

COMMUNITY AMBASSADOR PROGRAM FOR SENIORS (CAPS) OCTOBER 2017 TRAINING REGISTRATION FORM

www.capseniors.org

The **Community Ambassador Program for Seniors (CAPS)**, celebrating 10 years, is a unique award-winning nationally recognized, locally implemented partnership between the City of Fremont’s Human Services Department and numerous ethnic, faith and community organizations representative of the Tri-City area (Fremont, Newark, Union City, CA). Volunteer Ambassadors serve as a bridge between the formal network of social services and their respective communities and neighborhoods. They serve older adults in locating resources, programs, and services available to them, including transportation, opportunities to socialize, benefits, health insurance, and local housing options. Ambassadors speak many languages, e.g., Chinese, Spanish, Tagalog, Hindi and Urdu.

The CAPS Program aligns with the City of Fremont’s **Age-Friendly** initiative (A World Health Organization Global Network of Age-Friendly Cities). The term age-friendly refers to the effort cities and communities are making towards preparing for an increase in residents who are older. The Age-Friendly initiative consists of 9 domains related to senior needs:



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Health and Wellness: Overall support and services provided within communities to maintain health, independence, and quality of life.
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Outside Spaces and Parks: How the outside environment, public buildings, and overall space interact with individuals and the impact positive or negative it can have on age-friendliness.
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Transportation: The ability and access elder people have to move around within their communities and city.
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Social participation and Inclusion: Access, information, and the ability to participate in leisure, social, cultural, and spiritual activities in the community, as well as, enjoy respect and esteem from supportive and caring relationships.
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Volunteering and Civic Engagement: Access and availability to volunteer and engage in the political process within your community.
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Community Information: The ability elder people have to staying connected with events and people; access to receiving timely and practical information to manage their life and meet personal needs.
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Employment and Learning Opportunities: When elder populations wish to pursue employment and learning opportunities is there access and demand?
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Housing: The ability to be safe and sheltered. Also addressing other aspects of housing, such as: housing structures, design, location and choice.
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Dementia Specific Support: Supportive services that can help an individual with dementia, and their caregivers, remain in the community and safe.

Participate in the 2017 CAPS Training and become a City-Certified Community Ambassador

(or attend the training and decide later).



You will become trained to assist older adults in identifying local resources and services

**Tuesday October 10 & 17, 2017 *(Must attend both days)*
9 AM – 4:00 PM**

Venue:

Day 1: Los Cerritos Community Center, 3377 Alder Avenue, Fremont, CA 94536

Day 2: Washington Hospital West – Anderson Conference Room
2000 Mowry Avenue, Fremont, CA 94538



Select topics covered:

CAPS Overview – Program overview & role of a CAPS Ambassador

Health & Wellness – e.g., Aging 101, City of Fremont Older Adult Support Services, LIFE Eldercare

Outdoor Spaces & Parks – e.g., City of Fremont Community Services, East Bay Regional Parks

Transportation – e.g., Fremont Paratransit, East Bay Paratransit, VIP Rides, Taxi Vouchers

Social Participation – e.g., Senior Center activities, Ethnic and Faith-based activities

Volunteering & Civic Engagement – e.g., Volunteer Match, Friendly Visitors, Senior Peer Counseling

Community Information – e.g., Health Benefits, Social Security, Senior Helpline, Senior Health Fair

Employment & Learning Opportunities – e.g., Library Programs, Spark Point Financial Support

Housing – e.g., Housing options, In-Home Supportive Services, Shared Housing

Dementia-Related Support – e.g., Alzheimer's of the East Bay, Family Caregiver Support Program

Training is free of charge, and is provided by the City of Fremont Human Services Department staff and community partners. Upon completion of the 2-day training, you will have the option to become a formal volunteer City-certified Community Ambassador.

Note: Space is limited....register early! Registration deadline: September 30, 2017

Complete the attached registration form to reserve your spot.

For more information, contact Asha Chandra, CAPS Program Manager, City of Fremont
achandra@fremont.gov, (510) 574-2055

Community Ambassador Program for Seniors (CAPS)
2017 CAPS Training Registration Form
For New and Existing Ambassadors

Please complete the following information to reserve your spot:

Name: _____

City of residence: _____

Primary phone number: _____

Email address: _____

Languages spoken: _____

How did you find out about the training? _____

If referred, by whom? _____

Please mail, scan & email, or fax

Attention:

Asha Chandra, CAPS Program Manager

3300 Capitol Avenue, PO Box 5006, Fremont, CA 94537-5006

achandra@fremont.gov

Phone: (510) 574-2055

Fax: (510) 574-2054

Upon receipt, you will receive an email confirmation.