



Just How Smart Is Our Growth? Getting Ready for a Maturing America

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New Partners for Smart Growth

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Disclosure

- We have no relationships or potential conflicts of interest to disclose.

Abstract

- The startling new n4A report, *The Maturing of America*, concludes that many communities are unprepared for their quickly aging populations, with “no where near the level of progress that has to be made to ensure that communities are livable for people of all ages”. This session provides practical, evidence-based strategies for integrated planning and implementation consistent with Smart Growth, but also specifically responsive to an aging population diverse in ethnicity, resources, health and functional status. Presenters will share priorities for ensuring mobility, health and economic benefit drawing upon lessons from the California Healthy Cities and Communities Program; Easter Seals Project ACTION; and the CDC and CDC-Healthy Aging Research Network’s efforts to strengthen the capacity of planners, engineers, and others to integrate aging and disability issues into their work. The session will be highly interactive, with discussion via use of case scenarios and tools that can subsequently be applied in practice.

Objectives

- Identify priorities, practices & policies for equitable development addressing specific needs of older adults, people with disabilities & under-resourced communities
- Describe potential partners, processes & products likely to lead to good outcomes & leverage scarce resources.
- Define practical, evidence-based action steps for moving forward within one's own neighborhood, community, or sphere of influence.

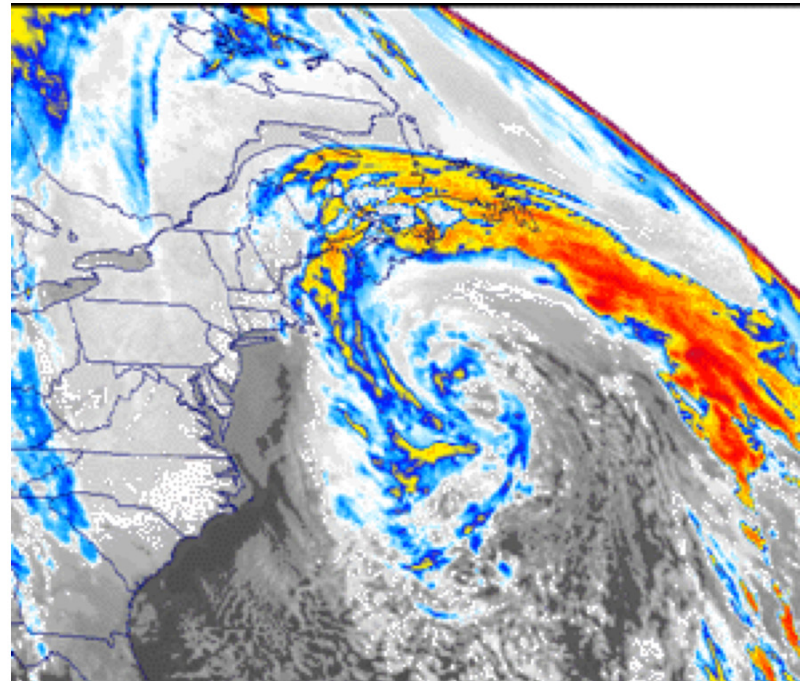
2001: A Daunting Prediction

- *The ageing transition is going to be one of the most daunting challenges of this century... It is an entirely new and unprecedented crisis with no pointers from the past, no lessons from history, no premonitions from the collective memory of mankind.*

- *Managing the Global Ageing Transition, Zurich, January 2001*

We face a perfect storm.

- Leading edge boomers foreshadow huge demographic shift.
- Ongoing economic downturn affects local, state and national budgets.



Public Domain. <http://www.ncdc.noaa.gov/>

The Maturing of America-Communities Moving Forward for An Aging Population. Washington, DC: n4a, June 2011.

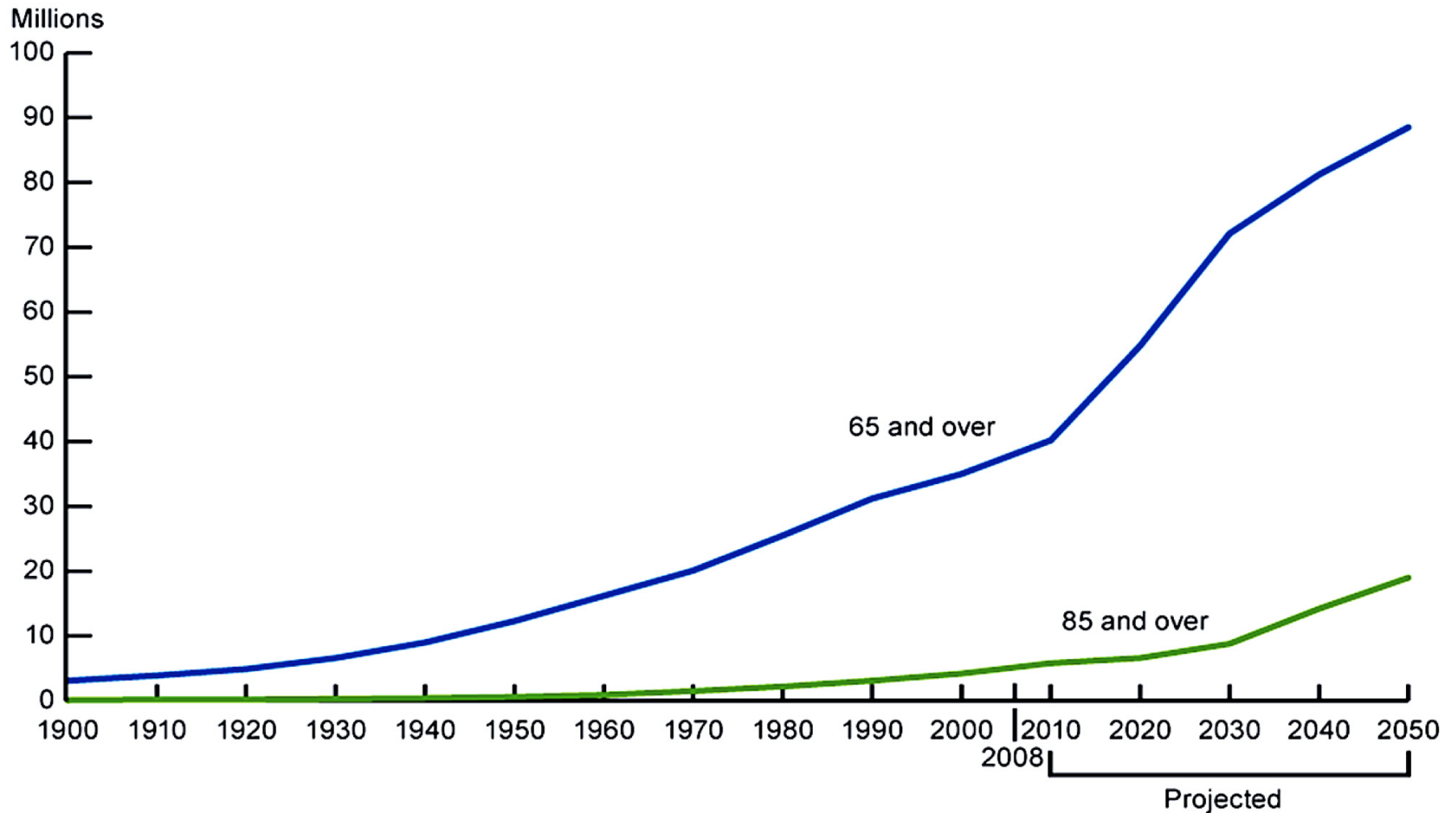
We are not prepared.

- *Many U.S. communities have been unable to make significant progress in preparing to meet the needs of the country's rapidly aging population... advancements are no where near the level of progress that has to be made to ensure that communities are livable for people of all ages.*

The Maturing of America-Communities Moving Forward for An Aging Population.

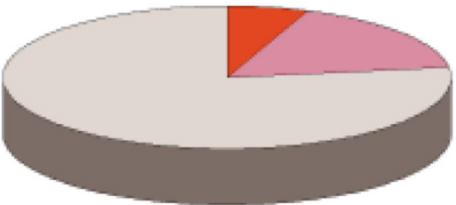
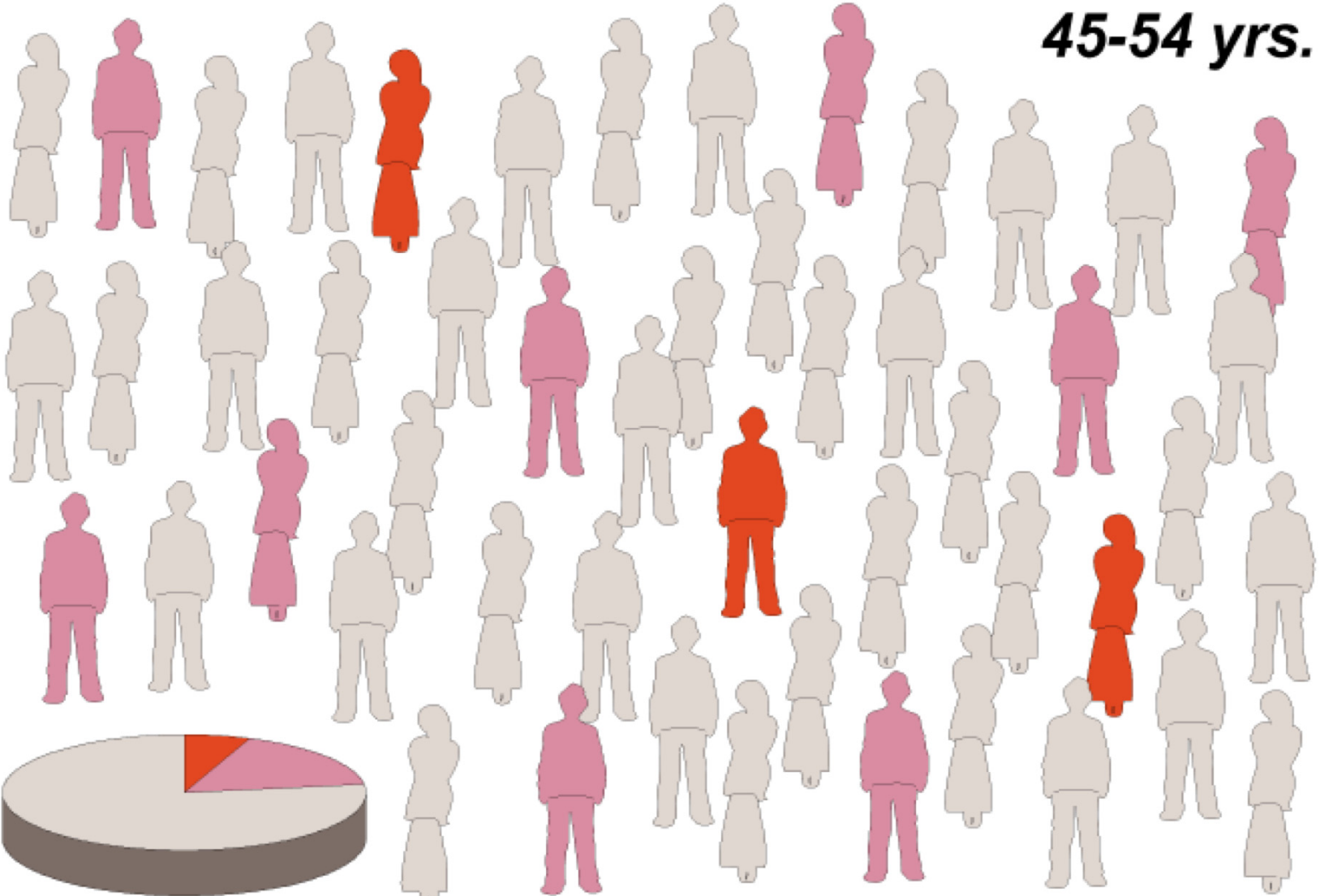
Washington, DC: n4a, June 2011.

Population age 65 and over and age 85 and over, selected years 1900–2008 and projected 2010–2050



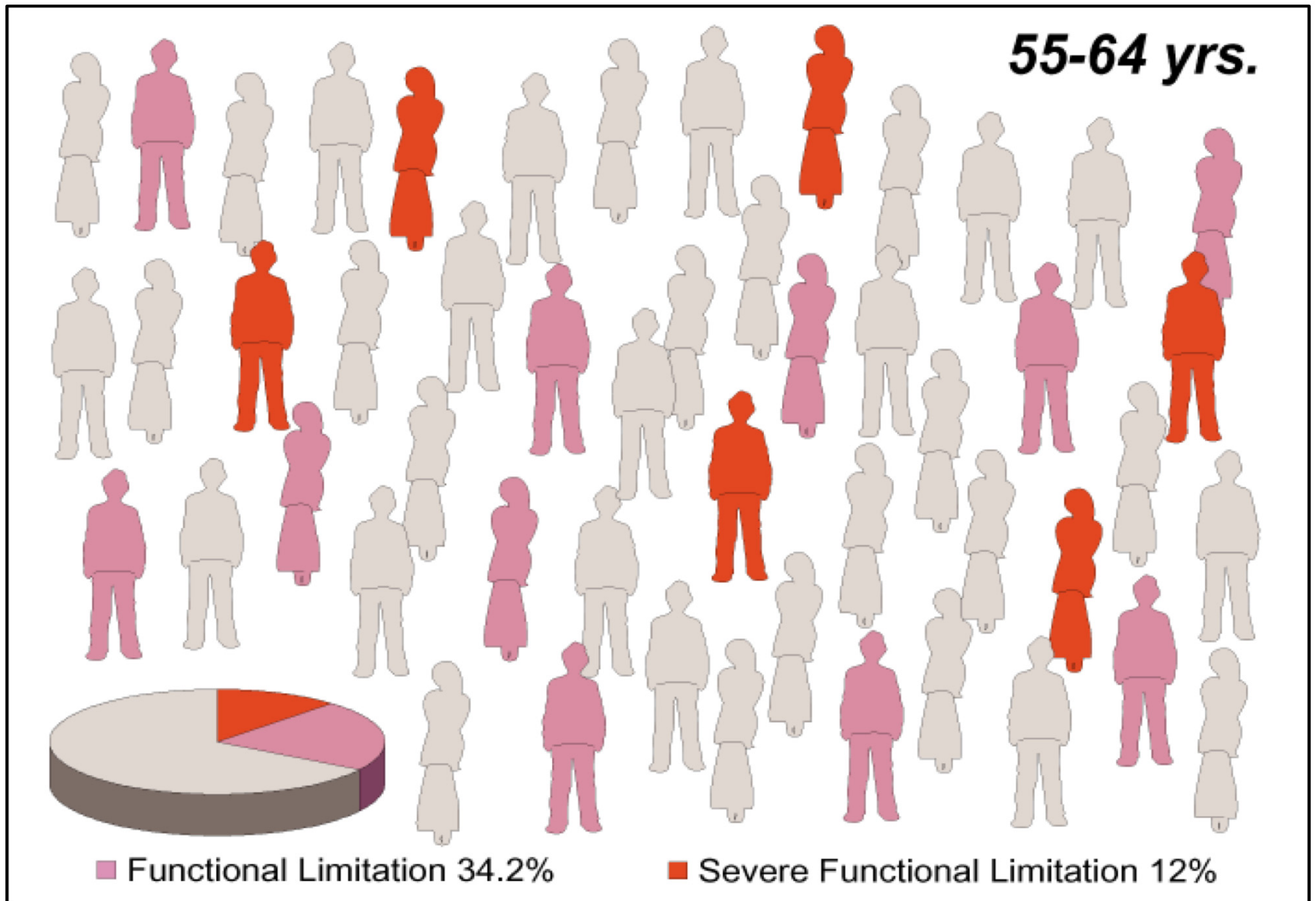
NOTE: Data for 2010–2050 are projections of the population.
Reference population: These data refer to the resident population.
SOURCE: U.S. Census Bureau, Decennial Census, Population Estimates and Projections.

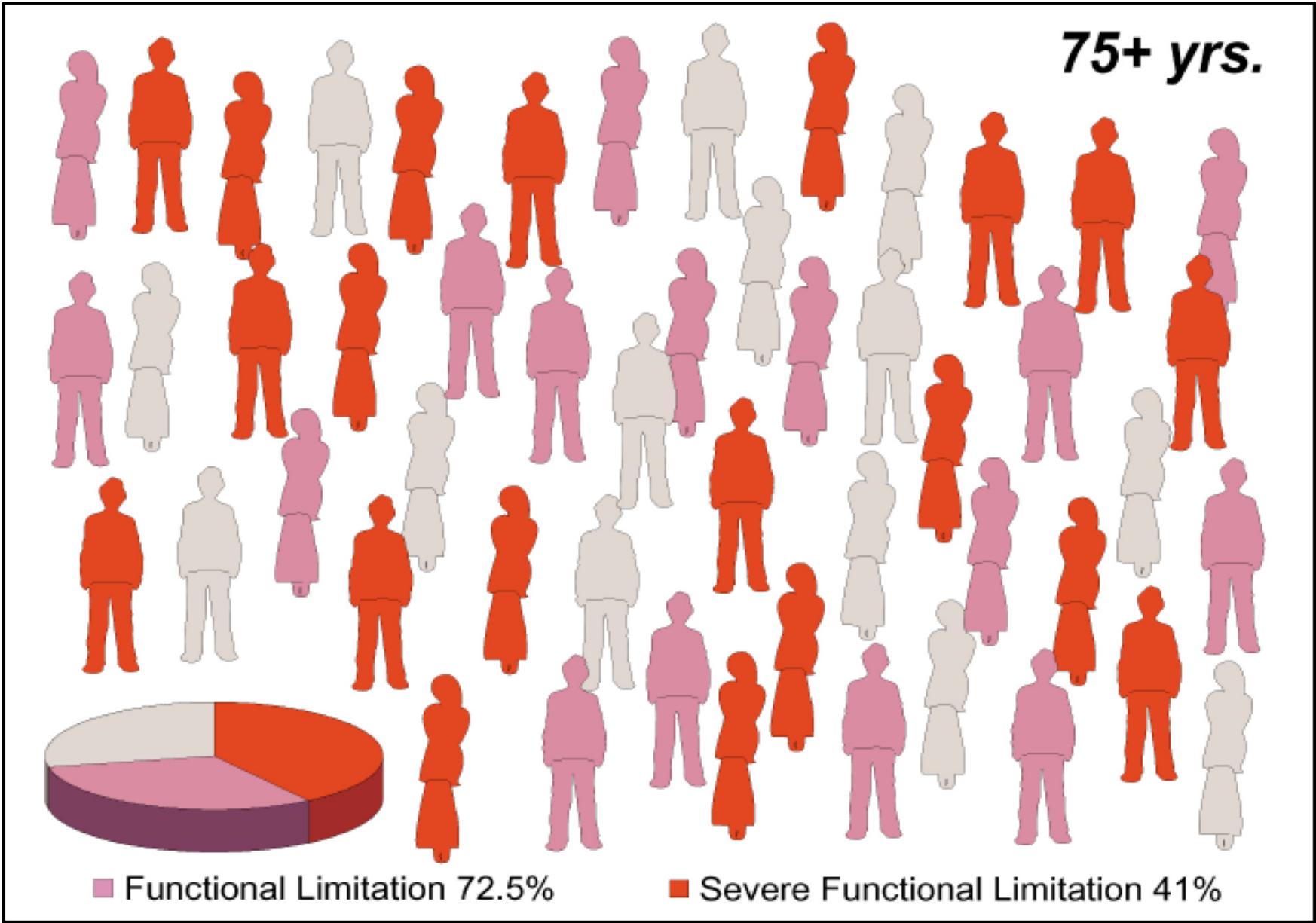
45-54 yrs.



■ Functional Limitation 23%

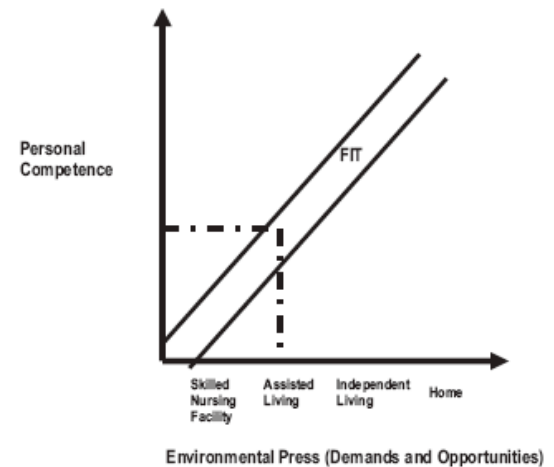
■ Severe Functional Limitation 6%





Why does it matter?

- Research evidence links environmental factors to healthy aging.
 - Physical activity
 - Social engagement
 - Nutritional status & obesity
 - Functional status
 - Mental health
 - Environment can be more constraining when an individual has functional limitations.



Barriers to Participation, CDC, NHIS (2002)

Building design	43.1%
Crowds	36.2%
Transportation	31.7%
Sidewalks and curbs	31.2%

Gerry Hendershot, National Organization on Disability



Are you prepared?

- What is the current % of your population aged 65 or older?
 - Aged 85 & older?
- What is the projected % for 2020?
 - 2030?



Just how smart is our growth?

- What are the implications for your community?
- What do you see as key challenges to needed change?

The Seattle Times

Winner of Eight Pulitzer Prizes

Originally published Monday, July 11, 2011 at 6:39 PM

Aging boomers strain cities built for the young

Initiatives are under way to make New York and other cities age-friendly enough to help the coming crush of older adults stay active and independent in their own homes.

By **LAURAN NEERGAARD**

The Associated Press



Consider key priorities.



- Improve neighborhood design & safety.
- Expand stock of accessible housing.
- Ensure mobility & transportation options.
- Reduce environmental hazards.

Improve neighborhood design & safety.

- Require attention to age-sensitive issues, e.g., pedestrian countdown signals that account for slower walking speeds; places to rest.
- Provide tax/other incentives for incorporating lifelong community concepts.
- Improve selected older adult-friendly routes & provide walking guides to safe routes.



Example: Walk Wise, Drive Smart

- Targeted older adults in ten neighborhoods
- Partners
 - Public health
 - Aging services
 - City of Hendersonville
 - Downtown Merchants Association
 - Transportation Authority
 - City Schools
- Created “ safe routes” used by all
 - www.walk-wise.org

Stepping Up to a More Walkable Hendersonville

WELCOME!

Next to driving or riding in cars, walking is the most frequent mode of transportation for senior adults. *Walk Wise, Drive Smart* aims to create more pedestrian-friendly environments for senior adults within Hendersonville, NC, and surrounding areas.

Walk Wise, Drive Smart is a neighborhood-based project that is part of the Henderson County Livable and Senior Friendly Community Initiative. The program builds upon established community relationships and uses community input to guide improvements to the walkability of Hendersonville.

Walk Wise, Drive Smart combines educational, encouragement, enforcement and environmental activities to create a safer and more inviting walking community. The program seeks to develop and implement a model that can be replicated in similar settings in North Carolina and beyond.

[Click here](#) to read more about National Active Aging Week in Hendersonville.

[Click here](#) to read more about the program for motorists who drive C

[Click here](#) to read more about the *Walk Wise, Drive Smart*, NC A of Henderson County.

[Contact us](#)

HEALTHY AGING
IMPROVING AND EXTENDING QUALITY OF LIFE AMONG OLDER AMERICANS 2011

Stepping Up to a More Walkable Hendersonville

Public Health Problem

In the Hendersonville area, the number of 65+ adults aged 65 years and older will increase from 17,000 in 2008 to 22,000 in 2018. The increase will be most significant for men 65 years and older and for women 65 years and older. The increase will be most significant for men 65 years and older and for women 65 years and older. The increase will be most significant for men 65 years and older and for women 65 years and older.

Taking Action

To address the public health concern, community leaders in Hendersonville, North Carolina, have joined to create a program to make Hendersonville a more walkable and safe place for older adults. Hendersonville is an ideal setting for this program because more than 50% of residents are aged 65 years or older.

National Center for Disease Prevention and Health Promotion
Division of Aging and Community Health

CDC

Increase accessible housing stock.

- Use tax incentives & ordinances to increase the amount of housing stock with universal design features.
- Change zoning to allow use of accessory dwelling units.
- Educate builders, developers, realtors, & consumers about inclusive home design features.
- Provide tax incentives & recognize exemplary practices in retrofitting older homes & creating new models of supportive housing.

Example: Pima County IHD Ordinance

- First mandatory inclusive home design ordinance
- Advanced by coalition
 - Aging
 - Disability groups
 - Young veterans
 - Champions
- Over 30,000 homes built to IHD standard in decade



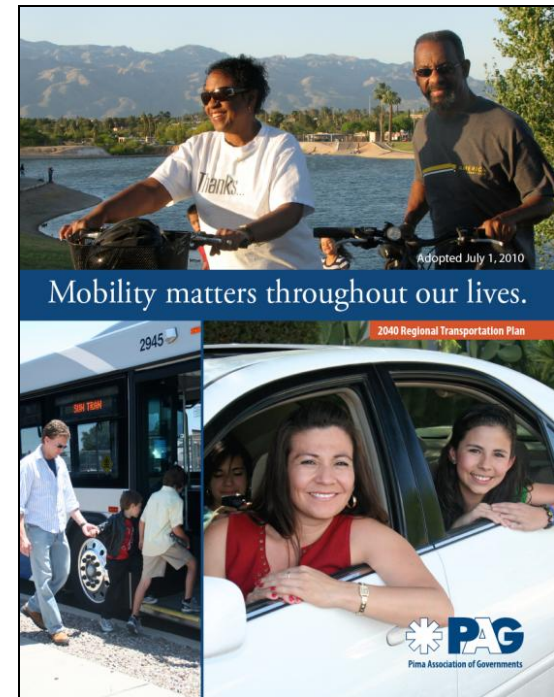
Invest in integrated transportation.

- Invest transportation dollars in a full range of mobility alternatives, including public transportation responsive to the needs of older adults, as well as specialized transport to serve rural communities.
- Improve roadway design to aid older drivers; for example, increase the number of lower speed routes & reduce intersection width.
- Provide training in aging issues to engineers & transportation planners.

Example: Regional Transportation Plan

- Pima County Council of Governments
 - Comprehensive, multi-modal plan
- Public, private & citizen input
- Strategies to ensure attention to mobility needs of old adults as well as other groups

www.pagnet.org



Reduce environmental hazards.

- Develop clear plans to mitigate hazards especially problematic for some people, e.g., poor air quality for people with pulmonary disease.
- Endorse policies that foster green building, infill development, & reduced automobile use.

Example: Older Adult Advocacy

- EngAGED

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

Get EngAGED

- Encore Leadership Corps
(ENCORPS)

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



Sample ENCorps Volunteer Projects

- Create walking and bike paths
- Create a weekly farmers' market to increase weekend business downtown
- Develop winterization programs for municipal and town owned buildings to save operating costs
- Teach the local planning board about smart growth approaches to zoning.



Employ proven strategies.

- Apply “8-80 Solution” & good design solutions.
- Engage multidisciplinary collaborators.
 - Aging experts
 - Public health experts
 - Planners
 - Designers
 - Engineers
 - Businesses
 - Governmental decision-makers
- Integrate design, safety, housing, transportation & environmental protection work.

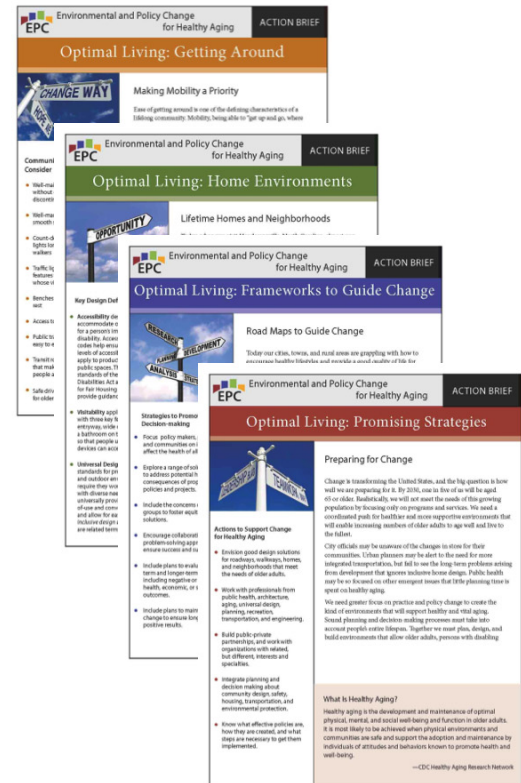


Lessons from the EPC Initiative

- Multidisciplinary collaboration is empowering.
 - Planners & AAAs
- New knowledge has greater impact when tied to action planning.
 - What action will you take?
- Concrete tools are very valuable.
 - Design solutions
 - Policy tools, ordinances, etc.
 - Case studies & exemplary programs
 - Toolkits

EPC EPC resources are available.

- Downloadable presentations
 - <http://agingfriendly.org/>
- Exemplary programs
- Sample policies, ordinances
- Clearinghouse
 - www.epc-clearinghouse.org/
- Action Guides



Just how smart is our growth?



- *Every bit as smart as we can collectively make it!*

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