



2024 Annual Report



***Aging! So cool,
everyone is doing it!***

Juneau Commission On Aging

ACCOMPLISHMENTS - 2024

- ▶ New Chair - Reviewed top Priorities to ensure focus
- ▶ Developed outreach materials – brochure, signage & swag (SREC, KTOO Jnu Afternoon, Rotary)
- ▶ Designed/maintained robust website (CBJ)

<https://juneau.org/clerk/boards-committees/jcoa>

- ▶ Partnered with AARP Age Friendly Planning
- ▶ Partnered with “Alphabet Group” – Marie Drake
 - ▶ JCOA, AARP, CCS, BRH, SEARHC, JAHC

Juneau Commission On Aging 2020 Senior Survey our DATA FOUNDATION

Seniors are healthier and better off than in previous survey years:

- ▶ 30% of Juneau residents are 55 and older**
- ▶ 84% own homes and all seniors pay taxes
- ▶ 80-90% (depending on age) drive their own cars
- ▶ 63% volunteer in the community
- ▶ 95% over 65 have Medicare Insurance
- ▶ 66% over 65 have State of Alaska Retirement
- ▶ 40% have Long Term Care Insurance
- ▶ 42-46% (depending on age) take continuing education classes (UAS/CS)
- ▶ 72 - 84% (depending on age) recreate weekly (walking, hiking, swimming, biking, gyms, skiing)

** AKDOL updated this figure 2023

VOLUNTEER



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Silver Dividends to Keep Seniors Here

- ▶ Retirement income spent on buying goods and services in our community
 - ▶ 50+ households accounted for 52 cents of every dollar spent in AK in 2018 – predicted to grow to 58 cents by 2050 (AARP)
- ▶ Home ownership, property & sales tax
- ▶ Volunteering/ contributing financially to the community
- ▶ Remaining in town to help family members

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PRIORITIES 2025

- Office of Aging – Coordinator
 1. Age Friendly Community Planning
 2. Community Center – Marie Drake
 3. Universal Housing

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Priority 1: Age-Friendly Community Planning

AARP Network of Age Friendly States and Communities



- ▶ Developed by the World Health Organization for global assessments of community well being
- ▶ Planning that serves the entire community of all ages
- ▶ *2023 CBJ Assembly approved joining the Age-Friendly Network*
- ▶ Eight Domains of Livability clearly identify areas of focus

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Priority 1: Age-Friendly Community Planning

A tested, tried and true mechanism for all communities to create an action plan that builds on our community strengths and preferences for people of all ages to continue to age in their community.

Year 5: Progress / status update

Years 3-5: Implementation

Year 2: Create an action plan

Year 1: Survey community

Enrollment

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Priority 1: Age-Friendly Community Planning

The Eight (8) Domains of Livability

A framework used by states & communities enrolled in the network to organize and prioritize their work to become more livable for both older residents and people of all ages.



Is Juneau Age-Friendly?

Are there adequate volunteer, social, civic and work opportunities?



Are there adequate, safe and accessible public spaces?



Is there adequate access to health care services?

Are there ways to remain mobile once driving is no longer an option?



Is there housing that is affordable, accessible and varied in type?

Age Friendly Juneau **AARP Alaska**

AARP

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Priority 2: Recreation and Socialization

SENIOR FOCUSED COMMUNITY CENTER

Goal: Increased Rec and Wellness Senior Opportunities

- ▶ Age friendly activities (pickleball, indoor walking, yoga, tai chi, Better Bones and Balance classes)
- ▶ Learning/lecture opportunities: Book Clubs, Brain Health Series, Tech Techniques, Senior Nutrition, Disaster Preparedness, Navigating Senior Health Services)
- ▶ Grief Workshops, Widow/Widower Workshops (tonight!)
- ▶ Caregiver Support Groups

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Priority 2: Recreation and Socialization

SENIOR FOCUSED COMMUNITY CENTER

- ▶ Worked with array of partners to use the Marie Drake Complex = Multigenerational/ Multiuse Proposal
 - ▶ AEYC, Planetarium, JAHC, MakerSpace, JCOA, AARP, FoL
 - ▶ Asked for Gym, classroom and office space

- ▶ “Alphabet Group” now carrying on effort for use of MD
 - ▶ BRH, CCS, SEARHC, JAHC, JCOA, AARP
 - ▶ Requesting use of the Marie Drake Gym now with added courses in the future

Juneau Commission on Aging Priority 3: Universal - Age Friendly Housing



77%

Strongly agree with the statement, "I would like to remain in my community as long as possible."

76%

Strongly agree with the statement, "I would like to remain in my current home as long as possible."

8 of 10
ADULTS

age 50 and older want to stay where they live



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Priority 3: Universal Age Friendly Housing

- ▶ **Secure and safe**
- ▶ **Accessible**
 - ▶ Modifications as needed and accommodations during construction for specific senior housing such as No step Entry, One Story, Wide doors and halls, non slip surfaces, good lighting, lever door handles
 - ▶ Support Services if needed (Home Health Care to ensure staying in home of choice)
 - ▶ Proximity to transportation (ex. Free shuttle, buses equipped with ramps, Access
- ▶ **Affordable:** Rent no more than 30% of Income /adjusted in times of unemployment, sickness or other life events
- ▶ **Available to all:** Regardless of AGE, race, gender, sexual orientation, income, nationality or immigration status

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Building a Community for Everyone

- ▶ Worldwide communities are aging - everyone wants to attract a young workforce
 - ▶ **Benefit:** Texas has booming in-migration due to high paying jobs, schools and childcare
 - ▶ **Downside:** Extreme heat, hurricanes & water shortages
- ▶ Juneau also has challenges but many advantages
 - ▶ **Downside:** High cost of living, housing shortage and struggling schools along with...
 - ▶ **Benefit:** Sense of community, high level community engagement, environmentally aware (electric cars run on hydro), clean air and clean water, expanding regional medical care, easy access to “mainland”, exceptional recreation (indoor track, pools, hiking, biking, ski area, hockey rinks, etc), low density/no traffic, world class culture (museum, theater, symphony, Jazz and Classics, Folk Fest, etc.)

If you build a community that is great for an older adult,
you build a community great for everyone.

Juneau Commission On Aging “Asks”

Representing 30% of Juneau’s Population

1. FACILITATE JUNEAU’S AGE-FRIENDLY COMMUNITY PLANNING
 - CBJ joined AARP Age Friendly Community Network 2023
 - Requesting assist with Planning Process
2. DEVELOP COMMUNITY CENTER WITH SENIOR FOCUS
 - Access (soon) to Marie Drake Gym for Pickleball AND
 - Expand to a wider array of recreation & wellness options
3. PROMOTE UNIVERSAL HOUSING STANDARDS
 - Continue to work with CBJ and Contractors to embrace Universal Housing Standards and age friendly concepts

Aging! So cool, everyone is doing it!



Juneau Commission On Aging
Keeping seniors healthy and
in the community we love*

<https://juneau.org/clerk/boards-committees/jcoa>

