



AGE-FRIENDLY

LOUISVILLE

Welcome to the Kickoff 2024!

Led in Partnership by



Mayor Craig Greenberg



[Clip to Mayor Greenberg's Address](#)

Troy J. Broussard



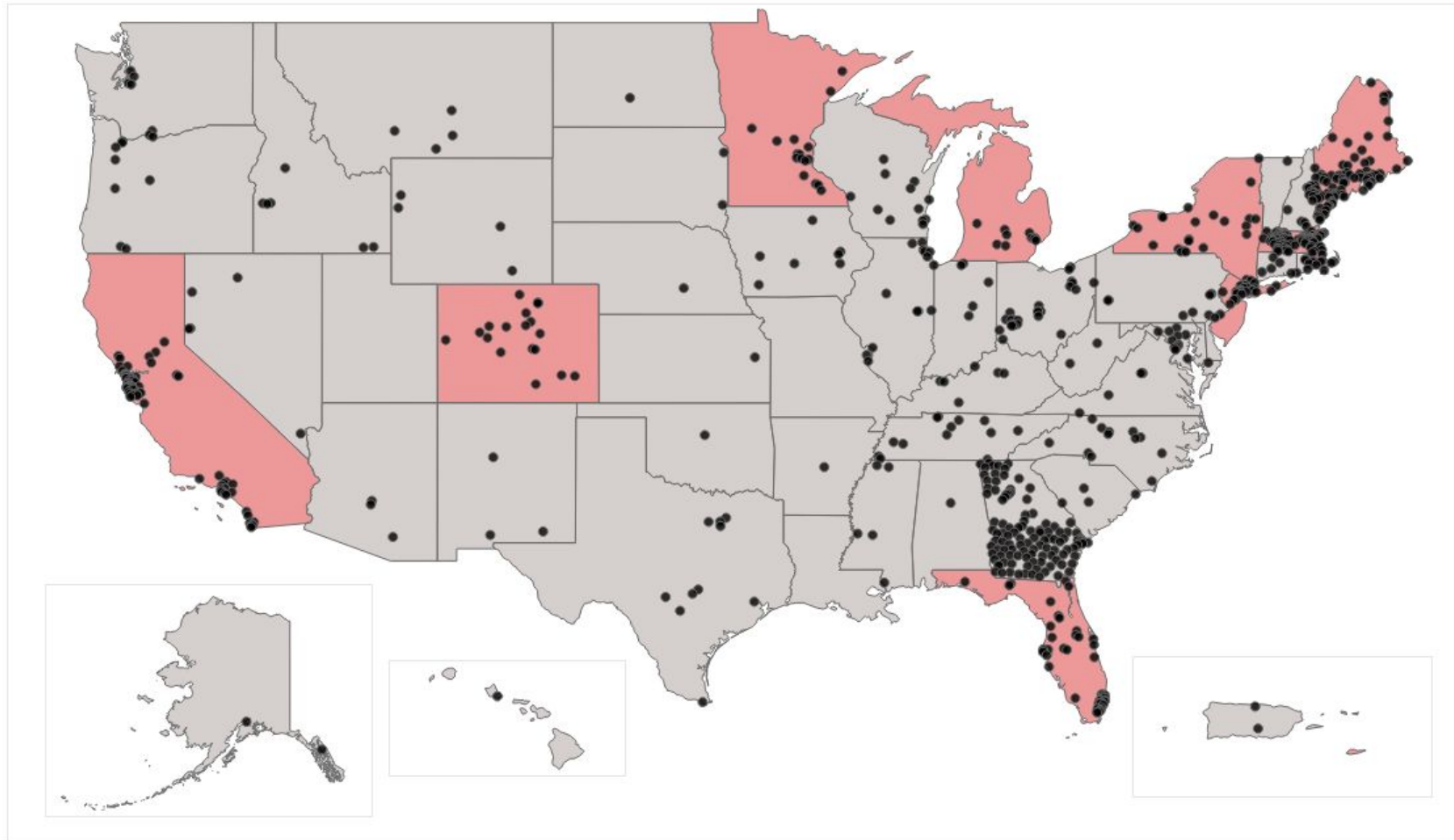
AARP[®]
Kentucky



Dr. Anna Faul



AARP Network of Age-Friendly States and Communities (NAFSC)



In October 2016!



Louisville has just become an official Age-Friendly City!

Leadership, Organizational Support, & Funding:



Our Vision

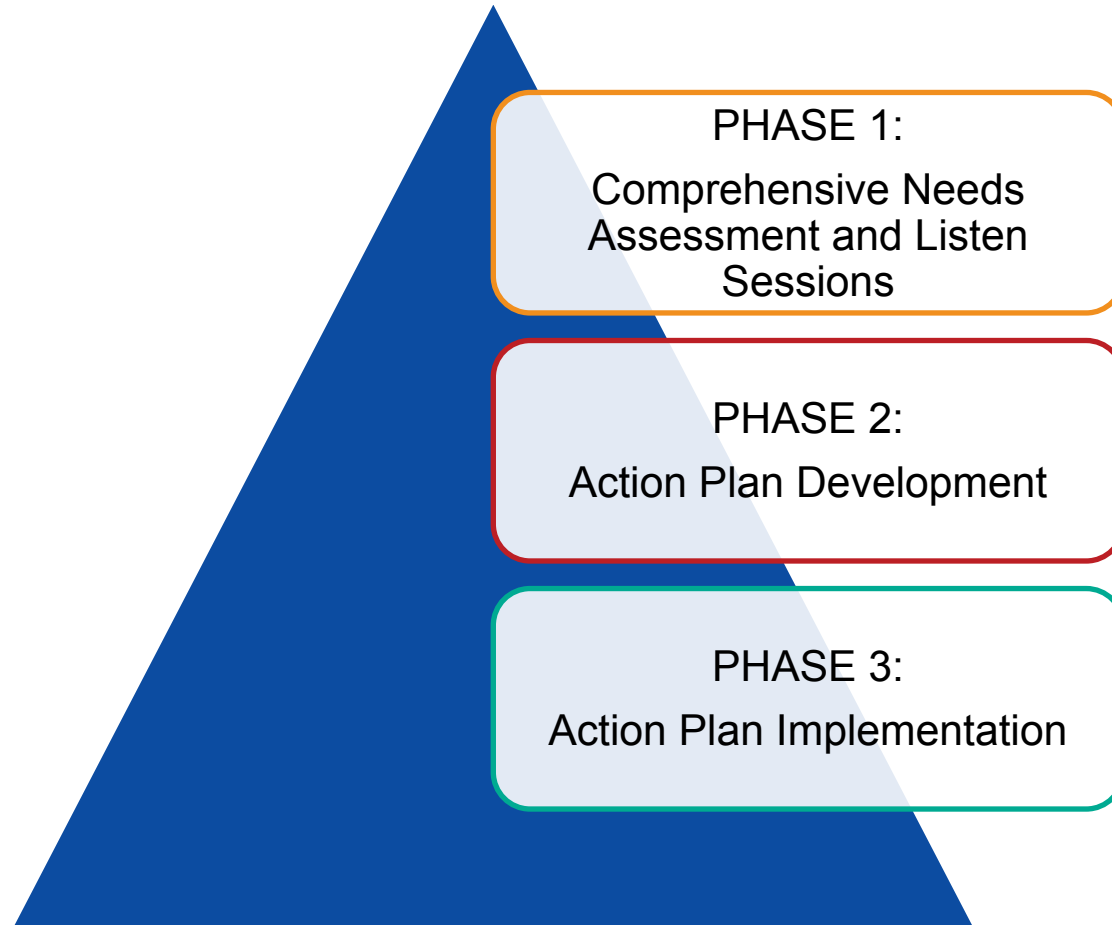
Creating an accessible and inclusive city for people of all ages and abilities.

Our Philosophy

We believe that age-friendly is at its core an intergenerational movement. We seek to ensure that our social, health, economic, and built environments support individuals in leading lives that thrive from stroller to walker.



The 2019 – 2021 Strategic Plan



<https://www.agefriendlylou.com/strategic-plan-2019-2021>

AFL held 165 workgroup and leadership meetings and partnered with 67 organizations



755 Community Guides dispersed

10 drive-by parades by Social, Participation, Respect and Inclusion Workgroup



2000 Elder Abuse bookmark resources were dispersed



AFL has had 1132 unique contacts/meeting attendees

Housing Workgroup advocated with AARP to pass the Accessory Dwelling Unit Amendment




Mobility and Access Workgroup collaborated with TARC Accessibility Council on Accessible Transportation



Highlights of 2019-2021 Strategic Plan


Community Resource Guide



AGE-FRIENDLY LOUISVILLE

Creating an accessible and inclusive city for people of all ages and abilities

HOW DO I FIND: COMMUNITY SUPPORT & HEALTH SERVICES



AgeFriendlyLou.com/Resources

METRO UNITED WAY 2-1-1
 MetroUnitedWay.org/211 Metro United Way 2-1-1 connects individuals 24/7 to over 800 community services to help meet their most basic needs.
 CALL: 211

KIPDA*
 KIPDA.org/Aging_Social_Services (866) 735-3363
 *Kentuckiana Regional Planning & Development Agency
 KIPDA promotes and ensures meaningful and timely services are available for older adults and persons with disabilities to improve their health, safety, and overall well-being.

METRO 3-1-1
 LouisvilleKY.gov/government/Metro311 CALL: 311
 Metro311 is Louisville's customer service center that connects you to the city government and resolves your non-emergency issues.

MY HEALTH E
 MyHealthE.net (888) 685-3535
 My Health E helps you find local health education classes, health fairs, and health related resources near you. Health education classes are available onsite, online or on demand.

AARP KENTUCKY
 Local.AARP.org/KY (866) 797-7275
 AARP Kentucky shares health, and financial resources as well as fun activities and events in Louisville.

These sites were selected for inclusion on this brochure because they met one or more of the following criteria: a call center, a searchable resource database, or a clearinghouse of local and regional community supports and health services.

Transportation Guide



MOBILITY & ACCESS TRANSPORTATION RESOURCE GUIDE FOR OLDER ADULTS & THOSE WITH DISABILITIES

Not sure which resource to use?
 Call your Health Insurance Company if there is a medical need for transportation of any kind.
 Call your insurance to ask which transportation services they use & if they will cover or reimburse the costs.
 Some insurance plans will cover more tips than just medical need, i.e. trips to grocery, exercise facilities, etc.

KIPDA PROGRAM
 Every Commute Counts
 Need help getting to work and other events? We offer rewards to commuters who choose alternatives to driving alone.
 Eligibility: A commute that begins and/or ends within the 9 counties of Clark and Floyd counties in Indiana & Bullitt, Henry, Jefferson, Oldham, Shelby, Spencer, & Trimble counties in Kentucky; you're eligible for services.
 Register at: <https://everycommutecounts.org/>
 Contact: 502-267-5400

Social Services Voucher Program
 Those ages 60+ are assisted in paying for transportation to medical appointments, trips to doctor appointments, lab work, and ongoing medical treatment.
 *CANNOT be eligible for Medicaid Transportation!
 KIPDA provides a self-directed personal assistance model which allows participants to choose who provides their ride.
 Vouchers are \$7.00 one way or \$14.00 round trip.
 Contact: KIPDA's ADRC: 502-266-5571

ABLE CARE TRANSPORTATION
 Medical and Non-Medical Transportation
 Providing Safe and Reliable Transportation in Louisville, KY and the Surrounding Communities
 Able Care Transportation provides reliable and safe non-emergency medical transportation. We offer both medical and non-medical concierge transportation for senior, disabled, handicapped, and special needs clients. We specialize in ambulatory transporters, including clients who walk with a cane or walker, or need wheelchair support. We also offer stretcher transport.
 Website: www.ablecaretransport.com
 Phone: (502) 267-1911

ELDER HELPERS
 Senior Transportation Services | Free Elder Care Provided By Dedicated Volunteers
 Our volunteers are willing to help with carrying groceries, run errands, give rides, entertain (i.e. sing, dance, and make you laugh!) help out with making phone calls, writing letters and reading, help with cleaning and help with cooking.
 Sign Up Online at: elderhelpers.org

HOME INSTEAD
 Senior Assistance Activities & Benefits
 Social CAREGivers don't just drop off and pick up family members. Instead, we help your loved ones accompany them and provide any assistance they need back in. Our CAREGivers will even put the titles back in. Our CAREGivers will even put the titles back in.
 Website: www.homeinstead.com
 Phone: 230-9682

JEWISH FAMILY AND CAREER SERVICES
 (Passport) Around Louisville Service (WALS)
 An easy-to-use, affordable program that helps senior adults maintain their independence by providing transportation services.
 Hours: Monday - Friday | 9 a.m. to 5 p.m. available.
 Sedans & Wheelchair Accessible Vans available.
 Contact: Aaron Cuffey for qualification assessment: (502) 452-6341 ext. 301
 Website: <https://jfacloouisville.org/transportation>

JENCARE SENIOR MEDICAL CENTERS
 Door To Doctor
 Non-emergency transportation for Medicare Advantage patients who qualify. Door-to-Doctor transportation when you need to see your primary care physician or specialist for regularly scheduled appointments or last-minute visits.
 Locations:
 2406 W Broadway, Louisville (502) 775-1271
 8019 Dixie Highway, Louisville (502) 533-3121
 1918 Hines Lane, Suite 102, Louisville (502) 473-4067

Printed courtesy of AARP

Highlights of 2019-2021 Strategic Plan Results

First Responder Tip Sheets

FIRST RESPONDER QUICK TIPS Self Care and Stress Management

Compassion Fatigue
Compassion fatigue is a condition characterized by emotional and physical exhaustion leading to a diminished ability to empathize or feel compassion for others, often described as the negative cost of caring.

Who is at Risk?
Compassion fatigue can affect a wide range of professions and caregivers. It tends to be most common among professionals who regularly work in a helping or healing capacity.

What is it and What are the Risks
Signs You are Experiencing Compassion Fatigue

- Chronic physical and emotional exhaustion
- Depersonalization
- Irritability
- Feelings of self-contempt or powerlessness
- Weight loss
- Weight gain and overeating
- Nausea and dizziness
- Relationship conflict
- Headaches
- Poor job satisfaction
- Feelings of unfairness and anger towards the patient-caregiver relationship
- Insomnia or difficulty sleeping
- Poor self care
- Self isolation
- Loss of pleasure in life
- Difficulty concentrating
- Constant self blame and negative thoughts

Risks in the Workplace
Compassion Fatigue can lead to an increase in preventable medical errors due to an inability to react quickly to a situation. There is also a greater likelihood of poor communication in someone suffering from Compassion Fatigue which can lead to conflicts and miscommunication among coworkers. Individuals are also more likely to be less sympathetic to a patient's situation, retain less sleep information, and feel increasingly dissatisfied with their work.

What are the causes?
Compassion fatigue is often caused by the internalization of patient trauma, workplace trauma, and exhaustion due to a lack of self care. Exposure to trauma and individuals with trauma can weigh on caregivers and often will lead to Compassion Fatigue if the roots of the issue are not properly addressed and treated.

Action Items

ALWAYS	NEVER
Agree	Argue
Divert	Reason
Distract	Shame
Say "do what you can"	Say "you can't"
Ask or model	Command
Encourage and praise	Condescend
Say "remember"	Say "I told you"
Say "repeat"	Lecture
Reassure	Reinforce
Reforce	Force

Additionally, ALWAYS:

- Speak calmly & slowly, take your time
- Make eye contact
- LISTEN & ask questions
- Active listening
- Be conscious of your body language
- Debrief with a trusted individual for your own mental & emotional health.

SELF CARE AND STRESS MANAGEMENT

What is Self Care?
About participating in activities that place an emphasis on health and promoting a positive view of your life through a variety of approaches.

Resources for Self Care

- Mindfulness
- Guided Meditation
- Nutrition
- Stress and Relaxation
- Center for Healthy Minds

Emotional Self Care
Ask for help when you need it. No one can do everything alone, and it is necessary to offload some of the expectations in your life. Practice gratitude and reflection as a means of addressing aspects of living which you wish to improve to be worked on. Therapist to work through emotions or experiences, or let someone else act as a witness to your thoughts and feelings. Turn off your screens, remove excess light, noise, and information and allow yourself a moment to decompress. Take time weekly to connect with friends and loved ones via phone, email, text, or video call. Connection is vital to maintaining a healthy emotional state. Get good quality sleep and establish a daily routine to create a balanced lifestyle.

Psychological Self Care
Mental self care is the act of deflating stress levels and reducing your mind as a means of modest and improving your general state of being. Turn off your screens, remove excess light, noise, and information and allow yourself a moment to decompress. Take time weekly to connect with friends and loved ones via phone, email, text, or video call. Connection is vital to maintaining a healthy emotional state. Get good quality sleep and establish a daily routine to create a balanced lifestyle.

FIRST RESPONDER QUICK TIPS Older Adult mental health

Cognitive Impairment
Cognitive impairment in older adults has a variety of possible causes, including medication side effects, metabolic and/or endocrine derangements, delirium due to intercurrent illness, depression and dementia with Alzheimer's dementia being most common.

Delirium

- Seeing things that don't exist (hallucinations)
- Restlessness, agitation or combative behavior
- Calling out, moaning or making other sounds
- Being quiet and withdrawn — especially in older adults
- Slowed movement or lethargy
- Disrupted sleep habits (reversal of night-day sleep-wake cycle)
- An inability to stay focused on a topic or to switch topics
- Questions or conversation that are easily distracted by unimportant things
- Being withdrawn, with little or no activity or little response to the environment

Mental health conditions can be exacerbated in older adults during an emergency & produce feelings of confusion or delirium they wouldn't normally experience, potentially making it harder for you to help them.

"Being in services to others is taxing. Please remember to have compassion for yourself as you have compassion for others."

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FIRST RESPONDER QUICK TIPS Mental Health

You may notice or hear complaints of (cont.)...

Mood Disorders

Mania

- Increased irritability and dysphoria rather than euphoria and excitement
- Secondary mania: the designation for symptoms caused by a medical illness such as cerebrovascular accident or infection, far more common among older than younger patients.
- Treatment of bipolar disorder among older adults is similar to treatment of younger adults, although it requires attentive dosing, awareness of potential drug interactions, and alertness to adverse effects.

Depression (common causes)
Older adults have higher rates of depression than the general population.

- Other mental health problem, such as severe anxiety, bipolar disorder (manic-depressive illness), or schizophrenia, substance use disorder.
- Being alone for long periods of time (social isolation).
- The diagnosis of a serious physical illness.
- Recent life changes such as the death or chronic illness of a spouse or child, retirement, or financial problems.
- Physical disabilities

These things also put older adults at a higher risk for suicide.

Post Traumatic Stress Disorder (PTSD):

- Irritable or aggressive behavior
- Reckless or self-destructive behavior
- Hyper vigilance
- Exaggerated startle response
- Getting stuck with concentration
- Symptoms of anxiety or restless sleep

NOTE: It is good to remember that older adults have often experienced trauma as children and as young adults and as older adults. Also, trauma experienced can include negative encounters with first responders (via civil rights era, racial profiling, etc.)

Alcohol or Substance Dependence:

- Unexplained bruises
- Irritable
- Sadness
- Chronic pain
- Self isolation
- Lack of hygiene
- Malnourished

Suicide Risk
The following in older adults might be signs of being at risk:

- Depression, Anxiety or other mental health conditions
- Substance Use Disorder
- Social isolation
- No eating
- Recent loss of a loved one
- Chronic illness / Disability

FIRST RESPONDER QUICK TIPS Compassion: Growth & Maintenance

EMPATHY is key:

Cognitive Empathy: A helper will consciously listen and strive to understand the opinion of the person in need. It is the ability to respect all sides of a position and to increase the recipient's respect.

Compassionate Empathy: Of all forms of empathy is generally the ideal for any setting. A helper shows they are truly listening when they exhibit compassion. Their words and actions convey they not only understand the other person's point of view, but they genuinely care.

Emotional Empathy: Emotional empathy occurs when the effort to understand and sympathize with another person makes the other person makes them contagious.

UNIVERSAL ACTION ITEMS

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ARE YOU EXPERIENCING COMPASSION FATIGUE?

Compassion fatigue is the profound emotional and physical erosion that happens when helpers are unable to refuse and regenerate. "Dealing yourself to the service of others is hard work. It can become very draining. It is even harder to meet from an empty cup. It takes time to fill your cup, and you take the time to fill your cup."

RECOGNIZE THE SIGNS OF Compassion Fatigue

- Feeling burned by the suffering of others
- Spurning others for their suffering
- Isolating yourself
- Loss of pleasure in life
- Difficulty concentrating
- Insomnia
- Physical and mental fatigue
- Acting up over your emotions
- Increased irritability
- Feelings of helplessness or powerlessness
- Frequent complaining about

How to find the the WHY behind the WHAT... using compassion and using it to save lives...

Why? The reason behind the causing the person's stress. Are they in need? Do they need more information? Do they need more support from life of resources.

How? How can you be able to help the person in need? Identify strategies to meet the person's individual needs. Take your time and ask questions. Open ended questions can give you more than yes or no. Ask one and often gain from life of resources.

What? As the caregiver check in with yourself, what is your role in this case? What are you doing to create the desired or possibly undesired outcome? For example, if they are exhibiting angry, what can you do to ensure they become more calm?

RM IT... Practicing Compassion

James' Explore the WHY (what, how, you... how can you use the WHY to find and evoke awareness and understanding as well as a positive outcome?)

James had been diagnosed with schizophrenia and bipolar disorder and living in the streets. James has not had his medication or when his medication is not taken. James lives on the street, he does not get to sleep in a regular basis and therefore experiences more stress when he is on the street. James has not had his medication or when his medication is not taken. James lives on the street, he does not get to sleep in a regular basis and therefore experiences more stress when he is on the street. James has not had his medication or when his medication is not taken. James lives on the street, he does not get to sleep in a regular basis and therefore experiences more stress when he is on the street.

FIRST RESPONDER QUICK TIPS Understanding the 'action items'

ACTION ITEMS

- Never argue, Instead agree.**
When we say never argue, instead agree: it is important to know that people might think one way but as a professional you may know differently. When you argue you break down any potential relationship and you are trying to help that person, just agree, and continue to ask the necessary questions or conduct the necessary actions.
- Never reason, Instead divert.**
Depending on the situation reasoning can be useful, but when people are in a crisis mode or have cognitive impairment for various emergency health reasons, it can be hard for them to hear, process and even sometimes act rationally, so try to divert their attention when they are trying to help with their emergency situation. How to divert? Resorting back to agreeing, and diverting to asking questions or engaging in another topic.
- Never shame, Instead distract.**
Shame is never a tactic you should use in an emergency situation, rarely is there a positive outcome using language that can be perceived as shaming the person in the service you can provide to the, choosing.
- Never say "you can't" instead say "do what you can."**
As humans we work strive to maintain our autonomy, seek to use language that doesn't limit a person, but rather suggests an action they are likely to realize is the best choice for them. For instance, "don't do that," or "stop that," versus saying, "that's not a wise choice" is more likely to deescalate their desire because there is still a choice, with

Understanding the 'action items'

ACTION ITEMS IN ACTION

When working in service to others and having the profound knowledge and ability to save lives as you do, outcomes for all times is essential to meeting language that condescends family or the person in need through the crisis. Instead, focusing on how to help them, where they have tried their best to praise and affirming their efforts will always build a positive in need and you can supported and not come from remembering, giving them.

The tactic of using reinforce instead of remember is more for working with older adults with cognitive impairment such as dementia or older adults remember what they are told to do as next steps, etc. so it is important to assist them in remembering, giving them.

Working with citizens in crisis mode is hard, no doubt but some question over and over again, especially children and older adults, or anyone with cognitive impairment of yourself versus getting frustrated and responding with "I already told you" which creates unnecessary tension.

When working with all ages during a crisis or stressful situation we may find ourselves wanting to enable things so of course it might feel they are in a state to retain the information, but because they are in a state

Elder Abuse Bookmark

Elder Abuse

Approximately 1 in 10 Americans aged 60+ experience elder abuse

Elder Abuse can take different forms:

- physical abuse
- sexual abuse
- neglect
- financial exploitation

What can we do about it?
Report Possible Abuse

ELDER ABUSE TOLL FREE HOTLINE
1-800-752-6200

Share Resources
National Center on Elder Abuse
1-855-500-3537
<https://ncea.acl.gov>

Department of Justice
1-800-877-8339
<https://www.justice.gov/>

Kentucky Attorney General
1-877-ABUSE TIP (1-877-529-2331)
<https://ag.ky.gov/>

Kentucky Cabinet for Health and Family Services
1-800-372-2973
<https://chfs.ky.gov>

ElderServe Inc. Crime Victim Services
(502) 736-3829
<https://elderserveinc.org>

Printed by AARP KY

AGE-FRIENDLY LOUISVILLE
[@agefriendlyyou](https://agefriendlyyou.com)



Highlights of 2019-2021 Strategic Plan Results

10 Intergenerational Parades

Age-Friendly Louisville
July 4, 2021 - 🌐

Louisville Metro Resilience and Community Services
July 2, 2021 - 🌐

One day of Independence Day parades down, one to go! **Age-Friendly Louisville** held a Fourth of July parade to help senior citizens in Norton Commons celebrate at... [See more](#)

Alternative Pain Management

AGE-FRIENDLY LOUISVILLE

ALTERNATIVE PAIN MANAGEMENT

There are many avenues of treatment for alternative pain management and they should be considered alongside traditional medical routes. Alternative Pain Management Therapy is a form of treatment that seeks to address the root cause of pain through methods other than conventional medicine.

These alternative methods seek to address the cause of pain within the body through mind-body therapies such as acupuncture, yoga, massage therapy, mindful meditation, and tai chi in order to alleviate pain.

ACUPUNCTURE

Acupuncture is a traditional Chinese pain management method that works to decrease pain and chronic pain through the stimulation of nerves that aid in the release of pain blocking endorphins. This method works traditionally, as a way of balancing energy flow (qi) within the body through small insertions to rebalance the body.

Acupuncture works to stimulate the body's natural mechanisms to heal from pain, restore balance to bodily functions, and promote the overall health of an individual.

MINDFUL MEDITATION

Mindfulness is a method of pain management that works to train the mind to focus and redirect thoughts in more beneficial directions.

Mindful meditation reduces stress and therefore diminishes the effects of stress on the body.

Meditation allows for a more comprehensive ability to cope with pain and greater reduces the sensation of pain over time.

MASSAGE THERAPY

Massage therapy is a method of pain management that uses a hands on method to manipulate the bodies tissues through varying pressures, holds, and movements.

This method of pain reduction uses movement to encourage blood flow which reduces muscular tension and works to improve tissue healing over time. There is support for massage therapy aiding in speed of recovery due to the reduction of tension and increased mobility.

TAI CHI

Tai chi is a form of pain management that works through body motions that focus on breathing, posture, and relaxed movements. Tai chi is one that is adapted to people's abilities.

Tai chi is to energy (qi) to it steadily in order to rebalance the body.

HERBAL MEDICINE

Herbal medicines are traditional healing methods that stem from cultures throughout the world.

Herbal medicines tend to focus on the mind-body type of an individual (this can refer to works to address needs based on the aspects that are deemed off balance. It seeks to promote the natural healing ways of the body by improving the wellness of the human body and mind by bringing balance to the mind-body type.

YOGA

Yoga is a pain management approach that works to create a balanced and strong body and mind.

Yoga works to improve balance, flexibility, tone, and build body strength which aid in reducing chronic pain and inflammation, while maintaining the functionality of the body as we age. Yoga provides the body an opportunity to rest, relax, and establish a calm state of being that allows for greater awareness of the body.

What are the Side Effects of Opioid Usage for Pain Management?

There are a wide array of side effects and complications that come with opioid usage, these include: cognitive impairment, delirium, incontinence, falls, visual impairment, weight loss, malnutrition, sleep disorders, ulcers, syncope, dehydration, dizziness, frailty, functional decline, neglect and abuse, fatigue, gain disorders, osteoporosis, dementia, and many more. These side effects, when paired with the regular changes of aging, can have serious consequences (Project ECHO, 2020).

Non-Opioid Alternatives

- Acetaminophen
- Topicals: Diclofenac, Capsaicin, Lidocaine
- Non-Steroidal Anti-Inflammatory Drugs
- Antidepressants: Duloxetine
- Anticonvulsants

Scientific Evidence for Alternative Pain Management Strategies

Many studies have been carried out regarding the validity of alternative pain management solutions in comparison to traditional opiate prescriptions and there is significant scientific evidence that supports effectiveness of these methods. When combined with other approaches, these pain management solutions can be just as effective or more effective than prescription medications at addressing pain (Project ECHO, 2020).

Resource on Alternative Approaches to Pain Management in Aging Adults

Taddei, D., & Swales, B. B. (2020, November). Approach to the management of chronic non-cancer pain in adults. <https://www.uptodate.com/contents/approach-to-the-management-of-chronic-non-cancer-pain-in-adults>.

Integration of Alternative Pain Management Strategies

These alternative pain management strategies encourage patient participation in creating their care plan, and they provide methodologies that result in improvement of pain along with minimal risks to the individual. These treatment styles are more targeted in their approach to addressing pain because they directly incorporate the areas in pain, rather than a systemic approach via opioids (Williams Condit & Swensen, 2020).

Resource Citations

- Condit, Alise Williams; Vaughter, Ashley; Swensen, Krista; and Vosti, Maren Wright. "Evidence-Based Alternative Pain Management Techniques for Chronic Pain" (2020).
- <https://www.strageminstitute.org/project-echo-opioid-risk-management>

National/Licensed Providers of these Methodologies

When working with these providers, it is important to discuss your treatment plan with your primary care provider to find the pain management solution that is best for you.

- Acupuncture Society of America**
<https://www.acupuncture.org/practitioner-listing/>
- American Massage Therapy Association**
<https://www.amtamassage.org/>
- Taoist Tai Chi Society of Kentucky**
https://www.taoisttaichi.org/locations/louisville-jm-miller-hall/nearby_locations_list



LOUISVILLE, KENTUCKY

SEPTEMBER 2021

AGE-FRIENDLY LOUISVILLE STRATEGIC PLAN REPORT



PREPARED AND PRESENTED BY

Highlights from our 2021 Age-Friendly Louisville Strategic Plan Report



Planning for 2024-2027 Strategic Plan began..

Consultation

AARP Network of Age-Friendly States and Communities National Leadership

Age-Friendly Louisville Leadership

Age-Friendly Louisville Domain Workgroup Facilitators

Other Age-Friendly Cities in KY



Which of the following initiatives would be valuable?



- Health topics (e.g., optimal aging, Alzheimer's Disease, Age-friendly Businesses)
- Intergenerational (e.g., Pen pal, art show, mentoring, Black History, Veteran's Appreciation)
- Transportation (e.g., Support Good Samaritan Law)
- Housing (e.g., Accessory dwelling units, Missing middle housing, Age in place initiatives)
- Civic engagement via senior academy
- Senior employment
- Outdoor spaces

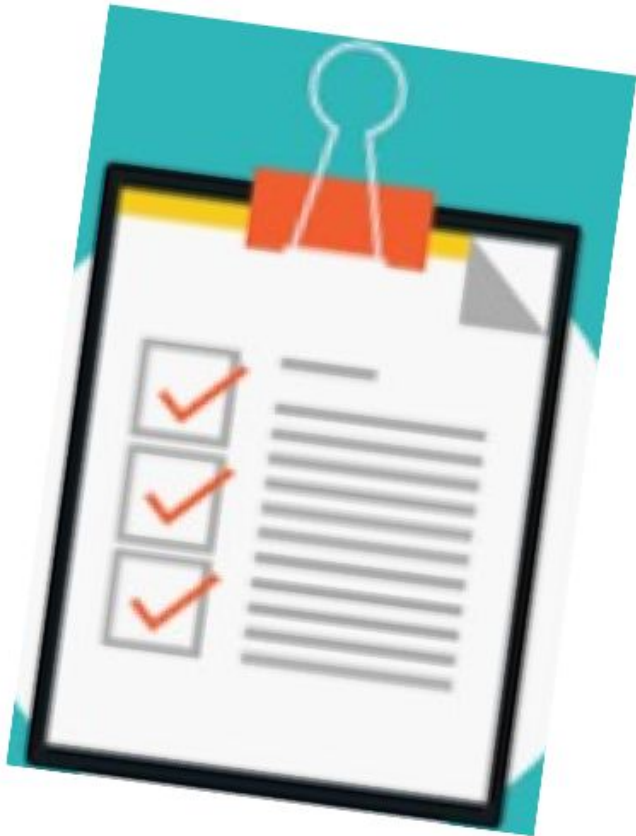
Data Collection Efforts

- Survey distributed online & in hard copy
 - Trager Institute, AARP, KIPDA, Louisville Metro events
 - Libraries throughout city
 - Senior Centers
 - Social media
 - Flyers



Results

328

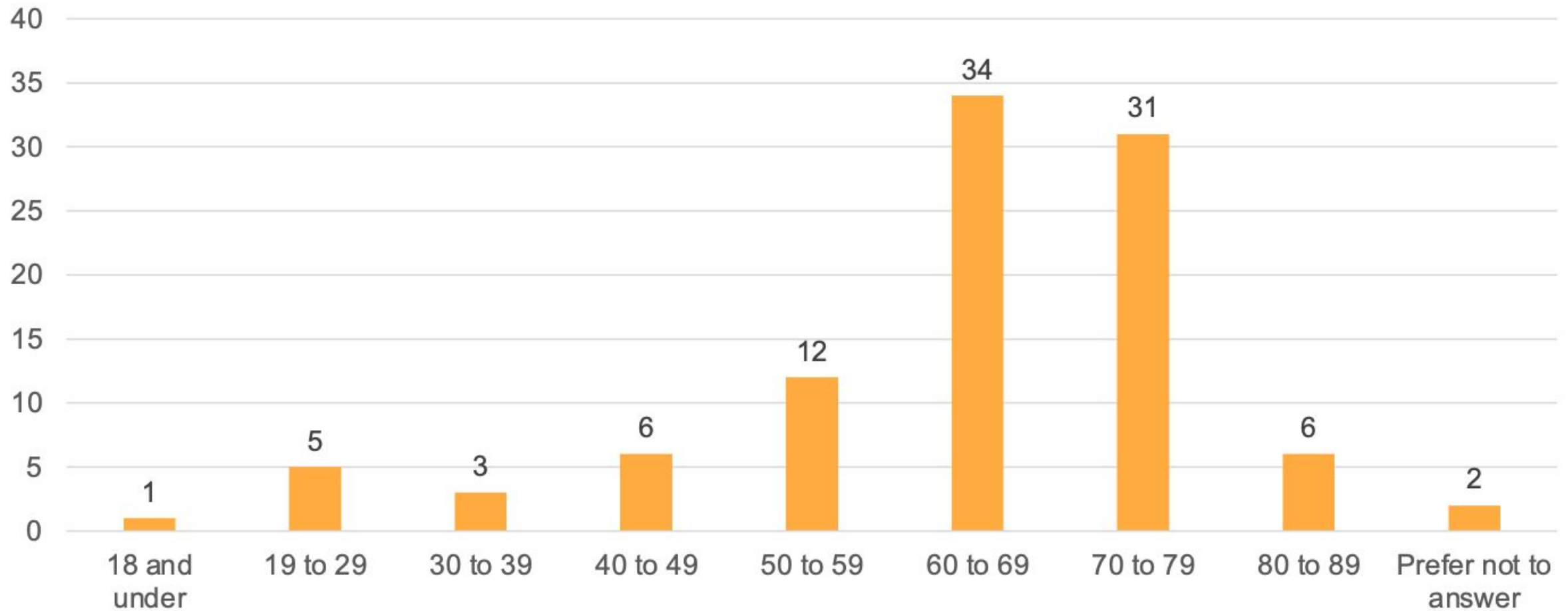


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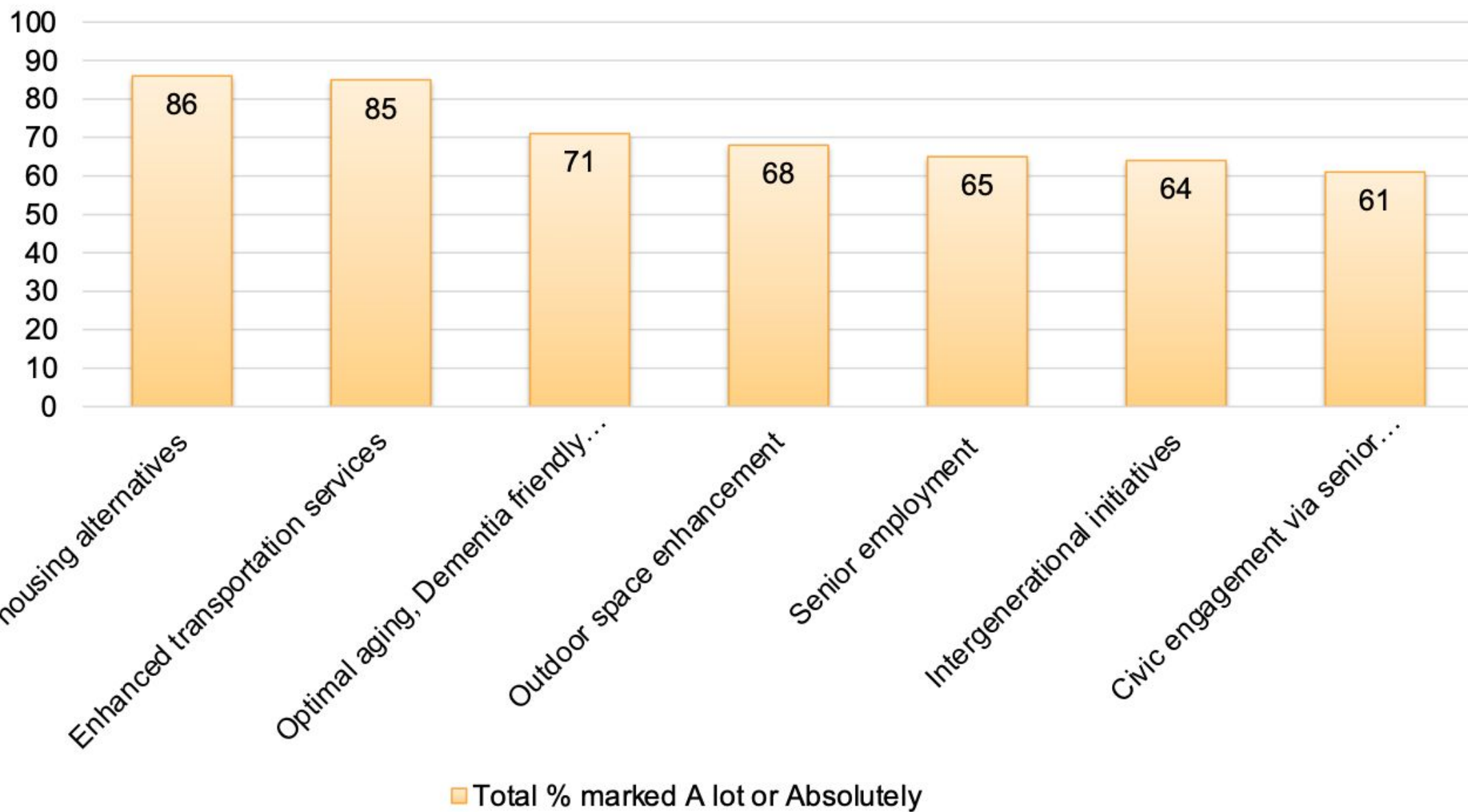
Louisville
zip codes



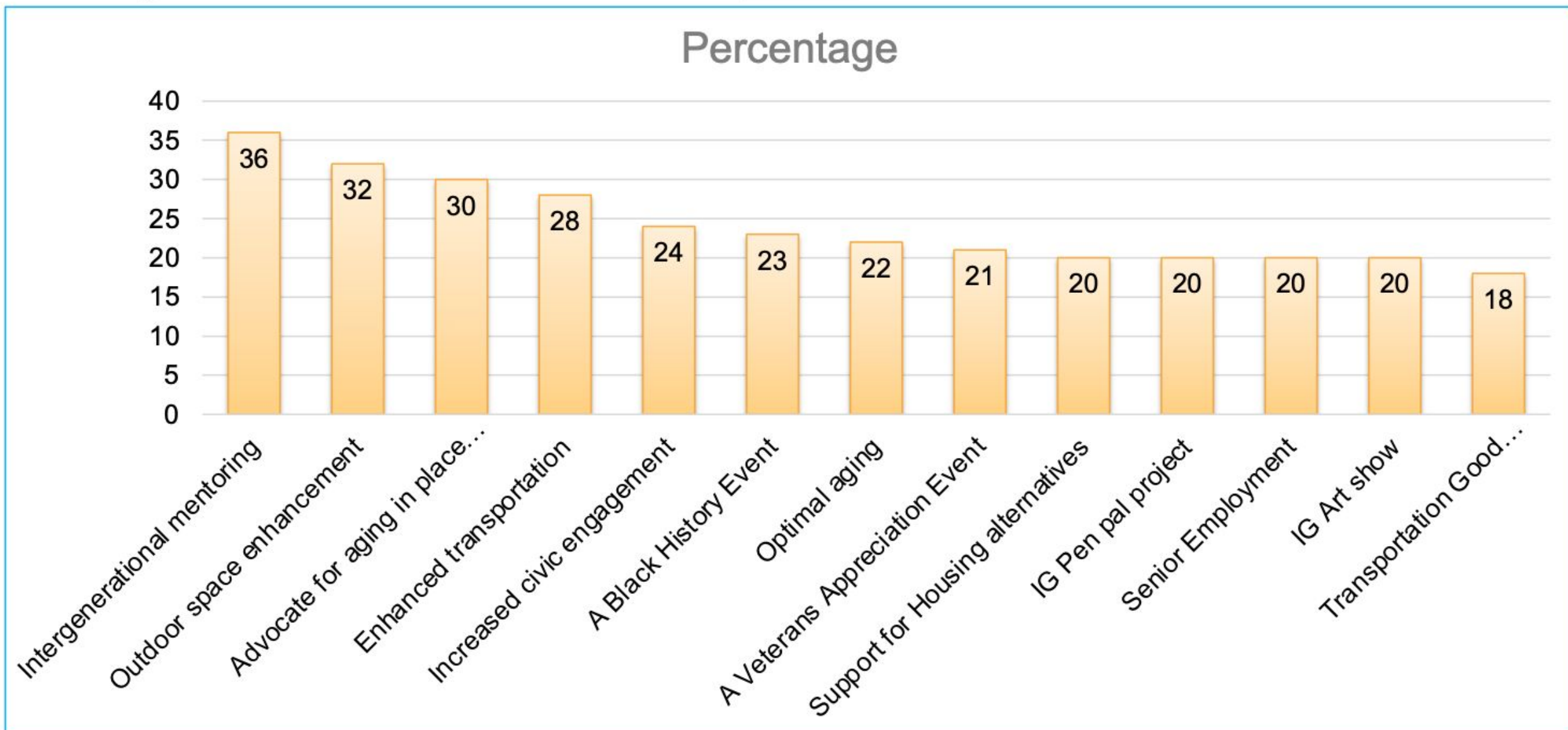
Percentage of Age Categories for 328 respondents



Percentage associated with the value of each initiative



Priority areas for those who identified areas where they would share talents and shared contact info



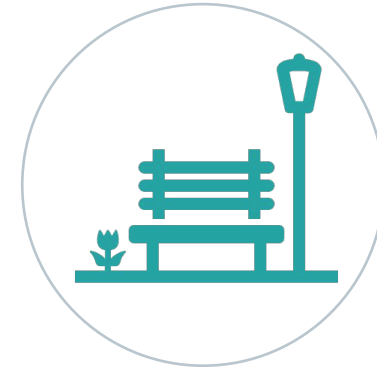
New Domain Workgroups



Housing



Social Inclusion



Outdoor Enhancement

Preliminary Priorities 2024 - 2027



Social Inclusion

- Mentoring
- Pen Pal Program
- Black History Event
- Veterans Event
- Aging in Place



Housing

- Missing Middle Housing
- Accessory Dwelling Units



Outdoor Enhancement





Meet our new Co-Facilitators!



Co-Facilitator Team



Tanya Sallee



Kiara James



Housing

We spend more time in our homes than anywhere else, so housing costs, choices, and accessibility are critical. Great communities provide housing opportunities for people of all ages, incomes, and abilities.





Housing - Action Plan Draft

Louisville needs more accessible, affordable housing to encourage aging-in-place.

1. Increase Age-Friendly, Multigenerational Communities & Intergenerational Connections
2. Develop a Sustainable Home Modification Model that is Affordable and Accessible





Co-Facilitator Team



Diane Curtis



Julie Hartmann





Social Inclusion

Everyone wants to feel valued. Socially inclusive gatherings and activities are a great way for people to learn from one another, honor what each has to offer and, at the same time, feel good about themselves.





Social Inclusion - Action Plan Draft

Louisville needs more accessible, affordable, and fun social activities that emphasize intergenerational inclusion.

1. Focus on Intergenerational Connections
2. Celebrate and Honoring Community Diversity and Service through Intergenerational Events
3. Create Establish and promote 'The Village Movement' in cooperation with the University of Louisville Trager Institute





Co-Facilitator Team



Alli Woosley



Becky Peak



Outdoor Enhancement

People need public places to gather — indoors and out. Green spaces, seating and accessible buildings (elevators, zero-step entrances, staircases with railings) can be used and enjoyed by people of all ages.





Outdoor Enhancement - Action Plan Draft

Louisville needs more accessible public spaces, promoting mobility, independence, safety, green areas, and proximity to essential services for a higher quality of life.

1. Enhance Walkability and Accessibility in Targeted Louisville Areas
2. Improve Neighborhood Safety by Increasing Foot Traffic through Beautification
3. Improve the overall Experience and Usability of Public Spaces through Advocacy



Objective of Monthly Meetings

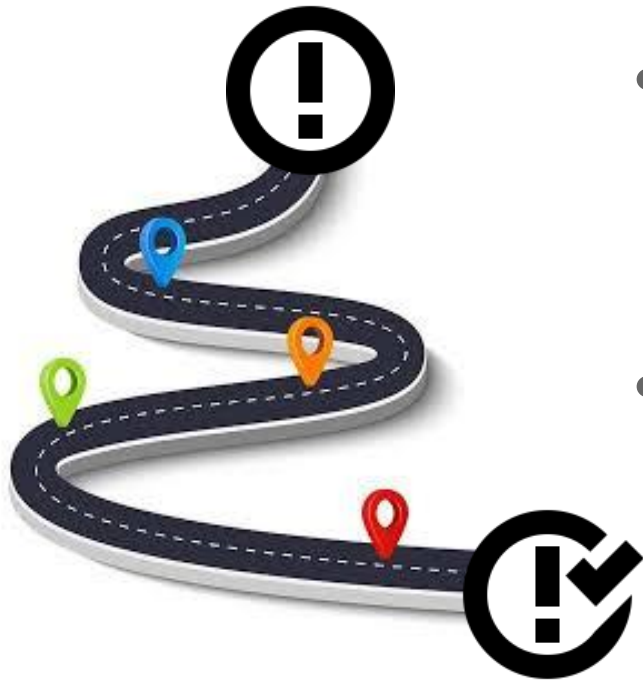
February 2024– Summer 2024



- Work to understand timely issues in Louisville related to the domain group.
- Revise/enhance and finalize the action plan within workgroup and with consultation/guidance from support team.

Objective of Monthly Meeting

Post Action Plan Design



- Stay on target regarding timeline of the developed action plan.
- The agenda should provide reference to expectations per goal attainment.

Workgroup Meeting Times

Housing



First Meeting
February 7th, 2024
2:00 -3:30 PM

-

1st Wednesday of every month

Social Inclusion



First Meeting
February 13th, 2024
2:00 -3:30 PM

-

2nd Tuesday of every month

Outdoor Enhancement



First Meeting
February 27th, 2024
2:00 -3:30 PM

-

4th Tuesday of every month

All workgroups will meet at the **Edison Center**, 1st Floor Conference Room, 701 W Ormsby Ave, Louisville, KY 40203 for the time being.





Questions?



**Join your
Workgroup after 10 Minute
Break**



Sign-up as an Age-Friendly Louisville Volunteer!

⇒ bit.ly/VolunteerAFL





AGE-FRIENDLY

LOUISVILLE

Thank you for joining the Kickoff 2024!