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## **Becoming an Age-Friendly City**

### **San Mateo Recognized as a Welcoming Place for Aging Adults**

San Mateo, CA – The City of San Mateo has been designated as an Age-Friendly City by the World Health Organization for its commitment to being a welcoming community for people of all ages.

The World Health Organization established the Global Network of Age-Friendly Cities and Communities to connect organizations worldwide with the common vision of making their community a great place to grow old in as a response to global population aging. It focuses on action at the local level that fosters the full participation of older people in community life and promotes healthy and active aging.

San Mateo received this distinction with the help of an Age-Friendly Community Task Force comprised of primarily older adults in the community. The task force, in collaboration with the Senior Commission, is committed to conducting a baseline assessment on the needs of older adults, establishing a 3-year action plan to address the identified needs, and developing tools to measure progress.

“As an Age-Friendly City we will continue to support the health, vibrancy and livability of our community for all ages,” Mayor Joe Goethals said. “We look forward to working with this network to provide residents with the tools and resources they need to remain as independent and vitally involved with their community as possible.”

San Mateo offers a variety of aging services through its Parks and Recreation Department and in collaboration with community partners. Learn more at [www.cityofsanmateo.org/agingservices](http://www.cityofsanmateo.org/agingservices).

The City of San Mateo’s designation is the culmination of an over two-year effort supported by San Mateo County and the Center for Age-Friendly Excellence (CAFE) that was announced in August 2018. Redwood City, Daly City, Colma and Pacifica have also earned their age-friendly status. The project is funded by the County, led by a Core leadership group of local leaders and guided by the Office of San Mateo County Supervisor David Canepa.

The County selected CAFE as their partner because of CAFE’s successful prior work with Santa Clara County, which resulted in every city in the County achieving Global Age-Friendly Community designation. Designation by WHO is a reflection of the cities’ commitment to listen to the needs of their aging population, assess and monitor their age-friendliness and work collaboratively with older people and across sectors to create accessible physical environments, inclusive social environments, and an enabling service infrastructure.

As a part of this project, CAFE has been hosting focus groups across the community to identify the needs of the aging population and has been assisting both the city and the county in becoming intentional about the Global Age-Friendly initiative and developing plans, infrastructure funding ideas, and programs to successfully implement projects and initiatives in WHO's eight domains:

- Outdoor spaces and buildings
- Transportation
- Housing
- Social participation
- Respect and social inclusion
- Civic participation and employment
- Communication and information
- Community support and health services

“We are very proud that this project and partnership approach has already resulted in the first five cities within San Mateo County achieving this global designation and, especially, what it means for all the members of our broader community,” said Supervisor David Canepa, San Mateo County Board of Supervisors and a key champion of this initiative.

#### **About CAFE**

The Center for Age-Friendly Excellence (CAFE), a project of the Los Altos Community Foundation (LACF), is advancing the understanding of Age-Friendly cities and communities using the World Health Organization's (WHO) evidence-based criteria of eight domains of livability. CAFE drives transformational change to create healthy, active, sustainable, and inclusive communications for all generations. CAFE promotes policies, programs and services that improve the quality of life as we age, and enhance respect, understanding, and engagement in our diverse, multigenerational communities.

Press releases and more information about CAFE are available at [www.cfafe.org](http://www.cfafe.org).

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