

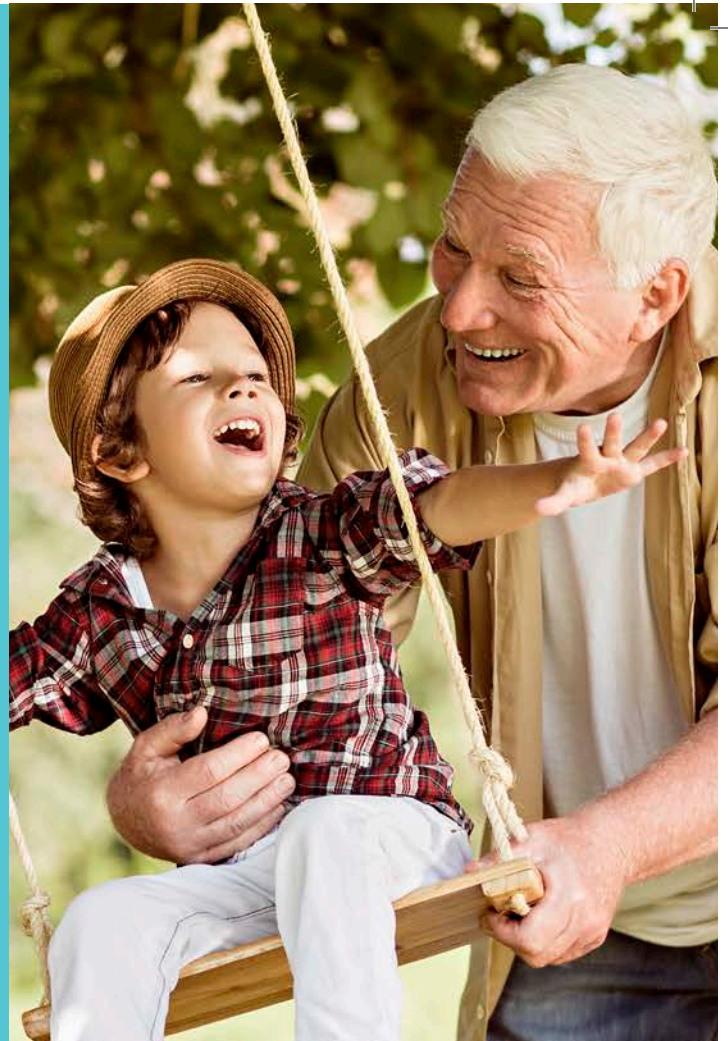


What is an Age Friendly city?

In 2006, the WHO (World Health Organization) recognized two major global trends: rapid aging and increasing urbanization. A major study was launched around the globe to determine what amenities optimize and enhance the quality of life for residents as they age. These results launched WHO's Global Age-Friendly Cities.

Through the creation of policies and services for older adults, San José is establishing a dynamic community that supports healthy and vibrant lives for all.

For questions or more information, contact:
AgeFriendly@sanjoseca.gov



Our Top 8 Priorities

Housing

- Provide affordable, accessible housing for seniors
- Increase funding for affordable home-safety modifications
- Require new urban development and housing to consider safety and access needs of seniors

Transportation

- Provide affordable transportation to senior centers
- Coordinate transit services (BART, Caltrain, bus, light rail) to serve seniors' needs
- Provide safe and pleasant roads, streets, sidewalks, parks, and trails

Social Participation

- Encourage development of more intergenerational programs
- Expand affordable, accessible continuing education for seniors

Respect & Social Inclusion

- Develop an educational campaign to reduce ageism
- Reduce social isolation of older adults
- Promote peer advocates in senior centers
- Provide additional computer training and internet access through the creation of a digital inclusion program

Civic Participation & Employment

- Strengthen volunteer coordination and opportunities for seniors
- Provide flexible employment training and access for older adults

Communication & Information

- Create a new centralized office to manage outreach, coordinate activities across City agencies, and provide support to senior-serving organizations
- Provide and manage an Age-Friendly website
- Ensure City communications to seniors are available in multiple languages
- Create a tool box of senior resources that can be distributed in multiple areas throughout the City where seniors congregate
- Develop an emergency preparedness campaign for San José seniors

Community Support & Health Services

- Improve caregiver resources
- Combat elder abuse

Outdoor Spaces & Buildings

- Provide safe and pleasant parks and trails
- Create more fitness and outdoor programs for seniors
- Explore senior fitness areas in parks

