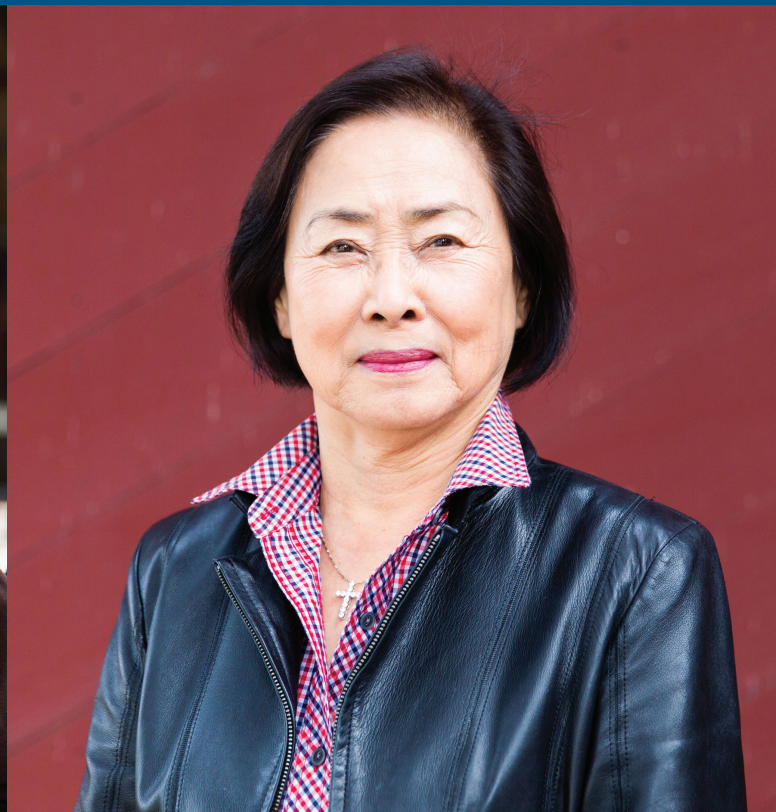




# AGE-FRIENDLY FREMONT

## 2020/21 ACTION PLAN



# AGING IS NOT LOST YOUTH BUT A NEW STAGE OF OPPORTUNITY

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## COMMON ACRONYMS

AFS — Aging and Family Services Division

CAPS — Community Ambassador Program for Seniors

HSD — Human Services Department

YANA — You Are Not Alone

# POLICY PLATFORM

As approved by City of Fremont Council on October 20, 2020.

- Seek to improve older adults' quality of life by promoting the development of safe, accessible and vibrant age-friendly environments.
- Promote positive, purposeful roles for older adults in civic engagement, (See older adults not as a problem but as a solution).
- Promote positive images of aging which seek to affirm the aging process as a natural progression of life.
- Support County, State and Federal legislation that advances livable environments for older adults and adequate benefits through Social Security and Medicare.
- Promote the creation of neighborhoods with a strong sense of place, where neighbors support each other and share their skills and support to navigate the challenges and opportunities of aging.
- Support reliable, affordable and high-quality telecommunication for all.
- Promote social networks and services which allow older adults to age safely and successfully, enjoying strong community connections, less isolation, increased independence and enhanced purpose of life.

# WELCOME LETTER

**An Age Friendly City is a Livable City.**

This Age-Friendly Action Plan is a living document that belongs to our community. While the City of Fremont's Senior Citizen's Commission is presenting this plan, the contents come from the voices of our older residents and from staff in all departments within the City of Fremont. It is a description of our current age-friendly status and a vision of how we want to guide our efforts into the near future.

We recognize that we live in an age-friendly city now; and that being age-friendly makes our city a better place for everyone to live. Fremont is full of older adults who contribute to civic life and help each other. We are fortunate to have a myriad of programs and services available for older adults and their family members. The City is spacious and our mild weather allows us to be outside all year.

We also recognize that more and more older adults are living here and it is our intention to guide, review and continuously improve our age-friendly efforts. Please enjoy reading this plan and share it with others.



Linette Young, Chair

Ashok Desai, Vice Chair

Gwendolyn Davis

Barbara Hamze

Ahmadullah Helmand

Pat Helton



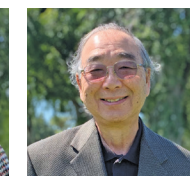
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Kinji Yamasak



Michi Yee

**City of Fremont  
Senior Citizens' Commission**

# AGE-FRIENDLY FRAMEWORK

In 2007, the World Health Organization published the **WHO Global Age-Friendly Cities Guide**, outlining domains of community life that impact adults age 55 years and older. In 2010 the Global Network of Age-Friendly Cities and Communities was developed to facilitate collaboration and idea exchange among cities working to better accommodate older residents. As of 2020, there are Age Friendly communities in 41 countries around the world.

In the US, AARP leads the Age-Friendly Network and there are currently 5 States, 1 Territory and 500 Age-Friendly communities. California has been experiencing a growth in Age-Friendly efforts and the City of Fremont has joined 40 other Californian cities engaged in this effort. In April 2019, Alameda County joined the Network.

The Age-Friendly process is comprised of a 5-year cycle. The City of Fremont joined the effort in 2017. The first years are focused on community involvement and engagement in identifying issues and a vision for the future. Next, an action plan is developed that outlines tangible goals for moving towards that vision. Once the action plan is finalized, its implementation is monitored by the city and community to ensure accountability. After the first five year cycle is complete, it begins again with collecting community input.

The City of Fremont will use this Action Plan as a working document to guide our progress towards an Age-Friendly community for all residents.

## CITY OF FREMONT AGE-FRIENDLY DOMAINS (ADAPTED FROM WHO)

### VOLUNTEERING AND CIVIC ENGAGEMENT

An Age-Friendly community values the experience and knowledge of older adults and their contributions to public decision-making for the betterment of the community.

### HEALTH AND WELLNESS

An Age-Friendly community provides adequate access to all levels of healthcare and services that maintain and restore health. Accessible medical and social services and emergency planning are vital to independent living.

### COMMUNITY INFORMATION

An Age-Friendly community has information that is timely, multilingual, multiple sources, and is distributed widely.

### OUTDOOR SPACES AND BUILDINGS

An Age-Friendly community has outdoor spaces that are safe, clean and enjoyable with adequate pedestrian infrastructure. Public buildings and businesses should be secure, welcoming and accessible for all ages.

### EMPLOYMENT AND LEARNING OPPORTUNITIES

An Age-Friendly community has sufficient and varied employment to support financial independence and varied educational opportunities to satisfy interests in life-long learning.

### TRANSPORTATION

An Age-Friendly community has a variety of reliable, accessible and affordable transportation options along with mobility education that allows residents to be connected to all areas and services in the community.

### HOUSING

An Age-Friendly community has housing that is affordable, safe, and conveniently located near public transportation, businesses, and services. Additionally, affordable home maintenance, safety modifications, and support to live at home are needed.

### SOCIAL PARTICIPATION AND INCLUSION

An Age-Friendly community has affordable and accessible events, activities, and opportunities for social engagement open to people of all ages, cultures, and abilities.

### DEMENTIA-RELATED SUPPORT

An Age-Friendly community respects individuals with memory challenges and supports their network of caregivers.

# KEY THEMES



The Age-Friendly planning process began with collecting specific input from older adults about each of the 9 domains. To this end, the City of Fremont held a multitude of focus groups and community meetings. For more information about the planning process, see page 24.

As you will see in the next several pages, we gathered unique information for each domain: our vision, our current status and some action steps for the near future. During this phase, several key themes that cut across all the domains became apparent.

## **An Age-Friendly Fremont —**

### **Includes Older Adults as Part of the Solution**

- Leads through peer led solutions
- Encourages neighbors to help each other
- Utilizes the experience and knowledge of older adults

### **Promotes Positive Perceptions of Aging**

- Celebrates aging
- Provides purposeful opportunities
- Reduces stigma and discrimination

### **Values Inclusivity**

- Includes people with different languages, cultures, races, backgrounds, physical abilities, cognitive abilities, ages, etc.
- Promotes opportunities to share cultural and racial perspectives

### **Strengthens Neighborhoods**

- Builds neighborhood connections
- Offers local access to services and support

### **Supports Economic Security**

- Understands the true cost of living on fixed incomes in the Bay Area
- Supports opportunities for financial independence

### **Incorporates Technology**

- Provides access to information in a variety of formats
- Offers innovative solutions for digital inclusion
- Reduction of costs



# OVERALL SUPPORT AND SERVICES TO MAINTAIN HEALTH, INDEPENDENCE AND QUALITY OF LIFE.

## Health and Wellness

An Age-Friendly community provides adequate access to all levels of healthcare and services that maintain and restore health. Accessible medical and social services and emergency planning are vital to independent living.

### Fremont residents' vision of Age-Friendly Health and Wellness includes:

- **Access to diverse and healthy food** options including home-delivered meals and senior center lunches that are easily available
- **Affordable basic living necessities** including dental care, health insurance, in-home medical services, housing, caregiving, and mental health support
- **Opportunities for active living** such as walking paths, walkable neighborhoods, organized activities, social opportunities, nearby entertainment, and a variety of exercise options and facilities
- **Individualized medical and social support** through certified patient advocates, caregiver training, education and access to end of life care, accessible health education, and adequate numbers of social workers providing service coordination and advocacy
- **Accessible medical care** including house calls, mobile services, senior only clinics, telehealth options, medical equipment including loaned assistive devices, and language appropriate services



## Current Status

- **Exercise classes**, such as Tai Chi, yoga and dancing, and outdoor exercise equipment in parks
- **Free screenings** for blood sugar, blood pressure, oral health, cholesterol, medication review, and podiatry care
- **Social workers and health promoters** educate and help coordinate care
- **Health classes teach** healthy cooking, communicating with your doctor, and tracking health status
- **Support from the city** for companies that pilot products and expansion of medical services
- **Maps** of fire hazard and power outage areas available online

## Action Steps

Fremont residents agreed Health and Wellness action steps should be:

<p><b>Accessible</b> with translation services, transportation, and mobile health vans</p>	<p><b>Safe</b> with vetted service providers and scam free services</p>	<p><b>Affordable</b> with low-cost medical screenings and dementia care</p>
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## 2020/21 Action Steps

- **Goal:** Increase access to nutritious food to older adults  
**Partners:** Lake Elizabeth Senior Center. HSD. Covia. TCV Food Bank. Eden Housing. Daily Bowl.
- **Goal:** Reach 10,000 older adults with emergency preparedness information  
**Partners:** HSD. Fire Department. CERT Volunteers. CAPS. Public Health Institute.
- **Goal:** Increase access to screenings through telehealth and providing services where seniors congregate/live  
**Partners:** HSD. Tri-City Health Center. Nursing Students. CAPS.



# A SAFE AND ENJOYABLE PHYSICAL ENVIRONMENT IN WHICH TO LIVE AND BE ACTIVE.

## Outdoor Spaces and Buildings

An Age-Friendly community has outdoor spaces that are safe, clean and enjoyable with adequate pedestrian infrastructure. Public buildings and businesses should be secure, welcoming and accessible for all ages.

### Fremont residents' vision of Age-Friendly Outdoor Spaces and Buildings includes:

- **Many beautiful parks and public gardens** with appealing landscapes, many native trees and plants, pools and water activities, playgrounds for all ages, access to water fountains and bathrooms, benches with shade, and adequate lighting at night
- **Shaded, safe and accessible rest areas** along walkways that have emergency stations with first aid kits, and wifi access
- **Clean and safe outdoor spaces** with sanitary public restrooms and well lit spaces
- **Safe buildings and communities** through the use of universal design, home modification, security, and protection from abuse
- **Safe and appealing neighborhoods** with organized parking, well-maintained sidewalks, bicycle paths, safe street crossings, restrooms, benches, parks, opportunities for residents to help each other



## Current Status

- **Outdoor parks** have seating, exercise equipment and shade to rest, including picnic areas
- **Public buildings** are physically accessible
- **Bathrooms** are available in community parks and ADA improvements are planned
- **Lighting is being improved** on main streets, in parks, and was added to the Tennis Center
- **Interactive mapping application** available showing locations of parks, trails, community centers, and recreation opportunities
- **Age Friendly Central Park** with large group picnic area available and walking path

## Action Steps

Fremont residents agreed Outdoor Spaces and Buildings action steps should be:

<p><b>Safe</b> with well-lit walkways and shaded rest areas with drinking water</p>	<p><b>Inviting</b> with clean public spaces, community gardens, and trees</p>	<p><b>Educational</b> with outdoor programs, safety training, and senior park coordinators</p>
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## 2020/21 Action Steps

- **Goal:** Develop Age-Friendly signs in all public parks to assist with wayfinding and dissemination of regulatory information  
**Partners:** *Parks and Recreation.*
- **Goal:** Complete grinding of uneven pathways in Central park to improve accessibility  
**Partners:** *Parks and Recreation.*
- **Goal:** Update eGIS interactive mapping application with information on recreational areas.
- **Partners:** *Parks and Recreation. ITS. Public Works. Trans.*



## THE ABILITY TO MOVE AROUND YOUR COMMUNITY AND THE CITY.

### Transportation

An Age-Friendly community has a variety of reliable, accessible and affordable transportation options along with mobility education that allows residents to be connected to all areas and services in the community.

#### Fremont residents' vision of Age-Friendly Transportation includes:

- **Easily accessible and affordable transportation** in all areas of the city, no need to have a car, options for people with special needs, free shuttles, easy access to senior Clipper cards, adequate accessible parking, monorail downtown, inexpensive on-demand services, better pay and benefits for drivers
- **Solutions to mobility challenges** with wearable assistive devices, driver less cars, accesible vehicles, a library for mobility equipment, support for logistics, and short distances between bus stops
- **Healthy active lifestyles** through safe pedestrian pathways, interconnected bike/walking paths, and walkable neighborhoods
- **Traffic safety** with well enforced traffic laws, benches and shelters at bus stops, color-coded signage for routes, managed traffic flow
- **Bay Area connections** with easy airport and regional options
- **Centralized information about transportation** through a mobile app and centralized call center for all services



### Current Status

- **Walkways are being made safer** by closing gaps, improving traffic signals, LED lighting, and improving curb ramps
- **Subsidized public transit**, accessible vans, taxis, and ride hailing is available
- **Senior Clipper cards are available** in convenient locations including HSD and the senior center
- **Travel training** makes public transit easier to use
- **Mobility Specialists** assess needs and connect people with resources through centralized call center
- **Maps** of bike ways, recreational trails, and traffic volume are available

### Action Steps

Fremont residents agreed Transportation action steps should be:

<p><b>Affordable</b> with free shuttle, ride shares, wheelchair access, and mobility device library</p>	<p><b>Convenient</b> with frequent buses and shuttles that connect to services</p>	<p><b>Accessible</b> with transit escorts, public transit training, and driver education</p>
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### 2020/21 Action Steps

- **Goal:** Upgrade 2 pedestrian crossings with new pedestrian signal or flashing beacon  
**Partners:** *Transportation.*
- **Goal:** Update interactive mapping application to show Caltrain, BART, bus routes and stops.  
**Partners:** *Transportation. ITS. GIS.*
- **Goal:** Design and implement travel support programs at the Age Well Center in Southern Fremont  
**Partners:** *HSD.*





# PARTICIPATION IN LEISURE, SOCIAL, CULTURAL, AND SPIRITUAL ACTIVITIES.

## Social Participation and Inclusion

An Age-Friendly community has affordable and accessible events, activities, and opportunities for social engagement open to people of all ages, cultures, and abilities.

### Fremont residents' vision of Age-Friendly Social Participation and Inclusion includes:

- **Seniors as important contributors to community** through sharing knowledge and experience, participating on boards and commissions, and school involvement
- **A culture of celebrating aging** by acknowledging senior leaders, combating ageism, and celebrating diversity
- **Cultural centers** that include local art and programs for cultural sharing among Fremont's diverse populations
- **Built environment that encourages connections** including more theaters, senior day centers, larger senior center, exercise facilities, space for free activities with multi generational interaction
- **Neighbors and generations that feel connected** through Villages, free monthly gatherings, regional senior center membership, and intergenerational activities
- **Social connection** with one-on-one mentoring/support, companionship, space for seniors to tell their stories, engagement with isolated seniors, social activities and 'circles of wisdom'



## Current Status

- **Information is provided about events** in the Age-Friendly Newsletter and Recreation Guide
- **A variety of events are available** that honor cultural and spiritual celebrations
- **Discounts** are available for community activities and the water park
- **Greater Niles Village** is in development
- **Daily phone reassurance and friendly visitor** programs are available through YANA (You Are Not Alone)
- **Intergenerational events** are organized including the kite festival, trick or treat, and the candy cane hunt

## Action Steps

Fremont residents agreed Social Participation and Inclusion action steps should be:

<p><b>Inclusive</b> with LGBTQ+ support and events to promote cultural understanding</p>	<p><b>Inter-generational</b> with school volunteers, friendly visitors, and story-telling</p>	<p><b>Local</b> with support networks, trainings and "mini senior centers"</p>
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## 2020/21 Action Steps

- **Goal:** Host a community event that celebrates the contributions of older adults  
**Partners:** HSD. City of Fremont, Union City and City of Newark Senior Commissions.
- **Goal:** Complete a 1-year pilot of the Village model, providing local volunteer support to neighbors  
**Partners:** HSD. Greater Niles Village.
- **Goal:** Complete construction of a second senior center in South Fremont — providing additional services  
**Partners:** HSD. Lake Elizabeth Senior Center. Mission Peak Developers.



## ACCESS AND OPTIONS TO CONTRIBUTE TO AND PARTICIPATE IN COMMUNITY LIFE.

### Volunteer and Civic Engagement

An Age-Friendly community values the experience and knowledge of older adults and their contributions to public decision-making for the betterment of the community.

**Fremont residents' vision of Age-Friendly Volunteer and Civic Engagement includes:**

- **Volunteerism is the norm** with a platform for volunteer activities, opportunities to volunteer in schools, an easy process to become a volunteer, with the community tapping into seniors' talents
- **Peers assist one another** by volunteering to deliver meals, being a Senior Peer Counselor, becoming a Friendly Visitor, or becoming a volunteer driver
- **Civic minded access** with help navigating voting and registration, local programs to inform decision making, seniors attending council meetings and offering wisdom across political lines, neighborhood engagement, and accurate information available within the community



### Current Status

- **Adults of all ages participate** in the city commissions
- **Senior Center** volunteers help in operations
- **LIFE ElderCare** volunteers provide meals on wheels
- **Community ambassadors** help people connect to services and activities and **peer counselors** visit older adults in their homes
- **Interactive Council District map** enables residents to identify and connect with their Council member
- **Special volunteer opportunities** are available on Earth Day, Arbor Day at the parks, and Make a Difference Day
- **Community Centers** serve as polling places

### Action Steps

Fremont residents agreed Volunteer and Civic Engagement action steps should be:

**Coordinated**  
with local organizing, training centers, and city outreach

**Accessible**  
with language support, peer mentors, and a channel to city government

**Meaningful**  
with senior input, targeted efforts, and resources for volunteerism

### 2020/21 Action Steps

- **Goal:** Promote awareness and participation in the US Census through a media campaign and local outreach efforts  
**Partners:** HSD. Family Resource Center. United Way. CAPS. VITA.
- **Goal:** Recognize and honor the volunteer efforts of older adults  
**Partners:** HSD. Senior Center. LIFE ElderCare.
- **Goal:** Recruit and train new volunteers  
**Partners:** HSD. Senior Center. LIFE ElderCare.



## ACCESS TO TIMELY AND PRACTICAL INFORMATION.

### Community Information

An Age-Friendly community has information that is timely, multilingual, multiple sources, and is distributed widely.

**Fremont residents' vision of Age-Friendly Community Information includes:**

- **Centralized, multilingual communication** with translation and multilingual outreach, community meetings, and services
- **Seniors understand how to use technology to stay connected** with in-home lessons, workshops led by tech savvy seniors, a city app, access to tech devices, internet/WiFi, and phone alerts
- **Senior focus in print media** with a senior section in the newspaper, senior bulletin in Tri-City Voice, fliers, city-wide newsletter, and newspaper inserts with information about services
- **Personal contact** to keep Seniors informed with a visiting social worker, newsletter delivered by the scouts and with home-delivered meals, trained volunteers, satellite senior centers & libraries, and a telephone buddy system
- **Information** is found where Seniors congregate including beauty salons, playgrounds, and in neighborhoods
- **Accessible, easily found, information** with a senior website, streaming public events, community channel for seniors, directory for services, senior radio hour, and a senior pride event



### Current Status

- **Monthly newsletter for older adults** and recreation guides are online and in print
- **Centralized, multilingual InfoLine is available** to call and talk to a social worker about benefits or services
- **Intergenerational computer class is offered** where teenagers teach older adults how to use computers and the internet
- **Information** is in large print and Internet access is widely available
- **Static and interactive maps** of the city, parks, services, shopping centers, and trails are available on the city website

### Action Steps

Fremont residents agreed Community Information action steps should be:

**Centralized**  
with resource referral, informed geriatric specialists, and online info

**Multilingual**  
with translation services for social events, meetings, and outreach

**Varied**  
using radio, TV, social media, senior center, library, and door-to-door

### 2020/21 Action Steps

- **Goal:** Increase distribution of the Age-Friendly newsletter and deliver information to older adults receiving home-delivered meals  
**Partners:** LIFE Eldercare. Senior Center.
- **Goal:** Provide classes and educational events on-line for older adults to remain informed.  
**Partners:** Senior Center
- **Goal:** Provide free legal information and assistance  
**Partners:** Senior Center. Legal Assistance for Seniors.



# PROMOTION OF PAID WORK AND OPPORTUNITIES FOR LIFE-LONG LEARNING.

## Employment and Learning Opportunities

An Age-Friendly community has sufficient and varied employment to support financial independence and varied educational opportunities to satisfy interests in life-long learning.

### Fremont residents' vision of Age-Friendly Employment and Learning Opportunities includes:

- **Plenty of job opportunities for older adults** to live financially comfortable with more job options; less financial stress with jobs near housing, flexible hours, part-time jobs, intergenerational employment; job skills training, and no discrimination
- **Learning and training opportunities** including internet, English, technology, various hobbies, citizenship, and college classes
- **Policies that allow seniors to work** without penalties to benefits



## Current Status

- **Educational classes** such as computer skills, English Language, and writing are available at the senior center
- **Older adults teach others** in peer-led classes
- **Job training classes** are available for free or low-cost
- **HR staff** is available to provide assistance with completion of online application for city employment and provision of disability accommodations
- **Developing** local business owner engagement strategies for succession planning

## Action Steps

Fremont residents agree Employment and Learning Opportunity action steps should be:

**Supportive**  
with training, support groups, flexible hours, advocacy, and fair work policies

**Affordable**  
with low-cost classes and opportunities for life-long learning

**Varied**  
with nutrition and cultural food, caregiving, job and tech skills

## 2020/21 Action Steps

- **Goal:** Disseminate information about employment and learning opportunities.  
**Partners:** HSD. CAPS. Senior Center.
- **Goal:** Partner with Small Business Development Center to provide classes specifically for seniors to develop small business skills  
**Partners:** Economic Development.



## RANGE OF AVAILABLE LIVING SPACES TO BE SAFE AND SHELTERED.

### Housing

An Age-Friendly community has housing that is affordable, safe, and conveniently located near public transportation, businesses, and services. Additionally, affordable home maintenance, safety modifications, and support to live at home are needed.

#### Fremont residents' vision of Age-Friendly Housing includes:

- **Shared housing** and Support for each other
- **Housing for seniors in crisis** including those fleeing abuse and dealing with homelessness
- **Services to help seniors stay at home** including affordable, safe housing; help with maintenance and affordable internet
- **A wide range of attractive, accessible housing choices** offering pet-friendly, eco-friendly, LGBTQ+ friendly, intergenerational-friendly, and social options



### Current Status

- **Visiting social workers, nurses, and counselors** can travel to clients' homes
- **Nutritious food can be delivered** to the homes of older adults in need
- **Free and affordable home modifications are available**, such as grab bars, to make homes safer and reduce the risk of harmful falls
- **A shared housing program** is available
- **Presentations and guides** are available with information about affordable housing
- **Oversee affordable housing units** to ensure proper maintenance

### Action Steps

Fremont residents agreed Housing action steps should be:

**Affordable**  
with rent control  
and low-cost  
modifications  
& specialized  
housing

**Convenient**  
with local  
services and  
support to live  
at home

**Shared**  
with home  
matching and  
collective  
housing located  
near downtown

### 2020/21 Action Steps

- **Goal:** Double the number of older adults sharing housing  
**Partners:** *HSD. Covia.*
- **Goal:** Monitor construction of an 89-unit age restricted affordable housing site  
**Partners:** *Housing. HSD.*
- **Goal:** Ensure that to emergency information (alerts, maps, evacuations, etc.) is easily accessible and logically located on City of Fremont website.  
**Partners:** *ITS. GIS. Fire Department. Police Department. Office of Emergency Services.*



## SUPPORTIVE SERVICES FOR INDIVIDUALS WITH DEMENTIA AND THEIR CAREGIVERS.

### Dementia-related Support

An Age-Friendly community respects individuals with memory challenges and supports their network of caregivers.

**Fremont residents' vision of Age-Friendly Dementia-related Support includes:**

- **Community dementia awareness campaigns** using the city website, reducing stigma, and educating neighbors
- **Trained first responders** for triage and referral in collaboration with the Alzheimer's Association
- **Affordable geriatric healthcare services** including affordable dementia screening, single payer healthcare, recruitment of geriatric specialists, affordable neighborhood service centers with non-profit service incentives and smaller satellite centers
- **Engaged community volunteers** that provide fun activities including music and a dementia friendly visitor program through schools and churches
- **Training and support for caregivers and families** including more counseling for caregivers, education for families, and more training opportunities



### Current Status

- **Family caregiver support** is available through counseling and education
- **Dementia-specific day programs** and services are available including case management and diagnostic services
- **The City has partnerships** with organizations like the Alzheimer's Association, Family Caregiver Alliance and Alzheimer's Services of the East Bay
- **Educational workshops**, films, summit, seminars, retreat and other information are available
- **Police use technology** to send alerts about people with dementia who have wandered

### Action Steps

Fremont residents agree Dementia-related Support action steps should be:

**High-tech**  
with GPS locators, monitoring, and other supportive technology

**Affordable**  
day programs, caregiver respite, classes, and volunteer training

**Compassion**  
by trained first responders and community education about dementia

### 2020/21 Action Steps

- **Goal:** Offer a caregiver conference to train and support caregivers  
**Partners:** Alameda County Area Agency on Aging, Family Caregiver Support Program, Family Caregiver Alliance.
- **Goal:** Offer counseling through paraprofessional and mental health therapists  
**Partners:** HSD.
- **Goal:** Better coordinate between HSD and Police Department to assist lost/wandering individuals
- **Partners:** HSD, Police Department.

# SUMMARY OF PLANNING PROCESS

**The City of Fremont was accepted in the WHO and AARP Age-Friendly Network in February 2017.** Focus Groups and Community Dialogues were held to gather community input from residents age 55 years and older.

## Focus Groups

To gather community input, 25 focus groups were facilitated in February - March 2017 using the Technology of Participation (ToP) Facilitation

- 35 facilitators with language and affinity ability were trained in ToP
- Focus group components: ideal vision, challenges, and action steps

## Domain Conversation

Participants engaged in a guided conversation, generated ideas, and explored their diverse opinions in-depth.

- 25 focus groups that discussed 3 domains each

## Consensus Groups

ToP Consensus Groups were held in March 2017 to help organize and build consensus from the Focused Conversation groups

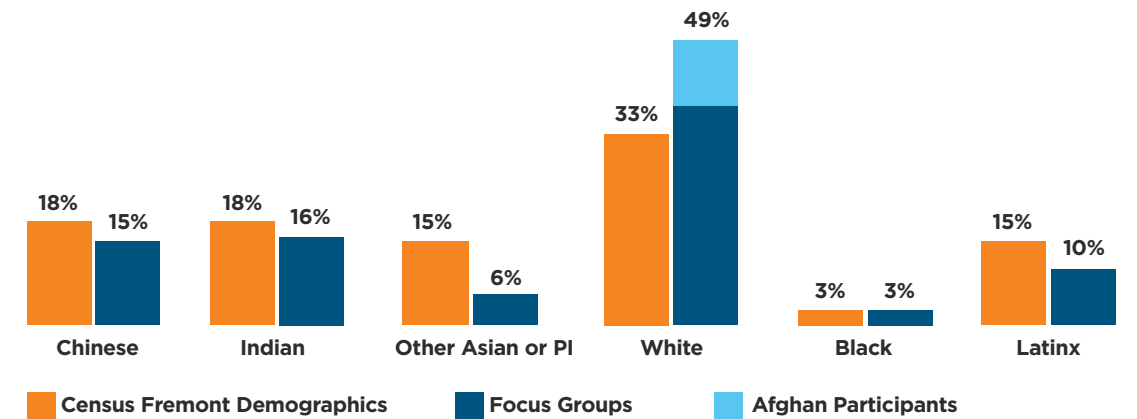
- 9 consensus groups (one for each domain)
- Participants were asked to cluster all of the data points collected under themes they identified from each step (ideal, challenge, and actions step).

## Target Populations for Group Participation

- Caregivers
- Lived experience with mental illness
- Senior housing residents
- Assisted Living residents
- LGBTQ+ community
- Men's group
- CoF Senior Commission
- Greater Niles Village members
- Mobile Home residents
- Senior Center attendees
- Faith communities
- Tri-City Elder Coalition Board
- Offered in: English, Farsi, Punjabi, Chinese, and Spanish

## Comparison of City and Focus Group Demographics

Focus Group preparation mirrored City Demographics



## Alameda County Survey (2015 and 2019)

Every 4 years, Alameda County conducts a survey of older adult residents that draws on the WHO 8 domains

- 750 Fremont residents responded in 2015 and 970 responded in 2019

## Community Meetings

Meetings were organized in April 2017 and 2018 to share the focus group results.

- Open to all community members, stakeholders, and city government officials
- Provide further feedback on domains and prioritize the themes created during the in-depth focus groups

# DEMOGRAPHICS

## Population Growth

The population of adults age 55 and older in Fremont and the state of California has been growing. In Fremont, the population age 75+ is growing faster than the state.

Fremont	55 to 59 years	60 to 64 years	65 to 74 years	75 to 84 years	85 years and over
2000 Census	8,804	6,782	9,933	5,394	1,640
2010 Census	12,774	10,008	12,094	6,939	2,776
2017 ACS*	14,656	11,702	15,270	8,168	3,771
% Growth	66%	73%	54%	51%	130%

CA State	55 to 59 years	60 to 64 years	65 to 74 years	75 to 84 years	85 years and over
2000 Census	1,467,252	1,146,841	1,887,823	1,282,178	425,657
2010 Census	2,204,296	1,832,197	2,275,336	1,370,210	600,968
2017 ACS*	2,453,244	2,143,851	2,946,809	1,509,528	692,111
% Growth	67%	87%	56%	18%	63%

\* 2017 ACS

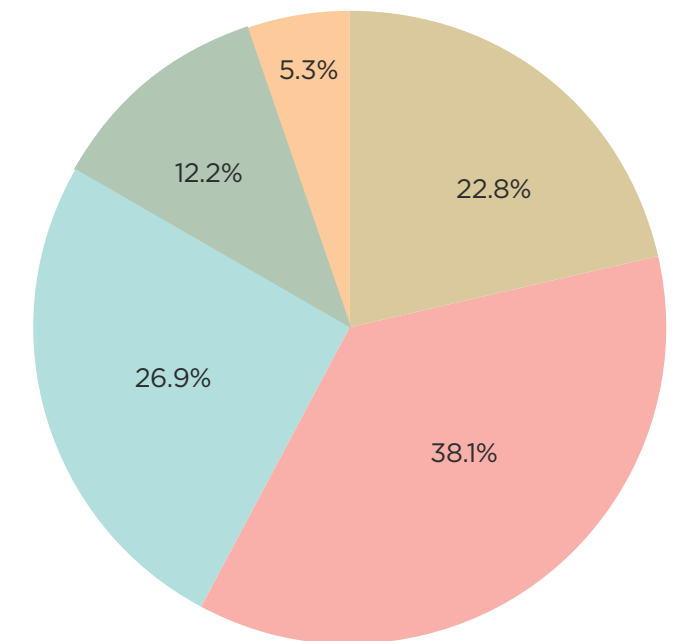
<https://factfinder.census.gov/faces/tableservices/jsf/pages/productview.xhtml?src=CF>

# SURVEY DATA

City of Fremont residents received a survey in 2015 and 2019. We heard from 750 adults over the age of 55 years in 2015 and from 967 individuals in 2019. The following are some demographics from the 2019 survey.

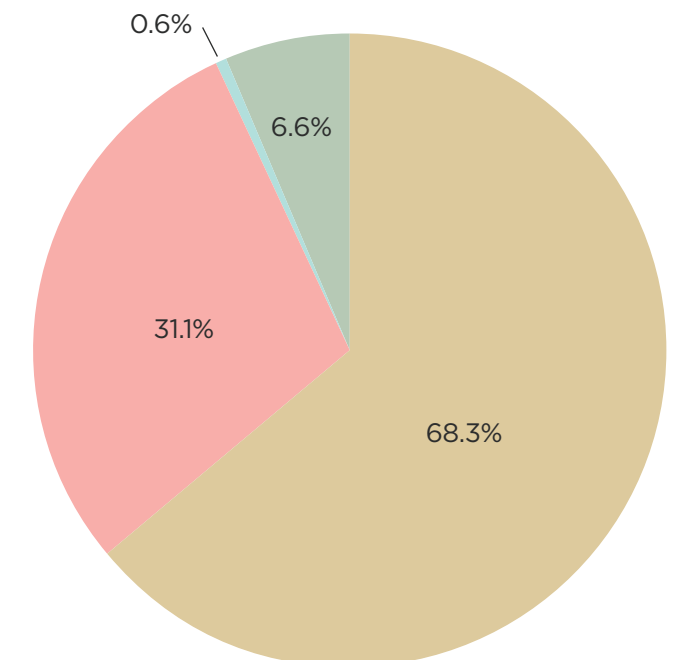
## Age

Age Group	# surveys
55-64	209
65-74	350
75-84	247
85+	112
No Answer	49



## Gender Identity

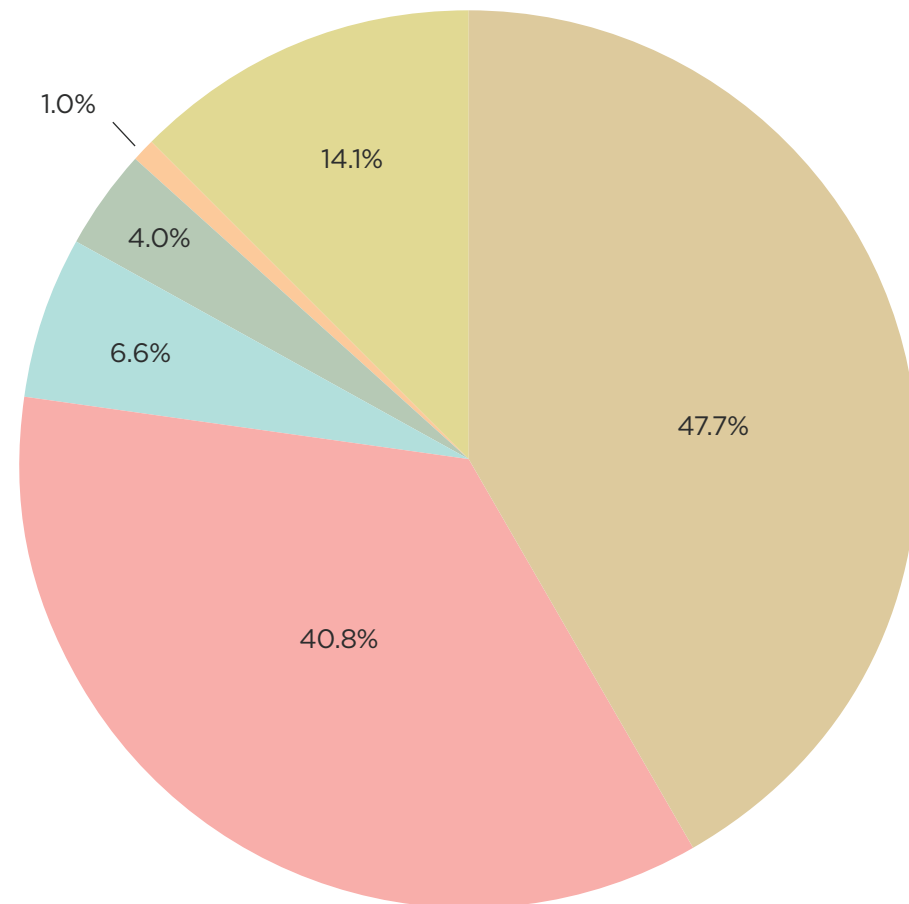
Gender Identity	# surveys
Female	617
Male	281
Trans/Genderqueer	5
No Answer	64





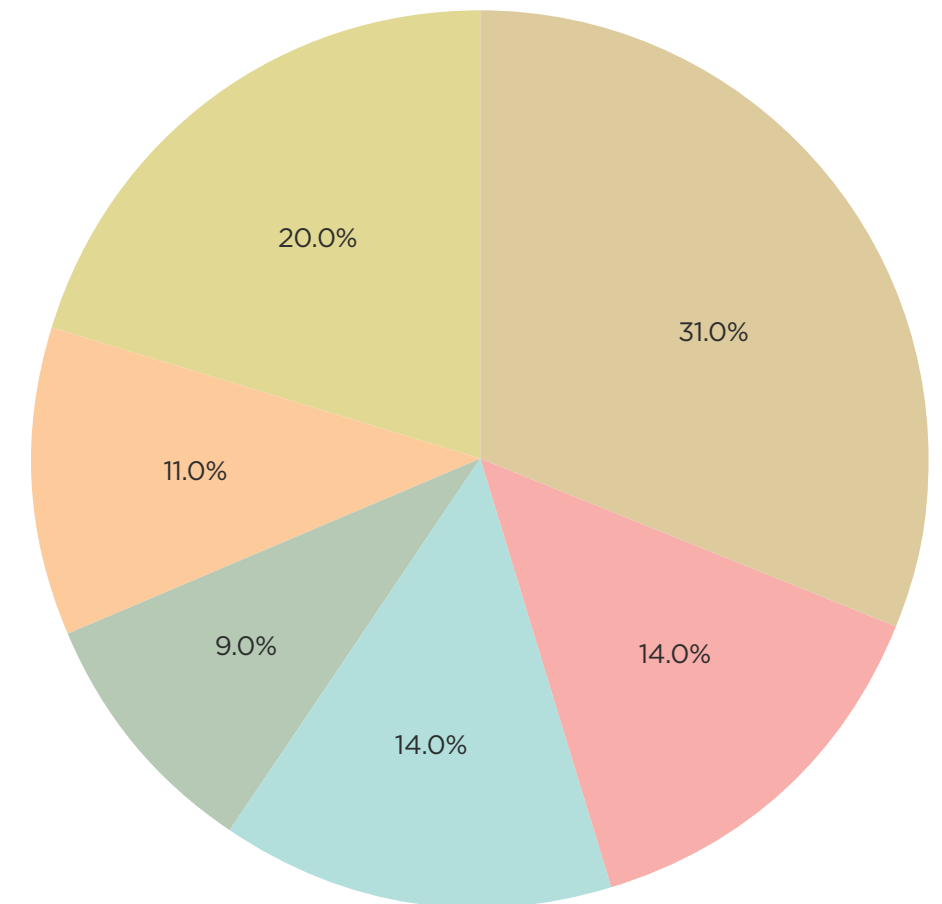
### Race/Ethnicity

Race/Ethnicity	# surveys
Asian or Pacific Islander	396
White	339
Hispanic	55
Black	33
American Indian or Native	8
No Answer	136



### Annual Income

Income Level	# surveys
\$0-\$11,770	249
\$11,771-\$26,000	113
\$26,001-\$45,000	114
\$45,001-\$60,000	72
\$60,001-\$85,000	84
\$85,500 and above	160



### Presence of Health Issues

Health Issue	# surveys	% surveys
Cancer	56	6%
Diabetes	220	23%
Heart Disease	157	16%
Stroke	51	5%
Arthritis	311	32%
Obesity	94	10%
Asthma	92	10%
Other	154	16%

### Do you have a Caregiver?

Caregiver	# surveys	% surveys
No	538	56%
Yes	425	44%
Type of Caregiver	# surveys	% surveys
IHSS	197	20%
Family/acquaintance	201	21%
Paid private	27	3%

### Reported Limitations by Age Group

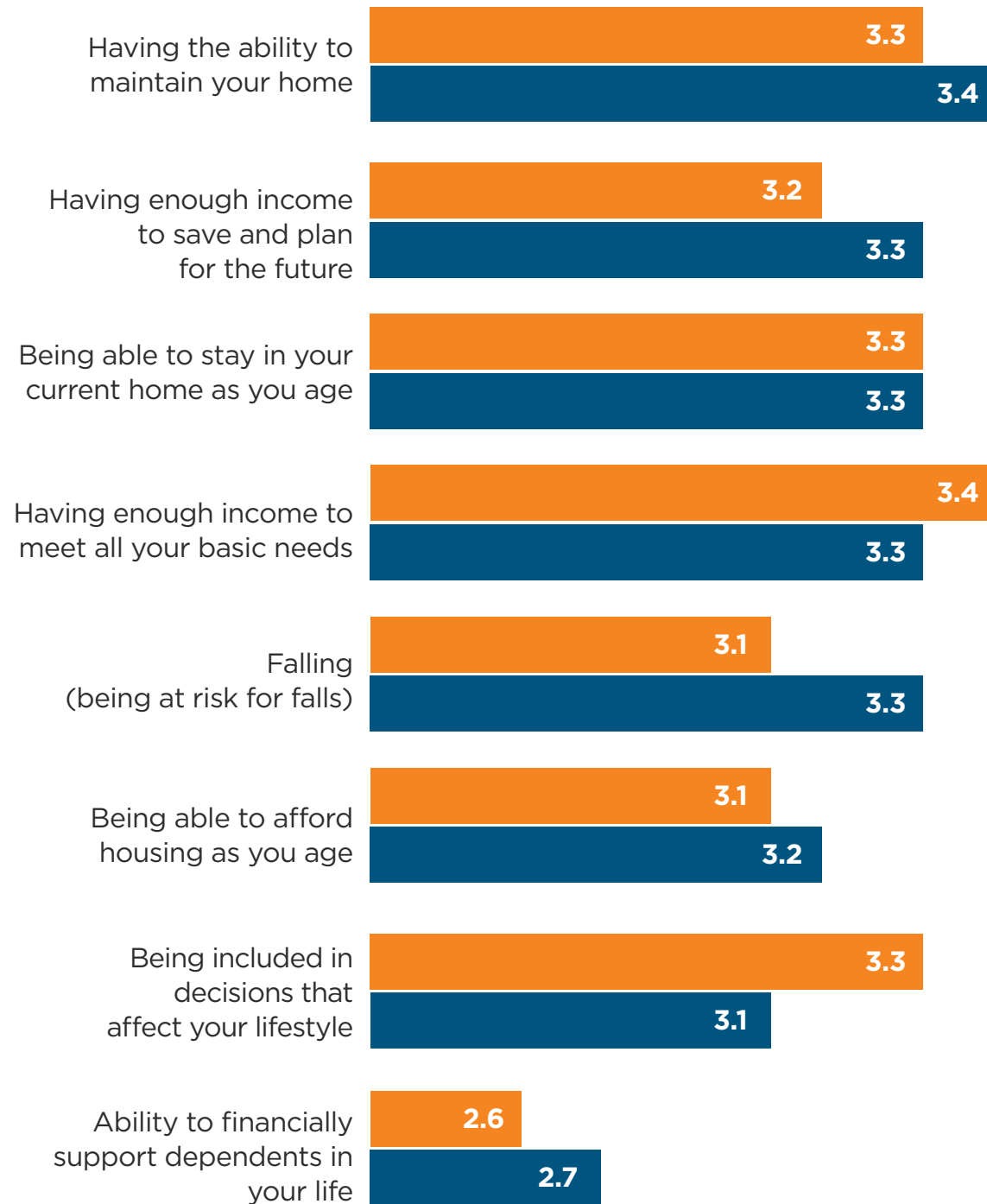
Age Group	Mobility	Hearing	Vision	Memory Loss	Other ADL
55-64	20%	11%	15%	17%	9%
65-74	22%	18%	14%	9%	8%
75-84	34%	34%	24%	14%	7%
85+	49%	50%	30%	29%	7%
Overall	28%	25%	19%	14%	8%

### Number of Limitations

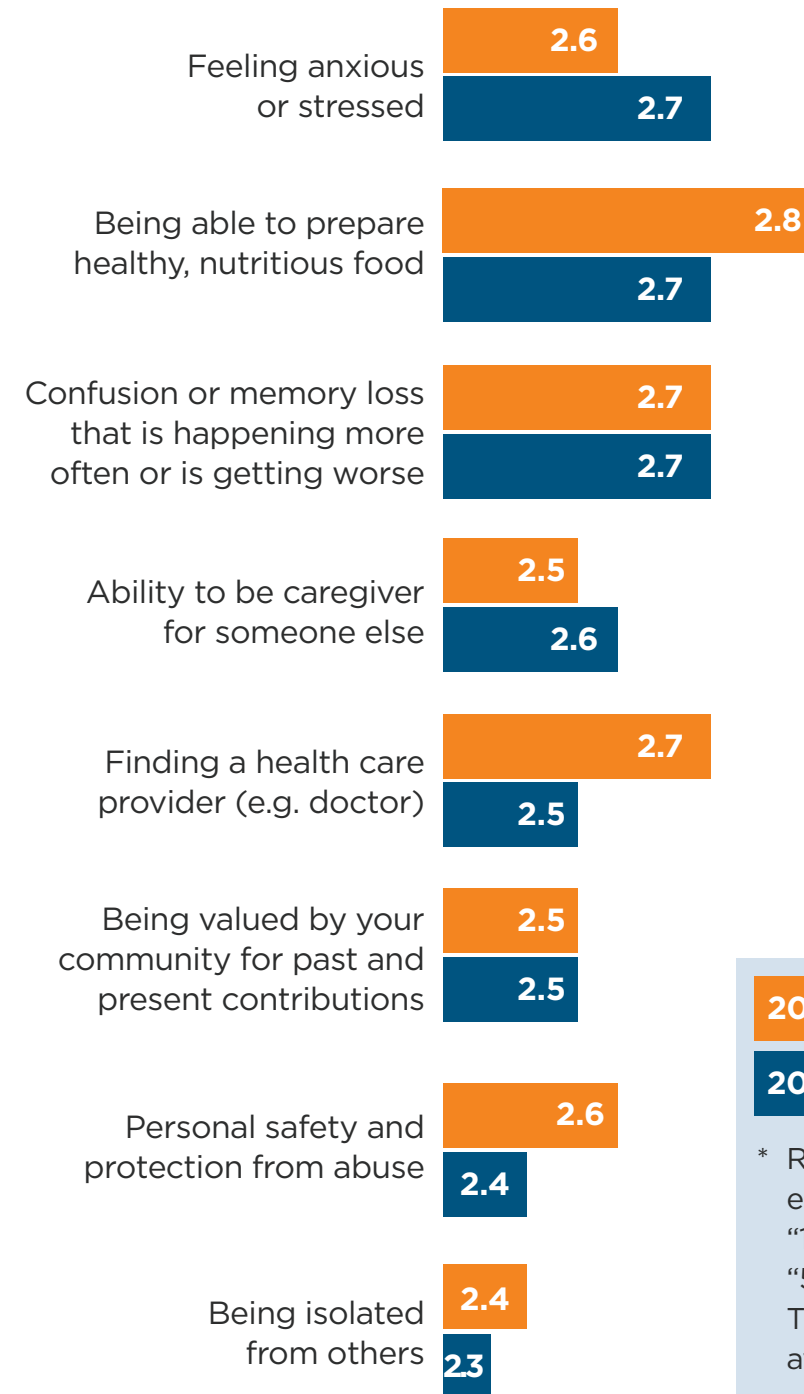
Age Group	0	1	2	3	4
55-64	64%	21%	8%	5%	3%
65-74	58%	27%	12%	2%	1%
75-84	44%	27%	15%	9%	6%
85+	25%	27%	23%	14%	11%
Overall	51%	25%	13%	6%	4%

### Concerns — Comparison 2015/2019

Overall, in the 2015 and 2019 survey of older adults priority concerns remained generally stable with housing and income concerns at the top of the list. Concerns about falling increased considerably in 2019.



Being included in decisions and ability to prepare healthy food saw decreases in level of concern, while other housing and financial, as well as anxiety and stress saw some increase.



**2015**  
**2019**

\* Respondents were asked to rate each possible concern from “1” = low level of concern, up to “5” = high level of concern. The rating number shown is the average of all respondent ratings.

# AGE-FRIENDLY PARTNERS AROUND THE WORLD



**The World Health Organization’s’ Global Network for Age-Friendly Cities and Communities** was established in 2010 to connect cities, communities and organizations worldwide with the common vision of making their community a great place to grow old. The mission of the Network is to stimulate and enable cities and communities around the world to become increasingly age-friendly.

[https://www.who.int/ageing/projects/age\\_friendly\\_cities\\_network/en/](https://www.who.int/ageing/projects/age_friendly_cities_network/en/)



**AARP Network of Age-Friendly States and Communities** was established in April 2012 as an independent affiliate of the World Health Organizations Network for Age-Friendly Cities and Community. The program is within the large AARP Livable Communities initiative and serves as a catalyst to educate local leaders and encourage them to implement the types of changes that make communities more livable for people of all ages, especially older adults.

<https://www.aarp.org/livable-communities/network-age-friendly-communities/info-2014/age-friendly-network-resources.html>



**Age Friendly Alameda County** was established in April 2012 as an independent affiliate of the World Health Organizations Network for Age-Friendly Cities and Community. The program is within the large AARP Livable Communities initiative and serves as a catalyst to educate local leaders and encourage them to implement the types of changes that make communities more livable for people of all ages, especially older adults.

<https://www.aarp.org/livable-communities/network-age-friendly-communities/info-2014/age-friendly-network-resources.html>

# AGE-FRIENDLY LEADERSHIP TEAM

## Human Services Department

Suzanne Shenfil, Director  
Karen Grimsich, Administrator

City of Fremont Senior Commission (see page 1)  
Rafi Nazarians, AARP California Associate State Director  
Jane Stallman, ToP Consultant

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Aisha Jasper	Iris Nicholson	Rabia Hassan
Ambarene Khader	Jin Yi Huang	Ray Grimm
Amy Gunnarson	Judy Zlatnik	Reha Rajendran
Anastasiya Karpelevitch	Ka Li (KC)	Rodger Marshall
Anu Natarajan	Karen Grimsich	Shawn Fong
Arezo Sayid	Karen Moraida	Stephanie Walpole
Asha Chandra	Kashmir Singh	Suzanne Shenfil
Betty Howd	Magaly Chavez	Trang Nguyen
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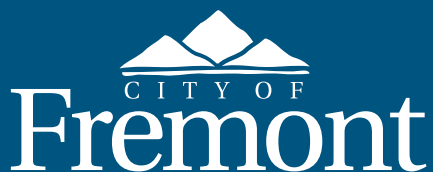
**AGE-FRIENDLY**  
FREMONT

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