



Community Planning Council

The Community Planning Council was established by Greenwich United Way to encourage the most effective and efficient health and human service delivery system for Greenwich. Comprised of community leaders, nonprofit service professionals, Greenwich United Way board members, and community volunteers, the work of the Planning Council, particularly through its periodic Needs Assessments, has led to the development of some of the Town's most valued programs and institutions.

Help us grow awareness by sharing this summary of the Community Planning Council presentation on Older Adults on social media #GUW_CommunityPlanningCouncil or visit www.greenwichunitedway.org

Community Planning Council Presentation: September 2017

Older Adults: Greenwich as an Age- and Dementia- Friendly Community

Lori Contadino, Director, Greenwich Commission on Aging

Dr. Donna Phanumas, Geriatrician, Greenwich Hospital

Donna Spellman, Executive Director, River House

According to the Greenwich United Way's Needs Assessment, of the more than 11,000 Greenwich residents that are 65 and older, one third of them have an income less than \$50,000. Given current trends, older adults will comprise 20% of our Town's population by the year 2020.

Highlights from the Presentation:

- In December 2016, Greenwich began a 5-year process to win designation as an Age- and Dementia-Friendly Community by the World Health Organization and the AARP. Greenwich is the first town in the state to apply. There are 184 communities nationwide with this recognition.
- The goal is to improve the livability and quality of the Town across the following eight domains: outdoor spaces and buildings; transportation; housing; social participation; respect and social inclusion; civic participation and employment; communication and information; and community and health services. For example, one possible action plan would be to increase the crossing time for red lights, which would benefit not only older adults but also young families and disabled residents.
- The Commission on Aging is conducting a survey to identify three priority areas for the next three years and develop an action plan to address them.
- The Town is also pursuing an initiative to make Greenwich a dementia-friendly community. It will encourage organizations, businesses, community groups to make practical changes to have a positive impact on the lives of people living with dementia and their caregivers. The number of people with dementia in the U.S. is expected to increase from 5 million today to 14 million by 2050. River House estimates 90% of its clients have dementia.
- To create a greater public understanding of dementia, 65 professionals in Town have been trained as "dementia friends." These friends will, in turn, train a broader range of community members as "dementia champions."
- Older adults face an increasing risk of depression and neurobehavioral manifestations of dementia. Psychiatric services for community residents in Greenwich who have dementia need to be expanded. Geriatric psychiatrists and clinical social workers can help address this unmet need.
- Falls are the leading cause of death from injury for persons 65 and older. The rate of fatal falls in this age group increased between 1993-2003. Nursing and home care services and caregiver education should focus on fall prevention.
- 16% of ER visits for older adults are due to adverse drug events. Expanding nursing services and use of technology for medication dispensal can reduce this risk.

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Save the Date:

Tuesday 12/5, 7:30 am, **Greenwich United Way's Annual Legislative Breakfast, a Q&A forum with our State legislators and the First Selectman**, at the Town Hall Meeting Room. This meeting is open to the public.

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