



SHAPE the Future of Aging Plan

PHASE 1 Findings

Executive Summary

This PowerPoint summarizes HMA's findings from available documents, including the 2022 CASOA survey data, for its Assessment Planning (Phase 1) to prepare for Data Collection, Analysis, and Stakeholder Engagement (Phase 2)

- **Assessment:** Highest needs for County older adults (housing, information about Older Adult services, independent living, mental and physical health) skewed higher for non-white residents, renters, and adults over 75
- **Implications:** To engage those facing barriers to participating in the region's economic vitality, we suggest reaching out to those who: live with family members who face job insecurity; are experiencing homelessness; work due to economic necessity; represent racial/cultural/sexual orientation/ gender subgroups

Fairfax County and Northern Virginia Strategic Planning and Equity Plans:

Fairfax Commission on Aging goals- older adults will:

- Be self-sufficient and will avoid premature dependence
- Have meaningful activities including volunteer opportunities that allow them to engage with their community
- Have effective support systems - especially those who are vulnerable, socially or culturally isolated, who have a disability or who need protection from abuse, neglect, or exploitation
- Be aware of community services

Fairfax County and Northern Virginia Strategic Planning and Equity Plans:

Northern Virginia Aging Network concerns:

- Infection prevention in nursing homes and assisted living facilities
- Improve state's Long-Term Care Ombudsman Program
- Expand the Northern Virginia RAFT program (Regional Older Adult Facilities Mental Health Support Team) to adults (65+) with severe mental illness or dementia with difficult behaviors
- Expand the Livable Home Tax Credit from \$1-1.5 M/ year; create a Livable Home Grant Program at \$1 M/year for lower income homeowners
- Enact legislation for Medical Aid in Dying
- Direct Department of Corrections to meet the needs of incarcerated older adults and a Geriatric Reentry Assistance for Transitions Program
- Support funding for the Virginia Public Guardianship Program

Fairfax County and Northern Virginia Strategic Planning and Equity Plans:

Areas of focus defined by the One Fairfax Policy to promote equity relevant to healthy aging:

- Policies and programs that promote wealth creation and fair access
- **Housing** policies that encourage all who want to live in Fairfax to be able to do so
- **Workforce development** to provide all residents with opportunity to develop knowledge and skills and earn sufficient income
- Strong neighborhood social networks
- A vibrant food system
- A health and human services system supportive of all individuals and families
- A quality built and natural environment that supports all residents

Previous
Fairfax County
Aging Services
Planning
Documents:

HMA assessed past initiatives from the 2014 and 2019 50+ Community Action Plans in 6 identified focus areas:



Long Range Planning



Services for Older Adults



Safe and Healthy Communities



Community Engagement



Transportation



Housing

2022 CASOA:

Targeted 12 areas of community livability showing decline in quality ratings since 2019:

- Quality of **employment opportunities** for older adults
- **Availability of :**
 - Affordable quality food
 - Information about resources for older adults
 - Financial or legal planning services
 - Daytime care options for older adults
 - Affordable quality mental health care
- **Opportunities:**
 - Recreation (including games, arts, library services, etc.)
 - Fitness (including exercise classes and paths or trails, etc.)
 - To participate in community matters
 - To volunteer
 - To enroll in skill-building or personal enrichment classes
 - To attend social events or activities

2022 CASOA:

Most older adults desire to age in place.

Biggest challenges are:

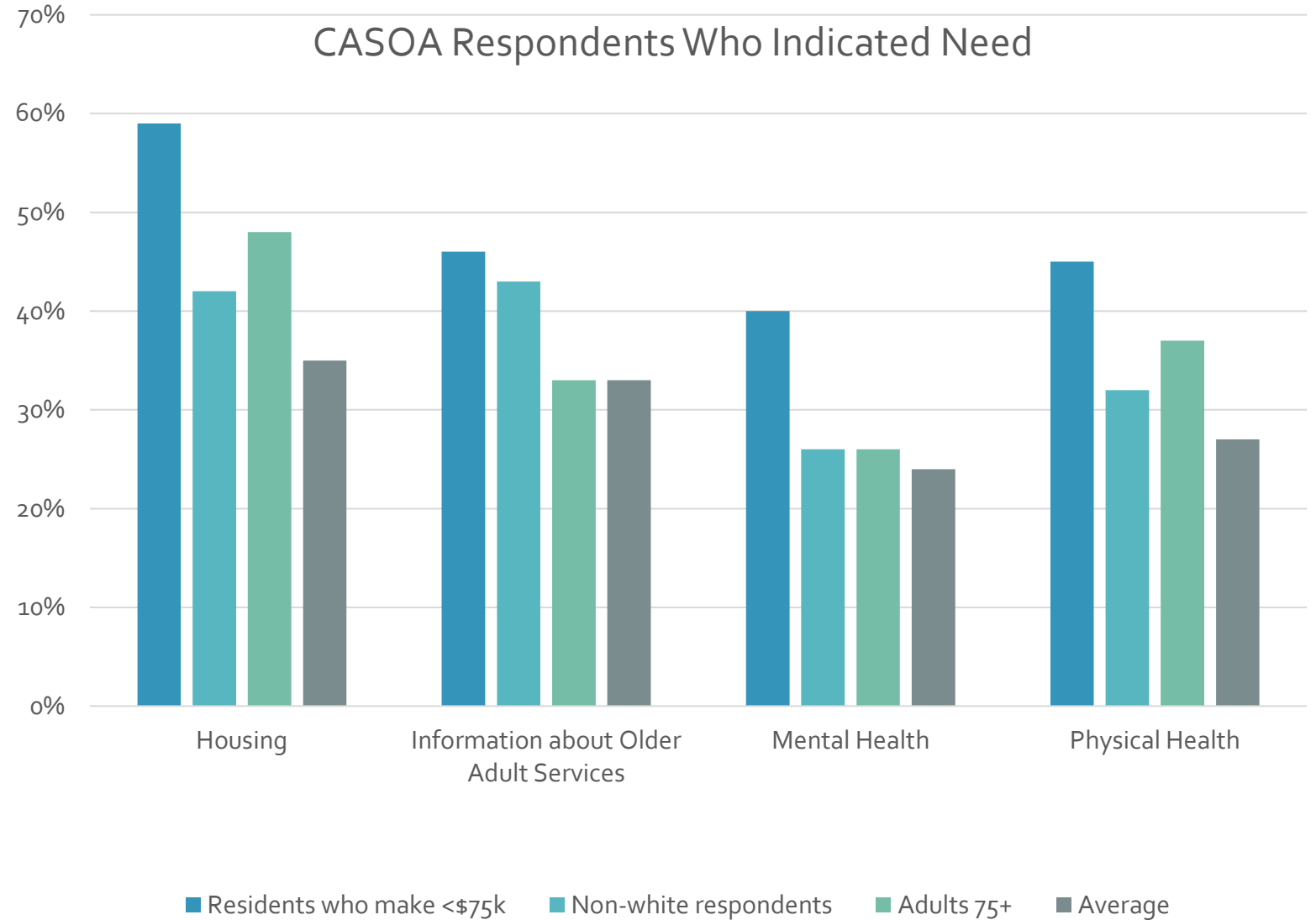
- Housing
- Information about older adult services
- Mental health and healthcare

Identified the strongest areas of community livability:

- Safety
- Physical Health
- Social Engagement

2022 CASOA:

Further identified the groups of older adults that reported greatest needs in the following areas:



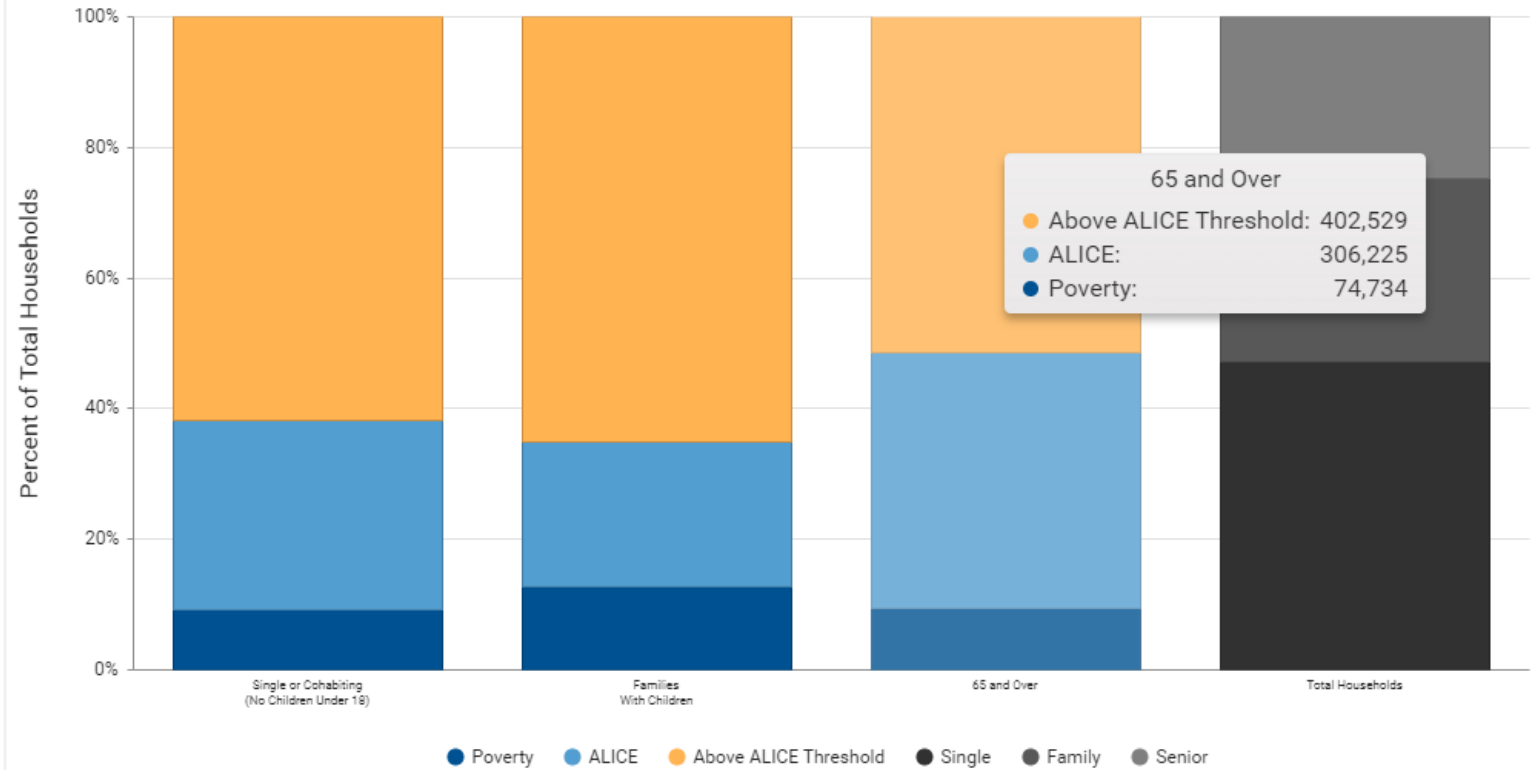
2021 US Census Demographic Profile and other Demographic Research:

- Census tracts within each HRSA with high **concentrations of adults aged 65 or older**
 - Region 1: Springfield (20.6%), Fort Hunt (20.8%)
 - Region 2: Wakefield (20.6%)
 - Region 3: Great Falls (21.2%), Mclean (20.6%)
 - Region 4: Fairfax Station (16.7%)
- Percentages of adults aged 65 or older in **poverty in each HRSA, including Cities of Falls Church and Fairfax**
 - Region 1 – 5.2%, Region 2 – 8.3%, Region 3 – 4.7%, Region 4 - 4.3%
- 38% of adults 55 and older in Fairfax County and Cities of Falls Church and Fairfax are widowed, divorced, or otherwise live alone
- 36% of those 50 and older are fully retired, **60% are working full or part time** (from 09/19 50+ Community Survey)

ALICE (Asset Limited, In come Constrained, Employed)

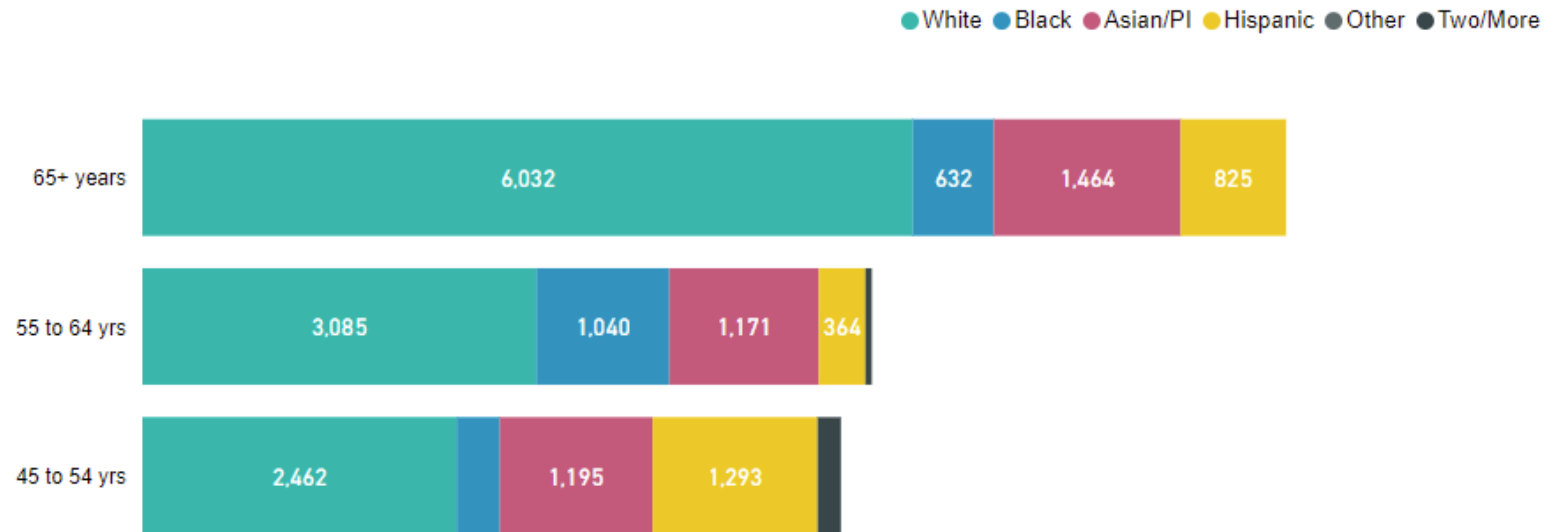
What Types of Households Are Struggling?

In the past few decades, there have been major shifts in household composition. The share of American adults who have never been married is at a historic high, as is the number of senior households. There is also a growing number of people who live alone or with roommates, and an increasing share of grown children who live with their parents. Yet all types of households continue to struggle: ALICE and poverty-level households exist across all of these living arrangements.



2021 US Census Demographic Profile and other Demographic Research:

- Number of persons who live below the poverty line by age and race/ethnicity



Implications for Phase 2:

Recommend engaging older adults with the greatest barriers to fully participating in the region's economic vitality, including those who:

- Live with family members who experience job insecurity
- Experience homelessness. It would be good to understand housing insecurity among older adults in Fairfax County and Cities of Falls Church and Fairfax and available supports
- Need to work to make ends meet.
- Subgroups of older adults (by race, ethnicity, neighborhood, LGBT status, gender, disability)
- Experience social isolation
- Experience inaccessibility of built environment (sidewalks, transportation, etc.), natural environments (parks, etc.) and home environments