

AGE-FRIENDLY COMMUNITY ACTION PLAN

ADOPTED BY CITY COUNCIL
ON MARCH 26, 2024



City of
SACRAMENTO



AGE-FRIENDLY COMMUNITY ACTION PLAN

Adopted by Council on March 26, 2024

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City of
SACRAMENTO

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CITY OF SACRAMENTO
CALIFORNIA

On behalf of the City of Sacramento, we are pleased to be part of the network of AARP Age-Friendly Communities with our own Age-Friendly initiative, the **Sacramento Age-Friendly Community Action Plan**.

With an estimated 15 percent of Sacramento's population being age 60 or older and the fastest growing age group being ages 60-64, it is more important than ever to ensure that Sacramento residents are able to thrive while they age in place.

This Action Plan is the result of tireless efforts and collaboration among various stakeholders, including community organizations, and most importantly, our valued residents. Together, we have demonstrated our unwavering commitment to ensuring that individuals of all ages can thrive and participate fully in the social, economic, and cultural fabric of our city.

Furthermore, by being part of the AARP Network of Age-Friendly Communities, we gain access to invaluable resources, expertise, and networking opportunities that will further bolster our efforts in building a city that is welcoming and accommodating to residents at every stage of life.

In closing, I extend my heartfelt gratitude to everyone who has contributed to this significant achievement. Together, let us continue to work towards a future where every individual, regardless of age, can live a life of fulfillment, dignity, and opportunity.

Sincerely,

A handwritten signature in black ink that reads 'Darrell Steinberg'. The signature is written in a cursive, flowing style.

Darrell Steinberg
Mayor, City of Sacramento



EXECUTIVE SUMMARY

INTRODUCTION

The City of Sacramento is experiencing a demographic shift towards an older population, matching trends across the country. Between 2010 and 2015, the percentage of Sacramento’s 65 and older population increased from 10.5 percent to 11.8 percent, and by 2019 it had increased to 13.1 percent of the total population. Recognizing the need to plan supportive communities for an aging population, the City of Sacramento (City) joined the Association of Retired Persons (AARP) Network of Age-Friendly States and Communities.

ABOUT THIS PLAN

The Age-Friendly Community Action Plan (Action Plan) is organized around AARP’s “Domains of Livability,” community features that impact the well-being of older adults, and help make communities more livable for people of all ages. The Action Plan includes a community needs assessment of how well the City addresses these topics for its residents and provides short-term actions the City and/or community members can take to address those needs within the following three years.



Sacramento’s older adult population has increased steadily since 2010, rising above 13 percent of the total population.

COMMUNITY NEEDS ASSESSMENT

Based on the findings of background research, the results of an Agency on Aging Area 4 (AAA4) survey, census data, and other data sources, a community needs assessment was drafted to understand existing conditions for older adults in Sacramento. The Age-Friendly Stakeholders Working Group provided feedback on this assessment, which helped to inform the development of the Action Plan priorities. The team worked to synthesize the data and community input to frame the Action Plan's goals. Below are key concerns identified through this assessment:

- Housing affordability impeding the ability of older adults to age in place.
- Financial stability as older adults might no longer be part of the workforce.
- Affordable home repair to ensure homes remain livable.
- More walkable neighborhoods for older adults traveling by walking, bicycling, and transit.

HOW TO USE THIS PLAN

This document is organized into three chapters, Chapter 1: Introduction, Chapter 2: Community Profile, and Chapter 3: Action Plan. The Action Plan chapter is organized into seven sections that address AARP's Domains of Livability. Each section has a goal, a short summary of relevant context, and actions to achieve the main goal. The sections are as follows:



Outdoor Spaces and Buildings
(Page 17)



Work and Civic Engagement
(Page 25)



Transportation
(Page 19)



Community and Health Services
(Page 24)



Housing
(Page 21)



Communication and Information
(Page 28)



Respect, Inclusion, and Social Participation
(Page 23)

The actions found within these sections reference policies and implementing actions from the 2040 General Plan as well as other plans such as the Parks Plan 2040, and the Climate Action and Adaptation Plan.

Additional resources and existing programs can be found in **Appendix A**.

INTRODUCTION

BACKGROUND

According to the U.S. Census Bureau, adults over the age of 65 are expected to outnumber children under age 18 in the U.S. by the year 2034 for the first time in history. This demographic shift represents a dramatic societal change that will have impacts for almost all aspects of our cities. In response to this, the American Association of Retired Persons (AARP) developed its Livable Communities initiative to support the efforts of towns, cities, counties, and states across the U.S. in becoming more livable and age-friendly for people of all ages. The Livable Communities initiative represents an opportunity for cities to revisit some common practices in planning that have, over time, created daily challenges for older adults by focusing primarily on the needs of families and young, able-bodied people. As part of the initiative, AARP established the Network of Age-Friendly States and Communities, which is a network of communities committed to creating places that are supportive of residents of all ages.

Recognizing the need to plan supportive communities for an aging population, the City of Sacramento (City) joined the Network of Age-Friendly States and Communities. This Sacramento Age-Friendly Community Action Plan (Action Plan) represents a commitment on the part of the City to improve the quality of life for older Sacramentans. The Action Plan focuses on the specific needs of older adults and includes goals and actions to meet these needs. To achieve this, portions of the Action Plan emphasize opportunities for older adults to age in place in Sacramento. Aging in place refers to the ability of people to stay in their own homes and

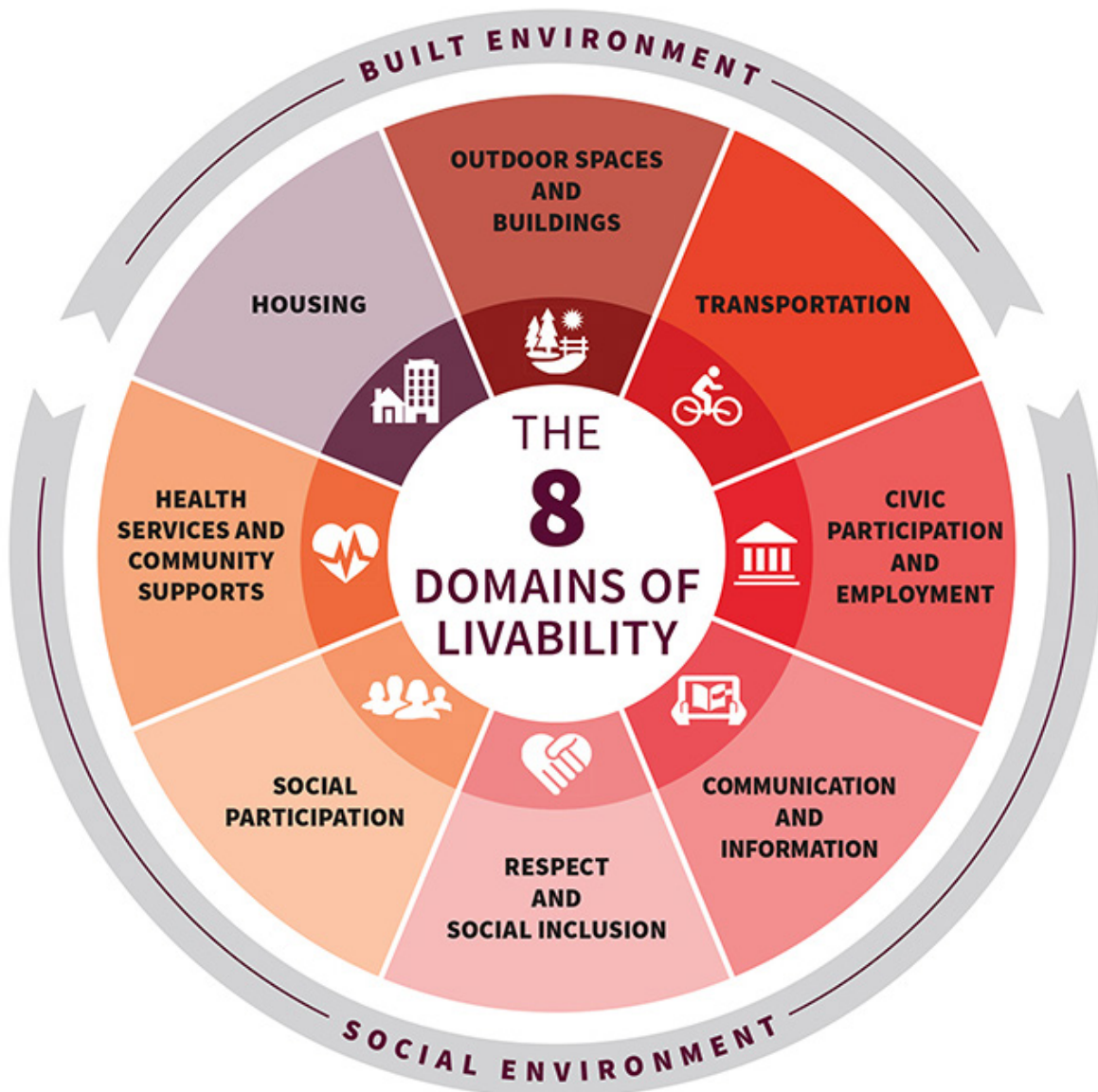
When it comes to aging, language matters. The words we use to describe older members of society reflect how we view their capabilities and their contributions. This Action Plan uses the term “older adults” to identify people over the age of 65, as surveys indicate that older adults increasingly prefer this term to “senior.”

neighborhoods as they grow older by making available the social supports, wellness activities, housing options, and home maintenance services that they require to live happy and healthy lives in the community. The Action Plan also recognizes that aging well is about having options for how and where you want to live, and thus also includes actions that expand housing options to support those older adults who may want a different type of living environment as they get older, such as a more communal environment. The Action Plan recognizes that, as we age, we desire to maintain independence and autonomy over as much of our lives as possible. As such, the City aims to support older adults in accessing the resources needed to continue living independently, while expanding options for when independent living is no longer possible. This action plan represents the culmination of decades of effort in the City to create a livable community for residents of all ages, and a milestone in the ongoing process to achieve an age-friendly community.

PROCESS FOR ACHIEVING AARP CERTIFICATION

Communities interested in joining the AARP’s Network of Age-Friendly Communities must first submit a Letter of Commitment indicating their dedication to creating an Age-Friendly environment. The City joined the network in 2019 with its Letter of Commitment. Once enrolled in the network, a community must gather information and develop an action plan based on identified community needs. The Action

Plan is based on the results of a community needs assessment that identifies needs within the AARP’s established 8 Domains of Livability. The 8 Domains of Livability provides a framework to be used by member communities to organize and prioritize their work. Each domain covers a facet of life important to the well-being of older adults and, with it, the well-being of people of all ages. The 8 Domains are as follows:



1. **Outdoor Spaces and Buildings:** People need public places to gather and exercise. Accessible outdoor spaces, seating, and buildings can be used and enjoyed by people of all ages.
2. **Transportation:** Driving should not be the only way to get around. People walking, bicycling and taking transit should be accommodated to ensure mobility is safe and accessible for all.
3. **Housing:** The availability of housing that is both affordable and designed or modified for an aging population helps to ensure that older adults are able to age in place.
4. **Social Participation:** Loneliness can often pose as many difficulties for health as having a chronic illness. Isolation can be combatted by having accessible, affordable, and fun social activities.
5. **Respect and Social Inclusion:** Everyone wants to feel like a valued member of their community. Intergenerational gatherings and activities, ranging from communitywide events to one-on-one gatherings, are a great way to foster this among both young and old.
6. **Work and Civic Engagement:** Older adults should be encouraged to stay actively involved in community life through a wide variety of volunteer, leadership, or advocacy opportunities beyond just full-time, paid work.
7. **Communication and Information:** Information needs to be shared through a variety of methods and sources, recognizing that people's comfort levels with language and technology vary greatly.
8. **Community and Health Services:** In order to promote lifelong good health, health services must not only be readily available nearby, but it is also essential that residents are able to understand the process to receive health services and afford the services being offered.

The action plan must include goals for what is to be achieved, actions to be taken to reach these goals, a target date for completion of each action, and identification of the responsible party for each action. Joining the Network of Age-Friendly States and Communities means joining a growing network of over 570 communities nationwide who have made a commitment to actively work towards making their communities a great place to live for people of all ages. Participants in the network gain access to technical expertise on planning for an aging population, in-kind resources, and the opportunity to collaborate with other jurisdictions in a shared commitment to identify and meet the needs of older residents.

PLANNING PROCESS

The official age-friendly planning process began in 2019 with the convening of City leadership and the Mayor's announcement of Sacramento's enrollment in the AARP Network of Age-Friendly Communities in August of that year. This spurred the City's initiative to develop an action plan, and prepare for Sacramento's growing aging population. The planning process took part in conjunction with the Sacramento 2040 General Plan Update, allowing for extensive outreach to inform both plans.

The team preparing the Action Plan (City staff and consultants) reviewed World Health Organization and AARP guidelines regarding best practices in age-friendly planning, examples of age-friendly community action plans from other jurisdictions in the network, and the results of an

Agency on Aging Area 4 (AAA4) survey. Building on this information, the team conducted additional research on the conditions facing older adults in Sacramento and held listening sessions to develop a community needs assessment. The community needs assessment was brought to the Age-Friendly Stakeholders Working Group, who reviewed and provided feedback on the findings. In addition to reviewing the community needs assessment, the working group also provided input on the development of the Action Plan priorities. Together with the data, this feedback was used to frame the Action Plan's goals and actions.

After an administrative review draft was developed in 2021, the Action Plan had to be put on hold due to staff resource constraints while the City finished the 2040 General Plan Update. While this extended the time, the Action Plan is now able to reflect the priorities in the 2040 General Plan and align resources to ensure the

actions within are more feasible and implementable in the short 3-year time frame. In addition, there are many programs and actions that have already begun or are ongoing. These are captured in Appendix A and show that delaying the documentation did not delay implementation. The Public Review Draft Action Plan was released on December 22, 2023, and was available for review and comment through February 9, 2024. During the public review period, staff presented to the Parks and Community Enrichment Commission, Sacramento County Adult and Aging Commission, Disabilities Advisory Commission, and the Planning and Design Commission to raise awareness and receive feedback on the draft document.

COMMUNITY OUTREACH

The voices of community members have been critical in determining priorities for and shaping the future of Sacramento in order to create a livable community for all residents. This section details the main sources of community input used to inform the age-friendly planning process: the AAA4's Age-Friendly Community Survey, community outreach conducted as part of Sacramento's 2040 General Plan Update, and the Age-Friendly Stakeholders Working Group.

AGENCY ON AGING AREA 4 SURVEY

The AAA4 is the area agency on aging for California's Planning and Service Area 4, which includes Sacramento County (County) along with the counties of Nevada, Placer, Sierra, Sutter, Yolo, and Yuba. In 2018, AAA4 conducted an age-friendly community survey of older adults within its service area. The survey collected 1,949 total responses from across the service area, with 646 responses coming from the county. For the purposes of developing the community needs assessment in preparation for this action plan, only the responses of those survey respondents

Save time – take the survey online at www.agencyonaging4.org

Age-Friendly Community Survey

2018

This survey is about the place you consider "your" local community — wherever that may be. Many people think of their community as the city, town or place where they live. Some people feel like their community is more specific; others feel it is more broad. **There is no wrong answer.**

YOUR COMMUNITY

1. When you think about Your Community, what does that include? *[CIRCLE your best answer]*

Just the building (or the part of the building) where I live

The apartment complex, condominium or mobile home park where I live

The neighborhood or the part of town where I live

The whole city or town where I live

The place I live and other places nearby

The whole region in which I live

2. What is the name of the place you consider to be Your Community?

3. Do you think Your Community is a good place for people to live as they age? *[CIRCLE your best answer]*

Definitely yes I'm not sure Definitely not

Probably yes Probably not

4. What is your age? _____ years

5. How important is it for you to remain in Your Community as you age? *[CIRCLE your best answer]*

Extremely Important	Very Important	Somewhat Important	Not very Important	Not at all Important
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6. If you were to consider moving out of Your Community, would these factors impact your decision to move away? *[CIRCLE your best answers]*

	Yes	Maybe	No
a. Wanting a larger or smaller home.			
b. The high cost of home maintenance.			
c. Fearing for your personal safety or having security concerns.			
d. Looking for a home that will help you live independently as you age.			
e. Wanting to move to an area with better health care facilities.			
f. Wanting to move to be closer to family.			
g. Needing more access to public transportation.			
h. Wanting to live where the weather is different.			
i. Looking for an area with a lower cost of living.			
j. Other (please specify):			

HOUSING

7. What is your 5-digit ZIP code?

8. What kind of place are you living in?

Single family house Mobile/Modular Home

Townhome or duplex Assisted Living

Apartment I do not have a permanent shelter

Condominium Other: _____

6 | What Makes A Community Great | A Special Advertising Supplement

whose home zip code falls within the city were analyzed.

The survey collected information from respondents about the importance of specific resources or services to them, and then asked respondents to rate the availability of that resource or service in their community. Thus, the survey indicated respondents' perception of whether their community provided "far too few," "less than enough," "just right," "more than enough," or "far too many" of each resource. AAA4 conducts surveys on a regular basis and future surveys can be a helpful tool for benchmarking progress toward the goals of this action plan.

2040 GENERAL PLAN UPDATE COMMUNITY OUTREACH

The Action Plan was prepared in parallel with a comprehensive update to the City's general plan. Community outreach for the general plan presented numerous opportunities to gather feedback from older adults, their loved ones, and their caregivers. Outreach activities included targeted stakeholder interviews, citywide

workshops, in-person pop-up workshops, and community listening sessions, among numerous other public participation opportunities. Through the community outreach process, several thousand community members in Sacramento provided valuable insight into key issues regarding land use, transportation, climate change, environmental justice, and other topics that are relevant to both the general plan and Action Plan.

AGE-FRIENDLY STAKEHOLDERS WORKING GROUP

In order for the Action Plan to best reflect the needs of older adults in Sacramento, the City convened an Age-Friendly Stakeholders Working Group. The stakeholder working group included 21 individuals with backgrounds that provided them with expert insight into the aging process, or from professional or volunteer roles in which they work heavily with older adults and older adult issues in Sacramento. The stakeholders met four times throughout the development of the Action Plan at key stages in the process, from February through August of 2021. Stakeholders provided feedback on the community needs assessment, helped to draft goals for the Action



Pop-up Event for the 2040 General Plan Update

Plan, provided direction for implementing actions that would be most impactful, reviewed the administrative draft and public review draft of the Action Plan.

LISTENING SESSIONS

A series of in-person “age-friendly listening sessions” was launched in collaboration with AARP and then cancelled before the series was completed due to the COVID-19 pandemic. Only two out of the six planned sessions were held, one on March 9, 2020, at the Hart Senior Center, and the other on March 10, 2020, at the Oak Park Community Center. The listening sessions allowed staff to receive additional community input to include in the community needs assessment.

COMMUNITY NEEDS ASSESSMENT AND COMMUNITY PRIORITIES

A community needs assessment was developed based on the findings of the AAA4 Age-Friendly Community Survey, input from the Age-Friendly Stakeholders Working Group, and input from the 2040 General Plan Update community outreach process, as well as supplemental data from the California Master Plan For Aging (2021), the Census, and research on City and County websites. The community needs assessment documents existing conditions for older adults in Sacramento in order to help identify needs and priorities on which the Action Plan should focus. It indicated where older adults in Sacramento are already being well-served by resources and facilities, and where more focus or resources may be needed.

The Assessment concluded that, across the board, Sacramento is providing many critical services for older adults. Access to healthcare is strong throughout the city, and there are many opportunities for older adults to get involved in

their communities and to stay active. This is reflected in the answers of the AAA4’s survey respondents who, on average, rate Sacramento as “good” on issues related to most topics. The two topics where residents tend to rate the City as doing less than “good” are in Housing and Transportation.

The community needs assessment identified certain areas for consideration that will need more focus than others to ensure that all residents in Sacramento are able to age in place securely and are able to achieve the levels of mental and physical well-being they need to thrive. The following key takeaways are listed in order of priority based on existing supply of resources in Sacramento, the level of satisfaction indicated via community input, and the degree to which they can positively impact age-friendliness and livability for older adults in Sacramento.

TIER 1 PRIORITY

- **Housing affordability** is a major area of concern for older adults to be able to age in place. Older adults who are renters are particularly vulnerable to falling into homelessness as they face rising rents while often living on a fixed income. Increasing the availability of low-income rental housing targeted at older adults as well as implementing long-term rental assistance programs for low-income older adults will help to stabilize these residents and curb the issue of seniors falling into homelessness.
- **Financial stability** is critical for independent living. The rate of Sacramento residents aged 65 and over living in poverty has increased in recent years and a recurring theme in AAA4 survey responses has to do with the affordability of housing and services. Women are particularly at risk often due to longer lifespans and unpaid domestic or

caregiving work that did not count towards Social Security. A critical consideration for the Action Plan will need to be on finding potential solutions that can help promote financial stability among older adults and reduce cost barriers to accessing services or participating in programs.

- Affordable **home repair or modification** services are critical to ensuring that older adults both who rent and who own their home can age in place. While those who own their homes typically face significantly less pressure from rising home prices, many older adults may still require assistance to ensure their homes remain livable as they age. Expansion of existing home modification services can broaden the impact that these programs are able to have, helping the existing housing stock keep up with an aging population.
- Continuing to focus on implementing **walking-friendly** policies, especially those already outlined in the City's Vision Zero Action Plan and Vision Zero Top Five Corridors Study, will make neighborhoods across Sacramento more walkable and rollable for older adults travelling by non-auto modes. While prioritizing actions and locations for interventions is necessary

to make optimal use of available City resources, policies should be applied across the city whenever feasible. Doing so helps to recognize that older adults or people with disabilities have travel needs outside of their immediate areas or dense commercial areas, and that these needs are also important.

TIER 2 PRIORITY

- Improving **transit and paratransit access** will help ensure that older adults who are less mobile are still able to meet their daily needs. Paratransit services provided both publicly (by SacRT) and privately (most notably by Asian Community Center (ACC) Senior Services) help meet the special travel needs of older adults. Maintaining communication and partnerships with the agencies offering these services to ensure they are most effectively meeting the needs of older city residents will help ensure that older adults are able to access city facilities as well as critical errands.
- The Ethel Hart Senior Center and ACC Senior Services act as **hubs for older adult social life** in Sacramento and are important avenues for distributing information and resources. Improving access to these and other hubs of social life via multiple modes of transportation and ensuring information



The Ethel Hart Senior Center plays an important role in the social life of older adults in the city

reaches as wide an audience as possible will help to ensure that older adults of all abilities are able to achieve social fulfillment as well access critical services. This may involve collaboration with other public agencies and community groups, as the City does not have jurisdiction over transit.

- As the population continues to age, **support for caregivers** will become more important. Multilingual training resources, virtual care options, respite services, and other resources are critical to ensuring that older adults receive appropriate care and to ensuring that caregivers remain healthy themselves. Actions that promote caregiver resources and resource centers, such as the Triple-R program and the Del Oro Center, will help to ensure that older adults and their caregivers are supported.
- Creating more opportunities for **senior-youth collaboration** beyond just volunteer opportunities will help to combat ageism and ensure seniors' inclusion in social life in Sacramento. Broadening the scope of existing community events, run by the City and others, that are currently targeted to youth so as to include older adults as well can help build inclusion.

TIER 3 PRIORITY

- While many services are concentrated in central areas of the city, many older adults live in more suburban or outlying areas. **Expanding the reach of senior centers** and the services and programs they offer – potentially through parks or other community centers – can help to ensure that the city is delivering services close to where older adults live. Utilizing existing networks such as Nextdoor and the Caring Neighborhoods program can promote

community-wide support for older adults, increase inclusivity, and combat ageism. Internet-based service delivery is also an efficient way to deliver services widely, but digital literacy, access to the internet, and communications preferences among some older adults represent barriers to online access.

- Focusing on **flexible job opportunities** for older adults can help to strengthen their economic standing while providing meaningful and productive outlets for older adults to contribute to their communities. While a plethora of volunteer activities exist, as well as many educational and job training opportunities, working with local employers to expand options for part-time or flexible employment opportunities will help ensure residents have access to a range of options to meet the varying work needs of older adults and employers in Sacramento.
- Continuing to expand outreach and **means of communication** beyond traditional approaches will help to ensure more older adults are well informed and able to access resources. The City's Wi-Fi in parks program provides a good example of efforts to increase access to information. Utilizing clear and accessible digital forms of communication, many of which were explored during the COVID-19 pandemic, will help to reach a wider audience. While expanding digital access can prove beneficial for many, digital literacy can also act as a barrier. Support for in-person communication and digital literacy programs, such as TechConnections, should continue to be emphasized to ensure that less tech-savvy older adults continue to be included in social opportunities and receive vital information.

LOCATION AND CONTEXT

The City of Sacramento is located in Northern California at the confluence of the Sacramento and American Rivers. The riverfront has played an important role throughout the city's history and today provides extensive green space as well as entertainment destinations for residents and visitors. Sacramento is the capital of California and the metropolis of the Central Valley, making it a center for politics, business, and culture in the region. In 2019, Sacramento was among the fastest growing big-cities in California, with a growth rate of 1.4 percent. The city encompasses approximately 100 square miles and includes a broad range of neighborhoods, from its densely developed central city area to more suburban neighborhoods in the north and south of the city. Dubbed the "City of Trees," Sacramento has an abundant urban forest as well as significant green space, parks, and trails, including the American River Bike Trail, a 32-mile bike path.



The Sacramento River has played an important role in shaping the history of the city.

DEMOGRAPHIC PROFILE

In 2019, the total population of Sacramento reached 500,930 residents, with those over age 65 in the city making up 13.1 percent of the total population. Between 2010 and 2015, the percentage of Sacramento's population 65 and older increased from 10.5 percent to 11.8 percent. The City has been experiencing a demographic shift towards an older population, matching national trends.

Consistent with national trends, women make up a larger share of Sacramento's older population compared to younger age groups. More than 55 percent of the city's residents aged 65 and older are female, compared with just over 50 percent of those under 65. A greater proportion of those age 65 and over in Sacramento identify as White/Not-Hispanic or Latino (57 percent) than the overall population of the City (46 percent). This share is lower when compared to those age 65 and over across the County where 70 percent identify as White/Not-Hispanic or Latino. The next largest racial group for Sacramento residents aged 65 and over is Asian (22 percent), followed by Black or African American (12 percent). Similarly, those of Hispanic or Latino origin are less represented among those age 65 and older than among the overall population: 29 percent of the total population in Sacramento identifies as Hispanic or Latino, but only 15 percent of its residents aged 65 and over do so. This is higher, however, than the 11 percent of County residents aged 65 and over who identify as Hispanic or Latino.

In comparison to the citywide population, a smaller share of residents aged 65 and over lives below the Federal Poverty Line (FPL). Specifically,

12 percent of seniors are in poverty compared to 17 percent of the total population. However, as seen in **Figure 4-1**, while the percentage of the overall population in Sacramento that lives in poverty has fallen by almost one percent since 2010, poverty among those age 65 and over has actually risen by almost three percent.

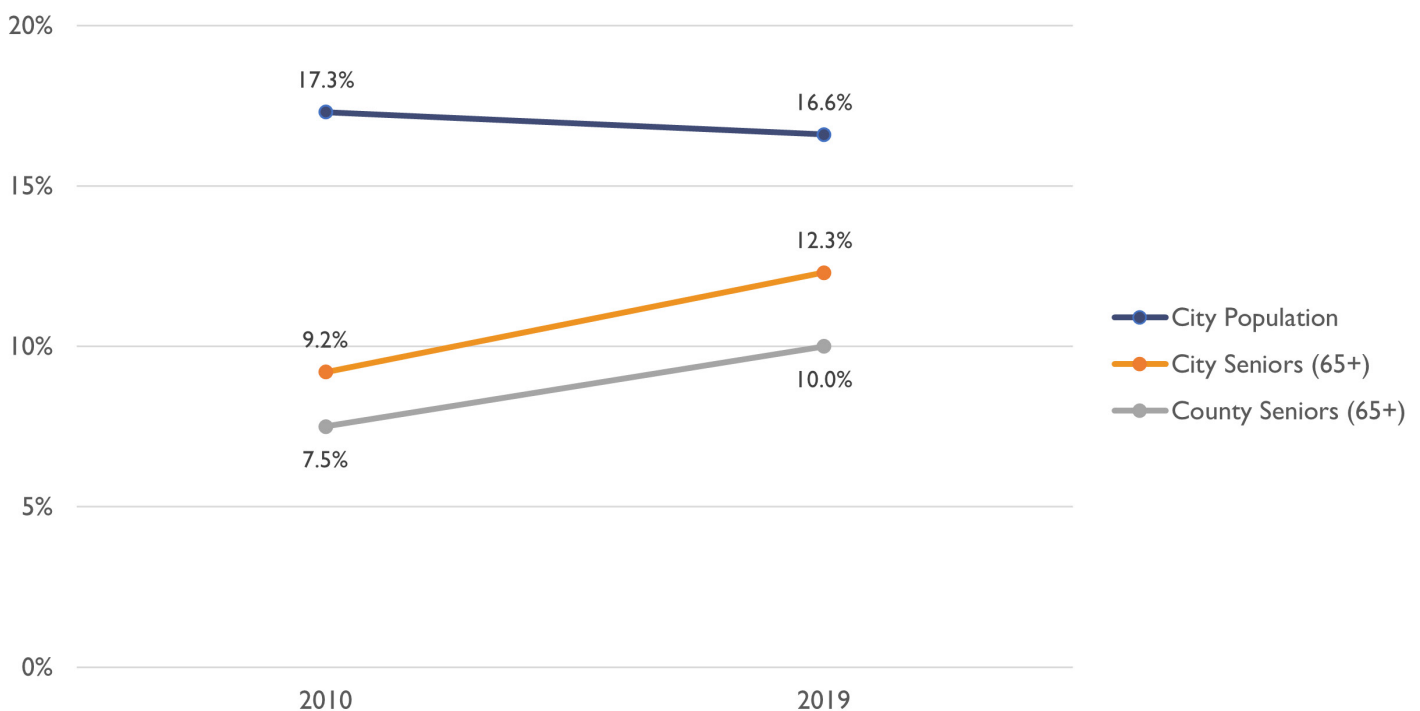
Additionally, a greater share of the population age 65 and over within Sacramento have incomes below the FPL (12 percent) than in the County as a whole (10 percent).

Legacies of racism and sexism play out in who is most likely to be living at or below the FPL when age 65 or over. **Figure 4-2** shows the uneven distribution of poverty among older adults by race and gender. Poverty is lowest among older adults who are White men (7.6 percent), and it is highest among women who identify as some other race not listed (18 percent). Additionally, older adults who are Asian men or Hispanic/Latino women have poverty rates above 16

percent. Aside from older adults who are Asian, across all other racial groups older adults who are women are more likely to be living in poverty than older adults who are men.

As seen in **Figure 4-3**, older adults live in neighborhoods throughout Sacramento, but the highest concentration is found in a small pocket on the east side of the city, in the Campus Commons neighborhood. This is a low-density neighborhood of primarily attached single-unit homes, which is relatively isolated from the rest of the city by the American River. Other high concentration areas include the Land Park, South Land Park, and Pocket neighborhoods on the west side of the city. These neighborhoods are mostly single-unit residential areas with some higher density multi-unit housing along Riverside Boulevard, Florin Road, and Greenhaven Drive in the Pocket neighborhood. **Figure 4-4** shows the Census tracts in Sacramento with the highest concentrations of older adults living in poverty.

Figure 4-1: Poverty Rate 2010-2019



This map reveals that many areas of the city that may have the most older adults, as seen in **Figure 4-3**, are not necessarily home to those older adults of greatest need. Low-income older adults are most likely to be living downtown, and in the Oak Park and North Sacramento neighborhoods, among others. While older adults living in all parts of the city need access to resources in order to live healthy and fulfilling lives, certain City resources will be best targeted towards older adults with the fewest personal resources in order to generate the greatest impact.

To aid cities in their planning efforts to address equity and environmental justice, the State of California has defined disadvantaged communities (DACs) as “low-income areas that are disproportionately affected by environmental pollution and other hazards that can lead to negative health effects, exposure, or environmental degradation.” CalEnviroScreen is

the mapping and analysis tool developed by the state to identify DACs in California. CalEnviroScreen uses 20 indicators related to pollution exposure, population health factors, and socioeconomic factors to rank all Census tracts in the state based on their susceptibility, with those ranking in the top 25th percentile being labelled as DACs. DACs in Sacramento are addressed explicitly through the Environmental Justice Element of the 2040 General Plan, but they also provide a means for prioritizing efforts in the Age-Friendly Action Plan. Figure 4-5 shows the location of DACs in Sacramento. Some of these locations align with high concentrations of older adults living in poverty, such as in Downtown Sacramento, Old North Sacramento, and the North City Farms neighborhood.

Figure 4-2: Poverty by Race and Gender Among Sacramento Seniors (Age 65 and Over)

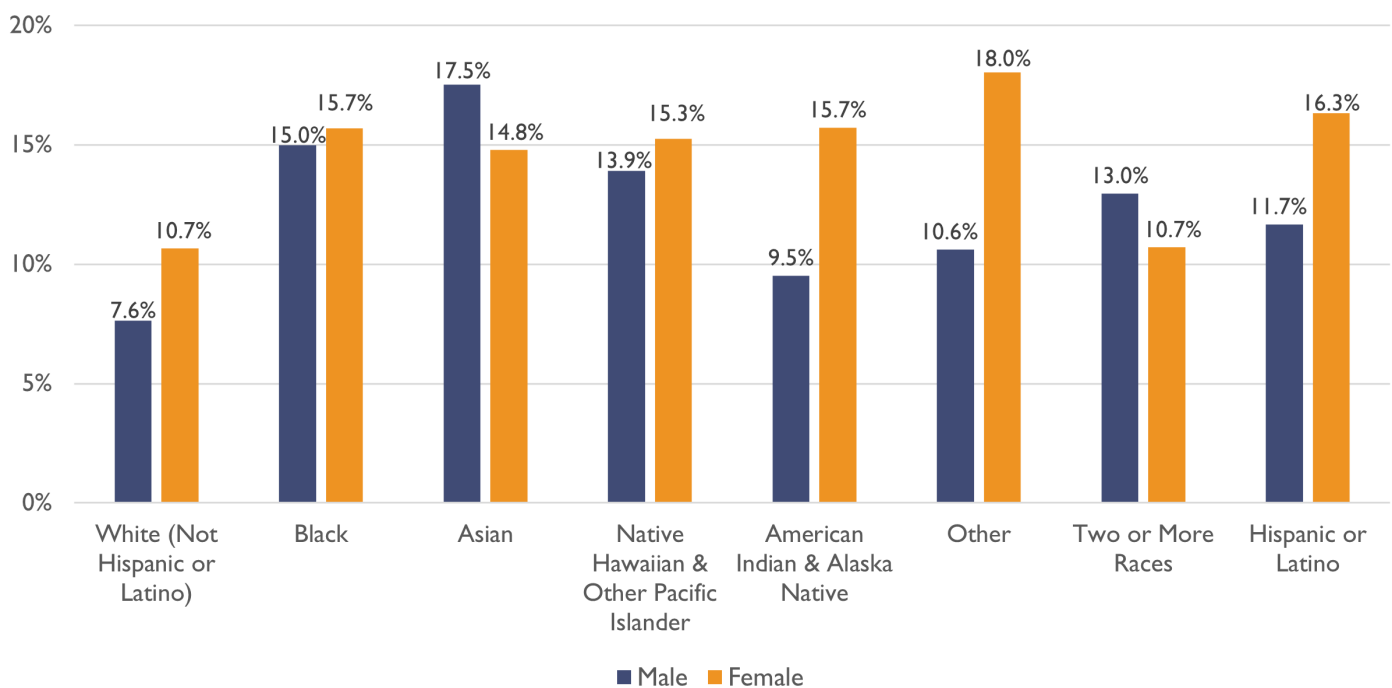


Figure 4-3: Concentration of Older Adults (2019)

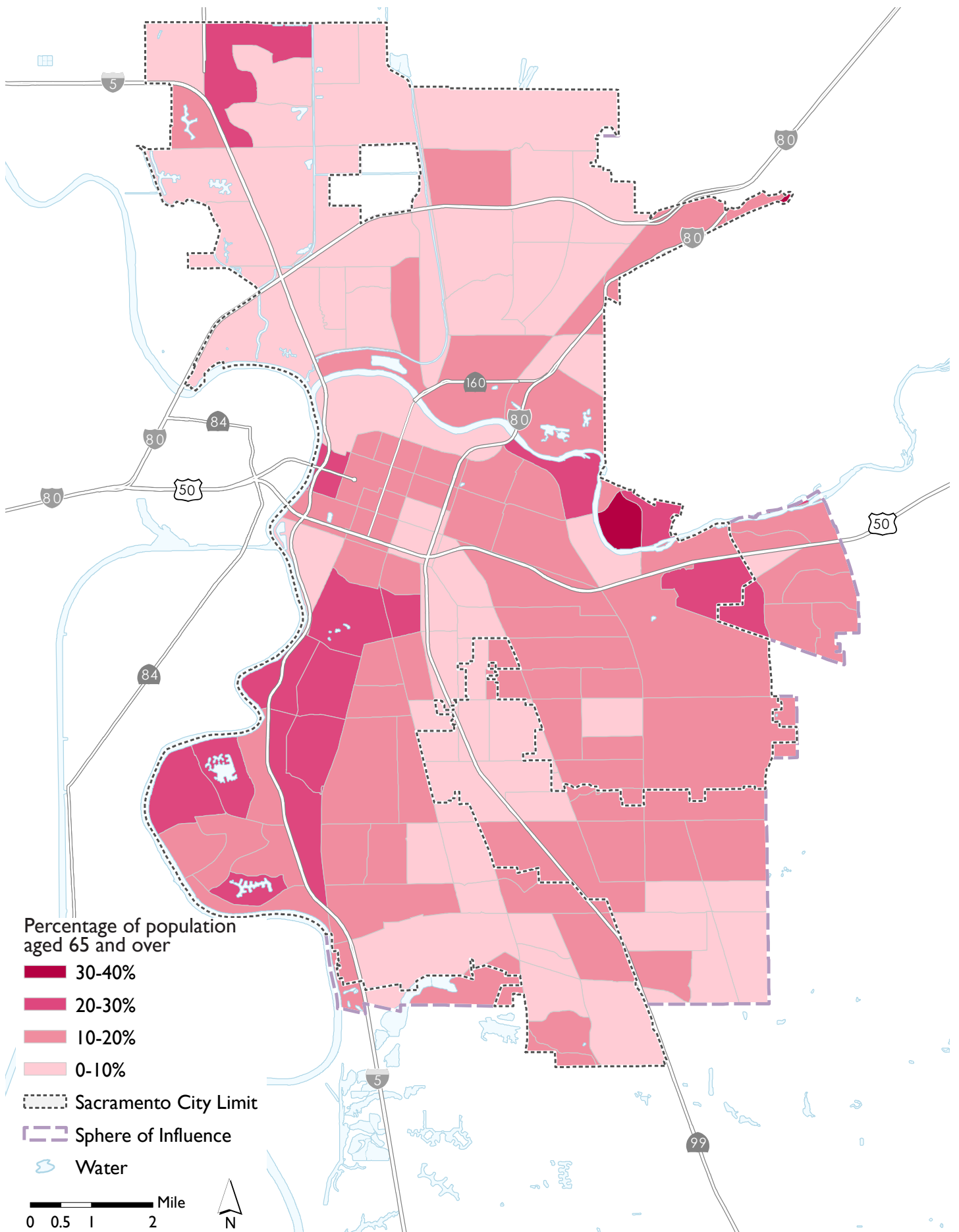


Figure 4-4: Concentration of Older Adults Living in Poverty (2019)

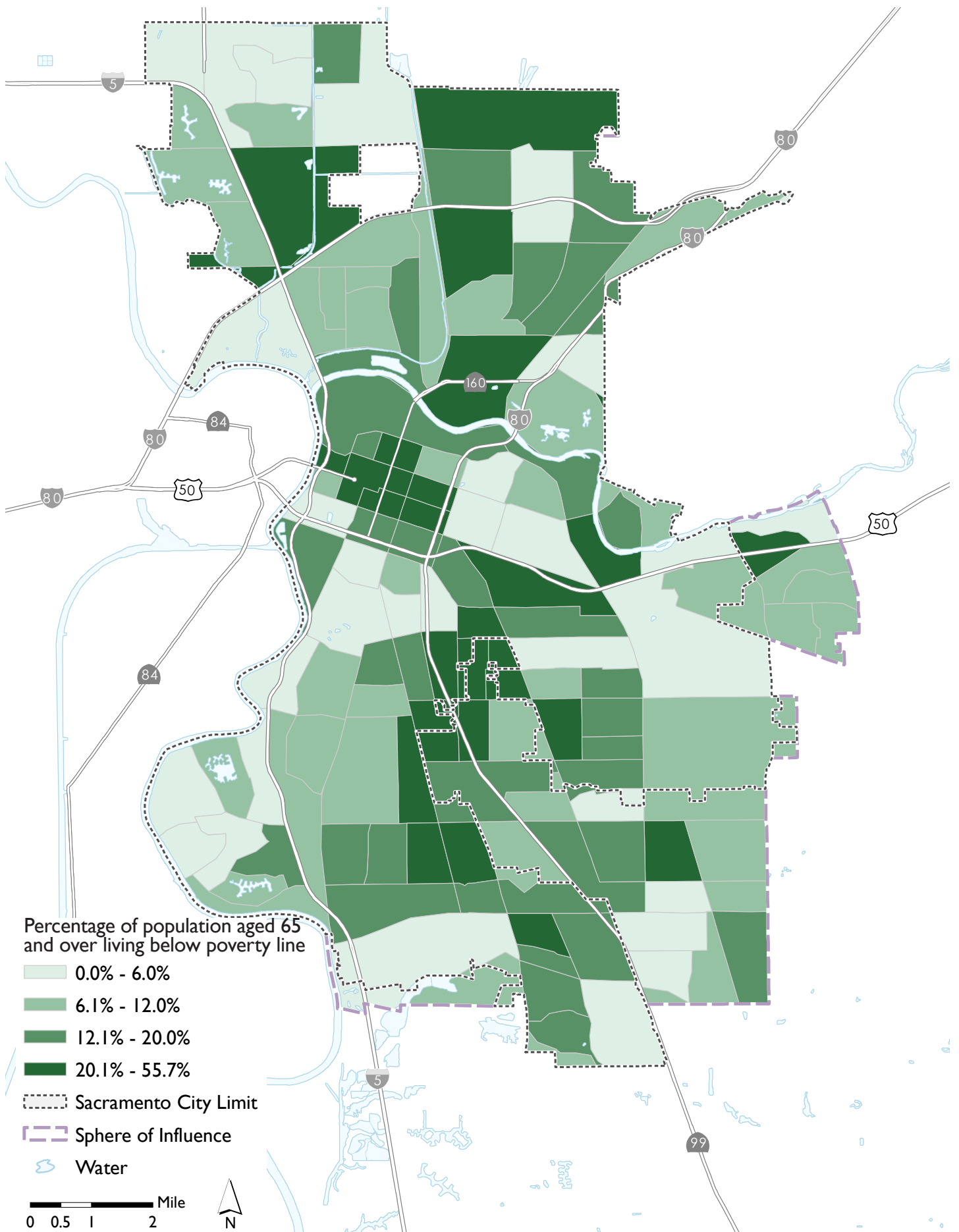
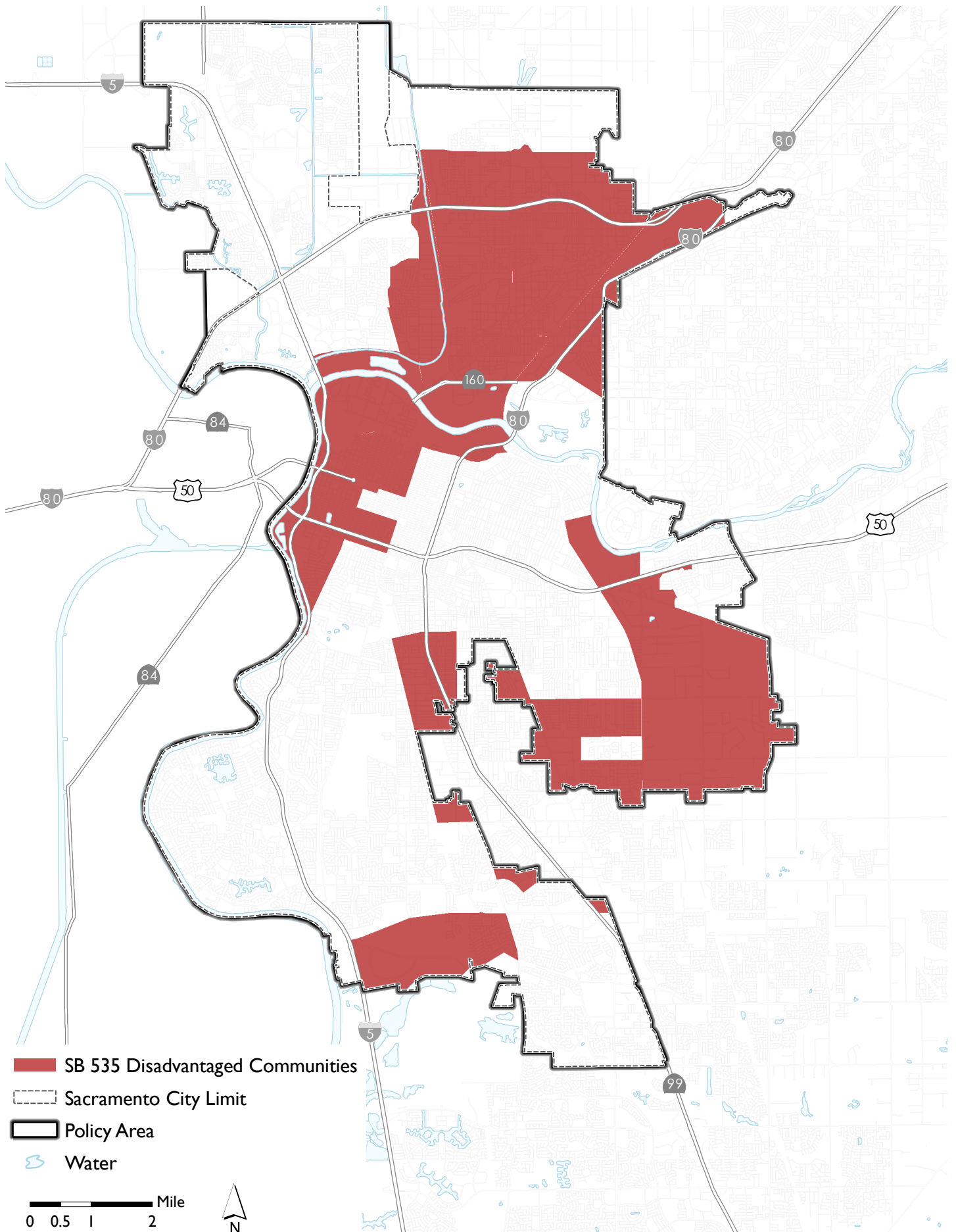


Figure 4-5: Disadvantaged Communities (2022)



Building on the findings of the community needs assessment and community input, this chapter outlines a 3-year action plan to enhance the health and quality of life for older adults. The chapter is organized into the following seven sections which align with AARP's 8 Domains of Livability:

	1. OUTDOOR SPACES AND BUILDINGS <i>Domain: Outdoor Spaces and Buildings</i>
	2. TRANSPORTATION <i>Domain: Transportation</i>
	3. HOUSING <i>Domain: Housing</i>
	4. RESPECT, INCLUSION, AND SOCIAL PARTICIPATION <i>Domains: Respect and Social Inclusion; Social Participation</i>
	5. WORK AND CIVIC ENGAGEMENT <i>Domain: Civic Participation and Employment</i>
	6. COMMUNICATION AND INFORMATION <i>Domain: Communication and Information</i>
	7. COMMUNITY AND HEALTH SERVICES <i>Domain: Health Services and Community Supports</i>

Each section starts with a summary of conditions, and trends, providing context for a goal that represents a desired outcome or vision to be achieved. In turn, each goal is supported by implementing actions that represent specific steps that the City, supported by community organizations and other agencies, could take to further the goal. These actions will include the City department(s) responsible for implementation, a timeframe, and a reference to policies and

implementing actions from the 2040 General Plan that support the actions set forth in this Age-Friendly Community Action Plan.

The actions in this action plan are consistent with the 2040 General Plan and are feasible and implementable in this action plan's short 3-year time frame. Additionally, the general plan has other relevant long-term actions that demonstrate the City's commitment to actively

work towards making the city a great place to live for people of all ages, which are not included here due to this action plan’s short timeframe. The Action Plan also references other plans such as the Climate Action & Adaptation Plan, and the Parks Plan 2040.

Appendix A provides a list of existing programs or actions that are already underway, organized by section. These tables are presented to recap age-friendly initiatives spearheaded by the City, and other agencies and/or organizations.

Appendix B contains a table with additional suggestions that were explored through the creation of this action plan. These suggestions were not implementable within the Action Plan’s 3-year timeframe due to funding or staffing, but can be explored in future updates of this action plan.



Community members at a Cyber Security and Elder Abuse class offered by the City in partnership with Sacramento County District Attorney



POTENTIAL PARTNER AGENCIES

The agencies listed below are potential partners for the implementation of the actions in this Plan:

- 211
- Agency on Aging Area 4
- Association of Retired Persons
- Asian Community Center Senior Services;
- Alzheimer’s Association of Northern California and Northern Nevada
- American River Homeshare
- California Employers Association
- Civic Thread
- Directors of Volunteers in Agencies Sacramento
- Hands On Sacramento
- North State BIA Foundation
- Rebuilding Together
- Red Cross
- Sacramento Housing and Redevelopment Agency
- Sacramento Black Chamber of Commerce
- Sacramento Employment and Training Agency
- Sacramento Hispanic Chamber of Commerce
- Sacramento Metro Chamber of Commerce
- Voluntary Organizations Active in Disaster



OUTDOOR SPACES AND BUILDINGS

GOAL

Increase accessible, welcoming buildings, and public spaces within the city.

Public spaces are an important part of any community and people of all ages should have access to these spaces to gather, socialize, relax, and exercise. The Department of Youth, Parks, and Community Enrichment (YPCE) is responsible for managing over 230 neighborhood, community, and regional parks and parkways, comprised of over 4,000 acres of open space for residents and visitors. YPCE also oversees close to 20 community centers across Sacramento in addition to the Ethel Hart Senior Center, almost 20 community gardens, and nearly 20 pools.

Based on the AAA4 survey of older adults, the majority (64 percent) of Sacramento respondents expressed satisfaction with the number of well-maintained and safe parks within walking distance of their home. Additionally, data from the California Department of Parks and Recreation indicates that only a small portion (8 percent) of residents in Sacramento live further than a half mile from a park. Nonetheless, an ongoing update to the City's Parks Plan 2040 is considering options to address gaps in park accessibility that are correlated to other equity metrics in the city. Sacramento aims to further foster age-friendliness and inclusivity by directing efforts towards addressing park needs in disadvantaged communities. Many actions throughout this action plan have been developed jointly with YPCE staff and are intended to align with the Parks Plan 2040, which will serve as Sacramento's primary implementing tool for parks and recreation



Large canopy trees in historic Elmhurst Neighborhood

facilities and services. Similarly, policies in the City's 2040 General Plan and Climate Action & Adaption Plan are included to improve the comfort, safety, and climate resiliency of City parks and recreational facilities for all users, such as enhancing landscaping, and protecting and enhancing Sacramento's urban forest.

In addition to parks and open space improvements, the City is working to improve Americans with Disabilities Act (ADA) access. For example, the City is currently increasing the number of ADA accessible garden beds at community gardens managed by the City. Additionally, the City is preparing an ADA Transition Plan for City Facilities, which will improve the accessibility and age-friendliness of existing facilities.



ACTIONS

OSB-A1	Explore opportunities to create a more comfortable public realm for pedestrians by promoting the use of heat mitigation strategies to reduce temperatures in the public realm, particularly on active transportation networks, commercial corridors, near light rail transit stations and along transit corridors. <i>(General Plan ERC-A.4).</i>	<p>Responsible Departments: Community Development Department (lead); Public Works Department (PWD)</p> <p>Target Completion: Year 3</p>
OSB-A2	Address the needs of Sacramento seniors as part of the Parks Plan 2040 update process, and Park Project Programming Guide by involving older adults in identifying amenities, programming and other actions that increase the use of park facilities by older adults. <i>(General Plan YPRO-1.2, YPRO-1.12, YPRO-1.23, YPRO-A.1; Parks Plan 2040 3.33*).</i>	<p>Responsible Departments: Department of Youth, Parks, and Community Enrichment (YPCE), Park Planning and Development Services</p> <p>Target Completion: Year 3</p>
OSB-A3	Explore funding mechanisms and grant opportunities to facilitate the retrofit of existing City facilities, parks, and public right-of-way for Americans with Disabilities Act compliance. <i>(General Plan YPRO-1.25; Parks Plan 2040 6.14*).</i>	<p>Responsible Departments: Department of YPCE, Park Planning and Development Services (lead); PDW, Facilities and Real Property Management and Engineering Services Division</p> <p>Target Completion: Year 3</p>
OSB-A4	Consider reviewing and adopting the Americans with Disabilities Act Transition Plan Update for City Facilities, parks, and public right-of way. <i>(General Plan LUP-8.9).</i>	<p>Responsible Departments: PDW, Facilities and Real Property Management and Engineering Services Division (lead); Department of YPCE, Park Planning and Development Services</p> <p>Target Completion: Year 3</p>

* References the 2040 Parks Plan Public Review Draft (March 2024).



Walking path at McKinley Park



TRANSPORTATION



GOAL

Provide safer, accessible, and convenient transportation options for older adults.

Sacramento offers a wide range of transit and paratransit systems, including light rail and on-demand transit options, along with a growing network of bicycling facilities. Despite these options, residents in many neighborhoods still find it necessary to rely on a car or other personal vehicle to complete most of their trips in a reasonable and timely manner. For example, as of 2018, only 11 percent of residents had access to frequent transit service (service every 15 minutes or less) within a quarter of a mile from their home.

According to the AAA4 survey, older adults in Sacramento reported pedestrian access and safety to be a high priority area, with the majority of respondents reporting that there were either “less than enough” or “far too few” sidewalks that are “safe and accessible”, intersections that are “well-lit and safe”, and speed limit enforcements (53.5 percent, 64.3 percent, and 61.1 percent, respectively). Many older adults find it necessary to find alternate means of accessing daily services as many are no longer able to drive themselves. In Sacramento, 9 percent of all households do not have access to a personal vehicle, and this percentage almost doubles in households with individuals aged 65 and older (17 percent). Additionally, individuals over the age of 60 account for 30 percent of all pedestrians who suffer fatal or severe injuries due to motor vehicle collisions in the city. This makes access to walking, bicycling, and transit



Streets for People Active Transportation Plan walking workshop



options critical for ensuring that older adults are able to get around safely and conveniently to all destinations.

The City is currently implementing the 2018 Vision Zero Action Plan, which identified tools to improve safety for all roadway users, including some with a focus on pedestrians who are aged 60 and over. Some countermeasures in this plan include extended pedestrian crossing times and pedestrian detection technology at crossings, pedestrian refuge islands and medians, and raised crosswalks that are elevated to the level of the

sidewalk, all of which are specifically targeted to the needs of older adult pedestrians. Additionally, in 2022, City Council adopted the Transportation Priorities Plan (TPP) which developed a prioritization process so that transportation projects that best meet community values are prioritized for investment. The ongoing implementation of the TPP will work to ensure that neighborhoods are more connected, prioritizing areas with the most vulnerable populations, including older adults.

ACTIONS

T-A1	Continue the Neighborhood Walk Program and explore adding an annual training session for older adults on safe walking practices to frequently visited destinations. <i>(General Plan M-4.4; Parks Plan 2040 3.33*)</i> .	Responsible Departments: Department of Youth, Parks, and Community Enrichment, Older Adult Services Division Target Completion: Year 2
T-A2	Maintain collaborative partnerships with local organizations that promote age-friendly bicycle riding events and opportunities, with a special focus on encouraging community-based groups that serve older adults to organize bicycle-related activities. <i>(General Plan M-2.9)</i> .	Responsible Departments: Public Works Department, Transportation Division (lead); Department of Youth, Parks, and Community Enrichment, Older Adult Services Division Target Completion: Year 1
T-A3	Continue utilizing the existing TechConnections program’s training series aimed at teaching older adults with smart phones how to safely use ride-sharing apps such as Uber, Lyft, and Via, as well as apps for shared-rideables such as Bird, Spin, and Lime, and navigation apps like Google Maps. <i>(General Plan E-A.4; Parks Plan 2040 3.33*)</i> .	Responsible Departments: Department of Youth, Parks, and Community Enrichment, Older Adult Services Division Target Completion: Year 1
T-A4	As funding is available and as prioritized through the Transportation Priorities Plan, implement projects that improve the safety and comfort for people walking, such as the Vision Zero Top Five Corridors Plan, and its countermeasures that improve safety for older adults such as extended pedestrian crossing times, pedestrian refuge islands, and improved access to transit. <i>(General Plan M-1.2, M-4.3, M-A.7)</i> .	Responsible Departments: Public Works Department, Transportation Division (lead); Department of Youth, Parks, and Community Enrichment Target Completion: Year 3

* References the 2040 Parks Plan Public Review Draft (March 2024).

HOUSING

GOAL

Increase the availability of housing options and programs that support the choice to age in place and the evolving needs of older adults.

As with much of California, housing costs are on the rise in Sacramento. In 2015, the median rent for a one-bedroom apartment was \$795, which by 2019 had increased by 24 percent to \$981. These escalating housing costs often prevent individuals and families from meeting other basic needs. An estimated 66 percent of older adult renters are rent burdened, meaning they pay 30 percent or more of their income towards rent. Among older adults in Sacramento, housing affordability is one of the most pressing concerns, according to the AAA4 survey, 65 percent of respondents expressed that there is either “less than enough” or “far too few” affordable housing options for older adults across various income levels.

Addressing the cost of housing is of critical importance to alleviate the burden on renters and homeowners, prevent displacement and homelessness, and ensure that the choice to age in place is available to all. Providing affordable housing opportunities that allow older adults on fixed incomes to only pay 30 percent of their monthly income on rent is an effective strategy to allow older adults to remain housed and age in place. Providing access to free or low-cost home repair or modification services can also allow older adults the choice to age in place as some often rely on fixed incomes.



Accessory dwelling units are a great option for older adults to live in close proximity to others.

Additionally, it is important to acknowledge that some older adults may desire alternative living situations as they age, such as communal housing arrangements where neighbors help to combat isolation as well as lend a hand in day-to-day tasks. Similarly, accessory dwelling units (ADUs) offer an opportunity for independent living in close proximity to neighbors which can reduce isolation. Creating a diverse range of housing options and services that cater to the evolving needs of older adults in Sacramento is essential in fostering an age-friendly community.

The Sacramento Housing and Redevelopment Agency (SHRA) is a joint powers agency created by the City and the County and is the primary agency responsible for the delivery of affordable housing options and services. SHRA owns and operates 1,469 public housing units in the city and an additional 709 in other parts of the county. SHRA also administers over 13,000 housing choice vouchers throughout the county and acts as the City’s local housing finance agency,



administering local, federal, and State funding programs for the provision of affordable housing

and implementing the City's Mixed Income Housing Ordinance.

ACTIONS

H-A1	Consider the recommended actions from the Missing Middle Housing Study such as the Local Affordability Bonus Program, and changes to the City's Condominium Conversion Ordinance, which seek to address potential displacement and barriers to homeownership for all residents, including older adults with fixed incomes. <i>(General Plan LUP-6.2).</i>	Responsible Departments: Community Development Department, Planning Division Target Completion: Year 3
H-A2	Consider revising the City Code to provide clear guidelines on the application of the Universal Design Ordinance to improve housing accessibility and safety for all residents, including older adults. <i>(General Plan H-8.1, H20).</i>	Responsible Departments: Community Development Department, Planning Division Target Completion: Year 1
H-A3	Seek opportunities to expand outreach and public education on fair housing services and tenant protection services, focusing on vulnerable and at-risk households, including older adults. Strategies could include providing information in multiple languages, implementing targeted social media efforts, integrating information with existing assistance programs, and partnering with community-based organizations. <i>(General Plan H-5.4, H17).</i>	Responsible Departments: Community Development Department, Planning Division Target Completion: Year 3
H-A4	Continue to provide very low- and low-income older adults with grants for emergency repairs and/or accessibility modifications in their homes and seek ways to expand this program with community-based organizations, providing affordable loans for larger repair and retrofit needs. <i>(General Plan H-5.8, H-8.6, and H49).</i>	Responsible Departments: Community Development Department, Planning Division Target Completion: Year 3
H-A5	When appropriate, hand out informational materials about safety hazards for older adults, including proactive home-modifications to prevent accidents (such as grab-bars, shower-tub stools and mats, stair, and wall handrails) while conducting code enforcement inspections. <i>(General Plan PFS-1.4).</i>	Responsible Departments: Community Development Department, Planning Division (lead); Department of Youth, Parks, and Community Enrichment, Older Adult Services Division Target Completion: Year 1
H-A6	The City shall research and identify best practices for affordable alternatives to up-front payments of application fees, security deposits, or other prepaid rent such as a low- or no-interest loan to the tenant, a direct grant issued to the landlord, or additional supportive services and case management. <i>(General Plan H-4.2, H-5.1, H34)</i>	Responsible Departments: Office of Innovation and Economic Development (lead), Community Development Target Completion: Year 3



RESPECT, INCLUSION, AND SOCIAL PARTICIPATION

GOAL

Expand opportunities that are inclusive and welcoming for older adults in recreation, education, entertainment, work, and volunteering.

People of all ages should be respected and feel a sense of inclusion. As we grow older, being included and participating in social activities becomes increasingly important for quality of life. In Sacramento, older adults are more likely to live alone (29 percent) than the total population (11 percent). Ensuring that older adults have access to and feel welcomed at social opportunities can help prevent feelings of isolation and reduce the prevalence of ageism. Ageism refers to the unfounded stereotypes, biases, and unfair treatment that older individuals often encounter based solely on their age. Building intergenerational respect can minimize ageism, and having a wide range of social opportunities for people of all ages can promote more inclusivity.

Taking action to address ageism and alleviate social isolation through engaging activities also promotes a safe and supportive environment within communities, as community members are more willing and able to assist their older adult neighbors. Data from the State of California's Master Plan for Aging found that the majority (85 percent) of adults aged 60 and above in the county report that they feel their neighbors are willing to support each other. Building upon this existing community strength will promote quality of life among older adults in Sacramento.

The City of Sacramento's Ethel Hart Senior Center serves as a hub for senior social activities. This center and services are important age-friendly resources, as they provide engaging spaces and activities which help to foster a sense of community for older adults. However, expanding programming beyond designated senior centers to involve older adults in all aspects of social life are important in fostering an age-friendly community. Many community events cater to youth age groups, often through services and programming provided by the City's Youth Division of YPCE. In addition, the City's Office of Arts and Culture provides access to learning experiences for residents of all ages, as well as provides resources and opportunities for arts organizations, schools, community organization, teaching artists, and educators to partner on and enhance education programming. These spaces and programs present an opportunity to integrate intergenerational collaboration, fun, and creativity for people of all ages.



Exercise classes for older adults offered by the City



ACTIONS

RIS-A1	<p>Seek partnerships with local schools and community-based organizations to hold an annual intergenerational event centered around age-friendly activities that aim to foster mutual respect, understanding, and appreciation among people of different ages. (<i>General Plan YPRO-1.12, YPRO-4.1; Parks Plan 2040 3.33*</i>).</p>	<p>Responsible Departments: Department of Youth, Parks, and Community Enrichment, Older Adult Services Division</p> <p>Target Completion: Year 1</p>
RIS-A2	<p>Evaluate current City-organized events and programs aimed at families or youth, with the goal of identifying opportunities to include older adults in these activities, and where beneficial, consider creating new events and programs specially tailored to older adults. (<i>General Plan YPRO-1.12, YPRO-4.4; Parks Plan 2040 3.33*</i>).</p>	<p>Responsible Departments: Department of Youth, Parks, and Community Enrichment, Older Adult Services Division, Youth Division</p> <p>Target Completion: Year 1</p>
RIS-A3	<p>Partner with community-based organizations, especially those that cater to older adults such as Association of Retired Persons or Agency on Aging Area 4, to organize engaging events that raise awareness about ageism and ableism. (<i>General Plan YPRO-2.6; Parks Plan 2040 3.33*</i>).</p>	<p>Responsible Departments: Department of Youth, Parks, and Community Enrichment, Older Adult Services Division</p> <p>Target Completion: Year 2</p>
RIS-A4	<p>Conduct a comprehensive training series for City staff on best practices for serving older adults, including an understanding of ageism, information on the aging process, and education on accommodations and communications for older adults. (<i>General Plan EJ-5.1</i>).</p>	<p>Responsible Departments: Human Resources Department (lead); Department of Youth, Parks, and Community Enrichment, Older Adult Services Division</p> <p>Target Completion: Year 1</p>
RIS-A5	<p>As part of the Parks Plan 2040, consider establishing a Service Level Goal based on population for the number of neighborhood-based facilities that serve as focal points for aging services—to include senior centers, community centers, or other physical locations. (<i>General Plan YPRO-A.1; Parks Plan 2040 3.33*</i>).</p>	<p>Responsible Departments: Department of Youth, Parks, and Community Enrichment</p> <p>Target Completion: Year 2</p>

* References the 2040 Parks Plan Public Review Draft (March 2024).



WORK AND CIVIC ENGAGEMENT

GOAL

Increase opportunities for work, volunteering, and civic engagement that allow older adults to share their knowledge, experience, and ideas.

As individuals grow older, it is important they continue to have access to a diverse range of opportunities to actively participate in. These opportunities may include employment, volunteering skills and time, continuing education, and civic engagement. According to the AAA4 survey of older adults, the majority (78 percent) of respondents in Sacramento expressed satisfaction with the range of volunteer activities available to them. Furthermore, 71 percent felt that there are enough continuing education

classes catering to their needs, while 59 percent felt that there is a sufficient range of flexible-paying job opportunities for older adults or individuals with disabilities. Additionally, data from the California Master Plan for Aging found that 43 percent of adults aged 60 or older in the County volunteered in 2018. Although data is not available at the city level, this is approximately equivalent to the rate among all Californians ages 60 or older.

The City of Sacramento Office of Innovation and Economic Development oversees the city-wide volunteer program that offers information and registration opportunities across the city. Increasing ease of access to information pertinent to older adults as well as youth will help support age-friendly volunteering in Sacramento. Additionally, many older adults are involved in civic life through the City's numerous boards and commissions. Promoting these positions, which



Older adults participating at a Storytelling Session with the City and AARP



help to make impactful decisions on City planning processes, among older adults from communities of color and disadvantaged communities in Sacramento that often don't have a loud voice in the City decision making process will contribute to making Sacramento an age-friendly community for all.

Many opportunities for continuing education and work training exist through institutions like

Sacramento City College, Sacramento State University, Sacramento Public Library, Sacramento Employment and Training Agency, AAA4, and Asian Community Center Senior Services, among others. Collaborating with local Sacramento businesses and local chambers of commerce, creates an opportunity to promote older adults as valuable employees through leveraging of existing networks.

ACTIONS

WCE-A1	<p>Help coordinate a partnership between Association of Retired Persons and local sacramento chambers of commerce to explore the feasibility of an age-friendly business certification, aimed at recognizing and promoting businesses that actively welcome and support older employees and patrons. This certification could encompass aspects such as the physical environment, staff training and personnel support, customer experience, and marketing. <i>(General Plan YPRO-2.6).</i></p>	<p>Responsible Departments: Office of Innovation and Economic Development (lead); Department of Youth, Parks, and Community Enrichment, Older Adult Services Division</p>
WCE-A2	<p>Continue to support local chambers of commerce, the Sacramento Employment and Training Agency, other service agencies, and community-based organizations that organize job and volunteer fairs aimed at connecting older adults with suitable employment and volunteer opportunities. <i>(General Plan E-4.5).</i></p>	<p>Responsible Departments: Office of Innovation and Economic Development; Human Resources Department.</p>
WCE-A3	<p>Seek opportunities to expand programs offering paid and volunteer job opportunities for economically, physically, and socially disadvantaged people, with a specific focus on older adult populations. Continue working with agencies and partners to seek funding for strategic workforce and economic development programs. <i>(General Plan E-A.3).</i></p>	<p>Responsible Departments: Office of Innovation and Economic Development</p>



COMMUNICATION AND INFORMATION

GOAL

Ensure communication across a variety of accessible channels and media is presented in an accessible and readable format.

The COVID-19 pandemic continues to underscore the importance of strong digital communication, which includes having a reliable internet connection for staying informed, carrying out everyday tasks, and participating in local government. In Sacramento, the overall percentage of people without internet access has decreased from 18.1 percent in 2015 to 10.3 percent in 2019. However, the proportion of older adults without internet access has increased during the same period, rising from 20.7 percent to 29.7 percent. This increase

highlights the ongoing importance of expanding internet and computer access for older adults, promoting their digital literacy, and respecting their communication preferences. Bridging the digital divide and providing information through a variety of methods and sources remains a critical concern for people of all ages and abilities.

Additionally, about a third of older adults in Sacramento speak a language other than English at home. Language barriers to accessing programs and services are a deterrent to many older adults who find English or translated materials too difficult to navigate. As community needs continue to grow and evolve, programs and services can adapt their programming to reflect the diversity of the community.

Partnering with non-profits and community groups can also extend the reach of information about City events and resources. Many older adults in Sacramento are already engaged with



Older adults participating at a computer literacy class organized by the City



service organizations. Engaging in these networks can support individuals in overcoming communication barriers by ensuring that residents receive information from trusted sources, especially when received in-person. The significance of this approach is demonstrated by the AAA4 survey, which found that the majority

(71 percent) of respondents reported that having community information communicated in-person is an “extremely” or “very” important service. An age-friendly community recognizes the need to communicate information in ways that are comfortable to people.

ACTIONS

<p>CI-A1</p>	<p>Explore methods to improve the community input database, including expanding the use of the Customer Relationship Management software to efficiently track and address resident inquiries, streamline community input collection, and improve the overall customer experience for the community. <i>(General Plan EJ-A.9).</i></p>	<p>Responsible Departments: Information Technology Department Target Completion: Year 1</p>
<p>CI-A2</p>	<p>Consider ways to improve the customer experience of the 311 Customer Service/Call Center through advanced technology, such as conversational self-service, virtual agents, and efficient Customer Relationship Management software for prompt responses and improved management of resident inquiries and community input. <i>(General Plan E-A.10).</i></p>	<p>Responsible Departments: Information Technology Department Target Completion: Year 1</p>
<p>CI-A3</p>	<p>Explore the feasibility of producing a printed publication that details programs offered by the City and information of interest to older adults. This publication is meant for older Sacramento residents without access to technology. Collaborating with non-profit groups, service organizations, and other community partners would help to ensure the publication reaches a broad swath of older adults. <i>(General Plan EJ-4.1; Parks Plan 2040 3.33*).</i></p>	<p>Responsible Departments: Department of Youth, Parks, and Community Enrichment, Older Adults Services Division and other City departments as needed. Target Completion: Year 3</p>

* References the 2040 Parks Plan Public Review Draft (March 2024).



COMMUNITY AND HEALTH SERVICES



GOAL

Expand access to resources that support the health needs and wellness of older adults.

Numerous health care centers are located within Sacramento, including Kaiser Permanente, Sutter Medical Center and associated Walk-In Care facilities, UC Davis Medical Center, and Elica Health Centers (EHC). EHC focuses on administering healthcare to serve low-income individuals and families throughout the greater Sacramento area. According to the AAA4 survey of older adults, most (69 percent) respondents in Sacramento expressed their satisfaction with their access to conveniently located emergency care facilities. Additionally, 72 percent felt that their community has enough health and wellness programs and classes to meet their needs. Access to health care and resources that promote healthy lifestyles is important to people of all ages, becoming increasingly important as we age.

Being an age-friendly community involves more than just ensuring access to affordable medical care. It also requires providing resources and services that promote a healthy lifestyle, reducing the need for more extensive medical care. Sacramento's 50+ Wellness Program exemplifies this commitment with safe opportunities for older to get involved in sports and fitness classes. Access to nutritious food options is also important in maintaining health at all ages. Older adults, especially those living on a fixed-income, may be at risk of food insecurity, which hinders their ability to access affordable, nutritious food. Even older adults who are not low-income may face food insecurity due to trouble accessing

healthy food options or difficulties in preparing meals at home. Within Sacramento there are several resources for food insecure individuals and families, including older adults, such as the Meals on Wheels program, Hart's Healthy Pantry, the Sacramento Food Bank, and the many places of worship that provide free food or meals.

While efforts are made to encourage community health and preventative care, it is inevitable that individuals, particularly older adults, will require medical care at some point. In Sacramento, 12 percent of adults over age 65 have a disability that impacts their ability to perform self-care activities, while 20 percent face difficulty with independent living tasks. To support the preference of many older adults to age in their own homes, home care services become essential. These services include personal care, health assistance, and caregiving tasks such as light housekeeping, errands, and meal preparation. In the AAA4 survey, 67 percent of respondents expressed satisfaction with the availability of paid home care services for older adults. However, less than half (45 percent) of respondents believed there were enough affordable home care options, highlighting the barrier posed by cost in accessing necessary home care services. While some individuals may choose paid home care services if they are affordable, others may rely on the support of family and friends. Thus, it is crucial to support family and friend caregivers with resources such as multilingual training resources, virtual care options, and respite services.

Climate change also poses heightened risks to older adults, necessitating additional interventions to enhance their adaptive capacity. Vulnerability among older adults is influenced by various factors, including health status, economic conditions, and social connectedness. Moreover,



physiological susceptibility to extreme heat and air pollution, particularly among those with limited mobility, increases the risks during emergencies that mandate evacuation. Therefore, it is crucial

that community and health services address the increased vulnerability of older adults to these challenges from climate change and implement appropriate strategies to safeguard their well-being.

ACTIONS

CHS-A1	<p>Assess the feasibility of creating one or more “villages” in Sacramento neighborhoods with high concentrations of seniors who wish to continue living independently. Collaborating with established community groups and community-based organizations, identify and prioritize up to 5 areas within the city for the creation of “villages” made up of members who deliver services to one another, such as medical, home repair, grocery shopping, pet walking, and garbage bin collection. <i>(General Plan EJ-4.3; Parks Plan 2040 3.33*)</i>.</p>	<p>Responsible Departments: Department of Youth, Parks, and Community Enrichment, Older Adults Services Division (lead); Community Development Department</p> <p>Target Completion: Year 3</p>
CHS-A2	<p>Conduct an awareness campaign aimed at increasing the registration of older adults who have dementia with local law enforcement, so that if they are found and unable to communicate, officers can access home address, special care instructions, and other information to aid in their safe return. <i>(General Plan PFS-1.1; Parks Plan 2040 3.33*)</i>.</p>	<p>Responsible Departments: Department of Youth, Parks, and Community Enrichment, Older Adults Services Division (lead); Sacramento Police Department</p> <p>Target Completion: Year 2</p>
CHS-A3	<p>Look for opportunities to accelerate the installation of air filtration systems in existing buildings. Areas most affected by air quality issues should be prioritized, as should nursing homes and other sensitive uses within disadvantaged communities. <i>(General Plan EJ-A.2)</i>.</p>	<p>Responsible Departments: Office of Climate Action and Sustainability (lead); Community Development Department</p> <p>Target Completion: Year 1</p>
CHS-A4	<p>Enhance public education and awareness of natural hazards and disaster preparedness through a comprehensive multihazard outreach program. The City will work with the County and other agencies to develop timely and consistent annual outreach messages in order to communicate the risk and vulnerability of natural hazards of concern to the community. <i>(General Plan PFS-2.8; Climate Action & Adaptation Plan:A-5-3)</i>.</p>	<p>Responsible Departments: Office of Emergency Management</p> <p>Target Completion: Year 1</p>
CHS-A5	<p>Continue to participate and host community outreach events associated with hazard awareness and preparation, and visiting neighborhood meetings and community events to share preparedness information. <i>(General Plan PFS-2.8,PFS-2.9; Climate Action & Adaptation Plan:A-5-5)</i>.</p>	<p>Responsible Departments: Office of Emergency Management</p> <p>Target Completion: Year 1</p>

* References the 2040 Parks Plan Public Review Draft (March 2024).

APPENDIX A | Actions in Progress or Existing Programs

Table A-1: Actions in Progress or Existing Programs for Outdoor Spaces and Buildings

ACTIONS IN PROGRESS OR EXISTING PROGRAMS		
Outdoor Spaces and Buildings		
Action or Program	Description	Provider or Implementing Agency
City Park Directory	Provides information on all 230 parks and parkways in Sacramento, including whether a bathroom is present at the park, amenities featured at the park, accessible picnic benches and ramps and park maps.	City of Sacramento, Department of Youth, Parks, and Community Enrichment,
Parks Plan 2040	Planning guide to help provide equitable and accessible parks and recreation opportunities; evaluate and improve park conditions and maintenance; expand recreation and community enrichment programs to better serve all residents; and help support the City's communities.	City of Sacramento, Department of Youth, Parks, and Community Enrichment, Park Planning and Development Services Division
Parks Project Programming Guide	Identifies, evaluates, and prioritizes unfunded park and recreation projects on a biennial basis. Individuals or groups are able to submit project requests.	City of Sacramento, Department of Youth, Parks, and Community Enrichment, Park Planning and Development Services Division
Neighborhood Walks	Walking groups meet at various times and days and provide older adults who may be interested in getting active in their neighborhood a safe place to do so where they do not have to walk outside alone. Available at City parks and Community Center locations.	City of Sacramento, Department of Youth, Parks, and Community Enrichment, Older Adult Services Division
ADA Accessible Community Garden Beds	Eight community gardens in the city have specified ADA accessible plots. These plots have raised garden beds and wide paths.	City of Sacramento, Department of Youth, Parks, and Community Enrichment, Park Planning and Development Services Division

Table A-2: Actions in Progress or Existing Programs for Transportation

ACTIONS IN PROGRESS OR EXISTING PROGRAMS		
Transportation		
Action or Program	Description	Provider or Implementing Agency
Vision Zero Action Plan, Action 5.2	Revisit pedestrian crossing guidelines for signalized and unsignalized intersections. The City adopted the updated Pedestrian Crossing Guidelines in April 2021. The new Guidelines incorporate the best available research and recommended treatments with emphasis on designing streets that support a safe and walkable environment.	City of Sacramento, Department of Public Works
Vision Zero Action Plan, Action 5.3	Developed a PSA campaign aimed at drivers to increase safety for pedestrians aged 60 and over. The “Our Safety is Homegrown” campaign ran from June through August 2018. It targeted speed reduction, avoiding impaired driving, scanning before turning, and taking extra care at intersections. Reached 5.5 million impressions over the course of its run.	City of Sacramento, Department of Public Works
Vision Zero Action Plan, Action 5.4	Update City signal timing policy to improve safety for all modes (e.g., all red time, pedestrian crossing times).	City of Sacramento, Department of Public Works
Vision Zero Action Plan, Action 5.5	Complete 10 projects that improve bicycle and pedestrian safety related to turning vehicles at intersections.	City of Sacramento, Department of Public Works
Vision Zero Action Plan, Action 5.7	Install at least 10 pedestrian crossing treatments on the High Injury Network (HIN). In 2020, rectangular rapid flashing beacon crossings were installed at 10 locations along the HIN.	City of Sacramento, Department of Public Works
Vision Zero Action Plan, Action 5.8	Install pedestrian countdown timers at every signalized crossing location throughout the city. Currently, all new and major traffic signal modification include the installation of pedestrian countdown timers. Additionally, as part of the Summer 2020 Downtown Traffic Signal Controller project, 116 pedestrian countdown timers were installed across Downtown Sacramento.	City of Sacramento, Department of Public Works
Pedestrian Improvement Program	The City is updating the Pedestrian Master Plan as part of the Streets for People Active Transportation Plan. This plan will focus on identifying improvements for people walking, biking, and rolling throughout the city. The outcome will be a plan that will guide future infrastructure investments citywide and will direct what types of investments are made for walking, biking, and rolling.	City of Sacramento, Department of Public Works
Public Right-of-Way Accessibility Program	Any person with a disability may file a grievance regarding access to sidewalks, crosswalks, curb ramps, street furnishings, pedestrian signals, and other components of public rights-of-way that affect their routine path of travel. The City will review the grievance and may then complete the repair or alteration depending on prioritization and funding availability.	City of Sacramento, Department of Public Works

Transportation *(continued)*

Action or Program	Description	Provider or Implementing Agency
Construction Detour Policy	Requires that all construction that impacts accessibility of the public right-of-way provide an ADA compliant alternate route adjacent to the initial path of travel. The City is currently in the process of developing a new Detour Policy, with targeted adoption in 2025.	City of Sacramento, Department of Public Works
Urban Bicycling and Scooting 101	Educates and encourages bicycling and scootering about relevant laws and how best to travel safely on the street and through intersections, avoid crashes, and enjoy the ride.	City of Sacramento, Department of Public Works
SmaRT Ride Microtransit Service	Operates similarly to private ride-share services where customers may use a smartphone app to request a ride that will pick up and drop off passengers within the service boundaries, and offer discounted rides to passengers aged 62 and over.	SacRT
SacRT Go Paratransit Service	Provides traditional paratransit services for disabled community members. Residents may book rides up to two days in advance or as late as 5:00PM on the day prior to their scheduled ride.	SacRT
ACC Rides	Provides door-to-door transportation services for older adults to the ACC Senior Services campus, other senior centers, eight All Seasons Café sites, medical and dental appointments, grocery shopping, field trips, and other errands across the City of Sacramento. Volunteer drivers, supplemented by some paid staff, use a fleet of wheelchair accessible buses and minivans to provide shared rides.	ACC Senior Services
Silver Lining Transport	A private pay or contracted transportation provider for older adults in Sacramento. Riders receive non-emergency medical transportation to and from medical appointments.	Silver Lining Transport

Table A-3: Actions in Progress or Existing Programs for Housing

ACTIONS IN PROGRESS OR EXISTING PROGRAMS		
Housing		
Action or Program	Description	Provider or Implementing Agency
Tenant Protection Program	Helps protect tenants from rent gouging and unwarranted evictions. Caps annual rent increases in the city to five percent plus the change in the Consumer Price Index.	City of Sacramento, Community Development Department
Sacramento CARES Mediation Program	Free COVID-19-related landlord and tenant mediation services. Intended to preserve tenancy by encouraging creative solutions, negotiating repayment plans and lease terms, and addressing disagreements.	Sacramento Mediation Center (Funded by City of Sacramento COVID-19 Relief Funding)
Sacramento Emergency Rental Assistance	Provided rental assistance to low-income renters who were unable to pay rent or utilities due to the COVID-19 pandemic.	City and County of Sacramento; Sacramento Housing and Redevelopment Agency (Funded by City and County COVID-19 Relief Funding)
Public Housing Program	Almost 1,500 units of public housing exist in the City of Sacramento. Approximately 27 percent of households that reside in a public housing unit include an elderly family member.	Sacramento Housing and Redevelopment Agency
Housing Choice Voucher Program	Provides rental assistance to very low-income households to enable them to afford housing in the private rental market. Approximately 30 percent of households that participate in the program have an elderly family member.	Sacramento Housing and Redevelopment Agency
Affordable Housing Development (private and non-profit)	City of Sacramento is home to over 10,000 deed-restricted affordable housing units involving Sacramento Housing and Redevelopment Agency financing. Almost 40 developments across the city are either entirely or partially dedicated to rental units for low-income or very low-income older adults.	Sacramento Housing and Redevelopment Agency
Home Repair Program	Provides a maximum grant of \$5,000 per household to pay for repairs to resolve an immediate safety or health hazard or fire or health code violation. Provided to owner-occupants of single-unit homes or mobile homes. Under the Lead Hazard Reduction Program, tenants and homeowners are eligible for a grant of up to \$10,000 per unit to assist with lead hazard remediation.	Sacramento Housing and Redevelopment Agency

Housing *(continued)*

Action or Program	Description	Provider or Implementing Agency
Safe at Home Program	Provides minor home modifications such as, but not limited to, handrails, grab bars, smoke, fire and carbon monoxide detectors, and transition ramps for households at any income level—and at no cost to eligible low-income households—in order to improve accessibility and safety within the home.	Sacramento Rebuilding Together
Universal Design Ordinance	Requires single-unit home builders to provide universal design features, such as grab bars, no step entries, and wider doorways, as an option available to buyers. Single and two-unit home developments of 20 or more units must offer basic universal design features to make homes more accessible.	City of Sacramento, Community Development Department
City of Sacramento Housing Element (2021-2029)	Includes goals, policies, and programs to support the housing needs of older adults, including setting targets for an emergency repair program and providing a loan program for more substantial repairs; increasing the production of affordable housing; encouraging shared and intergenerational housing; increasing awareness of the City’s Universal Design Ordinance; and the creation of and Accessory Development Unit (ADU) Toolkit, Outreach Plan, and Loan Program to encourage ADU development in the city.	City of Sacramento, Community Development Department

Table A-4: Actions in Progress or Existing Programs for Respect, Inclusion, and Social Participation

ACTIONS IN PROGRESS OR EXISTING PROGRAMS		
Respect, Inclusion, and Social Participation		
Action or Program	Description	Provider or Implementing Agency
Ethel Hart Senior Center Programming	Provides many social, educational, and fitness opportunities for older adults through a multitude of classes including arts, dance, fitness, games, writing, and performing arts, among others.	City of Sacramento, Department of Youth, Parks, and Community Enrichment, Older Adult Services Division
ACC Senior Services Programming	Provides many social opportunities for older adults through a wide offering of classes and workshops. Classes are typically free or low-cost.	ACC Senior Services
Sierra 2 Senior Center	Provides classes, events, and workshops for people of all ages to gather, learn, and discuss. Most classes at Sierra 2 are free or have a suggested donation of just a few dollars.	Sierra Curtis Neighborhood Association
Stanford Settlement Senior Center	Provides support to those ages 50 and over with a drop-in center, nutritious daily group lunches, and health and wellness activities.	Stanford Settlement
Triple-R Adult Day Centers	Daytime support program to meet the social and care needs of people with dementia and offers their family members respite from round-the-clock caregiving. The program is offered Monday through Friday out of three locations across the city, including one at Hart Senior Center and one that is co-located with an elementary school to encourage intergenerational encounters.	City of Sacramento, Department of Youth, Parks, and Community Enrichment, Older Adults Services Division
Hart Fun Pass Program	Provides fee waivers for those age 50 and over unable to pay for participation in fee-based, YPCE-sponsored recreation opportunities. Fee waivers may be used for recreation opportunities occurring at the Hart Senior Center, or at other community centers or parks across the city. Qualifying participants generally may receive \$100 per year to use toward their chosen recreation opportunities.	City of Sacramento, Department of Youth, Parks, and Community Enrichment, Older Adult Services Division
All Seasons Cafés	Serve lunch every weekday and provide an opportunity for older adults to socialize in a laid-back environment. Twelve All Seasons Café locations are at sites within the City of Sacramento, including at the Ethel Hart Senior Center.	ACC Senior Services

Respect, Inclusion, and Social Participation *(continued)*

Action or Program	Description	Provider or Implementing Agency
Caring Neighborhoods	Encourages neighbors to reach out to their older residents in their neighborhood and provide friendship or help with minor tasks through its Age Together Now campaign. Encourages residents to set up informal groups of two to four neighbors to reach out to older people on their block to find out how they might support these older neighbors. Provides resource materials to interested residents and can assist with referrals to more formal services for older adults if needed.	City of Sacramento, Department of Youth, Parks, and Community Enrichment, Older Adult Services Division
ACC Friendly Visitor Program	Trains and places volunteers to socialize with homebound seniors to provide conversation and companionship.	ACC Senior Services
Sacramento365	Serves as the region’s largest all-inclusive arts and entertainment resource, allowing users to search for and add events to its calendar platform free of charge, effectively promoting arts, culture, and entertainment in Sacramento. The platform also includes the Creative Artist Resource, where arts and cultural activities can be filtered by age-specific groups, including a 55+ age group category.	City of Sacramento, Office of Arts and Culture and Visit Sacramento

Table A-5: Actions in Progress or Existing Programs for Work and Civic Engagement

ACTIONS IN PROGRESS OR EXISTING PROGRAMS		
Work and Civic Engagement		
Action or Program	Description	Provider or Implementing Agency
Volunteer Program	Provides information about and offers sign-ups for volunteer opportunities at City Departments, museums, public libraries, and many more.	City of Sacramento, Office of Innovation & Economic Development
Sacramento Convention and Culture Services	Coordinates with non-profits focused on Sacramento culture and history to operate volunteer programs (such as the Sacramento History Museum, the Center for Sacramento History, and the Sacramento Living History Program), which often has many volunteer opportunities for older adults.	City of Sacramento, Convention and Culture Services
Hands On Sacramento	Provides a full-service volunteer action serving the Sacramento region. Partnering with over 450 non-profits across the region, HOS provides a wide range of volunteer opportunities.	Community Link Capital Region
Sacramento City College	Provides continuing education opportunities to older adults. Learners can gain skills and certifications to further their careers or strike out in a new field.	Los Rios Community College District
Renaissance Society	A participatory Center for Lifelong Learning that provides learning opportunities, community engagement, and fosters creative expression for Sacramento’s older adults. Membership is open to all regardless of educational background and costs \$100 for an academic year. Offerings include seminars, shared interest groups, presentations, and forums every weekday, held in-person and online. Renaissance members qualify for Sac State Library cards for only \$10 a year.	Sacramento State University
Sacramento Works	Provides job training and placement assistance. Places an emphasis on programming for youth, but older adults may take advantage of resources such as job coaching available at 13 Job Centers located throughout Sacramento and free online skills training classes through the workforce development platform Metrix Learning.	Sacramento Employment and Training Agency
Mature Edge Job Readiness Program	A free job readiness program specifically targeted to individuals aged 60 and older within the AAA4 service area. Helps older adults achieve productive and successful job searches through interactive sessions on identifying skills, preparing updated resumes, upgrading computer skills, interview practice, promoting their “mature edge”, and much more.	AAA4

Work and Civic Engagement *(continued)*

Action or Program	Description	Provider or Implementing Agency
Senior Community Services Employment Program	Assists low-income older adults with job training and finding employment. Trainees receive paid skills training at “host agencies,” typically non-profits and government agencies. Trainees work on a part-time basis, learning skills and receiving training while on the job. Low-income adults aged 55 and over are eligible to apply	ACC Senior Services
General Education Development (GED) Programs	Low-cost sessions prepare adults to earn their GED and re-enter the workforce.	Sacramento Public Library
Career Development Services	Provides services such as job coaching and mentoring, resume writing, and job search assistance.	Sacramento Public Library
City-level Boards and Commission	Provide meaningful opportunities for adults of all ages to participate in local government. These include the Active Transportation Commission, Planning and Design Commission, and Disabilities Advisory Commission, among many others.	City of Sacramento

Table A-6: Actions in Progress or Existing Programs for Communication and Information

ACTIONS IN PROGRESS OR EXISTING PROGRAMS		
Communication and Information		
Action or Program	Description	Provider or Implementing Agency
Library Computer Access	12 Sacramento public libraries offer free computer access and printing services to the public.	Sacramento Public Library
Wi-Fi In City Parks	Through a partnership with Verizon, the City began offering free Wi-Fi in 27 City parks in 2019.	City of Sacramento
TechConnections	Provides classes and one-on-one assistance at the Hart Senior Center and at community centers throughout the city, aiding residents over age 50 in navigating the internet, computer programs, and smart phones. Classes typically cost five to ten dollars per session.	City of Sacramento, Department of Youth, Parks, and Community Enrichment, Older Adult Services Division
Assistance, Referrals, and More (ARMS)	Assists older adults in finding community resources, form completion, social service agencies, housing services, health, and more.	City of Sacramento, Department of Youth, Parks, and Community Enrichment, Older Adult Services Division
The Hart Cornerstone	A newsletter disseminated by the Ethel Hart Senior Center, which consolidates information relevant to older adults in one place. Distributed online and in hard copy at the Senior Center.	City of Sacramento, Department of Youth, Parks, and Community Enrichment, Older Adult Services Division
311	A non-emergency, single point of contact phone number for the City that helps direct people to the appropriate department for information or services. Also available to residents via email, web portal, and a smartphone app. Offers translation service and can respond in over 150+ languages and dialects. Deaf or hard of hearing callers to 311 can use a relay provider. City completed in April 2020 its “Smart 311” update, which added spatial components and better integrated 311 to help connect City departments.	City of Sacramento, Information Technology Department
211	A 24-hour point of contact phone number for community resources across Sacramento, such as food, shelter, counseling, employment assistance and more. 211 services are also available to residents via email.	Community Link Capital Region
Senior Resource Directory	An annual publication that compiles resources for older adults, focusing primarily on nonprofits and some privately offered resources.	The Sacramento Bee; 211 Sacramento

Table A-7: Actions in Progress or Existing Programs for Community and Health Services

ACTIONS IN PROGRESS OR EXISTING PROGRAMS		
Community and Health Services		
Action or Program	Description	Provider or Implementing Agency
50+ Wellness Program	Offers a variety of fitness classes, group walks, and sports leagues for older adults, fostering health and well-being through physical activity.	City of Sacramento, Department of Youth, Parks, and Community Enrichment, Older Adult Services Division
Ethel Hart Senior Center Programming	Provides many critical services, guiding older adults through the healthcare process. These include Health Insurance Counseling and Advocacy Program, CalFresh assistance, Brown Bag Pharmacy, flu shot clinics, and workshops presented by UC Davis Medical School staff.	City of Sacramento, Department of Youth, Parks, and Community Enrichment, Older Adult Services Division
Triple-R Adult Day Care Centers	Works to meet the social and care needs of people with dementia, while their family members get respite from round-the-clock caregiving. The program is offered Monday through Friday out of three locations across the city, including one at Hart Senior Center and one that is co-located with an elementary school to encourage intergenerational encounters.	City of Sacramento, Department of Youth, Parks, and Community Enrichment, Older Adult Services Division
Del Oro Caregiver Resource Center	A non-profit agency serving Sacramento County that provides no-cost services to unpaid caregivers. Services include specialized information and training, family consultation/case management, respite care, and support groups, among others.	Del Oro Caregiver Resource Center
Bridge to Healthy Families	Seeks to improve access to comprehensive support services for family caregivers. At no cost, the program offers caregivers educational programs, care assessments and home safety checks, support groups, and information and referral for respite services, home modification, medical alert devices, and more.	ACC Senior Services
Alzheimer's Association of the Greater Sacramento Area	A local chapter of the national non-profit that provides information about support groups, care options, education and training opportunities, and caregiver issues specific to those caring for individuals with Alzheimer's disease and dementia.	Alzheimer's Association of the Greater Sacramento Area
Meals on Wheels	Provides nutritious meals to older adults who are homebound due to illness or recovery, disability, or other causes.	ACC Senior Services
Hart's Healthy Pantry (On Hiatus)	Provides bagged groceries to low-income Sacramentans aged 60 and over once per month.	City of Sacramento, Department of Youth, Parks, and Community Enrichment, Older Adult Services Division
Food for Seniors	Provides low-income residents aged 60 and over with approximately 30 pounds of food per month delivered to their home or picked up from a distribution center.	Sacramento Food Bank

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APPENDIX B | Suggestions for Future Updates

The table below shows additional suggestions that were explored through the creation of this plan. These suggestions were not implementable within the Action Plan’s 3-year timeframe due to funding or staffing, but can be explored in future updates of this Action Plan.

Table B-1: Suggestions for Future Updates

Domain	Suggestion	Potential Responsible Department
Housing	Work with Sacramento State University and community-based organizations to pilot a program that connects students who need affordably priced accommodations with older adult homeowners who have space, in order to promote intergenerational connections and support for older adult homeowners with minor daily tasks. Target 10 matches per year.	Department of Youth, Parks, and Community Enrichment, Older Adult Services Division
Housing	Study the feasibility of initiating a Shared Housing Program, potentially partnering with Agency on Aging Area 4, wherein older adults homeowners living alone are matched with other older adults in need of affordable housing, as a way to reduce social isolation and increase financial stability.	Department of Youth, Parks, and Community Enrichment, Older Adult Services Division
Respect, Inclusion, and Social Participation	Conduct a comprehensive training series for City staff on best practices for serving older adults, including an understanding of ageism, information on the aging process, and education on accommodations and communications for older adults.	Human Resources Department; Department of Youth, Parks, and Community Enrichment, Older Adult Services Division
Work and Civic Engagement	Develop a proactive recruitment program that ensures that older adults and diverse candidates have the opportunity to apply to serve on city boards, commissions, and committees. Report annually to the City Council on the diversity of city boards, commissions, and committees.	Office of the City Clerk
Community and Health Services	Collaborate with the Red Cross to develop and implement a program that delivers and installs smoke alarms in the homes of seniors and other community members who do not currently have them, targeting residents of disadvantaged communities as a priority.	Sacramento Fire Department
Community and Health Services	Extend Older Adult Services’ Caregiving Resource workshops currently offered as a benefit for City employees to non-City employees as a way of supporting working caregivers throughout Sacramento.	Department of Youth, Parks, and Community Enrichment, Older Adults Services Division; Office of Innovation and Economic Development
Community and Health Services	Review City policies related to leave, flex time, and other employment terms and conditions to identify opportunities to make them more caregiver-friendly, and increase education to City employees on related City policies.	Human Resources Department; Department of Youth, Parks, and Community Enrichment, Older Adults Services Division

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APPENDIX C | Public Comment Summary

The public review period was open from December 22, 2023, to February 9, 2024. The Action Plan was uploaded to the City’s online platform (<https://sacramento.konveio.com/age-friendly>), which allowed users to leave comments. Community members were also able to provide comment through email or in-person at the public counter.

Over eighty percent of the public comments fell under the same categories previously identified as community priorities in the Community Needs Assessment (see **Appendix D**). The community priorities were organized into three tiers, with Tier I representing the highest priority. The categories mentioned in public comments are highlighted with a grey circle in **Figure C-1**.

TIER I

All community priorities identified as Tier I were discussed in public comments and accounted for almost forty percent of comments received.

Pedestrian Friendly. This category received the most comments and emphasized the community’s need for a more pedestrian friendly environment. Issues raised included the availability of pedestrian crossings, safer sidewalks and bicycles lanes, and the preservation of tree canopy.

Housing Affordability/Home Repairs. The comments for this category focused on low-income housing for older adults, rising rents, and the need for home repair resources, as many older homes might have issues such as lead.

WHAT WE’VE HEARD:

“We desperately need a crosswalk at 59th St. and 2nd Ave. it is a busy fast paced street, we have crossing signs with no crosswalk which make no sense, people do not yield or even slow down for handicapped, dog walkers, or young families who cross there multiple times a day, they drive around them or drive around the car that does stop nearly hitting them”

“Senior housing should not be 50% of our income. They raise the rent 5 months before we get our cost-of-living raises (when we do). They are not here to help us as they do nothing to make life easier, only what is required to stay in business. Life has become harsh since Covid”

Figure C-1: Community Priorities and Public Comment



Financial Stability. For this category, the feedback emphasized that not all older adults are able to retire, and many must remain part of the workforce.

TIER 2

Only two out of the four community priorities previously identified as Tier 2 were mentioned in public comments and represented fifteen percent of all comments.

Transit Access. Public comment in this category focused on improving transit access for older adults to meet their everyday needs such as traveling to community centers, doctor’s appointments, and grocery stores.

Older Adult Hub Access. For this category, commenters highlighted the importance of the senior center in their everyday lives and praised the staff and programs offered.

TIER 3

Each community priority identified as Tier 3 was mentioned in the comments and accounted for twenty-five percent of all comments.

Expand Reach of Senior Centers. For this category, many community members expressed interest in expanding the reach of older adult services throughout the city.

Flexible Job Opportunities. Feedback in this category emphasized the need of flexible job opportunities for older adults.

Expand Outreach and Communication.

Comments in this category focused on expanding outreach and communication, and improving accessibility to information regarding programs, events, and job and volunteer opportunities for older adults.

WHAT WE’VE HEARD:

“I would encourage language that lifts up the very real need for many older adults to remain in paid work. We tend to default into thinking that retirement is an option for everyone”

“For me the Transportation is the key for us Seniors to get to the basics , like grocery shopping, medical, appointment, to the Community Center where there are so many programs to socialize and feel better to be around other Seniors”

“The South Natomas Community Center is currently providing an excellent program for older adults. Their program in all probability prevents or postpones the need for more expenditures for other services such as In Home Supportive Services by helping the elderly to maintain a healthy and fulfilling lifestyle”

“How about more older adult programming in all city park facilities and libraries? Some of this is already being done and should be used as a model or expanded on. Older adults can’t all go to the Hart Center - especially those who can’t drive”

“I would like to see more part-time work opportunities posted at community centers by all employers who are open to seniors applying for jobs”

OTHER COMMENTS

The remaining comments that did not fall within the community priorities focused on issues such as health service access, food access and nutrition services, among others.

Sacramento Age-Friendly Community Action Plan: Community Needs Assessment

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1 Introduction

Recognizing the need to plan supportive communities for an aging population, the City of Sacramento has undertaken to prepare an Age-Friendly Action Plan. The Sacramento Age-Friendly Action Plan represents a commitment on the part of the City of Sacramento to improving the quality of life for older Sacramentans. The City is partnering with AARP to host listening sessions and conduct extensive outreach to inform the development of this Action Plan. This Baseline Assessment provides the first step in the process towards implementing an Age-Friendly Action Plan. The purpose of the Baseline Assessment is to establish existing conditions for older adults in Sacramento in order to help identify needs and priorities on which the Action Plan should focus. The Baseline Assessment indicates where older adults in Sacramento are already being well-served by resources and facilities, and where more investment may be needed.

The Baseline Assessment was developed through background research using data from the Census, the California Master Plan for Aging (2021), and the Agency on Aging Area 4's (AAA4) 2018 Age-Friendly Survey. For the purposes of this Baseline Assessment, survey responses from City of Sacramento residents were isolated from those of residents in Area 4 outside the City of Sacramento. AAA4's survey provided information on the perceptions of Sacramento seniors regarding the importance and availability of certain resources and services. However, this survey is limited in that it captures only the perceptions of its respondents, not necessarily the reality, and it captured the opinion of only a small subsection of older adults in Sacramento and not necessarily a representative share. Data has been added where available to supplement the AAA4 survey and provide a more complete picture of Sacramento's existing conditions for older adults. Furthermore, details regarding services available to older adults were limited to research on City and County websites, as well as online sources such as *The Sacramento Bee's* Senior Resource Directory, with input from City Department staff and members of the Sacramento Age-Friendly Stakeholders group.

Following this introduction, the Baseline Assessment includes a brief discussion of the demographics of older adults in Sacramento, including the location of neighborhoods in the city with high concentrations of older adults. Next, the Assessment discusses existing resources as well as challenges to quality of life for older adults in Sacramento, organized by the AARP's established "8 Domains of Livability." Lastly, the Assessment concludes with Key Takeaways for understanding the major implications for planning for an Age-Friendly Action Plan in Sacramento.

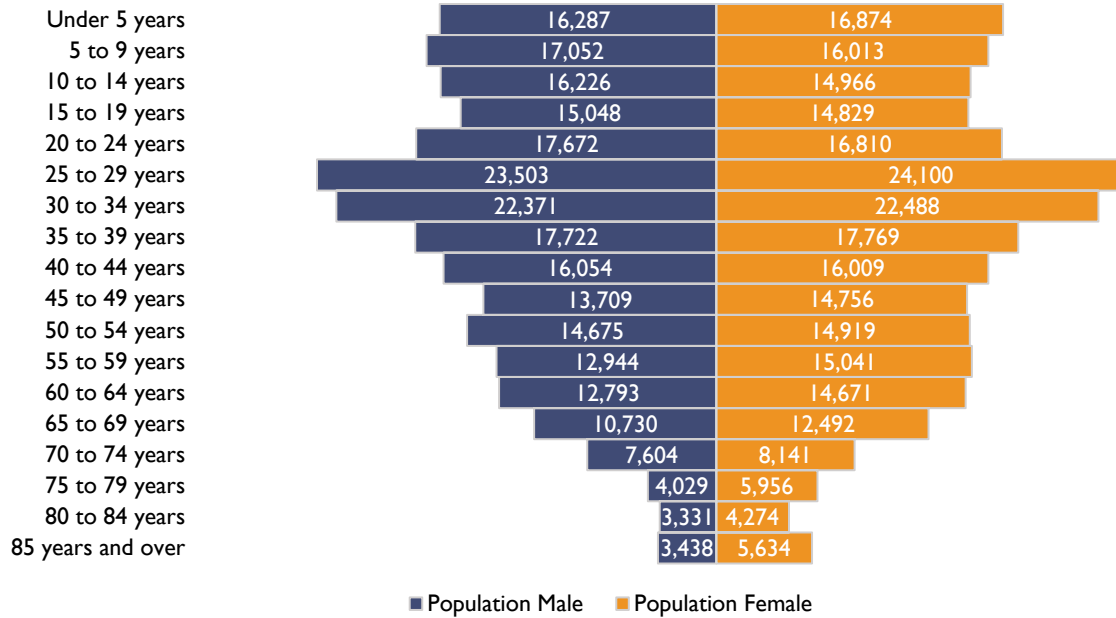
2 Demographics

In 2019, the total population of the City of Sacramento reached 500,930 residents, with those over age 65 in the city making up 13.1 percent of this population.¹ The City of Sacramento has also experienced similar trends to the demographic shift towards an older population that has been occurring across the country. As the population continues to age, older adults have grown to hold a greater share of the city's total population over the last decade. In 2015, residents over 65 accounted for 11.8 percent of the total population, and in 2010 that number was only 10.5 percent.² The older adult population in Sacramento also tends to be more heavily female than the younger population, which also aligns with national trends. Among those age 64 and under, the population is 50.4 percent female. However, among older adults age 65 and over, the population is 55.6 percent female.

¹ US Census Bureau (2019). American Community Survey 5-year estimates, Table S0101.

² Ibid (2015, 2010).

Figure 2.1: Sacramento Population, Age, and Sex

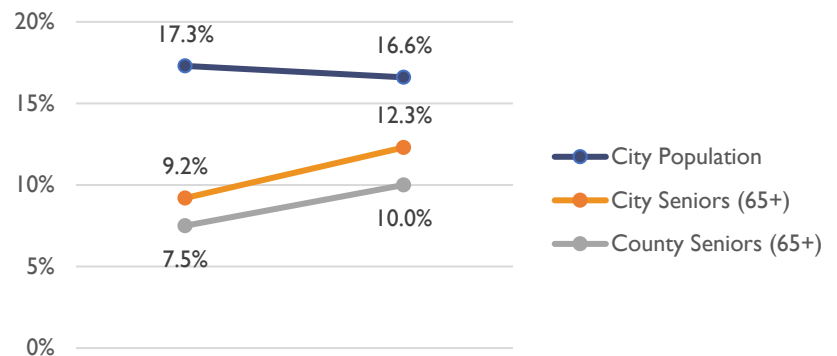


Source: US Census Bureau ACS 2019 5-year Estimates, Table S0101

The City of Sacramento has a more racially diverse population than the County as a whole. While a greater proportion of those age 65 and over in the City of Sacramento identify as White (57.1 percent) than in the overall population of the city (46.3 percent), this share is lower when compared to those age 65 and over across Sacramento County where 70.1 percent identify as White. The next largest racial group for Sacramento City residents age 65 and over is Asian (21.7 percent), followed by Black or African American (12.3 percent). A similar relationship shows up when examining Hispanic or Latino ethnicity, where 28.9 percent of the total population in City of Sacramento identifies as Hispanic or Latino, but only 14.6 percent of its residents age 65 and over do so. This is higher, however, than the 10.6 percent of Sacramento County residents age 65 and over who identify as Hispanic or Latino.³

A smaller share of the residents age 65 and over in the City of Sacramento falls below 100 percent of the Federal Poverty Line (FPL) than of the city’s population as a whole. That is, 12.3 percent of seniors are in poverty compared to 16.6 percent of the total city population.⁴ However, as seen in Figure 2.2, while the percentage of the overall population in the City of Sacramento that lives in poverty has fallen from 17.3 percent since 2010, poverty among those age 65 and over

Figure 2.2: Poverty Rate 2010-2019

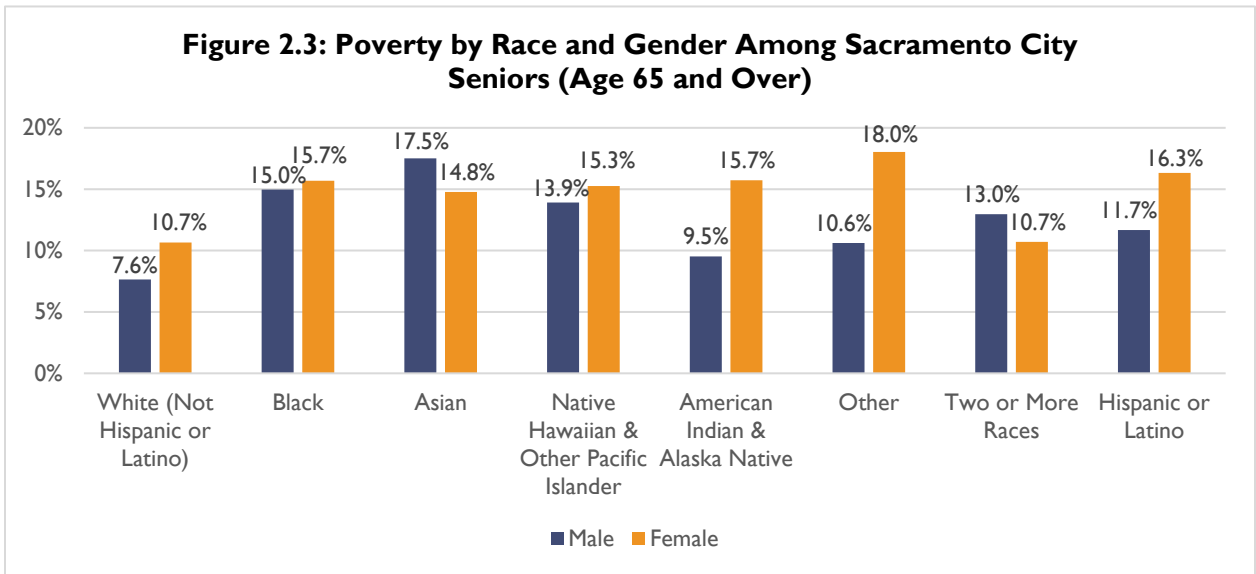


Source: US Census Bureau ACS 2019 and 2010 5-year Estimates, Table S1703

³ US Census Bureau (2019). American Community Survey 5-year Estimates, Table S0103.

⁴ US Census Bureau (2019). American Community Survey 5-year Estimates, Table S1703.

has actually risen from 9.2 percent.⁵ Additionally, a greater share of the population age 65 and over within the City of Sacramento have incomes below the FPL (12.3 percent) than in Sacramento County as a whole (10.0 percent).



Source: US Census Bureau ACS 2019 5-year Estimates, Table B17001

Legacies of racism and sexism play out in who is most likely to be living at or below the FPL when age 65 or over. Figure 2.3 shows the uneven distribution of poverty among older adults by race and gender. Poverty is lowest among older adults who are White men, and it is highest among women who identify as some other race not listed. Older adults who are Asian men or Hispanic/Latino women also have poverty rates above 16 percent. Additionally, aside from older adults who are Asian, across all other racial groups older adults who are women are more likely to be living in poverty than older adults who are men.

As seen in Figure 2.4, the highest concentration of older adults over age 65 in Sacramento is in a small pocket on the east side of the city, in the Campus Commons neighborhood. This is a low-density neighborhood of primarily attached single-unit homes, which is relatively isolated from the rest of the city by the American River. Other high concentration areas include the Land Park, South Land Park, and Pocket neighborhoods on the west side of the city. These neighborhoods are mostly single-unit residential areas with some higher density multi-unit housing along Riverside Boulevard, Florin Road, and Greenhaven Drive in the Pocket neighborhood.

Figure 2.5 shows the Census tracts in Sacramento with the highest concentrations of older adults living that are living in poverty. This map reveals that many areas of the city that may have the most older adults, as seen in Figure 2.4, are not necessarily home to those older adults of greatest need. Low-income older adults are most likely to be living downtown and in the Oak Park and North Sacramento neighborhoods, among others. While older adults living in all parts of the city need access to resources in order to live healthy and fulfilling lives, certain City resources will be best targeted towards older adults with the fewest personal resources in order to generate the greatest impact.

⁵ US Census Bureau (2010). American Community Survey 5-year Estimates, Table S1703.

Figure 2.4: Concentration of Older Adults Across Sacramento

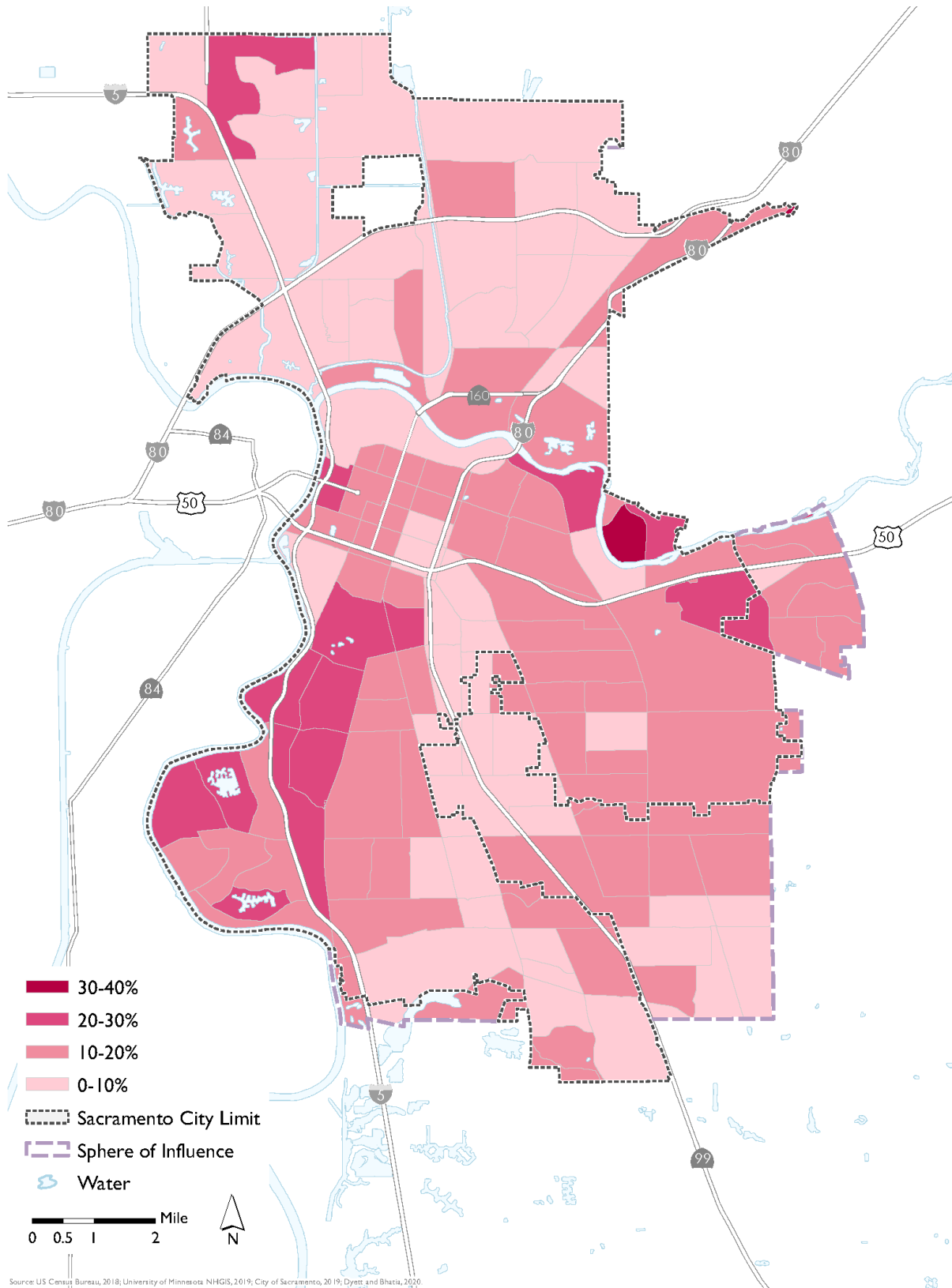
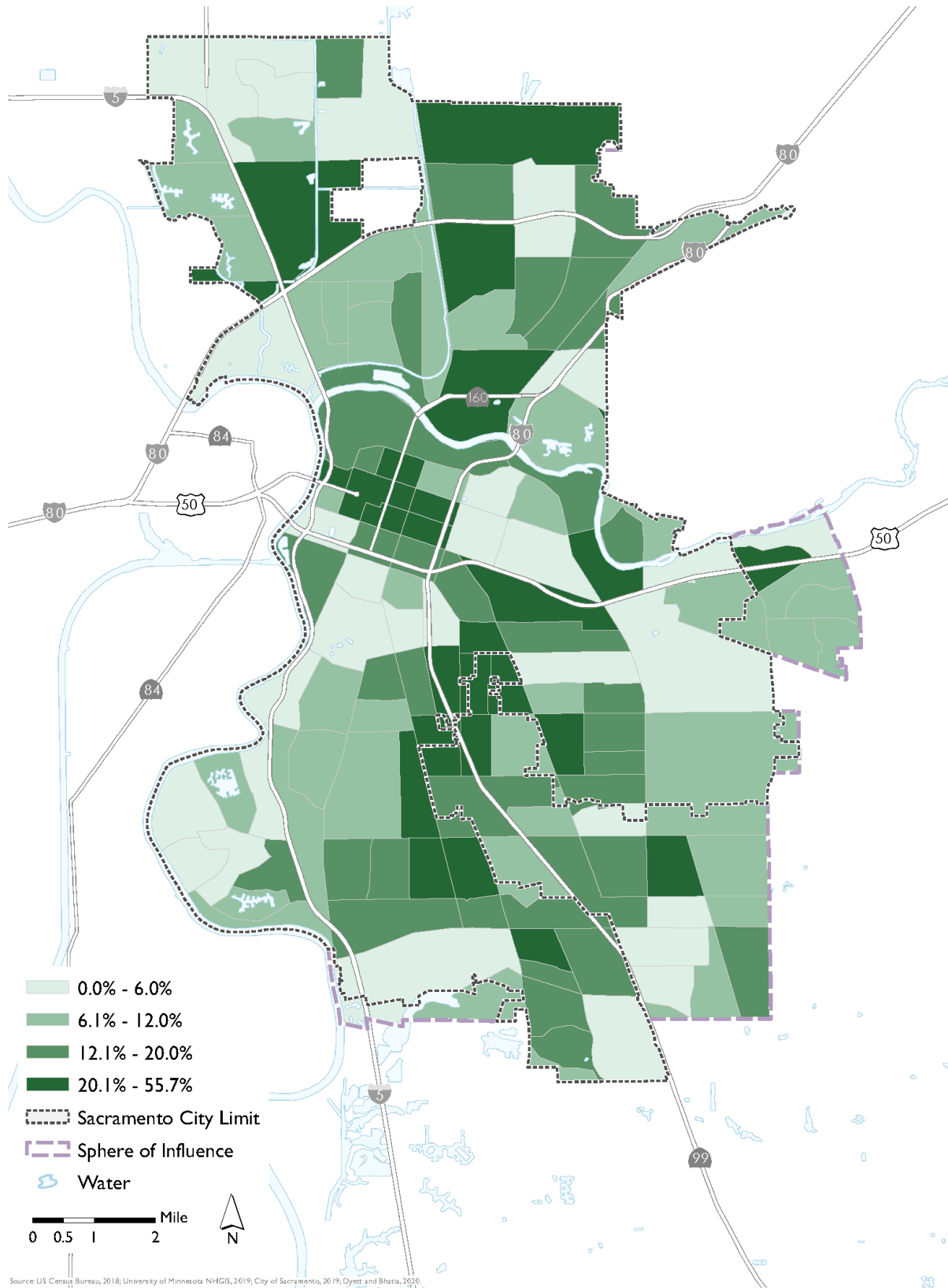


Figure 2.5: Concentration of Older Adults Living in Poverty Across Sacramento



3 The Eight Domains of Livability

The AARP established the eight Domains of Livability framework to be used by the cities and counties enrolled in the AARP Network of Age-Friendly States and Communities to organize and prioritize their work to become a more livable community for older adults. Each domain covers a facet of life important to the well-being of older adults and, with it, the well-being of people of all ages. The 8 Domains are as follows:

1. **Outdoor Spaces & Buildings:** People need public places to gather and exercise. Accessible outdoor spaces, seating, and buildings can be used and enjoyed by people of all ages.
2. **Transportation:** Driving should not be the only way to get around. Pedestrians and transit riders need accommodations to ensure mobility is safe and accessible for all.
3. **Housing:** The availability of housing that is both affordable and designed or modified for an aging population helps to ensure that older adults are able to age in place.
4. **Social Participation:** Loneliness can often pose as many difficulties for health as having a chronic illness. Isolation can be combated by having accessible, affordable, and fun social activities.
5. **Respect & Social Inclusion:** Everyone wants to feel like a valued member of their community. Intergenerational gatherings and activities, ranging from communitywide events to one-on-one gatherings, are a great way to foster this among both young and old.
6. **Work and Civic Engagement:** Older adults should be encouraged to stay actively involved in community life through a wide variety of volunteer, leadership, or advocacy opportunities beyond just full-time, paid work.
7. **Communication and Information:** Information needs to be shared through a variety of methods and sources, recognizing that people's comfort levels with language and technology vary greatly.
8. **Community and Health Services:** In order to promote lifelong good health, health services must be not only be readily available nearby, but it is also essential that residents are able to understand the process to receive health services and afford the services being offered.

This section discusses each of the 8 Domains and the prevalence of both high-quality amenities and barriers to access for older adults in Sacramento. The purpose of this section is to establish a baseline understanding of the landscape for older adults in Sacramento and to help prioritize areas of emphasis in the City's Age-Friendly Action Plan.

3.1 Outdoor Spaces & Buildings

The City of Sacramento Department of Youth, Parks, & Community Enrichment (YPCE) oversees 223 total parks and parkways totaling 4,256 acres of open space for city residents. YPCE also oversees 17 community centers across the city in addition to the Ethel McLeod Hart Senior Center. According to the respondents of the AAA4 survey, older adults in Sacramento are fairly active overall, with 78.7 percent of respondents reporting exercising at least several times per week. And 64.4 percent reported perceiving that there is the right number or more of well-maintained and safe parks within walking distance of their home. And according to data from the California Department of Parks and Recreation, only eight percent of residents in Sacramento live further than a half mile from a park. Across Sacramento County 10 percent of residents live further than a half mile from a park.⁶ The City of Sacramento's geographic data points out that even with an estimated 92 percent of residents living within a half mile, or a 10-minute walk, from a public park, many

⁶ California Department of Parks and Recreation (2020). Park Access Tool - City of Sacramento.
<https://www.parksforcalifornia.org/parkaccess/>

areas in the city experience gaps between public park walksheds. These areas that experience gaps may also correlate with census tract data that fit the criteria for California’s SB 535. YPCE is currently analyzing the relationship between park accessibility and equity metrics, including SB 535, throughout the city in the update to the Parks Master Plan. The Park Planning and Development Services (PPDS) division of YPCE is responsible for park planning and the design, development, and renovation of new and existing parks. This includes ADA renovations to existing parks to increase the accessibility of outdoor spaces in Sacramento. Individuals or groups are able to submit project requests to the division for inclusion in the Parks Project Programming Guide (PPPG), which identifies, evaluates, and prioritizes unfunded park and recreation projects on a biennial basis. The 2018 PPPG identified ADA accessibility upgrades at eight parks as among the division’s 32 priority projects. For example, one such project included adding an ADA compliant restroom and upgrading the playground, lake area, and stage access to ADA compliance at Sacramento’s Southside Park. Ensuring that these projects, as well as projects that encompass universal design beyond just ADA requirements, receive adequate funding will help make outdoor spaces across Sacramento welcoming to older adult residents.

The Older Adults Services division of YPCE runs Neighborhood Walk groups as part of its 50+ Wellness Program. These walking groups meet at various times and days and provide older adults who may be interested in getting active in their neighborhood a safe place to do so where they do not have to walk outside alone. Neighborhood Walks are available at four City parks and two Community Center locations in Sacramento. YPCE also oversees 17 community gardens across the city. Eight of these community gardens have specific ADA accessible plots. These plots have raised garden beds and wide paths to be wheelchair accessible as well as accessible to those who may not be able to kneel in a traditional garden bed. Such programming helps ensure those of all ages have outdoor spaces to gather, relax, and be active.

The City’s Parklet (or Pocket Park) Program, which began in 2014, facilitates a partnership between the public and the City in order to repurpose spaces originally designated for on-street parking to provide other amenities to the public such as seating, planting, bike parking, and art. Parklets can make commercial areas more walkable and accessible, especially to those elderly and disabled who may need to stop more frequently to rest or sit.

All new or renovated buildings in Sacramento must be ADA compliant. The City’s Ethel Hart Senior Center also received upgraded ADA amenities in 2020.

3.2 Transportation

PEDESTRIAN AND BICYCLIST ACCESS

The AAA4 survey found that one of the greatest areas of concern for older adults in Sacramento has to do with pedestrian access and safety. A majority of survey respondents reported that there were either “less than enough” or “far too few” safe and accessible sidewalks, well-lit and safe intersections, and speed limit enforcements (53.5 percent, 64.3 percent, and 61.1 percent, respectively). In Sacramento, those over the age of 60 account for 30 percent of all pedestrians who are killed or seriously injured in a collision with a motor vehicle.⁷ Furthermore, drivers traveling at unsafe speed is the leading cause of fatal and severe-injury crashes in Sacramento.⁸

⁷ City of Sacramento (2017). Vision Zero Action Plan, pp. 35.

⁸ Ibid, pp. 6.

Recognizing the importance of safer streets for all, the City of Sacramento adopted a resolution on January 19, 2017 to implement a citywide Vision Zero program and the City's Vision Zero Action Plan was subsequently adopted in August of 2018. The purpose of the Vision Zero program is to improve traffic safety with the goal of eliminating traffic fatalities and serious injuries by the year 2027. The Vision Zero Action Plan establishes pedestrians who are age 60 and over as a vulnerable population requiring specific interventions to ensure their safety while traveling around Sacramento.

Sacramento's Pedestrian Master Plan (2006) includes a policy to "provide adequate pedestrian crossing time... particularly in areas where there may be children and seniors," as well as policies to help minimize crossing distances at crosswalks.

The Sacramento Vision Zero Action Plan (2018) identified three potential countermeasures to improve safety for older adults pedestrians in particular, all of which pertain to intersections. These include:

- Extend pedestrian crossing time, [implement] pedestrian detection
- [Install] pedestrian refuge islands/medians
- [Install] raised crosswalks, speed tables

The Vision Zero Action Plan also identifies the following actions for the City to pursue that will help address older adult safety needs while walking, which the City has begun to implement:

- 5.2 Revisit pedestrian crossing guidelines for signalized and unsignalized intersections. (Public Works). A staff recommendation will be reviewed by the City Council in Spring 2021.
- 5.3 Develop PSA campaign aimed at drivers to increase safety for pedestrians age 60+. (City Manager's Office, Partner Organization)
- 5.4 Update City signal timing policy to improve safety for all modes (e.g. all red time, pedestrian crossing times). (Public Works)
- 5.5 Complete 10 projects that improve bicycle and pedestrian safety related to turning vehicles at intersections. (Public Works)
- 5.7 Install at least 10 pedestrian crossing treatments on the High Injury Network (HIN). (Public Works). Rectangular rapid flashing beacon crossings were installed at 10 locations along the Vision Zero HIN in 2020.
- 5.8 Install pedestrian countdown timers at every signalized crossing location throughout the City. (Public Works). Currently, all new and major traffic signal modifications include the installation of pedestrian countdown timers. Additionally, as part of the Summer 2020 Downtown Traffic Signal Controller project, 116 pedestrian countdown timers were installed across Downtown Sacramento.

Regarding Action 5.3, from June through August 2018 the City conducted a traffic safety awareness campaign called "Our Safety is Homegrown." The campaign targeted speed reduction, avoiding impaired driving, scanning before turning, and taking extra care at intersections. The campaign reached 5.5 million impressions over the course of its run. In a survey following the campaign, 28 percent of respondents reported having changed their own driving behavior.

As part of the Vision Zero Action Plan, the City identified high speeds as the leading cause of traffic-related injuries and fatalities. California Assembly Bill 321 (2008) allows local jurisdictions to reduce the school zone speed limits to 15 or 20 miles per hour on qualified roadways. In response, the City of Sacramento lowered speed limits around 115 schools citywide as part of its Vision Zero efforts in 2019. The California Vehicle

Code also allows cities to reduce speed limits around qualified senior centers or other facilities primarily used by senior citizens. However, the City has not yet implemented the lowered speed limit policy at senior centers or senior residential facilities citywide.

Through its Vision Zero Top Five Corridor Study (Council Adopted February 2021), the City also identified the five corridors within the city that have the highest numbers of fatal and serious crashes, building on actions recommended in the Vision Zero Action Plan. It includes specific policy recommendations such as revisiting the City’s signal timing policy, to increase time for pedestrian walk phases to better accommodate vulnerable populations such as children and the elderly. Implementing policies such as this, along with others from the Top Five Corridor Study, would make intersections across the city safer for older adults.

Regarding accessible sidewalks citywide, Sacramento City Code section 12.32.020 and California Streets and Highway Code 5610 state that it is the responsibility of the adjacent property owner to repair any defective existing sidewalk. However, the City does implement sidewalk improvements identified through its Pedestrian Improvement Program (PIP), which is a part of the Transportation Programming Guide (last approved in 2014). These improvements mainly focus on new sidewalks, sidewalk planters, curbs, gutters, and crosswalks, for which the City is responsible. Projects are scored based on the PIP’s established criteria, which then informs City Council decisions about which projects to fund.

To address Americans with Disabilities Act (ADA) compliance in Sacramento’s public right-of-way, the Department of Public Works oversees the Public Right-of-Way Accessibility Program. Through this program, any person with a disability may file a grievance regarding access to sidewalks, crosswalks, curb ramps, street furnishings, pedestrian signals, and other components of public rights-of-way that affect their routine path of travel. The City will review the grievance and may then complete the repair or alteration depending on prioritization and funding availability. Additionally, the City’s construction detour policy requires that all construction that impacts accessibility of the public right-of-way provide an ADA compliant alternate route adjacent to the initial path of travel.

In addition to improvements for pedestrians, bicycle access is also important for older adults. Bicycling in particular has been shown to help maintain metabolic health in older adults—a key determinant in vitality and longevity—more so than walking for exercise.⁹ Sacramento has resources to educate and encourage bicycling among residents, such as monthly classes offered through the City’s Urban Bicycling and Scooting 101 Class and the regional “May is Bike Month” campaign. Additionally, the City’s Bicycle Master Plan (2016) establishes a framework for bicycle infrastructure investments in Sacramento to create a comfortable riding environment for all riders. However, few resources exist that have specifically sought to understand what may be the particular needs of older adults regarding bicycling, and there is relatively little known about the barriers that older adults in particular face with regard to bicycling in Sacramento. This is likely due in part to the fact that older adults are underrepresented among cyclists at large.¹⁰ Actions specific to the needs of senior cyclists can increase bicycling rates among this group as well as the population overall.

TRANSIT ACCESS

Public transit in Sacramento is provided by Sacramento Regional Transit (SacRT). Fixed-route service includes three light rail lines, local bus service, and peak-only bus service, which operates only during

⁹ Aslan, D. H., Collette, J.M., and Ortega, J.D. (2019). Bicycling Exercise Helps Maintain a Youthful Metabolic Cost of Walking in Older Adults. *Journal of Aging and Physical Activity*, 29(1), 36-42.

¹⁰ Winters, M., Sims-Gould, J., Franke, T., and McKay, H. (2015). “I grew up on a bike”: Cycling and Older Adults. *Journal of Transport & Health*, 2(1), 58-67.

commute hours to major employment centers. As of 2018, at midday on a weekday, 55 percent of residents in Sacramento had access to any transit service within a quarter of a mile from their home, while only 11 percent had access to frequent service (buses or light rail trains that arrive every 15 minutes or less). While downtown Sacramento—where the three light rail lines and many bus routes converge—tends to be well-served by transit, more outlying or suburban neighborhoods of Sacramento have less frequent service. Despite service improvements following SacRT Forward redesigned bus network, many of these areas that are served by less frequent or no transit remain home to higher concentrations of the city’s older adults. This is due in large part to the fact these lower-density areas of the city where many older adults live tend to be areas where traditional fixed-route transit performs less well.

In order to help fill in the mobility gaps in some of these more suburban neighborhoods of Sacramento, SacRT also provides paratransit services through its SmarT Ride Microtransit Service and its SacRT Go Paratransit Services. SmarT Ride operates similarly to private ride-share services where customers may use a smartphone app to request a ride that will pick up and drop off passengers within the service boundaries. For residents age 62 and over, a ride via SmarT Ride provides an affordable alternative to private ride-share apps for local trips as they ride for the discounted price of \$1.25. However, SmarT shuttles cannot travel outside of their service boundaries. SacRT Go provides traditional paratransit services for disabled and elderly community members. Residents may book rides up to two days in advance or as late as 5:00PM on the day prior to their scheduled ride.

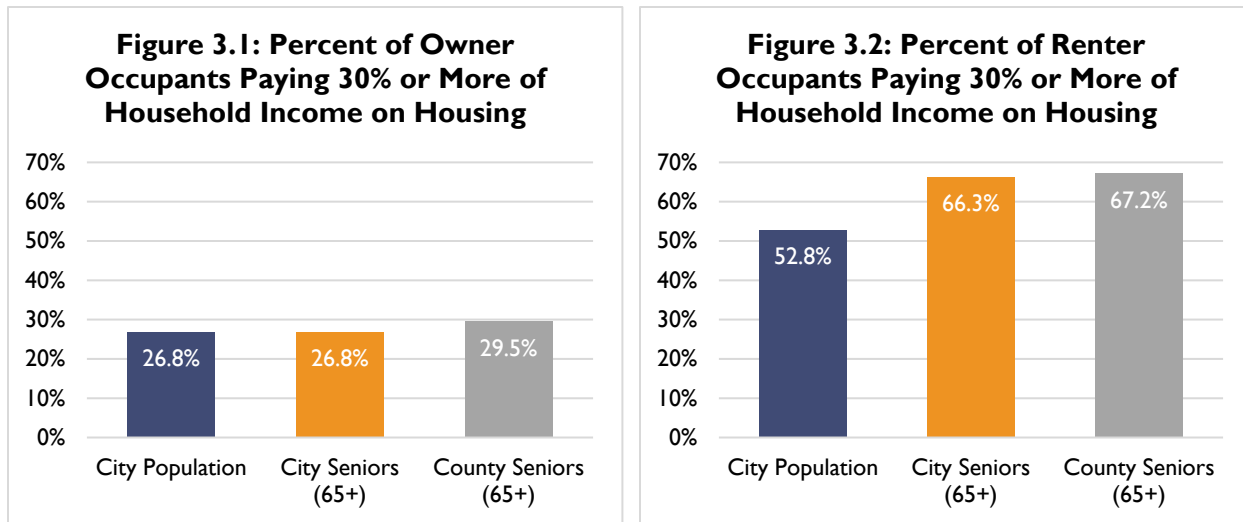
ACC Senior Services, a Sacramento-based non-profit, also provides door-to-door transportation services for seniors via its ACC Rides program. ACC Rides provides services to eight All Seasons Café sites, the ACC Senior Services campus, other senior centers, medical and dental appointments, grocery shopping, field trips, and other errands across the City of Sacramento. Volunteer drivers, supplemented by some paid staff, use a fleet of wheelchair accessible buses and minivans to provide shared rides. All residents age 60 and over in Sacramento are eligible for transportation services via ACC Rides. Additional privately provided transportation services in Sacramento primarily focus on transporting older adults to medical appointments. These services include the following:

- Silver Lining Transport: A private pay or contracted transportation provider for older adults in Sacramento. Riders receive non-emergency medical transportation to and from medical appointments.
- InnovAge Sacramento: A partnership between InnovAge, Adventist Health, and Eskaton that provides the Program of All-Inclusive Care for the Elderly (PACE). This includes transportation services to the PACE center and to off-site medical appointments for PACE members.
- Downtown Sacramento Partnership (DSP): A non-profit Property Based Improvement District (PBID) focused on improving Downtown Sacramento as a place to live, work, and invest. The DSP Navigator Team provides free transportation services for homeless individuals in Downtown Sacramento to access medical appointments and social services.

3.3 Housing

Based on the AAA4 survey, older adult respondents have significant concerns about housing affordability in Sacramento, echoing concerns in the community at large. 65.1 percent of survey respondents reported that there are either “less than enough” or “far too few” affordable housing options for older adults of varying income levels. However, the burdens of housing unaffordability are felt unevenly, with senior renters typically experiencing the highest burden.

Residents over the age of 65 in the City of Sacramento are more likely to be homeowners when compared to the population of the city as a whole, with 64.9 percent of seniors owning their home compared to only 48.0 percent of the population overall. By comparison, in Sacramento County, a slightly larger percentage of residents over age 65 are homeowners (73.0 percent).¹¹ The US Department of Housing and Urban Development considers a threshold of 30 percent or less of an individual or household’s income going to housing costs to be an indicator of housing affordability. Therefore, those who spend over 30 percent of their individual or household income on housing costs are considered to be burdened by the cost of housing. In the City of Sacramento, 26.8 percent of seniors who own their homes pay 30 percent or more of their income towards housing costs, which matches the percentage of the overall population of homeowners in the city who do so as well.¹² However, seniors who rent are more likely to be burdened by the cost of rent than renters of all ages in the city. That is, 66.3 percent of seniors put 30 percent or more of their income towards rent while only 52.8 percent of the population overall does so as well.¹³



Source: US Census Bureau ACS 2019 5-year Estimates, Tables B25093 and B25072

Furthermore, homelessness is a growing issue in Sacramento as it is in cities across California. According to the 2019 Sacramento County Point-in-Time Homelessness Count, homelessness in Sacramento County increase by an estimated 19 percent in 2019 from 2017. The Count found that older adults (defined as those age 55 and over) made up 20 percent of the individuals experiencing homelessness in Sacramento on the night of the 2019 Count, totaling approximately 1,079 individuals. The 2019 Point-in-Time report noted that many older adults are becoming increasingly susceptible to entering homelessness later in life due to a mismatch between rapidly increasing costs of housing and the fixed-incomes of most older adults who rent. Among those experiencing homelessness who were surveyed as part of the 2019 Count, when asked what Sacramento County could be doing better, older adults were more adamant than any other group that affordable housing is a critical issue that needs to be addressed in the county. At 65 percent, they were three times more likely than any other group to raise this as an issue. The second most cited issue for Sacramento to improve on was rental assistance, which was identified by 18 percent of older adults surveyed.

Recognizing the need to guard renters in particular from the rising costs of housing in Sacramento, the City passed in 2019 the Tenant Protection and Relief Act, which established the Tenant Protection Program. The purpose of this Program is to help protect tenants from rent gouging and unwarranted evictions. The Tenant

¹¹ US Census Bureau (2019). American Community Survey 5-year Estimates, Table S2502.

¹² Ibid, Table B25093

¹³ Ibid, Table B25072

Protection Program caps annual rent increases in the city to five percent plus the change in the Consumer Price Index, with a maximum allowable increase of 10 percent. In 2020, for example, this resulted in a maximum rent adjustment rate of six percent. The Program also prohibits the eviction of tenants who have been living in a rental unit for more than 12 months without “just cause.”

During the Covid-19 pandemic, the City of Sacramento implemented a blanket eviction moratorium in March of 2020. This moratorium expired September 30, 2020 and was replaced by State law AB 3088. Though under both moratoria tenants were still liable to eventually pay landlords any unpaid rent from March 2020 through the date of the moratoria’s eventual expiration. Additionally, as part of the City’s response to the Covid-19 pandemic, the City began offering free tenant-landlord mediation services to help preserve tenancy and encourage creative solutions. Establishing long-term programs for rent relief targeted at older adults living on a fixed-income would help to stabilize older adult renters living in market-rate housing.

Affordable housing efforts in Sacramento are primarily overseen by the Sacramento Housing and Redevelopment Agency (SHRA), a joint powers authority for the City and County. As of 2020, SHRA owns or manages 1,699 units of public housing in the City of Sacramento.¹⁴ In 2020 SHRA also oversaw 12,635 monthly housing vouchers via the Housing Choice Vouchers (HCV) program across Sacramento County. Tenants in both the public housing and HCV programs pay no more than 30 percent of their income towards rent. According to SHRA’s 2018 Annual Report, 27 percent of households in public housing and 30 percent of households in the HCV Program in Sacramento had an elderly member in their household.

SHRA is also responsible for administering federal funds for the development of private or non-profit affordable housing developments. In total, the City of Sacramento is home to over 10,000 deed-restricted affordable units involving SHRA financing.¹⁵ As of December 2020, there were 37 existing affordable housing developments across the city that were either entirely or partially dedicated to rental units for low-income or very low-income seniors (typically those over age 55).

While affordable rental housing is a serious concern for older adults in Sacramento, older adults who own their homes can also struggle with housing-related barriers to aging in place. The AAA4 survey also highlighted concerns among Sacramento seniors regarding a lack of accessibility features in homes. 54.6 percent of respondents reported perceiving that there are either “less than enough” or “far too few” homes equipped with features for access and safety, and 53.8 percent who reported perceiving a similar lack in affordable services for older adults who need help with home repairs.

There are limited low-cost options in Sacramento for older adults in need of home repairs or accessibility modifications. SHRA provides the Home Repair Program (HRP) to very low-income homeowners. HRP provides a maximum grant of \$5,000 per project or a lifetime maximum of \$5,000 per household, which does not need to be repaid. However, the program has limited funding and only accepts applications for six months of the year. Additionally, SHRA partners with Rebuilding Together, a volunteer-based non-profit home rehabilitation organization, to operate the Safe at Home Program. This program provides minor modifications and repairs at no cost to low-income homeowners. Rebuilding Together also offers the Home Energy Conservation program to provide free minor home energy improvements for low to moderate-income homeowners in Sacramento. The updated 2021-2029 City of Sacramento Housing Element includes Program H48 “Emergency Repair Program.” The objective of this program is for SHRA to provide grants for at least 150 emergency repair projects and 80 accessibility modifications annually and to establish a loan program for more substantial repairs.

¹⁴ Sacramento Housing and Redevelopment Authority (2020). 2020 Approved Budget, pp. 22.

¹⁵ City of Sacramento (2021). 2021-2029 Housing Element (Public Review Draft), pp. 34.

Despite these efforts to increase the availability of both affordable and accessible housing for older adults in Sacramento, demand for services continues to outpace supply. As both the population and the housing stock ages, increased funding and staffing for housing affordability and accessibility services will be key to ensuring older adults in Sacramento are able to comfortably age in place.

The updated Housing Element highlights seniors (those age 65 and over) as a “special needs” population due to a high percentage of them having relatively low incomes and decreasing mobility, which limit housing options. The Housing Element also recognizes that many older adult homeowners may be living in homes that no longer meet their needs as they age. Goal 8 of the Housing Element, “Increasing Accessible Housing,” aims to “promote greater universal access in housing and support efforts that provide seniors and people with disabilities the option to stay in their homes and neighborhoods.” Policies 8.1-8.6 of the Housing Element serve to further this goal and address the specific needs of seniors. For example, Policy 8.1 states that the City “shall strive to achieve universal design in new residential housing units to provide housing for people with disabilities and allow seniors to age in place.” Here, universal design refers to elements such as zero-step entrances, single-floor living, wide halls and doorways, and electronic controls reachable from a wheelchair to make the home accessible to all. As part of achieving this policy, Program H20 focuses on increasing awareness of the City’s Universal Design Ordinance.

Additionally, Goal 2 of the updated Housing Element, “Increasing Affordable and Workforce Housing Production,” aims to support the production of 16,769 new lower-income housing units in the city by 2029 and increase other affordable housing opportunities within the existing housing stock. While many of this goal’s associated policies—as well as the production of affordable housing overall—will benefit older adults, policy H-2.9 focuses on shared and intergenerational housing. This policy states that the City will “encourage micro-unit housing in combination with significant shared community space and new shared and intergenerational housing models to help meet the housing needs of aging adults, students, and lower-income individuals.” Such housing will be beneficial in helping older adults meet the challenges associated with maintaining independent living as they age.

Cohousing communities can reduce social isolation for people who are 65 and above because many are designed with intergenerational community connections in mind. Typically, physical spaces in cohousing communities allow neighbors to easily interact with others just outside of their private homes. And common areas will often include kitchen facilities, dining space, and open space or gardens to bring people together. Cohousing communities are frequently intergenerational, though some are specifically senior communities. The cohousing model can help to mitigate many of the problems older adults face as they age due to isolation. Sacramento’s most notable cohousing community is Southside Park Cohousing, which has been operating since 1993 in Downtown Sacramento. Several newer cohousing communities have been built around the Sacramento area, with construction of the Washington Commons community in West Sacramento beginning in 2021 and the opening of the Fair Oaks EcoHousing community in Fair Oaks in 2020. Cohousing is typically more expensive to construct due to the higher costs associated with providing kitchen and dining facilities within each dwelling, plus redundant communal kitchen, dining, and other facilities.

Accessory Dwelling Units (ADUs) can promote aging in place by providing options for older adult renters to downsize to more accessible homes, or by providing additional income for older adult homeowners to increase financial resources in retirement. The updated Housing Element includes programs that focus on the expansion of Accessory Dwelling Units (ADUs) in Sacramento. Program H4 “ADU Toolkit” and H5 “ADU Outreach Plan” encourage ADU development in the city by promoting knowledge among the public about the benefits of and process of constructing an ADU. Program H27 “Loan Program for Affordable ADUs” states that the City will identify partners to develop a loan program to encourage construction of ADUs with an

agreement that the homeowner charge rents affordable to lower income households or rent the ADU to Housing Choice Voucher participants.

Lastly, along with policies from the updated Housing Element that promote accessible and affordable housing for older adults, strategies in the 2040 General Plan that permit a greater array housing types in existing single-unit neighborhoods will also serve to better meet the needs of older adults while promoting a more sustainable and equitable city for all. Land use and housing policies that promote denser housing near transportation facilities and other resources will help to ensure that older adults are able to age in place by promoting greater access to resources.

3.4 Social Participation

Older adults in the City of Sacramento are more likely to live alone (29.2 percent) than members of the population overall (11.4 percent). And over two thirds (67.4 percent) of those older adults living alone are female.¹⁶ Living alone can present challenges for individuals as they age as it can not only pose difficulties for self-care and home maintenance, but can also contribute to feelings of social isolation and loneliness. Affordable and accessible social activities are important for combatting this. According to the AAA4 survey, 58.2 percent of older adults surveyed find that there are already enough activities for older adults in Sacramento that are affordable to all residents, indicating a general level of satisfaction but that more or better advertised affordable social activities accessible to older adults would also be welcome.

The hub for older adults social life in Sacramento is the Ethel Hart Senior Center, which is run by the Older Adults Services division of YPCE. Hart Senior Center provides many social opportunities for seniors through a multitude of classes including arts, dance, fitness, games, writing, and performing arts, among others. Many social activities at Hart are free, while some do require a registration fee. Using funding from the E.M. Hart Trust Fund, Hart Senior Center also sponsors the Hart Fun Pass Program, which provides fee waivers for those age 50 and over unable to pay for participation in fee-based, YPCE-sponsored recreation opportunities. Fee waivers may be used for recreation opportunities occurring at the Hart Senior Center, or at other community centers or parks across the city. However, qualifying participants generally may receive Fun Passes for only two activities each calendar year.

Additionally, the Sierra Curtis Neighborhood Association provides many social opportunities for older adults through the Sierra 2 Senior Center. Similar to Hart, Sierra 2 provides many free classes, events, and workshops for older adults to gather, learn, and discuss. Most classes at Sierra 2 are free or have a suggested donation of just a few dollars. ACC Senior Services also provides opportunities for older adults to gather and socialize via plethora of classes and workshops. Classes are similarly low-cost or free.

ACC Senior Services also runs 20 All Seasons Café locations throughout Sacramento County. All Seasons Cafés serve lunch every weekday and provide an opportunity for older adults to socialize in a laid-back environment. Twelve All Seasons Café locations are at sites within the City of Sacramento, including at the Ethel Hart Senior Center.

Both the Hart Senior Center and Sierra 2 Senior Center are physically located close to downtown Sacramento. ACC Senior Services is located in the Pocket neighborhood. As many older adults live in other neighborhoods throughout the city, including sizeable concentrations in the Land Park and Pocket neighborhoods, ensuring physical access to the senior centers through expanded transportation options can help to ensure that less

¹⁶ US Census Bureau (2019). American Community Survey 5-year Estimates, Table B09020

mobile older adults continue to be able to partake in social activities. ACC provides rides for older adults to its facility as well as various errands, and expanding this model can help to meet the social needs of Sacramento's older community members.

Additionally, expanding digital access can broaden the reach of the centers. During the Covid-19 pandemic, Hart Senior Center began offering many classes virtually, such as Zumba, bingo, writing workshops, book clubs, and others. Continuing to expand digital access to the Center even after the pandemic will help more older adults, who may not always be able to leave their homes to attend the Center in person, engage in social activities. Though, as discussed in Section 3.7, digital literacy among older adults cannot be assumed. Expanding digital access cannot come at the expense of losing critical in-person programming.

While senior centers such as Ethel Hart and ACC Senior Services provide many opportunities for older adults in Sacramento to socialize, their role in the lives of Sacramento's overall senior population should not be overstated. Only a small share of Sacramento seniors access senior centers on a regular basis. While expanding their reach and presence in the lives of Sacramento's older adults community is an important aspect to improving their quality and quantity of social participation, social activities that engage older adults outside of the senior center setting and alongside community members of other age groups are equally important. These resources are discussed further in Section 3.5.

3.5 Respect and Social Inclusion

Oftentimes, older adults can feel excluded from certain aspects of social or civic life due to conscious or unconscious biases against older adults reflected in prejudicial attitudes, discriminatory practices, or institutional policies and practices that perpetuate stereotypical beliefs. This experience, known as ageism, affects older adults' ability to be self-sustaining as well as their self-conceptions as they age.¹⁷ Building intergenerational respect is an important facet in minimizing the prevalence of ageism. This can be tackled in part through having a wide range of opportunities for people of all ages to connect and breakdown stereotypes about aging.

One of the five goals included in the State of California's Master Plan for Aging (2021) is Goal Three: Inclusion & Equity, Not Isolation. This goal states, "We will have lifelong opportunities for work, volunteering engagement, and leadership and will be protected from isolation, discrimination, abuse, neglect, and exploitation." One of the strategies for achieving this goal involves initiatives to ensure California can lead in combatting ageism, ableism, racism, and other prejudices in order to expand opportunities for older adults. According to data from the Master Plan for Aging, 85.4 percent of adults over age 60 in Sacramento County report that they feel people in their neighborhood are willing to support each other. This is on par with the 87.4 percent of all Californians over age 60 who feel this way. In the City of Sacramento, according to the AAA4 survey, 64.7 percent of older adults surveyed feel that there are enough activities that involve both young and older people, while 63.9 percent of older adult survey respondents reported that Sacramento has enough of a variety of cultural activities to match its diverse population. While this indicates a general level of satisfaction, it may also suggest there are opportunities to further promote intergenerational interaction and by extension combat ageism.

In order to support age-inclusiveness and reduce isolation of older adults in Sacramento's neighborhoods, The Older Adults Services Division of YPCE oversees the Caring Neighborhoods program. This program

¹⁷ World Health Organization (2020). What is Ageism? Retrieved from: <https://www.who.int/westernpacific/news/q-a-detail/ageing-ageism>

encourages neighbors to reach out to their older residents in their neighborhood and provide friendship or help with minor tasks through its Age Together Now campaign. The Caring Neighborhoods program encourages residents to set up informal groups of two to four neighbors to reach out to older people on their block to find out how they might support these older neighbors. Caring Neighborhoods provides resource materials to interested residents and can assist with referrals to more formal services for older adults if needed.

Additionally, one way of promoting interactions and inclusion of older adults in their communities is through social media. The social media app Nextdoor provides a virtual space for communities to interact, share news, welcome newcomers, and seek out information or assistance. Currently there are 247 individual neighborhoods across the City of Sacramento that have a Nextdoor page. However, Nextdoor can present challenges to inclusion such as barriers to those without a smartphone, computer, or internet connection, as well as sometimes allowing engrained prejudices among individuals to go unchallenged.¹⁸ Acknowledging the challenges inherent to Nextdoor and other social media apps, when used appropriately these spaces can provide opportunities to encourage the inclusion of a community's older residents and expand on programs such as Caring Neighborhoods.

A number of volunteer programs aimed at providing older adults with intergenerational social interactions exist in Sacramento. The Senior Companions Program (SCP) is overseen by the Sacramento County Department of Child, Family and Adult Services. SCP places volunteers with homebound seniors to help with daily activities as well as provide needed socialization and companionship. ACC Senior Services runs the ACC Friendly Visitor Program. This program similarly trains and places volunteers to socialize with homebound seniors to provide conversation and companionship. Another program, Forget Me Not, a non-profit based out of San Jose, CA, partners older adults with high school and college volunteers for weekly companionship telephone calls.

Expanding both casual and formal social opportunities for senior-youth collaboration in Sacramento beyond just volunteer opportunities will help to build respect among these different age groups and ensure older adults are recognized as valuable members of their communities. Targeting these efforts at senior housing facilities can prove particularly beneficial. According to the 2017 report, "Intergenerational Programming in Senior Housing: From Promise to Practice," from Generations United and LeadingAge, older adults moving into senior housing can often experience loss of social connections, physical separation from familiar places and routines, and a resulting emotional distress. Their report found that developing long-term partnerships with local educational institutions and youth-serving agencies can help expand the social networks of older adults, positively impact older adults' sense of belonging and wellbeing, and build social capital within the broader community.

Additionally, working to include older adults in all aspects of community life is important to combatting ageism. Many community events are planned with a focus on youth age groups in mind in particular through the Youth Division of YPCE. These events present an opportunity for event organizers to consider how to create opportunities for intergenerational collaboration. YPCEE's Strategic Plan (2018-2023) has set a strategic goal for providing programs, services, and events to support lifelong learning for all ages. This goal includes identifying priority classes, events, and programs to provide in core service areas, including aquatics, access leisure, adult sports, cultural and fine arts, environmental education and nature interpretation, special interest, sports and fitness, and Camp Sacramento, for all ages. According to the Strategic Plan, YPCE's target goal by the year 2020 was to increase participation by diversifying and/or marketing the numbers and types of social and recreational programs, enrichment classes, and sports for

¹⁸ Kelly, M. (2020, June 8). Inside Nextdoor's 'Karen Problem.' *The Verge*. <https://www.theverge.com/21283993/nextdoor-app-racism-community-moderation-guidance-protests>

adults and seniors. Collaboration between the city’s Youth Division and Older Adult Services on community events and activities offers opportunities to further promote intergenerational interaction.

3.6 Work and Civic Engagement

As they age, older adults should have access to a diverse range of opportunities to ensure they can be actively engaged with community life, whether that be working for pay or for volunteering their skills or time. According to the AAA4 survey, 78.4 percent of respondents feel that there is enough of a range of volunteer activities to choose from. Furthermore, 71.2 percent feel that there are enough continuing education classes. However, only 59.4 percent feel there that there is enough of a range of flexible paying job opportunities for older adults or people with disabilities.

The City of Sacramento Human Resources Department oversees a city-wide Volunteer Program. Through this program, Sacramento residents are able to find information about and sign up for volunteer opportunities at City Departments, museums, the public library, and many more. The Volunteer Program publishes a Youth Volunteer Directory to serve as a single destination for updated information regarding opportunities for youth to get involved in their community. A similar resource focusing on older adults and the skills they bring to volunteering roles would help to ensure older Sacramentans are informed about the options available to them for volunteer work to best fit their interests.

Hands On Sacramento (HOS), a program of Community Link Capital Region, provides a full-service volunteer action center for the entire Sacramento region. Partnering with over 450 non-profits across the region, HOS provides a wide range of volunteer opportunities. Most volunteer activities are available to older adult participants, including virtual volunteering. Virtual volunteering opportunities include home-based projects that provide needed amenities to non-profit and public agencies without having to go in-person. For example, HOS offers programs in which virtual volunteers work remotely at home to construct dog and cat housing accessories for Front Street Animal Shelter or sew fidget blankets for the Sacramento Public Library. Volunteers then drop off completed products with these agencies at the volunteer’s convenience.

Part of California’s Master Plan for Aging Goal Three: Inclusion & Equity, Not Isolation includes strategies to promote opportunities to volunteer at the statewide level. According to the Plan’s data, 43.0 percent of adults age 60 or older in Sacramento County volunteered in 2018, though data is not available at the city level. This is about equivalent to the rate among all Californians age 60 or older (43.6 percent). It is also about the same as the volunteer rate among Sacramento County adults age 60 or older in 2013 (42.5 percent). One State initiative to increase volunteering among older adults involves the promotion of “village models” for older adult volunteerism and services. The village model represents an opportunity to increase volunteering among older adults in Sacramento as well. Villages are not-for-profit membership organizations offering comprehensive support and social engagement to older adults wanting to maintain independence. They promote volunteerism in large part through service to other members.¹⁹ According to Village Movement California, though Northern California is home to 23 officially designated Villages, none are currently located in Sacramento. However, one aspect of the village model, known as “care banking,” is able to be expanded to non-village formats. Through care banking, older adults who volunteer time providing services can “bank” that time to obtain services for themselves at a later time.

Regarding continuing education opportunities, the Los Rios Community College District operates four community colleges in the greater Sacramento Area, including Sacramento City College in Sacramento, which

¹⁹ Poor, S., Baldwin, C., & Willett, J. (2012). The Village Movement Empowers Older Adults to Stay Connected to Home and Community. *Journal of the American Society on Aging*, 36(1), 112-117.

provides continuing education opportunities to older Sacramentans. There, late-life learners are able to gain skills and certifications to further their careers or strike out in a new field. Furthermore, Sacramento State University runs the Renaissance Society, a participatory Center for Lifelong Learning to provide learning opportunities, community engagement, and foster creative expression for Sacramento's older adults. Membership in the Renaissance Society is open to all regardless of educational background and costs \$100 for an academic year. Renaissance Society offerings include seminars, shared interest groups, presentations, and forums every weekday.

Sacramento Employment and Training Agency (SETA) provides job training and placement assistance through its Sacramento Works program. Though SETA places an emphasis on programming for Sacramento youth, they provide many resources that older adults may also take advantage of such as job coaching available at 13 Job Centers located throughout Sacramento and free online skills training classes through the workforce development platform Metrix Learning. AAA4 provides the Mature Edge Job Readiness program, a free job readiness program specifically targeted to those age 60 years and older within the AAA4 service area, which includes Sacramento. Mature Edge help older adults achieve productive and successful job searches through interactive sessions on identifying skills, preparing updated resumes, upgrading computer skills, interview practice, and promoting their "mature edge."

ACC Senior Services is the Sacramento County office for the National Asian Pacific Center on Aging (NAPCA) Senior Community Service Employment Program (SCSEP), a federally funded program that assists low-income older adults with job training and finding employment. Through SCSEP, trainees receive paid skills training at "host agencies," typically non-profits and government agencies. Low-income adults age 55 and over are eligible to apply. Accepted trainees work 15-20 hours per week and are paid the local minimum wage while learning skills on the job and through training sessions. The ultimate goal of the program is for trainees to achieve unsubsidized employment.

Additionally, the Sacramento Public Library offers adult literacy and General Educational Development (GED) programs to prepare adults and seniors to earn their GED and re-enter the workforce. The Library also provides career development services such as job coaching and mentoring, resume writing, and job search assistance to help residents further their career.

The City of Sacramento itself is also a major provider of stable and well-paying jobs. For those living within the city, workers employed by local government agencies (not necessary the City of Sacramento) have a median earnings value that is 45 percent higher than that of workers employed in the private sector.²⁰ Looking inwards at City policies can help to ensure that the City is a good place for older adults to work. Providing training to mature workers regardless of position or work status to ensure they are equipped for the demands of an evolving workplace and technologies, promoting flexible work options such as remote or part-time work, and promoting phased preretirement plans can ensure a workplace is accessible and age-friendly.²¹

Regarding civic participation, the City provides meaningful opportunities for older adults to participate in local government through numerous City-level Boards and Commissions. These include the Active Transportation Commission, E.M. Hart Trust Fund Advisory Committee, Planning and Design Commission,

²⁰ US Census Bureau (2019). American Community Survey 5-year Estimates, Table S2418

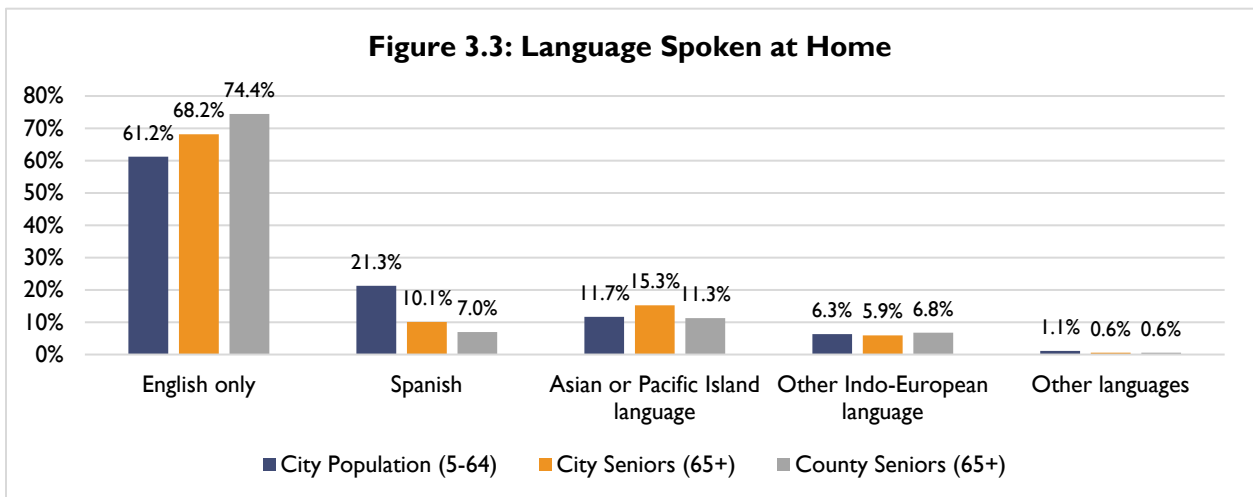
²¹ AARP (2013). Get Ahead of the Competition with Benefits that Appeal to Older Workers.

<https://www.aarp.org/work/employers/info-06-2013/benefits-appeal-older-workers.html>

and Disabilities Advisory Commission, among many others. Many seniors serve as members on these Boards and Commissions, which help ensure public involvement in all City operations.

3.7 Communication and Information

Those over age 65 in the City of Sacramento are more likely to be linguistically isolated when compared both to City of Sacramento residents aged 5-64 and to those over age 65 in Sacramento County overall. 20.7 percent of Sacramento city residents age 65 and over speak English less than “very well” compared to only 13.8 percent of those age 5-64, and to only 16.3 percent of residents age 65 and over in Sacramento County²². And, for those who speak a language other than English at home, the younger population in the City of Sacramento is most likely to speak Spanish, while the older adult population is most likely to speak languages of Asian or Pacific Island origin (primarily Mandarin, Cantonese, Hmong, and Vietnamese)²³. This aligns with the racial and ethnic demographics of the city, where a greater share of the older adult population identifies as Asian compared to the population overall, while a smaller share identifies as Hispanic or Latino. Using Google Translate, the City’s website is available to be easily translated to plethora different languages.



Source: US Census Bureau ACS 2019 5-year Estimates, Tables B16004 and B16001

Furthermore, as the importance of having an internet connection in order to carry out everyday activities has only increased over the years, in-home internet access has been improving among the population at large and among households in the City of Sacramento. In Sacramento, the overall percentage of those lacking internet access decreased from 18.1 percent in 2015 to only 10.3 percent in 2019. However, older adults' share of those without internet access has increased over this same timeframe from 20.7 percent up to 29.7 percent. In total, 23.4 percent of residents over age 65 in Sacramento lack internet access in their homes, while 15.0 percent do not have even a computer²⁴.

An age-friendly community recognizes that information needs to be communicated in ways that people are most comfortable with. In particular this means communicating in an individual’s primary language and through low-tech means for those who are not tech-savvy or who lack home-based internet access. According to the AAA4 survey, 73.3 percent of respondents feel that the City provides either the right amount or more

²² US Census Bureau (2019). American Community Survey 5-year Estimates, Table B16004

²³ US Census Bureau (2019). American Community Survey 5-year Estimates, Table B16001

²⁴ US Census Bureau (2019). American Community Survey 5-year Estimates, Table S2802

than enough free access to computers and the internet in public places. They also feel that having community information communicated in person to those who need it is important, with 71.0 percent reporting this as either an “extremely” or “very” important service. However, 62.8 percent reported they did not know how often this service was available in the city. Additionally, 79.3 percent reported that having community information available in different languages was either “extremely” or “very” important.

The Sacramento Public Library system is overseen by Sacramento County. There are 12 library locations within the city which offer free computer access and printing services to the public. While printing typically costs a fee, this fee was waived during the Covid-19 pandemic. Also, during the Covid-19 pandemic, Sacramento libraries began offering one-hour computer appointments to be booked online or over the phone, up to twice per week, with special hours for seniors and the immunocompromised to ensure continued, safe access. Additionally, through a public-private partnership with Verizon established in 2019, the City of Sacramento began offering free Wi-Fi access in 27 City parks in order to help bridge the digital divide. Expanding publicly accessible Wi-Fi across the city can be one step to filling in the gaps for internet accessibility for those with a Wi-Fi enabled device when a library trip is not feasible.

The City of Sacramento also offers a low-cost technology training program for older adults, known as TechConnections that provides classes and one-on-one assistance at the Hart Senior Center and at community centers throughout the city to aid residents over age 50 in navigating the internet, computer programs, and smart phones. Classes typically cost five to ten dollars per session.

Hart Senior Center provides information through its Assistance, Referrals, and More (ARMS) program. The ARMS Coordinator assists older adults or points them in the right direction on issues such as finding community resources, form completion, social service agencies, housing services, health, and more. Hart also puts out a newsletter, “The Hart Cornerstone,” which consolidates information relevant to older adults in one place. The newsletter is distributed online and in hard copy at the Senior Center. Ensuring that the newsletter is released on a monthly basis and adding a mailing list for the newsletter’s distribution would help to ensure this critical information reaches a broader segment of the older adults it is intended to help.

Other information and communication services that can aide older adults in Sacramento include:

- 311: A non-emergency, single point of contact phone number for the City that helps direct people to the appropriate department for information or services. 311 services are also available to residents via email, web portal, and a smartphone app. 311 offers translation service and can respond in over 150+ languages and dialects. Deaf or hard of hearing callers to 311 can use a relay provider. To continue to improve the reliability of 311, the City completed in April 2020 its “Smart 311” update. This project revamped the service to add spatial components and better integrate 311 to connect City departments.
- 211: A 24-hour point of contact phone number for community resources across Sacramento, such as food, shelter, counseling, employment assistance and more. 211 services are also available to residents via email.
- Senior Resource Directory: A yearly publication of *The Sacramento Bee* in partnership with Sacramento 211 to compile primarily nonprofit and some privately offered resources specific to the needs of older adults.

3.8 Community and Health Services

Sacramento has numerous health care resources, including Kaiser Permanente, Sutter Medical Center and associated Walk-In Care facilities, UC Davis Medical Center, and Elica Health Centers (EHC). EHC focuses in particular on administering healthcare to serve low-income, multi-ethnic populations throughout the greater Sacramento area. According to the AAA4 survey, 69.3 percent of respondents feel that their communities have at least adequate access to conveniently located emergency care facilities to meet their needs. 72.4 percent feel that their community has enough health and wellness programs and classes to meet the need.

City Senior Centers provide many health and wellness focused resources for Sacramento seniors. The City's 50+ Wellness Program provides fitness classes, group walks, and sports leagues to help encourage older adults to be active and build health through fitness. Hart Senior Center provides many critical services to guide older adults through the healthcare process or ensure their access to healthcare. These include Health Insurance Counseling and Advocacy Program, CalFresh assistance, Brown Bag Pharmacy (discussions on the effects of seniors' current prescriptions), flu shot clinics, and workshops presented by UC Davis Medical School staff.

Additionally, in Sacramento, 11.6 percent of adults over age 65 have a disability that causes difficulty with self-care activities such as bathing or dressing. 20.4 percent have a disability that causes difficulty with independent living such as in doing errands alone.²⁵ These percentages are slightly higher than those for both Sacramento County (10.9 percent and 18.9 percent, respectively) and the State of California (9.6 percent and 16.6 percent, respectively). However, most elders prefer to stay in their own homes rather than move to an institution as they age. Home care services are a vital resource for ensuring this remains a possibility. Home care services include assistance with personal care and health such as grooming, bathing, and care for chronic conditions, and can also include caregiving tasks such as light housekeeping, help with errands, and meal preparation.

One of the five goals for 2030 outlined in California's Master Plan for Aging is Goal Four: Caregiving That Works. This goal states "We will be prepared for and supported through the rewards and challenges of caring for aging loved ones." One of the strategies for achieving this goal is the creation of good caregiving jobs, as California will face a labor shortage of up to 3.2 million paid care workers in the coming years. According to the Master Plan for Aging, the Sacramento-Roseville-Arden-Arcade Metropolitan Statistical Area has 88.4 caregivers per 1,000 older adults, which the Plan rates as "Moderate Availability" (areas with 90 or more per 1,000 are rated as "Good," while those below 80 per 1,000 are rated as "Low Availability"). In the AAA4 survey, 67.0 percent of respondents felt that there are enough paid home care services for older adults. However, only 44.6 percent indicated that there are enough *affordable* home care providers, indicating that cost may be a major barrier in accessing needed home care services.

According to the Master Plan for Aging, women—and particularly women from Black, Indigenous, Latino, and Asian-American households—are more likely to be providing unpaid caregiving to family members or friends. The time needed to care for a loved one can result in financial hardship and a decrease in lifelong Social Security earning, which can continue the cycle of poverty and debt for low-income households and seniors. While some may choose more affordable paid home care services if available, some will continue to choose to support family and friends on their own. Thus, support for family and friend caregivers—such as multilingual training resources, virtual care options, and respite—will be vital as the population continues to age.

²⁵ U.S. Census Bureau (2019). American Community Survey 5-year Estimates, Table S1810.

The Older Adult Services Division of YPCE runs the Triple-R Adult Day Care Centers program. Triple-R works to meet the social and care needs of people with dementia, while their family members get respite from round-the-clock caregiving. The program is offered Monday through Friday out of three locations across the city, including one at Hart Senior Center and one that is co-located with an elementary school to encourage intergenerational encounters. Monthly fees for Triple-R vary depending on care needs and attendance schedule, however services are often covered by Long Term Care insurance policies. Other services for family and friend caregivers include the following:

- Del Oro Caregiver Resource Center: A non-profit agency serving Sacramento County that provides no-cost services to unpaid caregivers. Services include specialized information and training, family consultation/case management, respite care, and support groups, among others.
- ACC Senior Services Bridge to Healthy Families: A program that seeks to improve access to comprehensive support services for family caregivers. At no cost, the program offers caregivers educational programs, care assessments and home safety checks, support groups, and information and referral for respite services, home modification, medical alert devices, and more.
- Alzheimer’s Association of the Greater Sacramento Area: A chapter of the national non-profit that provides information about support groups, care options, education and training opportunities, and caregiver issues specific to those caring for individuals with Alzheimer’s disease and other dementias.
- UC Davis Alzheimer’s Disease Center: An Alzheimer’s research clinic located in Sacramento. In addition to clinical services, the center provides educational services targeted to meeting the needs of the Spanish-speaking community as well as community education programs for caregivers.

In addition to healthcare services, access to healthy food is critical to ensuring proper nutrition and health as we age. There are many resources in Sacramento to provide older adults with healthy food assistance. These include Meals on Wheels, River City Food Bank, and Hart’s Healthy Pantry (run by Hart Senior Center). Sacramento’s Meals on Wheels program, which is overseen by ACC Senior Services, provides meals to over 2,000 seniors in Sacramento County each weekday. Meals are available to all Sacramento County residents age 60 and over who are homebound or who have difficulty leaving their homes. The Sacramento Food Bank also provides eligible residents age 60 and over with approximately 30 pounds of food per month delivered to their home or picked up from a distribution center. Many churches throughout Sacramento also provide meals or food pantry services accessible to older adults across the city.

4 Key Takeaways

Across the board, Sacramento is providing many critical services for older adults. Access to healthcare is strong across the city, and there are many opportunities for older adults to get involved in their communities and to stay active. This is reflected in the answers of the AAA4’s survey respondents who, on average, rate the City as doing “good” on issues related to most of the domains. The only two domains where residents tend to rate the City as doing less than “good” are in Housing and Transportation.

While the Age-Friendly Action Plan will address all of the 8 Domains of Livability in full, this Baseline Assessment has identified certain areas that will need more focus than others to ensure that all residents in Sacramento are able to age in place securely and are able to achieve mental and physical well-being. The following key takeaways from this Baseline Assessment are listed in order of priority based on existing supply of such resources in Sacramento and how critical they are to ensuring Sacramento as livable place for older adults. They should be used to help prioritize the goals and areas of emphasis of the Age-Friendly Action Plan:

TIER 1 PRIORITY

- **Housing affordability** is a major area of concern for older adults to be able to age in place. Older adults who are renters are particularly vulnerable to falling into homelessness as they face rising rents while often living on a fixed income. Increasing the availability of low-income rental housing targeted at older adults as well as implementing long-term rental assistance programs for low-income older adults will help to stabilize these residents and curb the issue of seniors falling into homelessness.
- **Financial stability** is critical for independent living. The rate of Sacramento residents age 65 and over living in poverty has increased in recent years and a recurring theme in AAA4 survey responses has to do with the affordability of housing and services. Women are particularly at risk often due to unpaid domestic or caregiving work that did not count towards Social Security and longer lifespans. A critical consideration for the Action Plan will need to be on finding potential solutions that can help promote financial stability among older adults and reduce cost barriers to accessing services or participating in programs.
- Affordable **home repair or modification** services are critical to ensuring that older adults who own their home are able to age in place. While those who own their homes typically face significantly less pressure from rising home prices, many older adults may still require assistance to ensure their homes remain livable as they age. Expansion of existing home modification services can broaden the impact that these programs are able to have, helping the existing housing stock keep up with an aging population.
- Continuing to focus on implementing **pedestrian-friendly policies**, especially those already outlined in the City's Vision Zero Action Plan and Vision Zero Top Five Corridors Study, will make neighborhoods across Sacramento more walk- and rollable for older adults travelling by non-auto modes. While prioritizing actions and locations for interventions is necessary to make optimal use of available City resources, policies should be applied across the city whenever feasible. Doing so helps to recognize that older adults or people with disabilities have travel needs outside of their immediate areas or dense commercial areas, and that these needs are also important.

TIER 2 PRIORITY

- Improving **transit and paratransit access** will help ensure that older adults who are less mobile are still able to meet their daily needs. Paratransit services provided both publicly (by SacRT) and privately (most notably by ACC Senior Services) help meet the special travel needs of older adults. Maintaining communication and partnerships with the agencies offering these services to ensure they are most effectively meeting the needs of older city residents will help ensure that older adults are able to access city facilities as well as critical errands.
- The Ethel Hart Senior Center and ACC Senior Services act as **hubs for older adult social life** in Sacramento, as well as distributing vital information and resources. Improving access via multiple modes of transportation and ensuring that their information reaches as wide an audience as possible will help to ensure that older adults of all abilities are able to achieve social fulfillment as well access critical services. This may involve collaboration with other public agencies and community groups, as the City does not have jurisdiction over transit.
- As the population continues to age, **support for caregivers** will only become more important. Multilingual training resources, virtual care options, respite services, and other resources are critical to ensuring that older adults receive appropriate care and to ensuring that caregivers remain healthy themselves. Actions that promote caregiver resources and resource centers, such as the Triple-R

program and the Del Oro Center, will help to ensure that older adults and their caregivers are supported.

- Creating more opportunities for **senior-youth collaboration** beyond just volunteer opportunities will help to combat ageism and ensure seniors' inclusion in social life in Sacramento. Broadening the scope of existing community events, run by the City and others, that are currently targeted to youth so as to include older adults as well can help build inclusion.

TIER 3 PRIORITY

- While many services are concentrated in central areas of the city, many older adults live in more suburban or outlying areas. **Expanding the reach of senior centers** and the services and programs they offer – potentially through parks or other community centers – can help to ensure that the city is delivering services close to where older adults live. Utilizing existing networks such as Nextdoor and the Caring Neighborhoods program can promote community-wide support for older adults, increase inclusivity, and combat ageism. Internet-based service delivery is also an efficient way to deliver services widely, but digital literacy, access to the internet, and communications preferences among older adults represent barriers to online access.
- Focusing on **flexible job opportunities** for older adults can help to strengthen their economic standing while providing meaningful and productive outlets for older adults to contribute to their communities. While a plethora of volunteer activities exist, as well as many educational and job training opportunities, working with local employers to expand options for part-time or flexible employment opportunities will help ensure residents have access to a range of options to meet the varying work needs of older adults in Sacramento.
- Continuing to expand outreach and **means of communication** beyond traditional approaches will help to ensure more older adults are in the know and able to access resources. The City's Wi-Fi in parks program provides a good example of efforts to increase access to information. Utilizing clear and accessible digital forms of communication, many of which were explored during the Covid-19 pandemic, will help to reach a wide audience. While expanding digital access can prove beneficial for many, digital literacy can also act as a barrier. Support for in-person communication and digital literacy programs, such as TechConnections, should continue to be emphasized to ensure that less tech-savvy older adults continue to be included in social opportunities and receive vital information.

City of
SACRAMENTO

Age-Friendly Community Action Plan

March 2024