

# City of San José Parks, Recreation and Neighborhood Services

Aging Services Collaborative  
November 12, 2008

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*Parks, Recreation and  
Neighborhood Services*

# Outcomes

- To keep older adults actively engaged in life
- To prevent isolation/depression
- To prevent premature institutionalization
- To provide opportunities for life long learning
- To increase volunteerism

# Our Delivery System

- Multi-Service Hub Concept (full-service community center often housed with Library)
- City-Wide Services (centrally managed but delivered locally)



# Hub Components

- “Cafe” (nutrition meal program)
- Social Services
- Educational and Recreational Classes
- Fitness and Wellness Programs
- Specialized Cultural Programming
- Computer Learning Lab
- Drop-In Activities
- Volunteer Opportunities & Leadership Development
- Outdoor Adventures



# Almaden Community Center



# Roosevelt Community Center Opening December 2008



# Citywide Programs

- Older Adult Resource Program
- Senior Companion Program
- Retired and Senior Volunteer Program

# Older Adult Resource Program

- Link seniors and their families/caregivers to support services
- Consultations available at Community/Senior Centers
- In-home visitations/assessments
- Older Adult Resource Center
  - Monthly Educational Workshops and Special Events
- Telephone Help Line 979-7911

# Older Adult Resource Program



# Senior Companion Program

- Recruits and trains seniors (age 60+) to be companions to other seniors that are “at-risk”
- 50-55 Senior Companions volunteer up to 20 hours per week. They receive a small stipend. Each has 1-3 clients they visit weekly
- Companions also provide support in adult day care facilities

# Senior Companions Make Independence a Reality



# Retired and Senior Volunteer Program (RSVP)

- 1200 volunteers enrolled in over 80 “work stations” including community centers, libraries, museums, hospitals, cultural venues, agencies and the airport
- Trained counselors provide free income tax preparation to low and moderate income, home owners and renters assistance form filing and tax stimulus paperwork



# RSVP

Lead With Experience



Tax Volunteers





# Senior Citizens Commission

- 15-member commission appointed by City Council to advise the Mayor/Council on matters of importance to San Jose older adults
- Annual work plan supports the Aging Strategic Plan (CFAL) and targets issues around Housing, Human Services, Health and Safety and Transportation

# Questions & Answers

