



BROADWAY
PROMENADE
CONDOMINIUM ASSOCIATION

AGING IN THE RIGHT PLACE FORUM

Wednesday, January 8, 2020

9:30 AM to 12:00 PM

Lunch Included

Broadway Promenade

Sarasota, FL



AGING IN THE RIGHT PLACE FORUM AGENDA

- **INTRODUCTION - BOB PIROLLO & DON FITTS**
- **AREA AGING ORGANIZATIONS AND TRENDS - BARBARA COGSWELL**
- **YOUR AGING IN PLACE LIVING ENVIRONMENT - CHUCK VOLLMER**
- **AGING IN PLACE SERVICES/RESOURCES - KATHLEEN HOUSEWEART**
- **Q & A**
- **LUNCH AND ADJOURN**

SPONSORS



Area Aging Organizations, Initiatives, and Trends

Barbara Cogswell
Owner, A Better Solution Home Health
Chair, Sarasota Senior Advisory Council

Sarasota County Demographics

The 2019 county population is estimated to be approximately 426,000 permanent residents. During the winter months, the local population can increase to over 500,000.

Resident Population: 426,275

Est. Seasonal Population: 90,000

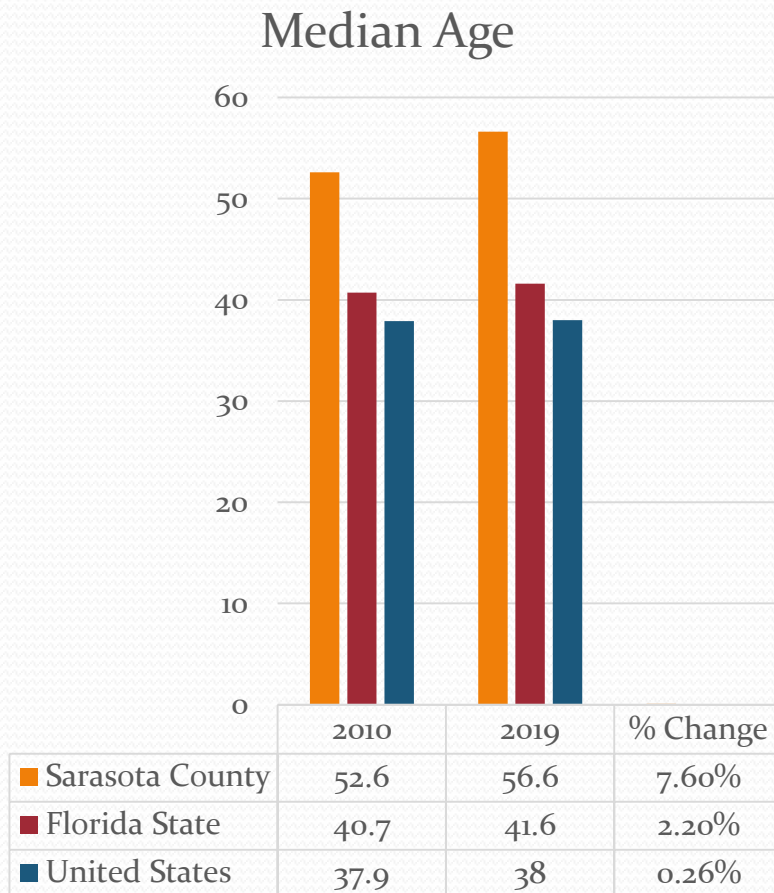
Median Household Income: \$61,683

Median Age: 56.6

1 in 3 Residents are now 65 or older

Source: Florida Bureau of Economic and Business Research, 2019 (Resident Population). All other values: U.S. Census Bureau, 2018 American Community Survey 1-Year Estimates

Sarasota County, where do we stand and where are we going...



- The median age increased more rapidly in Florida than the nation as a whole, with Sarasota aging even faster than the rest of the state.
- A key factor is an uptick in the number of retirees moving south, with Sarasota County being a popular choice.
- Over the next 30 years, the fastest-growing demographic in Sarasota County will be people 80 and older; their numbers will double. By 2045, one in every five Sarasota County residents will be 80 or older.

What is Sarasota County doing to accommodate our aging population... a lot!

- 1st County in the state of Florida to be designated Age Friendly by the World Health Organization (WHO)
- State of Florida was given this designation in late 2019
- Sarasota County has a Senior Advisory Council (SAC)
- Hired a County Aging System Policy Coordinator
- Senior Friendship Center & Other Not-For-Profits offering many Valuable Services
- Department of Elder Affairs (DCF)
- Area Agency on Aging (AAA)
- Community Alliance: Stakeholders in Aging
- Dementia Care and Cure Initiative
- Herald Tribune Weekly Articles – Aging in the Right Place

Age-Friendly Designation

www.agefriendlysarasota.org

The World Health Organization (WHO) in order to promote the Age-Friendly initiative created the designation for communities who have the desire and commitment to promote healthy, active, and good quality of life for their older residents.

Sarasota was the 1st in the state of Florida to receive this designation.

Accomplishments

- With the support of The Patterson Foundation fall of 2016 Sarasota became Age-Friendly
- Hosted the Age Friendly Festival w/4,000+ Attendees & 125 participating organizations
- Link to Age Friendly Progress Report and Action Plan:
http://www.agefriendlysarasota.org/images/Age-Friendly-Sarasota-Action-Plan-Progress-2018-Draft_7-20-18.pdf
- Mobi-Mat Installed at Siesta Key Beach
- Increase awareness and enhance Intergenerational Activities
- Increased communication and access to not-for-profit and senior oriented businesses in the community

The Commitment

- **Connect, Learn, Share, Evolve, and Strengthen**
To truly create this movement, we must come together and connect as a community. We need to learn from each other, share experiences, and evolve to strengthen our community so that it is livable for all ages.

- **Active Aging**
To reduce ageism, we must identify and pursue possibilities for the well-being and participation of people as they age, including the incorporation of intergenerational activities between youth and elders.

- **It Takes a Village**
To develop our collective future, we must aspire to engage multiple community sectors — People, Business, Nonprofits, Government, and Media.

- **An Age-Friendly Movement**
To foster a livable community for all ages, we must develop a comprehensive sustainability plan by addressing the 8 Domains of Livability.

Senior Advisory Council (SAC)

Purpose: Provide a conduit for citizen input to the Board of County Commissioners; make recommendations or provide advice to the Board on issues and conditions affecting Sarasota County's older adult community.

Previous Focus Points

- Transportation in Sarasota County – Improvements needed with SCAT program. Challenges faced by Seniors using standard buses and routes
- Food Security in Sarasota County – locating food deserts, raising awareness of programs available to residents, gather data and statistics for commissioners.
- 2019-SAC's data assisted Sarasota's Meals on Wheels in obtaining \$65k grant

Current Focus

- Overseeing the Age Friendly Designation
- Files of Life – How can Sarasota County raise awareness and enhance the use of these
- Assist the county with new website and which resources are important to seniors
- Collaborating with local organization in researching county issues affecting seniors

Organizations Helping our Community

a few of many

- **Senior Friendship Center – Something for Everyone**
Adult Day Services/Caregiving Resources/Volunteer Drs and Dentists/Education/Resources for Aging/Fitness & Nutrition Programs/Social Engagement/House Share Program
- **ITN Suncoast – Dignified Transportation for Seniors**
An arm-through-arm, door-through-door transportation for seniors and visually impaired. Affordable fares, no tipping, cash-free transactions. Limited income programs available.
- **Osher Life Long Learning Institute @ Ringling College**
Enriching the lives of mature adults by providing affordable educational programs with social interaction that cover a broad spectrum of topics.
- **Friends of the Legacy Trail**
Supports, promotes, enhances, and protects the Legacy Trail; a Sarasota County Park and its trail connectors now and for future generations. FLT offers free 45 minute Surrey rides pedaled by FLT volunteers using 4 passenger, 4 wheeled canopy covered bicycles. Ideal for seniors and mobility challenged individuals.
- **Gulf Coast Jewish Family and Community Services**
Regardless of religion, age, culture, etc. JFCS services meet the complex needs of today's families, senior citizens, vulnerable children, and persons needing assistance because of behavioral or mental health issues.
- **Community Alliance – Stakeholders in Aging**
Focused on bringing together community organizations so they can work together to achieve their missions. A conduit to our legislators to bring awareness to the needs of seniors in our community.
- **SMH Memory Disorder Clinic**
One of only 13 in the state of Florida the Memory Disorder Clinic provides assessment and evaluation of persons with memory loss. A team including neurologists, geriatrician and neuropsychologist work together to offer the most accurate diagnosis possible. The Clinic also offers education, resources, and support groups for the caregivers of those suffering from dementia.

Government Agencies

Department of Elder Affairs

- Dementia Care and Cure Initiative (DCCI)
- ADI funding increased by \$3.1m in 2019 with another increase of \$3.6m expected in 2020
- Changes to Guardianship program including \$6.5m funding increase
- Disaster Preparedness Guide for Elders
Special Needs Shelter Application
http://elderaffairs.state.fl.us/doea/eu/2019/Disaster_Guide%202019_en.pdf
- Works in conjunction with Department of Children and Families (DCF) to prevent disabled adults and the elderly from abuse, neglect, or exploitation
If you see or suspect something report it

Area Agency on Aging

- State's designated Aging and Disability Resource Center for Southwest Florida
- AAA can connect you with local resources like
 - elder care
 - adult day care
 - housing assistance
 - home care
 - meals
 - housekeeping
 - legal assistance
 - personal care
 - volunteer opportunities

Sarasota County is a great place to enjoy your golden years...

- Sarasota continues to be named one of the top places to live in the country.
- We have a ton to offer; great beaches, restaurants, fantastic weather, art scene, parks and so much more...
- Striving to make the county Age-Friendly for all ages
- Intergenerational initiatives
- DCCI – Sarasota has taken a strong lead in utilizing the funds from this statewide initiative.

Your Aging In The Right Place Living Environment

Chuck Vollmer

Owner, 101 Mobility

Certified Aging in Place Specialist (CAPS)

Universal Design Coalition Board Member

What About Universal Design?

Universal Design (UD) is the umbrella under which certain design and building principles are implemented allowing residential living environments to be accessible, adaptable, and visitable.

Utilizing these planning concepts accommodates a multitude of needs pertaining to our older population as well as those with special needs, regardless of age.

This Forum will address how to formulate a plan that will help shape an optimum living environment along with Supportive Services that allows residents and families to remain in their homes safely as well as provide the ability to accommodate visits from friends and family.

Universal Design: Usable by ALL people



Universal Design Is Visit-able

Basic questions about UD Housing:

- ▶ Can all visitors easily get in the house?
- ▶ Can all visitors easily get through the main doorways?
- ▶ Can all visitors easily use the bathroom?

Easy-visiting home or Visitability

“Visit-ability” means all visitors (and residents) can access through Entry, Halls, doors and a bath, & be comfortable.

CARE COSTS

- \$80,000-\$100,000/YEAR - Nursing Home Care Costs
- \$35,000-\$60,000 / YEAR - Assisted Living Facility Costs
- \$20,000-\$150,000/YEAR - In Home Assistance

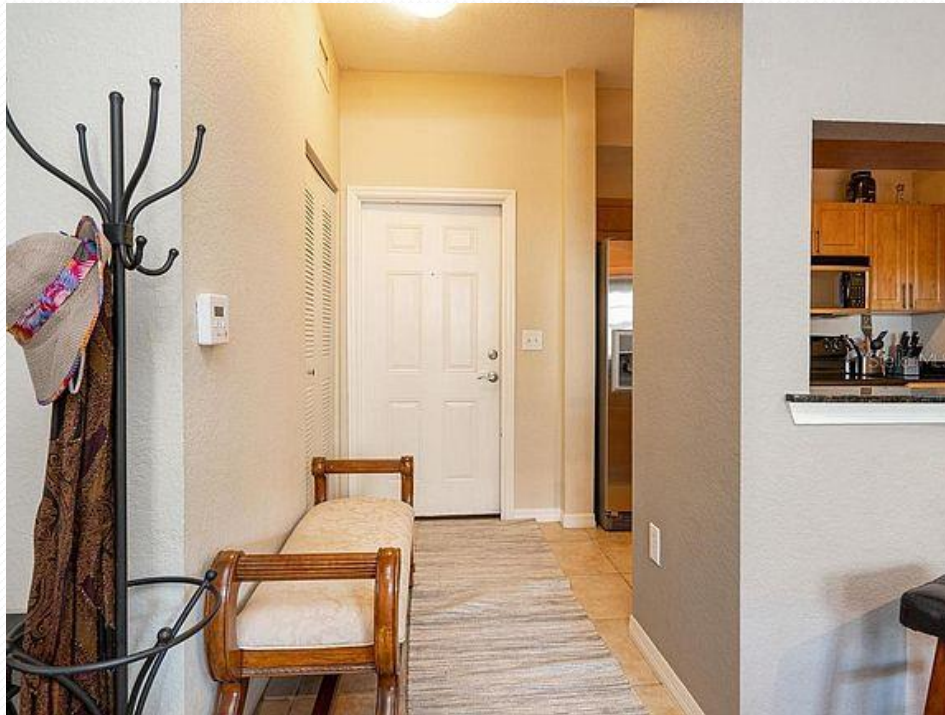
AMORTIZATION

- 5 YEARS = \$10,000 Per Year
- 10 YEARS = \$5,000 Per Year
- 20 YEARS = \$2,500 Per Year

VERSUS THE ALTERNATIVES

Broadway Promenade Condo

Entry



Bathrooms - Usable By All

- Easy to use Faucets
- Non-slip, continuous flooring
- Raised toilet
- Large low & adjustable mirrors
- Provide a minimum of a ½ Accessible Bath on the first floor

Open knee space under counters
(could be hidden by cabinet doors)



BATH Retrofit

- Open knee space under counter for seated users
- Electronic faucet – no handles
- Anti-scald faucet - single lever
- Large, low mirror
- Lighting from top to bottom



BATH Retrofit

Install grab bars at
the toilet, tub & shower



Use Easy Change
Toilet Paper
Dispensers

**DOES NOT HAVE TO BE
UGLY OR INSTITUTIONAL
LOOKING!**

Broadway Promenade Bathroom



IT IS THE LITTLE THINGS THAT COUNT

- TOWEL BARS THAT ARE ACTUALLY GRAB BARS
- ROLL UNDER SINK
- ELECTRIC FAUCETS
- HOT WATER CONTROLS
- RAISED TOILET
- TOILET PAPER HOLDER THAT IS ACTUALLY A GRAB BAR
- LOWER MIRRORS
- SLIP RESISTANT FLOORS

Laundry Retrofit Solutions

Front Loading Washer & Dryer

Plenty of Space provided

for: **Approach,**
Reach,
Manipulation &
Use

(regardless of user's body
size, posture or mobility)



- Ideally located on the main floor, near bedroom & bath
- Front loading appliances-on platform
- Controls that are easy to reach and operate
- Work surface nearby

Convenient for All



UD is **Adaptable = Flexible**

Serves a wide range of users
whose needs change over time.



Adaptable Examples: Kitchens

Low Microwaves ►

▼ Raised dishwashers



Broadway Promenade Kitchen



Safe Interior

Enlarged chair rail
provides support



◀ Front controls on Range

Safe

- Power-failure lights
- Smoke detectors
- Carbon monoxide detectors
- Motion-detector lighting
- Security system
- Specialty Lighting
- Anti-scald faucets



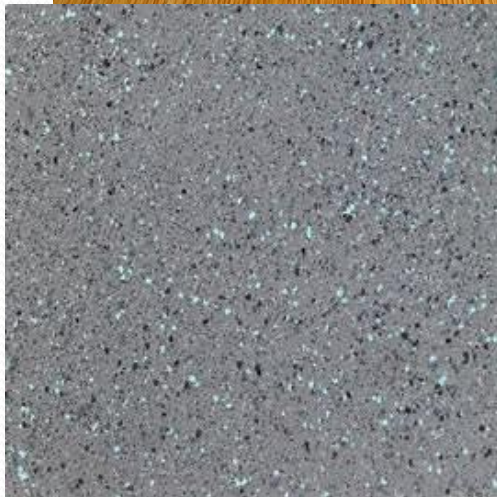
Contrasting Color for Safety

Choose color schemes for people with all types of vision



Safe And Secure

Slip Resistant & Even Flooring:



Universal Design Coalition

www.easyuniversaldesign.com

The **UDC**: South Florida Professionals (501c3)

Purpose: Educating the Public and Acting as a Connector for Concepts and Services Related to the Beneficial Aspects of Creating UD Features in Homes.





WINTER/SPRING 2020 CONTINUING STUDIES COURSE CATALOG

Gold Member Registration: Dec. 3
Silver Member/Open Registration: Dec. 10



SAVE THE DATES

MAR. 5: Moral Heroes of the Holocaust p. 60

MAR. 7-15: Spring Art Week p. 98

MAR. 12: The Ringmaster's Wife: Mable Ringling p. 61

APR. 1: EINSTEIN'S CIRCLE

What the Primaries Are Telling Us p. 63



Ringling College
Studio + Digital Arts

Learning that lasts a lifetime.

www.OLLIatRinglingCollege.org
941-309-5111

Create Your Forever Home

Wednesdays: 11:00 AM to 12:20 PM

5 Sessions: January 29 – February 26

**Course Presented by Professionals
From the Universal Design Coalition**



**At the Ringling College Museum Campus
(Old Sarasota High School)**

**Go to EasyUniversalDesign.com
For More Info and to RSVP.**



Aging In The Right Place Support, Services, Resources, and Other Options

**Kathleen Houseweart, MBA
Senior Aging Specialist
Formerly of SMH Memory Clinic
and Lutheran Services of Florida**

Realities of Long Term Care

- On any given day only 3.1% of adults 65+ reside in a LTC facility (2010 US Census)
 - Nationally approximately 47 million over 65 (2017 Census)
 - Sarasota County currently has approximately 178k+ adults over 60 (approx. 43%)
- However, 70% adults will need LTC at some point in their lives (US Dept HHS)
 - Currently Sarasota County has many options
 - 29 NH = 3058 beds (avg cost \$88,000 - 158,400/year)
 - 87 ALF = 5011 beds (avg base cost \$37,800/year)
 - 69 = Home Health Agencies
 - 49 = Companion Agencies
 - 16 = Nurse Registries

The Realities of Aging.....

- Most of us don't leave this world with our boots on.....
 - Aging is a condition of the bits
 - Changing physical and cognitive abilities
 - Maintaining function and independence becomes a priority in later years
- Caregiving responsibilities are almost universal
 - Multigenerational households becoming more common

Planning requires knowledge

Understanding the levels of care

- Universal design – stay in a home that accommodates your changing needs (also consider downsizing or over 55 options)
- In-home care –
 - Personal care to assist with bathing, dressing, toileting
 - Companion/homemaking to assist with cooking, cleaning, shopping, transportation
- Adult Day care – to provide supervised activities outside the home during the day – excellent option for caregivers to get relief

Levels of Care (cont'd)

- Assisted Living – private or semi-private apartment with assistance (meals, transportation, housekeeping, activities, etc.)
- Nursing Facilities – Medical care for the most impaired
- Hospice – Care for those with life limiting conditions

KNOW YOUR COMMUNITY OPTIONS FOR
TRANSPORTATION, ASSISTANCE, AND LIVING OPTIONS

Planning requires resources

Understanding how to pay for it all

- Your checkbook – making accommodations (grab bars, widened doorways, etc.) as you age, before a crisis– while you can best afford it
- VA – Veterans or widows of veterans can be eligible for benefits that pay for assistance and even some remodeling to accommodate disabilities
- Long Term Care insurance (if you have it – if you can afford it) to pay for services in the home or outside it
- Medicare – only pays for medically necessary rehabilitation – not long term care
- Medicaid – for the medically indigent – those whose needs cost more than they can afford (special accommodations for married couples)
- Other – reverse mortgages, AAA, SCIL, SAC etc.

Creating a Long Term Livable Environment

- Creating an environment that **fosters functional independence** (not dependence) will allow us to live in the community longer
- Facilitating ways to allow us to do for ourselves not ways to use technology to do things for us
 - E-Z lift vs. getting up on our own
 - Remote controls vs. switches that are accessible (height) and easy to operate
 - All boils down to willingness and planning

Opportunities & Current Reality

- Older adults see the need – but not always the value
- Middle agers see the need and need to see the opportunity
- Younger individuals should be educated to the importance of Universal Design principles and planning ahead
- The industry needs to catch up to make the ability to age in place the standard – not just an option – WE NEED TO LEAD THEM

Aging Well In The Right Place Requires...

- A Healthy (heart healthy) Diet
- Physical Exercise
- Cognitive (Brain) Exercise
- Social Connectivity

Integrating Universal Design concepts into our environment helps foster independence and helps us achieve the goal of living as independently – in our preferred environment – for as long as possible.

Contact Information

- **Broadway Promenade**
 - Bob Pirollo, (941) 363-9225, bpirollo@yahoo.com
 - Jodi Sondergaard, (941) 951-0260, jodi@broadwaypromenade.net
- **Cornerstone LifeCare**
 - Don Fitts, (941) 809-7298, don.cornerstonelifecare@gmail.com
- **A Better Solution Home Health**
 - Barbara Cogswell, (941) 906-1881, bcogswell@absofsarasota.com
- **101 Mobility**
 - Chuck Vollmer, (941) 809-3848, cvollmer@101mobility.com
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