Forging Neighborhoods for All Generations

Sponsored by – APA Private Practice Division (PPD)

May 20, 2016

Ramona Mullahey, PPD Past Chair

The Need For Societies To Prepare For An Aging Boom

Ratio of Senior Citizens to Population in 2050

(%)

Korea	38.2
Japan	37.8
Italy	33.3
Spain	31.8
France	26.9
Canada	25.5
China	23.3
Mexico	22.1
U.S.	21.6

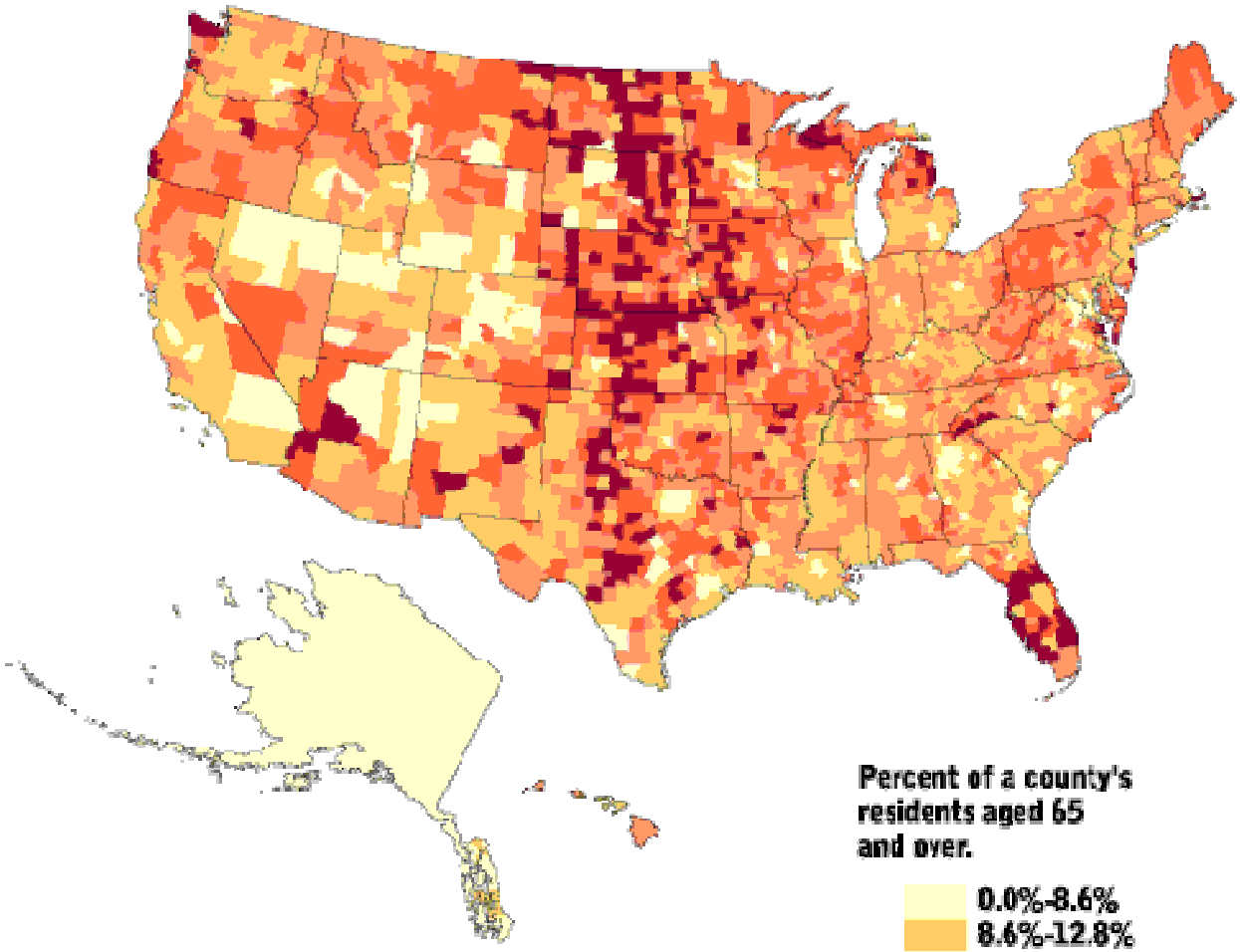
Source: NSO

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

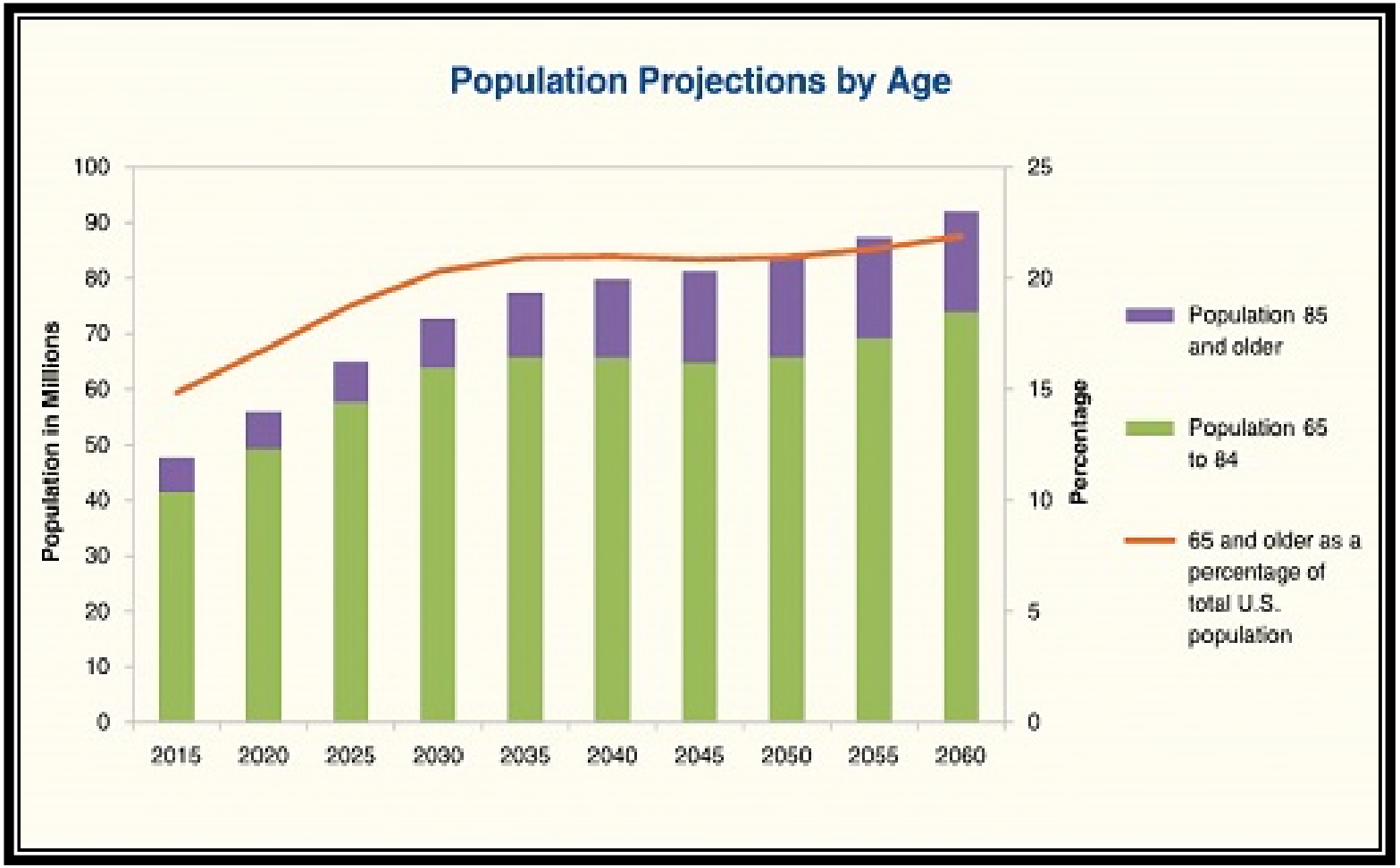
United States

AN AGING POPULATION

Click on a state to view related charts and data.

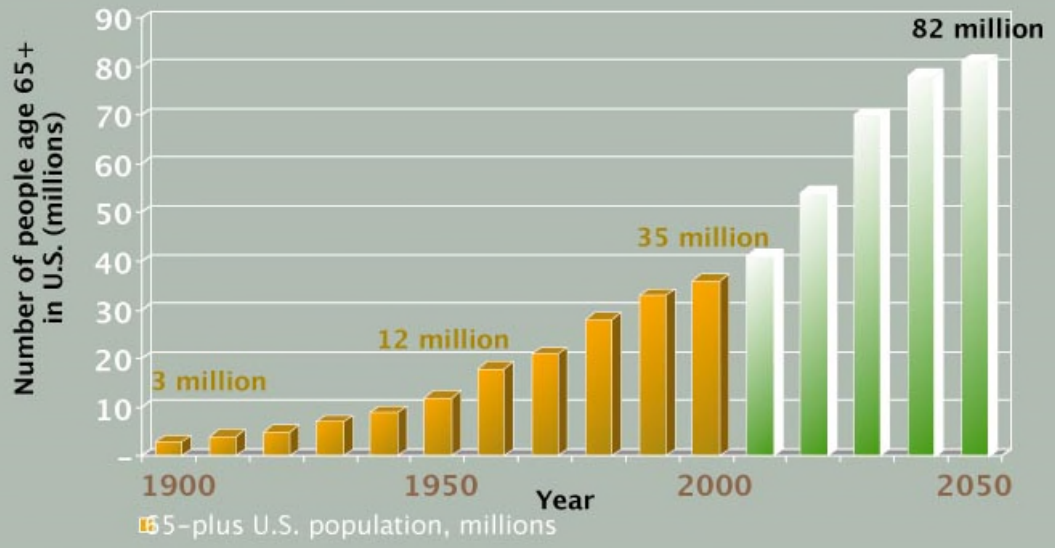


Source: Census 2000 analyzed by the Social Science Data Analysis Network (SSDAN)

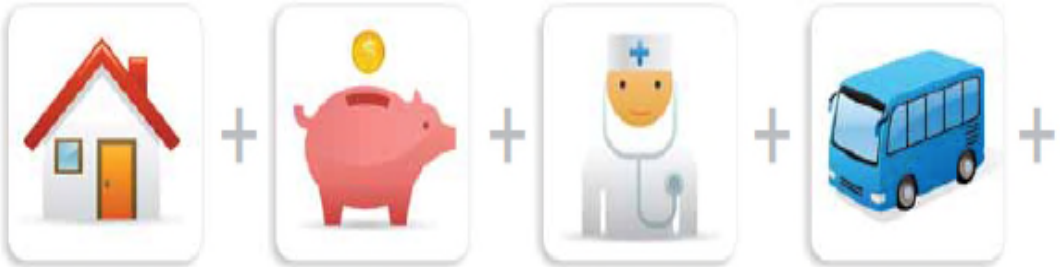


Source: U.S. Census Bureau, Population Division. 2012. "Table 12. Projections of the Population by Age and Sex for the United States: 2015 to 2060 (NP2012-T12)."

America Is Aging



Source: U.S. Census Bureau, 2000



Aging in PLACE

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

IN YOUR NEIGHBORHOOD

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.

101 Mobility

Sources: aarp.org ~ nahb.org ~ beaconhillvillage.org

Aging in Place Statistics

FROM YOUR FRIENDLY NEIGHBORHOOD BRANDING FIRM / Aging in place is: the ability for the elderly to continue to live in their own homes for as long as possible.

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 aides such as grab bars

60%

have made improvements to increase their ability to live independently

54%

of seniors want lever-handled door knobs

49%

of seniors want to modify their current homes

VS

38%

of seniors who want a new, **aging in place** ready home

27%

is the revenue increase business see by offering **aging in place** services

PERCENTAGES OF SENIORS 65 & Above

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

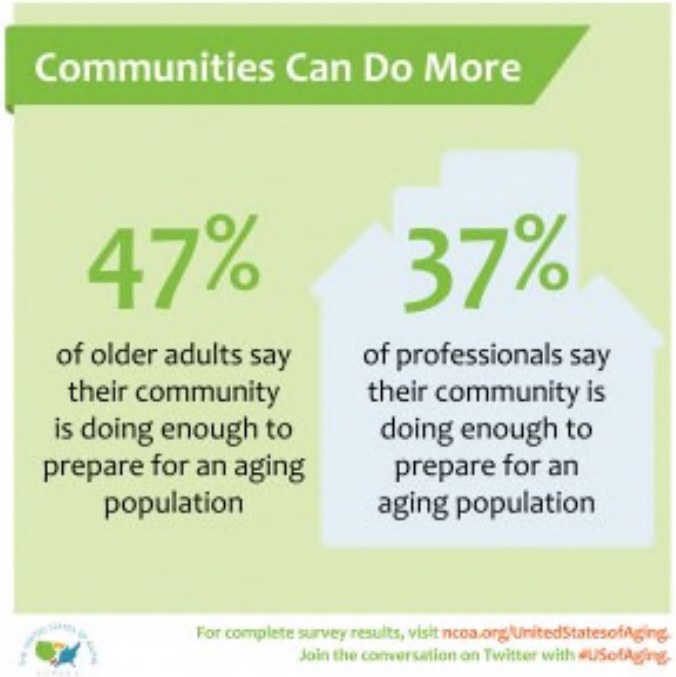
SO WHAT? How does this translate to me? You do the math.

1 Offer **aging in place** services	2 Talk to the **people you know**	3 **Marketing** to your target audience
Enter the total amount of business you do every year?	**Enter** the # of people you know that are over 65?	**Enter** Total Business you do every year
(x .27) **27%** is the increase seen by offering aging in place services	(x .90) 90% of seniors that want to age in place.	**Enter** the Increase from section #1
Muliply lines 1-2 This is the amount you could increase by offering to the aging in place services	**Muliply lines 1-2** This is the amount of seniors that you know that are interested in aging in place	**Enter** the Increase from section #2
	$16,523 **$16,523** The average $ amount spent.	**Add lines 1-3** Total projected business
	Muliply lines 3-4 Is the amount you can add to your total revenue.	(x .22) 22% Deksia increases a company's business **(x .22)**
		Muliply the above two lines Total Projected business increase when you allow us to help.

DEKSIA / A 100 Stevens Street SW / Grand Rapids, MI 49507 / EMAIL info@deksia.com T 616.570.8111 T 616.328.6444 DEKSIA.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).

THE UNITED STATES OF AGING SURVEY



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.

American Planning Association
Making Great Communities Happen

Using smart growth and universal design to link the needs of children and the aging population – Mildred Warner

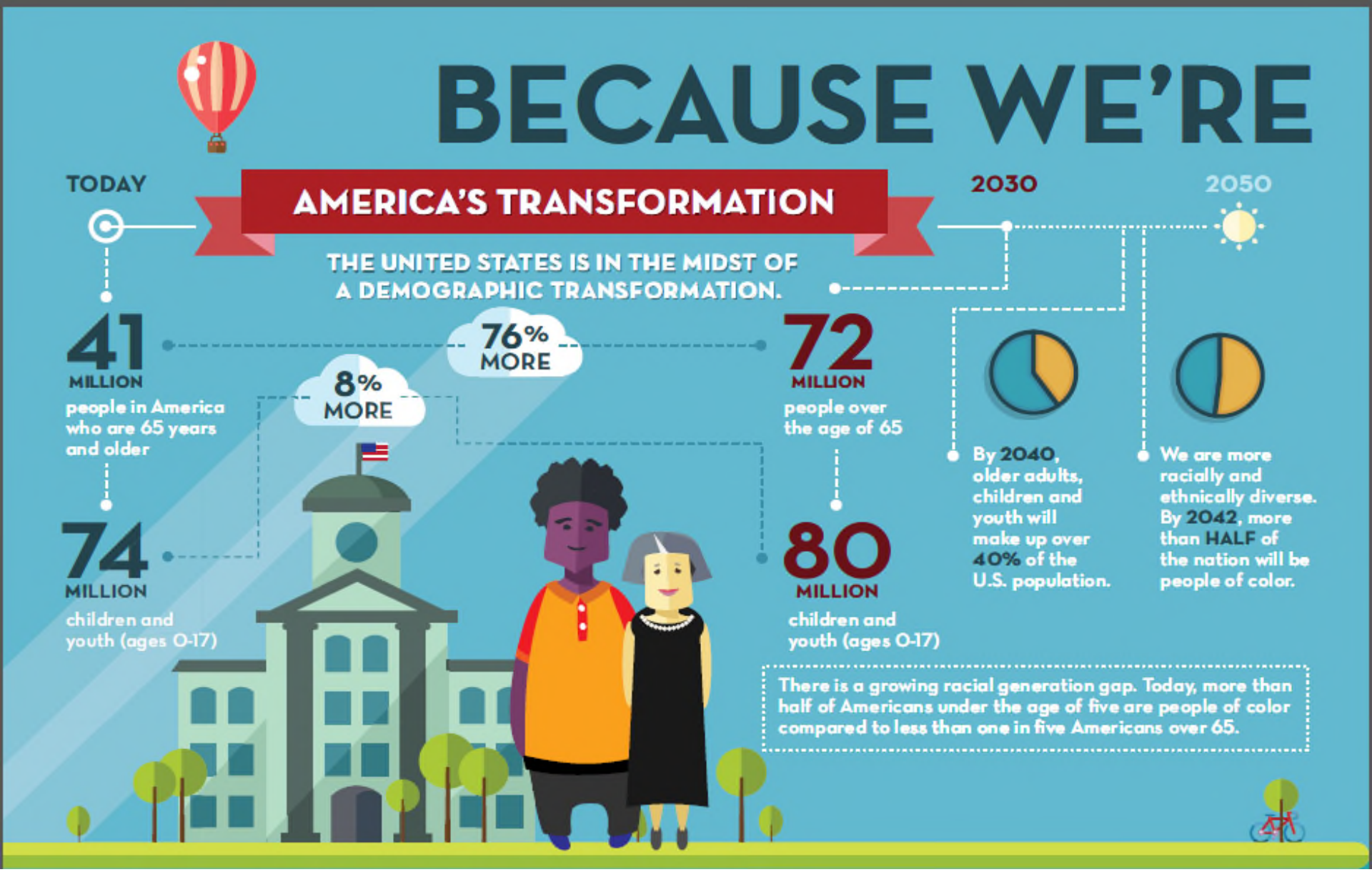
Emerging Issues

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**



Creating An Age-Advantaged Community: A Toolkit for Building Intergenerational Communities that Recognize, Engage and Support All Ages (2015) – **Generations United and Metlife Foundation**

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

Age friendly cities

According to the WHO, an age-friendly city is "an inclusive and accessible urban environment that promotes active aging." In practical terms, an age-friendly city adapts its structure and services to be accessible to and inclusive of older people with varying needs and abilities.

The Age-friendly City

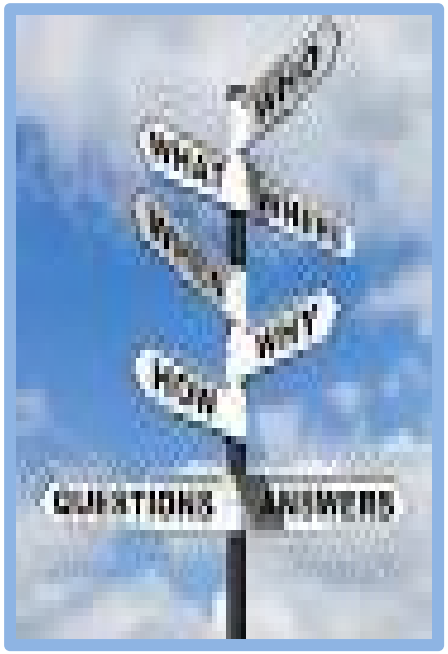
❖Better Housing

❖Greater mobility

❖More access to good food

❖ More interaction with neighbors

NEXT Presenters



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Reframing the Aging and Livability Debate

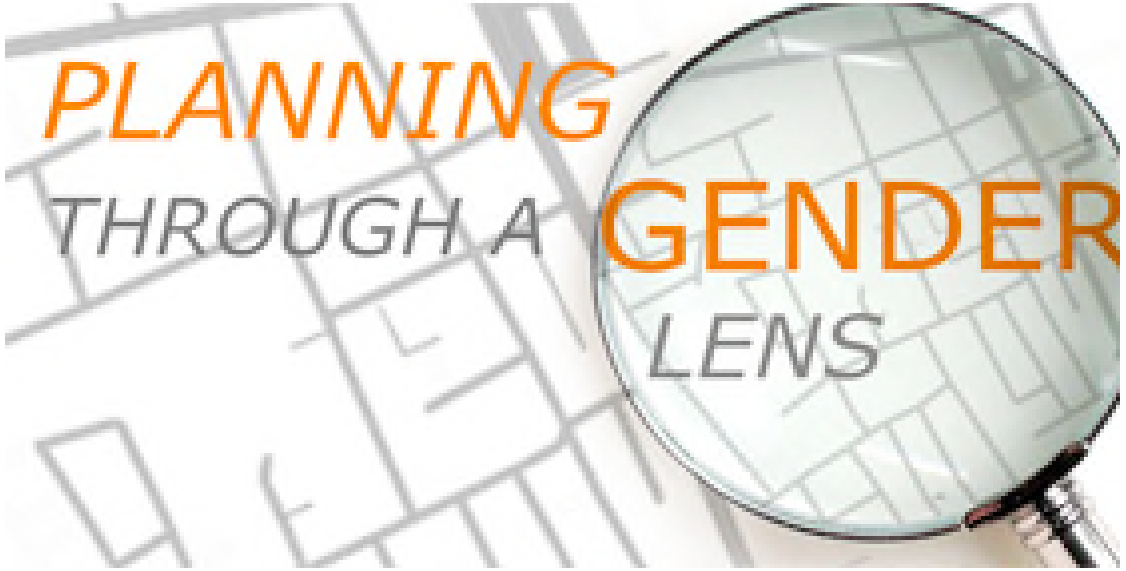
Mildred E. Warner and Amanda C. Micklow
Department of City and Regional Planning
Cornell University

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?

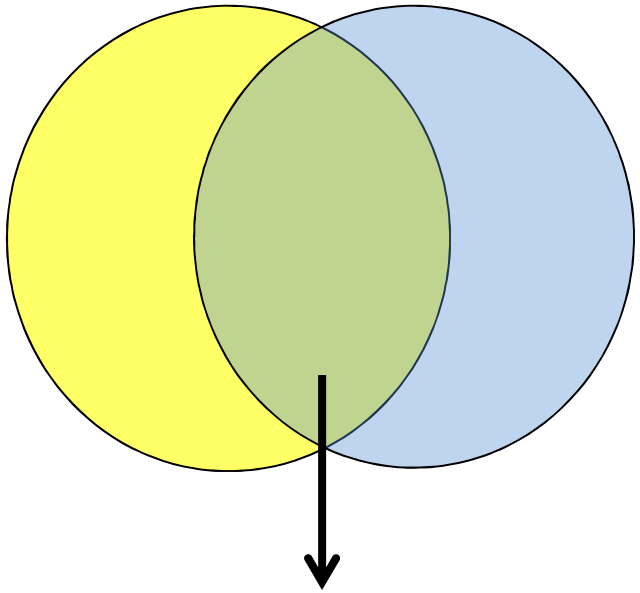
Planning Across Generations

Core Principles

unicef

Child-Friendly Cities

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



Many Common Elements

World Health Organization

Age-Friendly Cities

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

Need an All-Inclusive Planning Approach

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

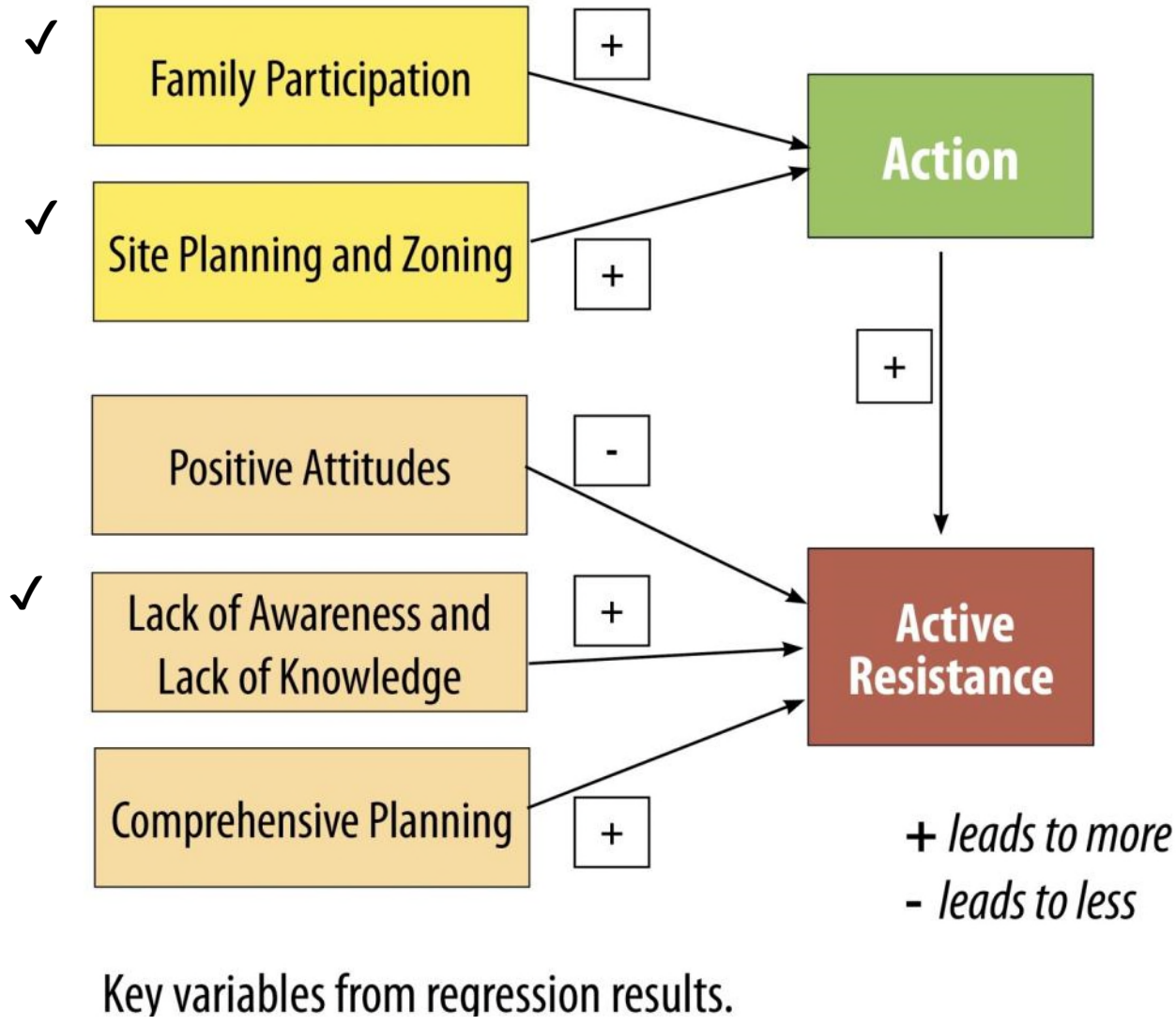
What Would a Gender Lens Look Like?

- 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



Key variables from regression results.

PAS Memo, 2008, Planning for Family Friendly Communities, Israel and Warner

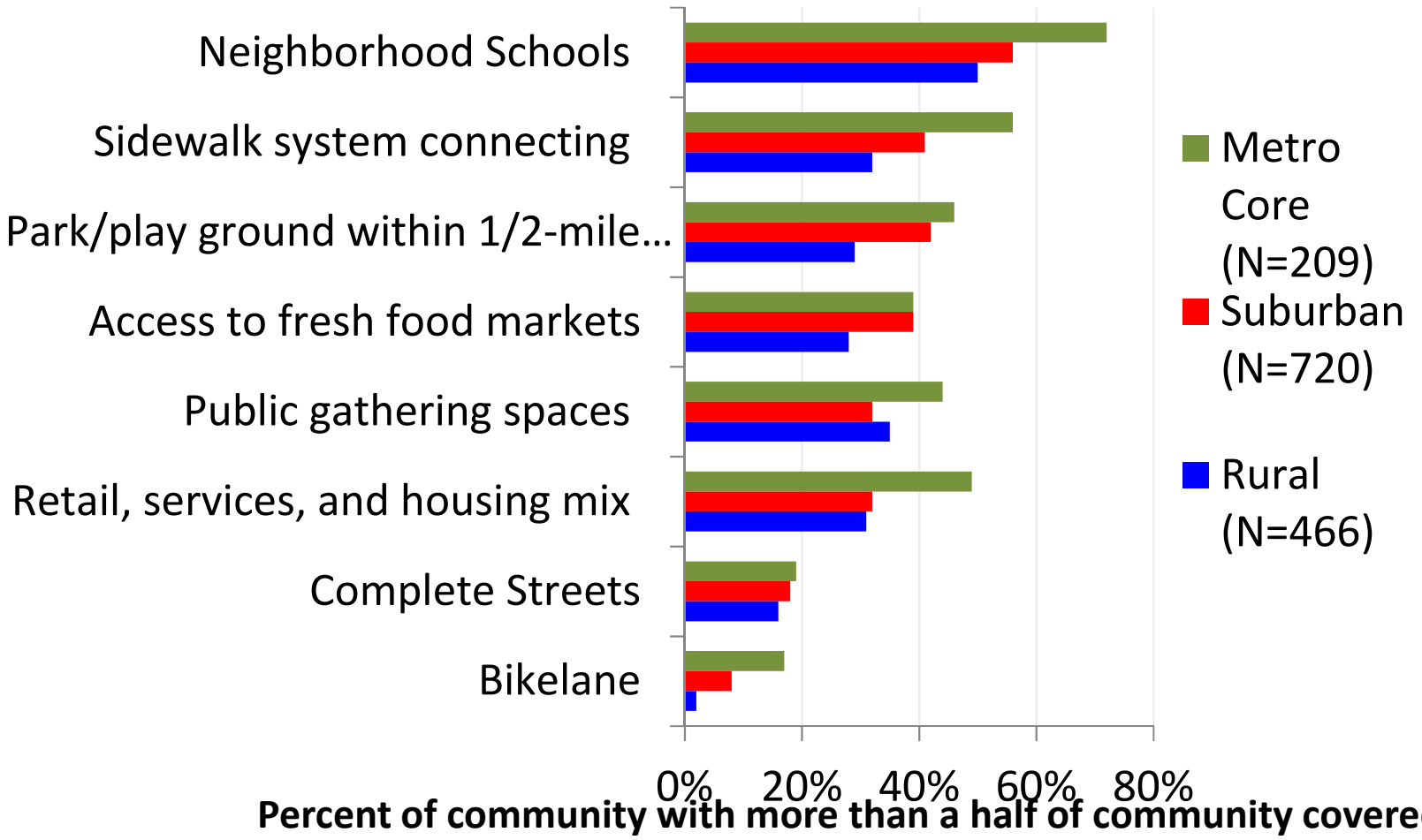
Warner, M.E. and J. Rukus (2013), Planners' Role in Creating Family Friendly Communities: Action, Participation and Resistance, *Journal of Urban Affairs*

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

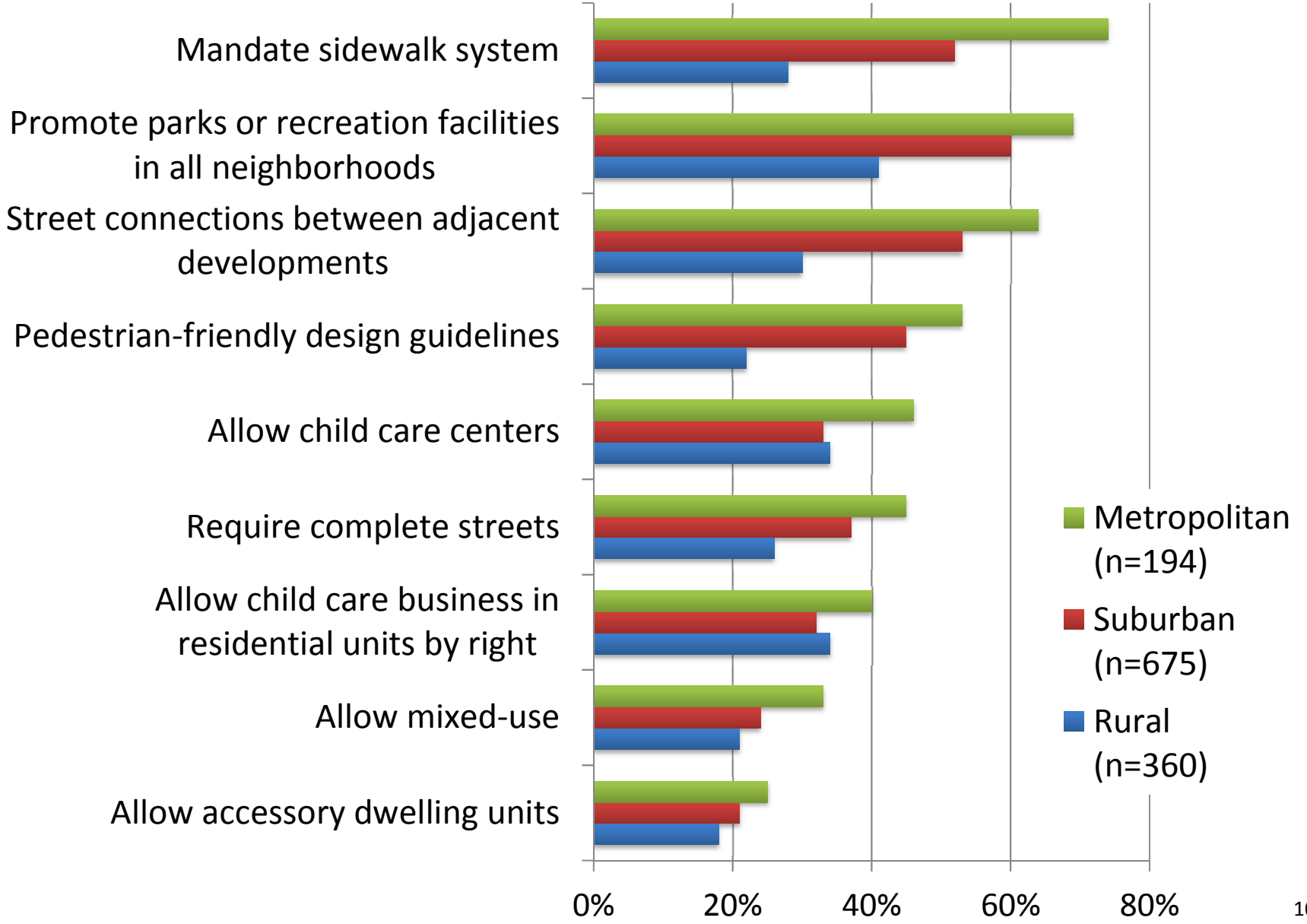
Built Environment Not Optimal

Planning Across Generations Survey, 2013, 1478 city managers responding



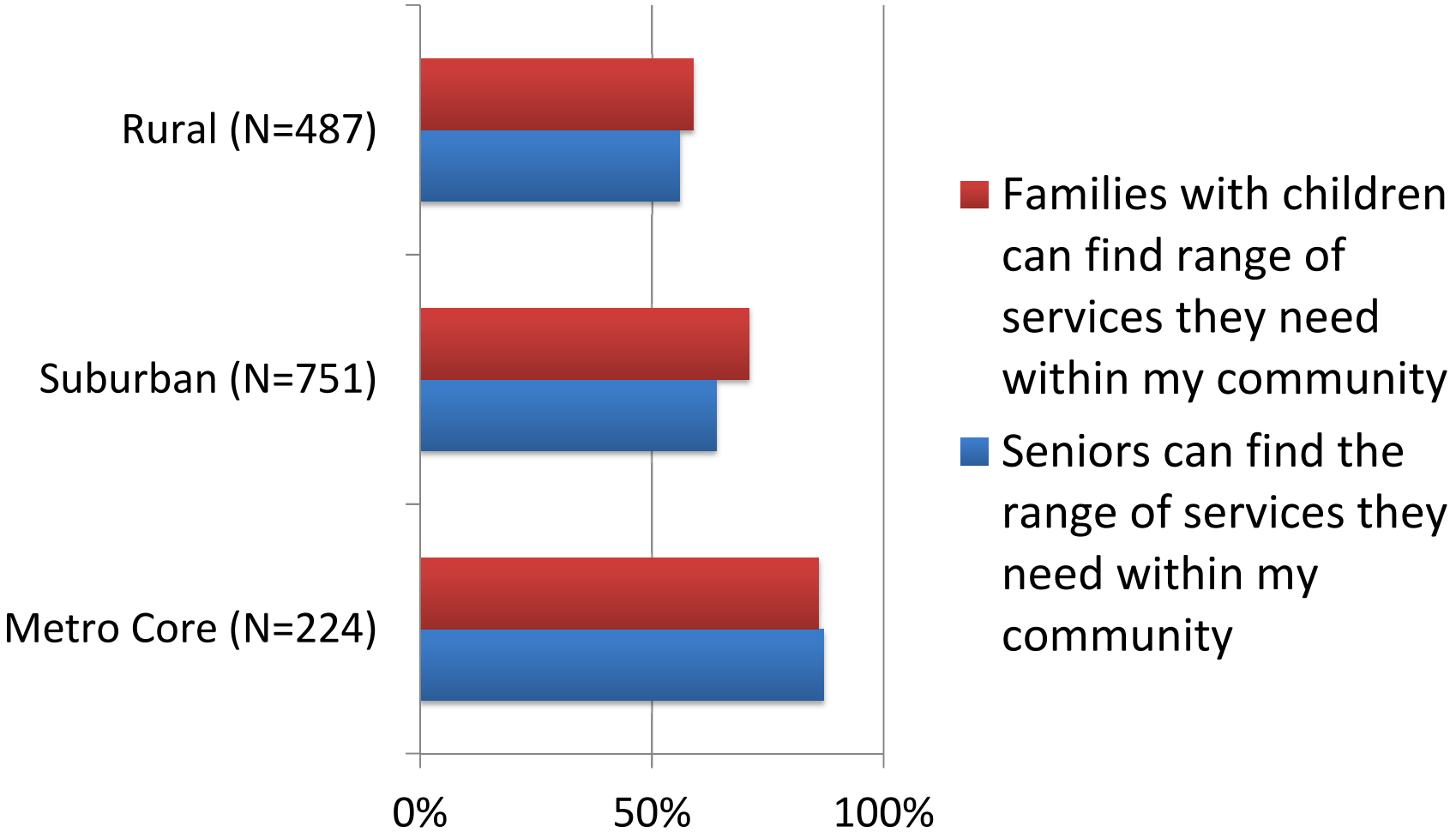
Zoning Regulations Lag Behind

ICMA Planning Across Generation Survey, 2013 (1,478 city managers responding)



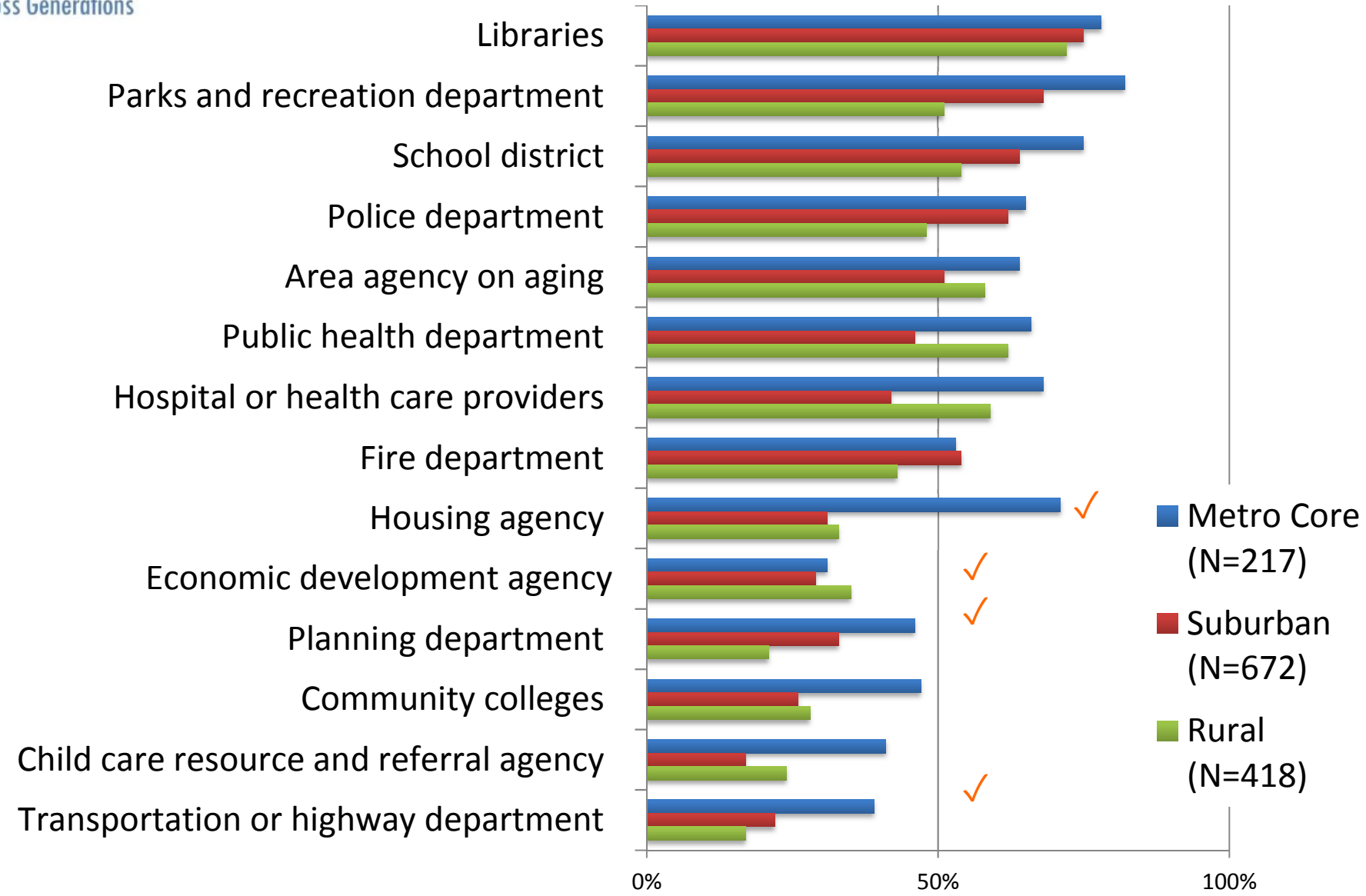
Service Delivery Also Lags in Suburbs and Rural Areas

Planning Across Generations Survey, 2013, 1478 city managers responding



Cross Agency Partnerships Needed

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



Planning Across Generations Survey, 2013, 1478 city managers responding

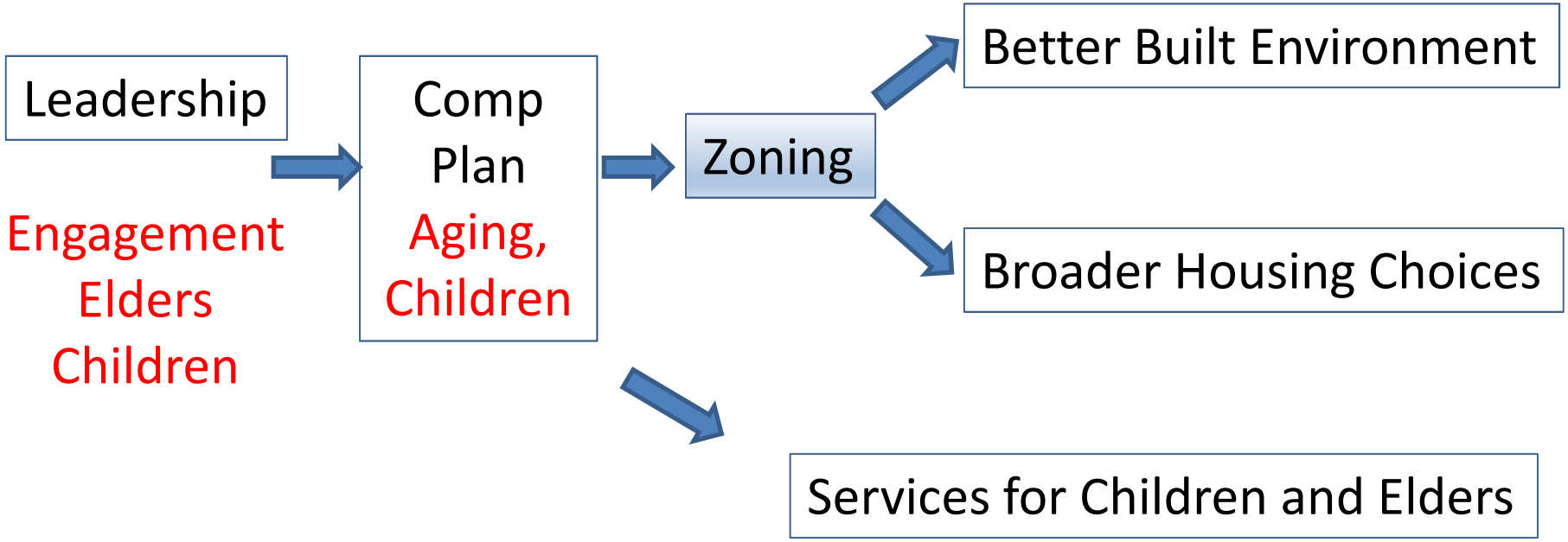
How do we get more attention to the needs of children and seniors in our plans?

	Emergency Plan	Comprehensive Plan	Economic Development Plan
Do You Have?	91%	77%	57%
Does Your Plan Specifically Address?			
Seniors	66%	53%	31%
Children/Youth	60%	53%	31%

Planning Across Generation Survey, 2013 (1,478 city managers)

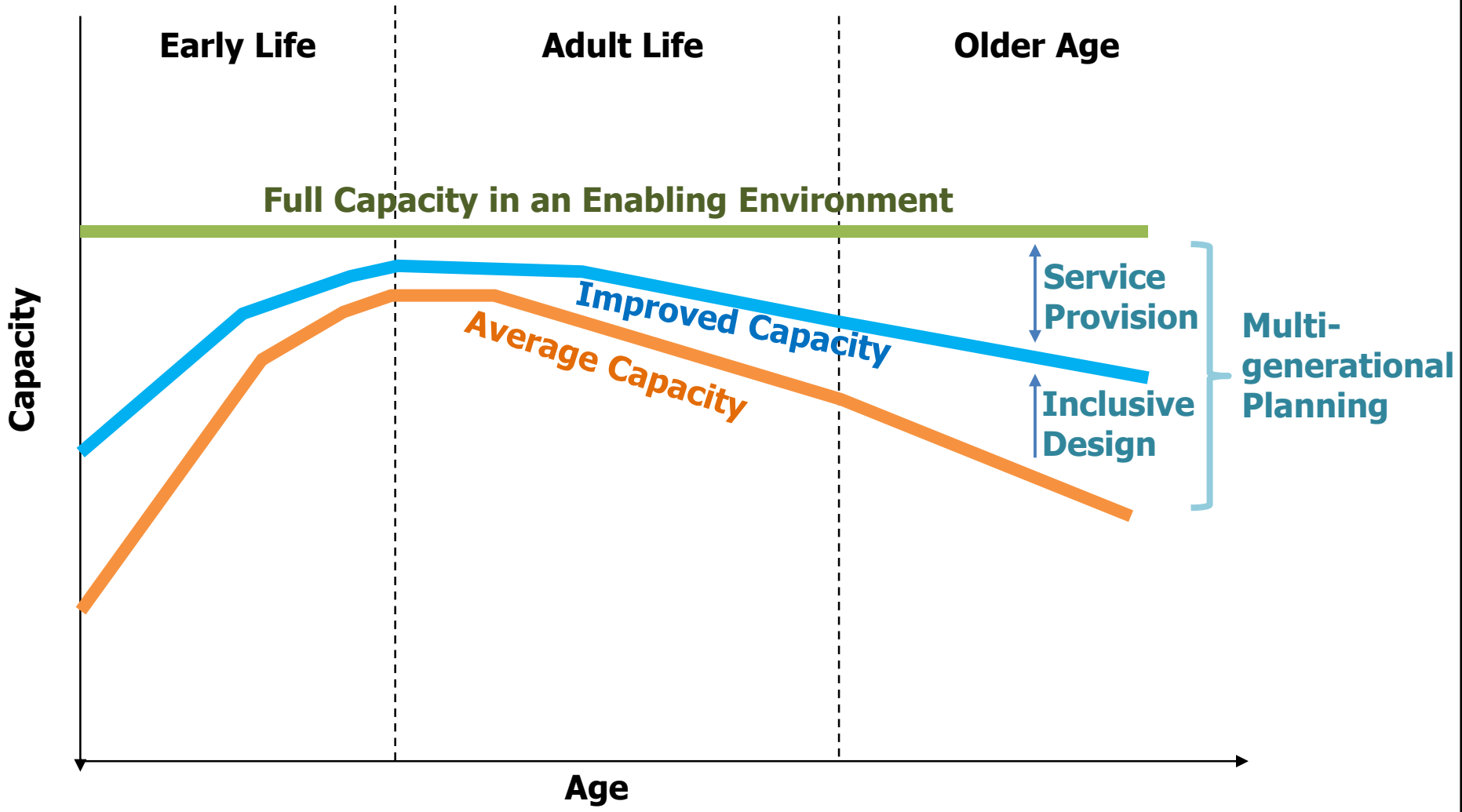
What Leads to Change?

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



Planning Across Generation Survey, 2013 (1,478 city managers)

Linking planning and services can benefit all genders and all ages

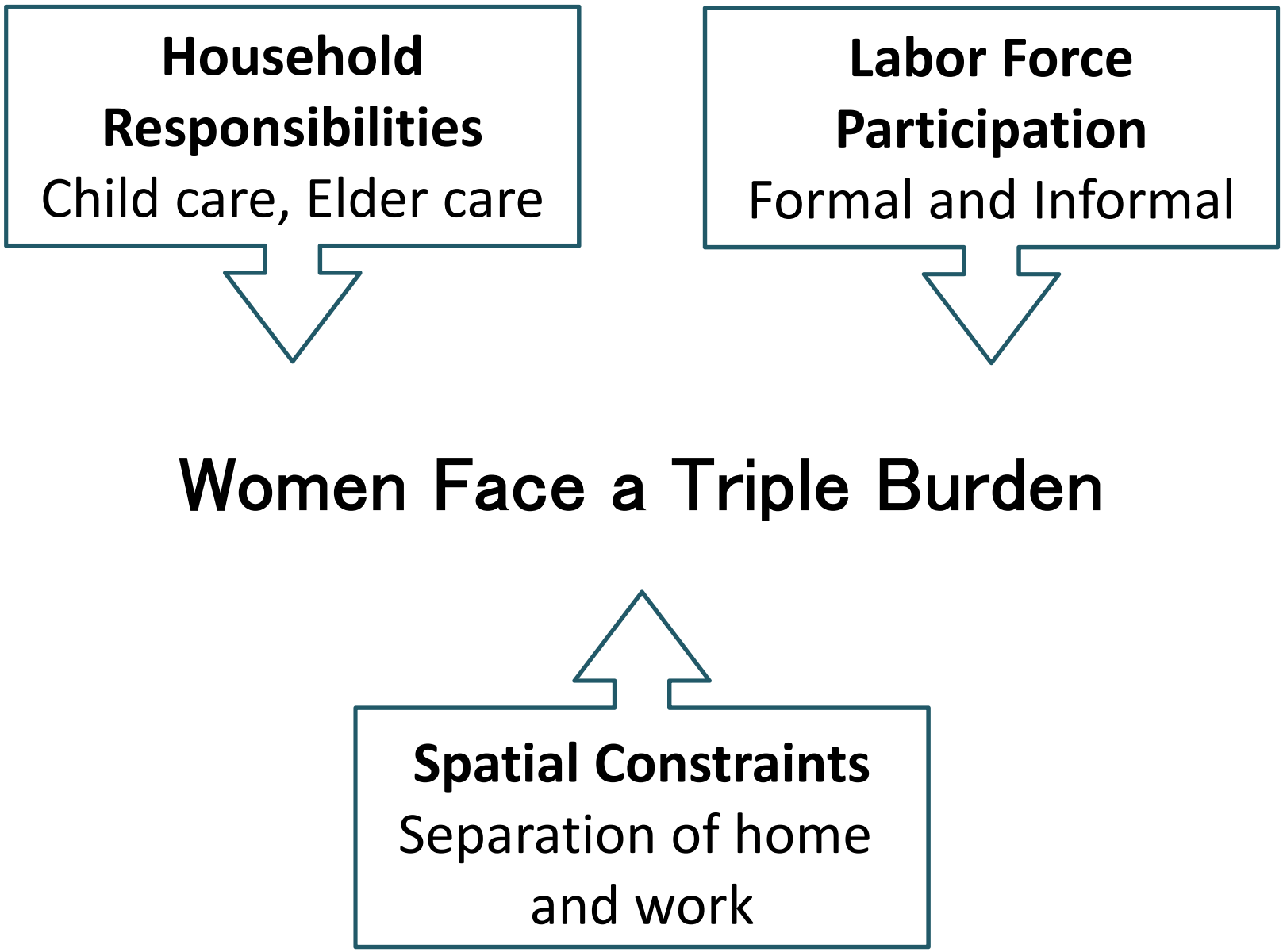


Source: Warner et al. 2016, Journal of Planning Education and Research

Can a focus on women help meet the needs of children and elders?

The link between gender and aging

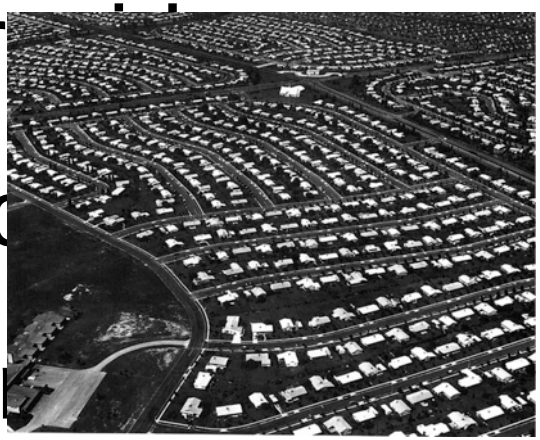
WHY GENDER?


Household Responsibilities
Child care, Elder care
Labor Force Participation
Formal and Informal
Women Face a Triple Burden
Spatial Constraints
Separation of home and work

Planning Across Generations

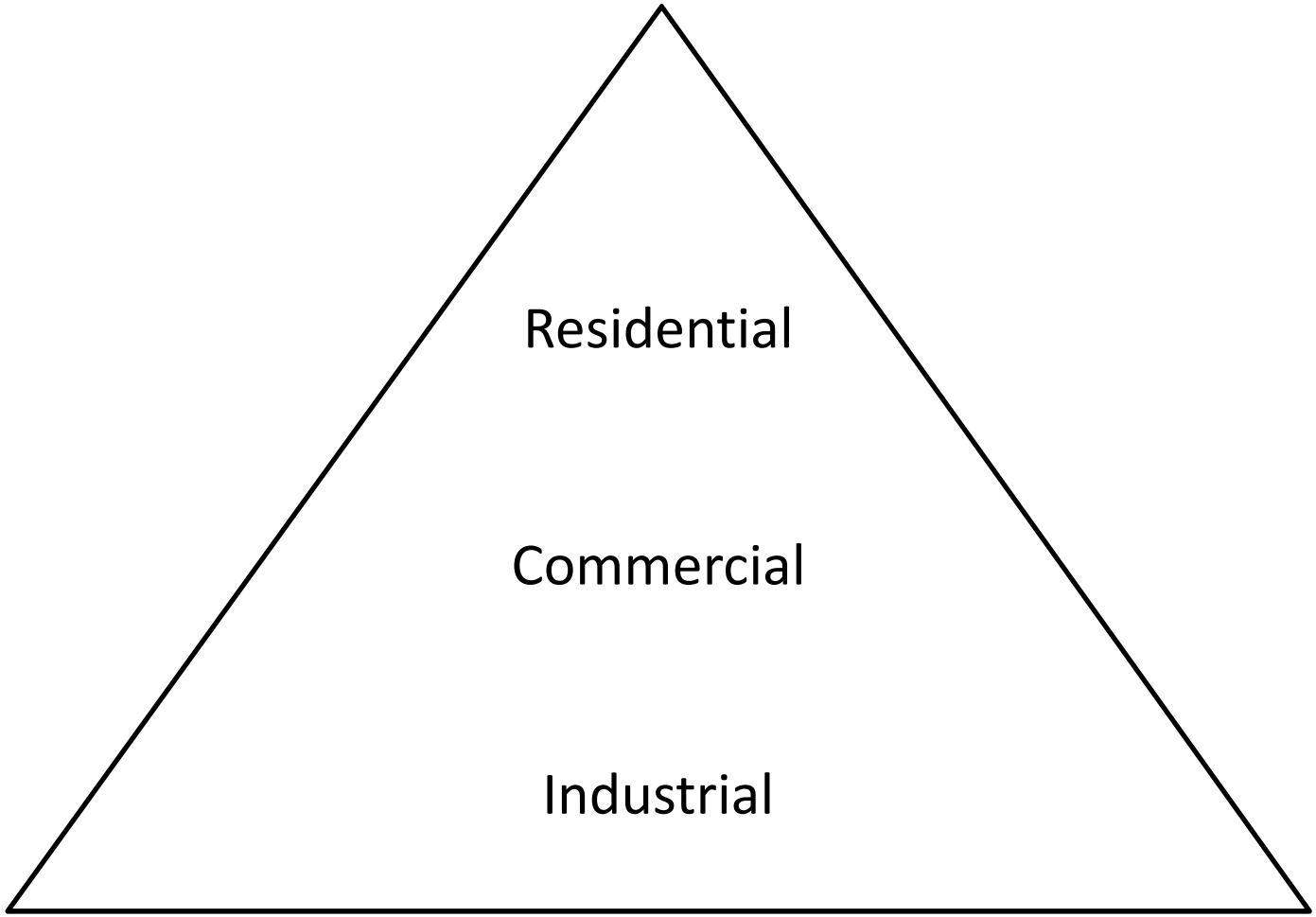
Spatial Constraints

- Separation workplace and r
- Location of child and elder c
- Limited transportation optio
- Restrictive family definitions

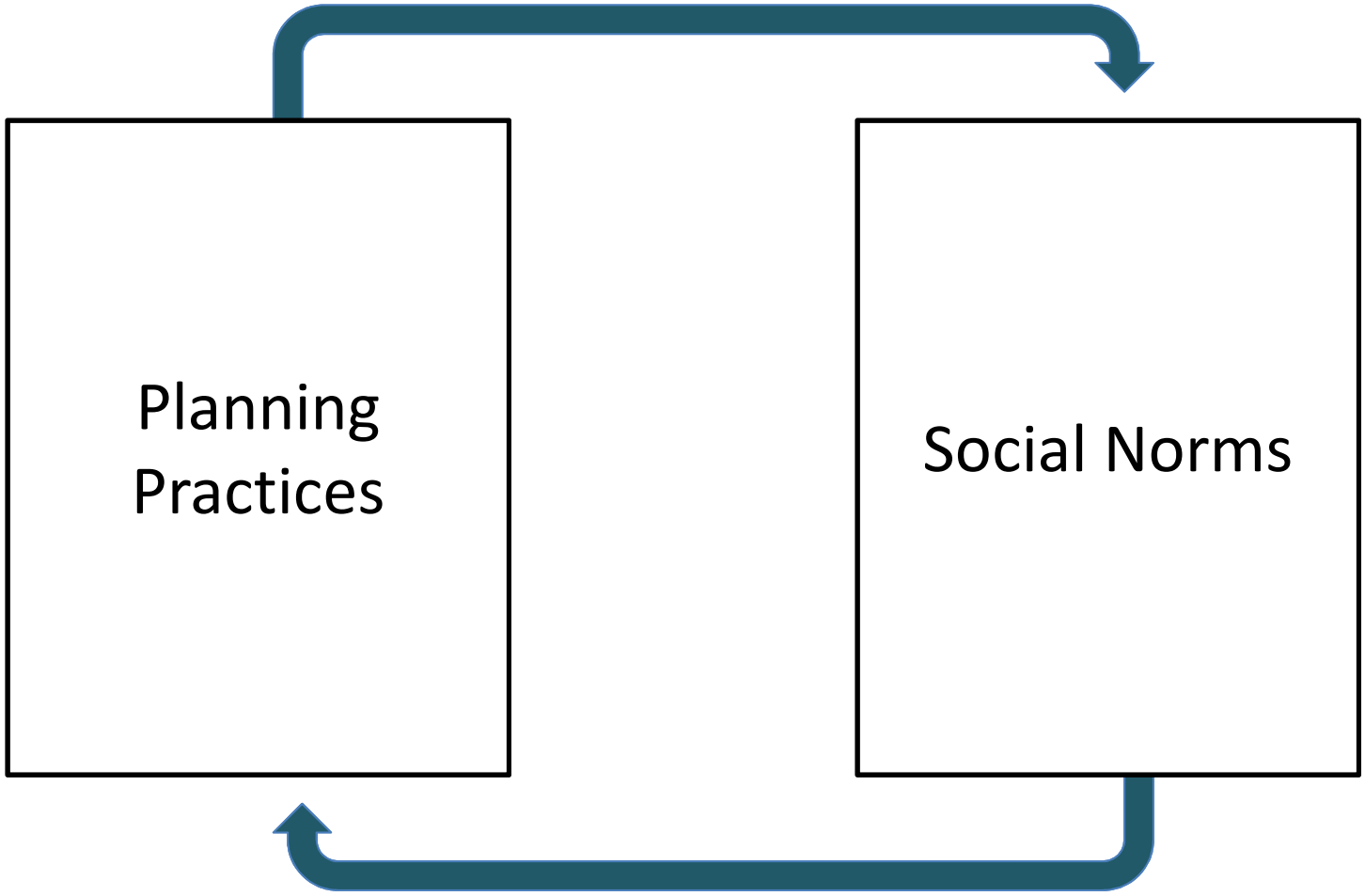


Planning Across Generations

Foundations of Zoning



Planning Constructs



Planning Across Generations

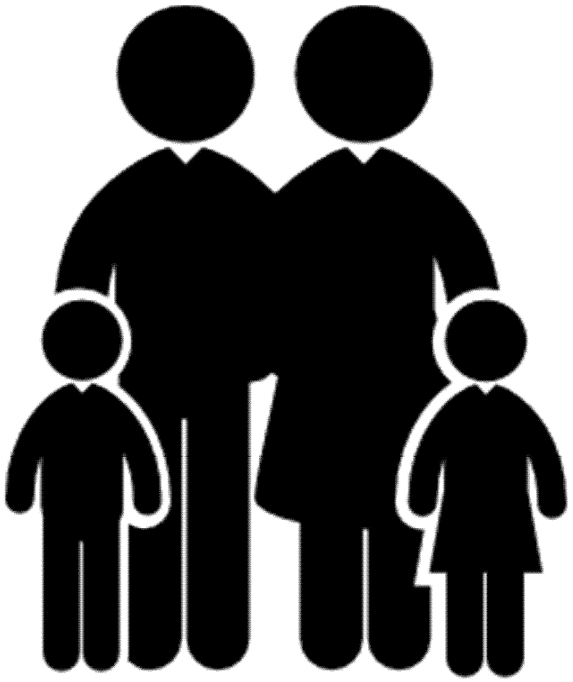
Village of Euclid v. Ambler Realty Co. (1926)

…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…

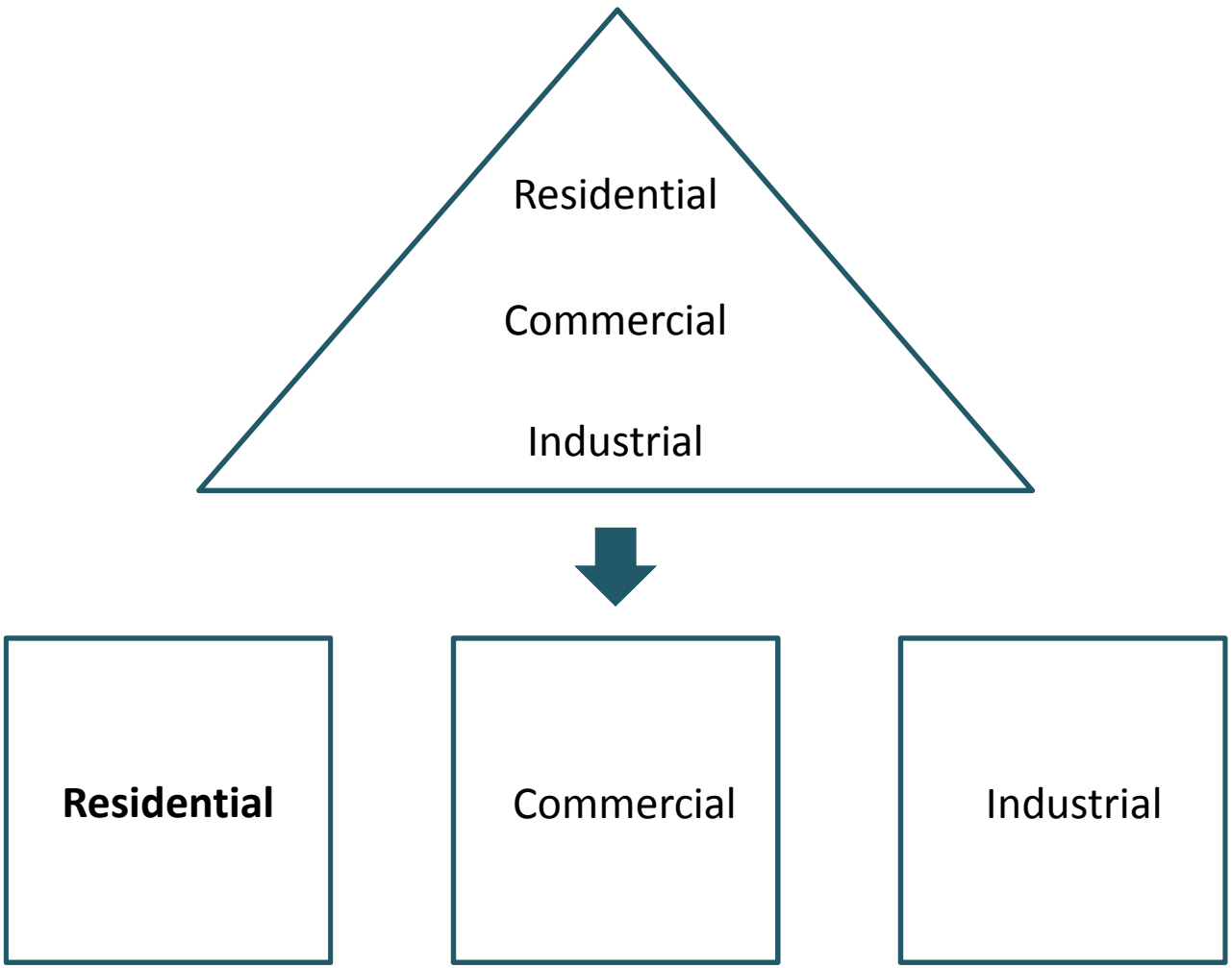
Planning
Across Generations

Single-Family



Planning Across Generations

Change in Zoning

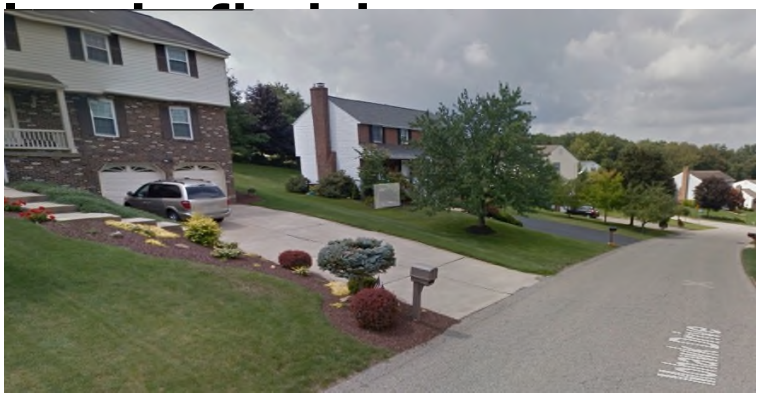


Postwar Planning Cycle

Planning Across Generations

The Landscape Today

- Separation workplace and residence
- Supply and location of child and elder care
- Limited transportation options
- Res

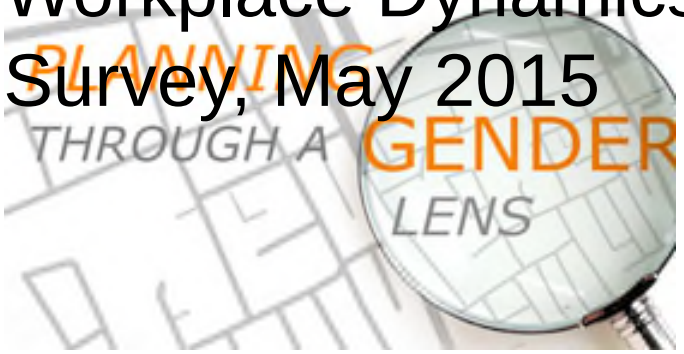


Demographics Today

- 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?
  - Comprehensive planning
  - Transportation planning
  - Land use actions
- If so, what are the drivers?

Planning Across Generations

Comprehensive Planning

2% of plans pay attention to the needs of women.

55% of plans pay attention to the needs of an aging population.

Planning Across Generations

Transportation Planning

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

Planning Across Generations

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

Planning Across Generations

Land Use Actions

30% of communities **allow accessory apartments** in low density zones by right

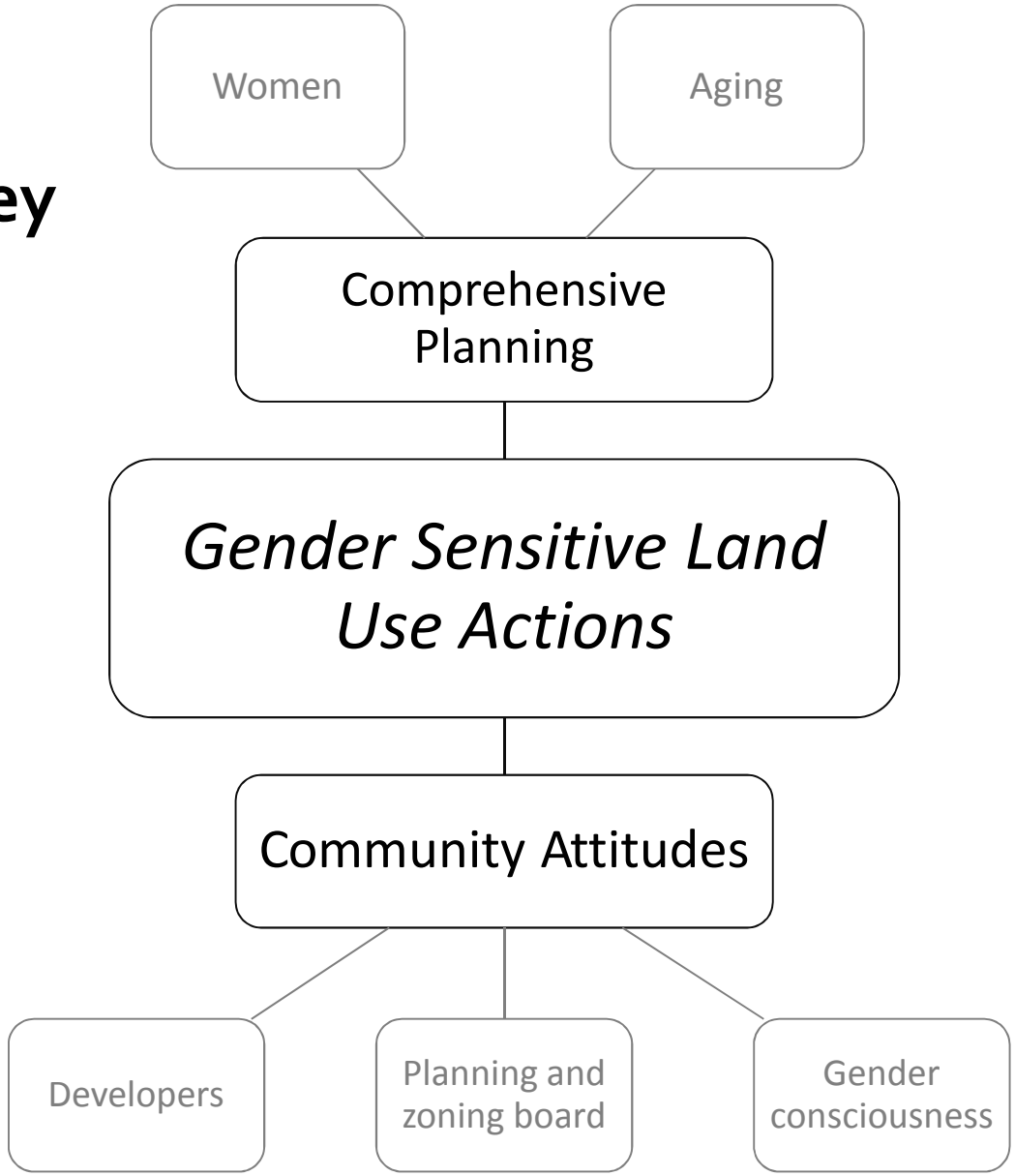
16% of communities **allow retrofitting** single family homes for two families

52% of communities **allow other home-based businesses** in residential zones by right

Women and Aging Survey

2014

624 planners responding

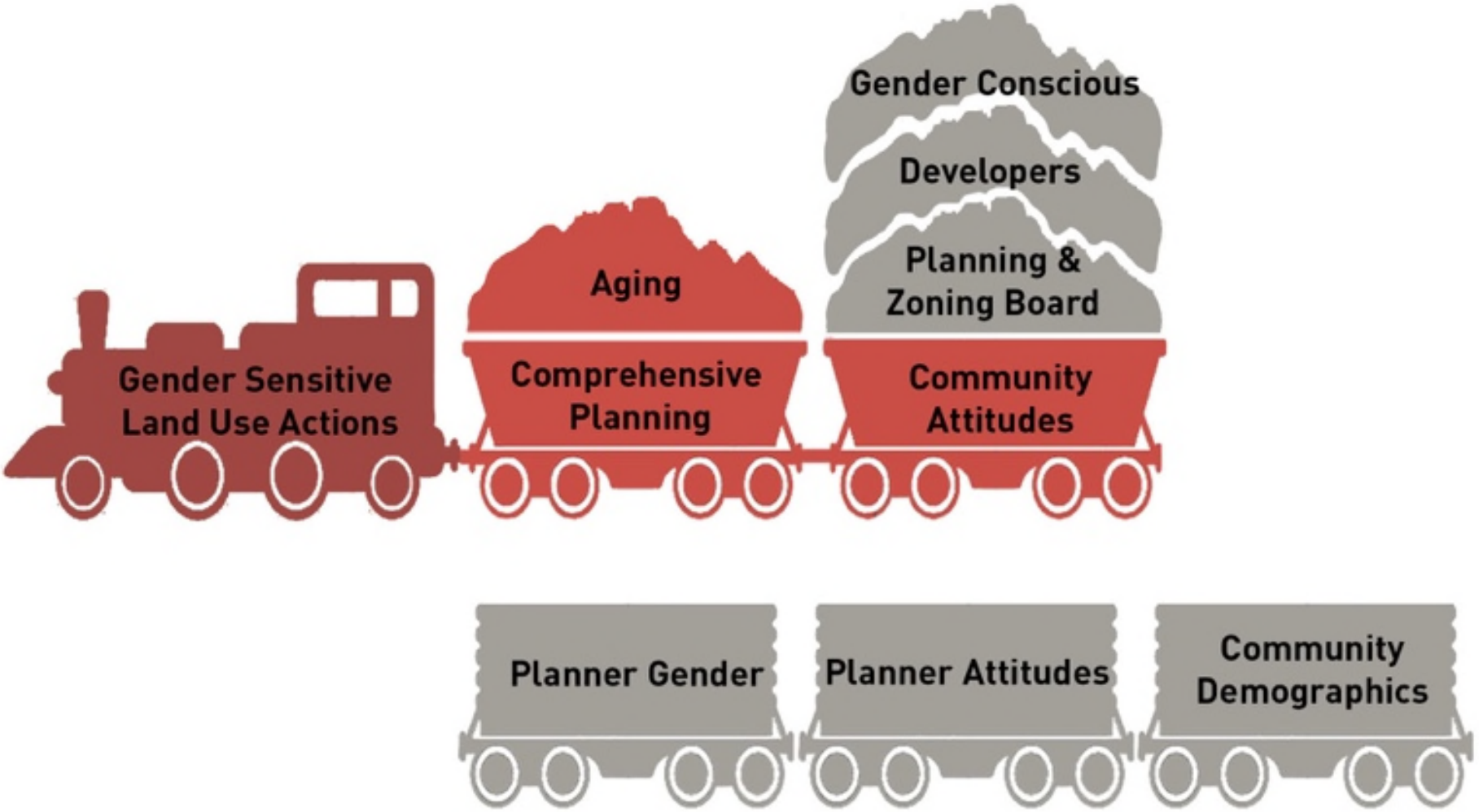


Planning
Across Generations

What Drives Gender Sensitive Land Use?

Planning Across Generations

Gender Rides the Aging Train



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

Forging Neighborhoods for All Generations

Session - 569

The AARP Network of Age-Friendly Communities

Presented by Melissa Stanton

Editor, AARP.org/Livable

Advisor, AARP Livable Communities Programs

Community, State and National Affairs

Washington, D.C.

APA 2016 National Planning Conference

Webinar | May 20, 2016

AARP® Real Possibilities

AARP LIVABLE COMMUNITIES

76 million American children were born between the years 1945 and 1964

Photo from iStock.com

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.

Photos from iStock.com

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.

Photo courtesy Melissa Stanton

Survey after survey finds that today's older adults want to remain in their homes.

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

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.

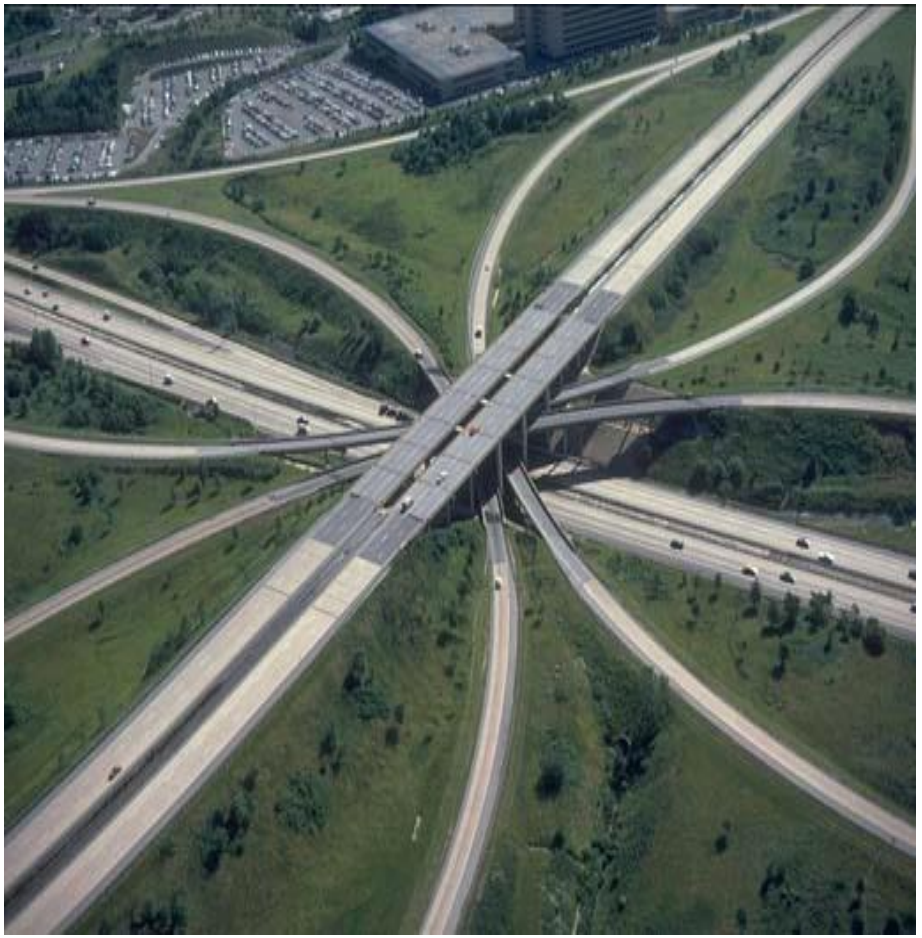
Photo from ThinkStock.com

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."

Source: AARP Home and Community Preferences of the 45+ Population, 2014

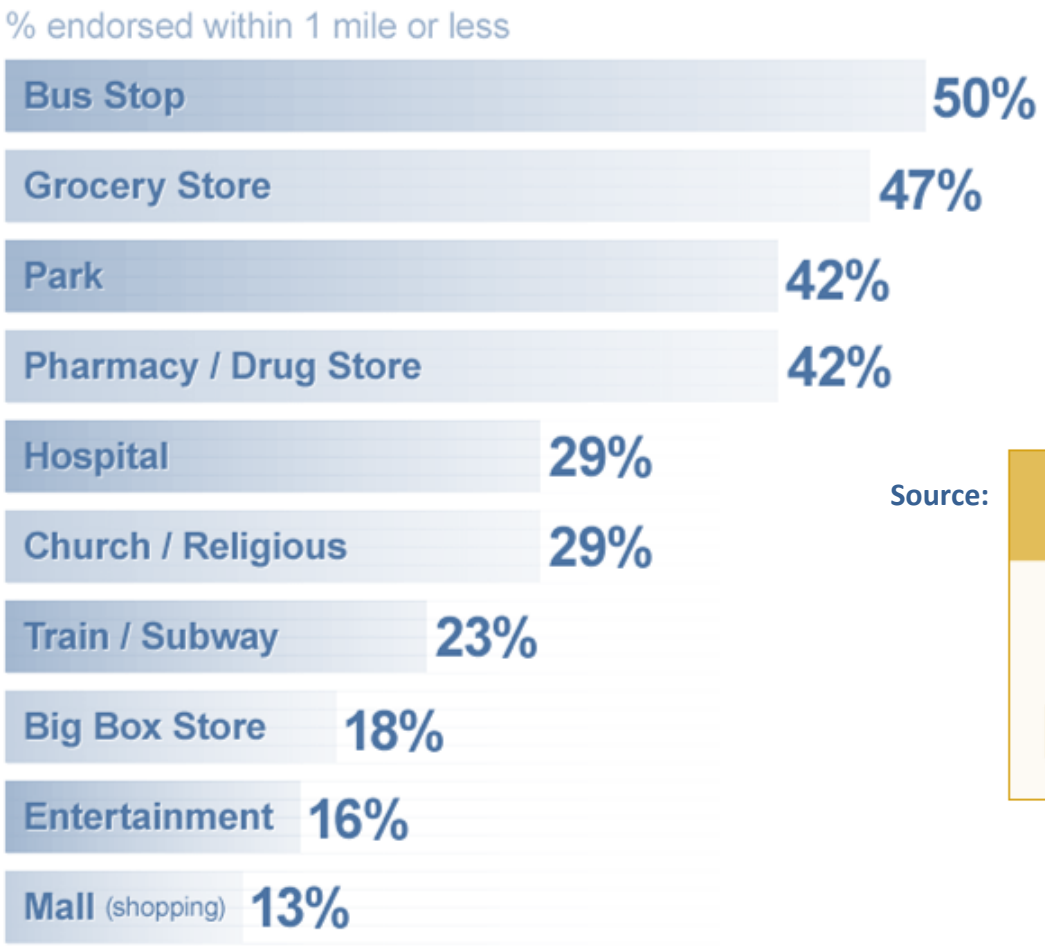


But for the past 50 years, communities have developed around motor vehicles as the principal form of transportation. Adults who don't or no longer drive are often out of luck.

Photo from ThinkStock.com

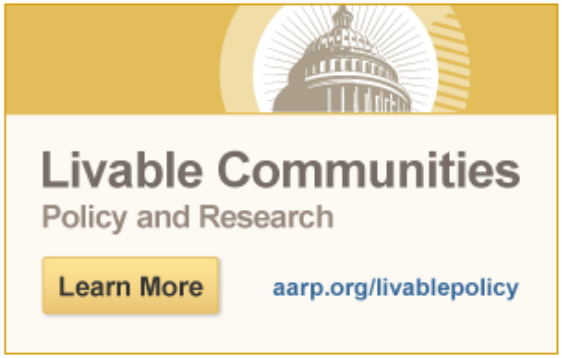
What Community Amenities Do Older Adults Want Close to Home?

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/**



Source: AARP Public Policy Institute

Source:



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**

Age-Friendly and Livable 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

Photo from ThinkStock.com

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

Text | Print | Share | Email | Share | Tweet | Like 99

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.)

An age-friendly community is livable for people of all ages. — *Getty Images*

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.

World Health Organization

Adding life to years

Home | About | WHO Global Network

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.

List of Affiliated Programmes

- AARP Network of Age-friendly Communities (USA)
- Age-friendly Ireland (Ireland)
- AGE Platform Europe
- International Federation on Ageing (International)
- Municipalité Amie des Aînés (MADA) (Québec, Canada)
- Pan-Canadian Age-friendly Communities Initiative (Canada)
- Regional Programme Bashkortostan (Russian Federation)
- Réseau francophone des villes amies des aînés (International)
- Slovene Network of Age-friendly Cities (Slovenia)
- Spanish National Programme on Age-friendly Cities (Spain)
- UK Network of Age-friendly Cities (UK)

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'

[redacted] Community Association is a sprawling south Florida community of over 1,000 individual homes. Located in the heart of the Greater [redacted] 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

Photo from iStock.com

AARP Real Possibilities

Livable Communities
Great Places for All Ages℠

ABOUT US | LIVABLE IN ACTION | HOUSING | GETTING AROUND | TOOL KITS & RESOURCES | A-Z ARCHIVES | MORE FROM AARP ▼

AARP Network of Age-Friendly Communities Tool Kit

The Member List

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

AARP Livable Communities, Updated March 2016

Like 97 | Tweet | G+1 3 | Share

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.

An age-friendly community is a livable community for people of all ages. — Image by Getty

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.

One in Three Americans is Now 50 or Older

By 2030 one out of every five people in the United States will be 65-plus.

Will your community be ready?

Visit us often at aarp.org/livable

Search Livable Communities

Enter a keyword (topic, name, state, etc.)

Find

Network of Age-Friendly Communities

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

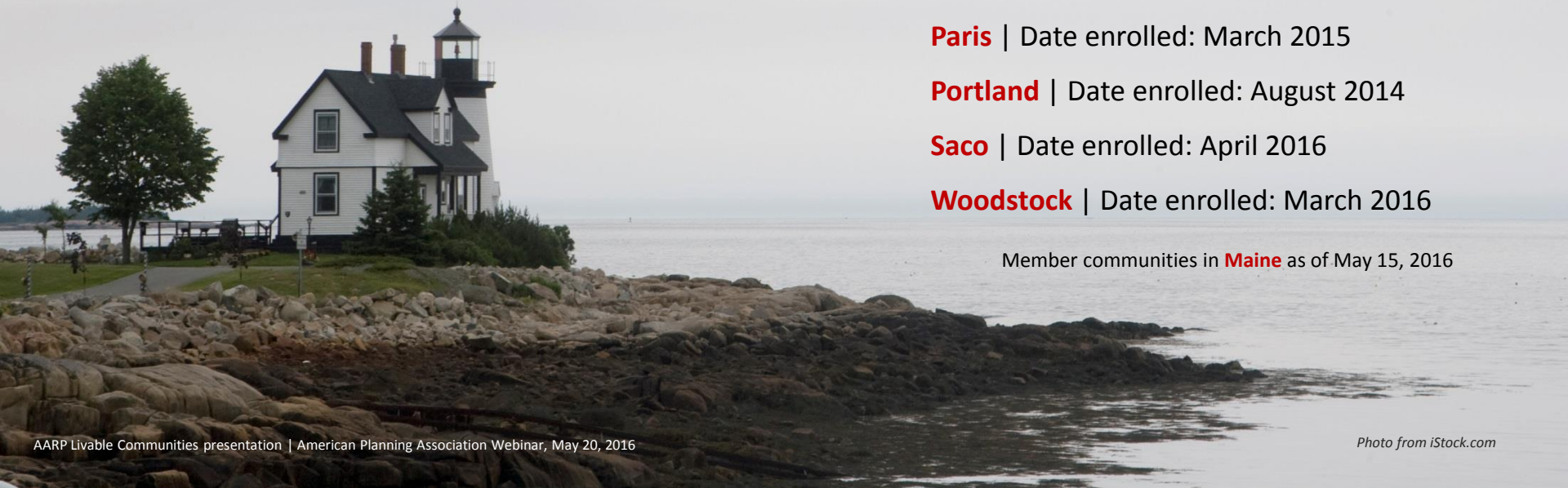


Photo from iStock.com

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

MARYLAND
- Montgomery County

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

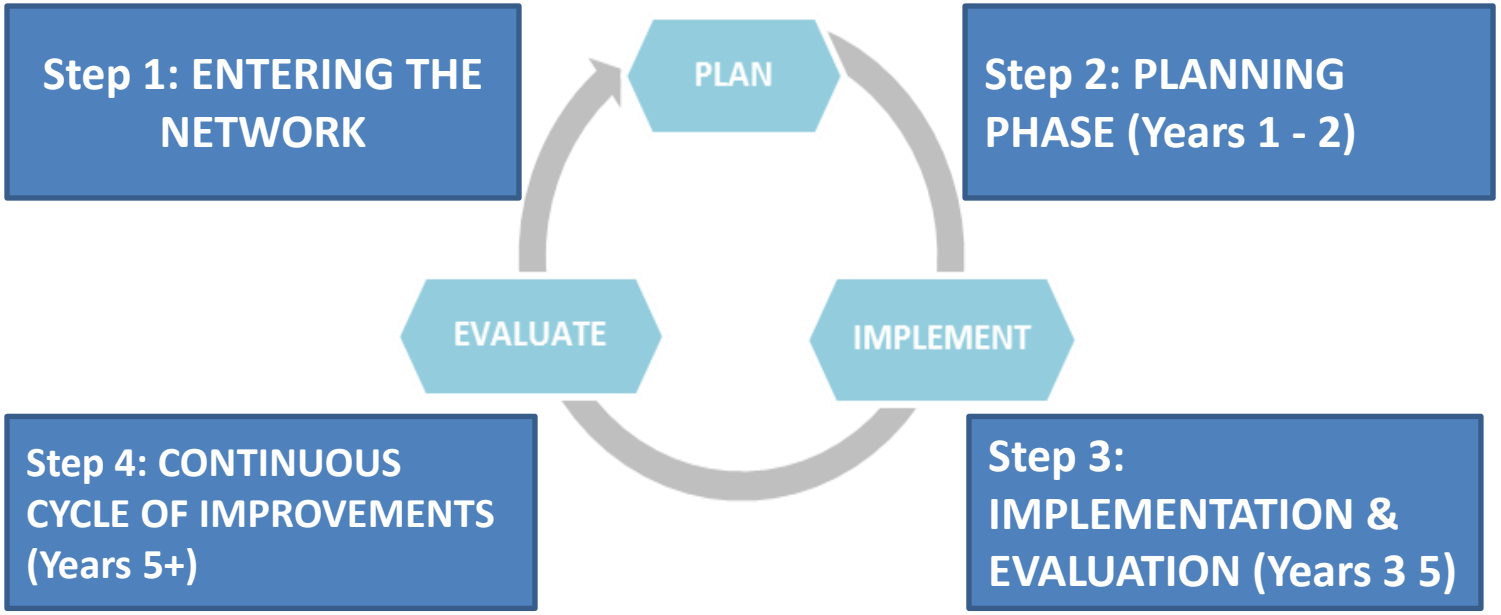
TEXAS
- Austin
- Brownsville
- Dallas
- Fort Worth
- Houston
- San Antonio

UTAH
- Salt Lake City

VERMONT
- Newport

Updated April 1, 2016

The Age-Friendly Cycle for Network Communities



The AARP Network of Age-Friendly Communities Online Tool Kit

An age-friendly community is livable for people of all ages. — Getty

Learn how a town, city or county can join the AARP Network of Age-Friendly Communities:

Introduction
1. Getting Started
2. Planning
3. Implementation
4. Evaluation
5. Connecting

Learn more about the age-friendly network and see the member list

Step 1: Getting Started

Review the World Health Organizations "8 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"**

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

---

Step 3: Implementation (Year 3 - 4)

Here's how to successfully transition from the planning to implementation phase to forming program strategies. Read

---

Step 4: Evaluation (Year 4 - 5)

Advice for how to develop and assess an evaluation framework that links back to the action plan. Read

---

Step 5: Connecting (Years 1 - 5+)

Find resources about how communities can support one another's efforts within the national and international networks. Read

1. **Outdoor Spaces and Buildings**

2. **Transportation**

3. **Housing**

4. **Social Participation**

The AARP Network of Age-Friendly Communities

and work within

The 8 Domains of Livability

help communities become great for people of all ages

5. **Respect and Social Inclusion**

6. **Civic Participation and Employment**

7. **Communication and Information**

8. **Community and Health Services**

Learn more at **AARP.org/agefriendly**

AARP Real Possibilities

AARP LIVABLE COMMUNITIES

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.

Images from the 2015 AARP Inspiring Communities Report

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.

Images from the 2015 AARP Inspiring Communities Report

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.

Images from the 2015 AARP Inspiring Communities Report

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.

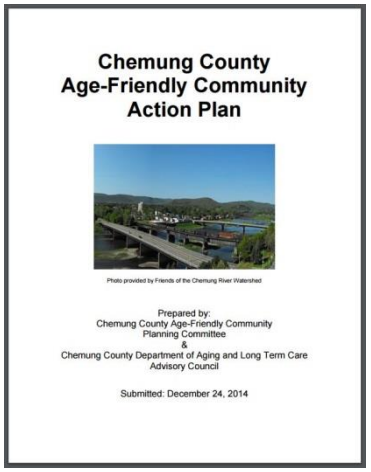
Domain 8

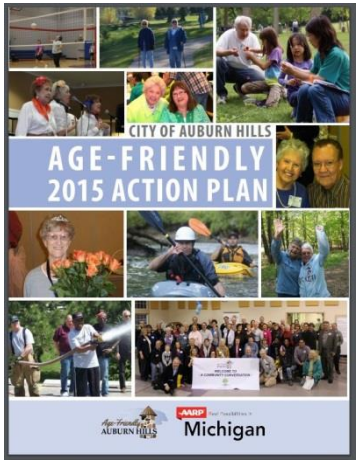
Community and Health Services

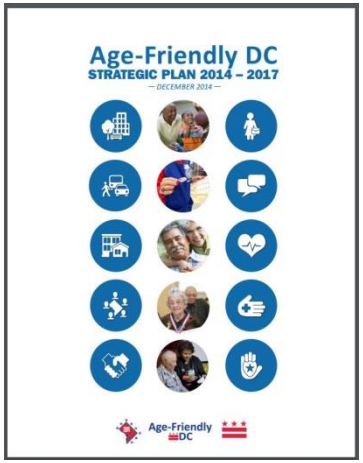
At some point, everyone gets hurt, becomes ill or simply needs a bit of help. While it's important that care be available nearby, it's essential that residents are able to access and afford the services required.

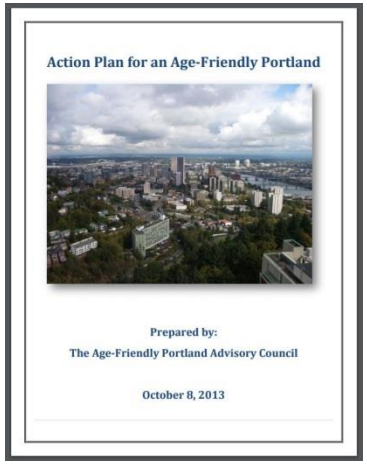
Images from the 2015 AARP Inspiring Communities Report

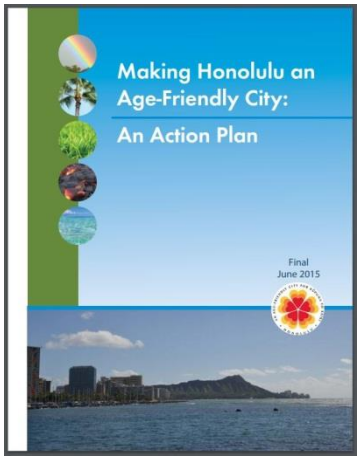
The Age-Friendly Action Plans are *rolling in!*

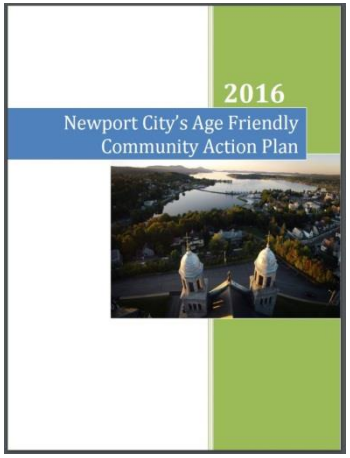


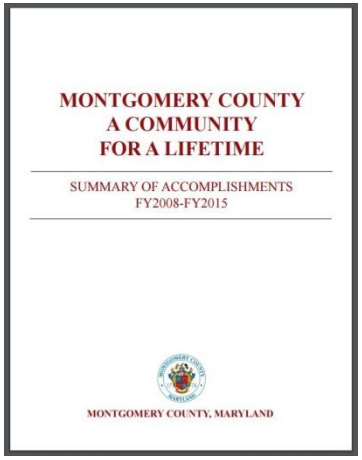


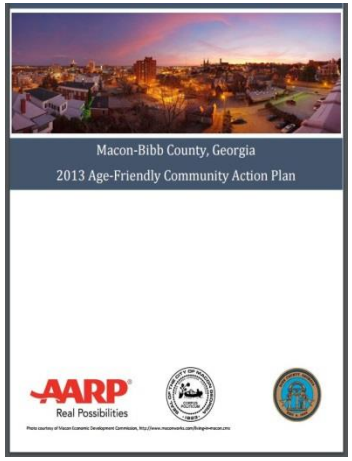












Your Action Plan is a Living Document

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**.

1.

3.

HERE'S HOW IT WAS DONE

WHAT: Grandparents Park

WHERE: Wichita, Kansas **WHEN**: The park opened on July 20, 2013

Location Details

The City of Wichita had been maintaining two adjoining, empty lots within the Tri-S neighborhood and agreed to donate the land for the Grandparents Park. The lot size is 0.56 acres, which measures out as 280 feet by 100 feet. The park is easy to access from all parts of the neighborhood by foot, bicycle, stroller or car.

Why and For Whom

The Tri-S neighborhood is located next to a highway bypass. Residents didn't have a place to walk or play in their neighborhood, other than on old sidewalks that are in various states of repair. The empty lots were an eyesore and a waste of space.

Residents, AARP staff and volunteers gather on July 20, 2013, opening day of the Grandparents Park in Wichita, Kansas. — Jacque Waite

Since the area is home to numerous older residents, many of whom care for grandchildren during the day, the park project was seen as a way for adults to get exercise while providing a fun outdoor activity for children.

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

2.

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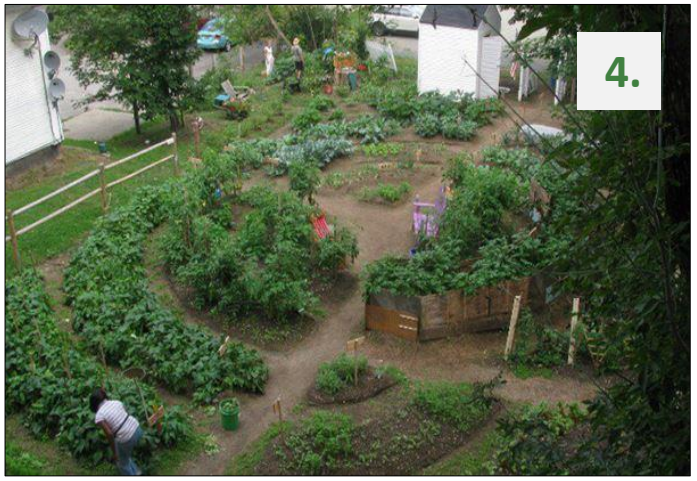
Every Sunday in Bogotá, Colombia, more than 70 miles of roads are closed to vehicular traffic so nearly two million people can walk, bicycle, skate, dance, play games, socialize or simply sit and relax in the middle of the city's streets. The weekly gathering, which began in 1976, is called the Bogotá Ciclovia.

People of all ages gather and ride bicycles along Adams Street in downtown Brownsville, Texas, during an evening CycloBia in June 2014. — John Faulk

Subscribe! AARP Livable Communities Newsletter

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 "CycloBia." The unusual spelling of Brownsville's ciclovia is purposeful, to make the word appear more similar to "cycle" and to include a "B" for Brownsville.



4.

Photos courtesy Le Tour de Ham and the Fresh Start Community Farm

Sample Evaluation Report Outline

I. Program Description (including inputs)

a. Background (initiation, people and partners involved, available and expended resources)
b. Baseline assessment (methods and findings)
c. Program goals/desired outcomes, proposed activities/strategies and corresponding indicators (from the action plan) and how they relate to the findings of the baseline assessment

II. Program Implementation (description)

a. Activities/strategies implemented to date
b. Factors facilitating implementation
c. Barriers/setbacks to implementation
d. Description and explanation of deviations from program
e. Plans for future avoidance/handling of program impediments

III. Methods for Evaluating the Program

a. Evaluation team
b. Data used

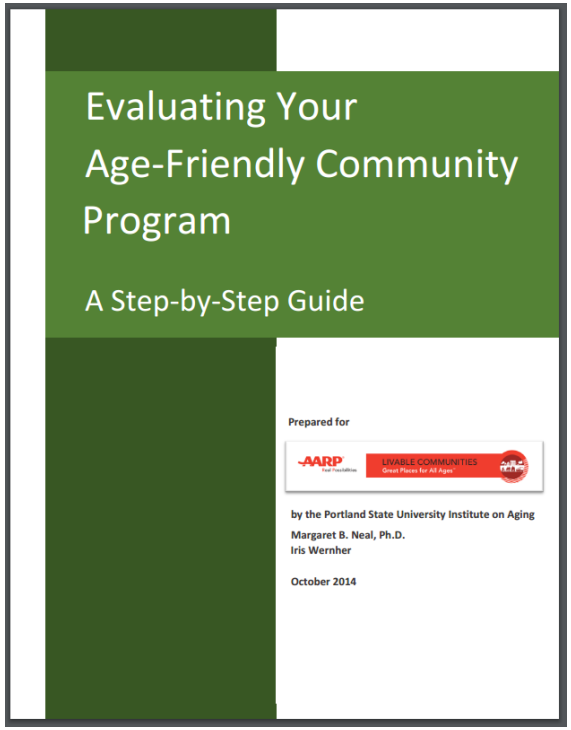
IV. Findings: Program Outputs (and outcomes, if available)

a. By domain, using indicators in the action plan or developed subsequently; quantitative and qualitative information; comparisons to the baseline assessment, when possible
b. Other outputs
c. Outcomes (if data is available)

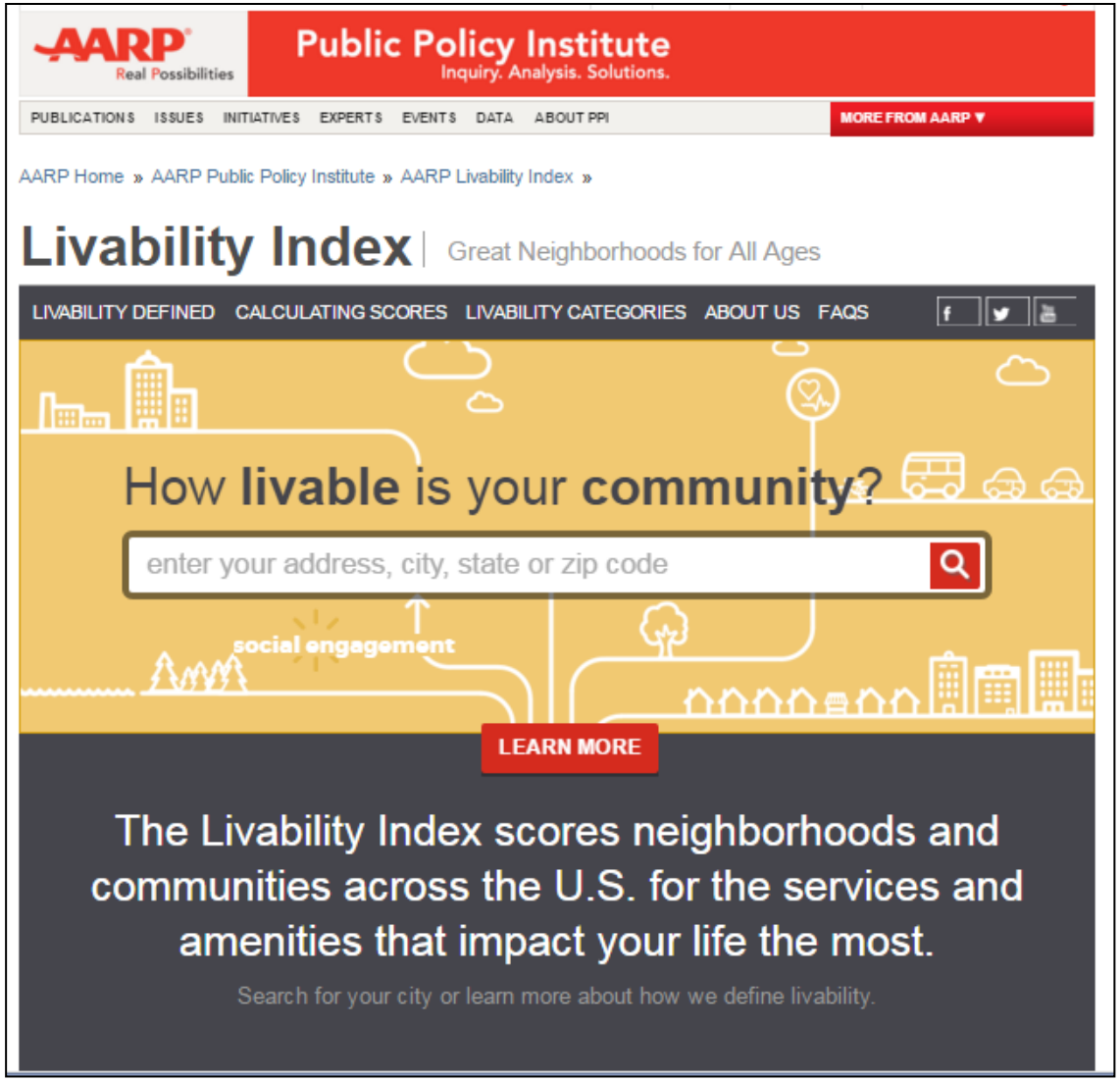
V. Conclusions

a. Program strengths and accomplishments
b. Program weaknesses and areas for improvement
c. Plans for future improvement
d. Lessons and materials to share with the AARP network
e. Suggestions for ways the AARP network can improve
f. Plans for publishing evaluation results

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



HOUSING
Affordability and access

NEIGHBORHOOD
Access to life, work, and play

TRANSPORTATION
Safe and convenient options

ENVIRONMENT
Clean air and water

HEALTH
Prevention, access, and quality

ENGAGEMENT
Civic and social involvement

OPPORTUNITY
Inclusion and possibilities

aarp.org/livabilityindex

AARP Real Possibilities

Public Policy Institute
Inquiry. Analysis. Solutions.

51
Total Score

100 N 3rd St,
Phoenix, AZ
Maricopa County, 85004

What is Livability?

Livable communities have diverse features that satisfy the needs of people of all ages, incomes and abilities. Learn more about AARP's Livability Index at **www.aarp.org/livabilityindex**.

Above Average 67 - 100+

This community does not score above average in any of the seven Livability categories.

Average 34 - 66

66	TRANSPORTATION	Safe and convenient options
63	HOUSING	Affordability and access
59	NEIGHBORHOOD	Access to life, work, and play
53	ENVIRONMENT	Clean air and water
46	HEALTH	Prevention, access, and quality
37	ENGAGEMENT	Civic and social involvement
37	OPPORTUNITY	Inclusion and possibilities

Below Average 0 - 33

This community does not score below average in any of the seven Livability categories.

Learn how you can make your community more livable and raise your score, visit **www.aarp.org/livabilityindex**.
For policy research and analysis on livable communities, visit **www.aarp.org/livablepolicy**.
For general resources on livable communities, including AARP's Network of Age-Friendly Communities, visit **www.aarp.org/livable**.

<< Here's the Livability Score for the address of the 2016 APA conference

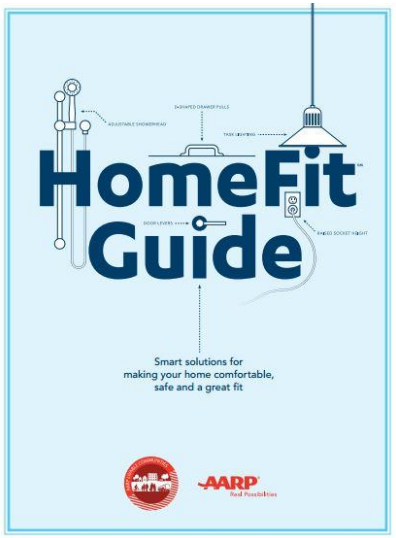
47
Total Score

Phoenix, AZ
Maricopa County

45
Total Score

Arizona

Housing resources and recommendations



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 Harrell, Ph.D, Public Policy Institute

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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.

Subscribe! Sign-up for the free, monthly AARP Livable Communities e-Newsletter

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 58-page report was published in 2000, it continues to provide a good foundation of information for creating a successful ADU program.

For an older person with a declining incomes and growing housing affordability challenges, renting out a unit or moving a friend or relative onto 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:

Read the Report

Zoning ordinances that prohibit ADUs or make it extremely difficult for homeowners to create them are the principle obstacle to the 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 sample legislation has

Inclusive Home Design State Advocacy Tool Kit

Less than one percent of the more than 25,000 municipalities in the U.S. have accessibility standards for new housing. Here, model legislation options that can help people of all ages

AARP Livable Communities

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As has been widely reported, by the year 2030 the age-65+ population in the United States will increase to more than 70 million people. Yet "nowhere has the disconnect between market norms, changing demographics and social expectations been more glaring than in the design and construction of private residential housing," notes AARP in the "State Inclusive Home Design Advocacy Tool Kit."

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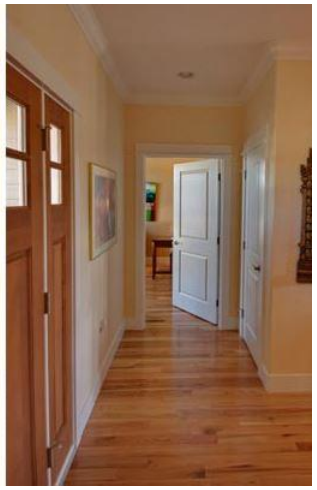
Most of the housing stock that was built in the 20th century and is still in use are multi-level and contain stairs, as do the majority of new construction homes, which are largely marketed to young buyers.

"The older population, together with an equally large and growing population of people with disabilities, continues to be viewed as distinct groups outside the mainstream of society," writes AARP. "The diversity within both groups tends to be ignored, and their expectations and preferences treated as 'special needs' to be accommodated with special designs and assistive devices separate from the 'normal' consumer market."

Read The Tool Kit

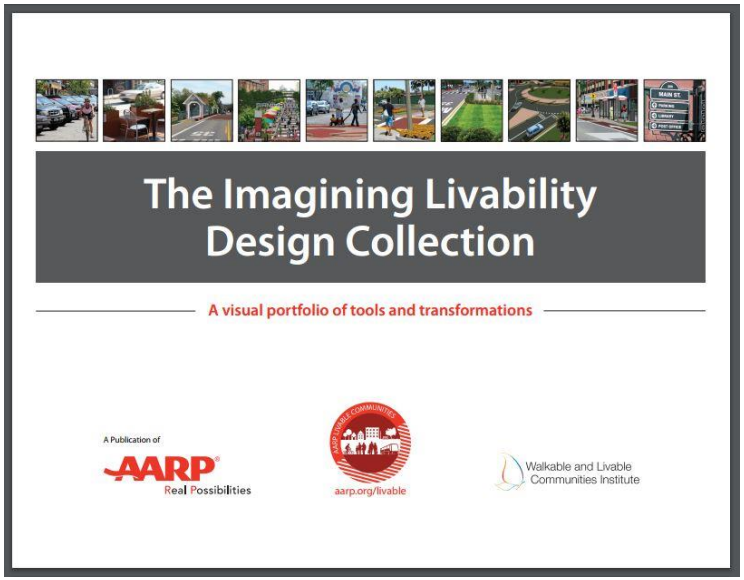
Inclusive home design helps make a house a home for people of all ages. — Ocean/Corbis

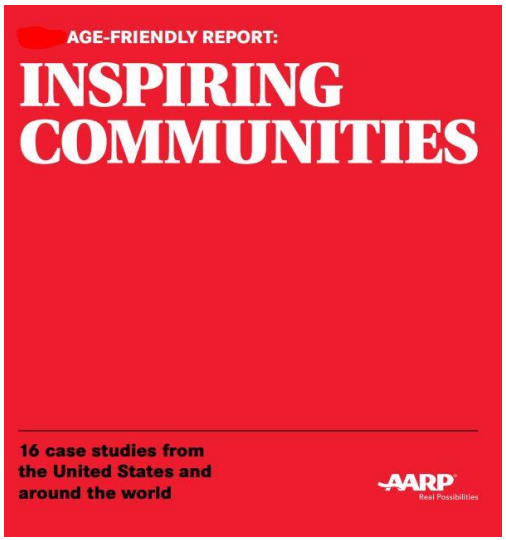
Download the "AARP State Inclusive Home Design Advocacy Tool Kit" (PDF). Scroll down on this page to see the table of contents.

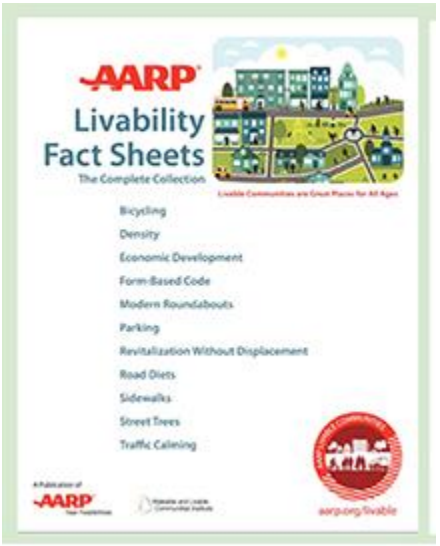


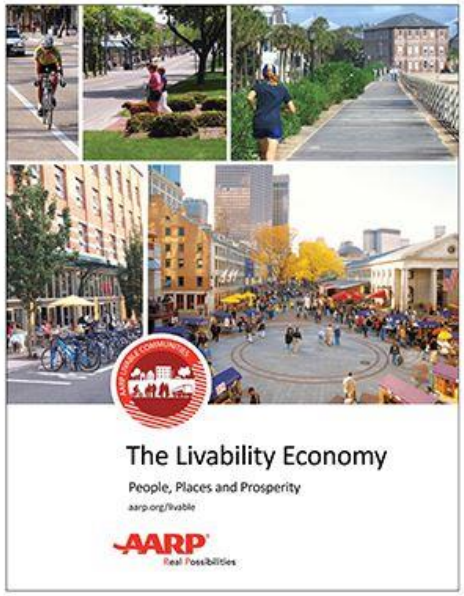
Photos courtesy Howard and Sharon Johnson

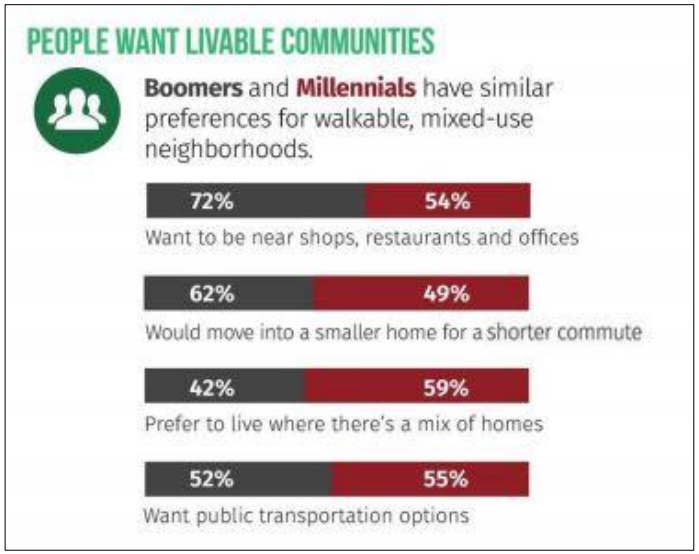
Placemaking resources and recommendations



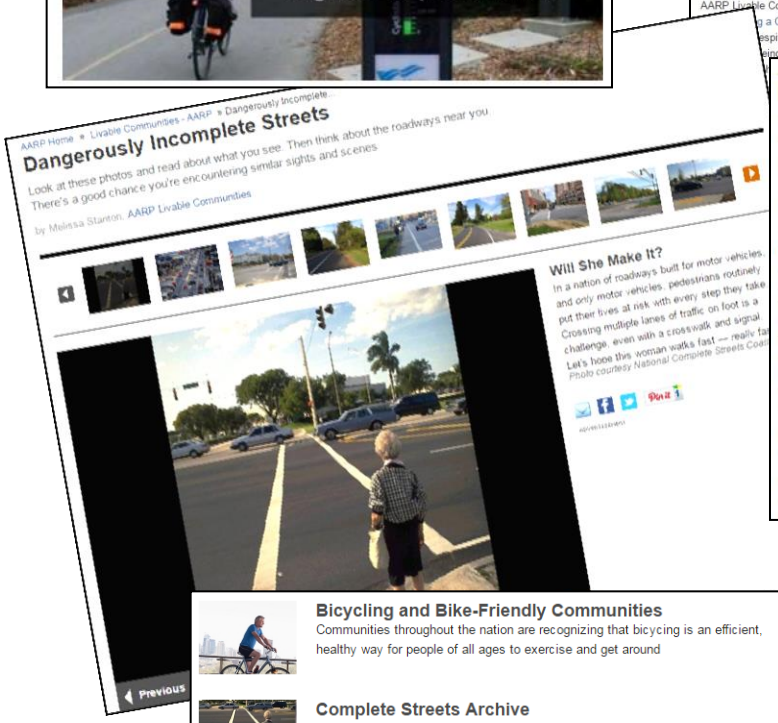


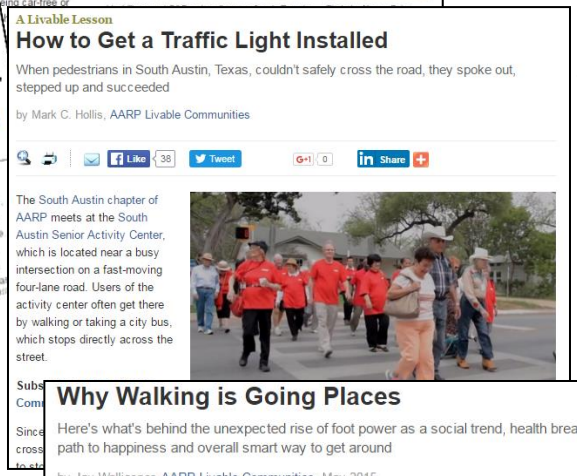


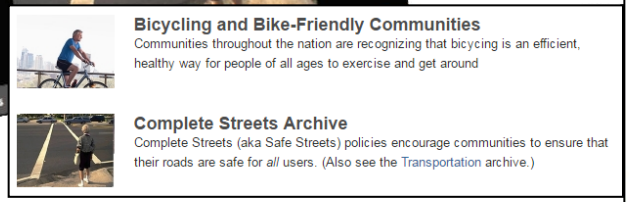




Transportation resources and recommendations







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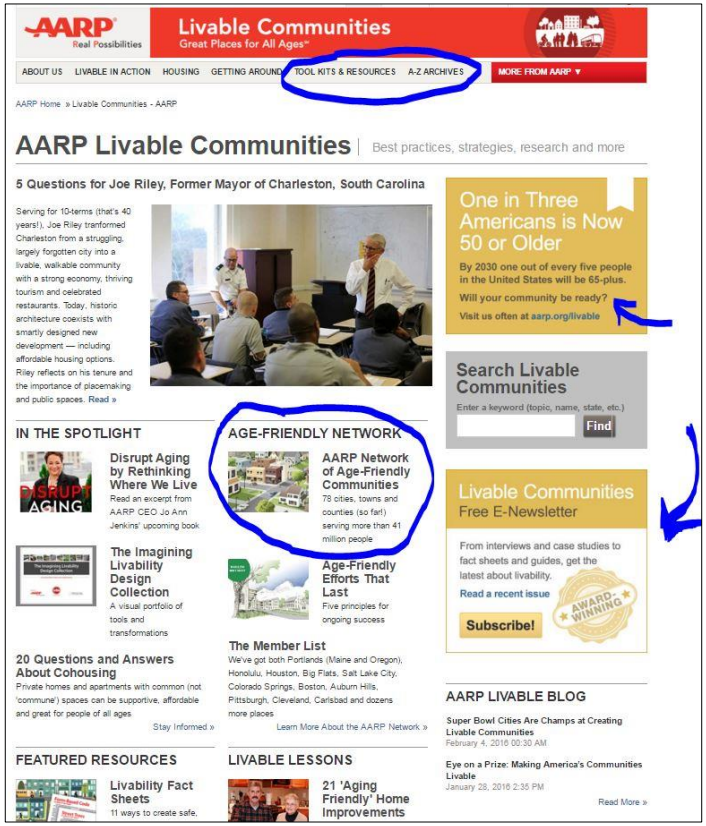
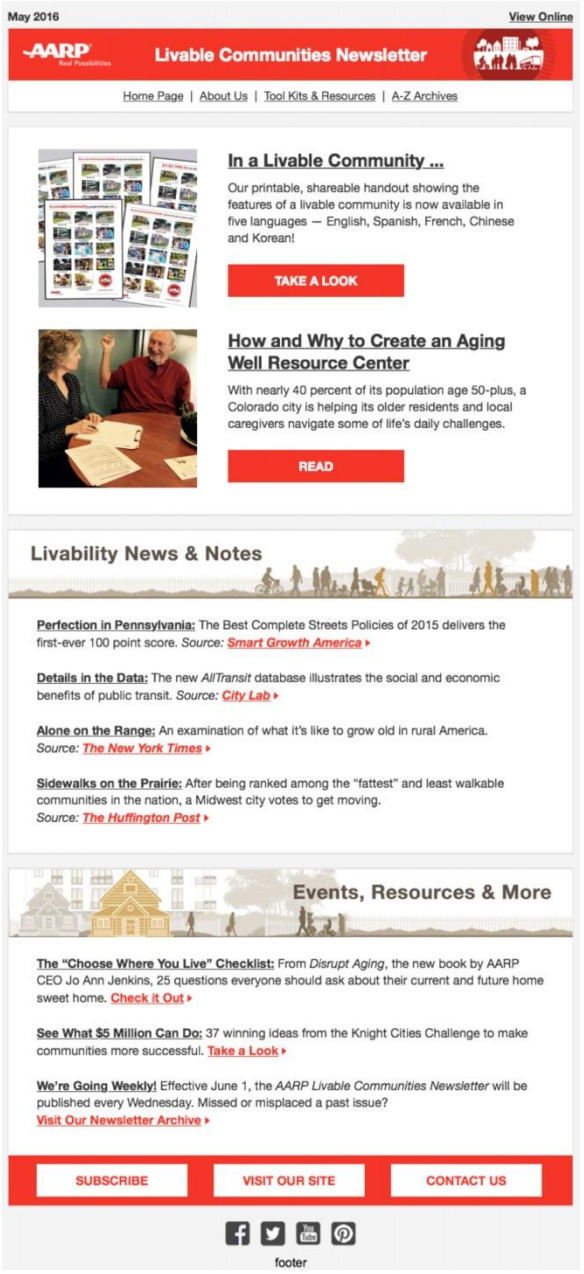


aarp.org/livable >



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 >

Livable Communities: A-Z Archives

AARP.org/livable contains the keys to hundreds of reports, action plans, studies, articles and more about housing, transportation, Complete Streets, walkability, livability and age-friendly places, to name just a few areas of interest. Find content lists and links by visiting our subject-based archives below.

IN THE SPOTLIGHT

Let's Get Livable

Quick links to our interviews, slideshows, how-to's and more

- Livability Slideshows
- Livable Lessons: Promising Practices and How-To's
- "5 Questions for ..." Interview Series
- The "Mayors and Managers" Interview Series
- Tool Kits & Guides

A - Z Archives

- Age-Friendly Communities
- Bicycling
- Complete Streets
- Economic Development
- Housing
- How-To's
- Interviews
- Mayors and Managers
- Placemaking
- Public Health
- Slideshows
- State Stories, Plans & Reports
- Stats and Facts
- Surveys
- Tool Kits and Guides
- Transportation
- Walkability

See All 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.

Images from http://www.aarp.org/livable-communities/livable-in-action/info-2015/in-a-livable-community-printable-download.html

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