



## 2017 Aging Well Plan Summary Report

### **AARP Age-Friendly Designation: Pitkin County**

As a result of community's work on the Aging Well Community Planning Initiative, Pitkin County was accepted as the 149th community in the AARP/World Health Organization Network of Age-Friendly Communities, in March 2017. AARP representatives participated in a discussion session with community stakeholders affiliated with the Aging Well initiative and a presentation of the designation was made to the Pitkin County BOCC in May 2017.

### **Redstone Input**

Pitkin County Senior Services hosted a lunch input session with 35 area seniors in May 2017. This event was inspired by a comment made by senior waiting for a flu shot in October 2016 when she was having fun visiting with others who were also waiting: "we should get together more often!" From that May session, it was determined that seniors in the upper Crystal Valley would enjoy some programming services for the purpose of fitness, socialization and connection to resources. Although a subsequent grant application to pilot this project was unsuccessful, Pitkin County Senior Services is continuing efforts to get Redstone services underway.

### **Community Collaborations**

In collaboration with Eagle County, seniors and stakeholders in the mid-valley were invited to participate in input sessions in May regarding improving services to seniors in the mid-valley. The top 3 priorities determined from these sessions were: housing needs, access to information and resources, and access to health care.

### **HomeFit for Seniors**

Based on the mid-valley input sessions, Pitkin County Senior Services gathered partners (Eagle County, NWCCOG, Holy Cross Energy, Community Office on Resource Efficiency and the Basalt & Snowmass Fire Departments) and coordinated the presentations of HomeFit for Seniors which were held in Basalt in September and Aspen in December. Both sessions were well-attended and well received. These sessions were based in large part on materials available through AARP.

### **Senior Law Day**

Pitkin County spearheaded the inaugural tri-county Senior Law Day in October with partners from the local Area Agencies on Aging, Garfield County, Eagle County, Pitkin County and Alpine Legal Services. The full day event included a keynote address, concurrent sessions on a variety of topics of interest to seniors, a closing panel and 1:1 sessions offered free of charge. Lunch and informational tables were also included.

### **Facilities Tour**

In December, 11 staff and senior council members, plus a county commissioner, toured two new senior care facilities in the area – the Castle Peak Care Center in Eagle, and Peregrine Senior Living in Glenwood Springs. These tours provided insight as to what care services are available in the region, and gave ideas about what might be beneficial to develop elsewhere in the valley, particularly in areas where few facilities exist.

### **Other 2017 Events**

- Let's Talk Life – actively partnered with Alpine Area Agency on Aging and HomeCare and Hospice of the Valley to promote and present two coordinated events at the Pitkin County Library in April
- Aging Well Update for BOCC – presented in February
- Spring Into Summer Wellness – 3<sup>rd</sup> annual event was held at the Pitkin County Library in June

- with increased attendance and new ideas for an expanded event next year
- Expanding Your Understanding of Dementia – well-attended program at the Pitkin County Library presented by an expert in caregiving for people with dementia, in August
- Outreach at community events –Aspen Saturday Market (August), Basalt Sunday Market (September) Aspen-Pitkin Cares Community Support Fair (November)

As 2017 drew to a close, efforts were underway to update the plan to ensure its continued vitality as a dynamic tool, creating a community focused on lifelong support of all residents. Senior Services continues to strengthen partnerships with non-profits, governments, caregivers and entities in Pitkin County, throughout the Roaring Fork Valley, and in the AARP Age-Friendly network. Continued successful program development is anticipated as part of the Aging Well Community Plan.