

# Burlington Aging Council Values & Action Areas

Burlingtonians should be able to direct their own lives as they age so that aging is not something that merely happens to them but a process in which they actively participate.

Whatever services, supports, and protections are offered, older residents in Burlington deserve dignity and respect and must be at the core of all decisions affecting their lives.



**Coordinated and Efficient System of Opportunity:** Older residents bring years of experience, wisdom, and energy to their lives and communities. They are an asset to the community and pathways to afford them opportunity to contribute to the social, civic, and economic fabric of the community should be enhanced, and they should be actively engaged as workers, volunteers, and leaders.

**Coordinated and Efficient System of Services:** Older residents can benefit from a system of services, supports, and protections, that is coordinated, equitable, and efficient, promoting choice, flexibility, and creativity. The system should be easy for individual and families to access and navigate, including as it relates to the major transitions of care.

**Financial Security**  
Older Residents should be able to receive an adequate income and maintain assets for a reasonable quality of life as they age. They should be able to seek and maintain employment without fear of discrimination and with any needed accommodations. Mechanisms should be in place to protect from consumer and financial fraud. Older Residents should also be able to retire after a lifetime of work, if they so choose, without fear of poverty and isolation.

**Optimal Health and Wellness**  
Older Residents should receive, without discrimination, optimal physical, dental, mental, emotional, and spiritual health through the end of their lives. Holistic options for health, exercise, counseling, and good nutrition should be both affordable and accessible. Access to coordinated, competent, and high-quality care should be provided at all levels and in all settings.

**Social Connection and Engagement**  
Older Residents should be free from isolation and loneliness, with affordable and accessible opportunities in their communities for social connectedness, including work, volunteering, lifelong learning, civic engagement, arts, culture, and broadband access and other technologies. Older Residents are critical to our local economies and their contributions should be valued by all.

**Housing, Transportation, and Community Design**  
Burlington should be designed, zoned, and built to support the health, safety, and independence of older residents, with affordable, accessible, appropriate, safe, and service-enriched housing, transportation, and community support options that allow them to age in a variety of settings along the continuum of care and that foster engagement in community life.

**Family Caregiver Support**  
Family caregivers are fundamental to supporting the health and well-being of older Vermonters, and their hard work and contributions should be respected, valued, and supported. Family caregivers of all ages should have affordable access to education, training, counseling, respite, and support that is both coordinated and efficient.

- Industry Support

- Health Prevention, Access & Quality; Nutrition & Physical Activity
- Food Security

- Technology Accessibility
- Civic Engagement & Volunteerism
- Social Inclusion

- Housing: Affordability, Availability, & Accessibility
- Multimodal Transportation
- Accessible Outdoor & Indoor Public Spaces

- Family Caregiver Support

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Areas