

How Age Friendly Is My Community of Wading River, New York

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ABSTRACT

Since the population of older adults is growing rapidly as baby boomers age, it is important that communities start considering whether they are a friendly place in which older adults can live. Age friendly communities are communities that have taken older adults into consideration and have made sure they are not being isolated. This is something that everyone will have to worry about in their future, so it is important that communities are age friendly. In this study I will be looking at my community, Wading River, New York, to determine if it is age friendly or not. I will be able to determine this by looking at all of the factors that my community offers for older adults.

HOUSING

Wading River does not specifically have any retirement communities but there are a few choices within ten minutes away.

Glenwood Village

Affordable 55 and over retirement community located in Riverhead, NY. Glenwood Village has numerous amenities in the club house like a pool, gym, library, kitchen, billiard pool room, and more. Glenwood village is a short drive from many different shopping centers, outlets, and restaurants. Suffolk County offers transportation services that stop here throughout the day.

Riverhead Landing Senior Apartments

Riverhead Landing is an upscale apartment complex for 55 and over retired adults. Riverhead landing has a pool, tennis courts, fitness center, putting green, and bocce court. These apartments are also close to shopping centers, the outlets and restaurants. Residents will need a car, find a ride, or walk to a bus stop if they need to go somewhere. The county transportation does not stop here.

OUTDOOR SPACES & BUILT ENVIRONMENT

Wildwood state park:

Lots of grass space, offers camping, available picnic tables, and there is access to the beach. There are stairs as well as a ramp to get down to the beach. However, the ramp is very steep. The bathrooms are only open during season as well as the concession stand. There are trails and pathways to walk or ride bikes. There are lots of hills and bumps which may be challenging for older adults. You must have a town pass which is fifteen dollars for the season and gets into other beaches/parks.

Bayberry Park:

The second park in Wading River is not very accessible for older adults. To get to the playground, basketball court or tennis courts you must walk down a steep path.

TRANSPORTATION

Transportation is available for Wading River residents through Suffolk County. There are four bus stops in Wading River, and they go to shopping centers, malls, and other towns all over the county.

Upon request, drivers can assist people in wheelchairs while boarding and leaving lift/ramp and with the use of wheelchair securement devices. The use of wheelchair lifts/ramps are also available to passengers using walkers, canes, braces or who are otherwise immobile. Service animals are permitted.

Fares are 75 cents for seniors and 25 cents for a transfer.

The Long Island Railroad can also be used which travels all over long island and to New York City. This is more expensive, but a senior discount is available. The nearest train station from Wading River is fifteen minutes.

There are several taxi services located near Wading River that can be used day and night. Uber can also be used.

SOCIAL ENVIRONMENT

For Wading River residents there is no senior center, the senior center is in Riverhead, NY. The senior center offers activities like bingo, dance aerobics, Zumba, movies, more. The senior center also has a program called meal on wheels. This delivers hot and cold meals to those who are eligible.

Suffolk County Office for the Aging

Administers federal, state and county programs for those over 60. Helps older adults with economic barriers, maximize independence and as a resource.

Volunteer Opportunities

In and around Wading River there are several volunteer opportunities for seniors. Some of these volunteer opportunities are at local churches, Peconic bay medical center, and through the red cross.

COMMUNITY SUPPORT

Retired senior volunteer program for Suffolk county residents. Numerous volunteer opportunities at different hospitals, nursing homes, red cross etc.

Eastern Suffolk Boces offers adult education for those looking to extend their learning.

Osher Lifelong Learning Institute at Stony Brook University offers noncredit workshops and day trips. Open to retired and semi-retires individuals fifty and older.

HEALTH & WELLNESS SERVICES

Riverhead Senior Center located about fifteen minutes away offers free blood pressure screening, weight, and glucose screening.

Peconic Bay Medical Center is the closest hospital to Wading River, which is ten minutes away.

In Wading River there are multiple primary care doctors, dentists, physical therapist, chiropractors, and an urgent care.

There are multiple geriatric doctors in Suffolk County but none in Wading River.

CONCLUSION

Although Wading River is a small town and does not have everything it needs for someone to consider it age-friendly, it is very close to bigger towns. With their own transportation or transportation provided by the county, older adults can easily access any of these things within fifteen-twenty minutes.

REFERENCES

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Additional sources available upon request