

2023 ANNUAL REPORT





vision

greater Charlottesville area to
be the most age-friendly
community in the country



mission

lead the advancement of
an age-friendly community

A Glance Back at 2022

SUE FRIEDMAN, CAA CO-CHAIR

During 2022, CAA focused on four workgroups and two CAA strategies:

Transportation/Housing/Citizen Advocacy/Social Engagement were the workgroups.
Education and Planning/Assessment were the CAA organizational strategies.
Also, new partners were welcomed, such as Friends of Downtown and ITHRIV.

AARP designated Charlottesville/CAA as a Key City, which provided new technical assistance consultants!
Two webinars were planned in collaboration with AARP....
Eco Northwest and Accessory Dwelling Units and Transportation for America and bus stops.
A bus shelter survey provided information on the opportunities to improve bus stops.

The Social Engagement Workgroup held seminars at the Northside Library on dementia and developed a buddy system program to provide needed confidence to engage in social activities.

The education initiative and the Social Engagement Workgroup partnered to provide presentations on CAA to WCBR, Alzheimer's Association and Senior Statesmen of Virginia.

The CAA also promoted Older Americans Month (May) and supported rural area participation in the CAA. Fluvanna County indicated an interest in formally partnering with CAA.

Advocacy worked to elevate citizen ability to lift their voices on issues of importance to seniors and age-friendly communities.
A letter of support was provided to encourage the JAUNT Mobility management at the regional transportation partnership level.

Resources such as 211 were presented and shared.

The CAA prepared to continue engagement with AARP technical assistance consultants in 2023, specifically around housing, transportation, and DEI strategies to increase/enhance CAA Partner identification and involvement.

In 2022, the CAA recognized 7 years of collaboration and forward progress, having been founded in 2015.

AARP Livable Communities

The CAA was awarded 3 consultants to assist in pursuing AARP's 8 domains of a Livable Community!

- ChangeLabs (Erik Calloway, Edgar Camero)
 - DEI partner recruitment; Steering Committee led
- Mpact (Sarah Rudolf; Transportation)
- Accessory Dwelling Strategies LLC (Kol Peterson; Housing)



WORK GROUP REPORTS

Advocacy: Kim Volker, Chair.

This workgroup coordinated an event to educate caregivers on local resources. They also worked closely with the ChangeLabs consultants on Equity.

Housing: Scott Fulton, Co-Chair; Ian Baxter, Co-Chair.

This workgroup worked with a consultant from Accessory Dwelling Strategies LLC on developing a webinar on home renovations and fraud.



Social Engagement: George Worthington, Carolyn Dillard, and Genevieve Baer Co-Chairs.

This workgroup set up the Buddy Program for participants of lifelong learning classes, as well as a webinar series on local resources to aid older individuals and their families.

Transportation: Peter Thompson, Chair.

This workgroup worked with a consultant from Mpact to evaluate the accessibility of structures such as sidewalks and crosswalks, as well as the bus system.

ADVOCACY WORKGROUP

Chair: Kim Volker

The Team: Bobbie Hughes, Joe Jamison, Sue Moffett

During 2023, the Advocacy Workgroup coordinated a social event for local caregivers to discuss caregiver resources. This event helped inform local nurses, family members, and all other people responsible for the aging members of our community.

Additionally, AARP awarded the CAA two Equity consultants during 2023 from ChangeLabs. These consultants gave two 3-hour long webinars regarding equity in all areas of the 8 domains of livability. The objectives of the Advocacy Workgroup and ChangeLabs aligned as the CAA worked toward a more equitable, diverse, and inclusive community. This meant that the CAA would advocate not only for the aging population, but for people of all ages, ethnicities, races, abilities, disabilities, cultures and so forth. Advocating for the needs of the entire community improves livability for everyone.



What can **WE** accomplish together?

HOUSING WORKGROUP

Chairs: Scott Fulton, Ian Baxter

The Team: Donna Patton, Ian Baxter, Michael Guthrie

In 2023, AARP awarded the CAA a housing consultant for meeting all of the qualifications of a Livable Community. This consultant, Kol Peterson of Accessory Dwelling Strategies LLC, provided the CAA with expertise regarding ADU policy and market transformation. After getting to know the CAA's ADU housing priority, he helped develop a plan to create a virtual webinar in May of that year. The Housing workgroup assembled a panel on home renovation and aging in place, as well as a broad range of other topics including how to avoid fraud and manage renovations.



The relevance of these issues in our community made this webinar especially impactful. As the community grows older, we find that some structures are no longer as accessible as they used to be. Many older adults and families of older adults need to consider decreasing vision or balance, making features such as carpet, railings, and push handle door knobs a necessity. Furthermore, the very individuals that need these renovations are some of the most vulnerable to fraud. Informing the community on warning signs and preventative measures can help protect citizens' safety and ensure that renovations are not waylaid by unnecessary complications.

SOCIAL ENGAGEMENT WORKGROUP

Chairs: George Worthington, Carolyn Dillard, and Genevieve Baer

The Team: Angela Keating, Bethanie Constant, Betty Sharp, Dr. Dick Lindsay, Gordon Walker, Ida Lee Wooten, Jeanne Snyder, Joanna Jennings, Katherine Gardner, Kim Volker, Kris Miller, Marta Keane, Sunshine Mathone



In 2023, the Social Engagement Workgroup met 3 times. One of their main focuses was the creation of what was called the “Bus Buddies” Program. This initiative was created with the goal of giving older individuals in our community the experience and confidence necessary to utilize our many public transit systems, such as CAT, JAUNT, UTS, and more. The reasoning behind this initiative was that, given the resources they needed, older citizens could make use of the bus system not only to traverse the community, but also to cultivate friendships and a sense of belonging.

The second project that the Social Engagement Workgroup worked on throughout 2023 was a series of webinars. These webinars were created for individuals, families, and providers throughout the region to expand their knowledge of local resources related to reducing isolation in the aging community. These webinars were created, and a schedule was made to hold a webinar every other month throughout 2024.

TRANSPORTATION WORKGROUP

Chair: Peter Thompson

The Team: Alberic Karina-Plun, Alex Ikefuna, Ben Chambers, Hal Morgan, Ian Baxter, Jen Fleisher, Jessica Ballering-Hersh, Kendall Howell, Kris Miller, Lucinda Shannon, Mary Monaco, Sarah Rudolf, Stacy Pethia

In 2023, the CAA was awarded resources from the AARP Local Community Technical Assistance Program (LC-TAP), a transportation consultant and an equity consultant, for meeting the 8 qualifications of a Livable Community. This transportation consultant, Sarah Rudolf of Mpact, helped community stakeholders identify a way to improve public involvement as an advisory or advocacy committee. This was a new role for the CAA, and it will not only improve transportation for seniors, but for everyone in the community.



As the Transportation Workgroup evaluated the needs of the community through surveys and analysis of prior research, ideas took form to create “Walk Audit” and “Bus Buddies” programs. The former was meant to take community members out into the field to experience for themselves the many challenges of local public walkways as they were. The latter program was meant to help senior citizens build trust in local transit programs by riding with a more experienced “buddy” the first couple of times.

ChangeLabs, the equity consultant, had a huge impact on transportation in particular in 2023, as the consultants educated CAA members on how to incorporate equity into everyday structures such as crosswalks, sidewalks, and bus stops. Making these places more accessible for the aging population could also make them more accessible for many segments of the population, meaning that all citizens could get around safely and efficiently.



Looking Ahead to 2024

KRIS MILLER, CAA CO-CHAIR

AARP LC-TAP Projects for CAA

The 2024 plans for the AARP Local Community Technical Assistance Program (LC-TAP) focus on enhancing pedestrian and transit accessibility for the aging population in Charlottesville and Albemarle County. The initiatives aim to foster community engagement, advocate for equitable infrastructure, and provide essential training to local advocates and stakeholders.

Consultant – America Walks

1. Walking Audit Training
2. Walking Advocacy Training
3. Walking Equity & Inclusivity Webinars

Consultant – MPact

1. How to Take Bus Transit – Hands-on Field Trip

Additional Initiatives

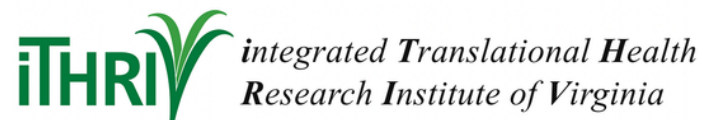
UVA Intern for CAA – Fall Semester

Advocacy

1. Policy Advocacy
 - a. The CAA will advocate for policies, actions, and attitudes that support the aging population, ensuring their voices are heard in local planning and decision-making processes.

2024 projects for CAA will be a comprehensive approach to improving pedestrian and transit accessibility for the aging population in Central Virginia. By focusing on training, advocacy, and community engagement, these initiatives aim to foster an inclusive environment that meets the needs of older adults, promoting their mobility and overall well-being. The collaboration with America Walks and MPact, along with support from local organizations, ensures a robust foundation for these efforts.

Charlottesville Area Alliance Coalition Partners



United Way
Thomas Jefferson Area

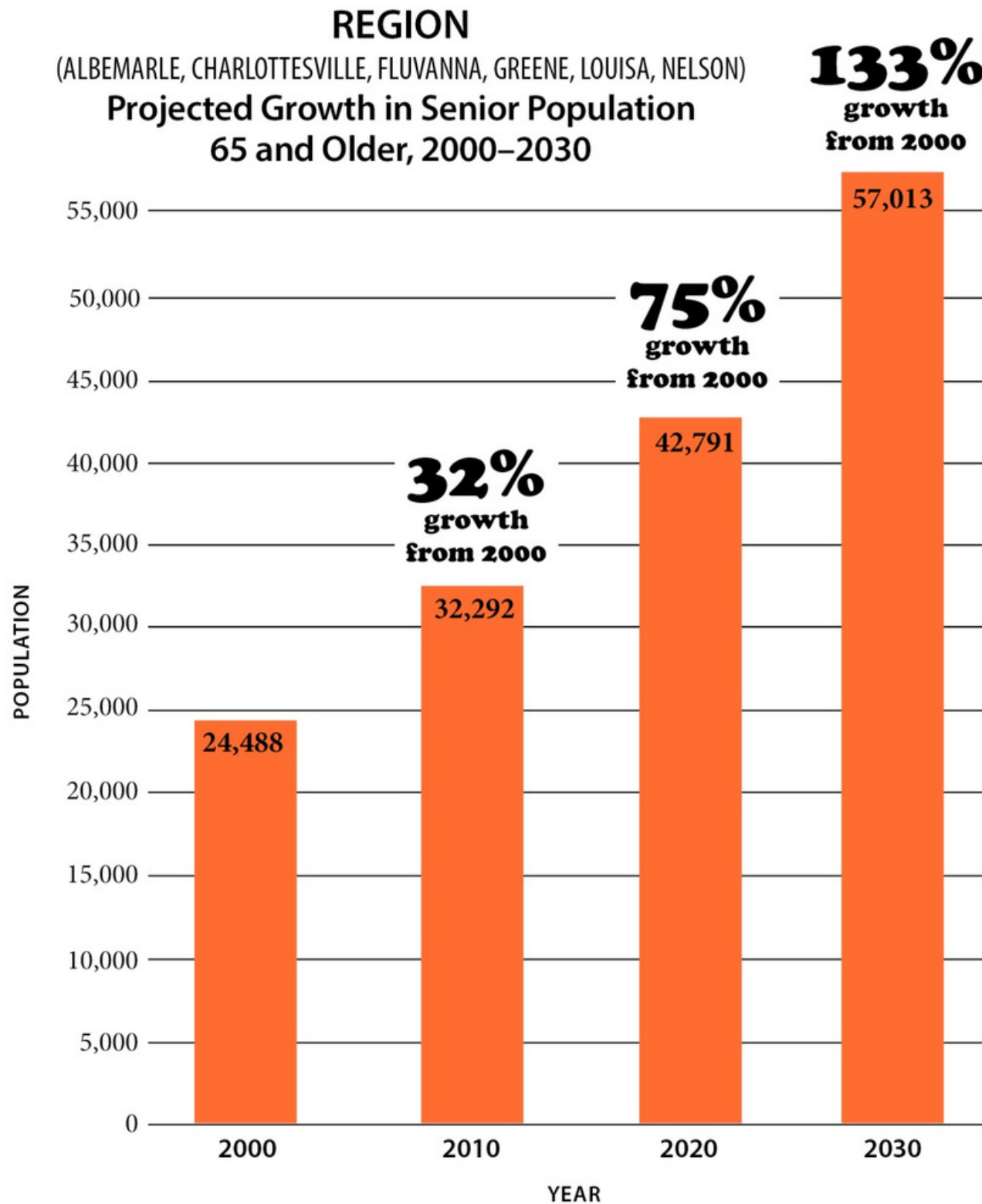


PIEDMONT HOUSING ALLIANCE



SENTARA®
Martha Jefferson Hospital





42,791 residents over age 65 projected for 2020.

Actual 2020 Census:

48,337

5,546 more than projected or 11.5%

Albemarle County	22,254 or 19.8%
City of Charlottesville	5,586 or 12%
Fluvanna County	5,423 or 19.9%
Greene County	3,679 or 17.9%
Louisa County	7,406 or 19.7%
Nelson County	3,989 or 27%

AGE-FRIENDLY = GOOD FOR EVERYONE



Plan for the needs of an aging population and we automatically check off the needs of all constituents.

“Winning communities in the future will be the ones that invest in creating great places to live, work, learn, and play at every age. Charlottesville Area Alliance is the right idea at the right time.”

Matt Thornhill
Founder & President, Boomer Project & Generations *Matter*



**Support the process of becoming an age-friendly
community!**

Learn more by visiting our website!

charlottesvilleareaalliance.org

Created by Brooke Hughes