

AGENDA
DRCOG Board Work Session
WEDNESDAY, March 1, 2023
4 p.m. – 5:30 p.m.
VIDEO/WEB CONFERENCE
Denver, CO

1. Call to Order
2. Public Comment
3. Summary of the February 1, 2023 Board Work Session
(Attachment A)
4. Population Cohort and Household Type Forecast: A brief summary of the next 30 Years
(Attachment B) Zach Feldman, Manager, Regional Planning and Development
5. Survey results and areas of focus for the 2023-2027 Area Plan on Aging
(Attachment C) Jayla Sanchez-Warren, Director, Area Agency on Aging
6. Adjourn

Persons in need of auxiliary aids or services, such as interpretation services or assisted listening devices, are asked to contact DRCOG at least 48 hours in advance of the meeting by calling (303) 455-1000.

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BOARD WORK SESSION SUMMARY

February 1, 2023

Note: Meeting held virtually via Zoom

Directors present:

Steve Conklin, Chair	Edgewater
Steve O’Dorisio	Adams County
Jeff Baker	Arapahoe County
Claire Levy	Boulder County
Austin Ward	City and County of Broomfield
Kevin Flynn	City and County of Denver
Nicholas Williams	City and County of Denver
George Teal	Douglas County
Tracy Kraft-Tharp	Jefferson County
Lisa Smith	Arvada
Juan Marcano	Aurora
Jan Pawlowski	Brighton
Deborah Mulvey	Castle Pines
Tim Dietz	Castle Rock
Tammy Maurer	Centennial
Randy Weil	Cherry Hills Village
Ari Harrison	Erie
Josie Cockrell	Foxfield
Lynette Kelsey	Georgetown
George Lantz	Greenwood Village
Paul Haseman	Golden
Chuck Harmon	Idaho Springs
Stephanie Walton	Lafayette
Jeslin Shahrezaei	Lakewood
Rich Olver	Lakewood
Stephen Barr	Littleton
Kat Bristow	Lochbuie
Wynne Shaw	Lone Tree
Deborah Fahey	Louisville
Tom Mahowald	Nederland
Richard Kondo	Northglenn
John Diak	Parker
Jessica Sandgren	Thornton
Sarah Nurmela	Westminster
Bud Starker	Wheat Ridge

Others present: Doug Rex, Executive Director; Chris Chovan, Janet Lundquist, Adams County; Matt Williams, Lauren Pulver, Douglas County; Kent Moorman, Thornton; Debra Baskett, Westminster; Danny Herrmann, CDOT; Chessy Brady, RTD; John Swartout, Citizen; and DRCOG staff.

Chair Steve Conklin called the session to order at 4:00 p.m.

Public Comment

There was no public comment.

FY 2024- 2025 Unified Planning Work Program (UPWP) Development Update

Ron Papsdorf, Todd Cottrell, and Josh Schwenk provided an overview of the plan to the directors. As the metropolitan planning organization (MPO) for the Denver region, DRCOG must adopt a UPWP that outlines and serves as the tool for scheduling, budgeting, and monitoring the metropolitan transportation planning tasks and activities conducted by the MPO and participating entities with federal transportation planning funds. Staff began discussions around major activities to be conducted from October 1, 2023 through September 30, 2025 for the FY 2024-FY 2025 UPWP. Many activities will continue from the current FY 2022-FY 2023 UPWP. Staff discussed the federal context for the UPWP and required planning activities. Staff sought input on ideas and regional priorities that could be considered for 2024 and 2025 from the directors. Members of the board participated in a Menti poll throughout the presentation to provide feedback and direction for staff to use in development of the plan.

Continued discussion on the potential role for DRCOG in regional housing conversations

Sheila Lynch, Andy Taylor, and Emily Daucher introduced the discussion by highlighting the key themes that emerged out of the December 7 Board Work Session regarding DRCOG's potential role in the housing conversation:

- Convening, coordination, and project management are needed to strengthen local housing strategies and efforts.
- Data analysis and technical assistance that focuses on areas that local governments cannot address alone are essential.
- Policies and programs that are accessible across communities are critical.
- Broad and impactful communication strategies are needed.
- Development of shared goals and desired outcomes will have a greater impact to move regional housing efforts forward.

DRCOG staff conducted an examination of approaches peer regions have taken and determined that elements may be transferable to the Denver region. Staff acknowledged that regional housing strategies are adaptable and DRCOG has the foundation to build on previous work to ensure a successful planning process and implementation.

Directors were requested to answer a series of questions in a Menti poll in order to provide feedback and direction to staff.

The work session ended at 5:28 p.m.

ATTACH B

To: Chair and Members of the Board of Directors

From: Douglas W. Rex, Executive Director
(303) 480-6701 or drex@drcog.org

Meeting Date	Agenda Category	Agenda Item #
March 1, 2023	Discussion	4

SUBJECT

Population cohort and household type forecast: A brief summary of the next 30 years

PROPOSED ACTION/RECOMMENDATIONS

N/A

ACTION BY OTHERS

N/A

SUMMARY

Among other things, changes in population and households over time impact the region's estimates of, and approaches to, future travel demands and patterns. Forecasts for the region begin with population and household forecasts from the Colorado State Demography Office.

At the March 1 meeting, staff will present information about available data sources, forecasted changes in population growth with emphasis on variation by age cohort, forecasted changes in household growth with emphasis on variation by household type, and the implications for the Denver region.

Key takeaways:

1. The Denver region is not in free fall. It is not going to see a decrease in population.
2. Growth will be drastically slower over the next three decades than over the past three decades.
3. The Denver region and Colorado will continue to see population growth faster than the national average.
4. The Denver region will see no growth in children over the next three decades.
5. Expect continued fast growth among older adults with 65+ population growing over seven times faster than the under 65 population (99% vs 13%)
6. Most forecasted household growth will be among older adults and households without children.

PREVIOUS DISCUSSIONS/ACTIONS

N/A

PROPOSED MOTION

N/A

ATTACHMENTS

Staff presentation

ADDITIONAL INFORMATION

If you need additional information please contact Douglas W. Rex, Executive Director, at (303) 480-6701 or drex@drcog.org; or Zachary Feldman, Manager Data Science and Analytics, at 303 480-6790 or zfeldman@drcog.org.

POPULATION COHORT AND HOUSEHOLD TYPE FORECAST

A brief summary of the next 30 years

Board work session | March 1st, 2023

Zachary Feldman, PhD

Manager, Data Science and Analytics

OUTLINE

- Data Sources
- Forecasted changes in **population growth**
 - Variation by age
- Forecasted changes in **household growth**
 - Variation by household type
- Implications for the Denver region



Colorado State Demography Office:

<https://demography.dola.colorado.gov/index.html>

Population forecasts by county through 2050

- Stratified by sex and age

Household forecasts by county through 2050

- Stratified by age of household head
- Stratified by household type
 1. One adult with no children
 2. One adult with children
 3. More than one adult with no children
 4. More than one adult with children

DRCOG data briefs

- [Household growth and housing demand \(May 2019\)](#)
- [Regional growth deceleration \(October 2020\)](#)

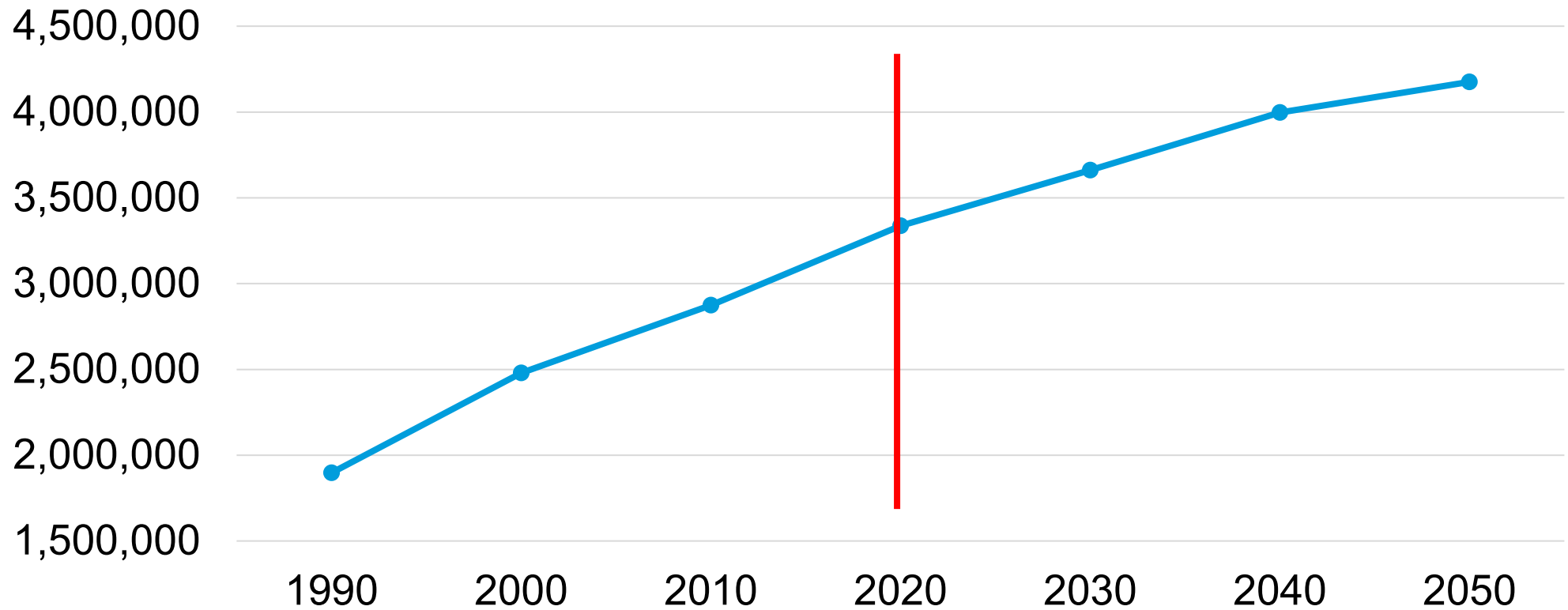
State Demography Office

- [Colorado's Population and Economic Trends](#)

POPULATION GROWTH



DRCOG Region



Data source:
State Demography Office

POPULATION GROWTH



	1990-2000	2000-2010	2010-2020	2020-2030	2030-2040	2040-2050
DRCOG Region	31%	16%	16%	10%	9%	4%
Colorado	31%	16%	15%	11%	10%	6%
Nation	13%	10%	8%	7%	5%	4%

Data sources:
State Demography Office
Census Bureau data.census.gov

POPULATION GROWTH



	1990-2020	2020-2050	1990-2020	2020-2050
DRCOG Region	1,439,907	837,832	76%	25%
Colorado	2,480,275	1,702,183	75%	29%
Nation	83,334,387	56,877,740	34%	17%

Data sources:
State Demography Office
Census Bureau data.census.gov

POPULATION GROWTH BY AGE COHORT



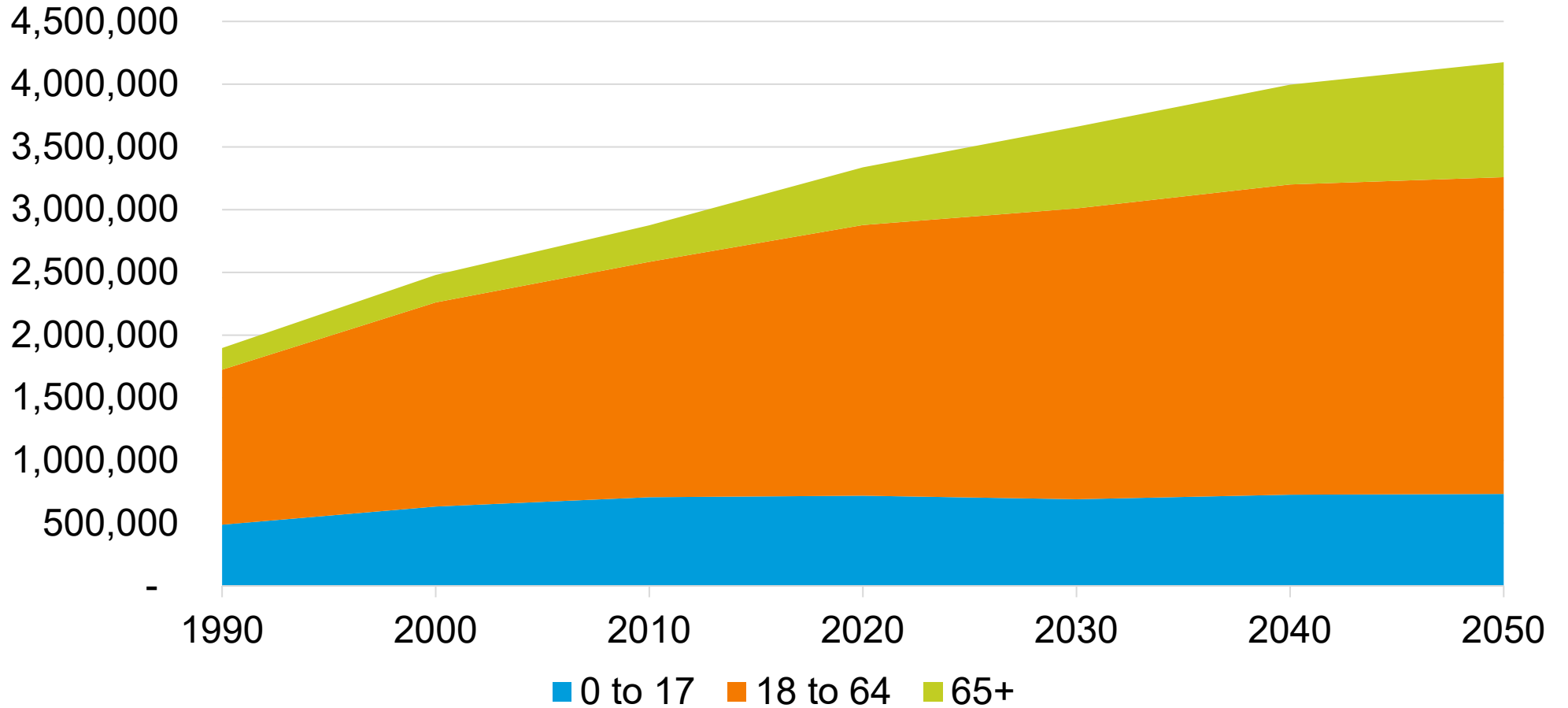
DRCOG Region	1990-2020	2020-2050
0 to 17	47%	2%
18 to 64	75%	17%
65 plus	166%	99%
Total	76%	25%

Data source:
State Demography Office

POPULATION GROWTH BY AGE COHORT

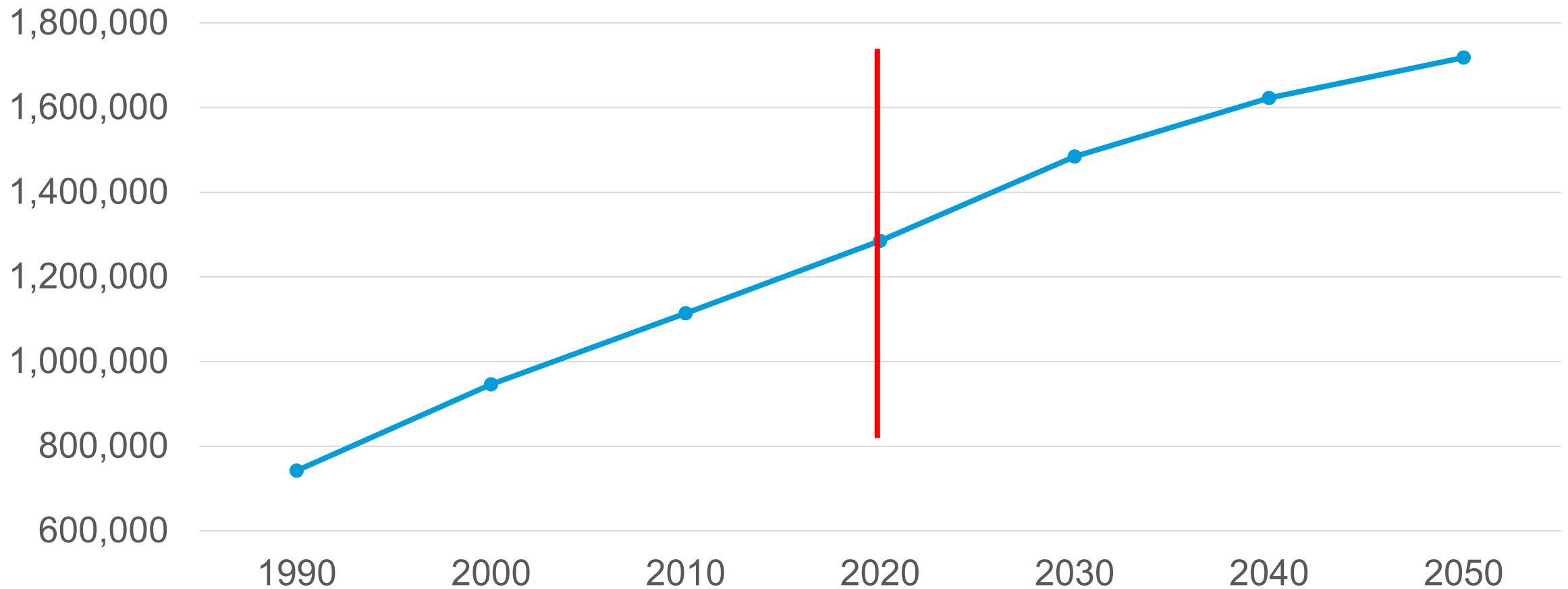


DRCOG Region



Data source:
State Demography Office

Households in DRCOG region



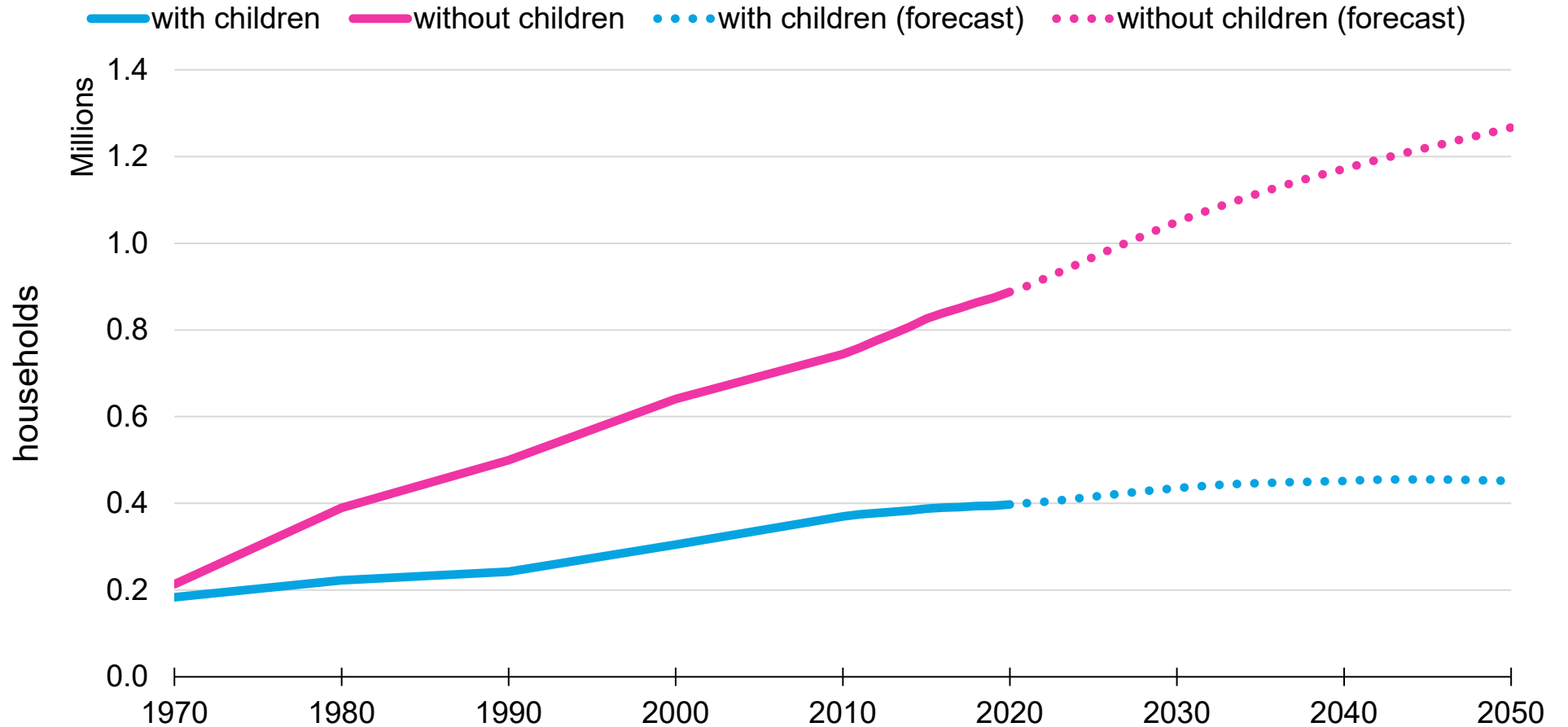
Data sources:
State Demography Office
IPUMS NHGIS, University of Minnesota, www.nhgis.org

HOUSEHOLD GROWTH BY TYPE

2020-2050 HHs	18-24	25-44	45-64	65+	Total
More than one adult with children	-3,230	7,226	37,832	10,836	52,664
More than one adult with no children	-2,287	11,514	73,676	155,273	238,177
One adult with children	-841	1,585	6,052	1,273	8,068
One adult with no children	-5,758	4,179	40,132	122,818	161,372
Total	-12,116	24,504	157,692	290,201	460,281

HOUSEHOLD GROWTH BY PRESENCE OF CHILDREN

Denver region households by presence of children



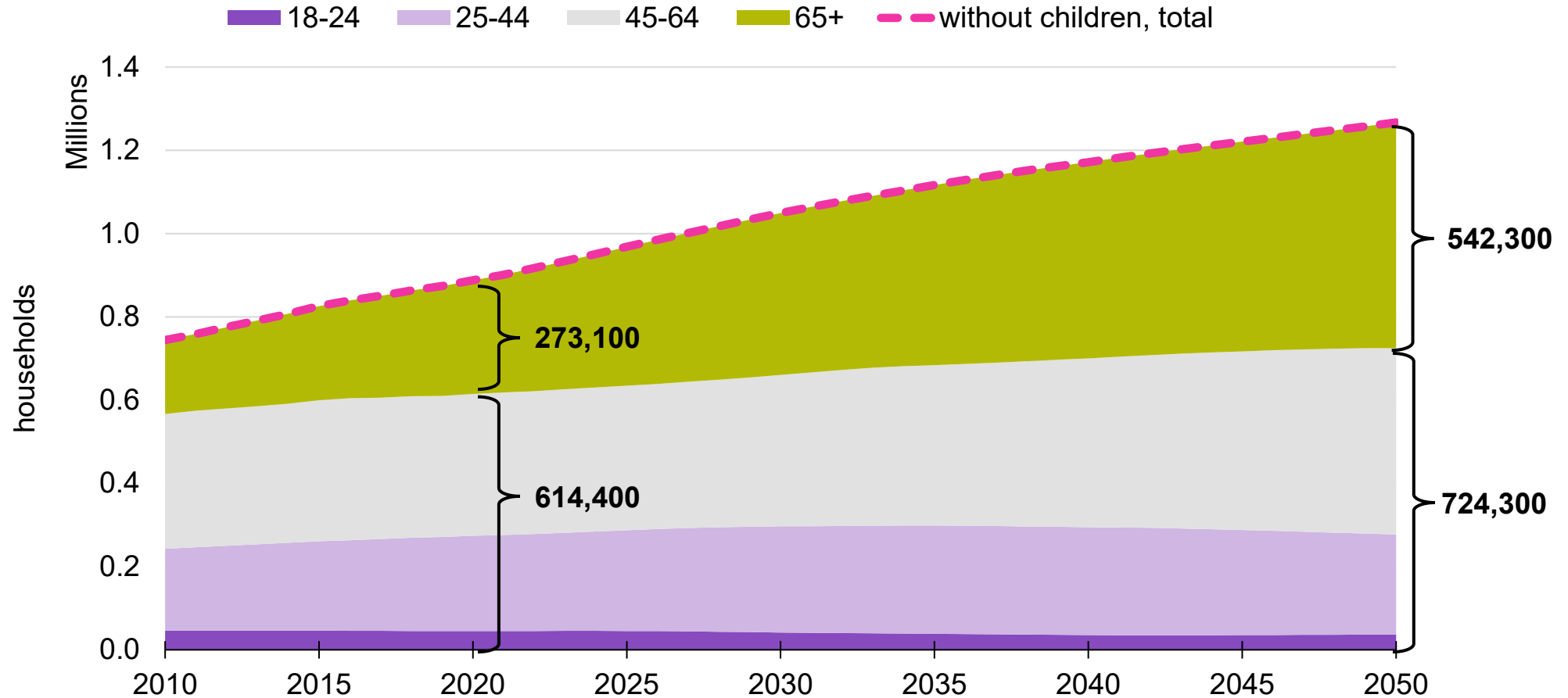
Data sources:
State Demography Office

IPUMS NHGIS,
University of Minnesota,
www.nhgis.org



VARIETY OF HOUSEHOLDS AND DEMAND

Denver region households without children by age of head



Data source:
State Demography
Office



WHAT DOES THIS MEAN FOR THE REGION?

1. The Denver region is not in free fall. We are not going to see a decrease in population.
2. BUT...population growth will be significantly slower over the next three decades than over the past three decades.
3. The Denver region and Colorado will continue to see population growth faster than the national average.
4. The Denver region will see **no growth** in children over the next three decades.



WHAT DOES THIS MEAN FOR THE REGION?

5. Expect continued fast growth among older adults with age 65+ population growing over **seven times faster** than the under 65 population (99% vs 13%)
6. **Most** forecasted household growth will be among older adults and households without children.
7. The region will face new transportation demands as older adults require increased mobility services and employment increases in home aid and health care sectors.





THANK YOU!
QUESTIONS?

Zachary Feldman
Manager Data and Analytics, Regional Planning and Development
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ATTACH C

To: Chair and Members of the Board of Directors

From: Douglas W. Rex, Executive Director
(303) 480-6701 or drex@drcog.org

Meeting Date	Agenda Category	Agenda Item #
March 1, 2023	Discussion	5

SUBJECT

Review the survey results and areas of focus that will inform the 2023-2027 Area Plan on Aging.

PROPOSED ACTION/RECOMMENDATIONS

N/A

ACTION BY OTHERS

N/A

SUMMARY

The federal Older Americans Act requires state units on aging and local area agencies on aging to develop four-year area plans to identify priorities and objectives over the course of a four-year period.

DRCOG staff is currently developing the Area Agency on Aging's Area Plan on Aging. Staff is using survey results from the Community Assessment Survey for Older Adults, community conversations and key informant sessions to reflect the strengths and needs of the region's population of older adults and people with disabilities. The plan will highlight accomplishments by the DRCOG Area Agency on Aging and community providers; examine anticipated challenges and provide information about service goals, advocacy efforts and partnership development. The Area Agency on Aging director, Jayla Sanchez-Warren, will present an overview of the findings that will inform the plan's development.

PREVIOUS DISCUSSIONS/ACTIONS

N/A

PROPOSED MOTION

N/A

ATTACHMENTS

Staff presentation

If you need additional information please contact Douglas W. Rex, Executive Director, at (303) 480-6701 or drex@drcog.org; or Jayla Sanchez-Warren, Director, Area Agency on Aging at 720-375-1738 or jswarren@drcog.org.

Area Plan on Aging

Jayla Sanchez-Warren, director, Area Agency on Aging

March 1, 2023

Background

- **The Older Americans Act** requires area agencies on aging to develop a four-year **Area Plan on Aging** to identify priorities and objectives. This plan covers state fiscal year 2024-2027
- **Area Plans** are used to create the **Colorado State Plan on Aging**
- The **Administration for Community Living** uses state plans on aging to identify trends, identify needs, develop service priorities, spending allocations and demonstration projects
- The **Administration on Aging** develops the plan's format and questions. The **state** may require additional questions
- The plan is due to the state **March 30** and **may be amended** during the plan's term

Areas of focus in the Area Plan on Aging



- Public input
- Demographics
- Community Assessment Survey for Older Adults results
- Volunteers
- COVID-19 pandemic response and impact

During plan development, older adults were asked about:



- Core services
- Social isolation
- Ombudsman program
- Legal assistance program
- Diversity, equity and inclusion
- Targeting and outreach
- Innovation and expansion of services
- Other services

Community Assessment Survey for Older Adults

The Community Assessment Survey for Older Adults **asks older adults** about 17 aspects of livability in their communities in six categories:

- Community design
- Employment and finances
- Equity and inclusivity
- Health and wellness
- Information and assistance
- Productive activities

Public input: regionwide community assessment survey

Community Assessment Survey for Older Adults

- Conducted by the National Research Center at Polco
- Statistically valid survey identifying the strengths and needs of the region's population of older adults
- **4,595 older adults returned the survey** from 39,603 sent (12.5% response rate; 1.45% margin of error)

Community Conversations with 250 participants:

- From the **Eastern Plains** and the **mountains**
- From **Spanish-speaking** and **refugee** communities
- Who live in **low-income residences**, who are **homeless** and who are **veterans**

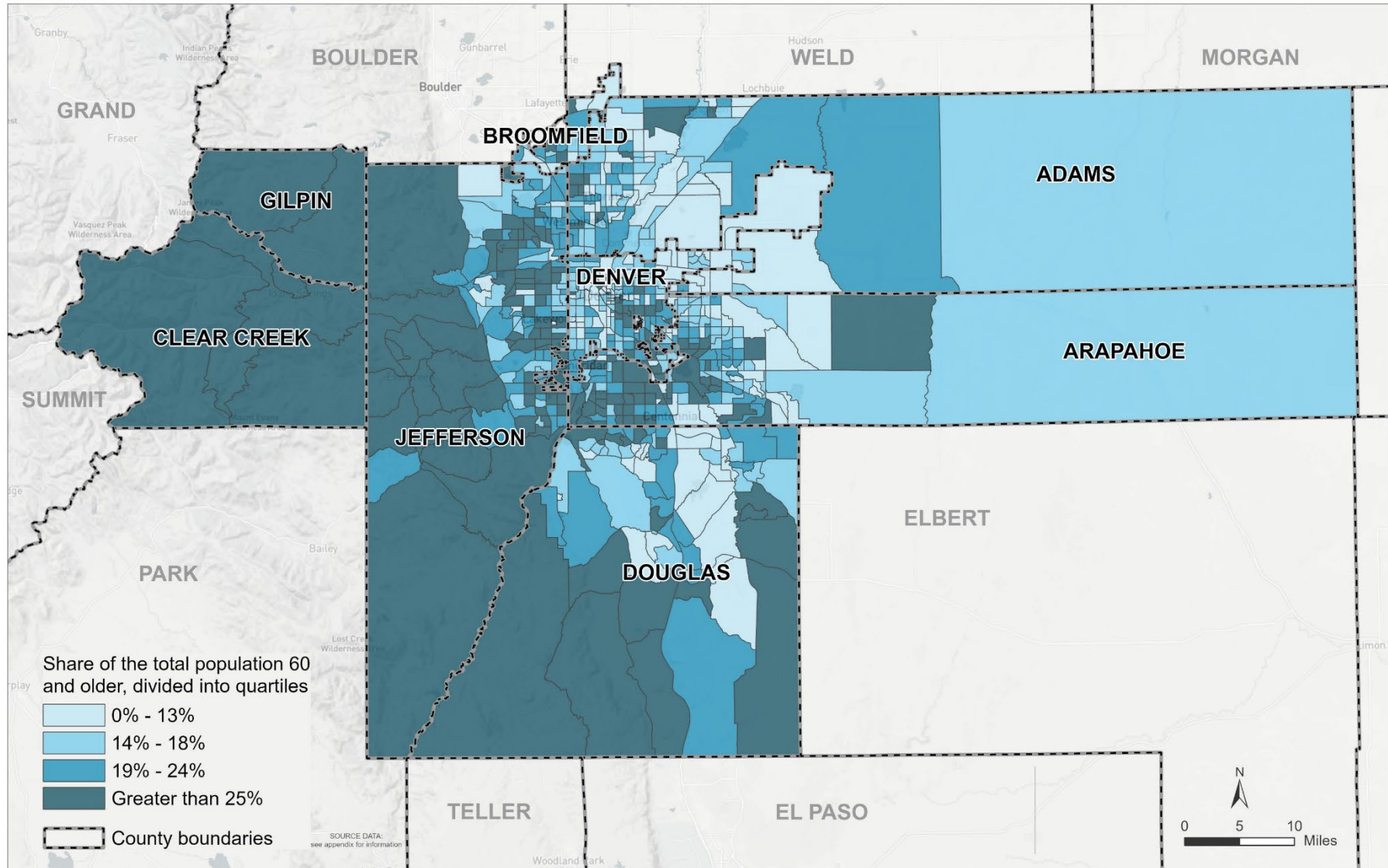
Key informant session with 61 community service providers



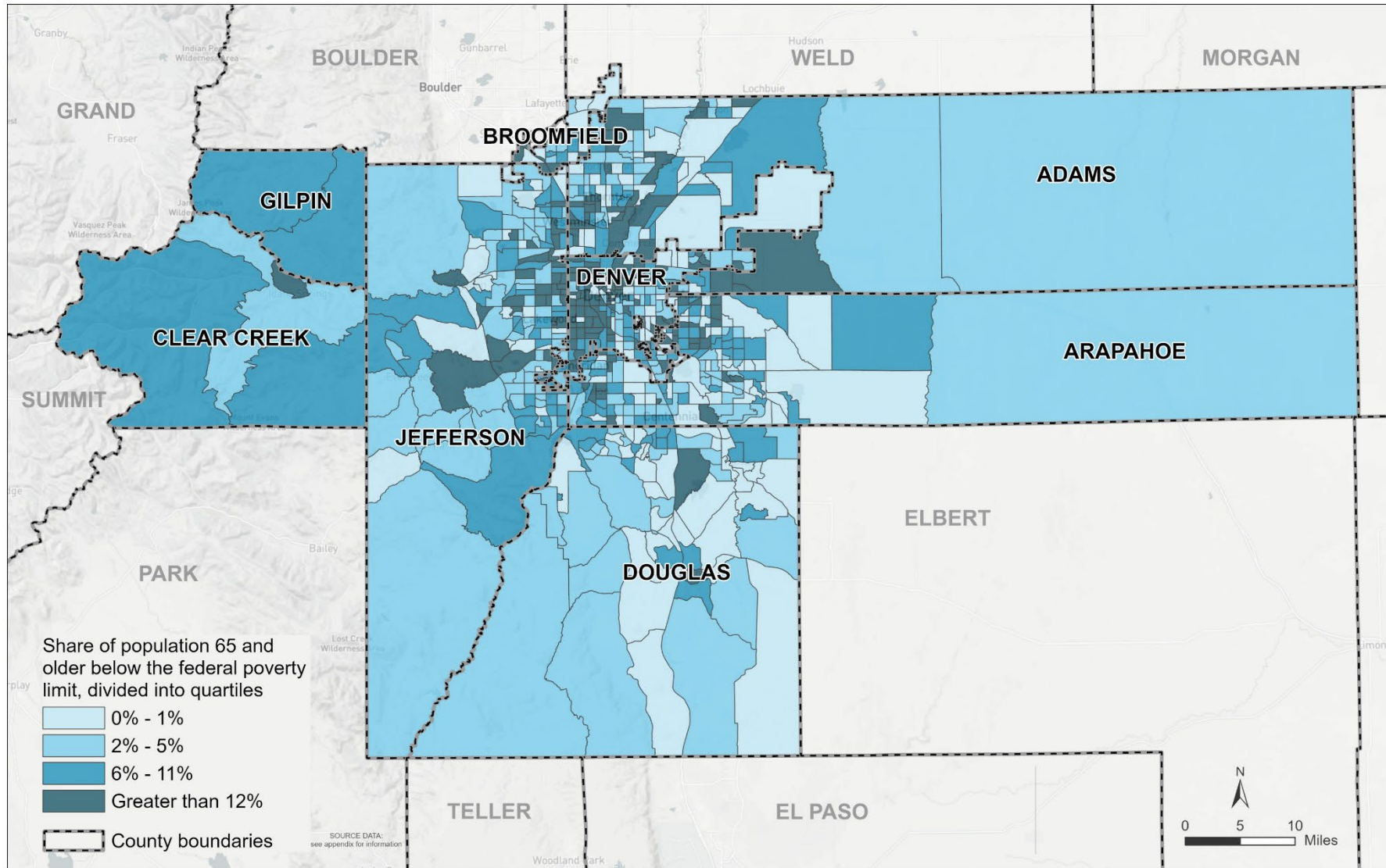
Demographics



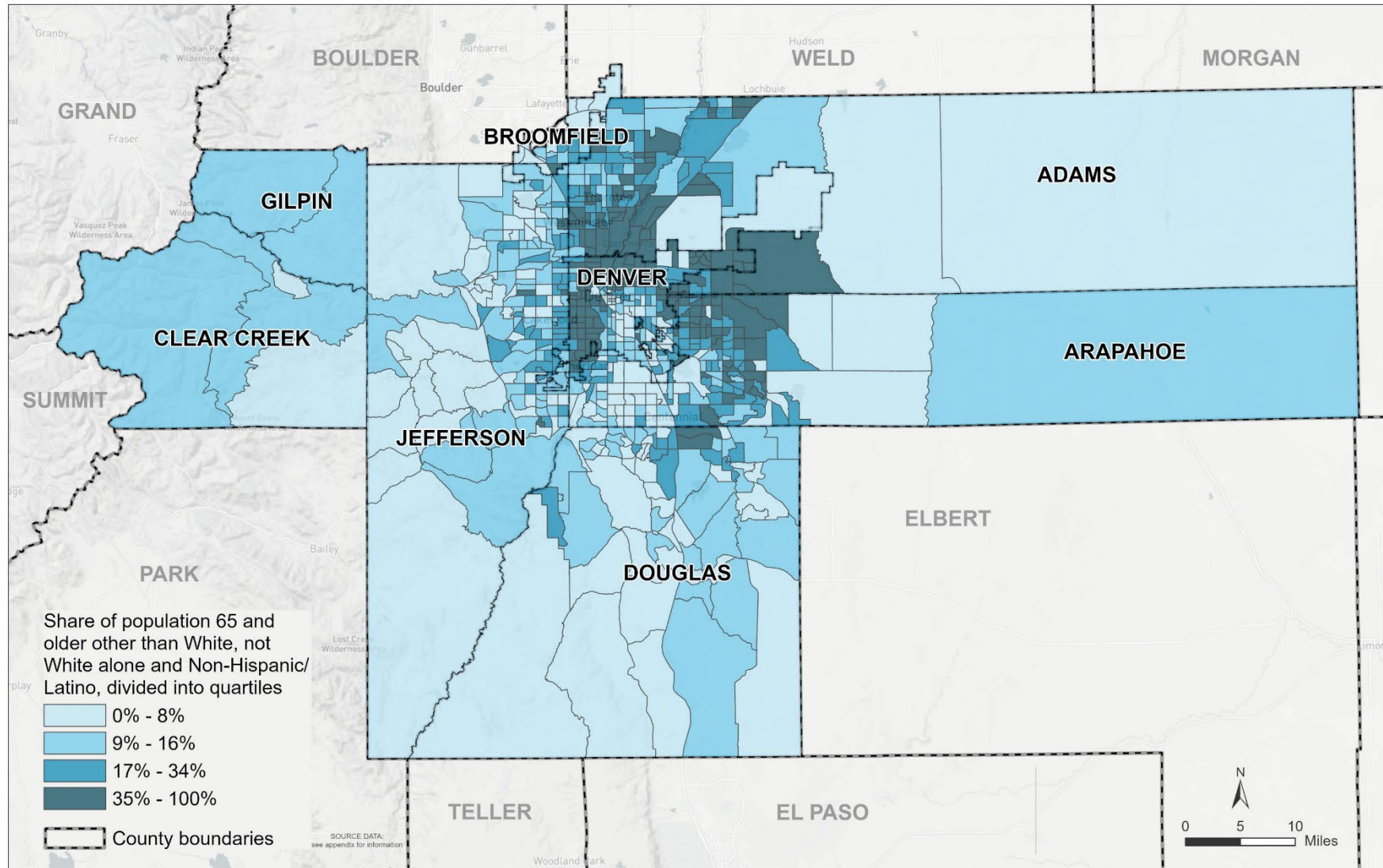
Older adult population by census tract



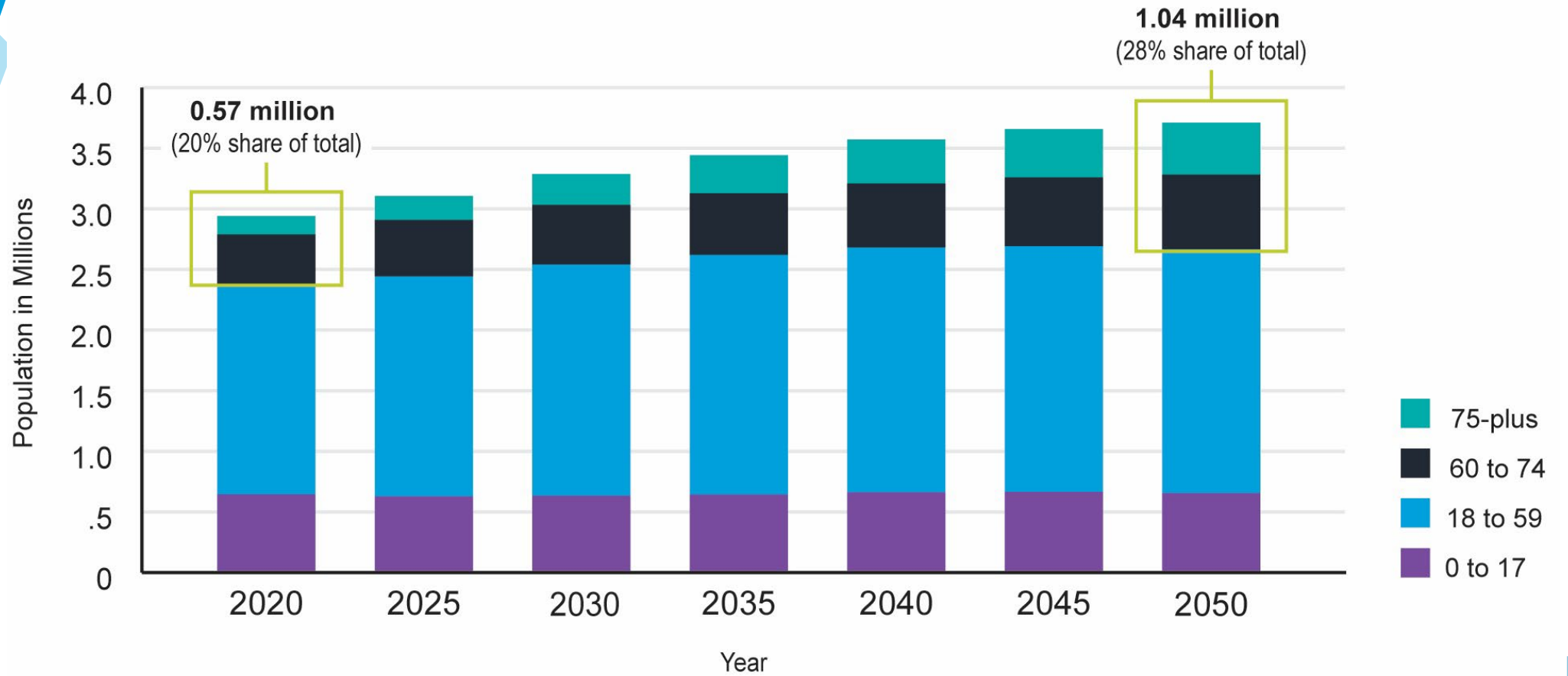
Population 65 and older below the poverty line



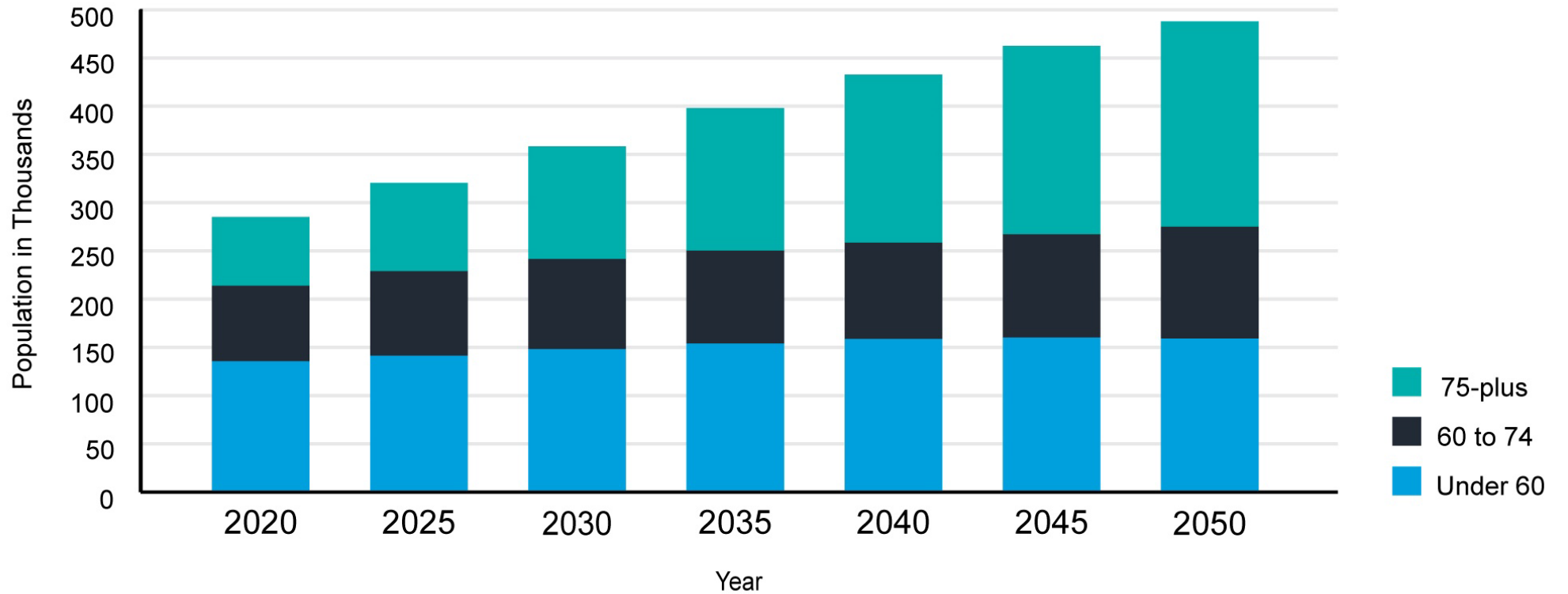
Non-white population 65 and older by census tract



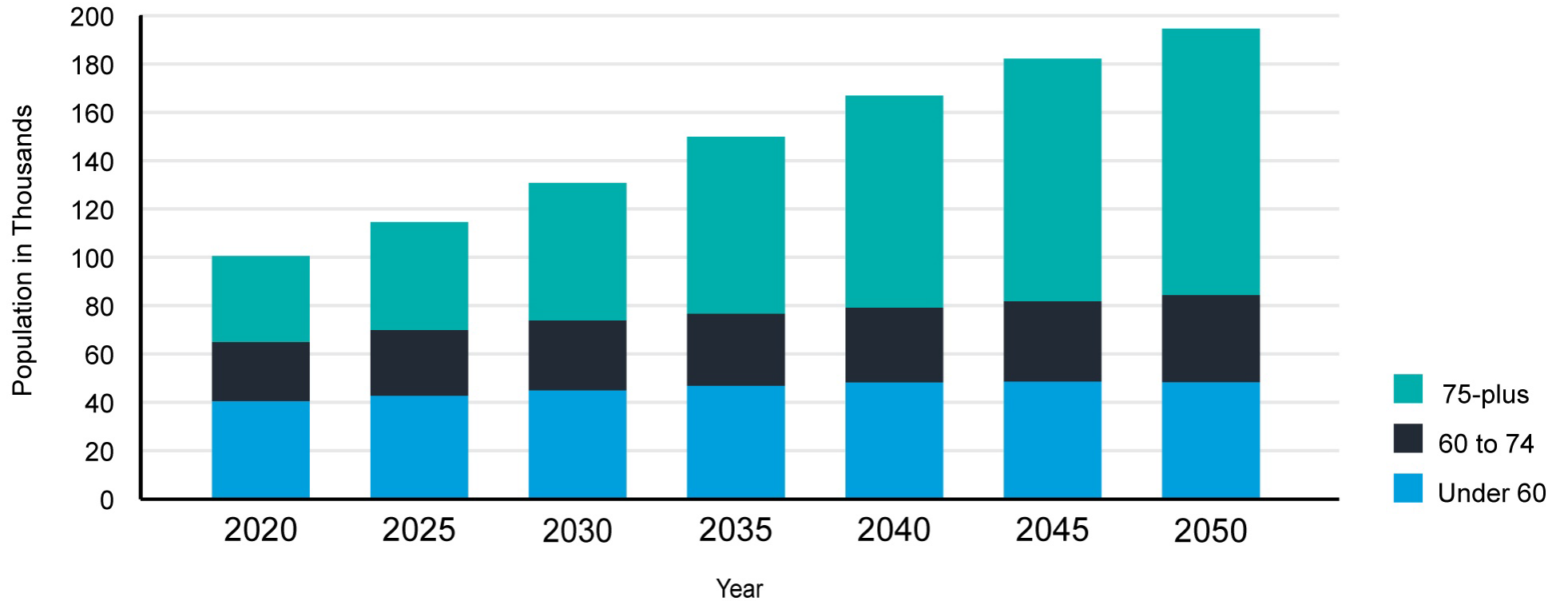
2020 to 2050 population forecast



Individuals with disabilities



Individuals with self-care or independent living difficulties





Community Assessment Survey for Older Adults

Objectives and methods

Objectives

- Identify community strengths to support successful aging
- Articulate the specific needs of older adults in the community
- Estimate contributions made by older adults to the community
- Develop estimates and projections of resident need in the future

Methods

- Random sample of older adult households
- Multi-contact method mailed and online survey
- Data statistically weighted to reflect older adult population

Goals

Immediate

Make more informed decisions in:

- Planning
- Resource allocation and development
- Advocacy
- Engagement

Intermediate

Create and offer:

- Programs to meet community needs
- Better-quality programs
- More effective policies

Long-term

Support a community of older adults that is more:

- Healthy
- Engaged
- Empowered
- Independent
- Productive
- Vibrant

Community readiness

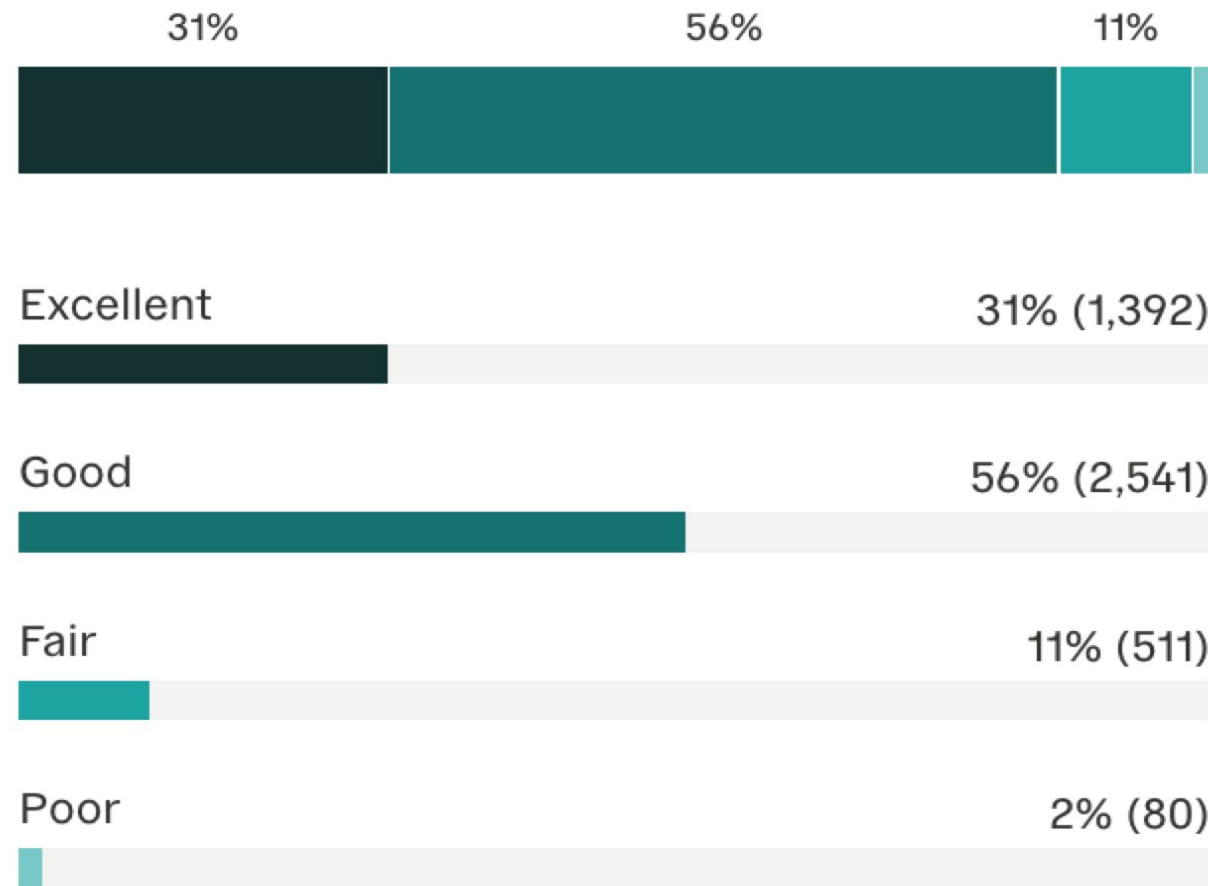
Dimension	Community livability topics	Score (of 100)
Overall community quality	Place to live and retire Recommend and remain in community	66
Community design	Housing Mobility Land use	46
Employment and finances	Employment Finances	27
Equity and inclusivity	Equity Community Inclusivity	46

Community readiness (continued)

Dimension	Community livability topics	Score (of 100)
Health and wellness	Safety Physical health Mental health Health care Independent living	43
Information and assistance	Quality of older adult services Information on available older adult services	30
Productive activities	Civic engagement Social engagement Caregiving	48

Overall quality of life

Denver region older adults response to “Your overall quality of life”:



Community characteristics: strengths



Highest scores

70% or higher

- Ease of travel by car
- Ease of getting to the places you usually have to visit
- Opportunities to attend religious or spiritual activities
- Fitness opportunities including exercise classes and paths or trails
- Ease of walking in your community

60% to 69%

- Ease of bicycling
- Recreation opportunities including games, arts, library services
- Opportunities to volunteer
- Availability of preventive health services such as health screenings, flu shots, educational workshops

Community characteristics: challenges

More than 75% of Denver region older adults identified the following challenges:

- Availability of accessible housing (such as homes with a no-step entry, single-floor living, wide hallways and doorways)
- Cost of living in your community
- Availability of affordable quality housing



Lowest scores

Community characteristics: additional challenges

More than 50% of Denver region older adults reported having problems with:

- Not knowing what services are available to older adults in your community.
- Doing heavy or intense housework.
- Maintaining your home.
- Having adequate information or dealing with public programs such as Social Security, Medicare and Medicaid.

Low
scores

Community characteristics: additional challenges

40% to 50% of Denver region older adults identified the following challenges:

- Physical health.
- Yardwork.
- Staying physically fit.
- Feeling like your voice is heard in the community.
- Having enough money to meet daily expenses.

Low
scores

Needs of older adults in the Denver region

Need type	Percent	Individuals
Housing	39%	288,000
Information about services	37%	272,000
Health care	32%	233,000
Physical health	32%	233,000
Finances	26%	189,000
Mental health	25%	185,000
Civic engagement	24%	176,000
Mobility	22%	162,000
Social engagement	21%	154,000

Other older adults indicated a need for community inclusivity (19%, 143,000), safety (16%, 114,000), caregiving (11%, 80,000 and equity (9%, 65,000).



Effects of COVID-19 and social isolation



Negative effects of the pandemic

The **Area Agency on Aging** and its contracted **community-based service providers**:

- Scaled back **services** (Some stopped providing services and others closed entirely.)
- Services **adapted** and **changed** to meet evolving need
- Laid off **staff**, or had staff quit
- Lost **volunteers**
- Had **clients die**
- Had **staff get sick**
- Had to significantly **reduce contact** with clients
- Had to provide **personal protective equipment** and **cleaning supplies**

Positive effects of the pandemic on providing services

As a result of COVID-19, the **Area Agency on Aging:**

- Received significantly **more funding**
- Was **allowed flexibility** to respond to needs quickly due to the relaxation of Older Americans Act and state regulations
- **Encouraged innovation** in service delivery
- Developed **new services**
- Developed **new partnerships.**
- **Strengthened relationships** with county health and human services departments

Lasting challenges of the pandemic

Among the **Area Agency on Aging** and its contracted **community-based service providers**, the ongoing effects of the pandemic have resulted in:

- Service reductions
- Suppressed staff and volunteer levels among contracted service providers compared with pre-pandemic levels
- Increased cost for **labor, food and gas** and **supply chain issues** have resulted in greater costs per unit of service
- **Loss of contracted service providers** and difficulty in partnering with new contractors
- Continued **COVID-19 outbreaks** and related **safety protocols**

Effect of social isolation

- Older people were told to **shelter in place**, shop at designated times and **avoid visiting family and friends** to reduce their exposure to COVID-19
- Nursing homes and assisted living residences **banned all visitors**. Residents were cut off from all social contact
- Individuals living in nursing homes and assisted living residences were **confined to their rooms** due to infection control policies
- Some residents were **moved out of their rooms** to facilitate the creation of COVID-19 units in facilities
- Many **lost friends** or **loved ones** to COVID-19

Ongoing challenges caused by social isolation

- **Increased anxiety** and **depression** can be attributed to the lack of social interaction during the pandemic
- Increase in diagnosed cases of **agoraphobia** — the fear of leaving home or entering crowded spaces
- **Decreased physical abilities**, and **increased levels of confusion**
- Older adults report having **increased feelings of sadness, mourning** and **frustration** at the loss of time

Plans to address social isolation over the next four years

As resources allow, the Area Agency on Aging plans to:

- **Provide funding** for solutions like voice assistant technology, medical alerts and assistive technology
- Develop more **virtual education, counseling and engagement** activities
- Start a **nutrition voucher program and partnering with restaurants** to underserved parts of the Denver region to provide nutritious meals and **increase social activity**

Plans to address social isolation over the next four years

Revitalize congregate meal programs and encourage people to return by:

- Providing **transportation** to meal sites
- Offering **entertainment** during meals
- Providing services like **education, health clinics, blood pressure checks, foot clinics**



Diversity, equity and inclusion

Diversity, equity and inclusion

As resources allow, the Area Agency on Aging plans to:

- **Tailor outreach and messaging to targeted populations** and in underserved areas
- **Translate materials and provide translation services** to increase in access and engagement
- **Increase virtual services** as applicable and allowable to increase access to care, mental health support, education and engagement
- **Train contracted service providers** on cultural competency, supporting LGBTQ individuals and implicit bias training to improve their knowledge, understanding and skills

Diversity, equity and inclusion (continued)

- **Increase transportation services and remove barriers to transportation**
- Continue to provide medical diets and offer meals that **consider cultural preferences**
- **Translate the Aging Mastery Program** curriculum into two additional languages and provide annual training
- **Support participant-directed and person-centered planning for older adults** and their caregivers in case management, options counseling and in-home assistance
- Work to make the **Area Agency on Aging regional advisory committee more diverse**



Ombudsman Programs

Ombudsman Program priorities

Staffing issues: Increases of abuse and neglect of older adults are a direct result of the staffing crisis and affect all areas of residents' care and quality of life. We plan to **increase systemic advocacy surrounding the staffing crisis.**

Consider steps to **reestablish basic rights for residents** by holding the Colorado Department of Public Health and Environment accountable for citing facilities that disregard residents' rights when violated.

Advocate for formalized oversight of guardians: Develop a process to ensure oversight of guardianship responsibilities and penalties for guardians who mistreat, abuse or exploit their wards.

Increase consumer education by raising awareness of the Long-Term Care Ombudsman program and the types of abuse and neglect in long-term care facilities that the Ombudsman can help identify and resolve.

Program for All-Inclusive Care for the Elderly Ombudsman

Increase funding to develop more local programs and establish funding for existing local Program for All-Inclusive Care for the Elderly programs.

Advocate at the state and federal levels for thoughtful growth and explore how growth will be managed to ensure participants receive quality services.

Increase partnerships with Colorado Department of Public Health and Environment related to the home health portion of the Program for All-Inclusive Care for the Elderly to better leverage the department's oversight.

Continue to **increase outreach to targeted audiences** (for example, using community town halls or other innovative methods to reach residents of low-income senior high-rises).

Evidence-based services

The Area Agency on Aging currently funds **evidenced-based programs for fall prevention, health and wellness and nutrition.**

It currently funds evidence-based programs including **Healthy Moves to Aging Well, Community Aging in Place—Advancing Better Living for Elders, Aging Mastery Program and Fresh Conversations.**

As resources allow, the Area Agency on Aging will provide evidence-based services to **caregivers** and will evaluate programs such as the **Program to Encourage Active and Rewarding Lives and Powerful Tools for Caregivers.**



Innovation to improve services

Collaborative advocacy: work with contracted partners, community service providers, older adults, the Advisory Committee on Aging and national groups to include payment for community service into Medicare.

Use **new data systems, survey information** and **in-house gap analysis** to analyze service needs, develop new services and monitor service performance and delivery.

Improve access to services by providing and funding more **virtual services**.

Streamline assessments and reduce administrative burdens on contracted service providers.

Innovation to improve services (continued)

Increase coordination, data collection and outcomes of referrals made between AAA and contracted service providers.

Participate in the Administration for Community Living's **Community Care Hub** and other national and state initiatives related to **social determinants of health and payment for community-based services**

Work with health providers and payers to demonstrate that **investments in the overall well-being of older adults reduces health care costs and improves health outcomes.**





**Thank you!
Questions?**

**Jayla Sanchez-Warren,
director, Area Agency on Aging**