2018

PROGRESS REPORT

AGE-FRIENDLY COLUMBUS AND FRANKLIN COUNTY

THE OHIO STATE UNIVERSITY
COLLEGE OF SOCIAL WORK

Franklin County
Board of Commissioners
OFFICE ON AGING
1803

AGE·FRIENDLY
COLUMBUS

agefriendlycolumbus.org

DEAR COMMUNITY MEMBERS,

It is important to start our progress report by reflecting on just how far we have come.

In 2016, we completed our city-wide age-friendly assessment through a random sample survey, focus groups held in six languages, and surveying at various events. In total, we heard from nearly 1,200 older adults over the course of six months. Our initiative started at The Mid-Ohio Regional Planning Commission, outside of the typical "aging world," to challenge cross-sector leaders to work with an "age-in-everything lens." We dedicated ourselves to *planning with, not for, our older adults*. For us, that meant committees made up of content experts (professionals working in transit, housing, development, aging, and elected officials) and "experience experts" (older adults and individuals with disabilities) totaling over 125 volunteers.

We analyzed our data and reconvened our committees over the course of 2017. Through multiple committee meetings and a national best-practices review, we created a list of potential strategies to make our community more age-friendly. We took these strategies and tested them with older adults through a public workshop. This robust public outreach and planning resulted in our strategic plan. Every decision, committee, focus group and strategy was informed by a cross-sector, multi-generational approach.

After completing the research and planning phases, we were faced with the decision of where to house the implementation phase of this critical work. The Ohio State University College of Social Work was the natural choice under the leadership of Lisa Durham, assistant dean of Strategic Initiatives and Community Engagement. The work of Age-Friendly was, and continues to be, a reflection of their dedication to excellence in research, service, community well-being, and social and economic justice for vulnerable populations. We made the intentional decision to open an office in Blackburn Community Center, an active recreation center just outside of downtown Columbus, that would allow us to lead grass-roots advocacy efforts. It was at this same time that the Franklin County Commissioners passed legislation to expand our work across Franklin County.

In 2018, Age-Friendly worked, completed or made progress on 14 strategies, ranging from creating new programs to securing funding to increase capacity of current programs. We engaged 12 students and eight faculty from multiple disciplines including city and regional planning, nursing, veterinary medicine, design, theatre and engineering in research activities, including writing publications, grants and conference presentations. Implementation is an emotional rollercoaster of fast deadlines, savvy collaboration, political tip-toeing and good old-fashioned grass-roots scrappiness. Each day, we have the privilege of asking our elders what they want and need, gathering their ideas for improvements, then identifying community organizations capable and interested in leading these improvements. And, in a perfect world, securing funding to empower organizations to do so. As often as possible, our strategies include an element of an "elder advisory council," or integrate older adult volunteers.

Although heralded as one of the leading cities in the U.S. Network of Age-Friendly Communities, the spirit of this initiative lives in our neighborhoods. Whether it's park revitalizations, community focus groups or intergenerational cookouts, this initiative celebrates the strength and wisdom of our elders. Under the mission of Ohio State's College of Social Work, Age-Friendly believes in dignity and worth of individuals, no matter their age, ability or zip code. And with our partners at Franklin County, we will continue to expand this work across our region to ensure we can all thrive as we age.

Thank you for your continued support and contribution.

Sincerely,

Katie White, Director of Age-Friendly Communities, Columbus and Franklin County
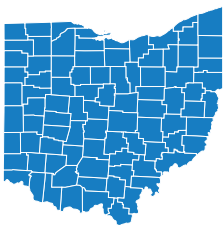
INTRODUCTION

Age-Friendly Columbus entered the World Health Organization and AARP International Network of Age-Friendly Communities in 2016. Working with an advisory council, older adults and individuals with disabilities, a year-long research and assessment phase, followed by a year-long strategic planning phase, resulted in two publications: the *Age-Friendly Columbus Findings Report* and the *Age-Friendly Columbus Strategic Plan*. Both documents are available online at **agefriendlycolumbus.org**.

Under the leadership of The Ohio State University College of Social Work, Age-Friendly Columbus is now in the implementation phase. As part of the implementation phase, Franklin County leaders committed to strengthening our efforts through a county-wide expansion. This expansion is made possible through research, inclusive planning and innovative leadership.
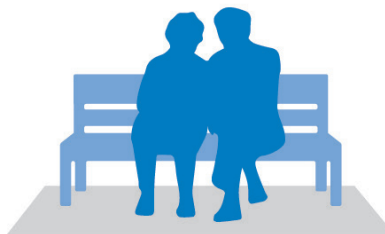
Together, we are Age-Friendly Columbus and Franklin County.

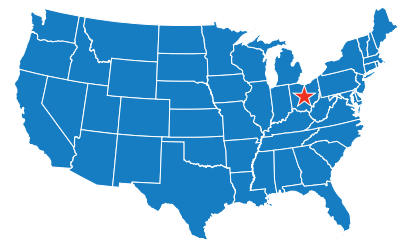## WORKING TOWARD IMPROVEMENT IN EIGHT FOCUS AREAS

- Outdoor Spaces and Buildings
- Transportation
- Housing
- Safety and Emergency Preparedness
- Respect, Inclusion and Social Participation
- Employment and Civic Engagement
- Communication and Information
- Community Support and Health Services

CENTRAL OHIO'S 65 AND OVER POPULATION WILL DOUBLE BY 2050

40% OF THE COLUMBUS POPULATION FEELS ITS COMMUNITY HAS NEGATIVE STEREOTYPES OF OLDER ADULTS

COLUMBUS IS PART OF AN INTERNATIONAL NETWORK EMBRACING AGE-FRIENDLY STRATEGIES

PROGRESS ON STRATEGIES

Note: The strategy numbers and letters listed below refer to the strategy numbers outlined in the *Age-Friendly Strategic Plan*. To review the full plan, visit **agefriendlycolumbus.org**.

Strategy 1: Encourage businesses to become Age-Friendly

a. Checklist created and peer-reviewed; over 50 businesses reviewed by Village in the Ville members

b. 260 attendees of Gateway Film Center Age-Friendly movie screenings

c. Social Work PhD student completed literature review and focus group, instrument creation and subsequent trainings underway

d. Partnership with Better Business Bureau of Central Ohio created, list of Age-Friendly businesses created on www.bbbAgeFriendly.org

Strategy 3: Increase the walkability of sidewalks and streets

a. Implemented Blackburn Better Block, a tactical urbanism project, on the Near East Side; best-practices document created

Strategy 4: Encourage the use of multi-modal transportation options

a. Secured funding and completed community-led planning for circulator to be piloted on the Hilltop; secured community partners, Greater Hilltop Area Shalom Zone and Clintonville Community Resources Center, to lead circulator

b. Co-wrote grant to fund travel training programs in Franklin County

c. Served on the Ohio Department of Transportation's Mature Road User Statewide Committee

Strategy 5: Empower older adults to prepare their homes to safely age in place

a. Five workshops on eviction prevention with a total of 150 attendees held by Columbus City Council, Legal Aid Society, and Next Generation; co-hosted two housing stabilization roundtables with Columbus City Council with 152 attendees

d. Piloted Age-Friendly Student in Residence at Ohio Living Westminster Thurber

Strategy 6: Increase access to programs and information that allow older adults to age in community

b. Completed focus groups on the Hilltop with United Westside Coalition and Greater Hilltop Area Shalom Zone that showed community interest and need for a Hilltop Village; held Franklin County Village Training with 30 attendees

Strategy 8: Prepare older adults and first responders to react effectively in case of a personal emergency

b. Columbus Division of Fire secured funding for 560 Knox Boxes (small safes that hold keys to access buildings in case of emergency)

c. Columbus Division of Fire and the Central Ohio Area Agency on Aging piloted a paramedicine program

d. The Central Ohio Area Agency on Agency conducted trainings for 220 First Responders

Strategy 10: Promote intergenerational civic participation, cooperation and inclusion

a. Partnered with Metro Early College Middle School to conduct Change AGEnts class

b. Presented Age-Friendly Communities content across various Ohio State disciplines

Strategy 12: Increase access to information through a variety of communication channels

c. Quantified the positive outcomes of the Senior Services Roundtable through a report on the analyses on requests, referrals and connections

Strategy 14: Shift negative stereotypes around aging

a. Curriculum created and presentations given; launched #buttonupageism campaign—promoted to national, international and intergenerational audiences

b. Engaged 249 individuals in intergenerational programming

Strategy 16: Support grandparents raising grandchildren

b. Joined Ohio Grandparent/Kinship Coalition; supported Advocacy Day at the Statehouse

Strategy 18: Expand Age-Friendly mission across Franklin County

a. Convened 12 Franklin County communities to educate on Age-Friendly practices, gather information from communities and provide mentorship to guide expansion

2018 TIMELINE

Findings Report: Hilltop Focus Groups — May 2018

- Age-Friendly Columbus moves to The Ohio State University College of Social Work
- Change AGEnts classes taught at Metro Middle School

- WOSU story featuring Age-Friendly

- Hilltop Focus Groups
- Smart Columbus Hackathon Pitch
- Employment For Seniors honors Age-Friendly with the Charles B. Jenkins Legacy Award
- Countywide training on Villages

JAN	FEB	MAR	APR	MAY	JUN

- Ribbon cutting at Blackburn Community Center
- Franklin County Commissioners enter AARP Livable Communities Network

- Marisa Sheldon, Age-Friendly assistant director, hired

- Summer BBQs begin
- Intergenerational mentor groups at Blackburn

2018

Senior Services Roundtable
of Columbus and Franklin County

OUR MISSION

The mission of the Senior Services Roundtable of Columbus and Franklin County is to advocate for seniors and their families by identifying needs and services that provide improved and safe living conditions, and to promote collaboration among public and private agencies and groups to implement solutions to satisfy these needs and services.

HISTORY

Senior Services Roundtable was born out of a meeting between Mayor Michael Coleman and community activist Fran Ryan in 2007 where the Mayor called upon Fran to "help our seniors." With Columbus City Firefighter Alonzo J. King Jr., Mary Funk, Mike Sexton, Director of Community Affairs at City of Columbus and Dave Paul, a concerned citizen who Fran assisted with a caregiving issue, the idea of Senior Services Roundtable of Columbus and Franklin County was born. Fran reached out to allies, the Franklin County Office on Aging and the Central Ohio Area Agency on Agency, and the core group was established.

Here is what you have been talking about through the *Senior Services Roundtable* email network!

Over 10 years...

1,000+ members representing

550 organizations

6,300 total emails sent

110 total meetings

Number of Emails Per Year

THE STILLMAN

THE OHIO STATE UNIVERSITY COLLEGE OF SOCIAL WORK / FALL 2018

Aging: So cool everyone's doing it!
Age-Friendly Columbus and Franklin County, a new college initiative, helps make Columbus livable for all ages

THE OHIO STATE UNIVERSITY
COLLEGE OF SOCIAL WORK

Press conference announcing Hilltop Village and Circulator funding

Senior Services Roundtable presentation by MSW/CSW student team

The Ohio Grandparent/ Kinship Coalition GrandRally at the Statehouse

The Stillman, the College of Social Work's alumni magazine, publishes cover story on Age-Friendly

JUL	AUG	SEP	OCT	NOV	DEC

Co-hosted the Big Table with the Columbus Women's Commission

Employment For Seniors Career Expo

Blackburn Better Block

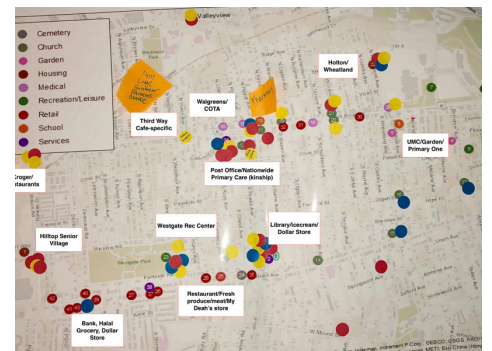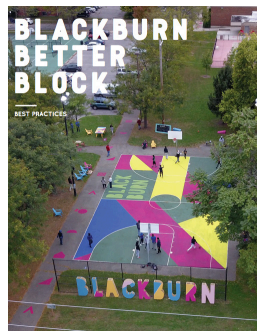BSSW Student Thesis Classes on Dance

Near East Side Housing Panel

Age-Friendly Franklin County Convening

NorthWest Columbus Focus Group

Age-Friendly Employer Focus Group with Human Resources Professionals

Hilltop Circulator Community Meeting

BLACKBURN BETTER BLOCK

BEST PRACTICES

BLACKBURN

OUTREACH AND ENGAGEMENT

2018 HIGHLIGHTS

Presentation attendees: **3,016**

Focus groups attendees: **216**

Stakeholder convening attendees: **1,167**

FEATURED PUBLICATIONS

- *Smart Cities Dive:* "To build an inclusive smart city, look through an age-friendly lens"

- WOSU Columbus Neighborhoods: "Aging in Columbus"

- *Columbus Dispatch:* "Olde Towne East Neighbors come together for beautification project, block party"

- *Columbus Dispatch/US News*: "Who will take dad to the grocery store? "Village" movement helps older residents stay in their homes"

- *Columbus Dispatch*: "City Program to Help Older Hilltop Residence"

- Meeting of the Minds Blog: "Lessons Learned from Age-Friendly Columbus and Franklin County"

PRESENTATIONS AND CONFERENCES

- Health Policy Institute of Ohio Panelist, Dublin, Ohio

- Aging Conference Panelist on Age-Friendly Policy, Akron, Ohio

- Center for Urban and Regional Analyses Panelist on Mobility and Equity, Columbus, Ohio

- The Transition Network Presentation on Reducing Ageism, Westerville, Ohio

- AARP Caregiving Panelist, Columbus, Ohio

- International Federation on Aging Poster Presentation, Toronto, Canada

- College of Social Work Community Engagement and Action Conference Keynote, Columbus, Ohio

- Regional Women in Transportation Conference Presentation, Minneapolis, Minnesota

- Older Presbyterian Ministries Network Presentation, Columbus, Ohio

- University of Montana Aging Well Conference Keynote, Missoula, Montana

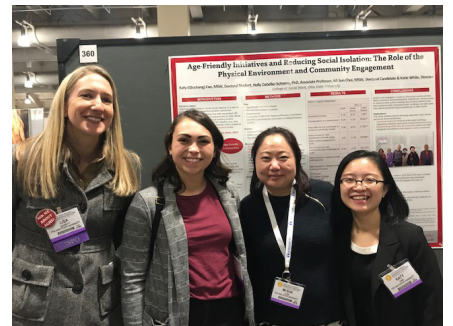- AARP Livable Communities National Conference Presentations, Charlotte, North Carolina

AGE-FRIENDLY RESEARCH

Led by Associate Professor Dr. Holly Dabelko-Schoeny and supported by Research Associate Ian Murphy, we engaged 12 students and eight faculty from multiple disciplines across The Ohio State University over the course of 2018. Individuals from social work, city and regional planning, nursing, veterinary medicine, design, theatre and engineering collaborated on research activities and collaborated on writing publications, grants and conference presentations.

HIGHLIGHTS

- Dr. Holly Dabelko-Schoeny received funding from the Ohio Department of Transportation, the Rita and Alex Hillman Foundation and the Ohio Department of Medicaid along with a team of interdisciplinary scholars and students to support key projects in our strategic planning including *Safe Routes to Age in Place; POP (Pet Owner and Pet) Care: Turning Sick Care into Well Care for Homebound Older Adults and Their Pet;* and *Medicaid Equity Simulation Project, Building Empathy in Patient Care in Virtual Reality Simulation for Practitioners*.

- Doctoral student Mi Sun Choi published a paper on Access to employment, volunteer activities, community events and perceptions of age-friendliness: The role of social connectedness in the *Journal of Applied Gerontology*.

- Dr. Dabelko-Schoeny and City and Regional Planning student Emily Long and former social work doctoral student Kathy Lee hosted a symposium titled *Research Contributions from the U.S. to the Age-Friendly Community Movement* at the Gerontological Society of America's Annual Scientific Meeting in Boston, Massachusetts.
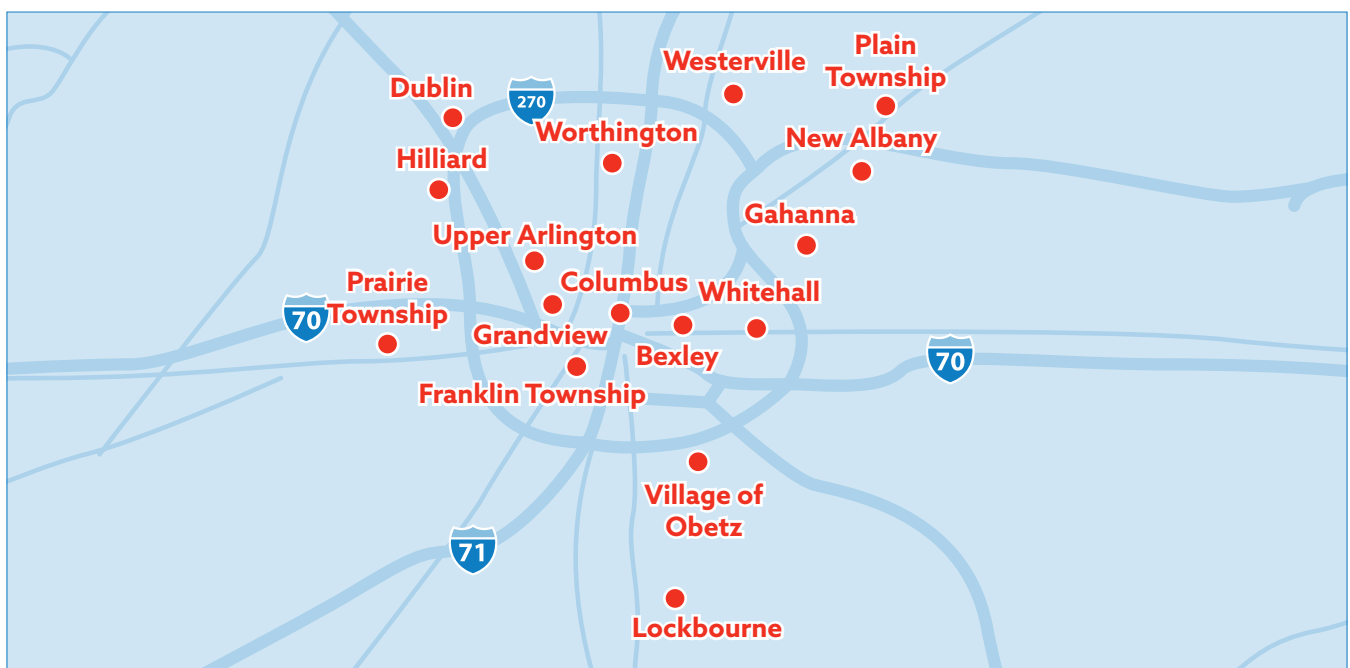
FUNDERS AND COLLABORATORS

This work cannot be accomplished without our partners. Thank you:

- AARP Livable Communities
- AARP Ohio
- Advanced Access LLC
- Autumn Theodore Photography
- Better Business Bureau of Central Ohio
- Central Ohio Area Agency on Aging
- Clintonville Community Resources Center
- Columbus Next Generation
- The City of Columbus Mayor Andrew J. Ginther
- Columbus Department of Development
- Columbus Department of Neighborhoods
- Columbus Department of Recreation and Parks
- Columbus Department of Public Service
- Columbus Division of Fire
- Columbus City Council
- Employment for Seniors
- Franklin County Office on Aging
- Franklin County Commissioners
- Franklin County Auditor
- Funkhouse Media
- Gateway Film Center
- Greater Columbus Network of Villages
- Greater Hilltop Area Shalom Zone
- Ohio Department of Transportation
- Ohio Living Westminster Thurber
- Legal Aid Society of Columbus
- Metro Middle School
- The Senior Services Roundtable
- Team Better Block
- The United Westside Coalition
- The Columbus Foundation
- The Ohio State University College of Social Work
- The Ohio State University Knowlton School of Architecture, City and Regional Planning Program

FRANKLIN COUNTY COMMUNITIES

2018 Franklin County communities engaged in Age-Friendly efforts

HOW CAN YOU GET INVOLVED?

Are you a student?
Email sheldon.127@osu.edu

Are you looking for community connections?
Email white.3073@osu.edu

Are you interested in research?
Email dabelko-schoeny.1@osu.edu

For more information or to sign up for our newsletter, visit agefriendlycolumbus.org

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FIND US ON SOCIAL MEDIA

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COLUMBUS