

### ABSTRACT

As the Baby Boomers continue to get older, a majority of the population in the United States is becoming 65 and older, but are we ready for the transition to fit the aging adult's needs? In many small communities, older adults are commonly overlooked in the community. There are not hand rails in places that need them, there are not ramps for a wheelchair friendly building, or for those older adults with canes and walkers. Also there are not enough age friendly community buildings in general. These problems should be brought to the attention of those communities, specifically the amount of aging adults that need assistance. With that problem fixed, communities can begin to become more age friendly, and help the growing population that is becoming 65 and older. This presentation is used to inform the general community what problems the older adult faces in my hometown Arlington, Ohio.

### CRITERIA FOR AGE-FRIENDLINESS OF A COMMUNITY

- Housing that is accessible and affordable, and is up to code in the community.
- Clean and eye-appealing environment with age friendly walking areas and also buildings.
- A wide variety of options for the elderly to get where they need to go, at an affordable cost, and age-friendly vehicles that have services tailored to older adults.
- Information is easily obtained and there is respectful behavior from those in the community. There should also be a positive connection between the elderly and their family, and friends.
- Allowing elders to become engaged in the community and also provide volunteering and employment for them.
- Also the elderly must have accessible care, in every aspect of health services and should be thought of as a priority.

### HOUSING

The elderly in the community have one option if there are looking for assisted living in the community. There is a 106 bed nursing home to accommodate those in need of a living space, or assisted living. There is also a 55-plus senior living community that offers duplexes and one or two bedroom apartments as well.

### OUTDOOR SPACES AND BUILT ENVIRONMENT

Arlington has some parks that are handicap accessible. Most of the have handicap parking spots that accommodate those that are not able to get around as well as others. Also, most buildings in the village are to code, and the only building that has more than two stories in the community that is open to the community is the school and this is very handicap accessible and has an elevator.

### TRANSPORTATION

Transportation is key for elderly to get out and move around. HATS is a elder community bus system that is used to transport elderly people to where they need to go. Also people in the community rely heavily upon their loved ones to get them to where they need to go.

### SOCIAL ENVIRONMENT

The community in Arlington is based around volunteering for the elderly in the population specifically for the elderly in the nursing home. Those in the community really like to make those at the nursing home feel as part of the community and treat them like family. He village tends to engage the elderly in the community with things like free admission to sporting event for those over the age of 50. Also the high school would take the band and go over and play for the nursing home community for make them feel like part of the community and bring maybe a little nostalgia to them. Also community members would bring water and things to the nursing home to help volunteer to help those in need.

### COMMUNITY SUPPORT

One of the good places for those 50 and older in the community and surrounding areas is called 50 North in Findlay, Ohio. The idea around 50 North is to help seniors over 50 get moving and stay active not only in the gym that is provided there, but also in the community. They have social workers there that will help provide guidance for seniors with needs of referrals or just information on where to go next. They also provide volunteer work for seniors who take care of things other seniors are unable to do. Things like raking leaves, mowing the lawn, doing things to their house, shoveling snow, etc. for seniors to help other seniors in the community. Also, the Goodwill Senior Service Employment program provides those in the Findlay area who fit the criteria of being over or at least 55 years of age. They get job counseling, along with job placement, an employment plan, and have placement in organizations that will help them acquire the skill they might need to help them get placement.

### HEALTH AND WELLNESS SERVICES

- 50 North provides a large amount of things for the elderly to do inside their facility. 50 North provides a cafe for the members there to eat every day, and also provides them with the opportunity to have mobile meals, and order groceries. They also have a large fitness center in the basement of their facility, where the elderly can exercise together.
- The YMCA in Findlay also provides many opportunities for older adults. It provides them with Silversneakers insurance program which is a membership that provides older adults with programming that is socially oriented and blends that with physical activity. They also provide a program called FOREVER ACTIVE, where they have classes that have chair yoga, aqua Zumba, low impact aquatics, rise and shine cardio, and water volleyball.

### CONCLUSION

In all, I feel that the village of Arlington meets the criteria for an age friendly community. There are enough volunteers and places that are willing to lend a helping hand, along with age friendly buildings located within the village and in the surrounding towns as well as facilities tailored to those the elderly.

### REFERENCES

- Orchards of Arlington - Locations. (2020, April 9). Retrieved from <https://www.good-sam.com/locations/orchards-of-arlington>
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