



CARING NEIGHBORHOODS



Strengthening neighborhood connections and providing community support to a growing elderly population.

Sacramento is a city of neighborhoods. Many residents of these neighborhoods are growing older and are facing the challenges of living independently and could use a hand from their neighbors. But sometimes, they are reluctant to ask for help.

On the other hand, more active residents are often concerned about their elder neighbors but may be hesitant to get involved out of respect for their privacy.

Caring Neighborhoods aims to build awareness about the issues of aging in the community and provide support to neighbors who want to help their elder neighbors, but would prefer doing it in collaboration with other neighbors.

Working together in small, informal groups, residents reach out to elder neighbors to offer help with various tasks and friendly visits.

Through this collaboration of caring, neighborhoods as a whole are strengthened, while enhancing the lives of elder neighbors—allowing them to maintain a safe, healthy and productive life in their own home.

Let *Caring Neighborhoods* be the link that you and your neighbors need in order to support Sacramento's elder residents. If you or your organization would like to form a *Caring Neighborhoods* group, please contact the program coordinator for information about how to get started and to receive ongoing communications and support for your group.

Caring Neighborhoods

Program Coordinator, Martha Paterson-Cohen

Contact: (916) 842-7782 or mpcohen@cityofsacramento.org

Caring Neighborhoods is made possible by funding from Measure U

City of
SACRAMENTO
Parks and Recreation
OLDER ADULT SERVICES