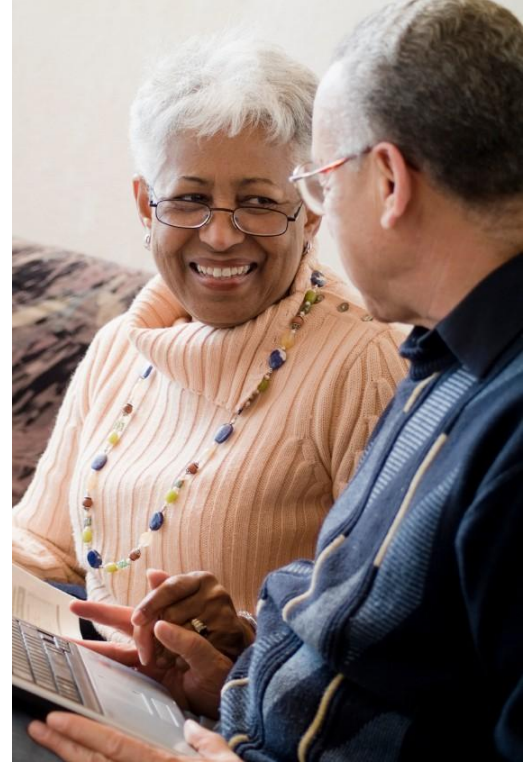


2025-2030



Aging and Disability Action Plan of Yuba and Sutter Counties

A Blueprint for the Future

The Yuba-Sutter Aging and Disability Action Plan (2025–2030) offers a five-year blueprint for building more livable, inclusive, and age-friendly communities across Yuba and Sutter counties. It outlines shared goals and priorities to support long-term impact. A companion Implementation Playbook translates this vision into actionable, annually updated strategies and objectives to guide ongoing progress. To explore the Playbook and additional resources, visit: www.adrc4.org/LADAP. This plan was made possible through funding from the California Department of Aging’s (CDA) Local Aging and Disability Action Planning Grant Program.

Recognizing our Contributors

This plan would not have been possible without the dedication of Aging and Disability Resource Connection (ADRC) partners across Yuba and Sutter counties. We are deeply grateful to all who contributed through workshops, focus groups, surveys, and thoughtful feedback. Special thanks to the core Design Team—Agency on Aging Area 4 (AAA4), FREED Center for Independent Living (FREED), and Yuba-Sutter-Colusa United Way—for their leadership in shaping the plan’s vision, goals, and strategies. Their guidance ensured that this work reflects local priorities and is grounded in community voice. We also thank Ellis Planning Associates Inc. for leading facilitation, engagement, and development of the plan.

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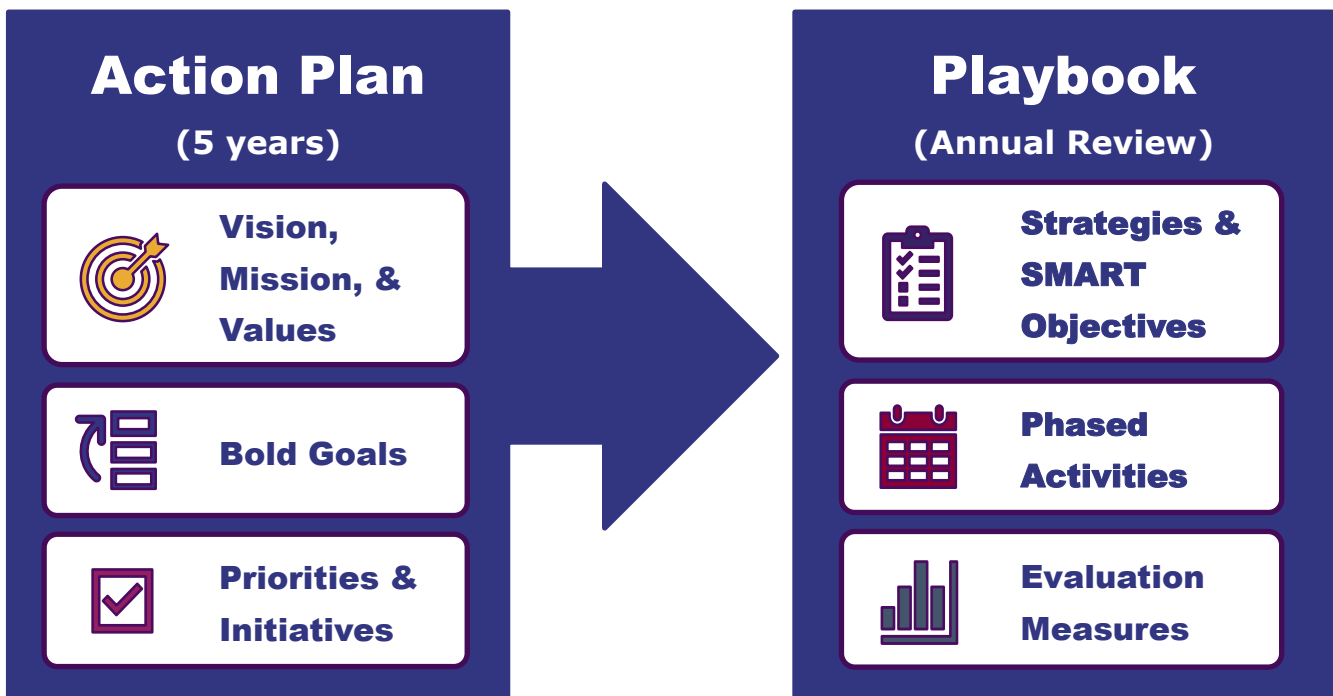
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Executive Summary

The Yuba-Sutter Local Aging and Disability Action Plan (LADAP) 2025–2030 sets a strong foundation for creating inclusive, livable, age- and disability-friendly communities. Aligned with the California Department of Aging’s Master Plan for Aging and developed in partnership with the Aging and Disability Resource Connection of Yuba and Sutter counties, the plan reflects community voices and priorities. It serves as a regional blueprint for improving quality of life for older adults, people with disabilities, caregivers, and residents of all ages and abilities.

Approach

The Yuba-Sutter LADAP (**Action Plan**) provides a five-year strategic framework, outlining a shared Vision, Mission, and Values, and Bold Goals supported by priorities and initiatives. The priorities and initiatives represent high-level summaries of the Strategy themes and Objective themes developed in greater detail within the companion Implementation Playbook (**Playbook**). The Playbook is a separate living tool updated annually to reflect progress, emerging needs, and new opportunities. It translates the LADAP’s goals into actionable Strategies, SMART Objectives (Specific, Measurable, Achievable, Relevant, and Time-bound), and Phased Activities with evaluation measures. This structure ensures the plan remains both strategically grounded and adaptable over time. Together, the Action Plan and Playbook offer a path forward for coordinated, cross-sector collaboration across the region.



Action Plan *At-a-Glance*



Vision

To provide a coordinated set of goals and objectives that community partners will work towards to improve the lives of the aging and disabled population and their circles of support.



Mission

To improve access to a coordinated network of services and supports using a “person-centered no wrong door” system, promoting and enhancing independent, safe, and healthy living for our aging and disabled populations and their circles of support.



Values

Equality and Justice

We advocate for a barrier-free world, in attitude and action.

Celebrate Diversity

We meet people where they are and honor where they want to go. We treat everyone without judgment and celebrate each person’s diverse gifts, processes, and needs.

Person-Centered

We believe that using a person-centered and consumer-directed approach where individuals and their support systems outline their own goals and how they want services to be provided leads to the best outcomes.

Innovation

We create opportunities by being innovative agents of change. We are forward-thinking to ensure that we remain relevant and solutions-focused.

Community-Living

We believe that full access and integration in the community is a right for every person.

Shared Responsibility

We work most effectively when we collaborate with individuals and community partners.

Action Plan *At-a-Glance*



5 Bold Goals



Priorities



Goal 1

Increase Affordable, Accessible
**Housing and Emergency
Preparedness**

- 1.1. Strengthen Housing Access
- 1.2. Expand Residential Options
- 1.3. Improve Emergency Preparedness and Response



Goal 2

Enhance **Transportation and
Community Mobility**

- 2.1. Raise Transportation Awareness
- 2.2. Expand Access to Services
- 2.3. Enhance Mobility and Accessibility



Goal 3

Expand Access to **Health Care and
Caregiver Support**

- 3.1 Strengthen Health Partnerships
- 3.2 Support Caregiver Support and Workforce
- 3.3 Promote Mental and Brain Health



Goal 4

Improve **Food Security and
Nutrition Availability**

- 4.1. Improve Food and Nutrition Awareness
- 4.2. Expand Food Access through Community Partnerships



Goal 5

Strengthen **Social Participation and
Community Engagement**

- 5.1. Strengthen Partnerships for Inclusive, Coordinated Services
- 5.2. Promote Equitable Access to Information
- 5.3. Expand Education and Community Engagement

Background

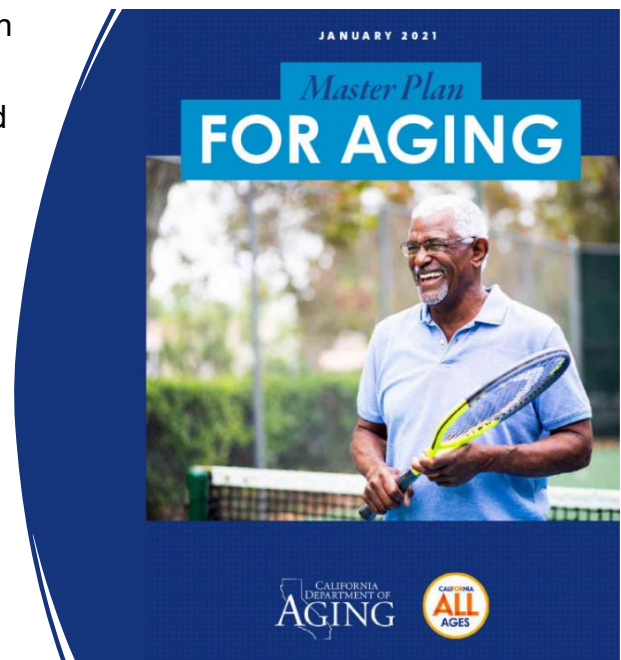
Priority Populations

The Yuba-Sutter LADAP focuses on improving the lives of older adults and individuals with disabilities, two overlapping populations with shared needs and challenges. Under the Older Americans Act, older adults are defined as individuals aged 60 and over, encompassing a broad range of health statuses, functional abilities, and living situations (Older Americans Act, 2020). People with disabilities are defined by the Americans with Disabilities Act (ADA) as individuals with physical or mental impairments that substantially limit one or more major life activities (Americans with Disabilities Act, 1990). While distinct, these groups are closely linked. Many people experience disability as they age, and both populations often require similar supports to live independently, such as accessible housing, transportation, healthcare, and opportunities for community inclusion. As the population ages and more people live longer with chronic conditions or disabilities, it becomes increasingly important to plan for systems that are inclusive, coordinated, and accessible. This plan embraces that shared reality and aligns with national and statewide guidance calling for long-term investment in communities that work for people of all ages and abilities (California Department of Aging [CDA], 2021).

California Master Plan for Aging

In response to California's rapidly aging population and the growing need for inclusive, coordinated support systems, Governor Gavin Newsom issued Executive Order N-14-19 in June 2019, calling for the development of a Master Plan for Aging (MPA). This statewide initiative established a bold 10-year blueprint to ensure that California is prepared to support older adults, people with disabilities, and caregivers—now and into the future.

The MPA serves as a unifying framework for state, local, nonprofit, and private-sector partners to align strategies, resources, and policies to meet the needs of California's aging and disabled



populations. It emphasizes equity, access, and cross-sector collaboration, identifying five interrelated Bold Goals for 2030 (see chart below). Progress is tracked through a publicly accessible Data Dashboard for Aging, with annual updates to monitor milestones, inform future priorities, and ensure accountability across sectors. The Yuba-Sutter LADAP builds on this foundation by translating the MPA's vision into local priorities, objectives, and actions that reflect the needs and voices of the Yuba-Sutter region.

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

Aging and Disability Resource Connection

Designated by the state in 2022, the Aging and Disability Resource Connection (ADRC) of Yuba and Sutter counties serves as a trusted, community-rooted hub that streamlines access to long-term services and supports for older adults, individuals with disabilities, caregivers, and families. Formed through a partnership between FREED Center for Independent Living (FREED), Agency on Aging Area 4 (AAA4), and other local community-based organizations, the ADRC advances equitable, person-centered solutions across the region. The ADRC provides four core services:

1. Enhanced Information and Assistance
2. Short-Term Service Coordination
3. Options Counseling
4. Transition Services

In addition, the ADRC convenes regular meetings with its partners and extended advisory network to coordinate strategies, promote cross-sector collaboration, and ensure alignment with local and state priorities. Through this work, the ADRC fosters inclusive, community-based solutions that strengthen equity, access, and independence for people of all ages and abilities in Yuba and Sutter counties.

ADRC Involvement in LADAP Planning

The ADRC Advisory Committee and extended partners played a central role in developing the Yuba-Sutter LADAP. While the graphic below may not reflect every organization involved, it highlights the broad range of sectors that helped shape the plan by providing input at key stages of its development.

Planning Partners

Agency on Aging Area 4	American Association of Retired Persons	Blue Zones Project	California Health Collaborative	Camptonville Community Partnership
Comfort Keepers	Family Soup	FREED Center for Independent Living	Hands of Hope	Harmony Health Street Medicine
Hmong Outreach Center	Latino Outreach Center	Long-Term Care Ombudsman Program	Salvation Army	Seniors on the Go
Sutter County Behavioral Health	Sutter County Child and Adult Protective Services	Sutter County Public Health	Sutter Yuba Homeless Consortium	Tri-County Community Center
Yuba County Commission on Aging	Yuba County Child and Adult Protective Services	Yuba County Office of Emergency Services	Yuba Foothills Agricultural Communities Association	Yuba Sutter Colusa United Way
Yuba Sutter Food Bank	Yuba Sutter Habitat for Humanity	Yuba Sutter Legal Center for Seniors	Yuba Sutter Meals on Wheels	Yuba Sutter Transit

These organizations reflect the many partners who contributed to the development of the LADAP and whose continued involvement will support its implementation. Representing sectors such as health, housing, food access, emergency response, and civic engagement, their collaboration demonstrates the strength of the ADRC model in advancing inclusive, community-driven solutions grounded in the expertise of local service providers and informed by direct input from the community. For example, a community outreach event held in May 2025 welcomed over 100 residents and served as a vital touchpoint to raise awareness, gather input, and recruit members for goal-specific Action Teams. As implementation moves forward, ensuring the voices of local stakeholders and community members, especially those with lived experience remains essential to guiding the work ahead.



Partners in Action

ADRC partners shared LADAP information and gathered input from 100+ residents at a community event.

Introduction

The Yuba-Sutter LADAP, aligned with the California MPA, provides a five-year blueprint to improve the lives of older adults, people with disabilities, and caregivers across the region. Developed through a collaborative planning process, the LADAP reflects local voices and priorities and is supported by a companion Implementation Playbook that outlines detailed strategies, objectives, and actions to guide implementation. The plan serves as a tool to align efforts across sectors and systems. This effort was led by the Yuba-Sutter ADRC — its core partners Agency on Aging Area 4 and FREED Center for Independent Living — and informed by input from community members and stakeholders. Together, the LADAP and Playbook provide a shared path toward more inclusive, age- and disability-friendly communities.

Plan Elements

The Yuba-Sutter LADAP offers a structured approach to advancing inclusive, age- and disability-friendly communities. The **Action Plan** defines the region’s Vision, which describes the ideal future it aims to achieve; its Mission, which articulates the core purpose of this effort; and its Values, which reflect the principles that guide collaboration and decision-making. It also outlines long-term Goals, priorities, and initiatives that focus and align efforts across the region. The accompanying Implementation **Playbook** translates this strategic direction into action by breaking down each priority and initiative into targeted Strategies, SMART Objectives (Specific, Measurable, Achievable, Relevant, and Time-bound) and Phased Activities, along with timelines and evaluation measures to track progress. Together, the Action Plan and Playbook form an integrated framework that supports alignment, accountability, and adaptability over the five-year planning cycle.



Plan Timeline

The Yuba-Sutter LADAP is structured around two key phases: a 15-month planning period from April 2024 to June 2025, and a five-year implementation phase from July 2025 through June 2030. The plan includes a high-level Action Plan that outlines strategic direction across five Bold Goals, supported by a more detailed Implementation Playbook. The Playbook serves as a living document, updated annually to reflect evolving priorities, emerging opportunities, and measurable progress. As the five-year period concludes, partners will assess outcomes and sustainability needs to determine the next phase of regional planning and coordination.



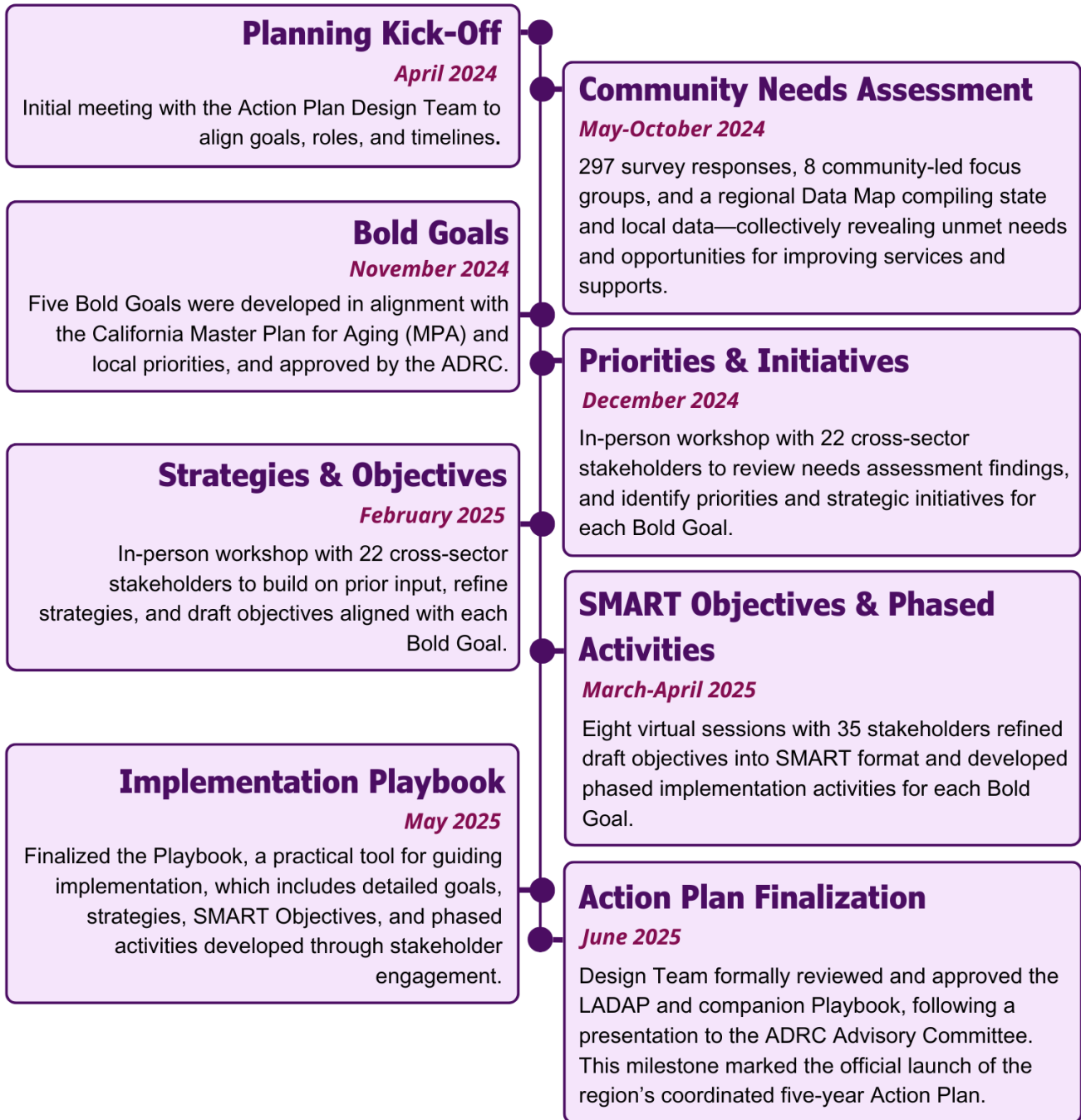
Planning Process

The Yuba-Sutter LADAP was developed through a structured, community-driven planning process coordinated by the Action Plan Design Team. This cross-sector team included representatives from AAA4, FREED, and Yuba-Sutter-Colusa United Way, and was supported by Ellis Planning Associates Inc., a strategic planning consultancy engaged to facilitate the process and guide plan development. The Yuba-Sutter ADRC also played a central role by providing critical input and formal approvals at each stage. The planning approach centered on equity, inclusion, and broad community engagement, drawing on the perspectives of older adults, people with disabilities, caregivers, service providers, and cross-sector partners across both counties. The resulting plan reflects local priorities, aligns with statewide goals, and lays the foundation for stronger, more coordinated services and supports for older adults and people with disabilities across the region.

Key Milestones

The timeline on the next page outlines the major milestones that moved the LADAP from early planning to finalization. It shows how community input and cross-sector collaboration informed each phase of the process, with each step building on the next to shape a clear, actionable framework. These activities laid the groundwork for the implementation phase that follows.

Figure 1. Key milestones for LADAP planning and development (April 2024 – June 2025).



Community Input

Community voices were central to the planning process. Between May and October 2024, a comprehensive community needs assessment was conducted to ensure the plan reflected lived experiences, demographic trends, and local priorities. This process drew from both qualitative and quantitative data, including:

- ▶ **Community Survey:** Reached 297 residents, including older adults, individuals with disabilities, and caregivers—through online and paper surveys in English, Spanish, Punjabi, and Hmong. Responses highlighted urgent needs in housing, transportation, emergency preparedness, healthcare access, and social inclusion.
- ▶ **Focus Groups:** Conducted in partnership with trusted community-based organizations, eight focus groups engaged 75 participants from historically underrepresented groups, including rural communities, communities of color, LGBTQ+ individuals, veterans, older adults, people with disabilities, and caregivers. Discussions explored barriers to access and inclusion and informed key strategies.
- ▶ **Data Map:** Quantitative data from local, state, and national sources was compiled into a Yuba-Sutter Data Map, aligned with the California MPA’s five Bold Goals. This tool helped assess gaps, track disparities, and benchmark community conditions across domains such as housing, health, caregiving, and affordability.

Together, these sources provided a strong foundation for identifying shared priorities and shaping the plan’s Goals, Strategies, and Objectives.



Listening with Intention

Our approach prioritized cultural relevance, language access, and inclusion.

Rooted in Relationships

We partnered with trusted groups to engage older adults, people with disabilities, caregivers, and underserved communities.



Stakeholder Engagement

To ensure the plan was grounded in local realities and responsive to future needs, the planning process engaged over 60 stakeholders across Yuba and Sutter counties. Participants included representatives from local agencies, nonprofit organizations, health and housing partners, transportation providers, emergency services, and culturally specific organizations.

Stakeholders contributed through:

- ▶ 2 regional planning workshops
- ▶ 8 virtual action planning meetings

These cross-sector contributors brought deep expertise in aging, disability, housing, health, transportation, nutrition, social services, emergency response, local government, and cultural equity. Many remained involved throughout the process, shaping priorities, refining strategies, and ensuring the plan reflects both professional insights and lived experience.

This input helped build a community-rooted, forward-looking plan that aligns with existing systems and lays a strong foundation for implementation.



Guided in Local Expertise

Engaged 60+ stakeholders across aging, disability, housing, health, transportation, and cultural equity.

Collaborative by Design

2 workshops and 8 meetings aligned cross-sector partners to shape priorities, strategies, objectives, and activities.

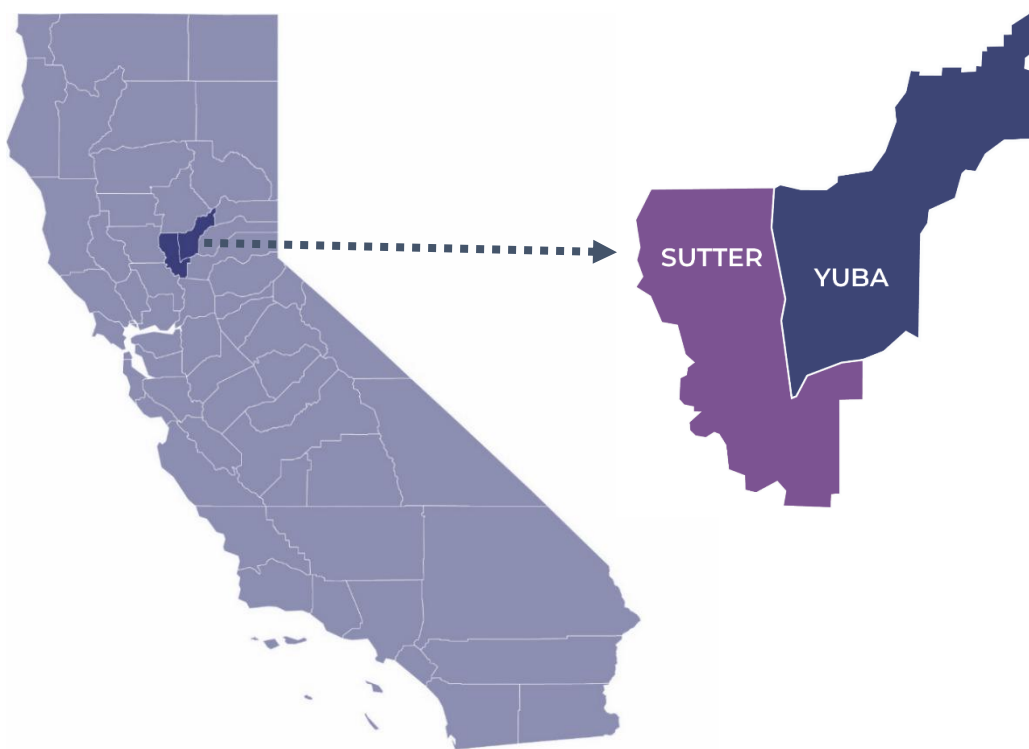


Community Profile

Community Description

Yuba and Sutter counties are two neighboring rural counties in Northern California's Central Valley, forming a shared metropolitan region within the Greater Sacramento Area. The region spans diverse terrain—from the agricultural flatlands of Sutter County to the more remote, forested foothill communities of eastern Yuba County. While Yuba City and Marysville serve as the population and service hubs, large portions of both counties are unincorporated and rural. Residents in the foothills and outlying areas often face unique access barriers related to transportation, internet connectivity, and service availability—challenges that were emphasized in community focus groups (Focus Groups, 2024). Despite being governed independently, the counties are deeply interconnected—sharing a regional transit system, public behavioral health services, a United Way chapter, and a Homeless Consortium, with the Feather River serving as the only geographic divide (Wikipedia contributors, n.d.).

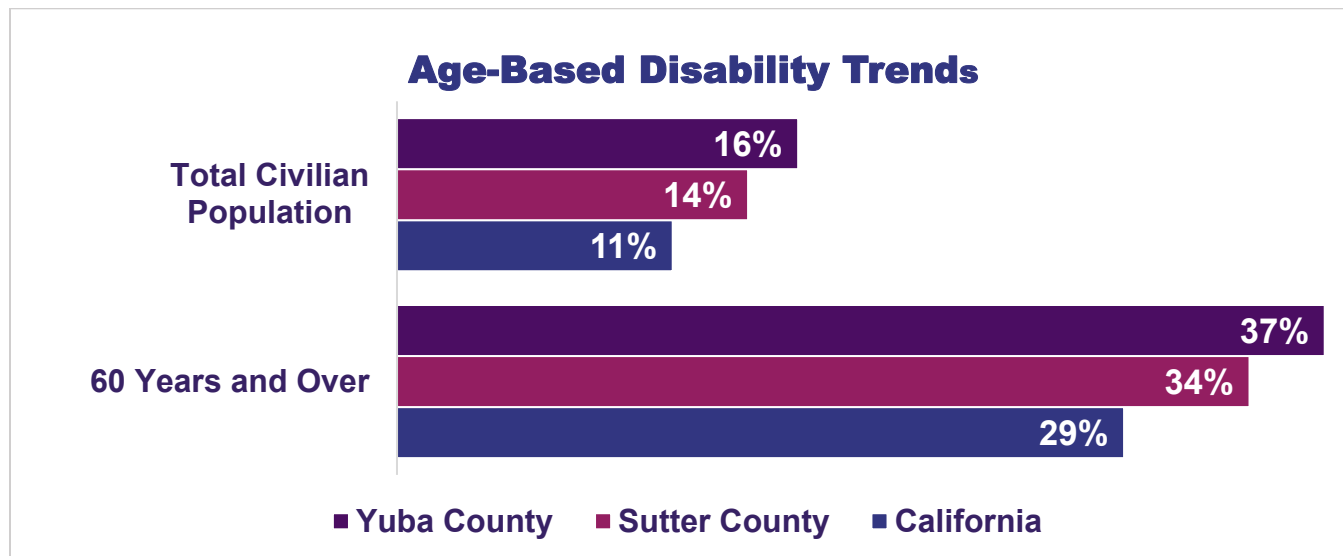
Figure 2. Yuba-Sutter Area map and location in the State of California.



Together, the counties are home to more than 180,800 residents, including over 37,500 adults aged 60 and older, which represents about 20.5% of the total population (U.S. Census Bureau, 2022a). Roughly 16% of Yuba County residents and 13.8% of Sutter County residents live with

a disability—representing an estimated 27,000 people with disabilities across both counties—a rate notably higher than the statewide average of 11% (U.S. Census Bureau, 2022b). As shown in the chart, disability rates rise with age, especially among those 60 and older—a trend that becomes even more pronounced among adults 75 and older, where prevalence increases to 57.4% in Yuba County and 48.9% in Sutter County (U.S. Census Bureau, 2022b).

Chart 1. Disability Rates Increase with Age in Yuba and Sutter Counties Compared to Statewide Trends (U.S. Census Bureau, 2022b).



The population is racially and ethnically diverse, with approximately 32% of residents across both counties identifying as Hispanic/Latino (U.S. Census Bureau, 2022a). Sutter County is also home to one of the largest Punjabi-American communities outside of India, primarily concentrated in South Yuba City, where more than 20% of residents identify as Asian Indian, predominantly Punjabi (Punjabi and Sikh Diaspora Digital Archive, n.d.). Other Asian populations—most notably Hmong, Vietnamese, and Chinese residents—are also present in smaller numbers across the region (U.S. Census Bureau, 2022a). In addition, approximately 3% of residents identify as African American, and about 1–2% identify as Native American or Alaska Native, with higher representation in some rural areas (U.S. Census Bureau, 2022a).

As the population grows, so does the demand for culturally responsive and accessible services, particularly for low-income older adults and individuals with disabilities. More than 15% of residents across both counties live below the poverty line, with older adults and people with disabilities disproportionately impacted (U.S. Census Bureau, 2022a; Yuba County Health and Human Services Department, 2022). These compounding factors heighten the need for coordinated, equitable support systems, especially in areas like in-home care, housing, transportation, and inclusive community programming.

Housing and Emergency Preparedness



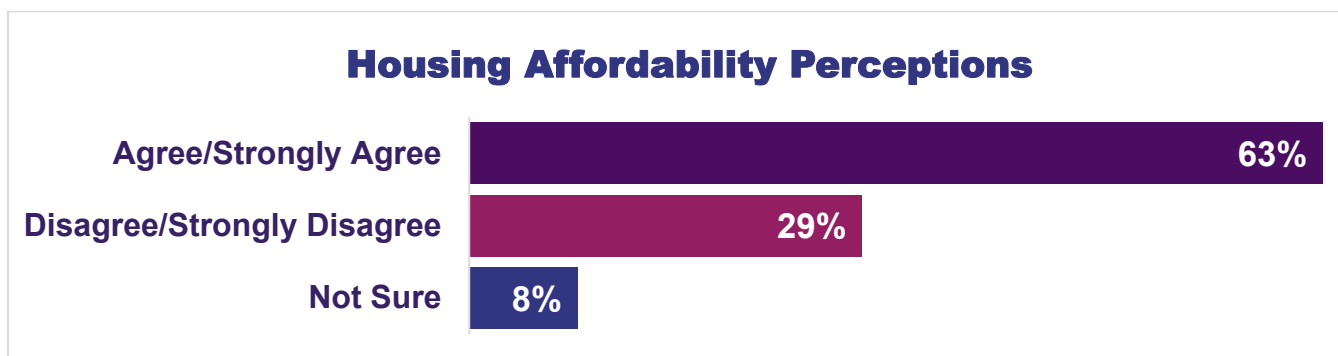
Access to safe, stable housing and inclusive emergency systems is essential for older adults and individuals with disabilities to age in place with dignity. In Yuba and Sutter counties, community members raised concerns about housing affordability, aging-in-place resources, care transitions, and disaster readiness—especially in rural areas and among those who need help with daily activities or other ongoing support. These concerns point to key gaps that require better coordination, investment, and community-driven solutions.

Safe and Affordable Housing

While homeownership rates in the region are high, averaging 74% across Yuba and Sutter counties, this does not necessarily equate to housing that meets residents’ current or future needs (U.S. Census Bureau, 2022a). In fact, only 15.5% of older adults across the two counties rated the availability of accessible housing as “excellent” or “good,” and many homes lack features that support aging in place, such as no-step entries, single-floor layouts, or wide hallways (CDA, 2023).

The 2024 LADAP Community Survey found that 63% of respondents said their housing was affordable, yet nearly one-third (29%) reported concerns about affordability—highlighting financial pressures on residents with fixed or limited incomes. In addition, 40% said they needed major home repairs, and 31% lacked the resources to remain in their homes as they age, underscoring barriers to housing stability and independent living for older adults and people with disabilities (Community Survey, 2024).

Chart 2. Survey Responses Show Mixed Housing Affordability Perceptions, with Nearly One-Third Reporting Financial Strain (Community Survey, 2024)



Focus group participants reinforced these concerns, citing barriers such as high deposits, lengthy applications, and a severe shortage of affordable housing—particularly for Section 8 applicants, veterans, mobile home residents, and renters. Many also faced challenges in maintaining or modifying their homes, especially for disability-related repairs, and reported dissatisfaction with conditions in low-income housing. Participants frequently relied on nonprofit organizations and community networks, underscoring the need to expand housing resources for low-income individuals (Focus Groups, 2024).

Emergency Preparedness and Resilience

Survey and focus group data revealed widespread concern about the region’s ability to support older adults and individuals with disabilities during emergencies. While 61% of respondents had someone to rely on, 32% were unsure or lacked a support network (Community Survey, 2024). The most frequently cited concerns included power outages (20%), shortages of food and water (18%), and difficulty accessing medications (13%) (Community Survey, 2024). Focus group participants also highlighted key barriers such as limited evacuation transportation, inaccessible shelters, and communication challenges for non-English speakers and those with sensory or cognitive impairments (Focus Groups, 2024).



Emerging Opportunities and Solutions

Stakeholders emphasized the need for coordinated cross-sector housing strategies to address both immediate and long-term challenges. Key priorities include expanding affordable and transitional housing, increasing awareness of aging-in-place supports, and improving access to home repair programs such as FREED’s Fix-It program. Supporting local organizations in securing funding and aligning partners around a shared housing strategy was also viewed as essential. Additionally, stakeholders underscored the importance of storytelling and public education to shift perceptions and build support for solutions like the Assisted Living Waiver (ALW) and flexible residential care models that are not yet available in the region.

In the area of emergency preparedness, participants called for more inclusive planning, accessible shelters, clear communication for non-English speakers and people with disabilities, and stronger cross-sector coordination. While recent efforts, such as multilingual alerts, evacuation simulations, and 2-1-1 services, have improved overall readiness, infrastructure gaps remain. Recommended next steps include co-designing shelter improvements, conducting accessibility audits, and expanding awareness of emergency tools to ensure all residents can access timely support.

Transportation and Community Mobility



Reliable, accessible transportation is essential for older adults and individuals with disabilities to maintain independence, access vital services, and remain engaged in their communities. In Yuba and Sutter counties, transportation challenges were among the most frequently cited barriers to aging in place. Rural geography, limited transit options, cost concerns, and language or accessibility barriers all contribute to transportation-related isolation—particularly for non-drivers, individuals with disabilities, and those living in foothill or outlying areas.

Transportation Access and Affordability

Transportation emerged as a top concern among residents, with many highlighting limited options, high costs, and accessibility challenges that impact daily life and long-term independence. According to recent data, only 19% of older adults in Yuba County and 21% in Sutter County rated the ease of public transportation as good or excellent (CDA, 2023). The LADAP Community Survey revealed similar concerns. While 72% of respondents said they currently drive themselves for daily activities, 67% said they never use public transit, and 77% reported never using specialized transportation for seniors or people with disabilities. Many rely on others for transportation (24% occasionally and 20% frequently) and expressed concern about losing that independence in the future. Just 32% felt confident they would have reliable transportation if they could no longer drive, while 66% reported uncertainty or worry about future access (Community Survey, 2024).

Community input from focus groups further illustrated concerns. Participants highlighted the high cost of transportation, limited availability in rural areas, and difficulty accessing door-to-door or on-demand options. Older adults described missing medical appointments due to lack of transportation and expressed frustration with long wait times, inaccessible services, and limited public education about available resources (Focus Groups, 2024).

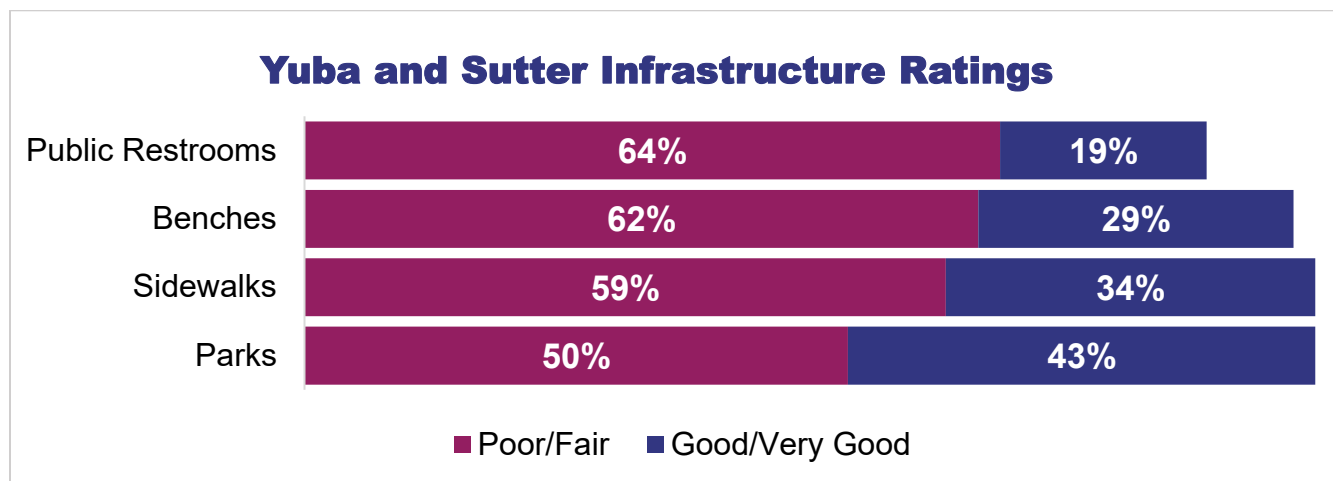


Community Mobility and Infrastructure

In addition to service access, participants emphasized the importance of safe, comfortable, and navigable public spaces that support community mobility. Bus stops were frequently described as uncomfortable or unsafe, with a lack of basic amenities like lighting, shelter, benches, or

level ground, creating barriers for individuals with mobility devices or visual impairments (Focus Groups, 2024). Survey results reflected these concerns. A majority of respondents rated local infrastructure as needing improvement, with 66% rating benches as poor or fair, 64% noting issues with public restrooms, and 59% viewing sidewalks as inadequate (Community Survey, 2024). Even access to parks and outdoor spaces received mixed ratings—50% rated access as poor or fair, while 43% gave positive ratings.

Chart 3. Community Ratings Show Majority Dissatisfaction with Accessibility of Public Restrooms, Benches, Sidewalks, and Parks (Community Survey, 2024)



Emerging Opportunities and Solutions

Stakeholders emphasized the need for coordinated efforts to improve transportation access and mobility for older adults and individuals with disabilities. Priorities include expanding multilingual outreach, increasing awareness of transit subsidies and door-to-door options, and supporting development of a formal travel training program in partnership with Yuba-Sutter Transit. To improve service access, partners highlighted the need to secure funding to reduce transit costs for low-income riders, expand access to non-Medi-Cal medical transportation, and address rural transportation gaps through community-based solutions like ride-shares and volunteer driver programs. Interest in partnerships with providers such as Mountain Transit reflects the broader need to better serve outlying communities.

In addition to transportation services, stakeholders emphasized improving the physical environment to support safe, accessible travel. They also stressed the need to enhance safety, comfort, and ADA accessibility at bus stops and transit hubs, prioritizing better lighting, signage, seating, and parking in areas identified as underserved or in need of upgrades, such as downtown Marysville, Olivehurst, Linda, and Live Oak.

Health Care and Caregiving

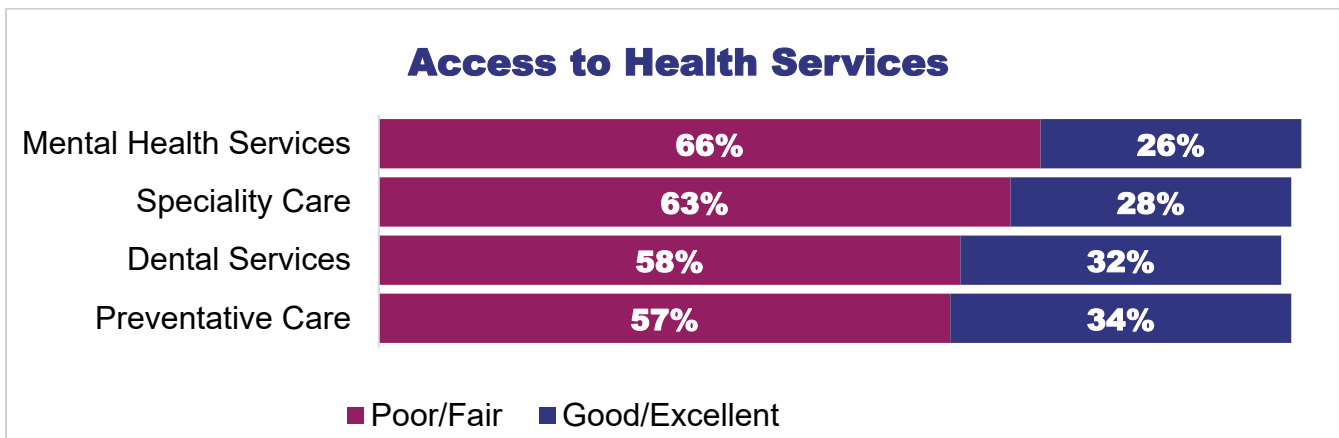


Reliable access to health care and caregiving is essential for older adults and people with disabilities to maintain quality of life. In Yuba and Sutter counties, persistent gaps—including provider shortages, limited in-home care, and barriers to culturally responsive services—are especially pronounced in rural areas, for people with complex needs, and non-English speakers. Rising caregiver strain, workforce shortages, and unmet needs in dementia and mental health care highlight the urgency of coordinated, community-driven solutions that build local capacity.

Health Care Access and Coordination

Access to quality, culturally responsive healthcare remains a challenge in Yuba and Sutter counties, particularly in rural areas and among underserved populations. According to the LADAP Community Survey, 66% of respondents rated access to mental health care as poor or fair, 63% said the same about specialty care, and more than half expressed concerns about dental (58%) and preventive services (57%) (Community Survey, 2024).

Chart 4. Most Community Members Rated Local Access to Mental Health, Specialty Care, Dental, and Preventive Services as Fair/Poor (Community Survey, 2024)



In addition to these concerns, broader structural gaps continue to limit access across the local healthcare system. Neither Yuba nor Sutter County offers PACE or Adult Day Health Care, and long-term care options remain limited. In Yuba County, there is just one skilled nursing facility per 10,270 older adults (CDA, 2022). These limitations, combined with care coordination issues, provider shortages, and transportation barriers, contribute to high rates of avoidable

emergency visits. (OSHPD, 2019–2021).

Community members highlighted limited access to behavioral health and pharmacy services in communities like Olivehurst, Linda, and the Foothills, and emphasized the need for culturally and linguistically aligned providers. Stigma surrounding mental health and dementia was also noted as a barrier, discouraging many older adults from seeking screenings or services. Community members called for more integrated approaches to care, including health hubs, mobile outreach, and improved coordination with Medi-Cal providers (Focus Groups, 2024).

Caregiver Support and Workforce Gaps

Caregiver stress is a growing concern across Yuba and Sutter counties. In 2025, nearly one-third of adults in Yuba (33.8%) and one-fourth in Sutter (23.3%) provided informal care to someone with a serious illness or disability—compared to a statewide average of 26.3% (CHIS, 2021–2022). Many caregivers reported emotional, financial, and physical strain, along with limited awareness of available supports like In-Home Supportive Services



(IHSS) and respite care (Focus Groups, 2024). Meanwhile, a persistent shortage of paid caregivers, nurses, and providers, especially in rural areas, continues to limit access to care. Focus groups emphasized the need for workforce strategies, youth outreach, and messaging that promotes caregiving as a meaningful, stable career.

Emerging Opportunities and Solutions

To improve health access and outcomes, stakeholders emphasized the need for stronger partnerships across the healthcare system. Priorities include expanding collaboration with Medi-Cal providers, identifying rural service gaps, and improving coordination between health and social support networks. Local examples include expanding pharmacy and behavioral health access in the Foothills and leveraging programs like Enhanced Care Management and Community Supports through CalAIM. Sustaining dementia-friendly efforts such as Sutter County Public Health’s Healthy Brain Initiative was also identified as a priority, along with launching inclusive campaigns on mental health, cognitive wellness, and care planning. These efforts aim to reduce stigma and increase access to early screening and support.

Support for caregivers and workforce development remains a critical need. Stakeholders prioritized promoting caregiving as a rewarding, sustainable career, especially in rural areas, and increasing access to culturally responsive information about respite care, support groups, and counseling services.

Food Security and Nutrition Availability

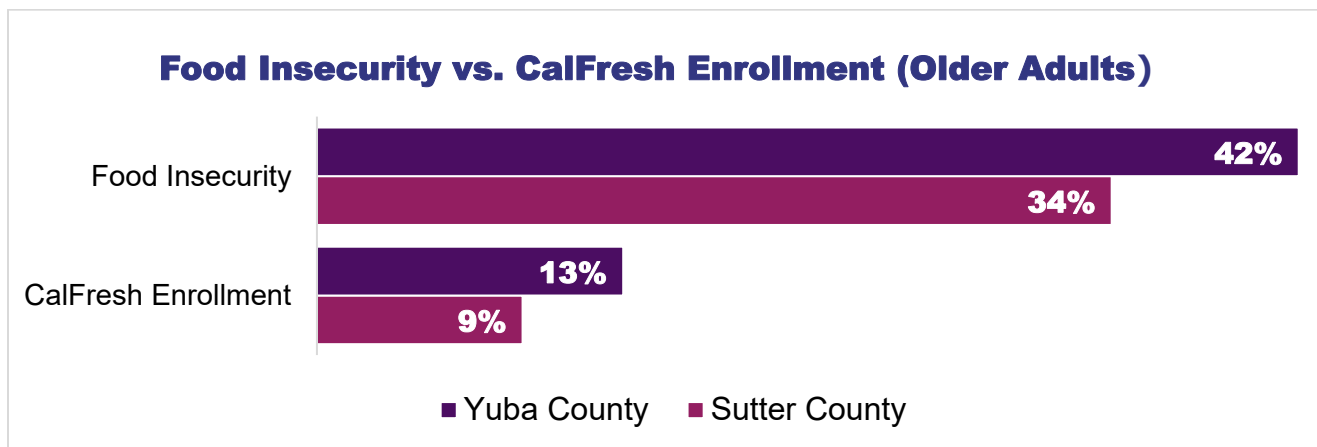


Access to affordable, nutritious food is essential to health, independence, and dignity, particularly for older adults and individuals with disabilities. In Yuba and Sutter counties, food insecurity remains a widespread concern, shaped by rising costs, transportation barriers, and rural geography. These challenges are often compounded by mobility limitations, language access needs, and a lack of fresh or culturally relevant food options. Expanding food assistance, improving outreach, and increasing access to local, fresh, and culturally appropriate foods are key to strengthening nutrition security across the region.

Food Access and Program Enrollment

Despite the growing need, many older adults in Yuba and Sutter counties struggle to access available nutrition assistance programs, particularly those with low incomes, disabilities, or living in rural areas. Over 42% of low-income older adults in Yuba County and more than 34% in Sutter County are food insecure, placing both counties among those with the highest rates in California (CHIS, 2021–2022). Yet only 13.1% of older adults in Yuba and 8.8% in Sutter are enrolled in CalFresh (CDSS, 2023), indicating underutilization of available resources.

Chart 5. Food Insecurity Rates Among Older Adults in Yuba and Sutter Counties Exceed CalFresh Enrollment, Highlighting a Gap in Nutrition Program Utilization (CHIS, 2021–2022; CDSS, 2023).



Recent survey and focus group findings reinforce persistent barriers to food access and enrollment. Only 21% of older adults in Yuba County and 39% in Sutter rated access to

affordable, quality food as “good” or “excellent” (CDA, 2023). Community members cited high food costs, limited transportation, and a lack of fresh or culturally appropriate food as major concerns (Focus Groups, 2024). Many also reported confusion about benefit eligibility, limited public awareness of available programs, stigma associated with participation, and difficulties navigating enrollment processes, particularly online systems or complex paperwork. Several participants described running out of CalFresh benefits before the end of the month or being unable to complete applications without assistance. Others noted that food provided through meal distribution programs, including food banks and community meal sites, was not always culturally familiar or appealing.

Access to nutritious food plays a critical role in supporting health, well-being, and chronic disease management. In Yuba County, 60% of older adults surveyed reported having difficulty maintaining a healthy diet, with similar findings in Sutter (CDA, 2023). Focus group participants shared concerns about limited access to grocery stores, fresh produce, and culturally familiar foods, particularly in foothill and rural communities. Others emphasized the need for more nutrition education, cooking support, and affordable ways to prepare healthy meals on a fixed income.



Emerging Opportunities and Solutions

Stakeholders emphasized the need for inclusive, targeted outreach to raise awareness of nutrition needs and increase participation in local food programs. Priorities included educating decision-makers about the scale of food insecurity in Yuba and Sutter counties and sustaining effective support systems. Additional recommendations focused on expanding multilingual CalFresh enrollment assistance, promoting updated food resource directories, and sharing information through trusted sites such as senior centers, churches, and clinics.

Expanding access to healthy, affordable food remains a top priority, especially in rural and underserved communities. Stakeholders recommended strengthening local distribution through culturally tailored produce boxes, Medically Tailored Meals, and food recovery initiatives that redirect surplus from farms and vendors. They also encouraged partnerships with health systems to explore “Food as Medicine” models and enhance referral pathways to nutrition supports for individuals managing chronic conditions. Community gardens, such as those supported by AAA4, were seen as promising opportunities to increase access to fresh produce while fostering nutrition education and cooking support. Together, these efforts lay the groundwork for a more equitable and sustainable food system across the region.

Social Participation and Engagement



Older adults and individuals with disabilities in Yuba and Sutter counties voiced a strong desire to stay socially connected, give back to their communities, and age in inclusive environments. Yet barriers, such as transportation gaps, digital and language access, and limited inclusive spaces, continue to hinder connection, especially in rural and underserved areas. Many also face challenges accessing reliable information or navigating local support systems, which can deepen feelings of isolation or vulnerability. Addressing these issues will require stronger local networks, more inclusive activities, accessible communication, and clearer pathways to help every resident connect, contribute, and belong.

Belonging, Social Activities, and Community Connection

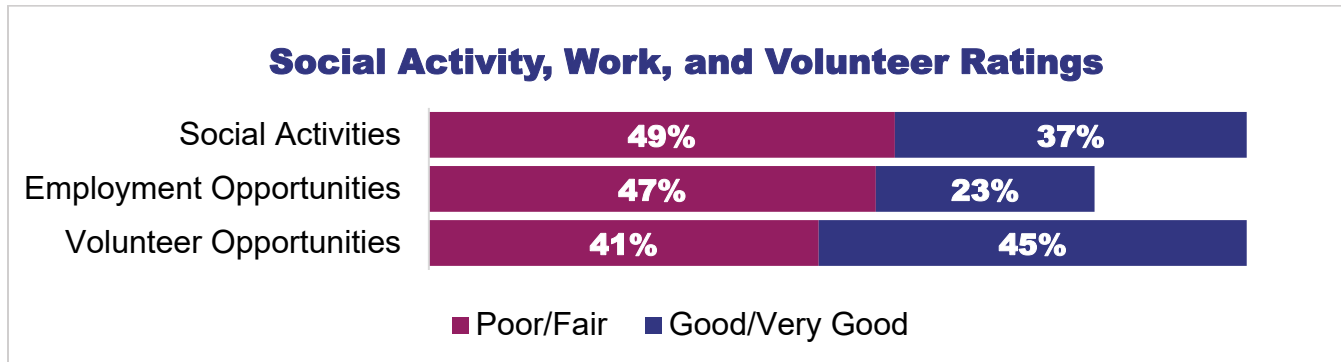
Social isolation, limited access to meaningful activities, and a lack of inclusive spaces continue to impact quality of life for older adults and individuals with disabilities. Only 24% of older adults in Yuba County and 29% in Sutter rated their connection to the community as good or excellent, and more than half reported feeling lonely or isolated (CASOA, 2022). Satisfaction with recreational and social opportunities was similarly low: just 11% of older adults in Yuba and 27% in Sutter rated recreational opportunities as good or excellent, while nearly half (49%) of LADAP



Community Survey respondents rated available social activities as fair or poor (CDA, 2023; Community Survey, 2024). Focus group participants emphasized the need for more inclusive community spaces, culturally relevant gathering places, and intergenerational programs, particularly in rural and underserved areas (Focus Groups, 2024).

Paid work and volunteer service can foster purpose, connection, and well-being. However, many older adults and individuals with disabilities face persistent barriers to meaningful participation. Community members rated 41% of volunteer opportunities as fair or poor, and 47% gave similar ratings for employment opportunities (Community Survey, 2024). Focus group participants described challenges such as age and disability discrimination, long-term unemployment, and limited access to inclusive or flexible roles (Focus Groups, 2024). Others expressed a strong interest in volunteering but noted a lack of clear opportunities, limited outreach, and logistical barriers, especially in rural areas (Focus Groups, 2024).

Chart 6. Survey Ratings Reveal Mixed Perceptions of Social Activities, Employment, and Volunteer Opportunities, Highlighting Ongoing Barriers to Participation and Inclusion



Access to Information and Community Safety

Despite 96% broadband coverage across Yuba and Sutter counties (California Public Utilities Commission, 2021), many older adults still struggle to access reliable information due to affordability, limited devices, and low digital literacy (Focus Groups, 2024). These challenges contribute to broader difficulties navigating local support systems—an issue reported by nearly 28% of survey respondents (Community Survey, 2024). Participants emphasized the need for centralized, multilingual resource hubs and a mix of digital and traditional communication strategies to ensure broad access (Focus Groups, 2024). At the same time, communication channels can also pose risks, with scams frequently delivered by phone, text, or email. Focus group participants echoed these concerns and called for expanded safety education and outreach, particularly in rural areas (Focus Groups, 2024).

Emerging Opportunities and Solutions

Efforts to improve social participation and engagement are gaining momentum across Yuba and Sutter counties. Stakeholders are exploring an AARP Age-Friendly designation to guide long-term improvements in social inclusion, outdoor spaces, and access to information. Cross-sector coordination is underway to better align funding and programs that support meaningful engagement. Key priorities include expanding multilingual and digitally inclusive outreach, developing a centralized system for streamlined information and referrals, and partnering with trusted cultural leaders to co-design culturally specific programs and community gatherings. Additional strategies focus on raising awareness of scams and financial exploitation, promoting inclusive employment pathways for adults 50 and older and individuals with disabilities, and launching an online volunteer hub to connect residents with local opportunities. Taken together, these solutions reflect a broader shift toward systems that promote equity, foster connection, and empower residents to engage and thrive.

SWOT Analysis

The following themes reflect the current landscape influencing implementation of the Yuba-Sutter Aging and Disability Action Plan. Strengths and Weaknesses highlight internal conditions such as coordination and service systems, while Opportunities and Threats point to external factors like infrastructure, policy, and community dynamics.

Strengths	Weaknesses
<ul style="list-style-type: none"> ▶ Collaborative Planning Environment – Strong cross-sector partnerships and regional alignment among service providers and agencies. ▶ Commitment to Equity and Inclusion – Stakeholders emphasized the need for culturally relevant, multilingual, and accessible services. ▶ Existing Infrastructure and Initiatives – (e.g., CalAIM, 2-1-1 exploration, transit improvements) offer strong building blocks. ▶ Strong Community Engagement – Diverse representation and lived experience perspectives strengthened planning discussions. 	<ul style="list-style-type: none"> ▶ Limited Service Capacity in Rural Areas – Transportation, housing, and health services remain limited in outlying communities. ▶ Resource and Staffing Constraints – Community-based organizations face funding and staffing limitations. ▶ Siloed Systems and Navigation Barriers – Residents and providers encounter fragmented services and referral gaps. ▶ Outdated Facilities and Technology Gaps – Accessibility issues persist in physical spaces and digital platforms.
Opportunities	Threats
<ul style="list-style-type: none"> ▶ Alignment with Statewide Priorities – Strong connections to the California MPA, AARP Age-Friendly Network, and other policy initiatives. ▶ Emerging Innovative Models – Interest in solutions like medically tailored meals and culturally-specific engagement efforts. ▶ Cross-County Coordination Potential – Shared systems (e.g., transit) support integrated planning and service delivery. ▶ Strong Cultural Partnerships – Opportunities to collaborate with Hispanic/Latino, Hmong, and Punjabi communities to co-design inclusive programs. 	<ul style="list-style-type: none"> ▶ Workforce Recruitment and Retention – Ongoing difficulty in building and maintaining a skilled direct care and support workforce. ▶ Digital and Language Access Barriers – Gaps remain in reaching residents with limited English proficiency or technology access. ▶ Sustainability and Funding Concerns – Heavy reliance on time-limited grants may change long-term implementation. ▶ Community Burnout and Capacity Limits – Risk of partner fatigue due to high demand and limited bandwidth.

Local Action Plan

Grounded in robust community input and data-driven analysis, the Yuba-Sutter LADAP provides a five-year blueprint for building more livable, inclusive communities for older adults and individuals with disabilities. The Action Plan defines a shared Vision, Mission, and set of core Values—establishing a unifying direction for regional collaboration and long-term impact. It also identifies bold Goals and targeted Strategies designed to improve housing, transportation, health care, emergency preparedness, food access, and community inclusion. Through this plan, Yuba and Sutter counties are committing to coordinated action that advances equity, independence, and well-being across all stages of aging and ability.

Vision and Mission

The LADAP is grounded in a shared Vision and Mission that reflect the community’s aspirations. The Vision describes the ideal future Yuba and Sutter counties aim to create—serving as a north star to guide long-term direction. The Mission defines the purpose of this work and the regional commitment to collaboration, equity, and community-driven progress.

Vision



To provide a coordinated set of goals and objectives that community partners will work towards to improve the lives of the aging and disabled population and their circles of support.

Mission



To improve access to a coordinated network of services and supports using a “person-centered no wrong door” system, promoting and enhancing independent, safe, and healthy living for our aging and disabled populations and their circles of support.



Values

The Values express the guiding principles that shape how this work will be carried out, ensuring that all efforts are rooted in equity, inclusion, and respect for lived experience. They serve as a foundation for decision-making, collaboration, and accountability as the region works toward more age- and disability-friendly communities.

Equality and Justice

We advocate for a barrier-free world, in attitude and action.

Celebrate Diversity

We meet people where they are and honor where they want to go. We treat everyone without judgment and celebrate each person's diverse gifts, processes, and needs.

Person-Centered

We believe that using a person-centered and consumer-directed approach where individuals and their support systems outline their own goals and how they want services to be provided leads to the best outcomes.

Innovation

We create opportunities by being innovative agents of change. We are forward-thinking to ensure that we remain relevant and solutions-focused.

Community-Living

We believe that full access and integration in the community is a right for every person.

Shared Responsibility

We work most effectively when we collaborate with individuals and community partners.



5 Bold Goals for 2030

Yuba-Sutter’s five Bold Goals form the foundation of the LADAP, setting a clear vision for creating more inclusive, connected, and supportive communities by 2030. These goals reflect the priorities identified through community input and cross-sector collaboration, and they guide coordinated efforts across housing, transportation, health care, nutrition, and social engagement. Together, they provide a roadmap for ensuring older adults and people with disabilities can live safely, independently, and with dignity in the places they call home.



Goal 1: Increase Affordable, Accessible Housing and Emergency Preparedness



Goal 2: Enhance Transportation and Community Mobility



Goal 3: Expand Access to Health Care and Caregiver Support



Goal 4: Improve Food Security and Nutrition Availability



Goal 5: Strengthen Social Participation and Community Engagement



Priorities and Initiatives

This section provides a high-level overview of the priorities and initiatives that support each of the five Bold Goals in the Yuba-Sutter LADAP. These elements reflect the key focus areas and implementation directions identified through community and stakeholder input and are organized by goal area.

Each table corresponds to one Bold Goal and includes a short goal title (e.g., Housing and Emergency Preparedness) that reflects the overarching focus area. The **left-hand column** highlights the priorities, or **Strategy themes**, the broad actions identified to advance each goal. The **right-hand column** presents the related initiatives, or **Objective themes**, which offer concise summaries of the specific efforts that will be carried out to support each strategy. Together, they provide a clear snapshot of how each goal will be addressed.

Both the strategy themes and objective themes summarized here are expanded in the Implementation Playbook, which includes the full Strategies, SMART Objectives, and Phased Activities. To learn more, visit: www.adrc4.org/LADAP.



Goal 1: Housing and Emergency Preparedness

<p>1.1. Strengthen Housing Access</p>	<p>1.1.1. Support development of affordable and temporary housing.</p> <p>1.1.2. Improve resource coordination for housing and aging-in-place supports.</p> <p>1.1.3. Increase community awareness of affordable housing benefits.</p>
<p>1.2. Expand Residential Options</p>	<p>1.2.1. Explore participation in the Assisted Living Waiver.</p> <p>1.2.2. Support state-level efforts to expand community-based housing and care transitions.</p>
<p>1.3. Improve Emergency Preparedness and Response</p>	<p>1.3.1. Strengthen inclusive emergency planning and outreach.</p> <p>1.3.2. Address communication barriers for people who are blind or visually impaired.</p> <p>1.3.3. Improve interagency coordination for emergency response.</p> <p>1.3.4. Identify and address shelter accessibility gaps.</p>



Goal 2: Transportation and Community Mobility

<p>2.1. Raise Transportation Awareness</p>	<p>2.1.1. Promote transportation services through multilingual outreach. 2.1.2. Assess need for a formal travel training program with Yuba-Sutter Transit.</p>
<p>2.2. Expand Access to Services</p>	<p>2.2.1. Secure funding to reduce transportation costs for underserved residents. 2.2.2. Expand medical transportation options. 2.2.3. Address rural transportation gaps with community-based solutions.</p>
<p>2.3. Enhance Mobility and Accessibility</p>	<p>2.3.1. Support service improvements to increase access to essential services. 2.3.2. Improve accessibility and comfort at bus stops and hubs. 2.3.3. Expand ADA-compliant parking access and signage.</p>



Goal 3: Health Care and Caregiving

<p>3.1. Strengthen Health Partnerships</p>	<p>3.1.1. Expand healthcare partnerships to support LADAP implementation. 3.1.2. Identify and address rural service gaps through CalAIM and other programs. 3.1.3. Improve system-wide collaboration to expand integrated health and social supports.</p>
<p>3.2. Strengthen Caregiver Support and Workforce</p>	<p>3.2.1. Promote caregiving as a rewarding and sustainable career. 3.2.2. Strengthen caregiver support, training, and counseling resources.</p>
<p>3.3. Promote Mental and Brain Health</p>	<p>3.3.1. Sustain dementia-friendly practices and community support services. 3.3.2. Launch inclusive campaigns on mental health, cognitive health, and advance care planning.</p>



Goal 4: Food Security and Nutrition Availability

<p>4.1. Improve Food and Nutrition Awareness</p>	<p>4.1.1. Conduct targeted outreach to local leaders on food and nutrition needs.</p> <p>4.1.2. Improve access to updated directories of local food and nutrition resources.</p>
<p>4.2. Expand Food Access through Community Partnerships</p>	<p>4.2.1. Build partnerships to expand access to locally grown and surplus food in underserved areas.</p> <p>4.2.2. Partner with health systems to explore Food as Medicine strategies.</p> <p>4.2.3. Increase CalFresh awareness and enrollment among older adults and people with disabilities.</p> <p>4.2.4. Support the development of accessible community gardens with inclusive education.</p>



Goal 5: Social Participation and Engagement

<p>5.1. Strengthen Partnerships for Inclusive, Coordinated Services</p>	<p>5.1.1. Achieve AARP Age-Friendly designation to support LADAP implementation.</p> <p>5.1.2. Map and align programs and funding across sectors to improve service coordination.</p> <p>5.1.3. Expand culturally specific programs with trusted community partners.</p>
<p>5.2. Promote Equitable Access to Information</p>	<p>5.2.1. Promote accessible, multilingual, and digitally inclusive information and assistance services.</p>
<p>5.3. Expand Education and Community Engagement</p>	<p>5.3.1. Raise awareness of scams and financial exploitation through education and outreach.</p> <p>5.3.2. Support the development of a centralized volunteer hub.</p> <p>5.3.3. Promote flexible, inclusive employment opportunities for adults 50+ and people with disabilities.</p>

Implementation

While the Action Plan sets the long-term vision for aging and disability services in Yuba and Sutter counties through 2030, its success will depend on consistent, coordinated implementation. A separate **Implementation Playbook** will serve as the tactical guide, translating each priority and initiative into concrete Strategies, SMART Objectives, and Phased Activities. This report provides the strategic framework, offering a high-level overview of the region's Vision, Mission, Values, Goals, and the priorities and initiatives that emerged from the strategy and objective themes developed during planning. The Implementation Playbook builds on this foundation by outlining year-by-year activities, partner responsibilities, and evaluation measures. Designed as a living document, the Playbook will be updated annually to reflect emerging needs, evolving priorities, funding shifts, and new partnership opportunities. The first edition will launch in July 2025, aligned with the five-year planning phase through June 2030.

Coordinated Leadership Through ADRC

The ADRC of Yuba-Sutter will coordinate implementation efforts. As a trusted, community-rooted hub, the ADRC is well-positioned to align cross-sector work, foster collaboration, and keep implementation grounded in the priorities identified through this planning process.

A key next step will be the formation of goal-specific **Action Teams**—cross-sector groups tasked with advancing implementation within each goal area. These teams will coordinate activities, monitor progress, identify barriers, and support course corrections as needed. The ADRC Action Teams and other partners will help guide implementation and track outcomes, ensuring accountability over time.

Sustaining Momentum

Many community members and stakeholders, including individuals with lived experience, service providers, public agencies, and local organizations, played meaningful roles in shaping the Action Plan through outreach, regional workshops, focus groups, data collection, and action planning meetings. Their continued engagement will be essential as the plan moves from vision to action.

Successful implementation will require ongoing collaboration, shared responsibility, and input from older adults, individuals with disabilities, caregivers, and local service providers. Strong cross-sector partnerships will remain critical at every stage. These include people with lived

experience as well as organizations and agencies working across healthcare, housing, transportation, food access, behavioral health, emergency response, legal services, civic engagement, and culturally specific outreach, among others. This broad base of involvement reflects the deep commitment across Yuba and Sutter counties to building more inclusive and responsive systems that meet the needs of all residents.

How to Stay Involved

As the Yuba-Sutter LADAP transitions into implementation, there are several ways for community members and organizations to stay connected and contribute:

- ▶ **Explore the Implementation Playbook:** Visit www.adrc4.org/LADAP to review the full Playbook, learn more about the plan's goals and activities, and discover ways you or your organization can support its priorities.
- ▶ **Join a Goal-Specific Action Team:** Participate in coordinated efforts to advance implementation activities aligned with the LADAP's goals. Action Teams bring together community members and local partners to share knowledge, identify challenges and solutions, and help drive progress on priority initiatives.
- ▶ **Engage through the ADRC Advisory Committee:** The ADRC convenes a cross-sector Advisory Committee to help guide implementation. Members provide input, track progress, and help adapt the LADAP in response to changing community needs. To learn more or express interest in joining, visit www.adrc4.org.

Moving Forward Together

The success of the Aging and Disability Action Plan of Yuba and Sutter counties will depend on continued collaboration, trust, and shared leadership. While the development of this plan marks a major milestone, it is only the beginning. Ongoing engagement across counties, sectors, and communities will be essential to bringing the plan to life. Implementation will be guided by the ADRC goal-specific Action Teams, ensuring the work remains community-driven, coordinated, and responsive to evolving needs.

Together, the Action Plan and Implementation Playbook provide a flexible yet focused framework to strengthen aging and disability support systems across Yuba and Sutter counties. Through sustained engagement, shared responsibility, and continuous improvement, this plan represents not just a blueprint—but a shared promise to build a more inclusive, supportive future where all residents, especially older adults and people with disabilities, can live safely, independently, and with dignity in the communities they call home.

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(2025-2030)

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