

COUNTY OF YORK

MEMORANDUM

DATE: August 6, 2025

TO: York County Board of Supervisors

FROM: Mark L. Bellamy, Jr., County Administrator



SUBJECT: Peninsula Community Foundation "Aging on the Peninsula" and "Older Residents Watch Programs" Reports

The material referenced by Mr. Holroyd during the Board meeting on Tuesday is attached. Adelia Thompson of the Peninsula Community Foundation provided this information. Ms. Thompson's original presentation can be viewed online at <https://yorkcountyva.new.swagit.com/videos/336493>.

The documents include resources related to aging on the Peninsula and highlight "Older Residents Watch Programs." Please let us know if you need any additional information or have questions.

Schott/3326

Attachments:

- Aging on the Peninsula: A Financial Profile of Older Residents
- Caring for our Older Neighbors: Residential Watch Programs

Aging on the Peninsula: A Financial Profile of Older Residents

As the population on the Virginia Peninsula continues to age, understanding the financial realities facing residents aged 65 and older has never been more important. This report offers a comprehensive look at the economic, housing, and social conditions of older adults across six local municipalities: Hampton, James City County, York County, Newport News, Williamsburg, and Poquoson.

Drawing from the most recent available data, this profile examines key indicators such as income, poverty levels, housing status, marital and household composition, and healthcare coverage. The goal is to illuminate where older residents are thriving, and where they may be at greater risk of financial insecurity or social isolation.

◆ 1. Demographics

● Age (65+) Population

Municipality	Population
Hampton	22,122
James City	21,103
York	12,186
Newport News	25,227
Williamsburg	2,666
Poquoson	2,476

The older adult population across the Peninsula's six municipalities remains sizable and geographically diverse. **Newport News leads with 25,227 residents aged 65 and older**, followed by **Hampton (22,122)** and **James City County (21,103)**. **York County** reports a moderate population of **12,186 seniors**, while **Williamsburg (2,666)** and **Poquoson (2,476)** represent smaller but still significant aging communities.

- **Sex**

<u>Municipality</u>	(Male/Female) %
Hampton	42.32% / 57.68%
James City	46.22% / 53.78%
York	43.81% / 56.19%
Newport News	41.85% / 58.15%
Williamsburg	46.55% / 53.45%
Poquoson	48.38% / 51.62%

Among adults aged 65 and older across the Peninsula, women consistently outnumber men in every locality. The most pronounced gender disparity is in Newport News, where females make up **58.15%** of the older population compared to 41.85% male. Hampton and York also show notable gaps, with women comprising over 56% of the senior population. James City, Williamsburg, and Poquoson have a more balanced distribution, particularly Poquoson, where the gender split is nearly even at 48.38% male and 51.62% female.

- **Marital status**

<u>Municipality</u>	Marital Status					
	Never Married	Married, Spouse Present	Married, Spouse Absent	Other	Widowed	Divorced
Hampton	8.22%	47.36%	1.22%	1.55%	25.35%	16.31%
James City	4.04%	66.83%	0.43%	1.80%	17.64%	9.25%
York	4.93%	60.85%	0.55%	1.78%	23.44%	8.44%
Newport News	7.70%	42.85%	1.43%	2.47%	25.84%	19.71%
Williamsburg	7.32%	55.21%	1.13%	0.78%	18.19%	17.37%
Poquoson	0.89%	71.17%	0.00%	4.52%	16.92%	6.50%

Marital status among older adults on the Peninsula reveals key differences in social support and relationship dynamics. Poquoson stands out with the highest percentage of older residents who are married and living with a spouse (71.17%), followed closely by James City (66.83%) and York (60.85%). In contrast, Newport News and Hampton have the lowest proportions of married seniors living with a spouse—42.85% and 47.36%,

respectively—and the **highest rates of widowhood**, at around 25%. Divorce rates are also higher in Newport News (19.71%) and Williamsburg (17.37%), potentially signaling greater vulnerability to social isolation or financial instability. Across all localities, the percentage of older adults who have **never married** remains low, with the exception of Hampton (8.22%) and Newport News (7.70%).

- **Homeownership status (own vs. rent)**

Municipality	Homeowner Status	
	Own %	Rent %
Hampton	77.95%	22.05%
James City	80.57%	19.43%
York	87.70%	12.30%
Newport News	66.69%	33.31%
Williamsburg	74.67%	25.33%
Poquoson	91.94%	8.06%

Homeownership is the predominant housing arrangement among older adults in all six Peninsula municipalities, though the rates vary widely. Poquoson leads with the highest homeownership rate at **91.94%**, followed by York (**87.70%**) and James City (**80.57%**), reflecting strong housing stability in these areas. In contrast, Newport News has the **lowest homeownership rate** at **66.69%**, and the highest rental rate at **33.31%**, suggesting a greater proportion of seniors in potentially less stable housing situations. Williamsburg and Hampton fall in the middle, with approximately 75–78% homeownership.

◆ 2. Income Sources

● Social Security

Municipality	Avg Social Security	% w/ Social Security
Hampton	\$23,410.00	85.6%
James City	\$30,383.00	90.9%
York	\$26,810.00	87.5%
Newport News	\$22,508.00	87.1%
Williamsburg	N/A	N/A
Poquoson	N/A	N/A

Social Security remains the primary income source for the vast majority of older adults on the Peninsula. Among the four municipalities with available data, **James City County has the highest average annual benefit at \$30,383, with 90.9% of older residents receiving Social Security.** York follows with an average benefit of **\$26,810** and 87.5% participation, while Hampton and Newport News report lower average benefits—**\$23,410** and **\$22,508** respectively—though still with high utilization (over 85% in both). Data for Williamsburg and Poquoson are not available, but the strong reliance on Social Security across the region underscores its role as a financial backbone for older residents.

Around 10% are not beneficiaries of social security in all cities. This could be for a couple reasons, including not working at least 40 quarters in social security covered employment, having a pension income as replacement, or they are immigrants without eligible work history. It is common to see more people without social security in areas with high poverty, large minority populations, and aging public housing residents.

- **Retirement Income (Beyond Social Security)**

Municipality	Avg Retirement Income	% w/ Retirement Income
Hampton	\$36,495.00	65.4%
James City	\$55,383.00	75.9%
York	\$44,681.00	74.5%
Newport News	\$32,618.00	62.9%
Williamsburg	N/A	N/A
Poquoson	N/A	N/A

Retirement income supplements Social Security for many older adults, though levels vary by municipality. **James City County leads** with the highest average retirement income beyond social security at **\$55,383**, and the greatest proportion of seniors receiving it (75.9%), reflecting stronger pension access or private retirement savings. York follows with an average of **\$44,681** and 74.5% participation. In contrast, **Newport News (\$32,618)** and **Hampton (\$36,495)** report lower average incomes and smaller shares of residents receiving retirement income, at 62.9% and 65.4% respectively. These figures suggest disparities in long-term financial preparedness across municipalities, highlighting areas where older adults may be more dependent on Social Security alone. Data for Williamsburg and Poquoson are not yet available.

- **Employment & Disability**

Municipality	% With Disability In Labor Force	
Hampton	35.86%	23.12%
James City	30.57%	18.46%
York	32.97%	20.58%
Newport News	39.92%	19.08%
Williamsburg	17.44%	26.48%
Poquoson	24.27%	20.27%

Disability and workforce participation vary notably among older adults in the region. **Newport News (39.92%)** and **Hampton (35.86%)** have the

highest rates of seniors living with a disability, suggesting potential needs for expanded health services, caregiving support, and accessibility infrastructure. Conversely, **Williamsburg reports the lowest disability rate at 17.44%**, alongside the **highest labor force participation** among older adults (26.48%), indicating a more active and possibly healthier senior population. In all other municipalities, labor force participation among those 65+ hovers between 18% and 23%, while disability rates range from 24% to 33%.

- **Public assistance**

Municipality	% w/ Cash Public Assistance Income	% w/ SSI
Hampton	2.5%	8.3%
James City	0.6%	3.7%
York	0.7%	4.7%
Newport News	1.8%	7.9%
Williamsburg	N/A	N/A
Poquoson	N/A	N/A

Hampton reports the highest percentage of seniors receiving **cash public assistance income (2.5%)** and **Supplemental Security Income (8.3%)**, followed closely by Newport News at 1.8% and 7.9%, respectively. These figures align with higher poverty rates in those localities and reflect a greater reliance on income support programs. In contrast, James City and York counties show much lower participation, with fewer than 1% receiving public assistance and under 5% receiving SSI. Data for Williamsburg and Poquoson are not available.

◆ **3. Annual Income**

- **Median household income**

Municipality	Median Household Income
Hampton	\$64,629
James City	\$101,847
York	\$77,394
Newport News	\$50,308
Williamsburg	\$82,981
Poquoson	\$90,696

Median household income among older adults on the Peninsula shows substantial variation across localities. James City County stands out with the highest income at **\$101,847**, followed by Poquoson (**\$90,696**) and Williamsburg (**\$82,981**), indicating strong economic stability in these communities. York County also reports a solid median of **\$77,394**, while Hampton sits lower at **\$64,629**. **Newport News has the lowest median household income among the group, at \$50,308**, highlighting greater economic vulnerability. These income disparities are important for understanding where older adults may face financial challenges related to housing, healthcare, and long-term care.

- **Comparison to federal poverty line and near-poverty thresholds**

Municipality	Below Poverty Level	At/Above Poverty Level	% Cost-Burdened
Hampton	10.58%	89.42%	28.60%
James City	6.46%	93.54%	21.10%
York	6.41%	93.59%	22.10%
Newport News	12.29%	87.71%	28.20%
Williamsburg	3.86%	96.14%	12.74%
Poquoson	3.92%	96.08%	26.31%

Financial strain among older adults in the Peninsula region is reflected in both poverty levels and housing affordability. **Newport News continues to show the highest poverty rate at 12.29%**, along with a high cost-burden rate of **28.20%**,

indicating that a significant portion of seniors are struggling with limited income and high housing expenses. **Hampton follows closely**, with 10.58% of seniors living below the poverty line and **28.60%** considered cost-burdened.

By contrast, **Williamsburg and Poquoson report the lowest poverty rates**—3.86% and 3.92%, respectively—and Williamsburg also shows the **lowest cost-burden rate at just 12.74%**. James City and York Counties fall in the mid-range for both indicators, with around 6.4% of seniors in poverty and approximately 21–22% facing housing cost burdens.

These figures illustrate a clear divide in economic vulnerability, reinforcing the need for targeted interventions in areas like Newport News and Hampton where affordability challenges are most acute among the older population.

- **Ratio of Income to Poverty Level for those Above the Poverty Line**

Municipality	Poverty Level (For those Above the Poverty Line)							
	100-124%	125-149%	150-174%	175-199%	200-299%	300-399%	400-499%	500%+
Hampton	6.32%	3.99%	4.74%	4.19%	16.15%	16.52%	16.12%	31.96%
James City	1.92%	3.07%	2.48%	2.94%	8.82%	10.34%	10.50%	59.94%
York	2.74%	2.25%	3.63%	3.29%	13.02%	12.48%	12.13%	50.46%
Newport News	6.15%	4.20%	4.36%	4.72%	18.82%	15.21%	13.93%	32.61%
Williamsburg	1.01%	1.38%	5.95%	6.56%	7.24%	13.07%	7.45%	57.35%
Poquoson	3.20%	1.60%	0.80%	5.82%	13.11%	9.99%	19.10%	46.37%

Among older adults living above the poverty line, income levels still vary widely across Peninsula municipalities. In **Newport News and Hampton**, a substantial share of older residents fall within **just 200–299% of the federal poverty level—18.82% and 16.15%, respectively**—suggesting many are only modestly above the poverty threshold and may still experience financial stress. Hampton also has the **lowest percentage of seniors at the 500%+ level (31.96%)**, compared to wealthier localities like **James City (59.94%)**, **Williamsburg (57.35%)**, and **York (50.46%)**, where a majority of older residents live at least five times above the poverty line.

These gradients reflect significant income inequality among older adults across the region. While some communities have a financially secure senior population, others—particularly Newport News and Hampton—have a large segment of older adults hovering just above poverty, vulnerable to rising housing, healthcare, and food costs. These data emphasize the need for targeted support, not only for those below the poverty line, but also for the many living just above it.

◆ 4. Health Insurance

Health Insurance							
Municipality	% With Medicare Coverage only	Other Types of one health insurance	With Employer-Based and Medicare Coverage	With Direct-Purchase and Medicare coverage	With Medicare and Medicaid Coverage	Other Coverage Combinations	
Hampton	26.25%	3.90%	16.03%	11.50%	5.12%	37.20%	
James City	21.22%	3.46%	11.94%	26.34%	3.39%	33.65%	
York	31.09%	5.22%	9.22%	18.64%	3.86%	31.97%	
Newport News	28.66%	2.75%	14.67%	7.86%	7.18%	38.71%	
Williamsburg	21.10%	1.67%	13.30%	24.09%	1.44%	35.70%	
Poquoson	20.41%	2.79%	14.46%	21.55%	0.93%	39.53%	

Health insurance coverage among older adults on the Peninsula is diverse, reflecting various combinations of Medicare, employer-based, Medicaid, and other private plans. The share of seniors with **Medicare only** is highest in York (31.09%) and Newport News (28.66%), suggesting more residents who may lack supplemental coverage. Poquoson and James City, by contrast, have the **lowest percentages with Medicare only**—20.41% and 21.22%, respectively—indicating greater access to additional insurance.

A significant portion of seniors in James City (26.34%) and Williamsburg (24.09%) supplement Medicare through **direct-purchase plans**, while Poquoson (21.55%) leads in **Medicare and Medicaid dual coverage**, signaling possible financial vulnerability despite higher income levels. The percentage of older adults relying on **employer-based coverage with Medicare** is fairly consistent across localities, ranging from 9–16%.

Most notably, "**Other coverage combinations**" make up the largest category in each locality, ranging from 31.97% in York to **39.53% in Poquoson**, reflecting the complexity of insurance arrangements for this age group. These variations suggest

that outreach, education, and navigation support around Medicare Advantage, supplemental plans, and Medicaid eligibility are essential, particularly in areas where reliance on Medicare alone is highest. The wide range of insurance options and coverage, along with the confusion they often create, highlights the need for advisory services to support individuals navigating these decisions.

- **Supplemental Nutrition Assistance Program (SNAP)**

Municipality	% w/ SNAP Benefits
Hampton	12.7%
James City	3.4%
York	3.5%
Newport News	10.6%
Williamsburg	N/A
Poquoson	N/A

Use of SNAP benefits among older adults shows notable variation across the region. **Hampton (12.7%)** and **Newport News (10.6%)** have the highest percentages of seniors receiving food assistance, reflecting greater levels of financial need and food insecurity. In contrast, participation is much lower in **James City (3.4%)** and **York County (3.5%)**, consistent with their higher household incomes and lower poverty rates. Data for Williamsburg and Poquoson are not available. These figures emphasize the importance of supporting food access programs in areas where older residents are more economically vulnerable.

- ◆ **5. Cost of Living vs. Income Comparison (Living Alone)**

Municipality	COL comparison vs income
Hampton	\$49,015 vs. \$64,629
James City	\$53,654 vs. \$101,847
York	\$57,042 vs. \$77,394
Newport News	\$47,825 vs. \$50,308
Williamsburg	\$49,606 vs. \$82,981
Poquoson	\$55,580 vs. \$90,696

When isolating older adults who live alone, the gap between income and cost of living becomes more revealing. In every locality, the **median income for seniors living alone exceeds the local cost of living**, but the margin varies widely. **Newport News is the most vulnerable**, with a **narrow gap of just \$2,483** between income (\$50,308) and COL (\$47,825), suggesting a fragile financial buffer. Hampton and Williamsburg also show relatively modest margins, while **James City, York, and Poquoson** demonstrate significantly stronger financial standing, with incomes surpassing COL by \$20,000 or more.

These figures highlight the reality that many older adults living alone, particularly in urban areas, may be one unexpected expense away from hardship. As the number of seniors aging in place continues to grow, this data underscores the urgency of designing programs that support financial stability and reduce cost burdens for older adults living independently.

- **Seniors Living Alone**

Municipality	Lives Alone
Hampton	20.57%
James City	19.84%
York	29.15%
Newport News	36.75%
Williamsburg	31.75%
Poquoson	18.76%

Living alone is a common experience for many older adults across the Peninsula, with significant variation by locality. **Newport News has the highest share**, with **36.75%** of its older residents living alone, followed by **Williamsburg (31.75%)** and **York County (29.15%)**. These elevated rates may indicate increased risks of social isolation and a greater need for outreach, wellness checks, and in-home support services. In contrast, **Poquoson (18.76%)**, **James City (19.84%)**, and **Hampton (20.57%)** report lower rates of seniors living alone, which may reflect stronger family or spousal cohabitation patterns. Understanding these living arrangements is critical to tailoring services that promote safety, connectedness, and independence for aging residents.

References

Glasmeier, A. K. (2024). *Living Wage Calculator*. Massachusetts Institute of Technology. Retrieved from <https://livingwage.mit.edu/>

U.S. Census Bureau. (2023). *American Community Survey 5-Year Estimates: Table S0103 – Population 65 Years and Over in the United States*.
<https://data.census.gov>

U.S. Census Bureau. (2023). *American Community Survey 5-Year Estimates: Table B19049 – Median Household Income in the Past 12 Months (in 2023 Inflation-Adjusted Dollars) by Age of Householder*
<https://data.census.gov>

U.S. Census Bureau. (2023). *American Community Survey 5-Year Estimates: Table S1810 – Disability Characteristics; Table S2301 – Employment Status.*
<https://data.census.gov>

U.S. Census Bureau. (2023). *American Community Survey 5-Year Estimates: Table B27010 – Types of Health Insurance Coverage by Age*
<https://data.census.gov>

U.S. Census Bureau. (2023). *American Community Survey 5-Year Estimates: Table B25007 – Tenure by Age of Householder*
<https://data.census.gov>

U.S. Census Bureau. (2023). *American Community Survey 5-Year Estimates: Table B25093 – Age of Householder by Selected Monthly Owner Costs as a Percentage of Household Income in the Past 12 Months*
<https://data.census.gov>

U.S. Census Bureau. (2023). *American Community Survey 5-Year Estimates: Table*

B11001 – Household Type (Including Living Alone)

<https://data.census.gov>

U.S. Census Bureau. (2023). *American Community Survey 5-Year Estimates: Table*

B17024 – Age by Ratio of Income to Poverty Level in the Past 12 Months

<https://data.census.gov>

Research conducted and report created by:

Zavier Kennedy, Intern - Peninsula Community Foundation

Report Created: 6/26/2025

Report Updated: 7/21/2025

- Rising Senior at Christopher Newport University
- The Luter School of Business
- Major: Management
- Minor: Philosophy and Religion

Caring for our Older Neighbors:

How “Older Residents Watch Programs” Could Help

Starting an Older Residents Watch program could be pivotal for the Peninsula community. This report offers findings from preliminary research regarding current successful neighborhood watch programs - some in Virginia, some nationally. Data regarding the concentration of older residents specifically across the Hampton area is also provided.

Census tract boundaries

I. Concentration of Older Residents

Hampton, VA: 19.12%

Below is a snapshot of the Hampton population by age demographic and ZIP code. The row totals represent the population total by ZIP code. The column totals represent population by age range. The *older* resident population totals 31,561. The *total* population is represented in the bottom right corner at 132,634. 23670 is a P.O. Box number and not readily available to the public. The highlighted portion is the older resident population, which is ultimately the most important number for the purposes of this exercise.

23.8%

ZIP CODE	Under 5	5-9	10-14	15-19	20-24	25-29	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85 Plus	Total
23651	17	13	9	15	15	32	30	27	14	26	25	37	34	31	40	41	32	56	413
23661	795	829	808	777	776	894	1,005	875	717	752	856	1,084	1,064	856	659	451	279	294	13,133
23663	828	915	976	844	876	907	964	976	729	617	744	964	891	755	569	352	242	225	13,133
23664	538	563	596	557	647	624	679	584	598	560	666	838	863	686	559	355	216	152	10,133
23666	2,923	2,683	2,891	2,971	4,838	4,641	3,903	3,501	2,917	2,630	3,030	3,738	3,545	2,834	2,145	1,599	1,033	1,022	57,133
23667	0	0	0	8	58	3	1	1	0	2	1	0	4	1	0	0	1	0	0
23668	4	0	0	493	234	2	0	4	0	0	0	0	1	0	1	0	0	0	0
23669	2,340	2,280	2,481	2,859	3,586	2,917	2,823	2,569	2,105	2,068	2,384	2,946	2,917	2,277	1,732	1,235	875	636	41,133
23670	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Total:	7445	7283	7761	8524	11030	10020	9405	8537	7060	6655	7726	9607	9319	7440	5706	4033	2670	2385	132,634

June 6, 2025

Below is a table showing the concentration percentage of older residents (60+) compared to the general population in that specific ZIP code. Older residents make up 19.12% of the Hampton population. Relatively low concentrations are seen with the Hampton University ZIP code for obvious reasons.

ZIPCODE	Hampton City		
	Population Age	Total Population	Concentration
23651	234	494	47.37%
23661	3603	13771	26.16%
23663	3034	13374	22.69%
23664	2831	10301	27.48%
23666	12179	52845	23.05%
23667	6	80	7.50%
23668	2	739	0.27%
23669	9672	41030	23.57%
23670	N/A	N/A	N/A
Overall Concentration			19.12%

Sources: U.S. Census, CI Gateway

II. Examples of Older Resident Watch Programs

Below is a snapshot of neighborhood-specific older Resident watch programs as well as some organizations that serve a larger scope of the older residents in a given geographic or metropolitan area along with a brief overview, some of the services they offer, and their funding sources.

A. Aggregate Report

Program	Location	Coordinating Entity	Volunteer Role	Services Offered	Primary Purpose	Funding Sources
Fairfax County Villages	Fairfax, VA	Department of Neighborhood & Community Services (NCS) + Resident-Led Villages	Volunteers assist with rides, home tasks, social activities	Transportation, light home support, community-building	Village-style aging in place	Membership fees, donations, grants, NCS guidance
Arlington Neighborhood Village (ANV)	Arlington, VA	Independent Nonprofit with County Support	300+ trained volunteers	Transportation, errands, home repairs, digital help, wellness checks, events	Comprehensive support for aging in place	Sliding-scale dues, grants, donations, county support
VPAS	Shenandoah Valley, VA	Regional Aging Services Nonprofit (covers multiple counties/cities)	In-kind volunteers, local partners	Meals, evidence-based classes, transportation, caregiver support	Holistic aging services + caregiver support	Federal & State (Older Americans Act), local governments, grants
Senior Watch	Norfolk, VA	Norfolk Sheriff's Office	Trained volunteers + staff	Regular check-in calls or visits, wellness checks	Senior safety & social connection	City of Norfolk budget
Check on a Senior Citizen Program	Cedar Hill, TX	Police and Community Team (PACT)	Staff + community volunteers	Scheduled check-ins via text, call, visit	Safety monitoring and response	City of Cedar Hill (public safety/community services)
You Are Not Alone (YANA)	San Diego, CA	San Diego Police + County Sheriff	RSVP volunteers (with uniforms, radios, vehicles)	Daily/weekly calls and visits, welfare checks	Prevent isolation and monitor safety	Police budgets, volunteer programs, local charity support
Liberty Township Senior Watch	Liberty Twp., OH	Township Public Safety Department	Township employees + volunteers	Phone/in-person wellness checks, service referrals	Community-based wellness assurance	Township budget (senior services/public safety)
CAPABLE	National (based at Johns Hopkins)	Johns Hopkins School of Nursing + Healthcare Systems	None (nurse + OT + handyworker team)	Home modifications, clinical care, goal-setting	Reduce hospitalization and extend independent living	Grants, Medicaid waivers, health system funding

B. Overall Findings

- **Common Core Elements**

- 1. Regular contact and relationship building**

- a. All programs feature routine check-ins via calls and visits. They build trust between volunteers and older residents, reduce isolation, and allow volunteers to respond promptly to emergency issues.

- 2. Flexible engagement**

- a. Programs allow older residents to choose how often they're contacted by volunteers, allowing them to maintain autonomy.

- 3. Volunteer power**

- a. Volunteers are most able to deliver services, like transportation, companionship, and home help

- 4. Community Anchoring**

- a. Programs are embedded in trusted institutions (local government, nonprofits, neighborhood groups). Trust increases the adoption of these programs.

- 5. Holistic Services**

- a. It is important to offer more than just a check in. Successful neighborhood watch groups also provide transportation, meals, and healthcare help.

- **Common Funding Models**

Government Support (Local/State/Federal): ANV, VPAS, Fairfax, Norfolk, Liberty Township

Membership Dues: ANV, Beacon Hill

Individual Donations: ANV, Beacon Hill, CAPABLE

Grants: VPAS, ANV, CAPABLE

In-Kind Resources: Fairfax, VPAS

Public Safety Budgets: Norfolk, San Diego, Cedar Hill

C. Program Examples

Fairfax County, VA - Village Programs

This program is coordinated by the Department of Neighborhood and Community Services (NCS). The program is volunteer-based, like the one we are looking to create.

Key Features

- Villages are organized and managed by **local residents**.
- Volunteers assist with **transportation, home maintenance, and older resident social engagement** (walking clubs, neighborhood social activities).
- While independent, they're encouraged to connect with county resources and services to broaden their impact.

Funding Model

- Some villages charge older resident **membership fees** to fund their operations.
- **NCS** provides guidance and support to foster sustainability.
- Villages seek **donations** from community members or apply for **grants**.

Arlington, VA - Arlington Neighborhood Village

This program (**ANV**) is a nonprofit, volunteer driven organization created to help older adults in the Arlington, Virginia area age in place.

Key Features

- **Over 300 trained volunteers provide services** including transportation to medical appointments, grocery delivery, tech support, daily check-in calls, errands, and minor home repairs—all offered to help older residents maintain independence and reduce isolation.
- ANV coordinates a full calendar of activities like discussion groups, fitness classes, lectures, and virtual or in-person social gatherings to **keep older residents connected and active in the community.**
- While there is a membership model, **ANV offers financial aid** to ensure services are available to older adults regardless of income.
- Volunteers provide help with smartphones, tablets, and virtual platforms to keep older residents **digitally connected.**

Funding Model

- Membership dues (sliding scale based on ability to pay)
- Individual Donations and Grants
- Support from Arlington County government and local foundations

Shenandoah Valley, VA - Valley Program for Aging Services

Valley Program for Aging Services (VPAS) serves older adults and caregivers in five counties and five cities across the central Shenandoah Valley. VPAS helps people aged 60+ live independently and remain engaged in their communities.

Key Features

- VPAS offers **caregiver education, respite care coordination, and emotional support groups.**

- Provides home-delivered meals (**Meals on Wheels**) and **congregate meals** at community centers to ensure food security.
- Offers **evidence-based classes** such as fall prevention, chronic disease self-management, and physical fitness for older residents.
- In partnership with local providers, VPAS coordinates **transportation for medical appointments** and essential errands for those who no longer drive.

Funding Model

- Federal and State Aging Services Funds (**via the Older Americans Act**)
- Local Government Contributions
- Private Donations and Foundation Grants
- In-Kind Volunteer Support and Community Partnerships

Norfolk, VA - Senior Watch

The **Senior Watch** program is a free, community-focused service offered by the Norfolk Sheriff's Office designed to enhance the safety and well-being of older adults who live alone or are otherwise vulnerable. While coordinated by the Sheriff's Office, its day-to-day emphasis is on **non-emergency wellness checks**, relationship-building, and connecting older residents with needed resources—making it **an approachable model** that could be adapted by civilians or nonprofits in other communities.

Key Features

- Enrolled older residents receive **routine phone calls or in-person visits**, usually weekly or monthly, to ensure they are safe and well. If an older resident does not respond after repeated attempts, a **welfare check** is conducted.
- Available to Norfolk residents aged 55 or older who live alone or are at risk due to medical conditions or isolation.
- Participants often form **strong connections** with the individuals checking in, reducing isolation and fostering **community trust**.

Funding Model

- Operated by the Norfolk Sheriff's Office
- Funded through the City of Norfolk budget
- Staffed by Sheriff's personnel and trained volunteers

Cedar Hill, TX - Check on a Senior Citizen Program

The **Check on a Senior Citizen Program** in Cedar Hill, Texas, is a city-operated initiative designed to ensure the well-being of elderly residents who live alone and may lack nearby family or friends.

Key Features

- Participants receive **regular check-ins** via phone, text, email, or in-person visits. The frequency and mode of contact are determined by the participant in coordination with the program coordinator.
- If a participant does not respond to a scheduled check-in, the program staff will contact the **emergency contacts** on file. If necessary, a police officer will be dispatched to the participant's residence to ensure their safety.
- The program is managed by the Police and Community Team (PACT), which includes both officers and volunteers dedicated to community welfare.

Funding Model

- The program is funded and operated by the City of Cedar Hill as part of its public safety and community outreach services. There is no indication of external funding sources or grants supporting this program.

San Diego, California - You Are Not Alone (YANA) Program

Aimed at primarily elderly, disabled, or homebound individuals who live alone and may lack regular contact with friends or family.

Key Features

- Participants receive **scheduled check-ins**, which can include daily phone calls and weekly in-person visits, to ensure their well-being.
- **Trained RSVP volunteers** conduct the check-ins, offering companionship and monitoring for signs of distress or abuse.
- If a participant does not respond after multiple attempts, volunteers will visit the home. If there's still no contact or signs of trouble, law enforcement is notified to conduct a welfare check.
- Volunteers can assist with referrals to appropriate services if needed and may **provide small gifts** during holidays to **enhance social connection**.

Funding Model

- The YANA program is primarily funded through the budgets of the SDPD and the San Diego County Sheriff's Department. RSVP volunteers are provided with uniforms, radios, and vehicles, often repurposed from retired police equipment.
- While the program does not rely on external grants, it may receive additional support from local charitable organizations.

Liberty Township, Ohio - Senior Watch

The **Senior Watch Program** in Liberty Township (Butler County, Ohio) is a **community-supported initiative** designed to provide peace of mind and regular contact for older adults who live alone or may be socially isolated. While administered through the township's public safety department, it emphasizes a **non-crisis, wellness-check approach** that neighbors could replicate in a non-governmental setting.

Key Features

- Older residents (typically aged 60+) enroll to receive **regular check-ins** by phone or in-person, tailored to their preferences.

- Volunteers and designated township staff make wellness calls, home visits, and **help identify if an older resident is in need of services**, referrals, or emergency attention.
- If a resident doesn't respond to scheduled contact attempts, the team follows up to ensure the older resident is safe, potentially triggering a **home visit** or **connection with family or services**.

Funding Model

- Supported by Liberty Township's local government (public safety or senior services budget)
- Utilizes a blend of township employees and trained volunteers
- Staffed by Sheriff's personnel and trained volunteers

CAPABLE - Johns Hopkins University

This particular example is different from all the others previously listed, but interesting nonetheless. It could potentially help give some extra inspiration, so I've chosen to include it.

Developed by Johns Hopkins University School of Nursing, **CAPABLE** is an evidence-based, home-based program that helps **low-income older adults** remain safely and independently in their homes. The model combines healthcare and home repair support to empower participants to meet their own functional goals. Each participant works with a nurse, a therapist, and a handy worker over a 4–5 month period.

Key Features

- Older adults set personal goals (e.g., “walk to the mailbox without pain” or “bathe without help”), and **the team tailors strategies** to achieve them.
- The program includes up to **\$1,200 worth of improvements** (e.g., grab bars, improved lighting, stair railings) to improve safety and function.

June 6, 2025

- Combines clinical care with housing repairs, offering a **holistic solution to aging in place.**

Data

- **79%** of participants improved in ADLs (activities of daily living)
- **60%** showed improved home safety
- Average savings of **\$10,000 per participant per year** in reduced Medicaid and Medicare costs (via fewer ER visits, hospitalizations, and nursing home stays)

Funding Model

- Funded by **grants, state Medicaid programs,** and health systems

Research conducted and report created by:

Zavier Kennedy, Intern - Peninsula Community Foundation

- Rising Senior at Christopher Newport University
- The Luter School of Business
- Major: Management
- Minor: Philosophy and Religion