

Goal 1. Seniors & people with disabilities have opportunities for civic participation & volunteering.

1a. Create & offer trainings that promote participation of seniors & people with disabilities on commissions, boards, and other existing civic participation opportunities. Tasks may include:

- Develop a focused effort for people with disabilities specifically to participate on government related bodies and commissions.

1b. Identify and support or develop a platform that matches volunteers appropriately with existing volunteer opportunities. Next steps might include:

- Exploring existing programs and incentives to promote engagement (such as Senior Corps);
- Partner and support existing volunteer matching sites or organizations, ensuring that they are inclusive and accessible.

1c. Create a disability center that is culturally inclusive and builds community among people with disabilities, as well as the greater community.

1d. Assess and increase participation for people with disabilities to vote, such as:

- Identifying what current voting efforts exist;
- Assess the challenges and barriers people with disabilities face when voting;
- Identify and implement strategies that aim to increase voting among people with disabilities.

Goal 2. Public & private policies & programs are inclusive & accessible.

2a. Advocate for policies that empower and offer opportunities for people with disabilities and seniors to engage within efforts that impact their lives and communities, such as:

- Integrate the needs of people with dementia into comprehensive planning processes¹;
- Ensure that advisory bodies, committee, and neighborhood based organization are inclusive and accessible. Next steps may include:
 - Ensure that American Sign Language (ASL) is available within the city and community based organizations;
 - Ensure that event policies are inclusive and offer accessible accommodations.
- Educate, train, and support civic bodies or volunteer organizations that want to become more accessible and inclusive. Actions may include:
 - Assess, support, and incentivize faith institutions to become ADA compliant

2b. Advocate for increased collaboration among City agencies that serve seniors and adults with disabilities, both maximizing resources

¹ Dementia Friendly America; Dementia Friendly Local Government, March 2016.

and providing increased service connections. Potential collaborations may include²:

- Prioritize innovative approaches by providing support for policy and value shifts to leverage existing funding in new and creative ways, with both short term and long term goals;
- The SF Public Library: assessing and ensuring the effective outreach for their unique programming and accessible library locations;
- The SF Department of Recreation and Parks: assessing and ensuring that programming is inclusive, that there is effective outreach and increasing awareness and/or utilization of existing green space and accessible public locations.

Goal 3. Programs exist that reduce & address isolation.

3a. Create and support programs that specifically target populations (also “different communities”) at risk of isolation, such as:

- Expand on the community services and programming for people with disabilities, especially younger adults³;
- Explore the use of technology, such as forums on specific topics, for “face-time” interactions, or social networking;
- Identifying opportunities to engage with residents living in residential care facilities, such as promoting and supporting community based programs and services, such as animal friendly visitors; and
- Identify, support, and develop engaging activities for people with dementia and their care partners, such as physical activity, art, and wellness programs.⁴

Goal 4. Efforts are made to integrate generations & cultures.

4a. Increase opportunities for intergenerational interactions, with tasks such as:

- Create an inventory and evaluation of existing intergenerational programs and identifying the various populations served; and
- Support and incentivize opportunities for seniors and people with disabilities to engage with youth, possibly targeting the following areas or populations:
 - Schools, after-school & youth programs;
 - Community centers and focused classes or programs; and
 - Collaborating with existing arts or music focused programs or organizations.

² San Francisco Human Services Agency Planning Unit, “Assessment of the Needs of San Francisco Seniors and Adults with Disabilities. Part 2: Analysis of Needs and Services (p. 47)

³ “...the vast majority (92%) of DAAS community service clients continue to be seniors. Most of the Community Service agencies are focused on the senior population and do not consider serving the younger disabled adult population as a core part of their mission.” San Francisco Human Services Agency Planning Unit, “Assessment of the Needs of San Francisco Seniors and Adults with Disabilities. Part 2: Analysis of Needs and Services

⁴ Dementia Friendly America, “Dementia Friendly Community Based Services & Supports.”

Goal 5. Ableism & ageism are addressed through public & private efforts.

5a. Increase public awareness of dementia through education and training for those experiencing memory loss, caregivers, service providers, and health care professionals on the following topics^{5 6}:

- Early identification of Alzheimer’s and related dementias, including what to expect, disease management, and risk reduction;
- Available services and resources; and
- Caregiver wellness and support.

5b. Develop and implement an Age and Disability Friendly Business program, which may include:

- Provide outreach and training for local businesses and merchant corridors on the economic benefits of operating an inclusive business;
- Create an awareness campaign that informs consumers of their neighborhood’s accessible and inclusive businesses; and
- Develop a recognition program that acknowledges age and disability friendly businesses and encourages continued participation.

5c. Create a citywide campaign that highlights ableism and ageism. Specific examples may include:

- A public marketing strategy that uses positive images and narrative to counter assumptions about seniors and people with disabilities;
- Identify opportunities to address and discuss ableism and ageism within the educational system;
- Create an event that shares and exemplifies what an age and disability friendly city might look like, such as “all-ages day” or an age and disability friendly block party.

Goal 6. Localized community networks that provide engagement & support for seniors, people with disabilities, & caregivers.

6a. Develop an inventory of existing neighborhood assets (including people) and connections, and an evaluation of those assets as well as any gaps. Examples may include:

- Targeted outreach to first generation communities, specifically seniors, caregivers, people with disabilities that may not be connected to programs and/or may not have family/support networks available;
- Identify and support methods of fostering neighborhood connections on a block by block basis; and
- Promote community-based models rather than program based models, for outreach and engaging neighborhoods.

⁵ Alzheimer’s/Dementia Expert Panel, “San Francisco’s Strategy for Excellence in Dementia Care: Part One of Two. (p. 50)

⁶ Dementia Friendly America, “Dementia Friendly Local Government, March 2016.