AGE-FRIENDLY WEST CHESTER
A MEMBER OF THE WHO GLOBAL NETWORK OF AGE-FRIENDLY CITIES AND COMMUNITIES

April 2016
Report of Activities, Assessments and Action Plan
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Introduction

The world is aging. The number of adults over the age of 65 makes up 8% of the world’s population (NIH, 2015). In 2013, those aged 65 and older represented 14.1% of the U.S. population (AoA, 2013). These demographic underscore the need for the development of program addressing factors which promote well-being and happiness in later life. Focusing on the promotion of age friendly communities is a key component of the quality of life for people of all ages. The WHO “Age Friendly Cities and Communities Consortium” is one program addressing this pressing need. As a result the number of cities and communities that are striving to better meet the needs of their older adult residents is growing, which increases the need for reports, such as this one, that outline a communities services and resources that help older adults live healthy, active, and independent lives.

Age Friendly Cities and Communities

*The World Health Organizations Consortium of Age Friendly Cities and Communities. This global network consists of cities and communities around the world who are designated as “age friendly” places to live. WHO's Global Network of Age-Friendly Cities and Communities provides an opportunity for cities and communities to exchange information, resources, and support one another through shared experience of changing demographics, increased life expectancy, and health promotion.*

*The aim of this international project is to create a global exchange of information and support on how to create senior friendly cities and communities through the creation of social and physical environments that promote healthy and active aging for older adults.*

*Background into our Age Friendly Designation: How did we get here?*

In 2010, The World Health Organization established the W.H.O. Global Network of Age-friendly Cities and Communities (World Health Organization, 2016). This global network connects organizations, communities, and cities that have the goal of providing their residents with a great place to grow old. The communities involved in this global network must assess and monitor the services and resources for older adults. On April 1, 2014 the Borough of West
Chester joined 24 other cities and towns in the United States and dozens of communities around the world that have been designated as “Age Friendly”.

Our designation was based on 15 years of research which included ethnographic field work and survey research as well as in-depth interviews with elders living in the West Chester community. Based on this previous scholarship and service in the community, the Borough of West Chester and the state of Pennsylvania were found to be an “age friendly” community, a welcoming and health promoting community for older adults. In the fall of 2013, we met with various community leaders in order to gain support for the Borough of West Chester’s application to the World Health Organizations Consortium of Age Friendly Cities and Communities.

For a two-year period Professors Jasmin Tahmaseb McConatha, and other collaborating faculty as well as West Chester undergraduate and graduate students, the Mayor of West Chester, the Borough Council, and residents of West Chester have collaborated with faculty and students of West Chester University to explore and promote the “Age-friendly” components of the West Chester community.

Age Friendly Domains:
1. Social participation
2. Respect for diversity and social inclusion
3. Civic participation and employment
4. Communication and information; and
5. Community and health services
6. Outdoor spaces and buildings
7. Transportation
8. Housing

a) Ageism (added by WCU)

The World Health Organization Age Friendly designation is particularly crucial at this time given that the older adult population in general, and in our region in particular is expected to grow to 24 percent by 2020. Sixteen percent of the population of Pennsylvania is at present (2015) over the age of 65 (2.0 million men and women).

Benefits: Our participation and inclusion in this global project is important for the community, the state, and the region. The ultimate goal of this project is to create a global communication and exchange network focusing on the quality of life in later adulthood. Projects address such factors as ageism, diversity, social inclusion, and ways to create senior friendly cities and communities through the creation of physical and social environments that allow for and promote healthy and active aging for older adults.

Our status as a part of this consortium is beneficial, not only for the University, but also for the businesses and health care services in the community. Age friendly communities promote the
well-being of its residents; residents of all ages. They also promote and sustain the economic well-being of communities. This designation showcases places West Chester, both the Borough and the University as a part of an international network of communication and exchange.

“I am delighted to be working with the West Chester University and the World Health organization on this project addressing the age friendly’s project. It is perfect for West Chester.”
— West Chester Mayor Carolyn Comitta

Assessment of Age Friendly Components

A) Website and Video: During our first semester we created our Website and an introductory video highlighting the health promoting and age friendly aspects of West Chester: https://www.wcupa.edu/_academics/sch_cas.psy/agefriendlywestchester/

  - We would like to expand this Introductory Video that presents an overview of the West Chester Age Friendly documentary to include life histories of community resident elders. We hope to create a documentary project that can share and preserve the stories of elders in the community. Such a video would serve as a valuable way of recording the changing life experience of a diverse group of West Chester residents.

Our link on the WHO website: http://agefriendlyworld.org/en/property/west-chester/

B) Quantitative and qualitative Analysis of Age Friendly components: We are using census data to conduct Applied Geographic Mapping (with the help of Esteban Romero from the Center for Geographic Information Systems and Special Analysis). This will provide maps of services and resources as well as demographic information such as age, gender, income, and so forth.

C) Ethnographic Analysis of Age Friendly Components: Interviews with Community Residents

Qualitative interviews: Undergraduate and graduate students have conducted interviews with elder residents in the community, service providers, and business leaders. These interviews have focused on their life experiences in the community, economic factors, social and political changes, and overall feelings about “life experiences” in West Chester. The assessment of the current ‘infrastructure of aging’ and subsequent exploration of the impact and effectiveness of
various age-friendly policy components will hopefully continue to build on the valuable relationships between the university and the community.

Exploring the following eight components of the community, which are represented on the diagram, completes these assessments. These domains provide the communities with opportunities to plan for improvement that can be made to better meet the needs of the older adult residents. West Chester, Pennsylvania was designated a W.H.O. Age-friendly City and Community on April 1\textsuperscript{st}, 2014. For the past several years faculty, students, WC officials, and residents have explored the age friendly components of the community. This report is by no means a complete list of all services and programs; it focuses on those identified by student interns engaged in community assessments. During these assessment of the previously mentioned eight domains, ethnographic analysis, interviews with residents, and geographic mapping within the West Chest community were conducted.

Assessment of Aging Support Services and Programs

The community that will be covered in this report is West Chester, PA. West Chester is located in Chester County, PA. The population of West Chester, PA is approximately 18,500; and 11\% of the population is over the age of 60 (World Health Organization, 2014). From the total population of West Chester, PA, 78\% are non-Hispanic White, 12 \% are African American, and 13 \% are Hispanic (US Census, 2010). This report on the West Chester, PA community will provide a detailed overview of a variety health and nutrition services and resources, which are shown on the diagram, that are available to the older adult residents of the West Chester, PA community.

The following map was created by Esteban Romero to display the results of the community assessments (Romero, 2014). As indicated on the map of the Greater West Chester Area (see Appendix A), the Borough of West Chester is displayed inside the black box. The map represents a summary of will find a large population of services and resources that are available for older adult residents. The map displays block groups outside of the West Chester Borough because the community of West Chester, PA is made up of two zip codes, 19380 and 19382 (see Appendix B), and this depiction provides the most accurate description of demographics and services. Included are outlying communities, which have a higher population of older
adults, represented by the dark red regions, and are able to utilize West Chester community services and resources. This map also depicts the convenience of the SEPTA bus routes that are located throughout the West Chester community (Romero, 2014).

ROVER Community Transportation Shuttle provides additional affordable transportation. ROVER runs Monday through Friday, from 7 AM to 5:30 PM, with the exception of major holidays and limited hours on Saturdays and Sundays. This transportation service covers all of Chester County, PA and will go, at most, 15 miles outside of the area for medical trips. Residents of Chester County over the age of 65 are sponsored to ride the ROVER Community Transportation (ROVER, 2016).

The Chester County Department of Aging Services provides older adult residents, over the age of 60 with safety, support, and information on services available to them. Initially, when contacting the Department of Aging Services, one will be connected to an Information and Referral Specialist, who will discuss and address any questions or concerns. This information and additional resources can be found on the Chester County Department of Aging Services website: http://www.chesco.org/136/Programs-Services (Chester County Department of Aging, 2016). Below you will find an overview of the services and programs, which is from the website, that are offered to the residents of West Chester, PA through the Area Agency on Aging (Chester County Department of Aging, 2016).

<table>
<thead>
<tr>
<th>Programs &amp; Services</th>
<th>Descriptions</th>
</tr>
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<tbody>
<tr>
<td><strong>Apprise - Health Insurance Counseling</strong></td>
<td>APPRISE counselors are specially trained to answer your questions about Medicare and provide you with objective, easy-to-understand information about health insurance. Specifically, APPRISE can answer your questions about Medicare, Medicare Supplemental Insurance, Medicaid, and Long-Term Care Insurance as well the new prescription drug plans.</td>
</tr>
<tr>
<td><strong>Assessments for People Under 60</strong></td>
<td>The Department of Aging Services also conducts assessments on individuals under the age of 60 to determine if consumers qualify medically for certain PA Department of Public Welfare programs. After the assessment is done the information is transferred to the County Assistance Office for financial review and disposition.</td>
</tr>
<tr>
<td><strong>Domiciliary Care</strong></td>
<td>The Domiciliary Care (DOM Care) Program provides a supportive, home-like living arrangement in the community for adults who need assistance to live independently.</td>
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<tr>
<td><strong>Family Caregiver Support Program</strong></td>
<td>Family Caregiver Support Program allows the</td>
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</table>
caregiver the opportunity to manage and control what goods and services will be purchased according to the caregiver’s needs. The goal of the program is to reduce caregiver stress and reinforce the care being provided to older persons at home.

<table>
<thead>
<tr>
<th>Information &amp; Assistance</th>
<th>The Department of Aging Services maintains information on services, benefits and entitlements available to older persons in Chester County.</th>
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<tbody>
<tr>
<td>Intergenerational Family Caregiver Support</td>
<td>This program is specially designed to assist adults age 60 and over who care for children in their homes age 18 and younger.</td>
</tr>
<tr>
<td>Life at Home Program</td>
<td>LIFE at Home is the local subsidiary of the PACE Model program, PACE as in the Federal Program of All-Inclusive Care for the Elderly, not the PACE prescription program. LIFE at Home became an available service to Chester County residents on July 1, 2007. The program is designed to be a “one-stop shop” for persons to have access to such services all in one location.</td>
</tr>
<tr>
<td>Nursing Facility Assessments</td>
<td>The Dept of Aging completes an assessment to determine if the individual needs nursing facility care.</td>
</tr>
<tr>
<td>Nursing Home Transition</td>
<td>The Nursing Home Transition (NHT) is designed to provide information and assistance to people currently residing in a nursing home so they may make an informed choice about returning to the community.</td>
</tr>
<tr>
<td>Ombudsman Program</td>
<td>The Ombudsman advocates for and protects the rights of all persons receiving long-term care services, and seeks to bring about needed changes to improve the quality of care received.</td>
</tr>
<tr>
<td>Options Program</td>
<td>The program provides home and community-based services to enable consumers to remain in their home. Services are provided on a sliding fee scale to those who qualify.</td>
</tr>
<tr>
<td>PDA Waiver Program</td>
<td>The PDA Waiver programs targets individuals age 60 or older eligible for nursing home placement to be provided alternative</td>
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</tbody>
</table>
community based in-home services in a home environment setting. Consumers must meet medical and financial eligibility requirements, and choose to receive services in their own home.

<table>
<thead>
<tr>
<th>Personal Care Boarding Home Supplement</th>
<th>The Department of Aging completes an assessment to determine if the individual needs personal care boarding home level of care.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Protective Services</td>
<td>Chester County Department of Aging Services (CCDAS) is mandated to receive and investigate reports of suspected abuse, neglect, exploitation and abandonment of incapacitated Chester County residents aged 60 and older and to provide activities, resources and supports to detect, prevent, reduce and eliminate these conditions.</td>
</tr>
</tbody>
</table>

The Chester County Historical Society is located in West Chester, PA. CCHS inspires, informs, and builds community identity by preserving and sharing the remarkable story of Chester County and its people (CCHS, 2015). Interviews of older community residents indicated that a large percentage utilize the services and resources provided by the Chester County Historical Society for geological research and education purposes.
The Hickman, Senior Living, is a personal care community for older adults, and is conveniently located in the heart of historic West Chester, Pennsylvania. The Hickman is a blend of continued vitality with support in place as needed and they embrace and thrive on diversity at all levels (Hickman, 2016). The website is http://www.thehickman.org

Members of AARP have access to a variety of discounts and services in West Chester, PA. The West Chester facilities that AARP members can access discounts are under the following categories:

(1) Restaurants (2) Pharmacies (3) Coffee Shops (4) Home Health Care Services and (5) AARP Foundation Tax-aide, which offers free tax preparation for low and moderate income paying taxpayers, which can be scheduled at the West Chester Area Senior Center (AARP, 2016). The AARP benefits are one of many services and resources that can be found at the West Chester Area Senior Center.

There are a variety of different memberships that can be obtained with prices as low as $48.00 for an entire year of membership. An application must be filled out, either online or in person. The benefits of becoming a member of the senior center are numerous. Members receive: free newsletters monthly, which include a calendar of events and the food menu for that month; free fitness classes, which include adult strength training and yoga; free admission to programs that all community members are welcome to, such as learning a foreign language and learning how to use computer software and programs; free health screenings, such as blood pressure screening and monitoring; and free senior benefits reviews/support. Addition nutrition, health, and well-being education classes that are offered include:

(1) Hearing Clinics, which take place every 1st and 3rd Wednesday, (2) Nurse Programs, which include free blood pressure screening, take place on Tuesdays at 10:00 AM, and (3) Lectures on aids to healthy living. The Senior Center is also affiliated with the APRIZE program. This program is a free Medicare health insurance counseling program and helps PA residents, 60 years old and older and those with disabilities, with any Medicare health insurance concerns and questions from the help of a trained volunteer. This service needs to be made by appointment by either calling the number provided or by using the link provided (West Chester Area Senior Center, 2016). The West Chester Area Senior Center has daily breakfast, from 7:30 AM- 9:30
AM, Monday-Friday; and daily lunch, at 12 PM, Monday- Friday. The lunch meals, which are provided by the Chester County Department of Aging Services Congregate Meal Program, must be reserved 3 days in advance of the meal service. There is no cost for the daily lunch, but a voluntary donation of $2.00 is encouraged. Senior residents have the option to specify if they want to order both a hot lunch and cold lunch. The hot lunch must be consumed at the West Chester Area Senior Center and the cold lunch is for seniors to take home for later consumption (West Chester Area Senior Center, 2016).

West Chester has an abundant amount of services and programs for helping better meet the nutritional needs of the older adults in the community. Meals on Wheels of Chester County, INC. (MOWCC) is a nonprofit organization that delivers well-balanced and nutritious meals five days a week to homebound residents, who are unable to prepare their own meals in the Chester County area. The MOWCC has 21 chapters across the Chester County area, including West Chester, PA. Meals are delivered to all clients individually at their homes Monday through Friday, between 10:45 AM and 1:00 PM. The 21 chapters of MOWCC are all semi-autonomous, meaning that a volunteer will ask for a donation from the client, either weekly or monthly. Referral forms can be filled out online, by visiting the website provided. All information can be found at the website provided or by contacting the phone number provided anytime Monday-Fridays, from 9 AM to 3 PM, or by email at meals@mowcc.org (Meals on Wheels of Chester County, 2016).

The Chester County Food bank is a non-profit organization that distributes food to those who are food-deprived and live in Chester County, PA. They distribute food to over 120 organizations, and the food is free to residents who present a Self-declaration of Income form. In addition, some locations may require a photo ID and a recent bill or letter confirming a current address. The Food bank asks that those who are using this service please call ahead to confirm the times and dates that these agencies are open. The West Chester community is the location of 4 sites, where residents can obtain Food bank assistance. The locations are presented on the chart provided. All information and additional resources can be found on the website provided and any additional questions can be answered by calling the Chester County Food bank anytime between Monday-Friday, from 8:00 am – 4:30pm (Chester County Food Bank, 2016).

The West Chester Growers Market is Chester County’s first local farmers market that requires that all produce, poultry, meats, and a variety of other nutritious fresh ingredients and foods be farmed by the local farmers, who sell their products at the Grower’s Market. This market is a friendly environment that emphasizes the importance of growing and consuming locally produced goods, and meeting local neighbors and community residents. The market is conveniently located in downtown West Chester, where there are multiple parking garages and street parking spots available to customers. The website provided can be used for further information and details regarding the West Chester Grower’s Market (West Chester Growers Market, 2016).
Age Friendly Initiatives Activities 2014-2016

A) Civic Engagement Promotion

Celebrating Life Long Learning

A Celebration of Life-Long Learning and Age Friendly West Chester
Sharing the results of Assessments and Programs with the University, the local community and the region

Connecting West Chester University local residents and officials on Age-Friendly matters

The photos display a visit to the Borough building, meeting with Mayor of West Chester, Carolyn Comitta, and the police station.
ILEARN: The Intergenerational Learning and Mentoring Project

The ILEARN (Intergenerational Learning and Mentoring) program provides an intergenerational education exchange opportunity for older adults and students at West Chester University. Intergenerational learning can facilitate respect and appreciation for diversity (Ropes, 2004; Zucchero, 2011). ILEARN is a program designed to foster an equal exchange between generations. Such learning models are still an underdeveloped theme in academia. The few programs which have been developed have indicated that there are numerous benefits to be gained. They promote social and civic engagement, reduce isolation, increase awareness of aging related concerns such as elder abuse, improve social skills and competencies, and lead to an understanding and respect for diversity (Klein, & Shu-Li, 2008; Newman & Hatton-Yeo, 2008). In a mutual mentoring and learning relationship, partners focus on sharing life skills, knowledge, wisdom, and positive psychological adaptation to social and cultural changes and transitions. The program emphasizes the promotion of respect and learning across generations, genders, and ethnic groups.

ILEARN is a service learning project which can provide undergraduate students the opportunity to become familiar with older adults, it can reduce ageism, provide a safe learning environment for cross-generational encounters, build self-esteem, cultural competency, and skills for younger and older generations (Weinreich, 2004). Students will benefit from a role model in a mutually respectful relationship and a safe learning environment (Weinreich, 2004). Studies have indicated that when today's youth have contact with elders, misconceptions and stereotypes fade. Young people who may fear their own aging can also benefit by seeing older adults participating and contributing to society (Philip & Hendry, 2000). As the world becomes more diverse and interdependent, it becomes increasingly important to gain respect and an understanding of individuals of different ages, gender, and backgrounds. Such awareness and understanding will have a significant impact on a WCU student's future responses to people and events.
B) Walkability (Sidewalks)

Community improvements are making West Chester more Age-Friendly. Walkability assessments concluded: sidewalk renewal in progress. These photos display West Chester sidewalks before and after Age-Friendly improvements, more work needs to be done in this area in order to make the Borough an age friendly walkable community.

C) Focus groups

During 2014-2016, six Focus Groups were held with community residents and Senior (those over 60 students) at WCU in order to explore strengths and challenges relating to Age Friendly practices.
D) Ongoing Interviews & Ethnographic Field Work

As a part of our community assessment process we have conducted ethnographic analysis of our community “green spaces” and other third spaces and interviewed older men and women living in the community. This research focuses on the impact of “third spaces” on well-being in later life. As a part of the WHO’s Global Network of Age-friendly cities and communities, West Chester, PA is a community striving to meet the needs of its older residents. Ethnographic fieldwork, geographic mapping, and interviews with residents indicate that the WC Community offers significant support to its older residents. “Green third spaces,” parks, nature preserves, community gardens are one important source of support promoting physical and social activity and civic engagement. Research has indicated that green spaces access also leads to renewal, mental fatigue recovery; improvement in learning and cognitive functioning. However, social inequalities exist in green space and access.

Geographic mapping analysis indicates that those who struggle economically are at a disadvantage when it comes to having access to health promoting green spaces. This research addresses the relationship between support and well-being in an increasingly diverse population of elders. No one can experience a healthy or happy aging experience alone. Life experiences are influenced and shaped by the neighborhoods, communities, societies, and cultures in which they take place.

The majority of the 27 residents interviewed (n=24) stated that they value green space as an important health promoting resource. Studies have found that a positive relationship exists between greens space use and health and life satisfaction (Thompson et al., 2010). Analysis of green space availability indicates that inequality is widespread. Areas in which 40 % of the population consists of minority residents tend to have 11 times less green space than areas which are largely White (Groenewegen et al., 2006). Economically disadvantaged areas also are exposed to a larger share of environmental risks. Access to green spaces is fundamental to a positive quality of life, connections with nature foster health and happiness and full-fill basic needs (Maslow, 1968). The results of our analysis have indicated that one important health promoting resource is the existence of green spaces, parks, walking trails, dog parks, and community gardens. Third spaces foster well-being and social engagement. “Green third spaces” have the added benefit of promoting contact with the natural environment. A neighborhood park can serve as a space for social engagement, intergenerational gatherings,
picnics, and family reunions. Walking or cycling with friends can lead to greater physical as well as psychological well-being. Research has indicated that green spaces provide settings for renewal, mental fatigue recovery. They can also increase learning potential and improve cognitive functioning.

**WCU Research and Programs related to “Age Friendly Communities”**

<table>
<thead>
<tr>
<th>Coordinator</th>
<th>Project</th>
<th>Contact</th>
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<tbody>
<tr>
<td>Barbara Harrison (McPherson)</td>
<td>1. On of 4 researchers, who completed an 8-week Fall prevention program at 2 local senior centers.</td>
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<tr>
<td>PhD, FNP-BC, GNP-BC</td>
<td>2. Nursing students in Community Health Course (NSG 311) complete community Assessments and Teaching projects</td>
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<tr>
<td>Associate Professor, Dept of Nursing</td>
<td>3. Teaches Theories of Aging courses and will be teaching an Intro to Aging course.</td>
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<td></td>
<td>4. Works as a GNP 4 hours/week for Christiana Care in Memory eval clinic (Team Captain of Nursing group at the Wilmington Alzheimer's Walk - raising over $1,000.00)</td>
<td></td>
</tr>
<tr>
<td>Neil Beresin</td>
<td>Vitalize 360</td>
<td><a href="mailto:info@Vitalize360.org">info@Vitalize360.org</a></td>
</tr>
<tr>
<td>National Program Manager</td>
<td>Combines an innovative, award-winning(^1), person-directed approach to wellness coaching with the power of information derived from a scientifically-grounded assessment system. The program engages, challenges and inspires older adults to live full, healthy, vibrant lives and enables communities to demonstrate significant improvement in successful aging(^2). Vitalize 360 is a joint venture between two not-for-profits: Hebrew SeniorLife, a Harvard Medical School Affiliate, and Kendal.</td>
<td>610.335.1283</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Vitalize360.org</td>
</tr>
<tr>
<td>Activity</td>
<td>Purpose</td>
<td>Who</td>
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<td>----------</td>
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<tr>
<td>ILEARN: Connecting Communities and Generations</td>
<td>Recruitment of 5 to 10 undergraduate and 5 to 10 community elders will take place prior to the semester start.</td>
<td>Age Friendly Community Coordinators</td>
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<td>Week 1 and 2: Orientation and Training; Pre-assessment (if the project is funded IRB approval will have been submitted for approval).</td>
<td>Age Friendly Community Coordinators</td>
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<td>Weeks 3-14 weeks: Participants will agree to meet bi-weekly for at least 13 weeks (at least 7 meetings).</td>
<td>Age Friendly Community Coordinators</td>
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contemporary social/political events. The following topics will be included for suggested discussions each semester: (1) Sources of stress and personal, social, and community support; (2) Coping with life changes and transitions; (3) Recreational and free time activities; (4) Goals and plans for the next 5 years; (5) Adapting to technological, social, and cultural changes; (6) Creating awareness of factors influencing happiness and well-being (7) Promoting wisdom across generations.

Weeks 15 and 16: Debriefing, and post-assessment.

Age Friendly Community Coordinators

Administer post assessments, with the help of the PI (5) collaborate on a written report and manuscript, attend academic and professional conferences to present results of ILEARN. Pre and post
Participants will be asked to complete a modified version of the Kogan (1961) Attitudes towards Old People Scale. At the conclusion of the semester participants will also be asked to respond to assessment questions evaluating their satisfaction with the experience. Undergraduate students will be asked to write an essay reflecting on the assignment, including areas of interest, information, and knowledge gained from participation in ILEARN and suggestions for change.

<table>
<thead>
<tr>
<th>World Elder Abuse Awareness Day</th>
<th>Plan Aging Diversity and Elder Abuse Awareness Day -- which will be affiliated with the Area of Aging WEAAD (AoA, 2016)</th>
<th>West Chester University and Community collaboration</th>
<th>World Elder Abuse Awareness Day (WEAAD) was launched on June 15, 2006 by the International Network for the Prevention of Elder Abuse and the World Health Organization at the United Nations. WEAAD provides an</th>
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<tbody>
<tr>
<td></td>
<td>Planning and organizing WEAAD: Fall &amp; Spring 2016-2017</td>
<td>WEAAD Event Day: June 15th, 2017</td>
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</tbody>
</table>
The West Chester community is a great place to stay active, healthy, and live a well-balanced life, especially for older adults. Communities play a significant role in the overall healthy and active aging of their citizens. The role of community support, services, and programs for older adults is crucial for the health, nutrition, and well-being of the aging population. Older adults make very important contributions to cities and communities and should be valued as such. This report provides older residents and health care professionals with an outline of the available resources and services that West Chester has to offer. If you have any additional questions or concerns please contact: Elizabeth Raymond by the email at provided.

<table>
<thead>
<tr>
<th>Additional Programs:</th>
<th>(1) Aging Film Series</th>
<th>The Hickman, West Chester, PA and Age Friendly Community Coordinators</th>
<th>Increasing intergenerational information and dialogue.</th>
<th>Fall &amp; Spring 2016-2017</th>
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<tbody>
<tr>
<td>(2) Grandfriends</td>
<td>West Chester Area Senior Center and Age Friendly Community Coordinators</td>
<td>Intergenerational Activities at the Senior Center, such as arts and crafts, reading, music, and much more (West Chester Area Senior Center, 2016).</td>
<td>Fall &amp; Spring 2016-2017</td>
<td></td>
</tr>
</tbody>
</table>
References

- Romero, E. [map]. (2014). Scale undetermined; generated by Esteban Romero, center for GIS and spatial data analysis. “Senior population by block groups accessibility and service agencies”.
Appendix B

Description of how the project will be evaluated (if known) and how you describe success

- Based upon the results of the assessment, we support the development of a 3-year city-wide action plan. Such an action plan will be linked to other municipal action plans. Such linkage will to that age-friendliness become a core responsibility for all municipal departments.

- We also support the process of identifying indicators that monitor the progress of the plan.

- Once the action plan is implemented, we will welcome WHO’s evaluation of it and use such feedback to improve our plan to make West Chester an age-friendly community. When necessary adjustments are necessary, we will submit a progress report to WHO.