

FISCAL YEAR 2025-2026 AREA PLAN UPDATE

The El Dorado County Area Agency on Aging (AAA), Planning and Service Area (PSA) 29, developed the 2025-2026 Area Plan Update, the first update to the annual 2024-2028 Area Plan for Senior Services. As required by the federal Older Americans Act and in accordance with direction from the California Department of Aging (CDA), the 2025-2026 Area Plan Update is developed for submittal to CDA. The Annual Update provides the mechanism through which the AAA reports on modifications to the Area Plan as necessary to accommodate changing service needs as well as increases or decreases in grant funding levels and availability of other resources. The Update details the status of annual objective accomplishments and discusses the impact of activities undertaken during the first fiscal year of the 2024-2028 planning cycle.

The 2024-2028 Area Plan, “We All Age – Just Differently”, contains five goals: Outreach, Engaging the Changing Senior – Availability and Increasing Access of Aging Services, Emergency Preparedness, Volunteering, Civic Engagement, Community Collaboration, and Education and Training. There are a total of 26 objectives within these goals. During 2024 – 2025, action was taken on 16 objectives, and these will be continued to the next planning cycle. Five objectives were placed on hold and may be continued in future planning cycles. Due to changing circumstances, two objectives (2.4 and 3.3) have been deleted. Two objectives (4.3 and 4.7) have been completed. One objective (2.7) begins on July 1, 2025.

The information provided by CDA in the Population Demographic Projections by County and PSA for Intrastate Funding Formula (IFF) report, the 60+ senior population in El Dorado County continues to steadily increase from 2023 to 2025. The 60+ decreased between 2022 and 2023, however, the current total 60+ population is still above the 2022 level. The table below details the changes in the demographics for PSA 29.

Demographics	2022	2023	2024	2025	Change from 2022 to 2025
Population 60+	63,507	60,827	65,463	64,609	1.74%
Non-Minority 60+	49,027	52,062	55,758	53,479	9.08%
Minority 60+	14,480	8,765	9,705	11,130	-23.14%
Low Income 60+	5,290	5,365	5,760	5,760	8.88%
Medi-Cal Eligible 60+	5,386	5,868	6,593	6,593	22.41%
Geographic Isolation 60+	16,600	16,600	25,475	25,475	53.46%
SSI/SSP* 65+	842	851	921	921	9.38%
Population 75+	20,284	17,099	21,171	21,171	4.37%
Lives Alone 60+	9,930	10,130	11,575	11,575	16.57%
Non-English Speaking	485	320	155	155	-68.04%

*Supplemental Security Income/State Supplementary Payment

Reviewing the demographic data above, the number of seniors meeting the criteria for need based programs continues to increase. The percentage of low-income seniors has increased by 8.88% over the last four years, the percentage of Medi-Cal eligible seniors has increased significantly by 22.41%, and the percentage of SSI/SSP eligible seniors increased 9.38%.

The table also identifies 25,475 seniors 60+ living in geographic isolation, which may be misleading due to the nature of our County. The California State Plan on Aging defines geographic isolation as rural areas compared to urban highly densely settled core areas. El Dorado County contains two incorporated cities, Placerville and South Lake Tahoe. Many areas of the County are rural areas but not necessarily isolated areas.

El Dorado County has a myriad of services available to low-income seniors. These include In-Home Supportive Services (IHSS), Multipurpose Senior Services Program (MSSP), Housing Choice Voucher Program (HCV), Low Income Home Energy Assistance (LIHEAP) and Weatherization programs, Senior Legal Services, Family Caregiver Support Program, Senior Nutrition Congregate and Home Delivered Meals. The Information and Assistance program can provide appropriate referrals for seniors, disabled and low-income individuals to these programs and others within the community by evaluating their unique needs and helping them make informed decisions about needed community-based programs and available support services.

The non-English speaking senior population dramatically decreased by 68.04% from 2022. It is unknown if this decrease is related to responses to the 2020 U.S. Census or if this information captures only those over 60 years of age that do not speak English in public and are multi-lingual in their home environment. The Area Agency on Aging will continue to meet the needs of the non-English speaking population; the Information and Assistance program has Spanish speaking assistance available Monday through Friday from 7:00am to 4:00pm. Program Staff also have access to interpreters and translation services to assist with languages other than English and Spanish.

Local statistics suggest that older adults in El Dorado County are an increasing demographic group, reflecting that older adults are “aging in place.” Examples of this are in the 75+ population which increased 4.37%, as well as seniors living alone which increased 16.57% from 2022 to 2025. The AAA implemented the new Fall Prevention Program in 2022 and, fortunately, is able to continue this needed program with the Modernization of the Older Californians Act (MOCA). This program provides grab bars, ramps, shower chairs, etc. to enhance the in-home safety of older adults.

After experiencing a significant decrease between 2022 and 2023, in the 60+ minority population continues to steadily increase. However, the 2025 60+ minority population is still 23.14% less than 2022. The AAA will continue to provide high quality services to all older adults in the community regardless of their ethnic and racial backgrounds.

The AAA has limited resources and strives to be inclusive of all adults aged 60 years of age and older and does not discriminate against income, housing situations, gender, gender identity, race, ethnicity or sexual orientation.

SIGNIFICANT ACCOMPLISHMENTS FISCAL YEAR 2024 - 2025

Programs and activities continue to return in-person operations and pre-COVID levels. The age 60+ population continues to benefit from in-person interactions in social settings, such as congregate meal sites, activities and clubs.

During the first year of the 2024-2028 planning cycle, the El Dorado County AAA continued to provide outstanding services and activities. These accomplishments and activities demonstrate the AAA's commitment to assess the needs of older adults, adults with disabilities, and their caregivers in the community, and make responsive improvements to enhance the service delivery system.

These accomplishments include:

Bilingual Services Available Through the Information and Assistance Program

Of those community members seeking services who are non-English speakers, Spanish continues to be the predominant language spoken. Bilingual services for Spanish speaking older adults and their families are available in person or by phone Monday through Friday, 7:00am – 4:00pm through the Information and Assistance program.

Senior Nutrition Program

After many years of being short staffed, the Senior Nutrition program is fully staffed! For over a year, the Senior Nutrition program on the West Slope had been sending a Mealsite Coordinator from Placerville to the South Lake Tahoe Congregate Meal Site to assist with the daily meal service. This was challenging during the winter months when snow and ice were prevalent on the Highway 50 pass. With the onboarding of a new Mealsite Coordinator in South Lake Tahoe, the Senior Nutrition program was able to focus on the West Slope congregate meal sites and fully re-open the Pollock Pines site.

Collaboration with Community Partners

The AAA continues to partner with community agencies to bring services closer to the over 60 population residing within El Dorado County. Senior Legal Services provides monthly in-person legal appointments in South Lake Tahoe and El Dorado Hills. Senior Health Education provides Bingocize classes in the Tahoe area as well as Placerville. The Information & Assistance team provides outreach at various events throughout the county, including one-on-one appointments in South Lake Tahoe and Placerville. The Family Caregiver Support Program offers a mini-series in El Dorado Hills, South Lake Tahoe and Placerville to include presentations from community service providers on topics including disaster planning, law enforcement, Adult Protective Services, Senior Legal Services, mandated reporter training, etc.

Senior Activities

Senior Activities continues to grow with new activities and classes. Community members are encouraged to bring forth ideas of activities that interest them or they

enjoy. Instructors are volunteers. Current group activities include: Exercise (Yoga, Strength Training, Fitness, Zumba), Scrabble, Pottery, Ceramics, Knitting, Quilting, Spanish Conversation, Oil Painting, Basketweaving, and Chess. These activities breathe life into the Placerville Senior Center. Hearing the laughter and seeing the enjoyment of the participants is very rewarding for all.

Additional Revenue Contracts from California Department of Aging (CDA)

Older Adults Rescue & Recovery Act (OARR): The AAA had previously received several additional revenue contracts from CDA which allowed us to enhance and continue older adult programs. The funding under OARR enabled the AAA to continue the Dignity at Home Fall Prevention Program, hire an additional full time Senior Legal Services Attorney, and provide additional hours of respite care for community caregivers. The funding expired on September 30, 2024.

American Rescue Plan Act (ARPA): The AAA was able to pivot some of the services funded under OARR to ARPA. ARPA funding enabled the AAA to provide additional needed respite services for caregivers, Senior Health Education Evidence Based classes such as Bingocize, continued expanded legal services from the Senior Legal Attorney hired under OARR, general supportive services and equipment and other food products for Senior Nutrition. The ARPA funding will expire on September 30, 2025.

Modernization of the Older Californians Act (MOCA): This funding has two distinct components. Supportive Services and Senior Nutrition. Under Supportive Services, the AAA is able to continue the Fall Prevention Services and focus on volunteer development and coordination. Under Senior Nutrition, the AAA will be focusing on increasing the congregate and home delivered meal programs in South Lake Tahoe.

Looking to the Future in South Lake Tahoe

The City of South Lake Tahoe is building a new multi-generational Recreational Center which is anticipated to be operational in 2026. The new center will replace the current South Lake Tahoe Senior Center. El Dorado County is finalizing a Facility Use Agreement with the City of South Lake Tahoe for the AAA use in the current South Lake Tahoe Senior Center and is also beginning recruitment of a new Program Coordinator position for the site, in an effort to increase activities and participation in the Senior Nutrition program serving the South Lake Tahoe communities. The AAA programs currently provided at the South Lake Tahoe Senior Center will move to the new Recreational Center upon opening. The AAA is excited to begin this new phase.

Accomplishments of the Commission on Aging (COA)

The COA is an integral part of the AAA and assists in the development and completion of many of the goals and objectives contained within the Area Plan. In addition to the Area Plan goals and objectives, highlighted below are several COA accomplishments during Fiscal Year FY 2024-2025 which are planned to continue into FY 2025-2026.

Senior Housing Committee

The COA Senior Housing Committee advocates for affordable, age friendly housing that is accessible to public transportation in order to help El Dorado County's senior and disabled population age safely in their own homes. During FY 2024-2025, the Senior Housing Committee spoke with and/or provided written comments to the El Dorado County Board of Supervisors and other county committees and commissions, such as the El Dorado County Planning Commission. This committee supports efforts of numerous local affordable housing projects and has requested senior exercise equipment to be included in local park projects. The committee collaborated with the Housing El Dorado, a community agency, and met with the Board Supervisors to support bringing the Bridge Meadows concept to El Dorado County. Bridge Meadows provides multi-generational housing to seniors, foster youth, and families. In addition, the Committee created two documents, the Senior Housing Committee Purpose Sheet and the Affordable Housing FAQ. Both documents were approved for distribution by the Commission and will be used on social media and at community events and meetings to support affordable housing projects.

Annual Monitoring of AAA Programs and The Clubs Older Adult Day Services

The AAA is a direct provider of services under the Older Americans Act and works collaboratively with the COA for the monitoring of these programs. The Commission on Aging has resumed conducting the annual monitoring process. Although The Clubs Older Adult Day Services is not a AAA program, The Clubs are included in the monitoring process because it is a program that serves older adults under the same management as the AAA programs. Commissioners were provided with standardized monitoring forms to create a consistent and objective means of evaluating multiple sites and services. The forms contained specific program goals and mandated questions with a section to reflect each program's unique character and highlight the needs of the older adults who are utilizing the services. These tools provided a framework for the Commissioners to discuss with program supervisors, evaluate their programs, and learn more about the services offered and the needs of seniors residing in El Dorado County. A copy of the Annual Monitoring Program Report is available upon request.

Outreach

The Outreach Team continues to participate in community events promoting and advocating for the senior services provided within El Dorado County. A total of 17 events were attended by the Outreach Team in 2024, and four (4) additional events have been attended during the first few months of 2025. In an effort to promote AAA programs and services, as well as the Commission on Aging, the Outreach Team collaborates with various community organizations. The Outreach team is a resource

for seniors and a voice for their concerns. These concerns are forwarded to the Commission on Aging, AAA staff, and the Board of Supervisors. Each year, the Outreach Team hosts the Senior-of-the-Year event and on a monthly basis, writes articles in the Senior Times Newsletter.

California Senior Legislature

Two Commissioners are representatives on the California Senior Legislature (CSL). As members of the CSL, during the months of November, December, and January, they participate in meetings with the California Legislature to promote CSL proposals, two of which have been picked up for support by the California Legislature. Both Commissioners are part of the CSL Legislative Committee, with the Senate Commissioner serving as Vice Chair. In addition, the Commissioners are part of the Northern California Caucus which meets monthly to work together on issues that affect rural counties. They are active in Senior Rally Day and regularly update the Commission on the status of legislation affecting seniors.