



CEAL envisions a thriving aging ecosystem, offering adaptive solutions, innovative research, and person-centered approaches so that everyone has a long life of **health, opportunity, and purpose.**

Focus Areas

Longevity

**Age-Friendly
Initiatives**

**Workforce
Development**

Research

Policy

WHAT'S GOING ON IN THE WORLD OF AGING?

RAPID SHIFT IN DEMOGRAPHICS

- By 2030, all baby boomers will have reached 65 years old and older adults will make up 20% of the US population
- Older adults will outnumber children under 5 for the first time
- Most diverse population of older adults in US history

INCREASED LONGEVITY

- The number of centenarians (people aged 100 and over) is projected to quadruple over the next 30 years.

Not just more years, but more **HEALTHY** years!

LONG-TERM IMPACTS



San Diego Caregiver Connections



CEAL 12 (5 Hours) >

- Assisting with Independent Living Through IADLs
- Overview of Transfers and Mobility Equipment
- Overview of Nutrition and Food Preparation
- Assisting with Activities & Recreational Therapy at Home
- Maintaining a Clean & Healthy Environment



CEAL 21 (5 Hours) >

- Understanding Cultural Competency
- Providing Homecare to LGBT Older Adults
- Recognizing Barriers to Care
- Overview of Physical Disabilities and Chronic Conditions
- Overview of Mental Illness Care
- Caring for Older Adults with Hoarding Disorder



CEAL 42 (5 Hours) >

- Overview of End-of-Life Care
- Managing Grief After the Death of a Client
- Teepa Snow – End of Life Care and Letting Go
- Coping Skills for Caregiving
- End of Life Dementia Care

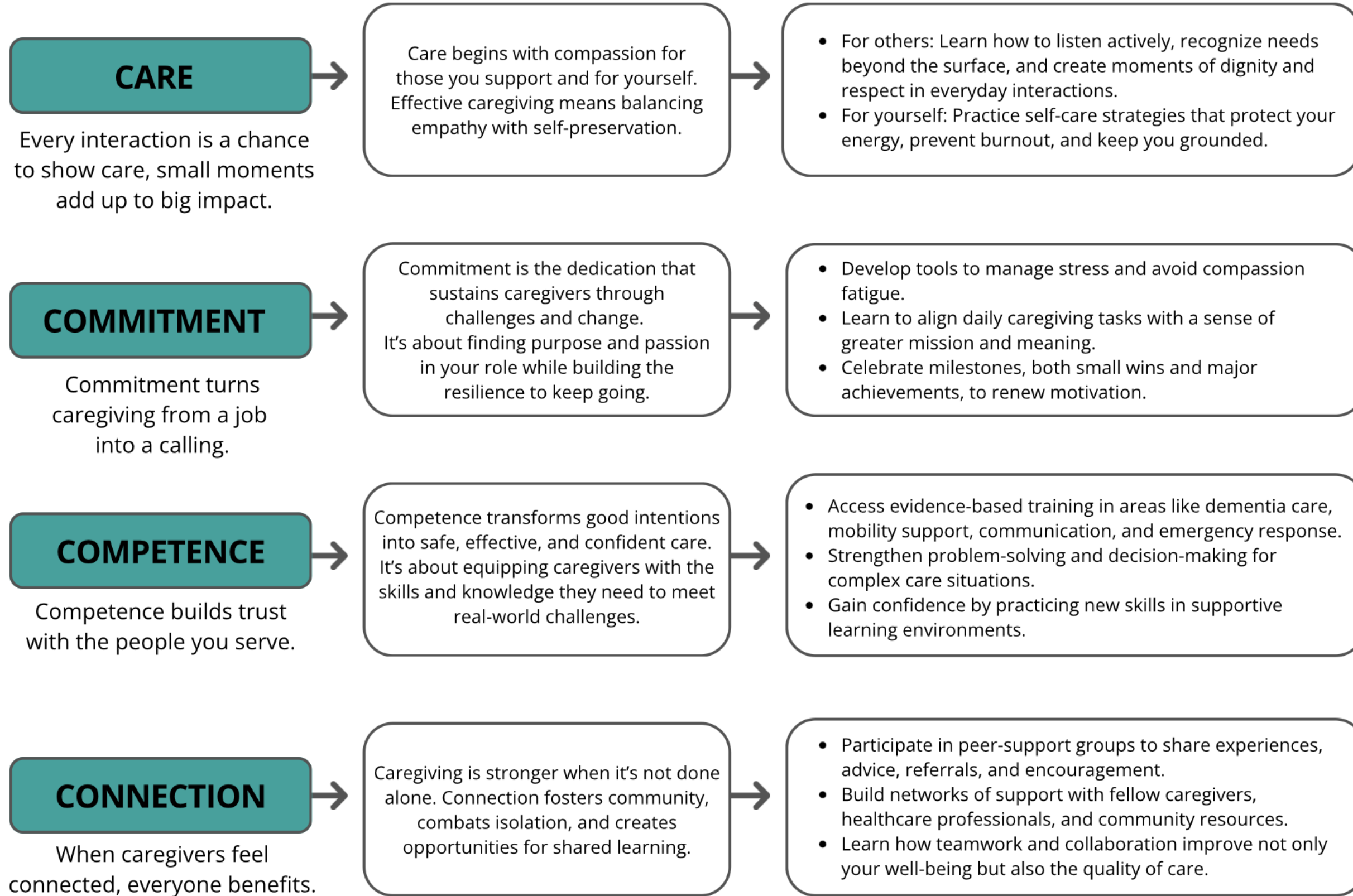
SDCC supports both paid and family caregivers by providing self-paced online **training & peer-to-peer support**

The Impact

- 91% of caregivers reported improvements in key skills
- 86% felt more prepared to take on caregiving responsibilities
- 100% participants recommend Peer Support

Nearly 8,000 participants completed more than 80,000 hours of training in 2.5 years!

CEAL 4C'S OF CAREGIVER SUPPORT



SPARK –SD



Supporting Peers and Raising Knowledge in San Diego (SPARK–SD) is a regional peer-to-peer support network designed for anyone working with older adults.

- Volunteer-led online peer groups
- Quarterly in-person networking events
- Professional resources

Workforce Advisory Board

- Quarterly meetings with local partners
- Focused on identifying current and emerging needs in San Diego's direct care workforce
- Topics include recruitment, onboarding, training gaps, retention, and career development

OPERATIONAL



Community Engagement Inform, Involve, Inspire



- **Community CallHub**
- **Age-Friendly Action Plans**
- **Healthy Longevity Webinar Series**

★ CERTIFICATE IN AGING LEADERSHIP

FOUR COURSE PROGRAM



Recent graduates and current professionals learn essential knowledge and gain skills for leadership roles in the aging sector.

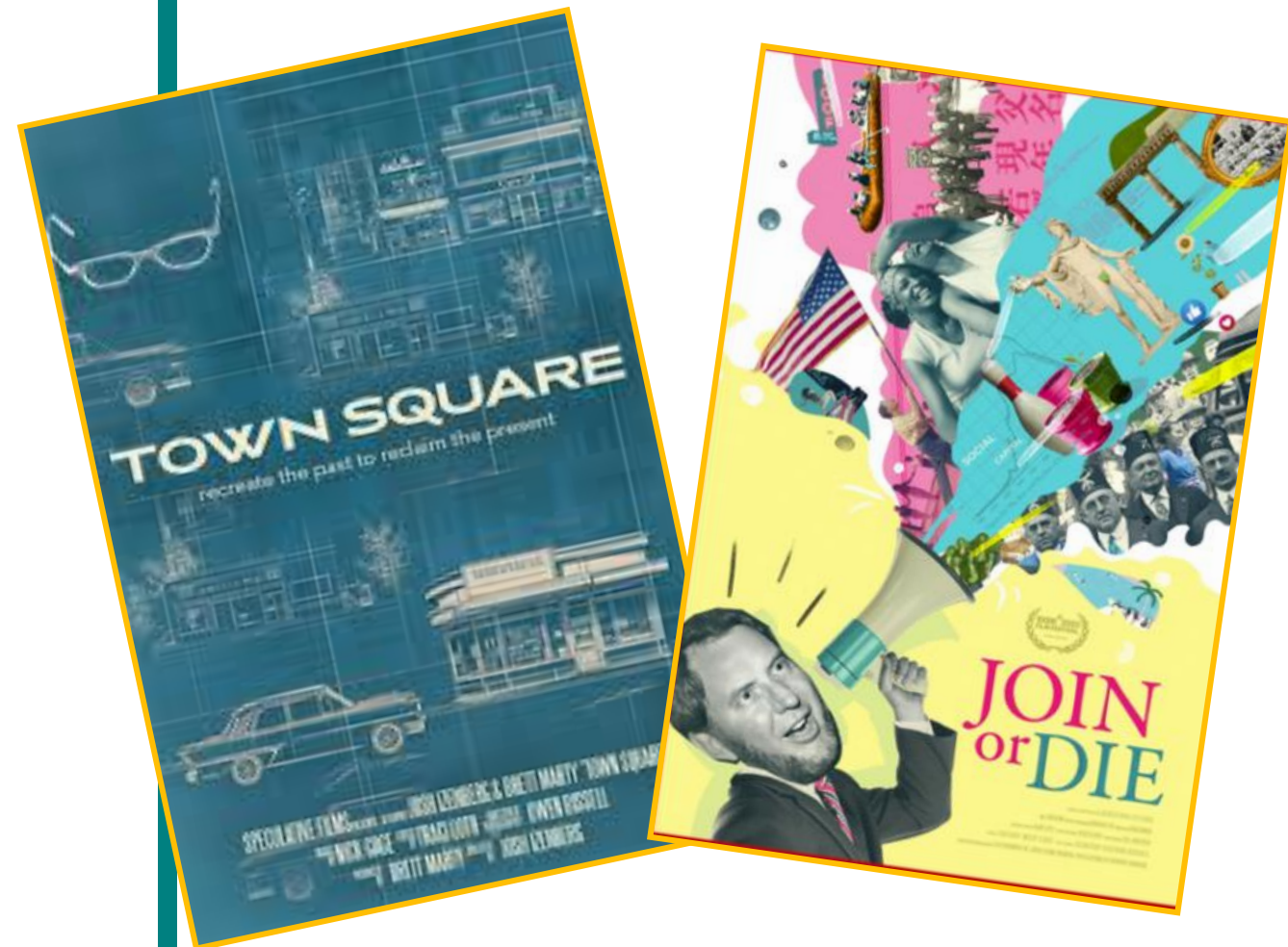
★ Classes start January 20, 2026

This program provides an in-depth exploration of the current challenges, opportunities, & innovations shaping the field of aging & longevity.



2025 CEAL SPRING SYMPOSIUM

DAY 1



DAY 2



**Save the Date:
April 9-10, 2026**

Stay Connected



Visit our Website:
<https://ceal.sdsu.edu>

Email: shornberger@sdsu.edu

Follow Us!

