

Southern Santa Barbara County Neighborhood Model (proposed)

April 15, 2009

A. General Characteristics

1. "All seniors stay independent and live safely in their homes for as long as possible."
2. It is assumed that the majority of individuals in our community care about the well-being of themselves and others in their immediate and extended households.
3. Formed by actual and naturally occurring neighborhoods.
4. Virtual neighborhoods can be formed with demographic, block by block, data focusing on concentrations of seniors by age, income, ethnicity, etc.
5. Selected neighborhood sites become locations for periodic senior mini-fairs using Mobile Resource Bus, Tent or neighborhood resource center.
6. Intergenerational and inter-ethnicity neighborhoods have many advantages.
7. Provides a "one-stop shop" with a vetted list of for-hire services and supports with neighborhood negotiated discounts.
8. Senior services are delivered on the neighborhood level in addition to centralized city locations.
9. Memberships fees may/may not be assessed to defray neighborhood organization costs
10. Each neighborhood determines its own vision and is self governing.
11. Neighborhood members select strategies and tactics and are part of solutions.
12. Model has a volunteer component.
13. Neighborhood government structures may be highly organized with "block captains" or may be loosely organized with a "virtual mayor" system.
14. Neighborhoods develop a voice and are enabled to raise concerns and participate in solutions.
15. Neighborhood asset mapping may benefit all in the neighborhood.
16. Attention to the whole person: mind, body, spirit
17. Strategic partners: hospitals, schools, social service agencies, city, county, state
18. Neighborhood to Neighborhood network

B. Focus areas

1. Wellness
 - a. Exercise classes
 - b. Discounts at local health and fitness clubs
 - c. Personal trainers, discounted
 - d. Access to Senior Health practice
 - e. Home healthcare providers, discounted
 - f. Wellness seminars by experts
 - g. Geriatric Care Management for members and loved ones
 - h. Family care giver relief
 - i. In-home medical care
 - j. Neighborhood exercise classes

2. Transportation
 - a. Rides for grocery shopping
 - b. Walkable neighborhoods with good sidewalks
 - c. Member-discounted limo and taxi services
 - d. Hospital/Doctor-prescribed rides
 - e. Rides to anywhere, anytime
3. Household Tasks and Services
 - a. Home repairs and adaptation
 - b. Household tasks: cleaning, cooking, organizing
 - c. Routine cleaning and heavy clean outs
 - d. Computer assistance
 - e. Home office: bill paying and financial organizing
 - f. Yard Work
 - g. Letter Writing
 - h. Insurance and medical billing issues
 - i. Senior legal assistance and financial advice referrals
 - j. Dog walking
4. Meals and Groceries
 - a. Weekly transportation to grocery stores
 - b. Preparation and delivery of meals to the home.
 - c. Discounts at local restaurants.
 - d. Neighborhood garden exchanges
5. Social, Cultural, and Social Events
 - a. Private tours to museums and art shows
 - b. "Conversations with..." Intimate evenings with notable locals
 - c. Trips for member to concerts, and cultural events in the region
 - d. Educational seminars
 - e. Travel club, singles, film, lunch, and dinner group
 - f. Area newsletter with calendar of events and available community services and programs
 - g. Award programs to celebrate members of the neighborhood.
6. Friends
 - a. New friends and new ideas
 - b. Neighborhood interactions keep seniors independent.
 - c. Seniors tell their stories, teach and become respected in their neighborhoods the more they know their neighbors.
 - d. Interaction with Multigenerational friends can reduce abuse
 - e. Intergenerational activities support tolerance
 - f. Friendly and regular phone calls.
 - g. Friendly home visits.
 - h. Neighbor alert system