

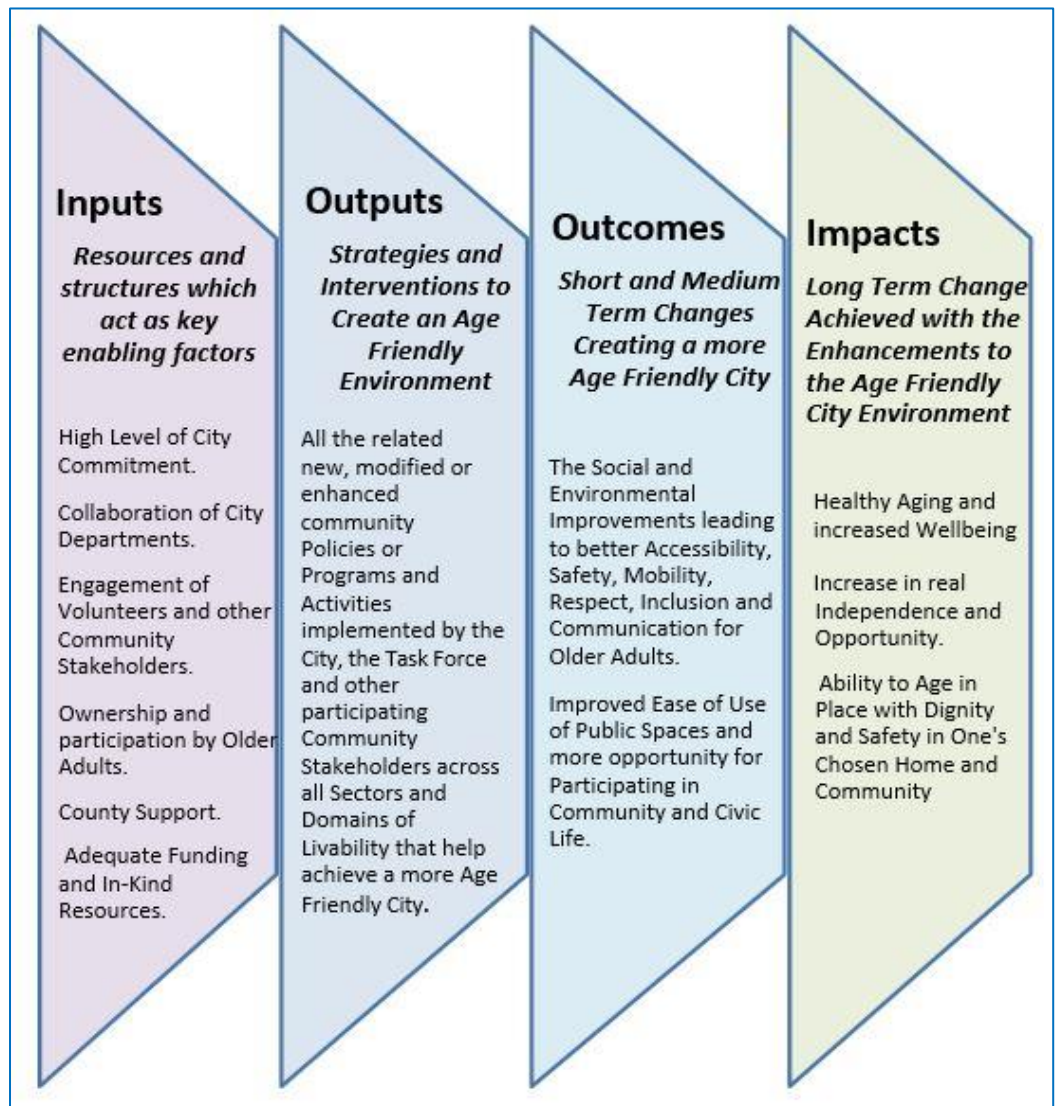
AGE FRIENDLY SAUSALITO

EVALUATING THE ACTIVITIES AND OUTCOMES

Over the next three years the City, the Age Friendly Task Force, and the many Community Partners will work together to implement the elements of this Age Friendly Sausalito Community Action Plan.

The goals and objectives described in this plan reflect the values which emerged from the two-year community process. The initial community survey established the baseline level of age-friendliness of the City. The subsequent community interviews and discussions helped to shape the proposed interventions.

Monitoring and evaluation are hallmarks of sound public practice. Over the next three years the Task Force will monitor and evaluate how the indicators of Age Friendliness change over time as the interventions and activities are implemented. The Framework is based upon the common understanding that emerged among the many stakeholders about the key dimensions of age-friendliness that are valued in our City. Many of these measures are qualitative rather than quantitative. Long Term Impacts of healthy aging and wellbeing are also expected as the continuing process of age friendliness evolves.



Evaluation of the **Inputs** is useful for tracking the availability, allocation and use of resources over time. For example, did we have sufficient resources for a specific project or program? Did it require less or more resources than we expected? This retrospective review can generate data for cost-effective analysis as well as a basis for advocating for greater engagement and participation from stakeholders, as needed.

Outputs will capture the range of activities across the various sectors with attention to their scope and magnitude. An example of this would be the number of volunteer drivers and riders utilizing CARSS, or the number of older adults making use of the Age Friendly Permit to make accessibility modifications to their homes. Outputs can include enhancements to existing programs and policies as well as new programs.

The **Outcomes** of the age friendly initiatives relate to changes in the social and physical domains of the community environment. To use a previous example, increasing the number of persons able to move freely around town by using CARSS...the input... will provide greater access for older adults to social, recreational and commercial services within the City --- an outcome.

The **Impacts** are the long-term changes in people’s lives and health – their physical and emotional functionality and wellbeing. It is reasonable to expect population health gains, as well as other benefits to the wider community, when the environment is better adapted to the needs of the growing proportion of older adults, enabling them to remain safely at home, highly functional, socially engaged, and hence, more emotionally content over the long run.

Evaluations will be conducted with indicators that are measurable, valid, sensitive to change and replicable. Some data will be collected by the City or other government agencies, service providers, and community organizations as part of their normal activities. Other information will be collected by the Task Force, including community surveys as were used in the baseline assessment.

The Evaluation of the Age Friendly Community Action Plan will not be a definitive assessment of success or failure, but rather will be a tool used to measure improvements, point to results and inform the community of additional areas for further exploration and innovation.



Output and Outcome Evaluation Indicators by WHO Domain

WHO Domain of Livability	Output	Outcome	Impact
	<i>Interventions: The policies, services, programs /strategies implemented to make the community a better place for people of all ages</i>	<i>Improvements/result achieved</i>	<i>Long Term Livability effect</i>
I			
Outdoor Space and Buildings	<ul style="list-style-type: none"> Sidewalks and crosswalks are made safer and well lit. Public benches and curb cuts are adequate and conveniently placed. Parks are redesigned to be more accessible and include features for all ages including benches, restrooms and recreational equipment 	<p>Better walkability including in downtown areas.</p> <p>Greater accessibility and use of parks, increased exercise and recreational options in outdoor green space</p>	<p>Improved physical health</p> <p>Improved mental health</p>
II			
Transportation	<ul style="list-style-type: none"> Senior mobility improved CARSS program provides more rides and more hours of operation, including for evening and special events. More drivers recruited and increase ridership, secure stable funding Promote range of accessible transportation options. Identify gaps and advocate for needed additional options 	<p>Greater access to local events and merchants CARSS Program is well Established</p> <p>Residents are aware of options; and Gaps are addressed</p>	<p>Improved convenience and inclusion</p> <p>Improved mobility and economic well-being</p>
III			
Housing	<ul style="list-style-type: none"> Offer guidance on Age Friendly home adaptation and implement special permit. Create home self assessment guide Promote “one home task” assistance and trash can management Advocate for policies to encourage variety of affordable housing options with workshops on shared housing , cohousing and other trends in community living 	<p>More homes are Modified for accessibility and aging in place.</p> <p>Seniors know how to get help for hard to manage chores</p> <p>Greater array of living options and innovative housing opportunities</p>	<p>Improved safety at home</p> <p>Improved quality of life and ability to age in place</p>

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IV Social participation	<ul style="list-style-type: none"> Expand and promote classes, activities and educational workshops of special interest to older adults. Explore affordability and discount options Collaborate with local businesses to develop , adopt and promote Age- Friendly best practices Initiate intergenerational programs and activities that include the exchange of knowledge and experience 	<p>Greater participation in cultural, community and educational events and activities</p> <p>Local businesses and merchants are better able to attract and serve the needs of older adults</p> <p>Increased opportunities for intergenerational contact, enjoyment and understanding</p>	<p>Reduced isolation Improved physical health</p> <p>Improved access to needed services Economic well- being</p> <p>Improved mental health</p>
V Respect and social inclusion	<ul style="list-style-type: none"> City Departments include Age Friendly Policies in their planning Advocate for City facilities and other public gathering places to adopt best practices for people with disabilities (e.g. adaptive hearing devices or loops) Promote positive messaging about contributions of older adults in the community 	<p>Increased number of Age Friendly policies</p> <p>Greater percentage of public meeting spaces accommodate people with seen and unseen disabilities</p> <p>Improved understanding of the value of older adults</p>	<p>Improved quality of life</p> <p>Reduction in Ageism</p>

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VI Civic participation and employment	<ul style="list-style-type: none"> • Develop a repository or portal that identifies opportunities for engaging residents in volunteer activities and provides listing of local paid job opportunities • Educate businesses on the value of older workers. • Provide support to older adults who wish to work and/or begin new businesses. • Continue to educate older adults about existing policies, programs and strategies for effecting change so that they can engage effectively in shaping future policy and decision making in Sausalito • Promote and Utilize the skills, talent and experience of older adults to provide civic and social leadership 	<p>Greater number of residents have information on where to volunteer and access to listing of possible local employment options</p> <p>Improved environment for local employment</p> <p>Older adults in Community are up to date on local policies and issues so as to be better informed advocates</p> <p>More older adults take on leadership roles on community Committees, Boards and Task Forces</p>	<p>Improved mental health</p> <p>Improved economic well-being</p> <p>Improved quality of life</p>

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VII Communication and information	<ul style="list-style-type: none"> • Maintain and promote information resources via the web, broadcast and print media, community newsletters, and in public spaces. Promote City and County resources for older adults including • Ensure City and Age Friendly websites follow best practices for online communication. • Promote training and access to Digital resources for elders 	<p>Greater access to information useful to older adults, i.e. City Services and activities and County's 457-INFO line and other resources</p> <p>Better access to online information</p>	<p>Improved knowledge of resources and supports</p> <p>Inclusion in digital world resources</p>
VIII Community safety, support and health services	<ul style="list-style-type: none"> • Promote Improvements in plans for dealing with vulnerable populations in emergencies by identifying gaps, strengthening collaborations and coordination between community and the various response systems • Promote existing City, County and State health and safety programs, e.g. RU-OK, Vial of Life, CERT, Carrier Alert, Vacation Home Check, Get Ready Marin and others • Educate and empower individuals of all ages and abilities in the community to positively affect their own health and well-being through engaging in healthy activities and to understand and work together to improve the social and environmental conditions that influence how well people age 	<p>Improved emergency preparedness for vulnerable residents</p> <p>Increase the participation by older adults in home safety programs</p> <p>Greater engagement throughout the community in healthy activities and behaviors</p>	<p>Improved physical well being</p> <p>Improved mental well being</p> <p>Improved quality of life</p>

The Age Friendly initiative focuses on a population that will remain a large segment of the community for many years, but the improvements made to the Built, Cultural and Social environment benefit not only older adults but their families, neighbors and all members of the community. The strategies for improvement made under the Age Friendly umbrella make our community safer and more livable for everyone, inviting collaboration across the entire spectrum of the community, and leveraging resources to understand and meet a wide range of community needs.

From the beginning and throughout the planning process, the Age Friendly Sausalito Task Force has incorporated sustainability into the fabric of the age friendly effort. The City has been an enthusiastic partner in this process by establishing the Task Force, participating in grant applications, studying how age friendliness fits into City Department priorities and projects, and providing modest financial and other supports. Thus far there has been no dedicated funding stream for age-friendly initiatives at the Federal or State level, so each Community must meet that challenge by developing their own plan for sustainability. This opens opportunities for the community to create unique alignments, to form new partnerships, and unite in the planning for changes and improvements that will benefit residents of all ages.

Sustainability depends on establishing enduring and productive partnerships, encouraging existing non-government organizations to incorporate age-friendly activities into their core missions following the City's lead, and to join in providing data and evaluation findings to document the benefits of the age-friendly efforts: what is working, and what we can improve on. The community has stepped up. The Task Force will continue to work on the planning and implementation, securing long-term sources of both financial and non-financial support.

"While definitions of sustainability are often a proxy for funding, sustaining age-friendly efforts requires far more than financial support."

--Grantmakers in Aging

By building initiatives that fit into the larger goals of the City and Community, we expect to minimize the need for large outside financial investment and develop a maintenance of effort. Through the many long-standing collaborative relationships at the City and County level, as well as those with Sausalito Village, community service and faith organizations, local Clubs and non-profit organizations, businesses and the many volunteers and engaged residents, the culture of establishing an age friendly environment will be established.

Four Pillars of Sustainability have been proposed for communities embarking on Age Friendly Initiatives:

- **Building Public Will** - Accomplished through the City's commitment, community participation and investment in the Age-Friendly Community Survey and stakeholder interviews; increased through older adult programming and volunteer activities; and engagement with the many community organizations that have participated in Age Friendly Sausalito planning process.
- **Engaging Across Sectors** - Demonstrated through establishment of the Department of Parks and Recreation as the City's home for Age-Friendly Sausalito; the creation of the CARSS program in partnership with the non-profit Sausalito Village; in collaboration with the Police Department and the Women's Club to promote the R-U-OK and other public safety programs; the participation of Lions and Rotary Clubs in Age Friendly initiatives; and support from community businesses such as Mollie Stones' Market.

- **Utilizing Clear Indicators of improvement** - Measures for success are incorporated into the Community Action Plan to ensure we can evaluate the different elements, assess our progress, adjust as needed, and attain our goals.
- **Securing Resources to advance Age-Friendly Public Policies, Practice, and Funding** - Resources have been secured as the City and larger Community have embraced the plan. Volunteers have stepped up at every level; the City has provided staff time, resources and encouragement, as well as modest administrative funding for CARSS; the private sector including Bank of Marin and Scan Health Plan have contributed small amounts of funding to fill in gaps for initiatives at various stages; and other businesses have provided in-kind support. Marin Community Foundation and the County of Marin have generously awarded much needed grants to help initiate the community collaborative process, and a Marin Transit Authority Prop B “Gap” grant was secured through a competitive process to kick-start the CARSS program. The City continues to review existing practices and has included age friendly policies in their own planning, and will be incorporating age friendly elements in the new General Plan.

Through the strength of these collaborative relationships, long-standing, new, and still to be formed, Age Friendly Sausalito will build sustainability for a model Age Friendly Community - one with the longevity to serve and support the increasing longevity of our residents.

These powerful themes are reflected throughout the Age Friendly Sausalito Community Action Plan.



CONTINUING THE CYCLE OF COMMUNITY EVOLUTION

Through the Age Friendly Sausalito planning process, the City, the Task Force, and the community have learned a great deal about the challenges for Sausalito's older adults. The work of the Task Force has strengthened relationships with the City Officials and Staff, the County Department of Aging, local community organizations, the business community, and older residents across a wide spectrum. It has laid the groundwork for success, and along with its many enthusiastic partners is positioned to continue leading Sausalito's Age-Friendly planning processes with creative and effective solutions for the challenges ahead. Age Friendly Sausalito has built credibility and respect and has inspired cities across Marin and neighboring counties to follow its lead.

Sausalito's community leaders of all ages continue to press forward for the necessary changes envisioned in this Plan. We can be secure in the continuing resolve, good will, and support of our government officials who have welcomed the enthusiasm, wisdom, and input of the Community, and have taken action. The Task Force looks forward to the Age Friendly Community Action Plan taking its place within Sausalito's General Plan, Budget, Departmental Strategic Plans, ADA Transition Plan, Outdoor Space Design and other community priorities.

As the Age Friendly Sausalito Task Force moves into the implementation and evaluation phases of the Community Action Plan, residents of all ages throughout the City are encouraged to become active participants in taking the work of continuing the cycle of community evolution to the next level.

We offer sincere gratitude to the Mayor, City Council, City Manager, City Department Directors, County Supervisors, Commission on Aging, Marin Community Foundation, and especially to all the enthusiastic volunteers, community organizations and neighbors who share in this vision and have contributed their time, energy and support to making this Age Friendly Sausalito initiative a reality.

