Age-friendly Communities Subcommittee

Metropolitan Mayors Caucus
June 27, 2019
Think Outside The Box

we are all behind the curve
Team Effort

• One of our local elected officials’ responsibilities is to provide leadership to help prepare our communities and our citizens for the inevitable changes and developments in the future.

• One staff and employees’ task is to assist, encourage and make it easier for our local elected officials to carry out this responsibility.
• Jo Ann Jenkins, CEO of AARP, in her book titled *Disrupt Aging*, points out that we have added more longevity to our species since the year 1900 than in all previous civilization.
Average U.S. life expectancy increased from 68 years in 1950 to 79 years in 2013.

Today, if you live to age 65, you’ll probably live to 85.
The number of Americans ages 65 and older is projected to more than double from 46 million today (2016) to over 98 million by 2060.

The 65-and-older age group’s share of the total population will rise to nearly 24 percent from 15 percent.
The current growth of the population ages 65 and older is one of the most significant demographic trends in the history of the United States. Baby boomers—those born between 1946 and 1964—have brought both challenges and opportunities to the economy, infrastructure, and institutions as they have passed through each major stage of life. Although U.S. policymakers and others have had many decades to plan for the inevitable aging of the baby boom cohort, it is not clear that sufficient preparations have been made to meet baby boomers’ anticipated needs in old age.

Population Reference Bureau (PRB)
By 2029, 54% of Middle-Income Older Adults Will Not Be Able to Afford Senior Living

By Tim Mullaney | April 24, 2019

By 2029, there will be 14.4 million middle-income older adults in the United States, and 54% of them will lack the financial resources to pay for senior living at today’s average market rates. This presents a massive business opportunity but also a potential crisis for public health and government insurance programs.
Elder care innovator Dr. Bill Thomas has good news and bad news for the senior living industry.

The good news is, large-scale senior housing developments won’t go away anytime soon, and they can be financially lucrative if done right. The bad news: it’s not what most older adults in the U.S. can pay for, and it might not even be what they want.
A TRIBE CALLED AGING
Life More Wonderful
Not just Less Horrible
History of AARP
Age-friendly communities
America is aging

PERCENT OF POPULATION AGE 65+

Source: US Census
For the first time in U.S. history, older people will outnumber children.

Median age will increase from 38 today to 43 in 2060.

A 10-year American child today has a 50% chance of living to 100+. 
A livable community is one that is safe and secure, has affordable and appropriate housing and transportation options, and has 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.
An age-friendly community is one that is free from physical and social barriers and is 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.
People want to live in the community they call home

8 of 10 ADULTS age 50 and older want to stay where they live

77% Strongly agree with the statement, “I would like to remain in my community as long as possible.”

76% Strongly agree with the statement, “I would like to remain in my current home as long as possible.”

Source: 2018 AARP Home and Community Preferences Survey: A National Survey of Adults Age 18+
Where people 50+ think they will age

- 46% Believe they will stay in their home and never move
- 17% Are not sure
- 13% Expect to move into a different residence within their current community
- 24% Expect to move to a different community

Source: 2018 AARP Home and Community Preferences Survey: A National Survey of Adults Age 18+
Millennials and baby boomers want walkable, mixed-use neighborhoods.

Age doesn’t define us

- 80% Well maintained, safe and accessible streets
- 82% Conveniently-located grocery stores
- 83% Safe Parks
- 87% Well-maintained health care facilities

Source: 2018 AARP Home and Community Preferences Survey: A National Survey of Adults Age 18+
Millennials and baby boomers want affordable housing options, transportation, and work and volunteer opportunities in their community.

- Range of volunteer activities: 50%
- Transportation to and from volunteer activities: 53%
- Participation by older people in decision-making: 61%
- Transportation for people who have a disability: 62%
- Affordable housing options: 66%
- Equal opportunities to work, regardless of age

Source: 2018 AARP Home and Community Preferences Survey: A National Survey of Adults Age 18+
Are communities ready?

American homes have traditionally been designed and built for able-bodied 35 year olds.

For the past 50 years, communities have developed around motor vehicles as the principal form of transportation.
What makes a community a great place to live?

The 8 Domains of Livability

- Community Support & Health Services
- Outdoor Spaces & Buildings
- Transportation
- Communication & Information
- Civic Participation & Employment
- Respect & Social Inclusion
- Social Participation
- Housing
Explosive growth in the Network of Age-Friendly States and Communities

- Commonwealth of Massachusetts joins NAFSC
- State of New York joins NAFSC
- Maine reaches 50 communities
- DC and Macon-Bibb complete final progress reports

Graph updated August 24, 2018
Developing an age-friendly community: the process

- Year 1: Conduct a survey and listening sessions
- Year 2: Create an action plan
- Years 3-5: Implementation
- Year 5: Progress / status update
The 8 domains: 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 railings, etc.) can be used and enjoyed by people of all ages.
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.
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.
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.
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.
The 8 domains: 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.

http://www.createthegood.org/
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.
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.
It’s the little things…
AARP Livability Index

HEALTH
Healthy Behaviors
Access to Health Care
Quality of Health Care
Commitment to Livability

ENVIRONMENT
Water Quality
Air Quality
Resilience
Energy Efficiency
Commitment to Livability

TRANSPORTATION
Convenient Transportation Options
Transportation Costs
Safe Streets
Accessible System Design
Commitment to Livability

ENGAGEMENT
Internet Access
Civic Engagement
Social Engagement
Equal Rights
Commitment to Livability

OPPORTUNITY
Equal Opportunity
Economic Opportunity
Education
Multi-generational Communities
Local Fiscal Health
Commitment to Livability

HOUSING
Housing Accessibility
Housing Options
Housing Affordability
Commitment to Livability

NEIGHBORHOOD
Proximity to Destinations
Mixed-use Neighborhoods
Compact Neighborhoods
Personal Safety
Neighborhood Quality
Commitment to Livability

https://livabilityindex.aarp.org/
Bring Back Missing Middle Housing

Across the United States, there has been a mismatch between the available housing stock and what the market wants and needs. This is partly due to shifting demographics, such as a rapidly aging population and shrinking household sizes, and partly due to the growing demand for walkable living. However, communities and builders are recognizing the need for a variety of housing types, including single-family homes, townhouses, and small-scale multifamily housing. This is particularly true in small urban areas, where traditional single-family homes represent only a small portion of the housing stock.

Missing middle housing types refer to housing that is smaller than what is typically considered a single-family home but larger than what is usually considered a multifamily unit. This includes row houses, townhouses, and small-scale multifamily developments. These types of housing are often referred to as the "missing middle," as they are not typically included in traditional housing classifications.

The Benefits of Missing Middle Housing

1. **Affordability:** Missing middle housing can provide more affordable housing options for families and individuals who cannot afford traditional single-family homes.
2. **Density:** Missing middle housing can increase density without compromising the character of a neighborhood, providing more options for those seeking walkable communities.
3. **Flexibility:** Missing middle housing can accommodate different living arrangements, such as live-work units or accessory dwelling units, providing more flexibility for residents.

The Types of Missing Middle Housing

- Duplexes
- Triplexes
- Fourplexes
- Townhouses
- Live-work units
- Courtyard apartments
- Detached single-family homes
- Attached single-family homes
- Duplexes, side-by-side
- Duplexes, back-to-back
- Row houses
- Detached single-family homes

Where We Live series

AARP Real Possibilities
Roadmap to Livability series
Connect With Us

@AARPLivable

facebook.com/AARPLivableCommunities
What Is Our Shared Action Agenda?
Last Meeting...

Age-friendly Communities Subcommittee
June 27, 2019
Shared Policy Interests

Housing
(Universal design, affordable housing, zoning and land use)

Transportation
(Coordinating existing options, subsidized service, ride sharing)

Human Services and Health
(Memory cafes, utilizing area agencies, senior advocates)

Community Engagement & Programming
(Programs for all ages, senior centers, newsletters)

Safety
(First responder trainings, Awareness of elder abuse)

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Take 20 minutes to discuss the actions we still need to take to address these issue areas.

MMC Staff will summarize and develop into an Action Agenda at meeting #3.
Local: What do we still need to address within our borders?

Regional/State: What do we need to address together at the regional and state levels?