



## Membership Application

To join the **AARP Network of Age-Friendly States and Communities** and the **World Health Organization Global Network of Age-Friendly Cities and Communities**

- If you have questions while completing this form, please email [livable@aarp.org](mailto:livable@aarp.org)
- If you need additional space for answering the questions you may add an additional sheet of paper

### Section 1: COMMUNITY DETAILS

**APPLICATION SUBMISSION DATE: 4/30/2019**

**NAME OF THE COMMUNITY: City of Sacramento**

**STATE: CA**

**POPULATION SIZE: 501,344 (State Dept. of Finance, 2018)**

**PERCENTAGE OF RESIDENTS ABOVE THE AGE OF 60: 15%**

**NAME AND TITLE OF THE ELECTED OFFICIAL SIGNING THE OFFICIAL COMMITMENT: Darrell Steinberg, Mayor**

**OFFICE ADDRESS OF THE SIGNER: 915 I. Street, Sacramento, CA 95814**

### Section 2: COMMUNITY CONTACT for the AARP Network of Age-Friendly States and 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]

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

Coordinate the planning (phase 1) of the Age-Friendly Communities process: 1) Establishing an "Age-Friendly Working Group" to inform the process. 2) Conduct outreach to the community to understand what is needed to help residents age in place. Coordinate and integrate with outreach for the Sacramento 2040 General Plan Update. 3) Complete a baseline assessment of the age-friendliness of the community. 4) Develop Age-Friendly policies and implementation actions included in the Age-Friendly Community Action Plan and incorporated into the 2040 General Plan 5) Identify indicators to monitor progress.

The person named above agrees to be subscribed to the [AARP Livable Communities Weekly e-Newsletter](#), which is one of the primary ways we share useful news and resources. To add additional subscribers, type their names and email addresses into below. Once this application is processed, a subscription confirmation message will be sent so the individual can confirm that they want to subscribe. To subscribe today, follow the link above or visit [AARP.org/Livable-Subscribe](http://AARP.org/Livable-Subscribe).

Remi Mendoza, Senior Planner RMendoza@cityofsacramento.org

### Section 3: COMMUNITY ACTIVITIES, ENGAGEMENTS and COLLABORATIONS

**1) 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 Sacramento 2035 General Plan is the City's blueprint for how the city will grow and provide services to the community. It includes policies to support an age-friendly community (ERC 2.2.15); encourage the development of senior daycare facilities, assisted living facilities, hospice, child care and other facilities in appropriate areas throughout the city (LU 8.2.3); Encourage senior housing (H-3.2.1); encourage universal design in new housing (H-5.1); work with Sacramento Regional Transit to integrate public transit designed to meet the needs of senior and people with disabilities into neighborhoods; and promote alternative, affordable, and accessible housing types located near amenities, transit, and services. The 2035 General Plan also includes policies to support the County of Sacramento as the principal provider of health and human service facilities and services to address the special needs of the disabled, homeless, and senior populations. Paratransit, Inc. has provided demand-response trip booking since 1981. City of Sacramento Youth, Parks, & Community Enrichment Department, Older Adult Services Division provides services and venues for seniors. Activities include the Triple-R Adult Day Program for adults with memory loss; learning programs such as TechConnections, which helps seniors navigate the world of computer and online technology, and a 50+ Wellness Program to promote health and vitality for adults age 50 and older. In addition, the Caring Neighborhoods program is an awareness campaign to promote neighborhood connections to the elderly population within the community. The City of Sacramento Office of Emergency Management coordinates the planning, preparedness, communication, response and recovery during man-made and natural disasters. The 2018 City of Sacramento Emergency Operations Plan includes the prioritization of resources to enable vulnerable people to move out of harm's way.

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

The planning team will hold four to six listening sessions focused on determining what is needed to help residents age in place. In addition, the Livable Communities Survey which is currently being conducted by the Agency on Aging Area 4 will be distributed through the City's communication networks to increase participation by city residents. Outreach for the Sacramento 2040 General Plan Update will be used to further build on information from focused age-friendly surveys and listening sessions. The City of Sacramento has recently initiated its 2040 General Plan update, which will require extensive outreach to people of all age groups from all areas of the City. The 2040 General Plan outreach will be conducted in two phases: Phase 1 will address issues and opportunities, and Phase 2 will address options and alternatives. A wide range of venues and forums will be utilized, such as 1) two rounds of four city-wide workshops focusing on identifying issues and opportunities and evaluating alternatives and options to carry forward into the 2040 General Plan 2) community plan area meetings to gather input that will shape community plan implementation measures 3) neighborhood community meetings to focus on the specific needs of targeted neighborhoods 4) interest-based focus group meetings for a deeper dive into specific topics and issues 5) canvassing to increase public participation 6) a scientific survey involving at least 500 residents 7) tabling at existing community events 8) youth pop-up events that will be fun and interactive. One of the interest-based focus group meetings will be on the topics of youth and aging.

**3) 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.**

As part of this effort, the City of Sacramento will establish an Age-Friendly Working Group comprised of organizations which provide services and/or advocacy for age-friendly communities. This group will assist with planning and focused community outreach, preparation of the baseline assessment, identifying policies and actions, and indicators to monitor progress. In the Sacramento County Adult and Aging Commission will provide feedback on the baseline assessment and draft policies and actions. Integrating the development of the Age-Friendly action plan with the 2040 General Plan Update will facilitate collaborative planning with City departments and other agencies, since the General Plan Update process already includes such collaboration. In addition, many of the members of the Age-Friendly Working Group will have contacts with other pertinent agencies and service providers.

#### Section 4: NETWORK MEMBERSHIP

- Your answers to the following questions will help us complete your membership in the global age-friendly network and better enable us to understand how to support the network.

#### 4) How do you hope to contribute to the AARP Network of Age-Friendly States and Communities and the World Health Organization Global Network of Age-Friendly Communities?

The City of Sacramento hopes to contribute to the broader statewide, national, and even global network of Age-Friendly communities through demonstrating and sharing best practices and leading innovation. As the capital city in California, Sacramento is looked to as a leader for the state, and there is tremendous opportunity for the work that is done in our city that could be modeled and replicated as other statewide leaders observe our efforts. As a former state legislator, Mayor Steinberg has a great opportunity to enhance existing relationships and to develop new ones with agencies at the state level along with other key stakeholders to help expand the Age-Friendly movement in California.

#### 5) What motivated your community to join the AARP Network of Age-Friendly States and Communities and the World Health Organization Global Network of Age-Friendly Communities?

Mayor Steinberg is committed to a city that is livable and sustainable for all age groups. Sacramento has made progress in becoming more age-friendly, but more needs to be done to allow residents to age in place. Joining the AARP Network of Age-Friendly Communities and using AARP’s process and guidance will insure that the input and needs of all ages is considered and incorporated into the Age-Friendly Action Plan and the Sacramento 2040 General Plan.

#### 6) Provide a digital file or link of a logo or other image that represents your community and for which you have reprint rights. The image resolution should be at least 72 dpi. As an example of an image, here's ours:

*Click here to add a link to where we can find your logo. Or, send a JPEG, PDF or PNG of your logo by email attachment to [livable@aarp.org](mailto:livable@aarp.org).*

