

Age Friendly Seattle

Addressing Social Isolation and Promoting Anti-Ageism

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Agenda

- What is Age Friendly Seattle?
- How do we work to improve social connectivity?
- We ❤️ Aging: An Anti-Ageism Training overview



HSD Impact Areas

The mission of Human Services Department (HSD) is *to connect people with resources and solutions during times of need, so all Seattle residents can live, learn, work, and take part in strong and healthy communities.*

Through the lens of racial equity, HSD provides direct services and contracts with over 170 community-based providers in six different impact areas:

- Preparing Youth for Success
- Supporting Affordability and Livability
- Addressing Homelessness
- Promoting Public Health
- Supporting Safe Communities
- **Promoting Healthy Aging**

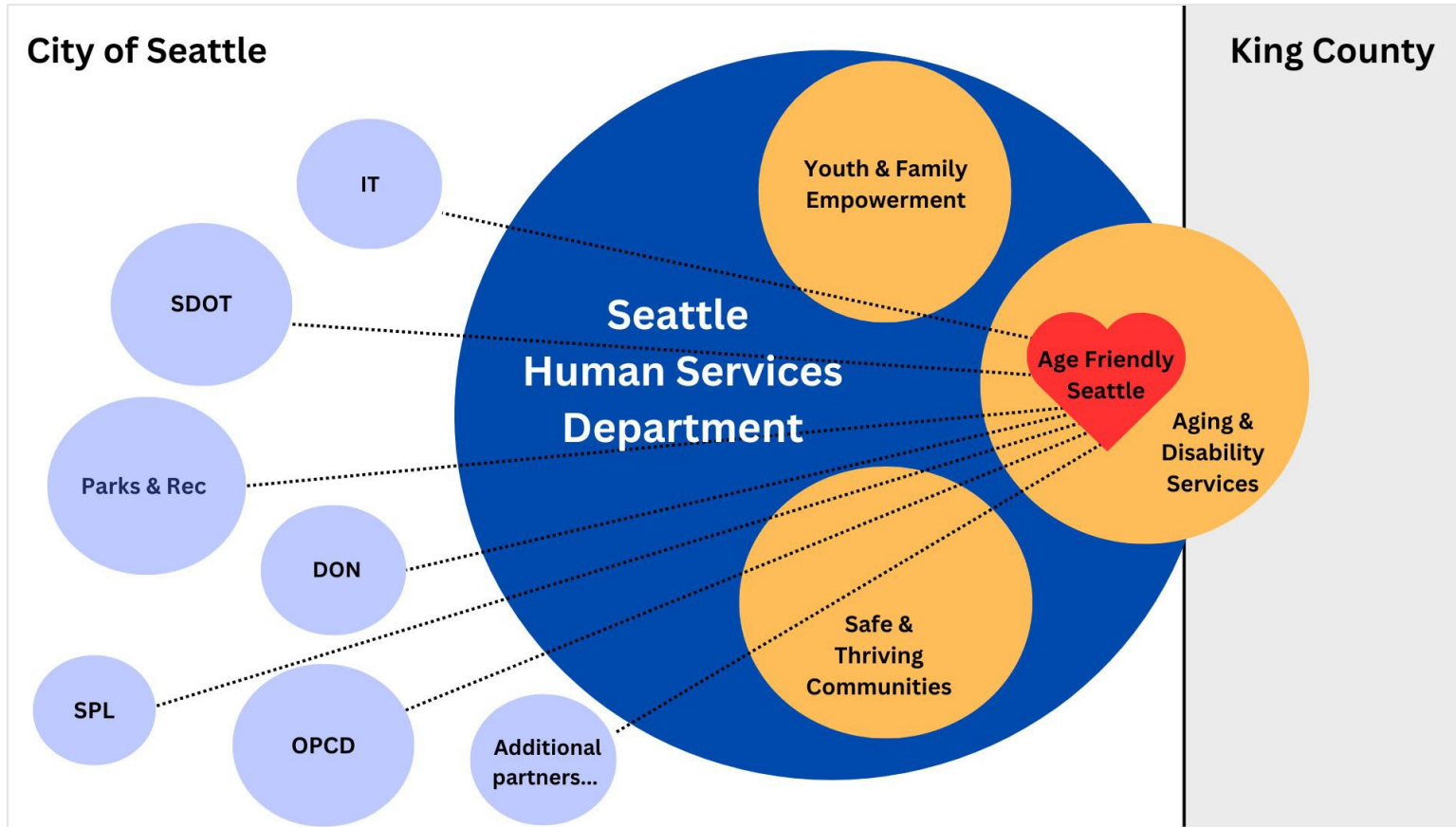


Seattle
Human Services

Equity • Support • Community



Organizational Structure



History of Age Friendly Seattle

1970s-2017: Mayor's Office of Senior Citizens

2016: Advocacy Coalition formed

2017: Age Friendly Seattle City Resolution passed

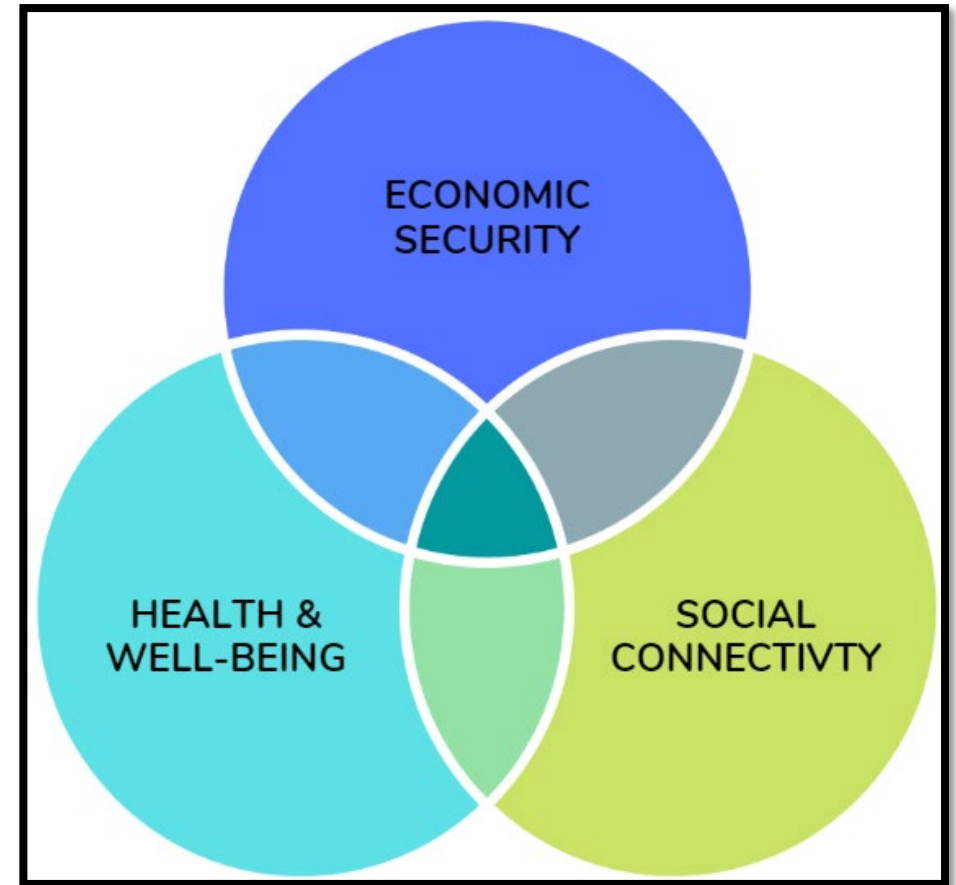
2018: Age Friendly Seattle Action Plan launched (2017-21)

2022: Next Age Friendly Seattle Strategic Framework launched (2022-27)



Supporting Older Adults Retain Key Resources

Age Friendly Seattle's 2022-2027 Strategic Framework focuses on helping older adults retain their financial resources, their physical and mental health, and their social connections.



CONNECTORS



CONVENERS

EDUCATORS

ADVOCATES

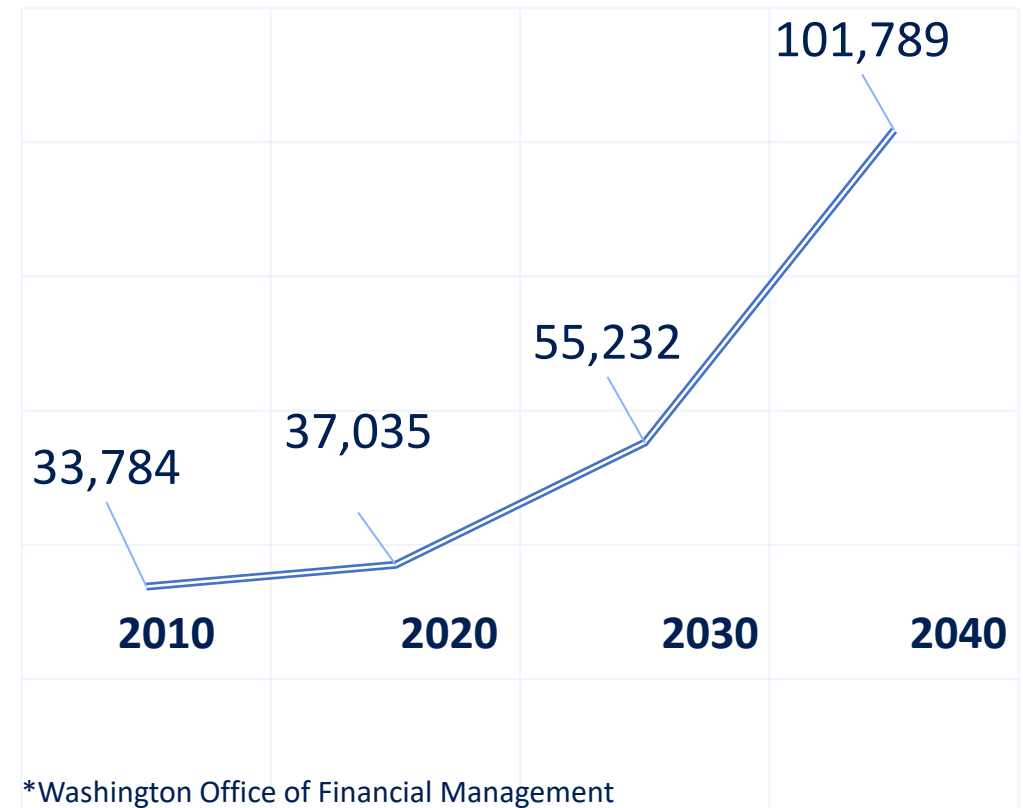
ENABLERS

DO-ERS

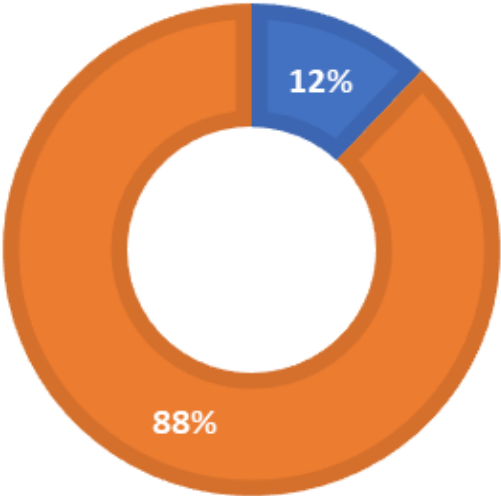
Our Older Adult Population Is Growing

More people are living longer and aging with or into disabilities, for more years. The number of people aged 85+ in our region is expected to increase by 175% between 2020-2040.

PROJECTED NUMBER OF PEOPLE AGED 85+ IN KING COUNTY

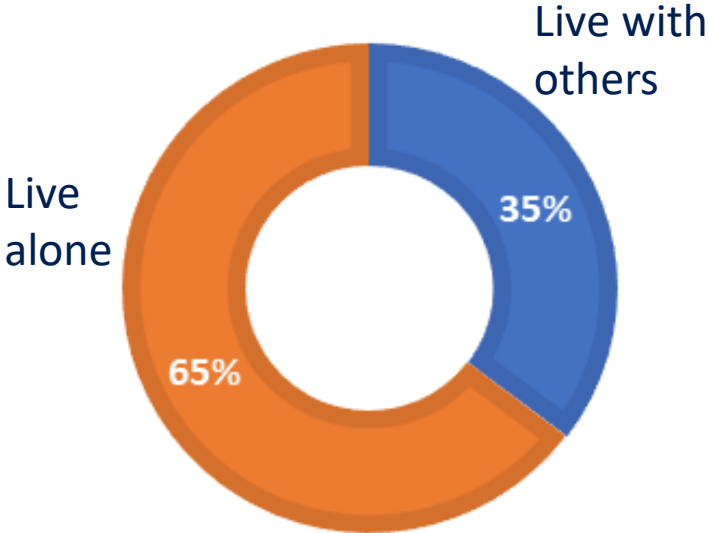


Over 12% of Seattle's population is aged 65+



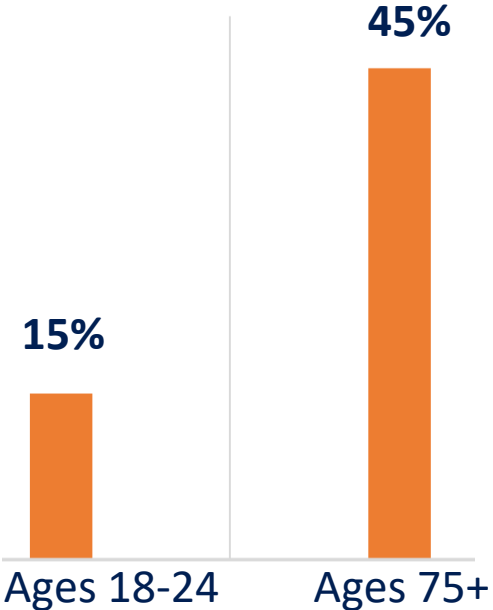
*U.S. Census Bureau

More than 30,000 people aged 65+ live alone in Seattle.



*U.S. Census Bureau

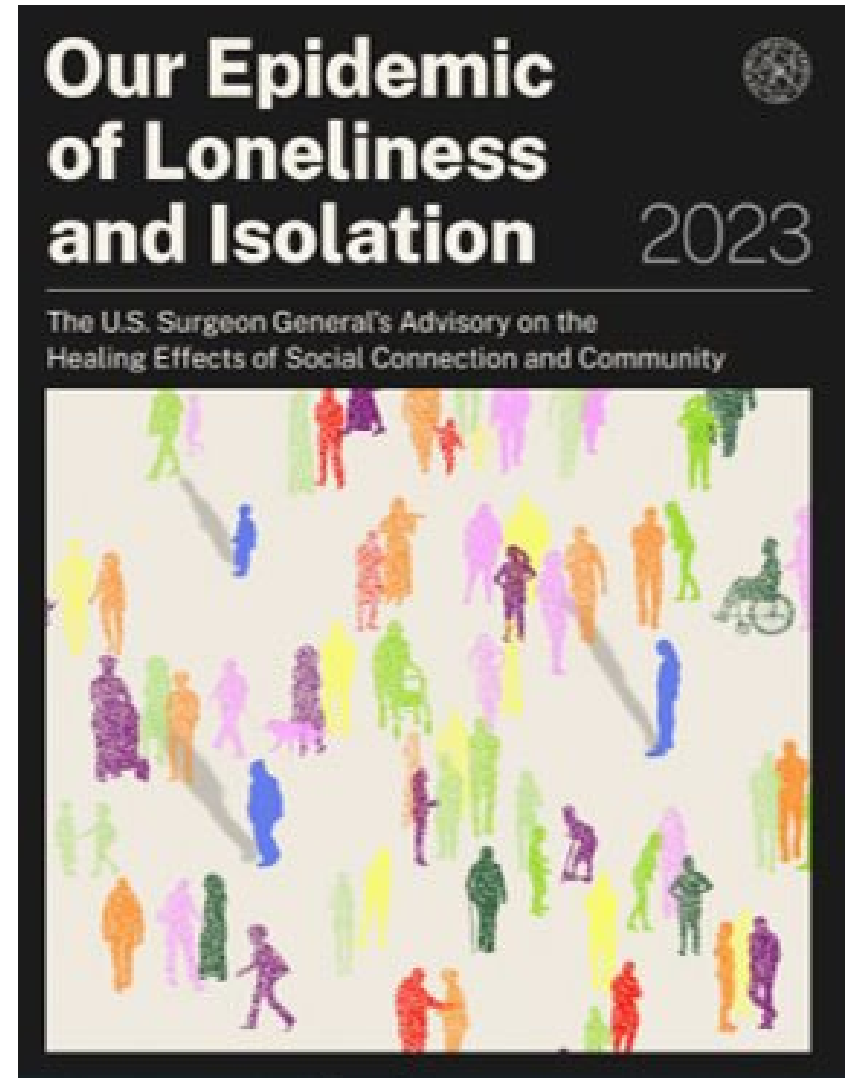
Disability increases with age in King County



*Behavioral Risk Factor Surveillance System

U.S. Surgeon General suggests social connection increases odds of survival by

50%



50%

The % by which chronic loneliness and social isolation can increase the risk of developing dementia in older adults.

**Social Isolation
Is Killing Us.**

So is Ageism.



Addressing Social Connectivity's Many Influencers

- ✓ Housing
- ✓ Transportation
- ✓ Workplaces
- ✓ Community
- ✓ Learning Network



Connecting Over Coffee

- Civic Coffee events held 1x/month
- Rotated around Seattle
- Topics tailored to communities
- Live interpretation/s provided



Of current
Gold Card users,

87%

told us that this
program increases
their social
connectivity.



Age-Friendly Discount Program



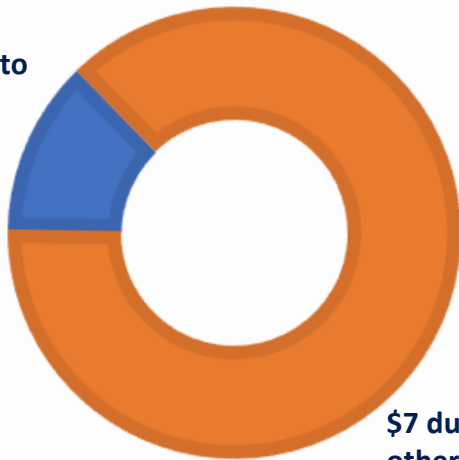
We Aging: An Anti-Ageism Training



What's So Bad About Ageism?

Ageism cost \$63 billion in health care spending in 1 year*

\$1 due to ageism



\$7 due to other causes

People with more positive views on aging live 7.5 years longer**



Robbs our ability to look forward to aging and deprives people of intergenerational communities

*Ageism Amplifies Cost and Prevalence of Health Conditions, Levy, 2020
** Longevity Increased by Positive Self-Perceptions of Aging, Levy, 2002

Good News: We Can Change This!



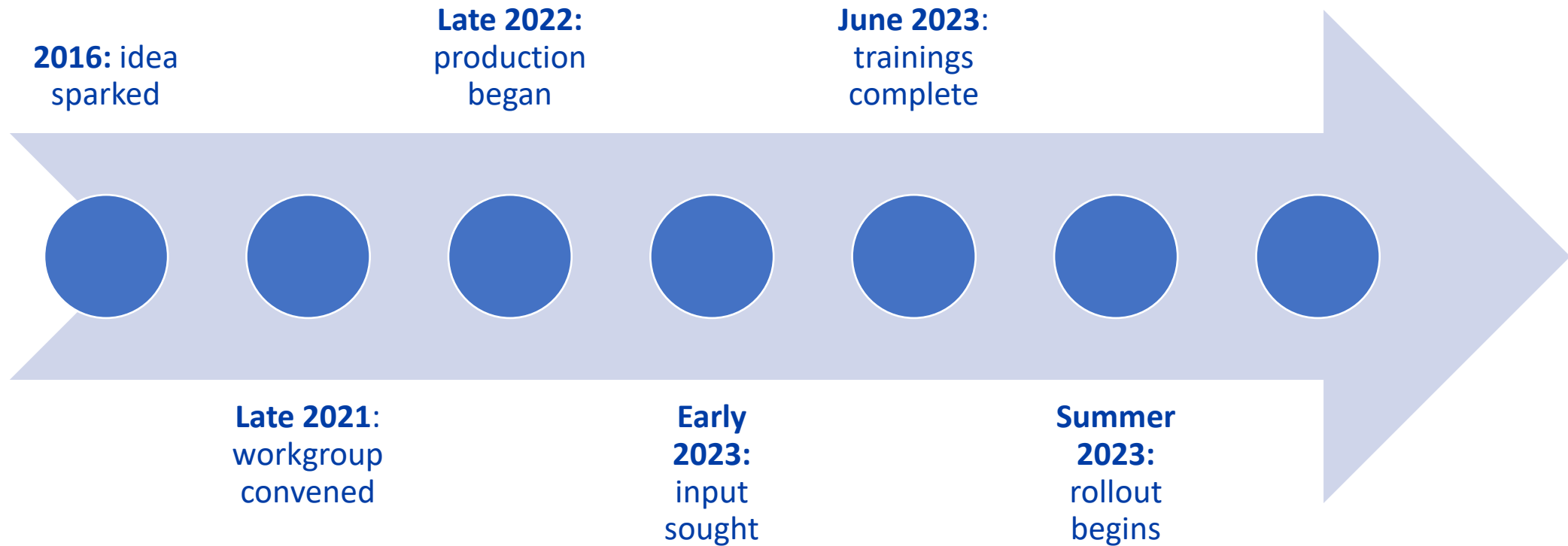
Multi-Phased Project

Phase 1: City of Seattle Employees

Phase 2: Broader Community

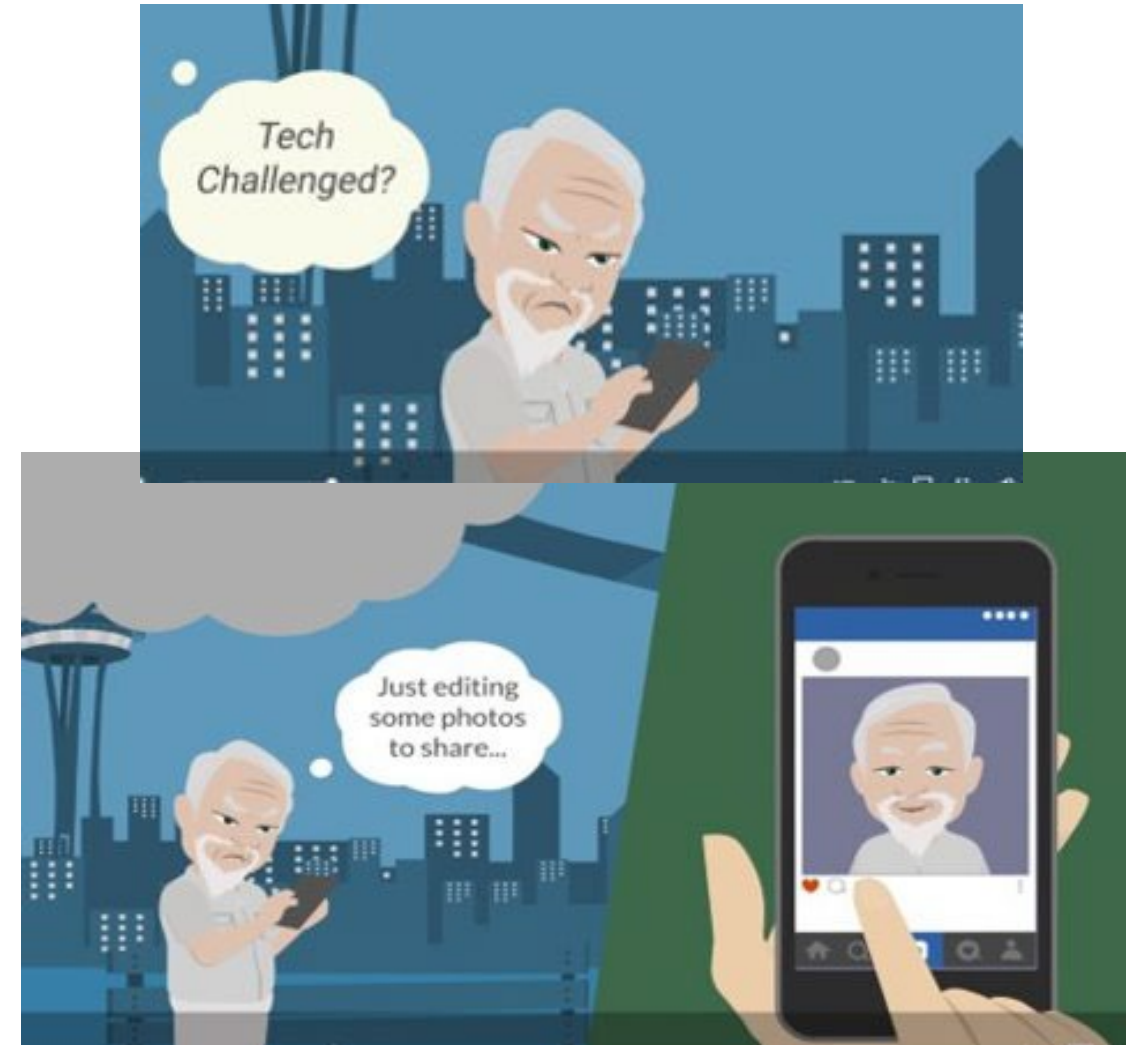


Timeline



Content

- ✓ Exploration of biases
- ✓ Intersectionality of ageism + other “isms”
- ✓ Personal stories (from CoS colleagues!)
- ✓ Tips for being anti-ageist
- ✓ Resource bank



City of Seattle Employee Rollout

- Trainings hosted on Cornerstone and available to all staff
- Age Friendly Seattle will support engagement through:
 - **Discussion Guide:** A toolkit for debriefing the trainings with others
 - **Small Group Chats:** Facilitated discussions about how to apply concepts
 - **Feedback Loop:** We want to know what's useful and where to improve



You Can Help!

- ✓ Encourage CoS staff to engage with the anti-ageism trainings
- ✓ Share external-facing training once available
- ✓ Continue to consider older adults in policies and priorities
- ✓ Use Age Friendly Seattle as a resource



QUESTIONS?

