Aging in Community: Exploring Options

Session #1, September 23

WELCOME!
Welcome to the Culture Change in Aging Network: Creating New Models of Home & Community in Later Life

Mission

The Culture Change Network (CCAN WNC) of Western North Carolina is dedicated to educating the community about fundamental changes in values and practices to create a culture of aging that is life-affirming, satisfying and meaningful.

The committee advocates for culture change across a spectrum of services within a variety of living environments in Buncombe, Henderson, Madison and Transylvania Counties.

To advance these goals, CCAN WNC supports education in the community and collaboration with service providers in order to empower individuals and advance public policy changes and practices.
Course Outline & Schedule

1. Age and Ability Friendly Communities & Starting Where You Are
2. A New Frontier & Virtual Field Trip
3. Designs and Policies for Aging in Community
4. The Key Aspects of Healthy Communities – (1) “Glue”
5. The Key Aspects of Healthy Communities – (2) Project Management
6. The Key Aspects of Healthy Communities – (3) Communications
7. Community Services and Resources & Examples & Tips
8. Moving Forward
• Reading assignment:
  ➢ *Part 1 – A Third Way*

• Please fill out an evaluation form

• See you next Friday!
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Session 1, September 22nd:
Age and Ability Friendly Communities
Rebecca Chaplin
The 8 Domains of Livability

The availability and quality of these community features impact the well-being of older adults.
1. Outdoor Spaces and Buildings

People need public places to gather — indoors and out. Green spaces, safe streets, sidewalks, outdoor seating and accessible buildings (think elevators, stairs with railings, etc.) can be used and enjoyed by people of all ages.
Let’s try something fun – take out your phones!

• Text number: 22333
• The message: rebeccachaplin589
What characteristics enhance the outdoor spaces and buildings?
Driving shouldn't be the only way to get around. Public transit options can be as expansive and as infrastructure dependent as a train system or as targeted as a taxi service that provides non-drivers with rides to and from a doctor's office.
Which transportation option is most important to you?

• Private Automobile
• Safe Cycling
• Walking
• Bus
• Medical Transportation
• Friends, Neighbors and Volunteers helping each other
• Other
AARP surveys consistently find that older adults want to stay in their homes and communities for as long as possible. Doing so is possible if a house is designed or modified for aging in place and if a community includes housing options for varying life stages (and varying bank accounts).
What features make a home more accessible for all ages and ability levels?
4. Social Participation

Regardless of a person's age, loneliness is often as debilitating a health condition as having a chronic illness or disease. Sadness and isolation can be combatted by the availability of accessible, affordable and fun social activities.
What prevents you for being socially engaged?
5. Respect and Social Inclusion

Everyone wants to feel valued. Intergenerational activities are a great way for young and old to learn from one another, honor what each has to offer and, at the same time, feel good about themselves.
What types of experiences help you to feel a sense of social inclusion?
Why does work need to be an all or nothing experience? An age-friendly community provides ways older people can (if they choose) continue to work for pay, volunteer their skills and be actively engaged in community life.
Do you currently work for pay or as a volunteer?

- I work for pay
- I work as a community volunteer
- I work as a caregiver
- I don’t work and like it!
- I want to work or volunteer but haven’t found the right opportunity
7. Communication and Information

Information today is delivered in ways few could have imagined a decade ago — and many still don't know how to use. Age-friendly communities recognize that not everyone has a smartphone or Internet access and that information needs to be disseminated through a variety of means.
What is your preferred method of communicating?

- In person
- Telephone
- Email
- Facebook
- Through interactive experiences
- Writing Letters
At some point, every person of every age gets hurt, becomes ill or simply needs some help. While it's important that care be available nearby, it's essential that residents are able to access and afford the services required.
What types of health services would you like to access but are not accessible to you?
Where do we go from here?

- Join the AARP Age Friendly Community Volunteer Network!
  - HomeFit Training (October 26th)
- Select one of the 8 domains to improve in your life and stay tuned for Marianne’s presentation.
- Stay in touch with me! Rebecca Chaplin, Associate State Director, AARP NC, 828-380-6242, rchaplin@aarp.org
- Participate in the Asheville Comprehensive Plan
This presentation was adapted from the online slideshow

**Livable Communities: A Show & Tell**

For more information about AARP Livable Communities, visit: aarp.org/livable and aarp.org/agefriendly

If you have questions, email us at livable@aarp.org

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Aging in Community: Exploring Options
Session 1: Starting Where You Are

Presented by
Marianne Kilkenny
Marianne’s Story
Fall 1 & 2
Not Home Alone
Handout: Envisioning Home

Think about the place you currently call home. What makes it “home” to you?
Handout: Your Connections

- Friend, Linda
- Brother, David
- Sister, Lori
- Friend, Tom
- Shelby, my daughter in Philadelphia
- Co-workers
- Randy and Janice
- Friend, Greta
- Church Friends
- Book Club
- Past Colleague

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