



Age Friendly Seattle 2019 Annual Report



Seattle
Human Services
Equity • Support • Community



Making Seattle a great place to grow up and grow old!



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Accessibility Commitment

The City of Seattle encourages everyone to participate in its programs and activities, regardless of ability. To receive this document in an alternate format, call Age Friendly Seattle at 206-233-5121 or e-mail agefriendly@seattle.gov.

To request an accommodation at an event or meeting, call 206-684-2489 (voice) or TTY 711, or e-mail adacoordinator@seattle.gov at your earliest opportunity.

For more information about Age Friendly Seattle, e-mail agefriendly@seattle.gov or visit seattle.gov/agefriendly.

Introduction

In July 2016, the City of Seattle became the 104th member of the AARP Network of Age-Friendly States and Communities, which operates under the auspices of the World Health Organization (WHO) Global Network of Age-Friendly Cities and Communities Program. On March 31, 2017, the City of Seattle adopted Resolution 31739¹ to become a more age-friendly city under criteria established by the WHO and the AARP Livable Communities.

On July 27, 2018, the City submitted its Age Friendly Seattle Action Plan for 2018–2021 (“Action Plan”) to the AARP Network of Age-Friendly States and Communities. The Action Plan was designed to implement the vision of making Seattle a great place to grow up and grow old.

The Age Friendly Seattle Action Plan for 2018–2021² is structured around the WHO’s “8 Domains of Livability”³:

1. Transportation
2. Housing
3. Outdoor Spaces & Buildings
4. Social Participation
5. Respect & Social Inclusion
6. Civic Participation & Employment
7. Community & Health Services
8. Communication & Information



Within this framework, Age Friendly Seattle is mindful of four overarching initiatives set forth by Seattle Mayor Jenny Durkan⁴:

1. Address the Crisis of Affordability
2. Deliver Essential Services
3. Build a Safe, More Just City
4. Build a More Vibrant Seattle

In addition to new and expanded programs and services addressed in the Action Plan, the City of Seattle and community partners have offered a variety of age-friendly programs for quite some time—in some cases, for decades. For an overview and links to those programs, visit www.seattle.gov/agefriendly/about/programs.

¹ Seattle City Council Resolution 31739: <https://bit.ly/2oHW47Q>

² Age Friendly Seattle Action Plan for 2018–2021 (PDF): <https://bit.ly/2L4HgNb>

³ For more information about The 8 Domains of Livability, visit the AARP Network of Age-Friendly States and Communities online at <https://bit.ly/2H8l9H4>.

⁴ Mayor Jenny A. Durkan’s 2018 State of the City Address: <https://bit.ly/2VSeT9W>



Transportation

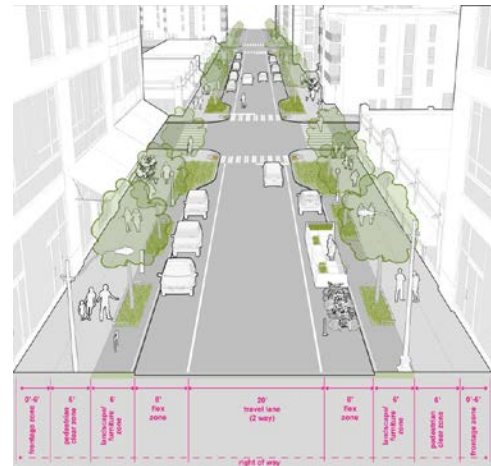
Community mobility is essential to optimal aging. Age Friendly Seattle supports safe, reliable, and easy-to-use travel options—including accessible and affordable public transit, rideshare, ride-hailing, walking, and biking—to get people of all ages where they need to go. Strategies include:

- Encourage use of the Street Design Toolkit for Age-Friendly Neighborhoods.
- Develop innovative, person-centered transportation solutions.
- Address transportation affordability and accessibility.
- Enhance “travel training” instruction for safe and independent travel on public transit.
- Enhance pedestrian amenities in areas with large concentrations of older adults.

2019 Accomplishments

Crafting a Street Design Toolkit for Age-Friendly Neighborhoods

Seattle Department of Transportation (SDOT) completed a Street Design Toolkit to advance age-friendly neighborhoods, made it available online⁵, and added age-friendly design criteria to its Complete Streets Checklist for projects over \$500,000.⁶ Use of the toolkit is not mandatory; however, with ongoing SDOT stewardship, transportation planners, designers, and engineers will be reminded of its usefulness and value.



Developing a One-Call/One-Click transportation system

Age Friendly Seattle participated in development of the King County Mobility Coalition’s⁷ coordinated One-Call/One-Click project to create a system within which people in our region can find and secure transportation. This work is ongoing. The One-Call/One-Click platform will include a phone number and a website that provide real-time information and assistance about transportation options. The Coalition is now seeking pilot funding and exploring best options for third-party support (e.g., senior center hubs, community centers).

⁵ Street Design Toolkit for Age-Friendly Neighborhoods (<https://bit.ly/2RSkmO7>)

⁶ Complete Streets in Seattle (<https://bit.ly/34ing1w>)

⁷ King County Mobility Coalition (www.kcmobility.org)

Improving immigrant/refugee access to senior centers

Immigrant and refugee communities in Seattle and the Puget Sound region have unique mobility challenges. Extensive community engagement, comprehensive planning, and significant capital improvements are needed to address transportation inequities.

Throughout 2018 and 2019, members of the Age Friendly Coalition for Seattle and King County⁸ Public Spaces and Transportation Workgroup met with South Beacon Hill stakeholders, including IDIC Filipino Senior & Family Services⁹, to create a generalizable and transferable approach to addressing senior center accessibility challenges. The workgroup reviewed community plans and proposed capital improvements, developed an asset map listing resources for older adults, and engaged local stakeholders.

Building immigrant and refugee partnerships

In 2019, Age Friendly Seattle distributed information about opportunities to serve on the SDOT Transit Advisory Board¹⁰, to advance Seattle's Transportation Equity Program¹¹, and to save money on transit fares by using a Regional Reduced Fare Permit.¹² Age Friendly Seattle participated in the Washington State Refugee Summit and a King County Immigrant and Refugee Commission¹³ strategic planning meeting.

In 2019, Age Friendly Seattle Civic Coffee Hours were expanded to include groups with limited English. Simultaneous translation was provided in Amharic, Russian, Khmer and/or Vietnamese (varying by event, depending on audience). Washington State Refugee Coordinator Sarah Peterson was guest speaker at the September coffee hour, which drew 56 people—the highest attendance among 2019 coffee hours.¹⁴

The appointment of Age Friendly Seattle coordinator Lenny Orlov to the Washington State Refugee Advisory Council will result in more age-friendly collaboration among immigrant and refugee communities in the future.¹⁵

Presenting Pike Place Market Walking Audit data

In early 2019, Age Friendly Seattle presented results of two walking audits of Pike Place Market conducted by AARP Washington and Age Friendly Seattle in 2018. The data supported the Pike Place Market Foundation and Pike Market Food Bank in applying for 2019 AARP Community

⁸ Age Friendly Coalition for Seattle and King County (www.agingkingcounty.org/age-friendly-coalition/)

⁹ IDIC Filipino Senior & Family Services (www.idicseniorcenter.org)

¹⁰ Transit Advisory Board, City of Seattle (www.seattle.gov/transit-advisory-board)

¹¹ Transportation Equity Program, Seattle Department of Transportation (<https://bit.ly/2RM2btH>)

¹² Metro Regional Reduced Fare Permit (<https://bit.ly/2YWi4zn>)

¹³ King County Immigrant and Refugee Commission (<https://bit.ly/2qONLh9>)

¹⁴ For the event video, visit https://youtu.be/_zw-15b7nco. A short video helped promote this forum in advance (view it at https://youtu.be/XCgVG_QtYuo).

¹⁵ Refugee Advisory Council, Washington State (<https://bit.ly/2EcNV5d>)

Challenge Grants, resulting in spruced up volunteer production space and improved accessibility.^{16,17}

Expanding use of the Regional Reduced Fare Permit

In 2019, SDOT's Transportation Equity Program launched an effort to increase Regional Reduced Fare Permit (RRFP) enrollment, particularly among participants of Lake City, South Park, IDIC and Asian Counseling and Referral Service senior centers. Age Friendly Seattle is working with SDOT and Metro to determine the ways to track RRFP enrollment and use, and explore new outreach opportunities (e.g., focusing on friends of new enrollees, offering financial incentives such as free trips, and use of Neighborhood Pop-Up, Metro's mobile enrollment unit, formerly known as ORCA To-Go¹⁸).



Providing age-friendly seating

SDOT completed planning for a seating program focused on the downtown core with the possibility for larger deployment if funds are sourced. Parallel to these efforts, Age Friendly Seattle gathered ideas from other AARP Network cities as well as suburban cities in King County. Best practices include The Bench Program Cookbook¹⁹ published by the Eastside Easy Rider Collaborative (East King County) and NYC Open Data City Bench Locations.²⁰ An alternative approach for funding and maintaining benches may be expansion of the City of Seattle's existing Sidewalk Café Permits²¹ to require one or two seats for passersby.

Improving navigation in downtown Seattle

SDOT led a wayfinding initiative to improve navigation on downtown streets by placing explanatory markers through the One City area, roughly Westlake to Pioneer Square. The effort engaged Age Friendly Seattle and other stakeholders representing persons with disabilities.

Working with the Northwest Universal Design Council²², Age Friendly Seattle will produce an educational forum in February 2020, highlighting learning and best practices from this initiative and work done by Sound Transit²³ and other partners to make getting around the city more accessible for people with disabilities.

¹⁶ AARP Community Challenge 2019 Grantees (<https://bit.ly/2rAOxyX>)

¹⁷ Historic Pike Place Market Becomes More Accessible for Older Adults, AARP Washington (<https://bit.ly/38Bjjat>)

¹⁸ Neighborhood Pop-Up, King County Metro (<https://bit.ly/38BvWTY>)

¹⁹ The Bench Program Cookbook, Eastside Easy Rider Collaborative (<https://bit.ly/2soNcuX>)

²⁰ City Bench Locations, NYC Open Data (<https://bit.ly/2YLBdUp>)

²¹ Sidewalk Cafes, Seattle Department of Transportation (<https://bit.ly/2YJdtAk>)

²² Northwest Universal Design Council (www.environmentforall.org)

²³ Signage changes for Link, Seattle Transit Blog, 11/16/19 (<https://bit.ly/38IU0DL>)

Learning from the Gehl Public Life Protocol

SDOT convened a large interdepartmental and interdisciplinary meeting to explain the Gehl Public Life Protocol, a set of metrics that explain how people move or stay in public space.²⁴ While the tool is in development, Age Friendly Seattle will convene a lunch-and-learn in 2020 to gather information and ideas.

Delivering information about Sound Transit expansion and Seattle tunnel closure

In 2019, Age Friendly Seattle presented multiple opportunities for older people to learn about and give input on transportation issues. Monthly coffee hours included Sound Transit’s East Link Extension and accessibility (November 14), which was recorded on [video](#). A shorter video promoted the November 14 event in advance and provided information about the downtown Seattle tunnel closure.²⁵

Housing

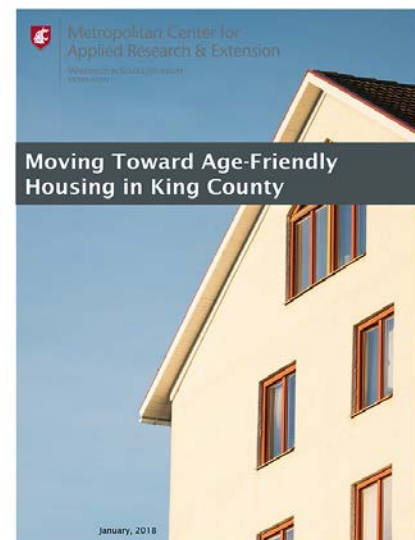
Most older adults want to age in place—stay in their homes and communities for as long as possible—and benefit from living in affordable, age-friendly housing. Age Friendly Seattle supports diverse housing options that allow older adults of all incomes to live in clean, safe, comfortable, and well-maintained housing; design that encourages *visitability* for all ages and abilities; and availability of a strong network of home-based services in age-friendly neighborhoods. Strategies include:

- Assess older adult housing needs and develop and implement strategies.
- Help older adults with financial challenges to stay in their homes.
- Explore innovative housing models such as dementia-friendly housing, cooperative housing, home sharing, and partnerships among senior living communities, colleges, and universities.
- Promote *visitability* and independence for people with disabilities.

2019 Accomplishments

Implementing age-friendly housing recommendations

Age Friendly Seattle continues to implement recommendations from the January 2018 report “Moving



²⁴ Public Life Data Protocol, Gehl Institute (<https://bit.ly/2t9Dpcu>)

²⁵ View the video at <https://youtu.be/rUyZd6O0sqY>.

Toward Age Friendly Housing in King County.”²⁶ Resources include partnerships with other age-friendly cities such as New York, Portland, and Vancouver; health care institutions such as the New York Academy of Medicine and UW Medicine; regional associations such as the Housing Development Consortium and the Repair Network of King County; and advocates among the Age Friendly Coalition, Northwest Universal Design Council, and Mayor’s Council on African American Elders. Specific accomplishments in 2019 include:

- Efforts to strategically locate affordable and accessible housing within 0.25 miles of essential services for older adults through an interdepartmental Geographical Information Systems effort.
- Literature and policy review on behalf of the Mayor’s Council on African American Elders (MCAAE) included an overview of new affordable and age-restricted housing, a survey of other city preference policies, and a discussion with a Housing Levy Oversight Board member. This led to the MCAAE’s 2018 recommendation²⁷ for a local preference policy like one in Portland, Oregon, and subsequent advocacy in 2019.
- Age Friendly Seattle program manager Brent Butler holds a seat on the Washington State LGBTQ Equity and Diversity Project Advisory Committee and participated in University of Washington research on what age-friendly housing means for diverse populations.

Expanding supportive housing

Key obstacles to housing stability among older adults include access to behavioral health services, limited caregiver availability, and high cost of living in Seattle. HSD and community partners identify older adults at risk of housing instability or institutionalization and connect them with supportive services such as Medicaid case management and behavioral health services and other community-based supports. Seattle Human Services Department/Aging and Disability Services Case Management Program, in partnership with Seattle Housing Authority (SHA), expanded the availability of supportive services in SHA low-income and senior housing and among Housing Choice voucher recipients.

Increasing affordable rental housing for older adults

Age Friendly Seattle participates in the Housing Options Interdepartmental Team led by the Seattle Office of Planning and Community Development, focused on creation of more “missing middle housing”²⁸ options. Age Friendly Seattle suggested specific recommendations, including the need for implementation of a *visitability* standard (basic access to homes for all ages and abilities) and instructional manuals and brochures for single family homeowners to adaptively redesign housing.

²⁶ Moving Toward Age Friendly Housing in King County (PDF): <https://bit.ly/2PpJY3i>

²⁷ Advocating for Change: Recommendations to Mayor Jenny A. Durkan, Mayor’s Council on African American Elders, 2018 (<https://bit.ly/2TBIUgi>)

²⁸ Missing Middle Housing, Wikipedia (<https://bit.ly/2PRA1ul>)

Protecting neighborhoods impacted by gentrification

The Mayor's Council on African American Elders advocated for development of a Neighborhood Preference Policy for future project development in the Central District and other Seattle neighborhoods impacted by gentrification. In 2019, draft policies were developed by the Seattle Office of Housing, requiring affirmative marketing and supporting applicants who utilize services in the neighborhood, to be implemented in 2020.^{29,30}

Expanding enrollment in the State Property Tax Exemption Program

For several years, AARP Washington³¹ and other members of the Washington State Senior Citizens' Lobby advocated for revisions to the Washington State Property Tax Exemption Program. Members of the Seattle-King County Advisory Council on Aging & Disability Services³² and Mayor's Council on African American Elders (MCAAE) supported this effort. The MCAAE published recommendations to this effect³³ and individual members met with their state legislators to discuss the impact of high property taxes on older homeowners. In 2019, the Washington State Legislature expanded eligibility criteria for the tax exemption, calculating eligibility at 65 percent of each county's median income rather than the same amount statewide. The new standard takes effect in 2020.

Increasing awareness of affordability programs

Due to the expansion of the State Property Tax Exemption Program, Age Friendly Seattle is collaborating with the King County Assessor's Office on outreach planning. This will include an online application portal and toolkit, and focused outreach to increase awareness among older people without digital literacy through traditional channels such as public libraries and senior activity centers. HSD Utility Discount Program staff and staff from Seattle City Light and Seattle Public Utilities have cross-promoted the property tax savings.

Promoting affordability within communities of color and among those with limited English

In 2019, HSD Youth and Family Empowerment Division participated in the revamping of the multi-language one-stop application portal for benefits and discounts. In 2020, Age Friendly Seattle will create opportunities for older people to test the portal and submit recommendations for design improvements.



²⁹ Housing: Mayor's Council on African American Elders Advocates for Change, AgeWise King County, February 2019 (<https://bit.ly/3ajVA0i>)

³⁰ Seattle Office of Housing works toward a community preference policy, Curbed Seattle, 5/16/19 (<https://bit.ly/2tso9bi>)

³¹ AARP Washington (<https://states.aarp.org/washington/>)

³² Advisory Council, Aging and Disability Services (www.agingkingcounty.org/about-us/advisory-council/)

³³ Advocating for Change, Mayor's Council on African American Elders, November 2018 (<https://bit.ly/2YTYT93>)

Age Friendly Seattle presented information on affordability programs through the Seattle Human Services Department’s African Descent Caucus, and the Mayor’s Council on African American Elders. Age Friendly Seattle program manager Brent Butler and coordinator Lenny Orlov were interviewed on Seniors Matter (Rainier Avenue Radio) with host Brenda Charles-Edwards, a co-chair of the Mayor’s Council on African American Elders (pictured above).³⁴

Expanding home repair and weatherization programs to serve more older adults

An analysis of the Minor Home Repair³⁵ program was completed in 2019. The analysis included recommendations to expand the program and coordinate more effectively with other home repair programs and services for older people. Age Friendly Seattle, Seattle Office of Housing, and the King County Repair Network—a countywide collaborative of housing providers, building officials, and community partners—distributed information about home repair and weatherization programs and online resources throughout the year.^{36,37,38}

Promoting *visitation* and independence for all ages and abilities

Everyone deserves the opportunity to find a home that meets their needs. In late 2018, longtime Northwest Universal Design Council member Tom Minty and his colleague Barry Long—both Realtors—collaborated with the Northwest Multiple Listing Service (MLS) to include accessibility information in real estate listings, supporting Realtors and their clients, whether they are looking for features to meet current needs or buying a home in which they can age in place with greater ease. In 2019, Long and Minty offered educational training programs to familiarize members with the new system³⁹ and coordinated open houses to showcase visibility. Universal Design is also a component of the Outdoor Spaces & Buildings section of this report, which follows.



Outdoor Spaces & Buildings

People need public places to gather—indoors and out. Age Friendly Seattle supports parks and other green spaces, safe streets, sidewalks, outdoor seating, and accessible buildings that can be used and enjoyed by people of all ages and abilities. Strategies include:

- Adopt Universal Design principles in land use and housing policies.
- Ensure age-friendly components in neighborhood and/or subarea plans.

³⁴ Seniors Matter 96, Rainier Avenue Radio Facebook video (<https://bit.ly/2NUkGsT>)

³⁵ Home Repairs, Sound Generations (<https://bit.ly/38I0LX2>)

³⁶ Home Repair, Seattle Office of Housing (<https://bit.ly/2PUdqxk>)

³⁷ Weatherization, Seattle Office of Housing (<https://bit.ly/2qWN5q6>)

³⁸ King County Housing Repair (<https://bit.ly/3al4HOf>)

³⁹ Everyone Deserves a Home That Meets Their Needs, AgeWise King County, March 2019 (<https://bit.ly/36ZMiVb>)

2019 Accomplishments

Promoting Universal Design in the built and social environments.

Single family homes represent approximately 65 percent of Seattle’s land use, which are exempt from ADA and Fair Housing Act (FHA) accessibility standards. In Seattle, 45 percent of apartment and condo units were built after 1991, the year the FHA first addressed the need for accessible housing units in multifamily buildings.

In 2019, Age Friendly Seattle identified a need to provide Universal Design guidance to single family homeowners, architects, designers, and contractors. Age Friendly Seattle launched a review of the “Practical Guide to Universal Home Design,” a popular booklet produced in Minnesota, to provide guidance to single family homeowners in alignment with local building codes.⁴⁰

Age Friendly Seattle facilitated a joint venture between the Northwest Universal Design Council (NWUDC) and the Washington Assistive Technology Act Program (WATAP), which installed “Doorway to Inclusion and Independence: How universal design creates balanced access for all” at the 2019 Seattle Design Festival Block Party, a two-day event at South Lake Union Park that focused on the concept of balance.⁴¹ Staff and volunteers engaged over 1,000 participants over the weekend, distributing information on Universal Design and adaptive devices. Pictured at right are WATAP director Alan Knue; NWUDC members Carli Hoki, her son Hidei, Joy Jacobson, and Tom Minty; NWUDC volunteer Rachel Dotson; Age Friendly Seattle coordinator Sarah Demas; and Aging and Disability Services planner Jon Morrison Winters, all of whom helped to construct the exhibit.



The NWUDC coordinated a May 30 forum at Seattle City Hall called “How to Plan an Accessible Event” that drew an audience of more than 200 people (pictured at right). The forum focused on making events welcoming and inclusive to all ages and all abilities. All presenters were individuals with disabilities. The forum showcased a broad array of accessibility accommodations in use. All forum presenters were individuals with range of physical, sensory, and cognitive disabilities, including mobility,



⁴⁰ Practical Guide to Universal Home Design, East Metro SAIL (<https://bit.ly/2M1PIUg>)

⁴¹ Seattle Design Festival 2019: Balance, Design in Public (<https://bit.ly/3a6AvX4>)

blindness, low vision, deaf, hard of hearing, deaf/blind, cerebral palsy, and nonverbal communication (i.e., one presentation was made via voice synthesizer). They shared what they require to have a good experience at an event or meeting. They demonstrated their ability to participate in public forum presentations in a meaningful way. The event demonstrated effective use of seating, sound, and lighting; ASL and Pro Tactile interpreters; live captioning; an assisted listening system that includes a hearing loop, and neck loop, headphone, and earbud receivers; Braille and text communications; and adequate planning and event staffing. The forum was videotaped and broadcast by The Seattle Channel, and is available online.⁴² Age Friendly Seattle was involved in planning and implementation of the event as well as co-sponsorship and promotional support, along with more than a dozen City of Seattle departments, AARP Washington, Hearing Loss Association—WA, Hearing Speech and Deaf Center, and the Healthy Aging Partnership.^{43,44}



NWUDC members coordinated two networking happy hours at local design showrooms in 2019⁴⁵, inviting colleagues to learn about Universal Design principles.

Institutionalizing Universal Design through policy and practice

One of the project goals for Housing Choices, a Seattle Office of Planning & Community Development (OPCD) led initiative to create more market-rate housing options, is accessible homes.⁴⁶ Age Friendly Seattle participates on the Housing Choices interdepartmental team.

Ensuring age-friendly components in neighborhood plans

In 2018, Age Friendly Seattle provided comments on the planned update of the Comprehensive Plan to OPCD and recommended that OPCD consider forecasting shifts in the older adult population to improve person-centered services, similar to work developed by Age Friendly NYC/New York Academy of Medicine.⁴⁷ Age Friendly Seattle facilitated a meeting of Seattle and New York City demographers to discuss their forecasting approach. Age Friendly Seattle also recommended that OPCD incorporate concepts from the City of Los Angeles' Health Atlas, which has received national recognition.⁴⁸

⁴² Forum: How to plan an accessible event, The Seattle Channel (<https://youtu.be/aEe7dhB48Yw>)

⁴³ How to Plan an Accessible Event flyer (PDF): <https://bit.ly/2NVbR2j>

⁴⁴ Forum: How to Plan an Accessible Event (video): <https://youtu.be/aEe7dhB48Yw>

⁴⁵ Forum: How to plan an accessible event, Northwest Universal Design Council forum videotaped by The Seattle Channel (<https://youtu.be/aEe7dhB48Yw>)

⁴⁶ Housing Choices, Seattle Office of Planning & Community Development (<https://bit.ly/2LYxvBO>)

⁴⁷ Age-Friendly NYC (<https://bit.ly/2tpXbAL>)

⁴⁸ Plan for a Healthy LA, Raimi+ Associates (<https://bit.ly/2stfRz3>)



Social Participation

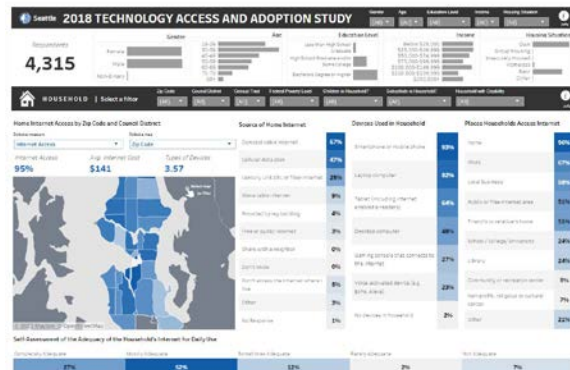
Social participation and physical activity are essential for both quality of life and longevity. Age Friendly Seattle supports learning, fitness, social, cultural, and spiritual activities for older adults as well as intergenerational activities that are accessible, affordable, safe, and fun. Strategies include:

- Identify gaps in serving the social participation needs of older adults at risk of social isolation and develop strategies to reach out to them.
- Provide more opportunities for older adults and adults with disabilities to engage in the life of their community.

2019 Accomplishments

Using technology and surveys to increase access to information and services

In 2019, Age Friendly Seattle hosted a coffee hour with Vicky Yuki and Seferiana Day from the Seattle IT department’s Community Technology Program, who shared results from the Technology Access and Adoption study completed the previous year⁴⁹ as well as a data dashboard launched in 2019.⁵⁰ The technology use data is available to the public and easily sorted by age, zip code, income, housing type, and other variables. An example of the dashboard is shown at right. Presentations were also made staff units throughout City of Seattle departments.



Expanding coffee hour outreach to non-English speaking elders

The Age Friendly Seattle coffee hour program straddles social and civic participation (see [Civic Participation & Employment](#), below) as well as communication and information. In 2019, Age Friendly Seattle hosted 12 coffee hours, bringing older people and local decisionmakers together to discuss current issues. Ten were held at the Central Building in downtown Seattle, one at the Rainier Beach Community Center, and one at Sound Transit. Total attendance increased 67 percent and average attendance increased almost 86 percent over 2018.

Year	# coffee hours	Total attendance	+/-	Attendance range	Average attendance	+/-
2019	12	446	67.0%	21–56	39	85.7%
2018	14	267	12.2%	12–35	21	(4.5%)
2017	11	238		19–26	22	

⁴⁹ Technology Access and Adoption, Seattle Information Technology (<https://bit.ly/2GEBUXg>)

⁵⁰ Explore 2018 data, Seattle Information Technology (<https://bit.ly/36Fd2Jy>)

Translation was provided for guests with limited English at six coffee hours in 2019, with professional translators speaking to audience members in Amharic, Khmer, Russian, and/or Vietnamese via simultaneous translation equipment provided by Seattle Department of Neighborhoods.

In 2019, guest presenters at Age Friendly Seattle Civic Coffee Hours included:

- Jason Johnson, Seattle Human Services Department (HSD), pictured at right
- Kathi Church, HSD/Aging and Disability Services, and Jean Mathisen, AARP Fraud Watch
- Jon Ehrenfeld and Lt. Kelly Pyle, Seattle Fire Department, with Ashley Clayton, HSD/Aging and Disability Services (Vulnerable Adults Program)
- Ingrid Ulrey, Public Health—Seattle & King County
- Andres Mantilla, Department of Neighborhoods
- Sheryl Shapiro and Natasha Walker, Seattle Public Utilities (Community Advisory Committee)
- Dick Woo, Seattle-King County Advisory Council on Aging & Disability Services, with Cathy Knight, HSD/Aging and Disability Services (Area Plan for 2020–2023)
- Vicky Yuki and Seferiana Day, Seattle IT (Community Technology Program)
- Carl Kaiser and Suzet Tave, HSD/Aging and Disability Services (PEARLS Program)
- Sarah Peterson, Washington State DSHS/Office of Refugee and Immigrant Assistance
- Donna Smith and Alex Ko, Sound Transit



Many of the events were broadcast live via Facebook, and some are available to view on the Civic Coffee Hour Playlist on Aging King County’s YouTube channel.⁵¹⁵²

Providing discounts for older people and adults with disabilities

Age Friendly Seattle continued to develop its Discount Program, which include the Gold and FLASH cards and discounts at participating business and nonprofit venues. The Gold Card for Healthy Aging and FLASH Card for adults aged 18–59 who have qualifying disabilities were rebranded in 2019.



⁵¹ Civic Coffee Hour Playlist (<https://bit.ly/37BjgLG>)

⁵² Aging King County YouTube Channel (www.youtube.com/c/AgingKingCounty)

A new online discount directory took the place of a PDF catalog of discounts.⁵³ At year-end, 52 discounts were listed and efforts. Among the most popular are admission to the Seattle Aquarium, Woodland Park Zoo, and a variety of arts venues, and other social activities. See also Age Friendly Business in the [Civic Participation & Employment section](#), below.

A Seattle Sounders FC discount was secured for Age Friendly Day at the Sounders on September 15—a special event coordinated by AARP Washington and Age Friendly Seattle in which the Sounders took on the NY Red Bulls at CenturyLink Field. Three hundred seventeen tickets were sold. See the photo of Age Friendly Seattle coordinator Lenny Orlov and son, who staffed the information table for Age Friendly Seattle, Aging and Disability Services, and the Seattle Human Services Department. Age Friendly Seattle expects to collaborate on a second Sounders event in 2020.



Providing opportunities for older people and adults with disabilities to engage in the life of their community

Seattle Department of Parks and Recreation’s Lifelong Recreation Program has been improving the wellbeing and social connectedness of older adults in Seattle for decades through fitness, recreational and educational programming.⁵⁴ In 2019, Lifelong Recreation Programs served over 14,000 older adults in 1,131 unique programs, offered at Seattle’s 26 neighborhood community centers and other locations.

In addition to general programming, several programs address specific needs and populations:

- Sound Steps walking program coordinates walks and hikes in the city and the region.⁵⁵
- Dementia-Friendly Recreation provides social and educational opportunities for people with dementia and their care partners.⁵⁶
- Rainbow Recreation brings together LGBTQ+ older adults for social and educational programs.⁵⁷
- Food and Fitness provides opportunities for elders to gather and share culture and language through a communal lunch, social, educational and fitness program (in partnership with Seattle Human Services Department, Aging and Disability Services Congregate Meal Program⁵⁸).

⁵³ Discount Program, Age Friendly Seattle (www.seattle.gov/AgeFriendlyDiscounts)

⁵⁴ Lifelong Recreation (50+), Seattle Parks and Recreation ([www.seattle.gov/parks/find/lifelong-recreation-\(50\)](http://www.seattle.gov/parks/find/lifelong-recreation-(50)))

⁵⁵ Sound Steps Walking Program (50+), Seattle Parks and Recreation (<https://bit.ly/3aLg4iJ>)

⁵⁶ Dementia Friendly Recreation, Seattle Parks and Recreation (<https://bit.ly/2GsvzOz>)

⁵⁷ LGBTQ, Seattle Parks and Recreation (www.seattle.gov/parks/find/lgbtq)

⁵⁸ Nutrition Services, Aging and Disability Services (<https://bit.ly/2uz6zmi>)



Respect & Social Inclusion

Everyone wants to feel valued. Age Friendly Seattle celebrates and draws upon the wisdom and experience of older adults, encourages intergenerational and multicultural understanding, and works to eliminate ageism and ensure consistent levels of high-quality service for all ages.

Strategies include:

- Educate City employees, boards, and commissions about the impacts of age, disability, and memory loss and the City’s “no wrong door” information and assistance service.
- Strengthen support for LGBTQ elders in Seattle.
- Increase community understanding of dementia, its effects, and ways to be supportive.
- Create opportunities for intergenerational activities, services, housing, and other programs.

2019 Accomplishments

Compiling aging, disability, and memory loss trainings

In 2019, Age Friendly Seattle partnered with Aging and Disability Services’ Elder Abuse Prevention Program to compile aging, disability, and memory loss trainings used by Seattle Police Department, Seattle Fire Department, and King County Emergency Medical Services to determine what additional training resources should be created. Other age-friendly cities (including Vancouver, BC, and Brantford, ON) and the Alzheimer’s Society of British Columbia contributed ideas and agreed to share their existing trainings.

Age Friendly Seattle, Seattle Department of Human Resources, and other partners are working to identify City of Seattle job classifications that would benefit from aging, disability, and memory loss trainings.

Strengthening support for LGBTQ elders

The 2019 and 2020 City of Seattle budgets (passed in November of the year prior, respectively) included \$180,000 in General Fund support that allowed the Seattle Human Services Department to contract for LGBTQ+ seniors throughout Seattle. Generations Aging with Pride (GenPRIDE) was able to expand services that address increasing health, aging, and housing challenges among at-risk and underserved LGBTQ+ elders. Seattle Parks and Recreation collaborates with GenPRIDE on Rainbow Recreation programming.

In 2019, Age Friendly Seattle collaborated with GenPRIDE and the University of Washington to:

- Expand Seattle Human Services Department/Aging and Disability Services case manager knowledge about LGBTQ needs and concerns through trainings in Seattle and Renton.
- Explore ways to amend existing LGBTQ trainings for caregivers and certified nursing assistants (CNA) so they provide continuing education credits.

Age Friendly Seattle program manager Brent Butler delivered a presentation on our unique partnership at the 5th National LGBTQ Health and Longevity Conference on October 4 in Seattle. Age Friendly Seattle coordinator Lenny Orlov and Seattle Parks and Recreation program coordinator Cheryl Brown (pictured below) provided information about City of Seattle services for LGBTQ elders, including Parks' Rainbow Recreation programs and activities, offered in partnership with GenPRIDE.^{59,60}



Age Friendly Seattle participated in the Washington State LGBTQ Community Advisory Committee, which administered a statewide survey focused on identifying and addressing health, economic, and social inequities across Washington state. Meetings focused on priority areas for survey development, feedback on draft survey content, recruitment, and outreach to new partners to expand the survey's breadth, and development of final recommendations.

In addition, Age Friendly Seattle drew on the UW Aging with Pride study to strengthen support for LGBTQ elders, which included advancing research (e.g., the "Moving Toward Age Friendly Housing in King County" report referenced in the [Housing](#) section, above, and "Aging in Community: Addressing LGBTQ Inequities in Housing and Senior Services"⁶¹, also known as the Seattle Rainbow Housing report). Additional research needs to be done on what age-friendly housing means for diverse populations and more safe gathering places and resource centers for diverse older adults need to be created.

Expanding focus on older people of color

Age Friendly Seattle initiated discussions on the intersectionality between the Seattle Human Services Department's African Descent Caucus and LGBTQ Affinity Group. Members of both groups and health care professionals from the University of Washington and Fred Hutchinson Cancer Research Center met monthly to explore program design and policies affecting care and support for LGBTQ elders, their caregivers, and families who identify as people of color. Age Friendly Seattle anticipates that this will continue into 2020.

Age Friendly Seattle staffed information tables at numerous events with large audiences comprising people of color, including the 46th Annual Roots Family Picnic on September 1 at Jimi Hendrix Park,



⁵⁹ LGBTQ Resources, Seattle Parks and Recreation (<https://bit.ly/36v4AwE>)

⁶⁰ GenPRIDE, Generations Aging with Pride (<https://genprideseattle.org>)

⁶¹ Aging in Community: Addressing LGBTQ Inequities in Housing and Senior Services, by Karen Fredriksen Goldsen, PhD (<https://bit.ly/36Fb6kg>)

sponsored by the Breakfast Group, Northwest Black Pioneers, and Seattle Parks and Recreation (see photo above).

Promoting dementia awareness in Seattle

Age Friendly Seattle and Seattle Human Services Department/Aging and Disability Services (ADS) expanded support for 30,000-plus King County residents who live with memory loss:

- Age Friendly Seattle coordinator Sarah Demas was appointed to the UW Medicine Memory and Brain Wellness Center’s Community Education Advisory Group, which focused planning on creation of a Hub for Dementia Friendly Communities—a center for collaboration and programming for people with dementia and their families—that will be located at the Frye Museum. Construction will begin in early 2020.
- Age Friendly Seattle program manager Brent Butler joined the Frye Art Museum’s Creative Aging Advisory Committee, which has a mission to improve the lives of people living with dementia and supporting their caregivers and families.
- ADS planner Karen Winston coordinated the 2019 Legacy of Love African American Caregivers Forum in November, a unique cultural event that focuses on the disproportionate numbers of people of color who experience memory loss.⁶² Age Friendly Seattle helped raise awareness by distributing information through the African Descent Caucus and on a live broadcast of Seniors Matter⁶³ (Rainier Avenue Radio) with host Brenda Charles-Edwards, a co-chair of the Mayor’s Council on African American Elders.
- Age Friendly Seattle met with African American Elders Program (AAEP) staff at Catholic Community Services to share information about four grant opportunities in 2020 and provided names of two healthcare professionals willing to assist in grantwriting.



Promoting intergenerational programs

Age Friendly Seattle promoted Grandparents Day—a special event on September 8, 2019 coordinated by the Mayor's Council on African American Elders and the Northwest African American Museum that drew more than 80 participants.

⁶² Legacy of Love African American Caregivers Forum (www.agingkingcounty.org/legacyoflove/)

⁶³ Seniors Matter 96, Rainier Avenue Radio Facebook video (<https://bit.ly/2NUkGsT>)



Civic Participation & Employment

Whether working for pay or volunteering time and talent, many older adults find value in contributing to their communities. Age Friendly Seattle supports services for mature jobseekers who need or want to work, promotes age-friendly business practices, and encourages older adults to share their skills to address community needs. Strategies include:

- Provide tools to help businesses and employers become more age-, disability-, and dementia-friendly.
- Mobilize the wisdom and experience of older adults, adults with disabilities, and people with memory loss and provide them opportunities to live with passion and purpose.
- Support development of new programming for individuals age 50+, including people with dementia.

2019 Accomplishments

Providing tools to help businesses become more age-, disability-, and dementia-friendly

Age Friendly Seattle partnered with the University of Washington's Information School on an undergraduate Capstone project designed to help businesses and other organizations become more age-friendly and dispel ageism.^{64,65} A team of four students developed and launched an interactive Age Friendly Business website (GoAgeFriendly.org) that includes two self-assessments—one for employers and one for organizations that operate in a space open to the public—and a resource guide⁶⁶ that addresses age-friendly marketing, ambiance, design, experience, employment, and cultural considerations. The website also connects organizations to the Age Friendly Seattle Discount Program (see [Social Participation](#), above).



Seattle University Executive MBA students partnered with an employee/business network to reduce ageism in the workplace by featuring a panel discussion illustrating the wisdom and knowledge of older adults.

Recruiting volunteers to support age-friendly communities

Age Friendly Seattle and the Age Friendly Coalition for Seattle and King County recruited new volunteers to support the age friendly actions. The Age Friendly listserv database expanded 47 percent (from 200 to 294). AARP Washington hosted an Age Friendly Coalition end-of-year networking party, attended by 38 people.

⁶⁴ Capstone, Information School, University of Washington (<https://ischool.uw.edu/capstone>)

⁶⁵ Age Friendly Business, Information School, University of Washington (<https://bit.ly/2NXS22C>)

⁶⁶ Age Friendly Business Resource Guide (<https://bit.ly/2RpC9fd>)

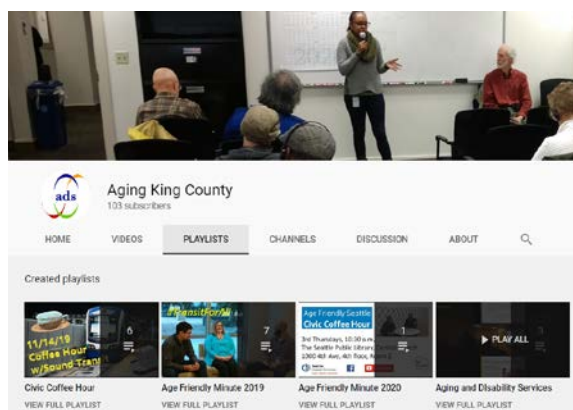
Expanding emphasis on lifelong learning

In July 2019, after several years of advocacy, The Seattle Public Library hired its first older adults program manager. In December 2019, Age Friendly Seattle announced a new partnership with The Seattle Public Library, in which Age Friendly Seattle Civic Coffee Hours will be hosted at the Central Library in downtown Seattle. This partnership will allow for greater participation in the years to come. A Memorandum of Agreement will be signed in January 2020. Nancy Slote, Seattle Public Library's new older adults program manager, is slated as the first guest speaker in the new venue.

Additionally, The Seattle Public Library agreed to host a one-day lifelong learning summit on September 25, 2020. The King County Library System has tentatively agreed to do the same in 2021. At year-end, Age Friendly Seattle was recruiting a community-based planning team for the September event and will convene their first meeting in January 2020.

Bringing older people together with decisionmakers

Age Friendly Seattle put more older people in touch with decisionmakers via video. Starting in January 2019, Age Friendly Seattle coordinator Lenny Orlov began video-recording coffee hours (see the Civic Coffee Hour Playlist⁶⁷ on the Aging King County YouTube channel⁶⁸, pictured at right) and live-streaming on Facebook Live. In May 2019, he began recording Age Friendly Minutes (short interviews with coffee hour presenters) several weeks in advance of their presentation, which helped to promote coffee hour participation via social media.



In late 2019, Age Friendly Seattle re-branded the popular coffee hour program as Civic Coffee Hours, emphasizing civic participation among older people, and developed a plan to video-record and livestream the events to senior centers and community centers as well as organizations serving immigrants and refugees that can interpret the events for non-English speaking elders. The new brand will be implemented in 2020.

Community & Health Services

All people should have access to affordable health care and community services that help them live safely and with dignity. Age Friendly Seattle supports coordination and promotion of services to help meet the needs of older adults and caregivers. Strategies include:

⁶⁷ Civic Coffee Hour Playlist (<https://bit.ly/37BjgLG>)

⁶⁸ Aging King County YouTube Channel (www.youtube.com/c/AgingKingCounty)

- Increase outreach to older adults who lack access to services.
- Identify resources for community projects that promote and support healthy aging and age-friendly neighborhoods and communities.
- Coordinate outreach to older adults among neighborhood organizations.
- Increase public awareness of elder abuse and self-neglect and enhance safety.
- Increase long-term services and supports, including caregiver support.

2019 Accomplishments

Reaching out to older adults who lack access to services

In September, Age Friendly Seattle co-sponsored and promoted a presentation on “The Affordability of Long-Term Care” at a meeting of the Seattle City Council’s Finance & Neighborhoods Committee, chaired by Seattle City Councilmember Sally Bagshaw. The forum highlighted the high cost of long-term services and supports, Washington state’s new Long-Term Care Trust⁶⁹, and Community Living Connections, which provides free, professional, and confidential information about aging, disabilities, and caregiving. Presenters were Cathy MacCaul, AARP Washington; G De Castro, Asian Counseling and Referral Services; and Cathy Knight, Aging and Disability Services. The forum was broadcast live by The Seattle Channel.⁷⁰

In November, the City of Seattle launched Health One, a new mobile unit staffed by Seattle Fire medics and HSD/Aging and Disability Services case managers, including Donna Andrews and Ashley Clayton, pictured at right. Health One is designed to address low-acuity calls—non-emergency calls, often related to chronic issues such as addiction, behavioral health, homelessness, social needs, and lack of primary care. Older adults are referred to appropriate community services and supports, reducing emergency room use and future non-emergent 911 calls.⁷¹



Age Friendly Seattle’s Community Coffee Hour on August 27 at Rainier Beach Community Center and Civic Coffee Hour on October 17, 2019 presented information about the Program to Encourage Active, Rewarding Lives (PEARLS) for veterans, veteran spouses, and spouse survivors. In total, 36 people attended.⁷²

Age Friendly Seattle engaged health care providers to increase identification of social needs and utilization of community resources to support older patients in managing their health and

⁶⁹ Washington State Enacts Public Long-Term Care Insurance, AARP, 5/14/19 (<https://bit.ly/2uvnx4Z>)

⁷⁰ Finance & Neighborhoods Committee Lunch & Learn: The Affordability of Long-Term Care, The Seattle Channel (video): <https://bit.ly/2ti5D5o>

⁷¹ To address non-emergency 911 calls downtown, Mayor Durkan, Fire Chief Scoggins, and Councilmember Bagshaw help launch Seattle’s new “Health One” into service, Fireline Blog, Seattle Fire Department (<https://bit.ly/2QSDsTt>)

⁷² For video of the October 17 event, visit <https://youtu.be/oNe6KPNEZ0Q>. A shorter video promoted both events in advance (view at <https://youtu.be/TxML2 IT-3E>).

health care. Age Friendly Seattle program manager Brent Butler reviewed public health data showing that foreign-born blacks have become an increasingly larger part of Washington’s HIV epidemic, viz. a seven percent annual increase in new diagnoses among foreign-born blacks. Outreach to experts at the University of Washington resulted in several introductions and an invitation to participate in a Stigma Working Group comprising physicians, public health, and outreach workers who are addressing HIV stigma-related research and projects.

As noted in the [Respect & Social Inclusion](#) section above, Age Friendly Seattle met regularly with practitioners of color who identify as LGBTQ to brainstorm and identify solutions to common concerns.

Coordinating outreach to older adults among neighborhood organizations

In each of the last two years, Aging and Disability Services contacted places of worship frequented by African Americans to participate in Memory Sunday⁷³ (or Sabbath, where appropriate), a special worship service in June that raises awareness of Alzheimer’s and other dementias, their disproportionate impact⁷⁴ on individuals, families, and communities of color, and local resources for people living with memory loss, caregivers, and families.



Four congregations and 325 individuals participated in 2018. In 2019, five congregations and 540 individuals participated in Memory Sunday/Sabbath services, typically occurring on the second Sunday in June. Age Friendly Seattle was happy to promote these events, along with the Center for Multicultural Health, the Mayor’s Council on African American Elders, Momentia Seattle, Public Health—Seattle & King County, Seattle Parks and Recreation, and the South East Seattle Senior Center.

Increasing awareness of elder abuse, neglect, and exploitation

Exploitation of any kind can take a heavy toll on vulnerable adults. Age Friendly Seattle’s Civic Coffee Hour on February 21, 2019 featured Aging and Disability Services’ elder abuse prevention⁷⁵ case manager Kathi Church and AARP Fraud Watch Network’s Jean Mathisen.⁷⁶ Twenty-seven people attended. A video excerpt from Kathi Church’s presentation is available online.⁷⁷



⁷³ Memory Sunday Builds Alzheimer’s Awareness, AgeWise King County, June 2019 (<https://bit.ly/2NXL45I>)

⁷⁴ Diversity and Disparity in Dementia: The Impact of Ethnoracial Differences in Alzheimer’s Disease, Alzheimer Dis Assoc Disord, 2011 Jul-Sept (accessed via the U.S. National Library of Medicine at <https://bit.ly/2RLPAoK>)

⁷⁵ Elder Abuse Prevention, Aging and Disability Services (<https://bit.ly/36q7lzd>)

⁷⁶ Age Friendly Seattle Coffee Hour on Elder Abuse Prevention (<https://bit.ly/2NU7ynW>)

⁷⁷ Reporting elder abuse in WA, Age Friendly Seattle (video): <https://bit.ly/2TYvbPR>

Age Friendly Seattle continues to share The Seattle Channel's video coverage of a the Coordinated Response to Abuse, Neglect, and Exploitation lunch-and-learn hosted by Seattle City Councilmember Sally Bagshaw in July 2018, which featured Kathi Church, Captain Peter Ubaldi, Seattle Fire Department and Page Ulrey and Amanda Froh from the King County Prosecuting Attorney's Office.⁷⁸



In early 2019, the King County Prosecuting Attorney's Office formalized the Seattle King County Elder Abuse Multidisciplinary Team, funded in part by the Veterans, Seniors, and Human Services Levy. The levy enabled hiring a multidisciplinary team coordinator, a forensic accountant, and an additional prosecutor. Funding from the City of Seattle and the Washington State Office of Crime Victim Advocacy enabled HSD/Aging and Disability Services to hire a second elder abuse case manager (to start in early 2020). In addition to the hiring of a new case manager, these resources were used to create an emergency victim services fund and cognitive capacity evaluations for crime victims. Additional members of the multidisciplinary team are representatives from Adult Protective Services, the Developmental Disabilities Administration, and the King County Sheriff's office.



Communication & Information

Older adults receive information in a variety of ways, and no one way reaches every person. Age Friendly Seattle promotes accessible print and digital communications, and community partnerships that increase access to information that older adults need for optimal aging. Strategies include:

- Ensure that City employees are adequately trained in meeting the communication needs of individuals with disabilities.
- Adopt and adhere to a minimum accessibility standard for City communications.
- Determine assisted listening needs for all City meeting rooms and gathering places.
- Build individual and community resiliency.

2019 Accomplishments

Training City employees to meet the communication needs of individuals with disabilities

The City of Seattle's ADA Title II Compliance Program staff supported the Northwest Universal Design Council's May 30 forum on accessible events and meetings at Seattle City Hall (see the

⁷⁸ Lunch & Learn: Coordinated Response to Abuse, Neglect & Exploitation, The Seattle Channel (<https://bit.ly/2RqqlsQ>)

Universal Design section of [Outdoor Spaces & Buildings](#), above). Training credit was given to each City departmental ADA coordinator who attended.

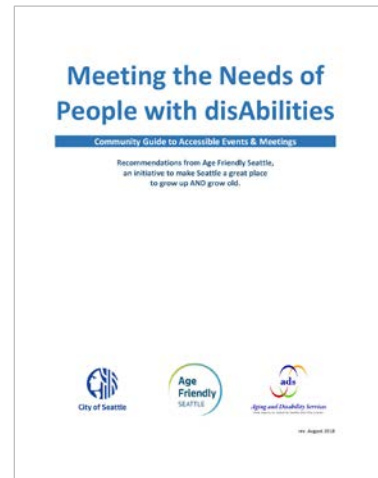
Immediately following the initial forum, in the same venue, FAS unveiled a training video developed for City of Seattle employees. Special guests included community members who appear in the video. In the same vein as the forum but through video, they shared their experiences in common situations involving City staff. The video and interactive online trainings will become available to all City of Seattle staff in 2020.

Building individual and community resiliency

In November 2019, Age Friendly Seattle delivered a presentation at an Endless Opportunities program for adults 60+⁷⁹ at Temple De Hirsh Sinai about the age-friendly initiative, with a special emphasis on emergency alert enrollment and emergency preparedness.

Building community capacity to meet the needs of people with disabilities

Age Friendly Seattle’s *Community Guide to Accessible Events & Meetings*, produced in 2018, was updated in 2019. The guide—available as a free download at seattle.gov/agefriendly—has raised awareness of the broad range of accessibility issues in our community and in most communities. Many organizations forget their obligation to provide event access for people with physical, sensory, and cognitive challenges, and to ensure an experience comparable to what someone without those challenges may have. Too often, accessibility is an after-thought. As a result, organizations may react as if a request for accommodation is a burden. When we put accessibility first and plan events that invite and welcome people of all ages and abilities, everyone has a more enjoyable and valuable experience.



The Age Friendly Seattle Community Guide to Accessible Events & Meetings was presented at the Hearing Loss Association of America convention in Rochester, NY (June 2019). A proposal was accepted for the American Society on Aging’s 2020 Aging in America conference.

In July, Aging and Disability Services won a 2019 Aging Achievement Award from the National Association of Area Agencies on Aging based upon Age Friendly Seattle’s success in raising visibility of accessibility issues, particularly accessible events and communications. Aging and Disability Services communications manager Irene Stewart and planning manager Andrea Yip accepted the award at the N4A 2019 conference (see photo at right).⁸⁰



⁷⁹ Endless Opportunities, Temple De Hirsh Sinai (<https://templedehirschsinaio.org/eo/>)

⁸⁰ Committed to Accessibility, AgeWise King County, August 2019 (<https://bit.ly/2RfQeug>)



2019 Public Engagement Summary

More than 2,000 people participated in creation of the Age Friendly Seattle Action Plan for 2018–2021. Age Friendly Seattle remains committed to extensive public engagement as the plan is implemented.

Age Friendly Coalition for Seattle & King County

The Age Friendly Coalition⁸¹ is a network of stakeholders who are passionate about aging issues and about making our region a great place to grow up and grow old. The Coalition comprises community members, service providers, members of the business community, staff from both City of Seattle and King County governments, and others. This group is convened two to four times per year at locations around King County for networking and information sharing.

A steering committee provides guidance and leadership, with support from two community co-leads and Seattle Human Services Department/Aging and Disability Services staff.

⁸¹ Age Friendly Coalition for Seattle and King County (www.agingkingcounty.org/age-friendly-coalition/)

In April 2019, the Coalition was briefed on results of the 2018 walking audit at Pike Place Market conducted using Stanford University’s Discovery Tool smartphone app. In December 2019, Coalition representatives and prospective members met to review the year’s work.

The Coalition’s Transportation and Public Spaces Workgroup is supported by Age Friendly Seattle and King County staff working to promote accessible and affordable transportation options that keep older adults healthy, safe, and connected to their communities. In 2019 this workgroup reviewed countywide health, demographic, and planning data; selected Beacon Hill as a focus area; conducted walking tours to observe active transportation infrastructure in Beacon Hill; and began working with the IDIC Filipino Senior Center on potential pedestrian and bus improvements around their building.

Age Friendly Seattle Civic Coffee Hours

In 2019, Age Friendly Seattle hosted 12 coffee hours, bringing older people and local decisionmakers together to discuss current issues. Many of the events were broadcast live via Facebook, and some are available to view on the Civic Coffee Hour Playlist⁸² on the Aging King County YouTube channel.⁸³

For more information about coffee hours in 2019 and plans for 2020, see the [Social Participation](#) and [Civic Participation & Employment](#) sections above as well as individual event information in several of the other domains.

Special events

Age Friendly Seattle coordinated or co-sponsored the following events, which are described more fully earlier in this report:

- How to Plan an Accessible Event (Thursday, 5/30/19)
- Memory Sunday (Saturday, 6/8/19–Sunday, 6/9/19)
- The Affordability of Long-Term Care (9/4/19)
- Age Friendly Day at the Sounders (9/15/19)
- Legacy of Love African American Caregivers Forum (11/9/19)

2019 Aging in America Conference Presentation

On April 15, Seattle Human Services Department’s Aging and Disability Services



⁸² Civic Coffee Hour Playlist (<https://bit.ly/37BjGLG>)

⁸³ Aging King County YouTube Channel (www.youtube.com/c/AgingKingCounty)

communications manager Irene Stewart (Age Friendly Seattle project manager, 2017–2018) and AARP Washington associate state director for community outreach Amanda Frame presented "Going Age-Friendly: Creative Community Engagement Techniques" in collaboration with representatives from Age Friendly Greater Pittsburgh and Lively Pittsburgh at the American Society on Aging's 2019 Aging in America Conference⁸⁴ in New Orleans, LA. Pictured above (left to right): Amanda Frame, AARP Washington⁸⁵; Irene Stewart, Seattle Human Services Department⁸⁶; Scott Wolovich, Lively Pittsburgh⁸⁷; and Cassandra Masters, United Way of Southwestern Pennsylvania⁸⁸.

Contact

For more information about Age Friendly Seattle, e-mail agefriendly@seattle.gov or visit www.seattle.gov/agefriendly.

⁸⁴ Aging in America Conference, American Society on Aging (<https://bit.ly/2vcFq8P>)

⁸⁵ AARP Washington (<https://states.aarp.org/washington/>)

⁸⁶ Seattle Human Services Department (www.seattle.gov/humanservices)

⁸⁷ Lively Pittsburgh (<http://livelypittsburgh.com/>)

⁸⁸ United Way of Southwestern Pennsylvania (<https://uwsdpa.org>)