

## Age-Friendly Laramie: Professionals Virtual Summit Pre-meeting

January 14, 2021, 1:00 to 3:00 p.m.

<https://uwyo.zoom.us/j/97106424925>

- Welcome!! AFL in brief
- Comments by AARP Wyoming Director Sam Shumway
- Comments by Mayor Paul Weaver and Vice-Mayor Jayne Pearce
- AFL Needs-Assessment-Bird's eye view
- Action Plan Format

TIME STAMP— 1:30 p.m.

- Brainstorm Breakouts- Moderators introduced
1. Breakout 1. Transportation—The City of Laramie and Albany County can improve quality of life and social engagement among older people by developing convenient, affordable, and reliable local transportation options for residents who are unable to drive safely or who prefer to travel using public transportation options or other alternatives, including bicycling and walking.

<https://padlet.com/wyoclasses/transportation>

TIME STAMP— 1:50 p.m.

2. Breakout 2. Housing Options—Consider creative solutions to address shortages of supportive and affordable housing options for older residents, including exploration of cutting-edge housing alternatives for older people (e.g., “Village” model, see Scharlach et al. [2012]; accessory dwelling units, see Seliger [2012]; group-living options), and adaptation and/or modification of current home-environments.

<https://padlet.com/wyoclasses/housing>

TIME STAMP— 2:10 p.m.

3. Breakout 3. *Employment*—Develop strategies for including older residents in meaningful and purposeful activities, such as employment and volunteer opportunities. Work to reduce discriminatory attitudes and stereotypes that result in underutilizing older residents as a human resource.

<https://padlet.com/wyoclasses/employment>

TIME STAMP— 2:25 p.m.

4. Breakout 4. *Commerce*—Raise awareness among commercial entities regarding accessibility issues impacting older adults and persons with disabilities. Work to increase inclusion of residents by optimizing age-friendliness of public and private environments and settings.

<https://padlet.com/wyoclasses/commerce>

TIME STAMP— 2:40 p.m.

5. Breakout 5. *Improving informal support*— Promote neighborhood cohesion through activities that encourage positive interactions with fellow residents. In regard to aging in place, many needs can be met through neighborly reciprocity and volunteering to help those with whom we have affinity.

<https://padlet.com/wyoclasses/neighbors>

TIME STAMP— 2:55 p.m.

Wrap-up

TIME STAMP— 3:00 p.m.