



SAN MATEO COUNTY HEALTH  
**AGING & ADULT  
SERVICES**

Notes from Aging Readiness and Family Caregiver Support Committee

Date May 20, 2024 at 9:30 AM

Commissioners Present: Chair, Monika Lee, Daniela Jonguitud, Kathy Uhl, Maria Barr

Public: Irene Liana, Via Zoom

Public: Sandra Lang, Via Zoom

Staff: Anna Sawamura, Suki Ho, Shawne O'Connell

1. Committee Chair to be announced meeting started at 9:33am
2. Public Comment: Sandra Lang, suggested senior economic issues championed by Miso Committee continue. It is important for many, especially seniors due to the rising cost of living and for resources,
3. Commissioner Barr volunteered to take notes
4. Discussion took place on ways to narrow to a few Domains and goals to work on.
  - A. How to incorporate both Aging Readiness and Caregiver Support Issues
  - B. Financial plan for aging
  - C. Independence and Autonomy across various generations
  - D. Remove Stigma from aging, and replace with positive role model
7. Anna Sawamura discussed new possible locations for meetings. In the meantime we will meet next month at 2000 Alameda de Las Pulgas location.
8. Aging Readiness and Family Caregiver support is a new committee and will continue the discussion to finalize a plan for goals and objectives moving forward.
  - A. Preparing for aging: Goal to inspire seniors to create a personal plan for healthy aging: A plan to include financial health, physical, cognitive, emotional and social welfare.
  - B. Independence and Autonomy across generations. Engage family in providing emotional support, providing shelter, and food. Seniors in Long term care facilities need a medical, legal and financial plan and a discussion with family on diagnosis to ensure proper care.
  - C. Remove Stigma from aging and replace it with a positive role model. Engage in social activities that connect with family and friends to demonstrate " I am an elder and I am proud."
9. The Aging Readiness and Family Caregiver Service Committee will continue discussing the goal on how to inspire seniors to map out a plan to prepare for a happy and long journey to aging.
10. Meeting adjourned at 10:55 a.m.
11. Next meeting is scheduled for Monday June 17, at 9:00