

| DOMAIN/GOAL   |   | STATUS                                |
|---|---|---------------------------------------|
| <b>1. Outdoor Spaces and Buildings:</b> Create and provide an inclusive, safe, and accessible environment that promotes the physical, social, and mental well-being of older adults.  |   |                                       |
| <b>Strategy</b>   | <b># Proposed Action</b>  |                                       |
| Provide seating options in public areas, parks, trails, and along walking paths in order to create community hubs and gathering spaces for older adults to meet, socialize, and participate in events and activities.                               | <b>1</b> Work with residents and community members to develop a map and survey areas which would benefit from additional benches/chairs throughout the city   |                                       |
|   | <b>2</b> Develop a senior subcommittee or work with an existing Age-Friendly Task Force to discuss and research more comfortable age-friendly furniture. Benches and chairs should be a good height, have backrests for additional support and possible armrests. They should be located in shaded areas protected by trees, pergolas, or canopies. |                                       |
| Enhance pedestrian infrastructure to ensure safe and comfortable navigation.  | <b>3</b> Design parks and recreational areas with features that appeal to older adults such as fitness equipment, quiet areas for relaxation, and community gardens.  |                                       |
|   | <b>4</b> Develop a walking audit where older residents identify areas where improved sidewalks, crosswalks, additional stop signs, and adequate crossing times need to be improved and/ or added.   |                                       |
|   | Commit to regular maintenance and upgrading of outdoor spaces and buildings to ensure they remain safe, accessible, and welcoming.  | Existing program with room for growth |
|   | <b>5</b> Increase lighting wherever possible; keeping in consideration the “Dark Sky Ordinance”, which protects and enhances the local environment and public health by reducing light pollution at night through reasonable restrictions on outdoor lighting.  |                                       |
|   |   | In Motion                             |
| <b>2. Transportation:</b> Improve and create comprehensive, accessible, and reliable transportation options to enable older adults to maintain their independence, access essential services and activities, and stay connected to their community. |   |                                       |
| <b>Strategy</b>   | <b># Proposed Action</b>  |                                       |
| Educate older adults about available transportation services.   | <b>7</b> Disseminate information regarding transportation options, including: i. Got Wheels! program, Peninsula Rides, San Mateo County Mobility Guide: Senior Mobility Guide, Gogo transportation, Planned tech classes that will teach residents how to use Transportation apps, Brisbane Village Helping Hands                                   |                                       |
| Look at possibilities of partnering with neighboring communities to develop a pilot transportation program.   | <b>8</b> Offer specialized transportation services that provide door-to-door service and/or stops that are in relatively close proximity of most homes, especially in the hills. BVHH   |                                       |
|   | <b>9</b> Look into partnering with a bigger city to research offering a shuttle which can serve both cities.  |                                       |
| Enforce traffic laws and enhance traffic safety regulations   | <b>10</b> Senior volunteers identify potentially dangerous and challenging intersections and suggest increased police enforcement.  |                                       |
| Research the potential of Senior Safety Zones and additional traffic safety and calming measures.   | <b>11</b> Explore prolonging crossing times at certain crosswalks/intersections.  |                                       |
|   | <b>12</b> Survey neighborhoods to evaluate areas that may need speed bumps to slow traffic and determine crosswalks that need added lighting and/or flashing lights.  |                                       |
|   | <b>13</b> Encourage education in the Senior Community Center that emphasizes wearing reflective clothing and shoes when walking and/or bicycling.   |                                       |

**3. Housing:** Ensure older adults have access to safe and affordable housing that supports their independence, health, and and well-being; provide educational resources and policies that promote a wide variety of housing options.

| Strategy  | # Proposed Action   |   |
|---|---|---|
| Partner with services to assist seniors with hiring trusted repair providers                                    | <b>14</b> Offer affordable home modifications such as grab bars, high counter tops and elevators to make homes safer and reduce the risk of harmful falls. Provide home modifications to improve accessibility, reduce falls, increase independence, and facilitate aging-in-place. Develop a resource guide highlighting home maintenance organizations and contractors for seniors. |   |
| Educate and disseminate information to increase awareness and understanding of housing issues and opportunities | <b>15</b> Offer a yearly workshop to educate and assist residents with signing up for affordable housing  | Existing program offerings with room for growth |
|   | <b>16</b> Educate residents about available housing resources and services. Housing Information and Services, Promote HIP housing, Research the possibility of developing a list of available ADU units and offer workshops to help educate homeowners on the process of building ADUs.   | Existing program offerings with room for growth |
|   | <b>17</b> Research alternative housing options and assess possibilities of implementing housing alternatives.   |   |

**4. Social Participation:** Offer affordable and accessible activities, events and programs that provide social interaction for varying ages, abilities, and cultures.

| Strategy  | # Proposed Action  |   |
|---|--|---|
| Expand Recreation Department offerings to include a broader spectrum of programs and times.                     | <b>18</b> Survey older adult residents every 2-3 years for feedback on activities that they are interested in, assessing the level of demand.  |   |
| Educate and disseminate information to increase awareness and understanding of housing issues and opportunities | <b>19</b> Enhance social events for older adults so they have more opportunities to expand their social networks; consider age-friendly hours.   | Existing program offerings with room for growth |
|   | <b>20</b> Continue to offer and expand upon events at the Community Park such as sports for older adults (e.g. ping pong and bocce ball), a cultural fair, and encourage attendance at Day in the Park. Promote community garden programs and events, and introduce a community comedy night |   |
| Incorporate intergenerational activities and events to encourage connections between generations                | <b>21</b> Build upon past successful events such as seniors reading to preschool children at the senior center, karaoke, creative writing group, and 3D printing with teenagers.   | Existing Program                                |
|   | <b>22</b> Explore scheduling after-school tutoring where older adults help support under- resourced students.  |   |
|   | <b>23</b> Continue to offer an Appy Hour/Tech Help in which older adults are paired with youth who teach them technology skills.   | Existing Program                                |
|   | <b>24</b> Consider the feasibility of a program for seniors and babies to benefit both   |   |
|   | <b>25</b> Consider establishing a volunteer program “Helping with Pet Care”  |   |

**5. Communication and Information:** Provide information about resources and activities in multiple languages and formats, disseminate at a variety of venues, and make these available in a centralized location as well as distribute throughout the community.

**Strategy**

Broaden types of communication formats used for older adults. Publicize information about programs and events in various formats, and provide in multiple predominant languages at locations frequented by older adults.

**# Proposed Action**

**26** Provide information electronically and in print, and include pertinent information in welcome packets for new residents.

In Motion

**27** Disseminate information in multiple languages.

Expand the Senior Corner webpage; add an age-friendly section to The Blast and the printed monthly STAR newsletter; include major neighborhood projects, community events, and resources specific to older adults. i. Utilizing the Activity Guide, continue to create Active Adult booklets to be made available at City Hall, the Sunrise Room, and Parks and Recreation office.

In Motion

Increase methods of communication to older residents: Mail a resource guide annually, Create an older adult/senior newsletter that is distributed twice per year; make it available at the Library, Community Center, Farmers' Market, and big events, Have Police provide updates related to crime statistics, police events, and presentations offered to the community in The Blast on a quarterly basis, Have the Communications staff announce events more frequently. Provide bulletin boards in City buildings where North County Fire Authority can display their website address with QR codes for accessing information in different languages.

Ensure communication about programs and events to residents at Sierra Point Mobile Home Park.

**30** Have Communications staff or other City staff members visit the site to invite residents to events and provide an update on City issues.

**31** Install a visible dark-sky compliant sign (similar to at the Ridge and the front of town) that advertises upcoming events

**32** Have Help at Home guides delivered to the property manager at Sierra Point Mobile Home Park, which can be included with a lease packet.

Communicate using alternative formats as many older adults are not tech-savvy

**33** Place flyers with key resource information at businesses and venues where older adults frequent such as cafes and parks; install kiosks and electronic bulletin boards throughout the City.

**34** In addition to the school districts (encapsulating Brisbane School District and Jefferson Union High School District), continue to partner with schools to disseminate information through their newsletters

**35** Continue to expand the Teen Tech progam, where teens assist seniors with tech questions one-on-one by appointment once per week. Brisbane has previously utilized the County's system-wide provider who also offers monthly classes on basic technology.

Existing Program

**36** Partner with schools and the Youth Advisory Committee to offer more tech classes and to increase interpersonal connections.

Existing Program

**37** Continue exploring the opportunity to implement televisits for medical and other appointments.

| 6. Respect and Social Inclusion: Provide an environment that is inclusive, respectful, and supportive of the need for older adults to remain acknowledged and engaged. |    |  |                  |
|--|----|--|------------------|
| Strategy   | #  | Proposed Action  |                  |
| Offer education and training to increase acknowledgment and respect for older adults and to decrease ageism.   | 38 | Partner with schools to have a “senior day” talk on how youth can help older adults; have a social media campaign promoting courtesy for all ages.   |                  |
|  |    | Promote age-friendly businesses. i. Offer senior discounts at businesses. ii. Encourage restaurants to provide menus with larger fonts, maintain suitable noise levels, and ensure that their staff is respectful, patient, and considerate of the needs of older adults.  |                  |
|  | 39 | <a href="https://www.aarp.org/livable-communities/network-age-friendly-communities/info-2022/businesses.html">https://www.aarp.org/livable-communities/network-age-friendly-communities/info-2022/businesses.html</a> . iii. Age Inclusive Management Strategies: Free resource for employers and HR professionals to learn about policies and programs that create a better working environment for older adults. |                  |
| Identify ways to increase the number of programs that partner older adults with younger generations.   | 40 | Continue expanding “Grand Friends” program, currently being offered in conjunction with preschool and Senior Sunrise Room attendees.   | Existing Program |
|  | 41 | Partner with elementary schools to have school children communicate with older adults, such as writing to each other quarterly as “pen pals”.  |                  |
|  | 42 | Continue to work with the Youth Advisory Committee (YAC) to set up programs that include both older and younger adults, such as game nights, intergenerational dinners, or classes to increase the digital literacy of older adults. Brisbane has offered a few intergenerational programs such as Karaoke, Tattoos & Chews, and Senior Portraits  | Existing Program |
| Expand programs to include participation of all geographical locations in the community and identify ways to reach out to homebound and isolated community members.    | 43 | Develop the “Fixit Clinic” being discussed by Brisbane’s Open Space and Ecology Committee, Library, and Parks & Recreation Departments. Older adults will have the opportunity to share their knowledge with younger adults on small repair and maintenance projects   | In Motion        |
|  | 44 | Provide opportunities for engagement in locations of the city where participation is low so that everyone feels included.  |                  |
|  | 45 | Develop Neighborhood Networks Directories so that neighbors can check on each other, especially the isolated, and have a stronger connection; create an “Adopt a Neighbor” program similar to Brisbane Villlage Helping Hands  |                  |
|  | 46 | Develop a volunteer program where you pair a young community member with an older adult and they act as mentors with each other.   |                  |
|  | 47 | Continue to provide nutritional meals for older adults who may be homebound and ` implement outreach to those at risk of isolation.  | Existing Program |
| 7. Civic Participation and Employment: Provide volunteer and employment opportunities for older adults to be engaged and actively involved in the community.           |    |  |                  |
| Strategy   | #  | Proposed Action  |                  |
| Expand and promote opportunities for older residents to volunteer, counteract isolation, and stay actively engaged in the community.                                   | 48 | Publicize volunteer options in The Luminary; hold an annual Volunteer Fair where nonprofits, Commissions/Committees, and Council Members have tables with information and volunteer opportunities. Promote Commission/Committee vacancies to older adults.   |                  |
|  | 49 | Encourage businesses, City departments, and the Chamber of Commerce to develop new volunteer positions geared toward older residents and expand civic participation options such as an Age-Friendly Commission/Committee.  |                  |
|  | 50 | Have older adults write articles to be placed in The Blast, the STAR, and the Age-Friendly City page in the Community section of the Brisbane website.   |                  |
|  | 51 | Partner with schools to establish volunteer opportunities for older adults.  |                  |
| Broaden opportunities for older adults to work and publicize full or part-time jobs in local publications.   | 52 | Have a centralized location to post volunteer and job opportunities.   |                  |
|  | 53 | Offer a stipend or City contract to older people who want to teach a workshop for the community.   |                  |
|  | 54 | Work with schools to assess areas in need of volunteers, recruit older adults interested in participating, and investigate opportunities to be teachers’ aides at the schools.   |                  |

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| 8. Community Support and Health Services: Provide programs and resources that support older adults’ priority of aging in their community and a positive quality of life for as long as possible.             |    |   | In Motion        |
| Strategy   | #  | Proposed Action   |                  |
| Increase awareness of resources available in the County of San Mateo.  | 55 | Disseminate and make available guides with resources for older adults: Community Information Handbook   San Mateo County, Help at Home guide  |                  |
|  | 56 | Educate residents about medical equipment loan programs and advertise every quarter through the STAR newsletter and The Blast.  |                  |
| Provide more workshops for older adults.   | 57 | Financial/Legal: Tax assistance through AARP, on avoiding financial scammers, and on trusts, estate planning, and advanced directives.  |                  |
|  | 58 | Medical/Health Related: On strokes, cardiovascular disease and blood pressure checks, medication prescriptions, nutrition, and related issues; have an annual health and resource fair.   |                  |
| Create a centralized database of seniors over 65 and people with disabilities of any age who can be contacted in an emergency situation or evacuation.   | 59 | Establish a database (voluntary participation). Communicate with the City Attorney to ensure proper protocols.  |                  |
| ADDITIONAL: Emergency Services: Create a responsive and inclusive system that protects older adults, supports their preparedness and resilience and enhances their safety and well-being during emergencies. |    |   | Existing Program |
| Strategy   | #  | Proposed Action   |                  |
| Educate and ensure older adults are aware of and included in emergency preparedness fairs, workshops, and resources, in addition to promoting emergency-related activities and programs.                     | 60 | Have the Youth Advisory Committee help residents sign up for SMC Alert and distribute emergency preparedness information in electronic and hard copy formats in multiple languages: smcalert.org.   |                  |
|  | 61 | Include an emergency checklist and essential emergency numbers on the newly established age-friendly resource page on the City website. (i.e. SMC Alert, Know your Zone)  |                  |
|  | 62 | Encourage older residents to attend the Annual Day in the Park event, where they can talk with the Police Department and North County Fire Authority and receive information on fire evacuation and wildfire preparedness. North County Fire Authority holds an annual Wildfire Preparedness event in the spring. |                  |
|  | 63 | Research the possibility of partnering with the North County Fire Authority and the Police Department to establish a centralized list of homebound older adults and residents with disabilities.  |                  |