



Goal 1: Community Connectedness

Older adults are connected to their communities and participate in community life

- 1.1 Support opportunities to involve older adults and individuals with disabilities in volunteerism and other forms of civic engagement.
- 1.2 Promote positive social interactions and support healthy decision-making.
- 1.3 Facilitate social connectedness and community engagement across the lifespan.

Goal 2: Transportation

Every older adult is able to access and afford transportation to access resources

- 2.1 Improve and expand existing transit service to accommodate those with special needs and in outlying areas, and promote safe, alternative transportation methods beyond the personal automobile.
- 2.2 Promote the development of walkable, transit-oriented communities that allow older adults to live near public transit stops and essential services.

Goal 3: Varied Housing Options

Older adults have access to affordable, safe and healthy housing

- 3.1 Improve access to affordable housing.
- 3.2 Improve access to safe and healthy housing.

Goal 4: Healthy Living

Older adults have the resources and support to engage in healthy living

- 4.1 Older adults eat healthy food.
- 4.2 Older adults are physically active.
- 4.3 Older adults are engaged in self-care and chronic disease prevention.
- 4.4 Older adults live free of tobacco, alcohol and other drugs.
- 4.5 Older adults enjoy good mental health.
- 4.6 Promote the cultural transformation and the experience of healthy aging in Sonoma County.

Goal 5: Lifelong Learning

Older adults have access to education and training and are adequately prepared for the challenges of the future

- 5.1 Improve cognitive health of older adults by providing mental stimulation and learning opportunities.
- 5.2 Provide needed education and training to older adults so they are relevant in the workplace.

Goal 6: Employment and Financial Security

Older adults, and their families, have access to economic resources, services and support to live independently

- 6.1 Increase opportunities for employment later in life.
- 6.2 Build economic security and reduce the effects of poverty of older adults.
- 6.3 Expand awareness of available services and support for older adults, their families, and caregivers.

Goal 7: Health and Community Based Social Services

Ensure that all older adults have access to the continuum of health care and community based services that they need to achieve optimal health and well-being.

- 7.1 Improve access to prevention-focused primary care and other needed health and community-based social services for all older adults.
- 7.2 Optimize the coordination and support of patient care across the continuum of health care and community-based social services.
- 7.3 Ensure that each person and family is engaged as partners in their wellbeing.

For more information, visit www.agingtogethersonoma.org
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OUR VISION:

Sonoma County

is a healthy place to
live, work and play...

a place that supports

all people to thrive

across the lifespan and

achieve their life potential.



OUR MISSION:
To promote a community that ages together and supports opportunities where we can enlighten, encourage, and care for each other with honor, respect and interdependence.



not old...perfectly aged

take**ACTION**

Aging Together Sonoma County connects all sectors of the community to improve the health and quality of life for people across the lifespan as we age together in Sonoma County. Aging Together works to assure that everyone, no matter their age, is respected, valued, and has the opportunity for an improved quality of life as integral parts of our community. The overarching goal is that all people have the opportunity to be connected to community life, and have access to the resources and support they need to thrive and achieve their life potential.



Everyone will age...
take**CARE** of yourself

Local assessments of needs and assets helped to identify 7 goals as important contributors to healthy aging across the lifespan:

- 1. Community Connectedness
- 2. Transportation
- 3. Varied Housing Options
- 4. Resources for Healthy Living
- 5. Lifelong Learning
- 6. Employment & Financial Security
- 7. Access to Coordinated Health & Community-based Services

Why is Aging Together Important?

The growing number of older people in Sonoma County presents new challenges and opportunities for seniors to be physically, psychologically and financially healthy, active and connected to others.

Older adults have unique needs and life experience.

Older adults offer a wealth of knowledge, wisdom and experience that benefit the health and well-being of the entire community. By planning now, our community will anticipate and prepare to tap into this valuable pool of wisdom and energy.

By identifying clear priorities and resources both within and outside of our community Aging Together Sonoma County will offer leadership and planning to assist the community in addressing and responding to the needs of older people. Aging Together will help to prepare all ages to plan for aging, and connect generations for the well-being of the entire community.



What can we do now?
How will we achieve our Vision?

There are services, programs and policies in place in Sonoma County to support healthy Aging Together. Our goal is to connect these resources and assets to those who are in greatest need.

AGING TOGETHER WE WILL:

- Develop a common agenda, aligned goals and indicators for healthy aging.
- Build commitment to the common agenda. Encourage organizations to align their work to common goals and indicators
- Engage families, businesses, local government, and the broader community to identify gaps and solutions to pressing needs
- Align public and private investments with shared goals, indicators, and priority strategies
- Measure and report results- compile and report indicator data and progress toward goals transparently. Identify what is working well and share best practices throughout Sonoma County.
- Create a community where all people are Aging Together.