



 **AGE-FRIENDLY**
CLINTON COUNTY

Action Plan

2019



Clinton County, Ohio

July 2019

The AARP Network of Age-Friendly States and Communities

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Executive Summary

In 2018, the Clinton County Regional Planning Commission (CCRPC) launched the Age-Friendly Clinton County (AFCC) initiative—a five-year planning and implementation initiative aimed at proactively addressing the needs of an aging population in Clinton County. The four stages of AFCC are: assessment, planning, implementation, and evaluation. The Assessment phase concluded in 2018 with the adoption of a Findings Report that assessed and compiled existing needs through the engagement of stakeholders, focus groups, and other research, and the establishment of an AFCC advisory board.

The planning phase began in 2019 and involved the development of goals and priorities in response to the 2018 Findings Report. Together these items, along with baseline indicators identified to measure progress, form this Action Plan, which outlines a strategy to improve the community for older adults and will be submitted to AARP following its adoption.

Over the next few years, the implementation of this Action Plan will depend upon various elected leaders, agencies, organizations, and individuals throughout the County. In 2023, progress will be evaluated by reviewing the goals and baselines identified in the Action Plan and an evaluation report will be submitted to AARP.

As noted in the in the 2018 Age Friendly Clinton County Findings Report, the importance for Clinton County to be proactively addressing the potential issues and opportunities that come with an aging population cannot be overstated. As reported previously, the population of residents over the age in 65 in Clinton County is expected to rise 37% in the next decade. While being an age-friendly community is already an important aspirational goal, that importance will only grow with the aging population.

Even in its early stages, the Age-Friendly Clinton County initiative has already established itself as statewide model for other communities due to its efforts being built upon a strong foundation of collaboration and inclusiveness both inside and outside our community. Nearly all of the initiatives formed from AFCC have involved a strong diversity of agencies, organizations, and individuals that all bring valuable perspectives to the table. As the only rural community in the age-friendly network in Ohio, AFCC is poised to be a leader for other rural and small communities throughout the state.

Already AFCC is making strides in meeting the many age-friendly goals. Efforts focused on improving public transportation, expanding pedestrian-friendly infrastructure, encouraging small businesses to be more age-friendly, more effective marketing of senior services, and growing our understanding of social isolation among older adults in Clinton County are all underway.

Using this Action Plan as a guide, Clinton County is well on its way to dramatically improving its age-friendly status by 2030, when the population of older adults is expected to peak. As we move forward, it will be critical that the community continue to update the findings and revise the action plan as needed, and to remind ourselves that being “age-friendly” does not exclusively benefit older adults, but yields many benefits for all Clinton County citizens and guests alike.



Taylor Stuckert, AICP

**Executive Director of the
Clinton County Regional Planning Commission**

About Age-Friendly Clinton County



INTRODUCTION

By 2030, one in five people in Clinton County will be age 65 or older. Clinton County must adapt as the population ages and people remain healthy and active longer. Well-designed, livable communities promote health and economic growth. An age-friendly community makes for happier and healthier residents of all ages.

THE RESPONSE

Since an aging population requires communities to adapt, Clinton County was recognized by AARP and the World Health Organization on September 5, 2018 for its commitment to developing comprehensive age-friendly policies. As a result, this initiative will be referred to as Age-Friendly Clinton County (AFCC).

AFCC is governed by an advisory board, led by the Clinton County Regional Planning Commission (CCRPC), and partnered with AARP. In December of 2018 the CCRPC published the Age-Friendly Clinton County Findings Report which summarized research and input from more than 500 older adults who reside in Clinton County. The report revealed the following findings:

1. Housing concerns

- There is a shortage of housing options that are affordable for lower and middle income older adults.
- Older residents living in small villages spend up to 49% of their income on housing costs.
- Many older adults are living in homes that are not accessible.

2. Transportation concerns

- 68% of older adults in Clinton County live in areas without affordable public transportation.
- Transportation services for out-of-county medical appointments are extremely limited.

3. Social isolation concerns

- More than half of older adults in Clinton County do not get enough social interaction.
- Villages lack gathering spaces for social interaction, such as senior centers and restaurants.

4. Health concerns

- In Clinton County alone, 21% of grandparents have assumed the primary caretaker role for their grandchildren.¹
- The rate of cognitive impairment, dementia, and Alzheimer's disease will continue to rise in coming years. National deaths from Alzheimer's has increased 123% since 2000.²

¹ U.S. Census Bureau, 2013-2017 American Community Survey 5-Year Estimates

² Alzheimer's Association. Created from data from the National Center for Health Statistics. 2018.

About Age-Friendly Clinton County

IMPLEMENTATION SCHEDULE

Age-Friendly Clinton County follows a five-year implementation schedule put forth by AARP. The initial assessment phase culminated in a findings report while the following planning phase culminated in an action plan. The action plan is then used as a guiding document for the three-year implementation phase which is followed by an evaluation phase to measure progress.

Five-Year Timeline of Age-Friendly Clinton County



RESULTS TO DATE

AFCC has established itself as a statewide model for age-friendly communities by building strong partnerships inside and outside of county lines. For example, AFCC launched an age-friendly business program with help from Age-Friendly programs in Columbus and Cleveland. In April 2019, AFCC participated in a panel with other age-friendly communities at the Ohio Association of Gerontology and Education. As the only rural community in Ohio that is part of the AARP Age-Friendly Network, Clinton County is in a unique position to be a model for rural areas and small towns.

Clinton County has also made considerable strides in meeting age-friendly goals since the inception of AFCC. Here are a few of the accomplishments from the past year:

- Clinton County adopted its first Public Transit-Human Services Coordinated Plan in response to transportation

needs identified in the Age-Friendly Findings Report. The plan has allowed Clinton County to apply for mobility management and specialized transportation funds.

- The Clinton County Age-Friendly Business program was launched to recognize business that make their facilities accessible for older adults.
- Dementia Friends trainings and LGBTQ+ cultural competency trainings were offered for free to the community.

- A sidewalk prioritization plan was created for the City of Wilmington and the Village of Blanchester.

- A college marketing intern helped the Wilmington Senior Center with outreach and a Clinton Community Fellow conducted research on social isolation among older adults.

AFCC plans to build on these accomplishments by utilizing the 2019 Age-Friendly Action Plan as a guide.



Age-Friendly program leaders from Clinton County, the City of Oxford, the City of Cleveland, and Delaware County.

The 8 Age-Friendly Domains

The World Health Organization and AARP have identified eight domains to focus on when evaluating the age-friendliness of a community. All research and recommendations have been organized by these domains.

Outdoor Spaces and Buildings



Public areas are safe and clean. The pavement is well-maintained; there are sufficient pedestrian crossings, and streets are well lit. Green spaces offer walking and biking paths, as well as many safe places to stop and rest. Sidewalks are accessible throughout the community and are safe and wide.

Transportation



Public transportation is reliable and affordable. A variety of transportation services are offered. Vehicles are well-maintained and accessible for people with disabilities. Roads and intersections are safe. Public parking is obtainable, and priority and handicap spaces are respected.

Housing



Residents have the resources to age in place and to remain in their homes for as long as they desire. Sufficient, affordable housing is available in a safe environment close to services and the rest of the community. Housing is modified for safety and accessibility. Affordable facilities for frail and older adults with disabilities are available locally and offer appropriate services.

Social Participation



Various activities and groups are available and there are outreach efforts to reach those at risk of social isolation.

Respect and Social Inclusion



Events are conveniently located, open to all ages, and affordable. Good information is provided for events. The opinions of older adults are respected, and they are recognized for past and current contributions.

Employment and Civic Participation



Flexible volunteering and work opportunities are available for older people. Training is offered, and workplaces are adapted to meet the needs of all employees. The qualities of older workers are promoted, and employers are forbidden to discriminate by age alone.

Communication and Information



Communication and information is easily accessible for all ages. There are various ways of retrieving information including spoken, recorded, and written materials. The community has easily accessible public computers.

Community Support and Health Services



A range of health care facilities are available throughout the community, easily accessible by all people. Residents have several in-home care options. There are opportunities for health education and improvement.

A Profile of Older Adults in Clinton County

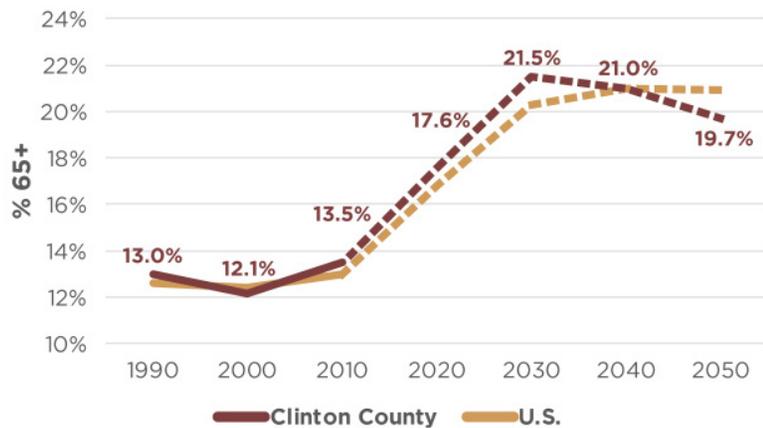
FINDINGS

Population

A large reason for this study is the fact that Clinton County's population is aging. By 2030 the population of people age 65 and older will reach 21.5%, compared to 13.5% in 2010.¹ This shift represents a 37% increase in the population of older adults.

Projections of Population Age 65+ in Clinton County

Sources: Ohio Development Services Agency: Office of Research. 2018. IPUMS NHGIS, University of Minnesota, 1990-2000.



As of 2017, there are approximately 6,611 people age 65 and older living in Clinton County, constituting 16% of all county residents.² Almost half (48%) of older adults live in unincorporated areas of the County and not in a municipality. Wilmington has the second highest share (32%) and Blanchester has the third highest (10%).

¹ Ohio Development Services Agency: Office of Research. 2018.

² U.S. Census Bureau, 2013-2017 American Community Survey 5-Year Estimates

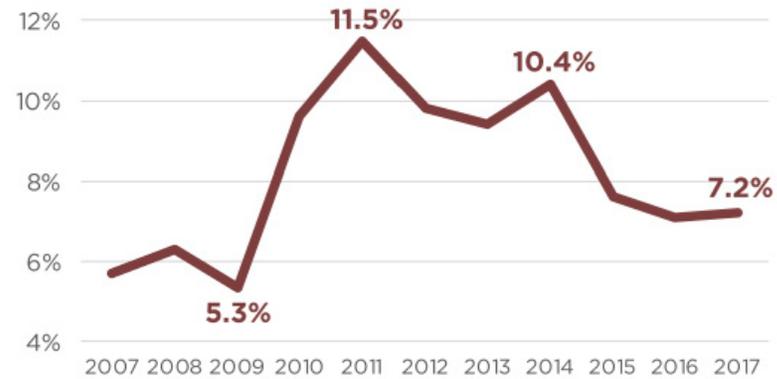
Poverty

There are approximately 464 older adults living in poverty in Clinton County. Clinton County's poverty rate for older adults (7.2%) is lower than the state (8.0%) and national (9.3%) rates. Areas in Clinton County above the state, national, and county poverty rates include Wilmington (8.7%), Martinsville (11.1%), Midland (20.0%), and Sabina (27.8%). Sabina's senior poverty rate is nearly quadruple the rate of Clinton County.³

Clinton County has been unsuccessful at lowering senior poverty to pre-recession levels. Between 2009 and 2011 senior poverty doubled, peaking at 11.5% in 2011. The rate of seniors in poverty decreased after 2014 and has remained in the 7% range in 2015 through 2017. As of 2017, 464 older adults in Clinton County were in poverty, a slight increase from 2016.

Percentage of Population Age 65+ in Poverty 2007-2017

Sources: American Community Survey 5-Year Estimates for 2012 through 2017, American Community Survey 3-Year Estimates for 2007 through 2011.



³ U.S. Census Bureau, 2013-2017 American Community Survey 5-Year Estimates.

A Profile of Older Adults in Clinton County

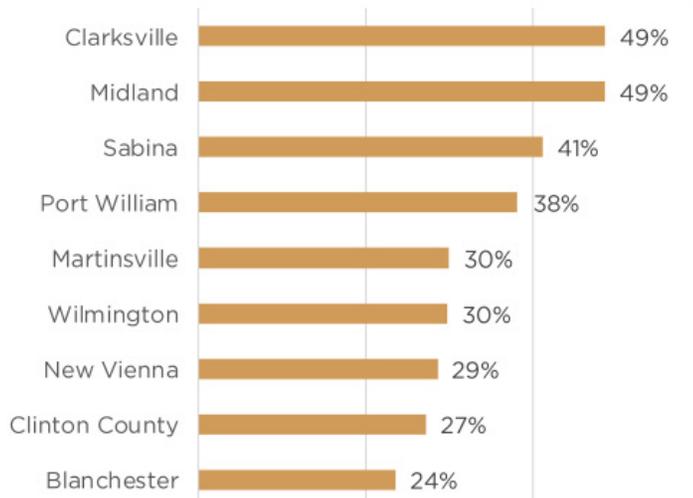
Housing Costs

While housing is largely affordable for older adults across the board, older adults living in small villages pay too much for housing costs. Residents that pay over 30% of their income on housing costs are considered cost-burdened. The annual median income for people age 65 and older in Clinton County is \$34,529 and the median monthly housing cost is \$781. This indicates that the median Clinton County resident with is paying 27% on housing costs, which is considered affordable.

However, the annual median income in the Village of Clarksville is \$20,000 and the median monthly housing cost is \$810. This indicates that the median Clarksville older adult is paying 49% on housing costs. Other villages with cost-burdened older adults include Sabina, Midland, and Port William.

Percentage of Income Spent on Housing Costs by Population Age 65+

Source: 2013-2017 American Community Survey 5-Year Estimates (Annual Median Income of Population Age 65+ and Median Monthly Housing Costs).



Disabilities

The population of people age 65 and older in Clinton County with disabilities is expected to increase 38% between the years 2015 and 2030.¹ In 2016 the U.S. Census estimated that there are 2,324 older adults with disabilities living in Clinton County.

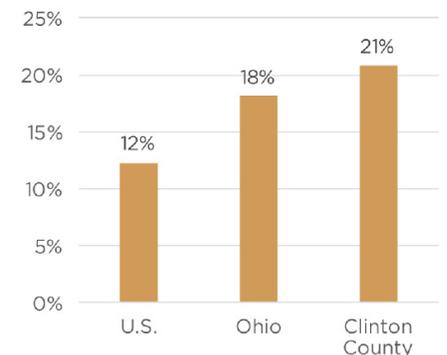
Even though most disabilities are physical in nature, the prevalence of cognitive disabilities is expected to increase in coming years. The rate of dementia, Alzheimer’s disease, and cognitive impairment has risen steadily in older adults in recent years. National deaths from Alzheimer’s has increased 123% since 2000 and now one in three people die with Alzheimer’s or dementia.²

Grandparents Caring for Grandchildren

An unintended effect of the opioid crisis is that many grandparents are beginning to take care of grandchildren in situations where both parents fall victim to drug abuse. In Clinton County alone, 21% of grandparents have assumed the primary caretaker role for their grandchildren. Grandparents that are unexpectedly faced with a second round of raising children have significant challenges and are often left with having to deplete their savings.

Percentage of Grandparents Living with and Responsible for Grandchildren Under 18 Years

Source: 2013-2017 American Community Survey 5-Year Estimates



¹ Mehdizadeh, S. Kunkel, S. (2014). Projections of Ohio’s Population with Physical and/or Cognitive Disability by County, 2010-2030. Scripps Gerontology Center, Miami University, Oxford, OH.

² Alzheimer’s Association. Created from data from the National Center for Health Statistics. 2018.

Implementation Plan



The remaining pages of this action plan will detail the vision and objectives for each of the eight domains. Each section is clear about project outcomes, the needs being addressed, the organizations responsible, the timeline for completion, and the method of measuring success of a project.

#1: Outdoor Spaces and Buildings



OUR VISION

Older adults live active lives in the built and natural environment. People of all ages have access to public parks, recreational facilities, safe roadways, and accessible buildings and streets.

WHERE WE ARE NOW

Clinton County doubles the national standards for park acres per capita, boasting nearly 20 acres for every 1,000 residents.¹ However, there remains a shortage of recreational trails, which is a highly desired amenity by older adults. Another issue is that a majority of residents living in a municipality do not live within a five-minute walk from a park. In the City of Wilmington, 52% of people do not live within a five-minute walk of a park. This lack of access has ramifications for physical health. Only 27% of Clinton County residents age 65 and older meet the recommended physical activity requirements.²

Basic accessibility for older adults in buildings and public spaces is also a problem. Only 70% of streets in Wilmington have

sidewalks and only 41% of streets in Blanchester have sidewalks.³ Pedestrian safety is also a threat older adults, particularly in downtown Wilmington where an average of five pedestrians are reported struck by vehicles every year.⁴

Building accessibility is also a concern with commercial and public buildings. In 2019, the Wilmington-Clinton County Chamber of Commerce launched an Age-Friendly Business Certification program to recognize businesses that meet physical accessibility guidelines.

OUR OBJECTIVES

- 1. Increase the utilization of public parks, open spaces, and buildings.** Older adults will live healthier and more active lives when they can visit a restaurant without worrying whether or not the restroom is accessible, use their sidewalks to walk around their neighborhood, and can utilize the recreational amenities appropriate for them.
- 2. Reduce the number of older adults involved in vehicular accidents in the City of Wilmington.** Implementing traffic-calming measures in areas with high numbers of pedestrian accidents is necessary for decreasing the chance of an older adult being struck by a vehicle.

¹ Clinton County Parks and Open Space Plan, 2016.

² Clinton County Community Health Needs Assessment, 2015.

³ Wilmington-Blanchester Sidewalk Prioritization Plan, 2019.

⁴ Downtown Wilmington Pedestrian Safety Plan, 2018.

#1: Outdoor Spaces and Buildings

IMPLEMENTATION CHART

| OBJECTIVE | STRATEGY | LEAD PARTNER | PARTICIPATING PARTNERS | YEAR (2019-2021) | RESOURCES REQUIRED | METRICS |
|---|---|--|---|------------------|---|--|
| Increase the utilization of public parks, open spaces, and buildings | Build sidewalks in priority areas identified in the Wilmington-Blanchester Sidewalk Prioritization Plan | City of Wilmington, Village of Blanchester | CCRPC | 2019-2021 | Public involvement | Add 3 miles of sidewalks in Wilmington and 1 mile in Blanchester |
| | Improve signage for parking in downtown Wilmington | Main Street Wilmington, City of Wilmington | City of Wilmington | 2019 | Grants, City funds | Add at least four parking signs downtown |
| | Increase outdoor seating in downtown Wilmington | Main Street Wilmington, City of Wilmington | City of Wilmington | 2019 | Grants, City funds | Add at least 8 new benches |
| | Extend recreational trails in Sabina and Wilmington | Clinton County Trails Coalition | CCRPC, Clinton County Parks District, City of Wilmington, Village of Sabina | 2019-2021 | State grants, donations, and acquisition of corridors | 16 miles in additional trails built |
| | Expand park facilities in villages | Clinton County Joint Recreation District | Village governments | 2020-2021 | Public funds | Park improvements are made in all villages |
| Reduce the number of older adults involved in vehicular accidents in the City of Wilmington | Implement pedestrian safety improvements in downtown Wilmington and along Rombach Avenue | City of Wilmington | CCRPC | 2019-2020 | City funds | Decrease in the rate of pedestrian accidents in Wilmington to 0.8 per 1,000 people |

#2: Transportation



Source: City of Wilmington

OUR VISION

Older adults have access to transportation options that are affordable, safe, dependable, dignified, and transport them within both the county and the region.

WHERE WE ARE NOW

Clinton County has made much progress in 2019 by identifying transportation needs and gaps in a Coordinated Transportation Plan. The plan used input from older adults, people with disabilities, the general public, and transportation stakeholders to identify existing conditions and to chart a path forward. The coordinated plan was a prerequisite to unlock grants from the Ohio Department of Transportation to fund specialized transportation and to hire a full-time mobility manager to coordinate transportation services and educate the public.

The main issue that the plan addresses is that Clinton County residents not residing in Wilmington do not have access to affordable, unrestricted public transportation. Wilmington Transit operates within Wilmington for \$1.00 each ride for riders over the age of 65, but charges \$1.00 per miles outside of city limits.

The secondary issue identified by the coordinated plan was that many people do not have access to affordable transportation outside the county, especially for medical appointments. Approximately 43% of the people surveyed said that they sometimes need out-of-county transportation but rarely ever have it.¹ Additionally, the *2015 Clinton County Community Health Needs Assessment* found that 9% of medical visits were hindered by transportation in the past year, compared to just 2% in 2001. Of those who do not own a car, 32% of medical visits were hindered by transportation in the past year.

OUR OBJECTIVES

- 1. Improve coordination and planning of transportation services.** Local transportation providers will communicate in order to avoid duplicative services and to identify gaps. Communication with the region will be strengthened to improve transportation across county lines. Transportation will be considered in regional plans and regulatory frameworks.
- 2. Increase access to affordable transportation to older adults in Clinton County.** Deliver affordable transportation to all county residents and work with specialized transportation providers to fill gaps.

¹ *Clinton County Coordinated Public Transit-Human Services Transportation Plan, 2019-2022.*

#2: Transportation

IMPLEMENTATION CHART

| OBJECTIVE | STRATEGY | LEAD PARTNER | PARTICIPATING PARTNERS | YEAR (2019-2021) | RESOURCES REQUIRED | METRICS |
|--|--|------------------|--|------------------|-----------------------------|---|
| Improve coordination and planning of transportation services | Adopt a Coordinated Transportation Plan | CCRPC | Any local entity interested in the transportation of elderly and disabled individuals, members of the public, ODOT | 2019 | Cooperation from agencies | Plan is approved by ODOT |
| | Hire a Mobility Manager for Clinton County | Community Action | ODOT, match funders | 2020 | 20% local match | Funds are secured for Mobility Manager position |
| | Participate in regional transportation coordination planning | Mobility Manager | CCRPC, ODOT, Wilmington Transit | 2020-2021 | Unknown | Reduce in the number of people who report that they need out-of-county transportation but sometimes never have it from 43% to 33% |
| | Mobility for older adults is addressed in 2021 Clinton County Comprehensive Plan | CCRPC | Clinton County Board of Commissioners | 2021 | Funds from County and CCRPC | The County adopts goals for improving mobility |

#2: Transportation (cont.)

IMPLEMENTATION CHART

| OBJECTIVE | STRATEGY | LEAD PARTNER | PARTICIPATING PARTNERS | YEAR (2019-2021) | RESOURCES REQUIRED | METRICS |
|--|---|--------------------|--|------------------|---|---|
| Increase access to affordable transportation to older adults in Clinton County | Purchase vehicles to transport elderly and disabled through the 5310 Specialized Transportation Program | Community Action | ODOT | 2021 | 20% local match | At least one vehicle is purchased through the awarded funds |
| | Explore the feasibility of countywide public transit | CCRPC | Wilmington Transit, ODOT, match funders, Coordinated Transportation Council | 2020 | 20% local match | Feasibility is determined |
| | Pilot a deviated route transit service in the City of Wilmington | Wilmington Transit | ODOT, Mobility Manager, CCRPC | 2021 | Funds from ODOT, community engagement by Mobility Manager, mapping by CCRPC | Deviated route is established and utilized by the public |
| | Educate older adults on how to use transportation services | Mobility Manager | Any local entity interested in the transportation of elderly and disabled individuals, members of the public, ODOT | 2020-2021 | Mobility Manager | Publish educational materials and conduct at least four trainings each year |

#3: Housing



Source: Clinton County Community Action Program

OUR VISION

Older adults have access to a continuum of safe, affordable, and healthy housing options that provide the services, resources, and accessible design necessary to allow residents to age in place.

WHERE WE ARE NOW

While the majority of older adults would like to stay in their homes for as long as possible, certain realities are preventing people from staying in their homes as they age. For many older adults, aging in place is an issue of affordability. Residents over the age of 65 living in the villages of Clarksville, Midland, Sabina, and Port William pay more than 30% of their income on housing.¹ These villages are also areas where developers will not build low-income housing because the projects will not pass market studies. Housing vouchers are an option for those who qualify, but the scarcity of vouchers can leave someone on a waitlist for a year or more. Subsidized housing is very scarce in general, constituting only 893 units in Clinton County, which is 5% of the

total housing units.²

For other aging adults, it is an issue of accessibility rather than affordability. Some older adults might be in need of downsizing or moving to a home with a bathroom on the first floor. Unfortunately, Clinton County has a severe shortage of homes that are accessible, small, and low-maintenance.

OUR OBJECTIVES

- 1. Improve housing affordability for older adults.** Affordability can be improved by marketing and expanding existing programs while removing blight in hardest-hit neighborhoods.
- 2. Improve conditions for aging-in-place.** Allow older adults to age-in-place by providing wheelchair ramps, bathroom grab bars, and other home modifications.
- 3. Evidence-based housing practices are continuously developed and prioritized in public policy.** Bring housing into planning and policy discussion with data to support decision-making.

¹ U.S. Census Bureau, 2013-2017 American Community Survey 5-Year Estimates

² U.S. Department of Housing and Urban Development. HUDUSER: Picture of Subsidized Households. 2018 based on 2010 Census.

#3: Housing

IMPLEMENTATION CHART

| OBJECTIVE | STRATEGY | LEAD PARTNER | PARTICIPATING PARTNERS | YEAR (2019-2021) | RESOURCES REQUIRED | METRICS |
|--|---|--------------|---|------------------|--|---|
| Improve housing affordability for older adults | Distribute brochures showing housing options for older adults in cost-burdened villages | CCRPC | COA, Clinton County Health District, Community Action | 2019-2020 | Funds for printing, commitment from agencies to distribute | Reduce the percentage of income spent on housing for older adults to 40% in Clarksville and Midland and 30% in Sabina and Port William. |
| | Reduce senior poverty in Sabina by demolishing and rehabbing blighted homes | CCRPC | Clinton County Land Bank, Community Action, Habitat for Humanity, COA | 2020 | Land Bank funds and other sources | Reduce Sabina's senior poverty rate from 29% to 24% |
| Improve conditions for aging-in-place | Apply for home modification funds from the Ohio Housing Trust Fund | COA | None | 2020 | Staff support to apply for and implement grant | Minimum of 30 homes receive modifications |

#3: Housing (cont.)

IMPLEMENTATION CHART

| OBJECTIVE | STRATEGY | LEAD PARTNER | PARTICIPATING PARTNERS | YEAR (2019-2021) | RESOURCES REQUIRED | METRICS |
|--|--|--------------|---------------------------------------|------------------|---|---|
| Evidence-based housing practices are continuously developed and prioritized in public policy | Explore the development of Accessory Dwelling Units (ADUs, aka “mother-in-law suites”) | CCRPC | Interested communities | 2019 | Staff support | Feasibility is determined |
| | Housing for older adults is addressed in 2021 Clinton County Comprehensive Plan | CCRPC | Clinton County Board of Commissioners | 2021 | Funds from County Commissioners and CCRPC | The County adopts goals for improving housing |
| | Conduct a study of housing in Clinton County | CCRPC | None | 2019 | Staff support | Study is published |

#4: Social Participation



OUR VISION

Older adults are supported by friends and family that provide them with daily social interaction, a sense of belonging, and connections with resources as they age. Social participation is encouraged by providing community gathering spaces and access to a range of events and activities for all ages, genders, incomes, and abilities.

WHERE WE ARE NOW

Clinton County offers a variety of opportunities for older adults to socialize through churches, fraternal organizations, and senior centers. Over half of older adults in Clinton County do not get enough social interaction. When asked about the frequency they interact with friends, family, or neighbors, only 47% said that it happens more than once a day.¹ Male respondents reported the lowest level of socialization, where only 39% of them got enough social interaction more than once a day. This was reflected in a survey comment that mentioned that there are not enough social clubs for men in Clinton County.

Seniors centers cite the stigma of aging as a reason some

older adults choose not to participate with senior centers. Some may have trouble getting out of the house due to depression or because they cannot drive. In the past it was easy for people to spend time at a local restaurant to socialize, but businesses have closed in places like Sabina, Clarksville, Martinsville, and Midland. In a village without a senior center or any restaurants, older adults do not have many spaces to socialize apart from churches.

OUR OBJECTIVES

1. **All older adults have opportunities to interact with friends and family more than once a day.** Older adults will be more likely to venture out of their homes to socialize if they have transportation, activities that fit their individual tastes, and places to go.

¹ *Age-Friendly Clinton County Survey, 2018.*

#4: Social Participation

IMPLEMENTATION CHART

| OBJECTIVE | STRATEGY | LEAD PARTNER | PARTICIPATING PARTNERS | YEAR (2019-2021) | RESOURCES REQUIRED | METRICS |
|--|---|--------------------|---|------------------|---|---|
| All older adults have opportunities to interact with friends and family more than once a day | <i>Recommendation:</i> Libraries, churches, and fraternal organizations located in Clarksville, Martinsville, and Midland host morning coffee for older adults. | N/A | N/A | 2019-2021 | Willing organization to offer a gathering space, organizer to purchase refreshments | Increase of "more than once a day" social participation from 47% to 60% |
| | Develop marketing plans for senior centers | Wilmington College | Senior Centers of Blanchester, Wilmington, New Vienna, and Port William | 2019-2021 | Marketing students | Participating senior centers increase monthly traffic by 10% |

#5: Respect and Social Inclusion



OUR VISION

Older adults are included and empowered in the community, especially those that have been marginalized. Older adults are respected for their value in the community and are engaged with people of all ages.

WHERE WE ARE NOW

Only 21% of respondents to the 2018 Clinton County Age Friendly Survey said that their community offers activities involving young and older people. Focus group participants specifically said that they would like to be more involved with the local schools and Wilmington College. Cape May and the Wilmington Senior Center offer intergenerational programming with Wilmington College and local high schools but would like to do more.

In order to make walk-in businesses more inclusive for older adults and people with disabilities, the Age-Friendly Business Certification Program was launched this year to reward businesses that are accessible to all ages and abilities. Additionally, local human service providers participated in a LGBTQ (lesbian, gay, bisexual, transgender and queer) cultural competency training to better serve LGBTQ elders.

OUR OBJECTIVES

- 1. Older adults regularly interact with younger generations.**
Older adults have ample ability and intentional space to interact with younger generations.
- 2. Businesses and senior centers can cater to multiple age groups and abilities.** Businesses are attuned to the needs and tastes of an older population by addressing physical accessibility, appropriate programming, and combating ageism.
- 3. Employers, service providers, and policymakers are aware of vulnerable older adults in need of care and employment.** Communities are equipped to fully integrate vulnerable populations into social and economic life. This includes formerly incarcerated older adults, elders of color, people with disabilities, and those who identify as lesbian, gay, bisexual, or transgender.

#5: Respect and Social Inclusion

IMPLEMENTATION CHART

| OBJECTIVE | STRATEGY | LEAD PARTNER | PARTICIPATING PARTNERS | YEAR (2019-2021) | RESOURCES REQUIRED | METRICS |
|--|---|--|---|------------------|--------------------------------------|--|
| Older adults regularly interact with younger generations | Establish a student-in-residence program at Cape May | Ohio Living Cape May | Wilmington College | 2020 | None | Residents being served by WC student |
| Businesses and senior centers can cater to multiple age groups and abilities | Develop an “Age-Friendly Business” program | Wilmington-Clinton County Chamber of Commerce | CCRPC, volunteer organization | 2019 | Volunteers to evaluate businesses | 10 businesses certified |
| Employers, service providers, and policymakers are aware of vulnerable older adults in need of care and employment | Host an LGBTQ (Lesbian, Gay, Bisexual, Transgender, and Queer) cultural competency training for social service providers and caregivers | Mental Health and Recovery Services of Clinton and Warren Counties | Safe and Supported of Lighthouse Youth Services | 2019 | Participation from service providers | 30 human service professionals trained |

#6: Employment and Civic Participation



OUR VISION

Older adults of all abilities have opportunities to pursue full and part-time work, civic leadership and participation, and meaningful volunteer opportunities.

WHERE WE ARE NOW

Approximately 18% of people age 65 and older in Clinton County remain in the work force at some capacity.¹ The rate of adults working after age 65 is expected to increase as life expectancies

¹ U.S. Census Bureau, 2013-2017 American Community Survey 5-Year Estimates

grow, retirement plans shrink, education levels rise, and work becomes less physically demanding. Labor Department figures show that at every year of age above 55, U.S. residents are working or looking for work at the highest rates on record.²

Shortfalls in computer literacy is a key barrier for older adults seeking employment. Many jobs require applicants to apply online, creating a significant obstacle for those that struggle to operate a computer. Public library staff in Clinton County attempt to assist patrons with computer literacy but lack the resources to be truly effective.

OUR OBJECTIVES

- 1. Older adults have the skills and opportunities needed to secure employment.** As older adults choose to stay in the workforce longer, older job seekers will need computer literacy education and employers with need to be equipped to accommodate older workers.

² Van Dam, Andrew. *The Washington Post*. "A record number of folks age 85 and older are working. Here's what they're doing." July 5, 2018

IMPLEMENTATION CHART

| OBJECTIVE | STRATEGY | LEAD PARTNER | PARTICIPATING PARTNERS | YEAR (2019-2021) | RESOURCES REQUIRED | METRICS |
|--|--|---------------------------|--|------------------|--------------------|--------------------------|
| Older adults have the skills and opportunities needed to secure employment | Hire a dedicated technology trainer at local libraries through the Guiding Ohio Online grant program | Wilmington Public Library | Blanchester, Sabina, New Vienna, and Clinton-Massie Public Libraries | 2020 | 25% local match | Technology trainer hired |

#7: Communication and Information

OUR VISION

Older adults are made aware of community events and resources through a variety of communication channels, i.e. print, phone calls, online, and in-person.

WHERE WE ARE NOW

Clinton County has plenty of resources available to older adults that many people do not know about. Most older adults learn about senior programs through family, friends, senior centers, or their doctors¹; but this is changing. The incoming generation of older adults in Clinton County is using the internet at higher rates than the current generation. According to the 2018 Age-Friendly Clinton County Survey, 75% of adults age 50-74 use the

¹ Age-Friendly Clinton County Survey, 2018.

internet for information compared to just 29% of adults age 75 and older. Many social service agencies maintain resource lists, but they are not always online, regularly updated, or adequately marketed.

OUR OBJECTIVES

- Older adults are aware of central sources of information about senior services.** Information sources are regularly updated, available in a variety of formats, and are marketed adequately across Clinton County.

IMPLEMENTATION CHART

| OBJECTIVE | STRATEGY | LEAD PARTNER | PARTICIPATING PARTNERS | YEAR (2019-2021) | RESOURCES REQUIRED | METRICS |
|--|--|--------------|--|------------------|---|--|
| Older adults are aware of central sources of information about senior services | Include senior resources in the "Directory of Officials" guide | Head Start | Clinton County Emergency Management, COA | 2020 | Volunteers to update information, directory published at least biannually | Guide is published |
| | Ensure that centralized senior resource lists are kept up to date and easily accessible from website homepages | Head Start | Clinton County Emergency Management, COA | 2019-2021 | Volunteers to update information | The following sources are up to date: COA, Headstart, Directory of Officials |

#8: Community and Health Services



OUR VISION

Older adults live in communities that positively impact their well-being through affordable and quality health services, built and natural environments, and healthy food.

WHERE WE ARE NOW

Clinton County's drug epidemic has left many grandparents caring for grandchildren, also known as kinship care. In Clinton County alone, 21% of grandparents have assumed the primary caretaker role for their grandchildren, compared to 12% nationally.¹ Grandparents in this situation are eligible for funds through the Kinship Permanency Incentive Program for a maximum of four years but funds are limited and participation requires extensive paperwork and home visits. There is also a kinship support group organized by Clinton County Job and Family Services which can help educate grandparents about what their options are, whether it be foster care, adoption, or the Kinship Permanency Incentive program.

The rate of dementia, Alzheimer's disease, and cognitive impairment has risen steadily in older adults in recent years.

¹ U.S. Census Bureau, 2013-2017 American Community Survey 5-Year Estimates

National deaths from Alzheimer's has increased 123% since 2000 and now one in three people die with Alzheimer's or dementia.² Although the causes of dementia are still be studied, communities can respond by knowing how to respond to people with dementia and keep older adults socially and physically active.

Only 27% of Clinton County residents age 65 and up meet recommended physical activity requirements and only 22% get enough daily nutrition.³ Health disparities exist across geography and income, where older adults making less than \$50,000 a year and living in municipalities report 14% lower health satisfaction than those living in townships with higher income.

OUR OBJECTIVES

- 1. Grandparents caring for grandchildren have the support and resources needed to do so.** Conduct outreach and education for grandparents caring for grandchildren while seeking additional funding and programs to support them.
- 2. Develop community awareness around cognitive impairment (Dementia and Alzheimer's).** Communities are equipped to read the signs of cognitive impairment and are trained to respond appropriately. Adequate supports are available for families affected by cognitive impairment.
- 3. Track and improve health outcomes for older adults.** Rely on data from community health assessments to track progress on improving active lifestyle and healthy eating behaviors in older adults. Improve health outcomes by increasing access to nutritious food and recreational activities.

² Alzheimer's Association. Created from data from the National Center for Health Statistics. 2018.

³ Clinton County Community Health Needs Assessment. 2015.

#8: Community and Health Services

IMPLEMENTATION CHART

| OBJECTIVE | STRATEGY | LEAD PARTNER | PARTICIPATING PARTNERS | YEAR (2019-2021) | RESOURCES REQUIRED | METRICS |
|--|---|--------------------------------------|--|------------------|--------------------|---|
| Grandparents caring for grandchildren have the support and resources needed to do so | Create outreach strategy to inform grandparents who are caring for grandchildren of their options | TBD | TBD | TBD | TBD | Number of grandparents enrolled in kinship programs (Exact number to be determined) |
| | Explore additional funding and policies to address grandparents caring for grandchildren | TBD | TBD | TBD | TBD | Amount of money allocated to kinship programs (Exact amount to be determined) |
| Develop community awareness around dementia and Alzheimer's | Conduct at least two Dementia Friends trainings each year | COA | None | 2019-2021 | None | Completion of training by at least 60 people |
| Track and improve health outcomes for older adults | Conduct a 2020 Community Health Assessment | Clinton County Health District | TBA | 2020 | Grant funds | Health assessment completed |
| | Build a County Recreation Center | Recreation Center Steering Committee | CCRPC, Clinton County Commissioners, Wilmington Parks, Blanchester Parks | 2022 | Local funds | Rec center built |



Acronym Glossary

| ACRONYM | DEFINITION |
|--------------------------|---|
| AFCC | Age-Friendly Clinton County |
| CCRPC | Clinton County Regional Planning Commission |
| COA | Council on Aging of Southwestern Ohio |
| Community Action or CCAP | Clinton County Community Action Program |
| ODOT | Ohio Department of Transportation |
| TBD | To be determined |



AGE-FRIENDLY
CLINTON COUNTY

**Action
Plan**
2019



Clinton County, Ohio

July 2019

The AARP Network of Age-Friendly States and Communities