

# MAKING A DIFFERENCE FOR OLDER ADULTS AND THE ENVIRONMENT FINAL REPORT EPA AGING INITIATIVE

Today's Date: January 31, 2008

Recipient: Berkeley-Charleston-Dorchester Council of Governments (BCDCOG)

Agreement Number: 82255501

Final Report: January 31, 2008

Agreement Project Period: 2/14/05-10/31/07

Recipient Contact Person: Vonie Gilreath

Principal Investigator/Project Director: Vonie Gilreath

## **I. Progress Achieved in Accomplishing Project Goals/Objectives, Outputs and Outcomes:**

### **OVERARCHING *Age Friendly Community* PROJECT GOAL:**

Between 1980 and 2000, the number of residents over age 65 in the Charleston ,SC tri-county area increased by 22 percent. Without Smart Growth initiatives, such as providing decreasing vehicle trips or providing a range of transportation choices and housing types, seniors will become more vulnerable to environmental hazards; they will also become more isolated in communities that do not have adequate walkability and accessibility.

The BCDCOG's *Active Living By Design* project designed a three county bicycle/pedestrian plan to increase physical activity opportunities. This EPA project permitted the Council of Governments to direct resources to take the *Active Living* project to the next level and address the special activity and environmental needs of the aging population in accordance with EPA's Aging Initiative to encourages civic engagement to recognize and reduce environmental hazards in their communities. The goal of this project was to demonstrate how smart growth activates can improve the quality of life for older adults while improving the environmental. **OUTCOME:** The BCDCOG staff utilized the EPA opportunity to assist citizens in a series of charrette/workshop to identify ways to address these issues in their community through smart growth concepts.

The specific goals of the Age Friendly Community project can be broken down in to four progressive components designed to achieve environmental results (outcomes and outputs).

- (1) Identification of target communities,
- (2) Public outreach to key community institutions to target residents (e.g. the area senior center) for involvement,
- (3) Development or assembling of educational materials regarding smart growth concepts related to water quality, air quality, and land use,
- (4) Planning and implementation of community workshop providing educational element as well as development of an improvement plan based on a livability assessment of the community and a report.

### **Goal/Objective 1:**

#### **Planned Activities per work plan: Identification of target communities**

The first stage of the project was to identify three target areas with a high concentration of seniors in each of the region's three counties. This was accomplished using Census data and GIS mapping. BCDCOG staff then mapped the location of each senior center.

### **Actual Work Completed:**

Nine project communities were identified.

### **Goal/Objective 2:**

**Planned Activities per work plan: Public outreach to key community institutions to target residents (e.g. the area senior center) for involvement.**

Once the general areas and senior centers were located, BCDCOG staff contacted the senior centers and selected times for the meetings based on the center's schedule. Time of day for the workshop varied.

### **Actual Work Completed:**

- Age Friendly Workshops sites selected.
- Invitations sent out to elected officials, government staff and selected residents.
- Flyers placed in senior centers, libraries and other locations.
- Press release sent out to all t.v., radio and local media.

**Outcome:** The EPA's aging initiative encourages civic engagement to recognize and reduce environmental hazards in their communities.

- BCDCOG staff appeared on TV Channel 4 "Talk Back" to raise awareness about Age Friendly Community Workshops and importance of environmentally sound planning.
- BCDCOG staff interviewed by Talk radio WTMA.
- Articles in local newspapers.
- Lt. Governor's office on Aging and Department of Health and Environmental Control requested information and presentation materials.

### **Output:**

- Flyers
- Press release

### **Goal/Objective 3:**

**Planned Activities per work plan: Development or assembling of educational materials regarding smart growth concepts related to water quality, air quality, and land use.**

### **Actual Work Completed:**

Resources utilized:

- EPA Aging Initiative [www.epa.gov/agingBuilding](http://www.epa.gov/agingBuilding)
- EPA Smart Growth [www.epa.gov/smartgrowth/](http://www.epa.gov/smartgrowth/)
- Smart Growth Network [www.smartgrowth.org](http://www.smartgrowth.org)
- DRCOG EPA grant presentation <http://www.drcog.org/index.cfm?page=EPAGrant>
- Kathryn Lawler. "Livable Communities for Older Adults"  
[http://www.atlantaregional.com/cps/rde/xbcr/arc/Livable\\_Communities\\_for\\_Older\\_Adults\\_5-1-06.pdf](http://www.atlantaregional.com/cps/rde/xbcr/arc/Livable_Communities_for_Older_Adults_5-1-06.pdf)
- Howard Frumkin, M.D., Dr.P.H. "Aging and Community Design"  
[http://www.atlantaregional.com/cps/rde/xbcr/arc/Aging\\_and\\_Design.ppt](http://www.atlantaregional.com/cps/rde/xbcr/arc/Aging_and_Design.ppt)
- *Older Americans 2004*, Federal interagency on Aging related Statistics.
- *Be Active for Life Handbook*. Robert Wood Johnson Foundation, 2002.

**Output:**

- PowerPoint presentations catered to each community.
- Pre-workshop and post workshop survey.

**Goal/Objective 4:**

**Planned Activities per work plan: Planning and implementation of community workshop providing educational element as well as development of an improvement plan based on a livability assessment of the community and report on workshops.**

**Actual Work Completed: Age Friendly Workshops were held in the following locations in 2007:**

St George, SC

David Sojourner Senior Center-5361 East Jim Bilton Blvd.

Summerville, SC

Faith Sellers Senior Center-312 North Laurel St.

McClellanville, SC

South Santee Senior and Community Center-710 South Santee Rd

Charleston, SC

Charleston Area Senior Citizens Services Inc.-259 Meeting Street

Ridgeville, SC

Bethel AME Church- 165 South Railroad Ave

James Island, SC

Lowcountry Senior Center-865 Riverland Dr

Moncks Corner, SC

Monks Corner Senior Center-222 Heatly Street

Goose Creek, SC

South Berkeley Senior center-103 Thurgood Rd

St. Stephens, SC

St. Stephen Senior Center- 117 Bay Street

**Outcome:**

- Approximately 143 community members participated in the training./workshops. This does not include the numerous requests for presentation information and materials requests generated by the media.
- Not all of the participants completed surveys but, after the workshop, the results indicated that the seniors were concerned about Smart Growth issues that included the lack of the public transportation options in the region and a desire to stay in the home as long as possible.
- Responsible parties identified to carry out the policies needed for Smart Growth include city council members and statewide organizations such as the Silver Legislature.
- PowerPoint presentations were adjusted to reflect each community and are available on request.

- The funding priority of this project promoted healthy communities for older adults through Smart Growth activities (cooperative agreements).
- The residents of the communities in which the meetings were conducted directly benefit from the training in the workshops, indirectly, however, it will serve as a model for other areas of the region.
- The project targeted older adults involved other age groups for intergenerational learning opportunities.

**Output:**

Able residents completed pre and post surveys on Smart Growth terms and viability. Most residents had not heard of the term “Smart Growth” prior to the workshop. The majority indicated that having shopping near to their home was “Somewhat” important.

**Lessons Learned:** The term “Age Friendly Communities” hit a nerve with the media. The BCDCOG director had never had such media interest in a project; this interest was not just local but came from throughout the state. A reporter did mention that to make the policy changes needed, the presentation could be easily changed to focus on the baby boomers in their forties or early fifties who now have the time and energy to make the needed changes.

**Budget:**

No equipment was purchased for this project.

DEPT. 1900	Budget	FY05	FY06	FY07	FY08	Total	Balance	%
		Costs	Costs	Costs	Costs	Project Costs		
Salaries	11,253	2,605.88	4,461.09	735.29	3,002.94	10,805.20	447.80	
Benefits Applied	4,538	1,212.78	2,301.03	357.35	1,252.53	5,123.69	(585.69)	
Indirect Costs	8,709	2,592.11	4,020.76	766.60	3,318.84	10,698.31	(1,989.31)	
Postage	-	0.00	30.68	0.00	0.00	30.68	(30.68)	
Supplies	500	0.00	0.00	0.00	0.00	0.00	500.00	
<b>TOTAL PROJECT COSTS</b>	<b>25,000</b>	<b>6,410.77</b>	<b>10,813.56</b>	<b>1,859.24</b>	<b>7,574.31</b>	<b>26,657.88</b>	<b>(1,627.20)</b>	<b>107%</b>

**Discuss and Project Terms and Conditions required for this Agreement**

Project was completed.

**Report any Key Personnel Changes concerned with the project:**

Project Director did not change.

**II. Difficulties Encountered:**

**Goal/Objective 1:**

**Problem(s) Encountered:** Budget overrun of 7% was covered by BCDCOG.

Signature (Recipient Authorized Official): Vonie Gilreath for Ron Mitchum

Date: January 31, 2008



## Final Report Additional Items

SF 269: A Financial Status Report is due 90 days after the end of the award.