



LIVE WELL
SAN DIEGO

Advisory Council for Aging & Independence Services
HEALTHY AGING SUBCOMMITTEE

June 11, 2021 | 9:00 A.M.

Virtual Meeting

Call in: (669) 900-9128

Meeting ID: 967 0652 1919

Passcode: 955580

[Click to join meeting](#)

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. **Standard Business:**
 - a. Public Comment/Announcements: Members or non-members
3. **Discussion:** AIS Council Goals: Long-Term and Short Term*
4. **Next Meeting:** July 1, 2021
5. **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

Goals 2019 – 2022

Updated October 2019

COUNCIL FOCUS: Use or gain expertise to identify, project, and anticipate needs and trends, and advise on legislative and AIS operational actions to address the needs of older adults and persons with disabilities.

CURRENT GOALS

Directions: Do not delete any rows or goals. **Goal** or **Timeline** columns: Update text if desired. **Progress Made** column: Briefly state progress to date. **Status for Next Year** column: Enter one of the options listed.

If Retiring Goal column: briefly document your logic for retiring the goal – We were required to report these goals to the County Board of Supervisors annually. **Unanticipated Accomplishments** section: Add any!

| # | Goal | Timeline | Live Well San Diego / Age Well San Diego Alignment | Progress Made (if no progress, state "none") | Status for Next Year (Completed, Continue, Change, or Retire) | If Retiring Goal, document reasons. |
|--|--|--------------|--|---|--|-------------------------------------|
| [INSERT] | | | | | | |
| H1 | Research and prepare a position paper ¹ for two priority areas of healthcare. | May 31, 2020 | Health Health & Community Support | Defined priority Areas: 1) Physical Wellbeing 2) Mental Health | Continue | |
| H2 | Participate on the Age Well San Diego Health & Community Support Committee. | Ongoing | Health Health & Community Support | Members made aware of expectation to become involved with AWSD & CSC | Continue | |
| H3 | Monitor and advise on AIS programs: | See below | Health Health & Community Support | All members continue to explore new opportunities and oversight | Continue | |
| H4 | Senior Fitness (Feeling Fit, Fall Prevention, etc.) | July 2019 | Health Health & Community Support | Members continue to explore and promote data-based findings with SDC | Continue | |
| TECHNOLOGY | | | | | | |
| T1 | Identify ways that advanced technology can assist older adults and recommend: 1) application of the technology to one or more AIS programs, and/or 2) a media campaign to educate older adults. | Dec. 2019 | TBD TBD | Members continue to do research on these exciting new communication/educational tools | Continue | |
| UNANTICIPATED GOALS & ACCOMPLISHMENTS | | | | | | |
| U1 | None at the moment | | | | | |
| U2 | | | | | | |
| U3 | | | | | | |

¹ Position papers should include legislative recommendations for County support and application to AIS programs, if advisable.

NEW GOALS

Directions: *Goal Category* column: Add a high-level category under which to place your goals. *Goal:* Briefly state your goal. *Timeline:* Add your target completion date. *Alignment:* Add the related [Live Well San Diego indicator](#) that this goal supports (Community, Health, Knowledge, Standard of Living, Social) and/or [Age Well San Diego](#) (Dementia Friendly, Health & Community Support, Housing, Social Participation, Transportation).

| # | Goal Category | Goal | Timeline | Live Well San Diego / Age Well San Diego Alignment |
|----|---|--|---|---|
| 1 | Create a SD County sponsored Hospital Summit specifically focusing on geriatric physical & mental health and wellbeing (preventative & otherwise) | To bring attention to the specific health needs of the growing aging population by facilitating the sharing of best practices and a cross-pollination of ideas by all of San Diego’s hospitals and healthcare providers. Further, to allow for the County’s senior population to have to direct input the above-mentioned process. | Hosted yearly. First Hospital Summit to take place by end of 2020 or early 2021 | Dementia Friendly, Health & Community Support, Social Participation |
| 2 | Institute a brief review of pertinent federal, state and local legislation and issues at each committee meeting | To keep abreast of those laws/issues affecting the physical and mental health of seniors, most importantly budgetary/funding issues and sources. | Ongoing | Knowledge |
| 3 | | | | |
| 4 | | | | |
| 5 | | | | |
| 6 | | | | |
| 7 | | | | |
| 8 | | | | |
| 9 | | | | |
| 10 | | | | |