



Membership Application

To join the **AARP Network of Age-Friendly Communities** and **WHO Global Network of Age-Friendly Cities and Communities**

APPLICATION SUBMISSION DATE: 6/12/2015

1) COMMUNITY DETAILS

NAME OF THE COMMUNITY:

West Sacramento

STATE:

California

POPULATION SIZE:

49,891

PERCENTAGE OF RESIDENTS ABOVE THE AGE OF 60:

14%

NAME AND TITLE OF THE ELECTED OFFICIAL SIGNING THE OFFICIAL COMMITMENT:

Mayor Christopher Cabaldon

OFFICE ADDRESS OF THE SIGNER:

City Hall, 3rd Floor, 1110 West Capitol Avenue, West Sacramento, CA, 95816

2) COMMUNITY CONTACT* FOR THE AARP NETWORK OF AGE-FRIENDLY COMMUNITIES

** The community contact is the local staff member or volunteer who is primarily responsible for carrying out the community-level work — it is not the responsible AARP staff member.*

[REDACTED]

[REDACTED]

[REDACTED]

[REDACTED]

Please describe the named person's role in the city or community's age-friendly initiative:

Deputy City Manager Jon Robinson will provide staff-level project management for the City's age-friendly initiative, with policy guidance from a diverse advisory committee (detailed in Question 4 below), along with Mayor Cabaldon and the West Sacramento City Council. Mr. Robinson is a 16-year employee of the City of West Sacramento, where he served as a redevelopment program manager and division manager in the Community Development department prior to his current position in the City Manager's Office. His responsibility will span all aspects of the project, including: conducting research for the City's self-assessment; organizing staff support from various departments; coordinating community outreach efforts; providing staff support for the advisory committee; managing consultants and/or volunteers engaged to assist with the project; editing written work products; generating positive coverage for the project through social and other media; managing ongoing program evaluation and reporting; and interacting with AARP and other stakeholders to provide a single point of contact for the City.

(You can add an additional sheet of paper if needed.)

3) THE COMMUNITY'S AGE-FRIENDLY ACTIVITIES TO DATE

Please provide a brief summary of the community policies, programs and services that are targeted toward older people and how the community plans to become more age-friendly.

The City of West Sacramento is actively enhancing its existing community policies, programs and services that are targeted towards older people, and evaluating new opportunities to improve the quality of the services it provides to residents in order to become more age-friendly. In 2013 the Community Development department obtained approval for a new general plan housing element that promotes the development of affordable and accessible housing for all ages. The City is currently preparing revisions to other elements of the general plan for consideration by the City Council. The proposed general plan update includes policies that promote healthy living and active lifestyles for all. The Parks and Recreation department offers a wide array of programs and services for seniors in the community, at the city's newly-built Community Center or at one of the many parks and open spaces across the city. The Parks and Recreation department is planning on increasing the number of 'Silver Sneakers' and 'Silver and Fit' (two health and wellness programs sponsored by local healthcare providers) programs in the next few years in order to further serve the growing population of seniors. Once we have the baseline assessment completed, the City plans on creating and gradually implementing the action plan in order to begin the process of continuous improvement and evaluation.

4) COMMUNITY ENGAGEMENT

How will the community engage and involve older people in the process of becoming a more age-friendly?

The City plans to use a variety of means to ensure that the wants and needs of our diverse community are represented in our action plan. Our baseline assessment will integrate traditional mechanisms to involve older adults, including a survey instrument and informational interviews. We will also include emerging measurement techniques, such as the use of existing data sets from our transportation system, housing element, and Parks and Recreation Department to infer the preferences of older adult residents. We intend to spearhead a new model of community engagement that prioritizes big data and predictive analytics to model the behavior of our citizens and uncover indicators that will allow us to monitor and evaluate our progress as we implement the action plan. An advisory committee will be selected from a diverse cross section of West Sacramento residents who serve as commissioners on the city's six boards: Arts, Culture and Historic Preservation, Economic Development and Housing, Environment and Utilities, Parks, Recreation and Intergenerational Services, Planning and Transportation, Mobility and Infrastructure. This advisory committee will assist in the development of an action plan based on the findings of our initial baseline assessment of the eight domains of livability as defined by the World Health Organization.

5) **CROSS-SECTOR COLLABORATION**

Briefly describe the mechanisms the community has or is planning to put in place to facilitate collaborative planning and implementation between different agencies and departments.

Optimal execution of the City's efforts to become more age-friendly will require collaborative planning and implementation among City departments, with other governmental agencies, as well as with private for- and non-profit entities. Within the organization, managing this project centrally out of the City Manager's Office will facilitate a well-coordinated and resourced inter-departmental approach to the project. At the county level, the City has strong working relationships with various Yolo County agencies that serve the City's senior population, including the Yolo County Housing Authority, the Yolo County Transit District; and the departments of Health Services and Employment and Social Services. City staff have relationships with non-profit entities serving seniors. These County-level entities will be kept apprised of the City's work on its age-friendly initiative and their input and expertise will be solicited to help enrich the project. Finally, the City's elected representatives, including the Mayor, City Council members, County Supervisors, the offices of the City's state representatives, and the City's congressional delegation all have strong connections throughout the community that can be leveraged to assure that the City involves the right public and private sector entities to maximize the positive impacts of its participation in the AARP Network of Age-Friendly Communities.