Low Cost/No Cost Solutions to Create Age-Friendly Communities

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An Aging America

In 2011, the first of the Baby Boomers reached age 65.

By 2030, 1 in 5 Americans (over 70 million) will be over 65.

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Aging in Place

The ability to remain in a community as they age, without having to move to get care and/or housing.

86% of adults over 45 strongly prefer to age in place; 90% of those over 60 plan to stay where they are for the next 5 to 10 years.

"Place" is the community and neighborhood – not just the dwelling.

Planning for all—across the lifespan—creates a sustainable community.

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An Aging America

Top challenges for older Americans:
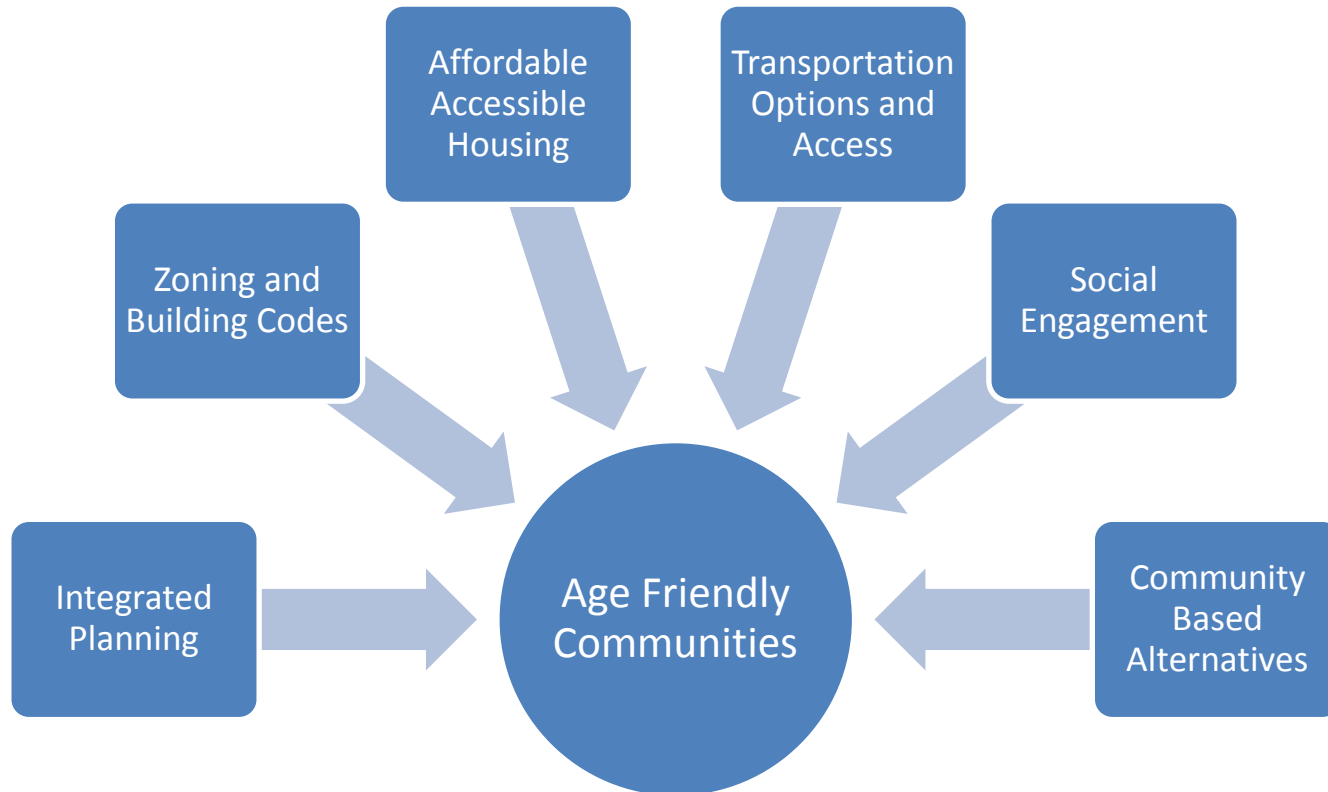
- Finance
- Transportation
- Housing
- Health

(ICMA, Maturing of America Survey, 2011)

Challenges for governments and service agencies:

- Service delivery difficult in areas with large, dispersed client populations
- Changing housing preferences
- More people need services while public resources have often decreased

Livability For All Ages…What You Can Do

- Affordable Accessible Housing
- Transportation Options and Access
- Zoning and Building Codes
- Social Engagement
- Integrated Planning
- Age Friendly Communities
- Community Based Alternatives

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Proactive, Integrated Planning

- Creating an age friendly community:
  - Begins with a good look at the needs and assets of all ages and interests.
  - Includes integrated financial and physical planning done through the lens of the entire community
- **Rancho Cucamonga, CA --**Healthy RC
  - A financially and organizationally viable program; responsibility is in the City Manager's Office; activities are integrated into existing strategic & organizational work plans and budget cycles.

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Proactive, Integrated Planning

Takeaway Action: *Conduct an environmental scan using existing data to understand the current landscape of aging in your community.*

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Land Use—Zoning & Building Codes

- Effective tools for removing barriers to, and supporting, aging in place

- Affect where people live, the condition and cost of housing, and neighborhood and pedestrian safety

- **Philadelphia, PA--**Age Friendly Philadelphia
  - Modernized zoning code in 2012 for the first time in four decades. The Zoning Code Commission (ZCC) added (among others) accessory dwelling units, visit-ability, adult day care, long-term care facilities, and parking requirements for senior housing.

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Land Use—Zoning & Building Codes

Takeaway Action: *Review your current land use policies—are they age friendly? Chose one to change.*

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Transportation—Access &Mobility

- Walkability
  - Access to goods and services
  - Well maintained sidewalks
  - Safe and secure
- Transit access & availability
- Complete Streets
  - Streets for everyone
  - Designed enable safe access for all users at all ages

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Pedestrian Safety—Speed Kills

- A pedestrian hit at 40 mph has an 85% chance of being killed.

- At 20 mph the fatality rate is only 5%

- **Sonoma County** Vulnerable User Ordinance

(FHWA, Pedestrian Facilities Users Guide, 2002)

Transportation—Access & Mobility

- Takeaway Action: *Investigate creative ways to reduce expensive Para-transit use.*
  - *Non-profit transportation programs*
    - *ITN America*
    - *Surprise AZ Northwest Valley Connect*
  - *Incentives to ride buses & subways*
    - *Washington, DC*

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Housing: Affordable, Accessible, Maintained & Modified

- Older adults need safe, accessible and affordable homes to grow old in their current homes and communities.

- Local governments make this desire a reality through zoning, land use policies, initiatives and partnerships.

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Housing: Affordable, Accessible, Maintained & Modified

- **San Mateo, CA—**HIP Housing

- **Santa Cruz, CA—**Accessory Apartments

- **Loudoun County, VA--** Home Repair Program for the Elderly and Disabled

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Housing: Affordable, Accessible, Maintained & Modified

Takeaway Action: *Review and analyze housing policies that promote aging in place.*

– Do you have subdivision and zoning plans and building codes that encourage development of a range of housing types and universal design features that promote housing for a lifetime?

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Social Engagement

- Lack of social interaction and civic engagement is a barrier to aging in place.

- Local governments are pressed to develop service delivery mechanisms to connect older adults with their peers and the community, to provide relevant activities and services, and to leverage their talents.

  - **Johnson County, KS—CHAMPSS** *Choosing Healthy Appetizing Meal Plan Solutions for Seniors*

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Social Engagement

Takeaway Action: *Investigate how to engage older adults and prototype senior service delivery mechanisms for the future:*

- Use of existing non-traditional space, such as commercial and retail space and school facilities, for programs and events.

- Virtual senior center models such as "Senior Center Without Walls" Oakland, California Chicago.

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Grassroots Alternatives—Resources for Local Governments

- **Villages** (geographic or neighborhood membership organizations), **NORCs** (Naturally Occurring Retirement Communities),and **Community Volunteer Service Organizations**
  - *Help their members to "age in place"*
  - *Can be a significant resource for local governments meeting the needs of the growing number of older adults, providing services and saving public dollars.*

Grassroots Alternatives—Resources for Local Governments

Takeaway Action: *Is there a Village organization in your community?*

If Yes—open a dialogue to see how you can provide support.

If No—investigate with staff how to encourage a grassroots membership organization.

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Discussion

- What Are You Doing to Create an Age Friendly Community?

- Solutions? Ideas?

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Resources

- **ICMA**—Center for Sustainable Communities
- **AARP**—Education and Outreach and Livable Communities divisions and the Public Policy Institute (PPI)
- **JustPartners, Inc**.-- Sustainable Communities for All Ages – Viable Futures Toolkit #1. and Community Planning for Boomers – Viable Futures Toolkit #2.
- **Center for Civic Partnerships --** *Aging Well in Communities* and an *Aging Well Toolkit, Healthy Aging Series, and Healthy California Cities and Communities*

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