

Age-Friendly DC

Using World Health Organization Guidance
to Transform DC into an Easier City
in which to Grow Older



May 4, 2020 1:30-3:30pm

Age-Friendly DC Task Force Meeting

There are a total of 34 Task Force appointments noted in the Mayor's Establishment Order. One position is currently open. Task Force members may choose to have a stand-in.

Attending were:

TOTAL - 52

16 Task Force members were present

18 Task Force members were not present of which 7 had stand-ins present, who can fully participate

8 – DC government employees not on the Age-Friendly DC Task Force

10 – members from the community

A total of 13 of Age-Friendly DC's 14 domains had Task Force members or stand-ins present; Social Participation was not represented.



Welcome

Host Dr. Melissa Batchelor, GWU
Director

Center for Aging, Health and
Humanities

Rayna Smith, Age-Friendly DC Co-
chair and Chief of Staff, who will
facilitate this meeting

Deputy Mayor for Health and
Humanities

Kim Alfonso, Co-Founder & CEO
Results One



Dr. Melissa Bachelor



Kim Alfonso



Rayna Smith



May 4, 2020 1:30-3:30pm

Age-Friendly DC Task Force Meeting

I. Call to Order at 1:30 by Age-Friendly DC Task Force meeting host, GWU Center for Aging, Health and Humanities Director, Dr. Melissa Bachelor welcomed Task Force members and participants. She introduced Task Force co-chair Kim Alfonso, Co-Founder and CEO of Results One. She then introduced Task Force co-chair and the Office of the Deputy Mayor for Health and Human Services Chief of Staff, Rayna Smith. Rayna Smith facilitated this meeting

a. Welcome and observations

Co-chair Rayna Smith thanked all for their domain committee work.



May 4, 2020

Age-Friendly DC Task Force Meeting

Age-Friendly DC 2018-2023

Strategic Plan - Brief History

Gail Kohn, Age-Friendly DC
Coordinator



Timeline Age-Friendly DC 2018-2023



Completed:

- ✓ Mayor Muriel Bowser issued the Age-Friendly DC second Establishment Order
- ✓ 3-22-18

- ✓ Recommended a 2023 Strategic Plan to Mayor by August 2018 - (Released by the Mayor 10-29-18)

Ahead:

- ❑ Monitor and report annually on plan implementation 2019-2022 (FY19 and 20 summary will be released to the public and sent to WHO and AARP by October 2020).
- ❑ Evaluate and report plan results by October 2023 (2019-2023 Report to be sent to WHO and AARP by March 2023).





2023 Task Force Domain Committees are organized into 3 Pillars



Built Environment – *Outdoor Spaces & Buildings, Transportation, Housing*



Changing Attitudes about Growing Older – *Social Participation, Respect & Social Inclusion, Civic Participation & Employment, Communication & Information*



Lifelong Health and Security – *Community Support & Health Services, Emergency Preparedness & Resilience, Financial Security, Public Safety, Lifelong Learning, Caregiving*



Age-Friendly DC 2018-2023 Strategic Plan Discussion

-
- Progress implementing the 2023 Age-Friendly DC Strategic Plan with Task Force Co-Chair Domain Committee 2020 Updates and the impact of COVID-19
- (3-5 minutes per domain)



Public Safety – *A city where residents 50 and over feel safe no matter the time or location.*

Co-chairs: Michelle Vanneman and Samantha Nolan

Thumbs Up:

--Village and Wellness Center
COVID-19 neighbor-to-neighbor
support – contact Age-Friendly DC
for the closest location.

--Crime is down



Outdoor Spaces and Buildings

— *A city where everyone has access to recreational facilities, activities, and services, moves easily indoors and out, and routinely experiences nature.*

Co-chairs: Malik Williams and Tama Duffy Day

Thumbs up:

--Mayor announced close of Rock Creek and other parks for exercise

--DPR is offering Flatten the Curve Fitness videos via our MyFitDC page

(myfitdc.splashthat.com)

Audio #1



Audio #2



Transportation

— A city with a variety of transportation modes, including walking, biking and scooters; that are safe and affordable for travelers of all ages and abilities, easy to find and use and able to connect residents and visitors to jobs, goods and services.

Co-Chairs: Vivian Guerra and Rachel Maisler

Thumbs up:

- DFHV has temporarily added all local (within the borders of DC) grocery stores to the Transport DC program during the public health emergency.
- DFHV will expand the existing Taxi-to-Rail (T2R) program to provide rides citywide to and from essential businesses, such as grocery stores, medical facilities, and pharmacies. (anyone who has a PCA or HHA can use T2R to pick up groceries, meds, or other daily essentials on the behalf of their patient)
- DDOT has temporarily extended sidewalks near grocery stores and other essential retailers to allow enough pedestrians space to practice social distancing.
- DDOT has suspended DC Circulator fares for all routes through the end of Mayor Bowser's declared public health emergency.
- DDOT has rapidly processed applications for pick up/drop off emergency zones which are mostly coming from restaurants (in conjunction with BIDs).
- Capital Bikeshare is providing free 30-day memberships to essential workers – including those in healthcare, food services, food retailer, and other industries in response to the public health emergency.



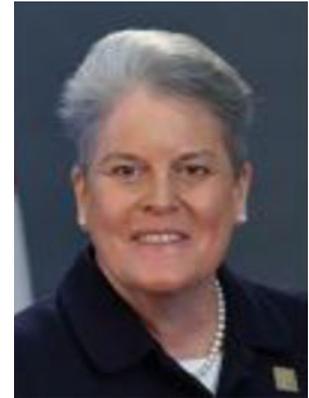
Housing — *A city that provides access to a continuum of safe and affordable housing options that allow residents to age in place.*

Cochairs: Polly Donaldson and Dr. Katrina Polk

Thumbs up:

Groundbreaking:

- Todd A. Lee Senior Residences at Kennedy Street
- Livingston Place at Southern Avenue
- DC interest in homesharing



Social Participation – *A city where everyone enjoys equal access to leisure, cultural, intergenerational, recreational, volunteer activities*

Co-chairs: Lamont Akins and Winona Lake

Thumbs Up:

- Iona Senior Services [Around Town](#)
- Tireless work during COVID-19 Social Isolation of the Mayor's [Office of Community Affairs](#)
- AARP-DC [Neighbors Helping Neighbors](#)



Audio



Respect and Social Inclusion – *A city that actively empowers older adults by improving public and private services, as well as public perceptions of aging.*

Co-chairs Mathew McCollough and Ron Swanda

Thumbs Up:

- Implementation of several Community and Government collaborations and initiatives proving DC is inclusive of all, including persons with disabilities and other citizens with access and functional needs.
- Partnering with DACL and other District agencies to provide ongoing aging & disability rights, sensitivity, and awareness training opportunities
- Recommending the posting of relevant Age-Friendly resources and services throughout the District's COVID-19 website



Civic Participation and Employment

-A city where full and part-time work opportunities are available for the most experienced workers.

Co-Chairs: Judge Mary Terrell and Dr. Imani Woody

Thumbs Up:

- Public Housing 50+ Year Old Part Long Term Care Workforce Career Initiative
- Proposed LGBTQ Intergenerational Pilot (more later)
- Over half of the Mayor's public members on boards and commissions, who have shared their age, are 50+



Communication and Information – *A city that uses all forms of communication to keep older residents connected to their community, friends and family.*

Co-chairs: Delano Squires and Susan Donley

Thumbs Up:

- Lifelong tech education, increased connectivity and updates
- Iona Senior Services [“Around Town”](#), virtual access to information and interactive opportunities



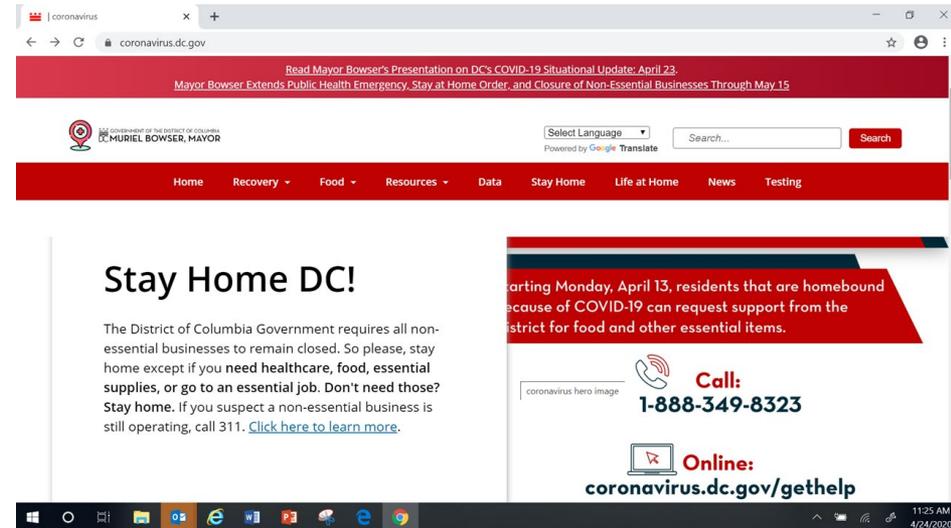
Community Support and Health Services

— *A city that promotes wellness and active aging through achieving excellent health outcomes at all ages.-Domain 8*

Co-chairs: Dr. Jacqueline Watson and Dr. Sandra Owens Lawson

Thumbs Up:

- COVID-19 response and communication
 - www.coronavirus.dc.gov is the go-to site for all things COVID-19 related in DC.
- Home Health Aide (HHA) Emergency Rulemaking
- Telehealth Guidance
- Food Access
- Focus on mental health during social isolation/DBH, Richard Bebout & Dr. Sandra Lawson



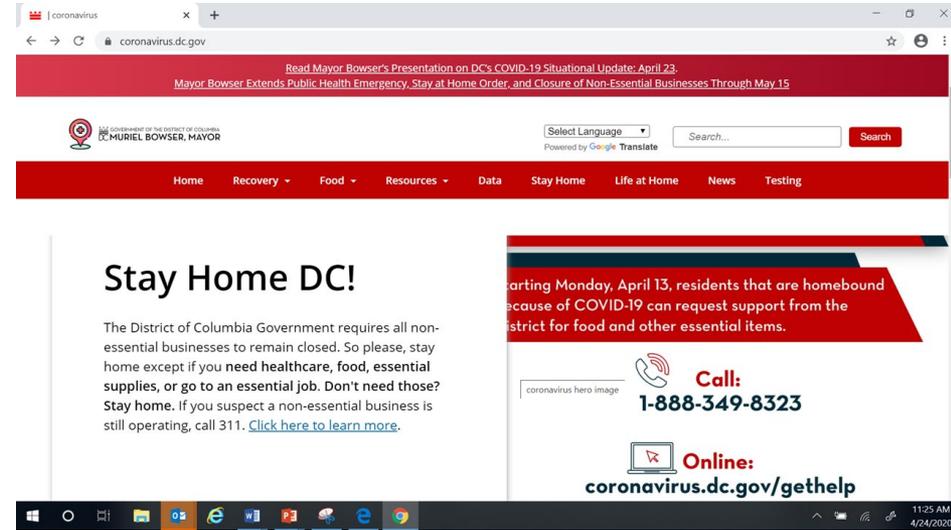
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Emergency Preparedness and Resilience –

A city that ensures the readiness, immediate safety and resilience of all residents and communities before, during and after an emergency.

Co-chairs: Nickea Bradley and Linda Mathes



Thumbs Up:

- Coordinating COVID-19 response
- Red Cross - keeping blood supply available



Abuse, Neglect and Undue Influence – *a city where older adults can expect to live free of financial exploitation, neglect and physical, sexual and emotional abuse.*

Thumbs Up

- Attention to education about COVID-19 schemes:
 - Fraud scams (media-related, bank access)
 - Importance of mandatory reporting
- DC focus on prosecutions with national support

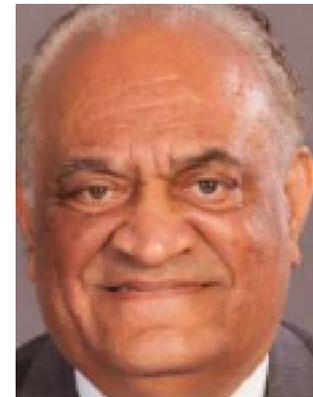


Financial Security— *A city where financial well-being of DC residents and strategies for savings are promoted throughout life.*

Co-chairs: Theodore Miles and Susan Saunders McKenzie

Thumbs Up:

- Federal/DC programs incentivizing businesses to retain and pay employees
- Freeze on evictions
- Fannie and Freddie mortgage payment deferrals



Lifelong Learning – *A city where residents of all ages have opportunities to fill knowledge gaps, pursue interests and new career directions.*

Co-chairs: Michelle Johnson and Romaine Thomas

Thumbs Up:
Continued education
using virtual meeting
technology



Caregiving – *A city that supports unpaid residents who care for others 60 and over.*

Co-chairs: Laura Newland and Dr. Gail Hunt

Thumbs Up:

- Villages and Wellness Center check-in programs throughout COVID-19 pandemic
- New session of SavyCaregiver started in March
- DACL will host a caregivers phone support group beginning in May



II. Age-Friendly DC 2018-2023 Strategic Plan Discussion

Pillar 3: Lifelong Health and Security

- Partnership
 - George Washington University Center for Aging, Health and Humanities
 - Age-Friendly DC



Dr. Melissa Batchelor, PhD, RN, FNP, FAAN
Director, GW Center for Aging, Health and
Humanities
Associate Professor, GW School of Nursing



II. Age-Friendly DC 2018-2023 Strategic Plan Discussion

2019-2020 University Seminar Series *Towards Age Friendly*

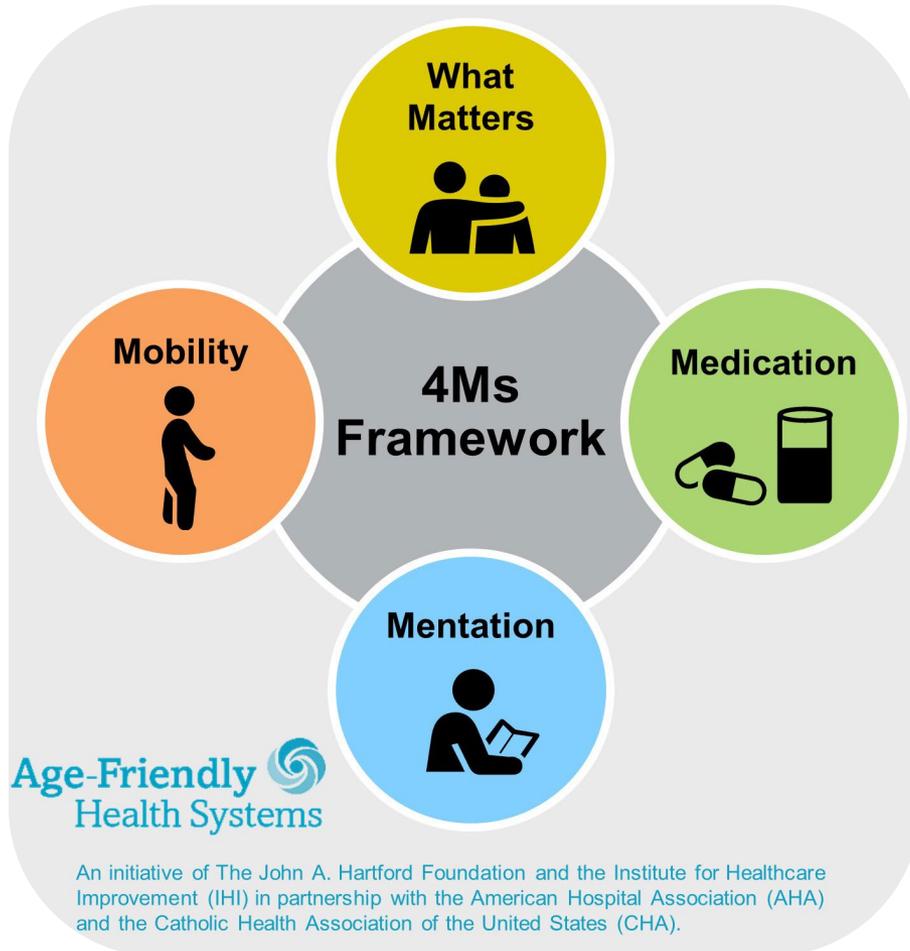
- Age-Friendly Health Systems
- Creativity in Aging
- Age-Friendly Businesses
- Age-Friendly Long-Term Care Workforce

- **PODCAST:**
@MelissaBPhD



II. Age-Friendly DC 2018-2023 Strategic Plan Discussion

Age-Friendly Health System



1. March 2019 Health Policy Leaders Lecture with Dr. Terry Fulmer

Attending DC Health Systems

- George Washington Hospital
- MedStar

2. TIGO Podcast



II. Age-Friendly DC 2018-2023 Strategic Plan Discussion

Creativity in Aging

1. The Gene Cohen Research Award
 - SEA Change Project
2. Virtual Museum Tours: Smithsonian
3. TIGO Podcast: *Well Connected*
4. GW School of Medicine: *Connect Socially While Physically Distancing*
 - Email gwureachingout@gmail.com
 - Name, phone number, preferred time to receive a call (morning, afternoon, evening)



II. Age-Friendly DC 2018-2023

Strategic Plan Discussion

Age-Friendly Businesses



GREATER WASHINGTON
Board of Trade

130
YEARS
STRONG

1. **GWBOT: *Connected DMV: A Smart Region Movement***
2. **AF DC:**
 - In Fall 2019, 80 businesses enrolled
 - April 2020, over 130 businesses
 - Five New Awards developed to recognize exemplars of AF Business
 - Awards will be presented by Mayor Bowser in the fall, 2020



II. Age-Friendly DC 2018-2023

Strategic Plan Discussion

Age-Friendly Long-Term Care Workforce

1. **Testimony DC City Council December 2019:**
B23-0325 Dementia Training for Direct Care Workers Act of 2019
2. **Brookings Institute:** Health and Economic Mobility & Working Group on Aging and Elderly
3. **COVID19 and the long-term care workforce:**
 - Coronavirus Aid, Relief, and Economic Security Act (Pub. L. 116-136) CARES Act passed March 27, 2020



II. Age-Friendly DC 2018-2023

Strategic Plan Discussion

Pillar 2: Changing Attitudes about Growing Older

2020 Census, overview of National and DC response rates, AARP-DC partnership: Impact of COVID-19 on participation in DC.

Melissa Bird, DC Census 2020, Executive Director



Louis Davis, AARP DC Director



US Census Operational Timeline: Revised

- Self-Response Phase: March 12-October 31
- Group Quarters Response: April 2-September 3
- Group Quarters-In Person: July 1-September 3
- Non-Response Follow-Up: August 11-October 31
- Deliver Counts to the President: April 30, 2021
- Deliver Redistricting Counts to States: July 31, 2021



2020 Census Self-Response Rate District of Columbia

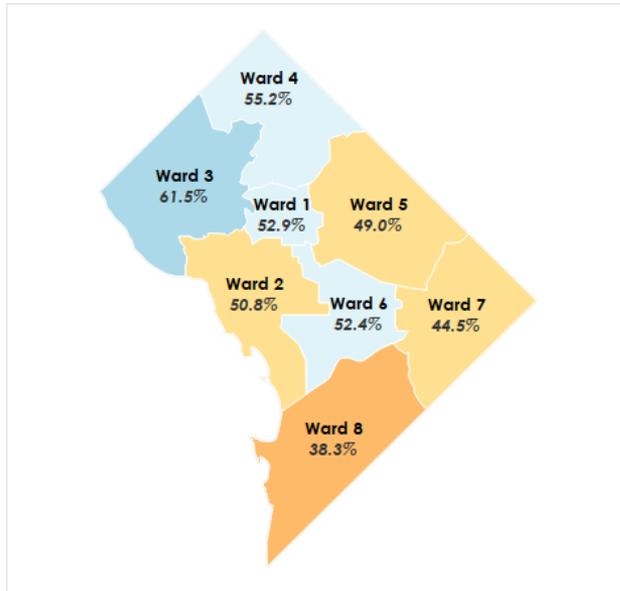
As of April 27, 2020

This map features self-response rates from households that responded to the 2020 Census online, by mail, or by phone.

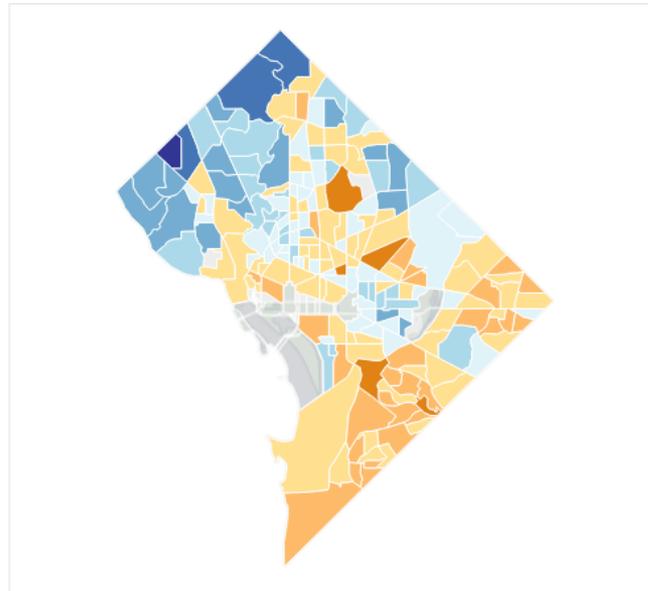
National
Self-Response Rate
53.7%

District of Columbia
Self-Response Rate
50.5%

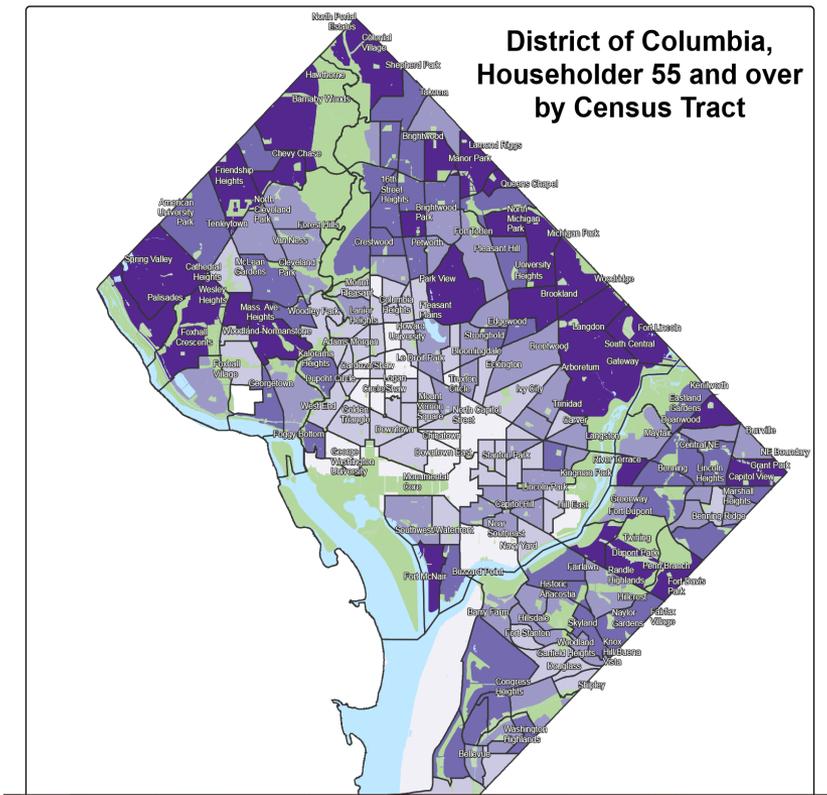
District of Columbia Self-Response Rate by Ward



District of Columbia Self-Response Rate by Tract



Households: 55 and Over



- Areas in the darkest purple color have the highest concentration of households with someone over the age of 55. Primarily in Wards 3, 5, and 7.
- Based on the actual response rate map, there is little correlation between age of householder and response rate.
- Income levels are more strongly correlated with response rates.



Census Response Rates: Corona Virus Impacts

DC Census, along with our partners, has canceled over 50 planned public events around the census, many targeting seniors. Closures of libraries and Senior Wellness Centers further limits online access to the census.

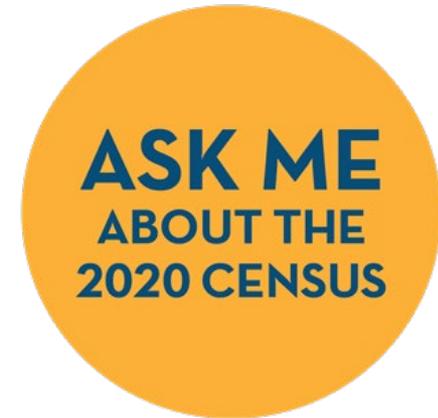
- Since early March, the DC Census team has revised all current engagement efforts to comply with safe social distancing:
 - ✓ Planned community events are now virtual townhalls.
 - ✓ More use of online media through partners.
 - ✓ Addition of robo calls and text alerts.
 - ✓ Encouraging phone banking by partners.

- In person engagement is only done through partners who are providing essential services:
 - ✓ DACL included census cards in over 4,000 meals delivered in home to seniors.
 - ✓ Census information shared at 20 meal distribution sites including schools, and through partners such as Martha's Table and United Planning Organization.

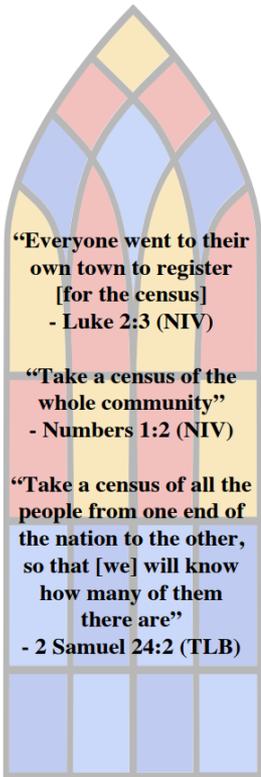


Key Messaging

- It's not too late to complete the #2020Census, every household now has the option to complete by mail. You still have time to #GetCountedDC. It's safe, easy and required by law. Complete the census today by phone 1-844-330-2020, online at 2020census.gov or by mail.
- Every household can, and should, self-respond to the census now- either online, by phone or mail. You only have to choose one method.
- People across America are keeping their families and communities safe and healthy by staying home, or serving the public by providing essential services. Responding to the census yourself — is another way to do your part and help keep your community strong. 2020census.gov
- Did you know that completing the census is required by law? Self-responding is safe and a census taker will not have to follow up in person at your home.
- Census data are critical for emergency planning and response. In the case of coronavirus, they can help identify where people who are vulnerable due to advanced age live so officials can implement key prevention efforts.



What can you do to help?



COUNT ME IN!

Launch is April 1, 2020

Your completed Census helps your state to pay for:

- Schools
- Senior Programs
- Public Safety and Emergency Preparedness
- Hospitals and more!

Security:

The Census is private and never asks for SSNs, bank info, or money.

For more information visit/call:
1-844-330-2020

www.2020census.gov
www.aarp.org/census

AARP
Real Possibilities

DEFINE YOUR DECADE
2020-2029

- ❑ AARP has created a bookmarks for faith-based communities, available in English and Spanish.
- ❑ Door hangers, available in English and Spanish.
- ❑ Share census messages through social media, community listserves, texts, newsletters and emails.
- ❑ Make calls to remind everyone how important completing the census is for DC.
- ❑ If providing essential services-include census information.
- ❑ Talk about the census and the three ways to respond at virtual meetings.
- ❑ Let people know how critical accurate data will be for post-COVID 19 recovery efforts and funding.



AARP-Census Engagement

•Promoted and encouraged Census participation at:

- Senior Brunch at Busboys and Poets Anacostia (Ward 8)
- Meet and Greet at the Congress Heights Senior Wellness Center (Ward 8)
- Vida Senior Center’s Holiday Party (Ward 1)
- All Nations Baptist Church Thanksgiving Day Event (Ward 6)
- Pennsylvania Avenue Baptist Church Thanksgiving Day meal distribution (Ward 7)



AARP-Census Engagement

•Promoted and encouraged Census participation at:

- Movies for Grownups (three events around the city)
- Volunteer Speakers Bureau events (four events around the city)
- Chapter Meetings (10)

•Census Bookmarks:

- 500 to Councilmember Trayon White's Office as part of meal delivery project
- 362 in meal delivery projects at senior buildings in Wards 6 and 4
- 300 to So Others Might Eat (SOME) included with monthly food deliveries



DC Census: Contact Information

It's not too late to get counted! Everyone can, and should, self respond to the 2020 Census now.

Please reach out to the DC Census team for additional information or items to share with your communities:

Melissa Bird
Executive Director, District Census 2020
Melissa.Bird@dc.gov
202 230-0489

Rhonda Mendonca
Executive Assistant, District Census 2020
Rhonda.Mendonca1@dc.gov
202 442-7621



II. Age-Friendly DC 2018-2023 Strategic Plan Discussion

Pillar 3: Lifelong Health and Security

Intergenerational LGBTQ Pilot:
Speculation on how lives might
be different with
intergenerational companionship

June Crenshaw, Director, Alston Foundation

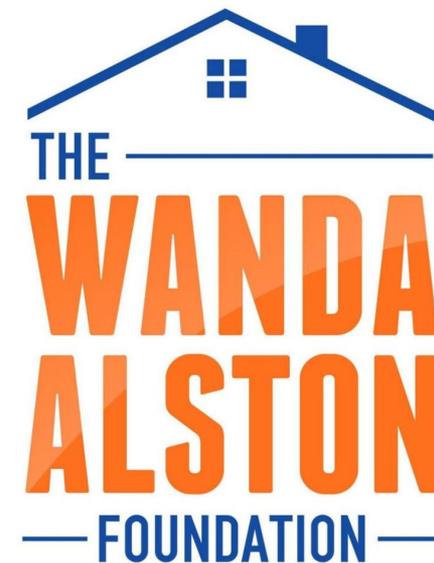
Dr. Imani Woody, Founder/Director Mary's
House

Ben Link, Research Analyst, Democracy Forward



Wanda Alston Foundation (WAF)

- Named after DC resident Wanda Alston, an LGBTQ activist whose goal of empowering the LGBTQ community was cut short by her tragic death, **WAF dedicates itself to supporting homeless or at-risk LGBTQ youth in Washington, DC.**
- WAF operates the **Wanda Alston House**, the first and only housing program in DC solely dedicated to offering pre-independent living services to homeless LGBTQ youth ages 16-24 in all 8 wards, providing a safe place to live and services such as:
 - transitional housing for up to 18 months
 - 24-hour wrap-around services
 - life skills training
 - material support
 - family reunification support
 - mentoring
 - case management
- Residents have individual rooms & share meals/attend clinical groups with other residents.
- In its 12 years of operation, the Wanda Alston House has turned into a home for over 40 LGBTQ youth from the greater DC area.
- WAF hopes to continue expanding to provide more to current and future residents, including through this initiative!



Mary's House for Older Adults, Inc.

- A housing model celebrating the whole person as they age, Mary's House is a physical construction project to build an inclusive and affordable senior living community in SE DC that supports independent, communal living, & an advocacy org committed to advancing local and national policies supporting LGBTQ elders.
- Aims to meet older adults' needs through health and wellness programming, hydrotherapy, coordination, and referral of community/social based services
- Seeks to eliminate the intense isolation clients experience due to aging and LGBTQ-based discrimination, esp for elders of color, through efforts such as providing venues for social and educational gatherings
- Involved in advocacy and educational events, including National LGBTQ/SGL Health Awareness Week and testifying before the DC Council and at Mayor's Performance Oversight and Budget Hearings
- Staff have provided testimony to the U.S. Senate Special Committee on Aging, participate in national conferences, and sit on local task forces focused on aging and LGBTQ issues



Older LGBTQ Adults & Social Isolation

- In the District, **more than half** of householders aged 60+ reported living alone in 2015
- Nationally, elderly LGBTQ adults are **twice as likely** to be single or live alone, and **more than one-third** report suffering from social isolation
 - LGBTQ elders are less likely to have biological family to help with informal caregiving
 - Studies have shown transgender individuals indicate having lower levels of social support compared to other LGBTQ individuals, increasing their risk of isolation
- Social isolation and low social support **increase the propensity for health issues**, compounding health disparities already experienced by older LGBTQ adults.
 - In 2017, LGBT adults in the District were found to be more likely to report 15-20 days of mental health not being good, including experiencing stress, depression and problems with emotions



Homeless LGBTQ Youth, Social Isolation, & Housing/ Financial Insecurity

- In the District, **one-third** of homeless young people identify as LGBTQ
 - Nationally, LGBTQ homeless youth are disproportionately people of color
 - Homeless LGBTQ youth have an increased risk of poor physical mental health outcomes
- Youth coming out are being **met with family rejection or abusive responses that force them out of their homes**, leaving them without safe/supportive homes at a critical stage in their development.
(Rejection by families and social networks is also encountered by elderly LGBTQ individuals.)
- LGBTQ people who have been separated from family and social networks as a result of familial rejection or who lack connections to the LGBTQ community have reported **suffering from social isolation**.
- LGBTQ youth without stable housing often face discrimination when seeking alternative housing, and barriers in accessing educational employment opportunities
 - In one national study, **roughly 90% of street youth and 90% of youth in shelters reported being unable to secure traditional employment**



Financial Impacts of LGBTQ Discrimination

- Discrimination against LGBTQ people in housing, employment, and other setting is widespread, and can **foster long-term economic inequities and elevated financial insecurity for LGBTQ adults of all ages**
- LGBTQ-based discrimination has been shown to **destabilize housing and make it more unaffordable** and **increases the likelihood of LGBTQ people experiencing poverty**, esp for transgender persons of color
- **One-third** of older LGBTQ adults live at or below 200% of the federal poverty level
- In 2017, **nearly one-fourth** of LGBTQ individuals in the District had an income of less than \$25K.



The Benefits of Homesharing

- Homesharing has been shown to **alleviate the effects of social isolation** experienced by older adults, **while providing them with increased financial security** performs basic housekeeping tasks in exchange for cheaper rent in the homeowner's residence
- Homesharing arrangements have the potential to provide homeowners a combination of companionship, increased personal safety, and defrayed costs to skyrocketing rents, property taxes, and/or utility and maintenance costs
- National homesharing models have been developed by orgs such as Nesterly and SilverNest, which pair an elder homeowner with a younger tenant
- Other models incorporate a tenant/employee element, whereby the younger tenant



The LGBTQ Intergenerational Homesharing Pilot

- **The Pilot will improve participants' quality of living by providing individualized case management, increased financial stability, and greater social integration**
- It is designed with particular focus on those who identify as transgender persons of color, and aims to alleviate several disadvantages experienced by these individuals, including:
 - Pronounced levels of social isolation
 - Prohibitive financial and social barriers in accessing safe, affordable housing and resources due, in part, to LGBTQ discrimination and the city's high cost of living
 - Lack of employment opportunities for at-risk young adults exacerbated by instabilities caused by LGBTQ intolerance



Overall Goals

1. **Increase financial stability** of both the young adults and elderly homeowners by defraying the costs associated with home ownership and providing employment and affordable housing to the young adults.
2. **Combat social isolation** experienced by the young adults and older adult homeowners by fostering companionship in each home sharing pair.
3. **Create opportunities for intergenerational knowledge sharing related to lived experiences as LGBTQ persons** between the young adults and elderly homeowners, and achieve greater social integration and increased resiliency of both populations through broadening their social support networks.
4. **Establish a higher quality of living** for both the young adults and older homeowners.



Preparing to the Launch

- The Pilot is currently seeking funding for its launch and to help build a solid foundation to sustain it through its anticipated two-year duration
- Financial assistance is needed to:
 - **Support the onboarding of professional wellness staff**
 - Includes a dedicated mental health clinician and a licensed social worker to support program participants
 - **Cover administrative costs**
 - Includes stipends for participating low-income homeowners to supplement costs of having an additional home occupant and stipends to cover costs of supporting the at-risk young adults.



A Note on COVID-19 & Other Concerns

- Though we hoped for a Fall 2020 launch, due to COVID-19 concerns, we now hope to launch as soon as it is safe to do so. We will continue preparations for launch in the meantime.
- COVID-19 has heightened awareness of the effects of social isolation, as many are being asked to stay home, and has illustrated the need for long-term solutions, such as this Pilot, to support those already at an increased risk of isolation.
- Similarly, the financial and housing instability that have been exacerbated by this pandemic, emphasize the need for the housing, financial, employment assistance this Pilot seeks to provide.
- We acknowledge this Pilot will put two vulnerable populations under one roof. We are looking to mitigate any foreseeable challenges this may present, such as by paying special attention to providing case manager support/individualized service plans.



III. New Business

- a. Public comment - none
- b. Upcoming meetings

Domain Meetings June to August focused on integrating Age-Friendly DC 2023 Strategic Plan goals with COVID-19 recovery

Age-Friendly DC Task Force Meeting - October 20
1:30-3:30



Questions/Comments

Contact Gail Kohn

Age-Friendly DC Coordinator

Office of the Deputy Mayor for Health and
Human Services

gail.kohn@dc.gov

202-341-4149

