Age & Dementia Friendly Barnstable: An Action Plan

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Outline of Today's Presentation

- The Age and Dementia Friendly Framework

- Why this is important to Barnstable

- Development of the Age and Dementia Friendly Action Plan
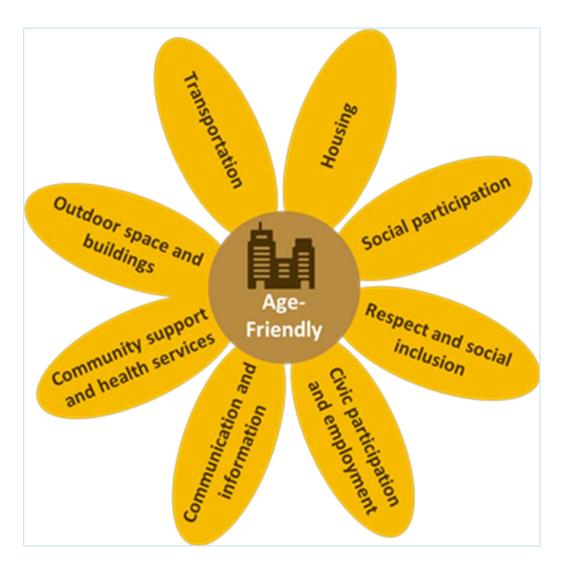
- Recommendations by domain

- Next steps

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An Age Friendly Community

*An "**age**-**friendly** community" optimizes opportunities for health, participation, and security for all people, to ensure quality of life and **dignity** as people age.*
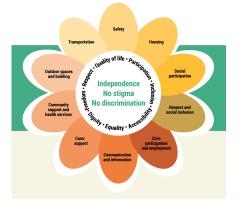
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8 Domains of an Age Friendly Community

Source: World Health Organization

- Promotes health and personal independence
- Builds resources for those who can no longer live independently
- Supports aging in place
- Enables people of all ages to participate in activities
- Treats everyone with respect, regardless of their age
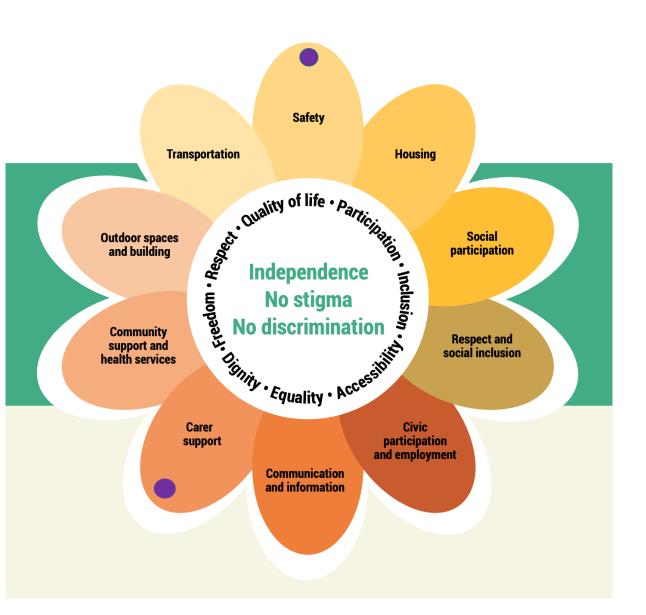- Fosters meaningful connections in the community

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Dementia Friendly Framework

▸ As the population ages, the number and proportion of Americans living with dementia is projected to rise

▸ **In 2021, WHO enhanced the Age Friendly Framework** and launched a toolkit for establishing and scaling-up dementia-friendly community initiatives

> *"Dementia Friendly Communities promote awareness of dementia, educating citizens about how to best support people touched by dementia and introducing systematic changes within businesses, government, and neighborhoods."* Dementia Friendly Massachusetts

Dementia Friendly Framework

- Meaningful engagement in accessible environments
- Healthcare and supports along the dementia care continuum
- Educational opportunities to build awareness, support, safety, and respect in the community

A Dementia Friendly Community

***Dementia Friendly Communities** promote awareness of dementia, educating citizens about **how to best support people touched by dementia** and introducing systematic changes within businesses, government, and neighborhoods.*

Dementia Friendly Massachusetts

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Barnstable's Age-Friendly Progress

- Age-Friendly Action Plan completed May, 2023
- Accepted into the Age-Friendly Community network in June, 2019
- September, 2015 - Community Needs Assessment completed in partnership with the CSDRA
  - *Aging in Place in the Town of Barnstable: Striving for High Livability in a Cape Cod Community.*

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Strategies for Learning about Barnstable

- Review of 2015 needs assessment and demographic profile
- Review of documents completed by or referencing the Town of Barnstable about their current age friendly practices and future goals
- Five Community Planning Work Sessions, January, 2022

  1. Housing
  2. Transportation, walkability, and outdoor spaces
  3. Community supports and health services
  4. Social participation, respect, and inclusion
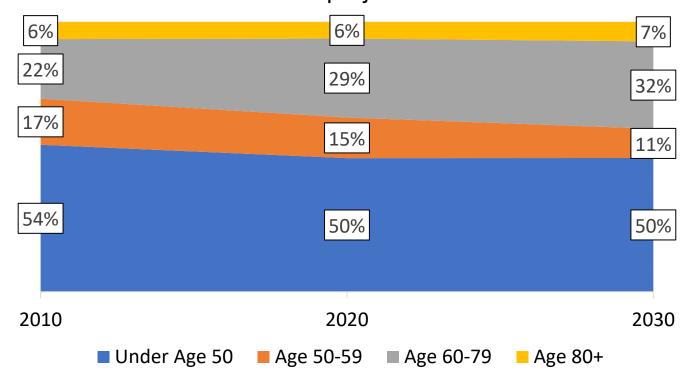 5. Civic engagement and employment

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Shifting Demographics in Barnstable

By 2030, 39% of Barnstable's population is expected to be age 60+

Age Distribution of Barnstable residents from 2010-2020 and projections to 2030

	2010	2020	2030
Age 80+	6%	6%	7%
Age 60-79	22%	29%	32%
Age 50-59	17%	15%	11%
Under Age 50	54%	50%	50%

Legend: Under Age 50 ■ Age 50-59 ■ Age 60-79 ■ Age 80+

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Recommendations - *Age and Dementia Friendly Action Items*

Housing - Action Items

GOAL #1

Increase advocacy and advance initiatives that create affordable and diverse housing options

A. Promote awareness of housing options across the lifespan

B. Encourage developers to create downsizing stock

C. Identify space and partnerships to increase housing capacity for homeless individuals

D. Explore shared housing arrangements for older adults

GOAL #2

Foster access to aging in place resources including property tax relief, home modifications, and maintenance supports

A. Build a network of volunteers and contractors to support home modification needs

B. Establish partnerships that support home maintenance needs including yard care, trash and snow removal

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Transportation - Action Items

GOAL #1:

Enhance existing transportation options

A. Expand transportation discounts to include informal caregivers

B. Ensure that vehicles offer wheelchair accessibility and comfort while reducing stigma against riding on a van

C. Enhance bus stops with shading, seating, and signage

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Transportation - Action Items

GOAL #2:

Improve communication and education on transportation options among partners and residents

A. Engage a focus group of healthcare providers to discuss challenge related to accessing healthcare facilities

B. Educate frontline workers on transportation options for older adults

C. Collaborate with medical providers to expand medical transportation services

D. Offer travel training programs

E. Build public awareness about the value, convenience, and environmental impact of public transit

F. Promote driver safety programs

G. Convene regional non-profits to build coordination and economies of scale across available transportation resources

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Walkability/Outdoor Spaces- Action Items

GOAL #1: Support the Complete Streets Initiative, making roads safe and accessible for drivers, pedestrians, bicyclists, and transit users of all ages

A. Establish a Complete Streets committee to foster collaborative efforts

B. Conduct village- specific walk audits

C. Conduct a geographic analysis of accident data to prioritize intersection improvements and traffic calming solutions

GOAL #2: Improve accessibility of outdoor spaces and provide a broad mix of active and passive recreational opportunities

A. Create age friendly recreation trails through advocacy and volunteer efforts

B. Provide age friendly walking trails maps that identify curb cutouts and seating

C. Promote accessibility and age friendly/intergenerational features at parks

D. Ensure beaches are pedestrian-oriented and accessible

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Community Supports & Health Services- Action Items

GOAL #1

Continue to build access to supports and expand training to address challenges.

A. Increase awareness of aging in place and caregiver resources

B. Explore the expansion of health and wellness services for older residents

C. Create solutions to support residents in need of adult day and respite programs

D. Conduct training and outreach to address access challenges related to language barriers

E. Encourage local businesses to adopt age friendly practices

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Respect and Social Inclusion- Action Items

GOAL #1

Expand programming and events for older adults while increasing communication efforts to facilitate access to learning and wellness-promoting activities

A. Increase access to offsite programming and events

B. Increase lifelong learning opportunities

C. Build social engagement and enrichment opportunities for caregivers

D. Increase engagement options for homebound residents

E. Develop an "Adopt a Grandparent/Grandchild" program

F. Offer intergenerational conversation hours at the COA and libraries

G. Expand Dementia Friendly practices

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Civic Engagement and Employment – Action Items

GOAL #1

Expand opportunities for employment and volunteering among older adults

A. Increase access to training and opportunities for purposeful work and meaningful civic engagement

B. Encourage local businesses to become Age Friendly employers

C. Create support and incentives for caregivers

GOAL #2

Expand opportunities for additional engagement vehicles among older adults

A. Create a centralized online platform and host a volunteer fair to inform residents of volunteer opportunities

B. Explore programs that connect generations through community service work and shared learning

A. C. Ensure that the needs and interests of older adults are represented on Town Boards and Committees

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Next Steps to advance Age and Dementia Friendly Initiatives

Building Awareness, Engagement, and Community Impact

Guided by the Steering Committee, build outreach and collaboration among residents, Town Staff, Boards, and other Stakeholders

- Announce Barnstable's Age and Dementia Friendly Steering Committee

- Host a workshop among Town departments and committees to:
  - Foster creative discussions around intersecting goals and identify feasible, visible ways to introduce this initiative
  - Discuss priorities, funding opportunities, and establish preliminary timelines

- Host a community launch event to introduce residents and stakeholders in the community to the action plan and impactful journey ahead

- Keep the community informed while recognizing and celebrating progress through local social media, newsletters, and other news channels

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Thank you!

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