

# Strategies for Ensuring Age- and Disability-Friendly Programs and Communities

CWDA Conference 2018  
Anaheim, CA

# Why focus on aging and disabilities?

- Honor contributions of people living with disabilities to their families, communities, and society
- Strengthen best practices in disabilities awareness
- Preserve rights of people aging with and aging into disabilities



One in five  
apples in the  
bowl is green



One in five  
Americans are  
born with a  
disability

# Objectives



Identify the value of age- and disability-friendly programs and communities;



Understand the policy implications and resources needed for greater inclusivity;



Identify key stakeholders (consumers, departments, and CBOs) who can help champion the process.

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*School of Social Work*



# **Aging With and Aging Into Disabilities**

CWDA Conference

October 10, 2018

# Design and Development Process

- Stakeholders/Advisory Workgroup
- County Best Practices
- Design and Development
- Statewide Delivery



The background of the slide features a series of thin, curved lines in light gray and white, creating a sense of motion and depth. A prominent red speech bubble is positioned on the left side, containing the text 'State and County Leadership'.

## State and County Leadership

- **Core Topics in DAT:**
  - **Impact of Disabilities Across the Lifespan**
  - **Best Practices in Honoring Aging Adults and Persons with Disabilities**
  - **“Just in Time” Resources**



# DISABILITIES IN ADULTS

## AGING “WITH” AND “INTO” DISABILITY

Those with long-standing disabilities acquired in childhood or early adulthood are aging “with” disability

Those who’ve lived most of their lives without a disability who become disabled later in life, are aging “into” disability



# DISABILITY AWARENESS BEST PRACTICES

## FOUNDATIONAL PERSON-CENTERED BEHAVIORS

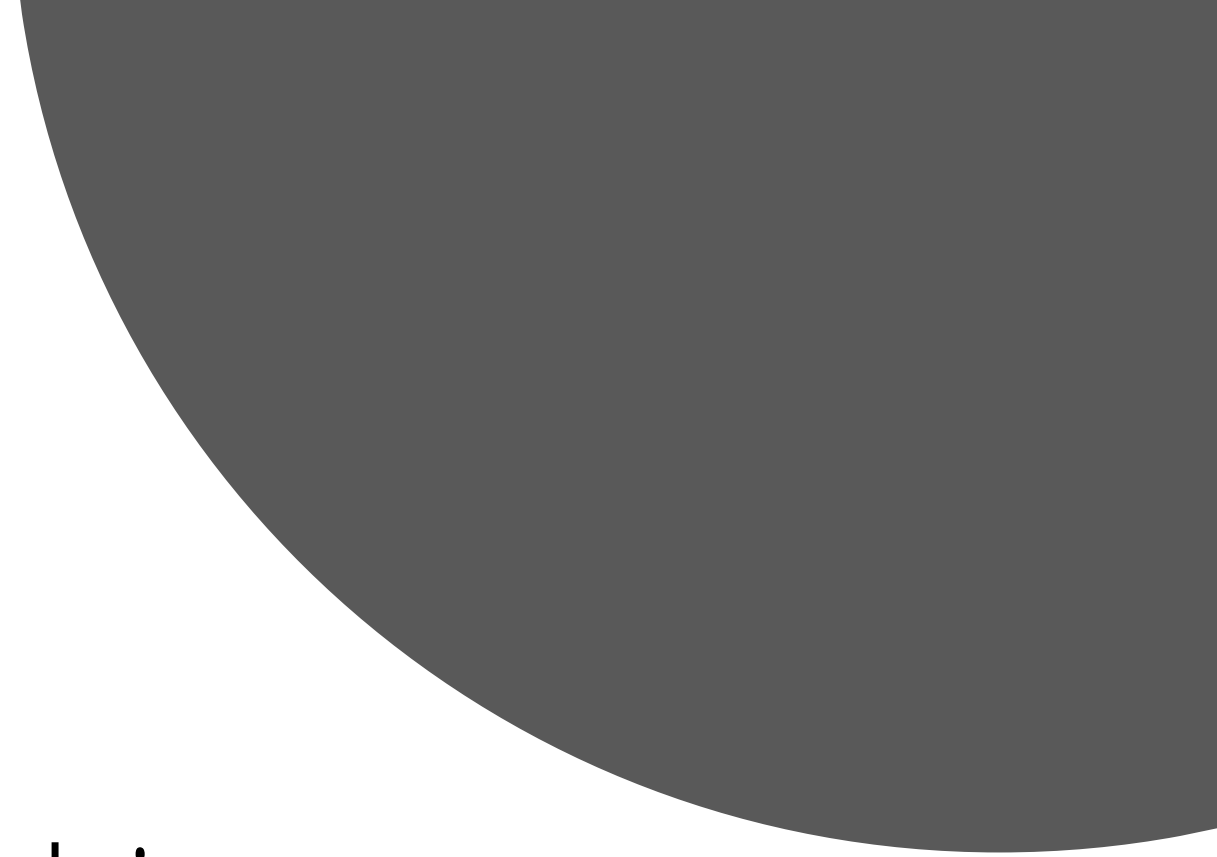
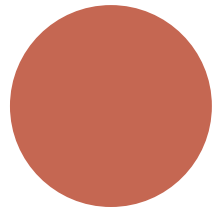
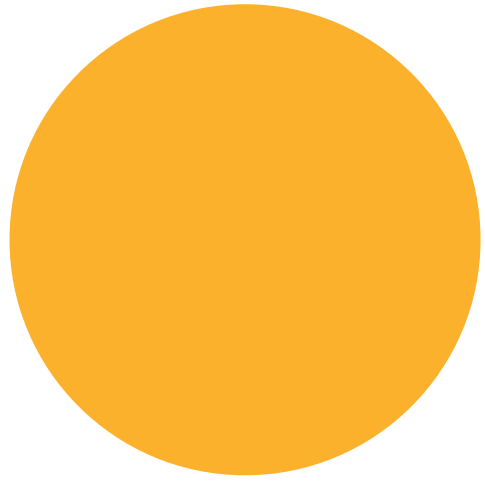
### Self-Awareness

Own biases (Explicit and Implicit)  
Self monitoring

### Communication

Individualized assessments  
Honest, Clear, Respectful  
Practice Disability etiquette  
Accountability and trust





# County Leadership


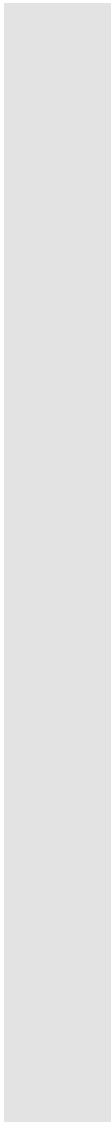
*Ryan Uhlenkott, Deputy Director  
Riverside County Department of Public  
Social Services*





# Authentic Voice

*Kristine Loomis, Consumer  
Advocate  
Riverside County*

- 
- 
- **Valerie Coleman, Program Analyst**  
**San Francisco Department of Aging and**  
**Adult Services**

# Ensuring an Age & Disability Friendly San Francisco



VALERIE COLEMAN

SAN FRANCISCO DEPARTMENT OF  
AGING & ADULT SERVICES

# Why



## The Age Friendly Movement

- Rapidly aging population
- Increasingly urban
- Prioritization of community based living
- The ecology of aging



**Representing a trend that is local, national & global**

## DETAILS:

Initiated in 2005,  
developed in 2007

33 global cities participated  
in focus group

Portland, OR – 1st  
American city

## PURPOSE:

“to engage cities to become  
more age-friendly so as to  
tap the potential that older  
people represent for  
humanity.”

## World Health Organization’s “Global Age-Friendly Cities Guide”





# How



## The WHO “Global Age Friendly Cities” Framework



- Baseline Assessment
- Action Plan
- **Implementation**
- Evaluation



# ACTION PLAN

8 key domains

Assets + Gaps

Develop  
Recommendations





**2002-ish** – community leaders identified need for age friendly effort

**2014** –Officially a World Health Organization designated Global Age Friendly City

**2016** – Age & Disability Task Force is convened

**2016-17** - assessment + action plan developed

**2018-20** - implementation

# San Francisco's Efforts





# SF Plan Specifics



## Domains:

- Community Support & Health Services
- Engagement & Inclusion
- Communication, Information, & Technology
- Employment & Economic Security
- Housing
- Transportation
- Outdoor Spaces & Buildings
- Resiliency & Emergency Preparedness

## Target Populations:

- Seniors
- People with disabilities
- Dementia
- Caregivers

## Key considerations

- Foster Stewardship
- Develop Partnerships
- Leveraging Existing Efforts
- Iterative Process

## Deliverables

- Range of projects
- Short term vs. long term
- Measurable, actionable, resources & time bound



# Our Approach.

# Who



## 27 Member Task Force

- City Departments
- Nonprofit Orgs
- Community Members
- Universities
- Mayor's Office

## Data, Resources & Info

Focus groups & interviews

Community forum

Existing reports & research

Existing data sources

San Francisco Survey



# Champions



## Implementation Partners

**Dept. of Aging & Adult Services**

**Age & Disability Friendly Group**

**Long Term Care Coordinating Council**

- a policy advisory body

## Project Partners

**SFSU's School of Public Affairs & Community Engagement**

**Neighborhood Empowerment Network's** resiliency hubs

**Dept. of Emergency Management**

**Creative Aging Collective**

**Tech Council**

**Municipal Transit Authority's** "Mobility Management"

**MTA & Public Health's**, Vision Zero effort

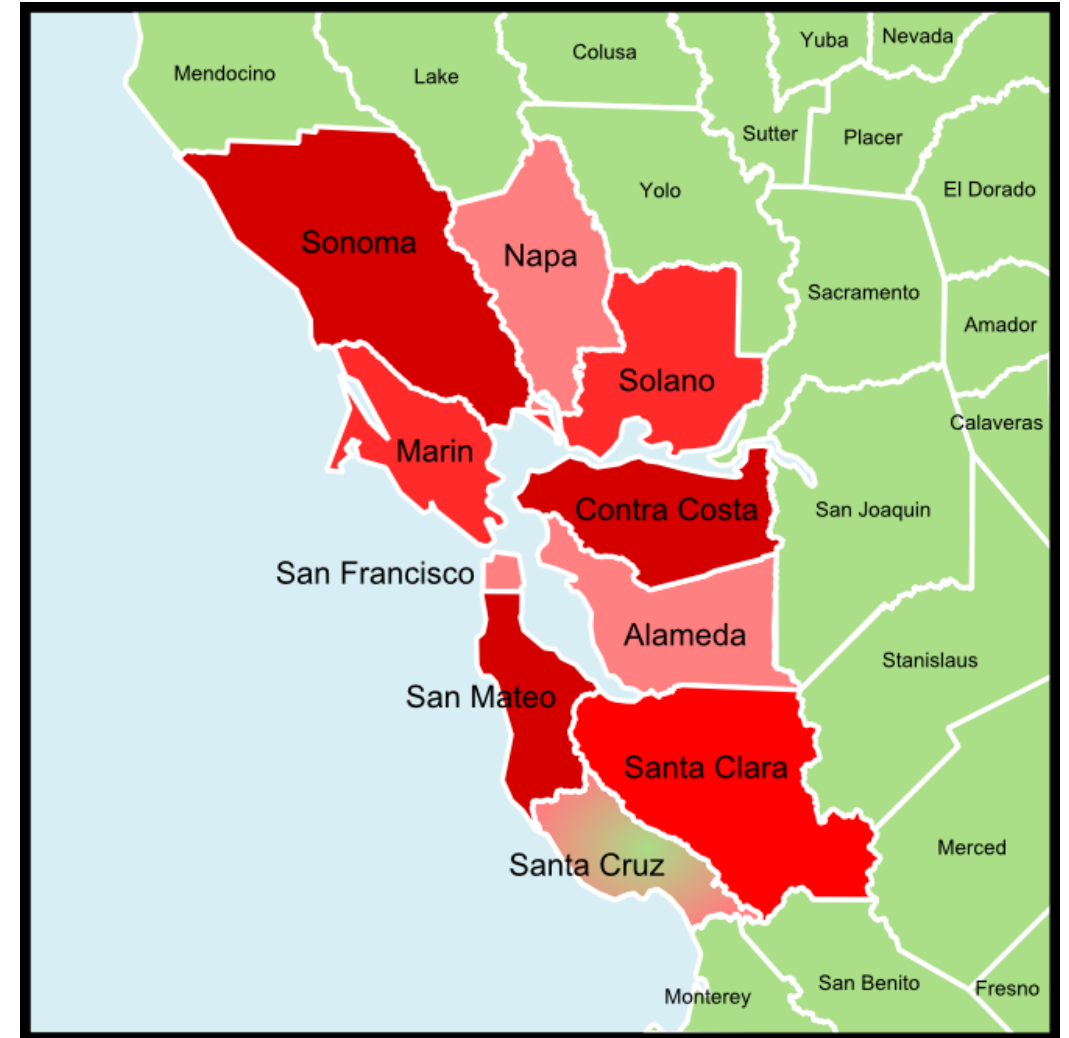
**Dept of Public Health** "Health Care Master Services" plan

**Mayor's Office on Disability**

**UCSF's** Optimizing Aging Collaborative

# Bay Area Age Friendly Efforts

- **Alameda County**  
(3 cities)
- **Marin County**  
(6 cities)
- **Santa Clara County**  
(15 cities)
- **Sonoma County**
- **Contra Costa County**  
(1 city)
- San Mateo County
- Napa County



*Map from Reddit*



# Next Steps for SF



## **What Implementation looks like:**

- Quarterly meetings
- Ongoing partnership development
- A 3 year project management calendar
- Develop evaluation tools
- Continue to engage community members & share ongoing results





# Questions Comments



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