



Age-Friendly Livable Communities

Clark County Commission on Aging

May 19, 2014

Joint Legislative Executive Committee on Aging and Disability



What is community?



A NATION? A STATE?



A CITY?



A NEIGHBORHOOD?



A POLITICAL VIEW?



A RELIGION?



A CULTURE?

Commission on Aging's definition

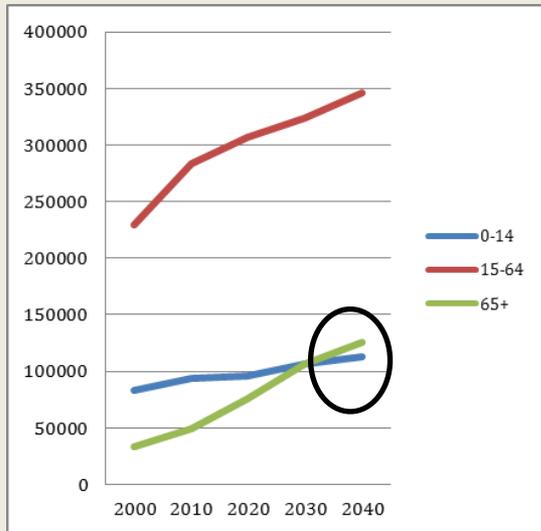
“A livable community is one that has affordable and appropriate housing, supportive community features and services, and adequate mobility options, which together facilitate personal independence and the engagement of residents in civic and social life.”



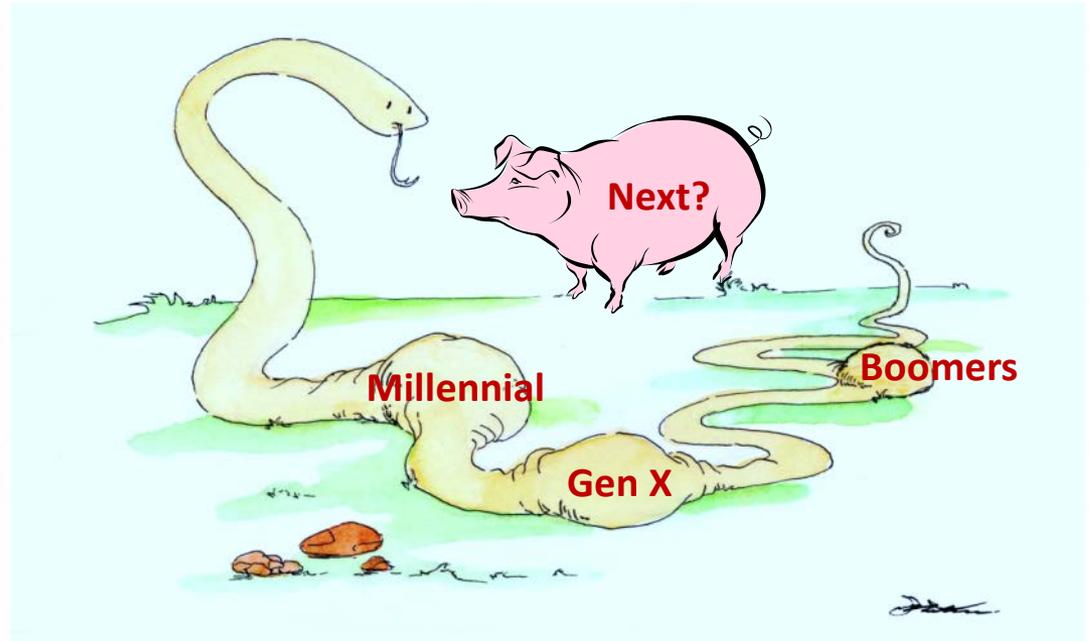
THE COMING AGE WAVES

How will this effect our community?

By 2040, there will be more people in Clark County 65 and older than children under 15.



Source: State of Washington Office of Financial Management 2013





THE COMING AGE WAVES

How will this effect our community?

Clark County, Washington Population Forecast by Age Category and Gender



Source: U.S. Census Bureau

THE COMING AGE WAVES

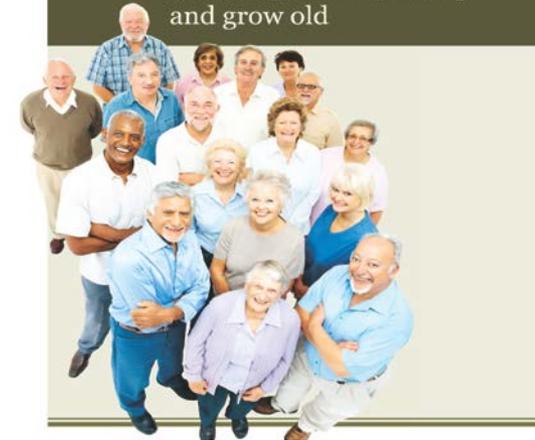
How do we prepare for the waves?



- Aging Readiness Task Force
- Aging Readiness Plan
 - 91 strategies
 - Appoint a Commission on Aging
 - Retain county leadership
 - Recognize this effort is for all ages

Growing older
in Clark County

Making Clark County
a better place to grow up
and grow old



CLARK COUNTY
COMMISSION
on
AGING

Commission on Aging

Focus Areas



Housing

Provide a variety of housing that is affordable and adaptable to changing needs.

Project: Shared Housing



“The idea: Independent, physically capable seniors share housing in order to divide the costs, split up the chores, and enjoy some companionship... It's just like the "Golden Girls," only without Bea Arthur.”
– *The Columbian Newspaper (Editorial board) 3/13/14*

What is it?

- Two or more unrelated people share a home
- Homeowner renting out a vacant bedroom
- Two or more people renting a home together

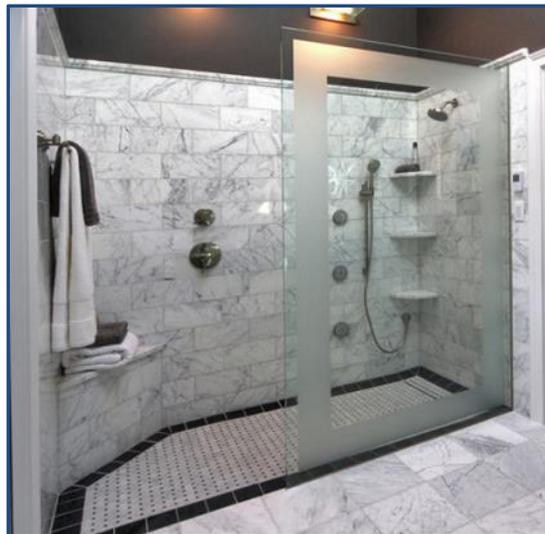
Benefits:

- Financial support
- Companionship
- Sense of security
- Aging-in-community

Housing

Provide a variety of housing that is affordable and adaptable to changing needs.

Project: Universal Green Design



What is it?

Ways to make a home more comfortable for a wide range of people.

- No step entrances
- Open floor plans
- No step showers
- Wider hallways and doorways

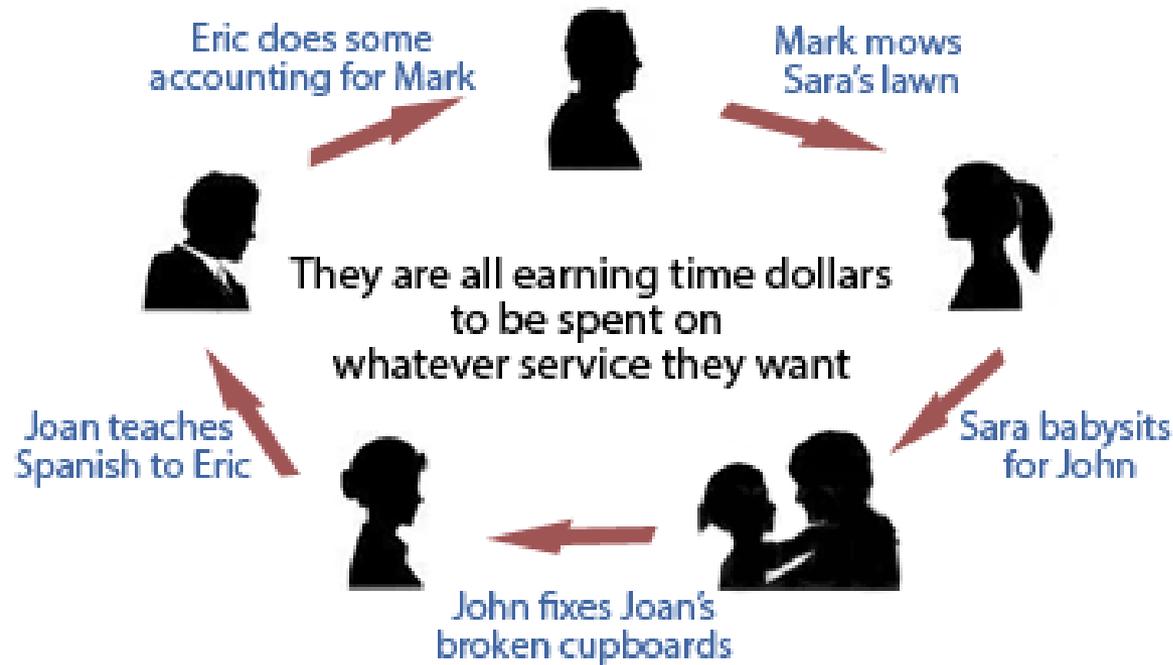
Benefits:

- Enables people to “age-in-place”
- Eliminates challenges for visitors with mobility impairments
- Simplifies housekeeping
- Cost-efficient because it is energy-efficient

Community Engagement

Promote volunteer opportunities for people who need help and for those looking to help.

Project: Timebanking



What is it?

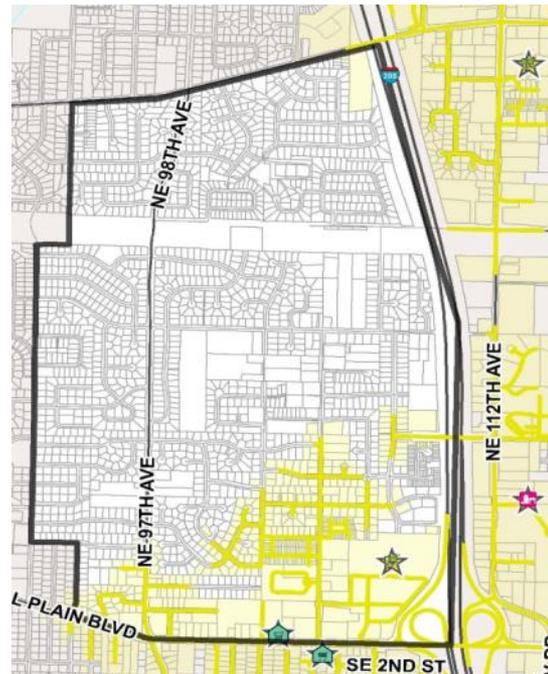
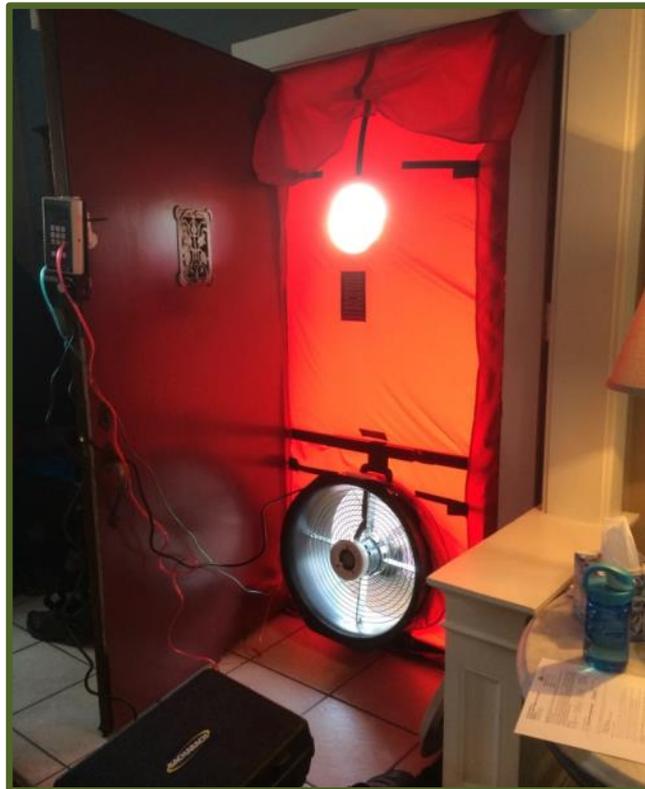
- Similar to bartering
- Every hour of service = one hour of credit for service you need
- All services valued equally
- Online database allows members to indicate services they can provide and see what others offer

Benefits:

- Financial benefit
- Builds community
- Donation of time to others
- Allows flexibility in volunteering

Create healthier places in the built environment.

Project: 60+ Weatherization Project



Boundaries of pilot neighborhood

What is it?

- Grant program for 60+ to reduce energy costs through weatherization improvements
- 10% participant buy-in, not to exceed \$500
- Pilot neighborhood

Benefits:

- Enables aging-in-place through affordability of home costs
- Makes homes more comfortable

Housing and Healthy Communities

*Provide a variety of housing that is affordable and adaptable to changing needs.
Create healthier places in the built environment.*

Project: Land use and zoning changes

What is it?

- Changes zoning codes to allow development of complete neighborhoods
 - Mix of housing
 - Services (jobs, stores, restaurants)
 - Schools and open/public spaces
- Changes codes to allow easier development of accessory dwelling units and duplexes
- Changes codes to allow assisted living facilities and co-housing developments in single-family residential zones

Benefits

- Allows more opportunity to “age-in-community”
- Encourages walking, promotes small business development, reduce reliance on automobiles, and increase social interaction and safety



Transportation and Mobility

Promote independence through a variety of mobility options.

Project: Volunteer Sidewalk Program

What is it?

- Allows volunteers to build sidewalks and walking paths using alternative materials other than concrete

Benefits:

- Opportunity to build safe walkways in a timely and cost-effective manner
- Increases health and safety of area residents and visitors



Transportation and Mobility

Promote independence through a variety of mobility options.

Project: Accessible Transportation Coalition Initiative (ATCI)



What is it?

- Bringing together all transportation providers in Southwest Washington to work on a plan to better coordinate transportation services

Benefits:

- Innovative mechanisms to stretch dollars
 - Creation of a mobility and resource management solutions program



Supportive Services

Promote well-being, safety and independence through a variety of services.

Project: Telehealth/Telemedicine

What is it?

- The delivery of health related services using telecommunication technology

Benefits:

- Improves access to care
 - Minimize travel from home to doctor for rural residents
- Financial benefit
 - Families have decreased travel & out of pocket expenses, lost work, childcare needs
- Reduces cost of healthcare
 - Avoids risky, unnecessary and expensive transports



There is no cost to attend this event but an RSVP is requested. Register at: www.clark.wa.gov/aging

Telehealth: Fact or Fantasy?

October 2nd, 2013

CLARK COUNTY COMMISSION ON AGING

For More Information & RSVP
Clark County Commission on Aging
www.clark.wa.gov/aging
360-397-2280 ext. 4913
comm-aging@clark.wa.gov

Randy Scheel
360-449-1477
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Special thanks to...

- A Caring Heart, Senior Housing Referral
- At Your Place Senior Care
- Beagle Burke & Associates
- Elfin Services
- Fort Vancouver Convalescent Center
- Prestige Care
- ProPac Pharmacy
- The Messenger

Conference Location
PeaceHealth Southwest Medical Center—Education Center
400 NE Mother Joseph Place
Vancouver, WA 98664

Conference Agenda
7:30a.m.—8:00a.m.
Registration / Continental Breakfast
8:00a.m.—8:15a.m.
Welcome & Introductions
Randy Scheel, MS
8:15a.m.—9:15a.m.
Keynote
Miles Ellenby, MD
Break 9:15a.m.—9:30a.m.
9:30a.m.—10:15a.m.
Nancy Vorhees, RN
10:15a.m.—11:00a.m.
Vanessa Leigh-McLaughlin
11:00a.m.—11:45a.m.
David Kelly
Tracy Zitzelberger, MPH
11:45a.m.—12 Noon
Closing Comments
Randy Scheel, MS

Miles Ellenby, MD
Associate Professor,
Pediatric Critical Care
Medical Director,
Telehealth Program
OHSU

Nancy Vorhees, RN
Chief Operating Officer—
Inland Northwest Health
System / Northwest Tele-Health

Vanessa Leigh-McLaughlin
Founder/CEO
Edithforge
WelcomeHome Health

David Kelly
Executive Director
Area Agency on Aging and
Disabilities of Southwest
Washington

Tracy Zitzelberger, MPH
Administrative Director &
Research Associate,
Oregon Center for Aging
& Technology—OHSU

Randy Scheel, MS
Fort Vancouver
Convalescent Center
Caretique
The Park Lido

Communication

Promote a communication network that informs, Involves and empowers people and communities.

Project: Speakers Bureau

What is it?

- Group of volunteers who raise community awareness about the Aging Readiness Plan, initiatives underway to combat challenges identified in it, and the Commission on Aging and its projects

Benefits:

- Inform county citizens about available services
- Raise awareness on issues affecting the community
- Garner support to implement projects identified in Aging Readiness Plan

A FREE SEMINAR FOR AGES 55+

CASCADE INN Proudly Presents
"Aging with Confidence"

- Aging Readiness
- Recognizing Financial Exploitation
- Important Resources Provided



KOELSCH SENIOR COMMUNITIES
CARING FOR SENIORS FOR OVER
55 YEARS

Featuring
Gary Beagle

Senior Managing Fiduciary with Beagle, Burke & Associates, Certified National Master Guardian, and the current Chairperson of Clark County's Commission on Aging

- Wednesday, March 26th, 2014
- From 6:30 - 8:00 p.m.
- Cascade Inn - 11613 SE 7th Street, Vancouver

(360) 254-3555
Please register by March 19th

REGISTER NOW!

CASCADE INN
SERVING SENIORS SINCE 1958
A Koelsch Senior Community
www.cascadeinnwashington.com

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Opportunities for help

What can happen at the state level to assist local efforts?

- **Universal Design:** Encourage the International Code Council to develop a regulatory framework for a *Universal Design Code*, similar to efforts made toward *Green Building code* – ask the WA Building Code Council to create interim standards.
- **Leadership/Coordination/Grant funding:** Start up costs for age-friendly community initiatives (i.e. Timebanking and Shared Housing programs)
- **Telehealth/Telemedicine:** Senate Bill 5708 and House Bill 1448 – providers need reimbursement for services
- **60+ Weatherization:** Continue funding the Community Energy Efficiency Program

Planning for Age-Friendly Communities

For more information

Clark County Commission on Aging
Website: www.clark.wa.gov/aging



QUESTIONS & ANSWERS

