County of San Diego

HEALTH AND HUMAN SERVICES AGENCY

AGING & INDEPENDENCE SERVICES

Advisory Council 2025 Annual Report

Susan Mallett, Council Chair

September 8, 2025



COUNTY OF SAN DIEGO
HEALTH AND HUMAN SERVICES AGENCY

LIVE WELL
SAN DIEGO

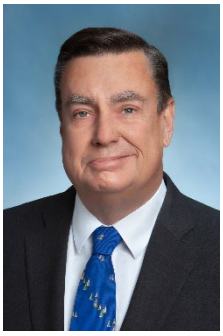
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County of San Diego Board of Supervisors



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Deputy Chief Administrative Officer
Health and Human Services Agency



Jennifer Bransford-Koons
Director
Aging & Independence Services
Public Administrator/Public Guardian

The Aging & Independence Services Advisory Council

The Council's Role

The Advisory Council (Council) for the County of San Diego (County) Health and Human Services Agency, Aging & Independence Services (AIS) operates in accordance with the duties and responsibilities defined in the provisions of Title III of the Older Americans Act of 1965, the Mello-Granlund Older Californians Act Section 9402, and the San Diego County Code of Administrative Ordinances Article IIIa. The Council's primary responsibility is to:

> *"…advise continuously the area agency on aging on all matters relating to the development of the area plan, the administration of the plan and operations conducted under the plan;"*

The Council's Operational Activities

The Council holds regular public meetings on the second Monday of each month at 12:00 p.m. at the County Operations Center. The Council has 30 seats, ten of which are appointed by members of the San Diego County Board of Supervisors. As of the regular Council meeting on July 14, 2025, 25 seats were filled. Council members and AIS staff have continued outreach efforts to fill vacancies.

In Council Year 2024-25, members reviewed and evaluated needs to ensure a strong and vital aging system. Monthly Council meetings featured several AIS program staff members who provided operational updates and in-depth overviews of AIS programs. The Council also heard from representatives from several other County departments and guests including Homeless Solutions and Equitable Communities, Office of Emergency Services, Agency Budget Office, and the *Live Well San Diego* support team, all of whom provided relevant updates and information pertaining to AIS operations and support of older adults in San Diego County. The Council and subcommittees continued to be engaged with local organizations and heard from several speakers including Southern Caregiver Resource Center, Sarsis, Jewish Family Service of San Diego, and San Diego Workforce Partnership who provided insight into issues impacting the region and programs and services available to older adults. These speakers helped Council members remain informed of current needs, resources, and trends as they provided guidance on items related to the local aging system prior to these items going before the San Diego County Board of Supervisors.

Council Year 2024-25 Accomplishments

In Council Year 2024-25, efforts continued toward strengthening the aging network in our region. The Council conducts a considerable amount of work through subcommittees, and the subcommittees were engaged and impactful in supporting the work of the Council.

Standing Subcommittee

Executive & Membership

The Executive & Membership Subcommittee is made up of the Council Chair, 1st Vice Chair, 2nd Vice Chair, Secretary, and Immediate Past Chair. The Executive and Membership Subcommittee continued to perform internal organizational functions including recruiting and recommending new members and reviewing and maintaining Council records. The subcommittee also set Council meeting agendas, strengthened the focus on strategic planning and goals, encouraged subcommittee development of focus areas, and secured speakers for Council meetings to support Council goals.

Ancillary Subcommittees

Healthy Aging

The Healthy Aging Subcommittee is committed to expanding current programs, developing new evidence-based community-wide initiatives, and promoting preventative strategies to reduce or eliminate the impact of disease and chronic disability among older adults. The subcommittee documented essential tasks and activities that older adults should consider when planning for their later years and presented it to AIS staff. The committee also emphasized strategies for reducing the risk of diseases commonly affecting older adults and highlighted the importance of lifelong learning opportunities to support healthy and active aging.

Affordability in Aging

The Affordability in Aging Subcommittee continued to research and monitor issues and trends related to the affordability, adaptability, and accessibility aspects of transportation, medical care, financial assistance, employment, and aging in place within age-friendly communities. These topics included permanent supportive and affordable housing for older adults and novel strategies for economical and safe options for older adults facing housing, financial, and food insecurity. The subcommittee met with community housing agencies and learned about current housing, transportation, medical, and food program issues, also inviting community partners to present on their unique contributions to the broader effort.

Long-Term Care Ombudsman & Facilities

The Long-Term Care Ombudsman & Facilities Subcommittee worked with the Long-Term Care Ombudsman program to review the application and screening processes for onboarding new volunteers, and conducted research to identify best practices. As a result of the subcommittee's work, a set of recommendations were presented to department leadership aimed at potentially streamlining the process of onboarding new Long-Term Care Ombudsman program volunteers and retaining current volunteers. These recommendations are intended to inform decision-making and will be considered at the discretion of leadership. Subcommittee members began attending *Live Well San Diego* Community Leadership Team meetings to monitor and make recommendations on efforts.

Nutrition

The Nutrition Subcommittee ensured that the Council was informed about the delivery of AIS nutrition services contracts, site responsiveness to AIS performance standards, and community participation. The AIS Public Health Nutrition Manager is a regular participant in the Nutrition Subcommittee, adding important nutrition information and operational updates to subcommittee discussions. The subcommittee frequently meets at nutrition program sites and reports observations at Council meetings. Presentations from community agencies and County staff provided the subcommittee with greater insight into the importance of accessibility to nutritional food and nutrition information for older adults. The committee continued to examine the ease of access and availability of nutrition services, including CalFresh benefits for older adults.

Ad Hoc Subcommittees

Area Plan

The ad hoc Area Plan Subcommittee advised on the development and annual update of the 2024-28 Area Plan, a California Department of Aging requirement which provides a four-year plan of services and execution of the critical responsibilities addressing present and future aging and long-term care issues within San Diego County.

Budget

The ad hoc Budget Subcommittee reviewed the Fiscal Year 2025-26 proposed budget and made recommendations to staff regarding content and format, and provided input into the presentation of the proposed budget to the Council.

Legislative

The ad hoc Legislative Subcommittee advised on the County of San Diego's 2026 Legislative Program and gave feedback on priorities and policy guidelines related to older adults and persons with disabilities.

Nominating

The ad hoc Nominating Subcommittee recommended a slate of officers for the Council Year 2025-26 officer elections.

The Year Ahead:

Council Year 2025-26 Council Priorities

At its annual strategic planning meeting, the Council discussed progress on existing goals and streamlined priorities to establish goals with measurable outcomes for the upcoming Council Year that align with the Aging Roadmap's priority areas. The Council's priorities include:

- Alzheimer's Disease and Related Dementias
- Food Security
- Healthcare
- Health Promotion
- Housing
- Legislation
- Long-Term Care
- Nutrition
- Social Engagement
- Technology
- Transportation

The complete list of goals is included in the Appendix – AIS Advisory Council Goals 2025-28.

Moving forward, the Council will continue its work in advancing services and support for older adults in the region. The Council will provide input on the Area Plan Update for FY 2026-27, and advise on programs and initiatives that will further advance Aging Roadmap efforts in the year ahead.

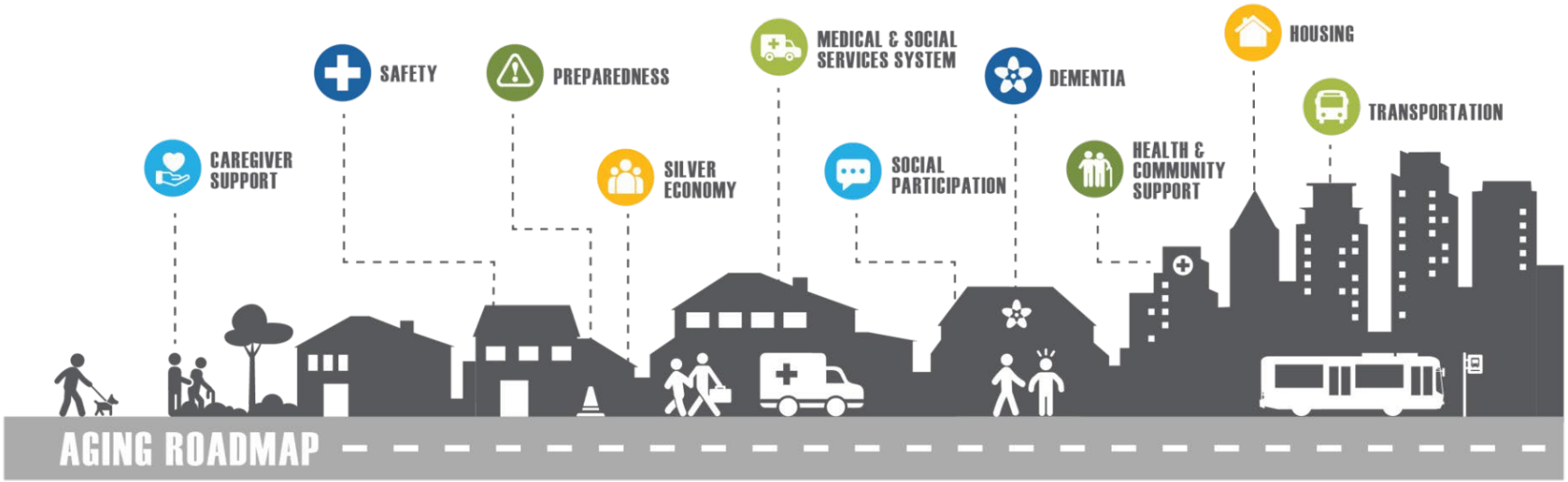
For questions about the Aging & Independence Services Advisory Council, please contact Jana Jordan at jana.jordan@sdcounty.ca.gov or call 858-495-5858.

All meetings are open to the public, and interested parties are encouraged to attend and participate in the public comment period. Past meeting materials and other information may be found at https://www.sandiegocounty.gov/AISAdvisoryCouncil.

AGING & INDEPENDENCE SERVICES (AIS) ADVISORY COUNCIL | GOALS 2026 – 2029

COUNCIL FOCUS: Use or gain expertise to identify, project, and anticipate needs and trends, and advise on AIS operational actions to address the needs of older adults and persons with disabilities.

AGING ROADMAP: County of San Diego's regional plan that is implemented and organized by 10 focus areas that collectively represent the County's comprehensive system of care, including both person-centered and community-wide efforts. Roadmap focus areas are as follows and identified throughout the Council's Goals:



GOALS 2026 – 2029

#	Goal	Timeline	Lead	Measure	Outcome	Status
1	Advise on Area Plan updates for FY 2026-2027.	Feb – May 2026	Ad Hoc Area Plan Subcommittee	• Meeting date(s) • Discussion • Vote and authorization of Council Chair to sign letter of transmittal	• Ad Hoc Area Plan Subcommittee met on 3/25/26. • Area Plan public hearing comment and consideration of acceptance during Advisory Council meeting on 4/13/26. • Discussion included: Area Plan 2026-2027 updates and process and content of the Area Plan. The Ad Hoc Subcommittee recommends continued consultation, input, and monitoring of progress from the Advisory Council. • Authorization passed with 19 votes on 4/13/26.	Completed

AGING & INDEPENDENCE SERVICES (AIS) ADVISORY COUNCIL | GOALS 2026 – 2029

1a	Advise on Area Plan updates for FY 2027-2028. 	Feb – May 2027	Ad Hoc Area Plan Subcommittee	• Meeting date(s) • Discussion • Vote and authorization of Council Chair to sign letter of transmittal	• Discussion included:	Not yet started
1b	Provide input on the four-year FY 2028-2032 needs assessment. 	Nov 2026 – May 2027	Advisory Council	• Discussion • Input on needs assessment survey and focus group questions	• Discussion included:	Not yet started
2	Monitor and plan for services for older adults to meet the needs of the growing population. 	Ongoing	Ad Hoc Area Plan Subcommittee and Advisory Council	• Discussion	• Discussion included:	In progress
3	Review the AIS Advisory Council Bylaws and recommend updates, as needed. 	Ongoing	Ad Hoc Bylaws Subcommittee and Advisory Council	• Meeting date(s) • Discussion	• Ad Hoc Subcommittee met on: • Discussion included:	In progress
4	Find engaging speakers for the AIS Advisory Council general meetings. 	Ongoing	Advisory Council	• Speakers	• Speakers' topics included:	In progress
5	Expand participation in appropriate Auxiliary Subcommittees. 	Ongoing	Advisory Council	• Meeting date(s) • Discussion	• Auxiliary Subcommittee met on: • Discussion included: • Authorization passed:	In progress

AGING & INDEPENDENCE SERVICES (AIS) ADVISORY COUNCIL | GOALS 2026 – 2029

6	Participate in appropriate Ancillary Subcommittees. 	Ongoing	Advisory Council	• Meeting date(s) • Discussion	• Ancillary Subcommittee met on: • Discussion included: • Authorization passed:	In progress
7	Research and make recommendations for priority areas to support affordability and availability of transportation for older adults. 	Ongoing	Affordability in Aging Subcommittee	• Finding(s) • Discussion	• Topics may include, but are not limited to, affordable bus system for older adults and community transportation services.	In progress
8	Research and make recommendations for priority areas to support affordability of healthcare for older adults. 	Ongoing	Affordability in Aging Subcommittee	• Finding(s) • Discussion	• Topics may include, but are not limited to, affordable insurance for older adults, Medicare assistance, outreach to older adults.	In progress
9	Advocate for annual older adult screenings and chronic care conditions. 	Ongoing	Healthy Aging Subcommittee	• Finding(s)	• Visit or attend health promotion activities. Encourage older adults to have annual screening examination from chronic conditions. Topics may include, but are not limited to, neurodegenerative diseases of AD, PD, FTD, dementia, polypharma, and substance abuse. • Review substance abuse screening practices in emergency departments.	In progress
10	Identify disease risk and injury reduction strategies to engage in and advocate for older adults. 	Ongoing	Healthy Aging Subcommittee	• Finding(s)	• Topics may include, but are not limited to, cardiac health, diabetes, oral health, hearing and vision loss, care and nutrition, dementia, neurodegenerative diseases, and mental health and suicide.	In progress

AGING & INDEPENDENCE SERVICES (AIS) ADVISORY COUNCIL | GOALS 2026 – 2029

11	Advocate for and promote older adult education programs and activities such as Feeling Fit, Fall Prevention and Healthy Aging through life-long learning. 	Ongoing	Healthy Aging Subcommittee	• Meeting(s) and date(s) attended	• Awareness and promotion of local programs through lifelong learning to support senior adults aging well. Encourage knowledge of programs within educational institutions and community-based organizations (CBOs).	In progress
12	Monitor and advise on AIS programs through staff presentations and site visits. 	Ongoing	Nutrition Subcommittee	• Meeting(s) and date(s) attended	• Topics may include, but not limited to, the outreach activities to the outlying and rural communities where nutrition resources are limited to distant retail businesses.	In progress
13	Increase awareness about good oral health and dental treatment options through public insurance benefits. 	Ongoing	Nutrition Subcommittee	• Finding(s)	• Topics may include, but not limited to, the barriers to the utilization of Medi-Cal Dental insurance benefits, the outreach efforts by California Smile, an annual update with Dr. Whyte, County Chief Dental Officer, and the importance of good oral health in nutrition program education.	In progress
14	Congregate Meals (Title III C1) and Transportation to Dining Sites (Title III B)- review nutrition education and in-service requirements for congregate sites. 	Ongoing	Nutrition Subcommittee	• Meeting(s) and date(s) attended	• Topics may include, but not limited to, site visits for the purpose of reviewing the social engagement and nutrition education supports and CalFresh outreach.	In progress
15	Review requirements and monitor Home-Delivered Meals (Title III C2). 	Ongoing	Nutrition Subcommittee	• Meeting(s) and date(s) attended	• Discussion included:	In progress
16	Review requirments and monitor SNAP (CalFresh). 	Ongoing	Nutrition Subcommittee	• Meeting(s) and date(s) attended	• Topics may include, but not limited to, tracking the proposed California legislation to maintain level of CalFresh benefits if the federal investment is decreased. Continue reviewing efforts to assist CalFresh applicants enroll. Invite CalFresh navigator to subcommittee meeting.	In progress

AGING & INDEPENDENCE SERVICES (AIS) ADVISORY COUNCIL | GOALS 2026 – 2029

17	Attend at least one Live Well San Diego meeting in each designated county area and monitor AIS programs in support of the Live Well San Diego vision. 	Ongoing	Long-Term Care Ombudsman & Facilities Subcommittee	• Meeting(s) and date(s) attended	• Recommendations for improvement, including assessment of effectiveness or additional resources needed.	In progress
18	Collaborate with other AIS subcommittees and advise AIS on legislative proposals and changes related to Skilled Nursing Facilities and Residential Care Facilities for the Elderly. 	Ongoing	Long-Term Care Ombudsman & Facilities Subcommittee	• Legislation measured • Meeting(s) and date(s) attended	• Raise and maintain awareness for the AIS Advisory Council surrounding legislation related to Skilled Nursing Facilities and Residential Care Facilities for the Elderly	In progress
19	Monitor quarterly Long-Term Care Ombudsman (LTCO) data and advise AIS on the Ombudsman program's operations, goals, performance, volunteer development, and areas of concern related to long-term care. 	Ongoing	Long-Term Care Ombudsman & Facilities Subcommittee	• Quarterly LTCO data reviewed • Meeting(s) and date(s) attended	• Topics may include, but are not limited to, Ombudsman program performance, volunteer recruitment and development, facility Family Council meetings, and recommendations for improvement or additional resources needed.	In progress
20	Support advocacy and access for residents in long-term care facilities, including access to Ombudsman services and the development of resident and family councils. 	Ongoing	Long-Term Care Ombudsman & Facilities Subcommittee	• Meeting(s) and date(s) attended • Finding(s) and recommendations	• Topics may include, but are not limited to, ensuring LTCO representatives have regular access to facilities and supporting resident rights, health, safety, and welfare. Promote the development of resident and Family Councils.	In progress