



## Membership Application

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

- 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: 4/22/2016

### Section 1: COMMUNITY DETAILS

NAME OF THE COMMUNITY: COUNTY OF SAN DIEGO

STATE: CALIFORNIA

POPULATION SIZE: 3.3 million people

PERCENTAGE OF RESIDENTS ABOVE THE AGE OF 60: 623, 244

NAME AND TITLE OF THE ELECTED OFFICIAL SIGNING THE OFFICIAL COMMITMENT: COUNTY OF SAN DIEGO

BOARD OF SUPERVISORS

OFFICE ADDRESS OF THE SIGNER: 1600 PACIFIC HIGHWAY; SAN DIEGO, CA 92101

### 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]

[REDACTED]

[REDACTED]

[REDACTED]

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

Ellen Schmeding is the Director of Aging & Independence Services (AIS). AIS was established in 1974 to serve adults 60 and over as San Diego County's Area Agency on Aging (AAA). AIS became a division of the County of San Diego's Health and Human Services Agency in 1997 and serves as the countywide umbrella agency addressing solutions for seniors and persons with disabilities. AIS touches the lives of thousands of seniors and persons with disabilities each year through a vast array of programs and services that empower them to be healthy, safe and thriving. AIS' areas of focus are protection and advocacy, health independence, home-based services, enrichment and involvement, and caregiver services. AIS' 390 highly qualified professionals, headed by the AIS Director, Ellen Schmeding, deliver more than 30 different programs that span the continuum from dependence to independence through an annual budget of over \$383.5 million that is comprised of 40 different funding sources which include Medicaid, Medicare, State, Federal, Older Americans Act, California Department of Aging, grants and County of San Diego. AIS administers a variety of care coordination programs including Linkages, Senior Options, Advocacy, & Referral Program (SOAR), Multipurpose Senior Services Program (MSSP), In-Home Supportive Services (IHSS), Adult Protective Services (APS), San Diego Veterans Independence Services At Any Age (SD-VISA), as well as the Community-based Care Transitions Program (CCTP).

Through the office of the Public Administrator (PA)/Public Guardian (PG)/Public Conservator (PC), AIS provides services to protect and manage the estates of decedents and at-risk individuals who are unable to make decisions for themselves. The Long Term Care Ombudsman program administered by AIS investigates reports of abuse in nursing homes and residential care facilities and advocates on the behalf of the resident. The Retired and Senior Volunteer Program (RSVP) offers older adults a way to remain engaged in their communities by connecting them with volunteer opportunities. AIS provides all of the Older American Act programs and services primarily through more than 90 contracted LTSS providers. AIS' Health Promotion unit provides a variety of programs to help older adults increase their socialization while learning to manage their chronic conditions, improve their physical functioning, and prevent falls. Finally, AIS also works closely with other County departments within the Health and Human Services integrated agency including Behavioral Health, Public Health, Eligibility and Child Welfare Services to provide comprehensive services.

### **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.**

San Diego's population of people over 65 years of age is expected to increase by two-thirds within the next 15 years and will comprise 20% of the overall county population. In order to support those aging in our community, we will prepare a dynamic plan to address the needs of older adults for safe and affordable housing, transportation for those unable to continue driving, as well as opportunities for older adults to remain involved and engaged in their communities. The County's Live Well San Diego is a regional vision adopted by the San Diego County Board of Supervisors in 2010 that aligns the efforts of County government, community partners and individuals to ensure all 3.3 million San Diego County residents are healthy, safe and thriving. This effort is closely aligned with the dimensions of an age-friendly community, specifically in the Live Well Thriving arena which also includes a focus on transportation, built environments, housing, civic participation, and community support and activities. Currently, Aging & Independence Services (AIS), serving as the Area Agency on Aging for San Diego County, is working closely with key partners in the region, including the San Diego Foundation, University of California, San Diego as well as AARP, to initiate action in planning for an 'age-friendly community.' Board of Supervisors' support for this effort was received on March 1, 2016. Additionally, AIS has participated in transportation initiatives for many years and has been instrumental in helping to drive a community vision for transportation that now allows for brokerage of rides by a Coordinated Transit Service Association in addition to other transportation options in play for older adults and persons with disabilities. AIS has also participated in the Senior Alliance, a group of CEO's of senior service organizations in order to identify service needs and advocate for services and supports for older adults in our community. AIS is also currently participating in efforts to end homelessness in our community as well as meeting with housing professionals to bring attention to the need for affordable and accessible housing in our community. AIS is also one of Generations United Best Intergenerational Communities and seeks to expand civic engagement through intergenerational opportunities and by leveraging our Retired Senior Volunteer Program, with more than 90 sites and 1,500 volunteers.

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

We are now engaged in planning for our Aging Summit, to be held on June 15, 2016, which will have age-friendly community development as a key focal point. Speakers are being sought who can touch upon key dimensions including housing and transportation, as well as civic engagement – volunteerism and intergenerational efforts. We will also profile efforts underway in different jurisdictions to create ‘dementia-friendly’ communities. Current speakers include Dick Van Dyke as our celebrity speaker and Larry Weinstein, a local expert in livable homes as well as Kathryn Lawler from Atlanta’s Area Agency on Aging, to speak about age-friendly community development. Efforts are underway to line up additional speakers who are able to communicate well with an older adult audience as well as provide information that will be useful to our audience now and galvanize them to join our ongoing planning for an age-friendly community. Additionally, we will have Age-Friendly home and Age-Friendly community exhibits to educate and further demonstrate the domains and important concepts. Participants will have the opportunity to weigh in and identify priority areas to address. We are supplementing our current Area Agency on Aging planning model (required by the State and federal government) for our four year Area Planning process to include our focus on creation of an age-friendly San Diego County. By weaving this new dimension into our current and long term planning process, we will ensure a continued discussion and prioritization for the efforts identified through the stakeholder and planning process. Within our super-agency, Health and Human Services, we have six regions; each with Leadership Teams focused on implementation of our Live Well San Diego vision – to improve the health, safety and ability to thrive for all 3.3 M San Diego County residents. We will also engage these Leadership Teams in planning for an Age-Friendly community and will initiate additional listening sessions over the coming year. We will also be preparing and administering a survey of older adults and are seeking a university partner to assist us with this activity.

**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.**

As noted, Aging & Independence Services (AIS), serving as the Area Agency on Aging for San Diego County, is working closely with key partners in the region, including the San Diego Foundation, University of California, San Diego as well as AARP, to initiate action in planning for an ‘age-friendly community.’ AARP is joining us as a partner on our current area plan listening sessions at seven locations throughout the county, helping to sponsor these sessions by alerting AARP members and also by participating in explaining the age-friendly initiative and encouraging feedback at the sessions. We will also be hiring a consultant to assist us with forming ongoing working groups to focus on developing elements of the implementation plan, drawing upon participants at the Aging Summit who demonstrate an interest as well as our Advisory Council and others who are interested in assisting. We will also leverage our many connections with community based organizations who participate as members with our Action Networks – which operate in four distinct areas within our large region and will utilize other avenues (our bulletin, websites, Facebook, etc.) to alert the public to the efforts underway. Currently we partner with our County and City libraries and utilize these venues to raise awareness about our many programs and services.

#### 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?

We hope to be able to demonstrate how a large county like San Diego, the size of some states, which includes both urban, suburban and rural areas, can become more age-friendly throughout the region. We also hope to demonstrate how a large jurisdiction can mobilize older adults, the community and decision makers to make changes needed to ensure those of all ages can age well within community. We also hope to demonstrate how it is possible to leverage other key initiatives (in our case, the Live Well San Diego effort) to move the region closer to becoming fully age-friendly.

#### 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 have a long history of partnerships within our region that lead to action that improves the wellbeing of our citizens. We felt we could leverage these partnerships, as well as form new ones, in order to move our region towards becoming more age-friendly. We also face some daunting challenges, especially in regards to housing and transportation resources, and felt that we could learn from other communities that face some of these same challenges. Finally, we wish to be a part of the global effort to improve our communities for all ages so that, for our children, grandchildren and great-grandchildren, no matter where they may live, work and play, they can be part of an age-friendly community that cares for all its citizens.

#### 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 >



Logo attached.