

Age and Dementia Friendly Arlington



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- ▶ Instrumental guidance and support were provided by Kristine Shah, Executive Director of the Council on Aging; members of the Council on Aging; and the non-profit Arlington Seniors Association.

Outline of Today's Presentation

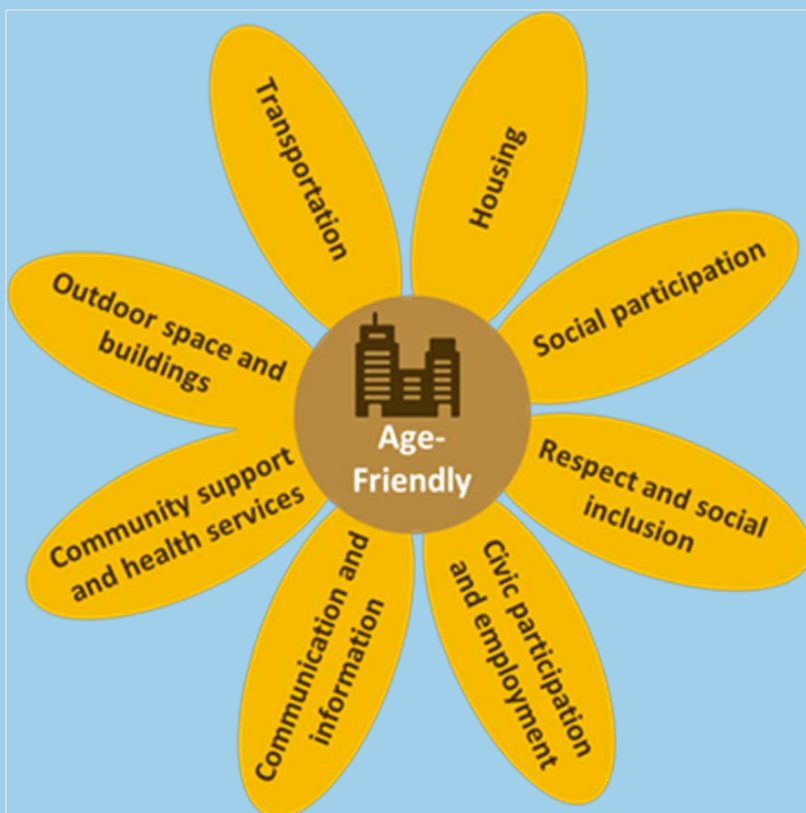
- ▶ The Age and Dementia Friendly Framework
- ▶ Why is this important to Arlington?
- ▶ Development of the Age and Dementia Friendly Action Plan
- ▶ Recommendations by Domain
- ▶ Discussion

An Age Friendly Community

*An "**age-friendly** community" optimizes opportunities for health, participation, and security for all people, to ensure quality of life and **dignity** as people age.*

Age Friendly Framework

8 Domains of an Age Friendly Community



- Supports Aging in Place and promotes personal independence
- Enables people of all ages to actively participate in community activities and treats everyone with respect, regardless of their age
- Makes it easy for older people to stay connected to people who are important to them
- Helps people stay healthy and provides support to those who can no longer live independently

A Dementia Friendly Community

Dementia Friendly Communities promote awareness of dementia, educating citizens about ***how to best support people touched by dementia*** and introducing systematic changes within businesses, government, and neighborhoods.

Dementia Friendly Massachusetts

A Dementia Friendly Community



Source: Towards a dementia-inclusive society: WHO toolkit for dementia-friendly initiatives. Geneva: World Health Organization; 2021. License: CC BY-NC-SA 3.0 IGO.

- Supports those living with dementia, their families, and caregivers
- Considers dementia friendly features in the development of age friendly initiatives
- Provides opportunities for meaningful engagement in an accessible environment
- Ensures access to healthcare and supports that promote wellness along the dementia care continuum
- Offers educational opportunities to build awareness, support, safety, and respect in the community

Arlington's Age Friendly Timeline

- ▶ 2017 - Town of Arlington was accepted into the Age-Friendly Community network and began the process of earning designation as a Dementia Friendly Community.
- ▶ 2019 - The Council on Aging held and an Age Friendly focus group and conducted a needs assessment survey
 - Close to 500 residents responded to the survey
 - 90% of respondents expressed that it is very or somewhat important to remain in Arlington as they age.
- ▶ 2021 - Town of Arlington invited collaboration from the Center for Social & Demographic Research on Aging (CSDRA) to complete the Age and Dementia Friendly Action Plan

Strategies for Learning about Arlington

- ▶ Review of 2019 needs assessment survey conducted by the COA
- ▶ Review of documents completed by or referencing the Town of Arlington about their current age friendly practices and future goals
- ▶ Demographic Profile
- ▶ Five Community Planning Work Sessions (32 participants)
 1. Housing
 2. Transportation and outdoor space
 3. Partnerships and communication
 4. Community-based health supports
 5. Social participation

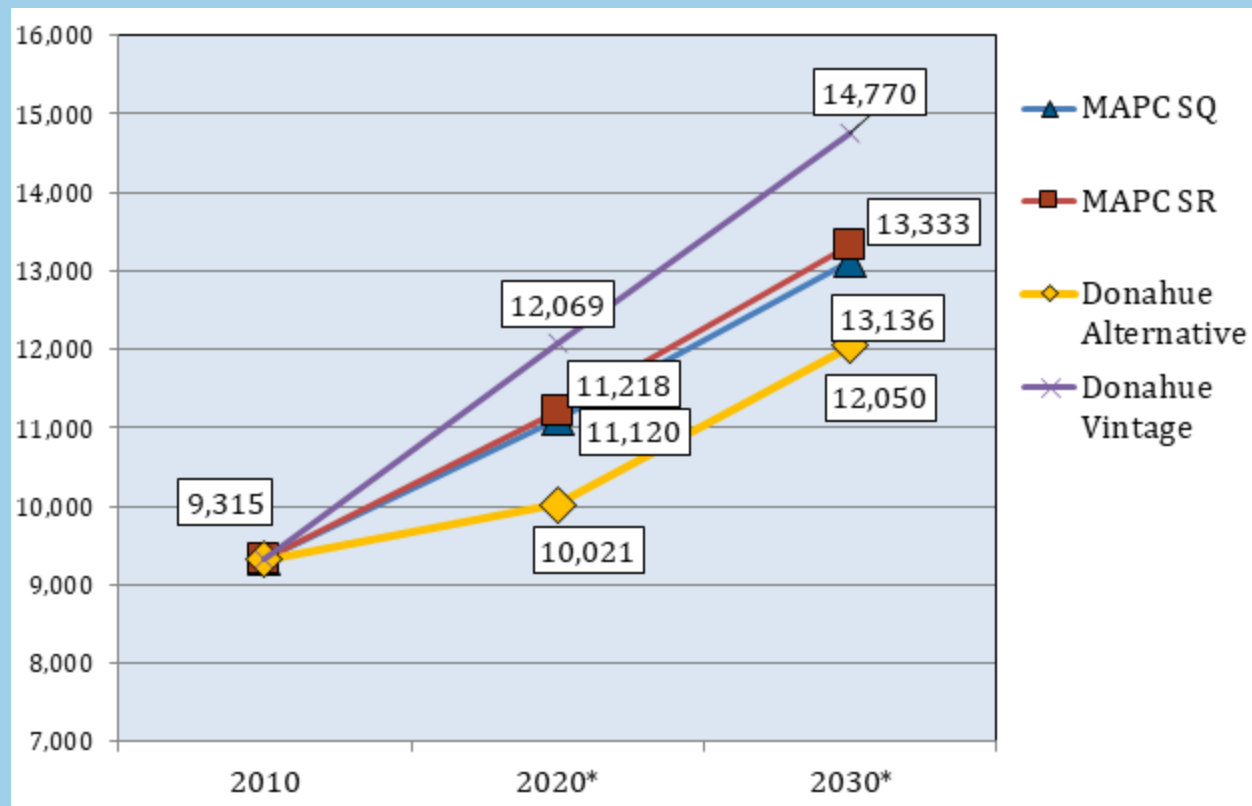


SHIFTING DEMOGRAPHICS IN ARLINGTON

Adults age 60+ outnumber residents under age 18

Age Category	Number	Percentage
Under age 18	9,654	21%
Age 18 to 49	18,696	41%
Age 50 to 59	6,269	14%
Age 60 to 79	8,612	19%
Age 80 and older	2,073	5%
Total	45,304	100%
Source: American Community Survey, 2014-2019 Table B01001. Numbers are calculated from 5-year survey estimates.		

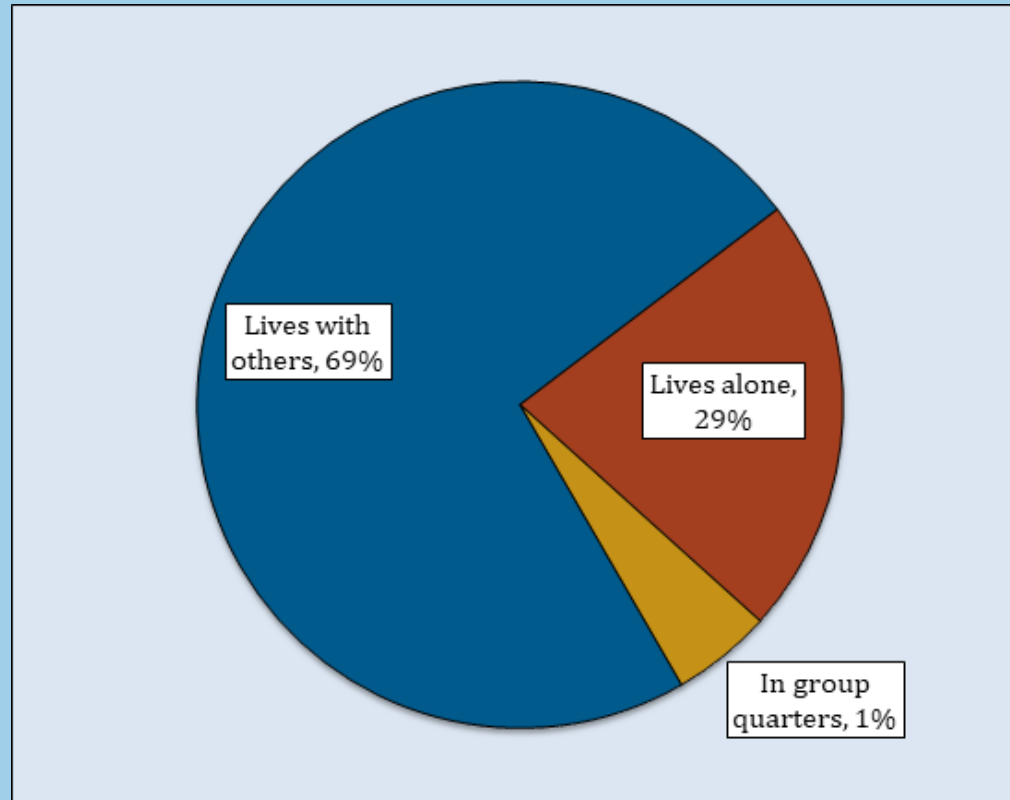
Alternate population projections Arlington residents, age 60+



Source: Population figures for 2010 are from the U.S. Census.

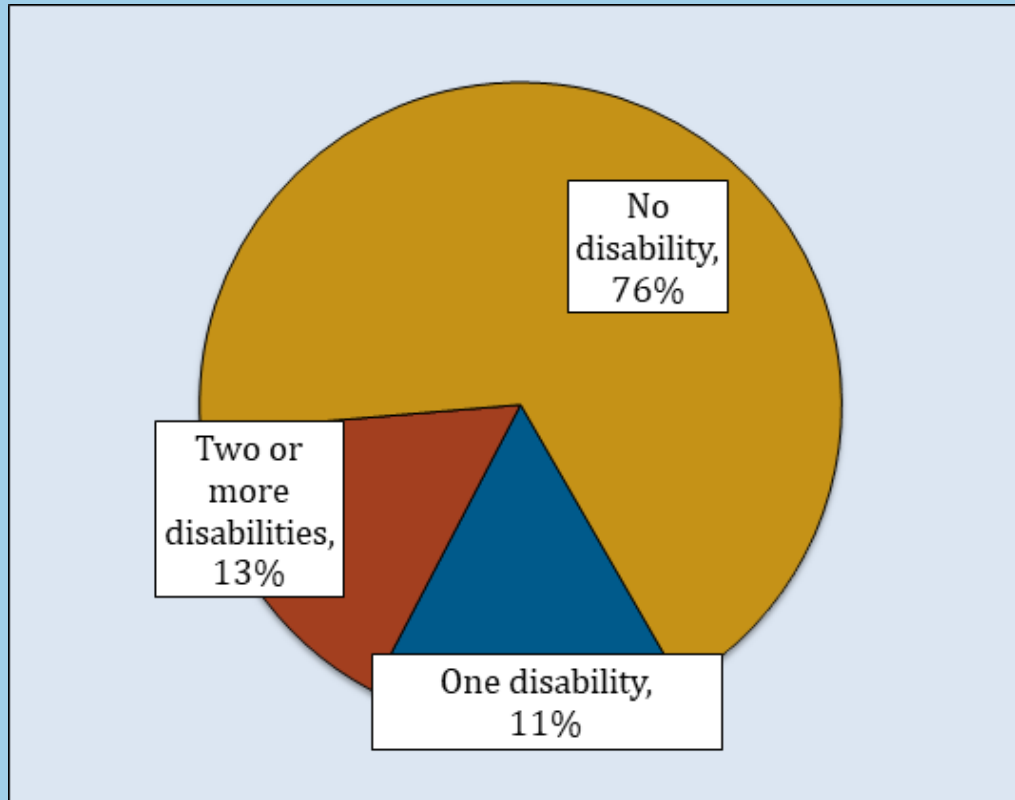
* The four sets of projections for 2020 and 2030 are from two different sources: 1. Donahue Alternative and Vintage projections are estimated by the Donahue Institute, University of Massachusetts <http://pep.donahue-institute.org/> 2. MAPC Status Quo (SQ) and Stronger Region (SR) Scenarios projections are prepared by the Metropolitan Area Planning Council <https://www.mapc.org/learn/projections/>

Living arrangements of Arlington residents, age 65+



Source: American Community Survey, 2014-2019, Table B09020. Numbers are calculated from 5-year survey estimates.

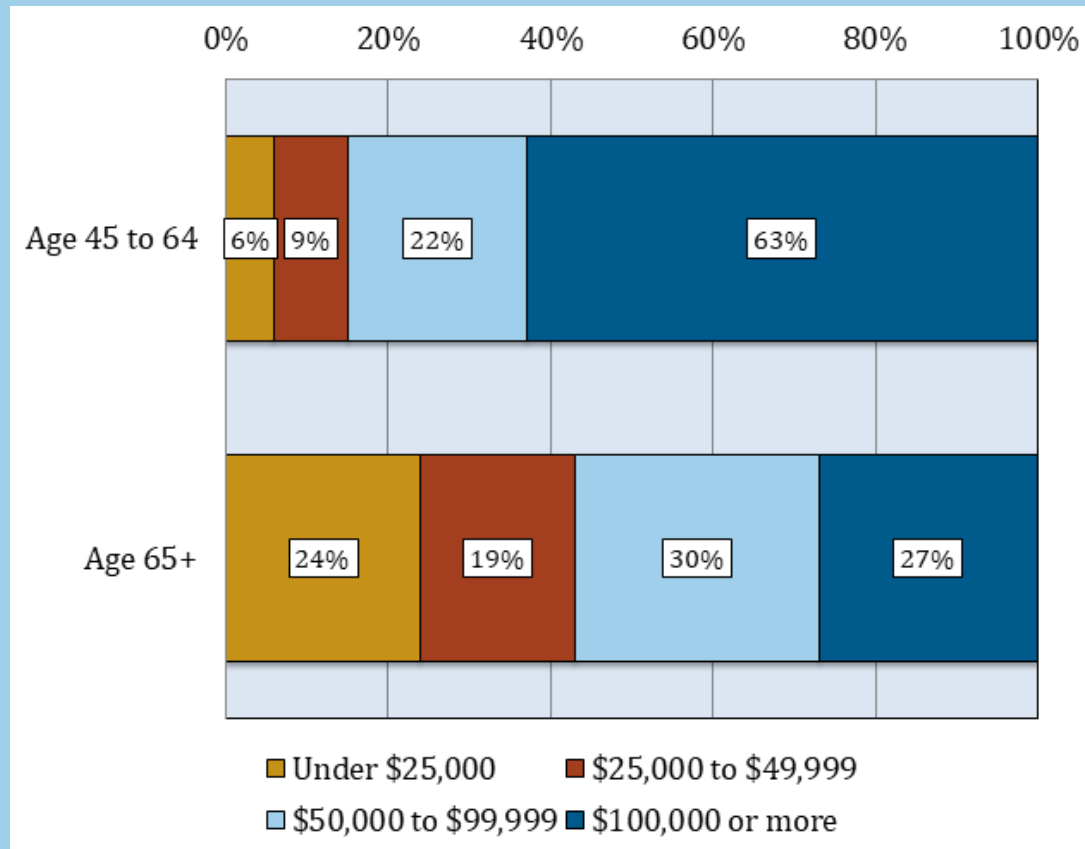
Percentage of Arlington residents age 65+ reporting at least one disability



Source: U.S. Census Bureau; American Community Survey, 2014-2019, Table C18108.

Percentages by age group do not sum to 100% because people may report multiple difficulties and do not include those with no difficulties assessed by the ACS.

Median household income in Arlington by age of householder



Source: American Community Survey, 2014-2019, Table B19037. Numbers are calculated from 5-year survey estimates.

Note: Includes only community households, not group quarters such as nursing homes.

RECOMMENDED *AGE AND DEMENTIA FRIENDLY* ACTION ITEMS

Housing - Action Items

GOAL:

Expand housing options
and home modifications
that promote aging
in place

A. Execute a land inventory

B. Encourage development of downsizing stock

C. Promote awareness of housing options across the lifespan

D. Build inclusion of older adults in planning decisions

E. Increase access to home modification and maintenance supports

F. Advocate for more flexible zoning laws

G. Explore shared housing arrangements

H. Increase property tax relief options

Transportation & Mobility - Action Items

GOAL #1: Enhance existing transportation options

- A. Offer “travel training” events
- B. Explore potential use of Town owned vehicles
- C. Fund a ride subsidy account
- D. Promote walkability
- E. Promote safe bicycling along commuter trails

GOAL #2: Promote on demand ride-sharing and volunteer-based services

- A. Facilitate access to on demand ride services through funding and educational opportunities
- B. Develop a volunteer driver program
- C. Promote carpooling and alternative transportation options

GOAL # 3: Improve the built environment

- A. Increase parking near senior housing and other resources
- B. Revise Arlington’s snow removal policy
- C. Ensure accessibility and safety features exist in outdoor spaces

Community Supports & Health Services Action Items

GOAL:

Explore the expansion of home and community-based services to support aging in place and **dementia friendly practices** ●

A. Build awareness of aging in place resources

B. Increase health and wellness services for older adults

C. Encourage “age-friendly” practices among local businesses

● D. Build educational opportunities and resources to support people living with dementia and their caregivers

E. Facilitate access to home modifications and home care services

Social Participation and Inclusion- Action Items

GOAL #1:

Engage adults aged 55 and older in programming to promote learning and wellness.

A. Increase access to off-site programs, entertainment, and trips

B. Increase lifelong learning opportunities

C. Increase programming and events for caregivers

GOAL #2:

Ensure programming is accessible to increase participation of residents aged 55 and older

A. Increase multigenerational engagement opportunities

B. Expand programming schedules and themes to meet diverse needs and interests

GOAL # 3:

Increase opportunities to promote mutual respect and relationships across generations

A. Identify vulnerable residents and those at risk for isolation

B. Build awareness to prevent bullying and ageism

C Elevate achievement of Dementia Friendly designation to advance dementia-friendly policy and practices

D. Create a volunteer respite program to support caregivers

Communication and Information - Action Items

GOAL #1:

Create multi-media information channels and enhance existing communication mechanisms for town-wide information distribution.

- A. Address communication challenges associated with language barriers, vision and hearing loss
- B. Explore ways to expand access to print-based media
- C. Create a town-wide email database for residents 55 and older
- D. Consider additional channels for in person outreach
- E. Convene human services providers in Town networking events

GOAL #2:

Foster creative partnerships to improve equitable access to existing communication channels.

- A. Champion Livable Community initiatives through events and publicity
- B. Offer technology support to facilitate access to online resources
- C. Expand utilization of MySeniorCenter data

Thank you!

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