AGE-FRIENDLY COMMUNITIES

Policy Roundtable 2
St. Louis County Strategic Plan
January 31, 2013
WHAT CAN WE ACHIEVE TODAY?

- Recap from first meeting
- Seek answers to some key questions and begin to form new or revised policies/goals that will inform the strategic plan
- Build consensus/align leadership
- **Next time:** begin to think about strategies and actions that will help us achieve our goals for the next 5 years

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<th>Agenda</th>
<th>1/31/2013 2-4pm</th>
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<tr>
<td>15 min</td>
<td>Overview presentation</td>
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<tr>
<td>45 min</td>
<td>Questions: Outcomes &amp; Priorities</td>
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<tr>
<td>10 min</td>
<td>Break</td>
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<td>Continue Discussion</td>
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ST. LOUIS COUNTY
CONCENTRATION OF SENIORS & SENIORS IN POVERTY
RECAP FROM MEETING 1

• Introduction to the Strategic Planning Process and Other Policy Roundtables
• Introduction to the growing needs of the aging Baby Boomer Generation and responding to the spectrum of needs for all seniors
• Panelist Presentations
  – Mobility; Affordable Housing; Livable Communities; Housing Retrofit; Coordination of Services; Engagement & Productivity
• Dr. Tom Meuser
  – What’s good for older adults is good for everyone
  – Usual Agers vs. Super Agers
  – Meet basic needs and quality of life needs
  – Support choice in mobility
  – Support families to address issues of aging

• Susan Hutchinson
  – Affordable housing: funding is complicated, needs far outweigh availability
  – Coordinating housing with services is key, but complicated and expensive

• Sheila Holm
  – Accessibility and livability are key
  – Support safe driving and options for non-drivers
  – Home modifications are about current and future needs

• Karen Berry-Elbert
  – Partnerships are essential to meeting needs
  – Keep people engaged to promote mental/physical health
  – Institutionalization is not the only answer to delivering services; but reliable transportation to services is vital

• Nancy Morrow-Howell
  – Inter-generational perspective
  – Aging in the community, not just the home
  – Need to look at physical and social needs
  – Seniors are contributing more (work/volunteer)
WE HEARD YOU SAY...

What do we know, and what don’t we know?
• Need a targeted needs assessment
• Many models exist to learn from

Aging in “Place” is not just about same house, but same community
• Need holistic community approach
• Need multi-generation approach

Service provision is complex
• Need to increase impact of our services
  – Connecting our programs (e.g. CORP and the Health Centers)
  – Place-based targeting of programs/services
• Need better provisions to deal with environmental emergencies (Implementation of Functional Needs Registry)
• In-home services vs. institutional services

Housing is multi-faceted
• Home repair
  – Need to protect seniors from fraud
  – Need to look into leveraging (federal) financial assistance
• Housing options
  – Variety of options for independent living
  – More creative mixed-use, multi-family options
  – Need to consider affordability

Need to think about those who are active and healthy, not just those that need services
• Promote better neighborhood and community design through integrated zoning, land use and transportation
• Seniors desire (and use) parks and trails to support healthy, active living
• Seniors are looking for volunteer, engagement opportunities
ACTIVE AGING & SOCIAL ENGAGEMENT

CORP
• Computer clubs
• Special interest clubs
• Broadway Fantasies: song & dance reviews
• Variety of volunteer opportunities for seniors

Parks
• Trail Watch
• Gardening
• Museum attendant
• Recreational and fitness activities at the community centers

ATTRACTIVE & SAFE NEIGHBORHOODS

CORP
• Home Care & Repair Planning

Police
• Neighborhood policing
• National Night Out
• Citizens Academy
• Fraud protection

Public Works
• Neighborhood preservation
• Problem properties unit
• Clean, Green, & Beautiful

LIFE SKILLS & SUPPORT

CORP
• Computer Connections
• Legal advice and document preparation
• Tax preparation
• Form assistance (insurance and benefits programs)
• MO Property Tax Credit Claim (Circuit Breaker)

HEALTH & WELLBEING

CORP
• Caregiver to Caregiver
• Care Calls
• Functional Needs Registry (in dev.)

Health
• Health clinics

MOBILITY & ACCESSIBILITY

CORP
• Neighbor Driving Neighbor Highways & Traffic
• ADA Transition Plan
POSSIBLE THEMES FOR AGE-FRIENDLY COMMUNITIES IN ST. LOUIS COUNTY

• **What is good for seniors is good for all**
  
  – The best approaches to creating age-friendly communities will be intergenerational and lifelong.

• **The needs and abilities of seniors are not static**
  
  – Age-friendly communities support people across spectrums of age, ability, and need.

• **Promote healthy and active lifestyles**
  
  – Age-friendly communities provide amenities and options for seniors to be more active, have greater social interaction, greater convenience and accessibility.

• **Ensure continued engagement in their communities**
  
  – Age-friendly communities provide opportunities for seniors to contribute to their communities and to remain economically, socially and civically engaged longer into their lives.
Disregarding limitations, what do you feel should be our highest priorities for policies that meet the needs and desires of seniors along the entire age spectrum?

What outcomes do we want to achieve in addressing the creation of age-friendly communities in St. Louis County?