VILLAGES AND RESILIENT, AGE-FRIENDLY CITIES

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OBJECTIVES

• Demographics
• Village Model
• Villages Unlock Resilience
• Villages and Age Friendly Cities
• Resources
DEMOGRAPHICS

- By 2030 one in five over 60, and one if ten over 80
- By 2035 more older adults than kids
- 85+ fastest growing segment
- Increased racial and ethnic diversity
- Women living alone in 2018:
  - 26% 65-74
  - 39% 75-84
  - 55% 85 and older

What are villages?

- Age in community
- Grassroots, member-driven
- Connect older adults to educational & social programming, services, referrals
VILLAGE MOVEMENT CALIFORNIA

- 51 villages, 7000 + people & growing!
- Growth
- Impact
- Sustainability
- Infrastructure for social care

COMMUNITY RESILIENCE AS A FORCE IN HEALTHY AGING, AND VICE VERSA
Alameda County Population by Age

- Under 18: 39%
- 18-34: 16%
- 35-54: 20%
- 55 and Over: 25%

Now
- Under 18: 28%
- 18-34: 21%
- 35-54: 27%
- 55 and Over: 24%

2030
- Under 18: 32%
- 18-34: 18%
- 35-54: 24%
- 55 and Over: 26%

2060
- Under 18: 39%
- 18-34: 16%
- 35-54: 20%
- 55 and Over: 25%
If you want to go fast, go alone. If you want to go far, go together.
Civic Engagement: Residents as active participants in building and strengthening their communities.

Healthy Aging is More Than the Absence of Disease

Trained 35 Community Facilitators
25 Focus Groups
9 Domain Consensus Groups
Community Days
Groups offered in: English, Farsi, Punjabi, Chinese and Spanish
Target Populations: Caregivers, LGBT+, Lived experience with mental health, men, varied living arrangements (Assisted living, mobile home park, etc.)
Participants mirrored City demographics
Key Themes from Residents

- Include Older Adults as Part of the Solution
- Promote Positive Perceptions of Aging
- Value Inclusivity
- Strengthen Neighborhoods
- Support Economic Security
- Incorporate Technology

Age-Friendly Partner: GNVillage
PARTNERS: CITY OF BERKELEY & ASHBY VILLAGE

RESOURCES

- The Forgotten Middle, Health Affairs April 2019
  https://tinyurl.com/y47ny3b
- Community Resilience as a Force in Healthy Aging, and Vice Versa
- Jason Axelrod, American City and County (Oct 18, 2018)
  https://www.americancityandcounty.com/2018/10/08/the-route-to-resilience/
- World Health Organization (WHO). Global Network for Age-friendly Cities and Communities
- Age Friendly Berkeley www.agefriendlyberkeley.org
- Berkeley Continuum www.berkeleycontinuum.org
THANK YOU & QUESTIONS

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