

# SUMMIT ON AGING | SYNTHESIS SESSION

## Discussion Notes

NOV 17, 2023

PURPOSE OF THE SESSION	OUTCOMES OF THE APPROACH
<ul style="list-style-type: none"><li>● Reflect on learning</li><li>● Do a collective synthesis to identify controllable and uncontrollable challenges</li><li>● Transition ideas into actionable and aspirational buckets for an updated agenda.</li></ul>	<p>This document captures the following outcomes:</p> <ul style="list-style-type: none"><li>● Participants are able to work together as a group to identify controllable and uncontrollable insights.</li><li>● A list of categorized insights</li></ul>

### OPENING STATEMENTS (Participants shared top-of-mind ideas for how the County can become more Age Friendly:

- **Coordinated services** would lead us to a **more accessible** age-friendly community
- **Better transportation** would lead us to an **inclusive** age-friendly community
- **Better transportation** would lead us to a **more connected** age-friendly community
- **More centralized resources** would lead us to an **equitable** age-friendly community.
- **A shared sense of community** would lead us to a **responsible** age-friendly community.
- **Affordable housing** would lead us to a **prosperous** age-friendly community.
- **More education** would lead us to an **inclusive** age-friendly community.
- **Access and support services** would lead us to a **more inclusive** age-friendly community.
- **Combating ageism** would lead us to a **perfect** age-friendly community
- **Knowledge** would lead us to an **empowered** age-friendly community
- **More age-friendly leadership** would lead us to a **more robust** age-friendly community.
- Strengthened collaboration and coordination would lead us to a **happy and healthy** age-friendly community.
- **Inter-generational and intentional engagement** would lead us to a **more welcoming** age-friendly community.

Statement Summary: An age-friendly community thrives on holistic support systems, inclusive accessibility, knowledge empowerment, effective leadership, and intergenerational connection.

### ACTIONABLE

#### Tackling Ageism and Promoting Inclusive Communities

- Raise awareness and combat ageism:

- Launch a multi-generational campaign to address ageism and bring intergenerational audiences together.
- Educate the public about elder scams and provide resources to prevent fraud.
- Utilize various communication channels, including print, email, and web-based platforms, to reach a wider audience.
- Foster inclusivity and diversity:
  - Prioritize intentional efforts to ensure that programs, services, and initiatives are accessible and inclusive for all older adults.
  - Address employment ageism by promoting hiring practices that value the skills and experience of older workers.
  - Expand multicultural and intergenerational programs throughout the county to foster cross-cultural understanding and engagement.
- Strengthen leadership and partnerships:
  - Sustain the multidisciplinary approach to eldercare, embracing the expertise of various stakeholders.
  - Advocate for underserved veterans by expanding programs and services specifically tailored to their needs.
  - Drive transformative change through leadership and collaboration between community leaders, organizations, and government agencies.

## **Enhancing Accessibility and Communication**

- Improve online and offline communication:
  - Maintain a user-friendly and accessible website that provides comprehensive information and resources for older adults.
  - Enhance the senior site's visibility and promote its services to reach a wider audience.
  - Develop a comprehensive marketing and communication plan to effectively disseminate information and engage the community.
- Address housing affordability and accessibility:
  - Continue efforts to increase affordable housing options for older adults.
  - Secure renewed commitment from the County Executive and County Council to support age-friendly community initiatives.
  - Explore partnerships with villages and other community organizations to expand access to support services.
- Promote transportation access and walkable communities:
  - Identify and address the transportation needs of older adults, ensuring access to essential services and activities.
  - Create a walkable community design that prioritizes pedestrian safety and accessibility.
  - Develop an accessible transportation system that caters to the needs of older adults.

## **Strengthening Collaboration and Coordination**

- Enhance cross-program collaboration:
  - Encourage collaboration among various programs and departments to ensure a coordinated approach to addressing eldercare issues.
  - Break down silos and promote information sharing to improve service delivery and resource allocation.
  - Develop a unified system for accessing and coordinating services for older adults.
- Address language barriers and diverse needs:
  - Provide language assistance and translation services to cater to the needs of non-English speaking older adults.
  - Ensure that programs, services, and communication materials are culturally sensitive and inclusive of diverse backgrounds.
- Expand volunteer opportunities:
  - Recruit and train volunteers to support various programs and initiatives serving older adults.
  - Develop volunteer opportunities that align with the skills, interests, and availability of individuals.
  - Recognize and appreciate the valuable contributions of volunteers.

## **ASPIRATIONAL**

- **Breaking Silos and Promoting Collaboration:**
  - Encourage communication and collaboration between caregiving programs to ensure a coordinated approach.
  - Simplify benefits applications with a unified system.
  - Strengthen collaboration through regular communication channels and joint initiatives.
- **Valuing and Supporting Caregivers:**
  - Recognize and support informal caregivers with financial assistance, training, and resources.
  - Invest in training and fair compensation for caregivers to improve the quality of care.
- **Expanding Care Options and Affordability:**
  - Increase accessibility to long-term care, including in-home and institutional options.
  - Make senior care more affordable through subsidies, tax breaks, and sliding scale fees.
- **Fostering Age-Friendly Communities:**
  - Design a community that is accessible, safe, and supportive for independent living and participation.
  - Increase the availability of affordable housing with universal design.
- **Combating Ageism and Promoting Active Aging:**
  - Challenge ageist stereotypes and promote a culture of respect for older adults.
  - Prioritize preventive health care, healthy lifestyles, and social engagement for longevity.
  - Provide opportunities for older adults to contribute their skills and experience.
- **Reimagining Programs and Partnerships:**

- Foster open and effective communication between all stakeholders involved in eldercare.
- Reimagine the Senior Fellows program to engage a wider range of older adults.
- Develop partnerships with businesses to offer elder-friendly policies and support programs.
- Encourage health insurance providers to cover long-term care services by stakeholders.