The AARP Network of Age-Friendly Communities
Agenda

• Welcome
• Age-Friendly Action Planning
• Elements of an Action Plan
• Action Plan Development Case Studies
  - Myrtle Habersham, Macon-Bibb, GA
  - Gail Kohn, Washington, DC
• Evaluation and Action Planning
• Resources
• Q&A
Network of Age-Friendly Communities

Updated March 2015
Age Friendly Process

Step 1: ENTERING THE NETWORK

Step 2: PLANNING PHASE (Years 1 - 2)

Step 3: IMPLEMENTATION & EVALUATION (Years 3 - 5)

Step 4: CONTINUOUS CYCLE OF IMPROVEMENTS (Years 5+)

PLAN

EVALUATE

IMPLEMENT
The AARP® Network of Age-Friendly Communities

Our Vision and the “8 Domains of Livability”

The Built Environment

The Social Environment
Action planning is the planning that guides your day-to-day work.
What Needs to be in Place

1. A clear vision – towards an age friendly community
2. A set of values – including the voice of the 50+
3. The strategic framework – the eight domains of livability for planning
4. An overall goal - people of all ages can actively participate in community activities; be treated with respect, regardless of their age; remain healthy and active; and receive appropriate support if they can no longer look after themselves.
Elements of An Action Plan

1. Statement of what must be achieved – the goal or output
2. Activities that have to be followed to reach the objective or goal
3. Target date for completion or schedule for when each activity must begin/end
4. Identification of the organization/individual who will be responsible for each activity
5. Clarification of the inputs/resources needed to complete the task
6. Identification of indicators which will allow for measurement of progress towards the goals
**Sample Action Plan Format [Community Name]**

**Domain Name:** Communication and Information  
**Goal:** To ensure community elders have access to information about key services  
**Collaborating Organization(s):** Senior Services, Library  
**Group(s):** Youth Organizations, Business Associations

<table>
<thead>
<tr>
<th>Activities</th>
<th>By Whom</th>
<th>By When</th>
<th>Resources and Support Available/Needed</th>
<th>Potential Barriers or Resistance</th>
<th>Communication Plan for Implementation</th>
<th>Metrics</th>
</tr>
</thead>
<tbody>
<tr>
<td>What needs to be done?</td>
<td>Who will be responsible for the task completion?</td>
<td>By what date will the action be done?</td>
<td>Resources Available</td>
<td>Resources Needed (financial, human, political, and other)</td>
<td>What individuals and organizations might resist? How?</td>
<td>What individuals and organizations should be informed about/involved with these tasks?</td>
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<tr>
<td>Step 1: Develop and promote an online Seniors Information Portal</td>
<td>Senior Services</td>
<td>10/1/2015</td>
<td>Web developer, Mechanism to capture information and update portal</td>
<td>Community organizations, city agencies providing services, libraries, Media</td>
<td>Portal Launch; number of hits to portal; feedback from users</td>
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<tr>
<td>Step 2: Develop and promote computer training for Seniors</td>
<td>Library staff, Mentor –Up</td>
<td>10/1/2015 launch and ongoing promotion and offering thereafter</td>
<td>Youth organizations to support training program</td>
<td>Access to computers, training tools</td>
<td>Community and youth organizations, high schools, local businesses with volunteer interests, media</td>
<td>Number of training sessions provided, number of participants</td>
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<td>Step 3: By</td>
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<tr>
<td>Step 4: By</td>
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AARP’s Action Plan Review Process

Content
- Links with Community Assessment
- Measurability
- Accountability
- Overall Strength of Plan

Process
- Equity
- Inclusion

Results in Recommendation
Pulling it All Together

1. Cover page
2. Executive summary / Letter from your Mayor or County Executive
3. Table of Contents
4. Community Profile
5. Introduction to the plan
   1. How the plan was developed
   2. Who was involved in the development of the plan
   3. Who will manage the implementation of the plan
   4. Other information that is important to the plan
6. Action plan
7. Appendices and supporting documentation.
Macon-Bibb Georgia Action Plan
Experiences

Myrtle S. Habersham
AARP Georgia Executive Council Member
Key Volunteer: Macon-Bibb Community
mhabersham@aarp.org
Macon-Bibb: Becoming an Age Friendly (AF) Community

Overall Features of the Community
- Strong support of local leadership and residents
- Hub community for Central Georgia
- Area’s uniqueness – both metropolitan and rural
- Good highway systems/commitment to continue enhancements
- Subtropical climate
- Ethnically and culturally diverse populations
- Rich heritage - extensive civic, cultural, social, educational and recreational opportunities
Age Friendly Community
Macon-Bibb, Georgia

Designation by AARP and World Health Organization (WHO):
• April 2012 - Admitted Macon-Bibb, Georgia into the AARP Network of Age Friendly Communities

• June 2014 - Approved Macon-Bibb’s continued designation for three years as an Age Friendly Community
Macon-Bibb - Volunteer Led Action Plan Development

**General:**
28 Member Community Advisory Council (CAC) appointed by the Mayor.

CAC volunteers are representative of key segments of the community

**Action Planning Process:**
- Researched AF policies, procedures and communities
- Established goals, actions & initiatives by domain areas
- Identified CAC members to lead each of the 8 domains
- Agreed to a comprehensive planning process and Plan format
- Recruited other volunteers to assist with Plan development and implementation of ongoing initiatives
Macon-Bibb Action Plan Development (Continued)

• Obtained report writing assistance

• Held numerous brainstorming & sub-group meetings

• Presented all recommended actions/initiatives to volunteers for feedback & concurrence

• Distributed draft Plan to the Mayor for approval

• Forwarded Action Plan to AARP/WHO
Gail Kohn
Age-Friendly DC Coordinator
Study Phase: 2012-2013

First DC Needs Assessment of older adults in 30 years was completed.
Age-Friendly DC engaged approximately 3,750 individuals on characteristics of an age-friendly community.

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<tr>
<th>800</th>
<th>250</th>
<th>200</th>
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<tr>
<td>DCOA</td>
<td>Homebound</td>
<td>Beacon</td>
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<tr>
<td>Symposia attendees</td>
<td>survey respondents</td>
<td>Newspapers survey respondents</td>
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<table>
<thead>
<tr>
<th>1000</th>
<th>1000</th>
<th>500</th>
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<tbody>
<tr>
<td>Community Consultation participants</td>
<td>AARP DC survey respondents</td>
<td>Block-by-Block Walk participants</td>
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Results by domain were analyzed by New York Academy of Medicine.
Study Phase: 2012-2013, continued

DC adopted WHO’s eight domains. The study phase surfaced additional areas of interest to DC residents and stakeholders and two DC-specific domains were added.
Planning Phase: 2014

• Ten Committees, one for each of 10 domains, examined opinions of DC residents, then developed goals and objectives for consideration by the Age-Friendly DC Task Force

• Goals and objectives were then reviewed by DC residents in community meetings and an online survey and were then presented to the Mayor as recommendations
The Age-Friendly DC Strategic Plan, was published December 10, 2014.

The Strategic Plan involves implementing 77 strategies: 58 DC agencies responsible for implementation, and metrics identified to measure progress in each of 10 domains.

The Plan will also report on Task Force recommendations, other cross-referenced DC strategic plans, and agency performance plans to leverage existing efforts and resources.