

**Alexandria Commission on Aging
Ad Hoc Committee Meeting
May 06, 2019, 11am
5505 Duke Street, Alexandria, VA 22304
Beatley Library, Patrick O'Brien Small Conference Room**

COA Focus

1. Serves as the principal advocate for issues relating to aging and promotes the implementation of the Older Americans Act and other age-pertinent laws and policies in Alexandria and the Commonwealth of Virginia.
2. The Commission advances programs and services that address the needs of older Alexandrians, especially for (but not exclusively) low-income citizens

Source: <https://www.alexandriava.gov/boards/info/default.aspx?id=36530>

Age Friendly Plan 2019-2021: Alexandria City

In June 2017, the City of Alexandria applied to and was accepted in the AARP/World Health Organization/AARP Network of Age-Friendly Communities. Alexandria was the first community in Virginia to be accepted in the Network, and the City thereby gained access to a national forum for the exchange of information and an abundance of ideas and programs. Alexandria then had two years to develop an Age-Friendly Plan. In 2012, the City had adopted a "Strategic Plan on Aging, 2013 – 2017, The Alexandria of Our Future: A Livable Community for All Ages". This Age-Friendly Plan is an excellent continuation of the work to advance Alexandria's accommodation of the needs of its older residents.

Planning for older residents encompasses the need of the entire community. What is good for older adults also benefits the young and everyone in between. Although its attention is directed to aging, the Age-Friendly Plan focuses on a livable community for all ages. The plan highlights activities in the following domains of livability: (1) social participation and respect and social inclusion; (2) housing; (3) transportation; (4) communications; (5) health and community services; and (6) civic participation and employment.

Source: Age Friendly Plan For A Livable Community, Alexandria, VA 2019-2021, prepared by COA June 2018, p. 7 (Executive Summary)

AGENDA

1. **Call to Order**
2. **Purpose of Meeting: Preparation for Joint Work Session with COA and members of City Council-TBA**
 - A. **Overview of the Commission on Aging in general and its work**
 - B. **Summary of the Age Friendly Plan**
 - C. **Highlight policies the commission on Aging perceives as important as council moves forward in its mission**
3. **Work Session Protocol-role clarity: lead, welcome, introductions, no crosstalk, domain discussion leaders, recorder(s)?**
4. **Discussion items**
 - A. **Overview of COA's work: mission focus, goals, objectives, actions and strategies**
 - B. **Segue to Summary of the Alexandria Age Friendly Plan 2019-2021**
 - (1) Background
 - (2) 2018 Domain Goals & Accomplishments – see COA Annual Report
 - (3) 2019 Domain Goals & Accomplishments to date
 - (4) 2020 Domain Goals
 - (5) 2021 Domain Goals
 - C. **Policies recommended/adopted/contemplated**
4. **Action Items – how to achieve goals (desired outcomes)**
 - A. **Domain Education**
 - (1) Proposed
 - (2) Actual
 - B. **Domain Training**
 - (1) Proposed
 - (2) Actual
 - C. **Domain Policy**
 - (1) Proposed

(2) Actual

D. Domain Resources needed

(1) Proposed

(2) Actual

5. Recap/wrap-up – next steps

6. Adjourn

FEEDBACK THUS FAR

COA Mbr Suggestions for COA presentation to City Council

Agreed. I think we could do a Power Point with goals and objectives, and the accomplishments under each of the goals. This should not be difficult to do as we have all the information ready.

More later!

Jane

For the meeting on Monday, I suggest that the COA include a brief background on the development of the plan, perhaps an expansion of what I presented in Charlottesville (text copied below). I think it might be good to give copies of the 1st quarter accomplishments that Jane has compiled, if the group deems that appropriate. Thanks.

**Alexandria’s Age Friendly Community Plan
By COA Representative Bob Eiffert**

The 21-member Alexandria Commission on Aging (COA) led the development of the City’s Age Friendly Community Plan. During a 2-year planning process, AARP conducted a community survey of over 500 older Alexandrians to learn their concerns. The COA then held two community forums to assess concerns and priorities from among the survey responses and to ascertain any others. Using this data and the eight “domains” of an Age Friendly plan, the COA and its committees began to systematically address each of the domains and assign the appropriate community concerns to each. Using the Boston plan as a model, the committees prepared detailed action charts to address the needs identified. Commission members and others then drafted the text of the plan. When the draft was completed, the COA presented it to the City Manager, who assigned the various sections to the appropriate City departments for their review, and to align the plan with their individual plans and the City’s master plan. The departments provided significant and substantive feedback that the COA incorporated into the plan. It then went to City Council for their approval and adoption of the plan in May 2018 for implementation beginning in 2019. AARP approved the plan in June 2018. The COA committees are now implementing the plan or working with other appropriate City departments and agencies and to assure that the plan is implemented. The plan is for a 3-year period that lasts through 2021, when the process will be repeated. The plan can be found at [add link].

DISCUSSION & ACTION ITEM DETAILS

Prepare Read Ahead Packets For Mayor & City Council Mbrs – find out date/time/place of work session?

1. Copies of Alexandria’s Age Friendly Plan
2. Copies of COA Annual Reports that address Age Friendly Plan

3. Copy of Tasking Communication from Mayor & Members of City Council

4. Roster of COA with Domain Contacts

5. ADD Info Paper explaining differences in original Plan domains from present day domains

Consider/Suggest On-Site Resources?

6. Knowledgeable guests or subject matter experts from local area – pro bono
7. Do you want a Session Facilitator from AARP: if yes, who – pro bono

8. Do you want copies of Age Friendly Plans from other cities on hand? If yes, which one's?