The Graying of the Rocky Mountain West

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DRCOG Overview

- Non-profit, public agency dedicating to serving local governments
- Local officials working together to address the region's challenges
- Each community has voice in regional decision-making
- Program areas:
  - Advocacy
  - Aging Services
  - Environment
  - Regional growth and development
  - Shared services
  - Transportation and traffic operations
Today’s Speakers

- Nic Bateson – Public Works Director
  Sheridan, WY

- Jeremy Matsen – Intern
  Lyons, CO

- Nathan Mosley – Management Analyst
  Wheat Ridge, CO
Colorado’s growth in 65+ population 4th fastest nationally (2000 – 2010)
  • 85+ fastest growing among that group
2010-2020 growth rate will be nearly twice as much 2000-2010
Growth in older adult population will outpace other age groups for the next 20 years
CO – Population Change by Age
(2012 – 2017)
Rooted and Staying Put

How likely are you to remain in the community throughout retirement?

- 61% Very likely
- 25% Somewhat likely
- 7% Somewhat unlikely
- 7% Very unlikely

53% have lived in their community for more than 20 years

Source: 2010 Community Assessment Survey for Older Adults (CASOA) – National Research Center
Community Design & Land Use Needs

Source: 2010 Community Assessment Survey for Older Adults (CASOA) – National Research Center

- Having safe and affordable transportation available: 25%
- Having housing that suits your needs: 17%
- Maintaining your yard: 44%
- Doing heavy housework: 58%

Percent at least a “minor” problem
Community Design & Land Use Opportunities

Source: 2010 Community Assessment Survey for Older Adults (CASOA) – National Research Center

Ease of car travel
- Excellent: 24%
- Good: 53%

Ease of walking
- Excellent: 28%
- Good: 45%

Variety of housing options
- Excellent: 8%
- Good: 39%

Ease of bus travel
- Excellent: 10%
- Good: 34%

Availability of affordable quality housing
- Excellent: 7%
- Good: 33%
Area Agency on Aging (AAA)

- One of 16 AAAs in Colorado
- AAAs older adults remain in their homes and communities by providing an array of services
- 23 contracted services providers
- 2 direct services
  - Ombudsman
  - Information and Assistance
Service Snapshot (DRCOG AAA)

- **Nutrition Services**
  - 545,092 meals delivered to home-bound seniors
  - 32 congregate meal sites

- **Transportation**
  - 91,993 one-way rides provided

- **In-Home Care Services**
  - Over 27,000 hours of service provided

- **Material Aid Services**
  - Dental, hearing aides, eyeglasses

- **Caregiver support**

- **Counseling/MH Services**
  - Depression screening, MH therapy & education

- **Health promotion & education**
  - Fall prevention, medication management, access benefits

- **Chore/home repair**
  - Assessments, installation, yard work, home repairs, etc.

- **Legal assistance**
  - Legal representation, document preparation, counseling, etc.
Model for Aging Well

- **Outlook on Life**
  - mental health
  - self-efficacy
  - valued by community
  - spirituality

- **Physical Health**
  - physical activity
  - nutrition/food
  - security
  - activities of daily living

- **Connection**
  - practical support
  - social support
  - engagement in life
  - hobby

Aging Well
Neighborhood environment has greatest impact on older adults

Nearly 50% report difficulty crossing main roads

Walking is most common form of physical activity

Almost half of older adult falls occur outside the home ($9K per fall)
Older adults prefer to remain in their homes and communities.

Consumer demand for age-friendly design often comes when there is an immediate need.

Lack of range of housing options in many communities.

Lack of affordable housing alternatives:
- One-third spend too much on housing.
Current system is auto-dominated

Nationally 21% of 65+ do not drive

Limited public transportation options/cost of specialized transit

Men outlive their driving years by 7 years, women by 10

Older adults with disabilities remaining in communities
Are we doing enough?
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