



Welcome Members



Welcome

Marilou Cristina
ASC Executive Committee

Speed Networking

- Get your business cards ready!
- Partner up with someone that you do not know
- Begin networking with them for 2 minutes or until the light flickers
- After 2 minutes, find a new networking partner
- Begin networking again!



Announcements & Sharing

IHSS Cuts and Impact

Lee Pullen

**SCC Department of Aging and
Adult Services**

Announcements & Sharing

ASC Team Reports

Caregiver Support Team

Best Practices Team

Education and Outreach Team

Announcements & Sharing

Other Member Announcements



Professional Development Presentation

**Aging in Place:
Community Programs that
Facilitate Independent Living**

Aging Friendly Communities

“A high quality of life for older adults requires the ***support of the entire community*** – and a different view of aging. If people thought more about the entirety of their lives rather than fearing and denying the aging process, individuals and communities would make different choices.”

Andrew Scharlach, UC Berkeley

Guest Editor – ASA Generations, 2009

Aging in Place

Vast majority (92%) of older adults want to “age in place” - remain in their homes

Prefer an **active adult environment** and intergenerational neighborhood;
NOT – ‘old age home’

What makes an Aging Friendly Community?

- Encourages and supports **physical and psychological well being**
- **Responsive & accessible systems** (*housing, transportation, health*)
- Enhances **engagement** & social interaction
- **Inclusive** – All welcome regardless of age, ethnicity or ability
- **Interdependent** – Fosters mutual support across generations

Challenges to Aging in Place

- Fixation on location (private home) instead of other factors that make up quality of life
- Reliance on institutional or professional service solutions
- Management of multiple chronic conditions
- Physical condition of homes
(50% of older adults live in houses built at least 40 years ago)

Aging in Place

Community Change Efforts

Community Planning Initiatives

- Atlanta Lifelong Communities Initiative
- San Mateo County Health Data Initiative
- Pathways to Positive Aging (Fremont)

Changing Built Environment

- Build or modify housing, land use, transportation
- Co-housing movement – intentional housing

Enhance Availability of Social and Human Capital

- Neighborhood self-help coalitions
- Civic engagement programs

Aging in Place Best Practices

**Enhancing social infrastructure by
improving programs and services**

- **Beacon Hill Villages**
- **NORC – Naturally Occurring Retirement Communities**
- **Senior Center without Walls**

More Resources to Explore

- National Aging in Place Council (NAIPC)
www.ageinplace.org
- **Creating Aging Friendly Communities**
online conference & website (UC Berkeley)
www.agingfriendly.org
- **American Society on Aging** “Generations”
Summer, 2009 issue: “*Creating Aging
Friendly Communities*”

NORC Blueprint

A Guide to Community Action

Five Steps to Developing a NORC Program

Community

Partnerships

Implementation

Evaluation

Sustainability

Home

About NORC Programs

Stories from the Field

Toolbox

For Funders

About the NORC Blueprint

FAQs

Glossary



Good Places to Grow Old

What Is a NORC?

What Is a NORC Program?

How Do I Use This Site?

Featured Story From the Field

LINCOLN SQUARE NEIGHBORHOOD CENTER,
NEW YORK, NEW YORK

The setting

The apartment buildings known as Amsterdam Houses, Amsterdam Addition and Lincoln Amsterdam House are just steps away from the cultural oasis of LincolnCenter on Manhattan's Upper West Side. But this housing is a world apart.

More than eight hundred people age 60 and older live in 13 high rises and a small, moderate-income cooperative apartment house nearby. Most residents are African-American or Latino, almost two-thirds are poor, and more than 90% have lived there for at least 30 years. In recent years, many of them have shaped, and been shaped by the NORC program of Lincoln Square Neighborhood Center. The NORC program offers service, support, and camaraderie in an environment that thrives on senior empowerment.

[More...](#)

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NORCs in the News

FREDDA VLADECK INTERVIEW IN
DESIGNER/BUILDER MAGAZINE

The January/February (2008) issue of *Designer Builder* magazine features an interview with NORC program pioneer Fredda Vladeck, who is director of the United Hospital Fund's Aging in Place Initiative. Ms. Vladeck tells the story of the creation of the first ever NORC program—in the Penn South Mutual Redevelopment Houses of New York City—describing the political and financial challenges, sharing lessons learned from this program and others nationally, and discussing how programs can more fully engage seniors in the future.

“What we've accomplished is about changing the discussion from long-term care to long-term living,” she states.



[www.
norcblueprint
.org](http://www.norcblueprint.org)



Questions?



Thank you for Attending!

Next ASC Meeting:
January 13, 2010 from 2-4 pm