

CAFE: The Center for Age-Friendly Excellence

Advancing Livable Communities for all Generations



CAFE Summary Outline of Available Survey Data on Unmet Needs San Mateo County Age-Friendly Cities Project

February 19, 2019

Daly City

Data from earlier report

The San Mateo County Area Agency on Aging (AAA) 2016-2020 and New Beginning Coalition provide an excellent picture of the concerns of most older adults in the County:

They are:

1. Learning about services and benefits for older adults
2. Remaining in your home
3. Financial security/money to live on
4. Understanding Medicare
5. Assessing and enrolling for services
6. Dental needs
7. Disaster preparedness
8. Affordable housing
9. Dependence on others
10. Accidents in the home (falls)

This survey was based on the Area Plan Community Needs Assessment of 1,342 surveys.

The County of San Mateo Health System New Beginning Coalition further lists 4 top priorities for older adults, adults with disabilities and their caregivers for 2016-2020:

1. Promoting community- based services that support independence, socialization and safety;
2. Support options for increased mobility
3. Promote/support affordable and accessible housing in San Mateo County
4. San Mateo will be an Age-Friendly community wee older adults will be able to age in place.

Similar to the planned CAFE age-friendly focus groups, the New Beginning Coalition is a broad-based group of older adults, persons with disabilities, caregivers and service providers. The CAFE focus groups will be city-specific, chosen by local, city-specific, task force members and as inclusive and representative of each city as possible. The CAFE focus groups will concentrate on capturing direct responses of participants of each city regarding personal experience with unmet needs in the evidence-based eight domains of an age-friendly city. These focus group reports will be provided to each city task force and to the San Mateo Core leadership group. These CAFE focus group reports will be uploaded to the World Health Organization age-friendly cities application website per city. CAFE followed this successful process model with the cities of Santa Clara County.

Healthy Cities San Mateo County (2018)

<http://www.gethealthysmc.org/healthy-cities-smc>

Each of the healthy city summary reports (Redwood City, Daly City and Pacifica) clearly articulates the environment as a complex independent variable impacting health. This Gerontological “social/environmental determinants of health” paradigm mirrors the Ecological Model of Aging, the theoretical framework upon which CAFE stands.

“...Get Healthy San Mateo County (GHSMC) is a community collaborative of community-based organizations, County agencies, cities, schools, hospitals, and leaders working together to advance healthy, equitable communities in San Mateo County. GHSMC uses policy change to prevent diseases and ensure everyone has equitable opportunities to live a long and healthy life. The collaborative is facilitated by the San Mateo County Health System.

GHSMC supports the advancement of the [10 essential public health services](#) as defined by the Centers for Disease Control and Prevention. Learn more at www.GetHealthySMC.org...

Major Unmet Needs: Affordable Housing and Transportation in San Mateo County and Three Pilot Cities

We know from the 15 cities and county research in Santa Clara County that the two most pressing unmet needs of older persons are affordable housing and transportation. These are complex domains.

Transportation needs to be available, affordable, reliable and frequent. It needs to go to places that older persons need to go like grocery stores and clinics. Vehicles need to be age-friendly and there needs to be specialized transport for persons who are frail or with disabilities. Older persons need priority seating and drivers need training about working with older passengers. Vehicles must be safe and well-maintained. Transfer points and stations should be well-marked and easy to navigate. Community transport like shuttles are essential for curb to stop assistance.

In recent times, CAFE has implemented teaching and training projects to instruct older drivers how to use smart phones to access LYFT and UBER for independent and personal transportation. Taxi and LYFT/UBER vouchers are becoming available in many communities; the challenge is to make these programs age-friendly rather than limited and bureaucratic. City planning for parking remains a pressing issue for age-friendly communities.

Housing stock and affordable housing are significant issues in the Bay Area. Older adults need affordable housing that matches to a fixed, retirement income and located near a variety of community services. Housing needs to be designed with older residents in mind and maintained in locations of environmental stress. Ideal housing allows for adaptations over time and economic modifications. Older persons should have the option to age in community or age in place where ever possible and age friendly and livable communities and can make this possible, particularly as it involves the vitality and vibrancy of a neighborhood.

San Mateo County has recently launched 21 Elements—A collaborative Approach to Housing: <http://www.21elements.com>. This initiative brings together cities in San Mateo County to learn from each other, collaborate around best practices and support each other to develop high quality and efficient housing elements.

In addition to 21 Elements, San Mateo has created the Home for All 2018-2019 Work Plan: <http://homeforallsmc.org>. The mission is to establish a climate in San Mateo County where a diversity of housing is produced and preserved so that San Mateo County will be culturally, generationally and economically diverse community with housing for all. The goals are to close the housing gap and produce 16,500 new units of varying levels of affordability between 2014-2022.

Healthy Daly City

Daly City has an age 65 plus population of 16% as compared to 15% in San Mateo County over all. Limited English-speaking households are about 16%. About 84% of Daly City residents are Asian, Black, Latino, Pacific Islander or American Indian or Alaska Native.

The A-F housing domain in Daly City is problematic. Median monthly rent is \$1769; 59% of households report being rent burdened and 57% of households are occupied by the homeowner. Regarding mobility, 82% report that employees don't live where they work. This last statistic has dramatic implications for regional traffic congestion and the A-F domain of transportation.

Rent burden (30% or more of income on rent or other household costs) is particularly impactful on older adults living on a fixed income. It also has a disproportionate impact on older persons who may be unable to make needed housing updates and repairs, or move to more accommodating homes.

Currently there are about 5% of Daly City residents living below the Federal Poverty Level (FPL) and 35% of Daly City adult respondents report having a high school degree or less.

One statistic from Health Cities San Mateo: Daly City stands out. The number of bicycle and pedestrian collisions per 100,000 people is 262 in Daly City compared to 53 for San Mateo County. This is a shocking statistic, especially when we observe that most pedestrian accidents involve older persons. Clearly, there is an opportunity here to implement a simple and basic pedestrian safety measure like red flags carried by pedestrians at cross walks. This project was implemented in Los Gatos to good outcomes. Containers of red flags are attached to lampposts or traffic signals at cross walks. Pedestrians hold and wave the flag as they cross at the signal or if there is no signal; when they cross at a stop sign. They then deposit the flag in the container on the other side of the street.

Another Healthy Cities San Mateo intervention area to be considered is that of Youth Need. There is an area of significant youth need: (a combination of factors that impact youth success where higher scores out of 100, indicate a higher need) in the *entire* city of Daly City. Here the score is 31-85, and this offers an opportunity for some kind of intergenerational programming linking older persons and youth. The Youth Need score is the highest in Daly City and an age-friendly cities mission may start a pilot project to link youth and older adults in Daly City.

Multigenerational programming with a focus on the future success of youth is emphasized when viewed along with the current Percentage of Adults with a Bachelor's Degree or Higher (35%) and economic indicators, which are

disproportionately, lower in Daly City for Median Household Income (\$79K) and Per Capita Income (\$30K).

The following statistics come from the excellent San Mateo County Health Department: smcalltogether.org portal. These statistics not only mark a status report, but they suggest areas of potential interventions/projects in age-friendly cities. Of all the measures observed, the following are the ones where Daly City is markedly below the average and thus, improvements are possible:

About 65.4% of adults have a routine health check up, compared to a US value of 71.2%. The prior value was 65.8; so little progress has been made in this category of Health: Access to Health Services.

It will be of value to compare this data to the Daly City focus groups and determine any overlap and dig down into the reasons why. Some communities have invested resources into a fleet of mobile health promotion vans and senior center/community sites (library, parks, festivals, farmer's markets etc.) health screenings. One idea is to overlap this data with map as proxy of: Households with Rent Burden and Youth in Need diagrams provided by Healthy Cities, San Mateo County. That way the city and county can target a service.

One creative idea would be to host health screenings at Caltrain, BART and other public transportation stations periodically. While a hospital train is probably not feasible in the Daly City region, health screening services provided at transit stations (and other sites per above) could reach new markets. At the very least, it provides another illustration that taking mobile health and medical services to persons in need can be key. See below:

In rural Russia there are medical services provide by a train. It is called the Saint Lukas train. <https://www.newsweek.com/2017/05/19/russia-trains-medical-care-607346.html>

In Rural Siberia the Hospital Comes to You: by Damien Sharkov

“...The Saint Lukas has increased the number of stops it makes each year from the 55 it made on its first journey a decade ago to 75 today. For 10 months every year, the train stops at about eight stations over two weeks, before returning to the regional capital to refuel and restock. Then it starts all over again the next month. Most stations wait about a year between visits.

Doctors see up to 150 patients every day. The train's equipment allows for basic but comprehensive checkups. Doctors and nurses administer blood tests and can provide sonography, brain wave scans (EEGs), heart rhythm tests (ECGs) and X-rays. The duration of each stop depends on the degree of health care available on the ground; some larger towns have several thousand inhabitants and a hospital, while others have a population of only a few hundred and just one overburdened local doctor. (The Saint Lukas is the only one

of the five medical trains to include a carriage that houses a chapel, where believers can pray between medical tests or baptize their children if their town has no place of worship.)

Elderly patients in particular look forward to the arrival of the trains. “There were hardly any kids lining up,” Ducke says. “There were some parents with young babies, but I would say most of the people coming for checkups were pensioners or over 50 years of age...”

Excellent data resources provided by Brian Oh: Brian Oh <boh@smcgov.org>

Data portal and healthy cities data

- <http://www.gethealthysmc.org/data><http://www.gethealthysmc.org/healthy-cities-smc>

RWC2020 - <http://www.rwc2020.org/how-were-working-together/>

County's housing initiative led by County Manager's Office

- <http://homeforallsmc.org/>

Redwood City transportation plan update - <http://rwcmoves.com/>

Area Agency on Aging Area Plan

- https://www.smchealth.org/sites/main/files/ap_complete_09-04-12_0.pdf (this is the full report but attached is a 2-page white paper)

San Mateo County All Together Better -

<http://www.smcalltogetherbetter.org/indicators/index/dashboard?module=indicators&controller=index&action=dashboard&id=106315937340283630&card=0&localeId=138669>