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
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
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+

- 51% - 60%
- 41% - 50%
- 31% - 40%
- 21% - 30%
- 11% - 20%
- 0% - 10%
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
Source: Senior Resource Center
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.
• Rehabilitation of existing homes.
• Retention of and 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 seniors.
- 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?