

Arlington in 2030 - A Livable Community for All



Arlington's Vision

"Arlington will be a diverse and inclusive world-class urban community with secure, attractive residential and commercial neighborhoods where people unite to form a caring, learning, participating, sustainable community in which each person is important."

Related Facts

Nationally :

- Elders are healthier and live longer with chronic conditions. Most do not need extensive services.
- Over 3/4 of baby boomers expect to keep working past age 65.
- In 2000, roughly 40% of those in their 50s had no pensions.
- More elders are living alone and have no siblings or children for support.
- 47% of elders over 85 have Alzheimer's Disease.

Task Force Proposes Elder Readiness Plan

As baby boomers age, the number of elders in Arlington will increase dramatically. The Elder Readiness Plan is a blueprint for an inclusive, livable community that will be ready to meet the increased needs of the elder population expected over the next 25 years.

The County Board charged Elder Readiness Task Force members, the plan's authors, with assessing County readiness to meet these changing circumstances.

The Plan is designed to ensure both improved access to services and enhanced opportunities to remain fully engaged in community life. The Task Force recognizes that this emerging elderly population will provide a rich resource for the community as a whole.

The Plan addresses four major areas: housing, transportation, supportive services/health care, and community involvement. Its priority recommendations are on the reverse side of this page.

Elder Readiness Task Force Membership

The County Board chose the members of the Elder Readiness Task Force to ensure broad representation of community interests and elder issues expertise. Mark Seklecki chaired the Task Force. He serves on the County's Commission on Long-Term Care Residences.

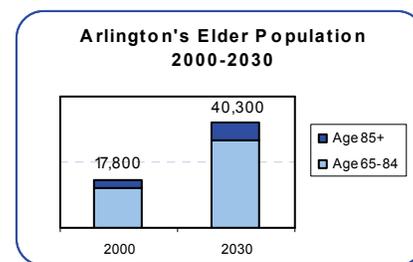
Other groups represented are the Commission on Aging, the Housing Commission, the Planning Commission, the Transportation Commission, AARP, Kaiser-Permanente, the Goodwin House Foundation, and the community at-large.

Elder Population to Double by 2030

Following the national trend, Arlington's population over age 65 is escalating and will more than double by 2030. Those over age 85 will increase even more, growing from roughly 2,500 to almost 7,000 persons.

In 2000, 61% of those over 65 were female; 39%, male. Roughly 6,000 (or 37%) were living alone. Over 13% of elder households were paying more than 50% of income for housing costs.

Minorities, including those with limited English, will form a higher percent of the elder population. Nationally, minority elders are expected to grow from 16% in 2000 to 24% by 2020.



County Programs Serving Elders

The goal of the Arlington Agency on Aging is to promote the maximum level of independence for Arlington residents 60 and older and to ensure they live as an integral part of society, with dignity and with access to programs and services that meet their needs and preferences.

The Agency serves elders, as well as their families, friends and caregivers. Staff provide information, assistance in accessing services, and referrals to services and resources. To find appropriate services, go to www.arlingtonva.us and search for "senior services."

This Plan builds on existing services, proposes expanded communication efforts, and offers new initiatives focused on the unique strengths of the expanding elder population.

To view the Plan, go to: www.arlingtonva.us/aging and select "Elder Readiness Plan" from the Related Resources box. To request a speaker or to ask questions, contact the Arlington Agency on Aging at 703-228-1700 (TTY: 703-228-1788) or arlaaa@arlingtonva.us.

Elder Readiness Plan

Vision

Arlington will be a community whose aging population will have equal access to Arlington's array of housing, transportation, recreation, health care and lifestyle choices so that they can continue to contribute and remain valued members of the community as long as possible.

Priority Recommendations

CROSSCUTTING

- Develop and conduct a coordinated communication plan regarding available programs and services for seniors.

HOUSING

- Enhance existing mixed-age apartment buildings with elevators by providing a "concierge" service to link the residents to available public and private programs including health services, transportation, recreation and educational opportunities.
- Work towards a timely opening of an assisted living facility at Oak Springs for persons over age 50 with mental, physical, or cognitive disabilities.

SUPPORTIVE SERVICES AND HEALTH CARE

- Expand an array of in-home services to facilitate elders' capacity to remain in their residences.
- Open the Walter Reed Adult Day Health Care program with subsidies provided on a sliding scale for low-income participants.

TRANSPORTATION

- Create a one-stop-shop opportunity for information about and linkage to public and private transportation services.
- Establish a mobility management program to assess and assist seniors with service needs.

COMMUNITY INVOLVEMENT

- Make senior centers attractive and welcoming to improved use.
- Provide information at senior centers for an array of community services.

IMPLEMENTATION STRATEGIES

- Consider providing support to a non-profit entity whose focus would be the county's elderly population.
- Produce an annual report to summarize the progress on recommendations made by the Elder Readiness Task Force.



ARLINGTON COUNTY, VIRGINIA

Ron Carlee, County Manager

Department of Human Services
Department of Environmental Services

Marsha Allgeier, Deputy County Manager

Department of Community Planning, Housing and Development
Department of Parks, Recreation and Community Resources

Arlington Agency on Aging, 3033 Wilson Boulevard, Suite 700B, Arlington, VA 22201

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