



Age-Friendly Pitkin County

The 8 Domains of Livability

Domain 1: Outdoor Spaces and Buildings

The ability of people to get around in the natural and built environment. How are they able to do so conveniently and safely? To what extent does the outdoor and built environment encourage active community engagement?

Goal 1: Identify and advocate for age-friendly elements that ensure safety of the outdoor and built environments. Support implementation of age-friendly improvements in Master Plans throughout the county.

Goal 2: Establish a Pitkin County Senior Services facility (e.g. “Senior Center”) that is known by all and properly sized, designed, and located to serve the needs of a growing older adult population.

Domain 2: Transportation

The opportunities people have to travel conveniently and safely wherever they want to go in the community, using a variety of transportation modalities. To what extent do the available transportation services in the community enhance independent living?

Goal 1: Connect older adults to pre-planned year-round accessible, affordable transportation options through information, resource development and increased services.

Goal 2: Advocate for more transportation options that are Paratransit/ADA compliant

Goal 3: Advocate for the creation of additional transportation options to assist older patients traveling to medical facilities

Domain 3: Housing & Supportive Living Options

The availability of housing options that are safe and affordable, including residential care facilities. To what extent do people have in home support service options that allow them to maintain dignity and autonomy as their needs change, based on personal choices, resources and abilities? To what extent is universal design incorporated in housing options?

Goal 1: Continue to advocate for older adult housing options including opportunities to downsize and/or rightsize.

Goal 2: Gather and disseminate information and services that are available to support independence and adaptability of physical space for older adults.

Domain 4: Wellness & Enrichment

The opportunities people have to participate in wellness, social, leisure, educational and cultural activities. To what extent do older adults have benefit from these programs, events and activities in the community?

Goal 1: Continue to provide education on the importance of exercise, brain fitness, nutrition, cultural programs, socialization and spirituality in the aging process; Develop new programs to engage new participants.

Goal 2: Increase opportunities and enrollment in brain fitness for older adults.

Goal 3: Identify additional opportunities for older adults in the area of nutrition counseling.

Goal 4: Identify additional opportunities for older adults in the areas of recreation and fitness.

Goal 5: Increase awareness and availability of programs that are potential sources of inspiration, satisfaction, hope, spirituality and connectedness.

Domain 5: Diversity and Inclusion

The availability of programs that respect and promote all types of diversity including age, ethnic/cultural background, sexual orientation and socio-economic status. To what extent are there programs and events that encourage intergenerational and multi-cultural interaction and dialogue? Are members of the older population comfortable joining in?

Goal 1: Encourage respect and appreciation for older adults and their contributions and move the community away from ageist attitudes and criticisms that exist.

Goal 2: Through educational and training initiatives, Pitkin County has the opportunity to be identified as a safe place for LGBTQ older adults to age well.

Goal 3: Ensure opportunities for people aged 1-59 to learn, socialize and connect with older adults.

Goal 4: Ensure opportunities for Spanish Speaking members of the older population to connect with and among older adults.

Domain 6: Civic Engagement and Employment

The opportunities people have to make useful and meaningful contributions by participating in community decision making and sharing their experience and skills in the community through employment and volunteerism. How are older adults recognized as an essential and valued segment of the population?

Goal 1: Ensure access to current relevant information about volunteer and civic engagement opportunities

Goal 2: Encourage 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.

Goal 3: Encourage cultural organizations, nonprofits, and governmental organizations to have at least one element in their strategic plan that focuses on how they engage with the older adult population.

Goal 4: Research and promote encore employment opportunities in the valley.

Goal 5: Provide community-wide information and education on the benefits of employing older adults; cultivate community work and/or partnerships with existing nonprofits that address older adult employment opportunities and issues.

Domain 7: Communication and Information

The ability of people to access information, through direct communication and through technology, about resources, programs and services available for the older population in Pitkin County. What technology is available to keep people connected? How is community information disseminated to residents through a variety of modalities?

Goal 1: Engage rural communities, through their neighborhood groups, religious organizations, first responders and caregivers to create stronger connections to the services available throughout the county.

Goal 2: Empower seniors through technological resources, including broadband; Remove barriers to telehealth and remote patient monitoring systems and educate seniors on how to access innovative programs and critical connections through technology.

Goal 3: Continue the publication and promotion of monthly newsletters, calendars & menus. Seek creative and effective marketing and outreach methods to promote the opportunities and activities available through the Senior Center.

Goal 4: Create an annual plan for Public Relations and promotion of availability of information in various forms, including onsite, the website and through offsite partner programming. Increase marketing and outreach overall through established media and other communication channels.

Goal 5: Provide information, annually, regarding access to timely information regarding emergency preparedness and fire safety.

Domain 8: Health Care & Community Services

The opportunities to connect with physical and mental health services, as well as community support systems, necessary for maintaining independence and quality of life. To what extent do older adults have access to resources for physical and mental health care, and situational safety including prevention of fraud & exploitation, isolation and elder abuse?

A. Health Services

Goal 1: Promote the availability of affordable, accessible health care including dental, vision, and hearing care for older adults.

Goal 2: Educate local medical providers regarding resources for older adults.

Goal 3: Advocate for the expansion of a medical home model in the Roaring Fork Valley.

Goal 4: Advocate for mental health programs and services for older adults.

Goal 5: Support a patient-centered community case management model for chronic care and successful transitions along the care continuum, including transitions to and from hospitals, care facilities and homes.

Goal 6: Advocate for an increase respite care and memory care options and opportunities.

Goal 7: Advocate and communicate the availability of basic essential in-home support services, both medical and non-medical, are available to older adults.

Goal 8: Create and distribute resource information on hospice and palliative care.

Goal 9: Participate in integrated assessment and treatment programs involving older adults such as Care Navigation and Pitkin Area Co-Responder Teams (PACT)

B. Community Health

Goal 10: Identify and address the support and educational needs of paid and unpaid caregivers in the community.

Goal 11: Promote and engage public safety officers, Adult Protective Services and business leaders to focus on prevention and intervention strategies for older adults who are potential victims of criminal activity, fraud, abuse and neglect.

Goal 12: Advocate for geriatric care education for medical providers and for access to a geriatric specialist.

Goal 13: Educate and advocate for careers in aging.