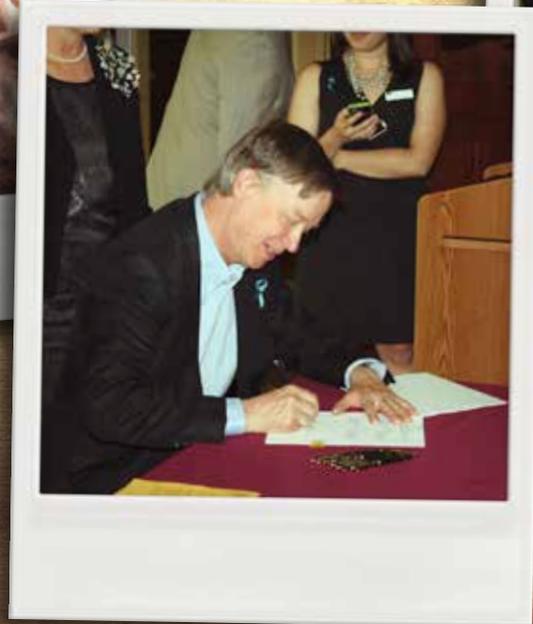


Aging Well

**In Jefferson
County, Colorado**

Annual Report 2012-2013



A special thanks to those who have served on the Aging Well Leadership Committee and the workgroups. They have taken their time and passion to strive and make Jefferson County the best county in the country to age well!

To join this project, please contact Susan Franklin, Program Manager at Jefferson County Human Services, 303-271-4051 or sfrankli@jeffco.us

For more information on the project, you can visit:
<http://humanservices.jeffco.us> under Aging and Adult Services



Presented by:

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Lynn Johnson, Director
Fall 2013

Photo credits: Front Cover: On the left: Rena Kuberski and husband enjoying life, courtesy of Rena Kuberski, middle: Governor Hickenlooper signing adult protection law, courtesy of Seniors' Resource Center, right: woman enjoying young child, courtesy of Seniors' Resource Center.

Page 6: Sign announcing a LGBTQ Affordable Senior Housing Development, courtesy of Brittani Trujillo.

Page 7: Woman exercising, courtesy of City of Wheat Ridge Active Adult Center.

Page 8: Members of Health, Mental Health, Wellness and Prevention Workgroup presenting at the 4th Aging Well Summit, courtesy Jefferson County Department of Human Services.

Page 10: Gathering at Seniors' Resource Center, courtesy of Seniors' Resource Center.

Page 15: Vicki Rogers catching a big one in Alaska, courtesy of Vicki Rogers.

Graphic design and layout: Doyle Harrison, Jefferson County Planning and Zoning Division

Aging Well

In Jefferson County, Colorado

Annual Report 2012-2013

Vision: Jefferson County: A thriving community for aging well.

Mission: To develop and implement strategies creating inclusive, livable communities through sustainable partnerships and integrated services.

The Strategic Plan for Aging Well in Jefferson County began its work in the fall 2008 with the gathering of community experts in the field of aging. The community partners, with the Jefferson County Department of Human Services leading the charge, realized that the aging of the population was going to mean changes were needed to be made in service delivery in the county. Partner agencies were asked to be a part of a Leadership Committee to steer the activities of a community-wide group focused on aging issues. Consultant, Sue Bozinovski, and Human Services staff person, Susan Franklin, headed up the project in the first few years, bringing community members together, identifying key topic areas for seniors and asking the community to develop a twenty year strategic plan. Members of the Leadership Committee and the workgroups vowed "to not let this strategic plan sit on a shelf."

The Leadership Committee broke into six workgroups:

- Basic Needs
- Caregiving and Supportive Services
- Health, Mental Health, Wellness and Prevention
- Housing
- Social and Civic Engagement
- Transportation and Mobility/Local Coordinating Council for Human Services Transportation

A 276-page report was written based on the information these workgroups gathered over two years. Trends, Strengths and Assets, Gaps and Short-term (2011-2015) and Long-term (2016-2030) Strategic Plans were developed for each of the workgroups. In addition, a number of topics crossed all workgroups and are included in this report. They are Accessing Information and Resources, Advocacy, Special Populations (People with Intellectual and Developmental Disabilities, Lesbian, Gay, Bisexual, and Transgender Elders, and Homeless Elders), and Sustainability. This report and all of the information from the project can be found on the Jefferson County Aging Well web site at <http://humanservices.jeffco.us>.

This report is the third of what will hopefully be many. The Leadership Committee and the workgroup members, all volunteering their time, are now implementing the goals and objectives outlined in the report. They continue to work very hard on all aspects of the plan in their own agencies as well as part of the community wide group. A report such as this will be developed yearly outlining the accomplishments of partner agencies and each workgroup. Some of the goals and objectives have changed as the community environment has changed economically, politically and in many other ways. There is much work to be done and it is only through the volunteers on the project that the activities in the workplans are being carried out by the partner agencies around the table to make Jefferson County the best place to age!

NEWS FROM THE COUNTY

Good News

- Lynn Johnson, Jefferson County's Human Services Executive Director, and Susan Franklin, Project Manager with Jefferson County's Human Services Department, won the Colorado Senior Lobby SOS award (Serving Our Seniors). The award is to recognize contributions made to improving the quality of life for seniors of Jefferson County and the state of Colorado.
- The Aging Well Project and a number of its partner organizations were chosen to present at the state wide conference "Colorado's Inaugural Aging and Disability Summit: Together Forging a Path to the Top" in November 2012.
- Brothers Redevelopment Inc. will have, at the end of August 2013, completed mobility/accessibility, home safety and damage repair projects for 10 homeowners in Wheat Ridge, Edgewater and Golden. These projects have saved residents benefiting from the \$5,000.00 per-household grant allotment over \$40,000.00 in skilled labor and materials.
- The Project has provided articles in the 50 Plus Marketplace News monthly, as requested by the newspaper and has also submitted articles for the city of Wheat Ridge's quarterly newsletter.
- Metro Community Provider Network (MCPN), providing health services to low-income people, opened a new clinic at 29th and Wadsworth. This clinic combines health and mental health services.
- The West Line of Light Rail came to Jefferson County in April 2013 thus creating more transportation options for older people and people with disabilities.
- Jefferson County Human Services in collaboration with Metro West Housing Solutions has set aside fifteen apartments to house homeless veterans and their families.
- Wheat Ridge's City Council has begun a Strategic Planning Process modeled after Jefferson County's Aging Well Project for the City of Wheat Ridge.
- Faith Community Church in Littleton is embarking on hosting a social gathering of seniors weekly based on information received through the Aging Well Project and other models.
- SB 111 expanding the number of professionals required to report abuse or exploitation of a person who is 70 years of age or older passed in the state legislature. This bill will bring increased funding to the county.
- SB 127 increasing the amount of sales tax revenue to the Older Coloradans Fund also passed in the state legislature.
- Developmental Disabilities Resource Center's oldest participant turned 90. This brings opportunities as well as challenges as the community continues its conversations around how to best serve older adults with intellectual and/or developmental disabilities.
- Jefferson County held its fourth annual Summit on Aging in June 2013. Approximately 175 people attended the conference.

Concerns

- While a number of multi-unit, independent, affordable housing options have been developed, the waiting list for those units continues to grow. Affordable housing options of all types are needed in Jefferson County.
- Members of the Aging Well Leadership Committee report dealing with an ever increasing number of evictions, foreclosures and shortage of housing for seniors.
- There is a lack of guardians willing to care for those who have no one to look out for their best interests.
- Sequestration and other funding cuts are having a negative effect on services provided to Jefferson County's seniors. For example, Seniors' Resource Center (SRC) closed their South West Adult Day site and cut transportation services impacting about 50 Jefferson County families.
- The fastest growth of those over the age of 60 will be between the years 2013-2020 according to the State Department's Demography's office. The fastest growing segment of the population are those over the age of 85. People over the age of 75 tend to be those most in need of services. While there is still time to bolster those services, planning and funding needs to begin now.

BASIC NEEDS

Members

- William Kistler, Chair, Centura Health LINKS
- Carol Mitchell, Chair, Seniors' Resource Center
- Amy Pulley, Denver Regional Council of Governments, Area Agency on Aging
- Ashley Abbett, The Action Center
- David Appel, Older Adults Program, City of Lakewood
- Edie Richey, City of Lakewood Senior Services
- Mary Catherine Rabbitt, The Legal Center
- Pam Stephens, Jefferson County Health and Environment
- Pat Stoehr, Volunteers of America

Goals and Objectives

Goal 1: Strengthen the disaster response capacity of seniors and people with disabilities in Jefferson County

Objective 1: Provide disaster preparedness support to long-term care and senior living facilities

Objective 2: Provide disaster preparedness support to senior community members living independently

Goal 2: Provide adequate nutrition resources to meet the needs of the growing older adult population

Objective 1: Increase the number of drop off sites for commodity and food pantry boxes in southern part of county

Objective 2: Increase participation in the congregate nutrition program

Objective 3: Increase the public's awareness of food assistance resources and unmet nutritional needs among the older adults in the county

Objective 4: Expand Volunteers of America's Market Basket Program in Jefferson County

Objective 5: Organize and coordinate distribution of fresh produce from community garden sites throughout the county

Objective 6: Maintain advocacy efforts focused on increasing financial resources to accommodate the growing need for nutritional services

Goal 3: Assure older adults will receive adequate financial resources to meet their basic needs

Objective 1: Increase knowledge among organizations and targeted populations in the community about programs that are already available

Objective 2: Increase access to application sites for financial assistance

Objective 3: Form new partnerships in the community related to accessing financial assistance

Objective 4: Identify additional funding sources for providing financial assistance to county residents

Goal 4: Provide legal resources to meet the needs of older adults for civil legal services and for senior-specific services from the criminal justice system

Objective 1: Secure increased funding for elder rights and elder justice programs for older adults from national and local sources

Objective 2: Increase awareness of issues that have a legal component that affect older adults

Objective 3: Provide adequate legal resources to meet the basic needs of older adults for senior-specific services from the criminal justice system

Collaborative Highlights

- Distributed informational flyers to seniors and providers throughout Jefferson County regarding food commodities.
- Collected emergency preparedness information and supplies and created a list of 100 physically and/or emotionally isolated seniors to receive them. A team to pack and distribute these kits is being gathered.
- In collaboration with other agencies including grocery chains, a marketing campaign is being developed to educate consumers about choosing healthy food when buying for food can drives. Donated food is often high in salt and carbohydrates.

Focus for 2013-2014

- Distribute emergency preparedness kits to 100 physically and/or emotionally isolated seniors.
- Create and distribute another one-topic flyer that addresses a need for seniors.
- Work with senior nutrition providers and agencies on senior hunger.
- Brainstorm ways to address the serious shortage of baby boomer's life savings.

CAREGIVING & SUPPORTIVE SERVICES

Members

- Julie Elkjer, Chair, Touching Hearts at Home
- Kelly Blair Roberts, Chair, Denver Regional Council of Governments, Area Agency on Aging
- Allsion Costenaro, Integrative Health and Healing
- Anne Grasee, National Association of Social Workers, Gold Star Member of Better Business Bureau
- Art Chmelik, BrightStar Care of West Denver
- Dave Rodgers, Jefferson County Human Services, Long Term Care
- Dianne Hitchingham, Developmental Disabilities Resource Center
- Jennifer Fairweather, Jefferson County Human Resources
- Leslie Fredrickson, Dungarvin
- Linda Johnston, Seniors' Resource Center
- Nikki Walker, Compassionate Consolidation
- Sid Friedin, Argus Home Health

According to AARP, family caregivers who leave the workforce to care for a parent lose, on average, nearly \$304,000 in wages and benefits over their lifetime

Goals and Objectives

Goal 1: Provide tools for caregivers to be effective in their roles

Objective 1: Educate caregivers about aging and caregiving issues

Objective 2: Increase awareness of community resources available to caregivers

Objective 3: Increase level of caregiver skill

Goal 2: Develop options for respite services that support caregivers and promote aging in place

Objective 1: Increase number of qualified persons in the field of caregiving

Objective 2: Increase available respite options to support caregivers

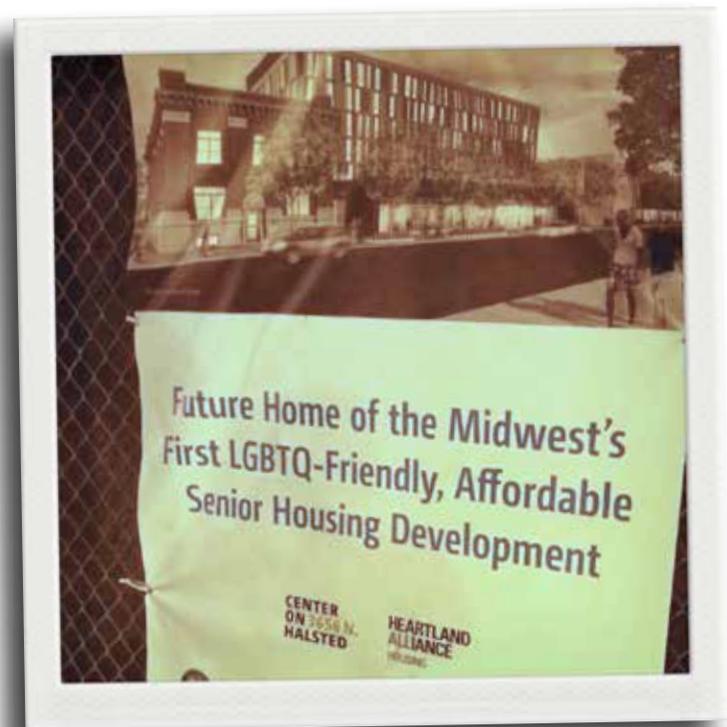
Objective 3: Increase household supportive services

Collaborative Highlights

- Began compiling a list of public speakers and topics they can present to distribute to businesses, the faith community and others.
- Compiled literature to mail to about 200 Jefferson County employers about caregiving employees.
- Developed a caregiving support group survey for county employees to gauge their interest in such a support group.

Focus for 2013-2014

- Finalize the list of public speakers and the topics they can present and advertise the list to the community, especially employers.
- Mail the compiled literature on caregiving to about 200 Jefferson County employers to elevate the conversation about caregiving employees.
- Administer the caregiving support group survey to Jefferson County employees, analyze the information and use the results to inform next steps.
- Prioritize the objectives in the Aging Well Report and Strategic Plans.
- Identify ways to collaborate with existing organizations and entities.



HEALTH, MENTAL HEALTH, WELLNESS & PREVENTION

Members

- Liz Smith, Chair, Jefferson Center for Mental Health
- Rena Kuberski, Chair, Jefferson County Human Services
- Ashleigh Phillips, Haven Behavioral Senior Care
- Bruce Fritz, Developmental Disabilities Resource Center
- Dar Vriesman, Senior Volunteer, Retired Hospital Administrator
- Glenn Most, Exempla West Pines
- Jeana Capel-Jones, Jefferson County Workforce
- Jennifer Campbell, St. Anthony Senior Health Center
- Justin Lampe, City of Wheat Ridge – Active Adult Center
- Karen Deleeuw, Seniors Helping Seniors
- Lynn Weis, Apex Community Recreation Center
- Myria Normann, Jefferson County Public Health and Environment
- Pam Allen, Consortium for Older Adult Wellness (COAW)
- Rene Ayala, Seniors' Resource Center



Goals and Objectives

Goal 1: Increase appropriate, reasonably-priced, and timely care to seniors by establishing one or more sliding fee senior medical/mental health clinics

Objective 1: Increase knowledge of and acquire applicable information to determine the feasibility of establishing a sliding fee senior medical/mental health clinic

Objective 2: Develop a strategy for implementation of the clinic

Goal 2: Increase healthy behaviors among older residents in Jefferson County

Objective 1: Increase seniors' knowledge and utilization of physical health, mental health, and wellness and prevention activities

Objective 2: Increase physical activity for seniors living in Jefferson County by promoting and establishing prevention and wellness health activities

Objective 3: Increase opportunities for mental illness prevention and early intervention activities

Objective 4: Increase health care professionals' knowledge about best practices in health care, mental health, wellness and prevention programs that can affect and help chronic and acute conditions

Goal 3: Increase access and utilization of mental health services for seniors

Objective 1: Increase seniors' and community's knowledge about the signs and symptoms of mental health distress and how to refer to a professional

Goal 4: Support the addition of a geropsychiatric inpatient services unit within Jefferson County

Objective 1: Support Exempla Lutheran Medical Center in expanding psychiatric inpatient services for the older adult community in a medical hospital-based setting

Goal 5: Jefferson County will have adequate medical personnel to meet the needs of seniors

Objective 1: Research and compare results of number of medical personnel needed in this community with other similar communities and needs assessment studies

Objective 2: Increase knowledge about student loan repayment programs and other funding opportunities for medical personnel

Collaborative Highlights

- Contributed to the discussion of a geropsychiatric unit at Exempla Lutheran Medical Center (opened January 2013), and a new MCPN clinic (opened spring 2013) to increase capacity for senior health and mental health treatment in Jefferson County.
- Administered a survey to 50 low income seniors in two apartment settings regarding what motivates and/or limits participation in healthy activities. Findings can be found on the Aging Well website at <http://humanservices.jeffco.us>.

According to a recent survey at two Jefferson County affordable housing units, older adults rely on the facilities they live at for resources and activities and find it hard to afford or find transportation.

- Continued to train new instructors and re-certify Tai Chi instructors through the Consortium of Older Adult Wellness (COAW). Apex Community Recreation Center reports an increase in the number of participants. Class offerings have also increased.
- Updated and distributed a brochure for health care clinicians and others listing the places in the county to find classes in N'Balance, Tai Chi, A Matter of Balance and Silver Sneakers.
- Continued to train individuals about mental health issues for seniors through Senior Reach and continued to expand its impact and outreach to provider groups and seniors. Senior Reach partnered with 6 different primary care providers and screened over 3,000 older adults for depression and at risk alcohol and substance use.
- Contracted with a Masters in Epidemiology Intern who researched the lack of medical professionals in Jefferson County. She provided a report and strategic plan for the workgroup to move forward.

Focus for 2013-2014

- Analyze the survey to low income seniors in apartment settings regarding what motivates and/or limits participation in healthy activities more thoroughly.
- Expand the use of volunteers to provide health coaching for chronic health conditions.
- Train and use volunteers to provide exercise instruction in senior facilities through multiple cross agency collaboration.
- Create a one page Evidence Based Resource Guide for Primary Care Physicians.
- Analyze the information gathered regarding lack of medical professionals in the county and move forward on encouraging more professionals to come to Jefferson County.



HOUSING

Members

- Donna Mullins, Chair, Mullins Youngdahl Design Company
- Arnie Snyder, Columbine Community Village
- Dennis Dempsey, Jefferson County Planning and Zoning
- Emily Sander, Jefferson County Community Development
- Erik Listou, Build Responsible Institute
- JoLynn Osborne, The Arc-Jefferson, Clear Creek & Gilpin Counties
- Luann Smidt, Life Point Realty
- Peter Hynes, Urbitecture
- Teri Howard, Later Life Advocates, LLC

Goals and Objectives

Goal 1: Models of affordable senior housing are implemented in communities throughout Jefferson County

Objective 1: Increase utilization of models and strategies for aging in community in individual single-family residences

Objective 2: Implement models and strategies to increase independence in affordable, independent, congregate, senior housing

Objective 3: Encourage development of elderly co-housing including affordable models

Objective 4: Increase number of communities in the county with Accessory Dwelling Unit ordinances

Goal 2: Explore monetary issues/possibilities for affordable senior housing

Objective 1: Create incentives for affordable senior housing development

Objective 2: Target funding opportunities for potential affordable senior housing projects

Objective 3: Identify exemplary models of affordable senior housing developments

Goal 3: Promote senior-friendly residential housing development

Objective 1: Increase number of areas within Jefferson County that are redeveloped into senior housing

Objective 2: Develop partnerships among agencies

Objective 3: Promote awareness among the public, stakeholders, etc., about senior housing strategies

Goal 4: More LGBT housing options for lesbian, gay, bisexual and transgender elders

Objective 1: Identify both real and perceived barriers to LGBT-friendly housing among providers and LGBT elder consumers

Objective 2: Promote LGBT-friendly policies and practices among providers of housing and services for older adults

Collaborative Highlights

- Presented information gathered by an Intern on Accessory Dwelling Units (ADUs) to Jefferson County's Planning and Zoning Department. They are reviewing the information and will be working with the Planning and Zoning Commission on next steps.
- Columbine Community Village was incorporated in March 2012 and continues to grow and thrive in south Jefferson County. Introduced the Village model to Colorado Senior Lobby.
- Supported Jewish Family Services in writing a grant for a Naturally Occurring Retirement Community (NORC) in Wheat Ridge.
- Piloted a Senior Housing Matrix on three sites and provided feedback to Jefferson County's Planning and Zoning Department.
- Findings received from the survey the Health, Mental Health, Wellness and Prevention workgroup administered found that seniors trust the care manager in their apartment buildings for information. From that, an email list of contacts in numerous housing developments was created in order to communicate with seniors through the care manager.

Focus for 2013-2014

- Identify senior housing needs in Jefferson County.
- Explore housing options and their benefits.
- Identify impediments and incentives for each option.
- Recommend solutions and incentives for each option.
- Advocate for the elimination of impediments.
- Implement solutions.

SOCIAL & CIVIC ENGAGEMENT



Members

- Jacob Browne, Chair, Jefferson County Public Library
- Nicole Hartog, Denver Regional Council of Governments, Area Agency on Aging
- Alison Joucovsky, Jewish Family Services
- Amy Nofziger, AARP
- Drew Weilage, Centura Health
- Jennifer Martinez, Jefferson County Human Services
- Kristin Hammel, Jefferson County Human Resources
- Lynn Frost, Jefferson County Human Services
- Mary Stika, Private Citizen
- Nancy Wellnitz, Apex Center in Arvada
- Nathan Mosley, City of Wheat Ridge

Goals and Objectives

Goal 1: Mature workers will have viable employment opportunities in Jefferson County

Objective 1: Increase viable retraining options for mature workers and job seekers

Objective 2: Tailor job search services for mature job seekers

Objective 3: Increase employer awareness and education to provide more opportunities for mature job seekers

Goal 2: Strengthen collaboration among faith-based organizations/communities, services and resources

Objective 1: Produce an information directory with specific information on faith-based services for seniors

Goal 3: Lifelong learning opportunities will meet the needs of adults 60 and over

Objective 1: Increase connections between programs and people by creating a database of providers of lifelong learning programs

Objective 2: Increase participation in lifelong learning by creating a marketing campaign which promotes the benefits of keeping the mind active

Goal 4: Mature adults in Jefferson County will have a variety of meaningful volunteer opportunities which utilize their skills and experience, enhance their well-being, and meet real needs in the community

Objective 1: Increase the number of computer classes that train Jefferson County seniors how to access volunteer opportunities and use social networking tools

Objective 2: Increase the number of professional Volunteer Manager positions assigned solely to volunteer engagement/management

Objective 3: Community agencies will develop creative, flexibly scheduled volunteer positions and projects that truly engage and challenge skilled, experienced older volunteers, meet real program needs, and allow capacity building within these agencies

Collaborative Highlights

- Evaluated results of the community wide trainings done last year on the Network of Care. From feedback, began work to develop training videos on how to use the Network of Care for both the consumer and providers.
- Researched nationally and locally what employers are doing to prepare their employees for aspects of retirement other than financial and medical. Jewish Family Services will pilot a series of classes for those thinking about retiring as well as those in retirement.

Focus for 2013-2014

- Finish the video project for the Network of Care.
- Work with Jefferson County's Human Resource Department on Pre-Retirement Preparation and Alumni Association for retirees.
- Connect with Volunteer Connections.
- Brainstorm on how to engage isolated seniors.

TRANSPORTATION & MOBILITY/LOCAL COORDINATING COUNCIL

Members

- Hank Braaksma, Chair, Seniors' Resource Center
- Amy Ciezadlo, Chair, Colorado Cab Company
- Angela Schreffler, Denver Regional Mobility and Access Council (DRMAC)
- Brittani Trujillo, Jefferson County Human Services
- Cindy Pieropan, Boulder County Mobility Manager
- Dave Ruchman, former RTD Board Member
- Dawn Sluder, Lakewood Rides
- Henry Mondragon, Jefferson County Veteran Services
- James Panzer, Jefferson County Schools
- Jeanne Weis, The ARC-Jefferson, Clear Creek & Gilpin Counties
- Matt Cunningham, Denver Regional Mobility and Access Council (DRMAC)
- Molly Hanson, LiveWell Wheat Ridge/Jefferson County Health and Environment
- Roberto Rey, AARP
- Ron Celentano, Jefferson County Emergency Planning
- Scott Burton, Jefferson County Planning and Zoning
- Steve Allen, Colorado Division of Voc Rehab
- Consultants-TransitPlus; Suzanne O'Neil, Ralph Powers, Michael Koch
- Ex Officio- Gretchen Cerveny; Citizen Advocate

Goals and Objectives

The Transportation and Mobility Workgroup morphed into a Local Coordinating Council for Human Services Transportation (LCC). Their goals and objectives changed in order to coincide with their new vision. Following are their revised goals and objectives:

Goal 1: Specialized transportation services for underserved populations in Jefferson County will be better coordinated

Objective 1: Sustain a formal and vital Jefferson County Human Services Transportation Local Coordinating Council

Objective 2: Partner with regional entities (DRMAC and DRCOG) in the creation of a region-wide call/contact center for specialized transit

Objective 3: Address the gaps in services and information identified in the Easter Seals Action Plan

Goal 2: The Transportation and Mobility Short-Term Strategic Plan for Aging Well will continue to be implemented, monitored and updated in collaboration with partners

Objective 1: Continue to work on the "assisted/public" and "self-mobility" aspects of the Aging Well Transportation and Mobility Strategic Plan

Goal 3: Strong communications and advocacy strategies exist with many committed partners giving consistent and unified messages about specialized transit for human services populations

Objective 1: Jefferson County's Local Coordinating Council will offer clear and simple messages about its purpose and priorities in its communications

Objective 2: When an item that requires advocacy becomes known to the LCC, ensure that existing advocacy organizations have information about it and know the views of the LCC members

According to a recent transportation gaps analysis, there is an increasing gap between the need for mobility services in Jefferson County and the current level of availability.

Collaborative Highlights

- Completed the first part of the gaps analysis which can be found online at: <http://humanservices.jeffco.us>.
- Received two grants to hire consultants to assist in moving the LCC forward. One ended in 2012 and another began in the summer 2013. The funding will also cover additional phases of the gaps analysis.
- Won DRMAC's "Local Coordinating Council of the Year" award.
- Provided input into the West Line and a state-wide bus system to be developed through CDOT.

Focus for 2013-2014

- Continue the work on the transportation gap analysis.
- Have a representative attend the Jefferson County Transportation Action and Advocacy Group (JeffTAAG) on a regular basis so that the older adult and people with disabilities' voice will be present.
- Continue to update the "white paper" to keep information fresh.

CROSS CUTTING TOPICS

Accessing Information and Resources

Goals and Objectives

Goal 1: Jefferson County will have a coordinated system for accessing information and resources, and for providing care navigation, for older adults and their caregivers

Objective 1: Maximize awareness of and use by county residents of existing, available Information, Referral and Assistance resources

Objective 2: Increase formal collaboration mechanisms among providers of all levels of Information, Referral and Assistance and Care Navigation services for Jefferson County seniors and their caregivers

Objective 3: Support a Virtual Resource/Call Center with a single entry phone number and web site address

Objective 4: Collaborate with businesses in Jefferson County, in a coordinated system of accessing needed information and resources for seniors and their caregivers

Collaborative Highlights

- Partnered with DRCOG and the City of Wheat Ridge to create videos on The Network of Care instructing consumers and providers on how to access and post information.
- DRCOG has increased the number of “hits” on the Network of Care web site. Although it is difficult to tell how many of those “hits” are coming from Jefferson County, it is assumed that residents of Jefferson County are using the web site to access services more.
- DRCOG (Denver Regional Council of Governments) and DRMAC (Denver Regional Mobility and Access Council) are being promoted through the Aging Well Project as a one-call/web site resource for Jefferson County.

Focus for 2013-2014

- Continue to promote DRCOG’s Network of Care web site and one-call phone number throughout Jefferson County.
- Continue to encourage providers to list their services on the Network of Care.
- Continue to advocate for more Care Navigators.
- Continue to promote DRCOG and DRMAC as resources.

Advocacy

Goals and Objectives

Goal 1: Key stakeholders in Jefferson County will collaboratively advocate on behalf of seniors

Objective 1: Increase advocacy by and for seniors on senior issues

Objective 2: Develop strategies for ongoing communication related to advocacy for key stakeholders

Goal 2: Community members (general public) will embrace advocating on behalf of seniors

Objective 1: Increase the number of people interested in advocating on behalf of senior issues

Goal 3: Advocacy efforts will be built on the strengths and assets of Jefferson County’s seniors and caregivers

Objective 1: Improve the way seniors are viewed by the general population

Collaborative Highlights

- Provided monthly articles to 50 Plus MarketPlace News on various topics. The City of Wheat Ridge has also included some of this information in their quarterly newsletters.
- Lynn Johnson, Executive Director of Jefferson County Human Services and Susan Franklin, Aging Well Program Manager, won Senior Lobby’s Serving Our Seniors (SOS) award for dedication and service to Colorado seniors.
- Numerous members of Aging Well were involved with the passage of SB127, SB111 and SB011.
- The Local Coordinating Council for Human Services Transportation met numerous times with RTD regarding Light Rail coming to Jefferson County and its impact on seniors and people with disabilities.
- The Aging Well Project Manager met with Senior Lobby on a number of occasions. The Village Model was discussed and promoted.

Focus for 2013-2014

- Continue to submit monthly articles to 50 Plus MarketPlace News and quarterly information to the City of Wheat Ridge.
- Become more involved with Senior Lobby and the Older Americans Coalition.
- Circulate proposed legislation and the impact it will have on agency partners and clientele amongst Aging Well members.

Special Populations People with Intellectual and Developmental Disabilities (I/DD)

Goals and Objectives

Goal 1: Individuals with I/DD will have viable opportunities to engage in their community through employment and volunteer activities that will enrich their lives

Objective 1: Promote employment of adults with I/DD through educating and encouraging potential employers to hire them

Objective 2: Increase access to volunteer opportunities for adults with I/DD

Goal 2: Integrate the needs of people with I/DD and their caregivers into caregiving plans and activities

Objective 1: Provide tools for caregivers of persons with I/DD to be effective in their roles

Objective 2: Integrate into existing and new eldercare training, information on the unique issues related to caregiving for persons with I/DD

Objective 3: Increase awareness of community resources available to caregivers of persons with I/DD

Objective 4: Utilize skills and abilities of people with I/DD to increase and strengthen the caregiving workforce

Goal 3: Work with the community to promote models that offer housing choices for aging adults with I/DD

Objective 1: Advocate for the development and/or modification of welcoming, affordable, available and accessible housing for aging adults with I/DD

Objective 2: Assist aging adults with I/DD to modify their existing homes so that they can age in place

Objective 3: Work with community organizations to develop new housing models for aging adults with I/DD

Goal 4: Increase adequate and safe transportation options for aging adults with I/DD while improving existing options

Objective 1: Increase and improve training of transportation providers and users

Objective 2: Support adequate assisted transportation services and resources for all aging Jefferson County residents with I/DD

Goal 5: Provide supports to aging adults with I/DD who are facing emergency situations

Objective 1: Help aging adults with I/DD create plans to implement in case of emergencies

Goal 6: Provide adequate financial assistance for people with I/DD through governmental sources, opportunities to earn income, and other sources

Objective 1: Explore all funding sources to increase and expand options to meet basic needs

Goal 7: Ensure that people aging with I/DD have legal representation when it is needed

Objective 1: Make information about legal services accessible for people with I/DD and their caregivers

Goal 8: Ensure adults aging with I/DD are receiving fair and appropriate medical care

Objective 1: Educate aging adults with I/DD and their caregivers on what medical care they should expect to need as they age

Goal 9: Ensure that all aging adults with I/DD have a person acting as an advocate for medical decisions

Objective 1: Increase education and materials on medical durable power of attorney, living wills and medical proxy for persons aging with I/DD and their caregivers

Collaborative Highlights

- Added a person with I/DD to the workgroup.
- Provided People First Language training and presented information regarding older people with I/DD at the Aging Well Summit and to 50+ Marketplace.
- Continued to teach families about guardianship, powers of attorneys, estate planning, homeownership, proxies and trusts.
- Honored individuals with I/DD, family members and staff by providing counseling/educational sessions through the use of Grief Dancers. Added bricks to a Memorial Garden.
- Developed a web page and library with resources. Added a weekly feature to The Arc's eUpdate called "Looking to the Future" that focuses on aging.
- Continued to help people with I/DD live independently through work programs and homeownership.

Focus for 2013-2014

- Use information received from the Aging Well Summit to chart activities for the coming year.
- Provide a five-part training series on aging issues.
- Promote respect for aging adults with I/DD to ensure their basic needs are met.
- Educate people with I/DD and their caregivers on the needs of older people with I/DD and share resources.

Lesbian, Gay, Bisexual & Transgender (LGBT) Elders

Goals and Objectives

Goal 1: Promote equal access to services and programs along the Continuum of Care (i.e., community to in-home to institutional) for LGBT elders

Objective 1: Increase awareness among service providers of the strengths and special needs of LGBT elders in the county

Goal 2: Maximize aging well-related information resources for LGBT elders

Objective 1: Increase availability and awareness of LGBT Support Groups/Networks in Jefferson County

Goal 3: Create widespread understanding and acceptance of all elders, in particular older adults who identify as LGBT

Objective 1: Increase knowledge of various sectors (e.g., business, non-profit, general public, etc.) about realities of LGBT aging for county residents

Objective 2: Public policy related to seniors will take into account special issues/needs/circumstances of LGBT elders

Collaborative Highlights

- Created connections with Jefferson County providers including Jefferson Center for Mental Health (JCMH). JCMH will offer culturally responsive training in Aug. 2013.
- Provided outreach to a variety of care communities which has resulted in Project Visibility trainings taking place in the county.
- Created new avenues for communication utilizing social media, telling our story blog, etc.
- Updated and created a more comprehensive GLBT Community Center of Colorado website.
- Was honored by the Aging Well Project by being asked to have a workshop at the Aging Well Summit this year and by being mentioned in a news article.

Focus for 2013-2014

- Increase members on this workgroup.
- Provide five culturally responsive training sessions to providers/agencies in Jefferson County.
- Forge more agency/provider connections.
- Research best ways to advertise GLBT activities in Jefferson County.
- Identify GLBT elders living openly in Jefferson County who are interested in outreach efforts.

Homeless Elders

Goals and Objectives

Goal 1: Individuals 60 years of age and older will have affordable, stable and permanent housing with services that meet their basic needs

Objective 1: Jefferson County will increase housing options from emergency to transitional to permanent for its seniors

Objective 2: Increase awareness of the homeless/affordability issue in the county

Objective 3: Increase case management to assess and meet the basic needs of homeless persons

According to the latest Point in Time count, January 2013, 1435 people were homeless in Jefferson County.

Collaborative Highlights

- Heading Home, Jeffco Community Steps to Housing: A Plan to End Homelessness in Jefferson County, was adopted by the Children, Youth, Leadership Commission in April 2013.
- Three churches have been recruited to house single men and women and couples during severe weather beginning Oct. 1, 2013. Families and people with disabilities will continue to receive motel vouchers.
- Policies, procedures and trainings have been developed for the Severe Weather Shelter Network.
- The City of Lakewood has updated their Accessory Dwelling Unit ordinance and Jefferson County is reviewing their ordinance.

Focus for 2013-2014

- Continue to have a representative on the Heading Home and the Severe Weather Committees to advocate for homeless elders.
- Continue to work with the faith community on expanding the Severe Weather Shelter Network.

Sustainability

Goals and Objectives

Goal 1: The Aging Well in Jefferson County Project will continue to exist

Objective 1: Increase participation in Aging Well effort to promote its continuation

Objective 2: Increase the community's knowledge about the project

Objective 3: Increase the number of collaborations amongst the various providers in Jefferson County

Goal 2: Existing workgroups will continue meeting, sharing information and creating collaborations and "wins"

Objective 1: Increase knowledge, information and referral and services provided to Jefferson County residents

Collaborative Highlights

- The Aging Well Project is embarking on its sixth year with all strategic plans being actively worked on.
- A fourth annual Summit on Aging was held June 2013 and was well attended.
- The Project Manager and others involved in the project are speaking to groups about the project and its intent.
- Numerous agencies are reporting use of the information in the Aging Well Report for planning, budgeting, grant writing, and program development.

Focus for 2013-2014

- Seek funding for the workgroups.
- Increase number of presentations given to the community about the project.
- Continue to recruit members who can implement the goals identified in the Aging Well Report and Strategic Plans.



SOME SURVEY RESULTS FROM THE HEALTH, MENTAL HEALTH, WELLNESS AND PREVENTION WORKGROUP

In the spring 2013, 50 residents in two affordable senior, independent rental apartments were interviewed regarding their health, mental health, wellness and prevention. Following is some of the results of the survey:

When asked how life today compared to three years ago, 52% reported doing better. Here are some of their comments:

- I was living with my son. Have more opportunities to exercise and volunteer. Can get out more.
- Previous housing was more difficult. Everything is inside here.
- Very busy which I love. I like living here over the trauma of living in assisted living and I have a lot of friends.
- Improved confidence, health, and socialization.
- When living alone I did not eat well. Activities here have been helpful.
- Off ant-depressants, lost weight.
- Health is better. People here are so nice.
- I love where I live.

Top Three Activities That Help You Age Well

- Spending time with friends/family
- Adhering to medical advice
- Participating in physical activities

Top Three Reasons Older Adults Do Not Attend Activities

- Lack of Transportation
- Time of Activities
- Cost to Attend

Top Three Services to Help Older Adults Live Independently

- Transportation
- Adaptive Equipment
- Home Health Care

COUNTY-WIDE LEADERSHIP COMMITTEE

- Susan Franklin, Project Manager, Jefferson County Human Services
- Alice Fa'agata, Jefferson County Human Services
- Bethany Thomas, Calvary Episcopal Church
- Brittani Trujillo, Jefferson County Human Services
- Carol Mitchell, Seniors' Resource Center
- Dave Rodgers, Jefferson County Human Services
- Dennis Dempsey, Jefferson County Planning and Zoning
- Dianne Hitchingham, Developmental Disabilities Resource Center
- Donna Mullins, Mullins Youngdahl Design Company
- Emily Sander, Jefferson County Community Development
- Gretchen Cerveny, Colorado Commission on Aging
- Hank Braaksma, Seniors' Resource Center
- Henry Mondragon, Jefferson County Human Services
- Jacob Browne, Jefferson County Public Libraries
- Jennifer Martinez, Jefferson County Human Services
- Julie Elkjer, Touching Hearts at Home
- Justin Lampe, City of Wheat Ridge, Active Adult Center
- Kelly Blair Roberts, Denver Regional Council of Governments
- Liz Smith, Jefferson Center for Mental Health
- Lori Ropa, The ARC-Jefferson, Clear Creek & Gilpin Counties
- Mary Catherine Rabbitt, The Legal Center
- Molly Hanson, Live Well Wheat Ridge Coordinator
- Nancy Wellnitz, Apex Community Recreation Center
- Nathan Mosley, City of Wheat Ridge, Management Analyst
- Nicole Hartog, Denver Regional Council of Governments
- Pam Stephens, Jefferson County Health and Environment
- Pat Stoehr, Volunteers of America
- Rena Kuberski, Jefferson County Human Services
- Shari Wilkins, The Center
- William Kistler, Centura Health LINKS