

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)



Finance & Development

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.

SENIOR HOUSING NEWS

Bill Thomas: 'Big Box' Senior Living No Longer the Only Game in Town

By [Tim Regan](#) | May 9, 2019

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.







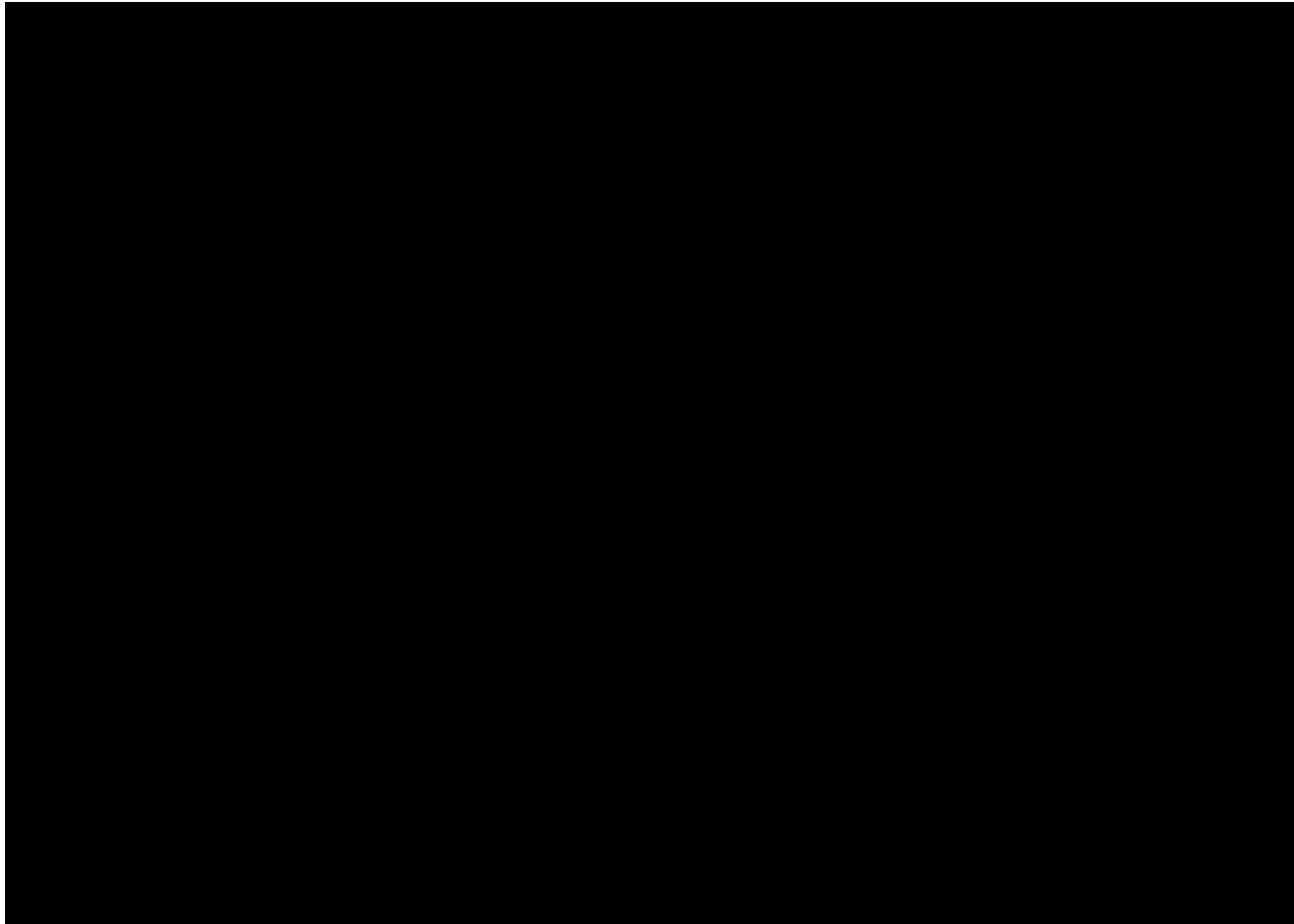
A TRIBE
CALLED
AGING

Life More Wonderful
Not just Less Horrible

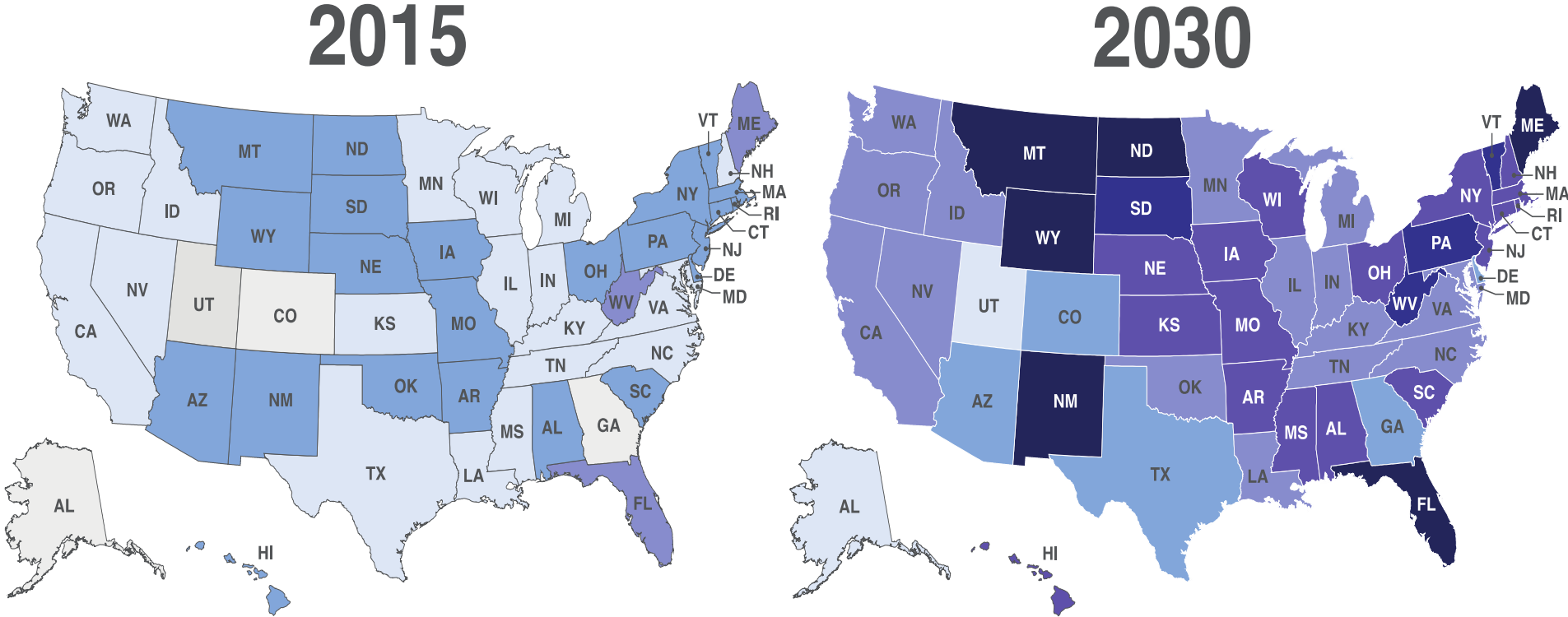
History of AARP



Age-friendly communities



America is aging



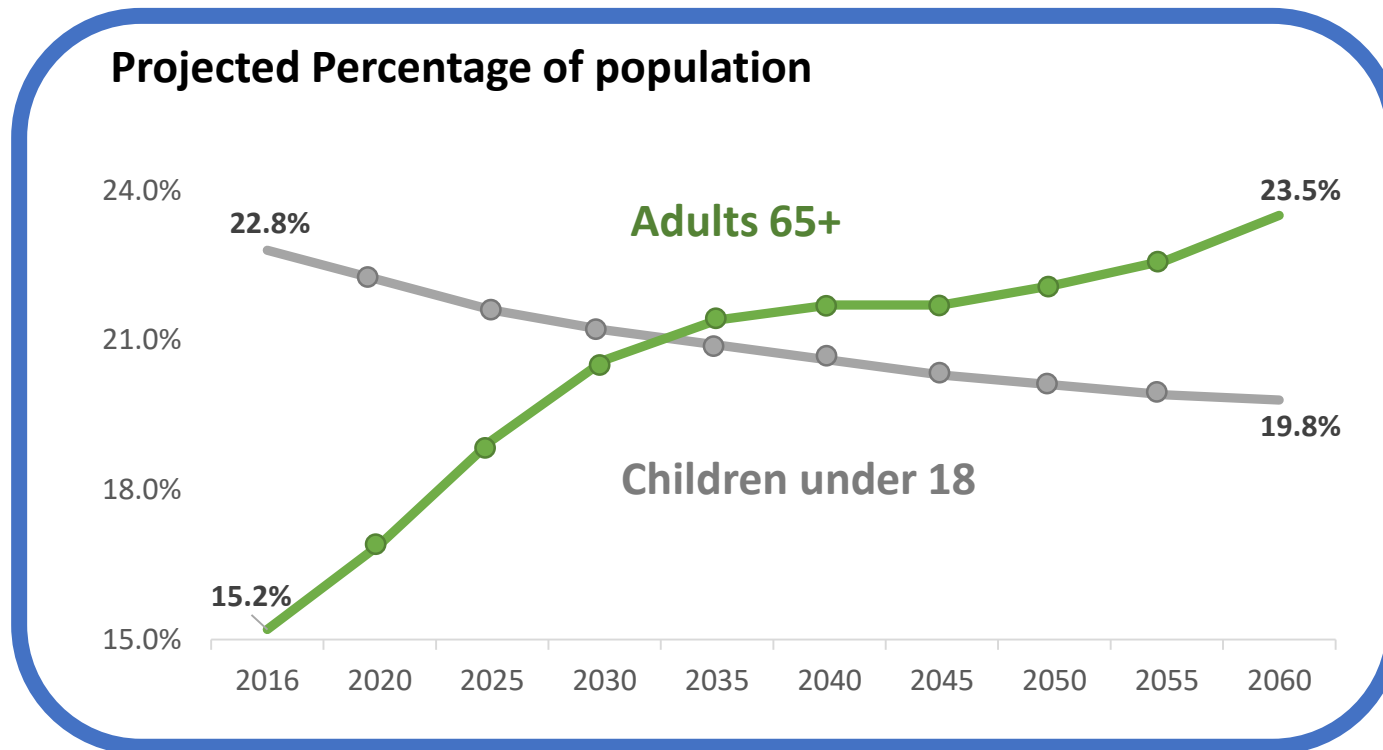
PERCENT OF POPULATION AGE 65+

0-10	10-12.5	12.5-15	15-17.5	17.5-20	20-22.5	22.5-25	25-27
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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.



Source: US Census Bureau (March, 2018). Older People Projected to Outnumber Children for First time in US History. Retrieved from: <https://bit.ly/2p8zoQY>

A 10-year American child today has a

50%

chance of living to 100+.



From the *AARP Policy Book*

*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.*



Age-friendly communities

*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.”



Where people 50+ think they will age



Millennials and baby boomers want walkable, mixed-use neighborhoods.

Age
doesn't
define us



Millennials and baby boomers want affordable housing options, transportation, and work and volunteer opportunities in their community



50%

Range of volunteer activities

53%

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



AARP
Real Possibilities

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.



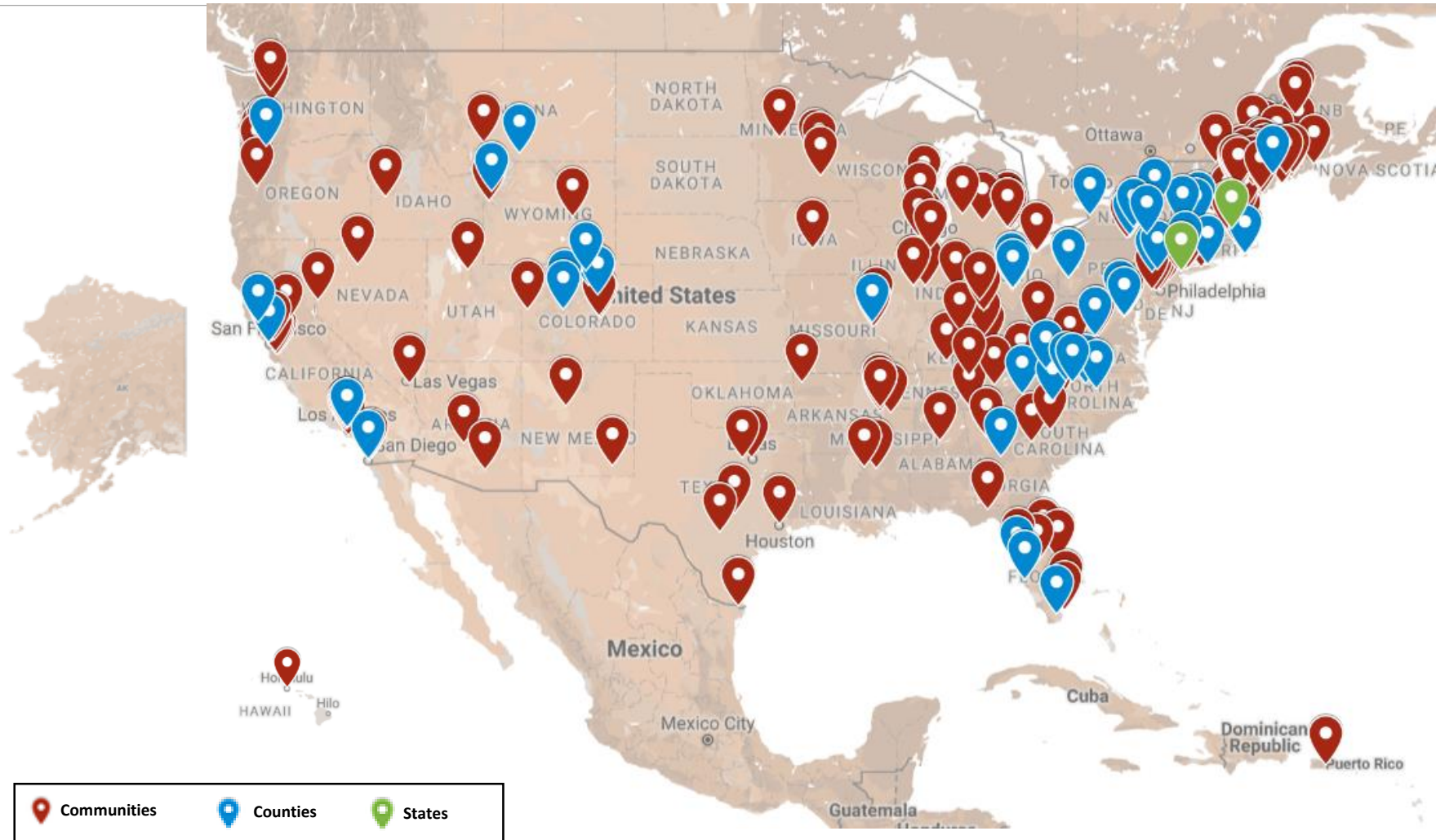
For the past 50 years, communities have developed around motor vehicles as the principal form of transportation.



What makes a community a great place to live?



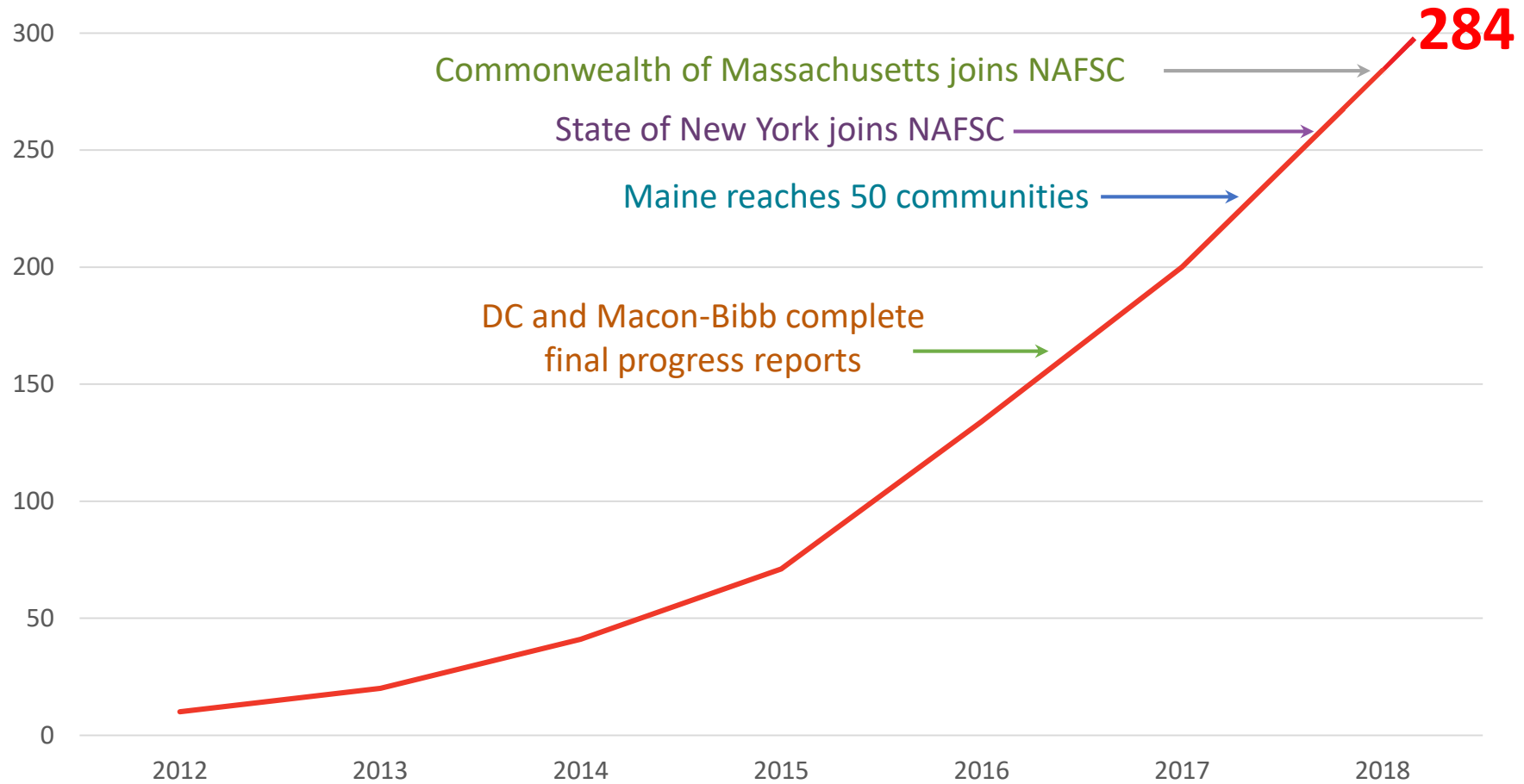
AARP Network of Age-Friendly States and Communities



AARP
Real Possibilities

Map updated August 24, 2018

Explosive growth in the Network of Age-Friendly States and Communities



Developing an age-friendly community: the process

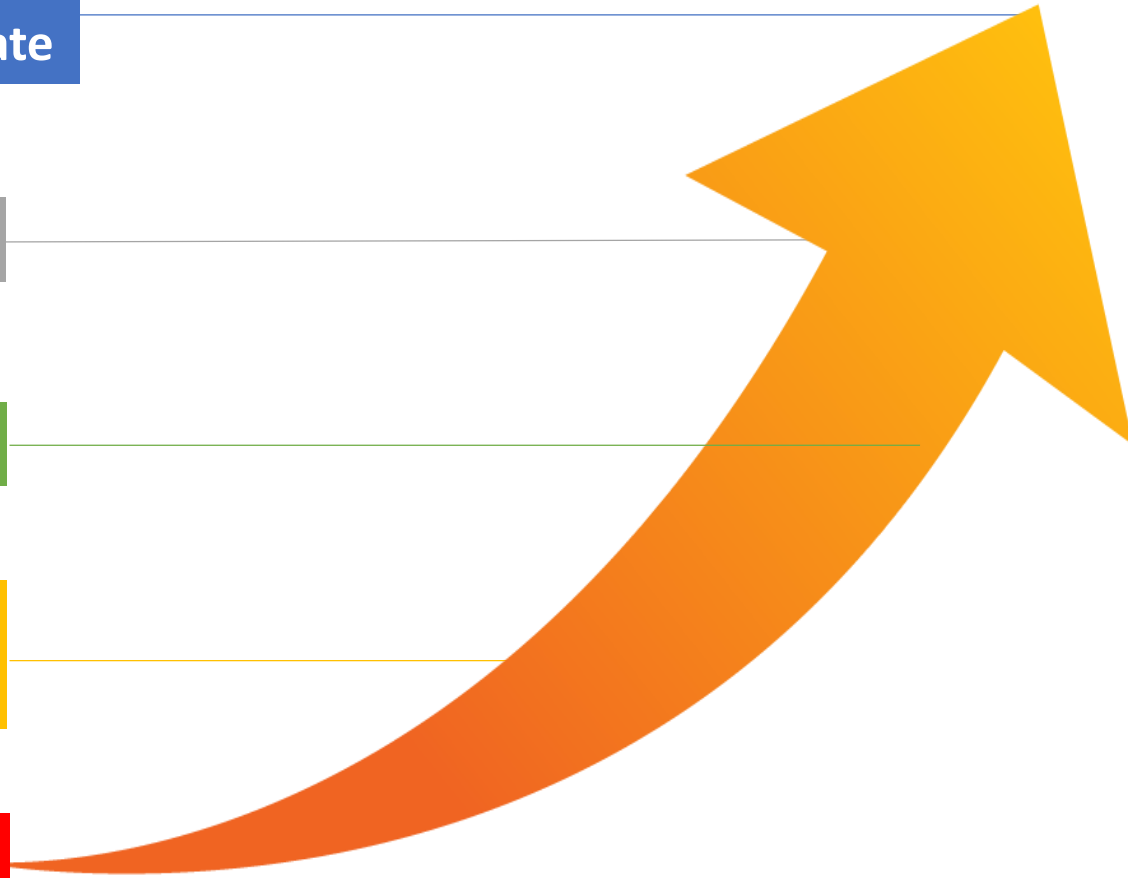
Year 5: Progress / status update

Years 3-5: Implementation

Year 2: Create an action plan

Year 1: Conduct a survey
and listening sessions

Enrollment



The 8 domains: outdoor spaces and buildings



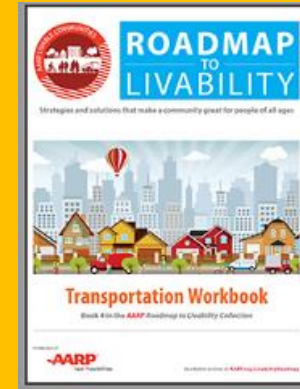
People need places to gather- indoors and out. Parks, sidewalks, safe streets, outdoor seating, and accessible buildings (think elevators, stairs with railings, etc.) can be used and enjoyed by people of all ages.



The 8 domains: 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.



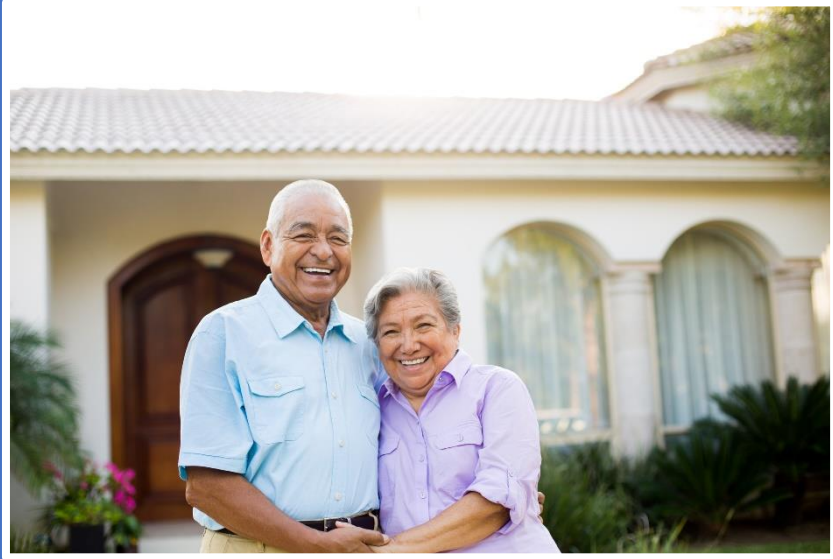
The 8 domains: social participation



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.



The 8 domains: housing



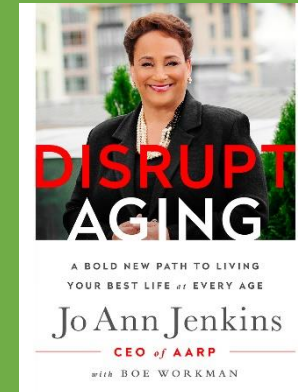
Most older adults want to age in place. Doing so is possible if homes are appropriately designed or modified – and if a community includes affordable housing options for varying life stages.



The 8 domains: 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.



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.



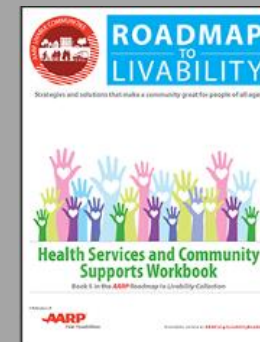
<http://www.createthegood.org/>



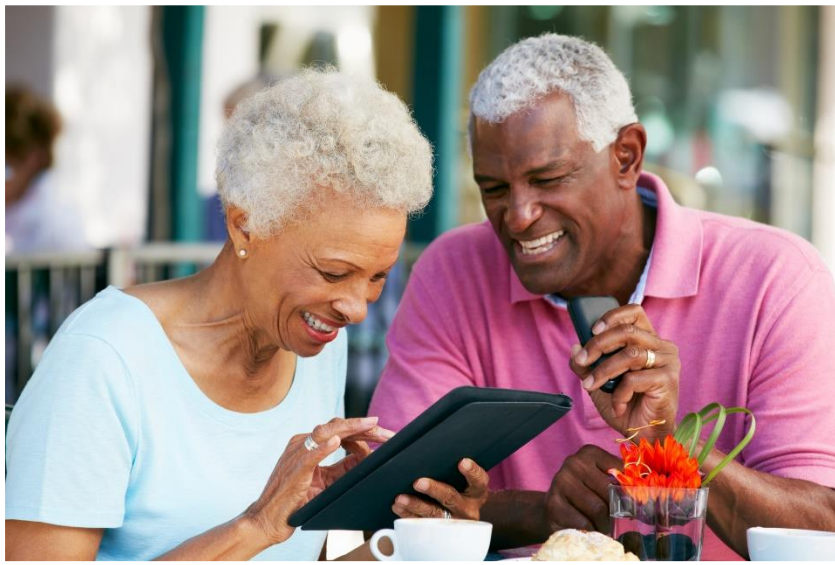
The 8 domains: community support and health services



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



The 8 domains: 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.



AARP Livable Communities
Free E-Newsletter

Tool kits, guides, how-to's,
interviews, slideshows,
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and much more



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[AARP.org/Livable](https://www.aarp.org/livable)



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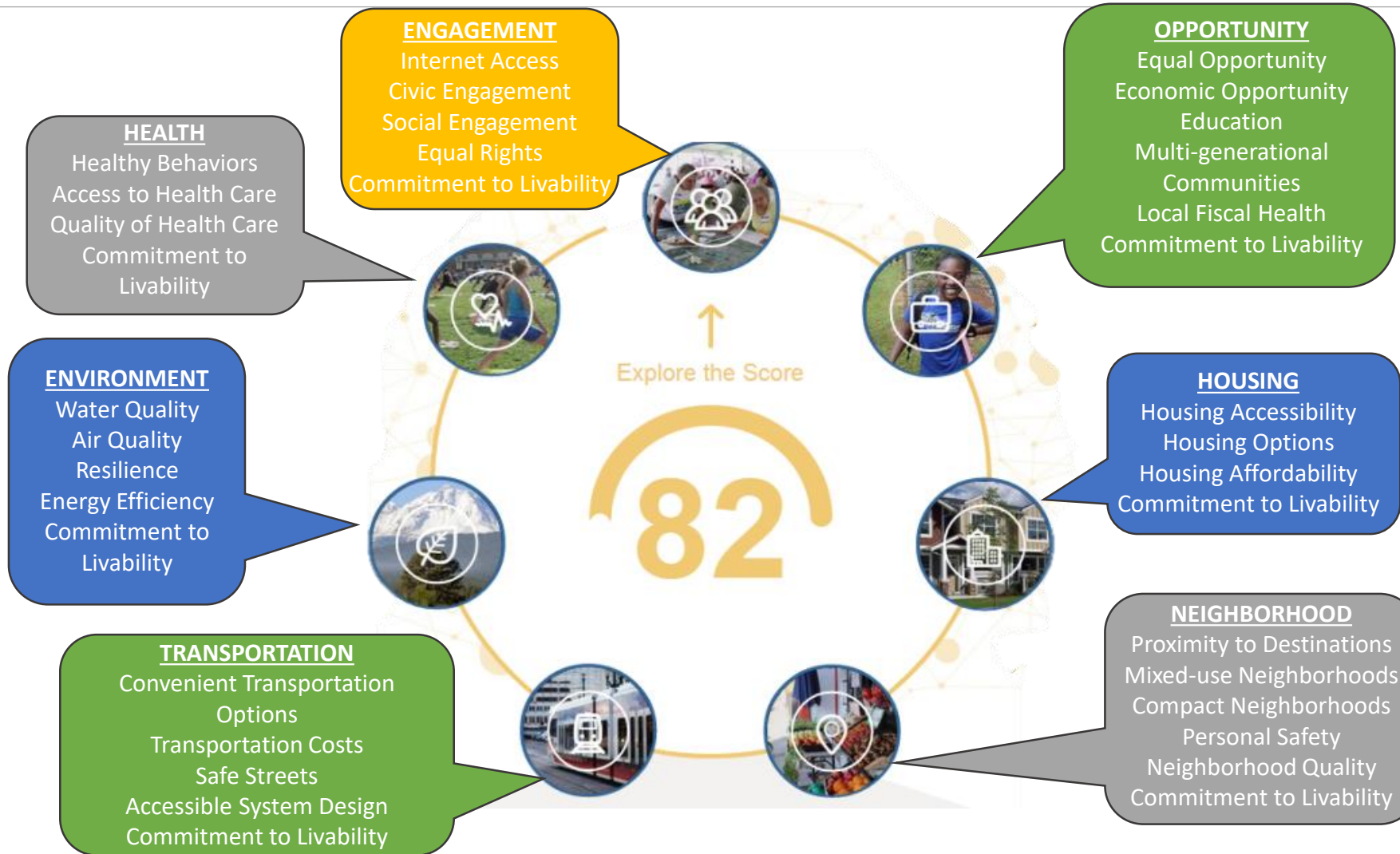
It's the little things...





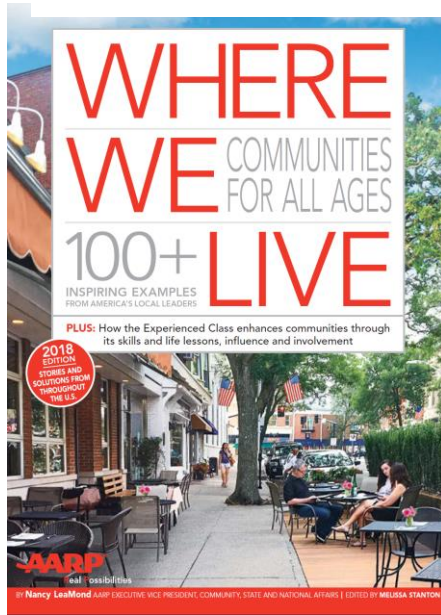
AARP[®]
Real Possibilities

AARP Livability Index



<https://livabilityindex.aarp.org/>

Where We Live series



Bring Back Missing Middle Housing

For too many households, the right type of house, in the right location, at the right price point can't be found because it no longer exists

Across the United States, there is 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 shift in the way American homes are designed, regulated and developed. So-called **Missing Middle Housing** (pictured) is a critical part of the solution. Such residences are described as missing because very few have been built since the early 1940s due to regulatory constraints, the shift to auto-related patterns of development and financing challenges.

Where the structures do exist, they often go unnoticed because — and this is a good thing — they blend right in. Even though missing middle-style buildings contain multiple households, they are compatible in look and feel with single-family homes.

"Missing middle housing types are a great way to deliver affordable housing choices by design since they're of a scale that most communities would support. But they can also hit higher-value niche markets," says Daniel Parolek, founder of Opticos Design and the architect who coined the missing middle terminology.

The missing middle concept also enables housing conversations — even in communities that bristle at words like "density" or "multi-family." Discussions can develop around questions such as "Where will your children live if

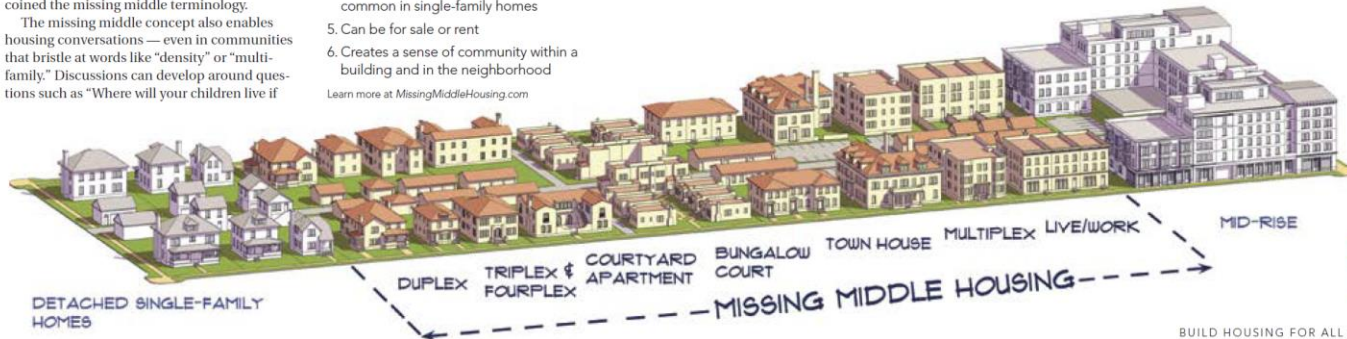
they move back to the area after college?" "Where will downsizing empty nesters move when they need to be in a less car-dependent community?" "Where will new teachers or police officers who have moderate incomes be able to live?" The answer is missing middle housing.

Cincinnati, Ohio; Flagstaff and Mesa, Arizona; Kauai County, Hawaii; Beaufort County, South Carolina; and Decatur, Georgia, are among the communities that have identified their zoning codes as a barrier and are either modifying the largely use-based codes or replacing them with a form-based, place-based approach that will allow a mix of housing types and land uses. That way, for instance, a neighborhood or street can contain single-family and multifamily homes as well as, say, a small market within walking distance — so buying a gallon of milk won't require a drive to the supermarket. ■

Missing Middle Housing:

1. Is ideally located within a walkable area, close to amenities
2. Never exceeds the scale of a house (height, width and depth)
3. Mixes well with other building types
4. Features small but well-designed residences, often with floor plans similar to those common in single-family homes
5. Can be for sale or rent
6. Creates a sense of community within a building and in the neighborhood

Learn more at MissingMiddleHousing.com



THE TYPES



Duplex: Side-by-Side



Duplex: Stacked



Bungalow Court



Carriage House



Fourplex



Multiplex: Small



Town House



Live/Work



Courtyard Apartments

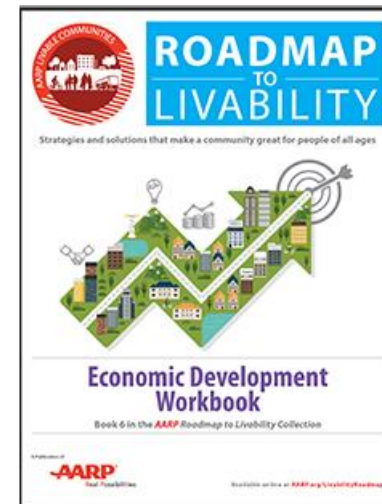
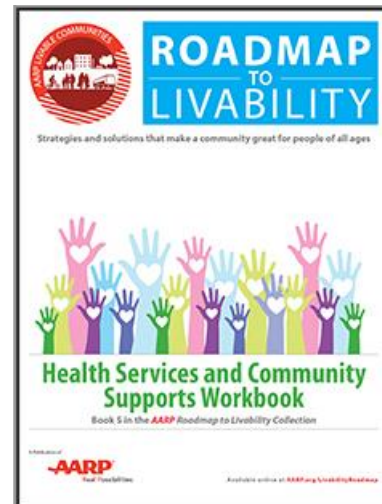
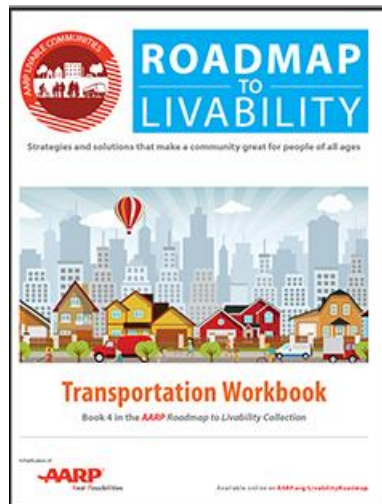
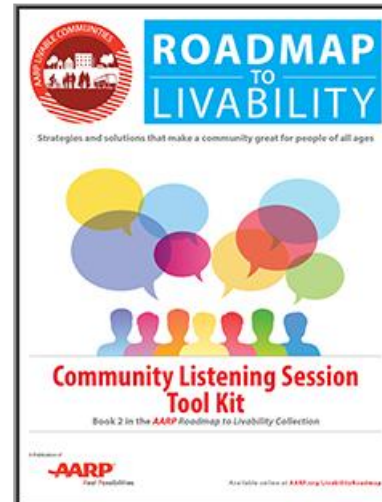
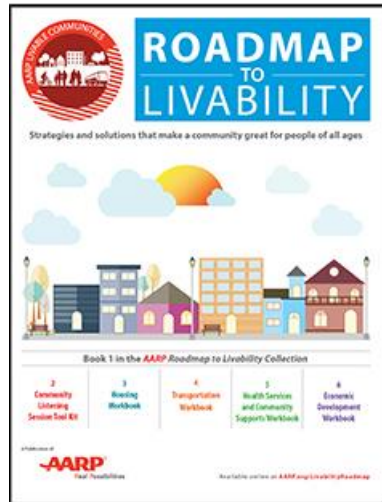
OPTICOS DESIGN, BERKELEY, CALIFORNIA (10)



BUILD HOUSING FOR ALL AGES 13



Roadmap to Livability series



Community Challenge Grants



**AARP
COMMUNITY
CHALLENGE**

Grants to make communities livable
for people of all ages

aarp.org/CommunityChallenge



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What Is Our Shared Action Agenda?

Age-friendly Communities Subcommittee
June 27, 2019



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?