

Age-Friendly San Mateo Cities and County



Center for Age-Friendly Excellence (CAFÉ)

CAFÉ provides technical assistance, consultation, applied research access and community organizing synergy to assist communities to become intentional about the global Age-Friendly initiative and develop plans, infrastructure and programs to successfully implement age-friendly projects in their community.

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The WHO founded the Age-Friendly Network in 2005 and today there are over 1000 cities worldwide. AARP coordinates the Age-Friendly Network in the United States as an affiliate of the WHO's initiative.

Redwood City, Pacifica and Daly City launched age friendly initiatives last year. Foster City, San Mateo and Colma are next!

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10,000 US adults turn 65 daily and this will continue until 2029-2030

By 2050, at least 22% of the world's humans will be older persons and most will live within cities

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Eight Domains of Livability:

- Outdoor spaces and buildings
- Transportation
- Housing
- Social participation
- Respect and social inclusion
- Civic participation and employment
- Communication and information
- Community support/health service



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Age Friendly Process Model in San Mateo County

- ✓ County-wide core team
- ✓ Organize age-friendly taskforces in each city
- ✓ Community involvement and assessment
 - Focus groups
 - Existing quantitative data surveys
 - Develop project ideas to meet needs
- ✓ Mayor signs application to AARP Network of Age Friendly States and Communities, an affiliate of the WHO Global Network of AF Cities and Communities.
- ✓ Application sent to AARP

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A simple five year commitment:

- ✓ Planning (Years 1-2)
- ✓ Implementation (Years 3-5)
- ✓ Progress Evaluation (End of Year 5)
- ✓ Continual Improvement

Network membership

Cities participating in global network commit to a cycle of continually assessing/improving their age-friendliness

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An Age-friendly city generates:

- ✓ Economic Benefits
- ✓ Social Capital
- ✓ Infrastructure Innovations
- ✓ Healthy Communities

The Leadership, vision and courage from San Mateo County is exceptional. Excellent partners!

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Examples of Age Friendly Projects from other Cities

- ✓ Workshops on Strategies for Seeking Affordable Housing
- ✓ Connect-a-Ride: Affordable, reliable taxi rides for adults
- ✓ Age Friendly Business Training and Recognition
- ✓ Pedestrian Safety Community Education Campaign
- ✓ Intergenerational Community Dinners/Zoom Conference
- ✓ Nature Lovers Group to address “Nature-Deficit-Disorder”
- ✓ Senior Social Club – monthly evening event at the Fair Oaks Community Center with refreshments, music, dancing, socializing.
- ✓ Community Garden Harvest Party

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An Age-friendly city is an inclusive and accessible urban/rural environment that promotes active aging and supports aging-in-community.

CAFE's (cfafe.org) mission is to advance transformational change to create vibrant, sustainable, supportive and inclusive communities for all generations

Join us in creating community!