



VILLAGES AND RESILIENT, AGE-FRIENDLY CITIES

OCTOBER 18, 2019

STEVE LUSTIG, ASHBY VILLAGE AND BERKELEY CONTINUUM
CHARLOTTE DICKSON, VILLAGE MOVEMENT CALIFORNIA
JOHN HALL, ARIZONA STATE UNIVERSITY
AISHA JASPER, CITY OF FREMONT



OBJECTIVES

- DEMOGRAPHICS
- VILLAGE MODEL
- VILLAGES UNLOCK RESILIENCE
- VILLAGES AND AGE FRIENDLY CITIES
- RESOURCES

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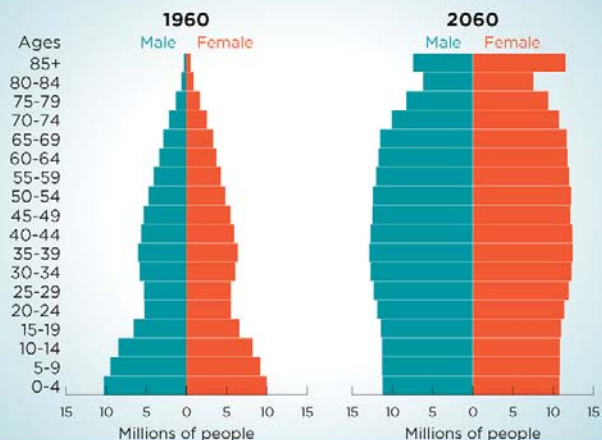
DEMOGRAPHICS

- **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**

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From Pyramid to Pillar: A Century of Change

Population of the United States



United States
Census
Bureau

U.S. Department of Commerce
Economics and Statistics Administration
U.S. CENSUS BUREAU
census.gov

Source: National Population
Projections, 2017
www.census.gov/programs-surveys
/popproj.html

WHAT ARE VILLAGES?

- **AGE IN COMMUNITY**
- **GRASSROOTS, MEMBER-DRIVEN**
- **CONNECT OLDER ADULTS TO EDUCATIONAL & SOCIAL PROGRAMMING, SERVICES, REFERRALS**

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VILLAGE MOVEMENT CALIFORNIA

- 51 VILLAGES, 7000 + PEOPLE & GROWING!
- GROWTH
- IMPACT
- SUSTAINABILITY
- INFRASTRUCTURE FOR SOCIAL CARE

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COMMUNITY RESILIENCE AS A FORCE IN HEALTHY AGING, AND VICE VERSA



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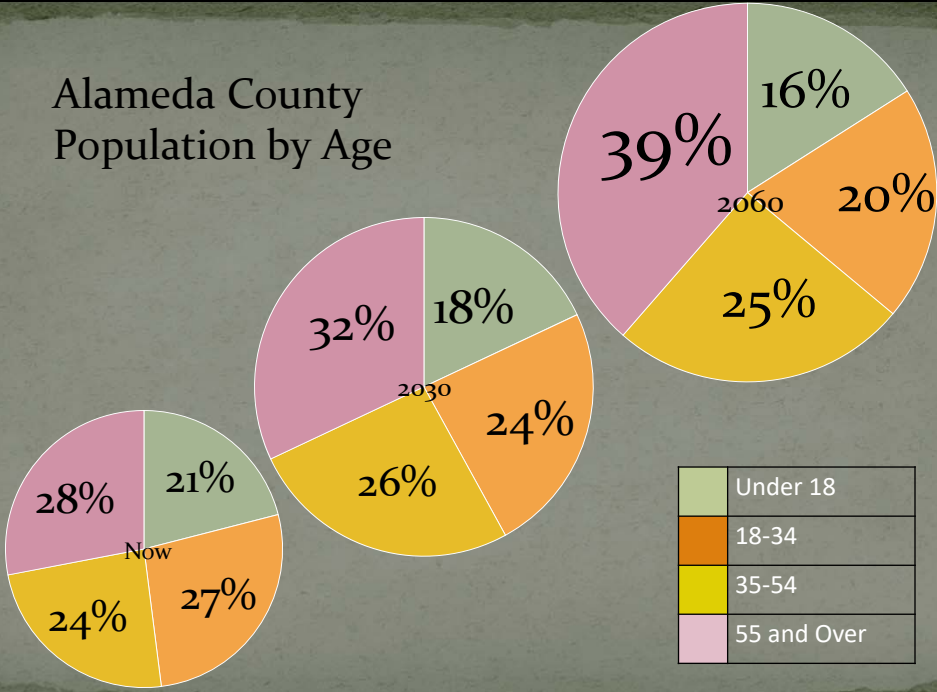




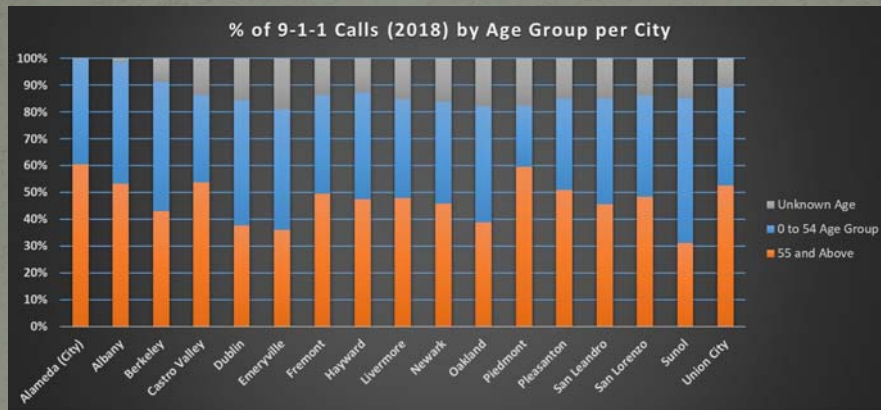
Aisha Jasper

Senior Center Manager
 City of Fremont
 Human Services
 Department

**Alameda County
 Population by Age**



Changing Demographics - Impact



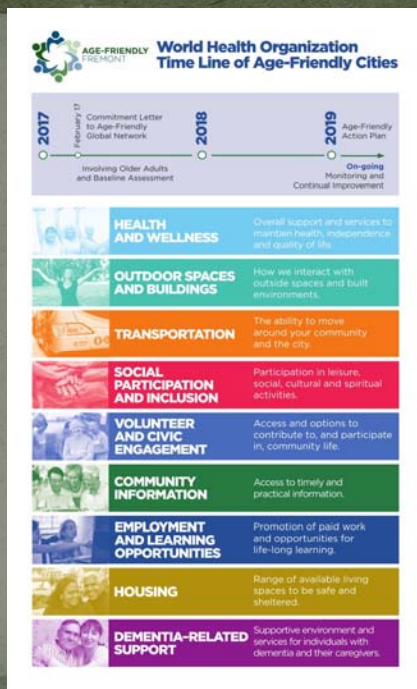
Partnerships

**“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

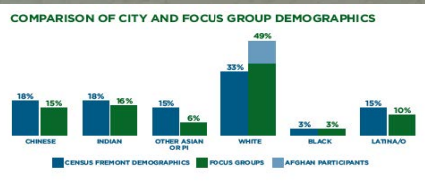
9 Domain Consensus Groups

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

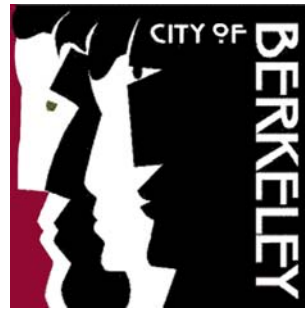
Age-Friendly Partner: GNVillage



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PARTNERS: CITY OF BERKELEY & ASHBY VILLAGE



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RESOURCES

- THE FORGOTTEN MIDDLE, HEALTH AFFAIRS APRIL 2019
[HTTPS://WWW.HEALTHAFFAIRS.ORG/DOI/FULL/10.1377/HLTHAFF.2018.05233](https://www.healthaffairs.org/doi/full/10.1377/hlthaff.2018.05233)
- HEALTH CARE'S BLIND SIDE, ROBERT WOOD JOHNSON FOUNDATION, 2011
[HTTPS://TINYURL.COM/Y47NY3B](https://tinyurl.com/y47ny3b)
- COMMUNITY RESILIENCE AS A FORCE IN HEALTHY AGING, AND VICE VERSA
- ROCKEFELLER FOUNDATION, 100 RESILIENT CITIES NETWORK (JULY 2019). RESILIENT CITIES. RESILIENT LIVES: A NEW REPORT WITH LESSONS FROM THE 100 RESILIENT CITIES NETWORK [HTTP://WWW.100RESILIENTCITIES.ORG/WP-CONTENT/UPLOADS/2019/07/100RC-REPORT-CAPSTONE-PDF.PDF](http://www.100resilientcities.org/wp-content/uploads/2019/07/100RC-REPORT-CAPSTONE-PDF.PDF)
- JASON AXELROD, AMERICAN CITY AND COUNTY (OCT 18, 2018)
[HTTPS://WWW.AMERICANCITYANDCOUNTY.COM/2018/10/08/THE-ROUTE-TO-RESILIENCE/](https://www.americancityandcounty.com/2018/10/08/the-route-to-resilience/)
- WORLD HEALTH ORGANIZATION (WHO). GLOBAL NETWORK FOR AGE-FRIENDLY CITIES AND COMMUNITIES
[HTTPS://WWW.WHO.INT/AGEING/PROJECTS/AGE_FRIENDLY_CITIES_NETWORK/EN/](https://www.who.int/ageing/projects/age-friendly-cities-network/en/)
- AGE FRIENDLY BERKELEY [WWW.AGEFRIENDLYBERKELEY.ORG](http://www.agefriendlyberkeley.org)
- BERKELEY CONTINUUM [WWW.BERKELEYCONTINUUM.ORG](http://www.berkeleycontinuum.org)

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THANK YOU & QUESTIONS

**STEVE LUSTIG, ASHBY VILLAGE AND BERKELEY
CONTINUUM**

JOHN HALL, ARIZONA STATE UNIVERSITY

AISHA JASPER, CITY OF FREMONT

charlotte@villagemovementcalifornia.org

510-900-6380