

# Connecting Seniors to Our Community

A Community Conversation to explore the future growth of our senior population in Loveland and Larimer County.

## Summary Report from Initial Event held on May 2, 2013 Loveland, Colorado



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CENTER FOR PUBLIC DELIBERATION

Loveland  
Senior Advisory  
Board

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## Executive Summary

On May 2, 2013, the Loveland Senior Advisory Board and the Colorado State University Center for Public Deliberation (CPD) hosted the “Connecting Seniors to Our Community” event at the Loveland Chilson Community Center. Over 50 participants joined members of the Senior Advisory Board and CPD student facilitators for two hours of presentations and discussion on the rapidly changing demographics and the significant growth in the percentage of population that will soon be over 65. Attendees participated with facilitators in small group discussions concerning how our community should respond to these coming changes.

### **Key themes from discussions and worksheets include:**

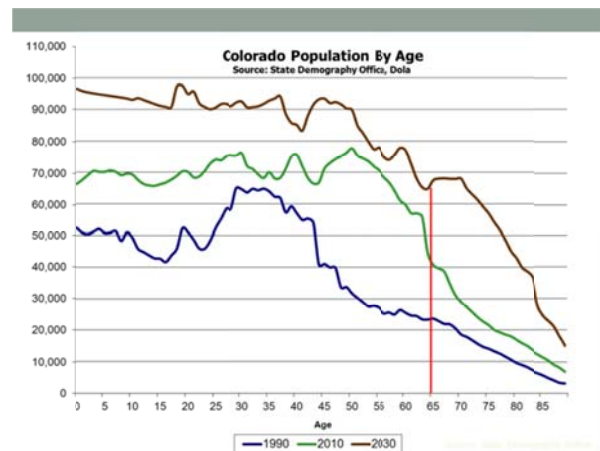
- In general, Loveland received high marks as a community, particularly in terms of the arts, health and wellness, activities for older residents, and overall community connectivity. Several participants did mention that better communication and awareness is needed concerning these positives.
- Transportation was highlighted as the most important issue to address as the community ages. Similar to earlier processes in Fort Collins, transportation was the issue that received the most attention in terms of the need for the community to be “aging friendly.” Many participants explained that they felt that transportation options have improved, but additional improvement will be important moving forward. In addition, building off the demographer’s presentation of how the growing number of seniors will also mean a growing number of community members with disabilities, several participants expressed particular concern that transportation options were accessible.
- The need for affordable housing was a close second to transportation issues. Some participants focused on the need for senior-specific housing, while others argued for less segregation by age, or focused on their preference in staying in their own homes. Overall, it was clear that housing that is a better fit for seniors (affordable, one story, smaller lawns, near grocery stores and public transportation, etc.), will become more important.
- Downtown Loveland was generally seen as a positive hub and something around which to build more community. . Some participants, on the other hand, argued for the need for more senior services and activities in other parts of town.
- Similar to broader surveys, participants focused on travel, learning, and volunteering in terms of activities they are interested in once they retire. Many expressed particular concern for seniors that may get isolated and need help learning how to connect better with others in their community.
- Overall, participants enjoyed the event, wish it would have been publicized more widely, and support the need for the community to come together to address the changing demographics in the coming years.

## Part 1: Description of Event

The first part of the meeting involved three presentations:

- “Welcoming Remarks,” Cecil Gutierrez, Mayor of Loveland (video available online at <http://col.st/1bwx0Ch>)
- “Aging of Colorado and Larimer County,” Elizabeth Garner, Colorado State Demographer (slides are available online at [www.cpd.colostate.edu/loveland-demographer-report.pdf](http://www.cpd.colostate.edu/loveland-demographer-report.pdf) and a video of her presentation is available at <http://col.st/1bwwXGv>).
- “The ‘Silver Tsunami as Golden Opportunity” Martín Carcasson, CPD (slides are available at [www.cpd.colostate.edu/loveland-carcasson-slides.pdf](http://www.cpd.colostate.edu/loveland-carcasson-slides.pdf), and a video of his presentation is available at [http://youtu.be/0d80Y\\_gPgfY](http://youtu.be/0d80Y_gPgfY)

In her presentation, Elizabeth Garner provided an analysis of demographic data from the 2010 U.S. Census to explain how our community will change as the baby boom generation enters their retirement years. Garner explained that Colorado is in the top 10 of fastest growing states in the country, and the fastest growing region is the North Front Range. Larimer and Weld counties are seeing the highest numbers of people over age 65 relocating from other states. Colorado has been a younger state historically, so the impact of “Silver Tsunami” will be greater here.



Closer to home, the State Demography Office predicts that the number of Larimer County residents who are 65 and older will increase 140 percent in the next 20 years. This aging demographic is forecast to increase from 35,000 in 2010 to 90,000 in 2040.

Baby Boomers currently represent 37% of the workforce and many have no plans to retire. Their generation has always influenced the economy, and will now drive economic demands in several industries, including healthcare, accessible housing, transportation, education, insurance, and banking. Their activities will also have impacts on public finance and policy.

Garner encouraged citizens and stakeholders to consider our aging population as we plan for the future, as this is a major demographic shift that cannot be ignored. She explained that all age groups must be considered when thinking about how our community will plan for the future of aging well in Loveland.

Martín Carcasson’s presentation was partly a response to the use of the “Silver Tsunami” metaphor to describe the changing demographics. The metaphor clearly paints a negative picture, sending the message that the “wave” of seniors is a significant threat to the community. Martín’s presentation responded to the metaphor in two ways, both of which were framed in terms of the demographic change as a “golden opportunity.” First, the changing demographics are an important opportunity for Colorado communities because older residents can bring numerous benefits to a community. The nature of retirement is changing, and many older residents contribute to their community in many ways, such as supporting multiple jobs, volunteering, engaging civically, and making major contributions to the local economy. Recent surveys—further supported by the discussions at this event—show that seniors are particularly focused on contributing to their community in multiple ways, and can be tapped to address many community issues. Seniors, in other words, can be critical resources for community capacity.

Secondly, Martín explained that the changing demographic trend is also a golden opportunity because it gives communities a clear reason to reconsider the role of seniors in the community and the degree to which their community is “aging-friendly.” U.S. culture has always struggled with this issue, and this should be seen as a wonderful opportunity for communities to take that issue on in a way they never have before. The baby boom generation has a lifetime of experience, wealth, and knowledge that can be harnessed to create positive change in our community.

After the speakers, participants worked in small groups with CPD student associates to discuss a series of questions to gather data on public views about the changing demographics in our community. Several forms of data were collected from the process. First, volunteers and students from the CPD took notes from the 13 separate tables. Those notes were utilized to identify key themes and ideas. Second, wireless keypads were utilized to ask to overall group some questions and gather quantitative data. Third, participants were asked to complete a post-meeting survey with a series of questions (many did not complete these surveys in full). All the raw data from the meeting is available in the appendices of the report, or online at:

**Available Raw Data:**

Appendix A: Keypad data: [www.cpd.colostate.edu/loveland-keypad-data.pdf](http://www.cpd.colostate.edu/loveland-keypad-data.pdf)

Appendix B: Notes from small groups: [www.cpd.colostate.edu/loveland-tablenotes.pdf](http://www.cpd.colostate.edu/loveland-tablenotes.pdf)

Appendix C: Data from final worksheet : [www.cpd.colostate.edu/loveland-worksheets.pdf](http://www.cpd.colostate.edu/loveland-worksheets.pdf)

Appendix D: Data from surveys: [www.cpd.colostate.edu/loveland-surveydata.pdf](http://www.cpd.colostate.edu/loveland-surveydata.pdf)

## Part 2: Highlights from Key Pad Data

After the presentations and before the group discussions, participants answered a series of questions using wireless immediate audience response devices (or “clickers”). One of the ongoing questions around aging is what term people prefer to be used to refer to older residents. Using the keypads, we provided nine options, with “Seniors” being the preferred option by 22. Interestingly, the second most preferred option was “Other,” showing that identifying a common term will continue to be difficult. Only one option (“Elderly”) was not chosen at all.



A second question querying the age of participants—by asking what decade they were born—revealed that six decades were represented: 1980s (2 participants), 1970s (3), 1960s (5), 1950s (15), 1940s (21), and 1930s (8). These numbers don’t include the 15 undergraduate students that assisted during the event.

Participants were then asked what they most preferred to do when they reach retirement age. Ten options were provided, and participants had the option of picking up to three.

### 3.) What do you want to be when you reach 50+? (Pick top 3 identities: multiple choice)

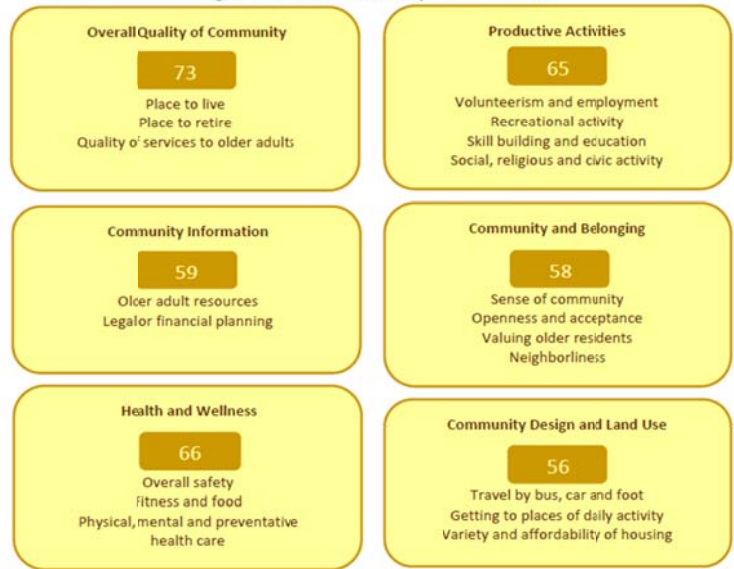
	Responses	
	(percent)	(count)
Traveler	50%	27
Learner	44%	24
Grandparent	41%	22
Volunteer	33%	18
Recreator	26%	14
Employee	24%	13
Arts Patron/Artist	22%	12
Reader	13%	7
Helper	11%	6
Just be.	2%	1
<b>Totals</b>	<b>100%</b>	<b>54</b>

\* Percentage is percent of participants that chose that option.

Participants then answered a series of questions based on an analysis provided in the Loveland Community Assessment Survey for Older Adults (CASOA) report, which was completed in 2010 and had 1,277 responses. That survey presented “scores” on 5 areas of community readiness, plus overall quality of the community. The CASOA scores are on the right.

Using the keypads, participants at the May 2 event were asked to rank Loveland on each of the six areas, choosing a grade of A, B, C, D, or F.

Figure 4: Loveland Community Readiness Chart



The full CASOA report is available at [http://www.larimer.org/seniors/casoa\\_2010\\_lv\\_brief.pdf](http://www.larimer.org/seniors/casoa_2010_lv_brief.pdf)

The results from the keypad process were:

	<b>Mean Score (A=1, B=2, C=3, D=4, F=5)</b>	<b>Percent of A's and B's</b>
Productive Activities	2.08	75%
Community Information	2.44	52%
Community Belonging	2.36	58%
Health and Wellness	2.00	68%
Community Design and Land Use	3.10	26%
Overall Quality of Community	2.30	64%

Full results available in the appendix or online at [www.cpd.colostate.edu/loveland-keypad-data.pdf](http://www.cpd.colostate.edu/loveland-keypad-data.pdf)

With the mean score, the lower the score the “higher” the grade, so participants gave the city the highest marks for Health and Wellness and Productive Activities, and the lowest marks for Community Design and Land Use (which might connect with transportation and housing issues). Those results were similar to those from the CASOA report.

## Part 3: Group Discussions

Once in small groups, participants had roughly an hour and a half to discuss a series of open ended questions. The questions included:

1. Why is this issue important you to you? What brought you out tonight?
2. What is your initial reaction to what you heard in the presentations?
3. Loveland and Larimer County are both known as very nice places to live and to retire. We wanted to begin this conversation by highlighting some of those positives. What are we already doing well here in Loveland that we can build on and need to make sure to keep doing?
4. We heard earlier that people are retiring very differently than they did before, and living much more active and engaged lives. Regardless of your current age, what are you most excited about doing with your time during that stage of your life (60+)
5. Imagine it is 10 years from now, and Loveland and Larimer County are recognized nationwide as communities that got it right and reacted beautifully to the changing demographics by creating the ideal community for older Americans. What is different? What have we created?
6. For the remainder of our time, we want to focus on some of the ideas we just shared, and start a brainstorming process to define actions that could be taken locally to work towards realizing those ideas. We want to capture some potential actions from a broad range of possibilities, including you as individuals, non-profits, schools, faith institutions, and local government. We should have time to talk about a few, and then we will post this information on the walls. At the end of the meeting everyone can look over what the other tables discussed. What should we start with, what are you most excited about?

Appendix A includes the notes captured during those discussions (also available at [www.cpd.colostate.edu/loveland-tablenotes.pdf](http://www.cpd.colostate.edu/loveland-tablenotes.pdf)). We'll focus on questions 3 and 4 here, and the answers to questions 5 and 6 led to the group worksheets that are highlighted in Part 4.

### Summary from Question 3 Answers: Current Positives

When discussing the current positives of the Loveland community, a variety of issues arose. Some highlights:

- The most common theme was the prevalence of *the Arts*, with several specifically mentioning the sculpture garden in particular.
- The *Chilson Center* was also mentioned by several different groups as a wonderful local resource.
- *City biking and walking trails* were highlighted as an important strength.
- Several participants discussed improvements in transportation options, and a few specifically mentioned Saint, a local non-profit that provides free rides.



- Other participants added that transportation options will need to continue to improve, but they were nonetheless mentioned as a current strength by some.
- A few participants cited the general engagement of the community and how easy it was for seniors to get involved if they chose to.
  - Other participants agreed with many of the points made above, but also mentioned that improved communication and awareness was needed regarding many of the current amenities the city offers. Too many people don't take advantage of services and attractions because they simply don't know about them.

### **Summary of Question 4 Answers: What are you most excited about doing with your time during that stage of your life (60+)**

The discussion here connects with the keypad question concerning preferred identities for that period of life. Key themes were traveling, volunteering, learning, and spending time with family (particularly grandchildren). Overall, it is clear almost everyone plans on staying active and involved. One person chose "just be" on the keypads, and one person expressed that they wanted to "Do nothing," but otherwise, answers laid out a wide variety of active pursuits.

The focus on *volunteering* clearly fits the growing realization that seniors represent a somewhat untapped resource for local communities. As the demographics continue to change, more and more seniors should be called upon to help other seniors, or assist with broader social issues. Creating and/or identifying meaningful opportunities and connecting interested volunteers with those opportunities will be a critical issue moving forward. Many seniors will need to continue to work, so *meaningful employment opportunities* and "encore careers" will also need to be a part of this conversation.

The consistent call for *lifelong learning* is another clear signal for the community to make sure those opportunities are available, both online and with bricks and mortar methods.

Lastly, the most commonly chosen identity for retirees was *traveler*. While that data may not have as much of a local connection, it does perhaps bring up the potential for Loveland to market itself as an "aging friendly" destination. If Loveland does indeed transform itself to make it an ideal community for older residents—particularly in terms of age- and disability-friendly travel—that could also be used as a powerful marketing angle for older travelers from across the country.

## Part 4: Key Goals and Potential Actions

At the end of the discussions, each table was asked to choose a few key goals (derived from question 5), and then brainstorm potential actions from a broad range of stakeholders for each goal (question 6). Each table completed worksheet organized as follows:

Goals Table __ are very excited about ↓	Potential Actions to Work Toward Each Goal				
	Individuals/ You	Non-profits/ Faith institutions	Private businesses	Local government	Other

At the end of the process, the student facilitators shared their worksheets with the graphic artist, who completed a visual representation of the meeting. The worksheets were posted on a wall so participants could look at the worksheets from other tables. All the data from the worksheets are available in Appendix C, organized by topic area.

Overall, the following categories were represented most often:

- Transportation (9)
- Housing (7)
- Information/Communication (4)
- Health and Wellness (4)
- Educational opportunities (3)
- Intergenerational Interaction (2)
- Miscellaneous topics (8)

There were 13 tables; 70% of the tables included improved transportation as a key goal for the community as it addresses the changing demographics, and over half (54%) highlighted the need for more affordable and senior-focused housing.



Graphic facilitator Karina Mullen captures key themes from the discussions during the event. For more information on Karina, visit <http://www.conversketch.com/>

Here is an example of the type of data available in Appendix C. Below is the collection of notes from the worksheets focused on transportation issues:

<b>Individuals/You</b>	<b>Non-profits/Faith Institutions</b>	<b>Private Businesses</b>	<b>Local Government</b>	<b>Other</b>
<ul style="list-style-type: none"> <li>Self-learning</li> <li>-Keep active</li> <li>-Outreach program</li> <li>-getting the word out</li> <li>-serve on boards</li> <li>-support non profits</li> <li>- awareness (word of mouth)</li> <li>-make voice heard, more conversation about issues</li> <li>-more active participation</li> <li>-potentially willing to pay more</li> <li>-Develop a voting block to involve people</li> <li><u>Publicize</u> these events</li> <li>-Attend city council meetings</li> </ul>	<ul style="list-style-type: none"> <li>a Bus!</li> <li>- Parish nurses</li> <li>-Healthcare and outreach need younger members</li> <li>SAINT working with individual networks to create more transportation opportunities</li> <li>Ride shares.</li> <li>-Catholic charities</li> <li>-have more of a public/policy stance to encourage legislatures along with direct services</li> <li>-Transportation coalition</li> <li>-SAINT SAINTS = increasing number of volunteers</li> </ul>	<ul style="list-style-type: none"> <li>Handicap-accessible</li> <li>-more seating areas just to take a break</li> <li>- Discounts on certain days</li> <li>- Split a lunch(?)</li> <li>Taxi services (vouchers)</li> <li>**Wheel chair accessible</li> <li>Columbine hospital</li> <li>- bus route</li> <li>-health networks</li> <li>-create more taxis</li> <li>-contribute in exchange for tax breaks</li> <li>Analysis of demand</li> <li>Have private enterprises provide additional transportation</li> <li>-Taxi Services</li> <li>- Expanding a shuttle system →</li> </ul>	<ul style="list-style-type: none"> <li>-Transportation</li> <li>-Housing</li> <li>-bus routes</li> <li>-expand to regional frequency</li> <li>better bus routes</li> <li>-more places and times</li> <li>+user –friendly</li> <li>compete with high school students (no school buses)</li> <li>-tax incentives for better transportation programs</li> <li>-look at other communities for ideas</li> <li>in community →</li> <li>Add more buses</li> <li>-get feedback from commuters</li> <li>-ensure city council hears the needs of its citizens</li> <li>-improve actual buses/routes/a ccessibility</li> <li>Increased bus routes</li> <li>-colt program to continue</li> </ul>	<ul style="list-style-type: none"> <li>combination, <u>regional</u> issue</li> <li>Younger people not as active in the community</li> <li>federal gov</li> <li>state gov</li> <li><u>Newspaper</u></li> </ul>



The final graphic created by Karina Mullen.

The data from the worksheets identify a number of specific ideas connected to all the various themes. Moving forward, working groups could be developed to focus on different areas. For example, transportation was similarly identified as the most important issue during the Fort Collins series of meetings from the fall 2011 to spring 2012. Since then, a Northern Colorado Senior Transportation Coalition has been formed, which has been studying how to improve transportation options in Larimer County. Members of the Loveland Senior Advisory Board are already involved with that group. Similar groups connected to housing, intergenerational connections, educational opportunities, and health and wellness for seniors are likely warranted and would find support.

### Part 5: Participant Survey Results

Participants were also provided with a two page survey to note additional comments during the conversation and during limited time at the end. Many of the initial questions were primarily addressed in conversation, so written comments are limited . We specifically asked participants to complete one particular question about the most important thing that they heard at the meeting, as well as the assessment questions, so there are more responses there. Full data from the surveys is available in Appendix D (or online at [www.cpd.colostate.edu/loveland-surveydata.pdf](http://www.cpd.colostate.edu/loveland-surveydata.pdf)).

When answering the question “Having attended this event, what one thing would you MOST want people to know about this issue?”, a few consistent themes emerged.

The most common sentiment, echoed by about 10 participants, was for *the need to work together and develop a plan* to address the changing demographics. These participants generally supported the need to continue and expand the conversation begun on May 2.

About six participants argued for the need for *more awareness* about the changing demographics and the reality of changes coming to northern Colorado.

Other participants expressed a variety of other points such as the need to realize the potential value of seniors to the community, the coming demand for senior services, the need to focus on low-income seniors and those with disabilities, and the fact our community should know people are already working on the issues.

The final questions on the survey asked for responses to the community conversation process, with the following results:

#### **How satisfied were you with today’s discussions?**

23 : Very Satisfied (Comments: Transportation – GO, Good process)

10: Satisfied (Comments: Need more time)

No one chose “No opinion,” “Unsatisfied,” or “Very unsatisfied.”

#### **Was the facilitator helpful?**

27: “Very much so” (Comments: Logan excellent and Ruth; Great facilitators – Very Professional – not patronizing; YES! WELL DONE!)

3: “Somewhat” (Comment: Needed to control discussion better – got off on tangents)

No one chose “Not sure” or “No”

#### **How likely would you be to attend a follow up to today’s session?**

21: Very Likely (Comment: See what progress we have.)

10: Likely

2: Depends on specific topic (Comment: Overall – very informative)

No one chose “Not Likely”

## Appendix A: Key Pad Results

Data from wireless keypad session  
2-May-13

**1.) What is Your preferred term? (multiple choice)**

	Responses	
	(percent)	(count)
Elderly	0%	0
Seniors	43%	22
Retirees	4%	2
Baby boomer	12%	6
Aging American	2%	1
Older American	10%	5
Chronologically gifted	4%	2
Golden Agers	6%	3
The Wise	6%	3
Other	14%	7
<b>Totals</b>	<b>100%</b>	<b>51</b>

**2.) What decade were you born? (multiple choice)**

	Responses	
	(percent)	(count)
After 1990	0%	0
1980s	4%	2
1970s	6%	3
1960s	9%	5
1950s	28%	15
1940s	39%	21
1930s	15%	8
1920s	0%	0
1910s	0%	0
1900s	0%	0
<b>Totals</b>	<b>100%</b>	<b>54</b>

**What do you want to be when you reach 50+? (Pick top 3 identities)**

	Responses	
	(percent)	(count)
Traveler	50%	27
Learner	44%	24
Grandparent	41%	22
Volunteer	33%	18
Recreator	26%	14
Employee	24%	13
Arts Patron/Artist	22%	12
Reader	13%	7
Helper	11%	6
(Press 0 to choose) Just be.	2%	1
<b>Totals</b>	<b>100%</b>	<b>144</b>

\* Percentage is percent of participants that chose that option.

**4.) How would you grade Loveland’s readiness in terms of Productive Activities for older residents? (multiple choice)**

	Responses	
	(percent)	(count)
A	23%	12
B	53%	28
C	19%	10
D	6%	3
F	0%	0
<b>Totals</b>	100%	53

Mean score was 2.08, 75% choose A or B

**5.) How would you grade Loveland’s readiness in terms of Community Information for older residents? (multiple choice)**

	Responses	
	(percent)	(count)
A	12%	6
B	44%	22
C	32%	16
D	12%	6
F	0%	0
<b>Totals</b>	100%	50

Mean score was 2.44, 52% choose A or B

**6.) How would you grade Loveland’s readiness in terms of Community Belonging for older residents? (multiple choice)**

	Responses	
	(percent)	(count)
A	13%	7
B	45%	24
C	34%	18
D	8%	4
F	0%	0
<b>Totals</b>	100%	53

Mean score was 2.36, 58% choose A or B

**7.) How would you grade Loveland’s readiness in terms of Health and Wellness for older residents? (multiple choice)**

	Responses	
	(percent)	(count)
A	35%	18
B	35%	18
C	24%	12
D	6%	3
F	0%	0
<b>Totals</b>	100%	51

Mean score was 2, 68% choose A or B

**8.) How would you grade Loveland’s readiness in terms of Community Design and Land Use for older residents? (multiple choice)**

	Responses	
	(percent)	(count)
A	4%	2
B	24%	12
C	39%	20
D	25%	13
F	8%	4
<b>Totals</b>	100%	51

Mean score was 3.1, 26% choose A or B

**9.) How would you grade Loveland’s readiness in terms of Overall Quality of Community for older residents? (multiple choice)**

	Responses	
	(percent)	(count)
A	10%	5
B	58%	29
C	24%	12
D	8%	4
F	0%	0
<b>Totals</b>	100%	50

Mean score was 2.3, 64% choose A or B



## Appendix B: Notes from Small Group Discussions

### Connecting Seniors to Our Community:

A Community Conversation to explore the future growth of our senior population in Loveland and Larimer County.

During the event, participants gathered in small groups to discuss a series of questions, moderated by Center for Public Deliberation student facilitators. This document includes all the notes captured by students during these discussions, organized by the question.

#### 1. Why is this issue important to you?

- Experience of losing a parent.
- Loveland senior advisory committee
- Loveland is a leader of constructing housing.
- Enjoy developmental programs in the church
- Lived here for 2.5 years
- Volunteer (community and church)
- Concerned with services for disabled
- Cost of housing, came back to Fort Collins.
- Any vision problems. More people with disability
- Transportation (FC Mason Corridor should go to Loveland); Baby Boomers
- Arts and Housing
- Passionate about the topic at hand
- Works with senior advisory board
- Direction of public library
- Works with office of aging
- Manager of Larimer city office on aging
- Familiar with demographic shift
- Recently retired, Loveland for 15 years, interested in resources for seniors.
- Disability advisory committee – interested in connections between the two.
- Rec Center employee, part of the senior center.
- Loveland public library; deliver to 85 plus.
- Realtor of Loveland; housing for baby boomers.

#### 2. Initial reactions to presentation?

- Liked that it was not just number, but graphic colored lines.
  - See clarity in different formats but graphic color line portion of state aging – take accountability for demographic shift.
- In demographic mixed bag of who is aging – needs are different
- Mayor's comments raise serious policy issues
- Interesting
- Didn't know CO is so young
- Take into consideration the tech boom of the 70s?
- The old HP section of town is “dead” – not necessarily because there is a big shop center

- A lot of people go to FC Sprouts
- Need more grocery stores, the ones here are terrible.
- Keep infrastructure simple
  - Madison and 34<sup>th</sup>
  - Putting in roundabouts
- Loveland does a good job with entertainment programs
- Transportation needs improvement
- Surprised by increase in 65 plus
- Important to have interconnectedness (different branches) in care facilities.
- Need for lower cost housing shown by waiting list at retirement homes.
- High living expenses make it impossible for families to support.
- Lot of state migration – children are here
  - New trend of seniors moving to their kids rather than vice-versa
- Harder to transition environments as you age.
- Seniors don't want responsibility of having to care for lawns, maintenance of appliances.
- Aging in place – everything moving towards all levels of treatment in one place.
- People are so busy w/ work and kids, don't have time to care for seniors.
- Money spent on home and giving to kids and grandkids, money depletes quickly.
- Every time I am here I am impressed.
- Estes Park has a lot of seniors. Crazy people retire with no resources.
- Surprised with Loveland Numbers
- Health is good here
- Saint bus doesn't go to where patients need to go (negative)
- Need access
- Overwhelming in terms of information (has info online that helps)
- 3% of housing is available. We need more options.
- Loveland and FoCo have really nice but very expensive retirement facilities. Don't even feel like home.
  - Cost saving to keep in home but times when it is beneficial (?)
- Didn't find surprising
- Important to city council and staff here because it is an economic driver
- Important that city leaders see this; there has been no action
- Keep hearing transit concerns but no solutions.
- Housing – not enough, affordable places to go
  - Surprises on how housing is situated
- People afraid of CSU, Loveland is a quiet place
- Surprising- didn't have an older population to begin with.
  - Number of people still in homes and income insecure.
  - Concerns about affordability in the future.
- Transportation an issue.
  - Specific routes – something to consider.
  - Need for more options/routes.
- Senior voice being passive – PROBLEM!

- How can we do this?
    - Get other people involved – people who are not here.
    - Go to senior centers.
- Ranking health and wellness.
  - Great job – Silver Sneakers.
  - Not great with disabled community.
  - Worries on care for disabilities and elderly.
  - Issues with climbing stairs/accessibility.
  - Need to understand the needs of others.
- Loveland first to combine senior center with community center!
- Safety: low-cost health care.
  - Expanding. But taking a long time getting there.
- Not surprised by the statistics, learning about it in school
- National data interesting
- Grading was higher than expected during the clicker poll
- Surprised by the economic value of seniors
- Thought Loveland was bigger
- Did think about migration, 18-22 has a large population
- High net migration
- Thought everyone migrated to CO
- Met Boomers who want small community and sunshine
- Participants agreed that they were surprised by some of the findings reported by the demographer
  - i. That there is not a larger percentage of seniors currently in Loveland
  - ii. That Loveland had more seniors than Fort Collins
- Surprised by the numbers presented, but not surprised by the trends
- Struck by the idea of not just what the community can do for the elders, but what the elders can do for the community
  - i. Seniors as a source of wisdom, they also have time to volunteer
- Need to help Loveland elders build a bridge to the younger community
- School districts should do a better job at reaching out to elders to volunteer
- Concerned because volunteering seems to be commonly for helping out other seniors; should be doing both {helping the younger and older}
- Cataloging volunteer needs in a database for the availability of those who want to help
  - i. Adopt-a Grandparent
- Mentioned appreciation for the fact that the state has a demographer and is looking at the trends and the future potential issues- not sure every state has that
- Other comments about presentation:
  - Renting numbers- this was not surprising because nothing seems to be available- the amount of renters has increased
  - Participants comment of how happy they are with renting

### 3. What are we doing well in Loveland?

- Outdoor activities – big draw for baby boomers/active lifestyle – this is the place to do it.
- Bike trails, walking trails, hiking clubs
- Loveland has great physical beauty: nature beauty huge benefit for the community –
- Need more accessibility, bus to take everyone to hike – don't drive.
- Museums, Library, and playgrounds.
- Natural sense of community.
  - How do we improve connection to community?
  - People do not know what they can do/what's around here.
  - How do we include more people in this discussion? Don't know but need to branch out and bring more people into the conversation.
- Transportation issue
  - People who can't drive around town
  - Be nice to have more accessible transportation. No real information to tell people about it.
- People do not know it is there or what it is (transportation)
  - How can you stay in your home longer?
  - How effective is Saint? How limited is it? Is it wheelchair accessible?
  - COLT (City of Loveland Transportation – how can we expand/better use that?)
- Wonderful sculptures in the park in August
- Rotary governors art show
- Seniors still volunteer
- Percent of volunteers is high here
  - Saint
- Good medical system
- Medical center of the Rockies became part of the University
- The street signs in Loveland hearts for Valentine's Day
- Art Walk
- Chilson Center good for disseminating info
- Seniors can stay active/ be active because of the senior center.
- People have options in the summer
- Senior center is setting the bar for what patient treatment should look like.
- Loveland has resources for transit, but always could use more.
- "Meals on wheels" – great option for seniors.
- Saints – retired people drive other seniors but could be better; not as quick as taxis.
- Greater need for transportation option in rural areas.
- Things in place are good, but need more (Money, volunteers, resources)
- People who aren't tech savvy need more help.
- The weather! 300 days of sunshine!
- The senior centers are really amazing
  - They are large
  - Seasons club, Aspens club.
- Continuing education at CSU

- Should utilize AIMS college
- How many people are aware of these resources?
- How do you get people to know about your resources?
- Need more of these events to identify the good things
- If you are a senior you get a BIG discount for public transportation.
- Newspapers should be here, need to be photographers and article (there are a lot of people who want to help)
- Health Care is great and you have a lot of options.
  - Hospitals offer preventative programs.
- Senior Center, Library, affordable housing, city council (GOOD AREA) and sculpture garden.
  - BUT we need to update downtown like Fort Collins
- Strong Artist community
- We need more information and input
- Rec facilities/climate
- Access to healthcare
- Thinking about walkability
  - Not enough, but a start
  - Mixed types of properties need to be created
- Like walking trails
  - Connecting them and making them accessible
  - Downtown housing and smaller communities
- Lots of service providers that work well together
- Getting info out about services
  - Where do people get information?
  - CASOA still says it is a problem
- Culture
  - Sculpture shows – unique and draws people
- University provides learning
- Fiscally responsible
- Advisory board budget is good
  - Innovative
  - Can we be stable in this economy?
  - FC spends a lot of money
  - They are alive through increase in taxes
- Chilson center combined with recreation center.
- Sculpture park.
- Good with rec centers/being active
- (-) help with transportation, building accessibility.
- Housing
  - Nice for people who can afford it.
  - Long waiting lists occur.
  - Nice but away from transportation, isolated – no socialization.
  - Need affordable housing

- Universal housing.
    - Easily convertible to handicap
  - Provide care agencies to come to your home and help with everyday things.
  - Need help to modify homes.
- Isolation is a Problem!
  - Interaction with TV, computer.
  - Helps to be social
  - Message board
  - Skype? Can see people!
  - Classes to learn technology
- Outdoors, bike trails
- Day trips through Chilson, great way to meet people
  - People late 60s/70s participate because it's affordable to go on day trips, led by a younger woman
  - Go to places like the Colorado History Museum, restaurants with the "Lunch Bunch"
- Outdoor activities, trails, Aspen Club
- Art is good, Park art, art in the city
- Art is well distributed
- Loveland art museum
- Sculpture shows
- Churches have senior activities, such as volunteer things
- Senior Center's variety of classes, especially exercise classes
- New library- good cluster of learning opportunities
- Welcome Wagon- Those new to the community were brought a booklet to their home that gave them information on how to get involved
  - Not sure if this is still happening but it was effective and helpful
- Loveland has improved in transportation (busses), beautiful trails, parks and recycling
- However, parks are not at the center of the town and are not easy to walk to
- Everything seems to be located downtown
- Another senior center located in another part of town would be helpful
- More stuff needed on the North end of town
- Good summer programs
- They are run through the city
- Cheap
- Lots of concerts

**4. Regardless of age, what are you most excited about doing at this stage in your life (60+)?**

- I want to ride my bike
- I want to contribute to my community
- I have many interests – I'd like to do more creative things and the resources are available – community theater, Japanese flower art, etc.

- Library has resources to help and inform people – more seniors need to take advantage of it.
- OSCHER – lifelong learning institute – great resource.
  - Higher education could provide seniors with great universities.
  - Community highly educated, diversity, energetic – people interested.
  - Some cultural aspects could be improved, but resources are out there.
- Government support – communication between community and elected officials and giving community with volunteers (lots of cooperation)
- Northern Colorado legislature of alliance. This is another resource for people.
- How does government communicate with citizens/elderly?
- Community foundations started conversation on revitalization of downtown. Focus on things people will care about and be specific.
- Working
- Travel
- Enjoys retirement, has social calendar
- Likes volunteering at church and spending time with grandkids
- Enjoys respect from younger colleagues, helping in the church, older adult ministry, likes planning and demographic research
- Politics
- Very easy to be involved in Loveland
- Having fun
- Missing structure
- Volunteering (hospitals, school, parks)
- Encore careers – doing what you want to do versus what you can afford to do.
- Education as people age is huge.
- More activities for aging seniors.
- Social interaction is necessary – happier when engaged in social activities.
- Increase in same-sex couples.
  - “project visibility” – program for senior LGBTQ community.
  - Also, more legislations against homophobia.
- Society as a whole, expectations are going to have to change.
- Thoughts need to shift away from entitlement to premium treatment to realizing how much services and medicine costs – medical treatment needs to be cheaper.
  - Take better care of ourselves (individual level)
- Increase in social services for seniors needed
  - A lot of misunderstanding in levels of treatments recommended
- I want to be able to stay in my home.
- More active.
- Loveland has tons of opportunities for volunteering!
- Younger people are coming up
- Volunteering can’t imagine doing nothing.
- Staying active because mind needs to stay active.
- Daytrips and making social connections
- Do more of what they wanted to do then before a new career.

- (Men) Lose identity, lose sense of purpose.
- Active, Learn, Volunteer, Access to everything before!
- Making a difference in worlds through work or volunteer
- Never want to be closed off
- Keep learning – including tech changes and culture
- Stay engaged
- Healthy
- Resources for comfortable life.
- Traveler
- Grandparents
- Teacher
- Still working
- Do by 75...
  - Hard to do economically after.
  - Need money
  - Reaching an age to be too old to do anything
- Open enrollment in learning
  - Very good
  - Education at AIMS
  - Good – Facebook, can drive, possible!
- Cannot imagine retiring at 50
- Lifespan perspective, now what?
- Want to stay positive and active at end of life
- Need more open discussions within the community, especially single women
- Seniors want to talk more
- Wanted to keep working, still capable, but hard to give it up
- Don't want to be in a nursing home
- Change is hard, very difficult for aging parents
- Want programs to help with transition because it is hard
- Wants more creative pursuits
- A lot of men are depressed (job = identity, no job = loss of identity)
- Women are more connected even in retirement
- Want to be connected to retirement resources to help with transition, identity change
- “How do I fit in” help
- More classes/hobbies
- Happy retired men do things like projects, woodworking, train building
- Want to try a variety of hobbies
- Someone's husband is a therapist at another location that has a woodworking shop, dining room with meals on wheels, and childcare volunteer opportunities
- Chilson is good, but other facilities are better
- Want a registry of volunteer opportunities



- Lots of life skills to pass down
- Larimer and Weld counties have an organization to match volunteers with volunteer opportunities based on interests
- Need meaningful volunteer work
  - Hearts and Horses
  - Connect with interests
  - Knowledge and history with age
  - Kids don't know how it was
  - Mentor kids into good work ethic
  - Youth are not connected
  - Need more intergenerational stuff
- Seniors helping children get to proficient reading level
- Youth don't want to be involved with seniors, everyone moves too fast
- After school programs
- Do nothing!
- Grandkids
- Learning
- Concerned about the lack of link between seniors and the college
- There is a desire from seniors to audit classes
- Traveling- cruising
- Facilitator: Financially harder to do these things?
- Not totally retired, still working
- Health restrictions
- Starting over
- Lost company in recession
- Discovered there are more important things than money
- Being able to get to do things they want to do!

**5. Imagine it is 10 years from now, and Loveland and Larimer County are recognized nationwide as communities that got it right and reacted beautifully to the changing demographics by creating the ideal community for older Americans. What is different? What have we created? If you like, you can utilize the categories from the Community Readiness Chart to help you think about potential areas of improvement. We'll go around the table and hear some initial ideas, and then dig deeper into some of them.**

- Public transportation improved!
- Providing more resources to revitalize/reenergize community from within.
- Improvement to accessibility – easier to get around.
- Organizing community in a way that things aren't so spread out.
- Walkable communities, with wider and smoother sidewalks.
- Educational effort in communities, neighbors helping neighbors
- Neighbors need to be able to reach out – requires certain amount of education and awareness

- Pay it forward mentality – do it because it is the right thing.
  - Leading by example.
  - Home owners association helps build community.
- Mountains, scenery, beauty
- Likes the size of the community; close knit
- Great place to raise family; good school system
- Slower pace
- Increase in population – more people move here
- Attract more jobs
- Raise quality of the heart of the city through collaboration
- Arts community
- School district is getting better (STEM)
- Keep city simple, reduce crime
- The arts – headquarters should be downtown
- The core of the city is the barometer of success
- Small town business based on the arts
- Good hospital programs – classes, trips, education program
- Transportation is accessible, frequent, easy for those with disabilities.
- Little communities for elders
  - Accessible; house that feels like a home.
  - A block of houses
  - Kitchen – home help can create a community; socialization
  - Co-Housing
- Affordable Housing
  - Disabilities
  - Seniors with limited income
  - The houses they are building are not realistic
  - Baby boomers don't believe that they will become disabled one day.
  - Kids and grandchildren, there needs to be room
- Technology needs to adapt for older residents and the disabled
  - We rely on it too much
  - Boys and Men: Different in price of toys
  - Every piece of new technology (toaster, kiosk, etc.) has to be approved/mandated for elders/disabilities.
  - Flat screens must talk for visually impaired.
  - Quiet cars have to sound like a regular car for blind people.
  - We have NO IDEA what tech will be like. (Google Car?)
- Connecting Bike Paths (so you don't have to switch)
- Health Market (Sprouts, Whole Foods)
  - Very long distance drive to grocery
- Loveland and Fort Collins need to talk/work together.
  - Stoplights (accessible, vibrates, tactile)
  - Seniors are becoming very blind, BIG ISSUE!
  - Lighted street signs easier to see.
- Put money into downtown.

- Café, possibly Brand name.
- No more bars
- Farmers Markets
- Culture, recreation, entertainment.
- Boulder: Mimes and performers one can sit and watch.
- Telluride: free public transportation and festivals every weekend.
- Movie theaters
- Painted pianos
- Utilize foothills because there are really beautiful places.
- Affordable housing
- Transportation
- Better ways to communicate
  - Newspapers – getting the word out.
- Help seniors still feel valued, still part of the community.
  - Seniors and children
  - Have time – don't have people around
  - Intergenerational advancements.
- More employment opportunities (flexibility)
  - Not Good, no more Wal-Mart greeter.
  - Hard for 70+
  - Need computer skills.
  - Don't have the ability to lift or check out at stores.
  - Provide training opportunities.
  - Job sharing
  - Six months, one person; 6 months, another
  - Feel like you're contributing.
- Community cares about taxes and how they are spent
  - Concerned "Big Government" takes away from freedoms
- Doesn't want to be taxed to such an extreme that can't take care of Self
- But, who will provide?
- Regulations make citizens happy, safe
- Income
  - Such a variety in Loveland
  - Average income is lower
  - Assumes those who attend meetings (like this) are of the middle to upper classes
  - What does Loveland do for those of lower income?
  - City should do more to assist them, especially the elders
  - Homeless
- Addressing their mental and emotional disabilities
  - Addictions
  - Things stopping them from moving forward
  - Large portion of homeless smoke marijuana
  - Proactive approach to appeal to younger generations in order to prevent homelessness

- Education is key
- Ramification for choices
- Mental health services
- What is the role of government?
  - Government has to be a catalyst/leader
  - Provide private ventures to do so
  - Government facilitate
  - Listen to the elders' wisdom
  - Comox- a community in Canada where the community works with the elders to run it. It is so successful they have started their own prestigious university.

### **Potential Actions**

*\*these notes catch some additional details that are primarily available from the worksheets that each table completed at the end of the process.*

- *Community awareness* – continuing to build increasing awareness of what is available and what needs to be available.
  - Ability to access – awareness and accessibility
  - Resources and services
  - Aging in place-modify homes/aging in homes.
  - Community that plans itself.
- *Transportation*
  - Individual level
    - Awareness/involvement to overall community.
    - Sensory changes as people age that aren't disability but create challenge – sensory challenges.
    - Seniors want to volunteer, so we need to discover entities where they can volunteer.
    - Neighbors volunteer for snow removal. Awareness and caring.
  - Non-profit/Faith
    - Facilitation service – elderly day care; place for elderly to go during the day/ “Stepping Stone”
  - Government
    - Facilitate, but don't provide service that is duplicate service to others; don't trump, gov.
    - No mandates/optional assistance
  - Who handles transportation.
    - Combination: nothing connects N. Colorado communities now.
  - Let people know what organizations needs volunteers (senior center?)
- *Homelessness* is an issue
  - Need to increase services and number of shelters
  - Education for the homeless
    - Interfaith hospitality
- *Health & Wellness*
  - Trader Joe's/healthy grocery store
  - Needs to be affordable
- *Transportation*

- Added busses.
- Gather feedback from bus riders
- Transportation coalition
- People will use it if its accessible (Elders are afraid of students ☹)
- *Housing*
  - Moving in with kids or friends
  - Developers need to listen to the elders.
  - Mandatory accessibility.
- *Improving Downtown*
  - Wave fees
  - Concerts, mimes, performers.
- *Transportation*
  - More and effective.
  - Go door to door and pick up people.
    - Need to fit certain criteria
    - Can be expensive?
  - NoCo metro planning organization.
    - Working together to do transport
    - Non-profit help.
  - Saint Volunteers insurance to cover this form of transportation.
  - Individuals – too hard for them to coordinate.
  - Private businesses
    - Columbine hospital – health networks of transportation
    - Lack of taxis and long waits
  - Local Governments
    - Too long
    - Not efficient routes
    - Money is fines
    - Compete with high school and Jr. High Students – did away with school buses.
    - User friendly
- *Housing*
  - Individual
    - People having to live together – roommates
      - w/ kids, siblings, friends because of the economy to survive.
    - Not a lot we can do – much bigger problem
    - Medicare will not pay for housing home – no medical resources.
    - Assisted living is \$4500 a month – why people live alone/independently.
  - Create Co-op living
    - Community kitchens
    - Halfway house for seniors?
    - Look out for one another,
    - Take groups to volunteer
    - Community living houses spaces for more affordability and accessibility.
    - Don't want to be alone

- Allow people to choose their community.
  - Local government
    - Limited money
    - Study trends before building
    - Better communication
  - Other
    - Local TV with community information/activities
    - Better format and presentation
- Increased *training/learning opportunities*
  - Work with other organizations within the city and schools.
  - Bring it to more seniors – more accessibility
  - Have students volunteer to help.
- Meetings are a good move
  - More meetings, more people
  - cause/meetings need more publicity
  - wouldn't know about it if the school did not inform students
  - confusion about meeting
  - Encourage the entire community, not just for the seniors, this needs more emphasis
  - More meetings with more council members
  - Show community ownership and impacts
  - Offer more buy-in opportunities at meetings
  - Market the events correctly
  - Non-profit organizations need to do better to get the knowledge and resources out
- emergency department is difficult
  - trying to get the necessary resources is crazy, don't know where to go
  - frustrating
- reimbursement is not enough
- residential property managers need more "Go To" information
  - don't know anything past initial process
  - House of Neighborly Services
- Don't know how to get the resources out to the seniors
- Salem, OR has buses for people
  - City made this system a priority
  - Whole community supports it
  - Buses helped bring people to the main city center
  - The main city center has a community center
  - The community center has interactions with others, meals, computers, learning events
  - Loveland should model after this community center to someday be like it

- Having a centralized location for obtaining resources would make it easier
- At Chilson, seniors sit in the lounge area and visit
- Center does not have enough available activities for the seniors
- Seniors want to learn new technologies, such as computer skills
  - Need people available to teach while learning, not a completely independent activity for seniors
- We need change! \*\*\*
- Chilson could be a good community center for seniors if they change
- High schools students can get credits for doing service with senior citizens
  - Teach seniors → ex. Computer classes
  - College students too
  - Even adults who have passion for some of the classes that seniors want to learn
- Peer counseling with seniors for seniors
  - Go to homes of seniors
  - Peers listen
  - Give support and ideas
  - Like a life coach, but services with peer counseling are free
  - Friendly companion
  - This would be another volunteer opportunity
- Limited income for seniors
  - Seniors can't afford expensive classes like in-home computer training
- People in nursing homes go downhill because of the lack of activities

#### Goals

- Individuals need to start taking more interest in specializing in geriatrics
- More mentoring
  - College students could potentially conduct needs assessments to start a plan for moving forward in Loveland, Fort Collins, and Larimer as a whole
- Network with other \*\*\*
- Needs assessments
- Central place for resources
- Peer mentoring
- More community gatherings
- Intergenerational dialogue

# Appendix C: Data from Final Worksheet

## Loveland Community Conversation – Table Worksheet

At the end of the process, each table was asked to put data down on a group worksheet, first identifying some key goals (the first column) and then thinking through how various community entities could work toward those goals. Below is the full data from those worksheets, organized by the following categories:

Transportation (9)

Housing (7)

Information/Communication (4)

Health and Wellness (4)

Educational opportunities (3)

Intergenerational Interaction (2)

Miscellaneous topics (8)

### Transportation issues (9)

Topic	Individuals/You	Non-profits/Faith Institutions	Private Businesses	Local Government	Other
Transportation					combination, <u>regional</u> issue
Transportation -availability -convenience	Self-learning -Keep active -Outreach program -getting the word out	a Bus! - Parish nurses -Healthcare and outreach need younger members	Handicap-accessible -more seating areas just to take a break - Discounts on certain days - Split a lunch(?)	-Transportation -Housing	Younger people not as active in the community
Strong transport network	-serve on boards -support non profits - awareness (word of mouth)	SAINT	Taxi services (vouchers) **Wheel chair accessible	-bus routes -expand to regional frequency	federal gov state gov
Transportation - door-to-door -more routes -more hours -safe, all areas		working with individual networks to create more transportation opportunities Ride shares.	Columbine hospital - bus route -health networks -create more taxis	better bus routes -more places and times +user –friendly compete with high school students (no school buses)	
transportation (regional between Loveland and Fort Collins)	-make voice heard, more conversation about issues -more active	-Catholic charities -have more of a public/policy stance to	-contribute in exchange for tax breaks	-tax incentives for better transportation programs -look at other communities for ideas	



	participation -potentially willing to pay more	encourage legislatures along with direct services	←analysis of demand	in community→	
Transportation					
Transportation	-Develop a voting block to involve people <u>Publicize</u> these events -Attend city council meetings	-Transportation coalition -SAINT	Have private enterprises provide additional transportation	Add more buses -get feedback from commuters -ensure city council hears the needs of its citizens -improve actual buses/routes/accessibility	<u>Newspaper</u>
Transportation		SAINTS = increasing number of volunteers	-Taxi Services - Expanding a shuttle system →	Increased bus routes -colt program to continue	
Transportation					

### Housing issues

Topic	Individuals/You	Non-profits/Faith Institutions	Private Businesses	Local Government	Other
Affordable Housing	*Have a voice in local government  - allow parents to choose where they want to live rather than having children decide for them.	-more groups for <u>seniors</u> rather than just married, single, youth groups  - <u>volunteer work</u> - transportation and home repair	**Affordability vs. Accommodation - many senior don't need all the accommodation		
Affordable Housing	Speak UP! -Have retirees consider moving in with their friends/children -start talking		Developers need to listen to the needs of aging homeowners	Mandating accessibility in housing codes -stand up for seniors!	<u>Newspaper</u> Media
Housing -more affordable -more accessible	**Bigger than the individual**	Habitat for Humanity – Homes for Seniors -Create co-op living environments	Build more low-cost accessible housing	Encourage tax incentives - zoning/ordinances study trends of senior populations -make the areas more accessible	

Reducing homelessness	help homeless help themselves -volunteering	Churches; House of neighborly service			
housing (in Loveland)	-active participation -change view on housing (denser housing)		-investing in buildings -building planning ←partnerships/	-signing bills -approval of housing plans collaboration→	- occupancy laws flexibility in zoning
Senior Housing providing	-provide info on needs -data sources	Facilitating dialogue -gathering data on needs -reaching out to members of communities	-Why come here to build? -There is a <u>real</u> market for senior housing	Housing authority and senior advisory board collaboration	*Chamber of commerce - Attracting firms
Housing		-Multi-purpose faith institution for any denomination	self-contained communities -provides the necessities in walkable distance -provides options to meet people	-building regulations and land use planning to create more developments. -how to make home accessible (handrails, etc)	

**Information/Communication (4)**

Topic	Individuals/You	Non-profits/Faith Institutions	Private Businesses	Local Government	Other
Central Place for information	Attend events and tell others	Tell info to the location about resources	tell info to the location about resources and give \$	Provide space, volunteers and paid positions	
Awareness/Accessibility of resources/services currently available and those for the future		211		Senior Center	

Community planning and awareness “plans itself”	“pay it forward” - Good Samaritanism - volunteer snow removal - caring	facilitating communication and getting people coordinated		merely assist, facilitate, but not mandate (optional assistance)	
Communication	Go to the source -go to Dr’s offices, -post community activities	Church announcements/awareness in bulletins Target older congregation	Putting information in more areas – user-friendly, interactive	TV channel – public broadcasting -more facilities and events	Local TVs advertise senior events/info Senior bulletins

#### Health and Wellness (4)

Topic	Individuals/You	Non-profits/Faith Institutions	Private Businesses	Local Government	Other
- exercise	- importance of staying active: “use it or lose it”				
Improved health and wellness			Sprouts/Whole food (Health Food Stores)	economic incentives	
- Community of Wellness					
recreational opportunities (wellness)	-personal funding -active participation making voices heard -changing demand	-expanding programs, look for new/collaborative projects -listen to demand from individuals	- encourage/create collaboration with local government and non-profit for funding on projects		

### Educational opportunities (3)

Topic	Individuals/You	Non-profits/Faith Institutions	Private Businesses	Local Government	Other
- Ongoing Education for seniors – tie it to the university	Bridging gap between youth and seniors → technology, education and other skills	-churches could offer scholarships out of offering plate? and mentoring programs.  - donations to help pay for housing			
Extended learning	-seek it out -support it -pass the word	-work force contributes -senior center -churches -provide an environment to learn	CSU providing cheaper classes -OSHER		
Continued education and training			Involve students, interns, volunteers -mentor/class training	Create internship/volunteer opportunities	Colorado State outreach campus

### Intergenerational Interaction (2)

Topic	Individuals/You	Non-profits/Faith Institutions	Private Businesses	Local Government	Other
Intergenerational Interaction	-volunteer with different age groups - adopt a grandparent -open up home to seniors	-communes -communication -interfaith -awareness/eyes 4 trouble	Awareness of seniors -Good Neighbor (Edu.)	-tax write off, seniors involved. -reach out to collaborate with other (?) -land use planning -support affordable housing	-integrate school/community transportation - housing options – shared houses - kids volunteering through district

Intergenerational dialogue/relationships		Connect high school students and young children with seniors	universities provide volunteers - retiring employees mentor others	More advertising dialogue.	
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**Miscellaneous topics**

Topic	Individuals/You	Non-profits/Faith Institutions	Private Businesses	Local Government	Other
Greater level of respect for seniors					
Volunteer opportunities	-be volunteers -donate time -heading/creating a group	-provide training and recruiting -talk to corporations (reach out to businesses) -RSVP	-people -funding	-tax on property can be reduced -provide incentives -transport	<u>FEDERAL</u> -make sure you can always deduct for charity
growth in arts and culture			expand art in the park	start arts school   commission on art	
More community gatherings			Invite businesses		
Needs assessment	Networking, building bonds	Provide \$		Access	
Peer mentoring or counseling	Volunteering				
Improve Loveland's Downtown community		Increase presence downtown		Give building and fee waivers to businesses downtown	<u>Newspaper</u> – increase media coverage - community radio
Independence	-stay active -utilize the fitness centers			providing senior services	-creating social events -progressive dinners

## Appendix D: Data from Surveys

### Loveland Community Conversation – Survey Data Worksheets

Participants were provided with a two page survey to note comments during the conversation and during limited time at the end. Many of the initial questions were primarily addressed in conversation, so written comments are limited. We specifically asked participants to complete the question about the most important thing that they heard at the meeting, so there are more responses there.

**Question 2:** What is your reaction to what you heard from State Demographer?

- Little too much information – became confusing
- Chilson Center to expand to offer areas where seniors can work on hobbies and projects, Coordinate information to seniors – also where oldest adults might offer help to others in community as after school programs
- Great info.
- Important to city planners.
- No surprise the nation is growing old.
- I was surprised!
- Excessive data beyond my ability to retain, need more of a “summary” discussion
- Rich, informative Good perspective on where Larimer County fits within the bigger picture

**Question 3:** Loveland and Larimer County are both known as very nice places to live and to retire. We wanted to begin this conversation by highlighting some of those positives. What are we already doing well here in Loveland that we can build on and need to make sure keep doing?

- Moderate property taxes, Good base of medical providers
- Things like this. More information and exchanging.
- Interest in downtown – “Nameblank” store (not big box!) to draw people. Street entertainment.
- Abundant resources – Senior Center ARTS - Activities Communication
- Disseminating more info to general public
- These are reasons to live in Larimer County and Loveland, economic opportunity, quality of life, citizens interested in improvement of life

**Questions 4:** We heard earlier that people are retiring very differently than they did before, and living much more active and engaged lives. We need to be thinking of the years we grow older as a time to live our dreams, to challenge ourselves, to embrace what might be, to experiment, to invest ourselves in other possibilities. Regardless of your current age, what are you most excited about doing with your time during that stage of your life (60+)?

- Volunteering – seeing grandchildren, Recreating
- Learning and Volunteering

- Volunteering – senior trips, Aspen/season • Church • Dance – meals – Activities, Learning (Volunteering)
- Whatever the way blows that is great no structure!
- Volunteering and helping and enjoying our surroundings in community.

**Question 5:** Imagine it is 10 years from now, and Loveland and Larimer County are recognized nationwide as communities that got it right and reacted beautifully to the changing demographics by creating the ideal community for older Americans. What is different? What have we created?

- Creative downtown – activities/culture. Ask the community – no more “paid” consultants.
- More walk paths, transportation routes, Parking, Housing options
- Golden culture for aged -

**Question 6:** What are some potential local actions to begin working toward the ideas you expressed in Question 5? Actions may be tied to individuals (such as yourself), non-profits, businesses, local government, or others.

- City council meetings addressing some issues
- Volunteer in others actions groups.

**The process tonight focused on what we can do locally on this issue, but clearly the demographic changes that we face will also require a broader state-wide and national reaction. What do you think are the most important priorities for the state and/or nation in terms of this issue?**

- The wide range/diversity of need and opportunity
- Low-income housing Connective transportation between communities/ outlying Easy access to activities
- Transportation Housing for elderly
- Fewer barriers for creative transportation and housing solutions as well as environmental and health issues
- Integrated communities with different age groups. Look at different living situations (less segregation i.e. Senior housing)
- Intergeneration integration Transportation/walkable/ride-able communities Housing plan for all
- Housing Transportation to linkup Seniors to activities and being social.
- SS Healthcare Housing
- Providing for the healthcare needs of an aging population
- What is demographically happening in Loveland is probably happening nationwide. An acknowledgement at a state and national level will have to begin.
- Transportation • Isolation • Health Care for Seniors • Continuum of Care • Affordable Resources including housing and day care
- Develop a good transportation infrastructure • Affordable housing • Health practitioners who specialize in senior care

**Having attended this event, what one thing would you MOST want people to know about this issue?**

- Be patient – Change takes time, Support change financially
- 65+ population is growing. Loveland needs to plan for the needs of this population by having open dialogue with this age group.
- It is BIG – we need to come together to build our community! Let's work together!!
- Loveland is moving forward to the needs of their seniors.
- That transportation is needed to help people maintain independence
- The number of 65+ residents will increase significantly
- Awareness is key at multiple levels – awareness of trends, awareness of what is, awareness of what can be.
- Awareness of population related issues
- That all of these issues are community-wide, and don't just pertain to older people!
- The role that seniors will fill in this aging process
- I would like the info collected to be shared and distributed - so that as a community we can use these conversations to drive change where needs and preserve what good things we have
- Need to plan for future
- Speak up and try to be heard!!
- That Loveland needs to plan carefully to maintain this as a very livable community for lifelong learning and quality of life.
- We do have the potential to work together across lines – why aren't we ?
- They all can take part in creating a better community that benefits all citizens.
- Municipalities need to be involved (city of Loveland) and engaged in preparing for the Silver Tsunami. Land use planning etc. Transportation, planning, etc.
- It's not going away – transportation is so important
- The nation is growing old. Everybody is going that way Keep it in mind when making changes.
- Better communication methods for the elderly who do not use computers.
- Loveland seems to have a healthy spirit about improving community life in all aspects. Citizen groups and government are working together nicely toward community life development
- Loveland is a great place to live especially for 65+ aging population and how are we going to maintain this and implement it?
- We need to be aware of the quickly approaching increase in the senior population and must plan for these needs to their lives are of quality.
- WE'RE NOT USING THE EXPERTISE & sweat Equity of our Seniors.
- Areas that need more attention that we've raised during this discussion.
- That this is a work in progress. We must all contribute as a society to improve options for seniors.
- The need to recognize our seniors and what they bring to our community. The need for more housing and transportation
- To plan ahead for the many baby boomers that will need senior services.



- There will need to be many more providers to meet the demand
- The aging of our population is inevitable
- Needs to reach out to all especially low income.
- We need to plan now to be prepared for this and upcoming decades.
- Housing needs to be planned – not be developers wanting to make \$ but with the needs of an aging community in mind – not in areas with no transportation
- That the community cares and is looking forward to solving issues before a crisis occurs – proactive.
- That many are concerned and as they gather together, great ideas result.

**How satisfied were you with today’s discussions?**

23: Very Satisfied

Comments: Transportation – GO, Good process

10: Satisfied

Comments: Need more time

**Was the facilitator helpful?**

27: “Very much so”

Comments:

Logan excellent and Ruth

Great facilitators – Very Professional – not patronizing

YES! WELL DONE!

3: “Somewhat”

Comment: Needed to control discussion better – got off on tangents

**How likely would you be to attend a follow up to today’s session?**

21: Very Likely

Comment: See what progress we have.

10: Likely

2: Depends on specific topic

Comment: Overall – very informative