



## Core Programs Overview

The California Department of Aging (CDA) administers programs that serve older adults, adults with disabilities, family caregivers, and residents in long-term care facilities throughout the state. These programs are funded through the federal Older Americans Act, the Older Californians Act, and the Medi-Cal program. CDA contracts with a network of 33 Area Agencies on Aging (AAAs), 11 California Caregiver Resource Centers (CRCs), and 37 Multipurpose Senior Services Program (MSSP) sites to provide a range of services that promote independent living, healthy aging, and support for family caregivers. CDA also certifies and oversees 299 Adult Day Health Care Centers as part of the Medi-Cal Community-Based Adult Services (CBAS) Program. The 35 local Long-Term Care Ombudsman offices are available to support and advocate on behalf of long-term care residents. CDA actively collaborates with many other state departments, public and private partners, and other entities on a variety of issues.

### **Aging and Disability Resource Connection**

The Aging and Disability Resource Connection (ADRC) initiative is a collaborative effort between Independent Living Centers and Area Agencies on Aging designed to streamline access to Long-Term Services and Supports (LTSS) for individuals of all ages, incomes, and disabilities. Key to California's vision of a "No Wrong Door" system, ADRCs ensure that people

can connect with various community-based services through any partner organization, reducing barriers to care. Services offered include enhanced information and referrals, options counseling, and care transitions.

### **CalFresh Healthy Living**

The CalFresh Healthy Living (CFHL) Program helps older adults make healthy food choices and choose physically active lifestyles consistent





with the Dietary Guidelines for Americans. CFHL strives to increase consumption of fruits and vegetables, increase physical activity, reduce time spent in sedentary behaviors, and maintain a healthy weight to reduce the risk of chronic disease. CFHL incorporates Policy, Systems, and Environmental Change (PSE) approaches to deliver effective, evidence-based nutrition education and obesity prevention programs.

### **California Caregiver Resource Centers**

California Caregiver Resource Centers (CRC) serve family caregivers who provide support for someone affected by chronic and debilitating health conditions including dementia, Alzheimer's disease, cerebrovascular diseases (such as stroke or aneurysms), degenerative diseases such as Parkinson's, Huntington's and multiple sclerosis, or traumatic brain injury (TBI), among others. CRCs provide support groups, counseling, respite care, training, legal consultation, and more.

### **Community-Based Adult Services Program**

Community-Based Adult Services (CBAS) is a day health program that provides comprehensive services to older adults and adults with chronic medical, cognitive, or mental health conditions, enabling them to live at home rather than in an institution. CBAS centers offer

a range of services, including nursing, therapy, mental health support, care management, and social activities tailored to specific participant needs. The Program emphasizes collaboration with participants, their families, caregivers, primary care physicians, and the community to help maintain personal independence.

### **Congregate Nutrition Program**

The Congregate Nutrition Program serves meals in a group (congregate) setting to individuals aged 60 or older to improve participants' dietary intake and offer opportunities to socialize, form new friendships, and create informal support networks. Meal sites, often at a senior center or community center, may also provide nutrition education, nutrition risk screening, and nutrition counseling.

### **Disease Prevention and Health Promotion Program**

The Disease Prevention and Health Promotion Program promotes healthy aging and maintenance of optimal physical, mental, and social well-being in older adults by teaching techniques and strategies to prevent and mitigate the effects of chronic diseases. Evidence-based health promotion includes programs for alcohol and substance abuse reduction, smoking cessation, weight loss and control, stress management, falls prevention, physical activity, and improved nutrition.

### **Elder Abuse Prevention Program**

The Elder Abuse Prevention Program educates the public about how to prevent, recognize, and respond to elder abuse. Local partners provide services to develop, strengthen, and implement programs for the prevention, detection, assessment, and treatment of elder abuse. Program activities include training, public education and outreach, and coordinating elder abuse prevention services with adult protective services, law enforcement, courts, and other entities.

### **Family Caregiver Support Program**

The Family Caregiver Support Program is designed to reduce caregiver burden, enable caregivers to remain in the workforce and prevent or delay the need for a higher level of care for the care recipient. Caregivers are empowered with information and resources, including services to help cope with stress, depression, multiple personal demands, and competing priorities. Emergency or intermittent respite gives the unpaid caregiver a break from their caregiving responsibilities.

### **Health Insurance Counseling & Advocacy Program**

The Health Insurance Counseling & Advocacy Program (HICAP) provides education and assistance to consumers as they navigate the complex decisions in selecting Medicare health insurance, a prescription plan, and Medigap

coverage. HICAP also offers limited advocacy services to help individuals enroll or disenroll in Medicare, appeal decisions, and more, along with legal assistance and referral for questions related to Medicare coverage and costs.

### **Home-Delivered Nutrition Program**

The Home-Delivered Nutrition Program provides nutritious meals, nutrition education, and nutrition risk screening to individuals aged 60 or older who are homebound due to illness or disability or who are isolated. The Program focuses on individuals with the greatest economic or social need to promote better health through nutrition, connect to other supportive services, and reduce social isolation.

### **Master Plan for Aging**

By 2030, 10.3 million Californians will be aged 60 or older, making up 25% of the state's population. California's Master Plan for Aging (MPA) is a blueprint for state and local government, the private sector, and philanthropy to prepare for changing demographics and continue California's leadership in aging, disability, and equity. The MPA outlines five bold goals and 23 strategies to build a California for All Ages by 2030.

### **Medicare Improvement for Patients & Providers Act (MIPPA)**

MIPPA provides funding to help Medicare beneficiaries apply for Low-Income Subsidy

“Extra Help” (LIS/Extra Help) and the Medicare Savings Program (MSP). Through LIS/Extra Help, Medicare beneficiaries receive assistance paying monthly Medicare prescription premiums. The MSP helps pay for Medicare Part B Medical Insurance premiums. Programs including Area Agencies on Aging, HICAPs, and ADRCs can help Medicare beneficiaries apply if they are not currently receiving these benefits.

### **Multipurpose Senior Services Program**

The Multipurpose Senior Services Program (MSSP) provides both social and health care management services to help frail individuals aged 65 or older remain in their homes and communities. The Program prevents or delays institutionalization through ongoing care management and coordination, using health and community services and resources. Each MSSP participant receives a complete health and psychosocial assessment to determine need, and then works with the MSSP team, their physician, family, and others of the participant’s choice to develop an individualized care plan that may include meals, counseling, transportation, devices to assist with living safely at home, and personal care.

### **Office of the State Long-Term Care Ombudsman**

The Office of the State Long-Term Care Ombudsman (OSLTCO) identifies, investigates, and resolves complaints made by or on behalf of residents of long-term care (LTC) facilities that affect the residents’ health, safety, welfare, or rights. The Office handles all complaints confidentially and only with the resident’s consent. OSLTCO also investigates reports of suspected elder and dependent adult abuse occurring in adult residential facilities, adult day programs, adult day health care

facilities, intermediate care facilities for the developmentally disabled, congregate living health facilities, and adult residential facilities for persons with special health care needs. OSLTCO maintains a 24/7 CRISISline for complaints.

### **Office of the Long-Term Care Patient Representative**

The Office of the Long-Term Care Patient Representative, a new program within CDA, provides trained representatives for specified long-term care residents who may need medical treatment but lack the capacity to make health care decisions and have no legal surrogate authorized to make decisions on their behalf.

### **Senior Community Service Employment Program**

The Senior Community Service Employment Program (SCSEP) provides part-time, work-based training opportunities for older adults in local community service agencies. SCSEP fosters individual economic self-sufficiency, provides support to organizations that benefit from increased civic engagement, and strengthens the communities served by such organizations.

### **Supportive Services**

The Supportive Services Program (SSP) enables older adults to access services that address functional limitations, promote socialization, and continue health and independence at home. After an assessment, referrals to local services and programs are made and coordinated, which may include case management, transportation, adult day health care, adult day care, personal care, legal assistance, and more.