



# AGE-FRIENDLY COMMUNITY ACTION PLAN

February 8, 2024 | Planning and Design Commission

# Agenda

- What is the Action Plan?
- Our Process
- Community Priorities
- Sacramento's Age-Friendly Community Action Plan
- Timeline
- Public Comment



PUBLIC REVIEW DRAFT

## AGE-FRIENDLY COMMUNITY ACTION PLAN

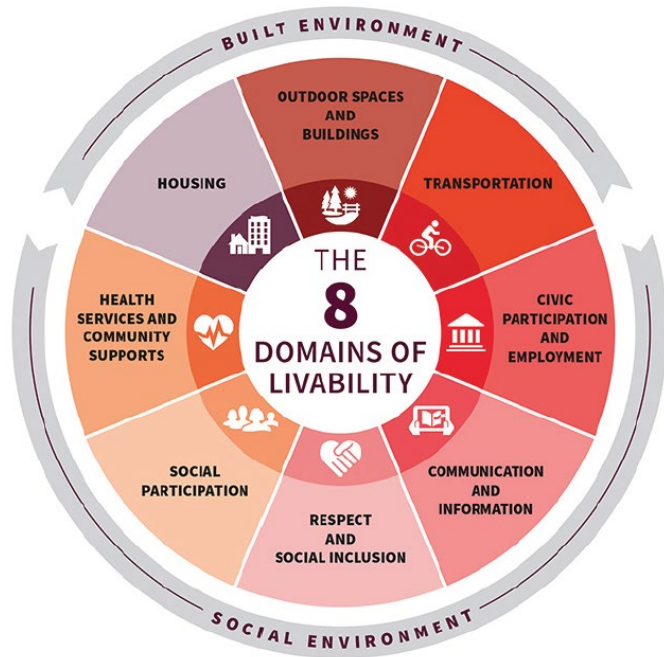
DECEMBER 2023



City of  
**SACRAMENTO**

# What is the Age-Friendly Community Action Plan?

## Framework



## Community Outreach



## Action Plan



# Our Process

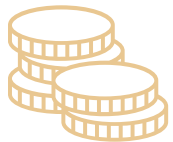


# Community Priorities

## Tier 1



Housing Affordability/  
Home Repairs



Financial  
Stability



Pedestrian  
Friendly

## Tier 2



Transit Access



Older Adult  
Hub Access



Caregiver  
Support



Senior-Youth  
Collaboration

## Tier 3



Expand Reach of  
Senior Centers



Flexible Job  
Opportunities



Expand Outreach  
and Communication

# Sacramento's Age-Friendly Community Action Plan

## INTRODUCTION | 1

### BACKGROUND

According to the U.S. Census Bureau, the number of people aged 65 and older is expected to increase from 2019 to 2034 for the first time in history. This demographic shift represents a change that will have impacts on all aspects of our cities. In response, the American Association of Retired Persons developed its Livable Communities initiative to support the efforts of towns and states across the U.S. in becoming age-friendly for people of all ages. The initiative represents a call for cities to revisit some common planning challenges that have, over time, become more acute due to the needs of families and people. As part of the initiative, the Network of Age-Friendly States and Communities, a network of governments committed to being supportive of residents of all ages.

Recognizing the need to plan for an aging population, Sacramento (City) joined the Age-Friendly States and Communities initiative. The Sacramento Age-Friendly Community Action Plan (Action Plan) represents the part of the City to improve the lives of older Sacramentoans. The plan addresses the specific needs of older adults and provides a framework for the City to take action. This plan is a key component of the City's overall strategy for aging in place. It provides a framework for the City to take action to improve the lives of older adults. It provides a framework for the City to take action to improve the lives of older adults.

### LOCATION AND CONTEXT

The City of Sacramento is located at the confluence of the Sacramento and American Rivers. The river is an important role throughout the city and today provides extensive recreation and entertainment destinations for visitors. Sacramento is the capital and the metropolis of the Central Valley. It is a center for politics, business, and culture in the region. In 2019, Sacramento was the fastest growing big-city in California with a growth rate of 1.4 percent. The city has a broad range of neighborhood types and a central city area that has developed in the north and south. Dubbed the "City of Trees," Sacramento has abundant urban forest as well as parks, and trails, including the River Bike Trail, a 32-mile bike trail.



The Sacramento River has played a key role in shaping the history of the city.

## COMMUNITY PROFILE | 2

## ACTION PLAN | 3

Building on the findings of the community needs assessment and community input, this chapter outlines a 3-year action plan to enhance the health and quality of life for older adults. The chapter is organized into the following seven sections which align with AARP's 8 Domains of Livability:

-  **1. OUTDOOR SPACES AND BUILDINGS**  
Domain: Outdoor Spaces and Buildings
-  **2. TRANSPORTATION**  
Domain: Transportation
-  **3. HOUSING**  
Domain: Housing
-  **4. RESPECT, INCLUSION, AND SOCIAL PARTICIPATION**  
Domains: Respect and Social Inclusion; Social Participation
-  **5. WORK AND CIVIC ENGAGEMENT**  
Domain: Civic Participation and Employment
-  **6. COMMUNICATION AND INFORMATION**  
Domain: Communication and Information
-  **7. COMMUNITY AND HEALTH SERVICES**  
Domain: Health Services and Community Supports

Each section starts with a summary of conditions, trends, and challenges, providing context for a goal that represents a desired outcome or vision to be achieved. In turn, each goal is supported by implementing actions that represent specific steps the City, supported by community organizations and other agencies, could take to further the goal. These actions will include the City department(s) responsible for implementation, a timeframe, and a reference to relevant policies or

actions from the 2040 General Plan in parentheses. These actions are consistent with the 2040 General Plan and are feasible and implementable in this action plan's short 3-year time frame. Additionally, the general plan has other relevant long-term actions that demonstrate the City's commitment to actively work towards making the city a great place to live for people of all ages.

## APPENDIX A | Actions in Progress or Existing Programs

Table A-1: Actions in Progress or Existing Programs for Outdoor Spaces and Buildings

### ACTIONS IN PROGRESS OR EXISTING PROGRAMS

Action or Program	Description
City Park Directory	Provides info on Sacramento parks, amenities, fees, ramps and parking.
Parks Plan 2040	Planning guide for recreation and maintenance programs to communities.
Parks Project Programming Guide	Identifies, evaluates, and submits projects for funding.
Neighborhood Walks	Walking group for older adults in neighborhood to walk outside Center location.
ADA Accessible Community Garden Beds	Eight community accessible paths.

## APPENDIX B | Suggestions for Future Updates

The table below shows additional suggestions that were explored through the creation of this plan. These suggestions were not implementable within the Action Plan's 3-year timeframe due to funding or staffing, but can be explored in future updates of this Action Plan.

Table B-1: Suggestions for Future Updates

Domain	Suggestion
Housing	Work with State-based organizations who need affordable housing for intergenerational homeowners.
Housing	Study the feasibility of potentially providing older adults with social isolation.
Respect, Inclusion, and Social Participation	Conduct a community survey of ageism, information, and accommodations.
Work and Civic Engagement	Develop a program for older adults to serve on commissions annually to the City.
Community and Health Services	Collaborate with seniors and others to target health services.
Community and Health Services	Extend Older currently offered employees as Sacramento.
Community and Health Services	Review City employment to make them more City employees.

## APPENDIX C | Community Needs Assessment

### Sacramento Age-Friendly Community Action Plan: Community Needs Assessment

#### Table of Contents

1 Introduction.....	1
2 Demographics.....	1
3 The Eight Domains of Livability.....	6
3.1 Outdoor Spaces & Buildings.....	6
3.2 Transportation.....	7
3.3 Housing.....	10
3.4 Social Participation.....	14
3.5 Respect and Social Inclusion.....	15
3.6 Work and Civic Engagement.....	17
3.7 Communication and Information.....	19
3.8 Community and Health Services.....	21
4 Key Takeaways.....	22

# OUTDOOR SPACES AND BUILDINGS



## GOAL

Increase accessible, welcoming buildings, and public spaces within the city.

Public spaces are an important part of any community and people of all ages should have access to these spaces to gather, socialize, relax, and exercise. The Department of Youth, Parks, and Community Enrichment (YPCE) is responsible for managing over 230 neighborhood, community, and regional parks and parkways, comprised of over 4,000 acres of open space for residents and visitors. YPCE also oversees close to 20 community centers across Sacramento in addition to the Ethel Hart Senior Center, almost 20 community gardens, and nearly 20 pools.



Large canopy trees in historic Elmhurst Neighborhood

Based on the AAA4 survey of older adults, the majority (64 percent) of Sacramento respondents expressed satisfaction with the number of well-maintained and safe parks within walking distance of their home. Additionally, data from the California Department of Parks and Recreation indicates that only a small portion (8 percent) of residents in Sacramento live further than a half mile from a park. Nonetheless, an ongoing update to the City's Parks Plan 2040 is considering options to address gaps in park accessibility that are correlated to other equity metrics in the city. Sacramento aims to further foster age-friendliness and inclusivity by directing efforts towards addressing park needs in disadvantaged communities. Similarly, policies in the City's 2040 General Plan and Climate Action & Adaption Plan are included to improve the comfort, safety, and climate resiliency of City parks and recreational

facilities for all users, such as enhancing landscaping, and protecting and enhancing Sacramento's urban forest.

In addition to parks and open space improvements, the City is engaged in ongoing efforts to increase compliance with Americans with Disabilities Act (ADA) standards across its building and outdoor spaces. For example, the City is currently increasing the number of ADA accessible garden beds at community gardens managed by the City. Additionally, the City is preparing an ADA Transition Plan for City Facilities, which will improve the accessibility and age-friendliness of existing facilities.

## ACTIONS

**OSB-A1** Explore opportunities to create a more comfortable public realm for pedestrians by promoting the use of heat mitigation strategies to reduce temperatures in the public realm, particularly near light rail transit (LRT) stations and along transit corridors. (*General Plan ERC-A.4*).

**Responsible Departments:** Community Development Department (lead); Department of Public Works  
**Target Completion:** Year 3

**OSB-A2** Address the needs of Sacramento seniors as part of the Parks Plan 2040 update process, and Park Project Programming Guide by involving older adults in identifying amenities, programming and other actions that increase the use of park facilities by older adults. (*General Plan YPRO-1.2, YPRO-1.12, YPRO-1.24, YPRO-A.1*).

**Responsible Departments:** Department of Youth, Parks, and Community Enrichment, Park Planning and Development Services  
**Target Completion:** Year 3

**OSB-A3** Explore funding mechanisms and grant opportunities to facilitate the retrofit of existing City facilities for Americans with Disabilities Act compliance. (*General Plan YPRO-1.26*).

**Responsible Departments:** Department of Youth, Parks, and Community Enrichment, Park Planning and Development Services (lead); Public Works Department, Facilities and Real Property Management and Engineering Services Division  
**Target Completion:** Year 3

**OSB-A4** Consider reviewing and adopting the Americans with Disabilities Act Transition Plan Update for City Facilities. (*General Plan LUP-8.9*).

**Responsible Departments:** Public Works Department, Facilities and Real Property Management and Engineering Services Division  
**Target Completion:** Year 3



Walking path at McKinley Park

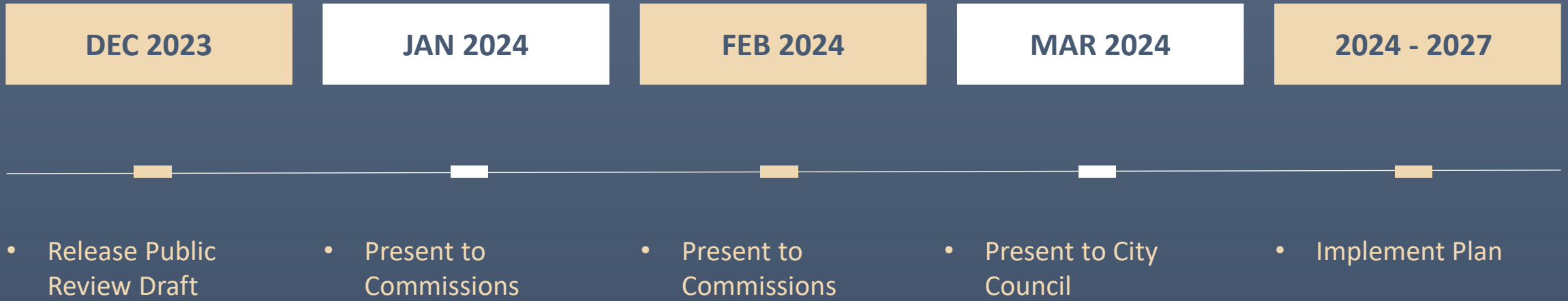
# Actions Table

- 1 Description
- 2 Target Completion
- 3 Responsible Department
- 4 General Plan Reference
- 5 Reference Number

ACTIONS		
5	OSB-A1	Explore opportunities to create a more comfortable public realm for pedestrians by promoting the use of heat mitigation strategies 1 to reduce temperatures in the public realm, particularly near light rail transit (LRT) stations and along transit corridors 4 (General Plan ERC-A.4).
		<b>Responsible Departments:</b> 3 Community Development Department (lead); Department of Public Works <b>Target Completion:</b> Year 3 2
	OSB-A2	Address the needs of Sacramento seniors as part of the Parks Plan 2040 update process, and Park Project Programming Guide by involving older adults in identifying amenities, programming and other actions that increase the use of park facilities by older adults. (General Plan YPRO-1.2, YPRO-1.12, YPRO-1.24, YPRO-A.1).
		<b>Responsible Departments:</b> Department of Youth, Parks, and Community Enrichment, Park Planning and Development Services <b>Target Completion:</b> Year 3
	OSB-A3	Explore funding mechanisms and grant opportunities to facilitate the retrofit of existing City facilities for Americans with Disabilities Act compliance. (General Plan YPRO-1.26).
		<b>Responsible Departments:</b> Department of Youth, Parks, and Community Enrichment, Park Planning and Development Services (lead); Public Works Department, Facilities and Real Property Management and Engineering Services Division <b>Target Completion:</b> Year 3
	OSB-A4	Consider reviewing and adopting the Americans with Disabilities Act Transition Plan Update for City Facilities. (General Plan LUP-8.9).
		<b>Responsible Departments:</b> Public Works Department, Facilities and Real Property Management and Engineering Services Division <b>Target Completion:</b> Year 3



# Timeline



# How to Submit Public Comments Online

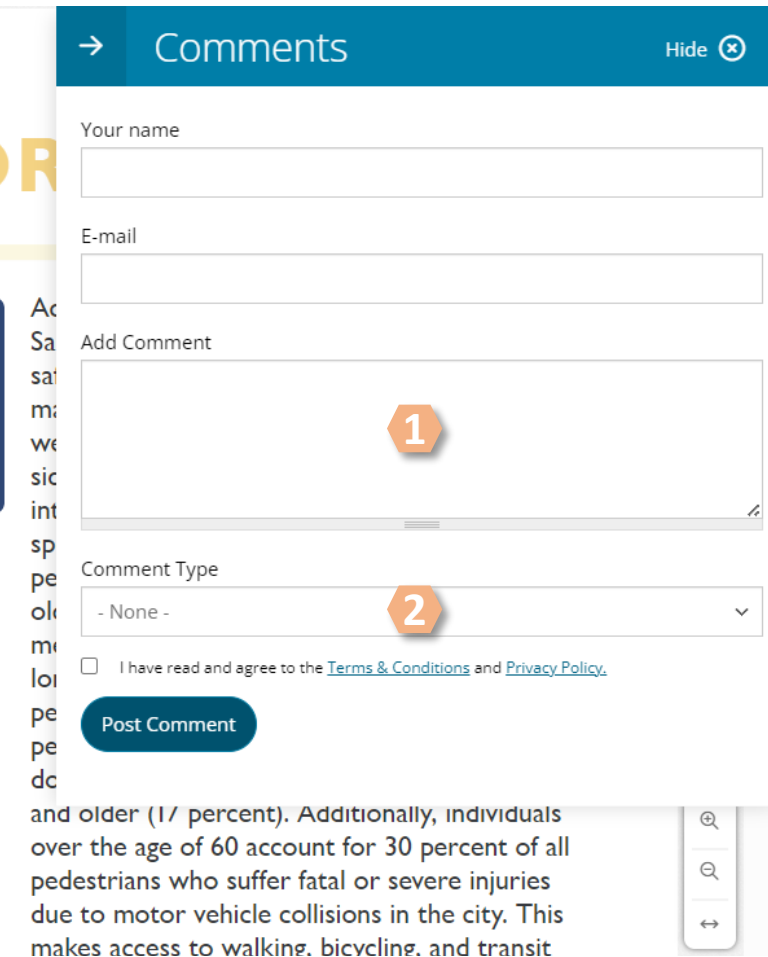
- Visit [sacramento.konveio.com/age-friendly](https://sacramento.konveio.com/age-friendly)
- Click anywhere in the document to add a comment.
- Fill in your name and e-mail address.
- 1 Write your comment in the box.
- 2 Use the dropdown menu to select the Comment Type.
  - Suggestion or Question
- Submit your comment by clicking **Post Comment**
- Public comments may be submitted until **February 9, 2024**.

## TRANSPORTATION

### GOAL

*Provide safer, accessible, and convenient transportation options for older adults.*

Sacramento offers a wide range of transit and paratransit systems, including light rail and on-demand transit options, along with a growing network of bicycling facilities. Despite these options, residents in many neighborhoods still find it necessary to rely on a car or other personal vehicle to complete most of their trips in a reasonable and timely manner. For example, as of 2018, only 11 percent of residents had access to frequent transit service (service every 15 minutes or less) within a quarter of a mile from their home.



→ Comments Hide

Your name

E-mail

Add Comment

Comment Type

- None -

I have read and agree to the [Terms & Conditions](#) and [Privacy Policy](#).

Post Comment

# Thank you.

- For questions or additional comments, please contact:

Andrea Villarroel at [AVillarroel@cityofsacramento.org](mailto:AVillarroel@cityofsacramento.org)