



Thank participants for coming.

Agenda

- Introduction
- Overview of Master Aging Plan and work group process
- Review of domain and Orange County feedback
- Subgroup discussion
- Whole group discussion
- Wrap-up

Here's what we're going to be doing today:

- We have some new people this week, so we're going to start with some very brief introduction.
- I will briefly go over our Master Aging Plan process and Orange County data.
- Then we'll break into subgroups to finalize our list of problems/issues to focus on and discuss what already exists in the County.
- We'll take a super quick break and then come back together to share what exists and see if there are other ideas from the whole group. We'll talk about what services we should expand or protect and how to do that. We'll also share what we need. Finally we'll draft our goal statement.
- At the very end, we'll do a quick wrap-up to discuss our next meeting and collect a formative evaluation from you all.



Welcome!

- Introductions
 - Name
 - Organization, affiliation, or interest (particularly around this work group)

30 second introductions!

Discussion Ground Rules

- There are no bad ideas or solutions.
- Participate! We want to hear from everyone.
- Listen respectfully to others.
- Mind the allotted time on the agenda.
- Use plain language (limit acronyms and jargon).
- Assume best intentions.

Overview of discussion ground rules



Brief overview of MAP

What is the Age-Friendly Communities initiative?

- Started by World Health Organization (WHO) to help cities prepare for rapid aging of population
- AARP is the U.S. affiliate of the WHO initiative
 - Orange County was first county in North Carolina to sign on!

- In 2006, the World Health Organization launched its Age-Friendly Cities and Communities Program in an effort to help cities prepare for a rapidly aging population.
 - Older adults and service providers in 35 cities from all continents participated in focus groups to help inform the initiative.
- AARP (formerly the American Association of Retired Persons) is the U.S. affiliate of this WHO program and is heading up the initiative here.
- Both WHO and AARP have created networks of age-friendly communities that cities can join to learn from each other.
 - Orange County was the first county in North Carolina to join the AARP network! Since then, Mecklenburg and Wake Counties have joined the national Age-Friendly Community Network and we understand that Durham is not far behind.
 - To date, Matthews, NC is the first city in North Carolina to become an Age-Friendly city. We hope that some of our towns may be interested in joining the network on their own over the coming years.

Organizing for Action

AARP and WHO Framework

1. Transportation
2. Outdoor Spaces & Buildings
3. Housing
4. Social Participation
5. Respect & Social Inclusion
6. Civic Participation & Employment
7. Community Support & Health Services
8. Communication & Information

Orange County Work Groups

1. Transportation and Outdoor Spaces & Buildings
2. Housing
3. Social Participation and Respect & Social Inclusion
4. Civic Participation & Employment
5. Community Support & Health Services

- Both AARP and WHO measure a communities “age-friendliness” based on 8 domains, listed to the left.
- With guidance from this AARP/WHO framework, combined with the data we gather from a community-wide survey, focus groups, community meetings, and key informant interviews, we collapsed these domains into 5 work groups, listed to the right.
 - The work groups are a group of experts and interested citizens who come together to study an issue and formulate the goals, objectives, and strategies for implementation that will guide us for the next 5 years.
 - Essentially, the work groups are the real creators of the Master Aging Plan.

Cross-Cutting Issues

- Communication and information
- Diversity of older population (income levels, urban/rural, race/ethnicity, wellness/disability, sexual orientation)
- Intergenerational opportunities
- Social isolation
- Including older adults in solutions

- There are some cross-cutting issues that all work groups are considering when creating their sections of the MAP.
 - Communication about services and getting information out to citizens.
 - Diversity of older populations (including income, urbanicity, race and ethnicity, wellness and disability, and sexual orientation)
 - Intergenerational opportunities (so not singling out older adults, but giving all generations the opportunity to work and interact together)
 - Addressing social isolation; and
 - Including older adults in the solutions.



Overview of Work Group Process

What will the next five meetings look like?

✓ Meeting 1: “Where We’ve Been and Where We’re Going”

Meeting 2: “Building on What We Have”

- Subgroups review what they have researched
- Discussion of what services/policies need protection, need to be improved, and need to be expanded
- Group brainstorm on possible solutions for each subtopic
- **Homework:** Identify barriers and facilitators of solution success.

Meeting 3: “Focus on Solutions”

Meeting 4: “Drilling Into Objectives”

Meeting 5: “What Will Success Look Like?”

Each meeting will have a focus and specific tasks. During our last meeting, we talked a little bit about what kinds of things around Social Participation & Inclusion we working on as part of the last MAP. We also looked at what Orange County residents said about these domains and started brainstorming what the main issues we want to focus on are. During your week away, you all looked into services and programs that are already available in the County or that we could put into place.

This week we’re going to talk about what we found out. Our main task in our subgroups is to finalize a list of issues on which we should focus, and to discuss what kinds of programs and services are available. When we come back together, we’ll share our final list and what we think is available and discuss what should be protected, improved and expanded, as well as added. We’ll also formulate our goal statement for the group.

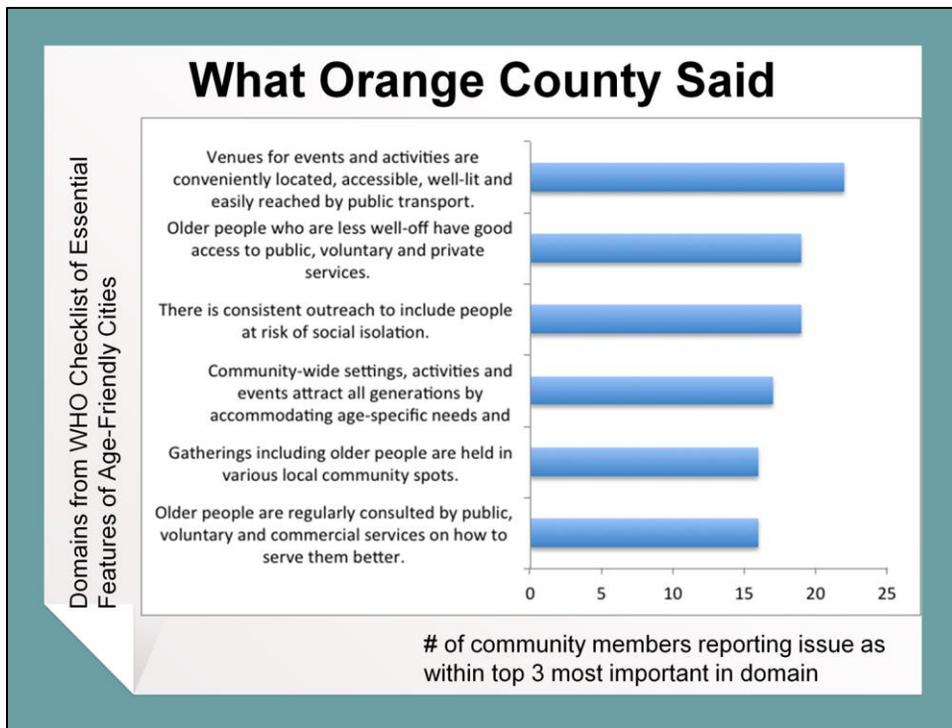


Remember: Social Participation and Inclusion and is really focused on providing opportunities for people to interact and work together regardless of age, making sure older adults are part of the community and able to contribute their skills, interests, and wisdom in meaningful ways, and building partnerships with organizations to engage older adults.

What Orange County Said

- Build community and cohesion in neighborhoods
- Provide more free community activities at locations across the county (not just senior centers)
- Improve transportation, hours, and pricing for learning and cultural offerings in the community
- Increase educational and enrichment opportunities
- Increase social opportunities for a variety of ages
- Provide opportunities for younger adults to think about how they want to age

- This is a summary of what we heard about social participation and inclusion during our community meetings.
- Can see that people talked about creating community cohesion, increasing programming and access, and including people of all ages in activities



Also at the community meetings we asked participants to tell us what was most important to them in each domain from the WHO Checklist of Essential Features of Age-Friendly Cities. Results were focused on programming and outreach.

Emerging Issues from Meeting 1

Programming

- Continuing education opportunities, shared learning
- Expand meeting space for programs (at senior centers and outside of senior centers)
- Intergenerational programming
- Access to programming (money and transportation)

Outreach

- Communications and marketing campaigns
 - Multi-lingual
 - Reaching out to baby boomers, community centers, etc.
 - Utilizing faith orgs. as line of comm.
 - Changing language around "senior"
 - Word of mouth
- Building community
- Addressing social isolation
- Expanding dementia-capable communities



45 minutes for discussion. Use flipcharts so we can share as a whole group.

- Finalize list of problems/issues (based on last slide).
- Discuss what kinds of programs/services already exist to address each issue.
 - In our whole group, we will:
 - Share what exists and discuss which services should be protected, improved, or expanded.
 - Discuss what programs/services are missing and what ideas people have for improvement.

Reconvene and Whole Group Discussion

- Which programs/services should be protected, improved, and expanded?
- How do we protect, improve, or expand the services?
- What is missing from our list of programs/services that should be included in this MAP?
- What are barriers to these programs/services being implemented, protected, improved, or expanded? What makes it easier?
- What is our goal statement?

50 minutes for discussion

Each group will (15 minutes for each group):

- Share what exists and discuss which services should be protected, improved, or expanded.
- Discuss what programs/services are missing and what ideas people have for improvement. (Can use Age-Friendly Manitoba checklist for ideas.)

The whole group will discuss barriers and facilitators to implementation (what makes your job difficult or easy?). (10 minutes)

The whole group will discuss our goal statement (no need to wordsmith, just get an idea). (10 minutes)

Homework

- Choose one or more Social Participation & Inclusion problem, program, service, or policy.
 - Identify the various barriers we might face in implementing, improving, expanding, or protecting programs/services in OC.
 - Identify the various solutions we might utilize.
 - Record your thoughts on your handout.
- Note:
 - As an employee or resident in Orange County, what makes it difficult to implement develop, improve, or expand this particular program or service?
 - What makes it easier?

For homework, we'd like you to think about what we have discussed re: problems and solutions (what we already have in place, what is missing, and what we could implement). Choose something we talked about and research possible barriers and facilitators there may be that impact success. For example, we have said in the past that we would like to partner with faith-based organizations for programming and outreach, but it has been challenging. Why could that be? How could we overcome it? We will use your research in our next meeting when we start creating objectives and strategies.

Thank You!

- Look for an email in the next few days with:
 - The notes from this meeting;
 - Electronic copy of the homework;
 - Copy of PowerPoint slides; and
 - Asking if you need any help with resources or research.

**Next Meeting: Thursday, February
23 from 1:30-3:30 p.m. at the
Seymour Center**