

# CITY OF LOS ANGELES

CALIFORNIA



ERIC GARCETTI  
MAYOR

DEPARTMENT OF AGING  
AN AREA AGENCY ON AGING

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April 26, 2018

Honorable Eric Garcetti  
Mayor, City of Los Angeles  
200 N. Spring Street, Room 303  
Los Angeles, CA 90012

Honorable City Councilmembers  
200 N. Spring Street  
Los Angeles, CA 90012

Dear Honorable Mayor and City Councilmembers:

## **STATUS REPORT ON THE PURPOSEFUL AGING LOS ANGELES (PALA) AGE-FRIENDLY INITIATIVE**

This is to provide you a status report on the Purposeful Aging Los Angeles Initiative (PALA). The last report was provided on September 15, 2017. The report includes updates on public outreach efforts, age-friendly assessment activities and the formulation of an Age-Friendly Action Plan.

PALA is a regional initiative that unites the City of Los Angeles and Los Angeles County (County) and a variety of public and private stakeholders to prepare the Los Angeles region for rapidly aging population. In May 2016, the City of Los Angeles Department of Aging was authorized to apply, on behalf of the City for membership in the AARP Network of Age-Friendly Communities and World Health Organization Global Network of Age-Friendly Cities and Communities (Network of Age-Friendly Communities). Membership in the Network of Age-Friendly Communities requires a commitment to undertake a five-year process to improve the region's age-friendliness.

During the first two years (May 2016 - May 2018), the City, County and our partners, engaged diverse internal and external stakeholders to develop a three-year (2018-2021) "Age-Friendly Action Plan" for the Los Angeles Region, that is targeted for submission to Mayor Eric Garcetti, the Los Angeles City Council and Los Angeles County Board of Supervisors. This engagement includes community surveys, stakeholder listening sessions, the 2nd Annual Older Adult Summit and other efforts described below.

### **PALA Survey**

The City and County collaboration with USC, UCLA, and Cal State Los Angeles and other partners assisted in developing a Survey to inform the development of the Age-Friendly Action Plan. Our last report detailed overview of the process and strategies undertaken to design the Survey and disseminate it first to County and City employees and then to the broader public. We completed the survey distribution process on October 1, 2017, with more than 13,500 individuals completing the survey. Social Research Scientist from the three universities are now engaged in analyzing and preparing a report of finding that will serve as the foundation for the Age-Friendly Action Plan submitted to be submitted to the Mayor, City Council and Board of Supervisors.

### **Stakeholder Listening Sessions**

The City and County, in collaboration with AARP, have hosted listening sessions throughout the region to assess the needs and priorities of older adults and residents ages 18 and older. Listening sessions have been conducted in Mar Vista, Long Beach, Hollywood, Santa Clarita, East Los Angeles, Lancaster, Downtown Los Angeles (at the YWCA targeting youth), Torrance and South Los Angeles. We anticipate completing several additional listening sessions in various locations across the County.

### **Livability Domain Working Groups**

Through our membership in the Network of Age-Friendly Communities, the County and City have committed to assessing our region's age-friendliness across nine domains of livability: Transportation, Emergency Preparedness and Resilience, Social Participation, Outdoor Spaces and Buildings, Community and Health Services, Communication and Information, Housing, Civic Participation and Employment, Respect and Social Inclusion and Emergency Preparedness and Resilience.

The City and County convened stakeholder working groups in each livability domain to develop proposed recommendations for potential inclusion in the Age-Friendly Action Plan. Participants were recruited from City and County Departments, the PALA Action Planning Work Group (comprised of individuals designated by the City Council and Board of Supervisors to provide input on PALA) and at various professional meetings and public events. Approximately 1,000 individuals were contacted to solicit their involvement and nearly 100 individuals participated in these Working Group Sessions.

### **Presentations on PALA**

- Milken Institute 2017 California Summit
- California Commission on Aging meeting (2/2018)
- LA: Shaping an Age Friendly City (panel) hosted by the Chai Village (2/2018)
- Los Angeles Technology and Aging Conference: Aging into the Future (3/2018)

### **Academic Partnerships**

Purposeful Aging LA has sparked great interest amongst our academic partners and their students.

- Keynote presentation on PALA at UCLA Scientific Retreat co-sponsored by the UCLA/Charles Drew University Resource Center on Minority Aging Research (RCMAR) & Center for Health Improvement for Minority Elderly (CHIME), and UCLA Clinical and Translational Science Institute (CTSI) (10/2017)
- Age Friendly Los Angeles : Wicked Problem Practicum co-sponsored by USC Provost Office bringing together the USC Leonard Davis School of Gerontology, USC Keck School of Medicine, USC Price School of Public Policy, USC Dornsife Spacial Sciences Institute. During this semester long class, students were challenged to create applications to help people age well in the communities in which they live.
- In support of PALA, Dr. Kate Wilber led a group of graduate students during the fall semester at the USC Leonard Davis School of Gerontology to evaluate emergency preparedness policies and programs nationally, culminating in recommendations presented to the Los Angeles Department of Aging regarding actionable priority areas. Students also prepared and had published :
  - Haley B Gallo, Bijan Karimi, Maya Abdulridha, Jessica L Howard, Hanna Kiani, Japheth R Maico, Mackensie V Peace, Breana S Sicley, Jonathan Yoo & Kathleen Wilber (2018) **Social workers can help older adults prepare for and respond to natural and man-made emergencies**, Journal of Gerontological Social Work, DOI: [10.1080/01634372.2018.1432737](https://doi.org/10.1080/01634372.2018.1432737)
- USC Leonard Davis School of Gerontology hosted as part of a graduate course in aging a technology a contest titled, Purposeful Aging L.A. Gerotechnology Competition. Graduate and undergraduate level students taking part in USC's Secure Old Age Lab were asked to submit technological solutions to the issue of social isolation for the residents of Los Angeles County. The Los Angeles Department of Aging was invited to serve as a judge for the completion. The winning solution was a mobile app for cross-generational collaborative learning developed by Ms. Jennifer Lee.

### **Second Annual Older Adult Summit**

The County and City convene 900+ older adults (ages 55 and older) and their caregivers at the 2nd Annual Older Adult Summit (OAS). The OAS took place on April 5, 2018 at the Pasadena Convention Center. This year's theme is: "Enhancing the Lives of Older Adults through Empowerment, Engagement, and Active Living." Our goal was to reach older adults who may not currently be accessing services available to them through the County and City. Eight (8) workshops were provided on various subjects of interest to older adults, such as Older Adult Scams, Coping with Stress, Emergency Preparedness, and Aging in Place. In addition, our exhibitor's hall hosted exhibitors who provide an array of services and programs for older adults.

### **Aging Mastery Program**

In collaboration with the National Council on Aging (NCOA) and the UCLA Los Angeles Academic Partnership for Research in Aging, the City and County launched the Aging Mastery Program to empower older adults to develop proactive behaviors that advance several PALA livability domains, including improved health, increased social participation and enhanced economic security. The Aging Mastery Program has been launched at the following County and City locations: Antelope Valley Service Center, San Pedro Service Center, Potrero Heights Community and Senior Center, Fred Mohr Center, and the Sherman Oaks Adult Center. The 10-week program covers topics that include: Navigating Longer Lives, Exercise and You, Financial Fitness, and Healthy Relationships. To date, 180 older adults enrolled in the program, 109 are participating. Participants are rating the program as excellent (65%) and fun (78%). They also report that it helped to deal more effectively with health (88%) and finances (77%). Most (78%) would recommend it to a friend. This program has changed the lives of older adults by empowering them to have positive and proactive behaviors that enable them to Age in Place.

Given participant acceptance and the City's long standing collaborative relationship with NCOA, we have begun discussion for expansion and sustainability.

### **Dementia Friends Los Angeles**

Just as we have designed PALA to enhance the age-friendliness of our communities, we are also working toward becoming a more dementia friendly region. Because of the City's relationship with the Alzheimer's Greater Los Angeles, we were able to join efforts along with the County to launch Dementia Friends Los Angeles. This is a regional campaign to spread awareness of Dementia within the public at large by becoming a "Dementia Friend." Becoming a Dementia Friend only requires completion of a brief online or in-person training that empowers participants to support those with Dementia in their communities and to reduce the stigma associated with this illness. The campaign was launched began April 2, 2018. As part of the campaign, we have released video messages from Mayor Garcetti and a joint video featuring the five Supervisors providing a call to action to become Dementia Friends. An invitation to create a video is being forwarded to Council members.

### **Bringing Our Loved Ones Home Initiative**

On February 28, 2017, the Board of Supervisors directed LA County Workforce Development, Aging and Community Services (WDACS) to launch the Bringing Our Loved Ones Home (BOLOH) Task Force, comprised of WDACS, the CEO, the Los Angeles County Sheriff's Department, the Department of Public Social Services, the Office of Public Guardian, the Commission on Disabilities, the Los Angeles County Commission on Local Government Services, the Los Angeles County Commission for Older Adults, the Countywide Criminal Justice Coordination Committee and Alzheimer's Greater Los Angeles and City of Los Angeles Department of Aging.

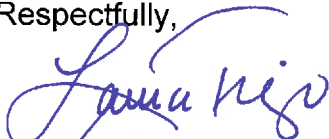
The BOLOH Task Force met over the course of nearly a year to develop recommendations to the Board to prevent and respond to the problem of wandering among at-risk individuals suffering from Alzheimer's, Dementia, Autism, and other memory-related impairments. BOLOH directly supports PALA, in particular through the following livability domains: Emergency Preparedness and Resilience; Community and Health Services; and Communication and Information. On February 20, 2018, the Board of Supervisors unanimously adopted a motion introduced by Supervisors Janice Hahn and Kathryn Barger approving the BOLOH Initiative, which includes 17 strategies in four areas: Enhanced Coordination; Technology Solutions; Prevention, Education and Training; and Social Engagement.

### Conclusion

Next steps include submitting the Age-Friendly Action Plan, the City and County will review the Draft Plan with the Action Planning Work Group, the PALA Steering Committee, and County and City Departments. We are also provided an opportunity for older adults who attended the Older Adult Summit to provide feedback regarding recommendations under consideration for inclusion in the Age-Friendly Action Plan.

Should you have any questions, please contact me directly at (213) 202-5645.

Respectfully,



LAURA TREJO, MSG MPA  
General Manager

LT:ss:z/Report to Mayor & CC PALA 042618

cc: Deputy Mayor Neighborhood Services  
City Planning  
Disability  
Economic and Workforce Development  
Emergency Management  
Engineering  
Fire  
Housing & Community Investment

Library  
Neighborhood Empowerment  
Recreation and Parks  
Street Services  
Transportation  
Water and Power  
Los Angeles Homeless Services Authority  
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