Greater Richmond Age Wave

Erica Mawyer

Follow this and additional works at: https://digitalcommons.longwood.edu/grs

Mawyer, Erica, "Greater Richmond Age Wave" (2018). Longwood Graduate Research Symposium. 6.
https://digitalcommons.longwood.edu/grs/2018/tuesday/6

This Event is brought to you for free and open access by the College of Graduate & Professional Studies at Digital Commons @ Longwood University. It has been accepted for inclusion in Longwood Graduate Research Symposium by an authorized administrator of Digital Commons @ Longwood University. For more information, please contact hinestm@longwood.edu.
**The Greater Richmond Age Wave (GRAW)**

**ERICA MAWYER**

LONGWOOD UNIVERSITY GRADUATE STUDIES DEPARTMENT

---

**Abstract:**

Older adults represent the fastest growing segment of the U.S. population. According to the U.S. Census (2014), adults ages 65 and older are projected to make up approximately 83.7 million people by 2050, which is almost double from 2012, 43.1 million. The Greater Richmond Age Wave (GRAW) evaluates the communities in Richmond, Powhatan, New Kent, Henrico, Hanover, Goochland, Chesterfield, and Charles City, Virginia, (Greater Richmond Age Wave, 2013). Due to the dramatic shift within the communities, known as the Age Wave, the objective is to make sure each community is engaged, livable, stable, and well. The benefits of GRAW include: an increase in quality of life as they look at the engagement, livability, wellness, and stability. This helps individuals to live engaging, long, and full lives. The GRAW works closely with companies and stakeholders to create volunteerism, caregiving, employment, physical activity, engagement, and happiness. The Age Wave Plan ensures that the Greater Richmond area is ready to face the challenges and obstacles presented by the aging population.

**Background:**

Specific needs that are directly influenced by the program include:

- Housing
- Transportation and mobility
- Workplace
- Financial stability
- Caregiving
- Chronic disease

Through a vision and framework that is supported by communities that are:

- Engaged
- Livable
- Stable
- Well

**Planning Process Rational:**

Due to the influx of aging adults, communities have to utilize resources to manage the changes. The GRAW is meant to help alleviate, and improve qualities of lives and communities. The program utilizes local information, current data, and examined health risk to create an implementation program that can be implemented. Health risk include heart disease, cancer, stroke, diabetes, accidental falls, and depression. Supporting programs, resources, and events are within the plan of GRAW to make a change.

**Mission Statement:**

"The mission of GRAW is to foster meaningful dialogue, build deeper community engagement, and commitment, and enable broader stakeholders in our planning efforts by assembling a corps of devoted, people who are committed to collaborating and discovering new solutions to shape our region into one that is Engaged, Livable, Stable, and Well across the lifespan"

**Goal:**

Four goal areas – Engaged, Well, Livable, and Stable Communities

**Objective:**

Increase knowledge of lifelong learning and civic engagement opportunities. **Well:** Increase the number of older adults participating in prevention, wellness, and chronic disease management. **Livable:** Increase opportunities for affordable housing and home modifications services for older adults. **Stable:** Encourage businesses to retain and invest in older adult workers.

---

**Materials/Procedure:**

**Participants:** Adults aged 65 years and older

**Program plan:** The program is designed to fit the PRECEDE-PROCEED and the Theory of Planned Behavior Model to determine the overall community and quality of life. The theories will involve information regarding inactivity. Past history, current and previous social factors, accessibility, and knowledge are examined to determine behavior and starting point of the program.

**Tags as List:** Partnerships, coalitions, and stakeholders help strengthen the program.

**Examples:** Kroger, YMCA, business owners, and Senior Connections.

**Data Collection:** Written or oral test, questionnaires, telephone interviews, observations, and self-reported evaluation

**Data Analysis:** Obtaining a group to determine the results using descriptive statistics. They will take the data reported from the instrument and combine the results together in a chart.

---

**Assessment Tool:**

1. What county do you live in?
2. Ethnicity or race (please circle your ethnicity)
   - White
   - Hispanic or Latino
   - Native American or Alaska Native
   - Asian or Pacific Islander
   - Other
3. What is the highest degree you have earned?
   - Bachelor’s
   - Master’s
   - Professional degree
   - Doctorate
4. Are you age 65 or older?
   - Yes
   - No
5. What kind of opportunities does your community need to improve the quality of life?
6. What type of programs does your community need to improve the quality of life?
7. What type of opportunities do you think should be created to improve the quality of life?
8. What type of programs do you think should be created to improve the quality of life?
9. What type of programs will be the most beneficial for your community?

**Considerations:**

- Activity classes
- Transportation
- Health screenings
- Safe neighborhoods
- Involvement in the community
- Volunteer opportunities
- Employment
- Physical activity

**Data Analysis:**

- Will create a chart to display the results of the program.
- Will conduct a survey to understand the community’s needs.
- Will use statistical analysis to determine the effectiveness of the program.

**Evaluation:**

- Will be evaluated by creating purposeful physical activity classes.
- Will create more volunteer opportunities for adults.
- Will create more mobility with their participants.
- Will create more opportunities for affordable housing and home modifications services for older adults.
- Will encourage businesses to retain and invest in older adult workers.

**Discussion:**

- Take away: Future research will be implemented to further understand the trend in age increasing, understand how to create a high quality of life, and what can be done in advance to alleviate potential health barriers for the future.
- It is important to take care of your body, health, and mental state so when you’re 65 or older, you can live a function and purposeful life. It has been shown that activity, social interaction, wellness, and stability are important factors to consider when aging.

---

**Anticipated results:**

- Results includes participants being able to show increased levels in their overall quality of life. They will be able to rate their engagement, wellness, livability, and stability higher on the evaluation report.
- They will have increased mood levels, increase health screenings from physical activity, better means of transportation, additional caregivers, and more volunteering opportunities.

**How data will be analyzed to determine results:**

- A comparison of results from predictions and past/similar studies will be created.
- A representation from stakeholders, evaluators, staff, volunteers, and priority population will be involved. They will determine if 1) Engaged, Well, Livable, and Stable objectives were achieved 2) success was accomplished within those areas 3) compare results between objectives 4) review data from outside perspective and 5) compare results to goals and objectives to see if they were met.

---

**Projected Growth in 65+ Population**


---

**Note:**

The Greater Richmond Age Wave (GRAW) is designed to fit the PRECEDE-PROCEED and the Theory of Planned Behavior Model to determine the overall community and quality of life. The theories will involve information regarding inactivity. Past history, current and previous social factors, accessibility, and knowledge are examined to determine behavior and starting point of the program.

**Results:**

- Anticipated results includes participants being able to show increased levels in their overall quality of life. They will be able to rate their engagement, wellness, livability, and stability higher on the evaluation report.
- They will have increased mood levels, increase health screenings from physical activity, better means of transportation, additional caregivers, and more volunteering opportunities.

**How data will be analyzed to determine results:**

- A comparison of results from predictions and past/similar studies will be created.
- A representation from stakeholders, evaluators, staff, volunteers, and priority population will be involved. They will determine if 1) Engaged, Well, Livable, and Stable objectives were achieved 2) success was accomplished within those areas 3) compare results between objectives 4) review data from outside perspective and 5) compare results to goals and objectives to see if they were met.

**Discussion:**

- Take away: Future research will be implemented to further understand the trend in age increasing, understand how to create a high quality of life, and what can be done in advance to alleviate potential health barriers for the future.
- It is important to take care of your body, health, and mental state so when you’re 65 or older, you can live a function and purposeful life. It has been shown that activity, social interaction, wellness, and stability are important factors to consider when aging.