

Age Friendly Long Survey

1. **Outdoor Spaces and Buildings: Public places (indoors and out) including parks and public buildings:** Can they be used by people of all ages?

Juneau examples: City parks, greenbelts, trails, school grounds, gardens, public use buildings such as Juneau Senior Center, concert venues, theaters, etc.

2. **Transportation:** Driving shouldn't be the only way to get around. Can people walk or bike to get where they need to go? Are roadways safe (for cyclists and safe speed limits)? Are pedestrians safe (are crosswalks and sidewalks safe and accessible to all including those who use wheelchairs and walkers)? What about in the winter?

Juneau examples: Capital Transit Bus service, bike paths.

3. **Housing:** Are older adults able to choose to stay in their own homes? Are there programs to help with home modifications?

Examples: home modification or repair programs, in-home care services, home delivered meals, low-income rental vouchers, independent senior living housing, enough long-term care facilities (assisted living or nursing homes).

4. **Social Participation:** The key to alleviating sadness and isolation are opportunities for accessible, affordable, interesting and fun social activities.

Juneau examples: Juneau Senior Center, fitness centers that offer discounts for seniors, craft classes, AARP events, bingo parlors, and community events.

5. **Respect and Social Inclusion:** Feeling valued by your community. Intergenerational gatherings might enhance young and old learning from each other.

Examples: Intergenerational social opportunities, community gatherings and celebrations, service organizations, and public events, including multi-ethnic and cultural celebrations.

6. **Work and Civic Engagement:** Encouraging all to be actively involved in community life. Work that is paid or volunteer. Availability of employment opportunities for diverse age groups.

Juneau volunteer examples: Southeast Alaska Food Bank, United Way, AARP Juneau Community Action Team, BAM, etc.

7. **Communication and Information:** There are a variety of ways to share community information, making sure to accommodate those not "tech-savvy" and for whom English is a second language.

Examples: Emergency notifications, community calendars, social media, printed

materials where the community gathers, schools and senior organizations, and translated versions of materials.

- 8. Community and Health Services:** All persons must be able to access and afford health care. Are there enough medical providers who take Medicare?

Examples: Free dental services, Juneau SAIL/Aging and Disability Resource Center, Medicare Information Office, Alaska 2-1-1 information center, OPAG Directory of Senior Services.

- 9.** Any other suggestions for making Juneau more age-friendly? What else should we know?