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Positive  
Endings

# Aging in Your Neighborhood Bellevue Better Together

May 21, 2016

# Agenda

- ▶ **Age Friendly Cities**
- ▶ **Aging in Community**
- ▶ **What do YOU want?**
- ▶ **Get Engaged**

**Keri Pollock, Director of Marketing and Communications, Aging Wisdom**

**Dori Gillam, President, Positive Endings**

# Age Friendly Communities

A framework developed by the WHO to address the environmental, economic and social factors that influence the health and well being of older adults.

# **WHO - 8 Domains**

- ▶ **Outdoor Spaces and Buildings**
- ▶ **Housing (accessible and affordable)**
- ▶ **Transportation**
- ▶ **Social Participation**

# **WHO - 8 Domains**

- ▶ **Respect and Social Inclusion**
- ▶ **Civic Participation and Employment**
- ▶ **Communication and Information**
- ▶ **Community Support and Health Services**

# Aging YOUR Way

~ a summary ~

## housing



**YES!**  
We Boomers are aging!

COMMUNITY CENTER  
ALL AGES WELCOME!

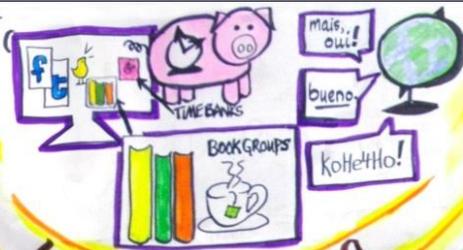


~and~  
We will work together to create...

## safe, walkable, accessible



## life-long learning healthy living



## local economy



## arts & entertainment



a sustainable, connected community!

## neighborhood shuttles





- **Aging Your Way – 2010–2015**
- **Age Friendly Communities – 2016 +**
- **A generation that doesn't think they are going to age**
- **Shrinking government resources**
- **Tap into some additional energy**
- **Community members WANT to be involved**









# Labeled People:

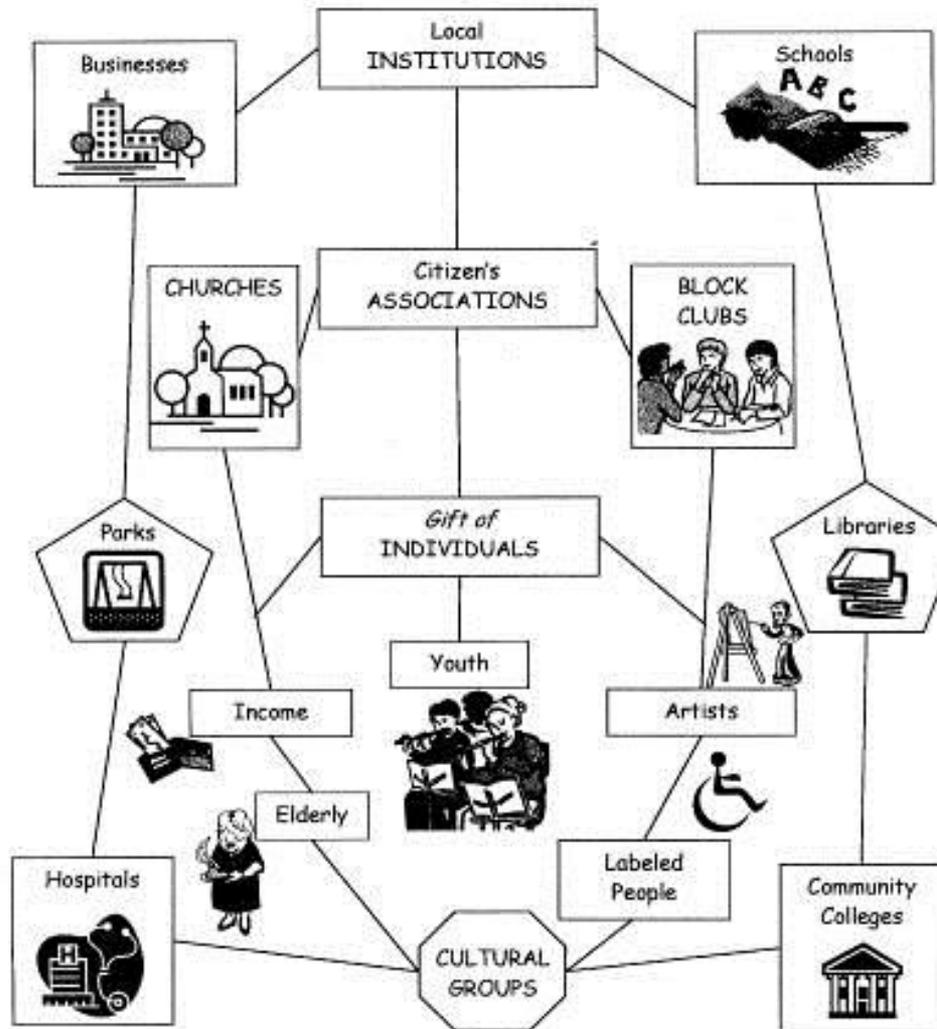


- ▶ Homeless
- ▶ Unemployed
- ▶ Low income
- ▶ Non-English speaking
- ▶ Single parent
- ▶ Addict
- ▶ Offender
- ▶ Disabled
- ▶ At-risk youth
- ▶ Old person

Every individual has gifts  
of the head, heart and hands



# To Starting with Strengths





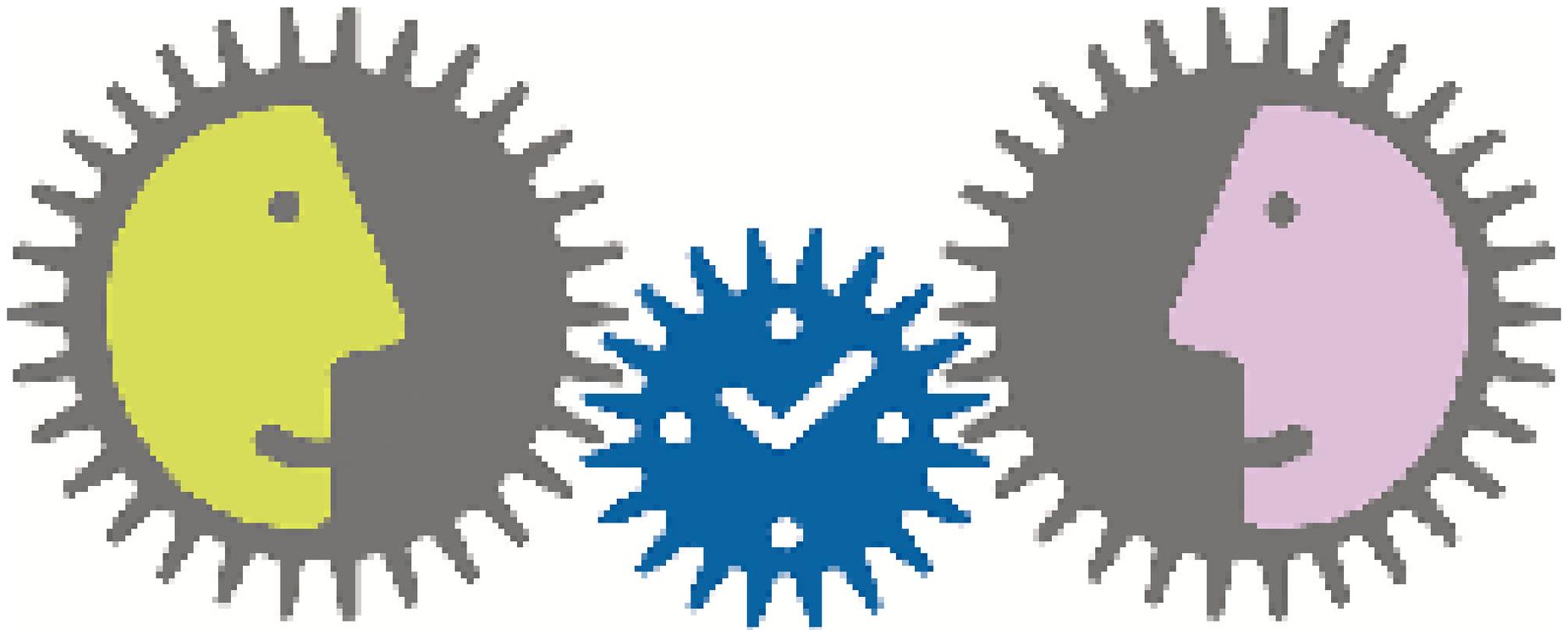
Sharon

# Timebanks

**Do something for a neighbor; bank your hours as credit. Use those hours to get something done YOU need!**

- ▶ **Eastside Timebank**
- ▶ **SWEL Timebank**
- ▶ **West Seattle Timebank**
- ▶ **Mercer Island Timebank**

**More to come!**



**Eastside Timebank**

# Marguerite's Living Room



# World Dance Parties



# Show up. Get down.







# Peppi's Park







JSC  
UNITED  
Soccer Club

UNITED STATES OF AMERICA

UNITED STATES OF AMERICA



82456

SEATTLE PARKS AND RECREATION  
FOR OFFICIAL USE ONLY

# **The Village Movement**

**A Village is not so much a place as it is a plan for aging well at home.**

**It's like a concierge for things you might not be able to do alone any longer.**

**Vetted volunteers, vendors and staff make it happen.**

- **PNA Village**
- **NEST**
- **Wider Horizons**

**Coming:  
Eastside  
West Seattle  
Shoreline  
Mercer Island**



**Let's design**

**YOUR**

**community...!**



**What would YOUR community have to look like to support you at any age?**

**You'll be working with your tablemates.**

**1. Introduce yourselves: Give your name and one thing you love about living in Bellevue and what neighborhood you live in.**

**2. Choose a person to be your artist or scribe.**

**3. Think about who is going to report out for your group when we're done.**

**What would YOUR  
community have to look  
like  
to support YOU  
at any age?**

# **Group Reports (1–2 minutes each)**

**Tell us one project or idea  
your group came up with. Have  
an alternate ready in case of  
duplicates.**

# As I Age.....



# Thank you for Engaging!

**Keri Pollock**

**[www.agingwisdom.com](http://www.agingwisdom.com)**

**keri@agingwisdom.com**

**Dori Gillam**

**[www.positiveendings.com](http://www.positiveendings.com)**

**dori@dorigillam.com**