Unplugged: the Paradigm of Age-friendly Communities

APA 2019 Webinar
June 21, 2019
Ramona Mullahey
APA Private Practice Division
Figure 1: Number of Persons Age 65 and Over, 1900 to 2060 (numbers in millions)

According to a 2010 AARP survey, nearly 90 percent of people over age 65 want to stay in their residence for as long as possible. 80 percent believe their current residence is where they will always live.

Aging in place is the ability to live in one’s own home and community safely, independently and comfortably, regardless of age, income or ability level.
Figure 9: Percentage of Persons Age 65 and Over with a Disability, 2016

- Independent living difficulty: 15%
- Self-care difficulty: 8%
- Ambulatory difficulty: 23%
- Cognitive difficulty: 9%
- Vision difficulty: 7%
- Hearing difficulty: 15%
- Any disability: 35%

Source: U.S. Census Bureau, American Community Survey
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.
Using smart growth and universal design to link the needs of children and the aging population – https://www.planning.org/research/

APA Division initiatives bring focus to planning challenges in local communities and neighborhoods throughout the nation: https://www.planning.org/ontheradar/

Aging and Livable Communities

APA Policy Guides

Aging in Community Policy Guide 2014
https://www.planning.org/policy/guides/
Community Engagement
Housing
Transportation
Land Use
Economic Well-being
Community Assets and Supports

APA Resources

Emerging Issues

PAS Report 579

Multigenerational Planning

Applied Research
Local governments will make the hard choices needed to serve their communities.

Source: City Fiscal Conditions 2017, NLC
Agenda

- Building Communities for the Future: Shifting the Paradigm

- Livable Communities Challenge Grants

- The Local University as An Age-friendly Community
Presenters

- **Mildred E. Warner, Ph.D.**  
  Professor, City and Regional Planning  
  W. Sibley Hall, Cornell University  
  mwarner@cornell.edu

- **Fred Buzo**  
  Associate State Director  
  AARP California  
  fbuzo@aarp.org

- **Caroline Cicero, Ph.D., MSW, MPL**  
  Instructional Associate Professor, USC Leonard Davis  
  School of Gerontology  
  Director, USC Age Friendly University Initiative  
  cicero@usc.edu
Unplugged: The Paradigm of Aging-friendly Communities

APA National Conference
April, 2019

Contact: www.mildredwarner.org | mew15@cornell.edu
Funding provided by Engaged Cornell
Shifting the Framework

• An all Ages Approach
  o Children, families, singles, older adults
• Move from Attitudes to Action
• Build New Institutional Partnerships
• Link Design, Services and Participation
Empirical Evidence on Current Practice

• 2013 Planning Across Generations Survey (ICMA)
  o 1478 city managers responded

• Participate in 2019 update of survey!
  o [http://icma.org/PlanForAllAges](http://icma.org/PlanForAllAges)

• 2017 Livable Communities for All Ages (AARP, APA)
  o 559 planners responded

• Common themes –
  o Physical Design and Social Norms Matter
  o Participation is key
Core Principles – Physical Design + Participation

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

Many Common Elements

Age-Friendly Cities
- Housing
- Transportation
- Services (Health)
- Outdoor Spaces
- Communication
- Civic and Social Participation
- Respect
Need a Multi-generational Planning Approach
Design + Services

Multigenerational Approaches May Address High Costs of Serving Children and Seniors

May promote fiscal efficiency (41%, 2013 Survey)

Easier to Fund Shared Services

Is it easier to raise local funds (e.g., bonds, taxes) if facilities are for:

- Seniors: 11%
- Children: 38%
- All ages: 51%

2013 Planning Across Generations Survey, N=1474 cites and counties
Schools, Youth and Senior Centers, Libraries

- Promote participation
- Platform for encouraging norms of reciprocity
- New residents/next generation integration
New Social Compact – Serving Children and Elders

U.S. Population by Age and Race/Ethnicity

Move from Attitudes to Action

• Not divided by race, class

<table>
<thead>
<tr>
<th>Attitude</th>
<th>Agree(%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>My community is not divided by race, class, or old-timer/newcomer divisions.</td>
<td>46%</td>
</tr>
<tr>
<td>Ethnic or cultural diversity has led to new approaches to planning or programming for all ages.</td>
<td>43%</td>
</tr>
</tbody>
</table>

• See Seniors and Children as Resources, not Burdens

<table>
<thead>
<tr>
<th>Attitude</th>
<th>Agree(%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>When communities provide services for seniors and children, all community members benefit.</td>
<td>93%</td>
</tr>
<tr>
<td>Seniors are a resource for the community.</td>
<td>95%</td>
</tr>
<tr>
<td>Children are a resource for the community.</td>
<td>93%</td>
</tr>
</tbody>
</table>

2013 Planning Across Generations Survey, N=1474 cites and counties
Bring Sharing to Scale

• Planning generates a market response
• (Maturing America Survey 2010, J. Aging & Health 2017)

- Individual Inclusive Design
- Informal Networks in Family, Friends and Neighbors
- Formal Services Market and Government

• Planning creates opportunity to bring informal sharing to scale
Must Build New Institutional Partnerships

Physical environment

Top-down governance

Bottom-up governance

Social environment

Traditional Planning
Comp Plans, Building & Zoning Codes, Design

Multi-generational Planning
Participation, Services, Institutions
Are we including 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>
</tr>
</thead>
<tbody>
<tr>
<td>Do You Have?</td>
<td>91%</td>
<td>77%</td>
<td>57%</td>
</tr>
<tr>
<td>Does Your Plan</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>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>

Planning Across Generation Survey, 2013 (1,478 city managers)
Most US Communities Lack Good Design

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

- Metro Core (N=209)
- Suburban (N=720)
- Rural (N=466)
Poor design can ameliorated by good norms of use

Pineta Sacchetti, Rome, Italy
More progress on Transportation than Housing in US
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

- Metropolitan (n=194)
- Suburban (n=675)
- Rural (n=360)
Cross Agency Partnerships in the US

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

- Metro Core (N=217)
- Suburban (N=672)
- Rural (N=418)
Libraries and Schools Support Inter-Generational Planning
Joint Use with Schools

Local government has joint use (or similar) agreements with schools: 56%

Schools and local government share facilities (e.g., playing fields, gyms, computer labs): 58%

Local government participates in school district educational facility planning: 28%

Local government has tax or budget control over schools: 19%

2013 Planning Across Generations Survey, N=1474 cites and counties
Informal Institutions and Norms Matter

- Informal sharing

<table>
<thead>
<tr>
<th>Activity</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Recreation programs</td>
<td>67%</td>
</tr>
<tr>
<td>Neighborhood watch</td>
<td>65%</td>
</tr>
<tr>
<td>Neighborhood beautification</td>
<td>49%</td>
</tr>
<tr>
<td>Social activities (e.g., block parties)</td>
<td>46%</td>
</tr>
<tr>
<td>Checking in on your neighbors</td>
<td>32%</td>
</tr>
<tr>
<td>Mentoring children</td>
<td>28%</td>
</tr>
<tr>
<td>Child care/nursery school</td>
<td>20%</td>
</tr>
<tr>
<td>Yard maintenance/snow shoveling for elders</td>
<td>20%</td>
</tr>
<tr>
<td>Referrals (e.g., plumber, doctor)</td>
<td>11%</td>
</tr>
<tr>
<td>Car- or ride-sharing</td>
<td>11%</td>
</tr>
</tbody>
</table>

2013 Planning Across Generations Survey, N=1474 cites and counties
A Livable Communities for All Ages Approach

International Survey Fall 2017 AARP & Int’l Div of APA – 599 Planners Responded

“Livable Communities for All ages (LCA) are communities that ensure appropriate physical infrastructures (i.e. housing, transportation, built environment, access to healthy foods) and social infrastructures (i.e. health care, support services, engagement opportunities) for residents throughout an expanding life course.” (Firestone, Keyes, and Greenhouse, 2017)
US vs International

Actions are different

Motivations and Barriers are different

- US: external motivation, business motivation
- Barriers don’t hold back action
- Knowledge barrier only in rural US

What Leads to Change?

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

We can create child- and age-friendly communities at the same time!

- Older and denser community do more action
- Professionalism leads to more action, but participation has a greater impact
- Attitudes are not motivators or barriers
- Safety and funding pressures matter

RESOURCES
Available at
www.mildredwarner.org/planning/generations

US Articles


Contact:
www.mildredwarner.org
Mildred Warner mwarner@cornell.edu
Funding provided by the USDA National Institute for Food and Agriculture
Take the survey!
http://icma.org/PlanForAllAges
Livable Communities and the AARP Community Challenge Grant
What is a Livable Community?

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
For the first time in U.S. History
Older People are Projected to Outnumber Children by 2035

Projected Percentage of population

Adults 65+

Children under 18

Median age will grow from 38 today to 43 in 2060
America is Aging

2015

2030

PERCENT OF POPULATION AGE 65+

<table>
<thead>
<tr>
<th>Range</th>
<th>0-10</th>
<th>10-12.5</th>
<th>12.5-15</th>
<th>15-17.5</th>
<th>17.5-20</th>
<th>20-22.5</th>
<th>22.5-25</th>
<th>25-27</th>
</tr>
</thead>
</table>

Source: US Census
What is an Age-Friendly Community?

An age-friendly community is one that is free from physical and social barriers and supported by policies, systems, services, products and technologies that:

• promote health and build and maintain physical and mental capacity across the life course; and

• enable people, even when experiencing capacity loss, to continue to do the things they value.

Source: https://extranet.who.int/agefriendlyworld/age-friendly-practices/
Today’s Older Adults Want to Stay in Their Community

77% of adults ages 50+ agree or strongly agree with the statement: “I would like to remain in my community as long as possible.”

“People of all generations are deeply attached to the community where they live and want it to be a great place to live, work, play and do business.”

- Nancy LeaMond, AARP EVP, Chief Advocacy and Engagement Officer

Source: 2018 AARP Home and Community Preferences Survey: A National Survey of Adults Age 18+
Community Challenge Grants

Grants to make communities livable for people of all ages

aarp.org/CommunityChallenge
The AARP Community Challenge Grant
AARP knows it takes time to build communities but we also believe that quick-action can spark longer term progress.

In 2017, AARP invested $780,000 in quick-action projects.

In 2018, AARP invested $1.3 million in quick-action projects.

In 2019, winners will be announced on July 17th.

In 2020, will your project be funded?
AARP Community Challenge Grants

What projects are funded? Those that…

- Demonstrate the tangible value of “Smart Cities”
- Deliver a range of transportation and connectivity options through permanent or temporary solutions
- Create or improve vibrant public places through permanent or temporary solutions
- Support the availability of a range of housing through permanent or temporary solutions
- And other innovative approaches to improving the community
What makes a community a great place to live?

The 8 Domains of Livability
City Heights: Open Spaces & Social Participation
Florence Fang Community Garden: Open Spaces
West Sacramento: Transportation
Walk Long Beach: Social Participation & Health
Roadmap to Livability
AARP Livability Index

https://livabilityindex.aarp.org/
Visit us on the web at: aarp.org/livable

Subscribe to our e-Newsletter at: aarp.org/livable-subscribe

We hope to see your application in 2020!
The Local University as an Age-Friendly Community

Caroline Cicero, PhD, MSW, MPL
Instructional Associate Professor
Director, USC Age-Friendly University Initiative

Website: agefriendly.usc.edu; Twitter: @age_usc
Facebook and Instagram: @USCAgeFriendly
LinkedIn: USC Age-Friendly University Initiative
#USCAgeFriendly #AgeFriendlyLA
Seeing Aging Globally to Locally

• World Health Organization’s Age-Friendly Cities
• AARP Livable Communities: 320+ Cities in USA
• California Master Plan on Aging in Legislature
• Los Angeles County Feasibility Study in Progress
• Purposeful Aging LA/Mayor Executive Directive
• Age-Friendly Universities: USC, UCLA, CSULB . . . .
How Many Older Adults (65+) Live in the County of Los Angeles?

65+ Pop. in County:
- 1.2 million now
- 2.4 million by 2040
- 2.6 million by 2050

Source: Author’s Calculations Based on US Census and Department of Finance Projections.
County of Los Angeles
Oldest Old (85+) Population Projected By Race

Source: Author’s Calculations Based on US Census and Department of Finance Projections.

85+ Pop. in County
275,000 in 2030
490,000 in 2040
740,000 in 2050

How Many of the Oldest Old (85+) Live in the County of Los Angeles?
Age-Friendly Universities

- Started at Dublin City University
- A Growing Global Network
- Universities Commit to 10 Principles
What are the 10 AFU principles?

1. To encourage the participation of older adults in all the **core activities** of the university, including educational and research programs.

2. To promote personal and career development in the second half of life and to support those who wish to pursue **second careers**.

3. To recognize the **range of educational needs** of older adults (from those who were early school-leavers through to those who wish to pursue Master’s or PhD qualifications).

4. To promote **intergenerational learning** to facilitate the reciprocal sharing of expertise between learners of all ages.

5. To widen access to **online educational opportunities** for older adults to ensure a diversity of routes to participation.

6. To ensure that the university’s **research agenda** is informed by the needs of an aging society and to promote public discourse on how higher education can better respond to the varied interests and needs of older adults.

7. To increase the understanding of students of the **longevity dividend** and the increasing complexity and richness that aging brings to our society.

8. To enhance access for older adults to the university’s range of **health and wellness** programs and its **arts** and **cultural activities**.

9. To engage actively with the university’s own **retired community**.

10. To ensure regular **dialogue** with organizations representing the interests of the aging population.

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**Author:** Dublin City University

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https://www.aghe.org/resources/age-friendly-university-principles
What is USC Age-Friendly University Initiative?
An Interdisciplinary Working Group

- Collaboration of Faculty, Staff, Students, and Alumni seeking a more Age-Friendly Community
- Gerontology, Public Policy, Social Work, Medicine, Public Health, Spatial Sciences, Alumni Affairs, Experiential Education, Accessibility, Emeriti Center, Admissions, Transportation, Events. . . .
What Groups Do We Address?
• **Students:** Undergrad, Graduate, Online
• **Employees** who are aging; Caregiver support
• **Retirees:** Many stay living in Los Angeles area
• **Alumni:** Half Century & Encore Trojans, Families
• **Community** engagement around the USC Campus
• **Research** in lifespan health, Alzheimer’s, housing, social services, homelessness, public policy, etc.
Older Students on our Campuses

2500 students are 40+

10% of all graduate students are 40+

Many online and returning students

Alfonso Gonzales
Engaging USC Students across our Campuses:

- Workforce Development—grads and undergrads
- Experiential Education for students in all majors
- Returning and Online Students
- Classes in Gerontology, but aging in curriculum across our campuses; Life Skills, Retirement Plans
Alumni

- Alumni: 119,000 are 46+ and 12,300 are 72+
- And Spouses of Alumni
- Half Century Trojans
  - Going Back to College Day
  - Speaker Series
- Encore Trojans

Photo credit Daily Trojan
Current Employees

• Half of USC Faculty are 50+
• 30% of USC Staff are 50+  
  *(not including hospital staff)*

Dramatic Arts Professor Velina Hasu Houston is spearheading a new program to reach out to older adults in the community.
Retired Employees

• USC Emeriti Center has more than 3,000 retired faculty and staff in its database, with 90% of them living in California

• At least 1,200 retired faculty and staff live in LA County
Why do Retired Employees Return to Campus?

- Volunteer
- Return to teach/research/mentor/admin
- Attend USC Events
- Participate in research
- Attend committee meetings
- Support students & scholarships
- Many are patients of our professional schools
Examples of Intergenerational Learning

**Trojan Global Intergenerational Friends**

(TGIF) is a casual mentoring initiative linking retired and current faculty and staff with USC international students for friendship, support and sharing cultures.

USC has the largest population of international students of all U.S. universities
Students and retirees attend distinguished lectures followed by intergenerational Q & A

Retired faculty support first generation students who are Caldwell Scholars

Architecture students designed senior housing projects for their class and met with retiree consultants

Students and retirees teach each other in an iPad class
Intergenerational, interdisciplinary, multicultural learning and social exchanges

Students, parents, grandparents discuss their thoughts about the Japanese internment camps

Grad students, faculty, staff and retirees meet for a free dinner and discussion about international affairs hosted by two faculty masters.

 USC Emeriti Center

University of Southern California
http://emeriti.usc.edu
Physical Therapy doctoral students and faculty teach concurrent PT workshops for retirees every semester.

Retirees also serve as research subjects, Mindful Aging panelists and mentors for student veterans.

Pharmacy doctoral students meet with retirees one on one to determine their Medicare D plans to save them money and discover any harmful drug interactions.
What About our Employees Transitioning to Retirement?

- Options for transitions
- How to prepare
- Whom to contact
- Perceptions of retirement
Other Visitors to Campus

- Families of Students and Employees
- Sports and Events
- Neighbors
- Tours
- Research participants
- 2028 Olympics!
What are Challenges?

- Physical: Accommodations for disabilities including mobility, hearing loss and vision difficulties ----- Commencement is a challenge
- Social: Lack of awareness of needs of elders on campus or how they can contribute
- Ageism is pervasive in society
Experiential Education

Many of our professional schools offer work with older adults in community as part of their training.

Off Campus Partnerships in works for undergrads who may be majoring in any subject area.
Special Events and Efforts

Educate our Campuses and the Public about Age, Ageism, Caregiving, Life Skills, Benefits of Intergenerational Exchange

Collaboration with Off Campus Partners
Age is Now Part of USC’s Diversity Efforts

Age-Friendly Univ ran two sessions for DEI Week in January, 2019. One working with older students and one on working with older staff, faculty, retirees, and others who visit campus.
CARE TO LAUGH

A DOCUMENTARY FOLLOWING JESUS TREJO AS HE PURSUES HIS DREAM OF COMEDY WHILE CARING FOR HIS PARENTS.

Tuesday, Feb 5, 4:00
Ray Stark Theatre
George Lucas Building (108)
This Chair Rocks

People are happiest at the beginnings and the ends of their lives. The vast majority of Americans over 65 live independently. The older people get, the less afraid they are of dying. Aging is a natural, powerful, lifelong process. So how come so many of us unthinkingly assume that depression, diapers, and dementia lie ahead? That the 20th century’s astonishing leap in life expectancy is a disaster-in-the making? Underlying all the hand-wringing is ageism: discrimination that sidelines and silences older people. So I’ve written a book. I blog about it. I led the team that developed Old School, a clearinghouse of anti-ageism resources. I am the voice of Yo, Is This Ageist? (Go ahead, ask me.) I’ve written a consciousness-raising booklet. And I speak widely. All tools to help catalyze a movement to make discrimination on the basis of age as unacceptable as any other kind.

April 4, 6:00
Gero Auditorium

USC Leonard Davis
School of Gerontology

University of Southern California
USC Age-Friendly University Initiative
@age_usc

Member of Age-Friendly Univ Global Network. Partner of Purposeful Aging LA. Leader in Lifespan Health & Training a Geriatric Work Force. #FightOn against Ageism

Los Angeles, CA
gero.usc.edu/agefriendly
Joined October 2018
26 Photos and videos

Tweets

USC @USC 17h
Age-Friendly University Global Network Principle #9: To engage actively with the university's own retired community. @USC @USCAcademi @USCEmeriti @gyokurogirl @USC_CWFL #USC4AgeFriendly #AgeFriendlyLA @LADeptofAging @LauraTrejo59 @agefriendlydcu @UCLA @CSULB #EndAgeism #usc

You Retweeted

USC @USC 17h
Research from @USC_SSI found that 33 percent of Americans are getting 6 or less hours of sleep.

It's almost the weekend! Turn off the gadgets and get a good night's sleep!

Who to follow
- Refresh
- View all

Followed by Audrey S Weiner and others

Amazon Prime Video
Follow
Promoted

Stria @StriaNews
Follow

Matt Pratt @PrattLabUSC
Follow

Trends for you
- Change

#AERA19
3,877 Tweets
Paul Rudd
Paul Rudd is now 50 years old
uscagefriendly

USC Age-Friendly Univ Initiative seeks an age-friendly world for Older Students, Alumni, Retirees, Employees, & Community. #agefriendly #endageism
agefriendly.usc.edu

Followed by ms.aiba.adrian, cvello, uscedu + 13 more
Website: agefriendly.usc.edu

Twitter: @age_usc

Facebook and Instagram: @USCAgeFriendly

LinkedIn: USC Age-Friendly University Initiative
Andreoletti, C., & June, A. (2019). Coalition building to create an Age-Friendly University (AFU), Gerontology & Geriatrics Education. DOI: 10.1080/02701960.2019.1572008

Chesser, S., & Porter, M. (2019). Charting a future for Canada’s first Age-Friendly University (AFU), Gerontology & Geriatrics Education. DOI: 10.1080/02701960.2019.157971


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