



Miami Valley Age-Friendly Communities Network (Village Model)

November 2, 2021



MIAMI VALLEY

Regional Planning Commission

INSTITUTE FOR LIVABLE & EQUITABLE COMMUNITIES

Institute for Livable & Equitable Communities



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

REGIONAL EQUITY NETWORK

Livable Communities Initiative

AGE-FRIENDLY NETWORK

CONVENING MEETINGS & EVENTS AROUND EACH DOMAIN - REGIONAL PARTNERSHIPS!

Community



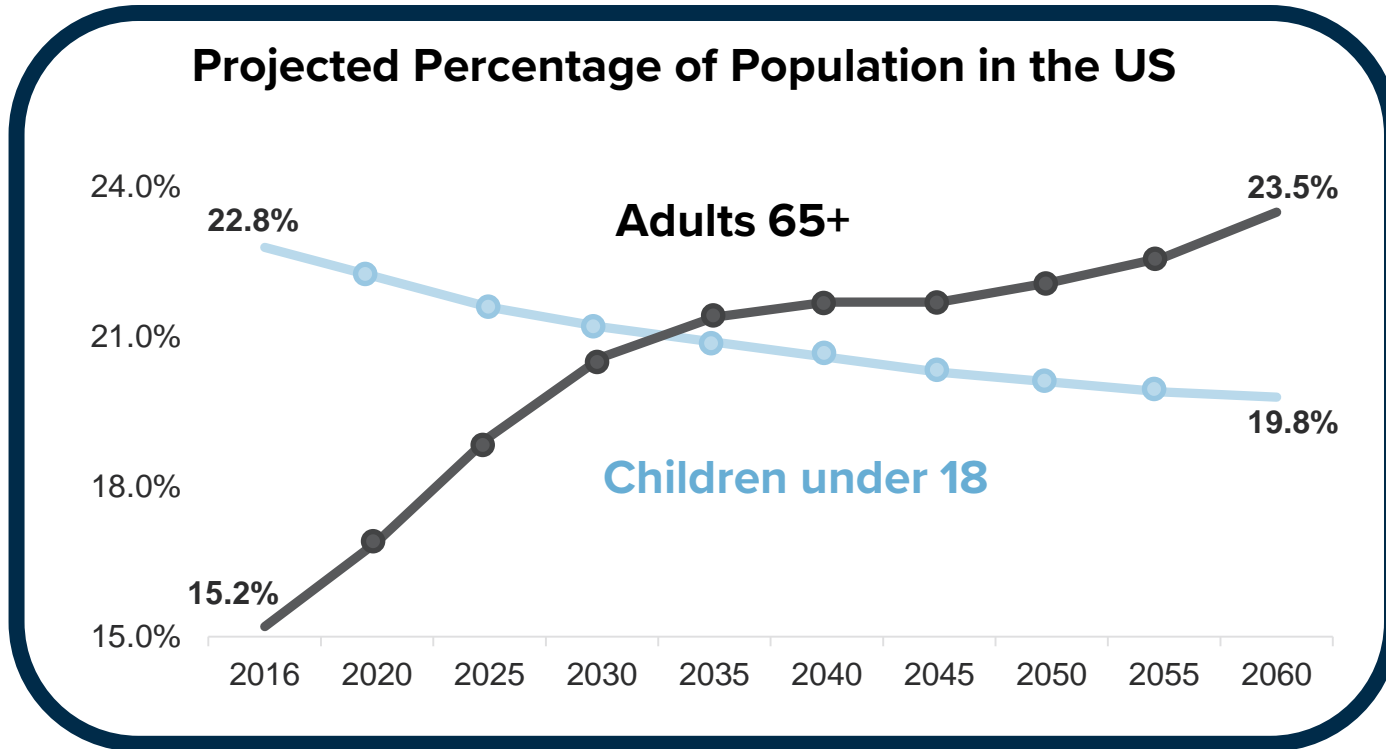
Opportunity



Health & Well Being



The Changing Demographics: The US



By 2035, older adults will outnumber children for the first time in history



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); ListSerts; 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



Villages Create Community



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



And Connections that Can Improve Health

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

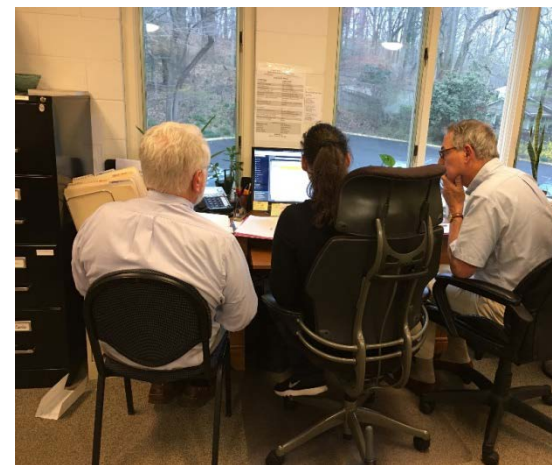


26% increased risk of death



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





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Shaping Our Region's Future Together

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the Miami Valley Age-Friendly Communities Network:**

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