



Developing a Community Informed Action Plan

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Presentation to SAPGA

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Aging Well to Age-Friendly Jefferson County: Overview

- 2008: Aging Well Jefferson County established
- Jefferson County Council on Aging and community workgroups focused on Housing, Transportation, Caregiving, Wellness, Social and Civic Engagement
- Engaging community organizations and individuals
- Local municipalities using Boomer Bond Assessment and receiving support through DRCOG
 - Lakewood
 - Wheat Ridge
 - Arvada
 - Littleton
 - Edgewater
- Supported by Jefferson County Human Services

Accomplishments

Caregiving & Support



- Delivered the Family Caregiver Education Series in Fall of 2019, reaching 20 caregivers. Response from participants is that the education helped them feel 'inspired' and 'hopeful'.
- Provided local hospitals, physicians, libraries, churches, and other resource offices with Aging Well resource binder and flash drives.
- Promoted the Colorado Caregiver Awareness Campaign to help spread the word to family caregivers about resources and respite care.

Health, Prevention & Wellness



- Collaboratively, Aging Well, Jefferson Center, and Centura Health provided two successful Older Adult Mental Health First Aid classes in the community and for professionals.
- Increased awareness by providing educational material and continuing to update the "hoarding resource list" and identifying best practices for addressing the needs of individuals engaged in hoarding behavior.
- Supported a local partnership with Jefferson Center, to take the lead in developing clinical expertise to support treatment for those with hoarding disorder.

Housing



- Designed and developed an infographic regarding senior housing in Jefferson County and what housing solutions are needed to meet the increase in the aging population in the county.
- Presented to Jeffco Planning Commission, Jefferson County Council on Aging, and churches.
- Reviewed and submitted comments to Planning and Zoning Department regarding an assisted living application.

Social & Civic Engagement



- Advocated for the importance of Power of Attorney education.
- Supported development of new dining sites in under-served areas.
- Promoted volunteerism opportunities for older adults through information provided with Meals on Wheels deliveries.

Transportation



- Collaborative discussions with the RTD Board member who represents Jefferson County, on how we can support RTD in meeting the needs of the Jefferson County public. The main areas that have emerged are:
 - » Use of paratransit dollars more effectively.
 - » Provide more fixed route service.
 - » Policy change.
- Conversations with agencies led to staff being accepted as part of RTD's Re-Imagine Technical committee.

The Big Picture

Increase awareness and understanding of communities for all ages (Age-Friendly)

AND

Develop and implement LOCAL initiatives

SO THAT

Individuals of ALL AGES can maintain active, healthy and engaged lives in Jefferson County



“By creating age-friendly communities in Jefferson County people of all ages and abilities will have the opportunity to reside in a safe and enriched environment from birth for their entire lives.”

Donna Mullins, Age-Friendly Jefferson County, Colorado

Lifelong Colorado Plan Final, April 2021



Action Planning Goals

- Prioritize community engagement from all parts of the County: urban, suburban, mountains
- Build on the momentum of Aging Well and local Boomer Bond efforts
- Craft a community informed vision in which people of all ages can see themselves
- *Be attainable and realistic*

Do what we can with what we have...we know there is always more to do

Our Lens: Age-Friendly Communities Are for Everyone



Be curious: perceptions, definitions



Geographic diversity matters:
Urban, suburban and mountain



Embrace Equity: openness,
resources and commitment

Intentional,
inclusive and
ongoing
community
engagement

Aging Well → Age-Friendly JeffCo



Build on the research, brainstorming, and drafts created by the workgroups



Gather community input through interviews and surveys

Pre-COVID, planned community listening sessions → shifted due to pandemic



Create a strategic vision and action plan for Age-Friendly Jefferson County, Colorado that includes both short-term and far-term actionable items

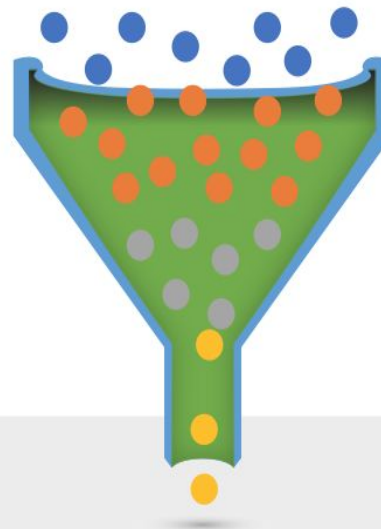


Additional engagement through community design sessions; focus groups; and more

Jefferson County's Approach

- Interviews
 - County leadership
 - Organizational/
community leaders
 - Municipal leaders
- Survey
 - Residents
 - Goal: 200
respondents
- Future in person
community
design/visioning
sessions

Interviews capture broad ideas and tee up future steps



Interviews with
organizational
representatives



Visioning for age-
friendly JeffCo



First take at
prioritizing specific
areas



Output = ideas for
community members
to react to

Next step = community outreach via surveys

Building...building...building

Focus for interviews/surveys:

- Respect and Social Inclusion
- Communication and Information

Action Plan will also include:

- Housing
- Transportation
- Other priorities identified through interviews and surveys

The Interviews

30 interviews completed March–May 2021 with organizations across Jeffco including local municipalities



We are curious about...

- How do we define Age-Friendly?
- What is our Age-Friendly status?
 - If not, what should our priorities be?
- Are we creating opportunities for residents to feel respected, connected and valued?
- How do community members access information and how do they provide information?
- How can we effectively collaborate to realize the vision of an age-friendly Jeffco including community members, government, non profits, faith based organizations, educational and civic institutions etc?

Themes from the Interviews

- Ongoing community engagement
- Create an age-friendly vision broad enough for everyone to see themselves in it
 - Define realistic action steps
- Clarify messaging
 - Age-friendly communities are for people of all ages and include both built and social components

“People like to join a winning team – so where are we winning? When we paint the picture of ‘we’re winning, we’re helping’...people respond to that.”
- Interviewee

Social Inclusion and Respect: Listening and Tailoring Helps

- Most interviewees tailor programs and events to meet community needs
- Most envisioned a community with intergenerational interactions, but few built such programs. Technical assistance needed to address capacity and implementation barriers.

Communication and Information: Personal Contacts Matter

- Organizations hear from their networks about what community members need
- Community members learn about events and services from their personal contacts (family, friends, personal outreach from organizational staff/volunteers)

“[Information] moves at the speed of relationship. You can’t just inform people; you got to hold their hand and guide them.”

- Interviewee

Did any of the interview themes surprise you?

Do any of the interview themes particularly resonate with you?

What Happens Next?

Moving Forward

- Continue to prioritize broad community engagement, from those already engaged and people not yet engaged
- Continue to identify opportunities to enhance coordination with municipalities
- Themes and data from interviews integrated into community member survey
- Survey distributed mid-May through early June
- Data analyzed and....
- Action Plan completed (July 2021)

Questions?

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