ATTACHMENT 1

Culver CITY AGE FRIENDLY Needs Assessment

Creating an Equitable Environment for Everyone to Age Well

Culver City Age-Friendly Needs Assessment

2024

Executive Summary

Culver City joined the World Health Organization/AARP Age Friendly Communities movement in 2018 and began its Age-Friendly Planning Process with a community survey of individuals over age 50 and/or disabled (at any age) in 2019. A report with findings from the survey and listening sessions can be found at https://www.culvercity.org/Have-Your-Say/Culver-City-Age-Friendly-City-Initiative.

The Needs Assessment was put on hold during the Covid years and reactivated in 2024. The City's Consultant Nancy Frank, from Phase I, returned to support the City to "check in" with the community to see if aging needs had changed since 2019, and to begin to establish priorities among those needs. In an effort to verify that the 2019 data was still relevant, and to expand our view, a series of six new community meetings that engaged 44 community members, and 16 interviews involving 23 City staff were conducted. This report combines findings from all of these sources and identifies priority needs cited most often by these groups.

The full report includes data about the older adult population in Culver City, detail on methods and findings from all of our input processes, details about how our findings compare to the priorities of other jurisdictions at the county, state, and national levels.

KEY FINDINGS

The Positives: 81% of survey respondents reported that Culver City is an Excellent or Good place to age and this sentiment was echoed strongly by those in more recent community meetings and staff interviews. Key elements of why Culver City is a good place to age include:

- ✓ The Senior Center
- ✓ Walkability downtown (this was a plus and a minus)
- ✓ Lots of things going on socially, restaurants, entertainment
- ✓ Free, low-cost transportation (also a plus and a minus)
- ✓ Proximity to all the LA area has to offer
- ✓ Access to health care (a plus and a minus if you need it in rush hour)
- ✓ Weather

SUMMARY OF TOP NEEDS

A list of the highest priority needs identified through both the 2019 survey and the 2024 meetings and interviews is included below. The order is not yet prioritized for action.

1. **Housing**
   - ✓ More, more affordable, more accessible, continuum of types
2. **Health and Human Services:**
   - ✓ Isolation reduction

- ✓ Caregiver training and support (family and paid)
- ✓ Support to maintain independent living
- ✓ Senior Center-type activities in more geographic areas and in parks
- ✓ More mental health and case management services more upstream – to include those who are headed for but not in ultimate crisis

3. **Transportation**
   - ✓ Parking, drop-off zones, and benches in high density areas for those who cannot walk the "last mile" but don't qualify for handicap parking
4. **Outdoor Spaces**
   - ✓ More benches and shade in parks and on City Streets
5. **Communications**
   - ✓ A strong, simple source for information on resources – social and recreational as well as services and transportation
   - ✓ Support to individuals for use of technology

NEXT STEPS

The next step in this process is Action Planning. Key elements of this stage typically include:

- Gathering the key representatives that are to be a part of this process. This may include City staff, community providers, County providers, faith organizations, etc.
- Identifying the criteria for prioritizing across these needs. This typically includes finding a balance between size or urgency of need, and whether there is already momentum and/or funding to get an effort done. Action areas with their own momentum may become lower priorities for this effort.
- Brainstorming/identifying key "players" from all sectors that need to be at the table to make progress in priority areas.
- Establishing leadership for ongoing movement in each priority area.
- Identifying and seeking any funds that may be available to implement the Action Plan or specific sub-areas
- Establishing ongoing accountability methods and review

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Culver City Age-Friendly Needs Assessment
2024

I. BACKGROUND AND METHODS

Culver City joined the World Health Organization/AARP Age Friendly Communities movement in 2018 and began its Age-Friendly Planning Process with a community survey of individuals over age 50 and/or disabled (at any age) in 2019. They also held three community "listening sessions" involving 17 individuals at that time. A report with findings from the survey and listening sessions can be found at https://www.culvercity.org/Have-Your-Say/Culver-City-Age-Friendly-City-Initiative.

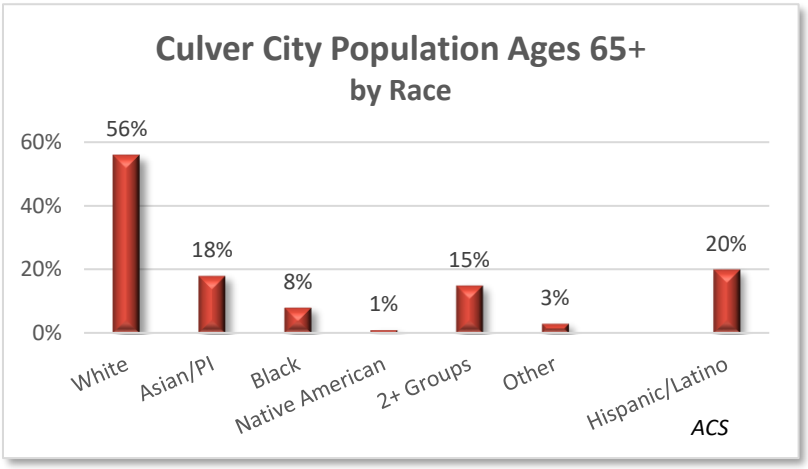
The 447 stakeholders who participated in this survey were fairly reflective of the community in terms of age, sex, race, education, and geographic location. The survey fell short on representation from the Asian/Pacific Islander communities, those over 80, and the most isolated. Demographics of the population surveyed are also available in the survey Summary Report (link above).

The Needs Assessment was put on hold during the Covid years and reactivated in 2024. The City's Consultant Nancy Frank, from Phase I, returned to support the City to "check in" with the community to see if aging needs had changed since 2019, and to begin to establish priorities among those needs. A series of six new community meetings that engaged 44 community members, and 16 interviews involving 23 City staff were conducted.

This report combines findings from all these sources and identifies priority needs cited most often by these groups.

About the Population: Looking at US Census data and Community Survey estimates from 2022, some background about the older adult population in Culver City includes:

- **Race/Ethnicity:** Just over half of Culver City Seniors are White (56%) followed by Asian (18%) and mixed race (15%). 8% reported being Black, 3% identified as being of another race, and 1% identified as Native American. 20% of all races reported being LatinX (duplicate count).



- **Age:** The proportion of Culver City residents who are ages 65 and older (17.3%) is just slightly higher than LA County (15.2%) and California (15.8%) but equal to the US as a whole.
  - ✓ However, the proportion of Culver City older adults who are age 85 or older (2.8%) is approximately 50% higher than in LA County (1.9%) and California as a whole (1.8%).
  - ✓ Nationally, the proportion of those 65 and older will rise to 22% by 2040.
- Another 13% of the Culver City population is aged 55-64 and moving toward the 65+ cohort.
- **Living Status:** In 2022, 2,573 older adults were living alone in Culver City. This is 39% of the older adult population and 6.9% of the total population.
  - ✓ Almost half (48.3%) of households in the City include an older adult age 65+. 14.5% of all households in the City have a single senior living alone.
- **Economic Status:** 10.8% of those ages 65+ in Culver City are living below the federally defined poverty level of $15,000 per year for a single, older adult.
  - ✓ However, The Elder Index,[i] which estimates what income is necessary for an elder (65+) to live without public benefits, reports that a single older adult, renter, in "good" health needs nearly $39,000 a year to just get by in Culver City. Using this standard, significantly more elders in Culver City are struggling. While the Index provides additional data for home owners, it does not address differing rents across the City.

While deeper census data by age is not readily available, data about the 447 who responded to the 2019 survey can shed more light on the population, although survey bias (outreach through the Senior Center, underrepresentation from most isolated groups) must be considered. Again, the full survey report can be found at https://www.culvercity.org/Have-Your-Say/Culver-City-Age-Friendly-City-Initiative. A snapshot includes:

- 62% have lived in Culver City for 25 years or longer.
- 79% own their own home.
- Three of the top reasons a person would move out of Culver City after they retire or work less are associated with housing, with the need for a better home for aging independently as the top reason.
- 44% of respondents reported a household income of less than $50,000 a year while another 41% reported income of $75,000 a year or more.
- 82% reported that it was Extremely Important to live independently as they age, and 77% wanted to stay in their current community as they age.

- When asked where they would turn for information about older adult services, 78% reported they would turn to a local senior center, 71% reported they would turn to the internet, and 56% would turn to family or friends.
- Nearly 100% rated availability of home care services as Very Important. However, three-quarters of respondents did not know if home care services were available in Culver City.
- Just 57% feel prepared in case of a community-wide emergency such as an earthquake or fire.
- 73% feel optimistic they can handle issues of aging to their satisfaction, and yet 72% reported that they would welcome guidance to plan for healthy aging.

II. KEY FINDINGS

The Positives: 81% of survey respondents reported that Culver City is an Excellent or Good place to age and this sentiment was echoed strongly by those in more recent community meetings and staff interviews. Key elements of why Culver City is a good place to age include:

- ✓ The Senior Center
- ✓ Walkability downtown (this was a positive and a negative)
- ✓ Lots of things going on socially, restaurants, entertainment
- ✓ Free, low-cost transportation (also a positive and a negative)
- ✓ Proximity to all the LA area has to offer
- ✓ Access to health care (a plus but also a minus if you need it quickly in rush hour)
- ✓ Weather

Unmet Needs:

1. Housing

Overall cost of living throughout the LA Basin, and in Culver City specifically, was cited universally as a barrier to aging in Culver City. However, when drilling down on what needs to be done, the cost of housing rose as the single, top concern with accessible housing, and support for aging-in-place following.

Top housing concerns from the first round of input, in order of priority, included need for:

- ✓ More low-income and affordable housing for seniors.
- ✓ More accessible housing for aging in place.
- ✓ A stronger continuum of affordable supported living options including in-home support.

These concerns were echoed in second round community sessions and staff interviews. In addition to the sheer shortage of affordable housing available, potential efforts in addition to building new housing along the continuum were identified. These include:

- Wider use of reverse mortgages.
- In-home safety evaluations with recommendations for safety, modifications and repairs.
- Subsidizing or offering grants for home maintenance/safety/repair costs to help people stay in their homes.
- Facilitating home sharing with other older adults and college students who can also help out.
- Fostering support of ADU (Accessory Dwelling Unit) development.
- More "middle" housing – affordable, accessible, ideally clustered for community support.
- More "service-enriched" low-income senior housing.

City staff were also unanimous about the housing need, but many were also aware of housing resources more recently available and in the development stage. They noted that housing development has a long timeline and cited 7,000-8,000 new units in the pipeline (20 years in the making). This includes ADUs, duplexes, triplexes, and multi-family housing. Figures were not available for the number of older adult-specific units in the pipeline. None were able to address any amount of supported living that may be available in the future.

2. Streets and Transportation

Findings from the original 2019 survey in this area include:

- ✓ While free and affordable transit options are strong, some stakeholders question reliability and safety.
- ✓ More free parking is needed.
- ✓ Traffic is a barrier to emergency response.
- ✓ Sidewalks and bike lanes need to be better – safer, well-lit, well-marked and maintained.

Since 2019, transit options have continued to improve. The Culver CityBus Circulator was identified as one new example.

With increased transit options, current needs include:

- Clearer, simpler access to information and schedules for these options – maybe all in one place.
- Greater safety on public transit.
- More travel connectivity across neighborhoods. West Culver City and the Jefferson Corridor are perceived to be especially underserved by existing services.

- More parking for older adults who can't "walk the last mile." This is reported as overlooked for the many elders not qualifying for handicapped parking placards but unable to walk the distance. Lack of drop-off bays in business areas was also cited. Many noted that parking has been further reduced to create bike lanes.
- While sidewalk and bike lane changes continue, more is needed.
- Benches are needed – not just in parks, but in commercial areas. Older adults want to walk, but they need to rest.
- Public restrooms are needed.
- More individual shuttle services.
- There were mixed feelings about the newer bus lanes – some perceiving them to be confusing to navigate around when driving - causing safety issues, while others recognized that emergency vehicles can now use them to cut transport times to the hospital.

Staff generally recognized and agreed with these issues and/but noted that there is fast and great progress going on in these areas. This development includes curb cuts, ADA (Americans with Disabilities Act) adjustments, Move Culver City, sidewalk repair, and more trees. They referenced that revision to Element 8 of the City's General Plan that focuses on mobility is currently underway.

3. Outdoor Spaces and Safety

All respondents agree that Culver City has plenty of good parks. Ongoing needs, however, from the original survey and affirmed by recent data collection include:

- ✓ Need more bathrooms, benches, shade, drinking fountains, and general maintenance in parks.
- ✓ Safety is a concern in parks.
- ✓ More support is needed to help older adults prepare for community-wide emergencies such as an earthquake or fire.

Additional, newer input from staff and community includes:

- Even more efforts to improve walkability and "place-making" in the community (localized eating, socializing, shopping hubs).
- Safety concerns in parks have grown in the past five years.

- More intergenerational activities are needed in our parks.
- Programs to attract seniors to parks are needed.
- More fall prevention programming and education is needed.
- Perhaps neighborhood associations could be key players in community-wide neighborhood emergency preparation and response.

City staff again noted that while the City's new General Plan, adopted on October 9, 2024, does call out aging specifically among its' priority lenses, it does address many of the findings in this report as friendly for all ages. The City's Bicycle-Pedestrian Master Plan was adopted in June 2020, and will enhance the accessibility of pedestrian and bicycle networks in Culver City. This will make daily transportation and physical activity more viable for all ages and those with disabilities. It's anticipated that expanding senior activities throughout the City's park system will be considered in the action/implementation phase.

4. Social and Civic Engagement, Inclusion, and Jobs

Isolation and the need for connectedness for older adults is a strong and continuing theme throughout this process – increasing greatly during the course of the Covid 19 pandemic. It is important to acknowledge that reaching homebound and isolated older adults for the survey or community meetings was difficult – reducing their voice in this report. We must assume that there is a large cluster of people that we do not even know how to reach.

Findings from the original survey on these topics include:

- ✓ Services and resources of the Senior Center are great, but they need to reach more people in more geographic areas.
- ✓ More outreach and options are needed to reduce isolation of both those who are homebound, and those who just struggle to stay connected.
- ✓ The older adult community has very little awareness of volunteer opportunities, jobs, and job training. More is needed in this area.

More recent input from the community and staff includes:

- Much more outreach is needed to identify and serve more seniors – especially the isolated
- More buddy and visitor programs are needed.
- Need to recognize the need for two levels of engagement efforts and activities – for those who are mobile and active, and for those who are not.
- Intergenerational engagement options are needed.
- More arts and cultural activities are needed – with transportation and at no-cost.
- Expansion of lifelong learning opportunities is needed.

5. **Health and Human Services**

Health and Human Services have been a top concern throughout this process. This is especially true in relation to maintaining independent living, reducing isolation, and knowing where and how to find information when needed.

Top findings from the original survey include:

- ✓ Medical Care is reported as readily available, but few had an opinion on mental health resources.
- ✓ Need more access to reliable, affordable in-home care.
- ✓ Nearly ¾ of respondents would appreciate some help to plan for healthy aging.

Recent input from staff and community affirms these needs and also addresses:

- Caregiver support – training, resources, family caregiver 101, even a bulletin board for sharing, and subsidies for higher quality in-home care are all needed.
- Need for mental health services has risen through and since the Covid Pandemic, especially for those who are not already in crisis. There is a great gap in resources here and an opportunity to intervene upstream not just for quality of life, but to reduce further stress on the already stretched crisis system of care.
- The population of unhoused older adults has risen sharply. While some short-term housing, permanent supportive housing, services and transition are available, much more is needed. Early intervention to prevent losing housing is also needed.
- More comprehensive assessment and support for non-medical needs are needed. This could/should include in-home assessment, referrals and linkages for resources, subsidies and handyman services for home repairs, short and long-term case management, crisis intervention.
- Cost is not the only barrier to access to healthy foods. Access to healthy prepared meals, especially for those with special diets, is needed for many who cannot prepare food themselves. This can be critical to maintaining independence.
- More partnerships such as offering pop-up medical clinics and screenings are suggested.

6. **Communications, Technology, and Access to Information**

Access to information and support for technology are universal concerns.

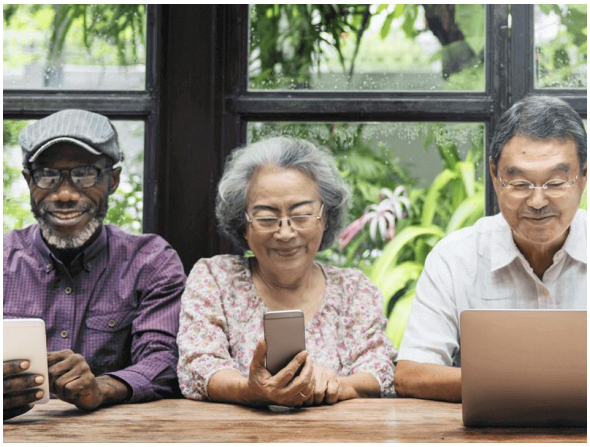
Findings in the original survey include:

- ✓ The majority do not know where to go when they need new information for such things as care or housing options, or even social services. Would like a single resource.

- ✓ Need to reach those who are not on the Internet (most likely isolated) with written materials, possibly followed up with a home visit.
- ✓ Help with personal technology – wi-fi, phones, computers, etc.

Newer input from the community and staff affirmed these needs and added:

- Encourage and possibly provide incentives to businesses to fill gaps.
- Stronger social media messaging is needed.
- Continue to make doing business with the City easier with more accessible web pages, more ability to conduct business online – while preserving and simplifying in-person options. Possible place for one-stop shopping with the City (e.g.: one place for service from multiple departments).
- Expand community education capacity - More public education on planning for aging, elder abuse, planning for disasters, etc.



III. COMPARISON TO OTHER EFFORTS

Culver City's findings and needs are consistent with other national, state and local assessments. Just a few examples are summarized here:

National

Aging in the United States: A Strategic Framework for a National Plan on Aging[ii] was issued in 2024, and the National Administration for Community Living cited the following top priorities:

- Age Friendly Communities – a cross-sector effort to ensure that older adults feel connected as valued member of their communities. This includes addressing social isolation.
- Coordinated housing and supportive services – with emphasis on aging in place, affordable and accessible housing, access to broadband internet, and preventing homelessness.
- Increased access to long-term services and supports.
- Aligned health care and supportive services that address social determinants of health.

State of California

The ***California Governor's Masterplan on Aging***[iii] was issued in 2020 and is now in the implementation phase. Broad goals and key strategies set in this Plan include:

- **Housing for all stages and ages**
  - More housing options.
  - Transportation beyond cars.
  - Outdoor and community spaces for all ages.

- Emergency Preparedness and Response.
- Climate-friendly aging.

- **Health Reimagined**
  - Bridging health with home (avoiding institutionalization).
  - Health Care as we Age (improve access, options and affordability).
  - Lifelong Healthy Aging (achieving longevity begins at birth).
  - Geriatric care expansion.
  - Dementia in focus.
  - Nursing home innovation.

- **Inclusions and Equity, not Isolation**
  - Inclusion and equity in aging (responsivity to all groups).
  - Bridging the digital divide.
  - Opportunities to work.
  - Opportunities to volunteer and engage across generations.
  - Protection from abuse, neglect, and exploitation.
  - Leadership in aging.
- **Caregiving that works**
  - Family and friends who provide caregiving (support and training).
  - Good caregiving jobs creation.
  - Virtual care expansion.
- **Affordable Aging**
  - End older adult homelessness.
  - Income security as we age.
  - Protection from poverty and hunger (safety net services including food).

County of Los Angeles

Los Angeles County conducted its Age Friendly Needs Assessment from 2016 to 2018 and is now in Phase II of implementation of its' Purposeful Aging Initiative (PALA).[iv] This plan has numerous priorities including addressing administrative and organizational issues. Key priorities addressing the direct needs of older adults include:

- **Civic Participation and Employment:**
  - Maintain Robust Community Engagement.
  - Develop coordinated County and City strategies for connecting older adults to meaningful and practical employment opportunities.
  - Expand opportunities and resources for older adult volunteers.
- **Communication and Information:**
  - Develop and implement a technology plan for older adults.
  - Promote senior centers, parks, libraries and other public assets as focal points for information, education and social engagement of older adults.
  - Expand engagement of private for-profit and non-profit agencies to provide new opportunities for older adults.
- **Community Support and Health Services**
  - Scale-up proven, community-based and evidence-informed health promotion and disease prevention initiatives.
  - Expand and enhance oral health services for low-income, older adults.
  - Support dementia-focused community engagement, programs and policies.

- **Emergency Preparedness and Resilience**
  - Implement emergency preparedness strategies that engage older adults and individuals with functional/access needs.
- **Housing**
  - Assess and enhance current efforts to prevent and address homelessness among older adults as part of County and City Homeless Initiatives.
  - Develop a Rent "Gap Assistance" Program for medium and low-income older adults.
  - Promote land use policies to support aging in place.
- **Outdoor spaces and Buildings**
  - County and City Parks, beaches and other public spaces are age-friendly and culturally relevant.
  - Make tourist attractions and buildings in the Los Angeles Region age friendly.
- **Social Participation and Respect and Social Inclusion**
  - Expand intergenerational social opportunities.
  - Expand innovative programming to decrease social isolation among older adults.
  - Expand social participation and reduce social isolation through participation in the arts.
- **Transportation**
  - Ensure that regional transportation systems reflect the needs of older adults.
  - Ensure that older adults can walk safely in their communities.

Culver City Mobile Crisis Team (MCT)

IV. SUMMARY OF TOP NEEDS FOR CULVER CITY

The highest priority needs identified through the 2019 survey results, the 2024 community engagement meetings, and City staff interviews, are included below and are in no particular order at this time.

1. **Housing**
   - ✓ More, more affordable, more accessible, continuum of care options.
2. **Health and Human Services:**
   - ✓ Isolation reduction.
   - ✓ Caregiver training and support (family and paid).
   - ✓ Support to maintain independent living.
   - ✓ Senior Center-type activities in more geographic areas and in parks.
   - ✓ More mental health and case management services available earlier – for those who are headed for but not yet in ultimate crisis.
3. **Transportation**
   - ✓ Parking, drop-off zones, and benches in high density areas for those who cannot walk the "last mile" but don't qualify for handicap parking.
4. **Outdoor Spaces**
   - ✓ More benches and shade in parks and on City Streets.
5. **Communications**
   - ✓ A strong, simple source for information on resources – social and recreational as well as services and transportation.
   - ✓ Support to individuals for use of technology.

V. NEXT STEPS

The next step in this process is Action Planning. Key elements of this stage typically include:

- Gathering the key representatives that are to be a part of this process. This may include City staff, community providers, County providers, faith organizations, etc.
- Identifying the criteria for prioritizing across these needs. This typically includes finding a balance between size or urgency of need, and whether there is already momentum and/or

funding to get an effort done. Action areas with their own momentum may become lower priorities for this effort.

- Brainstorming/identifying key "players" from all sectors who need to be at the table to make progress in priority areas.
- Establishing leadership for ongoing movement in each priority area.
- Identifying and seeking any funds that may be available to implement the Action Plan or specific sub-areas.
- Establishing ongoing accountability methods and review.

Culver City's Action Planning is currently envisioned to begin in early 2025 and will continue to involve the City and community stakeholders. The City Council will consider and review the City's available resources as development of the Plan evolves.

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[i] https://elderindex.org/explore?state_county%5B%5D=5977&views_fields_combined_on_off_form=0&fields_on_off_hidden_submitted=1&housing_status%5Bfield_housing_renter%5D=field_housing_renter&health_status=field_health_good

[ii] https://www.ncoa.org/article/new-strategic-framework-for-a-national-plan-on-aging-a-step-toward-aging-well-for-all/

[iii] https://mpa.aging.ca.gov/Goals/2/

[iv] https://ad.lacounty.gov/pala/