



# Fremont

## Human Services Department



**AGE-FRIENDLY**  
FREMONT

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	<b>HEALTH AND WELLNESS</b>	Overall support and services to maintain health, independence and quality of life.
	<b>OUTDOOR SPACES AND BUILDINGS</b>	How we interact with outside spaces and built environments.
	<b>TRANSPORTATION</b>	The ability to move around your community and the city.
	<b>SOCIAL PARTICIPATION AND INCLUSION</b>	Participation in leisure, social, cultural and spiritual activities.
	<b>VOLUNTEER AND CIVIC ENGAGEMENT</b>	Access and options to contribute to, and participate in, community life.
	<b>COMMUNITY INFORMATION</b>	Access to timely and practical information.
	<b>EMPLOYMENT AND LEARNING OPPORTUNITIES</b>	Promotion of paid work and opportunities for life-long learning.
	<b>HOUSING</b>	Range of available living spaces to be safe and sheltered.
	<b>DEMENTIA-RELATED SUPPORT</b>	Supportive environment and services for individuals with dementia and their caregivers.

- First Phase 2017-2019

- Joined Age-Friendly Network in February

- Added 9<sup>th</sup> Domain: Dementia-Related Support

- Baseline Assessment

- Second Phase 2019-2020

- Action Plan Development

- Adoption





## Dialogue with Elders

- 35 Community Leaders facilitated
- 25 Focus groups in English, Spanish, Farsi, Chinese, Punjabi
- 9 Consensus Building Groups
- Target Populations: LGBTQ, Caregivers, those with Mental Health Challenges





Civic Engagement:  
Residents as active participants  
in building and strengthening  
their communities.





# Key Themes from Residents



- Include Older Adults as Part of the Solution
- Promote Positive Perceptions of Aging
- Value Inclusivity
- Strengthen Neighborhoods
- Support Economic Security
- Incorporate Technology



AGING. BETTER.



# Action Plan 2020: In development



## Health and Wellness

An Age-Friendly community needs to provide adequate access to all levels of healthcare and services that maintain and restore health. Accessible social services, information and resources for emergency planning are vital to healthy aging.

**Fremont residents' vision of Age-Friendly Health and Wellness includes:**

- **Access to diverse and healthy food** options including delivered meals and senior center lunches
- **Affordable basic living necessities** including dental care, health insurance, in-home medical services, housing, caregiving, and mental health support
- **Opportunities for active living** such as walking paths, walkable neighborhoods, organized senior activities, social opportunities, nearby entertainment, and a variety of exercise options and facilities
- **Individualized medical and social support** through certified patient advocates, caregiver training, education and access to end of life care, accessible health education, and social workers providing case management
- **Accessible medical choices** including house calls, mobile services, senior only clinics, respectful medical staff, and language appropriate services appropriate services



## Current Status

- **Exercise classes are available** such as walking, tai chi, and dancing
- **Free health screenings** for blood sugar, blood pressure, cholesterol, oral health, medication review, and podiatry care
- **Social workers and health promoters** can educate and help coordinate care
- **Health classes teach** healthy cooking, working with doctors, and tracking health status

## Action Steps

Fremont residents agreed Health and Wellness action steps should be:

**Accessible**  
with translation services, transportation, and mobile health vans

**Safe**  
with vetted service providers and scam free services

**Affordable**  
with low-cost medical screenings and dementia care

## 2020 Action Steps

- **Goal:** Increase the number of Farmer's Markets and Mobile Pantries providing fresh food where older adults congregate  
**Partners:** HSD, Covia, Tri-City Volunteers, Eden Housing.
- **Goal:** Reach 10,000 older adults with emergency preparedness information through a media and educational campaign.  
**Partners:** HSD, Fire Department, CERT Volunteers, CAPS.
- **Goal:** Complete construction of a second senior center in southern Fremont by 2021, which will provide additional services.  
**Partners:** HSD, Lake Elizabeth Senior Center, Mission Peak Developers.





An Age-Friendly Community leads to improvements in residents' health and well being.

	Before VZ (2013- 2015)	After VZ (2016-2018)	Change
<b>Speed Limit</b>			
- 40 mph or more (11% of streets)	61	29	Down 52%
<b>DUI</b>	15	10	Down 33%
<b>Age Groups</b>			
- Under 16	12	1	Down 92%
- 16 to 29	29	24	Down 17%
- 30 to 49	32	20	Down 38%
- 50 to 64	24	15	Down 38%
- 65 and over	18	10	Down 44%

