

ROYAL OAK AGING IN PLACE PLAN

APPROVED ON DECEMBER 12, 2022

CITY MANAGER'S LETTER



On behalf of the City of Royal Oak's elected leaders, city staff, and members of the Royal Oak Senior Services | Aging in Place Task Force, I am proud to introduce the city's first aging in place plan (AIPP). This community-wide plan will allow the city to plan for the future while keeping in mind the needs of our senior population.

The Center for Disease Control defines aging in place as "the ability to live in one's own home and community safely, independently, and comfortably, regardless of age, income, or ability level."

The AIPP reflects the needs and ideas of members of our community and provides general direction on the city's future development. The task force's creative solutions align conceptually with portions of the city's current sustainability and climate action plan (S-CAP), the city commission's strategic goals, and the upcoming master plan and parks and recreation master plan.

I invite you to read the plan to understand further the goals and strategies the city will be exploring to ensure that we continue meeting the needs of seniors in our community. Staff will use this document as a reference for future development plans to ensure that we implement the AIPP ideas to the best of our capabilities.

Finally, I would like to thank all those involved in this effort. Countless volunteer hours were so generously given to complete this plan. In addition, we are grateful to those who responded to surveys and participated in focus topic work groups and, of course, the Senior Services | Aging in Place Task Force volunteers.

Now that the plan is complete, it is time to look at the city's development from a new perspective. As the community changes over time, we hope these conceptual ideas become a reality. This work will not only be impactful but rewarding and will ensure that Royal Oak's aging population can continue to enjoy the great amenities that the city has to offer.

Sincerely,

Paul J. Brake, ICMA-CM, CEcD City Manager



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INTRODUCTION

We're entering a time of profound and permanent change to the demographic composition of America. With a growing older population, now is the time to embark on creating a more age-friendly Royal Oak. Recognizing that aging and urbanization were major forces shaping the 21st century, the AARP created a framework for cities all over the nation to use as a resource. In 2018, the City of Royal Oak embarked on this journey to ensure that all members of the community can live by our city's motto 'Life Now Playing'. In many ways, Royal Oak, with its network of neighborhoods and proximity to services is an ideal place to live if you are an older adult. We have access to world-class health care, public transportation, beautiful parks and a vibrant downtown area. The City of Royal Oak established the Senior Services | Aging in Place Task Force to lead this effort. This group of incredible volunteers has invested countless hours to create a robust plan to ensure that Royal Oak is prepared to help members of the community enjoy this city at all stages of life. The city staff will lead the implementation of the Royal Oak Aging in Place Plan, in partnership with other relevant city agencies, nonprofit organizations, community members, and local advocates.

Royal Oak is a community of approximately 58,000 residents located in Southeastern Oakland County. Royal Oak features a healthy downtown, with active nightlife, a regional zoo and strong neighborhoods. The Leo Mahany / Harold Meininger Senior Community Center offering mature adults' opportunities for lifelong education, fitness, nutrition, leisure activities and supportive services that promote independence and quality of life for residents who are 50 and older or permanently disabled adults. Southeastern Michigan Council of Government (SEMCOG) data shows that there are over 12,000 Royal Oak residents over the age of 60 in 2020. This number is forecasted to grow significantly into the next 20 years. An estimated 34% growth in residents 65-84 is projected from 2015 to 2045 and an even larger 179% growth in the number of residents over the age 85 will require senior programs and services to scale up. Already there has been an increase in the number of seniors households 9.6% between 2010-2020 with 5.6% increase in the number of seniors living alone. 2020 census data indicates that a high number of Royal Oak residents have access to a computer in their home and internet access .

APPROXIMATELY 58,000

residents located in Southeastern Oakland County.

OVER 12,000

Royal Oak residents over the age of 60 in 2020.

ESTIMATED 34% GROWTH

in residents 65-84 is projected from 2015 to 2045.

RELATIONSHIP TO OTHER CITY PLANS

Royal Oak is in the process of updating or has recently adopted several different plans that help guide the city's efforts to ensure that life now plays in Royal Oak. Through our work we have tried to tie as many actions steps in this plan to goals identified in other city plans to help ensure that the plans work together and clearly articulate the needs of seniors. The action steps chart in appendix 2 notes when there are intersections with goals and actions steps in other plans.

- In early 2022 the City Commission adopted a new strategic plan which sets goals for staff to work toward from 2022-2025. Implementing the aging in place plan has been identified as a priority and builds on many action steps by listening to resident feedback in a variety of sources, and mediums.


In addition, many action steps identified in the aging in place plan are identified in the strategic plan.

- The sustainability and climate action plan defines the goals and steps that the city will be working toward to mitigate our impact on climate change. There are many points in which these two plans work together on goals, especially around transportation.
- Parks and recreation is working on a new parks master plan, which will likely be adopted around the time the aging in place plan is adopted. This plan will guide the development of Royal Oak's more than 50 parks throughout the community.
- Our community development team is working on the city's master plan which helps to guide the development of our community and helps to shape many of the characteristics of our built environment.

DEVELOPING ACTION PLAN

The AARP outlines a five-year process to become an age-friendly city. It begins with defining what it means to be age friendly in a specific community, assessing the current needs of the residents, planning, and implementing action towards improving the conditions, and finally evaluating success of the initiative by measuring the collective impact. In 2018, Royal Oak created the Senior Services | Aging in Place Task Force and joined the AARP's Livable Communities Network. Throughout 2019, the task force worked to collect the thoughts of Royal Oak residents and concluded this effort just prior to the start of the pandemic. In the first year of the COVID-19 pandemic, the task force was one of many boards and commissions that took a pause while the city focused on responding to emerging needs and resources. By spring 2021 the task force got back together and began the process of reviewing the progress, onboarding new members, and getting ready to start the working group meetings. 2022 has been a year of incredible progress on development of this plan, including the working groups





developing goals and actions that they would like to see be completed, and a public comment period. The plan will have a 3-year implementation timeline from 2023-2026.

UNDERSTANDING THE AGE-FRIENDLY DOMAIN FRAMEWORK

The AARP framework includes eight domains, a set of important features that make up a city, that, if adapted to accommodate an older population, ensure an environment where residents of any age can thrive. They are: housing, social participation, respect and social inclusion, civic participation and employment, communication and information, community support and health services, outdoor spaces and buildings, and transportation. The Senior Services | Aging in Place Task Force utilized this framework throughout its development to provide a structure for envisioning Royal Oak's potential. The domains do not stand alone; rather, they are interwoven with one another in multiple ways. For example, without reliable transportation an older adult may find it challenging to attend religious services, to get to their place of employment, or to participate in recreational or other activities. Together, these domains illustrate the components necessary for people to age as healthy, and engaged members of the community.

CONDUCTING THE NEEDS ASSESSMENT

The goal of the needs assessment is to determine the city's "age-friendliness" through listening and surveying the community. The Senior Services | Aging in Place Task Force committed to engaging a wide array of stakeholders in identifying and assessing Royal Oak's strengths and challenges as a city for older residents. A large, diverse group of residents ages 50+ participated in the needs assessment in a variety of ways—through public focus groups, a community survey, and special events. The results from the needs assessment process were compiled and presented in a report which is the basis for the Royal Oak's Aging in Place Plan. To develop concrete action items, the Senior Services | Aging in Place Task Force continued to engage multiple stakeholders: convening domain-specific workgroups and re-engaging the community.

CONVENING DOMAIN-SPECIFIC WORK GROUPS

The Senior Services | Aging in Place Task Force convened six domain-specific work groups, in alignment with the community engagement. These groups were made up of resident advocates, local senior service providers, and city staff. The participants had special knowledge about the domains and were likely to be tasked with implementation. The work group members were tasked with developing specific action items. It was critical to include their perspectives in the planning process, not only for their expertise, but also for their buy-in and engagement. These productive events led to the action items of the Royal Oak Aging in Place Plan.

ACTION PLANNING METHODS

Each working group focused specifically on their domain, and discussed the information that residents shared, learned about existing community programs and resources were available to better understand the challenges both by residents and those providing services. Together the working group came up with solutions that can improve resident services, and increase the opportunities to engage with residents. The recommendations were reviewed alongside our strategic plan, sustainability and climate

action plan, and the parks master plan which was under development as this plan was drafted. Staff from various departments were also consulted to review the feasibility and timing of potential work prior to public comment.

RE-ENGAGING THE COMMUNITY

In the fall of 2022 the task force wanted to do some community engagement with Royal Oak residents in order to review and finalize the plan. As a part of this effort the task force organized a process that would allow the community to participate in a variety of ways.

- In-person events – A total of two presentations and one open house in which community members were able to learn about the plan and provide comments while engagement with staff and task force members. These presentations were held at Barton Towers, Royal Oak Manor and Leo Mahany / Harold Meininger Senior Community Center.
- In person – This focused on making information regarding the plan available to residents through the Royal Oak Public Library, senior center and allowed readers to provide feedback virtually or in writing at their own pace.
- Virtually – Residents had the option to review materials online at their own pace and provide comments through a survey link.

Each of these methods provided residents the opportunity to review the draft plan, and submit their feedback on all six domains. Outreach efforts to increase awareness of the public comment period was made available through the city social media, Friday e-news blast, notices in the September and October Senior Times newsletters, flyers through Meals on Wheels, and residents using the transportation services through the senior center.





VISION, MISSION & VALUE STATEMENTS

Over the course of developing this action plan the Senior Services | Aging in Place Task Force was guided by the vision, mission and value statements.

VISION:

In age-friendly Royal Oak, people respect, support and listen to each other; they recognize the value of all generations' contributions to create a community that is inclusive, welcoming, vibrant, safe, and livable for ALL.

MISSION:

We will develop an AARP-approved plan to make Royal Oak age friendly, based on a comprehensive understanding of the community's needs and wants. It will be driven by data and expertise and implemented through collaboration, taking strategic advantage of resources and opportunities. We will monitor progress toward realization of our vision.

VALUE STATEMENTS:

Community-driven: Engage with residents throughout the process to ensure that action plans address the priorities of the community.

Integrity: We operate transparently with the highest level of professional and ethical behavior in our endeavors.

Strategy: We engage in strategic thinking that allows for efficient planning, objective data driven decisions, and nimbleness to meet community needs.

Respect and Equity: We operate justly, without discrimination, to ensure equitable access to all. We celebrate the unique attributes of individuals and treat each other with sensitivity and respect.

Collaboration: We seek to maximize impact by incorporating diverse community stakeholders' feedback, expertise, and resources.

Creativity: We encourage imaginative and innovative solutions to foster positive changes in our community.

AGE-FRIENDLY DOMAINS DEFINED

This report is organized by domains, or specific areas of city life. Here are the AARP definitions of these key domains.

HOUSING:

AARP surveys consistently find that older adults want to stay in their homes and communities for as long as possible. Doing so is possible if a house is designed or modified for aging in place and if a community includes housing options for varying life stages and bank accounts.

TRANSPORTATION:

Driving shouldn't be the only way to get around. People need affordable and reliable transportation options in their communities, both public and private.

OUTDOOR SPACES AND BUILDINGS:

People need public places to gather – indoors and out. Green spaces, safe streets, sidewalks, outdoor seating and accessible buildings (think elevators, stairs with railings, etc.) can be enjoyed by people of all ages.

COMMUNITY SUPPORT AND HEALTH SERVICES:

At some point, every person of every age gets hurt, becomes ill or simply needs some help. While it's important that care be available nearby, it's essential that residents are able to access and afford the services required.

COMMUNITY ENGAGEMENT & INCLUSION:

The task force combined three domains of respect & social inclusion social participation, civic participation and employment as there was considerable overlap in responses, resident advocates, city staff and local organizations. The group defined this as 'everyone wants to feel valued. Intergenerational activities are a great way for young and old to learn from one another, honor what each has to offer and at the same time feel good about themselves.

COMMUNICATION AND INFORMATION:

Information today is delivered in ways few could have imagined a decade ago. Age-friendly communities recognize that not everyone has a smartphone or internet access, and that information needs to be disseminated in a variety of mediums.

Domains of Livability





ORGANIZATION WITHIN DOMAINS

Led by the Senior Services | Aging in Place Task Force, in collaboration with a variety of community partners, we will take specific actions to achieve these goals and guiding principles. Action steps for each of the six domains are described in the next section of this plan. The collective “we” statements used in this action plan represent both city departments and the potential partners vital to the implementation of these action items. Each domain is organized into the following sections:

WE ENVISION...

includes overarching goal statements relative to each domain. These statements represent how Royal Oak can be shaped to be more inclusive and supportive of older residents.

WE HEARD...

describes the results of the community needs assessment process that informed the action planning process, and subsequently, the action items that are presented in this document. All quotations in this section come from Royal Oak residents through one of two primary sources: 1) comments made during one of the public listening sessions or; 2) write-in responses to one of the open-ended survey questions.

WE ARE...

outlines initiatives, programs or partnerships that the City of Royal Oak is already participating in that will encourage age-friendliness beyond the Senior Services | Aging in Place Task Force.

WE WILL...

lays out a set of recommended action items for each domain. This section includes both the broad theme of action as well as the individual steps necessary to address each theme. Following this structure, keywords related to each domain are also referenced in each domain-specific section.

PARTNERS, INDICATORS AND TIMELINE

Broad engagement by city departments and community partners is critical to the implementation of the plan. Details about potential community partners, proposed indicators of success, and timeline goals are outlined in [Appendix B](#). Some partners have been engaged already, and others will be added as the plan moves forward.

Performance indicators have been identified in general terms where possible. In some cases, performance indicators are measured in quantity; in others, it is a goal being completed. In many cases, staff may pilot programs and services to preserve resources and ensure they will make the most difference.

Estimated timelines to start projects have been included. They are described based on the year that it would begin or that we would be placing emphasis on that project. It is important to remember that these are our best estimates based on our current information regarding our resources. While we hope each goal will be implemented, the extent to which plans can be implemented depends on the community’s available resources.



OUTDOOR SPACES AND BUILDINGS

WE ENVISION...

A Royal Oak where residents of all ages, but especially seniors, can safely and equitably access and move through outdoor spaces, and public buildings and spaces.

WE HEARD...

- That seniors find safety in downtown areas to be important and an area that could use some improvement, specifically in the lighting around parking areas.
- That seniors felt it was important to have enough time to cross streets and that many felt there was not enough time and crosswalks without a signal can be challenging.
- That seniors felt there is good access to civic buildings and public spaces, but there are areas where the pavement is not smooth or there is no pavement making accessibility challenging. Benches were also needed in some areas around the community, and at bus stops where seniors might need to wait for long periods of time.
- That seniors felt like some parks had great access to equipment and walking paths not all parks had that.

WE ARE...

- The city is starting a new parks master plan and new master plan giving good opportunities for senior residents to voice their thoughts on the future of our parks, city buildings and the community as a whole.
- Adhering to current accessibility standards for a variety of mobility concerns.
- Working with TextMyGov which can help seniors report maintenance issues and concerns in our public spaces.
- Updating signal timing and crossings along Main Street, Crooks, Washington, Fourth Street, and Campbell streets. This includes signal timing for vehicles, pedestrian improvements to the crosswalk and pedestrian signals and lengthening the amount of time to cross.





WE WILL...

Goal 1.1: Work to improve accessibility to city facilities and parks.

- 1.1a Conduct focus groups made up of seniors with different levels of mobility to help identify challenges and things that could be improved to ensure access to city facilities and parks including walk audits.
- 1.1b Make walk audits a priority for projects that are updating crosswalks and other pedestrian crossings.
- 1.1c Evaluate opportunities to exceed the minimum standards for accessibility in public spaces including the parking garages/lots, public buildings, bus stops and other walkways throughout the community.
- 1.1d Provide additional seating around the downtown area, more handicap spaces in popular places as the population grows.
- 1.1e Provide additional handicap accessibility in parking garages to access the elevator and stairs including push buttons or other devices.
- 1.1f Evaluate opportunities to provide senior friendly activities and fitness equipment to our parks.

Goal 1.2: Work to enhance the pedestrian experience throughout the community.

- 1.2a Make the AARP's walk audit toolkit available to the community, especially for those asking for a change from the traffic committee. Possibly adding it to the library of things.
- 1.2b Implement Vision Zero practices to help avoid accidents between cars and people using different modes of transportation and in public spaces.
- 1.2c Building center islands and voice cross overs where needed to help seniors who might need longer to cross.
- 1.2d Develop walking routes within the community that provide an enhanced pedestrian experience with public art, playgrounds, or other pedestrian features that encourage mobility through walking, and prioritize pedestrian safety.
- 1.2e Evaluate policies that help support seniors in removing snow and ensuring access to public spaces in the winter months.



TRANSPORTATION

WE ENVISION...

A transportation system that includes accessible options for residents and visitors beyond driving alone, that is safe, convenient and is available throughout the day. An easy system to obtain information, schedules and use that is economically affordable.

WE HEARD...

- Residents are interested in an on-demand or nearly on-demand, door to door service that is easy to use, affordable, and offers assistance to the door or grocery bags.
- That our current senior transportation does not operate late enough in the afternoons which limits the times seniors can go places, may leave seniors stuck in locations, and drivers are limited in the assistance they can provide with helping residents from their door, or with groceries.
- 97% of respondents said it was important to have well lit streets, parking lots and structures, and many seniors felt unsafe in our parking structures now. Many seniors also preferred on-street parking that would help them more easily walk to their destination rather than surface lots or the parking structures which require them to walk farther to their destination.
- 95% of survey respondents said that safe crosswalks and well timed signals were important. Some seniors indicated that they needed additional time to cross the street than what the light allowed, or felt that drivers were driving too fast in areas.

WE ARE...

- The City of Royal Oak is committed to ensuring safe transportation for residents' and visitors of all ages and walks of life.
- Currently the Royal Oak senior center provides transportation as scheduled and within a radius surrounding Royal Oak. Transportation is provided by the City of Royal Oak to promote independence for residents who are aged 60+ and for permanently handicapped adults under the age of 60. Royal Oak is also planning additional measures to ensure safe transportation including well marked bicycle lanes, mid road median islands for pedestrians and EV charging stations.
- The Area Agency on Aging 1B (AAA 1B) MyRide2 provides a searchable database for a multitude of transportation options. The AAA 1B MyRide2 provides seniors and adults with disabilities with transportation options in their community at the click of a mouse or phone call. Mobility specialists can provide travel training services and driving cessation counseling.
- The SMART Bus org provides fixed routes, connector services, and ADA services within Royal Oak. SMART currently has a Flex service however it does not cover all of Royal Oak. SMART provides travel training as well as assistance in qualifying for ADA services.
- Other transportation options currently servicing Royal Oak include multiple rideshare companies, bicycle sharing companies, and non-emergent medical transportation companies.



WE WILL..

Goal 2.1: Provide opportunities that support seniors who choose to drive.

- 2.1a Increase barrier free on street parking. Be in the top 10% of cities for accessible parking or double the current number accessible parking spots. Rearrange handicap spots in parking structures to place closest to access points. Reassess on a scheduled basis to improve as needed.
- 2.1b Develop rideshare pick up/drop off locations for increased safety. The City will determine appropriate locations within the CBD to increase safety during the upcoming parking study. Collaborate with the appropriate stakeholders including the DDA and ride sharing providers. Designate an appropriate area for big vehicles (party bus, limo, etc.).
- 2.1c Increase visibility of street signage, road markings, key crossings as well as major road pedestrian crossings. Install high visibility markings with all new traffic projects. Educate the community on new traffic features upon install.
- 2.1d Provide driver fitness and occupant safety assessment. Partner with AARP for CarFit program that helps drivers adjust their cars to best suit their individual abilities. Partner with occupational/ physical therapy schools for volunteers. Provide driver education for increasing awareness of cyclists/pedestrians and sharing the roadway. Partner with organizations (AAA{Roadwise Driver online course}, BCBS, etc) for safety awareness. Provide educational seminars on driving safety and cessation, as well as child car safety seat and proper fit.

Goal 2.2: Provide opportunities for seniors to use other forms of transportation depending on their needs.

- 2.2a Increase safety of bicyclists. Community education events/ provide educational displays (farmer's market, library, schools, senior buildings) for how to use bike lanes as a cyclist and a driver. Work with bicycle sharing groups for options to increase drop off locations and bicycle options. Education and safety for novice bicyclists. Partner with local bicycle shops, YMCA, Boys & Girls Club to provide education. Increase the availability of bike racks at different city facilities and spaces.
- 2.2b Increase transit options. Extend hours of operations with SMART/senior center with 1-2 buses to evening hours. Include evening and weekend hours/events. Different solutions rather than buses similar to Flex program. Increase SMART FLEX - Encourage city and SMART to expand the FLEX program. Encourage zip cars/car sharing with locations. Increase electric charging stations/ encourage increased electric vehicle use. Increase amenities for riders at bus stops including shelters and seats.
- 2.2c Increase communication/ accessibility/ information of transit options. Include information on community options such as SMART or MyRide2. Provide physical locations such as library, senior center, farmers market, senior buildings, schools for information.



INFORMATION AND COMMUNICATION

WE ENVISION...

That residents will have the opportunity to be informed through multiple channels about the relevant services and activities available to them.

WE HEARD...

- The Southeast Michigan Council of Governments reports that 95.3% of regional households have a computer. 90.5% have an internet broadband subscription. Royal Oak is slightly higher than averages for both Oakland County and southeastern Michigan. Yet the Area Agency on Aging 1B reports that one in three Oakland County seniors is digitally illiterate. That number will decline as today's adept 40-50-year-old age.
- Survey respondents said information about services and resources to help them age in place was not easy to find. They said information about events and activities was easier to find.
- People still appreciate "low tech" options. A few participants said that they would like to be able to call a phone number to listen to a recorded message for information or, better yet, speak with a human. The one consensus on how people like to receive information is that they want to receive postal mail. When using mail to gather survey results, response rate is about 40 percent.
- We don't know how many Royal Oak residents want to be connected but need equipment, technical assistance or training to achieve it.
- Accurate and timely information isn't centralized.

WE ARE...

There are 20 or more publications, channels and locations where Royal Oak seniors and others can get information about available services. There are a number of places to "push" information, but such messages may not register when they're not timely or relevant. We saw a greater need for people to "pull" information at the exact time they need it.

WE WILL...

3.1 Foster digital literacy through a variety of platforms.

3.1a Create, foster and anticipate social media connections.

3.1b Expand computer training

3.1c Provide people in need with phones and/or other digital assistant devices

3.2 The level, frequency and sources of information meet seniors' expectations.

- 3.2a Establish a central source (website) for all information, with timely and accurate information provided by service providers and establish process to hold them accountable.
- 3.2b Have an excellent search function.
- 3.2c Do a benchmark study to understand how we are meeting the needs of seniors in our communication. Repeat this survey every other year.

3.3 Speak and listen to people at all levels of their ability through the media and channels they prefer.

- 3.3a Identify seniors who live independently and who are disconnected, through such things as lack of technology, physical limitations, or language barriers, but who have at least a phone.
- 3.3b Make sure that community engagement reaches all types of seniors from the active/digitally literate to the isolated homebound to those in between. Give people a phone number residents can call for information and help them sign up for civic-ready notifications. (311 type service)
- 3.3c Use informal human networks to disseminate information. (neighbors, caregivers, places of worship, senior center employees)
- 3.3d Send one annual mailer to every Royal Oak household with the information for 311, civic ready and other basic information and promote the information through other media (ex: Insight, e-news)
- 3.3e Find what you want in three clicks.
- 3.3f Make the website easier for seniors to use. Create navigation based on categories of people and what they want versus organizing around departments. Ensure it is ADA compliant.



HOUSING

WE ENVISION...

a city that identifies opportunities, ideas, and direction for a diversity of housing solutions for seniors to remain and age in the Royal Oak community.

WE HEARD...

- We heard from 697 respondents to our community surveys and 135 participants in our seven focus groups conducted from April 2019 through January 2020 with 67% of them were in the over 60 age group.
- Ninety-two percent of the respondents say they currently live in single family detached housing. In order to safely “age in place,” 64% believe they need to make modifications to their homes. Such modifications include adding grab bars, handrails, and non-slip tiles. The next most popular modification was to add/relocate a bedroom, bathroom and/or laundry on the first floor of their current home.

- Eighty-three percent of our respondents said that trustworthy and affordable home repair contractors were very important. Seventy-five percent of respondents stated a need for home maintenance support is very or somewhat important to them and 64% stated that seasonal services like leaf removal and snow removal for low- and moderate-income older adults as well as for older adults of any income.
- Overall, the responses from the focus groups expressed aspirations for more single floor housing options, without stairs, that are affordable or exclusive senior or senior assisted living options.

WE ARE...

- Per SEMCOG data, Royal Oak has approximately 31,000 housing units with about 71% being single family homes.
- Our research found that housing units in Royal Oak dedicated to low to medium income Seniors were only about 450 units at Barton Towers and the Royal Oak Manor Co-Ops and about 147 units of market-rate senior units at the Villages of Royal Oak. All three of these facilities are heavily “wait listed.”
- Since the majority of our seniors currently live in single family homes, Royal Oak offers several programs through the senior center or the planning department. These programs are the ROSES program for minor chores both inside or outside the home and the Home Rehab program for loans to make major modifications to facilitate “aging in place.” Both of these programs are designated for low to medium income seniors and are funded through Community Development Block Grant. Both programs have been unable to meet the demand through either the lack of qualified and willing volunteers or the lack of verified contractors to perform the necessary modifications at reasonable prices.

“I WOULD LIKE TO STAY IN ROYAL OAK BUT I DON’T SEE ENOUGH HOUSING FOR SENIORS. Most of the new buildings being built are very large and not for one or two people. New apartments for Seniors with elevators and balconies that are affordable would be wonderful.”

WE WILL...

Goal 4.1: Meet the needs of Royal Oak’s growing senior population by providing an additional full-time position to connect seniors with programs and services.

- 4.1a Increase outreach to local churches, businesses, schools, service groups to support volunteerism to our senior community for seasonal tasks like leaf raking, snow shoveling/plowing, spring yard clean ups (i.e., Earth Day, Arbor Day, etc.)
- 4.1b Better maintenance of both print and online senior friendly resources and contractors previously used for minor home tasks (i.e., grab bars, handrails, etc.)
- 4.1c Maintain current lists of contractors previously used and vetted for home modifications that might be more expensive or don’t meet the criteria of CDBGs that support moderate to low-income seniors (i.e., relocating bedrooms and laundry facilities to main floors, bathroom modifications and opening doors to be ADA compliant, etc.)
- 4.1d Support current staff for the ROSES. and Home ReHab program with outreach to Royal Oak seniors.

Goal 4.2: The city shall provide easily accessible resources on available “age-friendly” housing in the city:

- 4.2a Identify and maintain connections to “affordable” senior residences such as the 450 existing units in Barton Towers and Royal Oak Manor as well as the “age restricted” market-rate 147 units at the Villages of Royal Oak.
- 4.2b Develop and maintain connections to other “market-rate” rentals, condominiums, and single-family ownership opportunities in the city that meet “age friendly” design elements such as “zero-entry”, single floor living with elevators if in multi-story buildings.

Goal 4.3: Meet Royal Oak seniors desire to “age in place” by facilitating the development of “affordable” senior and “market-rate” senior housing.

- 4.3a The City of Royal Oak should aggressively market to developers as development sites become available for additional “affordable” or “market rate” senior housing. To support these activities; we feel the city should include areas of the city that fit an “age friendly” senior housing location, close to central city and commercial services, and examine areas of the city where zoning could be created specifically to allow creation of ADUs, carriage houses, or “mother-in-law” apartments for use by aging family members as a part of the review and deliberation in the upcoming master plan update.
- 4.3b Identifying underutilized city owned land or land available for strategic acquisition.
- 4.3c Making that land available to private and non-profit developers through an request for proposals process for redevelopment as senior or senior friendly housing
- 4.3d Work with successful developers to rezone property to facilitate redevelopment to meet future senior or senior-friendly housing.



COMMUNITY ENGAGEMENT AND INCLUSION

WE ENVISION...

A Royal Oak that has an infrastructure designed to gather the community and offers activities, civic engagement, and volunteer opportunities that will be accessible, inclusive, intergenerational, affordable and honors the contributions of all ages. Where older residents are involved with making decisions in both public and private sectors, and are regularly consulted by city leaders and elected officials.

WE HEARD...

- Only 35% said they spend time with family, friends or neighbors in Royal Oak several times each week.
- Fifty-seven percent said a range of employment/volunteer opportunities is very Important
Volunteering is an important and fulfilling way to stay involved with and connected to the community.

- Sixty-three percent said opportunities to participate in decision-making in community organizations, local government, and employment are very important or somewhat important. This includes representation of seniors on local commissions and boards, as well as other forms of civic engagement.
- Social connections and loneliness were the top three biggest concerns of survey respondents for the future.
- Accessing the numerous activities offered locally is challenging. Thirty-six percent through forty-three percent say they don't currently participate in social activities due to finding out too late or events aren't scheduled at convenient times. Additionally events aren't targeted towards seniors, and most events are in downtown Royal Oak where parking is difficult and costly.
- While opportunities exist for seniors to participate in Royal Oak in a multitude of ways, the connections are missing for them to find opportunities and connect with each other.
- The need for social inclusion, along with feeling respected and wanting to feel as though we belong.
- An expressed desire for more intergenerational activities and neighborhood interactions.
- The themes of improved communication, improved and accessible outdoor spaces, and improved transportation and parking would lead to an increase in engagement and inclusion.

“I WOULD LIKE TO SEE A QUALITY COMMUNITY CENTER WITH ACTIVITIES FOR ALL AGES and excellent equipment and facilities that would bring everyone from the community together in one place.”





WE ARE...

- Providing activities and programs at the senior center and the Royal Oak Public Library (either in-person or virtual) which engage people in their mental, social, and emotional well-being.
- Connecting people to community-led organizations and volunteer opportunities through the Inter-Club Council.
- Providing opportunities to participate in local government through appointments to city boards and commissions.

WE WILL...

Goal 5.1: Create and promote a network of social engagement opportunities for multiple generations.

- 5.1a Develop and offer a variety of neighborhood “block party” options, including: block party in a bag” starter kit; a schedule of food trucks visiting neighborhoods; and “neighborhood party in the park” events at local parks.
- 5.1b Develop one-on-one connections for seniors to stay linked to people in the community. This includes: self-enrolling in a “Neighbor to Neighbor” program to connect with another person in your neighborhood on a regular basis; “Community Check-in” program, which is a voluntary directory of people who wish to be called or are willing to call to check on seniors and to make referrals to outside agencies as needed; developing a Royal Oak human library, connecting curious community members with seniors who have expertise or information in an area of interest; and reinvigorating neighborhood associations.
- 5.1c Work with local businesses and city departments to host social events specifically for seniors, such as: open mic night at a coffeehouse; and games nights at the senior center.
- 5.1d Seniors and other active community members sponsoring programs an assisted living facility. An example is planning holiday events/gift exchange/similar to adopt-a-family programs. Decorating facility for the seasons (spirit committee).

Goal 5.2: Promote inclusive programs and services for older adults.

- 5.2a Developing a “Royal Oak expert” series of videos to post on the city’s website, celebrate community residents’ talents by sharing their best stories, tips, tricks, and insights into living in our city.
- 5.2b Work with local education institutions to develop lifelong learning opportunities for seniors (e.g. audit classes at OCC, OU, WSU, etc.).
- 5.2c Promote events that are diverse and inclusive. Ideas include: city events based on nationally celebrated cultures and traditions. (Reference Chase’s Calendar of Events book for a comprehensive list of these celebrations and include a senior month - month long celebration of our seniors.) May is currently designated nationally as older Americans month.

Goal 5.3: Enhance and promote volunteer opportunities for older adults.

- 5.3a Centralize opportunities by working with city departments. Identify critical positions where volunteers could be utilized and use the city's job portal to allow for people to apply for volunteer positions. Incentive and acknowledgement for participation (i.e. free parking, downtown dollars, discount at local business, free services, reduction in property taxes, etc.)
- 5.3b As part of 5.3a enlist volunteers to participate in the activities listed, which connect neighbors to neighbors.
- 5.3c Develop a program where people with certified, trained therapy animals meet with older adults in a park, at the library or in other community spaces.

Goal 5.4: Ensure the perspectives and needs of older adults and their caregivers are included when developing city plans and policies.

- 5.4a Develop a recruitment program to ensure representation.
- 5.4b Describe the process for creating the plan and the role of the participant.
- 5.4c Reach out to the community resources (i.e. Area Agency on Aging, Meals on Wheels, case managers, etc.) that work directly with these populations to see what the needs or how to help recruit for these positions.
- 5.4d Develop an equitable engagement guide to help reach people where they are.
- 5.4e Advocate with the state legislature to change laws allowing more access to virtual/hybrid meetings for boards & commissions.
- 5.4f Commission, mayor, and boards host open forum events to collect feedback and hear from public outside public comment at monthly meeting; host at senior centers; host virtually.



HEALTH AND COMMUNITY SUPPORT SERVICES

WE ENVISION...

a Royal Oak that promotes a successful, healthy, and meaningful life by acknowledging the diverse health related needs of residents and provides access to community resources, tools for a healthy lifestyle, and support for individuals aging in place.

WE HEARD...

- ROSES program, which supports seniors with common household chores, does not have enough volunteers, and that pay is very low, so the program cannot meet demand of our residents who need assistance.
- Many seniors do not understand Medicare benefits.
- Difficult to find appropriate, safe location to discharge older patients that have dementia. Families

often cannot provide enough care and cannot afford in-home nursing care.

- Need for centralized resource to help connect seniors to services, programs, resources.
- There are transportation services, though some are very expensive for people with more need for assistance. People who need services may not be aware of them.
- There is a lot that is available, but there is a lack of awareness of what is available
- Seniors get their information in many different ways and there are different types of seniors (go-gos, slow-gos, no-gos).

WE ARE...

- ROSES program offers assistance with chores to seniors
- PACE offers programs for people who are Medicaid-eligible or who pay a premium if not Medicaid eligible. Example day for someone who uses PACE: Participant arrives at center via PACE van, have breakfast, lunch, therapy, some take home frozen meals, may see a specialist, dentist, audiologist, durable medical equipment, medication, dialysis, home visits- very robust benefits compared to traditional Medicare (DME)- strong team approach
- New Henry Ford Health System center will offer primary care and many specialist services. No gerontologist on site, but easy access through other HFHS facilities. HFHS is interested in working with the City of Royal Oak and other community partners to meet needs of residents.
- There is inadequate number of handicap parking spaces in the city.
- Tytocare (through HFHS) can open up opportunities for telemedicine since many seniors have difficulty with transportation to appointments.
- Public Safety Departments has a robust response plan to put into place to respond to emergency situations.
- Senior center provides many different programs and transportation to help people get to the center (e.g., exercise classes, cooking classes, tax preparation help).



WE WILL...

Goal 6.1 Ensure there is a facility able to serve a variety of programs and services for people of all ages, but also has a commitment to serve seniors.


6.1a Develop a large comprehensive community center with significant programming for seniors (e.g. pools, accessible exercise classes, meal programs) with access to physical activity (OPC and Troy Community Center can be models) and outdoor spaces. This center can also serve other age groups for multi-generational interaction, but a commitment must be made to offer services to seniors and to ensure it is accessible.

Goal 6.2 Supporting seniors through resources and programs.

6.2a Create and maintain a centralized bank of resources available to seniors. This should be available as a hard copy and in an online, electronic format. Have a person designated to help connect older adults to resources. Partnerships with local universities may help (e.g., student interns to help create/maintain the database) This person can have a rotating location, including the library, senior center, Salter Center, Royal Oak Manor, Barton Towers, etc. This person would also be responsible to monitor resident success and satisfaction with these services to identify barriers and gaps over time.

6.2b Develop partnerships with Royal Oak schools, local universities, youth programs, churches to develop a workforce of young people to help provide volunteer (or paid labor) for ROSES to provide minor home maintenance, lawn care, snow shoveling. This can also provide an opportunity for cross-generation interactions in the city.



- 
- 6.2d Hold an ongoing series of lunch-and-learns in partnership with relevant organizations. These can be held at the senior center, HFHS, and/or the library. They can be in collaboration with other organizations that provide services to seniors, including PACE, Dementia Friends, SAFE, HFHS, Beaumont.
- 6.2e Bring resources available regionally closer to Royal Oak residents, as examples: Create system for Royal Oak Farmers Market (and stores, if possible) to accept Double-Bucks (public assistance dollars have double value for fruits and vegetables) or Project Fresh vouchers. Dementia Friends provide training to first responders and others who interact with the public in Royal Oak. Reinstate meal program at senior center (partnership with local community colleges, trade schools, universities may help with this).
- 6.2f Initiate cross-sector collaborations to enhance access to physical activity and other resources, such as partnering with the YMCA to give seniors access to pools, exercise class, Silver Sneakers program.

Goal 6.3: Provide a dedicated senior service millage to ensure services can be provided for the growing population.

- 6.3a Propose a senior services millage to fund more comprehensive senior services to fund: comprehensive senior center, staffing including maintaining a resource database, in-home services, additional transportation for seniors, and meals.

¹ <https://semcog.org/data-and-maps/community-profiles/communities=2240>

² <https://www.census.gov/quickfacts/fact/table/US/PST045221?>



THANK YOU

The Senior Services | Aging in Place Task Force would like to extend our appreciation to those who helped us throughout this process. All of the participants of the focus groups and the community survey. We also appreciate all of the representatives from different organizations who came to present to our working groups on the work that they do and how we might partner more.

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- Sharlan Douglas, city commissioner
- Kyle DuBuc, city commissioner
- Monica Hunt, city commissioner
- Brandon Kolo, city commissioner
- Melanie Macey, mayor pro tem
- Patricia Paruch, city commissioner

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- Sarah Kindinger, chair
- Richard Schmitt
- Paul Webb
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APPENDIX 1: ACRONYMS GUIDE

BCBS – Blue Cross Blue Shield Association

CMO – City Manager’s Office

CFA – Commission for the Arts

CDBG – Community Development Block Grant (federal funding)

DDA – Downtown Development Authority

DPS – Department of Public Services

GIS – Geographic Information System

HFHS – Henry Ford Health System

OPC – Older Persons’ Commission of Rochester

ROSES – Royal Oak Senior Essential Services

APPENDIX 2: GOAL CHARTS

Outdoor Spaces and Buildings

Goal 1.1: Work to improve accessibility to city facilities and parks.

		IMPLEMENTATION TIME	POTENTIAL PARTNERS	CONNECTION TO OTHER CITY PLANS
1.1a	Conduct focus groups made up of seniors with different levels of mobility to help identify challenges and things that could be improved to ensure access to city facilities and parks including walk audits.	Years 1-3	Engineering, DPS	Strategic Plan: Welcome, Engaged Livable Community- Maintaining exceptional system of parks. Vibrant Local Economy -incorporating resident feedback. S-CAP 5.3.1
1.1b	Make walk audits a priority for projects that are updating crosswalks and other pedestrian crossings.	Year 2-3	Engineering, DPS	Strategic Plan: Vibrant Local Economy -incorporating resident feedback.
1.1c	Evaluate opportunities to exceed the minimum standards for accessibility in public spaces including the parking garages/lots, public buildings, bus stops and other walkways throughout the community.	Years 1-3	Engineering, DPS	Strategic Plan: Vibrant Local Economy - incorporating resident feedback.
1.1d	Provide additional seating around the downtown area, more handicap spaces in popular places as the population grows.	Years 2-3	Engineering	Strategic Plan: Vibrant Local Economy -incorporating resident feedback.
1.1e	Provide additional handicap accessibility in parking garages to access the elevator and stairs including push buttons or other devices.	Years 1-3	Economic Development, Police - Parking	Strategic Plan: Vibrant Local Economy -incorporating resident feedback.
1.1f	Evaluate opportunities to provide senior friendly activities and fitness equipment to our parks.	Years 1-3	Recreation	Strategic Plan: Welcome, Engaged Livable Community- Maintaining exceptional system of parks.

APPENDIX 2: GOAL CHARTS

Safe, Healthy & Just City – Provide access to programs and spaces to promote health.				
Goal 1.2 Work to enhance the pedestrian experience throughout the community.				
		IMPLEMENTATION TIME	POTENTIAL PARTNERS	CONNECTION TO OTHER CITY PLANS
1.2a	Make the AARP's Walk Audit Toolkit available to the community, especially for those asking for a change from the traffic committee. Possibly adding it to the library of things.	Year 1	Library	Strategic Plan: Vibrant Local Economy -incorporating resident feedback.
1.2b	Implement vision zero practices to help avoid accidents between cars and people using different modes of transportation and in spaces.	Years 1-3	Engineering	Strategic Plan: Reliable Infrastructure – Investing in green infrastructure. S-CAP goal 2.3.4
1.2c	Building center islands and voice cross overs where needed to help seniors who might need longer to cross.	Years 1-3	Engineering	
1.2d	Develop walking routes within the community that provide an enhanced pedestrian experience with public art, playgrounds, or other pedestrian features that encourage mobility through walking, and prioritize pedestrian safety.	Year 3	Recreation, CFA, GIS	Strategic Plan: Safe, Healthy & Just City – Provide access to programs and spaces to promote health.
1.2e	Evaluate policies that help support seniors in removing snow and ensuring access to public spaces in the winter months.	Year 1	CMO, Senior Center, Facilities Management	S-CAP Goal 2.4.1

APPENDIX 2: GOAL CHARTS

Transportation				
Goal 2.1: Provide opportunities that support seniors who choose to drive.				
		IMPLEMENTATION TIME	POTENTIAL PARTNERS	CONNECTION TO OTHER CITY PLANS
2.1a	Increase barrier free on street parking. Be in the top 10% of cities for accessible parking or double the current number accessible parking spots. Rearrange handicap spots in parking structures to place closest to access points. Reassess on a scheduled basis to improve as needed.	Year 1 - 3	Engineering	
2.1b	Develop rideshare pick up/drop off locations for increased safety. The City will determine appropriate locations within the CBD to increase safety during the upcoming parking study. Collaborate with the appropriate stakeholders including the DDA and ride sharing providers. Designate an appropriate area for big vehicles (party bus, limo, etc.).	Year 2- 3	Engineering	S-CAP goal 2.5.3
2.1c	Increase visibility of street signage, road markings, key crossings as well as major road pedestrian crossings. Install high visibility markings with all new traffic projects. Educate the community on new traffic features upon install.	Year 2-3	Engineering	Strategic Plan: Reliable Infrastructure- Invest in green infrastructure.
2.1d	Provide driver fitness and occupant safety assessment. Partner with AARP for CarFit program that helps drivers adjust their cars to best suit their individual abilities. Partner with occupational/ physical therapy schools for volunteers. Provide driver education for increasing awareness of cyclists/pedestrians and sharing the roadway. Partner with organizations (AAA{Roadwise Driver online course}, BCBS, etc) for safety awareness. Provide educational seminars on driving safety and cessation, as well as child car safety seat and proper fit.	Year 2-3	AAA1B, Senior Center, Library, Fire station	

APPENDIX 2: GOAL CHARTS

Goal 2.2: Provide opportunities for seniors to use other forms of transportation depending on their needs.				
		IMPLEMENTATION TIME	POTENTIAL PARTNERS	CONNECTION TO OTHER CITY PLANS
2.2a	Increase safety of bicyclists. Community education events/ provide educational displays (farmer's market, library, schools, senior buildings) for how to use bike lanes as a cyclist and a driver. Work with bicycle sharing groups for options to increase drop off locations and bicycle options. Education and safety for novice bicyclists. Partner with local bicycle shops, YMCA, Boys & Girls to provide education. Increase the availability of bike racks at different city facilities and spaces.	Year 1-3	Facilities Management, Community Engagement, local bike shops	S-CAP goal 2.1.4; 2.1.1; 2.1.2; 2.1.5; 2.1.6; 2.1.7
2.2b	Increase transit options. Extend hours of operations with SMART/Senior Center with 1-2 buses to evening hours. Include evening and weekend hours/events. Different solutions rather than buses similar to Flex program. Increase SMART FLEX - Encourage city and SMART to expand the FLEX program. Encourage zip cars/car sharing with locations. Increase electric charging stations/encourage increased electric vehicle use. Increase amenities for riders at bus stops including shelters and seats.	Year 2-3	Senior Center	S-CAP goal 2.2.2; 2.2.3; 2.2.6; 2.2.7
2.2c	Increase communication/ accessibility/ information of transit options. Improve website to make more user friendly with advanced search options to allow increased specificity. Include information on community options such as SMART or MyRide2. Provide physical locations such as library, senior center, farmers market, senior buildings, schools for information.	Year 2-3	Community Engagement, AAA1B, Senior Center, Farmers Market, Library	S-CAP goal 2.2.2; 2.2.6; 2.2.7

APPENDIX 2: GOAL CHARTS

Information and Communication				
Goal 3.1 Foster digital literacy through a variety of platforms.				
		IMPLEMENTATION TIME	POTENTIAL PARTNERS	CONNECTION TO OTHER CITY PLANS
3.1a	Create, foster and anticipate social media connections.	Year 1	Community Engagement, Recreation, Commission for the Arts, any city social media account managers	S-CAP goal 6.3.1; 6.3.2
3.1b	Expand computer training	Year 1	Senior Center, Library	
3.1c	Provide people in need with phones and/or other digital assistant devices	Year 2	Senior Center, partnership with county	
3.2 The level, frequency and sources of information meet seniors' expectations.				
3.2a	Establish a central source (website) for all information, with timely and accurate information provided by service providers and establish process to hold them accountable.	Year 3	All departments	Strategic Plan: Welcome, Engaged and Livable Community S-CAP goal 6.3.1
3.2b	Have an excellent search function.	Year 3	Community Engagement	
3.2c	Do a benchmark study to understand how we are meeting the needs of seniors in our communication. Repeat this survey every other year.	Years 1 and 3	Community Engagement	

APPENDIX 2: GOAL CHARTS

3.3 Speak and listen to people at all levels of their ability through the media and channels they prefer.				
3.3a	Identify seniors who live independently and who are disconnected, through such things as lack of technology, physical limitations, or language barriers, but who have at least a phone.	Year 1	Senior Center, Library, Community Engagement	
3.3b	Make sure that community engagement reaches all types of seniors from the active/digitally literate to the isolated homebound to those in between. Give people a phone number residents can call for information and help them sign up for civic-ready notifications. (311 type service)	Year 2	Community Engagement, Potential New Service	
3.3c	Use informal human networks to disseminate information. (neighbors, caregivers, places of worship, senior center employees)	Year 1	Senior Center, Community Engagement	Strategic Plan: Welcome, Engaged and Livable Community – social engagement, civic pride, and community loyalty.
3.3d	Send one annual mailer to every Royal Oak household with the information for 311, civic ready and other basic information and promote the information through other media (ex: Insight, e-news)	Year 1	Community Engagement	S-CAP goal 6.3.2
3.3e	Find what you want in 3 clicks.	Year 3	Community Engagement and all departments.	
3.3f	Make the website easier for seniors to use. Create navigation based on categories of people and what they want versus organizing around departments. Ensure it is ADA compliant.	Year 3	All departments	Strategic Plan: Welcome, Engaged and Livable Community – Eliminate language and cultural barriers.

APPENDIX 2: GOAL CHARTS

Housing

Goal 4.1: Meet the needs of Royal Oak's growing senior population by providing an additional full-time position to connect seniors with programs and services.

		IMPLEMENTATION TIME	POTENTIAL PARTNERS	CONNECTION TO OTHER CITY PLANS
4.1a	Increase outreach to local churches, businesses, schools, service groups to support volunteerism to our senior community for seasonal tasks like leaf raking, snow shoveling/plowing, spring yard clean ups (i.e., Earth Day, Arbor Day, etc.)	Year 1	Senior Center	Strategic Plan: Welcome, Engaged and Livable Community -Opportunities for volunteerism and participation.
4.1b	Better maintenance of both print and online senior friendly resources and contractors previously used for minor home tasks (i.e., grab bars, handrails, etc.)	Year 2	Senior Center	
4.1c	Maintain current lists of contractors previously used and vetted for home modifications that might be more expensive or don't meet the criteria of CDBGs that support moderate to low-income seniors (i.e., relocating bedrooms and laundry facilities to main floors, bathroom modifications and opening doors to be ADA compliant, etc.)	Year 2	Senior Center	
4.1d	Support current staff for the ROSES. and Home ReHab program with outreach to Royal Oak seniors.	Year 1	Senior Center	Strategic Plan: Welcome, Engaged and Livable Community -Opportunities for volunteerism and participation.

Goal 4.2: The city shall provide easily accessible resources on available "age-friendly" housing in the city:

4.2a	Identify and maintain connections to "affordable" senior residences such as the 450 existing units in Barton Towers and Royal Oak Manor as well as the "age restricted" market-rate 147 units at the Villages of Royal Oak.	Year 1		Strategic Plan: Welcome, Engaged and Livable Community - Anyone can find a quality home that fits their needs.
4.2b	Develop and maintain connections to other "market-rate" rentals, condominiums, and single-family ownership opportunities in the city that meet "age friendly" design elements such as "zero-entry", single floor living with elevators if in multi-story buildings.	Year 2		Strategic Plan: Welcome, Engaged and Livable Community - Anyone can find a quality home that fits their needs.

APPENDIX 2: GOAL CHARTS

Goal 4.3: Meet Royal Oak seniors desire to “age in place” by facilitating the development of “affordable” senior and “market-rate” senior housing.

		IMPLEMENTATION TIME	POTENTIAL PARTNERS	CONNECTION TO OTHER CITY PLANS
4.3a	The City of Royal Oak should aggressively market to developers as development sites become available for additional “affordable” or “market rate” senior housing. To support these activities; we feel the city should include areas of the city that fit an “age friendly” senior housing location, close to central city and commercial services, and examine areas of the city where zoning could be created specifically to allow creation of ADUs, carriage houses, or “mother-in-law” apartments for use by aging family members as a part of the review and deliberation in the upcoming master plan update.	Year 2	Planning, Economic Development	Strategic Plan: Welcome, Engaged and Livable Community – Anyone can find a quality home that fits their needs. S-CAP 6.4.1; 6.4.2

Goal 4.3: Meet Royal Oak seniors desire to “age in place” by facilitating the development of “affordable” senior and “market-rate” senior housing. (Continued)

4.3b	Identifying underutilized city owned land or land available for strategic acquisition.	Year 1	Planning, Economic Development	Strategic Plan: Welcome, Engaged and Livable Community – Anyone can find a quality home that fits their needs.
4.3c	Making that land available to private and non-profit developers through an request for proposals process for redevelopment as senior or senior friendly housing	Year 2	Planning, Economic Development	Strategic Plan: Welcome, Engaged and Livable Community – Anyone can find a quality home that fits their needs.
4.3d	Work with successful developers to rezone property to facilitate redevelopment to meet future senior or senior-friendly housing.	Year 2	Planning	Strategic Plan: Welcome, Engaged and Livable Community – Anyone can find a quality home that fits their needs. S-CAP goal 6.4.2

APPENDIX 2: GOAL CHARTS

Community Engagement and Inclusion				
Goal 5.1: Create and promote a network of social engagement opportunities for multiple generations.				
		IMPLEMENTATION TIME	POTENTIAL PARTNERS	CONNECTION TO OTHER CITY PLANS
5.1a	Develop and offer a variety of neighborhood “block party” options, including: block party in a bag” starter kit; a schedule of food trucks visiting neighborhoods; and “neighborhood party in the park” events at local parks.	Year 1	Community Engagement, Library	Strategic Plan: Welcome, Engaged and Livable Community – Social engagement, civic pride, and community loyalty. S-CAP goal 6.2.2
5.1b	Develop one-on-one connections for seniors to stay linked to people in the community. This includes: self-enrolling in a “Neighbor to Neighbor” program to connect with another person in your neighborhood on a regular basis; “Community Check-in” program, which is a voluntary directory of people who wish to be called or are willing to call to check on seniors and to make referrals to outside agencies as needed; developing a Royal Oak human library, connecting curious community members with seniors who have expertise or information in an area of interest; and reinvigorating neighborhood associations.	Year 2	Senior Center	S-CAP goal 6.2.2
5.1c	Work with local businesses and city departments to host social events specifically for seniors, such as: open mic night at a coffeehouse; and games nights at the senior center.	Year 2	Senior Center	
5.1d	Go-Gos and other active community members sponsoring an assisted living facility. An example is planning holiday events/gift exchange/similar to adopt-a-family programs. Decorating facility for the seasons (spirit committee).	Year 3	Senior Center, partnership with local senior housing	

APPENDIX 2: GOAL CHARTS

Goal 5.2: Promote inclusive programs and services for older adults.				
		IMPLEMENTATION TIME	POTENTIAL PARTNERS	CONNECTION TO OTHER CITY PLANS
5.2a	Developing a “Royal Oak expert” series of videos to post on the city’s website, celebrate community residents’ talents by sharing their best stories, tips, tricks, and insights into living in our city.	Years 1-3	WROK, Senior Center, Community Engagement	
5.2b	Work with local education institutions to develop lifelong learning opportunities for seniors (e.g. audit classes at OCC, OU, WSU, etc.).	Year 1	Senior Center Partnership	S-CAP goal 6.5.1
5.2c	Promote events that are diverse and inclusive. Ideas include: City events based on nationally celebrated cultures and traditions. (Reference Chase’s Calendar of Events book for a comprehensive list of these celebrations and include a senior month - month long celebration of our seniors.) May is currently designated nationally as older Americans month. https://acl.gov/oam/2022/older-americans-month-2022	Years 1-3	Community Engagement, Human Rights Commission, and Library	Strategic Plan: Welcome, Engaged, Livable community – AN inclusive community for residents, visitors and workforce.
Goal 5.3: Enhance and promote volunteer opportunities for older adults.				
5.3a	Centralize opportunities by working with city departments. Identify critical positions where volunteers could be utilized and use the city’s job portal to allow for people to apply for volunteer positions. Incentive and acknowledgement for participation (i.e. free parking, downtown dollars, discount at local business, free services, reduction in property taxes, etc.)	Year 2	Senior Center, Library	Strategic Plan: Welcome, Engaged and Livable Community – Opportunities for volunteerism.
5.3b	As part of 5.3a enlist volunteers to participate in the activities listed, which connect neighbors to neighbors.	Year 2	Human Resources, Senior Center, Library	Strategic Plan: Welcome, Engaged and Livable Community – Opportunities for volunteerism.
5.3c	Develop a program where people with certified, trained therapy animals meet with older adults in a park, at the Library or in other community spaces.	Year 1-3	Library and Senior Center	

APPENDIX 2: GOAL CHARTS

Goal 5.4: Ensure the perspectives and needs of older adults and their caregivers are included when developing city plans and policies.

		IMPLEMENTATION TIME	POTENTIAL PARTNERS	CONNECTION TO OTHER CITY PLANS
5.4a	Develop a recruitment program to ensure representation.	Year 1	Community Engagement and department making the plan.	Strategic Plan: Vibrant Economy - Incorporating resident and visitor feedback. S-CAP goal 6.3.5
5.4b	Describe the process for creating the plan and the role of the participant.	Year 1	Community Engagement and department making the plan.	
5.4c	Reach out to the community resources (i.e. Area Agency on Aging, Meals on Wheels, case managers, etc.) that work directly with these populations to see what the needs or how to help recruit for these positions.	Year 1	Community Engagement and department making the plan.	
5.4d	Develop an equitable engagement guide to help reach people where they are.	Year 2	Community Engagement, and Human Rights Commission	
5.4e	Lobby to host virtual/hybrid meetings for boards & commissions.	Years 1-3	City Commission	
5.4f	Commission, mayor, and boards host open forum events to collect feedback and hear from public outside public comment at monthly meeting; host at senior centers; host virtually.	Year 2	City Commission, Community Engagement	Strategic Plan: Welcome, Engaged and Livable Community - Social engagement, civic pride and community loyalty. S-CAP 6.3.6

APPENDIX 2: GOAL CHARTS

Health and Community Support Services

Goal 6.1 Ensure there is a facility able to serve a variety of programs and services for people of all ages, but also has a commitment to serve seniors.

		IMPLEMENTATION TIME	POTENTIAL PARTNERS	CONNECTION TO OTHER CITY PLANS
6.1a	Develop a large comprehensive community center with significant programming for seniors (e.g., pools, accessible exercise classes, meal programs) with access to physical activity (OPC and Troy Community Centers can be models) and outdoor spaces. This center can also serve other age groups for multi-generational interaction, but a commitment must be made to offer services to seniors and to ensure it is accessible.	5 years	Economic Development/ CMO	Strategic Plan: Welcome, engaged and livable community – city maintains exceptional system of parks and public spaces.

Goal 6.2 Supporting seniors through resources and programs.

6.2a	Create and maintain a centralized bank of resources available to seniors. This should be available as a hard copy and in an online, electronic format. Have a person designated to help connect older adults to resources. Partnerships with local universities may help (e.g., student interns to help create/maintain the database) This person can have a rotating location, including the library, senior center, Salter Center, Royal Oak Manor, Barton Towers, etc. This person would also be responsible to monitor resident success and satisfaction with these services to identify barriers and gaps over time.	Year 1	Senior Center	
6.2b	Develop partnerships with Royal Oak schools, local universities, youth programs, churches to develop a workforce of young people to help provide volunteer (or paid labor) for ROSES. to provide minor home maintenance, lawn care, snow shoveling. This can also provide an opportunity for cross-generation interactions in the city.	Start Immediately	Senior Center	S-CAP goal 6.5.1
6.2c	Hold an ongoing series of lunch-and-learns in partnership with relevant organizations. These can be held at the senior center, HFHS, and/or the library. They can be in collaboration with other organizations that provide services to seniors, including PACE, Dementia Friends, SAFE, HFHS, Beaumont.	Start within 6 months	Senior Center, Library	S-CAP goal 6.1.1

APPENDIX 2: GOAL CHARTS

		IMPLEMENTATION TIME	POTENTIAL PARTNERS	CONNECTION TO OTHER CITY PLANS
6.2d	Bring resources available regionally closer to Royal Oak residents, as examples: Create system for Royal Oak Farmers Market (and stores, if possible) to accept Double-Bucks (public assistance dollars have double value for fruits and vegetables) or Project Fresh vouchers. Dementia Friends provide training to first responders and others who interact with the public in Royal Oak. Reinstate meal program at senior center (partnership with local community colleges, trade schools, universities may help with this)	Start within 6 months	Farmers Market, Human Resources, Senior Center	
6.2e	Initiate cross-sector collaborations to enhance access to physical activity and other resources, such as partnering with the YMCA to give seniors access to pools, exercise class, Silver Sneakers program.	Initiate collaborations within 1 year.	Recreation	
Goal 6.3: Provide a dedicated senior service millage to ensure services can be provided for the growing population.				
6.3a	Propose a senior services millage to fund more comprehensive senior services to fund: Comprehensive senior center, staffing including maintaining a resource database, in-home services, additional transportation for seniors, and meals.	3 years	CMO	