

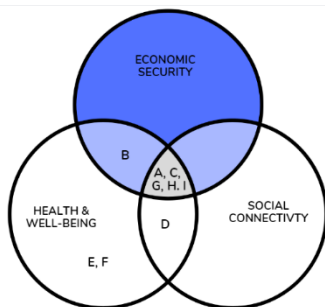
Age Friendly Seattle 2022 Year-End Report

As we emerged from a global pandemic, 2022 was a year for reflecting on Age Friendly Seattle’s past while stepping boldly back into the world. We completed and published our first five-year report, capturing our efforts since the initiative began in 2017, and we turned toward the future by rekindling relationships in the community, relaunching successful programs, and even trying a few new things.

The framework for our next five years includes three issue-area priorities: economic security, health and well-being, and social connectivity. Our theory of change contends that the more of these three resources—financial, health, and social—an older adult is able to retain, the more continuity they can experience, and the higher life satisfaction they can enjoy. In essence, focusing on these areas supports older adults’ ability to thrive.

This framework also acknowledges the intersecting nature of issues impacting older adults; as highlighted in the graphics below, much of our work touches all three domains.

While we refine our plans for next five years, the work on the ground continues; below are a few highlights from 2022. We are grateful for the many community and government partnerships that help fuel this work and look forward to continued collaborations in the years to come.



ECONOMIC SECURITY

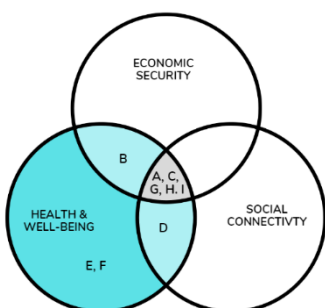
A. Conducted Gold/FLASH discount card distribution campaign.

Worked with 75+ community partners to distribute over 8,500 cards that offer a range of discounts to older adults and adults with disabilities. Launched brand new online application that increased card applications by 400%.

B. **Hosted two Congressional roundtables.** Focused on the economic security and health of older adults, events featured Q&A with Representatives Suzan DelBene, Adam Smith, and Pramila Jayapal. Both events were coordinated in partnership with Aging and Disability Services, AARP Washington, Seattle Human Services, and the Washington State Association of Area Agencies on Aging.

C. Presented Age-Friendly Housing Forum: Where Will Seattle’s Older Adults Live?

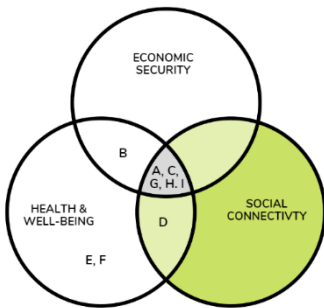
Partnered with AARP, Northwest Universal Design Council, and King County to hold a half-day forum featuring a dozen resource tables and 15 expert speakers. Over 100 people attended to learn about topics ranging from accessible home design to innovative approaches addressing housing challenges faced by older adults. Held at Seattle City Hall, the event was recorded and broadcast by Seattle Channel.



HEALTH and WELLNESS

D. **Supported relaunch of Sound Steps walking program.** Worked with Seattle Parks and Recreation to hold a kick-off event at Magnuson Park attended by 150 older adults. The day included a resource fair, sample walks, tai chi, and a BBQ lunch. This volunteer-driven program offers opportunities for older adults to connect socially, exercise, and explore Seattle.

- E. **Brought new dementia caregiver training to Seattle.** Vetted and sponsored trainings for Seattle-area residents to receive caregiver training through the Rosalynn Carter Institute for Caregivers. As the number of people experiencing memory loss increases, so does the need to support caregivers.
- F. **Enhanced emergency readiness for older adults in extreme heat and cold.** Collaborated with King County Department of Human and Community Services and Seattle Human Services and Aging and Disability Services to identify and make potential improvements to inter-governmental communication during weather-related emergencies. Climate change increases the need for this, and ‘winterization’ was one of our most popular Civic Coffee topics this year.



SOCIAL CONNECTIVITY

G. **Introduced new hybrid format for monthly Civic Coffee events.** Took our nationally recognized event model into the community, hosting in-person events that livestream online panel discussions. Done in partnership with Seattle Public Library, we worked with Seattle Housing Authority and others to increase opportunity for social connection without alienating people who cannot physically attend. Live translation was provided in three languages, maintaining our commitment to language access, racial equity, and inclusivity. Written summaries were published monthly in AgeWise e-zine and recordings are on YouTube, with 3,400 views in 2022.

- H. **Launched business outreach campaign.** Staff and interns went door-to-door to over 150 businesses in the Rainier Valley, Bitter Lake/Northgate, and Chinatown-International District neighborhoods to invite them to join the Gold/FLASH card discount program. Created online portal for businesses to self-enroll. Doubled the number of businesses/organizations listed in the directory. Distributed an Age Friendly Seattle-created booklet to 150+ businesses providing tips for meeting the needs of older adult consumers and employees.
- I. **Advocated for the access and mobility needs of older adults.** Helped relaunch the Northwest Universal Design Council to advance accessible design in housing and public spaces so older adults and people with disabilities can more easily attend events, stay socially connected and healthy, and age safely at home. Co-hosted an accessibility training for Friends of the Waterfront. Submitted comments to Puget Sound Regional Council’s Transportation Policy Board highlighting regional plans’ potential impact on older adults and served on the Special Needs Transportation Committee and King County Mobility Coalition.

We wind down the year with a website refresh and a renewed focus on creating an anti-agism training. These support our ongoing goals of connecting older adults with economic, health, and social resources and creating a Seattle where all people can age with health and dignity.

As we build our plans for the future, Age Friendly Seattle continues to invite ideas and feedback. In 2022, we presented to the King County Area Agency on Aging’s Advisory Council, the Mayor’s Council on African American Elders, local village network leaders, AARP, statewide leaders convened by WA State Department of Health, and City of Seattle staff at a Lunch and Learn event. We look forward to continuing to solicit community input and incorporating this alongside a community needs assessment in 2023 and beyond.