

LIVABLE La Mesa



Want to give your input? Take the survey by February 28th!

If you are 45 years old, or older, and live in the City of La Mesa, we invite you to participate in a survey.

<https://tinyurl.com/LivableLaMesa>

You can also complete the survey by calling 619.667.1322

What Is Livable La Mesa?

Over the course of the next year, and with input from the La Mesa residents, the Livable La Mesa project will prepare a plan to help make La Mesa a community for all ages. Livable La Mesa is a project through AARP's Livable Communities Initiative, with support from The San Diego Foundation Age-Friendly Communities Program. This initiative is an affiliate of the World Health

Organization's Global Network of Age-Friendly Cities and Communities, an international effort launched in 2006 to help cities prepare for their own and the world's growing population of older adults.

AARP's Network of Age-Friendly Communities targets improvements in eight domains that influence the health and quality of life of older adults. The livability domains, and what they represent, are as follows:



1. Outdoor Spaces and Buildings

Availability of safe and accessible recreational facilities.



2. Transportation

Safe and affordable modes of private and public transportation.



3. Housing

Availability of home modification programs for aging in place as well as a range of age-friendly housing options.



4. Social Participation

Access to leisure and cultural activities, including opportunities for older residents to socialize and engage with their peers as well as with younger people.



5. Respect and Social Inclusion

Programs that promote ethnic and cultural diversity, as well as multi-generational interaction and dialogue.



6. Civic Participation

Paid work and volunteer activities for older residents and opportunities to engage in the formulation of policies relevant to their lives.



7. Communication and Information

Access to communication technology and other resources so older residents can connect with their community, friends, and family.



8. Community Support & Health Services

Access to home-based care services, health clinics, and programs that promote wellness and active living.

Have Questions?

Megan Howell, Recreation Supervisor

La Mesa Adult Enrichment Center, 8450 La Mesa Blvd, La Mesa, CA 91942

www.cityoflamesa.us/939/Livable-La-Mesa | 619.667.1322

