Creating an age-friendly Austin
Austin is Changing Quickly
Seniors are contributing to the city’s shifting demographics.

Growing Population
Share of Austinites 65+

<table>
<thead>
<tr>
<th>Year</th>
<th>Population</th>
<th>Share</th>
</tr>
</thead>
<tbody>
<tr>
<td>2000</td>
<td>672K</td>
<td>4.5%</td>
</tr>
<tr>
<td>2010</td>
<td>790K</td>
<td>7.0%</td>
</tr>
<tr>
<td>2017</td>
<td>951K</td>
<td>8.3%</td>
</tr>
</tbody>
</table>

The Austin area has the second-fastest growing population of adults aged 65+ in the country.

Source: Austin Chamber of Commerce, 2019
Future Projections

Austin - Round Rock - Georgetown Population Projections 2010-2050

Projections of 65+ Population

2020:
260,036 | 11.6%

2030:
441,554 | 15.4%

2040:
658,312 | 18.2%

2050:
932,805 | 20.5%

Source: Texas Demographic Center, 2018 Texas Population Projections
Growing Needs of Austin’s Seniors

1 in 4 live below 200% of the Federal Poverty Level

1 in 3 have one or more disabilities

“How do we continue to live in our own homes?”

Source: 2011-2015 American Community Survey
Initiatives
The LBJ School has taken steps to support the growing share of older residents.

Research: “Young Hip Austin is Getting Old”
2017 research project that recommended the creation of an adult day center with wraparound services

Research: “A Better Life for Elders in Austin”
2016 research project on how to care for elderly, vulnerable county residents in the community. The work evaluated the feasibility of the PACE Model for Austin

Action Plan: “Resolution 41”
Resolution 41 directed the LBJ School team to develop an action plan for its 2.0 recommendations
Objectives [for LBJ Students]

Per Resolution 41, students [were charged with the following tasks]:

**Identify** appropriate health and social services that should be provided at the center through community engagement sessions

**Evaluate** City-owned facilities based on scoring tool to determine an appropriate site for the center

**Design** a pilot program to implement at RBJ Health Center
Approach

[The LBJ School Team took an internal, multi-stakeholder approach to its charge.]

**Stakeholder Input**
We have engaged over six diverse private and public partners for feedback and support.

**Community Feedback**
Austin seniors and caregivers indicated their need for a medical and wellness center with wraparound services.

**Academic Research**
We have based our recommendations in evidence from prior LBJ School research, scholarly sources, and effective models of wraparound senior care services.

**Intergenerational**
An on-site children’s daycare center will facilitate intergenerational interaction.
Establishing Public-Private Partnerships

[The project has received letters of support and commitments from a range of community partners. ]
COMMUNITY ENGAGEMENT
## Common Themes from the Interviews
Many of the seniors surveyed expressed similar needs and barriers to care.

<table>
<thead>
<tr>
<th>Health &amp; Wellness</th>
<th>Social &amp; Self-Esteem</th>
<th>Recreation</th>
<th>Cross-Cutting</th>
</tr>
</thead>
<tbody>
<tr>
<td>Prevention</td>
<td>Educational opportunities</td>
<td>Exercise classes</td>
<td>Transportation</td>
</tr>
<tr>
<td>Intervention</td>
<td>Social activities</td>
<td>Field trips around Austin</td>
<td>Benefits and resources counseling</td>
</tr>
<tr>
<td>Management</td>
<td>Support services</td>
<td>Trail walks</td>
<td>Planning for the future</td>
</tr>
</tbody>
</table>

"I currently take 3 to 4 buses to get to my doctor."

“It’s just me and my dog Bootsy.”

“Give folks something to do."

"Plan now for a time when you’re less mobile."
What We’ve Heard
Interviews indicated demand for a more robust set of services for Austin seniors.
Feedback from Caregivers
Caregivers shared the day-to-day challenges of tending to a loved one.

**Supplementary Services**
- Wellness and wraparound services
- Social activities

“There should be services for those who have cognitive illnesses.”

**Constant Care**
- Requested extended hours
- Readily available services needed

"I’m a 24/7 caregiver, and my husband gets frustrated with me at times.”

**Stress Relief**
- “Sandwich Generation”
- Provide new outlet for seniors and caregivers

“Give me some free time.”

**Cross-Cutting**
- Transportation and traffic
- Enthusiasm for multigenerational approach

"A co-located children’s daycare center would be wonderful."
PILOT STUDY
## Pilot Participants and Activities
What do participants want and need?

### Common Needs

- Reliable and timely transportation
- Sense of community and social opportunities
- Resources for physical, mental, and emotional wellness

### Pilot Offerings

- Transportation to and from the Center
- On site multi-use space
- Medical and telebehavioral care
- Wraparound services
- **Phase Two:** Child daycare center - intergenerational model
## Goals, Objectives and Strategies

**Piloting a new model of care**

<table>
<thead>
<tr>
<th>Goals</th>
<th>Objectives</th>
<th>Strategies</th>
</tr>
</thead>
<tbody>
<tr>
<td>● Assist low-income seniors</td>
<td>● Greater access to medical care</td>
<td>● Wellness clinic</td>
</tr>
<tr>
<td>● Identify and resolve potential problems</td>
<td>● Sense of community</td>
<td>● Mobile units</td>
</tr>
<tr>
<td>● Gauge the reactions of participants</td>
<td>● Integrated wraparound services</td>
<td>● Traditional/social model</td>
</tr>
<tr>
<td>● Confirm model is scalable and sustainable</td>
<td></td>
<td>● Intergenerational activities</td>
</tr>
</tbody>
</table>
FACILITIES & FEASIBILITY
Facilities Criteria
What is needed for an optimal intergenerational health facility?

Location
- Concentration of seniors (age +65) with incomes below 200% FPL
- Concentration of seniors dually covered by Medicare and Medicaid
- Concentration of seniors with one or multiple disabilities

Accessibility
- How close (by mile) is site to affordable senior housing?
- Are transportation services available for seniors to get to and from the site?
- Is the facility ADA compliant?

Infrastructure
- Is the building at least 11,600 sq. ft.?
- Does site have sufficient (3,500 sq.ft) and safe outdoor space?
- Plumbing, electricity, and HVAC?

Additional
- Safety
- Aesthetics
- Transition costs
## Potential Sites
City-owned facilities and additional prospective properties.

<table>
<thead>
<tr>
<th>Facilities</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rosewood Zaragosa Neighborhood Center</td>
<td>2800 Webberville Rd. Austin, TX 78702</td>
</tr>
<tr>
<td>Dove Springs Recreation Center</td>
<td>5801 Ainez Dr. Austin, TX 78744</td>
</tr>
<tr>
<td>South Austin Neighborhood Center</td>
<td>2508 Durwood St. Austin, TX 78704</td>
</tr>
<tr>
<td>RBJ Health Center</td>
<td>15 Waller St. Austin, TX 78702</td>
</tr>
<tr>
<td>AISD School Closures</td>
<td>Miscellaneous</td>
</tr>
<tr>
<td>Unused or Abandoned Buildings</td>
<td>Miscellaneous</td>
</tr>
<tr>
<td>New Construction in Transportation Corridors</td>
<td>Miscellaneous</td>
</tr>
</tbody>
</table>
## Feasibility Study
A model for Austin and beyond.

### Suitability
- Have we satisfied Resolution 41 objectives?
- Which location is the best fit?
- Which services should be provided at the center?

### Sustainability
- Can our model be easily maintained?
- Is it cost efficient?

### Scalability
- Can we apply this model to other parts of the greater Austin community?
- To other cities in the U.S.?
- Internationally?
Next Steps

1. Disseminate findings to City of Austin leadership, Commission on Seniors, our partners and collaborators, and members of the community

2. Recommendations:
   1. Launch pilot program
   2. Initiate feasibility study

3. Continue our work with Austin Public Health in making Austin one of the most age-friendly cities (AFCAP) in the United States
Thank you!

Questions from the audience are welcome at this time.

For further information
Contact LBJ School Team
jangel@austin.utexas.edu
Break
Panelists

Janee Breisemeister
Chair of the City of Austin Commission on Seniors

Adam Hauser
President and C.E.O. of Meals on Wheels

Annette Juba
Deputy Director of AGE of Central Texas

Larry Wallace
Enterprise Chief Administrative Officer of Central Health
INTERACTIVE POLLING
Austin is a young city, but......

A. It is aging rapidly and becoming increasingly ethnically and racially diverse.

A. A large number of older individuals live on a fixed income.

A. It has a shortage of affordable senior housing that is compounded by the fact that many older individuals live far from the medical care and essential social services they need.

A. Given the rising costs of living, the City must address the needs of children, working adults, people with disabilities, and other vulnerable groups while dealing with rapid population growth and the need to expand its infrastructure.

A. All of the above
Mrs. Smith has two grown children, a son who is a junior high school teacher in Cleveland, Ohio and a daughter who lives in Austin and is a corporate attorney. Mrs. Smith’s husband died a few years ago and her joint estate is depleted. Mrs. Smith, who is 85, needs housing assistance, in-home care, and other community-based services. Who should pay for these services?

A. City of Austin
B. State of Texas
C. Her adult children
D. Nobody (she will need to go without support)
City of Austin residents 65 and older should be entitled to...

A. Free public transportation regardless of income.
B. Public transportation based on a sliding income scale.
C. Access to subsidized private rideshare.
D. No public subsidized transportation options
In terms of planning, which of the following senior community-based services and supports should the City of Austin focus on their immediate efforts on?

A. Medical and wellness care
B. Mental health services
C. Adult-day center
D. Wraparound services
In terms of implementation, in its 2020 budget for seniors, the City of Austin should prioritize...

A. Medical and wellness care
B. Mental health services
C. Adult-day center
D. Wraparound services (e.g., case management, transportation navigation)
E. Health and social services co-located all in one place