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

<table>
<thead>
<tr>
<th>Data Collection and Research</th>
<th>Age-Friendly Forsyth Planning</th>
<th>Next Steps</th>
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</thead>
<tbody>
<tr>
<td>• Community Survey</td>
<td>• Built out process for collective action planning</td>
<td>• Develop Resident Council</td>
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<td>• Community Conversations Events</td>
<td>• Developed the partnership structure and resident engagement plan</td>
<td>• Enact Resident Engagement Plan</td>
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<td>• Community Report on Aging in Forsyth County</td>
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<td>• Begin Service System Mapping</td>
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<td>• Community Planning Symposium</td>
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<td>• Prioritize Focus Areas</td>
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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

- **Research Collaborative**
  - 50 Organizations/107 People
  - Community Members • Corporate • Education • Health Care • Non-Profits • Philanthropic

- **Age-Friendly Forsyth Planning**
  - 32 Organizations
  - Corporate • Education • Health Care • Non-Profits • Philanthropic

- **Leadership Team**
  - 13 Organizations/5 Seats Held for Residents
  - Community Members • Corporate • Health Care • Non-Profits • Philanthropic

Benefits for Partner Organizations

- Continuous improvement support
- Participating in developing a common agenda
- Alignment and collaboration opportunities
- Meaningful connection with residents
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.

Self-Funded Collective Impact

- Greater Buy-In and Commitment
- Enhanced Sustainability
- Shared Accountability
Resident Engagement

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

Resident Council

- Committed residents aged 60 or older (or their caregivers)
- Helps drive initiative work
- Bridge to community members through local resident groups
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
- Facilitation
- Advocacy
- Convening and Engaging Residents
- Resident Council
- Data and Research Findings
- Equity and Diversity
- Collaboration
Systems Change Process

- Prioritize Outcome Area
- Map Services
- Organizational Commitment
- Relationship Building
- Continuous Improvement
- Create Common Agenda
- Identify and Share Best Practices
- Identify Systemic Challenges
- Create Collaborative Projects
- Advocacy

Community Plan

- Goals (SMART)
- Strategies
- Action Steps
- Indicators
- Timeline
- Roles

Advocacy and Systems Change
Questions and Comments

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