

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 Priority Needs of Older Adult Brisbane Residents

In person discussion at the Sunrise room located at the Senior Center in Brisbane:

April 11, 2023 from 4:30-7:00

Total # of participants in Focus Group: 5 people (4F/1M)

Ann O'Brien Keighran: Facilitator CAFE

Outdoor, Open Spaces and Buildings

Unmet Needs

Walkability

- Uneven sidewalks are a fall hazard.
- Hills are very steep and can be treacherous.
- Catch basins are tripping hazards.
- Owl-Buckeye Canyon Ridge: The walkways are being redone, but they are not making them wide enough.
- Sierra Point (located at the southeast corner where Shoreline development and Baytrail come together): the intersection is a mess of multiple materials; it is not flat and poses a hazard.
- Need more benches; benches provide a welcome place to rest and encourage those of all abilities to enjoy the outdoors.
 - Benches should be numbered to facilitate wayfinding. For example, this can help a person with dementia identify their location (or someone who finds them).

Outdoor Spaces

- Need more open space; more parks would be beneficial; city needs to have dedicated open space that isn't used for other purposes.
- Want to see the park by Visitacion expanded; great kiddy park but need space for older adults to exercise and use equipment; needs to be more intergenerational.

Buildings

- The community center where the old library was located is underutilized, but it could be more accessible for visitors with diverse physical abilities.
- No elevator in senior housing complex.
- Hard to get into houses in the hills because of all the stairs.

Other

- Outdoor pool is cold; needs to be heated to a higher temperature. Also, a roof structure would protect swimmers from the elements.

Strengths

- Clean buildings
- Children's play areas
- City has added some lighting where needed
- The city is small

Potential Projects

- Widen walkways along Owl-BuckEye Canyon.
- Add new benches along walking trails by inviting residents to donate and adopt a bench.
- Earmark and preserve additional open space areas.
- Improve the community pool by adding a retractable pool cover and retractable roof and increase the temperature. The current temperature is too cold for older adults or people who are swimming for physical therapy and rehab.
- Designate parking spaces for older adults (not necessarily handicap); this is done in Ireland.

Transportation

Unmet Needs

- Not convenient
- SamTrans only has one line and doesn't run often.
- No east/west transportation to even get to the bus stop.
- When there was the shuttle, no one used it because there was very little communication of when it ran or any map.

- Redi Wheels requires one to make an appointment days ahead of time.
- Older people don't have the technology for Uber and Lyft.

Strengths

- None.

Potential Projects

- Communicate the "Got Wheels Program" (at least have people call to be on the waiting list.)
- Multiple cities could share a shuttle to save costs.
- The City of Brisbane could research and create their own transportation like Palo Alto (Palo Alto Link) Available in the App Store, Google Play, or those without smartphones can sign up by calling 650-505-5772. They offer vans with bike racks and wheelchair accessible vans upon request.

Housing

Unmet Needs

- Housing isn't affordable; not enough in Brisbane.
- Need more options to downsize.
- Not enough ADU's being built.

Strengths

- None.

Potential Projects

- Communicate affordable resources for maintaining or renovating ones' home to improve accessibility as our physical needs change.
- The City needs to have a staff person dedicated to housing; there are millions of dollars from RDA money not being used.
- Need to identify more areas where housing is possible. Baylands is an option for more senior housing; also need a large amount of affordable housing with that project.
- Tiny homes
- Streamline ADU permitting process
- Need more intergenerational housing.

Social Participation

Unmet Needs

- Desire for more programs.

Strengths

- Brisbane Helping Hands
- Neighbors are quite helpful
- Parks and Rec department

Potential Projects

- More technology classes
- Food related events
- Cooking classes
- Community garden
- City game night/card night
- Photography classes
- More intergenerational programs
- More block parties
- An active older person group; there is a group for active moms in Brisbane
- Sports for older adults
- Hiking/walking group
- Line dancing
- Have activities/programs that address all senses. What are we doing to stimulate people's experiences?
- Share information about programs and events happening in adjacent cities

Social Isolation and Respect

Unmet Needs

- Many older people are isolated and don't have a strong connection with the community. Need to have people check in with them.
- Feel older adults are thrown to the curb.

Strengths

- Brisbane Helping Hands offers companionship for people who are homebound (more people need to know about this group)

Potential Projects

- Develop Neighborhood Networks/ Directory: Neighbors checking in with each other.
- "Adopt a Neighbor"
- Create a Master list of people who are disabled and older people available in the city and have volunteers use it to check in with people by phone or in person. If

people want to be on the list, you can sign up. Could be promoted through the Blast.

- School children become pen pals with older adults
- Work with the Youth Advisory Board to set up programs that include youth and older adults. i.e., <https://www.upworthy.com/teens-help-elderly>
- Offer more cultural events to build respect for various cultures.

Communication/Information

Unmet needs

- People not aware of resources and/or events. Need to find creative ways to disseminate information. Not enough “old school” opportunities of communication.

Strengths

- Have a Communications Officer
- The Blast goes out every Friday
- The Star (Communications Officer) goes out every two months or quarterly
- Luminary (Chamber of Commerce Newsletter)

Potential Projects

- City Website suggestions:
 - Advertise the ‘Help at Home’ book on the city website.
 - Create an Age Friendly Community web page on the city website listing various resources (make sure it’s in big font).
 - Add a resource page on city website.
- Many want more communication arriving via mail.
 - Send out multiple mailings that include San Mateo County and Brisbane resources.
 - Mail a resource guide once a year to Brisbane residents.
 - Mail the Parks and Rec books to older adults; don’t just publish it online.
- Create an Older Adult/Senior Newsletter that goes out quarterly and is available at the library, community center, Farmers Markets; also disseminate at big events, i.e., Christmas luncheon.
- Increase the frequency of the Star (add resources to the resource corner).
- Communicate what Brisbane Helping Hands offers in The Blast and The Star.
- Simplicity App: City needs to sign up and publish events/meetings, etc. One way notification to constituents
- Place multiple A frames throughout the city at high volume areas with events and meeting times.

- Banners advertising community events.

Civic Participation and Employment

Unmet Needs

- Don't know about job opportunities.
- Don't know of any computer classes being offered on a regular basis.

Strengths

- Plenty of opportunities to participate on commissions in the city.
- Older population quite vocal at city council meetings.

Potential Projects

- Need to have a Senior Age Friendly Commission.
- Offer a stipend to older adults who want to teach a workshop.
- Have schools employ older adults to help as teacher aides; everything can't be voluntary.

Community Health Services

Unmet Needs

- Very little resources available.

Strengths

- Medical Equipment Loan Program through the Lions Club: Dan Carter
415-850-2419

Potential Solutions

- Need to do inventory of Medical Equipment available and disseminate that information to the community.
- Health Fair/ Resource Day at the Park