

## County Forum on Creating a More Aging-Friendly Community Ideas from June 19, 2013 Forum at South County Center

**Number of participants: 37**

50+ Community forums were held across the county. The public was invited to participate in the process of developing the 2013/2014 50+ Action Plan. At most of the meetings, after a brief introductory session, the participants were invited to participate in two of five small group discussions focused on the following topics: Housing, Transportation, Community Engagement, Safe & Healthy Community, and Services. At the end of each small group session, the participants were asked to vote on the three ideas or initiatives that they thought were most important. The votes for particular ideas were totaled in the "Number of Votes" column of the forum data. Some smaller forum participants did not have the opportunity to vote.

### SAFE AND HEALTHY COMMUNITY

COMMENTS	NUMBER OF VOTES
Police are too focused on writing tickets and there's not enough understanding regarding the aging population.	4
Nutrition and Exercise classes (South Run) – replicate around the county.	4
Elderly nutrition – some people are falling through the cracks.	3
Provide more nutrition and weight management support.	2
Provide opportunities to get to the different parks and recreation centers.	2
Add better lighting to neighborhoods to make them safer.	2
Communication is an issue.	2
Use more prominent signs on the roads to make it safer for drivers.	1
Older Adult playgrounds	1
There are too many solicitations in neighborhoods – people stopping by multiple times.	0
Neighbors checking on neighbors.	5
Have consumer protection get the word out about all the phone scams taking place. Provide info. on how to report them and who to report them to. Maybe have a "scam hotline," put in HOA newsletter, email newsletters, etc.	4
Nutrition options	3
Provide a community newsletter to hear about events as they occur and include important phone numbers like non-emergency numbers.	2
Advise on safety in the community e.g. carrying cell phone when walking and self-protection devices.	2
Repair and maintain sidewalks.	1
Have a community walking club.	1

### COMMUNITY ENGAGEMENT

COMMENTS	NUMBER OF VOTES
<b>Are there enough opportunities?</b>	
Provide enough volunteer opportunities with school groups.	3
Reach out to Volunteer Fairfax to find volunteer opportunities. There's a wealth of opportunities in our community.	2
Gunston Hall should develop outreach programs like going to museums or historical sites.	1
Communities should be more connected to older adults and reach out to them i.e. using PowerPoint.	1
<b>What needs are there?</b>	
Mount Vernon needs more volunteers – most are in Fairfax.	3
If ISA closes, turn it into an educational site i.e. a satellite NOVA or GMU.	3
Classes need to be where the older adult is – they won't trek out to take a class.	3

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COMMUNITY ENGAGEMENT	
COMMENTS	NUMBER OF VOTES
A young group provides assistance at the Backlick Temple. Houses of Faith should provide information resources.	3
Create town centers – church/faith based, educational, civic, etc. This helps bring people together. Livable communities Hybla Valley, Hollin Hall at the Mt. Vernon Government Center.	2
Bring RSVP back to Mount Vernon.	2
Educate, reach out to, and employ older adults. Do an inventory of older adult skilled workers.	2
Create safe, walkable paths to some place where people can convene.	1
More opportunities are needed to engage men e.g. men's coffee clubs.	1
Encourage 60+ group to attend high school sporting events – it's free to 60+ age groups.	0
There's a lack of core town center in Mt. Vernon (Hylands' task force hasn't been advanced). 50+ plan can put this on their plan (create opportunities for community engagement).	0
<b>What can businesses do to engage older adults?</b>	
Intergenerational – High School Students should come and teach older adults the "how-to's" of technology.	6
Schools should use retired professionals.	2
Encourage local business to hire older adults.	2
Village concept – Learn how and HOA can organize a village.	1
Gunston Hall should take individuals on tours and use volunteers.	0
Educate employers of the value of using older adults.	0
Engage businesses with ethnic groups within the community in general.	0
Technology – Sometimes older adults are reluctant to learn new technology so offer training to them.	0
SERVICES	
COMMENTS	NUMBER OF VOTES
<b>What services are needed?</b>	
Provide a list of reliable people to call for services. The county should check them out first.	5
The county should provide transportation for shopping and medical appointments.	3
Senior centers need special interest clubs for art, music, etc.	3
Provide community buses and vans.	3
Create a transportation hub where land is donated by businesses. Provide different modes of transportation.	3
Counseling services – 3 <sup>rd</sup> party interventions.	3
Restaurants have "senior days" on different days – have a "senior table". The food must be good.	2
Available and appropriate in-home care – language ethnicity.	2
Promote a sense of community.	2
Cheaper medical care for pets.	1
Provide food delivery services from local restaurants.	1
Help for family caregivers as they are also aging - respite (day programs).	1
Have more delivery services like PeaPod who will deliver other things like pharmacy items.	1
Neighbors knowing neighbors – who needs help, newsletters and block parties.	0
Have businesses offer employees day care for older adults in their families.	0
Have professionals like plumbers and electricians donate their services.	0
Prescription assistance.	0
Community groups provide meals.	0

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### HOUSING

COMMENTS	NUMBER OF VOTES
<b>What do you see as needs regarding housing?</b>	
Affordability	5
Having "granny pods" in the county – where is the legislation and how does Fairfax County fit into it? How do we move it forward?	3
Availability of housing close to home	2
Accessibility	1
Green buildings	1
County needs to speak with developers to make housing work for those that are disabled.	0
<b>What changes are needed to accommodate individuals with an injury or need?</b>	
ADA design.	4
Homes all on one level.	1
Zero grade entrance.	0
Ramps.	0
Changes to baths/showers adding equipment aids and gadgets.	0
Widen doorways.	0
Lower cabinets, sinks, door knobs and lever knobs.	0
Hire contractors dedicated to accessible units.	0
Flooring	0
Zero grade entrance	0
<b>What else helps older individuals stay home and age in place?</b>	
Having housing close to services.	3
"Community" replaces family.	0
Checking on people and ensuring safety. Call them daily.	0
Help with shopping	0
Lifelines/Health Monitors	0
Care from others	0
Cost may be prohibitive.	0
Assistance with ADLs.	0
<b>What options are needed for those not interested in staying in a single family home?</b>	
Small homes in designated areas.	4
Senior group homes.	2
Senior communities with graduated care housing.	1
Dorm style housing.	0
<b>How can you help your neighbors stay in their home?</b>	
Rebuilding Together – nonprofit that provides volunteers to make home repairs and modifications	0
Buddy checks, daily post office runs and safety checks.	0
APS – hoarding and animal concerns.	0
Volunteer Solutions	0
<b>TRANSPORTATION (Group 1)</b>	
COMMENTS	NUMBER OF VOTES
<b>What is the County Providing? FastTran, Fairfax Connector, Metro Access, etc.</b>	
Older Americans Act – provide more funds for senior transportation.	3
There is a lack of sidewalks. Villages are trying to facilitate for moderate income.	2

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### TRANSPORTATION (Group 1)

COMMENTS	NUMBER OF VOTES
<b>What is the County Providing? Fastran, Fairfax Connector, Metro Access, etc.</b>	
The needs of the 50+ age group are different from the needs of the 70+ age group. Wider parking spaces are needed for the 70+ group.	1
The cost of taxis can be very high.	0
There is a need for pedestrian safety and more islands in the middle of the road.	4
Provide more frequent bus service at off peak times.	4
Disseminate more information on taxi voucher programs and other transportation programs. Information provided is difficult to understand.	4
There is a need for more sidewalks and pathways.	4
Metro rail expansion down Richmond Highway – Sometimes trips take too long and need multiple transfers.	4
More police are required to enforce traffic laws and speed limits.	1
Buses are needed within the community for travel.	0
There is a need for more bus stop shelters.	0
More funds are needed for transportation.	0
There should be better enforcement of senior seating in buses.	0

### TRANSPORTATION (Group 2)

COMMENTS	NUMBER OF VOTES
<b>What is the County Providing? Fastran, Fairfax Connector, Metro Access, etc.</b>	
Expand trips for social visits to visit friends, church, beauty salons, etc.	6
Fastran is slow. Sometimes we are on the bus for 2 hours. This is due to long routes, not enough vehicles and scheduling. Residents need better information.	3
Transportation is needed for people with no options <u>regardless of income</u> . There should be <u>a low flat fee</u> .	3
Village should be able to partner with partners e.g. Metro Access during their downtime or grocery stores/shopping centers.	2
A sliding scale fee is needed for vouchers.	2
Bus transportation is difficult as it's not flexible and you have to walk a lot. It's scary if you're not used to it.	0
Add more bus services connecting neighborhoods and communities.	8
Expand the taxi voucher program – use a sliding scale.	6
Expand trip purposes for Fastran.	5
Provide a neighborhood shuttle to shopping centers, etc. ("Village Model").	4
Have better/larger road signs. Trim obscuring trees.	3
Provide taxi-driver training on being senior-friendly.	3
Expand asphalt trails connecting communities.	3
There is a lack of accessible parking.	2
Promote awareness of county services.	2
Have education and training on when to give up driving.	2
Add bus services on off hours.	2
Provide a choice of senior center trips.	1
Provide neighborhood transportation to pools.	1
Have senior centers on bus lines.	1
Fastran is not listed in brochure.	1
Have shared housing/ride-sharing networks.	1
Hybrid bicycles/seniors	1
Establish a one stop trip planner <u>not</u> linked to time (more flexible).	1
Establish a Shepherd Center in Reston and South County for rides, etc.	1
Provide more sidewalks for pedestrians.	1
Satellite/corner grocery stores.	0