



Age-Friendly Sunnyvale Three Year Action Plan

Tracey Gott, Community Services Manager
Library and Community Services Department
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Age-Friendly Sunnyvale

- Overview
 - ◆ Background of Age-Friendly
 - ◆ Library and Community Services Department's Age-Friendly Action Plan



Sunnyvale

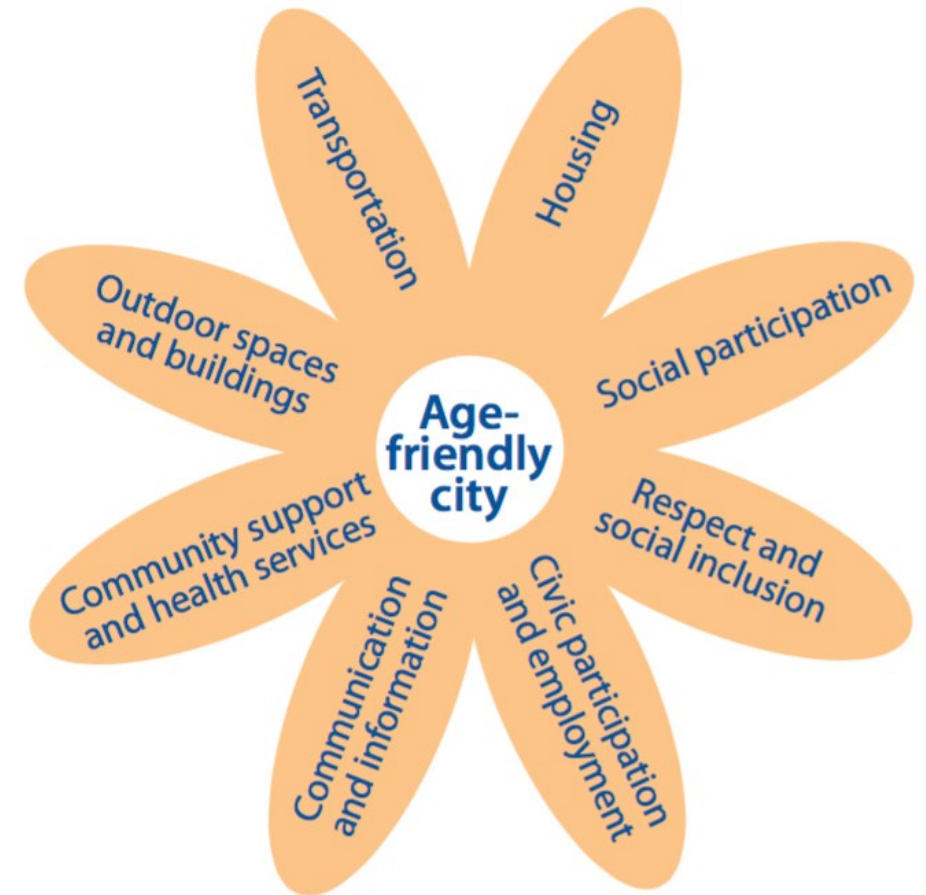


WHO Global Network
for Age-friendly Cities
and Communities

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What is an Age-Friendly City?

- A city whose elected officers have made the *commitment* to actively work toward making their town, city, county or state a great place for people of all ages
- Research was done throughout the world by WHO to determine what amenities optimize and enhance the quality of life for residents as they age



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Sunnyvale was designated an Age-Friendly City in 2017

- Santa Clara County became the first county in the country to have all of its cities receive an Age-Friendly designation
- To be designated as an Age-Friendly, each City submitted an application to WHO and/or AARP and committed to developing a three-year action plan highlighting current and proposed Age-Friendly actions



Growth of Sunnyvale's Older Adult Population

1970	2018	2060
4.5%	11%	Approx. 25%

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Purpose

- 1) Leverage the activities of all City Departments to maximize Age-Friendly Outcomes.
- 2) Share data from assessments with other City Departments to use in General Plan implementation or Study Issues.
- 3) Provide a framework that the Senior Center can use to implement age-friendly initiatives.
- 4) Re-frame the City's perspective on its aging population.
- 5) Promote resource sharing to support livability for all ages.

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Assessments Used in Action Plan Development

- Age-Friendly Community Survey
- Focus Groups
- Meetings with other City Departments
- Review of AARP Livability Index



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Action Plan – Outdoor Spaces and Buildings

Goal: Promote Sunnyvale as a safe and accessible city for all ages.

Objectives:

1. Promote pedestrian safety among older adults in the community.
2. Provide a forum for older adults that promotes walkability, safe transit options and information sharing among providers.
3. Utilize parks to promote exercise and programming opportunities.
4. Educate local retailers in age-friendly practices.

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Action Plan – Transportation

Goal: Provide access, resources, and opportunities for older adult mobility options.

Objectives:

1. Develop a transportation guide for older adults to encourage use of alternative mobility options.
2. Continue offering driver safety classes.
3. Library and Community Services staff will conduct a feasibility study on the development of a pilot transportation program.
4. Library and Community Services staff will study the potential of Senior Safety Zones around the Senior Center and other senior housing facilities.

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Action Plan – Housing

Goal: Promote existing and develop new resources that enable older adults to stay in their current housing.

Objectives:

1. Promote visibility of available housing resources.
2. Provide education on home safety and home modifications programs.
3. Provide workshops on existing housing programs, including home safety and modifications. (e.g., affordable home repair programs).

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Action Plan – Social Participation

Goal: Create opportunities within the community for social participation through new partnerships and services.

Objectives:

1. Explore partnerships with local community-based organizations to address gaps in services offered at the Senior Center.
2. Explore providing membership or program scholarships.
3. Expand programming to alternative sites throughout the City.

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Action Plan – Social Participation

Goal: Maintain and increase older adult access to technology, helping older adults stay connected with the community.

Objectives:

1. Promote digital literacy among older adults through partnerships with the Library and other community partners.
2. Provide workshops and classes to educate older adults on current technology advancements.
3. Maintain the Senior Center computer lab with current technology and assistance.

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Action Plan – Respect and Social Inclusion

Goal: Explore adapting our current services and programs to support older adults with disabilities or disabling conditions.

Objectives:

1. Increase programming opportunities for older adults with disabilities.
2. Increase awareness of dementia-friendly practices in the Community Center.
3. Develop an inclusion strategy.

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Action Plan – Civic Participation and Employment

Goal: Connect older adults with volunteer and employment opportunities.

Objectives:

1. Promote job opportunities and provide employment workshops / trainings for older adults.
2. Promote volunteer opportunities and provide volunteer trainings.

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Action Plan – Communication and Information

Goal: Promote Senior Center diversity through culturally appropriate programs and communication strategies.

Objectives:

1. Ensure that all program and service information is available across multiple formats and culturally accessible.
2. Work with Communications to identify and explore strategies to improve usability of the Senior Center website.
3. Coordinate information sharing about culturally diverse programs for older adults among community partners.

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Action Plan – Community Support and Health Services

Goal: Increase health and wellness services and programs for older adults.

Objectives:

1. Assess current health and wellness services provided within the Senior Center, local hospitals, and/or community health organizations.
2. Offer targeted programs, with a focus on evidence-based programs (EBP's) to meet specific needs of older adults' health conditions. Identify alternative caregiver programs and services that could be offered through partner organizations or the Senior Center.

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Action Plan – Community Support and Health Services

Goal: Increase awareness of and inclusion of older adults in emergency preparedness planning.

Objectives:

1. Identify and partner with local agencies to provide emergency preparedness trainings for older adults throughout the City.
2. Develop a plan to address potential service gaps for isolated older adults in an emergency.

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What's Next

- Begin holding quarterly Age-Friendly steering committee meetings.
- Recommend that City Manager approve the Age Friendly Action Plan.