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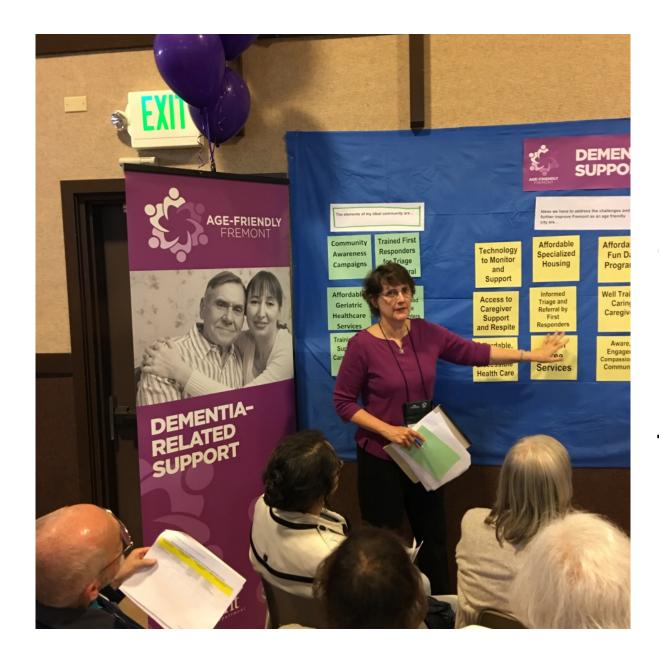


- First Phase 2017-2019
 - –Joined Age-Friendly Network in February
 - Added 9th Domain:
 Dementia-Related Support
 - -Baseline Assessment
- Second Phase 2019-2020
 - —Action Plan Development
 - –Adoption



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

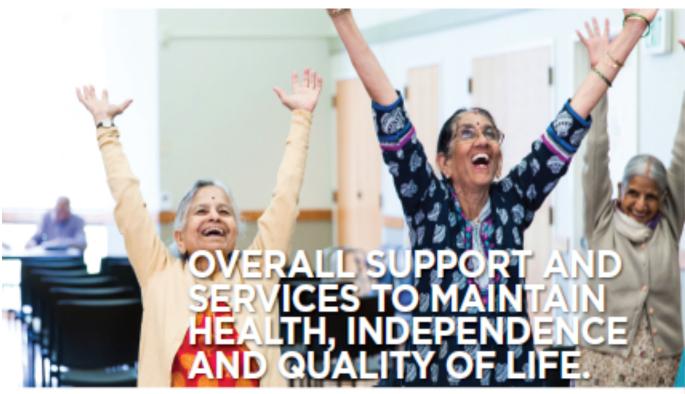


- Include Older Adults as Part of the Solution
- Promote Positive Perceptions of Aging
- Value Inclusivity
- Strengthen Neighborhoods
- Support Economic Security
- Incorporate Technology



HEALTH AND WELLNESS

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 lowcost medical screenings and dementia



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.

Fremont

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Age-Friendly Domains: Health and Wellness. | 7



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

	Before VZ (2013- 2015)	After VZ (2016-2018)	Change
Speed Limit			
- 40 mph or more (11% of streets)	61	29	Down 52%
DUI	15	10	Down 33%
Age Groups			
- 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%

