



Goal of Age-Friendly Efforts

- Create a culture and community that is inclusive, equitable, and accessible for everyone.
- Include the 'voice' of older adults to better address the needs of elder adults.

*An Age-Friendly Community is a
Livable Community for All*



Health and Wellness: Overall support and services provided within communities to maintain health, independence, and quality of life.



Outside Spaces and Parks: How the outside environment, public buildings, and overall space interact with individuals and the impact positive or negative it can have on age-friendliness.



Transportation: The ability and access elder people have to move around within their communities and city.



Social participation and Inclusion: Access, information, and the ability to participate in leisure, social, cultural, and spiritual activities in the community, as well as, enjoy respect and esteem from supportive and caring relationships.



Volunteering and Civic Engagememnt: Access and availability to volunteer and engage in the political process within your community.



Community Information: The ability elder people have to staying connected with events and people; access to receiving timely and practical information to manage their life and meet personal needs.



Employment and Learning Opportunities: When elder populations wish to pursue employment and learning opportunities is there access and demand?



Housing: The ability to be safe and sheltered. Also addressing other aspects of housing, such as: housing structures, design, location and choice.



Dementia Specific Support: Supportive services that can help an individual with dementia, and their caregivers, remain in the community and safe.

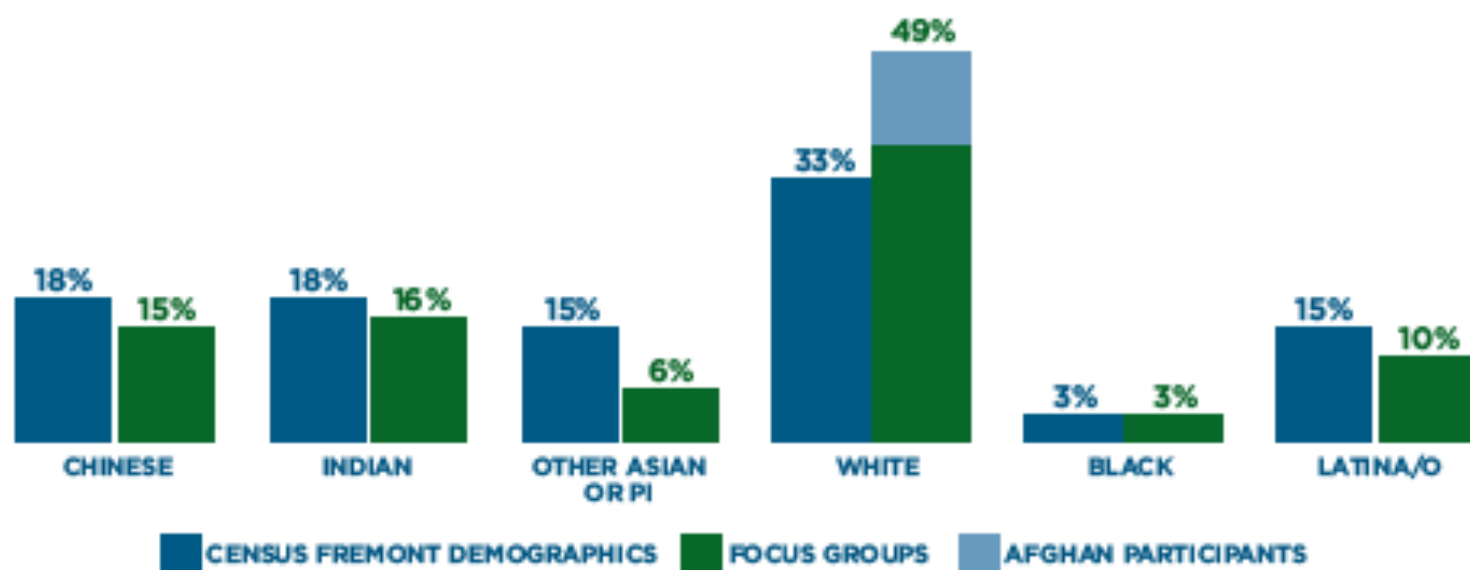
- Age-Friendly Network
 - Partnership WHO & AARP
 - 5-year Plan
 - Baseline Assessment
 - Community Involvement
 - Action Plan
 - Monitoring
- AARP Livability Index
- AAA County Survey

Age-Friendly Process to Date



- Accepted in AF Network
 - February 2017
- Focus Groups
 - Trained 35 Facilitators
 - 25 Focus Groups
- Consensus Groups
 - One per Domain
- Community Meeting
- Health Expo

COMPARISON OF CITY AND FOCUS GROUP DEMOGRAPHICS



Next Steps

Action Plan

Age-Friendly Newsletter

Resources by Domaine

Neighborhood Groups

Health Expo by Domaine

CAPS Training

Community Meeting 2018



AN
AGE-FRIENDLY
CITY IS A
LIVABLE CITY

OCTOBER 2017

AGE-FRIENDLY FREMONT

P.02 PARTY PICS

Our 37th Anniversary celebration in words and pictures.

P.04-5 WHAT'S HAPPENING

Over 60 classes and events to choose from every month! Use this easy guide to find your interests.

P.06 LUNCH MENU

Get an appetite for what's on the menu this month at the Lake Side Café.

COMMUNITY MILESTONE

CAPS CELEBRATES 10 YEARS!



WE ARE PROUD TO

CELEBRATE the Community Ambassador Program for Seniors' (CAPS) 10th year anniversary! What initially began as a "Fresh Ideas" grant from the Robert Wood Johnson Foundation has grown to become a nationally recognized, award-winning City of Fremont program whose goal is train volunteer

ambassadors to assist older adults in identifying local resources and services. The CAPS program is designed so information is available where older adults naturally congregate and in the language they feel most comfortable using. If you are looking for a meaningful volunteer opportunity to serve the

Tri-City area, applications are now being accepted for the 2-day 2017 CAPS training scheduled for Tuesday, October 10 and October 17 from 9am to 4pm. For more information, including the training registration form, visit www.capseniors.org or contact CAPS Program Manager Asha Chandra at achandra@fremont.gov or 510.574.2055.



510.790.6600

www.fremont.gov/seniorcenter

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seniorcenter@fremont.gov

All classes and services offered at:

Fremont Senior Center

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