



Growth of the Senior Population in Clackamas County (2000 to 2009)

	2000 Population	2009 Population	% Change
<i>County Total</i>	338,391	386,143	+14%
<i>Seniors (65+)</i>	37,428	50,338	+34%



Seniors in Poverty in Clackamas County (2009)

	Population	% of County Pop.
<i>County Population Below Poverty Level</i>	35,631	9.2%
	Population	% of Pop. Below Poverty Level
<i>Seniors Below Poverty Level (65+)</i>	3,423	6.8%



Seniors Receiving Food Stamps in Clackamas County by Household (2009)

	Number
<i>Households in Clackamas County</i>	142, 626
<i>Households Receiving Food Stamps</i>	14,292
	%
<i>% Food Stamp Households With at Least One Resident Over 60</i>	26%



Disabilities in the Senior Population in Clackamas County (2009)

	Population	
<i>Population 65+</i>	49,992	
<i>65+ With a Disability</i>	16,246	
<i>% of people 65+ With a Disability</i>	32.5%	
Seniors (65+) With	Population	% of the Senior Population
<i>Hearing Difficulty</i>	8,260	16.5%
<i>Vision Difficulty</i>	2,097	4.2%
<i>Cognitive Difficulty</i>	3,425	6.9%
<i>Difficulty Getting Around</i>	10,631	21.3%
<i>Difficulty Caring for Themselves</i>	4,347	8.7%
<i>Difficulty Living Independently</i>	7,140	14.3%



Senior Health Behaviors in Clackamas County (2009)

Physical Activity

Adults reporting 30 minutes or more of moderate activity 5 days per week or 20 minutes or more of vigorous activity 2 days per week.

45-59	60-74	75+
54%	62%	48%
46,250	23,178	8,406

Nutrition

Adults reporting consumption of 5 or more servings of fruits and vegetables per day.

45-59	60-74	75+
26%	25%	36%
23,016	10,054	6,659

Healthy Weight

Adults reporting a healthy weight (based on Body Mass Index).

45-59	60-74	75+
34%	32%	46%
28,422	13,110	7,889

Current Smoker

Adults reporting that they are current cigarette smokers.

45-59	60-74	75+
15%	12%	4%
13,014	5,020	648



Project Components

- Kick Off Event
- Hispanic Outreach
- Senior Expo
- Small Grants
- One-on-One Surveys
- County Wide Telephone Survey
- MAPPS



Kick Off Event

- May 18th, 2010 at the Clackamas Community College Gregory Forum.
- Over 100 local residents and key decision-makers.
- Included an educational component



Kick Off Event

continued

- A polling activity revealed that over 83 percent of attendees agreed that today, Clackamas County is NOT an age-friendly place.
- Two “break-out” group conversations; organized by geographic regions and by self-selected area of interest, such as transportation or housing.



One-on-One Interviews

- Over a dozen trained *engAGE in Community* interviewers volunteered over 59 hours conducting interviews with 107 older adults who utilize senior centers or who live in low income senior housing.
- Participants, 33% of whom were 75 years or older, were interviewed regarding their experience of community supports and barriers to living and aging successfully in their place of choice.
- Interview data are anecdotal in nature and will be used to personalize the experience of aging in Clackamas County and supplement the objective data that will be collected in the county-wide survey.



Outreach to the Hispanic Community

- According to 2010 census, 7.75% of Clackamas County's population is Hispanic, compared to 11.7% in Oregon
- Exclusively interviewed individuals from Mexico, though some came from areas with large Mayan populations.
- Most interviews conducted in rural areas.
- 72 individuals interviewed ranging in age from mid-20's to 90's.
- Very small numbers of Hispanic seniors utilize Senior Centers in Clackamas County
- Interviews conducted at clinics, food banks, places of employment, HINT and with community leaders
- Pervasive sense of fear due to immigrations issues affected our ability to connect with the Hispanic community



Outreach to the Hispanic Community

continued

Key Findings

- Cultural construct of who is a senior.
- Notions of “becoming a burden” not so prevalent because elders have a place in traditional Hispanic families and communities.
- Everyone interviewed felt they had active social lives and were a part of their community – though not a part of the larger heterogeneous community.
- Many expressed a desire to have a gathering place for Hispanics in Clackamas County.



County Wide Phone Survey

- Purpose: To measure individuals' perceptions of community assets, needs, and beliefs about those features.
- Results will be representative of the demographic and geographic profile of the County.
- Results will provide an understanding of the environmental supports and barriers that contribute to the age-friendliness of each community and across the County.
- Survey findings can be used to identify areas for improvements and as baseline indicators of future progress.



County Wide Phone Survey

continued

- 387 surveys administered
- Average age of respondent 61 years
- 62% female
- 93.5% White
- 5% Hispanic
- Nearly all had household incomes above the Federal Poverty Level
- 15% had incomes above \$100,000/year
- 45% live in a suburb or small town



County Wide Phone Survey

continued

- 80% reported good or excellent health
- 11% never or seldom drive their own automobile
- 69% never use public transportation
- 95% never use special needs transportation
- Of the 49 respondents who indicated they were caring for a family member, 67% feel they are getting the support they need



Transportation

- 51% believe their community is walkable
- 53% believe walkable communities are important
- 52% believe that adequate public transportation is important
- 56% believe adequate special needs transportation is important



Housing

- 67% believe there is a range of housing options available in their community
- 54% believe it is important for a community to have a range of housing options



Respect

- 88% believe the community shows respect and kindness toward each other
- 90% believe that community respect is important



Social Inclusion

- 75% believe their communities provide a range of events for all ages
- 69% believe it is important for a community to provide events for people of all ages



Access to Information

- 83% believe they have easy access to information on events and services
- 71% believe it is important to have easy access to information



Senior Expo

- Purpose: To share information on the results of the project to date, provide information that will help people age successfully, and encourage more communities to participate in MAPPS.
- Nearly 100 attended and heard over 27 different presentations on topics as diverse as transportation, housing, volunteering and the arts



MAPPS

MAPPS (Mapping Attributes-Participatory Photographic Surveys), is used to document and discuss residents' experience of place with respect to age-friendly supports and barriers in their Clackamas County communities. Community teams are recruited by local 'champions' with a strong interest in age-related community actions. engAGE community teams are trained to conduct audits using photographs that are coded and mapped using geographic information systems (GPS). Community conversations based on the photographic data provide narratives which helps link people's experiences with their community place.



Next Steps

Each community that successfully completes a MAPPS process will be eligible for a \$5,000 grant from Clackamas County.



Outcomes

- Better connections within the community
- Shared sense of accomplishment through bringing people together to work on a community project
- More people understand what is needed to age successfully, both on a personal and community level
- Each mapped community will have a document that they can use for future planning and advocacy efforts
- Local and county wide engAGE Coalitions



Hoped for Outcomes

More resilient and diverse communities



Keys to Success

- Food!
- Enthusiastic staff and good partners
- Local Champions
- Involvement of people well versed in what it takes to create a age friendly community
- Support for local efforts from OSU Extension, AARP Oregon and Clackamas County
- Allowing each community to proceed at its own pace with consideration of current local situation
- Flexibility
- Timing