

City of Sacramento  
**Parks and Community Enrichment Commission Report**  
915 I Street Sacramento, CA 95814  
www.cityofsacramento.org

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**File ID:** 2024-01593

11/7/2024

**Discussion Item 8.**

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**Older Adult Services and Access Leisure Program Update**

File ID: 2024-01593

**Location:** Citywide

**Recommendation:** Receive and discuss.

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Department of Youth, Parks, and Community Enrichment

**Presenter:** None

**Attachments:**

1-Description/Analysis

**Description/Analysis**

**Issue Detail:** The Youth, Parks, and Community Enrichment Department oversees one senior center and three licensed adult day programs citywide.

Below is the list of locations:

North Sacramento

Club Refresh- Triple-R Adult Day Program

- located at Woodlake Elementary School
- licensed adult day for people with early-stage memory loss

Midtown Sacramento

Ethel MacLeod Hart Senior Center

- Also houses a Triple-R Adult Day Program

South Sacramento

Triple-R Adult Day Program

- located at South Hills Shopping Center
- one block from Belle Coolegge Community Center

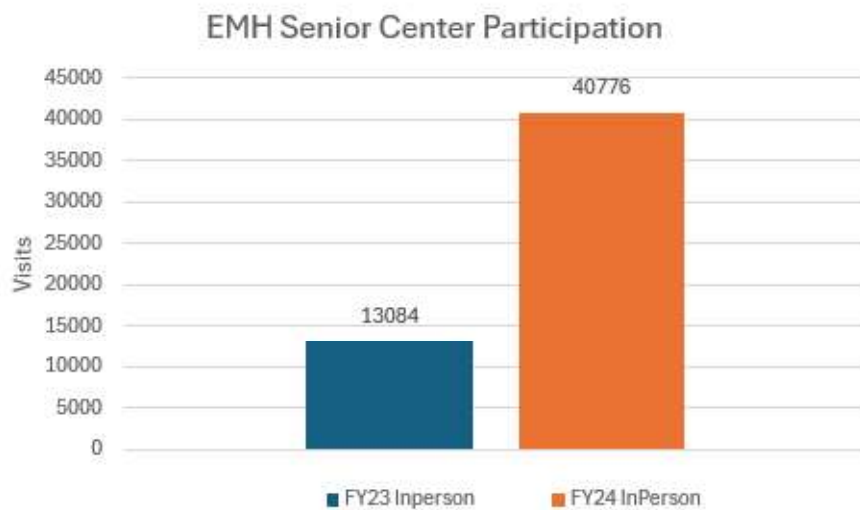
The Ethel MacLeod Hart Senior Center is the hub of senior services for YPCE. In addition to providing a wide array of activities and support services, the center is a gathering place for people to connect and discover the joys of life after age 50. The EMH Senior Center operates Monday through Friday 8:00am-5:00pm.

YPCE operates three licensed adult day programs citywide to provide affordable and reliable respite care for families taking care of a loved one with dementia. Triple-R Adult Day Program sites are conveniently located throughout the city. Club Refresh is an early-stage memory loss program open Monday through Thursday 9:00am-2:00pm. The Triple-R sites located in the EMH Senior Center and South Hills Shopping Center operate Monday through Friday 8:00am-5:00pm and starting in the fall, Saturday respite will be available at the EMH Senior Center location.

In addition to these senior focused services, community centers provide robust opportunities for older adults as outlined in the update provided at the last meeting.

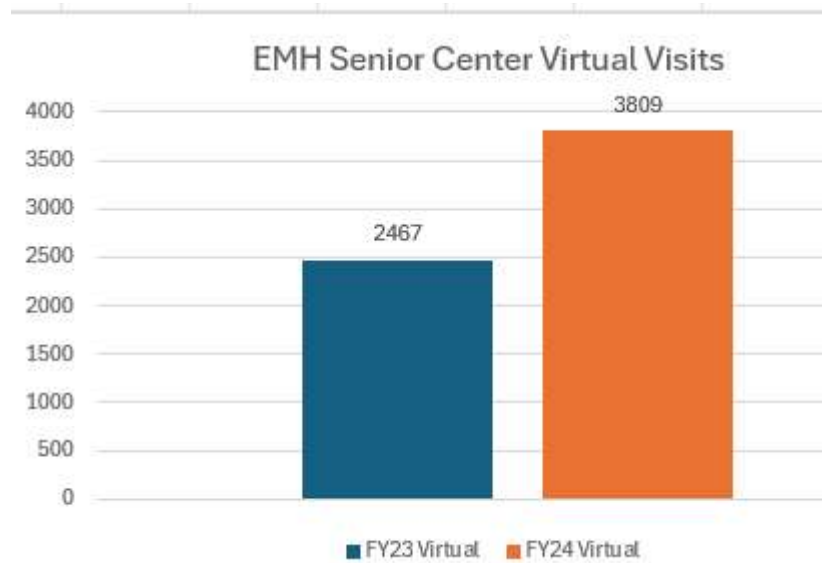
### Participation

In 2023, EMH Senior Center saw a surge in return to in-person attendance with over 40,776 visits for a variety of activities including, but not limited to, exercise, community gardening, arts and crafts, writing, book club, Meals on Wheels and health education workshops.

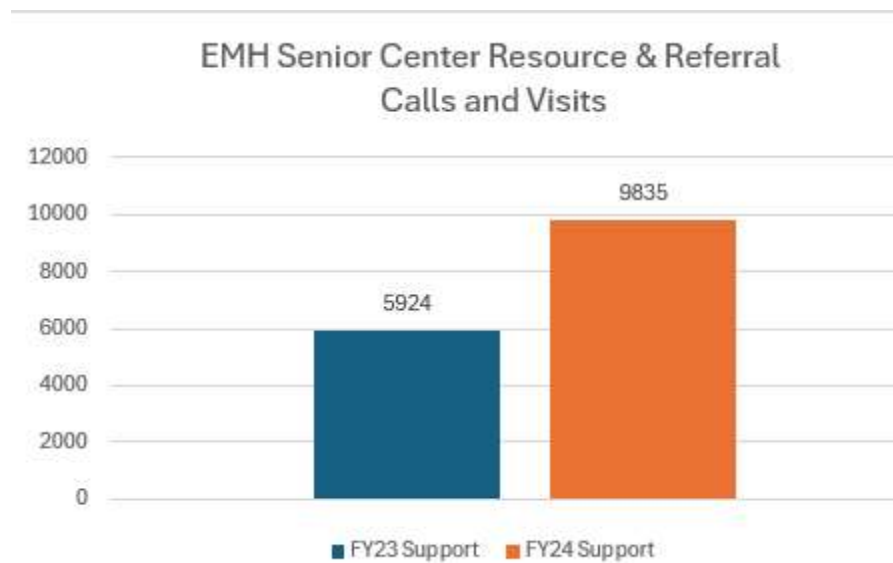


Virtual offerings, though less popular overall than in-person offerings, have a small but very loyal following and participation increased from FY23 to FY24 through the offering 8-10 activities per

month of over 100 activities online. Virtual offerings are now a core part of senior programming and will likely grow in future years.



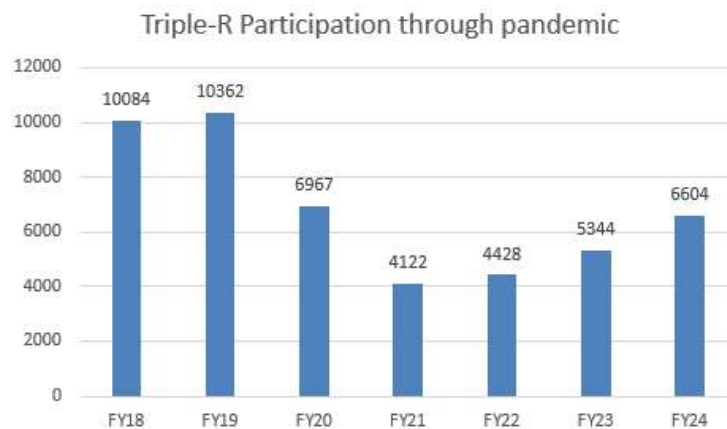
In addition to social activities, the senior center acts as a resource center providing tax assistance, meal and utility assistance referral, support groups, food box distribution and more. In FY24, the front desk staff at the senior center helped more than 9,800 seniors through drop in visits or phone calls.



Triple R:

YPCE’s Triple-R program has been in operation for 32 years and is licensed as an Adult Day Social Model Program through the State of California, Community Care Licensing. This program is one of the few city-operated adult day programs in California. Connecting socially, feeling a part of the community, and sensing joy are critical experiences throughout the lifespan. Recognizing that older adults with dementia were at risk of being left out of this life experience, YPCE opened the first Triple-R program inside the Ethel MacLeod Senior Center in 1992 placing a priority on providing individualized, person-centered care for the older adult with dementia and quality respite, education and resources for the family caregiver. Triple-R, which stands for Recreation, Respite and Resources, has expanded to include two additional sites over the years to provide service throughout the city, but has never lost focus on providing a safe environment that supports the physical and cognitive health of seniors with dementia and allows for vital community connection. Family caregivers regularly use Triple-R services to be able to continue working.

During FY23, Triple-R received vital staff support to rebuild participation following the pandemic through a \$350,000 two-year grant through the State of California. As part of the grant, Triple-R was selected along with six other adult day programs in the state to use Triple-R as a model program to create a modernized Alzheimer’s care model and to assist the state with developing best practices of care.



As you can see in the chart above, Triple-R averaged over 10,000 days of respite for family caregivers before the pandemic. Triple-R moved to virtual programming from March 2020 to June 2021. Since returning to in-person care, participation has been slow to rebuild up to pre-pandemic levels. There are several reasons for this, but an important one is referrals.

Triple-R’s best marketing is word of mouth from current participants, so having exponentially lower participation has also reduced the number of referrals received by the program. Getting the word out about this important community resource is vital to its success and YPCE welcomes PCEC commissioners getting the word out about the program to their communities.

### Access Leisure- Adaptive Recreation Specialized and Inclusive Programming

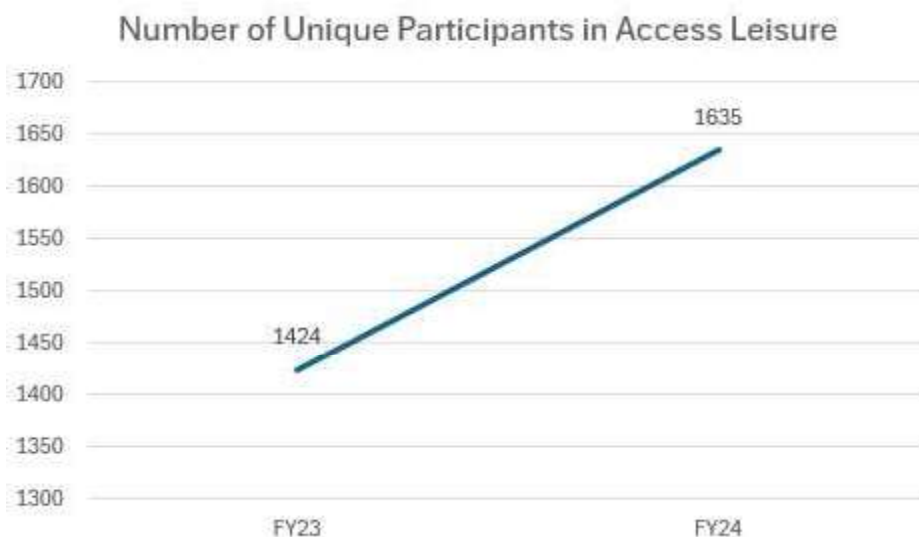
#### Background

YPCE’s Access Leisure program has provided specialized and inclusive opportunities for people with disabilities for over 50 years. The mission of Access Leisure is to provide enhanced life experiences to people with disabilities through accessible recreation programs and inclusive services. Specialized programs include a variety of recreational and competitive sports, social and leisure functions, outdoor education, and day camping adventures. Activities are offered throughout the city, including River Cats Independence Field, Pannell Meadowview Community Center and Pool, Belle Coolegge Community Center, Southside Clubhouse and EMH Senior Center.

#### Participation

##### Specialized Recreation

In FY24, Access Leisure hosted 84 social opportunities for kids ages 5-17 and 191 social and sports opportunities for adults ages 18-24 as part of YPCE’s specialized adaptive recreation program. A total of 1,655 individuals were served, which is a 12% increase in participation from FY23.



Specialized Adaptive Recreation Programs scheduled for last summer/fall 2024 include, but are not limited to, the following programs: Adaptive Cycling, Adaptive Swim, Adult Aqua & Social Swim, Aqua Aerobics for Teens, Pickleball, Wheelchair Basketball, Goal Ball, Book Club and Game Nights, Paint & Sip, Teen Night Out, Arts & Crafts, Bingo, Karaoke, Formal Dances, Line Dancing, Zumba, Movie & Pizza Nights, Field Trips (such as River Cats Games) and afterschool Teen Hangout. Registration for these programs is now open through the [Come Out and Play](#) (COAP) catalog.

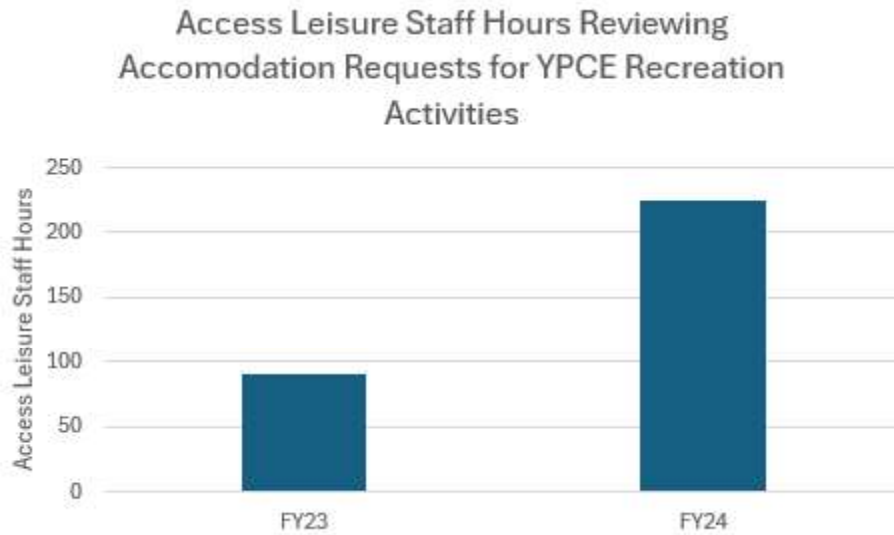
New offerings in FY24 included a local week-long summer camp held at the North Natomas Community Center serving 20 participants, Adaptive Pickleball at Pannell Meadowview Community Center and a Sensory Swim to allow for youth ages 3-12 with disabilities and different sensory needs to enjoy the water without having to navigate a busy public pool. These programs will also be offered in FY25.

Popular special events such as Inclusive Playdates, field trips to River Cats games, visiting a Farmer's Market and several special themed dances, including Hawaiian Dance, Fall Formal, Halloween Dance and Thanksgiving Dance and Sweet Dessert will be held throughout the fall. Community outings are fun, but also pose an important opportunity to teach participants social life skills that can be practiced in their everyday lives.

### **Inclusive Recreation**

The City of Sacramento is committed to ensuring full access to employment, programs, services, and activities, including facilities, parks and recreation, and public right of way for the benefit of persons with disabilities. YPCE staff from all divisions work together to encourage and support those seeking reasonable accommodations to participate in any YPCE program. An inclusion request can be made when signing up for a YPCE activity through the Come Out and Play (COAP) catalog and Access Leisure staff takes the lead to review and make recommendations for accommodation.

YPCE had an increase in inclusion service requests between FY23 and FY24. This is likely due to the increased number of people participating in in-person programming post-pandemic. This resulted in a 40% increase in time Access Leisure staff worked in leading inclusion request reviews.



YPCE staff will continue to work together to outreach to the community about the opportunities for both specialized and inclusive opportunities for people with disabilities.

**Policy Considerations:** Not applicable.

**Economic Impacts:** None.

**Environmental Considerations:** Not applicable.

**Sustainability:** Not applicable.

**Commission/Committee Action:** Youth, Parks, and Community Enrichment provides annual updates to commission on Older Adult Services and Access Leisure Programming.

**Rationale for Recommendation:** Not applicable.

**Financial Considerations:** Not applicable.

**Local Business Enterprise (LBE):** Not applicable.