

## SENIOR SUMMMIT FOLLOW-UP ACTION STEPS

### TRANSPORTATION

- Current:
  - Continue free Ride-On for seniors
  - Continue to support senior transportation initiative in collaboration with Jewish Council on Aging (JCA) Roundtable
  - Continue to support to Senior Connection, which provides transportation assistance to the senior population as well as assisting emerging village models
- Short-Term:
  - Work with Montgomery County Public Schools to increase use of service credits by high school students to assist seniors in utilizing the internet to identify transportation resources
  - Communication & outreach efforts including: what transportation options/resources exist,
  - Driver safety programs including adaptation and training
  - Research and planning: Study unmet and undermet needs, best and promising practices in other communities, and special needs of vulnerable and diverse populations
  - Change taxi regulations to allow for door-to-door service
- Longer-Term
  - Liability insurance for volunteers
  - Investigate feasibility of Independent Transportation Network (ITN) model in county
  - Support development of walkable communities

### HEALTH & WELLNESS

- Current
  - Continue to support chronic disease self-management programs in collaboration with JCA
  - Continue to provide nutrition education classes through senior centers
  - Continue to support exercise and bone health programs (i.e., Bone Builders) for seniors
- Short-Term
  - Communication and outreach efforts to educate public about various heath topics, including: importance of exercise, proper nutrition, normal aging process, health benefits of volunteerism, etc
  - Research and Planning: investigate best and promising practices that can be applied to Montgomery County
  - Community Health Improvement Process (CHIP) to assess and monitor health status of residents
  - Collaborate with community partners to provide and expand multi-component exercise programs as well as fall prevention programs

- Encourage development of “shared care” models that support neighbors help neighbors(aging in place), utilizing community and seniors centers, senior web site, faith based groups)
- Longer-Term
  - Computer access and training via senior and community centers

## **HOME AND COMMUNITY BASED SUPPORTS**

- Current
  - Continue support for home delivered meals and groceries
  - Continue support to existing village models in county
- Short-Term
  - Collaborate with partners, such as Montgomery College, to support development of workforce training programs to increase supply of workers that provide essential services to seniors
  - Research and Planning: investigate best and promising practices that can be applied to Montgomery County
  - Communication and outreach efforts to educate public about issues that can help them remain in community
- Longer-Term
  - Enhance supportive services such as chore, personal care, and home modifications
  - Increase funding for adult day service and respite care
  - Investigate the possibility of creating a service credit model where people can accrue credits by providing assistance to others that they can use for themselves or family members

## **HOUSING**

- Current
  - Continue and expand Neighbors helping neighbors initiative
- Short-Term
  - Research and Planning: investigate best and promising practices that can be applied to Montgomery County, as well as identify naturally occurring retirement communities (NORCs)
  - Communication and Outreach efforts to educate public about various housing options, “right sizing”, services available in community to assist with goal of Aging in Community, planning to mitigate future problems
  - Provide village concept in other communities, with County taking a leadership role
- Longer-Term
  - Expand opportunities for assisting living to moderate and low income seniors, including those with mental illness
  - Revise tax policies (such as property taxes and fees) to reduce impact on seniors and give incentives to those providing services to vulnerable seniors
  - Modify zoning regulations to favor walkable communities
  - Work with United States Postal Service to have mail carriers check on seniors that are most vulnerable

## **CIVIC AND SOCIAL ENGAGEMENT**

- Current
  - Continue to support inter-generational programs
  - Continue to support the Ambassador Outreach program to help recruit older adults, and enhance use of senior centers and other resources
  - Continue to support congregate meal programs that bring together seniors in a social setting for meals; including the wide range of ethnic meal sites
  - Continue to provide wide range of programming and activities at senior centers
- Short-Term
  - Expand Pro Bono program
  - Research and Planning: investigate best and promising practices that can be applied to Montgomery County
  - Communication and Outreach efforts to educate seniors about the multiple benefits of volunteerism, including the importance of social connectivity to quality of life; as well as the wide range of activities currently available in the community
- Longer-Term
  - Tax credits to seniors for volunteer work in high priority community activities
  - Computer access and training via senior and community centers

## **EMPLOYMENT**

- Current
  - Continue support for successful job fair for seniors
  - Continue workshops provided by Commission for Women
  - Continue workforce development programs
  - Continue the senior fellows program
- Short-Term
  - Participate in statewide Policy Academy process that is addressing older adult employment issues, and implement recommendations in County
  - Collaborate with partners, such as Montgomery College, to support development of workforce training programs to increase supply of workers that provide essential services to seniors
  - Research and Planning: investigate best and promising practices that can be applied to Montgomery County
- Longer-Term
  - Provide transition training (work to retirement) for seniors contemplating leaving the workforce
  - Recognize and award local businesses and organizations that engage in senior friendly employment practices
  - Promote trainings to help seniors better prepare for the current job market-strategies to provide equitable and rewarding employment opportunities for seniors

## **SAFETY**

- Current
  - Continue to implement recommendations of Pedestrian Safety and Fire Safety task forces
  - Continue to support efforts by partners to provide supports to caregivers, as well as identifying and returning to their families individuals with dementia who wander away
- Short-Term
  - Develop and implement fall risk and fall prevention programs
  - Research and Planning: investigate best and promising practices that can be applied to Montgomery County
  - Communication and Outreach efforts to educate public about range of safety issues
- Longer-Term
  - Consumer protection initiative to reduce financial exploitation of seniors

## **COMMUNICATION & OUTREACH**

- Current
  - Maintain and enhance new senior website as single source of information
- Short-Term
  - Establish work group to identify range of methods to effectively provide information to senior (examples include: newspaper inserts, speakers bureau, ads on Ride-On buses, radio ads, ethnic media)
  - Establish a single point of entry for seniors attempting to communicate with the County (for example the upcoming 3-1-1 initiative)
  - Have libraries set aside special space for senior information
- Longer-Term
  - Cross market and cross train across all departments/services
  - Partner with healthcare providers to systematically dissemination information to seniors and caregivers

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