

Livability *for* Longevity

Creating an age-friendly Austin

Austin is Changing Quickly

Seniors are contributing to the city's shifting demographics.

Growing Population

Share of Austinites 65+



2000

672K | 4.5%

2010

790K | 7.0%

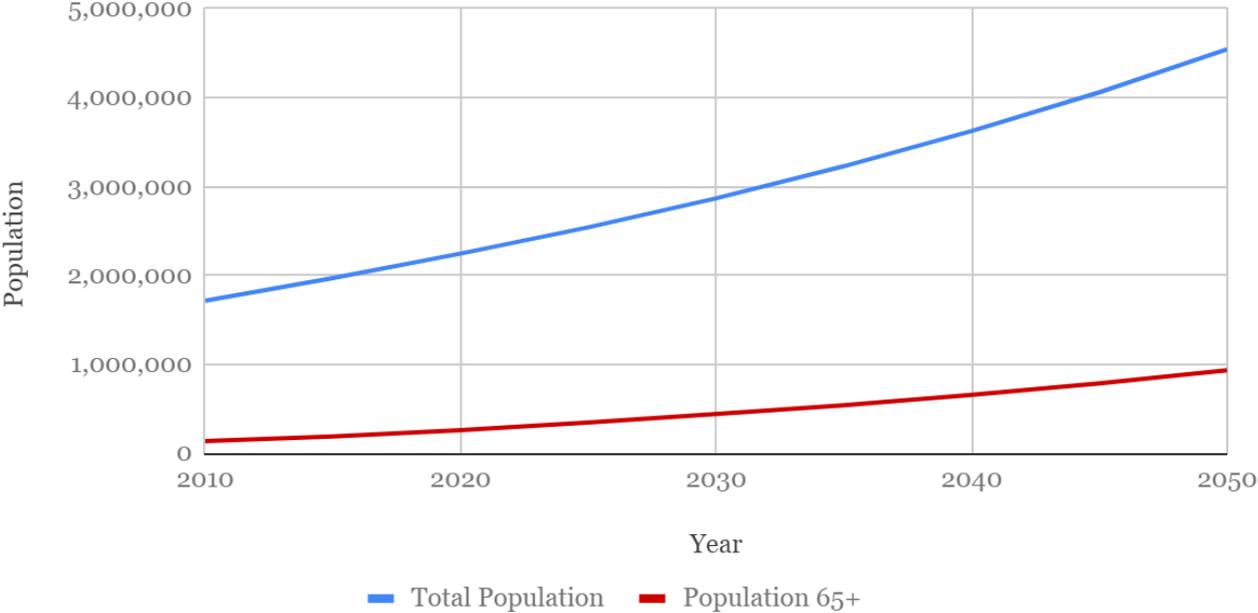
2017

951K | 8.3%

The Austin area has the second-fastest growing population of adults aged 65+ in the country.

Future Projections

Austin - Round Rock - Georgetown Population Projections 2010-2050



Projections of 65+ Population

2020:
260,036 | 11.6%

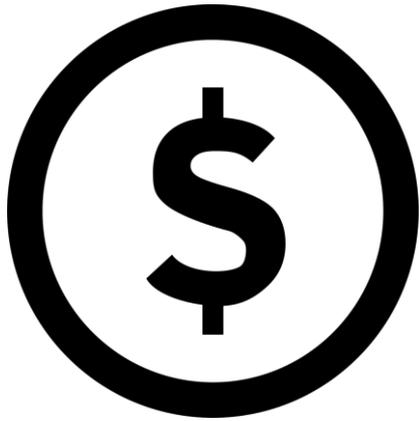
2030:
441,554 | 15.4%

2040:
658,312 | 18.2%

2050:
932,805 | 20.5%

Source: Texas Demographic Center, 2018 Texas Population Projections

Growing Needs of Austin's Seniors



1 in 4 live below 200% of
the Federal Poverty Level



1 in 3 have one or more
disabilities



“How do we continue to
live in our own homes?”

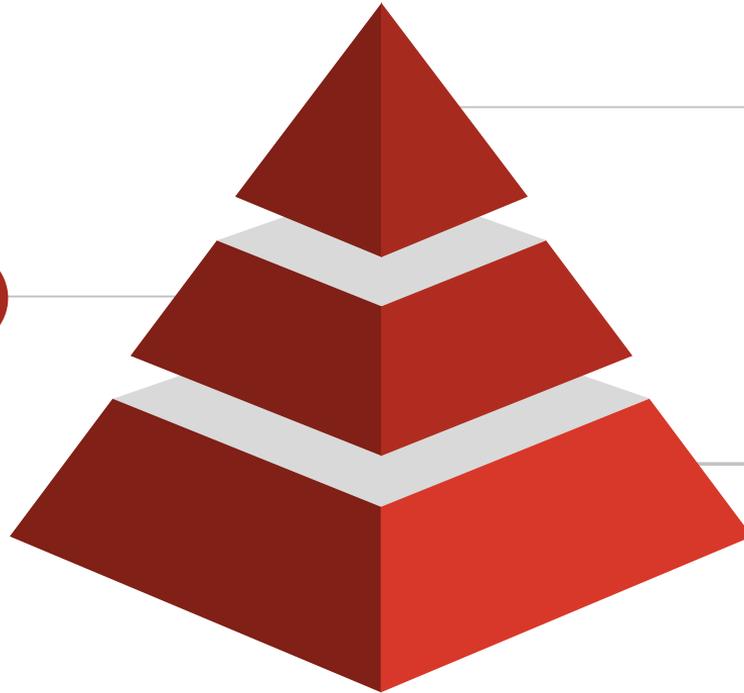
Initiatives

The LBJ School has taken steps to support the growing share of older residents.

Research: “Young Hip Austin is Getting Old”

2017 research project that recommended the creation of an adult day center with wraparound services

2.0



3.0

Action Plan: “Resolution 41”

Resolution 41 directed the LBJ School team to develop an action plan for its 2.0 recommendations

Research: “A Better Life for Elders in Austin”

2016 research project on how to care for elderly, vulnerable county residents in the community. The work evaluated the feasibility of the PACE Model for Austin

1.0

Objectives [for LBJ Students]

Per Resolution 41, students [were charged with the following tasks]:

Identify appropriate health and social services that should be provided at the center through community engagement sessions

Evaluate City-owned facilities based on scoring tool to determine an appropriate site for the center

Design a pilot program to implement at RBJ Health Center



Approach

[The LBJ School Team took an internal, multi-stakeholder approach to its charge.]

Stakeholder Input

We have engaged over six diverse private and public partners for feedback and support.

Community Feedback

Austin seniors and caregivers indicated their need for a medical and wellness center with wraparound services.

Academic Research

We have based our recommendations in evidence from prior LBJ School research, scholarly sources, and effective models of wraparound senior care services.

Intergenerational

An on-site children's daycare center will facilitate intergenerational interaction.

Establishing Public-Private Partnerships

[The project has received letters of support and commitments from a range of community partners.]



MEALS on WHEELS
CENTRAL TEXAS



The University of Texas at Austin
Dell Medical School



TEXAS LBJ School

The University of Texas at Austin
Lyndon B. Johnson School of Public Affairs

COMMUNITY ENGAGEMENT

Common Themes from the Interviews

Many of the seniors surveyed expressed similar needs and barriers to care.

Health & Wellness

- Prevention
- Intervention
- Management

"I currently take 3 to 4 buses to get to my doctor."

Social & Self-Esteem

- Educational opportunities
- Social activities
- Support services

"It's just me and my dog Bootsy."

Recreation

- Exercise classes
- Field trips around Austin
- Trail walks

"Give folks something to do."

Cross-Cutting

- Transportation
- Benefits and resources counseling
- Planning for the future

"Plan now for a time when you're less mobile."

What We've Heard

Interviews indicated demand for a more robust set of services for Austin seniors.



Feedback from Caregivers

Caregivers shared the day-to-day challenges of tending to a loved one.

Supplementary Services

- Wellness and wraparound services
- Social activities

"There should be services for those who have cognitive illnesses."

Constant Care

- Requested extended hours
- Readily available services needed

"I'm a 24/7 caregiver, and my husband gets frustrated with me at times."

Stress Relief

- "Sandwich Generation"
- Provide new outlet for seniors and caregivers

"Give me some free time."

Cross-Cutting

- Transportation and traffic
- Enthusiasm for multigenerational approach

"A co-located children's daycare center would be wonderful."

PILOT STUDY

Pilot Participants and Activities

What do participants want and need?

Common Needs

- Reliable and timely transportation
- Sense of community and social opportunities
- Resources for physical, mental, and emotional wellness

Pilot Offerings

- Transportation to and from the Center
- On site multi-use space
- Medical and telebehavioral care
- Wraparound services
- **Phase Two:** Child daycare center - intergenerational model

Goals, Objectives and Strategies

Piloting a new model of care

Goals

- Assist low-income seniors
- Identify and resolve potential problems
- Gauge the reactions of participants
- Confirm model is scalable and sustainable

Objectives

- Greater access to medical care
- Sense of community
- Integrated wraparound services

Strategies

- Wellness clinic
- Mobile units
- Traditional/social model
- Intergenerational activities

FACILITIES & FEASIBILITY

Facilities Criteria

What is needed for an optimal intergenerational health facility?

Location



- Concentration of seniors (age +65) with incomes below 200% FPL
- Concentration of seniors dually covered by Medicare and Medicaid
- Concentration of seniors with one or multiple disabilities

Accessibility



- How close (by mile) is site to affordable senior housing?
- Are transportation services available for seniors to get to and from the site?
- Is the facility ADA compliant?

Infrastructure



- Is the building at least 11,600 sq. ft.?
- Does site have sufficient (3,500 sq.ft) and safe outdoor space?
- Plumbing, electricity, and HVAC?

Additional



- Safety
- Aesthetics
- Transition costs

Potential Sites

City-owned facilities and additional prospective properties.

| Facilities | Location |
|---|---------------------------------------|
| Rosewood Zaragosa Neighborhood Center | 2800 Webberville Rd. Austin, TX 78702 |
| Dove Springs Recreation Center | 5801 Ainez Dr. Austin, TX 78744 |
| South Austin Neighborhood Center | 2508 Durwood St. Austin, TX 78704 |
| RBJ Health Center | 15 Waller St. Austin, TX 78702 |
| AISD School Closures | Miscellaneous |
| Unused or Abandoned Buildings | Miscellaneous |
| New Construction in Transportation Corridors | Miscellaneous |

Feasibility Study

A model for Austin and beyond.

Suitability

- Have we satisfied Resolution 41 objectives?
- Which location is the best fit?
- Which services should be provided at the center?

Sustainability

- Can our model be easily maintained?
- Is it cost efficient?

Scalability

- Can we apply this model to other parts of the greater Austin community?
- To other cities in the U.S.?
- Internationally?

Next Steps

1. Disseminate findings to City of Austin leadership, Commission on Seniors, our partners and collaborators, and members of the community
2. Recommendations:
 1. Launch pilot program
 2. Initiate feasibility study
3. Continue our work with Austin Public Health in making Austin one of the most age-friendly cities (AFCAP) in the United States



Thank you!

Questions from the audience are welcome at this time.

For further information
Contact LBJ School Team
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Break

Panelists



**Janee
Breisemeister**

Chair of the City of
Austin Commission
on Seniors



**Adam
Hauser**

President and
C.E.O. of Meals on
Wheels



**Annette
Juba**

Deputy Director of
AGE of Central
Texas



**Larry
Wallace**

Enterprise Chief
Administrative
Officer of Central
Health

INTERACTIVE POLLING

Austin is a young city, but.....

- A. It is aging rapidly and becoming increasingly ethnically and racially diverse.
- A. A large number of older individuals live on a fixed income.
- A. It has a shortage of affordable senior housing that is compounded by the fact that many older individuals live far from the medical care and essential social services they need.
- A. Given the rising costs of living, the City must address the needs of children, working adults, people with disabilities, and other vulnerable groups while dealing with rapid population growth and the need to expand its infrastructure.
- A. All of the above

Mrs. Smith has two grown children, a son who is a junior high school teacher in Cleveland, Ohio and a daughter who lives in Austin and is a corporate attorney. Mrs. Smith's husband died a few years ago and her joint estate is depleted. Mrs. Smith, who is 85, needs housing assistance, in-home care, and other community-based services. Who should pay for these services?

- A. City of Austin
- B. State of Texas
- C. Her adult children
- D. Nobody (she will need to go without support)

City of Austin residents 65 and older should be entitled to...

- A. Free public transportation regardless of income.
- B. Public transportation based on a sliding income scale.
- C. Access to subsidized private rideshare.
- D. No public subsidized transportation options

In terms of planning, which of the following senior community-based services and supports should the City of Austin focus their immediate efforts on?

- A. Medical and wellness care
- B. Mental health services
- C. Adult-day center
- D. Wraparound services

In terms of implementation, in its 2020 budget for seniors, the City of Austin should prioritize...

- A. Medical and wellness care
- B. Mental health services
- C. Adult-day center
- D. Wraparound services (e.g., case management, transportation navigation)
- E. Health and social services co-located all in one place