



City of Tukwila Older Adults Recreational Services Needs Assessment

March 2019



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Summary

Older adults (age 55+) need recreational programming that supports social and community connections, offers opportunities to maintain and improve health, and adds to their quality of life. Tukwila already provides a wide selection of recreational programs that meet these needs. However, data collected for this needs assessment shows that a variety of barriers prevent older adults from participating in such programs. These barriers include lack of transportation, language and culture barriers, awareness of programs, physical and cognitive impairments, work and household obligations, and the inability to meet basic needs such as housing and nutrition. Part 1 summarizes the needs and barriers older adults face in Tukwila and presents strategies to address them. Part 2 includes a community profile that reports on quantitative and qualitative information gathered to assess the needs and barriers for older adults in Tukwila.



Part 1 – Older Adults Needs Assessment

INTRODUCTION

The City of Tukwila received funding from the King County Veterans and Senior Services Levy to conduct this Older Adults Recreation Services (OARS) Needs Assessment. The purpose of the assessment is to understand the recreational needs of Tukwila’s aging population to better align services, programs, and funding. This document identifies strategies to better meet community needs and compete for regional funding support.

Tukwila’s Parks and Recreation Department offers a variety of programs and services to older residents and provides a flexible space in the community center designed with these residents in mind. For the purposes of this assessment, recreation is defined broadly and encompasses a variety of activities, programs, and events that build community, promote health and wellbeing, and provide enrichment opportunities for adults aged 55 and over. Exhibit 1 shows the functions of recreational services for older adults. **Community building** activities strengthen the social bonds of a group, often around shared experiences or interests. **Health and wellbeing** activities help people maintain or improve physical health and meet basic needs. **Enrichment** activities enhance the quality of life for the individuals that participate them. Naturally there is overlap between these functions, but they are classified here by their primary function to better understand the different functions and benefits of participation in recreation activities for older adults.

Exhibit 1. Recreational Functions for Older Adults



Source: BERK Consulting, 2019.

- To inform the strategies in this document, the City collected quantitative and qualitative data on community needs. Additional detail about this data is in Part 2 – Community Profile. Quantitative data from publicly available data sets and Tukwila Parks and Recreation program data provide key information about the older adult population in Tukwila in the Data Analysis section. Qualitative data came from interviews with non-profits and service providers who work with older adults (see the

Provider and Non-Profit Interviews section), a survey taken by the community (in Community Survey Results and Appendix A), and a series of public engagements (see Community Engagements). Once this information was gathered, the City engaged a group of stakeholders for a one-day workshop to guide strategy development. What follows is a summary of what surfaced through data analysis and community engagements.

SUMMARY OF NEEDS

Tukwila has seen a rapidly growing older adult population over the last fifteen years, with older adults growing at a faster rate than the population overall. This population has an increasing need for recreational activities that improve health and prevent social isolation. In interviews and engagements, participants expressed a concern about older adults facing social isolation, which can significantly impact longevity and health. Tukwila also has higher rates of death than King County due to cancer, heart disease, accidents, respiratory disease, stroke, diabetes, chronic liver disease, and hypertension. Evidenced-based research¹ shows that increased activity levels, health education, and social support can make a difference in improving health outcomes. Recreation programs that focus on fitness, enrichment, social connection, and nutrition can reinforce lifestyle choices that maintain and improve health. People who participate in existing recreation activities with the City of Tukwila rate them highly with 85% of survey respondents replying that current program offerings are excellent or good. However, there also specific gaps in recreational programming to address.

¹ Document searches at the National Institutes of Health US National Library of Medicine, the Center for Disease Control, and the World Health Organization provide articles and summaries of the evidenced-based research on factors that influence health outcomes for older adults.

Like Tukwila as a whole, older adults in Tukwila are racially, linguistically, and ethnically diverse. Almost half (48%) of the older adult population aged 65 and older² are People of Color. Over the last seven years each sub-population of older adults has become more diverse. For example, older adults age 85 and older were 100% White in 2010 and are now 50% White and 50% People of Color. A large segment of the diversity comes from recent immigrants – in the example above, 18% of the population 85 and older is foreign-born. Language barriers prevent older adults from learning about resources, understanding how to use them, and feeling comfortable to access them. Older adults that are recent immigrants have a higher degree of comfort participating in activities within their cultural communities. This indicates that additional programming would better meet the needs of a culturally diverse community of older adults.

Current programming does an excellent job meeting the needs of older adults who are active, physically abled, and retired. Older adults with physical, visual, or hearing disabilities, and those who have dementia or Alzheimer's are underserved and there are few recreational resources for them. Social isolation is a significant issue for differently abled older adults, as well as their partners or spouses, particularly those who are also caregivers. There is also a population of older adults that care for grandchildren. About a quarter of survey respondents indicated that childcare and family obligations or work prevent them from attending recreational programs.

Financial and transportation barriers also prevent older adults from participating in recreation programs. Financial barriers, including ability to pay prevent participation for over a third of survey respondents. This issue arose in conversations during public engagements. Transportation is a pressing need for older adults and prevents access to services. Many older adults cannot drive and need a ride to services and programs because there are few reliable transit options. Of the options that exist, older adults could benefit from training on how to use them as well as language assistance to access transportation resources.

Throughout the engagement process it was clear that for older adults struggling to meet basic needs (such as food, shelter, and health care) recreational activities are a low priority. Affordable housing that works for older adults to age in place is a community-wide need. Restrictions in existing senior housing that limit the age of all occupants, or that restrict overnight visitors, do not work for older adults with part-time or full-time caretakers, those who care for other family members, or for some cultural communities. Access to mental health, medical, social, and nutrition assistance services, particularly those that are culturally sensitive and linguistically appropriate, are other human service gaps. Although these needs are beyond the scope of recreation programming, they significantly affect the health and quality of life of older adults in the community and need to be addressed through broader city, regional, and community actions.

GOALS AND STRATEGIES

The City of Tukwila's mission is to *provide superior services that support a safe, inviting, and healthy environment for our residents, businesses, and guests.*³ This includes the five major goals and related strategies shown in Exhibit 2.

² For more information on the age ranges used in this report, please refer to Data Analysis on page 15.

³ City of Tukwila Strategic Plan – Amended 2018, page 6.

STRATEGIC GOALS & OBJECTIVES

GOAL ONE A Community of Inviting Neighborhoods & Vibrant Business Districts

- A. Cultivate community ownership of shared spaces.
- B. Build a broad and collaborative approach to preventing crime and increasing the sense of safety.
- C. Focus City planning and investments on creating a connected, dynamic urban environment.
- D. Use City efforts and investments to realize established visions for specific sub-areas.
- E. Build and maintain public infrastructure that supports a healthy and attractive built and natural environment

GOAL TWO A Solid Foundation for All Tukwila Residents

- A. Partner with organizations that help meet the basic needs of all residents.
- B. Strive for excellent education, vocational supports, and personal growth opportunities through effective partnerships and City services.
- C. Encourage maintenance, improvements, and diversity in the City's housing stock.
- D. Work to eliminate systemic barriers and provide equitable access to opportunities and services as outlined in the City's Equity Policy.

GOAL THREE A Diverse & Regionally Competitive Economy

- A. Embrace the City's economic potential and strengthen the City's role as a regional business and employment center.
- B. Strengthen the City's engagement and partnership with the business community.
- C. Encourage development, maintenance, improvements and diversity in the City's stock of business space

GOAL FOUR A High-Performing & Effective Organization

- A. Use Tukwila's Vision, Mission, and Strategic Plan to focus and prioritize City efforts.
- B. Advance Tukwila's interests through participation in regional partnerships.
- C. Continue to innovate and develop as an organization and support individual growth.
- D. Ensure City facilities are safe, efficient, and inviting to the public.
- E. Ensure the long-term fiscal sustainability of the City.

GOAL FIVE A Positive Community Identity & Image

- A. Improve the City's ability to build trust and work with all members of the Tukwila community.
- B. Facilitate connections among Tukwila's communities.
- C. Promote a positive identity and image of Tukwila.

Source: City of Tukwila Strategic Plan – Amended 2018.

The OARS goals below are designed to both address the recreational needs for older adults in Tukwila and further the overall goals of the City of Tukwila Strategic Plan.

OARS Goal 1 – Improved Community Connections

This goal aims for social and physical connectivity for older adults through the reduction of social isolation and improved access and awareness of services. It specifically addresses the community building function of recreation programming. This goal is consistent with Goal Two of the City’s Strategic Plan, which is a solid foundation for all Tukwila residents, and employs similar strategies of partnership and eliminating barriers. It also reflects elements of Goal Five, a positive community identity and image, by facilitating connections.



Objective 1.1 - Reduce social isolation for older adults.

- Strategy 1.1.1 - Consider developing a peer support volunteer program that offers companionship to other older adults in the community.
- Strategy 1.1.2 - Inventory potential spaces that could provide older adult programming in Tukwila and partner with community institutions to provide programming in geographically dispersed locations.
- Strategy 1.1.3 - Create a mini-grant program for older adults to create their own programming and events.
- Strategy 1.1.4 - Provide opportunities for older adults to lead classes and activities that enable them to share their skills with each other.

Objective 1.2 - Improve access to transportation resources for older adults.

- Strategy 1.2.1 - Investigate the feasibility of the City offering rideshare alternatives such as Lyft Concierge or GoGoGrandparent to improve transportation options to recreational programs.
- Strategy 1.2.2 - Investigate offering services that help older adults utilize existing transportation such as Ride Connection.
- Strategy 1.2.3 - Investigate transportation options for older adults with limited mobility, including those who use wheelchairs to improve their access to recreation programming.

Objective 1.3 - Improve awareness of older adult recreation programming.

- Strategy 1.3.1 - Partner with community organizations that serve older adults to spread the word about the City of Tukwila’s recreation programs.
- Strategy 1.3.2 - Include partner or community activities and programs for older adults in recreational brochures to increase exposure to community programming.
- Strategy 1.3.3 - Translate materials when appropriate to improve awareness of recreational programs for older adults who speak languages other than English.

OARS Goal 2 – Inclusive and Equitable Access to Recreational Programs

This goal aims to further Goal Two of the Tukwila Strategic Plan by focusing on equity, access to service, and partnerships. It also supports Goal Five by facilitating connections and building trust with all members of the community. This focus touches each of the recreation functions in Exhibit 1, because it is important to improve access to programs that build community, support health and wellness, and provide enrichment activities for older adults.



Objective 2.1 - Support culturally appropriate programming for older adults from immigrant communities.

- Strategy 2.1.1 - Partner with religious institutions and non-profits to provide programming that appeals to and is in locations familiar to immigrant communities.
- Strategy 2.1.2 - Consider cultural needs around food, religious observances, and attire when planning recreational programs.
- Strategy 2.1.3 - Provide opportunities for older adults to share their heritage and cultural traditions with the broader community.
- Strategy 2.1.4 - Expand opportunities for older adults to participate in single gender fitness programs such as women only fitness times.
- Strategy 2.1.5 - Develop a recreational specialist position or cultural navigator to liaise with Tukwila's diverse cultural communities.

Objective 2.2 – Provide access to programs for older adults with memory impairment and their caregivers.

- Strategy 2.2.1 - Provide programs for older adults and their caregivers to participate in together.
- Strategy 2.2.2 - Provide programs that explore music, art, nature, or offer gentle fitness activities for those with memory impairments at the same time as activities, support groups, and programs that provide caregiver respite.
- Strategy 2.2.3 - Include partner or community activities for older adults with memory impairment in recreational brochures.

Objective 2.3 - Support participation in recreation programs for older adults with work and family obligations.

- Strategy 2.3.1 - Promote adult programming during evening and weekend hours that may appeal to older adults to diversify the age of participants.
- Strategy 2.3.2 - Program intergenerational activities that older adults can participate in with children.
- Strategy 2.3.3 - Coordinate programming for older adults with drop in programming for children and youth (or vice versa).

Objective 2.4 - Develop a system that allows all older adults in Tukwila access to recreational programming.

- Strategy 2.4.1 - Investigate options for revising the fee structure for older adult recreational programming to improve equitable access.
- Strategy 2.4.2 - Ensure there are a variety of programs at a variety of fees to provide opportunities for participation.
- Strategy 2.4.3 - Promote the availability of scholarships and low or no cost programming for older adults to improve awareness.

OARS Goal 3 – Recreational Programming that Supports Health and Wellbeing

This goal is meant to sustain and improve upon the existing services and programs the City of Tukwila offers to older adults. It's closely aligned with the health and wellness function of recreation shown in Exhibit 1, but also includes elements of community building and enrichment activities. It is consistent with Goals Two and Five of the Tukwila Strategic Plan.



Objective 3.1 - Provide a variety of fitness activities that appeal to older adults.

- Strategy 3.1.1 - Continue providing a variety of fitness opportunities including classes, sports leagues, senior fitness classes, walking programs, and hiking programs to encourage physical activity.
- Strategy 3.1.2 - Provide gender specific fitness activities for older adults to encourage participation in physical activity.

Objective 3.2 - Offer educational and skill building programming for older adults.

- Strategy 3.2.1 - Develop programming in subjects such as nutrition, physical activity, mental health, crime prevention, and more to improve wellbeing for older adults.

Objective 3.3 - Provide a connection point for older adults who may need a resource referral.

- Strategy 3.3.1 - Train part-time recreation staff to provide referrals to agencies and organizations that can assist older adults with housing and human services needs.
- Strategy 3.3.2 - Consider hiring a human services resources navigator to support older adults with access to basic needs.

Objective 3.4 - Provide programs that are therapeutic for the minds, bodies, and spirits of older adults.

- Strategy 3.4.1 - Partner with community organizations and non-profits to offer support groups for older adults to help them deal with physical, mental, or emotional life challenges.

- Strategy 3.4.2 - Continue to offer a variety of programs and activities for older adults in arts, music, or the natural world to support their health.
- Strategy 3.4.3 - Hire a therapeutic recreational specialist to develop and implement programming that meets the diverse needs of older adults.
- Strategy 3.4.4 - Invest in adaptive or assistive technology equipment to support older adults with visual and hearing impairments.

IMPLEMENTATION

Next Steps

Now that the needs of older adults in Tukwila have been identified, along with strategies for meeting those needs, the next steps for the City include:

- **Prioritize.** Identify the strategies the City wants to start with. Consider their importance in achieving community goals and OARS goals, along with timing, available staffing, funding, and budget. The resources summary table on page 9 may provide guidance.
- **Plan.** Develop an implementation plan that indicates who is responsible for each strategy, the timeline in which the work will be accomplished, and metrics to show progress.
- **Fund.** Identify funding sources such as general funds, program funds, program fees, or grants. Some options for assessing fees are shown in
- Options for Assessing Fees on page 11.



Resources Summary

The table in Exhibit 3 provides an estimate of the new resources the City would need to commit to implement the OARS strategies.

- **Timeline.** Timeline assesses how long it will take to implement the strategy once the City begins work on it.
 - **Short** timelines are strategies that could be implemented within a year.
 - **Medium** timelines are strategies that could be implemented in one to two years.
 - **Long** timelines are strategies that will likely take two years or more to implement. Often the long timelines are associated with larger budget requests and assume at least a one year wait for budget approval.

- **Staff Resources.** Staff resources assess whether new staffing would be needed to support implementation.
 - At the **low** level, the strategy could be accomplished without additional staff but may require new work assignments for existing staff. Taking on multiple low level strategies could create the need for additional staffing.
 - At the **medium** level, new part time staffing, or a contractor would be needed to implement the strategy.
 - At the **high** level, a new, permanent full-time staff position would likely be needed.

Note that resources indicated with one asterisk (*) would be low only with the addition of a cultural liaison or navigator as indicated in strategy 2.1.5. Similarly, resources indicated with two asterisks (**) would be low only with the addition of a therapeutic recreation specialist as indicated in strategy 3.4.3. In the absence of adding the related position, those strategies would collectively be a medium level.
- **Funding Request.** This category identifies whether the department will need to request additional budget.
 - **Low** level requests assume that existing budget and the application of staff resources are sufficient.
 - **Medium** level requests assume that the department will need to request additional budget to provide materials or program supports, which includes any part time staffing, up to a maximum of \$50,000.
 - **High** level assumes a budget request above \$50,000 to support new staffing, facilities, or significant program supports.

Exhibit 3. Resources Summary Table

Strategy	Timeline	Staff Resources	Funding Request
Strategy 1.1.1 - Consider developing a peer support volunteer program that offers companionship to other older adults in the community.	Long	High	High
Strategy 1.1.2 - Inventory potential spaces that could provide older adult programming in Tukwila and partner with community institutions to provide programming in geographically dispersed locations.	Medium	Low	Low
Strategy 1.1.3 - Create a mini-grant program for older adults to create their own programming and events.	Long	Low	Medium
Strategy 1.1.4 - Provide opportunities for older adults to lead classes and activities that enable them to share their skills with each other.	Medium	Low	Low
Strategy 1.2.1 - Investigate the feasibility of the City offering rideshare alternatives such as Lyft Concierge or GoGoGrandparent to improve transportation options to recreational programs.	Medium	Medium	Medium

Strategy	Timeline	Staff Resources	Funding Request
Strategy 1.2.2 - Investigate offering services that help older adults utilize existing transportation such as Ride Connection.	Medium		Medium
Strategy 1.2.3 - Investigate transportation options for older adults with limited mobility, including those who use wheelchairs to improve their access to recreation programming.	Short		Low
Strategy 1.3.1 - Partner with community organizations that serve older adults to spread the word about the City of Tukwila's recreation programs.	Short	Low	Medium
Strategy 1.3.2 - Include partner or community activities and programs for older adults in recreational brochures to increase exposure to community programming.	Short	Low	Low
Strategy 1.3.3 - Translate materials when appropriate to improve awareness of recreational programs for older adults who speak languages other than English.	Short	Low	Medium
Strategy 2.1.1 - Partner with religious institutions and non-profits to provide programming that appeals to and is in locations familiar to immigrant communities.	Medium	Low*	Medium
Strategy 2.1.2 - Consider cultural needs around food, religious observances, and attire when planning recreational programs.	Short	Low*	Low
Strategy 2.1.3 - Provide opportunities for older adults to share their heritage and cultural traditions with the broader community.	Medium	Low	Medium
Strategy 2.1.4 - Expand opportunities for older adults to participate in single gender fitness programs such as women only fitness times.	Medium	Low	Medium
Strategy 2.1.5 - Develop a recreational specialist position or cultural navigator to liaise with Tukwila's diverse cultural communities.	Long	High	High
Strategy 2.2.1 - Provide programs for older adults and their caregivers to participate in together.	Medium	Medium**	Medium
Strategy 2.2.2 - Provide programs that explore music, art, nature, or gentle fitness activities for those with memory impairments at the same time as activities, support groups, and programs that provide caregiver respite.	Medium	Medium**	Medium
Strategy 2.2.3 - Include partner or community activities for older adults with memory impairment in recreational brochures.	Short	Low**	Low
Strategy 2.3.1 - Promote adult programming during evening and weekend hours that may appeal to older adults to diversify the age of participants.	Short	Low	Low
Strategy 2.3.2 - Program intergenerational activities that older adults can participate in with children.	Medium	Medium	Medium
Strategy 2.3.3 - Coordinate programming for older adults with drop in programming for children and youth (or vice versa).	Medium	Low	Medium
Strategy 2.4.1 - Investigate options for revising the fee structure for older adult recreational programming to improve equitable access.	Long	Low	Medium
Strategy 2.4.2 - Ensure there are a variety of programs at a variety of fee ranges to provide opportunities for participation.	Medium	Low	Low
Strategy 2.4.3 - Promote the availability of scholarships and low or no cost programming for older adults to improve awareness.	Short	Low	Medium

Strategy	Timeline	Staff Resources	Funding Request
Strategy 3.1.1 - Continue providing a variety of fitness opportunities including classes, sports leagues, senior fitness classes, walking programs, hiking programs, and more to encourage physical activity.	Short	Low	Low
Strategy 3.1.2 - Provide gender specific fitness activities for older adults to encourage participation in physical activity.	Medium	Medium	Medium
Strategy 3.2.1 - Develop programming in subjects such as nutrition, physical activity, mental health, crime prevention, and more to improve wellbeing for older adults.	Medium	Medium**	Medium
Strategy 3.3.1 - Train part-time recreation staff to provide referrals to agencies and organizations that can assist older adults with housing and human services needs.	Short	Low	Medium
Strategy 3.3.2 - Consider hiring a human services resource navigator to support older adults with access to basic needs.	Long	High	High
Strategy 3.4.1 - Partner with community organizations and non-profits to offer support groups for older adults to help them deal with physical, mental, or emotional life challenges.	Short	Low**	Medium
Strategy 3.4.2 - Continue to offer a variety of programs and activities for older adults in arts, music, or the natural world to support their health.	Short	Low	Low
Strategy 3.4.3 - Hire a therapeutic recreational specialist to develop and implement programming that meets the diverse needs of older adults.	Long	High	High
Strategy 3.4.4 - Invest in adaptive or assistive technology equipment to support older adults with visual and hearing impairments.	Short	Low	Medium

Based on the resources summary table, the following strategies are considered “quick-wins” that could be implemented on a short timeline with a low allocation of staff resources and funding:

- Strategy 1.3.2 - Include partner or community activities and programs for older adults in recreational brochures to increase exposure to community programming.
- Strategy 2.1.2 - Consider cultural needs around food, religious observances, and attire when planning recreational programs.
- Strategy 2.2.3 - Include partner or community activities for older adults with memory impairment in recreational brochures.
- Strategy 2.3.1 - Promote adult programming during evening and weekend hours that may appeal to older adults to diversify the age of participants.
- Strategy 3.4.2 - Continue to offer a variety of programs and activities for older adults in arts, music, or the natural world to support their health.

Options for Assessing Fees

Cost recovery for older adult programming offered by Tukwila Parks and Recreation currently averages about 50%. The program offers several free and discounted options for older adults (aged 50 and older) to access the fitness room and programming regardless of place of residence. Tukwila residents

get an additional discount on programs. Participation in some types of Health and Wellbeing programs are covered by some health insurance programs as either direct benefits or reimbursements.

There are several alternative fee options worth considering used by similar parks and recreation departments as well as non-profit and community programs outlined below. A more thorough study of fee options is needed to establish fees that work for Tukwila. In evaluating options for a revised fee system, the City of Tukwila should consider the following:

- **Parks and Recreation Mission.** The mission of the Tukwila Parks and Recreation is to enhance the quality of life for residents, businesses, and visitors through a quality system of public spaces, programs, and events that enhance and promote opportunities for health and fitness, personal growth, relaxation, community connection, civic engagement, and environmental stewardship. Any fee changes should align with this mission.
- **Fairness and equity.** The City should consider how fees align with users' ability to pay.
- **Cost Recovery Goals.** The City may want to redefine their user types and determine cost recovery goals for each. For example, the City of Portland has a cost recovery policy for their parks and recreation program that sets cost recovery goals for each of their defined user types: youth (42%), adults (63%), low-income youth (23%), and low-income adults (26%).



Flexible Pricing Option

The flexible pricing model provides several fee options along a sliding scale that allow individuals to choose the amount they are most able to pay. Oftentimes, flexible pricing fee schedules offer one or two discounted or subsidized rates, a standard rate that covers the cost of the program, and a sponsorship rate that “pays it forward”.

- **Pros.** Allows programs to remain accessible to people with different abilities to pay, without administrative costs associated with verifying income.
- **Cons.** There is a greater risk of generating an imbalance between revenues and users than a single fee system.

Graduated Age-based Discount Option

A graduated age-based discount offers discounts that increase with age. For example, a standard rate could be offered to adults under 50, a small discount offered to adults 50-64, and a larger discount to adults over 65.

- **Pros.** This structure could allow Tukwila to offer a higher discount to adults over the age of 65 who are less likely to be working and may have less ability to pay than the older adults aged 50-65.
- **Cons.** There is some administrative cost and complexity associated with creating different discount levels. Age-based discounts may not provide equitable access based on need.

Income-based Discount Options

The National Recreation and Parks Association advocates for ending age-based discounts and implementing income-based discounts. There are several ways to implement income-based discounts all of which require an individual to apply and for their income to be verified. Oftentimes, individuals must requalify on an ongoing basis, which means reapplying every one or two years. Ways to offer income-based discounts include: offering discounts ranging from 10-90% based on household income, offering one low-income fee for those meeting a certain area median income or percent of the federal poverty level (for example, 200% of FPL), or offering needs-based scholarships. A fee study could help Tukwila determine the appropriate way to apply income-based discounts.

- **Pros.** Allow programming and access to remain equitable, as income-based discounts are more aligned with ability to pay than age-based discounts.
- **Cons.** There are not insignificant administrative and staff time costs associated with reviewing applications and verifying income. Some costs may be mitigated based on which documents are accepted to verify income. For example, the city could choose to only accept other social service program eligibilities (i.e. TANF, SS, or a letter from a Homeless Shelter). These costs are usually not one-time, but ongoing due to requalification. The City could also outsource income verification to agencies that already verify income, but some agencies charge for this service.

Part 2 – Community Profile

INTRODUCTION

The Community Profile includes detailed data and reports from interviews and engagements. Its purpose is to provide the quantitative and qualitative data that informed the needs, gaps, barriers, and strategies identified in Part 1 – Older Adults Needs Assessment. The Community Profile includes the following sections:

- **Data Analysis.** A review of statistical information from a variety of sources to help us better understand the characteristics of older adults in Tukwila.
- **Provider and Non-Profit Interviews.** Information about older adults in Tukwila and the availability of recreational services in the community collected from phone interviews with agencies that serve the community.
- **Community Survey Results.** A summary of the results of the Tukwila’s survey of older adults about their recreational needs and barriers to participation.
- **Community Engagements.** Information collected from older adults that participated in several types of community events, some held specifically to collect information for the Needs Assessment.

DATA ANALYSIS

The community profile was developed to understand the characteristics of older adults in Tukwila and better anticipate and serve their future needs.

Please note that the information and strategies in this report define older adults as age 55 and older.⁴ This is done in part to coordinate with the King County Veterans, Seniors, and Human Services Levy, which provided grant funding to conduct this assessment. However, some of the data includes different benchmarks to define older adults or breaks out its age cohorts differently. Census data, for example, defines older adults as 65 and older. Where data could be tracked only for adults age 55 and older, that information was used. In some cases, different age ranges were needed to capture data for older adults. This is a limitation inherent in using the available data sets and age ranges are documented in the figures below. To compensate for these variations, the qualitative data collection process was used to question and confirm the insights gained through the quantitative data analysis.

Data sources and methodology

This profile uses data from several sources, including:

- **American Community Survey (ACS).** In general, the analysis uses the 2013 – 2017 five-year estimates to support analysis at the city level.
- **Public Health Seattle & King County (PHSKC) City Health Profiles.**
- **Washington State Office of Financial Management (OFM) April 1 population estimates.** OFM develops inter-census estimates of the populations of all cities and towns in the state for April 1.

⁴ In some areas the profile addresses a population as young as 40 years old. This is done to get a snap shot of the future older adult population.

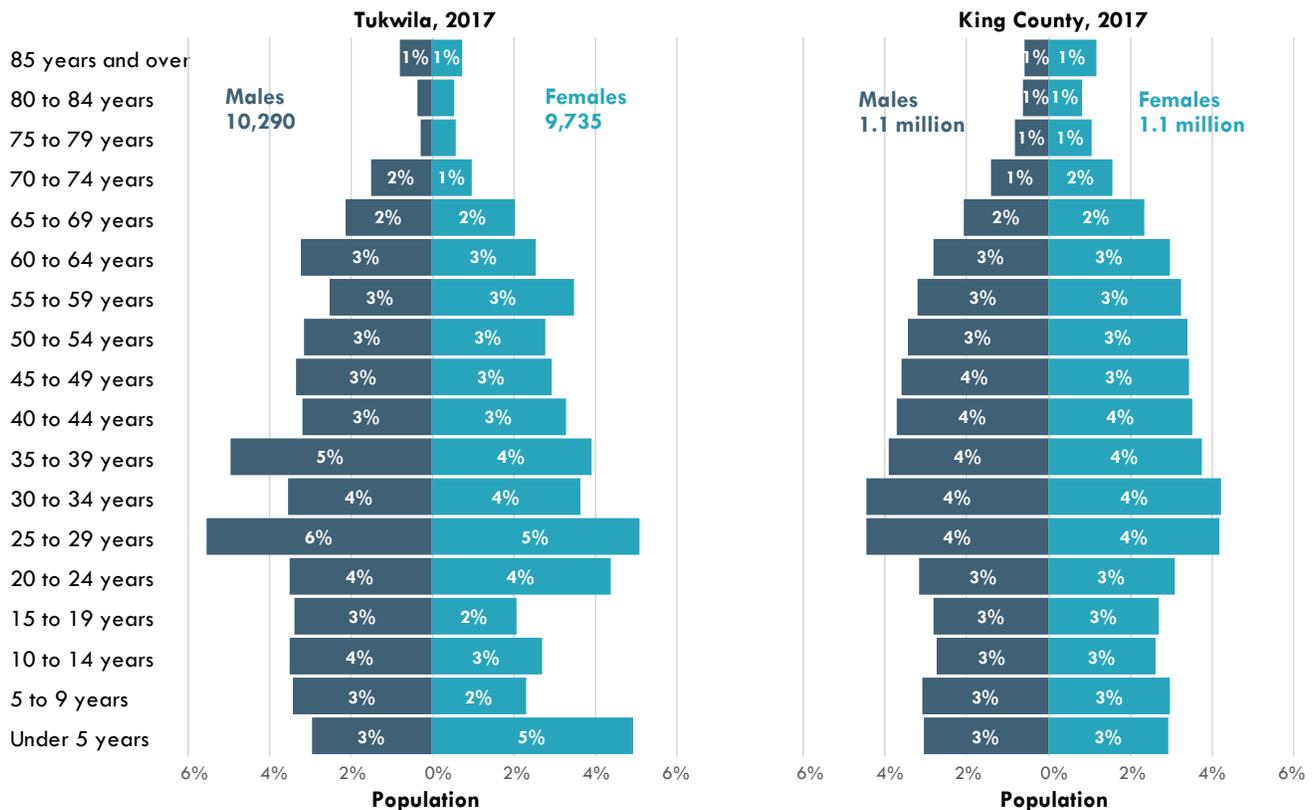
These estimates are considered the official jurisdictional population and are used in state program administration and to allocate revenues.

- **U.S. Department of Housing and Urban Development (HUD).** HUD releases housing data under the Comprehensive Housing Affordability Strategy program (CHAS). Data is based on ACS 5-year estimates, and provides information on housing affordability, household income, and household comparison.
- **Tukwila Parks and Recreation Department Program data.**

Age and Population

Tukwila grew at an average annual rate of 2.2% over the last seventeen years from a population of 17,204 to just over 20,000 in 2017 according to the U.S. Census Bureau estimates. The most recent OFM population estimates put the Tukwila population slightly lower at 19,800. The population aged 50 and older, has been growing at a faster rate, with an average annual growth of 6.1% over the same period.

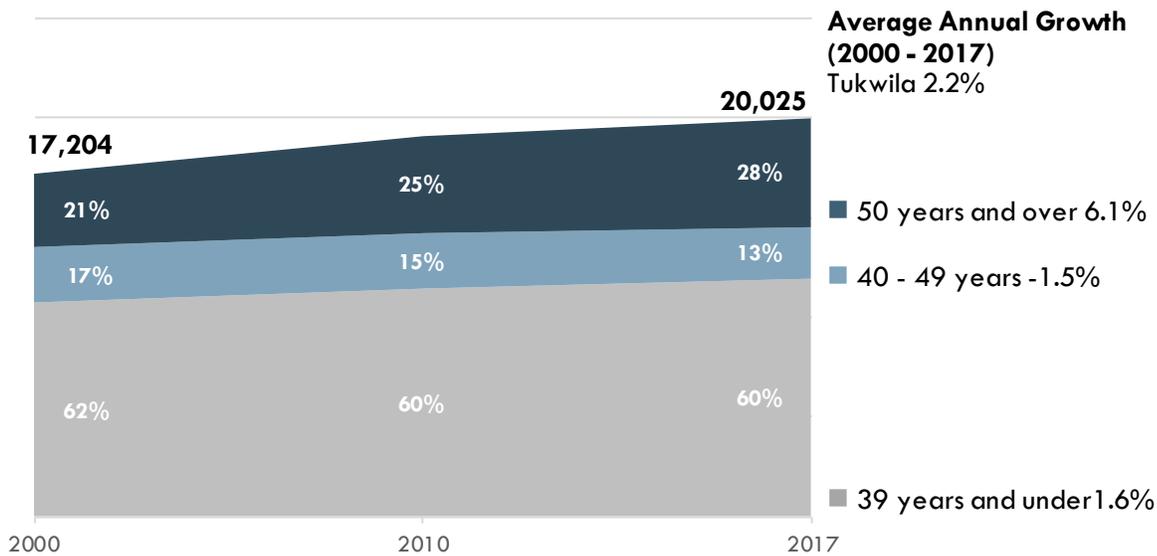
Exhibit 4. Age Distribution, 2017



Source: American Community Survey Table S0101, 5-year estimates 2013 – 2017; BERK 2019.

- Compared to King County, Tukwila has a similar distribution of population by age with a lower share of adults aged 40 to 44 years old.
- Over a quarter (28%) of the Tukwila population meets the Tukwila Parks and Recreation definition of an older adult, by being over the age of 50.

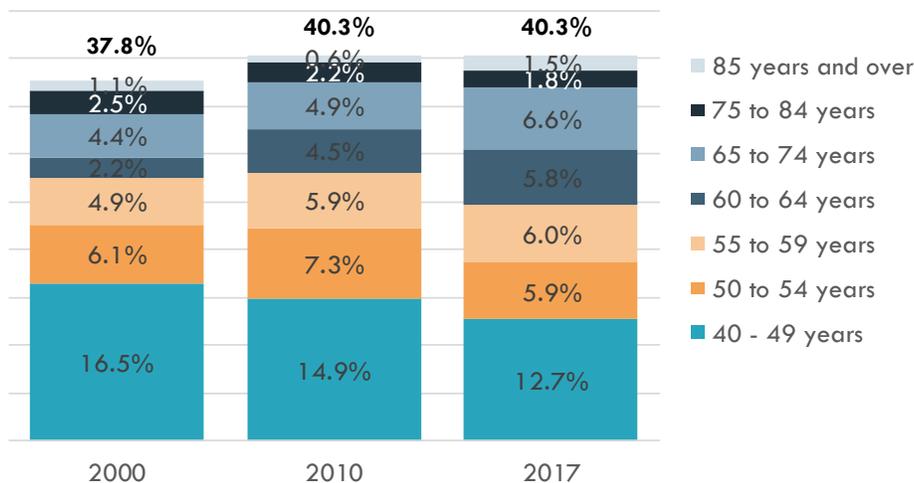
Exhibit 5. Trends in Age Group Populations, 2000 – 2017



Source: American Community Survey Table S0101, 5-year estimates 2013 – 2017; US Census Bureau, 2010 Census Summary File 1; US Census Bureau, 2000 Census Summary File 1; BERK 2019.

- The population over age 50 grew at an average annual rate of 6.1% between 2000 and 2017, a faster rate than the total Tukwila population overall which grew at an average annual rate of 2.2%.
- The population 40-49 years decreased at an average annual rate of 1.5% between 2000 and 2017, likely the result of the “Baby Boomer” cohort moving into the over 50 category without as many residents to follow behind.

Exhibit 6. Change in Tukwila's Age Distribution, 2000 – 2017



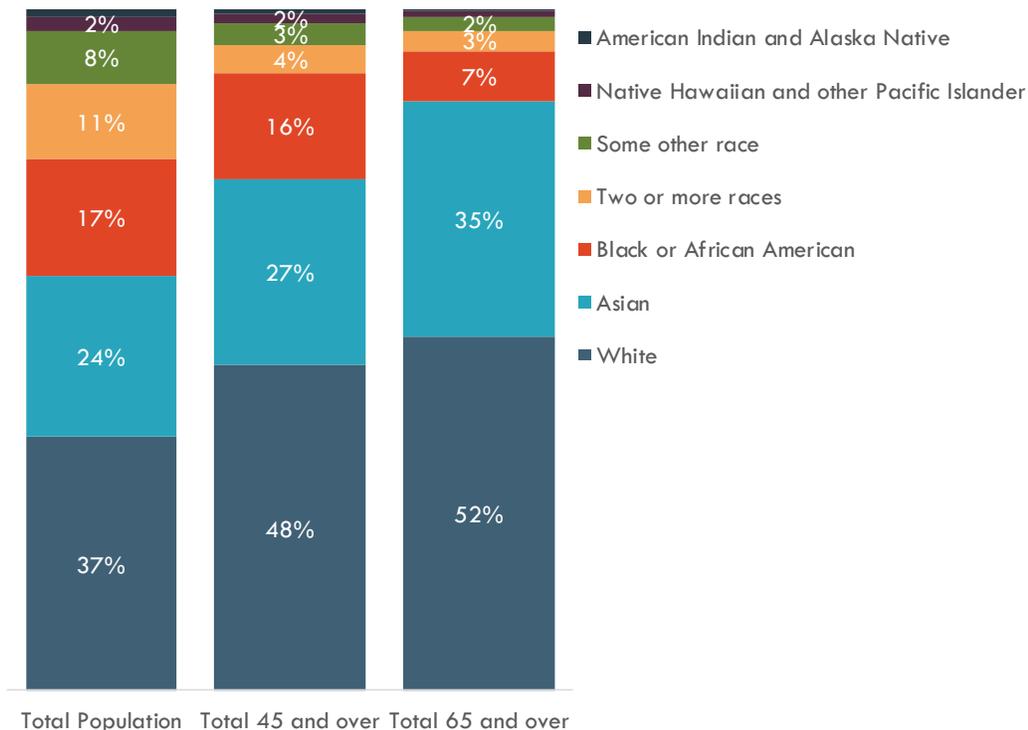
Source: American Community Survey Table S0101, 5-year estimates 2013 – 2017; US Census Bureau, 2010 Census Summary File 1; US Census Bureau, 2000 Census Summary File 1; BERK 2019.

- The population over age 40 grew from 37.8% of the total population in 2000 to 40.3% in 2017. Most of that growth has been in the 50 years and over age group, growing from 21% of the population 2000 to 28% in 2017.
- Adults ages 40-49 decreased as a proportion of total population over the last 17 years, from 17% in 2000 to 13% in 2017. This decrease was expected as the “Baby Boomer” cohort moved out of this age range. The cohort of adults currently in the 40-49 age group are the anticipated future older adult population. Future growth of this cohort will also be influenced by trends in immigration (see Diversity section below) and by regional mobility (whether people in this age group move in or out of Tukwila as they age).

Diversity

Tukwila is one of the most racially and ethnically diverse cities in Washington. Exhibit 7 presents the distribution of the city population among the federal race categories. In addition to the racial makeup of the population overall, the racial makeup of those 45 years and older as well as 65 years and older is also shown. In King County overall, about a third of the population are People of Color, while in Tukwila over 60% of the population are People of Color.

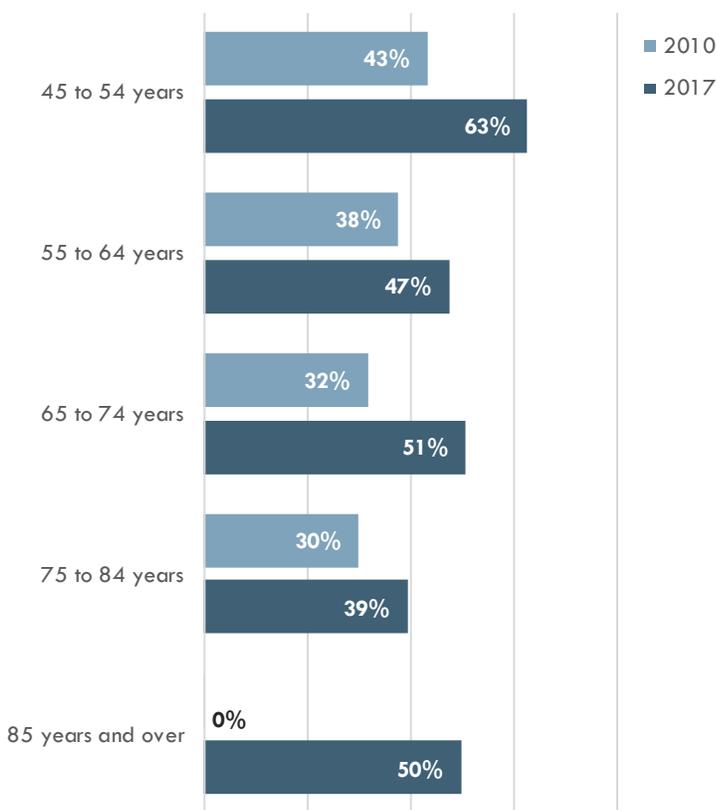
Exhibit 7. Race of Tukwila Older Adults 65 and Over, 2017



Source: American Community Survey Tables B01001A-B01001I 5-year estimates, 2013 – 2017; BERK 2019.

- Racial diversity is different across age groups.
 - There are more White residents in the population over the age of 65 (52%) than in the Tukwila population overall (37%).
 - There is a larger share of Asians in the population aged 65 and older (35%) than in the population overall in Tukwila (24%).
 - There is a larger share of Black or African American residents among those 45 years and older than in the 65 years and older sub-population.

Exhibit 8. Percent of Population that are People of Color by Age Cohort, 2010 and 2017

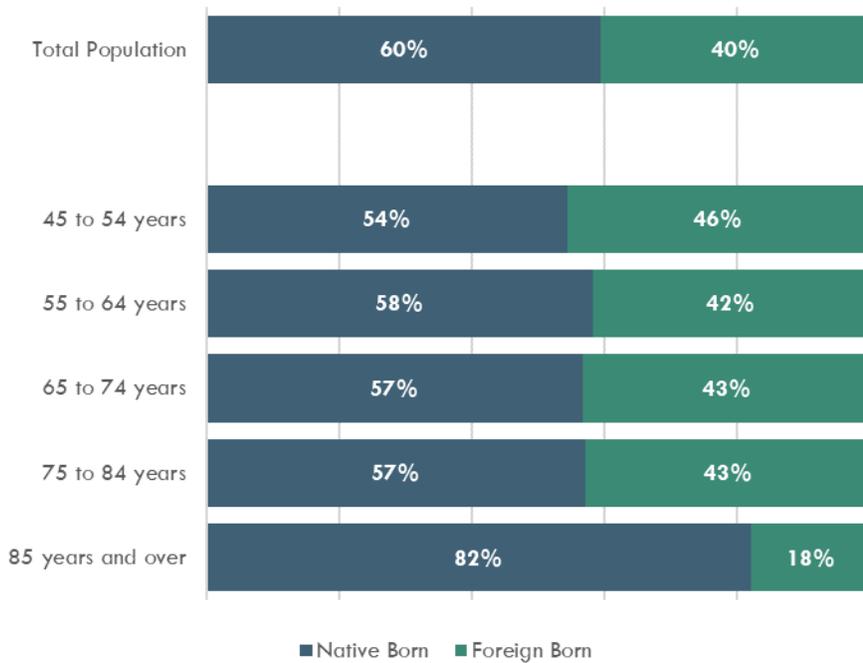


Source: American Community Survey Table B01001H 5-year estimates 2010 – 2017; BERK 2019.

- Over the last seven years, Tukwila older adults have become more racially diverse in each age group. The biggest change is in the population age 85 years and older. In 2010, it was estimated there were no People of Color in the 85 years and older age group, while in 2017 People of Color were estimated to make up 50% of this age group.

There is a diverse immigrant population in Tukwila and in King County as a whole. The diverse ethnic population makes the region attractive for immigrants. Long-standing, multi-generational immigrant communities sponsor the immigration of family members from their home country or from the countries their family members fled to at the time of their displacement.

Exhibit 9. Foreign-Born Population of Tukwila Parks and Recreation Senior Population, 2017



Source: American Community Survey Table S0501 5-year estimates 2013 – 2017; BERK 2019.

- Overall, 40% of residents in Tukwila are foreign-born. That share changes by age with more of the population being foreign-born in age groups 45 – 84 years of age (42% - 46%), while only 18% of the population 85 years and older are foreign-born.

Exhibit 10. Tukwila Place of Birth for the Foreign-born Population, 2017

Place of Birth for Foreign-born Population	
Asia	50%
Africa	21%
Latin America	20%
Europe	7%
Oceania	1%
Northern America	0%

Note: Oceania includes Australia and the nations of the Pacific.

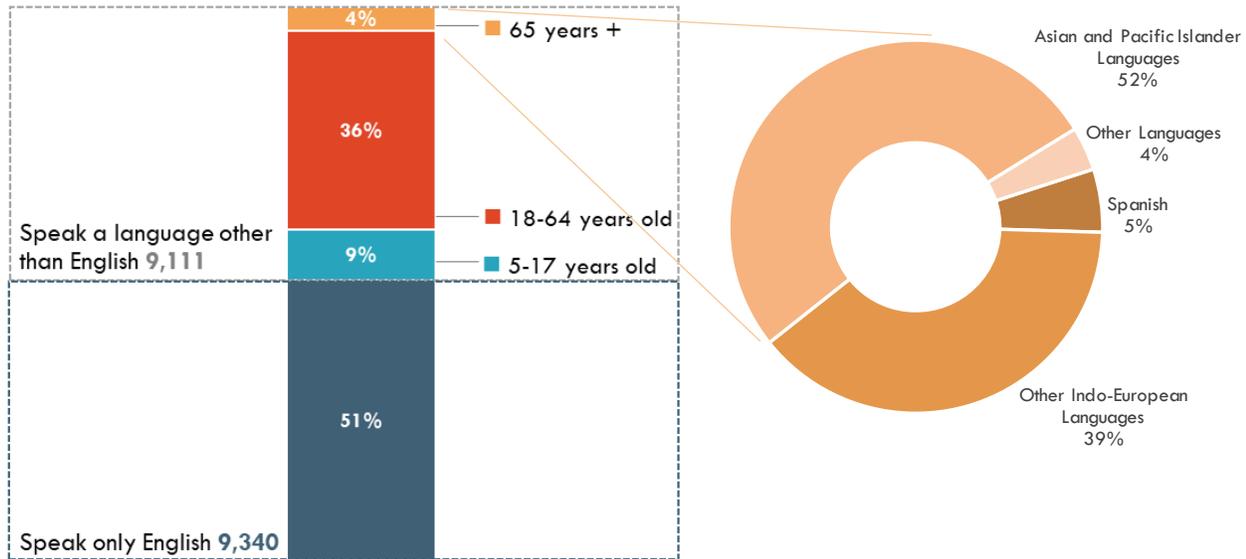
Source: American Community Survey Table B05002 5-year estimates 2013 – 2017; BERK 2019.

- Half of those born in countries outside the United States for all age categories in Tukwila are from Asia, while 21% are from Africa and 20% from Latin America.

Languages Spoken at Home

Analysis of languages spoken at home illustrates both the needs of the older adult community in terms of barriers to information due to English fluency, as well as detail on the ethnic and identity diversity of the community.

Exhibit 11. Tukwila English Proficiency and Languages Spoken at Home by Older Adults 65 years and Older, 2017



Source: American Community Survey Table S1601 5-year estimates 2013 – 2017; BERK 2019.

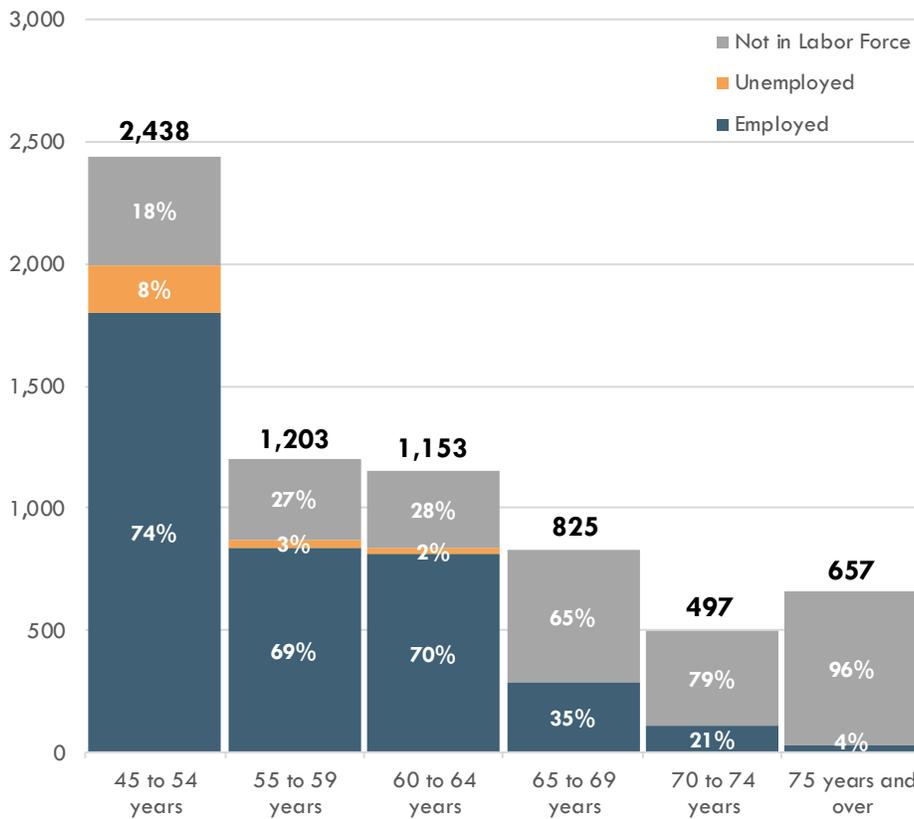
- 49% of the Tukwila population speaks a language other than English at home.
- Of that 49%, 4% are aged 65 and older. Amongst older adults that speak a language other than English at home:
 - The majority (52%) speak Asian or Pacific Islander languages which include Burmese, Chinese, Filipino, Hawaiian, Japanese, Lao, Samoan, Tagalog, Thai, and other languages of Asia.
 - 39% speak Indo-European languages other than English. Indo-European languages, as defined by the U.S. Census Bureau include languages typically spoken in India and surrounding areas, such as Hindi, Nepali, and Punjabi; European languages such as French, German, Dutch, and others; Eastern European languages such as Polish, Russian, and Armenian; and Persian languages including Dari and Farsi.
 - 5% speak Spanish.
 - 4% speak other languages, including Arabic, Somali, Amharic, and other languages.

Economic Indicators

Employment

By defining older adults as those age 55 and older, many are still of working age. Exhibit 12 shows by age category the percentage of older adults and soon to be older adults by the share of employed, unemployed and looking for work, and those not in the work force or retired. Those that are still employed may need different programming to meet their interests or different schedules in the evening or morning times that are easier for them to attend with a full-time work schedule.

Exhibit 12. Employment Status by Age, 2017



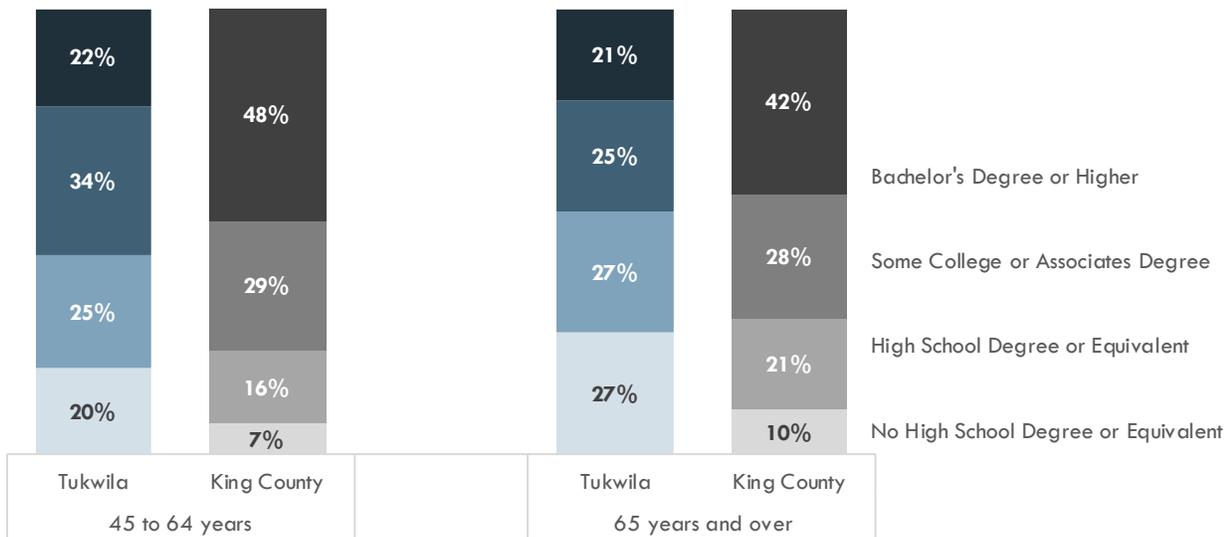
Source: American Community Survey Table B23001, 5-year estimates 2013 – 2017; BERK 2019.

- Most Tukwila residents are employed until age 64 (69% - 74%).
- Although employment drops off at age 65 and those no longer in the labor force increases, over a third of residents aged 65 to 69 and a fifth aged 70 to 74 are still working.

Educational Attainment

Educational attainment of older adults in Tukwila may influence what type of programming is of interest.

Exhibit 13. Educational Attainment for Older Adults Living in Tukwila and King County, 2012 and 2017

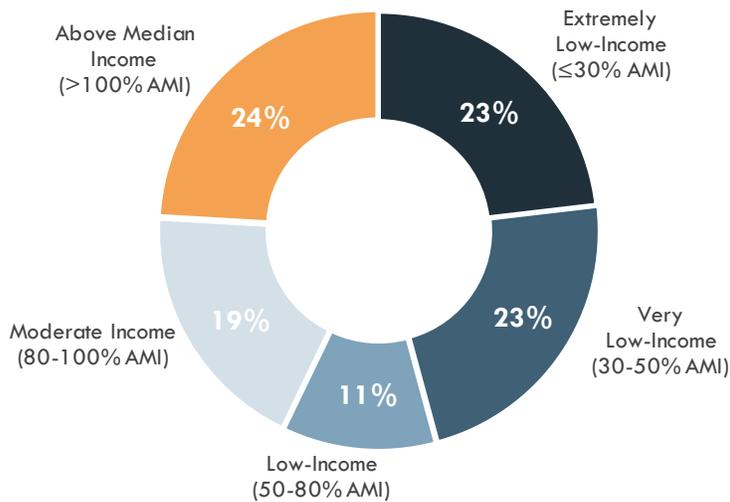


Source: American Community Survey Table B15001, 5-year estimates 2013 – 2017; BERK 2019.

- In Tukwila, approximately 22% of adults aged 45 to 64 years and 21% of those aged 65 and older have a bachelor’s degree or higher.

Income

Exhibit 14. Population Aged 62 and Older by Area Median Family Income, 2015



Note: AMI = HUD Area Median Family Income

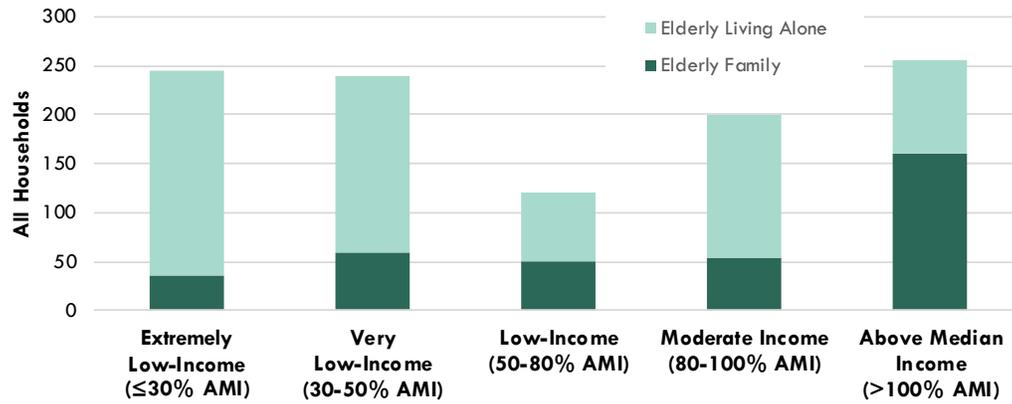
Source: HUD CHAS (based on ACS 2011 – 2015 5-year estimates); BERK 2019.

- Three quarters (76%) of adults aged 62 and older are below the area median income (AMI).

Household Composition and Support

Household characteristics such as income, social support, and family responsibilities relate to known barriers for adults participating in recreational activities. The following exhibits examine household characteristics.

Exhibit 15. Elderly Household Type by Income, 2015



Household Type	Extremely Low-Income (≤30% AMI)	Very Low-Income (30-50% AMI)	Low-Income (50-80% AMI)	Moderate Income (80-100% AMI)	Above Median Income (>100% AMI)	All Households
Elderly Family	35	60	50	54	160	359
Elderly Living Alone	210	180	70	145	95	700
Total	245	240	120	199	255	1,059

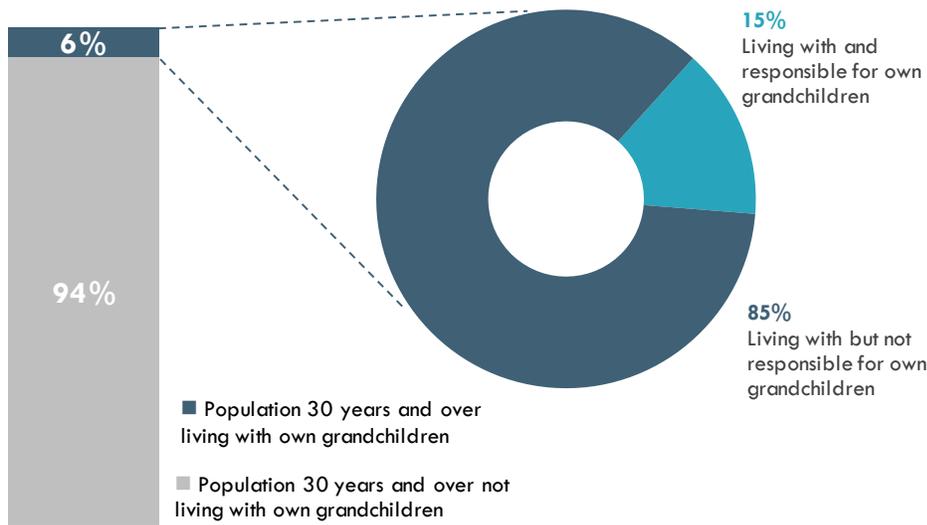
Household Type Description	
Elderly Family	2 persons, either or both age 62 or over
Elderly Living Alone	Age 62+, living alone

Note: AMI = HUD Area Median Family Income

Source: HUD CHAS (based on ACS 2011 – 2015 5-year estimates); BERK 2019.

- Approximately two-thirds of those aged 62 and older in Tukwila are living alone, while the other one third lives in with at least one other person.

Exhibit 16. Responsibility for Own Grandchildren Under 18 Years of Age, for the Population 30 years and Older, 2017



Source: American Community Survey Table B10050, 5-year estimates 2013 – 2017; BERK 2019.

- 6% of the Tukwila population over age 30 lives with their grandchildren (approximately 651 residents). The data does not distinguish between age cohorts, so it is not possible to get a count of just older adults. Of those adults living with grandchildren, 15% are solely responsible for the care of their grandchildren. Caretaking can be a significant barrier to participation in recreational activities.
- It is estimated that 28% of grandparents living with and responsible for their grandchildren are foreign-born.⁵ This population faces cultural and linguistic barriers as well as caretaking barriers.

Health

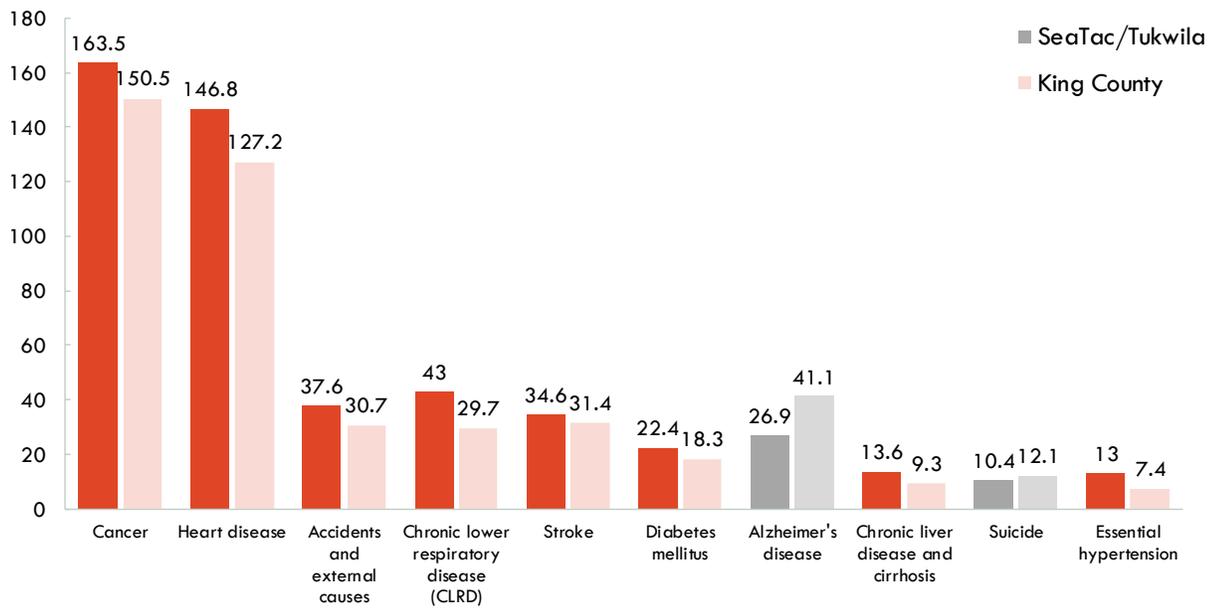
The top ten leading causes of death in the SeaTac/Tukwila region can help inform what evidence-based programming should be offered to older adults by the Tukwila Recreation department. Exhibit 17 shows that the prevalence rate per 100,000 of the top 10 leading causes of death in the SeaTac/Tukwila region are slightly higher than in King County overall. The mostly widely offered evidence-based programs for older adults nationwide, according to the National Recreation and Park Association are:

- Diabetes prevention
- Fall prevention, such as *Tai Chi* and *A Matter of Balance*
- Arthritis relief

Due to the high rate of diabetes and accidents that cause death in SeaTac and Tukwila, this programming could be appropriate to expand in Tukwila.

⁵ American Community Survey Table S1002, 5-year estimates 2013 – 2017

Exhibit 17. Top 10 Leading Causes of Death in SeaTac/Tukwila, 2010 – 2014 Average



Source: Public Health Seattle King County City Health Profiles, 2010 – 2014; BERK 2019.

- The SeaTac/Tukwila rates for the top ten leading causes of death are higher than countywide averages, except for Alzheimer's and suicide.

Exhibit 18. Health Risk Factors and Chronic Diseases

	SeaTac/Tukwila	King County
Current Smoker	24%	14%
Obese (BMI>=30)	28%	22%
Did not participate in any physical activity	29%	16%
Have been told to have diabetes	8%	7%
Have current asthma	7%	9%
Excessive alcohol consumption	21%	22%
Ever been told to have high blood pressure	18%	26%
Have high blood cholesterol	41%	35%
Had coronary heart disease or heart attack	3%	3%

Source: Public Health Seattle King County City Health Profiles, 2010 – 2014; BERK 2019.

- Of the population 18 and over in the SeaTac/ Tukwila area, there are several health risk factors that are higher than countywide averages.
 - The rate of smokers is 10 percentage points higher at 24% than for King County overall (14%)
 - The rate of obesity is 28% compared to 22% countywide
 - Those reporting they do not participate in any physical activity is thirteen percentage points higher at 29% than for King County overall (16%).
 - There is also a high rate of residents with high blood cholesterol (41%) compared to 35% countywide.

Provider and Non-Profit Interviews

Those who provide services to older adults have insight into the needs and barriers they face. This qualitative information often helps to clarify gaps and opportunities. The following community organizations and providers were contacted to better understand the needs of older adults in Tukwila:

- City of Tukwila Parks and Recreation Senior Adult Program^{*6}
- Sustainable Housing for the Ageless Generation (SHAG)*
- Sea Mar*
- Sound Generations – Hyde Shuttle and Meals on Wheels*
- Catholic Community Services*
- Global to Local*
- Asian Counseling and Referral Service (ACRS)*
- Vietnamese Friendship Association
- El Centro de la Raza
- International Rescue Committee*
- Nepal Seattle Society[#]
- Northwest Communities of Burma[#]
- Somali Health Board*
- Vietnamese Martyrs Church
- Tukwila Schools Community Liaisons[#]

Service providers and non-profits were asked about:

- What recreation and other services does their organization provide for older adults?
- Who do they currently serve or not serve?
- What are the unmet needs for older adults in Tukwila?
- How do needs vary across Tukwila's diverse community communities?
- Who is underserved and why?
- What are the barriers to accessing services?
- What is the role of the City in addressing needs and barriers?

⁶ An asterisk (*) indicates organizations that completed an interview; a hashtag (#) indicates organizations that did not respond.

Inventory of Service Providers for Older Adults

City of Tukwila

Currently, the City provides recreation and services to older adults through the Tukwila Older Adult Program. The program has around 2,000 seniors in their database that have participated in the last three years and provides programs for adults ages 55 and over. Programs include the following:

- Community building
 - Drop-in programs such as: dominoes, writing family memoirs class, and senior lunch program.
- Health and wellbeing
 - Senior fitness program. For some older adults with a health plan with a wellness benefit, and insurance covers the cost of the fitness program.
 - Sports activities such as: senior adult volleyball league, softball, and women’s hiking group.
- Enrichment
 - Cultural arts including: oil painting, water color, painting workshops, basket weaving, and Ukrainian egg design.
 - Trips. The City organizes around three to four trips a month, for a total of 20 trips per quarter. Past trips have included a tour of a steel mill, theatre outings, visits to nurseries, and Mariners games.

Community Organizations and Providers

- **Sustainable Housing for the Ageless Generation (SHAG)** is a non-profit providing sustainable housing for seniors at over a dozen locations in the Puget Sound Region, including the newest location in Tukwila. In addition to affordable housing, SHAG provides a wide range of services, including an exercise room and fitness classes, transportation resources, financial resources, social and health services. SHAG assists residents by bringing medical experts to the community, helping residents to apply for SNAP benefits, and advocating for increased community resources.
- **Catholic Community Services** provides a range of services for seniors, including the Senior Nutrition Program, which provides nutritious meals through Lunch Sites and home delivery. The Lunch Sites rotate throughout the week; the program is hosted in Tukwila one day a week.
- **Sound Generations** is a one-stop shop for adults aged 60 and older as well as adults under 60 with disabilities. Their services include minor home repair services, transportation, resource referrals, health insurance assistance, and enhance wellness program.
 - Meals on Wheels: delivers meals to home bound clients once a week. Serves around 1,500 around the county. The suggested donation is \$5 per meal for participants 60 and older. Those under 60 pay \$5 per meal.
 - Hyde Shuttle: transports seniors around the area- to senior centers, doctor’s appointments, shopping, community centers, fitness programs.

- **Sea Mar Community Health Centers** are community-based organizations providing comprehensive health, human, housing, educational, and cultural services, specializing in service to the Latinx community in Washington State. Sea Mar has many locations in the region and provides medical, dental, and behavioral health services. For older adults, Sea Mar assists with applying for housing, food programs, Social Security benefits, and transportation services like Hopelink and Hyde Shuttle.
- **Global to Local** states that they advance health and equity by combining the lessons of global organizations with community-level change. Global to Local also leads the Somali Women’s fitness course.
- **Asian Counselling Referral Service** describes their role on their website as promoting social justice and the wellbeing and empowerment of Asian Americans and Pacific Islanders and other underserved communities – including immigrants, refugees, and American-born – by developing, providing and advocating for innovative, effective and efficient community-based multilingual and multicultural services.
- **Vietnamese Friendship Association (VFA)** is a 501(c)(3) non-profit organization established in 1978 to help Vietnamese refugees and immigrants adjust to life in the U.S. after the Vietnam War. The organization offered ESL (English as a Second Language) courses, employment, and citizenship services. In its present day operations, it has programs and services focused on four core areas: supporting students to be college- or career-ready, strengthening families to be self-reliant and successful, developing leaders so the Vietnamese community is heard and represented, engaging with diverse communities to advocate for systems change. However, the VFA prepared a needs assessment on Vietnamese seniors in 2012.⁷

Key findings

- **Transportation is a regional problem that presents a pressing need for older adults and prevents access to services.** Throughout conversations, interviewees echoed that transportation is a barrier to access, possibly the largest barrier. There are limited Metro bus stops in the area. Many older adults are unable to drive; or still drive even though it is no longer safe for them to drive. The only way for them to get to services or programs is by getting a ride. Access Paratransit (the bus program) sometimes makes mistakes and takes people to the wrong place; it also takes a long time to fill out the form, get physician sign-off, and get the application approved. Older adults sometimes take Hyde Shuttle, or their caregivers drive them places. In addition to increased transportation options, adults could benefit from training on how to use existing transportation options and increased language options on these shuttles and services.
- **Language barriers prevent older adults from learning about resources, understanding how to use them, and feeling comfortable reaching out.** This barrier can contribute to social isolation. As an increasingly diverse community, Tukwila has many residents from different cultural, ethnic, and religious backgrounds speaking a variety of languages. Providers can offer resources in different languages and at cultural centers to increase accessibility.
- **Older adults with physical, visual, or hearing disabilities, and those who have dementia or**

⁷ Dang, Teresa. *The Needs and Challenges of Vietnamese Seniors: Community Assessment Report*. 2012.

Alzheimer's are underserved. There are few resources for these adults, who tend to be isolated. On city field trips, participants can use walkers, but the City does not have staff, training, or vehicles if they need wheelchairs. Hyde Shuttle does not provide direct assistance to those who may be blind or deaf; they need to provide their own equipment. Meals on Wheels does not provide menu options specific to those with disabilities.

- **Financial barriers were also raised in conversations.** Many older adults have fixed incomes and may be unable to afford fee-based programs or services. Many organizations do provide meals or services at low costs to older adults, so continuing to support these providers and increasing awareness of these resources is important.
- **There is concern about older adults facing social isolation.** Socialization is important for longevity and good health. Whether due to cultural and language barriers, or due to limited mobility from disability or inability to access transportation services, older adults who may live alone and are unable to spend time with others become isolated from the community.

COMMUNITY SURVEY RESULTS

The City of Tukwila developed a community survey in both English and Spanish that was available online and distributed in person at city-sponsored events and engagements. The survey was promoted by word-of-mouth, at in person outreach events, on the website, through social media, and through postcards. There were approximately 130 responses. More than 95% of the respondents were age 55 and older, and approximately two-thirds were women. Almost one third (30%) of respondents live alone, a bit less than half live in a two-person household, and the rest live in households of three or more people. About half of the respondents identified as White, about one quarter identified as Latinx, and the remaining one quarter identified as either Black or African American, American Indian or Alaska Native, Asian, or more than one race. Appendix A shows the survey questions and results.

Key Findings

- Fitness, social programs, and nature-focused activities received the highest interest with about 50% of the respondents indicating interest. Service programs, cultural events, and arts and crafts activities were also favored by at least 30% of the respondents.
- Awareness of activities and transportation were identified as the top barriers to participation by over 60% of the respondents.
- Responsibilities such as work and household obligations were barriers for about one third of respondents, as was cost.
- Nearly 85% of respondents rated Tukwila's current programs for older adults as excellent or good.

COMMUNITY ENGAGEMENTS

In addition to stakeholder interviews, the City of Tukwila hosted a series of community engagements to discuss needs and barriers with older adults in February of 2019.

Latino Lunch at Tukwila Community Center

There were two engagements at the regular Tuesday Latino Lunch event held at the Tukwila Community Center. Consultants and City staff discussed the needs assessment project with attendees, helped collect survey responses in English and Spanish, and engaged in an activity that provided information and spurred conversation about needs and barriers. 25 older adults participated over the two events. Attendance was lower than expected due to inclement weather and a problem with the dispatch system for the ACCESS bus.

Senior Strength Fitness Class Intercept at Tukwila Community Center

Intercept activities were conducted at the Tukwila Community Center with members of the senior strength class as it ended. Participants were asked to put dots on boards to indicate which of the possible activities and events would be of interest to them. Four people participated, and they were primarily interested in additional senior fitness offerings. One specific request was to reinstate the low-impact yoga class for older adults and those with other physical abilities.

Eleanor Roosevelt Performance Lunch at Tukwila Community Center

Printed surveys were distributed to the attendees at this performance and lunch with staff available to answer questions and offer clarification on the purpose of the project. 76 people attended.

Somali Women's Fitness Class Intercept at Tukwila Community Center

Participants of the Somali Women's Fitness class completed a dot exercise about their interests and needs for activities and programming. Eight women were in attendance.

Somali Focus Group at Abu Bakr Islamic Center & Mosque

In partnership with the Abu Bakr Islamic Center and Mosque there was a discussion group to hear from elders in the Somali community. Dot exercise sheets were distributed for attendees to complete during the discussion. Elders shared their experiences and emphasized the many other needs that are a higher priority to address than recreation programming. There were 26 people in attendance, all of whom submitted their dot activity sheets.

A unique need mentioned by this group was single-sex activities such as swimming, as it is culturally inappropriate for women and men to engage in such activities together or in view of one another. Additionally, while services such as Meals on Wheels garnered interest, the community would feel more comfortable if a known member of the community prepared the food to halal standards and was the one to serve/provide it to recipients.

Cultural Stories Performance Breakfast at Tukwila's Sullivan Center

A light breakfast was served at this performance and attendees milled around the tables learning about the needs assessment project. There were 10 people in attendance, many of whom had taken the survey or completed the activity at earlier outreach events. Activity participants indicated interest equally across health and fitness, senior fitness classes, local trips and events, extended travel, and nature focused activities with three dots each. It was unsurprising that this group was particularly interested in the local and extended travel opportunities as they had traveled to this event.

St. Thomas Parish

The St. Thomas Parish office received survey flyers and postcards to reach the Bhutanese community and to further engage the Latino communities. Staff at the parish reported that there was a large population interested in recreation through their on-site gardens.

Appendix A – Survey Questions and Results

1. Which of the following activities and programs sponsored by the City of Tukwila are you aware of for adults age 55 and older? Please choose all that apply. (n=127)

Answer Choices	Responses
Health and Fitness (such as line dancing, free fitness time, open gym volleyball, Senior co-ed volleyball league, open pickleball, Tukwila Trailers hiking group)	101
Senior Fitness Classes (such as SilverSneakers, Enhance Fitness, Cyntergy, Lunchtime Yoga, Senior Strength)	87
Local Trips and Events (such as Nordic Heritage Museum, African American Museum, Nucor Steel Plant Tour, Musicals, Bunco parties, Performances, Lunch excursions, Prison pet program, Tulip Tour and cruise, Garden walk, etc.)	74
Services (such as Meals on Wheels, Help Us Help You – Human Services Assistance, Community Living Connections, Foot Care, etc.)	73
Arts programs (such as painting, watercolor, basket weaving, writing workshops, etc.)	61
Social programs (such as Pinochle, Mexican train dominoes, etc.)	51
Extended Travel (such as organized domestic or international trips)	46
Volunteer Opportunities (such as Green Tukwila)	34
Other (please specify)	16

2. What activities and programs for adults age 55 and older would you like to participate in? If you are under age 55, which activities and programs would a friend or family member age 55 or older like to participate in? Please choose all that apply. (n=120)

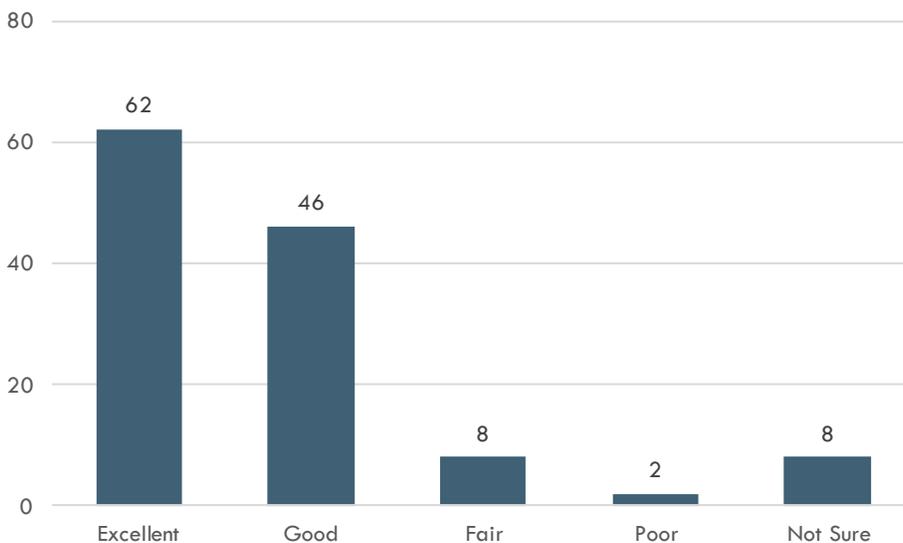
Answer Choices	Responses
Fitness classes such as aerobics, yoga, weight lifting, etc.	63
Social programs such as games, dances, book clubs, etc.	61
Nature focused activities such as gardening, hiking, environmental stewardship	58
Service programs that help with nutrition or daily living activities.	48
Cultural events and celebrations such as Dia de Los Muertos, Eid al-Fitr, Lunar New Year, Solstice, Pride, Indra Jatra, Thanksgiving, etc.	46
Arts and crafts activities such as scrapbooking, music classes, pottery, etc.	44
Opportunities to volunteer in the community.	28
Competitive sports such as pickleball, ping pong, etc.	25
Events and classes led by people who speak my language.	23
Events and classes for women-only or for men-only.	21

Answer Choices	Responses
Support groups for caregivers, people living with illness, LGBTQ support, etc.	19
Inter-generational activities designed for the whole family such as parties, events, movie nights, etc.	18
Specific ideas or other comments	14

3. What prevents adults age 55 and older from participating in activities and programs? Please choose all that apply. (n=117)

Answer Choices	Responses
Awareness (some older adults are not aware of the programs and activities offered)	73
Transportation to activities (it is difficult for some older adults to get to the activities)	70
Time of activities (such as activities aren't offered at times some older adults can attend)	63
Cost of activities (the activities are too expensive for some older adults to afford)	44
Work (some older adults work during the time the activities are offered)	32
Household responsibilities (some older adults have responsibilities to take care of childcare or other family obligations)	31
Types of activities (the activities offered aren't interesting to some older adults)	23
Other	8

4. How would you rate the activities and programs for adults age 55 and older that are offered by the City of Tukwila? (n=126)



5. How could the City of Tukwila improve recreation services and programming for older adults?
(n=44)

- Maybe have captains -- one per neighborhood who serve as point person, maintain email list for announcements, help arrange rides, coordinate grocery/library/p.o. runs etc. Let seniors know they can request a ride to the swimming pool or library. "Elderatti" or "geezeratti" are terms I made up for seniors. An email group for Elderatti Tukwila (or Geezeratti Tukwila) would keep older adults informed *locally* and connected for everything from where to get help to where to have fun, exercise, movies, library tips, gardening. Next Door keeps neighbors in touch -- would be nice to have a Next Door for Oldsters in Tukwila.
- I hope you realize your senior activities director Sheri is a gem. She has a wonderful way with people, enjoys them, and is a leader without being bossy. Remove the screen paint from the vans windows! The journey is part of the trips and only the front row of seats sees clearly! Type size in this questionnaire way too small for seniors.
- Tukwila cc feels like a true home. Please budget funding for this beautiful center to serve more people in the future.
- Thank you!
- Offer things like dancing with 50s 60s and 70s live music for us seniors.
- Getting word out - perhaps advertising or leaflets at nearby places where seniors are participating in similar activities that are offered by Tukwila. Even beyond Tukwila boundaries to pull more people in.
- Keep doing what you do, people from Renton and Burien come to Tukwila because they like what Tukwila offers.
- Cooler temperatures in room. We are sweating. Larger room for crowded classes.
- Larger exercise room on Friday 10:30am.
- All Tukwila needs to do is make the schedule known to the citizens and they will determine whether they want to attend.
- Outreach to communities of color and languages other than English.
- Coordination with other agencies and non profits who are familiar with and provide services with communities in Tukwila who are not now well served.
- I'm not too aware of what all goes on here, but I did participate in the Senior Softball.
- More advertising.
- More dancing and country bands.
- Have more male oriented programs such as walking groups, bowling teams, bicycling groups.
- See above.
- There is good music, but few people show up to dance/ need to encourage to dance.
- Cuidad de pies.
- Instructor para ser ejercicio.

- Que unievan los bomberos a tomamos la presion.
- Tours.
- Estan muy Bueno.
- Nesecitamos tutor para ejercicios.
- Clases de tejido.
- Manualidades mas atencion a los mayores.
- Exercisios todo log jueces.
- Cuidado de los pies.
- Necesitamos instructor para ejercicios permanente.
- Necesitamos instructor para ejercicios (permanente) por favor. y por los menos una banca mas afuera del centro, para la espera de los Acees.
- In competitive things like volleyball there is a wide range in ability. Early retirees still in their 50's vs. people in their 80's. People with varying levels of mobility. Need to have a way of rating people by ability so like can play like at least some of the time. Having even a few low agility people makes things low quality experience. Take more active role in separating levels of ability on at least one day per week of open gym.
- Hacer shoop artitico.
- Instructor de ejercicio.
- Necesitamos enstructor de ejorcio.
- Costs for day trips have increased- getting too expensive. need more funding for senior activities.
- More yoga chair classes.
- None of my Community Centers near me provide volleyball, so I have to drive 50miles to play here, and I think your center is excellent! None of the questions really apply to me. Thanks!
- Make sure that older people can get to the center. Older people trips to the casino, etc. Most people enjoy the casino.
- Scheduling after works and also on the weekends (some).
- Provide more transportation to seniors who lives alone or to those who do not drive.
- Since I work, I would like to see exercise activities available in the evening. Not sure if there are any now...
- Would like to know about travel/day trips available. Is there a schedule?
- Perhaps more outreach to major employers that provide retirement resources to their employees nearing retirement or to the retirement systems representing seniors.
- It seems most activities are during the day when some are working. A few activities such as yoga, hiking or pickleball in the evening or on weekends might be nice.
- Not have league volleyball be so limited to the more competitive players ... don't include players that are 45... they are not seniors.

- Offer a variety of classes like kettlebells, chair yoga, yoga nidra, Pilates. Current offerings are too stringent and cause injury or geared to folks with restrictions and not able to challenge.
- Better communication.
- Daytime activities preferred. Later afternoon live plays are okay. Seniors should have a specific room to father and always know that is theirs. John the senior driver has done a good. with him we always get a little extra of sites to see and has extra knowledge. he learns from us also.

Open a senior activity center near the Blvd.

6. What is your age? (n=131)

Answer Choices	Responses
Under 18	0
18-24	0
25-34	0
35-44	0
45-54	2
55-64	26
65-69	21
70-74	32
75-79	17
80 and older	32
I prefer not to answer	1

7. What is your gender? (n=130)

Answer Choices	Responses
Male	40
Female	83
I prefer not to say	5
I identify as...	2

Write-in answers included “cowboy” and “whatever” for the “I prefer not to say” answer choice.

8. How many people live in your household? (n=131)

Answer Choices	Responses
I live alone	39
2	63
3	12
4	8
5	2
6	1
7	1
8 or more	0
I prefer not to answer	5

9. Choose the racial or ethnic descriptions that you identify with. You may choose more than one. (n=129)

Answer Choices	Responses
American Indian or Alaska Native	4
Asian	6
Black or African American	9
Native Hawaiian or other Pacific Islander	0
Latino	36
White	71
I prefer not to answer	9
I identify as:	3

Responses “Mexicana,” “blue,” and “whatever American” were provided for the “I identify as:” answer choice.

10. What language do you speak at home? (n=130)

Answer Choices	Responses
Speak only English at home	93
Speak a language other than English at home, please describe	34
I prefer not to answer	4

Other languages spoken include:

Italian (1)

Japanese (1)

Japanese & English (1)

Somali (1)

Spanish (29)

Spanish & English (1)