



Membership Application

To join the **AARP Network of Age-Friendly Communities** and the **World Health Organization Global Network of Age-Friendly Cities and Communities**

- If you have questions while completing this form, please email livable@aarp.org.
- If you need additional space for answering the questions you may add an additional sheet of paper.

APPLICATION SUBMISSION DATE: *Click here to enter a date.*

Section 1: COMMUNITY DETAILS

NAME OF THE COMMUNITY: Arlington County

STATE: Virginia

POPULATION SIZE: 222,800

PERCENTAGE OF RESIDENTS ABOVE THE AGE OF 60: 14%

NAME AND TITLE OF THE ELECTED OFFICIAL SIGNING THE OFFICIAL COMMITMENT: Katie Cristol, County Board Chair

OFFICE ADDRESS OF THE SIGNER: 2100 Clarendon Ave Suite 300 Arlington, VA 22201

Section 2: COMMUNITY CONTACT FOR THE AARP NETWORK OF AGE-FRIENDLY COMMUNITIES

The community contact is the local staff member or volunteer who is primarily responsible for carrying out the community-level work — it is not the responsible AARP staff member.

NAME: *Click here to enter text.*

POSITION: *Click here to enter text.*

EMAIL ADDRESS: *Click here to enter text.*

TELEPHONE NUMBER: *Click here to enter text.*

Please describe the named person's role in the city or community's age-friendly initiative:

Click here to enter text.

See Attached

Section 3: COMMUNITY ACTIVITIES, ENGAGEMENTS and COLLABORATIONS

1) Please provide a brief summary of the community policies, programs and services that are targeted toward older people and how the community plans to become more age-friendly.

Click here to enter text.

2) How will the community engage and involve older people in the process of becoming a more age-friendly?

Click here to enter text.

3) Briefly describe the mechanisms the community has or is planning to put in place to facilitate collaborative planning and implementation between different agencies and departments.

Click here to enter text.

Section 4: NETWORK MEMBERSHIP

Your answers to the following questions will help us complete your membership in the global age-friendly network and better enable us to understand how to support the network.

4) How do you hope to contribute to the AARP Network of Age-Friendly Communities and the World Health Organization Global Network of Age-Friendly Communities?

Click here to enter text.

5) What motivated your community to join the AARP Network of Age-Friendly Communities and the World Health Organization Global Network of Age-Friendly Communities?

Click here to enter text.

6) Please provide a digital (JPG, PNG or PDF) file or link of a logo or other image that represents your community.

The image resolution should be at least 72 dpi. As an example of an image, here's ours >



Click here to add a link to where we can find your logo. Or, send us your logo by email attachment to livable@aarp.org.

Arlington, VA: Building an Age-Friendly Community for All Ages

Section 1: Community Details

Arlington County is a 26 sq mile densely rich urban community directly across the Potomac River from Washington D.C. with a population size of 222,800 residents. Adults 60 and older represent 14% of the population. A 5-member County Board, presided by Ms. Katie Cristol, governs the County. The Board's address is 2100 Clarendon Blvd. Suite 300 Arlington, VA 22201.

Section 2: Please describe the named person's role in the county's age-friendly initiative

The Arlington Commission on Aging enthusiastically endorses the concept of Arlington as an Age-Friendly Community, and will coordinate the County's role in the AARP Age-Friendly Initiative.

The Commission has the full support of the five-member Arlington County Board. See the attached letter from County Board Chair Katie Cristol. The Commission's County Board Liaison Christian Dorsey already has met with Commission leadership several times about the age-friendly initiative and is eager for the County to join the AARP Network.

The initiative also has the full support of the County's Department of Human Services, directed by Anita Friedman, with Deputy Director Deborah Warren) – and within DHS, the Aging and Disability Services Division (ADSD, directed by Jeanne Booth). This support is with the caveat that County funds are limited, and creative, cost-effective partnerships are encouraged.

Within ADSD, Arlington Agency on Aging (AAA) provides staff support to the Commission on Aging and its committees. The AAA will serve as a point of contact throughout the Age Friendly process, and will work closely with Commission members to link county and community support toward this endeavor. AAA Director, Maimoona Bah-Duckenfield will draw on her long-standing connections with universities and continue to work collaboratively with the Commission in planning the annual

Community Engagement Forum on Aging. The March 2018 Forum was focused on a theme of Arlington as an Age-Friendly Community, and garnered significant public input.

The Commission on Aging in 2016 recognized the importance of the effort and resolved to use the AARP Age-Friendly Initiative with its eight domains as a strategic plan to build on earlier work by the County's 2006 Elder Readiness Task Force.

Commission on Aging Chair Laurie Young will lead the effort, with support from past Commission Chair Mitch Opalski and past Commission Vice Chair Erica Wood. Erica Wood is a member of the Virginia Commonwealth Council on Aging, and will work to connect Arlington efforts with similar endeavors throughout the state. Additionally, other past Commission members may also contribute their time and skills.

At the state level, the Virginia Department for Aging and Rehabilitative Services (DARS) four-year plan places a high priority on age-friendly initiatives, as does the Commonwealth Council on Aging. DARS has worked with AARP in launching five age-friendly efforts throughout the state – including Arlington's close neighbor, Alexandria. Commission members and staff will maintain ongoing contact with DARS as it moves forward.

Finally, AARP is a tremendous resource, and Commission members have consulted frequently with Northern Virginia AARP staff Amber Sultane, as well as the Virginia State Office. AARP has contracted with Just Partners, Inc., co-directed by Jane King, Chair of the Alexandria Commission on Aging, and Arlington will continue to seek her advice and assistance.

Section 3: Community Activities, Engagements and Collaborations

Introduction

Arlington County is situated in Northern Virginia on the south bank of the Potomac River directly across from Washington, D.C. Arlington is also bordered by Fairfax County, the City of Falls Church, and the City of Alexandria. Covering 26 square miles, Arlington is the geographically smallest self-governing county in the United States. Arlington is home to 230,000 people. 63 percent are white, 9 percent are African American, 10 percent Asian and the remaining represent people from all over the world. 15 percent of the population is Hispanic.

Arlington is the highest-income county in the United States by median family income while at the same time has the highest concentration of singles in the Washington metropolitan region. A five-person County Board governs the County; members are elected at-large on staggered four-year terms. An appointed county manager serves as the chief executive of the county government.

1. Please provide a brief summary of the community policies, programs and services that are targeted toward older people and how the community plans to become more age-friendly

Arlington offers a rich array of services for older adults not only in the Aging and Disability Services Division but also in agencies across County government and in the community at large. Below is a brief profile of current services and programs in each of the domains of a livable community. Indeed, in many ways Arlington already IS an age-friendly community, but we are eager to identify gaps and improvements needed.

Spaces and Buildings

Arlington has a variety of outdoor parks with walking and bicycle trails that are enjoyed by residents of all ages.

- Arlington recently initiated a Neighborhood Complete the Streets Program to improve safety and access on noncommercial arterial streets, including improvements in sidewalks, curbs, crosswalks and more. The County also has a Pedestrian Advisory Committee.
- “Universally Designed” Quincy Park. Arlington just completed revamping Quincy Park. Located near the Arlington Central Library and a high school, the county’s first “universally designed” playground with a play environment that’s accessible for users of all ages and physical abilities.

Transportation

Arlington has a wide range of transportation options to meet the needs of its older residents, key among which are:

- A door-to-door Metro Access Para transit service;
- Free individual Metro travel training;
- A Metro senior discount program;
- An Arlington bus system called ART, with an ART senior discount;

- STAR, or Specialized Transit for Arlington Residents for pre-arranged curb to curb trips; and additional specialized STAR programs;
- Non-emergency Medicaid transportation
- Senior grocery shopping loops
- Senior taxi discount programs; and
- Senior Center Adult Transportation is a pre-arranged shared-ride cab transportation service that Arlington residents can use to travel to and from their homes to Arlington Senior Centers.

Housing

Many older persons in Arlington live in their own single family home or apartment, but some reside in the County's five low or moderate-income senior residences, five assisted living residences and four nursing homes. For example:

- Culpepper Garden is a nationally recognized, award winning independent and assisted living residence that houses low-income and very low-income residents and partners with the County to provide services to the residents.
- The Mary Marshall Assisted Living Residence provides assisted living housing and services for low-income older adults with serious mental illness and disabilities. The Mary Marshall Assisted Living Residence has been operational since November 2011. Mary Marshall is operated in partnership with Volunteers of America (VOA), and is funded by a combination of client private payments, Auxiliary Grants, and Housing Choice Vouchers. County funds are used to cover the difference between those funding sources and the total cost required to operate the residence.

The County has an active Housing Commission and Department of Community Planning, Housing and Development. The County has a Senior Real Estate Tax Relief Program, a Housing Grant subsidy program for low-income seniors, and an ordinance providing for accessory dwellings.

In 2016, the County completed an Affordable Housing Plan, which is now in the implementation stage. Pursuant to the Plan, the County recently revised its regulations concerning accessory dwelling units.

Perhaps the greatest challenge in how Arlington can become more age-friendly and livable for all ages is the high cost of living in Arlington. With the median home price at \$617,200 and average rent \$1987 and climbing, Arlingtonians of all ages struggle to find an affordable place to live.

Social Participation, Respect and Social Inclusion

- The Arlington Office of Senior Adult Programs operates an array of programs for the social participation of older residents.
- The Office's *55+Guide* to programs keeps older Arlington residents informed, active and engaged in the community. The guide is published bimonthly and is filled with an impressive array of activities ranging from educational programming, exercise classes, trips and speakers on a wide array of topics.
- The Arlington Neighborhood Village is a non-profit in the community that helps people 55 and older age in place. In addition to providing transportation services, the Village provides technology support, home maintenance, friendly home visits and a wide array of social activities. Volunteers who are primarily over the age of 55 provide services.
- Arlington also operates six senior centers with diverse activities, including in some cases, congregate meals.

Civic Participation

Arlington is a community full of activism, and community engagement is strong. An estimated 6500 Arlington residents volunteer in the community. In the 2016 election, 85 percent of Arlingtonians turned out to vote.

- The "Arlington Way" is a term used to describe the high priority the County places on resident involvement and including the voice of its residents in decision-making. A number of active community advocates are older persons.

- The Arlington Voter Registration & Elections office maintains contact with the County's long-term care residences, and conducts outreach for voter registration and absentee ballots. Additionally, Arlington has an option for curbside voting.
- Many of Arlington's arrays of active advisory group and commissions include older members or leaders who make important contributions based on their life skills and experiences.
- As noted above, the Aging and Disability Services Division and the Commission on Aging sponsor an annual Community Engagement Forum offering an opportunity for older residents to voice their views and perspectives on current resources as well as gaps and needs. Participation in the Forum has increased each year over the past four years.

Communication and Information

Arlingtonians are fortunate to have a variety of sources to learn what is happening in the community at large and about special services available for older adults.

The Aging and Disability Services Division operates a Customer Service Center to direct residents to available services and assist them in learning about eligibility, including:

- Affordable housing counseling
- Emergency crisis counseling
- Information and referral to other services such as adult day program, in-home nursing, nutrition programs, mental health support and personal advocate programs.
- In-home assessments and short-term case management
- Medicare and affordable healthcare counseling
- Transportation counseling
- Nutrition, including Meals on Wheels
- Legal services
- Advanced planning
- Links to community resources such as health and exercise programming at the Arlington Hospital Center

Arlington has its own public community based radio station, WERA, that broadcasts with the support of community volunteers certified in radio production. The station's goal involves allowing community residents host their own radio programs featuring talk, music, news, and event coverage. A daily show features information targeted at Arlington's older adults. Arlington also has its own public cable TV station ATV which covers community events including County Board meetings and work sessions.

Over the past year, a weekly radio show, *Aging Matters*, has featured an array of knowledgeable guests interviewed on many important aspects of aging in Arlington.

Information is also available through free written publications including the *Beacon*, the *Arlington Gazette* and the County produced publication, the *Arlington Citizen*. The *Beacon* and the *Gazette* also provide a platform for residents to express their views through the popular, timely and well-balanced "*Letters to the Editor*" sections. For those who prefer to get their news electronically, ARLNow is a privately-owned daily blast that covers the day's events including events at schools, crime in the area and local community events and coupons for local vendors.

Community Support and Health

The Aging and Disability Services Division, as well as other County agencies and private partners offer numerous community supportive and health programs.

- The County offers personal care/homemaker services with a variety of eligibility and fee arrangements. The County also has a Medicaid Waiver Program to provide long-term in-home support services in lieu of admission to a nursing home.
- The Nursing Case Management Program improves or maintains the health status of adults with multiple chronic illnesses and/or disabilities to enable them to remain at home. By providing nursing case management, including medication dispensing and coordination of healthcare for eligible adults who lack a sufficient support system and require assistance managing health care needs, the program prevents unnecessary emergency room visits, hospitalizations, and premature nursing home placements.
- The Arlington Free Clinic serves eligible patients of all ages. Services are also available through the County Public Health programs. The Commission on Aging has

a Supportive Services and Housing Committee that aims to maximize opportunities for aging in place – including through greater use of assistive technology and home modification.

These are examples of Arlington programs or activities benefiting older persons, and helping to make the County more livable for all ages. Through its Age-Friendly initiative, the Commission will determine where gaps in services may exist. The existing programs have resulted in Arlington receiving an above average livability rating by the AARP. However, as the score demonstrates, there are opportunities for improvement.

2. How will the community engage and involve older people in the process of becoming a more age-friendly?

It is essential to have the active involvement of older adults in determining where we stand now and what the priority needs are. Strategies for involving older adults will include:

1. The ADSD annual Community Engagement Forum;
2. Implementation of an AARP-sponsored survey to identify unmet needs;
3. Involvement of active Commission members and past members, many of whom are older;
4. The involvement of older persons in an AARP-sponsored priority setting workshop; and
5. Working with Arlington Neighborhood Village
6. Strengthening partnerships among faith based partners, universities and other community groups

3. Briefly describe the mechanisms the community has or it planning to put in place to facilitate collaborative planning and implementation between different agencies and departments.

Becoming a livable community requires the engagement of all aspects of Arlington County including residents, government departments and divisions, non-profit organizations, schools, universities, faith communities and the business community.

The strong support of the Department of Human Services will facilitate collaborative planning and implementation. DHS includes aging, disability, mental health, public health, children and families, public assistance, volunteer activities and more. DHS staff has solid relationships with other agencies key to livability – including Community Planning, Housing and Development.

The Commission has liaisons to a wide range of County boards and commissions – for example, housing, transportation, disability, parks and recreation, emergency planning, and the pedestrian advisory committee.

With the guidance of Commission Chair Laurie Young, the Commission’s Strategic Planning Committee will spearhead planning and coordination; and the Commission will realign its structure of active committees to match the eight domains.

The Aging and Disability Services Division has a long history of partnership with universities, and will explore collaboration with two key Northern Virginia schools -- the George Mason University and Marymount University. Additionally, ADSD has an equally impressive history of work with Arlington’s many non-profit organizations, and will explore roles they could take. In particular, there may be creative roles for the Arlington Neighborhood Village and the County’s award-winning senior residence and provider of affordable assisted living, Culpepper Garden.

Past Commission Chair Mitch Opalski has extensive connections with the business community and is ready to make connections to foster business involvement in the age-friendly plan.

Arlington historically has a strong partnership with Alexandria, and can share information and ideas. Moreover, AARP, through Just Partners, Inc., has indicated they could assist Arlington by planning an Age-Friendly Workshop similar to the one they

facilitated recently in Alexandria, to bring County public and private stakeholders together.

Preliminary steps in Arlington's Age-Friendly Initiative tentatively will include:

1. Review the County's 2006 Elder Readiness Plan priorities.
2. Examine the public input from the March 2018 Arlington Community Engagement Forum on Aging, and identify priorities.
3. Direct the Commission's Strategic Planning Committee to realign Commission committees in accordance with the eight domains; and identify steps toward the development of an Age-Friendly Plan.
4. Seek partnerships with George Mason and/or Marymount University – including intern time that can be devoted to the initiative.
5. Work with AARP and Just Partners, Inc. to plan a community workshop including representatives of all relevant segments of the community. The workshop will result in selected priorities for action.
6. Use the results of the Community Engagement Forum and the Workshop to develop an Age-Friendly plan with an evaluation component.
7. Take steps to implement the plan.

Section 4: Network Membership

4. How do you hope to contribute to the AARP Network of Age-Friendly Communities and the World Health Organization Global Network of Age-Friendly Communities?

Arlington will contribute to the AARP Network and the WHO Global Network through:

- (1) Demonstrating how a small, compact, urban county with substantial aging resources and services in place can identify and address gaps to become a more age-friendly community;
- (2) Sharing ideas, successes, and lessons learned with other communities nationwide through the Network; and
- (3) Through state contacts, encouraging, promoting and working closely with other Virginia communities in the Network or those who aim to join.

5. What motivated your community to join the AARP Network of Age-Friendly Communities and the World Health Organization Global Network of Age-Friendly Communities?

Arlington residents want the best for the community. Civic engagement and pride runs strong and government agencies, organizations and civic groups are always reaching to be the best at what they do. Indeed, Arlington has a long list of awards that recognize the County's culture of high standards as well as the community's willingness to work to achieve its goals.

Joining the AARP Age-Friendly Community Network will give Arlington with additional resources, further motivation to build on the work of the Elder Readiness Plan, and will help fulfill Arlington mission statement. *"Arlington will be a diverse and inclusive world-class urban community with secure, attractive residential and commercial neighborhoods where people unite to form a caring, learning, participating, sustainable community in which each person is important."*

6. Please provide a digital file or link of a logo or other image that represents your community.