



Membership Application

To join the **AARP Network of Age-Friendly States and Communities**
and the **World Health Organization Global Network of Age-Friendly Cities and Communities**

- If you have questions while completing this form, please email livable@aarp.org
- If you need additional space for answering the questions you may add an additional sheet of paper

Section 1: COMMUNITY DETAILS

APPLICATION SUBMISSION DATE: 10/16/2019

NAME OF THE COMMUNITY: Nassau County

STATE: Florida

POPULATION SIZE: 82,748 (Department of Elder Affairs, 2018)

PERCENTAGE OF RESIDENTS ABOVE THE AGE OF 60: 24,347

NAME AND TITLE OF THE ELECTED OFFICIAL SIGNING THE OFFICIAL COMMITMENT: Justin M. Taylor, Chairman

OFFICE ADDRESS OF THE SIGNER: Commissioner Justin M. Taylor, 96135 Nassau Place, Suite 6, Yulee Florida 32097

Section 2: COMMUNITY CONTACT for the AARP Network of Age-Friendly States and Communities

- The community contact is the local staff member or volunteer who is primarily responsible for carrying out the community-level work — it is not the responsible AARP staff member.

NAME: Mary von Mohr, MSW

POSITION: Age-Friendly Project Coordinator

EMAIL ADDRESS: mary.vonmohr@flhealth.gov

TELEPHONE NUMBER: 904-557-9133

Please describe the named person's role in the city or community's age-friendly initiative:

Mary von Mohr is the Coordinator of the Nassau County Age-Friendly Initiative. This includes the Age-Friendly in Public Health Advisory Council, Nassau Age-Friendly Action Plan and the Nassau Community Health Improvement Plan (CHIP). The linkage to the CHIP is rooted in that the Advisory Council is addressing one of the five goal areas in the health improvement plan. The goal area is Community Support. This involves addressing parent and caregiver support for our community. To include addressing the loneliness factor among our elderly and the limited socialization option for seniors in isolated portions of our rural county.

The person named above agrees to be subscribed to the [AARP Livable Communities Weekly e-Newsletter](#), which is one of the primary ways we share useful news and resources. To add additional subscribers, type their names and email addresses into below. Once this application is processed, a subscription confirmation message will be sent so the individual can confirm that they want to subscribe. To subscribe today, follow the link above or visit [AARP.org/Livable-Subscribe](#).

Eugenia Ngo-Seidel, MD Eugenia.Ngo-Seidel@flhealth.gov

Section 3: COMMUNITY ACTIVITIES, ENGAGEMENTS and COLLABORATIONS

1) Please provide a brief summary of the community policies, programs and services that are targeted toward older people and how the community plans to become more age-friendly.

Nassau County is committed to all its residents, including its older adults. In 2018, the Nassau Age-Friendly Advisory Council was created to respond to the growing needs of Nassau County's older adults (persons over the age of 60 years). This council was started with financial support from the Florida Department of Health who provided training and guidance to specific Florida counties who desired to become more Age-Friendly in their practices and livability. The Advisory Council is comprised of fifteen members and includes representation from our local ElderSource office and the Nassau County Council on Aging agency. We are currently in the process of confirming dates to implement a needs assessment with department heads from county government to determine current Age-Friendly efforts being implemented. We will identify opportunities to expand efforts in county planning to best meet the needs of older adults and will create a plan to guide our county. Efforts will include partnerships to support affordable housing designed to promote "aging in place". In February 2019, Nassau County adopted Accessory Dwelling Code Regulations which allow families to build an accessory housing unit for caregivers or family members on the same property of the residence. This supports the concept of Aging in Place and will make it easier for families to care for each other in close proximity if desired. This may also assist with housing costs with the ability to have rental property on your property. Older adults may find it more affordable to stay in their home if on a limited income. In terms of promoting the eight domains of livability we will focus within our local government structure on the domains of 1) Outdoor spaces and buildings, 2) Transportation, 3) Housing, and 7) Communication and Information. Areas 4) Social participation, 5) Respect and social inclusion, 6) Civic participation, and 8) Community and health services are already being addressed by various community partners. These include our local hospital Baptist Medical Center Nassau, private providers and the Florida Department of Health-Nassau (FDOH-Nassau), community organizations/clubs and our Nassau County Council on Aging who offers classes daily for the community at their Life Centers. Activities fall under these categories: Arts and Crafts, Aviation and Space, Cards and Games, Community, Security and Safety, Computers and Technology, Finance, Fitness and Dance, Gardening, History, Culture and Travel, Language, Literary Arts, Music, Photography, Policy and Government, and Wellness. They additionally offer many support groups and assistance programs including small home repair (CHORE) and Meals on Wheels. In terms of mobility options, Nassau County offers free or reduced cost transportation via NassauTRANSIT. This transportation travels across the county and to the neighboring city of Jacksonville so users have increased access to medical care and other venues. In support of physical activity, Nassau County has multiple parks and has approximately 40 miles of casual and advanced bike trails on Amelia Island, the far east portion of the county which borders the Atlantic Ocean. The Fire Department in the City of Fernandina Beach (east side of the county) is committed to serving and protecting older adults as demonstrated by the recent launch of a Falls Prevention program in partnership with Baptist Medical Center-Nassau and the Nassau County Council on Aging. The goal of this work is to reduce the number of falls (and injuries related to fall) experienced each year by older adults who live in zip code 32034. Fire rescue/EMS First Responders will refer persons who have been transported to the emergency room after suffering a fall for an assessment and fall prevention education provided a case worker located in Nassau County Council on Aging. This aligns well with our Nassau County Health Improvement Plan (CHIP), as recent data pulled in 2018 showed an increase in unintentional injury deaths. The Nassau CHIP is a three year health improvement action plan focused on improved health for all Nassau County residents. There are five priority areas: 1) Access to Care, 2) Behavioral Health and Substance Abuse, 3) Community Support, 4) Health Disparities and 5) Housing and Healthy Places. The CHIP has goals with each priority area and the CHIP Steering committee measures progress twice per year. Nassau County is committed to continuing efforts and working with the community, partners, and local organizations to identify new opportunities to make the County more age-friendly and livable for all ages.

2) How will the community engage and involve older people in the process of becoming a more age-friendly?

The Age-Friendly Advisory Council will be an integral part of guiding this process and supporting lead stakeholders across the county. The council's charge will be to advise and make recommendations to the County Commissioners concerning subjects of particular interest to older adults and other who share the same interests. In addition, the County and its departments will continue to seek input and participation from older adults throughout all of their activities and processes. Next steps will include implementing an assessment of Nassau County government current Age-Friendly practices, and then assess our Older Adult needs in 2020.

3) Briefly describe the mechanisms the community has or is planning to put in place to facilitate collaborative planning and implementation between different agencies and departments.

In order for the County to join the network, the FDOH-Nassau contacted the Board of County Commissioners and its departments to educate about community benefits of Age-Friendly initiatives, including the Age-Friendly Advisory Council. Recognizing the need to meet the needs of this growing and important population, the County will encourage cross-departmental planning and implementation facilitated by the guidance of the FDOH-Nassau Age-Friendly Coordinator, the Age-Friendly Advisory Council and community input.

Section 4: NETWORK MEMBERSHIP

- Your answers to the following questions will help us complete your membership in the global age-friendly network and better enable us to understand how to support the network.

4) How do you hope to contribute to the AARP Network of Age-Friendly States and Communities and the World Health Organization Global Network of Age-Friendly Communities?

As Nassau County continues to grow and change, it is important that it focuses on partnerships, and learning and implementing best practices that can help drive positive change and create a more livable community for older adults. Nassau County hopes to share some of its best practices and success stories with its network around the state, country and across the world.

5) What motivated your community to join the AARP Network of Age-Friendly States and Communities and the World Health Organization Global Network of Age-Friendly Communities?

In 2018, Nassau County finalized its Community Health Assessment and noted significant change in demographics with county growth. Our county had the most growth of any of the small counties in Florida since 1970, with increased growth among our older adults and less with families having young children. We noted our county was becoming a “graying” community. With this data and our realization that cancer, heart disease and unintentional injuries were the leading causes of death, we decide to seek support to become an Age-Friendly county with hopes this would help us see improved health outcomes over time. We developed an Age-Friendly Advisory Council who meet quarterly. This group was established for guidance and leadership - because seniors play an essential role in the community, provide insight and wisdom and offer a unique perspective to succeeding generations. Nassau County is committed to serving its older adults and building a community for all ages. Joining the network is a next step in the County’s commitment to serving its residents, young and old.

6) Provide a digital file or link of a logo or other image that represents your community and for which you have reprint rights. The image resolution should be at least 72 dpi. As an example of an image, here's ours:

Click here to add a link to where we can find your logo. Or, send a JPEG, PDF or PNG of your logo by email attachment to livable@aarp.org.

