

**Pitkin County Aging Well
Community Planning Initiative
Goals and Objectives – June 2014**

GOAL 1: Pitkin County older adults will be able to live comfortably and safely at home, based on their personal choices, resources, and abilities. (*“Home” refers to the broadest category of domiciles, including independent- or assisted-living facilities, naturally occurring communities, and privately-owned or rented residences.*)

- 1.1 Ensure that accessible affordable transportation options are available to older adults year round. (*“Accessible”, in this context, means ‘available with proper planning’. It does not necessarily mean ‘available on demand’ or ‘door-to-door’, and it is ‘location dependent’.*)
- 1.2 Ensure that basic, essential in-home support services, both medical and non-medical, are available to older adults. [*Define basic, essential. Define support services.*]
- 1.3 Ensure appropriate advocacy channels for older adult housing needs and issues.
- 1.4 Ensure that information and services are available to address independence and adaptability of physical space for older adults.

GOAL 2: Family members, neighbors, and friends who serve as caregivers of older adults in Pitkin County will be physically and emotionally supported. (*This support system is intended primarily to serve unpaid caregivers.*) (*Define physical and emotional support.*)

- 2.1 Identify members of the community who are paid and unpaid caregivers.
- 2.2 Increase respite care and memory care options and opportunities.

GOAL 3: Pitkin County will be a safe place for older adults in terms of the built environment, situational safety, financial exploitation, and elder abuse. (*The “built environment” here encompasses physical spaces. “Situational safety” here encompasses emergency preparedness, fire prevention and crime. “Elder abuse” here encompasses physical and emotional abuse and neglect, and appropriate adult protective services.*)

- 3.1 Identify senior-friendly elements that ensure safety of the built environment and are appropriate for Pitkin County. (*Examples include walkways and lighting, longer crosswalk signals, easy access to buildings, and pedestrian safety on walking/biking paths.*)
- 3.2 Encourage public safety officers and business leaders to focus on prevention and intervention strategies for older adults who are potential victims of criminal activity. (*“Business leaders” includes banks and credit card issuers.*)
- 3.3 Ensure access to timely information regarding emergency preparedness and fire safety.
- 3.4 Ensure timely and wide dissemination of information regarding recognition and prevention of financial exploitation and elder abuse.

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GOAL 4: Pitkin County older adults will have access to a range of medical, dental, vision, and hearing services to support their physical health.

- 4.1 Develop a patient-centered community case management model for chronic care and successful transitions along the care continuum, including transitions from and to hospitals, other care facilities, and homes.
- 4.2 Educate local medical providers regarding resources for older adults.
- 4.3 Increase the workforce supply of personal care providers and clinical rehabilitation therapists, i.e., CNAs, PTs, OTs, STs.
- 4.4 Advocate for access to a geriatric specialist.
- 4.5 Ensure the availability of hospice and palliative care.
- 4.6 Advocate for the expansion of a medical home model in the RFV. (*“Medical home model” refers to a team-based model of care led by a personal physician who provides continuous and coordinated care throughout the patient’s lifetime to maximize health outcomes.*)
- 4.7 Expand the availability of health care for people with Medicare/Medicaid.
- 4.8 Expand the availability of affordable, accessible dental, vision, and hearing care for older adults.

GOAL 5: Pitkin County older adults will have access to a range of clinical services and education to support their mental health.

- 5.1 Explore and implement best practices for integrated assessment and treatment of mental health, substance abuse, and cognitive decline, including access to a geriatric clinician and intensive, efficient geriatric treatment programs.
- 5.2 Educate older adults and local medical providers regarding mental health resources, and increase access to care.

GOAL 6: Pitkin County older adults will have access to a range of activities and services to support their wellness. (*Wellness options include nutrition, physical fitness and recreation, brain fitness, socialization, and spirituality.*)

- 6.1 Enhance awareness of the importance of nutrition, exercise, brain fitness, socialization, and spirituality in the aging well process.
- 6.2 Increase opportunities for brain fitness for older adults.
- 6.3 Identify needs and fill voids for older adults in the area of nutrition counseling.
- 6.4 Identify needs and fill voids for older adults in the areas of recreation and fitness.
- 6.5 Enhance awareness of the value of connectedness to sources of inspiration, satisfaction, hope, and spirituality.

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GOAL 7: Pitkin County older adults will be recognized as an essential and valued segment of the population, and older adult perspectives will be part of the fabric of community conversations. (*Aging is “cool.” Aging is for everyone.*)

- 7.1 Create an atmosphere of kindness, awareness, and respect for older adults.
- 7.2 Encourage cultural organizations, nonprofits, and governmental organizations to have at least one element in their strategic plan that focuses specifically on how they are engaging with the older adult population.
- 7.3 Create an environment in Pitkin County in which members of the older adult” community know how to express their concerns and feel that their voices are being heard.
- 7.4 Create opportunities for people aged 1-59 to learn from, socialize with, and connect with older adults.

GOAL 8: Pitkin County older adults will have multiple opportunities to volunteer in the community.

- 8.1 Ensure access to current relevant information about volunteer engagement opportunities.
- 8.2 Assist rural communities in establishing volunteer programs, if they are interested and willing.

GOAL 9: Pitkin County older adults will have multiple opportunities to be lifelong learners.

- 9.1 Increase the technology skills of older adults.
- 9.2 Increase the social and civic connectivity of older adults through the use of technology, the internet and social media.
- 9.3 Ensure that relevant education and cultural programs for older adults exist throughout the county.

GOAL 10: Pitkin County Senior Services will have a facility (e.g. “Senior Center”) that is known by all and is properly sized, designed, and located to serve the needs of a growing and aging older adult population through 2024 and beyond.

- 10.1 Define space and design requirements.
- 10.2 Identify funding opportunities.

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GOAL 11: Pitkin County Senior Services will be known as a hub for information, activities, programs, and services promoting health and independence for older adults.

11.1 Rebrand Pitkin County Senior Services to add emphasis on intimacy, friends, connection, and fun, and to encourage “Knowing Us Before You Need Us.”

11.2 Assist efforts of rural communities to determine what local services they would like to have for older adults, e.g., a physical gathering space, information service, volunteer network, etc.

GOAL 12: Pitkin County will have a centralized, commonly known, easy to use, up-to-date, sustainable system for accessing information important and relevant to its older adult residents. (This information “system” includes human elements, reachable by phone or email, as well as online resources.) (Include definitions for all aspects of the goal.)

12.1 Create and user-test a stand-alone Pitkin County Senior Services website.

12.2 Create and user-test the human elements of the information system. (This includes email, phone, and in-person interactions.)

12.3 Develop and roll out a publicity campaign to promote the system.

GOAL 13: Pitkin County older adults will have access to experienced, trustworthy advocate-mentors. (Advocate-mentors may be paid professionals or volunteers, will have defined skill sets gained from experience and/or training, and will serve as close advisors, guides, and champions to individual older adults who desire such a relationship.)

13.1 Investigate possible structures for, and elements of, an advocate-mentor program, and create a pilot program.

GOAL 14: Residents of all ages will understand the resources necessary for aging well. (“Resources” encompasses the broadest array of services, including financial, legal, and practical considerations.)

14.1 Ensure the existence of financial planning models and advisors to help residents of all ages manage expectations and assess current and future abilities to age well in Pitkin County or elsewhere.

14.2 Educate all residents concerning financial, legal and practical considerations for aging well. (Examples include living wills, health care representatives, living trusts, long term insurance plans, and asset management.)