The City of Fort Worth is excited about the opportunity to join with AARP Texas and the World Health Organization (WHO) to become an Age-Friendly Community. Along with other selected communities in the nation, Fort Worth is committed to promoting policies to make American cities friendly to aging populations.

For the past decade, Fort Worth has been a leader in improving mobility issues and promoting the health and wellness of its residents. The City’s population is currently 792,277 and continues to grow. More than 8 percent of our residents are age 65 and older, and that number will increase to almost 30 percent by the year 2030.

In 2013, our community began work to become a Blue Zones City to build a healthier Fort Worth. In addition, in 2014 voters approved a $292 million bond package to improve the city’s infrastructure needs. The eight domains of an Age Friendly Community and the city’s efforts on Blue Zones, Infrastructure complement one another. Our goal is to ensure that Fort Worth residents of all ages have the resources to be healthy, independent and integrated into community life.

As a participant in the national network of Age-Friendly Communities, it is the intent of the City of Fort Worth to:

• Provide mechanisms to enhance the active engagement of older adults.
• Secure a city council resolution to work toward becoming age-friendly.
• Establish a Plan of Action that responds to the needs identified by adults 50+ in the community.
• Commit to measuring activities, review action plan outcomes, and reporting them publicly.

We look forward to working with AARP Texas staff and volunteers to ensure that our community has the appropriate infrastructure in place so we can all age with dignity.

Betsy Price
Mayor of the City of Fort Worth

LETTER FROM THE MAYOR
Written September 17, 2014
We all age. So making our city age-friendly is ultimately in everyone’s interest.

—Fort Worth resident
Unlike other major cities, Fort Worth seems more like one, big neighborhood rather than the thriving metropolis it has become. This blending of big-city living with a hometown feel has made Fort Worth a unique destination for families and businesses and has led to record-breaking growth rates.

Despite the massive influx of new residents, the traditions, values and character of Fort Worth have largely remained unchanged. Whether life-long residents or recent transplants, Fort Worthians have always been hardworking, independent and friendly. These traits have made Fort Worth a prosperous, robust and welcoming city that continuously seeks to improve the lives of its residents.

A PROUD HISTORY

Established in 1849 as an army outpost overlooking the Trinity River, Fort Worth has grown into the 16th largest city in the U.S. and the 5th largest city in Texas. When the soldiers left, the settlers continued to build their new Tarrant County seat. With its prime location on the Old Chisholm Trail, the major herding route, Fort Worth quickly established itself as a key trading center as it was the last place to stock up before ranchers drove their herds north. This early reliance on the cattle industry led to Fort Worth's “Cowtown” nickname.

In 1875, the Dallas Herald published a story about the faltering cattle industry causing a delay in expanding the railroad. In the article, the author illustrated the effect by claiming to have seen a panther sleeping in the street outside the courthouse. In true Fort Worth fashion, residents took the name and began referring to itself as Panther City.

The arrival of the Texas & Pacific Railway in 1876 led to a boom in Fort Worth’s industry and development. From meat packing and brewing to oil and aviation, Fort Worth saw its economy grow into new sectors. This growth continued through both World Wars and during the postwar growth experienced across Texas and the country. This rapid rate of economic development continues today and serves as a primary driver of Fort Worth’s population growth.

Fort Worth’s history as the city “Where the West Begins.”

SHIFTING DEMOGRAPHICS

Following its revitalization in the 1980s, Fort Worth’s population began growing at a fast pace and the rate only increased further in the 2000s. As Table 1 illustrates, Fort Worth’s population is now increasing at an incredible scale and has been routinely ranked among the fastest growing cities by the U.S. Census Bureau.

This population growth is largely attributed to four factors:

1. Increased longevity of residents, a trend seen around the United States;
2. Relatively higher birth rates in Fort Worth and throughout Texas;
3. New immigrants, largely from Mexico and other Latin American countries; and
4. Domestic migration from other parts of the country.

Both immigration and migration are largely caused by Fort Worth’s robust economy and the opportunities it presents, relative to other countries and other states. Growth can also change the makeup of the population. On race and ethnicity, the U.S. Census Bureau currently reports Fort Worth as 41% White, 34% Hispanic, 19% Black and 6% Other Races. However, projections for Tarrant County show greater diversity as the population increases over the next 20 years (see Chart 1).

Such shifts stress the importance of outreach efforts and inclusiveness when it comes to city planning and policymaking.

As Fort Worth looks to reach a population of 1 million as early as 2030, city planners must address the ongoing challenge to accommodate the growing number of Fort Worth residents. While population growth will strain infrastructure and resources, it also presents a challenge to ensure that long-time residents can age in place as Fort Worth develops around them.
Fort Worth gains strength through its growing diversity. In addition to race, demographic changes will be felt in the age of the population. The aging of the U.S. population has been a key concern for city planners and policymakers for decades. As the Baby Boom generation (those born between 1946 and 1964) grow older, they will change the age profile for the entire country, including Fort Worth. The oldest Baby Boomers began turning 65 in 2011 and all will reach that age by 2030. While Texas tends to be younger than most other states, the aging population will still have an overall effect. Tables 2 and 3 show projections for the Dallas-Fort Worth area compiled by the Texas Demographic Center. The trend lines show that while the older segments will increase significantly, they will be outpaced by general population growth. However, the proportion of the older population will still increase, albeit not as dramatically as most other parts of the country.

INTERSECTING AGENDAS

As Fort Worth has been planning for its future residents and the orderly growth and development of the city, it has largely done so through its continuous Comprehensive Plan, which it describes as:

“...a summary of the recommended policies, strategies, programs and projects that will enable the City to achieve its mission of focusing on the future and working together to build strong neighborhoods, develop a sound economy and provide a safe community.”

On December 6, 2016, the Fort Worth City Council passed Resolution no. 4704-12-2016, adopting the Age-Friendly Fort Worth Action Plan and incorporated it by reference into the 2017 Comprehensive Plan; it was officially adopted on December 16, 2016.

As the Age-Friendly Fort Worth Action Plan covers a wide range of city government, community efforts and many aspects of residents’ lives, it understandably intersects a number of existing plans, strategies, initiatives and projects currently underway in Fort Worth. Some particularly relevant examples are provided to illustrate the broad scope of making Fort Worth a truly age-friendly community.
Local planning must recognize aging neighborhoods and have plans so people can age in place.

–Fort Worth resident

**Outdoor Spaces & Buildings:**
Public spaces that are safe and accessible, with shade and places to sit, allow for comfort and independence.

**Respect & Social Inclusion:**
Inclusive programs that promote diversity, equity, and multi-generational interaction and dialogue foster respect.

**Transportation:**
Affordable, convenient, safe and accessible transit options ensure equity of mobility and the ability to travel around the city.

**Civic Participation & Employment:**
Paid work, volunteering and local engagement empowers people and creates social change.

**Housing:**
Diverse and affordable housing options, along with home modification programs, allow Fort Worth residents of all ages to age in place.

**Communication & Information:**
Promoting access to technology and other resources to keep older residents connected to community and family.

**Social Participation:**
Access to engaging activities can offer older residents recreation, leisure, education and socializing with others.

**Community Support & Health Services:**
A wide network of home care, clinics, and programs can promote wellness and active aging.
AARP’s five-year process to becoming an Age-Friendly Community.

**PLAN DEVELOPMENT**

**PROCESS OVERVIEW**

In establishing its Age-Friendly Cities and Communities Program, the World Health Organization (WHO) developed a framework for defining the features that make a city age-friendly. The WHO also created a five-year process for cities to earn the age-friendly designation.

AARP, as the U.S. affiliate of the WHO’s global network, has developed a similar five-year process tailored to the United States. Essentially, the process involves joining the global network of age-friendly cities, assessing the needs of a given community’s older residents, planning and implementing actions that will address those needs, and evaluating the success of the plan. However, this process should not be considered completed at the end of the five-year process; AARP intends the process to be a continuous cycle of improvement.

As Fort Worth joined the AARP Network of Age-Friendly Communities in September 2014, the process is entering its third year.

**LIVABILITY INDEX**

In its advocacy for policies that improve the quality of life for people of all ages, AARP provided a new tool in 2015: the Livability Index. The online tool compiled information about cities across the country to assess the livability of a given city and identify policies that would improve conditions. Results are provided by a single index score, which is broken out by different categories covering various aspects of the city’s livability.

Fort Worth’s overall Livability Index score is 49 of 100, placing it in the middle tier of cities. The separate categories are as follows:

- **Neighborhood** Access to life, work and play (55)
- **Opportunity** Inclusion and possibilities (55)
- **Health** Prevention, access and quality (53)
- **Transportation** Safe and convenient options (50)
- **Engagement** Civic and social involvement (45)
- **Housing** Affordability and access (44)
- **Environment** Clean air and water (43)

While this action plan is organized around the 8 domains structure of Age-Friendly Communities, the Livability Index provides useful insight about the conditions of Fort Worth. As such, in the discussion of each domain, this action plan will include information from the Livability Index.

**COMMUNITY SURVEY**

Community engagement and feedback is a key component of AARP’s five-year process. To formalize community participation, part of the initial assessment phase is to conduct a community survey.

AARP produced such a survey, titled the 2016 Age-Friendly Community Survey of Fort Worth, TX AARP Members Age 50-plus. Along the same 8 domain structure, the survey measured the importance of different age-friendly features and the gaps between current conditions and community needs.

The survey results were compiled in a report titled: *Livability for All in Fort Worth: An Age-Friendly Community Survey of AARP Members Age 50-plus*. The takeaway from the survey was threefold:

- AARP members in Fort Worth identified the most important age-friendly community features centered around three areas: Healthcare facilities, services and professionals; street safety; and well-maintained properties and public spaces.
- The survey reported the top need gaps in Fort Worth are concentrated in the areas of job opportunities, community information and volunteer engagement.
- Fort Worth residents want to age in place and support city efforts that enable them to do so.

This action plan was largely informed by the survey and information from the survey will be included in each domain discussion.

**DOMAIN COMMITTEES**

AARP Texas helped recruit community leaders to serve on an age-friendly planning committee that met collectively to discuss the assessment phase and formation of the action plan.

Subsequently, the planning committee formed working groups centered around each of the 8 age-friendly domains. These working groups met monthly and were crucial to the formation of this action plan.

Each working group deserves particular accolades and will be recognized in their corresponding domain-specific section of this action plan.

**PUBLIC FORUMS**

Once the action plan was drafted, AARP Texas helped facilitate three public forums to receive community feedback in September and October 2016.

The public forums largely mirrored the results found in the community survey, with perhaps a slightly increased focus on need gaps in the transportation domain.

**READING THIS PLAN**

The following action plan is presented by each of the 8 age-friendly domains and consists of: the vision for each domain, the current conditions, recommendations and involved parties and partners.
Neighborhood parks are essential for sustainable, livable cities. Older adults need safe, accessible facilities that benefit their health and well being.

—Fort Worth resident

OUTDOOR SPACES & BUILDINGS

OUR VISION
We envision a Fort Worth where older adults have the access to public spaces that are safe and designed for accommodating residents of all ages and abilities. This includes parks, public buildings and facilities, and other open spaces.

WE HEARD
The 2016 Age-Friendly Community Survey highlighted a number of features, including:

• Well-maintained public buildings that are accessible to people of different physical abilities.
• Sidewalks that are in good condition.
• Neighborhood Watch programs.
• Well-maintained and safe public parks.
• Separate pathways for bicyclists and pedestrians.

However, the largest unmet need in this domain was ensuring well-maintained public restrooms that are accessible to people of different physical abilities; 92 percent said it was important, but only 25 percent said this was present in their community.

Safety was a particular point of concern and is reflected in AARP’s Livability Index score. Fort Worth ranked in the bottom third of cities on their crime rate metric. At 480 crimes per 10,000 people (median US neighborhood is 304), its clear that safety is key component to our public spaces.

DOMAIN LEADERS
• Eva Bonilla
  AARP Texas Age-Friendly Volunteer
• Andrew MacFarlane
  Fort Worth Park and Recreation Department

Ensuring shade and a place to sit makes parks more accessible.

Parks offer older Fort Worthians the chance to enjoy nature.
WE WILL

Recommendation 1
Increase access to and utilization of parks, open spaces and public buildings.

• **Action Item 1.1**
  Provide well-maintained and safe parks that are within walking distance of homes, with enough benches and shade.

• **Action Item 1.2**
  Provide well-maintained water fountains that are accessible to people of various physical abilities at community-based parks.

• **Action Item 1.3**
  Provide well-maintained public buildings and facilities that are accessible to people of various physical abilities.

• **Action Item 1.4**
  Integrate age-inclusive policies as a criteria for city decision-making regarding public buildings, outdoor spaces and parks.

• **Action Item 1.5**
  Expand multi-use trail system for bicycles and pedestrians.

Recommendation 2
Senior Centers.

• **Action Item 2.1**
  Maintain and upgrade existing facilities. Identify a center as a senior-focused facility and expand senior services at that center.

Recommendation 3
Expand Neighborhood Watch programs.

• **Action Item 3.1**
  Ensure all residents benefit from a safety program and expand Neighborhood Watch Programs.

OUTDOOR SPACES & BUILDINGS

Safe public spaces give 50 plus residents the ability to interact.

KEY PLAYERS & PARTNERSHIPS

A number of public entities and other organizations will be vital to effectively improve open spaces and buildings in Fort Worth:

• City of Fort Worth departments:
  • Park and Recreation
  • Property Management
  • Neighborhood Services
  • Human Relations

• Fort Worth Police Department

• Citizens on Patrol (COP)

• Aging Disability Resource Center (ADRC) Coalition

• Tarrant County

• Age-Friendly Fort Worth Planning Committee
As we age, we tend to not drive for everyone’s safety. Without a viable transportation system, the aging and disabled are challenged in getting to their doctors, social activities and shopping for necessities.  
—Fort Worth resident

TRANSPORTATION

OUR VISION
We envision a Fort Worth where older adults and those with disabilities enjoy equity of mobility in a transportation system that is accessible, affordable, convenient, wide-reaching and easy to use. This includes all modes of transportation (e.g. walking, bicycling, driving, riding).

WE HEARD
The 2016 Age-Friendly Community Survey highlighted a number of features, including:

• Well-maintained streets and roads.
• Easy to read traffic signs.
• Well-lit, safe streets and intersections for all users.
• Enforced speed limits.
• Special transportation services for seniors or people with disabilities.
• Affordable public parking lots and areas to park.
• Accessible, affordable, convenient and reliable public transportation.
• Well-maintained public transit vehicles.
• Safe public transportation stops.
• Driver education refresher course.

With the many issues aired with Fort Worth’s transportation system, audio/visual pedestrian crossings was the largest unmet need in this domain.

DOMAIN LEADERS

• Marcus Rockwell  
*Sixty & Better*

• Chandra Muruganandham  
*Fort Worth Transportation and Public Works Department*

• Phil Dupler  
*Fort Worth Transportation Authority*
TRANSPORTATION

WE WILL

Recommendation 1
Ensure all modes of transportation are safe, affordable and accessible for residents of all ages and abilities, particularly vulnerable adults.

• Action Item 1.1 Explore opportunities to expand and integrate transportation coordination throughout Tarrant County.

• Action Item 1.2 Develop and maintain a master list that outlines transportation eligibility requirements, services provided, boundaries covered and cost per trip.

• Action Item 1.3 Create a committee or find a lead agency to work with Dialysis Centers to identify solutions to fill transportation gaps.

• Action Item 1.4 Integrate age-inclusive policies into the criteria used for City decision-making regarding transportation.

• Action Item 1.5 Explore and identify new resources to supplement expansion and integration of transportation system.

Recommendation 2
Provide residents with the information and tools they need to make informed and safe travel choices.

• Action Item 2.1 Create an integrated system for older adults and those with various abilities to access and schedule transportation both via phone and web based.

• Action Item 2.2 Explore creation of partnerships between the T and transport companies to contract in order to fill gap in transport needs.

• Action Item 2.3 Increase transportation awareness beyond 211, word of mouth, and expand transportation education programs (e.g. Transit 101 program).

• Action Item 2.4 Provide affordable car maintenance programs and education for seniors and persons with various abilities.

Recommendation 3
Provide sidewalks, or trails, when feasible, to and within parks that are in good condition, free from obstruction and are safe for pedestrian use and accessible for wheelchairs or other mobility assistance devices.

• Action Item 3.1 Increase 2018 Bond funding for sidewalk construction above 2014 level.

• Action Item 3.2 Update City street design standards to address ADA requirements and other complete street goals.

PARTNERSHIPS

Aside from the key players, a number of partners will be required to effect change in Fort Worth’s transportation system:

• My Health My Resources (MHMR) Tarrant County
• Tarrant County
• Texas Dept. of Transportation (TXDOT)
• MY RIDE Tarrant
• MY RIDE North Texas
• Sixty & Better
• Mid City Care Corp.
• Tarrant Riders Network
• Handi Tran
• Lyft
• Uber
• AARP
• Senior Centers

KEY PLAYERS

A number of public entities and other organizations will be vital to effectively improve transportation in Fort Worth:

• City of Fort Worth departments:
  • Planning and Development
  • Transportation and Public Works
• Fort Worth Transit Authority
• North Central Texas Council of Government (NCTCOG)
• Catholic Charities Fort Worth
• United Way
• Aging Disability Resource Center (ADRC) Coalition
• Age-Friendly Fort Worth Planning Committee

Eva Bonilla poses with the curb ramp she pressed the city to build.

Public transit options must be affordable and convenient to use.
Most older adults prefer ‘aging in place’ in the neighborhoods they are familiar with. We feel secure in our homes surrounded by long-time friends and family, our local churches, food stores, hair salons and pharmacies.

—Fort Worth resident

HOUSING
OUR VISION
We envision a Fort Worth residents of all ages have access to diverse and affordable housing options, allowing Fort Worth residents to age in place. This includes not only housing stock levels, but home modification programs to keep older residents living independently.

WE HEARD
The 2016 Age-Friendly Community Survey highlighted a number of features, including:

- Well-maintained homes and properties.
- Home repair contractors who are trustworthy and affordable.
- Seasonal services such as lawn work.
- Affordable home prices for residents of varying income levels.
- Well-maintained and safe low-income housing.
- Homes that are equipped with age-friendly features (e.g. no-step entrance, wider doorways).

The survey found the largest unmet need in this domain was home repair service for low-income and older adults; 90 percent said it was important, but only 14 percent said this was present in their community.

Fort Worth also ranked lower relative to median U.S. neighborhoods in a number of housing metrics in the AARP Livability Index Score. Housing was identified as one of Fort Worth’s lowest areas of livability.

DOMAIN LEADERS
- Jamie Harwell
  United Way’s Area Agency on Aging of Tarrant County
- Kelley Poppelreiter
  Area Agency on Aging (AAA)
  Aging Disability Resource Center of Tarrant County (ADRC)
- Barbara Asbury
  Fort Worth Neighborhood Services Department
- David Reitz
  Fort Worth Neighborhood Services Department
WE WILL

Recommendation 1
Streamline, expand and promote programs that support affordable housing and aging in place.

- Action Item 1.1
  Improve awareness of and access to home modification programs for mobility limitations and streamline processes for residents in urgent need.

- Action Item 1.2
  Raise awareness about the positive impact that adopting single family universal design standards would have on residents with limited mobility.

- Action Item 1.3
  Adopt accessory dwelling unit standards, city-wide, to facilitate the ability to assist loved-ones needing care and provide additional housing options.

- Action Item 1.4
  Develop policies to encourage multi-generational housing developments that include access to social services, and businesses that cultivate inter-generational interaction and dwelling.

Recommendation 2
Expand and promote the development of diverse housing options, inclusionary zoning, and other resources that create affordable options for seniors of various income levels.

- Action Item 2.1
  Encourage the development of new and innovative models of affordable housing with an emphasis on inclusionary zoning.

- Action Item 2.2
  Increase and prioritize affordable housing funding for seniors.

- Action Item 2.3
  Expedite permitting process for secondary apartments/additional dwelling units.

- Action Item 2.4
  Require developers to include affordable units as part of development agreements.

Housing Facts
- Housing costs: $1,056 per month.
- Cost burden: 18.6% of income.
- 60 yr. old + homeowners: 74.6% (25.3% renters).
- 60 yr. old + who live alone: 38.9%.

KEY PLAYERS & PARTNERSHIPS
A number of organizations will be needed to improving housing options in Fort Worth:

- City of Fort Worth Departments:
  - Planning and Development
  - Neighborhood Services
  - Economic Development
  - Communications
- Texas Department of Housing and Community Affairs
- United Way’s Area Agency on Aging of Tarrant County
- Texas Health and Human Services Commission
- Aging Disability Resource Center (ADRC) Coalition
- REACH of Fort Worth
- Fort Worth Housing Solutions
- Housing Finance Corporation
- Age-Friendly Fort Worth Planning Committee
The value of social participation cannot be overstated. Many older adults live alone. They need to be connected to their community to enjoy life with others and to be safe, rather than isolated and alone.

—Fort Worth resident

SOCIAL PARTICIPATION

OUR VISION

We envision a Fort Worth that offers older adults a wide array of recreational, leisure and educational activities where they feel welcome. To encourage participation, the activities must be accessible, conveniently located, affordable, cross-cultural and inter-generational.

WE HEARD

The 2016 Age-Friendly Community Survey highlighted a number of needed features in the area of social participation, including:

• Activities that offer senior discounts.
• Activities specifically geared towards older adults.
• Activities that are affordable to all ages.
• Conveniently located venues for entertainment.
• A variety of cultural activities for diverse populations.
• Social clubs (e.g. gardening, crafts).
• Continuing education classes.
• Local schools that involve older adults in events and activities.

However, the largest unmet need in this domain was informing older adults about social activities available with accurate and widely publicized information. 91 percent said this was important, but only 29 percent said such information was present in their community.

DOMAIN LEADERS

• Jerome H. Mosman
  Sixty & Better

• Sonia Singleton
  Fort Worth Neighborhood Services Department
WE WILL

Recommendation 1
Strengthen and develop recreational, leisure and educational activities involving and targeting older adults.

• Action Item 1.1
Expand neighborhood programs and activities for older residents.

• Action Item 1.2
Coordinate with non-governmental partners to organize creative nighttime events, sports outings, and competitions involving and targeting older residents (e.g. 50-plus night club nights, dances, walking soccer).

• Action Item 1.3
Promote a print- and web-based portal that includes activities likely to attract residents (e.g. arts, recreational, leisure and educational activities).

• Action Item 1.4
Create a safe and social space for members of the LGBT community.

Recommendation 2
Create a city inter-agency committee to optimize facilities for senior engagement.

• Action Item 2.1
Develop an asset map to identify all existing and new opportunities for senior social engagement at public libraries, public facilities, and schools (including colleges & universities).

• Action Item 2.2
Identify opportunities for co-located services and develop programming at community centers in dedicated areas for both youth and older adults.

• Action Item 2.3
Have the city prepare and give yearly report on progress of Age-Friendly Fort Worth and report to City Council and relevant commissions.

SOCIAL PARTICIPATION

Older adults often struggle with loneliness and isolation.

Wellness requires older adults to stay social and interact.

Fort Worth needs engaging activities can connect with older adults.

KEY PLAYERS
A number of organizations will be instrumental in the domain of social participation:

• City of Fort Worth Departments:
  - Neighborhood Services
  - Community Engagement
  - Park and Recreation
  - Library

• YMCA of Metropolitan Fort Worth

• Fort Worth Convention & Visitors Bureau

• Coalition for Aging LGBT

• Age-Friendly Fort Worth Planning Committee

PARTNERSHIPS

• United Way’s Area Agency on Aging of Tarrant County
• American Heart Association
• American Cancer Society
• Alzheimer’s Association
• Meals on Wheels of Tarrant County

• Aging Disability Resource Center (ADRC) Coalition
• John Peter Smith Hospital (JPS)
• Southwestern Baptist Theological Seminary (SWBTS)
• FW Independent School District

• Sixty & Better
• AARP
• Community Action
• LGBTQ S.A.V.E.S.
• Senior Olympics
• WIC Clinics

• TCCD
• TCU
• TWU
• UNT HSC
**RESPECT & SOCIAL INCLUSION**

**OUR VISION**
We envision a Fort Worth that respects and includes all residents. This requires the city and community coming together to ensure inclusive programs that promote diversity and equity, along with multi-generational interaction and dialogue. Together these efforts will foster the respect and inclusion that all residents deserve.

**WE HEARD**
The 2016 Age-Friendly Community Survey asked residents about the features and needs of their community and largely covered issues of respect and social inclusion within the other areas of the survey. As such, much of survey data included this age-friendly domain as part of social participation. However, the public forums offered participants the chance to discuss respect and social inclusion in greater detail.

Forum participants discussed Fort Worth’s current and growing diversity and the corresponding need to ensure that the city values and gains strength from its diversity. Forum participants also highlighted Latinx, immigrants and LGBT groups who have aging populations that can be particularly ignored and vulnerable to isolation.

In terms of age-friendly features to foster respect and social inclusion, the forums found that many of the same policies and programs to increase social participation and civic engagement would serve this domain as well, so long as such policies and programs are respectful and inclusive.

**DOMAIN LEADERS**
- Jerome H. Mosman  
  Sixty & Better
- Kelley Poppelreiter  
  ADRC Coalition & United Way’s Area Agency on Aging of Tarrant County
- Marilyn Marvin  
  Fort Worth Library
- Veronica Villegas  
  Fort Worth Human Relations Department
- Monique Hill  
  Fort Worth Neighborhood Services Department

“Older adults have a wealth of knowledge and should be respected and valued for their past and current contributions made within our community.”

—Fort Worth resident
WE WILL

Recommendation 1
Expand programs and services that engage and empower older adults.

• Action Item 1.1
Identify Age-Friendly customer service practices that are mindful of various abilities, cultures, genders and submit recommendations to the city in order to improve city department services.

• Action Item 1.2
Support development of Age-Friendly business practices that provide a welcoming and inclusive environment for customers of all ages, cultures and abilities (e.g. seating availability, larger print, inclusive language, cultural sensitivity).

Recommendation 2
Create intergenerational opportunities for seniors.

• Action Item 2.1
Develop intergenerational education partnerships between schools, libraries, and senior programs.

• Action Item 2.2
Ensure all city community centers provide intergenerational and inclusive programs and activities for seniors.

Recommendation 3
Expand awareness of and access to services for older adults and those with different abilities in diverse communities.

• Action Item 3.1
Ensure all city programs, services and strategic plans address the needs of all residents with emphasis on the most vulnerable.

• Action Item 3.2
Ensure services and programs targeted to residents create a welcoming environment that respects ethnic, racial, age, cultural diversity and those with various abilities.

• Action Item 3.3
Expand and sustain City of Fort Worth Silver Star initiative addressing needs of socially isolated 60-plus residents living below federal poverty level.

RESPECT & SOCIAL INCLUSION

RESPECT involves social inclusion, particularly for older adults.

Social inclusion helps older adults feel part of the community.

PARTNERSHIPS

Additional partnerships will be needed to truly foster respect and social inclusion in Fort Worth:

• United Way’s Area Agency on Aging of Tarrant County
• Fort Worth Chamber of Commerce
• Sixty & Better
• YMCA
• Coalition for Aging LGBT
• Blue Zones
• My Health My Resources (MHMR) Tarrant County
• TCU Senior programs
• TCCD Senior programs

KEY PLAYERS

A number of organizations will be needed to make respect and social inclusion an organizing principle in Fort Worth:

• City of Fort Worth Departments:
  • Neighborhood Services
  • Library
  • Park and Recreation
  • Communications and Public Engagement
  • Human Relations
• Aging Disability Resource Center (ADRC) Coalition
• AARP
• Age-Friendly Fort Worth Planning Committee
CIVIC PARTICIPATION & EMPLOYMENT

OUR VISION
We envision a Fort Worth where residents are fully able to participate and contribute to their community. This involves both paid and volunteer work as well as having a meaningful role in the local government and our political process. Our older residents will be empowered by such measures to ensure they remain a vital and contributing part of our community.

WE HEARD
The 2016 Age-Friendly Community Survey highlighted a number of features, including:

• Opportunities for older adults to participate in decision-making roles.
• Jobs that are adapted to meet the needs of people with disabilities.
• A broader range of job opportunities and volunteer activities offered to older adults.
• Easy to find information on available local volunteer opportunities.
• Volunteer training opportunities to help better perform volunteer roles.

The survey found the largest unmet needs in this domain was transportation to and from volunteer activities and job training opportunities to older adults. Both of these needs had the largest gap between their rated importance (91% and 89%, respectively) and the rated availability (13% and 11%, respectively), which left both with a gap of 78 percent.

DOMAIN LEADERS
• Eva Bonilla
  AARP Texas Age-Friendly Volunteer
• Michael McClinton
  Business Assistance Center (BAC)
• Michelle Gutt
  Fort Worth Communications and Public Engagement Dept.
• Marie Francis
  Fort Worth Neighborhood Services Dept.
• Maiya Hollie
  Fort Worth Human Resources Dept.

With people living longer, it is very important to be employed, start a business or be involved in your community.

–Fort Worth resident
CIVIC PARTICIPATION & EMPLOYMENT

WE WILL

Recommendation 1
Increase employment and entrepreneurial opportunities for residents age 50-plus and people with disabilities of any age.

• Action Item 1.1
Establish an inter-agency work group to increase coordination and spread awareness of employment services for 50-plus residents, including phased retirement; explore employment applications and interview processes, in order to facilitate a simple process for older residents and people with various abilities of any age.

• Action Item 1.2
Increase awareness of adult internship/fellowship program for residents age 50-plus and people with various abilities of any age.

• Action Item 1.3
Develop a series of easy-to-comprehend fact sheets on topics, practices and resources to identify home-based, part-time and job-sharing opportunities, age discrimination claims, and starting a business.

• Action Item 1.4
Offer technical assistance and explore incentives to help small and local businesses become age-friendly and hire residents age 50-plus.

Recommendation 2
Strengthen, develop, and promote volunteerism and civic participation among persons age 50-plus.

• Action Item 2.1
Produce a “State of Volunteerism in the City” report, assessing volunteerism by age group, activity, and organization, providing recruiting and retraining techniques and recommendations.

• Action Item 2.2
Enhance and promote volunteer and mentorship opportunities in a database to improve usability, increase choices, and better match residents with volunteer opportunities.

• Action Item 2.3
Compile and publish a listing of all opportunities for civic participation, and how to get involved (e.g., board/commission members).

KEY PLAYERS

A number of organizations will be critical to addressing issues of civic participation and employment:

- City of Fort Worth Departments:
  - Neighborhood Services
  - Communications and Public Engagement
  - Human Resources
  - Human Relations Commission
  - Economic Development
- Social Security Administration
- Workforce Solutions for Tarrant Co.
- Veterans Administration
- Cornerstone Assistance Network
- SER-SCSEP
- Age-Friendly Fort Worth Planning Committee

PARTNERSHIPS

A number of partnerships will be needed to achieve our goals in the domain of civic participation and employment.

- Texas Health and Human Services Commission
- Texas Dept. of Assistive and Rehabilitative Services (DARS)
- Aging Disability Resource Center (ADRC) Coalition
- Community Action Partners
- United Way’s Area Agency on Aging of Tarrant County
- AARP
- The Women’s Center
- Business Assistance Center
- TCCD senior programs
- TCU Silver Frogs
- Faith Based Networks

Many older adults continue to work after retirement.
COMMUNICATION & INFORMATION

OUR VISION
We envision a Fort Worth where all of its residents are connected and informed as to what the city has to offer. Much of this requires coordination among various city agencies and the community, but another critical component is better outreach efforts and ensuring our older residents have the access and training to technology that can keep them connected with their community, friends and family.

WE HEARD
The 2016 Age-Friendly Community Survey highlighted a number of features, including:

• Printed information that has large lettering and is clearly displayed.
• Access to information in one, central location.
• An automated community information source.
• Free access to computers and the Internet in public places.
• Information that is available in different languages.

The survey found the largest unmet need in this domain was Information delivered in person to people who have difficulty leaving their home; 90 percent said it was important, but only 14 percent said this was present in their community.

DOMAIN LEADERS
• Annabel Luna  
  JPS Health Network
• Sam Adamie  
  Tarrant County Homeless Commission
• Michelle Gutt  
  Fort Worth Communications and Public Engagement Department
• Tracy Edwards  
  Fort Worth Community Engagement

Keeping older folks engaged begins with keeping them informed and connected to their community, family and friends through outreach efforts and technology.

—Fort Worth resident

Keeping older adults informed can be easier with technology.
**Recommendation 1**
Create a portal or clearing house for information regarding issues and interests related to older adults.

- **Action Item 1.1**
  Work with the Area Agency on Aging to promote awareness about the Aging and Disability Resource Center (ADRC) as a valuable resource in Fort Worth communities by facilitating outreach in City events and incorporating website links where able.

- **Action Item 1.2**
  Expand, update and maintain information about aging services on the City of Fort Worth website, 211 website and Tarrant Cares website.

- **Action Item 1.3**
  Promote user-friendly, multi-lingual, multi-modality (e.g. online, telephone, print) information about aging services and resources.

**Recommendation 2**
Provide public materials that are age-friendly.

- **Action Item 2.1**
  Increase awareness and ensure health literacy information is available through City customer service departments and their partners using age-friendly guidelines.

- **Action Item 2.2**
  Use ability- and age-inclusive language, readability, and visual appeal on flyers, brochures and notifications in materials produced by the city.

**Recommendation 3**
Publicize existing opportunities for technology training and its benefits for older adults.

- **Action Item 3.1**
  Develop partnerships between city, non-profit and faith-based organizations to provide trainings and promotion of them on their websites.

- **Action Item 3.2**
  Expand partnerships to develop innovative strategies to better meet the needs of vulnerable, or socially isolated residents who lack access to technology.

- **Action Item 3.3**
  Develop online and print collateral promoting technology training for City and partner distribution when facilitating outreach.

**KEY PLAYERS & PARTNERS**
A number of organizations will be vital to improving housing options in Fort Worth.

- City of Fort Worth Departments:
  - Communication and Public Engagement
  - Community Engagement
- Aging Disability Resource Center (ADRC) Coalition
- UNT HSC Center for Geriatrics
- WE HAIL Program
- Meals on Wheels of Tarrant Co.
- Sixty & Better
- United Way’s Area Agency on Aging of Tarrant County
- AARP
- Faith Based Community
- TCU Silver Frogs
- Age-Friendly Fort Worth Planning Committee
We have to think of healthcare not only as treating diseases, but also as health promotion and wellness for all ages. We need to be proactive and have access to professionals that understand the aging process better.

—Fort Worth resident

COMMUNITY SUPPORT & HEALTH SERVICES

OUR VISION
We envision a Fort Worth where its older residents have access to a wide network of home care, clinics and programs that can promote wellness and active aging.

WE HEARD
The 2016 Age-Friendly Community Survey highlighted a number of features, including:

• Well-maintained hospitals and health care facilities.
• Respectful and helpful hospital and clinic staff.
• A variety of health care professionals, including well-trained certified home health care providers.
• Convenience in terms of both location of emergency care, health and social services and information on local health and supportive services.
• Health and wellness programs and classes with fitness activities specifically geared towards older adults.
• Multi-lingual health care professionals.

The survey found the largest unmet need in this domain was affordable home health care providers; 95 percent said it was important, but only 29 percent said this was present in their community.

The AARP Livability Index Score also reported Fort Worth in the bottom third of cities in terms of patient satisfaction, indicating this as a definite area for improvement.

DOMAIN LEADERS

• Kristen Reuter
  UNT HSC Center for Geriatrics
• Michelle Gutt
  Fort Worth Communications and Public Engagement Department
• Billie Waite
  AARP Texas
WE WILL

Recommendation 1
Increase consumer awareness about community resources.

- **Action Item 1.1**
  Expand a team of navigators to assist residents with identifying, understanding and accessing appropriate services and programs through No Wrong Door Program.

- **Action Item 1.2**
  Provide cross-training for navigators and a series of fact sheets such as accessing financial planning, will and estate planning, Medicaid qualification, and long term care resources for individuals, families, spouses and domestic partners.

- **Action Item 1.3**
  Expand community outreach and public awareness around caregiver support, peer counseling, and in-home support programs with an emphasis on dementia and Alzheimer’s education.

- **Action Item 1.4**
  Increase public awareness of and access to fresh produce, health foods, SNAP, and pet food.

Recommendation 2
Promote Care Coordination.

- **Action Item 2.1**
  Create an asset map of public, private, and nonprofit low or no-cost senior health services.

- **Action Item 2.2**
  Distribute senior health services asset map to City, community partners, and health community.

- **Action Item 2.3**
  Integrate asset map through city and partner websites.

Recommendation 3
Promote safety, health and wellness.

- **Action Item 3.1**
  Create incentives, partnerships, and training for the establishment of new, and expansion of existing programs to increase access to fresh produce and health foods.

- **Action Item 3.2**
  Expand evidenced-based falls prevention programs for residents with balance and mobility issues.

- **Action Item 3.3**
  Expand awareness campaign and regular drop-off locations for safe disposal of over-the-counter and prescription medications.

- **Action Item 3.4**
  Strengthen elder abuse detection by providing education to law enforcement and other first responders.

- **Action Item 3.5**
  Provide Customer Service center operators with training on elder abuse, neglect and exploitation.

- **Action Item 3.6**
  Publicize emergency response and preparedness strategies for 50-plus community on the city’s website.
DOMAIN 1: OUTDOOR SPACES & BUILDINGS
1.1: Increase access to and utilization of parks, open spaces and public buildings.
   1.1.1: Provide well-maintained and safe parks that are within walking distance of homes, with enough benches and shade.
   1.1.2: Provide well-maintained water fountains that are accessible to people of various physical abilities at community-based parks.
   1.1.3: Provide well-maintained public buildings and facilities that are accessible to people of various physical abilities.
   1.1.4: Integrate age-inclusive policies as a criteria for city decision-making regarding public buildings, outdoor spaces and parks.
   1.1.5: Expand multi-use trail system for bicycles and pedestrians.
1.2: Senior Centers.
   1.2.1: Maintain and upgrade existing facilities. Identify a center as a senior-focused facility and expand senior services at that center.
1.3: Expand Neighborhood Watch programs.
   1.3.1: Ensure all residents benefit from a safety program and expand Neighborhood Watch Programs.

DOMAINS 1-4

DOMAIN 2: TRANSPORTATION
2.1: Ensure all modes of transportation are safe, affordable and accessible for residents of all ages and abilities, particularly vulnerable adults.
   2.1.1: Explore opportunities to expand and integrate transportation coordination throughout Tarrant County.
   2.1.2: Develop and maintain a master list that outlines transportation eligibility requirements, services provided, boundaries covered and cost per trip.
   2.1.3: Create a committee or find a lead agency to work with Dialysis Centers to identify solutions to fill transportation gaps.
   2.1.4: Integrate age-inclusive policies into the criteria used for city decision-making regarding transportation.
   2.1.5: Explore and identify new resources to supplement expansion and integration of transportation system.
2.2: Provide residents with the information and tools they need to make informed and safe travel choices.
   2.2.1: Create an integrated system for older adults and those with various abilities to access and schedule transportation both via phone and web based.
   2.2.2: Explore creation of partnerships between the T and transport companies to contract in order to fill gap in transport needs.
   2.2.3: Increase transportation awareness beyond 211, word of mouth, and expand transportation education programs (e.g. Transit 101 program).
   2.2.4: Provide affordable car maintenance programs and education for seniors and persons with various abilities.
2.3: Provide sidewalks, or trails, when feasible, to and within parks that are in good condition, free from obstruction and are safe for pedestrian use and accessible for wheelchairs or other mobility assistance devices.
   2.3.1: Increase 2018 bond funding for sidewalk construction above 2014 level.
   2.3.2: Update city street design standards to address ADA requirements and other complete street goals.

DOMAIN 3: HOUSING
3.1: Streamline, expand and promote programs that support affordable housing and aging in place.
   3.1.1: Improve awareness of and access to home modification programs for mobility limitations and streamline processes for residents in urgent need.
   3.1.2: Raise awareness about the positive impact that adopting single family universal design standards would have on residents with limited mobility.
   3.1.3: Adopt accessory dwelling unit standards, city-wide, to facilitate the ability to assist loved-ones needing care and provide additional housing options.
   3.1.4: Develop policies to encourage multi-generational housing developments that include access to social services, and businesses that cultivate inter-generational interaction and dwelling.
3.2: Expand and promote the development of diverse housing options, inclusionary zoning, and other resources that create affordable options for seniors of various income levels.
   3.2.1: Encourage the development of new and innovative models of affordable housing with an emphasis on inclusionary zoning.
   3.2.2: Increase and prioritize affordable housing funding for seniors.
   3.2.3: Expedite permitting process for secondary apartments/additional dwelling units.
   3.2.4: Require developers to include affordable units as part of development agreements.

DOMAIN 4: SOCIAL PARTICIPATION
4.1: Strengthen and develop recreational, leisure and educational activities involving and targeting older adults.
   4.1.1: Expand neighborhood programs and activities for older residents.
   4.1.2: Coordinate with non-governmental partners to organize creative nighttime events, sports outings, and competitions involving and targeting older residents (e.g. 50-plus night club nights, dances, walking soccer).
   4.1.3: Promote a print- and web-based portal that includes activities likely to attract residents (e.g. arts, recreational, leisure and educational activities).
   4.1.4: Create a safe and social space for members of the LGBT community.
4.2: Create a city inter-agency committee to optimize facilities for senior engagement.
   4.2.1: Develop an asset map to identify all existing and new opportunities for senior social engagement at public libraries, public facilities, and schools (including colleges & universities).
   4.2.2: Identify opportunities for co-located services and develop programming at community centers in dedicated areas for both youth and older adults.
   4.2.3: Have the city prepare and give yearly report on progress of Age-Friendly Fort Worth and report to the Fort Worth City Council and relevant commissions.
SUMMARY TABLE

DOMAIN 5: RESPECT & SOCIAL INCLUSION

5.1: Expand programs and services that engage and empower older adults.
5.1.1: Identify Age-Friendly customer service practices that are mindful of various abilities, cultures, genders and submit recommendations to the city in order to improve city department services.
5.1.2: Support development of Age-Friendly business practices that provide a welcoming and inclusive environment for customers of all ages, cultures and abilities (e.g. seating availability, larger print, inclusive language, cultural sensitivity).
5.2: Create intergenerational opportunities for seniors.
5.2.1: Develop intergenerational education partnerships between schools, libraries, and senior programs.
5.2.2: Ensure all city community centers provide intergenerational and inclusive programs and activities for seniors.
5.3: Expand awareness of and access to services for older adults and those with different abilities in diverse communities.
5.3.1: Ensure all city programs, services and strategic plans address the needs of all residents with emphasis on the most vulnerable.
5.3.2: Ensure services and programs targeted to residents create a welcoming environment that respects ethnic, racial, age, cultural diversity and those with various abilities.
5.3.3: Expand and sustain City of Fort Worth Silver Star initiative addressing needs of socially isolated 60-plus residents living below federal poverty level.

DOMAIN 6: CIVIC PARTICIPATION & EMPLOYMENT

6.1: Increase employment and entrepreneurial opportunities for residents age 50-plus and people with disabilities of any age.
6.1.1: Establish an inter-agency work group to increase coordination and spread awareness of employment services for 50-plus residents, including phased retirement; explore employment applications and interview processes, in order to facilitate a simple process for older residents and people with various abilities of any age.
6.1.2: Increase awareness of adult internship/fellowship program for residents age 50-plus and people with various abilities of any age.
6.1.3: Develop a series of easy-to-comprehend fact sheets on topics, practices and resources to identify home support programs with an emphasis on dementia and Alzheimer’s education.
6.1.4: Offer technical assistance and explore incentives to help small and local businesses become age-friendly and hire residents age 50-plus.
6.2: Strengthen, develop, and promote volunteerism and civic participation among persons age 50-plus.
6.2.1: Produce a “State of Volunteerism in the City” report, assessing volunteerism by age group, activity, and organization, providing recruiting and retraining techniques and recommendations.
6.2.2: Enhance and promote volunteer and mentorship opportunities in a database to improve usability, increase choices, and better match residents with volunteer opportunities.
6.2.3: Compile and publish a listing of all opportunities for civic participation, and how to get involved (e.g., board/commission members).

DOMAIN 7: COMMUNICATION & INFORMATION

7.1: Create a portal or clearing house for information regarding issues and interests related to older adults.
7.1.1: Work with the Area Agency on Aging to promote awareness about the Aging and Disability Resource Center (ADRC) as a valuable resource in Fort Worth communities by facilitating outreach in city events and incorporating website links where able.
7.1.2: Expand, update and maintain information about aging services on the City of Fort Worth website, 211 website and Tarrant Cares website.
7.1.3: Promote user-friendly, multi-lingual, multi-modality (e.g. online, telephone, print) information about aging services and resources.
7.2: Provide public materials that are age-friendly.
7.2.1: Increase awareness and ensure health literacy information is available through City customer service departments and their partners using age-friendly guidelines.
7.2.2: Use ability- and age-inclusive language, readability, and visual appeal on flyers, brochures and notifications in materials produced by the city.
7.3: Publicize existing opportunities for technology training and its benefits for older adults.
7.3.1: Develop partnerships between city, non-profit and faith-based organizations to provide trainings and promotion of them on their websites.
7.3.2: Expand partnerships to develop innovative strategies to better meet the needs of vulnerable, or socially isolated residents who lack access to technology.
7.3.3: Develop online and print collateral promoting technology training for City and partner distribution when facilitating outreach.

DOMAIN 8: COMMUNITY SUPPORT & HEALTH SERVICES

8.1: Increase consumer awareness about community resources.
8.1.1: Expand a team of navigators to assist residents with identifying, understanding and accessing appropriate services and programs through No Wrong Door Program.
8.1.2: Provide cross-training for navigators and a series of fact sheets such as accessing financial planning, will and estate planning, Medicaid qualification, and long term care resources for individuals, families, spouses and domestic partners.
8.1.3: Expand community outreach and public awareness around caregiver support, peer counseling, and in-home support programs with an emphasis on dementia and Alzheimer’s education.
8.1.4: Increase public awareness of and access to fresh produce, health foods, SNAP, and pet food.
8.2: Promote Care Coordination.
8.2.1: Create an asset map of public, private, and nonprofit low or no-cost senior health services.
8.2.2: Distribute senior health services asset map to City, community partners, and health community.
8.2.3: Integrate asset map through city and partner websites.
8.3: Promote safety, health and wellness.
8.3.1: Create incentives, partnerships, and training for the establishment of new, and expansion of existing programs to increase access to fresh produce and health foods.
8.3.2: Expand evidenced-based falls prevention programs for residents with balance and mobility issues.
8.3.3: Expand awareness campaign and regular drop-off locations for safe disposal of over-the-counter and prescription medications.
8.3.4: Strengthen elder abuse detection by providing education to law enforcement and other first responders.
8.3.5: Provide Customer Service center operators with training on elder abuse, neglect and exploitation.
8.3.6: Publicize emergency response and preparedness strategies for 50-plus community on the city’s website.


The underlying U.S. Census Bureau data used to make population projections is unavailable at the Fort Worth City level. Consequently, Texas Demographic Center aggregates data for larger geographic area to make its projections. For population projections of race, used Tarrant County level data.


The underlying U.S. Census Bureau data used to make population projections is unavailable at the Fort Worth City level. Consequently, Texas Demographic Center aggregates data for larger geographic area to make its projections. For population projections of race, used Dallas-Fort Worth level data.


See Endnote # 5.


“AARP Livability Index: Housing” AARP Public Policy Institute, Online Database: livabilityindex.aarp.org/search#Fort+Worth+TX+USA. Accessed 30 October 2017.

Population 60 Years and Over in the United States (Table S0102). 2016 American Community Survey 1-year Estimates. U.S. Census Bureau, 30 October 2017.

As we live longer, we should live stronger.
—Fort Worth resident

ENDNOTES
Where the West Begins

Queen City of the Prairies

Culture & Cowboys

The Paris of the Plains

Cowtown

Funkytown

Panther City

Fort Worth