



***Aging! So cool,  
everyone is doing it!***

# Juneau Commission On Aging 2020 Senior Survey Findings

**Seniors are healthier and better off than in previous survey years:**

- 28.7% of Juneau residents are 55 and older\*\*
- 84% own their own homes and pay taxes
- 80-90% (depending on age) drive their own cars
- 63% volunteer in the community
- 95% over 65 have Medicare Insurance
- 66% over 65 have State of Alaska Retirement
- 40% have Long Term Care Insurance
- 42-46% (depending on age) take continuing education classes (UAS/CS)
- 72 – 84% (depending on age) recreate weekly (walking, hiking, swimming, biking, gyms, skiing)

\*\* AKDOL has updated this figure to 30% in 2023



# Juneau Commission On Aging Silver Dividends to Keep Seniors Here

- Retirement income
- Home ownership and property tax payment
- Volunteering/ contributing financially to the community
- Remaining in town to help family members

## Alaska Longevity Economy Outlook

50-plus households accounted for 52 cents of every dollar spent in Alaska in 2018—this will grow to 58 cents (58%) by 2050



50-plus share of every dollar spent, for select categories

(%) ■ 2018 ■ 2050



[https://www.aarp.org/content/dam/aarp/research/surveys\\_statistics/econ/2020/longevity-economy-outlook-alaska.doi.10.26419-2Fint.00044.002.pdf](https://www.aarp.org/content/dam/aarp/research/surveys_statistics/econ/2020/longevity-economy-outlook-alaska.doi.10.26419-2Fint.00044.002.pdf)

# Juneau Commission On Aging

## Long Term Goal: Representation

### **CBJ OFFICE OF AGING COORDINATOR**

### **TO FACILITATE OUR TOP THREE PRIORITIES**

#### **1. JUNEAU'S AGE-FRIENDLY COMMUNITY PLANNING**

- Multi-year holistic planning process that serves entire community – first phase due 12/2024

#### **2. CBJ SENIOR COMMUNITY CENTER**

- Recreation and Socialization – keeping seniors healthy
- Immediate use for pickleball, tai chi, regular and chair yoga classes, weight training, book clubs, workshops, seminars, classes, volunteer opportunities

#### **3. UNIVERSAL HOUSING STANDARDS**

- Immediate discussion of universal design as focus for CBJ building permits (new/current construction) to facilitate senior friendly housing (age in place) with goal of freeing up senior owned housing for families

# Juneau Commission On Aging Age-Friendly Community Planning

A tested, tried and true mechanism for all communities to create an action plan that builds on our community strengths and preferences for people of all ages to continue to age in their community.

## A Framework for Lasting Change

Year 5: Progress / status update

Years 3-5: Implementation

Year 2: Create an action plan

Year 1: Survey community

Enrollment



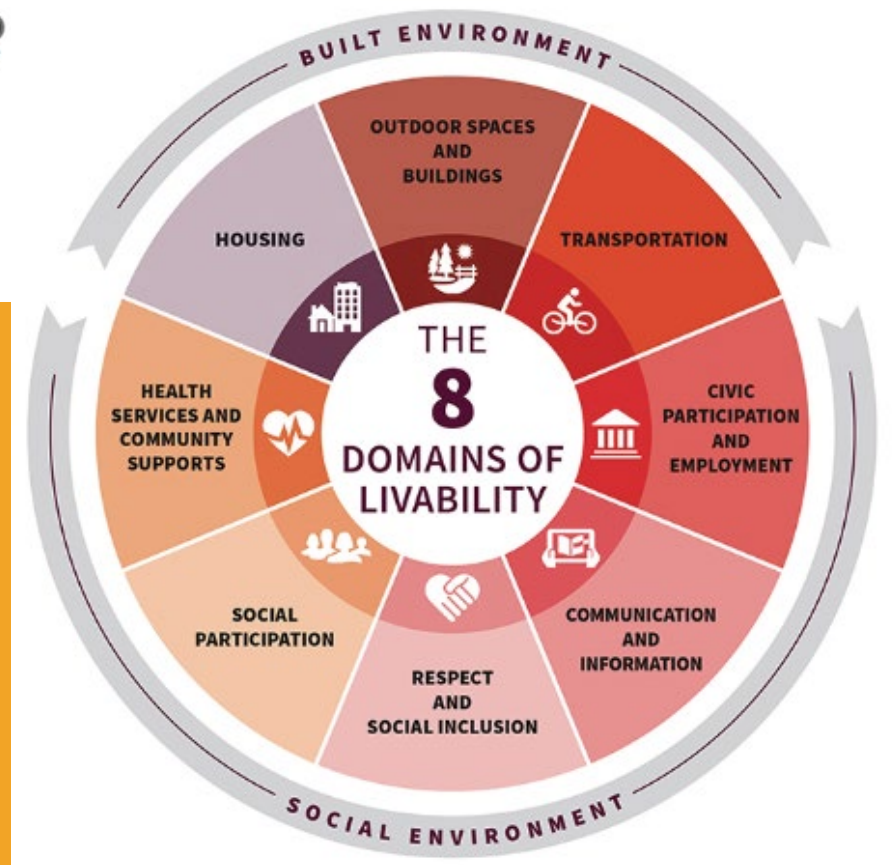
Age Friendly Juneau AARP Alaska

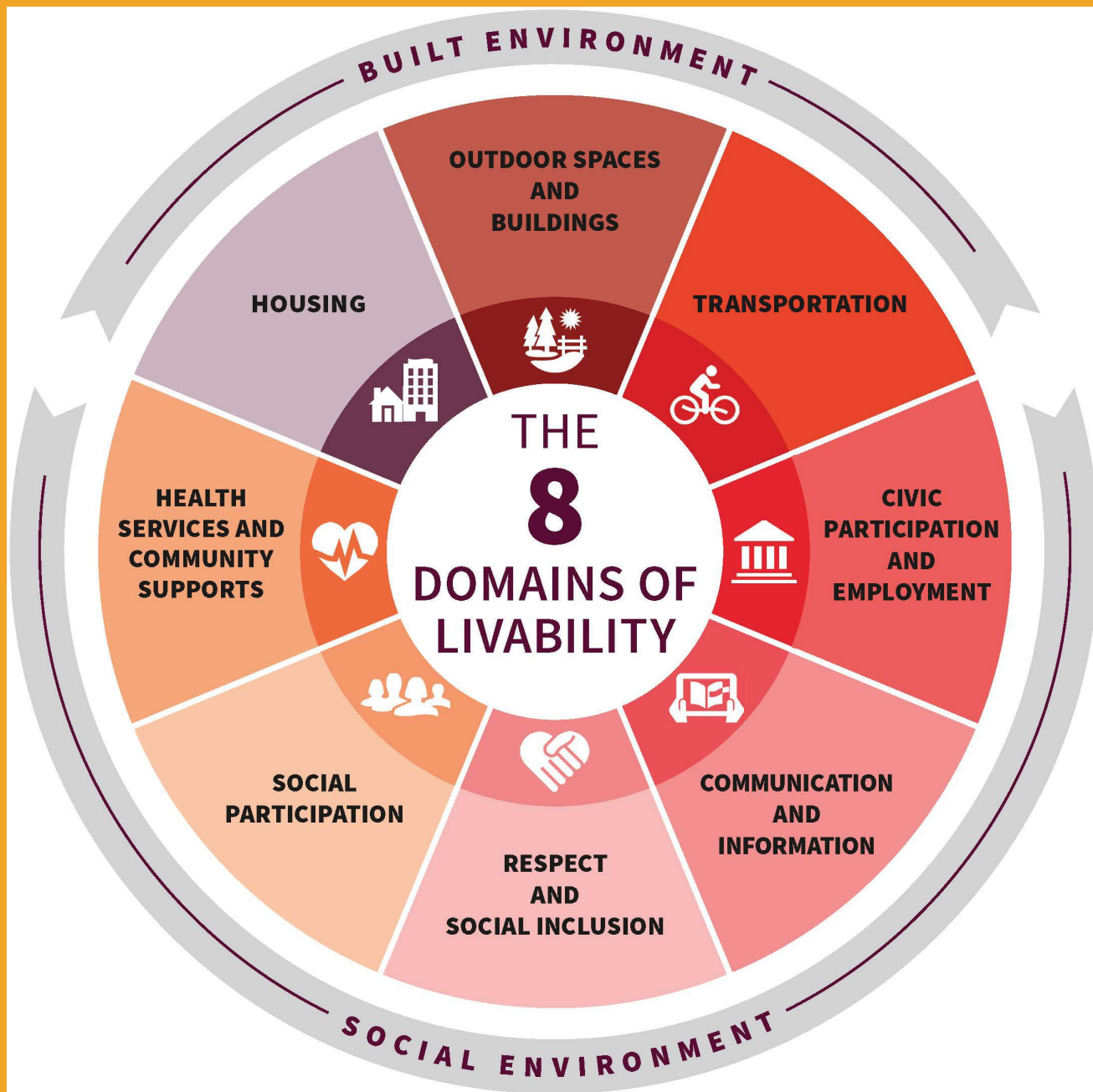
# Juneau Commission On Aging

## Priority 1: Age-Friendly Community Planning

- Developed by the World Health Organization for global assessments of community well being
- Planning that serves the entire community of all ages
- *2023 CBJ Assembly approved joining the Age-Friendly Network*
- Eight Domains of Livability clearly identify areas of focus

### The AARP Network of Age-Friendly States and Communities





## 8 Domains of Livability

is the framework used by states and communities enrolled in the network to organize and prioritize their work to become more livable for both older residents and people of all ages.

The availability and quality of these community features impact the well-being of older adults and *all community members!*

# The 8 Domains of Livability



The availability and quality of these community features impact the well-being of older adults—and help make communities more livable for people of all ages.



Outdoor Spaces & Buildings



Transportation



Civic Engagement & Employment



Communication & Information



Respect & Social Inclusion



Social Participation



Health & Community Svcs.



Housing



# Is Juneau Age-Friendly?

Are there adequate volunteer, social, civic and work opportunities?



Are there adequate, safe and accessible public spaces?



Is there adequate access to health care services?

Are there ways to remain mobile once driving is no longer an option?



Is there housing that is affordable, accessible and varied in type?



# Juneau Commission On Aging

## Age-Friendly Community Planning

**MAY 2022**

**AARP Juneau Community Action Team and JCOA “Listening Sessions” Held in all three Juneau Libraries soliciting input from seniors with Age Friendly Domain Flip Charts for comments – here’s highlights:**

- **Dedicated Senior Center for more social/recreational events**
- **Better transportation services**
- **Pedestrian friendly, small scale co-housing for seniors**
- **CBJ help with home modifications to stay at home**
- **Affordable accessible senior apartments**
- **Hospice and Homecare Services**
- **“Navigator” to provide senior information (SAIL ADRC)**

# Juneau Commission On Aging Priority 2: Recreation and Socialization



Keeping seniors healthy and  
in the community we love\*

\*All persons in these photos are  
Juneau-ites over 65!

# Juneau Commission On Aging

## Priority 2: Recreation and Socialization

- ***SENIOR COMMUNITY CENTER***

- “Zach Gordon-ish Center for Seniors”
- JCOA efforts for Senior Community Center at repurposed Jr High Schools
- Gym, classroom and office space for Office of Aging
- Increased recreational and age friendly activities (pickleball, indoor walking, hiking, biking, swimming, yoga, tai chi - skiing added to survey this year!)

- ***More events and opportunities for Seniors***

- Shared meals/potlucks - Italian/ Mexican/ Asian food “nights”, learning & classroom/lecture opportunities, book clubs, etc
- Grief Workshops, Widower Workshops
- Caregiver Support Groups

# What About Housing?



8 of 10  
ADULTS

age 50 and older want to  
stay where they live



77%

Strongly agree with the  
statement, "I would like to  
remain in my community as  
long as possible."

76%

Strongly agree with the  
statement, "I would like to  
remain in my current home  
as long as possible."

# Juneau Commission On Aging

## What about the weather.....?

- **Worldwide communities are aging – everyone wants to attract a young workforce**
  - **Benefit:** Texas has booming in-migration due to high paying jobs, schools and childcare
  - **Downside:** Extreme heat, hurricanes & water shortages
- **Juneau also has challenges but many advantages**
  - **Downside:** High cost of living, housing shortage and struggling schools along with...
  - **Benefit:** Sense of community, high level community engagement, environmentally aware (electric cars run on hydro), clean air and clean water, expanding regional medical care, easy access to “mainland”, exceptional recreation (indoor track, pools, hiking, biking, ski area, hockey rinks, etc), low density/no traffic, world class culture (museum, theater, symphony, Jazz and Classics, Folk Fest, etc),.

**LETS KEEP SENIORS IN TOWN WHILE  
PROMOTING A GREAT LIFESTYLE FOR EVERYONE**

# Juneau Commission On Aging

## Priority 3: Universal Housing

- **Secure and safe**
- **Accessible**
  - Modifications as needed (ex. CBJ home modification grants)
  - Accommodations during construction for specific senior housing
  - Support Services if needed (Home Care to ensure staying in home of choice)
  - Proximity to transportation (ex. Free shuttle, bus services equipped with ramps, Akcess (CBJ paratransit scheduled ride service))
- **Affordable**
  - Rent no more than 30% of Income
  - Rent adjusted in times of unemployment, sickness or other life concepts
- **Available to all**
  - Regardless of AGE, race, gender, sexual orientation, nationality, immigration status, legal history or income

# Juneau Commission On Aging's "ASK"

## Representation of 30% of Juneau's Population

### CBJ Office of Aging /Coordinator

#### 1. FACILITATE JUNEAU'S AGE-FRIENDLY COMMUNITY PLANNING WITH AARP

- CBJ joined Age Friendly Community Network 2022
- Continue planning process

#### 2. DEVELOP CBJ SENIOR COMMUNITY CENTER

- Emphasis on being and staying healthy as we age
- Enhance current offerings with wider array of options for seniors

#### 3. PROMOTE UNIVERSAL HOUSING STANDARDS

- Continue to work with CBJ and Contractors to embrace Universal Housing Standards and concepts





If you build a community great for  
an **older adult** you build a  
community great for **everyone**

# ***Aging! So cool, everyone is doing it!***



Juneau Commission On Aging  
Keeping seniors healthy and  
in the community we love\*



# Juneau Commission On Aging

**CHECK US OUT**

<https://juneau.org/clerk/boards-committees/jcoa>

**JOIN THE COMMISSION – Currently Recruiting!**

<https://juneau.org/clerk/boards-committees>

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