SENIOR SUMMIT 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 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 health 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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