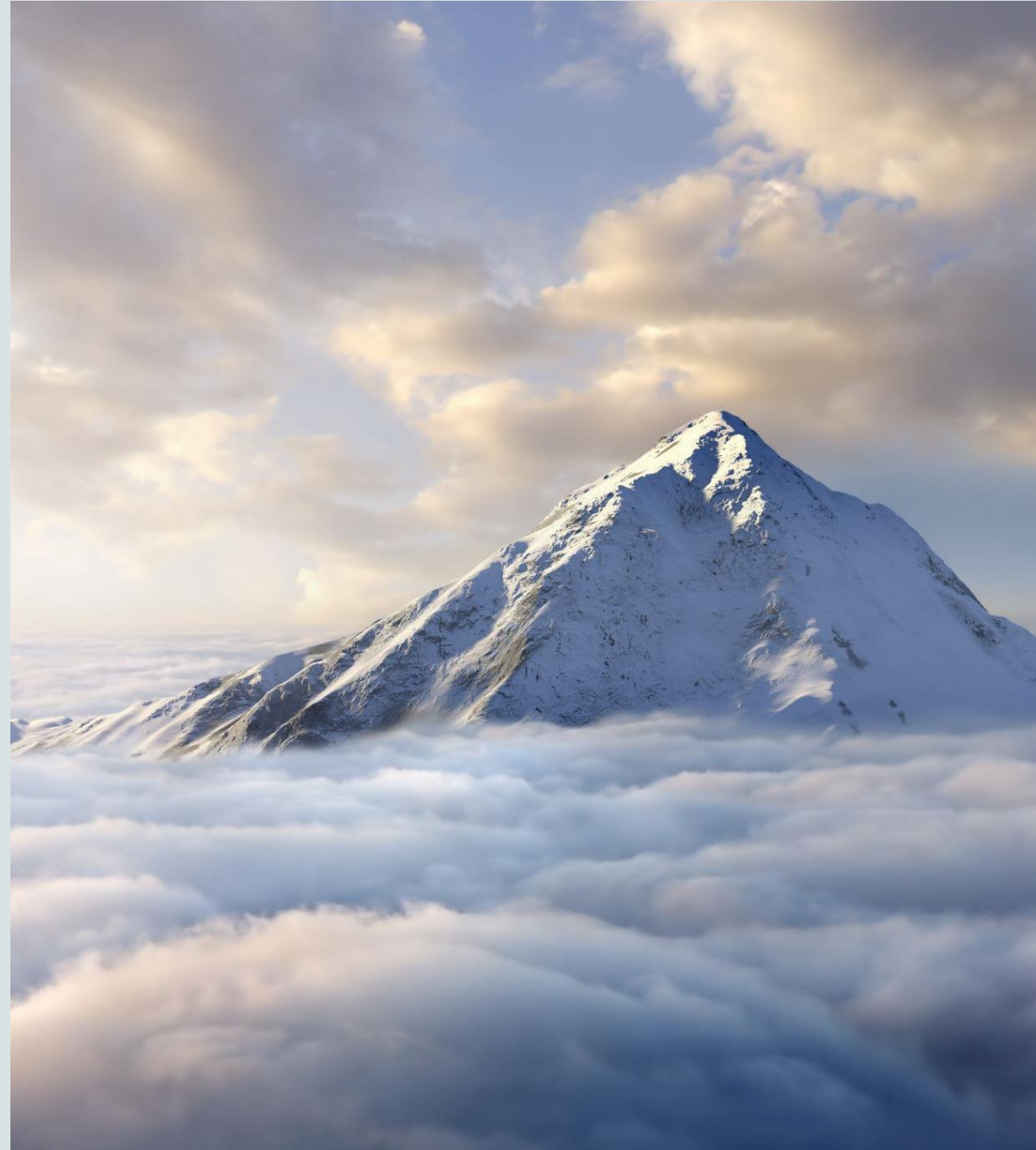# Age-Friendly Colorado Springs

Mayling Rodriguez, Program Manager (she/her)

Innovations in Aging Collaborative

Innovations in Aging Collaborative: Who We Are

"Striving to become an Age-Friendly Community where individuals of any age feel valued, respected, and supported by their community."

Our Purpose

- Serve as a catalyst to educate, inspire, and promote improvements that Colorado Springs and El Paso County can implement to make our community known as a remarkable place in which to age.

AGE-FRIENDLY

Purpose/Mission: To create a strategic plan for our community to become an age friendly city that is welcoming and open to citizens of all ages and encourages a maximum quality of life.

Goal: To create an action plan based on the 8 domains of livability that includes performance metrics, a timeline and recommendations for implementation.

Vision: City of Colorado Springs and El Paso County will be an Age Friendly Community that is inclusive and accessible, where all residents may live a healthy, active, and engaged life.

DOMAINS

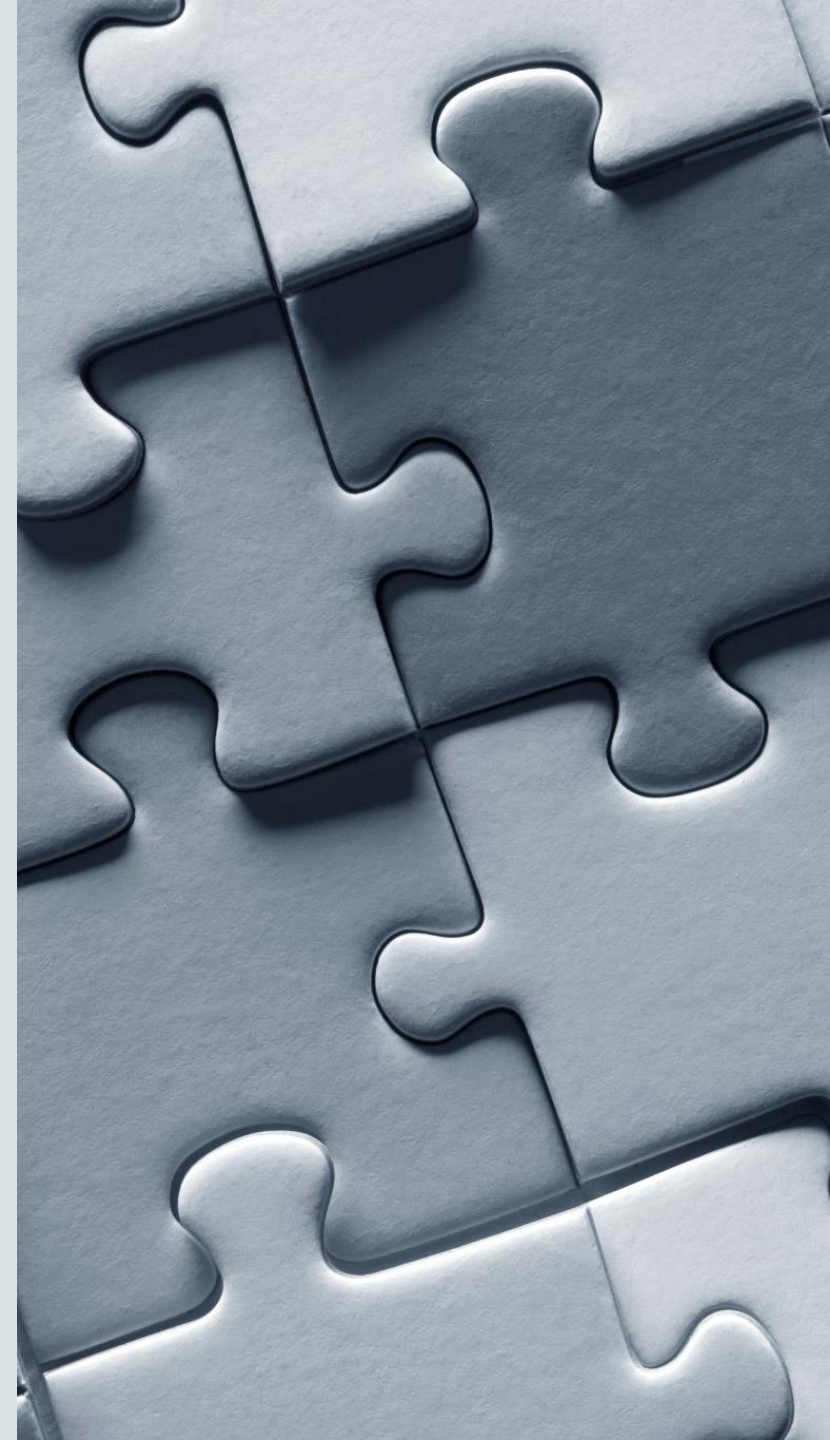Outdoor Spaces & Buildings

Transportation

Housing

Social Participation

Community Support & Health Services

Respect & Social Inclusion

Civic Participation

Communication & Information

THE COLLABORATION PROCESS

Develop

Develop natural partnerships with existing organizations to advance an Age-Friendly goal

Facilitate

Facilitate programming by leveraging shared resources

Find

Find natural home for program once it is stable and self sufficient

THE AGE-FRIENDLY IMPACT

Commission on Aging- voice for older adults in Colorado Springs

Increased awareness of the importance of infrastructure for walking and biking

Increased awareness of the need for housing affordability and accessibility

Awareness of the language and goals of Age-Friendly

Increased understanding of ageism

State and national connections

Breaking down silos to increase partnership and collaboration in the aging space

THE STRUCTURE OF OUR FIRST FIVE YEARS

- Formed eight committees around the domains of livability

- Identified 3-5 goals and action steps per committee

- Created and published an Age-Friendly Strategic plan with endorsement from the city

- Collaborated strategically to execute action items

- We kept our ears to the community and our eyes to the future

- We published the report of our first five years this February

WHY IS THIS IMPORTANT

WHY

- Adults getting older is increasing (the median age of the U.S. population is expected to grow from age 38 today to age 43 by 2060)

- Fewer babies, coupled with longer life expectancy equals a country that ages faster

- Colorado's Baby Boomers (born between 1946 – 1964) are entering their retirement years

- Colorado is the third fastest aging state in the nation

- The non-Hispanic White-alone population is projected to shrink over the coming decades, from 199 million in 2020 to 179 million in 2060 – even as the U.S. population continues to grow.

- Challenges: Healthy Aging; Housing; Caregiving ; COVID-19

A Changing Nation: majority nonwhite population

- As the nation has continued to 'gray,' grown more racially and ethnically diverse

- The Asian Population (up 29.3%)

- The Black or African American Population (up 11.6%)

- The Native Hawaiian or Other Pacific Islander Population (up 21%)

- The White Population (up 4.3% in 2019)

- The Hispanic Population (Any Race) (up 20% in 2019)

- Source: https://www.census.gov/newsroom/press-releases/2020/65-older-population-grows.html

No consensus on the impact of the U.S. having a majority nonwhite population by 2050

% saying having a majority of the population made up of blacks, Asians, Hispanics and other racial minorities by the year 2050 will be ____ for the country

	Very/somewhat good	Very/somewhat bad	Neither good nor bad
All adults	35	23	42
Men	36	24	39
Women	34	21	44
White	26	28	46
Black	53	13	34
Hispanic	55	12	32
Ages 18-29	50	15	34
30-49	36	21	42
50-64	29	27	44
65+	25	29	45
HS or less	30	28	40
Some college	35	23	41
Bachelor's+	41	15	44
Rep/Lean Rep	16	37	47
Dem/Lean Dem	50	12	37

Note: Share of respondents who didn't offer an answer not shown. Whites and blacks include those who report being only one race and are non-Hispanic. Hispanics are of any race. "Some college" includes those with an associate degree and those who attended college but did not obtain a degree.
Source: Survey of U.S. adults conducted Dec. 11-23, 2018.
"Looking to the Future, Public Sees an America in Decline on Many Fronts"

PEW RESEARCH CENTER

WHAT'S NEXT
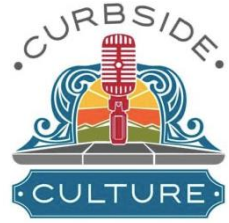
———

Equity, Diversity, Inclusion

Community Resilience

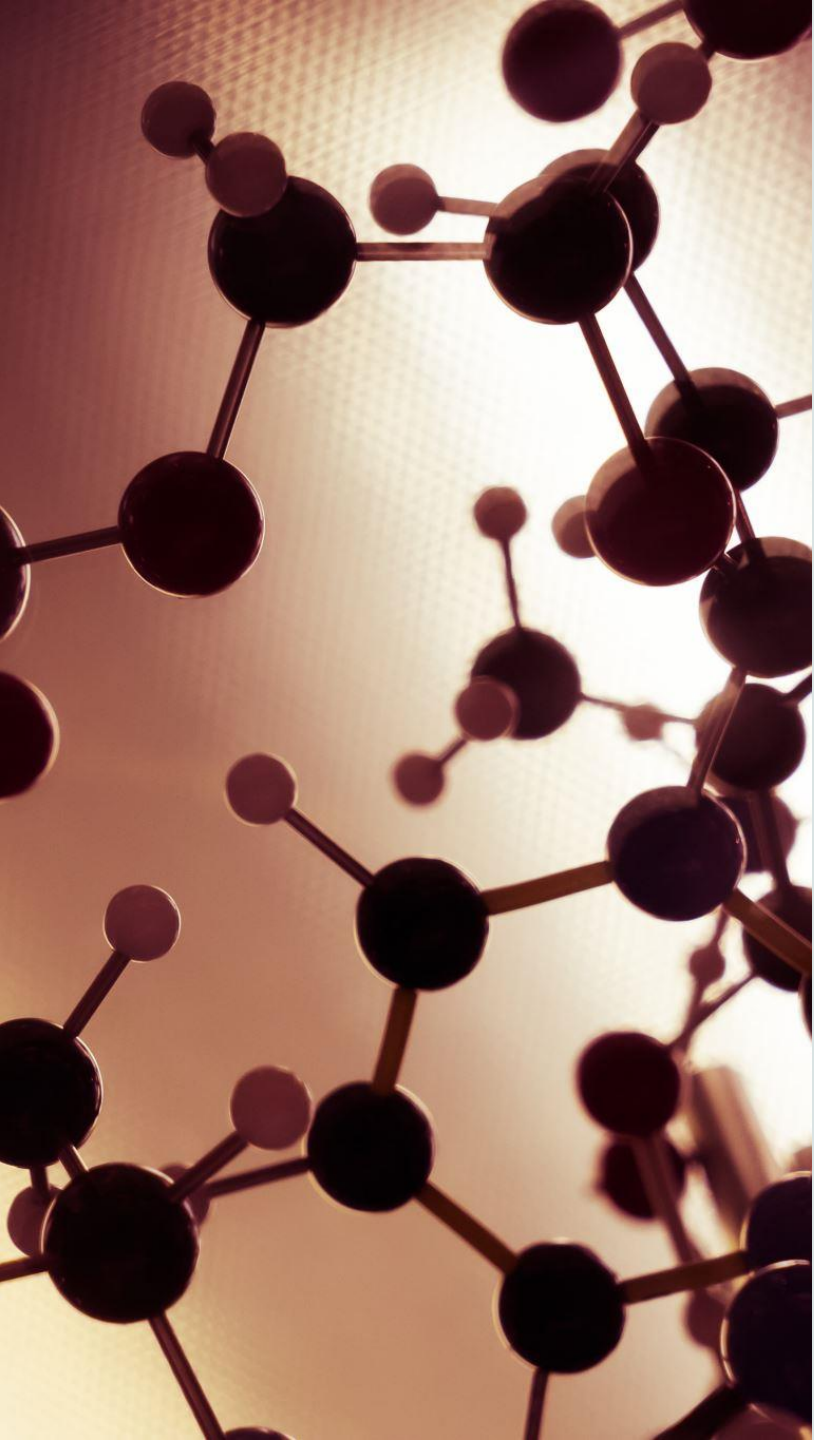Health/Wellness

Economic Vitality

Accessibility

Technology

Some of our Collaborations

- Comprehensive Senior Assistance Program (Grant with Silver Key, NAMI, CS Fire Department)

- SROI (Social Return on Investment) Project (Colorado Institute for Social Impact)

- Wellness Wednesday (Garden of the Gods Visitor & Nature Center)

- 'Curbside Culture' arts initiative (Collaborating with Cultural Office of the Pikes Peak Region (COPPeR))

- Enhancing the Equity and Inclusiveness of Age-friendly Initiatives (National Civic League)

BEING AGE-FRIENDLY IN THE MIDST OF COVID-19

⑩ Virtual community convening in September to tell a story of opportunity and resilience

⑩ Doctor Judy Scott's survey on physical and psychological health impacts

⑩ Catalyzing innovation around as many emerging and current issues as we can while growing community awareness and support

Technology Equity

Tech use is especially limited among those ages 75 and up

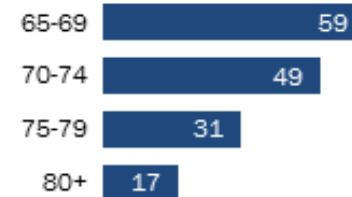*% of U.S. adults in each age group who say they ...*

Use the internet

Age	%
65-69	82
70-74	75
75-79	60
80+	44

Subscribe to home broadband services

Age	%
65-69	66
70-74	61
75-79	41
80+	28

Own a smartphone

Age	%
65-69	59
70-74	49
75-79	31
80+	17

Source: Survey conducted Sept. 29-Nov. 6, 2016.
"Tech Adoption Climbs Among Older Adults"

PEW RESEARCH CENTER

NCL Equity in Aging Pilot

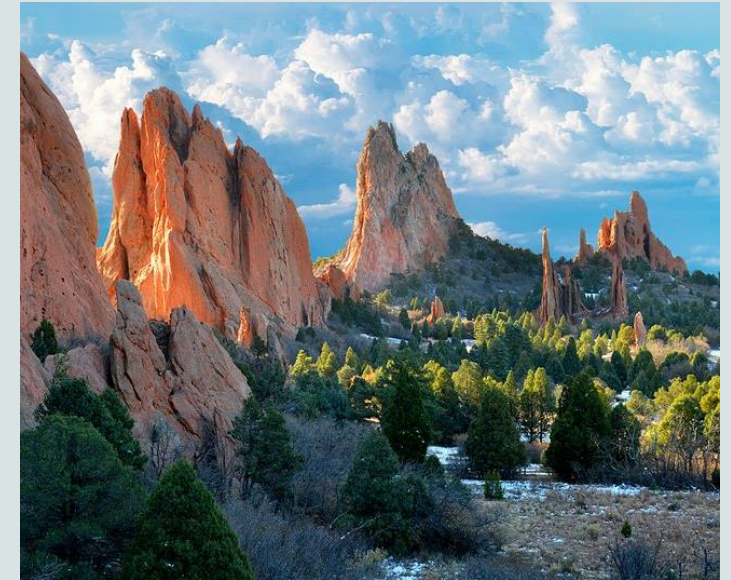
I. **Phase 1 April 9-to-April 21, 2021**

   I. *Local Workshops*

      I. Age Inclusion (National Council on Aging)

      II. Racial Equity (The Gemini Group)

      III. Better Aging Civic Index (National Civic League)

II. **Phase 2 May-to-November 2021**

   I. *Local Coaching (Facilitated by National Civic League)*

      I. Cohort comprised of 3 Colorado Communities

         I. *Pikes Peak Region (Colorado Springs, TBD)*

         II. *Raton Basin Region (Las Animas, TBD)*

         III. *Upper Arkansas Region (Salida, TBD)*

THANK YOU!

"Aging is just another word for living." Cindy Joseph

FOLLOW-UP/LEARN MORE

Mayling Rodriguez, Program Manager (she/her)

mayling@innovationsinaging.org

Website innovationsinaging.org

Facebook @innovationsinaging