Miami Valley Age-Friendly Communities Network (Village Model)

November 2, 2021
Vision
The Institute places an intentional focus on livability and equity, launching programs and transforming systems that create a community where all people can thrive.

Mission
The Institute for Livable & Equitable Communities at the Miami Valley Regional Planning Commission (MVRPC) convenes critical partners and is the central point of coordination for a long-term, multi-faceted effort to address nine domains proven to enhance livability and equity in communities.
What Does the Institute Do?

INSTITUTE STEERING COMMITTEE

Regional Equity Initiative

Livable Communities Initiative

REGIONAL EQUITY NETWORK

AGE-FRIENDLY NETWORK

CONVENCING MEETINGS & EVENTS AROUND EACH DOMAIN - REGIONAL PARTNERSHIPS!
By 2035, older adults will outnumber children for the first time in history.

The Changing Demographics: The US

Projected Percentage of Population in the US

- **Adults 65+**
  - 2016: 15.2%
  - 2020: 18.0%
  - 2025: 21.0%
  - 2030: 23.5%
  - 2035: 24.0%
  - 2040: 23.5%
  - 2045: 23.0%
  - 2050: 22.5%
  - 2055: 22.0%
  - 2060: 21.5%

- **Children under 18**
  - 2016: 22.8%
  - 2020: 21.0%
  - 2025: 19.8%
  - 2030: 18.0%
  - 2035: 16.0%
  - 2040: 15.0%
  - 2045: 14.0%
  - 2050: 13.0%
  - 2055: 12.0%
  - 2060: 11.0%
Join the National Age-Friendly Movement

Enrollment – AARP/WHO Age-Friendly Communities/Coalition of Communities in Ohio

Year 1: Conduct a survey and listening sessions

Year 2: Create an action plan

Years 3-5: Implementation

Year 5: Progress/status update

AARP Network of Age-Friendly States & Communities
Villages Movement – It Takes A Village

- Started almost 20 years ago in Beacon Hill, Boston, MA “Supporting living longer better at home”
- Today, more than 300 villages across the nation:
  - Varied in terms of services, paid staff vs. all volunteer, hybrid
  - Development, scaling up, operational www.vtvnetwork.org
- Washington Area Villages Exchange – largest regional consortium
  75 Villages in DC, Maryland and Virginia www.wavevillages.org
- Ohio – Columbus/Franklin County – Age-Friendly plan
  - 5 Villages: Village Central, Village Connections, Village on the Vile & Ville on the Hill
What is a Village?

- Structured nonprofit status, volunteer managed vs. paid staff, community, government involvement
- Volunteers help with errands, transportation, small household tasks, daily check-in calls, tech support
- Programming - social network to reduce social isolation/loneliness
- Information/referral services (one place to call); ListServs; office assistance
- Mainly supporting middle-income older adults; membership fee ranges; scholarships offered
Services Provided by Volunteers

- Transportation:
  - Medical appointments
  - Grocery store, bank, post office
  - Errands
- Exercise and wellness classes
- Help with minor household chores
- Technology assistance
- Friendly Visits, Walking Buddy
- Occasional yard work
- Management and leadership
- Volunteers
- Intergenerational; "Retirement Job"
Why Do We Need Villages?

- Older adults want to stay in their homes and communities for as long as possible and remain independent, verified by research.
- Connections to family, friends, and neighbors, peace of mind when family members are far.
- Need for creative housing solutions.
- Availability of community support services.
- Hiring assistance is costly and piecing together different types of assistance is overwhelming.
- Assisted living/nursing home costs.

Lower-income older adults feel all of these challenges more acutely.
Neighbors helping Neighbors

- Volunteers & Members create special relationships that strengthen social connections

Wellness and Educational Programs

- Falls Prevention, Tai Chi, Estate Planning, Advance Directives, Book Clubs, Exercise
- Weekly “Coffee and Conversations”

Gatherings

- Pop Up Picnics, Thanksgiving, Holidays
- Happy Hours
Social isolation is harmful to your mental/physical health. Chronic loneliness is associated with:

- 29% increased risk of coronary artery disease
- 32% increased risk of stroke
- 64% increased risk of developing dementia
- 26% increased risk of death
Established Village - Arlington Neighborhood

- Volunteers provide direct support to keep seniors safe at home:
  - 135 drivers
  - 155 volunteers provide other services
  - 1,470 services fulfilled in 2020
- Small paid staff: Executive Director, Member Services Manager, Volunteer Coordinator, Care Manager (all part-time)
- Volunteers provide behind-the-scenes management expertise
- Financial Aid Fund paid 80% of membership fee. Membership Fee waived during COVID
Age Friendly Continuum

**Learn:** more about age-friendly communities

**Assess:** existing conditions, programs, policies & services

**Reframe:** aging by changing the narrative

**Engage:** older adults in decision-making processes

**Work Together:** on strategic partnerships, programs & plans

**Commit:** to becoming an age-friendly community
Next Steps

• Quarterly meetings: next meeting held Wednesday, January 12th at 10am via Zoom (mark your calendars)
  • Educational opportunities: guest speakers around Institute domains, age-friendly experts, etc.
  • Invite: other regional partners to join the Network
  • Work together: to establish regional age-friendly community objectives, share resources and to build strategic partnerships, programs & plans
• Funding: availability next year for agencies who are active in the MVAFN to implement demonstration projects which promote age-friendly communities in the Miami Valley region
For more information about the Miami Valley Age-Friendly Communities Network:

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