

Aging in Community Timber Cove and Gualala Ranches

NEEDS: Aging in Community members have identified the following needs, for elders, in our area.

RECOMMENDATIONS: Using the "Sonoma County Master Plan For Aging 2024" as a guide, we follow each need section with recommendations for assistance from Sonoma County.

HOUSING:

Concerns:

- Many elders are long term residents of the area, from 20 to 50 years.
- Many parcels of land have large areas of forest, grassland and access roads needing stewardship and maintenance.

Needs:

- Affordable housing for young families, the work force, care givers and low income elders is scarce. The lack of affordable housing impacts the economic health and future of the whole community. A large part of our local economy is tourist based.

Recommendations:

- Simplified Accessory Dwelling Regulations - for care givers, service workers and elders. Allow house trailers, that can be moved as the need changes.
- Grants to improve residential accessibility and assist with maintenance
- Support affordable housing

TRANSPORTATION:

Concerns:

- We are one hour from Guerneville, 45 minutes from Gualala, one hour from Point Arena and 1-1/2 hours from Santa Rosa and their resources.
- Accessing doctors, dentists, groceries and supplies, social connection individually gets more challenging as our bodies age.
- Caregivers must find supervision for those they leave at home.

Needs:

- There is a need for scheduled trips to town and transportation on an as needed basis.

Recommendations-

- Financially support the Coastal Seniors (Point Arena) van to Santa Rosa for medical appointments and shopping needs.

(The Mendocino Transit Authority (MTA) bus to Santa Rosa makes for a long day for seniors and involves a lot of walking and waiting between errands.

Riders must still get from home to the bus stop.)

- Support local volunteer drivers with vouchers for gasoline and ride sharing.
- Mileage vouchers for caregivers

HEALTH:

Concerns:

- Transportation to medical and dental appointments
- Follow up care after procedures and surgery

- Primary health care providers (based in Santa Rosa) lack of coordination with and support for home based care on the coast.
- Problems with insurers paying for care provided by coast medical providers. (The big institutions, in Santa Rosa, want us to drive to their facilities.)

Needs:

- Visiting nurses
- More accessible medical care
- Reliable communication systems (broadband, telephone) for tele-medicine
doctor appointments at home - physical and mental health maintenance

Recommendations:

- support coast medical providers Redwood Coast Medical Clinic and Mendonoma Health Alliance's Mobile Medical Clinic and Dental Clinic - expand services to seniors, including home care coverage,
- Lobby for more robust alliances, funding and cooperation between Santa Rosa medical insurers/providers (Kaiser, Memorial, Sutter) and coast providers.
- Lobby for Kaiser, Memorial and Sutter to extend in home care to the coast.

WELLNESS, EQUITY AND INCLUSION:

Concerns:

- Seniors and the larger community do not have a dedicated, enclosed space to gather for community uses. The spaces we have available are primarily dedicated to other uses, Timber Cove Firehouse, Fort Ross School and Timber Cove Inn. Seaview Ranch has a large, old, unheated barn.

Needs:

A COMMUNITY CENTER building is a place to organize, communicate, socialize, help each other. We can have:

Child care
Adult Day Care
Caregiver Support Groups
Wellness Clinics
Recovery meetings
Meals
Food Distribution
Emergency Shelter
Socials
Classes and training
Bus Stop
Book Mobile stop
Parcel pick-up
Medical Equipment and tool loans
Organized outings

A small caretaker residence could provide housing and work.

Recommendations:

We are a community of doers. Give us a project or challenge and we get it done with cooperation, enthusiasm, resourcefulness and hard work. We have a deep well of talent to bring this project to reality.

Help us find seed money and matching grants. We will pay our share

CAREGIVING:

Concerns:

- We have seniors with mobility issues, dementia and chronic illnesses who want to stay in their homes as long as possible
- Care is mainly provided by unpaid family and friends. Respite care for family caregivers can be difficult to arrange as we have no senior day care programs and a limited pool of local, paid caregivers

- Many agency-based caregivers travel from Santa Rosa. Some are reluctant to travel that distance.

Recommendations:

- Recruitment, training and education to expand the pool of local caregivers. This is another local job opportunity.
- Community Center with Adult Daycare, lunches, adult daytime activities, caregiver support groups, etc. Senior evacuation site during emergencies.