

Growing older in Clark County



Making Clark County a better place
to grow up and grow old



Aging Readiness Task Force

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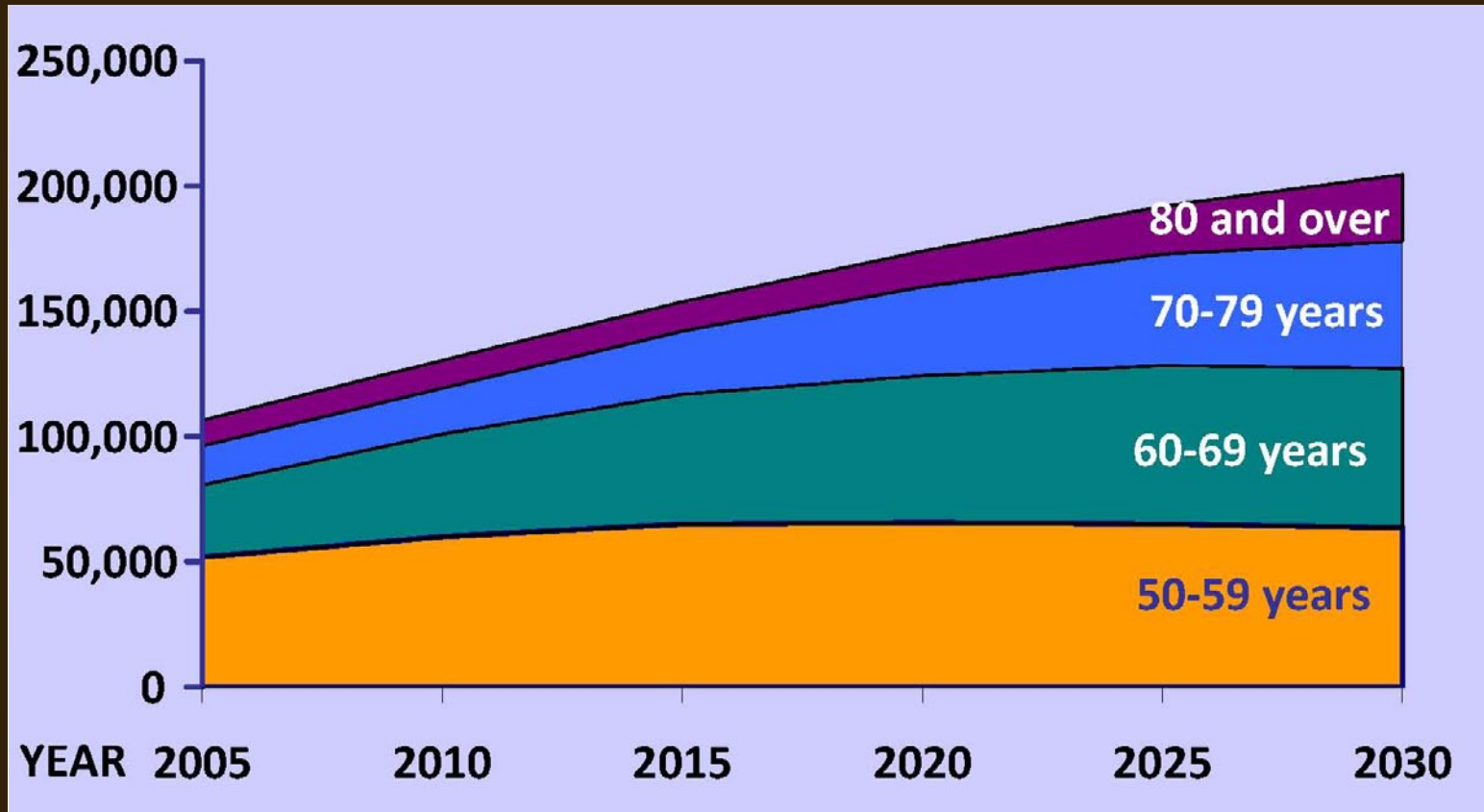
Why we are here....

- Baby Boomers (1946-1964) are turning 60
- By 2030, approximately one in four will be 60 or better
- Are we ready?



Clark County, Washington

Senior population forecast



Aging Readiness Task Force

- Identify what are we doing well
- Identify what's needed
- Involve the community
- Develop recommendations



Task Force questions

- Will I be able to live independently?
- Opportunities to stay physically and mentally engaged?
- Support when needed



Five key elements

1. Healthy communities
2. Housing
3. Transportation and mobility
4. Supportive services
5. Community engagement



1. Healthy communities

Our environment affects our health. It either contributes or decreases our ability to live independently.

- Design of community promotes walking/exercise
- Provides access to healthy food and medical care
- Provides variety of services
- Provides connections to friends and family



1. Healthy communities

Challenges

- Lack of basic services near neighborhoods
- Limited access to parks, recreation and open space
- Lack of access to healthy food



1. Healthy communities

Recommendations

- Improve safety and security
- Create neighborhoods that provide grocery, medical and essential shopping services
- Support expansion of parks, community gardens, farmers markets



2. Housing

- Needs and expectations change with age
- Strong preference to stay in own home, community
- Availability, affordability and variety of options can affect ability to remain independent and engaged in community



2. Housing Challenges

- Affordability:
 - Earnings fall as adults leave workplace
 - Older homes have higher maintenance costs
- Home design may not accommodate changing needs
- Lack of choices to age-in-community



2. Housing

Recommendations

- Preserve and expand affordable housing for seniors
- Encourage a variety of housing options
- Educate and encourage design flexibility



3. Transportation and mobility

- Getting around allows people to connect with others
- Reduced mobility increases isolation, loneliness and risk of poor health
- Dependent on our cars
- Slower reflexes, poor concentration and poor eyesight make driving difficult



3. Transportation and mobility

Challenges

- Uncoordinated land use/zoning
- Lack of signs, crosswalks, sidewalks and trails
- C-TRAN and C-VAN transit services need improvement
- Inadequate transportation alternatives



3. Transportation and mobility

Recommendations

- Make driving safer
- Provide safe and accessible connections such as sidewalks, access to bus stops
- Promote other forms of transportation besides cars



4. Supportive services

- 85% of older adults want to stay in their homes
- 42% of seniors have a functional limitation
- Most caregivers are family members
- 60% of caregivers are employed



4. Supportive services

Challenges

- Providing a mix of support services to remain independent as long as possible
- Physical and mental health support
- Caregiver support and respite
80% of long-term care provided by family



4. Supportive services

Recommendations

- Promote successful aging-in-place by protecting vulnerable adults, supporting physical and mental health
- Create better ways to support caregivers
- Increase awareness
- Provide resource information in one place



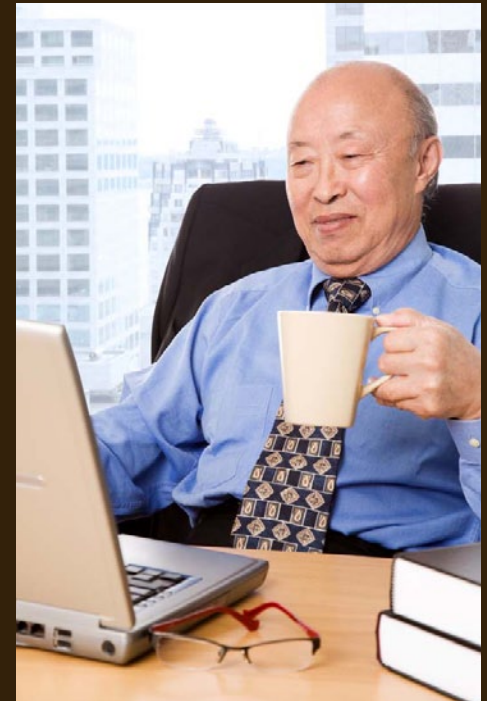
5. Community engagement

- 37% of Clark County residents volunteer
- 70% of volunteers are seniors
- 60% say feeling valued is important
- Not all boomers will retire



5. Community engagement Challenges

- Need opportunities to stay engaged
- Better engage older adults in workforce
- Remove potential barriers to employment
- Information not easily available



5. Community engagement

Recommendations

- Meaningful engagement
- Neighbor helping neighbor
- Senior talent pool for volunteering, working, mentoring



Next steps

- Jan. 19, 2012 ~ Planning Commission hearing
- Feb. 7, 2012 ~ Board of County Commissioners hearing



Clark County Community Planning
October 2011

