

# **Senior Services in RF & OP**

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***Presented to Ad Hoc  
Age-Friendly RF Committee***

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***Senior Services of OP & RF***

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# River Forest Township

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- Funds and manages delivery of *human services* in the areas of:
  - Seniors
  - Youth
  - Mental health
  - Developmental disabilities
  - Substance prevention
- Provides *assessor services* in support of property taxpayers
- Retains separate levy dedicated to human services and assessor services
- Cost: 1% of a property tax bill



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# Goal of this Presentation

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- Ensure that Committee members are on the “same page” informationally regarding current Senior Services in RF and OP.
- Identify existing strengths of the resources in RF.
- Identify areas of need and opportunity in RF.

# Overview

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- **RF Demographics**
- **Older Adult Organizations and Services in RF**
- **Organizations' Missions, Programs & Services**
- **Recent Surveys and Needs Assessments**
- **Areas of Need and Opportunity**

# RF Demographics (est.)

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- RF population: 10,800 (2019 census est.)
- Age 65+: approx. 1800 (17%)
- Age 60+: approx. 2400 (22%)
- Senior exemptions: approx. 1000 PINs
  - Age 65+
  - 2/3 homes, 1/3 condos
- Senior freeze: approx. 250 (25%)
  - Age 65+, income <\$65,000
  - 1/2 homes, 1/2 condos

# **Older Adult Organizations and Services in RF and OP**

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- **Township Senior Services of OP & RF**
  - **Township Senior Services Committee**
- **Ad Hoc Age-Friendly RF Committee (OP)**
- **Arbor West Neighbors (RF, OP, FP, Austin)**
- **Dementia-Friendly RF (DFOP pending)**
- **Celebrating Seniors Coalition (RF, OP, FP)**
- **Concordia University Center for Gerontology**

# **Older Adult Organizations and Services in RF and OP**

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- **Senior Citizens Services Coordinating Council (SCSCC) (West Suburban Cook)**
- **Senior Citizens Center of OPRF => now Active Adult Center at Dole Center, PDOP**
- **Villages (incl. police, fire)**
- **Public Libraries**
- **Health-related senior services at West Sub, Gottlieb, Rush OP**
- **Alzheimer's Association**

# Missions, Programs & Services

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## *Township Senior Services of OP & RF: the hub of senior services*

- Transportation: curb-to-curb senior bus (weekdays, mainly RF/OP)
- Meals: dine-in lunch & home-delivered
- Adult Protective Services
- Case management (social workers): incl. home visits, hospital screenings





# Missions, Programs & Services

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## *Township Senior Services of OP & RF*

- Memory Café
- Great Neighbors Program
- Money management
- Caregiver support
- Medicare (SHIP) consultation
- Info & referrals
- *Senior Services Committee*



# Missions, Programs & Services

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## *Township Senior Services of OP & RF*

- Ongoing Initiative Areas
  - Isolation
  - Caregiver Support
  - Dementia
- New Initiative Areas
  - Intergenerational programs
  - “Handyman” home repair support



# Missions, Programs & Services

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## *River Forest Township*

- Township Senior Services programs
- Cultural and educational programming with RF Public Library
- CSW programming
- Community partnerships (ICE Packets with RFFD, Meaningful Wellness groups with Concordia, Volunteer Care Corps with VRF, Sounds Good! Choir)



# Missions, Programs & Services

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## *Arbor West Neighbors*

- Serves RF, OP, FP and Austin
- Grass roots, inter-generational coalition of neighbors, connecting to empower adults to thrive as they “age in place”
- Member of Village-to-Village movement
- Walking group, lunch & learn, 1<sup>st</sup> Tuesday movies, Great Neighbors Program
- New “Community Connect” calendar
- Leadership role in housing

# Missions, Programs & Services

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## *Dementia Friendly River Forest*

- Supports people with dementia to be involved in activities and social opportunities that provide meaning and purpose in their lives
- Addresses the social isolation and stigma of dementia through education and awareness
- Increases the accessibility of businesses and health care to people with dementia

# Missions, Programs & Services

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## ***Celebrating Seniors Coalition***

- Founder and leader of annual Celebrating Seniors Week since 2010
- Facilitates cooperation between businesses, government and non-profits for the benefit of seniors
- Promotes senior groups and organizations that serve persons age 60+
- Raises awareness of senior-related issues
- Generates funds to support seniors in need

# Missions, Programs & Services

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*Concordia University*

*Center for Gerontology*

- Academic leader in gerontology
- Actively and meaningfully engaged in local community (CSW, DFRF, caregiver support groups, meaningful wellness groups, this committee!)
- Strives to make a difference in the lives of older adults and their families through faith-based research and education

# Recent Surveys and Needs Assessments

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## *Celebrating Seniors Coalition survey (2017)*

- *Positives*

- Access and availability: hospitals, senior living communities, skilled nursing facilities
- Many library, park district, township, community center, village offerings

- *Areas of Potential Need*

- *Housing stock not conducive to aging in place=> need more accessible and affordable housing*
- *Trans needed outside of RF/OP, incl. door-to-door*



# Recent Surveys and Needs Assessments

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## *Arbor West Neighbors Asset Mapping (2018)*

- *Positives*
  - Social/educational opportunities
  - Financial/legal assistance
- *Areas of Potential Need*
  - Transportation
  - Housing
  - Health screenings
- Overall conclusion: Our community is well resourced; how do we better communicate this?

# Recent Surveys and Needs Assessments

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## *Township Senior Services survey (2018)*

- *Positives*

- 80% + => RF/OP good-excellent place to live

- *Areas of Potential Need*

- More “downsizable” housing => options for lower-income affordable or “missing middle”

- Transportation: to areas outside of RF/OP; door-to-door-assistance

# Recent Surveys and Needs Assessments

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## *Age Options Area Plan (2019-2021)*

- ***Positives***

- Many social and supportive services
- Congregate and home-delivered meal programs
- Strong volunteer network

- ***Areas of Potential Need***

- Affordable housing: insufficient supply and long wait times
- Transportation: insufficient available and affordable trans, both within and outside of community borders

# Recent Surveys and Needs Assessments

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***AARP Livability Index (2020): RF 50/100  
(OP 53; top community score = 65)***

- ***Positives***
  - Neighborhood, environment, health, opportunity
  - Transportation: walkability, safe streets, public trans (doesn't address senior-specific trans)
- ***Areas of Potential Need***
  - Housing: options, accessibility, affordability
  - Engagement: social involvement, civic engagement, cultural/educational => awareness issue?

# Areas of Need and Opportunity

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- *Housing*
  - Affordability: lower income and “missing middle”
  - Downsizability
  - Accessibility
- *Transportation*
  - Out of community, door-to-door assistance, expanded hours (nights/weekends)
- “Handyman” home repair support
- Financial assistance with home repairs, snow removal
- Central communication of resources

# Questions?

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