**DRAFT**

**CREATING AN AGE FRIENDLY BURLINGTON**

**Action Recommendations from the Burlington Aging Council**

**Outline of Report**

1. Action Briefing: Priority measures (2-page quick summary)
2. Message from the Commissioners (Intro to charge, steps, how to use the report/plan)
3. What does an Age Friendly Burlington consist of (Drawing from Age Friendly Community lit)
4. How does the Burlington Plan fit into the state plan Age Strong Vermont?
5. BAC Plan Objectives and Action Steps
   1. Social Connection and Engagement
   2. Family Caregiver Support
   3. Financial Security
   4. Optimal Health and Wellness
   5. Housing, Transportation and Community Design
6. Burlington Support Infrastructure for the Future
   1. City Supports
   2. Network of Providers and Partners
7. Aging and Equity in Burlington
8. Implementation and Impact & the role of BAC in the future
9. Appendices
   1. Acknowledgements
   2. City Council Charge Creating the Burlington Aging Council
   3. Detailed Strategies and Benchmarks
   4. Stakeholder feedback and a Public Outreach Plan
   5. BAC interim Accomplishments
      1. HomeShare pilot
      2. Family Caregiver Month Proclamation

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**Burlington Aging Council**   
Mission: To understand the opportunities and challenges facing all older community members, and to recommend policies and programs that respect and empower all older Burlington community members, to ensure and expand their quality of life.

**Age Friendly Burlington**

An Age Friendly Burlington will balance offering and enhancing self-determination and self-actualization with an infrastructure for safety and protection.

* **Self Determination** will be at the core of a coordinated and efficient system of opportunity. Older residents bring years of experience, wisdom, and energy to their lives and communities. They are an asset to the community and pathways to afford them opportunity to contribute to the social, civic, and economic fabric of the community should be enhanced, and they should be actively engaged as workers, volunteers, and leaders.
* **Safety and Protection** will be at the heart of a coordinated, efficient, and self-evident system of services. Older residents can benefit from a system of services, supports, and protections, that is coordinated, equitable, and efficient, promoting choice, flexibility, and creativity. The system should be easy for individual and families to access and navigate, including as it relates to the major transitions of care.

The Burlington Aging Council built a **plan of action** for the City around five core areas: Social Connection and Engagement; Family Caregiver Support; Financial Security; Optimal Health and Wellness; Housing, Transportation and Community Design.

**GOALS**

**Social Connection and Engagement**

Older Residents will be free from isolation and loneliness, with affordable and accessible opportunities for social connectedness, including work, volunteering, lifelong learning, civic engagement, arts, culture, and broadband access and other technologies. Older Residents are critical to our local communities and their contributions are valued by all.

**Family Caregiver Support**

Family caregivers are fundamental to supporting the health and well-being of older Vermonters, and their hard work and contributions are respected, valued, and supported. Family caregivers of all ages should have affordable access to education, training, counseling, respite, and support that is both coordinated and efficient.

**Financial Security**

Older Residents will receive an adequate income and maintain assets for a reasonable quality of life as they age. They are able to seek and maintain employment without fear of discrimination and with any needed accommodations. Mechanisms are in place to protect from consumer and financial fraud. Older Residents are able to retire after a lifetime of work, if they so choose, without fear of poverty and isolation.

**Housing, Transportation, and Community Design**

Burlington is designed, zoned, and built to support the health, safety, and independence of older residents, with affordable, accessible, appropriate, safe, and service-enriched housing, transportation, and community support options that allow them to age in a variety of settings along the continuum of care and that foster engagement in community life.

**Optimal Health and Wellness**

Older Residents receive, without discrimination, optimal physical, dental, mental, emotional, and spiritual health through the end of their lives. Holistic options for health, exercise, counseling, and good nutrition should be both affordable and accessible. Access to coordinated, competent, and high-quality care is provided at all levels and in all settings.

1. **How does the Burlington Plan fit into the state plan Age Strong Vermont?**
2. **BAC Plan Objectives and Action Steps**
   1. Social Connection and Engagement
   2. Family Caregiver Support
   3. Financial Security
   4. Optimal Health and Wellness
   5. Housing, Transportation and Community Design

See the separate 5 documents that will be summarized here in a more concise form, then fully detailed in Appendix C

1. **Burlington Support Infrastructure for the Future** 
   1. **City Supports**

**BAC recommendations for dedicated funding: (incomplete)**

**City Positions and Functions**

1. Social Connection and Engagement Coordinator
2. Older Worker Ombudsperson -to coordinate and provide direct service to employers, and work with partners to advance opportunities for training, education, and resources for older workers.
3. BAC Coordinator – a full or significant portion of a staff person to work with the future Council and the network of partners organizations to advance the broad agenda to create Burlington as an Age-Friendly Community.

**Support Tasks and Functions**

Many of the tasks need to be assigned or involve staff from other City Departments – prioritization of this tasks need to be directed through annual plans and additional funding as needed, in addition to the coordinating and action roles listed above.

* Funding for staffing to adapt planBTV to address Burlington’s aging population
* Funding for website design, physical print copies of resource guide
* Funding for development of technology education program
* Increase funding for home fit programs to adapt older homes for those who are aging or experiencing disabilities
* Funding support for expanding Home Share opportunities
* Expand pilot program by SASH and Howard Center mental health housing programs related to MH/social isolation to additional housing communities.
* Support for a Family Caregiver Awareness Campaign each November (Family Caregiver Month)
* Help develop and maintain additional “third spaces” for older residents to gather in addition to the two senior centers.
  1. **Network of Providers and Partners**

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