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OAKLAND

2013 MAY 16 PM 2:16


AGENDA REPORT

TO: DEANNA J. SANTANA
CITY ADMINISTRATOR

FROM: Sara Bedford

SUBJECT: Annual Report of the Oakland
Commission on Aging 2012

DATE: April 29, 2013

City Administrator
Approval 

Date

5/16/13

COUNCIL DISTRICT: City-Wide

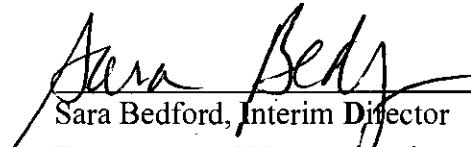
RECOMMENDATION:

Staff recommends that the City Council accept the Oakland Commission on Aging 2012 Annual Report.

Staff from the Department of Human Services and a representative from the Oakland Commission on Aging will be available to answer questions.

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

Respectfully submitted,


Sara Bedford, Interim Director
Department of Human Services

Prepared by:

DHS -Aging & Adult Service Division

Tammy Siu, Manager

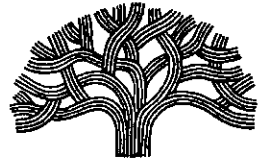
Tracy Jensen, Program Analyst II, PPT.

ATTACHMENT

Item: _____
Life Enrichment Committee
May 28, 2013

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COMMISSION ON AGING • 150 FRANK H. OGAWA PLAZA, 4TH FL • OAKLAND, OA 94612

Department of Human Services
Aging & Adult Services Division

(510) 238-3121
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May 28, 2013

Oakland City Council
Life Enrichment Committee
Oakland, CA 94612

Subject: Oakland Commission on Aging Annual Report of 2012

Chairwoman Brooks and the Members of the Life Enrichment Committee:

SUMMARY

This is an annual report from the Mayor's Commission on Aging during the calendar years 2012.

Since this is an informational report there is no fiscal impact at this time.

BACKGROUND

The Mayor's Commission on Aging was established in 1980 by Ordinance No. 9921 C.M.S. The primary role of the Commission on Aging is to identify issues of importance to Oakland's senior residents and support programs in the Oakland Department of Human Services. Ordinance No. 11982 C.M.S. establishes the Commission's authority to provide policy guidance to the City's four Multipurpose Senior Centers.

The Commission on Aging works in partnership with the Department of Human Services (DHS) Aging and Adult Services Division to plan for, advocate, and develop senior resources to address the needs of the City's senior citizens.

Commission on Aging Membership: The Commission on Aging is chartered for 11 members, appointed by the Mayor to two three-year terms, subject to Council approval. The current Commission membership represents the diverse communities in the City of Oakland. We have commissioners with diverse knowledge in senior housing, senior center, Medicare and MediCal, hunger issue, mental health in the aging population and etc. Since the last Agenda Report to

Council in April 2010, nine commissioners have been appointed, one commissioner resigned and five commissioners were termed out. At this time, we have a full commission with 11 members.

Commission on Aging Current Members:

<u>First Name</u>	<u>Last Name</u>	<u>Term Begin</u>	<u>End</u>	
Donna	Griggs-Murphy	9/2/2010	9/2/2013	2 nd term (Chair)
Rochelle	Zak	9/2/2012	9/1/2015	2 nd term reappointed
Wade	Sherwood	9/2/2010	9/2/2013	2 nd term
Julie	Jones	9/2/2010	9/1/2013	1 st term
Karen	Smulevitz	11/24/2010	11/23/2013	1 st term
Saturu	Ned	9/2/2010	9/1/2013	1 st term
Joyce	Batiste	9/2/2012	9/1/2015	1 st term
Corinne	Jan	9/3/2012	9/2/2015	1 st term
Sylvia	Stadmire	9/3/2011	9/2/2014	1 st term
Patrick	Forte	9/4/2010	9/3/2013	1 st term
Ramon	Williams	4/16/2013	4/16/2015	1 st term

KEY ISSUES AND IMPACTS

The Commission has actively maintained an interest in issues affecting the lives of Oakland senior citizens during the past year. In prior years the Commission used three standing committees to advocate for funding, respond to concerns and support various senior-related activities in the community. The elimination of the Senior Services Set-Aside grants in 2009 reduced the authority of the Commission, and in April 2010 the Council adopted the Recommendations in the Annual Report of the Mayor's Commission on Aging, and reduced the number of annual meetings from 11 to 4. In 2012 the Commission has begun to meet more often, finding that the curtailed schedule did not provide sufficient time to address our objectives. The Commission now meets monthly with every other month at City Hall and DHS for the remaining months.

In recent months the Commission has gathered information from the Department of Health and Human Services about the impact of the Affordable Care Act on Oakland seniors. We have heard from transportation and housing experts about the challenges facing low income seniors who lack access to those critical supports. Late in 2012, the Commission on Aging partnered with the Oakland senior centers to survey those who used the senior centers.

In 2012, The Commission on Aging collaborated with the Oakland senior centers to develop and distribute a survey of senior center members. With more than 350 valid responses, the Commission was able to identify several attributes of the seniors who participate in senior center programs.

Below are some of the primary data points gathered in the survey: *(See Attachment)*

The senior center (SC) members who participated in the survey self-identified as 56% African American, 27% Caucasian, and a variety of other ethnicities including Hispanic,

Chinese and Pacific Islander. The average age group of seniors who come to the senior center is between 60 to 79 years of age. 69% of the respondents are female and 30% are male. 80% of the respondents reported living in Oakland for more than 10 years.

80% of SC survey participants described their health as good or excellent, and less than 2% felt they were in “poor” health. In answer to a related question, 56% of the SC members said that their health had improved since coming to the senior center.

64% of them come to the senior center 2 to 3 times a week. 50% of the respondents live alone and senior centers give them a space for social interaction. The top two reasons our seniors visit our senior centers is for both social interaction and a place to exercise.

The distribution of seniors living with another person - spouse, family member or roommate, was about equal to the number of those living alone.

Eighty percent of senior survey respondents said they continue to drive, while 22% report that they use Para Transit (4%) and public transit (18%). The remaining responses were: driven by others - 8.3%, walking - 8.3%, and biking - 3.3%.

Of the 30% of SC members who continue to work or volunteer, only 2% work or volunteer on a fulltime basis, while the remaining 20% contribute their time between 15 and 25 hours per week.

The survey could not have been done without the input and support of the Mayor’s Commission on Aging. The information we collected will guide us in planning for the future needs for our senior centers. Social isolation compromises health and our Oakland’s senior centers help to prevent isolation for both baby boomers younger seniors and the frail older seniors as well. A recent scientific review of 148 previous studies involving more than 300,000 people has revealed that social disconnection is a risk factor equivalent to smoking 15 cigarettes per day. The study showed that those with adequate social relationships were 50% more likely to be alive after an average follow-up period of nearly eight years, compared to more socially isolated people. Put another way, social isolation is as unhealthy as being an alcoholic or never exercising—and twice as dangerous as obesity (quote directly from Sentient Developments).

In addition to data collection and surveying our seniors at the senior centers, one of many other ways the Commission on Aging has partnered to address the needs of seniors is by forming a partnership with the Mayor’s Commission on Persons with Disabilities. The City Council supported the partnership between the two commissions in 2010 by approving amendments to each body’s bylaws, giving the Commission on Aging a seat on the Mayor’s Commission on Persons with Disabilities Access committee. In 2011 the Commission on Aging had two meetings with the Mayor’s Commission on Persons with Disabilities to learn more about the City’s Mass Care and Shelter Plan, accessibility, transportation issue and disaster-readiness options for seniors and persons with disabilities. This effort was recognized by staff and by members of both commissions as a way to improve outreach and share information, giving Oakland’s senior residents a better understanding of how to respond in the event of a disaster or emergency.

Together, the Mayor's Commission on Aging and Mayor's Commission on Persons with Disabilities created the Joint Access Compliance Advisory Committee. The Access Compliance Advisory Committee works to ensure access to City of Oakland buildings, facilities, programs and services for older adults and people with disabilities, including access to local transportation and mobility services. The Committee also provides oversight for development and implementation of Americans with Disabilities (ADA) policies and programs in the City. The Committee hears regular reports on the City's ADA building and facilities improvement, right-of-way access improvement, and paratransit programs. In fall 2010 the Access Compliance Advisory Committee welcomed three (3) representatives of the Commission on Aging as non-voting members. It is the intent of both Commissions to establish the Access Compliance Advisory Committee as a joint standing committee with all Committee members having equal status, including voting rights. These meetings are step toward joint CoA/MCPD committee to increase awareness and advocacy work for both the aging and person with disabilities awareness on common issues such as access to transportation, food, healthcare, and employment.

Issues and Concerns: As reported in the 2010 Annual Report from the Commission on Aging, the commission reached a crossroads in 2009/2010 with the elimination of the Senior Services Set-Aside program, which had been a major activity for the Commission. This program had allowed the Commission to allocate resources to areas of identified need for Oakland seniors from 1999-2009. The elimination of the Commission's administrative budget also effectively reduced staff time and limited the opportunities for commissioners to do outreach and travel for meetings and events. At this time the Mayor's Commission on Aging is staffed by the Aging and Adult Services Manager who is also responsible for overseeing the aging services in the City of Oakland, Department of Human Services.

In the recommendation that follows, we address those issues by requesting that the Commission on Aging have a more coordinated and cooperative role with other City boards and commissions in the future.

RECOMMENDATION

The Commission on Aging remains a focal point for issues of concern to Oakland's increasingly diverse senior population. There is no other direct venue for addressing, supporting and responding to the needs of senior residents of Oakland. In order to fulfill that mission, the Commission on Aging should continue to share information with City leaders, and serve as a public advocate for the City of Oakland's senior population through public hearings, complaint resolution, and identification of emerging senior issues.

As outlined in this report, over the past three years, the Commission on Aging has undertaken a more cooperative and supportive relationship with the Mayor's Commission for Persons With Disabilities. Members of the Commission have also continued to work closely with the Oakland senior center advisory councils. The Commission on Aging intends to continue and expand these partnerships

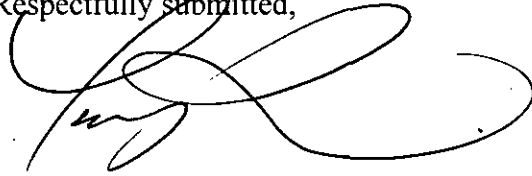
Mayor's Commission on Aging recently completed a full day retreat led by an outside facilitator to identify key goals and we also revisited our mission and objectives. The Commission will use this information to develop a five-year strategic plan to address the needs for the growing baby boomer population.

Every year since 1963, May has been a month to appreciate and celebrate the vitality and aspirations of older adults and their contributions to our communities. The theme for Older Americans Month for 2013, **Unleash the Power of Age**, has never been more fitting. The Mayor's Commission on Aging is working closely with the Aging Division in the City of Oakland to organize an event to celebrate Older Americans Month. The Mayor's Commission on Aging will sponsor a Senior Town Hall meeting and this event will be held at the Downtown Oakland Senior Center on **May 23, 2013 from 9:00AM to 1:00 PM**. At this Senior Town Hall meeting, we will bring seniors together to participate in several focus groups to share their views on important issues such as transportation, food security, healthcare needs, and job security. These groups will be facilitated by commissioners as well as experts from these fields. The valuable information we will receive from our seniors at this Senior Town Hall meeting will guide the Commission to work toward meeting our community needs. Mayor Quan will also participate at this Senior Town Hall meeting. We will invite the City Council members and the City Administrator to attend this important Senior Town Hall meeting.

Accepting this report and approving the continued work of the Mayor's Commission on Aging will support the City of Oakland in the long term by identifying the needs of the aging of the community, and ensuring that City leaders are aware of and able to address the issues facing Oakland's older residents.

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

Respectfully submitted,



for DONNA GRIGGS MURPHY
Chair, Mayor's Commission on Aging

Reviewed by: Sara Bedford
DHS - Interim Director

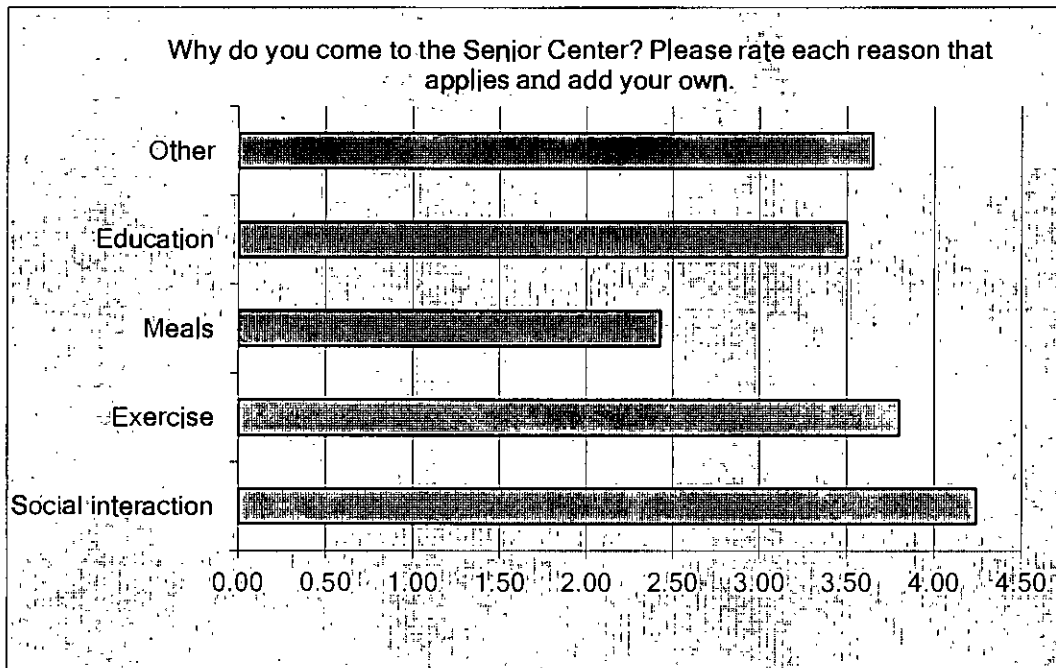
Prepared by: Aging & Adult Services Division
Tammy Siu, Manager
Tracy Jensen, Program Analyst II

ATTACHMENT

Q1. Why do you come to the Senior Center?

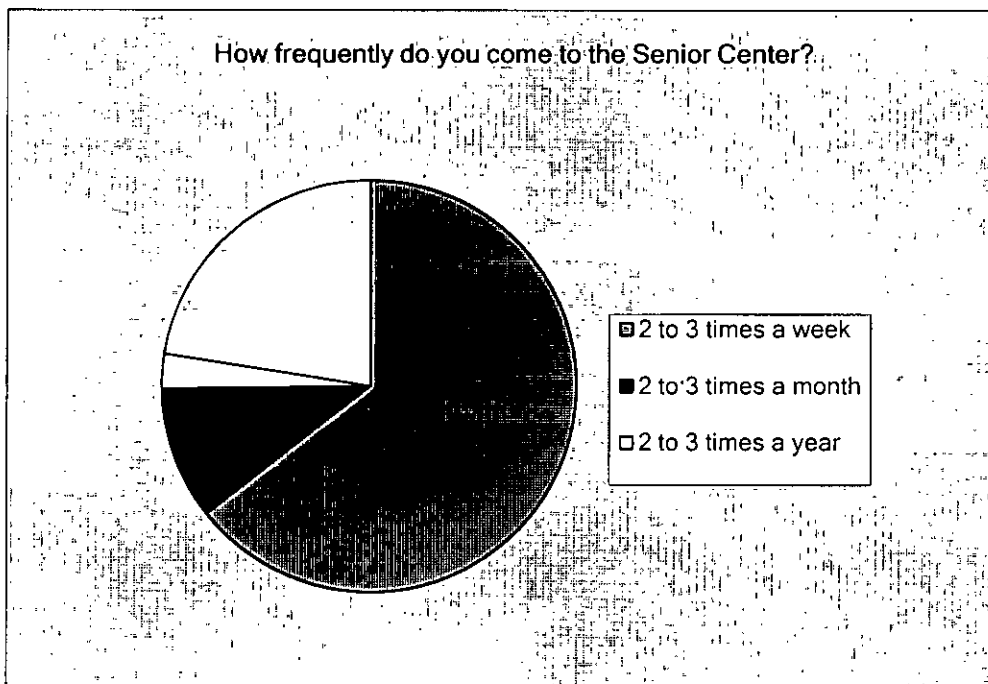
Please rate each reason that applies and add your own.

AnswerOptions	Least	Middle	Most	Rating Average	Response Count		
Social interaction.	13	3	67	33	184	4.24	300
Exercise	53	12	37	18	164	3.80	284
Meals	93	24	55	19	32	2.43	223
Education	30	18	80	45	80	3.50	253
Other	24	8	26	17	65	3.65	140
AnsweredQuestion							364
SkippedQuestion							9



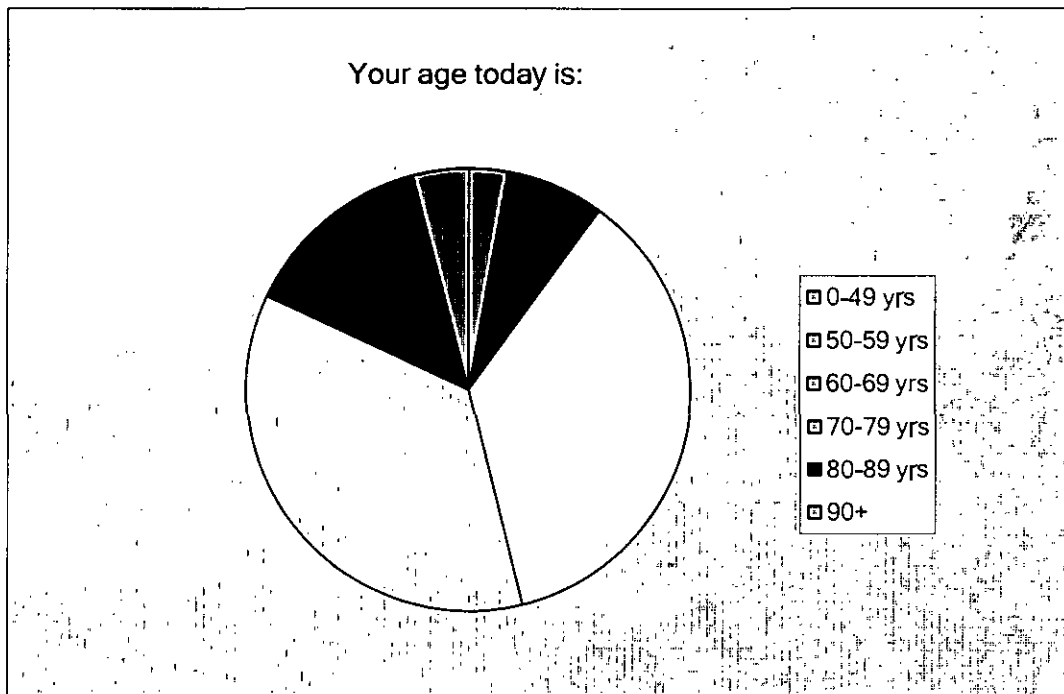
Q2. How frequently do you come to the Senior Center?

AnswerOptions	Response Percent	Response Count
2 to 3 times a week	64.3%	234
2 to 3 times a month	10.4%	38
2 to 3 times a year	2.7%	10
Other (please specify)	22.5%	82
<i>Answered Question</i>		364
<i>Skipped Question</i>		9



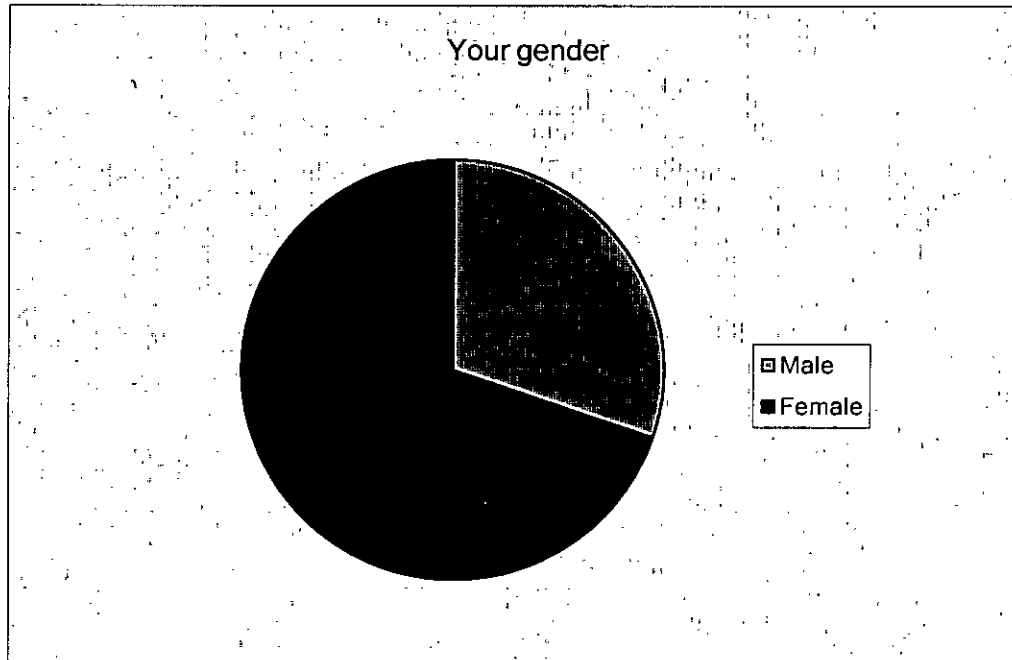
Q8. Your age today is:

AnswerOptions	Response Percent	Response Count
0-49 yrs	2.8%	10
50-59 yrs	7.2%	26
60-69 yrs	36.1%	131
70-79 yrs	35.8%	130
80-89 yrs	14.0%	51
90+	4.1%	15
<i>AnsweredQuestion</i>		363
<i>SkippedQuestion</i>		10



Q9. Your gender

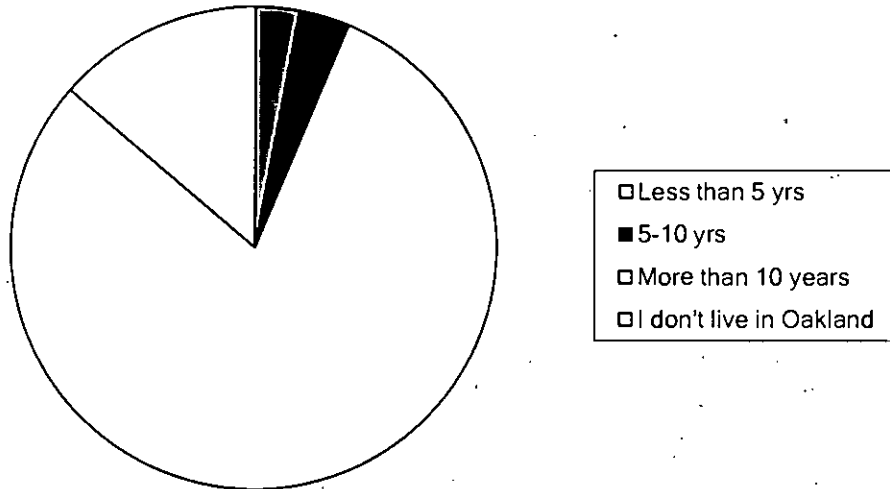
AnswerOptions	Response Percent	Response Count
Male	30.2%	98
Female	69.8%	227
<i>AnsweredQuestion</i>		325
<i>SkippedQuestion</i>		48



Q10. How long have you lived in Oakland?

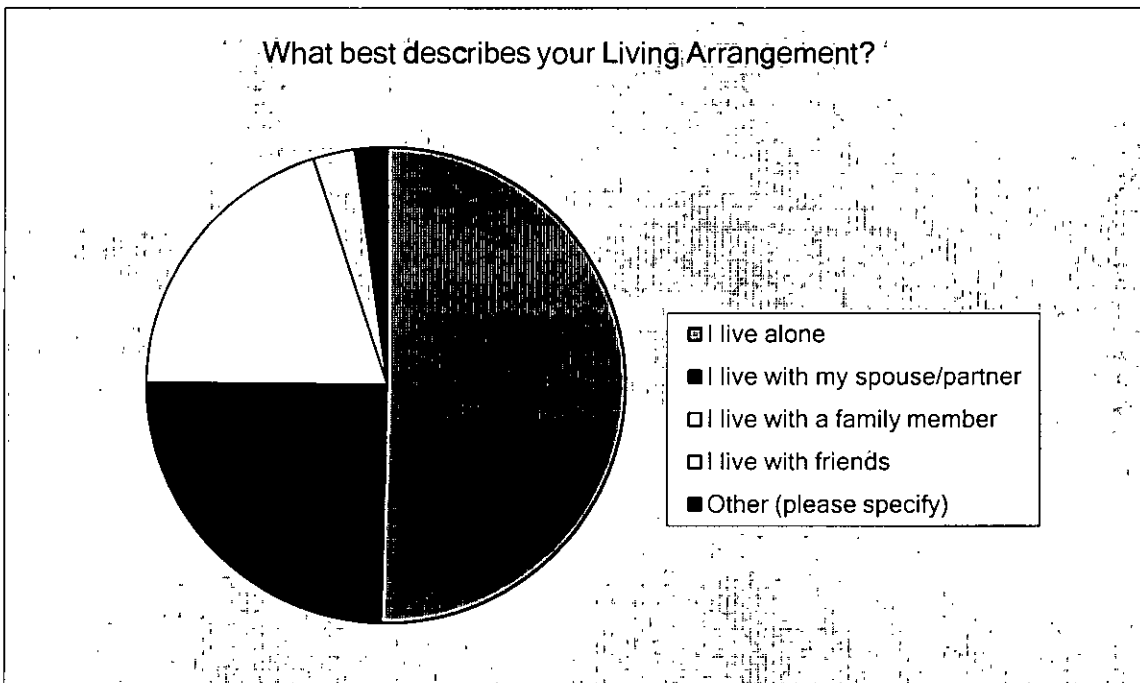
AnswerOptions	Response Percent	Response Count
Less than 5 yrs	2.9%	10
5-10 yrs	3.4%	12
More than 10 years	80.0%	280
I don't live in Oakland	13.7%	48
If you don't reside in Oakland, please tell us your city of		60
<i>AnsweredQuestion</i>		350
<i>SkippedQuestion</i>		23

How long have you lived in Oakland?



Q13. What best describes your Living Arrangement?

AnswerOptions	Response Percent	Response Count
I live alone	50.4%	182
I live with my spouse/partner	24.7%	89
I live with a family member	19.9%	72
I live with friends	2.8%	10
Other (please specify)	2.2%	8
<i>AnsweredQuestion</i>		361
<i>SkippedQuestion</i>		12



Q16. How would you describe your race/origin?

AnswerOptions	Response Percent	Response Count
Caucasian	27.3%	100
Black, African American	56.3%	206
Hispanic/Latino	4.1%	15
Chinese	6.0%	22
Korean	0.0%	0
Vietnamese	0.3%	1
Filipino	0.8%	3
Pacific Islander	0.8%	3
Other (please specify)	95.6%	350
<i>Answered Question</i>		366
<i>Skipped Question</i>		7

