



Institute for Livable and Equitable Communities – Miami Valley Age-Friendly Communities Network

October 13, 2021



MIAMI VALLEY

Regional Planning Commission

INSTITUTE FOR LIVABLE & EQUITABLE COMMUNITIES

Agenda

<u>Item</u>	<u>Topic</u>	<u>Time</u>	<u>Presenter</u>
I.	Welcome/Introductions	10:00 a.m.	Stacy Schweikhart
II.	Reframing Aging	10:10 a.m.	Leigh Sempeles
III.	Institute for Livable & Equitable Communities	10:25 a.m.	Serena Anderson Leigh Sempeles
IV.	Livable/Equitable Age Friendly Yellow Springs	10:40 a.m.	Antonia Dosik
V.	Villages Model	10:55 a.m.	Leigh Sempeles
V.	Next Steps	11:10 a.m.	Leigh Sempeles
VII.	Questions	11:15 a.m.	All

The next meeting will be: Thursday, January 12, 2022 @ 10:00 a.m. via Zoom.



Welcome

TIPS

- Please stay muted throughout the meeting
- If you have a question during the meeting, please put your questions in the chat box or click “Raise Hand”
- We are asking all participants to hold their questions until the end of the presentation



Age Friendly Continuum - a place for everyone on this journey



Learn: more about age-friendly communities



Assess: existing conditions, programs, policies & services



Reframe: aging by changing the narrative



Engage: older adults in decision-making processes



Work Together: on strategic partnerships, programs & plans



Commit: to becoming an age-friendly community





Reframing Aging

What is Old?



Reframing Aging

FrameWorks Institute: National Research

- Shift how people think through “reframing”
- Address negative attitudes toward aging
- What we emphasize; how we explain; what we leave unsaid

Other resources:

- Encore Network: Transforming the Encore Stage of Life
- Changing The Narrative: Ending Ageism Together

frameworksinstitute.org

encorenetwork.org

changingthenarrativeco.org



How Can We Reframe Aging?

Instead of these words and cues:

"Tidal wave," "tsunami," and similarly catastrophic terms for the growing population of older people

"Choice," "planning," "control," and other individual determinants of aging outcomes

"Seniors," "elderly," "aging dependents," and similar "other-ing" terms that stoke stereotypes

"Struggle," "battle," "fight," and similar conflict-oriented words to describe aging experiences

Using the word "ageism" without explanation

Making generic appeals to the need to "do something" about aging

Try:

Talking affirmatively about changing demographics: "As Americans live longer and healthier lives . . ."

Emphasizing how to improve social contexts: "Let's find creative solutions to ensure we can all thrive as we age."

Using more neutral ("older people/Americans") and inclusive ("we" and "us") terms

The Building Momentum metaphor: "Aging is a dynamic process that leads to new abilities and knowledge we can share with our communities."

Defining ageism: "Ageism is discrimination against older people due to negative and inaccurate stereotypes."

Using concrete examples like intergenerational community centers to illustrate inventive solutions



How Can We Reframe Aging?

Avoid Unintended Negative Consequences

- **Don't lead with a story of overwhelming demographic shifts**, where society will be overwhelmed by older people (silver tsunami, gray wave, etc.)
- **Avoid talking about aging as a “civil rights issue,”** this leads to unproductive effects and can prompt people to compare ageism to racism or sexism
- **Avoid using language that refers to older people as “others”** or reinforces paternalistic attitudes towards older people (elderly, senior citizens, vulnerable, etc.)
- **Don't overdo positivity**, with portraits of extraordinary older people that are exceptional, not rule of thumb
- **Avoid using individual-level examples**, focus on changes to the decision-making rather than guiding personal decisions





Institute for Livable & Equitable Communities

Institute for Livable & Equitable Communities

Vision

The Institute places an intentional focus on livability and equity, launching programs and transforming systems that create a community where all people can thrive.

Mission

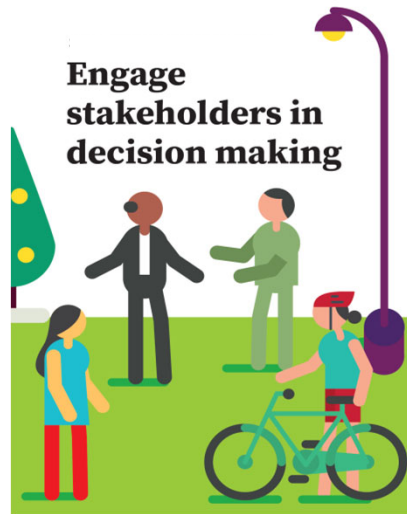
The Institute for Livable & Equitable Communities at the Miami Valley Regional Planning Commission (MVRPC) convenes critical partners and is the central point of coordination for a long-term, multi-faceted effort to address nine domains proven to enhance livability and equity in communities.



What do we mean by livable & equitable?

Livable is place focused

Equitable is people focused



If it is Equitable, it is also Livable



What Does the Institute Do?

INSTITUTE STEERING COMMITTEE

Regional Equity Initiative

REGIONAL EQUITY NETWORK

Livable Communities Initiative

AGE-FRIENDLY NETWORK

CONVENING MEETINGS & EVENTS AROUND EACH DOMAIN - REGIONAL PARTNERSHIPS!

Community



Opportunity



Health & Well Being



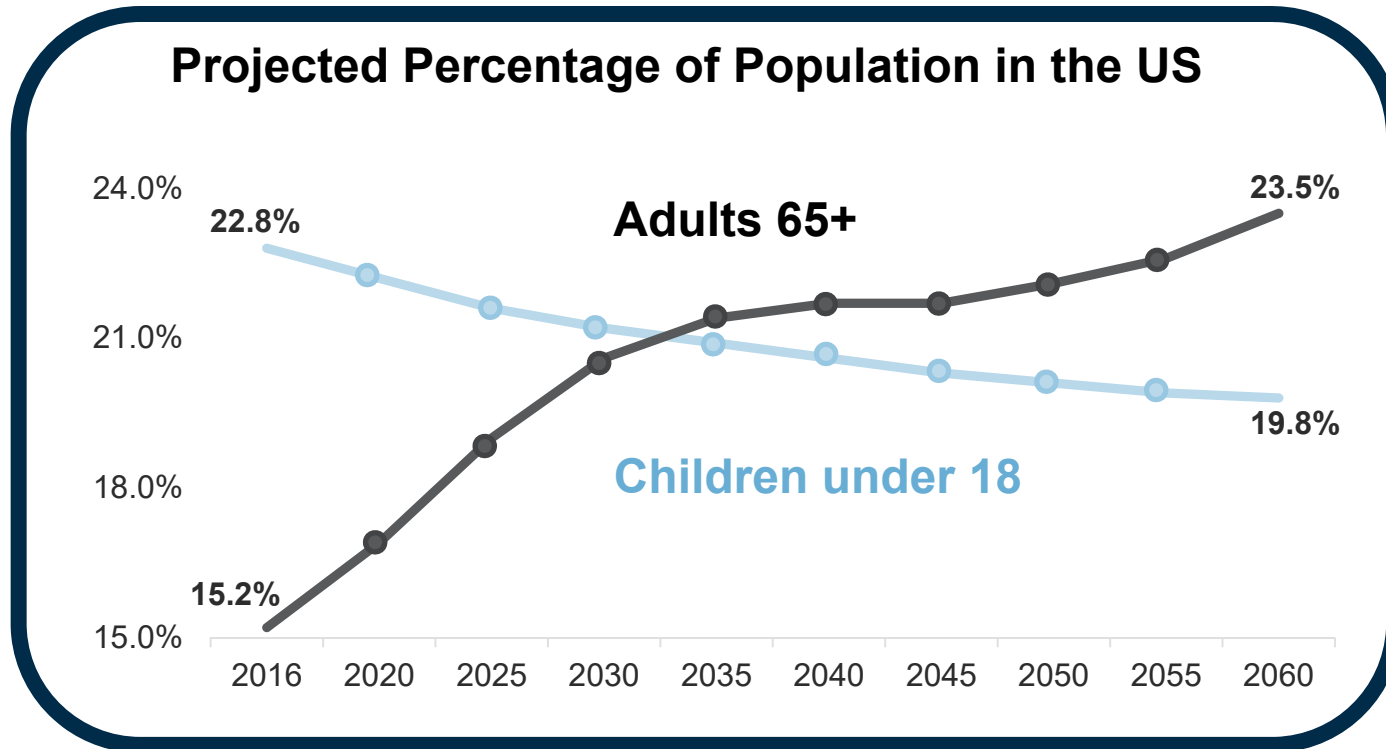
What is an Age-Friendly Community?



Age friendly means assessing policies, programs, structures around the physical and social environment to ensure **communities are livable for all ages and stages of life**



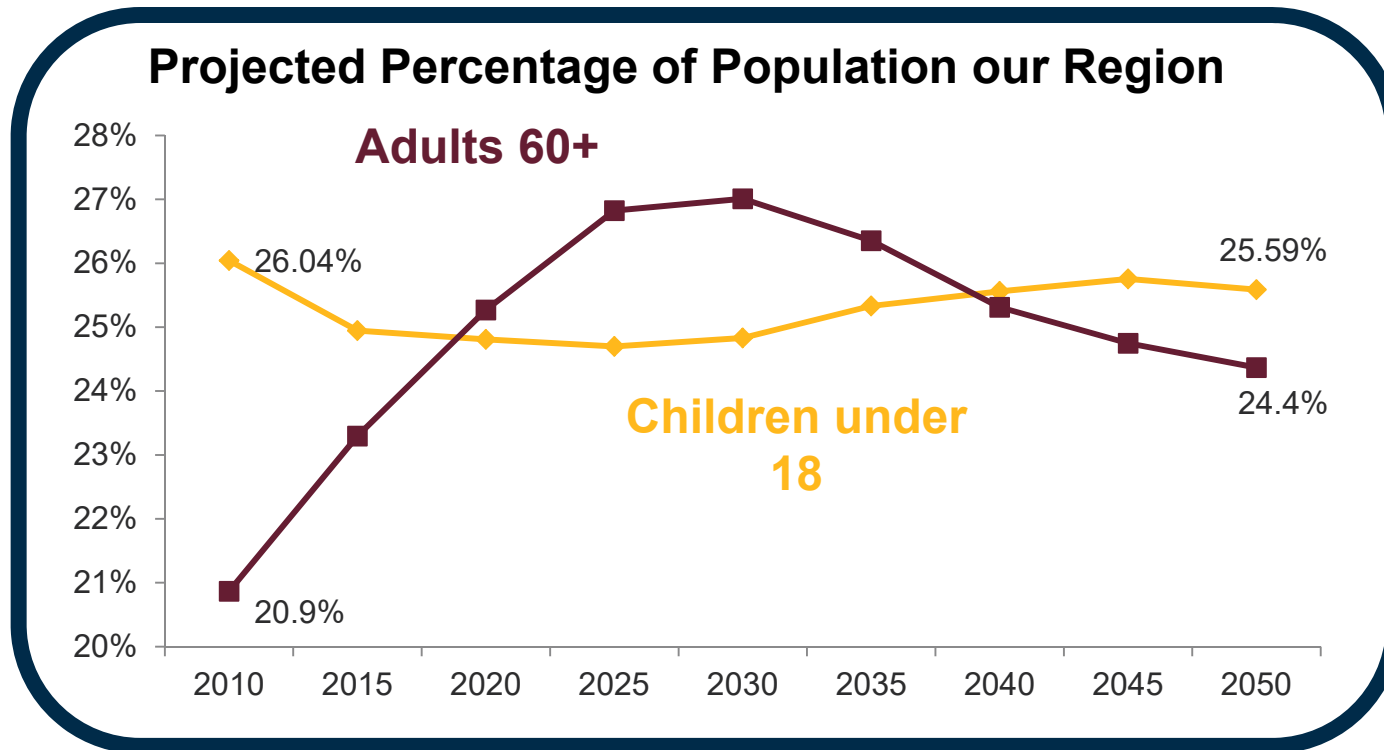
The Changing Demographics: The US



By 2035, older adults will outnumber children for the first time in history



The Changing Demographics: The Miami Valley Region



For our Region, the delta is happening now. *Note: delta starts at age 60*



Join the National Age-Friendly Movement

**Enrollment – AARP/WHO
Age-Friendly
Communities/Coalition of
Communities in Ohio**

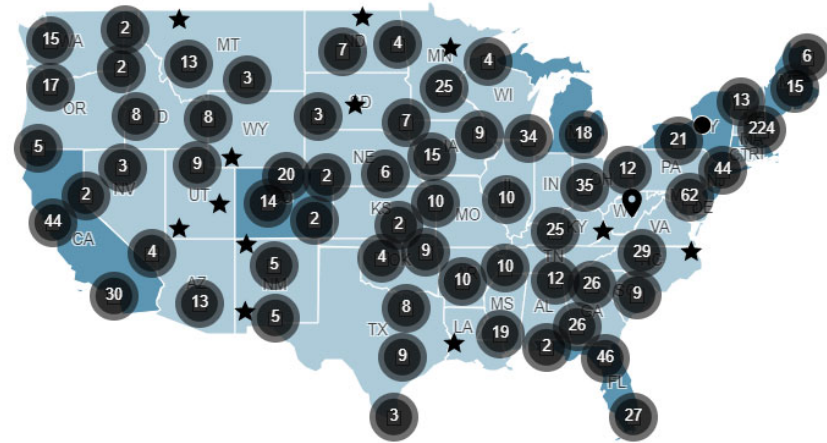
**Year 1: Conduct a survey
and listening sessions**

Year 2: Create an action plan








Years 3-5: Implementation

**Year 5: Progress /status
update**

AARP Network of Age-Friendly States & Communities



Do You Know Your Community's Livability Score?

LOCATION	Dayton, Ohio ×	Xenia, Ohio, 45385 ×	Troy, Ohio, 45373 ×
TOTAL INDEX SCORE	53	56	56
 HOUSING Affordability and access +	64	58	57
 NEIGHBORHOOD Access to life, work, and play +	51	49	54
 TRANSPORTATION Safe and convenient options +	51	52	50
 ENVIRONMENT Clean air and water +	63	63	60
 HEALTH Prevention, access and quality +	42	50	42
 ENGAGEMENT Civic and social involvement +	59	67	59
 OPPORTUNITY Inclusion and possibilities +	40	51	67



Villages Model

Villages Movement – It Takes A Village

- Started almost 20 years ago in Beacon Hill, Boston, MA
“Supporting living longer better at home”
- Today, more than 300 villages across the nation:
 - Varied in terms of services provided, paid staff vs. all volunteer, hybrid
 - In development, scaling up, operational www.vtvnetwork.org
- Washington Area Villages Exchange – largest regional consortium
75 Villages in DC, Maryland and Virginia www.wavevillages.org
- Ohio – Columbus/Franklin County – Age-Friendly plan
 - 5 Villages: Village Central, Village Connections, Village on the Vile & Ville on the Hill



What is a Village?



- Community of Volunteers, structured nonprofit status, volunteer managed vs. paid staff, community, government involvement
- Help with errands, transportation, small household tasks, daily check-in calls, tech support
- Programming - social network to reduce social isolation/loneliness
- Information /referral services (one place to call); ListSers; Washington Consumer Checkbook, office assistance
- Mainly supporting middle-income older adults; membership fee or N/A; scholarships



Services Provided by Volunteers



- Transportation:
 - Medical appointments
 - Grocery store, bank, post office
 - Errands
- Exercise and wellness classes
- Help with minor household chores
- Technology assistance
- Friendly Visits, Walking Buddy
- Occasional yard work
- Management and leadership Volunteers
- Intergenerational; "Retirement Job"



Why Do We Need Villages?

- Older adults want to stay in their homes and communities for as long as possible and remain independent verified by research
- Connections to family, friends and neighbors, peace of mind when family members are far
- Need for creative housing solutions
- Availability of community support services
- Hiring assistance is costly and piecing together different types of assistance is overwhelming
- Assisted living/nursing home costs

Lower-income older adults feel all of these challenges more acutely



Villages Create Community



Neighbors helping Neighbors

- Volunteers & Members create special relationships that strengthen social connections

Wellness and Educational Programs

- Falls Prevention, Tai Chi, Estate Planning, Advance Directives, Book Clubs, Exercise
- Weekly “Coffee and Conversations”

Gatherings

- Pop Up Picnics, Thanksgiving, Holidays
- Happy Hours



And Connections that Can Improve Health

Social isolation is harmful to your mental/physical health. Chronic loneliness is associated with:



29 % increased risk of coronary artery disease



32% increased risk of stroke



64% increased risk of developing dementia

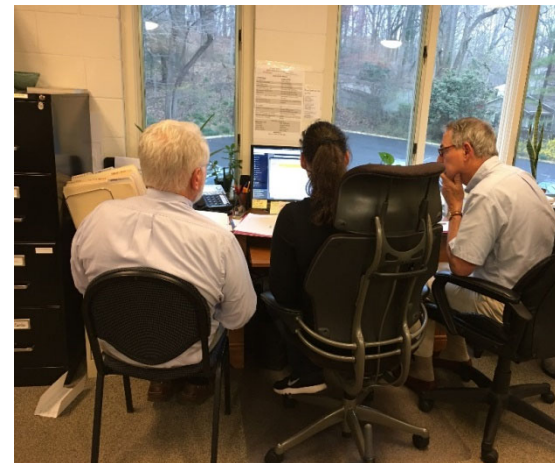


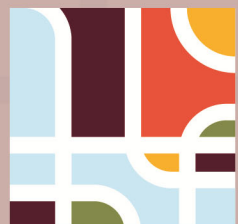
26% increased risk of death



Established Village - Arlington Neighborhood

- Volunteers provide direct support to keep seniors safe at home:
 - 135 drivers
 - 155 volunteers provide other services
 - 1,470 services fulfilled in 2020
- Small paid staff: Executive Director, Member Services Manager, Volunteer Coordinator, Care Manger (all part-time)
- Volunteers provide behind-the-scenes management expertise
- Financial Aid Fund paid 80% of membership fee for lower-income seniors. Membership Fee waived during COVID - Fairfax County





Livable/Equitable/Age-Friendly Yellow Springs

Why Become A Livable/Equitable/Age-Friendly Community?



- It benefits all ages
- Enhances social relationships & community bonds
- Creates economic & social benefits
- Creates healthy & connected neighborhoods
- Age friendly communities have lower public & personal costs related to illness & health care
- Brings opportunities for coordination & collaboration along all 8 AARP Domains

Fact: 1 in 5 Americans will be 65 & older by 2030.
In Yellow Springs, that happened in 2020.





Next Steps

Next Steps

- Quarterly meetings: next meeting held Wednesday, January 13th at 10am via Zoom (mark your calendars!)
 - Educational opportunities: guest speakers around Institute domains, age-friendly experts, etc.
 - Invite: other regional partners to join the Network
 - Work together: to establish regional age-friendly community objectives, share resources and to build strategic partnerships, programs & plans
- Funding: availability next year for agencies who are active in the MVAFN to implement demonstration projects which promote age-friendly communities in the Miami Valley region



Questions





MIAMI VALLEY

Regional Planning Commission

Shaping Our Region's Future Together

**For more information about
the Miami Valley Age-Friendly Communities Network:**

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