



COLORADO

Jarett Hughes
Senior Policy Advisor on Aging
Governor's Office



COLORADO

Governor Jared Polis

Policy & Research

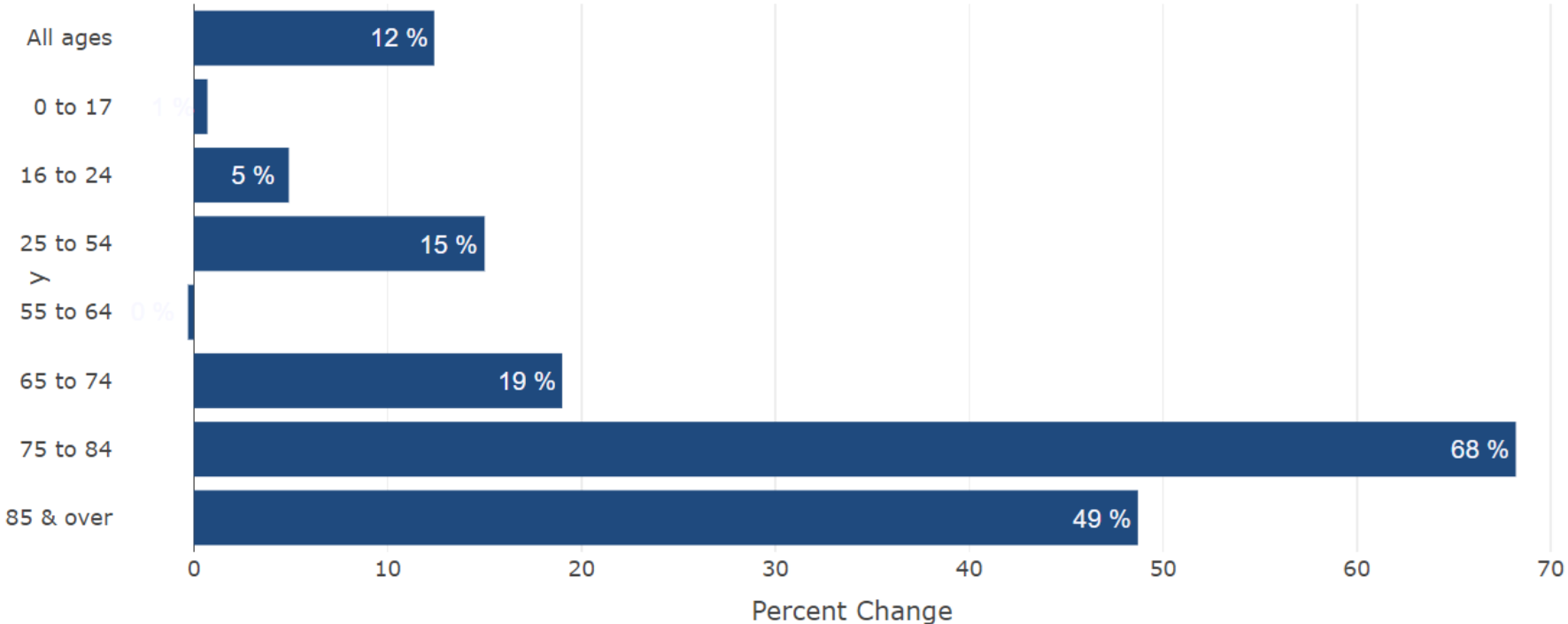
June 22, 2022

“A growing and aging population impacts every department in the State, from Human Resources to Natural Resources.”

Office of State Planning and Budgeting, FY
2022-2023 Budget Request

Colorado's Shifting Demographics

Projected Population Change by Age Group, 2020 to 2030

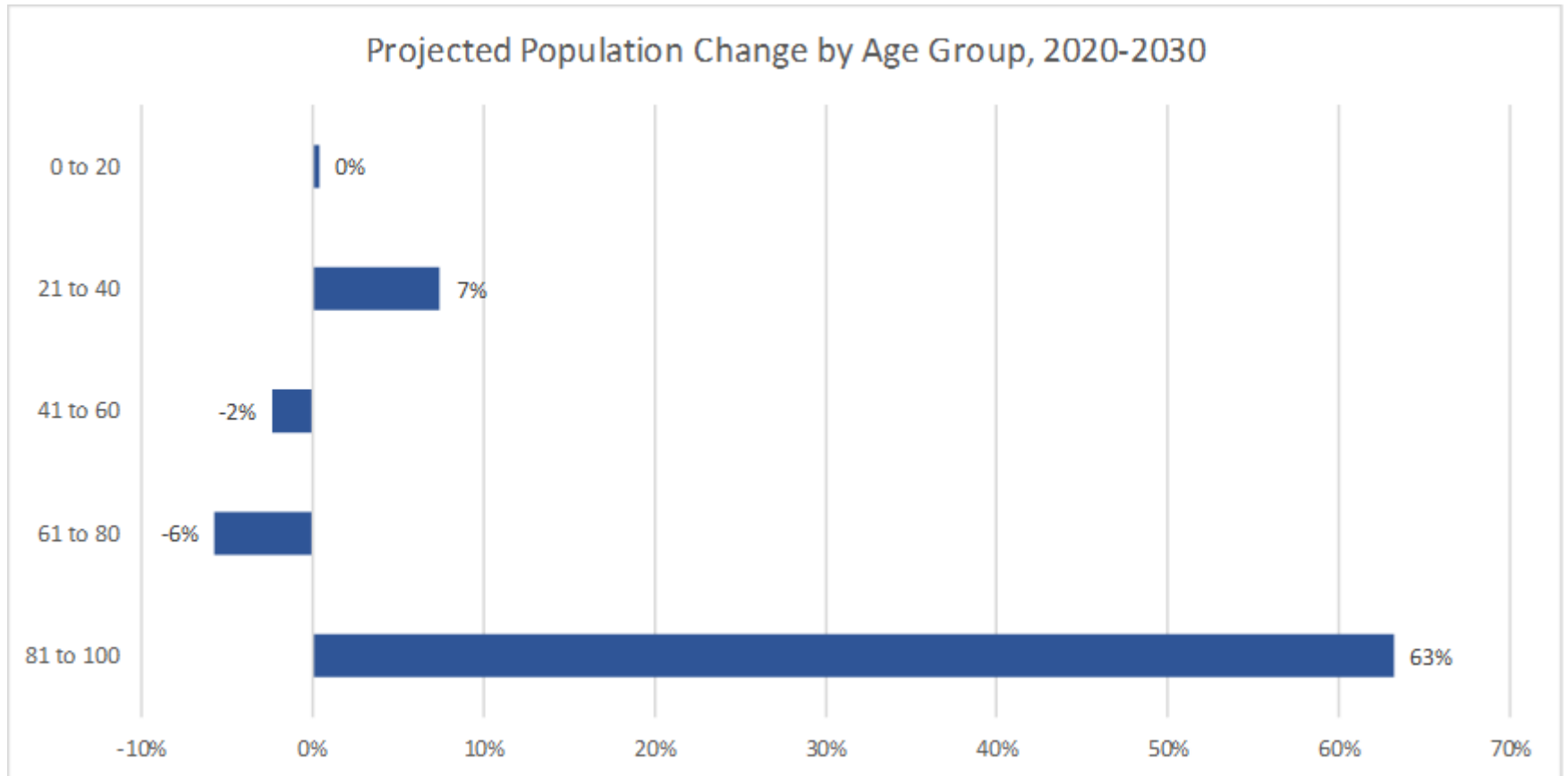


Coloradans under age 18

Coloradans aged 60+

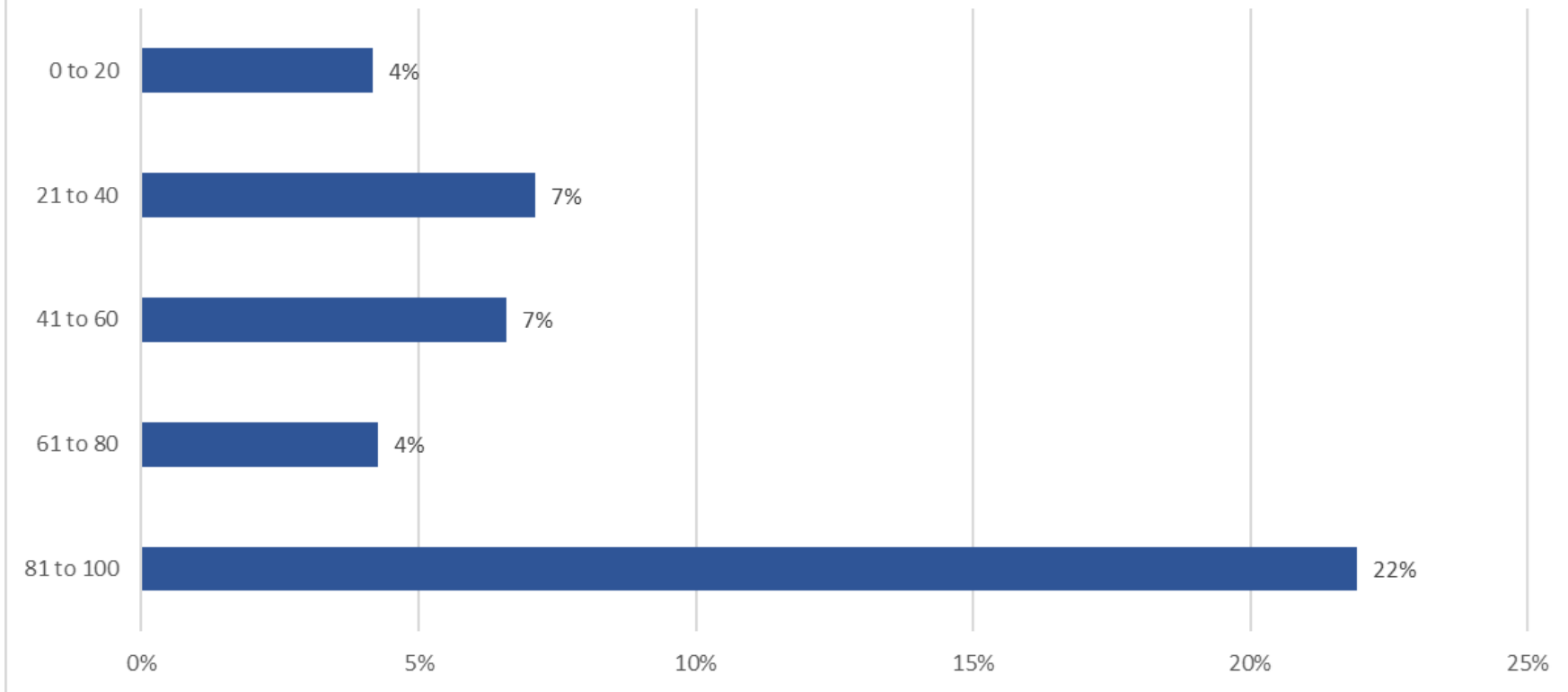
2020	1.33M	1.23M
2025	1.30M	1.39M
2030	1.35M	1.54M
2035	1.42M	1.66M
2040	1.43M	1.76M
2045	1.46M	1.89M
2050	1.46M	2.03M

Central Mountains



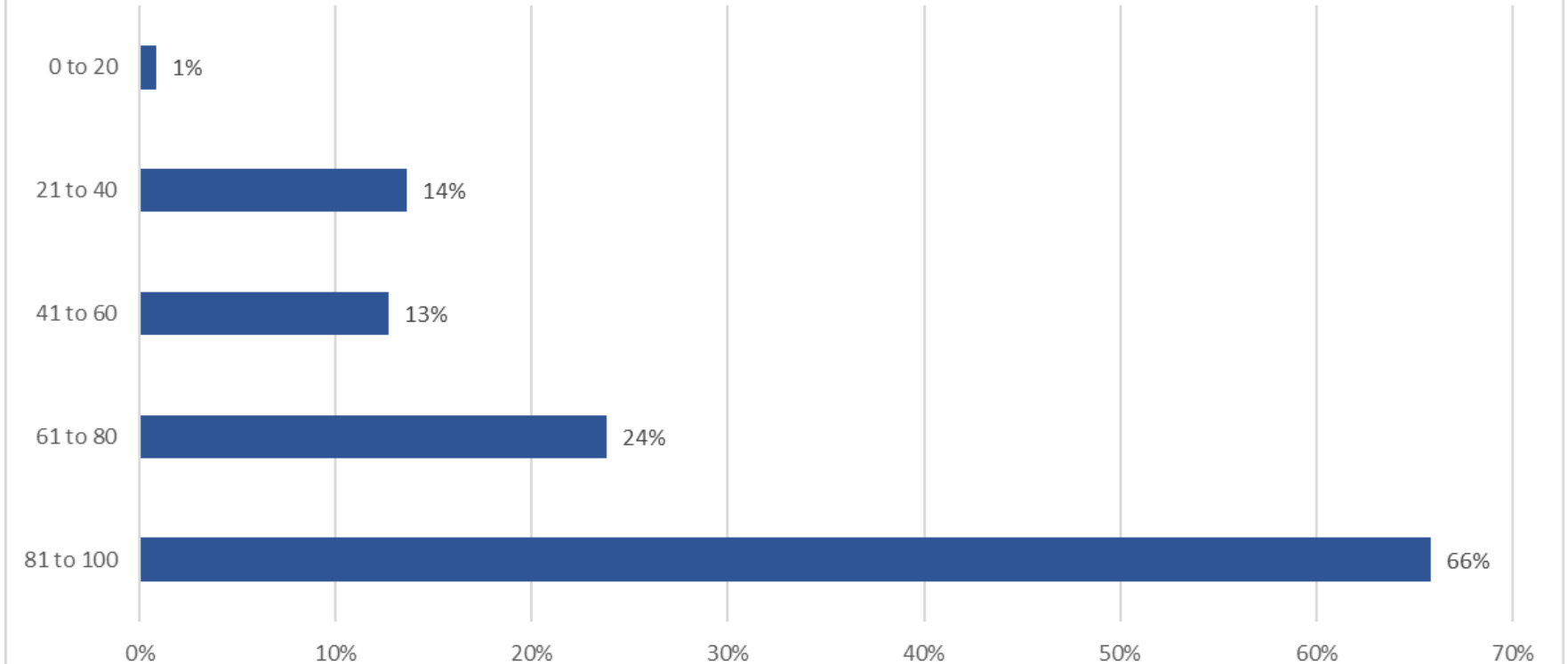
Eastern Plains

Projected Population Change by Age Group, 2020-2030



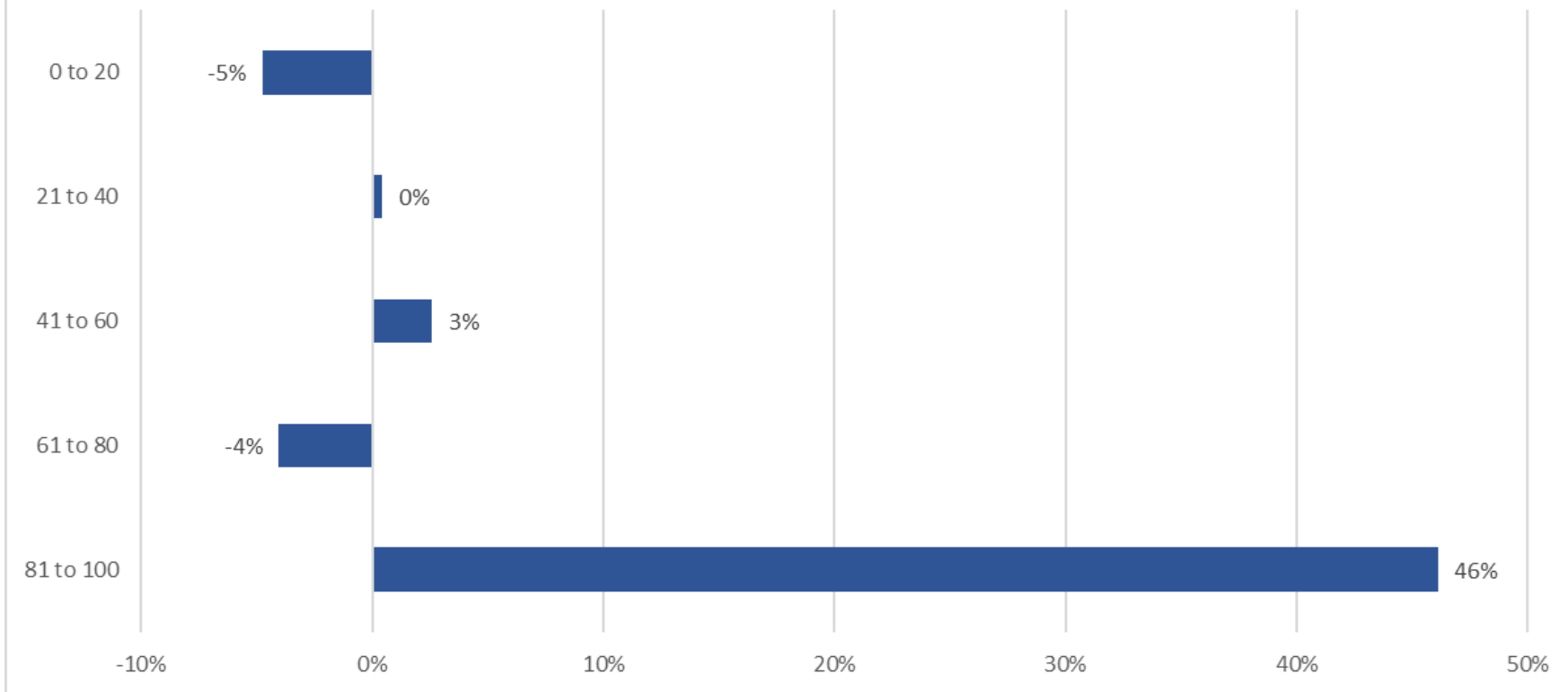
Front Range

Projected Population Change by Age Group, 2020-2030



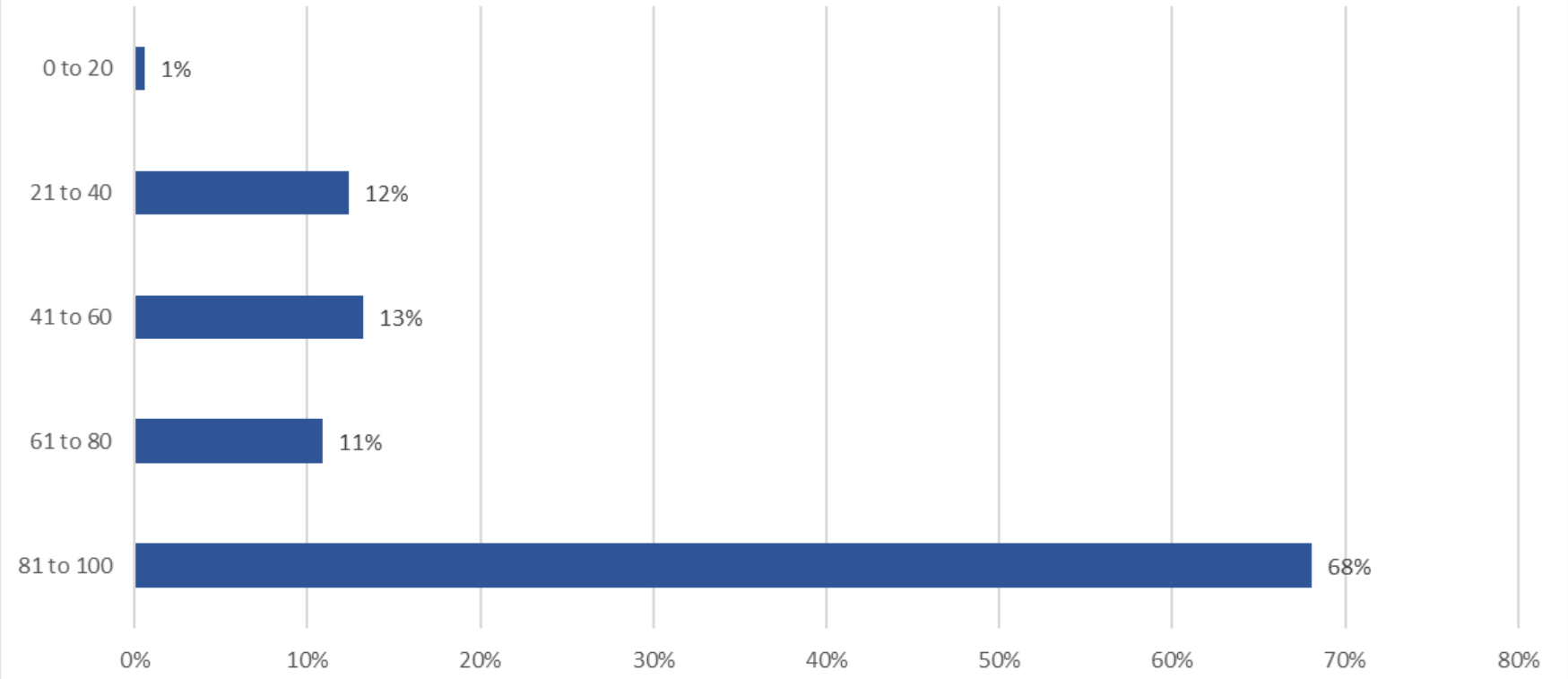
San Luis Valley

Projected Population Change by Age Group, 2020-2030



Western Slope

Projected Population Change by Age Group, 2020-2030



Demographics and Systemic Impacts

Workforce Development

Healthcare and Wellness

Retirement Security

Family Caregiving

Health Disparities

Elder Abuse and Mistreatment

Mobility and Transportation

Supporting Older Workers

Age-Friendly Planning

Built Design and Accessibility

State Structure

Technology and Broadband

Long-Term Services and Supports

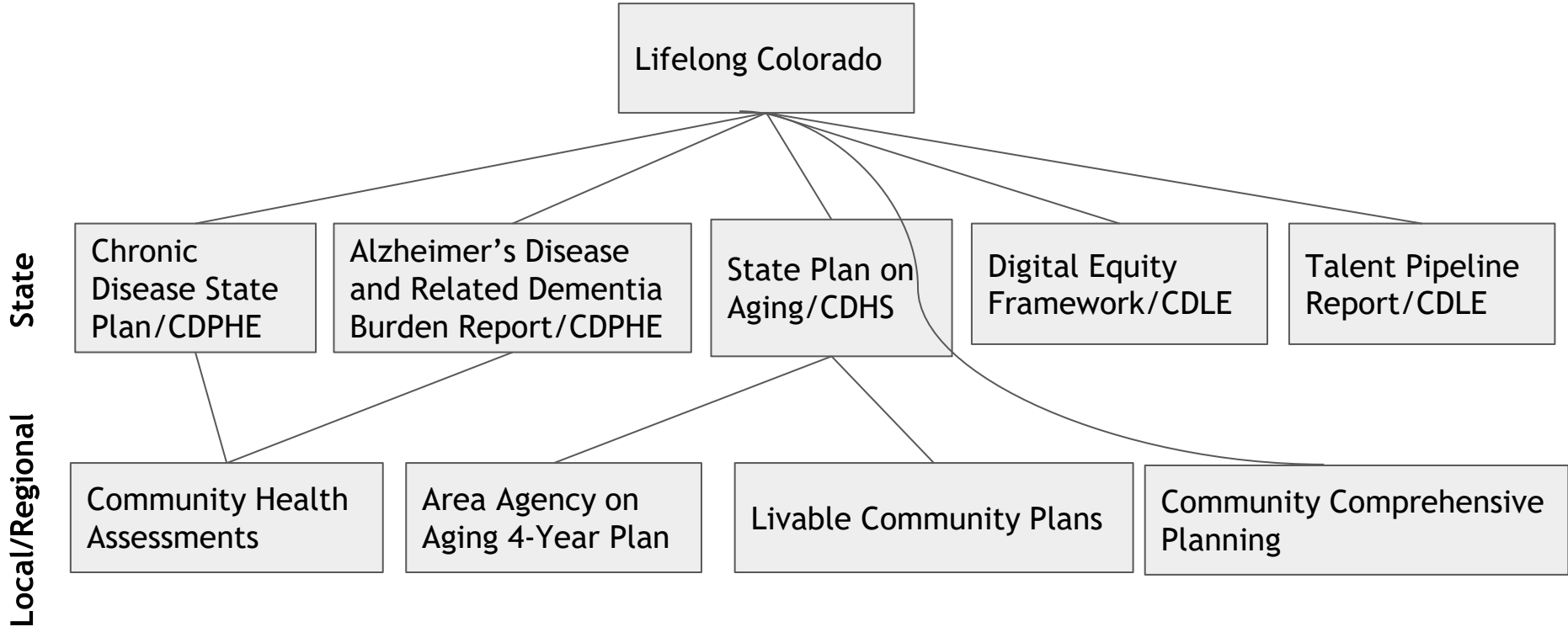
Chronic Disease Prevention



Lifelong Colorado

**A Colorado well adapted for aging is one where
all individuals can thrive - a Colorado for all**

Lifelong Colorado: State, Regional, and Local Strategies



Note: This is not meant to be comprehensive, just an illustration

Age-Friendly Communities and the Eight Domains of Livability

Access and equity across the lifespan supports outcomes in later life



Colorado's AARP and Boomer Bond Communities

Arapahoe County

Arvada

Bennett

Boulder City and County

Broomfield City and County

Carbondale

Castle Pines

Centennial

Chaffee County

Colorado Springs

Dacono

Denver City and County

Eagle County

Edgewater

Englewood

Evans

Federal Heights

Frederick

Fruita

Garden City

Greeley

Idaho Springs

Jefferson County

La Junta

Lakewood

Larimer County

Las Animas

Littleton

Logan County

Longmont

Lyons

Manitou Springs

Pitkin County

Sheridan

Summit County

Thornton

Wheat Ridge

How does a community get started?

1. Identify local leadership - local electeds, local agency staff, providers, community stakeholders

3. Develop an action and evaluation plan

5. Begin implementation, track progress, and update

2. Conduct community needs assessment and identify priorities from the eight domains

4. Submit plan for review

6. Engage with Lifelong Colorado communities, share best practices, and build regional partnerships



Topline Takeaways

Your communities and our state are growing older

Don't panic! Many of pieces that need increased coordination are already in place

Age-friendly and livable community efforts provide coordination and planning driven by volunteers, community-based organizations, and local leaders

Ask your local agencies and community-based organizations about your older adults

Get to know your Area Agency on Aging director and learn about opportunities and gaps

Many towns, cities, and counties are engaged in this work and they want to collaborate

No one size fits all - locally driven solutions that make sense in your community

Reach out to me and learn more about what is happening in your community, region, and state



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Policy & Research

June 22, 2022

Expanding Healthy Aging Initiatives

Sue Schneider, PH.D.

Community Development Agent, Larimer County

Colorado State University Extension | Office of Engagement and Extension



Colorado State University



For over 100 years, CSU
Extension has helped
Coloradans address
important and emerging
community needs



The Many Roles of Extension

Power in Partnerships. Embracing the Land-Grant Mission



Increasing Engagement Through Data-Driven Strategies

Community Needs Assessment

- Conducted 2020 – 2021
- Methodology: mixed methods including secondary data analysis, interviews and community surveys
- 5,100 responses to 45 surveys



Q: In the area of household/family/finances, select up to three topics where information and educational resources would be most helpful

Across all audiences, highest rated ***‘Support for aging adults and their caregivers’***



Q: In the area of household/family/finances, select up to three topics where information and educational resources would be most helpful

In rural community results, highest rated across all audiences ***‘Support for aging adults and their caregivers’***



Q: In the area of health and well-being, select up to three topics where information and educational resources would be most helpful to you.

- Nutrition and healthy food prep
- Mental health/stress management/suicide prevention
- Access to healthy/nutritious/fresh foods
- Healthy aging

Healthy Aging Initiatives: Age-Friendly Communities

Different partnership models:

- **Larimer County:** Partnership for Age-Friendly Communities. CSU Extension as collaborator (since 2015) and project incubator (e.g., Senior Access Points).
- **Logan County Aging Coalition:** CSU Northeast Regional Engagement Center as initiator and convenor (since 2021).
- **Park County Age-Friendly Community Plan:** Partnering with Senior Coalition and Senior Alliance. Park County Extension as convenor (since 2022).

Education, Programming & Engagement

Aging Mastery Program

Exercise, nutrition, finances, advance care planning, community engagement and healthy relationships.

Alzheimer's Education

10 Warning Signs, Healthy Living for your Brain and Body, Understanding and Responding to Dementia

Powerful Tools for Caregivers – Grandfamilies

Classes help caregivers take better care of themselves while caring for a grandchild

OSHER Lifelong Learning

Offers over seventy programs, courses and special events every term

Senior Access Points

Connecting Older Adults with Aging-Related Information and Resources

Market Days for Older Adults

Allows low-income older adults to access fresh produce from the Larimer County Farmer's Market

Volunteer Opportunities for Older Adults

Master Gardener Program, Native Plant Master, Senior Access Points Ambassador

EXPANDED RURAL ENGAGEMENT

In June 2021, the CSU System Board of Governors voted to invest \$8.58 million over the next three years in expanded support for rural Colorado students and communities

Increasing *college readiness*, *local access*, *enrollment in higher education*, and **scholarships for students** living in *rural Colorado*.

ACCESSIBLE
EDUCATION

Focusing on *mental health*, *aging health*, and *preventative health*.

IMPROVED
HEALTH

Expanding capacity of *Regional Economic Development Institute*, expanding the *agriculture value chain* and *sustainability of agricultural practices*, increasing *vitality of rural businesses*, increasing *broadband access*.

THRIVING
ECONOMY

Expanding *community leadership*, creating *connections to local histories* and *cultures* through *visual and performing arts*, and supporting *community problem solving* through *civil dialogue*.

VIBRANT
COMMUNITIES

Thank you



Colorado State University



SUMMIT COUNTY'S LIVABLE COMMUNITY ACTION PLAN

SUMMIT COUNTY COMMUNITY & SENIOR CENTER

LORIE WILLIAMS

THE COMMITMENT & OUR PROCESS

- FEBRUARY 2019 – APPLIED TO AARP AND THE WORLD HEALTH ORGANIZATION TO BECOME AN AGE-FRIENDLY COMMUNITY.
- JUNE 2019 – ADOPTED AS AN AGE-FRIENDLY COMMUNITY, PRESENTED TO COMMISSIONERS
- SEPTEMBER 2019 – TOWN HALL INTRODUCING SUMMIT COUNTY AS AN AGE-FRIENDLY COMMUNITY AND NEXT STEPS

VOLUNTEERS FOR THE 8 DOMAIN COMMITTEES

PLAN TO BE DONE WITHIN 2 YEARS OF ACCEPTANCE

COMMITTEES

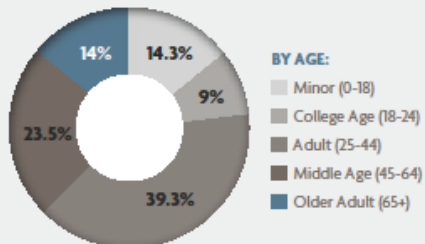
- 25 VOLUNTEERS SIGNED UP TO HELP US DEVELOP THIS PLAN AT THE TOWN HALL
- HIRED A CONTRACTOR TO HELP DESIGN THE PLAN AND FACILITATE THE COMMITTEE MEETINGS
- APPLIED FOR AND RECEIVED A GRANT FROM THE NEXT 50 INITIATIVE TO HELP PAY FOR THE PLAN; IT'S DESIGN, THE CONTRACTOR, ADVERTISING AND MEETING COSTS
- **COMBINED THE 8 DOMAINS TO BE JUST 4**
- THE 4 COMMITTEES CONSISTED OF:
 - OPEN SPACE, HOUSING & TRANSPORTATION
 - COMMUNICATION & INFORMATION
 - RESPECT & SOCIAL INCLUSION
 - COMMUNITY SUPPORT & HEALTH SERVICES

POPULATION

TOTAL POPULATION (2020)

31,011

POPULATION GROUPS (2019)



OLDER ADULT GROWTH

	2019	2025	2030
Total Population	30,943	33,386	35,972
Age 60 to 64	1,712	1,639	1,707
Age 65 to 69	1,496	1,542	1,449
Age 70 to 84	2,426	2,662	2,716
Age 84+	226	369	556

PHYSICAL

LIVING ALONE



Households By Age	2019	2024
55 to 64	2,719	2,760
65 to 74	2,163	2,474
75 to 84	760	1,158
85+	131	202

HOUSING CHALLENGES

HOUSING BURDENED (*retired & soon-to-be-retired*)

- 57% at less than 80% AMI
- 42% at more than 80% AMI
- 56% of monthly income spent on housing

AGING IN HOUSEHOLDS (*with 2+ adults, age 75+*)

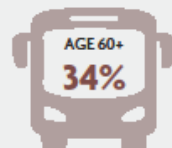
- 22 households with income less than \$25,000
- 33 households with income between \$25,000-\$49,999
- 78 households with income at least \$50,000

INDEPENDENT LIVING CHALLENGES

- 14% experience difficulty maintain their home
- 18% need help maintaining their yards
- 39% need help with heavy or intense housework

TRANSPORTATION CHALLENGES

Don't feel comfortable using public transportation.



SOCIAL

SOCIAL CONNECTION (AGE 60+)

21%

feel lonely
or isolated

24%

have issues
with finding
and getting to
interesting events

25%

report feeling
depressed

COMMUNICATION CHALLENGES

Don't feel their
voice is heard in the
community.

AGE 60+

54%

ECONOMIC CONTRIBUTION (2018)



AGE 60+

■ Paid: \$79,917,484

■ Unpaid: \$46,336,617

TOTAL

\$126,254,101

to the economy in
Summit County

SUPPORT

COMMUNITY SUPPORT

- 34% feel unable to find information about resources for older adults
- 35% don't know what services are available for older adults in the community

HEALTHCARE NEEDS



44%

have trouble finding
healthcare they need.



58%

are unable to find
available, affordable
quality physical healthcare.



79%

are unable to find
available, affordable
quality mental healthcare.



18%

are unable to get
vision care needed.

PANDEMIC

- WORKED THROUGH THE PANDEMIC TO REACH OUR GOAL
- HELD QUARTERLY MEETINGS **VIA ZOOM** WITH THE COMMITTEES
- UTILIZED SOME IDEAS RIGHT AWAY – BIKE BELLS, QR CODE, HS INCLUSION, ADVERTISING...
- GATHERED EVERYONE **IN PERSON** FOR THE FIRST TIME IN NOVEMBER 2021

JARETT JOINED US FOR THIS MEETING AND DISCUSSED THE STATE' DIRECTION WITH LIFELONG COLORADO

- ROLLED OUT OUR FINAL THOUGHTS AND INPUT FOR THE PLAN FROM OUR MEMBERS

JULY 2021 SUMMIT COUNTY AGE-FRIENDLY PRESENTERS



ACTION PLAN UNVEILING

- FINALIZED THE PLAN
- PRINTED IT IN BOTH ENGLISH AND SPANISH
- PLANNED AN EVENT FOR JANUARY
- THE PANDEMIC SHUT US DOWN AGAIN
- RESCHEDULED FOR JUNE OF 2022
- HELD OUR 1ST LIVABLE COMMUNITY VOLUNTEER & CARE FAIR ON JUNE 14
- AT THE EVENT, WE HAD A DESIGNATED TABLE TO DISCUSS THE PLAN

THE WORK CONTINUES...

- WE GAINED A LOT OF VOLUNTEERS TO HELP KEEP OUR MOMENTUM GOING

THE COUNTY COMMISSIONERS JOINED US

HAD ALL 4 TOWNS REPRESENTED: BRECKENRIDGE, DILLON, FRISCO, SILVERTHORNE

50 ORGANIZATIONS WERE INVITED TO PROMOTE THEIR COMMUNITY RESOURCES

WE HAD A TRAIL MAP TO EACH OF ORGANIZATIONS AND VOLUNTEER CAMP GUIDES

FOOD FROM 4 DIFFERENT ETHNICITIES

ACTIVITIES FOR THE KIDS THROUGH DIFFERENT YOUTH ORGANIZATIONS

TO SUPPORT THE COMMUNITY, GAVE AWAY 150 BUG OUT BAGS FOR EMERGENCIES

NEXT STEPS TO KEEP THE MOMENTUM GOING

- WE HAD AN EXIT INTERVIEW WITH 4 QUESTIONS FOR PEOPLE ATTENDING
- WE WILL HAVE FOLLOW-UP MEETINGS WITH OUR COMMUNITY PARTNERS: TOWNS, ORGANIZATIONS IN ATTENDANCE AND OUR COUNTY PARTNERS
- PLAN THE LIVABLE COMMUNITIES VOLUNTEER & CARE FAIR ANNUALLY
- CONTINUE THE COMMUNICATION AND ADVERTISING WITH OUR LOCAL MEDIAS AND ARTICLES DEFINING OUR PROGRESS IN OUR NEWSLETTERS

BUG OUT BAGS





LORIE WILLIAMS MANAGER

970-668-2945

LORIE.WILLIAMS@SUMMITCOUNTYCO.GOV

WHAT DOES IT MEAN TO BE AN AGE-FRIENDLY/LIVABLE COMMUNITY



A LIVABLE COMMUNITY IS ONE THAT IS SAFE AND SECURE, HAS AFFORDABLE AND APPROPRIATE HOUSING AND TRANSPORTATION OPTIONS, AND OFFERS SUPPORTIVE COMMUNITY FEATURES AND SERVICES. ONCE IN PLACE, THOSE RESOURCES:

- ENHANCE PERSONAL INDEPENDENCE;
- ALLOW RESIDENTS TO REMAIN IN THEIR HOMES AND COMMUNITIES AS THEY AGE; AND
- FOSTER RESIDENTS' ENGAGEMENT IN THE COMMUNITY'S CIVIC, ECONOMIC, AND SOCIAL LIFE.

AN AGE-FRIENDLY COMMUNITY IS LIVABLE FOR ALL AGES.