



Building a “Community Quilt” for Aurora’s Seniors

Participants at AHA 2015 Senior’s Forum, were asked to respond to this question, “*What does Aurora need, or need to do, to make it a healthier community for seniors?*” Here’s what they said:

1. Affordable and Appropriate Housing Options

13 respondents - More affordable housing!

2 - Subsidized housing

Build out Fitz’s nursing home for assisted living and domiciliary

Housing for low-income seniors

Encourage multi-generational living

Accessory dwelling units (ADUs), universal design solutions, visitable housing ordinance for new construction, encouraging NORC’s, welcome the “a little help” model to Aurora

#2. Affordable and Accessible Transportation

3 – Transportation

Transportation to medical appointments

Free transportation for over 65

#3. Community-Wide Resource Awareness and Coordination

More community expertise

More information on resources to meet medical, financial, housing, and spiritual needs

AHA should provide a database of senior services

Bridge to bring all this to one place, with love

#4. Additional Fitness and Wellness Opportunities

Fall prevention education – falls are the #1 cause of death for seniors in Colorado

Free stand-up paddle board classes for seniors at Quincy Reservoir

Additional fitness programs

2 – Walkable communities

#5. Address Social Isolation

Outreach to reduce social isolation

Meeting and helping neighbors

Access to community gatherings, making social connections

#6. Care and Education for Care Givers

Training for families facing Alzheimer's

Wellness and education for family caregivers

Education for children and families to care for their seniors

#7. Attend to Cultural/Language Barriers

Strategies to address language and cultural barriers for non-English speaking seniors

Translators

Multi-lingual and multicultural services everywhere

#8. Access to Specialty Care Services

2 - Access to specialty care

Access to specialty care providers who take Medicaid/Medicare

#9. More Community Gardens

Community gardens

Community gardens for senior involvement

And also -

- Temporary stay for seniors' "shelter" who need a few extra days of care and to have a protected environment and learning about medication, etc.
 - Rehab for seniors in variety of forms, as needed
- Nutritious food for all seniors
- Less expensive grocery delivery services for low-income seniors
- Errand services for older adults
- Hospice, regardless of income
- Health care providers suggest cancer screenings at every visit
- Support to "aging in place"
- More seniors on committees and task forces
- Seniors should attend Alzheimer's Association monthly presentation at Aurora Center for Active Adults – every first Thursday of each month; 10:30 to 11:30. Contact Rosalyn Reese 303-813-1669
- Free health care
- Diversity in programs
- Recognize mental health issues
- Affordable medical and dental care – Medicare is not enough
 - More dental services that accept Medicare
- Resources for seniors who do not qualify as "low income," but cannot afford transportation, housekeeping, nurse visits, etc.