

Summary of the Kfar Saba AFCs Strategy and Action plan

This Action Plan is a series of more than 20 actions that the City will take to help make an active and healthy routine to engage more seniors. The strategy is informed by three guiding principles which were identified as opportunities: building collaborations and inter-organizational activities; raising awareness and making information about events and services for seniors accessible; and enhancing intergenerational relations and solidarity. An action plan was designed in the following four domains:

✓ Active and Healthy living

The health of senior citizens is one of the major factors which determine their quality of life. If people are experiencing these extra years in good health, their ability to do the things they value will increase.

Implemented actions already underway:

1. Partner with *Meir* regional hospital which is located next to the center of the city to provide knowledge and lectures to all seniors regarding health and preventive actions.
2. Support seniors and their caregiver in coping at times of emergency and crisis.

Upcoming actions:

1. Employ a dedicated seniors' trainer at the sports department who specializes in physical and cognitive programming for seniors
2. Advocate for the importance of physical activities and provide more physical activities for seniors at parks and outdoor facilities.

✓ Employment

Retirement is a critical juncture in the aging process, however, due to the longer life expectancy the elderly should have the opportunity to be reemployed.

Implemented actions already underway

1. Partner with *Eshel JDC* and "the middle way" program to work with employers to developed tracks for graduated retirement and to identify relevant sectoral needs as employment opportunities for older adults.

Upcoming actions:

1. Partner with *Eshel JDC* and "the middle way" program to develop a support system for older adults interested in self-employment.
2. Increasing the numbers of seniors who participate in the "time bank" program

✓ **Physical built environment**

Implemented actions already underway

1. Maintain and improve streets and sidewalks to increase accessibility and prevent falls and provide the option to report unsafe sidewalks. The data about these reports will be visualized using GIS maps.

Upcoming actions:

1. Develop more community gardens with social activities
2. Develop an Age-Friendly walking path around the city center
3. Partner with other levels of government, non-profit housing providers, and the construction industry, to expand the availability of supportive and affordable housing to meet the diverse needs of the community, including options for co-living.
4. Review transportation infrastructure in areas where seniors live (especially in the eastern neighborhoods)
5. Give consideration to Age-Friendly amenities in future community planning.

✓ **Leisure, culture and community**

Implemented actions already underway

1. Increase the numbers of elderly volunteers
2. Build and renovate the major social club at the city center to include more than 1000 seniors
3. Add more education programs at schools and other community centers

Upcoming actions:

4. Develop an App to assist seniors find events and services around the city
5. Build and renovate another five major social clubs
6. Open new and innovative clubs in outdoor spaces and at the homes of seniors
7. Implement new TV technology UniperCare to connect between the bedridden elderly and the social club
8. Establish seniors' council and leaders to consult with about future needs and preference to empower the seniors in civil society, self-expression and action.