

## Staff Recommendations

According to the studies made by Age-Friendly CAFÉ, the most successful and vibrant communities of the future are those that allow for and actively encourage greater mobility, productivity, optimal health and well-being. The City of Los Altos, an Age-Friendly community, is striving to work for residents of all ages, targeting the needs and preferences of older adults.

The focus of the City of Los Altos Adult 50+ Program, therefore is to feature accessible transportation, inviting outdoor spaces, quality community and health services, volunteer opportunities, and access to recreation/social activities and public events.

The City of Los Altos Adult 50+ Program intends to maintain the commitment of providing all of the aforementioned areas of focus. After evaluating current programs, staff has identified and is recommending to prioritize the following 5 program areas:

1. **Homebound Recreation Visit Program** – provide recreational activities to elder seniors in their homes.
2. **Pickleball Courts and Play** – establish pickleball courts outdoor and indoor for all ages.
3. **Semi-annual Health & Wellness Fair** – include local medical providers, fitness providers, businesses, and organizations to share trends, new approaches, etc.
4. **Adult Outdoor Work Out Equipment** – provided in minimally two city parks for all.
5. **Extended Ridecare transportation Program** – increased funding, expand locations to include social, educational travel up to 30 mile radius.

CAFÉ's eight domains to accomplish Age Friendly goals are as follows:

1. Transportation
2. Housing
3. Outdoor Spaces & Buildings
4. Social Participation
5. Respect & Social Inclusion
6. Civic Participation & Employment
7. Community & Health Services
8. Communication & Information

City staff has identified that many of our current programs meet many of those categories. As examples:

1. Ridecare Program, established 2018, and our current AARP Driving License Renewal Study program encourages greater mobility.

2. Contract classes offered in education, exercise, dance, world affairs, card games, etc, in addition to program activities (drop-in games, crafts, coffee service, puzzle board, card playing) encourage productivity.
3. MVP Volunteer program utilizes all ages for operations, activities, events to encourage social and civic participation.
4. Stanford University Falls prevention program, HI-CAP counselling, CSA blood pressure monitoring events, Clear Caption alternative phones for hard of hearing events, Laughter Yoga events help promote optimal health.
5. Senior Scholarship program provides access to programming.

City staff will continue to offer and expand upon current programming to meet the 8 domains.