

**TABLE 1**

**Goals for Keeping Seniors Healthy, Active and Involved**

Basic Needs	Independence	Physical and Mental Health and Well Being	Social and Civic Engagement
Reduce percentage of people age 60 and over who spend greater than 30% of their income on housing	Increase the percentage of people age 60 and over who know whom to call if they need information about services in their community	Increase the percentage of seniors who obtain health care.	Increase percentage of people age 60 or over who socialize with friends or neighbors on a regular basis
Reduce percentage of householders age 60 and over in units with unmet home modification needs	Increase transportation mobility for people over 60.	Increase the percentage of people age 60 and over who see a mental health care professional for those symptoms when they feel depressed or anxious.	Increase percentage of people age 60 or over who engage in at least one social, educational, recreational, religious or cultural activity on a regular basis
Reduce percentage of crime against those 60 and over.	Increase percentage of people age 60 and over who receive practical support with activities of daily living	Increase the percentage of seniors who obtain dental care.	Increase percentage of people age 60 and over who participate in volunteer work
Reduce percentage of people age 60 and over who report cutting the size of meal or skipping meals due to lack of money	Increase number of family members receiving education or counseling about caregiving for the elderly.	Increase the percentage of people age 60 and over who participate in regular physical exercise	Decrease the percentage of people age 60 and over who report feelings of loneliness or isolation most of the time (or as a major problem).
Reduce percentage of people age 60 and over who report reducing their dosage of medications or doing without due to lack of money.	Increase living arrangement options for seniors; e.g., co-housing, other diverse and affordable housing	Increase percentage of people age 60 and over who rate their health status from good to excellent.	
		Increase number of health care professionals trained in geriatric care and associated issues	

**Color Coding:** Data collected by Boulder County

Data collected by City of Boulder

**Definitions:** **Basic Needs:** provides appropriate and affordable housing; promotes safety at home and in the neighborhood; assures no one goes hungry.

**Independence:** mobilizes resources to facilitate living at home; provides accessible transportation; supports family and other caregivers; provides useful information about available services.

**Physical and Mental Health and Well Being:** promotes healthy behaviors; supports community activities that enhance well-being; provides ready access to preventive health services; provides access to medical, social and palliative care.

**Social and Civic Engagement:** fosters meaningful connections with family, neighbors and friends; promotes active engagement in community life; provides opportunities for meaningful paid and volunteer work; makes aging issues a community-wide priority.

**Adapted from:** The AdvantAge Initiative, Center for Home Care Policy & Research, Visiting Nurse Service of New York Trends and Services for Older Adults in Boulder County, 1999-2003

**TABLE 2**

<b>County Programs for Seniors</b>			
<b>Basic Needs</b>	<b>Independence</b>	<b>Physical and Mental Health and Well Being</b>	<b>Social and Civic Engagement</b>
Old Age Pension	Respite Care Volunteer Program	Medicare Ombudsman	Aging Advisory Council
Food Stamps	Caregiver Initiative	Diabetes support/education	GLBT support group
Nutrition Services Program	Project HOPE	Nutrition education	Older Americans Coalition
Senior Housing	Care Connections Newsletter	Flu shot clinics	Create Our Future Initiative
Section 8 vouchers	Funding for: Adult Day Care; Homemaker Services; Personal Care; Reassurance	Depression Screening	Public Policy & Advocacy Committee
LEAP/Weatherization	Information and Assistance	Safe-Medication Use	Interfaith Conference on Caregiving
Elder Rights Coordinator: (1) Adult Protective Services, Prevention & Emergency Fund' (2) Domestic Abuse Prevention Project (3) Elder Abuse Prevention	Resource Specialist	Step Program	Respite Care Volunteer Program
	District Attorney's Office Consumer Affairs	Long Term Care Ombudsman	Volunteer Long-Term Care Ombudsman
	Homeowner programs counseling		Senior Tax Worker Program
	Respite assistance funds		Workforce Boulder County
<b><i>Adapted from:</i></b> "Trends in Services for Older Adults in Boulder County," Boulder County Community Services Department and Boulder County Aging Services Division			

**TABLE 3**

<b>Non-Profit Programs for Seniors</b>			
<b>Basic Needs</b>	<b>Independence</b>	<b>Physical and Mental Health and Well Being</b>	<b>Social and Civic Engagement</b>
Community Food Share	Boulder County Legal Services	Mental Health Center of Boulder County	Retired and Senior Volunteer Program (volunteer opportunities)
Retired and Senior Volunteer Program (food delivery)	Retired and Senior Volunteer Program (handyman services)	People's Clinic	Elks Club
Emergency Family Assistance Association	Center for People With Disabilities	Counseling Center	Optimists Club
Salvation Army	Imagine!	Hospice of Boulder and Broomfield Counties	International Order of Odd Fellows
Boulder Meals on Wheels	Special Transit	Dental Aid	Rotary
Faith Community (food, clothing)			Faith Community
Thistle Community Housing			
Boulder Housing Partners			
Dunn Memorial Housing			
Golden West			
Mary Sandoe House			
Presbyterian Manor			

  

<p><b>Color Coding:</b></p> <p>Receives funding from HHS/CSA</p> <p>Receives funding from HHS/DSS</p> <p>Receives funding from HHS/Hsg</p>
--

**TABLE 4**

**City of Boulder Programs for Seniors**

	Basic Needs	Independence	Physical and Mental Health and Well Being	Social and Civic Engagement
<b>Direct Services</b>	Food Tax Rebate (CYF)	Community Resources (DSS) (\$177K) * Peer Counseling * Money Mgt Bill Payer	Wellness Classes (DSS) (\$50K)	Gold Rush Program (DSS) (\$35K)
	Boulder Seniors Foundation (DSS)	Ice Busters (HSG)	Sports / Recreational Programs (DSS, P&R)	Sports / Recreational Programs (DSS (\$24K), P&R)
	Housing (HSG)		Memory Evaluation Clinic (DSS)	Educational Classes (DSS) (\$62K)
				Trips and Travel (DSS) (\$77K)
				Special Events (DSS)
				Clubs and Organizations (DSS)
East and West Senior Centers -- Focal points for delivery of services (DSS) (\$308K)				
<b>Funding to Non-Profits</b>	Meals on Wheels (DSS) (\$75K)	Center for People With Disabilities (HSG, CSA)	People's Clinic (CSA)	Retired and Senior Volunteer Program (CSA)
	Thistle Community Housing (HSF)	Retired and Senior Volunteer Program (CSA)	Mental Health Center of Boulder County (CSA)	
	Community Food Share (CSA)	Community Counseling (BHP through DSS)	Dental Aid (CSA)	
	Boulder Housing Partners (HSG)	Special Transit (DPW)	Counseling Center (CSA)	
	Emergency Family Assistance Association (CSA)			
<b>Service Coordination</b>	Senior Community Advisory Committee (DSS)			
	Boulder Seniors Foundation (DSS)			
	Boulder Interagency Network (DSS)			

**Legend:** BHP = Boulder Housing Partners  
 CYF = HHS Division of Children, Youth and Families  
 CSA = HHS Division of Community Services  
 DSS = HHS Division of Senior Services  
 DPW = Boulder Department of Public Works (Transportation)  
 HSG = HHS Division of Housing  
 P&R = Boulder Department of Parks and Recreation

**TABLE 5**

<b>Division of Senior Services Programs: Key Objectives</b> <b>Mission: To promote programs and services that will keep seniors healthy, active and involved</b>	
Program	Key Objectives
Senior Centers	Manage the City's two focal points for senior programs, services, and for room rentals by the public
Community Resources	Consult with older adults and families regarding community resources, adult care giving issues, financial and housing options
Money Management Bill Payer	Match older persons with trained volunteer for assistance with bills and financial records-keeping
Peer Counseling	Match older persons with trained peer for supportive counseling
Meals on Wheels	Provide nutritious, affordable lunches, dinners and home-delivered meals to improve health and reduce isolation
Clubs and Organizations	Provide space and opportunities for older people to share interests and remain active in the community
Social Recreation: Classes	Offer group opportunities that promote education, interests, talents and community involvement
Social Recreation: Wellness	Promote wellness among older people through strengthening, fitness, prevention and educational classes, and health screenings
Social Recreation: Trips and Travel	Provide half-day to overnight opportunities to broaden seniors' social circles and life experiences
Social Recreation: Sports	Keep older people active through participation with their peers in sports and fitness programs
Gold Rush Membership	Members enjoy discounts with Senior Services and its business partners, priority in registration, members-only special events and opportunities for community service projects
Boulder Seniors Foundation	Help meet financial needs of older residents for financial needs; support Senior Services by underwriting special events, educational seminars, quarterly magazine, Channel 8 "Senior Focus" and Senior Awards Programs