CIVIC ENGAGEMENT AND EMPLOYMENT

To what extent do older people have opportunities to participate in community decision making? And do older people have ample opportunities to contribute their experience and skills to the community in paid or unpaid work?

GOAL 1: Enhance political interest in aging issues and city involvement in senior concerns by providing easy access to civic activities.

1. Consider daytime meetings or access through virtual platforms like Zoom.

   Notes: Night meetings can be difficult for older adults who may be uncomfortable driving at night. Zoom access needs to be backed by technology support to ensure access.

2. Ensure age-friendly issues are communicated to all citizens.
3. Encourage older adult involvement with the local schools through volunteering and participation at School Board meetings.
4. Ensure that civic meeting spaces are age-friendly. Including – hearing devices, comfortable seating, access to restrooms, etc..
5. Promote opportunities for transportation to civic meetings.
6. Offer ways for citizens to report potential gaps or suggestions for additional enforcement of City codes.

GOAL 2: Enhance volunteer engagement among seniors by increasing the age-friendliness of volunteer opportunities and providing easy access to information.

1. Work to connect older adults with volunteer opportunities offered by local non-profits.
2. Consider offering an older-adult job and volunteer opportunity fair. This could be a standalone event or built into an existing event.
3. Create or promote a virtual message board for job and volunteer opportunities.
4. Campaign to get volunteer opportunities for all ages and abilities. Encourage organizations to offer volunteer work for various abilities.

GOAL 3: Make local businesses and employment opportunities age-friendly. Create employment opportunities of seniors and prepare seniors to "re-enter" the workforce.

1. Create or promote a campaign to remove age and birthdate from job applications.
2. Develop/provide training for personnel in communicating with elderly adults.
3. Create hiring path for youth for odd jobs and part-time retail (program through rec. dept.).

GOAL 4: Support local businesses through active engagement with citizens

1. Draw Lafayette residents to downtown businesses with free/low cost shuttle service on Mt. Diablo Blvd..
2. Have a discount day for seniors to shop locally.
3. Have benches on street where people can rest between stores.
4. Develop materials to give out to new arrivals to Lafayette to learn about activities and businesses available in the city- "Welcome Wagon" gift materials.

COMMUNICATION AND INFORMATION

This domain focuses on promotion of and access to technology to keep residents of all ages connected to community, friends and family, and ensures that community information is disseminated to all residents through a variety of means.

GOAL 1: Ensure that senior residents and their support systems are able to easily access information and services related to aging.

1. Provide information to the senior membership and other older adult support organizations.
2. Work collaboratively to provide offerings to wider audiences of older adults.
3. Provide information in many forms of media, including print, email, newspaper, social media, online forums, websites, etc.
4. Create social media presence: Facebook, Instagram, YouTube, etc..

GOAL 2: Promote accurate information and vetted resources/services through outreach to seniors and their caregivers.

1. Promote CERT and other Emergency Preparedness Commission information to older adults.
2. Promote vetted older adult services. Examples: Trust docs, DPOA, Advance Health Care Directive, Trust, etc.; County resources, etc.

GOAL 3: Encourage the community to promote an Age-Friendly cultural attitude.

1. Incorporate age-friendly ideas, programs and concepts into the General Plan.
2. Age-friendly presence at community events with informational handouts and fun message-driven prizes, (buttons, lanyards, etc.).
3. Speak at School events.
4. Speak at Community events.
5. Regular lectures promoting age-friendly living to other boards and organizations.
6. Regular age-friendly reminders in the Weekly Round Up.

GOAL 4: Ensure older adults have the tools they need to send and receive communication effectively.

1. Provide and promote one-on-one technology support.
2. Provide and promote social media support.
3. Provide and promote access to age friendly technology such as phones that assist with hearing and vision impairments.

COMMUNITY AND HEALTH SERVICES

To what extent do older people have the resources, access, and availability of quality social, community support, and health services they need to stay healthy and maximize independence?

GOAL 1: Increase awareness of and participation in health and wellness activities focused on healthy aging.
1. Create or promote wellness check opportunities of older adults.
2. Provide and promote information regarding Medical Facilities, Medicine disposal, Vial of life and similar programs, Non-Emergency Medical Transportation, Affordable Healthcare, Affordable homecare, Adult Daycare, Prescription delivery services.
3. Promote mental healthcare programing.
4. Campaign to encourage physical fitness and healthy diet.

GOAL 2: Increase support for caregivers charged with supporting older adults.
1. Create or promote caregiver relief programs and caregiver support groups.
2. Promote mobile healthcare and dental options.

GOAL 3: Promote and expand health and wellness initiatives that foster healthy physical and mental aging.
1. Work with the Environmental Task Force to review their plans and educate older adults about ways they can participate in environmental efforts. Example from domain meetings included Purple Air monitors.
2. Create and promote transportation to health and wellness programs.
3. Partner with local health providers to create and promote health and wellness programing.
4. Identify and promote opportunities for older adults to get the resources they may need. Examples: Grab bars, specialty equipment, emergency kits
5. Encourage Automated External Defibrillators (AED) in public spaces and the inclusion or addition of large signage to indicate the presence of an AED.

GOAL 4: Create and promote community-based support program opportunities.
1. Help get garbage to the curb campaign.
2. Senior menu programs with affordable healthy options.

EMERGENCY PREPAREDNESS

Are older adults prepared for local emergencies and is the community prepared to support older adults during emergencies or natural disasters?

GOAL 1: Enhance citizen awareness of the need to prepare for emergencies including wildfires and earthquakes.
1. City Council to declare April (Earth Month) Preparedness Month.
2. Bi-Yearly update and distribution of Emergency Evacuation Handbook.
3. Encourage people to sign-up for Community Warning System (System provides directions for what to do in case of emergencies).
4. Encourage Lafayette Business and Chamber of Commerce Members to give discounts on emergency supplies.
5. Encourage citizens to take CERT(Community Emergency Response Team) training and Citizen's Police Academy.
6. Install signs to direct people to AEDs (Automatic External Defibrillator) (All public facilities must have AEDs)
7. Create City banners reminding people to have 'Go Bags Ready'.
8. Purchase generators and or batteries for loan to people with health needs & limited mobility.
9. Include "GO BAG" list as resource on City's website.

GOAL 2: Promote, develop or organize groups within the City to distribute information on Preparedness and Crime Prevention
1. Work with Homeowners Associations to develop a 'how to' brochure on organizing neighborhood watch groups.
2. Encourage at least one CERT trained person from each Neighborhood group.
3. Distribute a brochure encouraging neighbors to join NIXLE and Community Warning System.
4. Inform citizens about scams and unlicensed contractors through classes, brochures, website information, email and social media.
5. Remind drivers of safe driving habits particularly near schools, though classes, brochures, website information, email and social media.

GOAL 3: Enlist businesses and retailers to participate in activities related to Emergency Preparedness
1. Regularly notify Chamber of Commerce of preparedness activities that would affect their members.
2. Participate in annual Art and Wine Festival with informational materials.
3. Encourage Lafayette Business and Chamber of Commerce Members to give discounts on emergency supplies.
4. Create or find brochure for pet related businesses and organizations to distribute to prompt clients to prepare for pet evacuations.

GOAL 4: Update City Codes and facilities to the highest standards for Emergency Preparedness
1. Ensure Microwave towers licensed in City have backup capabilities.
2. Encourage or require all new large construction to have underground electrical lines.
3. Work with neighborhood groups to carryout 'Firewise' brush removal.
4. Identify and cooling stations within the City for citizens without power due to shut-offs.

HOUSING

To what extent do older people have housing options that are safe, affordable and allow them to maintain dignity and choice as their needs change?

GOAL 1: Create innovative ways to promote aging in place and expand the current resources that allow older adults to remain in their homes as they age.
1. Research and promote ways that Accessory Dwelling Units can be used to support aging in place and promote opportunities to the community, to assist with City housing unit requirements.
2. Promote and provide transportation opportunities a that allow older adults to remain in their homes.
3. Encourage National Night Out as an opportunity to get to know your neighbors. Encourage neighbors to work together to support the needs of older adults in their neighborhoods.
4. Promote opportunities for free or low-cost home safety inspections.
5. Design new homes in ways that allow individuals to alter their home to fit various life stages and needs. Example, stacked closets that can turned into an elevator.
6. Promote low cost insurance opportunities for seniors.

GOAL 2: Develop incentives to increase the inventory of affordable and accessible senior housing options.
1. Research home-swapping opportunities and programs for older residents wanting to downsize swap houses with growing families living in small house who want larger house.
2. Promote affordable housing opportunities to older adults in the community.

GOAL 3: Increase and promote community awareness of alternative, age-friendly housing options, home modification opportunities, and universal design.
1. Promote home sharing, cohousing and multifamily programs for age-friendly housing.
2. Support Accessory Dwelling Unit opportunities including universal design options.

GOAL 4: Develop and promote solutions for senior focused housing issues.
1. Encourage realtors to offer age-friendly open houses. Ideas: Times during the day; advance notice so transportation can be arranged; easy to read materials.
2. Promote a list of realtors that specialize in downsizing.
3. Offer lectures regarding downsizing.
4. Advocate for housing-service balance to ensure there are local services to support additional housing. Services should include age-friendly needs.
5. Encourage developers to design progressive levels of housing, that will provide options for needs at various ages and abilities.
6. Work with political lobbyist to address age-friendly housing issues at the State level.
7. Advocate for affordable senior housing options and State funding to support options. Note: prop 13

OUTDOOR SPACES & BUILDINGS

To what extend does the natural and built environment help older people get around easily and safely in the community and encourage active community participation?

GOAL 1: Provide age-friendly access to a variety of active, passive, indoor, and outdoor recreation opportunities.
1. Review existing City owned park and recreation facilities and forward age-friendly improvement recommendations to the Parks, Trails & Recreation Commission for consideration.
2. Review the Parks and Facilities Master Plan and forward recommendations for amendments that would include age friendly improvements for parks and recreation facilities. Sites and ideas suggested as parks by public in domain meetings: 76 Gas Station, Park Theater as Community Center, areas to congregate in the "town center", dog park, gazebo park.
3. Review the Trails Master Plan and forward recommendations for amendments that would include age-friendly trail opportunities and amenities. Note: Benches, flat, wider trails.
4. Review parking near existing trails and provide recommendations regarding age friendly parking and access.
5. Review the Downtown Specific Plan (DSP) and forward recommendations for age friendly amendments. Create list of age friendly ideas that may complement existing DSP goals and programs.
6. Seek opportunities for a downtown Senior Center. This could be a public center, private center, non-profit or partnership. Sites suggested by public in domain meetings: Park Theater
7. Coordinate walking groups for older adults. Groups may be run by the City or other organizations. Note: Trails Challenge was brought up as a walking program.
8. Encourage intergenerational walking opportunities.
9. Encourage the development of small outdoor performance spaces. This will provide opportunities for performers and audiences of all ages. These could be casual walk-by spaces, perhaps with a bench or two.
10. Identify a trail's level of difficulty; post it at the trailhead, publicize it on the City website.
11. Establish or promote programs that connect older adults to pets and animals. Examples: Dog Town Downtown, pet parade, pet lending programs.
12. Create age-friendly walking opportunities that connect older adults to creeks.
13. Create age friendly events. Examples: Food Trucks, events in Merrill Gardens' outdoor space.
14. Suggest offering mobility assist scooters at the Reservoir.

GOAL 2: Encourage age-friendly improvements and amenities in public spaces.
1. Encourage existing businesses to provide benches of proper height for customers to stop and rest, inside and outside of businesses. This could be accomplished by reaching out to individual businesses as they opportunities present themselves or by creating a list and reaching out to many businesses. Sites suggested by public in domain meetings: McCalous, Noah's, etc.
2. Encourage new construction to provide benches of proper height or community use.
3. Encourage the use and installation of conversational benches as opposed to traditional side-by-side benches.
4. Ensure that public crosswalks provide sufficient time to cross.

GOAL 3: Ensure walking opportunities are safe for all ages and abilities.
1. Provide well-maintained public sidewalks. Commissioners or the public could create tickets asking staff to address issues.
2. Develop recommendations regarding areas that may need more lighting to provide safe walking opportunities.
3. Review the Walkways Master Plan and forward recommendations for age-friendly amendments. Create list of age-friendly ideas that may complement existing plan goals and programs.

RESPECT AND SOCIAL INCLUSION

To what extent do we offer programs to support and promote ethnic and cultural diversity, along with programs to encourage multigenerational interaction and dialogue?

GOAL 1: Establish, support, and sustain formal advocacy to champion senior-related issues and to ensure that all voices are included and respected.
1. Create an age friendly campaign with a new annual theme or focus.
2. Create a campaign to prevent older adult isolation.
3. Create a campaign to support neighborhood connection.
4. Identify potential physical ability barriers and work with stake holders to overcome those barriers. Examples: More disabled door openers at businesses.
5. Create an age friendly campaign to focus on safety nets and support systems for older adults.
6. Encourage the implementation of accommodations for hearing loss support. Example: Loop Systems.
7. Do I feel safe? Do I feel welcome? Campaign.

GOAL 2: Foster cross-generational acceptance by creating intergenerational understanding.
1. Annual youth and senior forum., intergenerational forum.
2. Create an age friendly "We're all here", campaign to encourage intergenerational recreation and gathering.
3. Identify and promote intergenerational housing opportunities.
4. Intergeneration events such as: Movie Nights with the classics, recreation events such as mixed generation pickleball, board game events, intergenerational costume contest.
5. Create or promote intergenerational opportunities and events that involve holidays. Example: Invite a older adult to help hand out candy at Halloween, card making events, etc.
6. Promote or create mentorship programs. Consider the schools as a venue.
7. Create or promote programs where youth could help seniors with technology related issues.
8. Promote and participate in Lafayette Community Day.

GOAL 3: Improve human connectivity within neighborhoods, social settings, and support services by including older adults in public activities and conversations.
1. Create a campaign to encourage intergenerational interaction at large events such as Art and Wine or Taste of Lafayette. Interested older adults could wear a button that encourages other to ask them about their story. "Age Friendly Lafayette: Story Teller".
2. Support National Night Out as an age friendly event that would support social participation for older adults.
3. Create a 'voice of experience' email list that could be invited to speak at important meetings and community conversations. Perhaps an e-notification list on the City website.
4. Create or promote neighborhood block party opportunities.
5. Create 'Neighborhood message boards', physical and/or virtual message boards that would connect neighborhoods. These could be installed in the public right of ways. Design vetted by design review, installed by Scouts as volunteer projects.
6. Work with local businesses to have them offer intergenerational opportunities and services. Example: Intergenerational spa days, meals, events, scavenger hunts.
7. Consider developing a community "Welcome Wagon" or neighbor reaching out to neighbor social practice. Older adult volunteers to serve as Welcome Wagon. This would be good for the Social Interaction domain. Create a "Senior Welcome Group". Great volunteer opportunity.
8. Promote a "Pals Program" that encourages older adults to build a support system with other older adults.
9. Create or promote a list of teens and students looking for work/odd jobs during the summer - help cleaning up around the yard, tech help, etc.

SOCIAL PARTICIPATION

To what extent do all citizens have access to leisure and cultural activities? What opportunities are there for older residents to participate in social and civic engagement with their peers and younger people?

GOAL 1: Increase innovative transportation options to allow older adults more opportunity for social activity and connections.
1. Pair existing transportation to social activities.
2. Develop a route based transportation schedule focus on downtown & Library
3. Develop route based schedule focused to Lafayette Community Center focused on 2-3 buses a day to Community Center or other community facilities.
4. Coordinate with existing church & nonfaith groups.

GOAL 2: Centralize volunteering opportunities for seniors.
1. Create online and physical message boards of community volunteer opportunities.
2. Encourage community senior outreach by faith communities.
3. Encourage existing service clubs to reach out to senior community.

GOAL 3: Increase intergenerational interaction and promote skill and wisdom sharing between generations.
1. Create programs that link youth & seniors.
2. Outreach to St. Mary's College Senior Mentoring.
3. Develop a program or campaign that brings neighbors and neighborhoods together to support each other.
4. Recruit technologically skilled volunteers to assist older adults with computer and technology-based needs such as Zoom, smart phone, tablets and computers.
5. Develop a program or content that focuses on the values of print and electronic media and the benefits that both can provide to different generations.
6. Create, identify and promote arts and cultural events as intergenerational opportunities. Make events age-friendly and accessible.
7. Promote Lafayette History.
8. Create social opportunities for pet owners of all ages.

GOAL 4: Increase the dissemination of information about senior activities, events, and programming.
1. Promote local social events to the older adult population. Identify partnerships and create the nexus for communication and publicity.
2. Identify or create local opportunities for older adults to socialize in person.
3. Identify or create opportunities for older adults to socialize virtually.
4. Encourage Weekly/Monthly newsprint and electronic notices.
5. Promote opportunities for older adults to meet in city parks or public spaces.

GOAL 5: Expand senior programming across the city to allow more people access to social opportunities and learning experiences.
1. Promote "National Night Out" and encourage residents to get acquainted w/ your neighbors.
2. Hold a Community "White Elephant" Garage Sale.
3. Promote Local events w/ special tickets for seniors & young families.
4. Promote Technology classes smart phone, tablet and computer.
5. Increase Zoom & in person gatherings.
6. Develop pop Up Senior Center.

TRANSPORTATION

To what extent older adults have ample opportunity to travel conveniently and safely wherever they want to go in the community?

GOAL 1: Increase ease of use by expanding and increasing the availability of tools and information concerning local transportation options.
1. Create or promote a transportation guide for older adults. A Lafayette specific guide or sections may help older adults in the community.
2. Create or promote instructional material that explains how to use rideshare technology programs.
3. Promote vetted trustable transportation opportunities.
4. Promote flexible, person-centered transportation for individual interests and needs.
5. Promote local delivery services that can assist those with transportation barriers. Examples: Grocery delivery service, pharmacy delivery, restaurants.
6. Create or support volunteer driving programs.
7. Identify and promote wheelchair accessible taxi, rideshare and transportation services.
8. Promote transportation opportunities that are available on demand, weekends and without boarders or barriers.
9. Work with BART to find ways to make older adults more comfortable with BART. Including parking, security, comfort, access, understanding.
10. Expand the Lamorinda Spirit Van Program to include more days of the week and available times.

GOAL 2: Develop and support a transportation network that is safe, convenient, accessible, and comfortable.
1. Recommend making transportation related signage easily readable and helpful for older adults/ all ages and abilities.
2. Discuss the impacts of street lighting on older adult driving. Create recommendations that create a more age-friendly driving experience.
3. Recommend a discounted parking pass that would give older-adults more time to shop or eat downtown.
4. Create material that explains how to use your credit card in a parking meter.
5. Readable landmark signage around town to help drivers locate important destinations.
6. Encourage busy parking lots to consider hiring parking lot monitors. Example: Diablo Foods
7. Identify opportunities to provide centralized parking and age-friendly shuttle service.
8. Parking spaces for older adults near the front of businesses or in the most accessible areas. Consider designing an "Age Friendly Parking" sign and offer it to businesses.
9. Promote driver safety courses.
10. Review existing City Plans and make age-friendly recommendations for amendments and/or implementation solutions. Downtown Specific Plan, Downtown Street Improvement Plan, Walkways Master Plan, Bikeways Master Plan.