



LADAP: The Local Aging and Disability Action Plan

Improving the Lives of Older Adults and Adults with Disabilities in Santa Rosa/Sonoma Valley

What is the LADAP?

The Local Aging and Disability Action Plan (LADAP) is a grant-funded initiative that supports improvements across multiple systems that provide programs and services for older adults, adults with disabilities, and caregivers in Santa Rosa and Sonoma Valley, particularly those who are members of under-served communities. Nearly a quarter of residents in Santa Rosa and Sonoma Valley are aged 62 or older.

The LADAP aligns with California's Master Plan for Aging, a statewide plan that sets broad goals for housing, health, equity, and caregiving. The LADAP brings a local perspective to the master plan—identifying specific issues and opportunities to address current, emerging, and future aging and disability-related needs, service delivery and supports in Santa Rosa and Sonoma Valley communities.

Who is the LADAP for?

Older adults and adults with disabilities come from a wide range of backgrounds and circumstances. The LADAP seeks to improve community livability for people of all ages, with a clear focus on equity, cultural competency, community engagement, and disability inclusion principles and practices.

A key objective of the LADAP is to ensure that local services are provided equitably, so that formerly under-served communities receive the support they need.

Why create an LADAP?

The LADAP is our opportunity to enhance the health, safety, and quality of life for all of Santa Rosa and Sonoma Valley's older adults and adults with disabilities, regardless of background, income, or circumstances.

The LADAP will focus on strengthening the collective capacity of the community to address the current, emerging, and future aging and disability-related needs through cross-sector collaboration to support communities and populations that have been historically under-resourced and under-served.



The Master Plan for Aging

Released in January 2021, California's Master Plan for Aging is currently in its third year of implementation. The Plan provides a blueprint for improving the health and well-being of California's older adults and adults with disabilities.

A key part of the Master Plan is to support local communities as they work toward addressing the needs of their aging residents. Santa Rosa and Sonoma Valley are one of twenty regions across the state that received funding through the LADAP Planning Grant initiative that is part of the Master Plan.

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Five Goals for the Future

The LADAP supports the following Master Plan goals:



Goal 1: Housing for All Ages and Stages

We will live where we choose as we age in communities that are age-, disability-, and dementia-friendly and climate- and disaster-ready.



Goal 2: Health Reimagined

We will have access to the services we need to live at home in our communities and to optimize our health and quality of life.



Goal 3: Inclusion & Equity, Not Isolation

We will have lifelong opportunities for work, volunteering, engagement, and leadership and will be protected from isolation, discrimination, abuse, neglect, and exploitation.



Goal 4: Caregiving That Works

We will be prepared for and supported through the rewards and challenges of caring for aging loved ones.



Goal 5: Affordable Aging

We will have economic security for as long as we live. The LADAP will identify specific ways to implement improvements to help us achieve these goals in local communities.



Get Involved!

Community input is essential for the success of the LADAP. We want to know more about what you need to live your best life. You can get involved in several ways:

- Join a Focus Group
- Attend a Community Workshop
- Drop us a line

Call us at (707) 565-5903 or email Kathleen Cortez at kcortez@schsd.org for more information.