



Protecting A Future Where All Americans Can Age with Health, Dignity, and Connection

MULTISECTOR PLANS FOR AGING AS VEHICLES FOR EQUITY

The aging population in the U.S. is booming: by 2040, more than one in five people will be 65 and older, and for the first time, older adults will outnumber youths.¹

As the U.S. aging population continues to grow, it is also becoming more diverse, with the amount of people in racial and ethnic minority groups expected to increase by over 10% over 20 years.² This demographic evolution empowers states to cater to the diverse needs of our aging population. Through coordinated and collaborative planning, states can ensure equitable access to specialized services, fostering healthier, more inclusive communities for all of us as we age.

A Multisector Plan for Aging (MPA) is a powerful ten-year blueprint for restructuring state and local policies, bringing together a wide range of cross-sector stakeholders to address the needs

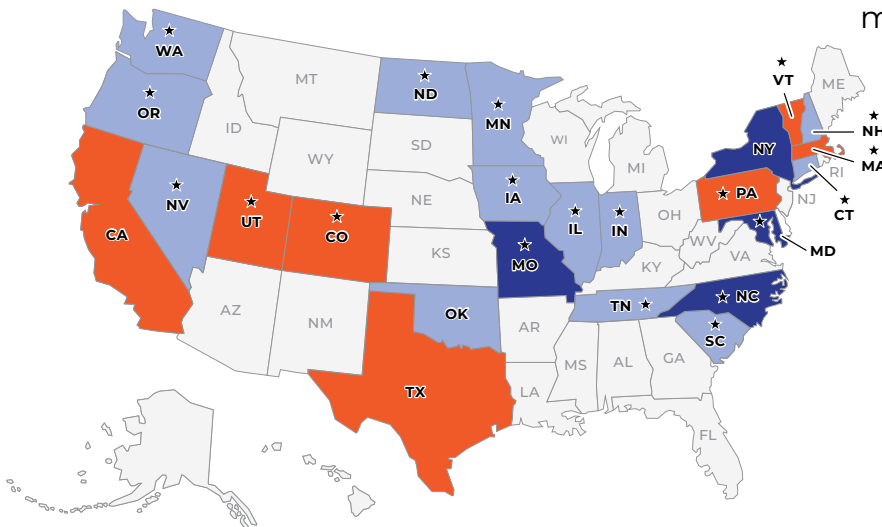
of all older adults and people with disabilities. By creating a coordinated system of high-quality care and long-term services, these plans promote healthy aging, independent living, and social engagement, while addressing issues related to healthcare, housing, and transportation.

MPAs promote health equity as they are tailored to meet the specific needs of a state's residents, improving quality of life and health outcomes for underserved populations in need. Uniting diverse voices across private, public and independent sectors allows these plans to create systems-based solutions that ensure a state's residents can live and age well, regardless of their race, socioeconomic status disability, or other demographic factors. State leaders continue to recognize the importance of centralizing equity in their programs and planning efforts.



11 states

have already passed legislation or received authorization for their plan through an Executive Order, with many more pending.



MPA PROGRESS ACROSS THE U.S.

- MPA Learning Collaborative ★
- MPA Developed/Implementing ■
- Legislation/Executive Order ■
- Fostering Development ■

HOW MULTISECTOR PLANS FOR AGING CAN HELP STATES PROMOTE HEALTH EQUITY THROUGH COMMUNITY VOICES

Current federal and state infrastructure for long-term services and support needs is highly fragmented, placing an undue burden on older adults and people with disabilities — outcomes that are further exacerbated for racial and ethnic minorities who already face poorer health outcomes and limited care access.³ Comprehensive MPAs have the power to create positive, equitable transformation in care, support services and access by addressing disparities holistically, and bringing together a cross-section of community voices and partners to implement change. MPAs promote health equity by:

- **Identifying and addressing disparities** among communities in greatest economic and social need through evidence-based, user-friendly data tracking to bridge access gaps.
- **Implementing age-friendly policies and infrastructure** that encourage healthy, active and independent living for disadvantaged older adults in their communities.
- **Strengthening caregiving support** to mitigate financial and emotional strain for the broader care network.
- **Fostering collaboration** that emboldens diverse voices to implement change.
- **Engaging diverse stakeholders and community members**, including people with lived experience in the development of MPAs to reach minoritized populations.



**Join the
Movement**

Sign up for our MPA newsletter at: multisectorplanforaging.org, a hub for involvement opportunities, tracking statewide MPA progress, and resource sharing.

STATE SPOTLIGHT: CALIFORNIA'S MASTER PLAN

California's MPA outlines a series of goals and strategies to build a state where all can thrive as they age by the year 2030.⁴

Inclusion & equity, not isolation, is defined by the following strategies:

1. Enforcing inclusion & equity
2. Bridging the digital divide
3. Scaling flexible work and education
4. Bolstering volunteer programs
5. Protecting marginalized groups from abuse, neglect, and exploitation
6. Establishing leadership in aging



The **American Society on Aging** proudly partners with other pioneers in healthy aging to promote the MPA movement. Thank you to **West Health, The SCAN Foundation, The John A. Hartford Foundation**, and the **Center for Health Care Strategies** for your commitment to improving the lives of older Americans.

¹ (2018, March 13). *Older People Projected to Outnumber Children for First Time in U.S. History*. United States Census Bureau. Retrieved April 18, 2024, from [https://www.census.gov/newsroom/press-releases/2018/cb18-41-population-projections.html#:~:text=%E2%80%9CBy%202034%20\(previously%202035\),decade%20for%20the%20U.S.%20population.](https://www.census.gov/newsroom/press-releases/2018/cb18-41-population-projections.html#:~:text=%E2%80%9CBy%202034%20(previously%202035),decade%20for%20the%20U.S.%20population.)

² (n.d.). *Getting Started with a Multisector Plan for Aging*. Center for Health Care Strategies. Retrieved April 18, 2024, from <https://www.chcs.org/resource/getting-started-with-a-master-plan-for-aging/>.

³ Edwards, B. C., & Sen, A. P. (2019). High Demand and Fragmentation: The Current State of Long-Term Services and Supports in America. *Generations: Journal of the American Society on Aging*, 43(1), 20–24. <https://www.jstor.org/stable/26632556>.

⁴ California Department of Aging (n.d.). *Master Plan: 5 Bold Goals*. Master Plan for Aging. Retrieved April 16, 2024, from <https://mpa.aging.ca.gov/Goals/3>.