

New Beginning Coalition NOTES (shared by Florence Wong)
3/15/22 9:00am-10:30am

Topic: Center for Age-Friendly Excellence (CAFÉ) presentation on Age-Friendly efforts in San Mateo County (This topic addresses the Area Plan on Aging's goal of supporting "aging in place" as much as possible.)

Presenters:

Anabel Pelham – Executive Director of CAFÉ
Ann O'Brien Keighran – Staffmember of CAFÉ
Stephan Stolte – Daly City representative
Ann Cooney – Daly City Seniors
Roy Earnest – Staffmember of CAFÉ
Cynthia Nakayama – Staffmember of CAFÉ

"Age-Friendly Cities in San Mateo Co." Program

- Based on WHO goals
- 8 domains of livability (evidence-based)
 - Outdoor spaces and buildings (including sidewalks)
 - Transportation (includes walkability)
 - Housing
 - Social participation
 - Respect and social inclusion
 - Civic participation and employment
 - Communication and information
 - Community support/health services
- Important to engage community members in meaningful roles to maintain momentum, sustain programs
- Important to ensure adequate staff support
- Keep in mind already existing services
- The process for a city to become Age-Friendly
 - Utilize county-wide core team of advisors
 - Organize age-friendly taskforce in each city
 - Community involvement and assessment
 - Focus groups
 - Quantitative data
 - Presentations to different groups

- Develop data-based project ideas to meet needs
 - CAFÉ can assist with the application, which includes a mayor's letter
 - 5-year commitment (Planning, Action Plan, Implementation, Evaluation)
- Efforts to combat ageism in communities:
 - Burlingame and Daly City are looking at issues related to communication, housing, transportation, the digital divide, and developing a one-direction push information app for seniors
 - Pacifica has focused on transportation, senior housing application tutorials, and age-friendly recognition for businesses and organizations
 - San Carlos has focused on health services (e.g., medical equipment loan program), communication enhancement for existing and new services, "Safer Streets" program (e.g., better signage, particularly for bikers and skateboarders)
- For a city to be successful when adopting the Age-Friendly program:
 - Being community-driven is important
 - Involve policymakers
 - City Manager's Office buy-in