

Age-Friendly Carbon County

Newsletter - Winter 2021

»»» In This Issue

- Tips for an Age-Friendly Home
- Local Resources
- Senior Centers
- Intro to Accessory Dwelling Units
- Get your COVID Vaccine!
- Need a Ride?



Tips for an Age-Friendly Home

Whether adapting a current dwelling or building new, it's prudent to consider ways to make a home livable for changing needs. Wise advice from Robin Campbell from Accessible Home Solutions in Billings. She is a Certified Aging in Place Specialist (CAPS) and assists people as they build or modify their homes to be safe, comfortable and aesthetically pleasing. CAPS is a designation from the National Home Builders Association. These specialists go beyond design to address codes and standards, common remodeling expenditures, product ideas, and resources needed to provide aging-in-place solutions. One of the concepts used is Universal Design which prioritizes environments to be accessible to all people, regardless of age, disability or other factors. Universal Design considers not only you, but the abilities of visitors to your home.

Looking for simple and affordable tips to make your home more age-friendly for you, family or friends?

Robin suggests

- Installing grab bars in the bathroom
- Improved lighting in hallways, consider motion sensor lighting
- Removing area rugs
- Making pathways clear and removing clutter
- Paint outdoor steps different colors to better see the contrast

Parting advice from Robin, "Number one priority is safety. Build a plan over time. Collaborate with Occupational Therapists and builders/remodelers."

Learn More:

Accessible Home Solutions
406 672-8105
Aginginplace406.com

AARP.org

Local Resources

Sometimes we need a little help in an effort to remain in our place of choice. Here are some resources in your own backyard which could provide assistance.

Red Lodge Area Community Foundation: Tesla Palmatier, tesla@rlacf.org, 406 446-2820

COVID19 Relief Fund

- Provides financial relief to those negatively impacted by COVID-19

Salvation Army

- Meets human needs, often episodic and emergent, without discrimination. Provides help with rent, fuel, utilities, medications, food & more.

Firewood Assistance Program

- Supplies a half-cord pallet of split wood to those who may not be physically or financially able to obtain firewood on their own.

Senior Ark

- Offers financial assistance to those 65 years & over within 200% of poverty to support living as long as they wish in their place of choice.

Navigators

- Navigators are volunteers trained to guide clients through resource services & grant fund applications.

Carbon County Connect Community Services Directory

- Helps the community easily link to many local services with topics from Addiction Resources to Youth Programs. Offered in both booklet & online forms. <https://www.carboncountyconnect.org/>

CART (Carbon County Area Ride & Transit)

- Provides a safe, reliable, & affordable means of transportation, from healthcare appointments to everyday errands for Carbon County residents.

CSCS (Carbon Stillwater Community & Senior program): Susan Lewis, cscsprogram@gmail.com, 406 962-3800

CSCS Programs provides multiple programs to assist aging & disabled persons. Serving all of Carbon and Stillwater counties

- Assistance with
 - Information & Assistance & Referral - info on issues & services available
 - SHIP (State Health Insurance Program) - help with Medicare, Medicaid & other insurance
 - Long Term Care Ombudsman - resident rights, family concerns, education
 - Commodity Supplemental Food Program - age 60 & older
 - Options Counseling - discuss short & long-term care needs, develop action plan
 - Care Chat Chums - phone visitor program for clients & volunteers

Carbon County Senior Centers

Most are closed for in-person dining and health checks due to COVID, but have meal pick-up and delivery. Check your neighborhood Senior Center to learn more.

- Belfry Senior Citizens: 406 664-3199
- Boyd "Old Schoolers": 406 425-3954
- Bridger's Golden Age Society: 406 662-5057
- Fromberg's Valley Senior Citizens: 406 668-7613
- Joliet XYZ'ers: 406 962-9027
- Red Lodge Senior Center: 406 446-1826



»»» An Introduction to Accessory Dwelling Units

Carriage house, basement apartment, mother-in-law unit, although these terms may invoke different images, they are all examples of ADUs or Accessory Dwelling Units. ADU's are defined as a small residence that shares a single-family lot with a larger primary dwelling. As an independent living space, an ADU is self-contained, with its own kitchen, bathroom and living/sleeping area. This enables homeowners to provide needed housing for their loved ones or community members.

ADU's are playing a growing role in solving affordable housing needs for people of all ages. Included are seniors who desire to remain in their communities as they age rather than relocating.

According to research by AARP those 50+ would consider creating ADUs to:

- Provide a home for a loved one in need of care
- Provide housing for relatives or friends
- Feel safer by having someone living nearby
- Have a space for guests
- Increase the value of their home
- Create a place for a caregiver to stay
- Earn extra income from renting to a tenant

Things To Consider

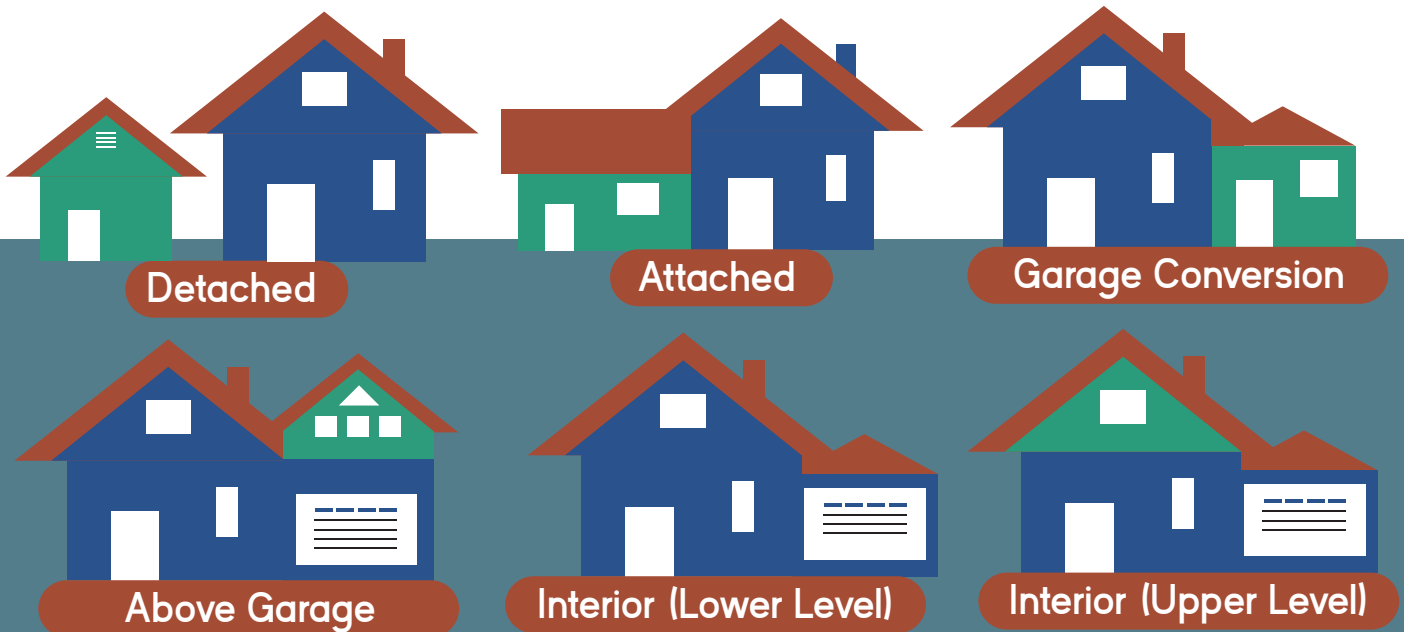
Local Regulations and Zoning: Rules such as square footage, height of the structure, possible increased water or septic need to be observed. Robin Adams, Workforce Housing Coordinator at the Red Lodge Area Community Foundation is currently researching regulations at the city and county level.

How would you utilize an ADU? Would it be for extra income for long or short-term renters, family or caregivers? What would be your criteria for choosing renters? What expectations are important for you to set to maintain a safe and happy home?

For Robin, ADUs are personal... "I'm particularly interested in the potential of ADUs since I'm currently living in one. It's an internal ADU in Red Lodge - a small attic that was converted to a living space with a separate entrance. It was a huge weight off my shoulders to know I would have a quality, affordable place to land once I moved into town."

Interested in learning more about the potential of ADUs in Carbon County? Contact Robin at robin@rlacf.org or Tesla at tesla@rlacf.org.

ADUs come in a variety of options





»»» Get your COVID Vaccine!

Carbon County COVID Vaccine Rollout

It's easy to sign up to receive a COVID-19 vaccination.

The first step is to complete the short survey at the link below. Help friends and family members complete the survey too. You will be contacted when your qualifying phase will receive the vaccine.

www.surveymonkey.com/r/C27SG8P

If you are unable to complete the survey using the link, you may call the following providers:

- Beartooth Billings Clinic: 406 446-2345
- RiverStone Health Clinics in Bridger & Joliet: 406 662-3740

Timelines updated regularly at CarbonAlert.org and in Carbon County News. Please check these sources first.

PHASE 1B - Current Phase

- Persons aged 70 and older
- American Indians and other people of color who may be at elevated risk for COVID-19 complications
- Aged 16-69 with high-risk medical conditions*

*Cancer, Chronic Kidney Disease, COPD, Down Syndrome, heart conditions, weakened immune system from solid organ transplant, severe obesity (BMI>40), Sickle Cell Disease, Type 1&2 Diabetes Mellitus. Medical providers may include additional conditions on a case-by-case basis.

PHASE 1C - To Be Determined

- Frontline Essential Workers
- Persons aged 60 or older
- Individuals residing in congregate care and correctional facilities
- Persons aged 16-69 with medical conditions not included in phase 1B that may have an elevated risk of COVID-19 complications*

*Asthma, Cerebrovascular Disease, Cystic Fibrosis, Hypertension, weakened immune system from blood or bone marrow transplant, immune deficiencies, HIV, use of corticosteroids, or use of other immune weakening meds, Neurologic conditions, such as Dementia, Liver Disease, overweight (BMI>25), Pulmonary Fibrosis, Thalassemia.

FINAL PHASE - To Be Determined

- All remaining Montanans ages 18 or older



Need a ride to receive your vaccine?

CART may be able to help!

Call David, our Transportation Coordinator at 406 426-4506 to learn more!

For additional copies of the newsletter, contact Tesla at tesla@rlacf.org or 406-446-2820