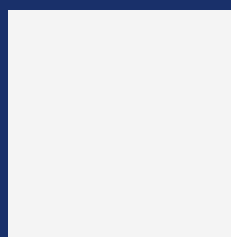


The Assets and Opportunities for Aging in Upper Arlington



**August
2021**

Introduction

The community assessment was conducted through the Upper Arlington Commission on Aging with support from staff and students of Age-Friendly Columbus and Franklin County, the Upper Arlington Commission on Aging Board of Directors and ETC Institute to help define the perceived needs and assets of older adults living within the community of Upper Arlington, Ohio.

The Upper Arlington Commission on Aging (UACOA) is a nonprofit organization whose mission is to “serve as the informed voice empowering, educating and enriching the lives of Upper Arlington residents as we age.” Programs provided by the UACOA include educational based outreach, various programs, and connection to community-based services. The UACOA is composed of one part-time executive director, a board of directors, and additional community volunteers. It is important to also note that the UACOA works closely with Upper Arlington city staff, elected officials, and other organizations to provide older adults with valuable information on services available to them and connect them properly to others when needed.

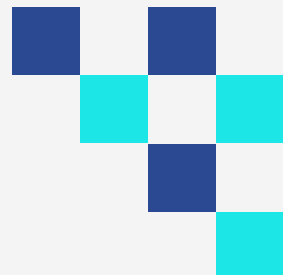
This assessment is made possible by the generous support of the Upper Arlington Community Foundation and the Upper Arlington Senior Association, Senior Advisory Council.



UPPER ARLINGTON SENIOR ASSOCIATION
Senior Advisory Council

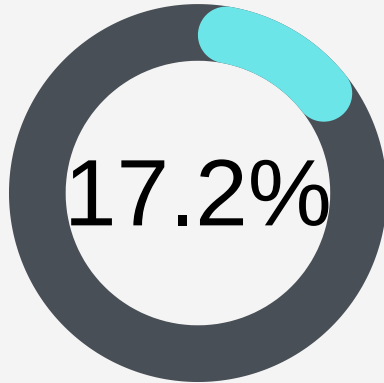
The UA Commission on Aging will utilize the assessment results collected to increase current programming or create new programming to best serve Upper Arlington older adults in alignment with our mission.

The mission pillars of Empower, Educate and Enrich organize a list of programs and services offered by the UA Commission on Aging on the following pages. Some are current programs, while others will be new to UACOA. Each list is then supported by data from the survey and themes or quotes from the open-ended responses.



At a glance

65+ population

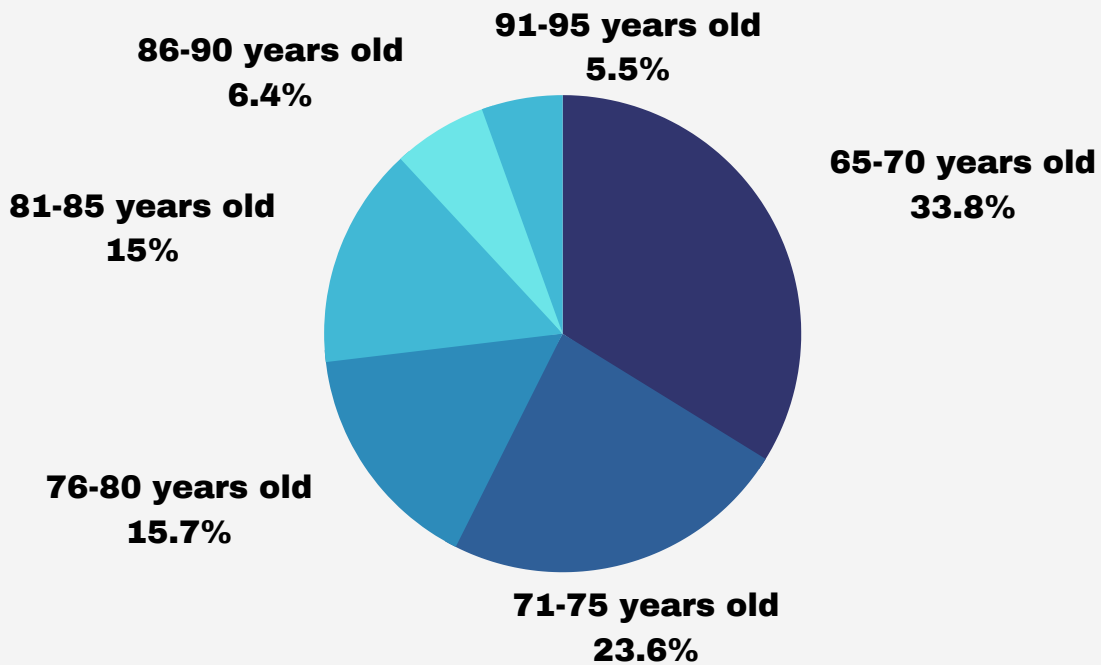


residents responded



6,044 people living in Upper Arlington aged 65 and older (US Census Bureau, 2019), or 17.16% of the total Upper Arlington population.

Demographic breakdown of survey respondents



To read the full report, visit www.uacoa.com



EMPOWER

Support residents who want to remain in their homes as they age by providing a variety of choices in programs and services

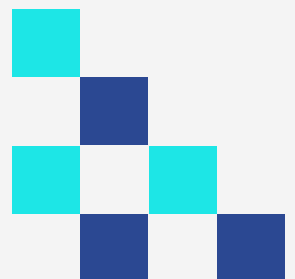
- Coordinate volunteer support for outdoor home maintenance.
- Coordinate paid support for outdoor home maintenance.
- Coordinate trainings and resources to support drivers such as CarFit events, adaptive devices, car modifications, and Stay Fit to Drive publications.
- Coordinate trainings and resources to support alternative/active transportation and other mobility options such as walking, biking, riding the bus, or scheduling an e-hail.
- Advocate for program, policy or other necessary changes as identified by residents and share opportunities for residents to advocate (ie. Focus groups, surveys by agencies).



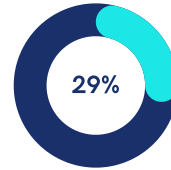
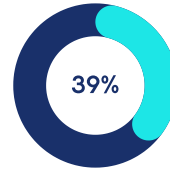
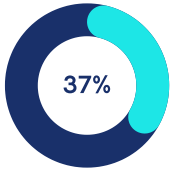
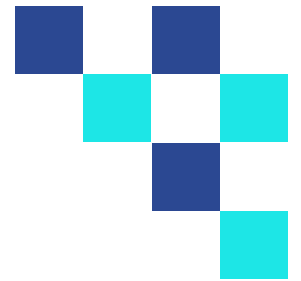
What else would you like us to know about getting around Upper Arlington?



"It would be great if there was UA public transport. Maybe a trolley or something from Kingsdale to Lane (Avenue) stopping at libraries and grocery stores."



EMPOWER



81.3% of survey respondents indicated it is very important to them that they be able to remain in their current home as they age.

37% of survey respondents indicated they feel very confident that they will be able to get the help needed to live in their current residence; 44% are somewhat confident.

70.0% of survey respondents indicated they have others help them maintain the outside of their house.

10.3% of survey respondents indicated they are currently a caregiver providing unpaid care for someone else.

39% of survey respondents feel Upper Arlington offers opportunities for older adults to participate in decision making bodies such as committees or councils.

29% of survey respondents feel Upper Arlington offers opportunities to discuss issues that arise as we age.

19% of survey respondents feel Upper Arlington offers transportation to/from places they want to go.

What services for older residents would you like to have in Upper Arlington?



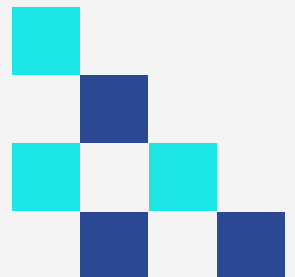
Social activities with seniors where we meet people with similar interests.



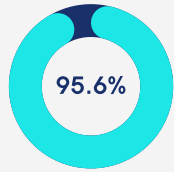
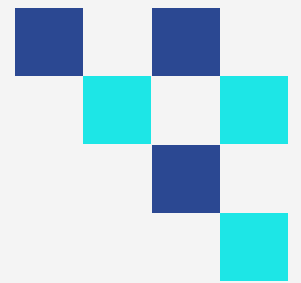
EDUCATE

Increase knowledge and connection to information and resources

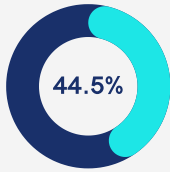
- Create a new UACOA website to increase accessibility, clarity, and connection to resources and programming.
- Create Upper Arlington Aging Resources information sheet that clarifies the services provided by UACOA, Senior Center, Syntero, and UA CARES and contact information for each. Utilize this information sheet for a “no wrong door” approach to all calls, with each agency agreeing to answer questions and then refer to the most appropriate agency.
- Create and distribute the Resource Guide every two years.
- Create and distribute the Silver Threads newsletter quarterly, through mail, email, social media, and website.
- Coordinate speakers for topics of interest identified by older residents.
- Coordinate walk, park, and business audits to be completed by residents of all ages and abilities to create a list of accessible or age-friendly places.
- Advocate for program, policy or other necessary changes as identified by residents and share opportunities for residents to advocate (ie. Focus groups, surveys by agencies).



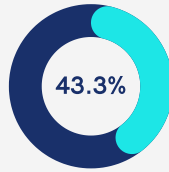
EDUCATE



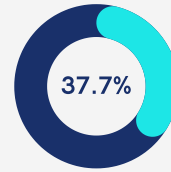
95.6% of survey respondents indicated they have access to the internet.



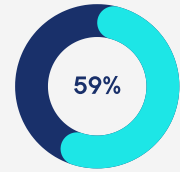
44.5% of survey respondents can afford the help they need.



43.3% of survey respondents know where to go or whom to call.



37.7% of survey respondents can find someone to answer their question(s).



59% of survey respondents feel Upper Arlington offers easy to find information.

What services for older residents would you like to have in Upper Arlington?



...stay in my home but join a group that includes trustworthy businesses that could provide handyman services, lawn services, painting, plumbing, and other items that homeowners need to maintain their homes.



ENRICH

Increase opportunities for purposeful engagement and socialization

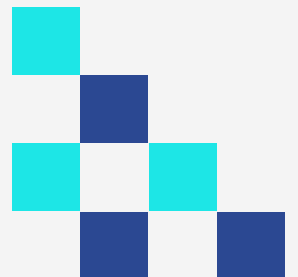
- Create on-going meetings and other opportunities for older residents to voice their challenges, ideas for solutions, and interests for programming.
- Create intergenerational programs such as Tech Tuesdays with UA High School students and the Upper Arlington Public Library.
- Coordinate consistent, informal opportunities for peers to meet and connect (Coffee chats, lunch meetings, caregiver meet-ups, movies, etc) that are identified as places of interest by older residents.
- Create and promote a list of accessible places to socialize (based on audits as listed above).



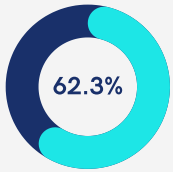
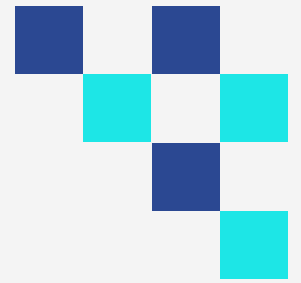
What other thoughts or concerns do you want to share with the Commission ?



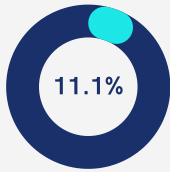
I love living here in my house but will not be able to stay once I cannot drive.



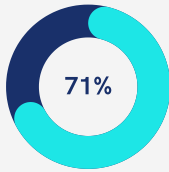
ENRICH



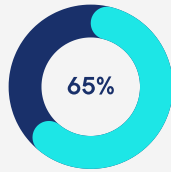
62.3% of survey respondents indicated they either strongly agree or agree with the statement "There are negative stereotypes about older adults".



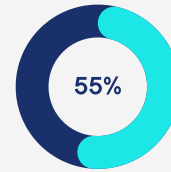
Only 11.1% of survey respondents disagree or strongly disagree with the statement "There are negative stereotypes about older adults".



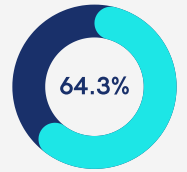
71% of survey respondents feel Upper Arlington offers activities that are accessible.



65% of survey respondents feel Upper Arlington offers activities that both younger and older people can enjoy.



55% of survey respondents feel Upper Arlington offers places to socialize.



Since the COVID-19 outbreak, 64.3% of residents surveyed indicated they feel more socially isolated.

What services for older residents would you like to have in Upper Arlington?



Maybe think of ways to value older residents and make them an integral part of the community and not a subset.



What other thoughts or concerns do you want to share with the Commission?



*Older and younger residents should be friendlier.
We need a stop ageism committee.
Expand our awareness of factors impacting society.*



A cornerstone of our work is understanding the needs of our older adult population, then meeting those needs through program, service, and advocacy efforts. Thank you to everyone who participated in this assessment. We look forward to continuing to listen to community needs and working together to create solutions.

To read the full report, or for a list of our services visit www.uacoa.com. For questions or additional information call (614) 583-5326.

Our organization is funded by the City of Upper Arlington, Franklin County Office on Aging, sponsors and private donations. We work in partnership with many local agencies including the Upper Arlington Senior Center, City of Upper Arlington Police and Fire divisions and the CARES program. The assessment was supported by the Upper Arlington Community Foundation and the Upper Arlington Senior Association, Senior Advisory Council.

