

What Makes a Community Great



AGENCY
ON AGING
AREA 4

Nevada | Placer | Sacramento | Sierra | Sutter | Yolo | Yuba Counties



Communities that are
'age-friendly' can help us live
better as we grow older.

Is your community
one of them?

Take our survey inside!





About this publication

This publication was produced by the Agency on Aging \ Area 4 (AAA4) and AARP with one goal in mind: To encourage you to think about your community in ways you may not have considered before.

AAA4 and AARP believe how and where we age is shaped by how safe and accessible our communities are — no matter our age.

In these pages, you'll learn what makes an "age-friendly" community. Representatives from AAA4's Governing Board will share what makes their communities great places to live, work and play as we grow older. We invite you to tell us what you think about your community by taking the enclosed survey, also available online at www.agencyonaging4.org. Your responses are anonymous and will be used to promote age-friendly and livable communities for everyone.

Thank you for your time!

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A Great Place to Live

Livable communities provide opportunities for everyone

What does it mean to live in an age-friendly community? No matter our age, we all want to live in towns and cities that are safe and secure. We all need affordable housing choices, appropriate transportation and accessible health care. Add community services, prosperous local businesses, entertainment and outdoor recreational spaces, and you've got a livable, age-friendly community.

Livable communities offer people of all ages, abilities and economic levels the resources to live independently and to age in place. Residents are encouraged to engage in a community's civic, economic and social opportunities. A cohesive neighborhood helps maximize the ability of residents to be active and engaged. "Livable communities aren't just another place to live," says Pam Miller, Executive Director of the Agency on Aging \ Area 4, which provides services in the counties of Nevada, Placer, Sacramento, Sierra, Sutter, Yolo and Yuba. "Livable communities are the place you want to call home."

Livable communities support the social and physical health of the entire community through:

Accessible transportation, safe sidewalks and bike paths that encourage public health and are good for both the environment and the economy;

Affordable and accessible health care and community supports improve the health and well-being of everyone, from newborns to centenarians;

Municipal planning, including land use, community revitalization and economic development efforts should consider the needs of all residents regardless of age, income, physical ability, or race through active input from community members;

Social and civic participation enable people to be a part of the fabric of the community. Feeling connected and engaged makes them more likely to contribute skills and time which make a community a better place to live for all ages.

These factors contribute to a vibrant, desirable and competitive environment for housing and commercial investment, as well as promote improved economic conditions.

"Livable communities aren't just another place to live. Livable communities are the place you want to call home."

PAM MILLER
Executive Director,
Agency on Aging \ Area 4



Outdoor Spaces and Buildings

People need places to gather — indoors and out. Parks, sidewalks, safe streets, outdoor seating and accessible buildings (think elevators, stairs with railings, etc.) can be used and enjoyed by people of all ages.



Transportation

Driving shouldn't be the only way to get around. Public transit options can be as expansive as a train system or as targeted as a taxi service that provides non-drivers with rides to and from a doctor's office.



Housing

Most older adults want to age in place. Doing so is possible if homes are appropriately designed or modified — and if a community includes affordable housing options for varying life stages.



Community and Health Services

At some point, everyone gets hurt, becomes ill, or simply needs a bit of help. While it's important that care be available nearby, it's essential that residents are able to access and afford the services required.



8 Domains of Livability

According to AARP, there are **eight essential domains** to creating livable communities which allow the full inclusion and participation of residents of all ages and abilities.

For more information, visit
AARP.org/livable-communities

Social Participation

Regardless of one's age, loneliness negatively affects a person's health and sense of well-being. Isolation can be combatted by the availability of accessible, affordable and fun social activities.



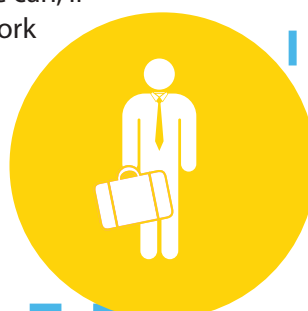
Communication and Information

Age-friendly communities recognize that not everyone has a smartphone or internet access and that information needs to be disseminated through a variety of means.



Civic Participation and Employment

An age-friendly community provides ways older people can, if they choose to, work for pay, volunteer their skills and be actively engaged in community life.



Respect and Social Inclusion

Intergenerational activities are a great way for young and old to learn from one another, honor what each has to offer and, at the same time, feel good about themselves.





A Network of Age-Friendly Communities

AARP helps local leaders create livable homes for residents of all ages

Since 1958, AARP has worked to improve the quality of life for Americans over the age of 50, their families and caregivers. Today, with 38 million members, its mission encompasses legal advocacy, financial security, health care and independence issues that enable older people to age-in-place.

A 2011 report by AARP Public Policy Institute and the National Conference of State Legislatures found that 90 percent of people over the age of 65 want to remain in their own homes as long as possible, which can be made possible by deliberate community planning. This includes factors such as:

- Locating community facilities, health care, retail and other services closer to where older adults live;
- Offering a variety of transportation options that reduce reliance on car ownership; and
- Promoting affordable housing that's accessible to people with limited physical abilities.

To help achieve that goal, AARP has created a Network of Age-Friendly Communities. An affiliate of the World Health Organization's (WHO) Age-Friendly Cities and Communities

Program, criteria is based on the WHO's 8 Domains of Livability, which helps gauge how age-friendly a community is.

Once a city or county's elected leaders commit to making their community more livable for residents of all ages and abilities, AARP supports their efforts with free tools and expertise to help assess and implement plans that integrate livable policies and practices as well as public recognition of such efforts. AARP also helps provide a framework within which local government agencies and organizations can collaborate.

Why are livability issues important? Because America is facing a "silver tsunami." By 2030, it's estimated the population of people over the age of 65 will double.

"Local leaders across the country report that they aren't ready for the rapid aging of their residents," says Nancy McPherson, AARP California State director. "AARP can help through its Network of Age-Friendly Communities and States and its state and national teams who are supporting the efforts of local leaders to provide safe, walkable streets, age-friendly housing and

"The survey offers an important opportunity for residents to have a say in the future of their communities."



NANCY MCPHERSON

AARP California State Director

transportation options, access to needed services and opportunities for residents to participate in community activities."

In order to know what makes a community livable for residents of all ages and abilities, it's important residents make their voices heard. The Agency on Aging \ Area 4 survey (included in this publication) provides just such an opportunity.

"The survey offers an important opportunity for residents to have a say in the future of their communities," says McPherson.

Take the Survey!

Take the enclosed survey and help the **Agency on Aging \ Area 4** identify your community's strengths and areas for improvement. After completing the survey, you can send it back to us two ways:

Mail: If returning by mail, fold, secure with tape on the three open sides, apply postage (\$0.50) and send to:

Agency on Aging \ Area 4
1401 El Camino Ave., 4th Floor
Sacramento, CA 95815

Drop-off: Drop off at one of the locations listed at right.



Save time and postage!
Take the full survey online at
www.agencyonaging4.org

Nevada County

- **Connecting Point, 2-1-1 Nevada County**
208 Sutton Way
Grass Valley, CA 95945
530-274-5601
- **Gold Country Community Services Nevada Senior Apartments**
841 Old Tunnel Road
Grass Valley CA 95945
530-273-4961
- **Sierra Senior Services**
10040 Estates Drive #A
Truckee, CA 96161
530-550-7600
- **FREED Center for Independent Living**
435 Sutton Way
Grass Valley, CA 95945
530-477-3333

Placer County

- **Seniors First, Inc.**
12183 Locksley Lane
Suite # 205
Auburn, CA 95602
530-889-9500
- **Legal Services of Northern California**
190 Reamer St.
Auburn, CA 95603
530-823-7560
- **Placer Independent Resource Services**
11768 Atwood Road #129
Auburn, CA 95603
530-885-6100

Sacramento County

- **Agency on Aging \ Area 4**
1401 El Camino Ave.
4th Floor
Sacramento, CA 95815
916-486-1876
- **Legal Services of Northern California**
515 12th St.
Sacramento, CA 95814
916-551-2150
- **Del Oro Caregiver Resource Center**
8421 Auburn Blvd.
Suite # 265
Citrus Heights, CA 95610
916-728-9333
- **Community Link, 2-1-1 Sacramento**
8001 Folsom Blvd. #100
Sacramento, CA 95826
916-447-7063
- **Lilliput Families**
2750 Sutterville Road
Cottage #3
Sacramento, CA 95820
916-688-4750
- **Personalized Home Care**
4700 Northgate Blvd.
Suite # 160
Sacramento, CA 95834
916-979-4975
- **ACC Senior Services**
7334 Park City Drive
Sacramento, CA 95831
916-393-9026
- **Stanford Settlement**
450 West El Camino Drive
Sacramento, CA 95833
916-927-1303

Yolo County

- **RISE, Inc. — Esparto**
17317 Fremont St.
Esparto, CA 95627
530-787-4110
- **RISE, Inc. — Winters**
200 Baker St. Room 4 & 5
Winters, CA 95694
530-794-6000
- **West Sacramento Community Center**
1075 W. Capitol Ave.
W. Sacramento, CA 95691
916-617-4620
- **Legal Services of Northern California**
619 North St.
Woodland, CA 95695
916-447-5798

Yuba County

- **FREED Center for Independent Living**
508 J St.
Marysville, CA 95901
530-742-4474
- **Yuba-Sutter Legal Center for Seniors**
725 D St.
Marysville, CA 95901
530-742-8289

Call for additional drop-off locations: **916-486-1846**

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Agency on Aging \ Area 4
1401 El Camino Ave., 4th Floor
Sacramento, CA 95815



Age-Friendly Community Survey

2018

This survey is about the place you consider “your” local community — wherever that may be. Many people think of their community as the city, town or place where they live. Some people feel like their community is more specific; others feel it is more broad. **There is no wrong answer.**

YOUR COMMUNITY

1. **When you think about Your Community, what does that include?**
{Choose your best answer}

- ☐ Just the building (or the part of the building) where I live
- ☐ The apartment complex, condominium or mobile home park where I live
- ☐ The neighborhood or the part of town where I live
- ☐ The whole city or town where I live
- ☐ The place I live and other places nearby
- ☐ The whole region in which I live

2. **What is the name of the place you consider to be Your Community?**

3. **Do you think Your Community is a good place for people to live as they age?** {Choose your best answer}

- ☐ Definitely yes
- ☐ I’m not sure
- ☐ Definitely not
- ☐ Probably yes
- ☐ Probably not

4. **What is your age?** _____ years

5. **How important is it for you to remain in Your Community as you age?**
{CIRCLE your best answer}

Extremely Important	Very Important	Somewhat Important	Not very Important	Not at all Important
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6. **If you were to consider moving out of Your Community, would these factors impact your decision to move away?** {CIRCLE your best answers}

a. Wanting a larger or smaller home.	Yes	Maybe	No
b. The high cost of home maintenance.	Yes	Maybe	No
c. Fearing for your personal safety or having security concerns.	Yes	Maybe	No
d. Looking for a home that will help you live independently as you age.	Yes	Maybe	No
e. Wanting to move to an area with better health care facilities.	Yes	Maybe	No
f. Wanting to move to be closer to family.	Yes	Maybe	No
g. Needing more access to public transportation.	Yes	Maybe	No
h. Wanting to live where the weather is different.	Yes	Maybe	No
i. Looking for an area with a lower cost of living.	Yes	Maybe	No
j. Other (please specify):			

HOUSING

7. **What is your 5-digit ZIP code?**

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8. **What kind of place are you living in?**

- ☐ Single family house
- ☐ Townhome or duplex
- ☐ Apartment
- ☐ Condominium
- ☐ Mobile/Modular Home
- ☐ Assisted Living
- ☐ I do not have a permanent shelter
- ☐ Other: _____

9. What percentage of your annual income are you spending to stay in the place you live in (including rent or mortgage and property taxes)?
- ☐ 33% (I spend about ONE-THIRD of my income on the place I live in)
 - ☐ Much LESS than 33%
 - ☐ Much MORE than 33%
 - ☐ Decline to state
 - ☐ Other (please specify): _____

10. How important are these housing topics to you, and are they Available in Your Community? {For each item, please CIRCLE your best answer in the importance row AND the availability row}

a. Home repair contractors who are trustworthy, do quality work and are affordable.

Important to you?						
Extremely	Very	Somewhat	Not very	Not at all	I'm not sure	
Available in Your Community?						
Always	Often	Sometimes	Rarely	Never	I don't know	

b. A service for older adults who need help with home repairs.

Important to you?						
Extremely	Very	Somewhat	Not very	Not at all	I'm not sure	
Available in Your Community?						
Always	Often	Sometimes	Rarely	Never	I don't know	

c. Seasonal services for older adults who need help with lawn work or snow removal.

Important to you?						
Extremely	Very	Somewhat	Not very	Not at all	I'm not sure	
Available in Your Community?						
Always	Often	Sometimes	Rarely	Never	I don't know	

d. Affordable housing options for adults of varying income levels.

Important to you?						
Extremely	Very	Somewhat	Not very	Not at all	I'm not sure	
Available in Your Community?						
Always	Often	Sometimes	Rarely	Never	I don't know	

e. Homes that are equipped with features for access and safety, such as a no-step entry, wider doorways, first floor bedroom and bath, and grab bars in bathrooms.

Important to you?						
Extremely	Very	Somewhat	Not very	Not at all	I'm not sure	
Available in Your Community?						
Always	Often	Sometimes	Rarely	Never	I don't know	

f. Residential settings for older adults who need memory care services and supports.

Important to you?						
Extremely	Very	Somewhat	Not very	Not at all	I'm not sure	
Available in Your Community?						
Always	Often	Sometimes	Rarely	Never	I don't know	

11. How important is it for you to be able to live independently in your own home as you age?

- ☐ Extremely important
- ☐ Very important
- ☐ Somewhat important
- ☐ Not very important
- ☐ Not at all important

OUTDOOR SPACES & BUILDINGS

12. How important are these topics to you, and are they Available in Your Community? {For each item, please CIRCLE your best answer in the importance row AND the availability row}

a. Well-maintained and safe parks that are within walking distance of your home.

Important to you?						
Extremely	Very	Somewhat	Not very	Not at all	I'm not sure	
Available in Your Community?						
Always	Often	Sometimes	Rarely	Never	I don't know	

b. Sidewalks that are in good condition, free from obstacles, safe for pedestrian use, and accessible for wheelchairs or other assistive mobility devices.

Important to you?						
Extremely	Very	Somewhat	Not very	Not at all	I'm not sure	
Available in Your Community?						
Always	Often	Sometimes	Rarely	Never	I don't know	

c. Neighborhood watch programs.

Important to you?						
Extremely	Very	Somewhat	Not very	Not at all	I'm not sure	
Available in Your Community?						
Always	Often	Sometimes	Rarely	Never	I don't know	

TRANSPORTATION & STREETS

13. How do you usually get where you need to go? {Choose your best answer}

- ☐ I drive myself
- ☐ I take the bus
- ☐ I have family or friends drive me
- ☐ I take light rail
- ☐ I use Uber or Lyft
- ☐ I walk
- ☐ I use a specialized public service such as dial-a-ride
- ☐ I ride a bike
- ☐ I use a specialized private service such as transit vans
- ☐ Other (please specify): _____

14. How important are these transportation topics to you, and are they Available in Your Community? {For each item, please CIRCLE your best answer in the importance row AND the availability row}

a. Convenient and reliable public transportation.

Important to you?						
Extremely	Very	Somewhat	Not very	Not at all	I'm not sure	
Available in Your Community?						
Always	Often	Sometimes	Rarely	Never	I don't know	

b. Affordable public transportation.

Important to you?						
Extremely	Very	Somewhat	Not very	Not at all	I'm not sure	
Available in Your Community?						
Always	Often	Sometimes	Rarely	Never	I don't know	

c. Safe public transportation.

Important to you?						
Extremely	Very	Somewhat	Not very	Not at all	I'm not sure	
Available in Your Community?						
Always	Often	Sometimes	Rarely	Never	I don't know	

d. Transportation services that can be adapted to the needs of people with dementia, including schedule reminders and help at destinations.

Important to you?						
Extremely	Very	Somewhat	Not very	Not at all	I'm not sure	
Available in Your Community?						
Always	Often	Sometimes	Rarely	Never	I don't know	

e. Special transportation services for people with disabilities and older adults who need them.

Important to you?						
Extremely	Very	Somewhat	Not very	Not at all	I'm not sure	
Available in Your Community?						
Always	Often	Sometimes	Rarely	Never	I don't know	

f. Enforced speed limits.

Important to you?						
Extremely	Very	Somewhat	Not very	Not at all	I'm not sure	
Available in Your Community?						
Always	Often	Sometimes	Rarely	Never	I don't know	

g. Affordable public parking.

Important to you?						
Extremely	Very	Somewhat	Not very	Not at all	I'm not sure	
Available in Your Community?						
Always	Often	Sometimes	Rarely	Never	I don't know	

h. Well-lit, safe streets and intersections for all users (pedestrians, bicyclists, drivers).

Important to you?						
Extremely	Very	Somewhat	Not very	Not at all	I'm not sure	
Available in Your Community?						
Always	Often	Sometimes	Rarely	Never	I don't know	

HEALTH & WELLNESS

15. In general, when compared to most people your age, how would you rate your health

Excellent	Very good	Good	Fair	Poor
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16. How often do you engage in some form of physical exercise (such as walking, running, biking, swimming, sports, strength training, yoga or stretching)?

- ☐ Every day
- ☐ About once a month
- ☐ Several times a week, but not every day
- ☐ Less than once a month
- ☐ About once a week
- ☐ Never
- ☐ About once every other week

17. Are you limited by any of the following? {Check all that apply}

- ☐ A temporary illness, injury or recovery
- ☐ A chronic condition (such as arthritis, cancer, COPD, diabetes, heart disease, osteoporosis, etc.)
- ☐ A disability (which causes trouble seeing, hearing, walking, thinking or learning)
- ☐ NONE of these
- ☐ Decline to state
- ☐ Other (please specify): _____

18. Do you have difficulty remembering, reasoning or problem-solving?

Never	Rarely	Sometimes	Often	Always	Decline to state
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19. In a typical day, how many times do you eat healthy foods (such as a piece of fruit, a glass of low-fat milk, or a serving of chicken with no skin and no breading)?

☐ 4 or more times a day

☐ 1 time a day

☐ 3 times a day

☐ Not every day

☐ 2 times a day

20. How important are these health & wellness topics to you, and are they Available in Your Community? {For each item, please CIRCLE your best answer in the importance row AND the availability row}

a. Health and wellness programs and classes in areas such as nutrition, smoking cessation and weight control.

Important to you?					
Extremely	Very	Somewhat	Not very	Not at all	I'm not sure
Available in Your Community?					
Always	Often	Sometimes	Rarely	Never	I don't know

b. Conveniently located emergency care centers.

Important to you?					
Extremely	Very	Somewhat	Not very	Not at all	I'm not sure
Available in Your Community?					
Always	Often	Sometimes	Rarely	Never	I don't know

c. Home care services including health, personal care and housekeeping.

Important to you?					
Extremely	Very	Somewhat	Not very	Not at all	I'm not sure
Available in Your Community?					
Always	Often	Sometimes	Rarely	Never	I don't know

d. Well-trained, certified home care providers.

Important to you?					
Extremely	Very	Somewhat	Not very	Not at all	I'm not sure
Available in Your Community?					
Always	Often	Sometimes	Rarely	Never	I don't know

e. Affordable home care providers.

Important to you?					
Extremely	Very	Somewhat	Not very	Not at all	I'm not sure
Available in Your Community?					
Always	Often	Sometimes	Rarely	Never	I don't know

f. A variety of health care professionals including specialists.

Important to you?					
Extremely	Very	Somewhat	Not very	Not at all	I'm not sure
Available in Your Community?					
Always	Often	Sometimes	Rarely	Never	I don't know

g. Health care professionals who speak your language.

Important to you?					
Extremely	Very	Somewhat	Not very	Not at all	I'm not sure
Available in Your Community?					
Always	Often	Sometimes	Rarely	Never	I don't know

h. Respectful and helpful health care professionals.

Important to you?					
Extremely	Very	Somewhat	Not very	Not at all	I'm not sure
Available in Your Community?					
Always	Often	Sometimes	Rarely	Never	I don't know

i. Community emergency plans that have specific procedures for people who may have difficulty or may not be able to leave their home, including people with dementia and their caregivers.

Important to you?					
Extremely	Very	Somewhat	Not very	Not at all	I'm not sure
Available in Your Community?					
Always	Often	Sometimes	Rarely	Never	I don't know

j. Affordable dental care providers.

Important to you?					
Extremely	Very	Somewhat	Not very	Not at all	I'm not sure
Available in Your Community?					
Always	Often	Sometimes	Rarely	Never	I don't know

SOCIAL INCLUSION, PARTICIPATION & EDUCATIONAL OPPORTUNITIES

21. What is your racial/ethnic background? {Check all that apply and CIRCLE your cultural/national subgroup}

☐ White or Caucasian {please CIRCLE your subgroup if listed}:

American	European	Middle Eastern	Canadian
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☐ Hispanic/Latino {please CIRCLE your subgroup if listed}:

Mexican	Central American	South American	Spanish
Puerto Rican	Cuban	Dominican	Haitian

☐ **Asian** *{please CIRCLE your subgroup if listed}*:

Asian Indian	Cambodian	Chinese	Filipino	Hmong
Japanese	Korean	Laotian	Thai	Vietnamese

☐ **Black or African American** *{please CIRCLE your subgroup if listed}*:

African American	African	Caribbean
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☐ **Alaskan Native or American Indian** *{CIRCLE your subgroup if listed}*:

Cherokee	Mexican American Indian	Apache
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☐ **Pacific Islander** *{please CIRCLE your subgroup if listed}*:

Guamanian	Hawaiian	Samoaan
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☐ **Decline to state**

☐ **Other subgroup (please specify):** _____

22. What is the primary language spoken in your home?

☐ English

☐ Spanish

☐ Chinese

☐ Russian

☐ Other: _____

☐ Decline to state

23. Are people of all backgrounds, languages and cultures welcomed and included in Your Community?

Always	Often	Sometimes	Rarely	Never	I don't know
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24. About how frequently do you interact with your friends, family or neighbors in Your Community? This interaction could be by phone, in person, via email or social media (such as Facebook).

☐ More than once a day

☐ About once a day

☐ Several times a week

☐ Once a week

☐ Once every 2 or 3 weeks

☐ Once a month

☐ Less than once a month

☐ Never

25. What is the highest level of education you have completed?

☐ 0–8th grade

☐ 9th–12th grade

☐ High school graduate or GED

☐ Post-high school education/ training (no degree)

☐ 4-year college degree

☐ Post-graduate study (no degree)

☐ Graduate or professional degree

☐ Decline to state

26. How important are these social topics to you, and are they Available in Your Community? *{For each item, please CIRCLE your best answer in the importance row AND the availability row}*

a. Activities that are affordable to all residents.

Important to you?					
Extremely	Very	Somewhat	Not very	Not at all	I'm not sure
Available in Your Community?					
Always	Often	Sometimes	Rarely	Never	I don't know

b. Activities involving young and older people.

Important to you?					
Extremely	Very	Somewhat	Not very	Not at all	I'm not sure
Available in Your Community?					
Always	Often	Sometimes	Rarely	Never	I don't know

c. A variety of cultural activities for diverse populations.

Important to you?					
Extremely	Very	Somewhat	Not very	Not at all	I'm not sure
Available in Your Community?					
Always	Often	Sometimes	Rarely	Never	I don't know

d. Continuing education classes.

Important to you?					
Extremely	Very	Somewhat	Not very	Not at all	I'm not sure
Available in Your Community?					
Always	Often	Sometimes	Rarely	Never	I don't know

VOLUNTEERING, CIVIC ENGAGEMENT & JOB OPPORTUNITIES

27. About how many hours do you volunteer each month? _____ **hours**

28. How important are these volunteer topics to you, and are they Available in Your Community? *{For each item, please CIRCLE your best answer in the importance row AND the availability row}*

a. A range of volunteer activities to choose from.

Important to you?					
Extremely	Very	Somewhat	Not very	Not at all	I'm not sure
Available in Your Community?					
Always	Often	Sometimes	Rarely	Never	I don't know

b. Volunteer training opportunities to help people perform better in their volunteer role.

Important to you?					
Extremely	Very	Somewhat	Not very	Not at all	I'm not sure
Available in Your Community?					
Always	Often	Sometimes	Rarely	Never	I don't know

29. How often do you vote? *{please CIRCLE your best answer below}*:

Always	Often	Sometimes	Rarely	Never	Decline to state
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30. Are you a U.S. military veteran?

☐ No

☐ Yes

31. Which of the following best describes your current employment status?

- ☐ Retired, not working at all {SKIP to Question 33}
- ☐ Not in the labor force for other reasons {SKIP to Question 33}
- ☐ Self-employed, part-time
- ☐ Self-employed, full-time
- ☐ Employed, part-time
- ☐ Employed, full-time
- ☐ Unemployed, but looking for work

32. How likely is it that you will continue to work for as long as possible, rather than choosing to retire and no longer work for pay?

- ☐ Extremely likely
- ☐ Not very likely
- ☐ Very likely
- ☐ Not at all likely
- ☐ Somewhat likely
- ☐ I'm not sure

33. How important are these employment topics to you, and are they Available in Your Community? {For each item, please CIRCLE your best answer in the importance row AND the availability row}

a. A range of flexible job opportunities for older adults and people with disabilities.

Important to you?					
Extremely	Very	Somewhat	Not very	Not at all	I'm not sure
Available in Your Community?					
Always	Often	Sometimes	Rarely	Never	I don't know

b. Job-training opportunities for older adults who want to learn new job skills within their job or get training in a different field of work.

Important to you?					
Extremely	Very	Somewhat	Not very	Not at all	I'm not sure
Available in Your Community?					
Always	Often	Sometimes	Rarely	Never	I don't know

COMMUNITY INFORMATION

34. About how often do you go online to access the Internet for things like getting news and information, paying bills, managing finances, or buying products/services? This includes access from home, work, a mobile device (such as a smartphone) or someplace else.

- ☐ Several times a day
- ☐ Once every few weeks
- ☐ About once a day
- ☐ Once a month or less
- ☐ 3-6 days a week
- ☐ I never go online
- ☐ 1-2 days a week

35. Would you turn to the following resources if you, a family member or a friend needed information about services for older adults, such as caregiving help, home delivered meals, home repair, medical transportation or social activities? {CIRCLE your best answers}

a. Local senior centers	Yes	Maybe	No
b. Local Area Agency on Aging (AAA)	Yes	Maybe	No
c. Family or friends	Yes	Maybe	No
d. Local nonprofit organizations	Yes	Maybe	No
e. AARP	Yes	Maybe	No
f. Faith-based organizations such as churches or synagogues	Yes	Maybe	No
g. Internet	Yes	Maybe	No
h. Phone book	Yes	Maybe	No
i. Your doctor or other health care professionals	Yes	Maybe	No
j. Local government offices such as the Department of Health	Yes	Maybe	No
k. Libraries	Yes	Maybe	No
l. Other (please specify):			

36. How important are these informational topics to you, and are they Available in Your Community? {For each item, please CIRCLE your best answer in the importance row AND the availability row}

a. Access to community information in one central source.

Important to you?					
Extremely	Very	Somewhat	Not very	Not at all	I'm not sure
Available in Your Community?					
Always	Often	Sometimes	Rarely	Never	I don't know

b. Free access to computers and the Internet in public places such as libraries, senior centers or government buildings.

Important to you?					
Extremely	Very	Somewhat	Not very	Not at all	I'm not sure
Available in Your Community?					
Always	Often	Sometimes	Rarely	Never	I don't know

c. Community information that is delivered in person to people who may have difficulty or may not be able to leave their home, including people with dementia and their caregivers.

Important to you?					
Extremely	Very	Somewhat	Not very	Not at all	I'm not sure
Available in Your Community?					
Always	Often	Sometimes	Rarely	Never	I don't know

d. Community information that is available in a number of different languages.

Important to you?					
Extremely	Very	Somewhat	Not very	Not at all	I'm not sure
Available in Your Community?					
Always	Often	Sometimes	Rarely	Never	I don't know

YOU & YOUR HOUSEHOLD

37. Are you?

- ☐ Male
- ☐ Female
- ☐ Transgender
- ☐ Decline to state
- ☐ Other: _____

38. What is your sexual orientation?

- ☐ Decline to state
- ☐ Bisexual
- ☐ Straight/Heterosexual
- ☐ Questioning
- ☐ Lesbian
- ☐ Other: _____
- ☐ Gay

39. How many people live in your household, including yourself? _____

40. What is your annual household income before taxes?

- ☐ Less than \$10,000
- ☐ \$75,000 to \$99,999
- ☐ \$10,000 to \$19,999
- ☐ \$100,000 to \$149,000
- ☐ \$20,000 to \$29,999
- ☐ \$150,000 or more
- ☐ \$30,000 to \$49,999
- ☐ Decline to state
- ☐ \$50,000 to \$74,999

AGE-FRIENDLY SNAPSHOT

42. Overall, how do you think Your Community is doing in each Area and/or Domain? {CIRCLE your best answer}

HOUSING	Excellent	Very Good	Good	Fair	Poor	I don't know
OUTDOOR SPACES & BUILDINGS	Excellent	Very Good	Good	Fair	Poor	I don't know
TRANSPORTATION & STREETS	Excellent	Very Good	Good	Fair	Poor	I don't know
HEALTH & WELLNESS	Excellent	Very Good	Good	Fair	Poor	I don't know
SOCIAL INCLUSION, PARTICIPATION & EDUCATIONAL OPPORTUNITIES	Excellent	Very Good	Good	Fair	Poor	I don't know
VOLUNTEERING, CIVIC ENGAGEMENT & JOB OPPORTUNITIES	Excellent	Very Good	Good	Fair	Poor	I don't know
COMMUNITY INFORMATION	Excellent	Very Good	Good	Fair	Poor	I don't know

GIVING HELP & RECEIVING HELP

Sometimes, people need help doing their daily activities — things like: cleaning house, shopping, driving, preparing meals, managing medications, making appointments, paying bills, bathing, dressing, and grooming.

41. Do you ever need help from anyone to take care of your own daily activities?

- ☐ No {GO to Question 42}
- ☐ Yes {Please answer these follow up questions}

a. Are you receiving as much help as you need in order to stay where you are living now in a safe and healthy way? {Choose your best answer}

- ☐ Always
- ☐ Rarely
- ☐ Often
- ☐ Never
- ☐ Sometimes
- ☐ Decline to state

b. If you are NOT receiving all the help you need, why aren't you?

- ☐ {Check all that apply}
- ☐ I prefer to manage on my own
- ☐ I can't afford to pay for all the help I need
- ☐ I don't want to bother my family and friends
- ☐ I don't qualify for free or low-cost help
- ☐ There aren't good people available to help me
- ☐ I don't know where to find someone to help me
- ☐ Other: _____



Livability Snapshot:

YOLO COUNTY

Agency on Aging \ Area 4 Governing Board member representing Yolo County, Sheila Allen, is a registered nurse and Ph.D. who moved to Yolo County in 1993 when her husband got a job at UC Davis. Sheila has been involved in helping provide aging services in Yolo County for years, and she currently serves as the Executive Director of the Yolo Healthy Aging Alliance.

She feels a lot of pride in the fact that Yolo County provides livable communities for residents with safe streets, nice parks and good public transportation, which includes having one of the most bike-friendly cities in the country, Davis.

One of her biggest goals is to improve communication among the various service agencies so they can recommend other services to community members. For example, a Meals on Wheels driver may recognize that someone has a need for a transportation service. If the different agencies are familiar with one another, they can make referrals much easier. Sheila says there are 91 different organizations in Yolo County offering services for aging adults that contribute to living a good and healthy life.

In 2018, the City of West Sacramento launched an on-demand, flat-fare transportation service to increase access to businesses and services for its residents, in partnership with Via, the Sacramento Council of Government (SACOG), Yolo County Transportation District, Bryte and Broderick Community Action Network, and the UC Berkeley transportation sustainability Research center.



"I love Yolo County because it feels like a microcosm for the state of California with a university town, rural communities and the urban flair provided by West Sacramento."

SHEILA ALLEN, PH.D
AAA4 Governing Board Representative,
Yolo County

Yolo County enjoys:

- ☆ **City of West Sacramento (certified as a Age-Friendly Community by AARP - 2018)**
- ✓ **Great availability of multi-family housing options**
- ✓ **Low smoking and obesity rates**

*Data taken from AARP Livability Index. Visit AARP.org/livability-index/



Livability Snapshot:

PLACER COUNTY

"Everyone works together to make sure we have a good community that provides important services for everyone, including adults with disabilities and the aging population."

ELDON LUCE
AAA4 Governing Board Representative
Placer County



Eldon Luce, an Agency on Aging \ Area 4 Governing Board member representing Placer County, moved from San Francisco to Placer County seeking a quiet place where he could purchase a home and retire. He loves many things about Placer County, including the fact that it's more affordable than many counties in California and the traffic isn't as bad. However, the thing he loves most is the people. Eldon says it's critical to prioritize aging services since one-in-three adults in Placer County are over the age of 60. The community is strong on supportive services for older adults, and is working

to continue to strengthen those supports and develop others.

Placer County has developed a five-year plan to address needs that are not currently being met. Top priorities include affordable housing and creating a more livable community with housing and services that are more accessible to the aging population.

A big issue is communication. Many services aren't being fully utilized simply because people don't know what services are available. Following up with older adults who have received services to ensure they continue to receive the care they need is a ongoing challenge, Eldon says.

Placer County enjoys:

- ☆ **City of Roseville (certified as a Age-Friendly Community by the World Health Organization - 2011)**
- ✓ **Low hospitalization rates**
- ✓ **High access to grocery stores and farmer's markets**



Livability Snapshot:

SACRAMENTO COUNTY

Maxine Milner Krugman, Agency on Aging \ Area 4 Governing Board member representing Sacramento County, has been an advocate for the senior community for more than 25 years. She is the founder of the Sacramento Senior Safe House for abused and neglected members of the aging population. Maxine originally moved to Sacramento from the Bay Area for her husband's job, and over the years she has come to enjoy the community which offers many cultural events and some lovely parks.

Sacramento County is a bustling, growing community as a whole, that has developed and implemented neighborhood access to grocery stores and farmers' markets, parks and libraries, accessible transportation, health services and employment, and walkability. Housing is an area of major investment that increases opportunities for residents of all ages and economics. Across Sacramento County safe, affordable housing is an ongoing, inclusive conversation at all levels of the community.



"Legal advice services are so important for older adults because they are often taken for granted and end up losing their assets."

MAXINE MILNER KRUGMAN

AAA4 Governing Board Representative,
Sacramento County

One of the biggest areas of concern that Maxine hopes to address as a member of the board is the issue of senior abuse and homelessness. She tells the story of Senior Safe House residents Debbie and John (names changed) to illustrate the importance of a safe place to recover from abuse. Debbie and her father, John, fled their home after a family member assaulted John. When their money for motels ran out, the Sacramento Senior Safe House allowed Debbie to stay and remain a caregiver for her father when other shelters would have split up their family.

While Debbie and John were at risk of homelessness, Maxine knows that many other

older adults in the community are forced to live on the streets.

These are just some of the reasons why she started the Senior Safe House, a place where all people will be treated with respect and kindness. After discovering that many older adults will stay in abusive homes rather than leave their pets. Maxine is working hard to build a second Senior Safe House that offers a kennel so older adults can bring their animals with them.

Sacramento County enjoys:

- ☒ **High activity density (jobs located near where people live)**
- ☒ **High access to affordable internet**
- ☒ **Frequent transit service**

**Data taken from AARP Livability Index.
Visit [AARP.org/livability-index/](https://www.aarp.org/livability-index/)*



Livability Snapshot:

NEVADA COUNTY

Andy Burton, an Agency on Aging \ Area 4 Governing Board member representing Nevada County, moved here more than 20 years ago from Washington, D.C. in an effort to have a better quality of life for his family. In Nevada County, he found what he describes as a high quality, semi-rural lifestyle, where traffic jams are rare and can be measured in minutes instead of hours.

Because of the rural nature of Nevada County, people live far apart, which could pose a geographical challenge to volunteer-driven services for the aging population. However, there

is high volunteer participation in the community, and Andy says residents bond together to make sure everyone receives the services they need.

Despite being a small community, Nevada County is very generous. Home to more than 400 nonprofit organizations, a lot of funds are raised each year to support important programs, like Meals on Wheels. Andy and his fellow AAA4 board members hope to make it a priority to encourage more affordable housing in the county and to ensure that all of the members of the aging population continue to get enough attention from volunteers.

"Programs like Meals on Wheels are so important for the aging community. It's about more than just the delivery of a hot meal. These drivers provide a friendly face that shows up at the same time every day to make sure each person is okay."

ANDY BURTON

AAA4
Governing Board
Representative,
Nevada County



Nevada County enjoys:

- ☒ **Low crime rates and industrial pollution**
- ☒ **High voting response and high school graduation rates**
- ☒ **High cultural arts and entertainment opportunities**



Livability Snapshot:

SIERRA COUNTY

Sierra County includes three national forests and a state wildlife management area, making it prime country for year-round recreation that includes hunting, fishing, hiking, boating and biking, or just walking in the woods. Events that are fun for the entire family include the annual Calpine Marketplace, Art & Ag Trail, Tour de Manure bike race, and Country Market & Bazaar, and are staffed by a great volunteer base. Shopping and dining in historic locations round out Sierra County's list of attractions. Along with low traffic congestion and a high voter turnout, Sierra County faces the challenges of access to health and medical facilities as the cost of emergency transport is high, while cell coverage and radio signals are weak. Sierra County's untamed beauty makes it a beautiful place to live and raise a family.

Sierra County enjoys:

- ✓ Low traffic congestion and industrial pollution
- ✓ Affordable housing
- ✓ High voter response



Livability Snapshot:

SUTTER COUNTY

Becky Bowen, Agency on Aging \ Area 4 Governing Board member representing Yuba County, speaks highly of Sutter County's smaller community-feel, while still having access to more urban areas. Proximity to the mountains and multiple lakes make Sutter County a great base for recreational activities.

Sutter County is lucky to have the Yuba-Sutter Senior Center, a very supportive organization providing volunteers and community activities. The Hmong Outreach Center in Olivehurst provides assistance to a culturally diverse population. One challenge includes the need for affordable, available housing and transportation. Another is the lack of knowledge about available services. The community, including Yuba City officials, are working on raising awareness of services throughout the county. The annual Senior Resource Fair, in its third year, has become a key means of bringing vendors, service providers, and potential clients under one roof and increasing awareness.

Sutter County enjoys:

- ✓ Low traffic congestion and pollution
- ✓ High satisfaction for hospital patients
- ✓ Good access to farmers' markets



Livability Snapshot:

YUBA COUNTY



"Yuba County is a wonderful place to live and the community is incredibly diverse for an agricultural area. The people who live here prioritize having a good, healthy lifestyle for themselves and their neighbors."

CHRIS PARENT

AAA4 Governing Board Representative,
Yuba County

According to Chris Parent, an Agency on Aging \ Area 4 Governing Board member representing Yuba County, there are many good things about living in the county. There is a lot of community involvement, a plethora of volunteers and amazing nonprofit support provided by local organizations. The community has a low obesity rate and everyone is active and engaged. Yuba County supports several diverse festivals throughout the year including a Japanese Festival and Hispanic Festival, as well as other events like a dog show and croquet competition. Additionally, there are three history museums, a playhouse and year-round farmer's markets.

One of the things that Chris and his fellow board members are looking to address is the rising homeless problem in the county. Chris says that more than 20 percent of the homeless population are older adults. Yuba County

is developing some transitional housing programs such as 14Forward to convert old storage sheds into temporary homes, and partnering with organizations like Habitat for Humanity to better serve the community. Other important programs include Meals on Wheels, daily respite care, home repair services and legal assistance. The community is also working hard to build a new senior center to offer companionship, services and information for older adults.

Yuba County enjoys:

- ✓ Low traffic congestion
- ✓ Good high school graduation rates
- ✓ Low obesity rates

*Data taken from AARP Livability Index. Visit [AARP.org/livability-index/](https://www.aarp.org/livability-index/)

Tell us what you think

The Agency on Aging \ Area 4 and AARP need your help to identify your community's livability strengths and areas for improvement! Through this **survey**, you can let us know what's important to you and your loved ones, and help make your community a more inclusive and livable place for residents of **all ages**, and **economic levels**.



Take the survey online or complete the enclosed version today and return to:
Agency on Aging \ Area 4
1401 El Camino Ave., 4th Floor
Sacramento, CA 95815

To find the survey online visit www.agencyonaging4.org



Where to call for help

Agency on Aging \ Area 4 administers Older Americans Act funding for local programs and services that support age-friendly communities. Below are some of the resources available in your county. For more information, please visit our website at www.agencyonaging4.org/services/.

	Information and Assistance	Nutrition – Congregate and Home Delivered Meals	Health Insurance Counseling & Advocacy Program	Long-Term Care Ombudsman/Elder Abuse Prevention
Nevada County	Connecting Point, 2-1-1 Nevada County Dial 211 or 877-847-0499	Gold Country Community Services 530-273-4961 Sierra Senior Services 530-550-7600	530-258-6827	530-274-2825
Placer County	Seniors First, Inc. 530-889-9500	Seniors First, Inc. 530-889-9500 Sierra Senior Services 530-550-7600	916-376-8915	530-823-8422
Sacramento County	Community Link, 2-1-1 Sacramento Dial 211 or 916-498-1000	Meals on Wheels by ACC 916-444-9533	916-376-8915	916-376-8910
Sierra County	Inc. Senior Citizens of Sierra County 530-993-4770	Inc. Senior Citizens of Sierra County 530-993-4770	530-376-8915	530-274-2825
Yolo County	Legal Services of Northern California Senior Link 530-207-4250	Meals on Wheels Yolo County 530-662-7035	916-376-8915	530-668-5775
Yuba and Sutter Counties	FREED Center for Independent Living 530-742-4474	Yuba-Sutter Meals on Wheels 800-211-4545 Dine Around Town – Sutter County 800-211-4545	916-376-8915	530-755-2018