CITY COUNCIL AGENDA ITEM
CITY OF SHORELINE, WASHINGTON

AGENDA TITLE:	Discussion of the Aging Adult Services Strategy
DEPARTMENT:	Parks Recreation and Cultural Services
	Community Services Division
PRESENTED BY:	Mary Reidy, Recreation Superintendent
	Rob Beem, Community Services Manger
ACTION:	____ Ordinance ____ Resolution ____ Motion
	_X_ Discussion ____ Public Hearing

PROBLEM/ISSUE STATEMENT:

In 2017, the City Council adopted the Parks, Recreation and Open Space (PROS) Plan 2017-2023. Adult programming emerged as one of the highest demand programs from community meetings and public surveys in the development process of the PROS Plan. A key implementation strategy adopted with the PROS Plan was Strategic Action Initiative 4: *Serve the Full Spectrum of Aging Adult Recreation Needs.* The objective for that Initiative was to "Develop a strategic plan by 2019 for meeting the aging adult recreation needs of Shoreline."

Aware that the recreational needs of aging adults are interdependent to an array of services connected to health and wellness, the City retained the firm of BERK Consulting to assist staff in developing an Aging Adult Services Strategy in 2018. The Aging Adult Services Strategy provides guidance to the City, the Shoreline-Lake Forest Park Senior Center/Sound Generations and other community partners on how best to serve the changing needs of the growing population of aging adults in Shoreline.

Tonight, staff is presenting the findings of the Aging Adult Services Strategy to the City Council. The Parks Recreation Cultural Services (PRCS)/Tree Board reviewed the Strategy on December 6, 2018 and formally voted to forward it to the City Council.

RESOURCE/FINANCIAL IMPACT:

The City provides funding to the Shoreline-Lake Forest Park Senior Center from both the PRCS and Human Services budgets. For the 2019-20 Biennium, this funding is $191,460 from PRCS and $31,000 from Human Services. However, this item is for discussion purposes only and has no financial impact.

RECOMMENDATION

No action is required. Staff recommends that Aging Adult Services Strategy be used to establish work priorities for the City and its partners serving older adults in Shoreline.

Approved By: City Manager **DT**   City Attorney **MK**

BACKGROUND

Shoreline's population is among the oldest in King County, with 9,388, or 17%, of the City's residents over the age of 65 (American Community survey, 2015). By 2025, this figure is projected to be around 12,500 residents or 18.3% of the City's population. The City and the Shoreline-Lake Forest Park Senior Center are the leading providers of recreation and human services for this population.

As Baby Boomers age and retire, they are less inclined to identify as "seniors" and more likely to refer to themselves as "Active Adults." This population of Baby Boomer are putting increased demand on community adult programs in new ways, both in capacity as well as diversity of needs. Some seniors rely heavily on social and health services that require an established physical location, while others are looking for opportunities to explore and create new friendships.

Currently, the Shoreline-Lake Forest Park Senior Center and the City of Shoreline Parks, Recreation and Cultural Services (PRCS) Department offer services and programs which strive to meet these diverse needs. The Senior Center has an emphasis on supporting social service needs, and the City hosts a growing Active Adults recreation program. Sustainability and expansion of these offerings to meet growing demand will be the challenge in the future.

Aging Adult Services Strategy Development

In 2017, the City Council adopted the Parks, Recreation and Open Space (PROS) Plan 2017-2023. A key implementation strategy adopted with the PROS Plan was Strategic Action Initiative 4: *Serve the Full Spectrum of Aging Adult Recreation Needs.* The objective for that Initiative was to "Develop a strategic plan by 2019 for meeting the aging adult recreation needs of Shoreline." Staff from the PRCS Department and Community Services Division undertook the development of the Aging Adult Services Strategy in 2018. Staff also worked with the Shoreline-Lake Forest Park Senior Center staff to understand their plans and then develop a strategic plan in 2018 for implementation in 2019 and beyond.

The City retained the firm of BERK Consulting to assist staff in the development of the Aging Adult Services Strategy (Attachment A). The Strategy provides guidance to the City, the Shoreline-Lake Forest Park Senior Center/Sound Generations and other community partners on how best to serve the changing needs of the growing population of aging adults in Shoreline. Tonight, staff is presenting the findings of the Aging Adult Services Strategy to the City Council. The PRCS/Tree Board reviewed the Strategy on December 6, 2018 and formally voted to forward it to the City Council.

DISCUSSION

Strategy Focus Areas

The Aging Adults Strategy identifies six focus areas as shown on page 6 of the Strategy and detailed below. There is also more information about the six areas on pages 7-17 of the Strategy. By pursuing work in each of these focus areas, the community will be engaged in high-leverage activities that will support the work to sustain key programs

that exist today, reach new underserved populations, and provide for coordination of services as programming expands and evolves. The focus areas are as follows:

- **Community Connections.** The ability to connect to places and other people is an important element of wellbeing for older adults. Access to amenities and social networks can reduce social isolation and improve their ability to remain independent and age in place. The City of Shoreline recognizes this need and will explore ways to connect our older residents to the community amenities and to activities that promote social interaction.

- **Lifelong Learning.** Lifelong learning is key to a healthy community. The City of Shoreline knows that learning is not limited to one stage of life and designs and delivers services and programs that enable residents to engage in educational experiences and sharpen their skills at all stages of life. These skills include both life skills and job skills to help older adults navigate today's world and workplace.

- **Wellness.** Maintaining good health and wellness is important to all people but is especially important to helping older adults preserve their independence. The City of Shoreline understands that older adults living on fixed incomes or with income insecurity rely on free or low-cost community programs to maintain their physical and mental health. Additionally, community meal programs and fitness classes are another avenue for creating and sustaining social connections that help alleviate issues such as isolation and loneliness.

- **Nutrition.** A variety of factors such as poor diet, lack of appetite, problems with eating or swallowing, isolation, and chronic illnesses affect nutrition. Limited or fixed incomes may also force many older adults to restrict the quality and quantity of their meals. As noted above, The City understands that older adults living on fixed incomes or with income insecurity rely on free or low-cost community meal programs to maintain their health. Additionally, community meal programs are another avenue for creating and sustaining social connections.

- **Coordination and Service Alignment.** A variety of agencies are involved in providing and funding services for older adults in Shoreline. These include the City, the Senior Center, the King County Area Agency on Aging, the King County Library System, community and non-profit providers, neighborhood associations, faith-based organizations, hospitals and primary care clinics, and educational institutions. Increased collaboration across agencies and organizations to create a comprehensive and coordinated set of services and supports can help increase the reach and impact of existing resources.

- **Equity.** The City of Shoreline envisions a community in which people from all backgrounds have equitable access to opportunities to live, work, and play. Shoreline is home to an increasingly ethnically diverse community: 30% of Shoreline residents are people of color, one in five Shoreline residents is foreign born, and one in four speaks a language other than English at home. The City of Shoreline designs programs and services to ensure they are inviting, equitable, and safe for all residents, including older residents with limited incomes,

residents of color, residents who don't speak English very well, residents who are new to the country, are immigrants, or are refugees, and residents who are lesbian, gay, bisexual, and transgender (LGBT).

Strategy Situation Assessment

The Aging Adult Services Strategy also provides a "situation assessment" as well as recommended strategies for the City and community to use to address the needs of our seniors. The Situation Assessment, which begins on page 18 of the Strategy report, addresses the following:

- ***The Needs of Aging Adults.*** What are the needs of older adults in Shoreline? What are some models for how services for aging adults can be delivered? This section identifies and compiles the range of needs of older adults in the community. To gain insight, BERK conducted a literature review, and incorporated relevant information gathered for the PROS Plan 2017-2023. This section finds older adults vary widely in the types of activities and settings they need and use. It looks at how the senior serving industry is responding with different service delivery models and ranges of programming.

- ***Services Provided.*** What is the range of current services available in the community for aging adults? Who are the key providers in the system of supports? Who is being served? This section identifies the range of services available locally and any barriers to accessing services.

- ***Community Profile.*** What is the profile of older adults in Shoreline? This section analyzes the socioeconomic and demographic data for the city to better understand the number and profile of older adults in the community.

- ***Shoreline-Lake Forest Park Senior Center Profile.*** What needs are served by the Shoreline-Lake Forest Park Senior Center? This section identifies who is being served or underserved by the Senior Center and provides insight as to the barriers community members may face in accessing services.

A key finding of the Situation Assessment is that with the current facilities and current programming capabilities of the Senior Center and the PRCS Department, there are no significant gaps in services today. As the population grows and ages and as the organizations and resources to serve seniors change, gaps may emerge. The Situation Assessment also finds that while the Senior Center and the City provide the bulk of the services to seniors, others, such as health care, private recreation, faith communities and social groups, all contribute to providing the activities and support that seniors need.

Near Term Priorities

The Strategy further assesses the current need and importance of work to pursue each focus area. The result is six near term priorities that can guide action by the City, the Senior Center and community partners. Pursuing work to advance these priorities will engage the senior-serving community in efforts that will both meet current needs and

further develop the community capacity to respond to future growing needs and to adapt to emerging service delivery modalities. These priorities are:

- Long-term facilities for the Shoreline-Lake Forest Park Senior Center. While the time-frame is uncertain, the Senior Center and Sound Generations believe that they will need to look for a new location in the coming years. Many of the services and programs provided at the Senior Center are essential to aging adults. A transition plan is needed to ensure continuity of programming and a seamless transition to new facilities. It should also be noted that since the development of this Strategy, Sound Generations and the Shoreline-Lake Forest Park Senior Center have formally approached the City with an interest in being a part of the City's proposed Community and Aquatic Center.

- Services that provide accessible, affordable, comfortable, and culturally appropriate care to ethnic communities and cultural groups, including services in multiple languages. Shoreline is a diversifying community, and the need for such services will continue to grow.

- Services for aging men. Aging men are less likely to use the existing community facilities and services.

- Services that provide respite care for caregivers. Older adults that provide care for spouses or other loved ones' lack resources in the community.

- Maintaining programs that provide nutritious, low or no cost meals to aging adults.

- Enhancement of public spaces, facilities, and parks so they can be enjoyed by people of all ages and abilities.

Overall Strategy Findings

Overall the Strategy report paints a picture of Shoreline as a community with expanding needs and the fundamental organizational and physical capacity to address these needs. The Strategy highlights the importance of sustaining current service levels in the future. It also notes that while Shoreline has this necessary baseline capacity, the next wave of seniors, Baby Boomers, have widely varying interests and abilities. New models of service are emerging and will be tested in this community. The City and its partners will have opportunities in the immediate future to see how these approaches work with our existing programming and facilities. The Strategy further suggests that a key to doing this successfully is establishing a more formal agreement with the Senior Center and a more active effort to engage with the variety of partners serving Shoreline's seniors.

Since this Strategy was developed and reviewed by the PRCS Board, Sound Generations has communicated to the City its commitment to continuing its mission serving seniors in Shoreline as an independent entity. This public recommitment demonstrates the need for the City to both stay engaged with the Senior Center and its more human services-oriented programming around meals and transportation. In

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addition to the more formal agreement with the Senior Center, the Strategy calls for more frequent and structured coordination among the range of partners serving aging adults.

Staff will use this Strategy to guide its work in the areas of recreation, human services as well as park and facility design. In the recreation area, City supervisory staff are meeting regularly with peers from the Senior Center to offer and to develop programming that is both coordinated and complimentary. This spring will see an increased emphasis on competitive activities that will appeal to men. Human services have secured funding for continuing the meal and transportation programs offered through the Senior Center for both 2019 and 2020. And the principles of Universal Design, which are beneficial to seniors, are being applied as the City plans and develops its parks and facilities.

STAKEHOLDER OUTREACH

A working team was established to guide the development of this Strategy. Staff from the City included the PRCS Director, Recreation Superintendent, and Community Services Manager. Other members of the working team included a member of the PRCS Board, a representative of the Area Agency on Aging, and staff of the Senior Center. The working team met four times throughout the development process of the Strategy.

Interviews were conducted by BERK with local experts on adult aging strategies, including representatives of the Area Agency on Aging, Dale Turner Family YMCA, International Community Health Services, Hopelink, King County Older Adults Services, Iora Primary Health, Sound Generations, and the Shoreline-Lake Forest Park Senior Center. The Senior Center provided BERK with detailed data on their services, participants and an overview of their finances.

RESOURCE/FINANCIAL IMPACT

The City provides funding to the Shoreline-Lake Forest Park Senior Center from both the PRCS and Human Services budgets. For the 2019-20 Biennium, this funding is $191,460 from PRCS and $31,000 from Human Services. However, this item is for discussion purposes only and has no financial impact.

RECOMMENDATION

No action is required. Staff recommends that Aging and Older Adult Strategy be used to establish work priorities for the City and its partners serving older adults in Shoreline.

ATTACHMENTS

Attachment A: Aging Adult Services Strategy

Shoreline Aging Adult Services Strategy

December 2018

Prepared for the

In Consultation with the

Shoreline Lake Forest Park

Senior Center

Finale: December 17, 2018

Last Review Date: December 17, 2018

Next Review: December 17, 2023

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Introduction

Aging adults are offered a spectrum of services by public and private providers in Shoreline. The City of Shoreline currently provides some funding for operation of the Shoreline Lake Forest Park Senior Center as well as running its own parks and recreation programming that is open to the whole community, including older adults. As the number of older adults grows in Shoreline, it's important to better understand their needs, to inventory the services provided in the community, and to identify a strategy for ensuring those needs are met as efficiently as possible. This is a primary purpose of the Shoreline Aging Adults Strategy, which is written for implementation by the City of Shoreline.

Process

The City of Shoreline's Aging Adult Services Strategy builds on the City's efforts to address community needs through the Parks, Recreation, and Open Space Plan. The strategy was produced by the Senior Services Workgroup, which includes representatives of the King County Area Agency on Aging, Shoreline Lake Forest Park Senior Center, and key City staff. The City contracted with BERK Consulting to assist and advise with the planning process and development of the strategy.

To develop the strategy, the Senior Service Workgroup reviewed the Situation Assessment included in this report. The Situation Assessment includes data assessment, discussion, and on-the-ground expertise to better understand the needs of aging adults in Shoreline. It identifies the needs of older adults, looks at a demographic profile of the community, and examines the services currently provided by the Shoreline Lake Forest Senior Center and others in the community. This provides a base understanding of the essential services provided in the community and gaps that may need to be filled, as well as suggests implications for the development of the strategy.

Overview

GUIDING STATEMENTS

Vision

Ensure Shoreline is a friendly, welcoming, and supportive community for older adults across all ages, backgrounds, abilities, and incomes.

Values

- Deliver high-quality services and programs that improve the quality of life of all older residents.

- Support intergenerational services and programs for older adults.

- Deliver services and programs for older adults that reflect the cultural diversity of Shoreline.

- Partner with local and regional stakeholders for collective impact and a seamless experience.

- Be flexible to respond to trends, opportunities, and innovations in aging services and programs.

- Ensure free and convenient access to information about available services and programs for older adults.

- Measure and quantify the impact and reach of services and programs for older adults.

STRATEGY FOCUS AREAS

The table on the following page summarizes the six focus areas for the Shoreline Aging Adults Services Strategy. The six areas address a comprehensive range of needs of aging adults, including needs for: community connections, lifelong learning, wellness, nutrition, coordination and alignment of services, and equity. The supporting goal(s) in each focus area address a community gap that was identified during the Situation Assessment, which is included as a section of this strategy. The strategy assumes that the existing programs and services in the community will be maintained. In the case where there is a future loss of a program or service, the strategy should be reevaluated to ensure that the need served by the program or service can be met.

Near Term Priorities

The Strategies section breaks down each of the focus areas. In addition to the identified goals, there are associated objectives and implementation strategies. These implementation ideas are assessed for priority as well as how well it addresses the unmet needs of the community. During the review process, the Situation Assessment identified a variety of potential needs and current services for aging adults. In reviewing this information, six distinct gaps emerged from the assessment as high priorities:

- Long-term facilities for the Shoreline Lake Forest Park Senior Center. While the time-frame is uncertain, it is expected that the Senior Center will need to look for a new location in the coming years. Many of the services and programs provided at the Senior Center are essential to aging adults. A transition plan is needed to ensure continuity of programming and a seamless transition to new facilities.

- Services that provide accessible, affordable, comfortable, and culturally appropriate care to ethnic communities and cultural groups, including services in multiple languages. Shoreline is a diversifying community, and the need for such services will continue to grow.

- Services for aging men. Aging men are less likely to use the existing community facilities and services.

- Services that provide respite care for caregivers. Older adults that provide care for spouses or other loved ones lack resources in the community.

- Maintaining programs that provide nutritious, low or no cost meals to aging adults.

- Enhancement of public spaces, facilities, and parks so they can be enjoyed by people of all ages and abilities.

These gaps are the focus of strategy implementation over the next two to five years. Developing partnerships is important to this strategy. In particular, there is a key opportunity to develop a closer working relationship between the Parks, Recreation, and Cultural Services Department (PRCS) at the City of Shoreline and the Shoreline Lake Forest Park Senior Center. Addressing these gaps and pursuing this opportunity should provide enhanced and more efficient service to aging adults in the near future.

STRATEGY OVERVIEW

Focus Areas and Supporting Goals

Community Connections	Lifelong Learning	Wellness	Nutrition	Coordination and Service Alignment	Equity
1. Provide services and supports to help older adults remain in the community and age in place. 2. Improve and enhance transportation options. 3. Improve public spaces with an eye toward creating hospitable, engaging areas for older adults that allow for social interaction.	4. Offer high-quality, educational programs that reflect community needs and interests.	5. Expand and enhance opportunities for physical activity for older adults across ages and abilities. 6. Support and enhance volunteerism so seniors have opportunities to stay engaged in the community. 7. Sustain and expand opportunities for social, cultural, and entertainment activities that are accessible, affordable, safe, inviting, and inclusive for older adults.	8. Ensure food security and access to healthy food for older adults.	9. Develop a strategy to build closer connections between the Shoreline Parks Recreation and Cultural Services (PRCS) and Senior Center. 10. Advance partnerships that address the needs of older adults in the community. 11. Gather evidence to improve services and programs.	12. Ensure programs and services are equitable and culturally competent.

Strategies

This section includes specific objectives for each of the focus area goals along with performance measures and potential partners. Objectives are assessed for community importance and the level of need. Importance is an indication of community demand, and the level of need is based on the supply of the resource in the community. Scoring was identified by members of the Senior Working group based on information in the Situation Assessment and their working knowledge of senior services and programs and community needs. The scoring rubrics for the two categories appear as shown below.

Community Importance is evaluated on the following scale:

- High – objectives that represent the essentials or requirements needed to support aging adults in the community.

- Medium – objectives needed to significantly enhance existing programs and services.

- Low – objectives needed to improve efficiency or understanding of community resources.

Community Level of Need is evaluated on the following scale:

- High – objectives that identify a resource not currently provided in the community.

- Medium – objectives that represent resources provided to some but may need to be scaled or extended to others to meet a wider community need.

- Low – objectives identify resources that are already provided in the community or will be in place soon.

Example projects are listed to provide a starting point for thinking about how the City could act on the focus area goals and objectives.

COMMUNITY CONNECTIONS

The ability to connect to places and other people is an important element of wellbeing for older adults. Access to amenities and social networks can reduce social isolation and improve their ability to remain independent and age in place. The City of Shoreline recognizes this need and will explore ways to connect our older residents to the community amenities and to activities that promote social interaction.

POTENTIAL PARTNERS

- Shoreline Lake Forest Park Senior Center
- Sound Generations
- City of Lake Forest Park
- King County
- Area Agency on Aging
- For-profit and non-profit service providers
- Adult Family Homes

HOUSING POLICY

Land use planning policies, especially those related to housing, influence community connections for older adults. Some examples of actions that local governments can take include:

- Increase supply of a diverse range of housing options across the income spectrum. Multifamily complexes, backyard cottages, or similar housing formats allow older adults and their caregivers (often family or close friends) to live close to each other.

- Create flexible zoning to support shared living arrangements.

- Continue to provide/advocate for Property Tax Exemptions so seniors will be able to remain in their homes

- Increase the supply of accessible housing by requiring or incentivizing universal design features such as no-step entry, a main-floor accessible bathroom, and wide interior doors.

- Continue to provide services and programs that allow older residents to make modifications to existing housing to make it more suitable to their evolving needs.

Goals and Objectives

	Importance	Level of Need
Goal 1: Provide services and supports to help older adults remain in the community and age in place.		
Support community organizations that provide older residents with a network of services.	Medium	Medium
Provide programs and services for family and other informal caregivers who care for older adults.	Medium	High
Sustain operation of the Shoreline/Lake Forest Park Senior Center's programming focused on healthy aging.	High	Low
Goal 2: Improve and enhance transportation options.		
Increase access to safe, reliable, affordable and easy-to-use travel options that make it easy for older adults to get around.	Medium	Low
Integrate innovative transportation and mobility management tools and services that coordinate multiple modes of transportation across public and private providers.	Low	High
Goal 3: Improve public spaces with an eye toward creating hospitable, engaging areas for older adults that allow for social interaction.		
Ensure indoor public spaces (in recreation and community centers, and other such public buildings) are of an adequate number and size so that people of all ages and abilities can access and enjoy them.	High	Low
Ensure outdoor public spaces (such as parks and other green spaces, streets, sidewalks, and outdoor plazas) are designed such that people of all ages and abilities can access and enjoy them. Features like wheelchair accessibility, lighting, umbrellas, frequent rest stops, and shaded areas are examples of elements that promote universal access to public outdoor spaces.	High	Medium
Implement universal design principles in public and private buildings and development.[1]	Medium	Low

[1] Universal design measures are different than ADA accessible design. ADA accessibility is a federal requirement for public spaces to accommodate the needs of people with disabilities specifically. Universal design goes beyond ADA accessibility to consider and integrate the potential needs of all users without the need for adaptation. This includes people with disabilities, but can include other such as children.

Project Examples

- City reaches out to the local Virtual Village organization.

- New programs targeted at respite care for caregivers.

- City explores options such as Lyft Concierge, GoGoGrandparent, and UberCENTRAL that partner with on demand transportation companies to deliver transportation to older adults.

- Design of new Community and Aquatics Center allows for future expansion to include 10,000 square feet prioritized (not exclusive) for senior programs.

- Planning for new or rehabilitated City facilities explicitly addresses the needs of older adults.

- Ensure that community trails are ADA accessible.

Performance Measures

- New public facilities and spaces include features and amenities for older adults.

- Participation in City or City sponsored recreational and community program increases amongst older adults.

LIFELONG LEARNING

Lifelong learning is key to a healthy community. The City of Shoreline knows that learning is not limited to one stage of life and designs and delivers services and programs that enable residents to engage in educational experiences and sharpen their skills at all stages of life. These skills include both life skills and job skills to help older adults navigate today's world and workplace.

Goals and Objectives

	Importance	Level of Need
Goal 4: Offer high-quality, educational programs that reflect community needs and interests.		
Leverage partnerships with libraries, community colleges, universities, and others to expand the community's ability to help older residents develop skills for today's world and workplace.	Low	Medium
Provide technology training for a spectrum of user levels.	Medium	Medium

INTERGENERATIONAL PROGRAMS AND SERVICES

Social interaction is a key need for older adults. Research has linked social interaction with slower mental decline, lower blood pressure, and reduced risk of disease and death in older adults. Increased socialization opportunities, especially across generations, benefit older residents in significant ways.

Research also suggests intergenerational interaction has benefits for children as well. Children who have early contact with older adults are less likely to view them as incompetent and less likely to exhibit ageism. These intergenerational interactions also enhance children's social and personal development and increase their comfort with people with disabilities and impairments of all kinds.

One local example of intergenerational services is The Providence St. Mount Vincent in Seattle. This care community for older adults includes on its premises the Intergenerational Learning Center (ILC), a licensed child care center for infants and young children.

Source: https://www.theatlantic.com/education/archive/2016/01/the-preschool-inside-a-nursing-home/424827/

POTENTIAL PARTNERS

Potential partners to meet the lifelong learning and enrichment needs of older residents include:

- Shoreline Lake Forest Park Senior Center
- Shoreline Community College
- King County Library System Shoreline Branch
- Workforce Development Council of Seattle King County
- Shoreline Lake Forest Park Arts Council
- Shoreline Public Schools
- Dale Turner YMCA
- Power of One Senior Volunteer Program
- Area Agency On Aging

Project Examples

- City explores partnerships with the Seattle Theatre Group and the Frye Art Museum on programs for older adults with memory loss and their care partners.

Performance Measures

- The number of lifelong learning opportunities offered to older adults increases through City sponsored programs or programs or partnerships.

WELLNESS

Maintaining good health and wellness is important to all people but is especially important to helping older adults preserve their independence. The City of Shoreline understands that older adults living on fixed incomes or with income insecurity rely on free or low-cost community programs to maintain their physical and mental health. Additionally, community meal programs and fitness classes are another avenue for creating and sustaining social connections that help alleviate issues such as isolation and loneliness.

POTENTIAL PARTNERS

- Shoreline Lake Forest Park Senior Center
- Area Agency on Aging
- Senior housing providers
- Health clinics

Goals and Objectives

	Importance	Level of Need
Goal 5: Expand and enhance opportunities for physical activity for older adults across ages and abilities.		
Provide group as well as individual activities that appeal to all older adults.	Medium	Medium
Provide opportunities for competitive activities that appeal to aging men.	High	Medium
Expand existing efforts around a Community Falls Prevention program that provides in-home assessments and education to prevent falls inside and outside of the home.	Medium	Medium
Goal 6: Support and enhance volunteerism so seniors have opportunities to stay engaged in the community.		
Coordinate with the Shoreline Lake Forest Park Senior Center, KCLS, Hopelink, and other community organizations to promote and scale up volunteer opportunities for older adults.	Medium	Low
Goal 7: Sustain and expand opportunities for social, cultural, and entertainment activities that are accessible, affordable, safe, inviting, and inclusive.		
Support and promote intergenerational programs.	Medium	Medium
Support development of innovative programs that go beyond traditional ideas of older adult programming.	Medium	Medium
Support existing and enhanced programs and services tailored for frail older residents including people with dementia, memory loss, or disabilities.	Medium	Medium
Expand opportunities for activities and programs that are culturally and ethnically specific.	High	High

Project Examples

- Continue to provide fitness classes at the Spartan Recreation Center for residents across all ages and abilities.

- Expand evening fitness classes at the Spartan Recreation Center to increase exercise opportunities for older adults who work.

- Continue to provide opportunities for physical activity that allow for social interaction, such as the 'Shoreline Walks' program.

Performance Measures

- At least one new City or City-sponsored program is added or expanded per year to enhance older adult wellness.

- Increased participation in the Community Falls Prevention Program.

- At least two new programs for aging males by 2020.

NUTRITION

A variety of factors such as poor diet, lack of appetite, problems with eating or swallowing, isolation, and chronic illnesses affect nutrition. Limited or fixed incomes may also force many older adults to restrict the quality and quantity of their meals. The City of Shoreline understands that older adults living on fixed incomes or with income insecurity rely on free or low-cost community meal programs to maintain their health. Additionally, community meal programs are another avenue for creating and sustaining social connections.

FOOD SYSTEMS

Older adults who are food insecure need policies that recognize their unique contexts: reduced mobility, fixed incomes, and limited social networks for assistance. The Supplemental Nutrition Assistance Program (SNAP) could be a source of support, but many eligible older adults do not participate in the program due to limited mobility, stigma, and general lack of understanding of the program. Increased outreach and community partnerships can increase SNAP participation and reduce senior food insecurity.

In addition to raising awareness, assistance with enrollment paperwork can also increase SNAP participation among older adults.

Goals and Objectives

	Importance	Level of Need
Goal 8: Ensure food security and access to healthy food for older adults.		
Support meal programs that increase diet quality, provide relief from food insecurity, and create access to social engagement.	High	Low
Increase awareness of the congregate and home delivered meal programs at the Shoreline Lake Forest Park Senior Center and the meal programs offered by local churches for eligible participants.	Low	High

Project Examples

- Increase awareness and access to Hopelink's foodbank in Shoreline.

- Support access to commercial kitchen and meal preparation space for non-profit meal programs.

- Provide meal programs integrated with other programs that offer opportunity to social engagement and support.

Performance Measures

- Connect all older adults in need with food programs that can provide healthy sources of nutrition.

POTENTIAL PARTNERS

- Hopelink

- Local retailers, grocery stores, and pharmacies

- Shoreline Farmer's market

- Shoreline Lake Forest Park Senior Center

- Senior housing providers

- Health clinics

- Shoreline churches

COORDINATION AND CONTINUOUS IMPROVEMENT

A variety of agencies are involved in providing and funding services for older adults in Shoreline. These include the City, the Senior Center, the King County Area Agency on Aging, KCLS library, community and non-profit providers, neighborhood associations, faith-based organizations, hospitals and primary care clinics, and educational institutions. Increased collaboration across agencies and organizations to create a comprehensive and coordinated set of services and supports can help increase the reach and impact of existing resources.

Goals and Objectives

POTENTIAL PARTNERS

- International Community Health Services (ICHS)
- Sound Transit
- Sound Generations
- KCLS
- King County
- Area Agency on Aging
- City of Lake Forest Park

	Importance	Level of Need
Goal 9: Develop a strategy to build closer connections between the PRCS and Senior Center.		
Develop a closer programmatic relationship between PRCS and the Senior Center.	Medium	Medium
Goal 10: Advance partnerships that help address the needs of older residents in the community.		
Establish an outreach effort to develop and maintain community partnerships that expand the City's reach and impact.	Medium	Medium
Goal 11: Gather evidence to improve services and programs.		
Anticipate community interests by gathering and analyzing usage data and use the results to develop and improve programs and services.	Medium	Medium

Project Examples

- Develop a proposed Affiliation Agreement by 2020.
- Provide resources that coordinate and connect services with those who need them.
- Develop a joint marketing program and shared distribution list for PRCS and the Senior Center.
- Utilize the performance metrics system developed jointly by PRCS and the Senior Center to inform programs and services.
- Pursue a closer working relationship with the YMCA.
- Ensure the needs of the frail, homebound, and disabled older residents are addressed in the City's disaster preparedness programs.

Performance Measures

- Regular meetings of the key agencies and service providers occur at least annually.

EQUITY

The City of Shoreline envisions a community in which people from all backgrounds have equitable access to opportunities to live, work, and play. Shoreline is home to an increasingly ethnically diverse community: 30% of Shoreline residents are people of color, one in five Shoreline residents is foreign born, and one in four speaks a language other than English at home. The City of Shoreline designs programs and services to ensure they are inviting, equitable, and safe for all residents, including older residents with limited incomes, residents of color, who don't speak English very well, who are new to the country, immigrants, refugees, or lesbian, gay, bisexual, and transgender (LGBT)

POTENTIAL PARTNERS

- Chinese Information and Services Center (CISC) International Community Health Services

- El Centro de la Rasa

- Asian Counseling and Referral Services

- Aging and Adult Services

Goals and Objectives

	Importance	Level of Need
Goal 12: Ensure programs and services are equitable and culturally competent.		
Identify and reach out to build relationships with community groups and organizations that serve and represent diverse, marginalized, and minority populations to ensure the needs and interests of all older adults in the community are served.	High	High
Meet the needs of older adults who are frail, homebound, new to the county, have limited incomes, have low literacy skills, or who do not speak English proficiently.	High	High
Support diversity, equity, and inclusion in the provision of services to aging adults.	High	High

Project Examples

- Develop programs to increase awareness of available programs and services for older adults who speak limited or no English, have low literacy skills, or are new to the country.

- Reach out to trusted community leaders, organizers, and advocates to develop relationships with diverse community groups.

- Identify language needs and specific resources to help overcome social and cultural barriers to service such as translation, interpretation, cultural navigators, etc.

- Encourage and support providers to recruit and hire staff and board members from diverse cultural backgrounds.

- Provide training to City staff to increase their capacity to promote service equity and inclusion.

Performance Measures

- The City maintains connections with a list of trusted advisors and community liaisons that help coordinate with marginalized or minority populations.

- City staff complete one cultural competency training, particularly those staff that plan programs or facilities, or those that engage with older adults in their work.

CULTURAL COMPETENCE AND EQUITY

Cultural competence refers to a set of policies, practices, and dedicated resources that enable organizations to work effectively across diverse cultural contexts.

Linguistic competence is a part of cultural competence and refers to the capacity of an organization to communicate effectively, in a manner that is easily understood by diverse audiences including persons with limited English proficiency, those who have low literacy skills, and individuals with disabilities.

Cultural competence can affect access to services and programs, especially when organizations operate in areas where there is growing population diversity.

With diverse groups, outreach may be more effective when agencies and institutions work with established community organizations who are trusted leaders, organizers, and advocates in their own communities. Trusted messengers such as these are more likely to engage with the intended community in a meaningful way.

Situation Assessment

INTRODUCTION

The City of Shoreline is interested in approaches to make Shoreline a friendly and welcoming place for aging adults. Over the next few years, the City's Parks, Recreation and Cultural Services (PRCS) Department will develop recreation programs to meet the needs of the growing aging adult population. As the City anticipates the development of a new community and aquatic center, there will be opportunities to design a facility that will impact and shape the community's response to the needs of aging adults.

This situation assessment focuses on the program and service needs of older residents to inform City decision making around recreation and human services funding as well as its capital program over the next five to seven years. Infrastructure investments (such as the addition of pedestrian improvements or other capital projects) and housing policy changes are not a primary focus of this study.

This Situation Assessment focuses on four primary topic areas organized into four sections:

- *The Needs of Aging Adults. What are the needs of older adults in Shoreline? What are some models for how services for aging adults can be delivered?* In this section we sought to understand, identify and compile the range of needs of older adults in the community. To gain insight, BERK conducted a literature review, and incorporated relevant information gathered for the Parks, Recreation and Open Space Plan 2017-2023.

- *Services Provided. What is the range of current services available in the community for aging adults? Who are the key providers in the system of supports? Who is being served?* In this section we sought to identify the range of services available locally and any barriers to accessing services.

- *Community Profile. What is the profile of older adults in Shoreline?* In this section we analyzed socioeconomic and demographic data for the city to better understand the number and profile of older adults in the community.

- *Shoreline Lake Forest Park Senior Center Profile. What needs are served by the Shoreline Lake Forest Park Senior Center?* In this section we sought to understand who is being served or underserved by the senior center as well as to understand the barriers community members may face in accessing services.

Data Sources

Primary Data

The primary data sources for this assessment are interviews with experts and local service providers. Interviewees supplemented conversations with reports and primary data as available. In some instances, interviewees identified data sources that could be analyzed further to provide a more complete assessment of the needs of aging adults.
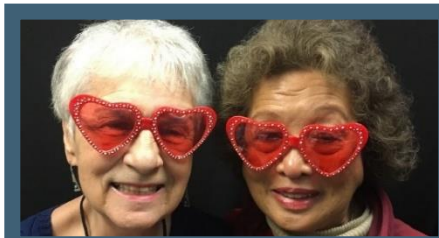
Secondary Data Sources

This report relies on the most current data available; however, there is frequently a lag between the time the data is collected and processed and the time of the analysis for this report.

Specific sources include:

- Socioeconomic Data: U.S. Census Bureau American Community Survey 5-yr Estimates, 2012-2016, Shoreline PROS Plan, WA State Office of Financial Management (OFM) 2015, ESRI

- Population Forecasts: Puget Sound Regional Council 2015

- Transportation: Sound Transit, 2018

- Shoreline Lake Forest Park Senior Center: Senior Center Customer Survey; Senior Center Budget

- Regional Data: King County Veterans, Seniors and Human Services Levy Implementation Plan (proposed to King County Council)

Summary of Results

Topic	Summary
Service Delivery Models 	The following models of service delivery were identified: • Traditional Senior Centers • Modern Senior Centers • Virtual Villages • Naturally Occurring Retirement Communities (NORCs)
Program Needs 	The following needs were identified: • Programs and facilities that encourage social interaction • Programs and facilities that attract Baby Boomers • Programs for frail older residents • Programs for low-income older residents • Congregate meal programs • Programs in languages other than English

Topic	Summary

- Programs that offer opportunities to engage in both group and individual activities
- Care for caregivers

Community Profile

Current senior population (65+): ~10,000

Future senior population (45-64): ~17,000

Citywide median age (2015): 43.6

- Shoreline has a relatively older population than the county, state and the nation.
- Shoreline's median age is roughly 5 years higher than both Washington State and the national median age, and 6 years higher than King County.
- Median age is projected to increase in the coming decades.

Diversity

- The older adult population in Shoreline is less racially diverse than the overall population.
- The white population is both the largest and oldest racial group, with a median age nearly 10 years higher than the next oldest group as a whole.
- The older adult population is less racially diverse than the general population in Shoreline. While ~69% of the general population is White of any ethnicity, over 82% of the population aged 60+ is White of any ethnicity.

Shoreline Lake Forest Park Senior Center

Senior Center Users

- Approximately 32% of senior center users are in the 75-84 age group, and nearly 50% are 75 or older.
- A higher percentage of senior center users are in poverty, over 22%, compared to 9.4% in the general population aged 60+.
- Males are extremely underrepresented in senior center usership as compared to the Shoreline population aged 60+.
- Foreign-born residents and non-English speakers are underrepresented in the senior center usership

Cost

- Projected costs and expenses (2018): just over $436,000— the City of Shoreline contributes $95,708 annually (~22%).
- During the 2017 operating year, the senior center served 3,203 clients, 1,712 of whom reside in zip codes covering Shoreline..
- In 2017 it cost the city approximately $56.00 per Shoreline resident served at the senior center.

NEEDS OF OLDER ADULTS

Needs of Aging Adults

The following needs of the City's older adults were identified through expert and service provider interviews. Information collected as part of engagement efforts for the city's PROS plan process was a secondary data source.

Programs and Facilities That Encourage Social Interaction

The ability to connect with people is an important need for older adults. Many older adults live alone and have limited access to social networks through work, a religious or cultural center, or other similar avenues. Social isolation, which is known to have adverse effects on health, is thus a major risk. Older adults with lower incomes are at higher risk for social isolation because these individuals are less likely to have extensive personal and social resources that enable engagement. Access to services and amenities with built-in opportunities for social interaction helps to reduce this risk and helps fulfill the desire of many older adults to remain in their homes and communities while their physical abilities and incomes are fixed or declining. (Eugenia L. Siegler, 2015)
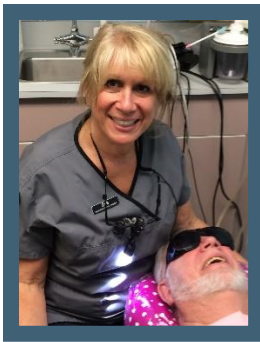
Programs for Frail Older Residents

Older adults' interests in programs and services vary. Preferences reflect the wide range of physical ability within the older adult population. Researchers refer to the "young-old," roughly age 65-75, and the "old-old," a group that tends to have limited physical abilities and functional impairments. Needs shift and evolve on a spectrum as age increases and ability changes. Driving status and employment status also play a role. Programs thus need to address needs of "old-old" adults who are frail as well as the "young-old" who are more able.

Programs for Lower Income Older Residents

Income drops with age across the older adult age spectrum. Retirement, disability, or the death of a spouse are all factors that converge to reduce income as older adults age. Programs and services that address this need are thus important.

Programs and Facilities That Attract Baby Boomers

Many Boomers (aged 54-72) continue working, at least part-time, through their older years. Younger Boomers, now in their 50s, are less financially secure compared to previous generations given the Great Recession of 2010 and are more likely to continue working into their early 70s. Lower incomes and lower homeownership rates among younger Boomers will make it difficult for them to afford appropriate housing or long-term care in retirement. Service and programs for older residents will need to respond to the needs of Boomers, both around the type as well as the timing of programs. Boomers, younger and older, are less likely to be interested in "senior centers" that offer the traditional "hot meal and bingo" set of programs during the day and are instead interested in programs that integrate wellness, lifelong learning, fitness, and entertainment offered during the evening or in the weekends.

Congregate Meal Programs

Meal programs improve the health of older adults both through higher diet quality, relief from food insecurity and access to social engagement. (Thomas & Mor, 2013) Many lower-income older adults are forced to spend less on food to help pay for the prohibitive cost of housing. In addition to low-income older adults, relatively older cohorts in the 75-85 age range benefit from meal programs. This is because incomes decline with rising age, leading to greater incidence of high housing cost burdens.

Programs in Languages Other Than English

Twenty percent of Shoreline's population aged 60+ is foreign-born, with roughly 10.5% having limited English proficiency. Given this, both outreach to and programs for residents in languages other than English is an important need.

Programs That Offer Opportunities to Engage in Both Group and Individual Activities

Program offerings should include both individual activities as well as group activities. This is especially important for older male adults who are underserved by traditional programs that emphasize group activities.

Care for Caregivers[2]

Family caregivers provide the bulk of care for older adults who need assistance to continue to live in their homes. Social isolation, depression, and other mental health problems are risks for caregivers. Caregiver support programs are an important need to ensure older adults can continue to live independently in their homes. (Department of Community and Human Services, 2018)

Service Delivery Models

These models are based on a literature review of senior service models as well as interviews with experts and stakeholders.

Traditional Senior Centers

Senior centers are among the community service providers supported by the Older Americans Act (OAA) in 1965 that created a framework for federal funding for agencies engaged in the delivery of services to older adults.

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[2] According to King County definitions, the term "caregiver" refers to a family member or friend who supports an older adult, but is not provided payment for providing those services. In King County, currently 70% of people living with a disability reside with a family caregiver, and 23% of those family caregivers are themselves older adults aged 60 or older.

There are currently 39 senior centers in King County that offer a variety of programs at a fixed-site location. Senior centers offer a variety of services and programs that allow older adults to live independently and avoid institutionalization. (Pardasani & Thompson, 2012) According to the National Council on Aging, older adults who participate in senior center programs can learn to manage and delay the onset of chronic disease and experience improvements in their physical, social, spiritual, emotional, mental, and economic wellbeing. (Aging, 2013)

The senior center model of service delivery, however, faces several challenges. These include:

- Low participation from Baby Boomers (aged 54-72), especially younger Boomers in their 50s;

- Lower participation from higher income seniors who can contribute to the income of the senior center;

- Limited funding to increase hours and programming to meet competing and diverse needs of older residents;

- Stigma associated with participation in age-segregated "senior centers";

- Lack of individual activities (most are group activities that are likely to attract more females);

- Older facilities that are smaller, more expensive to maintain and show visible signs of age that are less likely to appeal to some older adults; and

- Need for transportation to fixed-site location.

Modern Senior Centers

Senior centers across the country are transforming themselves to address these challenges. For example, senior centers are reinventing themselves to appeal to Boomers by providing facilities and programs that take a holistic approach to aging and integrate wellness, lifelong learning, fitness, and entertainment. They have transformed themselves into active adult facilities that provide programs and services such as fully equipped gyms, smaller-scale movie theaters, classes in yoga, Pilates, or Zumba, and programs as varied as wine-tasting, speed dating, tech support groups, and pottery classes. According to the National Council on Aging, increased longevity means that senior centers need to transform themselves into "longevity hubs," to attract Boomers. (Gustke, 2016)
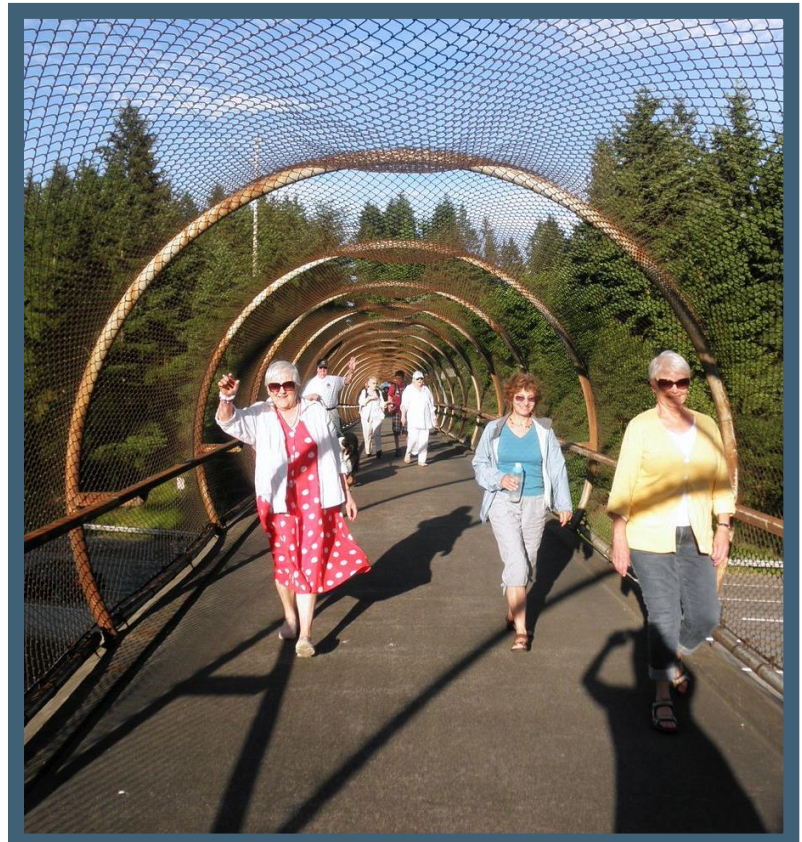
Virtual Villages

A relatively new concept is the virtual village, a service delivery model established in Boston's Beacon Hill neighborhood in 2001. Virtual villages are typically self-governing non-profit organizations, funded by membership fees, that coordinate or provide a variety of services for older residents. Virtual villages are typically staffed by volunteers, though some might also include a small number of paid staff. Virtual villages are sometimes also called "senior centers without walls." Though they are called "virtual villages," face-to-face interaction is a significant focus of these organizations. Virtual villages tend to serve higher-income households (given the costs of membership) and function with minimal government funding.
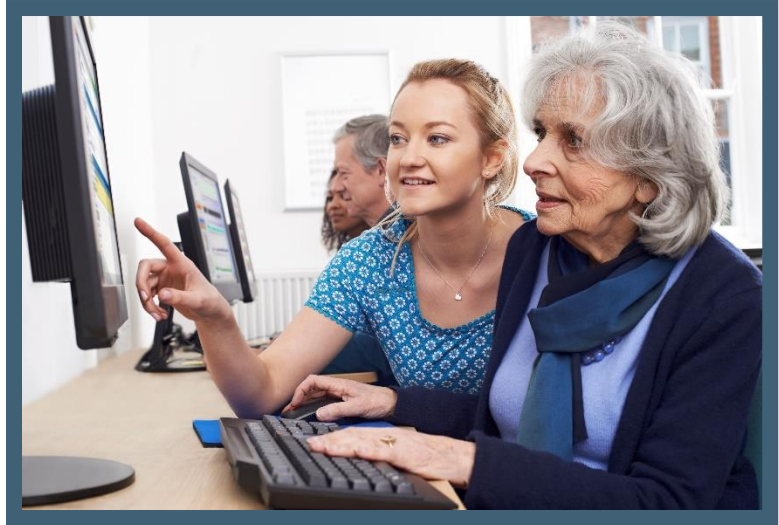
As of May 2018, there are three village initiatives in the Seattle area, with many more in development:

- Wider Horizons serves residents of Central Seattle

- NEST (Northeast Seattle Together) connects people who live in northeast Seattle

- PNA Village—a program of the Phinney Neighborhood Association—serves people living in northwest Seattle.

Other villages in nascent stages of development include the Northwest Neighbors Network in North King and South Snohomish counties, Eastside Neighbors Network in Bellevue, and the Westside Neighbors Network in West Seattle. The Northwest Neighbors Network service area includes the City of Shoreline.

A related concept is the "Timebank" by Edgar Cahn. Timebanks are local, internet-based networks that bring people together to exchange services using units of time as currency. Members of the network can provide and receive services. Community coordinators are available to help match members with service offerings and requests. Members earn Time Credits after each service performed and can spend Time Credits on listed service offerings. Timebanks are inter-generational, but most members tend to be older adults. As of May 2018, there are 5 timebanks in the Seattle area, each serving different local areas:

- Eastside Timebank;

- Mercer Island Timebank;

- Vashon Timebank;

- West Seattle Timebank; and

- SWEL Timebank (serves the residents of Shoreline, Woodway, Edmonds and Lake Forest Park).

Naturally Occurring Retirement Communities (NORCs)

Naturally occurring retirement communities, or NORCs, are neighborhoods or apartment complexes where most adults are aged 50 and older. The first NORC was developed in New York, in a housing development where a group of elderly had aged in place and wanted to continue to live independently. The development partnered with a local service provider to establish services that changed the apartment complex into a housing development that served the needs of the elderly. Following this, several NORCs were developed across the country. NORCS are public-private partnerships and receive funding from both local agencies and the federal government, via Title IV of the OAA. (E. A. Greenfield, 2012)

NORCs provide opportunities for social interaction among older residents and opportunities for delivery of in-home services to support independent living. Some NORCs are age-restricted communities by design and organize themselves in a way similar to virtual villages. Like virtual villages, many NORCs depend on volunteers, including older adults themselves for coordination and staffing. However, virtual villages are private, membership-driven organizations that form mostly in higher-income neighborhoods. (Eugenia L. Siegler, 2015)

Community Centers with Senior Focused Programs

Several community centers across King County offer a variety of programs, including programs for older adults, at fixed-site locations. Some community centers, such as the City of Seattle's centers, offer programs for older adults alongside programs for other ages in the same space. Others, such as the City of SeaTac's centers, offer a separate physical space for older adults in addition to programs focused on older adults. Experts cited the provision of some dedicated space for older adults within a multi-generational community center as a best practice. This is because older adults, especially frail older adults, tend to value access to a dedicated space that can support organic social interaction. This inter-generational model of service delivery, however, faces some challenges. These include:

- Gradual reduction in older-adult focused programming because of the lower revenues they generate compared to programs for children and young adults

- Need for transportation to fixed-site location

- Lack of ability to provide congregate meals without a full-service kitchen

Strategy Implications

A comprehensive approach to addressing the needs of older adults requires investments in a diverse range of service delivery models. Investments in virtual villages and NORCs can complement investments in fixed-site locations with senior programming. Investments in partnership building with small, ethnic organizations will also be required to reach out to and serve a diverse population.

Implications for the Senior Center

The Shoreline Lake Forest Park Senior Center serves many needs of the older adult population in Shoreline, especially people with lower incomes and over the age of 75. Its congregate meal program is a key support since meals at the senior center may be the main nutritional meal for many older residents, especially lower-income participants.

The senior center has been less successful in serving the needs of active older adults, higher income older residents, Baby Boomers, males, and older residents who don't speak English very well. In some cases, these cohorts are not served by the senior center because they have access to equal or better options for services. For example, more affluent older adults can pay for other types of services to meet their needs. People who speak languages other than English may be meeting some or all of their needs through ethnic organizations, religious communities, etc. They may also have different cultural expectations of the needs for aging adults.

Given this, a good role for the senior center is to act as a central hub to connect residents to the network of older adult programs across the city, across community centers, virtual villages, ethnic organizations, NORCs, and other older adult resources. The senior center will likely need additional funding to play this role. The King County Veterans, Seniors, and Human Services Levy recognizes this as a potential role for senior centers and may be a source of the required funding.

Opportunities to improve the impact of the senior center are related to updating its aging facilities, expanding its hours and programming, adding programming in languages other than English, and expanding opportunities for individual activities. This will need large-scale investments to reinvent the senior center.

SERVICES PROVIDED

The following senior services program inventory is based on interviews with local service providers selected for the assessment. Interviewees represented a broad range of people active in and knowledgeable about the provision of services and the needs of older adults. More details on programs and services offered by the Senior Center can be found in the section on the Shoreline Lake Forest Park Senior Center Profile.

| NAME OF PROVIDER	SERVICES/PROGRAMS OFFERED
Area Agency on Aging	▪ Administers federal funds for certain programs (meals, health promotions, care coordination) ▪ Plans, assesses, and connects programs and services for older adults
City of Shoreline Parks and Recreation	▪ Fitness and wellness classes, including dance, sports, and pool-based water fitness ▪ Arts, crafting, and creating classes such as painting and jewelry making ▪ Group walks, hikes, and trips ▪ Transportation assistance ▪ Provides resources to access home repair and utility assistance programs
Dale Turner YMCA	▪ Fitness classes ▪ Organized social events, including field trips

NAME OF PROVIDER	SERVICES/PROGRAMS OFFERED
	▪ Space set aside for older adults for unstructured, organic social activity such as cards or interest groups
International Community Health Services	▪ Medical and dental services for all, including older adults and those with and without insurance
	▪ WIC—Nutrition assistance for low-income families.
	▪ Saboxone for treatment of opioid dependence
Hopelink	▪ Programs are based on income, not age; seniors often qualify for food bank and Medicaid transportation
	▪ Financial Capabilities program to meet with a caseworker to learn to improve financial planning.
	▪ Emergency assistance program offers once a year assistance in the event of a life shock.
	▪ Volunteering opportunities at foodbank
Iora Primary Health	▪ Offers primary healthcare to older residents aged 65+ primarily on Medicare
	▪ Fitness classes for patients
Sound Generations	▪ Meals on wheels, and community dining
	▪ Backoffice and reporting for small community organizations
	▪ Home repair program for income eligible older residents or those with disabilities, within Shoreline, Seattle, and Bellevue
	▪ Information assistance—resource information, options counseling, legal assistance, and navigating insurance and Medicare
	▪ Community and social engagement—through partnerships with affiliated senior centers
Shoreline Lake Forest Park Senior Center	▪ Evidence based fitness classes at all ability levels, such as chair exercises, yoga, fall prevention, etc.
	▪ Support groups with professional facilitators
	▪ Nutrition and cooking; meals on wheels and community dining
	▪ Personal care at reduced cost (i.e. foot care, dental, hair salon, legal clinic); loan program for walkers and wheelchairs
	▪ Cultural programs and classes such as art and crafting, language, and dance
	▪ Info hub and resource connector for residents to transportation and other services that the Center itself doesn't provide.

COMMUNITY PROFILE

The exhibits in this section present characteristics of the Shoreline population compared to older subsets of the population. Further breakdowns of diversity and demographics of the older adult population, especially as they compare to users of the senior center, can be found in the section on the Shoreline Lake Forest Park Senior Center Profile.

According to the Puget Sound Regional Council, Shoreline's population is forecasted to increase steadily through 2035, growing 23% between 2015-2035, as shown in Exhibit 1.

Exhibit 1   Shoreline Population 2010–2035
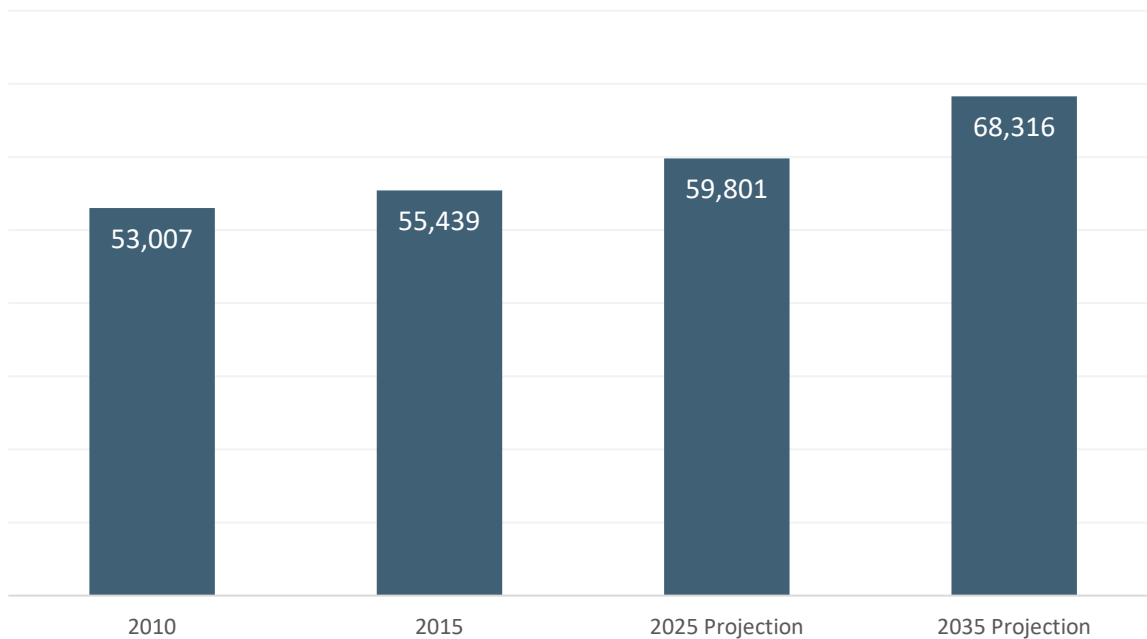
Source: WA OFM, 2015; PSRC, 2015; Shoreline PROS Plan, 2017; BERK, 2018

Current and Future Senior Population

When evaluating the need for services, it is important to look at both the current senior population (65+), as well as those who will become seniors in the coming years. The future senior population is defined as people in the age range 45-64, who will become seniors in the next 20 years.

As shown in

Exhibit 2, the current senior population in the City of Shoreline is likely just above 10,000, while the future senior population is just shy of 17,000. Projected growth in the senior population between 2010 and 2025 is high, however this is likely to taper off, since there is low growth projected for people in the age range 45-64, those who will become seniors in the next 20 years.

Exhibit 2   Current and Projected Population 65+
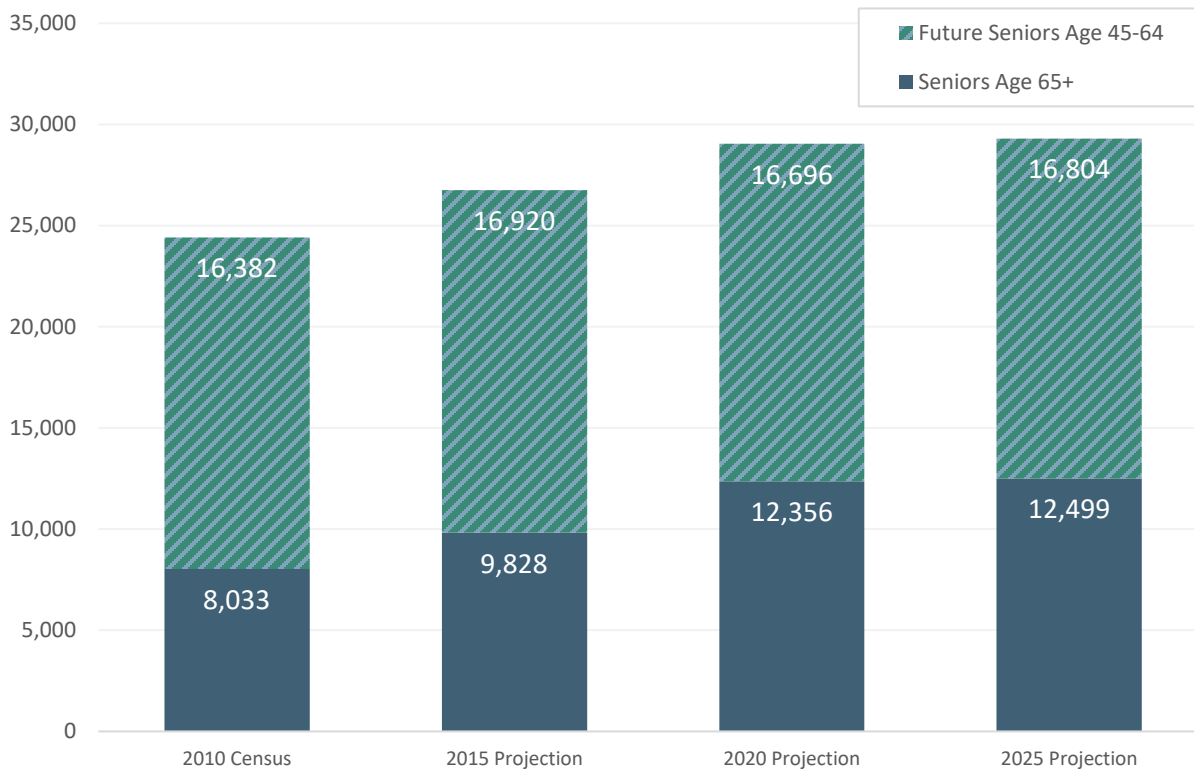
Source: U.S. Census, 2010; ESRI, 2015; Shoreline PROS Plan, 2017; BERK, 2018

Diversity and Demographics

Shoreline has a relatively older population than the county, state, and nation. In addition, the older adult population in Shoreline is less racially diverse than the overall population. Exhibit 3 shows the estimated racial breakdown and median age by race for the City of Shoreline in 2015. Citywide, the median age in 2015 was 43.6, and is projected to increase in the coming decades. This is roughly 5 years higher than both Washington State and the national median age, and 6 years higher than King County. As indicated below, the white population is both the largest and oldest racial group, with a median age nearly 10 years higher than the next oldest group.

Exhibit 3   Demographics and Median Age of Shoreline Population by Race

RACE	TOTAL POPULATION	MEDIAN AGE	% OF SHORELINE POPULATION	% OF WA POPULATION
White	38,145	48.0	68.6%	75.0%
Black/African American	2,954	34.3	5.3%	3.9%
American Indian/Alaska Native	456	39.1	0.8%	1.5%
Asian	9,427	40.4	17.0%	8.0%
Native Hawaiian/Pacific Islander	196	32.3	0.4%	0.7%
Other	1,330	30.2	2.4%	5.7%
Two or More	3,065	20.3	5.5%	5.1%

Source: U.S. Census, 2010; ESRI, 2015; Shoreline PROS Plan, 2017; BERK, 2018

The older adult population is less racially diverse than the overall population of Shoreline. Exhibit 4 shows the racial composition of the Shoreline population compared to the population aged 60+. Whereas ~69% of the general population is White, over 82% of the population aged 60+ is White. Asians comprise the largest racial minority, making up 17% of the general population—while they are also the largest racial minority in the population aged 60+, they comprise only 11% of the older population.

Exhibit 4   Racial Composition of Shoreline Population vs Population Aged 60+
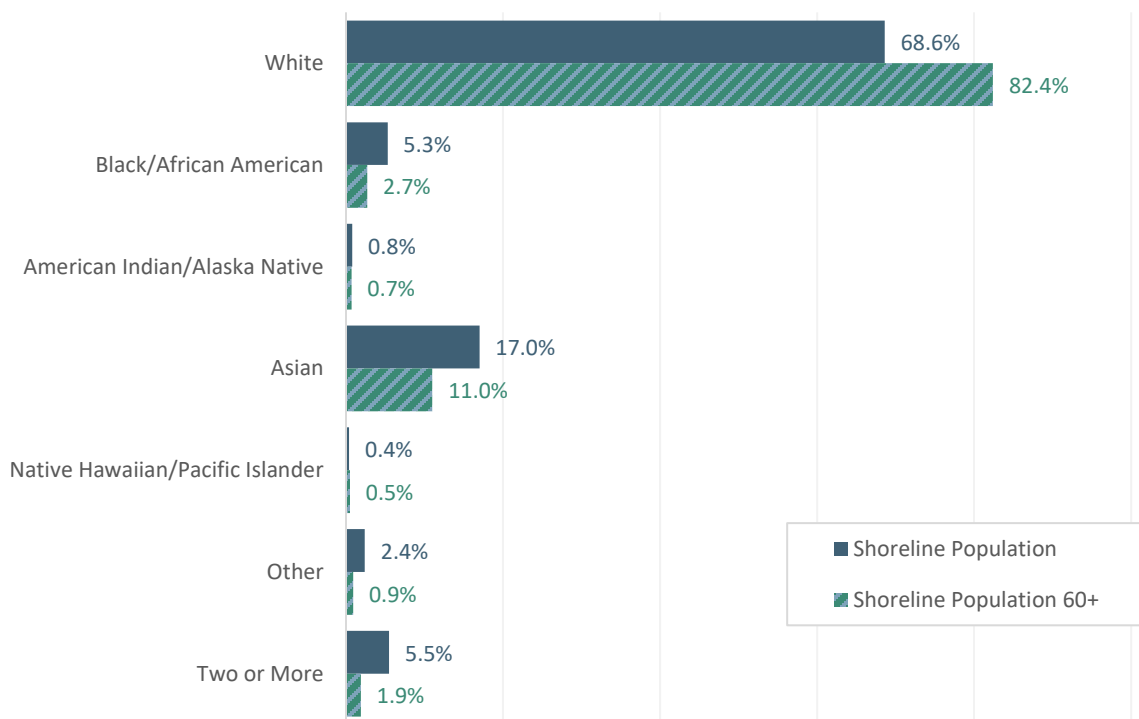
Source: U.S. Census, 2010; ESRI, 2015; Shoreline PROS Plan, 2017; U.S. Census American Community Survey 5-yr Estimates, 2012-2016; BERK, 2018

Public Transportation

Transportation is often cited as a barrier for older adults to access fixed-site services and programs. Access to transit is particularly important for lower income older adults. The extent to which locations are served by public transit is an important consideration when choosing locations and options for service delivery.

Shoreline is currently served by King County Metro, Community Transit, and Sound Transit. King County Metro provides bus services within King County, Community Transit provides bus service to nearby Snohomish County, and Sound Transit provides regional bus service to Seattle, Mountlake Terrace, Lynnwood, and Everett via I-5.

By 2024, however, the Lynnwood Link Light Rail Extension is expected to open, which will include the addition of two light rail stations in Shoreline: Shoreline South at 145th and I-5, and Shoreline North at 185th and I-5. These additions are expected to greatly increase mobility throughout the region and to/from Shoreline. The link extension will provide quicker access south to Seattle, SeaTac Airport, and

eventually Tacoma, and north to Lynnwood and Everett.

In addition to the light rail extension, Sound Transit is planning a Bus Rapid Transit (BRT) line beginning at 145th and I-5, extending to Bothell and Lynnwood by way of Lake Forest Park and Kenmore along Lake City Way / Hwy 522. This line would connect to another BRT line on the east side, which would then connect to the other Link Light Rail lines running along eastern Lake Washington.

SHORELINE LAKE FOREST PARK SENIOR CENTER PROFILE

Senior centers first came into existence nationwide following the Older Americans Act (OAA) in 1965. The OAA put in place the federal Administration on Aging as well as State Units on Aging and local Area Agencies on Aging to manage the development of services for the nation's aging populations. A key goal of the OAA was to support the needs of older adults and delay or prevent institutionalization. OAA goals and funding inspired the creation of multipurpose senior centers with recreational, health, nutritional, and social services. According to the OAA, senior centers should be "focal points" in the delivery of services to older residents. All individuals over 60 are eligible for senior center services. (Pardasani & Thompson, 2012)

Researchers have identified two basic senior center models. These include the 1) social agency model that serves relatively lower income older residents, and 2) voluntary organization model that attracts more affluent older residents. While senior centers have varied profiles, the five most common categories of programs are nutrition, health and fitness, recreation, volunteer opportunities, and social services. (Pardasani & Thompson, 2012) While individual senior centers vary in their programming emphasis, most offer a meal program.

Programs Offered

The Shoreline Lake Forest Park senior center is a 12,000-foot facility located at the south end of Shoreline Center. Programs are offered Monday through Friday, and the Center is open from 8:30 a.m. in the morning to 4:30 p.m. in the afternoon. The Center is affiliated with Sound Generations, a local non-profit that provides resources to assist with operations.

The Shoreline Lake Forest Park senior center reflects a social agency model. Similar to other senior centers, it offers programs in five categories, 1) nutrition, 2) health and fitness, 3) recreation, 4) volunteer opportunities, and 5) social services. A detailed list of programs under each category is presented below.

| CATEGORY OF PROGRAM/SERVICE	SERVICES/PROGRAMS OFFERED
Nutrition	▪ A large multi-use community dining area that serves a daily hot lunch ▪ Full service commercial kitchen
Health and Fitness	▪ Fitness classes (dance, exercise) ▪ Wellness on-site programs (foot care, tai chi, etc.) ▪ Counseling and support groups for stroke, diabetes, low vision, low hearing, and for grief and loss
Recreation	▪ Computer classes

CATEGORY OF PROGRAM/SERVICE	SERVICES/PROGRAMS OFFERED
	■ Craft classes (knitting, etc.)
	■ Games and cards
Volunteer Opportunities	■ Thrift shop
	■ Power of One—a partnership with Shoreline Public Schools, which matches members of the community with volunteer opportunities in local schools. The center currently supplies 65 volunteers to 11 schools in the Shoreline School District. Power One, collectively contributes thousands of hours of teacher assistant time.
Social Services and Assistance	■ Meals on wheels for north King County (Shoreline and Lake Forest Park)
	■ Legal services, assistance with insurance
	■ Parking space for seven vans for senior rides provided by Sound Generations

Population Served

Age

Senior centers across the country report an "age creep" to their participants, with a majority of participants in the 75-84 age category. (I. Jellineck, 2013) In Shoreline, approximately 5% of the general population are in the 75-84 age range, and over 8% are 75 or older. Exhibit 5 shows an age breakdown of the City of Shoreline.

**Exhibit 5   Shoreline Population by Age Range**
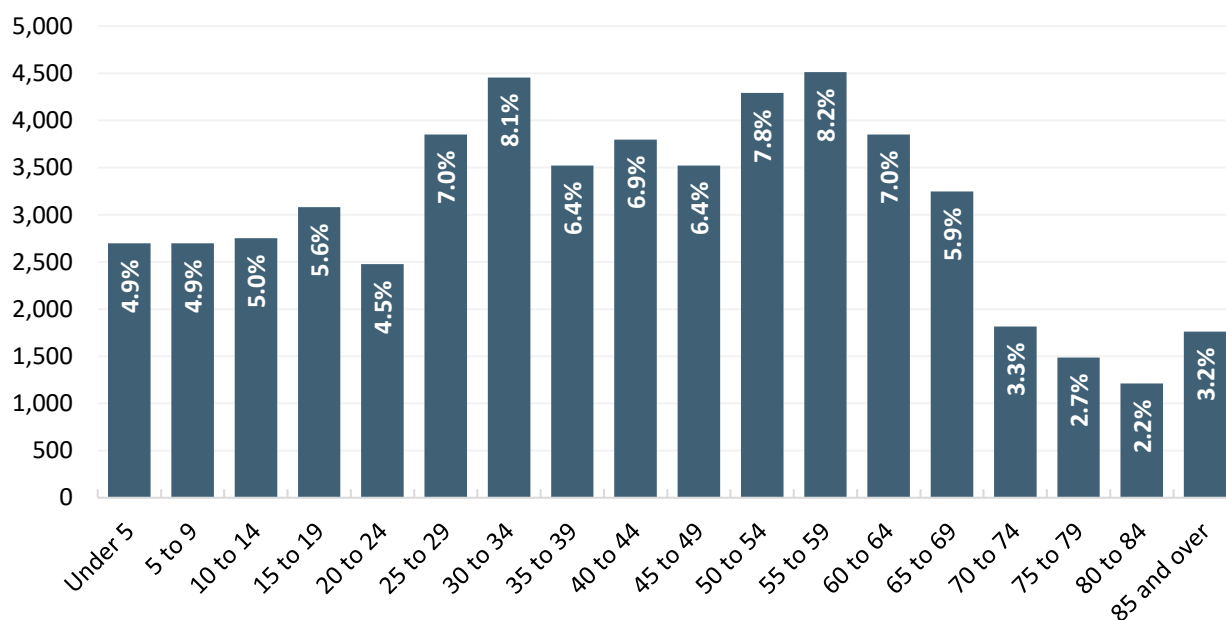
Source: U.S. Census American Community Survey 5-yr Estimates, 2012-2016; BERK, 2018

At the Shoreline Lake Forest Park Senior Center, approximately 32% of users are in the 75-84 age group, and nearly 50% are 75 or older. See

Exhibit 6 below for an age breakdown of senior center users.

**Exhibit 6   Reported Age of Shoreline Lake Forest Park Senior Center Users**
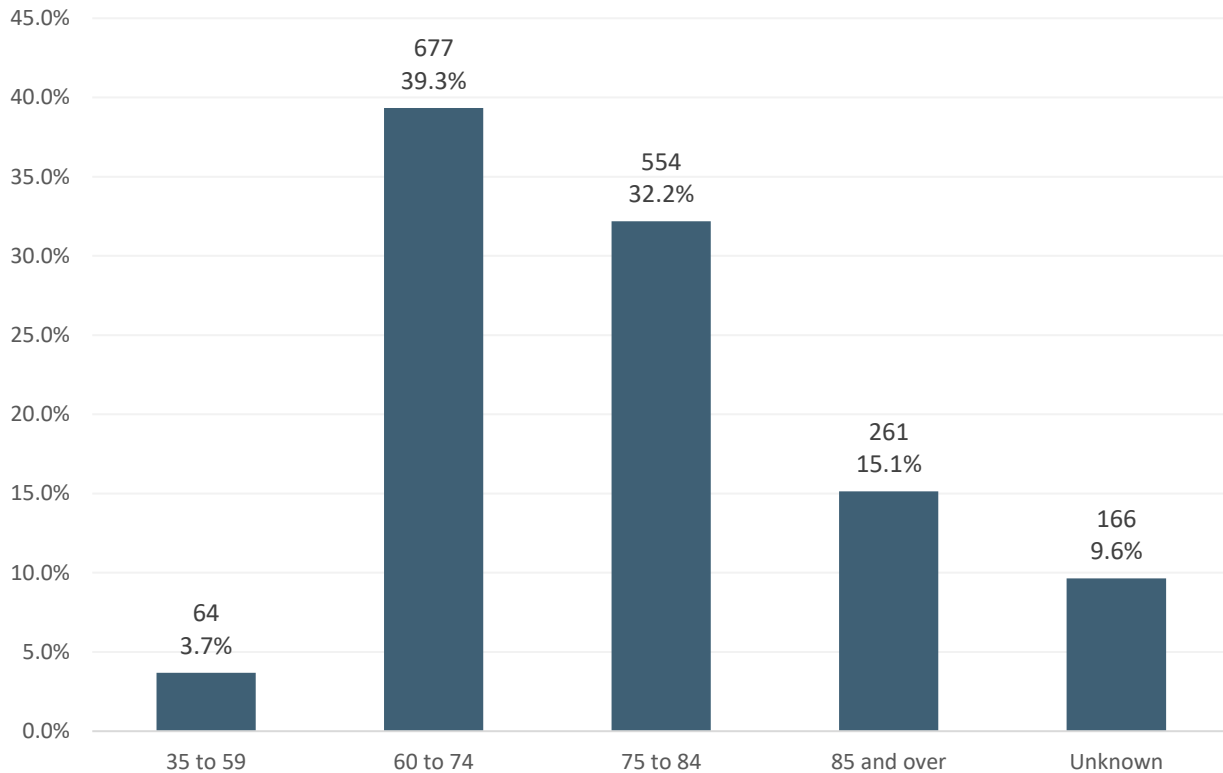
Source: Shoreline Lake Forest Park Senior Center, 2016-2017; BERK, 2018

Racial Diversity

The estimated racial diversity amongst the users of the senior center is similar to the racial diversity of the Shoreline population aged 60+.

Exhibit 7 shows the racial diversity of the Shoreline population aged 60+ compared to the racial diversity of users of the Shoreline Lake Forest Park Senior Center.

Exhibit 7   Racial Composition of Population Age 60+ vs Senior Center Users
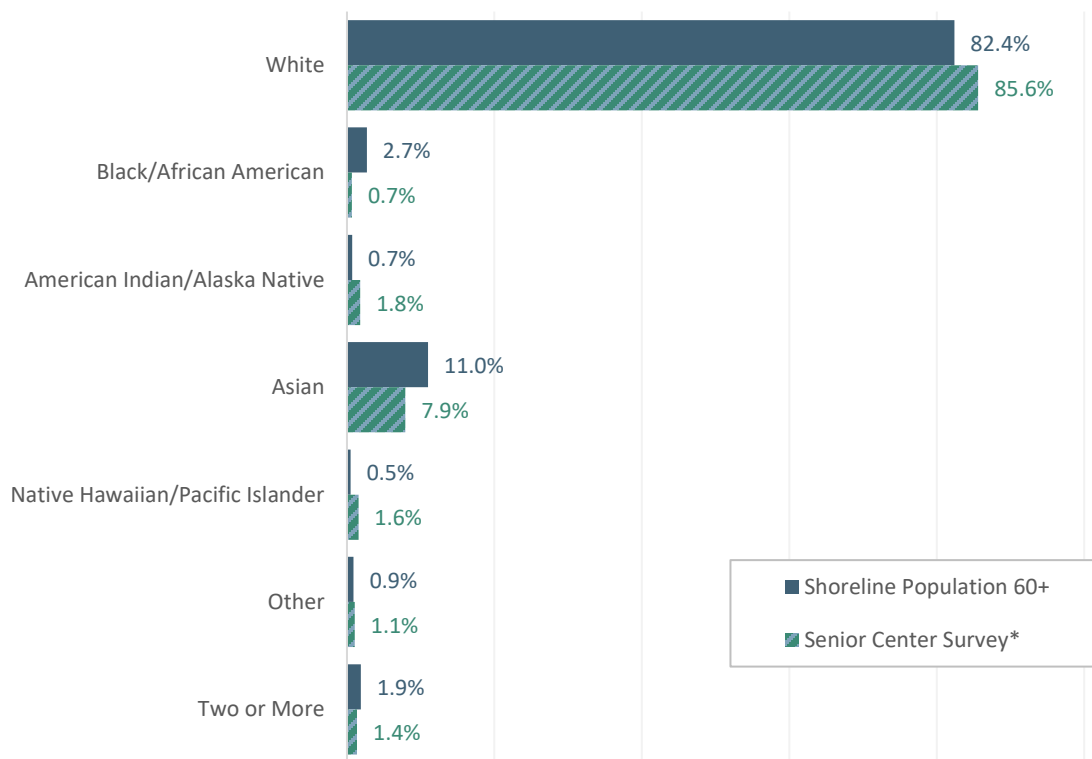
Note: *Approximately ~10% of the survey respondents did not list their race. The numbers shown above represent the total survey respondents who listed their race.

Source: Shoreline Lake Forest Park Senior Center Survey, 2016-2017; U.S. Census American Community Survey 5-yr Estimates, 2012-2016; BERK, 2018

There are some differences between the two sample groups, namely that the Asian population is slightly underrepresented in the users of the senior center, as is the Black/African American population. There are slightly more white users of the senior center as a percentage compared to the ratio of Whites in Shoreline aged 60+.

Overall, however, the utilization pattern of the senior center reflects the racial makeup of the community, and the variance could be attributed to the margin of error in the U.S. Census American Community Survey 5-year Estimates, and/or the ~10% of survey respondents to the senior center survey who did not list their race.

Gender

Males are extremely underrepresented in senior center usership as compared to the ratio of males in the Shoreline population aged 60+. Exhibit 8 shows this breakdown.

Exhibit 8   Gender of Population Age 60+ vs Senior Center Users
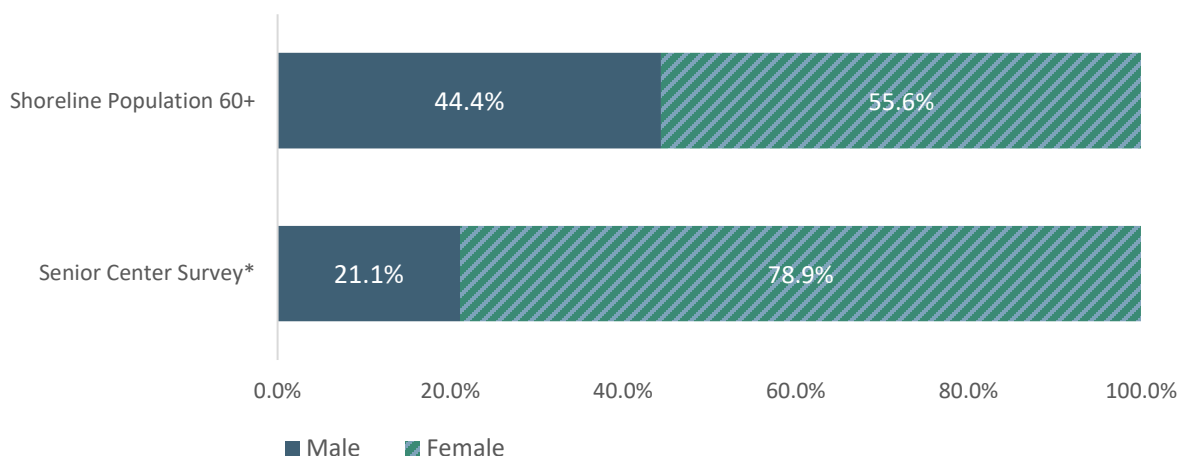
Note: *Approximately ~10% of the survey respondents did not list their gender. The numbers shown above represent the total survey respondents who listed their gender.

Source: Shoreline Lake Forest Park Senior Center Survey, 2016-2017; U.S. Census American Community Survey 5-yr Estimates, 2012-2016; BERK, 2018

As shown above, the Shoreline population aged 60+ is 44% male and 56% female, whereas the senior center usership is comprised of only 21% male and 79% female. This could be due to life expectancy amongst females being generally higher than for males. Since the senior center attracts users from the older end of the age spectrum, users are predominantly women. This could also be due to the type of programming offered being more attractive to older women than older men. Lastly, males may be less attracted to the group activity format of most programs offered at the senior center.

Poverty

Shoreline has a fairly high median income. Median income in 2015 was estimated at $69,553. However, income is a difficult metric to use for the population aged 60+ as many, if not most, of the people in that age range are in retirement.

Exhibit 9 shows the poverty status of Shoreline population aged 60+ compared to the senior center usership. A higher percentage of senior center users are in poverty, over 22%, compared to 9.4% in the general population aged 60+.

Exhibit 9   Poverty Status of Population Age 60+ vs Senior Center Users
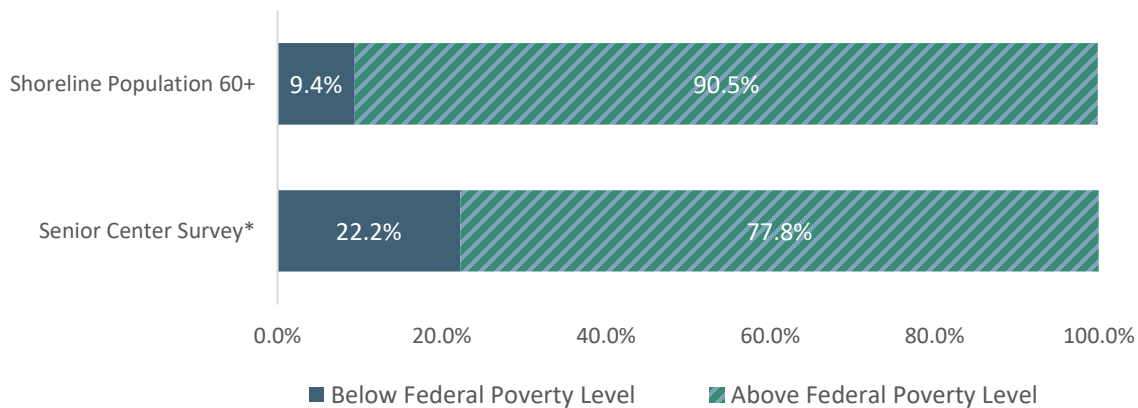
Note: *Approximately ~20% of the survey respondents did not list their income. The numbers shown above represent the total survey respondents who listed their income.
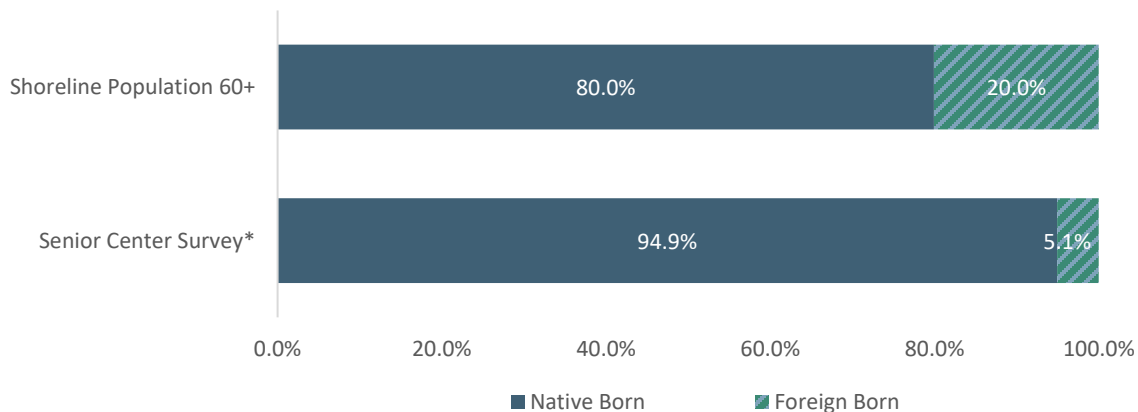
Source: Shoreline Lake Forest Park Senior Center Survey, 2016-2017; U.S. Census American Community Survey 5-yr Estimates, 2012-2016; BERK, 2018

Foreign-born and Non-English Speakers

As shown in Exhibit 10 and

Exhibit 11, foreign-born and older residents who don't speak English well are quite underrepresented in the senior center usership. While the Shoreline population aged 60+ is 20% foreign-born, with roughly 11% having limited English proficiency, only 5% of senior center users are foreign-born and less than 2% have limited English proficiency.

**Exhibit 10   Foreign-born Population Aged 60+ vs Foreign-born Senior Center Users**

Note: *Approximately ~10% of the survey respondents did not list their country of origin. The numbers shown above represent the total survey respondents who listed their country of origin.

Source: Shoreline Lake Forest Park Senior Center Survey, 2016-2017; U.S. Census American Community Survey 5-yr Estimates, 2012-2016; BERK, 2018

Exhibit 11   Limited English Proficiency in Population Aged 60+ vs Senior Center Users
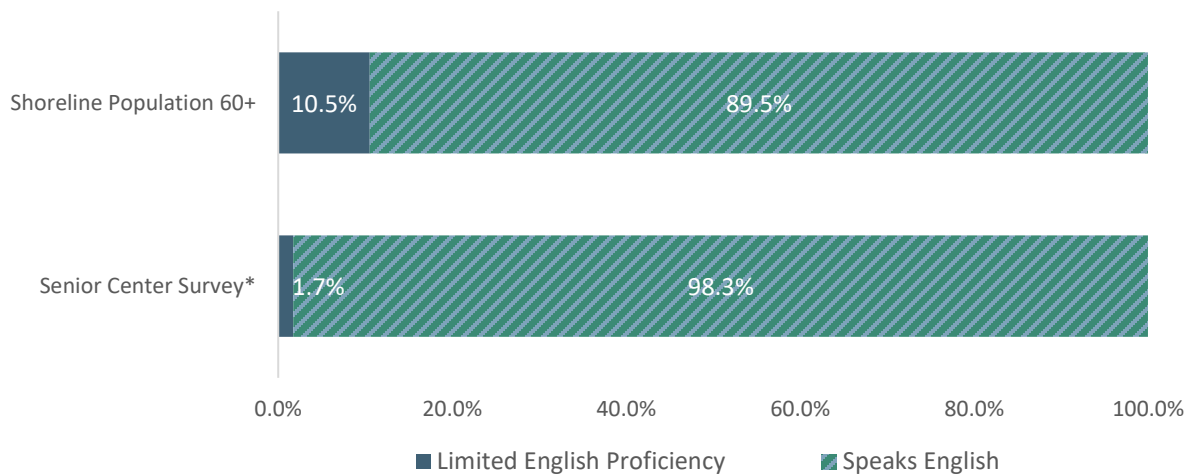
Note: *Approximately ~10% of the survey respondents did not list their English proficiency. The numbers shown above represent the total survey respondents who listed their English proficiency.

Source: Shoreline Lake Forest Park Senior Center Survey, 2016-2017; U.S. Census American Community Survey 5-yr Estimates, 2012-2016; BERK, 2018.

This is likely attributed to the fact that the survey from which the senior center demographics are derived is skewed towards those who are proficient in English. Low awareness of senior center programs among residents new to the country and those who don't speak English well also likely play a part.

Senior Center Funding and Operations

While the OAA of 1965 established a framework and funding to support local delivery of services for older adults, there has not been enough federal funding to pay for all the services provided by local organizations such as senior centers. To maintain operations, senior centers across the country cobble together funding from a variety of funding sources including, national, state, and local government sources, private contributions from businesses, individuals and philanthropic organizations, participant contributions, and volunteer hours. (Barrett A, 2010) Many centers rely on three to eight different funding sources. (Aging, 2013) Funding patterns at the Shoreline Lake Forest Park Senior Center also reflect this national trend.

The projected 2018 costs and expenses for the Shoreline Lake Forest Park Senior Center are just over $436,000. Of that total, the City of Shoreline contributes $95,708, roughly 22% of the annual operating costs and expenses. The rest of the operating costs and expenses are funded by a variety of sources, the largest being revenue from fees and sales. See Exhibit 12 below.

Exhibit 12   Shoreline Lake Forest Park Senior Center Funding Sources
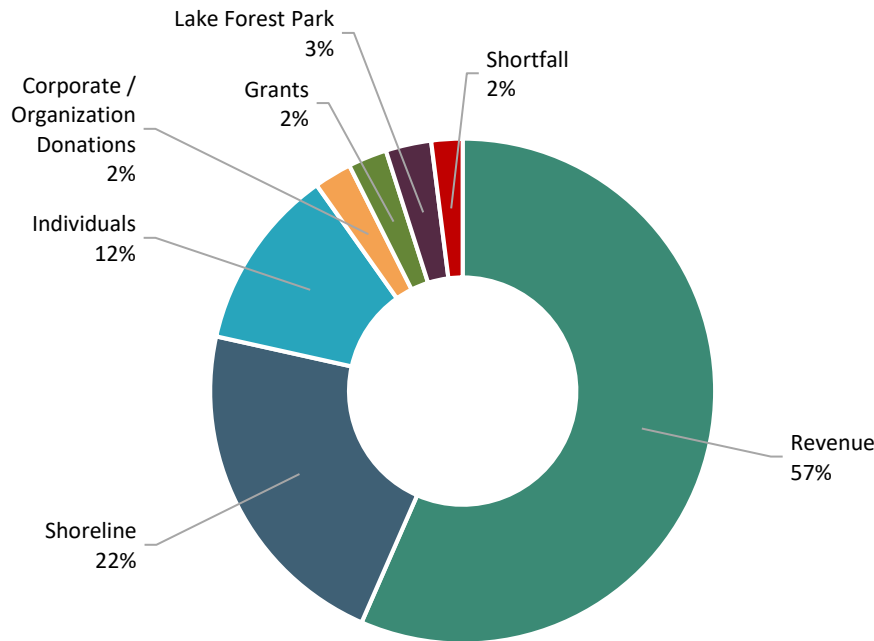
Source: Shoreline Lake Forest Park Senior Center, 2018; BERK, 2018

During the 2016-2017 operating year, the senior center served 1,721 clients, all of whom reported living in zip codes partially covering Shoreline. If the assumption is made that all 1,721 people live in Shoreline, then it costs the City $56 annually per Shoreline resident served at the senior center, as shown in Exhibit 13.

These zip codes cover parts of North Seattle and Lake Forest Park, however, so it cannot be assumed that 100% of the clients reporting to live in these zip codes live exclusively in Shoreline. Even so, if only half of those reporting live in Shoreline, it costs the City $112 annually per Shoreline resident served at the senior center.

Exhibit 13   Senior Center Cost and Expense per Senior User Served

TOTAL PROJECTED COSTS AND EXPENSES	$436,585
City of Shoreline Contribution	$95,708
Annual Cost & Expense per Senior Served	$254
Annual Cost & Expense per Shoreline Senior Served for Shoreline Contribution*	$56

Note: *This is assuming that all residents from zip codes 98133, 98155, and 98177 live in Shoreline.

Source: Shoreline Lake Forest Park Senior Center, 2018; BERK, 2018.

SITUATION ASSESSMENT RESOURCES

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