



**Lori A. Cox**  
Agency Director



**Colleen Chawla**  
Agency Director

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March 11, 2019

Honorable Board of Supervisors  
Administration Building  
Oakland, CA 94612

Dear Board Members:

**SUBJECT: AUTHORIZATION AND RESOLUTION OF THE BOARD OF SUPERVISORS OF THE COUNTY OF ALAMEDA TO SUPPORT INITIATIVES AND OPPORTUNITIES TO ENGAGE IN WORLD HEALTH ORGANIZATION/AARP AGE-FRIENDLY CITIES AND COMMUNITIES NETWORK**

**RECOMMENDATIONS:**

- A. Encourage and promote public policies that support healthy aging across the operations of the County of Alameda's government;
- B. Encourage and promote public policies to increase the number and coordination of cities within the County of Alameda that support healthy aging;
- C. Encourage and promote public policies that support healthy aging within the unincorporated regions of the County of Alameda;
- D. Authorize the Board President to submit an application on behalf of the County for membership in the AARP Network of Age-Friendly States and Communities and the World Health Organization Global Network for Age-friendly Cities and Communities;
- E. Authorize the Board President to submit a Letter of Commitment to AARP expressing the County's commitment to creating an age-friendly environment within the County; and
- F. Adopt a resolution in support of initiatives and opportunities to engage in the World Health Organization Global Network for Age-friendly Cities and Communities.

**SUMMARY/DISCUSSION:**

This letter requests action by your Board to apply to participate in the World Health Organization/AARP Age-Friendly Cities and Communities Network. Action entails submission of an application, a letter of commitment and a resolution.

In 2017, your Board instructed the Health Care Services Agency and Social Services Agency to constitute a new body, the Council for Age-Friendly Communities, to be a collaboration of public and private entities committed to breaking down silos and working together to address the needs of the growing population of older adults in our County. The Council has met monthly since 2017 and begun work on a number of goals laid out in the County's Plan for Older Adults. One of the goals of that Plan included embarking on the World Health Organization and AARP Age-Friendly process.

318 communities within the United States have already joined the Age-Friendly network, including our County and the Cities of Berkeley, Emeryville, Fremont, and Oakland. Participating counties within California are Los Angeles, Marin, San Diego, San Francisco, Santa Clara and Sonoma. The global network currently includes 705 cities and communities in 39 countries.

The Age-Friendly rubric involves eight domains of livability that make a community livable for people of all ages. Creating an Age-Friendly County means identifying specific opportunities within each domain to advance the larger goals. It is up to each community to prioritize interventions, and there is no need to address all domains at once. The domains are:

- Domain 1: Outdoor Spaces and Buildings
- Domain 2: Transportation
- Domain 3: Housing
- Domain 4: Social Participation
- Domain 5: Respect and Social Inclusion
- Domain 6: Civic Participation and Employment
- Domain 7: Communication and Information
- Domain 8: Community and Health Services

Some communities, including City of Fremont, have added a ninth domain, Dementia-Specific Support, or made some revisions to these domains, such as renaming Domain 8 "Health and Wellness" or rearranging the elements within domains. The WHO/AARP process provides flexibility to adapt the approach to meet local needs, so that should we embark on this path, we will have the ability to make changes as needed.

Participation in the Age-Friendly process involves four steps:

1. Application, Letter of Commitment and Resolution - This is the current step, and membership will be complete upon the acceptance of the County's application and accompanying documents and designation of the County of Alameda as a member of the Age-Friendly Network.
2. Information Gathering and Planning - This involves conducting a community survey and creating an action plan. This is typically a two-year process, the first 18 months of which coincide with the development of our 2021-24 Countywide Plan for Older Adults, developed under the auspices of

our Area Agency on Aging (AAA) and the Advisory Commission on Aging. The Plan currently in force, for 2016-20, including the community survey that informed its findings and recommendations, was developed with the participation of a large planning committee, which formed the foundation for our Age-Friendly Council. Our AAA has already begun the process of coordinating closely with the Council, whose Age-Friendly Committee is tasked with overseeing the Age-Friendly process. The survey that the AAA disseminates this year for its planning process will also feed into the Age-Friendly planning process. By the same token, the Council will have an opportunity to provide input into development of questions for focus groups to be conducted later in the year. While the AAA has statutory requirements that define its planning process and the structure and content of its plan, it is our intention that the plan that emerges from that process will be consistent with and complementary to the Action Plan that emerges from the Age-Friendly process. The Action Plan will be presented to your Board for review and approval.

- 3. Implementing the Plan - After the Action Plan is approved, we will then move into implementation. The details of the implementation will depend upon the elements of the plan.
- 4. Evaluating the Work - Pursuing Age-Friendly is not a project that we will soon finish and then can be evaluated. Rather, Age-Friendly represents a commitment to a new way of doing business over the long term. The County has already committed to Results Based Accountability. A critical part of this work will be adding the lens of age-friendly to the work we are already doing, assessing our activities and progress according to how well they serve the needs of the County’s older residents.

**SELECTION CRITERIA AND PROCESS: N/A**

**FINANCING:**

Work will be carried out through volunteers as well as staff included in the FY 2019-2020 budget request. There are no new County costs.

**VISION 2026 GOAL:**

Because the work is so broad-based, encompassing housing, health and social services, the built environment, elder justice, and so on, the work to create an age-friendly County advances all of our 10X goals-pathways of **Eliminate Homelessness, Healthcare for All, Eliminate Poverty and Hunger, Crime Free County, Employment for All and Accessible Infrastructure** in support of our shared visions of **Thriving and Resilient Population** and **Safe and Livable Communities**.

Sincerely,

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Lori A. Cox  
Agency Director

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Colleen Chawla  
Agency Director

Attachments:  
Letter of Commitment  
Resolution

**RESOLUTION TO SUPPORT INITIATIVES AND OPPORTUNITIES  
TO ENGAGE IN WORLD HEALTH ORGANIZATION AGE-FRIENDLY  
CITIES AND COMMUNITIES NETWORK**

RESOLUTION NUMBER R-2019 \_\_\_\_\_

WHEREAS, the global population of people aged 60 and over is expected to grow from 600 million in 2000 to almost 2 billion by 2050; and

WHEREAS, in the United States, the population of people aged 65 and over is expected to grow from 35 million in 2000 to 88.5 million by 2050, taking the total share of the 65 and over population from 12 percent to 20 percent of the total population; and

WHEREAS, as California's older population is growing, the economic security of older adults across the state is diminishing, with high housing and health care costs, rising inequality, and cuts to critical safety net programs leaving far too many older Californians without enough income to meet their basic needs;

WHEREAS, in the County of Alameda, the population of people aged 65 and over is expected to grow from 169,176 in 2010 to 491,194 in 2040; and

WHEREAS, in the County of Alameda, the population of people age 85 and older to grow from 30,433 in 2010 to 96,356 in 2040; and

WHEREAS, research shows that older Americans overwhelmingly want to remain in their homes and communities as they age; and

WHEREAS, access to quality health care and long-term services and supports is essential for individuals to live in their homes and communities; and

WHEREAS, 21 percent of adults age 65 and older do not drive, and more than half of these non-drivers do not leave home on a given day, in part because they lack transportation options; and

WHEREAS, reduced mobility for older non-drivers leads to 15 percent fewer trips to the doctor, 59 percent fewer shopping trips and visits to restaurants, and 65 percent fewer trips for social, family and religious activities; and

WHEREAS, the World Health Organization (WHO) has developed a Global Network of Age-Friendly Cities and Communities to encourage and promote public policies to increase the number of cities and communities that support healthy aging and thereby improve the health, well-being, satisfaction, and quality of life for older Americans; and

WHEREAS, active aging is a lifelong process, whereby an age-friendly community is not just "elder-friendly" but also intended to be friendly for all ages; and

WHEREAS, the WHO has noted that “[m]aking cities and communities age-friendly is one of the most effective policy approaches for responding to demographic aging,” and

WHEREAS, the WHO has developed eight domains of community life that influence the health and quality of life of older people:

1. Outdoor Spaces and Buildings – accessibility to and availability of clean, safe community centers, parks, and other recreational facilities;
2. Transportation – safe and affordable modes of private and public transportation, “Complete Streets” types of initiatives, hospitable built environments;
3. Housing – wide range of housing options for older residents, aging in place and other home modification programs, housing that is accessible to transportation and community and health services;
4. Social Participation – access to leisure and cultural activities; opportunities for older residents to participate in social and civic engagement with their peers and younger people;
5. Respect and Social Inclusion – programs to support and promote ethnic and cultural diversity, programs to encourage multigenerational interaction and dialogue, programs to combat loneliness and isolation among older residents;
6. Civic Participation and Employment – promotion of paid work and volunteer opportunities for older residents; opportunities for older residents to engage in formulation of policies relevant to their lives;
7. Communication and Information – promotion of and access to the use of technology to keep older residents connected to their community and friends and family, both near and far; and
8. Community Support and Health Services – access to homecare services, clinics, programs to promote active ageing (physical exercise and healthy habits); and

WHEREAS, some communities, including the City of Fremont, have added a ninth domain addressing Alzheimer’s and other dementia disorders; and

WHEREAS, the WHO recognizes that towns, cities and communities have different needs, resources, and varying capacities to engage their resources to take action to facilitate active aging; and

WHEREAS, to create an age friendly County it will be necessary to: 1) encourage and promote policies that support healthy aging across the operations of the County of Alameda government; 2) encourage and promote public policies to increase the number and coordination of cities within the County of Alameda that support healthy aging; and 3)

encourage and promote public policies that support healthy aging within the unincorporated regions of the County of Alameda;

NOW, THEREFORE, BE IT RESOLVED that the County of Alameda supports initiatives and opportunities to engage in the WHO Age-Friendly Cities and Communities Network of municipalities encouraging and promoting public policies supporting healthy aging.

Adopted by the Board of Supervisors of the County of Alameda, State of California, on \_\_\_\_\_, 2019 by the following called vote:

AYES:  
NOES:  
EXCUSED:

\_\_\_\_\_  
Richard Valle  
President of the Board of Supervisors  
County of Alameda, State of California

ATTEST:  
Clerk of the Board of Supervisors,  
County of Alameda

APPROVED AS TO FORM:  
Donna Ziegler, County Counsel

By: \_\_\_\_\_

By:   
Victoria Wu  
Assistant County Counsel

March 11, 2019

Mr. Robert Hoffman  
AARP Vice President NE Region  
435 E. Henrietta Road  
Rochester, NY 14620

Dear Mr. Hoffman,

On behalf of the County of Alameda, I am pleased to offer this letter of our ongoing commitment to creating an age-friendly environment and respectfully request membership to the World Health Organization's Global Network of Age-Friendly Cities and Communities.

The County of Alameda recognizes the importance of encouraging and promoting age-friendly planning and policies to address changing demographics and to enhance independent living; and is committed to a process of continual improvement to support active and healthy aging and sustain economic and social vitality.

In 2017, the County of Alameda launched its Council for Age Friendly Communities, a public-private partnership aimed at bringing together a wide range of partners to work together to make our County more age friendly. Working closely with our Advisory Commission on Aging, our Council was created to bring focus and energy to this endeavor, which we believe will be strengthened by joining the WHO/AARP network.

We have developed a strong foundation to build upon in addressing the World Health Organization's eight domains that help influence the health and quality of life of older people. We look forward to joining this global network of communities committed to giving their older residents the opportunity to live rewarding, productive and safe lives.

Thank you for your consideration of membership for the County of Alameda to the World Health Organization's Global Network of Age-Friendly Cities and Communities.

Sincerely,

Richard Valle  
President, Board of Supervisors