Forging Neighborhoods for All Generations

Sponsored by – APA Private Practice Division (PPD)
Ramona Mullahey, PPD Past Chair

May 20, 2016
The Need For Societies To Prepare For An Aging Boom

TEN YEARS
THERE WILL BE
ONE BILLION
OLDER PEOPLE WORLDWIDE.

IN 2012,
810 MILLION
PEOPLE WERE AGED
GLOBAL
BY 2050,
2050
22%
2012
12%

Ratio of Senior Citizens to Population in 2050 (%)

<table>
<thead>
<tr>
<th>Country</th>
<th>Ratio</th>
</tr>
</thead>
<tbody>
<tr>
<td>Korea</td>
<td>38.2</td>
</tr>
<tr>
<td>Japan</td>
<td>37.8</td>
</tr>
<tr>
<td>Italy</td>
<td>33.3</td>
</tr>
<tr>
<td>Spain</td>
<td>31.8</td>
</tr>
<tr>
<td>France</td>
<td>26.9</td>
</tr>
<tr>
<td>Canada</td>
<td>25.5</td>
</tr>
<tr>
<td>China</td>
<td>23.3</td>
</tr>
<tr>
<td>Mexico</td>
<td>22.1</td>
</tr>
<tr>
<td>U.S.</td>
<td>21.6</td>
</tr>
</tbody>
</table>

Source: NSO

Play Big Inc: Inspired guides to the new economy - http://culturalacupuncture.com/
United States

AN AGING POPULATION
Click on a state to view related charts and data.

Source: Census 2000 analyzed by the Social Science Data Analysis Network (SSDAN)
America Is Aging

![Graph showing the increase in the number of people age 65+ in the U.S. from 1900 to 2050.](image)

- **1900**: 3 million
- **1950**: 12 million
- **2000**: 35 million
- **2050**: 82 million

Source: U.S. Census Bureau, 2000

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**Is Aging in Place Right for You?**

No matter what stage you're at in life, it is always the right time to start planning for your golden years.

- **Nursing Homes**
  - Nursing homes or assisted living facilities can be expensive and often leave seniors feeling isolated.
  - **Cost**: $90,000+

- **Home Health Aides**
  - Hiring a home health aide may not be an affordable solution and won't provide 24/7 assistance.
  - **Cost**: $20/hr

- **Aging In Place**
  - **Cost**: $5,000

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**Aging in Place**

Stay in your home longer!

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**Combination**

- Home
- Money
- Health
- Mobility

=Aging in PLACE

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**Benefits**

- It's cheaper.
- It's more fun.

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Aging in Place 101

How can you age in place?

IN YOUR CURRENT HOME

1. Mobility Equipment:
   - Wheelchair Ramps
   - Turning Automotive Seats
   - Sit-to-Stand Recliners
   - Home Elevators
   - Bath & Pool Lifts
   - Grab Bars
   - Vertical Platform Lifts
   - Stair Lifts
   - Scooter Lifts for Vehicles
   - Scooters

2. Universal Design:
   - No-step entryways
   - One-story living
   - Wide doorways & hallways
   - Open floor plan
   - Non-slip flooring
   - Reachable controls & switches

3. Opt for a Village:
   - Villages are non-profit residential communities for older adults that support residents' medical, functional, and social needs.
   - Amenities vary, but may include home healthcare, transportation services, and assistance around the home.

4. Share a Home:
   - Choose roommates with similar interests.
   - Share a home with family members.

IN YOUR NEIGHBORHOOD

PERCENTAGES OF SENIORS 65 & Above

- 90% of seniors want to stay in their own homes as they age.
- 80% of seniors want things such as non-slip floor surfaces.
- 79% of seniors want bathroom aids such as grab bars.
- 60% have made improvements to increase their ability to live independently.
- 54% of seniors want lever-handle door knobs.
- 49% of seniors want to modify their current homes.
- 38% of seniors who want a new, aging in place ready home.
- 27% is the revenue increase businesses see by offering aging in place services.

10% of the $214 billion home improvement industry is dedicated to aging in place.

SO WHAT? How does this translate to me? You do the math.

1. Enter the total amount of business you do every year.
2. Enter the # of people you know that are over 65.
3. Enter the # of seniors that want to age in place.
4. Multiply lines 1-2: This is the amount you could increase by offering the aging in place services.
5. Multiply lines 3-2: This is the amount of seniors that you know that are interested in aging in place.
6. Multiply lines 1-4: This is the amount you can add to your total revenue.
7. Multiply the above two lines: Total revenue increase business when you allow us to help.

DESIGN.COM
'Aging in community'—a movement that promotes social capital—a sense of social connectedness and interdependence to create systems of support and caring to enhance well-being, improve quality of life, and maximize one’s ability to remain, as you age, in your home and community. It is an asset-based approach to community development. (Kretzmann and McKnight, 1993).
For the fourth year of The United States of Aging Survey, the National Association of Area Agencies on Aging (n4a), the National Council on Aging, and UnitedHealthcare set out to achieve an even deeper understanding of how older adults and their communities are addressing aging issues. These partners surveyed 1,650 U.S. adults 60 and older, and professionals who work closely with older Americans, including staff from Area Agencies on Aging (AAA), credit union managers, primary care physicians and pharmacists. The survey examines older adults’ attitudes on a range of issues such as health, finances and community support. The responses also reveal insights on how U.S. older adults are preparing for their later years, and what communities can do to better support an increasing, longer-living aging population.
Using smart growth and universal design to link the needs of children and the aging population – Mildred Warner

Emerging Issues

APA Division initiatives bring focus to planning challenges in local communities and neighborhoods throughout the nation:

Aging and Livable Communities

Aging in Community Policy Guide
- Community Engagement
- Housing
- Transportation
- Land Use
- Economic Well-being
- Community Assets and Supports
BECAUSE WE’RE

AMERICA’S TRANSFORMATION

THE UNITED STATES IS IN THE MIDST OF A DEMOGRAPHIC TRANSFORMATION.

41 MILLION
people in America who are 65 years and older

76% MORE

72 MILLION
people over the age of 65

8% MORE

80 MILLION
children and youth (ages 0-17)

74 MILLION
children and youth (ages 0-17)

2030

2050

We are more racially and ethnically diverse. By 2042, more than half of the nation will be people of color.

By 2040, older adults, children and youth will make up over 40% of the U.S. population.

There is a growing racial generation gap. Today, more than half of Americans under the age of five are people of color compared to less than one in five Americans over 65.
Relevant Planning Paradigms

• Smart Growth
• New Urbanism
• Transit Oriented Development
• Safe Routes to School
• Complete Streets
• Sustainable Community Planning
• Active Living

An aging perspective needs to be imbedded in all these paradigms

• from Deborah Howe
Aging-oriented planning approaches

• Elder friendly communities
• Aging friendly communities
• Communities for all ages
• Aging in place initiatives
• Community certification
• Lifecycle communities
The Age-friendly City

- Better Housing
- Greater mobility
- More access to good food
- More interaction with neighbors
NEXT Presenters

• **Mildred E. Warner, Ph.D.**, Professor, City and Regional Planning - W. Sibley Hall, Cornell University, New York City
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• **Melissa Stanton, MPH**
  Editor/AARP.org/Livable AARP Livable Communities
  mstanton@aarp.org
Reframing the Aging and Livability Debate

Mildred E. Warner and Amanda C. Micklow
Department of City and Regional Planning
Cornell University

Forging Neighborhoods for All Generations
Webinar May 20, 2016
APA Private Practice Division

Contact: www.mildredwarner.org | mew15@cornell.edu
Funding provided by the USDA National Institute for Food and Agriculture
APA Divisions Council Grant
Livable Communities for Aging or for Everyone?

• Can we use planner’s increased interest in aging to renew attention to gender issues in planning?

• Can we take a multigenerational approach?
Core Principles

Child-Friendly Cities
- Basic Services
- Safe Water
- Safe Streets
- Opportunity to Play
- Civic Participation
- Family Support
- Protection from Exploitation

Age-Friendly Cities
- Housing
- Transportation
- Services (Health)
- Outdoor Spaces
- Communication
- Civic and Social Participation
- Respect

Many Common Elements
Need an All-Inclusive Planning Approach

Common Vision

Inclusive Design

Shared Services

Planning Across Generations
Where is Current Practice?

- 2008 Family Friendly Planning Survey (APA)
  - 944 planners responded
- 2013 Planning Across Generations Survey (ICMA)
  - 1478 city managers responded
- 2014 Planning for Women and Aging Survey (APA)
  - 624 planners responded
- 2015 Workplace Dynamics Survey (APA)
  - 327 planners responded
- Common themes - All looked at attitudes, actions and barriers
  - Planners give insufficient attention to these issues
  - Ignorance is the biggest barrier
  - The details of planning and zoning matter
  - Participation is key
What Would a Gender Lens Look Like?

• **Built Environment**
  - Housing, Land Use – Multiple types, multiple uses
  - Transportation – Mobility, not just commuting

• **Services**
  - Formal *and* Informal

• **Civic Engagement**
  - Broader participation modalities

• **Economic Development**
  - Broadening definitions to include care work

• **Intersections**
  - Recognize linkages between housing, transportation, services

• **These are all elements in the APA Aging Policy Guide**
Family Friendly Planning Survey, 2008

Planning Leads to Action, Ignorance Leads to Resistance

- Family Participation
- Site Planning and Zoning
- Positive Attitudes
- Lack of Awareness and Lack of Knowledge
- Comprehensive Planning

Key variables from regression results.

Planning Across Generations  
Survey, 2013

- With the International City/County Management Association and Cornell University
- Surveyed attitudes, actions, zoning and planning
- 1478 city managers responded
Built Environment Not Optimal
Planning Across Generations Survey, 2013, 1478 city managers responding

- Neighborhood Schools
- Sidewalk system connecting
- Park/play ground within 1/2-mile...
- Access to fresh food markets
- Public gathering spaces
- Retail, services, and housing mix
- Complete Streets
- Bikelane

Percent of community with more than a half of community covered
Zoning Regulations Lag Behind
ICMA Planning Across Generation Survey, 2013 (1,478 city managers responding)

- Mandate sidewalk system
- Promote parks or recreation facilities in all neighborhoods
- Street connections between adjacent developments
- Pedestrian-friendly design guidelines
- Allow child care centers
- Require complete streets
- Allow child care business in residential units by right
- Allow mixed-use
- Allow accessory dwelling units

Green bars represent Metropolitan (n=194), Red bars represent Suburban (n=675), Blue bars represent Rural (n=360).
Service Delivery Also Lags in Suburbs and Rural Areas

Planning Across Generations Survey, 2013, 1478 city managers responding

Families with children can find the range of services they need within my community

Seniors can find the range of services they need within my community
Cross Agency Partnerships Needed

Are any of the following engaged in cross-agency partnerships to serve children or seniors?

- Libraries
- Parks and recreation department
- School district
- Police department
- Area agency on aging
- Public health department
- Hospital or health care providers
- Fire department
- Housing agency
- Economic development agency
- Planning department
- Community colleges
- Child care resource and referral agency
- Transportation or highway department

Planning Across Generations Survey, 2013, 1478 city managers responding
How do we get more attention to the needs of children and seniors in our plans?

<table>
<thead>
<tr>
<th></th>
<th>Emergency Plan</th>
<th>Comprehensive Plan</th>
<th>Economic Development Plan</th>
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<tbody>
<tr>
<td>Do You Have?</td>
<td>91%</td>
<td>77%</td>
<td>57%</td>
</tr>
<tr>
<td>Does Your Plan Specifically Address?</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Seniors</td>
<td>66%</td>
<td>53%</td>
<td>31%</td>
</tr>
<tr>
<td>Children/Youth</td>
<td>60%</td>
<td>53%</td>
<td>31%</td>
</tr>
</tbody>
</table>
What Leads to Change?

• **Engagement** of elders and families with children
• **Community Leadership** – elected officials, developers, planning and zoning board
• **Planning** – comprehensive planning and zoning and building codes

Leadership → Comp Plan → Zoning → Better Built Environment

Engagement:
- Elders
- Children

Comp Plan:
- Aging
- Children

Zoning:
- Broader Housing Choices

Services for Children and Elders

Planning Across Generation Survey, 2013 (1,478 city managers)
Linking planning and services can benefit all genders and all ages

Can a focus on women help meet the needs of children and elders?
The link between gender and aging

WHY GENDER?
Women Face a Triple Burden

Household Responsibilities
Child care, Elder care

Labor Force Participation
Formal and Informal

Spatial Constraints
Separation of home and work
Spatial Constraints

- Separation workplace and residence
- Location of child and elder care
- Limited transportation options
- Restrictive family definitions
Foundations of Zoning

Residential

Commercial

Industrial
Planning Constructs

Planning Practices

Social Norms
Village of Euclid v. Ambler Realty Co. (1926)

...the segregation of residential, business, and industrial buildings... will increase the safety and security of home life... preserve a more favorable environment in which to rear children, etc...

...very often the apartment house is a mere parasite...
Single-Family
Change in Zoning

- Residential
- Commercial
- Industrial

Residential
Commercial
Industrial
Postwar Planning Cycle
The Landscape Today

• Separation workplace and residence
• Supply and location of child and elder care
• Limited transportation options
• Restriction of family definition
Demographics Today

- **26%** of women employed part-time
  - Compared to 13% for men
- **40%** poverty rate for female headed households
  - 57% of children in poverty in families headed by women
- Trip-chaining and shorter commute times for women
- Women spend **50%** more time on household activities than men
- **60%** of caregivers of adults are female
Linking Gender and Aging

- Collaboration with APA Planning and Women Division and Cornell
- Planning for Women and Aging Survey, 2014
- Workplace Dynamics Survey, May 2015
Motivating Questions

• Are communities planning with a gender lens?
  o Comprehensive planning
  o Transportation planning
  o Land use actions

• If so, what are the drivers?
2% of plans pay attention to the needs of women.

55% of plans pay attention to the needs of an aging population.
22% of communities address trip-chaining

51% are designing roads with space for walking and/or biking
Gender Sensitive Land Use

- Child and elder care in residential zones
- Opportunities for home-based businesses
- Expansion of housing options
- Non-restrictive family definitions
Land Use Actions

46% of communities **allow child care** in residential zones by right

37% of communities **allow elder care** in residential zones by right

52% of communities **allow other home-based businesses** in residential zones by right
30% of communities allow accessory apartments in low density zones by right.

16% of communities allow retrofitting single family homes for two families.

52% of communities allow other home-based businesses in residential zones by right.
Women and Aging Survey
2014
624 planners responding
What Drives Gender Sensitive Land Use?
Gender Rides the Aging Train

Gender Sensitive Land Use Actions

Aging

Comprehensive Planning

Gender Conscious Developers Planning & Zoning Board Community Attitudes

Planner Gender Planner Attitudes Community Demographics
Planning Needs a Gender/Aging/Child Lens

Articles
• The Need to Plan for Women
• Not Your Mother’s Suburb
• Family Friendly Planning
• Planning for Aging in Place

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Funding provided by the USDA National Institute for Food and Agriculture, APA Divisions Council
76 million American children were born between the years 1945 and 1964
Those “Baby Boomers” now range in age from 51 to 70 years old.

By 2030, one out of five adults in the U.S. will be 65 or older.
But unlike prior generations of senior citizens, most of today’s “older adults” ... **Do Not Want to Live in Retirement Communities**

< In 1975, soon after moving with her husband from the New York City suburbs to a 55+ community in South Florida, Bubbi Sheila took her new bicycle for a ride.
Survey after survey finds that today’s older adults want to remain in their homes.

But American homes have traditionally been designed and built for able-bodied 35 year olds. And most of these houses haven’t been designed to adapt.

78% of adults ages 45+ agree or strongly agree with the statement: “What I’d really like to do is stay in my current residence for as long as possible.”

Source: AARP Home and Community Preferences of the 45+ Population, 2014
Survey after survey finds that today’s older adults want to stay in their community.

80% of adults ages 45+ agree or strongly agree with the statement: “What I’d really like to do is stay in my current community for as long as possible.”

But for the past 50 years, communities have developed around motor vehicles as the principal form of transportation. Adults who don’t or no longer drive are often out of luck.

Source: AARP Home and Community Preferences of the 45+ Population, 2014
## What Community Amenities Do Older Adults Want Close to Home?

We asked older adults what amenities they want close to home. Access to transportation, food, and green space top the list. These are among the many community indicators that we are measuring as part of the Livability Index project. Find out more about our livability research and the development of our index here: [www.aarp.org/ppi/liv-com/](http://www.aarp.org/ppi/liv-com/)

<table>
<thead>
<tr>
<th>Amenity</th>
<th>% Endorsed within 1 mile or less</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bus Stop</td>
<td>50%</td>
</tr>
<tr>
<td>Grocery Store</td>
<td>47%</td>
</tr>
<tr>
<td>Park</td>
<td>42%</td>
</tr>
<tr>
<td>Pharmacy / Drug Store</td>
<td>42%</td>
</tr>
<tr>
<td>Hospital</td>
<td>29%</td>
</tr>
<tr>
<td>Church / Religious</td>
<td>29%</td>
</tr>
<tr>
<td>Train / Subway</td>
<td>23%</td>
</tr>
<tr>
<td>Big Box Store</td>
<td>18%</td>
</tr>
<tr>
<td>Entertainment</td>
<td>16%</td>
</tr>
<tr>
<td>Mall (shopping)</td>
<td>13%</td>
</tr>
</tbody>
</table>

Source: AARP Livable Communities presentation | American Planning Association Webinar, May 20, 2016
An increasingly aging population

+ the desire to age in place
+ housing not suitable for aging in place
+ streets unsafe for non-drivers
+ a lack of public transit options
+ numerous other factors (e.g. employment, distance from family, health issues, isolation, urban and suburban sprawl)

= the reason for the AARP Livable Communities initiative and the AARP Network of Age-Friendly Communities
A livable community is one that is safe and secure, has affordable and appropriate housing and transportation options, and offers supportive community features and services. Once in place, those resources enhance personal independence; allow residents to age in place; and foster residents’ engagement in the community’s civic, economic, and social life.” — AARP Policy Book, Chapter 9
Why Create the AARP Network of Age-Friendly Communities?

- To serve as a catalyst for educating, encouraging, promoting and recognizing the improvements that make cities, towns and counties more supportive of older residents and people of all ages
- To provide America’s cities, towns, counties and states with the age-friendly resources they need by tapping into national and global research, models and best practices
- To engage locally to improve the lives of adults age 50+

aarp.org/agefriendly

A Self-Service Tool Kit
The AARP Network of Age-Friendly Communities

Age-friendly towns, cities and counties are great for people of all ages. Our self-service guide explains how your community can join this World Health Organization-affiliated program

The AARP Network of Age-Friendly Communities encourages states, cities, towns and rural areas to prepare for the rapid aging of the U.S. population by paying increased attention to the environmental, economic and social factors that influence the health and well-being of older adults.

(Go ahead and take a look at The Member List now. Then come back to this page.)

The tool kit outlined below:

- explains the milestones for initiating and achieving membership in the network
- provides examples for developing plans that are unique to each community
- offers guidance for how to develop a framework that links back to an action plan
- identifies the necessary indicators and data sources that support the evaluation phases

The AARP Network of Age-Friendly Communities was launched in April 2012 and operates under the auspices of the World Health Organization’s Age-Friendly Cities and Communities Program. The tool kit can be adapted as needed by AARP state offices, municipal and local governments, non-profit organizations, community partners and volunteers.
The WHO Global Network of Age-friendly Cities and Communities was established in 2010 to connect cities, communities and organizations worldwide with the common vision of making their community a great place to grow old in. ... Cities and communities join the Network with a commitment to becoming more age-friendly and to share their experience, achievements and lessons learnt with others ... Membership is not a certification of age-friendliness. Rather, it reflects cities’ commitment to listen to the needs of their ageing population, assess and monitor their age-friendliness and work collaboratively with older people and across sectors to create accessible physical environments, inclusive social environments, and an enabling service infrastructure.

The WHO Global Network of Age-friendly Cities and Communities currently includes 287 cities and communities in 33 countries, covering over 113 million people worldwide. (April 2016)
Communities in the AARP age-friendly network are not retirement villages, gated developments or assisted living facilities.

Welcome to Florida’s premier active 55+ community!

'Come enjoy Camelot in South Florida'

Community Association is a sprawling south Florida community of over 1,000 individual homes. Located in the heart of the Greater area, it has everything one would want in a community of active over 55 residents.

< Remember Bubbi Sheila from Slide 5?
This is where she lived. It’s still around!

Photos from a community website and iStock.com
“Age-Friendly Communities” ≠ “Old People Places”

Age-Friendly Communities are Great Places for People of All Ages
The Member List

78 communities (and counting), from Texas to Michigan, from Honolulu to Washington, D.C.

AARP Livable Communities, Updated March 2016

The communities listed below, presented in alphabetical order by state and representing more than 41 million people, have joined the AARP Network of Age-Friendly Communities.

Inclusion on this list does not mean that AARP is endorsing any of the following municipalities as a place to live. Nor does it mean that the community listed is currently "age-friendly."

What membership means is that the community's elected leadership has made the commitment to actively work toward making their town, city or county a great place for people of all ages. Membership in the network involves following a multi-step process of improvement. A link to the community's age-friendly action plan has been added to this list if the town or city has reached Step 2 of the improvement process.

If an AARP Community Survey has been completed, or if the community has been featured in an AARP Livable Communities slideshow, interview or "how to" article, those links are provided as well. If you have questions, please write to livable@aarp.org. For easy access to the AARP Network of Age-Friendly Communities Tool Kit, bookmark or visit aarp.org/agefriendly.
Network of Age-Friendly Communities

Established April 12, 2012

93 communities (and counting) representing more than 50 million people

Updated May 18, 2016
Communities join the AARP Network of Age Friendly Communities because they understand what’s coming and know they need to get ready.

With a median population age of 44.1, Maine is the “oldest” state in the U.S.

Augusta | Date enrolled: May 2016
Berwick | Date enrolled: May 2016
Bethel | Date enrolled: September 2015
Bowdoinham | Date enrolled: April 2015
Eastport | Date enrolled: April 2016
Ellsworth | Date enrolled: December 2014
Greenwood | Date enrolled: March 2016
Kennebunk | Date enrolled: March 2015
Newry | Date enrolled: March 2016
Paris | Date enrolled: March 2015
Portland | Date enrolled: August 2014
Saco | Date enrolled: April 2016
Woodstock | Date enrolled: March 2016

Member communities in Maine as of May 15, 2016

AARP Livable Communities presentation | American Planning Association Webinar, May 20, 2016

Photo from iStock.com
The Member List

ALABAMA
- Birmingham
- Arkansas
- Fayetteville

CALIFORNIA
- Los Angeles
- San Francisco
- West Sacramento

COLORADO
- Colorado Springs
- Denver
- Larimer County

DISTRICT OF COLUMBIA
- Washington, D.C.

FLORIDA
- Cutler Bay, Florida
- Sarasota County
- Tallahassee
- Winter Haven

GEORGIA
- Atlanta
- Augusta
- Macon-Bibb

HAWAII
- Honolulu

ILLINOIS
- Evanston

IOWA
- Des Moines
- Kansas
- Wichita

KENTUCKY
- Berea
- Bowling Green
- Lexington

MAINE
- Bethel
- Bowdoinham
- Ellsworth
- Greenwood
- Kennebunk
- Newry
- Paris
- Portland
- Woodstock

MASSACHUSETTS
- Boston
- Dartmouth
- New Bedford
- Newton
- North Adams
- Pittsfield
- Salem

MICHIGAN
- Auburn Hills
- Highland Park
- Lansing

MINNESOTA
- Alexandria
- Minneapolis

MISSOURI
- St. Louis County

NEVADA
- Henderson

NEW JERSEY
- Montclair
- Princeton

NEW MEXICO
- Carlsbad

NEW YORK
- Big Flats
- Brookhaven
- Chemung County
- Elmira (City)
- Elmira (Town)
- Erie County
- Great Neck Plaza
- Ithaca
- New York City
- North Hempstead
- Southport
- Suffolk County
- Tompkins County
- Westchester County

NORTH CAROLINA
- Matthews

OHIO
- Cleveland
- Columbus

OREGON
- Multnomah County
- Portland
- Springfield

PENNSYLVANIA
- Allegheny County
- Philadelphia
- Pittsburgh

TEXAS
- Austin
- Brownsville
- Dallas
- Fort Worth
- Houston
- San Antonio

UTAH
- Salt Lake City

VERMONT
- Newport

Updated April 1, 2016
The Age-Friendly Cycle for Network Communities

Step 1: ENTERING THE NETWORK

Step 2: PLANNING PHASE (Years 1 - 2)

Step 3: IMPLEMENTATION & EVALUATION (Years 3-5)

Step 4: CONTINUOUS CYCLE OF IMPROVEMENTS (Years 5+)

AARP Livable Communities presentation | American Planning Association Webinar, May 20, 2016
The AARP Network of Age-Friendly Communities Online Tool Kit

**Step 1: Getting Started**
Review the World Health Organizations “3 Domains of Livability” and other information to determine whether your community is ready to begin the process of enrolling in the network. Read

**PREPARING THE MEMBERSHIP MATERIALS**
All applications to the AARP Network of Age-Friendly Communities must include:

1. The completed membership application form
2. A “letter of commitment” from the community’s highest-ranking elected official
3. A digital file image that represents the community (e.g. a city seal, logo or iconic photograph)

Learn more and find the enrollment documents: "Preparing the Membership Materials"

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**Step 2: Planning (Year 1 - 2)**
Tips for how to put together an action plan and assess community needs by gathering baseline information and establishing indicators. Read

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**Step 3: Implementation (Year 3 - 4)**
Here’s how to successfully transition from the planning to implementation phase to forming program strategies. Read

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**Step 4: Evaluation (Year 4 - 5)**
Advice for how to develop and assess an evaluation framework that links back to the action plan. Read

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**Step 5: Connecting (Years 1 - 5+)**
Find resources about how communities can support one another’s efforts within the national and international networks. Read

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AARP Livable Communities presentation | American Planning Association Webinar, May 20, 2016
The AARP Network of Age-Friendly Communities

and work within

The 8 Domains of Livability
help communities become great for people of all ages

Learn more at AARP.org/agefriendly
The 8 Domains

Domain 1
Outdoor Spaces and Buildings
People need places to gather — indoors and out. Parks, sidewalks, safe streets, outdoor seating and accessible buildings (think elevators, stairs with railing, etc.) can be used and enjoyed by people of all ages.

Domain 2
Transportation
Driving shouldn’t be the only way to get around. Public transit options can be as expansive as a train system or as targeted as a taxi service that provides non-drivers with rides to and from a doctor's office.
Domain 3

Housing
Most older adults want to age in place. Doing so is possible if homes are appropriately designed or modified — and if a community includes affordable housing options for varying life stages.

Domain 4

Social Participation
Regardless of one’s age, loneliness negatively affects a person’s health and sense of wellbeing. Isolation can be combatted by the availability of accessible, affordable and fun social activities.
Domain 5

Respect and Social Inclusion
Intergenerational activities are a great way for young and old to learn from one another, honor what each has to offer and, at the same time, feel good about themselves.

Domain 6

Civic Participation and Employment
An age-friendly community provides ways older people can, if they choose to, work for pay, volunteer their skills and be actively engaged in community life.
Domain 7
Communication and Information
Age-friendly communities recognize that not everyone has a smartphone or Internet access and that information needs to be disseminated through a variety of means.

Domain 8
Community and Health Services
At some point, everyone gets hurt, becomes ill or simply needs a bit of help. While it’s important that care be available nearby, it’s essential that residents are able to access and afford the services required.
The Age-Friendly Action Plans are rolling in!

2016 Newport City’s Age Friendly
Community Action Plan

Montgomery County
A Community
For a Lifetime

Macon-Bibb County, Georgia
2013 Age-Friendly Community Action Plan

Your Action Plan is a Living Document
It is important to understand and develop your action plan as an "active" rather than static document. Continual revisions and amendments are a sign of program improvement and progress, not of failure.
And work is getting done

1. **Le Tour de Ham** is a "slow biking" group that meets for Tuesday evening rides around **BIRMINGHAM, ALABAMA**. "No spandex or fancy bike required."

2. People of all ages are getting out and about by participating in the **BROWNSVILLE, TEXAS**, **CycloBias**.

3. With the creation of Grandparents Park, adults and kids in **WICHITA, KANSAS**, have a nearby destination to enjoy together.

4. With fresh produce hard for many residents to come by, **NEWPORT, VERMONT**, gets down and dirty in the **Fresh Start Community Farm**.

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**A Livable Lesson: How to Host a Ciclovia or Open Streets Program**

When roads are closed to cars and trucks (as **Brownsville, Texas** does several times a year), people can safely walk, bicycle and even dance in the streets.

*by Melissa Stanton, AARP Livable Communities*

Every Sunday in Bogotá, Colombia, more than 70 miles of roads are closed to vehicular traffic so nearly two million people can walk, bicycle, skate, dance, play games, socialize or simply sit and relax in the middle of the city’s streets. The weekly gathering, which began in 1974, is called the Bogotá Ciclovia.

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One of the most successful car-free, open streets programs in the United States takes place in Brownsville, Texas, a city of 175,000 along the U.S.-Mexico border. In 2012, city leaders seeking to address Brownsville’s high rates of poverty, obesity, and diabetes found inspiration from the Bogotá example (which you can see in the video at the end of this page) and decided to host its own “Ciclovia.” The unusual spelling of Brownsville’s Ciclovia is purposeful, to make the word appear more similar to “ciclo” and to include a “B” for Brownsville.
As the member communities move into Year 5 of the age-friendly process, they’ll be evaluating their work.
AARP has tools and resources to help

aarp.org/livabilityindex
Here’s the Livability Score for the address of the 2016 APA conference.
HomeFit Guide
Smart solutions for making your home comfortable, safe and a great fit

Creating Room for Accessory Dwelling Units

An AARP and APA model for state and local acts and ordinances can help pave the way

by Rodney Harel, Ph.D. Public Policy Institute

Sometimes known as accessory apartments, mother-in-law suites or “granny flats,” Accessory Dwelling Units (ADUs) provide more housing options in existing neighborhoods by allowing homeowners to build additional units on their lots.

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Accessory Dwelling Unit or ADU is a catch-all term for all of these situations — whether the unit is attached to an existing home or placed elsewhere on the property, such as over a detached garage or as a stand-alone structure in the backyard. ADUs are among the housing options that help to ensure that people of all ages, including older adults, have a roof over their heads.

The AARP model ordinance on ADUs was written by staff at the American Planning Association. Although the 59-page report was published in 2005, it continues to provide a good foundation of information for creating a successful ADU program.

For an older person with a declining income and growing housing affordability challenges, having a unit or rental property on their property can help with those costs.

AARP’s housing philosophy and related public policies (which can be found in Chapter 9 of the AARP Policy Book), encourage states and localities to look to the model act and create legislation and zoning policies that support ADUs.

For any town, city or county considering a plan to broaden the implementation of ADUs, it’s important to:

- Zoning ordinances that prohibit ADUs or make it extremely difficult for homeowners to create them are the principle obstacle to wide availability of this housing option. The report “Accessory Dwelling Units: State Act and Local Ordinance” is intended to assist interested citizens, planners and government officials in evaluating potential changes to state and local laws to encourage the wider availability of ADUs. This is not the final version. 

Photos courtesy Howard and Sharon Johnson
Placemaking resources and recommendations

The Imagining Livability Design Collection

A visual portfolio of tools and transformations

AARP Livable Communities presentation | American Planning Association Webinar, May 20, 2016

AGE-FRIENDLY REPORT:
INSPIRING COMMUNITIES

16 case studies from the United States and around the world

PEOPLE WANT LIVABLE COMMUNITIES

Boomers and Millennials have similar preferences for walkable, mixed-use neighborhoods.

- 72% Want to be near shops, restaurants and offices
- 62% Would move into a smaller home for a shorter commute
- 42% Prefer to live where there's a mix of homes
- 52% Want public transportation options

AARP Livable Communities presentation | American Planning Association Webinar, May 20, 2016
Transportation resources and recommendations

Evaluating Complete Streets Projects: A guide for practitioners

Dangerously Incomplete Streets

How to Get a Traffic Light Installed

Why Walking is Going Places

Bicycling and Bike-Friendly Communities

Complete Streets Archive

Transportation resources and recommendations

AARP Livable Communities presentation | American Planning Association Webinar, May 20, 2016
We have an award-winning website and award-winning newsletter.

aarp.org/livable >

aarp.org/livable-newsletter >
Find what you need by visiting our subject-based archives.
And check out our interview series and how-to lessons.

aarp.org/livable-archives >
The AARP "In a Livable Community" handout is available in English, Spanish, French, Chinese and Korean to help spread the word about what makes a community livable for people of all ages.
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