

## Exit Survey Short Version Summary – October 15, 2011 McLean Forum

**The Numbers: Total Registration: 105 Exit Surveys: 62**

### 1. I would like to participate further to: (Check all that apply.)

Plan & Organize	Help Neighbors	Use Services	No thank you	Blank
31	27	20	12	8

### 2. Of the Aging in Community models presented today, the following would work best in my community:

Mt. Vernon @ Home	Reston for Lifetime	Mosby Woods Village	Unsure – Need Info
26	4	13	25 & 8 left blank

### 3. The most pressing issue facing McLean older adults & individuals w/disabilities is:

The most often mentioned issue was transportation and accessibility (lack of sidewalks, connections between neighborhoods) followed by social isolation, need for information regarding resources, financial concerns and housing. Someone also mentioned the challenge of having a disability and being under the age of 65 with no support system in place. “Many pressing issues—need to have coalition development and resource inventories.” Jared Hermalin “1) Inventory of existing resources; 2) survey of senior needs in community; 3) existing organization to sponsor surveys to launch programs; 4) socialization program” Vic Kimm

### 4. Today’s program met my expectations

Yes	No	Blank
67	4	5

### Indicate what, if anything, you would have liked included or changed at today’s event:

Some people said it surpassed expectations; others wanted more specifics, less talking, more Q&A, longer breakout sessions, more substance, more outside resources. A lot of people used this space to once again talk about pressing issues like transportation. “This needs to be the first of an ongoing development of coalition activities/planning for senior development.” Jared Hermalin

### 5. Additional Comments

(Submitted by Addie O’Connell) Need to consolidate information re senior resources. A lot of information is available (Golden Gazette, Volunteer Services, courses and activities geared to seniors) , but it needs to be disseminated directly to its age-appropriate audience. We should create something similar to Steve Gurney’s retirement magazine, but less about home resources & less splashy with fewer advertisements. It could be called “Daily Living Resource Guide for Seniors in McLean” and disseminated through community organizations/associations and door-to-door. Seniors could be on mailing list. Bringing it all together is a challenge.

(Facilitator Comment) If there were an independent website set up, a more detailed questionnaire/survey could be posted on it – similar to the one that was used at the Farmer’s Market. Folks could log in and complete it – adding to the data of information collected on the existing survey.

**McLean Age-In Community Forum**  
**October 15, 2011**  
**Break Out Session Responses - Summarized**

**1. What are the most important concerns in the McLean Community for elders and or individuals with disabilities (short-term or long term)?**

- Transportation
- Psychological support/social connections
- Affordable downsizing housing options
- Single story single family houses
- Reputable contractors for housing modifications/services
- Lack of access to enrichment activities
- Financial concerns such as tax relief and maintaining a home on fixed income
- Daily living assistance such as food preparation, laundry, transportation, house cleaning
- Knowledge of available services – County programs and services and non-profit services
- Lack of sidewalks/blocked sidewalks/non-contiguous sidewalks/uneven sidewalks
- Lack of wheelchair accessibility to buildings such as restaurants
- Public education to all ages regarding aging and the impact on the whole community
- Coordination of existing services to provide one access point via phone or website

**2. How can members of the McLean Community assist each other in meeting the needs of elders and/or neighbors with disabilities?**

- List of reliable service vendors
- Friendly connections – faith based, civic associations, neighbors, senior centers, community centers
- Identify needs vs resources
- Involvement of elected officials with regard to providing age-friendly community and regarding the reinvention of Tysons with aging population in mind
- Create a “Committee on Aging” to address and resolve issues
- Identify affordable housing options
- Hold future forums for people to connect
- Form networks to advocate for aging population’s needs and concerns
- Use County older school buildings for multi-use as an example Pimmit center
- Home Owner Associations oversee and operate village concept

- Create and communicate to residents a pro-active strategy to mobilize including:
  - Political voice to address aging issues and concerns
  - A citizen coalition to represent interests of aging population
  - Survey neighborhoods with a few key questions to identify what is needed in various neighborhoods.
  - Identify steps to respond to stated needs and take action – using Area Agency on Aging, McLean Community Center, Elderlink, and McLean Citizens Association as a resource to assist with assessment, plans, and actions.
  - A single source – database, directory, etc., to match volunteers with those in need.
  - Creating a vetting process for volunteers providing home services and transportation.

**3. Which of the models presented today do you think would be most successful in the McLean Community and why? (Groups 1, 3 & 4)** *Note: some answers were pulled from other questions responses because they better fit this question.*

- Most respondents preferred Mount Vernon at Home, second highest interest was Mosby Woods models
- One respondent thought a combination of all models would be best suited to McLean
- The Reston for A Lifetime model was not well understood by some
- Many respondents want fees and professional management (like Mount Vernon at Home); yet desire a process to subsidize those who cannot pay fee amount.
- McLean Community Center Foundation could be a potential funding source since grant funding and donations are needed for sustainability.
- Be aware of the importance of social interaction among older adults
- Want McLean Community Center to increase senior programs
- Focus on psychological issues of aging. Older adults find it difficult to ask for counseling help.
- Need a centralized bulletin (communication vehicle) that lists activities and resources. (Arlington has a bi-monthly catalogue that has activities and other information for senior's in all locations of Arlington.)
- Need business support - Chamber of Commerce
- Need "real solutions" - not "make do" solutions
- Need "community-level" focus

**4. What talents and skills could you offer for an age-in community model in the McLean Community? (Groups 1, 3 & 4)** *Note: some answers were pulled from other questions responses because they better fit this question.*

- Drive others to medical appointments
- Strategic planning
- Write grants
- Computer software assistance
- Computer research
- Health education & prevention
- Grocery shop
- Gardening
- Meal planning
- "Friendly" home visits
- Legal expertise
- Management
- Geriatric care management
- Mentor/tutor children
- Tutor English as a Second Language
- Lewinsville Senior Residents and SHARE offered to assist in obtaining insurance policy to cover volunteer drivers
- Concern for insurance to cover volunteer drivers – need to investigate coverage under the Good Samaritan laws.
- Host open houses/pot lucks for neighbors one Saturday a month
- Get to know other people in your neighborhood

**5. What housing options do you feel are needed to be able to live in McLean for a lifetime (Group 3)** *Note: some answers were pulled from other questions responses because they better fit this question.*

- Advocate to increase cut-off for federal housing subsidies to serve people caught in the middle and not income eligible.
- Lobby for zoning changes that would permit new concepts in housing options such as central core kitchen shared by residents with living wings built off the central core
- Affordable one level houses with universal design
- Need a vibrant downtown with housing available

**6. If you or your loved one could no longer drive, what transportation options would be needed to be able to live in McLean for a lifetime? (Group 1)** *Note: some answers were pulled from other questions responses because they better fit this question.*

- Shared rides
- Ability to walk to services in the community
- Taxi
- Bus
- Shuttle bus

- If transportation could be improved, seniors could get to stores and services and spend money to help the economy

**7. How do you plan to meet your social needs after retirement? Do these opportunities exist in McLean? (Group 4)**

- Volunteer
- Within my faith community
- Exercise
- Structured activities - senior dances, bridge clubs
- Would like park space with fitness course and walking paths
- Participate in MCC's senior and intergenerational programs
- All activities have a social aspect - even gardening - can talk with those passing by
- Want increased accessibility to gyms/workout facilities

**8. Miscellaneous Items**

- Driver's don't pay attention
- Uneven sidewalks increase risk of falling
- Lack of sidewalks in some neighborhoods
- Dark Streets – Need Street lights