

How Do Communities for A Lifetime Fit Into the Larger Long Term Care Reform Picture?



Why Communities for a Lifetime?

- Making it possible and desirable for individuals to remain in their communities as they age or as their physical capacity changes
- Enhancing the individual's access to community-based services and supports
- Developing and renovating communities to support people in their homes and community
- Supporting older people and people with disabilities in employment
- Diverting people from institutional placement

Language/Terminology

- Communities for a Lifetime
- Livable Communities
- Aging Friendly Communities
- Naturally Occurring Retirement Communities
- Villages

Trends From:

Moving people to changing their environments

Building for one population to building for diversity

Building housing to building infrastructure

Fragmented services to coordination

International Initiative

- This is an international initiative
- The World Health Organization has created guidelines
- We will be seeing how those guidelines are being used in the District of Columbia effort.
- WHO Guide
- http://www.who.int/ageing/publications/Global_age_friendly_cities_Guide_English.pdf

Maryland Legislative Approaches and Challenges

Steps to a Community for a Lifetime

- ✓ Find and work with County leaders who care.
- ✓ Reach out for allies and activists.
- ✓ Make your case for a Community for a Lifetime.
- ✓ Decide your priority needs to draft a plan.
- ✓ Keep at it – persistence pays off!

From Judy Welles, 9/12/13 presentation to
Maryland Commission on Aging

Montgomery County Senior Agenda – A Chronology

A Community for a Lifetime

- 2007-2008: Growing Senior Population – County Executive held Summit, formed “Senior Subcabinet” of Department Directors
- 2009: Commission on Aging (COA) placed priority on Aging in Place/Community
- 2010: COA issued “Call to Action”
 - Called for Senior Agenda to plan and address needs
 - Called for senior transportation plan
 - Called for seat at table of Senior Subcabinet
- 2010: COA drafted sample Community for a Lifetime legislation

- **2011: COA drafted Senior Agenda for a Community for a Lifetime**
- **2011-2012: COA met with County leaders; sought allies on Senior Agenda; aligned budget/action proposals with Senior Agenda**
- **2012 (May): County Executive endorsed Senior Agenda; requested Resolution from County Council**
- **2012 (Nov.) County Council held hearing; drafted Resolution in support of Senior Agenda**
- **2012 (Dec. 4) County Council unanimously approved Senior Agenda Resolution – later approved several COA budget requests**

Communities for a Lifetime

Definition: MD Chapter 295, SB 822

The Department [of Aging] shall recommend criteria that local jurisdictions may use to certify communities for a lifetime, including:

1. The extent to which a community has sought and plans to **expand public health, prevention, and wellness programs** that serve older adults;
2. The extent to which a community has sought and plans to expand **affordable transportation** options;
3. The extent to which a community has sought and plans to expand **affordable rental housing** and the ability to own **affordable homes**;
4. The extent to which a community has sought and plans to expand **employment, civic engagement, recreation, and leisure options** for older adults; and
5. The extent to which a community has sought and plans to expand **other initiatives that boost the abilities of older adults to age in place**.

Importance of Age-Friendly Communities

- Address a growing elderly population and an economic imperative associated with elder care.
- Honor consumer preferences to remain at home and in the community as they age.
- Address challenges to aging in the community, and provide needed supports.
- Improve access to existing supports for aging in the community.

Recent Federal Initiatives to Expand Home and Community-Based Services

- 2007 AoA Community Living Program
- 2008 Veterans Directed HCBS Program
- 2009: Independence at Home Act
- 2010: Patient Protection and Affordable Care Act
 - Community First Choice Option
 - Balancing Incentives Program
 - Money Follows the Person (expanded)
 - **CLASS Act** (Community Living Assistance Service and Supports) . Will not be implemented.

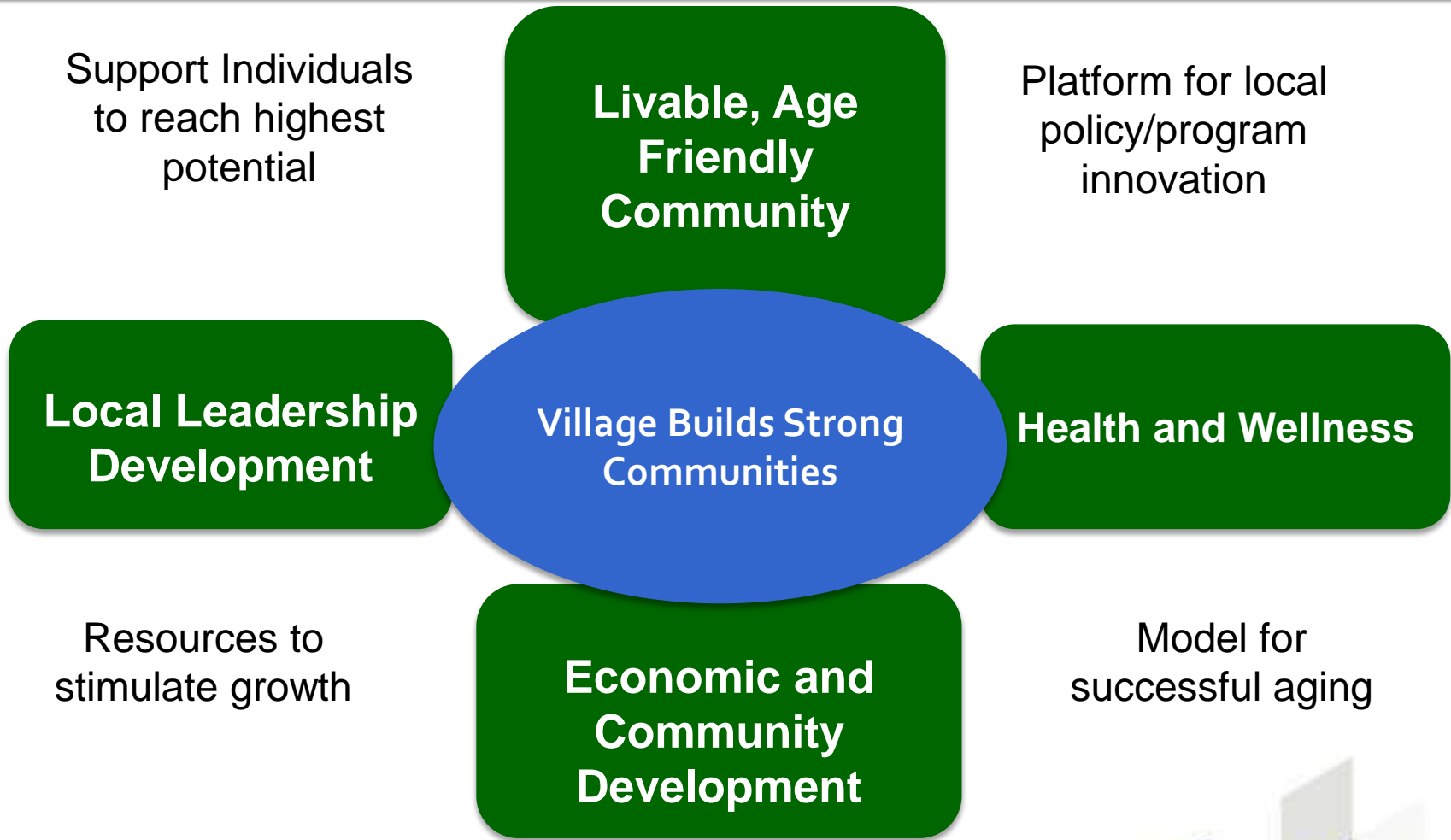
Policy Brief Recommendations

- Develop a “Maryland Communities for a Lifetime” website so existing resources are accessible in one location.
- Establish a statewide or regional coalition to support communities in their efforts to develop/expand age-friendly communities (e.g., Westchester County Center for Aging in Place, Metropolitan Atlanta Lifelong Communities)
- Sponsor a statewide or regional symposium focused on Communities for a Lifetime

From Lori Simon-Rusinowitz, PhD; 9/12/13 presentation to Maryland Commission on Aging



Villages Provide Mechanism to Support Aging in Community



Washington, DC

Journey toward Recognition

by the World Health Organization as an Age-Friendly City in 2017

Communities for a Lifetime

What is an Age-Friendly City?

- The World Health Organization (WHO) developed the Global Age-Friendly Cities project to address two world-wide demographic trends: urbanization and population aging.
- In 2012 Mayor Gray committed to seek designation by the WHO as an Age-Friendly City. The DC Council unanimously passed a resolution to that effect.
- The District is on a journey to become an Age-Friendly City by 2017, a community that is an inclusive and accessible urban environment that encourages active and healthy aging.

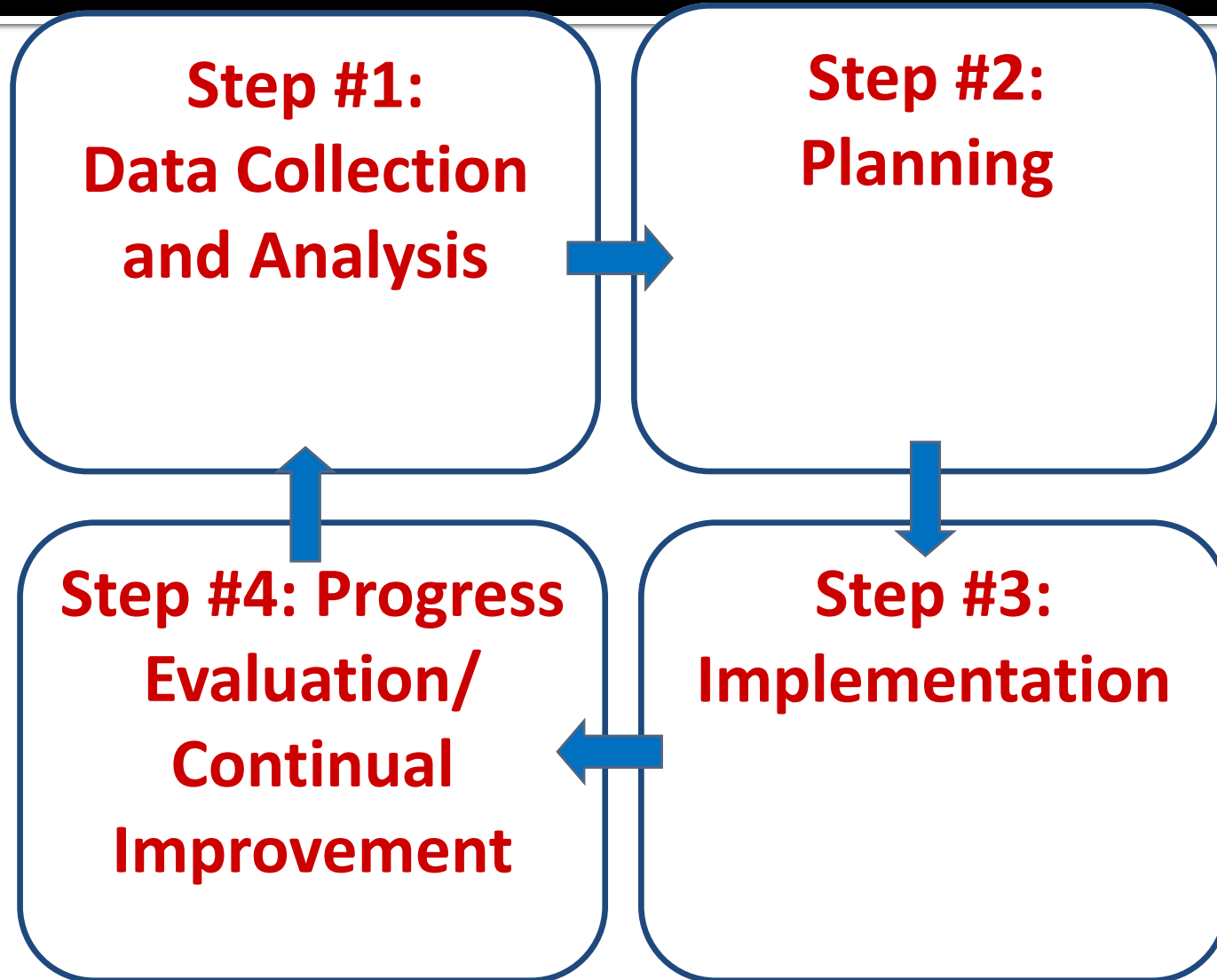


**Step #1:
Data Collection
and Analysis**

**Step #2:
Planning**

**Step #4: Progress
Evaluation/
Continual
Improvement**

**Step #3:
Implementation**



Age-Friendly DC



Outdoor Spaces
and Buildings



Transportation



Housing



Social Participation



Respect and Social
Inclusion



Civic Participation
and Employment



Communication
and Information



Community Support
and Health Services



Emergency Preparedness
and Resilience



Elder Abuse,
Neglect and Fraud

Listening and DC-wide Planning 2013 and 2014



Step #1: Data Collection and Analysis

DCOA Senior Needs Assessment published

- Community Input: 3,250 residents shared comments
- Analysis of findings by New York Academy of Medicine
- Review of findings by knowledgeable leaders and academics
- Establishment of Task Force domain committees
- Drafting of initial goals and objectives document
- Presentation of goals and objectives document for public comment



Step #2: Planning

strategic plan goals and objectives

- Crosswalk of goals and objectives with existing strategic plans
- Integration of goals and objectives with DC government agency annual performance plans
- Final recommendations approved by the Task Force and presented to the Mayor
- Strategic Plan is finalized and submitted to AARP National office and WHO



The Future

Strategic Plan initiatives have already begun to be woven into the actions of residents, public agencies, private organizations and businesses. The World Health Organization will be asked to recognize Washington, DC as a WHO Age-Friendly City.



Villages in DC

2012 = 8

2014 = 12

2017 = More than 12

Making the Shift: the Adaptive Challenge

