



San Mateo County's Community Enrichment Project

Building Social Connection for Older Adults &
Adults with Disabilities Across San Mateo County
June 23, 2026



COUNTY OF
SAN MATEO



Why this Matters

The case for county action on loneliness and isolation

In 2024, San Mateo County declared loneliness a public health crisis

45%

of SMC residents
affected by
loneliness

**153,337
(21%)**

65 or older, have a
disability, or both

**26,238
(4%)**

adults 18–64 living
with a disability

~30%

Seniors living
below the 300%
Federal Poverty
Level



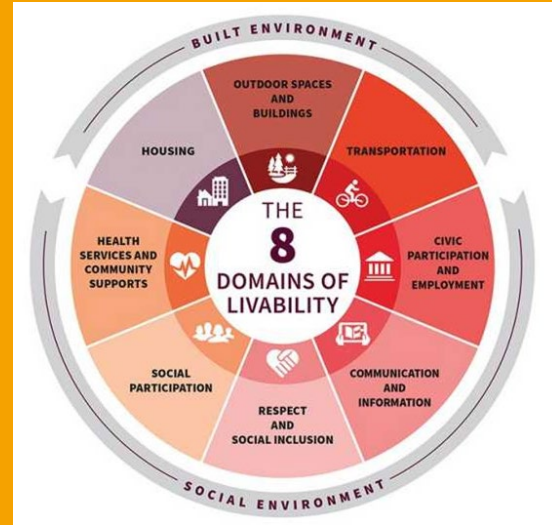
Advisory Committee

- ❖ San Mateo County Libraries
- ❖ Center for Age - Friendly Excellence (CAFE)
- ❖ San Mateo County Transit District (SamTrans)
- ❖ San Mateo County Health Commission on Aging
- ❖ San Mateo County Health Commission on Disabilities
- ❖ San Mateo County Health
- ❖ San Mateo County Parks and Recreation
- ❖ Foster City Villages
- ❖ San Mateo County Economic Development Association (SAMCEDA)
- ❖ Senior Coastsiders
- ❖ Center for Independence of Individuals with Disabilities



Project Key Terms

- **Loneliness** is an unpleasant and subjective feeling
- **Social isolation** refers to having objectively few social relationships
- **Social connection** is the degree to which individuals and/or groups meet their social needs





Findings

Strengths

- Strong civic participation & volunteerism
- Breadth & coverage of providers
- Welcoming, culturally responsive programs
- Fewer seniors living alone

Access Limitations

- Transportation
- Economic gap
- Adults 18 – 64 with disabilities fewer opportunities
- Universal Design features limited
- North County & Coastside underserved

Barriers

- Stigma prevents service use
- Health & affordability
- Caregiver isolation & exhaustion



Strategic Recommendations

Policy

Focus on long - term structural changes and governance frameworks to support community enrichment.

Collaboration

Strengthen partnerships between providers and community groups to maximize impact.

One - Time Funding

Identify and allocate one time funding for promising initiatives and pilot programs.



Proposed Next Steps

- ✓ **Promote Community Models**
- ✓ **Transportation Planning & Coordination**
- ✓ **Workforce Development Pathways**
- ✓ **Accessibility Reviews**
- ✓ **Community Communications Campaign**



Thank you!