



We believe
that by creating communities that value older adults
we can realize the vision of **living long and living well**
in Marin.

To connect you with a specific service, call **415-457-INFO (4636)**
or visit: www.co.marin.ca.us/aging

By the year 2020, one in every three Marin County residents will be over age 60; one in four will be over age 65.

The Division of Aging

The Division on Aging is one of five major divisions of Marin County Health and Human Services. It works with community-based service providers and partners with its advisory council, the Commission on Aging, to promote quality of life and independence for disabled and older adults living in Marin. Funding for aging services comes from the federal and state governments and Marin County general funds.

The Division of Aging has developed an array of programs to promote the quality of life and independence for disabled and older adults.

Old age is like everything else. To make a success of it, you've got to start young.

~ Fred Astaire



Chronic Disease Prevention and Management

Trained professionals and volunteers assist low-income seniors with assessment, referral, home visits, and chronic disease self management classes to maintain health and independence.

Healthy Housing Program

Located in several affordable independent living senior housing complexes in the county, public health nurses aid residents in staying independent in their homes.

Area Agency on Aging (AAA)

The AAA, with an annual budget of approximately \$1.5 million, administers a wide array of community services provided by local agencies.

Project Independence

Trained volunteer advocates provide support to adults upon discharge from local hospitals.

Long-Term Care Ombudsman

Ombudsman staff ensures the rights of people living in long-term care facilities and protects those at risk for abuse, neglect, or exploitation.

Marin Elder Abuse Prevention Project

Trains law enforcement, prosecutors and judges to combat elder abuse in Marin County.

The Division of Aging, and the Commission on Aging, work to promote the health and well-being of Marin County older adults; to improve the quality of life for older adults, and to create a healthy aging community through



The Commission on Aging

The Commission on Aging, a federally mandated advisory council, is a group of 23 community members appointed by the incorporated cities of Marin and the County of Marin Board of Supervisors. Two additional members of the Commission are elected representatives to the State of California Senior Legislature. Commission members work with Division of Aging staff in selecting priority funding areas.

The Commission on Aging provides information and advocacy for services that enable older adults to live long and live well.

Get Involved

The public is invited to attend Commission meetings held the second Thursday of each month at locations around the county. Commissioners and interested community members work on the following standing committees:

- Health
- Legislation
- Planning
- Housing & Transportation
- Nutrition
- Public Information

Commission members have initiated the following countywide task forces:

- Elder Abuse
- Strength Training for Seniors
- Fall Prevention

Community Education and Information

The Commission on Aging sponsors *Great Age*, a quarterly newsletter, and *A Time for All Ages*, a weekly public access television program.

Great Age and *A Time for All Ages* both explore issues relevant to older adults and their caregivers, and focus on topics that educate, inspire, and advocate for a healthy aging community.

For *A Time for All Ages* program schedule, go to: www.co.marin.ca.us/aging

To receive a *Great Age* newsletter, call the Division of Aging: 415-499-7396

Youth is the Gift of Nature, but Age is a Work of Art.

~ Garson Kanin

ing work collaboratively to improve the health
crease the connectedness of isolated, lonely older
at sustains the independence of older adults.

Our Services

Adult Day Health and Alzheimer's Day Care

Provides personal and medical services, day care, and social and recreational activities

Case Management

Coordinates and monitors services for adults over age 60 and persons with disabilities to maintain their independence

Family Caregiver Support

Offers a variety of services to support family caregivers including emotional support, training, and respite

Health Insurance Counseling (HICAP)

Helps older adults and disabled individuals make informed decisions about their health care coverage through information, education, and assistance with Medicare and other insurance issues

Home Care/In-Home Care

Fosters the means for older adults to remain in their own homes by placing home care workers to assist them with their needs

Legal Assistance

Offers legal services and education on older persons' rights, entitlements, and benefits

Long-Term Care Ombudsman

Ensures the rights of residents of long-term care facilities and protects those at risk for abuse, neglect, or exploitation.

If wrinkles must be written upon our brows, let them not be written upon the heart. The spirit should never grow old. ~ John Kenneth Galbraith

Multicultural Outreach

Provides outreach and assistance to minority older adults

Nutrition Services

Improves the nutritional status of older persons through home-delivered and group meal programs as well as the Brown Bag Program

Older Worker Employment

Trains and places very low-income adults age 55 and older into subsidized employment

Preventive Health Care

Assesses and educates older adults in improving their health

Transportation Services

Provides transportation to older adults

Senior Companion Program

Offers stipend opportunities to volunteers providing companionship and assistance to homebound older adults

Information and Assistance links older adults and their family members to appropriate services. Call 457-INFO (4636).



Back cover photo: Judy Williams

Front cover photo: Marianne Gontarz York

Marin County Division of Aging
10 North San Pedro Road
Suite 1012
San Rafael CA 94903
415-499-7396
www.co.marin.ca.us/aging