



## Membership Application

To join the **AARP Network of Age-Friendly Communities** and the **World Health Organization Global Network of Age-Friendly Cities and Communities**  
CCCCcvvvCitieesCommunities

- If you have questions while completing this form, please email [livable@aarpp.org](mailto:livable@aarpp.org) or call 202-434-2430
- If you need additional space for answering the questions you may add an additional sheet of paper.

APPLICATION SUBMISSION DATE: 8/1/2016

### Section 1: COMMUNITY DETAILS

**NAME OF THE COMMUNITY:** Berkeley

**STATE:** California

**POPULATION SIZE:** 118,853

**PERCENTAGE OF RESIDENTS ABOVE THE AGE OF 60:** Currently, 24% of Berkeley's population is over the age of 60.

**NAME AND TITLE OF THE ELECTED OFFICIAL SIGNING THE OFFICIAL COMMITMENT:** Mayor Tom Bates, City of Berkeley

**OFFICE ADDRESS OF THE SIGNER:** Office of the Mayor, 2180 Milvia Street, 5th Floor, Berkeley, CA 94704

### Section 2: COMMUNITY CONTACT FOR THE AARP NETWORK OF AGE-FRIENDLY COMMUNITIES

The community contact is the local staff member or volunteer who is primarily responsible for carrying out the community-level work — it is not the responsible AARP staff member.

[Redacted contact information]

**Please describe the named person's role in the city or community's age-friendly initiative:**

Currently, Abbey Dykhouse is a project manager working on two separate projects to assess and report the status of aging services and demographics in the Berkeley area. One project, The Berkeley Age Friendly Project, is actively working to create a new resource guide for seniors in our city as well as gain the support of AARP by joining the AARP Network of Age-Friendly Communities as well as the WHO Age-Friendly Cities and Communities Programme . Through this over-spanning project, we are able to identify gaps in care which add to the overall internal and external assessment. In the Ageing Continuum project, sponsored by The City of Berkeley, Kaiser Permanente, and Sutter Health, we are currently assessing the environment and services in Berkeley to help develop and implement an innovative age-friendly continuum of services for older adults in the City of Berkeley. Under the direction of a consortium of key stakeholders and community organizations, such as the city's Aging Commission, Kaiser Permanente and Sutter Health, this Continuum Project will create a thorough report of internal and external environments currently existing in Berkeley. A major goal of the Continuum Project is to support people so they can remain engaged in their communities throughout their lifespan. The Berkeley Department of Aging's long term idea to reach this goal is to develop a comprehensive

health and supportive services continuum for older adults that promotes engagement and independence. Ideally, this model will be implemented into Kaiser and Sutter to help the continuum of care and linkages between health care and community.

### **Section 3: COMMUNITY ACTIVITIES, ENGAGEMENTS and COLLABORATIONS**

#### **1) Please provide a brief summary of the community policies, programs and services that are targeted toward older people and how the community plans to become more age-friendly.**

Berkeley is one of only three California cities with its own Public Health division. Through this department, the Aging Services Division, and other partners such as Lifelong, Center for Independent Living, and Kaiser and Sutter and many other community services, there have been a number of programs created and implemented to provide help and support specifically for individuals over the age of 60. Through our senior centers the Aging Services Division offers a variety of free classes, workshops, and social events for adults 55 years of age and older (60 years and older for the lunch program). Currently, more than 1,200 seniors participate in activities held daily at two distinctive neighborhood Centers or in the home-delivered meal program. There is a range of programs at the two city senior centers that attract seniors with diverse backgrounds. Targeted case management is available to anyone living in Berkeley who is over the age of 65 and free noon-time meals for seniors as well. For those who cannot or do not want to leave their home, Meals on Wheels is contracted to supply a balanced meal right to their doorstep. Smaller programs include van transportation to and from the Senior Centers, computer training workshops, and caregiver support, which provides consultation, information and assistance, and education for family caregivers. Berkeley also has a Commission on Aging which is actively focusing its efforts on outdoor space and making Berkeley's sidewalks more handicap friendly. They have received funding and are in the process of implementing their two year plan.

#### **2) How will the community engage and involve older people in the process of becoming a more age-friendly?**

Berkeley is a City famous for its community involvement. The Berkeley Age-Friendly Continuum has launched an initiative to develop a comprehensive plan to gain community insight. With the support of the Alameda County Board of Supervisors, the Social Services Agency, and in partnership with Health Care Services Agency, we have already implemented 10 forum groups across the Berkeley city area in the past 10 months. This process has been designed in a way to not only gain the voice of the seniors but the input of community based organizations that support them as well. We also have held many meetings for city staff and the Commission on Aging to weigh in on the process. All of this rich information is contributing heavily to our on-going assessment of Berkeley. As a city, Berkeley is committed to follow the "build with us, not for us" model, with concurrent support from the leadership teams working on the Berkeley Age-Friendly Continuum. The overarching challenge is to reframe the context in which we view services and community in a way that incorporates the views and distinct requests that our seniors are offering in these forums and focus groups. The city of Berkeley has an important role of support and facilitation, but must be mindful that this is a project of the people.

#### **3) Briefly describe the mechanisms the community has or is planning to put in place to facilitate collaborative planning and implementation between different agencies and departments.**

Currently the Age-Friendly Continuum Project is developing and implementing an innovative continuum of services for older adults in the City of Berkeley. Working with a consortium of key stakeholders and community organizations, this project will provide an innovative, comprehensive, community-wide approach to aging in place, with the goal of maximizing older adults independence and quality of life. The continuum will consist of a coordinated system of services and supports embedded in the multi-generational life of the Berkeley community that will keep seniors active and engaged as well as supported through the transitions of aging. The project will look at every environment of senior living including independent living, assisted living, and access to skilled care ( including a moderate-income Continuing Care Retirement Community); linkage to health care and wellness services, enhanced care coordination, transportation, and nutrition services; and access to a full array of community programs that support lifelong engagement and contribution. We are committed to developing an innovative broad-based senior living continuum in Berkeley and have received strong support from multiple agencies including Kaiser Permanente (75k), Sutter (75k), The City of Berkeley (20k) and Episcopal Homes (20k). With this strong funding foundation, the Continuum vision will be actualized through the leadership and commitment of Berkeley's government, regional nonprofit organizations and service providers, real estate developers, architects and planners, academic experts, technology entrepreneurs, philanthropists, and most importantly, Berkeley's vibrant older adults.

#### **Section 4: NETWORK MEMBERSHIP**

Your answers to the following questions will help us complete your membership in the global age-friendly network and better enable us to understand how to support the network.

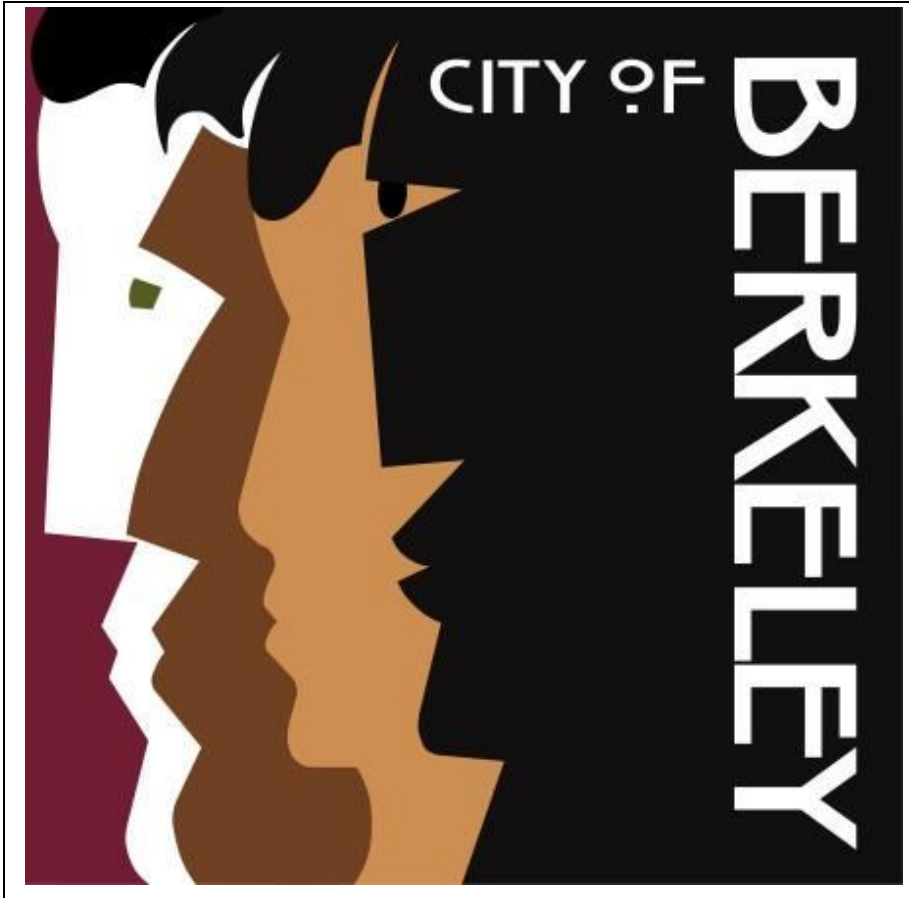
#### **4) How do you hope to contribute to the AARP Network of Age-Friendly Communities and the World Health Organization Global Network of Age-Friendly Communities?**

Berkeley is home of the University of California Berkeley, one of the largest and most prestigious research colleges in the World. There is a unique relationship the city of Berkeley has with the university, and history has shown us the city of Berkeley is a leader in innovative movements. Many other cities around the world look to Berkeley to set the standard in living. With our abundance of resources and home to technology and innovation, Berkeley is a perfect city to start an aging movement. With the help and partnership of AARP, we will use Berkeley's diverse population to set a new standard of senior living in the United States.

#### **5) What motivated your community to join the AARP Network of Age-Friendly Communities and the World Health Organization Global Network of Age-Friendly Communities?**

We believe that AARP will be a wonderful source of information as we move forward in our goal to reframe aging. The continuum project is in the first phases of community assessment, and AARP will provide tools to help us with the practical pieces of data collection, such as tools to help us accomplish stronger community outreach meetings. AARP also comes with a strong pool of new senior voices that we may not have heard from yet. The city of Berkeley internal and external assessment can only grow stronger with our new partnership with AARP. We look forward to working with such a prestigious aging innovator, to help us in both the short term and long term milestones that we will achieve in the field of aging.

Click here to paste the JPEG image or the link to one.



**6) Please provide a digital file or link of a logo or other image that represents your community.**

The image

resolution should be at least 72 dpi. As an example of an image, here's ours >

