

Toward an Age-Friendly Multnomah County



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Why Plan for an Aging Population?

The world, the U.S., Oregon, and our metro region are aging:

- Between 2010 and 2030, while our region's population will grow by 35% overall, the number of people 65+ will grow by 106% (Metro, 2009)
- We ALL are aging, but little planning has occurred
- Our window of opportunity for preparing is shrinking rapidly



What is an “Age Friendly” Community?

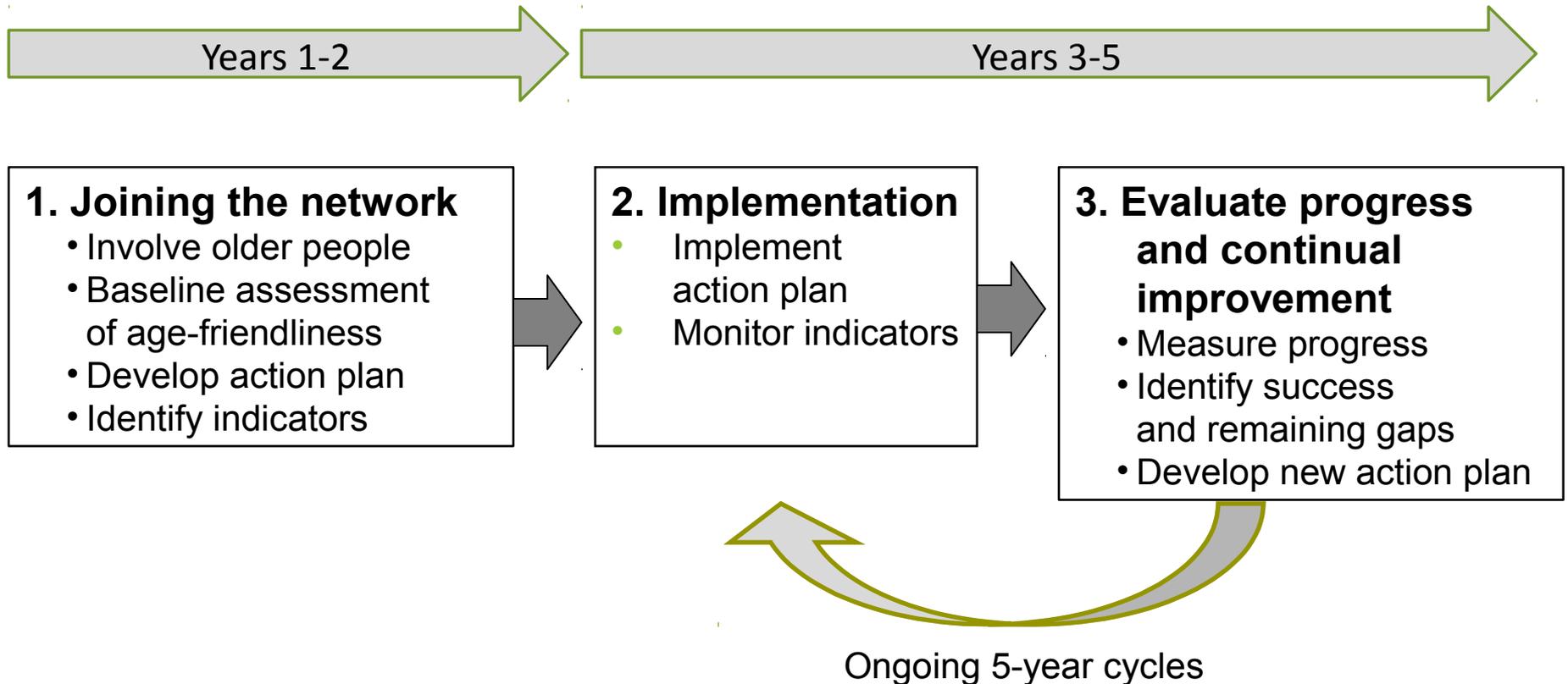
- Builds on strengths of older adults, not only needs
- Age-friendly communities strive to:
 - be enabling
 - be inclusive
 - be equitable
 - focus on the life course and intergenerational interdependence
- “An age-friendly city...is friendly for all ages and not just ‘elder-friendly’.”

– WHO *Global Age-Friendly Cities: A Guide*, p. 72



Credit: Bridge Meadows

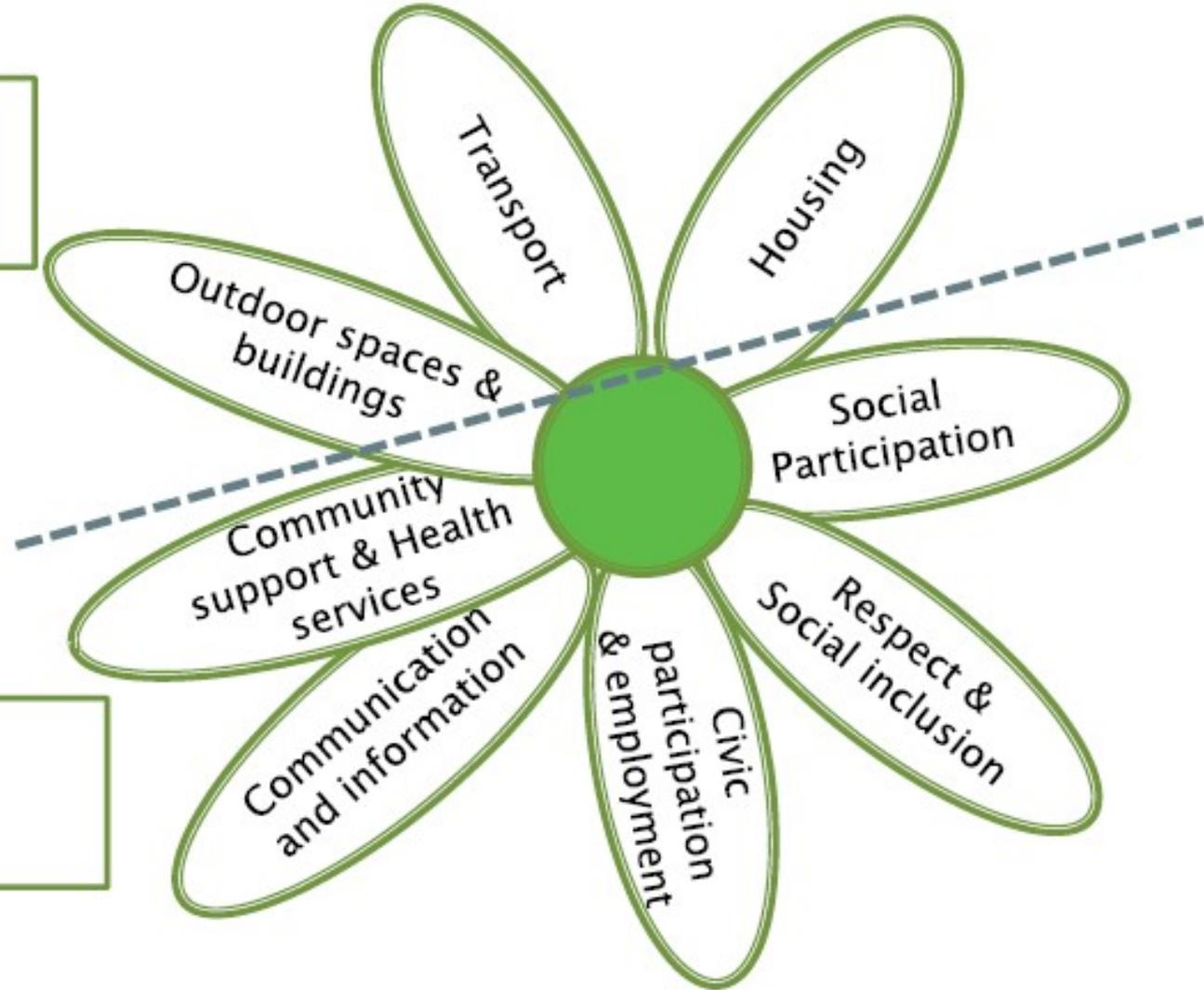
WHO Initiated its Global Network of Age-friendly Cities[©]



An Age-Friendly City: Domains

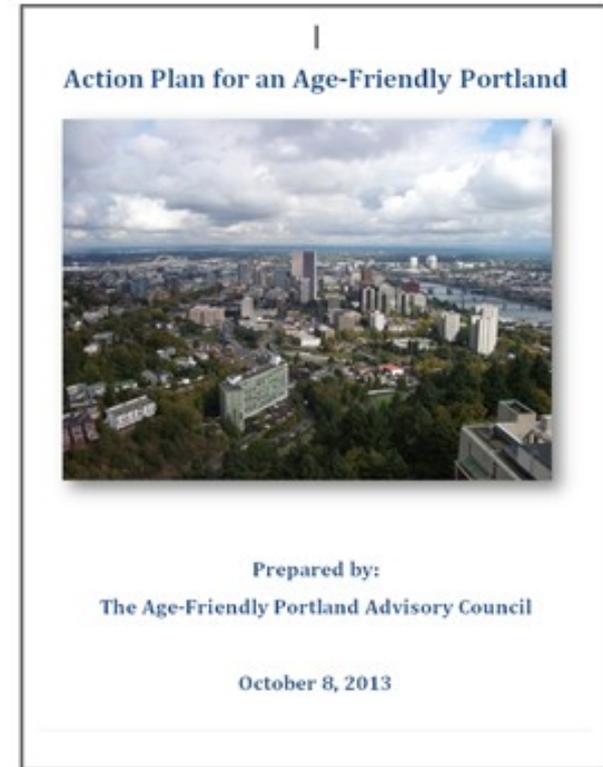
**Built
Environment**

**Social
Environment**



Moving to Action

- **2011-2013:** Disseminated findings; Advisory Council provided input on Portland Plan and Comprehensive Plan; Advisory Council developed Action Plan; IOA consulted with WHO, AARP on indicators of age friendliness
- **Oct. 2013:** Portland City Council approved Action Plan
- **Oct. 2014:** Multnomah County Commissioners adopted action areas
- **Oct. – March, 2014-15:** County applied for, received membership in WHO/AARP Global Network of Age-Friendly Cities



Age-Friendly Advisory Council Charter

Meet the needs and engage the strengths of all citizens toward the goal of building a community for all ages, working in concert with the City and County Commissioners and Bureaus/Departments, as well as the private and non-profit sectors and community members themselves, to implement the City's and County's Action Plan(s) for an Age-Friendly Portland and Multnomah County.

Implementation

- Age-Friendly Advisory Council
- Five Operating Committees
 - Housing Options & Policy
 - Economic Development & Employment
 - Civic Engagement & Volunteering (WAOPF)
 - Health
 - Transportation
- PSU project with Multnomah County ADVSD



Age-Friendly Multnomah County

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Age-friendly Multnomah County

- On October 30, 2014, Multnomah County Board of Commissioners unanimously adopted the action areas from Portland's Action Plan:
 - AARP has officially accepted the County into the U.S. Network (WHO to follow)
 - Within the action areas, specific county-related action will be developed (e.g., community services → libraries)
 - Staff from the Aging, Disability & Veterans Services Division and the IOA begin work together



Age-Friendly Multnomah County Project

- Inventory of reports published within past five years by County departments and community partners
- Database of key staff members, stakeholders from CBO and other jurisdictions, and other champions to seed future workgroups
- PSU led two work sessions with staff representing all County departments – 10-15 staff each session
 - How is your department planning for aging population? What are priorities?
 - What current services does your department offer?
 - What are the potential gaps or barriers?

Work Session Theme #1

Aging and Equity

- Remove barriers to services in underserved/vulnerable populations (e.g., non-English speaking, low-income, LGBTQIA community)
- Environmental sustainability (e.g., Climate Action Plan, generational stewardship)
- Social and racial justice issues
- Equal access for older adults with disabilities
- Services in rural Multnomah County
- Making public facilities inclusive for all (e.g., Library system, Court House)
- Equal access to transportation in east Multnomah County

Work Session Theme #2

Provision of Services

- Health and wellness initiatives emphasizing prevention
- Effective communication with older adults through the use of appropriate media
- Gaps between governmental units responsible for providing services
- Expanding Library services to address emerging public issues
- Eligibility qualifications and difficulties navigating systems and regulations
- Services in rural Multnomah County
- Mental/behavioral health service coordination and delivery

Work Session Theme #3

Infrastructure

- Accessible housing opportunities
- Multi-generational housing opportunities
- Connections to public transit/active transportation
- Crosswalks, signal timing, and safe environments for pedestrians
- Maintenance of roads and services
- Environments for sight and hearing impaired older adults
- Improved road signage and road striping

Survey to Employees

- 15 questions, <20 minutes to complete, optional
- Framed around three themes identified in work session
 - Aging & Diversity
 - Provision of Services
 - Infrastructure

Next Steps

- Distribute online survey to Multnomah County employees
- Analyze survey results and provide recommendations
- Convene interdepartmental workgroup to formulate the Age-Friendly Action Plan and ensure successful implementation