

# AGE FRIENDLY SAUSALITO



## THE COMMUNITY ACTION PLAN

Building on the foundation established by the World Health Organization (WHO), the Task Force adopted the eight Domains of Livability to address and provide structure for planning and implementing age friendly improvements in the City. The findings from the Community Survey, and the common themes that emerged from the stakeholder meetings and the individual interviews with officials and community leaders, established the baseline and gave guidance for the development of this Age Friendly Sausalito Community Action Plan. The Age Friendly Sausalito Task Force identified significant strategies and outputs, expected outcomes, and who the primary participants would need to be for each WHO domain. In addition, each domain is described in terms of why it is important and how Age Friendly Sausalito and its partners will implement the activities to achieve the needed change and improvements.

### DOMAIN #1: OUTDOOR SPACES AND BUILDINGS

*We envision a City in which public spaces and the built environment support the safety, health, and wellness of our residents.*

Why this is important: Sausalito is a small city built vertically to take advantage of the enthralling views of the San Francisco Bay. Its downtown is a busy commercial center for the City's residents and a beckon call to tourists from around the world to enjoy the ambiance of the waterfront. It is a walking and cycling destination whose streets and sidewalks are crowded, especially on beautiful days. For the safety of residents and visitors alike, the City's sidewalks, crosswalks and stairways must be safe and accessible for all - pedestrians, cyclists, skateboarders, those in wheelchairs, electric carts and strollers. In addition, Sausalito's seventeen well-used parks must be welcoming, safe and equipped to promote fun, health and fitness for all.

**Strategy #1:** Advocate safe walkways throughout the City on sidewalks, crosswalks and stairways

Outputs:

1. Engage with the Department of Public Works and ADA (Americans with Disabilities) Transition Plan efforts to:
  - a. Ensure sidewalks are safe for older adults to walk
  - b. Make walking easier in commercial areas
  - c. Improve the safety of crosswalks and provide well-lit crossings
2. Recruit older adults to be members of the ADA Stakeholder Group to maximize ADA and Age Friendly Sausalito intersections and contribute to prioritization of ADA projects
3. Support Sausalito Parks and Recreation Department to achieve ADA compliance

Accountability: Age Friendly Task Force, Public Works Department, Community Development Department, Commissioner on Aging

**Strategy #2:** Advocate age friendly parks that include designs and equipment that support safe, healthy activity and promote fitness for all our residents

Outputs: Recruit older adults to be members in Citizen Park Design Committees and/or other opportunities to insure early input supporting age friendly elements in new park planning

Accountability: Age Friendly Task Force, Parks and Recreation Department, Community Development Department, Parks and Recreation Commission, Commission on Aging

Outcomes/Indicators of Success (for both strategies):

1. Specific age-friendly language and goals are included in the ADA Transition Plan, General Plan, Strategic Plan, and Budget.
2. There is at least one AFS Task Force representative on the ADA Stakeholder Group, the Citizens Park Design Planning Committee, or similar entities/processes.
3. The City budget includes funding for the purchase and maintenance of exercise equipment appropriate to older adults in City parks and equipment is purchased, installed, and maintained.



## DOMAIN #2: TRANSPORTATION

*We envision a City in which older adults have access to the transportation they need.*

Why this is important: Sausalito is built on hills with narrow winding streets laid out in the 19<sup>th</sup> century making it difficult for vans and larger vehicles to navigate the neighborhoods. Older adults who no longer drive, or prefer not to, need a way to attend to errands and appointments as well as continue their social lives and connect to existing public transportation. This transportation gap was the top priority identified by residents who participated in the community assessment survey. In immediate response CARSS (Call A Ride for Sausalito Seniors) was launched in May 2015. CARSS is a City of Sausalito Age Friendly Program that is managed by Sausalito Village. CARSS provides free transportation around town to residents who are 60 and older by vetted and trained volunteer drivers who utilize their own autos. CARSS has been acknowledged nationally and internationally as an innovative, local, and replicable approach to providing transportation for older adults. In addition, Sausalito is committed to working with City, County, and other stakeholders to identify, develop, and implement other transportation gaps throughout the County.

**Strategy #1:** Expand the existing CARSS Program to be available Monday through Friday four hours/day and for special event

### Outputs:

1. Maintain and expand CARSS Program
  - a. Provide rides Monday-Friday from 10:00 a.m. – 2:00 p.m. and to evening and weekend events
  - b. Recruit and train volunteer drivers
  - c. Expand outreach to potential riders
  - d. Collaborate with the Library, Sausalito Art Festival, Sausalito Village, Sausalito Rotary, the Sausalito Woman's Club, and churches to provide rides to special events
  - e. Develop in-kind services with local donors
2. Continually assess the demand for services and adjust administrative support as needed
3. Secure additional funding sources, partnerships, and in-kind donations to sustain CARSS

### Outcomes/Indicators of Success:

1. Older adults in Sausalito know about CARSS
2. Demand for rides is maintained or increased to meet needs
3. There are an adequate number of volunteer drivers to meet demand
4. Collaborations are maintained and expanded as needed
5. There is stable funding for CARSS

Accountability: Age Friendly Task Force, Parks and Recreation Department, Sausalito Village, Commissioner on Aging, Volunteers



**Strategy #2:** Identify other transportation needs and opportunities for older adults in Sausalito

Outputs:

1. Work with the City, County, and other stakeholders to identify and address transportation gaps
2. Advocate for Sausalito's inclusion in closing gaps
3. Periodically disseminate information about transportation to Sausalito's older adults

Outcomes/Indicators of Success:

1. New transportation options are identified to fill gaps
2. Advocacy for Sausalito's older adults continues through participation in City, County, and regional transportation groups
3. Sausalito's older adults know about available transportation options
4. Information is readily available from Marin Transportation Authority (MTA) and other groups

Accountability: Age Friendly Task Force, City of Sausalito, Parks and Recreation Department, Commissioner on Aging, Marin Transit Authority

## DOMAIN #3: HOUSING

*We envision a City committed to enhancing housing and living opportunities for older adults.*

Why this is important: It is no surprise that 76% of older residents surveyed wish to remain in their own homes in their community as they age. Obstacles they may encounter include a lack of affordable housing, cumbersome and expensive requirements to modify homes for safety and usefulness for older adults and the lack of easily accessed services such as light home maintenance assistance.

**Strategy #1:** Promote policies and programs that enable older residents to remain in their homes within the community

Outputs:

1. Home Modification
  - a. Create all-inclusive, low or no-fee home adaptation permit category for residents 60 and older
  - b. Implement and promote online home adaptation permit process
  - c. Develop and distribute self- assessment guide for home adaptations
2. Promote free home service projects by local entities such as Sausalito Village, the Rotary and Lions Clubs, Fire Department, and others for "helping hand" projects as well as County-wide assistance programs such as Green and Healthy Homes Initiative.
3. Promote awareness of assistance available to bring recycling cans to the curb

Outcomes/Indicators of Success:

1. The Age Friendly Home Adaptation Permit is adopted by the City Council and utilized by the community to streamline the process for making existing homes more usable for aging residents
2. The Self-Assessment Home Modification Guide for Older Adults is distributed in the community
3. Older residents have utilized the Age-Friendly Home Adaptation Permit.

4. More residents receive needed assistance to move recycling cans, and are aware of other free assistance programs.

Accountability: Age Friendly Task Force, City of Sausalito, Community Development Department, Commissioner on Aging

**Strategy #2:** Promote development of additional affordable housing options for older adults

Outputs:

1. Promote existing home sharing programs to Sausalito, such as the Episcopal Senior Communities Home Share Program and SHARE Sonoma County
2. Partner with community groups to offer housing-related workshops that address co- housing, group housing, scattered site housing, and other innovative new housing options
3. Advocate and promote age friendly policies in the municipal code, health and safety code, and state laws and regulations that impact housing options, including junior second units or “in-law units” in existing housing, and other innovative auxiliary units appropriate for older adults
4. Advocate additional senior housing options, e.g., additional Rotary-type Senior Housing Apartments or supported scattered site housing for older adults
5. Explore and encourage creation of “next phase” living options for older adults within the community, such as Residential Care Facilities for the Elderly (RCFEs), Green House homes, or other assisted living models

Outcomes/Indicators of Success:

1. Age friendly housing policies are included in municipal, County, and state codes
2. The Sausalito Commissioner on the Marin Commission on Aging and/or other age friendly representatives participate in County housing policy committees and other initiatives
3. Innovative home sharing options enable community to more fully utilize existing housing stock
4. The number of new housing options for older adults is increased

Accountability: Age Friendly Task Force, City of Sausalito, Community Development Department, Commissioner on Aging



## DOMAINS #4 AND #5: SOCIAL PARTICIPATION, RESPECT, AND SOCIAL INCLUSION

*We envision a City in which older adults are encouraged and welcomed to participate in community activities, treated with respect, and accommodated as needed in public, educational, and commercial settings.*

Why this is important: One of the most jarring aspects of aging is the tendency to feel less visible as previously well-defined professional and family roles slip away even as new roles begin to emerge. Further, changes in relationships, e.g., becoming widowed or divorced, as well as physical and cognitive status can lead to increased isolation and can have a further negative impact on health status. These trends are more pronounced among low-income seniors, for whom deteriorating physical health can compound existing issues like inadequate housing and limited transportation. The success of existing programs and organizations that engage and encourage Sausalito's older adults to use their vast array of talent and skills can be enhanced and expanded to inform and involve an even greater number of aging adults.

**Strategy #1:** Expand and improve access to City programming for older adults

### Outputs:

1. Support the Library and Parks and Recreation Department in expanding and promoting classes and activities of special interest to older adults, e.g., Edgewater Senior Club, Sausalito Village, book delivery and return, adult read-aloud, senior book club and game nights, online resources and training, and practical topics for older adults such as healthy aging, financial planning and questions, legal issues, and other topics.
2. Explore:
  - a. Cost reduction opportunities such as service club sponsorship of people who cannot afford costs of Parks and Recreation programs and classes.
  - b. Using CARSS to provide transportation to City supported senior activities.
  - c. Maximizing volunteer time across programs, i.e., CARSS drivers deliver library books during down time.
  - d. Communication strategies that promote social participation and inclusion.
  - e. Explore adding hearing accessibility equipment for public meetings and programs



Outcomes/Indicators of Success:

1. City agencies continually explore opportunities to increase the range and choice of affordable and accessible programming and activities for older adults
2. Older adults are more aware of programming and opportunities for community participation
3. Age friendly advisor to the Library and Parks and Recreation Department in developing senior programming and identifying programming gaps, possibly by an age friendly representative joining the Library Commission and/or Parks and Recreation Commission
4. The Task Force gives an annual presentation to the Library and Parks and Recreation Commissions about age friendly initiatives and activities in Sausalito

Accountability: Age Friendly Task Force, Parks and Recreation Department, Public Library, Commissioner on Aging, Sausalito Village

**Strategy #2.** Collaborate with the local business community to encourage and increase the age-friendliness of local merchants and businesses

Outputs

1. Establish relationship with the Chamber of Commerce to:
  - a. Review and encourage best practices criteria for age-friendly businesses
  - b. Develop and distribute Age-Friendly Guide for businesses
2. Encourage merchants to provide discounts and/or other supports for older adults

Outcome/Indicator of Success: Local businesses adopt more age-friendly practices

Accountability: Age Friendly Task Force, Commissioner on Aging, Sausalito Village

**Strategy #3.** Engage local schools and other community organizations to promote existing and new intergenerational activities

Output: Encourage schools to explore new opportunities for intergenerational activities

Outcome/Indicator of Success: There is an increase in intergenerational activities in Sausalito

Accountability: Age Friendly Task Force, Commissioner on Aging, Sausalito Village



## DOMAIN #6. CIVIC PARTICIPATION AND EMPLOYMENT

*We envision a City in which older adults are valued and sought after as participants in civic and social improvement activities and projects.*

Why this is important: Much like the issues of social participation and inclusion, civic participation and employment are areas that can be critical to the financial and psychological well-being of older adults as well as to their sense of purpose, identity, and self-respect. With people living well into their 80s and 90s, many with extraordinary work and volunteer histories as well as “hobbyist” talents, communities can access those vast reservoirs of skill and expertise to improve their landscape of civic opportunity and employment.

**Strategy #1:** Identify and/or Develop a repository for information about volunteer and paid opportunities for older adults

Outputs:

1. Identify current and potential sources of information about paid and volunteer opportunities for older adults
2. Engage representatives from these sources to help create a process for collecting, updating, and disseminating the information

Outcome/Indicator of Success: Information is readily available to the community

Accountability: Age Friendly Task Force, Department of Parks and Recreation, Public Library, Commissioner on Aging

**Strategy #2:** Tap the skills, talents, and experience of Sausalito’s senior population to provide civic and social leadership, create new businesses, and generate an age-friendly environment in Sausalito

Outputs:

1. Engage Sausalito Village, the Public Library, the Chamber of Commerce, and other service organizations to hold job and volunteer fairs to match people to projects
2. Offer workshops on post-retirement planning, self-employment, and entrepreneurial opportunities
3. Promote participation in the Age Friendly Task Force and other City commissions and task forces

Outcomes/Indicators of Success:

1. Job and volunteer fairs are held in Sausalito and/or promoted to Sausalito residents
2. Workshops are held on post-retirement planning, self-employment, and entrepreneurial opportunities
3. More older adults participate on City committees, commissions, nonprofit boards, and task forces

Accountability: Age Friendly Task Force, Commissioner on Aging, City Administration





## DOMAIN #7: COMMUNICATION AND INFORMATION

*We envision a City in which older adults are more informed about and engaged in community programs, services, activities, and employment and volunteer opportunities.*

Why this is important: Communication is critical to keeping City residents informed and engaged. Sausalito is rich in programs, services, activities, and employment and volunteer opportunities, but if communication is not as robust as it needs to be, the result is lack of knowledge and participation, not what AFS is working the achieve. While Sausalito has many existing channels for distributing information, greater use of technology, identifying untapped communication channels, and making access to information clearer and easier can benefit the City's older adults.

**Strategy #1:** Maintain consistent, widespread, and centralized distribution of information throughout the City as well as identify other communication and distribution channels

### Outputs:

1. Promote Age Friendly Sausalito through City and organizational communication outlets
2. Maintain the Library as a hub for publications and event notices
3. Assess other community outlets such as Sausalito Village and Sausalito Woman's Club Newsletters, Radio Sausalito, and Marin TV as vehicles to disseminate age friendly information
4. Promote County resources, such as (415) 457-INFO, [www.livelonglivewellmarin.org](http://www.livelonglivewellmarin.org), Adult and Disability Resource Center, and access to emergency notices, traffic and transit updates and other community information services

### Outcomes/Indicators of Success:

1. The Public Library dedicates physical space for age friendly information and resources
2. Age Friendly Sausalito's presence is increased through radio, TV, PSAs, calendar announcements, and other communication channels
3. Sausalito Magazine regularly highlights Age Friendly Sausalito news
4. There is increased awareness of County Resources.

Accountability: Age Friendly Task Force, Department of Parks and Recreation, Public Library, Commissioner on Aging

**Strategy #2:** Maximize the use and impact of technology throughout the City

### Outputs:

1. Make the City of Sausalito website more age-friendly
2. Develop an Age Friendly Sausalito website that includes links with the City of Sausalito and other websites that serve as resources for older adults
3. Explore opportunities for free technology resources, such as:
  - a. Universal wi-fi, free internet access, and hotspots for Sausalito
  - b. Free cell phone and computer classes for older adult

Outcomes/Indicators of Success:

1. The City of Sausalito website is ADA compliant and easy to use
2. The Age Friendly Sausalito website is redesigned, maintained, ADA compliant and easy to use
3. Information is gathered and potential opportunities explored for universal wi-fi, free internet access, hotspots, and free cell phone and computer classes for older adults

Accountability: Age Friendly Task Force, Department of Parks and Recreation, Public Library, Commission on Aging

Strategy #3: Understand and respond to the communication and information needs of hard-to-reach populations and people without digital access.

Outputs:

1. Explore communication and information needs of hard-to-reach populations
2. Explore including Sausalito residents without digital access in County planning for use of its allotment of the High Cost Fund "Adoption Program", which addresses this population.

Outcomes/Indicator of Success:

1. Hard-to-reach populations and those without digital access are identified
2. The needs of hard-to-reach populations are understood and methods to reach them are explored

Accountability: Age Friendly Task Force,  
Parks and Recreation Department, Public Library,  
Commissioner on Aging



## DOMAIN #8: COMMUNITY SUPPORT, HEALTH SERVICES, AND SAFETY

*We envision a City that acknowledges the importance of emergency preparedness and health and safety programs for older residents, and prioritizes and enhances access to community resources, information, and neighborhood-based initiatives.*

Why this is important: Sausalito's hill-and-ocean-side location makes it vulnerable to earthquakes, storms, and floods. Extensive emergency preparedness procedures are in place in the City and the County. Information is available on the City website and in publications that are distributed widely. However, we acknowledge the difficulty in getting residents to focus on emergencies before the disaster is at hand. And we can work toward much better compliance with common practices that are extremely beneficial in times of crisis.

Strategy: Identify enhancements in current communications channels and community activities that can increase participation in existing emergency preparedness efforts

### Outputs:

Identify gaps in coordination and how to leverage resources and collaborative relationships throughout the City and County

1. Assess emergency preparedness and safety program information available in City publications and website for Age Friendliness and recommend any changes or needed additions based on findings
2. Promote concept and program ideas for neighborhood-based community supports
3. Promote Police and Fire Department programs and City and County alert mechanisms

### Outcomes/Indicators of Success:

1. More older adults participate in programs such as "R U OK?", Vial of Life, Vacation Checks, Carrier Alert Program, Community Emergency Response Team (CERT), and Get Ready Marin
2. gaps in coordination are identified and addressed
3. Neighborhoods are more engaged in emergency preparedness and safety planning

Accountability: Age Friendly Task Force, Police Department, Emergency Preparedness Committee, Southern Marin Fire Department, Marin County Office of Emergency Services, Commissioner on Aging

