

# We want to hear from you!



Help shape how we meet the needs of seniors and disabled adults in our community while supporting their caregivers.

Participate in a focus group to help develop Contra Costa County's 2024-28 Area Plan on Aging.

The Area Agency on Aging (AAA) wants to hear from:

- Seniors age 60+
- Adults with disabilities age 18-59
- Family or informal caregivers

## Focus Group Session:

**Monday, October 23<sup>rd</sup>**

12 noon to 2:30 p.m.

500 Ellinwood Way  
Pleasant Hill

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RSVP 1 day prior to session. Need an interpreter?  
Contact us 1 week in advance of session date.

**(925) 655-0774**

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- Face coverings will be provided.
- Emergency Preparedness Kit (\$100 value) for each participant.
- Find out if you qualify for a free iPad with service plan.
- Lunch will be provided.

Full list of focus group dates & locations: Call (925) 655-0774 or visit [ehsd.org](https://ehsd.org)

Area Agency on Aging

A Division of Aging & Adult Services

