

CITY OF OAKLAND

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OFFICE OF THE CITY CLERK  
OAKLAND

2018 MAY 31 PM 5:13 **AGENDA REPORT**

**TO:** Sabrina B. Landreth  
City Administrator

**FROM:** Sara Bedford  
Director, Human Services

**SUBJECT:** Oakland Commission on Aging  
Annual Report of 2018

**DATE:** May 21, 2018

City Administrator Approval

Date:

5/31/18

**RECOMMENDATION**

**Staff Recommends That The City Council Receive The Oakland Commission On Aging Annual Report For 2018.**

**EXECUTIVE SUMMARY**

The Commission on Aging is launching an effort for Oakland to be designated as an age-friendly City. The hallmarks of an age-friendly community in the eight domains identified by the World Health Organization are factors that enhance the quality of life for citizens of all ages, races and social groups. With the Oakland Commission on Aging Annual Report for 2018 (**Attachment A**), the Commission is providing Council with recommendations for next steps to achieve the goal of creating Livable Communities for People of All Ages.

The Commission on Aging has accomplished the following in Fiscal Year 2017/18:

- Supported the Commission membership drive to be fully seated and having members with varied and relevant experiences;
- Hosted Older Americans Month;
- Hosted a retreat including other City and non-government agencies and participated in a trauma systems training;
- Participated in the Bay Area Senior Health Policy Forum;
- Set groundwork for pursuing Age Friendly Cities in partnership with Center for Elders Independence and other subject matter experts; and
- Deepened the connections and participation with the City's Senior Center advisory bodies.

**ACTION REQUESTED OF THE CITY COUNCIL**

**Staff Recommends That The City Council Receive The Oakland Commission On Aging Annual Report For 2018.**

Item: \_\_\_\_\_  
Life Enrichment Committee  
June 12, 2018

For questions regarding this report, please contact Scott Means, Aging and Adult Services Manager, at (510) 238-6137.

Respectfully submitted,

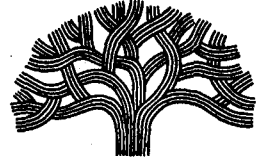
A handwritten signature in black ink that reads "Sara Bedford". The signature is written in a cursive style and is positioned above a horizontal line.

SARA BEDFORD  
Director, Human Services Department

Attachments: (1)

A: Oakland Commission on Aging Annual Report of 2018

CITY OF OAKLAND



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Human Services Department  
Aging & Adult Services Division

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June 12, 2018

Oakland City Council  
Life Enrichment Committee  
Oakland, CA 94612

Subject: Oakland Commission on Aging Annual Report of 2018

Chairperson McElhaney and the Members of the Life Enrichment Committee:

**SUMMARY**

The Commission on Aging is launching an effort aimed at having the City of Oakland designated as an age-friendly community by the World Health Organization (WHO). The rapid growth of jobs and businesses in Oakland has created a crisis of opportunity for the Oakland City Council. The hallmarks of an age-friendly community in the eight domains identified by the World Health Organization are actually factors that enhance the quality of life for citizens of all ages, races and social groups.

- Outdoor spaces and buildings
- Transportation
- Housing
- Social participation
- Respect and Social inclusion
- Civic participation and employment
- Communication and information
- Community support and health services

The path to an age friendly City entails actions by the Council and various public and private agencies to create a letter of intent, engage in a series of community needs assessments, and action plan. The physical manifestation of an age-friendly community will take form in infrastructure improvements and development that take into account the preservation of multi-generational accessibility when creating neighborhood amenities. Meeting the challenge of gentrification with a robust program to address the needs of

older adults can help preserve the diversity that we prize and make Oakland a model among cities.

## **BACKGROUND**

Oakland today is a city of rich resources and constant challenges. The young families, elders, and innovators are the resources that represent a potent mix of energy, wisdom and talent. The challenges posed by rapid economic growth in the private sector have given rise to a housing crisis and the need for planning that considers the needs of all ages and economic stations.

The “woke” elders of Oakland, spearheaded by the Commission on Aging, stand ready to partner with the innovators, reach out to families, and, together, make Oakland a livable community for all ages. The innovators in the public and nonprofit sector are already at work on a network of services that today ensure health, mobility, and safety to a significant number of Oakland citizens. We need to draw in the tech innovators, welcome them to our richly diverse neighborhoods, and partner with them to preserve the essential character that makes those neighborhoods unique: the mix of ages, races, and economic status that characterizes our city. By expanding the network of services and making planning decisions focusing on livability and age-friendliness, the City of Oakland and the citizens of Oakland, working together, will make Oakland a better place to live and a model for the rest of the country.

Working with City and community agencies the Commission is gathering information for a grass-roots effort to go out into the communities in person and to host focus groups. We will invite Oaklanders face to face to share what they love, what they are challenged by, what they wish was in place to make their lives better, and what they think should be left alone because it works. Thus we will inventory our assets and identify specific challenges and opportunities, prioritize steps that will make Oakland a livable community for all ages, and work to see that those steps are turned into action. Finally, we will assess the results periodically; we intend to stay involved in the process.

## **THE ISSUE**

We are undertaking this with a focus on aging because services and improvements which address the needs of older citizens benefit everyone, including families, youth, and individuals with disabilities. Within the next thirty to forty years, almost everyone reading this report will become a member of one of three subcategories of “older adults,” as defined by the Census Bureau: “Young-old” (65-74 years), “Old” (75-84) and “Oldest-old” (85 and older). *The 85+ years category is the fastest growing segment of the U.S. population.* The focus on aging is a sensible and economical way for Oakland to plan for tomorrow and address the present well-being of the community at large.

The number of older adults is projected to increase significantly over the next two decades. In 2040 there will be nearly 80 million older adults in the US, more than twice as many as in 2000. Additionally, the senior population is becoming increasingly

diverse. Between 2012 and 2030, the white population of 65 and older is projected to increase by 54 percent compared with 125 percent for older minorities. (U.S. Department of Health and Human Services, Administration on Aging. (2012). A profile of Older Americans: 2012.).

The city of Oakland's senior population growth is slightly faster than the country's rate, with forecasts projecting a steady increase in Oakland residents who will be over the age of 65 by 2030, with constant population growth heading into the mid-century. The City of Oakland's current population is 400,000, equal to 25% of the population in Alameda County. The 2010 census showed that 79% or 307,604 of Oaklanders are over the age of 18, including 11% or 43,500 who are over the age of 65. Similarly, county-wide, the number of older adults will substantially outstrip the number of children under the age of eighteen by 2040. By 2050, Alameda County will have almost 100,000 elders over the age of 85.

## **ACTION**

The World Health Organization (WHO) recommendations for age-friendly communities that promote Active Aging are succinctly summarized in the Alameda County Plan for Older Adults:

"We are fortunate that a model exists for creating an age-friendly community. The WHO global Age-Friendly Cities and Community program, established in 2006, develops a framework for "livability" along eight domains:

- Outdoor spaces and buildings
- Transportation
- Housing
- Social participation
- Respect and Social inclusion
- Civic participation and employment
- Communication and information
- Community support and health services

Communities seeking participation and designation as an age-friendly community work with WHO, or a regional affiliate such as AARP, to submit a letter of intent, followed by a community needs assessment and action plan. The WHO framework is an engagement of community members, organizations, cities and government. The involvement is one of community inclusion and is not "top down." The County has an important role of support and facilitation, but must be mindful that this is a project of the people."

The Commission on Aging invites the Council to partner with us in generating an ongoing social movement to endorse and foster Active Aging. This means creating opportunities for seniors to experience support for active engagement in society, in which they develop their potential, maintain healthy life styles, contribute to their communities, receive recognition for leadership and service, are encouraged to

contribute through volunteering, and enjoy long, meaningful lives. By adopting the standards of the WHO Age Friendly Cities designation, Oakland can become a city internationally recognized for its contribution to the well-being not only of its seniors but the entire larger community.

On a practical note, bond and initiative money has already been earmarked by the voters for senior services; Council can program these funds to support Oakland as an age friendly city. The effective implementation of local measures, such as the City's Oakland Paratransit for Elderly and Disabled (OPED) transportation program funded by Measure BB, has greatly increased accessibility for seniors and persons with disabilities. With this in mind, the City currently has access to infrastructure bond dollars, which Council could promote to be used to build senior playgrounds like those expanding in Europe, Asia, and other areas in the United States, to modernize Senior Centers as community magnet sites, and develop accessible outdoor trails to increase the quality of life for seniors. The City should also look for partnership opportunities to support program sustainability. For example, Alameda County will reimburse the City at 50% of expenditures for Case Management to support Medi-Cal eligible seniors (as well as low income adults and families) in community based locations such as senior and recreation centers. Well-designed senior benefit programs will not only help to engage older adults, but will also provide opportunities for engagement across multiple generations. Further, plans for residential and commercial development should be scrutinized to ensure that they create and preserve local neighborhood access to essential services such as post offices, pharmacies, and transportation, as well as recreational opportunities.

### **NEXT STEPS**

The Commission is in the process of identifying a core team to coordinate a process of inclusive and accessible grassroots engagement, using guidelines created by the World Health Organization, to make Oakland a Livable Community for Every Age. We will work with members of the Oakland City Council, the City's Aging and Adult Services Department, the Commission on Persons with Disabilities, our Multipurpose Senior Services Program and community-based, non-profit organizations whose services benefit older adults and persons with disabilities. We will also work with a variety of individual Oakland citizens, recognizing that the wisdom that comes with age contributes to the well-being of all ages.

By November 2018, the Commission will convene approximately eight focus groups in Oakland neighborhoods, guided by frameworks which have already been developed to assist cities in becoming age-friendly communities under the WHO guidelines. In designing the format and publicizing the meetings we will draw upon the experiences of cities and regions which have already undertaken this process as well as the expertise of members of the core team.

The Livable Oakland effort will build off a process developed by the World Health Organization (WHO) and currently being implemented successfully by over 200 age-

friendly efforts all over the country. The framework is dynamic and iterative and includes a five year process with the first year is designated for creating a baseline assessment, based on Oakland's assets and gaps and, based on that, developing an action plan that seeks to address the gaps as well as celebrate the assets. The goal is to have an action plan that includes measurable, actionable, and realistic goals that will engage a broad base of public, private and nonprofit community partners and will contribute to an age friendly community in tangible ways. The action plan will be implemented over the course of three years, with the final year, or the fifth year within this framework, designated for evaluating the efforts, identifying additional assets or gaps, and updating the action plan based on the evaluation, thereby repeating the five year process. This framework allows for accountability, sustainability and also allows flexibility to ensure that all efforts best reflect the community it is meant to support.

The time is ripe for action. We can no longer ignore the fact that longevity is increasing; aging is something that happens to every one of us, if we are fortunate, and we need to be prepared to ensure a good quality of life for all citizens and to take advantage of the talents of our increasing population of elders. A stable community where people look forward to aging is a community that attracts families and sustains businesses, culture, and the arts. We want to ensure a good future for Oaklanders of every age.

For questions regarding this report, please contact Scott Means, Manager, Aging & Adult Services Division, at 510-238-6137.

Respectfully submitted,

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Sylvia Stadmire, Chairperson  
Chair, Mayor's Commission on Aging

*Reviewed by:* Sara Bedford, Director  
Human Services Department

*Prepared by:* Scott Means, Manager  
Aging and Adult Services Division