Planning for America’s Future: Planning for Aging

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

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

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>
<thead>
<tr>
<th>Percentage of Population</th>
<th>2010</th>
<th>2050</th>
</tr>
</thead>
<tbody>
<tr>
<td>65 and Over</td>
<td>40</td>
<td>89</td>
</tr>
<tr>
<td>20-64</td>
<td>186</td>
<td>238</td>
</tr>
<tr>
<td>Under 20</td>
<td>84</td>
<td>113</td>
</tr>
</tbody>
</table>

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

- A sidewalk in front of my home: 64%
- An entrance without steps: 36%
- Door handles that are levers instead of knobs: 34%
- Doorways that are wider than standard: 27%
- A bedroom (or room that could be used as one) on the main level: 81%
- A half bath on the main level: 43%
- A full bath on the main level: 82%

Source: AARP, “Home and Community Preferences of the 50+ population”
Age category: 45+
Base=985
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
- Smaller homes requiring less maintenance
- Supportive services
- Affordable homes
- Accessible, visitable homes
- Transportation options
- Safe, walkable streets
- Open space & parks
- Convenient shopping and services
- Nearby, high-quality health services

Families with Children
- Good schools
- Convenient child care
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, 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.
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

Federal Agencies

Regional Organizations

Local Governments

State Governments

Citizen and Advocacy Groups
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

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.

Full Benefit

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.
For hard copies of publications, send requests to: ppi@aarp.org
HousingPolicy.org Toolkit for Older Adults

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 kinds 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.

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.

www.housingpolicy.org
More Information:

- AARP Public Policy Institute: www.aarp.org/ppi

- AARP PPI Livable Communities Documents: www.aarp.org/ppi/liv-com

- PPI Document Requests: ppi@aarp.org