Age-Friendly Laramie: Professional Virtual Summit Meeting
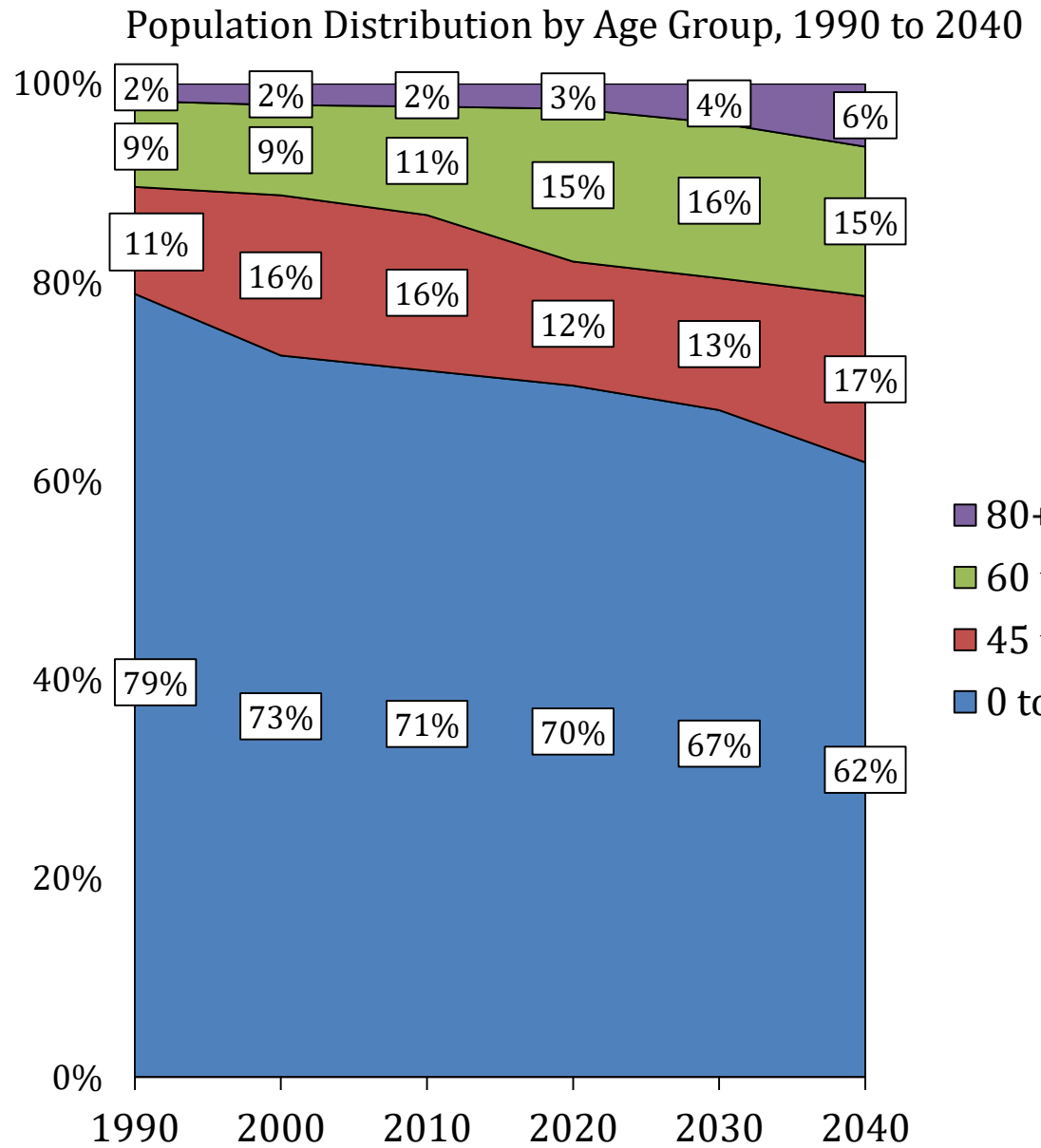

January 14, 2021

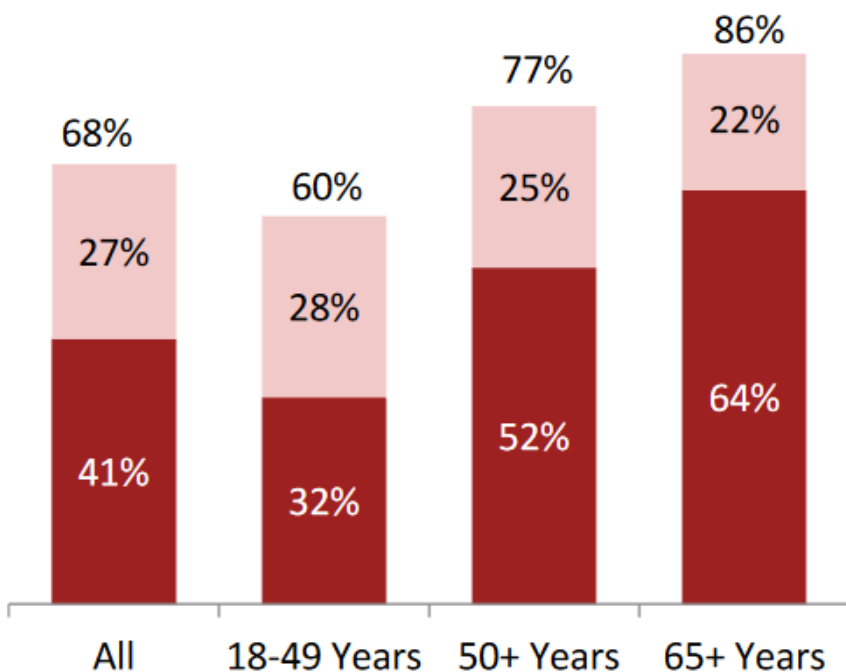https://uwyo.zoom.us/j/97106424925

UNIVERSITY of WYOMING

Albany County is Getting Older on Average

Population Distribution by Age Group, 1990 to 2040

Strong Preference of Older People to Age in Place

AARP Livable Communities

- Sam Shumway, Wyoming AARP

The AARP Network of Age-Friendly Communities

Our Vision and the "8 Domains of Livability"

The Built Environment
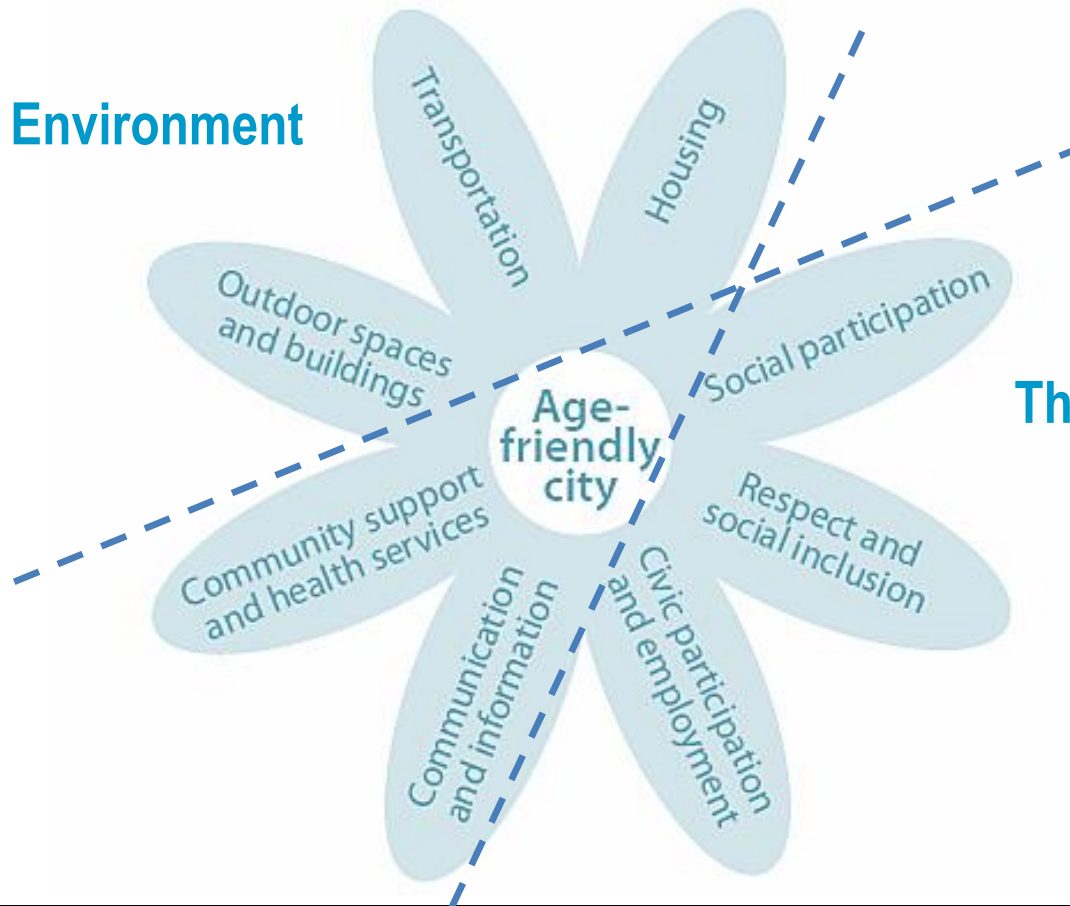
The Social Environment

Municipal Government must be Involved

Mayor Paul Weaver & Vice Mayor Jayne Pearce

Stakeholders of all ages and walks-of-life support age-friendliness.

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Age-Friendly Communities

"A community that is safe and secure, has affordable and appropriate housing and transportation options, and has supportive community features and services. Once in place, those resources enhance personal independence; allow residents to age in place; and foster residents' engagement in the community's civic, economic, and social life"

Figure x. Participant ratings of community as a place for people to live as they age by age cohort

Rating of Community as a Place to Age

Rating	18 to 45	46 to 59	60+
Excellent	5%	2%	9%
Very good	30%	40%	41%
Good	38%	34%	28%
Fair	26%	21%	16%
Poor	1%	3%	7%

Age Friendly Network Process

Years 1 and 2: Conduct Listening Sessions and Assessment

Year 2: Create an Action Plan

Years 3-5: Implementation of Action Plan

Year 5: Progress/Status Evaluation and Update

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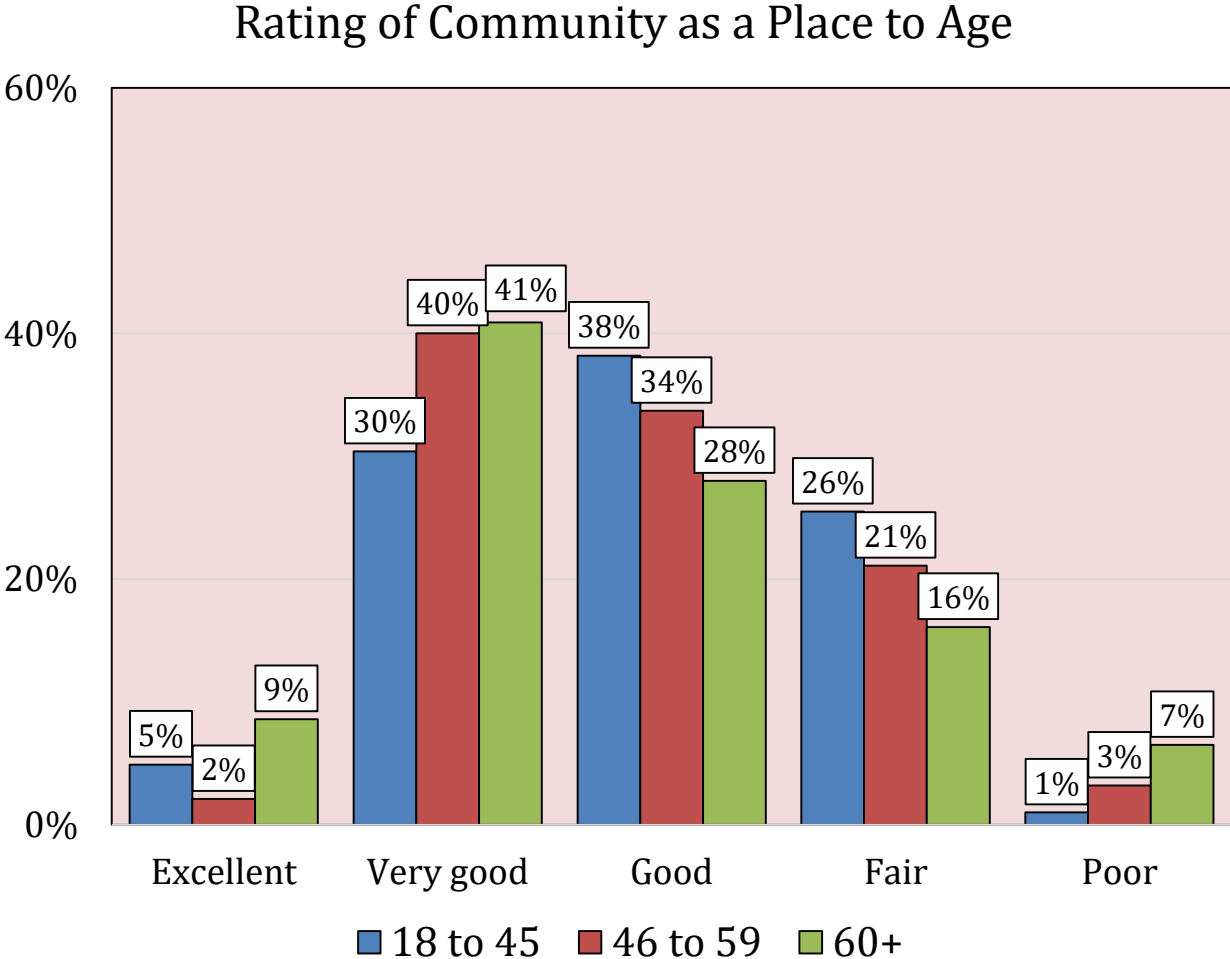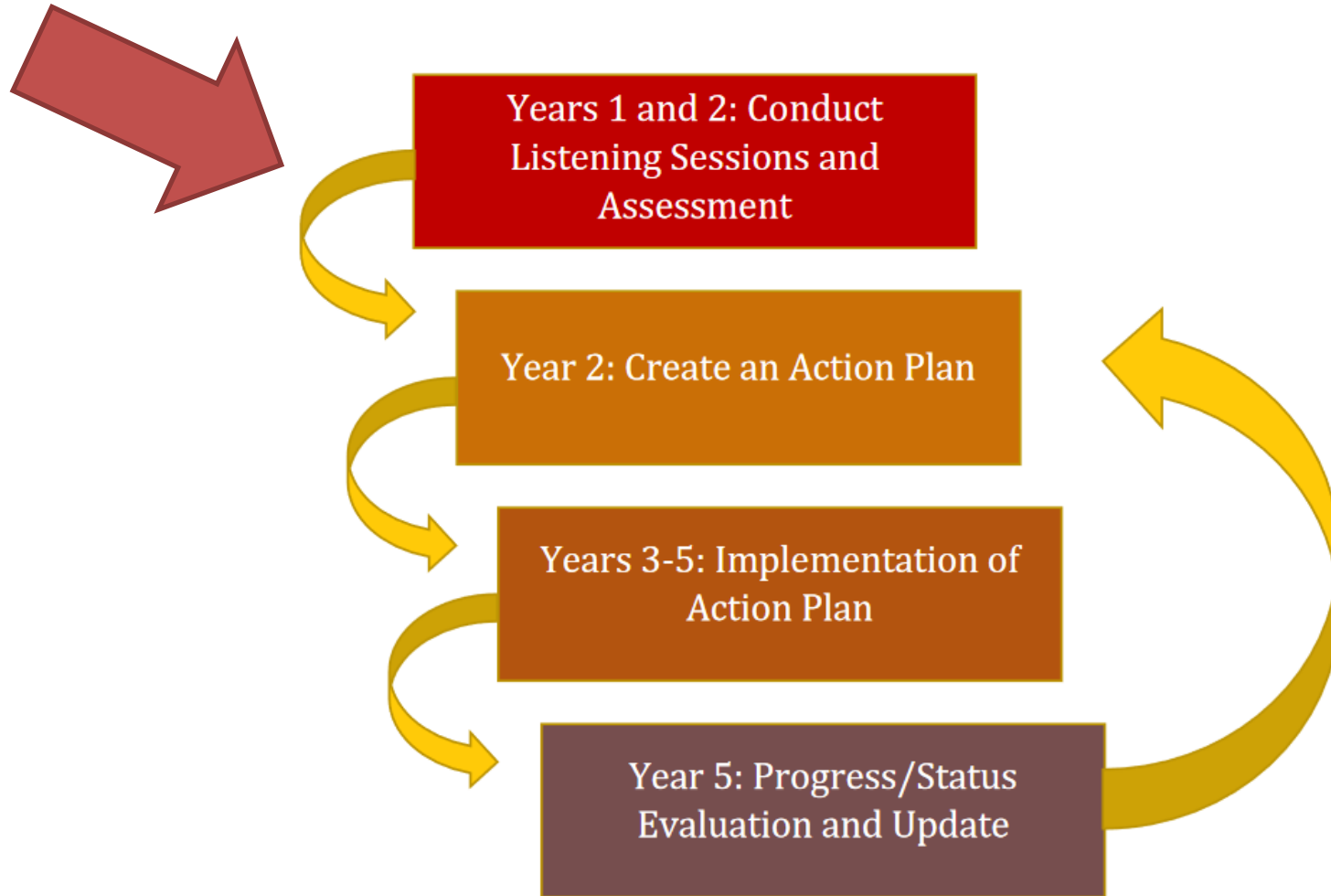
Where are we in the process?

- Step 1: Entering the network

    - Gathering (initial) Leadership
        - University of Wyoming (Bernard A. Steinman)
        - Eppson Center for Seniors (Tammy Comer, Executive Director)
        - Foster Grandparents (Maryalice Snider)
        - City Government
        - AARP (Sam Shumway, State Director)
        - Other stakeholders
    - Engaging Community
        - Community visioning meetings
        - Committee formation
        - And… finally…
    - Framing the issue

The community came together to imagine the future of Albany County.
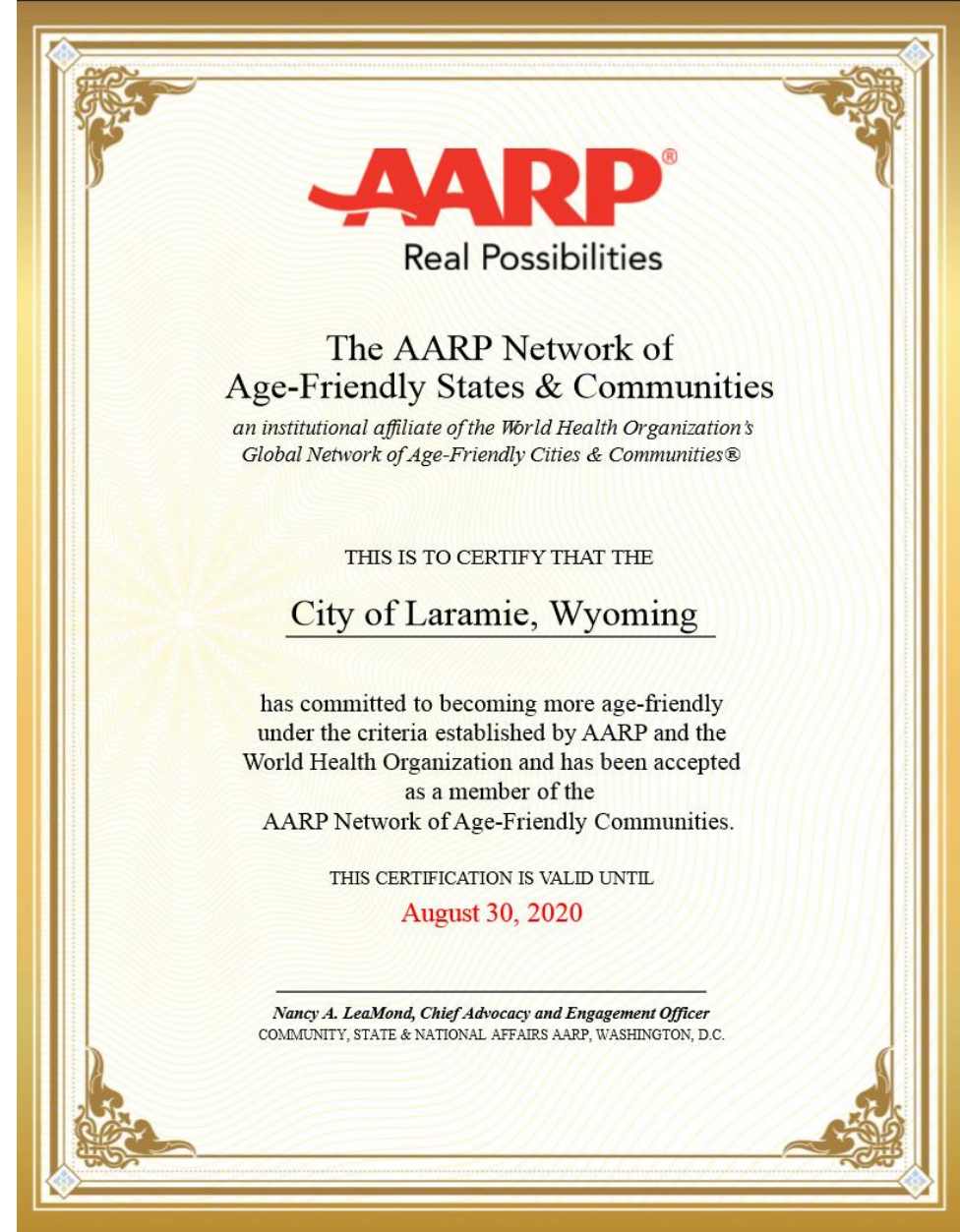
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Assessing Community Needs

"Building a community that is safe and highly livable for people of all ages and abilities..."
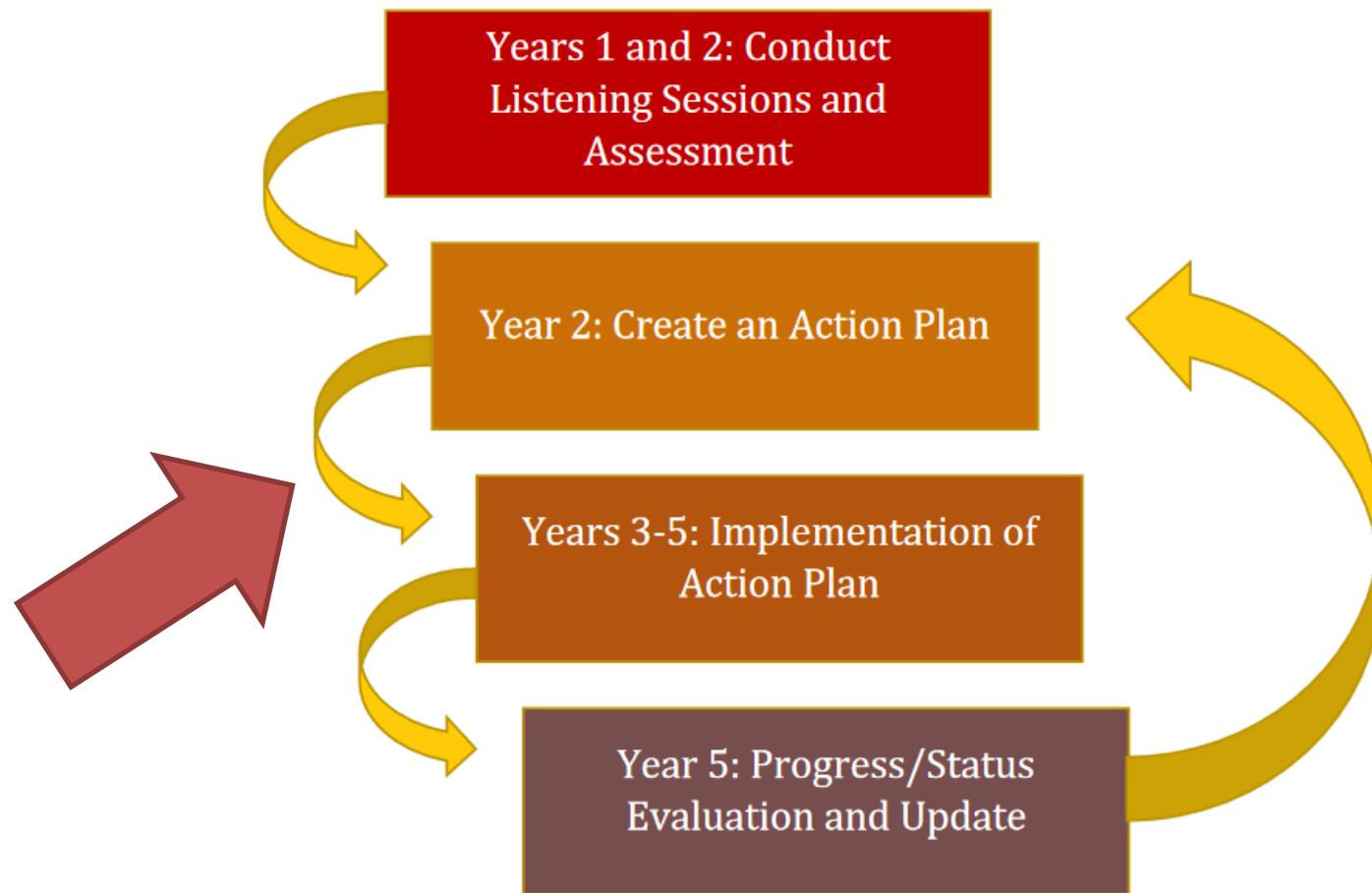
Age-Friendly Laramie

Assessing Livability, Age-Friendliness, and Perceived Needs to Age Well in Albany County, Wyoming

Wyoming Center on Aging
University of Wyoming

Enrollment in the AARP Network of Age-Friendly Communities

Age Friendly Network Process

Creating our Action Plan

Ideas that are specific, realistic, achievable, big or small– balanced brain storming

DRAFT of AGE-FRIENDLY LARAMIE ACTION PLAN. Please do not distribute.

Planning for Growth
Rationale:

Recommendation: Support planning for growth in the number and proportion of residents who are age 60 and older. By 2030, this segment of the population will make up a significant share of the population in Laramie and Albany County. Understand that increased numbers of older residents will impact virtually every aspect of the community.

Action 1:

    Goal:

    Measure:

    Success:

Action 2:

    Goal:

    Measure:

    Success:

Potential Partners: Laramie City Council, City Departments, Eppson Center for Seniors

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Breakout #1-- Transportation

Table 6. Modes of transportation by age cohort

	All Ages	18 to 45	46 to 59	60+
Drive yourself	97%	95%	100%	97%
Have others drive you	26%	35%	33%	21%
Walk	62%	73%	62%	60%
Ride a bike	48%	69%	48%	39%
Use public transportation (e.g., UWyo Roundup)	8%	12%	3%	9%
Take a taxi/cab	3%	5%	1%	2%
Rideshare service (e.g., *Uber*, *Lyft*)	8%	12%	11%	2%
Use a special transportation service, such as one for seniors or persons with disabilities	3%	0%	1%	8%

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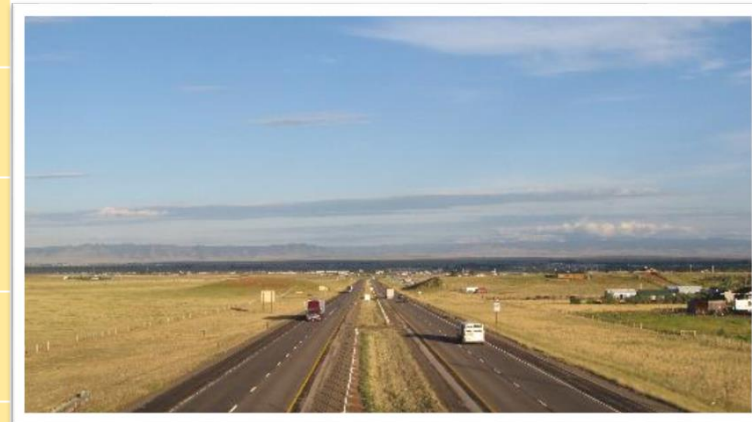
Transportation Rationale

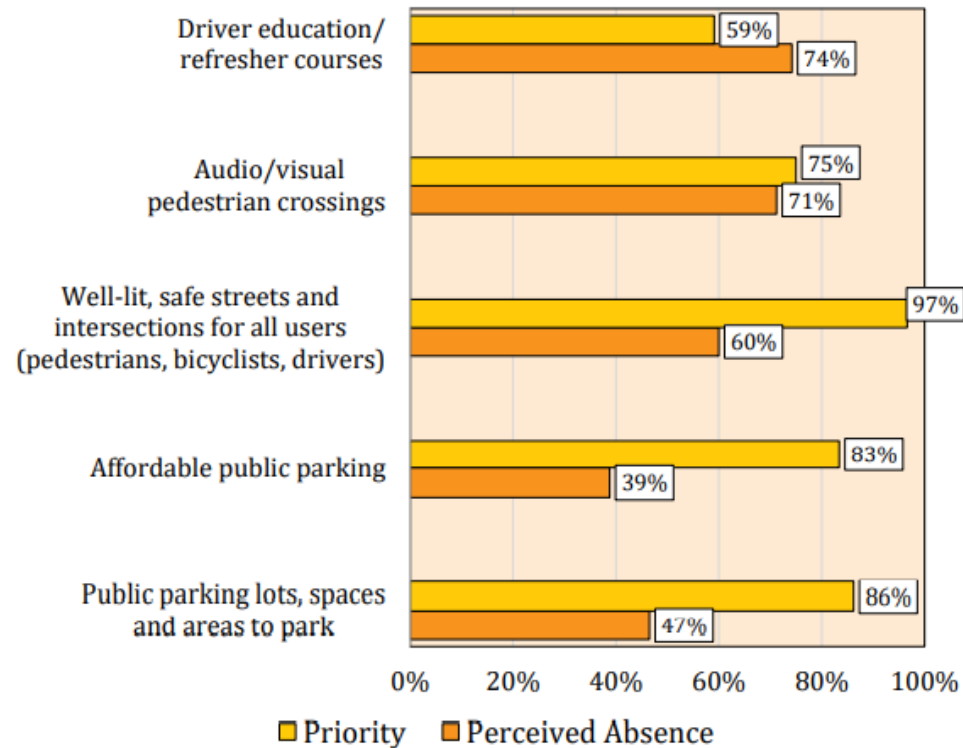Transportation Priorities and Perceived Absence of Resources

Enforced speed limits — Priority 80%, Perceived Absence 46%
Easy to read traffic signs — Priority 92%, Perceived Absence 40%
Well-maintained streets — Priority 94%, Perceived Absence 76%
Safe public transportation services for people with… — Priority 90%, Perceived Absence 62%
Reliable public transportation — Priority 85%, Perceived Absence 75%
Well-maintained public transportation vehicles — Priority 83%, Perceived Absence 69%
Affordable public transportation — Priority 84%, Perceived Absence 62%
Accessible and convenient public transportation — Priority 82%, Perceived Absence 71%

(Cont.) Transportation Priorities and Perceived Absense of Recources

Driver education/ refresher courses — Priority 59%, Perceived Absence 74%
Audio/visual pedestrian crossings — Priority 75%, Perceived Absence 71%
Well-lit, safe streets and intersections for all users (pedestrians, bicyclists, drivers) — Priority 97%, Perceived Absence 60%
Affordable public parking — Priority 83%, Perceived Absence 39%
Public parking lots, spaces and areas to park — Priority 86%, Perceived Absence 47%

Priority   Perceived Absence

Transportation Recommendation

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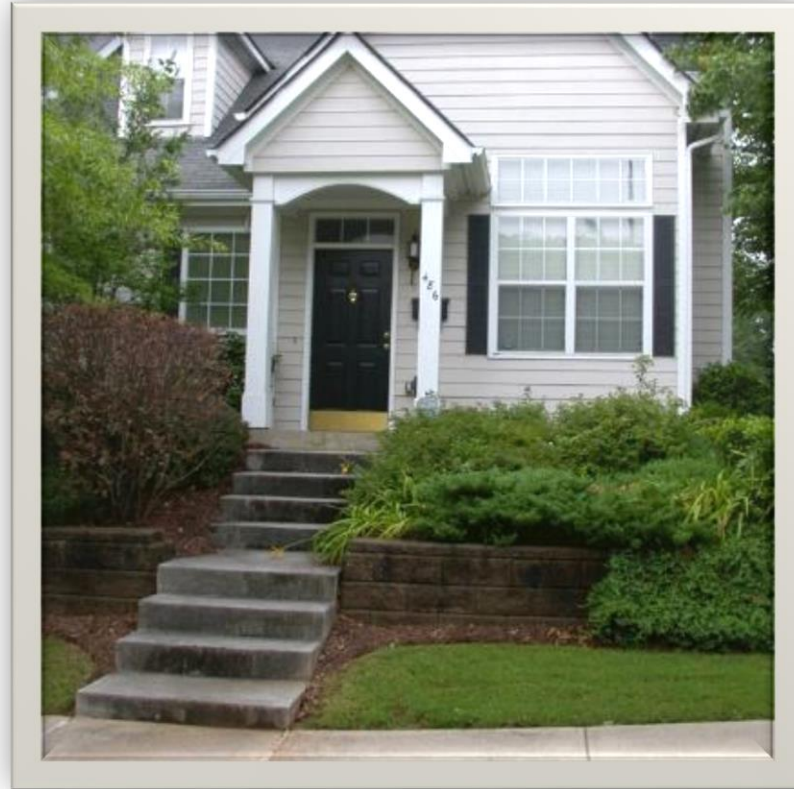
https://padlet.com/wyoclasses/transportation

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Breakout #2-- Housing

76%

of adults ages 50+ agree or strongly agree with the statement: "What I'd really like to do is stay in my current residence for as long as possible."

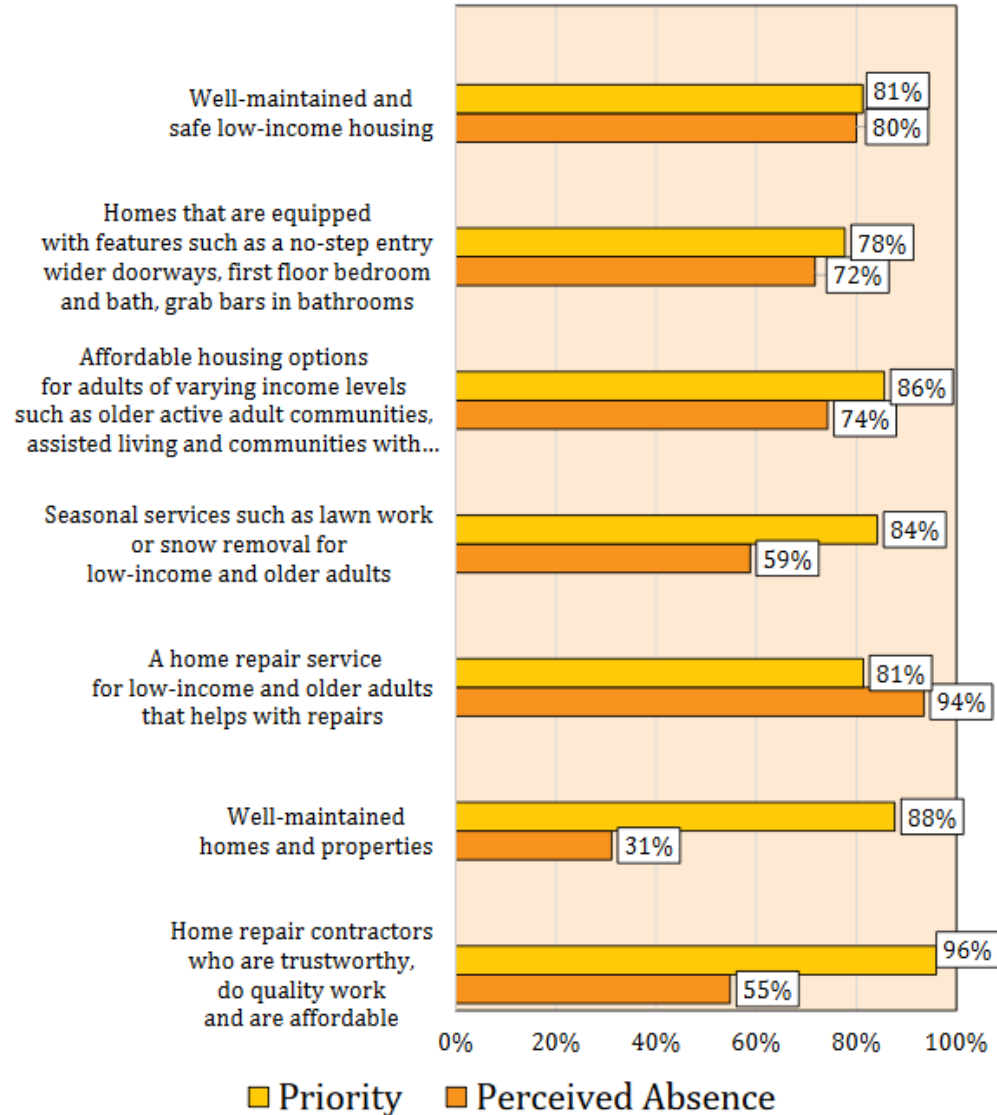Source: AARP Home and Community Preferences of the 45+ Population, 2014

But most houses haven't been designed to age in place. In fact, American homes have traditionally been designed and built for **able-bodied 35 year olds**

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Housing Rationale

Housing Priorities and Perceived Absence of Housing Resources
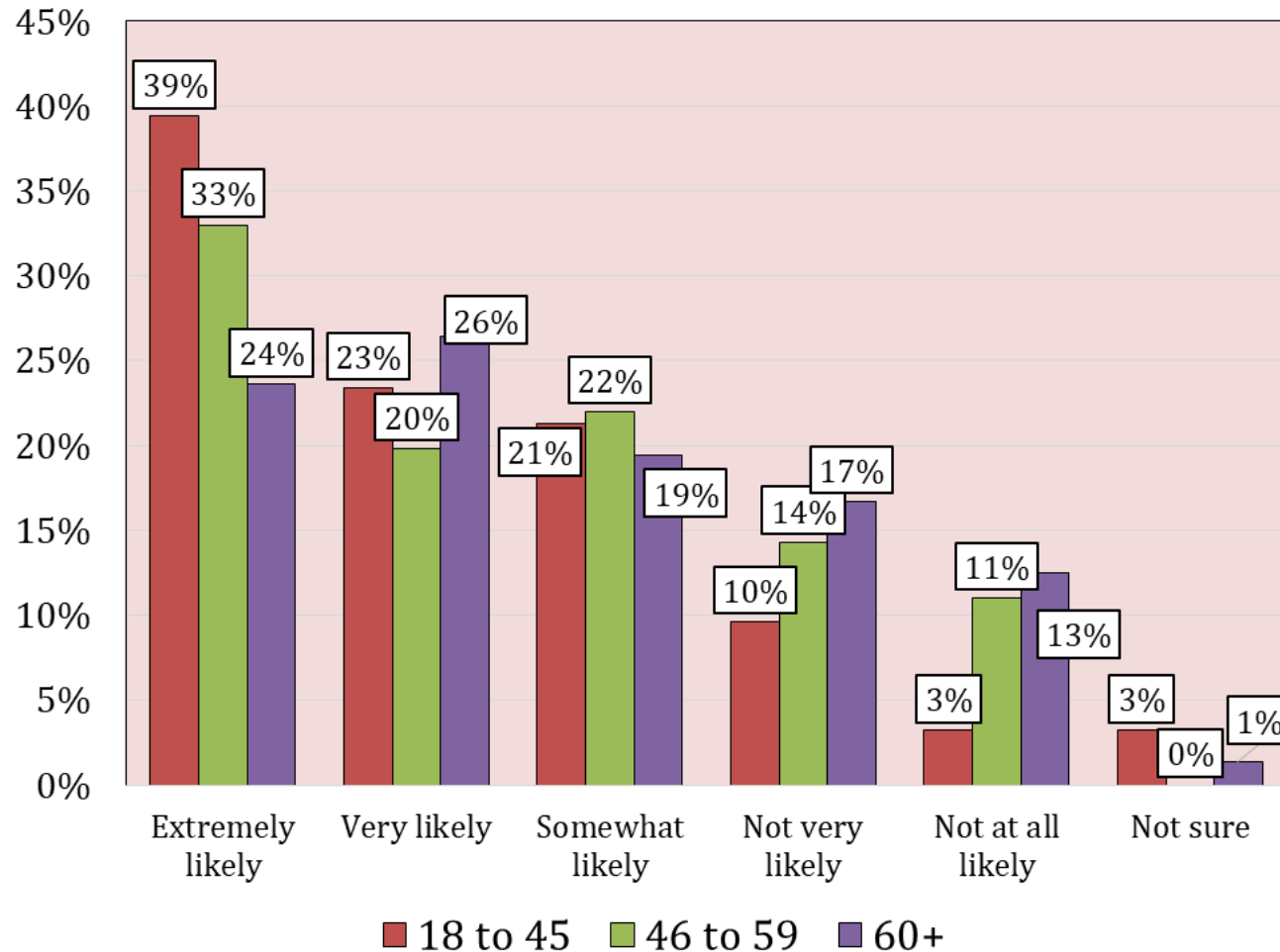
Housing Recommendation

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; accessory dwelling units; group-living options), and adaptation and/or modification of current home-environments.
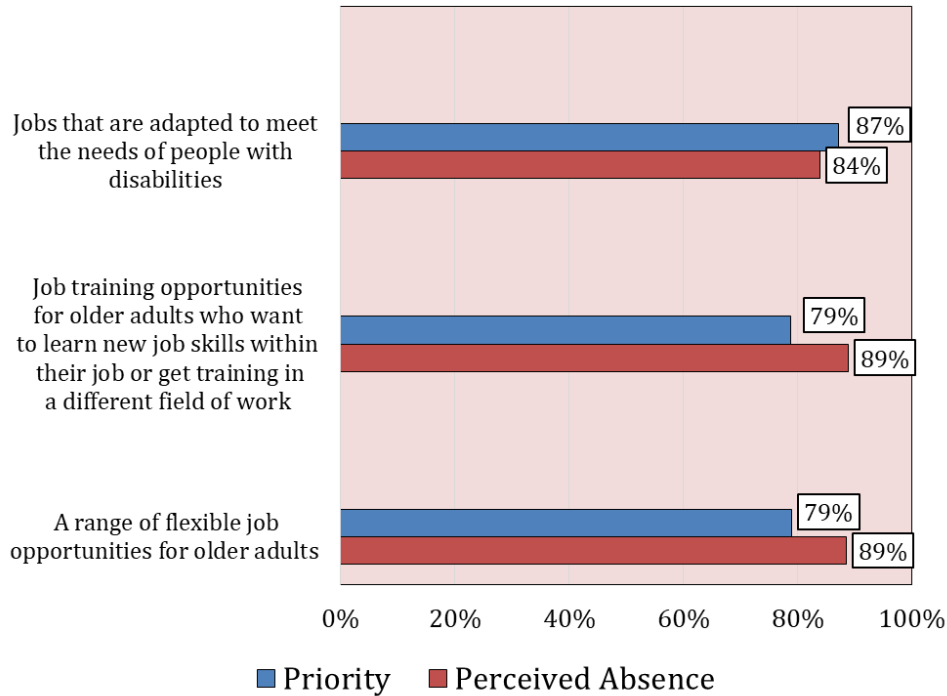
https://padlet.com/wyoclasses/housing

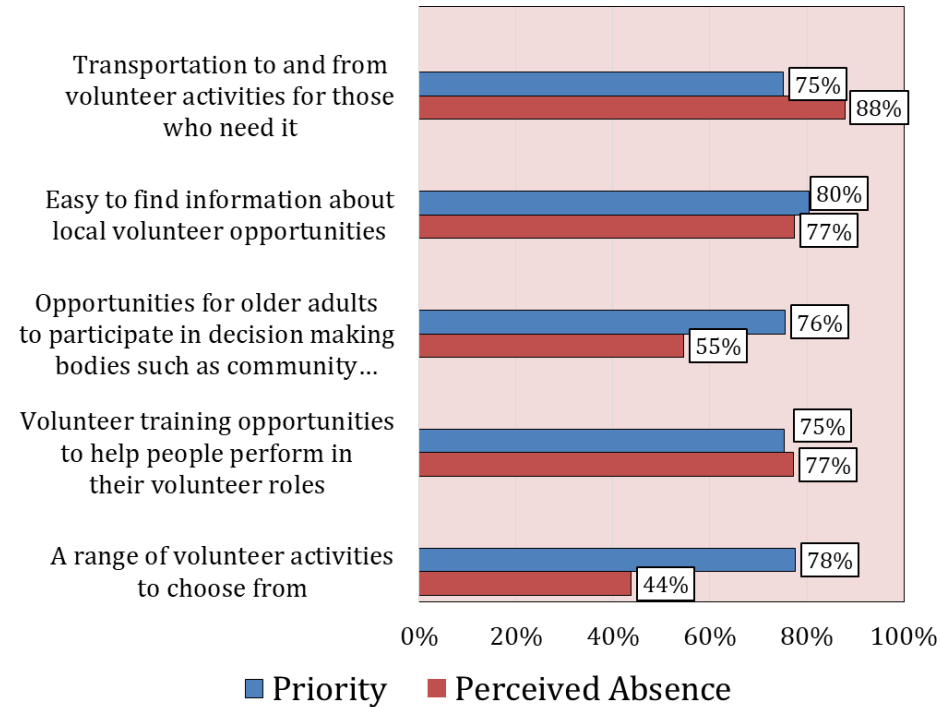# Breakout #3-- Employment

Continuing Work for As Long as Possible

Employment Rationale

Job Opportunities Priorities and Perceived Absence of Resources

Volunteering and Civic Engagement Priorities and Perceived Absence of Resources

Employment Recommendation

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.

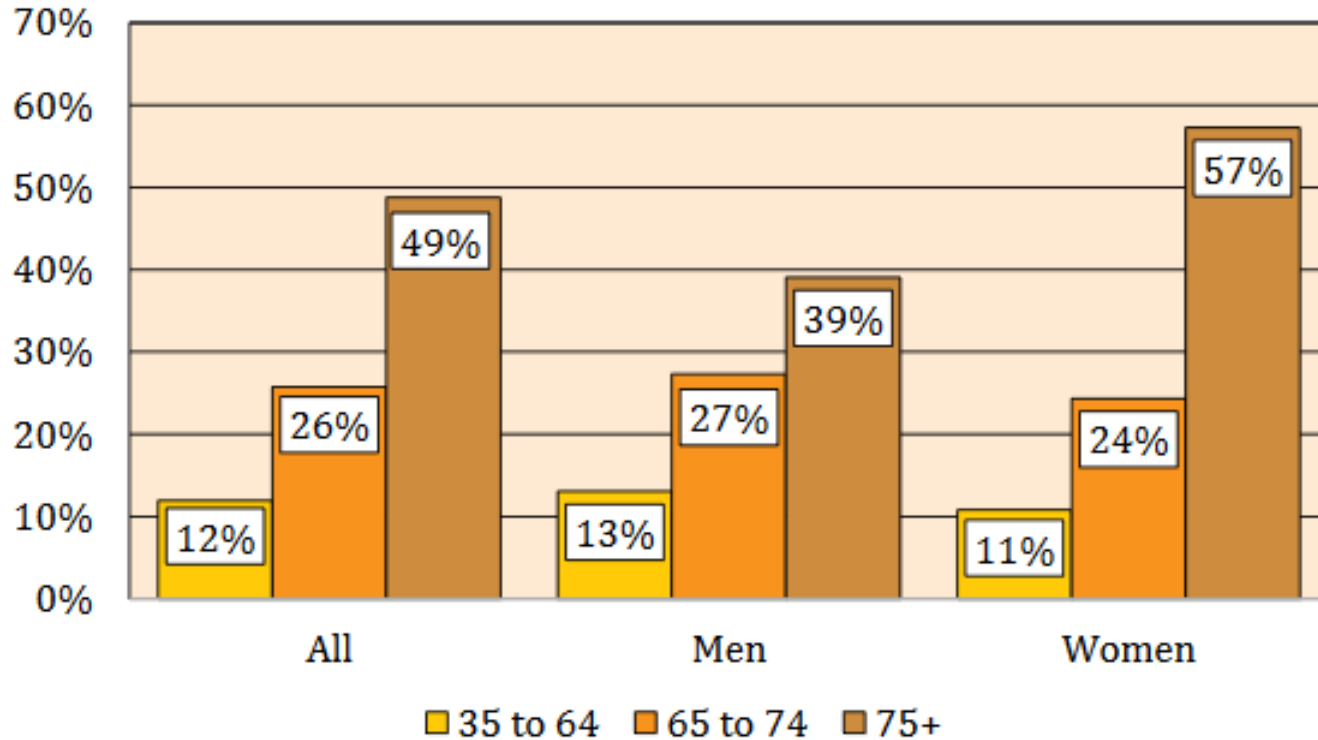https://padlet.com/wyoclasses/employment

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Breakout #4-- Commerce

Figure 11. Percentage of Albany County residents reporting at least one disability by age group and sex

Source: U.S. Census Bureau, 2013-2017 American Community Survey 5-Year Estimates, Table B18101.

Commerce Rationale

While the Americans with Disabilities Act (ADA) requires that public spaces be accessible for persons with disabilities (e.g., vision and hearing loss or mobility impairments), there are ongoing barriers to accessibility issues in public and private spaces that may deter or prevent older adults living with disabilities from accessing these spaces.

Commerce Recommendation

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

Breakout #5– Informal Services

Figure 6. Living arrangements of Albany County residents, age 65 and older

Lives w/spouse 55.3%

Lives alone 33.5%

Lives w/others 11.2%
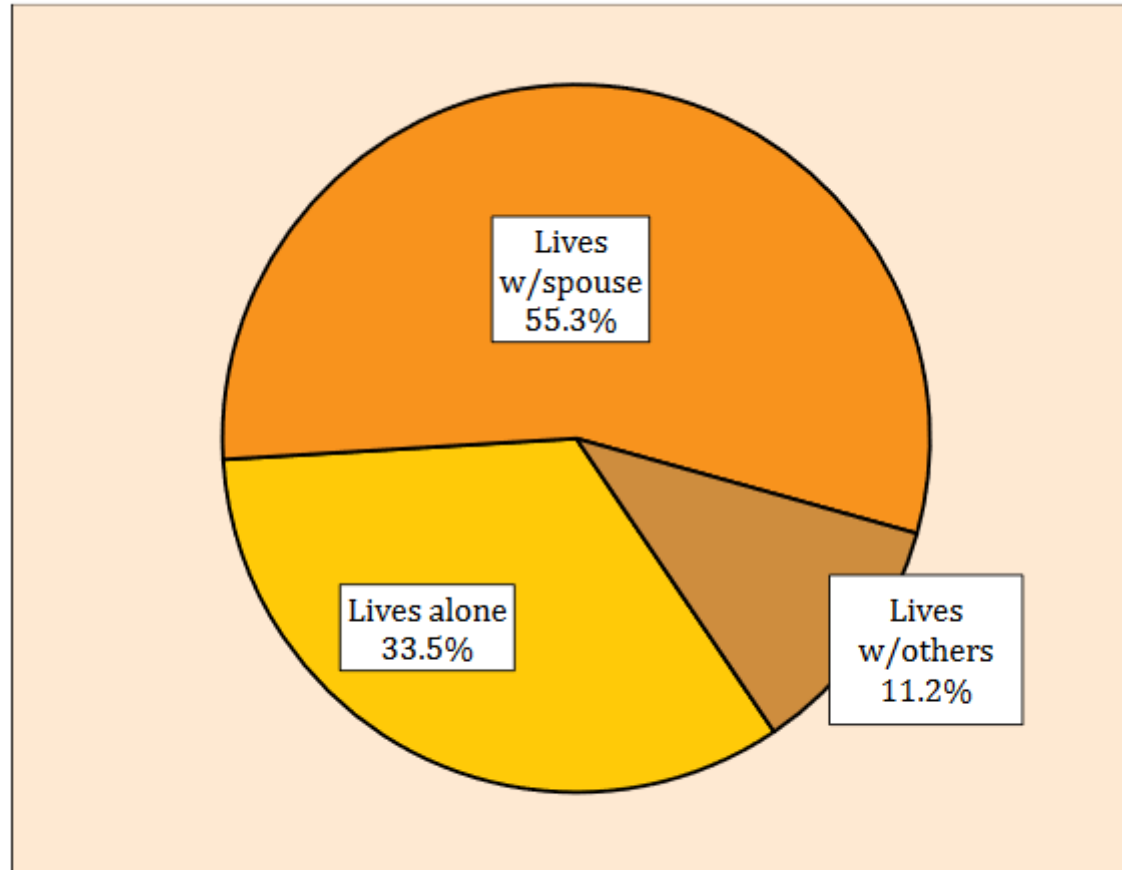
Source: U.S. Census Bureau, 2013-2017 American Community Survey 5-Year Estimates, Table B09021

Note: Includes only community households, not group quarters such as nursing homes.

Informal Services Rationale

A cornerstone of the community is the University, but often community members who are not members of the University community (and vice versa) may feel as though there is a lack of cohesion across neighborhoods. Thus, additional and more consistent opportunities to foster community cohesion are warranted.

Informal Services Recommendation

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

Summit Wrap-Up

- Thanks to all of you
- Action Plan out in February (see http://age-friendlylaramie.org)
- Survey
- Collaboration opportunities

For More Information
http://age-friendlylaramie.org

Questions?
Contact: Bernard A. Steinman
afl@age-friendlylaramie.org

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