

AGE-FRIENDLY COMMUNITY ACTION PLAN

MARCH 2024



City of
SACRAMENTO



AGE-FRIENDLY COMMUNITY ACTION PLAN

March 2024

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SACRAMENTO

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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

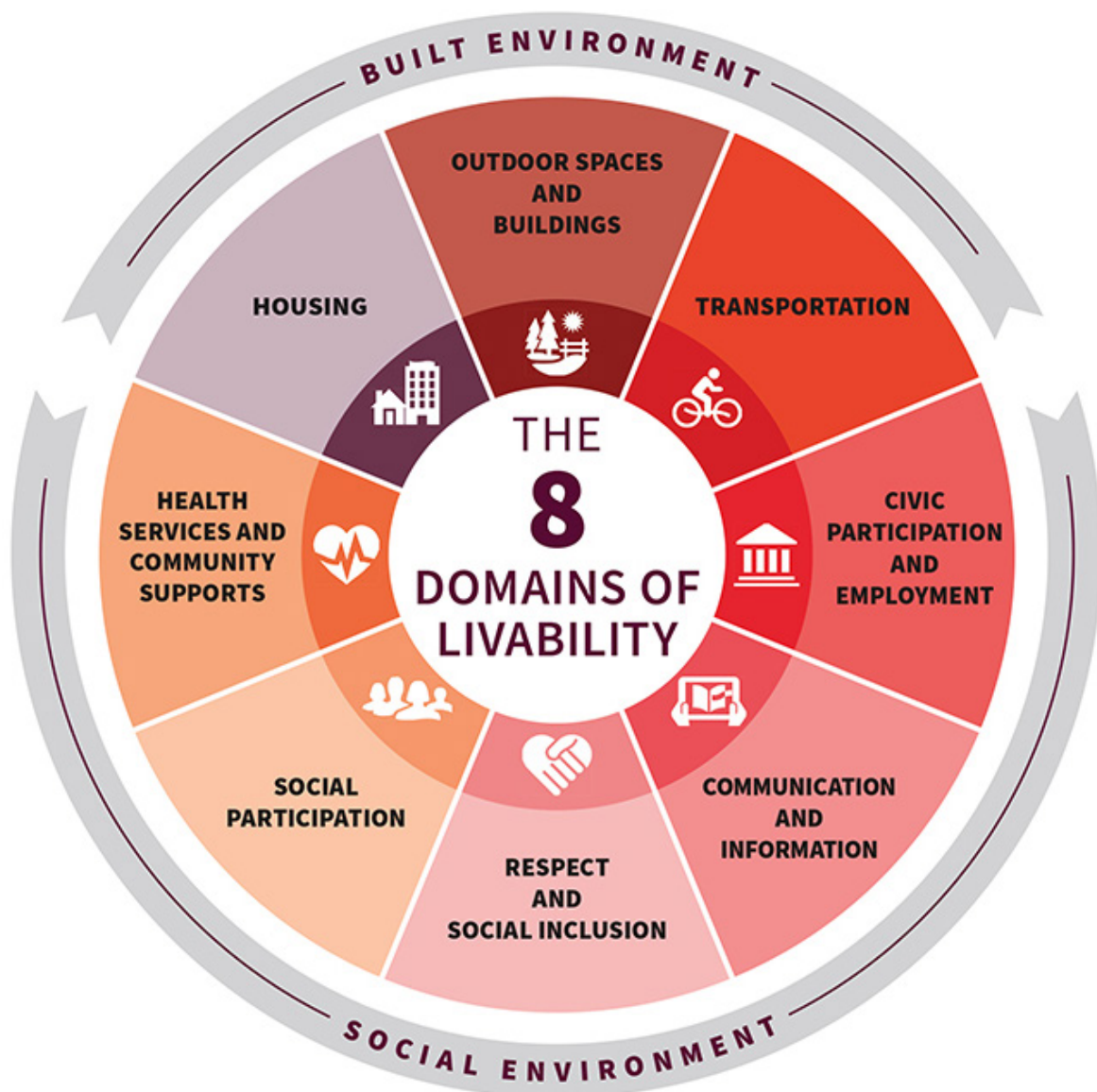
When it comes to aging, language matters. The words we use to describe older members of society reflect how we view their capabilities and their contributions. This Action Plan uses the term “older adults” to identify people over the age of 65, as surveys indicate that older adults increasingly prefer 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? *(Choose 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? *(Choose 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.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
b. The high cost of home maintenance.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
c. Fearing for your personal safety or having security concerns.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
d. Looking for a home that will help you live independently as you age.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
e. Wanting to move to an area with better health care facilities.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
f. Wanting to move to be closer to family.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
g. Needing more access to public transportation.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
h. Wanting to live where the weather is different.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
i. Looking for an area with a lower cost of living.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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.

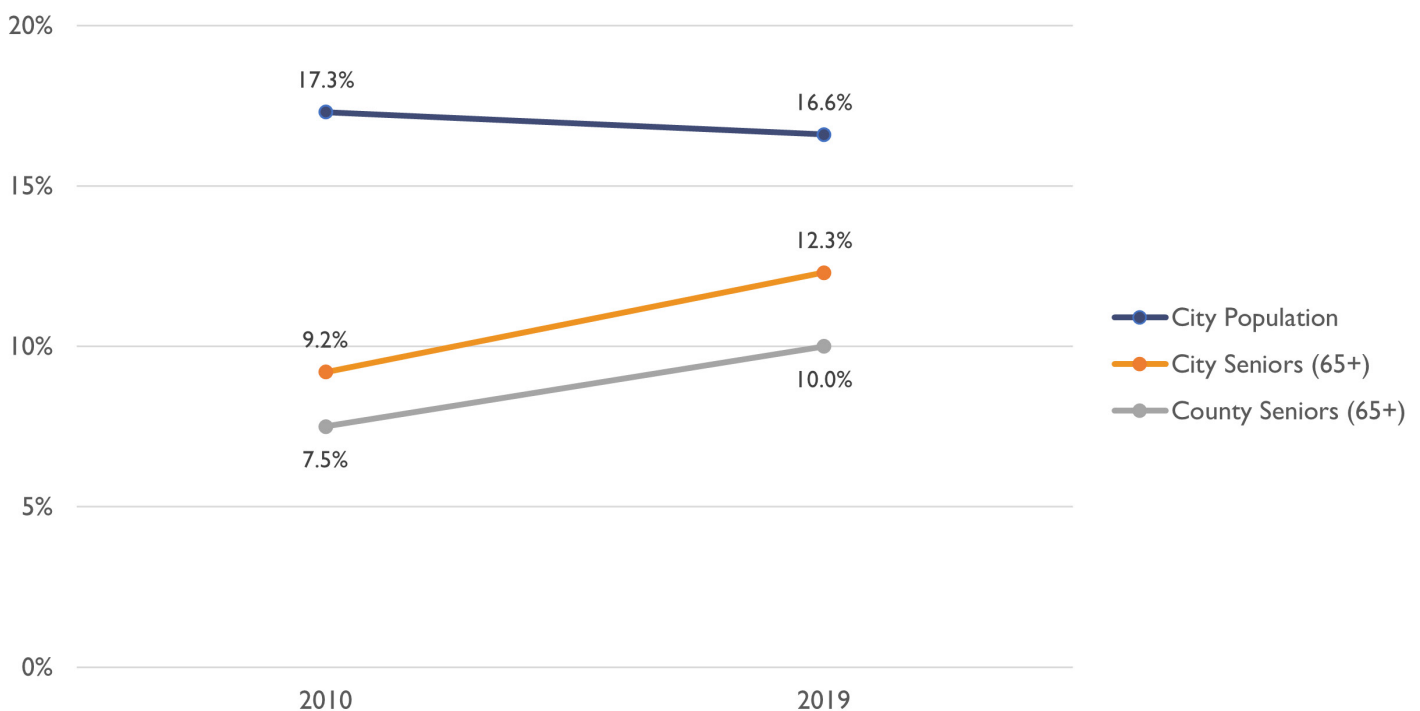
Additionally, a greater share of the population age 65 and over within Sacramento have incomes below the FPL (12 percent) than in the County as a whole (10 percent).

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)

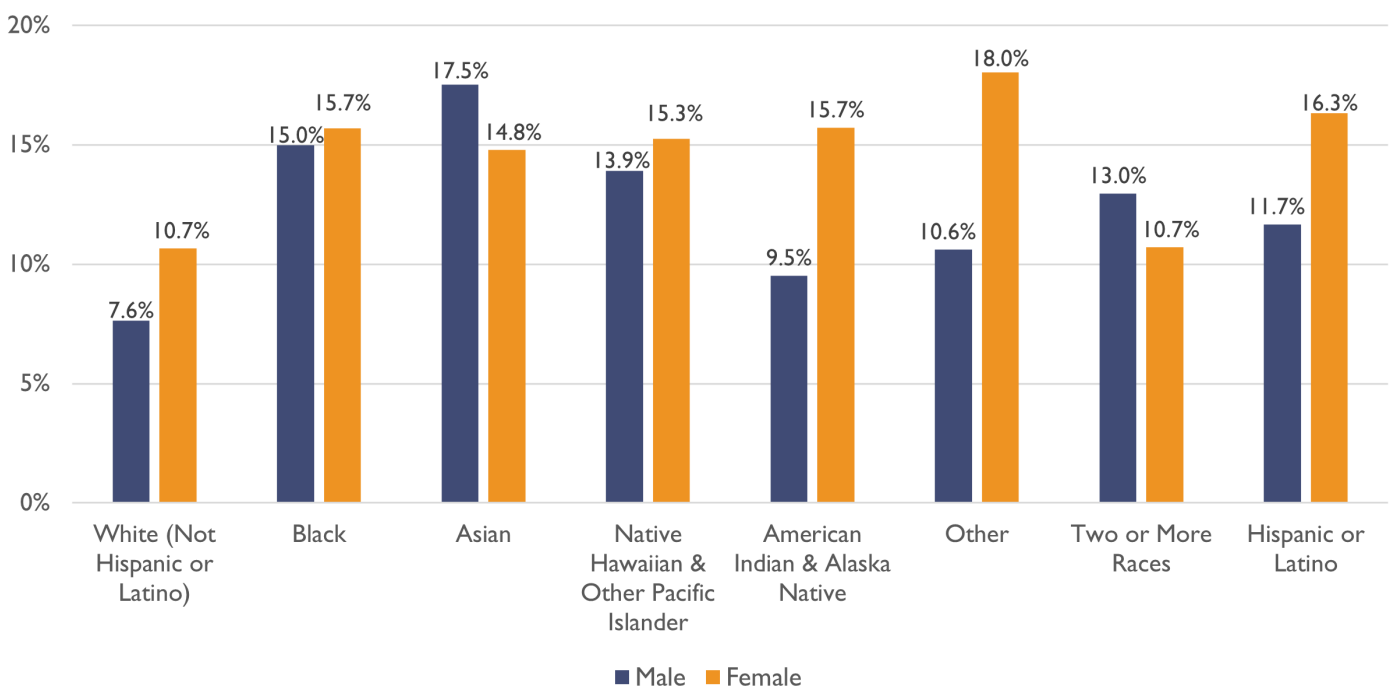


Figure 4-3: Concentration of Older Adults (2019)

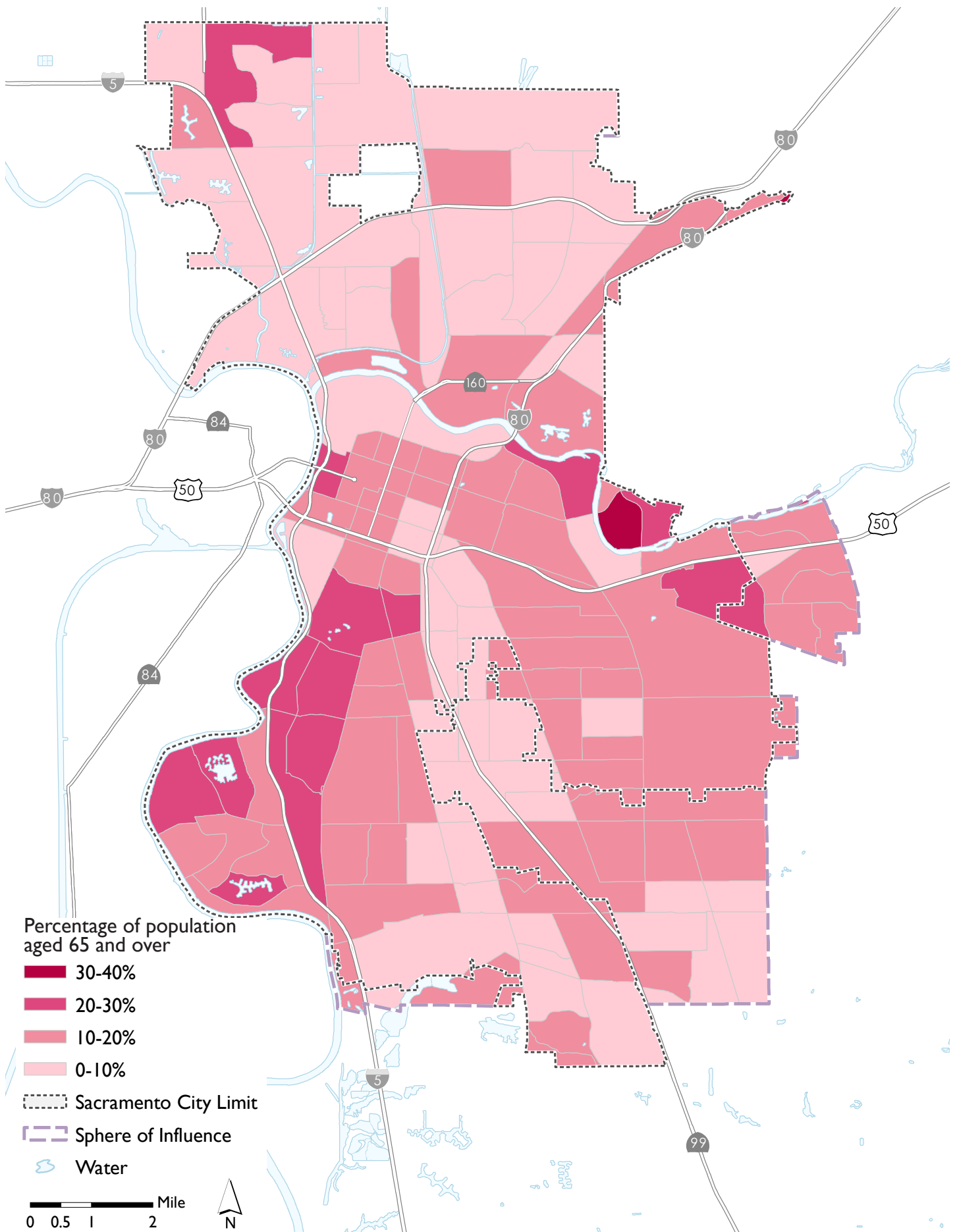


Figure 4-4: Concentration of Older Adults Living in Poverty (2019)

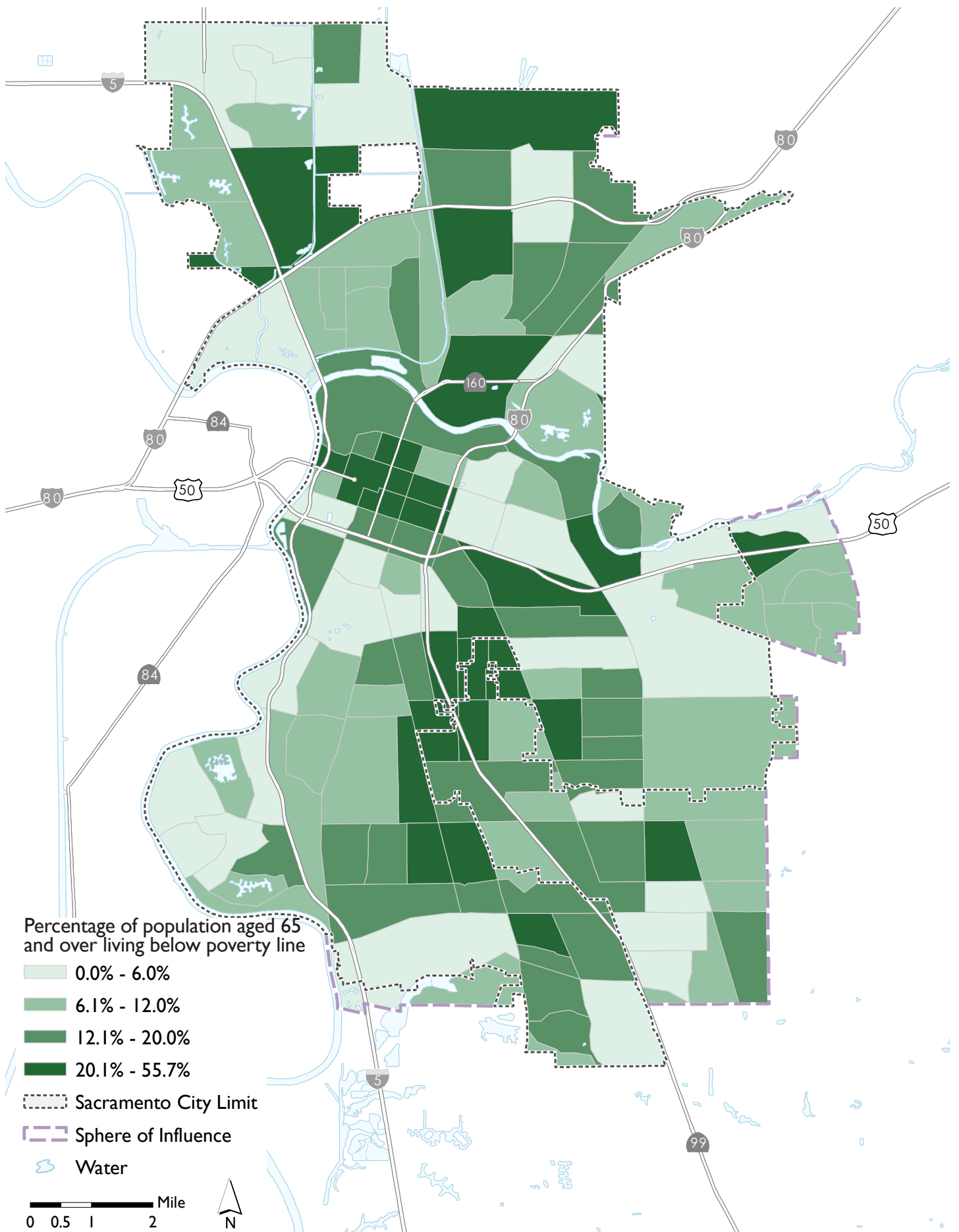
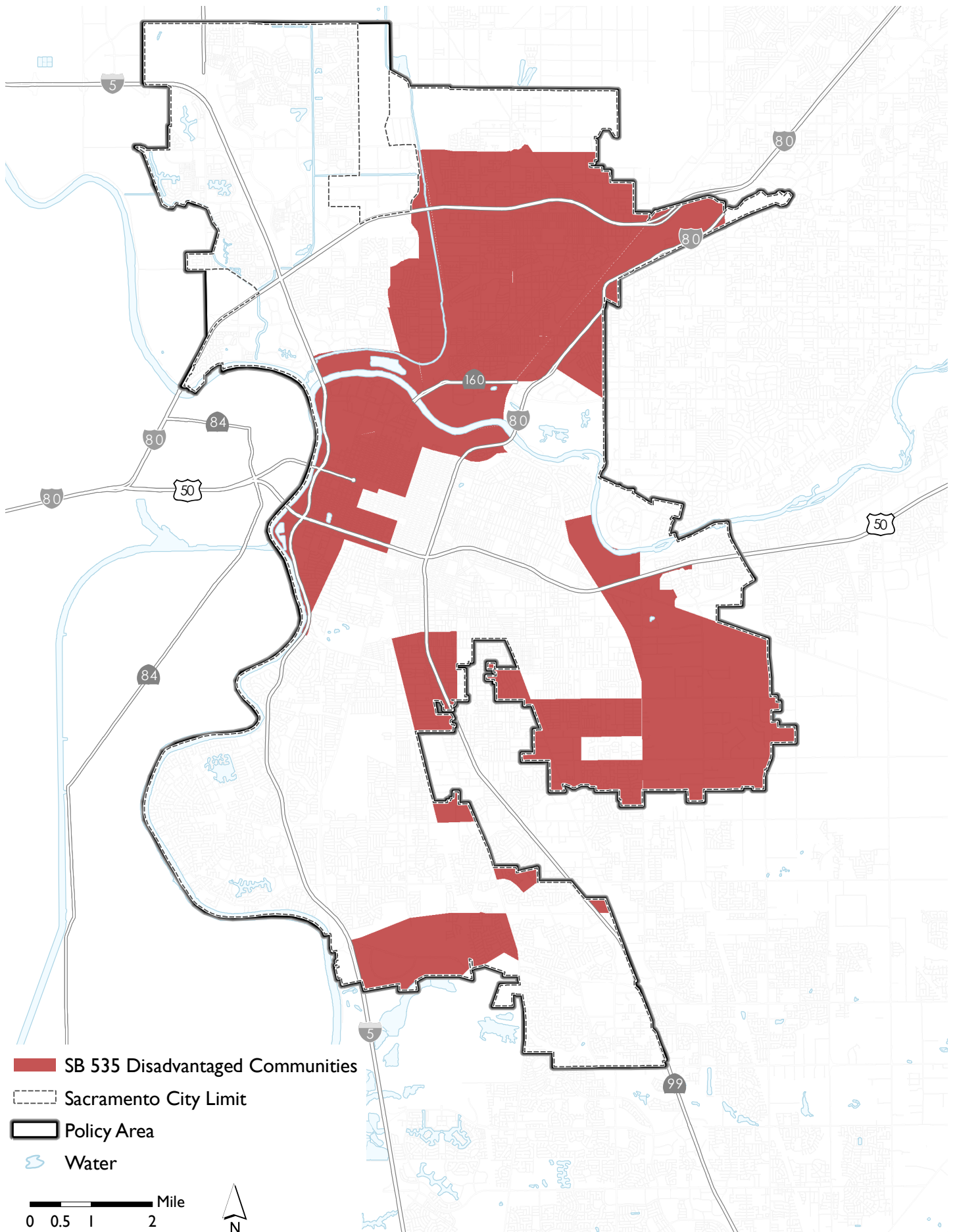


Figure 4-5: Disadvantaged Communities (2022)



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>
		<p>Target Completion: Year 3</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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City of
SACRAMENTO

Age-Friendly Community Action Plan

March 2024