

Aging Well in Arvada

DRCOG Age Friendly Communities

Idea Exchange

August 30, 2016



Aging Assessment

- DRCOG “Boomer Bond” tool.
- Starting point for conversations.
- Seniors- 65+
- Covers
 - Mobility and Access
 - Housing
 - Community Living
 - Support Services



City Assessment Team

- Planning
- City Manager's Office
- Parks
- Housing
- Traffic
- Public Works
- Police



Approach to Assessment

- Inter-disciplinary
- Community perspective, not just local government perspective
- Structure
 - What we are doing now.
 - Needs/topics for conversation.

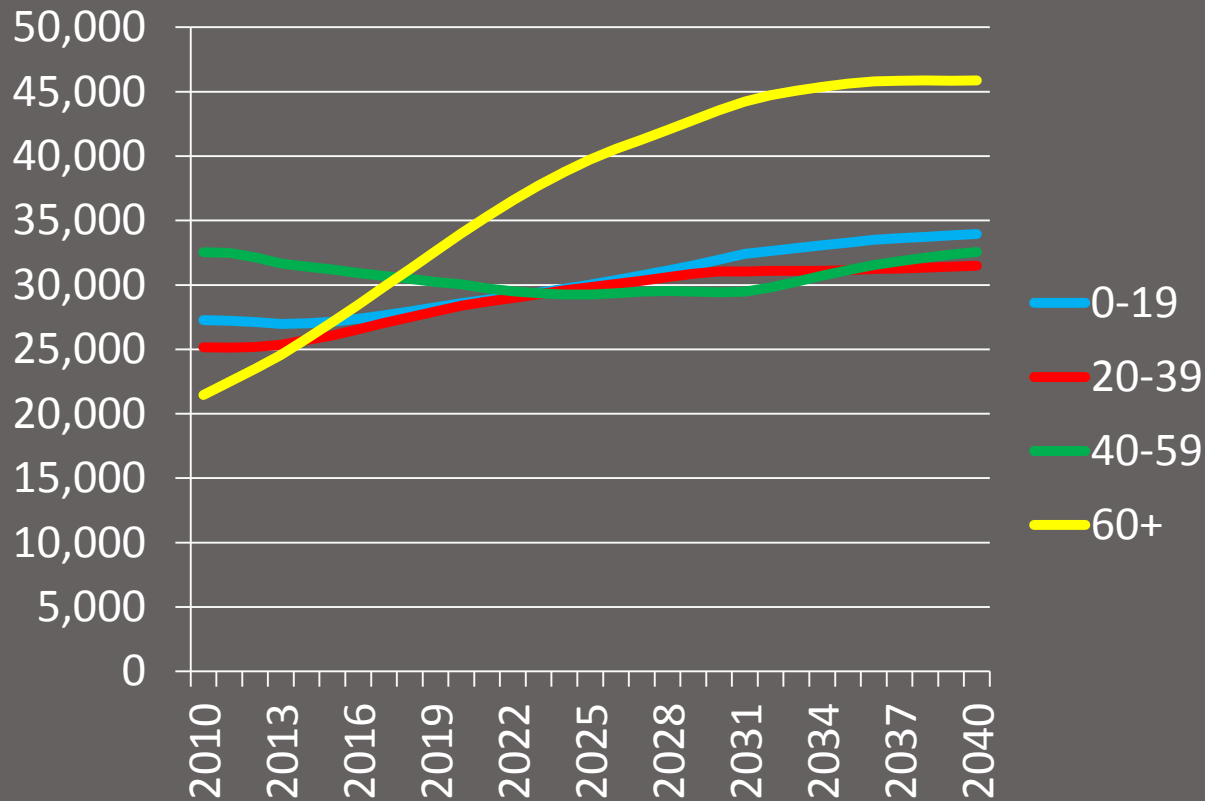


Outside Resources Consulted

- APEX Recreation District
- Senior Resource Center
- RTD
- Jefferson County Local Coordinating Council
- Community Assessment Survey for Older Adults
- Aging Well in Jefferson County



Aging in Arvada

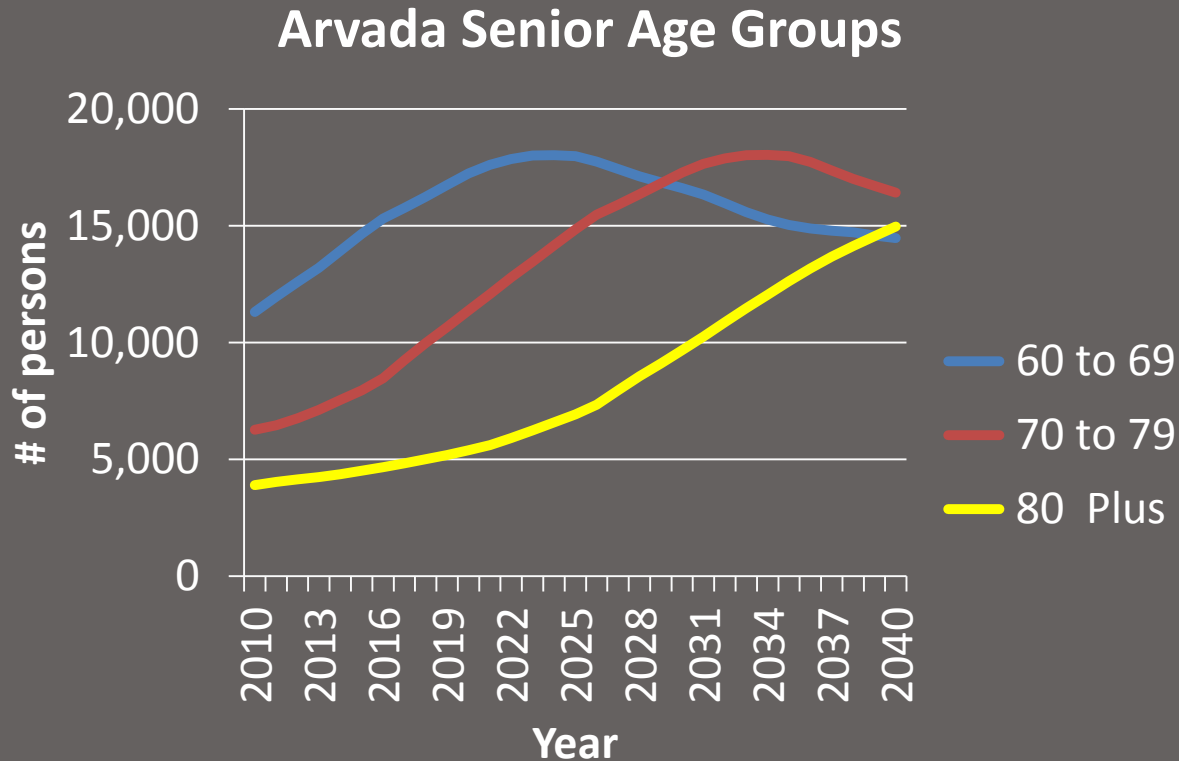


In the very near future, seniors (60+) will be the largest age group in City and remain so well into the future.

Source: 2010 Census, 2014 Demographic Projections



Aging in Arvada



Over time, the 80+ group becomes a very significant part of the senior population.

Source: 2010 Census, 2014 Demographic Projections



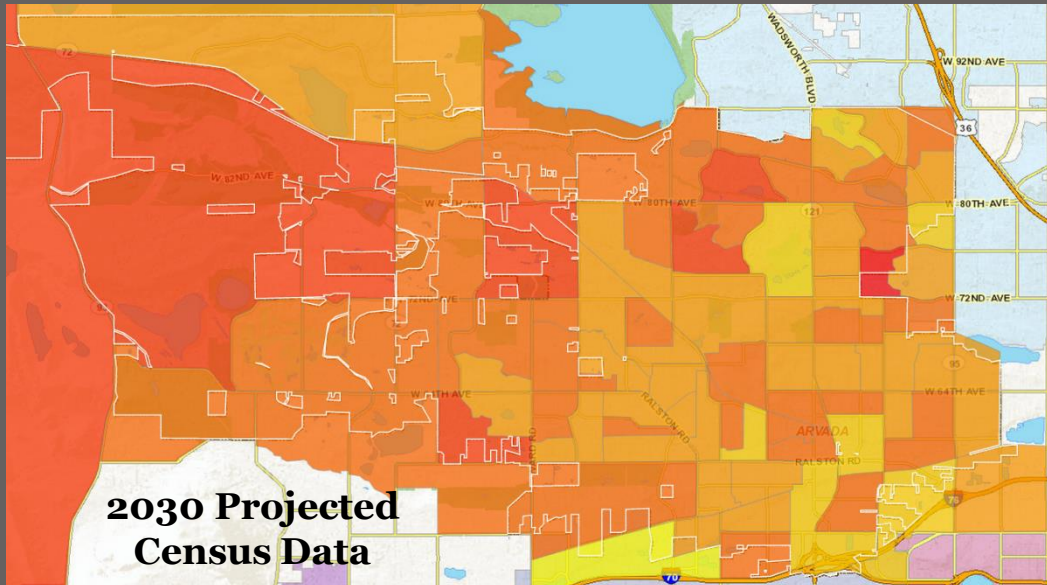
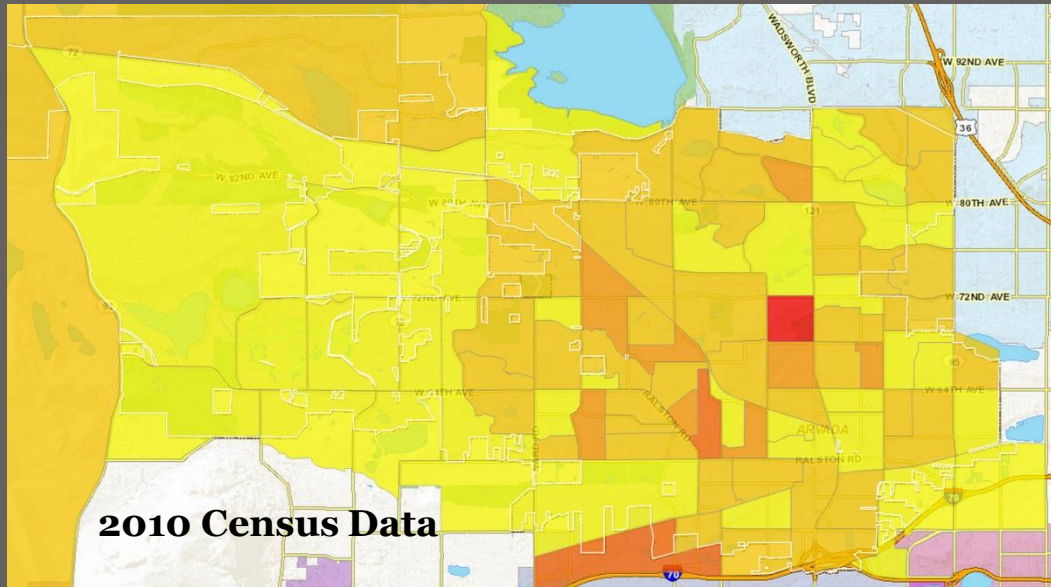
Profile of Arvada Seniors

- 72% fully retired; 20% work full time.
- Expected age of retirement is 73.
- 66% have lived here 20+ years.
- 84% likely to remain throughout retirement.
- 17.1% of all units occupied by 65+ are rented.
- 45% of those over 65 live alone.
- 53.3% of 65+ households have retirement income.

Source: 2010 Census Data, 2015 Arvada Community
Assessment Survey for Older Adults



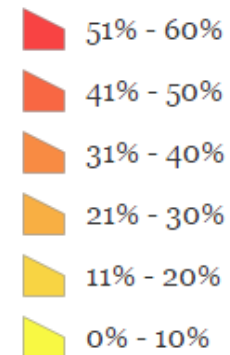
Aging in Arvada



What happens if most seniors age in place in the future?

Aging becomes a major city-wide issue.

Population 65+



Mobility and Access

- Pedestrian
- Bike facilities
- Public transportation
- Driver education



Mobility and Access

What We Are Doing Now

- Completing missing sidewalks.
- Adding bikes lanes.
- Connecting trail system to on-street trails.
- Promoting health through Healthy Places.
- RTD and Senior Resource Center transportation.
- Multiple transportation providers for special needs.



Mobility and Access Needs/Topics for Future Conversation

- Driver education
 - Many seniors want to drive.
 - For them, focus on safety.
- Pedestrian lighting in major public places
 - Seniors need to feel safe to use parks and other public places.



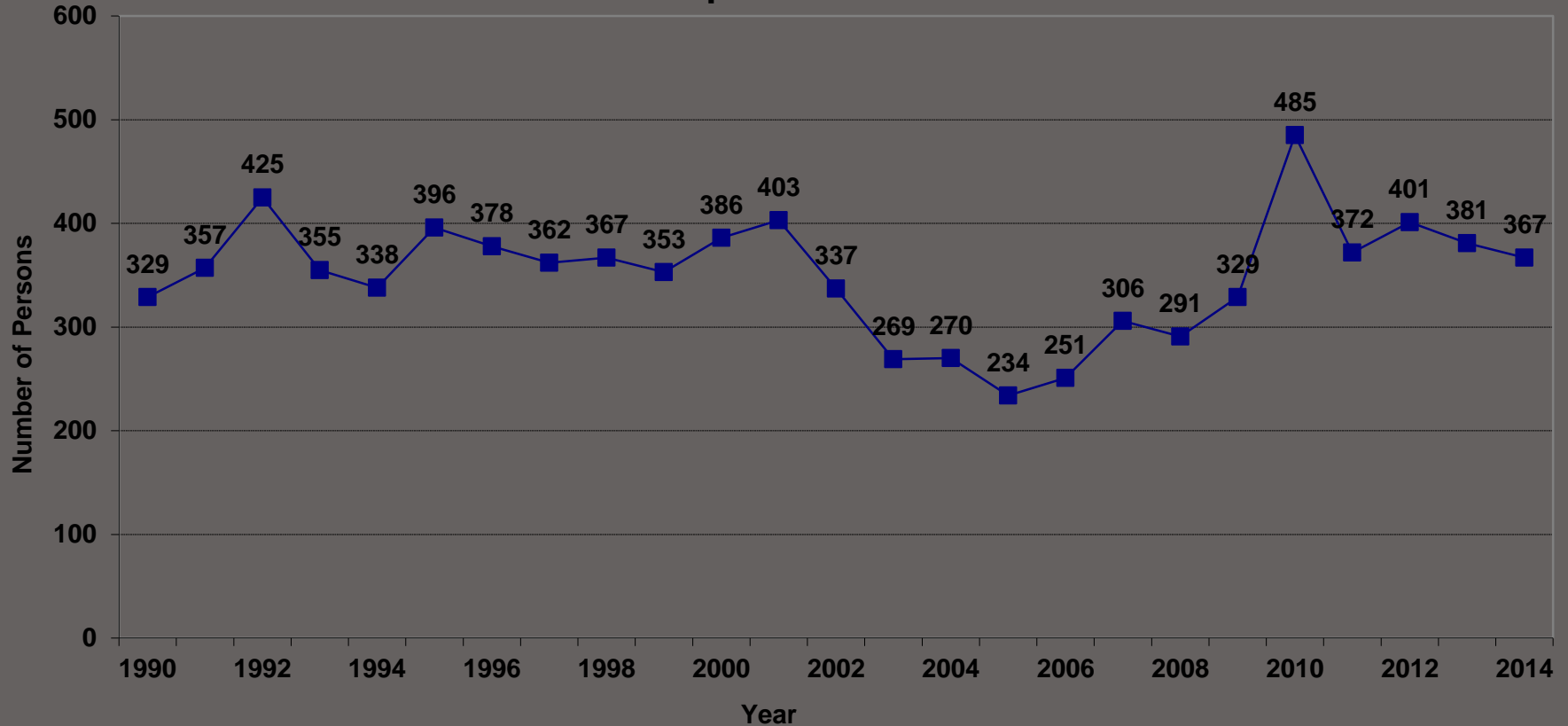
Mobility and Access Needs/Topics for Future Conversation

- Dependable and convenient public transportation for:
 - Those who can't drive.
 - Those who can't afford to drive.



ARVADA COMMUNITY WHEELS

Number of Unduplicated Persons Served

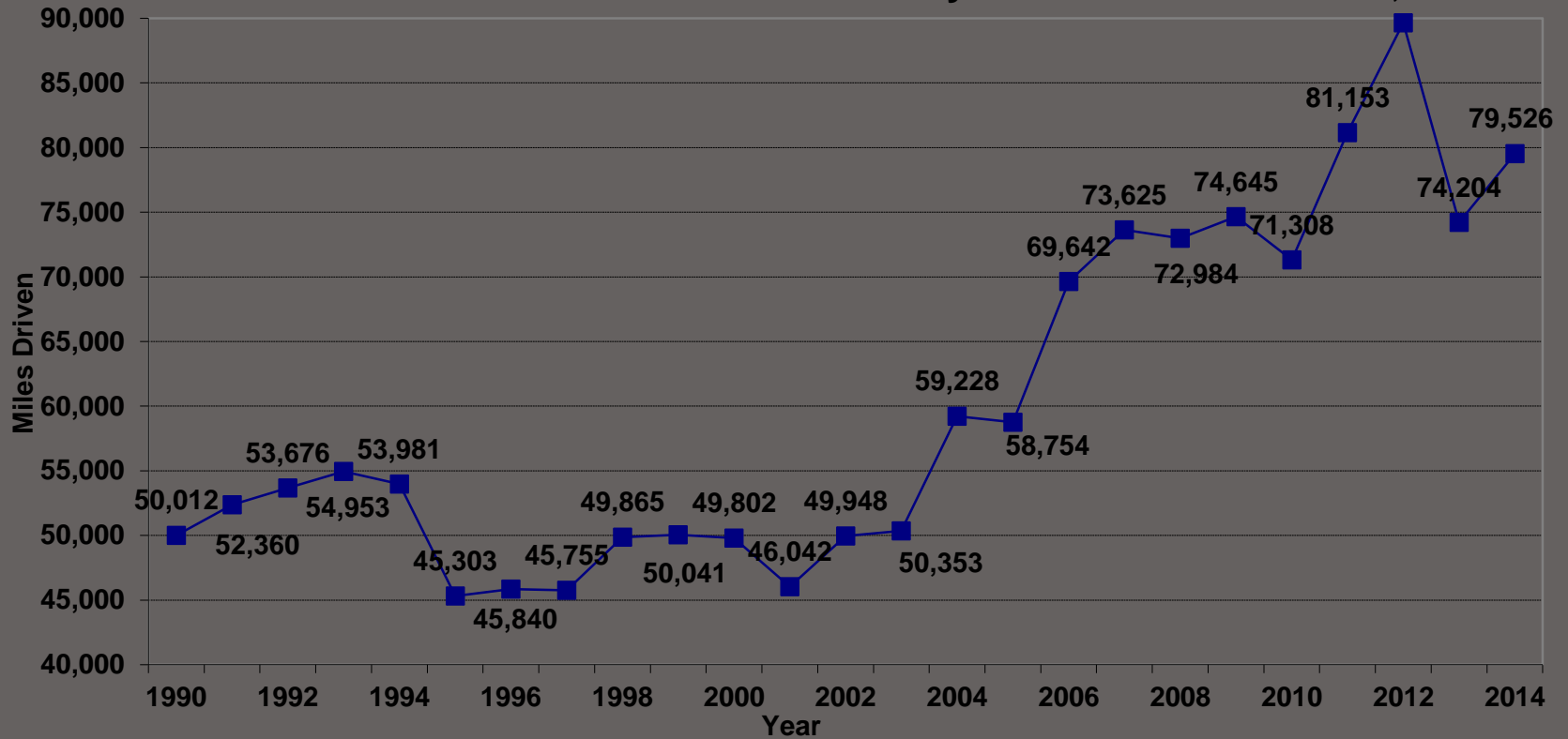


Source: Senior Resource Center



ARVADA COMMUNITY WHEELS

Vehicle Miles Driven by Year

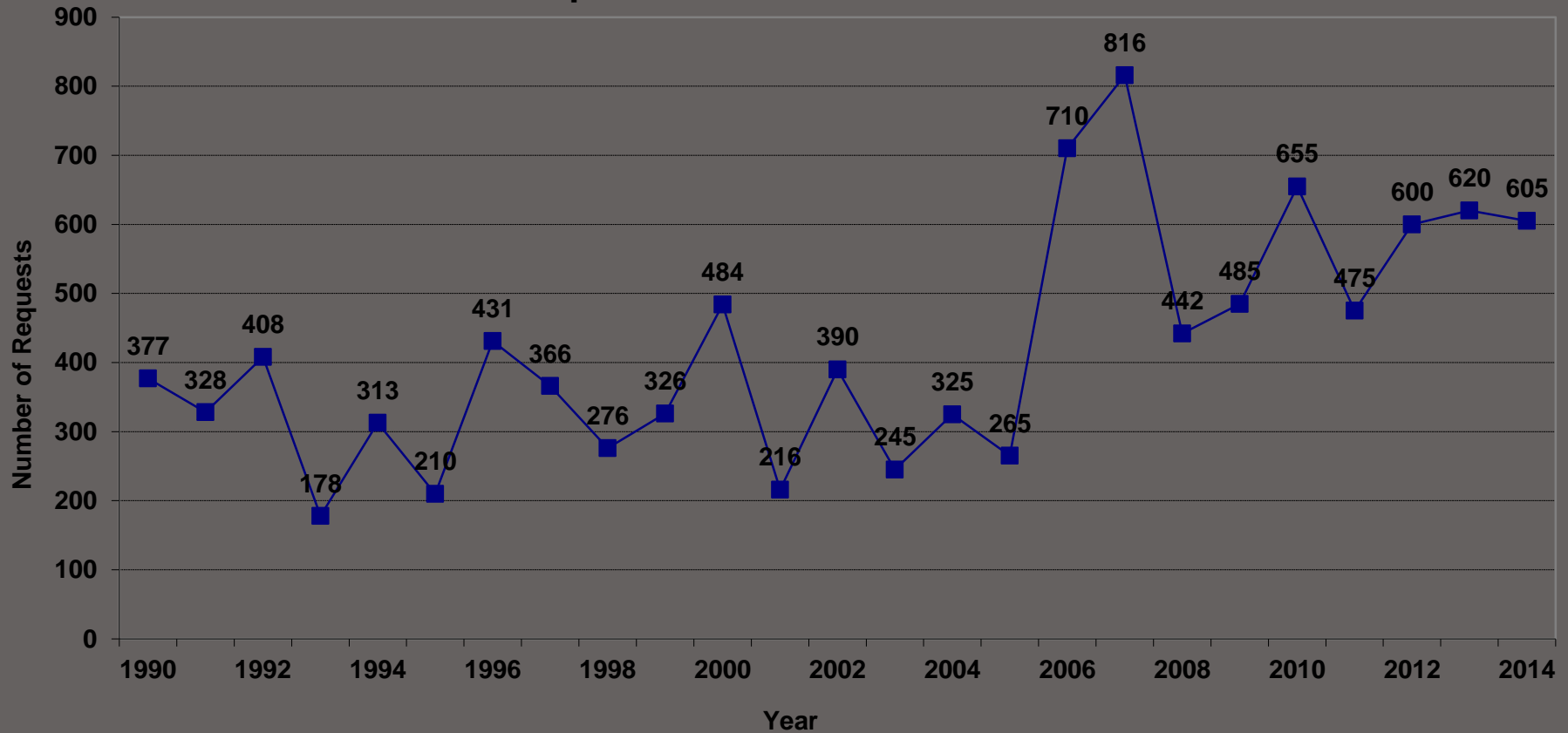


Source: Senior Resource Center



ARVADA COMMUNITY WHEELS

Requests for Service Unfilled



Source: Senior Resource Center



Housing

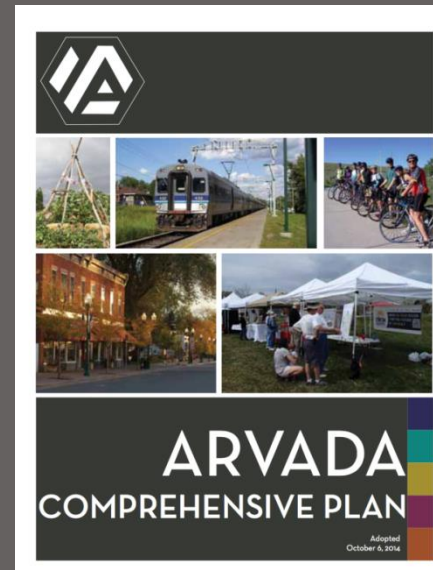
- Rehabilitation of existing housing.
- Retention of and construction of affordable senior housing.
- Continuing Care.



Housing

What We Are Doing Now

- Accessory Dwelling Units
- Section 8 Program – 39% of clients are very low income Senior households.
- Comprehensive Plan and HUD 5 year plan encourages senior housing near transit.
- Comprehensive Plan and zoning provides additional locations for senior housing.



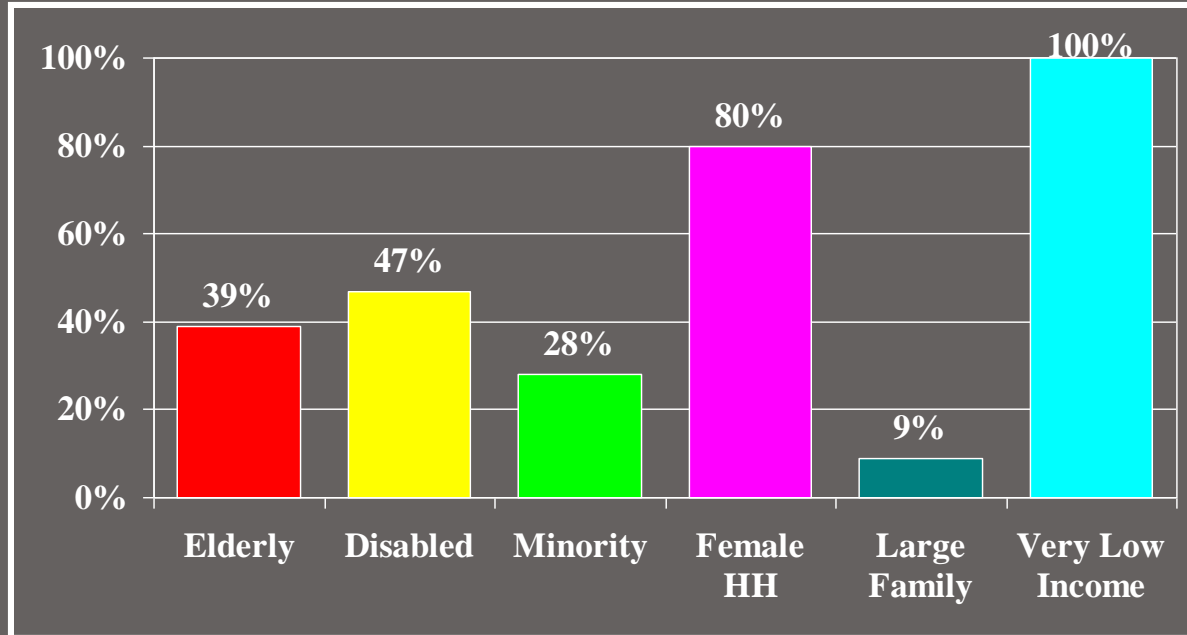
Housing

What We Are Doing Now

- Essential Home Repairs – 72% of clients are low/mod income seniors.
- City has partnered with developers to build senior housing.
- Energy Outreach program – 44% senior and/or disabled clients.
- November 1- new grant program for accessibility features



Section 8 and Seniors



Seniors comprise 39% of all Section 8 clients.

Rising rents are affecting Section 8 choices.

Source: City Section 8 Data, 2015



Housing Costs

- 59.7% of 65+ households pay more than 30% of income as rent.
- Rents at newer projects = \$1,200/month for one bedroom.
- New patio homes = \$350K - \$400K minimum.

Source: 2010 Census Data and Zillow



Housing

Needs/Topics for Future Conversation

- Expand continuing care facilities.
- Retention of and construction of affordable senior housing.
- Rehabilitation of existing homes.
- Construction of affordable senior housing.



Community Living

- Parks
- Recreation
- Engagement
- Workforce
- Safety
- Emergency Preparedness



Community Living

What We Are Doing Now

- Parks and new community facilities designed for accessibility.
- Recreation and education opportunities through APEX.
- Volunteer opportunities through City, other organizations.
- Help with snow removal.
- Senior Liaison Officer.



Community Living Needs/Topics for Future Conversation

- Robust volunteer opportunities.
- Engagement strategies geared to senior.
- Exercise equipment in parks geared to seniors.
- Restrooms in key public spaces.
- Easy access to senior information on city website.



Support Services

- Home care
- Assisted living
- Nursing care
- Programs for isolated seniors
- Meals
- Help with chores
- Financial assistance for utilities
- Food



Support Services

What We Are Doing Now

- Range of facilities for assisted living and nursing care.
- Senior Liaison Officer
- Community programs to support isolated seniors.
- Multiple home health care providers.



Support Services

What We Are Doing Now

- Meals on Wheels through Volunteers of America.
- Mental Health services.
- Vision screening, flu shots.
- Respite services for caregivers.
- Sales tax rebate for low income seniors.



Senior Services

Needs/Topics for Future Conversation

- Adult day services for those with dementia, Alzheimer's.
- More opportunities for congregate meals and transportation to meals.
- Help with household chores.



Where do we go from here?

- Senior Commission?
- Housing
 - Retain and create affordable senior housing.
 - Expand housing rehabilitation programs.
- Transportation
 - Develop transportation strategy with partners like SRC and RTD.
- Engagement
 - Expand volunteer opportunities.
 - Congregate meals.
- Be catalyst for community conversation for how we address needs.
- Integrate senior goals into Council Strategic Results and Department work plans.
- Prioritize city programs and projects that address senior issues.



Questions?

