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## Yuba-Sutter Aging and Disabilities Plan

# Possible Strategies and Objectives Packet #3: Health Care and Caregiving

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### Document Background and Overview

The possible strategies and objectives outlined in this document have been developed based on:

- ▶ Outcomes from the Yuba-Sutter Part 1: Strategic Initiatives Workshop.
- ▶ Examples from other county plans, including those from Nevada, Ventura, and Santa Clara counties.<sup>1</sup>
- ▶ Data-driven solutions identified in the needs assessment
- ▶ A review by the core planning team to identify gaps and refine based on local relevance and feasibility.

The possible objectives serve as a foundation for developing SMART (Specific, Measurable, Achievable, Relevant, and Time-Bound) objectives for the Local Aging and Disability Action Plan (LADAP). It is important to note that not all objectives may be feasible or directly applicable to Yuba and Sutter counties and may require adjustments to align with local priorities. At this stage, they are not draft objectives but rather a broad list of options for consideration, organized under key strategic categories for easier review and discussion.

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<sup>1</sup> Seven Local Aging and Disability Action Plans (LADAPs) were reviewed in preparation for this document, including those from Eagle County, Los Angeles County, Nevada County, Sacramento County, Santa Clara County, Ventura County, and West Sacramento County. However, not all were included as examples, as most lacked strong SMART objectives.



**Goal 3: Expand Access to Health Care and Caregiver Support**

Possible Strategies	Possible Objectives
<p>Connect older adults, individuals with disabilities, and caregivers to local healthcare and support resources. <b>(Part 1 Workshop)</b></p>	<p><b>Increase Awareness and Access to Resources</b></p> <ul style="list-style-type: none"> <li>▶ Develop coordinated outreach efforts to raise awareness and connect individuals to resources. <b>(Part 1 Workshop)</b></li> <li>▶ Create a community resource guide for healthcare and caregiver support. <b>(Part 1 Workshop)</b></li> </ul>
<p>Strengthen partnerships and collaboration among healthcare and support organizations. <b>(Part 1 Workshop)</b></p>	<p><b>Secure and Coordinate Sustainable Funding</b></p> <ul style="list-style-type: none"> <li>▶ Ensure effective coordination of CalAIM Funding in the county. <i>(Nevada)</i></li> </ul> <p><b>Strengthen Case Management and Care Coordination</b></p> <ul style="list-style-type: none"> <li>▶ Simplify healthcare navigation for Medi-Cal recipients by implementing case management programs to connect patients with necessary services. <i>(Possible Solution from Data Insights)</i></li> <li>▶ Conduct targeted outreach to educate residents about insurance options and enrollment processes. <i>(Possible Solution from Data Insights)</i></li> <li>▶ Deploy trained advocates case managers and care coordinators to assist with applications, manage benefits, and provide language or culturally specific support and promote community independence. <i>(Possible Solution from Data Insights)</i></li> </ul> <p><b>Expand Access to Healthcare, Preventative Services, and Support Programs</b></p> <ul style="list-style-type: none"> <li>▶ Partner with community organizations and nonprofits to develop healthcare hubs to co-locate services and maximize outreach efforts especially in rural areas. <i>(Possible Solution from Data Insights)</i></li> </ul>

## STRATEGIES & OBJECTIVES PACKET #3: HEALTH CARE AND CAREGIVING

Possible Strategies	Possible Objectives
	<ul style="list-style-type: none"><li>▶ Provide multilingual educational materials and interpretation services at healthcare facilities. <i>(Possible Solution from Data Insights)</i></li><li>▶ Expand community-based preventative care programs, including mobile health clinics. <i>(Possible Solution from Data Insights)</i></li><li>▶ Expand preventative care services to reduce reliance on ER visits, focusing on chronic disease management and wellness checks. <i>(Possible Solution from Data Insights)</i></li><li>▶ Expand access to PACE (Program of All-Inclusive Care for the Elderly) programs to provide comprehensive case management and coordinated medical, social, and long-term care for high-need older adults. <i>(Possible Solution from Data Insights)</i></li></ul> <p><b>Expand Access to Dental, Hearing, and Vision Care</b></p> <ul style="list-style-type: none"><li>▶ Increase low cost community-based dental hearing and vision screenings and services, especially in rural and underserved areas. <i>(Possible Solution from Data Insights)</i></li></ul> <p><b>Expand Telehealth and Specialty Care Services</b></p> <ul style="list-style-type: none"><li>▶ Expand telehealth services to provide specialty consultations without requiring travel. <i>(Possible Solution from Data Insights)</i></li><li>▶ Establish satellite clinics or mobile units in underserved areas. <i>(Possible Solution from Data Insights)</i></li></ul> <p><b>Improve Medication Access and Affordability</b></p> <ul style="list-style-type: none"><li>▶ Investigate and promote prescription drug affordability options and expand affordable delivery programs for medications to reach older adults, individuals with disabilities, and those with mobility or transportation challenges</li></ul>

## STRATEGIES & OBJECTIVES PACKET #3: HEALTH CARE AND CAREGIVING

Possible Strategies	Possible Objectives
	<p><b>Promote Healthy Aging and Fall Prevention</b></p> <ul style="list-style-type: none"> <li>▶ Develop and expand wellness classes and falls prevention training at community centers and on online platforms that address the unique needs of older adults and individuals with disabilities. <i>(Possible Solution from Data Insights)</i></li> </ul> <p><b>Expand Advance Care Planning and End-of-Life Care</b></p> <ul style="list-style-type: none"> <li>▶ Promote care wishes for all ages through advance directives and Physician Orders for Life-Sustaining Treatment (POLST). <i>(Ventura)</i></li> <li>▶ Identify funding opportunities to expand palliative care services and support related initiatives in the local community. <i>(Nevada and Ventura)</i></li> </ul> <p><b>Strengthen Emergency Services and Health Equity Efforts</b></p> <ul style="list-style-type: none"> <li>▶ Address inequities in emergency services through community and provider education, preventive care, centralized resources, expanded services in rural areas, and advocacy.</li> </ul> <p><b>Implement Communication and Outreach Campaigns</b></p> <ul style="list-style-type: none"> <li>▶ Conduct outreach campaigns to raise awareness of the importance of preventative health. <i>(Possible Solution from Data Insights)</i></li> <li>▶ Train healthcare providers in cultural sensitivity, linguistic responsiveness and disability and aging awareness and services to address diverse population needs.</li> </ul> <p><b>Advance Policy Advocacy for Healthcare Access</b></p> <ul style="list-style-type: none"> <li>▶ Advocate for streamlined eligibility and approval processes for accessing Medi-Cal, Medicare Savings Programs, and other insurance benefits</li> </ul>

## STRATEGIES & OBJECTIVES PACKET #3: HEALTH CARE AND CAREGIVING

Possible Strategies	Possible Objectives
	<ul style="list-style-type: none"> <li>▶ Advocate for expanded Medi-Cal coverage to include essential services like dental care, durable medical equipment, and life-sustaining medications. <i>(Possible Solution from Data Insights)</i></li> </ul>
<p>Expand caregiver support and Workforce capacity. <b>(Part 1 Workshop)</b></p>	<p><b>Increase Access to Respite, Financial, and Community-Based Support for Caregivers</b></p> <ul style="list-style-type: none"> <li>▶ Increase the availability of neighborhood support programs, respite care and financial relief initiatives to reduce caregiver burnout.</li> <li>▶ Develop and promote high-quality daytime care services, including transportation options. <i>(Possible Solution from Data Insights)</i></li> <li>▶ Provide peer support groups, counseling services and training for caregivers on navigating healthcare systems, managing stress, and delivering essential care to older adults and people with disabilities to increase supports, awareness of long-term services, and caregiving resources while addressing social stigmas to decrease caregiver burnout and increase the caregiver workforce</li> </ul> <p><b>Increase Access to IHSS, Private Pay, and Family Caregivers</b></p> <ul style="list-style-type: none"> <li>▶ Identify and minimize local barriers to obtaining IHSS and other caregivers</li> <li>▶ Support state efforts to promote paid family leave benefits for caregivers. <i>(Ventura)</i></li> <li>▶ Provide application assistance for recipients and caregivers through community organizations and/or dedicated navigators. <i>(Possible Solution from Data Insights)</i></li> </ul> <p><b>Grow the Caregiver Workforce</b></p> <ul style="list-style-type: none"> <li>▶ Launch campaigns to promote caregiving as a rewarding career, expand caregiver training and certification programs and create/expand caregiver matching services to grow the workforce. <i>(Possible Solution from Data Insights)</i></li> </ul>

## STRATEGIES & OBJECTIVES PACKET #3: HEALTH CARE AND CAREGIVING

Possible Strategies	Possible Objectives
	<ul style="list-style-type: none"> <li>▶ Incorporate cultural competency training and encourage multilingual/non-English speaking caregivers into caregiver education programs and expand instructor pools to include multiple languages.</li> </ul>
<p>Promote mental health, dementia-friendly practices, and brain health.</p>	<p><b>Expand Cognitive Screenings, Mental Health Support, and Suicide Prevention</b></p> <ul style="list-style-type: none"> <li>▶ Advocate for cognitive screenings to be required for routine primary care for older adults. <i>(Possible Solution from Data Insights)</i></li> <li>▶ Expand access to affordable and culturally relevant in person and telehealth support groups, counseling and therapy services, suicide prevention programs, and community education campaigns targeted to older adults and people with disabilities to reduce stigma and raise awareness of mental health resources. <i>(Possible Solution from Data Insights)</i></li> </ul> <p><b>Enhance Brain Health Awareness and Training</b></p> <ul style="list-style-type: none"> <li>▶ Collaborate with Public Health and other agencies to Co-host a Brain Health Network Summit and to support public education campaigns with culturally competent approaches that provide brain health training for older adults and address brain health and healthy aging priorities.</li> <li>▶ Develop dementia-friendly practices and awareness initiatives that include community-based dementia support programs, caregiver training and respite care.</li> </ul>
<p>Support geriatric and specialized care expansion.</p>	<p><b>Expand Geriatric Training and Workforce Development</b></p> <ul style="list-style-type: none"> <li>▶ Support the development of geriatrics training opportunities for medical residents and healthcare providers and encourage trained providers to address healthcare gaps.</li> </ul>