

# Age Together Now

**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 of staying connected to their community.

**Caring Neighborhoods** aims to:

- build awareness about the issues of aging in the community
- encourage neighbors to connect with each other to provide support to their elder neighbors.
- identify ways for elders to remain integrated in their neighborhoods

We encourage neighbors to form small, informal neighborhood groups to provide help with various tasks and friendly visits. Many older Sacramento residents could use a hand from their neighbors but are reluctant to ask for help. However, more active residents are often concerned about their neighbors but may be hesitant to get involved out of respect for their privacy. By helping your elder neighbor with small tasks such as mowing a lawn or fixing a sprinkler, taking garbage cans to the curb, or friendly visits and phone calls, you can help support their safe, independent living in the community.

**Caring Neighborhoods** hopes that by promoting better understanding of the challenges of aging in our City neighborhoods, residents will take that step to connect with elders who might need a hand.

Guidelines along with other resources and educational information are available to help you bring “aging awareness” to your own neighborhood. Visit [www.AgeTogetherNow.org](http://www.AgeTogetherNow.org) or contact City of Sacramento’s Older Adult Services at (916) 808-5462 for more information.



**Different  
start times,  
same  
human race.**

**Discover  
simple ways  
to make yours  
a more caring  
neighborhood.**

