



**Vision: Age Friendly Communities
that actively engage, value
& support older adults**



**Aging Together
3 Year
Strategic
Plan**

2023-2026

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PATH FOUNDATION

Culpeper, Fauquier, Madison, Orange & Rappahannock Counties, Virginia

VISION: Age Friendly Communities that actively engage, value & support older adults

MISSION: Aging Together through partnerships connects people to communities and resources to improve quality of life as we age.

At the core of Aging Together's values is respect for all people. We believe that when people feel accepted and included, they are more successful in receiving and developing programs and resources that help everyone. While we have more work to do to advance diversity and inclusion, we're invested to move our organization and communities forward.

INFORMING THE STRATEGIC PLAN

According to the Virginia State Plan on Aging, Virginia's population, like that of the nation, is becoming older and more diverse. Today, nearly 1.9 million Virginians are aged 60 or older, a number that will increase to 2.2 million in 2030. There are currently approximately 31,000 older adults living in our region. This represents 17% of the population. This number is expected to double by the year 2050.

Town/County	Total Population	%65+	#65+	Projected Growth 2050	# of Veterans
Culpeper	52,143	15.1	7862	14,000	3,795
Fauquier	73,138	15-4	11,284	22,000	6,120
Madison	13,908	20-4	2,849	6,000	822
Orange	36,120	19-7	7,107	14,000	3,183
Rappahannock	7,373	25-9	1,907	4,000	629

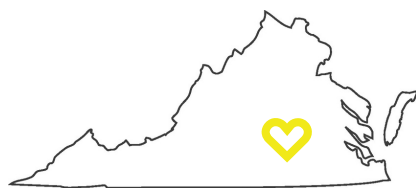
Aging Together's Board and partners reviewed the most recent survey on older adults conducted by the Department of Aging and Rehabilitative Services (DARS), the Community Needs Assessment for Older Adults conducted by VCU, the work completed by the Senior Services Collaborative, and the Aging Together Community Conversations in 2023 to inform the strategic plan for 2023-2026.

We reviewed the accomplishments of the past three years and the great work of our teams and partners. In looking to the future, we reviewed the needs and challenges as well. The greatest challenges in our area align with the findings for the state and include housing, mental health, and mobility. About 47% of older residents in the region reported experiencing housing needs and 30% reported mobility needs.

The Economic Contribution of Older Adults

Older Virginian's annual contribution to their community through employment, volunteerism and caregiving:

\$38,508,493,401



Older adults make significant contributions to our communities through paid work, volunteering, and caregiving, among a myriad of other ways. In conducting a needs assessment for the State plan, DARS found that older Virginians provide an estimated \$38.5 trillion in paid and unpaid contributions to the Commonwealth.

Yet, many older adults in the state and, in our region have indicated they need additional support to age in their homes and communities.



State Statistical info culled from VCU & DARSVA.

Other identified challenges included the need for dementia education and support, and the need to address social isolation. When asked how Aging Together should prioritize activities, respondents from the community conversations ranked dementia education and awareness, Art of Aging Lifestyle and Wellness Expos, the Regional Resource Guide for Older Adults, and retirement planning as top priorities.

The Aging Together Board and partners concluded that the community informed goals identified in 2018 still accurately reflect the needs of older adults, but the strategies would be updated for the 2023-2026 plan.

GOAL 1: TO SUPPORT THE HEALTH, SAFETY & QUALITY OF LIFE FOR OLDER ADULTS AND THEIR FAMILIES

- Support age friendly communities throughout the region through the gathering of information of existing models
- Serve as a catalyst to strengthen community- based support that enhances choice and quality of life for older adults and caregivers
- Explore workforce development issues and strategies for support
- Raise awareness of dementia through the Dementia Friendly Communities initiative and the work of the Piedmont Dementia Education committee
- Connect older adults and caregivers to needed resources and information through the Regional Resource Guide for Older Adults, The Art of Aging Expos, social isolation initiatives
- Explore the need for comprehensive retirement planning to include emotional, psycho-social, spiritual, etc. and explore best practice programs and models
- Continue to facilitate the Senior Services Collaborative

- Educate and raise awareness about the housing needs of older adults and work with community partners to enact change (through the work of the Senior Services Collaborative)
- Promote an effective range of services to support the needs, preferences, and quality of life of older adults (through the work of the Senior Services Collaborative)



Aging Together is a proud partner of the Rappahannock Rapidan Regional Commission. The **Trusted Community Partner** model serves as an “umbrella structure”, or over-arching entity to provide the foundation necessary to support significant changes in the provision of mobility services and solutions including planning to account for state-wide and national programs, federal allocation changes, implementation of paid transportation models, integration of private provider supports and public transit services.

GOAL #2: TO PROMOTE THE VALUE THAT OLDER ADULTS BRING TO THE COMMUNITY AND TO CREATE OPPORTUNITIES FOR FULL ENGAGEMENT WITH ALL AGES

- Encourage older adults to participate in County Teams
- Explore and expand the role of County Teams toward our vision for age-friendly communities



A 2023 Community Conversations group session



GOAL #3: TO CHAMPION COMMUNITY RESPONSE TO THE CHALLENGES FACING OLDER ADULTS

- Work with advocacy groups to address legislative issues related to aging issues
- Advocacy at the federal, state, and local level (through the Senior Services Collaborative)

GOAL #4: TO ASSURE SUSTAINABILITY OF AGING TOGETHER AS A VALUED COMMUNITY RESOURCE

- Continue to support member organizations through Aging Together representation on board, councils, committees, etc.
- Continue to seek grant funding
- Continue to develop unified outreach, marketing, and messaging
- Promote positive aging
- Follow a recruitment strategy for Board of Directors
- Promote positive aging through programs and outreach
- Ensure internal organization structure supports overall organization efficacy
- Strategize an annual development plan

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- Would love to have services to help seniors with various tech questions (i.e.: tv, cellphones, smartphones, Alexa/Siri, computers, digital libraries).
- I am most interested in resource guides that are snail mailed to my home. I am not interested in reliable local information that I discover via web search.

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COMMENTS FROM AGING TOGETHER'S 2023 COMMUNITY CONVERSATIONS:

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- Need more transportation in Culpeper.
- Assisted living would be ideal but there is not enough money. I feel like some seniors just fall through the cracks. They are not poor enough for state care yet not financially secure enough for the positive living situations available to those with money.
- Need help with resources for my mom who suffers from dementia, especially housing. She will not be able to live alone much longer and barely has enough social security to live now. Moving in with me is not an option.
- My husband is working but is planning on taking an early retirement. As we plan this, we need to start looking for information.
- Affordable housing and transportation remain challenges for seniors (even though it has gotten so much better).
- Any Aging planning and retirement planning would be essential for the maturation process. Also anything we can do for aging in place.
- Need more transportation to doctors appointments
- In Orange County, in particular, I think transportation for older people, disabled and the poor is a huge issue.

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