Community Leadership: Aging Together

- Sonoma County
- Marin County
- Alameda County
- Santa Clara County
- San Francisco City & County
Aging Together vision

Sonoma County is a healthy place to live, work and play... a place that supports all people to thrive across the lifespan and achieve their life potential...

All individuals and families, including older adults, have the opportunity to be connected to community life, have access to resources and support they need to thrive and achieve their life potential.
Why focus on healthy aging?

- Sonoma County Seniors are living longer.
- Adults age 60 and over make up over 20% of the Sonoma County Population.
- 1 in 5 older adults are at a higher risk of health, social and economic challenges based simply on their age.
Action Plan

7 identified goals that most contribute to healthy aging across the lifespan:

- Goal 1: Community Connectedness
- Goal 2: Transportation
- Goal 3: Varied Housing Options
- Goal 4: Healthy Living
- Goal 5: Lifelong Learning
- Goal 6: Employment and Financial Security
- Goal 7: Health and Community-Based Services
Bringing the community together...

- Focus on health and aging
- Create a shared vision
- Identify broad issues
- Explore alignment with other existing initiatives
- Explore evidence based and evidence informed practices
- Establish outcome measures
Many of us will live to 100... What’s your plan?
Community Vision

Age-Friendly Livable Community For All

Respect & Social Inclusion

Mobility Options

Adequate Housing

Safe, Outdoor Spaces

Access to Health & Social Services

Civic Engagement

Communication

Community Participation
Number of Adults Age 60+

Life Expectancy by County, United States: 3,143 Counties

<table>
<thead>
<tr>
<th>Rank (top)</th>
<th>Name</th>
<th>Life Expectancy</th>
<th>Lower</th>
<th>Upper</th>
</tr>
</thead>
<tbody>
<tr>
<td>Females</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1</td>
<td>Marin, California</td>
<td>85.02</td>
<td>84.46</td>
<td>85.56</td>
</tr>
<tr>
<td>2</td>
<td>Montgomery, Maryland</td>
<td>84.87</td>
<td>84.53</td>
<td>85.19</td>
</tr>
<tr>
<td>3</td>
<td>Collier, Florida</td>
<td>84.62</td>
<td>84.09</td>
<td>85.1</td>
</tr>
<tr>
<td>4</td>
<td>Santa Clara, California</td>
<td>84.54</td>
<td>84.29</td>
<td>84.8</td>
</tr>
<tr>
<td>5</td>
<td>Fairfax County, Virginia</td>
<td>84.52</td>
<td></td>
<td></td>
</tr>
<tr>
<td>6</td>
<td>San Francisco, California</td>
<td>84.38</td>
<td></td>
<td></td>
</tr>
<tr>
<td>7</td>
<td>Gunnison, Colorado</td>
<td>84.33</td>
<td></td>
<td></td>
</tr>
<tr>
<td>8</td>
<td>Pitkin, Colorado</td>
<td>84.33</td>
<td></td>
<td></td>
</tr>
<tr>
<td>9</td>
<td>San Mateo, California</td>
<td>84.3</td>
<td></td>
<td></td>
</tr>
<tr>
<td>10</td>
<td>Bergen, New Jersey</td>
<td>84.26</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Rank (top)</th>
<th>Name</th>
<th>Life Expectancy</th>
<th>Lower</th>
<th>Upper</th>
</tr>
</thead>
<tbody>
<tr>
<td>Males</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1</td>
<td>Fairfax County, Virginia</td>
<td>81.7</td>
<td>81.32</td>
<td>82.02</td>
</tr>
<tr>
<td>2</td>
<td>Gunnison, Colorado</td>
<td>81.65</td>
<td>80.39</td>
<td>82.84</td>
</tr>
<tr>
<td>3</td>
<td>Pitkin, Colorado</td>
<td>81.65</td>
<td>80.39</td>
<td>82.84</td>
</tr>
<tr>
<td>4</td>
<td>Montgomery, Maryland</td>
<td>81.57</td>
<td>81.23</td>
<td>81.91</td>
</tr>
<tr>
<td>5</td>
<td>Marin, California</td>
<td>81.44</td>
<td>80.91</td>
<td>82.01</td>
</tr>
<tr>
<td>6</td>
<td>Douglas, Colorado</td>
<td>81.41</td>
<td>80.77</td>
<td>82.01</td>
</tr>
<tr>
<td>7</td>
<td>Eagle Colorado</td>
<td>81.01</td>
<td>79.83</td>
<td>82.18</td>
</tr>
<tr>
<td>8</td>
<td>Loudon, Virginia</td>
<td>81</td>
<td>80.37</td>
<td>81.65</td>
</tr>
<tr>
<td>9</td>
<td>Santa Clara, California</td>
<td>80.98</td>
<td>80.69</td>
<td>81.25</td>
</tr>
<tr>
<td>10</td>
<td>Teton, Wyoming</td>
<td>80.93</td>
<td>79.85</td>
<td>81.84</td>
</tr>
</tbody>
</table>

http://www.pophealthmetrics.com/content/11/1/8
Aging Action Initiative

- Short Term Goals:
  - Doable within 1 – 2 years
  - Strengthen Interagency Relationships

- Long Term Goal:
  - Stronger Aging Services Infrastructure
  - Stronger Aging Services Network
AAI Areas of Focus

- Care Coordination
- Dementia
- Mental Health
- Nutrition
- Economic Disparity
AAI Process
AAI Process

- Phase One—First Six Months
  - 21 decision meetings, two convenings, 68 doodles

- Year One Implementation
  - Action Teams
Considerations

It’s Change

Keep Connections

Stay Centered
www.livelonglivewellmarin.org
Alameda County Planning for Older Adults

Swinging the pendulum toward an integrated approach to senior services
Background

• Alameda County is:
  – Large (1.5 million people)
  – Aging: 296,000 seniors; 1 in 7 adults are seniors
  – Diverse: In terms of diversity, second in the lower 48

• Seniors and People with Disabilities receive services through:
  – Department of Adult & Aging
  – Public Health
  – Behavioral Health
  – Dozens of CBO’s
Challenges

• Planning for Seniors not coordinated
• CBO network stretched and unable to meet current need
• Services across departments not coordinated
• Seniors (and providers) not able to easily navigate information systems
• Previous AAA planning efforts centered on distribution of AAA funds
Alameda County Response

• With Board of Supervisor Support,
  – Social Services invested almost $1,000,000 in matching funds (15% increase)
  – The Area Agency on Aging (AAA) launched a capacity building/Technical Assistance Program
  – Social Services Agency (SSA) and Health Care Services Agency (HCSA) agreed to work together to develop a Comprehensive Plan for seniors
Pre-Planning Efforts

• Pre-planning efforts included multiple meetings with Senior Service advocates to discuss planning approach

• Agreement brokered between HCSA and SSA Agency that the AAA would take the lead in planning efforts, with substantial involvement from HCSA.

• HCSA invested in a part-time position to help coordinate internal efforts to organize departments around senior services

• Senior Service Provider network supported the AAA’s request to hire a Senior Planner
Planning Process

• Established a planning committee composed of consumers, CBO’s, academics, city representatives, and county representatives

• Committee meets monthly and is focused on three key components: consumer survey, focus groups & data analysis

• Regular check in meetings with department heads of county agencies

• Regular check in meetings with BOS and Aides
Results

• Work is ongoing- AAA planning cycle
• Highly engaged planning committee
• More comprehensive survey / focus group activities & related outreach to Seniors
• HCSA / BOS discussions re increased investment to Seniors
• Plan to be presented no later than May 2016
A Road Map to an Age-Friendly Silicon Valley
SANTA CLARA COUNTY, DEPT. OF AGING & ADULT SERVICES

Social Services Agency

Dept. of Aging & Adult Services

- Adult Protective Services
- In-Home Supportive Services
- Public Administrator/Guardian/Conservator
- Senior Nutrition Program
- Seniors’ Agenda
HOW DID WE GET HERE?

- State of the County 2011
- Quality of Life Assessment 2011
- Action Plan 2012
- Seniors’ Agenda 2013
SENIORS’ AGENDA

Transportation

Volunteerism & Civic Engagement

Information & Assistance

Education & Outreach

Policy & Funding

Housing
8 DOMAINS OF LIVABILITY

- Housing
- Transportation
- Communication & Information
- Respect & Social Inclusion
- Civil Participation & Employment
- Outdoor Space & Buildings
- Social Participation
- Community Support & Health Services
- Policy & Funding
- Information & Assistance
- Education & Outreach
- Volunteerism & Civic Engagement

World Health Organization

Seniors' Agenda
Our Timeframe Overview

**Fall 2015**
- Develop Assessment
- Begin Application
- Organize Taskforces in Cities

**Winter 2015**
- Outreach
- Focus Groups
- Community Awareness Campaign

**Spring 2016**
- Set Priorities
- Develop Strategies

**Summer 2016**
- Syntheses
- Draft plan

**Fall 2016**
- Present 3 year plan to Supervisors, City Councils
- Public Comment

**Winter 2016**
- Application submitted to World Health Organization
- Application accepted with celebration
- Publish findings and begin implementation

Engagement of Public, Professional & Municipal Networks throughout process
Community Leadership: 
Aging Together in San Francisco

Shireen McSpadden
Deputy Director
Department of Aging and Adult Services
San Francisco Village Model

**Social Engagement**
- Social Activities
- Educational Activities
- Transportation

**Wellness / Advocacy**
- Care coordination
- Care management
- Medical transport

**Assistance and Support**
- Companionship
- Housekeeping
- Home maintenance
- Safety modification

**Civic Engagement**
- Volunteering
- Participating in governance
Community Advocacy

San Francisco Senior and Disability Action mobilizes and educates seniors and people with disabilities to advocate for individual rights and social justice.

Funding for advocacy in:
• Senior Empowerment
• Long Term Care Consumer Rights
• Housing Advocacy
• Home Care Advocacy

The mission is to create a city in which seniors and people with disabilities can live well in a safe, inclusive, and loving community.
Everyone’s Connected –
SF Tech Council

Mission -

The SF Tech Council advances digital inclusion for older adults and people with disabilities so all can participate in the city's connected community.
Everyone’s Connected –
SF Tech Council

Vision -

1) We envision a near future where digital access provides opportunities for all San Franciscans.

2) We also encourage technological innovation that benefits everyone, especially our most vulnerable populations.
3) We believe the city’s long tradition of social justice, combined with its exceptional entrepreneurship and technological innovation, will encourage participation in a vibrant community and recognize its inter-dependency.

4) We seek digital fluency that will provide the essential tools to adapt to technological change, so that all can remain informed and empowered to incorporate future resources towards a high quality of life.
Age and Disability Friendly SF

- Subcommittee of Mayor’s Long Term Care Coordinating Council
- Member of World Health Organizations global network of Age-Friendly Cities
- Active Aging - Optimize opportunities for health, participation, and security in order to enhance quality of life as people age
- In an age friendly city, policies, services, settings, and structures support and enable people to age actively.
- www.friendlysf.org
“Party with a Purpose”

- Community-wide event celebrating 10th anniversary of LTCCC with focus on age and disability friendly actions.
- Break-out sessions for 4 WHO domains – Housing / Technology / Social Participation / Health and Long Term Supports
- Community input and development of action items to move recommendations forward.
Community Leadership: Aging Together