

Town Council Meeting NOVEMBER 3, 2015

SENIOR NEEDS ASSESSMENT COMMUNITY AND SENIOR SERVICES COMMISSION



SENIOR NEEDS ASSESSMENT



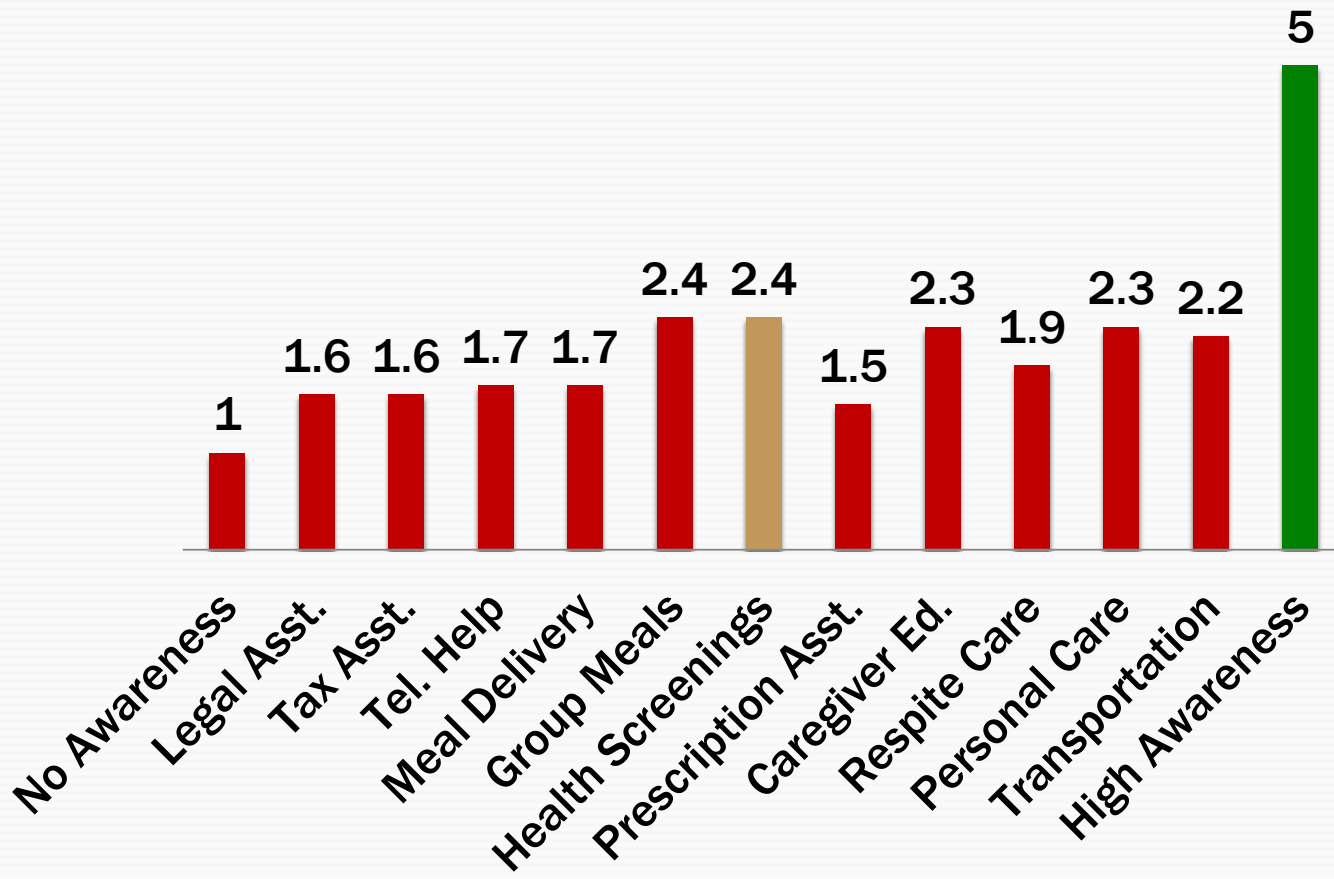
Our commission surveyed 23 local professionals who provide senior services

- ✓ Legal Assistance
- ✓ Tax Assistance
- ✓ Telephone Reassurance
- ✓ Home Meal Delivery
- ✓ Group Dining
- ✓ Health Screenings
- ✓ Prescription Assistance
- ✓ Caregiver Classes/Education
- ✓ Respite for Caregivers
- ✓ Assistance with Personal Care
- ✓ Assistance with Outside Activities
- ✓ Discounts to Seniors

Seniors, however, do not have the information they need to take advantage these services

these services

Perceived Awareness of Senior Services (1-5, Low to High)



SENIOR NEEDS ASSESSMENT



Though services for seniors exist, there are informational and logistical barriers to access



Barriers to Accessing Services

- ☐ Lack of Awareness
- ☐ Lack of Transportation
- ☐ Location
- ☐ Lack of Adequate Facilities

- While services for seniors exist, they are difficult to access – especially for a homebound population
- Seniors are forced to interact and coordinate with too many providers to ensure their needs are met
- The challenges cause too many seniors to forego the services they need

SENIOR NEEDS ASSESSMENT



The survey indicates that seniors need a local hub to address informational and access gaps



Barriers to Accessing Services

- ✓ Lack of Awareness
- ❑ Lack of Transportation
- ✓ Location
- ✓ Lack of Adequate Facilities

- A senior center can serve as a point of coordination for the city's various senior services
- Residents only need to think of the center when they need help – whether they want to come in or call on the phone
- The Adult Recreation Center is already receiving a high volume of calls for senior services – underscoring a present need

SENIOR NEEDS ASSESSMENT



Coordination is critical to allow seniors to access all that Los Gatos has to offer

- Gathering place for daily socialization activities
- Structured programs like bridge tournaments, mah-jong, etc.
- Meeting place (and pick-up point) for group excursions – to the beach, to the museum, etc.
- Entertainment events such as movie nights and themed dinners
- Social Worker on hand to help facilitate and coordinate supportive services
- Continuing Education Programs for seniors and caregivers
- Cooking Classes
- Arts & Crafts Sessions
- Technology Classes focused on computers, tablets and smartphones
- Senior Exercise Programs including yoga and pilates
- Semi-Private events for senior groups, birthday celebrations, anniversaries

SENIOR NEEDS ASSESSMENT



Our lack of a senior center was noted as the community's greatest need



Top Needs Identified (Score Above 3 Priority)

- **Affordable Housing**
- **Transportation Programs**
- **In-Home Care**
- **Adult Day Care**
- **Full Service Senior Center**
- **Socialization Opportunities**
- **Home Safety/Aging in Place**
- **Community Engagement**
- **Case Management**

- A Senior Center would act as a central mechanism to address other needs, such as in-home care, transportation and case management
- The center can also serve as a hub for socialization activities, classes, events and other community needs
- In short, a senior center is the best investment Los Gatos can make to ensure the long-term wellness of our seniors

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Planning for an Aging Population



SCC 60+ Population Projections

Measure	2010	2020
Total pop.	1,879,700	2,007,500
60+	288,500	428,300
75+	89,800	129,700
60+ % of total	15.3%	21.3%
75+ % of total	4.8%	6.5%

COA Area Plan on Aging 2009-2012

SENIOR NEEDS ASSESSMENT



**It's time for Los Gatos to join similar-sized cities
in the South Bay/Peninsula in offering this
resource**



Avenidas Senior Center, Palo Alto



Mountain View Senior Center



Cupertino Senior Center



Menlo Park Senior Center

SENIOR NEEDS ASSESSMENT



CONCLUSION



The Commission would appreciate guidance on appropriate next steps associated with the following four findings:

1

Promoting awareness of the existing services through various channels including community events for seniors, the Town website, advertising, direct outreach and other creative marketing opportunities

2

Rebranding the Adult Recreation Center to include a senior center and hiring a senior case manager

3

Exploring creating a nonprofit village through a public/private partnership serving Los Gatos with dedicated membership dues

4

Evaluating a site selection process and determining the budget for a full service senior center