



**Presentation for
Mid Coast
Community Council**

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**Why is the issue of aging
important?**



In America



There are more older adults

- 10,000 Americans turn 65 every day!
- Currently about 45 million Americans are aged 65+
- By 2030, there will be 73 million Americans aged 65+
- At that point, one in five Americans will be 65+

And people are living longer

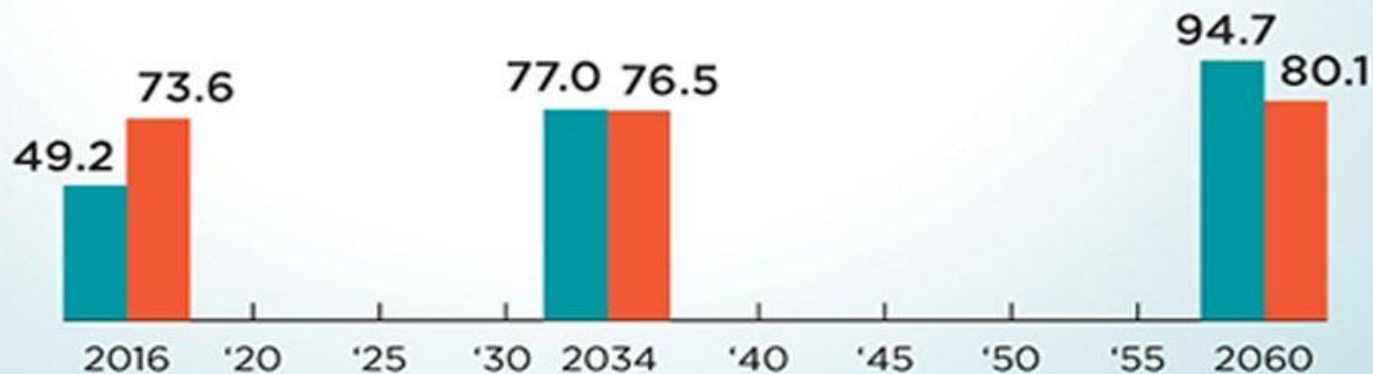
- Demographers predict that as many as half of the children born in the developed world since 2000 will reach the age of 100 and beyond!

For the First Time in U.S. History Older Adults Are Projected to Outnumber Children by 2034

Projected percentage of population



Projected number (millions)



Closer to home

In San Mateo County

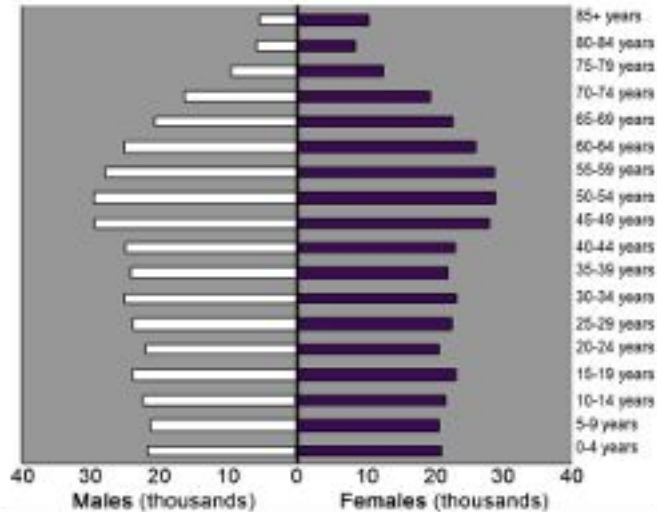
- ~17.5% of the total population are 65+
- ~25% are aged 60+
- ~32% of older adults are aged 75+
- Older adults are increasingly more racially and ethnically diverse

On the Coast

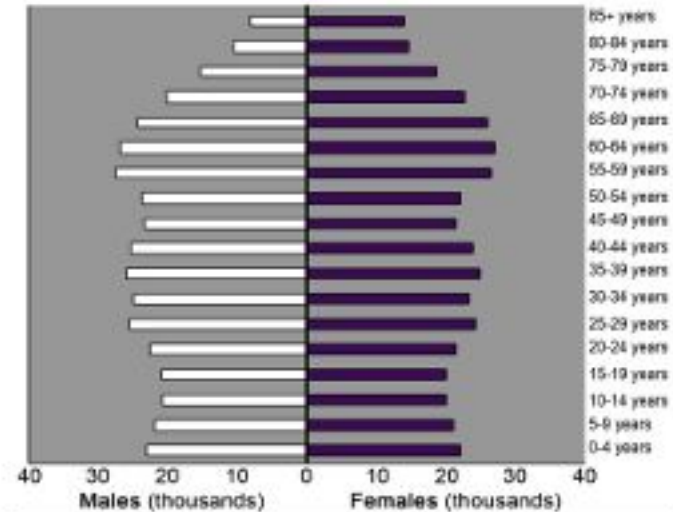
- ~ 22.3% of people in Half Moon Bay are aged 65+
- ~ 18.6% of people in El Granada CDP are aged 65+

San Mateo County Age Pyramids

San Mateo County: 2020



San Mateo County: 2030



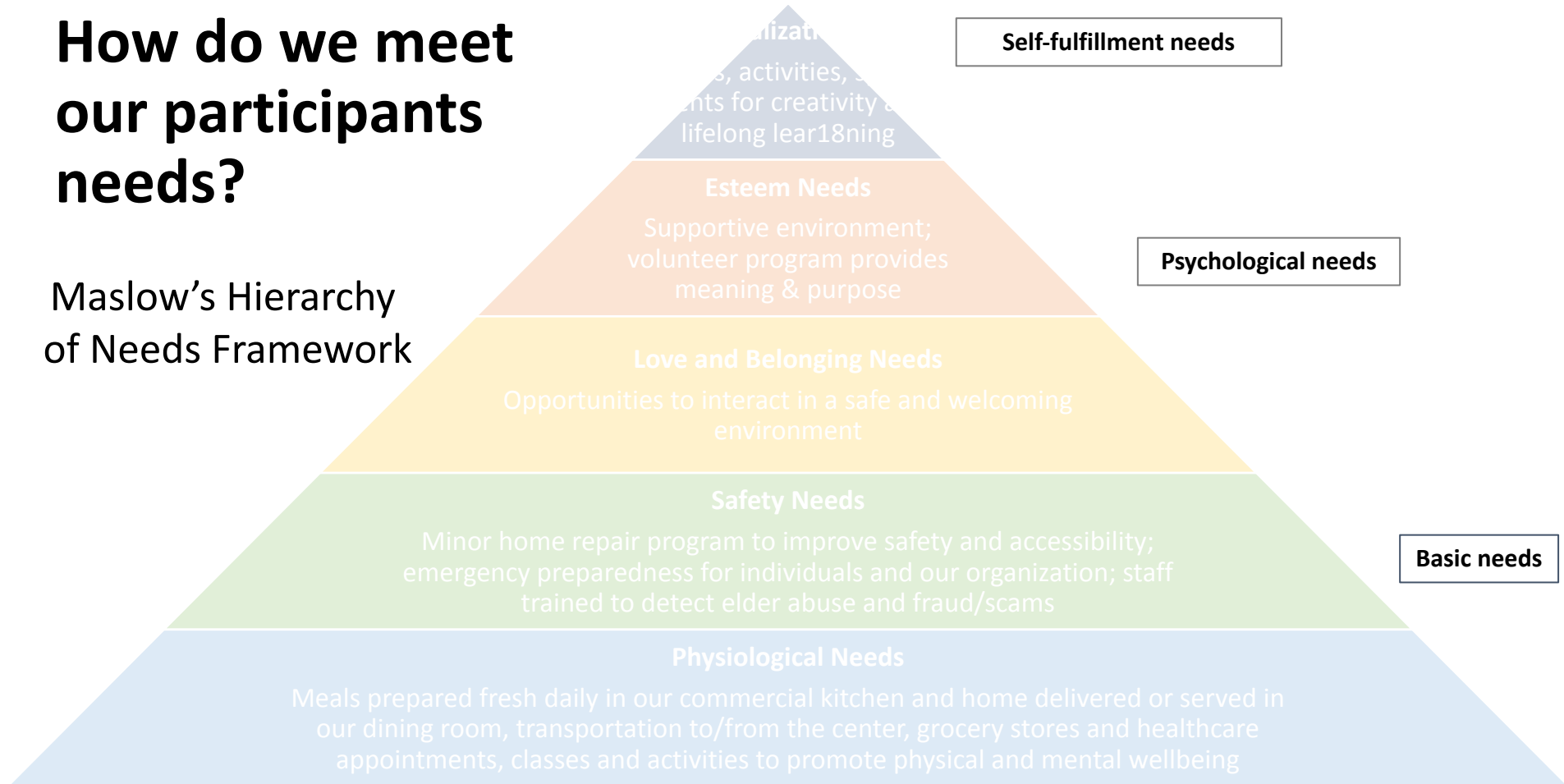
What does Senior Coastsiders do?





How do we meet our participants needs?

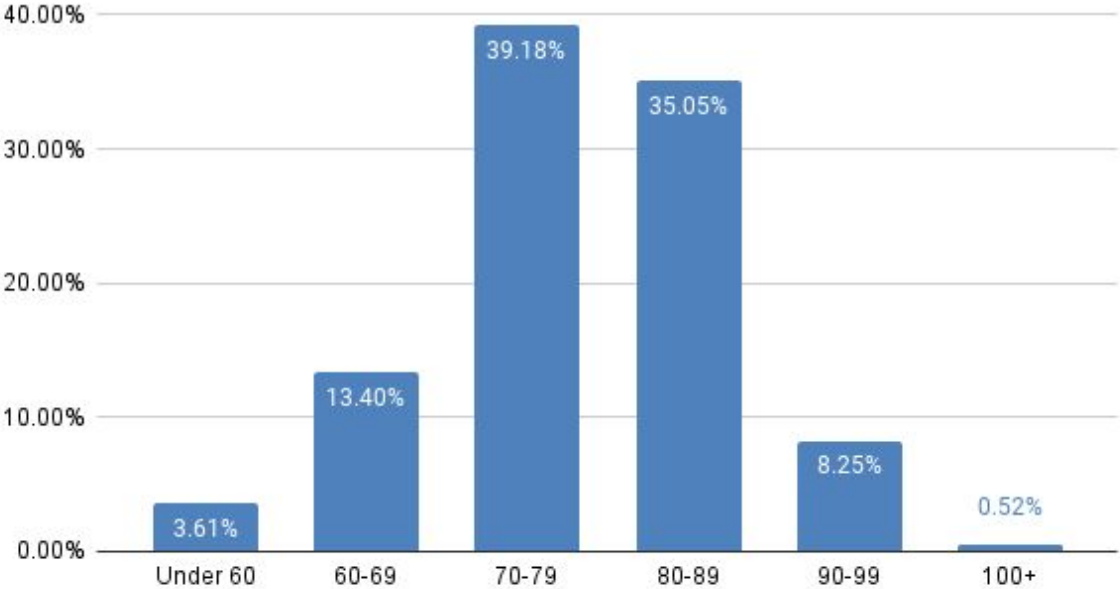
Maslow's Hierarchy of Needs Framework



Our participants are

- 88% white, 3% Latino, 3% Asian, 6% other
- 66% female
- Age range

Percentage by Age Group



Our participants are



Increasingly Diverse and Getting Older



Wanting a variety of services



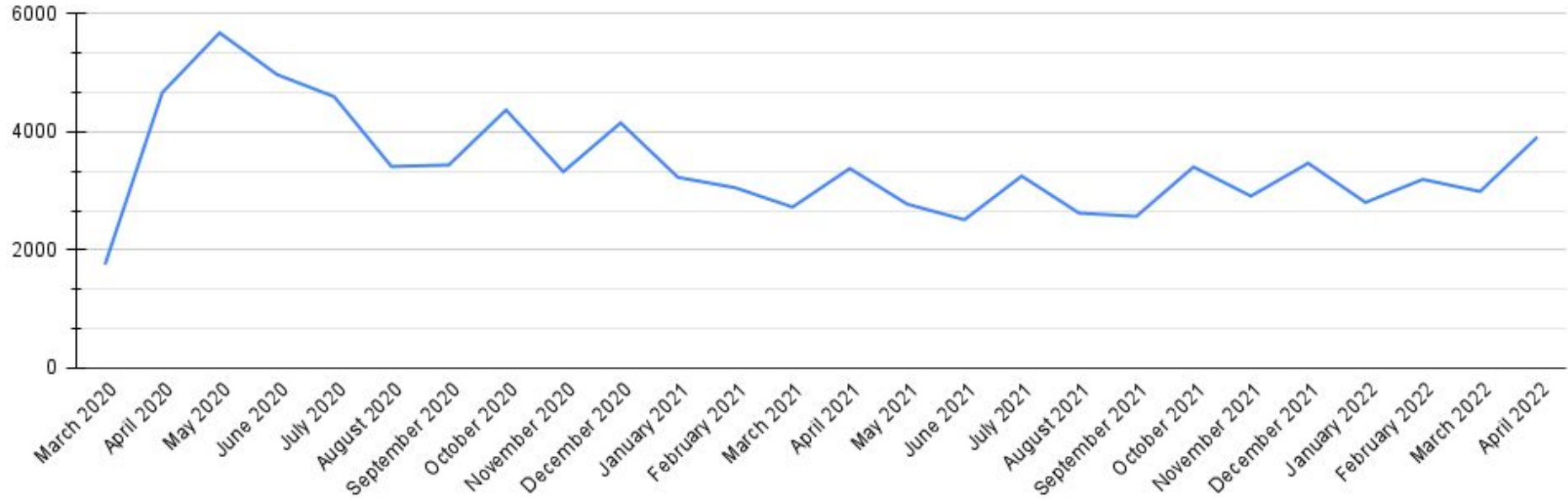
Increasingly Tech Savvy



Relocating to the Coast

Since COVID we've been doing more with less

Home Delivered Meals March 2020 to YTD



Some useful aging related frameworks

- California Master Plan for Aging
- Stanford Center on Longevity New Map Of Life
- AARP 8 Domains of Livability



California Master Plan for Aging (MPA)

- ❑ Created through an Executive Order by Gavin Newsom in 2019
- ❑ Provides a framework to facilitate coordinated action across California's network of aging and disability providers, policy makers, advocates, and experts.
- ❑ Includes
 - five bold goals
 - twenty-three strategies
 - a Data Dashboard on Aging to measure progress
 - a Local Playbook to drive partnerships that help meet these goals

Five Bold Goals of the CA MPA



- **GOAL ONE: Housing for All Stages & Ages**

- We will live where we choose as we age in communities that are age-, disability-, and dementia-friendly and climate- and disaster-ready.



- **GOAL TWO: Health Reimagined**

- We will have access to the services we need to live at home in our communities and to optimize our health and quality of life.



- **GOAL THREE: Inclusion & Equity, Not Isolation**

- We will have lifelong opportunities for work, volunteering, engagement, and leadership and will be protected from isolation, discrimination, abuse, neglect, and exploitation.



- **GOAL FOUR: Caregiving That Works**

- We will be prepared for and supported through the rewards and challenges of caring for aging loved ones.



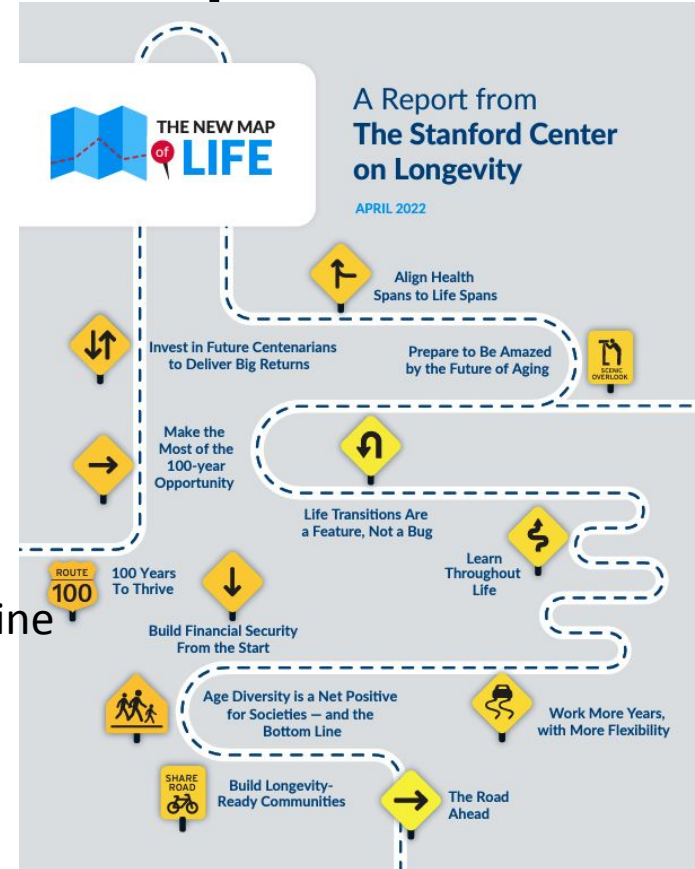
- **GOAL FIVE: Affording Aging**

- We will have economic security for as long as we live.

Stanford Center on Longevity: New Map of Life

The 100-Year Life Is Here. We're Not Ready.

1. Make the Most of the 100-Year Opportunity
2. Invest in Future Centenarians to Deliver Big Returns
3. Align Health Spans to Life Spans
4. Prepare to Be Amazed by the Future of Aging
5. Life Transitions Are a Feature, Not a Bug
6. Learn Throughout Life
7. Work More Years, With More Flexibility
8. Build Financial Security from The Start
9. Age Diversity Is a Net Positive for Societies & the Bottom Line
10. Build Longevity-Ready Communities



Age Friendly Coastside Half Moon Bay



Questions?

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