



ARLINGTON
VIRGINIA

AGE FRIENDLY ARLINGTON FIVE-YEAR EVALUATION REPORT 2018-2023



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June 15, 2023

As a member of the Arlington County Board, and the Liaison to the Arlington Commission on Aging, I am proud to submit this Age-Friendly Five-Year Evaluation Report to AARP on behalf of the Arlington County Board, the Commission on Aging (CoA) and, importantly, the more than 36,000 older adults living in Arlington County, Virginia. The goals of the World Health Organization/AARP Network of Age-Friendly Communities resonate with Arlington's vision of *"a diverse and inclusive world-class urban community with secure, attractive residential and commercial neighborhoods where people unite to form a caring, learning, participating, sustainable community in which each person is important."*

We were proud to become the 250th Age-Friendly Community. During the past five years, the CoA has proactively broadened participation and collaborated with community partners to focus on what matters most to our older adults. Led by the CoA, the Arlington community has made progress on the most critical issues in these key program areas:

- Housing and Supportive Services
- Positive Aging, Inclusion and Enrichment
- Transportation
- Public Information and Outreach
- Health and Social Participation

My colleagues and I on the County Board appreciate the support and resources of AARP, the vision and dedicated work of the Commission on Aging and its Age-Friendly Task Force, and our passionate, results-driven staff from the Arlington Department of Human Services Aging and Disability Services Division (ADSD). Together, these partners have implemented the plan, tracked outputs and documented outcomes. During this time, the impacts of COVID-19, particularly on our older adult population, demanded innovative solutions and required that our CoA and staff leadership continue to assess and adapt to new and emerging needs.

This report highlights many successes, but it also shows us that there is more to do – particularly as Arlington's older adult population continues to grow. We have learned so much through our participation in the global movement of Age Friendly Communities, and believe that the strategic leadership of our CoA and County staff, along with input and

insights from the many older adults in this community, will guide our County into a more inclusive, age-friendly future.

Sincerely,

A handwritten signature in cursive script that reads "Katie Cristol". The signature is written in black ink on a light-colored, slightly textured background.

Katie Cristol
Arlington County Board Member
Liaison to the Arlington County Commission on Aging

I. Executive Summary

Arlington County, Virginia is home to almost 38,000 residents who are 60 years old or older. This represents 14% of the County's population, a segment that is expected to grow in the coming decades. While the majority of the County's residents can and will choose to age in place independently, an increasing percentage of older residents will require assistance and support to age safely and independently in the community of their choice.

The Arlington County Commission on Aging (COA), a volunteer body of 17 members appointed by the Arlington County Board, leads the Age Friendly effort and developed its Age Friendly Plan in collaboration with staff from Arlington's Agency on Aging (AAA) and Aging and Disability Services Division (ADSD). An Age Friendly Task Force appointed by the COA helps to guide the process, but the implementation of the Plan is conducted by the COA committees and the AAA and ADSD, with several active public and private partnerships.

AGING IN ARLINGTON	
Adults aged 65+:	29,045 (11.85%)
60+:	37,979(14%)
Employed:	56.7% of those age 50+
	13.8% of those 90+
Live Alone (age 60+):	53%
Live Below Poverty Line:	9.2%
Language other than English:	28%

The COA agreed in 2016 to pursue membership in the Age Friendly Network, building on an earlier Elder Readiness study from 2006 and reconfiguring the COA structure around the Age Friendly domains. In 2018, Arlington County's application to join the Network was approved by the County Board and AARP, and Arlington County became the 250th Age-Friendly community in the United States. The official Age Friendly Plan "[Building an Age Friendly Community](#)" was approved in 2020 for 2020-2023.

The Plan identifies five broad areas for its goals: transportation, housing, participation and inclusion, health, and communication/outreach. During this implementation phase, numerous projects and initiatives have been developed, modified, and adapted to emerging needs, including the constraints of the pandemic. Actions that helped achieve age-friendly goals include the creation of a Long-Term Care Committee to designate liaisons to each of the long-term care residences in the County; facilitating an in-person and virtual Community Engagement Forum on Aging; advocating to local elected officials regarding funding and aging issues in housing, transportation, long-term care, and other areas; and development of other active projects to address identified areas of need. Some examples from the five areas:

Housing: Universal Design Livability Checklist: The COA's Housing and Supportive Services Committee has drafted a **universal design checklist** to highlight the need to make multi-family housing more livable and accessible for all. The draft checklist is intended for use in the site plan review process, and has been presented to Arlington's Planning Commission, with discussion of how the checklist might support awareness by builders and developers. The draft is currently under review.

Transportation: Pedestrian “See Me” Flags: In 2021, the COA received an AARP Community Grant to provide bright “see me” flags for pedestrians to carry crossing the street at ten strategic locations and intersections throughout the County. This grant resulted from a proposal developed by the COA’s Transportation Committee.



Social Participation: Walking School Bus: Through the advocacy of a COA member and co-chair of the COA’s committee on social participation and inclusion, Arlington created a “[walking school bus.](#)” Older and other volunteers are organized to walk children safely to school, offering the kind of community involvement and intergenerational contact that is an Age Friendly goal.



Communication and Information: Community Engagement Forum: The annual **Community Engagement Forum** invites County residents to learn about aging issues and services and to offer input on areas of need. In 2021, the Forum was offered online through Zoom; in 2022, the concept was further extended to a virtual-hybrid event. The main session was online for everyone, and in addition to online breakout sessions, there were four in-person breakouts at locations especially likely to attract persons with barriers to access (2 residences and 2 community centers). At these locations, facilitators encouraged discussion, and, in some cases, translators were present. This allowed a more diverse outreach through translation and discussion in Vietnamese, Spanish, and Korean. The format was further developed at the [2023 Forum, “Reimagining Aging.”](#)



Health and Social Participation: Pop-Up Farmers Markets: Arlington participates in the federally funded Senior Farmers Market Nutrition Program, which offers fresh local produce at markets and roadside stands, at reduced rates for older adults with limited incomes. Arlington has eight farmers markets throughout the County, available from spring through fall every year, and discount coupons are available through the Department of Human Services. However, transportation to the markets can be problematic for many. As a result, Arlington created **pop-up markets** at several independent living residences throughout the County. Residents have access to fresh fruits and vegetables and are afforded opportunities to interact with their neighbors. The program represents a unique partnership with Fresh Farms and was awarded a [2022 Aging Innovation Award by USAging.](#)



II. Program Description

Arlington's Age Friendly Plan addresses all eight domains of livability, but combines the three domains that center on participation and inclusion; the other priority domains are housing, transportation, and communication. COA committees that were created to develop and implement the goals and objectives in the Age Friendly Plan are:

- Housing and Supportive Services
- Positive Aging, Inclusion and Enrichment
- Transportation
- Public Information and Outreach

Each of these committees developed goals and objectives for the 2020-23 period, as well as detailed action plans with actions, tasks, timelines, and desired results and measures. (A Legislative Committee tracks and advocates on related legislative issues but does not have separate goals and objectives.)

There was no specific committee addressing health supports since an existing County initiative on health equity was identified as appropriate for liaison with the COA. However, an additional committee on Long-Term Care was created in 2021 and now tracks issues around residential long-term care, with liaisons to each of the nursing homes and assisted living residences in the County. This committee will be involved with development of goals for the next Plan cycle.

The committees as well as the AAA staff report regularly to the full Commission and the County Board on Age Friendly progress. A liaison from the Age Friendly Task Force to each committee ensures understanding and synchronization of the Plan with the COA focus, and new COA members have also been added to the Task Force.

III. Program Implementation and Evaluation

A. Factors in Implementation

The implementation of the 2020-23 Age Friendly Plan has shown positive progress as well as confronting challenges. The period has built a robust process: fully integrating Age Friendly into COA meetings and reports, coordinating planning with County staff, raising awareness through meetings and advocacy with other commissions and organizations, and building new partnerships. This has allowed the Arlington Age Friendly effort to move forward and have some significant achievements.

At the same time, the period presented significant challenges, most importantly the COVID pandemic, which demanded redirection of resources and raised unexpected barriers to existing services as well as to in-person activities and meetings. The State of Virginia and Arlington County turned intensive attention to vaccination and public health measures, in which older residents were prioritized. They additionally developed new protocols for public meetings, allowing online and hybrid meetings. The COA and AAA had to develop their own protocols, including ways to effectively conduct online meetings and still invite public input. They also had to adjust the Plan objectives and

tasks, recognizing that planned in-person projects would have to be delayed or redesigned.

B. Implementation to Date

Implementation of the Plan moved forward, with online meetings and outreach replacing in-person gatherings. Information collection, reports and other products, advocacy, and advisory activities were maintained. At COA meetings, committees took turns reporting on their Age Friendly progress, obstacles, and adjustments; regular reports for the County Board ensured their commitment and understanding of the situation.

Some aspects of the Plan could not be implemented with the restrictions necessitated by the pandemic. For example, the County's Destination 2027 project, focused on health equity, was somewhat displaced by the urgent focus of the Health Department on COVID treatment and vaccination. Also, the development of a plan to bring intergenerational opportunities into Arlington schools was delayed by the loss of in-person opportunities, and the closure for significant periods of the County's 55+ Centers made it impossible to conduct inclusive activities there.

However, these challenges also produced creative solutions and new initiatives. For example, the change of the annual Community Engagement Forum to a hybrid format, which was found to be not only technically feasible but more accessible to individuals who might not be able to attend in person, offered such advantages – including increased attendance -- that the format will continue in future.

Other new initiatives and connections emerged as implementation proceeded. For instance, the creation of the new Long-Term Care Committee, which has strengthened outreach to assisted living facilities, resulted from the Housing Committee's recognition that the issues of long-term care and other housing needed to be separated, especially with the County's increased focus on affordable housing – and from the recognition that nursing homes and assisted living should be a critical part of our age friendly community. In addition, an AARP grant offered the impetus for the project by the Transportation Committee to provide pedestrian "See Me" flags at key intersections.

The COA already maintains active outreach through official liaisons to other community organizations, and COA members have seats on a number of other County commissions and committees. New partnerships and connections – already called for in the Plan – led to new ideas as well. For example, connections with Marymount University's new Center for Optimal Aging, the Alexandria VA Age Friendly team, and the Arlington Community Foundation laid the groundwork for a proposal and startup funding for the innovative Senior Ambassador outreach program envisioned by the Public Information and Outreach Committee. Similar partnerships -- including collaboration with the 55+ Program, WalkArlington, Arlington Partnership for Affordable Housing, the Arlington Housing Corporation, Arlington Public Schools, and the Healthy Community Action Team -- facilitated the intergenerational "walking schoolbus" project by the Positive Aging, Inclusion and Social Engagement Committee. Advocacy by the

Housing Committee was supported by multiple interactions with the Alliance for Housing Solutions.

C. Evaluation

Evaluation and assessment has been a continuing process, with evaluators including the Age Friendly Task Force (which provided consultation through committee liaisons and monitoring of process), the COA (with regular reporting by the Task Force and the COA committees to the full Commission as well as Executive Committee oversight), and the AAA staff (in consultation with the COA as well as its own departmental activities and reports). This report includes related community and County data as well as specific COA actions; the COA follows and supports activities by the County and other community organizations through its liaisons and information gathering.

Specifics are listed more fully by domain in the dashboard in the next section, but in general, **inputs** throughout Plan implementation included:

- Committee and COA programs and activities, with regular meetings featuring speakers and information collection
- Information on County resources and actions (for example, statistics for Aging and Disability Services, reports on staffing and projects)
- Funding from the AARP Challenge Grant and the Arlington Community Foundation
- Surveys and listening sessions including the Community Engagement Forum and focus groups held at 55+ Centers to continue to assess community needs
- Outside data collection (e.g., Census data, AARP resources)

Outputs included:

- Reporting and information disseminated to the COA and County (including annual Commission reports to the County Board)
- Resource creation (e.g., the flag project, the universal design housing checklist)
- Participation in community discussion, advocacy and position letters on aging issues (including housing, traffic, transportation, and pedestrian safety)
- Events and activities (including the Community Engagement Forums and listening sessions)
- Participation in regional Age Friendly discussions and collaborations, including the Age Friendly Ecosystem Summits hosted by George Washington University's Center for Aging, Health and Humanities
- Service changes (e.g., the County vaccination program, "popup" farmers markets at senior centers)
- Revised mission and vision statements for the COA, reflecting changes in Arlington County's Department of Human Services and the COA overarching commitment to equity and access.

Observable **outcomes** included:

- Broader participation, including the increased diversity and outreach made possible by the hybrid format for the Community Engagement Forum
- More engagement with community partners such as the Arlington Community Foundation, Marymount Center on Optimal Aging, Alliance for Housing Solutions, and Arlington Neighborhood Village
- Increased awareness of Age Friendly goals and projects, evidenced by partner support for funding, inclusion in communication channels like Aging Matters, invitations to present at other organizations, and increase in first-time attendance at the Community Engagement Forum
- Increased voice and a seat at the table as advocates on aging – for example, COA leaders are members of several committees for site plan review and general land use planning for important housing developments

Overall, this first cycle of Age Friendly planning and implementation was one of learning: building of new strategies, deeper understanding of the issues, discovery of new resources, building of partnerships and deepening of the connection between the COA and the County. Despite – and sometimes because of -- the challenges of the pandemic, Arlington made progress on Age Friendly goals and objectives. And it built systems and connections that will support and determine the next cycle.

IV. FINDINGS BY DOMAIN:

<h1 style="margin: 0;">TRANSPORTATION</h1>	<p>TRANSPORTATION IN ARLINGTON</p> <ul style="list-style-type: none"> • Metro subway and bus service, including senior discount card • Metro Access paratransit service • ART (Arlington Transit) Bus system with senior discount • Super Senior Taxi discount coupons • STAR (Specialized Transit for Arlington Residents) System for curb-to-curb visits • STAR Grocery Loops for independent living buildings • Senior Center Adult Transportation to and from Arlington 55+ Centers
<p>Goal 1: Keep all forms of transit, including walking, safe.</p>	
<p>1.1. Eliminate all traffic fatalities and serious injuries.</p>	
<p>Actions and Inputs</p>	<p>Outputs and Outcomes</p>
<p>➤ Arlington County Vision Zero: five-year plan (adopted in 2021) and semiannual progress reports with detailed data on activities and performance measures (https://www.arlingtonva.us/Government/Programs/Transportation/Vision-Zero)</p>	<p>Active Age Friendly involvement in Vision Zero. As of 2021-22, Vision Zero:</p> <ul style="list-style-type: none"> ▪ Hired two full-time Vision Zero employees ▪ Added 3.86 miles of new or enhanced bike lanes, 6 new red light camera intersections, 40 leading pedestrian intervals on high-injury network corridors ▪ Conducted 7 High Injury Network safety audits ▪ Reduced speed limits in 15+ corridors <p>To date, County traffic fatalities remain stable at about 4 per year. Only 13% of crashes involve older adults, but 30% of fatalities (including pedestrians) are older adults.</p>

	In 2021, 20% of critical crashes involved senior drivers (10% of the population).
<ul style="list-style-type: none"> ➤ COA Transportation Committee liaisons monitor and report on safety, accessibility, affordability, clarity, and transit issues with emphasis on issues affecting older persons. Liaisons include those to: <ul style="list-style-type: none"> - Vision Zero and the County’s Transportation Commission - Pedestrian Advisory Committee - Bicycle Advisory Committee - Bike Arlington - Transit Advisory Committee - COG Transportation ➤ Transportation Committee collects data on safety issues including the traffic deaths of pedestrians and older adult traffic accidents and deaths. Reviews included: <ul style="list-style-type: none"> - Vision Zero Toolbox program - Statistics from COG-sponsored transportation studies - Arlington County’s sidewalk survey - Proposed Highway projects in Crystal City ➤ Age Friendly representatives participated in planning for renovation and transit enhancement along Langston Boulevard. 	<p>Regular Age Friendly input on County decisions related to traffic and walking, including development of data specifically reflective of older adult experiences and needs (e.g., the need for medians at street crossings).</p> <p>Continued monitoring and advocacy. Accidents continue throughout the region, perhaps exacerbated by pandemic conditions.</p> <p>Sidewalk survey shows general good condition in Arlington, but some serious gaps need to be addressed in specific neighborhoods and damage across the system. These findings have been shared with the County.</p>
<ul style="list-style-type: none"> ➤ With funding from an AARP Challenge Grant in 2021 to address pedestrian safety, established and maintained safety flags at ten pedestrian crossing locations. 	Project has continued for two years, allowing pedestrians safe passage across ten crosswalks. No deaths.
1.2. Make Arlington older adults aware of transportation safety training opportunities.	
Actions and Inputs	Outputs and Outcomes
<ul style="list-style-type: none"> ➤ Held breakout session discussions at the annual Community Engagement Forums on transportation needs and possible improvements. ➤ Shared information through community and stakeholder groups. ➤ Held listening sessions at three senior residences. 	<p>Incorporation of senior input into COA actions and recommendations to the County.</p> <p>Expanded outreach to older adults about transportation options.</p>

	Recognition of need for data specifically on use by older adults of options such as Super Senior Taxi and ART buses. Without such data, specific outcomes are not clear.
1.3. Urge adequate lighting and signage as part of the maintenance program for roadways, pathways, and sidewalks.	
Actions and Inputs	Outputs and Outcomes
➤ Provided input into Vision Zero.	Flashing beacons installed at 30+ locations to increase awareness of pedestrian crossings and traffic control measures.
1.4: Ensure rigorous safety regimes for shared mobility devices, such as scooters and electric bicycles.	
Actions and Inputs	Outputs and Outcomes
➤ Advocated -- through letters and meeting participation -- to the County and other government bodies concerning riding and parking on sidewalks by shared-mobility device (scooters and bikeshares), which result in safety problems for older adults.	<p>2019: Arlington County regulations setting limits on speed and prohibiting riding and parking on sidewalks (https://www.arlingtonva.us/Government/Programs/Transportation/Scooters-and-Dockless-Bikeshare#section-6)</p> <p>2022: Installation of 65 micro-mobility (scooter) corrals per Vision Zero plan.</p> <p>Ridership data (https://www.arlingtonva.us/files/abe26a0f-8b6d-4006-b336-147a6fe903eb/Q1-2023-Ridership-Graph.pdf) shows consistent levels of use, peaking in warm-weather months.</p>
Goal 2: Support availability of countywide transportation options and promotion of their use.	
2.1: View transportation systems not only as a method of moving about the County and beyond but also as a means for older adults to stay connected to the community.	

2.2: Ensure robust communication of transit information, so that just as there is “no wrong door” for many Arlington public services, there is “no wrong ask” for County transportation agencies and transit systems.	
Actions and Inputs	Outputs and Outcomes
<ul style="list-style-type: none"> ➤ Conducted outreach efforts to make older adults aware of transportation options in the County: information collection and dissemination at three Community Engagement Forums and three sessions at senior residences. 	<p>Information exchanges and opinion collection helping older adults to try new modes of transportation and communicating sources of information.</p> <p>2022:</p> <ul style="list-style-type: none"> ▪ 7514 trips to/from Social 60+ Cafes ▪ 3862 trips on Senior Loops ▪ 1370 roundtrip rides to medical appointments provided by Arlington Neighborhood Village
Actions and Inputs	Outputs and Outcomes
<ul style="list-style-type: none"> ➤ Participated in NADTC (National Aging and Disability Transportation Center) Review of Rider and Provider Perspectives on Transportation Study and Northern Virginia Transportation Alliance “Building a 21st Century Transportation Network.” ➤ Advocated through 2022 letter to County Board against proposed reductions in STAR services, pointing out the negative impact on older persons. 	<p>Conclusions from NADTC Review provided to COA, compared to Arlington concerns and actions.</p> <p>Some STAR missions augmented or replaced by shuttle services.</p> <p>STAR program changes also had affordability impacts. All are not yet addressed by the County, but the additional shuttle option is expected to reduce costs.</p>
Goal 3: Ensure accessibility of each mode of transportation by the full range of Arlingtonians.	
3. 1: Make equity no less important for transportation than for any other County services.	
Actions and Inputs	Outputs and Outcomes
<ul style="list-style-type: none"> ➤ Conducted physical review of several routes of importance to older adults, from point of origin to destinations (e.g., from senior living facility to grocery store or community center). 	<p>First five routes defined and checked (e.g., by walking to judge sidewalk conditions), found accessible and manageable for older adults.</p>
3.2: Study the role of affordability in use of public transit to achieve maximum use by all Arlingtonians.	

Actions and Inputs	Outputs and Outcomes
➤ Sent letter to County Board opposing reductions in STAR services, 2022.	See Objective 2.2. actions and outcomes.

HOUSING

HOUSING IN ARLINGTON

- **Average rent:** \$2147
- **Average assessed home value:** \$724,400
- **Housing Cost Burdened** (30+ percent of income spent on housing): 64.8% of renters, 19.8% of homeowners
 - 543 receive Housing Choice Voucher
 - 1024 receive Rental Housing Subsidy
 - 400 receive Housing Grant
 - 901 received Real Estate Tax Relief in 2021, 894 in 2022
 - 115 shelter referrals in 2022
- **Older adults (60+) living alone:** 56%
- **Older adults owning their home:** 66%
- **Five senior residences for low or moderate income**
- **Five assisted living residences**, two with County funding
- **Four nursing homes**
- **Arlington’s Homelessness Continuum of Care Project:** Over 250 older adults serviced in 2022.
- **PathForward (formerly A-SPAN) homeless services**
- **Committed Affordable Units:** 1500+ added to Arlington housing stock in 2021

Goal 1: Advance housing policies and programs that focus on affordability and accessibility.

1.1. Identify options for home sharing and group homes, both intergenerational and among older adults.

Actions and Inputs	Outputs and Outcomes
➤ Suspended because of impact of the pandemic.	Suspended.

1.2. Increase the supply of residential housing to allow for construction of “missing middle” units in areas zoned as single family.

Actions and Inputs	Outputs and Outcomes
➤ Regarding the County study and proposed policy change for Expanded Housing Options (“missing middle”) change in zoning rules:	“Expanded Housing Options” zoning change to allow by-right development of 2-to-6-unit buildings on lots currently zoned

<ul style="list-style-type: none"> - COA participated in meetings regarding the study, focusing on recommendations and suggestions specifically targeted to impact on older adults. Meetings included: Zoning Committee and Long-Range Planning Committee of County Planning Commission; Department of Community Planning, Housing and Development; County Board-sponsored hearings and meetings; and County staff presentation. - Evaluated the study data, with assistance from other affordable housing advocates including Alliance for Housing Solutions. - Advocated for the policy through COA letter with recommendations to County Board, March 2022. 	<p>for single-family homes: approved by County Board March 22, 2023.</p> <p>Greater community awareness of benefits of Expanded Housing Options for older adults.</p> <p>Development of ongoing partnership with Alliance for Housing Solutions, including their participation in the COA’s Housing Committee.</p>
<p>1.3. Promote the development of accessory dwelling units (ADUs).</p>	
<p>Actions and Inputs</p>	<p>Outputs and Outcomes</p>
<ul style="list-style-type: none"> ➤ Supported ADU permits and flexibility. 	<p>2019: County adopted updated regulations for Accessory Dwelling Units, including setback distances and greater flexibility for converting existing buildings into ADUs: https://www.arlingtonva.us/Government/Programs/Housing/Plans-Reports/Accessory-Dwelling-Regulations-Update</p> <p>County does not compile data on ADUs but permits including at least 16 new ADUs have been granted since 2019.</p>
<p>1.4. Have a COA Housing and Supportive Services committee member serve on the Commission’s Site Plan Review Committee to address housing needs for older adults for all site plans dealing with older adult housing.</p>	
<p>Actions and Inputs</p>	<p>Outputs and Outcomes</p>
<ul style="list-style-type: none"> ➤ Advocated for affordable units in Artis Senior Living project planned for North Arlington. ➤ Advocated for construction of Melwood site for affordable housing building in south Arlington. ➤ Advocated at public meeting of Ballston/Virginia Square Neighborhood Association that plans to renovate St. Charles Church property should include affordable older adult units. 	<p>Artis project has not yet proceeded.</p> <p>COA has a seat on Site Plan Review Committee for Melwood site and can continue to voice the need for affordable housing for older adults.</p>

<ul style="list-style-type: none"> ➤ Recommended to County Board to approve construction of Marbella building by the Arlington Partnership for Affordable Housing that will have units set aside for older adults. 	<p>Marbella project was approved by the County Board in February 2022, with a senior housing component.</p> <p>COA has continuing input into other development decisions. See also Goal 3.</p>
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1.5. Advocate for policies and programs that help reduce financial burdens on older adults in need of housing.

Actions and Inputs	Outputs and Outcomes
<ul style="list-style-type: none"> ➤ Conducted information collection and partnership development with other organizations to highlight aging housing issues. ➤ Participated in DHS focus group on housing grants. ➤ Sent letter advising County Board and County Manager about impact on older adults of the implementation Framework to the Affordable Housing Master Plan and the timelines for implementation. ➤ Attended a County presentation on the Real Estate Tax Relief Program. ➤ Sent letter to the County Board to object to developer’s request to convert apartment units to short-term hotel rental units. ➤ Participated in County session on plans for spending grant funds through federal HOME Investment Partnership Program to assist vulnerable individuals with housing needs. 	<p>Age Friendly seat at the table in discussions of County policies, with emphasis on issues affecting older Arlingtonians.</p> <p>Raised awareness of needs of older adults for affordable housing.</p>

Goal 2: Advance housing policies and programs that focus on affordability and accessibility.

2.1. Increase the use of universal design by increasing awareness and promoting incorporation of universal design principles in new and rehabilitated housing to facilitate access for aging adults.

Actions and Inputs	Outputs and Outcomes
<ul style="list-style-type: none"> ➤ Developed and disseminated universal design checklist for multi-unit residential buildings, aimed at heightening awareness among members of site plan review committees. ➤ Met with County housing inspection staff on how current rules relate to the checklist. Removed items already regulated, leaving universal design items to make units more livable for all. 	<p>Increased awareness of universal design principles and how they can be integrated into planning decisions, including awareness by County inspection staff, Planning Commission, and developers.</p>

<ul style="list-style-type: none"> ➤ Shared experience with the checklist at a national AARP housing conference. ➤ Preparation underway for additional presentation to Planning Commission, with goal of approval of the checklist for use by site plan review committees. ➤ Shared draft list with developers of selected current projects. ➤ A video on universal design for single family homes, completed prior to the Age-Friendly Plan, was not disseminated due to the pandemic. 	<p>Once finalized, the checklist may be of use to other jurisdictions as a model.</p> <p>The dissemination objective was delayed, is being evaluated for future.</p>
<p>2.2. Promote awareness of assistive devices to enable older adults to live independently and in the homes of their choice.</p> <p>2.3. Identify and promote the development of products and services to help older adults age in the housing of their choice.</p>	
<p>Actions and Inputs</p>	<p>Outputs and Outcomes</p>
<ul style="list-style-type: none"> ➤ Prior to the Age Friendly Plan, a “Gizmos & Gadgets” presentation on assistive devices was developed and disseminated by the COA. 	<p>Plans to build on this successful effort were delayed due to the pandemic.</p>
<p>Goal 3: Promote the development of affordable assisted living facilities in Arlington.</p>	
<p>3.1. Promote the adoption by the County Board of an ordinance requiring developers to set aside five percent of units in new assisted living facilities as auxiliary grant units.</p> <p>3.2. Ensure that the Assisted Living and Elder Care Facilities Zoning Study and the update and revision of the Affordable Housing Master Plan include a provision on the need for Objective 3.1.</p> <p>3.3. Ensure that the development of all assisted living properties includes auxiliary grant units.</p> <p>3.4. Advocate for policies and programs to support affordability of assisted living facilities in Arlington.</p>	
<p>Actions and Inputs</p>	<p>Outputs and Outcomes</p>
<ul style="list-style-type: none"> ➤ Advocated for inclusion of assisted living affordability in County’s Community Planning and Housing Division 2022 workplan. ➤ Represented COA at site plan review committee on Artis development of market rate assisted living, advocating for inclusion of affordable units. Heard developer presentation on plans. 	<p>Input on County and developer plans and potential for affordable units.</p> <p>After COA advocacy for affordable assisted living, County’s Community Planning and Housing Division agreed to put a study in its 2022 workplan.</p>

<ul style="list-style-type: none"> ➤ Represented at a County Planning Commission meeting to amend the General Land Use Plan (GLUP) for a Sunrise assisted living facility in North Arlington, advocating for affordable units. ➤ Met with developers of the North Arlington Sunrise facility concerning need for affordable units. ➤ Attended site plan review committee for proposed Sunrise assisted living facility in South Arlington; advocated for affordable units. ➤ Collected information from Alexandria Commission on Aging Housing Committee and Alexandria Housing staff on how Alexandria obtained affordable units within assisted living developments. 	<p>Artis market rate assisted living was approved by County Board without any affordable units; however, since the 2020 approval there has been no development.</p> <p>Specific outcomes for the two Sunrise buildings are pending.</p>
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PARTICIPATION AND INCLUSION

PARTICIPATION AND INCLUSION IN ARLINGTON

- 13 Community Centers
- 148 County-Owned Parks (99% of residents live within a 10-minute walk to a park)
- 55+ Centers and Programs at 5 locations
- Online Guide to 55+ programs and membership
- Social 60+ Cafes at 3 sites
- Arlington Adult Day Program
- Annual Community Engagement Forums

Goal 1: Increase social activities in a variety of locations, including Community and 55+ Centers.

1.1. Identify opportunities for social interaction.

Actions and Inputs	Outputs and Outcomes
<ul style="list-style-type: none"> ➤ In-person activities at Community and 55+ Centers suspended due to pandemic. Plan will resume in the next cycle. 	<p>During pandemic closings, some activities offered through online presentations and virtual meetings.</p> <p>55+ Centers and Social 60+ Cafes reopened Spring 2022.</p>
<ul style="list-style-type: none"> ➤ Held virtual meetings to brief COA Positive Aging, Inclusion and Enrichment Committee on issues and events including: <ul style="list-style-type: none"> - Marymount University’s new Center for Optimal Aging and its research project focusing on balance and fall prevention - Hearing audio enhancement - Use of You Tube videos for remote exercise programs, mental stimulation, and program updates - Low-tech project to enhance remote monitoring of elders’ physical and mental wellness 	<p>Increased COA connection with community resources; developed new partnerships.</p> <p>Information for planning future projects in next Age Friendly Plan.</p>

Goal 2: Involve older adults in serving others.	
2.1. Increase opportunities for civic participation.	
Actions and Inputs	Outputs and Outcomes
<ul style="list-style-type: none"> ➤ Developed pilot for Walking School Bus (WSB), involving older adults walking elementary school children to school (https://www.apsva.us/transportation-services/walk-bike-to-school/walking-school-bus/) ➤ Secured grant funding to create a “Tool Kit” to guide expanding WSB to other elementary schools. ➤ New website hosted by Arlington Alliance for Senior Programs to encourage expansion and participation by seniors and families (https://friendsofthealliance.org/walking-school-bus/) 	<p>Walking School Bus well accepted in the community, received national recognition (https://www.cbsnews.com/video/walking-school-bus-grows-in-popularity/)</p> <p>Increased intergenerational opportunities; increased exercise opportunities for older adults; increased safety for school children. Featured in Arlington Community Foundation’s Age Friendly catalog, attracted donations.</p> <p>Participation from 9 volunteers, 24 elementary schoolchildren from all backgrounds/income levels.</p> <p>Information online for senior/adult volunteers, details for families/students/schools and potential walkers and passengers, and background information for community members and supporters.</p>
<ul style="list-style-type: none"> ➤ Identified increased diversity as goal for recruitment of new COA members and committee members. 	<p>Ongoing integrated recruitment process.</p>
<ul style="list-style-type: none"> ➤ Regularly participated, especially the COA Legislative Committee, in the Northern Virginia Aging Network (https://www.novaregion.org/353/Northern-Virginia-Aging-Network), which includes representatives from the Area Agencies on Aging and Commissions on Aging from Northern Virginia. NVAN develops legislative recommendations for the state General Assembly each year, and engages with legislators. 	<p>Ongoing opportunity for Commission members and Arlington aging advocates to be involved in civic participation and the state legislative process</p> <p>Selected NVAN legislative recommendations are passed each year: e.g., in 2023, the State enacted nursing home</p>

<ul style="list-style-type: none"> ➤ Arlington COA hosted a County Board candidates forum in May 2023, in hybrid format and focused on aging issues. ➤ Sponsored Annual Legislative Forum (jointly by Arlington and Alexandria Commissions on Aging). 	<p>staffing standards, guardianship reforms, and an enhancement in its Livable Homes Tax Credit Program.</p> <p>The forums focus community attention on key aging issues, and help to educate future members of the County Board and legislators.</p>
<p>Goal 3: Promote intergenerational activities throughout the community to help young and old to learn from each other, honor what each has to offer, and at the same time feel good about themselves.</p>	
<p>3.1. Encourage intergenerational opportunities with George Mason and Marymount Universities, as well as other higher education institutions.</p>	
<p>Actions and Inputs</p>	<p>Outputs and Outcomes</p>
<ul style="list-style-type: none"> ➤ Provided internships at DHS for students from Marymount University and George Mason University. ➤ Interacted with Marymount University’s new Center for Optimal Aging. 	<p>Increased awareness of Age Friendly issues and input from current students.</p> <p>New partnership opportunities with Marymount (see Community Health 1.2 below).</p>
<p>3.2. Learn about the Fairfax County, VA’s <i>GrandInvolve</i> program, which brings retirees and other volunteers into schools that could use a few helping and experienced hands and implement as appropriate in Arlington Public Schools.</p>	
<p>Actions and Inputs</p>	<p>Outputs and Outcomes</p>
<ul style="list-style-type: none"> ➤ Suspended because of impact of the pandemic. 	<p>Suspended.</p>

Goal 4: Work with Arlington’s departments to ensure that all places where people gather, indoors or out, are accessible, used and enjoyed by people of all ages.

4.1. Promote annual review of the Public Spaces Master Plan.

Actions and Inputs

- Co-Chair participated in the development of the County’s 5-year Public Space Master Plan and membership on the Master Plan’s Implementation Advisory Committee.

Outputs and Outcomes

Addition of new public space, extensive new park construction and renovation, zoning changes (e.g., additional lighting), incorporation of biophilic design in master plan and site plans.

COMMUNITY SUPPORT AND HEALTH SERVICES

COMMUNITY SUPPORT AND HEALTH SERVICES IN ARLINGTON

- Arlington Aging Disability and Resource Center (ADRC)
- Arlington Food Assistance Center (AFAC)
- Meals on Wheels
- Supplemental Nutrition Assistance Program (SNAP)
- Senior Farmers Market Nutrition Program
- Social 60+ Cafes
- Adult Day Care Health Care Program
- Arlington Neighborhood Village

Goal: Ensure the inclusion of age friendly issues and support progress toward health equity in Arlington.

1.1. Establish Commission on Aging connection with and participation in the Destination 2027 project.

Actions and Inputs	Outputs and Outcomes
<ul style="list-style-type: none"> ➤ Focus shifted to COVID control and vaccination. 	<p>County information and resources website: https://www.arlingtonva.us/Government/Programs/Health/COVID-19</p> <p>COVID-vaccinated: 95.2% of population 65+</p>
<ul style="list-style-type: none"> ➤ Revised Department of Human Services (DHS) and COA missions to emphasize equity, in light of disparities in health outcomes in Arlington https://www.arlingtonva.us/Government/Programs/Health/PHA/D2027 	<p>New DHS Vision: A just and equitable community that is healthy, safe, and economically secure, and free of systemic racism.</p> <p>DHS Mission: In solidarity with Black, Indigenous, and People of Color, create equitable access to the resources and opportunities needed for every community member to be healthy, safe, and economically secure.</p> <p>New COA Vision: Arlington is a just and equitable community where all older persons thrive.</p> <p>COA Mission: To promote equitable access to resources and quality of life for all older persons of all ethnicities, races and backgrounds</p>

	to ensure their needs are included in county planning and activities.
1.2. Identify issues of specific concern to older populations and suggest solutions and approaches.	
Actions and Inputs	Outputs and Outcomes
<ul style="list-style-type: none"> ➤ Supported development of and interaction with Marymount University’s new Center for Optimal Aging: https://marymount.edu/academics/center-for-optimal-aging/ 	<p>Marymount research and publications focusing on balance and fall prevention, walking, rehabilitation services.</p> <p>Increased awareness of these issues by older adults.</p> <p>Collaboration with COA on information collection and proposal development.</p>
<ul style="list-style-type: none"> ➤ Strengthened nutritional support programs. ➤ Initiated popup Farmers Markets at four independent living buildings, to allow residents without transportation to participate. 	<p>2022:</p> <ul style="list-style-type: none"> • 729 Senior Farmer’s Market participants • 4 popup markets at 2 locations in 2021, 4 in 4 locations in 2023 • 15, 282 AFAC food assistance recipients 65+ in 2022 • 230 receive Meals on Wheels • 4.8% receive SNAP • 158 attend Social 60+ Café <p>High satisfaction level of independent living residents with Farmers Market Opportunities.</p>
<ul style="list-style-type: none"> ➤ Formed new COA Committee on Long-Term Care (LTC): <ul style="list-style-type: none"> - Includes Public Health, Long-Term Care Ombudsman Program, Fire Department/EMS, adult day care, Arlington Hospital, APS - Includes a volunteer liaison to each of the County’s nursing homes and assisted living facilities ➤ Liaisons initiated dialogue with each of the long-term care communities in Arlington, concerning needs for community resources, best practices, gaps in care, and other issues. 	<p>While the County has no way to officially monitor such facilities, the interaction offers insight into the quality of care and supports exchange of practice information.</p>

<ul style="list-style-type: none"> ➤ In April 2023, a virtual Roundtable convened by the LTC Committee brought together representatives from all four of the assisted living residences to exchange ideas and best practices. 	
<ul style="list-style-type: none"> ➤ Participated in a COA focus group with Virginia Hospital Center in 2023 to update the Community Health Needs Assessment. 	<p>Identification of health, treatment and service issues of particular importance for aging populations.</p>

COMMUNICATION AND INFORMATION

COMMUNICATION AND INFORMATION IN ARLINGTON

- Arlington County Website <https://www.arlingtonva.us/Home>
- Aging & Disability Resource Center (ADRC)
- Aging Matters <https://www.agingmattersonline.com/>
- Annual Community Engagement Forums since 2016
- Commission on Aging booth at annual Arlington County Fair
- Steering Committee for Services to Older Persons

Goal 1: Sustain opportunities to engage older adults, their families and caregivers, and adults with disabilities, to build relationships and linkages with the Department of Human Services, Arlington Area Agency on Aging, and community partners.

1.1. Increase communication and awareness about government programs and community services available to older Arlington residents, their families and caregivers, and adults with disabilities, especially among minority communities.

Actions and Inputs

- Worked to increase communication within and about older adult communities.
- Conducted bimonthly information exchange meetings attended by Commission members, Agency on Aging staff, County agency (55+ programs, Library) staff, Age Friendly Arlington Task Force members, and representatives from organizations working with older adults.
- Facilitated programmatic, policy, and critical issue updates including programs in other Age Friendly communities, County resources and services, local community organizations and programs, and feedback from other COA and County groups on Age Friendly information and how it is disseminated.
- Worked with Arlington Community Foundation to initiate an Age Friendly Catalog of aging programs (<https://www.arlcf.org/agefriendly/>) to which donors could contribute.

Outputs and Outcomes

Information dissemination and exchange including:

- Lomax Senior Ministry
- CoA Positive Aging, Inclusion and Enrichment (PAIE) Committee
- Arlington Neighborhood Village
- Northern Virginia Falls Prevention Alliance
- Arlington Agency on Aging
- Arlington Public Library
- Aging Matters radio weekly podcasts
- Arlington County 55+ programs
- Arlington County Police Department
- Arlington Gay and Lesbian Alliances (AGLA)
- Marymount Center on Optimal Aging

Forging of new partnerships with community organizations for information collection and joint efforts.

	<p>Through the Grant Catalog:</p> <ul style="list-style-type: none"> ▪ Fostered a strong partnership with the Arlington Community Foundation, which will benefit older adults in years to come. ▪ Offers a model for other jurisdictions.
<p>➤ Joint PATH (strategic planning (https://northstarfacilitators.com/the-path-process/) session of AAA with COA and other community partners.</p>	<p>Produced goals for short-term action to be integrated with Age Friendly planning.</p>
<p>1.2. Increase outreach and accessibility of information about government programs and community services through a variety of formats and languages and presented in many and diverse venues.</p>	
<p>Actions and Inputs</p>	<p>Outputs and Outcomes</p>
<p>➤ Created modernized, age-friendly design for presentation template for use by Agency on Aging and COA, to inform stakeholders, residents, and partner organizations of resources/services for older adults in Arlington County.</p>	<p>Fostered continued updating of data and information about local services/resources for older adults, use in community presentations.</p>
<p>➤ Created hybrid format for annual Community Engagement Forum, including both online and onsite sessions and translation into languages other than English.</p>	<p>Format supported more diversity in income, language, ethnic background and location.</p> <p>Increase in first-time Forum attendees (64% of survey respondents were new in 2022).</p> <p>Greater diversity in attendees supported identification and reporting of issues of importance to different audiences.</p>
<p>Goal 2: Establish a Senior Ambassador Program to assist in dissemination of information about programs and services for older adults, their families, caregivers, and people with disabilities, with emphasis on targeting minority communities.</p>	

2.1. Explore feasibility of establishing a Senior Ambassador Program in Arlington County.
2.2. Identify needed steps for successful implementation in Arlington.

Actions and Inputs	Outputs and Outcomes
<p>Ambassador programs send a trained cadre of volunteers regularly into the community with updated information on services, events and opportunities for older adults. The COA Public Information and Outreach Committee:</p> <ul style="list-style-type: none"> ➤ Sought information from neighboring communities about their ambassador programs. ➤ Requested feedback regarding establishment of Arlington County program. ➤ Supported Arlington Neighborhood Village (ANV) efforts to pursue funding opportunities for program. ➤ Provided input to the development of a joint ANV/Marymount University proposal seeking funding for program. ➤ Participated in identification of manager to oversee administrative responsibilities of program, development of a recruitment flyer for the program, and plans for an advisory committee. 	<p>Identification of possible models and resources for formation of a Senior Ambassador program in Arlington.</p> <p>Collaboration with Arlington Neighborhood Village (ANV) and Marymount University for identification of funding and development of a proposal.</p> <p>The partnership between the COA Public Information and Outreach Committee and Arlington Neighborhood Village resulted in funding for the Ambassador Program from the Arlington Community Foundation, the Cloudbreak Foundation, and potentially from the County budget. Funding includes: \$9,913 from Arlington Community Foundation Age-Friendly Grant Catalog , \$6,000 from Cloudbreak Foundation. Arlington County FY 2024 budget tentatively includes \$7,500.</p> <p>With funding secured, the program can begin to develop the Resource Handbook, train volunteers, and send them out to inform older persons of key, timely information. The anticipated outcome is that this regular infusion of information will increase the use of available services and improve the quality of life for older people in Arlington.</p>