

How Age-Friendly is Arlington, Ohio?

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Abstract

Age-friendly communities are needed more today than ever before. The population over the age of 65 is growing at a rapid pace, meaning that the places that they live need to be adapted so that these individuals are able to continue living where they are. Arlington, Ohio is home to 1,451 people, 251 being over the age of 65. Arlington has the Good Samaritan nursing and assisted living facility that is able to help transition seniors into their later life without relocating completely. However, there are not as many age-friendly houses in the community as there are people in need of them. Nor are there the facilities, groups, or medical practices that most older adults are in need of. Bringing attention to these concerns in this presentation will support and benefit these individuals, making sure they can find the resources nearby that they need to live.

Criteria for Age-Friendly Communities

- Housing
- Outdoor spaces and built environments
- Transportation
- Community support
- Social environments
- Health and wellness services

Housing

Apartments 1) has apartments but are not accessible if the individual cannot climb stairs; 2) located in the middle of town-able to interact with the community; 3) Arlington has a local pharmacy and the Arlington Family Practice

Assisted Living/Nursing Home 1) Good Samaritan-short-term rehab center/long-term care center; 2) accepts Medicare/Medicaid; 3) only has 50 beds available; 4) accessible for wheelchairs, walkers, canes, and independent individuals

With Family 1) home would need to be accessible (correct modifications); 2) does the person have access to transportation?; 3) is the home near essential medical places?; 4) is the person able to interact with the community/do they have activities to do?

Own Home 1) appropriate modifications need to be made so they are safe and able to live comfortably; 2) are the payments in their price range?

Outdoor Spaces and Built Environments

1) Food trucks in the park throughout the summer; 2) festival in the summer (multiple activities, different types of bingo, spin board, cornhole, volunteer opportunities); 3) local library; 4) events at the churches in town throughout the year; 5) the park has walking areas and people can watch baseball/softball/soccer games; 6) school sporting events to watch the local kids

Transportation

Options in Arlington 1) HATS-Hancock Area Transportation Services; 2) family members who are close and able to help; 3) friends who are close and able to help; 4) community members and different groups; 5) church transportation for different events through the church or in the community

Community Support

Volunteering/Employment 1) many volunteer opportunities in town have intergenerational interaction; 2) 4H advisors; 3) teen breakfast at the church; 4) vacation bible school and bible studies; 5) school volunteers [lunchroom, LAMP, field trips, substitute teaching]; 6) depending on the person's abilities, they could work at the pharmacy, Dollar General, Brinkman's Greenhouse

Near Arlington: 50 North 1) they provide different activities, outreach services, volunteer/chore services, wellness and nutrition education; 2) opportunities to take trips with the center; 3) opportunities to lead classes they are familiar with; 4) chances to make new friends

Aging.ohio.gov 1) where you can find jobs for those over 55 with priority given to those who are veterans, spouses of veterans, over 65, or a minority; ** Goodwill is on the list, which Findlay has

Social Environment

- 1) A lot of Arlington residents know the younger people in the community whether they are family, friends, or just by seeing the around town. They have connections with others through their past and through intergenerational connections.
- 2) Information is available online and posted in various places around town. Some older individuals know how to use a computer/Facebook, but those who don't have access would need to read the printed newspaper (if information is available), have connections in the community who could inform them, or attend community meetings themselves.
- 3) Feedback is asked for along with other community members

Health and Wellness Services

- Arlington has a doctor's office and a pharmacy right in town
- Other close options include Bluffton and Findlay services
 - Construction from Arlington to Findlay will cause some issues if you don't know how to get there going a different route
 - This closes off a lot of medical care-having to go all the way around depending on where the facility is they are needing to get to
 - The hospital for emergencies would be detoured as well (concerning for all ages)
- Findlay has just about everything health services wise; some doctors will make referrals to Toledo, Columbus, Cleveland depending on if they have the capability to treat certain conditions or not
- Bluffton has a hospital and general practitioner offices
- More physical activities can obviously be done in the summer, but 50 North offers exercise classes year-round as well as the YMCA
- Food
 - Arlington has one grocery store (Dollar general)
 - With the construction, this might be an issue as to getting different types of food/options at the store
 - We also have a little winery in town which would be good for gatherings with friends of all ages
- Findlay does food pantries (sometimes through churches, City Mission)
- Arlington has 3 restaurants in town (Jac n Do's, Curly's, Cheeky Bear)
 - Other options include Dunkirk Dairy Dream, Bluffton and Findlay's slew of options

Conclusion

Being such a small town, I think Arlington has a lot to offer for it's 65 and older residents through the available activities, eateries, close by friends, and events throughout the year. Although, housing wise, I think more apartment options on ground level could help those who want to stay in town and be in a safe living environment. There is a lot of reliance for transportation, but there are people in town who are more than willing to help their neighbors out when they can.