



# Action through Innovation & Collaboration

Presentation by  
Lori J. Fiegel, Director  
Office of Strategy + Innovation  
St. Louis County, Missouri



# AGE-FRIENDLY WORLD

adding life to years

St. Louis County

## OUR VISION

*St. Louis County is a welcoming, prosperous, and safe community where . . . people have an opportunity to grow up and grow old successfully.*



Committed To Becoming More Age-Friendly

St. Louis County

United States of America

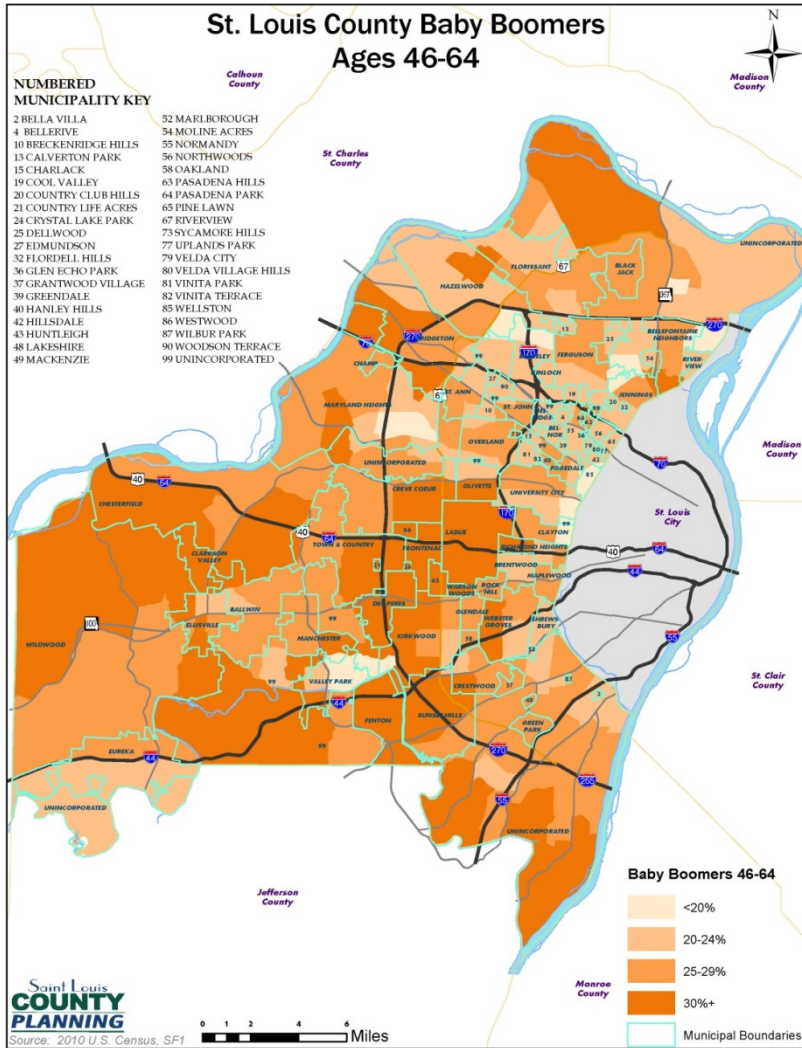
<https://extranet.who.int/agefriendlyworld/network/st-louis-county/>



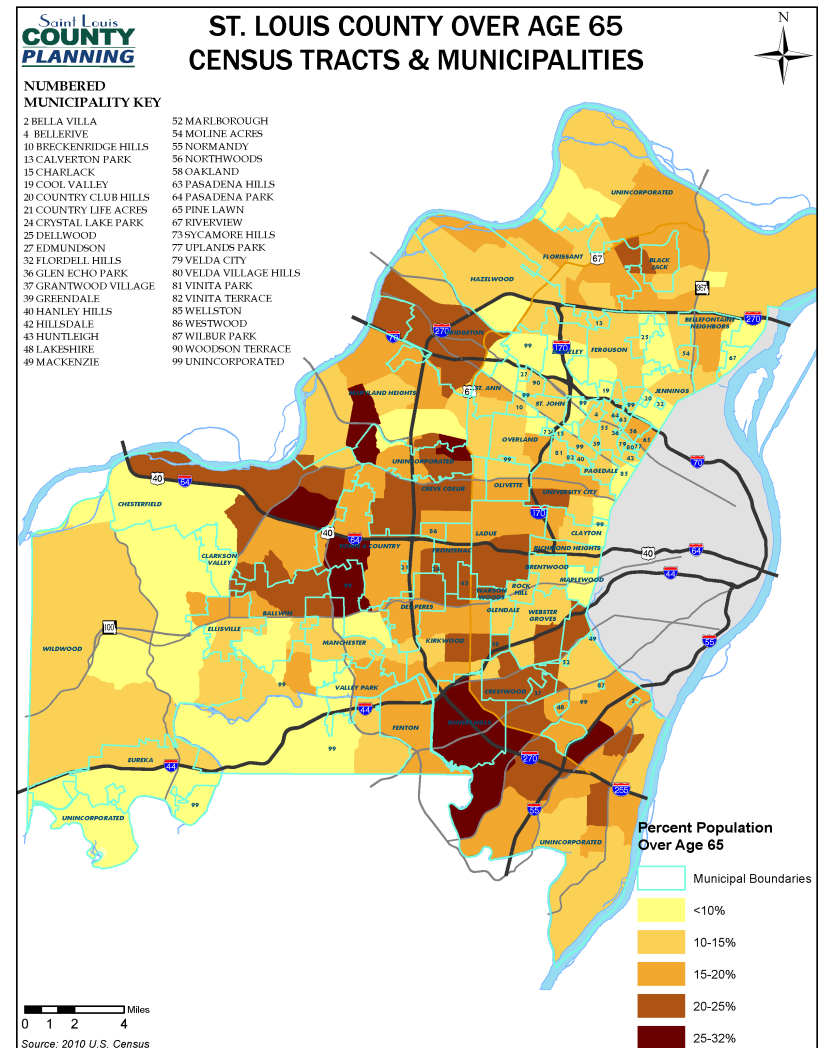
# AGE-FRIENDLY FOCUS AREAS



278,240  
45-64 year olds



160,600  
65+ year olds





STLCO's  
older resident population of  
**438,830**



317,830



399,950



424,632



# STL *Age-friendly* Community **TRAILBLAZER**



**Steve Stenger,**  
County Executive,  
St. Louis County

I am proud that St. Louis County's commitment to the health and happiness of residents of all ages has led to its designation as the only community in Missouri among AARP and the World Health Organization's Global Network of Age-Friendly Communities.

Our county is home to more than 430,000 residents over the age of 45. Our St. Louis County Age-Friendly Community Action Plan is a guide for them to thrive as they grow older.

Across all county departments, we have focused our efforts on helping even the eldest of our residents to actively participate in their community and stay connected to those around them.

I look forward to continuing to work with our dedicated staff and terrific volunteers to make St. Louis County a national model for age-friendly communities!

**Older Americans Month Blaze a Trail: May 2016**



Partner Trailblazer



Parks Department  
Trailblazer



Volunteer Trailblazer

# ASSESSMENT

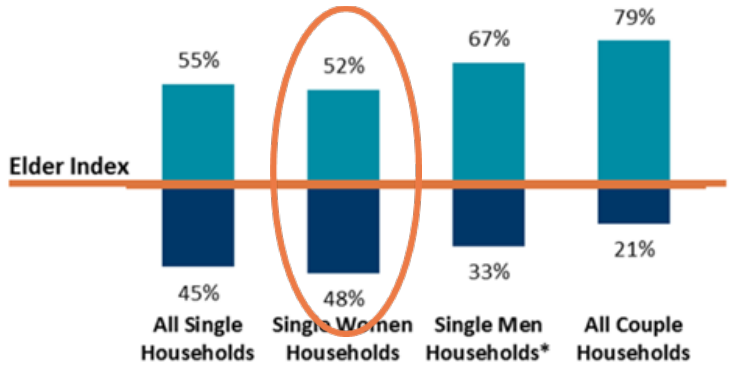
- Data Profile
- **Elder Index**
- **Life Expectancy**
- Community Health Assessment
- Senior Housing
- Public Sector Services Inventory
- Place-Based Initiatives



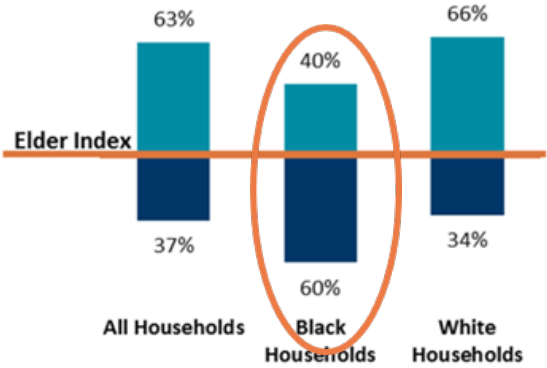
# ELDER ECONOMIC INDEX



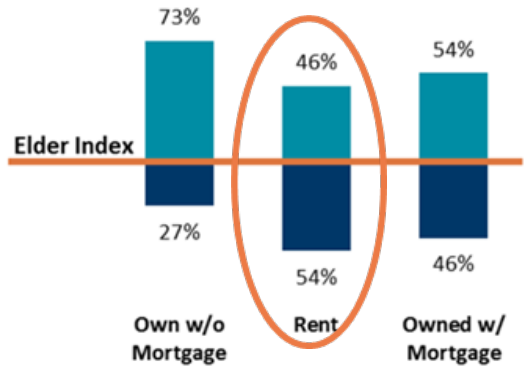
Economic Security and Insecurity Rates for Elder Households, by Household Composition, in St. Louis County, MO, 2012



Economic Security and Insecurity Rates of Elder Households, by Race of the Householder, in St. Louis County, MO 2012



Economic Security and Insecurity Rates of Elder Households, by Housing Status, in St. Louis County, MO, 2012



Wider Opportunities for Women  
EMPOWERMENT | EQUITY | ECONOMIC SECURITY







# Annual Income Needed to Live with Dignity

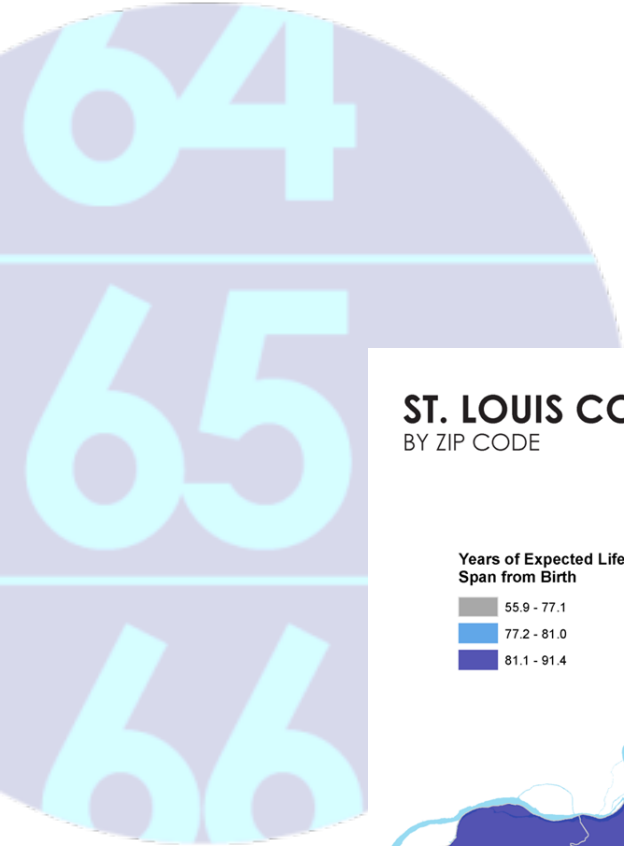
RENTER

HOMEOWNER

\$21k

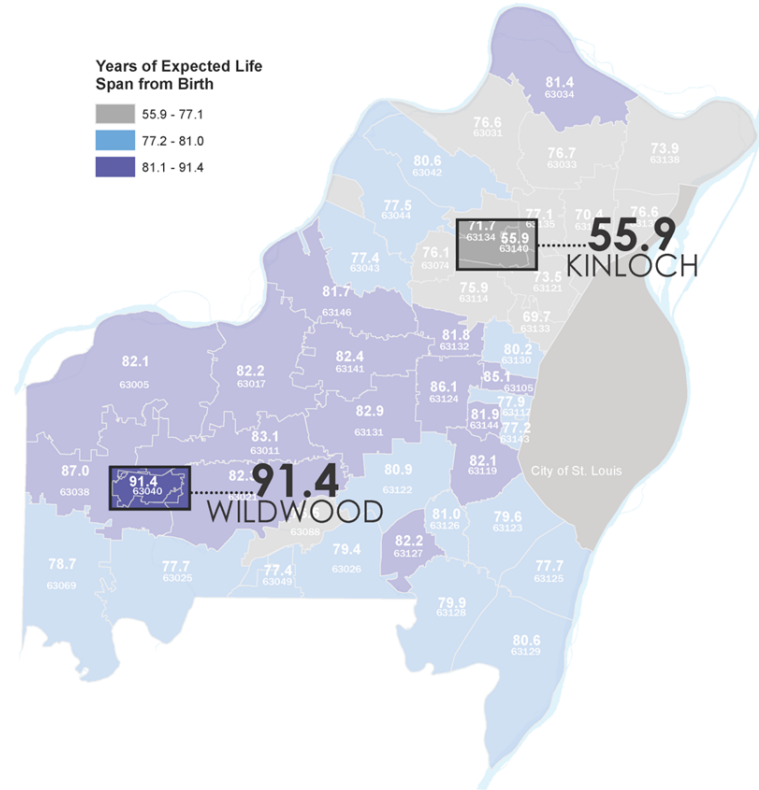
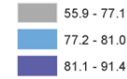
\$37k





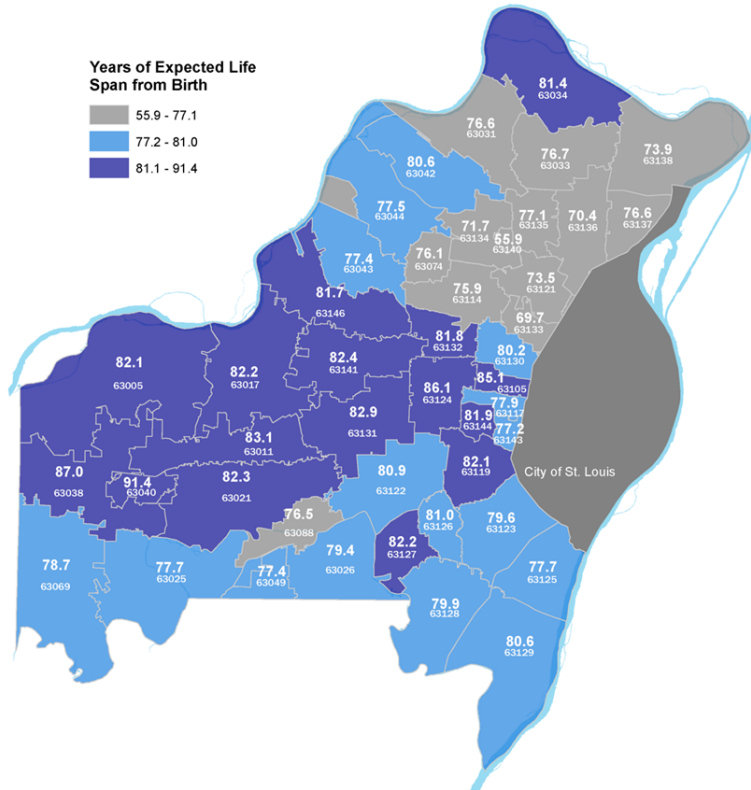
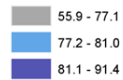
## ST. LOUIS COUNTY LIFE EXPECTANCY BY ZIP CODE

Years of Expected Life  
Span from Birth



## ST. LOUIS COUNTY LIFE EXPECTANCY BY ZIP CODE

Years of Expected Life  
Span from Birth



# MUNICIPAL TOOLKIT

- How-to Needs Assessment
- Asset Mapping
- Surveys
- **Facilities Audit**
- Resource Referral Guide
- **Home Care & Repair Checklist**
- Older Adult Boards & Commissions
- Code Changes
- **Website**



# WHO's 100 Best Age-Friendly Practices in Action

## AGE-FRIENDLY FACILITIES SURVEY

(Full version)

Facility Name and Location: \_\_\_\_\_

Date: \_\_\_\_\_

### Helpful Hints:

- Conduct this survey as if you were a person of the public visiting the facility for the first time.
- In the interest of providing a brief, easy to use survey, the grayed out criteria has been identified as most important.
- Use the comments section after each question to identify areas of exceptional age friendliness, or to make recommendations for improvement.
- Summarize your findings in 3-5 age-friendly strengths and weaknesses on the last page of this survey.
- Don't forget to take pictures to accompany your survey results.

### 1) LOCATION

A) ACCESSIBILITY FROM PUBLIC TRANSPORTATION	Rating:	Comments:
1) Is the facility served by public transportation?	YES NO N/A	_____
2) Is there signage at the transit stop designating the facility's location?	YES NO N/A	_____
3) Is the public transit stop located near the entrance of the facility?	YES NO N/A	_____
4) Does the public transit stop have seating?	YES NO N/A	_____
5) Is the public transit stop covered?	YES NO N/A	_____
6) Is the public transit stop adequately lighted? (1 - no lighting, 3 - very good lighting)	1 2 3 4 5 N/A	_____

### B) PEDESTRIAN ACCESSIBILITY

	Rating:	Comments:
7) Is the facility adjacent to a walking or bike path?	YES NO N/A	_____
8) Is there signage at the walking or bike path designating the facility's location?	YES NO N/A	_____

### C) PROXIMITY

	Rating:	Comments:
9) Is the facility location easy to find? (1 - very hard to find, 5 - very easy to find)	1 2 3 4 5 N/A	_____
10) Are other government facilities and services near by?	YES NO N/A	_____

### 2) EXTERIOR ACCESSIBILITY

A) PARKING	Rating:	Comments:
1) Are the parking pavement surfaces well-maintained and easily traversable? (1-rough and deteriorated, 5-smooth and maintained)	1 2 3 4 5 N/A	_____
2) Are pedestrian crossings clearly delineated and visible? (1-no pedestrian crossing, 5-clearly visible pedestrian crossing)	1 2 3 4 5 N/A	_____
3) Are there dedicated disabled parking spaces near the entrance?	YES NO N/A	_____
4) Are there dedicated expectant mothers parking spaces near the entrance?	YES NO N/A	_____
5) Is the parking area adequately lighted? (1 - no lighting, 3 - very good lighting)	1 2 3 4 5 N/A	_____

### B) ENTRANCE

	Rating:	Comments:
6) Is the entrance free from steps?	YES NO N/A	_____
7) Do the steps have railings or grab bars?	YES NO N/A	_____
8) Is the entrance width adequate? (Approximately 36" or 3', accessible by wheelchair, stroller, walker, etc.)	YES NO N/A	_____
9) Are the accessible doors automatic?	YES NO N/A	_____
10) Is the entrance area free of obstructions?	YES NO N/A	_____

# Home Care & Repair SEASONAL CHECKLIST



FALL



WINTER



SPRING



SUMMER



## Do It Yourself

*before/during* **SPRING** 

## HOME CARE & REPAIR SEASONAL CHECKLIST ✓

- Clean or replace air conditioning filter.
- Check dehumidifier and clean if necessary.
- Check smoke, carbon monoxide and security alarms and replace batteries.
- Spring Forward! Remember to change your clocks for Daylight Savings Time.
- Clean windows, screens and hardware, and replace storm windows with screens. Check screens first and repair or replace if needed.
- Open valve to outside hose connection after all danger of frost has passed (usually around April 15 in St. Louis area).
- Examine the foundation walls for cracks, leaks or signs of moisture, and repair as required. Repair and paint fences as necessary.

## Get Some Help

- Ensure sump pump is operating properly before the spring thaw sets in. Check that discharge pipe is connected and allows water to drain away from the foundation.
- Check gutters and downspouts for loose joints and secure attachment to your home, clear any obstructions, and ensure water flows away from your foundation.
- Clear all drainage ditches and culverts of debris.

## Hire A Professional

- Have fireplace or woodstove and chimney cleaned and serviced as needed.
- Check air conditioning system, and have serviced every two or three years.

**St. Louis County**  
County Older  
Resident Programs  
(314) 615-4516  
TTY 1-800-735-2966





STLC Age-friendly Community



# OLDER ADULT RESOURCE HUB

HOUSING 	TRANSPORTATION	SOCIAL & RECREATION
CRISIS INTERVENTION	SAFETY & FRAUD	COMMUNITY SERVICES
HEALTH	CIVIC ENGAGEMENT	VOLUNTEERS

City Of University City Missouri

Home » Residents » Senior Resources

**Senior Services Resource Page**

Welcome to the Senior Services Resource Page!

The Senior Services Coordinator, Marcia Mermelstein, along with the Commission on Senior Issues, is available to work with University City residents, to share resources, and to develop creative and helpful ways to meet the needs of our rapidly aging population. Your questions and ideas are welcome—contact Marcia Mermelstein at mmermelstein@ucitymo.org, or at 314-505-8563. U City senior adults are also encouraged to attend the Commission meeting on the third Monday of each month at 6:00pm at the Heman Park Community Center located at 975 Pennsylvania.

**Happening in November:**  
To see the full details for November programs click this link: [New Services and Programs Nov-Dec 2016](#)

**Beginning November 9 - Coffee Talk**  
Weekly on Wednesday afternoons at 1:30 p.m. at McArthur's Bakery, 6630 Delmar, in the community meeting room. An informal gathering designed to give people a chance to talk about topics related to growing older in the 21st century; occasionally guest experts will be invited to speak.  
First week's topic will be "Getting Over Getting Older"

\*\*\*\*\*

**November 14 at 1:30 p.m. - Table Wisdom**  
An informal meeting at Heman Park Community Center, 975 Pennsylvania. This program is looking for older adult

**Contact Us**  
**Marcia Mermelstein**  
Senior Coordinator  
[mmermelstein@ucitymo.org](mailto:mmermelstein@ucitymo.org)  
Phone: 314-505-8563  
[More Information](#)

**Commission on Senior Issues**  
Voicemail: 314-505-8777

Click the link below for: [Commission Information](#)

Click the link below to view: [By-Laws](#)

Click the link below to view: [Senior Commission Ordinance](#)

**FAQs**

- Does University City have a fund that can help pay for home

Organized menu of resources with links to additional information

Easy to navigate from home page. "2 clicks" or less.

Size 14 font, or larger, for better readability

Contrasting colors

Simple, clear phrases and uncluttered design

# IMPLEMENTATION



## YEAR 1 PROGRESS REPORT

June 2015-December 2016



### Health & Wellbeing

#### WHO Domain: Community Support & Health Services

*Access to homecare services, clinics, and programs to promote wellness and active aging.*

GOAL 1: Address the countywide health issues of mental health and diabetes through accessible, age-sensitive services, prevention and education.

Action	Lead Department	Status	
1. Establish benchmarks through the Community Health Assessment in 2016.	PUBLIC HEALTH	ON TRACK	✓
2. Stratify implementation opportunities of the Community Health Improvement Plan to facilitate services to older adults.	PUBLIC HEALTH	ON TRACK	✓
3. Provide a dedicated health promotions staff point of contact for literature and programming recommendations, services and awareness campaigns.	PUBLIC HEALTH	ON TRACK	✓
4. Partner with community agencies, such as OASIS, to provide education, awareness and screenings at community locations (libraries, community centers and mobile unit) accessible to older adults.	PUBLIC HEALTH	AHEAD OF SCHEDULE	↻
5. Disseminate appropriate resources, referrals, programs and opportunities to the public and partnering agencies.	PUBLIC HEALTH	AHEAD OF SCHEDULE	↻



St. Louis County Older Adult Commission Launches in 2017





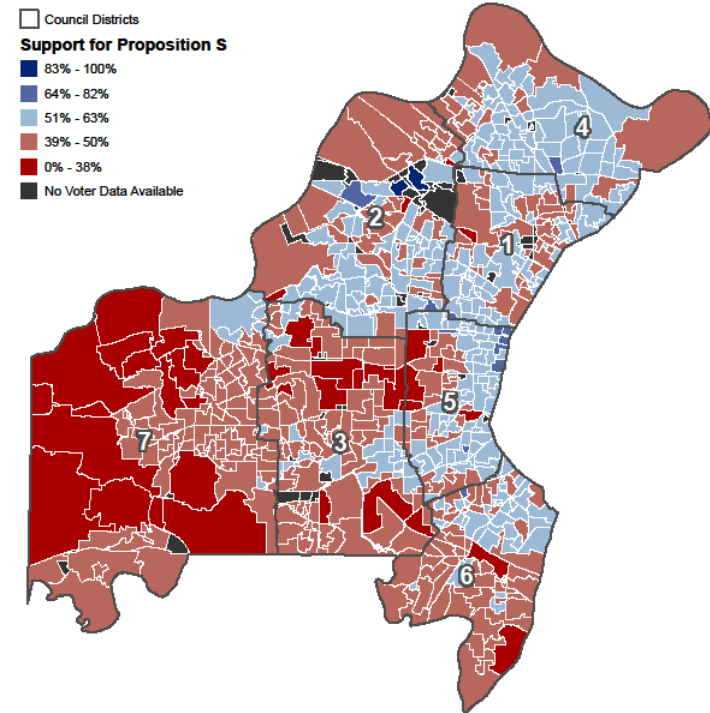
- ☑ 241,043 (49%) YES
- ☑ 254,089 (51%) NO

**Missouri Revised Statutes  
Section 67.990**

**Senior Citizens' Services  
Fund Tax**

*The governing body of any county or city not within a county may, upon approval of a majority of the qualified voters of such county or city voting thereon, levy and collect a tax not to exceed five cents per one hundred dollars of assessed valuation...for the purpose of providing services to persons sixty years of age or older.*

Percentage of voters who voted "yes" for Proposition S  
by Precinct ID: November 8, 2016 Election



Created: 12/8/2016  
Source: Board of Elections: St. Louis County Election Results, November 2016, County Propositions.  
<https://www.stlouisco.com/Portals/8/docs/document%20library/elections/eresults/el161108/Coprop.htm>  
Retrieved Data 11/28/2016



**NOTE: Proposition S passed overwhelmingly in the City of St. Louis**

# SHARE WISDOM

- **Be data-driven and people-centric**
- **Create a path to action**
- **Use an “age-friendly” lens**
- **Remember, innovation is a team sport**
- **Benchmark, measure impact, share results**





**STLC** *Age-friendly* **Community**  
**ACTION PLAN** 2015

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