



City of Lafayette
Staff Report
City Council



Meeting Date: December 9, 2024

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Subject: Age Friendly Action Plan – First Year Implementation Plan

The Lafayette Senior Services Commission and staff are preparing to implement the first-year plan of the Age Friendly Action Plan. This plan, grounded in AARP and the World Health Organization’s (WHO) Age-Friendly Cities framework, focuses on promoting the Goals and Action Items across the Nine Domains of Livability. With an eye on fiscal sustainability, the commission and staff will need to balance ambitious goals with budgetary constraints and prioritize partnerships and volunteerism to deliver essential services.

Fiscal Sustainability Considerations for the Age Friendly Action Plan

As the City of Lafayette proceeds with the implementation of the Age Friendly Action Plan, both staff and the Senior Services Commission must remain acutely aware of the financial realities facing the City. The City's General Fund is currently facing a structural deficit, which could impact the ability to maintain existing Senior Services and limit the City’s contributions to critical programs like the Lamorinda Spirit Van, a transportation service that is primarily supported through external grants. This financial challenge will necessitate a thoughtful and prudent approach as new programs are developed and implemented.

Key Fiscal Sustainability Strategies:

1. Focus on Low-Cost or No-Cost Programs:

Due to budget constraints, the City will prioritize programs that have low to no cost, allowing the Senior Services Commission and staff to pursue innovative approaches without straining the City’s finances. To achieve this:

- **Leverage existing resources:** The City will need to maximize the utility of resources already available, such as using city-owned facilities like the Lafayette Community Center for programming and continuing to promote Supported Memberships to Lamorinda Village for low-cost access to senior services.
- **Emphasize partnerships:** The success of the plan will rely on strong partnerships with external organizations, such as nonprofits, local businesses, and regional service providers. These collaborations will allow the City to offer programs that benefit seniors without requiring significant direct financial investment.

- **Grant opportunities:** Staff will continue to seek out and apply for grant funding to support essential programs, particularly for initiatives such as Senior Transportation (e.g., the Lamorinda Spirit Van).

2. Heavy Reliance on Volunteers and Stakeholder Involvement:

Volunteers will play a critical role in the execution of many of the plan’s goals, particularly as the City seeks to minimize costs. The Senior Services Commission will be relying on the community for direct assistance in providing services, running programs, and engaging with seniors. Examples of volunteer-driven initiatives include:

- **Class and workshop facilitators:** Retired professionals or skilled individuals from the community may be able to offer classes or workshops at little to no cost.
- **Program support:** Volunteers can assist with day-to-day operations, such as helping to organize events, providing tech support for seniors, or facilitating transportation services.
- **Peer support programs:** Seniors helping other seniors through mentorship, peer counseling, or simply offering companionship will be an invaluable resource for the Age Friendly Action Plan’s social inclusion goals.

Challenges of Volunteer Coordination:

While the reliance on volunteers is a necessity due to budget constraints, it is important to recognize that coordinating volunteers comes with its own costs. These costs include:

- **Training and oversight:** Volunteers need adequate training, guidance, and supervision to ensure they are effective in their roles and that programs run smoothly. Staff time will need to be allocated to recruiting, training, and managing volunteers.
- **Sustainability of volunteer efforts:** Ensuring that volunteer initiatives are consistent and reliable over time is another challenge. Volunteer burnout or turnover may disrupt services unless a strong support and retention system is in place.

Thus, the City will need to leverage existing volunteer networks mindfully and efficiently, potentially collaborating with established organizations like Lamorinda Village or local service clubs that already have systems in place for volunteer coordination. Continued support of the Village through supported Memberships or direct funding at the existing allocation will help the Village continue to serve Lafayette residents.

3. Maintaining Existing Services Amid Budget Constraints:

In the face of the structural deficit, it is imperative that the City protects the core services already available to Lafayette seniors. These services, including the programs at the Lafayette Community Center, Senior Transportation Services, and collaborative efforts with Lamorinda Village, form the backbone of the City’s support for its senior residents. To maintain these essential services:

- **Staff will continue to seek external funding** sources (e.g., state, federal, or private grants) that can be used to cover program costs or supplement the City’s existing contributions.
- **Cost-sharing arrangements** with partner organizations may be explored to distribute financial burdens while ensuring services are maintained.
- **A clear prioritization of services** will be necessary, meaning that some programs may need to be scaled back or adjusted to fit within the constraints of the available funding.

Senior Services Commissioner Responsibilities

1. Collaboration with Stakeholders:

Commissioners will focus on building partnerships with organizations that may have the resources to contribute to the Age Friendly Action Plan's goals. Given the City's financial limitations, these partnerships will be particularly critical in providing programming and services that are either free or have a low cost for both the City and participants. Stakeholders include:

- **Local nonprofits**, which may have grant funding available for senior services.
- **Local Businesses** willing to support senior-focused initiatives.
- **Community organizations**, such as faith groups or service clubs, that may offer volunteers, financial contributions, or free meeting space.

2. Content Development and Outreach with Limited Resources:

Commissioners will need to develop outreach strategies that are cost-effective and rely on digital communication, in-kind contributions, or existing networks. Free or low-cost promotional channels include:

- **Social media content:** develop content to share on social media.
- **Local media partnerships:** Working with Lamorinda Weekly or other community publications that can promote senior services at no cost.
- **Volunteer writers and content creators:** Seeking community members who can contribute articles, photography, or video content to support the plan's outreach efforts.

3. Promotion of Goals and Action Items Within Budget Constraints:

Given that the full implementation of the Goals and Action Items will take time and resources, the Commission will work strategically to:

- Prioritize low-cost or volunteer-led programs in the first phase of implementation.
- Gradually expand initiatives as financial conditions improve or additional funding becomes available.

Staff Responsibilities

1. Continuation of Existing Programs with a Focus on Efficiency:

Staff will continue to offer existing programming while ensuring that these services remain financially viable:

- **Senior Transportation Services:** While grant funding primarily supports the Lamorinda Spirit Van, staff will work diligently to ensure the City's contribution is sustainable. They may explore new grant opportunities or partnerships to further support the program.
- **Existing classes and workshops:** Staff will look for ways to streamline operations, perhaps by increasing the role of volunteers in supporting these activities or reducing administrative costs.

2. Collaboration with Volunteers and Leveraging External Resources:

Staff will work with volunteers to:

- **Expand programming** without increasing costs.

- **Enhance outreach** efforts by mobilizing volunteer networks for tasks like distributing flyers, setting up events, or assisting with tech support.

3. Careful Management of New Initiatives:

Staff will need to evaluate any new initiatives against the backdrop of the City’s financial constraints, ensuring that all programs introduced in the first year of the Age Friendly Action Plan are either:

- Low-cost and sustainable without burdening the General Fund.
- Supported by external grants or partnerships.

Focus on Two Key Domains: Communication and Emergency Preparedness

1. Communication:

Staff will take several steps to ensure effective communication with seniors:

- **Email updates:** A regular Constant Contact email will inform seniors about upcoming programs, events, and services. Staff will also include reminders to sign up for the City’s Weekly Roundup email to stay updated on broader city events.
- **Senior Services webpage updates:** The Senior Services webpage will be regularly refreshed to include the latest resources, program offerings, and community information.
- **Social media outreach:** A Lafayette Senior Services content will be provided to existing City social media to expand the reach of senior programs, attract new participants, and foster a sense of community.
- **Partnership with local media:** Staff will continue to collaborate with Lamorinda Weekly and Greet to ensure the community is informed about the latest events and services.
- **Presentations on senior resources:** Staff will schedule presentations to inform seniors about local services such as tech help at the library, Medicare counseling, and legal assistance for estate planning.

2. Emergency Preparedness:

Emergency preparedness is a critical area of focus, especially given the vulnerabilities seniors face in the event of a disaster. Staff will:

- **Run preparedness workshops** in collaboration with the Contra Costa County Fire Protection District. These workshops will cover general preparedness, fire safety, and fire extinguisher training.
- **Maintain an emergency preparedness page** on the Senior Services website, including reminders to sign up for City alerts like Nixle and the Contra Costa County Community Warning System.
- Ensure resources are accessible, providing print materials, website updates, and presentations that cater to older adults, including those with mobility, hearing, or vision impairments.

Community Outreach

1. Posting Age Friendly Action Plan on City Website:

The Age Friendly Action Plan Goals, Action Items, and Call to Action will be posted on the city’s website. This will allow community members to stay informed and actively engage with the plan.

2. Direct Outreach by Commissioners:

Commissioners will take part in direct outreach efforts, visiting stakeholders and community organizations to:

- Promote the Age Friendly Action Plan.
- Foster partnerships for collaborative programming.
- Seek input on areas where additional resources or adjustments to the plan may be necessary.

3. Promotion through City Channels:

Senior Services staff will promote the Age Friendly Action Plan and its initiatives through:

- City newsletters.
- Social media campaigns.
- Flyers and brochures distributed at local senior events and community facilities.

4. Collaboration with City Council:

On December 9, 2024, the Senior Services Commission will present a progress report to the City Council. This joint meeting will provide an opportunity to:

- Share successes and challenges encountered.
- Share the Age Friendly Goals, Action Items and Call to Action.
- Introduce this first year plan.
- Discuss any adjustments or shifts in priorities for the coming year.
- Seek further support or resources from the council to ensure continued progress on the Age Friendly Action Plan.

Conclusion: A Balanced Approach to Fiscal Responsibility and Program Delivery

The implementation of the Lafayette Senior Services Age Friendly Action Plan will require a careful balance between ambition and financial sustainability. With the City's General Fund facing a structural deficit, fiscal prudence will be paramount as both the Senior Services Commission and staff work to achieve the plan's goals. By focusing on low-cost or volunteer-driven initiatives, seeking external funding, and leveraging existing resources, Lafayette can continue to provide essential services to its senior community while remaining financially responsible. This approach will ensure that seniors receive the support they need, even as the City navigates its fiscal challenges.

Recommendation

Receive and file.

Attachment

- Age Friendly Action Plan Goals & Action Items



AGE FRIENDLY ACTION PLAN GOALS & ACTION ITEMS

Prepared by

Lafayette Senior Services Commission

Call to Action: The Lafayette Senior Services Commission invites all community stakeholders to review the Age Friendly Action Plan Goals and Action Items and contribute to accomplishing the identified goals and action items. By working together, we can create a more inclusive and supportive environment for everyone in Lafayette. Interested stakeholders can work to implement action items to help community needs and or reach out to City staff or the Senior Services Commission to coordinate and/or update us on your efforts.

Background

The Lafayette Senior Services Commission, in collaboration with the Lafayette City Council, has successfully designated the City of Lafayette as an Age Friendly Community, recognized by AARP and the World Health Organization (WHO). This designation highlights Lafayette's commitment to creating an inclusive environment that supports the well-being of residents of all ages, particularly older adults.

To further this commitment, the Commission has been diligently working on developing an Age Friendly Action Plan. This comprehensive plan aims to address the diverse needs of Lafayette's aging population and enhance the quality of life for all community members.

The Commission conducted several community meetings and nine topic-specific domain meetings to assess the needs of residents and gather valuable feedback. This inclusive process ensured that the voices of the community were heard and considered in the planning process. The feedback collected was instrumental in creating this list of Goals and Action Items that form the backbone of the Age Friendly Action Plan.

Domains of Livability

The Age Friendly Action Plan is structured around the eight Age Friendly Domains established by AARP and WHO, with an additional Emergency Preparedness Domain introduced by the Lafayette Senior Services Commission. These domains provide a comprehensive framework for addressing the multifaceted needs of the community.

- Civic Engagement and Employment
- Communication and Information
- Community and Health Services
- Emergency Preparedness
- Housing
- Outdoor Spaces and Buildings
- Respect and Social Inclusion
- Social Participation
- Transportation

Implementation and Review

The Commission has posted this list of Age Friendly Goals and Action Items and is inviting community stakeholders to participate in achieving the Age Friendly Goals. This collaborative approach aims to leverage the strengths and resources of various community members and organizations to improve the lives of older adults and people of all ages in Lafayette.

The Senior Services Commission will review the plan annually in conjunction with Lafayette Senior Services and Senior Transportation staff. This review will ensure that the plan remains relevant and effective in addressing the evolving needs of the community. Additionally, the Commission will present single fiscal year implementation plans to the City Council as they set their goals for the year. These plans will consist of the items the staff and the Commission hope to accomplish during the fiscal year.

While the list contains far more action items than the City can accomplish, even over a period of several years, the Commission supports posting the full list to help guide community stakeholders as they make decisions that could impact seniors and individuals of all ages. By posting the full list with our call to action the Commission invites the stakeholders to assist in accomplishing the Age Friendly Goals.

Stakeholders

To effectively implement the Age Friendly Action Plan Goals and Action Items, it is essential to engage a diverse group of stakeholders who can contribute valuable insights, resources, and support. Stakeholders may include but are not limited to:

1. Local Government Agencies

- Lafayette City Council
- Lafayette Senior Services
- City Departments (Planning, Finance, Administrative Services, Public Works & Engineering, Parks, Trails and Recreation)
- Lafayette Public Safety and Emergency Services
- Lafayette Commissions, Committees & Task Force Members

2. Community Organizations

- Lafayette Chamber of Commerce
- Local clubs and organizations
- Nonprofit organizations focused on aging and senior care
- Neighborhood associations

3. Healthcare Providers

- Local hospitals and clinics
- Home health care agencies
- Mental health services
- Pharmacies

4. Educational Institutions

- Local schools and universities
- Continuing education programs
- Libraries

5. Businesses and Employers

- Companies offering senior-friendly employment opportunities
- Local businesses supporting community initiatives
- Transportation and mobility service providers

6. Faith-Based Organizations

- Churches, synagogues, mosques, and other religious institutions
- Faith-based community service groups

7. Media and Communication Outlets

- Local newspapers, radio stations, and TV channels
- Social media influencers and bloggers focused on community and senior issues

8. Residents and Community Members

- Older adults and senior residents
- Family members and caregivers
- Volunteers and advocates

9. State and Federal Agencies

- AARP
- Area Agencies on Aging
- World Health Organization representatives

10. Civic and Social Groups

- Rotary Clubs, Juniors, Masons
- Social Media Groups
- Senior advocacy groups

11. Transportation Services

- Public transit authorities
- Ride-sharing companies
- Community transportation programs

12. Housing and Real Estate

- Developers of senior-friendly housing
- Real estate agents specializing in senior housing
- Assisted living and retirement communities

Roles of Stakeholders

Stakeholders will help ensure a comprehensive and inclusive approach to implementing the Age Friendly Action Plan. Stakeholders can play various roles, including:

- Providing expertise and knowledge relevant to their fields
- Contributing resources such as funding, facilities, or personnel
- Offering programs and services that align with the action plan's goals
- Advocating for policies and practices that support age-friendly initiatives
- Participating in community meetings and feedback sessions
- Collaborating on specific projects and initiatives within the Action Plan

Conclusion

The designation of Lafayette as an Age Friendly Community is a significant achievement, and the development of the Age Friendly Action Plan is a crucial step toward realizing the vision of a community where everyone can thrive. The Lafayette Senior Services Commission is committed to continuing its efforts and looks forward to the active participation of community stakeholders in this important endeavor. Working collaboratively on the following Age Friendly Goals and Action Items offers the community opportunities to engage in making Lafayette more age friendly. Thank you for your review of these items and for the efforts you might embark upon to make Lafayette a more age friendly community.

CIVIC ENGAGEMENT AND EMPLOYMENT

To what extent do older people have opportunities to participate in community decision making? And do older people have ample opportunities to contribute their experience and skills to the community in paid or unpaid work?

GOAL 1: Enhance political interest in aging issues and city involvement in senior concerns by providing easy access to civic activities.

1. Consider daytime meetings or access through virtual platforms like Zoom.

Notes: Night meetings can be difficult for older adults who may be uncomfortable driving at night. Zoom access needs to be backed by technology support to ensure access.

2. Ensure age-friendly issues are communicated to all citizens.
3. Encourage older adult involvement with the local schools through volunteering and participation at School Board meetings.
4. Ensure that civic meeting spaces are age-friendly. Including – hearing devices, comfortable seating, access to restrooms, etc..
5. Promote opportunities for transportation to civic meetings.
6. Offer ways for citizens to report potential gaps or suggestions for additional enforcement of City codes.
7. Periodically check in with stakeholders and see what has been accomplished and any new ideas that may have come as a result of implementing goals.

GOAL 2: Enhance volunteer engagement among seniors by increasing the age-friendliness of volunteer opportunities and providing easy access to information.

1. Work to connect older adults with volunteer opportunities offered by local non-profits.
2. Consider offering an older-adult job and volunteer opportunity fair. This could be a standalone event or built into an existing event.
3. Create or promote a virtual message board for job and volunteer opportunities.
4. Campaign to get volunteer opportunities for all ages and abilities. Encourage organizations to offer volunteer work for various abilities.

GOAL 3: Make local businesses and employment opportunities age-friendly. Create employment opportunities of seniors and prepare seniors to “re-enter” the workforce.

1. Create or promote a campaign to remove age and birthdate from job applications.
2. Develop/provide training for personnel in communicating with elderly adults.
3. Create hiring path for youth for odd jobs and part-time retail (program through rec. dept.).

GOAL 4: Support local businesses through active engagement with citizens

1. Draw Lafayette residents to downtown businesses with free/low cost shuttle service on Mt. Diablo Blvd..
2. Have a discount day for seniors to shop locally.
3. Have benches on street where people can rest between stores.
4. Develop materials to give out to new arrivals to Lafayette to learn about activities and businesses available in the city- “Welcome Wagon” gift materials.

COMMUNICATION AND INFORMATION

This domain focuses on promotion of and access to technology to keep residents of all ages connected to community, friends and family, and ensures that community information is disseminated to all residents through a variety of means.

GOAL 1: Ensure that senior residents and their support systems are able to easily access information and services related to aging.

1. Provide information to the senior membership and other older adult support organizations.
2. Work collaboratively to provide offerings to wider audiences of older adults.
3. Provide information in many forms of media, including print, email, newspaper, social media, online forums, websites, etc.
4. Create social media presence: Facebook, Instagram, YouTube, etc..

GOAL 2: Promote accurate information and reliable resources/services through outreach to seniors and their caregivers.

1. Promote CERT and other Emergency Preparedness Commission information to older adults.
2. Promote vetted older adult services. Examples: Trust docs, DPOA, Advance Health Care Directive, Trust, etc.; County resources, etc.

GOAL 3: Encourage the community to promote an Age-Friendly cultural attitude.

1. Incorporate age-friendly ideas, programs and concepts into the General Plan.
2. Age-friendly presence at community events with informational handouts and fun message-driven prizes, (buttons, lanyards, etc.).
3. Speak at School events.
4. Speak at Community events.
5. Regular lectures promoting age-friendly living to other boards and organizations.
6. Regular age-friendly reminders in the Weekly Round Up.

GOAL 4: Ensure older adults have the tools they need to send and receive communication effectively.

1. Provide and/or promote one-on-one technology support.
2. Provide and/or promote social media support.
3. Provide and/or promote access to age friendly technology such as phones that assist with hearing and vision impairments.
4. Identify opportunities to create or support physical community bulletin boards.

COMMUNITY AND HEALTH SERVICES

To what extent do older people have the resources, access, and availability of quality social, community support, and health services they need to stay healthy and maximize independence?

GOAL 1: Increase awareness of and participation in health and wellness activities focused on healthy aging.

1. Create or promote wellness check opportunities of older adults.
2. Provide and promote information regarding Medical Facilities, Medicine disposal, Vial of life and similar programs, Non-Emergency Medical Transportation, Affordable Healthcare, Affordable homecare, Adult Daycare, Prescription delivery services.
3. Promote mental healthcare programming.
4. Campaign to encourage physical fitness and healthy diet.

GOAL 2: Increase support for caregivers charged with supporting older adults.

1. Create or promote caregiver relief programs and caregiver support groups.
2. Promote mobile healthcare and dental options.

GOAL 3: Promote and expand health and wellness initiatives that foster healthy physical and mental aging.

1. Work with the Environmental Task Force to review their plans and educate older adults about ways they can participate in environmental efforts. Example from domain meetings included Purple Air monitors.
2. Create and promote transportation to health and wellness programs.
3. Partner with local health providers to create and promote health and wellness programming.
4. Identify and promote opportunities for older adults to get the resources they may need. Examples: Grab bars, specialty equipment, emergency kits
5. Encourage Automated External Defibrillators (AED) in public spaces and the inclusion or addition of large signage to indicate the presence of an AED.
6. Create, support or promote health related trainings such as CPR, First Aide, AED and clotting (Stop the Bleed).
7. Offer or promote programs that support individuals post op, post stroke or post illness.

GOAL 4: Create and promote community-based support program opportunities.

1. Help get garbage to the curb campaign.
2. Senior menu programs with affordable healthy options.
3. Support and promote programs that offer transportation to community and health services.

EMERGENCY PREPAREDNESS

Are older adults prepared for local emergencies and is the community prepared to support older adults during emergencies or natural disasters?

GOAL 1: Enhance citizen awareness of the need to prepare for emergencies including wildfires and earthquakes.

1. City Council to declare April (Earth Month) Preparedness Month.
2. Bi-Yearly update and distribution of Emergency Evacuation Handbook.
3. Encourage people to sign-up for Community Warning System (System provides directions for what to do in case of emergencies).
4. Encourage Lafayette Business and Chamber of Commerce Members to give discounts on emergency supplies.
5. Encourage citizens to take CERT(Community Emergency Response Team) training and Citizen's Police Academy.
6. Install signs to direct people to AEDs (Automatic External Defibrillator) (All public facilities must have AEDs)
7. Create City banners reminding people to have 'Go Bags Ready'.
8. Purchase generators and or batteries for loan to people with health needs & limited mobility.
9. Include "GO BAG" list as resource on City's website.
10. Promote trails as possible evacuation routes and encourage residents to understand the various routes they may need to utilize in the event of an emergency.
11. Create, support or promote health related trainings such as CPR, First Aide, AED and clotting (Stop the Bleed).

GOAL 2: Promote, develop or organize groups within the City to distribute information on Preparedness and Crime Prevention

1. Work with Homeowners Associations to develop a 'how to' brochure on organizing neighborhood watch groups.
2. Encourage at least one CERT trained person from each Neighborhood group.
3. Distribute a brochure encouraging neighbors to join NIXLE and Community Warning System.
4. Inform citizens about scams and unlicensed contractors through classes, brochures, website information, email and social media.
5. Remind drivers of safe driving habits particularly near schools, though classes, brochures, website information, email and social media.

GOAL 3: Enlist businesses and retailers to participate in activities related to Emergency Preparedness

1. Regularly notify Chamber of Commerce of preparedness activities that would affect their members.
2. Participate in annual Art and Wine Festival with informational materials.
3. Encourage Lafayette Business and Chamber of Commerce Members to give discounts on emergency supplies.
4. Create or find brochure for pet related businesses and organizations to distribute to prompt clients to prepare for pet evacuations.
5. Partner with local business to encourage residents to have 'go bags'. Partnerships could include sales, information or donations.

GOAL 4: Update City Codes and facilities to the highest standards for Emergency Preparedness

1. Ensure Microwave towers licensed in City have backup capabilities.
2. Encourage or require all new large construction to have underground electrical lines.
3. Work with neighborhood groups to carryout 'Firewise' brush removal.
4. Identify and cooling stations within the City for citizens without power due to shut-offs.

HOUSING

To what extent do older people have housing options that are safe, affordable and allow them to maintain dignity and choice as their needs change?

GOAL 1: Create innovative ways to promote aging in place and expand the current resources that allow older adults to remain in their homes as they age.

1. Research and promote ways that Accessory Dwelling Units can be used to support aging in place and promote opportunities to the community, to assist with City housing unit requirements.
2. Promote and provide transportation opportunities that allow older adults to remain in their homes.
3. Encourage National Night Out as an opportunity to get to know your neighbors. Encourage neighbors to work together to support the needs of older adults in their neighborhoods.
4. Promote opportunities for free or low-cost home safety inspections.
5. Design new homes in ways that allow individuals to alter their home to fit various life stages and needs. Example, stacked closets that can be turned into an elevator.
6. Promote low cost insurance opportunities for seniors.
7. Promote utility related programs that support seniors.

GOAL 2: Develop incentives to increase the inventory of affordable and accessible senior housing options.

1. Research home-swapping opportunities and programs for older residents wanting to downsize swap houses with growing families living in small house who want larger house.
2. Promote affordable housing opportunities to older adults in the community.

GOAL 3: Increase and promote community awareness of alternative, age-friendly housing options, home modification opportunities, and universal design.

1. Promote home sharing, cohousing and multifamily programs for age-friendly housing.
2. Support Accessory Dwelling Unit opportunities including universal design options.

GOAL 4: Develop and promote solutions for senior focused housing issues.

1. Encourage realtors to offer age-friendly open houses. Ideas: Times during the day; advance notice so transportation can be arranged; easy to read materials.
2. Promote a list of realtors that specialize in downsizing.
3. Offer lectures regarding downsizing.
4. Advocate for housing-service balance to ensure there are local services to support additional housing. Services should include age-friendly needs.
5. Encourage developers to design progressive levels of housing, that will provide options for needs at various ages and abilities.
6. Work with political lobbyist to address age-friendly housing issues at the State level.
7. Advocate for affordable senior housing options and State funding to support options. Note: prop 13

GOAL 5: Research and Introduce older adults to communities designed for them exclusively.

1. Sponsor field trips to communities in California.

GOAL 6: Research and introduce housing for older adults in which the property is held in a Trust to accommodate their housing needs.

1. Research Trust options
2. Present options to City Planning Department and stakeholders.

OUTDOOR SPACES & BUILDINGS

To what extent does the natural and built environment help older people get around easily and safely in the community and encourage active community participation?

GOAL 1: Provide age-friendly access to a variety of active, passive, indoor, and outdoor recreation opportunities.

1. Review existing City owned park and recreation facilities and forward age-friendly improvement recommendations to the Parks, Trails & Recreation Commission for consideration.
2. Review the Parks and Facilities Master Plan and forward recommendations for amendments that would include age friendly improvements for parks and recreation facilities. Sites and ideas suggested as parks by public in domain meetings: 76 Gas Station, Park Theater as Community Center, areas to congregate in the “town center”, dog park, gazebo park.
3. Review the Trails Master Plan and forward recommendations for amendments that would include age-friendly trail opportunities and amenities. Note: Benches, flat, wider trails.
4. Review parking near existing trails and provide recommendations regarding age friendly parking and access.
5. Review the Downtown Specific Plan (DSP) and forward recommendations for age friendly amendments. Create list of age friendly ideas that may complement existing DSP goals and programs.
6. Seek opportunities for a downtown Senior Center. This could be a public center, private center, non-profit or partnership. Sites suggested by public in domain meetings: Park Theater
7. Coordinate walking groups for older adults. Groups may be run by the City or other organizations. Note: Trails Challenge was brought up as a walking program.
8. Encourage intergenerational walking opportunities.
9. Encourage the development of small outdoor performance spaces. This will provide opportunities for performers and audiences of all ages. These could be casual walk-by spaces, perhaps with a bench or two.
10. Identify a trail’s level of difficulty; post it at the trailhead, publicize it on the City website.
11. Establish or promote programs that connect older adults to pets and animals. Examples: Dog Town Downtown, pet parade, pet lending programs.
12. Create age-friendly walking opportunities that connect older adults to creeks.
13. Create age friendly events. Examples: Food Trucks, events in Merrill Gardens’ outdoor space.
14. Support programs and designs that provide mobility access and assistance to help residents enjoy outdoor spaces and buildings.
15. Design age friendly park facilities with a balance of features that serve a variety of needs.

GOAL 2: Encourage age-friendly improvements and amenities in public spaces.

1. Encourage existing businesses to provide benches of proper height for customers to stop and rest, inside and outside of businesses. This could be accomplished by reaching out to individual businesses as they opportunities present themselves or by creating a list and reaching out to many businesses. Sites suggested by public in domain meetings: McCalous, Noah’s, etc.
2. Encourage new construction to provide benches of proper height or community use.
3. Encourage the use and installation of conversational benches as opposed to traditional side-by-side benches.
4. Ensure that public crosswalks provide sufficient time to cross.
5. Consider improvements that increase the visibility and accessibility of features such as crosswalks, crossing indicators, bike lanes, etc.

GOAL 3: Ensure walking opportunities are safe for all ages and abilities.

1. Provide well-maintained public sidewalks. Commissioners or the public could create tickets asking staff to address issues.
2. Develop recommendations regarding areas that may need more lighting to provide safe walking opportunities.

3. Review the Walkways Master Plan and forward recommendations for age-friendly amendments. Create list of age-friendly ideas that may complement existing plan goals and programs.
4. Encourage public education around walkway, bike and trail rules.

RESPECT AND SOCIAL INCLUSION

To what extent do we offer programs to support and promote ethnic and cultural diversity, along with programs to encourage multigenerational interaction and dialogue?

GOAL 1: Establish, support, and sustain formal advocacy to champion senior-related issues and to ensure that all voices are included and respected.

1. Create an age friendly campaign with a new annual theme or focus.
2. Create a campaign to prevent older adult isolation.
3. Create a campaign to support neighborhood connection. Encourage neighborhood communications.
4. Identify potential physical ability barriers and work with stake holders to overcome those barriers. Examples: More disabled door openers at businesses.
5. Create an age friendly campaign to focus on safety nets and support systems for older adults.
6. Encourage the implementation of accommodations for hearing loss support. Example: Loop Systems.
7. Do I feel safe? Do I feel welcome? Campaign.
8. Work with local Diversity, Equity, Inclusion and Belonging groups.

GOAL 2: Foster cross-generational acceptance by creating intergenerational understanding.

1. Annual youth and senior forum., intergenerational forum.
2. Create an age friendly “We’re all here”, campaign to encourage intergenerational recreation and gathering.
3. Identify and promote intergenerational housing opportunities.
4. Intergeneration events such as: Movie Nights with the classics, recreation events such as mixed generation pickleball, board game events, intergenerational costume contest.
5. Create or promote intergenerational opportunities and events that involve holidays. Example: Invite a older adult to help hand out candy at Halloween, card making events, etc.
6. Promote or create mentorship programs. Consider the schools as a venue.
7. Create or promote programs where youth could help seniors with technology related issues.
8. Promote and participate in Lafayette Community Day.
9. Hold, promote or support intergenerational forums on specific topics such as voting and community storytelling.

GOAL 3: Improve human connectivity within neighborhoods, social settings, and support services by including older adults in public activities and conversations.

1. Create a campaign to encourage intergenerational interaction at large events such as Art and Wine or Taste of Lafayette. Interested older adults could wear a button that encourages other to ask them about their story. “Age Friendly Lafayette: Story Teller”.
2. Support National Night Out as an age friendly event that would support social participation for older adults.
3. Create a ‘voice of experience’ email list that could be invited to speak at important meetings and community conversations. Perhaps an e-notification list on the City website.
4. Create or promote neighborhood block party opportunities.
5. Create ‘Neighborhood message boards’, physical and/or virtual message boards that would connect neighborhoods. These could be installed in the public right of ways. Design vetted by design review, installed by Scouts as volunteer projects.
6. Work with local businesses to have them offer intergenerational opportunities and services. Example: Intergenerational spa days, meals, events, scavenger hunts.
7. Consider developing a community “Welcome Wagon” or neighbor reaching out to neighbor social practice. Older adult volunteers to serve as Welcome Wagon. This would be good for the Social Interaction domain. Create a “Senior Welcome Group”. Great volunteer opportunity.
8. Promote a “Pals Program” that encourages older adults to build a support system with other older adults.

9. Create or promote a list of teens and students looking for work/odd jobs during the summer - help cleaning up around the yard, tech help, etc.

SOCIAL PARTICIPATION

To what extent do all citizens have access to leisure and cultural activities? What opportunities are there for older residents to participate in social and civic engagement with their peers and younger people?

GOAL 1: Increase innovative transportation options to allow older adults more opportunity for social activity and connections.

1. Pair existing transportation to social activities.
2. Develop a route based transportation schedule focus on downtown & Library
3. Develop route based schedule focused to Lafayette Community Center focused on 2-3 buses a day to Community Center or other community facilities.
4. Coordinate with existing church & nonfaith groups.
5. Increase outreach to get more volunteer drivers for Spirit Van to support social participation.

GOAL 2: Centralize volunteering opportunities for seniors.

1. Create online and physical message boards of community volunteer opportunities.
2. Encourage community senior outreach by faith communities.
3. Encourage existing service clubs to reach out to senior community.

GOAL 3: Increase intergenerational interaction and promote skill and wisdom sharing between generations.

1. Create programs that link youth & seniors.
2. Outreach to St. Mary's College Senior Mentoring.
3. Develop a program or campaign that brings neighbors and neighborhoods together to support each other.
4. Recruit technologically skilled volunteers to assist older adults with computer and technology-based needs such as Zoom, smart phone, tablets and computers.
5. Develop a program or content that focuses on the values of print and electronic media and the benefits that both can provide to different generations.
6. Create, identify and promote arts and cultural events as intergenerational opportunities. Make events age-friendly and accessible.
7. Promote Lafayette History.
8. Create social opportunities for pet owners of all ages.

GOAL 4: Increase the dissemination of information about senior activities, events, and programming.

1. Promote local social events to the older adult population. Identify partnerships and create the nexus for communication and publicity.
2. Identify or create local opportunities for older adults to socialize in person.
3. Identify or create opportunities for older adults to socialize virtually.
4. Encourage Weekly/Monthly newsprint and electronic notices.
5. Promote opportunities for older adults to meet in city parks or public spaces.
6. Promote use of City communications such as the Weekly Roundup.
7. Encourage and support local social organizations such as Lamorinda Village.
8. Increase coverage of senior events in local newsprint and City communications.

GOAL 5: Expand senior programming across the city to allow more people access to social opportunities and learning experiences.

1. Promote "National Night Out" and encourage residents to get acquainted w/ your neighbors.
2. Hold a Community "White Elephant" Garage Sale.
3. Promote Local events w/ special tickets for seniors & young families.

4. Promote Technology classes smart phone, tablet and computer.
5. Increase Zoom & in person gatherings.
6. Develop pop Up Senior Center.
7. Encourage events/get-togethers.
8. Encourage local organizations to consider senior needs.

TRANSPORTATION

To what extent older adults have ample opportunity to travel conveniently and safely wherever they want to go in the community?

GOAL 1: Increase ease of use by expanding and increasing the availability of tools and information concerning local transportation options.

1. Create or promote a transportation guide for older adults. A Lafayette specific guide or sections may help older adults in the community.
2. Create or promote instructional material that explains how to use rideshare technology programs.
3. Promote vetted trustable transportation opportunities.
4. Promote flexible, person-centered transportation for individual interests and needs.
5. Promote local delivery services that can assist those with transportation barriers. Examples: Grocery delivery service, pharmacy delivery, restaurants.
6. Create or support volunteer driving programs.
7. Identify and promote wheelchair accessible taxi, rideshare and transportation services.
8. Promote transportation opportunities that are available on demand, weekends and without boarders or barriers.
9. Work with BART to find ways to make older adults more comfortable with BART. Including parking, security, comfort, access, understanding.
10. Expand the Lamorinda Spirit Van Program to include more days of the week and available times.
11. Work with BART to find ways to make older adults more comfortable with BART.

GOAL 2: Develop and support a transportation network that is safe, convenient, accessible, and comfortable.

1. Recommend making transportation related signage easily readable and helpful for older adults/ all ages and abilities.
2. Discuss the impacts of street lighting on older adult driving. Create recommendations that create a more age-friendly driving experience.
3. Recommend a discounted parking pass that would give older-adults more time to shop or eat downtown.
4. Create material that explains how to use your credit card in a parking meter.
5. Readable landmark signage around town to help drivers locate important destinations.
6. Encourage busy parking lots to consider hiring parking lot monitors. Example: Diablo Foods
7. Identify opportunities to provide centralized parking and age-friendly shuttle service.
8. Parking spaces for older adults near the front of businesses or in the most accessible areas. Consider designing an "Age Friendly Parking" sign and offer it to businesses.
9. Promote driver safety courses.
10. Review existing City Plans and make age-friendly recommendations for amendments and/or implementation solutions. Downtown Specific Plan, Downtown Street Improvement Plan, Walkways Master Plan, Bikeways Master Plan.
11. Promote public transportation: car pool, school buses, County Connection, BART - to relieve congestion downtown!
12. Expand transportation availability beyond business hours (Spirit Van).
13. Develop or promote transportation that doesn't require reservations.
14. Encourage telecommunication options such as Zoom to help those experiencing transportation difficulties.
15. Keep well maintained roads and sidewalks.
16. Encourage matinees and daytime event opportunities to support those that have difficulty driving in low light.