

The Graying of the Rocky Mountain West

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Senior Planner



March 8, 2013

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

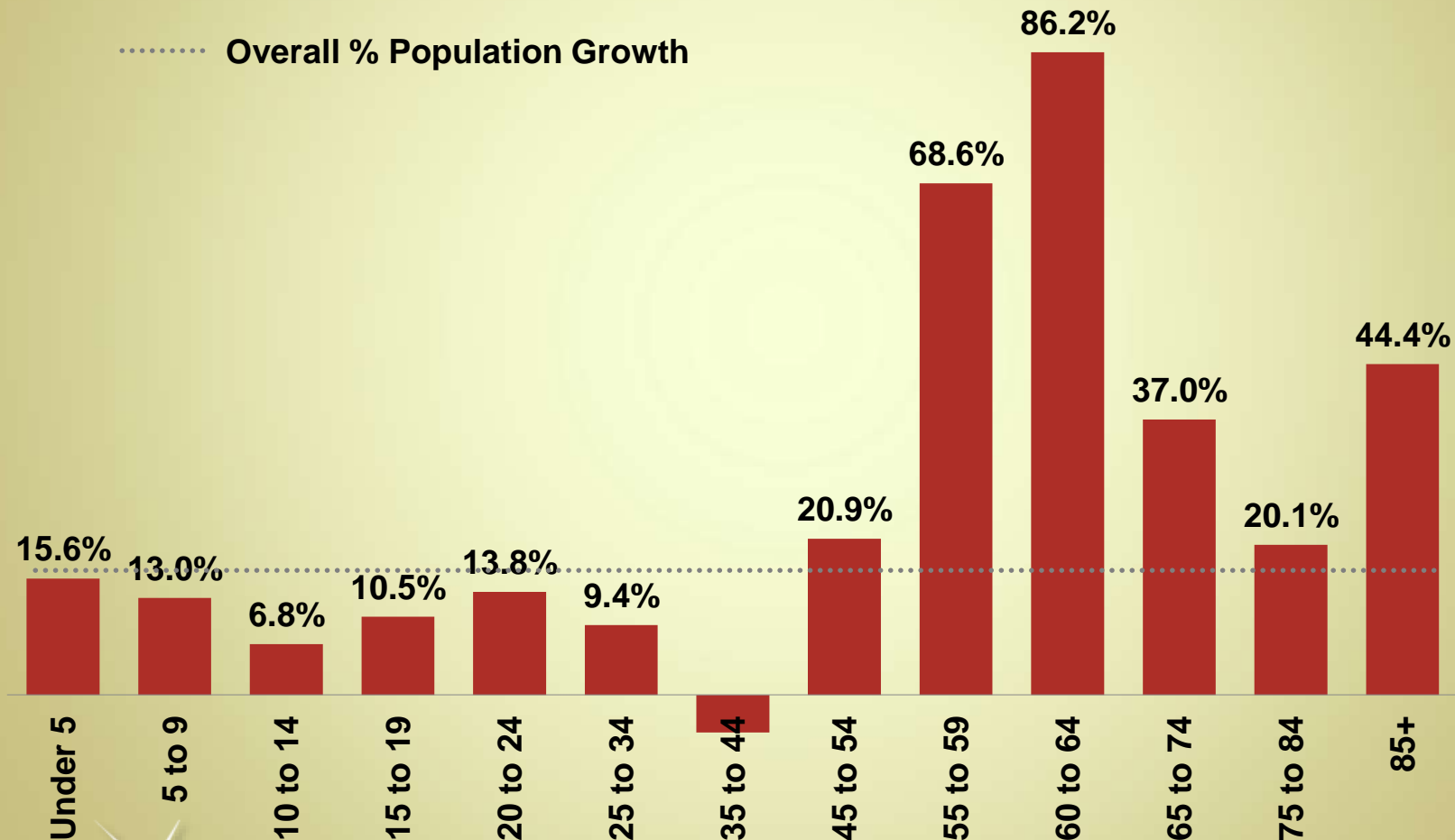
- **Nic Bateson – Public Works Director
Sheridan, WY**
- **Jeremy Matsen – Intern
Lyons, CO**
- **Nathan Mosley – Management Analyst
Wheat Ridge, CO**

Headlines – State Aging Demographics

- **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**

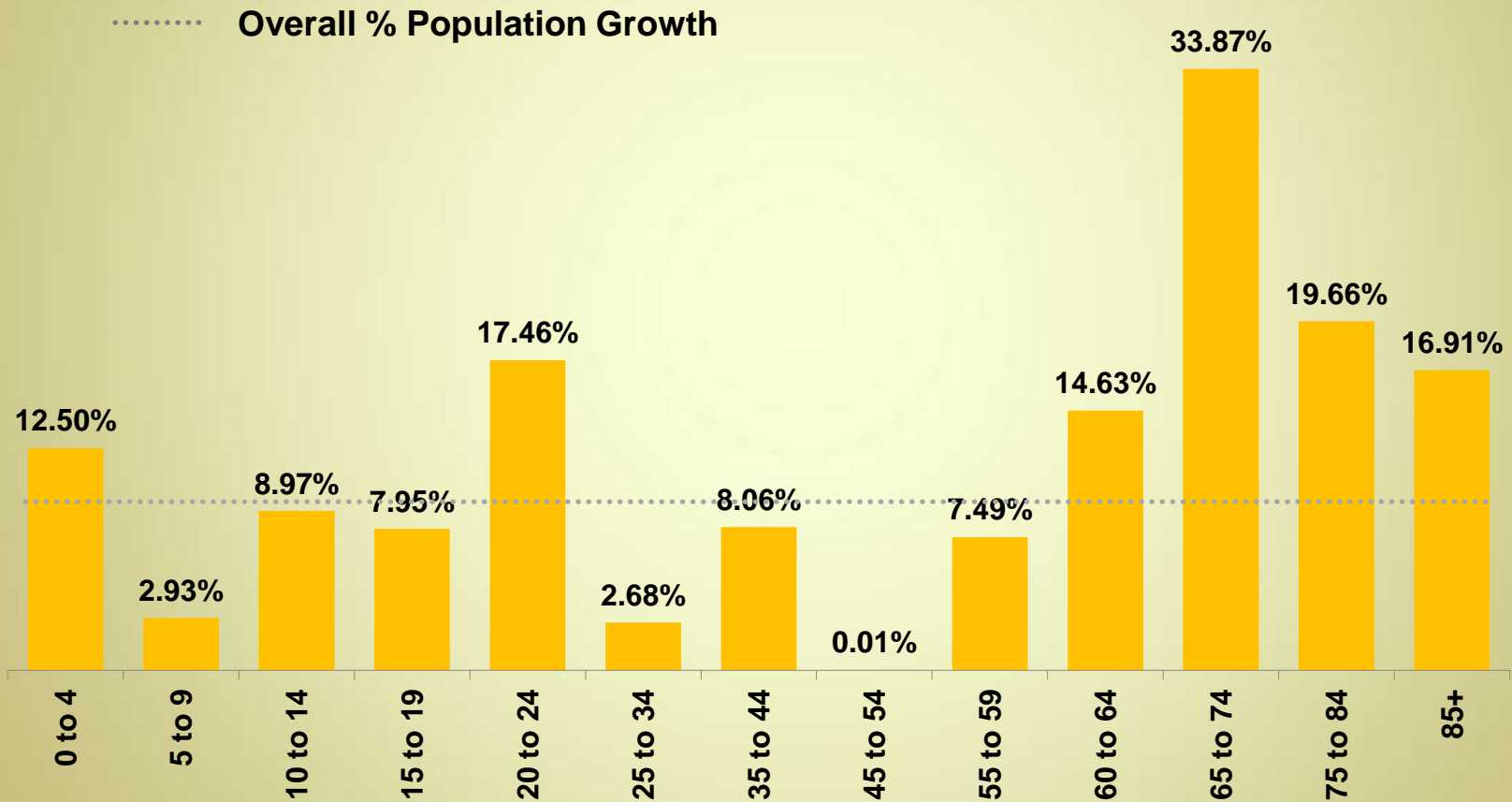
CO – Population Change by Age

(2000 – 2010)



CO – Population Change by Age

(2012 – 2017)



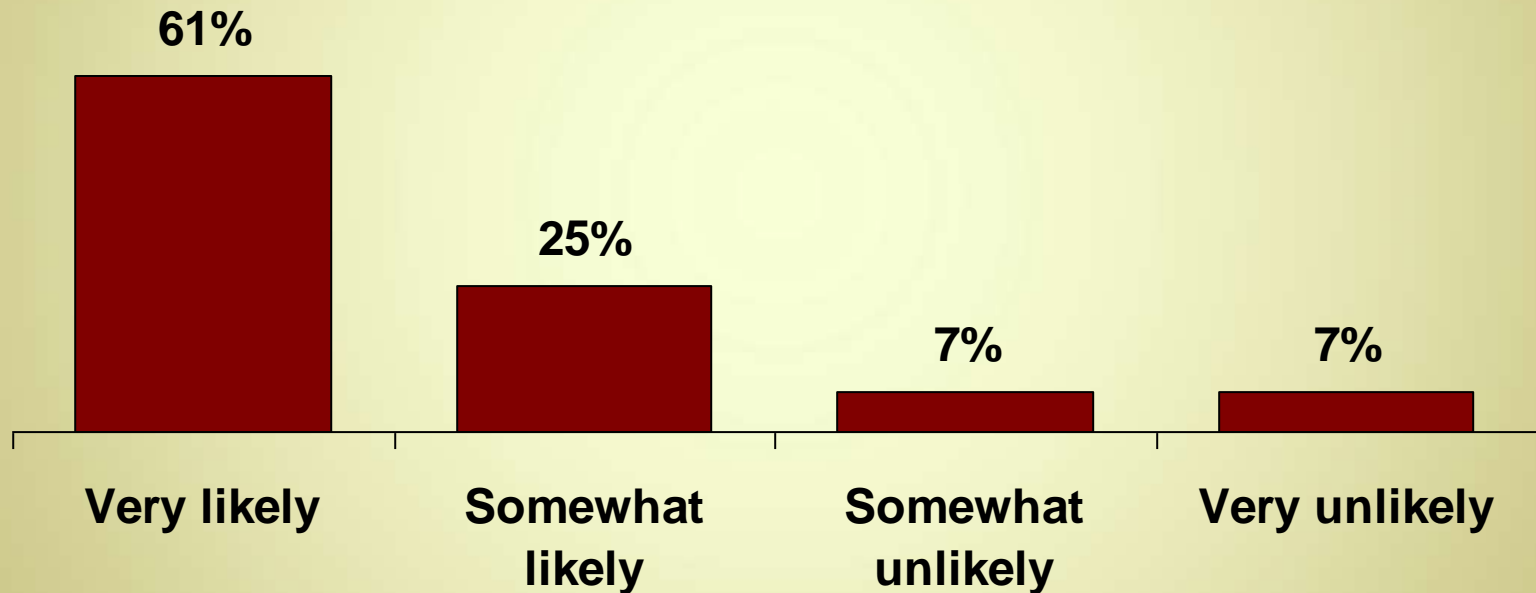
Source: State Demography Office

A map of Colorado showing its 64 counties. The counties are color-coded into four groups: dark red, light red, light orange, and blue. The dark red group includes counties such as Moffat, Routt, Jackson, Larimer, Weld, Grand, Boulder, Broomfield, Adams, Arapahoe, Douglas, Elbert, Teller, El Paso, Chaffee, Park, Lake, Eagle, Summit, Clear Creek, Jefferson, and Denver. The light red group includes Morgan, Washington, Yuma, Kit Carson, Lincoln, Cheyenne, Kiowa, Pueblo, Custer, Fremont, Saguache, Gunnison, Pitkin, Delta, Mesa, Montrose, Duray, San Miguel, Hinsdale, San Juan, Dolores, Montezuma, La Plata, Archuleta, Conejos, Costilla, Huerfano, Las Animas, and Baca. The light orange group includes Sedgwick, Phillips, Logan, Yuma, Kit Carson, Lincoln, Cheyenne, Kiowa, Pueblo, Custer, Fremont, Saguache, Gunnison, Pitkin, Delta, Mesa, Montrose, Duray, San Miguel, Hinsdale, San Juan, Dolores, Montezuma, La Plata, Archuleta, Conejos, Costilla, Huerfano, Las Animas, and Baca. The blue group includes Phillips, Lincoln, Cheyenne, and Baca. The city of Denver is marked with a white dot in the center of the state.

Rooted and Staying Put

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

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

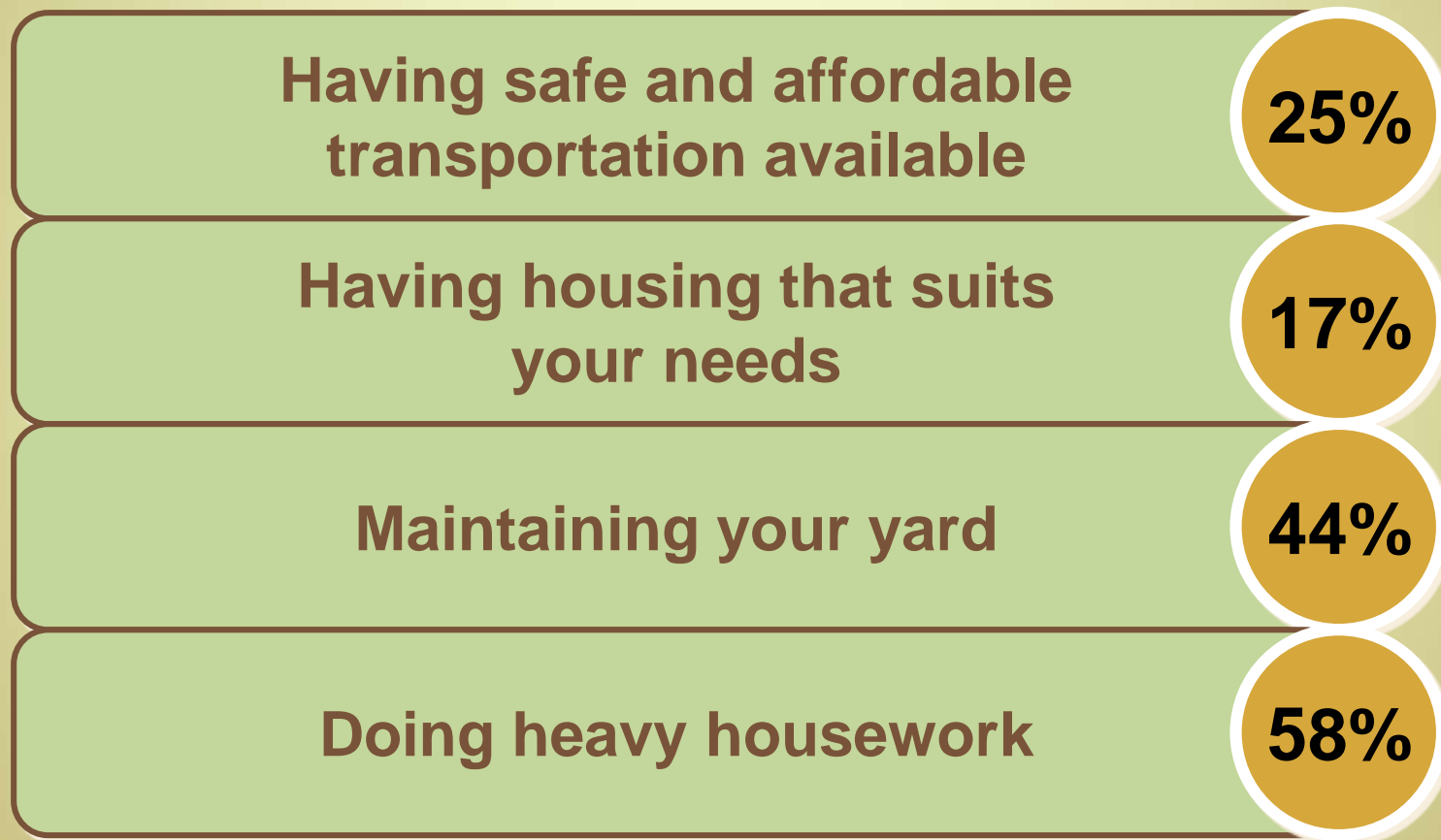


53% have lived in their community for more than 20 years

Community Design & Land Use Needs

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

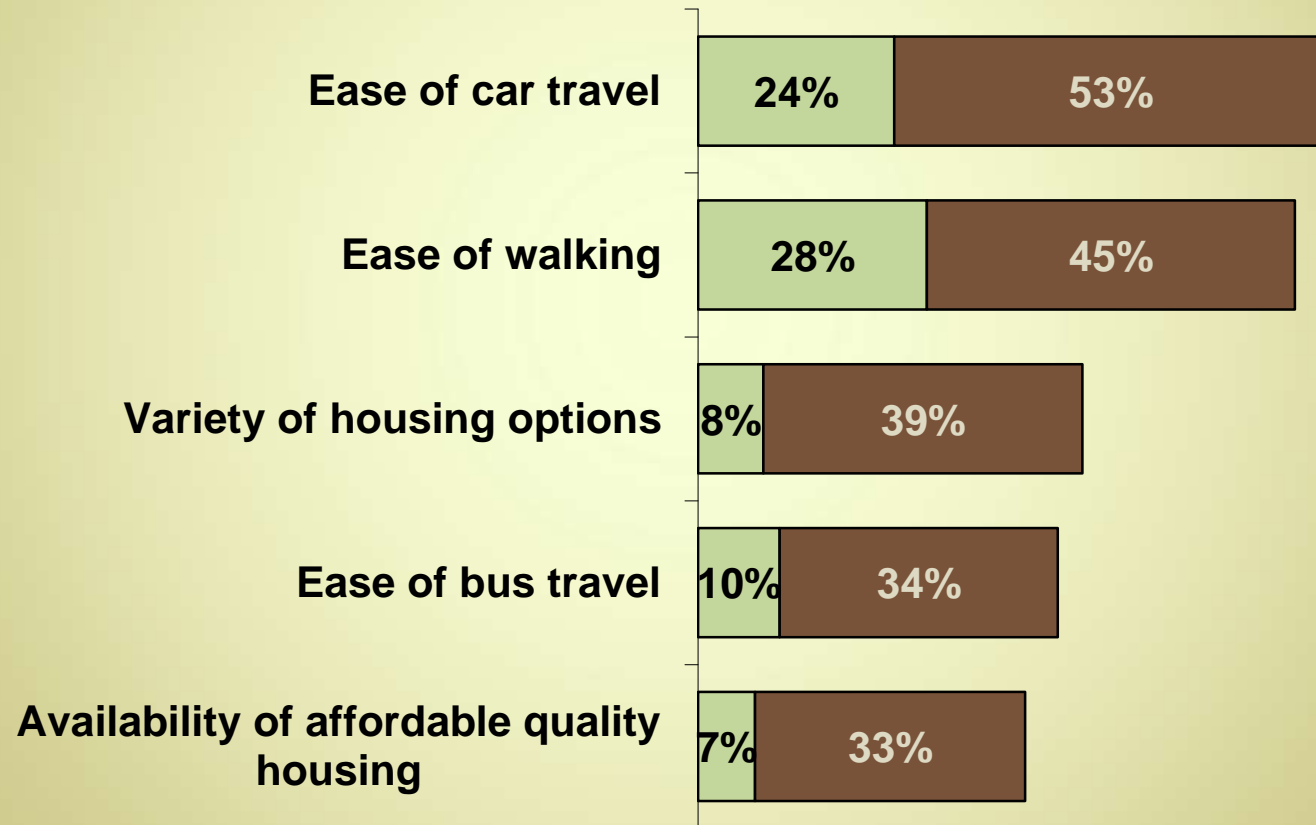
Percent at least a
“minor” problem



Community Design & Land Use Opportunities

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

□ Excellent ■ Good



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

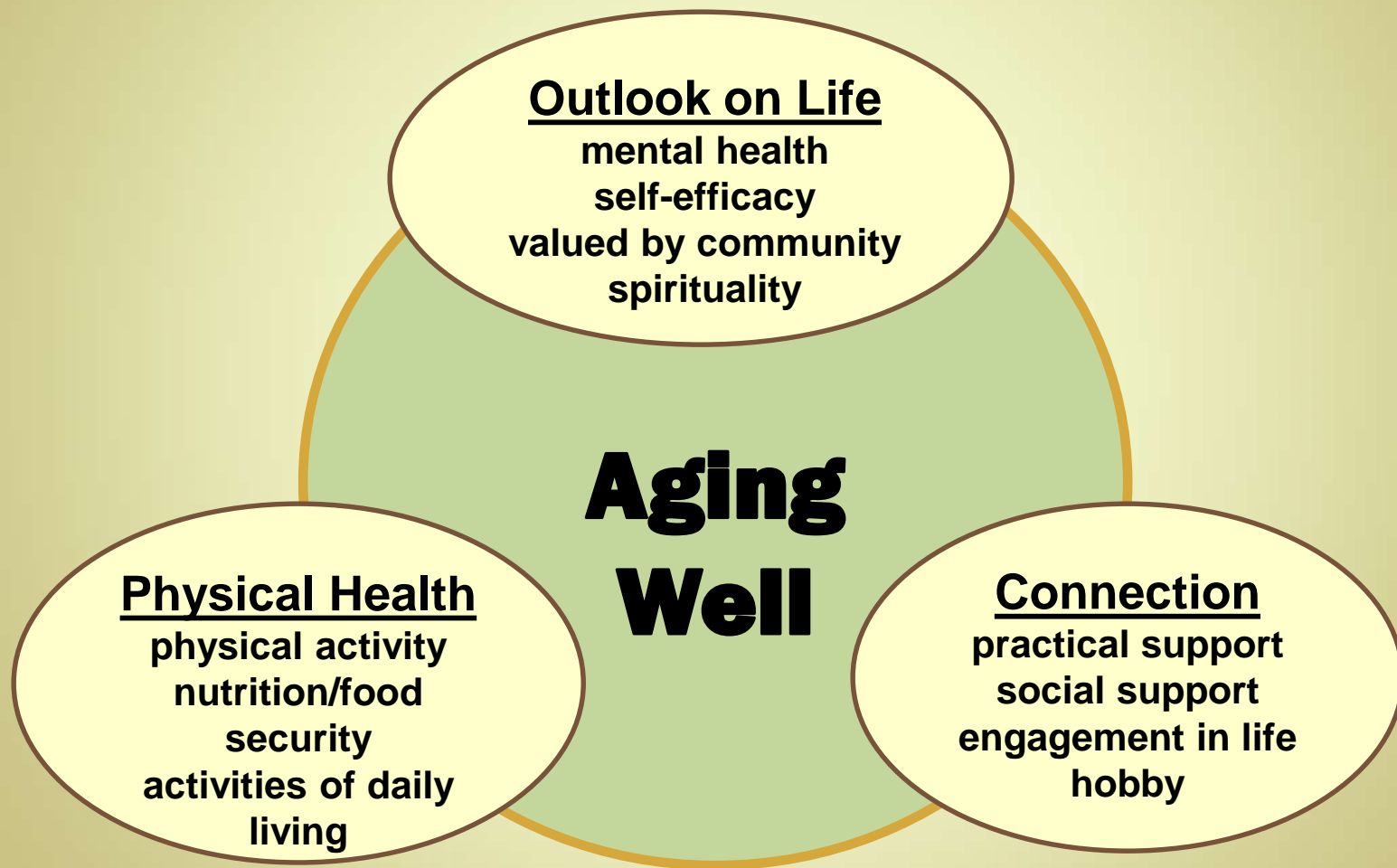
- **Chore/home repair**

- Assessments, installation, yard work, home repairs, etc.

- **Legal assistance**

- Legal representation, document preparation, counseling, etc.

Model for Aging Well



Community Design - Issues

- 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)



Housing - Issues

- 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



Mobility & Access - Issues

- 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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