

Commission on Aging
Aging in Community Committee
March 11, 2025
9:30 am-11:30 am

Join Zoom Meeting

<https://us06web.zoom.us/j/82315344483?pwd=U0FxeWxDK0hSaGxwb0krQjY2RUFUZz09>

ENGAGE WITH US! LEARN WITH US! HELP US! The Commission on Aging in Community (AIC) Committee addresses vital issues facing older adults as they age in place.

Meeting Agenda

Review of Minutes

Presentation: Dr. Kimberly Johnson and Shawn Brennan will review and discuss with the Committee new data that describes the older adult population in Montgomery County. The data is drawn from many sources and tells a story about the demographics, health and wellbeing of the population, economic status, and participation in government programs. The data should stimulate questions and observations about the changing habits and needs of older adults in Montgomery County.

Some initial stories the data may tell:

- What are the most common health conditions affecting older adults in the County?
- What proportion of older adults are financially secure versus those at risk of poverty?
- Are there disparities in financial security based on gender or race?
- How many older adults live alone versus with family or in assisted living facilities?
- What parts of the County do the older adult population live in?
- What percentage of older adults are still in the workforce?
- What percentage of older adults are using digital technology?

Meeting:

Updates & New Business:

1. Preparing for a meeting with HOC
2. Updates on DFL Program
3. Conducting AIC sessions that would help us develop a fact sheet and resources that would help an older adult consider a move (see attached draft)

DRAFT FOR DISCUSSION

Moves Older Adults May Consider

If an older adult is considering moving from their home to an:

- a. Move to apartment
- b. Move to shared housing
- c. Move to senior independent housing
- d. Move to assisted living

They might consider the following questions:

Lifestyle & Personal Needs

1. What level of independence do I want to maintain?
2. Do I need help with daily activities like cooking, cleaning, or personal care?
3. Will I have access to social activities, hobbies, or recreational programs?
4. Do I want to be close to family and friends?
5. How important is access to outdoor space or amenities like a gym, library, or community room?

Health & Medical Care

6. Do I have any medical conditions that require ongoing care?
7. Will I have access to healthcare providers or on-site medical assistance?
8. Do I want to be in a setting that can help handle medical emergencies?
9. Does the facility offer different levels of care (independent living, assisted living, memory care) if my needs change?

Financial Considerations

10. What is my budget, and what can I afford long-term?
11. What services are included in the cost, and what additional fees might arise?
12. Are there financial assistance programs available for this type of living arrangement?
13. How do the costs compare to staying in my current home?

Housing & Location

14. Is the apartment or facility located in a safe, convenient area?
15. What transportation options are available if I no longer drive?

16. Are there grocery stores, pharmacies, and healthcare facilities nearby?
17. Will I have access to pet-friendly housing if I have a pet?

Legal & Contractual Considerations

18. What are the terms of the lease or contract?
19. Is there a refund policy if I need to leave the facility?
20. Are there rules or restrictions (visiting hours, meal plans, etc.) that might affect my lifestyle?

Future Planning

21. Will this move meet my needs in the long run, or will I need to move again later?
22. How does this choice align with my long-term care and estate planning goals?
23. Have I discussed my options with family members, a financial advisor, or an eldercare specialist?

Answering these questions can help older adults make an informed decision that best suits their needs, preferences, and future well-being.