



# 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



# Background

- 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

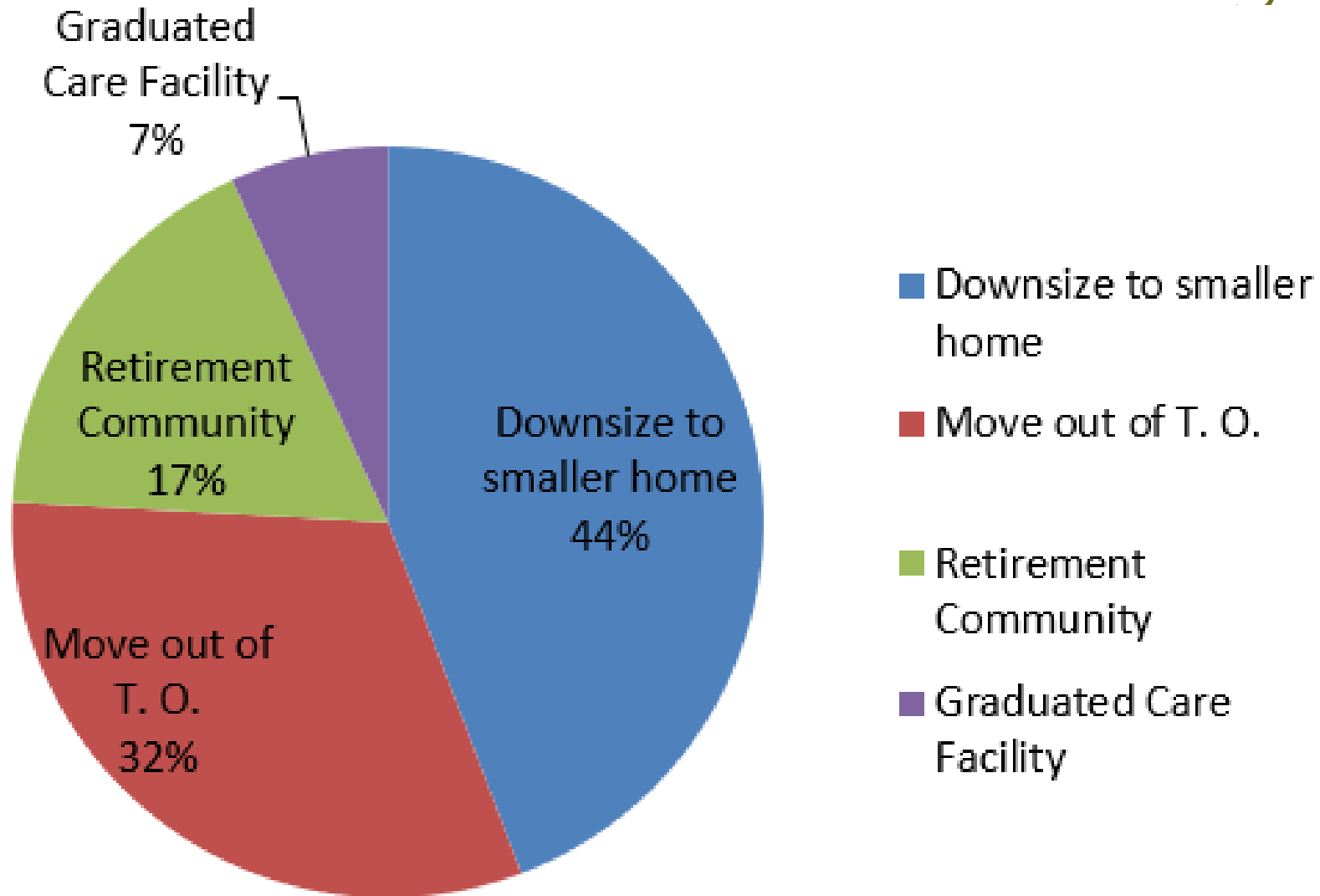


# SURVEY STANDOUTS

- 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



# Older Adult Housing



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

