

# Planning for America's Future: Planning for Aging



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## U.S. population is growing ... and growing older

Year	65+ Population	Total Population	65+ Share of Total Population
2000	34,991,753	281,421,906	12%
2010	40,229,000	310,233,000	13%
2030	72,092,000	373,504,000	19%
2050	88,547,000	439,010,000	20%

Source: U.S Census Bureau - Census projections as of 8/2008

# Census Bureau projection: Growth in 65+ will outpace other cohorts

US Population by Age, 2010 and 2050

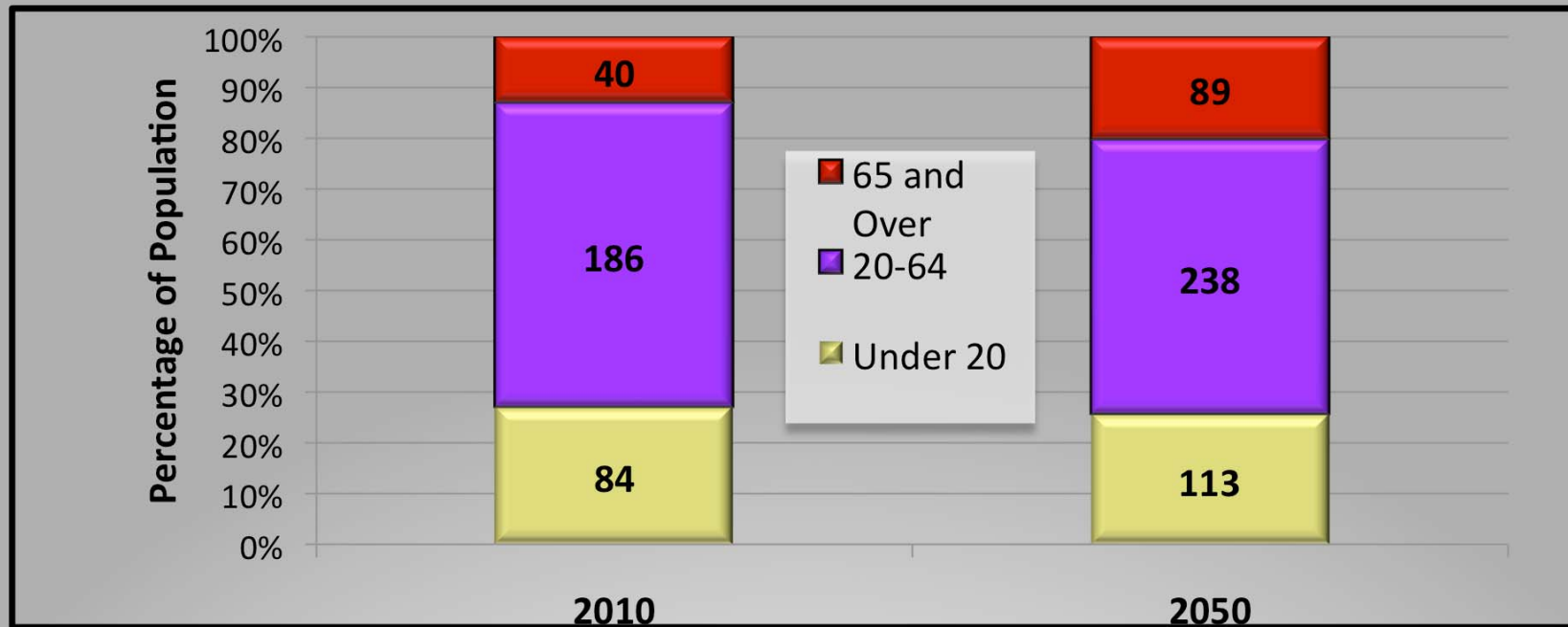
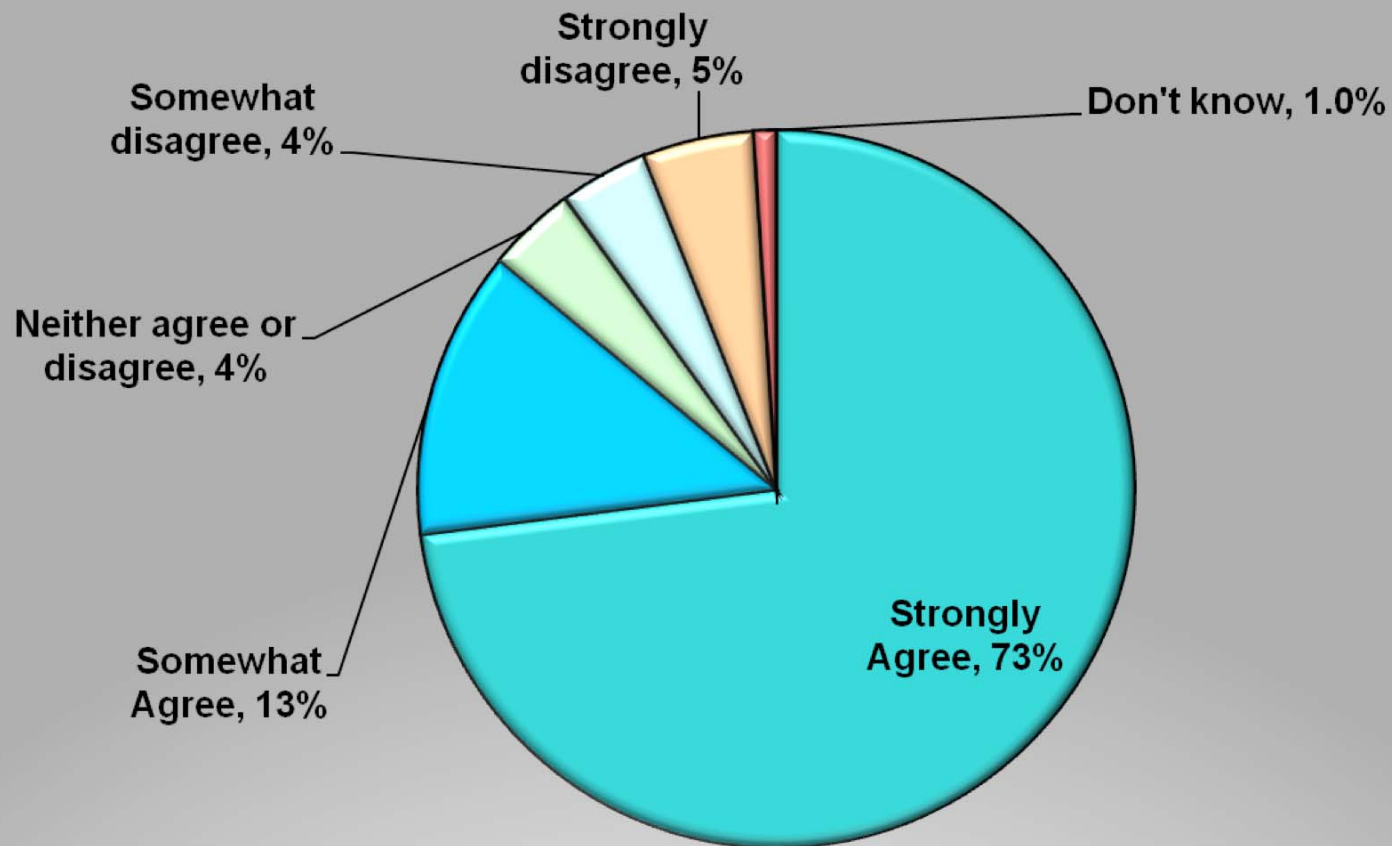


Table 12. Projections of the Population by Age and Sex for the United States: 2010 to 2050 (NP2008-T12)

Source: Population Division, U.S. Census Bureau

Release Date: August 14, 2008

2010 AARP Survey: “What I’d really like to do is remain in *my current residence* for as long as possible.”

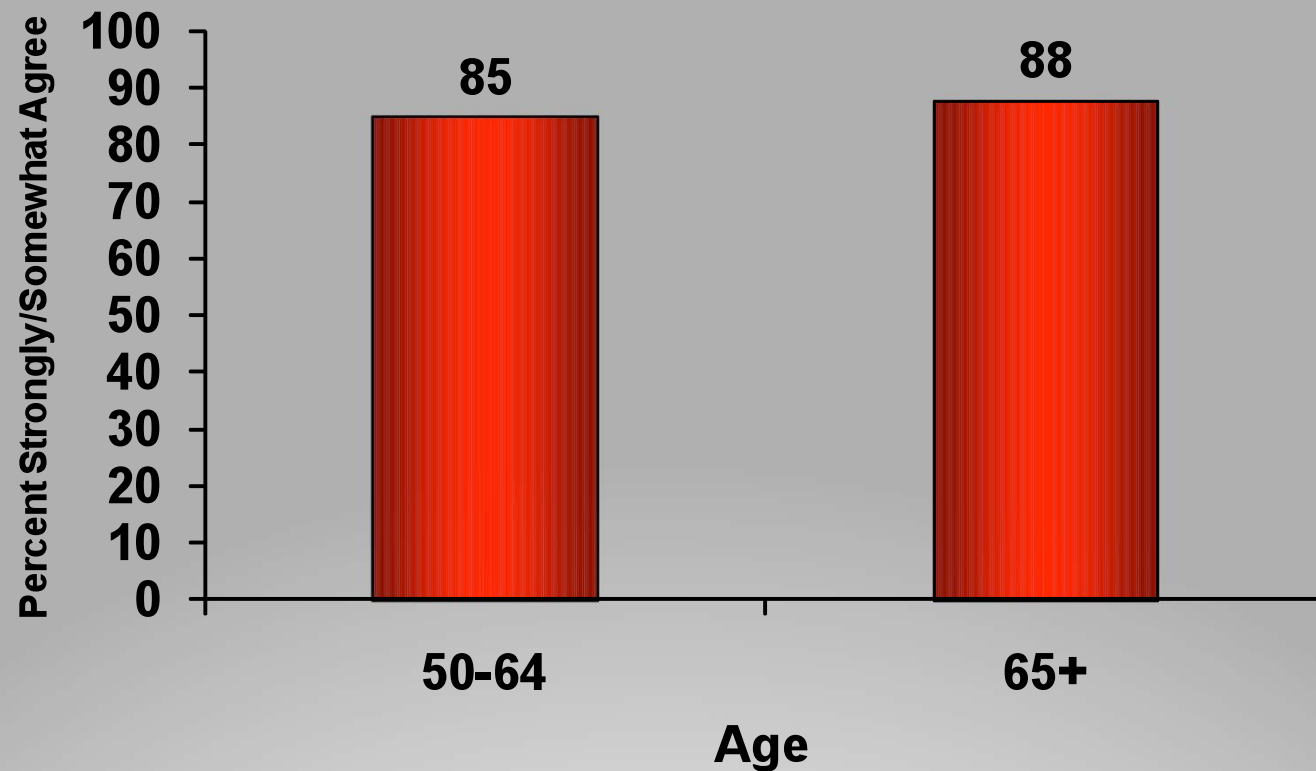


Source: AARP, "Home and Community Preferences of the 50+ population"

Age category: 45+

Base=985

2010 AARP Survey: “What I’d really like to do is remain in *my current residence* for as long as possible.”

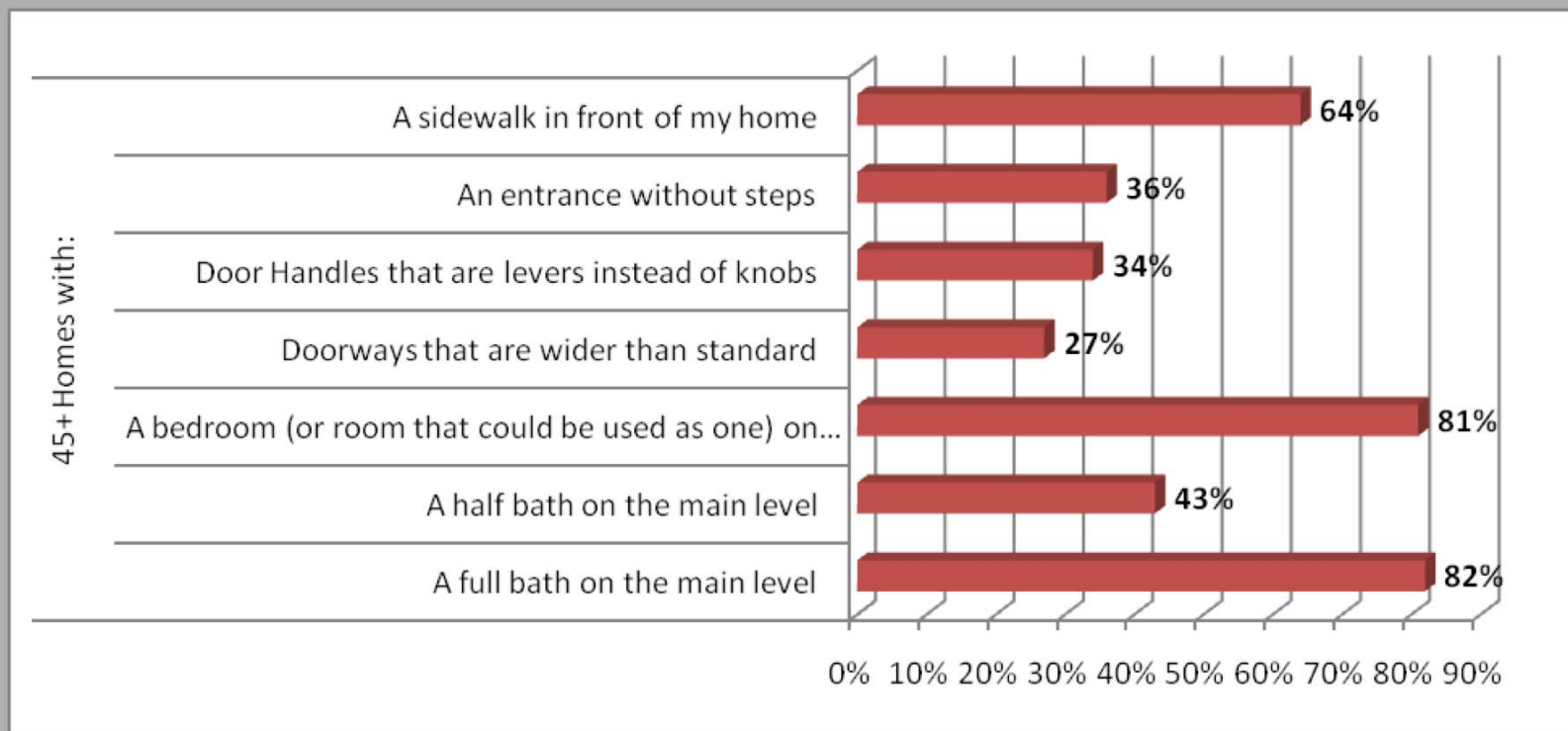


Source: AARP, “Home and Community Preferences of the 50+ population”

Age category: 45+

Base=985

## 2010 AARP Survey: Homes with features that can promote access and usability

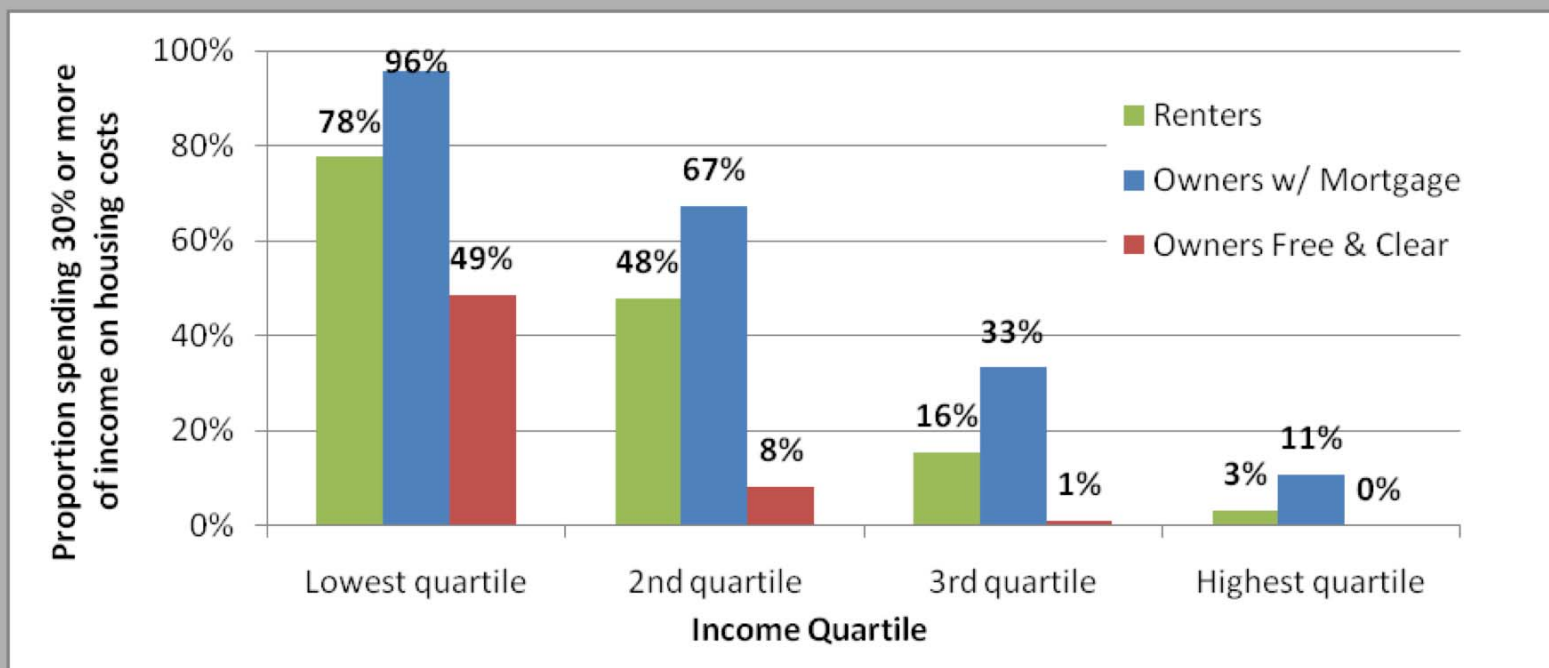


Source: AARP, "Home and Community Preferences of the 50+ population"

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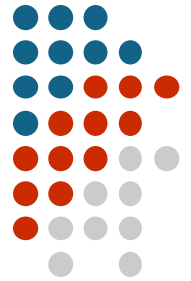
## 50+ Householders with Housing Cost Burdens



Low- and moderate-income households often have a housing cost burden, even if they own their homes

Source: PPI Analysis of 2009 American Community Survey

# “Livable” Housing & Community Features for both Older Adults & Families



Older Adults

Families with Children





# Public Policy & Aging Report



Summer 2010

Volume 20, Number 3

Over the next few years, the number of people age 65 and older in all aspects of America will increase. Increased longevity in life expectancy presents challenges. Among the

The articles in this issue focus on the physical, nutritional, and environmental risk of acquiring chronic diseases, even in people who are predisposed. Although these issues are discussed separately, they are integrated into a social or ecological model to understand how environmental factors influence health outcomes.

Moreover, many disease patterns also are related to activities that drive ecosystem degradation, such as related air pollution, and with industrialized agriculture.

**We Are  
What We  
Eat, Breathe  
and Do**

## The Built Environment; Planning Healthy Communities for all Ages: Community Design, Neighborhood Change, and Impact on Older Adults

*Regina C. Gray  
Rodney Harrell  
Kathy Sykes*

**"If we do not change our direction, we are likely to end up where we are headed."  
—Chinese proverb**

### Introduction

There are many physical elements that contribute to a community's health by supporting the active lifestyles of its residents, including universal design, sidewalks, street networks, and land use patterns. The perception of a safe, secure environment that lacks health hazards is an additional factor. In short, a healthy community offers protections from potential dangers and promotes opportunities for community engagement and physical activity.

The air we breathe and the water we drink are natural public resources on which the quality of our health depends; this knowledge highlights that to some extent, the relationship between public health and the environment has been understood for decades. Recently, however, scientists and public health professionals have looked closer at how the environment impacts the health of older adults and an aging society. As our population ages, the need to understand and respond to how environmental hazards affect the health of persons with chronic conditions, compromised immune systems, and diminished capacities becomes more urgent. While this is a

home environments,<sup>1</sup> but communities that enhance healthy aging include much more. Sustainable or livable communities include a range of housing and transportation options that connect individuals to community services and facilities that serve those of all ages, incomes, and levels of physical ability (AARP, 2009). These factors create supportive environments for persons of any age, but become critically important as residents enter the later stages of adulthood and often require increased support to live independently. The ideal healthy community not only promotes exercise and public safety, it also addresses a range of adverse environmental conditions

To order: [http://www.agingsociety.org/agingsociety/public\\_policy/index.html](http://www.agingsociety.org/agingsociety/public_policy/index.html)

# **The Way Forward: Healthy Community Planning and Design**

Places nearby to walk to or visit

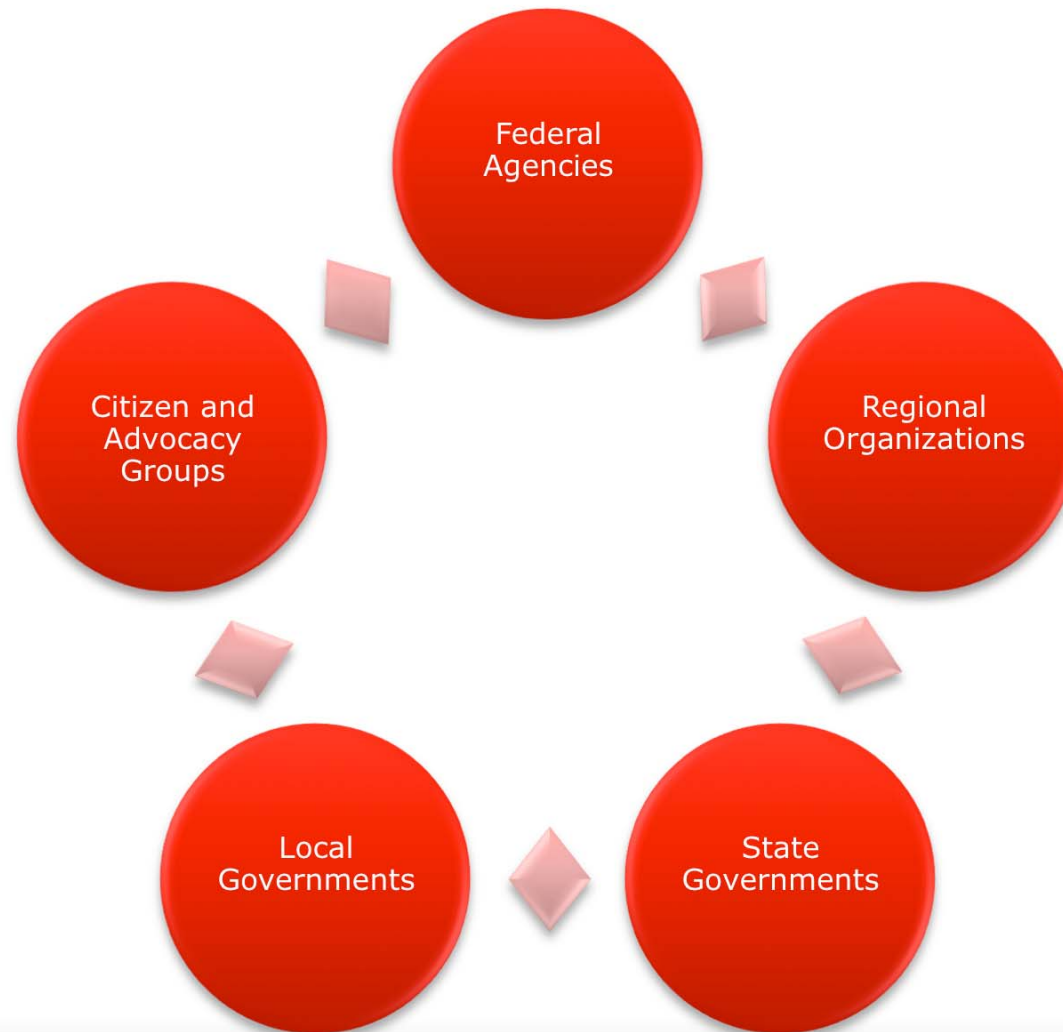
Housing near transit

Promotion of walking and bicycling

Reducing need to drive

Elimination of environmental hazards

# The Way Forward: Healthy Community Planning and Design



# HUD – DOT - EPA Livability Principles

- Provide more transportation choices
- Promote equitable, affordable housing
- Enhance economic competitiveness
- Support existing communities
- Coordinate and leverage federal policies and investment
- Value communities and neighborhoods



# Livable Communities



**Mobility:**  
Americans 50+ are  
able to sustain  
mobility as they  
age

**Housing:**  
Americans 50+  
have appropriate  
and affordable  
housing options



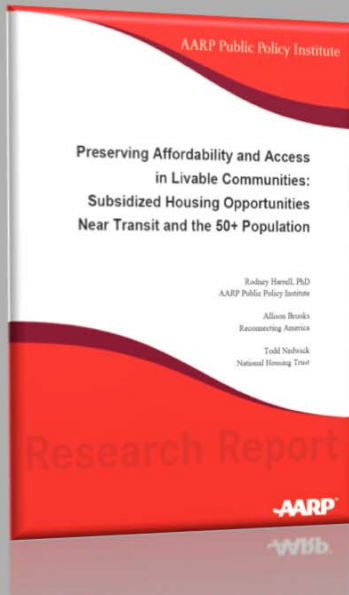


# **AARP Livable Communities Principles** (Proposed for 2011-2012)

- Create livable communities
- Improve health\*
- Foster safety and personal security\*
- Engage residents in community planning and provide equal access to the decision-making process\*
- Protect civil and legal rights.
- Coordinate planning processes.
- Invest in existing communities.\*

\*Staff proposed change from "The Policy Book: AARP Public Policies 2009-2010."  
This slide excludes separate principles for Land Use, Housing and Transportation

**PPI Report:**  
**"Preserving Affordability and Access in Livable Communities:  
Subsidized Housing Opportunities near Transit and the 50+ Population"**



**Authors:**  
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*AARP Public Policy Institute*

Allison Brooks  
*Reconnecting America*

Todd Nedwick  
*National Housing Trust*

- AARP, Reconnecting America, and the National Housing Trust developed a study, research paper and Solutions Forum that looked at housing, transportation, and land use.
- This study looked at the differences between housing near transit and housing far from transit, the location of subsidized housing in 20 cities, and how housing location mattered to older persons who lived in those apartments.

PPI Report #2009-15

# Who Benefits the Most from Housing Near Transit?

**Minimal Benefit**

**Full Benefit**

## High Amount of Limitations

### **Individual:**

Significant physical limitations that prevent boarding or waiting for transit.

Those who do not understand the transit system.

### **Community (External):**

Living in poorly planned or economically struggling communities with little shopping or services nearby.

Poor transit service, including bus drivers who won't stop, poor route planning, unreliable service, inaccessible stops/stations, high crime levels.

## Low Amount of Limitations

### **Individual:**

Open to the idea of transit, without unaddressed cognitive or physical impairments, and able to read and understand signage

### **Community (External):**

Living in well-planned, safe, healthy communities and in walkable neighborhoods with resources nearby.

Frequent, accessible, reliable transit service that connects to most other places that one would want to travel to.



# AARP Public Policy Institute



- Informs and stimulates public debate on the issues we face as we age.
- Provides objective research and analysis
- Promotes the development of sound, creative policies to address our common need for economic security, health care, and quality of life.



For hard copies of publications, send requests to: [ppi@aarp.org](mailto:ppi@aarp.org)

# PPI Livable Communities Publications

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LIVABLE COMMUNITIES  
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THIS AND RELATED REPORTS

## Strategies to Meet the Housing Needs of Older Adults

By: Keith Wardrip, Center for Housing Policy

E-mail Print Bookmark

Many adults, as they age and their abilities change, find that shortcomings in their homes and communities can limit where they are able to live. Some of these limitations are related to features of the housing stock itself, while others are rooted in community characteristics that do not appropriately accommodate an aging population. This report provides an overview of these challenges and explores some policy recommendations for overcoming them.

This report (click here to download) covers the following topic areas:

- Accessible, safe, and affordable housing

### INSIGHT on the Issues

#### Strategies to Meet the Housing Needs of Older Adults

Many adults, as they age and their abilities change, find that shortcomings in their homes and communities can limit where they are able to live. Some of these limitations are related to features of the housing stock itself, while others are rooted in community characteristics that do not appropriately accommodate an aging population. This report provides an overview of these challenges and explores some of AARP's policy recommendations for overcoming them.

#### Introduction

AARP defines a "livable community" as one with "affordable and appropriate housing, supportive community features and services, and adequate mobility options."<sup>1</sup> Together, these elements create an environment in which everyone has the opportunity to live independently and participate fully in civic and social life.

The characteristics of a livable community also afford older adults meaningful residential options. Accessible housing and public transit, as well as nearby services and amenities, provide the ingredients for successful aging without the need to move. At the same time, because livable communities include a variety of housing types at different price points, older adults can choose to move to a more appropriate home nearby without having to leave behind their neighbors, doctors, or house of worship.

All too often, however, today's housing stock is expensive, lacks accessible features, and is not convenient to essential services, all of which make it difficult for residents to age in place. A home lacking accessibility features, situated in a community with too few

affordable and accessible housing options nearby, can precipitate an unwelcome move to a distant community or a premature move to a nursing home.

This report discusses some of the housing challenges facing older adults today and explores strategies that, if pursued, would better enable older adults to age in place or in their community. Many of these strategies focus on ensuring that today's housing stock is affordable, accessible, and connected to essential services. But the report is also forward-looking and emphasizes the importance of building and preserving a range of housing options—subsidized, supportive, and market-rate—sufficient to meet future demand and located in mixed-use, transit-oriented areas that promote independence and mobility.

With the number of Americans over the age of 65 expected to more than double from 40 million to 81 million by 2040,<sup>2</sup> it is paramount that policymakers, program managers, and researchers work to maintain and create housing options and communities that meet the needs of older adults and facilitate aging in place.

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Direct link : <http://www.aarp.org/research/ppi/liv-com/housing/articles/i38-strategies.html>

# HousingPolicy.org Toolkit for Older Adults

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## Goal: **Meet the Housing Needs of Older Adults**

Older adults face an array of housing challenges. Many live in homes that lack accessibility features, are unaffordable or energy inefficient, or are located far from important destinations and amenities. Others need various kind of assistance to maintain their independence and autonomy but cannot afford the supportive services that would allow them to age successfully in a residential environment.

This toolkit provides a detailed exploration of these and other challenges facing older adults and describes a range of promising policies that some communities are adopting to address them.

### Quick Links

[Go to AARP's Public Policy Institute](#)  
[View \*Joselyn\* on the Issues report](#)  
[Learn More About the Policy Toolbox](#)  
[All Roles & Policies](#)  
[Clickable Map of Examples by State](#)

Click on the boxes below to learn more about ways to meet the housing needs of older adults.

### Provide accessible, safe, and affordable homes



Build, modify, and preserve homes that are accessible and affordable to older adults with a variety of incomes and abilities.

### Improve access to social services and transportation options



Coordinate the delivery of services and public transit options with housing for older adults to help meet changing needs and preserve autonomy and independence.

### Support housing models geared to older adults



Enhance consumer choice by providing a range of residential alternatives that meet the needs and preferences of older adults.

Photo credits (L to R): Fall Creek Place, Indianapolis IN -- courtesy of Chris Palladino, Nareus Real Estate Services; Portland ME -- courtesy of [www.petbikeimages.org/Den Burden](#); Residents -- courtesy of Nancy Housing, Inc.

This Toolkit focuses on the needs of older adults, and is made possible with the generous support of AARP. The Center for Housing Policy gratefully acknowledges the input and feedback provided for this policy section by the following reviewers (in alphabetical order): Richard Duncan, Center for Universal Design, North Carolina State University; Charles Dumes, The Housing Company; Denise Levine and Jordana L. Masel, Center for Inclusive Design and Environmental Access (IDEA) at the University of Buffalo; Nancy Libson, American Association of Homes and Services for the Aging; Eleanor Smith, Concrete Change. Please note, however, that the views and opinions expressed in the Toolkit, as well as any errors or omissions, are those of the Center for Housing Policy only and do not necessarily reflect the positions of AARP or any other entity.

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