

# Creating Community for a Lifetime

## Our Roadmap

### Recommended Outcomes and Goals

CCFL work groups studied Kent County data, reviewed current research and best practices, and developed recommendations in eight issue areas that will guide the community toward our vision of creating a community for all ages. These recommendations comprise a roadmap for Kent County<sup>1</sup>.

	Addresses Basic Needs	Optimizes Physical and Mental Health and Well-Being	Maximizes Independence	Promotes Social and Civic Engagement				
<b>Outcomes</b>	<p><b>Awareness of Services</b></p> <p>Older adults are linked to supportive services in the community to accommodate their changing needs.</p>	<p><b>Housing</b></p> <p>All parts of Kent County offer an array of safe and affordable housing options that meet the diverse needs and preferences of individuals as they age.</p>	<p><b>Access to Affordable Health Care</b></p> <p>Older adults can access affordable mental and physical health services, including medication.</p>	<p><b>Physical Activity and Nutrition</b></p> <p>Older adults enjoy a range of support, choices, and activities that ensure they remain healthy and active as long as possible.</p>	<p><b>Transportation</b></p> <p>Older adults have an array of transportation options that are safe and responsive to their needs and preferences.</p>	<p><b>Community-Based Services</b></p> <p>Older adults have opportunities and necessary supports to make choices and live independently.</p>	<p><b>Caregiving</b></p> <p>Personal, community and cultural supports for successful caregiving are strengthened.</p>	<p><b>Social and Civic Engagement</b></p> <p>Plentiful and diverse opportunities are available for older adults to remain fully engaged and make meaningful contributions to their communities.</p>
<b>Goals</b>	<p><b>Access</b></p> <p>Goal 1: Increase the number of older adults and their families who are aware of and have access to appropriate cultural- and age-sensitive information that enables them to make informed choices about community programs and services.</p> <p><b>Communication and Promotion</b></p> <p>Goal 2: Increase awareness among all parts of our community of the value and contributions of older adults as well as the services for older adults.</p> <p>Goal 3: Strengthen aging and health service provider capacity to receive and share information that is useful for diverse client populations.</p> <p><b>Empowerment</b></p> <p>Goal 4: Encourage community-wide recognition of the value of older adults.</p>	<p><b>Home Design and Modification</b></p> <p>Goal 1: Promote the design and modification of homes to meet the physical needs of individuals as they age.</p> <p><b>Housing Options</b></p> <p>Goal 2: Increase the range of housing options in all parts of Kent County—from community-based intergenerational options to age-segregated congregate facilities—that are available to individuals as they age.</p> <p><b>Affordability</b></p> <p>Goal 3: Increase older adults' access to an array of affordable housing options.</p> <p><b>Support and Services</b></p> <p>Goal 4: Establish an infrastructure for providing the necessary information and services to enable older adults to take advantage of an array of housing options.</p>	<p><b>Access</b></p> <p>Goal 1: Increase collaboration and integration of health care and social services in order to improve access.</p> <p><b>Elder Care Expertise</b></p> <p>Goal 2: Increase health care providers' expertise in elder care issues.</p> <p>Goal 3: Increase family and friend caregivers' knowledge, skills and support.</p> <p><b>Advocacy</b></p> <p>Goal 4: Increase community expertise and support advocacy efforts on issues related to health care and the expanding older population.</p> <p>Goal 5: Support efforts that educate and empower older adults to practice healthy behaviors.</p>	<p><b>Capacity-Building and Accountability</b></p> <p>Goal 1: Increase community capacity to deliver affordable, effective, and culturally appropriate health and wellness programs for older adults.</p> <p>Goal 2: Increase funding for planning and effective prevention programs.</p> <p>Goal 3: Improve program effectiveness through appropriate evaluation, utilizing professionals with expertise in prevention, community intervention and evaluation.</p> <p><b>Access</b></p> <p>Goal 4: Preserve independence through increased access to effective, evidence-based health and wellness programs targeted to meet the needs of people across the continuum of strength and frailty.</p> <p><b>Outreach</b></p> <p>Goal 5: Create a culture and environment that supports healthy choices.</p>	<p><b>Access</b></p> <p>Goal 1: Increase use of public fixed-route transportation.</p> <p>Goal 2: Improve usability and availability of specialized, point-to-point service programs such as the Go!Bus and other specialized and volunteer transportation programs.</p> <p>Goal 3: Support informal transportation options.</p> <p><b>Partnership and Advocacy</b></p> <p>Goal 4: Improve transportation options through partnerships and advocacy.</p> <p><b>Driver's Safety</b></p> <p>Goal 5: Protect older adults and the community from driving injuries and accidents.</p>	<p><b>User-Friendly Service System</b></p> <p>Goal 1: Increase collaboration and integration of health care and social services in order to improve access for customers and formal and informal caregivers.</p> <p><b>Adequate, Sustainable and Diverse Funding</b></p> <p>Goal 2: Assure adequate resources directed to maintaining quality of life for long term living.</p> <p><b>Customer Choice</b></p> <p>Goal 3: Preserve independence through development of a service system that supports self-determination and provides customer education, autonomy and informed choice.</p> <p><b>Evidence-Based Practices</b></p> <p>Goal 4: Provide effective services, particularly prevention services, through use of scientifically-tested practices that have evidence-based support.</p>	<p><b>Outreach and Access</b></p> <p>Goal 1: Increase the number of caregivers who have access to and receive appropriate caregiver information and support.</p> <p><b>Advocacy</b></p> <p>Goal 2: Encourage community-wide recognition of the contributions of family caregivers and advocate for enhanced support.</p> <p><b>Caregiver Services, Choices and Convenience</b></p> <p>Goal 3: Increase the number of caregivers who utilize caregiver education and support services.</p>	<p><b>Connections and Contributions</b></p> <p>Goal 1: Increase the number of older adults involved in formal and informal volunteer activities.</p> <p>Goal 2: Increase civic involvement of older adults in efforts to improve the quality of life in Kent County.</p> <p>Goal 3: Develop a social marketing campaign/communication plan that confronts aging stereotypes and promotes a culture of engagement, vitality and activity based on contributions of older adults.</p> <p>Goal 4: Foster meaningful connections with family, neighbors and friends and increase awareness of mutual assistance that occurs between generations.</p> <p><b>Lifelong Learning</b></p> <p>Goal 5: Increase learning opportunities for older adults.</p> <p>Goal 6: Increase collaboration among existing providers of older adult education.</p> <p><b>Employment</b></p> <p>Goal 7: Provide opportunities for meaningful work for older adults.</p> <p>Goal 8: Increase older adults' work-related skills through training.</p>

<sup>1</sup> For a detailed discussion of each of these goals, see the full Creating Community for a Lifetime Phase II Report at [www.community4alifetime.org](http://www.community4alifetime.org).