

Community Leadership: Aging Together

- Sonoma County
- Marin County
- Alameda County
- Santa Clara County
- San Francisco City & County

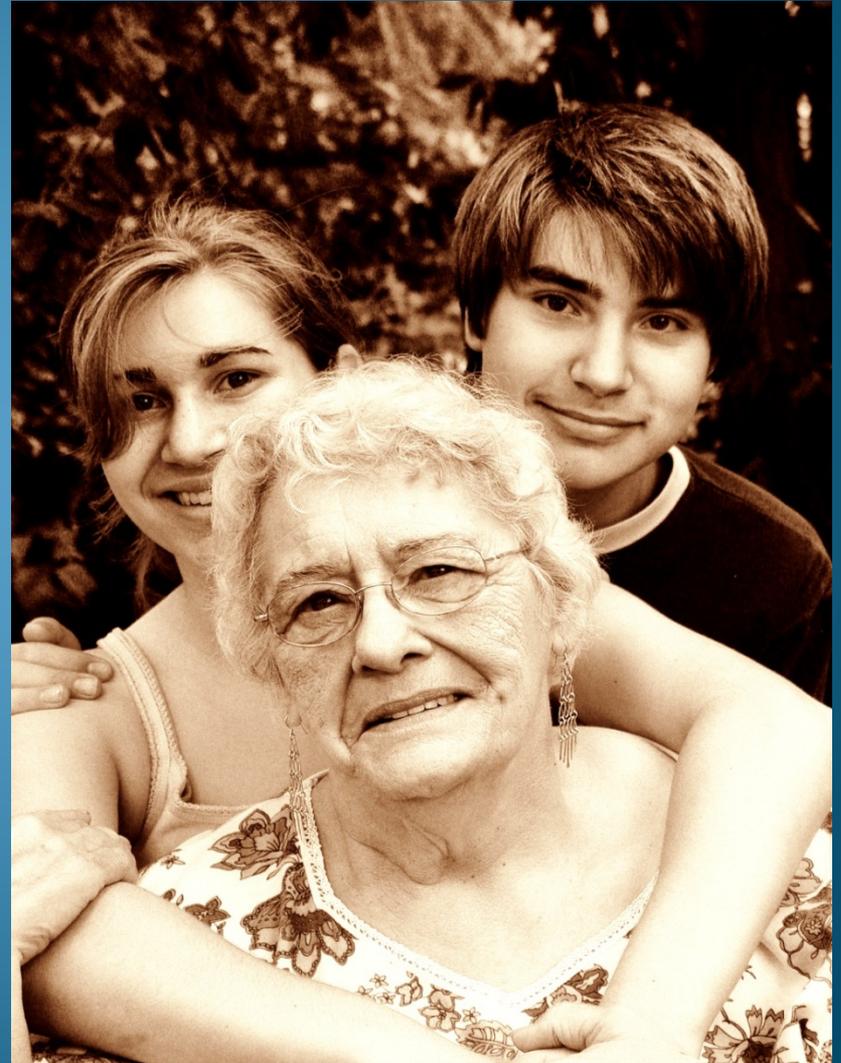


AGING
TOGETHER
SONOMA COUNTY

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

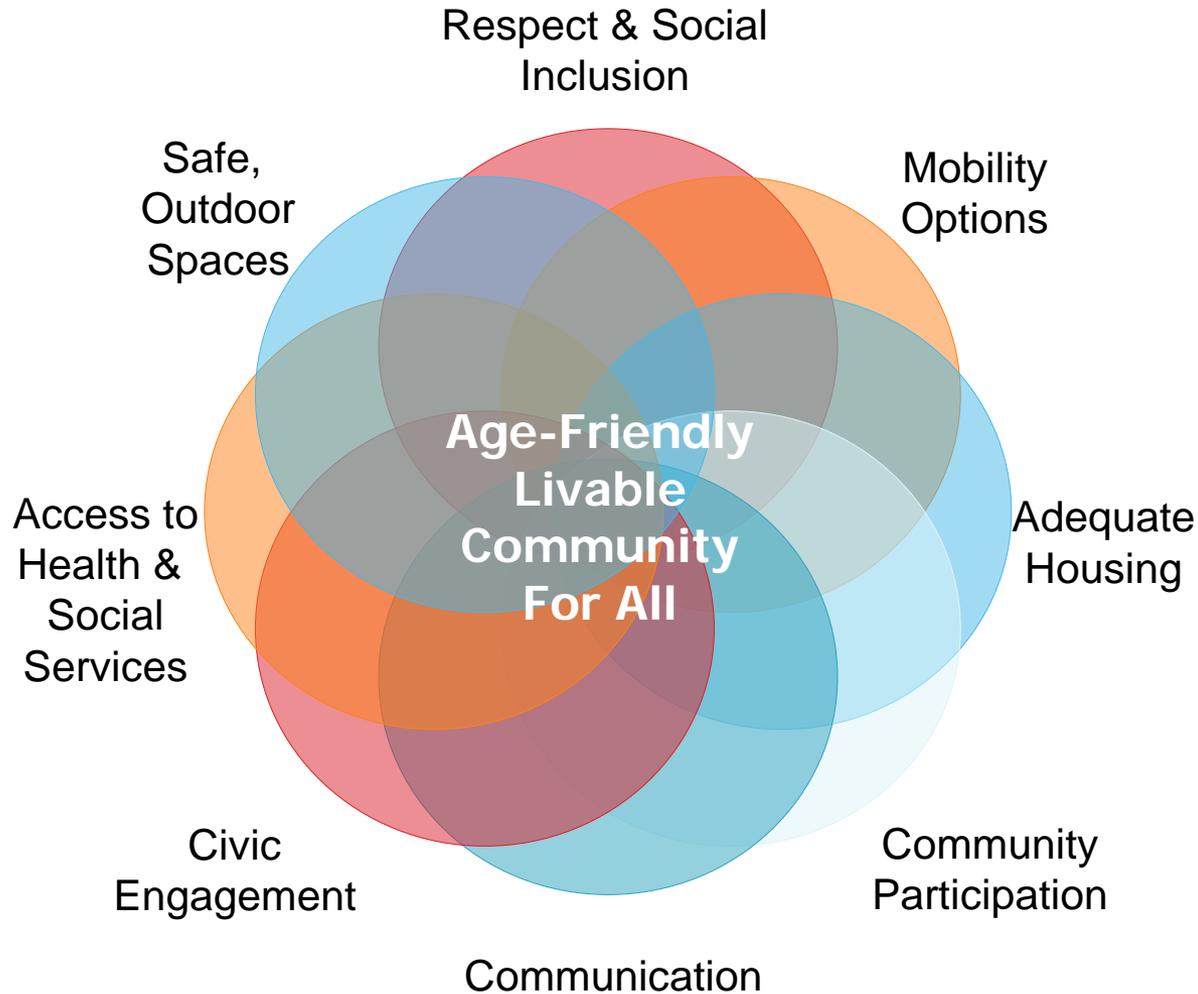


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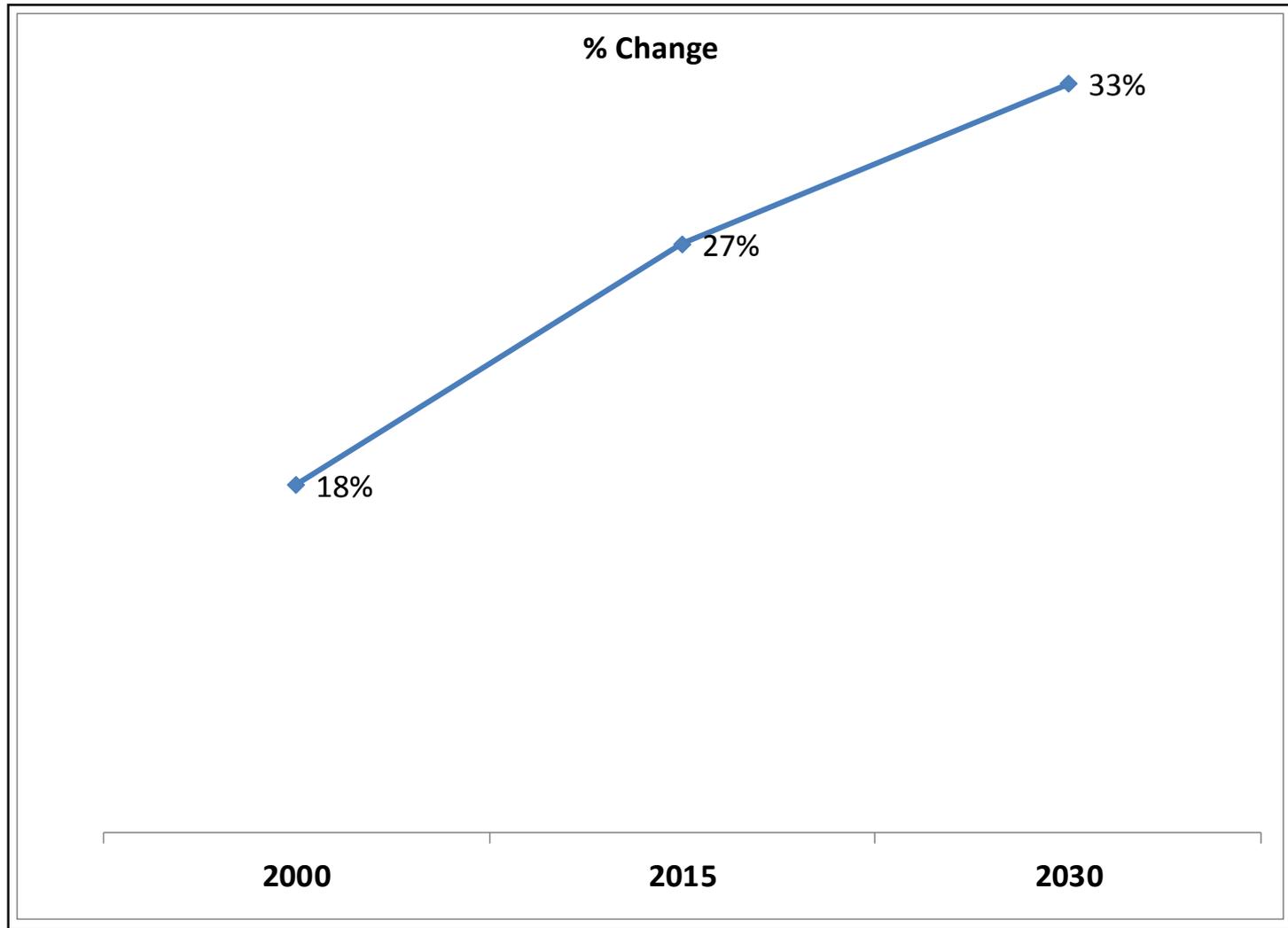
Many of us will live to 100...
What's your plan?



Community Vision



Number of Adults Age 60+



Source: US Census Bureau, 2000 and 2010. 2020-2050 Projections: State of California, Department of Finance, Report P-2: State and County Population Projections by Race/Ethnicity and 5-Year Age Groups, 2010-2060. Sacramento, California, January 2013.

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

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

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

Source: Wang *et al.* *Population Health Metrics* 2013, 11:8

<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



Aging Action Initiative

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

LIVE
LONG
LIVE
WELL



MARIN COUNTY AGING AND ADULT SERVICES



www.livelonglivewellmarin.org

Alameda County Planning for Older Adults

Swinging the pendulum toward an integrated
approach to senior services

Background

- Alameda County is :
 - Large (1.5million 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

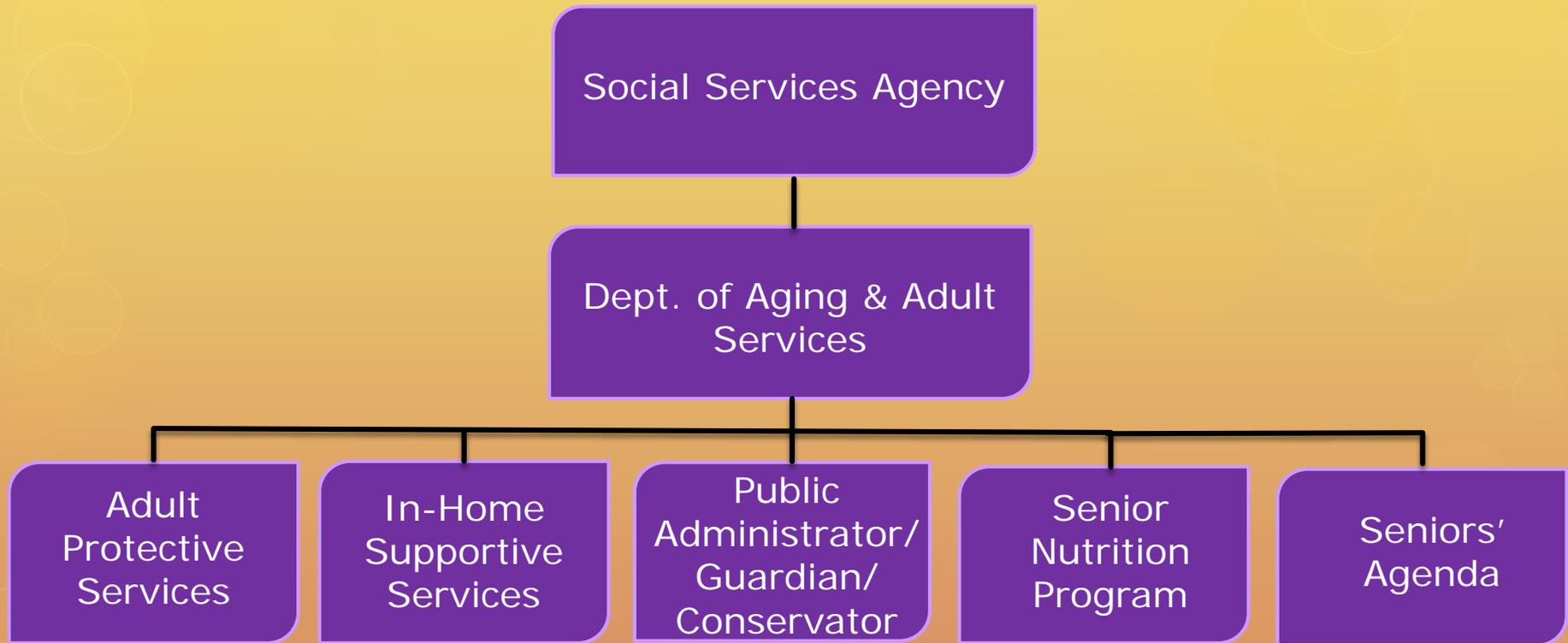
Results

- 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



HOW DID WE GET HERE?



State of
the
County
2011

Quality of Life
Assessment
2011

Action
Plan
2012

Seniors'
Agenda
2013



Seniors' Agenda

SENIORS' AGENDA



Transportation



Education &
Outreach



Volunteerism &
Civic Engagement



Policy & Funding



Information &
Assistance



Housing

8 DOMAINS OF LIVABILITY





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

Assistance and Support

Companionship

Housekeeping

Home maintenance

Safety modification

Wellness / Advocacy

Care coordination

Care management

Medical transport

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.

Everyone's Connected – SF Tech Council

Vision Continued-

- 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

