

Aging Well

In Jefferson
County, Colorado



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Acknowledgements

This report was produced as part of the Jefferson County Strategic Plan for Aging Well Project. A Leadership Committee consisting of experts in the aging field, providers and consumers of aging services, and others were invited to steer the activities of the project beginning in August 2008 and continuing to the present. The project benefited from the participation of the many concerned people who took time to attend monthly meetings, who

contacted numerous aging services organizations and who wrote the report and strategic plan attached. The Leadership Committee members also participated on the six workgroups to move this project forward. The work of each of those groups is included in this report.

We would like to recognize the following people for their participation on the Jefferson County Strategic Plan for Aging Well Leadership Committee:

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Message from the Jefferson County Board of Commissioners

The number of people 60 years and older is projected to double in the next 20 years in the state of Colorado and in Jefferson County. Jefferson County currently has, and is expected to continue to have, the largest number of seniors of any county in the state. The very old and poor are populations of special concern; women dominating both of those groups. Most older adults would prefer to age in their communities and there is a critical shortage of affordable housing and other services. Communities lack many elements for successful aging and the aging of baby boomers will only make the shortages more severe.

For these reasons and many more, the Jefferson County Board of County Commissioners asked the Jefferson County community to come together to proactively address the "tsunami" of seniors coming our way in the next 20 years. Dozens of people have been meeting as a large Leadership Committee, as well as in smaller workgroups focused on specific topics. Consumers, caregivers, advocates and professionals working in fields such as planning and zoning, housing, transportation, senior nutrition services, home health, legal aid, parks and recreation and others have been meeting for the past two years to address how Jefferson County can be well-prepared by better collaborating and joint planning. The community members divided themselves up into six workgroups to address this issue. The workgroups include:

- Basic Needs
- Caregiving and Supportive Services
- Health, Mental Health, Wellness & Prevention
- Housing
- Social & Civic Engagement
- Transportation & Mobility

Many individuals are to be thanked for their participation in meetings, researching topics, and writing aspects of the reports. Each workgroup has submitted a report and a strategic plan on its topic and we have combined all of the reports into this one. In addition, this report contains Cross Cutting Strategic Plans on issues that crossed all workgroups. We hope that you and your organizations will find this information interesting and helpful as you move forward with planning in the coming years.

This report represents the hopes and dreams of Jefferson County's community in developing a place where residents will want to stay, grow old, give back to the community and be valued by the community. It will be a road map for the county and a model for the rest of the country. We hope that you will join us on this ride by following our developments at <http://humanservices.jeffco.us>.

Sincerely,

Commissioner, District 1 Faye Griffin

Commissioner, District 2 John Odom

Commissioner, District 3 Donald Rosier

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