

AGE FRIENDLY SAUSALITO

A COMMUNITY ACTION PLAN



IN THE BEGINNING

When it caught the attention of a group of Sausalito citizens that Sausalito is one of the fastest aging cities in Marin County, and Marin is the fastest aging county in the State of California; and that one in four Marin County residents is aged 60 and older; and by 2030 that will be one in three, they were concerned.

When they realized that Sausalito has already reached that milestone they knew something had to be done.

In April of 2013 the group began meeting to plan to ensure that Sausalito will always be accessible and inclusive for its residents.

The mission they created and presented to the City Council was stated as “to move Sausalito forward as an Age Friendly City so that its residents can actively age in place. A community that is better for older adults is a community that is better for everyone.”

Within months, that group was officially designated the Age Friendly Sausalito Task Force by a unanimous vote of the Sausalito City Council, and the formal work began. Eight months later Sausalito was accepted into the World Health Organization (WHO) Global Network of Age Friendly Cities and Communities. The community embraced the effort with enthusiasm. Several programs were jump-started and are now part of the fabric of our community.

The Age Friendly Community Action Plan that follows describes how the work will continue, moving Sausalito further along the continuum of Age Friendliness.

We invite you to review the work completed and to assess work yet to be done. There is plenty to do and perhaps you will be inspired to join the effort ensuring Sausalito will continue to be the ideal place to grow up and grow old together.

JOINING THE GLOBAL NETWORK OF AGE FRIENDLY CITIES

The World Health Organization (WHO) launched its international Age-Friendly Community initiative in 2006 in response to the growing population of older adults across the globe. The WHO determined that helping make cities and communities age-friendly is one of the most effective local policy approaches for responding to the demographic aging trend:

- The global population of older adults age 65+ will nearly double over the next 35 years, from 8.5% of the worldwide population today to 18% in 2050.
- In the United States the age 65+ group will increase from 1 in 7 people today (14%) to 1 in 4 people (25%) by 2050.
- California's population age 65+, is at 1 in 6 people today (17%) and will increase to 1 in 5 people (25%) by 2050.
- In Marin County, the 65+ population is currently at 1 in 4 people (25%)
- ***In Sausalito, nearly 1 in 3 people (30.1%) are already Age 60 or older.***

The WHO Global Network of Age-friendly Cities and Communities (WHO Network) was established to foster the exchange of experience and mutual learning between cities and communities worldwide which now number 287 members in 33 countries. The City of Sausalito joined the WHO Network in 2014, the first City in Marin County to be accepted, and only the third in all of California.

Cities and communities in the WHO Network are of different sizes and are located in different parts of the world. Their efforts to become more age friendly take place within very diverse cultural and socio- economic contexts.

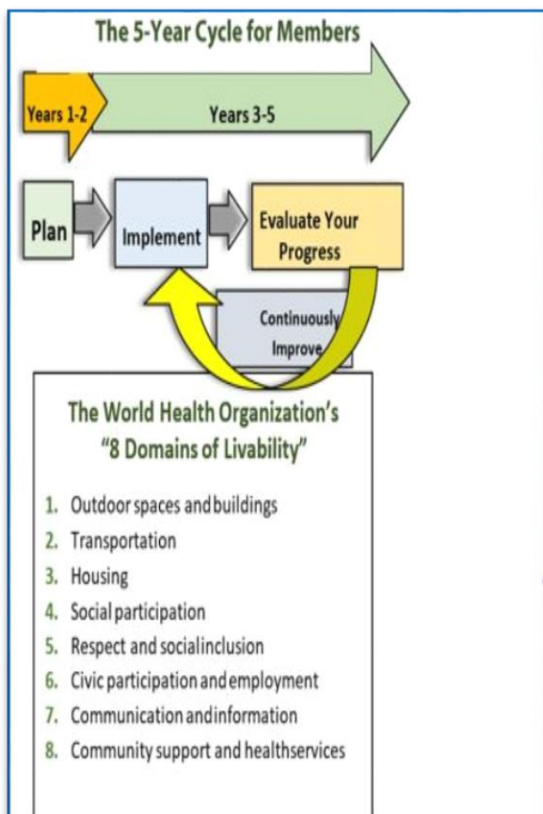
What all members of the WHO Network do have in common is the desire and commitment to promote healthy and active aging and a good quality of life for their older residents.

The WHO Network provides a helpful resource for cities and communities to become more supportive of older people, and requires a commitment to participate in a five-year continuing cycle of community assessment, planning, improvement and evaluation of their needs across eight environmental and social domains of livability that contribute

to active and healthy aging.

With the creation of this Community Action Plan, Age Friendly Sausalito has completed years 1-2 of this commitment, the initial assessment and planning phase, and embarks on the implementation and evaluation components, building on the activities and programs that sprang into being as part of the planning and organizing process.

This next phase will be completed in years 3-5 and will involve and include the whole City and Community in the many different areas to be addressed. In addition to the Age Friendly Task Force, and the City Departments, Service and Faith Organizations and many individual members of the community will be engaged in the activities according to their particular area of interest, and work on the City's General Plan will use an all age friendly lens. No doubt elements of the plan will evolve, as is the natural course of such inclusive and collaborative activities. Needed changes and improvements will always be welcome as implementation goes forward. This second phase of Sausalito's Age Friendly Initiative will be completed with a final evaluation and report that will inform the Community on the progress and accomplishments, and the impact on older adults. It will highlight future areas to explore and activities to undertake for the next cycle of continuing community improvements.

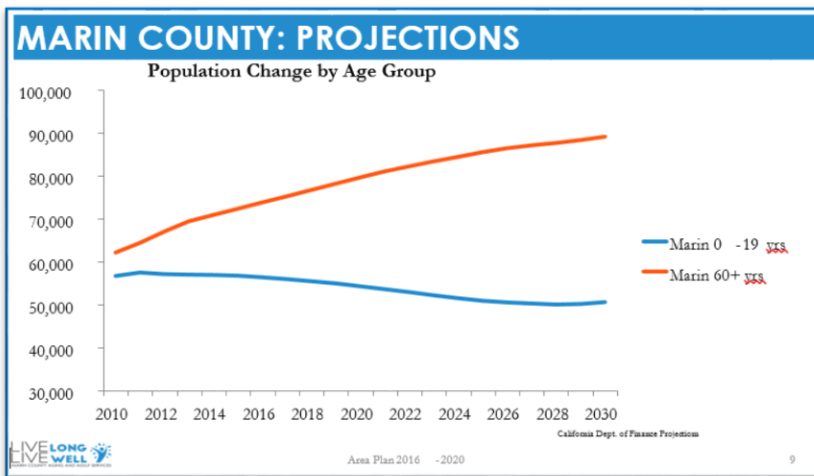


DEMOGRAPHIC CONSIDERATIONS

Sausalito is a beautiful small Bay Area city, just north of the Golden Gate Bridge in Marin County with stunning views across San Francisco Bay and Richardson Bay. It covers a land mass of 2.2 square miles, .5 square miles of which are underwater. Developed rapidly as a shipbuilding center in World War II, the City's industrial character was transformed into an artistic enclave, tourist destination, and picturesque residential community including several houseboat neighborhoods. Sausalito is adjacent to the protected spaces of the Golden Gate National Recreation Area and encompasses both steep, wooded hillsides and shoreline tidal flats. The majority of homes are located on steep, narrow and winding roads; and most residential areas lack sidewalks. Some "streets" are actually public stairways.

2015 census figures put the City's population at 7,135 people, with several hundred more persons living on boats and houseboats, adjacent to the City. The racial/ethnic composition is 91% Caucasian, 5% Asian, 1% African American, and 3% Native American, Pacific Islanders, and others.

The City's population tends to be older, with 30.1% age 60 or over. County projections indicate that the older adult population is trending to increase dramatically over the next decades. About 9% of the City's population is 18 or under, and adults ages 19 to 59 make up the remaining 60%



Overall Sausalito is an affluent and well-educated city. Median annual household income is \$112,000, per capita income is \$89,751, and 72% of residents have a bachelor degree or higher. However, more than 5% of the population, or some 360+ individuals, are at or below the federal poverty level (FPL of \$11,880/year for one person and \$16,020/year for a two-person household), many of the persons living on boats are also living on incomes below the FPL.

The Elder Economic Security Index (EESI) has been mandated by the State of California for planning senior services. It is calculated on a county by county basis and is used to calculate the minimal costs of living for older adults with a methodology more accurate than the FPL. The difference between the FPL and the EESI, called the EESI-Gap represents a particularly vulnerable population, as these elders are not eligible for MediCal and many other government-funded support services, but don't have sufficient funds to pay for needed services themselves.

2013: Elder Economic Index – Marin County		
Household	Housing Status	Index Per Year
Single Elder	Owner w/o Mortgage	\$20,112
Single Elder	Renter, one bedroom	\$30,420
Single Elder	Owner w/ Mortgage	\$42,528
Elder Couple	Owner w/o Mortgage	\$28,392
Elder Couple	Renter, one bedroom	\$38,700
Elder Couple	Owner, with Mortgage	\$50,808

More than half of renters living alone in Marin County live on incomes below the EESI. Four out of 10 elders living alone own their homes but are still paying off mortgages and are unable to meet their basic needs. Almost one quarter of elders who own their home outright cannot make ends meet. Although the EESI does not calculate this index by city, these numbers would be even higher for Sausalito's older residents, as Sausalito's

housing costs are among the highest in the Bay Area, with a median home value of over \$1.2 million. Median gross rent is about \$2,000/month, with 40% of households paying more than 30% of their incomes on rent.

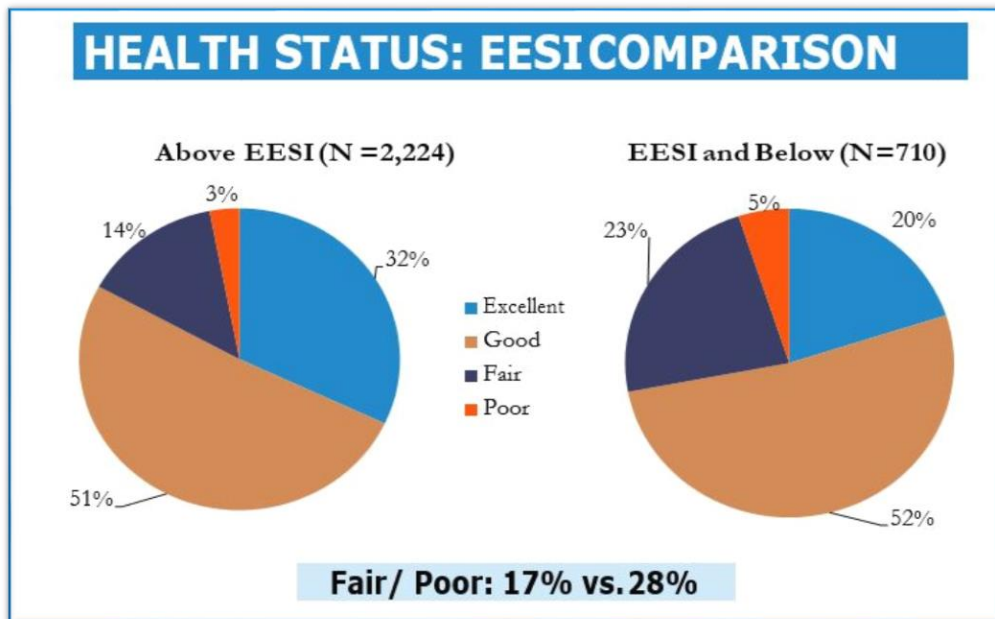
Sausalito has about 4,500 housing units split nearly evenly between owner and renter occupied residences. About 400 of the housing units are houseboats in five floating home marinas on Richardson Bay. Twenty-six percent (26%) of housing units are owned or rented by people age 65+ and according to the Age Friendly Sausalito Survey, 35% of respondents who rent, reported that they live alone.

Age Friendly Sausalito Survey – Housing Status	Total Respondents: 1,163 Age 55 and Older	
I live alone	34.39%	400
Friend/roommate	3.01%	35
Paid attendant	0.34%	4
Partner/spouse	59.33%	690
Other family	3.96%	46

In 2016, for the seventh year in a row, Marin County ranked #1 in California for health outcomes and health factors. While this is to be celebrated, there are significant differences in health outcomes between people with incomes at or below the Elder Economic Security Index (EESI) and those above it. Early in 2016, The Marin

Commission on Aging and the Area Agency on Aging conducted a Health Survey of older adults in the County. Among those at or below the EESI, 60% report having a disability due to physical, mental, or emotional conditions in comparison to 40% of those above the EESI. Those at or below the EESI were also more likely to be concerned about housing, transportation, getting out of the house to socialize, and having enough food to eat, than those above the EESI.

Among Sausalito residents responding to this county survey, 30% were concerned about housing, 27% were concerned about transportation, 35% were concerned about isolation, and 25% were concerned about opportunities for socialization.



Food insecurity was a concern for 11% of respondents, and 29% said they were concerned they would not be able to pay for a caregiver if needed.

These social determinants of health have a significant impact on health and wellbeing. This Age Friendly Community Action Plan is targeted to address many of the core needs of older residents in our City, and fill significant

gaps for those living with insufficient or modest incomes as well as those with more comfortable means, while enhancing quality of life overall.

ENGAGING COMMUNITY



The issues of an aging population were not new to the members of the Age Friendly Task Force. Among those who came together at the very beginning to plan for the impact on Sausalito were members of Sausalito Village, the Edgewater Senior Club and the City's representative on the County Commission on Aging.

It was clear to them that success in transforming the city would depend on building awareness and generating support in the larger community.

Among the strengths the members of the initial working group brought with them that proved essential to their early success, was their ability to connect with leaders, residents, businesses, churches, and service organizations to get the word out.

As they approached their work the Task Force made two important decisions: First, they defined the Community to include not only the residents of the City proper, but also the residents of the Floating Home Community, which is contiguous to but outside the City limits. That recognized the important relationship with those living in the floating homes that identify Sausalito as their home community.

Then when they designed the community-wide survey, they decided to mail it directly to every citizen 55 years of age or older. They saw the survey as a way to develop broad community awareness and perhaps generate support for the effort. It also helped to attract volunteers who were interested in assisting in the mailings. Ultimately the projects that were born were established by the respondents to the survey, the citizens of Sausalito.

The survey proved to be a magnet for a group of dynamic new volunteers. Approximately 20 residents representing a cross section of the community came together to prepare the citywide mailing. It took several hours, and a great deal of teamwork to produce the 2400 packages that included letters describing the purpose of the survey, the survey itself and stamped return envelopes. The community building that took place that evening was priceless.

As results rolled in the excitement in the community was palpable. Additional volunteers came on board to help input results and begin analysis of the data.

Momentum continued to build. In March of 2014, the World Health Organization recognized the City as the first Age Friendly City in the County of Marin and third in the State. News articles were written and more volunteers joined the

cause. More partnerships were formed with local organizations including the Sausalito Woman’s Club, Lions Club, and Rotary to support and promote age friendly programs. The Task Force continued to open doors throughout the City and County. It is solely due to the support and encouragement from the community that the Task Force continued to move forward implementing projects and developing the long-term Plan.

The early success of Age Friendly Sausalito spurred the interest of additional cities in Marin County as well as the interest of the County Department of Health and Human Services, Department of Aging and Adult Services and the Board of Supervisors. The timing was right to gain support on a County level. The second Grand Jury Report on Aging, published in 2014, included some findings that were as disappointing as they were in the 2007 report. The County was looking for answers to address the mounting issues facing seniors. Members of the Task Force met individually with some of the County’s significant stakeholders to enhance their understanding of the age friendly movement. The District 3 Supervisor, the Director of Health and Human Services, the Director of Aging and Adult Services and the Public Health Officer for Marin County; all enthusiastically became active in supporting and promoting the effort.

Task Force members who served on the County’s Commission on Aging began reporting on Sausalito’s Age Friendly process at meetings of the 22- member Commission. The progress of the Age Friendly effort inspired great interest among other Commissioners and the Department of Aging and Adult Services. Subsequently Task Force members coached representatives of other towns to begin similar activities in their own communities and a County-wide Age Friendly support group was born. Its mission is to create an Age Friendly Marin.

The Age Friendly Initiatives inspired the Area Agency on Aging to include these community driven efforts as a major goal in the County’s four-year Area Plan on Aging. And it has provided important answers to some of the gaps in service reported by the County’s Grand Jury Report.



ESTABLISHING A BASELINE AND INITIAL PRIORITIES

To meet WHO requirements for designation as an Age Friendly City, the Task Force designed and developed the community-wide survey of older adults in Sausalito to establish a baseline against which future changes might be compared.

The volunteer Task Force included people with a broad range of professional experience who created a survey comprised of 25 questions covering the eight domains of livability proposed by the WHO. It was mailed to the homes of 2400 residents over age 55 and distributed at various City events. It was also made available online. Completed surveys were returned postage free or dropped off at cooperating locations around town. Postage costs were covered with donations from the County Board of Supervisors and SCAN Health Plan. The surveys were printed in City offices.

The return rate was inspiring; nearly 50% (1,170). The volunteers then carefully entered each paper response into the web-based Survey Monkey database, including all 3500 comments community members added to their answers to the 25 multi-part questions. The analysis of this information was supplemented with interviews of multiple stakeholders, including City Department heads, community leaders from the Chamber of Commerce, Rotary, Lions Club, the Woman's Club, local Churches and other community members. A literature review of reports and documents relevant to older adults and aging was conducted for additional guidance (see Appendix). At this point the Task Force was reconfigured into a working group of five members who met weekly for the next year to take the work forward.

The process of establishing a baseline community assessment produced not only clear priorities based on wide community input and participation, but also jump-started actions to achieve several these priorities. It established connections more widely within Marin County and raised awareness and support among community and political leaders to better serve and support older adults as they continue to live active and productive lives within their communities.

In depth analysis and discussion of the results by the Task Force produced a list of 11 initial priorities that fit into the eight domains of livability articulated by the WHO, for implementation over the next three years:

1. Provide transportation to aid older adults to more easily get around town, and to connect with existing public transportation.
2. Make sidewalks safer and more usable.
3. Improve crosswalk safety and properly illuminate them to allow safe passage throughout the city.
4. Identify and promote affordable housing options to benefit older adults.
5. Establish a low or no-cost home modification solution for seniors that will address permits, technical help, financial aid as needed and awareness campaign.
6. Reduce obstacles to safe walking in commercial areas.
7. Address the difficulty of getting recycling bins from home to curb and back.
8. Educate businesses to become more Age Friendly in serving older adults.
9. Enhance communications to make older adults more aware of events, programs, classes, volunteer and employment opportunities and other activities.
10. Establish a Senior rate for City Parks and Recreation classes and include elements for older adults in park and program redesign.
11. Support Emergency preparedness and community support and safety programs.

Transportation emerged as the top priority, one that had a clear, achievable solution and coincided with a Marin Transit funding opportunity. The CARSS (Call-A-Ride for Sausalito Seniors) program was developed by the Task Force and is

managed by Sausalito Village. It has become not only a boon to seniors in Sausalito, but also a nationally recognized intervention for cities striving for Age Friendliness.

The City's Parks and Recreation Department also quickly responded to the community's concern and implemented a discount for seniors attending their programs.

As the priorities were further defined, the Task Force worked to establish other programs and projects including a path to enable seniors to modify their homes for increased safety in collaboration with the City's Community Development Department. Home sharing events were scheduled in cooperation with Episcopal Senior Communities, to explain "home sharing" and provide assistance for those interested. Bayside Refuse agreed to have their employees take trash bins to and from curbside if requested by a resident with a simple phone call.

While the Task Force pursued immediate solutions, they continued the work on this long-term vision and Action Plan.

The Task Force obtained a \$10,000 grant from Marin Community Foundation and the required matching funds (\$5,000) through a competitive County Board of Supervisors Community grant. A consultant was hired in June 2015 to assist Task Force members in developing the three-year Action Plan. The completed Plan, presented to the City Council for adoption in 2016, then submitted to the WHO, is to be shared with all the community members, the County and other interested cities.

Task Force members began sharing the lessons learned and best practices with other Marin cities right away, through the Commission on Aging. Now many groups throughout Marin have initiated Age Friendly processes in their communities and have achieved Age Friendly designation by the WHO. Sausalito Village has been a strong collaborator, and discussion with the City Council and City staff has resulted in establishing Age Friendliness as an inclusive and sustainable part of City Planning to ensure the needs of all the community are included in policy and decision making at the highest levels.

The common themes that emerged from the leadership and stakeholder interviews included the following observations to help knit Age Friendly solutions into the fabric of the community:

1. Make Age Friendliness a movement that is as inclusive of as many older adults as possible and enable them to provide input, direction and leadership to sustain this effort going forward.
2. Integrate Age Friendly initiatives, programs and communications by having older adults participate in planning and decision making bodies, embedding Age Friendly programs in municipal codes and regulations, and building strong collaboration between City, Civic and Religious leaders.



CARSS

CALL-A-RIDE-SAUSALITO-SENIORS Was started in May 2015. By providing up to four free one-way rides around town per day by vetted and trained volunteer drivers using their own cars, potentially isolated older adults can remain connected and independent. Everyone wins: volunteers enjoy providing the service, seniors get where they need to go, and priceless friendships are formed.

www.Carss4you.org

3. Focus specific efforts to address those older adult residents needing special consideration because they may be poor, in poor health, isolated by living alone or lacking family, or significantly disabled. In a “digital age” it is important to make personal contact with older adults, many of whom may not be “connected”.

4. Age Friendly efforts will benefit from collaboration with other groups engaging in Age Friendly programs, the Village movement, and local programs like the Marin County Aging Action Initiatives to share information and experience and promote these efforts for all.

ENVISIONING AN AGE FRIENDLY FUTURE

We envision an Age Friendly City in which people flourish as they grow up and grow old:

- They are engaged in civic and social activities that create a dynamic community in which their contributions are sought out and valued;
- They contribute to and benefit from an environment that inspires a sense of well-being, encourages an active life style and supports health, safety and security;
- And with an eye to the future, they challenge the status quo to continually improve their quality of life.

To bring this vision into focus and breathe life into it, the Age-Friendly Sausalito Task Force, with the help of the people of Sausalito and their City staff, has articulated strategies, activities and outcomes detailed in this Age Friendly Sausalito Community Action Plan.

