The AARP Network of Age Friendly Communities



LIVABLE COMMUNITIES Great Places for All Ages⁵⁵



Age Friendly and Livable Communities

"A community 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"

We have entered a time of

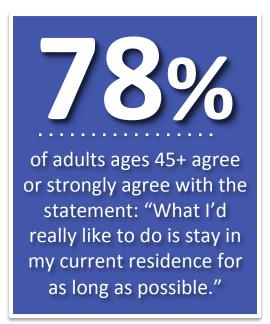
profound and permanent change

to the demographic composition of the United States



By 2030 the U.S. will have **twice as many people over the age of 65** as we have today

Survey after survey finds that today's older adults want to remain in their homes



Source: AARP Home and Community Preferences of the 45+ Population, 2014



But most houses haven't been designed to adapt. In fact, American homes have traditionally been designed and built for **able-bodied 35 year olds** Survey after survey finds that today's older adults want to stay in their community



statement: "What I'd really like to do is stay in my current community for as long as possible."

Source: AARP Home and Community Preferences of the 45+ Population, 2014



For the past 50 years, communities have developed around cars and other motor vehicles as our principal form of transportation

Our Work



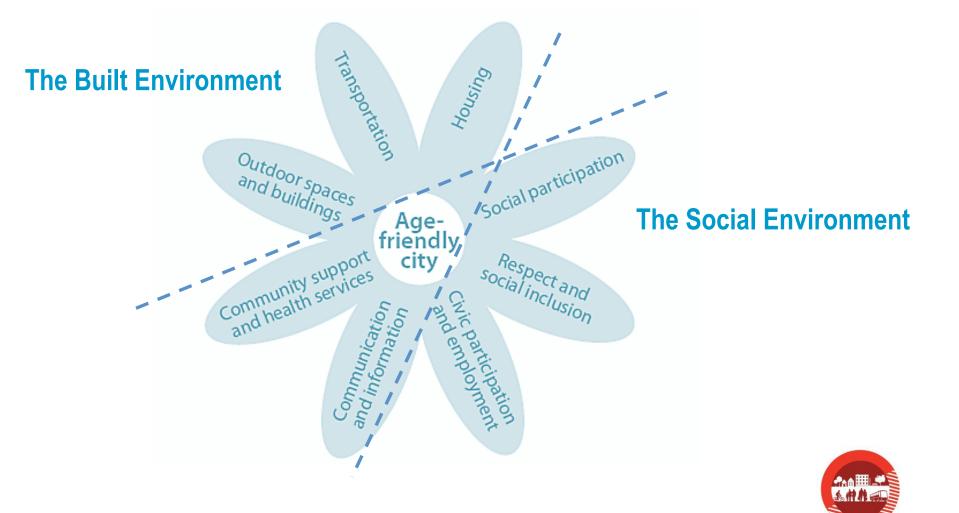




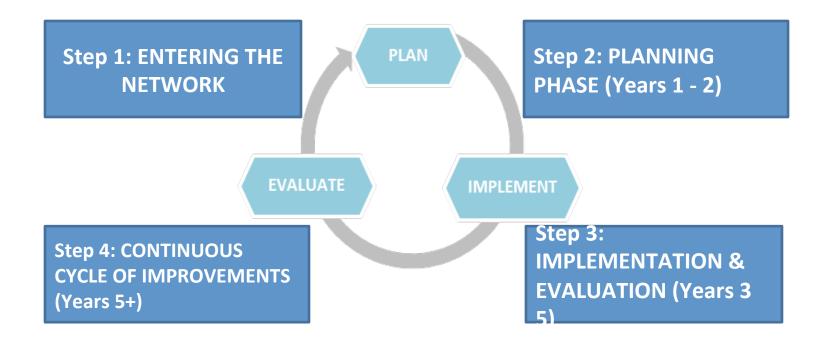


The ARP Network of Age-Friendly Communities

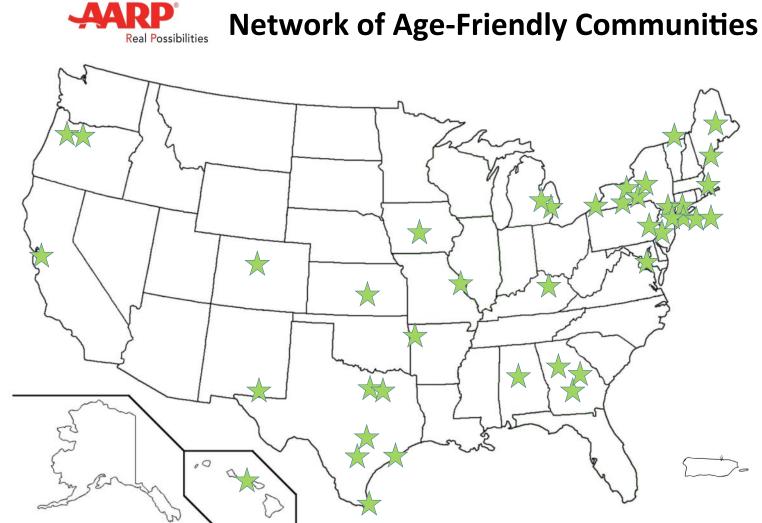
Our Vision and the "8 Domains of Livability"



Age Friendly Process





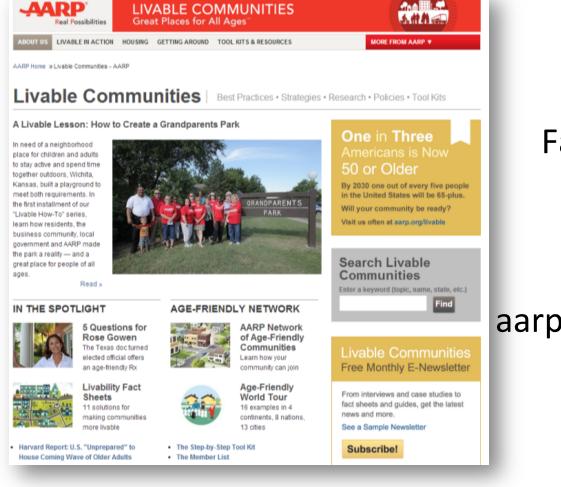




Updated January 2015

www.AARP.org/Livable

www.blog.aarp.org/greatplaces



Toolkits

Fact Sheets and Publications

Subscribe at aarp.org/livable-newsletter





Age-Friendly

We Really Are Getting Older! How Communities are Preparing for Us

Baltimore, Maryland | Friday, January 30, 2015 | 1:30-3:30



agefriendly@dc.gov | agefriendly.dc.gov | @AgeFriendlyDC

DC's Age-Friendly Journey

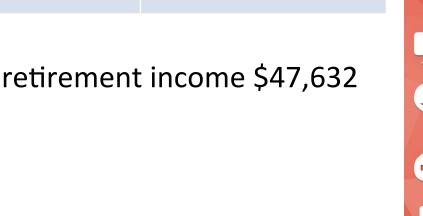
- Launched by the World Health Organization (WHO) in 2007, the age-friendly initiative addresses two significant demographic trends: urbanization and population aging.
- WHO defines an age-friendly city as "an inclusive and accessible urban environment that promotes active aging."
- In 2012, Mayor Gray committed the District of Columbia to pursuing designation as an age-friendly city.
- Since then, thousands of people from government, nonprofit, academic and business sectors, and from communities across the city – came together on a journey of listening, analysis and development that culminated in the Age-Friendly DC Strategic Plan.

A Snapshot of Older Adults in the US

- Of nearly 309 million living in the US in 2010, 13%, or over 40 million, were 65 and over
- Pew projects that by 2050, of 438 million living in the US, 19% will be 65 and over
- Of 646,000 who live in Washington, DC, 12%, or 72,000 are age 65 and over
- The DC Office of Planning projects that by 2050, 21% in DC will be 65 and over













A Snapshot of Older Adults in the US Comparison of adults aged 65 and over

Indicator	Washington, DC	United States
% with College Degree	37	22
% In Labor Force	22	16
% In Poverty	14	9

The District ranks 4th nationally in retirement income \$47,632

Source: U.S. Census Bureau (2012). *American Community Survey*.

A Snapshot of Income Disparity in DC

- In DC, the average income of the top fifth is <u>29 times</u> the income of the bottom fifth.
- The average income among the top 20 percent of DC households is \$259,000
- The average income among the poorest DC households those in the bottom fifth by income — is \$9,100.

These data strongly influenced development of the Age-Friendly DC Strategic Plan.

Source: the 2010 American Community Survey.















Cost of Living

Cost of living indices are based on a US average of 100. An index above 100 means DC is more expensive than the US average.

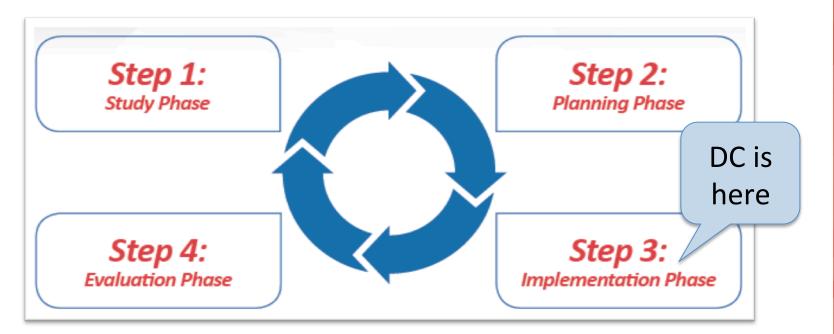
Cost of Living	Washington, DC	United States
Overall	154	100
Grocery	112.6	100
Health	102	100
Housing	255	100
Utilities	114	100
Transportation	108	100
Miscellaneous	101	100

http://www.bestplaces.net/cost_of_living/city/district_of_columbia/ washington



The Age-Friendly Cities Process

Participating in the Age-Friendly Cities program entails committing to a process defined by the World Health Organization (WHO) over an initial five-year period. At the end of the five-years, if approved, WHO bestows the Age-friendly designation.



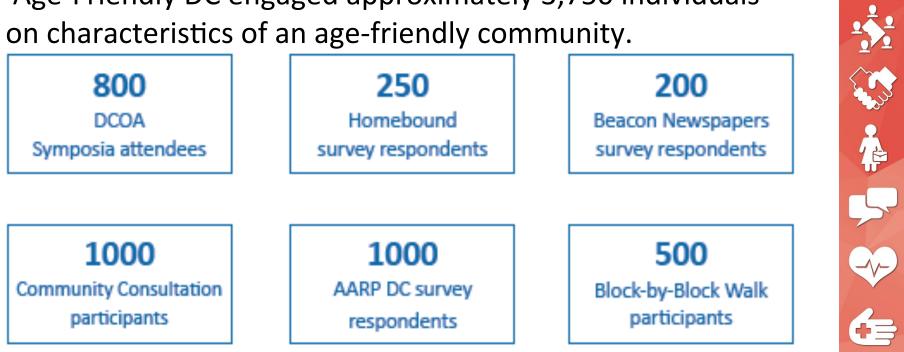
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Study Phase: 2012-2013

First DC Needs Assessment of older adults in 30 years was completed.

Age-Friendly DC engaged approximately 3,750 individuals on characteristics of an age-friendly community.



Results by domain were analyzed by New York Academy of Medicine.

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+ =

Study Phase: 2012-2013, continued

DC adopted WHO's eight domains. The study phase surfaced additional areas of interest to DC residents and stakeholders and two DC-specific domains were added.



Outdoor Spaces and Buildings



Transportation





Social Participation



Respect and Social Inclusion



Communication and Information



and Health Services



Community Support Emergency Preparedness Elder Abuse, and Resilience **Neglect and Fraud**





Planning Phase: 2014

- Ten Committees, one for each of 10 domains, examined opinions of DC residents, then developed goals and objectives for consideration by the Age-Friendly DC Task Force
- Goals and objectives were then reviewed by DC residents in community meetings and an online survey and were then presented to the Mayor as recommendations





Planning Phase: 2014, continued

- The Age-Friendly DC Strategic Plan, was published December 10, 2014.
- The Strategic Plan involves implementing 77 strategies: 58 DC agencies responsible for implementation, and metrics identified to measure progress in each of 10 domains.
- The Plan will also report on Task Force recommendations, other cross-referenced DC strategic plans, and agency performance plans to leverage existing efforts and resources.



Implementation Phase: 2015

Several specific activities to further progress toward agefriendliness are underway:

- Strategic Plans have were distributed and presentations scheduled at all DC libraries and other venues by volunteers to mobilize expectations
- WHO Kobe pilot indicator project
- Recruit and certify Age-Friendly Businesses
- Identify and engage vulnerable residents
- Block-by-Block Walk Age-Friendly Scores
- Bolster effort to record falls



Importance neighbor-to-neighbor support throughout the Age-Friendly DC journey and into the future

Age-Friendly DC community partner stand outs:

- George Washington University and other universities
- AARP-DC
- 12 Villages (more organizing) and Washington Area Villages Exchange (with 44 villages in the DC metropolitan area)
- Advisory Neighborhood Commissioners
- Rand Corporation, the Urban Institute, Brookings Institution, AARP Foundation
- Business leaders: Verizon, Pepco, chambers of commerce. Main Streets



And the journey continues...

Questions/Comments?

Gail Kohn, Age-Friendly DC Coordinator 202-727-7973 | <u>gail.kohn@dc.gov</u>

agefriendly@dc.gov | agefriendly.dc.gov | @AgeFriendlyDC



Health, Built Environment & Brownsville

Presented by Mr. Arturo Rodriguez,

Public Health Director Brownsville, TX

with contributions by Dr. Rose MZ Gowen

New Partners for Smart Growth Conference

January 29, 2015



Brownsville Built Environment

Began with Science

- RAHC 2001
- UT Houston SPH Brownsville campus

- Cohort 3000+
- 1 in 3 are diabetic (50% don't know it)
- 80% are either obese or overweight
- 70% are not insured



perfect storm....

Solutions

- Health
- Æconomic
- Educational
- Structural.....Built Environment



Partnership & Coordination

When 80% of the people in the community (or Valley) are overweight...the definition of "normal" shifts on a community level & everywhere you live needs to be addressed.....



Brownsville Farmers' Market



Activated !

Policy

- Complete Streets
- Sidewalk Ordinance
- Safe Passing Ordinance (City and MPO)
- Bicycle Parking Commercial sites Ordinance
- Adopt NACTO guidelines

Teach

Vibrant Lecture Series

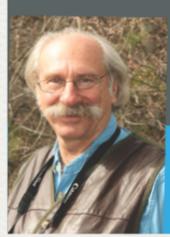
Gil Penalosa 8-80 cities

Young and Old, Men and Women, Rich and Poor, Tall and Short, ALL! Every Sunday over

> 1 million people

August 28th & 30th 2012

Join us for engaging discussions to answer a simple yet powerful question: What kind of a city do we want to build for our citizens?



Wednesday, November 6, 2013 @7 PM Texas Southmost College Science, Engineering & Technology Building Auditorium (SET-B)

"Creating an Age-Friendly Brownsville"

ecture Series

Dan Burden

Co-Founder and Director of Innovation and Inspiration of the Walkable and Livable Communities Institute

Dan Burden is an internationally recognized authority on Smart Growth, livable, walkable, age-friendly and sustainable communities, Complete Streets, Safe Routes to School traffic

AARP

September 20, 2012



72

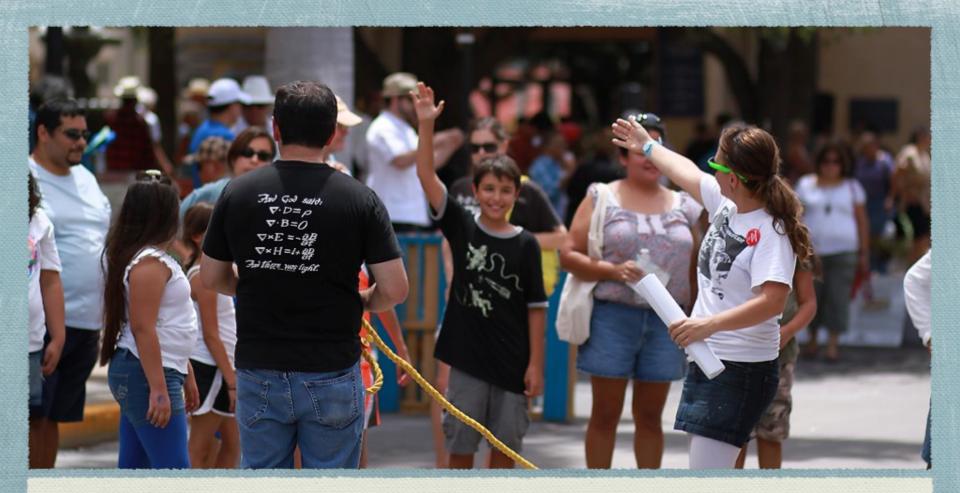


Dan Burden Building a Vibrant Brownsville



Build a Better Block





Planning in Real Time



MASTER PLAN

X

Market Square

Trails

- Historic Battlefield Trail.....9 mi, ~2006, TxDot.....Nat'l Rec Trail
- Morrison Road Trail.....2.3 mi, 2013, TxDot/BCIC/Developers
- Belden Trail......1 mi, 2013, TPW/BCIC/ City/Ford Foundation/B-Metro
- Downtown Trail.....2.5 mi, 2014 2015, TxDot/B-Metro/ City
- Belden Connect.....1 mi, 2015, BCIC/PUB....
- Southmost Nature Trail.....7 mi, 2015+, CDGB/City/MPO.....









The 2013 Hike and Bike MASTER PLAN FOR BROWNSVILLE



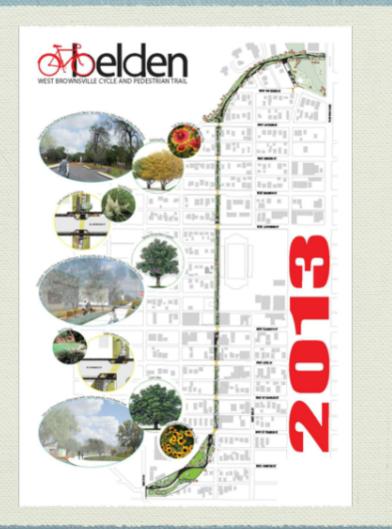




DRAFT FOR REVIEW AND COMMENTS

Belden Trail

- abandoned RR path
- alley and dump
- mischief
- poorest areas of town





Community Engagement





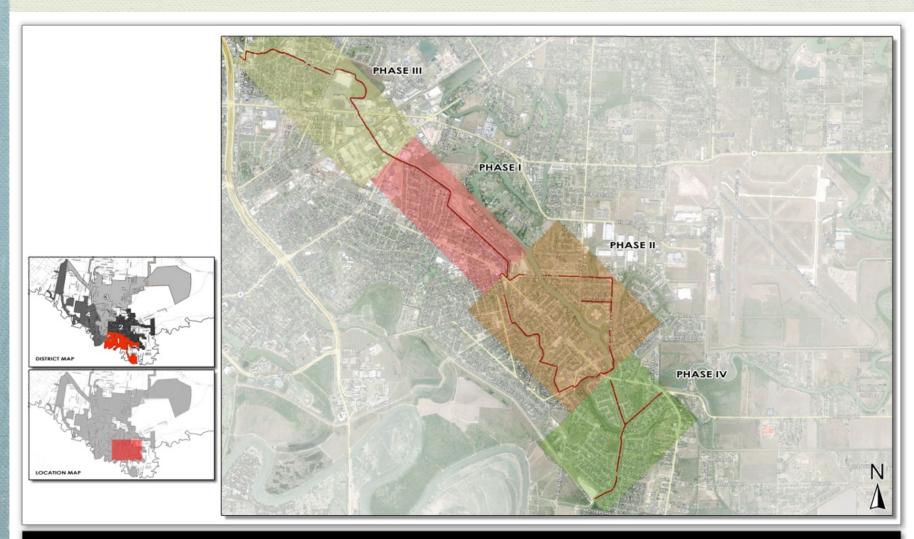






PILOT IMPLEMENTATION PROJECT - PERKINS TO CHAMPION GREENWAY DISTRICT 2





PILOT IMPLEMENTATION PROJECT - SOUTHWEST TRAIL PHASE MAP DISTRICT 1



Community

Empower kids!



Bike Barn

volunteerism



Bike Barn

Earn a bike after 25 hours of Volunteering



Bicycle Safety Classes United Way & BCHC & School of Public Health

Enable behavior change...

Open Streets

- began in Bogota...1970's
- 1 in 2012, 3 in 2013, 4 this year
- fun, family oriented, safe, and it's everyone

Cyclo Bia Brownsville Sunday, December 14, 2014

Time: 1pm - 5pm

BISD Washington Park Reclovia

UTB Health and Human Performance Sunrise Park Reclovia

Healthy Communities and Red Fish Recycling Recycling Reclovia

Photo with Santa at BISD CAB Building

Presented by:

BROWNSVILLE H-E-B



FREE Bike Rentals!! FREE Bike Raffle!!

Bring non-perishable items for our local food bank.











CycloBia is a free event that temporarily makes selected Brownsville streets car free and available to residents so that participants may bike, run, skateboard or engage in any other type of physical activity freely.

Fact: 45% of individuals attending CycloBia got more physical activity each week after attending the event.



Average amount of time spent being active on a typical Sunday among CycloBia participants:

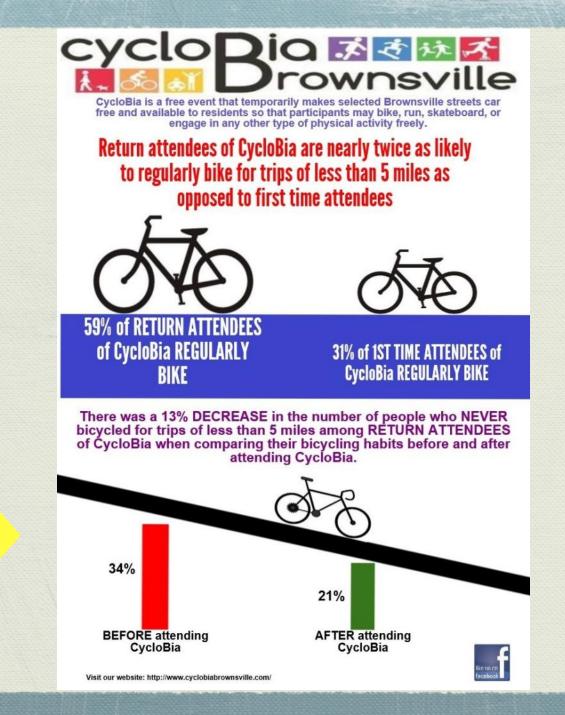
54 Minutes

Average amount of time spent being physically active at CycloBia on Sunday, October 6, 2013:

93 Minutes



Visit our webiste!: http://www.cyclobiabrownsville.com/#!nytime!



cycloBia 🖾 🐼 🛃

CycloBia is a free event that makes selected Brownsville streets car free and available to Brownsville residents so that participants may bike, run. skateboard, or engage in any type of physical activity freely.

When asked what factors prevented CycloBia attendees from regularly walking/biking, the biggest barriers were concerns about safety [44%] and lack of walking/biking resources [19%].



Support for Bike Lanes

97% of CycloBia attendees support the installation of designated bike lanes protected by a physical barrier in Brownsville.

No (2%) Maybe (1%)

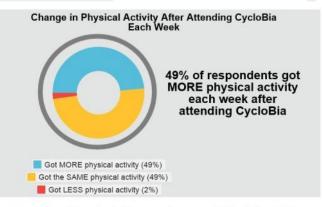
Visit our website:http://www.cyclobiabrownsville.com/

Yes (97%)

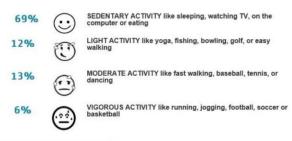




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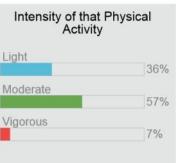


Type of activity CycloBia attendees would be doing if they were not at CycloBia on June 6



Average amount of time attendees were physically active at CycloBia:

123 MINUTES



Visit our website: http://www.cyclobiabrownsville.com/

How?

do NOT stop at "NO"

- start now.....today!....no such thing as the "perfect day"
- build partnerships inside and outside of the "health" world
- educate and engage elected officials & city gov't (champions)
- include the people.....biggest ally!
- design for the most vulnerable.....
- do not depend on city funding....be prepared to write grants, etc. and leverage resources

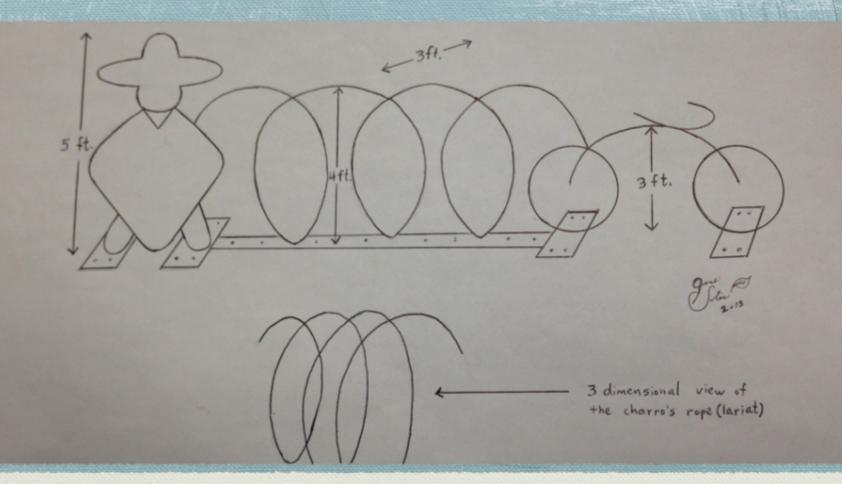
Are we done?

- we've only just begun
- plenty of battles still to fight....still "NO" votes
- built environment grows and changes everyday......IF YOU DO NOT ADDRESS IT AND SHAPE IT....Health will be shortchanged

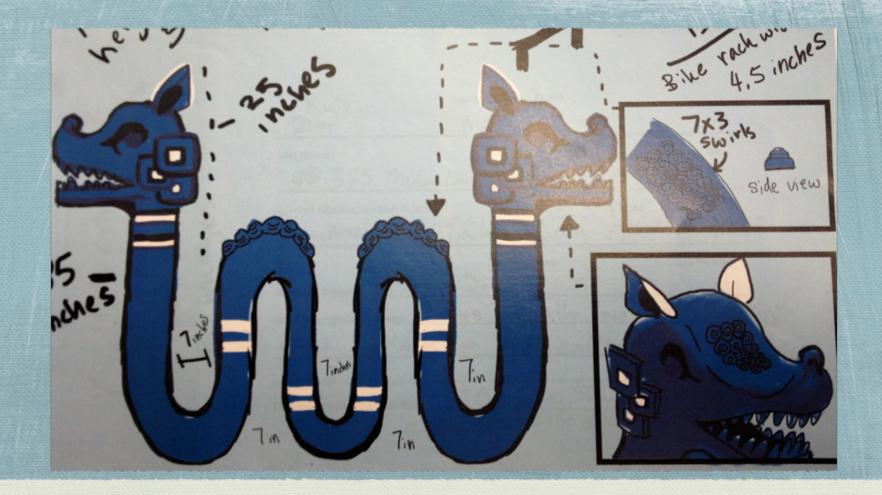


We still have education to give!

Add FUN!!



Bike Rack



Bike Rack



Bike Rack



Bike Repair Stations

Age Friendly Community Macon-Bibb, Georgia



Discussion Overview:

• Macon-Bibb recently consolidated the city and county governments in order to provide better services to all residents.

Designation by AARP and World Health Organization (WHO):

- April 2012 Admitted Macon-Bibb, Georgia into the AARP Network of Age Friendly Communities.
- June 2014 Approved Macon-Bibb's continued designation for three years as an AF Community.



Macon-Bibb: Becoming an Age Friendly Community

Overall Features of Macon-Bibb that AARP/WHO Considered in AF Determination

- Strong support of local leadership and residents
- Hub community for Central Georgia
- Area's uniqueness both metropolitan and rural
- Good highway systems/commitment to continue enhancements
- Subtropical climate
- Ethnically and culturally diverse populations
- Rich heritage extensive civic, cultural, social, educational and recreational opportunities





Transportation Domain - safe and affordable modes of private and public transportation

Second Street Transformation Plan (AKA Second Street Corridor Plan):

- Over \$200 million multi-faceted, multi-year project that serves as a "gateway to services" - helps transform the street into a vibrant, pedestrian-friendly area.
- Connects over 3 miles of Macon-Bibb's key assets" two interstates, major activity centers, mall, corridor neighborhoods, hospitals, universities, and central business district.
- Redevelopment strategies include creation of a tax allocation district to fund future improvements and promote housing, retail, transportation services and institutional uses





Transportation Domain...Continued

Second Street Corridor "Vision Block"



 "Model Vision Block" opened in December 2014 illustrates key features of the entire redevelopment and revitalization project. Includes bike lanes, reverse angle parking, landscaping, shade trees, benches, improved sidewalks, an irrigation system, updated electrical system and more.



Transportation Domain...Continued

General Projects

 Enhanced promotion of Macon Transit Authority Services:



Expanded bus transit services at a fare of \$1.25 per trip.

Discounted rates of \$0.60 for seniors (aged 62+), individuals with disabilities, and Medicare cardholders.

Added Paratransit benefits of curb-to-curb/door-to-door service for individuals with assistive devices such as wheelchairs/walkers.

 Continued major renovations/added lanes for the main interstate highways (I-75, I-16, I-475) to improve safety and efficiency.



Transportation Domain... Continued



- Initiated projects to reduce width of "excessively wide" streets and encourage travel at a lower speed.
- Implemented reverse angled parking to help increase visibility/ reduce space needed for parking/ improve handicapped parking.
- Introduced circular trolley routes that helped improve travel for tourists as well as downtown residents and employees.
- Initiated complete street renovations at intersections in downtown areas and near medical complex, parks and schools.



Housing Domain - wide range of affordable housing options for older residents, aging in place opportunities/other home modification programs



- Continued support of Macon-Bibb's 5x5 Program completed demolition of abandoned and dilapidated houses in a five block area for five weeks. Have covered more than 325 square blocks and 2014 goal was to demolish 100 houses.
- Expanded housing initiatives for downtown area by non-profits (New Town Macon/Corridor/Historic Macon) to encourage growth.
- Continued Habitat for Humanity's revitalization of neighborhood (Lynmore Estates). Focused on demolition of blighted housing and the redevelopment of properties with new, affordable, singlefamily residences that are energy-efficient.



Housing Domain...Continued

 Rebuilding Macon, Keep Macon Beautiful, Macon- Bibb Economic Projects –

Provided no cost home repairs to low-income elderly and/or disabled homeowners such as carpentry, plumbing, electrical, painting, trash removal and roof replacement.

Beall's Hill Project –

Proactively identified abandoned or dilapidated houses that were eligible for restoration and helped locate purchasers/ private developers to complete construction.

ClickFix Program –

Created online government web program to report problems and seek timely resolution.





Housing Domain...Continued

General Initiatives

 Established focus groups to proactively identify housing concerns.

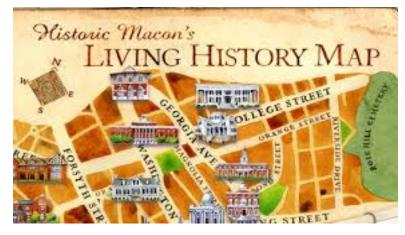


- Promoted housing options assisted living, subsidized and other housing developments that offer an array of supportive services.
- Published updated lists of the available senior housing which included different types of accommodations.
- Created neighborhood senior advocacy groups to work with community organizations (Neighborhood Watch) to identify/address safety concerns.
- Increased collaboration with developers/contracting companies/non-profits that are building/renovating abandoned buildings to encourage the incorporation of universal design schemes.



Concluding Thoughts About the AF Community of Macon-Bibb

Macon-Bibb is a "stand out community"



- Recognized for its rich cultural heritage, lasting influence on popular music, and highly acclaimed colleges/ universities.
- **First** community in Georgia to be designated as an Age-Friendly Community, **first** designated in AARP's network of communities in the United States, and the **first** city-county communit**y** designated as AF.
- Continued to adopt progressive and forward-thinking policies and programs that keep its residents, local government officials, and business owners excited and committed to making the community more age-friendly.



Cross Sectorial Collaboration and Age Friendly Des Moines

Dr. Yogesh Shah, MD, MPH Des Moines University Des Moines, Iowa

Objectives

- How to create cross sectorial collaboration
- How to integrate into key community and sustainable development plans
- How to engage community members

In the next 10 minutes

- Making the Case
- Recruiting the Team
- Thought Leaders
- Delivering Value



Round Up the UN-usual Suspects...



THE greater des moines partnership

- Insurance
- Financial Services
- Banking
- Health Care
- Real Estate
- K-12 and higher education



- Higher Education
- Agriculture
- Manufacturing
- Developers
- Non-for-Profit
- Faith Based

Public Sector Collaborators













Iowa Department on Aging

IOWA STATE UNIVERSITY



Honor/Build On Existing Efforts

CAPITAL CROSSROADS

THE TOMORROW PLAN

Partnering for a Greener Greater Des Moines

healthiest

-state -

lnitiative



HOUSING

Basic Needs | Powerful Solutions



United Way of Central Iowa



dart, Forward

2035

The 'Longevity Economy'

In 2012 – Estimated to be \$7.1 Trillion About 45 % of US - GDP

Huge economic impact – and huge business opportunities - presented by the 100 million aging U.S. baby boomers and seniors.



PREPARING FOR THE 'AGE-WAVE THE #1 QUESTION –

WHAT IS YOUR 50+ STRATEGY?

Integrate 'Age in Everything' into Regional / State Planning

CAPITAL CROSSROADS

THE TOMORROW PLAN

Partnering for a Greener Greater Des Moines

BLUE ZONES







HOUSING

Basic Needs | Powerful Solutions



United Way of Central Iowa

AGE-FRIENDLY BUSINESSES



Age-Friendly Business

 The Age-Friendly Business Certification program helps businesses better serve customers.

 Being Age-Friendly means being customer friendly.



What are the Benefits to Business?

- Provides information about how best to serve the 50+ market
- Provides opportunity to improve customer service
- Provides a competitive advantage
- Establishes a reputation for valuing older customers

Age - Friendly



GREATER DES MOINES, IOWA

A GREAT PLACE FOR ALL AGES!