



# INDICATORS OF COMMUNITY READINESS

The Center for Aging in Place  
Westchester County, NY

# INTRODUCTION

- Laura Traynor, Executive Director  
The Center for Aging in Place
  - Umbrella organization representing 10 community-based Aging in Place programs in Westchester
  - Previously directed the TTN Caring Collaborative
  - MA in Social Policy in Aging
  - Background in health care advocacy and education



— THE CENTER FOR —  
**AGING IN PLACE**

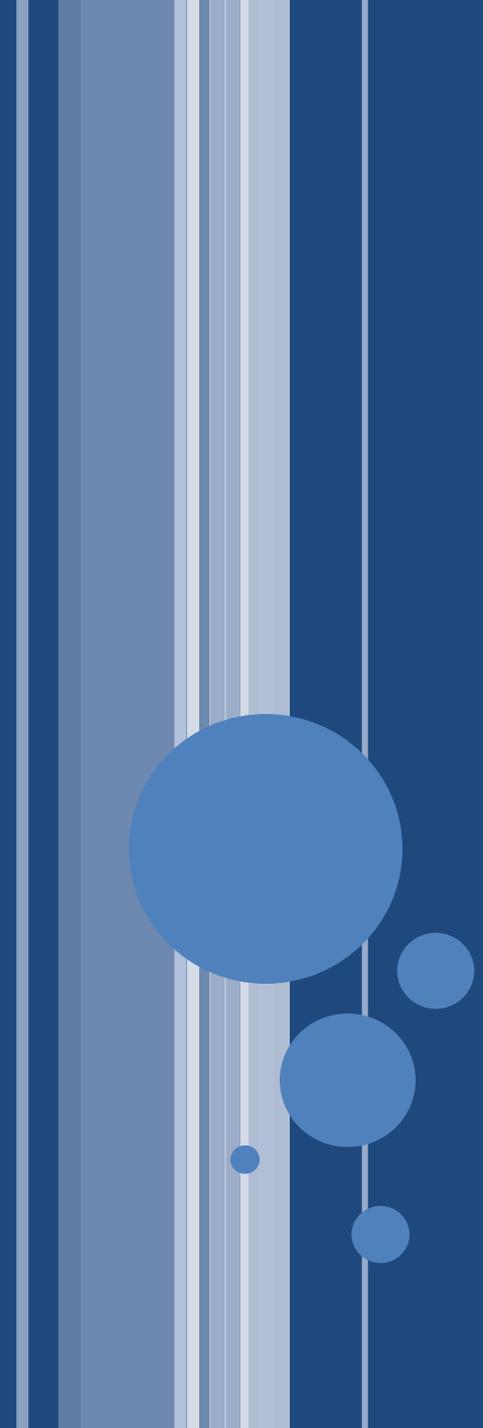
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# OVERVIEW

- About The Center for Aging in Place
- Indicators of community readiness
- A tale of two villages
- Questions and answers





# THE CENTER FOR AGING IN PLACE

*Building Aging Friendly  
Communities Together*

# ABOUT THE CENTER FOR AGING IN PLACE

- Growing non-profit 5013c organization
- Founded in 2007; operational in 2008
- Supported by a grant from Helen Andrus Benedict Foundation
- Empower community groups to age in place
- Represents 10 communities in Westchester
  - 850+ members and growing!



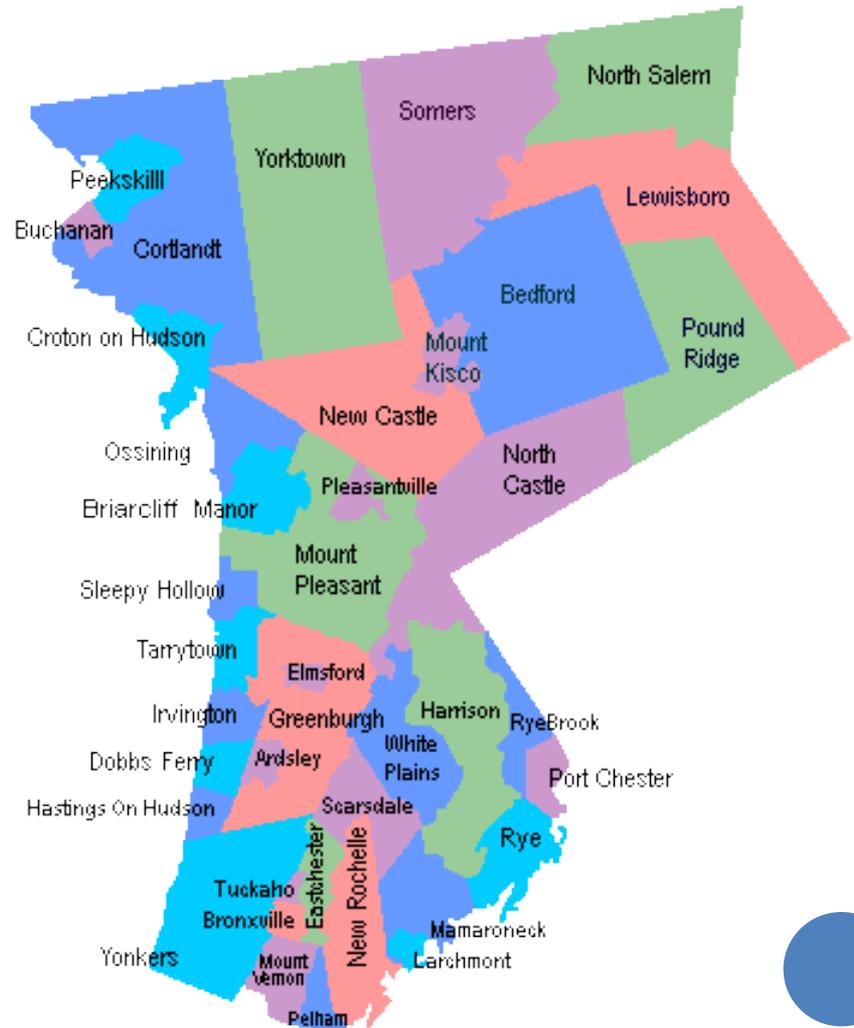
# WESTCHESTER COUNTY, NY

- Suburb of New York City; 450 square miles, close to 1 million residents
- Comprised of cities, towns, villages, hamlets
- 20% of residents, or 187,000 people, are age 60+
- 44% of people 75 and over live alone
- 35% of people 65 and over have at least one disability



# PARTICIPATING GROUPS

- DeHaven-on-Hudson, Yonkers
- Gramatan Village, Bronxville
- De Nosotros Para Vosotros, Yonkers
- At Home in Scarsdale Village
- At Home on the Sound, Larchmont & Mamaroneck
- Community Helping Hands, Ossining & Briarcliff
- Active Living Over Fifty (ALOFT), Bedford, Pound Ridge & North Salem
- Staying Put in Rye and Environs
- Aging in Place in White Plains



# ORGANIZATIONAL MODELS

- Beacon Hill Village
  - Paid PT or FT executive director, PT staff, volunteers
- Volunteer
  - Volunteers direct, manage and coordinate
- Partnerships
  - Faith-based
  - Aging services network



# WHAT WE DO



- Aging well is about having options for how and where you want to live.
  - We promote the independence and well-being of residents who wish to remain in their homes as they grow older.
  - Provide information and resources to empower communities, organizations and people who support the goals of aging in place.
  - Work to ensure that aging in place membership programs can grow strong in our communities, take root quickly in others, and gain a permanent place in the American way of life.



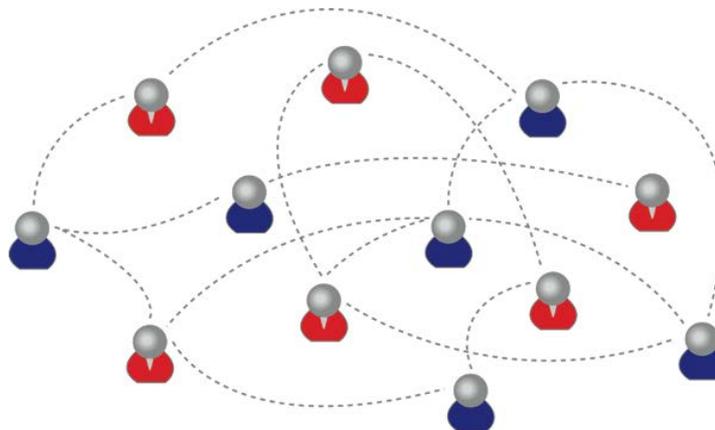
# SUPPORTING COMMUNITIES

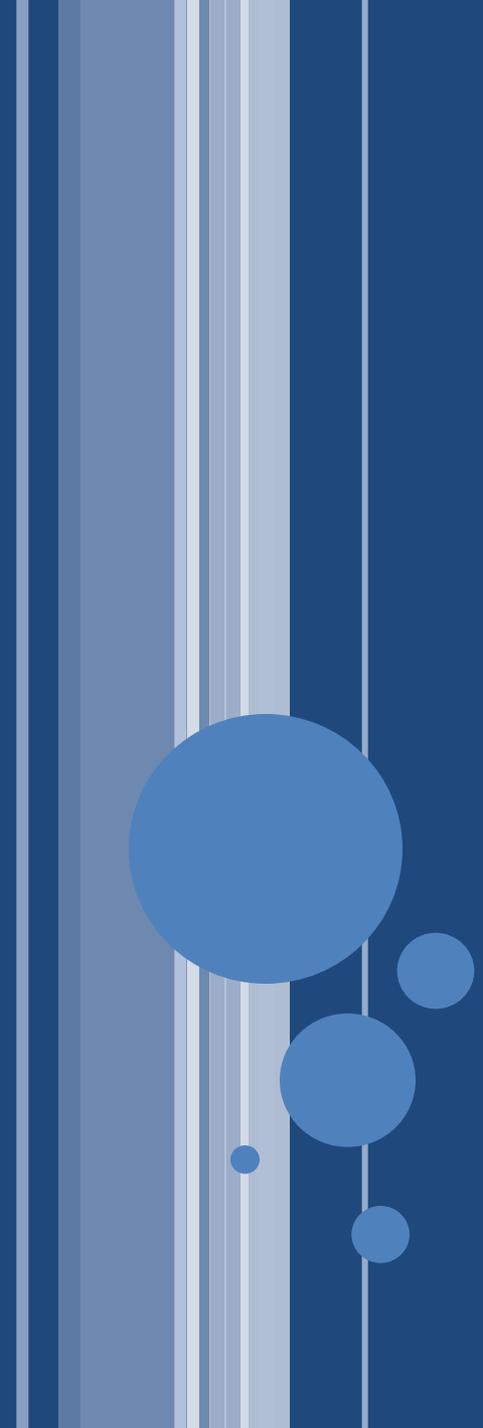
- No single roadmap to success
  - Each community has different needs, resources, and its unique social landscape
  - All depend upon individual leaders and volunteers to become a team and find a way forward
- We help community builders
  - Navigate new territory
  - Become effective teams
  - Define and achieve goals
    - How do you do something you've "never done before"?



# WHAT WE OFFER

- Capacity building
  - Small grants/seed money
  - Fiscal sponsorship
  - Proprietary database
  - Technical support
- Toolkit of best practices
- Networking
  - Monthly “Village Council
  - Newsletters
- Life+ Business Network
- Education & Training





# INDICATORS OF COMMUNITY READINESS

# A DEFINED COMMUNITY

- A place where people come together based on something they have in common
  - Location – such as a neighborhood
  - Interests or passions – like reading, travel, politics
  - Cultural – ethnicity or religion
- Where there is reciprocity and trust
- The place can be physical or virtual
  - Social club or church
  - Online



# A SHARED DESIRE TO STAY IN COMMUNITY

- A desire to share some degree of responsibility for each other
  - neighbors helping neighbors
- Willingness to create and participate in some type of formal structure and to own this responsibility
- A unified vision



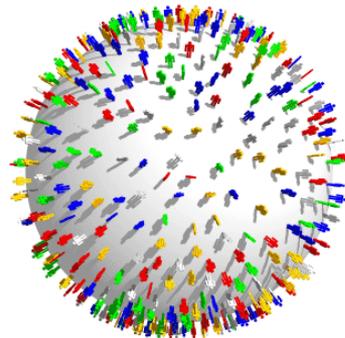
# TRACK RECORD

- History of past success and achievement
  - Has the community introduced and sustained new programs or innovations in the past?
- Positive attitude about change
  - Residents want change to occur and believe it can happen
- Instrumental groups to make change happen
  - Know about and how to access resources
  - Connected to local political leaders



# THE PEOPLE FACTOR

- Who is your target audience?
  - For some groups, it's been 55+; others 65+ and 75+
- Do you have the right demographics?
  - Ensure that there's a critical mass
    - At least 1500 in this cohort for the community to be large enough to support a vibrant group
- Important to be clear about who you will serve



# COMMUNITY ASSESSMENT

- Identify and understand existing resources and services
  - i.e. senior services, hospital-based programs
- Is there a gap?
- Does the need match your objective/goals?



# VILLAGE CHAMPIONS

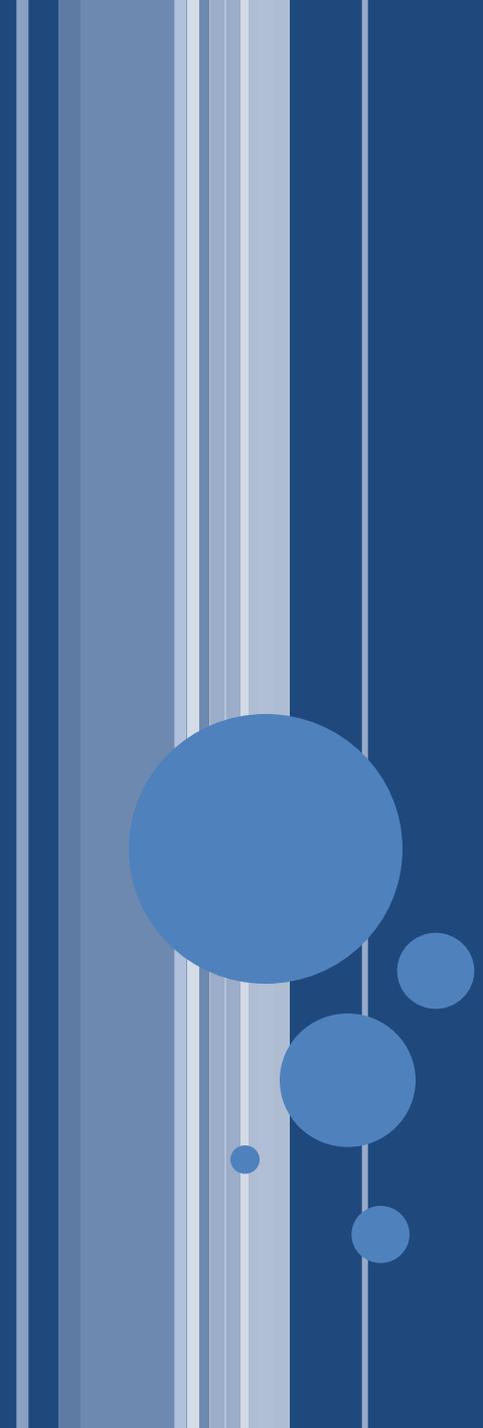
- A core group of committed, dedicated volunteers to form a steering committee
  - Group should expand to 15 with a range of skills to support decentralized activities and decision-making.
  - Willingness to organize into subcommittees and give clear direction and autonomy.
  - A readiness to spend at least two years in development
    - You are helping neighbors but also creating a small business



# ORGANIZING GROUP DYNAMICS

- Clear definition of roles and responsibilities
- Complementary capabilities and skills
- Shared communication and decision making
- Able to incorporate business skills
  - Meeting agendas and action items
  - Timelines
  - Use e-mail and have basic computer skills
- Willingness to be accountable





# A TALE OF TWO VILLAGES



- Serves sound shore communities of Larchmont and Mamaroneck
  - Launched in 2010; 102 members
- Factors for success
  - Two years of planning and building
  - Dedicated, experienced steering committee
  - Supportive board of directors - contribute time, talent and money
  - 60+ volunteers - “tentacles” into the community
  - Willingness to try new things
  - Lots of community support/social capital



# DEHAVEN-ON-THE-HUDSON

- Launched in 2007; 155 members and growing; volunteer model
- Factors for success
  - Defined geographic boundaries; started small and built out
  - Understands its target audience and responds with appropriate services/activities
  - Volunteers like what they do
  - Engaging, enthusiastic leader
  - Space to meet; congregate



The slide features a dark blue background. On the left side, there are several vertical stripes of varying shades of blue and white. A series of blue circles of different sizes are arranged vertically, with the largest circle at the top and smaller ones below it. The text "QUESTIONS & ANSWERS" is written in a white, serif font, centered horizontally and positioned to the right of the circles.

# QUESTIONS & ANSWERS