

2019 YEAR-END PROGRESS REPORT

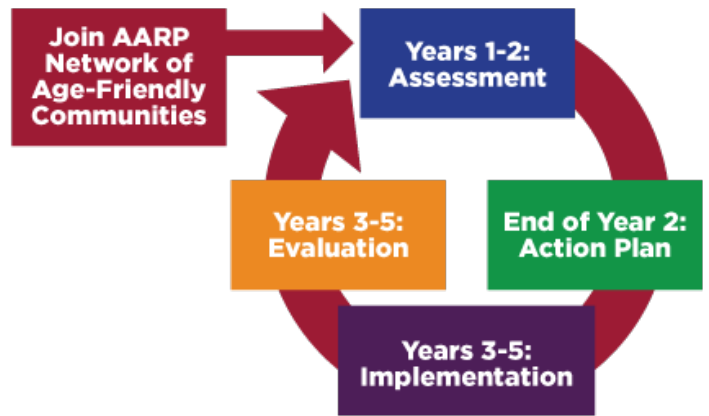


BACKGROUND

In 2014, the City of Fort Worth joined the national network of Age-Friendly Communities, a commitment to ensure that our city takes the proper measures so that Fort Worth works for residents of all ages.

In 2017, the City of Fort Worth passed the Age-Friendly Fort Worth Action Plan, which outlined goals and recommendations across eight domains of city life. These domains are shown below.

As per AARP's five-year process, this Year-End Progress Report evaluates the progress that has been made toward our Age-Friendly objectives.



AARP's five-year process to becoming an Age-Friendly Community.

The 8 Age-Friendly Domains

 <p>Outdoor Spaces & Buildings:</p> <p>Public spaces that are safe and accessible, with shade and places to sit, allow for comfort and independence.</p>	 <p>Respect & Social Inclusion:</p> <p>Inclusive programs that promote diversity, equity, and multi-generational interaction and dialogue foster respect.</p>
 <p>Transportation:</p> <p>Affordable, convenient, safe and accessible transit options ensure equity of mobility and the ability to travel around the city.</p>	 <p>Civic Participation & Employment:</p> <p>Paid work, volunteering and local engagement empowers people and creates social change.</p>
 <p>Housing:</p> <p>Diverse and affordable housing options, along with home modification programs, allow Fort Worth residents of all ages to age in place.</p>	 <p>Communication & Information:</p> <p>Promoting access to technology and other resources to keep older residents connected to community and family.</p>
 <p>Social Participation:</p> <p>Access to engaging activities can offer older residents recreation, leisure, education and socializing with others.</p>	 <p>Community Support & Health Services:</p> <p>A wide network of home care, clinics, and programs can promote wellness and active aging.</p>

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OUTDOOR SPACES & BUILDINGS

Recommendation 1

Increase access to and utilization of parks, open spaces and public buildings.

Action Item 1.1

Provide well-maintained and safe parks that are within walking distance of homes, with enough benches and shade.

- Bunche Park Phase I Development, Deer Creek Reserve Park Development, Remington Pointe Park Development: playground, loop walking trail, benches, picnic tables, picnic pavilion, benches under shade trees.
- Dream Park: universal playground, pavilion w/ seating, drinking fountain, shade for play structures, perimeter fencing, sidewalk connection to existing parking areas and lighting.
- North Z. Boaz Park: playground connected to loop trail system and Z. Boaz dog park.
- Fairmount Park: sidewalk (exposed aggregate), benches, dog stations, electrical outlets, irrigation stub.
- River Park: memorial plaza, benches, art, bike rack & maintenance kiosk.
- Added traffic calming measures and crosswalks in the Linwood neighborhood and solar lighting at the Linwood – Jesse D. Sandoval Park.

Action Item 1.2

Provide well-maintained water fountains that are accessible to people of various physical abilities at community-based parks.

- Dream Park: new drinking fountain.
- All installed drinking fountains are well-maintained and accessible; some non-frost proof fountains are turned off around Nov. 15th and turned back on in March every year.

Action Item 1.3

Provide well-maintained public buildings and facilities that are accessible to people of various physical abilities.

- Expansion Completed for: Eugene McCray Community Center and Handley-Meadowbrook Community Center.
- Diamond Hill Community Center (replacement of existing facility) is currently under design.
- Northwest Community Center (new facility) is currently under design.
- Sycamore Community Center building assessment is currently in process.
- Rockwood Golf Course clubhouse is currently under design.



Ensuring shade and a place to sit makes parks more accessible.

Action Item 1.4

Integrate age-inclusive policies as a criteria for city decision-making regarding public buildings, outdoor spaces and parks.

- Progress pending.

Action Item 1.5

Expand multi-use trail system for bicycles and pedestrians.

- Trinity Trail E Fort Worth Extension Part 1: 3.1 mile expansion of the Trinity Trails is currently under construction.
- Trinity Trail E Fort Worth Extension Part 2: 4 mile expansion of the Trinity Trails is currently under design.
- Lake Worth Trail: 6 mile expansion of the Trinity Trails is currently under design.
- Trail Gap Connections: 3 miles of trail to close gaps in the current regional trail system is currently under design.



Outdoor spaces and buildings must be accessible for all residents.

Recommendation 2

Senior Centers.

Action Item 2.1

Maintain and upgrade existing facilities. Identify a center as a senior-focused facility and expand senior services at that center.

- Progress pending.

Recommendation 3

Expand Neighborhood Watch programs.

Action Item 3.1

Ensure all residents benefit from a safety program and expand Neighborhood Watch Programs.

- The Citizens on Patrol Program (COP) is making a positive impact on Fort Worth's quality of life. Members help to deter crime by patrolling in their cars, on bicycles, and on foot patrol. Advanced training has been instituted at the Field Operations Divisions and the department

has an annual recognition luncheon for all COPS members and their families. Finally, they have provided general support services to neighbors in the area to which they are assigned ranging from trash pick-ups to encouraging people to move into their area.

- National Night Out: The Fort Worth Police Department invited all residents to participate in the 36th annual "National Night Out" celebration. Residents were asked to turn on their outside lights and spend the evening outdoors with their neighbors, police officers and other city personnel. Neighborhood Crime Watch groups, Citizens on Patrol groups, Neighborhood Associations and other neighborhood groups were encouraged to host events during the National Night Out.
- Citizens Police Academy: The Citizens Police Academy (CPA) is an eight- to twelve-week course held once a year. This informative program provides participants an opportunity to have insight and learn about the different ways the Fort Worth Police Department operates from training to criminal investigations.



Parks offer older Fort Worthians the chance to enjoy nature.



TRANSPORTATION

Recommendation 1

Ensure all modes of transportation are safe, affordable and accessible for residents of all ages and abilities, particularly vulnerable adults.

Action Item 1.1

Explore opportunities to expand and integrate transportation coordination throughout Tarrant County.

- Expansion of TexRail service began on January 5, 2019 with nine stations stretching from Fort Worth to the DFW Airport.
- Trinity Metro has expanded to 47 fixed bus routes with 2,000 bus stops and 200 passenger shelters.
- MITS paratransit service currently operates 38 vans.
- Mercantile ZIPZONE, is a new on-demand shared transit network bringing TEXRail and bus commuters first- and last-mile connections to the Mercantile Center Station.
- Voters approved \$15 million in bonds in 2018 dedicated to sidewalks and bicycle lanes.



Public transit options must be affordable and convenient to use.

Action Item 1.2

Develop and maintain a master list that outlines transportation eligibility requirements, services provided, boundaries covered and cost per trip.

- MHMR Tarrant connects residents with intellectual and developmental disabilities to transportation services.

Action Item 1.3

Create a committee or find a lead agency to work with Dialysis Centers to identify solutions to fill transportation gaps.

- **Revised Action Item:** Raise awareness of transportation options for vulnerable communities to essential medical appointments.

Action Item 1.4

Integrate age-inclusive policies into the criteria used for City decision-making regarding transportation.

- Progress pending.

Action Item 1.5

Explore and identify new resources to supplement expansion and integration of transportation system.

- Progress pending.

Recommendation 2

Provide residents with the information and tools they need to make informed and safe travel choices.

Action Item 2.1

Create an integrated system for older adults and those with various abilities to access and schedule transportation both via phone and web based.

- Fort Worth’s Age-Friendly website shows resources for older adults. www.agefriendlyfw.org

Action Item 2.2

Explore creation of partnerships between the T and transport companies to contract in order to fill gaps in transport needs.

- Mercantile ZIPZONE, is a new on-demand shared transit network bringing TEXRail and bus commuters first- and last-mile connections to the Mercantile Center Station.
- Trinity metro is partnering with Lyft to provide transportation in the Alliance Corridor.



Driving and independence are closely tied together.

Action Item 2.3

Increase transportation awareness beyond 211, word of mouth, and expand transportation education programs (e.g. Transit 101 program).

- Progress pending.

Action Item 2.4

Provide affordable car maintenance programs and education for seniors and persons with various abilities.

- Progress pending.

Recommendation 3

Provide sidewalks, or trails, when feasible, to and within parks that are in good condition, free from obstruction and are safe for pedestrian use and accessible for wheelchairs or other mobility assistance devices.

Action Item 3.1

Increase 2018 Bond funding for sidewalk construction above 2014 level.

- The 2018 Fort Worth bond package allocated \$15 million to sidewalks and bicycle lanes.

Action Item 3.2

Update City street design standards to address ADA requirements and other complete street goals.

- Street design standards have been incorporated into Fort Worth's complete streets initiative, which can be accessed online at:
fortworthtexas.gov/complete-streets

Action Item 3.3

Add traffic calming measures and expand trails.

- Expansion of 20 trails.
- Traffic calming measures added in Linwood neighborhood.
- Fort Worth finalized the Active Transportation Plan and Trails Master Plan in April 2019. These can be found online at:
fortworthtexas.gov/atp



Better street design and public transportation can reduce traffic.



HOUSING

Recommendation 1

Streamline, expand and promote programs that support affordable housing and aging in place.

Action Item 1.1

Improve awareness of and access to home modification programs for mobility limitations and streamline processes for residents in urgent need.

- The Area Agency on Aging (AAA) typically provides ramps, grab bars, handrails for individuals over 60.
- REACH of Fort Worth can provide ramps through their Project Ramp program for those under 62 years old.

- The Priority Repair Program helps income-eligible Fort Worth homeowners in need of emergency or mechanical system home repairs with up to \$5,000 in repair work.

Action Item 1.2

Raise awareness about the positive impact that adopting single family universal design standards would have on residents with limited mobility.

- Age-Friendly Action Team will advocate and present info to City of Fort Worth government to raise awareness and advocate for universal design standards.

Action Item 1.3

Adopt accessory dwelling unit standards, city-wide, to facilitate the ability to assist loved-ones needing care and provide additional housing options.

- Progress pending.

Action Item 1.4

Develop policies to encourage multi-generational housing developments that include access to social services, and businesses that cultivate intergenerational interaction and dwelling.

- Progress pending.

Recommendation 2

Expand and promote the development of diverse housing options, inclusionary zoning, and other resources that create affordable options for seniors of various income levels.

Action Item 2.1

Encourage the development of new and innovative models of affordable housing with an emphasis on inclusionary zoning.

- Aging and Disability Resource Center Housing Navigator continues to offer support letters to the Texas Department of Housing and Community Affairs (TDHCA) for low-income tax credit applications developers submit in advance of awards held each July. Tax credit cycles begin in August and continue year-round through the awards ceremony at the Texas Housing Conference held each year.

Action Item 2.2

Increase and prioritize affordable housing funding for seniors.

- Housing developments, with particular interest to senior developments, are tracked through the TDHCA website and highlighted as senior properties or mixed income use properties.

Action Item 2.3

Expedite permitting process for secondary apartments/additional dwelling units.

- Progress pending.

Action Item 2.4

Require developers to include affordable units as part of development agreements.

- The application process for low income tax credits through the state of Texas TDHCA tax credit program includes providing a specific percentage and actual numbers of units deemed "affordable." As a condition of this agreement, developers usually section off about 10% of their overall units for the lowest area median income amount of 30%. However, more units need to be added as these are quickly leased.



To age in place, older residents requires age-friendly homes.



SOCIAL PARTICIPATION

Recommendation 1

Strengthen and develop recreational, leisure, and educational activities involving and targeting older adults.

Action Item 1.1

Expand neighborhood programs and activities for older residents.

- Neighborhood programs and activities are part of Fort Worth's Neighborhood Improvement Strategies, which can be accessed online at: fortworthtexas.gov/neighborhoods/improvement

- Both the *Age-Friendly Fort Worth* and the *Sixty and Better* websites identify social engagement opportunities.
www.agefriendlyfw.org
www.sixtyandbetter.org

Action Item 1.2

Coordinate with non-governmental partners to organize creative nighttime events, sports outings, and competitions involving and targeting older residents (e.g. 50-plus night club nights, dances, walking soccer).

- Progress pending.



Wellness requires older adults to stay social and interact.

Action Item 1.3

Promote a print and web-based portal that includes activities likely to attract residents (e.g. arts, recreational, leisure and educational activities).

- Progress pending.

Action Item 1.4

Create a safe and social space for members of the LGBT community.

- Several community partners offer regular monthly programs for the 50+ LGBT community.



Recreational opportunities allow older adults to socialize.

Recommendation 2

Create a city inter-agency committee to optimize facilities for senior engagement.

Action Item 2.1

Develop an asset map to identify all existing and new opportunities for senior social engagement at public libraries, public facilities, and schools (including colleges & universities).

Progress pending.

Action Item 2.2

Identify opportunities for co-located services and develop programming at community centers in dedicated areas for both youth and older adults.

Progress pending.

Action Item 2.3

Have the city prepare and give a yearly report on progress of Age-Friendly Fort Worth and report to City Council and relevant commissions.

- Annual reports are submitted to the City Council in December of each year.



Fort Worth needs engaging activities to connect older adults.



RESPECT & SOCIAL INCLUSION

Recommendation 1

Expand programs and services that engage and empower older adults.

Action Item 1.1

Identify age-friendly customer service practices that are mindful of various abilities, cultures, genders and submit recommendations to the city in order to improve city department services.

- Age-Friendly Fort Worth produced recommendations on best practices for businesses related to physical environment, marketing materials, and customer service.

Action Item 1.2

Support development of age-friendly business practices that provide a welcoming and inclusive environment for customers of all ages, cultures and abilities (e.g. seating availability, larger print, inclusive language, cultural sensitivity).

- In 2018, the Age-Friendly Fort Worth Action Team launched its age-friendly business outreach program. Thus far, the program has brought 28 businesses into the network and a partnership with Dementia Friendly Fort Worth will further advance this program.

Recommendation 2

Create intergenerational opportunities for seniors.

Action Item 2.1

Develop intergenerational education partnerships between schools, libraries, and senior programs.

- Age-Friendly Fort Worth is working with library and school systems to create age-friendly programming and intergenerational workshops on job search, fraud, and how to disrupt aging.

Action Item 2.2

Ensure all city community centers provide intergenerational and inclusive programs and activities for seniors.

- Through a partnership with Sixty & Better, city community centers are working to provide intergenerational and inclusive programming. Currently, the Age-Friendly Action Team provides programming activities at Linwood Square.



Respect involves social inclusion, particularly for older adults.

Recommendation 3

Expand awareness of and access to services for older adults and those with different abilities in diverse communities.

Action Item 3.1

Ensure all city programs, services, and strategic plans address the needs of all residents with emphasis on the most vulnerable.

- Through the partnership with Age-Friendly Fort Worth and Dementia Friendly Fort Worth the City is working to ensure all programs, services, and strategic plans are supportive and welcoming to those with different and diverse abilities.

Action Item 3.2

Ensure services and programs targeted to residents create a welcoming environment that respects ethnic, racial, age, cultural diversity, and those with various abilities.

- Through various community partnerships, services and programs targeted to residents are welcome and respectful to all diverse groups and abilities. Services and programs are offered in multiple languages and are marketed and tailored to various communities and abilities.

Action Item 3.3

Expand and sustain City of Fort Worth Silver Star initiative addressing needs of socially isolated 60-plus residents living below federal poverty level.

- Through a donation from AARP Texas, the City of Fort Worth was able to expand the Silver Star Program in 2017.



CIVIC PARTICIPATION & EMPLOYMENT

Recommendation 1

Increase employment and entrepreneurial opportunities for residents age 50-plus and people with disabilities of any age.

Action Item 1.1

Establish an inter-agency work group to increase coordination and spread awareness of employment services for 50-plus residents, including phased retirement; explore employment applications and interview processes, in order to facilitate a simple process for older residents and people with various abilities of any age.

- **Revised Action Item:** Increase coordination and spread awareness of employment services for 50-plus residents, including phased retirement; explore employment applications and interview processes, in order to facilitate a simple process for older residents and people with various abilities of any age.

Action Item 1.2

Increase awareness of adult internship/fellowship program for residents age 50-plus and people with various abilities of any age.

- Fort Worth is partnering with Cities of Service to onboard an adult intern (age 50-plus) initiative.



Older adults value giving back to their community.

Action Item 1.3

Develop a series of easy-to-comprehend fact sheets on topics, practices and resources to identify home-based, part-time and job-sharing employment opportunities, age discrimination claims, and starting a business.

- Progress pending.

Action Item 1.4

Offer technical assistance and explore incentives to help small and local businesses become age-friendly and hire residents age 50-plus.

- Through the age-friendly business program small and local businesses are becoming age-friendly and hiring residents age 50-plus.



Starting a business can be a productive outlet for older adults.

Recommendation 2

Strengthen, develop, and promote volunteerism and civic participation among persons age 50-plus.

Action Item 2.1

Produce a “State of Volunteerism in the City” report, assessing volunteerism by age group, activity, and organization, providing recruiting and retraining techniques and recommendations.

- Progress pending.

Action Item 2.2

Enhance and promote volunteer and mentorship opportunities in a database to improve usability, increase choices, and better match residents with volunteer opportunities.

- Through the Age-Friendly Fort Worth website (www.agefriendlyfw.org) and AARP’s Create the Good website (www.createthegood.aarp.org) we are promoting volunteer and mentorship opportunities in a user-friendly and supportive manner.

Action Item 2.3

Compile and publish a listing of all opportunities for civic participation and how to get involved (e.g., board/commission members).

- Fort Worth maintains a website listing all boards, commissions, and committees along with current vacancies.

www.fortworthtexas.gov/Boards



COMMUNICATION & INFORMATION

Recommendation 1

Create a portal or clearing house for information regarding issues and interests related to older adults.

Action Item 1.1

Work with the Area Agency on Aging to promote awareness about the Aging and Disability Resource Center (ADRC) as a valuable resource in Fort Worth communities by facilitating outreach in City events and incorporating website links where able.

- The Age-Friendly Fort Worth Action Team promotes ADRC regularly through outreach and the Age-Friendly Fort Worth website.

Action Item 1.2

Expand, update and maintain information about aging services on the City of Fort Worth website, 211 website, and Tarrant Cares website.

- The Age-Friendly Fort Worth website is maintained by the City of Fort Worth and contains information about aging services and links to additional community partner websites describing the aging services they provide.

Action Item 1.3

Promote user-friendly, multi-lingual, multi-modality (e.g. online, telephone, print) information about aging services and resources.

- In addition to the Age-Friendly Fort Worth website, community outreach partnerships are helping spread information about resources.

Recommendation 2

Provide public materials that are age-friendly.

Action Item 2.1

Increase awareness and ensure health lit-eracy information is available through City customer service departments and their partners using age-friendly guidelines.

- Progress pending.

Action Item 2.2

Use ability- and age-inclusive language, readability, and visual appeal on flyers, brochures and notifications in materials produced by the city.

- Age-Friendly Fort Worth created customer service guidelines for use by business partners and others interested in best practices.



Keeping older adults informed can be easier with technology.

Recommendation 2

Publicize existing opportunities for technology training and its benefits for older adults.

Action Item 3.1

Develop partnerships between city, non-profit and faith-based organizations to provide trainings and promotion of them on their websites.

- **Revised Action Item:** Develop partnerships to provide technology trainings and promote already existing trainings on the city's website.

Action Item 3.2

Expand partnerships to develop innovative strategies to better meet the needs of vulnerable or socially isolated residents who lack access to technology.

- **Revised Action Item:** Develop innovative strategies to better meet needs of vulnerable and socially isolated residents who lack access to technology.

Action Item 3.3

Develop online and print collateral promoting technology training for city and partner distribution when facilitating outreach.

- **Revised Action Item:** Develop online and print collateral to promote technology trainings when facilitating community outreach.



COMMUNITY SUPPORT & HEALTH SERVICES

Recommendation 1

Increase consumer awareness about community resources.

Action Item 1.1

Expand a team of navigators to assist residents with identifying, understanding and accessing appropriate services and programs through No Wrong Door Program.

- **Revised Action Item:** Expand outreach to assist residents with identifying, understanding and accessing appropriate services and programs through ADRC and its initiatives.

Action Item 1.2

Provide cross-training for navigators and a series of fact sheets such as accessing financial planning, will and estate planning, Medicaid qualification, and long-term care resources for individuals, families, spouses and domestic partners.

- **Revised Action Item:** Provide a series of fact sheets with long-term care resources for individuals, families, spouses and domestic partners

Recommendation 3

Promote safety, health & wellness.

Action Item 3.1

Create incentives, partnerships, and training for the establishment of new, and expansion of existing programs to increase access to fresh produce and health foods.

- Access to healthy eating has been a focus of Blue Zones Fort Worth and their website offers more information about their progress. <http://info.bluezonesproject.com/live-long-fort-worth>

Action Item 3.2

Expand evidenced-based falls prevention programs for residents with balance and mobility issues.

- Several community partners offer mobility resources, including:
 - » Tarrant County's *A Matter of Balance* program
<https://access.tarrantcounty.com>
 - » Sixty & Better
www.sixtyandbetter.org
 - » UNT Health Science Center's Center for Geriatrics
<https://www.unthsc.edu/center-for-geriatrics/>



Everyone wants access to quality healthcare.

Action Item 1.3

Expand community outreach and public awareness around caregiver support, peer counseling, and in-home support programs with an emphasis on dementia and Alzheimer's education.

- Through a partnership with Dementia-Friendly Fort Worth, community outreach and public awareness efforts have been expanded and will continue to be.

Action Item 1.4

Increase public awareness of and access to fresh produce, health foods, SNAP, and pet food.

- Progress pending.

Recommendation 2

Promote care coordination.

Action Item 2.1

Create an asset map of public, private, and nonprofit low or no-cost senior health services.

- **Revised Action Item:** Create an asset map of low or no-cost senior services.

Action Item 2.2

Distribute senior health services asset map to City, community partners, and health community.

- Progress pending.

Action Item 2.3

Integrate asset map through City and partner websites.

- Progress pending.

Action Item 3.3

Expand awareness campaign and regular drop-off locations for safe disposal of over-the-counter and prescription medications.

- Fort Worth Safe Communities offers free drop-off and safe disposal of medications. <https://www.fwscc.org/drug-overdose-poisoning-prevention>

Action Item 3.4

Strengthen elder abuse detection by providing education to law enforcement and other first responders.

- Progress pending.

Action Item 3.5

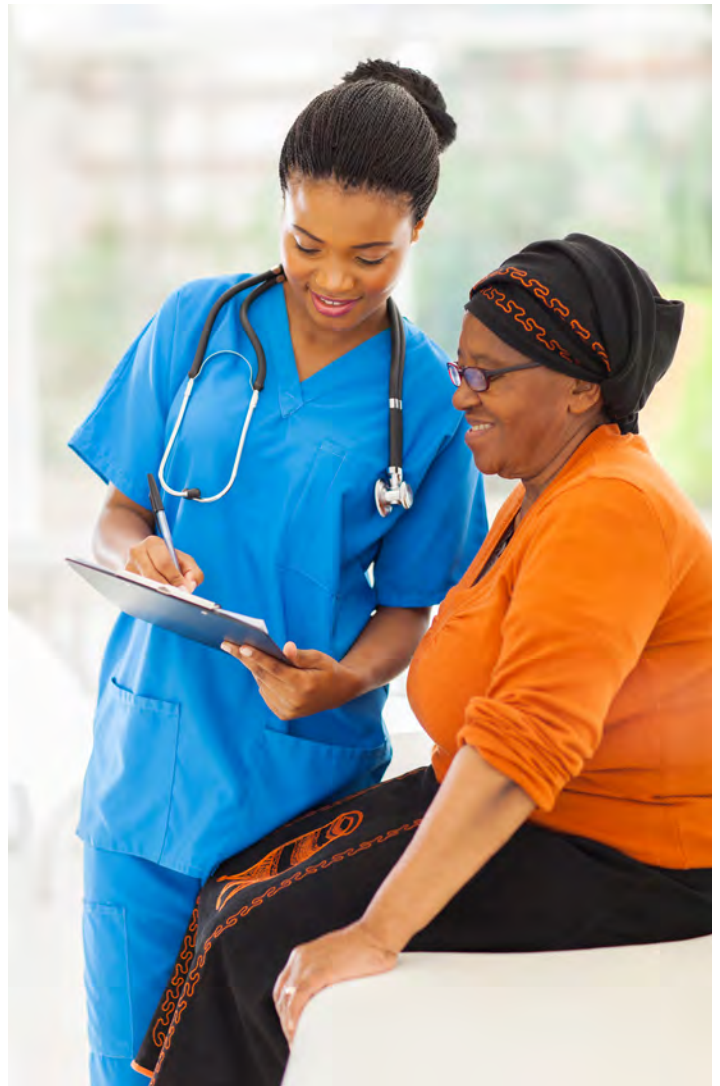
Provide Customer Service center operators with training on elder abuse, neglect, and exploitation.

- Progress pending.

Action Item 3.6

Publicize emergency response and preparedness strategies for 50-plus community on the city's website.

- Progress pending.



Healthcare outreach, education and awareness are crucial.



**“
As we live longer,
we should live stronger.**

–Fort Worth resident

”



Fort Worth

Where the West Begins

Cowtown

Panther City

Fort Worth

Queen City of the Prairie

The Paris of the Plains

Funkytown

Culture & Cowboys