



A Tri-City community plan
on behalf of older adults

Pathways to Positive Aging

About Pathways to Positive Aging

Pathways to Positive Aging, a partnership between the City of Fremont Human Services Department and the Tri-City Elder Coalition, is dedicated to improving the quality of life for older adults in Fremont, Newark, and Union City, CA. The partnership is an integral part of Community Partnerships for Older Adults (www.cpfoa.org) – a national program of the Robert Wood Johnson Foundation (www.rwjf.org).

The Robert Wood Johnson Foundation provided the initial funding to create and implement a plan that was developed from a community dialogue. It is now essential that the community help to sustain the project through donations, sponsorships, and identification of continued grant opportunities as it takes an entire community to support successful aging.



City of Fremont Human Services – Pathways to Positive Aging (510) 574-2055
or
Tri-City Elder Coalition www.tceconline.org

Pathways to Positive Aging Action Plan

Pathways to Positive Aging's is building a Tri-City community where seniors can understand, choose, and access culturally enriched, affordable services and opportunities that enhance their quality of life.

The project's six strategic goals work to:



- ▶ Advocate for seniors and improve the public's perception of the aging process
- ▶ Increase access to and utilization of services for frail and underserved seniors
- ▶ Enhance and sustain senior mobility in the community
- ▶ Increase the capacity and sustainability of community groups that serve seniors
- ▶ Encourage cross-cultural and intergenerational exchanges
- ▶ Enable elders to sustain a vital and active role within the community

City of Fremont Human Services *Senior Help Line*

There are many situations that may indicate an elder is experiencing some difficulty managing this time in their lives. The **Senior Help Line Coordinator** connects seniors, their families, and community members with information about programs and resources available in the Tri-City Area, such as health care, legal services, paratransit, meals on wheels, and emergency aid, among others. The Senior Helpline has multi-lingual capacity in English, Farsi, Spanish, and Mandarin. There is no cost for this referral service. If needed, a staff **Care Coordinator** will make a home visit with a detailed assessment and offer further help.

The Human Services Department offers many additional programs for elders, including:

- ▶ Fremont Senior Center
- ▶ Fremont Paratransit Services
- ▶ Senior Peer Counseling
- ▶ Caregiver Support
- ▶ Mobile Mental Health
- ▶ Travel Clubs
- ▶ Multi-Senior Services Program (MSSP)

Senior Help Line – (510) 574-2041

or

www.fremont.gov



Mobile Mental Health Program

The Mobile Mental Health Program partners with elders in promoting their ability to live healthy, productive lives as active members of the community in spite of the challenges from mental illness. The Mobile Mental Health Program provides outpatient mental health services to Tri-City homebound elders in their place of residence. The program serves seniors age 60 and over who are isolated and unable to access traditional mental health services because of physical or mental disabilities. These services include:

- ▶ In-home assessment of mental health needs
- ▶ Individual and family therapy
- ▶ Medication management
- ▶ Linkage to community resources
- ▶ Crisis intervention



City of Fremont Senior Help Line – (510) 574-2041
or
www.fremont.gov

VIP Rides

Transportation is cited by older adults as a large issue of concern. As a result, LIFE Eldercare, a collaborating agency with the Tri-City Elder Coalition, offers a unique service to seniors and persons with disabilities who need door-through-door assistance in getting to necessary doctor appointments or on errands. Volunteers ride along with seniors on local Paratransit and ambulatory seniors have the option of riding in the volunteer's own vehicle. Volunteers provide a steady arm for seniors, carry packages, help new Paratransit riders acclimate to the service and assist non-English speaking riders communicate with the driver and other individuals.

VIP Rides Program
(510) 574-2096 or www.lifeeldercare.org



Falls Prevention Program

“I’ve gone from being bed bound for 2 years to being able to walk again, thanks to LIFE ElderCare’s in-home exercise program!” No matter what your health situation, bedridden, chair bound, or afraid of falling, doing daily exercises can improve healthy aging. Nursing students from a local college visit elders and help put exercise programs in place. Home safety or assessments, minor home modifications, and medication management review all help reduce falls (a leading cause of death for seniors) and decrease the risk of premature placement in a nursing home. The program is offered at no cost to home-bound seniors age 60 and older.



Falls Prevention Program
(510) 574-2088 or www.lifeeldercare.org

Tri-City Travel Training Program

Travel training workshops help familiarize older adults with local bus and BART services so that they are able to stay active and engaged in community activities and services. The workshops teach seniors how to plan trips, use transit schedules and maps, pay fares, and transfer between buses and BART. During the workshop, seniors have an opportunity to ride local buses and BART trains to gain first hand experience of using public transit and learn about transit accessibility features that make riding easier for seniors and people with disabilities.

Travel training workshops are provided by the Fremont Paratransit Program throughout the Tri-City Area at no cost to participants and interpretation assistance is available for seniors with limited English proficiency.

Tri-City Travel Training Program – (510) 574-2033



Community Ambassador Program for Seniors



The Community Ambassador Program for Seniors (CAPS), through its trained volunteer ambassadors, builds capacity to serve seniors in their own communities, in their own language, within their own cultural norms, and does so where seniors live, worship, and socialize. Ambassadors serve as a bridge between the formal network of social services and their respective faith and cultural communities, and assist seniors in locating senior services and programs in the Tri-City area communities.

CAPS is a unique nationally recognized, locally implemented program of City of Fremont Human Services Department (HSD), funded by a grant from the Robert Wood Johnson Foundation. It is a partnership between HSD and 7 local cultural and faith-based organizations: Centerville Presbyterian Church, Muslim Support Network, Sikhs Engaged in Volunteer Activities, India Community Center, Taiwanese Community Help Association, Our Lady of Guadalupe (Latinos), and St. Anne Catholic Parish (Filipinos).

CAPS Program – (510) 574-2055 or www.capseniors.org

The Taraqui Dehendai Sehat or Afghan Health Promotion Program

The Afghan Elderly Association's Health Promotion program reaches out to frail Afghan elders in their homes and at the weekly Healthy Aging Program. From the Afghan community, health promoters are trained and supervised by the City of Fremont's Human Services Department. The program offers health education and assessment to help seniors identify and achieve their health goals, coordination of access to community health and social services, support for health, nutrition and exercise, and escort and translation services for medical and social service appointments. The program has been successful in reducing falls, reducing emergency room visits, improving client's blood pressure and overall health.



**Afghan Elderly Association – (510) 574-2059/(510) 574-2071
or www.afghanelderlyassociation.com**

Senior Penpal Program

The Senior Penpal Program provides Tri-City seniors and 5th & 6th graders the opportunity to write letters to one another throughout the school year. In addition, seniors visit the classroom and share their life experiences and wisdom. This program has given seniors, who are often isolated, an avenue to share their life stories and interact with the youth. Also, by gaining experience in letter-writing and communication, the children have changed negative perceptions and stereotypes they have of seniors.

Senior Penpal Program – (510) 574-2055 or www.tceonline.org



Seniors' Night Out

Since 1993, the Tri-City Elder Coalition has sponsored Seniors' Night Out. It is a time when community leaders, organizations and individuals celebrate seniors by escorting them for an evening out which includes entertainment, good food and friendship. As the Coalition's annual fund raiser, proceeds from the event benefit seniors in need, as well as support Pathways to Positive Aging projects.

**To sponsor the event or for more information:
City of Fremont Human Services Department
(510) 574-2030 or www.tceonline.org**



Tri-City Elder Coalition Networking Meetings

Tri-City Elder Coalition (TCEC) Networking Meetings take place six times per calendar year. The Networking meetings allow service providers and interested community members the opportunity to meet and build collaborative working relationships with others in the field. Each meeting consists of a presentation on a topic relevant to the field of aging and updates on activities of TCEC and the Pathways to Positive Aging Partnership. Once a year, TCEC/Pathways to Positive Aging celebrates its accomplishments and honors partners and volunteers in the community for their contributions.

Tri-City Elder Coalition – (510) 574-2030 or www.tceconline.org





Pathways to Positive Aging

3300 Capitol Avenue
PO Box 5006
Fremont, CA 94537
www.tceconline.org
www.fremont.gov



Support successful aging!

City of Fremont Senior Helpline
(510) 574-2041