

Growing Older in Fort Collins: Silver Tsunami as Golden Opportunity First Year Review



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A collaborative process sponsored by:



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community problem solving*

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Report and additional information available online at

<http://www.fcgov.com/cityclerk/silver-tsunami.php>,

<http://www.seniorcenterexpansion.org/>

www.cpd.colostate.edu

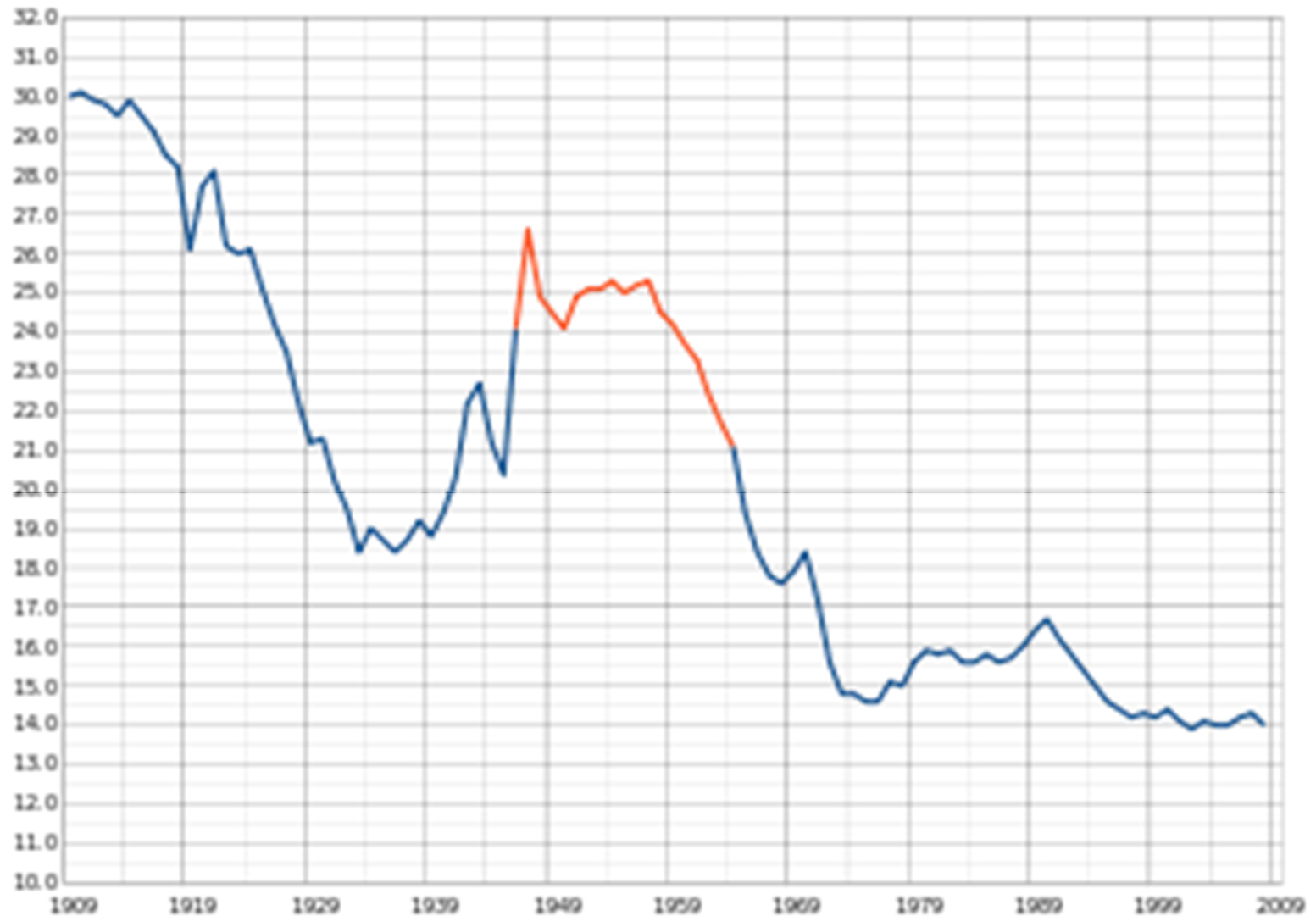
Tonight's Presentation

- Introduction to the project
- Summary of our three major events
- Next steps

The “Silver Tsunami”

Due to the aging of the population, medical advances, and the high numbers of people over 65 relocating to Colorado, the State Demography Office predicted that **the number of Larimer County residents who are 65 and older will increase 141 percent in the next 20 years (from 33,584 in 2010 to 81,041 in 2030).**

The Baby Boomers (born 1946-1964)



United States birth rate (births per 1000 population).

The Silver Tsunami is a Worldwide phenomenon

- In 2006 about 500 million people worldwide were 65 and older
- In 2030 it is estimated that it will increase to 1 billion or 1 in 8 people
- It is projected that between 2005 and 2030, the percentage of global increase in people 85+ will be approximately 150% while those aged 100+ will increase over 400%

Sources: National Institute on Aging, and the United Nations Department of Economic and Social Affairs.

The “Silver Tsunami” as Golden Opportunity

Older residents :

- Are community oriented
 - Volunteer often
 - Support multiple jobs
- Are often wise and experienced

21st Century retirees are also more active and involved than ever before.

Purpose of “Growing Older in Fort Collins” Project

Increase awareness of the coming demographic changes, and expand and positively impact the conversation concerning how we as a community can better understand the impacts and prepare appropriately.

We hope to help our community come together across sectors—government, private, and non-profit—to engage this important issue.

Three Major Interactive Events in 2011-2012

Nov. 10, 2011

March 1, 2012

April 17 and 26, 2012

Overview of Event Participants:

What decade were they born?

| | % | Total |
|-------|--------------|------------|
| 1990s | 1% | 5 |
| 1980s | 5% | 23 |
| 1970s | 4% | 19 |
| 1960s | 9% | 41 |
| 1950s | 24% | 115 |
| 1940s | 36% | 172 |
| 1930s | 14% | 66 |
| 1920s | 8% | 40 |
| | Total | 481 |

November 10, 2011 Speakers

- Welcoming remarks, Doug Hutchinson, former Mayor of Fort Collins
- “Demographic Trends, Our Growing Aging Population,” Elizabeth Garner, Colorado State Demographer
- “Keeping Fort Collins Great, Visioning the Future of Healthy Aging” Janine Vanderberg, JVA Consulting



November 10, 2011 Process

- What makes Fort Collins a great place for seniors currently?
- What are participants most excited about doing when they are over 50?
- If 10 years from now, Fort Collins is known for handling the changing demographics exceedingly well, what happened? What did we do?



Key Themes from Small Group Discussions and Key Pad Process

- Centrality of transportation issues
- Affordable health care and affordable housing
- Current strengths focused on existing opportunities for seniors for activities
- Interest in intergenerational connections
- Learning and volunteering as key aspects of growing older
- Need to broaden the audience

Available Data from November 11 Event

- **CPD Summary Report:** This 9 page report provides a summary of the meeting, including key themes from the small group discussions and data from the keypad process.

[http://www.seniorcenterexpansion.org/misc info/Growing Older report-1.pdf](http://www.seniorcenterexpansion.org/misc%20info/Growing%20Older%20report-1.pdf).

State Demographer Elizabeth Garner's Powerpoint presentation

[http://www.seniorcenterexpansion.org/misc info/Eliz Garner PPT silvertsunami1.pdf](http://www.seniorcenterexpansion.org/misc%20info/Eliz%20Garner%20PPT%20silvertsunami1.pdf)

- **Raw Data Report from the CPD:** This 28 page report includes full text from questions asked online during the RSVP process, from the written surveys completed by participants at the end of the meeting, and from the wireless keypad process.

<http://www.fcgov.com/cityclerk/pdf/growingolderreport.pdf>

March 1, 2012 Speakers

- Morie Smile, the State Director of AARP Colorado
- Darin Atteberry, City Manager, City of Fort Collins
- Ray Caraway, President, Community Foundation of Northern Colorado
- Neil Gluckman, Assistant County Manager, Larimer County
- Jan Rastall, Assistant Director of Adult Learner & Veteran Services, CSU
- Gordan Thibedeau, President & CEO, United Way of Larimer County
- Kevin Unger, President & CEO, Poudre Valley Hospital



Panelists were asked to briefly cover the following topics in their short presentations

- 1 - What is your organization doing to prepare for our growing aging population?
- 2 - What barriers are you facing to implementing these plans?
- 3 - What can community members do to help?



Graphic Facilitation of Panelist Comments



GROWING OLDER IN FORT COLLINS

MARCH 1, 2012
Fort Collins Senior Center

SILVER TSUNAMI / GOLDEN OPPORTUNITY

TO BUILT DREAMS
MAY 10-12
FORT COLLINS

★ 50+ LARIMER COUNTY RESIDENTS ENJOY OUTDOORS! VOLUNTEERING

NOVIE SMILE

★ WE ARE THE FABRIC OF THE COMMUNITY

FINDINGS FROM NOVEMBER 10TH, 2011

★ **LIFE-LONG LEARNING**

★ **INTER-GENERATIONAL OPPORTUNITIES**

★ **OUTDOOR RECREATION**

★ **TRANSPORTATION**

★ **ACCESSIBLE HOUSING**

DARREN *Chair Fort Collins*

- Engagingly CITIZENS + LISTENING
- 25 YEAR PLAN
- ★ RETIREMENT OPPORTUNITIES + RECREATION
- ★ LOOKING TO BE COMING THE STREET
- ★ INCREASING VOLUNTEER OPPORTUNITIES

NEIL *Larimer County*

- SERVICES ON BEHALF OF STATE OF COLORADO
- ★ NICHE → OFFICE OF AGING
- ★ ARCH
- ★ CHALLENGES

GORDON *UNITED WAY*

- ★ BEGINNING FOCUSED IN CUTTING POVERTY
- ★ OUR SERVICES HAVE THEIR NEEDS MET
- ★ 11% OF LARIMER RESIDENTS OVER AGE 65
- ★ SAINT
- ★ MEALS W/ WHEELS
- ★ LEGAL SERVICES
- ★ TWO BANK AID
- ★ VOLUNTEER OPPORTUNITIES
- CALL 211 ON TIME

RAY *Community Foundation*

- OPPORTUNITIES
- ★ VOLUNTEERING
- ★ NON-PROFITS
- ★ PHILANTHROPIC CONTRIBUTIONS
- ★ GRANTS
- ★ CHALLENGES
- ★ GUEST PROGRAM
- ★ LIFELONG LEARNING
- ★ OUR FUTURE

JAN *Adult Learning / Lifelong Learning*

- ★ SCORING 18 → 60+
- ★ TRANSITION TO BEING A CITIZEN
- ★ OSHER
- ★ GUEST PROGRAM
- ★ LIFELONG LEARNING

KEVIN *TOWNE VALLEY HEALTHCARE*

- ★ SUSTAINABILITY COSTS
- ★ HOUSE CALLS
- ★ ACCESSIBLE CLINICS
- ★ SUPERVISE NURSES / PHYSICIANS
- ★ CAPACITY CHALLENGES
- ★ DRUGS / CARE

DR. KARINA MULLEN
www.NorthernVisionFoundation.com

Small Group Discussions

- Response to panelists
- Response to November report
- Next steps?



Who's Working on these Issues?

1. **Getting around:** Local/regional transportation and senior transportation services
2. **Financial independence:** Jobs, economic opportunity, poverty
3. **Aging in place:** Affordable, accessible housing, walkable communities, caretaker and senior services
4. **Healthy aging:** Accessible, affordable, quality healthcare
5. **Staying engaged in the community:** Volunteer opportunities
6. **Lifelong learning:** Educational opportunities
7. **Leisure:** Recreation, outdoors, cultural activities
8. **Senior Center:** Expansion ideas; serving the next generation of seniors
9. **Other:** What did we miss? Are there other categories we need to think about?

March 1 Keypad Process: Is Fort Collins Ready?

| Category | Grade (4pt scale) | % |
|-------------------------------------|----------------------|----|
| Productive Activities | 3.08 | 77 |
| Overall Quality of Community | 2.79 | 70 |
| Health and Wellness | 2.67 | 67 |
| Community Information | 2.54 | 64 |
| Community Belonging | 2.54 | 64 |
| Community Design and Land Use | 1.93 | 48 |

Available Documents from 3/1 Event

A summary of the panelist comments and their responses to Q&A is posted at <http://www.fcgov.com/cityclerk/pdf/March1panelistsummaries.pdf>.

Youtube video of Morie Smile and the panelists:
<http://www.youtube.com/watch?v=xQ7TthyIYpU>

Youtube video of the audience Q&A:
<http://www.youtube.com/watch?v=kvRoT4XKW00>

Further Q&A emailed to panelists:
<http://www.fcgov.com/cityclerk/pdf/tsunamigandamarch1.pdf>

Data from keypad process:
<http://www.fcgov.com/cityclerk/pdf/march1slides.pdf>

Compiled responses from survey concerning what organizations are working on this issue: www.fcgov.com/cityclerk/pdf/tsunamisummarynov.pdf

Community Assessment Survey for Older Adults (CASOA) report administered by the Larimer County Office on Aging
<http://www.larimer.org/seniors/lcoa.htm>.

April 17/April 26 Events

Focused on the role of the Senior Center and its coming expansion in 2013

Speakers:

- Marty Heffernan - Director of Community Services, Parks, and Recreation, April 17
- Karen Weitkunat - Mayor, City of Fort Collins. April 26
- Nancy Luttrop, first Senior Center director
- Barbara Schoenberger, Senior Center Supervisor



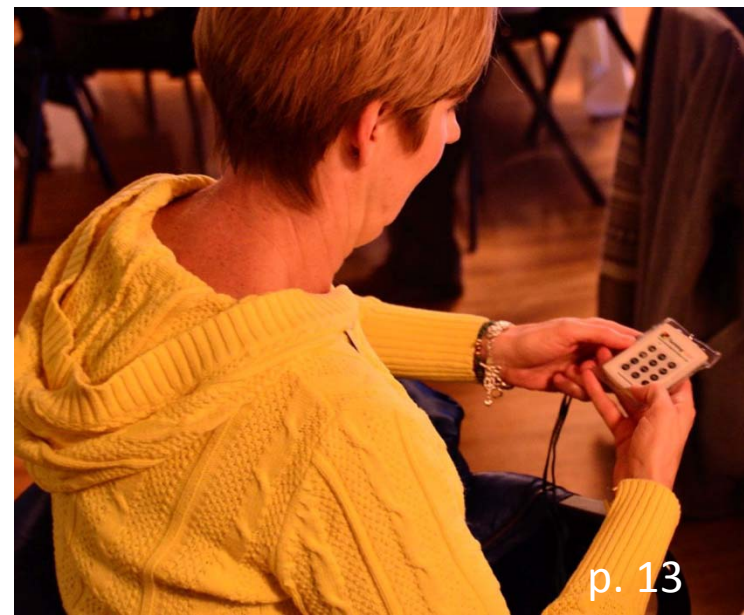
Senior Center Functions

A senior center should...

- Function 1. ...offer a range of services and activities that respond to participants' needs, interests, and differences
- Function 2. ...function as a community focal point for service delivery to older adults through partnerships
- Function 3. ...improve older adults' knowledge of and access to community services at locations throughout the city
- Function 4. ...connect low income, socially isolated, and at-risk older adults to programs and services
- Function 5. ...educate the community concerning senior issues and enhance the image of older residents
- Function 6. ... provide training opportunities and support research on issues related to aging
- Function 7. ... provide opportunities for facility users to inform and advise the senior center administration
- Function 8. ... train staff who will encourage participants' personal growth
- Function 9. ... provide significant volunteer opportunities for older adults at the senior center

Keypad Process to Assess How the Senior Center is Doing

The SC does this well and should continue
The SC does this well but should do less
The SC does this currently but should improve
The SC does this currently but should do more
The SC does this currently but should do less
The SC does not do this, but should
The SC does not do this, and that is ok
I don't know enough to answer
I don't quite understand this function



Senior Center Activities

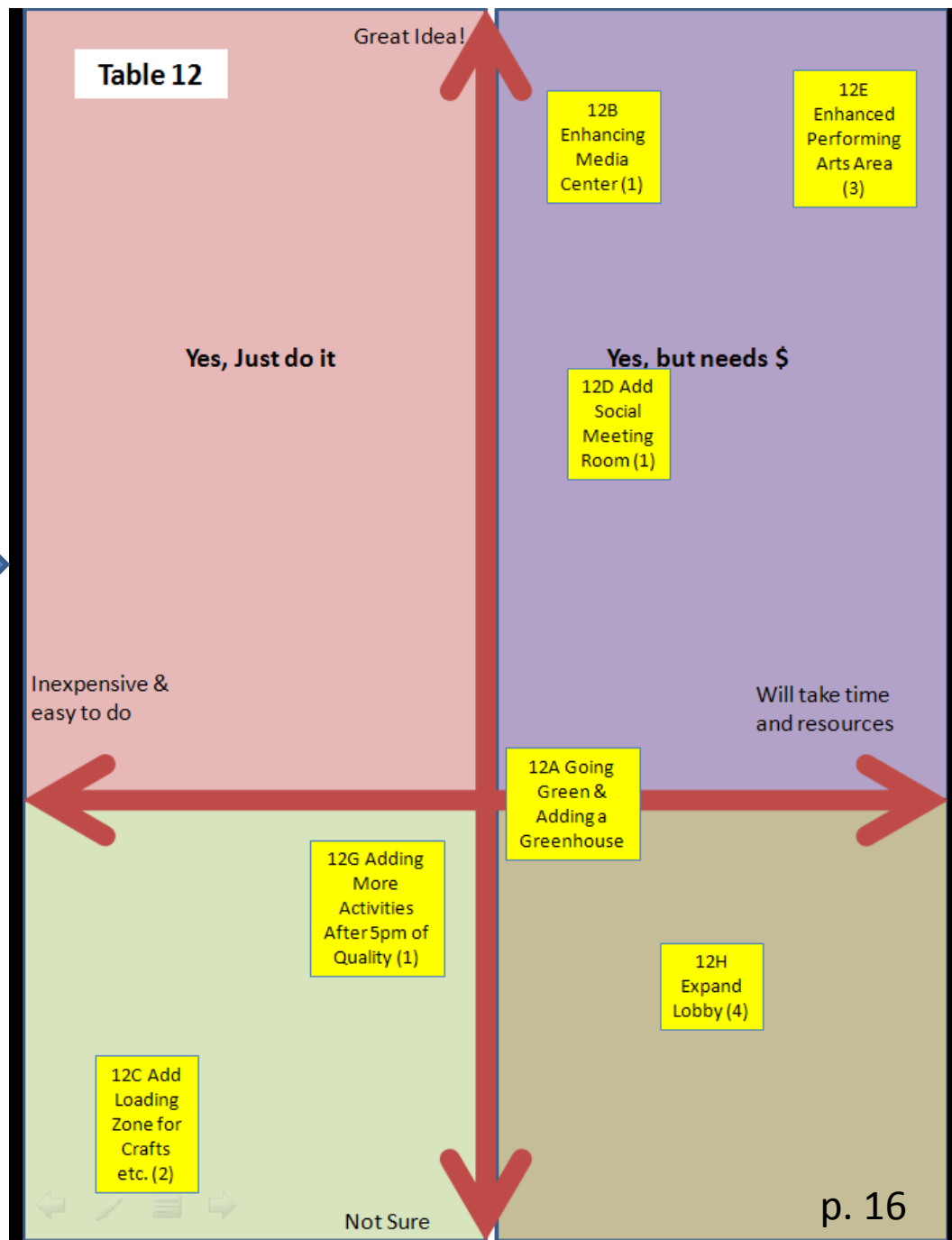
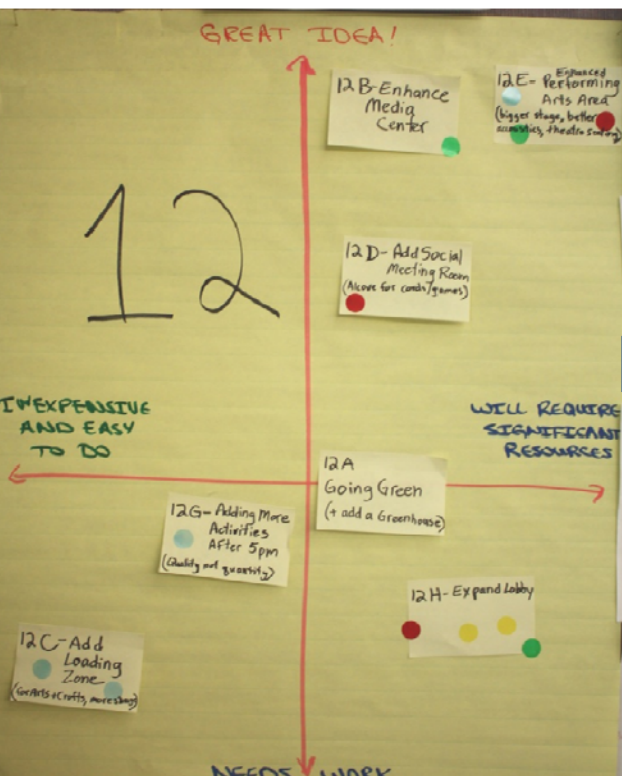
1. Aquatics
2. Arts/Crafts
3. Education – Lifelong Learning
4. Fitness
5. Health and Wellness
6. Outdoor Recreation
7. Social activities
8. Theatre/Music/Dance
9. Library/media center

Senior Center Activities

- Average 60 events, activities, or classes a day
- Average 1,000 residents using the facility daily
- For ages 50+

Four Square Brainstorming Process

1. Small groups of up to 7 brainstorm big ideas for Senior Center
2. Facilitator captures those ideas
3. Facilitator moves to next table after 20-25 minutes
4. New group adds to the ideas and places them on Four Square sheet



Four Square Brainstorming Process

1. Small groups of up to 7 brainstorm big ideas for Senior Center
2. Facilitator captures those ideas
3. Facilitator moves to next table after 20-25 minutes
4. New group adds to the ideas and places them on Four Square sheet
5. Entire group votes for best ideas with dots





Table 2: Ideas with 10 or more dots

| Label | Idea Title | Dots | Theme | Rank |
|--------|---|------|-------------------------|--------|
| 16-9C | Expanding Fitness Center | 21 | Fitness | (1, B) |
| 16-4E | Expand Fitness Area | 20 | Fitness | (1, D) |
| 16-17D | Out-Reach/Reach-Out to Under-served, social isolated People | 17 | Outreach | (1, A) |
| 26-14B | Integrated Transportation Services | 17 | Transportation | (1, D) |
| 16-4G | Internet Cafe | 15 | Library/Media | (2, D) |
| 16-11C | Internet Media Café | 15 | Library/Media | (1, C) |
| 26-9A | Outdoor Amphitheater | 15 | Theatre/Music/Dance | (1, D) |
| 26-15C | Childcare/ <u>Adultcare</u> | 15 | Care Services | (1, C) |
| 16-16C | Expansion of Arts and Crafts Program and Space | 14 | Arts/Crafts | (1, D) |
| 26-7C | Fitness Expansion | 14 | Fitness | (1, D) |
| 26-10B | Senior Geek Squad | 14 | Retail/Services | (1, B) |
| 16-6H | Internet Coffee Shop | 13 | Library/Media | (2, D) |
| 16-11E | Transportation Parking | 13 | Transportation, Parking | (1, D) |
| 26-19B | Exercise Equipment Improvement | 13 | Fitness | (1, C) |
| 16-10A | Expanded Parking | 12 | Parking | (1, D) |
| 16-15B | Multi-Purpose Rooms | 12 | Space | (1, D) |
| 16-10F | Multiple Senior Agencies Under One Roof | 11 | Retail/Services | (1, A) |
| 26-8A | Better Parking | 11 | Parking | (1, C) |
| 26-8E | Café | 11 | Cafe | (1, D) |
| 16-10R | Improved Lobby w / Café | 10 | Café Space | (1, B) |

Table 3: Theme Summary

| | # of ideas in category | Total # of dots across all ideas in that category | Average number of dots per idea in the category |
|----------------------|---------------------------------------|--|--|
| Fitness | 15 | 112 | 7.5 |
| Café | 13 | 109 | 8.4 |
| Library/Media | 18 | 100 | 5.6 |
| Utilization of space | 23 | 85 | 3.7 |
| Parking | 12 | 79 | 6.6 |
| Transportation | 10 | 67 | 6.7 |
| Education | 10 | 46 | 4.6 |
| Theatre/Music/Dance | 9 | 46 | 5.1 |
| Outreach | 7 | 41 | 5.9 |
| Information | 8 | 37 | 4.6 |
| Care services | 6 | 36 | 6.0 |
| Staff | 7 | 33 | 4.7 |
| Services | 4 | 29 | 7.3 |
| Health/Wellness | 11 | 27 | 2.5 |
| Arts/Crafts | 3 | 24 | 8.0 |

Available documents from April 17 and 26:

- Data from RSVP questions:
<http://www.fcgov.com/cityclerk/pdf/datafromaprilrsvps.pdf>
- Keypad data: April 17:
[http://www.seniorcenterexpansion.org/misc info/silv tsu keypd 4-17.pdf](http://www.seniorcenterexpansion.org/misc%20info/silv%20tsu%20keypd%204-17.pdf)
April 26: [http://www.seniorcenterexpansion.org/misc info/silv tsu keypd 4-26.pdf](http://www.seniorcenterexpansion.org/misc%20info/silv%20tsu%20keypd%204-26.pdf)
- Survey data on functions and programming:
<http://www.cpd.colostate.edu/aprilsurveyresults.pdf>
- Full list of ideas and notes from the four square categorized with the number of dots: <http://www.cpd.colostate.edu/foursquareraawdata.pdf>
- Recreations of the four square sheets:
 - April 17: [http://www.seniorcenterexpansion.org/misc info/silv tsu 4sq 4-17.pdf](http://www.seniorcenterexpansion.org/misc%20info/silv%20tsu%204sq%204-17.pdf)
 - April 26: [http://www.seniorcenterexpansion.org/misc info/silv tsu 4sq 4-26.pdf](http://www.seniorcenterexpansion.org/misc%20info/silv%20tsu%204sq%204-26.pdf)
- A summary of Nancy's and Barbara's talk is available at:
<http://www.fcgov.com/cityclerk/pdf/April26speakerssummaries.pdf>

Next Steps

Expand our partners

- Larimer County Office on Aging
- Foundation on Aging for Larimer County

Transportation Focus for 2012-2013

- Key issue throughout events
- Interconnected to many other issues
- Inherently involves broad range of stakeholders (public/private/nonprofit)
- Resource dependent, but also calls for innovation and creativity

Next Steps

- Bring in more partners (public, private, non-profit)
- Hear from broader audiences (focus groups this summer)
- Learn from what has already been done
- Clarify key issues with transportation
- Identify best practices and innovative ideas
- Educate the community
- Forums in the fall
- Develop task/implementation teams
- Maintain realistic expectations

Resources for “Getting Around”

Bus System

AARP Driving Course (which reduces insurance cost and refreshes driving skills)

SAINT

TransFort

GreenRide

SuperShuttle

City of Fort Collins

City of Loveland

North Front Range Metropolitan Planning Organization

Larimer County Office on Aging

Loveland Senior Advisory Board

Fort Collins Senior Advisory Board

Foundation on Aging for Larimer County

Medical transportation funded through various resources

City Transportation Planning

CDOT

Larimer County

Rigden Farm Senior Living transportation services

PVH (connecting medical centers)

The Lift (new nonprofit)

BB-PTAG (Barrier Busters-public transit action group)

COD (Commission on Disabilities)

TransFort Flex Route

COLT (Loveland)

Larimer Lift

City Of Fort Collins Streets

Fort Collins Parks and Recreation

Fort Collins Traffic Operations

Biking and walking clubs

Regional and State transportation planning organizations

Regional transit services

Regional trail systems

Dial-A-Ride

VOA

Bike Fort Collins

Key Aspects to Transportation Issues

(thanks to Gary Thomas)

- **Mobility options** (car, bus, train, walk, bike, etc.)
- **Delivery** (Meals on Wheels, grocery stores, pharmacy, physician visits, satellite offices, web-based delivery, etc.)
- **Living arrangements** (transit oriented development, shuttle services, etc.)
- **Information** (awareness of options)

1. What is your connection to this issue?

[choose all that apply]

- 87 A. I'm a senior citizen
- 25 B. Senior Service provider
- 5 C. Family caretaker
- 4 D. Elected official
- 22 E. Board Member
- 22 F. Community Leader
- 70 G. Concerned Citizen
- 12 H. Other

2. What decade were you born?

1 1. 1990s or later

3 2. 1980s

4 3. 1970s

12 4. 1960s

23 5. 1950s

48 6. 1940s

22 7. 1930s

12 8. 1920s

0 9. 1910s

3. Which of the previous programs in this series did you attend? (choose all that apply)

54 A. November 10

70 B. March 1

75 C. April 17/26

31 D. This is my first event in this series

How did you travel here today?

98 1. Drove my own car

21 2. Rode with others

1 3. Bus

0 4. Shuttle

0 5. Biked

2 6. Walked

0 7. Unicycled

1 8. Other

7. What do you think are the most pressing transportation issues facing our community locally?

Please write your answers
down on the green survey

7. What do you think are the most pressing transportation issues facing our community locally? (choose up to 3)

- 58 A. Gaps in public transportation service areas - not enough bus routes
- 40 B. Gaps in public transportation service hours – limited on
- 38 evenings and weekends
- 40 C. Too few public transportation options
- D. Lack of affordable options for unplanned trips and emergencies
- 39 E. Lack of affordable options for door to door service
- 23 F. Lack of affordable service for disabled residents
- 23 G. Funding for agencies that define and limit who can use services and under what conditions
- 67 H. Neighborhoods that are unconnected to public transportation
- 9 I. Other

8. What do you think is the most pressing transportation issue facing our community regionally?

(choose one)

- 58 A. Lack of affordable public transportation connecting cities along the Front Range
- 16 B. Lack of transportation services to medical facilities outside of Fort Collins
- 5 C. Lack of regional transportation options on evenings and weekends
- 12 D. Lack of affordable public transportation options in rural Larimer County
- 27 E. Lack of coordination of transportation services across jurisdictions
- 1 F. Other

9. What do you think is the key barrier to safe pedestrian travel? (choose one)

- 27 A. Walk signals at intersections that are not long enough to allow seniors to cross
- 32 B. Lack of walk signals along busy roads that either force people to walk out of their way or cross against traffic
- 43 C. Residential communities that are isolated from shopping and services
- 4 D. Lack of curb cuts at intersections for people with disabilities
- 12 E. Other

11. How you would like to be involved in this transportation initiative moving forward

1. I would like to attend future sessions on this issue
2. I would like to volunteer to work with the planning group
3. I am already or interested in assisting an existing group working on transportation issues
4. I would like to be involved once task teams are established
5. I would like to receive information about the activities and progress of this initiative
6. I am not interested in transportation issues, but would like to be involved in other aspects of the broader issue
7. Thanks, but I'm not interested

