



# Age Friendly San Diego

City of San Diego





# Agenda

- Welcome & Introductions
- Parks & Recreation Vision
- Age Friendly San Diego
- Domains of Livability: What we Learned
- AgeWell Services Update
- Next Steps





Guiding Principles: "To provide opportunities for everyone, all park planning efforts should promote a parks system that is relevant, accessible, iconic, sustainable, and equitable."



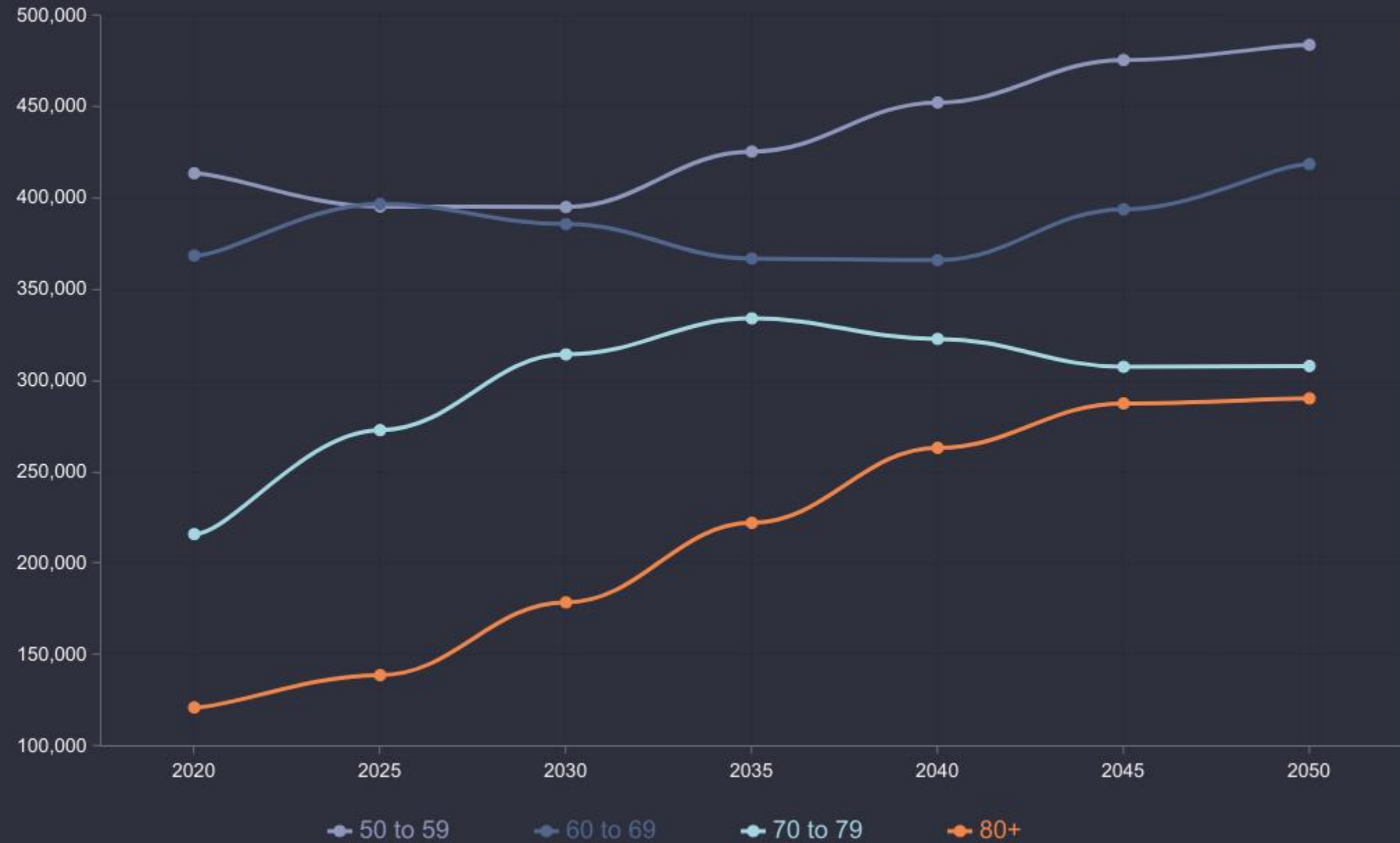
Community gathering points offering programming for all



Older Adults are the fastest growing segment of our population

# 2020-2050: 34% increase in population of older adults

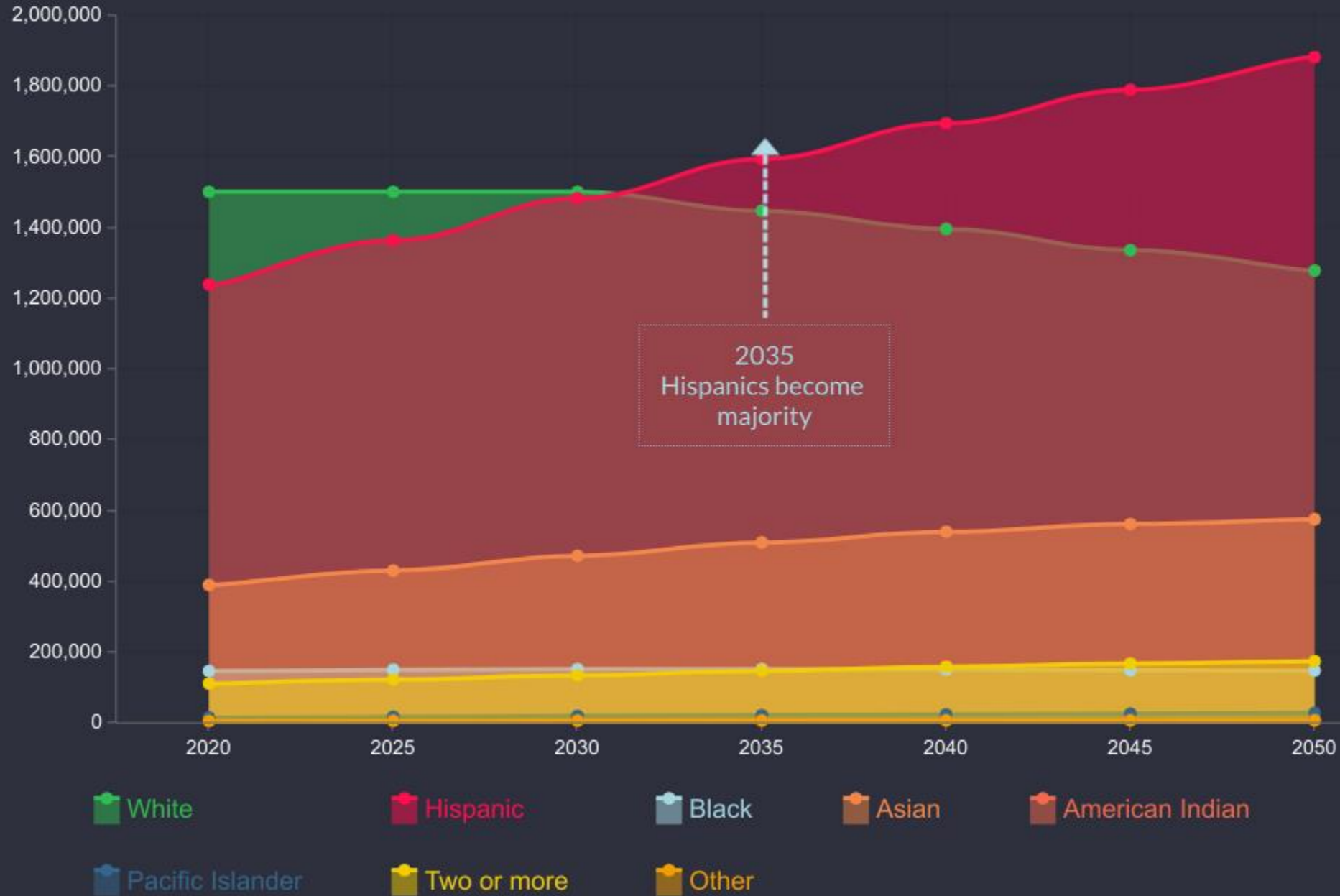
Source: SANDAG San Diego County Forecast





# By 2035, Hispanic older adult population becomes majority

Source: SANDAG San Diego County Forecast



# California: Age Friendly Communities



50 Communities



Over 14.7 million residents

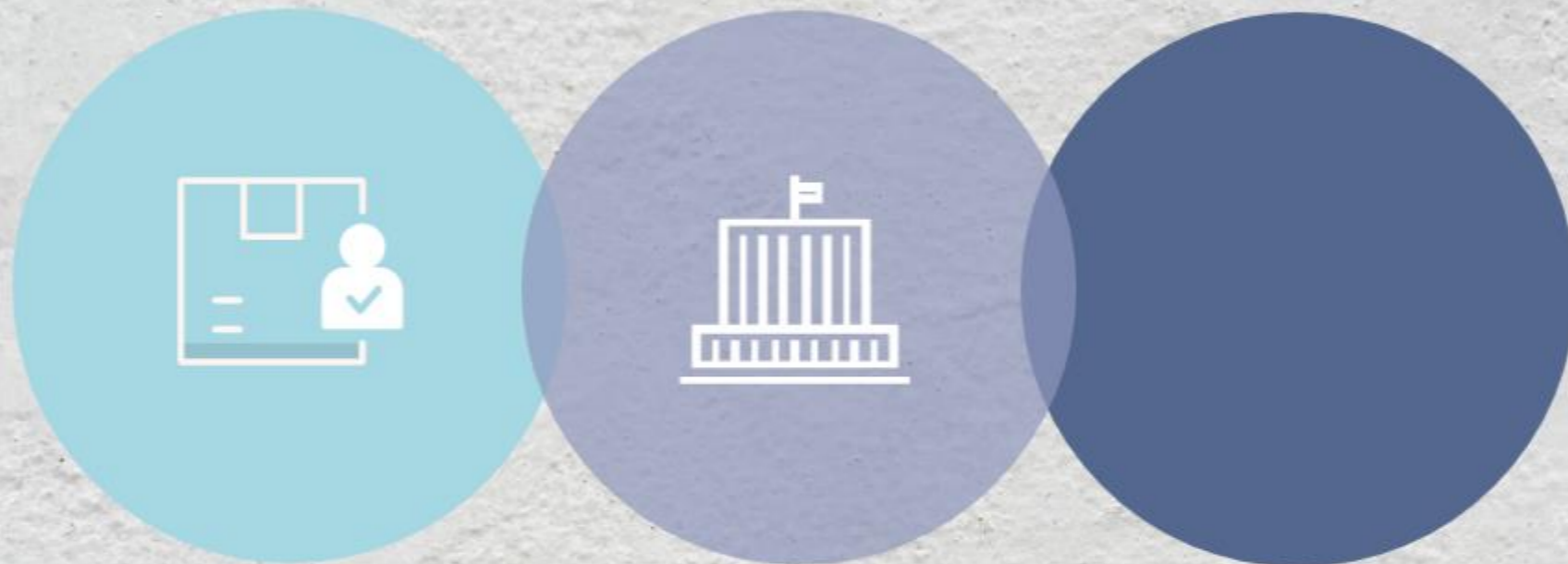


# What do Age Friendly Communities Do?





# How is city of San Diego involved?



Membership

Joined in 2018

City of San Diego  
Parks and Recreation  
AgeWell Services

Leads the  
initiative

Community effort

Many partners  
working together



# What has Age Friendly San Diego done to understand older adults in the City of San Diego?



# How did we learn about older San Diegans?



Community Survey  
596 respondents

AFC Survey  
2129 respondents

Listening Sessions  
223 participants (8 sessions)

COVID-19: Community Survey  
419 respondents

Action Planning Sessions  
147 participants (9 sessions)



# San Diego: Areas of Focus

Outdoor &  
Public Space



Housing



Transportation



Social  
Participation



Respect &  
Social  
Inclusion



Health &  
Community



# Outdoor & Public Spaces



Sidewalks



Pedestrian crossings



Well maintained and safe parks, and resting areas



Safety during the day



Uneven pavement, wider sidewalks



Lack of parking



Safety after dark



Not enough comfortable sitting areas







## VISION

San Diego is a city with beautiful, iconic outdoor active spaces with quality buildings accessible for all.

Parks and Recreation will contribute to this by creating age-friendly facilities and maintaining safe, well cared for grounds.



# Housing



Excellent place to live



Want to remain in their community



Prefer to stay in own home



Not enough affordable options



Lack of affordable home improvement services



Not enough accessible homes for people of different physical abilities



Perception of community quality differs by race







## VISION

San Diego is a city that supports one's ability to age where they choose by assuring access to safe, affordable, and appropriately designed housing in neighborhoods with access to services.

Parks and Recreation will contribute to this by connecting people to information on housing options and to affordable home safety resources.



# Transportation



Easy to read traffic signs



Public transportation close to home



Access to reliable and affordable transportation



Drive themselves



Not enough options designed for older adults



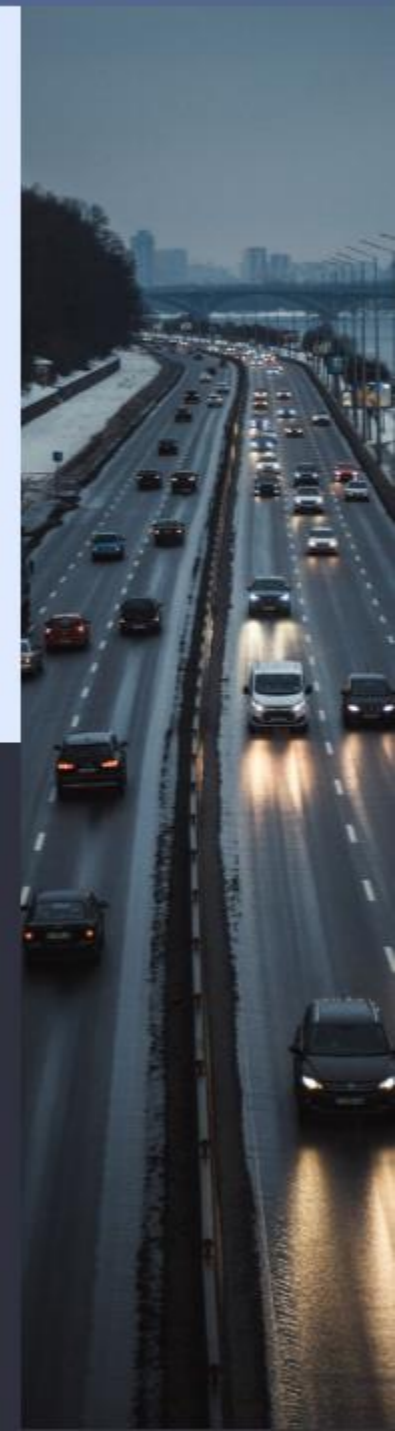
Don't trust ride-share services



Not feeling safe on public transport, boost frequency of routes



Need safe bike routes



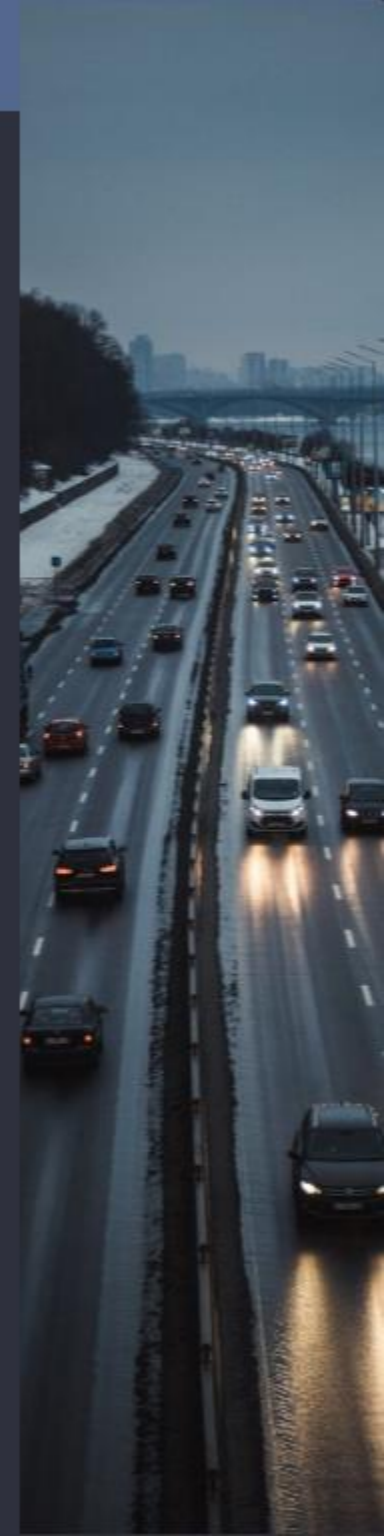




## VISION

San Diego is a city where all people have accessible transportation that is reliable, affordable, and safe to travel to where they want and need to go.

Parks and Recreation will contribute to this by connecting people to resources and striving for all facilities to be reachable.



# Social Participation



Variety of social activities



Interact with someone at least several times a week



Opportunities to participate in continuing education and self improvement classes



Perceived lack of opportunities to share life experience



Don't believe communities offer intergenerational activities



Few Parks and Recreation facilities offer intergenerational activities



Access to technology- internet, devices, trainings







## VISION

A community where older adults have opportunities to meaningfully interact with people of all ages.

Parks and Recreation will contribute to this by expanding access to information and referrals, boost recreational activities, and help bridge the digital divide.



# Respect & Inclusion



Feel respected and included



Most don't feel discriminated based on age, race, or sex



Majority are treated politely



One third still experiences age discrimination



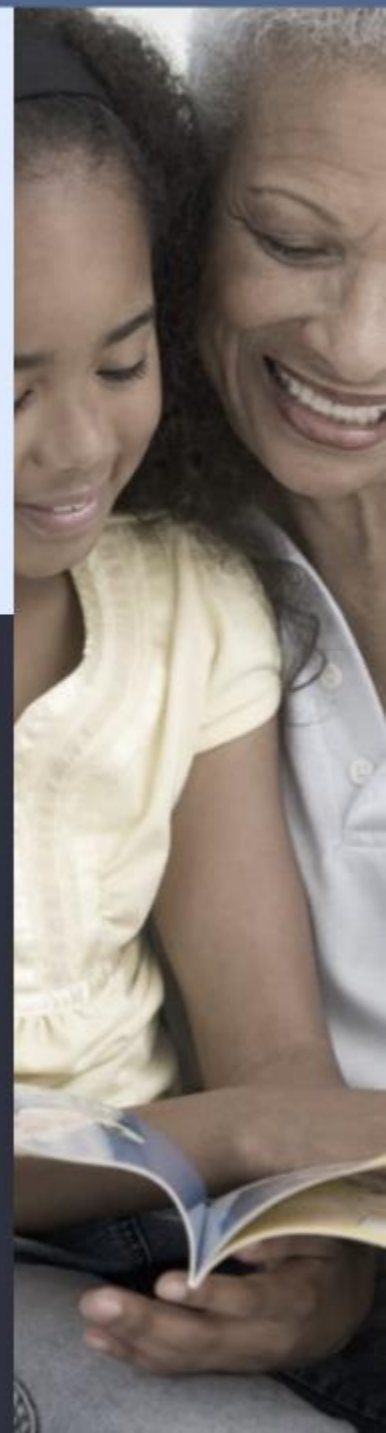
More than half only sometimes feel valued



Non-white respondents report higher rates of discrimination based on sex, age, and race



Females report higher discrimination based on sex







## VISION

San Diego is a place where people are treated fairly and kindly regardless of sex, age, gender, race and/or ethnicity, or physical ability.

Parks and Recreation will contribute to this through equitable programming, creating opportunities for sharing and celebrating life experiences, and expanding intergenerational activities.





Availability of wellness events in the community



Most do not worry about running out of food



Majority believe their communities have meal programs



Not enough service professionals that are knowledgeable in memory and cognitive impairments



Lack of knowledge about fall prevention awareness



One third still sometimes worries about running out of food



End of life education and discussions







## VISION

All San Diego residents live long and healthy lives with vitality. San Diego is a city where all residents know about personal practices to live their best life. Its residents know how to access services and supports that increase health and well-being.

Parks and Recreation will contribute to this by strengthening its onsite information and referral resources. It will also create a supportive community and increase special events and activities that are associated with health and wellness.



# COVID-19: Community Survey



Community Survey



421 Respondents



Virtual  
Programming



In-person  
Participation

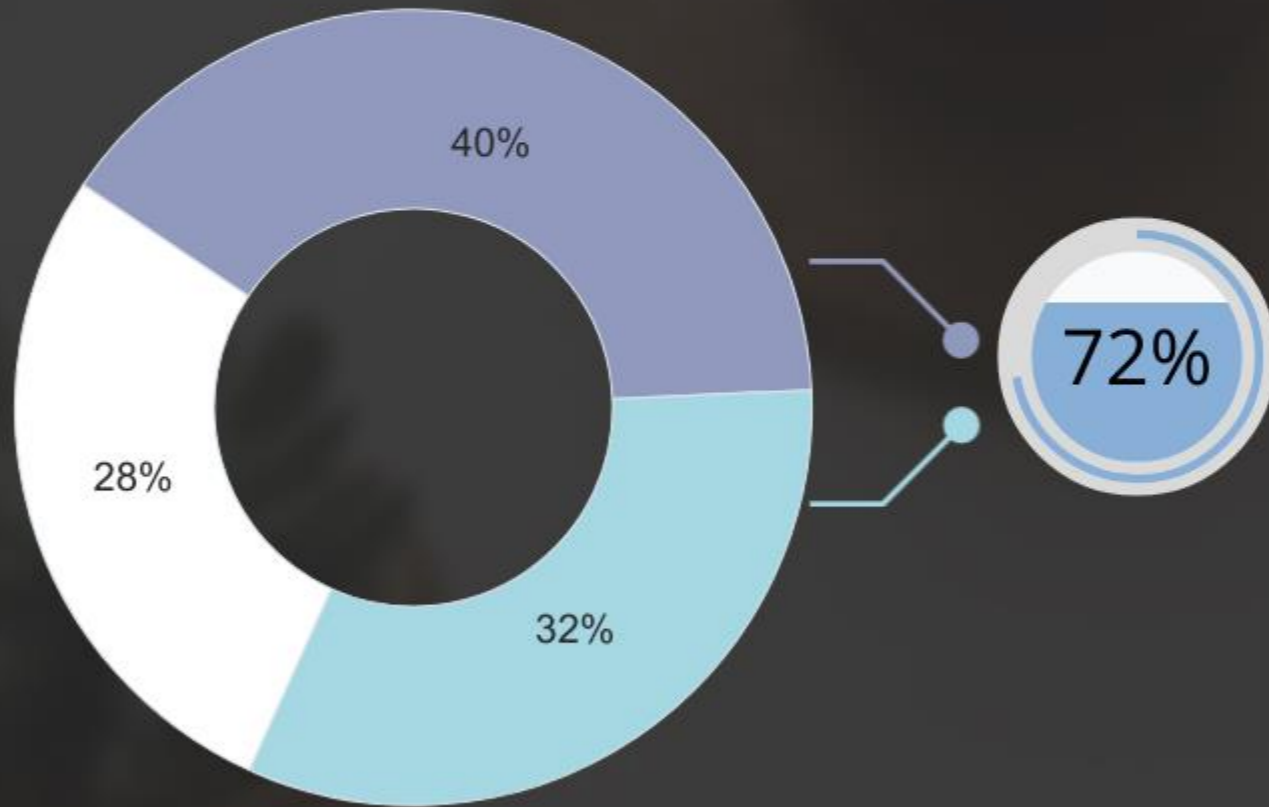


Food Security





## Most are interested in virtual programming



■ Yes 167 ■ Maybe 136 ■ No 116

2 in 3

Do not participate in virtual programming

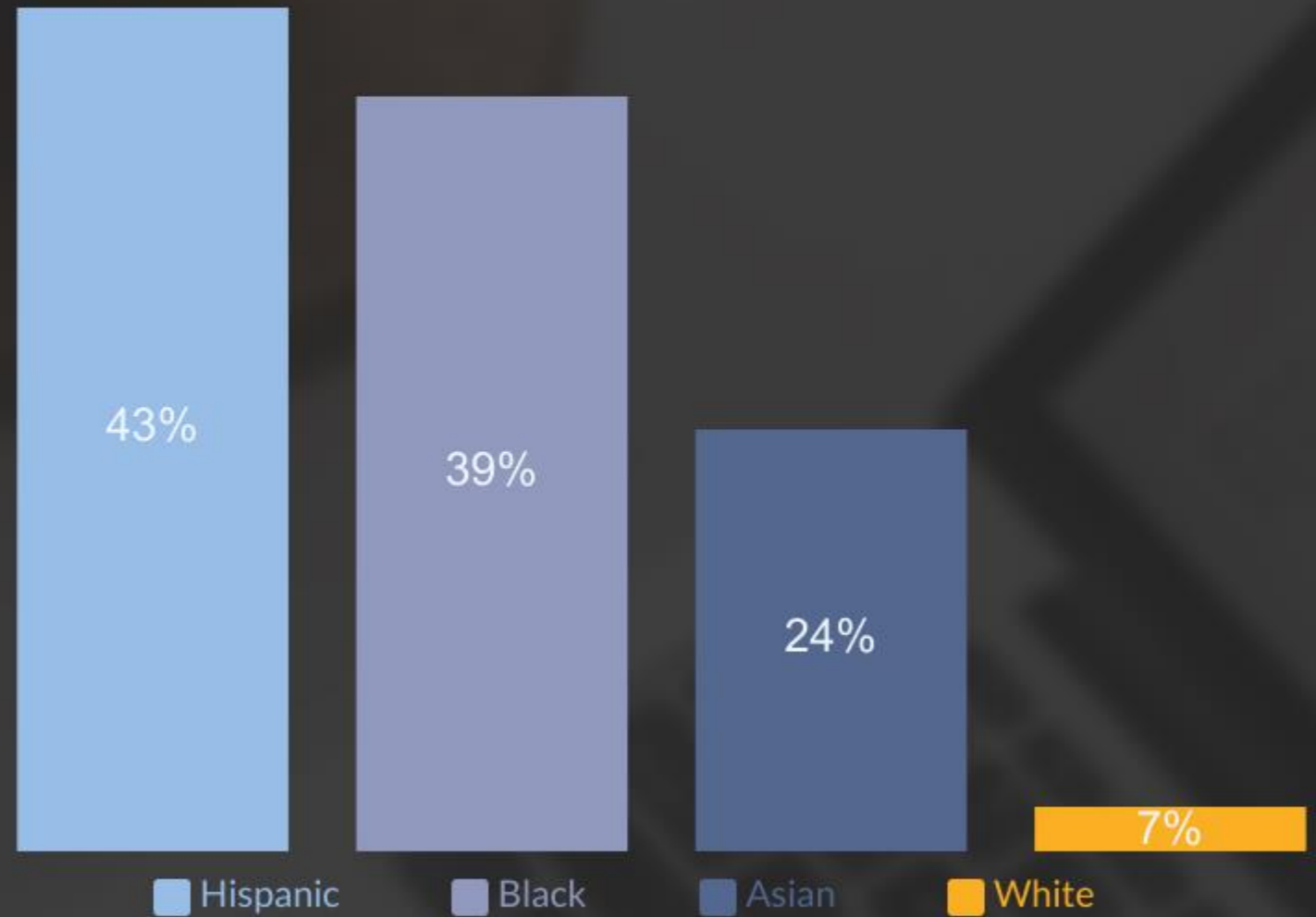


# Food Insecurity



1 in 5 is food insecure

## Hispanic older adults report the highest level of food insecurity





# AgeWell Services Response: Technology



## Virtual Programming

Creating opportunities to access social, educational, & exercise programs



## Access to Devices

Partnership with Oasis to provide devices & internet to low-income older adults



## Technology Trainings

Bridge the digital divide in older adults



# AgeWell Services Response: Community Connections



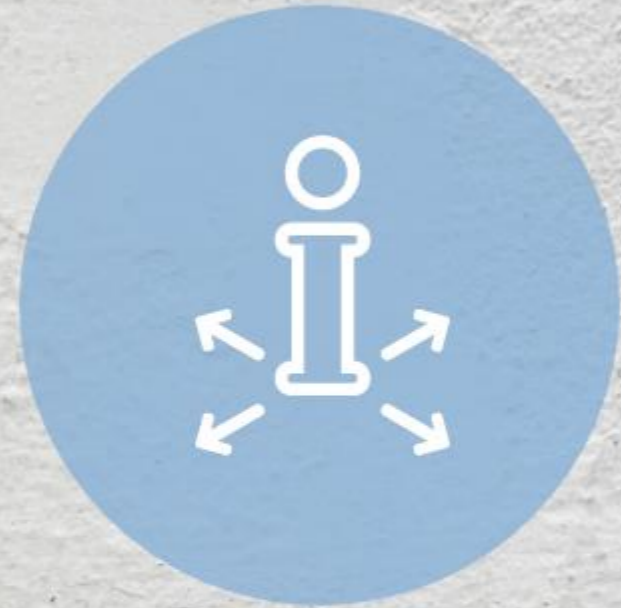
## Social Call Program

Friendly calls made by both staff and volunteers to isolated older adults



## Food Resources

Home Delivered  
Food Pantry Boxes



## Service Referrals

Train staff and volunteers to make referrals



# Our Next Steps



Engage



Action Plan



Alignment



Support  
Implementation

Questions? Contact Kristi Fenick, District Manager  
KFenick@sandiego.gov or call 619-533-6333

# THANK YOU

