

# Strategic Plan for Aging Well in Jefferson County

June 28, 2011

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Department of Human Services

# Why Did We Do It?



THE SENIOR POPULATION  
IS GOING  
TO DOUBLE  
BY 2030  
IN JEFFERSON COUNTY



# Jefferson County Aging Well Project



## 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.



# What Is It?



- Two plus year planning process (Fall 2008-Fall 2010)
- Multiple year implementation process (2011-2030)
- Main outcome is a Strategic Plan for Aging Well
- Appointed Leadership Committee is guiding project
- Project funded by Jefferson County Human Services, Rose Community Foundation and Colorado Department of Transportation



# Leadership Committee



- St. Anthony Hospital
- Jefferson County Sheriff Department
- Colorado Commission on Aging
- Jefferson County Planning and Zoning
- Lutheran Family Services
- Total Long-term Care
- Seniors' Resource Center
- Jefferson County Department of Health and Environment
- Jefferson Center for Mental Health
- Consumers including members representing the Latino and GLBT communities
- Jefferson County Council on Aging
- Jefferson County's District Attorney's Office



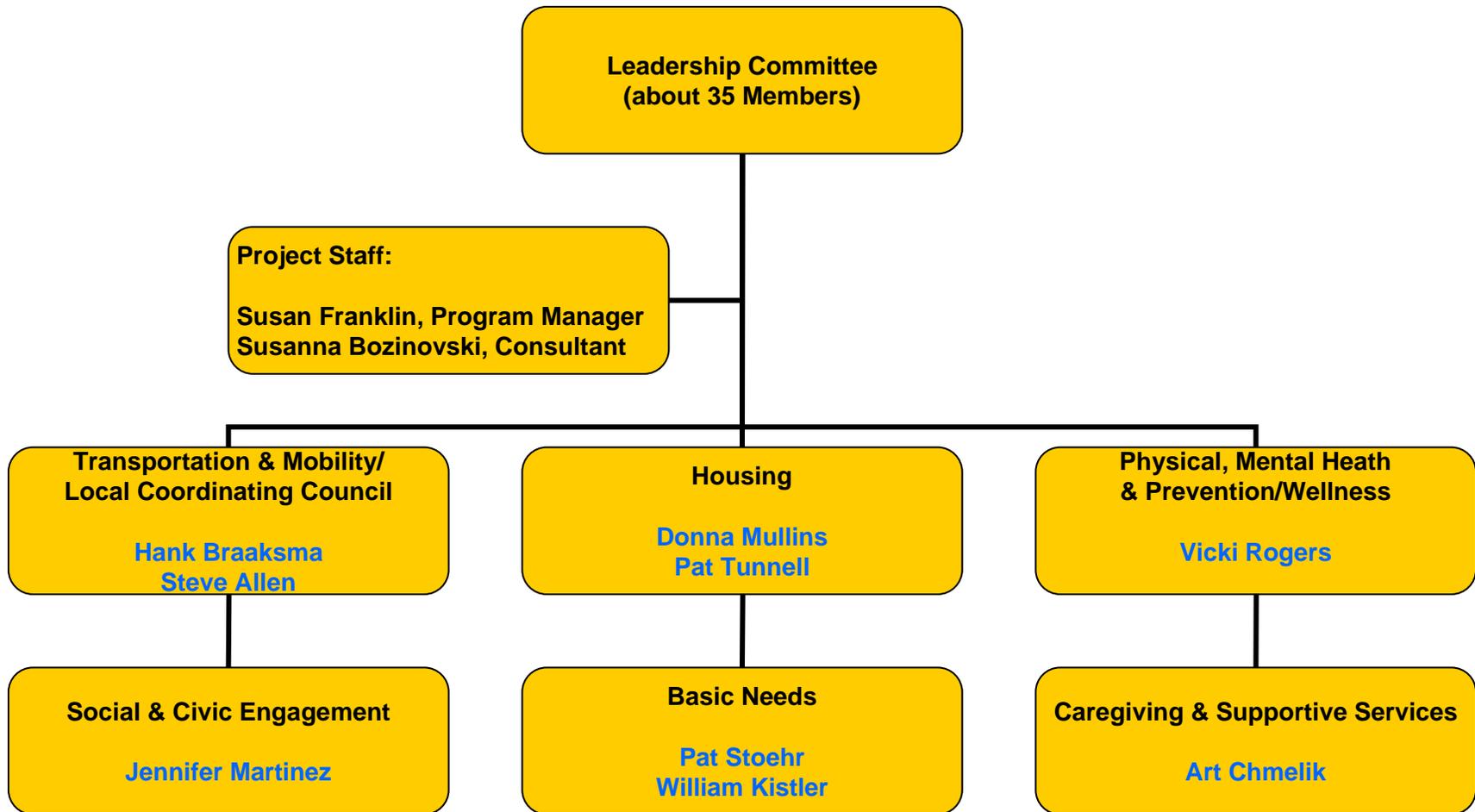
# Leadership Committee



- Jefferson County Community Development
- City of Lakewood Senior Services
- Volunteers of America
- Calvary Episcopal Church in Golden
- Parks and Recreation Centers
- The Legal Center for Elderly and People with Disabilities
- Jefferson County Workforce Center
- Developmental Disabilities Resource Center
- Adult Protection
- Options for Long Term Care
- Jefferson County Human Services
- BrightStar Care
- Mullins Youngdahl Design Company



# Aging Well Organizational Chart



# First Year



- Ascertained what Jefferson County has in place
- Developed maps to guide our work in collaboration with Planning and Zoning
- Each workgroup prepared a report:
  - Past trends
  - Future trends
  - Strengths and Assets
  - Gaps in Services
  - Priority Areas
- Sought additional funding



# Second Year



- Based on gaps and needs identified in first year:
  - Promising Practices
  - Models nationally and internationally
  - Strategic Plan: who, what, where, when
  - Funding
  - Champions in the Community
- Administered the Community Assessment Survey of Older Adults (CASOA)
- Jefferson County Summit on Aging, June 16, 2010



# Third Year Highlights



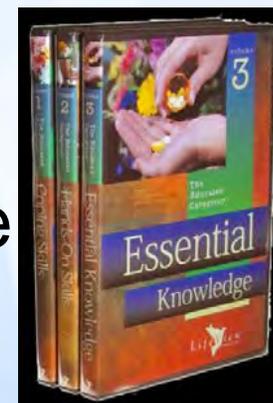
- **Basic Needs**
  - First Senior Law Day, June 11, 2011
  - Printing and distribution of Nutritional Resources in Jefferson County
  - Health Passport Program co-located at the Department of Human Services



# Third Year Highlights, cont.



- Caregiving and Supportive Services
  - Selected “The Educated Caregiver” DVD series as a tool
  - Purchased and distributed 20 sets of the DVDs throughout the county along with a Facilitation Guide for Group Leaders
  - Held 4 Caregiver Workshops based on the DVDs
  - Developed a marketing tool to raise awareness about information available to seniors and caregivers



# Third Year Highlights, cont.



- Health, Mental Health, Wellness and Prevention
  - Began developing plans for enhanced senior services through Metro Community Providers Network (MCPN) for a clinic in Jefferson County which will provide a variety of services in one location
  - Held yoga activities in the community to act as focus groups to increase health/wellness
  - Supported Senior Reach in a SAMHSA grant application to screen seniors for depression and prescription drug misuse

# Third Year Highlights, cont.



- Housing

- Researched the Village Housing Model in the U.S. and supported an individual looking to create a Village in south Jefferson County based on Washington Park Cares Model
- Reviewed Jefferson County's Master Plan highlighting areas that focus on seniors (ie density bonuses, tax incentives, fast track permitting)
- Began developing a Housing Matrix to evaluate and rank qualities relevant to successful senior communities

# Third Year Highlights, cont.



- **Social and Civic Engagement**

- #1 Need reported by seniors in a survey done spring 2010

- E-train:

- 70 classes booked
    - Over 300 attendees
    - 13 agencies rebooking



- “The laptop my son gave me does not live under the bed anymore.”

- “I now have a better chance to get a job by putting the computer classes on my resume.”

# Third Year Highlights, cont.



- **Transportation and Mobility**
  - Formation of a Local Coordinating Council for Human Services Transportation (LCC)
  - LCC developed bylaws and applied for a second grant from CDOT
  - Seniors' Resource Center opened a café type model in Southwest Plaza Mall



# Community Assessment Survey for Older Adults (CASOA)



- Administered spring 2010
- Random selection of 3,750 adults over the age of 60
- 44% return rate
- Reports for Golden, Arvada, Wheat Ridge, Lakewood, Edgewater, all of the County, Unincorporated
- Top 3 Needs in Jefferson County
  - Civic Engagement
  - Information and Planning
  - Physical Health



# Where Do We Go From Here?



- Market the information in the Aging Well Report and the CASOAs
- Seek additional funding
- Have conversations with Mayors, CEOs, Directors, Chambers of Commerce, Service Clubs, etc.
- Find champions
- Second Summit on June 28, 2011-TODAY!
- Administer Rose Community Foundation and CDOT Grants



# How Will This Effect Your Business or Where You Work or Personally?



- Will there be more seniors/people driving on the road during the day and less at night?
- Will there be more people going to lunch vs. dinner?
- How can I be more sensitive to my employee who is caring for an elderly parent?
- Will there be more people willing to volunteer? What kind of incentives could I provide to people willing to volunteer?
- What type of civil and criminal issues are seniors dealing with? How can I help?

# How Will This Effect Your Business or Where You Work or Personally?



- What can individuals and employers do to help an older person stay in their home?
- Are the sidewalks around my business or house suitable for older people to walk in order to catch a bus?
- How is the lighting in my parking lot? Is it conducive to older people feeling safe?
- Are there enough classes/civic activities for older people to be engaged?
- What are the housing options in the county?

# Website



[jeffco.us/adultsvc](http://jeffco.us/adultsvc)

or

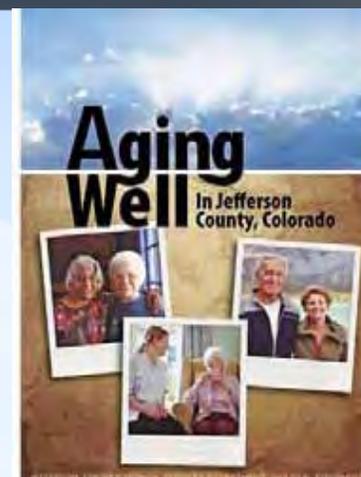
Google

## Aging Well Jefferson County

CASOAs and Report can be found on the website

Hard Bound Reports for \$10.00

CDs of the Report for \$5.00



# Contact Information



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