



Caring for Caregivers – Supporting the Master Plan for Aging
April 28, 2023 Virtual Event
Resources and Links Shared During the Event

Master Plan for Aging & Statewide Resources	
The Master Plan for Aging (MPA) outlines five bold goals and twenty-three strategies to build a California for All Ages by 2030	https://mpa.aging.ca.gov/
MPA Goal 4: CAREGIVING THAT WORKS	https://mpa.aging.ca.gov/Goals/4/
MPA Dashboard: Track the 5 goals and 23 strategies.	https://mpa.aging.ca.gov/DashBoard
Here are the 95 new Master Plan for Aging initiatives, including 4 focused specifically on caregivers	https://www.aging.ca.gov/download.ashx?IE0rcNUV0zbnAiDTiMJXxA%3d%3d
State of California Master Plan for Aging Implementation Tracker	https://www.mpaprogress.org/
CalGrows	https://aging.ca.gov/Providers_and_Partners/Cal_Grows/
California Caregiver Resource Centers	https://www.caregivercalifornia.org/
California Work & Family Coalition	https://www.workfamilyca.org/
Speakers	
Susan DeMarois, Director, California Department of Aging	https://aging.ca.gov/ https://aging.ca.gov/Find_Services_In_My_County/
Katie Duberg, Political Organizing Director, California Work & Family Coalition	https://workfamilyca.nationbuilder.com/
Susan Gorin, Sonoma County Supervisor	https://sonomacounty.ca.gov/administrative-support-and-fiscal-services/board-of-supervisors/supervisorial-districts/board-of-supervisors-district-1
Mary Sackett, Marin County Supervisor	https://www.marincounty.org/depts/bs/district-1/home
Nate Miley, Alameda County Supervisor	https://district4.acgov.org/
Monica Brown, Solano County Supervisor	https://www.solanocounty.com/depts/bos/members/brown/default.asp
Belia Ramos, Napa County Supervisor	https://www.countyofnapa.org/1384/About-Belia-Ramos
Susannah Meyer, Executive Director, Empowered Aging	https://empoweredaging.org/ https://empoweredaging.org/team/susannah-meyer/



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Presentation Slides and Handouts	
Susan DeMarois Keynote	Susan DeMarois Keynote – MPA Event 04.28.23.pdf
Call to Action – Achieving Effective Advocacy	Call to Action – Achieving Effective Advocacy_MPA Event 04.28.23.pdf
Main Session Slides - MPA Event	Main Session Slides_MPA Event_04.28.23.pdf
Caregiver & Senior Service Organizations	
Aging Action Initiative	https://agingactioninitiative.org/
Alzheimer’s Association	https://www.alz.org/
Empowered Aging	https://empoweredaging.org/
Family Caregiver Alliance	https://www.caregiver.org/connecting-caregivers/bay-area-caregiver-center/
California Coalition on Family Caregiving	https://cacfc.org/
Providence Community Health Napa Valley	https://foundation.providence.org/ca/napa
Caring Together Santa Barbara County	https://fsacares.org/caring-together/
Healthcare Career Pathway Program	https://empoweredaging.org/healthcare-career-pathway/
County Agencies	
Alameda County Social Services Agency	https://www.alamedacountysocialservices.org/our-services/Seniors-and-Disabled/Seniors-and-Disabled
Contra Costa County Employment & Human Services: Aging & Adult Services	https://ehsd.org/elderly-disabled/
Marin Health & Human Services: Aging & Adult Services	https://www.marinhhs.org/aging-adult-services
County of Sonoma Department of Human Services: Adult & Aging Division	https://sonomacounty.ca.gov/health-and-human-services/human-services/divisions-and-services/adult-and-aging



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Napa County: Services for Older Adults	https://www.countyofnapa.org/182/Comprehensive-Services-for-Older-Adults
Napa/Solano Area Agency on Aging	https://www.aaans.org/
NOAA: Napa County Older Adults Assessment.	https://communityhealthnapavalley.org/noaa
List of Aging Books	
Lois Aronson	Elderhood: Redefining Aging, Transforming Medicine, and Reimagining Life
Angeles Arrien	The Second Half of Life: opening the 8 gates of wisdom
Dan Buettner	The Blue Zones of Happiness: Lessons from the World’s Happiest People
Mark Friedman	How to Live Forever: The Enduring Power of Connecting the Generations
Stephen Jenkinson	Die Wise: A Manifesto for Sanity and Soul
Steven Kotler	Gnar Country: Growing Old, Staying Rad
Daniel J Leviton	Successful Aging: A Neuroscientist Explores the Power and Potential of Our Lives
Event Hosts	
Senior Health Policy Forum	http://bayareashpf.org/ https://www.facebook.com/seniorhealthpolicyforum https://www.linkedin.com/groups/6566075
On Lok	https://onlok.org
Center for Elders’ Independence	https://cei.elders.org