

# Compendium of Community Aging Initiatives



March 2010



Center for the Advanced Study of Aging Services  
Improving Services for the Elderly  
through Research, Collaboration and Education

School of Social Welfare  
University of California at Berkeley  
Berkeley, California

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## FOREWORD

This *Compendium of Community Aging Initiatives* for the first time documents in a single place the various efforts across the country to help communities become more “aging friendly.” Included in the *Compendium* are brief summaries of 121 community aging initiatives, representing respondents to surveys sent to nearly 300 organizations identified through online searches.

The idea for this *Compendium* was developed at a meeting of leaders of community aging initiatives at the ASA/NCOA “Aging in America” Conference in Las Vegas in March, 2009. The meeting attendees felt that such an effort was imperative at this time, in part to “shorten the learning curve” by synthesizing current knowledge regarding proven strategies for overcoming common challenges, and equally importantly to facilitate policy development, research, and advocacy.

UC Berkeley's Center for the Advanced Study of Aging Services (Center) was asked to take the leadership role in this effort, based in part on our previous success in hosting the “Creating Aging-Friendly Communities” online conference, in collaboration with Community Strengths, which attracted more than 750 participants representing 47 states and 17 countries.

While we have strived for accuracy and to include as many initiatives as possible, we recognize that the information provided here is of necessity incomplete. We regret any omissions, and trust that this will be but the first of many such efforts to document the innovative efforts of communities throughout the country to become better places to live and to age.

The Center would like to express its sincere appreciation to all those who participated in this project, and especially to MetLife Foundation and the Eugene and Rose Kleiner Family Foundation for their generous support, without which this *Compendium* would not have been possible. I also would like to acknowledge the excellent contributions of research assistants Amanda Lehning, Jonathan Rogers, Vivian Chan, Megan Chen, Charis Stiles, and Rebecca Kleinman.

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## Community Aging Initiatives

### *2020 Plan: Aging in Community*

**Geographic Area Served:** Central Virginia

**Lead Agency:** Jefferson Area Board for Aging (JABA)

**Larger Initiative:** Administration on Aging Livable Communities for All Ages Award

**Description:** The 2020 Plan offers a guide for communities preparing for the doubling of the senior population forecast by the year 2020. The 2020 Plan represents a comprehensive, integrated approach to aging issues, including both predictions about the challenges that will be faced and solutions to those problems with clear steps to implementation. The plan is a blueprint for JABA and area organizations to lead communities forward as they age.

**Accomplishments:** Improvement in transportation for seniors; affordable health care options; intergenerational opportunities; awareness of need for better aging options; increased awareness in universal design principles.

## ***50+ Dialogues***

**Geographic Area Served:** Lake Oswego, Oregon

**Description:** In September 2005, the City retained Lincoln Crow Strategic Communications to conduct a community-wide assessment to determine the needs of residents age 50 and over. The goals of this assessment were to: (1) Identify the issues, concerns, and needs of Lake Oswego's 50+ population, including understanding the desires, expectations, and needs of people nearing or entering retirement age; (2) Explore factors that play a role in aging successfully; (3) Probe the 50+ population's awareness of and satisfaction with existing services and programs, as well as identify gaps in service; (4) Evaluate the stability of future funding and the potential impact on future social service delivery at the Adult Community Center; and (5) Determine the city's role in meeting current and future needs.

**Accomplishments:** Advocacy for community based projects, Neighbor Helping Neighbor Community based clean up, transportation/shuttle recommendations, traffic study, and educational panel.

**Website:** [www.ci.oswego.or.us/acc](http://www.ci.oswego.or.us/acc)

## ***AARP Louisiana's Livable Community Initiative***

**Geographic Area Served:** Hollygrove neighborhood of New Orleans, Louisiana

**Lead Agency:** AARP Louisiana

**Larger Initiative:** AARP

**Description:** AARP Louisiana supports both a state-wide Livable Communities Council and a locally based elder-friendly community initiative in the Hollygrove neighborhood of New Orleans. The Council is a group of professionals and volunteers from across Louisiana committed to making Louisiana a place where people of all ages and abilities can grow old. The Hollygrove Livable Communities Project is a partnership of 40 organizations committed to supporting the Hollygrove neighborhood in its desire to rebuild an elder-friendly community after significant devastation brought by the storms of 2005.

**Accomplishments:** The Livable Communities Council successfully advocated for and passed a resolution mandating the creation of a Complete Streets Workgroup to ensure that all roads are designed or retrofitted in a way that accommodates all users. The Council will play a major leadership role with the Workgroup and then serve as a watchdog group to ensure recommendations are implemented. Currently, the council is working on developing a national transportation conference that will focus on involving older adults in transportation planning. The Hollygrove Livable Communities Project is committed to building relationships between the residents of the community, AARP, and other local partners. This was manifested in the Livable Communities Leadership Academy—an 8-week training session to develop the leadership skills of residents and their knowledge of critical livable communities issues. The majority of the 28 graduates were older adults, who became the co-chairs of the Hollygrove Project Teams that form the backbone of the Project. The Project Teams have made significant progress on their short-term goals and continue to refine and work toward their long-term goals. Accomplishments include: a community-based public safety analysis; design and construction of a bus shelter; creation of a walking club; partnership with local free health clinic; advocating against the demolition of the neighborhood-based school; and development of project-wide evaluation plan.

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## ***Active Living Over Fifty, Inc.***

**Geographic Area Served:** Upper Westchester County, New York

**Lead Agency:** Active Living Over Fifty, Inc. (aka ALOFT)

**Description:** ALOFT is a mutually supportive nonprofit organization that develops intergenerational strategies to enable older residents of Bedford, Lewisboro, Mount Kisco, North Castle, North Salem, Pound Ridge, and Somers, New York to remain safely and confidently in their homes.

**Accomplishments:** Facilitated public meetings to identify the challenges that face older residents and people with disabilities who wish to remain in their homes in the largely rural northeast Westchester County. As the Livable Communities Connection for northeast Westchester, developed 5 task forces to address challenges, including transportation, smart growth/land use/housing, shared municipal services, intergenerational programming, and healthcare access. In collaboration with other groups, they provided educational programs to raise awareness of the issues related to aging. Launched a regional Mobility Management initiative that is developing a regional call center to link riders with public, private and volunteer ride providers and bringing together employers to cooperate in job access and reverse commute transportation to rural homes of people who need home health aides. They offered cultural, social and fitness programs and connected older volunteers to intergenerational programming. Coordinated regional efforts to develop housing diversity and is convening a coalition of town supervisors to coordinate policy regarding development in the NYC watershed. Encouraging ways for towns to share recreational programming services to maintain or improve quality while containing costs. Established consumer-driven membership program to connect older adults with vetted vendors like electricians, plumbers, merchant discounts, social and cultural programming, and volunteer supports.

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## ***AdvantAge Initiative***

**Geographic Area Served:** National

**Lead Agency:** Center for Home Care Policy and Research, Visiting Nurse Service of New York

**Larger Initiative:** The AdvantAge Initiative

**Description:** The AdvantAge Initiative has conducted a national survey and worked with a total of 28 communities and the state of Indiana to help them measure their elder-friendliness using the AdvantAge Initiative framework and tools, build public awareness about aging issues, and plan action steps to make their communities more livable for older people and their families. The original goal of this project was to develop a set of benchmarks or indicators that will allow communities to rate themselves (or be rated) on how well prepared they are to promote successful aging among healthy older people living in their communities, sustain independence among those at increased risk of disease or disability, and care for the frail, the sick, and the disabled.

**Accomplishments:** Over \$6 million has been raised to develop the Initiative and implement the process and tools in communities around the country; two articles were published about the initiative and it is featured in a new book, "Elderburbia: Aging with a Sense of Place in America," by Philip B. Stafford. Staff has made countless presentations about the initiative around the country; the AdvantAge Initiative framework was the model for the development of "livable community" frameworks that are now used by the disability community and the Administration on Aging. Staff members are in the process of converting the AdvantAge Initiative consumer survey from a telephone survey to an online survey, making it more accessible to communities. Many of the communities that have used the AdvantAge Initiative model have made significant changes in their communities to make them more elder-friendly. The AdvantAge Initiative office is also the technical assistance provider to grantees of the AoA funded project: Community Innovations for Aging in Place.

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## ***Age Matters Initiative Denver***

**Geographic Area Served:** City and County of Denver, Colorado

**Lead Agency:** Denver Office on Aging

**Description:** Age Matters Initiative’s goal is to make Denver an aging-friendly community, where residents can comfortably and happily grow old. The Age Matters Initiative is moving forward with an ambitious blueprint to create age-friendly communities by focusing on housing, transportation, health and wellness, workforce opportunities, lifelong learning, public engagement and volunteering. The mission is to create and implement a strategic plan to demonstrate how a major metropolitan city can efficiently, effectively and comprehensively build on the strengths and address the needs of an aging population. Guiding principles are to: (1) Create a horizontal strategic plan across City Departments that builds infrastructure, coordinates and streamlines City resources to support healthy aging; (2) Develop collaborative partnerships with every sector of society; (3) Promote policies that will tend to make Denver a great place to live; (4) Encourage healthy aging behaviors for all ages and abilities; (5) Support opportunities for older adults to participate in civic, cultural, educational and voluntary engagement; (6) Address workforce challenges; and (7) Create intergenerational and cross-cultural alliances.

**Website:** <http://www.denvergov.org/Aging/AgeMattersInitiative/tabid/432447/Default.aspx>

## ***Age-Friendly New York City***

**Geographic Area Served:** New York City, New York

**Larger Initiative:** WHO Global Age-Friendly Cities

**Description:** The AF NYC project, which is housed at and staffed by The New York Academy of Medicine (NYAM), took the Global Age-friendly Cities project as its starting place and adapted it to meet the unique political and social environment of NYC. The goal is to make NYC a better place for older New Yorkers – regardless of income, race, or neighborhood.

**Accomplishments:** Established public-private partnership and obtained the support of the City Council and the Mayor’s Office in the initiative; Completed a comprehensive assessment of NYC’s age-friendliness that included the involvement of more than 1,500 older adults and experts; Conducted a thorough review of the literature across eight domains of urban life; Continue to conduct ongoing research to assess the needs of older immigrants; Published “Toward an Age-friendly New York City: A Findings Report;” Convened sector work groups to generate recommendations and commitments to improve NYC’s age-friendliness (included business, civil society, academia, and health and social services); Continued the ongoing dissemination of the findings report; Providing training and technical assistance to a wide range of community groups. Seated a high-level public-private Commission for an Age-friendly New York City to oversee implementation of recommendations.

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## ***AgeWell Pittsburgh***

**Geographic Area Served:** Allegheny County, Pennsylvania

**Lead Agency:** Jewish Community Center of Greater Pittsburgh, Jewish Family & Children's Service, Jewish Association on Aging

**Larger Initiative:** JFNA/The Jewish Federations of North America's National Aging in Place Initiative

**Description:** The goal of AgeWell Pittsburgh is to provide seamless delivery of services to Pittsburgh's older adults, providing support to live as independently as possible.

**Accomplishments:** Thousands of AgeWell Pittsburgh clients enhance their physical health through participation in fitness and wellness programs; hundreds more successfully meet their nutritional needs through the kosher food pantry, congregate meals, and home-delivered meal programs; and scores of others reduce symptoms of anxiety and depression through mental health interventions. Clients are connected with services as a result of linkages from AgeWell Pittsburgh providers, the Information & Referral phone line and website, as well as AgeWell Pittsburgh's marketing and outreach initiatives. Community-based services facilitated by AgeWell Pittsburgh alleviate and/or defer the need for more costly and restrictive skilled care settings.

**Website:** [www.agewellpgh.org](http://www.agewellpgh.org)

## ***Aging Futures Partnership***

**Geographic Area Served:** Broome County, New York

**Lead Agency:** Broome County Office for Aging

**Larger Initiative:** Robert Wood Johnson Foundation Community Partnerships for Older Adults

**Description:** The Mission of Aging Futures is to create and strengthen community systems, therefore enabling persons age 60 and over to maintain the highest quality of life. Priorities support data collection, educational activities, and direction for seeking funding for planned initiatives. Aging Futures' livability project works within a framework of four components: address basic needs, optimize physical and mental health and well being, promote social and civic engagement, and maximize independence. It links the active engagement of older people with the collective support of the community to create the essentials for: vital aging, healthy lifestyles, optimal independence, and dignified care.

**Accomplishments:** Aging Futures has learned that when it comes to livability, a one-size-fits-all philosophy does not work. Each neighborhood has its own needs, strengths and interests. As a Partnership, staff works with individual townships and neighborhoods to make Broome a livable, elder friendly community one street at a time.

**Website:** [www.agingfutures.com](http://www.agingfutures.com)

## ***Aging In Place Committee (formally AdvantAge Initiative, Puyallup)***

**Geographic Area Served:** City of Puyallup, Washington

**Lead Agency:** Aging in Place Committee (City of Puyallup).

**Larger Initiative:** The AdvantAge Initiative (Previous)

**Description:** In accordance with City Ordinance 2894, Chapter 2.26, the Aging In Place Committee is commissioned by the City of Puyallup Senior Advisory Board to support healthy aging and preventive activities on behalf of the City and its residents with the goal of maximizing personal independence while also providing for an informed City government. The primary scope of work will be to define issues, develop strategies for change, and foster their implementation. The Aging In Place Committee is further charged with advising the Senior Advisory Board on matters of policy in support of successful aging, while also assisting the Senior Advisory Board and the Parks and Recreation Director in ensuring that resources are properly directed toward achieving the City's vision of making Puyallup an "elder-friendly" community.

**Accomplishments:** The initiative held a community dialogue in October, 2009 that examined key questions related to social connectedness, aging in place and elder friendly communities from the perspective of individuals aged 40+. This forum has been endorsed and sponsored by multiple key agencies within the Puyallup community and Pierce County, Washington. The project will provide a platform to present findings and recommendations to city officials and other key policy makers.

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## ***Aging in Place Initiative: Creating Livable Communities for All Ages***

**Geographic Area Served:** National

**Lead Agency:** Partners for Livable Communities

**Larger Initiative:** Aging in Place Initiative: Creating Livable Communities for All Ages

**Description:** Partners for Livable Communities in collaboration with the National Association of Area Agencies on Aging (n4a) and with funding from the MetLife Foundation produced two signature publications followed by extensive community outreach. *Maturing of America: Getting Communities on Track for an Aging Population* was based on a survey of 10,000 local governments and found that only 46 percent have begun to consider what it would take to make their communities livable for all. The subsequent *Blueprint for Action: Developing Livable Communities for All Ages* provided helpful tools and best practices to get communities started on a more comprehensive strategy. The *Blueprint* was taken on the road to 12 community workshops across the country—each focused on a specific theme—where civic leaders and aging professionals discussed local needs and action. At each workshop, JumpStart grants to get local projects started were awarded to organizations for innovative ideas on aging and livability. A comprehensive website documenting the workshops and local Best Practices is also available. In 2010 the Aging in Place Outreach campaign is undertaking targeted efforts to build public awareness among key civic leaders of the opportunity the growing older demographic presents for developing more livable communities for all ages.

**Accomplishments:** *The Maturing of America: Getting Communities on Track for an Aging Population* (2006), *A Blueprint for Action: Developing Livable Communities for All Ages* (2007), 12 thematic community workshops on Aging in Place issues, over 100 distinct Jumpstart Grants awarded to local communities between 2007-2009, and a comprehensive website at [www.aginginplaceinitiative.org](http://www.aginginplaceinitiative.org) that documents the local workshops and provides resources and best practices on the Aging in Place themes.

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***Aging in Place Initiative (University of Kansas Medical Center Research Institute, Inc. with University of Kansas Medical Center)***

**Geographic Area Served:** Kansas City, Kansas

**Lead Agency:** University of Kansas Medical Center, Occupational Therapy Education Department

**Larger Initiative:** Aging in Place Initiative: Creating Livable Communities for All Ages

**Description:** The purpose of the proposed project is to develop a collaborative educational tool for students to begin exploring ways to modify a home environment for facilitating aging in place. Students will explore a two-story home in a virtual environment, assess how the home may or may not meet the needs of an aging adult, and make recommendations for changes to the home. Students will then be able to visit the modified virtual home and determine if their recommended changes were successful choices for supporting older adults at home. The result of this educational tool will be to better prepare students as future clinicians for assessing the home environment and assisting families with aging-in-place options.

**Accomplishments:** Two virtual homes were constructed. One demonstrates typical home features and hazards. Another includes modifications and universal design features. The virtual homes have been used to teach more than 130 students in occupational therapy or physical therapy programs about home assessment. Presentations were delivered at local and national professional conferences on aging and occupational therapy.

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## ***Aging in Place Initiative Indiana***

**Geographic Area Served:** 9 Counties in Northeast Indiana: Adams, Allen, DeKalb, Huntington, LaGrange, Noble, Steuben, Wells and Whitley

**Lead Agency:** Aging and In-Home services of Northeast Indiana, Inc./Area 3 Agency on Aging

**Larger Initiative:** Aging in Place Initiative: Creating Livable Communities for All Ages

**Description:** Aging and In-Home Services of Northeast Indiana, Inc.(AIHS) is the regional agency promoting AIP in Northeast Indiana. AIHS strongly supports local entities which want to promote Aging in Place through local projects. Partnerships have been developed with Ball State University College of Architecture, School of Urban Planning, Indiana Association of Community Economic Development, Habitat for Humanity affiliates, the regional builders associations, local civic groups, neighborhood associations, community and economic development offices, local units of government, and social service agencies. Most of the local efforts have adopted an integrated approach to their project(s) to include lifetime community concepts, educational activities to inform the greater community about the soon-to-be changing demographics of the Boomer population and the projected impact of this generation on the region. AIHS provides technical assistance to the local entities on an as needed basis, such as current data that support the efforts of the local entities, asset mapping activities, strategic planning, focus groups to gather information to determine ‘next best steps’, and challenging local decision makers to get involved on many levels.

**Accomplishments:** Became the lead agency for the Aging in Place Initiative for City of Fort Wayne, one of cities named for AIP project from White House Conference on Aging. Received funding to develop and implant a sustainability model for a NORC pilot project – Communities for Life. Over 10 homeowners received assistance with home modifications through a partnership with USDA Rural Development. A comprehensive housing condition study was completed by Ball State Urban Planning graduate students and a comprehensive sidewalk study of the city of Huntington was underwritten by AIHS to demonstrate the importance of mobility and safety in AIP Initiatives. A neighborhood association is currently in the planning stages. Developed partnerships, including Indiana Partnerships for Lifespan Communities, a national planning demonstration project with Center on Aging and Communities, Indiana University, Northeast Indiana Housing Partnership, Inc., City of Huntington Department of Community Development and the regional USDA Rural Development offices. Established greater collaborative efforts with educational institutions, broader/deeper regional representation on the Community Senior Advisory Council, stronger efforts in advocating for the elderly population, and involved in future planning to meet the needs of the older adult population in the region.

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**Website:** [www.agingihs.org](http://www.agingihs.org)



## ***Aging in Place Study – Charlotte-Mecklenburg***

**Geographic Area Served:** Mecklenburg County, North Carolina

**Lead Agency:** Charlotte-Mecklenburg Council on Aging

**Larger Initiative:** Aging in Place Initiative: Creating Livable Communities for All Ages

**Description:** The Aging-in-Place Study sought to identify and analyze several naturally occurring retirement communities (NORCs) in Charlotte-Mecklenburg. This analysis provided Council on Aging (CoA) with metrics to support aging-in-place in these communities, as well as to provide ongoing education and advocacy efforts. Subsequent to the completion of the grant requirements, CoA staff and Housing Task Force members have continued to expand the scope of the project to include a broader base of community involvement. CoA plans to complete a comprehensive report of the outcomes by early 2010.

**Accomplishments:** Utilized data compiled by a UNC Charlotte study to identify targeted communities; Held focus groups with older adults in a targeted neighborhood and at a community center comprised of participants in several neighborhoods; surveyed older adults at other community locations, such as senior nutrition sites, 50+ club meetings, and senior centers.

**Website:** <http://www.charmeckcoa.org/>

## ***Aging Master Plan***

**Geographic Area Served:** Hillsborough County, Florida

**Lead Agency:** Department of Aging Services

**Larger Initiative:** Aging in Place Initiative: Creating Livable Communities for All Ages

**Description:** Department of Aging Services, in partnership with the University of South Florida, created a Master Plan for Aging Services for the next 10 years. The effort involved surveying citizens, agencies and service organizations to gather input. A subsequent outcome was a survey of religious institutions to initiate new partnerships with them and to develop a compendium of services provided by all providers. There have been ongoing efforts to include religious organizations as part of the total service system.

**Accomplishments:** Developed recommendations for actions to provide needed services for seniors; identified benchmarks; initiated contact with religious community, identified their resources, and initiated partnership proposals.

## ***Aging - The Possibilities***

**Geographic Area Served:** Sarasota County, Florida

**Lead Agency:** SCOPE

**Larger Initiative:** Aging in Place Initiative: Creating Livable Communities for All Ages

**Description:** Since early 2005, SCOPE's initiative, *Aging - The Possibilities* has focused on the role of older adults as untapped assets in our community. How can the organization maximize both the substantial talent of this population and the opportunities for individuals to age in place while retaining an active and independent lifestyle?

**Accomplishments:** Over 900 residents participated in this initiative. Out of their work, some big things have been happening. An Independent Transportation Network is becoming a reality in Sarasota. This service provides local rides to older adults who no longer drive. The annual Winter Forum on Aging continues to bring together local residents and nationally-known experts in thinking about, discussing and getting active in issues of aging and community. Another exciting vision that has come from this initiative is the creation of The Institute for the Ages (Institute). The Institute plans to bring together the latest research, the brightest minds, the wisdom of people and the business sector in order to come up with solutions that make our lives and our communities better as our population gets older - and will then field test the solutions.

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## *Aging Together*

**Geographic Area Served:** Counties of Culpeper, Fauquier, Madison, Orange and Rappahannock, Virginia

**Lead Agency:** Rappahannock Rapidan Community Services Board & Area Agency on Aging

**Larger Initiative:** Robert Wood Johnson Foundation Community Partnerships for Older Adults

**Description:** Aging Together is a collaborative effort to help localities prepare for an unprecedented growth in the older population and to assure that local residents will have the services and supports they need as they age. Members include senior citizens, caregivers, community hospitals, service providers, schools, representatives of the faith community, businesses and other concerned citizens. The partnership works locally and regionally. Aging Together does not provide direct services but focuses on facilitating collaborations that will create and enhance supports for older persons delivered through various partner organizations.

**Accomplishments:** Secured funding from Virginia General Assembly; extensive caregiver initiatives and recognition; extensive transportation planning and implementation; expansion of services including adult day healthcare, access to free prescription medications, home repair and weatherization, volunteerism by and on behalf of older adults, and legal services; name recognition and "go to" source in the area; strong communications including web site and relationships with local television (public access) and print media.

**Contact Name:** Christiane Miller, Project Manager

**Contact Phone Number:** 540-829-6405

**Website:** [www.agingtogether.org](http://www.agingtogether.org)

## *Aging Well*

**Geographic Area Served:** Greater Lyons Township area, Illinois

**Lead Agency:** Aging Care Connections

**Larger Initiative:** Robert Wood Johnson Foundation Community Partnerships for Older Adults

**Description:** Aging Well’s objective is to create a “web of care” within the long-term care system that integrates and encourages collaboration among villages, businesses, schools, municipalities, spiritual entities, civic groups, hospitals, local funders and institutional, homecare and supportive services, especially for those at-risk older adults with different physical, mental, cultural and social needs. Goals: empower older adults in the community to respond to and help create change around aging issues; serve as a central access point for aging resources in the community; engage direct care worker employers and encourage growth and expansion of future direct care workers; target services for isolated and at-risk older adults; plan for future needs of older adults and their families and address transportation needs of older adults.

**Accomplishments:** Formed a supportive and engaging Governing Council, comprised of local area partners, to provide leadership and guidance to the Aging Well partnership, established an annual Lyons Township Transportation Guide to list all available transportation options in the township area (20 communities); developed a guide to assist older adults and their families help plan for their future in terms of housing, insurance services, financial assistance, etc.; created a Direct Care Program to address the need for youth to become interested in becoming direct care workers; Community Action Teams; formed a volunteer community outreach Senior Ambassador program to increase the ability of community organizations to link older adults to needed services; created the at-risk older adult card campaign to help first responders (police, firemen, paramedics) identify and properly refer isolated and at-risk older adults in the community as well as a DVD orientation program to train new hires or cadets on how to respond to the needs of isolated and at-risk adults; Established a workgroup to focus on the creation and marketing of a single place in the community to call for assistance and comprehensive, accurate information related to aging.

**Contact Name:** Kenneth Grunke

**Contact Phone Number:** 708-354-1323

**Website:** [www.agingwellpartnership.org](http://www.agingwellpartnership.org)

## ***Aging Well at Home***

**Geographic Area Served:** Cities of Malden, Brookline, Framingham Massachusetts

**Lead Agency:** Jewish Family & Children's Service

**Larger Initiative:** JFNA/The Jewish Federations of North America's National Aging in Place Initiative

**Description:** All activities address primary causes of preventable institutionalization, including isolation and depression, poor management of chronic conditions, inadequate nutrition, falls, and misuse of medications. Depending on the site, services may include: care planning and case management; nutrition and/or fitness instruction; mental health counseling; personal care; and social activities such as celebrations, events, trips, and classes. The goal is to create strong and supportive resident communities at each site that provide services for the whole person - physical, emotional, and spiritual.

**Accomplishments:** 1) JF&CS has partnered with a growing list of community-based providers to bring a range of activities and services to primarily low-income elderly residents. These partnerships enable such on-site activities as community banking, blood pressure & sugar screenings, pharmacy consults, dental checks, low vision check-ups, mammograms, music programs, intergenerational activities (e.g. games, computer classes), shopping, library books, nutrition classes, exercise and dance classes. 2) The atmosphere in buildings has changed significantly. When Aging Well at Home was launched, residents of each site were remarkably isolated from one another, rarely leaving their apartments except for medical appointments or other necessities. Today, there are vibrant communities at each site with increasing participation in social, educational, wellness, and cross-cultural programming as well as "Neighbor-to-Neighbor" networks of mutual assistance. 3) Brought a Healthy Eating (evidenced-based) program to sites and trained residents as co-facilitators.

**Contact Name:** Kathy Burnes

**Contact Phone Number:** 781-693-5573

**Website:** [www.jfcsboston.org](http://www.jfcsboston.org)

## ***Ancestor Quilt Project***

**Geographic Area Served:** Chicago, Illinois

**Lead Agency:** MUSE, Inc.

**Larger Initiative:** Aging in Place Initiative: Creating Livable Communities for All Ages

**Description:** The Ancestor Quilt Project is a spiritual journey designed to reconnect participants with their Native land and history. The goal is to unite people who discover their Native ancestry later in life with people in their Native communities.

**Accomplishments:** Participants are creating beautiful works of art with the Ancestor Quilt Project; a website was developed by a project member; Ancestor Quilt Project has been invited to display finished works in some International Quilt Shows and participants have been interviewed by a representative from the Alliance for American Quilts; sewing circles have created friendships among elders and generated new membership for the American Indian Center; support from the City of Chicago Department of Cultural Affairs has continued for the third year.

**Website:** [www.ancestorquilt.org](http://www.ancestorquilt.org)

## ***At Home on the Sound, Inc.***

**Geographic Area Served:** Larchmont and Mamaroneck, New York

**Larger Initiative:** Village Model

**Description:** At Home on the Sound provides services to residents 60 years of age and older who want to remain in the community. Services offered coordinate and complement existing programs in the community and do not duplicate what is already available. The program helps to keep older individuals actively engaged in their neighborhoods and increases the vitality and diversity of the community.

**Accomplishments:** Conducted a series of focus groups to determine needs and interests of people in the community; undertook research to become familiar with what services exist in community; developed core of program (i.e. what services to provide); had conversations with potential partners in the community; produced brochure and website; assembled Board of Directors and volunteer committees; opened an office.

**Contact Name:** Lynn Reichgott

**Contact Phone Number:** 914-833-0774

**Website:** [www.athomeonthesound.org](http://www.athomeonthesound.org)



## ***Beacon Hill Village***

**Geographic Area Served:** Central Boston, Massachusetts

**Lead Agency:** Beacon Hill Village

**Larger Initiative:** Village Model

**Description:** Beacon Hill Village is a consumer-driven, membership organization non-profit that helps people 50 and over stay in their homes and the neighborhood they love. This non-profit was created by and now is run by elders themselves. It services people 50 and over in all of central Boston and provides members with everything and anything that they need and want to enhance their lives and provide supports if their health changes. The Village movement now has 50 unique Villages across the country and one in Australia. Also, the Village to Village Network was launched in January 2010 for Villages to support Villages develop their own site quickly and efficiently.

**Accomplishments:** Developing a consumer-driven new paradigm for aging in the community that is spreading nation-wide; Servicing 430 BHV members with an 82 percent renewal rate and new members joining every month.

**Contact Name:** Judy Willett, Executive Director

**Contact Phone Number:** 617-723-9713

**Website:** [www.beaconhillvillage.org](http://www.beaconhillvillage.org)

## ***Bellevue Network on Aging***

**Geographic Area Served:** City of Bellevue, Washington

**Lead Agency:** City of Bellevue, Parks & Community Services Department

**Description:** Mission: The Bellevue Network on Aging is dedicated to healthy aging in the community by promoting awareness of needs and resources that support older adults through life's transitions. Purpose: The Bellevue Network on Aging supports the mission of Aging Services in Bellevue through effective and systematic outreach, regional collaboration and community involvement with a unified voice. Goals and Strategies: (1) Communicate older adults' needs and provide a forum for that communication; (2) Strengthen community outreach to inform and connect older adults with the necessary resources; (3) Create a unified voice for older adults; (4) Create an environment that makes Bellevue a livable community where older adults have the ability to age in place; (5) Gain respect and knowledge of older adults in Bellevue; (6) Create a regional approach to serving older adults.

**Accomplishments:** Collaborated with the Eastside Easy Rider Collaborative to accomplish the following: funding and implementation of Bus Buddy program; enhanced transportation options for people with disabilities through the Travel Ambassador and Dial-A-Ride programs; contributed to a Downtown Circulator route; promoted BNOA and its mission at community fairs, forums, and other outreach events; provided input on the City's Pedestrian/Bicyclist Plan.

**Contact Name:** Cathy VonWald

**Contact Phone Number:** 425-452-7681

**Website:** [http://www.bellevuewa.gov/network\\_on\\_aging.htm](http://www.bellevuewa.gov/network_on_aging.htm)

## ***Bond County Aging in Place Initiative***

**Geographic Area Served:** Bond County, Illinois

**Lead Agency:** Bond County Senior Center

**Larger Initiative:** Aging in Place Initiative : Creating Livable Communities for All Ages

**Description:** Bond County Aging In Place initiative will survey the community to: assess the currently available assets; project the additional assets needed to serve the existing and future older adult populations; develop a plan to address unmet needs; communicate any findings and plans to decision-makers; launch an exciting initial project; and serve in an advisory capacity to assist in the implementation and monitoring of future activity. The goals are to: address the needs of the aging, persons with disabilities, and the community at large; heighten the level of community awareness to the issues of aging in place; provide quality of life choices for older persons; and to produce a plan of action in order to enable forward-thinking government, leaders, and residents to take steps that will make Greenville hospitable to all populations.

**Accomplishments:** Completed an exhaustive study of the community's strengths and shortcomings as they relate to the ability of the population to age in place. Electronic copy is available. In response, a plan for continuing work through a Blue Ribbon Taskforce was developed. This includes building a new senior center, and addressing the issues of housing, health care, transportation, economy and shopping. Plans for a new facility have been developed and fundraising is underway. Currently planned for the summer of 2010 is a home modification fair and development of a home modification local resource guide.

**Contact Name:** Anna Oestreich

**Contact Phone Number:** 618-664-1465

**Website:** [www.bondseniors.org](http://www.bondseniors.org)

## ***Boomer Study***

**Geographic Area Served:** Natrona County, Wyoming

**Lead Agency:** City of Casper, Wyoming

**Description:** Boomer Study seeks to make the greater Casper area a livable community for people of all ages by encouraging the development of a diversity of housing, supportive community services, a variety of transportation options, as well as educational, cultural, social and recreation resources.

**Accomplishments:** Completion of a Walkability Study of the community and commitment of funds to construct new pathways and sidewalks where none existed; revision of traffic sign standards to increase street id signs from 4" letters to 6" letters in all new and replacement signs; launch of library programs to share information on services and resources available to retirees and seniors; printing and distribution of a "Volunteer Guide 2008" for volunteer opportunities in the community; construction of an addition to the Senior Citizen Center to serve existing and projected increases in the senior population; expansion and improvement of the bus system including shelters for bus stops; evaluation of alternative housing options for seniors to be included in the community's comprehensive development plan update; launch of pilot project at the state level for developing policies to attract and retain older workers.

**Contact Name:** Linda L. Witko

**Contact Phone Number:** 307-235-8296

## ***BoomerANG Project (Aging's Next Generation)***

**Geographic Area Served:** Montgomery County, Pennsylvania

**Lead Agency:** Collaboration between the Montgomery County Office of Aging and Adult Services and the North Penn Community Health Foundation

**Description:** The BoomerANG Project investigated, at both county and regional levels, the programs and services senior centers or other community-based organizations should provide in the next decade. As an innovative and proactive strategic plan to deal with the growth and aging of Montgomery County's population, the project combined best practices from a variety of community development, business development and service delivery models, resulting in ongoing projects and challenges to create a more aging-friendly Montgomery County and address regional needs of the population as it is rapidly aging. An extensive analysis of 10 MCAAS-supported senior centers in Montgomery County was undertaken to provide asset mapping and recommend an appropriate and responsive strategy for the county's changing circumstances, needs, and opportunities.

**Accomplishments:** Enhanced community awareness of the issues related to aging in Montgomery County; reconfiguring senior centers in Montgomery County to address the needs of Boomers as well as older adults in various areas of the county; made changes in public funding for centers and special projects related to Boomer programming; developed a better business model, with education of senior center boards and collaboration among funders to support long-range planning among providers; increased collaborative efforts related to aging; revamping county nutrition programs for older adults; launched a New Café model in senior centers, new menus for Meals on Wheels, take-out menus for families/caregivers and consumers; new planning is underway at the county level, related to long-term care and community services for the future; Four-Year Plan for Montgomery County's Office on Aging is to "Create a More Aging-Friendly Montgomery County," with goals in several areas raised by BoomerANG.

**Contact Name:** Joanne O. Kline

**Contact Phone Number:** 610-278-3609

**Website:** [http://www.npchf.org/community\\_reports/boomerang/boomerang.htm](http://www.npchf.org/community_reports/boomerang/boomerang.htm)

## ***Bridging Elder Care Networks (BECN)***

**Geographic Area Served:** Northeast Florida

**Lead Agency:** United Way of Northeast Florida

**Larger Initiative:** Robert Wood Johnson Foundation Community Partnerships for Older Adults

**Description:** The vision: Northeast Florida will be a place where all citizens are knowledgeable about the issues and concerns facing older adults in the community and seniors are perceived as valuable, contributing members. The mission: to develop and implement an accessible, efficient and integrated health care and long-term care system for seniors in Northeast Florida.

**Accomplishments:** Under the Advocacy Transitional Care Management program (ATCM), an Elder Care Advocate (ECA) networks with hospital Discharge Planners to assist seniors identified as having additional social needs once leaving the hospital. To date, over 1000 patients from both Baptist Medical Center and Shands Jacksonville have been referred by Discharge Planners. Seniors can receive purchased services, referrals to community agencies, follow-up phone calls after discharge to ensure they have transitioned well, and tool kits of useful resource information. In addition, this initiative has created a systems change within health systems to better serve elder consumers, as well as an increased public awareness about health and long term care services in Northeast Florida.

**Contact Name:** Jeannie Burhans

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**Website:** [www.uwnefl.org](http://www.uwnefl.org)

## ***Burlington Livable Community Project (AARP Vermont)***

**Geographic Area Served:** Burlington, Vermont

**Lead Agency:** AARP Vermont

**Larger Initiative:** AARP

**Description:** The multi-year effort aims to provide direction, assess needs and resources, develop recommendations in the areas of housing, transportation and mobility, and community engagement, and initiate actions toward specific outcomes identified by the community.

**Accomplishments:** Research and Planning: conducted focus groups with Burlington residents age 50 and older; conducted public opinion survey of 800 Burlington residents age 45 and older; conducted 3 study groups with residents on housing, mobility, and community engagement; assessed the walkability of Burlington in order to make recommendations to the city's transportation plan; authored report to the City, "A Great City for Older Adults: An Action Plan for Burlington."

Implementation: worked with the city government and local non-profit organizations to secure a significant increase in the ongoing annual appropriation for Burlington's two senior centers; worked with the Department of Public Works on a city-wide assessment and inventory of all sidewalks to better inform decisions about annual maintenance and repairs; implemented an electoral strategy for the 2009 mayoral race that included an AARP voter guide; implemented a fall prevention education and awareness campaign; worked with the Heineberg Senior Center to gather petition signatures to increase crosswalk signal times across a busy street; influenced development of Burlington's consolidated housing plan to include senior housing and programming as a high priority for municipal funding; created a Burlington Livable Community Project website.

**Website:** [www.blcp.org](http://www.blcp.org)

## ***Cambridge At Home***

**Geographic Area Served:** Cambridge, Massachusetts

**Lead Agency:** Cambridge At Home

**Larger Initiative:** Village Model

**Description:** Cambridge at Home (CAH) provides services similar to those available in a retirement community. CAH is a membership organization with an annual fee. The mission of CAH is to provide members with peace of mind so that they can continue to enjoy urban life in a multi-generational and multi-cultural setting.

**Accomplishments:** CAH serves over 350 members aged 68 to 97. In the first two years of the program, CAH received over 15,000 telephone requests for assistance with a variety of services. CAH provided over 400 free grocery runs and 300 free exercise classes for members. CAH is 85 percent self-sustaining with member fees alone.

**Contact Name:** Kathy Spirer

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**Website:** [www.cambridgeathome.org](http://www.cambridgeathome.org)



## ***Capitol Hill Village***

**Geographic Area Served:** Capitol Hill neighborhood, Washington, DC; about 2.5 square miles; North and South Capitol streets on the West to 19th street on the East; H Street on the North to M Street on the South.

**Larger Initiative:** Village Model

**Description:** Capitol Hill Village (CHV) is a neighborhood nonprofit corporation that aims to give residents of Capitol Hill and adjacent areas both the practical means and the confidence to live their lives to the fullest in their own homes as they grow older. To carry out that mission, CHV provides or helps to arrange for a wide variety of services and social activities that meet the needs and expectations of its members, and strives to fulfill or provide information and assistance for any reasonable request.

**Accomplishments:** Accomplishments include: 248 memberships and 175 volunteers; hired full-time Director of Community and Social Services (in addition to Executive Director); 100 to 200 requests for service fulfilled each month; and extensive monthly program of social and cultural programs available to members.

**Website:** [www.capitolhillvillage.org](http://www.capitolhillvillage.org)

## ***Caring for Seniors and People with Disabilities***

**Geographic Area Served:** Mercer County, New Jersey

**Lead Agency:** United Way of Greater Mercer County

**Description:** Through the Caring for Seniors & People with Disabilities Vision Council, United Way funds two collaborative projects that provide “no wrong door” wrap-around case management, assessment, home health/nursing care, mobile meals, accessibility, transportation, volunteer, and caregiver support services: (1) Project Connect, which combines the resources of eight agencies in the “southern” part of the county; and (2) Partners in Caring, which brings together seven agencies in the “northern” part of the county. Both work to help seniors and people with disabilities age in their own homes and live out their retirement years with access to healthcare, transportation to doctors’ appointments, and healthy meals, thus reducing the incidence of depression, anxiety, substance abuse, and suicide and helping to keep healthcare costs down.

**Accomplishments:** Agency collaboration has produced the following benefits for clients as well as staff: increased access to services through no wrong door approach/no waiting lists; improved screening, assessment and placement in appropriate services; and improved follow-up and care coordination. For staff, there is increased knowledge and awareness of services; sharing of resources and skills; and mutual accountability for clients, services and the common good of the whole community.

**Contact Name:** Patrick Cacacie

**Contact Phone Number:** 609-637-4910

**Website:** [www.liveunitedgreatermercercer.org](http://www.liveunitedgreatermercercer.org)

## ***Centralina Council of Governments***

**Geographic Area Served:** Anson, Cabarrus, Gaston, Iredell, Lincoln, Mecklenburg, Rowan, Stanly & Union counties in North Carolina

**Lead Agency:** Centralina Council of Governments

**Larger Initiative:** Aging in Place Initiative: Creating Livable Communities for All Ages

**Description:** Centralina Council of Governments has developed priority issues and strategies that included transportation in all three of nine counties and housing in two. An aging-friendly land use ordinance Best Practices list has since been completed. The criteria were used to evaluate a community. In addition, Centralina Council of Governments has made presentations to both the Community Elected officials and the elected officials that attend the regional Council of Governments Board meeting. Recently, twenty-five planners from the region convened to talk about Aging in Place. Topics covered included: the importance of the concept, how it fits with planners' communities, and what can be done to help them push projects in their community.

**Accomplishments:** With JumpStart, a best practices land use chart was developed and collaborations were formed with partners in each county with the planning team. The planning is an accomplishment, but the process that gets the planning done creates partnerships for other projects. These collaborations work for other grants and additional projects.

**Contact Name:** Gayla S. Woody, Aging Program Administrator

**Contact Phone Number:** 704-348-2727

**Website:** [www.centralinaaging.org](http://www.centralinaaging.org)

## ***Cherry Hill Senior LIFE***

**Geographic Area Served:** The Towers of Windsor Park, Cherry Hill, New Jersey

**Lead Agency:** Samost Jewish Family & Children's Service of Southern New Jersey

**Larger Initiative:** JFNA/The Jewish Federations of North America's National Aging in Place Initiative

**Description:** The NORC program provides the support to allow seniors to remain in place at the Towers of Windsor Park and prevent premature institutionalization. The on-site program promotes healthy living through counseling, case management and nursing services. Residents can discuss personal concerns with the social worker or medical concerns with the nurse. The professional staff arrange for assessments, concrete resources such as homemaker/personal care services, meals on wheels, and medication management. Referrals for in-home occupational and physical therapy are provided. Assistance is available to homemakers to assist with personal care and housekeeping services. Residents also receive curb-to-curb transportation to a geriatric physician and to other events. Cherry Hill Senior LIFE also provides easy access to socialization opportunities. The residents participate in weekly congregational meals, exercise classes, discussion groups, art classes, and current events clubs, just to name a few of the available programs. The participants in the NORC program report decreased isolation and feel strongly that they are now part of a community at the Towers of Windsor Park. The residents have demonstrated their commitment to the program by paying an annual fee for the NORC programming.

**Accomplishments:** 1) Surveyed residents to determine their needs (housekeeping, home health care, nursing, counseling, and decreased isolation) and, based on those needs, assigned the residents to an appropriate staff member; 2) Continually monitor residents' satisfaction through surveys and a feedback from an active Residents' Council to determine if needs are aligned with service offerings; 3) Offer one meal a week, Kosher Meals on Wheels, food preparation and shopping; 4) Offer approximately ten different social recreational groups per week to assist residents in decreasing isolation and creating new friendships.

**Website:** <http://www.jfcssnj.org/programs-and-services/Senior-Services/NORC>

## ***City of Rogers Adult Wellness Center***

**Geographic Area Served:** Northwest Arkansas & parts of Missouri

**Lead Agency:** City of Rogers Adult Wellness Center

**Larger Initiative:** EPA Building Healthy Communities for Active Aging

**Description:** The primary mission is to improve quality of life through whole person wellness for adults 50 years of age and older. The only membership criterion is age—50 and older. An annual membership fee of just \$25 gives access to all the amenities. Monthly calendars boast 30+ physical activity classes and 50 additional mental/social activities.

**Accomplishments:** NuStep Pinnacle of Wellness Award; EPA's Building Healthy Communities for Active Aging Commitment Award; ARPA Facility of the Year Award; addition of handicap accessible Wellness Garden; reaching more than 11,000 people in less than 3 years; and Individual accomplishments such as no longer needing wheel chairs or other assistive devices.

**Website:** [www.rogersarkansas.com/wellnesscenter](http://www.rogersarkansas.com/wellnesscenter)

## ***CJE SeniorLife – There’s No Place Like Home and LaBriut! (Chicago NORC)***

**Geographic Area Served:** Select neighborhoods on the north side of Chicago, Illinois

**Lead Agency:** CJE SeniorLife

**Larger Initiative:** JFNA/The Jewish Federations of North America’s National Aging in Place Initiative

**Description:** Chicago’s NORC programs (There’s No Place Like Home and LaBriut) are a response to the growing number of older adults 60+ who are aging in place and are in need of assistance in order to continue living independently in their own homes and communities. CJE provides customized services including: wellness programs, linkage to in-home services and community resources, transportation, assistance with government benefits, volunteer/employment opportunities, educational programs, and social activities. Empowerment is a main component of the NORC model.

**Accomplishments:** CJE SeniorLife’s Leonard Schanfield Research Institute measured project impact using a mailed survey methodology to the participants of the There’s No Place Like Home Program. Results include: 1) 74 percent of those surveyed indicated they now know where to go if they needed help with benefits, such as Social Security or Medicare; 2) 66 percent said they now know where to go to get personal services; 3) 65 percent felt they had learned something new about aging issues; 4) 82 percent of the respondents said they now perceive an opportunity for expanded involvement in their building community and the community at-large.

At the onset of the project, CJE estimated that 600 older adults would benefit from the on-site NORC service components, which were to include direct services, education, and linkage to community resources including volunteer opportunities. Since the program started in 2003, at least 1,220 residents have been served at least once through over 175 different programs and services.

**Contact Name:** Gerri Fiterman Persin

**Contact Phone Number:** 773-508-1140

**Website:** [www.cje.net](http://www.cje.net)

## ***Clifton-Fairfax Station Transition In Place Services (CFS-TIPS, Inc)***

**Geographic Area Served:** The Clifton and Fairfax Station areas of Fairfax County, Virginia

**Larger Initiative:** Village Model

**Description:** TIPS began Phase 1 of a three-phase plan, offering limited contractor and provider referrals in January 2009. TIPS will start with a manageable set of services and information and build from that to provide what users say is most needed. Phase 2 is expected to start this summer and will include using volunteers and providing free volunteer assistance and support. The date for offering more extensive services in Phase 3 has not yet been determined.

**Accomplishments:** TIPS's 'aging in place' efforts have been recognized and endorsed by Fairfax County. Fairfax County, as a result of TIPS's efforts, as well as those of others, has and is providing support and assistance (no grants or cash).

**Contact Name:** William W. Cole, President

**Contact Phone Number:** 703-764-1300

**Website:** [www.cfs-tips.org](http://www.cfs-tips.org)

## ***Colorado Senior Connections***

**Geographic Area Served:** Metropolitan Denver, Colorado

**Lead Agency:** Jewish Family Service of Colorado

**Larger Initiative:** JFNA/The Jewish Federations of North America's National Aging in Place Initiative

**Description:** The goal of Senior Connections is to encourage independence by empowering seniors to age in place by creating an environment that enhances their physical and emotional well-being. Currently there are two separate sites located in different parts of Metro Denver Residents live in apartments and in single family homes in the surrounding neighborhood. Incomes range from \$11,000 to \$40,000. All programs have office space on-site, staffed with a social worker and volunteer coordinator. Resident volunteers strengthen a sense of community and provide for a resident driven program. Partnerships are established with local agencies, hospitals, the city, and home health providers.

**Accomplishments:** A core volunteer force comprised of residents has been established as well as intergenerational programs within the community and in the community at large. A resident advisory committee has been formed to advise on programming and what is working and what is not. Residents have been connected with health benefits and greater access to health care. Funding resources for medical needs such as eyeglasses, dental and hearing aids not covered by Medicaid have been identified and used. Establishing a sense of community and reducing isolation among the residents is a key accomplishment. Partnering with other agencies providing evidenced based health programs to the residents in areas of managing chronic illness and providing healthy aging skills.

**Contact Name:** Cathy Grimm

**Contact Phone Number:** 303-597-5000

**Website:** [www.jewishfamilyservice.org](http://www.jewishfamilyservice.org)



## ***Communities for a Lifetime Program (Dunedin, Florida)***

**Geographic Area Served:** City of Dunedin, Florida

**Lead Agency:** City of Dunedin, Florida

**Larger Initiative:** Administration on Aging Livable Communities for All Ages Award

**Description:** The program was introduced by FDEA in 2000 and the mission was “to create an environment promoting independence and enabling older Floridians to remain in their communities for a lifetime.” The program: celebrated positive aging; encourages self care; engages youth-elders in a variety of activities; and encourages community leaders, organizations, businesses and government agencies to plan and design communities that prepare for the future. The goal is to allow elders to remain in their homes and age with dignity, security, purpose in an elder friendly environment.

**Accomplishments:** Through the assessment it was determined that traffic lights near a senior housing development changed too quickly for elders to cross the street safely. The lights were timed differently. It is very hot to stand in the Florida sun, and the City had very few bus stops with shelters. Now many areas have a bus shelter and seat. The City of Dunedin passed an ordinance to provide an additional \$25,000 homestead exemption for qualifying seniors. The City of Dunedin has 39 Boards and Committees to advise the City Commission (one is specific to senior issues through the Committee On Aging, who also work on this CFAL program). The City of Dunedin has a new 42,624 square foot Community Center “green building”; a state-of-the-art Senior Activity Center, a Youth/Teen Center and numerous leisure activities for all ages. Dunedin is an extremely pedestrian friendly town with wide sidewalks, traffic calming devices, 4-way pedestrian crossing devices at a downtown intersection and a real “sense of community.” Dunedin has received the Walkable City Award, “Livable Communities Award”, City Spirit Award, and has been listed as a best place to retire; also listed in several nation publications.

**Website:** [www.dunedingov.com](http://www.dunedingov.com)

## ***Communities for a Lifetime (Florida)***

**Geographic Area Served:** State of Florida

**Lead Agency:** Florida Department of Elder Affairs

**Description:** The Communities for a Lifetime initiative brings together various segments in a community to implement improvements in housing, health care, wellness, employment, transportation, community education, and volunteer and intergenerational opportunities to the betterment of their communities. The goal is to help seniors remain independent and age in place within their communities throughout their lifetimes. Through the use of local, state and federal resources and state technical assistance, communities are able to impact all residents within the community.

**Accomplishments:** The most significant achievements of Communities for a Lifetime are private/public collaborations. Communities across Florida are now actively participating by making changes at the local level that benefit not only their senior population, but all residents. Other state agencies, youth service providers, faith-based entities, grassroots organizations, businesses and community leaders work together to prepare residents to age in place within that community. Additionally, Communities for a Lifetime brought about the inclusion of elder issues in local community planning.

**Contact Name:** Janine R. Harris, Community Relations Manager

**Contact Phone Number:** 850-414-2373

**Website:** [www.communitiesforalifetime.org](http://www.communitiesforalifetime.org)

## ***Communities for a LIFETIME of Steele County***

**Geographic Area Served:** Steele County, Minnesota

**Lead Agency:** Steele County Human Services

**Larger Initiative:** Steele County Communities for a LIFETIME

**Description:** The first phase of this project will include: a demographic analysis of the County's 50+ population using proprietary market analysis software from Project Market Decisions, Inc., which provided a 10-year projection of trends within the County on a variety of socioeconomic and demographic variables; discussions and interviews with key individual and group stakeholders in the community including municipal, county, and state government representatives, businesses, faith-based groups, service agencies, ethnic minorities, and citizen groups throughout the County; an initial asset map of individuals, associations, and organizations within the County using principles and tools developed in conjunction with the Asset-Based Community Development Institute at Northwestern University; a county-wide visioning conference involving representatives from every sector of the various communities in the process of identifying the capacities of and challenges facing Steele County in the next decade. Steele County Department of Human Services assembled an Advisory Committee representing 12 major service and county organizations that met regularly to provide guidance to the project's aims, activities, and direction, and to ensure representation for each local community's needs.

**Accomplishments:** Communities for a LIFETIME has been a catalyst for: the construction of a new \$12 million nursing home connected to the new hospital on the health care campus; implementing an "assisted living w/out walls" concept in the community; instituting a "No wrong door" policy; enhancing coordination between Steele County's aging service providers through the development of master "work plan" that assure services are county-wide, non-duplicative, and meeting the needs of residents; creation of an Active Aging Commission that meets monthly to keep the business plan an operational reality; creation of a Somali dining site serving meals for the elderly in a culturally-sensitive way; develop a region-wide demographic and economic impact survey; improvement of overall transportation needs for the aging in Steele County through enhanced development of county-wide volunteer driver program; and the development of a county-wide "Fall-Prevention" program.

**Contact Name:** Human Services Director

**Contact Phone Number:** 507-444-7510

**Website:** <http://www.co.steele.mn.us/>

## ***Community Assessment of O'Fallon, Missouri***

**Geographic Area Served:** City of O'Fallon, Missouri

**Lead Agency:** Mid-East Area Agency on Aging

**Larger Initiative:** Aging in Place Initiative: Creating Livable Communities for All Ages

**Description:** A livable community assessment of the City of O'Fallon involving various community partners will be completed. This will be a pilot for completing assessments for other communities in the planning and service area.

**Accomplishments:** Developed contacts within the community, including regular meetings with the O'Fallon Senior Advisory Committee and city officials. Involved citizens and city officials in conducting the assessment and have added a photographic component to the assessment.

**Contact Name:** Mary E. Schaefer

**Contact Phone Number:** 636-207-0847

## *Community Caring in Bridgewater, Inc.*

**Geographic Area Served:** Bridgewater, Connecticut

**Larger Initiative:** Village Model

**Description:** Community Caring exists to provide assistance to seniors who wish to remain healthy and happy in their own home. The premise is to enable seniors to remain in their homes by providing necessary services.

**Accomplishments:** Helping seniors to remain in their own homes by providing services.

## ***Community Without Walls, Inc.***

**Geographic Area Served:** Princeton, New Jersey and surrounding communities

**Lead Agency:** Community Without Walls, Inc.

**Larger Initiative:** Village Model

**Description:** The mission of CWW is to enhance and support the ability of each member to age well. They maintain a strong social network among our members, facilitate relationship and trust-building member activities, and provide linkages to support services in the community, including craftspeople, trades people, transportation, and care management. They also work with existing community organizations to enhance existing -- and create new -- elder-focused services, which they provide.

**Accomplishments:** CWW was established in 1992. We currently have 450 members working together to accomplish our Mission. CWW organized and co-sponsored with other community institutions, three community-wide conferences on aging issues, two of which received White House Conference on Aging support. CWW helped create a Coalition for Senior Housing to advocate locally for age-restricted and aging-friendly housing. CWW facilitated the establishment of new transportation and care management programs serving both our members and the wider community.

**Contact Name:** Vicky Bergman, Co-Founder, Ambassador

**Contact Phone Number:** 609-921-0749

**Website:** [www.princetonol.com/groups/cww](http://www.princetonol.com/groups/cww)

## ***Concho Communities for All Ages (Concho CAN!)***

**Geographic Area Served:** Concho, Arizona and outlying areas composing the Concho School District

**Lead Agency:** Concho Community Action Network

**Larger Initiative:** Communities for All Ages Initiative

**Description:** The Concho Activity Center, a multi-generational community center, was launched by the nonprofit organization, Concho Community Action Network (Concho CAN!), in collaboration with Concho Southern Apache Community Partnership (CSACP). CSACP was a coalition of community members and professionals formed to administer and implement the Community For All Ages Planning and Implementation Grants awarded by the Arizona Community Foundation. Concho CAN! was formed in January 2004 by six women with a variety of complementary skills in leadership and community building. These women became the board of directors for the organization. Originally concerned with the youth of this community, all held and lived by the values of “community for all ages” in their personal lives and recognized that youth grow up stronger when they are part of a healthy community that affords opportunities to interact across all ages.

**Accomplishments:** Established a community/activity center as a central meeting place for programs serving older adults and children as well as families. Completed community surveys to identify community priorities. Developed communication systems within the community including a community newsletter to keep residents informed of programs and resources in the community. Supported the establishment of youth-adult mentoring relationships with the institution of the Big Brothers Big Sisters program in the local elementary school. Supported the establishment of the Senior Companion and Foster Grandparents Programs in the community. Initiated community events to bring the community together, including an annual Memorial Day Parade and Holiday Bazaar. Supported economic development (cottage industry and home-based businesses.) Helped launch and sustain the Concho Farmers Market and the annual Concho Holiday Bazaar. Established a weekly Older Adults lunch program (Lunch and Leisure) as well as community programs such as “Hook and Needle” club, exercise club, youth after school program (suspended due to funding limitations) Currently engaged in the AZ Rural Development Home Town Competitiveness Initiative for sustainable community development. Brought services (government and other) resources into a remote community to increase awareness and utilization of community resources and decrease costs of travel.

**Contact Name:** Barbara Baum, Secretary, Concho CAN! Board of Directors

**Contact Phone Number:** 928-337-9339

**Website:** [www.conchocan.org](http://www.conchocan.org)

## ***Concierge Club - Elder Help of San Diego***

**Geographic Area Served:** Central and Eastern San Diego, California

**Lead Agency:** ElderHelp of San Diego

**Larger Initiative:** Village Model

**Description:** The senior population is rapidly growing in the City of San Diego. At the same time the challenges faced by seniors – challenges which include economic, healthcare, social and family needs – continue to become more difficult and complex. Rising healthcare and housing costs with frozen Social Security incomes; the geographic separation of families and social and language barriers all combine to make the aging population's existence more arduous. With over thirty-six years of experience in serving this population, ElderHelp had risen to the challenge of meeting this growing need. Through the Concierge Club, ElderHelp provides seniors with essential services that enhance health, independence and quality of life. Services include transportation to medical appointments and recreational activities, grocery shopping, help with errands, socialization, physical activity, light housekeeping, home repair, and health education and prevention. A Member Care Coordinator connects members to a community network of vetted service providers and coordinates all home care services, which are provided via a passionate and skilled corps of volunteers. Memberships are provided free to those with incomes below \$2,000 per month and moderate-income seniors are asked to pay a nominal monthly membership fee.

**Accomplishments:** 100 percent of members receive care management services; 90 percent of members increase their utilization of healthcare services; 85 percent of members show a decrease in reliance upon emergency room services; 90 percent of members are able to stay in their homes longer due to ElderHelp services; 90 percent of those with diabetes report fewer complications resulting due to interventions and education; 100 percent of members are less at risk of elder abuse due to ElderHelp services; 100 percent of members with family caregivers feel a lightened load and more stability due to ElderHelp services; 100 percent of members report saving money on in-home help due to ElderHelp services.

**Contact Name:** Leane Marchese, Executive Director

**Contact Phone Number:** 619-284-9281

**Website:** [www.elderhelpofsandiego.org](http://www.elderhelpofsandiego.org)



## ***Connecting Caring Communities***

**Geographic Area Served:** Milwaukee County, Wisconsin

**Lead Agency:** Milwaukee County Department on Aging

**Larger Initiative:** Robert Wood Johnson Foundation Community Partnerships for Older Adults and Administration on Aging Livable Communities for All Ages Award

**Description:** Goals: 1) To connect older adults in Milwaukee County to a caring community in order that they may have many choices to live in and give to their neighborhoods, 2) To strengthen the system of long-term care for Milwaukee County through developing nurturing and supporting partnerships with all stakeholders.

**Website:** [www.milwaukee.gov/Aging7705/ConnectingCaringCommunities](http://www.milwaukee.gov/Aging7705/ConnectingCaringCommunities)

## ***Creating Community for a Lifetime Michigan***

**Geographic Area Served:** Kent County, Michigan

**Lead Agency:** Grand Rapids Community Foundation and Area Agency on Aging of Western Michigan

**Larger Initiative:** The AdvantAge Initiative

**Description:** Creating Community for a Lifetime's mission is to develop a community that promotes quality of life, independence and choice for older persons and all residents of Kent County through collaborative planning and community action. Vision: Kent County will be an elder-friendly community that addresses basic needs, optimizes physical and mental health and well-being, maximizes independence, and promotes social and civic engagement. Guiding Principles: (1) promote a holistic, successful aging perspective in the community; (2) increase community capacity for successful aging through an empowerment model; (3) support continuous community learning regarding successful aging.

**Accomplishments:** In addition to the Foundation's Encore undertaking, the results have been used as a roadmap for new services needed in Kent County. Based on the results, programs like the Caregiver Resource Network and Ridelink have been developed. The Caregiver Resource Network (CRN) is a collaboration of more than 70 West Michigan organizations that help provide support to family caregivers. In addition to providing educational events for the community, the CRN's website ([www.caregiverresource.org](http://www.caregiverresource.org)) is a helpful tool for family and professional caregivers. Ridelink is a collaboration of transportation services from multiple agencies. A central phone number, dispatching system and increased efficiencies has improved ridership capacities.

**Website:** [www.community4alifetime.org](http://www.community4alifetime.org)

## ***Creating Livable Miami-Dade & Monroe Counties for All Ages***

**Geographic Area Served:** Miami-Dade and Monroe Counties

**Lead Agency:** Alliance for Aging, Inc.

**Larger Initiative:** Aging in Place Initiative: Creating Livable Communities for All Ages

**Description:** Senior Transportation Institute is leading "Team Miami" in the development of an outcomes-oriented one year work plan to develop enhanced elder-centered transportation models, improve elder pedestrian safety, and develop targeted advocacy strategies. Team Miami is representative of the interdisciplinary, community-based, and counties-wide approach the Alliance will continue to employ in order to comprehensively advocate for elder transportation, mobility options, and pedestrian safety.

**Accomplishments:** Commission of a County study to investigate the County's most dangerous intersections as identified by the number of elder accidents and fatalities; Enhanced dialogue between human service providers, Public Works, and County Transit; Technical assistance to local municipalities and communities around the development of volunteer-based supplemental transportation systems.

## ***Creating Vibrant Communities in Which We All Age Well***

**Geographic Area Served:** Boulder County, Colorado

**Lead Agency:** Boulder County Aging Services Division

**Description:** Over 350 individuals were engaged in a series of interviews, community conversations and a community summit. The resulting strategic plan contains the top strategies for creating vibrant communities in which everyone can age well, as voted on by participants in the strategic planning sessions. These strategies are categorized into four areas: address basic needs; promote social and civic engagement; optimize physical and mental health and well-being; and maximize in/dependence and supports caregivers. The Countywide Leadership Council was created to provide leadership and vision for the implementation of the plan.

**Accomplishments:** Creation of a network of agencies providing a continuum of Information & Assistance services to older adults, adults with disabilities, family caregivers, and service providers. This includes an online resource directory, and one central phone number for people to call for assistance; creation of a Latino Wellness Workgroup to identify barriers to services for older Latinos and advocate for systems change to make environments more "Latino friendly"; development of a depression and suicide prevention training for primary care physicians; development of the "Project Homecoming", a plan for providing hospital patients a week of healthy, home-delivered meals upon their discharge; creation of the "Let's Go" guide to transportation services in Boulder County.

**Contact Name:** Laura Mathews

**Contact Phone Number:** 303-441-1583

**Website:** [www.allagewell.com](http://www.allagewell.com)

## ***Digital Inclusion Community Service Project***

**Geographic Area Served:** Southeast Tennessee

**Lead Agency:** Alexian Brothers Senior Neighbors

**Larger Initiative:** Aging in Place Initiative

**Description:** A national community service initiative to reduce the digital divide among older adults using "Generations On Line" software and training materials. The initiative is made possible with funding from the American Recovery and Reinvestment Act and support from Senior Service America Inc. and the U.S. Department of Labor.

**Accomplishments:** Project coordinator has been hired. Several Peer Coordinators have been trained. Planning is underway for the Peer Coordinators to provide training to other seniors through community partnerships with Senior Centers and Libraries.

**Contact Name:** Cindi Crutchfield, SCSEP Director

**Contact Phone Number:** 423-668-2143

**Website:** [www.AlexianSeniorNeighbors.org](http://www.AlexianSeniorNeighbors.org)

## ***Elder Friendly Certified Business Program***

**Geographic Area Served:** Portland, Oregon Metropolitan Area

**Lead Agency:** Elders in Action

**Description:** Elders in Action Elder Friendly Business Certification Program works with business in the Portland Metro area to help them better serve the older customer. Trained older adult volunteers evaluate businesses on a variety of issues including; customer service, accessibility, layout, website content and navigation. Certified businesses with the program are then published in their annual directory that is distributed to over 8,000 seniors in the community and is their first source of information and referral for those in need of a service or business.

**Accomplishments:** The program was originally intended to be a local program by a group of older adults in the Portland metro area. It was a highly valued program and the agency started receiving requests from other area agencies on aging for replications. Currently, the program has been replicated nationally in 12 states in 16 sites as well as internationally in Adelaide, South Australia.

**Contact Name:** Leslie Foren, Director of Operations

**Contact Phone Number:** 503-235-5474

**Website:** [www.eldersinaction.org](http://www.eldersinaction.org)

## ***Elder-Friendly Communities, The Indianapolis Naturally Occurring Retirement Community (NORC)***

**Geographic Area Served:** Northwest quadrant of Marion County, Indianapolis, Indiana

**Lead Agency:** Jewish Federation of Greater Indianapolis and ElderSource

**Larger Initiative:** JFNA/The Jewish Federations of North America's National Aging in Place Initiative

**Description:** EFC's mission is to provide older adults the opportunity to age in place with dignity and security. EFC is committed to the creation of a resident-driven programs and services that enhance one's quality of life. The EFC initial funding came in 2004 from an appropriation from the Administration on Aging, Health and Human Services, to implement an aging in place demonstration project. Subsequent requests for funding have been successful. EFC just completed its fifth year.

**Accomplishments:** In 2005 Elder Friendly Communities mailed a confidential survey to 2000 homes in the targeted geographic area to identify the demographics of the older adult community, to identify the strengths of the population and the gaps in services. With the results of the survey, programs and services were developed based on input from the older adults. All programs and services were created based on the likes and dislikes, strengths and needs of those residing in the community while tapping the assets of the community already in place. A resident-driven management committee was created to oversee programs and services and develop future opportunities for aging in place. EFC developed a community-centered, single point of entry/contact for resources and programs for older adults whose desire it is to age in place. The 2008 satisfaction survey results are: 91 percent of those surveyed report an increased quality of life as a result of EFC programming; 81 percent of those surveyed report an increased sense of safety in their home and 70 percent in their neighborhood; 89 percent report an increased feeling of community support as a result of EFC programming.

**Contact Name:** Ann E. Allen, MSW, LSW

**Contact Phone Number:** 317-259-6817

**Website:** [www.jfgi.org](http://www.jfgi.org)

## ***ElderStyle - Pines Village***

**Geographic Area Served:** City of Valparaiso, Indiana

**Lead Agency:** Partnership between Pines Village Retirement Communities and Valparaiso Department of Parks and Recreation

**Larger Initiative:** Aging in Place Initiative: Creating Livable Communities for All Ages

**Description:** Mission: To offer older adults a network of community choices to live well. Vision: To facilitate opportunities for older adults to enhance and sustain physical, social, and spiritual wellness.

**Accomplishments:** Enhanced services by maximizing resources: Valparaiso Parks Department owns the Village Park Enrichment Center and is responsible for the maintenance of the buildings and grounds. Pines Village manages the staff, programs, events and the nutrition site. Village Park Enrichment Center will serve as the hub of the initiative. At this time, Village Park Enrichment Center has approximately 515 members. In January of 2007 there were 7 individuals participating in the exercise program. Since the installation of new, up to date, fitness equipment and the addition of a certified fitness instructor in August of 2008, fitness memberships have risen to over 125 members; conducted focus groups with older adults of Valparaiso to find out how they feel the city is doing in meeting their needs and what can be done better; developed a task force of individuals, services providers and organizations; utilized information from multiple sources including the AdvantAge Initiative to begin developing a strategic plan; developing subcommittees to address the key areas of need.

**Contact Name:** Jill Pfister

**Contact Phone Number:** 219-462-1301

**Website:** [www.pinesvillage.org](http://www.pinesvillage.org)



## ***EPA Building Healthy Communities for Active Aging***

**Geographic Area Served:** National

**Lead Agency:** US EPA. Steering Committee includes Centers for Disease Control and Prevention, President's Council for Fitness and Sports, National Council on Aging, National Blueprint, and Active for Life (sponsored by the Robert Johnson Foundation)

**Larger Initiative:** EPA Building Healthy Communities for Active Aging

**Description:** The principal goal of the Building Healthy Communities for Active Aging Award program is to raise awareness about the healthy synergies that can be achieved by communities that combine and implement smart growth and active aging concepts. Awards are presented to communities that demonstrate the best and most inclusive overall approach to implementing smart growth principles and active aging strategies at the neighborhood, tribe, municipality, county, and regional levels. There are two award levels, the Commitment Award and the Achievement Award. The Commitment Award recognizes communities that have developed and begun to initiate a specific plan to implement smart growth and active aging principles. The Achievement award is provided to those communities that have implemented exemplary planning and programming projects that create healthy communities for active aging. More than 40 national and regional organizations have signed on as supporters of this voluntary recognition program.

**Accomplishments:** The awards program has been successful in achieving its goal to raise awareness of the importance planning and land use decisions play in reducing green house gas emissions and improving the health and well-being of older adults. The award program showcases winning communities that are on the cutting edge.

Since 2007, 15 communities have been recognized for their leadership in creating healthy and sustainable communities in the following states: Arkansas, California, Florida, Georgia, Iowa, Maine, Maryland, Minnesota, North Carolina, Oregon, Texas, Virginia, Washington, and Wyoming. The winners have served as ambassadors for other communities. Five communities have received the highest award the achievement award. Winners include the Atlanta Regional Commission, GA, Kirkland, WA, Portland, OR, Cary, NC and Martinsville/Henry County, VA.

**Contact Name:** Kathy Sykes, Senior Advisor, US EPA Aging Initiative

**Contact Phone Number:** 202-564-3651

**Website:** <http://www.epa.gov/aging/bhc/about.htm>

## ***Fairfax 50+ Action Plan***

**Geographic Area Served:** Fairfax County, Virginia

**Lead Agency:** Fairfax County Board of Supervisors (with staff support by the Fairfax Area Agency on Aging)

**Description:** This action plan is an opportunity to share with the public the key trends, highlight current and planned initiatives, and to set forth the agenda for the future. It is not the completion of the work – it is the beginning. A vital part of their shared success in the future will be the ongoing work of the Commission on Aging to keep this plan a living document. Every county department will also play a role in implementing the initiatives planned for the next three years and beyond that will enhance services for older adults while also tapping the talents of this valuable resource of people. A sampling of these initiatives is included in this report and the full matrix.

**Accomplishments:** They are about to produce the second Scorecard that outlines the accomplishments that relate to each 50+ Action Plan directive as well as all of the initiatives proposed by each Department in the County to address the changing demographics. The actions that have resulted are too numerous to outline here but will be on the County's website (along with the already available Plan, Department Matrix, and first Scorecard). In addition, the Board of Supervisors 50+ Committee (a committee of the whole of the Board of Supervisors) continues to meet quarterly to look at community needs, resources, and initiatives.

**Website:** <http://www.fairfaxcounty.gov/olderadults/plan.htm>

## ***Front Desk Florence***

**Geographic Area Served:** Florence, California

**Lead Agency:** Front Desk, Inc.

**Larger Initiative:** Village Model

**Description:** Front Desk is a professional concierge maintained by private subscribing households to help them help themselves to live well, independently in Florence.

**Accomplishments:** We are connecting members to quality services with excellent feedback.

**Website:** [www.frontdeskflorence.org](http://www.frontdeskflorence.org)

## ***Generations of Hope Communities (GHC)***

**Geographic Area Served:** State of Illinois/Nationwide

**Lead Agency:** Generations of Hope Development Corporation

**Description:** Mission statement: To rebuild the lives of vulnerable children and young adults by supporting the creation of caring multigenerational neighborhoods. Vision statement: To revolutionize the approach to addressing social challenges by harnessing the caring power of ordinary people.

**Accomplishments:** The accomplishment of this nationally recognized and award-winning model is deceptively simple: older adults provide indispensable support to vulnerable parents, children, and youth who, in turn, become instrumental in promoting the well-being of the elders as they age. By embedding children – and for that matter, all residents – in a seamless web of care and support on which they can depend, GHCs do what social services alone cannot. A GHC facilitates and supports naturally emergent relationships and enduring commitments across generational lines so that the community becomes the first line of support and service—of intervention. This innovative strategy shifts the focus of problem-solving from professional service providers to members of the community.

**Contact Name:** Joyce Blair

**Contact Phone Number:** 217-363-3080

**Website:** <http://www.generationsofhope.org>

## *Gramatan Village*

**Geographic Area Served:** Bronxville, Tuckahoe and Mt. Vernon, New York

**Larger Initiative:** Village Model

**Description:** For a modest annual fee, Gramatan Village members enjoy social and educational events, discounts from local businesses, assistance from a dedicated corps of volunteers, and referrals to screened local providers. Special reduced rate memberships are available for those of modest means.

**Accomplishments:** Met membership targets for first year – had 90 percent first-year renewal rate; Developed collaborative relationship with local senior groups, increased participation in those groups by 20 percent; Met the need for transportation by providing 300 rides by volunteers in the first year; Provided opportunities for socialization to socially isolated individuals; Educated the business community on the needs of the elderly.

**Contact Name:** Julie Dalton, Executive Director

**Contact Phone Number:** 914-337-1338

**Website:** [www.gramatanvillage.org](http://www.gramatanvillage.org)

## ***Haywood Community Connections***

**Geographic Area Served:** Haywood County, North Carolina

**Lead Agency:** Mountain Projects, Inc.

**Larger Initiative:** Robert Wood Johnson Foundation Community Partnerships for Older Adults

**Description:** The mission of Haywood Community Partnership is to equip and empower older adults in Haywood County to live in their own homes as long as possible and desired by maximizing the resources and “giftedness” in one another through community collaborations. Haywood Community Connections created a Senior Resource Team in various communities across the county.

**Accomplishments:** Accomplishments include: created a Senior Resource Directory, established web site and 2-1-1; established a Civic Engagement model that won an award from NCOA-Administration on Aging; Senior Resource Teams help seniors in their respective communities find programs and services they need; brought nonprofits, businesses, and government entities together in collaboration. Through this collaboration, a dental clinic for Medicaid-eligible adults opened and an adult day health program began; an Alzheimer’s training component has been added to all law enforcement training programs in the county; two new routes were added to the local public transit schedule; advocacy team joined the NC Senior Tar Heel Legislature and successfully lobbied for funding of Project C.A.R.E., a respite program; distributed 10,000 Files of Life across the county; currently working with the Department of Social Services and Smoky Mountain Center (mental health provider) to initiate a Healthy IDEAS Program (depression screening and intervention) in the county, and we will soon have a toolkit available to assist other agencies in replicating our Civic Engagement model which consists of a Senior Leadership Program and Senior Resource Teams.

**Contact Name:** Victoria Young

**Contact Phone Number:** 828-452-2370 ext. 2815

**Website:** [www.haywoodconnections.org](http://www.haywoodconnections.org)

## ***Healthy Aging in Place - Education Seminars***

**Geographic Area Served:** greater Richmond, VA

**Lead Agency:** Family Lifeline, ElderFriends Program

**Larger Initiative:** Aging in Place Initiative: Creating Livable Communities for All Ages

**Description:** Healthy Aging in Place – Education Seminars will organize seminars that focus on a topic relevant to aging: Healthy Aging in Place, the Changing Community Demographic, and Livable Communities for All Ages, etc. Participants will include ElderFriends volunteers, elder citizens, and community partners. The goals are to decrease social isolation of seniors enrolled in the program and increase knowledge of and access to community-based resources.

**Accomplishments:** Family Lifeline held two educational seminars supported by the Aging in Place Initiative, Developing Living Communities for All Ages. Despite inclement weather, over 70 people participated in two different seminars: *Helpful Hints for Aging at Home* in December and *Aging Smart* in February. Participants learned about services and technologies available to help older adults age in place as well as tips for staying physically and financially fit. Several ElderFriends program participants joined the seminars. Responses to the seminars were strong. Great community partnerships were formed as The Senior Center, A Community Partnership, Chesterfield County Senior Advocate's Office and The Crossings at Bon Air helped organize and host the events.

**Contact Name:** Colleen Wilhelm, Program Director, ElderFriends

**Contact Phone Number:** 804-249-5415

**Website:** [www.familylifeline.org](http://www.familylifeline.org)

## ***Help@Home***

**Geographic Area Served:** Johnson County in Kansas and Jackson County in Kansas City, Missouri

**Lead Agency:** Jewish Family Services of Greater Kansas City

**Larger Initiative:** Aging in Place Initiative: Creating Livable Communities for All Ages

**Description:** The vision of Help@Home is to provide the tools and services for older adults to remain independent, comfortable and in control of their daily lives for as long as they choose to stay in their homes. The mission of Help@Home is to support the healthy aging of older adults in their own homes by providing high quality, dependable home repair and chore services, computer troubleshooting, home safety assessments and information and referral and greater access to a variety of other services that help maintain independence and provide for peace of mind.

**Accomplishments:** Launching the project in a community that had never had a similar program; recruiting 25 households in the short time of operation; collaborating with other older adults programs in the community.

**Contact Name:** Dawn P. Herbet, Director, Older Adult Initiatives

**Contact Phone Number:** 913-327-8239 direct line; JFS main number 913-327-8250.

**Website:** [www.jfskc.org](http://www.jfskc.org)



## *In Search of Community*

**Geographic Area Served:** West side of Buffalo, New York

**Lead Agency:** Jewish Family Service of Buffalo & Erie County

**Larger Initiative:** JFNA/The Jewish Federations of North America's National Aging in Place Initiative

**Description:** The JFS NORC "Aging in Place" Initiative emerged in recognition that dramatic demographic trends in aging call for innovative planning to ensure that the NORC, the Federation's beneficiary health and social services agencies, and other community collaborators continue to effectively serve the community in step with the aging Baby Boom population. The Buffalo Niagara region has the highest percentage of seniors in the nation. In Buffalo and Erie County New York, the U.S. census figures show that while the overall population is declining the number of people 60 and older is increasing, particularly the frail elderly. In Erie County 190,000 people or 20 percent of the population are 60 or older – a percentage nearly twice the national average.

**Accomplishments:** JFS was the first agency in eight counties in Western New York to bring the concept of "Aging in Place" to the forefront. While the initiative does not operate in its previous format, the concept is still being modeled. JFS reorganized services to seniors so they could remain in their homes for as long as possible.

**Contact Name:** Marlene A. Schillinger

**Contact Phone Number:** 716-883-1914

## ***Indiana Partnerships for Lifespan Communities***

**Geographic Area Served:** State of Indiana

**Lead Agency:** Collaborative effort between Center on Aging and Community, Indiana Institute on Disability and Community at Indiana University and Indiana Family and Social Services Administration Division of Aging Collaborative effort between the Center on Aging and Community and Indiana University's Indiana Institute on Disability and Community

**Larger Initiative:** The AdvantAge Initiative and U.S. Administration on Aging Planning Demonstration

**Description:** This is a comprehensive, participatory, and data driven initiative to create state and local plans on aging that will test the effectiveness of the AdvantAge Initiative planning model on a state-wide basis and its potential application on a nation-wide basis.

**Accomplishments:** Extensive planning data around 33 indicators of well-being for each of 15 planning and service areas in Indiana, drawn from a randomized sample of 5,000 residents aged 60 and older; creation of web-based planning tools for use by local and state planners, advocates and policy makers; widespread participation of Indiana citizens in local planning efforts around aging issues; elevation of planning and community organizing skills of aging network professionals; successful local implementation of initiatives in priority areas, including information and referral, home modification, public safety, and livable communities.

**Contact Name:** Philip B. Stafford, Ph.D.

**Contact Phone Number:** 812-855-2163

**Website:** [www.agingindiana.org](http://www.agingindiana.org)

## ***Jefferson Outreach for Older Adults***

**Geographic Area Served:** Northwest San Antonio, Texas

**Larger Initiative:** Aging in Place Initiative: Creating Livable Communities for All Ages

**Description:** Outreach for Older Adults' mission is to allow seniors to remain in their own homes with dignity and quality of life. Meal delivery is offered 5 times a week, grocery once a week, and congregate meals. The program offer various additional services free of charge including: transportation, minor home repairs, and lawn care. JumpStart will provide assistance to start a program called 'Extra Milers' so a volunteer driver program can be established to take older adults to appointments on the weekends.

**Accomplishments:** Outreach for Older Adults has been in existence for 26 years without any financial assistance from the city or state. The program has helped seniors to stay in their homes By ensuring people eat well, get to their appointments, and have access to the tools to stay home.

**Contact Name:** Doris Griffin

**Contact Phone Number:** 210-734-5016

**Website:** [www.jeffersonoutreach.org/](http://www.jeffersonoutreach.org/)

## ***Jewish Community Assistance Network***

**Geographic Area Served:** Palm Beach County, Florida

**Lead Agency:** Jewish Federation of Palm Beach County

**Larger Initiative:** JFNA/The Jewish Federations of North America's National Aging in Place Initiative

**Description:** JCAN operates in gated communities and neighborhoods in the service area. Currently, the JCAN communities are: Golden Lakes Village in West Palm Beach; Strathmore Gate East & West in Royal Palm Beach; Cresthaven in West Palm Beach, Park Pointe in Greenacres, Village Royale on the Green in Boynton Beach and Aberdeen East in West Boynton Beach.

**Accomplishments:** The JCAN program has served over 2,000 seniors in the past four years. The implementation of the "Circle of Friends" (Neighbor helping Neighbor) groups in all of the JCAN Communities has helped to seniors age in place with dignity. JCAN has provided blood pressure clinics, fitness classes, "Lunch and Learn" sessions, and "Dr's In" open health forums (lunch, questions and answers by board certified doctors). In addition, they have offered health fairs, flu shot clinics, and hurricane seminars. JCAN has helped seniors help themselves by connecting them to available resources and building a sense of Jewish Community while allowing them to continue to age in place within their own community.

**Contact Name:** Joyce Moskowitz

**Contact Phone Number:** 561-242-6674

**Website:** [www.Jewishpalmbeach.org](http://www.Jewishpalmbeach.org)

## ***Jewish Family Service San Diego***

**Geographic Area Served:** San Diego, California

**Lead Agency:** Jewish Family Service San Diego

**Larger Initiative:** JFNA/The Jewish Federations of North America's National Aging in Place Initiative

**Description:** This is a private social enterprise of Jewish Family Service providing comprehensive recreational and social services to two communities that serve 55 and older.

**Accomplishments:** Born out of their federally funded NORC grant JFS has formed a contractual arrangement with a senior apartment complex to provide an activity program. This year Town Park Villas membership has increased by 50%. Approximately 25-30 people attend activities at the center on a daily basis and 40-50 people attend special events. The second property, located in Alpine, is called Creekside Meadows. Creekside Meadows has an average of 30 program visits per week. The community is made up of a couple of hundred seniors who visit the community center which is run by Jewish Family Service.

**Contact Name:** Craig Lambert

**Contact Phone Number:** 619-990-9032

**Website:** [www.jfssd.org](http://www.jfssd.org)

## ***JFNA/The Jewish Federations of North America's National Aging in Place Initiative***

**Geographic Area Served:** Nation-wide

**Lead Agency:** Jewish Federation's of North America, Washington Office

**Larger Initiative:** JFNA/The Jewish Federations of North America's National Aging in Place Initiative

**Description:** In 2002, through Jewish Federations of North America (JFNA) (formerly United Jewish Communities) advocacy, Congress began to support the development and testing of the innovative community-based NORC-Supportive Service Program (NORC-SSP) model throughout the JFNA network. This was accomplished through demonstration grants authorized in the Older Americans Act (OAA). Congress has established close to 50 JFNA-led NORC-SSP demonstration projects in 26 states between fiscal years 2002 and 2010. Defining elements of the NORC-SSP model include: organizing and locating a range of coordinated health care and social services and group activities on site; drawing strength from partnerships that unite housing entities and their residents, health and social service providers, government agencies, and philanthropic organizations; promoting independence and healthy aging by engaging seniors before a crisis and responding to their changing needs over time; providing seniors with vital roles in the development and operation of the program; and filling the gaps where Medicare, Medicaid, or Older Americans Act services are insufficient or inadequately coordinated, but not duplicating them.

**Accomplishments:** Served a population of greater than 20,000 older adults who are aging in place. Was the model and impetus for the establishment of 20069 Older Americans Act grant program (Community Innovations for Aging in Place) to help to advance the development and implementation of innovative aging in place supportive services models. The program, in its first year, received more than 250 applications. In the history of AoA, this program has received the greatest and most diverse interest from within the Aging Services Network. Through this initiative 14 3-year grant projects and a national Aging in Place technical assistance center were established. JFNA is part of the National Advisory Committee assisting with this initiative. To learn more about the program go to: <http://www.ciaip.org/>. The site provides information and assistance in aging in place models and services, and the promotion of the exchange of information and best practices in the field.

**Contact Name:** Robert Goldberg, Senior Director of Legislative Affairs

**Contact Phone Number:** 202-736-5881

**Website:** [www.NORCs.com](http://www.NORCs.com)

## ***Johnson County Livable Community Initiative***

**Geographic Area Served:** Johnson County, Iowa

**Lead Agency:** Policy Board appointed by the Johnson County Board of Supervisors

**Description:** The Johnson County Livable Community Initiative grew out of a grassroots movement: the Johnson County Consortium for Successful Aging. The Consortium in 2005 issued *Successful Aging in Johnson County: A Market Analysis* with information on Johnson County as a friendly place to live. This analysis utilized data from a survey completed by 1,068 older adults living in Johnson County, census data, other surveys and focus groups. In 2006 the Consortium issued four reports: *Housing, Health, Transportation* and *Successful Aging*. The latter report included sections on: Education and Leisure, Employment and Volunteerism, and Faith Based Opportunities. Each of these reports described what was available and outlined future directions based on national research of best practices. Annual planning sessions have been utilized to set goals and enlist volunteers. At present there are 15 workgroups with the common goal of making Johnson County a Livable Community. Five of these are long standing workgroups: Communications, Employment, Fall Prevention, Senior Friendly Businesses/Government, and Transportation. The ten new workgroups established following our September 2009 meeting are: Chore, Disaster Preparedness, GLBT, How to Talk to Your Doctor, End of Life, Entrepreneur Program, Intergenerational Activities, Mental Health, Outreach to Rural Communities and Peer Listening.

**Accomplishments:** Johnson County was selected to send five persons to the Accessible Community Transportation Institute in Washington D.C. A Mobility Option booklet is in its third printing. Offered a Car-Fit Program and “When to Stop Driving Program.” The Home Builders Association has adopted “Homes for Life” a voluntary certification program. The City of Iowa City has amended its building code to adopt visibility standards that are now under review by the zoning departments of Johnson County and North Liberty. The Initiative was directly responsible for Iowa City receiving one of the “Building Health Communities for Active Aging Award 2008” from the Environmental Protection Agency. An Employment Seminar with national and state leaders was held. In addition a 50 Plus Employment Workshop attracted 128 persons. A 64-page resource directory, “Aging without Limits,” identifies social, recreational and educational resources for seniors and how to access them is in its third printing. Launched a year-long Fall Awareness Campaign and submitted a Fall Prevention. And the web site: [www.livablecommunity.org](http://www.livablecommunity.org) that was launched in May 2009 and is now being updated.

**Contact Name:** Eve Casserly, Secretary

**Contact Phone Number:** 319-351-1135

**Website:** [www.livablecommunity.org](http://www.livablecommunity.org)

## ***Jump Start the Conversation, Kansas City***

**Geographic Area Served:** Midtown area of Kansas City, Missouri

**Lead Agency:** Metro Lutheran Ministry

**Larger Initiative:** Aging in Place Initiative: Creating Livable Communities for All Ages

**Description:** Goals: share information between organizations to streamline who is best suited to handle certain and specific referrals; create a collaborative to share resources whenever necessary to avoid turning away older adults in need; reach an agreement between organizations to work together on specific projects whenever necessary; develop a resource list of organizations to use whenever inter- and intra- referrals are made.

**Accomplishments:** Information was shared between organizations to streamline who is best suited to handle certain and specific referrals. Organizations agreed to collaborate and share resources whenever necessary to avoid turning away older adults in need. Organizations agreed to work together on specific projects whenever necessary. A resource list was comprised for organizations to use whenever inter- and intra- referrals are made; the list will also be provided to the United Way to execute more efficient referrals in the future.

**Contact Name:** Earl Isaac, Program Manager

**Website:** [www.mlmkc.org](http://www.mlmkc.org)



## ***Jump Start the Conversation with a Language Learning Curriculum (San Diego Language Learning)***

**Geographic Area Served:** San Diego County

**Lead Agency:** Friends of Adult Day Health Care Centers

**Larger Initiative:** Aging in Place Initiative: Creating Livable Communities for All Ages

**Description:** An English as a Second Language curriculum was developed for the older adult population who experience social and cultural isolation due to their language barrier and their status as immigrants. The program was designed around a typical senior center or adult care center activity entitled “This Day in History.” Since many of the seniors need mental stimulation because of a variety of cognitive impairments, using “This Day in History” in an ESL mode helped in two ways – first to stimulate their brain by working in a second language and second to help them feel less isolated when they understand the customs and practices in their adopted country.

**Accomplishments:** For the seniors who participated in the program, their enthusiasm for learning a second language grew. They were able to intermingle more effectively with English speaking staff and other seniors. Their mental health and outlook improved. For activity directors of other senior programs, they commented that the shared curriculum material was a positive addition to their programs and they received instruction as to how to develop their own custom-made materials.

**Contact Name:** Lois Knowlton

## *Kalorama Village, Inc*

**Geographic Area Served:** Neighborhoods adjacent to Kalorama Triangle, Washington, DC

**Larger Initiative:** Village Model

**Description:** Modeling after Beacon Hill Village, Kalorama Village is an aging-in-place effort to provide people with information and connect them with services they need.

**Accomplishments:** Kalorama Village has conducted surveys with the help of AARP and has enrolled 140 members. They are also partnered with SeniorChecked to provide services for a fee.

**Website:** [www.kaloramavillage.org](http://www.kaloramavillage.org)

## ***La Mesa Adult Enrichment Center***

**Geographic Area Served:** City of La Mesa and surrounding areas, California

**Lead Agency:** City of La Mesa, Department of Community Services

**Larger Initiative:** Ready...Set...Live Well—creating the healthiest and most livable community

**Description:** The Adult Enrichment Center Program plans, develops, implements and arranges through partnerships a broad spectrum of services and activities for mature adults. The Adult Enrichment Center also provides information, referral and assistance with access to other community resources for older adults. Activities and services include: educational, recreational, and wellness programs; special events; daily senior lunches; trips and tours; legal counseling, tax preparation; volunteer opportunities; fitness and cultural enrichment classes; dances and card and board game activities. The vision of the program is to serve as a community focal point for lifelong learning and civic engagement for mature adults.

**Accomplishments:** Development and provision of more than 85 enrichment classes each week, including daytime and evening classes, through independent contractors, volunteer activity leaders and Adult Education; development and provision of intergenerational activities including an annual Intergenerational Games event and intergenerational senior yard clean-up assistance; development and provision of special community forums and seminars on various topics, ranging from caregiver concerns to end-of-life planning, financial planning and preservation and emerging technologies to help older adults remain independent. The Adult Enrichment Center also provides the *Rides4Neighbors* volunteer driver program, a Discount Taxi Scrip Program, Senior Shopping Shuttle service, a Transit & Mobility Expo and Public Transit Travel Training group classes.

**Contact Name:** Judy Spaner Stern, M.A.

**Contact Phone Number:** 619-464-0505

**Website:** [www.cityoflamesa.com](http://www.cityoflamesa.com)

## ***LakeView Village***

**Geographic Area Served:** Lakeview neighborhood of Chicago (zip codes 60657 and 60613)

**Lead Agency:** None

**Larger Initiative:** Village Model

**Description:** LakeView Village (LVV) is committed to providing older Lakeview residents carefully screened support services and programs that allow them to live independent and meaningful lives while remaining in their own homes.

**Accomplishments:** LVV was recently awarded tax-exempt status by the IRS and anticipates a fall 2010 launch. Membership fees will include access to a full menu of prescreened services, such as transportation, home maintenance and repair, personal care, social, cultural, health and wellness programs. All available with a single telephone call or mouse click. It is anticipated that many of the vendors will offer services to LVV members at a discount. LVV has formed partnerships with two local organizations: IGo Car Sharing, committed to economical and environmentally sound transportation choices, which will provide discounted memberships and will vet and provide insurance for volunteer drivers; and CJE SeniorLife, an agency dedicated to enhancing the lives of older adults throughout Chicago, which will offer free health and wellness programs as well as access to their many fee-based services. LVV committees are continually meeting with potential partners, and we have launched an aggressive outreach program and initiated a fund raising campaign—making presentations to neighborhood and senior groups in the community.

**Contact Name:** Sophia Sieczkowski, President and Board Member

**Contact Phone Number:** 312-315-6638

**Website:** [www.lakeviewvillagechicago.org](http://www.lakeviewvillagechicago.org)

## ***Las Vegas Senior Lifeline***

**Geographic Area Served:** Las Vegas Valley Area, Nevada

**Lead Agency:** Jewish Federation of Las Vegas

**Larger Initiative:** JFNA/Jewish Federations of North America's National Aging in Place Initiative

**Description:** The goal of the Las Vegas Senior Lifeline NORC Supportive Services Project is to better equip low-income, frail older adults to age in place, maintain a high quality of life, and save the government and families the cost of unnecessary institutionalization. The approach is to expand the services for low-income, frail seniors and to integrate the psycho-social aspects of care. The expected outcomes of the Las Vegas Senior Lifeline project are: increased awareness and utilization of home and community-based services, and reduction in institutional placement.

**Accomplishments:** Case Management Services to 300 seniors; Homemaking services of 2,232 hours to 93 seniors; Prescription assistance to 117 seniors with 3,955 prescriptions filled; 873 congregate meals to 100 clients, 766 transportation trips to 143 seniors for shopping and to the Goldberg Senior Center; 34 clients with wheelchair ramps, grab bars and other durable medical equipment; 1,447 meals to 35 clients through the Kosher Meals on Wheels program.

**Contact Name:** Jackie Kassower

**Contact Phone Number:** 702-933-1191

**Website:** [www.jewishlasvegas.com](http://www.jewishlasvegas.com)

## ***Life Care at Home***

**Geographic Area Served:** Greater Kent County, Maryland

**Lead Agency:** HomePorts, Inc.

**Larger Initiative:** Village Model

**Description:** HomePorts, Inc. is a senior home care organization initiated by local residents within the greater Kent County Maryland area who see an increasing need to help older adults age in place and identify assistance with home maintenance, transportation, and other services.

**Accomplishments:** Each new member household receives an initial visit from the HomePorts Program Director and at least one board member. This provides a frame of reference for the services that might be needed. Follow-up visits are scheduled as needed or requested. HomePorts also provides a free 37 point home safety check, performed by an occupational therapist, to identify any hazards that members might overlook. The organization also provides members with quarterly educational briefings, and a quarterly newsletter. HomePorts, Inc. is currently serving 50 member households.

**Contact Name:** Stephanie Sullivan, Executive Director

**Contact Phone Number:** 443-480-0940

**Website:** [www.homeports.org](http://www.homeports.org)

## ***LIFE Program of Jewish Family Service of Los Angeles***

**Geographic Area Served:** Los Angeles, California

**Lead Agency:** Jewish Family Service of L.A.

**Larger Initiative:** JFNA/The Jewish Federations of North America's National Aging in Place Initiative

**Description:** NORC Supportive Service Program (NORC-SSP) is a new service delivery model. The LIFE Program aims to help older adults remain safe, healthy and connected to the community as they age in place. LIFE's Mission: to bring individuals and communities together to enhance the quality of life for older adults.

**Accomplishments:** LIFE (1) Developed an array of professional, peer counseling, and supportive services to promote aging in place, (2) Provided support to older adults through a robust Senior Talkline, (3) Recruited volunteer drivers and escorts to provide older adults with door-through-door transportation assistance and rides, (4) Offered a variety of social and engaging events, including weekly and monthly programming, (5) Empowered older adults to assume leading roles in designing, developing, and implementing services offered by encouraging volunteerism, and (6) developed many key community collaborations with area service providers during the project period. These collaborations helped the program to streamline the delivery of existing services and implement innovative programming to meet unmet community need.

**Contact Name:** Susan Alexman, LCSW, JFSLA Director of Older Adult Services

**Contact Phone Number:** 323-937-5900

**Website:** [www.jfsla.org](http://www.jfsla.org)

## ***Lifelong Communities Initiative - Aging Atlanta***

**Geographic Area Served:** Metropolitan Atlanta, Georgia

**Lead Agency:** Atlanta Regional Commission

**Larger Initiative:** Robert Wood Johnson Foundation Community Partnerships for Older Adults and Administration on Aging Livable Communities for All Ages Award

**Description:** Creating Lifelong Communities entails designing physical environments that support both individual activities and the programs, policies and funding that allow all people to remain in their homes and communities as long as they desire. The Lifelong Communities Initiative of ARC has three goals: 1) to promote housing and transportation options, 2) to encourage healthy lifestyles, and 3) to expand information and access.

**Accomplishments:** In May 2008, the Board of the Atlanta Regional Commission adopted the Lifelong Communities Resolution, encouraging all communities in the Atlanta region to become lifelong communities. Several local governments in the Atlanta region have adopted Lifelong Communities resolutions to guide land use, transportation and housing policies. Several of these local governments plus others have integrated Lifelong Communities goals into their Comprehensive Development Plan and zoning ordinances and have created senior housing policies and transportation plans that incorporate the Lifelong Communities goals. In February 2009, the Atlanta Regional Commission hosted a successful 9-day design charrette led by Duany, Plater-Zyberk. Six sites around the region were selected for the creation of Lifelong Communities master site plans. Through the input of and discussion among the cross-section of experts and professionals at the charrette, seven core principles emerged which are now being shared with communities throughout the region and in several cases adopted by communities as the principles to follow in creating truly Lifelong Communities.

**Website:** [www.atlantaregional.com\llc](http://www.atlantaregional.com\llc)



## ***Lifelong Living Communities Indiana***

**Geographic Area Served:** Eight counties of central Indiana

**Lead Agency:** CICOA Aging & In-Home Solutions

**Larger Initiative:** Originally an AdvantAge Initiative Site

**Description:** Lifelong Living Communities is an initiative of CICOA whose objective is to build elder-friendly communities across central Indiana so that seniors can successfully age-in-place. CICOA's Lifelong Living Communities serves as a vehicle to drive individuals, community organizations, private companies, and government to apply their influence and resources to enhance the livability of seniors at home, at work, and at play.

**Accomplishments:** Completion of a statistically valid survey of persons age 60 and over. It was the basis of a formal report to community identifying status and the needs of older adults. Results of the survey are used to acquire funding for programs and services to seniors. One funding stream has enabled accessibility modifications to over 80 homes in the area.

**Contact Name:** Dave Sander

**Contact Phone Number:** 317-803-6061

**Website:** [www.cicoa.org](http://www.cicoa.org)

## ***Lights On! Improving Safety and Accessibility for Aging-in-Place***

**Geographic Area Served:** Ferguson, Missouri (North St. Louis County)

**Lead Agency:** University of Missouri - Extension and Northeast Deanery Senior Ministry

**Larger Initiative:** Aging in Place Initiative: Creating Livable Communities for All Ages

**Description:** The University of Missouri-Extension and the Northeast Deanery Senior Ministry partnered to improve safety and accessibility for older adults in Ferguson, MO. The Northeast Deanery Senior Ministry identified that older adults in North St. Louis County did not feel as safe in their homes as they once did and that many of them did not know their neighbors. Washington University's Brown School of Social Work confirmed these concerns through their research. In July 2009, Kandace Fisher from the University of Missouri – Extension was awarded a “Jump Start the Conversation” grant to launch an aging in place initiative in St. Louis County. The southwest neighborhood of Ferguson, MO was identified by local police officers as neighborhood to start the pilot project. Eighteen older residents are involved in the initiative. The goal of this project is to increase safety and accessibility for residents and provide them with engagement opportunities to get to know their neighbors.

**Accomplishments:** The community of Ferguson, MO has been very receptive to the initiative. Thus far solar powered address signs, motion sensor lighting, and landscape trimming have been provided to the residents to help increase the security of their homes. Police officers suggested the solar powered address signs because they often have trouble reading residents addresses when they need to. Motion sensor lighting was also identified as key to helping secure residents homes. To help fund the motion sensor lighting, 20 lights were donated by the Ferguson Neighborhood Improvement Program. Electrical work for the lights was done by a local electrician volunteer. Landscape trimming was suggested so that criminals do not have a place to hide around homes. All landscape work was done by volunteers from the community. In the coming weeks, glow in the dark stair treads will be provided to residents for exterior stairs leading into their home. Deadbolt locks and lever handles will also be provided to residents needing them. Installation will be done by volunteers and all locks and handles are being donated by Schlage. At the end, we are hoping to host a block party so that residents can get to know others in their neighborhood better.

**Contact Name:** Kandace Fisher – University of Missouri - Extension

**Contact Phone Number:** 314-615-7611

## ***Livability in Rochester***

**Geographic Area Served:** City of Rochester, New York

**Lead Agency:** City of Rochester

**Larger Initiative:** Aging in Place Initiative: Creating Livable Communities for All Ages

**Description:** Livability in Rochester's goal is to educate the community on the importance of an Aging in Place Initiative. The program investigated specific issues through moderated discussions between local and national experts and with input from the community. Staff understood the obstacles and benefits to taking action on the issue and generated discussion on short- and long-term actions to resolve or promote the issue, as well as developed recommendations designed to mobilize and empower local organizations and residents.

**Accomplishments:** Recommendations positively impacted the Comprehensive Housing Study; creation of an Aging & Place Safety and Security Home Modification/Minor Home Repair Program.

## ***LIVE - Lifelong Involvement for Vital Elders***

**Geographic Area Served:** Parsippany and Caldwell, New Jersey

**Lead Agency:** United Jewish Communities of MetroWest

**Larger Initiative:** JFNA/The Jewish Federations of North America's National Aging in Place Initiative

**Description:** Started in 2004 in Parsippany, LIVE (Lifelong Involvement for Vital Elders) launched a second site in Caldwell with federal funding in FY 2008. Working with local leaders, LIVE directs community energy toward making the host site a better place in which to grow older. LIVE site coordinators conduct listening sessions with older residents, plan services and facilitate service delivery partnerships that include non-profits, public libraries, Offices on Aging, community centers, municipalities, houses of worship, area universities and hospitals. Through this broad network, LIVE brings collaborative resources and new programs to targeted populations. Over 1,400 households receive monthly calendars with elder-friendly activities and information on services that help older adults stay independent. Resident Councils with members from various religious, cultural and ethnic groups advise LIVE program staff. Examples of programs developed through LIVE include workshops on *Going Green for Less Green* (addressing finances, recycling, and healthy cooking); *Caring for One Another*, a community workshop on making an effective visit with an older person co-sponsored by the interfaith ministerial association; programs on increasing home safety, improving memory, enrolling in Medicare Part D, caregiver coping skills, and promoting senior health through ongoing "Feel Good Fridays" and "Healthy Mondays" at local public libraries.

**Accomplishments:** In July 2009 LIVE expanded its direct service offerings, to meet a broader range of community needs. Expanded services include in-home safety assessments and repairs, one-on-one counseling and entitlement assistance, travel training, and non-emergency medical transport. LIVE also helped publish and disseminate a comprehensive Directory of Senior Services for Caldwell residents. Recent achievements include: 1) Employment counselors have helped a total of 118 older adults find jobs, and counseled 276 on effective job searching; 2) Weekly wellness offerings engage more than 100 seniors in exercise and evidence-based health promotion programs; some classes have run continuously since 2006, many are volunteer-led; 3) Mobility improvements include Saturday bus service, new bus stops and a relocated congregate meal site (with 300% increase in participation) in Parsippany; a transportation directory, group travel training, Senior Walkability review, and referrals for non-medical transport in Caldwell; 4) Since July 2009, 79 senior households have received comprehensive home safety assessments and basic repairs through the JVS Home Maintenance Solutions program; and 5) In December 2009 the Mayor of Parsippany presented LIVE with a proclamation recognizing the program's contribution to improving the quality of life for the Township's seniors.

**Contact Name:** Karen Alexander, Director of Eldercare Services

**Contact Phone Number:** 973-929-3193

**Website:** [www.ujcnj.org/eldercare](http://www.ujcnj.org/eldercare)

## ***Maturing of Illinois***

**Geographic Area Served:** Southwestern Illinois

**Lead Agency:** Area Agency on Aging of Southwestern Illinois

**Larger Initiative:** Aging in Place Initiative: Creating Livable Communities for All Ages

**Description:** Maturing of Illinois has developed an assessment tool that is designed to get community leaders thinking and planning now, for the increased needs and opportunities of their citizens. The tool and process provides local statistics about the growth of each community's aging population, information about the impact of this population growth, and ideas about how communities can begin to plan. Currently, Collinsville, Edwardsville, Greenville, Highland, Nashville and Venice, Illinois are in the process of completing a community assessment. The AAA is interested in identifying other key communities to participate in this assessment and planning process in order to establish model communities, in which aging is viewed as positive and is supported throughout every facet of community life.

**Accomplishments:** Two communities have completed the assessment. To date we have created directories, increased transportation services and recreational services for older adults.

**Contact Name:** Joy Paeth

**Contact Phone Number:** 618-222-2561

**Website:** [www.answeronaging.com](http://www.answeronaging.com)

## ***Michigan Community for a Lifetime***

**Geographic Area Served:** State of Michigan

**Lead Agency:** Office of Services to the Aging under the Department of Human Services of the State of Michigan

**Description:** Study local areas of concern to determine the elder-friendly assets and discover gaps in services. The areas of concern include: public transportation, walkability, culture, education, and community acceptance and connection.

**Accomplishments:** Identifying local assets and gaps in services.

## ***Midtown Village***

**Geographic Area Served:** Lincoln, Nebraska

**Lead Agency:** Midtown Village

**Larger Initiative:** Village Model

**Description:** Midtown Village is a nonprofit organization that secures valuable practical services so members of all ages may thrive in their homes.

**Accomplishments:** Achieved administrative/organization goals (incorporated, adopted bylaws, adopted policies and procedures, opened a bank account, recruited a fiscal agent/bookkeeper); Recruited an Executive Director (pro bono in year one) and established an office; Awarded a federal capacity-building grant in 2009 (Compassionate Care Funds); Awarded stimulus grant from City of Lincoln (American Recovery and Reinvestment Act of 2009) to assist members in gaining access to resources to enhance energy efficiency in their homes; Attended national training in the Village model.

**Contact Name:** Nancy Intermill

**Contact Phone Number:** 402-304-8757

**Website:** [www.midtownvillagelincoln.org](http://www.midtownvillagelincoln.org)

## ***Mill City Commons***

**Geographic Area Served:** Mill District, Minneapolis, Minnesota

**Lead Agency:** Mill City Commons

**Larger Initiative:** Village Model

**Description:** Mill City Commons' mission is to connect its members with the services, activities and information to live their lives to the fullest for as long as they choose to live in the neighborhood. Mill City Commons seeks to provide resources that ensure independence through a support network of neighbors that members know and trust.

**Accomplishments:** Launched a user friendly website and weekly on-line newsletter, *Mill City Musings*; created a robust monthly calendar of activities through partnerships with local educational and cultural institutions; created a Member-to-Member Volunteer Program facilitated on our website; developed a complimentary technology assistance program; partnered with an architect to provide complimentary universal design assessments of members' homes; developed a Preferred Vendor program in partnership with local businesses.

**Contact Name:** Emily Hutchinson

**Contact Phone Number:** 612-455-3329

**Website:** [www.millcitycommons.org](http://www.millcitycommons.org)



## ***The Mustard Seed Project of Key Peninsula***

**Geographic Area Served:** The Key Peninsula, Pierce County, Washington

**Lead Agency:** The Mustard Seed Project (has been under fiscal sponsorship of the Franciscan Foundation)

**Description:** The work of The Mustard Seed Project is to build an elder-friendly Key Peninsula, by assuring that a full continuum of services and programs is available and affordable, which allows community members to "age in place" with dignity, respect, self-determination and safety.

**Accomplishments:** Community Needs Assessment, Key Senior Information Center, Key Peninsula Senior Resource Guide, Community Transportation Survey, Key Peninsula Senior Ride Program, Third Thursday Community Forums, Workshop on How To Open an Adult Family Home, Opportunity Fair for In-Home Care Workers, Silver Cinema Series, and more in process

**Contact Name:** Edie Morgan, Founder and Executive Director

**Contact Phone Number:** 253-884-1205

**Website:** [www.themustardseedproject.org](http://www.themustardseedproject.org)

## ***Naturally Occurring Retirement Community (NORC) at Ellison Park Apartments, Rochester NY***

**Geographic Area Served:** Ellison Park Apartments, zip code 14610

**Lead Agency:** Jewish Family Service of Rochester

**Larger Initiative:** UJC NORC, United Hospital Fund, New York State Office For the Aging

**Description:** The Ellison Apartment NORC is a Naturally Occurring Retirement Community in Rochester, NY that provides and coordinates services for 83 seniors as they age in place. NORC social workers conduct thorough assessments to determine what support is required. They coordinate services and activities for the residents, look for emerging needs and connect residents with additional support when needed. NORC social workers ensure that these live-at-home seniors are safe, cared for, connected to their community and able to handle life's transitions and challenges. The NORC social workers plan programs, arrange transportation, and support and advocate for the residents. The program also provides no-cost housekeeping and laundry services and access to PERS (Personal Emergency Response System) Units to those in need who are unable to get these services through a Home Care provider.

**Accomplishments:** For the past five years, the program has provided supports to seniors that allow them to age at home as they prefer. The NORC staff has collaborated with other Rochester community organizations to broaden the understanding of the NORC concept and improve the services available to seniors living in the NORC area.

**Contact Name:** Talya Brea, NORC Coordinator, or Emily Krohn, Aging Services Director

**Contact Phone Number:** 585-461-0110

**Website:** <http://jfsrochester.org/norc.php>

## ***Newton at Home***

**Geographic Area Served:** Newton, Massachusetts

**Lead Agency:** Newton at Home

**Larger Initiative:** Village Model

**Description:** Members will pay an annual fee to join Newton at Home. NAH members will have one number to call for information, advice, and referrals to an array of programs and services. Carefully screened volunteers will provide many of Newton at Home's services at no additional cost to members. If a volunteer is not available, or a licensed professional is required, or the job is simply "too big," NAH will provide members access to thoroughly vetted providers. Many of these providers will offer discounts to members. NAH plans to collaborate with the many other organizations that already offer services to Newton's seniors. In the coming months, NAH will determine which specific services will be included as part of the annual NAH membership fee and those which will require direct payment to the service providers.

**Accomplishments:** This organization incorporated, organized a board of directors, chose a mission, conducted a survey of seniors, and developed a planning process that includes eight active committees involving over 50 volunteers. They have gathered extensive information about many other villages across the US and are beginning to make decisions about the specific services Newton at Home will offer, the number of staff we will hire, the role of volunteers in delivering services and what are membership fees will be. They anticipate opening in early 2011.

**Contact Name:** Tamara J. Bliss, Ph.D.

**Contact Phone Number:** 617-244-6495

**Website:** [www.newtonathome.org](http://www.newtonathome.org)

## ***NORC – Neighbor to Neighbor (Ocean County)***

**Geographic Area Served:** Northern Ocean County, New Jersey

**Lead Agency:** Jewish Federation of Ocean County

**Larger Initiative:** JFNA/The Jewish Federations of North America’s National Aging in Place Initiative

**Description:** The mission of the project was to successfully deliver social services to frail, isolated older adults allowing them to age in place with a sense of safety and dignity. Efforts were focused on developing a supportive community environment.

**Accomplishments:** In general, the NORC Project ended its grant term with notable successes in most of its original expectations (discussed in more detail within the report): Successful partnership with the Board of Trustees and Community management; Develop new volunteer opportunities within the community (primarily in transportation); Connect residents to the greater community/county outside of their specific community; Provide information about and referrals to County services; Develop new sustainable socialization programming on-site.

**Website:** [www.jewishoceancounty.org](http://www.jewishoceancounty.org)

## ***NORC Northern Portland***

**Geographic Area Served:** Portland, Oregon

**Lead Agency:** NORC Jewish Family and Child Services Portland

**Larger Initiative:** JFNA/The Jewish Federations of North America's National Aging in Place Initiative

**Description:** The initiative primarily provides social and recreation opportunities and home assistance. There are three goals: 1) help individuals age in place by helping people make their home pleasant and safe; 2) help isolated seniors get out of their homes and engage with others; 3) develop communities within neighborhoods so seniors can help and support each other.

**Accomplishments:** Promote social connections between seniors through a variety of programs and events. By providing opportunities for them to socialize, otherwise isolated seniors are provided with the opportunity for social and intellectual stimulation. Events include: tea parties, monthly movie showings, free yoga classes. A telephone campaign to call seniors and ascertain desired assistance with home repairs is being planned.

## ***Northwest Neighbors Village***

**Geographic Area Served:** Chevy Chase neighborhood, Washington, DC

**Lead Agency:** Northwest Neighbors Village

**Larger Initiative:** Village Model

**Description:** Northwest Neighbors Village (NNV) helps residents of Chevy Chase DC live comfortably in their own homes as they grow older by providing them with a centrally coordinated network of volunteer and professional services accessed by a single phone call.

**Website:** [www.nwnv.org](http://www.nwnv.org)

## ***Nursing Home to Community Program***

**Geographic Area Served:** Broome County, New York

**Lead Agency:** Broome County Community Alternative Systems Agency (CASA)

**Larger Initiative:** Administration on Aging Livable Communities for All Ages Award

**Description:** CASA is dedicated to working with the nine nursing homes in the community to assist in the discharge planning process. In partnership with the nursing homes, we identify newly admitted residents who have the potential to be discharged back to the community after a short time of rehabilitation. CASA staff also works with long-time residents (typically those who have been in the nursing home for 6 to 18 months) who have the potential to be discharged to a lower level of care. The goals of this program are to follow nursing home residents through the continuum of care to ensure successful transitions and to efficiently utilize the existing nursing home beds.

**Accomplishments:** When the program started in 1996 only 2 out of 9 nursing homes welcomed CASA staff into the facilities. Today CASA works with all 9 nursing homes to assist in transitioning people out. In 2005 the program was awarded recognition by the Administration on Aging: Livable Communities for All Ages initiative. Since 1996 CASA has assisted over 4,000 residents return to the community. This program pre-dates the U.S. Supreme Court Olmstead Decision by four years. They were one of the first programs in the United States to actively work on assisting nursing home residents to return to the community. Their "*Nursing Home to Community: A Discharge Planning Manual*" can be accessed on line at the website listed above. Go to CASA and click on Publications in the upper left hand corner.

**Contact Name:** Michelle M. Berry

**Contact Phone Number:** 607-778-2420

**Website:** [www.gobroomecounty.com](http://www.gobroomecounty.com)

## ***Nurturing Our Retired Citizens (St. Louis Park NORC)***

**Geographic Area Served:** St. Louis Park and Hopkins, Minnesota

**Lead Agency:** Jewish Family and Children's Service of Minneapolis

**Larger Initiative:** JFNA/The Jewish Federations of North America's National Aging in Place Initiative

**Description:** The mission is to help older adults remain in their homes and communities for as long as possible with the support they need to remain healthy, safe and engaged citizens. The vision is to inspire residents of all ages to work toward that goal. NORC identified that the largest gap in services was knowledge - people did not know what was available, how to access services or how to qualify for them. Programming was developed to address this issue.

**Accomplishments:** Created 17 new congregational nurse programs; produced two resource directories for partner communities; distribute a quarterly newsletter sent to 19,000 homes; have a cable access TV show that is on several times a month. They created "Stories Gems in Your Family Treasure Box" as a method to collect family histories. They have created a brochure called *Pro Active to Stay Active, A blueprint for aging by choice*. It is a guide to begin the process of planning for your future. All of these projects are available on their website [www.norcmn.org](http://www.norcmn.org) under publications.

**Contact Name:** Annette Sandler, Director of Aging and Disability Services

**Contact Phone Number:** 952-542-4866

**Website:** [www.norcmn.org](http://www.norcmn.org)



## ***One Call Club for Seniors***

**Geographic Area Served:** Knoxville/Knox County, Tennessee

**Lead Agency:** Knoxville-Knox County Community Action Committee Office on Aging

**Larger Initiative:** Village Model

**Description:** The primary goal of the One Call Club for Seniors is to help Knox County residents aged 60 years and older to remain independent and in their own homes as long as possible. Another objective of OCCS is to document that the program can improve health and reduce hospitalizations through: providing home safety modifications, providing access to services that will prevent senior accidents, and assist members in accessing health care. The staff of OCCS screens service providers for quality and dependability, negotiate discounted prices, arrange for these services, and follow-up to determine whether service was satisfactory. Seniors pay a membership fee based on a sliding scale, making this “one-stop shopping” program open to people of low to moderate incomes. Members pay for the services they receive, but they are assured that the providers are reliable and that the cost is reasonable. Most providers offer a discounted price to members. An interest-free revolving loan fund assists lower-income members in paying for needed services.

**Accomplishments:** Exceeded membership goals for the fiscal years 2008 and 2009. Met all goals/objectives for fiscal year 2009. Selected to be a presenter at the 2008 Tennessee Conference on Social Welfare Annual Meeting. Selected by the University of Tennessee’s MBA program to be a project site with the challenge of researching and developing a sustainability plan. Selected to participate in the Sustainability Project, funded by the Robert Wood Johnson Foundation and provided by Mission Wise, which is part of the Comprehensive Health Education Foundation. Each program selected received 56 hours of consultation and a site visit to assist programs in becoming self-sustaining at the end of their grant period. Program was highlighted in a national magazine – The Journal on Active Aging – May/June 2009 issue.

**Contact Name:** Kathy Sergeant

**Contact Phone Number:** 865-524-2786

**Website:** [www.knoxseniors.org/onecall](http://www.knoxseniors.org/onecall)

## ***Palisades Village***

**Geographic Area Served:** Palisades and Foxhall neighborhoods in northwest quadrant of Washington, DC

**Larger Initiative:** Village Model

**Description:** A nonprofit membership organization coordinating the services of a network of neighbors of all ages helping neighbors 50 and older at all income levels live safely, comfortably and actively in their own homes in the Palisades and Foxhall for as long as possible.

**Accomplishments:** Activities and services began in January 2009, with 31 members and about one dozen volunteers. Thirteen months later, Palisades Village had 76 members, 49 volunteers, and one part-time executive director. Only one member moved out of her home during those 13 months. Members requested and received the following services in the first eight months: 39% transportation (e.g., to doctor, post office, grocery store), 11% social activities (e.g., museum visits, lectures, get-togethers), 11% companionship (friendly calls and home visits), 7% pickup and delivery (e.g., prescription drugs, groceries), 7% referrals to recognized service providers, 7% handyman services (e.g., home repairs), 6% meal preparation, 4% reading to the visually impaired, 3% running errands, 3% gardening and yard work, and 1% help with electronic devices. Social activities for members, volunteers and guests increased after that. Palisades Village joined the Village to Village Network ([www.vtvnetwork.org](http://www.vtvnetwork.org)) in February 2010.

**Contact Names:** Sonia Crow, Executive Director & Andy Mollison, President.

**Contact Phone Number:** 202-244-3310

**Website:** [www.palisadesvillage.org](http://www.palisadesvillage.org)

## ***Partnership for Housing Opportunities and Elderly Services***

**Geographic Area Served:** San Antonio, Texas

**Lead Agency:** Education Investment Foundation

**Larger Initiative:** Aging in Place Initiative: Creating Livable Communities for All Ages

**Description:** The program is a collaboration between the Education Investment Foundation (EIF), the San Antonio Housing Authority (SAHA), and MedTeam, Inc. The primary focus was the development of a positive multi-faceted media outreach campaign to assist elderly/disabled citizens with information on housing opportunities, and home health care services in the City of San Antonio.

**Accomplishments:** The key partners committed to a shared goal to “Jumpstart the Conversation” with elderly/disabled individuals, and other service providers to enhance community awareness. Collaboration under this program culminated in the development of a media packet of resource materials, and nine additional partners. Seniors were used as models, and partnering agencies assisted in the dissemination of materials through mail outs, city-wide E-Blasts, and direct distribution at elderly nutrition sites, and doctor’s offices. The program placed needed information in the hands of elderly/disabled individuals to allow for the making of informed choices. Elderly/disabled individuals need to “Know the Options!” Future planned activities include: 1) Hosting an Elderly Forum (developing additional initiatives/services), 2) PSA’s Texas Public Radio/VIA Buses (Metropolitan Transit System) and, 3) Continued dissemination developed media.

**Contact Name:** Ethel L. Turner

**Contact Phone Number:** 210-477-6536 or 210-336-6877

## ***Pathways to Positive Aging***

**Geographic Area Served:** Fremont, Newark and Union City, California

**Lead Agency:** City of Fremont Human Services Department

**Larger Initiative:** Robert Wood Johnson Foundation Community Partnerships for Older Adults

**Description:** Pathways to Positive Aging is dedicated to improving the quality of life for older adults, particularly the long-term care system. The mission of Pathways is to build a tri-Cities community where seniors can understand, choose, and access culturally enriched, affordable services and opportunities that enhance their quality of life.

**Accomplishments:** City Council policy adoption to create an aging-friendly community; Creation of mobile mental health team to serve older adults with mental illness in their homes; Creation of Afghan Health Promoters Project that provided training and supervision of eight bilingual/cultural Afghan health promoters working with 100+ frail Afghans; Launched the Community Ambassadors program that provided training to 89 volunteers from six ethnic/faith groups on how to help members congregate at their cultural centers/or places of worship and understand and access services; Maintenance of the Senior Help Line which provides information and referral on all types of senior services (delivered in four languages); started a variety of mobility initiatives (increased use of volunteers to transport seniors to doctors visits, conducted travel training in multiple languages on how to use public transit, provided courses in driver safety training; utilization of nursing students to instruct seniors in their homes related to exercise and safety to reduce falls); Creation of community walking clubs for older adults; Established senior pen pal program, matching seniors with 6<sup>th</sup> grade students.

**Website:** [www.TCEOnline.org](http://www.TCEOnline.org)

## ***Penn's Village***

**Geographic Area Served:** Center City, Philadelphia, Pennsylvania

**Lead Agency:** Penn's Village

**Larger Initiative:** Village Model

**Description:** Penn's Village is an innovative, non-profit organization founded to enhance the lives of residents in Center City neighborhoods of Philadelphia as they grow older or have special needs. Penn's Village provides support, services and programs that enable members to live healthy and meaningful lives in their own home.

**Contact Name:** Tania Rorke, Executive Director

**Contact Phone Number:** 215-925-7333

**Website:** [www.pennsvillage.org](http://www.pennsvillage.org)

## ***Project EncourAge***

**Geographic Area Served:** Metropolitan Salt Lake City , Utah

**Lead Agency:** Jewish Family Service

**Larger Initiative:** JFNA/The Jewish Federations of North America’s National Aging in Place Initiative

**Description:** Project EncourAge was created to assist older adults to remain in their home and community. Programs and services create safety and security in the community by establishing a continuum of care for all seniors living within the neighborhood, from the younger and healthier senior to those older and exceedingly frail and those at all income levels. In addition, services are being expanded to better address the needs of caregivers.

**Accomplishments:** Project EncourAge offers mental health counseling with a licensed clinical social worker, comprehensive in-home assessments, caregiver support and respite, transportation, care management, and information and referral services. Health and wellness programs include educational lectures, weekly water aerobics, exercise classes, glucose and blood pressure monitoring, an “exercise your brain” group that addresses cognitive skills maintenance and an autobiographical writing group. In addition, Project EncourAge partnered with the University of Utah’s Division of Physical Therapy to conduct community-based exercise groups. For many of these activities interpreter were provided on-site to encourage the participation of the refugee residents and encourage integration of all residents. In the initial phase of the program, Jewish Family Service partnered with the University of Utah’s Social Research Institute (SRI) to evaluate Project EncourAge. In their report, the Social Research Institute stated, “It is clear that this project made a significant step in modeling the activities, resources and support services necessary for enhancing the well-being of older adults who wish to ‘age in place’ in Utah as wells as around the country.”

**Contact Name:** Ellen Silver

**Contact Phone Number:** 801-746-4334

**Website:** [www.jfsutah.org](http://www.jfsutah.org)

## ***Rhawnhurst NORC***

**Geographic Area Served:** Northeast Philadelphia, Pennsylvania

**Lead Agency:** Jewish Federation of Greater Philadelphia

**Larger Initiative:** JFNA/The Jewish Federations of North America's National Aging in Place Initiative

**Description:** Rhawnhurst NORC's mission is to strengthen seniors' ability to remain in their homes and live independently for as long as possible. The NORC provides: basic home maintenance and minor home repair; occupational therapy evaluations and home modifications to keep the seniors safe; van rides to doctors' appointments and shopping; information and referrals; monthly lunches to reduce isolation; and access to a social worker to help with more difficult situations. Rhawnhurst NORC is also collaborating with the Klein Jewish Community Center to ensure that NORC clients receive Home Delivered Meals and other supportive services, and that the Home Delivered Meals clients receive home maintenance services, when needed.

**Accomplishments:** Rhawnhurst NORC helps seniors access services that they may not otherwise be able to get through traditional systems where complex application procedures exist. The engagement of volunteers has begun to make service to the elderly a priority in this neighborhood. Nurse screenings at outreach events help to maintain the health and well-being of clients.

**Contact Name:** Judy Yellin, Project Manager

**Contact Phone Number:** 215-728-1330

**Website:** <http://norcs.com/page.aspx?ID=102957>

## ***River Bluffs Village***

**Geographic Area Served:** The cities of: West St. Paul, Mendota Heights, Lilydale, Mendota, and Sunfish Lake, in Dakota County, MN

**Lead Agency:** DARTS

**Larger Initiative:** Village Model

**Description:** The goal is to create a smaller community within a suburban setting made up of five suburbs in a large geographic area. They are building the Village to bring residents of these communities together to share in common interests, make new friendships, and have access to preferred providers that will help them remain living in their home homes. River Bluffs Village (RBV) coordinates household resources and social activities that connect services and the community to Village members, allowing them to live a healthy, meaningful life in their existing homes and neighborhoods. RBV offers peace of mind while helping members remain living independently and autonomously.

**Accomplishments:** Launched a village model in a suburban setting, bringing recognition of this new model in aging to the Twin Cities and beyond. As they are one of two Village models in the State of Minnesota, educating older adults and their families about this option is important due to its unfamiliarity in the general public. A database was designed to assist in tracking their members, social opportunities held, and the referrals to their preferred providers. Their interactive website was launched in January 2010 allowing the community and families to learn about RBV and the membership benefits, download membership forms, view upcoming social activities, and where members may sign up for activities or view photos from events through their personal log-ins. RBV also moved into the Village Center in January 2010, providing a common place for their members to gather and where all social activities are held. This common space will be instrumental in building the Village community.

**Contact Name:** Jessica Hagemann

**Contact Phone Number:** 651-209-0710

**Website:** [www.riverbluffsvillage.org](http://www.riverbluffsvillage.org)



## ***Road to Wellness Project***

**Geographic Area Served:** Counties of Bernalillo, Sandoval, and DeBaca, New Mexico

**Lead Agency:** Jewish Family Service of NM

**Larger Initiative:** JFNA/The Jewish Federations of North America's National Aging in Place Initiative

**Description:** In implementing a wellness model program, the program will attempt to address seniors' needs in the following areas: physical, social, occupational, intellectual, spiritual, and emotional. The model will accomplish this through: social and recreational activities; fitness/exercise programs; both informational and preventative education; transportation to off-site events of interest; and access to supportive in-home services (case management, housekeeping/companions, RN medication management, etc.). On-site volunteering will be encouraged to engage the residents in having ownership over the activities that occur.

**Accomplishments:** Since receiving the initial federal funding in 2003, JFS NM has developed new partnerships and funding streams with entities such as local Area Agencies on Aging, private foundations, and the NM Department of Health to provide a broad array of supportive services and health programs. JFS NM was one of the first organizations in the state to highlight aging in place programs and provided information to state legislative committees on the importance of such initiatives. New collaborations were developed with senior service providers to increase cost-sharing and reduce duplication of services. In September, JFS NM was included in the AoA's Community Innovations Aging in Place Initiative for three years. This funding will allow JFS NM to continue their efforts at the existing NORCs sites and add 2 HUD sites (one in Albuquerque and one in Rio Rancho) and a Native American community.

**Contact Name:** Carrie Hamilton

**Contact Phone Number:** 505-291-1818 ext. 4493

**Website:** [www.jfsnm.org](http://www.jfsnm.org)

## ***Safe Crossings***

**Geographic Area Served:** Miami-Dade County, Florida

**Lead Agency:** William Lehman Injury Research Center--University of Miami Miller School of Medicine

**Larger Initiative:** Aging in Place Initiative: Creating Livable Communities for All Ages

**Description:** Safe Crossings is a community education program designed to reduce injuries and fatalities from pedestrian traffic crashes. The initiative seeks to increase awareness and knowledge of safe elderly pedestrian behaviors. The program achieves these goals by delivering educational programs and distributing elderly pedestrian safety materials to at-risk populations in Miami-Dade County. As well, Safe Crossings strives to improve senior pedestrian safety by studying and advocating for safety improvements for dangerous intersections in Miami-Dade County.

**Accomplishments:** Created tri-lingual (English, Spanish, and Creole) presentation and outreach materials; Delivered educational presentation to over 700 seniors; began work on traffic engineering study.

**Contact Name:** Sivan Goobich

**Contact Phone Number:** 305-243-8989

**Website:** [www.traumataalk.org](http://www.traumataalk.org)

## ***Sarasota NORC Senior Services Outreach Project***

**Geographic Area Served:** Sarasota, Bradenton, Venice, and Pt. Charlotte, Florida

**Lead Agency:** JFCS of Sarasota-Manatee

**Larger Initiative:** JFNA/The Jewish Federations of North America's National Aging in Place Initiative

**Description:** The NORC was developed to provide opportunities for seniors to age in place in their homes, neighborhoods, and communities. The Senior Services Outreach Project works with community partners to create connections to essential services and programs that will empower residents toward: maintaining independence; improve citizen access to community-based health and social services; reduce loneliness and isolation; provide easy access to mental health services; promote volunteerism; and opportunities for civic engagement activities within the defined NORC, the surrounding neighborhood, and the larger community.

**Accomplishments:** Expanded the NORC Project into 6 buildings, providing weekly balance movement classes at each site per the National Council on Aging (NCOA) Matter of Balance program, planning trips out into the community, intergenerational activities, art classes, lunch and learn educational /wellness programs at each site.

**Contact Name:** Pamela Baron

**Contact Phone Number:** 941-366-2224

**Website:** [www.jfcs-cares.org](http://www.jfcs-cares.org)

## ***Secure@Home***

**Geographic Area Served:** Greater Mercer County, New Jersey

**Lead Agency:** Jewish Family & Children's Service

**Larger Initiative:** JFNA/The Jewish Federations of North America's National Aging in Place Initiative

**Description:** Secure@Home is a membership-based non-sectarian initiative of Jewish Family & Children's Service enabling older adults to remain safely in their homes. A complete home assessment is provided including: a home safety assessment; 24/7 phone coverage; monthly hellos; care management; cultural/wellness programs; referrals to vetted home maintenance vendors; chore corps volunteers; information and referral.

**Accomplishments:** Education: Help older adults understand they can be part of a program that helps maintain their dignity and independence without feeling compromised. Funding: secured a federal earmark to help expand the program to those who have limited means.

**Website:** <http://www.jfcsonline.org/secure@home.html>

## ***Senior Connections (Lincoln Square Neighborhood)***

**Geographic Area Served:** Manhattan/Upper West Side, New York, New York

**Lead Agency:** Lincoln Square Neighborhood Center, Inc.

**Larger Initiative:** The AdvantAge Initiative

**Description:** In 2001, LSNC began working with the AdvantAge Initiative (AI), a project of the Center for Home Care Policy and Research (CHCPR) at the Visiting Nurse Service of New York (VNSNY). This project features a comprehensive survey that enables older adults to report how they are currently faring in their communities. The data from this survey are then used to facilitate a planning and action process designed to respond to older adults' most pressing concerns and needs, helping identify several areas of concern, notably hunger, safety and security, and mental health. Senior Connections provides dedicated social work, health care and mental health care providers, as well as food services, educational and recreational staff operates the services for older adults. Senior Connections' Naturally Occurring Retirement Communities (NORC) Advisory Council made it possible for participants to include local public officials, leaders of area nonprofits, members of the area's business improvement district, community leaders and NORC residents.

**Accomplishments:** Comparing the 2002 and 2008 survey results, fewer residents skip meals, more residents receive help for depression or anxiety, and residents feel safer. The most tangible achievements of the Advisory Council and its Safety and Security Committee include: a 17 percent decline in crime from 2005 to 2008; an increase in the number of narcotics evictions; an increase in the number of reports and improvement in the quality of the reports that have come from the residents making the follow-up work of the police more productive; institution of a plan enhancing communication between the police and the Manhattan District Attorney's office; installation of security cameras in Amsterdam Addition; re-establishment of an effective Amsterdam Houses' Resident Association which is primarily, although not exclusively, made up of seniors; re-establishment of the Tenant Patrol which, like the RA is primarily made up of seniors; regularly scheduled Town Hall meetings where police, residents, elected officials meet to target problem areas and devise workable strategies to solve crime/safety problems; increased accountability of NYCHA management staff.

**Website:** [www.lsnyny.org](http://www.lsnyny.org)

## ***Senior Fall Prevention (Florida)***

**Geographic Area Served:** Satellite Beach, Florida

**Lead Agency:** Satellite Beach Fire Department

**Larger Initiative:** EPA Building Healthy Communities for Active Aging

**Description:** Satellite Beach Fire Department established a Senior Fall Prevention Program that includes public awareness, public education, and free-in-home environmental assessments.

**Accomplishments:** Reduction of fall emergencies by 9% in 2008; public education to over 1500 seniors in 2008; 58 in-home environmental assessments

**Contact Name:** Donald Hughes

**Contact Phone Number:** 321-773-4405

**Website:** [www.satellitebeachfire.com](http://www.satellitebeachfire.com)

## ***Senior Fall Prevention Services (Arizona)***

**Geographic Area Served:** Metropolitan Phoenix, Arizona

**Lead Agency:** Rebuilding Together

**Larger Initiative:** Aging in Place Initiative: Creating Livable Communities for All Ages

**Description:** Free home modifications to help prevent low-income homeowners reduce the causes of falls in their homes.

**Accomplishments:** Over 527 homes have been modified to-date, exceeding the original goal of 100.

**Contact Name:** Nanci Kent

**Contact Phone Number:** 480-774-0237

**Website:** [www.rebuildingtogetherphx.org](http://www.rebuildingtogetherphx.org)

## ***Senior STEPS***

**Geographic Area Served:** Linda Vista Community in San Diego

**Lead Agency:** Bayside Community Center

**Larger Initiative:** Aging in Place Initiative: Creating Livable Communities for All Ages

**Description:** The goal of the senior Safety Through Education and Prevention Services (STEPS) project is to help keep older adults living independently and safely in their homes. The project will assist seniors to take lifestyle steps that enhance their health and well being through a home health education outreach effort. They also address isolation. The program helps seniors find safe, enjoyable places to go outside their home including senior lunches, exercise, classes and recreational events in the community.

**Accomplishments:** They have visited over 300 seniors in their home since September of 2008. These seniors come from a variety of cultural backgrounds, including Hispanic, African American, Vietnamese, and Caucasian to name those most prominent. At least 75% of the seniors that have been seen in their home have come to Bayside for classes, social events, congregate lunches and other activities. At least 95% have a Vial of Life completed and on their refrigerator in case the paramedics are needed. Many have also been taken on at least 2 bus and trolley rides to help them learn about public transportation.

**Website:** [www.baysideecc.org](http://www.baysideecc.org)



## ***Senior Strolls, Senior Recreation (Portland EPA)***

**Geographic Area Served:** City of Portland, Oregon

**Lead Agency:** Bureaus of Transportation and Parks and Recreation

**Larger Initiative:** EPA Building Healthy Communities for Active Aging

**Description:** To encourage healthy, active living and walking as a mode of transportation, Senior Strolls was developed to offer seniors an easy, pleasant social walking experience. Similarly, Senior Recreation was developed to promote active living and social recreational experiences.

**Accomplishments:** A majority of Senior Strolls participants who had been driving replaced a single-occupancy vehicle trip with a walking trip; during the program's 5-year history, close to 400 people have participated or shown interest in the Strolls program, and the number of active participants grows each year; Senior Recreation's number of participants also has about 1450 seniors participating annually in about 15 different physical activities; the Senior Cycling program has been enrolled to capacity each year.

**Contact Name:** Donna Green

**Contact Phone Number:** 503-823-6114

**Website:** [www.gettingaroundportland.org](http://www.gettingaroundportland.org) & [www.PortlandParks.org](http://www.PortlandParks.org)

## ***Seniors Count***

**Geographic Area Served:** New Hampshire

**Lead Agency:** Easter Seals NH

**Larger Initiative:** Robert Wood Johnson Foundation Community Partnerships for Older Adults and Administration on Aging Community Innovations for Aging in Place

**Description:** The collaboration acts as a community-based catalyst to drive reform for seniors, particularly those who are frail and at-risk for long-term nursing home placement. Seniors Count wants to create a community that ensures that all seniors receive the help they need to maintain their independence, and to safely live out their lives within the community with dignity and in the manner they choose. Seniors Count pursues systemic change through public education, the leveraging of public and private resources, and the enhanced use of existing services. The mission is to raise the awareness, reinforce the values, leverage the resources, and coordinate the services that support the independence and well-being of older people.

**Accomplishments:** 1) Home Maintenance: volunteers help frail seniors with lawn clean-ups, in-home safety checks, and weatherization project; 2) Community Liaison Initiative: frail seniors who were otherwise “falling through the cracks” were given on-going “eldest daughter” support for their comprehensive non-medical needs; 3) Flex Spending Initiative: twenty-one partners help frail seniors access essential goods and services not otherwise covered by any funder; 4) Short Nursing Home Stay Initiative: used for short-term emergency or planned respite; 5) Free Senior Resource Guide: thousands published and distributed; 6) Bill-pay Initiative: established a volunteer-based Bill-pay Program to assist frail seniors with managing their finances; 7) Public Policy: finished a one-year public policy analysis, developed a three-year work plan, and distributed widely out report; 8) Education: hold annual symposium and provide workshops and conducted Aging Sensitivity Training in high schools.

**Contact Name:** Arlene Kershaw, VP Senior Services and Medical Rehabilitation, Easter Seals NH

**Contact Phone Number:** 603-621-3558

**Website:** [www.seniorscountnh.org](http://www.seniorscountnh.org)

## ***SILVER: Support for Independent Living and a Vital Energetic Retirement***

**Geographic Area Served:** North Wilmington, Delaware

**Lead Agency:** Jewish Family Services of Delaware

**Larger Initiative:** JFNA/The Jewish Federations of North America's National Aging in Place Initiative

**Description:** The expected outcomes of this project consists of the following: 1) older adults will have awareness of and access to the supportive services needed to age in place; 2) older adults will report feeling supported by their community; 3) the community will have awareness and understanding of the needs of older adult residents; and 4) the community will provide support to older adult residents, assist older adults to age-in-place, build elder-friendly communities.

**Accomplishments:** Researched and mapped each community to identify the services and resources available to older adults in each area; convened focus groups and discussed the resources available as well as the gaps in resources for older adults; surveyed older adults and community members in the three communities using two written survey tools; collected 428 surveys total; currently analyzing the data and convening an advisory council with both older adults and community stakeholders to plan initiatives to improve the community for older adults.

**Website:** [www.jfsdelaware.org](http://www.jfsdelaware.org)

## ***St. Louis NORC***

**Geographic Area Served:** a 3 mile area in suburban St. Louis County, Missouri

**Lead Agency:** JFNA/Jewish Federations of North America's National Aging in Place Initiative and Jewish Federation of St. Louis

**Description:** The St. Louis NORC, a non-sectarian program, supports the healthy aging of adults aged 65 and above through the provision of programs and supportive services in a neighborhood setting. Through a variety of socialization opportunities ranging from educational, cultural, health and wellness programs, fitness classes and bus outings, to case management, home assistance, information and referral, computer training and assistance, and home modifications, the St. Louis NORC helps prolong an individual's ability to remain living with dignity in their own home. The NORC program is based on the well-documented fact that people want to remain in their homes and familiar environments as long as possible and avoid or postpone a move to a facility. All of their programs and services are informed by several key determinants of health focusing on community and individual interventions (personal health practices, health services, social environments, and social support networks) that help them do so. By creating a community of neighbors who are engaged in the community and with each other, promoting physical and mental health, and providing opportunities for civic engagement, the NORC program achieves its goals of healthy aging with a high quality of life. There are approximately 1,700 individuals on our mailing list with a paid membership of 600+ individuals to date.

**Accomplishments:** 1). In 2007, they were one of 12 sites awarded a two year grant from the National Council on Aging to implement a pilot project on Civic Engagement. 2). Results of a 5 year evaluation revealed the following: 62% of residents report that they feel a part of a strong and growing community; 78% report they are much more aware of available community resources, 52% report living in the NORC has helped them remain at home, and 81% report satisfaction with NORC services and programs. 3). An October, 2009, article in *U.S. News and World Report* featured the St. Louis NORC as an example of a successful model of aging-in-place. 4.) Our program is a "living laboratory" for researchers at Washington University in St. Louis.

**Contact Name:** Karen Berry Elbert, MSW, *St. Louis NORC Manager*

**Contact Phone Number:** 314-442-3859

**Website:** [www.jewishinstlouis.org/norc](http://www.jewishinstlouis.org/norc)

## ***Tempe Connections***

**Geographic Area Served:** Tempe, Arizona

**Lead Agency:** Friends of the Tempe Public Library

**Larger Initiative:** Aging in Place Initiative: Creating Livable Communities for All Ages

**Description:** As a nonprofit community service program, Tempe Connections seeks to enrich the community by providing adults 50+ with opportunities to discover new purpose through access to a wide range of learning programs, encore work options, and volunteer participation.

**Website:** [www.tempeconnections.org](http://www.tempeconnections.org)

## ***Tierrasanta Village of San Diego***

**Geographic Area Served:** Tierrasanta, California

**Larger Initiative:** Village Model

**Description:** Tierrasanta Village's mission is to enable residents 50 years and older to stay in their own homes, safely and happily for as long as they want.

**Accomplishments:** Tierrasanta Village has an active interest list of over 400 residents. There are currently 83 paying members, 4 of whom receive financial assistance; maintain a publicized phone number and respond to community calls; active Board of Directors, which plans a monthly social event; Recruitment of an executive director and a database/webmaster on a pro-bono basis.

**Website:** [www.tierrasantavillage.org](http://www.tierrasantavillage.org)

## ***Transportation and Mobility Options***

**Geographic Area Served:** Miami-Dade and Monroe Counties, Florida

**Lead Agency:** Alliance for Aging, Inc.

**Larger Initiative:** Aging in Place Initiative: Creating Livable Communities for All Ages

**Description:** The program seeks to expand transportation and mobility options for elders, through new advocacy initiatives, prolonging older adults' ability to drive safely, and providing greater support for alternatives to driving.

**Accomplishments:** This is a work in progress. The following represent initial steps in the direction of achieving the basic objective of expanding options: community forums; obtaining mini-grants from Livable Communities/n4a; participating in National Senior Transportation Institute; collaborating with metropolitan planning organization, County Public Works, and local public university (FIU) on identifying and remediating most dangerous pedestrian crossings for elders; initiating pilot taxi voucher program; and collaborating with FIU faculty for technical assistance on alternative transportation best practices. Recently appointed to National Center on Senior Transportation Steering Committee.

**Contact Name:** Max B. Rothman, JD, LL.M.

**Contact Phone Number:** 305-670-6500

**Website:** [www.allianceforaging.org](http://www.allianceforaging.org)

## ***Transportation Options and Alternatives – Education and Outreach (Wichita)***

**Geographic Area Served:** Butler, Harvey and Sedgwick Counties, Kansas

**Lead Agency:** The Paratransit Council, Inc.

**Larger Initiative:** Aging in Place Initiative: Creating Livable Communities for All Ages

**Description:** The goals of The Paratransit Council, Inc. are to: compile and provide up-to-date transportation information to the public by way of a hotline and/or website; to help direct individuals seeking transportation for their needs or another; and to assist non-profits, human service or governmental agencies and private interest groups looking to procure vehicles, start a transportation program or seek funding opportunities.

Mission: to provide within Butler, Harvey and Sedgwick Counties information and referral exchange among transit agencies; coordination, cooperation, and advocacy for the improvement and vision of transportation services within the tri-county area to the elderly, individuals with disabilities and individuals who are otherwise mobility impaired; and, acquisition of local, state, and federal funding for the purpose of coordination and operation of specialized transportation services.

**Accomplishments:** At the 2009 Senior Expo in Wichita, KS, The Paratransit Council was able to promote the organization, transportation in the tri-county area and the website through a brochure developed with a Jumpstart grant award. The Jumpstart grant allowed the website to be up and running prior to the event.

**Contact Name:** Susan Robinson, Chair

**Contact Phone Number:** 316-652-1578

**Website:** [www.paratransitrides.org](http://www.paratransitrides.org)



## ***Vineyard Village at Home***

**Geographic Area Served:** Martha's Vineyard, Massachusetts

**Lead Agency:** Vineyard Village, Inc.

**Larger Initiative:** Village Model

**Description:** Vineyard Village at Home is a member-based referral service for people 55 + who live on Martha's Vineyard, MA. Vineyard Village at Home works cooperatively with existing agencies and service providers and if needed, supplements their services with a pool of screened service providers and volunteers. The most requested service is transportation, and the village has a good pool of volunteer drivers to get members to appointments, social events, etc. The mission is to help older Vineyarders continue to live in their own homes by providing them access to a wide range of volunteer, household, health, social, and professional services.

**Accomplishments:** In two years, Vineyard Village at Home has attracted about 60 members, including two scholarship members. In that time the village helped members get a number of services: painting, electrical work, carpentry, yard work, meal preparation, personal assistance, help around the house, and rides by volunteers. Transportation continues to be the most-often requested service. Their first year, 2008, we filled 93 requests for rides and in 2009 volunteers gave 231 rides to members.

**Contact Name:** Jane P. Hawkes

**Contact Phone Number:** 508-693-3038

**Website:** [www.vineyardvillage.org](http://www.vineyardvillage.org)

## ***Washington Park Cares***

**Geographic Area Served:** Greater Washington Park area of Denver, Colorado

**Lead Agency:** Washington Park Cares

**Larger Initiative:** Village Model

**Description:** To help neighborhood seniors connect with services and resources to continue life on their own terms, with dignity and independence, in their own homes.

**Accomplishments:** Washington Park Cares has 114 members who receive volunteer help including driving to doctors and handyman help, and also larger projects by vetted providers who charge for their work.

**Website:** [www.washingtonparkcares.org](http://www.washingtonparkcares.org)

## ***WHO Global Age-Friendly Cities Project in Portland, Oregon***

**Geographic Area Served:** City of Portland, Oregon

**Lead Agency:** Institute on Aging, Portland State University

**Larger Initiative:** WHO Global Age-Friendly Cities

**Description:** In 2006, the World Health Organization (WHO) initiated its *Age-Friendly Cities Project*, which was a global effort originally consisting of 33 cities in 22 countries throughout the world. Portland State University (PSU) researchers at the Institute on Aging completed their portion of the qualitative study in 2007 focused on the city of Portland, Oregon, including identifying age-friendly features, barriers to age friendliness and suggestions for making the city more age-friendly.

The WHO protocol, which was followed by 35 cities by the conclusion of the project, consisted of eight focus groups that were conducted with older adults (4 groups), caregivers of older adults (1 group) and service providers in the public, private and voluntary sectors (3 groups) that queried participants concerning the following topics: outdoor spaces and buildings; transportation; housing; respect and social inclusion; social participation; communication and information; civic participation and employment; and community support and health care.

**Accomplishments:** After completing data collection and analysis, the PSU researchers developed a summary of the Portland-specific findings and disseminated it throughout the region, with assistance from AARP Oregon. This summary was designed to inform city planners and policy makers of the views of older adults and supportive community members with respect to Portland's age friendliness and needed areas of improvement in the built and social environments. On October 1, 2007, an official launch with the Mayor of Portland at City Hall – which coincided with the global launch of findings by the WHO in London and Geneva – marked the beginning of collaborations between PSU and the City of Portland. PSU is aiming to team with city officials in 2010 to become a member of the WHO *Global Network of Age-Friendly Cities* which will begin a five-year process focused on planning, implementation, and monitoring efforts that will continue to make Portland a city that is friendly to those of all ages and abilities.

**Contact Name:** Dr. Margaret Neal, Director, Institute on Aging

**Contact Phone Number:** 503-725-5145

**Website:** <http://www.pdx.edu/ioa/publications>

## ***Wichita Homebound Outreach***

**Geographic Area Served:** Metropolitan Wichita, Kansas

**Lead Agency:** Wichita Homebound Outreach

**Larger Initiative:** Aging in Place Initiative: Creating Livable Communities for All Ages

**Description:** W.H.O. sponsors monthly social events for low-income and elderly congregate housing facilities. The events are designed to bring socialization to the residents, helping them to form friendships and relationships with others in their facility. W.H.O. also uses these opportunities to identify and meet individual needs (e.g. medical equipment, entertainment supplies, furniture, household needs, etc.).

**Accomplishments:** Providing Thanksgiving and Christmas dinners for 4 low-income facilities for elderly and disabled every year; hosting other dinners/events each month; provided 4 wheelchairs to two different facilities; sent a woman home to see her son before he died.

**Contact Name:** Nancy Mehl

**Contact Phone Number:** 316-267-3538

## Appendix A: Methodology

In March, 2009, more than thirty leaders of community aging initiatives met at the ASA/NCOA “Aging in America” Conference in Las Vegas to consider strategies for advancing their shared goals of helping America’s cities and towns to become better places for older persons to live. A key outcome of this leadership convening was a decision to create a *Compendium of Community Aging Initiatives* - a composite report that would for the first time document in a single place the various efforts across the country to help communities become more “aging-friendly.” The group felt that such an effort was imperative at this time, in part to “shorten the learning curve” by synthesizing current knowledge regarding proven strategies for overcoming common challenges, and equally importantly to facilitate policy development, research, and advocacy.

UC Berkeley's Center for the Advanced Study of Aging Services (Center) was asked to take the leadership role in creating this *Compendium of Community Aging Initiatives*, based in part on our previous success in co-hosting the “Creating Aging-Friendly Communities” online conference, in collaboration with Community Strengths, which attracted more than 750 participants representing 47 states and 17 countries.

Community aging initiatives were identified for possible inclusion in the *Compendium* through online searches, using search terms such as ‘aging-friendly’, ‘elder friendly’, ‘livable community’, ‘aging in place’, and ‘communities for a lifetime.’ Organizations that provided only housing (e.g., retirement communities) were excluded from the sample. A total of 293 initiatives and organizations were identified in this manner.

A survey instrument was developed based on a review of the literature and discussions with experts in the fields of aging services and community change processes. The survey asked respondents to provide basic information about their initiative, including a brief description, geographic areas served, accomplishments to date, target population, goals, methods for achieving community change, funding sources, the role of older adults, and challenges faced. The survey was pilot-tested by representatives of three community aging initiatives, who provided feedback regarding the clarity of questions, additional questions to include, and time required to complete the survey.

Following refinement of the survey, an invitation to participate was emailed to a contact person at each of the community aging initiatives identified through the online search. Data collection took place between July and October of 2009. In a small number of cases in which the website did not list a name or email address, the Center called to obtain contact information. Those contact individuals who did not respond received one telephone follow-up and three email reminders.

One hundred and twenty four community aging initiatives completed and returned the online survey, of which 121 initiatives agreed to be identified in the *Compendium*. The Center created a summary of each initiative, including a brief description, geographic areas served, lead agency, national initiative (where relevant), and accomplishments to date. Summaries were edited only for length (e.g., limiting the description and list of accomplishments to 200 words each) and consistency (e.g., a third person narrative). In February of 2010, the Center sent survey respondents a draft of the page describing their initiative, giving them the opportunity to review and edit the summary and asking their permission to include a contact name and telephone number.

The resulting summaries were compiled into this *Compendium of Community Aging Initiatives*, which was presented at the 2010 ASA/NCOA “Aging in America” Conference in Chicago and disseminated through electronic and print channels. Additional data from the survey will be presented in aggregate form in future conference presentations and peer-reviewed journal articles.

The Center would like to thank all those who participated in the online survey, as well as MetLife Foundation and the Eugene and Rose Kleiner Family Foundation for their generous support of this project.

## **Appendix B: Initiatives by National Affiliation**

### **AARP**

[AARP Louisiana's Livable Community Initiative](#)  
[Burlington Livable Community Project \(AARP Vermont\)](#)

### **Administration on Aging Livable Communities for All Ages Award**

[2020 Plan: Aging in Community](#)  
[Communities for a Lifetime \(Dunedin, Florida\)](#)  
[Connecting Caring Communities](#)  
[Lifelong Communities Initiative - Aging Atlanta](#)  
[Nursing Home to Community Program](#)

### **The AdvantAge Initiative**

[AdvantAge Initiative \(National\)](#)  
[Aging In Place Committee \(formally AdvantAge Initiative, Puyallup\)](#)  
[Indiana Partnerships for Lifespan Communities](#)  
[Lifelong Living Communities Indiana](#)  
[Senior Connections \(Lincoln Square Neighborhood\)](#)

### **Aging in Place Initiative: Creating Livable Communities for All Ages**

[Aging in Place Initiative \(University of Kansas Medical Center Research Institute, Inc. with University of Kansas Medical Center\)](#)  
[Aging in Place Initiative Indiana](#)  
[Aging in Place Initiative: Creating Livable Communities for All Ages \(National\)](#)  
[Aging Master Plan](#)  
[Aging - The Possibilities](#)  
[Aging-in-Place Study – Charlotte-Mecklenberg](#)  
[Ancestor Quilt Project](#)  
[Bond County Aging in Place Initiative](#)  
[Centralina Council of Governments](#)  
[Community Assessment of O'Fallon, Missouri](#)  
[Creating Livable Miami-Dade & Monroe Counties for All Ages](#)  
[Digital Inclusion Community Services Project](#)  
[ElderStyle – Pines Village](#)  
[Healthy Aging in Place – Education Seminars](#)  
[Help@Home](#)  
[Jefferson Outreach for Older Adults](#)  
[Jump Start the Conversation with a Language Learning Curriculum \(San Diego Language Learning\)](#)

[JumpStart the Conversation Kansas City](#)  
[Lights On! Improving Safety and Accessibility for Aging-in-Place Livability in Rochester](#)  
[Maturing of Illinois](#)  
[Partnership for Housing Opportunities and Elderly Services](#)  
[Safe Crossings](#)  
[Senior Fall Prevention Services \(Arizona\)](#)  
[Senior STEPS](#)  
[Tempe Connections](#)  
[Transportation and Mobility Options](#)  
[Transportation Options and Alternatives – Education and Outreach \(Wichita\)](#)  
[Wichita Homebound Outreach](#)

### **Communities for All Ages**

[Concho Communities for All Ages \(Concho CAN!\)](#)

### **EPA Building Healthy Communities for Active Aging**

[City of Rogers Adult Wellness Center](#)  
[EPA Building Healthy Communities for Active Aging \(National\)](#)  
[Senior Fall Prevention \(Florida\)](#)  
[Senior Strolls, Senior Recreation \(Portland EPA\)](#)

### **JFNA/Jewish Federations of North America's National Aging in Place Initiative**

[AgeWell Pittsburgh](#)  
[Aging Well at Home](#)  
[Cherry Hill Senior LIFE](#)  
[CJE SeniorLife – There's No Place Like Home and LaBruit! \(Chicago NORC\)](#)  
[Colorado Senior Connections](#)  
[Elder-Friendly Communities, The Indianapolis Naturally Occurring Retirement Community \(NORC\)](#)  
[In Search of Community](#)  
[Jewish Community Assistance Network](#)  
[Jewish Family Service San Diego](#)  
[JFNA/Jewish Federations of North America's National Aging in Place Initiative \(National\)](#)  
[Las Vegas Senior Lifeline](#)  
[LIFE Program of Jewish Family Service of Los Angeles](#)  
[LIVE – Lifelong Involvement for Vital Elders](#)  
[NORC – Neighbor to Neighbor \(Ocean County\)](#)  
[NORC Northern Portland](#)  
[Naturally Occurring Retirement Community \(NORC\) at Ellison Park Apartments, Rochester NY](#)  
[Nurturing Our Retired Citizens, St. Louis Park NORC](#)  
[Project EncourAge](#)  
[Rhawnhurst NORC](#)



[Road to Wellness Project, New Mexico NORC](#)  
[Sarasota NORC Senior Services Outreach Project](#)  
[Secure@Home](#)  
[SILVER: Support for Independent Living and a Vital Energetic Retirement](#)  
[St. Louis NORC](#)

### **Robert Wood Johnson Foundation Community Partnerships for Older Adults**

[Aging Futures Partnership](#)  
[Aging Together](#)  
[Aging Well](#)  
[Bridging Elder Care Networks \(BECN\)](#)  
[Connecting Caring Communities](#)  
[Haywood Community Connections](#)  
[Lifelong Communities Initiative – Aging Atlanta](#)  
[Pathways to Positive Aging](#)  
[Seniors Count](#)

### **Village Model**

[At Home on the Sound, Inc.](#)  
[Beacon Hill Village](#)  
[Cambridge At Home](#)  
[Capitol Hill Village](#)  
[Clifton-Fairfax Station Transition in Place Services \(CFS-TIPS, Inc\)](#)  
[Community Caring in Bridgewater, Inc](#)  
[Community Without Walls, Inc.](#)  
[Concierge Club – ElderHelp of San Diego](#)  
[Front Desk Florence](#)  
[Gramatan Village](#)  
[Kalorama Village, Inc.](#)  
[LakeView Village](#)  
[Life Care at Home](#)  
[Midtown Village](#)  
[Mill City Commons](#)  
[Newton at Home](#)  
[Northwest Neighbors Village](#)  
[One Call Club for Seniors](#)  
[Palisades Village](#)  
[Penn’s Village](#)  
[River Bluffs Village](#)  
[Tierrasanta Village of San Diego](#)  
[Vineyard Village at Home](#)  
[Washington Park Cares](#)

**WHO Global Age-Friendly Cities**

[Age-Friendly New York City](#)

[WHO Global Age-Friendly Cities Project in Portland, Oregon](#)

## **Appendix C: Initiatives by State**

### **Arizona**

[Concho Communities for all Ages \(Concho CAN!\)](#)  
[Senior Fall Prevention Services \(Arizona\)](#)  
[Tempe Connections](#)

### **Arkansas**

[City of Rogers Adult Wellness Center \(see also Missouri\)](#)

### **California**

[Concierge Club - ElderHelp of San Diego](#)  
[Front Desk Florence](#)  
[Jewish Family Service San Diego](#)  
[Jump Start the Conversation with a Language Learning Curriculum \(San Diego Language Learning\)](#)  
[La Mesa Adult Enrichment Center](#)  
[LIFE Program of Jewish Family Service of Los Angeles](#)  
[Pathways to Positive Aging](#)  
[Senior STEPS](#)  
[Tierrasanta Village of San Diego](#)

### **Colorado**

[Age Matters Initiative Denver](#)  
[Creating Vibrant Communities in Which We All Age Well](#)  
[Colorado Senior Connections](#)  
[Washington Park Cares](#)

### **Connecticut**

[Community Caring in Bridgewater, Inc](#)

### **Delaware**

[SILVER: Support for Independent Living and a Vital Energetic Retirement](#)

### **Florida**

[Aging Master Plan](#)  
[Aging - The Possibilities](#)  
[Bridging Elder Care Networks \(BECN\)](#)  
[Communities For A Lifetime \(Dunedin, Florida\)](#)

[Communities for a Lifetime \(Florida\)](#)  
[Creating Livable Miami-Dade & Monroe Counties for All Ages](#)  
[Jewish Community Assistance Network](#)  
[Safe Crossings](#)  
[Sarasota NORC Senior Services Outreach Project](#)  
[Senior Fall Prevention \(Florida\)](#)  
[Transportation and Mobility Options](#)

## **Georgia**

[Lifelong Communities Initiative - Aging Atlanta](#)

## **Illinois**

[Aging Well](#)  
[Ancestor Quilt Project](#)  
[Bond County Aging In Place Initiative](#)  
[CJE SeniorLife- There's No Place Like Home and LaBriut! \(Chicago NORC\)](#)  
[Generations of Hope Communities \(GHC\)](#)  
[Maturing of Illinois](#)  
[LakeView Village](#)

## **Indiana**

[Aging In Place Initiative Indiana](#)  
[Elder-Friendly Communities, The Indianapolis Naturally Occurring Retirement Community \(NORC\)](#)  
[ElderStyle - Pines Village](#)  
[Indiana Partnerships for Lifespan Communities](#)  
[Lifelong Living Communities Indiana](#)

## **Iowa**

[Johnson County Livable Community Initiative](#)

## **Louisiana**

[AARP Louisiana's Livable Community Initiative](#)

## **Kansas**

[Aging in Place Initiative \(University of Kansas Medical Center Research Institute, Inc. with University of Kansas Medical Center\)](#)  
[Transportation Options and Alternatives – Education and Outreach \(Wichita\)](#)  
[Wichita Homebound Outreach](#)

## **Maryland**

[Life Care at Home](#)

## **Massachusetts**

[Aging Well at Home](#)

[Beacon Hill Village](#)

[Cambridge At Home](#)

[Newton at Home](#)

[Vineyard Village at Home](#)

## **Michigan**

[Creating Community for a Lifetime Michigan](#)

[Michigan Community for a Lifetime](#)

## **Minnesota**

[Communities For a LIFETIME of Steele County](#)

[Mill City Commons](#)

[Nurturing Our Retired Citizens, St. Louis Park NORC](#)

[River Bluffs Village](#)

## **Missouri**

[City of Rogers Adult Wellness Center \(see also Arkansas\)](#)

[Community Assessment of O'Fallon, Missouri](#)

[Help@Home](#)

[JumpStart the Conversation Kansas City](#)

[Lights On! - Improving Safety and Accessibility for Aging-in-Place](#)

[St. Louis NORC](#)

## **Nebraska**

[Midtown Village](#)

## **Nevada**

[Las Vegas Senior Lifeline](#)

## **New Hampshire**

[Seniors Count](#)

## **New Mexico**

[Road to Wellness Project, New Mexico NORC](#)

## **New Jersey**

[Caring for Seniors and People with Disabilities](#)

[Cherry Hill Senior LIFE](#)

[Community Without Walls, Inc.](#)

[LIVE - Lifelong Involvement for Vital Elders](#)

[NORC - Neighbor to Neighbor \(Ocean County\)](#)

[Secure@Home](#)

## **New York**

[Active Living Over Fifty, Inc. \(aka ALOFT\)](#)

[Age-friendly New York City](#)

[Aging Futures Partnership](#)

[At Home on the Sound, Inc.](#)

[Gramatan Village](#)

[In Search of Community](#)

[Livability in Rochester](#)

[Naturally Occurring Retirement Community \(NORC\) at Ellison Park Apartments, Rochester NY](#)

[Nursing Home to Community Program](#)

[Senior Connections \(Lincoln Square Neighborhood\)](#)

## **North Carolina**

[Aging-in-Place Study – Charlotte-Mecklenburg](#)

[Centralina Council of Governments](#)

[Haywood Community Connections](#)

## **Oregon**

[50+ Dialogues](#)

[Elder Friendly Certified Business Program](#)

[NORC Northern Portland](#)

[Senior Strolls, Senior Recreation \(Portland EPA\)](#)

[WHO Global Age-Friendly Cities Project in Portland, Oregon](#)

## **Pennsylvania**

[AgeWell Pittsburgh](#)  
[BoomerANG Project \(Aging's Next Generation\)](#)  
[Penn's Village](#)  
[Rhawnhurst NORC](#)

## **Tennessee**

[Digital Inclusion Community Service Project](#)  
[One Call Club for Seniors](#)

## **Texas**

[Jefferson Outreach for Older Adults](#)  
[Partnership for Housing Opportunities and Elderly Services](#)

## **Utah**

[Project EncourAge](#)

## **Vermont**

[Burlington Livable Community Project \(AARP Vermont\)](#)

## **Virginia**

[2020 Plan: Aging in Community](#)  
[Aging Together](#)  
[Clifton-Fairfax Station Transition In Place Services \(CFS-TIPS, Inc\)](#)  
[Fairfax 50+ Action Plan](#)  
[Healthy Aging in Place - Education Seminars](#)

## **Washington**

[Aging In Place Committee \(formally AdvantAge Initiative, Puyallup\)](#)  
[Bellevue Network On Aging](#)  
[The Mustard Seed Project of Key Peninsula](#)

## **Washington D.C.**

[Capitol Hill Village](#)  
[Kalorama Village, Inc](#)  
[Northwest Neighbors Village](#)  
[Palisades Village](#)

**Wisconsin**

[Connecting Caring Communities](#)

**Wyoming**

[Boomer Study](#)