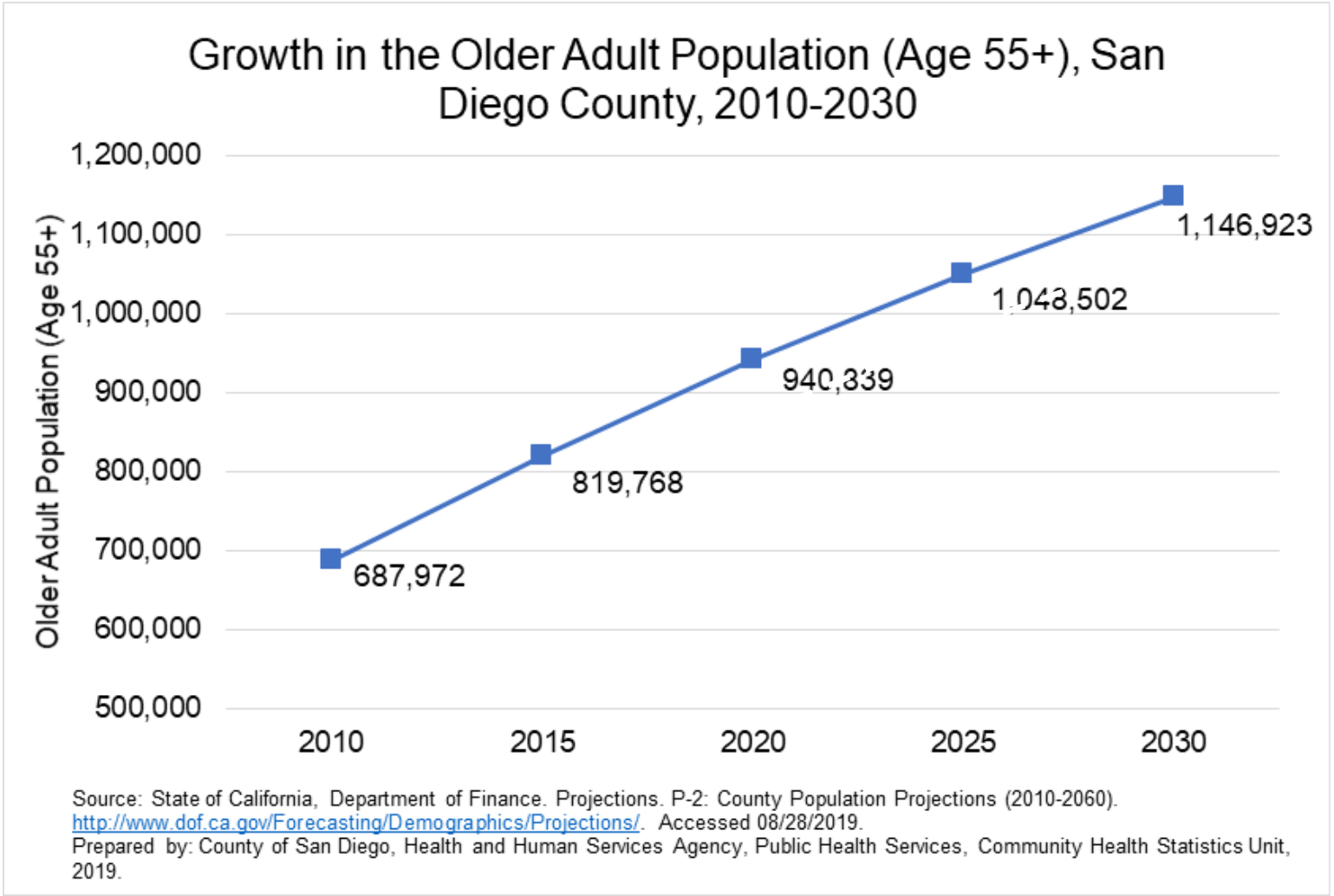
LIVE WELL
SAN DIEGO

# SAN DIEGO COUNTY'S AGING ROADMAP & AGING INTIATIVES

**County Welfare Directors Association of California, October 2020**

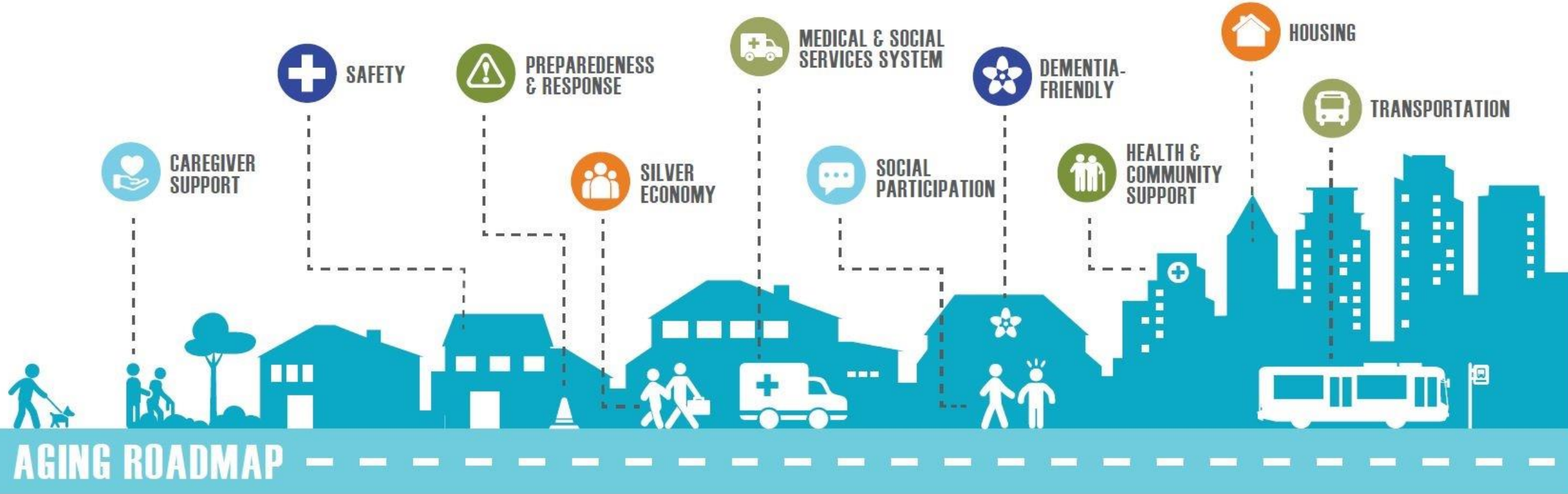
# Projected Growth of Older Adults



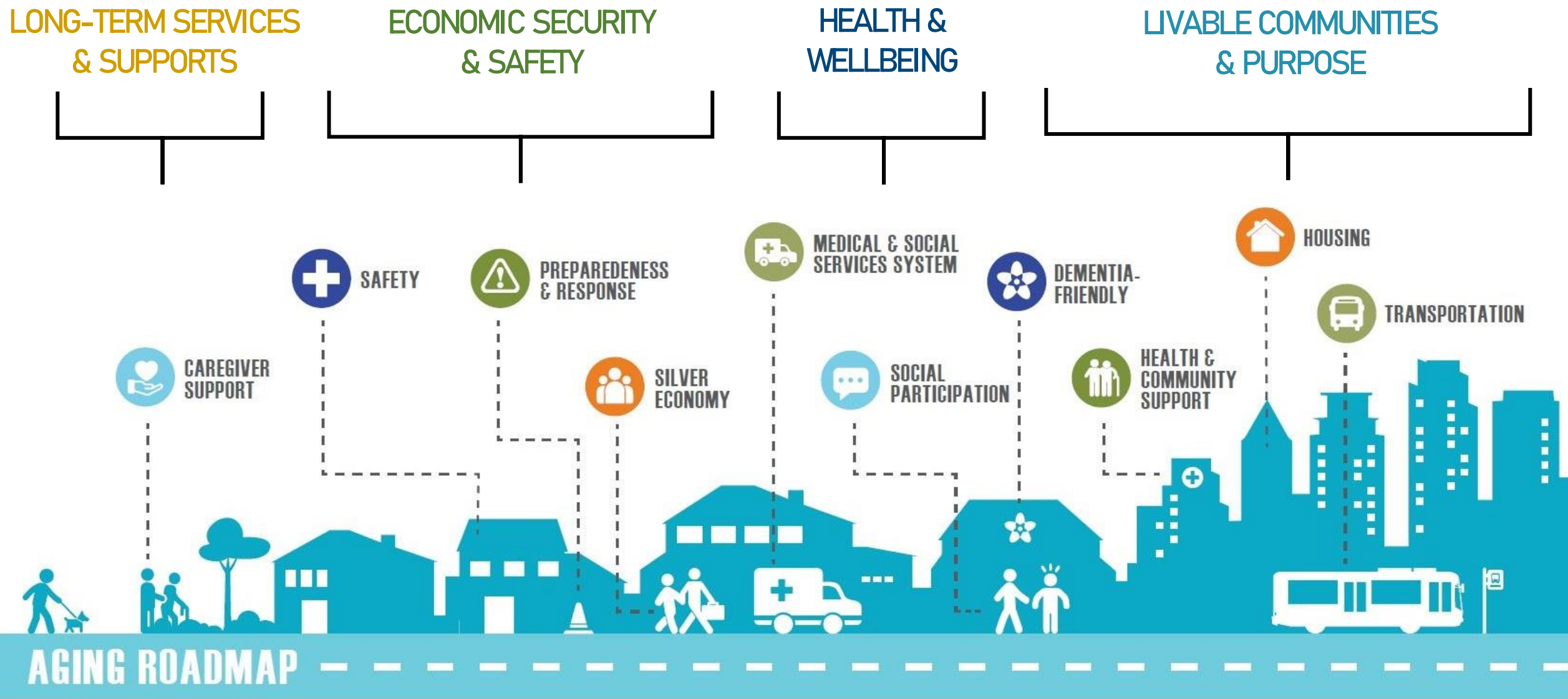

Source: State of California, Department of Finance. Projections. P-2: County Population Projections (2010-2060). http://www.dof.ca.gov/Forecasting/Demographics/Projections/. Accessed 08/28/2019.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, 2019.

# Aging Roadmap

The goal of the Aging Roadmap is to create supportive and inclusive communities where people of all ages and abilities have the opportunity to thrive.



# Alignment with Master Plan for Aging



# Caregiver Support

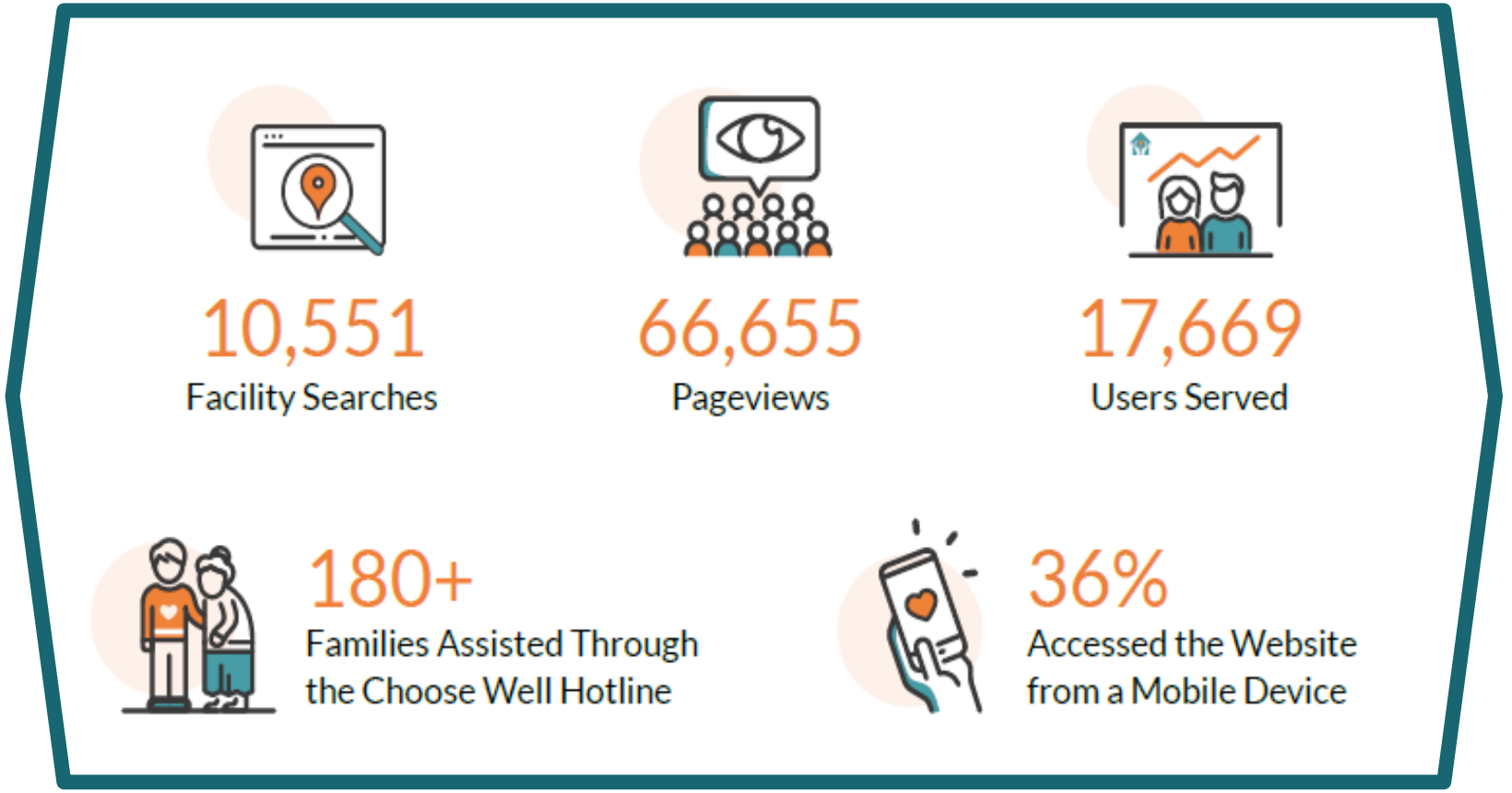
**VISION:** Caregivers have access to the supports and resources necessary to provide responsive and manageable care to older adults, while also tending to their own well-being.

- **Respite Voucher Program**
- **Choose Well**

“It means everything to me that I can care for him at home. . . . I wouldn’t want it any other way.”

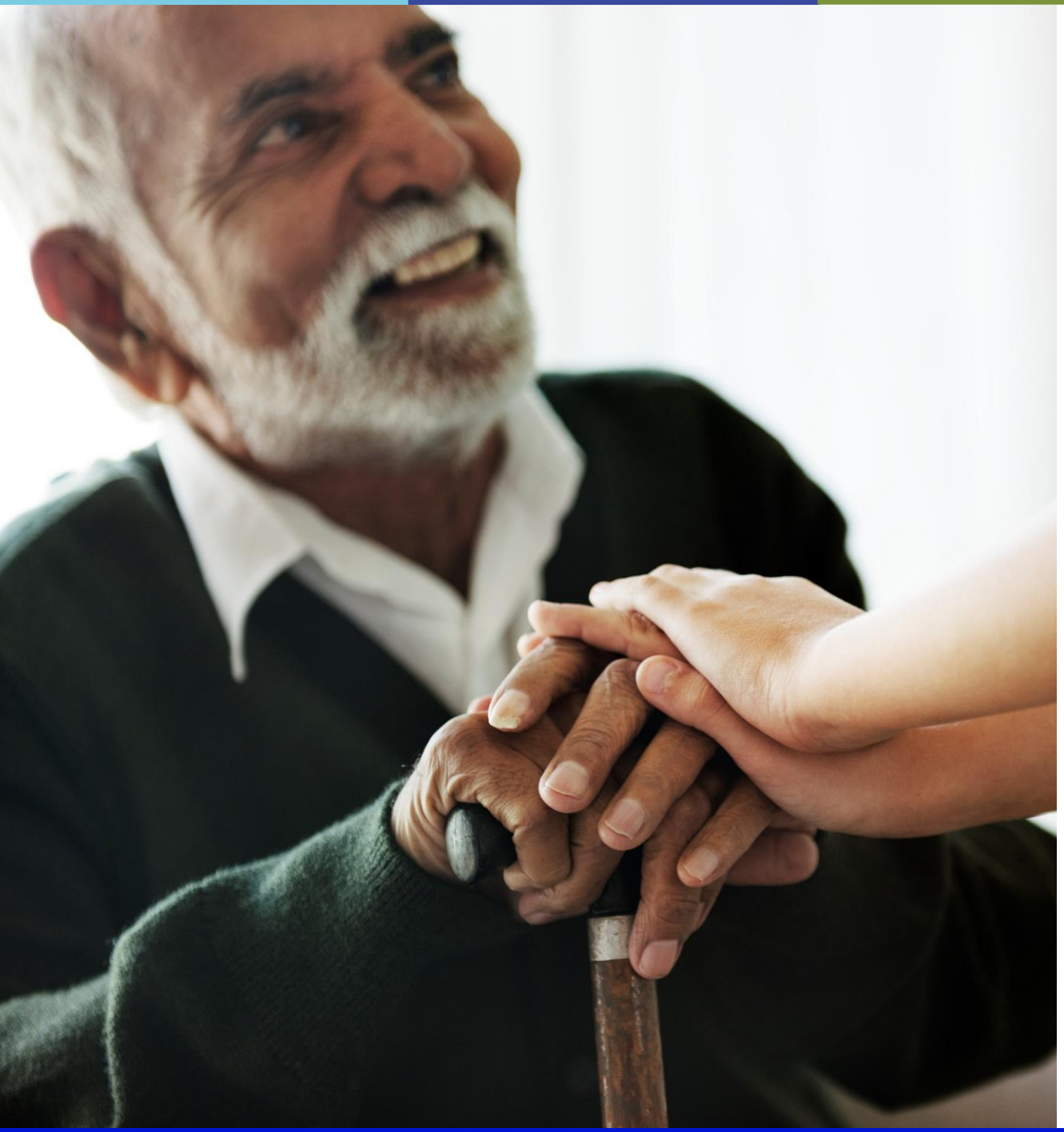
- Alyce (Respite Care Client)

# Choose Well




"...Choose Well provides a crucial insight into compliance and safety for consumers. **The Choose Well Scoring Method is fair, objective, and provides a level playing field for RCFEs in San Diego County.**"

- Representative of St. Paul's Senior Services



# Safety

**VISION:** Older adults and persons with disabilities are safe in their homes and community.

- **Take Me Home Program**

# Preparedness & Response

**VISION:** Older adults and their caregivers are prepared to be safe during disasters.

- **Emergency Preparedness Guide**

# Silver Economy

**VISION:** A skilled and diverse workforce, with supporting technologies and products, supports healthy aging in our community. Older adults have opportunities to work and volunteer.

- **Volunteer Opportunities for Older Adults during COVID-19**

# Medical & Social Services

**VISION:** Care coordination among medical and social services provides proactive, seamless, prevention-focused, and responsive support.

- **San Diego Senior Emergency Care Initiative**

# Social Participation

**VISION:** A range of social and community engagement opportunities for older adults to promote active living and enriching experiences across all age groups and generations.

- **Intergenerational (IG) Programs**

"As an older adult in my 80's, I am grateful for the opportunity to interact and share personal stories and experiences with vibrant young college students. With mutual respect and curiosity, the technology of Zoom draws us out of our COVID-19 shelters to a wider virtual world to actively listen, learn and cross the generational bridges for a view into each other's lives."

- Chat Group Participant in Pilot IG Virtual

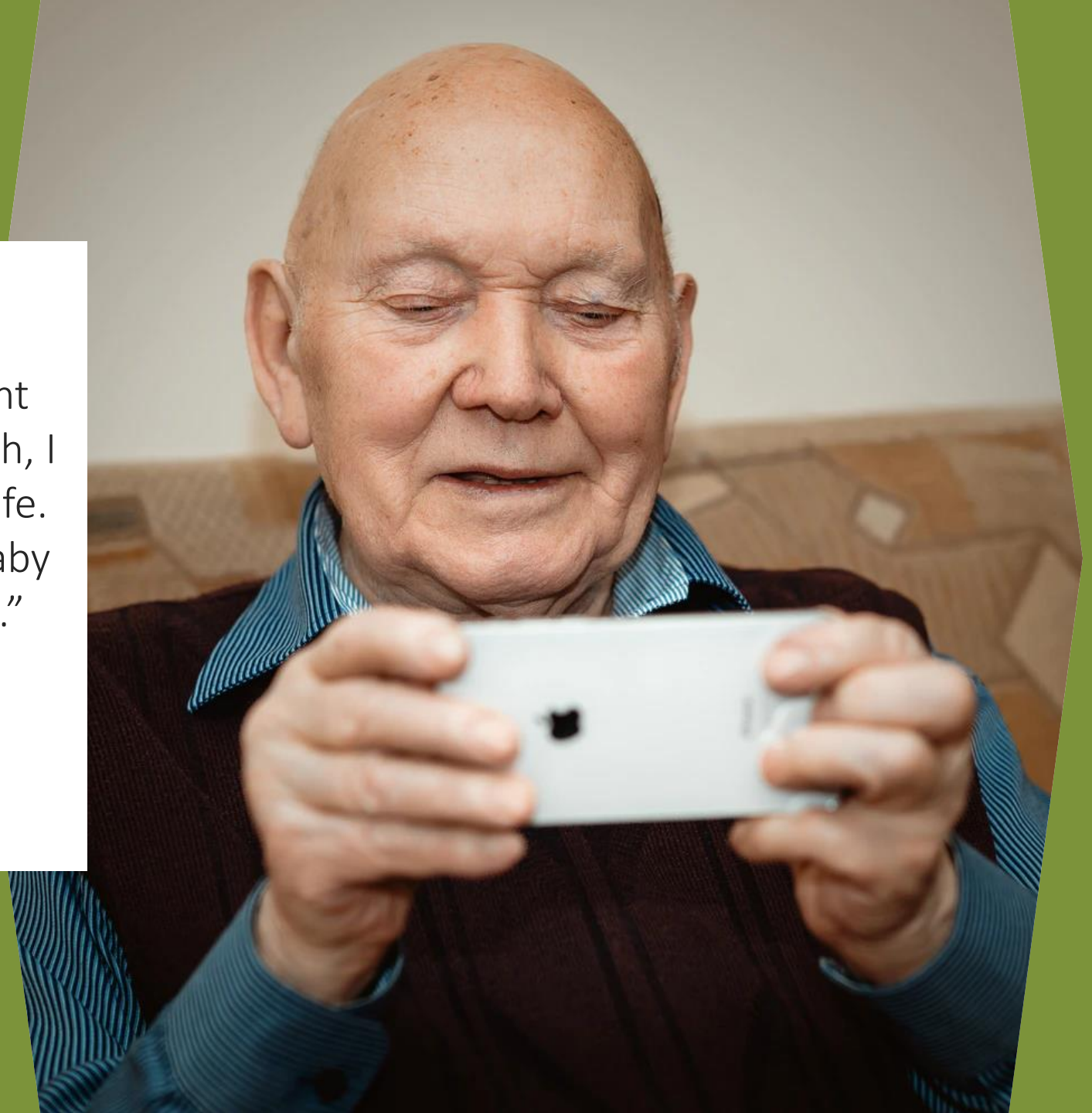
# Health & Community Support

**VISION:** When changes and challenges in health occur, older adults and their families know how to find relevant resources, support, and care planning in their community.

- **Meeting Food Needs During COVID-19**
- **San Diego Oasis Technology Fair**

“The day was exceptional--As a hesitant boomer, with little understanding of tech, I have neglected this important area of life. . . .  I now feel more confident of my 'baby step' mastery of the use of my iPhone.”

- Technology Fair Participant



# Transportation

**VISION:** A livable community with safe, affordable, accessible, and reliable transportation.

- **AARP Community Challenge Grant in El Cajon**

# Housing

**VISION:** Safe and affordable housing that is located near goods, services, and activities, and allows older adults to age in their community.

- **Accessory Dwelling Unit (ADU) Symposium**
- **Home Safe Grant**

# Dementia-Friendly

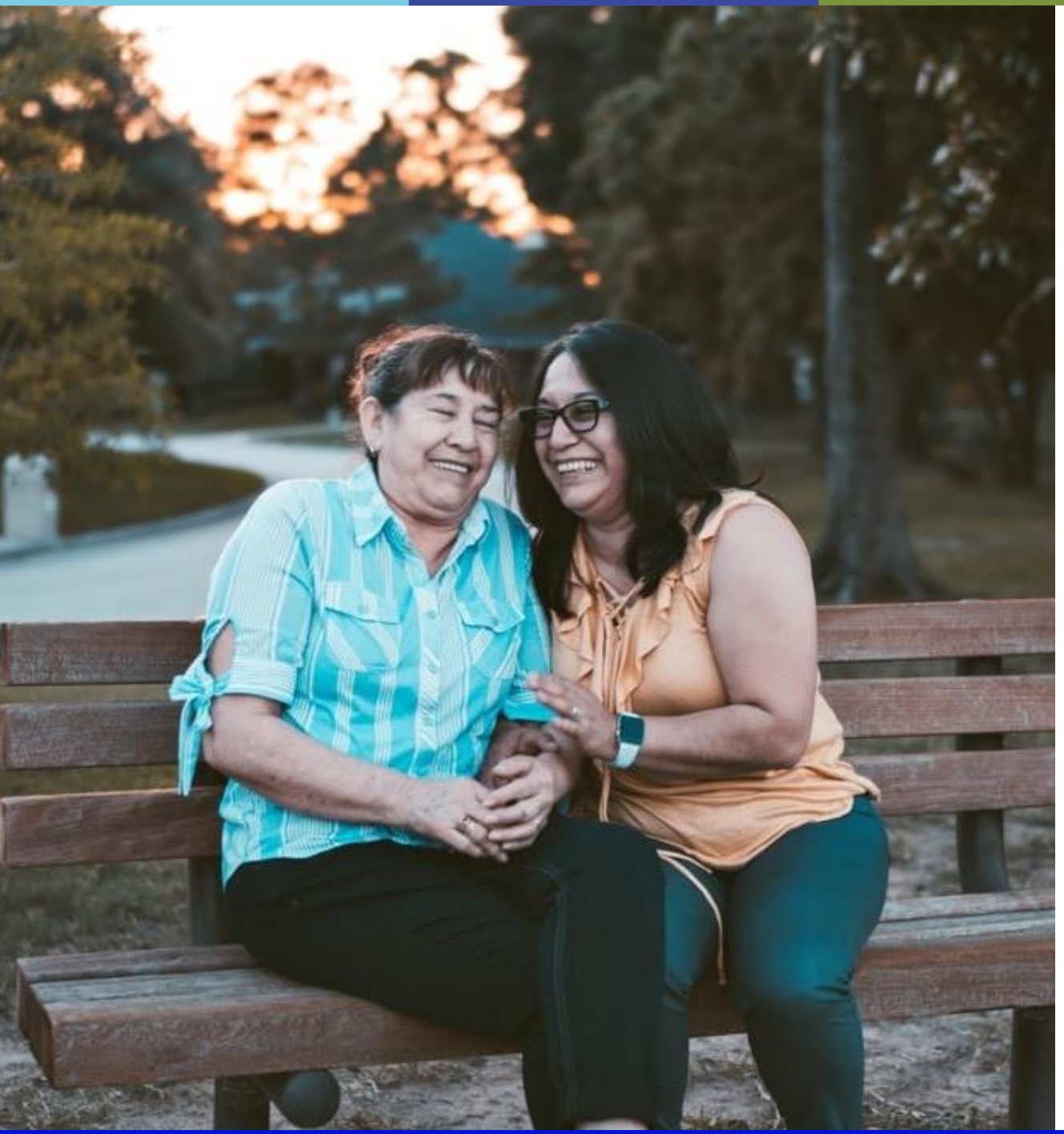
**VISION:** Individuals with dementia live as independently as possible and are welcomed to participate in community life.

- **250 Dementia Friends trained**

THE ALZHEIMER'S Project
San Diego unites for a cure and care

**AIM:** Address the devastating toll of Alzheimer's disease and related dementias in San Diego County.

- Collaboration4Cure
- Clinical Roundtable
- Care Roundtable
- Public Awareness & Education



# Alzheimer's Response Team - ART

- **Crisis prevention**
- **Crisis response**

# San Diego County is Leading the Way

- **Healthy Brain Learning Collaborative**
- **Healthy Brain Initiative Grant**

# Looking Ahead

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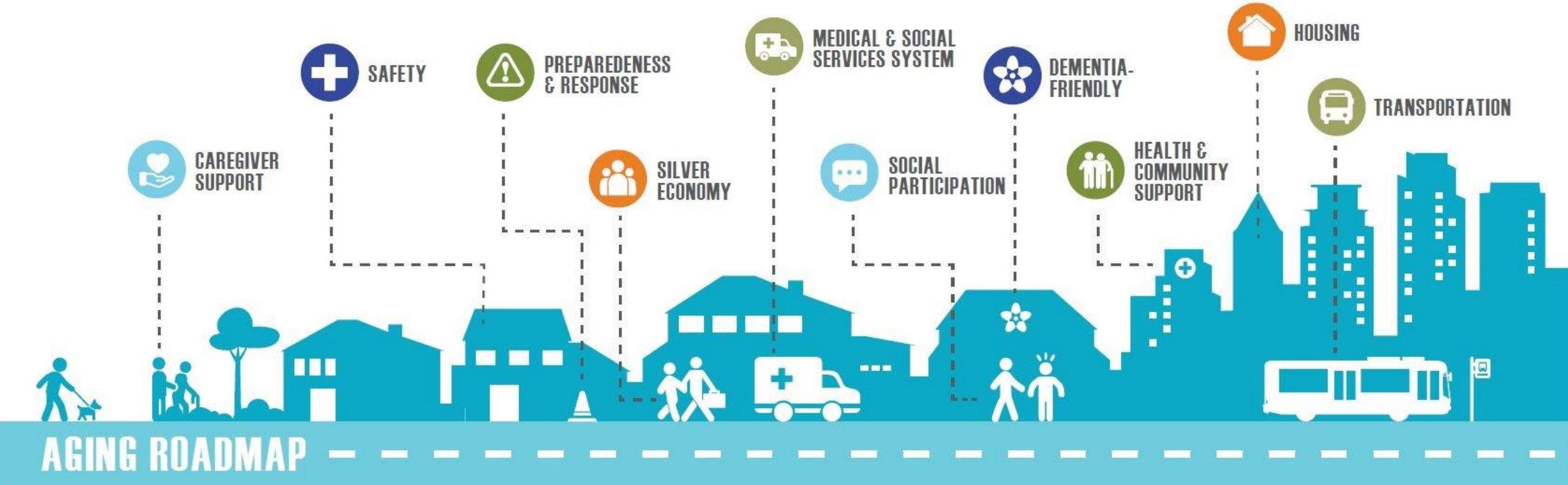
# Aging Roadmap