

# Juneau Commission on Aging

**MANDATE:** Advise Juneau City and Borough Assembly on actions and policies needed to maintain and improve quality of life for all aging residents.



**COMMITTTED:** To provide CBJ with forward thinking, holistic, coordinated, and culturally sensitive strategies to promote healthy aging strategies for all.

**PRIORITY:** Develop Juneau's Age-Friendly Community Plan, with initial emphasis on building age friendly housing and healthy aging focused on recreation, social engagement and activities.



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



# Juneau Commission On Aging Priorities

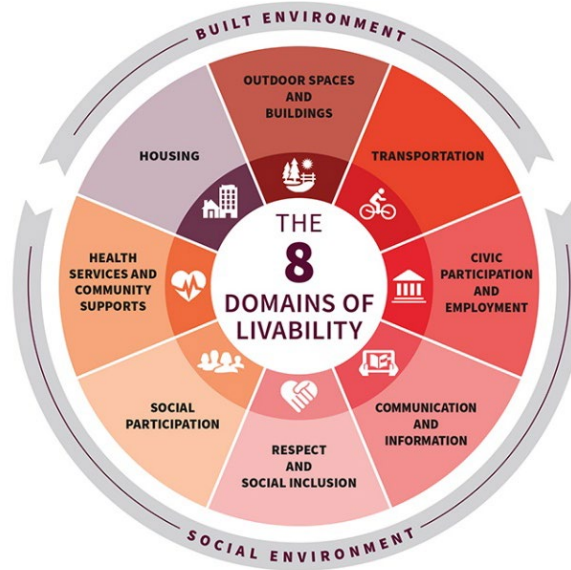
## Senior Recreation and Wellness

JCOA is promoting recognition that seniors are healthier and living longer than in the past and benefit from access to age-friendly activities to promote physical health: pickleball, indoor and outdoor walking, hiking, skiing, exercise, yoga, Tai Chi.

JCOA promotes development of a Senior Center that is comprehensive – a “Zach Gordon Center “for Seniors that provides recreation, socialization, learning, and affordable activities for seniors to encourage emotional and intellectual health.



## Age-Friendly Planning for Healthy Communities



### CREATE AGE FRIENDLY COMMUNITY:

In 2023, the CBJ Juneau Assembly joined the [AARP Age-Friendly States and Communities Network](#). friendly communities serve those aged 8 to 80, ensuring age friendly housing, and age friendly recreational and social spaces for Juneau’s aging healthy and active population, as well as those with supportive needs.

## Universal Age-Friendly Housing

30% of Juneau’s population is over 55 and that cohort is growing. Retirees want to retire in the community we’ve grown to love.

JCOA is promoting Universal Housing design elements that results in accessible housing, allowing aging in place with minimal assistance.

This includes housing that is minimalistic yet functional (Tiny Houses, congregate communities).

A possible positive benefit for Juneau with our tight housing market: Seniors may open up housing for families needing larger spaces when transitioning into senior friendly housing.

