



Date: 12/31/2019 **Updated:** 12/31/2022 **Date To Be Reviewed:** Three Years - 12/31/2025

Title of Document: 6.3.1 LOPR_Outreach to Diverse Underserved Populations

Background:

Lake Oswego Parks & Recreation (LOPR) is committed to making recreation programs and services accessible to all residents. Inclusivity in a broad definition is core to the services offered. Outreach efforts to connect recreation and human services with underserved populations in Lake Oswego are through Department and City promotions and communications. There are also ongoing efforts made to reach these audiences through partnerships with the Lake Oswego Meals on Wheels Board, Lake Oswego School District, faith-based organizations such as Christ Church Parish, and community activism groups such as Respond to Racism and LO for Love, Hunger Fighters, Service clubs such as Rotary and the Lions Club, The Chamber of Commerce, Lake Grove Business Association and Lake Oswego Neighborhood Associations.

The City of Lake Oswego Inclusion Statement:

The City of Lake Oswego believes that including all people in the fabric of society strengthens individuals and community and enhances the quality of life. Lake Oswego Parks & Recreation endeavors to foster diversity, remove barriers and further equity and inclusion in all of its work.

Methods to Determine Populations:

Using the US Census Bureau facts for Lake Oswego, OR, the 2021 LO Community Survey, and the 3.4.3 LOPR_Marketing & Community Relations Plan, the City and LOPR have identified five categories of populations that are considered underserved populations. The population categories are **Seniors, Low Income, People with Disabilities, Minority Populations, and Teens.**

SENIORS

Barriers for Senior participation in Parks & Recreation programming are categorized in three areas; *engagement and social health, financial wellness and mobility and movement challenges.*

Examples of outreach for serving Seniors:

To address *engagement and social health*, seniors experiencing cognitive or social barriers are addressed with services from the Adult Community Center. [Adult Community Center | City of Lake Oswego](#). There are services for seniors are offered through the Adult Community Center



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(ACC) in partnership with Clackamas County Human Services. The ACC applies for a grant each year and then is contracted to offer a variety of services for older adults, one of which is transportation. Transportation service is available to all residents of Lake Oswego, and anyone is welcome to use the transportation for the purpose of participation at the ACC.

ACC programs include Meals on Wheels, congregate dining at the Center, medical transportation, grocery shopping rides and more. Other interest groups such as games and activities and offered to keep senior engaged. Life-long learning classes are held to promote brain health and for caregivers, a respite program is offered to support families with members in decline.

Financial wellness barriers may include funding challenges for seniors on a fixed income. To address financial wellness barriers, senior programs and activities are offered at reduced rates. There is also scholarship program assistance available to seniors.

For *mobility and movement challenge* barriers, there are many fitness class opportunities offered at various ability levels such as Chair Tai-Chi, Chair Yoga, and Mobility & Fitness classes. For seniors experiencing mobility challenges there is a medical equipment loaner program for providing canes, walkers, and other devices.

Examples of outreach and evidence serving Seniors

[Services at the ACC | City of Lake Oswego](#)

[On-Going Social Activities | City of Lake Oswego](#)

ACC Activities in Winter Spring 2023 Activities Guide, p 24

LOW INCOME

Barriers for Low Income population to participate in Parks & Recreation programming may be financial constraints, transportation, physical, emotional or cognitive constraints, discrimination, and/or a lack of awareness of activities and services available. LOPR provides Human Services and Scholarship funding programs to assist low income residents with attaining needed services and activity and event participation.

Examples of outreach and evidence of compliance for serving Low Income population:

Example of Free/No Cost activities in the Winter Spring 2023 Activities Guide, p 40

LOPR [Scholarship Program](#) serves Low Income population.

6.3.1.A.1 LOPR Scholarship Application FORM



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PEOPLE WITH DISABILITIES

Barriers for People With Disabilities (PWDs) to participate in Parks & Recreation programming may be *institutional* barriers such as lack of resources to expand inclusion services. Another barrier may be *attitudinal* barrier stemming from stigma, discrimination, prejudice and stereotyping. *Environmental* barriers affecting physical accessibility may include lack of clear pathways, room set-ups, and building designs. Sensory disabilities may lead to communication barriers and expression. Lastly, there may be *social* barriers that affect functionality and participation in recreation activities and services.

Example of outreach and evidence of serving population of People with Disabilities:

To address *institutional* barriers, the City has policies and an ADA Coordinator and program to include People with Disabilities (PWDs.) LOPR has an Inclusive Recreation policy and procedures to provide inclusion companions to youth and adults participating in activities. To address *attitudinal* barriers, promotion of specific programs for PWDs has been included in programming to respect, encourage, promote positive attitudes and support initiatives that champion the rights of PWDs. Actions to break down *environmental* barriers include more accessible programming through technology and virtual experiences and also incorporating creative designs and room set-ups to facilitate comfort and ease of access. To address *social* barriers, LOPR reviews and develops policies, experiences, facilities and places, and park locations using a disability challenge lens to account for potential barriers and make programs that are more inclusive. The City includes individuals with disabilities in policy formulation initiatives which ensures diverse interests are represented.

6.3.1.B LOPR_Inclusion Policy

6.3.1.C LOPR_Inclusive Recreation Handbook

6.3.1.D LOPR_ Public Accommodation for Participation

City Website: Accessibility and Americans with Disabilities Act (ADA) [Accessibility and Americans with Disabilities Act \(ADA\) | City of Lake Oswego](#)

While LOPR considers those experiencing disabilities available to participate in any activities and services, there are also specialized programs offered each season. See Winter Spring 2023 Activities Guide, p 14



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MINORITY POPULATION

Barriers for Minority population to participate in Parks & Recreation programming may be feelings of being marginalized, not accepted and/or disconnected from the community, emotional or cognitive constraints and/or a lac

k of awareness of activities and services.

Examples of outreach for serving Minority Population by LOPR:

4.1.3 LOPR Diversity, Equity and Inclusion Statement

Various Community events and activities honoring differences and cultures. See Winter Spring 2023 Activities Guide, p 10, 17 and 43

AAPI Event

<https://www.ci.oswego.or.us/parksrec/asian-american-pacific-islander-heritage-month-celebration-0>

Cultural Exchange Event

[2022 Cultural Xchange | City of Lake Oswego](#)

TEENS

Barriers for Teens to participate in Parks & Recreation programming may be feeling disconnected with other teens or shy about meeting new teens or going to a new place for teens. Teens may feel disconnected from the community, or lack transportation or funding, may have physical, emotional or cognitive constraints and/or lack of permission from Parents/Guardians, and/or a lack of awareness of offered activities and services.

Lack of public transportation options hinder teen participation with 2-week day only bus routes that primarily travel on main thoroughfares to the downtown transit center. A trip cost is \$2.50, or a monthly pass is \$28.00. The City has hilly terrain, few bike lanes and it is typical for Lake Oswego weather to rain and impede safe bicycle travel. There are also non-compliant location entrances at public locations as set forth by the ADA self-evaluation.

Examples of outreach and evidence of compliance for serving the Teen Population by LOPR:

The Teen Program [Teen Scene | City of Lake Oswego](#)

Lake Oswego Parks & Recreation has been serving Teens since 2004. [Teen Program History | City of Lake Oswego](#)



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Examples of activities offered to Teens: Winter Spring 2023 Activities Guide, p 28

Lastly, these five populations: Seniors, Low Income, People with Disabilities, Minority Population, and Teens are also currently being served through unstructured, self-led activities such as trails, parks, river access, sport courts (pickleball, basketball, tennis), and outdoor fitness equipment (Fit Spots.)

Links to Sources:

US Census Bureau QuickFacts table for Lake Oswego: [U.S. Census Bureau QuickFacts: Lake Oswego city, Oregon; Oregon](#)

LO ADA Plan: [ADA Self-Evaluation and Transition Plan \(oswego.or.us\)](#) Section 3, 3.1 page 23 & Pages 28-37

ETC Community Survey (EOC Common Files), p 25

Scholarship Program serving Low Income population. [Scholarship Program | City of Lake Oswego](#)

City Website: Accessibility and Americans with Disabilities Act (ADA) [Accessibility and Americans with Disabilities Act \(ADA\) | City of Lake Oswego](#)

Related Documents:

3.4.3 LOPR_Marketing and Community Relations Plan

4.1.3 LOPR Diversity, Equity and Inclusion Statement

6.1 LOPR_Programming Plan

6.3.1.D LOPR_ Public Accommodation for Participation

Responsibility/Contacts: Deputy Director Recreation, Adult Community Center Manager, Recreation Supervisors, Administrative Assistant