



# 2018-2023 Chatham County Aging Plan

November 18, 2019

Dennis W. Streets

Chatham County Council on Aging

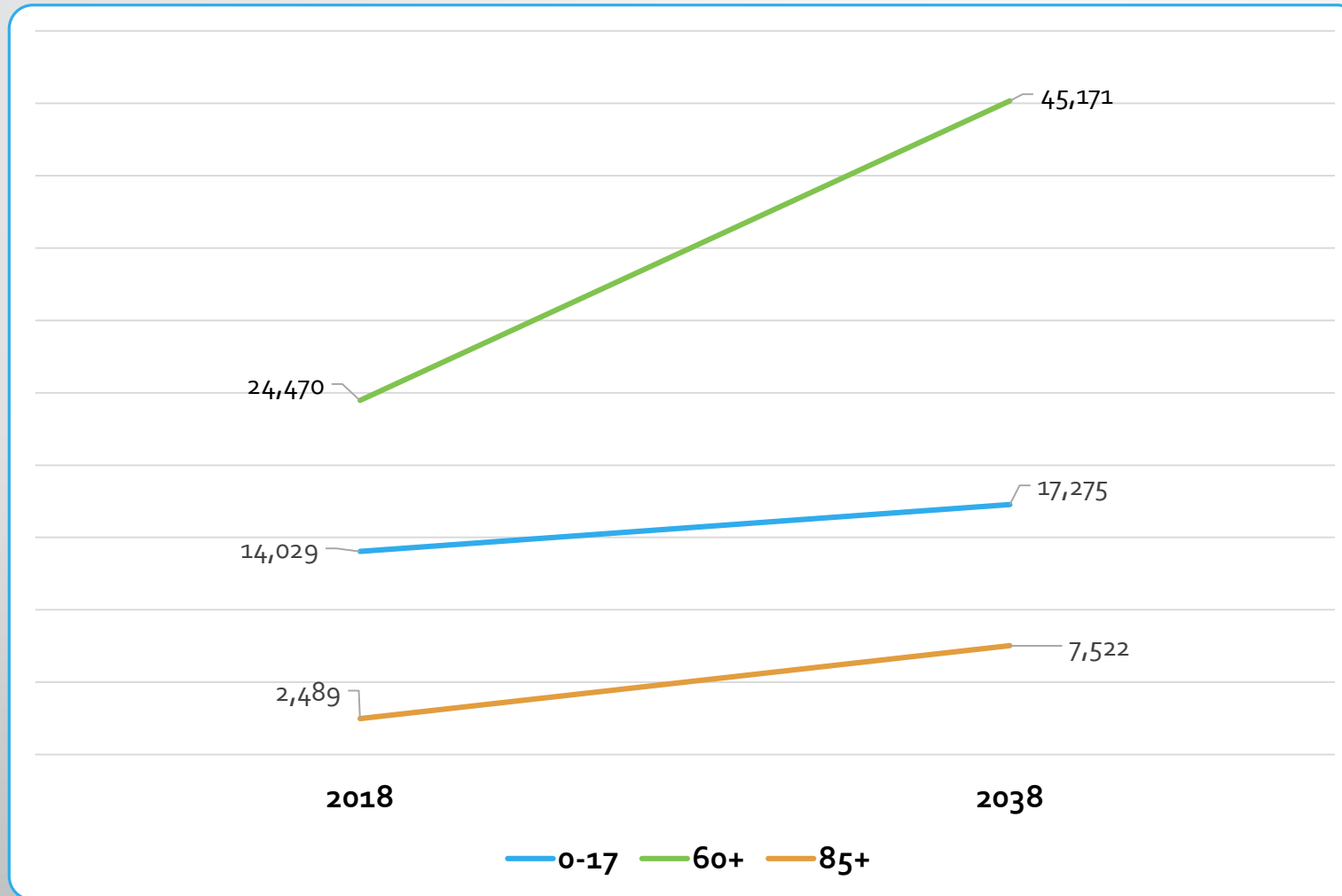
# Chatham's Latest Demographics



	Total	60+	85+
2018	74,491	24,470	2,489
2038	109,986	45,171	7,522
Growth (2018-2038)	48%	85%	202%

Source: NC Office of State Budget and Management, population estimates and projections for Chatham County.

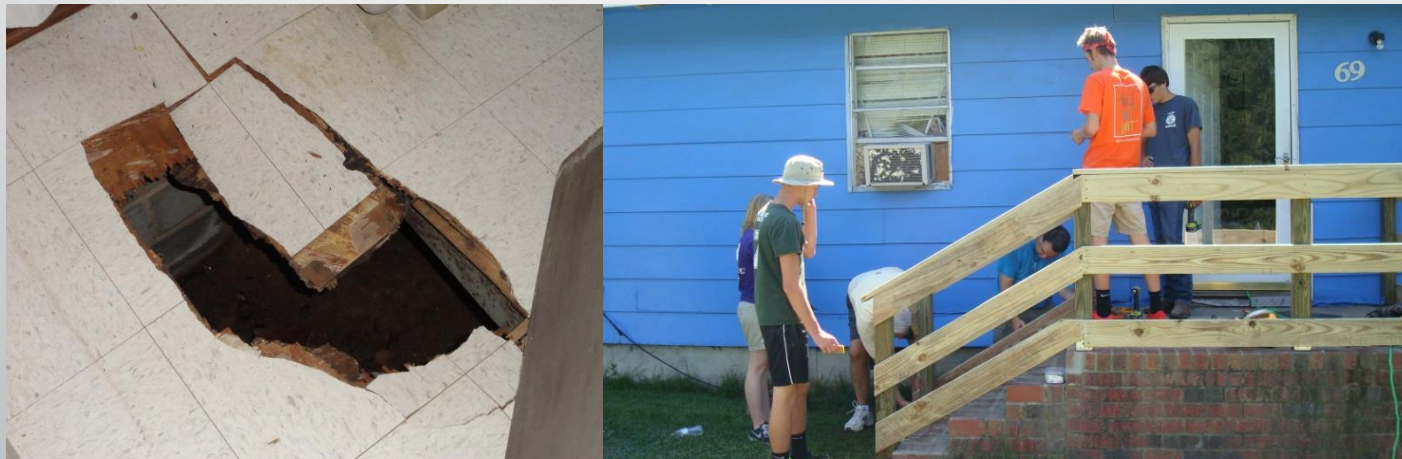
# Chatham Demographics



Source: NC State Data Center

# A Few Facts about Chatham Seniors

- 84% living in community own their homes
- 26% live alone
- Older adult households have a lower median income than the general population.



# Comprehensive Plan for Aging in Chatham



Serves as a catalyst for engaging Chatham residents, public officials, health and human services organizations, the business and faith communities, and other stakeholders in producing and implementing a comprehensive plan for aging in Chatham to guide future work of private and public entities.

# Vision of the 2018-2023 Aging Plan for Chatham

*Our vision is a Chatham County that offers older adults, and all residents, a safe, affordable, accessible, and inclusive community that promotes wellness, presents and respects choices, values diversity, recognizes and uses people's strengths, and supports individuals aging in community with dignity.*

# Aging Plan Co-Chairs

- **Dr. Anne Kissel**, former Chatham Senior Tar Heel Legislative Delegate, member of the Home and Community Care Block Grant Advisory Committee, and Chair of the Aging Plan Social Connectedness Group
- **Amy Gorely**, Director of Community Relations, Carolina Meadows
- **Stephanie Watkins-Cruz**, Chatham County Policy Analyst, Chair of the Aging Plan Housing Group, and Staff to the Chatham Affordable Housing Advisory Committee





# 5 Prioritized Issues

1. Housing
2. Transportation
3. Healthcare Coverage and Services
4. Social Connectedness, Community Engagement, and Opportunities for Self-fulfillment
5. Care Services and Caregiving





# Overarching Goals

- Promote collaboration among faith communities and leaders to support the well-being of older adults.
- Promote awareness among older adults, their families, and providers about services available to older adults and their caregivers.
- Promote prominent consideration of the interests of older adults among public officials.

# Pastor Summit—August 12th



## Discussion Topics

# Social Connectedness & Self-Fulfillment

Loneliness &  
Isolation

Reluctance to  
Ask for Help

Barriers to  
Staying  
Engaged

Loss, Grief  
and Feeling of  
Uselessness

Vulnerability  
to Abuse and  
Exploitation

Other???

# Aging in Place

Housing

Food

Barriers to  
Staying at  
Home

Transportation

Caregiving

Other???

# Financial and Physical Health

Limited Income

Difficulty Asking for  
& Getting Help

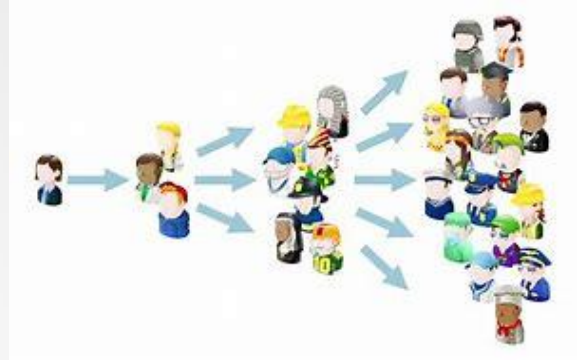
Health Care

Dementia

Exercise/Preventive  
Health

Other???

# Creation of Community Ambassador Volunteer Corps



How do we learn about things  
here in Chatham...

Only 21% are “well informed”  
about the work of COA

# Who Are the Ambassadors?

Volunteers with a “heart”— who

- ☐ Have earned the respect of others
- ☐ Are eager to learn and grow
- ☐ Are willing and able to share their knowledge and spread the word
- ☐ Are willing and able to speak up on behalf of others



Be a part of all that is decent and be an *ambassador* for the kind of world that you want to live in.

—Julie Andrews





# What We Hope to Achieve...



## Human Infrastructure

- Build and support a diverse corps of informed representatives
- Connect with all parts and populations of Chatham

## Ongoing Engagement

- Support a two-way flow of information and insight
- Create a network of Ambassadors

## Ultimate Aim

- Seniors & their families are well informed & connected
- They are able to tap & shape Chatham resources

# Community Ambassador Opportunities

- ☐ Spread the word in person at the Council's two centers
- ☐ Spread the word in the community
- ☐ Talk & listen to friends and neighbors and share with fellow Ambassadors
- ☐ Support events
- ☐ Use media of various kinds
- ☐ Assist in collection of information about needs & issues
- ☐ Advocate for senior and community interests & needs
- ☐ Other....



# Special Projects Underway

- Complete/update Church/Pastor database
- Assist with developing Chatham Aging Navigator (CAN) fact sheets
- Help establish and promote “R.E.S.T.” (Running Errands and Sleep Time) for family caregivers
- Gather information for a database on home-delivery of goods & services for seniors



# Other Examples of Aging Plan Progress

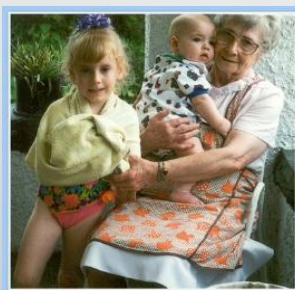
- Secured summer interns and a 3<sup>rd</sup> UNC Public Health Capstone Team
- Researched and initiated contacts related to story telling, oral history, personal biography and similar activities—connecting with Dr. Walt Wolfram, NCSU Professor
- Made contacts with Chatham artists, authors and other creative folk.
- Restarted CCCoA's telephone reassurance service
- Researched the incidence, risk factors, consequences and interventions related to loneliness and isolation
- Created tenant's rights resource guide
- Work on home modification & repair database is expanding
- Secured commitment of home care providers to offer personal care training to family caregivers
- Chatham Leadership Academy Team identified potential ways to further connect generations



# Other Work Underway

- Integrating Aging Plan Health Group into Access Committee of Health Alliance
- Social Connectedness Group is focusing on two areas: (1) safety, health and emergency response needs of socially isolated seniors; and (2) participation in cultural, educational, volunteer and recreational activities
- Further connect the Aging Plan Housing Group with the County's Affordable Housing Advisory Committee
- Still exploring potential and feasibility of volunteer transportation network
- Discussing with TJCOG and BCBSNC Foundation idea of convening transit and healthcare providers across the region to explore ways to strengthen and support medical transportation
- Working with Chatham Hospital to help identify additional specialty procedures needed in Chatham
- Producing an infomercial on caregiving for use locally
- Conversations with Charles House about bringing Adult Day Care into Chatham
- Planning a spring 2020 follow-up to the Faith-Based Summit

# Many Are Depending on All of Us...



Life's most persistent and urgent question is — "What are you doing for others?"

—Rev. Martin Luther King, Jr.