



City of Belmont Age-Friendly Action Plan

2026–2029



“Age is an issue of mind over matter. If you don’t mind, it doesn’t matter.”- **Mark Twain**



Executive Summary

In September 2022, the American Association of Retired Persons (AARP) and the World Health Organization (WHO) formally designated the City of Belmont as an Age-Friendly City. This designation marks a significant milestone in our journey toward fostering a community that is inclusive, accessible, and supportive of residents of all ages. Our commitment reflects the guiding principle of livability, ensuring that Belmont remains a place where all people can thrive at every stage of life.

Demographic shifts worldwide highlight the need for cities to adapt to an aging population. By 2034, the U.S. Census Bureau projects that there will be more people over 65 than under 18 for the first time in history. We have reached a crossroads where older adults outnumber children in many countries.*

Belmont is committed to being an Age-Friendly community and providing quality public services and programs. We respect community values and apply necessary resources to meet our community members' prospective challenges and expectations. We want to ensure that our City incorporates programs and policies that enhance the quality of life and promote wellness for all residents, especially those over 55. A variety of classes are offered to cater to all fitness levels, including seated boot camps, Tai Chi, Yoga Therapy for Brain Health, balance classes, and more.

A sense of community and belonging is critical to a city's offerings. The goals and strategies outlined in the action plan will represent a positive step forward in identifying how we intend to engage the community, broaden services, create opportunities for residents to thrive, and provide feedback on our progress.

**Aging in the United States: Strategic Framework for a National Plan on Aging, May 2024.*

Belmont strives to lead the global Age-Friendly movement through continued commitment, innovation, and collaboration. By sharing best practices, learning from our experiences, and adapting to emerging challenges, we will ensure that our City remains a vibrant, inclusive, and livable place for all.

As longevity increases, the need for an Age-Friendly environment becomes increasingly essential. The Belmont Parks and Recreation Department along with the City Council and staff, played a critical role in supporting this vision.

This plan is a culmination of a detailed consultation process that brought service providers, City staff, commissioners, elected officials, and community members together in Belmont to identify how the City can continue to make Belmont a phenomenal place to live, work, and play.

With this plan and vision, the City can strive to work with its residents and counterparts to establish a worldwide community. It is a testament to the community's unwavering commitment and dedication to creating an Age-Friendly environment.



Table of Contents

5	Overview Age-Friendly Cities
7	8 Domains of Livability and Examples
18	Action Plan Introduction
23	Domain 1: Outdoor Spaces and Buildings
26	Domain 2: Transportation
32	Domain 3: Housing
36	Domain 4: Social Participation
41	Domain 5: Communication and Information
46	Domain 6: Respect and Social Inclusion
50	Domain 7: Civic Participation and Employment
54	Domain 8: Community Support and Health Services
58	Domain 9: Emergency Services

Appendices:

61	A. Age-Friendly Projects to Consider
62	B. Current Age-Friendly Practices
74	C. The City of Belmont
76	D. City Government
79	E. Demographic Profile of Belmont Residents
81	F. Livability Index
83	Acknowledgment
84	Resources

Overview: AGE-FRIENDLY CITIES



The concept of Age-Friendly cities emerged in response to the rapid aging of populations and increasing urbanization. The World Health Organization’s Global Age-Friendly Network was launched in 2008 to foster an exchange of experiences and provide a forum for mutual learning worldwide. In the United States, the Age-Friendly effort is a partnership with the World Health Organization (WHO) and the American Association of Retired Persons (AARP). There are currently 1,705 cities in 60 countries, covering a population of 330 million worldwide. In 2007, the World Health Organization published the WHO Global Age-Friendly Cities guide, which outlines the domains of life that impact adults aged 55 and above. From this guide, the WHO identified and implemented eight domains to incorporate into establishing Age-Friendly cities. In 2010, the Global Network of Age-Friendly Cities and Communities was established to facilitate the exchange of ideas and information among cities, enabling them to work more effectively in accommodating older residents. The WHO has recognized that the number of people aged 60 and over is projected to double from 11% in 2006 to 22% by 2050. According to the Master Plan on Aging’s dashboard, 21% of the population in California was age 60 or older in 2022. In San Mateo County, approximately 23% of the population was 60 or older in 2020, with a projected increase to 34% by 2040.

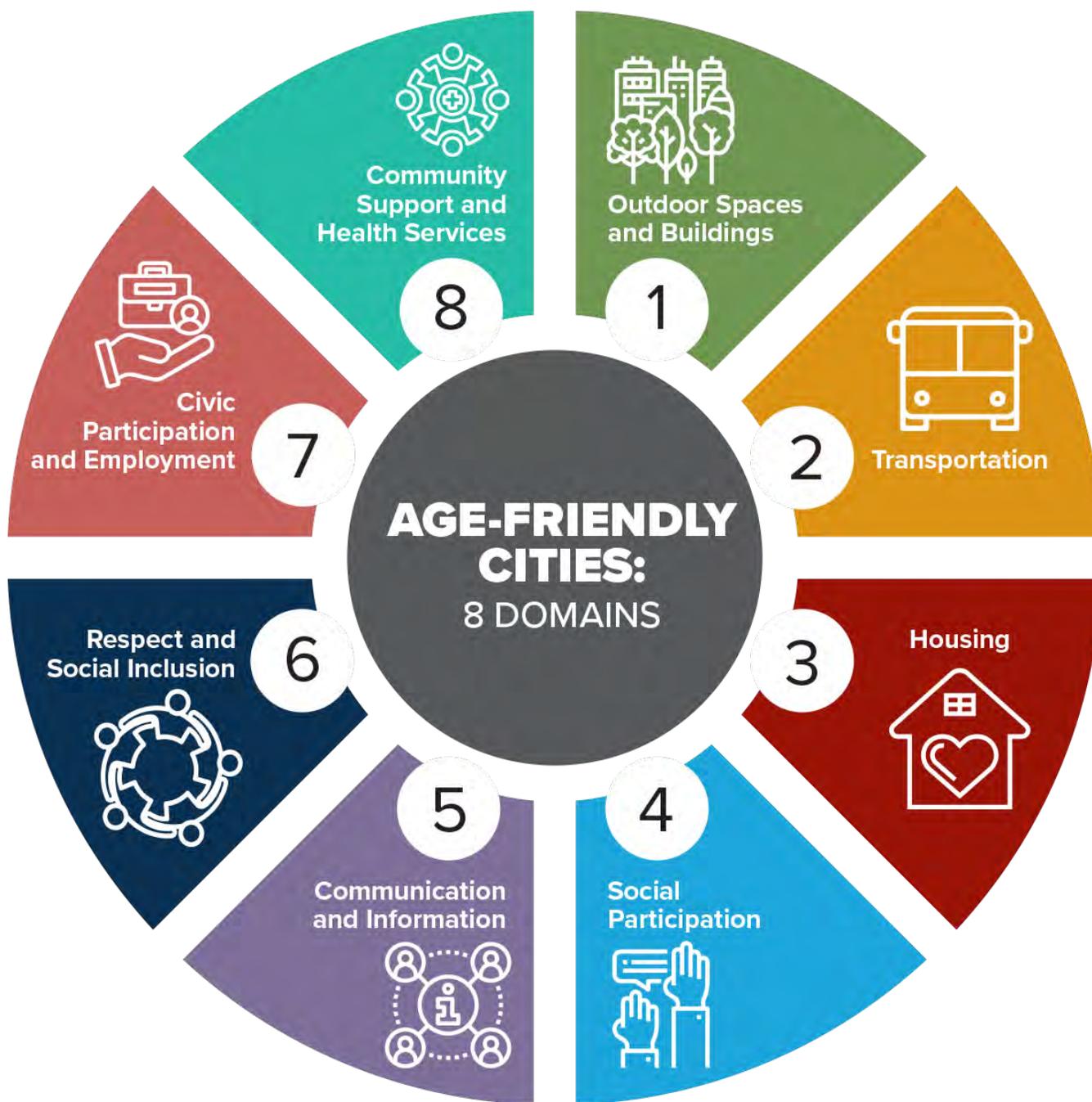
The WHO and AARP serve as platforms for cities to share information, learn from each other’s experiences, and collaborate on innovative solutions to the challenges of an aging population. The WHO identified eight domains: outdoor spaces and buildings, transportation, housing, social participation, respect and social inclusion,

civic participation and employment, communication and information, and community support and health services. In this plan, an additional domain related to emergency preparedness and services is introduced, which doesn't fall within the original eight domains of the WHO. The findings from the World Health Organization were compiled into the *Global Age-Friendly Cities Guide and the Checklist of Essential Features of Age-Friendly Cities*, which was released in 2007.

In 2019, Governor Gavin Newsom signed an executive order calling for the development of the California Master Plan on Aging, which was launched in 2021. It is a comprehensive blueprint to address the needs of the aging population and people with disabilities. Stakeholders from the state provided input on issues and concerns affecting older adults. The plan outlines five goals, accompanied by 23 strategies to promote health, aging, equity, and inclusion across the lifespan, supported by multiple initiatives and a data dashboard to track progress. This plan emphasizes preparing for increased health and care demands while fostering community growth. The plan outlines five goals to build a California for All Ages by 2030: Housing for All Ages & Stages; Health Reimagined; Inclusion & Equity, Not Isolation; Caregiving that Works; and Affordable Aging.

This action plan also addresses the emerging challenge of combating ageism. The City of Belmont's work on this plan will align with the emerging focus at the County, State, Federal, and international levels to utilize resources effectively in meeting the growing needs of our increasingly older adult population. Age-Friendly communities benefit from a wide range of citizen engagement by including residents in identifying community needs and developing action plans to implement a course of action, along with evaluation metrics. The plan proves to be a testament to the commitment in establishing an environment where older adults can thrive and are encouraged to continue to contribute to the community. The Age-Friendly movement faces challenges, but continues to evolve, driven by a commitment to creating an inclusive and equitable suburban environment where older adults can work, live, and thrive. Making cities more Age-Friendly is a necessary and logical response to promote the well-being and contributions of older adults, while also ensuring cities remain thriving. The City wants to encourage enablement rather than disablement. Age-Friendly cities can only result from an integrated approach centered around how older adults live.

AGE-FRIENDLY DOMAINS



NOTE: A ninth additional domain has been added to highlight Belmont's Action Plan for **Emergency Services**.

DOMAIN 1: Outdoor Spaces and Buildings



Age-Friendly outdoor spaces and buildings are essential components that contribute to healthy and active aging in a community. These environments are designed with the needs of older adults in mind. Ensuring that public areas are safe, accessible, and inclusive for people of all ages, backgrounds, and abilities is essential to providing a good quality of life. An Age-Friendly design promotes independence and social participation by minimizing physical barriers. It is necessary to foster an environment where older adults can fully participate in community life and maintain their health and well-being. Some critical features to explore in this domain for an Age-Friendly community include, but are not limited to, the following:



Accessibility: Age-Friendly environments prioritize ease of access for people of all mobility levels. This involves designing barrier-free pathways with smooth, non-slip surfaces and adequate width to accommodate everyone's use. Clear signage with large, readable fonts enhances navigation for individuals with visual or cognitive impairments. Accessibility also extends to parking areas, including designated spaces close to entrances, ensuring ease of access for individuals with mobility challenges. Accessible elevators, ramps, and stairs are essential for ensuring accessibility.

Safety and Security: Older adults are more vulnerable to falls and other risks, so safety is a primary consideration in developing Age-Friendly designs. Well-maintained and well-lit pathways, trails, pedestrian areas, and parking lots help reduce the risk of falls or accidents. Adequate lighting, emergency call buttons, and cameras help older adults feel more secure when using public spaces during the day and in the evening.

Public Facilities: Public facilities should be designed with accessibility as a focal point. Buildings should be easily accessible to older adults, including those with mobility issues or disabilities. Comfort in outdoor environments and buildings helps enhance usability for older adults. Seating areas with sturdy benches and chairs that offer high backrests and armrests will be placed in high-traffic pedestrian areas and rest spots. Placement of seating under a shade structure helps protect against sun exposure and provides shelter from wind and rain. Additionally, outdoor exercise equipment must be designed for both youth and mature adults to empower intergenerational socialization. Green spaces should be readily available for older adults to enjoy nature and participate in physical activities to foster a sense of well-being.

DOMAIN 1: Outdoor Spaces and Buildings

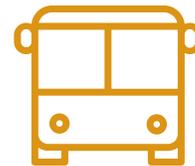


Walkability: Outdoor spaces should encourage walking by providing well-maintained sidewalks, trails, and pedestrian crossings with sufficient crossing times. Walking loops in parks or neighborhoods with clear signage and distance markers help seniors track their activity.

Inclusive Design: Building and suburban planning should consider the needs of older adults, incorporating features that enhance safety, comfort, and usability for people of all ages. Design should also address sensory, cognitive, and physical differences. Inclusive spaces foster social interaction between residents of different generations, which helps reduce isolation by making everyone feel welcome in their community.



DOMAIN 2: Transportation



An Age-Friendly community provides a variety of reliable, accessible, and affordable transportation options, along with mobility education, which allows residents the ability to be connected to all areas and services within the community. Transportation is a critical necessity influencing active aging, social participation, and access to essential community services and resources. A robust transportation system ensures residents can move safely and comfortably throughout the local and regional community.

Accessible Public Transportation: Accessible public transportation ensures that older adults and individuals with disabilities can travel independently. There should be designated priority seating, ramps, and lifts. Doors need wide openings to accommodate walkers and wheelchairs. Audible announcements and transparent visual displays inside vehicles help riders stay aware of their upcoming stops.

Affordable Transportation Options: Transportation should be affordable for older adults, which could include subsidies or discounted fares. In addition to traditional transportation options, volunteer transportation options, and shuttles should be readily available to increase access to grocery stores, community centers, libraries, and medical clinics and hospitals. By reducing financial strain, these measures encourage the use of public transportation among older adults, to maintain easy access to services and increase social interaction with others.

Safe and Comfortable Transit: Safety in transportation involves well-lit and secure bus stops and transit stations. Comfort is enhanced by providing shelters, seating, and protection from the elements at transit stops. Temperature controls inside vehicles are vital monitors to ensure a pleasant experience year-round for riders. Transit staff should be trained in disability awareness and customer service. Transportation modes must be clean, safe, and well-maintained. Buses, trains, and shuttles need to have grab bars, climate controls, and non-skid flooring. Transportation stations should have security cameras and easily accessible emergency call buttons.

Availability of Various Transportation Modes: Curating a “whole” approach to transportation will result in shorter waiting times. There should be a range of transport options available, such as buses, trains, on-demand options, taxi vouchers, and shuttles, which can accommodate different needs. On-demand transportation options that are made available, such as door-to-door pick-ups and drop-offs, also enhance the experiences of older adults and those with special needs.

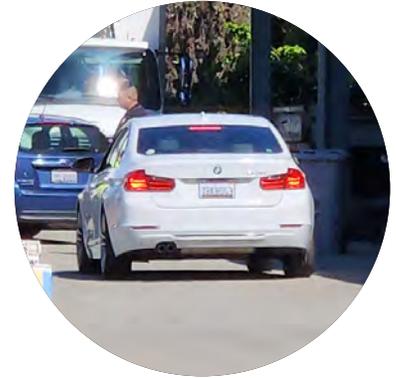


DOMAIN 2: **Transportation**



Walkable and Safe Streets: Safety and comfort need to play an essential role throughout the City’s transportation infrastructure. Ensuring streets are safe and walkable includes having well-maintained sidewalks, pedestrian crossings, and parking lots, and incorporating traffic-calming measures. Pedestrian crossings need countdown timers, audible and visual signals, and sufficient crossing times to accommodate slower walking speeds.

Information and Education: Clear, concise, and accessible information about transportation options, routes, and schedules with large fonts and high-contrast colors is essential. Workshops and outreach sessions at community centers and libraries are needed to teach older adults how to use online transportation tools and smart cards. Volunteer “travel buddies” and helplines will help ensure that residents can take full advantage of available transportation options.



DOMAIN 3: Housing



An Age-Friendly City offers housing that provides accessible living spaces, is affordable, and safe. Housing options include single-family homes, accessible dwelling units, multi-unit apartments, and co-housing options. Housing options must meet the ongoing changing needs of people as they age. Older adults need as many options as possible to help them stay in their homes, and not be forced to leave due to physical limitations, financial hardship, or lack of essential support systems.

Affordability: Housing should be financially accessible to older adults, ensuring they can afford to live in suitable homes without experiencing financial strain. Most older adults live on fixed incomes. Age-Friendly housing may include options like subsidized housing, rent-controlled units, or shared living models.

Accessibility and Adaptability: Homes should be designed or modified to accommodate the physical needs of older people. Design concepts such as wide doorways, step-free entrances, lever-style handles, non-slip flooring, and grab bars in bathrooms will help enhance safety as older adults age. Kitchens can include adjustable countertops and easy-grip cabinets, enabling residents to maintain independence regardless of physical limitations.

Safety and Security: Ensuring that the housing environment is safe is crucial. Innovative technologies offer numerous benefits for older adults in housing, including enhanced safety, increased independence, and improved convenience. Safety features include security cameras, smart fall detection sensors, emergency buttons, smart locks, voice assistants, and smart thermostats.

Proximity to Services: It is essential that housing is located near transportation hubs, retail stores, libraries, community centers, and healthcare facilities. Access to these services helps older adults maintain independence and reduces the risk of isolation.

Support Services: Supportive services need to be integrated into the City's housing framework to promote aging in place. On-site coordinators connect residents to health resources, meal delivery, health care, and other personal needs. Incorporating volunteer networks and intergenerational programs pairs younger residents with older adults for day-to-day tasks such as grocery shopping, driving to medical appointments, attending City events, and assisting with home maintenance. This holistic approach helps ensure that housing is not just a physical support, but also incorporates mental health components to promote connection and independence.



DOMAIN 4: Social Participation



An Age-Friendly community fosters affordable and accessible activities and opportunities for social interaction and engagement that cater to people of all ages, abilities, and cultures. Social interaction and participation foster a vibrant, inclusive environment where older adults are empowered to engage daily in their community.

Accessible and Affordable Activities: Social participation opportunities need to be financially inclusive and physically accessible. This includes holding events and activities at venues that are easy to reach and navigate for people with mobility challenges. Costs should be kept low or subsidized to assist residents who are on limited incomes and have limited resources.

Intergenerational Opportunities: Intergenerational programs, such as storytelling, karaoke, music, playing board games, and watching movies, foster social interaction and reduce social isolation. Promoting intergenerational activities and opportunities for social engagements helps bridge the gap between generations and provides positive interactions that promote healthy aging and foster respect. This is crucial for maintaining physical health, cognitive function, and emotional well-being.

Community Support: Age-Friendly Cities encourage community organizations and local governments to support social participation for older adults through funding and the use of community rooms and other community spaces designed to promote spontaneous social interactions. Pop-up food trucks and cafes also create spaces and casual settings for residents and neighbors to gather and chat. Regular interaction with peers and other community members can improve mental and emotional well-being. Participating in meaningful events and activities contributes to a higher quality of life, which enables older adults to pursue their interests, hobbies, and passions, which fosters a sense of belonging and purpose.



DOMAIN 5: Communication and Information



As defined by the AARP, an Age-Friendly community ensures timely information from multiple sources, is multilingual, covers various topics, and is distributed widely throughout the community. The opportunity to stay connected with events and essential information is necessary to maintain a good quality of life. This domain encompasses a variety of elements, with a key focus on user-friendly communication channels. When information is easy to access and understand, seniors can fully participate in their communities without feeling isolated, disconnected, or overwhelmed. This approach fosters a sense of respect and value for the older adult population.

Accessible Information: Information must be accessible and available in multiple formats to accommodate different needs and preferences. This includes having printed materials in large fonts and focusing on the Who, What, When, and Where. It is also essential to ensure that online information is easily accessible and that residents are educated on using technology.

Transparent and Timely Updates: Communication should be simple, direct, and easy to understand. Visual aids such as graphs, pictures, and diagrams should be appealing and capture the audience's interest. There should be frequent updates, and information should be disseminated through a variety of mediums and channels.

Inclusive Communication Channels: Mixing of traditional and modern communication methods ensures information is disseminated across a broad spectrum of the community. This may include, but is not limited to, flyers, newspapers, newsletters, electronic news, television, community bulletin boards, social media, and websites.

Educational Support: Technical support helps older adults navigate the digital world. Classes and workshops focusing on using computers, tablets, smartphones, and the internet ensure that older residents can access online resources, social media, and digital communication tools. Community centers and libraries often provide free internet access, group sessions, and one-on-one tech assistance, bridging the digital divide and empowering older adults to stay connected with family and friends.

Responsive Services: Age-Friendly communication must be responsive and interactive. Communication channels may include helplines, concierges, customer service centers, and support centers. Staff need to be respectful, kind, and patient. Websites should offer chat features that are easy to use. Older adults should also have the opportunity to ask questions and receive feedback in a timely fashion. This empowers older adults to stay informed, connected, and engaged in all aspects of community life.



DOMAIN 6: **Respect and Social Inclusion**



An Age-Friendly City with robust social inclusion and respect policies creates an environment where older adults feel included and empowered. Older adults need to feel they are included and respected in their communities. These cities prioritize equity, ensuring that older adults of all income levels, cultural backgrounds, or physical abilities have equal access to resources, opportunities, and services. Intergenerational interactions can be beneficial in understanding the differences between generations. An Age-Friendly community fosters positive attitudes towards aging, promotes inclusive community activities, and engages older adults in decision-making processes.



Positive Attitudes Towards Aging: An Age-Friendly City promotes positive perceptions of aging by challenging stereotypes and reducing age-based discrimination. This can be accomplished through education campaigns and media representation to help reshape how aging is viewed. It is vital to emphasize resilience, wisdom, and continued contributions. Respect and inclusion also extend to the City's workforce and service providers. Staff should receive training emphasizing cultural competence and awareness of age-related challenges like mobility limitations, hearing loss, and memory loss. When society values older adults, they are more likely to be treated with dignity. Businesses are incentivized to adopt Age-Friendly practices through certification programs recognizing their commitment to inclusion.

Intergenerational Opportunities: Facilitating interactions between different generations can foster mutual respect and understanding, promoting a more inclusive and harmonious society. Intergenerational programs in schools, workplaces, and community centers can help bridge the gap between young and old, fostering a more cohesive community, comfortable with socializing and collaborating.

Recognition of Contributions: Acknowledging and celebrating the knowledge, wisdom, and life experiences of older generations is key to fostering respect. This can be achieved through recognizing contributions at Council meetings, City events, and local media features. With this increased recognition, people feel a stronger sense of belonging and purpose.

Involvement in Decision-Making: Including older adults in decision-making processes, especially those affecting their lives, ensures their voices are heard and respected. This will be achieved through advisory boards, commissions, and community boards and committees.

DOMAIN 7: Civic Participation and Employment



An Age-Friendly City creates environments that support community participation and employment by removing barriers and providing resources and opportunities to facilitate this concept. This includes ensuring that there is transportation to work and volunteer sites, as well as developing supportive legislative policies catering to older adults' needs. Residents' voices shape the community.

Employment Opportunities: Age-Friendly Cities promote flexible and fair employment opportunities for older adults who want to work. This can include offering part-time and full-time employment opportunities, job training opportunities, and remote work options. Employers are encouraged to adopt age-inclusive hiring practices, value experience, and avoid age-based discrimination.



Volunteerism: Older adults can partner with schools, governments, local businesses, and nonprofits to contribute meaningfully while staying socially connected. Activities such as tutoring, storytelling, community gardening, and participating in and planning events help reinforce a sense of belonging and purpose. Encouraging volunteer activities in both public and private sectors allows older adults to contribute to their communities, stay active, and maintain social connections.

Recognition: To sustain engagement, it is crucial that older adults' contributions, whether paid or unpaid, are celebrated and acknowledged. This can be accomplished through certificates, appreciation events, and public thank-you messages. These types of recognition promote positive civic engagement. When appreciation is exhibited, older adults are more likely to continue participating and feel a strong sense of belonging in their community.



DOMAIN 8: Community Support and Health Services



An Age-Friendly community provides adequate access to various healthcare services that help promote, enhance, and restore health. This ensures that older adults can access the necessary services to maintain their health and encourage independence for as long as possible. Health services are prioritized to enhance residents' physical and mental well-being. As people age, their healthcare needs become more complex, which requires increased medical care and supportive healthcare services. An Age-Friendly approach incorporates affordable, accessible, and person-centered care that supports aging in place and independence.



Accessible Health Services: Age-Friendly communities ensure that health care services are financially and physically accessible. Health services such as hospitals, clinics, and health centers are located near residential areas with ample parking, wheelchair access, and Age-Friendly signage.

Community-Based Supports: Preventive health initiatives should be part of a city's approach to promoting active and healthy aging. Community and senior centers offer affordable fitness classes, nutrition workshops, and educational sessions focusing on a wide range of health-related topics, including cardiovascular disease, diabetes, hypertension, and fall prevention. This may also include other services such as meal delivery, adult day care services, and transportation assistance.

Support for Caregivers: Family members and caregivers play a critical role in supporting older adults' healthcare needs. In addition to providing care for the patient, caregivers also need support to maintain their physical and mental well-being. This includes access to respite care, healthcare workshops, financial assistance, resource directories, and emotional support groups. Offering support services for caregivers protects their well-being and also enhances the quality, safety, and sustainability of care for older adults in the community.





Action Plan

An Age-Friendly Action Plan is a five-year framework developed by communities to create an environment that supports the quality of life of older adults as they age. A plan serves as a roadmap for developing projects and policies that make a city a better place for individuals to age gracefully, thrive, and maintain their independence. In developing Belmont's Action Plan, the City engaged with residents in various ways. Belmont officially joined the AARP/WHO network in September 2022, marking its certification as an Age-Friendly City. The process began in April 2022, when the Belmont City Council approved the formation of a task force to oversee the application, with support from the Center for Age-Friendly Excellence (CAFE) and the San Mateo County Board of Supervisors. This designation demonstrates the City's commitment to developing an action plan to implement and evaluate Age-Friendly initiatives, thereby enhancing the City's livability for all ages. It is essential to conduct a baseline community assessment of the needs of older adults, establish a three-year action plan to address these needs, and develop tools to measure the progress of this Action Plan.

ACTION PLAN INTRODUCTION (continued)

Before developing an Action Plan, the City has implemented many projects and policies to support its older adult population. Some examples include, but are not limited to:

Outdoor Spaces and Buildings

Provide informal places to gather to build community connections:

- Providing plenty of seating, such as chatty benches and picnic tables, encourages active socialization.
- Two locations have recently resurfaced tennis courts with newly added pickleball lines.
- Public playgrounds have seating nearby for grandparents and others.
- Off-leash dog areas enable individuals with limited mobility to provide their dogs with exercise and engage in social interaction with other dog owners.
- The Parks and Recreation Master Plan calls for the addition of gathering spaces.
- The City added a Public Plaza in 2018 to provide additional gathering space in the downtown area.



Transportation, Mobility, and Pedestrian Safety

- Measure I was approved to address the necessary sidewalk repairs for safety and accessibility.
- The City's Bike and Pedestrian Plan, approved in 2016, outlines phased improvements to Ralston Ave. These include crosswalks in new locations and hawk signals at select crosswalks to allow pedestrians of all abilities enough time to cross.
- The City provides transportation to and from its Senior Center, allowing seniors to attend safely.
- Sequoia Village volunteers drive Village members to medical appointments, stores, and social events.

Housing

- The City of Belmont has approved and constructed a wide variety of affordable housing projects. A few examples of developments include:
 - The Corners
 - Belmont Family Apartments
 - Firehouse Square
 - Artisan Crossing
 - Hayden

ACTION PLAN INTRODUCTION (continued)

- Staff collaborate with Rebuilding Together Peninsula (RTP) to provide minor building repairs for older adults.

Social Participation

- The Senior Center, in collaboration with other community-based organizations (CBO's), offers monthly educational seminars on a variety of health topics and organizations that provide resources for seniors.
- Library, in collaboration with Dignity Health Sequoia Hospital and Friends of the Belmont Library, offers "Maturing Gracefully", a speaker series on similar topics.
- Library outreach services include homebound book deliveries and book discussions at senior living facilities.
- Residents are informed that they can request the City's e-newsletter in print form.
- Information about the Senior Newsletter and senior resources are included in the tri-annual Recreation brochure.
- Parks & Recreation staff engage with participants regularly to gain knowledge of interests and needs.



Respect and Social Inclusion

- The Library offers events and classes with intergenerational opportunities, including technology assistance provided by teen volunteers, and English as a Second Language (ESL) studies.
- The Parks and Recreation Department offers several free programs in partnership with local agencies to support seniors' physical, mental, and financial well-being.

Civic Participation and Employment

- The Twin Pines Senior & Community Center has an average of 30 volunteers who assist with various events, including senior lunches.

Communication and Information

- The monthly Twin Pines Newsletter is specifically designed for seniors. The newsletter is available at the Twin Pines Senior and Community Center, as well as on the City website. It can be mailed upon request.
- A reference rack with take-home pamphlets and flyers with information on free resources provided by nonprofits for seniors is available at the Twin Pines Senior and Community Center, the Library and the Police Department lobby.

ACTION PLAN INTRODUCTION (continued)

- The City’s Parks and Recreation Activity Guide features a full-page ad showcasing various resources available to the senior community, including transportation options and methods for securing food.

Community Support and Health Services

- Sequoia Healthcare District and Dignity Health Sequoia Hospital offer educational programs that cater to older adults at the Senior Center and the Library.
- The Belmont Police Department has implemented a program, Belmont Tracking and Recovery of Adults & Children, which provides free GPS tracking units to families with loved ones who suffer from cognitive or developmental impairments.



In developing their application for certification, the City of Belmont reached out to the community through various channels. Five focus group sessions were conducted, both virtually and in person. These also included one-on-one phone interviews with a total of 23 participants. The focus groups represented a diverse cross-section of the community. These included older residents aged 55 to 75, 76 and older, and community leaders and service providers who work with older adult residents. Reports from these focus groups provided the task force with data to inform the development of priorities. These discussions clarified that the Communication and Information and Social Participation domains required the most attention. These domains are the premise of Belmont’s inaugural Age-Friendly projects.

During Belmont’s Age-Friendly City focus group discussions, the community highlighted a need for improvements to their existing communication materials and distribution channels, and the need to expand. These efforts aim to reach the full spectrum of older adults in Belmont. Secondly, the City aims to promote increased respect and social inclusion by committing to developing and offering multicultural programs, thereby enhancing cultural awareness and diversity throughout the community. Additionally, there is an opportunity to expand staff and volunteer representation of diverse cultures within the Senior Center and Library. A long-term goal for Belmont is to continue developing a new conceptual design for the Barrett Community Center. The construction of a facility is dependent on securing funding. Finally, input from the focus groups highlighted the importance of partnering with local hospitals to offer

ACTION PLAN INTRODUCTION (continued)

more affordable or no-cost health and wellness programs for older adults and researching additional transportation options to support these programs.

In February 2025, the Center for Age-Friendly Excellence (CAFE) hosted a focus group session with the task force. In March 2025, a town hall meeting was held with older adult Belmont residents to reassess Belmont's priorities. Belmont developed its own Age-Friendly survey and received responses from 229 residents. Qualitative data from all focus groups, town hall discussions, and the results of the Belmont community survey helped establish potential projects and strategies outlined in the Action Plan. The primary goal is to enhance the City's livability while encouraging the community to recognize older adults' endless and valuable contributions through their wisdom and collaboration.

To address the unmet needs of older adults, a comprehensive spreadsheet was created based on staff and community feedback, to record and track potential projects and strategies. The spreadsheet in Appendix A of the Action Plan is a valuable resource, highlighting key focus areas for the Action Plan and guiding the City in prioritizing and monitoring short and long-term initiatives for 2026 through 2029. The Action Plan outlines specific goals, strategies, and implementation steps for achieving those goals, along with designated partners and responsible parties who implement policies and projects across the eight domains identified by the World Health Organization and AARP. In addition, a ninth domain was added for emergency services by the City of Belmont, in order to address the need for accessible and reliable resources in the community. Goals will be measurable and informed by assessment and community engagement findings. Short and long-term goals will be established, with accountability assigned to relevant stakeholders. Building partnerships, advocating for policy changes, and securing funding will be crucial for the plan's sustainability. This dynamic and evolving document enables residents, staff, council, and stakeholders to regularly assess and update to meet the community's continually changing needs.





An Age-Friendly community in the domain of outdoor spaces and buildings should offer a safe, clean, and maintained environment. Outdoor spaces should foster social interaction and encourage connectivity within a community. The outdoor environment should have infrastructure that is safe, welcoming, enjoyable, and accessible to community members of all ages.

SURVEY RESULTS

96% of respondents rated the community as fair to excellent in providing well-maintained parks.

90% of respondents rated the community as fair to excellent in providing safe parks.

77% of respondents rated the community's provision of enough benches for resting in public areas like parks, sidewalks, and around public buildings.

72% of respondents rated the community as fair to excellent in providing conveniently located public parking lots and areas, including handicapped parking.

60% of respondents rated the community as fair to excellent in providing sidewalks that are in good condition, safe for pedestrians, and accessible for wheelchairs.

“Relaxation areas are so important for everyone to enjoy, and we must have opportunities to learn from others.”



GOAL: Provide inclusive, safe, healthy outdoor and indoor environments, empower older adults to live independently, and promote active aging.

STRATEGIES

- 1** Utilize and enhance open spaces, buildings, and parks to promote socialization, health, wellness, relaxation, comfort, and safety.
 - a. Add additional small parks to enhance and increase community collaboration with neighboring cities to leverage parks to provide more park opportunities. Refer to the Parks, Recreation and Open Space Master Plan: [Belmont Parks, Recreation & Open Space Master Plan](#)
 - b. Educate the public about continuing improvements that make the parks more accessible and safer.
 - c. Continue discussing plans for Twin Pines Park: re-evaluate a space close to downtown and integrate that space in various ways. Consider how to proceed with the Creek Restoration Project to create a walkable creek.
 - d. Launch an “Adopt a Bench” program with community involvement.
 - i. Develop a senior ad hoc subcommittee to discuss and research more comfortable seating, “Age-Friendly Furniture,” for parks and other open space areas in downtown. Consider “friendship benches.”
 1. [The Friendship Bench | Centre for Global Mental Health](#)
 2. [Petaluma’s Listening Bench lends an ear to seniors](#)
 3. [Installation of benches - Age-Friendly World](#)
 4. [A Guide To Choosing Age-Friendly Outdoor Furniture](#)
 - e. Work with SamTrans to address the maintenance of bus stops.
 - i. Trash is seen at bus stops along the El Camino and Ralston Route.

<p>PARTNERS SamTrans Parks & Recreation Commission Community Volunteers Public Safety Committee</p>	<p>RESPONSIBLE STAFF Parks & Recreation Public Works</p>	<p>TIME FRAME 6 Months/ 2 Years</p>	<p>METRIC YES/NO (I/P)</p>
--	---	--	--

* I/P: In Progress

Please refer to Appendix A for extensive recommendations contained in the project’s spreadsheet. The Goals and Strategies described below in the following domains provide a brief overview of potential projects and options.



GOAL: Provide inclusive, safe, healthy outdoor and indoor environments, empower older adults to live independently, and promote active aging.

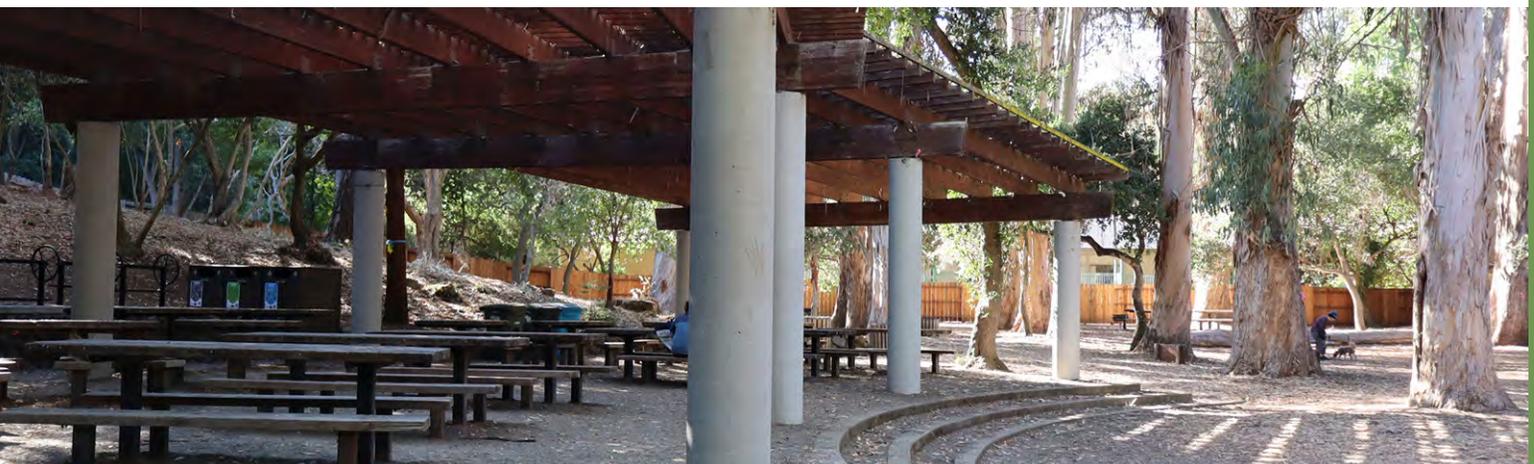
STRATEGIES (continued)

2

Promote pedestrian and driver safety among older adults in the community.

- a. Survey and develop a walking audit where older residents assess pedestrian safety components such as uneven sidewalks, park pathways, lack of handrails, potential crosswalk improvements, and lack of lighting. Refer to the AARP Walkability Audit Toolkit: <https://www.aarp.org/livable-communities/getting-around/aarp-walk-audit-tool-kit-english.html>
- b. Evaluate the possibility of installing a rail along Hallmark Park due to its steep incline and improve pavement near the tennis courts.
- c. Continue to offer driver’s education refresher courses. AARP offers classes at Twin Pines two to three times per year.
- d. Increase education related to pedestrian, bike, and auto safety.
 - i. Create educational videos on pedestrian, bike, and auto safety. Post them on the City website and include them in the City e-newsletter. Send videos to all the schools to disseminate to parents and students.

<p>PARTNERS Parks & Recreation Commission Community Volunteers Police Schools Public Safety Committee AARP</p>	<p>RESPONSIBLE STAFF Parks & Recreation Public Safety Committee Parking & Traffic Safety Commission</p>	<p>TIME FRAME 1-2 Years</p>	<p>METRIC YES/NO (I/P)</p>
---	---	---	--





An Age-Friendly City offers safe, accessible, and affordable mobility options that enable older adults to connect with essential services and social opportunities. Transportation options should be within walking distance from residential areas and crucial services. Stops and stations should offer comfortable seating and easy-to-navigate signage. Mobility education should also be incorporated so people can easily understand the transit system and its options.

“Transportation options are not convenient for our senior center’s schedule of programs and events. Transportation currently doesn’t provide a sense of independence and freedom.”

SURVEY RESULTS

73% of respondents rated the community as fair to excellent in having streets and intersections that are well-lit, accessible, and safe.

65% of respondents rated the community as fair to excellent in providing accessible and convenient public transportation.

65% of respondents rated the community as fair to excellent in enforcing the speed limit.

60% of respondents rated the community as fair to excellent in providing sidewalks that are in good condition, safe for pedestrians, and accessible for wheelchairs.

58% of respondents rated the community as fair to excellent in providing affordable public transportation



36%

of respondents rated the community as fair to excellent in providing safe public transportation

GOAL: To provide safe, accessible, affordable mobility options to empower older adults to navigate their community independently and access essential services.

STRATEGIES

- 1** Educate older adults on various transportation resources and options, and make them available on an Age-Friendly page on the City website.
 - a. Utilize and disseminate information on transportation resources available through Belmont and San Mateo County.
 - i. **Belmont Twin Pines Senior & Community Center Transportation:**
650-595-7441: This is shuttle van service to and from the Senior Center, operating three days a week (Tuesday through Thursday) and is available for Belmont residents 60+. Pick-ups begin at 9:00 am, and riders depart from the Senior Center between 12:00 and 12:15 pm (extended services are available during a special social event). Encourage extension of hours, if possible, for the shuttle.
 - ii. **Same-day Paratransit pilot program through Redi Wheels:** [SamTrans Board of Directors approves same-day paratransit service](#)
 - iii. **Senior Mobility Guide: Multiple languages**
 1. <https://www.samtrans.com/media/34996/download?inline>: English
 2. <https://www.samtrans.com/media/35125>: Spanish
 3. <https://www.samtrans.com/media/35124>: Chinese
 - iv. **Redi-Wheels Reservations:** Call **650-560-0360:** [Reservations | SamTrans](#)
 - v. **Public Transit Travel Training:** The San Mateo County Transit District offers free 1-on-1 orientation training for adults 18+. Email: ambassador@samtrans.com or call **650-508-6362** for additional information.
 - vi. **“Got Wheels” Program:** Got Wheels! is a program for residents at least 70 years of age who reside in any of the 25 cities in San Mateo County. Rides need to be within the geographical area of the 25 cities. This program is in partnership with Peninsula Family Service and Serra Yellow Cab. Six trips are allowed per month, for 5 dollars per one-way trip.
<https://peninsulafamilyservice.org/got-wheels/>
 - vii. **Commuter.org Shuttles**
 - viii. **FISH: Friends in Service to Humanity** is a group of volunteers from local churches who provide transportation to and from medical appointments. For Belmont, call **650-593-1288**.



GOAL: To provide safe, accessible, affordable mobility options to empower older adults to navigate their community independently and access essential services.

STRATEGIES (continued)

- ix. Ride PVI Peninsula Volunteers offers concierge on-demand transportation. Volunteers call Lyft and Uber drivers, who are dispatched to the residence within minutes of the call. Registration for the program is needed. For more information, visit 1pvi.org/ridepvi or call 650-272-5006. The transportation hotline is 650-272-5040.
 - x. Peninsula Jewish Community Center offers seniors and caregivers a “Get Up and Go” transportation service. Monday-Friday 9:30 am-3:30 pm. Reservations are needed. Call 650-378-2750 for information or visit <https://pjcc.org/programs/senior-transportation/>
 - xi. Serra Yellow Cab provides taxi service anywhere between Daly City and Menlo Park. The dispatcher can accommodate wheelchair users by requesting a wheelchair-accessible vehicle. To book a ride, call 650-991-2345. For wheelchair vans, call 650-340-9999.
 - xii. Villages of SMC: This is a group of local volunteers in various communities that have formed a membership-based village offering a range of support services, which include transportation. Volunteer drivers are trained and background checked. They use their vehicles to provide rides for members. www.villagesofsmc.org or call 650-260-4569.
 - xiii. SilverRide: Drivers can be scheduled for enhanced services to assist the rider door-to-door and accompany the rider to their final destination. Call 415-861-7433 or visit www.silverride.com.
 - xiv. Bay Area Transportation Information: call 511 or visit www.511.org.
 - xv. Paratransit Advisory Council (PAC): Dedicated to improving the quality and availability of transportation for people with disabilities in San Mateo County. Call 650-299-1442 or visit www.sanmateoopcc.org.
- b. Teach older adults how to use apps to utilize on-demand transportation options and encourage older adults to purchase Clipper cards: www.clippercard.com/ClipperWeb/get or call 877-878-8883.
- i. SamTrans has an eligible discount fare available to seniors age 65+ and persons with disabilities with an approved ID.
- c. Encourage older adults interested in teaching others to utilize public transportation to be involved in the San Mateo County Senior Mobility Ambassador Program. [San Mateo County Senior Mobility Ambassador Program](#), or call 1-800-660-4287.



GOAL: To provide safe, accessible, affordable mobility options to empower older adults to navigate their community independently and access essential services.

STRATEGIES (continued)

<p>PARTNERS Parking & Traffic Safety Commission Community Volunteers Faith-Based Organizations Peninsula Family Services SamTrans Serra Yellow Cab</p>	<p>RESPONSIBLE STAFF Public Works Parks & Recreation</p>	<p>TIME FRAME 1-3 Years</p>	<p>METRIC YES/NO (I/P)</p>
---	---	---	--

2 Enhance pedestrian infrastructure and safety.

- a. Increase education on pedestrian, bike, and auto safety.
 - i. Create educational videos about pedestrian, bike, and auto safety. Post them on the City website and send them out twice a year in the e-newsletter. Additionally, videos should be sent to all the schools to disseminate to parents and students.
 - ii. If new signals are installed, educate the public on the new installations.
 - iii. Increase traffic patrols to enforce speeding throughout the City.
 - iv. Research older adult safety zones with reduced speed limits near senior communities.
 - v. Continue to offer AARP Smart Driver Courses two to three times a year. Additionally, online courses are available at www.aarpdriversafety.org.
 - vi. Consider offering Age Well Drive Smart Seminars through the California Highway Patrol. The free three-hour class is designed to help older drivers refresh their driving skills. Contact the Public Information Officer for more information: <https://www.chp.ca.gov/programs-services/programs/age-well-drive-smart/>.
 - vii. County of San Mateo Age Well Drive Smart Seminars: Call 650-363-4572 to RSVP for upcoming workshops.



GOAL: To provide safe, accessible, affordable mobility options to empower older adults to navigate their community independently and access essential services.

STRATEGIES (continued)

- b. Provide ample parking for seniors.
 - i. Designate Age-Friendly parking in downtown and, if built, at the new Barrett Community Center. Increase the amount of parking at the current Belmont Senior Center.
 - 1. Smart Parking Spaces for Disabled People And Elderly - Age-Friendly World
 - 2. <https://agefriendlyireland.ie/wp-content/uploads/2021/06/AFI-Parking-Space-Guide.pdf>
 - ii. Implement residential parking permits to reduce street crowding. Encourage people to park in their driveways and garages.

<p>PARTNERS Police Public Safety Parking & Traffic Safety Commission Community Volunteers Belmont Chamber of Commerce</p>	<p>RESPONSIBLE STAFF Parks & Recreation Public Works</p>	<p>TIME FRAME 1-2 Years</p>	<p>METRIC YES/NO (I/P)</p>
---	---	---	--





GOAL: To provide safe, accessible, affordable mobility options to empower older adults to navigate their community independently and access essential services.

STRATEGIES (continued)

- 3** In addition to providing transportation options, consider partnering with other Cities to offer residents who cannot drive feasible transportation to community centers, the library, and City events.
 - a. Research Microtransit systems that have been implemented in other cities. **‘Microtransit’ services replace bus systems in more North Carolina cities (Go Gastonia)**
 - b. Research faith-based organizations for opportunities to have parishioners volunteer to drive residents to essential appointments, grocery shopping, and social events.
 - c. Continue to provide the current shuttle van to the Senior Community Center, but look into expanding the number of shuttles and increasing usage from 3 to 5 days a week. Expand hours from 9:00 am to 12:00 pm to 9:00 am to 3:00 pm.
 - d. Research the possibility of partnering with neighboring cities and schools to develop a pilot shuttle system. Develop Age-Friendly shuttle service hours from 9:00 am to 4:00 pm. Research the best options for a potential loop within the City that would be most beneficial for residents.
 - e. Research partnering with Senior Centers to see if they and the City can share van transportation around the City.

<p>PARTNERS Faith-Based Organizations Villages of SMC Schools Senior Centers Community Volunteers</p>	<p>RESPONSIBLE STAFF Parks & Recreation</p>	<p>TIME FRAME 1-2 Years</p>	<p>METRIC YES/NO (I/P)</p>
---	---	---	--





Housing is essential for the safety and well-being of City residents—the cost of housing dictates where older residents want to live and maintain their quality of life. Diverse housing options are essential, such as multi-dwelling units, ADUs, condominium units, co-housing options, and single-family homes that incorporate universal and adaptable design features. It is important to remember that housing should be conveniently located near public transportation, and day-to-day access to critical services is imperative.

“It’s getting so difficult to afford living here anymore. My wages don’t keep up with the cost of living.”

SURVEY RESULTS

96% of respondents rated the community as fair to excellent for people to age in place.

91% of respondents thought living independently in their homes was very important or extremely important as they age.

72% of respondents rated the community as fair to excellent for providing trustworthy, quality, and affordable home modification and repair contractors.

42% of respondents rated the community as fair to excellent in providing affordable housing options for adults of varying income levels.



GOAL: Provide resources and options for older adults to age in place and incorporate policies that encourage developers to provide affordable, adaptable, and accessible living environments that promote independence, safety, social connection, and are located near public transportation and services.

STRATEGIES

- 1** Raise awareness and understanding of housing issues and opportunities. Maintain and update the housing page on the City website.
 - a. **HIP Housing:** This program helps match people seeking housing with people with a room to rent. For more information, visit [Home Sharing Program—HIP Housing](#) or call 650-358-6660. HIP Housing also offers case management for older adults. <https://hiphousing.org/programs/housing-readiness-program/>
 - b. **Doorway Housing Portal:** <https://www.housingbayarea.mtc.ca.gov>. Apply and find subsidized, affordable housing in the Bay Area.
 - c. **Housing Endowment and Regional Trust (HEART) of San Mateo County Housing Assistance programs:** Provides educational workshops throughout the community and offers loans to first-time homebuyers to assist with down payments. [HEART of SMC](#)
 - d. **Promote Housing Programs offered throughout San Mateo County:** [Apply to Housing Programs | County of San Mateo, CA](#). This includes applying for affordable housing, emergency housing vouchers, and stability vouchers.
 - e. **Housing Page City of Belmont:** [Housing | City of Belmont](#)
 - f. **Legal Aide Society of San Mateo County:** [Legal Aid Society of San Mateo County \(LASSMC\) | Housing Resources](#), or call 650-517-8911.
 - g. Encourage the development of additional units of affordable housing targeted for older adults.
 - h. Continue to offer various housing options, such as co-housing, ADUs, and housing with community amenities and services.
 - i. Advocate for older adult housing with supportive services.
 - j. Publish affordable housing opportunities in the City’s newsletter.
 - k. Encourage older adults to the Belmont Housing Element, which provides a comprehensive strategy for delivering the production of affordable housing in the community: [2023-2031 Housing Element and Environmental Impact Report \(EIR\) | City of Belmont](#). Residents can also contact the housing department with questions at: housing@belmont.gov.



GOAL: Provide resources and options for older adults to age in place and incorporate policies that encourage developers to provide affordable, adaptable, and accessible living environments that promote independence, safety, social connection, and are located near public transportation and services.

STRATEGIES (continued)

- l.** The City of Belmont will be partnering with The Housing Endowment and Regional Trust (HEART) in 2025 for the first time, offering homebuyers workshops in Belmont. The City will also be organizing a Fair Housing Training workshop in collaboration with Project Sentinel for both landlords and tenants.
- m.** Provide opportunities to ensure older adults are included in discussing housing issues.
- n.** Samaritan House: Provides housing assistance, emergency rent, and utility assistance: 4031 Pacific Blvd., San Mateo, 650-347-3648. Open Monday, Tuesday, Wednesday, and Friday 9:00 am to 5:00 pm. Thursday: 9:00 am to 12:00 pm.
<https://samaritanhousesanmateo.org/service/housing-services/>
- o.** The County (Center on Homelessness within the County’s Human Services Agency) funds a program to assist eligible seniors, defined as eligible households with at least one resident who is 60 years or older. Samaritan House, as the Core Service provider for Belmont and other jurisdictions, awards the funding to eligible applicants.

PARTNERS SMC Housing Department HIP Housing HEART Planning Commission	RESPONSIBLE STAFF Housing Department Community Development	TIME FRAME 6 Months-3 Years	METRIC YES/NO (I/P)
--	---	--	-------------------------------





GOAL: Provide resources and options for older adults to age in place and incorporate policies that encourage developers to provide affordable, adaptable, and accessible living environments that promote independence, safety, social connection, and are located near public transportation and services.

STRATEGIES (continued)

2 Provide resources related to housing rehabilitation services.

- a. Increase awareness about accessory dwelling unit construction: San Mateo County ADU Resource Center: Provides information, resources and tools to assist homeowners to build ADU's in San Mateo County. <https://smcadu.org>
- b. Partner with Rebuilding Together to utilize it as a resource to provide affordable repairs: <https://www.belmont.gov/i-want-to/find/housing>
- c. Villages of San Mateo County offer minor home repairs. Sequoia Village serves Belmont to Redwood City. www.villagesofsmc.org

<p>PARTNERS Rebuilding Together SMC Villages SMC Housing Department Community Volunteers</p>	<p>RESPONSIBLE STAFF Housing Department Community Development</p>	<p>TIME FRAME 6 Months-1 Year</p>	<p>METRIC YES/NO (I/P)</p>
---	--	---	--



DOMAIN 4: Social Participation



Social participation plays a vital role in an Age-Friendly community. It should foster inclusion, combat isolation, and enhance an individual's well-being and quality of life. Opportunities should be tailored to the interests and needs of older adults. Connections need to be promoted across all age groups. Engagement of older adults is encouraged, and it is essential to focus on training service providers to understand how they can better respond to the needs of older people. Intergenerational activities can also help guard against isolation. In his U.S. Surgeon General's Advisory, Dr. Vivek Murthy warns about the public health crisis that loneliness and isolation pose to the American public (Our Epidemic of Loneliness and Isolation, 2023). An Age-Friendly City must create a vibrant and supportive environment where older adults are valued and connected.

SURVEY RESULTS

72% of respondents rated the community as fair to excellent in providing conveniently located entertainment venues.

69% of respondents rated the community as fair to excellent in providing access to reliable and affordable in-home high-speed internet.

67% of respondents rated the community as fair to excellent in providing activities explicitly geared towards older adults.

“I want more activities offered both during the day and evening. Most of our programs are during the daytime hours. There also needs to be a wide array of programs for everyone of mature age.”



54%

of respondents rated the community as fair to excellent in providing affordable activities to all residents.

GOAL: Create and deliver accessible, affordable, diverse and inclusive opportunities for older adults to engage in social activities open to people of all ages, cultures, and abilities.

STRATEGIES

- 1** Promote and increase intergenerational activities and engagement.
 - a. Create a Senior Advisory Committee/Commission to work with the Youth Advisory Committee to develop social events and activities that involve multiple generations.
 - b. Partner with elementary and high schools to have children and teens interact with older adults at their senior luncheons.
 - c. Schedule family nights with open seating at large tables to play board games or have movie nights.
 - d. Foster connections between generations by including intergenerational programs such as karaoke, trivia nights, storytelling, and creative art projects.
 - e. Facilitate the opportunity for older adults to tell their stories and exhibit their generational wisdom. Collaborate with the library and high schools to produce engaging historical videos, which will be featured in the newsletter, City website, and school e-News.
 - f. Research and disseminate information related to [eldera.ai](#): It offers a platform for intergenerational connection that is accessible to all. It is a virtual platform that pairs older adults with young people to improve the quality of life through socialization. Establish weekly virtual conversations and activities.
 - g. Consider rebranding the Senior Center and renaming it to the Community Wellness Center to engage healthy and active older adults.





GOAL: Create and deliver accessible, affordable, diverse and inclusive opportunities for older adults to engage in social activities open to people of all ages, cultures, and abilities.

STRATEGIES (continued)

<p>PARTNERS Youth Advisory Committee Schools Library Senior Center Communications & Community Affairs Officer Community Volunteers Faith-Based Organizations Parks & Recreation Commission</p>	<p>RESPONSIBLE STAFF Parks & Recreation</p>	<p>TIME FRAME 6 Months-2 Years</p>	<p>METRIC YES/NO (I/P)</p>
---	---	--	--

2 Develop a broad spectrum of social programs that increase social opportunities for older residents.

- a. Conduct a City-wide survey to determine what social programs are needed, what convenient times are, and whether there are gaps in services being offered and any duplications.
- b. Consider adding workshops related to retirement, health, and being empty nesters. Offer various speaker series and support groups for widows/widowers and divorcees.
- c. Communicate events and programs electronically and with colorful flyers in large font.
- d. Offer a wide variety of activities tailored to the interests of older adults.
- e. Educate the community about the benefits of Sequoia Village which serves Belmont, San Carlos, Redwood City, and Redwood Shores. Provides access to support services that help residents engage in the community. [Sequoia Village](#)
- f. Communicate programs and events, concisely and frequently, and disseminate information in multiple languages, both printed and electronic. Provide printed copies of the weekly newsletter upon request.



GOAL: Create and deliver accessible, affordable, diverse and inclusive opportunities for older adults to engage in social activities open to people of all ages, cultures, and abilities.

STRATEGIES (continued)

- g. Older adults in the Belmont community are invited to take part in *Maturing Gracefully*, a wellness and education program affiliated with Dignity Health. Designed for individuals aged 50 and older, this monthly seminar series explores a variety of health topics that support vibrant, informed, and empowered living in later years. Sessions are held at the Belmont Library on the second Monday of each month from 1:00 to 2:00 pm, offering a welcoming space to learn, connect, and thrive. For more information, visit www.seqhd.org/adults-50-health-services.
- h. Offer expanded programs outside of the Senior Center. Offer live performances outdoors with transportation provided. Continue Community Hikes.
- i. Increase the number of fieldtrips and survey older residents for suggested future outings.
- j. Increase the amount of multicultural programming offered in the City.
- k. Offer a welcoming packet to all new residents. Include how residents want to be contacted to receive pertinent City information about programming and events.

<p>PARTNERS Sequoia Village Senior Center Library Chamber of Commerce Community Volunteers Parks & Recreation Commission Communications & Community Affairs Officer</p>	<p>RESPONSIBLE STAFF Library Parks & Recreation</p>	<p>TIME FRAME 6 Months- 3 Years</p>	<p>METRIC YES/NO (I/P)</p>
--	--	--	--





GOAL: Create and deliver accessible, affordable, diverse and inclusive opportunities for older adults to engage in social activities open to people of all ages, cultures, and abilities.

STRATEGIES (continued)

- 3** Actively engage isolated seniors.
 - a. Research-backed methods to improve social participation include technology, outreach via visits, and phone calls.
 - b. Research and create an “Adopt a Senior” program with schools or community members to reach out to seniors in nursing homes, assisted living facilities, or those alone at home.
 - i. **Scottsdale’s Adopt a Senior Program:** Collaboration between Scottsdale’s Community Partners and the City of Scottsdale connects low-income seniors aged 60+ with social workers. <https://www.scottsdaleaz.gov/seniors/programs/adopt-a-senior>
 - ii. **Senior Companion Program (Maine’s Senior Companions).** Seniors have weekly volunteer visits. [Center on Aging Senior Companion Program](#)
 - iii. **East Bay’s Lavender Seniors Program:** includes a “Friendly Visitor” initiative for LGBTQ seniors, offering regular visits and monthly lunches. <https://lavenderseniors.org/programs-services/>
 - c. Offer programming that is available virtually if mobility or transportation is an issue.

<p>PARTNERS Schools Parks & Recreation Commission Community Volunteers Senior Center Senior Assisted Living Senior Homes</p>	<p>RESPONSIBLE STAFF Library</p>	<p>TIME FRAME 1-3 Years</p>	<p>METRIC YES/NO (I/P)</p>
---	--	--	--





An Age-Friendly community can disseminate information through various channels to engage citizens as much as possible. Information should be available in multiple languages, formats, and venues, and inclusive for all ages. City applications and websites should have user-friendly interfaces, adjustable fonts, and compatibility with screen readers. Information should be disseminated both electronically and in traditional hard-copy format. An Age-Friendly community also has timely, relevant, and widely distributed information.

SURVEY RESULTS

61% of respondents rated the community as fair to excellent in providing access to community information in one central source or location.

45% of respondents rated the community's free access to computers and the Internet in public spaces such as libraries and senior centers as fair to excellent.

45% of respondents rated the community as fair to excellent in providing displayed printed community information with large lettering.

33% of respondents rated the community's ability to provide information in several languages as fair to excellent.

19% of respondents rated the community as fair to excellent in providing community information delivered in person to people who may have difficulty or may not be able to leave their homes.

“Not all of us know how to use computers; we need easy and simple instructions to help us navigate the accessibility of information regarding our community.”



GOAL: Ensure older adults have access to accurate, timely, local information that is concise, reliable, relevant, diverse, and accessible so they can participate in community life and access pertinent resources.

STRATEGIES

- 1** Provide digital literacy training and support
 - a. Increase technology awareness to support adults' access to transportation, order goods and services, and utilize telehealth services.
 - b. Offer more classes in technical support for residents to learn how to use their devices and access information online.
 - i. Have members of the Youth Advisory Committee offer technical support workshops once a quarter at the senior center or library to teach older adults how to use smartphones, tablets, or computers to access City/County services, telehealth, and social platforms.
 - ii. Have Youth Advisory Committee members offer technical support on voice-first devices such as Alexa.
 - iii. Develop a volunteer hotline to answer tech questions.
 1. Have the youth assist older adults in signing up for SMC Alert
 - iv. Encourage older adults to attend online classes through Senior Planet (Older Adult Technology Services, OATS from AARP). Call 888-713-3495, Monday through Friday, 9:00 am-8:00 pm EDT/ Saturday, 9:00 am-2:00 pm EDT. Classes are free, but registration is required.
 1. In-person classes are offered at Senior Coastsiders: 925 Main Street, Half Moon Bay. Call 650-726-9056.
 2. In-person classes are offered at Avenidas at 450 Bryant Street, Palo Alto. Call 650-289-6400; <https://seniorplanet.org/locations/palo-alto/in-person-classes-at-avenidas/>
 3. In-person classes are offered at the Channing House at 850 Webster Street, Palo Alto.
 - v. Consider resurrecting the partnership between the Library and high school volunteers to offer technology assistance on a bi-weekly drop-in basis.



GOAL: Ensure older adults have access to accurate, timely, local information that is concise, reliable, relevant, diverse, and accessible so they can participate in community life and access pertinent resources.

STRATEGIES (continued)

<p>PARTNERS Parks & Recreation Commission Youth Advisory Committee Library Avenidas Community Volunteers Carlmont High School Notre Dame High School Youth Volunteers</p>	<p>RESPONSIBLE STAFF Parks & Recreation</p>	<p>TIME FRAME 6 Months-2 Years</p>	<p>METRIC YES/NO (I/P)</p>
--	---	--	--

- 2** Provide a centralized location where older adults can access brochures, newsletters, activity guides, and helpful resource information; offering it in multiple languages offering across various venues and provide opportunities for older adults to contribute to shaping communication systems.
- a. Develop an “Age-Friendly Corner” web page on the City website that lists essential local and regional information, resources, and links for older adults. Update it continuously with the most recent information.
 - b. Display services about partner agencies throughout the community. Volunteers should distribute information in high-traffic areas such as parks, coffee shops, grocery stores, and other businesses frequented by residents.
 - c. Make printed information more accessible and encourage residents to sign up for the City eNews. Include information in water bills and newsletters. To sign up for the eNews, visit the City of Belmont’s official website at www.belmont.gov.
 - d. Provide free mailed copies of the bi-monthly TwinPines Newsletter to Bay Area residents over 60 years of age.
 - e. Continue to mail the Parks and Recreation Department’s activity guide three times a year.
 - f. Add additional resource racks throughout the City.



GOAL: Ensure older adults have access to accurate, timely, local information that is concise, reliable, relevant, diverse, and accessible so they can participate in community life and access pertinent resources.

STRATEGIES (continued)

- g. During City events, such as summer concerts, provide a table with literature on resources and plans the City is working on, even if projects may not happen until a future date. Utilize these opportunities to distribute surveys asking for input.
- h. Disseminate information in various formats, including both print and electronic formats. Examples include kiosks, electronic boards, and distributing flyers in multiple languages.
- i. Continue participating in quarterly County-wide Senior Center Supervisor meetings to learn of successful methods other cities, the county, and community organizations have used.
- j. The weekly eNews is distributed to the community every Friday and is currently shared across social media platforms. Residents can visit the Belmont Library to receive assistance signing up for the newsletter and accessing it electronically. Library staff will print a copy or a section of the newsletter for residents who do not have access electronically.
- k. Increase awareness of the Twin Pines Newsletter, published by the Parks and Recreation Department for the Twin Pines Senior and Community Center. In addition to providing the latest information regarding upcoming events, resources, and lunch menus, consider having older adults contribute to the newsletter with features that share their perspectives and wisdom.
- l. Increase awareness of Belmont's Channel 27. This can be used as a resource for older residents.
- m. Develop a personal concierge service or senior hotline that reaches out to community members needing services.
- n. Raise awareness of existing programs and events through print and online dissemination.
- o. To connect with the City's social media platforms, go to: <https://www.belmont.gov/i-want-to/connect/connect-via-social-media>
- p. Raise awareness of the availability of translations on the City website.
- q. Create a communications task force to work with the Communications and Community Affairs Officer to examine how to improve communication throughout the community.



GOAL: Ensure older adults have access to accurate, timely, local information that is concise, reliable, relevant, diverse, and accessible so they can participate in community life and access pertinent resources.

STRATEGIES (continued)

PARTNERS Parks & Recreation Commission Youth Advisory Committee Community Volunteers Library Local Businesses Chamber of Commerce Farmers Market	RESPONSIBLE STAFF Parks & Recreation Communication & Community Affairs Library	TIME FRAME 6 Months- 3 Years	METRIC YES/NO (I/P)
---	---	---	-------------------------------





An Age-Friendly community offers an environment that is friendly and respectful, creating a cohesive and equitable community for all to live together in harmony.

In an Age-Friendly community, policies must foster equity and active participation for older adults, ensuring they are valued members of their community. Their voices influence and shape local projects and policies to enhance their quality of life.

SURVEY RESULTS

96% of respondents rated the community as fair to excellent as a place for people to age in place.

57% of respondents rated the community as fair to excellent in providing various cultural activities for diverse populations.

27% of respondents rated the community as fair to excellent for having local schools that involve older adults in events and activities.

“My opinion should matter, and our ideas should be taken seriously; what’s the point of voicing opinions if we are not heard?”



GOAL: Ensure the community fosters a culture for older adults that exhibits dignity, inclusiveness, respect, and serves the City’s diverse needs.

STRATEGIES

- 1** Promote anti-ageism and kindness campaigns by improving communication with older adults across diverse groups through a social media campaign and educational training.
 - a. Partner with schools and community organizations to conduct intergenerational workshops that educate the younger generations about aging and the benefits that we can all provide.
 - b. Partner with schools to have a “senior day” presentation on how youth and young adults can help older residents.
 - c. Educate businesses on training staff in age-sensitive customer service.
 - i. Communicate clearly and consisely with individuals using hearing aids and those requiring assistance with mobility aids.
 - ii. Demonstrate empathy, patience, and compassion toward older adults.
 - iii. Offer Age-Friendly services and products, such as having a few large-print menus and offering senior discounts.
 - iv. Have businesses host senior-specific events, such as a low-impact fitness class at a park, or offer a tech workshop once a year.
 - v. Grocery stores and banks offer a separate “Priority Line for Seniors.”
 1. Senior citizens to be given priority in food and medicine purchases | Philstar.com
 - vi. Encourage businesses to become Age-Friendly designated and offer an Age-Friendly Business Certification. [Age Friendly Business Examples](#)
 - d. Develop a “Year of Kindness” Campaign for the City of Belmont.
 - i. [Kindness Campaign](#)
 - ii. <https://digitalcommons.chapman.edu/cgi/viewcontent.cgi?article=1217&context=localgovernmentreconsidered>
 - iii. <https://extranet.who.int/agefriendlyworld/campaign-opole-in-the-rhythm-of-kindness/>
 - e. Disseminate information related to the California Friendship Line: 888-670-1360. The Institute on Aging’s staff and volunteers respond to more than 11,000 calls each month. [Friendship Line](#)
 - f. Promote Peninsula Family Service Peer Counseling for community members 55+: [Peer Counseling - Peninsula Family Service](#)



GOAL: Ensure the community fosters a culture for older adults that exhibits dignity, inclusiveness, respect, and serves the City’s diverse needs.

STRATEGIES (continued)

<p>PARTNERS Schools Businesses Chamber of Commerce Institute on Aging Peninsula Family Service Faith-Based Organizations Youth Advisory Committee Community Volunteers</p>	<p>RESPONSIBLE STAFF Parks & Recreation BOLD Committee (Bridging, Opportunity, Learning and Distinction)</p>	<p>TIME FRAME 6 Months- 3 Years</p>	<p>METRIC YES/NO (I/P)</p>
---	---	--	--

- 2** Offer opportunities that encourage cultural arts and events that celebrate diversity.
- a. Have the City BOLD Committee (Bridging, Opportunity, Learning and Distinction) continue to add multicultural programs and events to expand cultural awareness and diversity throughout the community.
 - b. Expand volunteer representation of diverse cultures within the Senior Center and the Library to attract more varied cultures.

<p>PARTNERS City BOLD Committee Library Community Volunteers Schools Faith-Based Organizations Parks & Recreation Commission</p>	<p>RESPONSIBLE STAFF Parks & Recreation</p>	<p>TIME FRAME 1-2 Years</p>	<p>METRIC YES/NO (I/P)</p>
--	---	---	--



GOAL: Ensure the community fosters a culture for older adults that exhibits dignity, inclusiveness, respect, and serves the City’s diverse needs.

STRATEGIES (continued)

- 3 Facilitate Inclusive Community Engagement.**
 - a. Create a Senior Advisory Group or Commission.
 - i. Encourage collaboration with the Youth Advisory Committee.
 - b. Provide older adults with the opportunity to give feedback, especially on policy decisions that affect them.
 - i. Conduct a survey and send it to residents 60 and over every two to three years to gain feedback so the City can stay current with older adult needs.
 - ii. Recognize that the needs of active older adults may differ from those typically served by the Senior Center.

<p>PARTNERS Youth Advisory Committee Parks & Recreation Commission Community Volunteers Communication & Community Affairs Officer</p>	<p>RESPONSIBLE STAFF Parks & Recreation</p>	<p>TIME FRAME 1-3 Years</p>	<p>METRIC YES/NO (I/P)</p>
--	---	---	--





An Age-Friendly community values the experience and knowledge of older adults and their contributions to public decision-making for the betterment of the community. Employment opportunities are tailored to meet the needs and skills of older adults, offering flexible work options. Training for employers will emphasize age-inclusive practices and bring the institutional knowledge that experienced people have to the table. Older people would also like more opportunities to volunteer in areas tailored to their needs and interests.

“I want to feel important in my community, and volunteering gives me a sense of belonging and ambition.”

SURVEY RESULTS

62% of respondents rated the community as fair to excellent in providing a broad spectrum of volunteer activities.

50% of respondents rated the community as fair to excellent in providing opportunities for older adults to participate in decision-making bodies.

49% of respondents rated the community as fair to excellent in providing accessible information on available volunteer opportunities.

37% of respondents thought they were likely to continue working as long as possible, rather than choose to retire.



22%

of respondents rated the community as fair to excellent in providing accessible information on available volunteer opportunities.

GOAL: Provide opportunities for older adults to actively contribute to the community decision-making process and remain engaged through meaningful work and volunteerism.

STRATEGIES

- 1** Expand opportunities for older adults to volunteer and actively participate in their community.
 - a. Consider setting up a centralized location on the City website and a bulletin board to post work and volunteer opportunities.
 - b. Partner with schools to explore volunteer opportunities for mentoring youth.
 - i. Create a school liaison committee consisting of two Councilmembers who work with elementary and high schools to develop volunteer opportunities for older adults.
 - c. Offer a yearly job and volunteer fair.
 - i. Have tables representing nonprofit organizations, City Government, businesses, Chamber of Commerce, and City Commissions.
 - d. Offer a class at the Senior Center and Library that focuses on education for planning and adjusting to retirement and the life changes one can anticipate with the aging process.
 - e. Offer a stipend to older people who want to teach a workshop that would benefit residents.
 - f. Offer intellectually stimulating classes, challenge the mind, and promote growth.
 - g. Provide transportation to those who want to volunteer in the City, but don't drive.
 - h. Organize annual volunteer recognition events.
 - i. Develop a centralized volunteer database to organize, schedule, and track volunteer activities.
 - j. Encourage residents to become volunteers with the Villages of San Mateo County. (Sequoia Villages sends biweekly emails about volunteer opportunities around the Bay Area.)
 - i. https://www.villagesofsmc.org/content.aspx?page_id=693&club_id=696361
 - k. Encourage residents to volunteer at the Senior Center. Currently, there are 30 volunteers.



GOAL: Provide opportunities for older adults to actively contribute to the community decision-making process and remain engaged through meaningful work and volunteerism.

STRATEGIES (continued)

<p>PARTNERS Parks & Recreation Commission Non-Profit Organizations Faith-Based Organizations Library Villages Chamber of Commerce Schools Community Volunteers Youth Advisory Committee</p>	<p>RESPONSIBLE STAFF Parks & Recreation</p>	<p>TIME FRAME 1-3 Years</p>	<p>METRIC YES/NO (I/P)</p>
---	---	---	--





GOAL: Provide opportunities for older adults to actively contribute to the community decision-making process and remain engaged through meaningful work and volunteerism.

STRATEGIES (continued)

- 2** Provide education around civic engagement.
 - a. Create a Senior Advisory Committee, Senior Commission, or Age-Friendly committee.
 - b. Create a Civics academy that offers residents an in-depth understanding of local government, or encourage participation at the Civics 101 Academy that the County of San Mateo provides.
 - i. <https://www.smcgov.org/ceo/civics-101-academy>
 - ii. https://www.cityofsancarlos.org/community/civics_academy.php
 - iii. <https://www.ci.millbrae.ca.us/391/Citizens-Academy>
 - c. Develop and create a culture where older adults are recognized as vital contributors and train employees to promote Age-Friendly and inclusive practices, ensuring equitable treatment.
 - d. Continue offering virtual meetings, making civic participation accessible for those with mobility and disability issues. Closed captioning capability also promotes inclusivity.
 - e. Encourage older residents to write articles that can be featured on an Age-Friendly page on the City website, activity guide, or the e-newsletter.

<p>PARTNERS City Departments Parks & Recreation Commission Library San Mateo County Executive’s Office</p>	<p>RESPONSIBLE STAFF Parks & Recreation</p>	<p>TIME FRAME 6 Months- 1 Year</p>	<p>METRIC YES/NO (I/P)</p>
---	---	---	--



An Age-Friendly community offers and provides affordable and accessible healthcare for its residents. Clinics and hospitals are located near residential areas and transit hubs. Community support services include coordinating care such as transportation, meal delivery, and utilizing volunteer networks to assist with tasks. Fostering a supportive environment helps older adults thrive.

“There are great clinics and hospitals here, we need more educational programs to help our seniors.”

SURVEY RESULTS

73% of respondents rated the community as fair to excellent in providing respectful and helpful hospital and clinical staff.

67% of respondents rated the community as fair to excellent in providing a variety of health professionals, including specialists.

59% of respondents rated the community as fair to excellent in providing access to telehealth care services.

49% of respondents rated the community as fair to excellent in providing easily understandable and helpful local hospital or clinic answering services.



GOAL: Provide programs, resources, and services in the County and City that promote independence and increase the quality of life for older adults through accessible, equitable, and comprehensive healthcare systems.

STRATEGIES

- 1** Increase awareness of resources available in San Mateo County, particularly those related to Aging and Disability Services.
 - a. Develop an Age-Friendly page on the Belmont City website listing significant resources for older adults.
 - i. San Mateo County Community Information Handbook: [Community Information Handbook | County of San Mateo, CA](#)
 - ii. Help at Home Handbook: https://www.smchealth.org/sites/main/files/file-attachments/hh2024_english.pdf?1709940717
 - iii. Senior Mobility Guide: <https://www.samtrans.com/media/8381/>
 - iv. Samaritan House: <https://samaritanhousesanmateo.org/>
 - v. Self Help for the Elderly: www.selfhelpelderly.org
 - vi. Peninsula Family Service: www.peninsulafamilyservice.org
 - vii. Catholic Charities Adult Day Services: <https://catholiccharitiessf.org/wp-content/uploads/2024/05/ADS-SMC-Program-Flyer.pdf> or call 650-592-9325.
 - viii. Belmont Senior Lunch and Transportation Program: Call 650-595-7444.
 - ix. Friends in Service to Humanity (FISH): Volunteers from local churches who provide transportation to and from medical appointments. Call 650-593-1288.
 - x. 2-1-1 is a free phone number that connects Bay Area residents with Health & Human Service Programs in their local community, available in multiple languages. www.211bayarea.org
 - xi. Promote awareness of the library partnership with the San Mateo County Health Department, with available blood pressure kits on loan for a few weeks. This enables users to check blood pressure and track their readings. <https://smcl.org/blogs/post/now-available-blood-pressure-monitor-kits-at-the-library/>
 - xii. Ombudsman Services of San Mateo County: www.Age-Up.org or call 650-780-5707. New programs include:
 1. Friendly Visitors and Phone Buddies
 2. Kindness Crew: Volunteer Activities in Long-Term Care
 3. Support Groups and Creative Programming



GOAL: Provide programs, resources, and services in the County and City that promote independence and increase the quality of life for older adults through accessible, equitable, and comprehensive healthcare systems.

STRATEGIES (continued)

- 4. Community Education, Engagement, and Advocacy
- 5. Navigation Help for Care Transitions
- 6. Elder Justice Initiatives
- xiii. Share information about the Family Caregiver Alliance, which serves as a resource for caregivers: [Family Caregiver Alliance](#)
- xiv. Alzheimer 24/7 Helpline: Phone: 800-272-3900 - alz.org/norcal
- xv. Medical Equipment Loan Program - MELP: <https://www.freemedequip.org/>
- xvi. Health Insurance Counseling and Advocacy Program - HICAP of San Mateo County: The Medicare Counseling Program: <https://www.hicapsanmateocounty.org/>
- xvii. Meals on Wheels: <https://1pvi.org/mealsonwheels/>
- xviii. Mental Health Support 988: Suicide and Crisis Lifeline: https://988lifeline.org/?utm_source=google&utm_medium=web&utm_campaign=onebox. Call 988 for support.
- xix. Aging & Disability Resource Connection: Provides a point of entry for older adults and individuals with disabilities access to needed services. <https://sanmateocountyadrc.org/>
- xx. AnewVista - Technology Classes and Support: anvcs.org

<p>PARTNERS Ombudsman Services San Mateo County Library Samaritan House Peninsula Family Service San Mateo County Aging and Disability Services</p>	<p>RESPONSIBLE STAFF Parks & Recreation</p>	<p>TIME FRAME 6 Months</p>	<p>METRIC YES/NO (I/P)</p>
---	---	--	--



GOAL: Provide programs, resources, and services in the County and City that promote independence and increase the quality of life for older adults through accessible, equitable, and comprehensive healthcare systems.

STRATEGIES (continued)

- 2** Promote additional education and workshops for older adults.
- a. Hold educational series on various health-related topics, such as diabetes, cardiac disease, good nutrition, symptoms of stroke, and fall prevention.
 - b. Offer financial and legal education to older adults, including retirement planning, tax assistance through AARP, avoiding financial scammers, trusts and estate planning, and advance directives.
 - c. Have a booth at the Farmer’s market offering blood pressure checks.
 - d. Continue offering the Belmont Senior Showcase resource fair yearly.
 - e. Identify health services needed by older adults and refer residents to programs that would be beneficial.
 - f. Partner with local hospitals to increase awareness of additional health services: <https://www.seqhd.org/adults-50-health-services>
 - i. Sequoia Hospital Fall Prevention: <https://www.dignityhealth.org/bayarea/locations/sequoia/classes-and-events/katz-cancer-resource-center>
 - g. Offer workshops related to increasing mental sharpness. Offer talks labeled “Keep Sharp” and “Healthy Brain”.

<p>PARTNERS Sequoia Hospital AARP Chamber of Commerce San Mateo County Aging and Disability Services Library Community Volunteers</p>	<p>RESPONSIBLE STAFF Parks & Recreation</p>	<p>TIME FRAME 1-3 Years</p>	<p>METRIC YES/NO (I/P)</p>
--	---	---	--

ADDITIONAL DOMAIN:
Emergency Services



In an Age-Friendly City, emergency services are critical and can be integrated into Age-Friendly domains. Older adults must be protected, empowered, and supported during challenging times. Residents need to be prepared and know what to do, where to go, and what to have on hand during an emergency. Given the community’s concern about floods, earthquakes, and fires, this domain is added to incorporate into Age-Friendly Cities.

“Many of us don’t know where to go in an emergency. If anything happens, I’m scared someone won’t help me or my friends.”

SURVEY RESULTS

72% of respondents rated the community as fair to excellent in providing neighborhood watch programs.





GOAL: Educate and ensure older adults are aware and included in emergency preparedness operations and enhance their safety and well-being during emergencies.

STRATEGIES

- 1** Educate and ensure older adults are informed and included in emergency preparedness workshops, resources, and fairs.
 - a. Have the Youth Advisory Committee and volunteers assist residents sign up for SMC Alert, Genasys, and distribute emergency preparedness information in hard copy and electronic formats at the Health fair and National Night Out. Encourage picnic days and cookouts with entertainment at Belameda Park, where emergency service education is disseminated.
 - i. smcalert.org
 - ii. [Genasys / Zonehaven | County of San Mateo, CA](#)
 - b. **Emergency Response Updates: [Emergency Response Updates | City of Belmont](#)**
 - c. **Wildfire Prevention: <https://www.smcfire.org/be-prepared-for-wildfires>**
 - d. **Belmont Watch: Crime prevention and community awareness program: <https://www.belmont.gov/departments/police/belmontwatch>**
 - e. **Belmont Police Department Senior Assistance and Well-Being: <https://www.belmont.gov/home/showpublisheddocument/2546/635254667217700000>**
 - f. **Residents who rely on electric medical equipment should sign up for the PG&E Medical Baseline Program. [Medical Baseline Program Application—Part A \(To be completed by customer.\)](#)**
 - g. **Belmont Emergency Resources: [Emergency Resources](#)**
 - h. **Fire Department: fire@smcfire.org | 650-522-7900**
 - i. **Police Department: police@belmont.gov | 650-595-7400**
 - j. **Public Works: pworks@belmont.gov | 650-595-7425**
 - k. **PG&E emergency information: 877-660-6789: [Report an Emergency](#)**
 - l. **City News updates: [Register Now for City Updates | City of Belmont](#)**
 - m. **Earthquake Early Warning: Receive alerts before shaking starts: [Earthquake Warning California](#)**
 - n. **Belmont Police Department: Hi-Lo Evacuation: For more information, call 650-595-7400. [Belmont Police Department - Hi-Lo Evacuation Siren](#)**



GOAL: Educate and ensure older adults are aware and included in emergency preparedness operations in their community.

STRATEGIES

- o. San Mateo County CERT Training: <https://www.smcgov.org/ceo/emergency-training-options>
- p. Encourage residents to attend the annual disaster preparedness day hosted by the San Mateo County Department of Emergency Preparedness each year.
- q. Disseminate information regarding City evacuation sites.
- r. Provide scam prevention presentations quarterly.
- s. Encourage residents to participate in the Belmont Community Police Academy.

2 Research and create a centralized database of people of all ages with disabilities and homebound older adults who can be contacted in an emergency.

- a. Have Staff, Police, and Fire departments identify residents who may have challenges getting out in an emergency. Create an ongoing list.

PARTNERS Police Fire Community Volunteers Parks and Recreation Commission Youth Advisory Committee San Mateo County Office of Emergency Service PG&E	RESPONSIBLE STAFF Police Fire	TIME FRAME 1-3 Years	METRIC YES/NO (I/P)
--	--	--------------------------------	-------------------------------



Appendix A: AGE-FRIENDLY PROJECTS TO CONSIDER



“Aging gracefully means being flexible, being open, allowing change, enjoying change, and loving yourself.” - *Wendy Whelan*

Belmont Age-Friendly Projects Spreadsheet

Appendix B: CURRENT AGE-FRIENDLY PRACTICES



Age-Friendly Parks and Recreation

The Parks and Recreation Department strives to create welcoming and engaging spaces for the aging population in the Belmont area. The central hub for senior activities is the Twin Pines Senior and Community Center nestled in Twin Pines Park. The center is open Monday through Friday, offering various activities daily. Free drop-in programs include language groups, exercise, arts and crafts, and table games. The Senior Program Staff makes efforts to provide both educational and social experiences. Monthly seminars cover a wide range of topics, from health to transportation. The center also offers monthly socials typically centered around upcoming holidays, birthday parties, and entertainment.

The Congregate Nutrition program is the cornerstone of the Twin Pines Senior and Community Center offerings. The Parks and Recreation Department has a grant through the Older Americans Act, which the County of San Mateo administers. A hot, nutritious meal is served three days a week, and participants can socialize while enjoying their meal. The Parks and Recreation Department can provide transportation to the Twin Pines Senior and Community Center in their 8-passenger van Tuesday through Thursday. The van driver picks up participants at their residences, brings them to the senior center to participate in activities and the lunch program, and then returns them to their home. In addition to our transportation program, the center makes a concerted effort to provide resources for alternative transportation options. Resources are listed in the monthly Twin Pines Newsletter, and the San Mateo County Mobility Guides are available. Additionally, presentations from various programs are scheduled.

Age-Friendly Parks and Recreation (continued)

The Twin Pines Senior and Community Center has a vibrant volunteer program. Volunteers assist with the Congregate Nutrition Program, staff the front desk, and lead many of the center's drop-in programs. More active seniors might enjoy participating in monthly day trips throughout the Bay Area. Playing tennis or pickleball in parks throughout the City and signing up for a class with daytime and evening options are popular ways to stay active. In Summers 2024 and 2025, free staff-led community hikes were introduced to explore the open space areas.



Intergenerational activities have provided opportunities to share experiences and stories. The City's Youth Advisory Committee and Summer Camp Staff have engaged with older generations during tech help seminars, playing lawn games, and joining for lunch. The City hosts a wide array of community events open to all ages, including Summer Movies, Belmont Blooms (a gardening event), a Spring Egg Hunt, a Halloween gathering, a Craft Fair, as well as cultural events such as Lunar New Year and Diwali celebrations. The Department aims to expand intergenerational activities and is considering hosting a board game event and seniors reading to students at the Belmont Community Learning Center (preschool).

While the Parks and Recreation Department offers many programs and services, it also partners with other community organizations to provide events such as Summer concerts, Belmont Water Dog Run, and Imagine Together. The partnership with the Belmont Library continues to grow. The library has brought a book club, trivia, crafting, and collaborating on community-wide cultural events to the senior center. Some partnerships offer services, including blood pressure screenings with Sequoia Hospital, informational seminars provided by the County, legal assistance through the Legal Aid Society, balance classes led by Stanford University, and medical equipment loans through the Medical Equipment Loan Program ([FreeMedEquip.org](https://www.freemedequip.org)). Since the City recently received a grant, it will collaborate with the Sequoia Healthcare District and Catholic Charities to offer a Memory Cafe for those in the early stages of living with Alzheimer's and other dementias.

The City is working on several projects that will benefit our senior citizens/active adult community in the Parks system:

- The Parks, Recreation, and Open Space (PROS) plan recommends repaving the pathway at Hallmark Park. This pathway leads through the park to the playground, tennis and pickleball courts, and the Crystal Springs Cross Country course outside the City boundary.

Age-Friendly Parks and Recreation (continued)

The tree roots have severely damaged the pathway. The FY 26 budget includes a CIP request to repave the path.

- The PROS plan includes recommendations for improvements to Twin Pines Park which offers several benefits, particularly beneficial to seniors.
 - a. Improvement of the Meadow picnic area. The City has prepared plans to implement these improvements, which include access and seating upgrades, upon completion of the adjacent detention basin project in the City Hall parking lot.
 - b. Improvement of the Redwood picnic area. The PROS plan includes recommendations for improvements in this area. Further development of these recommendations will occur upon completing the Belmont Creek Restoration Project in the summer of 2025.
- Activation of the ‘Town Square’ area between the Senior Center and the Twin Pines parking lot. While the Twin Pines Master Plan (incorporated by reference into the PROS plan) includes recommendations to ultimately create a drop-off area to facilitate access to the Senior Center, an interim improvement is to create informal seating options along the pathway between the parking lot and the Senior Center. In response to the County’s declaration of a Loneliness epidemic, the Parks and Recreation Commission is committed to creating gathering spaces encouraging interaction with others.
- The Department has completed a grant-funded chipping program, which assisted all residents west of Alameda de las Pulgas with removing brush around their homes to increase defensible space for fire safety.

The Department continues to engage the community in discussing the need for a Community Center that serves as a multigenerational space and a centrally located emergency resource center. The PROS plan incorporates the 2019 Conceptual Design Plan for a Belmont Community Center by reference.



For more information about these programs, please visit:

www.belmont.gov/adults

www.belmont.gov/departments/fire/wildfire-preparedness

<https://www.belmont.gov/departments/parks-and-recreation/projects/community-center-needs-assessment-and-design>

<https://www.belmont.gov/departments/parks-and-recreation/projects/the-community-center-conversation>



Age-Friendly Police

The Belmont Police Department offers a range of services to all members of the Belmont Community. We often collaborate with our partners at the San Mateo Consolidated Fire Department (SMCFD) and the Parks and Recreation Department to provide public safety services and outreach, which also benefit our aging community. These include the TRAC Program (Tracking and Recovery of Adults and Children), the Belmont Community Police Academy, Belmont Watch, and Coffee/Pizza with a Cop.

The TRAC Program is a service that helps families locate and track loved ones experiencing memory loss or other cognitive impairments. The program provides families in need with a tracking unit and assist them in setting up the program.

Some of the other services that Belmont PD offers to the aging community include Vacation House Watch Requests, Emergency Notifications (such as evacuations and wildfire preparedness), Belmont Watch (neighborhood watch programs), the Parking and Traffic Safety Committee, and a free Medication Disposal site located at the Belmont Police Department.

Additionally, Belmont PD conducts annual outreach to the seniors in our community regarding elder financial scams and other forms of elder abuse. This usually occurs in the Belmont Senior Center and is coordinated through our Parks and Recreation Department. In addition to the outreach programs and robust website, flyers are distributed with information on these services in the lobby of the police department and the senior center. The police recognize that online access and social media may not be the most effective means of sharing information with everyone.

Belmont PD and SMCDFD frequently participate in community events, and share information about our services with attendees. We genuinely value our citizens and are honored to be a part of the community.



Age-Friendly Communications

Communications & Public Information

The City of Belmont communicates with residents through various networks. This includes digital outreach via social media, email marketing (such as weekly eNews, press releases, and newsletters), Highway 101 billboards, lobby slideshows, TV Channel 27, and website content. Belmont utilizes traditional printed outreach methods, including banners displayed across Ralston, flyers distributed throughout the City and at the facilities, tabling at community events (such as National Night Out and the Public Works Open House), and mailers (including Recology inserts, postcards, and election materials).

All the branded materials, including templates for social media posts and the Council PowerPoint presentations, have been redesigned to align with Belmont's branding and enhance ADA accessibility across all communication touchpoints.

Each department actively engages with the public and has several initiatives aimed at reaching the senior population. For example, there is the Twin Pines Newsletter and safety educational events are hosted specifically for seniors. The City is exploring new opportunities to enhance public communications, such as launching the new police Instagram page, introducing the latest 311 app, and providing new translation services that offer easy access to live translators or translated materials.

Age-Friendly Communications (continued)

Strategic Communications Plan

The City of Belmont adopted an updated Strategic Communications Plan in 2025 and can be [viewed here](#). This plan includes key messages aligned with our strategic focus areas, recommendations for improving the City's outreach efforts, and an action plan for executing the outlined strategies. This plan will showcase the progress and goals for the next five years. This will also include methods to enhance accessible communications for all residents, particularly seniors.

Weekly News

The weekly newsletter is distributed to the community every Friday and shared across our social media platforms. Last year, we redesigned the newsletter to enhance visibility and make it more accessible to the public. It includes highlights of events for all residents and features specifically for seniors and Belmont's community partners. Residents can visit the City's partners at the Belmont Public Library for assistance with signing up to receive the newsletter via email or accessing it electronically. Library staff can also assist with printing a copy or a specific newsletter section. Additionally, staff conducted training sessions at the Senior and Community Center, offered by the Parks and Recreation Department, to show residents how to sign up for and access the weekly eNews.

Website Redesign

The City recently initiated a year-long website redesign project. The new site will offer enhanced accessibility, streamlined navigation, and improved access to City services, enabling residents and businesses to stay informed more easily. To ensure the new site meets the needs of all users, staff conducted a website redesign survey to gather community feedback. This survey was promoted through our website, social media, and weekly newsletter, and a flyer was posted in the Senior and Community Center.





Age-Friendly Housing and Economic Development

Belmont offers or promotes many housing services and programs that benefit older adults. The City of Belmont's website provides information on various housing resources and services available to Belmont residents, located at <https://www.belmont.gov/i-want-to-find/housing>. When the City receives inquiries about affordable housing through the Housing Department's general email or from visitors to the permit center, Housing staff respond individually, trying to match individuals with the appropriate resources, such as the ABAG/MTC Affordable Housing Portal or a suitable service provider. Belmont is collaborating with Rebuilding Together Peninsula (RTP) to provide minor home repair services to homes owned and occupied by Belmont residents with households at or below the Area Median Income (AMI). Historically, many of the homeowners served by Rebuilding Together are seniors. This program helps low-income homeowners remain in their homes and ensures their living conditions remain safe and sanitary.

The City of Belmont provides annual funding to HIP Housing for its home-sharing program, which matches individuals seeking housing with households looking to share their homes. Many seniors take advantage of this program to safely vet potential tenants for spare rooms in their homes, providing an additional source of income and helping combat loneliness and isolation.

Belmont also invests in new affordable housing developments to increase housing opportunities for low-income households of all ages throughout the community. Recent affordable housing developments funded in part by City funds include the Belmont Family Apartments, a 125-unit, affordable development currently under construction and The

Age-Friendly Housing and Economic Development (continued)

Corners housing project, a 37-unit affordable housing project offering a mix of one, two, and three-bedroom homes, ensuring stable housing for individuals and families who have experienced homelessness. This project also offers intergenerational units within close proximity to transit. Intergenerational living helps breakdown age barriers. This type of housing helps reduce age segregation and ageism, decreasing social isolation, depression and loneliness. This type of living helps build a sense of community and improves health, mental health, and self-esteem.



In addition, the City's Inclusionary Housing Ordinance requires that 15% of new rental units be set aside at affordable rents for households with incomes at or below 80% AMI. Affordable units created with assistance from the City is monitored annually for compliance with affordability restrictions. Seniors are eligible and welcome to apply to affordable housing developments funded or required by the City.

The City of Belmont also has several senior housing developments, including Bonnie Brae Terrace, Silverado Belmont Hill Assisted Living, and a recently approved new memory care development at the Nazareth Vista Assisted Living facility. Belmont also included affordable units in 2 market rate developments, the Hayden and Artisan Crossing that are available for seniors and located adjacent to a transit corridor. The Hayden project located at 815 Old County Road is a market rate apartment complex with a total of 177 units and has 27 affordable units. The Artisan Crossing project located at 1325 Old County Road contains 250 units total with 38 affordable units.

Belmont also completed the Firehouse Square that consists of 66 units with 100% affordable units. This project includes an after school program and playground with youth and adult services programming. It is also located close to shopping, restaurants, public transportation and Twin Pines Park.

The City of Belmont has a certified housing element, including various programs promoting affordable and market-rate housing creation and preservation. Some examples of recent housing element implementation efforts include: the rezoning of key districts to allow greater densities and heights, supporting programs that promote the construction of accessory dwelling units, the establishment of by-right housing designation for prior housing element sites, supporting the development of pipeline housing projects, and the ongoing management of the City's portfolio of deed-restricted affordable units.



Age-Friendly Library

The Belmont Library is a welcoming and inclusive hub, offering something for everyone and serving as a vital resource for older adults in particular. Recognizing the needs of its aging community, the library has thoughtfully tailored its programs and resources to foster accessibility, connection, and enrichment. Whether it's borrowing books from its robust fiction and nonfiction collection, getting help with technology, or accessing community services, the library is a trusted destination. Older residents, in particular, appreciate the library's cozy, well-lit reading areas, where they can unwind with magazines, newspapers, or a good book, making the library a haven for comfort and connection.

For those unable to visit in person, the library ensures no one is left behind through its Homebound Delivery Service. Materials are mailed in reusable pouches upon request, keeping the joy of reading accessible. The library also shines as a multilingual space, with staff proficient in Spanish, Mandarin, Cantonese, and Hindi, ready to assist. Additionally, its collection features materials in Spanish, Tagalog, Chinese, Russian, Hindi, and Japanese materials. Older patrons, in particular, appreciate the availability of large-print books and audiobooks, while eBooks and audiobooks with flexible text sizes provide an easy-to-use, lightweight alternative.

Technology is another cornerstone of the Belmont Library's commitment to its community. With public computers, scanners, laptops, Chromebooks, and Wi-Fi hotspots available for checkout, patrons can access essential tools and resources. Friendly staff are available to assist with completing online forms, printing, scanning, and navigating library resources, including e-books.

Age-Friendly Library (continued)

The Belmont Library also invites deeper community engagement through its vibrant volunteer opportunities. Residents can contribute their time and talents as program, collection, or makerspace volunteers, supporting the library's dynamic offerings and enriching the experience for all patrons. Additionally, the Friends of the Belmont Library, a group of passionate and dedicated volunteers, operate in an on-site store, raising funds that directly enhance library programming and improvements. These volunteer roles not only strengthen the library's services, but also foster a sense of ownership, pride, and connection among community members.

Community outreach is at the heart of the Belmont Library's mission. Library staff actively engage by attending City events and visiting the Twin Pines Senior and Community Center, where they introduce residents to the library's incredible services and programs. The library also collaborates with Dignity Health—Sequoia Hospital to offer "Maturing Gracefully," a monthly program for seniors featuring expert-led presentations on health, diet, transportation, mindfulness, and loneliness. These sessions empower older adults to lead fulfilled lives and foster connections.

The Belmont Library celebrates creativity and fosters intergenerational community building through diverse activities and events. Older adults can enjoy a weekly crochet group, sewing sessions, and monthly arts and crafts sessions tailored to their needs.

A participant-led book club meets monthly at the Twin Pines Senior and Community Center for lively discussions on selected fiction and nonfiction titles. Our multigenerational family programs are equally meaningful; grandparents regularly join their grandchildren for weekly Family Storytimes, connecting through shared activities and socializing with other caregivers. Building on this spirit, the library proudly partners with the Belmont Poet Laureate to host the annual Belmont Poetry Contest. This inspiring event gathers participants of all ages to share their creativity, foster connections, and celebrate the transformative power of poetry and community.





Age-Friendly Public Works

Public Works is committed to enhancing the quality of life for all Belmont residents through thoughtful maintenance efforts and the development of new, accessible infrastructure.

Recent and Ongoing Projects:

Annual Sidewalk and Curb Ramp Improvements: Each year, the City constructs over a dozen ADA-compliant curb ramps and sidewalk improvements as a part of the yearly Pavement Rehabilitation Projects. These improvements promote greater walkability and accessibility.

Davey Glen Accessibility Improvements: This project enhanced access near key areas, including high-density housing and Davey Glen Park, making it easier and safer for residents of all ages to navigate the area.

Trip Hazard Mitigation: Public Works responds to identified tripping hazards by working with the adjacent property owners to mitigate the risk. In 2024 alone, Public Works addressed tripping dangers in front of over 120 properties, increasing safety and mobility throughout the City.

Sidewalk Installation Policy Implementation: Through Belmont's Sidewalk Installation Policy, the City continues to expand its pedestrian network by constructing new sidewalks to enhance connectivity and support active lifestyles.

Parking and Traffic Safety Committee: The department regularly evaluates traffic safety and accessibility requests through the Parking and Traffic Safety Committee, working with Belmont residents to address public needs.

Age-Friendly Public Works (continued)

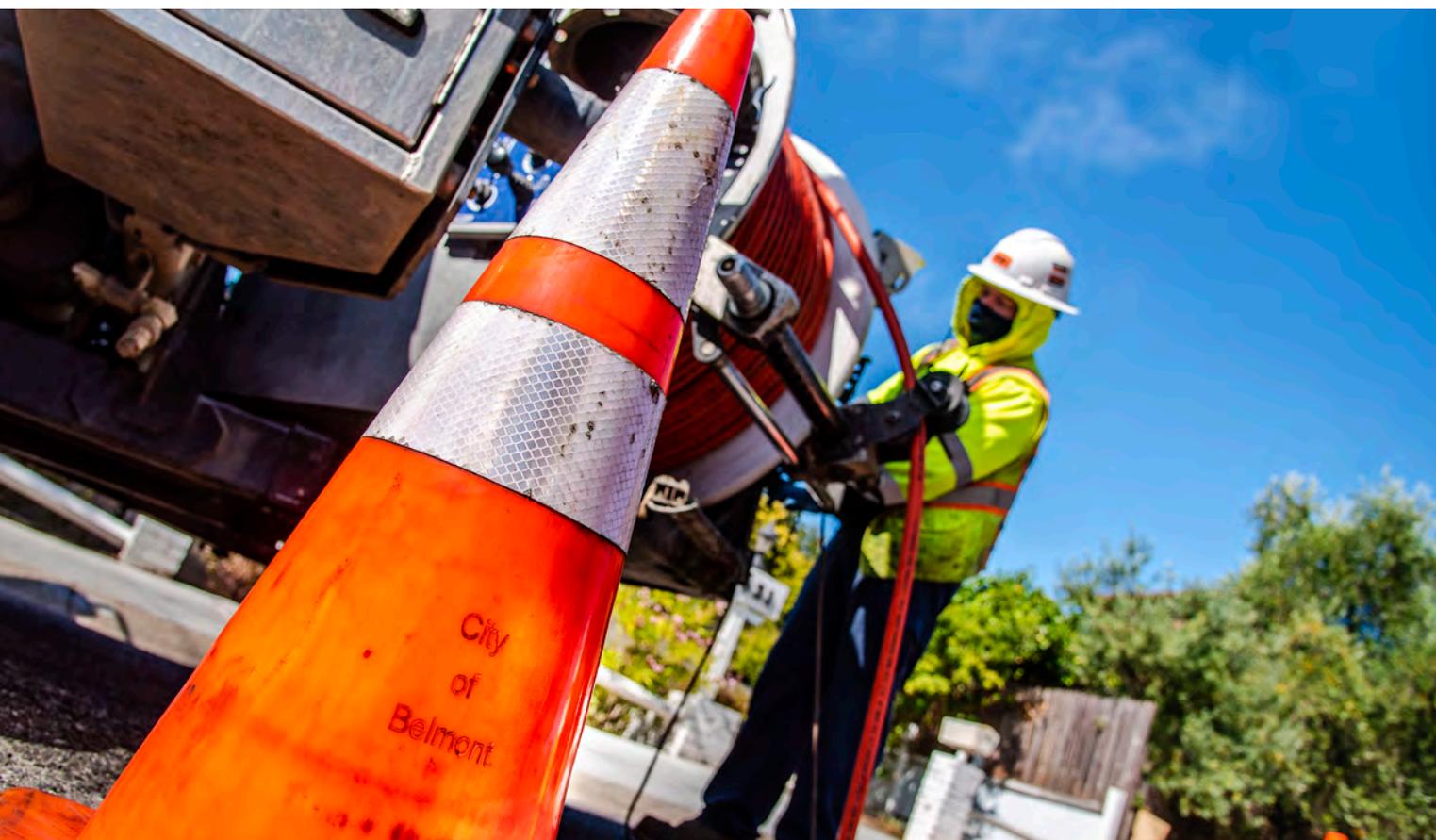
In addition to these completed and ongoing projects, Belmont Public Works is continuing to improve Belmont through upcoming projects:

Ralston Avenue Segment 4 Improvements: The project will improve the streetscape, sidewalks, and accessibility of the Ralston Avenue corridor west of Alameda de las Pulgas.

Alameda de las Pulgas Corridor Project: This transformative project will enhance pedestrian and bicycle safety, walkability, and visual appeal in the Alameda de las Pulgas Corridor near high-priority destinations, including Carlmont High School and the Belmont Public Library. It is supported by a \$3.5 million grant from the State of California.

Twin Pines Park Belmont Creek Restoration Project: This project will restore and stabilize eroded creek banks, enhancing both safety and environmental quality within the park. It also improves access to the creek from surrounding pathways. The project is supported by a one million dollar grant from the California Department of Water Resources.

Hallmark Park Access Improvements: Parks and Recreation Department is upgrading the primary footpath into Hallmark Park.



Appendix C: THE CITY OF BELMONT



Origins of Our Community

When the first Spanish explorers arrived on the San Francisco Peninsula in late 1769, the Ohlone people inhabited the area that is now Belmont. The Spanish recorded that Lamchin referred to what is now Ralston Avenue in Belmont as “la Cañada del Diable”, or Devil’s Canyon. The name remained for many years. The Old County Road and Devil’s Canyon became a vital road intersection for early travelers. Not long after their arrival, the Spanish seized the Ohlone’s land. In 1795, the Spanish Governor of California, Diego de Borica, provisionally granted Jose Dario Arguello some 35,000 acres on the mid-peninsula in the area that is now Belmont, San Mateo, San Carlos, and Redwood City. Arguello was the first officer in charge of the Presidio of San Francisco, which was established to protect the Spanish settlements from the Russians and the English. Arguello was offered any part of California he wished. He chose the land that would come to be known as Rancho de las Pulgas (“Ranch of the fleas”), which was used as a military stock ranch.

Following Jose Dario Arguello’s death in 1828 and the death of his son, Luis Antonio Arguello, in 1830, Rancho de las Pulgas passed to Luis’ widow, Maria Soledad Ortega de Arguello. In 1850, when California became a state, Mrs. Arguello hired Sidney Monserrate Mezes, an attorney from Mexico City, to clear her land titles after California came under the control of the United States. Mrs. Arguello paid Mezes in land amounting to 15% of the ranch. Mezes chose Belmont for his portion and made it his home.

The City of Belmont (continued)

Count Leonetto Cipriani bought a portion of the Rancho de las Pulgas grant was awarded in 1853 and lived here until 1863. In 1864, he decided to sell his estate, which William C. Ralston acquired. The Ralston home, an 80-room Redwood Mansion became a landmark and is now located on the Notre Dame de Namur University campus, which was formerly named the College of Notre Dame.

Belmont was incorporated as a City on October 29, 1926, and was the first county seat of San Mateo County. “Belmont” means “beautiful mountain” in Spanish -- an appropriate name for the tree-covered rolling hills. The hills reach an altitude of about 750 feet, from which one can see Mt. Diablo and the San Francisco Bay on a clear day.





Appendix D:

CITY GOVERNMENT

The City of Belmont is a general law City governed by a five-member City Council including a Mayor and a Council Manager form of government. In 2022, the City transitioned from having all five Councilmembers elected at-large and the Council annually appointing one of its members as the Mayor, to four Councilmembers elected by-district and a mayor elected at-large by the voters.

The voters of each council district elect a district resident to serve as a Councilmember for a four-year term. The elections take place at a general municipal election in November of even-numbered years and are staggered such that two district seats are up at each municipal election year. The Mayor is elected Citywide by the City voters and serves a two-year term. The four council districts created to facilitate the by-district elections will be adjusted by the Council every ten years after completion of the federal census in a redistricting process governed by state and federal law.

Belmont's City Council meets regularly the second and fourth Tuesday of every month.

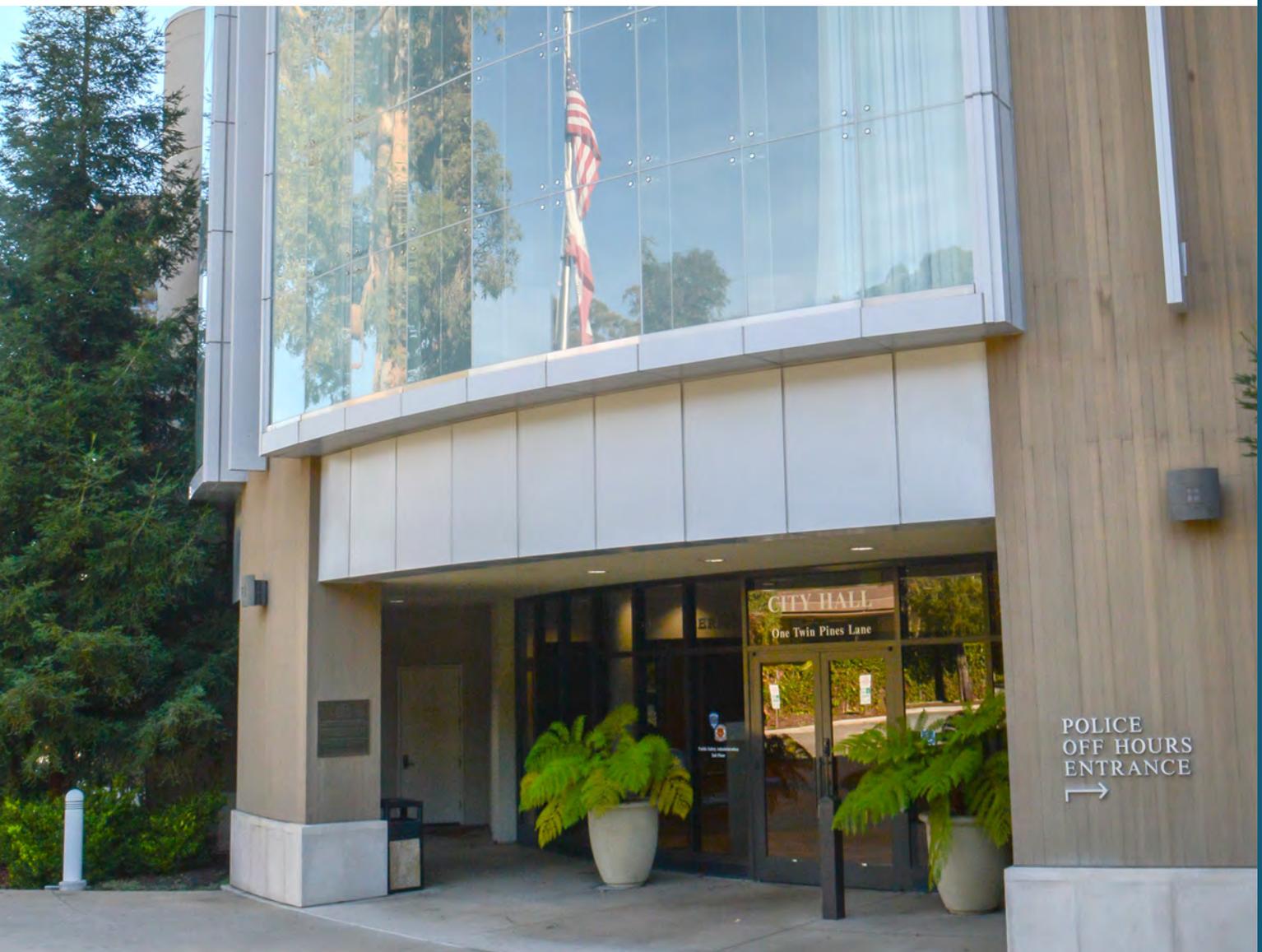
The City recognizes that each resident is entitled to fair, ethical, and accountable treatment by their Government; therefore, the rules of engagement are designed to achieve this goal. In line with their role as stewards of the public interest, Belmont strives to create a positive and inclusive workplace and public environment that acknowledges and values all members of the Belmont constituency. In all cases, a common goal is recognized to ensure the needs of the community at large are being met, or are progressing toward mutually beneficial goals.

City Government (continued)

Writing Belmont's Next Chapters, Together

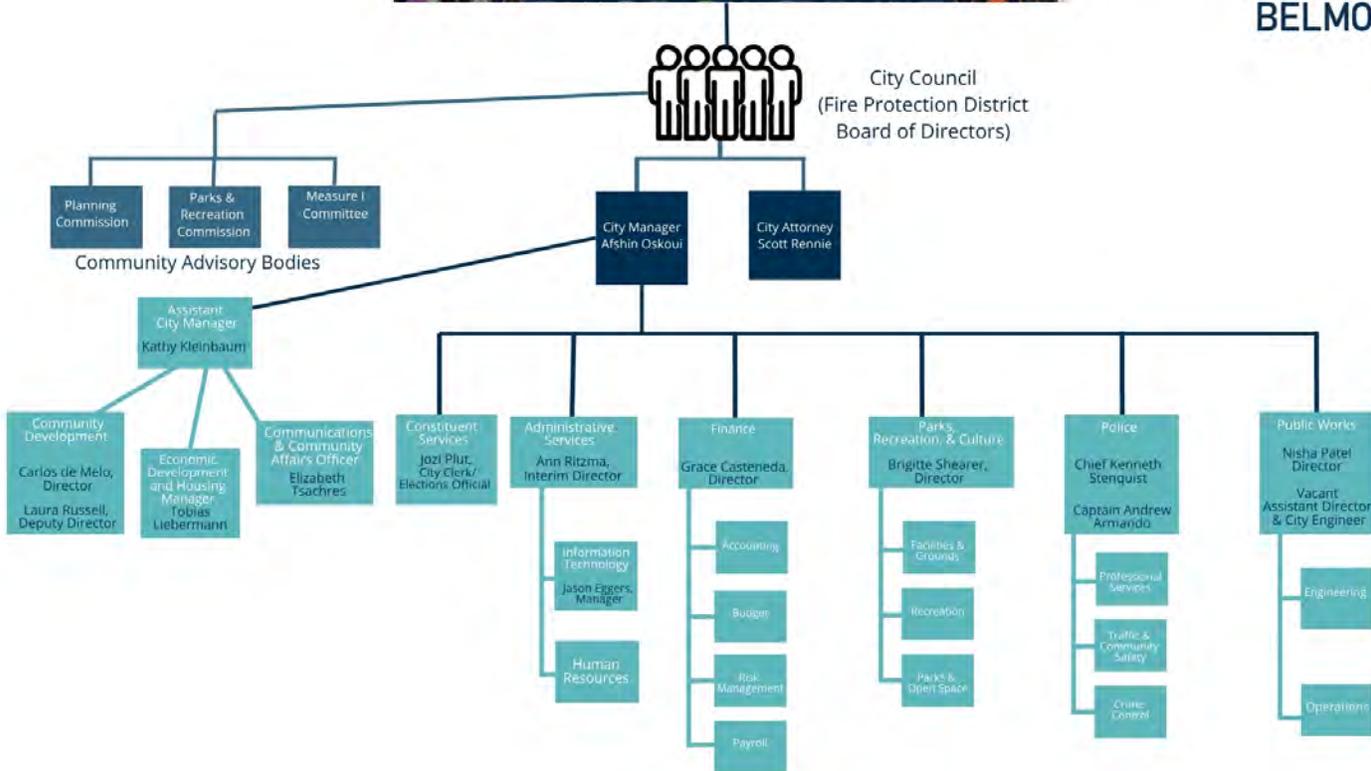
The City of Belmont strives to measurably improve the lives of those who have traditionally been overlooked or diminished, while inviting residents and businesses to do the same.

The City remains steadfast in its vision to value and celebrate all individuals in Belmont. They now have a BOLD initiative, Bridging, Opportunity, Leadership, and Distinction, to lead staff and the community forward in a positive and productive direction. Residents and City Staff continue to seek opportunities to support those who face impediments to thrive in the community. To that end, the City has learned about and celebrated the arts and traditions of the colorful tapestry of Belmont. They have created quiet spaces and support for individuals who benefit from such connections.



City of Belmont Organizational Chart

<https://www.belmont.gov/departments/administrative-services/city-manager>



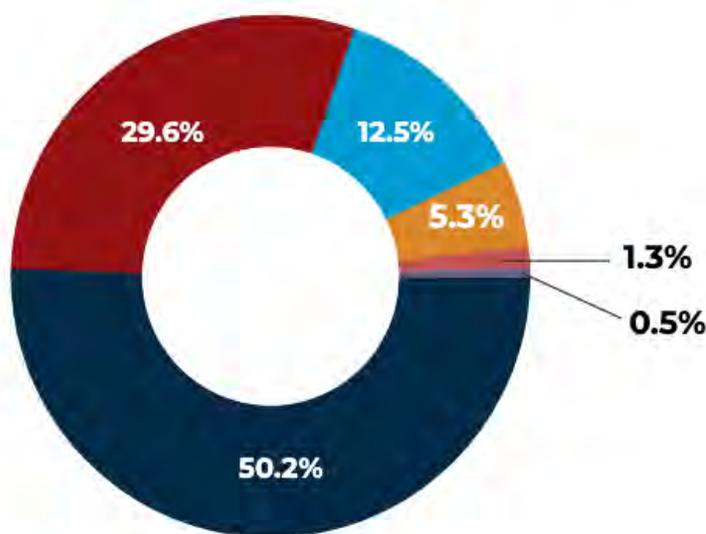
Appendix E: DEMOGRAPHIC PROFILE

The City of Belmont is situated in San Mateo County, California, and has a population of 28,335 according to the United States Census Bureau. The median age is 40.4 for males, 40.6 for females, and 40.2 for both.

Race: City of Belmont's population is 50.2% White, 29.6% Asian, 12.5% Two or more races, 5.3% Other, 1.3% Black or African American, 0.5% Hawaiian & Other Pacific Islander.

Language: 62.6% of Belmont residents speak only English, 9.1% speak Spanish, 10.6% speak other Indo-European languages, 16.6% speak Asian and Pacific Islander languages, and 1.1% speak another language.

BELMONT RACIAL DEMOGRAPHICS

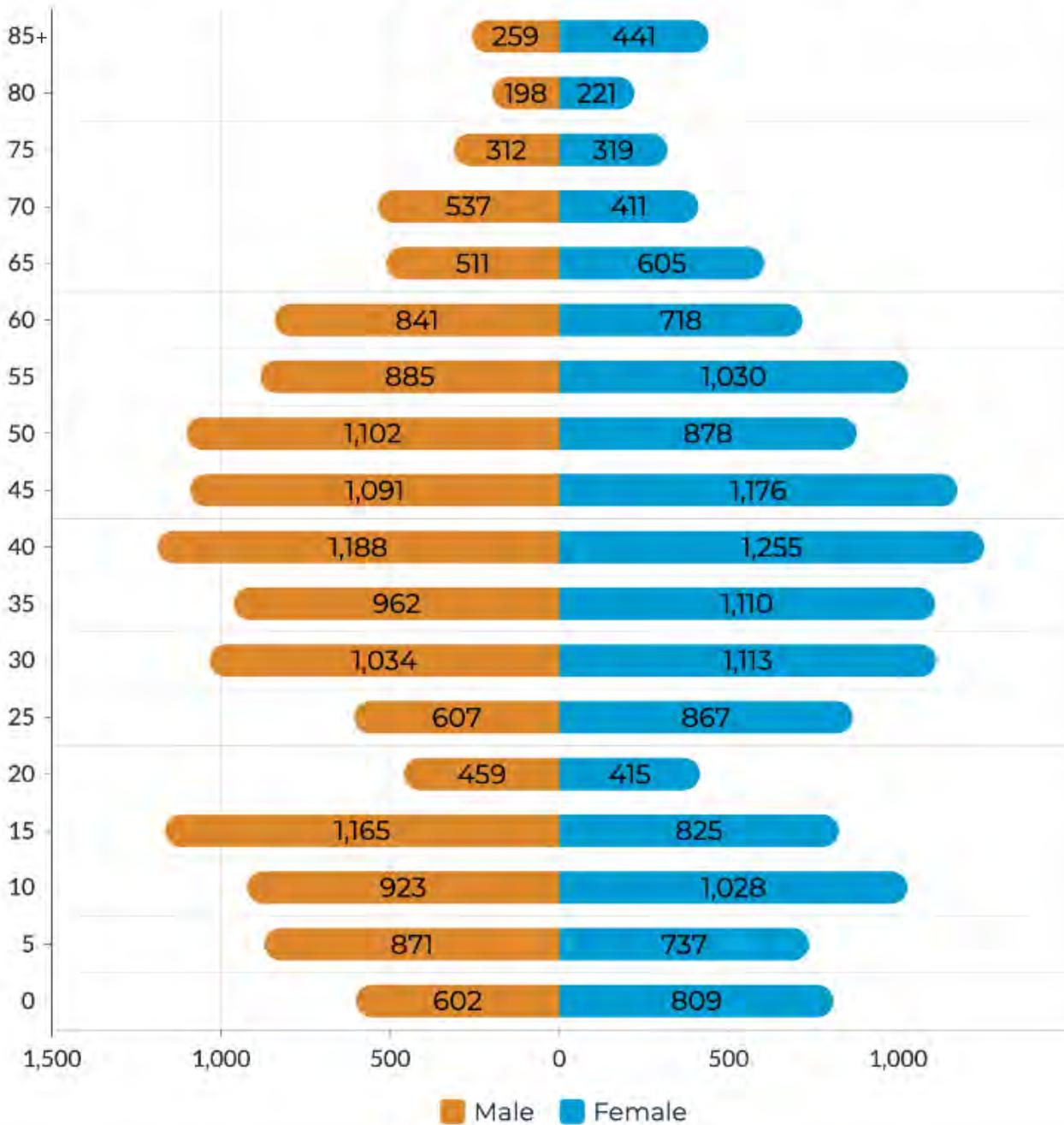


- White
- Asian
- Two or More Races
- Other Race
- Black or African American
- Hawaiian or Other Pacific Islander

https://data.census.gov/profile/Belmont_city,_California?g=160XX00US0605108#race-and-ethnicity

POPULATION BY AGE GROUP

Belmont Population Pyramid 2025



https://data.census.gov/profile/Belmont_city,_California?g=160XX00US0605108#populations-and-people

Appendix F:

LIVABILITY INDEX

AARP's Public Policy Institute (PPI) has developed criteria to assess the characteristics that would provide a high quality of life for a diverse population within a community encompassing all generations. Their scoring includes complex livability factors that consider both metric values and policies. The AARP Livability Index is compiled from over 50 distinct data sources across the seven livability categories. By utilizing these metrics and policies, the AARP Livability Index evaluates communities based on the livability of each neighborhood. Each City is assigned an overall score. The seven categories accumulate the total score.



The overall Livability Index™ score for **Belmont, California** is **59**.

This is in the **top half** of communities in the U.S.

Scores are applied to the following 7 categories of livability. Examples of indicators follow:



HOUSING: Housing costs, availability of multi-family housing, state accessory dwelling unit support



NEIGHBORHOOD: Access to parks and libraries, crime rate, state and local transit-oriented development



TRANSPORTATION: Frequency of local transit service, walkability, state and local complete street policies



ENVIRONMENT: Quality of drinking water/air, state utility disconnection policies, pollution level



HEALTH: Preventable hospitalization rate, access to exercise opportunities, state/local smoke-free laws



ENGAGEMENT: Social involvement index, voting rate, state barriers to community broadband



OPPORTUNITY: Income inequality, jobs per worker, age diversity, local government credit-worthiness

****The livability score does not follow all eight domains and incorporates a few different categories per AARP.**

Livability Index (continued)

		Belmont, California	2024 Median US City
Overall Score		59	50
 Housing	Affordability & Access	41	56
 Neighborhood	Proximity & Security	63	36
 Transportation	Safety & Convenience	50	44
 Environment	Clean Air & Water	60	59
 Health	Prevention, Access, & Quality	91	43
 Engagement	Civic & Social Involvement	57	47
 Opportunity	Inclusion & Possibilities	54	52

For interpretation of scores, please refer to the following link:

<https://livabilityindex.aarp.org/search/Belmont,%20San%20Mateo%20County,%20California,%20United%20States#scores>

ACKNOWLEDGMENT

The Center for Age Friendly Excellence wishes to acknowledge and thank the community who participated in the survey and focus groups. We also would like to thank all the Belmont task force members and City of Belmont staff who provided input and guidance in developing this Age-Friendly Action Plan.

Julia Mates

Mayor

Tom McCune

Councilmember

Afshin Oskoui

City Manager

Kathy Kleinbaum

Assistant City Manager

Brigitte Shearer

Parks and Recreation Director

Cody George

Recreation Manager

Corrie Fuhrman

Recreation Supervisor

Nisha Patel

Public Works Director

Pete Lotti

Police Lieutenant

Chris Lu

Belmont Library Manager

David Vargas

Senior Librarian, Belmont Library

Patrick Schmitz

Recreation Program Coordinator

Elizabeth Tsachres

Communications and Community Affairs Officer

Tobi Liebermann

Housing & Economic Development Manager

Marie Violet

Director, Sequoia Hospital Health and Wellness

Redwood City

Rosemary Field

Community Member

Rosemary Welde

Community Member

We acknowledge and appreciate the funding from the County of San Mateo for developing this Age-Friendly Action Plan. Funding from the County has made it possible for the Center for Age-Friendly Excellence to provide leadership toward completing this Age-Friendly Action Plan using a collaborative approach.

CAFE is an incubated nonprofit project of Los Altos Mountain View Community Foundation.



SUPPORTED BY MEASURE K
**LOCAL FUNDS
 LOCAL NEEDS**
WWW.SMCGOV.ORG



NONPROFIT
 INCUBATOR
 PROGRAM

RESOURCE PAGE

About the Global Network for Age-Friendly Network for Age-Friendly Cities and Communities. Age-Friendly World. Retrieved May 2025, from: <https://extranet.who.int/agefriendlyworld/who-network/>

World Health Organization. (2007). *Global Age-Friendly Cities: A Guide*. Retrieved from: <https://iris.who.int/handle/10665/43755>

World Health Organization. (2010). *Creating Age-Friendly Cities and Communities*. Retrieved from <https://www.who.int/activities/creating-age-friendly-cities-and-communities>

World Health Organization. (2010). *Urban environments that allow older people to remain active and healthy*. Retrieved April 2025 from <https://www.who.int/news/item/11-12-2010-who-launches-global-network-of-age-friendly-cities>

World Health Organization (2018). *The Global Network for Age-Friendly Cities and Communities: Looking back over the last decade. Looking forward to the next*. Retrieved March 2025 from <https://iris.who.int/handle/10665/278979>

World Population Review. Retrieved March 2025, from <https://worldpopulationreview.com/us-cities/california/belmont>

National Library of Medicine. *WHO's Global Age-Friendly Cities Guide: Its Implications for a Discussion on Social Exclusion among Older Adults*. Retrieved May 2025 from <https://pmc.ncbi.nlm.nih.gov/articles/PMC8345595/>

AARP Network of Age-Friendly States & Communities: <https://www.aarp.org/livable-communities>

Elder Index: <https://elderindex.org/>

California Elder Index: Retrieved April 2025, from: <https://healthpolicy.ucla.edu/our-work/elder-index>

Department of Aging and Disability Services: <https://www.smchealth.org/services-aging-and-adult>

County of San Mateo. Retrieved May 2025, from <https://www.smcgov.org/ceo/civics-101-academy>

City of San Carlos Civics Academy, Retrieved June 2025, from https://www.cityofsancarlos.org/community/civics_academy.php

City of Belmont Parks and Recreation Adults and Seniors, Retrieved April 2025, from <https://www.belmont.gov/departments/parks-and-recreation/adults-seniors>

City of Belmont, Retrieved June 2025 from <https://www.belmont.gov/our-city/city-news>

City of Belmont, Emergency Preparedness/Office of Emergency Services. Retrieved June 2025 from <https://www.belmont.gov/departments/fire/emergency-preparedness-office-of-emergency-services>

City of Belmont, Housing. Retrieved May 2025 from <https://www.belmont.gov/i-want-to/find/housing>

City of Belmont, Transportation. Retrieved May 2025 from <https://www.belmont.gov/departments/public-works/transportation>

Kindness-Focused Organizations - Spreading Kindness Campaign. Retrieved May 2025, from <https://www.spreadingkindnesscampaign.org/spread-kindness/kindness-focused-organizations/>