



A Framework for Action: Building a “Lifelong Community”

Implementing the Washoe County Senior Services Strategic Plan

Grady Tarbutton, WCSS Director

April 17, 2008

*“Living Well, Aging
Washoe County Se
Services*

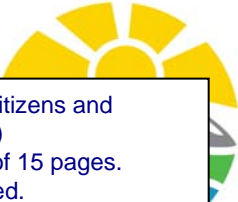


EXHIBIT D Senior Citizens and
Veterans (A.C.R. 35)
Document consists of 15 pages.
Entire exhibit provided.
Meeting Date: 5-7-08

Washoe County Senior Services Strategic Plan – Why?

- Nevada's Unique Age Wave
 - State with the fastest growing senior population
- Washoe County and the "Baby Boom"
 - 4% annual growth
- Business opportunity and a public service challenge
- Civic Engagement – seniors will continue to contribute to their community
- Escalating Cost of Long-Term Care
 - State and County risk
 - No federal long-term care policy
- N4A "Blueprint for an Aging Society"
 - Determine "aging readiness" – policies, programs, services
 - Ensure communities are "livable" for persons of all ages
 - Harness the talent, wisdom, experience of older adults



Washoe County Senior Services Strategic Plan – Goals

- Information
 - Informed, proactive seniors and families; a recognizable “brand”
- Housing
 - Affordable, adaptable, accessible
- Mobility
 - Livable communities
 - Transportation and transit options
- Health
 - Access to care
- Healthy Aging
 - Prevention, evidence-based chronic disease management, public health



Senior Services today

- 1,000 people per day/5,000 per year at 8 sites, including 4 senior centers
 - Classes and activities, congregate meals – 3,500 people per year
 - Older Americans Month; 60+ events on 25 days
- In-home services
 - Home delivered meals, homemaker - ~700 people per year
- Alternatives to nursing home care
 - DayBreak – capacity 33 people, 70 people per year
- Access to services
 - Aging and Disability Resource Center – 3,000 people per year
 - Case management and social work – 500 people per year
 - Senior Law Project – 1,000 people per year
- Partnerships
 - Preventing institutionalization
 - Library
 - Volunteers and volunteer organizations
 - Northern Nevada Food Bank

An Emerging Vision

Lifelong Communities

*"A good place to grow up, a good
place to grow old"*

*Implementing a integrated policy,
program and regulatory structure
that supports aging-in-place*



The Washoe County *Framework for Action* includes Seniors

- Policies that support “Lifelong Communities”
- Linking organizations
- Convene the community



Implement policies that support Lifelong Communities

- Housing
 - Aging-in-place
 - Affordable, “visitable”, adaptable, accessible
 - <http://www.visitability.org/>
 - Center for Inclusive Design and Environmental Access; <http://www.ap.buffalo.edu/idea/Home/index.asp>
 - 11,000 visitable homes now in Tucson area
 - Pima County in 2006 holds the U.S. record for the most visitable homes in any one area, thanks to its Inclusive Home Design Ordinance.
 - “Aging in Place toolkit”
 - http://www.atlantaregional.com/documents/Aging_In_Place_Tool.pdf
 - Financial options: tax incentives, investment funds
 - Enterprise Community Partners http://www.enterprisecommunity.org/financial_products/
 - Zoning ordinances
 - Impact on seniors, youth and families
 - Retrofit of existing communities
 - Smart growth/mixed use
 - Commercial, market rate, affordable, subsidized, single family, senior housing, apartments
 - New Columbia: <http://www.hapdx.org/newcolumbia/>

New Columbia, Portland, OR:

Balancing Multiple Goals



- sustainability & green building
- community economic participation
- civic engagement &
- accessible and affordable housing



Award Winning Design

Community Buildings, Open Spaces, Rosa Parks School



Policies that support Lifelong Communities

- Transit
 - Complete Streets: travel by foot, auto, bike, and transit
 - <http://www.completestreets.org/>
 - Safe driving
 - http://safety.fhwa.dot.gov/older_driver/index.htm
 - Road signs
 - Para-transit and other transit options
- Livable Communities
 - National Association of Home Builders:
<http://www.nahb.org/default.aspx>
 - UC-Berkeley Center for the Advanced Study of Aging Services

Linking organizations

- Healthy Aging
 - District Public Health, UNR Sanford Center, Health partners
 - Prevention
 - Immunization, screening, support good behaviors and provide information that increases good health decisions
 - Chronic disease
- Information – access to services
 - Integrate Adult Services and Senior Services County Department services
 - Seamless customer service
 - Single point of entry
 - Continuum of care
 - Veteran Services Officer
- Master Plan to select sites for senior and community centers
- Partnerships between Cities, County, RTC, non-profits
 - Co-location, cost efficiencies

Convene the Community

- Civic Engagement
 - Volunteers
 - Advocates; seniors on decision making boards
 - Harness the talent, wisdom, experience of older adults
 - Strengthen neighborhoods
 - www.viablefuturetoolkit.org
- Business opportunities
 - A community that attracts the newly retired
 - New markets, new products
 - Work force
 - Positive incentives
 - Cost savings

Washoe County Board “Direction to Staff”

- Policies
 - County policies support “Lifelong Community” and “aging-in-place”
 - Support Civic Engagement
 - Appointing seniors to decision-making Boards and Advisory Boards
 - Support volunteer programs
- Community-wide strategies
 - Convene the Community
 - Opportunities for business, non-profits, churches and congregations, neighborhoods, schools to build “Lifelong Community” and aging-in-place strategies
 - A Senior “scorecard”
 - Quality of life and outcome measures include seniors
 - Collaborations with City of Reno, City of Sparks

Washoe County Board “Direction to Staff” - more

- Program actions
 - Guidelines for each County Department to develop an “age readiness” plan
 - Policies, programs, customer service, employees
 - E.g., Court procedures that give all victims, witnesses and jurors access to information and court facilities
 - Feasibility study to integrate Adult Services and Senior Services
 - A master plan for service center site selection
 - Co-locate agencies that are inclusive of all ages.
 - Feasibility of a County Veteran Services Office



"Living Well, Aging Well"

Washoe County Senior Services