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Gavin Newsom, Governor

PRESS RELEASE
California Commission on Aging

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**California Commission on Aging and Eldera Join Forces to Turn Age into an Asset
and Adults 60+ into Mentors for Younger Generations**

One adult 60+. One hour. Once a week. Two lives get better.

SACRAMENTO and SAN FRANCISCO - September 24, 2025 - The California Commission on Aging (CCoA) and Eldera today announced a statewide recruitment drive inviting Californians age 60 and older to support youth (ages 6–17) through weekly, virtual conversations that build resilience, reduce loneliness, and strengthen communities. The partnership advances California’s Master Plan for Aging goals to create a California for all ages and abilities by 2030.

Under the initiative, adults 60+ can enroll now, complete brief training and a background check, and be matched with a young person for a 30–60 minute video conversation once a week. Eldera manages recruitment, vetting, matching, program support, and safety, including an AI Chaperone designed to help keep conversations safe and meaningful. Meanwhile, CCoA mobilizes Area Agencies on Aging and community networks statewide.

“California’s Master Plan for Aging calls for a state where all generations thrive together. This partnership turns that vision into action at scale,” said **David Lindeman**, Chair, California Commission on Aging.

“Age is California’s most underused natural resource,” said **Dana Griffin**, Co-Founder & CEO, Eldera. “Together, we can match life experience with young curiosity, safely, quickly, and with benefits for every generation.”

Why older adults (60+)

“As more of life moves online and AI becomes ubiquitous, young people need consistent human connection, someone who sees them, hears them, and shows up. Human connection requires a human, and our most untapped resource is adults over 60 with a little extra time, wisdom, and a desire to do good,” said **Dana Griffin**. “Here’s our reality: AI is great at predicting the next word, but it is not a substitute for someone who has lived experience,” Griffin added. “When a teen is spiraling or a young man is in crisis, the right response isn’t infinite engagement or worse, harmful



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directions. It's boundaries, perspective, and a caring voice that says, 'You're not alone. I've been there, too, and here's how I got past it.' Technology should protect human connection, not replace it."

How it works

- **Enroll now:** Californians 60+ sign up at **Eldera.ai**
- **Safety first:** Training, background checks, clear policies, live support, and AI safety tools
- **Smart matching:** Based on interests, availability, and language; weekly 30–60 min video sessions
- **Community & growth:** Optional weekly Social Clubs (STEM, arts, leadership, well-being)
- **Measuring impact:** Eldera tracks engagement, satisfaction, and brief well-being indicators in aggregate

Local stories available

Interviews with California mentors and families are available on request. Examples include a 14-year-old who moved from crisis to publishing poetry and a 12-year-old who calls her 84-year-old mentor her "secret weapon" in school and life.

Call to action

- **Adults 60+:** Give one hour a week. Change two lives. Sign up at **Eldera.ai**
- **Parents/guardians:** Enroll your child (ages 6–17) for a weekly virtual mentor. Sign up at **Eldera.ai**
- **Organizations:** Sponsor mentor–mentee pairings in your community and share the positive impact. Reach out to community@eldera.ai

Editor's note: Please use "**adults 60+**" or "**older adults**" rather than "seniors/elderly."

Fact Sheet

Program: Weekly virtual mentorships pairing Californians **60+** with youth **6–17**

Format: 30–60 minutes once a week; safe, moderated, online

Readiness: Rolling orientations weekly; statewide availability (virtual)

Safety: Background checks; training; clear policies; live support; AI Chaperone



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Access: Standard smartphone, tablet, or computer with internet and video capabilities

Languages: English plus multilingual matching where available

Cost: No cost to enroll; generosity subscription makes it available to everyone; organizations may sponsor pairings

Impact focus: Social connection, resilience, purpose, and reduced loneliness (non-clinical)

Statewide effort: Supporting California's Master Plan on Aging

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FAQs

Is this therapy or a crisis line?

No. Eldera is a social-health program focused on connection, friendship, and mentorship. When risk indicators arise, Eldera follows escalation and referral protocols. (Not a clinical service.)

Who is eligible to mentor?

Californians **age 60+** who complete training, pass our background check, and have a video session capable device.

How are pairs matched?

Eldera has a proprietary algorithm that takes into account interests, personality, and language preference; sessions are virtual and scheduled weekly.

How is safety handled?

Training, background checks, non-geographic matching, live support, clear policies, and an **AI Chaperone** to help keep conversations safe and beneficial for both.

How do organizations participate?

Employers, associations, faith and alumni groups, and public agencies can **sponsor** pairings and **promote** enrollment across their networks.



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Boilerplates

About Eldera

Eldera is the social-health platform that turns increased longevity into a resource for society. We safely connect vetted adults 60+ with young people - and with one another- for weekly, virtual conversations and mentorship. The result is measurable: resilience for youth, purpose for older adults, and reduced loneliness at scale. Powered by human connection and supported by our AI Chaperone, Eldera makes intergenerational connection safe, consistent, and easy to deploy across communities, employers, and public agencies. Our belief is simple: older adults have the responsibility and ability to help protect and support the next generation, and when they do, everyone benefits. Eldera (from “Era of the Elders”) has been highlighted by national media and recognized by health leaders and academic institutions. Learn more at Eldera.ai.

About the California Commission on Aging

As the state’s principal advocacy body for older adults, the CCoA advises state leaders, legislators, and governmental agencies on policies and programs that promote fairness, autonomy, choice, and dignity for all older Californians.

For more information about the CCoA and its initiatives, please visit <http://ccoa.ca.gov>.

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