

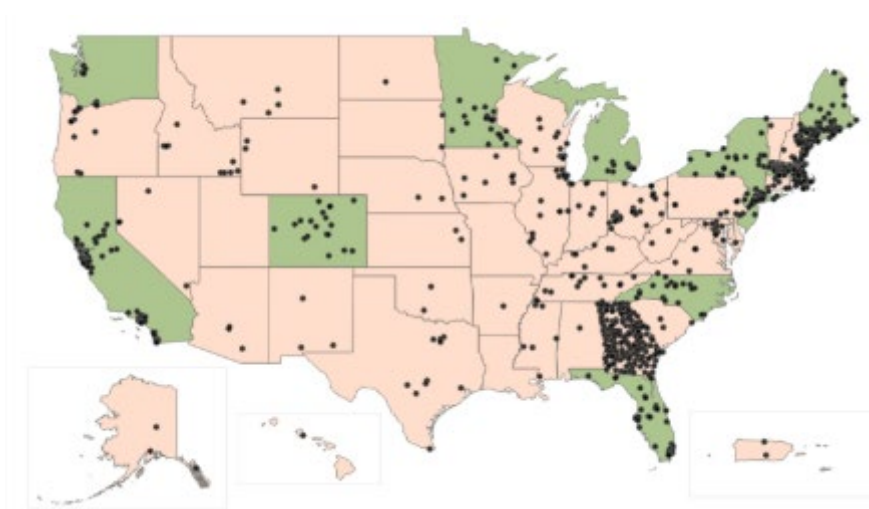


City of SSF: Age Friendly-Task Force

Commission on Equity and Public Safety

Monday, December 16, 2024

AARP: Age Friendly States and Communities



Belief:

“Places where we live are more livable, and better able to support people of all ages when local leaders commit to improving the quality of life for the very young, the very old, and everyone in between.”

<https://www.aarp.org/livable-communities/network-age-friendly-communities/>

What Membership Means

Membership in the network:

- Helps local leaders identify and understand community needs
- Serves as an organizing structure for making community improvements
- Fosters partnerships among community groups and local stakeholders
- Provides leadership opportunities for volunteers
- Enables changes that benefit people of all ages

Provides a community with:

- Public recognition for committing to becoming age-friendly
- Resources for identifying and **assessing** community needs
- Access to technical assistance and expert-led webinars
- Support and best practice materials from AARP

What Membership *Does Not* Mean

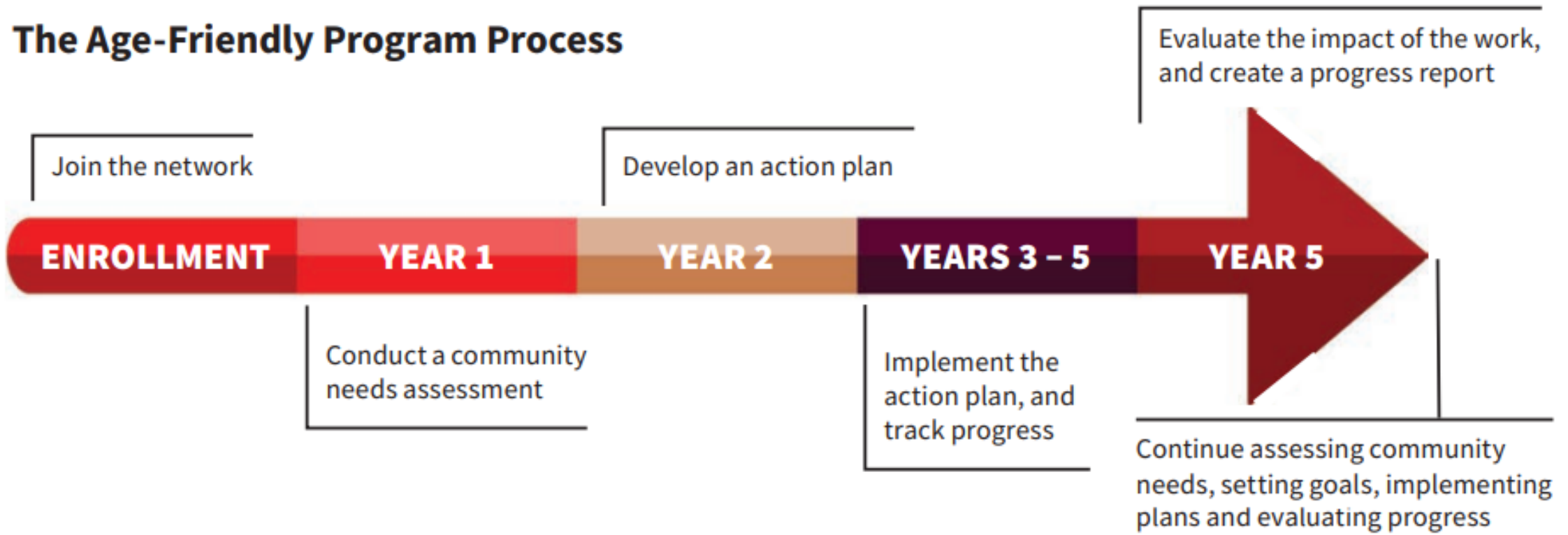
What Membership *Is Not*

- Retirement villages, gated developments, nursing homes or assisted living facilities. Nor are they planned communities or age-restricted housing developments.
- ***Membership in the network does not mean that the community is, currently, "age-friendly" or a great place to retire.***
- Membership in the network does not mean AARP endorses the towns, cities, counties or states as places to live.



Age-Friendly Process

The Age-Friendly Program Process



Age Friendly Task Force



Roster:

- 16 total
- 6 City staff
- 3 Councilmembers
- 1 P & R Commissioner
- 6 Residents (seniors)

Advisor:

Roy Ernest, Center for Age Friendly Excellence – CAFE

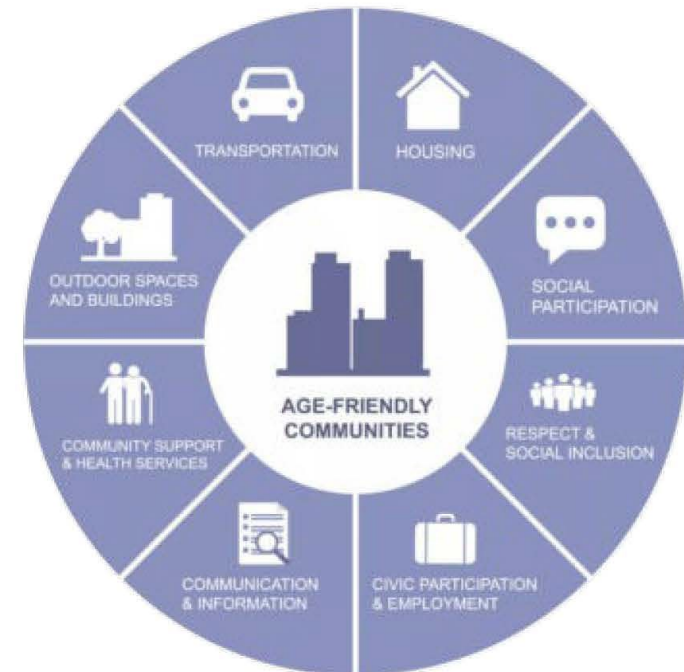
Primary Domains of Livability

DOMAINS OF AGE-FRIENDLY COMMUNITIES

Age-Friendly Excellence

Eight Domains of Livability:

- Outdoor spaces and buildings
- Transportation
- Housing
- Social participation
- Respect and social inclusion
- Civic participation and employment
- Communication and information
- Community support/health service



Collecting Data

Focus Group Sessions (Sept. – Nov., '22):

- Discussions centered around the 8 domains of livability
- Each no more than 75 minutes
- 10 participants (max)
- 15 sessions:
 - Day-night virtual options
 - In-person
 - One-on-one phone interviews
- Ensured an ethnically diverse pool

Recruitment:

- Community Organizations:
 - Non-profits
 - Community groups
 - Seniors previously involved in City programming
- Marketing:
 - Weekly newsletter
 - City council's network
 - P & R's network

Age-Friendly Projects to Include

- Main Area/Category/Domain the project addresses
 - *Examples: Transportation, Housing, Outdoor Spaces and Buildings*
- Other Area(s)/Category(ies)/Domain(s) also impacted by the project
 - *Example: Social Participation (increased due to better transportation options)*
- Unmet need being addressed
 - *Example: Sidewalks and streets are unsafe for walking*
- Is this a Short-Term or Long-Term Project?
 - Short-Term can be completed in 1 – 2 years
- Solution: Brief description
 - Example: Revamp community website to include all resources for older adults
 - Objective: To gather information in one place and easily accessible to older adults
- Solution: Project Plan Executive Summary (500 words or less)

Project Ideas List

PROJECT NUMBER	YOUR RANKING	NAME OF PERSON PROPOSING PROJECT IDEA	BRIEF DESCRIPTION OF PROJECT IDEA (One or two sentence descriptions only) Please send fuller descriptions of no more than 500 characters to rearnest@cfafe.org.	BRIEF DESCRIPTION OF UNMET NEED BEING ADDRESSED	AGE FRIENDLY COMMUNITY (AFC) DOMAIN THAT THE PROJECT ADDRESSES	OTHER AFC DOMAINS THAT THE PROJECT ADDRESSES	COLLABORATIVE PARTNERS NEEDED TO IMPLEMENT	Length of Time to implement: SHORT TERM (1-2 Years) or LONG TERM (+2 YEARS)?	<u>COST? NOTE: ABCD = ASSET BASED COMMUNITY DEVELOPMENT</u>	Notes
1		CAFE Idea and Suggestion	Issue a community wide Request for Age Friendly Community (AFC) Proposals (i.e. an "AFC RFP") that invites a variety of community stakeholders to submit Age Friendly Project ideas that can be implemented within one year. RFP information sessions prior to release of RFP can be provided to help interested stakeholders to understand Age Friendly Community approach and RFP requirements so proposals can be appropriate. A small grant can be made available to successful RFP applications not to exceed \$5,000.	Even though a local city government must be meaningfully involved in an AFC Initiative, many successful AFC Initiatives are community based and led rather than city government based and led. The goal of this RFP is to engage a variety of community stakeholders in working towards enhancing the "age friendliness" or livability of their community.	All Domains	All Domains	Local Non-Profits, local volunteers, City/County/State/Federal Govt., chamber of commerce, service clubs, local businesses, self guided volunteer groups, individuals with a good idea. This RFP could include AARP's annual Community Challenge Grant program, which is issued each January, as an additional option for interested stakeholder entities.	Short Term and Long Term	Low Cost to High Cost, ABCD Approach	
13		Focus Group Participant	Intergenerational mentoring/tutoring volunteer program.	Focus Group participants expressed an interest in increasing meaningful intergenerational opportunities in SSF and in San Mateo County, in general.	Employment and Volunteer Opportunities	Respect and Inclusion; Community Support and Health Services	Many AFC best practice projects throughout the country could be replicated; CA Volunteers, the state agency that coordinates AmeriCorps funds, is interested in funding requests to support stipend mentorship opportunities for older adults to assist children in their community. Collaboration with Head Start and the School District would be needed to provide places in which properly structured and meaningful mentor/tutor service opportunities could be supported and supervised.	Short and Long Term	moderate cost with support from grants.	Form an intergenerational teams
14		Focus Group Participant	Bring back the volunteer luncheons	Focus group participants mentioned that SSF used to host an annual city volunteer luncheon that took place each year prior to the pandemic. All volunteers deserve recognition and this luncheon would be one good way to continue doing that.	Employment and Volunteer Opportunities	Respect and Inclusion; Community Support and Health Services	City with support from community stakeholder organizations.	Short and Long Term	low to moderate cost	
16		Kasey Jo Cullinan; focus group participants	Home improvement and maintenance program for local older adult homeowners that provides a reliable list of home repair and improvement providers to contact.	Older adult SSF homeowners often don't know who to contact for home repair, maintenance and improvements. A vetted list of local providers would be a great service.	Housing	Communication and Information; Community Support and Health Services	Replicate a similar program that is provided by another AF community; collaborate with local home repair and remodeling providers who meet certain criteria.	short term and long term	Low	Connect with ECD re: CDBG-funded non-profits
			Create opportunities for SSF residents to meet their neighbors through various	Many focus group participants						

Project Ideas Tally

A	B	C	D	E	F	G	H	I	J	K
ORIGINAL PROJECT NUMBER	BRIEF DESCRIPTION	TALLY AMONG TASK FORCE MEMBERS	PRIMARY DOMAIN	RELATED DOMAIN		NOTES	Potential Community Partners Needed (We'll fill this in together during our TF Meeting)		COLOR KEY	DOMAIN/ FOCUS AREA
3	Emergency preparedness planning focused on older residents of SSF	6	Community Support and Health Services	All Domains		Can be combined with #11				EMEGENCY PREPAREDNESS
25	Expand the SSF Shuttle Route	4	Transportation	All Domains		Can be combined with other transportation ideas				TRANSPORTATION
27	Sidewalk and Crosswalk Safety Project: This effort will assess safety of sidewalks and crosswalks, particularly in locations where there is a Significant number of older resident pedestrians	4	Transportation	Outdoor Spaces and Buildings		Can be combined with other transportation ideas				COMMUNICATION AND INFORMATION
4	Develop a written "Community wide Communication Information Plan for Older Adult Residents"	3	Communication and Information	Community Support and Health Services		Can be combined with other Communication and Information Ideas				VOLUNTEERING AND EMPLOYMENT
5	Older Adult Resource Wall at Teglia Center	3	Communication and Information	Community Support and Health Services		Can be combined with other Communication and Information Ideas				HOUSING
6	Send out a quarterly newsletter that highlights community support services and opportunities for older adult residents (not just services/opportunities provided by city of SSF)	3	Communication and Information	Community Support and Health Services		Can be combined with other Communication and Information Ideas				POLICY/RESPECT AND INCLUSION
11	Establish a voluntary disaster registry of older adult residents and others of all ages who indicate that they want someone from the city to check in on them in the event of a community disaster or emergency	3	Community Support and Health Services	All Domains		Can be combined with #3				COMMUNITY SUPPORT AND HEALTH SERVICES
13	Intergenerational mentoring/tutoring volunteer program.	3	Civic Engagement and Employment	Respect and Inclusion						OUTDOOR SPACES AND BUILDINGS
12	A Senior Services Information and Referral Line that would supplement the county's TIES Line.	2	Communication and Information	Community Support and Health Services		Can be combined with other Communication and Information Ideas				SOCIAL PARTICIPATION
						Can be combined with	Rotary Club, City,			

Age-Friendly Proposed Projects

- 1. Improve Communications for and with SSF's Older Adult Residents and their social networks.*
- 2. Update of Emergency Preparedness Plans and Strategies for older adult residents*
- 3. Expand SSF's Free Shuttle route*
- 4. Walk Audit: Sidewalk and Crosswalk Safety Project*
- 5. Use of an "Age-Friendly Lens" on all community projects/events/services as a standard procedure for each City Department*
- 6. Temporary Rest and Relaxation Areas at large festivals and community events*
- 7. Issue a community wide Request for Age Friendly Community (AFC) Proposals (i.e. a local "AFC RFP") that invites a variety of community stakeholders to submit Age Friendly Project ideas that can be implemented within one year.*
- 8. South San Francisco's Rotary Club's Affordable Senior Housing Apartment Complex Development*

Next Steps



Create an Action Plan:

- Engagement Community Sessions (October '24)
- AARP Senior Survey (Oct. – Dec. '24)
- Staff Interviews (March '25)
- Develop Action Plan (Feb. – Apr. '25)
- Completion (September '25)

THANK YOU



Title of the Presentation
City of South San Francisco