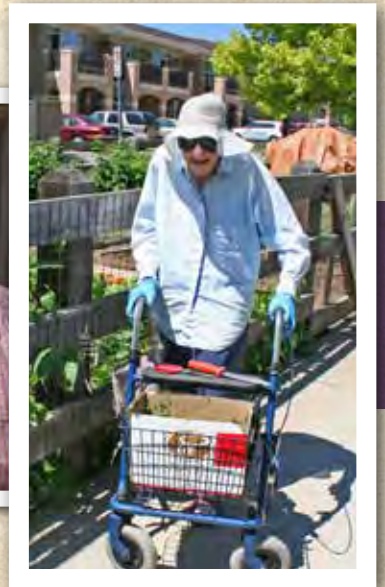
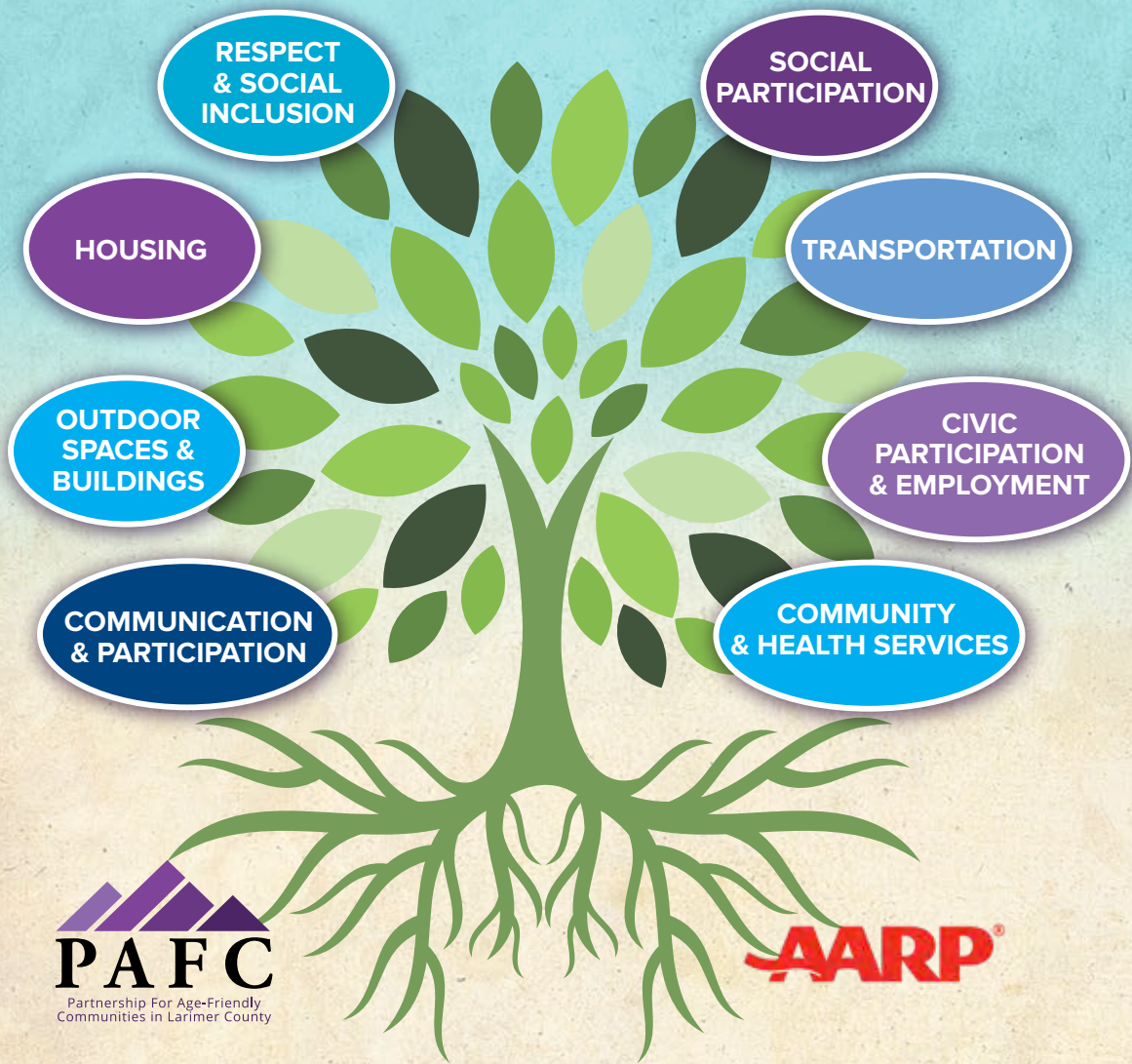








Livable Larimer County

Partnership for Age-Friendly Communities 5 year plan
{ August 2017 }







1. Mission of PAFC	4
Letters of support	5
2. Larimer County Profile	9
3. Background and History of PAFC	12
4. Specific Action Plans	15
Priority Groups Goals and Projects	
 HOUSING	16
 HEALTH AND WELLNESS	20
 MOBILITY AND ACCESS	23
 CULTURE OF AGING	27
5. Conclusion	32
6. PAFC Member List	34





OUR VISION

Larimer county is a community in which older adults flourish as they age.



OUR MISSION

To foster leadership and strong community collaborations that will plan, design, and implement sustainable strategies to enhance quality of life for older adults in Larimer County



November 24, 2015



Dear Ms. Smile,

On behalf of Larimer County, I am pleased to submit this letter of support for our county to be considered by AARP as part of AARP's Network of Age Friendly Communities. We are well aware of the changing demographics in our community, where the population of adults over age 60 and over is expected to increase by 71% in the next ten years and make up 31% of the population. Larimer County prides itself as a desirable place to live for people of all ages and recognizes the challenges we face to meet the needs of an increasing number of older adults.

In 2013, Larimer County was one of six communities in the country to be a recipient of the Livable Communities Collaborative grant from the National Association of Area Agencies on Aging (n4a). As a result, the **Partnership for Age-Friendly Communities (PAFC)** was formed. PAFC is a collaboration of community agencies and volunteers sponsored by the Foundation on Aging and the Larimer County Office on Aging, with support from nine other affiliate organizations. The PAFC is actively working in the areas of housing, transportation, the culture of aging and health & wellness. In each of these areas, there are exciting projects currently underway. Furthermore, in May of this year, the PAFC held a "Summit on Aging" with 200 people in attendance in order to mobilize the community and raise awareness about issues related to an aging community.

Through these efforts we feel Larimer County has developed a strong framework to address the eight domains of livability as defined by AARP. Inclusion as part of the AARP network will strengthen this framework and provide PAFC with support it needs to continue the work that has already been started.

The Board of County Commissioners is looking forward to joining Colorado Springs, the Denver Metro Area and the 70 other communities throughout the country that are a part of the AARP Network of Age-Friendly Communities. Moving forward with this designation will help provide our senior citizens the most rewarding, productive and satisfying lives possible.

Lew Gaiter III

Chair, Larimer County Board of Commissioners



RE: 5 Year Action Plan:

Starting in 2010, numerous organizations across Larimer County began discussions of current and future challenges posed by anticipated growth in the population of seniors. The Foundation on Aging for Larimer County, the Larimer County Office on Aging, the City of Fort Collins, the CSU Center for Public Deliberation, community senior centers, and others conducted surveys and focus groups to prioritize needs and identify possible solutions. By 2013 the time was ripe to bring the community together to create a coordinated plan of action, and so the Partnership for Age Friendly Communities (PAFC) was assembled.



In 2016, with over 100 community members and organizations contributing to various age-friendly projects, the PAFC Steering Committee decided it was time to commit to a more ambitious and structured

plan of action and to take advantage of the benefits of membership in a national network of like-minded communities. The Larimer County commissioners readily agreed to apply for membership in the AARP Age-Friendly network as a reflection of their own commitment to help our local communities create and sustain livable environments for their seniors.

PAFC is most pleased with the timing and sequence of events that have brought us to this crossroads in our development. Colorado AARP has provided valuable support, counsel and encouragement almost from the beginning, strengthening our confidence in the AARP network and its commitment to its members. Our relationship with them has been an essential factor in our decision to assume the responsibilities of membership in the Network of Age Friendly Communities. We acknowledge the challenges and look forward to the opportunities.

Sincerely,

Bonnie Shetler, President
PAFC Board of Directors



June 29, 2017

RE: Partnership for Age Friendly Communities

The Larimer County Office on Aging (LCOA), Area Agency on Aging Region 2A has a strong commitment to the mission and vision of the Larimer County Partnership for Age Friendly Communities. LCOA strongly supports the development and implementation of a plan that leads the way in fulfilling the goals of being part of the AARP Network of Age-Friendly Communities.

As a lead agency in the field of aging in Larimer County, the LCOA recognizes the demographic shifts in our region which includes the aging of the population and how essential it is to address the challenges and the opportunities that this shift brings. LCOA has joined with PAFC, its steering committee, self-directed volunteer teams and the board in a grassroots effort to actively promote and support the efforts of PAFC as it moves Larimer County forward in adopting features and actions that promote efforts that make this a good place to grow up and to grow old.

The LCOA has committed staff time and resources to working in areas of mobility and access; health and wellness; affordable and accessible housing as well as promoting a culture that recognizes and supports the value of an aging population. As the Area Agency on Aging for the region, the program recognizes the importance of working collaboratively with many organizations and partners to assure that the infrastructure and services for an aging population are put into place. This infrastructure will benefit young and old alike.

The LCOA is excited to work with PAFC and its many partners to move this plan forward and advance the efforts of many to assure that Larimer County will truly be a place where people can live life to its fullest as they age.

Lynda Meyer, Program Manager

Larimer County Office on Aging, Area Agency on Aging Region 2A



2 - Larimer County Profile



Larimer County, one of the 64 counties in the state of Colorado, is located in the central part of the state at the northern end of the Front Range of the Rocky Mountains. According to a study done by The Highland Group in 2015, Larimer County's 2634 square miles can be considered as six distinct areas. Nearly half (48%) of the county's total population resides in Fort Collins. The Loveland and the Rural Plains

areas, including the small town of Berthoud and the communities of Wellington and LaPorte, each comprise 23% of the population. Estes Park and the Rural Mountain area, which includes the mountainous western two-thirds of the county and the small communities of Bellvue and Red Feather Lakes, each comprise 3%. This distribution is projected to remain relatively constant through 2020.

58%
GROWTH
of people
OVER 65
in Larimer County



Rural Mountains



Rural Plains



Fort Collins



Estes Park



Loveland

The United States is an aging nation. The “baby boom” epoch from 1946 to 1964 saw the greatest number of births in the nation over a comparable period of time. Boomers turn 65 between 2011 and 2029, leading to substantial change in the nation's demographic profile. Between 2010 and 2030, for instance, the share

of the nation's population that is 65 and older is estimated to increase by nearly half—from 13% to 19%. In Larimer County, the 65+ share of the population is estimated to increase from 15% in 2017 to approximately 19% by 2030. Overall, the population of Larimer County is expected to increase by 24% during this same period.



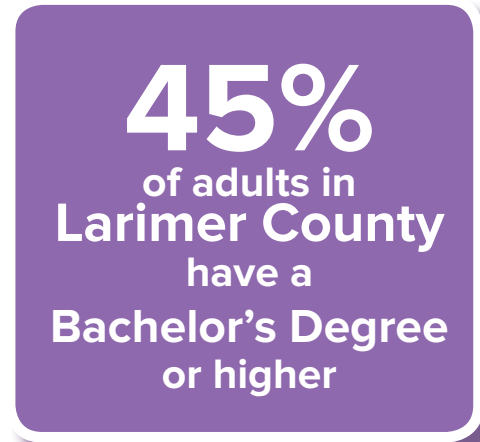
Larimer County has an AARP Livability score of 54 and ranks in the upper third in the areas of health and engagement. As might be expected, the Livability Index is highest for the larger cities (Fort Collins and Loveland).

Larimer County is home to Fort Collins, the fourth largest city in Colorado, and Colorado State University (CSU), a public research university with a student enrollment of 32,000. Recently, CSU partnered with Columbine Health Systems to launch the Center on Healthy Aging, uniting current expertise and active research programs at CSU in biological and psychological/ sociological aspects of healthy aging, basic and translational science, and integration of animal and human models of aging. The Center has a significant focus on community engagement and translation of scientific discoveries to programs and policies that support successful aging.

Larimer County's adult residents are highly educated. In 2014, according to the Larimer County Labor Force Study, 45% of adults in Larimer County have a bachelor's degree or higher, compared with 38% in Colorado and 29% in the United States. There are numerous opportunities, especially in Fort Collins and Loveland, for lifelong learning. These include the Osher Lifelong Learning Institute through CSU and programs offered by Senior Centers, community recreation departments, and other organizations.

Outdoor recreational opportunities are plentiful and highly valued. There's a county-wide

system of trails, parks and open spaces that provide residents with easy access to thousands of acres of natural areas. Estes Park is the gateway to Rocky Mountain National Park, located in Larimer County with an abundance of activities for locals and tourists alike.



Both Loveland and Fort Collins have master plans that recognize the importance of bicycle and pedestrian safety and the relationship to physical health and overall quality of life. In Loveland, the city plan establishes strategies to prioritize projects to further enhance bike and pedestrian safety, comfort, and access in the city, while Fort Collins's plan envisions the city as a world-class bicycling area.

Fort Collins, Loveland and Estes Park offer a wide variety of cultural activities. The Fort Collins Lincoln Center and the Rialto Theatre in Loveland host performances by local groups as well as touring companies. Loveland is home to numerous sculptors and bronze casting studios and hosts the annual Sculpture in the Park show and sale. Artists of all types open

their studios during the annual Artists Studio Tour. Music festivals, many of which are free, are held throughout the county, especially during the summer. Larimer County is a beer brewer's mecca with multiple regional and micro-breweries as well as a growing wine industry.

Larimer County has a strong investment in health and wellness among its residents of all ages. In the 2016 AARP Age-Friendly Survey of Residents Age 50-Plus, 82% of respondents in urban areas rated their hospitals and health care facilities as extremely or very good and 75% of these same respondents felt they had access to a variety of health care professionals, including specialists.

LARIMER COUNTY CHALLENGES

With its large size and urban/rural mix, transportation poses unique challenges in Larimer County. We are heavily dependent on our cars. Survey respondents throughout the county rated accessible and convenient public transportation as fair to poor. While there is public transportation within, between and beyond urban areas, the distances are relatively large, so it can be inconvenient. There is no public transportation to rural areas.

Affordable housing is another area of challenge. According to the Highland Group Housing Report (2015), forty-one percent of both metro and rural survey respondents rated affordable housing options as fair to poor.



3 – Background and History of PAFC



The Partnership for Age-Friendly Communities (PAFC) is a grassroots organization (501c3) whose mission is to foster leadership and strong community collaborations that will plan,

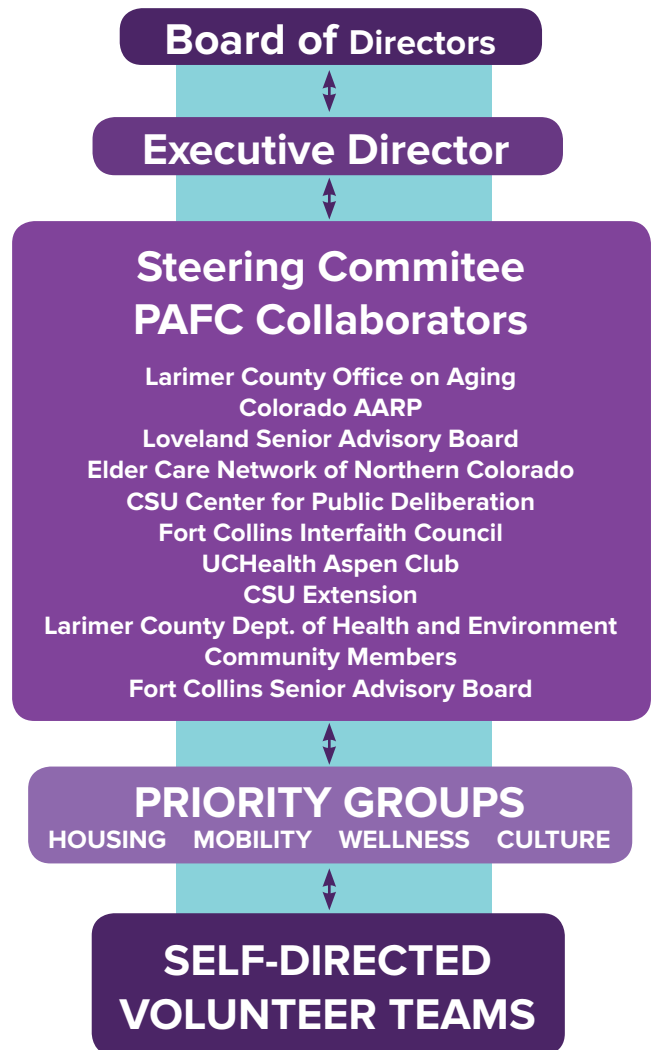
design and implement sustainable strategies to enhance quality of life for older adults in Larimer County.

The board of directors determines policy, advocates for PAFC and its mission and supports the work of the steering committee, priority groups and Self-Directed Volunteer Teams (SDVTs).

The steering committee is made up of these partners and representatives from each of the priority groups. Proposals from those partners or other outside groups are presented to the steering committee, which determines whether those proposals go to a priority group or stay with the committee.

Priority groups consist of stakeholders in the community with particular interests in each of the priority areas. They introduce project ideas to be approved by the steering committee. They may develop those projects themselves or set up a Self-Directed Volunteer Team to develop and carry them out.

SDVTs are teams of mostly older adults who have the time and expertise to address a specific problem. Teams work together for the duration of the project.



Since its inception in 2013, PAFC has formed partnerships with groups and stakeholders throughout Larimer County and Colorado. PAFC has gone from an entirely volunteer group under the auspices of the Larimer County Office on Aging and the Foundation on Aging to a 501c3 with a board and executive director. We are still grassroots, with development and execution of projects done entirely by volunteers.

PAFC incubates projects; most of which come from priority groups. Priority Group liaisons on the Steering Committee keep the committee updated on the project. If the group determines that it's a good project for an SDVT, they define a short term goal and form a team based on

interest and skills. That team works on the project, makes decisions and solves the problem at hand. If the project identifies a permanent program, PAFC launches it in partnership with another community organization who will eventually take ownership.

SDVTs are the workhorses of the partnership. Teams form to solve a particular problem and meet for three to nine months or until that problem is resolved. After a priority group defines a problem, PAFC recruits interested volunteers to solve it. SDVTs work independently but stay in communication with the Priority Group to keep them informed.

HISTORY:

In 2010 the Foundation on Aging (FOA) and the Larimer County Office on Aging (LCOA) held a Summit on Aging. Stakeholders who attended agreed that action was needed but were unclear what should be done or how.

Dr. Martín Carcasson, director of the CSU Center for Public Deliberation, conducted a number of community forums to both inform and solicit input from community members about issues concerning local seniors. After the first year of conversations, the Senior Transportation Coalition was formed to address this issue, which was consistently among the top areas of concern.

In August 2013 FOA and LCOA were awarded a one-year Livable Communities technical

assistance grant from National Association of Area Agencies on Aging (n4a). The grant provided an established, structured process for moving forward. The Partnership for Age Friendly Communities (PAFC) was formed as a place where groups with similar goals could work together to make Larimer County a more livable community for everyone as we age.



By December 2013 PAFC had chosen four priority areas that had emerged from previous events, community conversations and surveys as those most in need of attention to achieve more livable Larimer County communities:



MOBILITY & ACCESS

Older residents of Larimer County will have access to key services through improved mobility options.



HEALTH & WELLNESS

Older residents of Larimer County can enjoy optimal emotional, physical and spiritual health.



CULTURE OF AGING

Older residents of Larimer County will benefit from our communities' positive attitudes, values and behaviors with regard to aging.



HOUSING

Older residents of Larimer County will have housing options sufficient to meet their needs.

In February 2014, PAFC invited selected stakeholders to a workshop underwritten by n4a and facilitated by the CSU Center for Public Deliberation. Small group brainstorming sessions identified problems and solutions in each of the four priority areas. Attendees were asked to commit to ongoing discussions and planning in at least one of the four priority areas. The response was impressive; priority groups began meeting the following month, setting goals and defining projects. As those projects emerged and self-directed volunteer teams formed, n4a held a training for that first group of SDVTs.

In May 2015, PAFC hosted a Summit on Aging for over 200 attendees from a broad spectrum of the business, service, academic, public, and non-profit communities. The summit established PAFC as the collaborative group addressing aging issues in Larimer County. National, state and local speakers highlighted the importance of this work.

In February 2016, Larimer County, with the support of PAFC, joined the AARP Network of Age-Friendly Communities.

As PAFC continued to partner with more organizations and stakeholders, the Foundation on Aging (FOA) Board and PAFC began to discuss a merger. Many of FOA's goals were being pursued by PAFC; other groups felt that a merger would make them more effective.

By the end of 2016 the transition was complete. The new PAFC board began meeting in January 2017. In February 2017, they hired Sue Ballou as half-time Interim executive director with the intent of hiring a full-time director by the end of the year.



4 – Specific Action Plans



HOUSING

Over-arching goal:

To ensure that seniors have a variety of housing options sufficient to meet their individual needs and for community support to make the options viable.

GOAL 1: CHOICES -- There should be sufficient choices in the community for individuals to find the housing they want at an affordable price, including independent living and care-giving options.

GOAL 2: ACCESSIBILITY -- Housing throughout Larimer County should be accessible.

GOAL 3: AFFORDABILITY -- Cost should not shut seniors out of the housing market.

GOAL 4: COMMUNITY -- Residents should have access to appropriate transportation, services and social opportunities.

GOAL 5: EDUCATION -- Residents of all ages should be aware of age-friendly housing and its benefits.

Existing assets and programs:

LARIMER COUNTY OFFICE ON AGING:

- Lists of long-term care, independent and subsidized housing options in Larimer County online at lcoa.networkofcare.org and in Answers on Aging Resource Guide.
- Specific, more in-depth help and information on housing.
- Ombudsman – Assisted living and skilled nursing.
- Homestead tax exemption program for people 65 or older who have lived in their houses for 10 years or more.
- Chore voucher program.
- Voucher program to provide personal care and homemaker services

STATE OF COLORADO:

- Colorado property tax/rent/heat rebate program – 65 or older, low income
- Colorado property tax deferral program, can defer payment until death or relocation.
- Longs Peak Energy Conservation (weatherization services)
- Low-income Energy Assistance Program (LEAP)

OTHER LONG-TERM HOUSING SUPPORT:

- Dedicated public housing authorities seeking to provide safe, decent and affordable housing for individuals and families including seniors challenged by income, disability or special needs, with a variety of housing options for those who meet each program's income guidelines.
- Public and private senior housing developments.
- Fee-based private geriatric case managers.
- Information and assistance on housing through United Way 211.
- Emergency rent, housing counseling and supportive service through Neighbor to Neighbor.
- Housing support services for veterans and their families through Volunteers of America (VOA)
- Low to no interest loans to homeowners for home repair or improvement through the Larimer County Improvement program. Labor and materials for adapting housing through the VOA.
- PAFC emergency grants program.
- CSU volunteer leaf-raking program.
- Private services offering assistance in activities and daily living, medical and non-medical.
- City of Fort Collins adopt-a-neighbor snow shoveling program.
- Loveland Snow Squad volunteer-based snow shoveling program.
- Medical equipment loan closets.
- Personal emergency response systems.
- Medication management through home health agencies.

HOMELESS SERVICES:

- Sister Mary Alice Murphy Center for Hope support for homeless people or those at risk of becoming homeless.
- Catholic Charities rescue shelter, Fort Collins Rescue Mission.

OTHER:

- City of Fort Collins Department of Social Sustainability allocates federal Housing and Urban Development (HUD) and local City of Fort Collins funding to housing and human service agencies to meet the needs of low and moderate income citizens; and implements policies promoting and supporting self-sufficiency for low-income citizens.

OPPORTUNITIES:

Partner with the Colorado Strategic Action Planning Group on Aging (SAPGA), other Colorado entities in the Network of Age-Friendly Communities, the County and local municipalities to identify and develop age-friendly housing plans.

SUMMARY OF COMPLETED PROJECTS:

1. SDVT to explore best practices in housing for seniors of all income levels.
Outcome: Report of Housing Options available at:
https://drive.google.com/file/d/0B7b31nH8iy_KVWVzcWRkbHo1MXc/view
2. Highland Group Study on senior housing in Larimer County now and in the future
Outcome: Report available at:
https://drive.google.com/file/d/0B7b31nH8iy_KTnJKTHhxNXBycHM/view
3. Charrette to explore age-friendly design ideas and ways to move them forward



HOUSING GOAL: *To develop a shared housing pilot project.*

An SDVT formed especially for this purpose has undertaken this project.

ACTION STEPS:

COMPLETED

SUMMER 2016

1. Research existing home share projects.

Existing programs match a homeowner who wants to rent a room (or larger space) with a home seeker looking for a place to rent. Some require that the homeowner be a senior and some don't. Some help broker services in exchange for all or part of the rent. There are a couple of for-profit home share matching services starting up. Both are completely web-based with little personal guidance involved.

2. Develop a plan for Larimer County

We would require that the homeowner be a senior. Background checks will be done on both parties. Follow-up after a trial period is important to be sure that the situation is working well for both parties. Note: Writer should clarify the definition of "senior." Does it now include anyone 50 and over?

3. Find a non-profit partner for a pilot. Partner will be Neighbor to Neighbor.

Neighbor to Neighbor is a non-profit that works in housing counseling, rental assistance and first time home-buyer assistance. They are looking to expand the rental counseling part of their organization, so this seems to be a good fit.

4. Work with Neighbor to Neighbor to develop plans for pilot.

- a. Develop budget
- b. Develop timeline
- c. Divide responsibilities

5. Develop pilot

Neighbor to Neighbor will:

- a. Develop or purchase a data base.
- b. Provide a housing counselor to make matches.
- c. Make matches.
- d. Facilitate agreements and leases.

PAFC Home Share SDVT will assist in:

- a. Publicity
- b. Marketing to non-profits, physicians, churches and other entities to locate homeowners interested in Home Share.

6. Launch Pilot

7. Continue Pilot – PAFC Home Share SDVT will:

- a. Continue to market the program.
- b. Follow up with people doing home-share to be sure it's going well for both parties.

FALL 2016

IN PROCESS

SPRING 2017

WINTER 2017

PLANNED

WINTER 2018

Partners and potential partners:

- Neighbor to Neighbor
- Funders
- Non-profits who serve seniors
- Colorado State University
- Churches
- Physicians

Performance Indicators:

- How many people enroll in the program?
- How many matches are made?
- How long do matches last?
- How well does the wider community understand and accept the program?



HOUSING GOAL: *To increase the existence of age-friendly design in new and existing housing stock:*

This project is a joint effort of the Housing Priority Group and the Institute for the Built Environment at Colorado State University.

ACTION STEPS:

COMPLETED

WINTER 2016

SUMMER 2016

IN PROCESS

WINTER 2017

PLANNED

SPRING 2018

WINTER 2019

1. Plan and hold a charrette on age-friendly design

The Priority Group worked with the Institute for the Built Environment (IBE), developing and holding a planning charrette with about 40 planners, developers, architects, consumers and engineers to discuss how to move age-friendly design forward in Larimer County

2. Develop a plan for Larimer County

One idea emerging from the charrette was to design an age-friendly designation for new and renovated housing which would work similarly to the LEED program. We proposed this to the State Action Planning Group on Aging (SAPGA), who included a recommendation in their report that the state fund a pilot led by PAFC and IBE and carried out in Larimer County

3. Find funding and begin research on an age-friendly designation

Continue to develop the project and seek funding.

4. Engage stakeholders and form program

- Draft program language using successful models and research best practices.
- Draft business plan for ongoing verification management.
- Facilitate a series of workshops to receive input from community and industry stakeholders.

5. Develop age-friendly design program

- Define requirements and thresholds for achieving verification.
- Determine alignment with industry standards (i.e. ADA, LEED, municipal codes).
- Re-engage stakeholders to check and confirm verification design.

6. Initiate pilot program

- Engage one or two projects in Larimer County to implement age-friendly design practices and go through the verification process.
- Receive feedback and refine the verification.

7. Implement Business Plan

- Plan for ongoing funding from verification fees and/or county partners.
- Determine housing of verification and ongoing governance of the system.

8. Launch program

Partners and potential partners:

- Institute for the Built Environment at Colorado State University
- Funders
- Northern Colorado Home Builders' Association
- Developers
- Realtors
- City, County and State Planners
- City, County and State Building Inspectors
- CAPS (Certified Aging in Place Specialists)
- National Organization of Manufactured Housing

Performance Indicators:

- How many architects, builders, developers and Realtors get behind this?
- How many new age-friendly designed homes get built?
- How much new construction seeks the age-friendly designation?



HOUSING GOAL: *Determine if the non-profit organization “A Little Help” is a good fit for this community. “A Little Help”*

connects volunteers with seniors who need a little help around the house. This project would pilot in Fort Collins.

This project is being done by a Self-Directed Volunteer Team formed especially for this purpose.

ACTION STEPS:

COMPLETED

SPRING 2017

1. Hold a community event to introduce A Little Help to Larimer County

Dr. Paul Ramsey gave a presentation on “A Little Help” to a standing room only group at Innosphere in Fort Collins. This event allowed members of the community to ask questions and learn more about this program. It was also used to recruit members of the self-directed-volunteer-team.

IN PROCESS

FALL 2017

2. Continue the conversation

What are the expectations of the Fort Collins community by A Little Help?
What does A Little Help bring to the table?
What steps are needed to start this program in Larimer County?
Who needs to be at the table?

PLANNED

FALL 2017

3. Set up a timeline for moving this program forward.

4. Present this information to PAFC to determine if PAFC would like to sponsor this project

WINTER 2017

5. If so, form a new SDVT to begin implementation

Partners and potential partners:

- A Little Help
- Neighborhoods
- Non-profits who serve seniors
- Colorado State University

Performance Indicators:

- How many people enroll in the program?
- How much is the program used?
- How well does it integrate in the community?



HEALTH & WELLNESS

Over-arching goal:

To ensure that Larimer County residents are able to enjoy optimal emotional, physical and spiritual health as they age.

GOAL 1: To promote and encourage community resources that will allow older adults to enjoy longer, healthier life spans and maintain independent living for as long as feasible.

GOAL 2: To reduce barriers to healthy living.

GOAL 3: To actively support social inclusion and a greater sense of purpose for older adults.

GOAL 4: To enhance and improve communication and information in order to help older adults make decisions about health and wellness.

Existing assets and programs:

- Many health services are available for a range of incomes.
- Many wellness programs are available for a range of incomes.
- County and statewide data available:
 - o Statewide data – e.g. Measuring Health in Adults 65 and Over: Colorado 2016
 - o Colorado Commission on Aging
 - o Long-Term Services and Supports in Larimer County – 2013 - Colorado Health Institute
 - o Office on Aging 2014 Larimer County Assessment Survey for Older Adults
- Community organizational resources – e.g. Office on Aging, Elder Care Network, other community and nonprofit organizations providing health and wellness services for the aging population.
- Results from Barriers to Walking survey and the AARP Loveland Walking Audit.
- Relationships established with CSU Department of Human Development and Family Studies, CSU Extension and programs at the university.
- AARP resources and age-friendly community program support.

Opportunities:

- What are the gaps in health and wellness services in Larimer County?
- What are the gaps in illness and aging treatment services?
- What areas are important to the community to increase age-friendliness?
- How can we maintain current information on resources and avoid duplication of resources?
- How can we help people in the community become aware of available resources?
- How prepared are we as a county to address changing demographics?



SUMMARY OF COMPLETED PROJECTS:

Identify Barriers to Walking in Larimer County:

This SDVT identified existing data and studies and then developed a survey on barriers to walking which they distributed at events around the county. They collated the data and presented their observations at the 2015 Summit on Aging.

Loveland Walkability Audit: AARP provided a grant for a walking audit. An SDVT planned the audit and carried it out with help from Loveland CanDo Coalition. A Citizen's Task Force followed up with City Council to endorse its new position for a walk/bike coordinator. The success of this initiative was instrumental in the Larimer County Department of Health and Environment receiving a significant grant to pursue built environment and health living initiatives in the county.

Dementia-Friendly Communities initiative:

(now continuing on its own). This SDVT was in collaboration with Dementia-Friendly Communities of Northern Colorado. They met to identify and catalogue all known resources currently in Northern Colorado to promote dementia awareness and encourage building and sustaining of a dementia-friendly community mindset. These activities and resources were entered on the Dementia-Friendly Communities website. <http://dementiafriendlycommunitiesnoco.org/>. They also held a year-end celebration to recognize the organizations which participated in dementia-friendly education.



HEALTH & WELLNESS GOAL: *To identify a plan for building a coordinated, county-wide outreach effort to connect Larimer County residents to local aging-related resources*

ACTION STEPS:

COMPLETED

FALL 2016

1. Form a Self-Directed Volunteer Team focused on assessing needs, developing a plan, and identifying funding for building a county-wide outreach effort.

2. Develop and pilot a survey / assessment tool to help assess the public awareness about programs and support available for aging individuals and their families.

3. Gather input from local agencies previous efforts towards and existing opportunities for building a county-wide outreach effort.

4. Identify a funding source and submit a proposal to pilot a program for implementing a county-wide outreach effort. A small grant was received from CSU Human Development and Family Studies department. The pilot project was called Senior Access Points.

IN PROCESS

SPRING 2017

5. In collaboration with Colorado State University programs on aging and CSU Extension Service, **implement goals of the Senior Access Points pilot program.**

6. Review survey results by coalition of interested parties from organizations from the county that provide services for aging issues and determine best access points that people can call for assistance.

7. Obtain feedback from coalition about outreach ideas for these access points.

PLANNED

SUMMER 2017

8. Develop a web site with resources for aging-related access points, including other web sites and local organizations.

9. Interview people who would like to tell their story about working through aging-related issues and post stories on the website.

10. Develop logo, print and distribute information/ business cards.

11. Implement outreach plans.

12. Implement pilot program to recruit volunteer ambassadors who would be trained about aging-related resources and be available at Senior Centers and other community places to provide information about access to these resources.

Partners and potential partners:

- Colorado State University Extension Service
- Colorado State University Department of Human Development and Family Studies
- PAFC
- Larimer County Office on Aging
- Elder Care Network
- Health District of Northern Larimer County

Performance Indicators:

- Grant support received 1/1/2017.
- Functional and informative web site.
- Full analysis of survey data, including implications for continuation of Senior Access Points program.
- Development and implementation of marketing plan and materials.
- Three to five volunteers for outreach/ambassador pilot
- Implementation of outreach activities into at least four local community locations.



MOBILITY & ACCESS

Over-arching goal:

To ensure that older adults in Larimer County have access to key services and quality of life opportunities. Such access can be provided through a combination of transportation options, service delivery mechanisms, community planning and other creative means.

(The Senior Transportation Coalition serves as the Mobility and Access Priority Group for PAFC).

Existing assets and programs:

- Collaboration and cooperation with current providers: BATS, RAFT, Via Mobility, Heart & Soul Paratransit, SAINT, Wellington Senior Center, Transfort/Dial-a-Ride, COLT, Town of Estes Park
- Larimer County Health Department Built Environment Program
- Larimer County Senior Transportation Needs Study
- North Front Range MPO – Mobility Committee (NFRMPO)
- Pro 31 Safe Senior Driver

Opportunities:

Partner with NFRMPO Mobility Committee, Larimer County Health Department Built Environment team, current transportation providers, and Larimer County government to work on expansion and improvement of our transportation systems. The focus will be on improving transportation systems in unincorporated Larimer County and system integration throughout the county.

Summary of Completed Projects:

- Sponsored Rethinking Transportation Forums (2013, 2014)
- Coordinated with Drive Smart to hold focus groups in Larimer County
- Participated in two grant applications – Transit Planning 4 All grant and the Local Transit Coalition grant from the American Public Transportation Association.
- Initiated travel trainings for North Front Range, including senior centers in Berthoud, Loveland, and Fort Collins
- Served as the advisory committee to the Larimer County Senior Transportation Study (January, 2017 – June, 2017)



MOBILITY & ACCESS GOAL: *To promote and expand travel training programs for older adults throughout Larimer County. (March, 2015 – ongoing)*

ACTION STEPS:

COMPLETED

**SPRING/
SUMMER 2017**

SUMMER 2017

**PLANNED
FALL 2017**

SPRING 2018

FALL 2018

- 1. Coordinate with appropriate liaisons from Fort Collins, Loveland and Berthoud to plan travel trainings and increase frequency of the trainings.**
- 2. Contact a restaurant in downtown Fort Collins to host lunch for the riders.**
- 3. Create a six-month schedule of travel training throughout Larimer County.**
- 4. Collect and compile data on travel training classes.**
- 5. Put together a travel training class using FLEX to Boulder.**
- 6. Put together a travel training class using Bustang to Denver.**
- 7. Continue trainings. Expand trainings as opportunities arise.**

Partners and potential partners:

- City of Fort Collins
- Transfort
- City of Loveland
- City of Loveland Transit (COLT)
- Rural Alternatives For Transportation (RAFT)
- Berthoud Area Transportation System (BATS)
- Restaurant in downtown Fort Collins
- Bustang and Colorado Department of Transportation
- NFRMPO / Larimer County Mobility Committee

Performance Indicators:

- How many travel trainings were performed?
- How many cities held travel trainings?
- How many attended each travel training?
- How many schedules of travel trainings were distributed to expand attendance?





MOBILITY & ACCESS GOAL: *Support expansion of rural transportation services and a more coordinated county-wide transportation system as identified through the Larimer County Senior Transportation Study.*

ACTION STEPS:

**COMPLETED
SUMMER 2017**

1. Review recommendations from the study (Summer, 2017)

**PLANNED
FALL 2017**

2. Prioritize recommendations (Fall, 2017)

WINTER 2018

3. Identify and engage partners (Winter, 2017/2018)

SPRING 2018

4. Advocacy (Spring, 2018 – ongoing)

Partners and potential partners:

- Larimer County
- NFRMPO/Larimer County Mobility Committee
- (Others unknown at this time)

Performance Indicators:

- How many partners were identified and contacted?
- How many seniors and services were involved in advocacy efforts?
- Were services introduced based on recommendations from the Senior Transportation Study?





MOBILITY & ACCESS GOAL: *To develop a community outreach and education program about transportation resources, driver safety and travel training.*

ACTION STEPS:

PLANNED

FALL 2017

1. Put together a list of impediments to driving and other hand-outs related to driver safety.

2. Provide maps of transit routes.

3. Distribute Rider’s Guides from the Northern Front Range MPO.

4. Distribute Colorado’s Guide for Aging Drivers and Their Families

SPRING 2018

5. Hold a transportation fair

FALL 2018

6. Hold a CarFit event

7. Collect data about attendance at outreach events

Partners and potential partners:

- NFRMPO/Larimer County Mobility Committee
- Pro31 Safe Senior Driver
- Transfort and COLT
- Covell Care & Rehabilitation
- UC Health Aspen Club
- AARP

Performance Indicators:

- How many Rider’s Guides and Colorado’s Guide for Aging Drivers were distributed?
- How many events were held each year?
- How many agencies and partners were involved in the Transportation Fair, CarFit event, and material distribution?





CULTURE OF AGING

Over-arching goal: to positively impact the attitudes, values and behaviors in Larimer County with regard to aging.

This is an immense goal statement as it comes face to face with a deeply ingrained implicit bias and ageism. Implicit bias refers to prejudices that people aren't consciously aware of. We are all exposed to negative messages about older people, often leading to discrimination in many areas of life from health care to the workplace. Ageism is discrimination based on overt prejudices about old age. Ageism has a negative impact on older people in all areas of life.

Fortunately, there are national efforts underway to combat ageism. A great example of this is **'Reframing Aging,'** an initiative of the **Leaders**

of Aging Organizations, a group of eight national aging-focused organizations.

On several occasions the Culture of Aging Group has done an environmental scan to identify examples of current assets and opportunities across Larimer County, in relation to the age-friendly domains of:

- *Social Participation*
- *Respect and Social Inclusion*
- *Civic Participation and Employment*
- *Communication and Information*

Completed Projects

In 2014 and 2016 Larimer County, the Culture of Aging Priority Group completed two self-directed team projects. These teams sponsored political forums where candidates for county commissioner and state legislative offices responded to questions and issues impacting older adults. In December, 2014, the first of a series of monthly articles written by local senior writers about their personal experiences of aging was published in the local newspaper, The Coloradoan. The purpose of the monthly column, titled 'Graceful Aging, was to share experiences of aging across generations and reach a broader audience. This series has been converted to a monthly online blog and a small booklet, "Graceful Aging: Stories by Larimer County Seniors."

Existing Assets and Programs:

- Fort Collins and Loveland Senior Advisory Boards
- Dementia-Friendly Communities of Northern Colorado
- Colorado AARP®
- Colorado State University
- Center for Healthy Aging at CSU
- Senior Corps / Retired Senior Volunteer Program (RSVP)
- Front Range Forum/Osher Life Long Learning Institute

Proposed project:

An age-friendly business initiative which will highlight the business benefits of recruiting from the untapped talent pool of more experienced job candidates and recognition of local businesses who employ older workers. This will be in partnership with the Larimer County Workforce Center's Business Services and CSU Center for Public Deliberation. The Culture of Aging Priority Group will form a SDVT to develop this project.



CULTURE OF AGING GOAL: *To reduce ageism by exploring the positive and negative images of aging as presented through the medium of film*

PLANNED

FALL 2017

WINTER 2017

SPRING 2018

FALL 2018

WINTER 2018

ACTION STEPS:

1. Assemble an SDVT to design and implement a pilot project with the goals of identifying target audiences, developing demonstration films and locating suitable venues that are ADA accessible with hearing assistance; finding and securing the resources needed; recruiting discussion facilitators; and developing a schedule. Identify and recruit community partners with an interest in developing a film project. Community partners such as theatre owners help defray costs.

2. Identify venue(s) and develop a schedule.

3. Design a demonstration and test project. Other film projects are in place in Fort Collins. A demonstration and test project will help us determine whether there is sufficient interest in films depicting positive and negative images of aging followed by sharing of experiences of ageism.

4. Implement the demonstration program: Determine advertising/promotion efforts and secure films and present the films.

5. Assess the outcome of and publish recommendations for an ongoing program. Assessment will determine the feasibility of, and interest in, a film format for sharing experiences with the potential of reducing ageism.

Partners and potential partners:

- Libraries in Estes Park, Red Feather Lakes & Wellington
- Seniors Centers, e.g. Wellington, Berthoud
- Chambers of Commerce
- Aspen and Seasons clubs
- College America
- Senior Advisory Boards
- LOCA Advisory Council
- CSU Performing Arts Department
- New Belgium Brewery
- AARP
- Geriatric Clinical Psychologists
- Local Newspapers and other publicity opportunities
- Movie theaters, e.g. Lyric, Rialto
- CSU Public Deliberation students

Performance Indicators:

- Create a simple survey to administer after the film discussion.
- Collect emails from attendees in order to do an online survey after a determined period of time.
- Determine howto measure changes in attitudes over time.



CULTURE OF AGING GOAL: *To Increase the use of technology among older adults*

PLANNED

JAN 2017

MAY 2017

JUNE 2018

JULY 2018

ACTION STEPS:

1. Assemble an SDVT to design and implement the project. Recruit a team of individuals with experience or interest related to technology and the senior population.

2. Create a report on the state of existing technology resources for seniors to prevent the team from duplicating services.

3. Identify potential sources of funding, which could include partnerships with local businesses/non-profits. SDVT volunteers develop a list and reach out to potential partners to get a sense of who may be interested in supporting this initiative, especially with funding.

4. Develop a list of recommended programs that would address the problem(s) and appeal to and be utilized by seniors.

5. Develop a survey or other method to understand, from seniors' perspective, what leads to the under-utilization of technology.

Partners and potential partners:

- Libraries, including Red Feather Lakes library
- Senior Centers
- Andrea – FreeUp
- AARP Mentor Up
- CSU
- Family Leadership Training through the CSU Extension Service
- Poudre/Thompson/Estes Park school districts
- United Way volunteer database
- Workforce Center
- Ensignt

Performance Indicators:

- Increased use of public venues for computer use.
- Increases use of database hits.
- Surveys at trainings and number of attendees.
- Pre and post evaluations of training, on how much has been retained and used.



CULTURE OF AGING GOAL: *To increase exposure throughout Larimer County to personal experiences of aging.*

PLANNED

FALL 2017

SPRING 2018

SUMMER 2018

SPRING 2019

ACTION STEPS:

1. Assemble a Self-Directed Volunteer team. Recruiting a team of individuals with experience or interest in using video as a medium for storytelling will provide the necessary expertise in design and implementation.

2. Identify and recruit community partners with an interest in developing a video project.

3. Identify and recruit natural storytellers in the older adult community, youth groups with potential interviewers and groups capable of training and directing young interviewers.

4. Design a demonstration program. A small low-budget demonstration will provide data to determine further development.

5. Program Implementation:

- Hold a volunteer-partners kickoff.
- Provide interviewer training with rehearsals.
- Produce actual interviews.
- Edit videos.
- Publish selected videos on YouTube.
- Execute PR campaign.
- Review feedback.
- Publish results.

6. Assess Outcomes: Comments and views on YouTube, feedback from viewers and participants, community interest. Assessment will help determine and guide the future of a storytelling format for sharing the aging experience.

Partners and potential partners:

- Local radio stations
- Local public TV outlets
- Local schools
- CSU theater or journalism departments
- CSU film club
- Northern Colorado Storytellers
- Local Theater and acting troupes
- Independent living facilities
- Community senior centers

Performance Indicators:

- Audience attendance or listener attendance and feedback.
- Story teller satisfaction and participation.
- Willingness of chosen media or platform to continue the program.



CULTURE OF AGING GOAL: *Improve access to information about life-enrichment options.*

PLANNED

FALL 2017

SPRING 2018

SUMMER 2018

FALL 2018

ACTION STEPS:

1. Assemble an SDVT to design and implement the project. Recruit a team of individuals with experience in planning and presenting a community event, knowledge of the amenities and organizations in the community to be presented, technical skill and experience to develop and produce an accessible resource tool. Explore processes that are successful in initiating life enhancement such as AARP® Life Reimagined, LifeOptions Profile™ and AARP® Disrupt Aging events. Recruit students to survey/scan and create a database of existing life-enrichment

2. Identify and recruit interested parties / stakeholders with an interest in planning and presenting a Life Options Fair. Communicate/meet with stakeholders. Develop assistance and support with individuals, organizations and/or businesses to assist with or participate in Life Options Fair and/or experience in planning and presenting a community event, knowledge of the amenities and organizations in the community to be presented, technical skill and experience to develop and produce an accessible resource tool.

3. Design/develop a plan to implement a life-enrichment options event and database

4. Implement the event. Present resource tool.

5. Survey at event and 90-day post event. Publish results. Assessment will help determine and guide the future of the Life Options event and resource tool for enhancing the aging experience.

Partners and potential partners:

- Libraries; including Red Feather Lakes library
- Senior Centers
- Andrea – FreeUp
- AARP Mentor Up
- CSU
- Family Leadership Training thru CSU Extension
- PSD/Thompson/Estes Park School Districts
- United Way volunteer database
- Workforce Center
- Ensignt

Performance Indicators:

- Increase in use of public venues for computer use
- Increase in use of database hits
- Conduct surveys at trainings and number of attendees
- Conduct evaluation of training, i.e. pre and post evaluations on how much has been retained and used

5. Conclusion



PAFC Board, Steering Committee and priority groups are working with the Executive director to further develop the Partnership for Age-Friendly Communities. In addition to the priority group projects over the next year we plan to:

- 1. Design and implement a development plan.***
- 2. Hire a full time Executive Director.***
- 3. Design and implement a comprehensive communications plan.***
- 4. Develop, train and launch new SDVTs.***

PAFC remains committed to being a grassroots organization. The true power of the organization comes from volunteers and collaborations. We will continue to explore partnerships and projects with governmental, non-profit and for-profit agencies. that will make Larimer County a livable community for all.

Our grassroots structure supports the continuous development of goals and projects as our members see needs and opportunities around Larimer County. Within this plan are projects that have been completed, are underway and are proposed. We anticipate that in the next five years and beyond other projects will emerge. This is a living document which will continue to evolve along with the Partnership for Age-Friendly Communities.





6. PAFC Member List



Board of Directors

BONNIE SHETLER,
PRESIDENT
Private Practice Psychologist

BOB HOLCOMB,
VICE PRESIDENT
Estes Park Trustee

PAULA STEARNS,
SECRETARY
Retired Nurse

LEE ACKERMAN,
TREASURER
CPA, Brock & Company

CARRI RATAZZI
Lutheran Family Services

CHERYL NOBLE
Community Member

DAVID GREGG
Builder, Past Berthoud Mayor

JOANNE VANDE WALLE
Elderhaus

JOSEPH MOORE
Fort Collins Interfaith Council

KATHAY RENNELS
V.P. for Engagement, CSU

LYNDA MEYER
Larimer County Office on Aging

MANFRED DIEHL
CSU Human Development and Family Studies

SAM BETTERS
Loveland Housing Authority

Steering Committee

ALAN HEILEMAN
Elder Care Network

SUE BALLOU
Executive Director, PAFC

MARTIN CARCASSON
CSU Center for Public Deliberation

MARTHA CONANT
Fort Collins Interfaith Council

MYLES CRANE
Fort Collins Senior Advisory Board

PHOEBE HAWLEY
Loveland Senior Advisory Board

KELLY HAWORTH
Larimer County Dept. of Health

DIXIE HUFF
Loveland Senior Advisory Board

JEAN LEHMAN
Community Member

KATY MASON
Larimer County Office on Aging

CHERYL NOBLE
PAFC Board Member

CARRI RATAZZI
Lutheran Family Services

ROBERTO REY
Colorado AARP

SUE SCHNEIDER
CSU Extension Services

BONNIE SHETLER
Private Practice Psychologist

PAULA STEARNS
Community Member

JILL TAYLOR
UCH Aspen Club

CHERRIE THORNTON
Community member

Housing Priority Group

NISANDA ALBAUGH
Community Member

SUE BALLOU
Executive Director - PAFC

SUE BECK-FERKISS
Fort Collins Office of Sustainability

SAM BETTERS
Loveland Housing Authority

MICHELE CHRISTENSEN
Fort Collins Housing Catalyst

BRIAN DUNBAR
Institute for the Built Environment

NANCY LATTROPP
Community Member

KATY MASON
Larimer County Office on Aging

GREG MIEDEMA
Northern Colorado Home Builders

MARY ALICE MURPHY
Center for Hope

YVONNE MYERS
Columbine Health Systems

SARAH SCHILZ
Fort Collins Senior Advisory Board

DENISE SELDERS
Department of Local Affairs (DOLA)

BILL SWALLING
Waters Edge Development

6. PAFC Member List (continued)



Mobility and Access Priority Group

JASON BRABSON

Heart & Soul Paratransit

MARTIN CARCASSON

CSU Center for Public Deliberation

JILL COUCH PRO31

Safe Senior Driver, LLC

SHARON COURTNEY

PAFC

RUTH FLETCHER-CARTER

RAFT

ALEX GORDON

North Front Range MPO

EMILY GARGOL

Volunteers of America

SUZANNE KING

Fort Collins Senior Advisory Board

KATY MASON

Larimer County Office on Aging

CONNIE NELSON-CLEVERLEY

SAINT

LESLIE ROY PRO31

Safe Senior Driver, LLC

DIANE SMITH

Fort Collins Senior Advisory Board

Culture of Aging Priority Group

CHRIS GOES

Goes Funeral Care

ALEN HEILEMAN

Elder Care Network

JEAN LEHMAN

Community Member

MARGARET LONG

Community Member

LYNETTE MCGOWAN

Larimer County Office on Aging

BONNIE SHETLER

PAFC Board Chair

Health and Wellness Priority Group

DEBORAH BAYLISS

Community Member

CRYSTAL BLOEMAN

Community Member

ALLYSON BROTHERS

CSU Dept. of Human Development

CHERRIE THORNTON

Community Member

DAVID LEHMAN

Retired Physician

DIANE HORAK

Columbine Health Systems

DON GAYMON

Eldercare Network

JILL TAYLOR

UCH Aspen Club

JIM BECKER

Health District of Larimer County

JOHN KEMP

Home Well Senior Care

KELLY HAWORTH

Larimer County Health Dept.

MANFRED DIEHL

CSU Dept. of Human Development

MYLES CRANE

Community Member

PATRICIA HOUSLEY

Community Member

PAULA STEARNS

Community Member

SUE SCHNEIDER

CSU Extension



Livable Larimer County

Partnership for Age-Friendly Communities 5 year plan
{August 2017 }



pafclarimer.org