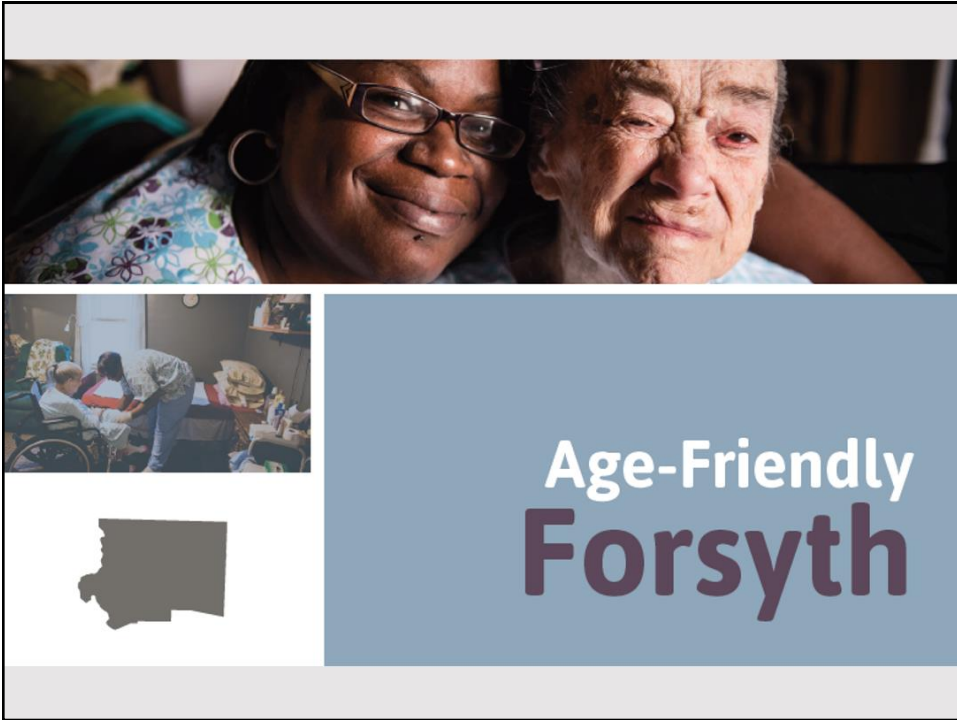




## Just What the Doctor Ordered: Healthcare Through State Advocacy



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**OUR VISION**

**Aging adults in Forsyth County are living their best lives.**

**WHAT WE DO**



**Age-Friendly Forsyth** connects, informs, and engages aging adults and community partners to create a livable community through collaborative planning and action.

**Focus areas include:**

- Physical and Mental Health
- Financial Health
- Housing and Safety
- Accessibility and Mobility
- Support Network
- Empowerment and Engagement



# History

- CEOs from 4 prominent entities in Forsyth County held a meeting, resulting with an edict to elevate topic of aging



# Timeline

Data Collection and Research	Age-Friendly Forsyth Planning	Next Steps
<ul style="list-style-type: none"> <li>• Community Survey</li> <li>• Community Conversations Events</li> <li>• Community Report on Aging in Forsyth County</li> <li>• Community Planning Symposium</li> </ul>	<ul style="list-style-type: none"> <li>• Built out process for collective action planning</li> <li>• Developed the partnership structure and resident engagement plan</li> </ul>	<ul style="list-style-type: none"> <li>• Develop Resident Council</li> <li>• Enact Resident Engagement Plan</li> <li>• Begin Service System Mapping</li> <li>• Prioritize Focus Areas</li> <li>• Begin Setting Collective Goals/Take Action</li> </ul>

Over 1,500 organizational and community members have been involved in the process.

## Key Findings

### Aging adults positively perceive:

- Access to health care
- The availability of food options
- Their ability to influence decision-making in Forsyth County
- Personal safety

### Neighborhood issue areas include:

- Need for improved public transportation
- Streets and sidewalks needing repair
- Heavy traffic
- Inadequate number of benches
- Lack of a sense of community

### Home repair/modification needs:

- Minor repairs
- Help with uncluttering
- Grab bar installation

### Wellness-related challenges:

- Not consuming enough fruits and vegetables
- Not exercising enough
- Pain as a barrier to exercise and daily activities
- Falls that result in injury

### Caregiver relief issues related to:

- Mindsets such as guilt, lack of trust, and pride
- Availability and cost of caregiver relief services
- Unaware of resources
- Too few caregiver support groups

### Better awareness of services for:

- Home repairs or home modifications
- Caregiver relief
- Senior lunch programs
- Home delivery of groceries and meals
- Outdoor maintenance

## Key Findings



### Challenges faced by at-risk groups:

- Increased income shortfalls
- Higher negative perception of personal health
- Higher emergency room usage
- Decreased housing stability
- Increased home repair/modification needs
- Increased public transportation usage
- Increased mobility device usage

# Developing Partnerships

<b>Research Collaborative</b> 50 Organizations/107 People	<b>Community Members • Corporate • Education • Health Care • Non-Profits • Philanthropic</b>
<b>Age-Friendly Forsyth Planning</b> 32 Organizations	<b>Corporate • Education • Health Care • Non-Profits • Philanthropic</b>
<b>Leadership Team</b> 13 Organizations/5 Seats Held for Residents	<b>Community Members • Corporate • Health Care • Non-Profits • Philanthropic</b>

# Benefits for Partner Organizations



## Structure



- **The Leadership Team**, comprised of the funding partners and residents, is responsible for maintaining the initiative structure and serve as champions/spokespeople.
- **The Resident Council** consists of committed residents aged 60 or older (or their caregivers) who geographically represent the County's aging population.
- The Resident Council will help drive initiative work, as well as be a bridge to community members through **local resident groups**, which include existing community volunteer groups and residents who would like to be involved.
- **Issue-specific teams** comprised of residents and organizational representatives will ultimately be built around the six focus areas. Teams will be responsible for making data-informed decisions around priorities and action.
- **Advisory Groups** include the faith-based community, as well as the Aging Services Planning Committee.

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## Self-Funded Collective Impact





## Resident Engagement

## Resident Engagement



- **Issue-specific teams comprised of residents and organizational representatives will ultimately be built around the six focus areas.**



## Opportunities for Residents

### Resident Engagement

Traditional methods such as round-table discussions, focus groups, surveys

Community events/meet and greets

Monthly meetings with the resident committee member

On-the-ground work happening within action networks

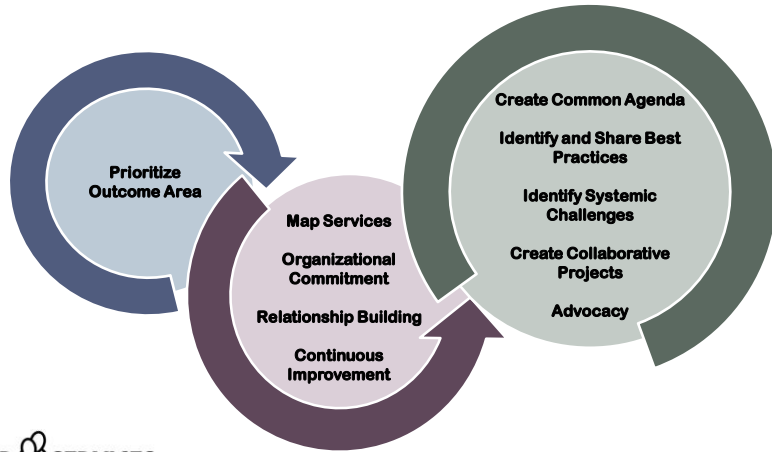
## Developing Resident Leaders



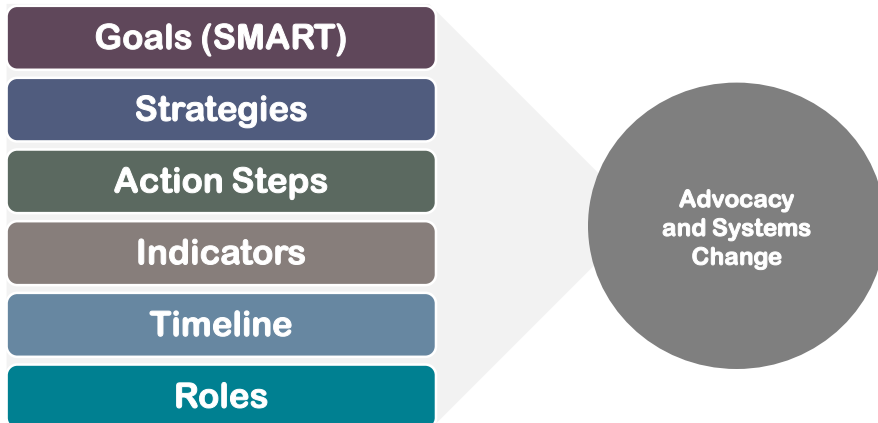
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# Systems Change Process



# Community Plan



## Questions and Comments

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