

# Local Aging & Disability Action Plan for Yuba and Sutter counties

A Blueprint for the Future of Your Community



## What is a Local Aging & Disability Action Plan?

The Local Aging & Disability Action Plan (LADAP) is a blueprint for promoting healthy aging and supporting quality of life. The plan will allow local government, the private sector, and philanthropy to prepare for upcoming demographic changes in our older adult and disabled population.

While California has a 10-year Statewide plan, the California Department of Aging recognized the importance of engaging communities like Yuba/Sutter to develop their own, locally informed master plan for aging, called Local Aging & Disability Action Plan.

Locally, Yuba/Sutter's Local Aging & Disability Action Plan will include recommendations for improvements to housing, transportation, healthcare, Alzheimer's, Dementia, behavioral health & social support, and caregiving.

Read on to learn more or visit [www.adrc4.org/LADAP](http://www.adrc4.org/LADAP).

# Local Aging & Disability Action Plan



## Who is the plan for?

The plan is for *all* Yuba and Sutter County residents but focuses on optimizing health and wellness of older adults, people with disabilities, and caregivers, addressing a wide range of needs.

Overall, services and supports must be age and disability-friendly, aligning with the cultural needs and values of our diverse communities.



## What will the Master Plan accomplish?

The Local Aging & Disability Action Plan will be designed to ensure older adults, people with disabilities, and caregivers in the region can live with dignity, be engaged, feel safe, maintain good health and mobility, age in place, and have the ability to make choices.



## Why does Yuba/Sutter need a regional plan?

The Local Aging & Disability Action Plan will address the unique challenges of aging in our geographically diverse region, encompassing rural and urban populations in Yuba and Sutter Counties.

**Join the conversation now through August 31, 2024**

**Are you a professional working with older adults, people with disabilities, or caregivers?**

We'd love your support in developing the Master Plan.

**Are you a local community member who would like to share your input on the plan?**

We welcome your feedback!

For more information about the Local Aging & Disability Action Plan, sign up for updates, or share your thoughts, visit our website at

**[www.adrc4.org/LADAP](http://www.adrc4.org/LADAP)**

**Or use your phone's camera to scan the QR code for more info and to take a survey in English, Spanish, Punjabi, or Hmong**

