

CAFE: The Center for Age-Friendly Excellence

Advancing Livable Communities for all Generations



Collated Notes and Analysis Focus Group at Brisbane Senior Center Regarding Unmet Needs of Ethnically Diverse Older Adult Brisbane Residents

In person discussion at the Sunrise room located at the Senior Center in Brisbane:
April 13, 2023 from 4:30-6:15

Total # of participants in Focus Group: 4 people: 3F/1M

Ann O'Brien Keighran: Facilitator CAFE

Outdoor, Open Spaces and Buildings

Unmet Needs

- The small rec center where the old library was located needs updating
- No sidewalks in the hills, hard to get out of the house due to stairs and steep driveways
- Uneven sidewalks due to tree roots
- Some ADA compliance issues have not been addressed or take quite some time to correct

Strengths

- Services are located close together
- Community center at Mission Blue is well kept up
- The marina is a nice place to bike and walk
- Streets are in basically good shape
- Nice level park
- Basketball courts, skateboard park, pool, tennis courts

Potential Projects

- Update the small community center
- Add a Welcome to Brisbane landmark sign

- Inventory uneven sidewalks and prioritize work plan to address the need
- Repaint crosswalks
- Increase tree maintenance
- Add benches throughout the city
- Add signage and a trail map to the trail system on the mountain. Currently, it is not easy to find.
- Add art and workout equipment along the 3-mile industrial loop trail
- Crocker Park trail needs more benches, water stops, lighting, trash cans and restrooms. Also, some businesses throw their garbage in that area. The garbage needs to be more effectively managed.
- Amazon parking lot is a mess with garbage that blows onto trail; the business should have a fence along the trail like most of the other businesses.
- Inventory of ADA issues around town.

Transportation

Unmet Needs

- Not enough traffic enforcement
- Need more stop signs; flashing lights at crosswalks aren't enough and they are confusing.
- Only one 292 Samtrans line; inconvenient
- Need shuttle to even get people from the hills to the downtown area and to the bus stop on Bayshore
- Uber and Lyft are becoming more expensive

Strengths

- GoGoGrandparents is a good service; you can call the number; don't have to have an app; sends a message to your emergency backup person so they are aware you are taking a ride.

Potential Projects

- Gentle speed bumps to slow people down.
- Improve crosswalk safety at intersections.
- Silverspot Cooperative preschool was identified as a priority area for traffic safety interventions.
- Partner with other cities to offer an affordable shuttle

Housing

Unmet Needs

- Need more senior housing with parking.
- Expensive to live here even if you own the house. The utilities are too expensive. Social Security is not increasing each year to keep pace with inflation.

Strengths

- ADU's are being built, but they are unaffordable and the majority are not being rented out

Potential Projects

- Dense housing needed by the shopping center area.
- Communicate HIP housing to the community.

Social Participation

Unmet Needs

- Overall, feel there are good opportunities, but always room for improvement.

Strengths

- Events in the park
- Parks and rec commission
- Agile aging class
- Bingo
- Art classes
- Senior Club

Potential Projects

- Offer more technology classes.
- Help people sign up for SMC alert; get school kids to help with older adults sign up. Partner with the YAC.
- Offer more senior sports, such as pickleball, ping pong, dance classes, other fitness classes, yoga classes.
- Bocce Ball
- Community Game Night and/or Comedy night
- Community Potluck at the parks
- Create a co-operative that sells/swaps smaller portions of food; could meet at the park on a quarterly basis. It offers an opportunity to meet people and learn about each other's food likes.

Social Isolation and Respect

Unmet Needs

- Aging is not prioritized

Strengths

- Brisbane Helping Hands is a wonderful organization; offer companionship to homebound people, grocery shopping, yard work, driving, technology help, going for walks.
- Being a small town, people seem to be more respectful since most people know each other.
- Preschool now occasionally comes to the Sunrise room to be read to by the older adults.
- Older adults' opinions are encouraged to be vocalized.

Potential Projects

- Advertise volunteer opportunities in the schools.
- Offer more intergenerational activities, e.g., through Parks and Rec
- Promote age friendly businesses.
 - For example, if a host/hostess sees people struggling to get inside the restaurant, they should help and keep the door open.
 - Menus should have larger font and have a "senior" selection that offers "smaller portions" at a lower rate than the normal portion.

Communication/Information

Unmet Needs

- Many seniors aren't familiar with technology and not up to date with communication.

Strengths

- The Blast
- The Star
- Luminary
- All commission meetings and city council meetings are televised
- Communications officer

Potential Projects

- Spotlight Helping Hands in the Blast and The Star so people understand what they do and offer
- Develop a Senior Newsletter and send it out 2-4 times a year
- Mail out the activity guide; it is currently only available online

- Use voter registration as a mailing target for a senior newsletter.
- Distribute flyers at the library

Civic Participation and Employment

Unmet Needs

- Don't know of employment opportunities.

Strengths

- Plenty of opportunities to apply for a commission.
- Also have ample opportunity to voice opinion at council meetings.

Potential Projects

- Create a bulletin board in the library with job opportunities
- Develop an Age Friendly Senior Commission

Community Health Services

Unmet Needs

- Lack of awareness about resources for older adults

Strengths

- None identified.

Potential Solutions

- A resource person that people can call to ask questions or ask for help.
- Distribute Help at Home booklets
 - Brisbane Helping Hand volunteers could hand out the booklet to the community members they already interact with.
- Resource/ health fair
 - Offer transportation and food to attract people to the event.