

APPENDIX D

PUBLIC PROCESS

The community was brought into the planning process of the Area Plan update in many ways. Community presentations, a community survey, community summit, and a public hearing were all focused on receiving information about local solutions to local problems.

Community Presentations and Survey Distribution

April and May 2009
Marysville Senior Center
South County Senior Center
Lake Stevens Senior Center
Everett Senior Center
Snohomish Senior Center
East County Senior Center (Monroe)
Stillaguamish Senior Center (Arlington)
Darrington Seniors Group
Everett Senior Activity Center
Council on Aging

Community Forum

Results from the community survey indicated a need and interest in exploring ways to make it easier for people to stay active and connected to their community. LTCA responded by organizing a forum to bring together planners, architects, transportation experts, researchers, health professionals and community leaders.

This forum – “Healthy Communities by Design for All Ages” – will be held on September 25, 2009 at the Everett Events Center. Participants will discuss how to design neighborhoods to contain homes, shops, offices, parks, and other amenities to give their residents and visitors the option of walking, bicycling, taking public transportation, or driving as they go about their business.

COMMUNITY SURVEY

The following survey was widely distributed and over 380 responses were received. The results of this survey are being used by LTCA and Council on Aging members to review priorities and by providers to improve their services. The results also helped shaped the September 2009 community forum.



**Active Living In
Snohomish County**
Community Survey – Spring 2009

As the baby boomer generation ages, the population of older adults in Snohomish County will expand rapidly.

How communities are built and what services are available in the future will greatly influence the health and vitality of this population and all generations in the county.

Snohomish County Long Term Care and Aging (LTCA) is spotlighting efforts to encourage active, healthy living. To do that well, we need to hear from you. You can start now by taking our short survey!

As the designated Area Agency on Aging for Snohomish County, LTCA is responsible for developing a comprehensive and coordinated system of services for persons age 60 and over, as well as services for younger, disabled individuals.

Planning for active living now can have a positive effect on how healthy our communities will be in the future.

We concentrate on local solutions to local problems.

Snohomish County Area Agency on Aging
3000 Rockefeller Ave., M/S 305 Everett, WA 98201
(425) 388-7218

To take this survey online, please go to:
www.snoco.org and search "Long Term Care."

Snohomish County Area Agency on Aging

Last year the Snohomish County Area Agency on Aging provided information, services, and advocacy for the 90,000+ older adults in our community. Considering our 65+ population is expected to increase to over 168,000 within 10 years, we are spotlighting efforts to encourage active living. The ten minutes you take in responding to this survey will make a difference. It will help direct our energies in providing options to improve the health and vitality of our County and making it a preferred place to live and work for everyone.

Definitions:

Family Medical Leave Act (FMLA) - Federal law that requires employers who have 50 or more employees to provide employees with leave for certain medical and family-related reasons.

Universal Design - design of products and environments to be usable to all people without the need for adaptation or specialized design.

Dial-A-Ride - a specialized, shared ride, curb-to-curb service for people with disabilities who are not able to use the fixed route bus system.

Wii - an electronic game system that has interactive features, often used for simulated sports.

LGBT - Lesbian, gay, bisexual, transgendered.

Minority - community member from a non-majority, non-mainstream background. This could refer to ethnic identity, racial identity, language, etc.

Work and Government Services

1. How well have the businesses, organizations, or communities you are associated with prepared for the anticipated huge increase in persons age sixty and older?

- Very well
- Well
- Some effort
- Not at all
- Don't know

2. How well has your community promoted staying healthy and active as people age?

- Very well
- Well
- Some effort
- Not at all
- Don't know

3. If you are working, has your employer made any of the following accommodations for family caregivers?

- Encouraged use of Family Medical Leave Act when appropriate
- Provided a referral agency for homecare workers
- Organized educational sessions on caregiving
- Referred workers to caregiver support groups
- Provided assistance to navigate social service systems

Other (please specify) _____

4. Has your local government designated any funds specifically for services for older residents?

- Yes
- No
- Don't Know

Building/Development/Housing

5. Are you familiar with the benefits of universal design?

- Yes
- No

6. Do you support policies which would require builders constructing publicly funded housing to utilize universal design options?

- Yes
- No
- Don't Know

7. Do you support zoning for accessory dwelling units such as mother-in-law apartments?

- Yes
- No
- Don't Know

8. Would you be more likely to purchase or live in a home that incorporates elements of universal design?

- Yes
- No
- Don't know

Roads/Transportation

Good design of roads and signs can make a big difference in ease of navigation for all age groups.

9. Which of the following do you feel need to be better addressed in your community? (choose up to three)

- Visible and well marked streets, sidewalks, crosswalks, intersections
- Wider and better maintained sidewalks
- Low and easily navigated curbs
- Stoplights that allow time for pedestrians to cross, including small children and older adults and easily navigated curbs
- Safety islands on extra wide street crossings
- No sidewalk obstructions that would interfere with walking, wheel chairs, or strollers (signs, vending machines, trash receptacles, etc.)
- Well lit streets and parking lots
- Streets signs with larger letters and higher contrast
- Public transportation stops with seating, lighting and cover
- Public transportation schedules in large print
- Speed bumps to slow down traffic
- Mobility options (scooters, etc.) in downtown areas
- Extended hours and service for Dial-A-Ride
- Safe driving programs for people of all ages

Other (please specify) _____

Retail Services

How retail businesses set up their physical environments and train their staff can have a big impact on customer comfort.

10. Which of the following do you feel need to be better addressed in your community? (choose up to three)

- Seating is available both outside and throughout the shopping areas for resting purposes
 - Stores have good lighting, items are easy to reach, and signs are easy to read
 - Area restaurants have good lighting, easy to read menus, aisles and waiting areas wide enough for strollers and wheelchairs
 - Supermarkets have wheeled mobility aids for people with disabilities and wheeled carts with seating for children
 - Restrooms are clean; stalls are accessible for wheelchairs and strollers
- Other (please specify) _____

11. Would you support a "Senior Friendly Business" program that highlights businesses which have incorporated designs and approaches such as those listed above?

- Yes
- No
- Don't Know

Special Populations

As our population grows and changes, our communities need to be welcoming to people from all different backgrounds, perspectives, and abilities.

12. Which of the following do you feel need to be better addressed in your community? (check all that apply)

- Businesses and service providers are welcoming to lesbian, gay, and transgendered elders
 - Businesses and service providers are welcoming to minority elders
 - Signage is available in Braille and non-English languages
- Other (please specify) _____

Safety

Families with small children often "child-proof" their homes, i.e., make sure that they have considered certain safety features. Older adults should also consider safety measures in their homes.

13. Which of the following safety measures do you feel need to be better addressed in your community? (choose up to three)

- Fire Department or other agency does home safety checks for hazards
- Falls Prevention information is readily available
- Phone based service is available for checking up on older adults living Alone
- Low cost smoke alarms are easy to obtain

Continued On Next Page

- Emergency preparedness information and supplies are readily available
- Minor home repair services are reasonably priced and easy to obtain
- Public safety and emergency services are responsive to the needs of all ages and cultures

Other (please specify) _____

Being Active In Your Community

There is scientific data proving that an individual who stays physically and mentally active and remains socially connected to people will live a longer, healthier, happier life.

14. Which of the following would encourage you to stay active in your community? (choose up to three)

- Stores and services within walking distance of my house
- Public transportation within one block of my house
- Entertainment and/or educational opportunities nearby
- Volunteer opportunities in my community
- Having a community center nearby
- Having a senior center nearby
- Having a low-cost exercise program or low-cost gym membership Available in my community
- Having classes targeted to older adults available through community colleges
- Having classes targeted to older adults available through senior centers
- Having a walking group in my neighborhood
- Community design (sidewalks, street lighting, parks, etc.) that Encourages walking
- Availability of communities or housing developments for older adults

Other (please specify) _____

15. What type of activities are you interested in? (choose up to three)

- Exercise classes
- Walking group
- Educational classes
- Community gardening
- Volunteering in my community
- Cultural activities
- Legislative advocacy
- Community planning
- Faith based group
- Mentoring a child
- Charitable group
- Support group
- Wii games
- Group sports
- Social group
- Travel opportunities

Other (please specify) _____

16. Do you currently participate in any of the above activities? If so, please circle them.

17. If not, why not?

- No transportation
- Don't live near any of these activities
- Don't know if any of these services/activities exist in my community
- Offered wrong time of day or wrong day of week
- Too expensive
- Don't have time
- No interest
- Too shy to join
- Activities nearby are not geared to my age group
- Other (please specify) _____

Demographics

Please tell us a little about yourself.

18. Age

- under 20
- 20 - 35
- 36 - 49
- 50 - 59
- 60 - 74
- 75 or older

19. Gender

- Male
- Female
- Other

20. Live Alone?

- Yes
- No

21. Looking at the federal poverty level thresholds below, are you above or below the Federal Poverty Level?

- 1 person in family with \$10,830 or less annual income
- 2 persons in family with 14,570 or less annual income
- 3 persons in family with 18,310 or less annual income
- 4 persons in family with 22,050 or less annual income
- Below Federal Poverty Level
- Above Federal Poverty Level

22. Race/Ethnicity (check all that apply)

- Caucasian
- African American
- Native American
- Asian
- Pacific Islander
- Hispanic
- Other

23. Zip Code _____

24. Employment (check all that apply)

- work full time
- work part time
- homemaker
- student
- military
- on disability
- retired
- unemployed, looking for work
- unemployed, no longer looking for work

25. Please share any other comments you would like to make:

26. If you would like additional information about Active Aging in Snohomish County, please fill out the following.

Name: _____

Address: _____

City: _____ State: _____ ZIP Code: _____

Email Address: _____

Phone Number: _(_____) _____

Thank you for being part of an effort to make Snohomish County a welcoming and healthy place to live for people of all ages and backgrounds!

Sponsored by:
Snohomish County Area Agency on Aging
3000 Rockefeller Ave., M/S 305
Everett, WA 98201
Phone: 425-388-7218 s.starrfield@snoco.org

Kenneth Stark, Director, Human Services Department
Aaron Reardon, Snohomish County Executive

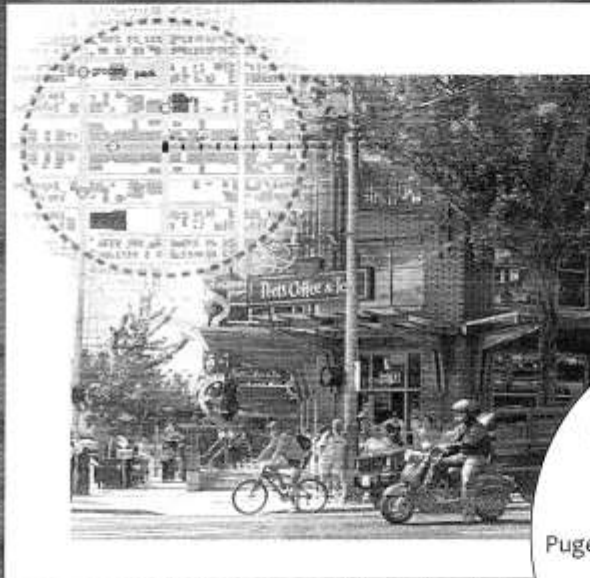
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COMMUNITY FORUM

You Are Cordially Invited to Attend . . .

“Healthy Communities by Design for All Ages”

A forum to discuss creating neighborhoods that promote active living through community design and public policies.



Keynote Speakers

BOB DREWEL
Puget Sound Regional Council

MARK HINSHAW
LMN Architects

Friday, September 25, 2009

9:00 AM - 4:00 PM

Everett Events Center

Registration: \$25 (Lunch Included)

Please register at: <http://healthycommunitiesforum.eventbrite.com/>

Questions? Joyce Frasu, j.frasu@snoco.org

425-388-7377



The Snohomish Times

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THE SNOHOMISH VALLEY REPORTER

Snohomish County, Designing neighborhoods that promote active living

Saturday, August 08, 2009

The way we design and build our communities can affect our physical and mental health.

Snohomish County Long Term Care and Aging is presenting a forum Sept. 25 on designing and building neighborhoods that promote active living.

Most researchers agree that moderate physical activity and social interaction could dramatically improve America's public health. The "built environment," including neighborhoods, transportation systems, buildings, parks and open space, can actively promote a healthier lifestyle.



In partnership with United Way, Snohomish Health District, Senior Services of Snohomish County and the Washington Association of Area Agencies on Aging, Healthy Communities by Design for All Ages will take place from 9 a.m. to 4 p.m. at the Edward D. Hansen Conference Center at the Comcast Arena, 2000 Hewitt Ave., Everett. Keynote speakers will be Bob Drewel, executive director of the Puget Sound Regional Council, and Mark Hinshaw, director of urban planning for LMN Architects.

Panelists include leaders from the Economic Development Council, University of Washington, Seattle Children's Hospital, Snohomish County Planning and Development and Sound Transit. The fee to attend is \$25, which includes lunch. Registration is available at www.healthycommunitiesforum.eventbrite.com.

Questions can be addressed to Joyce Frasu at 425-388-7377 or j.frasu@snoco.org. As the local Area Agency on Aging, Snohomish County Long Term Care and Aging conducts planning and educational efforts, advocates with and on behalf of older adults in the county and administers federal, state and county funds to provide in-home and community-based services.

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PUBLIC HEARING LEGAL NOTICE

PUBLIC HEARING

Snohomish County Long Term Care & Aging, which is the designated Area Agency on Aging for Snohomish County, will conduct a public hearing on its proposed 2010-2011 update on the Area Plan on Aging. The hearing will be held at 9:30 am on August 26, 2009 in Administration Building 2, Compass Health, 4526 Federal Ave., Everett. The public is encouraged to attend. If accommodation or interpretive services are needed, please call (425) 388-7377 by August 19.

The 2010-2011 Area Plan update identifies the needs of older persons and persons with disabilities, sets priorities, and specifies how both federal and state funds will be expended. Required by the Older Americans Act, the Plan reports on the status of previously identified objectives, lists new objectives to be addressed, and includes a summary projected budget.

The Area Plan update is available for review on the following website:

http://www1.co.snohomish.wa.us/Departments/Human_Services/Divisions/LongTermCareAging/ A printed copy of the Plan is also available by calling (425) 388-7377.

Written comments about the Plan must be received by no later than August 26, 2009. They should be sent to Susie Starrfield, Snohomish County Long Term Care & Aging, 3000 Rockefeller Avenue, M/S 305, Everett, WA 98201 or e-mailed to s.starrfield@snoco.org.

Published: August 12, 2009.



PUBLIC HEARING

This will be updated after the Public Hearing on August 26

The following individuals attended the August 26, 2009 Public Hearing:

Comments from the public are listed below along with staff and Council on Aging responses.

Section	Comment	Staff Response	CoA Response
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