

District of Columbia State Data Center Quarterly Report

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Senior Villages in the District of Columbia: A New Age-At-Home Initiative

A 'Senior Village' is a concept designed to provide the support network necessary to enable seniors to live in their own homes as long as possible, while maintaining social connectedness and civic involvement in their communities. This concept has taken hold in the District and several communities are exploring the possibilities for their residents. The impetus for this movement stems from an article in the American Association of Retired Persons (AARP) publication about a senior village in Boston, 'Beacon Hill Village'. Beacon Hill Village in Boston is providing the blue print for other senior villages. This report provides a brief overview on the Beacon Hill Village, the various senior village initiatives in the District, demographics of the District's 50 years and over population, and possible role of 'Baby Boomers' in the senior village movement.

Beacon Hill Village

Established in 2001, Beacon Hill Village pioneered the senior village concept. A group of residents faced with the prospect of leaving the neighborhood and the homes they loved in order to obtain the services of a retirement community, came up with the idea of a senior village. It was designed to make remaining at home a safe, comfortable and cost-effective alternative. After an annual membership fee of \$580 for individuals or \$850 per household, members 50 years of age and older have access to services such as household and home maintenance,

transportation, meals and groceries, volunteer programs, concierge, social and cultural activities, home health, and wellness programs.

The concept is so appealing that one expert on aging believes it could change the way Americans and the rest of the world grow old. Beacon Hill Village has produced a how-to manual for others to use in creating a senior village in their own neighborhood. The Beacon Hill Village concept and experience has provided impetus and motivation for efforts in the District. To learn more about Beacon Hill Village, please visit its website at: <http://www.beaconhillvillage.org>

Senior Village Initiatives in the District of Columbia

Representatives from over 13 District neighborhoods and surrounding jurisdictions attended an informational meeting coordinated by the AARP to explore the concept of senior villages. Currently, one senior village, Capitol Hill Village, has been launched. Others are in various stages of organizing, including potential senior villages in Chevy Chase, Cleveland Park, Dupont Circle, Glover Park, Kalorama, Palisades and Woodley Park.

Capitol Hill Village

Capitol Hill Village is the first senior village to be formally established in the

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by
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District. It was launched on October 1st, 2007 as a non profit organization founded by residents of Capitol Hill to support each other as they grow older. Capitol Hill Village has an Executive Director and a Board of Directors. Members must reside on Capitol Hill within the following boundaries: H Street NE to M Street SE, and from 1st to 19th Streets, NE and SE.

There are two categories of membership for persons 50 years of age and older. Individual membership is \$500 per year or \$48 per month, while household membership is \$750 per year or \$70 per month. Capitol Hill Village is also exploring a program called 'Membership Plus' to, among other things, raise funds to subsidize membership fees for residents who may have difficulty paying the monthly fee.

Services provided by volunteers include:

- Transportation for members for planned trips or at the last minute
- Help with vexing electronic issues like computers, thermostats, DVDs, phones, clocks and watches.
- Light home maintenance like mattress flipping and light bulb changes
- Minor plumbing assistance, such as cleaning out slow drains
- Help with thinking through projects
- Assistance with paperwork, sorting and disposing of stuff
- Occasional meal preparation
- Companionship and regular check-in
- Expert gardening advice for small spaces

If a volunteer is not available, Capitol Hill Village will make contact with vetted vendors who often offer services at a discount to Capitol Hill Village members. Capitol Hill Village will follow-up with the member to determine satisfaction with volunteers and service providers.

Capitol Hill Village acts as the member's advocate.

As of January 10, 2008, there were 117 Capitol Hill Village memberships serving over 200 individuals. There were 36 requests for services during November 2007, of which 15 were for home maintenance, 15 for transportation, 5 for at home assistance and 1 for technical assistance. To learn more about Capitol Hill Village, please visit them on the web at: <http://www.capitolhillvillage.org>

Dupont Circle Village

The Dupont Circle Village is in the organizing phase. In recent months, a group of Dupont Circle neighbors has been meeting to explore the senior village concept which facilitates aging-in-place. As they have so aptly stated it, 'Dupont Circle Village has been founded to give residents of Dupont Circle and adjacent neighborhoods both the practical means and the confidence to enjoy life to the fullest, living in their homes, in the diverse urban, multi-generation environment they value as they grow.' Dupont Circle Village aspires to serve as a clearing-house for the services its members want or need in order to remain in their homes as they age. Once established, members will be able to call a single telephone number to arrange assistance with any number of problems or to participate in a variety of activities. A small office staff will research and assess possible service providers. To learn more about Dupont Circle Village, please visit them on the web at: <http://www.dupontcirclevillage.org>

Kalorama Village, Inc.

Kalorama Village, Inc. has begun the process of establishing a senior village in the Kalorama neighborhood of the District. It has formed a steering committee and acquired non-profit status under District laws. It will be a membership organization open to anyone 50 years of age and older who lives in the Kalorama

neighborhood. The goal of this village is to offer services to a group of people who want to see themselves as neighbors interested in the welfare of those around them. To learn more about Kalorama Village, Inc., please visit them on the web at: <http://www.kaloramavillage.org>

Palisades Village

Palisades Village like Dupont Circle Village and Kalorama Village, Inc. is still in the development phase. It is being developed as an aging-in-place organization for the Palisades and Foxhall neighborhoods of the District. Palisades Village received its 501(c)(3) approval from the IRS in November 2007. However, it will be several months before it is ready to solicit members and offer services. To be added to the Palisades mailing list, one can contact them at: palisadesvillage@cs.com

Demographics of the over 50 in DC

Some of the proposed senior village organizers have called the Office of Planning for assistance with demographic information, mainly for identification of census geography defining an area, and the demographic profile of the residents 50 years of age and older in specific areas. The focus on this population group helps predict the recruitment potential for membership in the organization. The common data needs were for population numbers, income, disability, and housing tenure status. This section presents data on the 50 years and over population in the District in terms of where they reside, median income levels, and other related information.

As shown in Table 1, the population 50 years and over in the District has increased between 2000 and 2006 from 155,594 to 167,747 persons, an 8 percent increase. This cohort as a percentage of the total population in the District has also increased over the period, from

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27 percent in 2000 to 28.6 percent in 2006. The map below shows the percent distribution of the population 50 years and over by census tract in 2000. Assuming a similar distribution today, then most of this population cohort resides outside of the central city areas as expected. Table 2 shows median household income in 2000 for the city and by ward. Generally, median household income by age group has increased up to age 54 but declined after.

Role of Baby Boomers in Senior Village Concept

The viability of the senior village concept may rest on the characteristics of 'baby boomer', some of whom are already eligible for membership in senior villages.

Baby boomers represent the 76 million people who were born in the U.S. from 1946 to 1964. They are the largest birth cohort ever born in the U.S. By 2030, all surviving baby boomers will be 66 to 84 years old and predicted to represent 20 percent (1 in 5) of the population at that time. In 2006, baby boomers made up 26 percent of the Districts' population.

In general, as reported by the U.S. Census Bureau and other studies, the overall circumstances of this aging population are expected to be complex, with higher mobility and better health than the generation before them, but at the same time many will be poor, chronically ill, isolated and in need of assistance. Further, as life expectancy increases, access to health care will become even more

essential for reducing disability and mortality. Health promotion activities such as nutrition and exercise will need to be expanded to meet increasing needs.

The future availability of family members or others to care for this cohort is also a concern. In 2000, the older support ratio was about 1 older person for every five working-age people. The older support ratio in 2030 is expected to be 1 older person for less than three working-age people. The situation is expected to be even more challenging with demographic mobility resulting in children living further away from their parents; greater female workforce participation rates; and changes in family composition.

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Table 1 Population 50 Years and Over by Age Group: District of Columbia 2000-2006

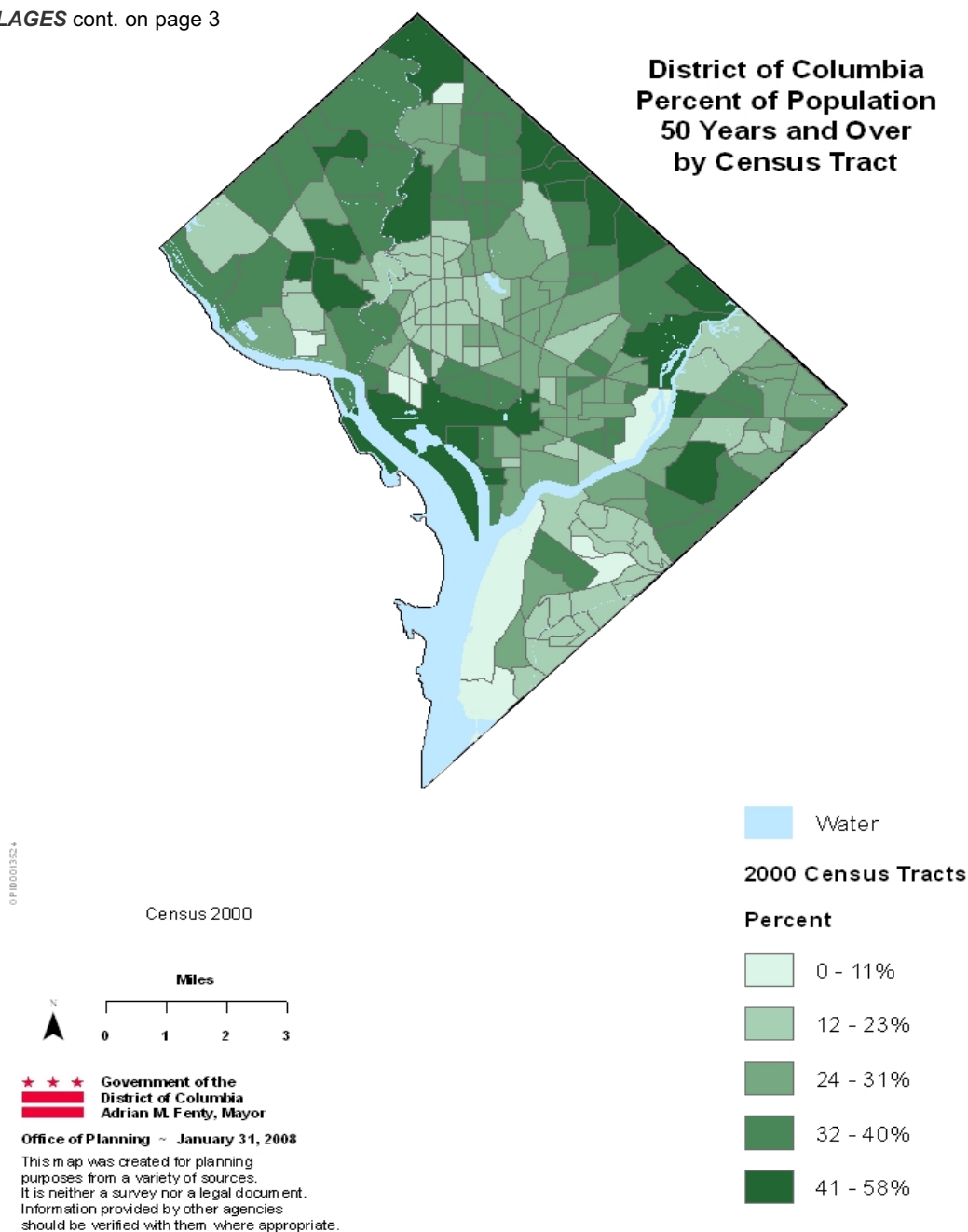
Age Group	2006	2005	2004	2003	2002	2001	2000
50-54	36,286	37,307	37,380	37,379	37,666	38,040	35,913
55-59	34,623	33,441	32,090	31,048	30,056	28,437	27,803
60-64	25,507	25,342	24,876	24,053	23,476	22,590	21,980
65-69	19,986	19,651	19,223	18,878	18,641	18,543	18,525
70-74	15,979	16,037	16,111	16,396	16,550	17,002	17,394
75-79	13,619	13,988	14,163	14,321	14,754	14,865	14,976
80-84	10,977	11,139	11,180	10,961	10,631	10,370	10,028
85 and over	10,770	10,436	9,927	9,679	9,497	9,212	8,975
50 and Over Population	167,747	167,341	164,950	162,715	161,271	159,059	155,594
Total Population	585,459	582,049	579,720	577,496	578,907	577,357	572,059

Source: U.S. Census Bureau

Table 2 District Residents Median Household Income in 2000 by Age Group by Ward

Age Group of Householder	Total District	Ward 1	Ward 2	Ward 3	Ward 4	Ward 5	Ward 6	Ward 7	Ward 8
All ages	40,127	36,407	44,655	70,205	46,742	34,365	41,514	30,531	25,004
Under 25	20,422	26,725	15,580	21,061	26,103	17,557	28,516	17,482	12,574
25-34	39,709	40,805	43,492	54,614	37,828	32,067	45,314	27,672	24,022
35-44	44,617	41,812	59,660	90,383	50,155	37,958	46,475	30,445	26,730
45-54	52,837	41,605	74,219	98,264	61,943	49,103	52,638	38,789	29,726
55-64	48,077	36,404	66,250	104,494	58,665	37,128	46,622	34,729	30,358
65-74	32,356	20,771	40,563	73,534	41,153	27,495	27,000	26,754	22,020
75 and over	28,172	14,491	29,852	55,120	33,188	25,387	18,468	27,152	17,600

Source: U.S. Census Bureau 2000



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Government of the District of Columbia

With an elderly population that is expected to be more mobile, transportation will become even more critical as a supportive service. Transportation will be needed for health care visits, shopping, and social and recreational activities.

Given the scenario outlined above, the senior village concept seems timely and appropriate as a viable option for the present and predicted future demands of the District's aging population. In fact, a

recent survey by AARP revealed that nearly 90 percent of baby boomers say they want to stay in their homes and close to family and friends as long as possible. The senior village concept can afford them that privilege.

Note: The State Data Center extends thanks to representatives from the various senior village organizations for the information they provided.