

**Aging & Adult Services**  
 400 Ellinwood Way  
 Pleasant Hill, CA 94523  
 (925) 602-4172 – Office

**Contra Costa County  
 Advisory Council on Aging**



PLEASE CALL Anthony Macias  
 (925) 602-4175 IF YOU ARE  
 UNABLE TO MAKE THIS  
 MEETING WITHIN 24 HOURS  
 OR IF YOU ARE LATE

**Wednesday, August 21, 2019, 9:30 – 11:30 a.m.**  
**500 Ellinwood Way, Board Room A/B, Pleasant Hill, CA 9452**

**AGENDA**

- 9:30 **Call To Order / Introductions** – Susan Frederick, ACOA President  
**Pledge of Allegiance**- led by ACOA President  
**Roll Call** –Gail Garrett  
**Announcements and Correspondence**- Susan Frederick  
**Approval of Today’s Agenda:**  
**Approval of June 2019 meeting Minutes:**

**Committee / Work Group Reports (2 minutes each):**  
**PLEASE LIMIT YOUR REPORT TO TWO MINUTES**

<i>Legislative-</i>	<i>Nutrition-</i>	<i>Health-</i>	<i>Elder Abuse Prevention-</i>
<i>Transportation-</i>	<i>Planning-</i>	<i>Housing-</i>	<i>Membership Committee-</i>
<i>Technology-</i>	<i>ACOA 2020 Event-</i>		

**Area Agency on Aging (AAA) Report** – Laura Cepoi

**ACOA President’s Report** – Susan Frederick

Consent Item(s):

- Recommend Gerald Richards to fill MAL #9
- ACOA Presentation to Board of Supervisors
- Letter of Support for SB280, Dignity at Home and Fall Prevention Act
- Letter of Support for Contra Costa Transportation Authority (CCTA)

- 10:15 **BREAK** - Members will caucus by district for selection of Nominating Committee  
 (members of Nominating Committee will asked to attend the Membership Committee meeting following this meeting at 12:00pm today)
- 10:30 **PRESENTATION:** Choice In Aging (CiA), Debbie Toth, CEO
- 11:00 Regional Coalition updates  
 New Business for Next Month’s meeting  
 Public Comment
- 11:30 **Adjournment**

Contra Costa County Advisory Council on Aging is appointed by the Board of Supervisors to advise the Area Agency on Aging on all matters related to the development and administration of the annual Area Agency Plan and operations conducted thereunder, in accordance with mandates from the Older Americans Act. Any comments or recommendations made by the council or its individual members do not represent the official position of the County or any of its officers. Any disclosable public records related to an open session item on a regular meeting agenda and distributed by Contra Costa County to a majority of members of the Advisory Council on Aging less than 72 hours prior to that meeting are available for public inspection at 500 Ellinwood Way Pleasant Hill, CA during normal business hours

The Contra Costa County Advisory Council on Aging and its committees will provide reasonable accommodations for persons with disability planning to attend the above noticed meeting if they call Anthony Macias at 925 602-4175 at least 48 hours in advance of the meeting.

AMENDED IN ASSEMBLY JUNE 13, 2019

AMENDED IN SENATE APRIL 10, 2019

AMENDED IN SENATE MARCH 27, 2019

**SENATE BILL**

**No. 280**

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**Introduced by Senator Jackson**  
*(Coauthor: Assembly Member Lackey)*

February 13, 2019

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An act to add Section 17922.15 to the Health and Safety Code, and to repeal Article 2 (commencing with Section 9115) of Chapter 2 of, to repeal Chapter 4.5 (commencing with Section 9450) of, and to repeal and add Article 3 (commencing with Section 9675) of Chapter 10.5 of, Division 8.5 of the Welfare and Institutions Code, relating to older adults.

LEGISLATIVE COUNSEL'S DIGEST

SB 280, as amended, Jackson. Older adults and persons with disabilities: fall prevention.

(1) Existing law, the Mello-Granlund Older Californians Act, finds and declares that one in 3 Americans over 65 years of age suffers a fall each year, often in the home, which can cause serious injury and depression. The act establishes the California Department of Aging, and sets forth its duties and powers, including, among other things, entering into a contract for the development of information and materials to educate Californians on the concept of "aging in place" and the benefits of home modification.

Existing law also establishes the Senior Housing Information and Support Center within the department for the purpose of providing information and training relating to available innovative resources and

senior services, and housing options and home modification alternatives designed to support independent living or living with family.

This bill would repeal those provisions relating to the department's provision of information on housing and home modifications for seniors.

Existing law establishes the Program for Injury Prevention in the Home Environment, under which the department, through the Senior Housing and Information Support Center, is required to award grants to eligible local level entities for injury prevention information and educational programs and services.

This bill would repeal those provisions and would instead establish the Dignity at Home and Fall Prevention Program, which would require the department to provide grants to area agencies on aging for injury prevention information, education, and services for the purpose of enabling older adults and persons with disabilities to live independently in the home environment for as long as possible, as specified. The bill would require the department, in consultation with specified experts knowledgeable in injury prevention for older adults and persons with disabilities, to develop a grant application process, specific performance measures on which grant recipients would be required to report, and training materials for the implementation of these provisions. The bill would require the application process to include the submission of a plan that includes, among other things, the projected number of clients to be served and the array of services to be provided. The bill would provide that funding of these grants is subject to the appropriation of funds by the Legislature in the Budget Act or another statute.

(2) Existing law, the California Building Standards Law, provides for the adoption of building standards by state agencies by requiring all state agencies that adopt or propose adoption of any building standard to submit the building standard to the California Building Standards Commission for approval and adoption. Existing law requires the commission to publish, or cause to be published, editions of the code in its entirety once every 3 years. Existing law, the State Housing Law, requires the Department of Housing and Community Development to propose the adoption, amendment, or repeal of building standards to the California Building Standards Commission.

This bill would, at the next triennial building standards rulemaking cycle that commences on or after January 1, 2020, require the Department of Housing and Community Development to investigate possible changes to the building standards in the California Residential

Code for adoption by the California Building Standards Commission to facilitate aging in place, as specified.

Vote: majority. Appropriation: no. Fiscal committee: yes.

State-mandated local program: no.

*The people of the State of California do enact as follows:*

1 SECTION 1. The Legislature finds and declares all of the  
2 following:

3 (a) According to the Public Policy Institute of California, by  
4 2030, the California population of persons 65 years of age and  
5 older will increase by more than four million.

6 (b) Most older adults prefer to remain in their own homes as  
7 long as possible, but many are forced into skilled nursing, assisted  
8 living, or other congregate living options because their homes are  
9 no longer physically safe for them to live in.

10 (c) Falls are the leading cause of both fatal and nonfatal injuries  
11 for Californians 65 years of age and older.

12 (d) In 2014, there were 208,564 Californians 65 years of age  
13 and older treated in emergency departments for fall-related injuries  
14 and 74,954 were hospitalized as a result of an unintentional fall  
15 injury.

16 (e) In 2013, 1,733 Californians died as a result of a fall injury.

17 (f) Many of those fall patients will use Medicare, Medicaid, or  
18 both, to pay their medical expenses, including the charges for  
19 skilled nursing or rehabilitation facilities, costing the federal and  
20 state governments large amounts of money.

21 (g) The federal Centers for Disease Control and Prevention  
22 states that there are proven interventions that can reduce falls and  
23 help older adults live better and longer.

24 (h) The federal Centers for Medicare and Medicaid Services'  
25 evidence-based review of multifactorial fall ~~preventions~~ *prevention*  
26 programs concluded that the incidence of falls was reduced by a  
27 minimum of 11 percent with a potential of a 23-percent reduction  
28 when falls prevention strategies are implemented.

29 (i) In many cases, the retrofit of homes to add fall prevention  
30 features to an existing house can be quite expensive and beyond  
31 the means of senior residents.

32 SEC. 2. Section 17922.15 is added to the Health and Safety  
33 Code, to read:

1 17922.15. (a) At the next triennial building standards  
2 rulemaking cycle that commences on or after January 1, 2020, the  
3 Department of Housing and Community Development shall  
4 investigate possible changes to the building standards in the  
5 California Residential Code (Part 2.5 of Title 24 of the California  
6 Code of Regulations) that promote aging-in-place design and are  
7 limited to all of the following:

8 (1) The location of doorbells, light switches, and heating,  
9 ventilation, and air-conditioning (HVAC) controls that are  
10 reachable by those with mobility impairments.

11 (2) The installation of support backing for the later installation  
12 of grab bars in one or more bathrooms.

13 (3) The provision of a 32-inch clearance in the width opening  
14 for one bathroom door and one bedroom door on the ground floor  
15 floor, or, in the case of a two- or three-story single-family dwelling,  
16 on the second or third floor of the dwelling if a bathroom or  
17 bedroom is not located on the ground floor.

18 (b) If the department determines that one or more of the changes  
19 described in subdivision (a) can be incorporated into the California  
20 Residential Code without significantly increasing the cost of  
21 construction, the department may propose building standards to  
22 that effect for consideration by the California Building Standards  
23 Commission. The department shall include in any proposed  
24 building standard, regarding the 32-inch clearance width for a  
25 bathroom and bedroom door described in paragraph (3) of  
26 subdivision (a), a finding whether a delay of 18 months in the  
27 effective date of that proposed building standard is warranted to  
28 provide adequate time for industry to incorporate this change into  
29 standard designs.

30 SEC. 3. Article 2 (commencing with Section 9115) of Chapter  
31 2 of Division 8.5 of the Welfare and Institutions Code is repealed.

32 SEC. 4. Chapter 4.5 (commencing with Section 9450) of  
33 Division 8.5 of the Welfare and Institutions Code is repealed.

34 SEC. 5. Article 3 (commencing with Section 9675) of Chapter  
35 10.5 of Division 8.5 of the Welfare and Institutions Code is  
36 repealed.

37 SEC. 6. Article 3 (commencing with Section 9675) is added  
38 to Chapter 10.5 of Division 8.5 of the Welfare and Institutions  
39 Code, to read:

1 Article 3. Dignity at Home and Fall Prevention Act

2  
3 9675. This article shall be known and may be cited as the  
4 Dignity at Home and Fall Prevention Act.

5 9676. The Dignity at Home and Fall Prevention Program is  
6 hereby established. Under the program, the department shall  
7 provide grants to area agencies on aging for injury prevention  
8 information, education, and services pursuant to this article for the  
9 purpose of enabling older adults and persons with disabilities to  
10 live independently in the home environment for as long as possible.

11 9677. (a) A participating area agency on aging with grant  
12 funds provided pursuant to this article shall provide all of the  
13 following:

14 (1) Information and education on injury prevention to older  
15 adults and persons with disabilities living in the community.

16 (2) Referral-related resources and services in the community.

17 (3) Home environmental assessments and assessments of  
18 individual injury prevention needs, including instruction on  
19 behavioral, physical, and environmental aspects of injury  
20 prevention.

21 (b) In carrying out the responsibilities of a grant provided  
22 pursuant to this article, a participating area agency on aging shall  
23 partner with local public and private nonprofit agencies that are  
24 experienced in injury prevention services, including, but not limited  
25 to, medical providers and hospital systems, fire departments,  
26 independent living centers, and home modification providers.

27 9678. (a) The Dignity at Home and Fall Prevention Program  
28 shall include funding for injury prevention needs, including injury  
29 prevention equipment, services, materials, and labor costs for  
30 homeowners and renters meeting income requirements established  
31 pursuant to subdivision (c). A participating area agency on aging  
32 shall comply with all of the requirements of this section in  
33 implementing the program.

34 (b) Equipment and services covered under the program shall  
35 include, but not be limited to, all of the following:

36 (1) Grab bars, nonskid surfaces, toilet seat risers, shower seats,  
37 and transfer benches.

38 (2) Indoor and outdoor handrails and threshold modifications.

39 (3) Reconfiguration of furniture and other elements of the  
40 physical home environment to reduce hazards.

1 (4) Wearable medical alert devices.

2 (c) Eligibility for equipment and services, as described in this  
3 section, shall be limited to older adults and persons with disabilities  
4 who meet both of the following requirements:

5 (1) The older adult or person with a disability has an adjusted  
6 household income that does not exceed 80 percent of the area  
7 median income.

8 (2) The older adult or person with a disability has fallen, is at  
9 risk for falling, or is at risk for institutionalization, and is otherwise  
10 unable to afford the equipment or services to be provided by the  
11 program.

12 (d) All other potential funding sources for these equipment and  
13 services shall be exhausted before funds appropriated for purposes  
14 of this article may be used.

15 9679. The department, in consultation with experts  
16 knowledgeable in injury prevention for older adults and persons  
17 with disabilities, including, but not limited to, the Fall Prevention  
18 Center of Excellence at the University of Southern California,  
19 local fall prevention coalitions, and local public health agencies,  
20 shall develop and compile training materials and program standards  
21 for implementation of this article.

22 9680. (a) The director, in consultation with the entities  
23 described in Section 9679, shall establish an application process  
24 and a selection methodology for grants authorized pursuant to this  
25 article.

26 (b) The department, as part of the grant application process  
27 established pursuant to this section, shall require an applicant to  
28 submit a plan that details how the area agency on aging will provide  
29 injury prevention education, assessment services, equipment, and  
30 activities in an effective and cost-appropriate manner. The plan  
31 shall include, but not be limited to, all of the following information:

32 (1) The projected number of clients to be served.

33 (2) A description of the local population to be served.

34 (3) The geographic locations at which services will be provided.

35 (4) The array of services that will be offered.

36 (5) The ability of the area agency on aging to administer an  
37 effective service program.

38 (6) The ability of the area agency on aging to collaborate with  
39 local entities, including, but not limited to, public and private  
40 nonprofit agencies that are experienced in injury prevention

1 services, home modification services, home safety services, and  
2 services for seniors and persons with disabilities, for purposes of  
3 program coordination.

4 (7) The ability of the area agency on aging to gather and utilize  
5 other resources to supplant funding provided by the department  
6 and whether any local funding match is available.

7 (c) The grant funding awarded to participating area agencies on  
8 aging pursuant to this article shall, to the extent provided in  
9 subdivision (b) of Section 9682, be sufficient to provide injury  
10 prevention education, assessment services, equipment, and  
11 activities necessary for injury prevention in the home.

12 (d) The director, in consultation with the entities described in  
13 Section 9679, shall identify specific performance measures for  
14 grant recipients to include in the report required by Section 9681.  
15 These performance measures shall include, but not be limited to,  
16 both of the following:

17 (1) The number of people served.

18 (2) The types of services received by program participants.

19 9681. An area agency on aging that receives a grant pursuant  
20 to this article shall submit a report to the department and to the  
21 appropriate fiscal and policy committees of each house of the  
22 Legislature that includes the specific performance measures  
23 identified by the department pursuant to subdivision (d) of Section  
24 9680. The report shall also provide information on the  
25 administrative costs incurred by the agency in carrying out the  
26 program and any barriers to service that the agency encountered.  
27 A report submitted pursuant to this section shall comply with  
28 Section 9795 of the Government Code.

29 9682. (a) Funding of grants pursuant to this article shall be  
30 subject to the appropriation of funds by the Legislature in the  
31 Budget Act or another statute.

32 (b) Appropriations made pursuant to subdivision (a) shall be  
33 expended to fund grants to eligible area agencies on aging in an  
34 amount not to exceed one hundred fifty thousand dollars (\$150,000)  
35 each.





# Advisory Council on Aging

400 Ellinwood Way ♦ Pleasant Hill, CA 94523 ♦ (925) 602-4172 ♦ Fax (925) 602-4178

Dear Senator \_\_\_\_\_

August 21, 2019

Re: SB 280, Dignity at Home and Fall Prevention Act

The Contra Costa County Advisory Council on Aging includes members who are residents of your Senate District. We advise our Board of supervisors on matters associated with the planning, development, and administration of programs relating to older adults. Any comments, recommendations, opinion, and positions made by the Council or its members do not represent the official position of the county or its officers.

We are writing to urge you to vote yes on Senate Bill 280, which would require the California Department of Aging to establish the Dignity at Home and Fall Prevention Program. This program would require the department to provide grants to area agencies on aging for injury prevention education, and services to enable older adults and persons with disabilities to live independently in the home environment for as long as possible. It would require the Department of Housing and community Development to investigate possible changes to building standards in the California Residential Code to promote aging-in-place design, including location of doorbells, light switches, and HVAC controls; installation of support backup for later installation of grab bars in bathrooms; and provision of 32-inch clearance of width opening for one bathroom and one bedroom door on the ground floor.

The population of seniors is on the rise in North America. Here in Contra Costa County, the number of residents aged 65 and over (currently 216,000) will grow by more than 90% by 2030, one short decade from now. It makes sense for seniors to be able to live safely independently for as long as possible. Aging in place is strongly linked to greater health and happiness outcomes for seniors.

Thank you for your consideration to support this important opportunity presented in SB 280, Dignity at Home and Fall Prevention Act.

Respectfully,

Susan Frederick, President  
Advisory Council on Aging, Contra Costa County

# Advisory Council On Aging

300 Ellinwood Way ♦ Pleasant Hill, CA 94523 ♦ (925) 602-4175 ♦ Fax (925) 602-4178

Dear Supervisor \_\_\_\_\_,

August 21, 2019

The Contra Costa County Advisory Council on Aging includes members who are residents of your district. We advise our Board of Supervisors on all matters associated with the planning, development and administration of programs relating to older adults. Any comments, recommendations, opinions and positions made by the Council or its members do not represent the official position of the County or its officers. We have seen the proposed Transportation Expenditure Plan (TEP) for the transportation sales tax. As advocates for older adults and people with disabilities, it is important to us that the TEP funds transportation solutions beyond paratransit.

Here's why:

- Paratransit often takes an excessive amount of time and requires transfers from one transit system to another for an individual to get from one end of the county to the other for essential medical appointments and services. It is extremely hard on frail older adults in their 80's and 90's to be on a bus for two to three hours especially when they may be ill, in pain or are dealing with incontinence.
- New and different transportation solutions are needed to keep our older residents mobile and maintain quality of life.
- Contra Costa County's population is aging. Currently, about 14 percent of the population is age 65 or older. By 2035, this population is expected to double to about 30 percent.
- People over the age of 65, especially those in their 80's and 90's eventually have to give up driving which leads to isolation and challenges in getting to medical appointments and grocery shopping, sometimes leading to institutionalization.
- Research has shown that isolation leads to greater illness and earlier death. It therefore makes economic sense to increase funding for accessible transportation for older adults and people with disabilities, which will save medical and long-term care costs.
- In addition to the Americans with Disabilities Act (ADA) transportation for older adults and persons with disabilities, accessible transportation beyond the ADA minimum requirements needs to be funded.
- The system must be rider-centered with a single point of entry and offer adequate solutions for wheelchair users, people with dementia, door through door options, shorter trip times on shared ride services, travel training, volunteer rides, and more.
- Please make sure that the Accessible Transportation Strategic Plan mentioned in the TEP is created to help identify and fill gaps in the current services providing mobility to seniors and persons with disabilities.

Please consider increasing transportation beyond the ADA-mandated trips, and implementing the Accessible Transportation Strategic Plan and the Integrated Transit Plan.

Sincerely,

Susan Frederick, President  
Contra Costa County Advisory Council on Aging

# A NEW TRANSPORTATION FUTURE FOR CONTRA COSTA COUNTY

## TRANSPORTATION EXPENDITURE PLAN FUNDING SUMMARY

The Contra Costa Transportation Authority (CCTA) envisions a future where all of our transportation systems work together for more streamlined, safe, efficient, and convenient travel. We envision strong cooperation and mutual support across all of Contra Costa's cities, towns, and communities to make it easier for people in Contra Costa County to get around. We envision transportation networks that support a healthy environment and protect Contra Costa County's unique landscapes.

This 2020 Transportation Expenditure Plan (TEP) focuses on innovative strategies and new technologies that will relieve congestion, promote a strong economy, protect the environment, and enhance the quality of life for all of Contra Costa County's diverse communities. In order to offer a wide range of transportation options, CCTA will continue to deliver projects that integrate and optimize transit and vehicular travel in a more balanced way. This plan outlines projects that will achieve a broad range of goals:

- **Relieve Traffic Congestion on Highways and Interchanges.** CCTA's goal is to improve the movement of people and goods through major corridors, to address bottlenecks and hot spots, and to make commutes smoother and more predictable. Contra Costa County's residents and travelers will see smoother traffic flow and less congestion with the implementation of this TEP.
- **Make Bus, Ferry, Passenger Train, and BART Safer, Cleaner, and More Reliable.** Contra Costa County's residents and travelers value safe, clean, convenient, and affordable transit options. CCTA's goal is to support transit operators in providing more frequent and reliable transit service and to plan and build the infrastructure that enables travelers to make quick and convenient transit connections between their homes, work, and recreational activities.
- **Provide Affordable and Safe Transportation for Children, Seniors, Veterans, and People with Disabilities.** CCTA is committed to supporting mobility and transportation options for all Contra Costa County residents.
- **Improve Transportation in Our Communities.** CCTA supports livable communities and quality of life in Contra Costa County by providing local cities and towns with funding to fix and modernize local streets, offer safer places to walk and cycle, and improve air quality. CCTA also helps manage urban sprawl through its transportation-related growth policies.

For planning purposes, CCTA divides the county into four subregions: central, east, southwest, and west. The TEP is intentionally designed to be equitable across all subregions based on the number of people who live in each subregion. **All locally generated transportation revenue—plus any additional grant funding CCTA receives—will be spent on local projects in Contra Costa County.**

## EXPENDITURE PLAN SUMMARY

FUNDING CATEGORIES	SUBTOTALS	
	\$ (millions)*	%
<b>RELIEVING CONGESTION ON HIGHWAYS, INTERCHANGES, AND MAJOR ROADS</b>	<b>\$1408</b>	
<b>Improve State Route 242 (SR-242), Highway 4, and eBART Corridor</b>		
Relieve Congestion and Improve Access to Jobs Along Highway 4 and SR-242	200	6.5
Improve Local Access to Highway 4 and Byron Airport	150	4.9
East County Transit Extension to Brentwood and Connectivity to Transit, Rail, and Parking	100	3.3
Improve Traffic Flow on Major Roads in East County	75	2.5
Enhance Ferry Service and Commuter Rail in East and Central County	50	1.6
Improve Transit Reliability Along SR-242, Highway 4, and Vasco Road	50	1.6
Seamless Connected Transportation Options	36	1.2
Additional eBART Trains Cars	28	0.9
<b>Modernize I-680, Highway 24, and BART Corridor</b>		
Relieve Congestion, Ease Bottlenecks, and Improve Local Access Along the I-680 Corridor	200	6.5
Improve Traffic Flow on Major Roads in the Central County and Lamorinda	103	3.4
Improve Transit Reliability along the I-680 and Highway 24 Corridors	50	1.6
Provide Greater Access to BART Stations Along I-680 and Highway 24	49	1.6
Seamless Connected Transportation Options	36	1.2
Improve Traffic Flow on Highway 24 and Modernize the Old Bores of Caldecott Tunnel	35	1.1
Improve Traffic Flow on Major Roads in San Ramon Valley	20	0.6
<b>Upgrade I-80, I-580 ( Richmond-San Rafael Bridge), and BART Corridor</b>		
Improve Transit Reliability Along the I-80 Corridor	90	3.0
Relieve Congestion and Improve Local Access Along the I-80 Corridor	57	1.9
Enhance Ferry Service and Commuter Rail in West County	34	1.1
Improved Traffic Flow and Local Access to Richmond-San Rafael Bridge Along I-580 and Richmond Parkway	19	0.6
Seamless Connected Transportation Options	16	0.5
Improve Traffic Flow on Major Roads in West County	10	0.3
<b>IMPROVING TRANSPORTATION COUNTYWIDE IN ALL OUR COMMUNITIES</b>	<b>\$1530</b>	
Modernize Local Roads and Improve Access to Job Centers and Housing	532	17.4
Improve Walking and Biking on Streets and Trails	215	7.0
Provide Convenient and Reliable Transit Services in Central, East, and Southwest Contra Costa	192	6.3
Increase Bus Services and Reliability in West Contra Costa	187	6.1
Affordable Transportation for Seniors, Veterans, and People with Disabilities	154	5.0
Cleaner, Safer BART	120	3.9
Safe Transportation for Youth and Students	87	2.9
Reduce Emissions and Improve Air Quality	43	1.4
<b>SUBTOTAL</b>	<b>\$2938</b>	<b>96%</b>
<b>Transportation Planning, Facilities &amp; Services</b>	<b>\$92</b>	<b>3.0</b>
<b>Administration</b>	<b>\$31</b>	<b>1.0</b>
<b>TOTAL</b>	<b>\$3061</b>	<b>100%</b>

\*Funding amounts are rounded