



Age-Friendly DC

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



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Age-Friendly DC Task Force Meeting

November 17 1:00-3:00pm

There are a total of 34 Task Force appointments noted in the Age-Friendly DC Establishment Order issued by the Mayor in 2018. One position is currently open. Task Force members may choose to have a stand-in.

Attending the November 17th Task Force Meeting:

TOTAL - 70

21 - Task Force members and/or stand-ins were present. The Mayor's Establishment Order requires 5 to attend for a quorum.

20 - DC government employees attended who are not Task Force members nor stand-ins

29 - Members of the community attended.

13 of 14 Age-Friendly DC's domains had Task Force members or stand-ins present.



Welcome

Host Dr. Melissa Batchelor, GWU Director welcomed participants Center for Aging, Health and Humanities

She introduced:

--Kim Alfonso, Age-Friendly DC Co-chair and Co-Founder & CEO

Results One meeting facilitator

--Rayna Smith, Age-Friendly DC Co-chair and Chief of Staff, Deputy Mayor for Health and Humanities



Dr. Melissa Bachelor



Kim Alfonso



Rayna Smith



Co-chair Alfonso welcomed participants and introduced Gail Kohn, Age-Friendly DC Coordinator.

Gail Kohn reviewed the history of Age-Friendly DC. See slides 5 and 6.



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 on plan implementation 2019-2022 (FY19 and 20 summary will be released to the public and sent to WHO and AARP by December 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

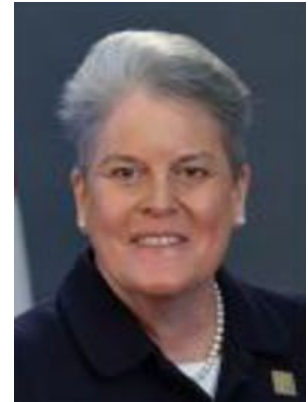
Co-Chair Alfonso then recognized co-chairs of each domain who presented progress implementing the 2023 Age-Friendly DC Strategic Plan with covid and black lives matter in mind.



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

- The Consolidated Request for Proposals for Affordable Housing Projects are in alignment with goals set in the Age Friendly DC Strategic Plan. Incentivizing developers to produce units for people +55.
- Highlighted Closings in FY20 with Senior Units
 - ☐ Abrams Hall Apartments (80 units)
 - ☐ Spring Plats Senior Apartments (88 units)
 - ☐ Mary's House Oramenta Newsome Predevelopment Loan (15 units)
- Moving forward to promote Housing Equity
- Dr. Polk provided an update on Bill# 23-0537, the "Senior Co-Living Program Establishment Act, which if passed, will promote homesharing, an Age-Friendly Housing domain strategy..

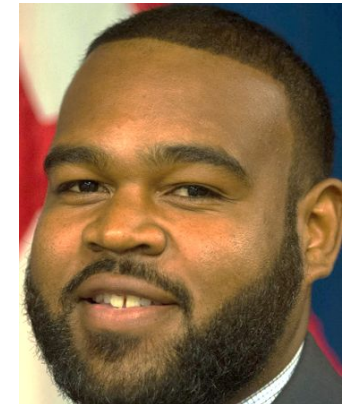


Outdoor Spaces and Buildings – *A city where everyone has access to recreational facilities, activities, and services, moves easily indoors and out, and routinely experiences nature.*

Co-chairs: Malik Williams and Tama Duffy Day

Progress:

- Parks initially closed – now reopened
- DC Dept of Parks and Recreation set up online courses
- Seeking strategies for restroom inclusion in parks
- Park Rx prescription program expanded
- Encouraging exercise equipment for all ages
- Seeking public input for “Ready2Play” 20-year DPR plan
- “Slow Streets” identified throughout DC
- Seeking to identify art and murals for public awareness
- Discussing additional lighting for winter / nighttime use
- Aligning biophilic strategies to park landscapes



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 connect residents/visitors to jobs, goods and services.*

Co-Chairs: Nana Bailey-Thomas, Cesar Barreto and Rachel Maisler

Progress:



✓ Age-Friendly Transportation Goal Highlights:

- DDOT increased timing of pedestrian crossings at 97 intersections; Improved transit stops to ensure ADA compliance.
- Engaged the Bicycle Advisory Council on older adult bicycle engagement; reviewed AARP survey assessment.
- WMATA developing a design for scooter corrals and exploring geofencing where feasible.
- Ongoing Vision Zero efforts: 100+ high visibility crosswalks, no turn right on red, speed limit reduction (20mph), ADA upgrades and pedestrian crossing protections.

✓ Public Health Emergency Interventions:

- DFHV added all local grocery stores (within the borders of DC) to the Transport DC program.
- DFHV expanded Taxi-to-Rail (T2R) program to provide rides citywide to and from essential businesses, such as grocery stores, medical facilities, and pharmacies.
- DFHV reprogrammed grant programs due to public health emergency (DC Neighborhood Connect partnered with DC Health to deliver groceries to homebound older adults and residents with disabilities; Senior MedExpress added meal deliveries and food items.
- DDOT implemented slow streets, continues to add streateries, pick up/drop off emergency zones, and Circulator fare suspension.

DDOT developed a transportation equity statement in par with the agency mission and vision and a transportation equity definition. See updates for long-range transportation plan: www.wemovedc.org. DDOT worked together to help Mayor Bowser unveil Black Lives Matter Plaza.

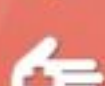
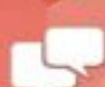


Social Participation – *A city where everyone enjoys equal access to leisure, cultural, intergenerational, recreational, volunteer activities*

Co-chairs: Lamont Akins and Winona Lake; Gail Kohn summarized progress

Progress

- Iona Senior Services virtual programs and promotion of any events on-line at [Around Town](#)
- COVID-19 Social Isolation prevention by directors of the the Mayor's Office of Community Affairs
- AARP-DC Neighbors Helping Neighbors; US Census participation promotion



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;
Gail Kohn summarized the report with help from
Committee member Russell Misheloff

Progress:

- More recognition and inclusion for the LGBTQ community
- Regulations regarding the sale of over-the-counter hearing aides is underway
- Planning and funding for public bathrooms is going to pilot in FY21



Civic Participation and Employment

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

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

Progress:

- Making gains on long term care workforce development with public housing residents by partnering with OSSE adult charter schools and DCHA – to date over thirty 50+ year old residents are interested in taking home health aide classes
- DOES was awarded DOL funding to pilot career promotion among older adults
- Community partner Rotary Club has experienced COVID-19 related delays energizing members to pledge they are using Age-Friendly business practices
- Virtual entrepreneurship training by DSLBD, includes older adult participants



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

Progress:

- More tech classes offered by DCPL, OCTO, community organizations
- Isolation prevention by DC agency and community organizations
- Distribution of older adult communication guidelines
- Mindfulness regarding inclusion



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



Progress:

- **Goal 8.1 Increase consumer awareness of preventive, primary, urgent, and long-term care options.**
 - * PACE is on track for implementation calendar year 2021.
 - * The Program for All-inclusive Care for the Elderly (PACE) aims to increase the number of older residents receiving services close to home.
- **Goal 8.2 Promote health, wellness and an active lifestyle in the community.**
 - * Identified and disseminated best practices to prevent or to address polypharmacy among seniors
 - * The Pharmaceutical Control Division at DC Health created a Polypharmacy Pamphlet and distributed to pharmacies throughout the District.
- **Goal 8.3 Increase awareness of and access to healthful foods and promote healthy living through improved nutrition**
 - * DC Health and Capital Area Food Bank partnered with DC Department for Hire Vehicles to increase home-delivery services for 5,411 seniors in the USDA Commodity Supplemental Food Program in 2020.
 - * DC Health and DC Greens transformed Produce Plus into a no-contact weekly produce distribution program reaching 4,500 residents in 2020 season.
- **Goal 8.4 Increase Health Workers' and Resident's Knowledge of Behavioral Health and Substance Abuse**
 - * Bill 23-0325 "Dementia Training for Direct Care Workers Act of 2019" is before Council.
 - * Developed and implemented a Behavioral Health Screening tool for primary care providers.

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: Linda Mathes and Chris Rodriguez, for whom Delores Scott reported.

Progress:

- Red Cross Covid education and smoke detector replacements
- Cross DC government agency work on strengthening emergency preparedness for residents with disabilities (PMDTF PEC Capability Working Group)



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.

Co-Chairs: Denise Roper and Laura Zeilinger, for whom Dr. Sheila Jones reported.

Progress:

- Refined goals and objectives to be more measurable and outcome specific.
- Further refined objectives to be more specific and achievable.
- DCTROV conducted a study in 2018. The study was rich in areas that elicited a need for further exploration, such as what can be offered to encourage person to report allegations of abuse, neglect and undue influence.
- Intent to increase awareness and provide information on how to report allegations of abuse, neglect and undue influence to Adult Protective Services (APS), using a diorama on the rear of Metro buses to advertise the importance of reporting allegations of abuse, neglect and undue influence.
- Increased the types of activities to disseminate information that has led to engaging more participants.
- Using various platforms (Webex, webinars, Zoom, Microsoft Teams, etc.) as well as, cell phones has provided increased opportunity and invitation for more persons to participate, become more comfortable, learn and gain understanding of the potential impact of reporting abuse, neglect, or undue influence.
- The dynamic partnership of many agencies and organizations have significantly contributed to the Domain Ten progress over years the past two years which include, but not limited to is The Office of the Attorney General, DCTROV, DAFL, ElderSafe, DISB, and MPD.

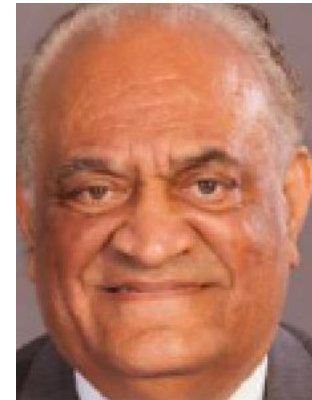


Financial Security— *A city where financial well-being of DC residents and strategies for savings are promoted throughout life.*

Co-chairs: Theodore Miles and Susan Saunders McKenzie

Progress:

- Diminished progress among low-income residents because of unemployment and/or Covid-19 related expenses
 - 2019 Households Unbanked or Underbanked
 - 13.5% black, 12.2% Hispanic 5% white; all grew in 2020 and 2021.
- Virtual DISB programs to educate and provide financial protection to older residents
- Older employed, college educated residents saving more because of COVID-19 travel restrictions



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, for whom Connie Spinner reported.

Progress:

- Adult education is continuing mostly with virtual classes
- Adults who want to jump start careers are taking advantage of free education through charter schools and OSSE contractors
- Age-Friendly DC's Long Term Care Workforce Pipeline has recruited 30 who are 50 or over from public housing to be trained as home health aides



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

Co-Chairs: Michelle Vanneman and Samantha Nolan

Progress: The Mayor's [private security camera rebate program](#) has resulted in over 20,000 cameras placed on homes and businesses across the District, and the program is still active and offering rebates. This program also works with the **Department of Aging and Community Living** to support rebates through the **Safe at Home Program**.

Additionally, the Mayor's new **Office of Neighborhood Safety and Engagement** <https://onse.dc.gov/> seeks to work with those most at risk of committing or being impacted by violent crime and working with the communities that hang in the balance of these actions. While these services are not offered directly to seniors, supporting safer neighborhoods helps everyone feel safer at home. Crime Prevention Training is offered to seniors.

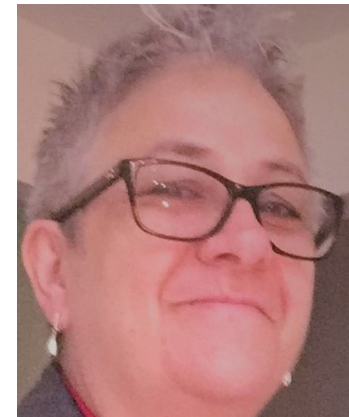


Caregiving – *A city that supports unpaid residents who care for others 60 and over.*

Co-chairs: Laura Newland and Dr. Gail Hunt

Progress:

- DC Caregiver Survey update
- [DC Paid Family Leave](#) used by 1,300 since July 2020
- Awareness of [National Caregiving Alliance](#) 2020 results





Howard University Medical School – AARP Partnership

Michael Crawford,

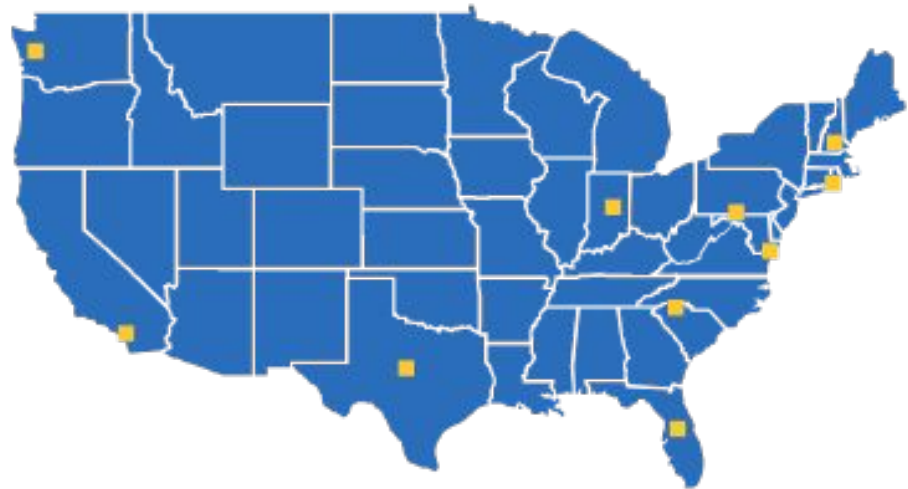




1867 Health Innovations Project

Introduction

- Innovation site visits
- Telephonic interviews
- In-person interviews



Overview

1867 Health Innovations Project (1867), an innovation program that collaborates with researchers, innovators, entrepreneurs, and corporate partners to tackle complex health challenges confronting medically underserved communities.

1867's programs are designed to incent digital health innovation and adoption, while cultivating an environment to refine, test, validate, and scale new digital health solutions. 1867's programs will support and prioritize digital health solutions that correspond with the Triple AIM—enhancing patient experience, improving health of populations, and lowering health care cost—to assist providers with the transition to value-based care.

Mission

To cultivate an environment that supports innovative ideas and empowers entrepreneurs to enhance care for medically underserved communities and chronic disease management.

Vision

Better care for all.

Tech Priorities

1867 will identify cutting-edge innovations that align with the triple aim and support value-based models.



mobile apps



wearables



facial
recognition



augmented
reality



machine
learning



artificial
intelligence



and more

Health Priorities

Pairing cutting-edge tech with new and existing models of care to address chronic health conditions.



respiratory illnesses



cardiovascular disease



cancer



genetic disorders



diabetes



neurodegenerative diseases



and more

Accelerator Program

The program is designed to develop scalable models of care supported by cutting edge solutions to enhance access, health outcomes, and affordability for medically underserved communities.

The program will enable partners to test new models of care and innovations in a dynamic clinical environment to enhance care for individuals and families residing in medically underserved communities.

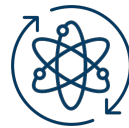
1867 and partners will participate in an Innovation Design Sprint to establish the scope and scale of the pilot program, along with key performance indicators (KPIs) and measurement criteria. Additionally, the program will equip partners with the requisite technical assistance to help better position new models of care or innovations in medically underserve communities - while promoting opportunities for partners to interface with key health stakeholders.

Accelerator Process



Discovery

Collaborate with strategic partners to source entrepreneurs, innovators, and researchers that align with innovation priorities.



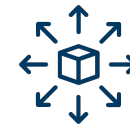
Development

Define pilot objectives, clinical and tech metrics, clarify product support, define target audience, and project plan.



Deployment

Initiate clinical pilot project to validate the model and tech solution's efficacy and commercial scalability.



Distribution

Scale models internally and externally through strategic partners, such as payors, hospital systems, trade associations, and other germane distribution partners or channels.

Collaboration In Action



This past June 2020, 1867 Health Innovations Project and AARP Innovation Labs announced a **strategic partnership focused on developing new models of care for 50+ medically underserved**. The collaboration will explore age-tech solutions to enhance health care access for individuals with chronic health conditions in medically underserved communities.

Currently, 1867 is engaged in **two clinical pilot projects to improve diabetes management and medication adherence**. The first pilot project will assess a facial and voice-recognition device that enables video calls to the provider and reminds patients to take their medication. The second pilot will assess a digital online-health community, where patients are paired with other individuals struggling with diabetes.

Thank you

Michael R. Crawford, MBA, MHL

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1867 Health Innovations Project



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

In the interest of time, Dr. Batchelor's report was deferred on the March 2021 Regional meeting jointly sponsored by:

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



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



III. New Business

- Public comment: Russell Misheloff updated the status of OTC hearing aides (corrected in the Respect and Inclusion slide 12) and Dr. Pamela Saunders, Georgetown University, [Age and Health master's program](#) noted work on behalf of Age-Friendly DC.
- Upcoming meetings
 - CAHH – AFDC Regional Conference -
March 23, 24, 25, 2021 9-11am
 - Age-Friendly DC Task Force Meeting -
May 18, 2021 1-3pm
- Reflections from departing co-chair, Kim Alfonso
- Co-chair Rayna Smith presented a letter of appreciation to Kim Alfonso for her leadership of the Task Force since 2018.



Meeting Adjourned at 3:08pm

Questions/Comments

Contact Gail Kohn

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