Barriers

A mobility barrier is something that limits your ability to get around. Barriers take many shapes and forms. Transit availability for those who work late at night or early mornings, lack of safe bike paths and facilities, limited access to carsharing and bikesharing, cracked and broken sidewalks, or poor lighting may act as barriers to getting around. A barrier can even be something that does not exist like a missing stop sign, crosswalk, or transportation service. Do you have any barriers on the street you live on or in your community?

Why Does Mobility Matter?
Missed doctor’s appointments, long travel times to and from work, and educational opportunities that are difficult to reach can affect a community’s health and well-being. This is especially true in low-income neighborhoods where access to transportation options may be limited. Some common barriers, like missing and cracked sidewalks or intersections that are difficult to cross, make it challenging to travel within the community, especially for seniors and persons with disabilities.

By taking action to identify these barriers and then working to achieve solutions, your efforts can improve mobility in your community.

What is Environmental Justice?
Environmental justice means having equal protection from environmental and health hazards and equal access to the decision-making process for your community.

Environmental justice policies reserve you a seat at the table to influence how your neighborhood and region are planned. Plans and projects are more likely to be improved when community needs are understood, and these needs are better understood when community members share their opinions.

Steps to Enhancing Mobility in Your Community

1. Experience your surroundings
   Take notes and photos of barriers in your community.

2. Join the community conversation
   Collaborate with your neighbors and local organizations to build support.

3. Document the barrier
   Include details. Be thorough and persuasive.

4. Report the problem
   Be specific about where the barrier is. You may meet a lot of people in this process that can help you, so always be courteous.

5. Build your skills
   Attend leadership training and ask a lot of questions.

6. Identify solutions
   Borrow solutions that have worked elsewhere. Or create your own! Refer to the Mobility Solutions Toolkit, found at sandag.org/toolkit.

7. Spread awareness
   Document your efforts and share them on social media. Let people know about the great work you are doing and invite them to join you! The more the merrier.

8. Meet your elected representatives
   Talking face-to-face is important in order to maintain good working relationships.

9. Take it step by step
   You may encounter opposition, but don’t get discouraged. Loop back to prior steps to strengthen your case. Explore alternative solutions that address everyone’s concerns. Keep up the good work.

10. Celebrate your accomplishments
    Your work will help create a healthier and safer community for you and your neighbors.

To Get More Information
For further reading on environmental justice communities and mobility solutions, refer to the accompanying Mobility Solutions Toolkit, found at sandag.org/toolkit.

Did you know that air pollution in California contributes annually to as many as: 6,500 premature deaths; 340,000 asthma attacks; and 800,000 lost work days?

In California the burden of air pollution is not evenly shared. Low-income populations and some racial and ethnic groups are among those who face higher exposure to pollutants.

Environmental justice means having equal protection from environmental and health hazards and equal access to the decision-making process for your community. This is especially true in low-income neighborhoods where access to transportation services may be limited. Some common barriers, like missing and cracked sidewalks or intersections that are difficult to cross, make it challenging to travel within the community, especially for seniors and persons with disabilities.

By taking action to identify these barriers and then working to achieve solutions, your efforts can improve mobility in your community. Environmental justice policies reserve you a seat at the table to influence how your neighborhood and region are planned. Plans and projects are more likely to be improved when community needs are understood, and these needs are better understood when community members share their opinions.

Steps to Enhancing Mobility in Your Community

1. Experience your surroundings
   Take notes and photos of barriers in your community.

2. Join the community conversation
   Collaborate with your neighbors and local organizations to build support.

3. Document the barrier
   Include details. Be thorough and persuasive.

4. Report the problem
   Be specific about where the barrier is. You may meet a lot of people in this process that can help you, so always be courteous.

5. Build your skills
   Attend leadership training and ask a lot of questions.

6. Identify solutions
   Borrow solutions that have worked elsewhere. Or create your own! Refer to the Mobility Solutions Toolkit, found at sandag.org/toolkit.

7. Spread awareness
   Document your efforts and share them on social media. Let people know about the great work you are doing and invite them to join you! The more the merrier.

8. Meet your elected representatives
   Talking face-to-face is important in order to maintain good working relationships.

9. Take it step by step
   You may encounter opposition, but don’t get discouraged. Loop back to prior steps to strengthen your case. Explore alternative solutions that address everyone’s concerns. Keep up the good work.

10. Celebrate your accomplishments
    Your work will help create a healthier and safer community for you and your neighbors.

To Get More Information
For further reading on environmental justice communities and mobility solutions, refer to the accompanying Mobility Solutions Toolkit, found at sandag.org/toolkit.

Did you know that air pollution in California contributes annually to as many as: 6,500 premature deaths; 340,000 asthma attacks; and 800,000 lost work days?

In California the burden of air pollution is not evenly shared. Low-income populations and some racial and ethnic groups are among those who face higher exposure to pollutants.
Sidewalks
Safe (complete) streets allow people of all ages and abilities to get to and from places safely, no matter how they choose to travel. A street without, for example, a maintained sidewalk is incomplete. Sidewalks get you and your family to the market, to school, or to the library safely with the added bonus of physical exercise. Are there sidewalks in your community that are missing or in need of repair? Has your City adopted a Complete Streets policy?

Crossings
Marked crossings alert people driving to slow down and stop for people crossing the street. Are people in your community concerned about safely crossing the street? The stories of collisions are in the news for a day or two, but then they seem to be forgotten.
- Collect and share stories with your elected officials.
- Sometimes a solution such as a painted crosswalk can be an inexpensive and effective way to make your community a lot safer. Small improvements make a big difference and can be built upon with continued efforts.

Biking
Biking offers an affordable, reliable, and active option for getting around. Biking, as opposed to driving, improves air quality, provides personal health benefits, increases mobility, and can stimulate the local economy.
- Even if you don’t bike regularly, show your support at community meetings for this healthy transportation alternative.

Transit
Public transit improvement is one of the most pressing needs voiced in low-income communities. Transit can improve not just transportation mobility, but also economic mobility by connecting riders to jobs and schools.
- Consider joining a local advocacy group to work together to influence transit schedules, fares, transit stop experience, etc.

Community Safety
Creating an environment in which people of all ages and abilities feel safe is critical to improving mobility and encouraging people to bike, walk, and use public transit. Do you and your children feel safe getting around your neighborhood?
- Lighting is an important safety component of mobility at night. If your neighborhood lacks lighting: snap photos, count light posts, identify burned out bulbs, and bring your concerns directly to local community leaders. Find allies to support your effort.

In 2008, California signed into law the California Complete Streets Act, which requires cities to include Complete Streets policies when updating the mobility element of their General Plan.

Mobility Solutions Playbook
How to enhance the mobility and transportation choices in your neighborhood

Learn more about Mobility and Transportation in City Heights
Built Environment Team resident meeting
3rd Thursday of the month
City Heights Wellness Center
5:30pm - 7:30pm
All are welcome! Dinner potluck every month. Childcare & translation provided upon request. Call (619) 584-1535 to RSVP.
I speak Españól!
Discuss your ideas with local advocacy partners:
Randy Van Vleck
City Heights Community Development Corporation
(619) 584-1535
rvanvleck@cityheightscdc.org
Let’s work together to improve mobility for everyone in City Heights!

Funded by the Caltrans Environmental Justice Planning Grant Program

Developed by: