




Advocacy, Action, Answers

Marin County Commission on Aging



Our Mission

- Promote dignity, independence, equity and quality of life for older adults in Marin County through advocacy, information, programs and services.
 - *Since 1977, we have been dedicated to educating and advocating for the needs of older adults in Marin County.*
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Who We Are



The Commission is a 23-member federally mandated advisory council to the Marin County Board of Supervisors. The members are appointed by either the Board of Supervisors or the 11 incorporated cities and towns in Marin. In addition, two commissioners serve as ex-officio members for a four-year term to the California Senior Legislature (CSL).

Aging Redefined

- Older adults are the fastest growing age group in Marin
- The County and Commission are actively planning for older adults in this community
- Everyone in Marin has a role to play
 - Aging is a process we all experience



Older Adult Facts

- ▶ People over 60 make up 29% of Marin's population (over 75,000) and are projected to be 38% by 2030.
- ▶ The fastest growing sector are older adults age 85+.

Source: County of Marin



Disparities

- ▶ 14.9 Year Difference Between Highest Census Tract (Sausalito: Waldo Point 92.0) and Lowest Census Tract (Marin City 77.1)
- ▶ 11.6 Year Difference Between Highest Race/Ethnicity Group (Asian 88.7) and Lowest Race/Ethnicity Group (African American/Black 77.1)

Ageism

- Ageism can change how we view ourselves, can erode solidarity between generations, and can impact our health, longevity and well-being while also having far-reaching economic consequences.
- Three strategies work in reducing or eliminating ageism:
 - Policy and Law
 - Educational Activities
 - Intergenerational Interventions

Isolation

27% of older adults live by themselves, 58% of LGBT+ adults live by themselves.

The physical health consequences of poor or insufficient connection include:

- 29% increased risk of heart disease
- 32% risk of stroke
- 50% increased risk of developing dementia for older adults

Lacking social connection increases risk of premature death by more than 60%

Congregate Dining

- Come enjoy a warm nutritious meal at your local dining site.
- To be eligible for this program, you must be 60+ years of age.
- There is a suggested contribution of \$3, although no eligible participant will be denied service due to inability to contribute.





Congregate Meals

In-person congregate meals are back! Come enjoy a warm, nutritious meal at your local meal site.

To be eligible for this program, you must be 60+ years of age.

There is a suggested contribution of \$3 although, no eligible participant will be denied service due to inability to contribute.

Sites:

San Geronimo Valley Community Center

Mon 12PM

Margaret Todd Senior Center

Novato - Tue/Th 12PM

Albert J. Boro Community Center

San Rafael - Wed 11:30AM

San Rafael Community Center

Wed 11AM

Except for 3rd Wed of every month

Corte Madera Community Center

Th 12PM

The Hilarita - EAH Housing


Tiburon - Fri 12PM

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Information and Assistance

(415) 473-INFO
(4636)

FIND THE RIGHT RESOURCES TO LIVE LONG AND LIVE WELL IN MARIN

- Area Agency on Aging (AAA)
 - Adult Protective Services
 - Information and Assistance
 - In-Home Supportive Services
 - Long-Term Care Ombudsman Program
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Thank you