

Goal 7: Housing for Seniors and Persons with Disabilities

EXPAND resources and options for seniors and persons with disabilities to live and age safely within the city.

Engagement and Partnerships

The following City Boards and Commissions and local partners were instrumental in informing the Goal 7 recommendations and strategies:

- The Commission on Aging
- The Commission on Persons with Disabilities
- Senior Services of Alexandria
- The Alexandria Housing Affordability Advisory Committee

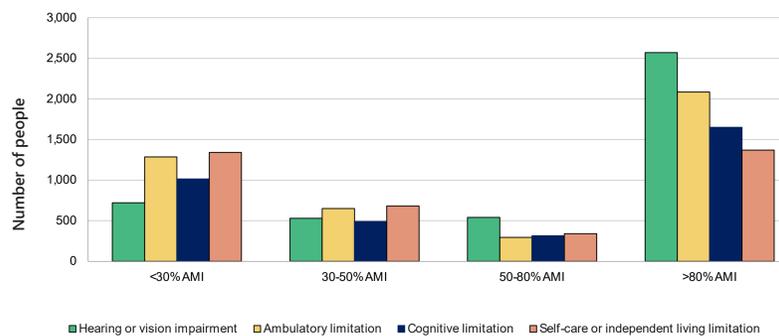
Age	2010	2023
0-19	18%	20%
20-34	30%	25%
35-49	25%	25%
50-64	18%	18%
65+	9%	13%

Since 2010, the percentage of Alexandrians 65 or older has increased by 44%. Source: ACS 5-Year Estimates, 2019-2023

Age-Friendly Plan Update

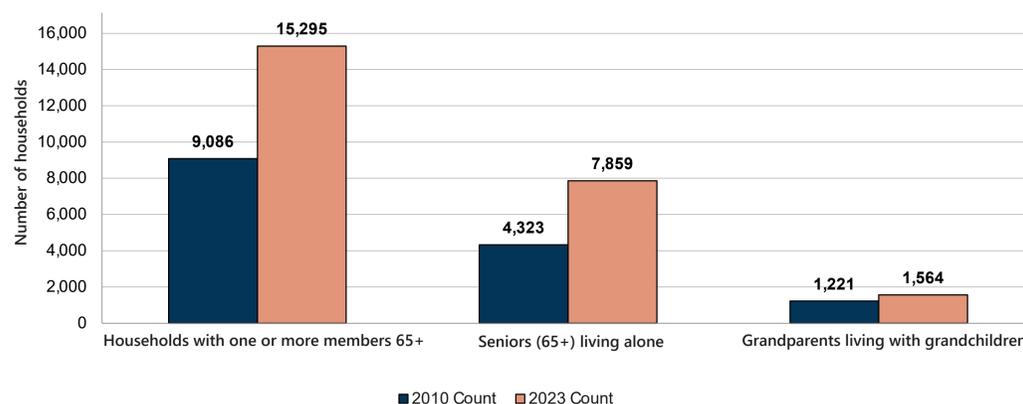
One of the plans that was influential in shaping the Goal 7 recommendations and strategies was the **Age Friendly Plan**. The Age Friendly Plan is Alexandria's strategic plan on aging services and policies. The Plan's 2026-2028 Update is being developed in coordination with Housing 2040 and the Community Health Improvement Plan, with a specific focus on older Alexandrians and those with disabilities. Extensive public engagement, including a public survey, served as the foundation for the Update. The Update is currently under review, and will be presented to the City Council for final approval in March 2026.

The **Age Friendly Plan** focuses on seven of the eight AARP/WHO Domains of Livability: Social Participation; Respect and Social Inclusion; Housing; Transportation; Communications and Information; Health Services and Community Supports; and Civic Participation and Employment. The Commission on Aging has created five committees to develop and implement the goals and objectives under each of the seven domains: (1) Housing; (2) Civic Engagement and Economic Security; (3) Outreach; (4) Transportation; and (5) Health and Dementia Friendly.



Examples of best practices include considering the size and layout of community rooms including spaces for exercise and spaces for retreat; the use of specialized (soft and adjustable) types of lighting; the installation of noise attenuating and low-noise construction materials, systems, and appliances; and the inclusion of additional storage areas or closets for medical equipment.

Approximately 4,700 Alexandria residents with incomes below 50% of the area median income (AMI) were estimated to live with a limitation or disability. Source: CHAS 2017-2021



Since 2010, marked increases in demographic trends among Alexandria's senior households have been documented. Source: ACS 5-Year Estimates, 2019-2023

Recommendations and Strategies

Recommendation #1: Increase awareness and access to housing options, programs and services, and legal protections which support older adults, adults with disabilities, and their caregivers.

- **Strategy:** Coordinate public education programs, in collaboration with local ambassadors and partners, with the provisions of services and activities to maximize awareness and use of resources available.
- **Strategy:** Continue to expand outreach and coordinate services through established partnerships to naturally occurring retirement communities to decrease social isolation and enhance service delivery.
- **Strategy:** Continue to provide education on Community Service Board (CSB) services, waiver eligibility criteria and available assistance options for persons with developmental disabilities.
- **Strategy:** Evaluate and strengthen the tracking of market-rate and committed affordable accessible units.
 - Include the anticipated number and type of accessible units in affordable housing plans and staff reports.
 - Track the delivery of accessible units.
- **Strategy:** In collaboration with partners, enhance targeted marketing of market-rate and committed affordable accessible units both at time of initial lease up and during subsequent leasing.
 - Develop accessible marketing and outreach communication tools to connect residents to housing options available for persons with disabilities. Evaluate effectiveness of marketing strategies with impacted stakeholders and refine tools and approaches.
 - Include clear descriptions in marketing materials about where and how to apply for accessible units, including step-by-step instructions, documentation requirements, and timelines.
 - Provide access to language services, including American Sign Language interpretation.
- **Strategy:** Explore State and other alternative funding resources to enhance programs providing assistance with activities of daily living for lower-income households.
- **Strategy:** Evaluate the need for increased funding to reduce rent burden for participants enrolled in the Rent Relief Program for Older and Disabled Adults.
 - Explore State and other alternative funding resources to meet this need.
 - Formalize a timeline for ongoing review of the Program to strengthen its responsiveness to potential future changes in the housing market.
- **Strategy:** Continue to develop the City's state-funded Permanent Supportive Housing Program to provide stable housing and comprehensive supportive services for chronically homeless residents living with serious mental illness by providing the resources they need to achieve lasting stability and thrive.

Recommendation #2: Encourage the development of a range of housing typologies, sizes, and price points, in particular more deeply affordable housing, to support choice and accessibility for seniors and persons with disabilities.

- **Strategy:** Conduct a study of senior housing + care models, including mixed-income assisted living, that serve a range of income levels.
 - Develop an implementation strategy following completion of the study to evaluate and prioritize the models and identify potential land, partners, and resources.
- **Strategy:** Support the development of alternative housing typologies. Opportunities include:
 - Providing technical assistance to senior homeowners to explore development of accessory dwelling units (ADUs) on their properties to help them remain in the community. Rental ADUs can serve as a source of revenue to maintain the affordability of homeownership and can house caregivers supporting homeowners to age in place safely.
 - Providing technical assistance to homeowners to explore development of accessible accessory dwelling units (ADUs) on their properties to help expand the stock of accessible housing options in the City for adult children with disabilities or to enable parents and other elders to age in place in proximity to family and care providers.
- **Strategy:** Research best practices in the design and layout of units and common areas in affordable housing developments to accommodate the needs of persons with disabilities.
- **Strategy:** Continue to foster partnerships among Sheltered Homes of Alexandria and the Community Services Board with nonprofit development entities to modernize and make accessible existing housing resources to meet the needs of their diverse clients, reflect best housing and service practices, and/or to create housing choices for persons with disabilities across the community as they age in Alexandria.

Also see Goal 1 Recommendation 2.

Recommendation #3: Assist homeowners and renters to remain safely and affordably in their homes.

- **Strategy:** Continue to provide rehabilitation services prioritizing repairs critical to habitability, health and safety for income eligible renters and owners.
- **Strategy:** Continue to partner with organizations that provide rehabilitation and aging-in-place services that complement City programs.
- **Strategy:** Maximize use of state, federal, and other non-City financial assistance to leverage City rehabilitation resources.
- **Strategy:** Work with property managers of naturally occurring retirement communities (NORCs) to identify creative ways to reduce barriers to aging in place within a NORC setting.
- **Strategy:** Continue to provide education, training, and awareness of legal obligations and City resources to landlords and property managers to elevate understanding and responsiveness to the special needs of elderly renters and renters with disabilities.