Council on Aging

Agenda Item 10A
10/26/2021
Senior Adult Master Plan Update

• 2009: City Council adopted 10-year Senior Adult Master Plan (SAMP)
  • Tool for innovative planning and leadership
• 2020: City Council approved COA to conduct follow-up survey
• 2021: New survey received 467 usable responses
COA SAMP Subcommittee

- Survey responses reviewed by a subcommittee of the COA
- Data and proposals:
  - Older Adult Housing
  - Caregiving Services
  - Fall Prevention
  - Transportation
  - Emergency Preparedness
  - Communications
Since 2009:

• Over 10,000 people turn 65 and retire every day.
• Older adults are the fastest growing demographic.
• In Thousand Oaks:
  • January 2021 - the California Master Plan for Aging (MPA) was created to address aging over the next 10 years.
• Ventura County is currently working on their own MPA.
SURVEY STANDOUTS

• Older adults are much more aware of services.
• Top agencies relied upon for information and services:
  • Thousand Oaks Library
  • Conejo Recreation and Park District
  • Goebel Adult Community Center
  • Senior Concerns
• Over 95% of respondents use technology regularly
• Over 82% own their own home
• 91% indicated they have adequate access to healthcare services
37% of homeowner respondents indicated they would consider adding an ADU.
Older Adult Housing

- Explore opportunities for encouraging ground floor residences for older adults and disabled
- Encourage developers to redevelop aging and unoccupied structures for older adult housing
Caregiving

• The majority of respondents rank “well-trained and qualified” over any other qualities for choosing a caregiver
• 51% of respondents who responded as caregivers were also family members
• 25% of caregiver respondents would like training and respite care
Caregiving Services

• Consider additional grants or funding to support caregivers and those receiving care
• Support programs to provide caregiver:
  ✓ Training
  ✓ Easy access to finding care and services
  ✓ Safe respite care options
Fall Prevention

- Respondents indicated that only 10.7% have ever taken a fall prevention class.
- Out of those that have fallen, only 14% had taken a class
- Only 15% of respondents were aware of or have had safety checks for their home
Fall Prevention

• Liaison with Ventura County Elderly Fall Prevention Coalition
• Publicize Fall Prevention Classes in Thousand Oaks
• Track Hospital emergency room visits due to falls to determine additional needs for seniors
• Market Low-cost government subsidized home inspections and home modifications offered by non-profits
Emergency Preparedness

- 76% of respondents indicated they would evacuate no matter what.
- 44% do not have an emergency go kit ready to take with them.
Emergency Preparedness

• Publicize availability of Emergency Kits for older adults especially homebound seniors.
• Continue education on emergency preparedness and power shut offs
• Add checklist to the City comprehensive emergency webpage which encompasses medication with emergency plans.
Transportation

• Responses indicate:
  • 91% drive themselves
  • 73% have adequate transportation
  • 92% are not limited to attending events by a lack of transportation
  • Only 3% use public transportation.
• Conduct another survey to better reach to low-income and underserved groups
Communications

• Effective communication is a key component of enabling older adults to thrive in our community

• Use City communications tools and other avenues to promote existing older adult services such as caregiving, transportation, fall prevention, and Emergency information
Summary

- Explore opportunities for older adult housing within the City
- Increase awareness of caregiver support services
- Support fall prevention resources
- Emergency plan and kits
- Plan a future survey with a focus on underserved older adult populations
- Enhance communications to reach older adults with resource information