



LIVE WELL
SAN DIEGO

Advisory Council for Aging & Independence Services

HEALTHY AGING SUBCOMMITTEE

January 6, 2022 | 10:00 A.M.

Virtual Meeting

Call in: (669) 900-9128

Meeting ID: 953 5104 0565

Passcode: 069340

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Members of the public who wish to speak to an agenda item may call 858-495-5566 before the meeting and provide the last four digits of their phone number and the agenda item they wish to speak to.

AGENDA

*Attachment

1. **Call to Order:** Wanda Smith, Chair
 - a. Welcome & Guest/Member Introductions
 - b. Confirmation of quorum (quorum = 3)
2. **Continuance of Teleconferencing Meeting Option Pursuant to Government Code Section 54953(e)** (Action)
3. **Standard Business:**
 - a. Public Comment/Announcements: Members or non-members
 - b. Approval of December 2, 2021 Meeting Minutes (Action)*
4. **Discussion:**
 - a. Seniors Who Live Alone in San Diego County - *Draft**
 - b. 2017 San Diego County Demographic Spreadsheet*
5. **Next Meeting:** February 3, 2022 at 10:00 AM
6. **Adjournment**

This meeting is public, and the location is ADA accessible. If you are planning to attend and need special accommodations, please call (858) 495-5885 at least three days in advance of the meeting.

Supporting documentation and attachments for items listed on this agenda may be viewed at Aging & Independence Services, 5560 Overland Avenue, Suite 310, San Diego, CA 92123, or received by calling (858) 495-5885.

Advisory Council for Aging & Independence Services

HEALTHY AGING SUBCOMMITTEE

December 2, 2021 | 10:00 AM

Call in: (669) 900-9128

Meeting ID: 941 8291 9528

Passcode: 196936

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MINUTES

Members		Absent Members	Guests
Attendance:	Wanda Smith LaRue Fields Paul Ling Susan Mallett Lorelei Taylor		Bradlyn Mulvey
Staff			
Item	Outcome		
1. Call to Order	Wanda Smith, Chair, 10:04 AM a. Welcome & Guest/Member Introductions b. Confirmation of quorum: (3 required for quorum): 5 present		
2. Authorization of Teleconferencing Meeting Option Pursuant to Government Code 54953(e)	a. Approval of teleconference meeting (Action) (M/S: Fields/Ling) 5 ayes		
3. Standard Business	a. Public Comments/Announcements: Members or non-members: Wanda shared it was nice to see two films on walking included in the recent Age-Friendly Film Festival. b. Approval of November 4, 2021, Meeting Minutes (Action) (M/S Fields/Ling) passed 4 ayes, 1 abstain		
4. Discussion: Meeting Schedule for 2022 San Diego Seniors Living Alone Fact Sheet	a. Group agreed with the projected meeting schedule if we are meeting virtual. Discussed how committees might meet on the same day for travel considerations when we resume in person meetings. b. Discussion on the data sheet for people with dementia who live alone in California and within the County, provided by San Diego Alzheimer's Assoc. The number for those 55 yrs. + of 58,616 in the County was surprising and the committee agreed we will need more data to develop solutions, i.e., how many have caregivers or neighbors who check-in on them? Additionally, what about cooking vs. meal delivery and maintaining a medication schedule. Diversity in communities is also a factor where there are "invisible individuals" LGBT, Black for example who may not have caring neighbors to check on their welfare. LaRue mentioned the large amount of mental health funds coming into the County and wondered how much is for the 60+ population. She also suggested we seek information from PACE (Medicare and Medicaid all-inclusive care program) to learn how they identify seniors in the community who need services. Suggests Ellen Schmeding (St. Paul's Senior Services) as a resource and possible speaker on PACE. We will continue refining the San Diego Seniors Living Alone fact sheet and the group sees a connection across other AIS Advisory committees as well. Wanda will reach out to Connie German-Marquez, County Behavior Health, regarding the mental health funding for seniors as well as contacting Ellen Schmeding.		
5. Next Meeting	January 6, 2022 10:00 AM Virtual		
6. Adjournment	Meeting adjourned 11:06 AM		

Respectfully submitted by Susan Mallett

Seniors Who Live Alone In San Diego County - *Draft*

Seniors living alone in San Diego County are a vulnerable population. Those with mental health issues and dementia experience some of the greatest challenges to maintain their independence. Prevention, disaster preparedness and healthy living are key areas of interest of the healthy aging committee. In the event of a disaster or pandemic San Diego County Seniors living alone need to be identified before a crisis and strategic plan on how they can be helped during a crisis.

This draft begins to identify issues to be included in a prevention community wide effort targeted to San Diego Seniors living alone with diversity, equity, and inclusion.

Administration on Aging in 2016 statistics around 20% of men and 36% of women over the age of 65 live alone in the United States. The most common reasons for living alone may be divorce from or death of a spouse or partner or the individual has lived alone most of their life and it is their preference.

Living alone later in life may present possible risks for San Diego seniors. Evaluating the risks and developing a prevention plan to modify their life or lifestyle to minimize their risk will help to maximize their independence. Some risks factors are listed below:

1. Increased Risk of Medical Emergencies
2. More Likely to experience social isolation
3. Increased risk of depression and anxiety
4. Less access to nutrition foods
5. House chores prove more challenging

San Diego County has a rich landscape of programs and services for seniors. How do the current AIS programs fit within the 5 risk categories? Are there additional risks factors?

- What are Facts? How many San Diego Seniors are living Alone? Where are they located?
- Senior Living Alone Self- Safety Checklist- Is there one available?
- How many have caregivers or neighbors who check-in on them. Diversity is also a factor where there are invisible individuals LGBT, Black for example who may not have caring neighbors or the supportive services needed when living alone.
- Are there education and information materials, programs to help seniors living alone
 1. Vile of life- seniors living alone need this? Is it sufficient? Does it need more info on form?
 2. Next of Kin – Is there a registry for seniors living alone? Do senior mobile home parks and over 55 communities have next of kin information on seniors living alone?
 3. Aging life specialist? Help for seniors who live alone in assessing and determining a care plan for next steps before a crisis occurs.

Alzheimer's San Diego has provided some statistics-

San Diego County- Individuals with Dementia who live alone

- People 55+ living with Alzheimer's 58,616
- People 55+ with Alzheimer's disease by Race

- White/Caucasian American, non Latino/a/x 38,862
- Latino/a/x American 10,042
- Black/African American 1,928
- Asian American/Pacific Islander 6,973
- Native American ~ less than 221
- Multi race 590
- People 65+ with Alzheimer's in San Diego 55,280
- People 65+ with Alzheimer's in San Diego
 - White/Caucasian American, non Latino/a/x 36,967
 - Latino/a/x American 9,217
 - Black/African American 1,766
 - Asian American/Pacific Islander 6,591
 - Native American ~ less than 205
 - Multi race 534

Source: California Alzheimer's Disease and Related Dementias Data Report 2021 the statistics are from 2019.

Geography	Population Age 65+	Percent Married Couple	Percent Family Househ	Percent Non-Family House	Percent Group Quarters	Percent Male Living Alone	Percent Female Living Alone
Central Region	52,194	0.5	0.2	0.1	0	0.1	0.2
Central San Diego	19,384	0.4	0.1	0.1	0	0.2	0.2
Mid-City	14,751	0.5	0.2	0.1	0	0.1	0.2
Southeastern San Diego	18,059	0.5	0.3	0	0	0	0.1
East Region	68,295	0.5	0.1	0	0	0.1	0.2
Alpine	2,759	0.6	0.1	0	0	0.1	0.2
El Cajon	16,569	0.5	0.1	0	0.1	0.1	0.1
Harbison-Crest	3,200	0.6	0.1	0.1	0	0.1	0.1
Jamul	2,740	0.6	0.2	0	0	0	0.1
La Mesa	9,326	0.5	0.1	0	0.1	0.1	0.3
Laguna-Pine Valley	942	0.8	0.1	0	0	0.1	0.1
Lakeside	8,078	0.5	0.1	0.1	0	0.1	0.1
Lemon Grove	4,012	0.5	0.2	0	0	0.1	0.2
Mountain Empire	1,577	0.5	0.2	0.1	0	0.1	0.1
Santee	6,960	0.6	0.1	0	0	0.1	0.2
Spring Valley	12,132	0.6	0.2	0	0	0.1	0.1
North Central Region	84,158	0.6	0.1	0	0	0.1	0.2
Coastal	13,567	0.6	0.1	0	0	0.1	0.2
Del Mar-Mira Mesa	18,612	0.6	0.2	0	0	0	0.1
Elliott-Navajo	14,612	0.6	0.1	0	0	0.1	0.2
Kearny Mesa	21,686	0.5	0.1	0	0	0.1	0.2
Miramar	0	0	0	0	0	0	0
Peninsula	8,411	0.5	0.1	0.1	0	0.1	0.2
University	7,270	0.5	0.1	0	0	0.1	0.2
North Coastal Region	73,399	0.6	0.1	0	0	0.1	0.2
Carlsbad	21,469	0.6	0.1	0	0	0.1	0.2
Oceanside	22,790	0.5	0.1	0.1	0	0.1	0.2
Pendleton	77	0	1	0	0	0	0
San Dieguito	17,472	0.6	0.1	0	0	0.1	0.2
Vista	11,591	0.6	0.2	0	0	0.1	0.1
North Inland Region	86,304	0.6	0.1	0	0	0.1	0.2
Anza-Borrego Springs	944	0.6	0	0.1	0	0.2	0.1
Escondido	19,699	0.5	0.1	0	0	0.1	0.2
Fallbrook	9,732	0.7	0.1	0.1	0	0.1	0.1
North San Diego	16,476	0.6	0.1	0	0	0.1	0.2
Palomar-Julian	1,583	0.6	0	0	0	0.1	0.1
Pauma	832	0.6	0.1	0	0	0.1	0.1
Poway	13,700	0.6	0.1	0	0	0.1	0.1
Ramona	4,921	0.6	0.2	0.1	0	0	0.1
San Marcos	14,037	0.5	0.1	0	0	0.1	0.2
Valley Center	4,380	0.7	0.1	0	0	0.1	0.1
South Region	60,867	0.5	0.3	0	0	0	0.1
Chula Vista	16,211	0.5	0.2	0	0	0.1	0.2
Coronado	4,506	0.6	0	0	0	0.1	0.2
National City	7,337	0.4	0.3	0	0	0.1	0.2
South Bay	15,829	0.5	0.3	0	0	0	0.1
Sweetwater	16,984	0.5	0.3	0	0	0	0.1
San Diego County	425,217	0.5	0.2	0	0	0.1	0.2