Over, URL: https://api.census.gov/data/2019/acs/acs5/profile (2019)	<ul style="list-style-type: none"> — 14.8% 	Estimates Data Profiles, Population 65 Years and Over, URL: https://api.census.gov/data/2019/acs/acs5/profile (2019)

Goal 1: 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.

Indicators	Nevada County Data	Source	California Data	Source
Occupied Housing Units – Housing Tenure for Population Age 65 Years and Older <ul style="list-style-type: none"> – Owner-Occupied Housing Units – Renter-Occupied Housing Units 	<ul style="list-style-type: none"> – 82.5% – 17.5% 	US Census, ACS-5 Year Estimates Data Profiles, Population 65 Years and Over, URL: https://api.census.gov/data/2019/acs/acs5/profile (2019)	<ul style="list-style-type: none"> – 72.9% – 27.1% 	US Census, ACS-5 Year Estimates Data Profiles, Population 65 Years and Over, URL: https://api.census.gov/data/2019/acs/acs5/profile (2019)
Relationship by Household Type for Population Age 65 Years and Over <ul style="list-style-type: none"> – Total Population – In Households <ul style="list-style-type: none"> ▪ In Family Households <ul style="list-style-type: none"> ○ Householder <ul style="list-style-type: none"> • Male • Female ○ Spouse 	<ul style="list-style-type: none"> – 27,250 – 26,657 (97.82%) <ul style="list-style-type: none"> ▪ 18,394 <ul style="list-style-type: none"> ○ 8,798 ▪ 5,520 ▪ 3,278 ○ 7,991 <ul style="list-style-type: none"> • Male • Female ○ 389 	US, Census, ACS-5 Year Estimates, Relationship by Household Type (including living alone) for the population age 65 years and over, URL: https://api.census.gov/data/2019/acs/acs5/profile	<ul style="list-style-type: none"> – 5,644,497 – 5,504,434 (97.52%) <ul style="list-style-type: none"> ▪ 3,989,414 (72.48%) <ul style="list-style-type: none"> ○ 1,809,652 <ul style="list-style-type: none"> ▪ 1,108,36 ▪ 701,283 ○ 1,274,968 ○ 508,973 ○ 156,222 	US, Census, ACS-5 Year Estimates, Relationship by Household Type (including living alone) for the population age 65 years and over, URL: https://api.census.gov/data/2019/acs/acs5/profile

Indicators	Nevada County Data	Source	California Data	Source
<ul style="list-style-type: none"> ○ Parent ○ Parent-In-Law ○ Other Relatives ○ Non-Relatives ▪ In Non-Family Households <ul style="list-style-type: none"> ○ Householder <ul style="list-style-type: none"> ● Male <ul style="list-style-type: none"> ▪ Living Alone ▪ Not Living Alone ● Female <ul style="list-style-type: none"> ▪ Living Alone ▪ Not Living Alone ○ Nonrelative — In Group Quarters 	<ul style="list-style-type: none"> ○ 297 ○ 137 ▪ 8,263 ○ 7,296 <ul style="list-style-type: none"> ● 2,572 <ul style="list-style-type: none"> ▪ 2,183 (8% of total population age 65+) ● 4,724 <ul style="list-style-type: none"> ▪ 389 ▪ 4,267 (15.55% of total population age 65+) ▪ 457 ○ 967 — 593 (2%) 	<p>gov/data/2020/acs/acs5 (2020)</p>	<ul style="list-style-type: none"> ○ 174,554 ○ 65,045 ▪ 1,515,020 (27.52%) ○ 1,389,198 <ul style="list-style-type: none"> ● 470,420 <ul style="list-style-type: none"> ▪ 408,172 (7.2% total population age 65+) ● 918,778 <ul style="list-style-type: none"> ▪ 62,248 ▪ 848,193 (15.02% total population age 65+) ▪ 70,585 ○ 125,822 — 140,063 (2.48%) 	<p>.gov/data/2020/acs/acs5 (2020)</p>
<p>Residence 1 year ago for Population Age 65 Years and Older</p> <ul style="list-style-type: none"> — Same house 	<ul style="list-style-type: none"> — 92.7% — 7% <ul style="list-style-type: none"> ▪ 2.9% ▪ 4.1% ○ 2.9% 	<p>US Census, ACS-5 Year Estimates, Residence 1 year ago for Population age 65 years and over, URL:</p>	<ul style="list-style-type: none"> — 93.8% — 5.7% <ul style="list-style-type: none"> ▪ 3.7% ▪ 2.0% ○ 1.3% 	<p>US Census, ACS-5 Year Estimates, Residence 1 year ago for Population age 65 years and over, URL:</p>

Indicators	Nevada County Data	Source	California Data	Source
<ul style="list-style-type: none"> - Different house in the United States <ul style="list-style-type: none"> o Same county o Different county <ul style="list-style-type: none"> ▪ Same state ▪ Different state - Abroad 	<ul style="list-style-type: none"> o 1.3% - 0.3% 	https://api.census.gov/data/2019/acs/acs5/profil (2019)	<ul style="list-style-type: none"> o 0.6% - 0.5% 	https://api.census.gov/data/2019/acs/acs5/profil (2019)
Estimated percent of housing in unincorporated areas of the county	60%	Nevada County Legislative Platform (2021)  Legislative Platform 2021_FINAL_Adopte	N/a	
Strategy A: More Housing Options				
<i>New Housing Options: Number of new housing options to age well⁴</i>	3 (Lone Oak Apartments in Penn Valley Summer 2021; Brunswick Commons opening in Spring 2022; Cashin’s Field opening in Winter of 2022)	FREED/ASNC Playbook meetings (December 2021)	N/a (placeholder)	Master Plan on Aging, https://embed.learimpact.com/S/corecard/Embed/66348

⁴ Italicized indicators are taken from the California Master Plan for Aging (January 2021), which can be viewed at: <https://mpa.aging.ca.gov/>

Indicators	Nevada County Data	Source	California Data	Source
Affordable Housing: Number of subsidized housing units per 10,000 population	135	https://livabilityindex.aarp.org/search#California+USA	108	Master Plan on Aging, https://embed.clearimpact.com/Scorecard/Embed/66348 (2018)
Housing Units that are subsidized with Housing Choice or Section 8 vouchers	<p>The Regional Housing Authority currently assists 483 units with housing choice or section 8 vouchers. This is not the total number of subsidized units in Nevada County.</p> <ul style="list-style-type: none"> – Nevada: 342 – VASH: 5 – Lone Oak: 30 – Courtyard: 14 – Grass Valley Terrace: 25 – Emergency Vouchers: 5 – Mainstream: 52 	Regional Housing Authority		
Shortage of rental homes affordable and available to extremely low-income households (ELI), whose incomes are at or below the poverty guideline or 30% of			Shortage of 962,667	https://nlihc.org/housing-needs-by-state/california (2022)

Indicators	Nevada County Data	Source	California Data	Source
their area median income (AMI)				
Strategy B: Transportation Beyond Cars				
Types of Transportation: <i>Percent of all trips that are transit trips (including paratransit) by adults age 60 or older</i>	<ul style="list-style-type: none"> — Roughly 33% of all trips taken in 2018/19 were categorized as “discount”, meaning they were senior/disabled or youth riders: <ul style="list-style-type: none"> ▪ 1,382 Discount fare passes sold (approximately 20% of the total ridership) (~41,460 trips out of 204,795) ▪ 25,669 additional cash discount fare trips taken (12.5%) 	E-mail correspondence with Nevada County Connects, Transit Services Division Manager, 5/6/2022 (2018/2019 service year)	4.7%	Master Plan on Aging, https://embed.cl earimpact.com/S corecard/Embed /66348 (2017)
Strategy C: Outdoor & Community Spaces for All Ages				
Park Access: Percent of adults age 60 or older who live within a half mile of a park <ul style="list-style-type: none"> — Supplemental measure: Percent of residents 	(Was unable to access GIS Data for Nevada City, Grass Valley, and Truckee)	https://www.parksforcalifornia.org/communities/?address=Nevada%20City&lat=39.26278305&lng=-	24%	Master Plan on Aging, https://embed.cl earimpact.com/S

Indicators	Nevada County Data	Source	California Data	Source
over ½ mile from a park from their respective census tract		121.01945496&overlays=parks		corecard/Embed/66348 (2020)
Park Access: Percent of adults age 60 or older who live in communities with less than three acres of parks or open space per 1,000 residents	Nevada City – 5.05 Grass Valley – 2.61 Truckee – 80.53	Supplemental measure: Number of parks per 1,000 people within a half mile radius https://www.parksforcalifornia.org/communities/?addresses=Nevada%20City&lat=39.26278305&lng=-121.01945496&overlays=parks	62%	Supplemental measure: Percent of residents living in tracts with less than 3 acres of parks or open space per 1,000 residents Master Plan on Aging, https://embed.corecard.com/S/66348 (2020)
Community walkability/ accessibility	Most of the county is rated least walkable with a 1-5.75 rating on the walkability index, which means community members must rely heavily on car or public transportation to get around. There are only a	National Walkability Index, Environmental Protection Agency: https://www.epa.gov/smartgrowth/smart-location-mapping#walkability	N/a	

Indicators	Nevada County Data	Source	California Data	Source
	couple of small census block groups in downtown Grass Valley and Truckee that are considered above average walkable.			
Strategy D: Emergency Preparedness & Response				
<i>Natural Hazards: Percent of adults age 60 or older who live in a hazard area</i>	All Nevada County could be considered living in a hazard area to fire and limited access in and out of the County	Anecdotal data; FREED/ASNC Playbook meetings (December 2021)	N/a (placeholder)	Master Plan on Aging, https://embed.cl earimpact.com/S corecard/Embed /66348
Strategy E: Climate-Friendly Aging				
<i>Low-Emission Transportation: Percent of all trips that are low emission trips by adults age 60 or older</i>	Not easily available	https://nhts.ornl.gov/	19.4%	Master Plan on Aging, https://embed.cl earimpact.com/S corecard/Embed /66348 (2017)

Goal 2: Health Reimagined

We will have access to the care and services we need to optimize our health and quality of life and to continue to live where we choose.

Indicators	Nevada County Data	Source	California Data	Source
Community Healthcare Costs — In patient financial assistance, unreimbursed costs of Medicaid, community health improvement services, community grants and other community benefits — Unreimbursed costs of caring for patients covered by Medicare	— \$4,505,751 — \$36,393,673	 Sierra-Nevada-Memorial-Hospital-CBrep		
Strategy A: Bridging Health Care with Home				
<i>Gaps in Services and Supports: Number of counties with 2 or less categories of services and supports available</i>		See Assets and Resources Grid for Nevada County Aging/Disabilities Services and Supports available	5	Master Plan on Aging, https://embed.clearimpact.com/Scorecard/Embed/66348 (2020)

Indicators	Nevada County Data	Source	California Data	Source
Availability of Services and Supports: Number of older adults per programs of All-inclusive Care for the Elderly (PACE) Center	Nevada County does not have a PACE program locally	https://calpace.org/	95,707	Master Plan on Aging, https://embed.clearimpact.com/Scorecard/Embed/66348 (2020)
Availability of Services and Supports: Number of adults age 65 or older per Skilled Nursing Facility (SNF)	(See estimated percent below for those who live in a SNF via long-term Medi-Cal and Private Pay)		5,775	Master Plan on Aging, https://embed.clearimpact.com/Scorecard/Embed/66348 (2020)
Estimated percent of adults age 65 or older who live in a SNF via long-term <ul style="list-style-type: none"> – Medi-Cal – Private Pay 	<ul style="list-style-type: none"> – 80% on average – 20% on average 	Adult Services – Nevada County (2022)	N/A	Master Plan on Aging, https://embed.clearimpact.com/Scorecard/Embed/66348 (2020)
People being admitted to short-term rehabilitation <ul style="list-style-type: none"> – Skilled nursing residents age 45-74 years – Skilled nursing residents age 75 years or older 			<ul style="list-style-type: none"> – 43%* – 57% *More younger people are being admitted for short term rehab.	https://www.cahf.org/About/Consumer-Help/Facts-and-Statistics
Availability of Services and Supports: Number of adults age 65 and older per	713 older adults with access to a RCFE	California Department of Social Services (CDSS), Capacity at all Nevada	784	Master Plan on Aging, Average when looking at county-specific data

Indicators	Nevada County Data	Source	California Data	Source
Residential Care Facilities for the Elderly (RCFE)		County RCFEs, https://data.ca.gov/datas-et/community-care-licensing-residential-elder-care-facility-locations (2020)		across CA https://embed.clearimpact.com/Scorecard/Embed/66348 (2020)
Enrollment in Medicare Plans and Programs: Percent of Medicare beneficiaries who are enrolled in Medicare Advantage	Couldn't find Nevada County-specific data		42.62%	Master Plan on Aging, https://embed.clearimpact.com/Scorecard/Embed/66348 (2019)
Enrollment in Medicare Plans and Programs: Percent of dual eligible individuals enrolled in Programs of All-inclusive Care for the Elderly (PACE)	No PACE Program in Nevada County	MA Enrollment by State/County/Plan-September 2020 MA Enrollment by SCP 2020 09 CMS	.52%	Master Plan on Aging, https://embed.clearimpact.com/Scorecard/Embed/66348 (2019)
Enrollment in Medicare Plans and Programs: Percent of dual eligible individuals who are enrolled in Cal MediConnect	Couldn't find Nevada County-specific data		7.75%	Master Plan on Aging, https://embed.clearimpact.com/Scorecard/Embed/66348 (2019)
Activities of Daily Living: Percent of adults age 65 or older who have difficulty	Couldn't find Nevada County-specific data		6.2%	Master Plan on Aging, https://embed.clearimpact.com/Scorecard/Embed/66348 (2019)

Indicators	Nevada County Data	Source	California Data	Source
<i>dressing or bathing because of a physical, mental, or emotional condition</i>				d/Embed/66348 (2018)
Activities of Daily Living: Percent of adults age 65 or older who have serious difficulty walking or climbing stairs because of a physical, mental, or emotional condition	Couldn't find Nevada County-specific data		24.7%	Master Plan on Aging, https://embed.clearimpact.com/Scorecard/Embed/66348 (2018)
Activities of Daily Living: Percent of adults age 65 or older who have difficulty doing errands alone because of a physical, mental, or emotional condition	Couldn't find Nevada County-specific data		8.3%	Master Plan on Aging, https://embed.clearimpact.com/Scorecard/Embed/66348 (2018)
Difficulty with Activities of Daily Living	838 IHSS Customers have difficulty with one or more ADLs	IHSS Data, Adult Services – Nevada County (2022)		
Strategy B: Health Care as We Age				
Insurance Coverage: Percent of adults age 60 or older who are uninsured	(See census data below for uninsured adults age 65 and older)		N/a (placeholder)	Master Plan on Aging, https://embed.clearimpact.com/Scorecard/Embed/66348

Indicators	Nevada County Data	Source	California Data	Source
No Health Insurance Coverage <ul style="list-style-type: none"> – Male Age 65 to 74 – Male 75 years and over – Female Age 65 to 74 – Female 75 years and over 	<ul style="list-style-type: none"> – 107 (1.34%) – 0 (0.0%) – 0 (0.0%) – 0 (0.0%) 	US Census, Health Insurance coverage Status by Sex by Age, ACS-1 year (2019)	<ul style="list-style-type: none"> – 22,826 (1.36%) – 9,176 (0.7%) – 21,276 (1.18%) – 10,208 (0.74%) 	US Census, Health Insurance coverage Status by Sex by Age, ACS-1 year (2019)
No Health Insurance Coverage by Disability Status by Age <ul style="list-style-type: none"> – Under 19 years – 19 to 64 years – 65 years and over 	With a Disability <ul style="list-style-type: none"> – 122 – 420 – 0 No Disability <ul style="list-style-type: none"> – 584 – 4,047 – 107 	US Census, Age by Disability by Health Insurance coverage Status, ACS-1 year, URL https://data.census.gov/cedsci/table?t=Disability&g=0400000US06_0500000US06057&tid=ACSDT1Y2019.B18135 , (2019)	With a Disability <ul style="list-style-type: none"> – 10,710 – 142,887 – 12,211 No Disability <ul style="list-style-type: none"> – 323,324 – 2,468,938 – 43,927 	US Census, Age by Disability by Health Insurance coverage Status, ACS-1 year, URL https://data.census.gov/cedsci/table?t=Disability&g=0400000US06_0500000US06057&tid=ACSDT1Y2019.B18135 , (2019)
Usual Source of Care: Percent of adults age 60 or older who have a usual place to go to when sick or in need of health advice	(See number of people per primary care physician below)		94.3%	Master Plan on Aging, https://embed.clearimpact.com/Scorecard/Embed/66348 (2020)
Number of people per primary care physician	<ul style="list-style-type: none"> – 1,100 – 160 	https://www.chcf.org/wp-content/uploads/2019/01/	N/a	

Indicators	Nevada County Data	Source	California Data	Source
<ul style="list-style-type: none"> - Grass Valley - San Francisco 		HowCACureDoctorShortage.pdf ; Page 5 (January 2019)		
Primary Care Shortage: <i>Percent of civilians who live in areas with primary care shortages (>2,000 people per one full time provider)</i>	0%		44.8%	Master Plan on Aging, https://embed.clearimpact.com/Scorecard/Embed/66348 (2019)
Healthcare Providers	<ul style="list-style-type: none"> - Local Medical Clinics - Western Sierra Medical Clinic - Individual Medial Providers - Chapa-De - Sierra Family Health Center - Sierra Care Physicians Penn Valley - Tahoe Forest Center for Health - YubaDocs Urgent Care - Sierra Nevada Memorial Hospital 	Google search	N/a	

Indicators	Nevada County Data	Source	California Data	Source
Strategy C: Lifelong Healthy Aging				
Life Expectancy: Number of years below the statewide average life expectancy at birth, Black Californians	Data does not include Black Nevada County residents, only white, AI/AN, Asian, and Latino	California Community Burden of Disease Engine	5.8 2020 Female in CA, life expectancy is 76.85 years 2020 Male in CA, life expectancy is 69.79 years	Master Plan on Aging, https://embed.clearimpact.com/Scorecard/Embed/66348 (2018) California Community Burden of Disease Engine
Life Expectancy: Number of years below the statewide average life expectancy at age 50, Black Californians	Couldn't find Nevada County-specific data		4.1	Master Plan on Aging, https://embed.clearimpact.com/Scorecard/Embed/66348 (2018)
Unintentional Falls: Number of hospitalizations for unintentional falls per 100,000 adults age 65 or older – Total – Treated and released – Resulted in in-patient stay	– 1,612 – 1,342 – 270	 Emergency_Department_Visits_2005-2016.r (2016)	– 820 – 622 – 198	 Emergency_Department_Visits_2005-2016.r (2016) (The Master Plan on Aging has this as a placeholder)

Indicators	Nevada County Data	Source	California Data	Source
Fall-Related Mortality: Number of fall-related deaths per 100,000 adults age 65 and older	Couldn't find Nevada County-specific data		39.02%	Master Plan on Aging, https://embed.clearimpact.com/Scorecard/Embed/66348 (2018)
Depression: Percent of adults age 60 or older who experienced psychological distress in the past year	<ul style="list-style-type: none"> — 380 showed up at ER or CSU — 70 clients were seen for depression screening by Senior Outreach Nurse 	BH Data, Persons age 60 and over who show up to the ER or CSU, Nevada County FY 2021-2022 Depression Screening data; Adult Services – Nevada County (FY 2021-2022)	3.9%	Master Plan on Aging, https://embed.clearimpact.com/Scorecard/Embed/66348 (2020)
Referrals for FREED friendly visitor/phone reassurance program (For isolated mostly older adults, but some with disabilities looking for social connection or need someone to check on them)	<ul style="list-style-type: none"> – 120 referrals (20/21) – 46 referrals (first 6 mos. 21/22) 	FREED referrals for Friendly Visitor/Phone Reassurance Program (2022) – Isolated and/or lonely older adults and people with disabilities.	N/a	
Suicide: Number of adults age 60 or older who died by suicide per 100,000 people	Suppressed for privacy reasons due to small death counts		16.1 (not sure why this is so much lower than the Livestorie data below)	Master Plan on Aging, https://embed.clearimpact.com/Scorecard

Indicators	Nevada County Data	Source	California Data	Source
				d/Embed/66348 (2019)
Number of adults age 65 or older who died by suicide per 100,000 people	35% of suicides were age 65 and older Number suppressed for privacy reasons; For small locations and demographic slices, data is not reported	https://www.livestories.com/statistics/california/nevada-county-suicide-deaths-mortality	55.3 (45% of total suicide deaths)	Deaths due to intentional self-harm per 100,000 adults ages 65 and older (3-year estimate) Explore Suicide - Ages 65+ in California 2021 Senior Report AHR (americashealthrankings.org) (2019)
Strategy D: Geriatrics Care Expansion				
<i>ED Utilization: Percent of emergency department visits by adults age 60 or older</i>	FY20 - 11,104 cases FY21 - 10,577 cases FY22 - 11,420 cases (estimated) Includes both inpatient and outpatient cases	E-mail communication with ASNC (June 6, 2022)	64.7%	Master Plan on Aging, https://embed.clearimpact.com/Scorecard/Embed/66348 (2018)
<i>Geriatric ED Services: Number of accredited geriatric emergency departments</i>	None		21	Master Plan on Aging, https://embed.clearimpact.com/Scorecard/Embed/66348 (2020)

Indicators	Nevada County Data	Source	California Data	Source
Medicare Readmission: Percentage of 30 day all-cause Medicare hospital readmissions	Not available		43.4%	Master Plan on Aging, https://embed.clearimpact.com/Scorecard/Embed/66348 (2019)
Strategy E: Dementia in Focus				
Cognitive Decline: Percent of adults age 65 or older who experienced subjective cognitive decline or memory loss	Couldn't find Nevada County-specific data		13.8% according to MPA 11.7% according to the CDC	Master Plan on Aging, https://embed.clearimpact.com/Scorecard/Embed/66348 (2018) CDC, https://www.cdc.gov/aging/aginginfo/subjective-cognitive-decline-brief.html#:~:text=The%20prevalence%20of%20subjective%20cognitive,45%2D64%20years%20of%20age. (2019)
Cognitive Decline: Percent of adults age 65 or older who talked with a health care professional about cognitive decline or memory loss	Couldn't find Nevada County-specific data		36.8%	Master Plan on Aging, https://embed.clearimpact.com/Scorecard

Indicators	Nevada County Data	Source	California Data	Source
				d/Embed/66348 (2018)
<i>Cognitive Decline: Percent of adults age 65 or older who experienced functional difficulties associated with subjective cognitive decline or memory loss</i>	Couldn't find Nevada County-specific data		23.8%	Master Plan on Aging, https://embed.clearimpact.com/Scorecard/Embed/66348 (2018)
<i>Cognitive Decline: Percent of adults age 65 or older who needed assistance with day-to-day activities because of subjective cognitive decline or memory loss</i>	Couldn't find Nevada County-specific data		28.3%	Master Plan on Aging, https://embed.clearimpact.com/Scorecard/Embed/66348 (2018)
<i>Dementia-related Mortality: Number of dementia-related deaths per 100,000 adults age 65 or older</i>	Alzheimer's Disease-related deaths: — 35 (2018) — 55 (2019) — 49 (2020)	Death Profiles by County - 2014-2020 Final Deaths by Year by County - California Health and Human Services Open Data Portal (2020)	386.7	Master Plan on Aging, https://embed.clearimpact.com/Scorecard/Embed/66348 (2018) Additional CA Alzheimer's statistics can be found at:

Indicators	Nevada County Data	Source	California Data	Source
				 california-alzheimer s-facts-figures-2018. (2018)
Strategy F: Nursing Home Innovation				
Long Term Care Living: Number of adults age 65 and older who live in a long term care facility	Couldn't find Nevada County-specific data		72,332	Master Plan on Aging, https://embed.clearimpact.com/Scorecard/Embed/66348 (2019)
Skilled Nursing Facility (SNF) Availability: Number of Skilled Nursing Facilities	4		1,007	Master Plan on Aging, https://embed.clearimpact.com/Scorecard/Embed/66348 (2019)
Skilled Nursing Facility (SNF) Availability: Number of skilled nursing facility beds	<ul style="list-style-type: none"> – Crystal Ridge: 99 – Golden Empire: 148 – Wolf Creek: 59 – Springhill Manor: 86 	Individual Web pages	117,537	Master Plan on Aging, https://embed.clearimpact.com/Scorecard/Embed/66348 (2019) Additional SNF California statistics: https://www.cahf.org/About/Consumer-

Indicators	Nevada County Data	Source	California Data	Source
				Help/Facts-and-Statistics
Skilled Nursing Facility (SNF) Quality: Number of recorded safety deficiencies per licensed skilled nursing facility bed	2 (see <i>Number of abuse, gross neglect, or exploitation complaints for Skilled Nursing Facilities (SNF) / Intermediate Care Facilities (ICF)</i> , page 33-34)	https://www.cdph.ca.gov/Programs/CHCQ/LCP/Pages/StateEnforcementActionsDashboard.aspx	9.1	Master Plan on Aging, https://embed.clearimpact.com/Scorecard/Embed/66348 (2019) 2019 Most Commonly Cited Deficiencies Adult Day Program (ca.gov)

Goal 3: Inclusion and Equity, Not Isolation

We will have lifelong opportunities for work, volunteering, community engagement, and leadership and will be protected from isolation, discrimination, abuse, neglect, and exploitation.

Indicators	Nevada County Data	Source	California Data	Source
No telephone service available for Population 60 Years and Over	1.1%	US Census, Population 60 and over in the United States, ACS 5-year estimates detailed tables, URL: https://api.census.gov/data/2020/acs/acs5/subject (2020)	1.4%	US Census, Population 60 and over in the United States, ACS 5-year estimates detailed tables, URL: https://api.census.gov/data/2020/acs/acs5/subject (2020)
Strategy A: Inclusion and Equity in Aging				
<i>Life Satisfaction: Percent of adults age 60 or older reporting life satisfaction of [8] or above, on a scale of 0-10</i>	Couldn't find Nevada County-specific data		62.2%	US Census, ACS 5-year estimates detailed tables, URL: https://api.census.gov/data/2019/acs/acs5/profile (2018)
<i>Community Support: Percent of adults age 60 or older who said people in their community are willing to help each other</i>	Couldn't find Nevada County-specific data		86.1%	US Census, ACS 5-year estimates detailed tables, URL: https://api.census.gov/

Indicators	Nevada County Data	Source	California Data	Source
				data/2019/acs/acs5/profile (2020)
Number of age discrimination complaints filed with the Department of Fair Employment and Housing (DFEH) for employment investigations	4 (Not clear if due solely to age)	 August302018AnnualReportFinal.pdf page 33 (2018)	4,139 (Not clear if due solely to age)	 August302018AnnualReportFinal.pdf ; page 33 (2018) Placeholder in the Master Plan on Aging.
Strategy B: Closing the Digital Divide				
Internet Access: Percent of households with 1 or more person age 65 or older who have high speed (≥25Mbps) broadband access	Not available (Granular data not collected at County level. It was also mentioned the State and Federal general broadband data is very overstated as well.)		78%	Master Plan on Aging, https://embed.clarimpact.com/Scorecard/Embed/66348 (2019) Additional national internet data for seniors: https://www.pewresearch.org/internet/2017/05/17/technology-use-among-seniors/

Indicators	Nevada County Data	Source	California Data	Source
				 PI_2017.05.17_Older -Americans-Tech_FIT
CA Lifeline Program: Number of California Lifeline Program participants age 65 or older per 100,000 householder with one or more person 65 or older	774 aged over 65 are registered with Lifeline (qualification is based on income, so if you qualify for Medi-Cal, you qualify for Lifeline)	https://public.tableau.com/app/profile/cpuc/viz/CALifeLineStatistics/Dashboard	10,379	Master Plan on Aging, https://embed.clearimpact.com/Scorecard/Embed/66348 (2020)
Strategy C: Opportunities to Work				
Employment: Percent of adults age 60 or older who are in the civilian labor force	(See US Census data on employment status for age 65 years and over below)		N/a (See US Census data on employment status for age 65 years and over below)	Placeholder with the Master Plan on Aging, https://embed.clearimpact.com/Scorecard/Embed/66348
Employment Status for Population 65 Years and Over <ul style="list-style-type: none"> - In the Labor Force - Not in the Labor Force 	- 19.8% - 80.2%	US Census, ACS 5-year estimates detailed tables, URL: https://api.census.gov/data/2019/acs/acs5/profile (2019)	- 18.3% - 81.7%	US Census, ACS 5-year estimates detailed tables, URL: https://api.census.gov/data/2019/acs/acs5/profile (2019)
Work Status in the Past 12 months by Employment	- 22.24% (n=6,166) - 77.76% (n=21,560)	US Census, ACS 1-year estimates detailed tables,	- 21.20% (n=1,237,183)	US Census, ACS 1-year estimates detailed

Indicators	Nevada County Data	Source	California Data	Source
Status for the Civilian Population 65 Years and Over <ul style="list-style-type: none"> – Worked in the past 12 months – Did not work in the past 12 months 		URL: https://api.census.gov/data/2019/acs/acs5/profile (2019)	– 78.80% (n=4,597,815)	tables, URL: https://api.census.gov/data/2019/acs/acs5/profile (2019)
Employment Status for Civilian Noninstitutionalized Population age 16 and over by Disability Status <ul style="list-style-type: none"> – Employed – Not in the Labor Force 	With a Disability <ul style="list-style-type: none"> – 23.6% – 73.9% No Disability <ul style="list-style-type: none"> – 58.5% – 38.9% 	US Census, ACS 5-year estimates, Selected Economic Characteristics detailed tables, URL: https://api.census.gov/data/2019/acs/acs5/profile (2019)	With a Disability <ul style="list-style-type: none"> – 22% – 74.9% No Disability <ul style="list-style-type: none"> – 65.9% – 30.1% 	US Census, ACS 5-year estimates, Selected Economic Characteristics detailed tables, URL: https://api.census.gov/data/2019/acs/acs5/profile (2019)
Strategy D: Opportunities to Volunteer and Engage Across Generations				
<i>Volunteering: Percent of adults age 60 or older who reported having done volunteer work or community service in the past year that they had not been paid for</i>	227 volunteers age 60 and older with the Volunteer Hub	Connecting Point (211), 2022	11.4%	Master Plan on Aging, https://embed.clearimpact.com/Scorecard/Embed/66348 (2020)
Strategy E: Protection from Abuse, Neglect, and Exploitation				

Indicators	Nevada County Data	Source	California Data	Source
Self-Neglect: Number of confirmed allegations of abuse and of self-neglect among Adult Protective Services (APS) clients age 65 or older	704	LEAPS – APS Software system	28,839	Master Plan on Aging, https://embed.clearimpact.com/Scorecard/Embed/66348 (2020)
Abuse: Number of confirmed allegations of abuse by others, Adult Protective Services (APS) clients age 65 or older	191	LEAPS – APS Software System	33,388	Master Plan on Aging, https://embed.clearimpact.com/Scorecard/Embed/66348 (2020)
Repeat Maltreatment: Percent of Adult Protective Services clients age 65 or older for whom a prior report was filed within the past 12 months.	14.8%	LEAPS – APS Software System	23.2%	Master Plan on Aging, https://embed.clearimpact.com/Scorecard/Embed/66348 (2020)
Cases: Number of Adult Protective Services (APS) cases with clients 65 or over per 100,000 residents age 65 and over	915	LEAPS – APS Software System	6,338	Master Plan on Aging, https://embed.clearimpact.com/Scorecard/Embed/66348 (2019)
Facility Complaints: Number of abuse, gross neglect, or exploitation complaints for	None found for Nevada County	https://www.cdph.ca.gov/Programs/CHCQ/LCP/Pa	2,744	Master Plan on Aging, https://embed.clearimpact.com/Scorecard/Embed/66348

Indicators	Nevada County Data	Source	California Data	Source
<i>Residential Care Facilities for the Elderly (RCFE)</i>		ges/StateEnforcementActionsDashboard.aspx		mpact.com/Scorecard/Embed/66348 (2019)
<i>Facility Complaints: Number of abuse, gross neglect, or exploitation complaints for Skilled Nursing Facilities (SNF) / Intermediate Care Facilities (ICF)</i>	2	https://www.cdph.ca.gov/Programs/CHCQ/LCP/Pages/StateEnforcementActionsDashboard.aspx	2,744	Master Plan on Aging, https://embed.clearimpact.com/Scorecard/Embed/66348 (2019)
Strategy F: California Leadership in Aging				
<i>Leaders in Aging: Number of Counties with Local Plan on Aging</i>	In progress		3	Master Plan on Aging, https://embed.clearimpact.com/Scorecard/Embed/66348 (2020)

Goal 4: Caregiving that Works

We will be prepared for and supported through the rewards and challenges of caring for aging and disabled loved ones.

Indicators	Nevada County Data	Source	California Data	Source
Strategy A: Family & Friends Caregiving Support				
<i>Informal Caregiving: Percent of adults who provided help in the past year to a family member or friend who has a serious or chronic illness or disability</i>	IHSS 387 live with the client or family member	IHSS Data, Adult Services – Nevada County (2022)	Placeholder	Master Plan on Aging, https://embed.clearimpact.com/Scorecard/Embed/66348 (2020)
Strategy B: Direct Care Job Creation				
<i>Caregiver Availability: Number of paid caregivers</i>	Approx. 774 IHSS Caregivers (Not including private pay care) (The employed IHSS caregivers are paid approximately \$1,213,687.00 per month that further supports and is re-distributed back into the community.)	IHSS Data, Adult Services – Nevada County (2022)	576,200	Master Plan on Aging, https://embed.clearimpact.com/Scorecard/Embed/66348 (2019)
Strategy C: Virtual Care Expansion				

Indicators	Nevada County Data	Source	California Data	Source
Virtual Care: Percent of Medicare primary care visits delivered via telehealth	Not available at this granular level. State Dashboard didn't show this specific item.		Placeholder	<p>Master Plan on Aging, https://embed.clearimpact.com/Scorecard/Embed/66348</p> <p>The following source includes national data:</p>  <p>medicare-telehealth-report.pdf</p>

Goal 5: Affordable Aging

We will have economic security as long as we live.

Indicators	Nevada County Data	Source	California Data	Source
Percentage of Families and People whose Income in the Past 12 months is below the Poverty Level – 65 years and over	– 7.1%	US Census, Economic Characteristics, ACS 5-Year Estimates Data Profiles, URL: https://api.census.gov/data/2019/acs/acs5/profile (2019)	– 10.2%	US Census, Economic Characteristics, ACS 5-Year Estimates Data Profiles, URL: https://api.census.gov/data/2019/acs/acs5/profile (2019)

Indicators	Nevada County Data	Source	California Data	Source
<p>Population for whom poverty status is determined for Population 65 Years and Older</p> <ul style="list-style-type: none"> — Below 100 percent of the poverty level — 100 to 149 percent of the poverty level — At or above 150 percent of the poverty level 	<ul style="list-style-type: none"> — 7.1% — 6.8% — 86.1% 	<p>US Census, Economic Characteristics, ACS 5-Year Estimates Data Profiles, URL: https://api.census.gov/data/2019/acs/acs5/profile (2019)</p>	<ul style="list-style-type: none"> — 10.2% — 9.1% — 80.6% 	<p>US Census, Economic Characteristics, ACS 5-Year Estimates Data Profiles, URL: https://api.census.gov/data/2019/acs/acs5/profile (2019)</p>
<p>Poverty Status in the Past 12 months for Population age 16 and over by Disability Status</p> <ul style="list-style-type: none"> — Below 100 percent of the poverty level — 100 to 149 percent of the poverty level — At or above 150 percent of the poverty level 	<p>With a Disability</p> <ul style="list-style-type: none"> — 17.8% — 7.8% — 74.4% <p>No Disability</p> <ul style="list-style-type: none"> — 9.6% — 6.6% — 83.8% 	<p>US Census, Selected Economic Characteristics, ACS 5-Year Estimates Data Profiles, URL: https://api.census.gov/data/2019/acs/acs5/profile (2019)</p>	<p>With a Disability</p> <ul style="list-style-type: none"> — 19% — 12% — 69% <p>No Disability</p> <ul style="list-style-type: none"> — 11.2% — 7.4% — 81.4% 	<p>US Census, Selected Economic Characteristics, ACS 5-Year Estimates Data Profiles, URL: https://api.census.gov/data/2019/acs/acs5/profile (2019)</p>
<p>Strategy A: End Homelessness for Older Adults</p>				

Indicators	Nevada County Data	Source	California Data	Source
<p>Homelessness: Number of adults who are experiencing homelessness</p> <ul style="list-style-type: none"> – 1,005 – 691 – 211 – 154 <ul style="list-style-type: none"> – Total individuals (>18 years) – Total individuals with a disability – Total individuals 60 years and older – Total individuals who are both 60 and older and have a disability 		Individuals who were on the by-name list through HMIS from January 1, 2021-December 31, 2021, Connecting Point (211); (2021)	Placeholder	Master Plan on Aging, https://embed.clearimpact.com/Scorecard/Embed/66348
Number of individuals at risk of homelessness	1,885 (Only income is SSI and all are at risk for homelessness given the rental amounts in this area)	 SSI Data.pdf		
Housing Cost Burden: Percent of owned households with a resident 65 or older who spent more than 30% of their income for housing	Couldn't find Nevada County-specific data		29.9%	Master Plan on Aging, https://embed.clearimpact.com/Scorecard/Embed/66348 (2019)
Housing Cost Burden: Percent of rented households with a resident	Couldn't find Nevada County-specific data		61.4%	Master Plan on Aging, https://embed.clearimpact.com/Scorecard/Embed/66348

Indicators	Nevada County Data	Source	California Data	Source
<i>65 or older who spent more than 30% of their income for housing</i>				mpact.com/Scorecard/Embed/66348 (2019)
Strategy B: Income Security as We Age				
<i>Income Security: Percent of adults age 65 or older with a household income below the California Elder Index (CEI)</i>	Couldn't find Nevada County-specific data		38%	Master Plan on Aging, https://embed.clearimpact.com/Scorecard/Embed/66348 (2019)
Retirement Preparedness: Percent of adults age 60 or older who have access to workplace retirement benefits	Not available		Placeholder	Master Plan on Aging, https://embed.clearimpact.com/Scorecard/Embed/66348
Income in the Past 12 months for Population 65 Years and Older Households	<ul style="list-style-type: none"> – 37.4% – 90.4% – 4.8% – .8% – 51.6% – 3% 	US Census, Economic Characteristics, ACS 5-Year Estimates Data Profiles, URL: https://api.census.gov/data/2019/acs/acs5/profile (2019)	<ul style="list-style-type: none"> – 41.7% – 27.7% – 6.1% – 3.2% – 17.3% – 8.9% 	US Census, Economic Characteristics, ACS 5-Year Estimates Data Profiles, URL: https://api.census.gov/data/2019/acs/acs5/profile (2019)

Indicators	Nevada County Data	Source	California Data	Source
<ul style="list-style-type: none"> – <i>With Retirement Income</i> – <i>With Food Stamp/SNAP Benefits</i> 				
Strategy C: Protection from Poverty & Hunger				
<i>Affording the Cost of Living: Percent of basic cost of living covered by Supplemental Security Income/State Supplementary Payment SSI/SSP for single adult renters age 65 or older</i>	<p>44.9% single renter elders living alone with incomes above the 2015 Elder Index (Nevada, Plumas Sierra counties)</p> <p>1,885 of people on SSI; Do not have calculation on actual cost of living. Could only find articles about Cost of living being high. Typical SSI payment is \$881/month.</p>	<p>https://healthpolicy.ucla.edu/programs/health-disparities/elder-health/Pages/eidd.aspx (2015)</p> <p> SSI Data.pdf</p>	40.2%	<p>Master Plan on Aging, https://embed.clearimpact.com/Scorecard/Embed/66348 (2019)</p>
<i>Affording the Cost of Living: Percent of basic cost of living covered by SSI/SSP for couple adult renters age 65 and older</i>	<p>71.2% couple renter elders with incomes above the 2015 Elder Index (Nevada, Plumas Sierra counties)</p>	<p>https://healthpolicy.ucla.edu/programs/health-disparities/elder-health/Pages/eidd.aspx (2015)</p>	48.2%	<p>Master Plan on Aging, https://embed.clearimpact.com/Scorecard/Embed/66348 (2019)</p>

Indicators	Nevada County Data	Source	California Data	Source
Food Insecurity: Percent of low income (<200% FPL) adults age 60 or older who are experiencing food insecurity	10.8%	Not able to afford enough food, age 60 and over adults whose income is less than 200% of the Federal Poverty Level: Nevada County, UCLA Center for Health Policy Research, California Health Interview Survey (CHIS), (2020)	27.2%	Master Plan on Aging, https://embed.clearimpact.com/Scorecard/Embed/66348 (2020)
CalFresh Participation: Percent of adults age 60 or older who are enrolled in the CalFresh program	1.7% of the population have CalFresh (n=1765) (See <i>Income in the Past 12 months for Population 65 Years and Older: With Food Stamp/SNAP Benefits</i> census data above)	Nevada County Eligibility Dept	8.6%	Master Plan on Aging, https://embed.clearimpact.com/Scorecard/Embed/66348 (2020)
Households Received Food Stamps/SNAP in the Past 12 months by Disability Status for Households – Households with 1 or more persons with a disability	– 6,852 – 30,387	US Census, Economic Characteristics, ACS 1-Year Estimates Data Profiles, URL: https://data.census.gov/cedsci/table?t=Disability&g=0400000US06_05000	– 2,639,181 – 9,411,463	US Census, Economic Characteristics, ACS 1-Year Estimates Data Profiles, URL: https://data.census.gov/cedsci/table?t=Disability&g=0400000US06_050000US06057&tid=ACS

Indicators	Nevada County Data	Source	California Data	Source
<ul style="list-style-type: none"> Households with no persons with a disability 		00US06057&tid=ACSDT1Y2019.B22010 (2019)		DT1Y2019.B22010 (2019)

Appendix B. Assets and Resources Grid

NEVADA COUNTY MASTER PLAN FOR AGING & DISABILITY

Community Assets & Resources

The aging and disabilities assets and resources listed in this document include findings from research conducted by Adult Services Nevada County (ASNC) and the Aging and Disability Resource Connection (ADRC) of Nevada County – a collaboration between FREED, the Agency on Aging/Area 4 (AAA4) and partner organizations. This list is not a comprehensive list of all the services for older adults and people with disabilities. This list is to serve as a starting point for identifying how the community is meeting the aging and disability needs of underserved and vulnerable population groups within Nevada County based on the California Master Plan for Aging’s 5 Bold Goals for 2030: 1) Housing for all Ages and Stages; 2) Health Reimagined; 3) Inclusion and Equity, not Isolation; 4) Caregiving that Works; and 5) Affordable Aging.

This chart will reference Eastern County and Western County to identify the program and services offered in each region. Nevada County is home to three incorporated areas: Grass Valley, Nevada City, and Truckee. Truckee is in the Eastern region of the county, about 65 miles northeast from Nevada City (the county seat). Nevada City and Grass Valley are in the Western region of the county.

Goal 1: 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.

Affordable Housing Options	Type of Housing	Transportation Access	Emergency Preparedness & Response Planning	Climate-Friendly/Walkability	Healthcare Services and Supports	County Region (Eastern/Western)
Artist's Loft	Apartment Community	Easy walking distance to bus stop		Art Room, Band Room, BBQ picnic area		Eastern Nevada County
Atria Senior Living	Assisted Living, Independent Living, Memory Care	Facility has own bus transportation and is easy walking distance to bus stop		Community room, activities, dining area	Assistance with ADL's as needed in the main apartments and Memory care area	Western Nevada County
Banner Crest Care Home	Board and Care Home for Single Senior Women (6 rooms)	Transportation arrangement by facility		Organized group activities	Assistance with ADL's	Western Nevada County
Bragg House	6 bed senior adult care facility	No convenient bus stops. Transportation could be arranged		Residential	Assistance with ADL's	Western Nevada County

Affordable Housing Options	Type of Housing	Transportation Access	Emergency Preparedness & Response Planning	Climate-Friendly/Walkability	Healthcare Services and Supports	County Region (Eastern/Western)
		with Gold Country LIFT				
Bret Hart Retirement Inn	Independent Living Senior Community	Bus stop less than a 5-minute walk. Is located downtown for shopping and dining		Location and culture encourage independence. Located downtown, shopping, dining, local events	Assistance with ADL's as needed	Western Nevada County
Brunswick Village	Assisted Living, Independent Living, Memory Care, Respite care	Scheduled Local Transportation	Has a health & Safety Plan in place	Landscaped gardens, multiple dining rooms, multipurpose room, library, game room, onsite beauty salon and barber shop	Assistance with ADL's	Western Nevada County
Cas Loma Retirement Home	7 room Senior Housing Community. Independent Living	Would need to arrange transportation			Assistance with ADL's as needed	Western Nevada County

Affordable Housing Options	Type of Housing	Transportation Access	Emergency Preparedness & Response Planning	Climate-Friendly/Walkability	Healthcare Services and Supports	County Region (Eastern/Western)
Cascades of Grass Valley	Assisted Living, Independent Living, Memory Care	Facility has own bus transportation and is easy walking distance to bus stop		Onsite dining room, planned activities	Assistance with ADL's as needed in the main apartments and Memory care area	Western Nevada County
Cedar Park Apartments	Apartment Community	Easy walking distance to bus stop		Playground, Pet Park, Community Center		Western Nevada County
Claudia S. Cook Home	Board and Care Home with 6 licensed beds	No convenient bus stops. Transportation could be arranged with Gold Country LIFT		Residential Facility		Yuba County
Coachland RV Park	RV Community			Full RV Hook-ups, picnic area, playground, dog park, club house and laundry facilities		Eastern Nevada County

Affordable Housing Options	Type of Housing	Transportation Access	Emergency Preparedness & Response Planning	Climate-Friendly/Walkability	Healthcare Services and Supports	County Region (Eastern/Western)
Common Goals Transitional Housing	Group home for transitional to independent living/housing for recovery	Need to Arrange Transportation			Counselors nearby	Western Nevada County
Coldstream Commons	Apartment Community	Easy walking distance to bus stop		Community Center with kitchen, computer room, central BBQ area		Eastern Nevada County
Courtyards at Penn Valley	Apartment Community	Bus stop within a 10-minute walk		BBQ Picnic Area, Open Landscaped Activity Area, Club House with Kitchen		Western Nevada County
Creekside Village Mobile Home Park	Mobile Home Community for all ages	Bus stop nearby		Walking distance to shopping and dining		Western Nevada County
Crystal Ridge Care Center	Short Term Skilled Nursing and Rehab	Close to bus stop		Organized activities	Nursing & Rehab so individuals can safely return home	Western Nevada County

Affordable Housing Options	Type of Housing	Transportation Access	Emergency Preparedness & Response Planning	Climate-Friendly/Walkability	Healthcare Services and Supports	County Region (Eastern/Western)
Donner Creek Mobile Home Park	Residential mobile home Community					Eastern Nevada County
Eastridge Apartments	Senior Independent Living Apartment Community	Bus stop within a 10-minute walk		Nevada County Country Club – 15-minute walk		Western Nevada County
Elks Lodge	Community Style Residence	Close to bus stop, walking distance to shopping.		Private rooms, shared bathroom, community kitchen		Western Nevada County
Eskaton Village	Assisted Living, Independent Living, Memory Care	Facility has own bus transportation and is easy walking distance to bus stop		Club House, Onsite dining room, games and activities	Assistance with ADL's as needed in the main apartments and Memory care area	Western Nevada County
Everhart Hotel	Apartment/Hotel	Easy Walk to Bus Stop.		Downtown, close to Restaurants and shopping		Western Nevada County

Affordable Housing Options	Type of Housing	Transportation Access	Emergency Preparedness & Response Planning	Climate-Friendly/Walkability	Healthcare Services and Supports	County Region (Eastern/Western)
Frishman Hollow	Apartment Community	Easy walking distance to bus stop		Community Room with Kitchen, Playground		Eastern Nevada County
Glenbrook Apartments	Apartment Community	Easy walking distance to bus stop		Picnic area and Playground		Western Nevada County
Gold Country Mobile Home Park	Mobile Home Community					Western Nevada County
Golden Empire Nursing & Rehab Center	Short Term Skilled Nursing and Rehab	Close to bus stop		Organized activities	Nursing & Rehab Onsite Registered Nurses, In house Therapy	Western Nevada County
Granite Wellness Transitional Housing	Group home for transitional to independent living/housing for recovery	Need to arrange transportation			Counselors on site	Western Nevada County
Grass Valley Apartments	Apartment Community	10-minute walking distance to bus stop		Walking distance to downtown and shopping		Western Nevada County

Affordable Housing Options	Type of Housing	Transportation Access	Emergency Preparedness & Response Planning	Climate-Friendly/Walkability	Healthcare Services and Supports	County Region (Eastern/Western)
Grass Valley Mobile Home Village	Mobile Home Community					Western Nevada County
Grass Valley Terrace Apartments	Apartment Community	Easy walking distance to bus stop		Has Playground, 5 minutes by car to nearest hospital		Western Nevada County
Grass Valley Senior Apartments	Senior Independent Living Apartment Community	Easy walking distance to bus stop		5 minutes by car to nearest hospital, 15 minute walk to nearest shopping		Western Nevada County
Hennes Flats Apartments	Apartment Community	Easy walking distance to bus stop		Playground, Computer Station, Community Room with Kitchen		Eastern Nevada County
Hilltop Commons	Independent Living Senior Community	Transportation offered		Nature paths, Games, Happy Hour, exercise programs, varied outings	Assistance with ADL's as needed	Western Nevada County
Houston and Nobles Adult	Board and Care Home with 6 licensed beds	No convenient bus stops. Transportation		Residential facility		Western Nevada County

Affordable Housing Options	Type of Housing	Transportation Access	Emergency Preparedness & Response Planning	Climate-Friendly/Walkability	Healthcare Services and Supports	County Region (Eastern/Western)
Residential Care		could be arranged with Gold Country LIFT				
Lake Combie Mobile Home Village	Mobile Home Community			Individually owned Mobile home community		Western Nevada County
Lake Wildwood Manor	Board and Care Home – Memory and Hospice care	Bus stop at the entrance of the gated community		Walking trails, Golf course, lake, club house nearby	Individualized Care Plans. Focus on Memory Care and Hospice	Western Nevada County
Lone Oak Senior Apartments	Senior Apartment Community	Easy walking distance to bus stop		Community Center with planned activities, elevator served community, BBQ and gathering space, resident garden spaces, fenced dog park		Western Nevada County
Mountain Air Mobile Home Park	Mobile Home Community					Western Nevada County

Affordable Housing Options	Type of Housing	Transportation Access	Emergency Preparedness & Response Planning	Climate-Friendly/Walkability	Healthcare Services and Supports	County Region (Eastern/Western)
Mountain View Care Home	Board and Care Home	No convenient bus stops. Transportation could be arranged with Gold Country LIFT		Residential Care facility	Assistance with ADL's as needed, medication management	Western Nevada County
Nevada City Senior Apartments	Senior Independent Living Apartment Community	Easy walking distance to bus stop		Walking Trails Very close walking distance to grocery shopping and Medical clinic/urgent care		Western Nevada County
Nevada Commons Apartments	Apartment Community	Easy walking distance to bus stop		Wheelchair accessible rooms, Very close walking distance to shopping and medical clinic/urgent care		Western Nevada County
Nevada Meadows Apartments	Apartment Community	Easy walking distance to bus stop		Very close walking distance to grocery shopping		Western Nevada County

Affordable Housing Options	Type of Housing	Transportation Access	Emergency Preparedness & Response Planning	Climate-Friendly/Walkability	Healthcare Services and Supports	County Region (Eastern/Western)
				and Medical clinic/urgent care		
Nevada Woods Apartments	Apartment Community	Easy walking distance to bus stop		Community Center with Kitchen, BBQ / Picnic area, Recreation room, playground, walking distance to shopping		Western Nevada County
Oak Ridge Apartments	Apartment Community	Easy walking distance to bus stop		Playground, Community Room, Picnic/BBQ Area		Western Nevada County
Odyssey House	15 bed Mental Health facility	Bus stop close by		Close to walking trails and Hirschman's Pond	Onsite counseling and support	Western Nevada County
Olympia Glade Mobile Estates	Mobile Home Community for age 55 and up					Western Nevada County
Pines Mobile Home Park	Mobile Home Community					Western Nevada County

Affordable Housing Options	Type of Housing	Transportation Access	Emergency Preparedness & Response Planning	Climate-Friendly/Walkability	Healthcare Services and Supports	County Region (Eastern/Western)
Pioneer Court	Apartment Community	Easy walking distance to bus stop		Utilities included short walk to park		Western Nevada County
Ponderosa Pines Mobile Home Village	Mobile Home Park for 55 and up					Western Nevada County
Rebel Ridge Village	Mobile Home and RV Community					Yuba County
River View Homes	Community Living	Easy walking distance to bus stop				Eastern Nevada County
Ryan's Residential Care	Board and Care Home with 6 licensed beds	No convenient bus stops. Transportation could be arranged with Gold Country LIFT		Country living Environment	Assistance with ADL's as needed	Western Nevada County
Rough & Ready Mobile Village	Mobile Home Community	Close to bus stop		Full RV Hook-ups, Mobile & Manufactured Homes		Western Nevada County

Affordable Housing Options	Type of Housing	Transportation Access	Emergency Preparedness & Response Planning	Climate-Friendly/Walkability	Healthcare Services and Supports	County Region (Eastern/Western)
Sawmill Heights	Apartment Community	Easy walking distance to bus stop		Clubhouse, Picnic area, pet park, Fitness center		Eastern Nevada County
Sierra Guest Home	Assisted Living, Board and care home	Approx. 15-minute walk to bus stop		Small, organized group activities	Assistance with ADL's as needed	Western Nevada County
Sierra Pines Mobile Home Park	Mobile Home Community					Western Nevada County
Sierra View Senior Living	Assisted Living	Transportation Provided	All rooms equipped with Emergency response systems	Indoor and outdoor social gathering areas, arts & crafts, exercise programs	Onsite wellness checks, assistance with ADL's as needed	Western Nevada County
Sierra Village	Apartment Community, Tax Credit, Senior and market rate	Close to public transportation		Clubhouse with kitchen, large rec area, computer learning center		Eastern Nevada County
Spring Hill Manor	Rehabilitation and Convalescent	Walking distance to bus stop		Organized activities	Nursing & Rehab Onsite Registered	Western Nevada County

Affordable Housing Options	Type of Housing	Transportation Access	Emergency Preparedness & Response Planning	Climate-Friendly/Walkability	Healthcare Services and Supports	County Region (Eastern/Western)
					Nurses, In house Therapy	
Springhill Gardens Apartments	Apartment Community	Easy walking distance to bus stop		Community room with kitchen, computer room, playground		Western Nevada County
Tall Pines Mobile Home Estates	Mobile Home Community			Clubhouse, Playground, Swimming Pool, Recreational facilities		Western Nevada County
Truckee Donner Senior Apartments (Currently unavailable)	Senior Independent Living Apartment Community	Close to public transportation		Fitness Center, Clubhouse, Wooded area, Parks nearby	Handicap units available with wheelchair access	Eastern Nevada County
Truckee Pines Apartments	Apartment Community	Easy walking distance to bus stop		Business center, playground, picnic area with BBQ Grill		Eastern Nevada County
Valley Commons E. Apartments	Apartment Community	Easy walking distance to bus stop		Walking distance to hospital and some shopping		Western Nevada County

Affordable Housing Options	Type of Housing	Transportation Access	Emergency Preparedness & Response Planning	Climate-Friendly/Walkability	Healthcare Services and Supports	County Region (Eastern/Western)
Valley View Apartments	Apartment Community	Easy walking distance to bus stop		Pets allowed		Western Nevada County
Village Green Mobile Home Park	Mobile, RV and Multi-section manufactured homes			Full RV hookups, onsite showers, laundry facilities and playground		Eastern Nevada County
Wagon Ho Mobile Terrace (Per Google – temp closed)	Mobile home community					Western Nevada County
Wolf Creek Care Center	Short Term Skilled Nursing and Rehab	Walking distance to bus stop		Organized activities	Nursing & Rehab Onsite Registered Nurses, In house Therapy	Western Nevada County
Younger’s Residential Care	Board and Care Home with 6 licensed beds	No convenient bus stops. Transportation could be arranged		Residential Care facility, Close to Park and walking trails	Assistance with ADL’s as needed	Western Nevada County

Affordable Housing Options	Type of Housing	Transportation Access	Emergency Preparedness & Response Planning	Climate-Friendly/Walkability	Healthcare Services and Supports	County Region (Eastern/Western)
		with Gold Country LIFT				

Goal 2: Health Reimagined

We will have access to the care and services we need to optimize our health and quality of life and to continue to live where we choose.

Healthcare/Skilled Nursing/Community-based Programs Providing Healthcare Services and Supports	Type of Program
Covered California	<p>Covered California provides Californians and California small businesses with a health insurance marketplace where consumers can learn about, compare, and buy health insurance and determine if they qualify for federal premium assistance, federal tax credits, or Medi-Cal.</p> <p>https://www.coveredca.com; Phone-800-300-0213</p> <p>Medi-Cal and Covered California use the same application. This means that once you apply using CoveredCA.com, you'll find out which program you qualify for. Some households qualify for both.</p>

Healthcare/Skilled Nursing/Community-based Programs Providing Healthcare Services and Supports	Type of Program
	<p>Medi-Cal Eligibility and Covered California - Frequently Asked Questions https://www.dhcs.ca.gov/services/medi-cal/eligibility/Pages/Medi-Cal_CovCA_FAQ.aspx</p> <p>Dental Coverage - https://www.coveredca.com/dental/family/</p> <p>All health plans include dental care for children at no extra cost.</p> <p>For adults, a dental insurance plan can be added to your health plan purchase.</p>
Health Care Options – CDHCS	<p>Health Care Options gives people resources to make informed choices about Medi-Cal benefits. https://www.healthcareoptions.dhcs.ca.gov/</p> <p>TTY-800-430-7077, Toll-Free-800-430-4263</p>
In-Home Supportive Services (IHSS)	<p>The IHSS Program provides assistance to eligible aged, blind and disabled individuals who are unable to remain safely in their own homes without this assistance. It is an alternative to out of home care, such as skilled nursing or board and care.</p> <p>Requirements:</p> <ul style="list-style-type: none"> ▶ The person applying for IHSS must live in their own home, which means the place in which the individual chooses to reside. You must be eligible for Medi-Cal. ▶ Apply through Nevada Co Adult Services 950 Maidu Ave Nevada City, CA 95959 Phone: 530-265-1639

<p>Healthcare/Skilled Nursing/Community- based Programs Providing Healthcare Services and Supports</p>	<p>Type of Program</p>
<p>MediCal – Nevada County/IHSS</p>	<p>This is a public health insurance program which provides needed health care services for low-income individuals including families with children, seniors, persons with disabilities, foster care, pregnant women, and low-income people with specific diseases such as tuberculosis, breast cancer, or HIV/AIDS. Medi-Cal is financed equally by the state and federal government. Phone 530-265-1340 or online at BenefitsCal.com. Medi-Cal is California's Medicaid program.</p> <p>https://www.dhcs.ca.gov/services/medi-cal/Pages/Medi-Cal_EHB_Benefits.aspx</p> <p>https://www.dhcs.ca.gov/services/medi-cal/</p> <p>Medi-Cal and Covered California use the same application. This means that once you apply using CoveredCA.com, you'll find out which program you qualify for. Some households qualify for both.</p> <p>If you have Medicare coverage, Medi-Cal may be able to pay your Medicare Part B premiums through a Medicare Premium Payment Programs (MPPP). You may also be eligible to receive Medicare and Medi-Cal coverage at the same time, which can help reduce your out-of-pocket costs.</p> <p>For types of Medi-Cal see https://ca.db101.org/ca/programs/health_coverage/medi_cal/program2a.htm</p>

Healthcare/Skilled Nursing/Community-based Programs Providing Healthcare Services and Supports	Type of Program
Medicare	<p>Medicare is a federal health insurance program for people 65 or older, and some younger people with disabilities. To apply for Medicare, you need to go through the federal government - you can apply online at Medicare.gov.</p>
Medicare Counseling (HICAP)	<p>Offers free local, individualized information and advocacy for Medicare beneficiaries and individuals becoming eligible within the next six months. Provides assistance to seniors or disabled persons with Medicare issues, including denials and appeals, supplemental insurance, and long-term care insurance.</p> <p>Volunteer HICAP Medicare counselors provide free, unbiased, and individualized counseling by appointment only. In Nevada County, local appointments can be scheduled by calling (530) 258-6827. Main Office 916-376-8795, Statewide HICAP toll-free line 800-434-0222, Nevada County Appointments 530-258-6827</p>
Dignity Health	<p>Dignity Health's mission includes serving and advocating for the poor and disenfranchised and partnering with others in the community to improve quality of life. We put this mission into practice in part through community health programs, community grants and investments, and sustainability initiatives.</p>
Skilled Nursing Facilities (SNFs)	<p>Residential facility for those needing skilled nursing as part of their care. Medicare will pay up to 100 days post hospital admit for 3 overnights (not observation); Medi-Cal will pay for short term or long-term care. Private Long Term Care Ins may pay.</p>

Healthcare/Skilled Nursing/Community- based Programs Providing Healthcare Services and Supports	Type of Program
	<ul style="list-style-type: none"> ▶ Crystal Ridge Care Center, 396 Dorsey Dr. GV ▶ Golden Empire Nursing and Rehab Center, 121 Dorsey Dr. ▶ SpringHill Manor and Rehab Convalescent Hospital, 355 Joerschke Dr. ▶ Wolf Creek Care Center, 107 Catherine Dr.

Goal 3: Inclusion and Equity, Not Isolation

We will have lifelong opportunities for work, volunteering, community engagement, and leadership and will be protected from isolation, discrimination, abuse, neglect, and exploitation.

Community-based Programs/Services/Advisory Groups	Type of Program/Campaigns/Supports Provided	County Region (Eastern/Western)
<p>AAA4 employment program</p>	<p>Provides funding for 7 counties for older adults. Nevada County: Employment services, HICAP, information and assistance with Connecting Point (211), long term care ombudsman services, legal services, nutrition, senior services: residential repairs and modifications, Lift transportation. Funding and services for elder abuse prevention, disease prevention and health promotion, care-giver support, care-giver respite.</p>	<p>Both</p>
<p>AARP Foundation SCSEP</p>	<p>The Senior Community Service Employment Program (SCSEP) is the nation's oldest program to help low-income, unemployed individuals aged 55+ find work.</p> <p>AARP Foundation first matches eligible older job seekers with local nonprofits and public agencies so they can increase skills and build self-confidence, while earning a modest income. Based on their employment interests and goals, participants may also receive supportive services and skills training through an educational</p>	<p>Both</p>

Community-based Programs/Services/Advisory Groups	Type of Program/Campaigns/Supports Provided	County Region (Eastern/Western)
	institution. Their SCSEP experience most often leads to permanent employment.	
Alta California Regional Center	The term “Developmental Disabilities” applies to a whole group of conditions that may cause physical, learning, language, or behavioral impairment. According to the CDC , about one in six children in the United States have “one or more developmental disabilities or other developmental delays.” These conditions begin before the age of 18, have an impact on daily life, and generally last throughout a person’s life (intellectual disability, cerebral palsy, epilepsy and autism).	Both
Cal Works	Case mgt and financial assistance for families living in poverty while looking for housing/work.	Both
Color Me Human	We Celebrate, Elevate, Educate, Advocate to create a safe, equitable world for Black, Indigenous, People of Color and LGBTQ folks. Provide educational workshops. BIPOC support groups, LGBTQ support.	Both
Community Beyond Violence	In-person counseling, 24/7 counseling, text & webchat, support groups, shelter, accompaniment and advocacy, emergency food and clothing, emergency transportation, restraining order assistance, court	Western

Community-based Programs/Services/Advisory Groups	Type of Program/Campaigns/Supports Provided	County Region (Eastern/Western)
	accompaniment, family law atty for 30-minute sessions, referrals, sexual assault counseling, advocacy and accompaniment	
Connecting Point (211) Volunteer Hub	Connecting people to supportive programs, information, and services in Nevada & Placer County. In home support services, coordinated entry, volunteer hub, employment services, emergency recovery navigation, Community Data Exchange, training, and workshops.	Both
Community Living Implementation Council (CLiC) ADRC of Nevada County Advisory Group	The ADRC of Nevada County is a collaboration between FREED, the Agency on Aging/ Area 4 and partner organizations designed to streamline access to services for people with disabilities, older adults, family members and caregivers.	Western
Department of Rehabilitation: Employment	Funding for education, job-training, assistance with preparing for job-seeking activities	Both
FREED	<ul style="list-style-type: none"> ▶ Fix It program: home repairs & modifications ▶ IT support: Chromebook and technology support ▶ Community Transitions: from institutional settings to home ▶ Housing assistance/ Housing and Disability Advocacy Program ▶ Benefits Counseling/ SOAR 	Both

Community-based Programs/Services/Advisory Groups	Type of Program/Campaigns/Supports Provided	County Region (Eastern/Western)
	<ul style="list-style-type: none"> ▶ Assistive Technology: Equipment reuse and device demonstrations ▶ Independent living skills ▶ Options counseling ▶ Aging and Disability Resource navigation ▶ Friendly Visitor/ Phone Reassurance Programs ▶ Grief groups ▶ Pearls program ▶ Information and referral ▶ Advocacy ▶ Emergency preparedness ▶ Voter resources ▶ Disability Rap 	
<p>Falls Prevention Coalition, Sierra Nevada Memorial Hospital Foundation</p>	<p>The Falls Prevention Coalition of Nevada County is a group of community advocates and professionals who work with seniors and nurses, physical and occupational therapists, senior exercise specialists, health educators and independent living and rehabilitation/long-term care specialists.</p>	<p>Western</p>

Community-based Programs/Services/Advisory Groups	Type of Program/Campaigns/Supports Provided	County Region (Eastern/Western)
Gold Country Community Services	Meals on Wheels, Congregate Meals, & Senior firewood program	Western
Legal Services of Northern California	Free legal services addressing: Housing, government benefits, health and other civil legal issues (criminal record clearing, education, naturalization petitions and more).	Both
Neighborhood Center of the Arts	During non-covid times: Private studio space, art materials, social support and opportunities to show artwork in frequent online auctions and limited local exhibition opportunities for developmentally disabled and intellectually challenged adults. Currently a non-contact model.	Western
Nevada County Law Library	Self-help center with legal librarian providing access to legal reference materials, workstations, copy machines, low-price workshops. Legal information on court procedures, form packets with instructions, and alternatives to civil litigation, such as mediation. Areas of law include Adoption, Guardianship, Name Change, Unlawful Detainer (Eviction), Civil Harassment, Modification of Probation, and Traffic. The Self-Help Center is also home to the county's Family Law Facilitator and Small Claims Advisor.	Both
Nevada County Social Services	Adult protective services, CalWorks, CalFresh food assistance, cash assistance, health care, veterans' services, child welfare services	Both

Community-based Programs/Services/Advisory Groups	Type of Program/Campaigns/Supports Provided	County Region (Eastern/Western)
Nevada County Transit	Paratransit services, on-demand services. Regular bus: free passes for low income.	Both
Ombudsman	<p>Department of Health and Community Services: The Medi-Cal Managed Care and Mental Health Office of the Ombudsman helps solve problems from a neutral standpoint to ensure that our members receive all medically necessary covered services for which plans are contractually responsible.</p> <p>The Mental Health Ombudsman is designed to create a bridge between the Mental Health Plan system and individuals, family members and friends of individuals, in need of mental health services by providing information and assistance in navigating through the system.</p> <p>Long Term Care Ombudsman represents and assists residents in long-term care facilities with issues related to day-to-day care, health, safety and personal preferences.</p> <p>California Department of Corrections Ombudsman works independently as an intermediary to provide individuals with a confidential avenue to address complaints and resolve issues at the lowest possible level. The Office proposes policy and procedural changes when systemic issues are identified.</p>	Both

Community-based Programs/Services/Advisory Groups	Type of Program/Campaigns/Supports Provided	County Region (Eastern/Western)
	Office of the Citizenship and Immigration Services Ombudsman serves as a liaison between the public and U.S. Citizenship and Immigration Services.	
Pride	Provides employment services and independent living services for disabled adults	Both
Project Heart	Provides men and women support groups for those in recovery community with a focus on building trusting life-long relationships through adult/peer relationships. Provides assistance to people who have been in jail or prison. Provides volunteer services to people in need.	Western
SCDD Advocacy Groups	State Council on Developmental Disabilities established by state and federal law as independent agency to ensure that people with developmental disabilities and their families receive services and supports they need through advocacy, capacity building, systemic change, SCDD works to achieve a consumer and family-based system of individualized services, supports, and other assistance.	Both
Senior Outreach Nurse Program	The Senior Outreach Nurse Program is in the Adult Services Team. Senior Outreach Nurses conduct in home assessments of the consumer’s physical, social, and environmental needs. The Senior	Both

Community-based Programs/Services/Advisory Groups	Type of Program/Campaigns/Supports Provided	County Region (Eastern/Western)
	<p>Outreach Nurses also facilitate linkage to community resources and follow-up as necessary.</p> <p>The Social Outreach Nurse conducts home visits to disabled and senior home bound adults. The Social Outreach Nurse assesses the consumer’s mental health for depression and alcohol and other drug (AOD) usage using a mental health/AOD.</p>	
Spirit Center	Day Center/Peer Support/Mental Health Services	Both
TK Momentum	Job training and search for disabled adults and contracted by Department of Rehabilitation	Both

Goal 4: Caregiving that Works

We will be prepared for and supported through the rewards and challenges of caring for aging and disabled loved ones.

Community-based Programs/Supports for Caregivers	Type of Programs/Supports Provided	County Region (Eastern/Western)
Alta California Regional Center	Respite programs	Both
Alzheimer’s Association	Online education and support groups	State program
Alzheimer’s Outreach Program, Sierra Nevada Memorial Hospital Foundation	Dementia Education, Caregiver support groups, Respite funds, Case Management	Western
Connecting Point (211)	Information and Referral/ Community health education/ IHSS registry	Both
DelOro Caregiver Resource Center	<p>Toll-Free-800-635-0220, Business Line-916-728-9333, 8421 Auburn Blvd., Suite 265, Citrus Heights</p> <p>Del Oro Caregiver Resource Center supports family caregivers of adults with chronic and disabling conditions or diseases.</p> <p>Founded in 1987, Del Oro Caregiver Resource Center is part of a statewide system of resource centers serving family caregivers. Del Oro covers California’s Gold Country Counties — Alpine, Amador, Calaveras, Colusa, El Dorado, Nevada, Placer, Sacramento, San Joaquin, Sierra, Sutter, Yolo, and Yuba — and is an independent, private, non-profit program funded by the</p>	Statewide

Community-based Programs/Supports for Caregivers	Type of Programs/Supports Provided	County Region (Eastern/Western)
	<p>Department of Health Care Services, Agency on Aging, Area 4, grants and private contributions.</p> <p>Del Oro is dedicated to serving families caring for an adult with a cognitive impairing condition that occurred after the age of 18 (e.g., Dementia, Alzheimer's disease, stroke, traumatic brain injury, Parkinson's disease, and frail older adults) in various counties.</p>	
Elder Care Providers' Coalition	Provider Network, Resource List, education events	Both
Helping Hands Adult Day Program	Adult Day Program open 3 days/ week for caregiver respite/ socialization and activities for participants	Western
One Source Empowering Caregivers	Volunteer Respite program	
Senior Providers Breakfast Club	Service Provider Network and marketing group	Both

Goal 5: Affordable Aging

We will have economic security as long as we live.

Community-based Programs providing Economic Supports	Type of Programs/Supports Provided	County Region (Eastern/Western)
The Food Bank of Nevada County	Drive-through food distributions, home delivery for older adults, people with disabilities and those who have been impacted medically.	Both
FREED - SOAR, HDAP, DOR Transition Grant	SSI/SSDI Application Assistance Housing and Disability Advocacy Program (HDAP): Direct housing financial assistance for qualifying individuals applying for social security assistance. Department of Rehabilitation (DOR) Transition Grant: Provides up to \$4,500 in one-time funds for individuals with disabilities transitioning out of institutions, youth with disabilities transitioning to adulthood, and for needs related to avoiding institutionalization (diversion)	Both
Hospitality House	Homeless Shelter, food, essential supplies, rapid rehousing, pet program	Western
Sierra Roots	Weekly lunches, cold weather shelters	Western
Salvation Army	Booth Family Center: Provides temporary shelter to homeless families.	
County Social Services	The General Assistance or General Relief (GA/GR) Program is designed to provide relief and support to indigent adults who are not supported by their own means,	Both

Community-based Programs providing Economic Supports	Type of Programs/Supports Provided	County Region (Eastern/Western)
	other public funds, or assistance programs. CalFresh is for people with low-income who meet federal income eligibility rules and want to add to their budget to put healthy and nutritious food on the table.	
Gold Country Seniors Services	Meals on Wheels, Prepared Meal Distribution & Senior Firewood Program	
Interfaith food ministries	Food Distribution	Western
Nevada County Connects- Transportation	Discounted bus fares are available for qualified seniors, people with disabilities, and youth passengers - children 5 years and younger ride	Western
LiHEAP	Low Income Home Energy Assistance Program Home Energy Assistance Program: Provides financial assistance in the form of an annual (once every 12 months) utility payment for gas, electric, propane or firewood to help with the high costs of heating and/or cooling.	Both
Home Safe Program	The Home Safe Program was established to support the safety and housing stability of individuals involved in Adult Protective Services (APS) by providing housing-related assistance using evidence-based practices for homeless assistance and prevention.	
Regional Housing Authority	Housing Choice Vouchers, Project Based Vouchers	

Community-based Programs providing Economic Supports	Type of Programs/Supports Provided	County Region (Eastern/Western)
Advocates for Mentally ill Housing (AMiH)	Permanent and Supported Housing Projects, Rapid Rehousing	
Veteran's Services	Assists veterans, survivors, and dependents in obtaining Federal, State, and local benefits accrued through active-duty military service. Provides information and referral for both service members and their families about military specific resources.	Both

Appendix C. Local Playbook Planning Workshop Outcomes

Master Plan for Aging & Disability Local Playbook Planning Workshop Outcomes

June 24, 2022, 9:00am – 3:00pm

Gold Miners Inn (Ballroom), 121 Bank Street, Grass Valley

Facilitators: Galen Ellis and Jessica Lime, Ellis Planning Associates Inc (EPAI)

Table Group Leaders: Kelly Carpenter (Adult Services - Nevada County), Carly Pacheco (FREED), Annie Mikal-Heine (FREED), and Will Tift (Agency on Aging/Area 4)

Participants: 20 participants, representing a diverse group of local leaders and stakeholders. Participants were policy and decision-makers, as well as program managers and coordinators servicing the aging and disability populations in Nevada County.

- ▶ Andy Burton, Vice Chair, Agency on Aging Area 4 (AAA4)
- ▶ Annie Mikal-Heine, Program Manager, FREED
- ▶ Cari Yardley, Behavioral Health Program Manager, Nevada County
- ▶ Carly Pacheco, Executive Director, FREED
- ▶ Ed Scofield, Supervisor District 2, Nevada County
- ▶ Gina Rogers, APS Social Worker, Adult Protective Services (APS)
- ▶ Jacob Colongione, IHSS Social Worker, In-Home Supportive Services (IHSS)
- ▶ Jan Arbuckle, Vice Mayor, City of Grass Valley
- ▶ Janeth Marroletti, Executive Director, Gold Country Services
- ▶ Jazmin Breaux, Program Manager Truckee, Nevada County
- ▶ Kathy Gibbons, Nurse, Senior Outreach Nurse Program
- ▶ Kelly Carpenter, Adult Services Program Manager, Nevada County
- ▶ Leslie Lovejoy, Board President, Gold Country Senior Services (GCSS)
- ▶ Mary Schleeter, Regional Services Specialist, Agency on Aging/Area 4

- ▶ Rachel Roos, Director of Social Services, Nevada County
- ▶ Robin VanValkenburgh, Transit Services Division Manager, Transit
- ▶ Ryan Gruver, Director HHS, Nevada County
- ▶ Serena Cantway, Housing Coordinator, FREED
- ▶ Tim Giuliani, Program Manager, Connecting Point (211)
- ▶ Will Tift, Assistant Director, Agency on Aging/Area 4

Purpose:

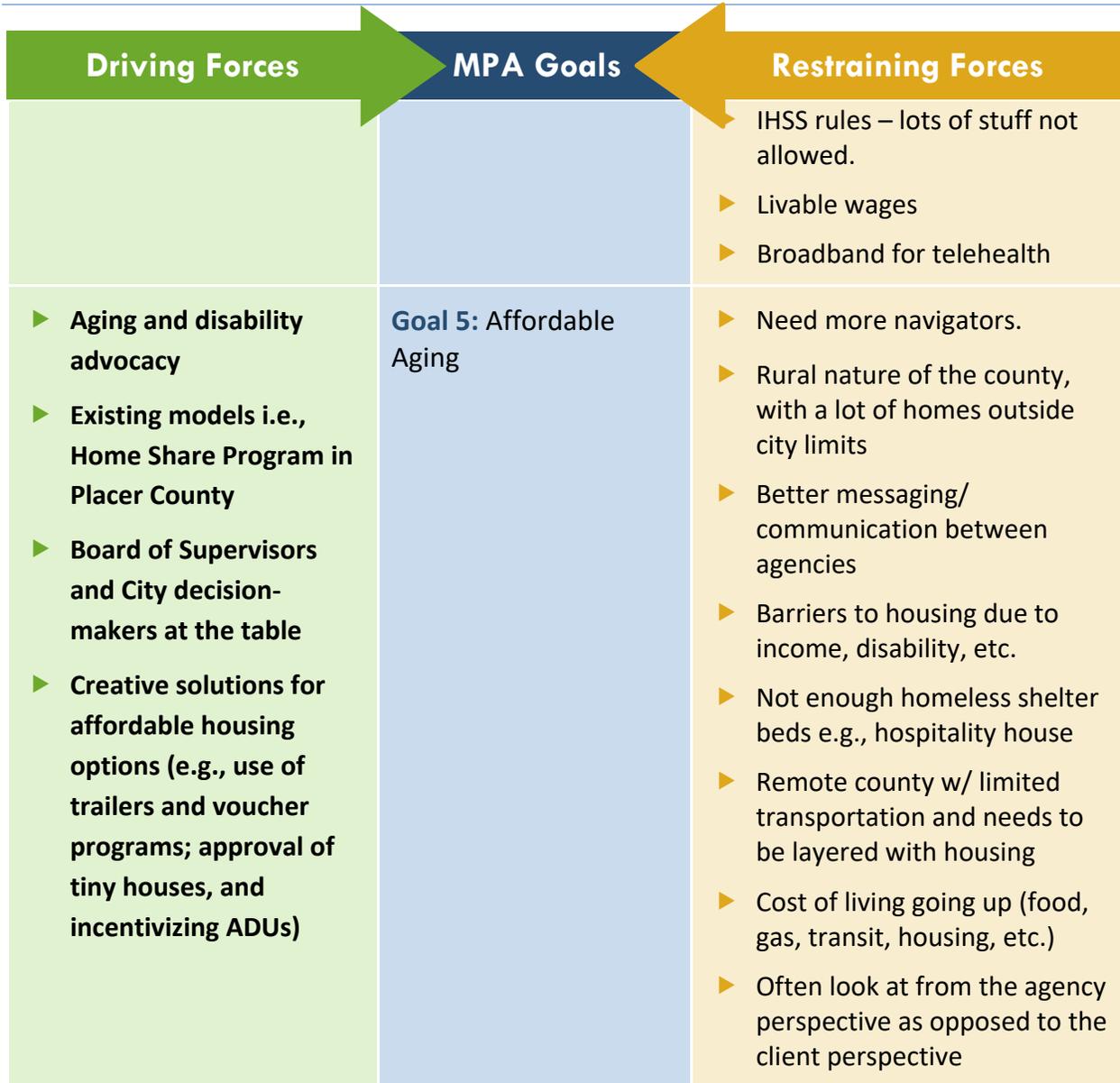
The purpose of the workshop was to gain stakeholder input on the strategic initiatives for the Nevada County Master Plan for Aging and Disability Local Playbook. The workshop brought together a diverse group of decision-makers and stakeholders to promote buy-in and a shared commitment to improve the aging and disability landscape in Nevada County.

Environmental Scan:

Equipped with the needs assessment findings and reflecting on their own experiences, the workshop participants identified the following driving and restraining forces affecting their ability to achieve the California Master Plan for Aging (MPA) 5 Broad Bold Goals of 2030. The “Driving Forces” were defined as the trends and opportunities that would be most important in helping them meet the goal. The “Restraining Forces” were the challenges that would need to be addressed or overcome to meet the goal.



Driving Forces	MPA Goals	Restraining Forces
<ul style="list-style-type: none"> ▶ Engaged public to tap into 		
<ul style="list-style-type: none"> ▶ Multiple community resources (i.e., hospital, non-profits, coalitions, media (KNCO, KVMR), County, 211, health clinics, veteran services) ▶ We come together 	<p>Goal 2: Health Reimagined</p>	<ul style="list-style-type: none"> ▶ Funding ▶ Silos ▶ Distance to care ▶ Topography ▶ Stigma ▶ Lacking a community hub ▶ Transportation
<ul style="list-style-type: none"> ▶ APS Case Management resources ▶ Family support ▶ Mental, social health, and employment resources 	<p>Goal 3: Inclusion and Equity, Not Isolation</p>	<ul style="list-style-type: none"> ▶ More connection/outreach between Diversity Equity Inclusion (DEI) resources and seniors ▶ More employment support for seniors and dependent adult children ▶ More programs that connect elders with younger people in meaningful ways ▶ Better broadband access ▶ Lack of diversity in Nevada County ▶ Limited bandwidth and human resources from agencies supporting seniors and people living with disabilities
<ul style="list-style-type: none"> ▶ Existing models i.e., the “Village Movement,” which has been successful elsewhere 	<p>Goal 4: Caregiving that Works</p>	<ul style="list-style-type: none"> ▶ How to get the word out/ connect community groups to county resources.



Identifying Strategic Actions and Partners

In table groups corresponding with the 5 California MPA Broad Bold Goal areas listed above, participants drafted 3-6 strategic actions that would leverage the driving forces and address the restraining forces to achieve their goal. Then, the table groups identified key partners that are essential for successfully implementing each of the strategies. The stakeholder input below will be analyzed for the development of a three-year Nevada County Aging and Disability Playbook Action Plan.



Goal 1: Housing for All Ages and Stages

Strategic Actions	Key Partners
Strategy 1.1: Marketing and Public Information Officer (PIO) to destigmatize and raise awareness	PIO/marketing; County; Aging and Disability Resource Connection (ADRC); AAA4
Strategy 1.2: Expand the Dial-A-Ride area	Dial-A-Ride; Transit; Nevada County Transportation Commission (NCTC)
Strategy 1.3: Multi-agency and citizens workgroups and advocacy	Transit; Everybody
Strategy 1.4: Broadband	Broadband; County, Cities, and Economic Resource Council (ERC); Planning Departments; and communities
Strategy 1.5: Utilize AARP and Pro Housing to Spur housing and make it more livable	County and City; planning departments; and communities



Goal 2: Health Reimagined

Strategic Actions	Key Partners
Strategy 2.1: Community data exchange	Connecting Point (211); County; FREED
Strategy 2.2: Volunteer transportation program	Gold County Senior Services; Nevada County Connects; Transit for the Tahoe Area (TART)
Strategy 2.3: Increase access to telehealth	Hospital; Senior Outreach Team (County); Health Plans; Home Health

Strategic Actions	Key Partners
Strategy 2.4: Prescription support	Health Insurance Counseling & Advocacy Program (HICAP); Agency on Aging Area 4 (AAA4); Hospital Foundation
Strategy 2.5: Leverage state/federal funding	County; Managed Care Plans; Hospital



Goal 3: Inclusion and Equity, Not Isolation

Strategic Actions	Key Partners
Strategy 3.1: Connect with cultural groups to leverage connection and support for seniors.	Color Me Human; California Heritage: Indigenous Research Project (CHIRP); (Tahoe Truckee Community Collaborative)
Strategy 3.2: APS Case Management – Safety organized practice (simple tool for APS staff)	Adult Services - Nevada County (ASNC); Other counties
Strategy 3.3: Community college liaison program	Sierra College and/or high school
Strategy 3.4: Get mental health volunteers for family therapy and safety planning.	Behavioral Health – Nevada County; Spirit Center
Strategy 3.5: Develop a communications strategy for seniors (radio, newspaper, side of buses, newsletter)	Radio station
Strategy 3.6: Create an adopt-a-grandparent/adopt-a-grandchild program	Churches; schools; Sierra Nevada Children’s Services (SNCS)



Goal 4: Caregiving that Works

Strategic Actions	Key Partners
Strategy 4.1: Develop a senior center hub	Health Care Sector; Education Sector; Government Sector; Social Services Sector; Public Health; Transit
Strategy 4.2: Build a Village Model to fit our community	Neighborhood Association; Residents Council; Eskaton; Neighborhood Watch
Strategy 4.3: Adult day care expansion	Hospital/Medical Sector; Alzheimer’s Association; Alta Regional
Strategy 4.4: Advocate for In-Home Supportive Services (IHSS) revisions and improvement investments	California State Department of Social Services (DSS); CDWA; IHSS Advocacy Group; Public Health Directors Association
Strategy 4.5: Phone a friend program development	Connecting Point (211); National Suicide Prevention; FREED



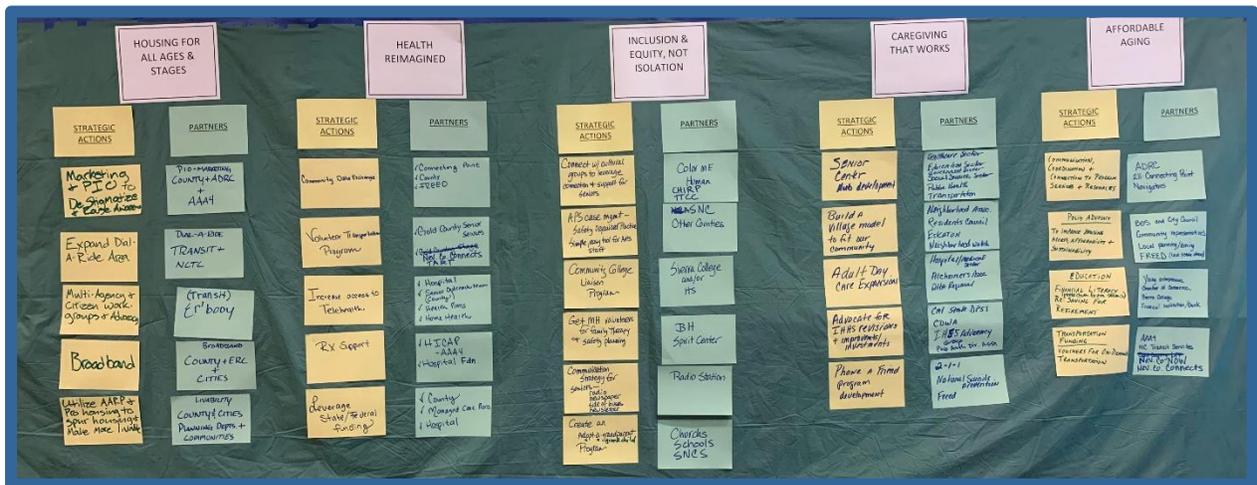
Goal 5: Affordable Aging

Strategic Actions	Key Partners
Strategy 5.1: Better communicate, coordinate, and connect clients to programs, services, and resources that improve economic security.	Aging & Disability Resource Connection (ADRC); Connecting Point (211); Navigators
Strategy 5.2: Advocate for policies that improve housing access, affordability, and sustainability.	Board of Supervisors and City Councils; Community representatives; Local Planning & Zoning; FREED

Strategic Actions	Key Partners
<p>Strategy 5.3: Educate the community on financial literacy (e.g., protection from scams, saving for retirement).</p>	<p>Young Entrepreneurs; Chamber of Commerce; Sierra College; Financial Institution/Bank</p>
<p>Strategy 5.4: Secure funding for vouchers for on-demand transportation.</p>	<p>AAA4; Nevada County Transit Services; Nevada County Now Paratransit Services; Nevada County Connects</p>

Strategic Initiatives and Partners Photograph:

The strategic Actions and key partners were recorded on a sticky wall (pictured below).



Issues Bin:

- ▶ How to engage county planning in the process
- ▶ Principles: bidirectionality; intergenerational

Nevada County Aging and Disabilities Playbook

July 2021 – June 2026



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