

IT'S NOT YOUR GRANNY'S FLAT ANYMORE: HOW TO DESIGN AND SUSTAIN AGE FRIENDLY COMMUNITIES

Rocky Mountain Land Use Institute

2017 Western Places/Western Spaces Conference

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Cate Townley, MURP, MUD

**All sectors must
be engaged in
planning for the
opportunities
of a growing
population of
older adults to
ensure we are
not only adding
years to life, but
life to years**



THE WHO: AGE FRIENDLY COMMUNITIES

Age-friendly environments

foster health and well-being and the participation of people as they age.

They are accessible, equitable , inclusive, safe , and supportive.

They promote health and prevent or delay the onset of disease and functional decline.

WHO: Towards an age friendly world
<http://www.who.int/ageing/age-friendly-world/en/>



**World Health
Organization**

AARP LIVABLE COMMUNITY

A livable community is one that is safe and secure, has affordable and appropriate housing and transportation options, and offers 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.



IMPACTS OF THE AGING WAVE

Is it all “Doom and Gloom”
or are there
“Glimmers of Sunshine?”

IMPACTS OF THE AGING WAVE

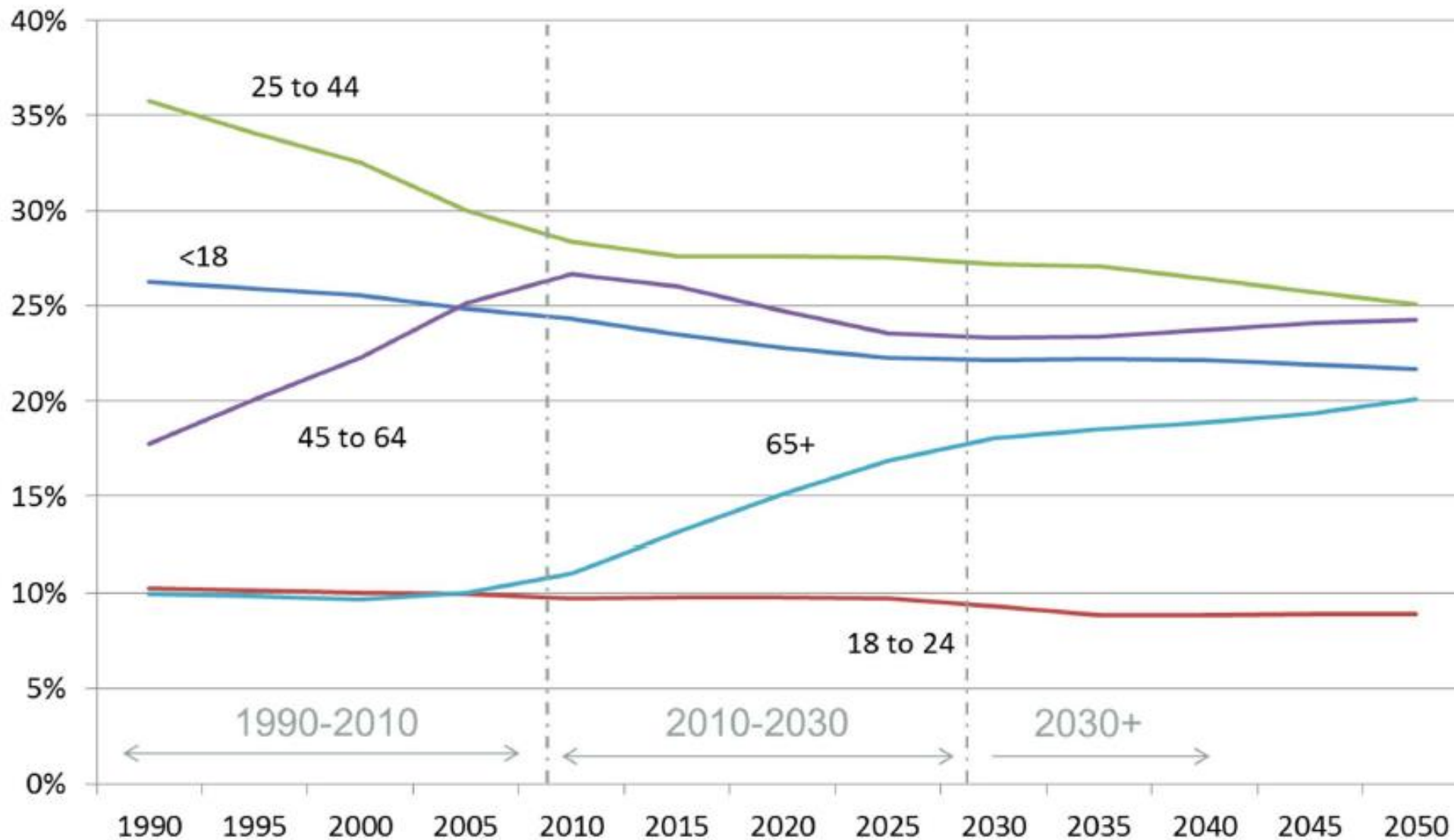
DOOM AND GLOOM

- Decreased labor force
- Increasing dependency ratio
- Increasing health and long term care expenditures
- Increased potential for social isolation

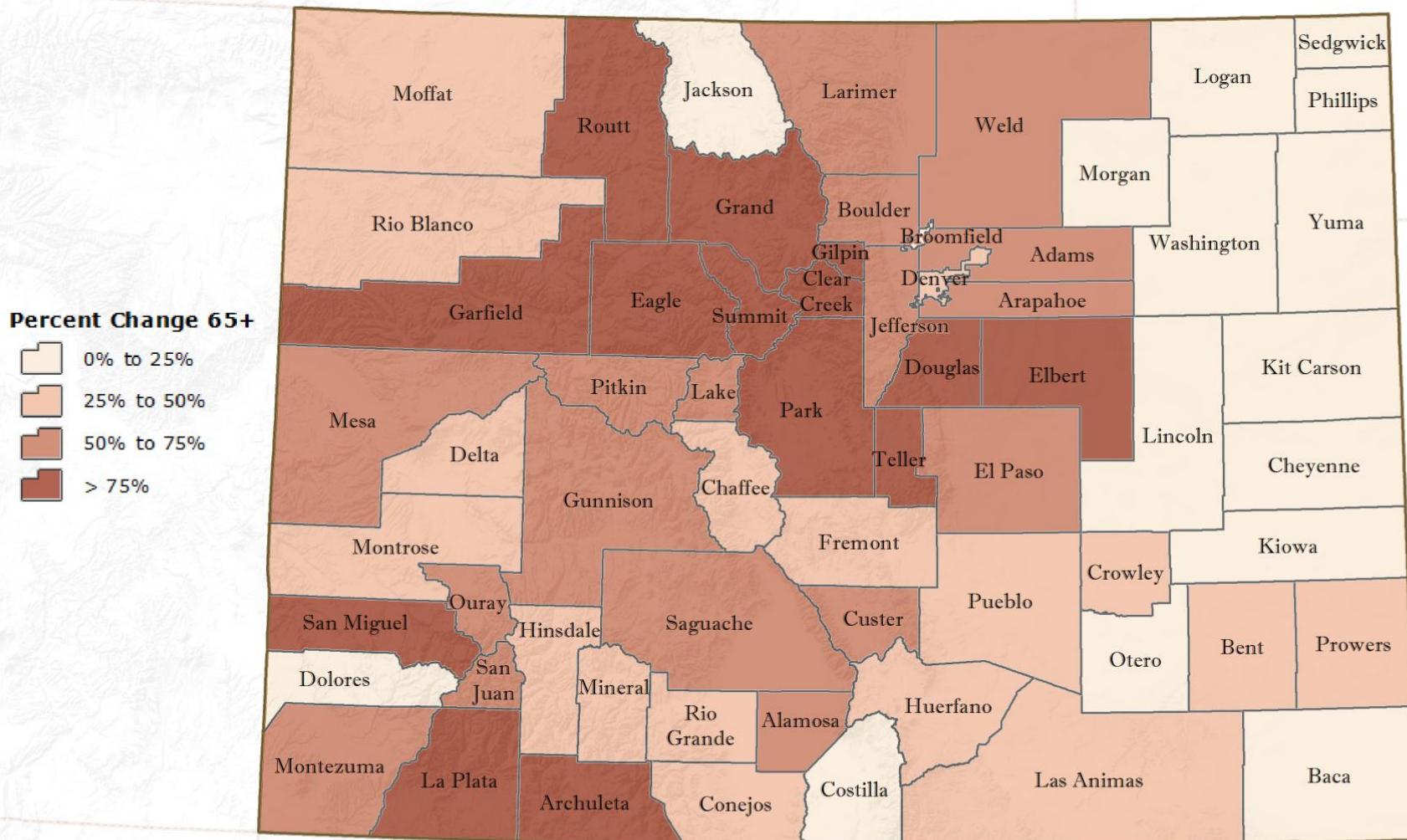
GLIMMERS OF SUNSHINE

- Increasing availability of broad industry expertise
- Expansion of sharing economy (AirBnB, home share, Uber/Lyft)
- Expansion of volunteer labor force

Share of Colorado Population by Age Group



Forecast Change in the Population 65+ 2010 - 2020



AGING AND HEALTH



LEADING CAUSES OF DEATH, AGES 65+, COLORADO 2013

- 1 Heart disease
- 2 Cancer
- 3 Chronic lower lung disease
- 4 Blood vessel disease of the brain
- 5 Alzheimers disease
- 6 Unintentional injuries
- 7 Diabetes

Chronic disease 2013

90.5%

of all Coloradans ages 65+
have at least one chronic
condition.

70.3%

of all Coloradans ages 65+
have 2 or more chronic
conditions.

57.1%

of all Coloradans ages 65+
have high blood pressure.

Only 42% of all Coloradans
ages 65+ are up to date on
core preventive services.



DEMENTIA: NO ONE IS IMMUNE

Nationally:

- 2017, 5.3 million age 65+ living with Alzheimer's
- By 2027, will increase to 7.1 million

In Colorado:

- 2015, 69,000 age 65+ living with Alzheimer's
- B y 2025, will increase to 92,000
- I in 9 Coloradans 45+ are experiencing cognitive decline and memory loss

(2015 BRFSS)



Photo by: damato <http://www.minddisorders.com/Del-Fi/Dementia.html>



According to the Alzheimer's Association nearly 60% of people with dementia live in their own communities and 1:7 live alone

Senior missing near Eagle found, safe; search called off

By **Kieran Nicholson**

PUBLISHED: October 28, 2015, 11:36 am | UPDATED: April 20, 2016, 11:59 pm

Silver Alert issued for missing Loveland man

By **Anthony Cotton**

PUBLISHED: April 07, 2015, 4:27 pm | UPDATED: April 07, 2015, 4:27 pm

Colorado authorities searching for 2 missing senior citizens last seen in Flagler

By **Jesse Paul**

PUBLISHED: February 26, 2015, 5:38 am | UPDATED: June 03, 2016, 12:03 pm

Missing 78-year-old Loveland man located Sunday night

By **The Denver Post**

PUBLISHED: November 25, 2012, 9:55 am | UPDATED: April 30, 2016, 4:14 pm

Missing Highlands Ranch man, 78, found safe in Calif.

By **The Denver Post**

PUBLISHED: March 15, 2007, 1:51 pm | UPDATED: March 15, 2007, 1:51 pm

Search for missing woman expands

By **Joey Bunch**

PUBLISHED: November 15, 2010, 11:04 am | UPDATED: November 15, 2010, 11:04 am

Missing Aurora man has dementia, history of stroke

By **Tom McGhee**

PUBLISHED: August 21, 2016, 11:41 am | UPDATED: August 21, 2016, 11:41 am

Senior citizen goes missing

By **The Denver Post**

PUBLISHED: May 13, 2007, 4:48 pm | UPDATED: May 07, 2016, 9:58 pm

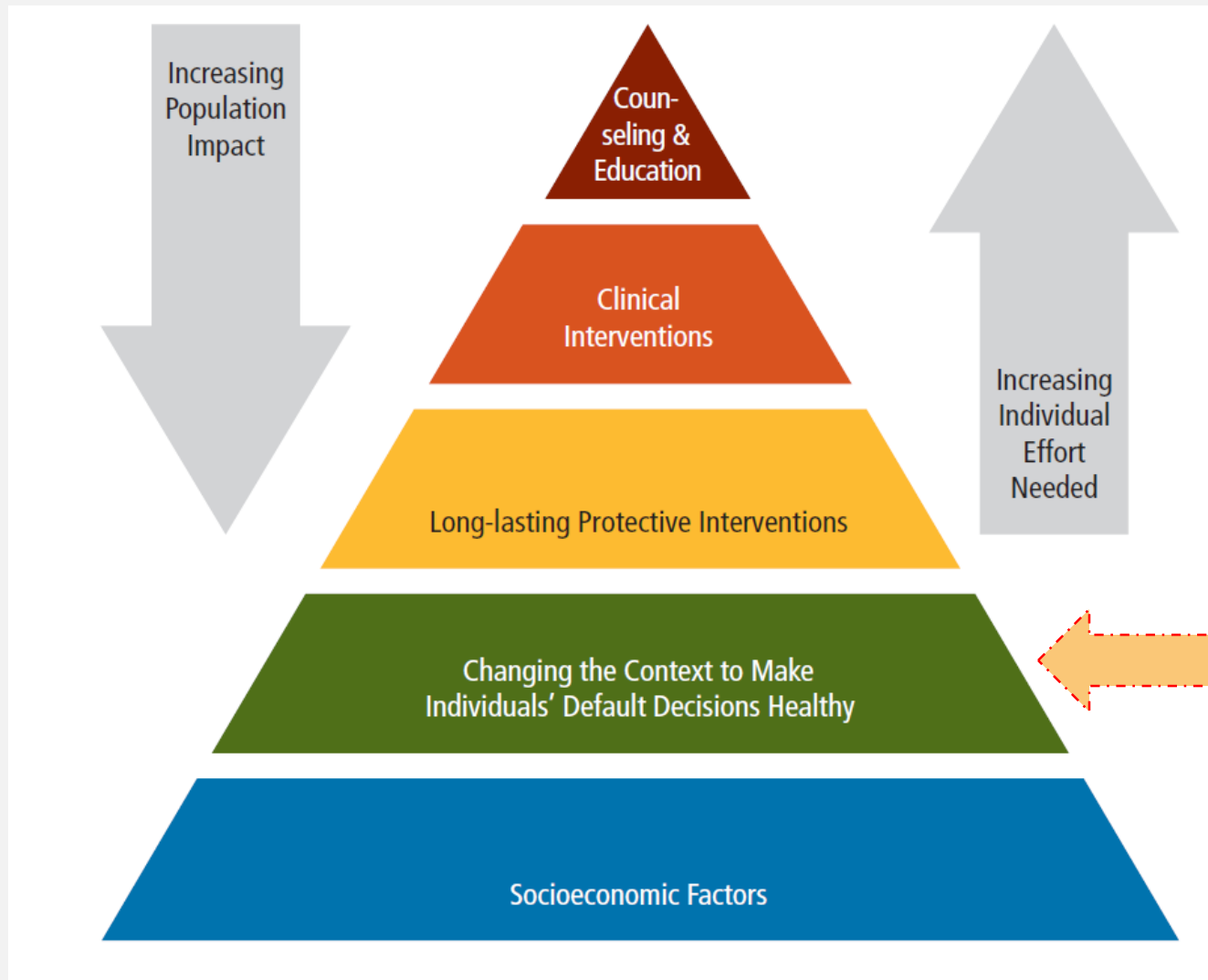
Police locate missing Englewood senior

By **Katy Canada**

PUBLISHED: May 28, 2016, 4:32 pm | UPDATED: May 28, 2016, 8:46 pm



HEALTH IMPACTS



Health Impact Pyramid

HEALTHY AND SAFE COMMUNITY ENVIRONMENTS

Healthy and Safe Community Environments advance evidence-based policies and practices to create, sustain, and recognize communities that promote health and wellness through prevention.



Colorado residents are living longer and choosing to remain in the homes where they have lived for years.

Because they are also outliving their driving ability by 8 - 10 years, walking is the best means of transportation and exercise for our oldest residents.



AGE FRIENDLY?



AGE FRIENDLY?



AGE-FRIENDLY?



Photo: Dr Sandra Stenmark

<http://www.pressherald.com/2015/11/22/legwork-portlands-historic-brick-sidewalks-may-be-charming-but-they-are-not-safe/>



AGE-FRIENDLY?



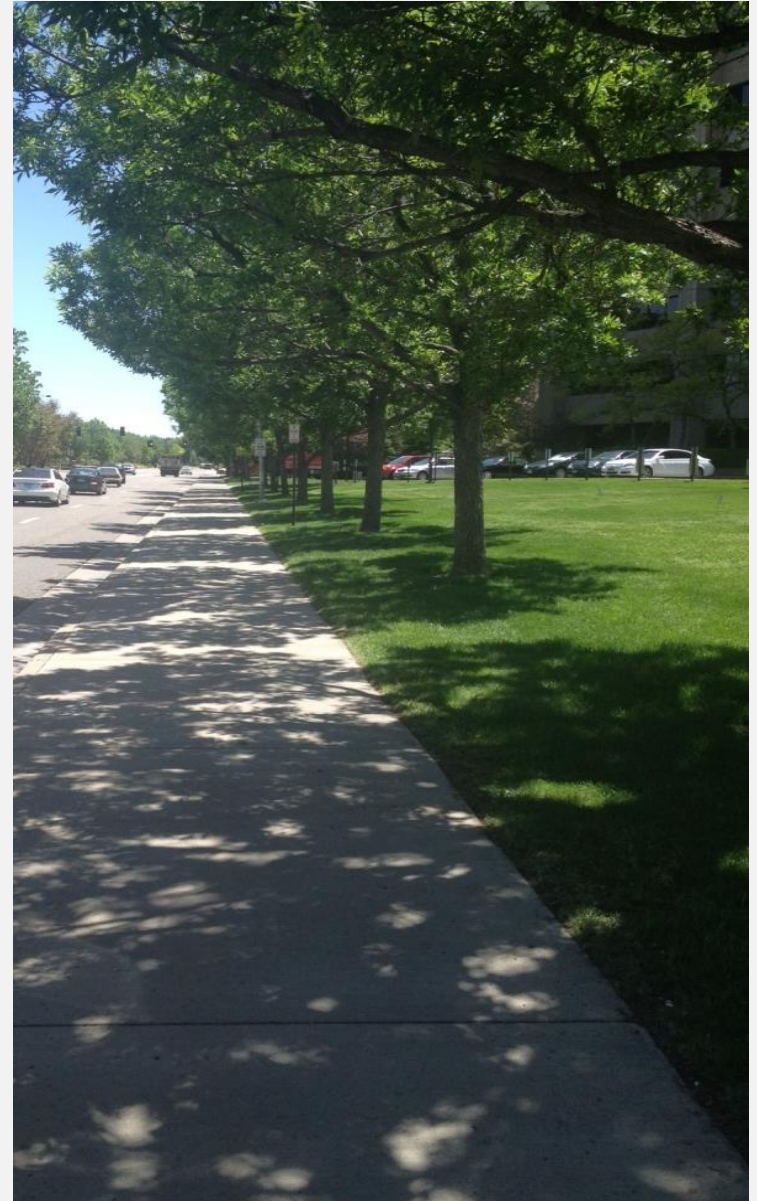
AGE FRIENDLY STREETS



<https://ddotdish.com/2012/08/22/some-perspective-on-pedestrians/>

Improved signal timing improves crossing safety for all pedestrians

AGE FRIENDLY STREETS



AGE FRIENDLY STREETS

**SPEED
LIMIT
20**



<http://www.walkdenver.org/wp-content/uploads/2015/12/No-one-should-have-to-die-simply-by-trying-to-get-around.png>

PEDESTRIAN DEATHS ARE PREVENTABLE

AGE FRIENDLY PARKS



AGE FRIENDLY HOUSING

Choosing the right option for your community

SENIOR HOUSING CONTINUUM

Independent Living

- No services provided
- Subsidized to Market Rate
- Independent/Assisted
- 55+ Communities
- Continuing Care Retirement Communities
- Cohousing
- Coops
- Cottages/Tiny Homes



Assisted Living

- Housing for adults (18+) who are require some assistance (bathing, dressing, cooking)
- Typically studio to 2 bedrooms with kitchenette only
- Memory care option
- Market Rate (subsidized is rare)



Nursing or Rehab Care

- Short term care i.e. rehabilitation
- Long Term Care
- Residential
- Memory care option
- Does **not** provide acute care similar to a hospital
- Subsidized to Market Rate



Golden Girls

BUILDING NEW VS ADAPTING EXISTING

NEW

- Cohousing
- Cooperatives
- Cluster housing
- Tiny or cottage home developments
- Accessory Dwelling Units
aka Granny Flats

EXISTING

- NORCs
- House sharing
- Market integration:
student/senior transitions
e.g. university housing,
nursing homes

AGE FRIENDLY INNOVATIVE HOUSING



Whiting Villas
Retirement Community within a Campus

Townhome 1
on Lower Road

Williams
Town Homes

Houghton Hall

Townhome 2
on upper Road

Woodbridge
North

Woodbridge
South

UNIVERSITY COMMONS
Ann Arbor, MI

Student Housing Meets Long Term Care



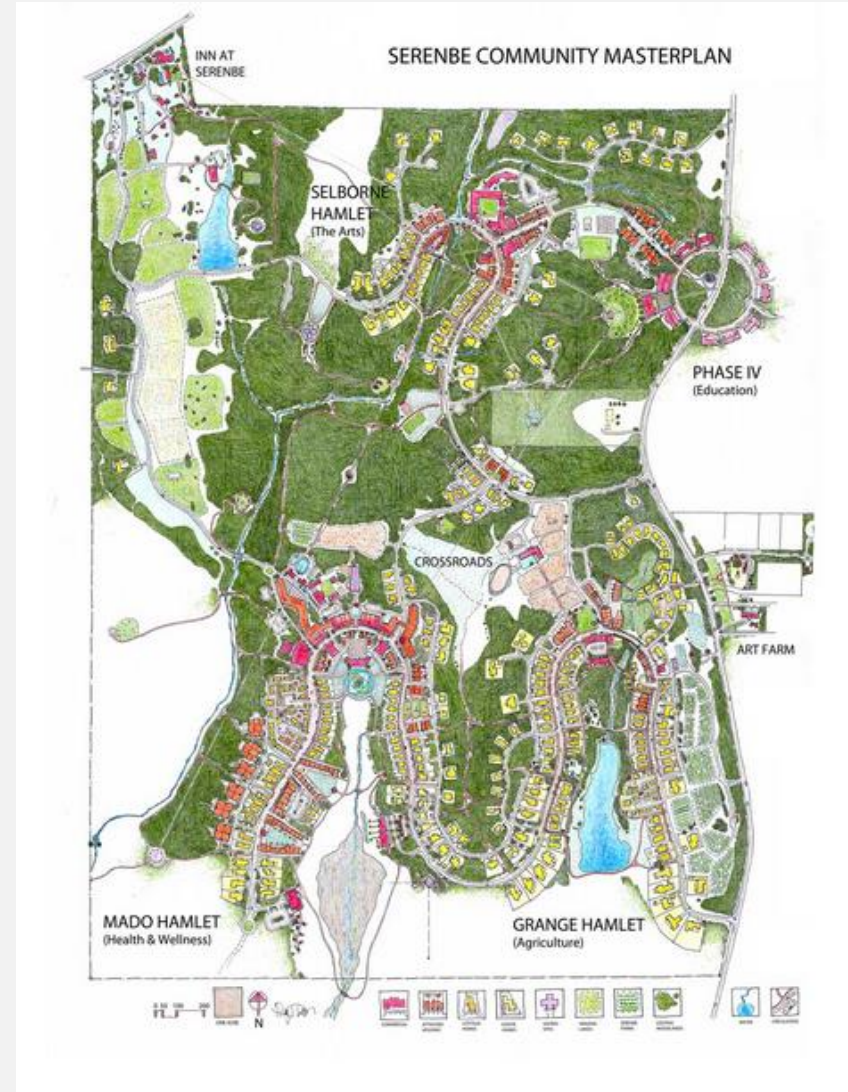
A photograph of a modern multi-story apartment building with a mix of brick, stone, and white siding. The building features large windows, balconies with metal railings, and a central entrance with a glass canopy. An American flag is mounted on a pole in front of the building. Bare trees are visible in the foreground, suggesting a cooler season.

Student Housing Meets Senior Housing

**Merrill Gardens at the University and The Corydon,
Seattle, Washington**

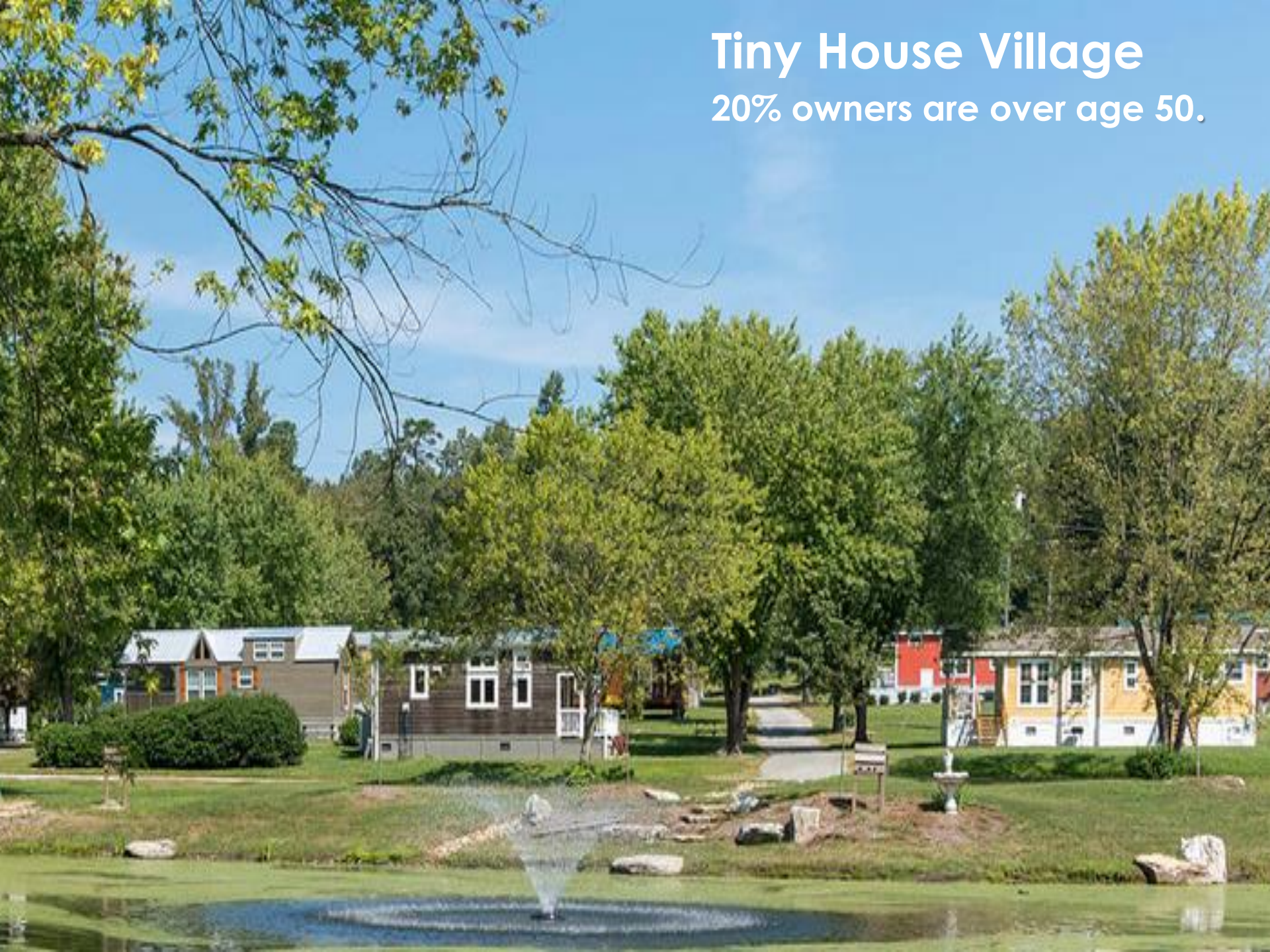
SERENBE DEVELOPMENT, ATLANTA, GEORGIA

- Master planned community
- 400 residents
- Multiple neighborhoods
- Mixed Use
- Developing age restricted garden cottage neighborhood
- Shared green space and common house



Tiny House Village

20% owners are over age 50.



Universal Design:



Universal Design: Wheelchair-friendly tiny house



Source:
<http://inhabitat.com/wheelchair-friendly-tiny-house-proves-universal-design-can-be-cool/wheelpad9/>

From The Atlantic

CITYLAB

Can America's Aging Stay in Their Homes?

A recent report outlines a number of challenges to aging in place.

MIMI KIRK | [@marionekirk](#) | Jan 3, 2017 | 10 Comments



Joe Skipper/Reuters

AGE FRIENDLY?



**“VISITABILITY ENSURES THAT
EVERYONE HAS BASIC ACCESS TO
VISIT HOMES WITH EASE.” CITY OF
PHILADELPHIA OFFICE OF
HOUSING AND COMMUNITY
DEVELOPMENT**

VISITABILITY: A COST AND CONSUMER EFFECTIVE APPROACH

KEY FEATURES

- At least one “no-step” entrance
- Bathroom on the first floor
- 30 inch by 48 inch minimum clear floor space contiguous to the water closet and lavatory
- Wide doorways
- Clear path of travel on the main floor
- 32 inch doorways and 36 inch clear width in hallways

MAKING IT POLICY

- For City-funded projects: Philadelphia Consolidated Plan section: *Non-Homeless Special Needs Housing Production* states: Through rehabilitation and new construction, new adaptable or accessible units are created. To the extent feasible, all new construction housing development projects must include “visitability” design features.
- Zoning code requires “any subdivision containing 50 or more detached, semi-detached or attached houses at least 10% of the houses shall be visitable dwelling units.”

VISITABILITY



Source: <https://philadelphiavisitability.com/gallery/>

VISITABILITY



TRANSPORTATION

Bus users are twice as likely to miss doctor appointments compared to car users.*



82% of those who kept health care appointments had access to cars.*



*Source: Syed, S. T., Gerber, B. S., & Sharp, L. K. (2013). Traveling Towards Disease: Transportation Barriers to Health Care Access. *Journal of Community Health*, 38(5), 976–993. <http://doi.org/10.1007/s10900-013-9681-1>

Seniors face growing health risk from social isolation

Close to a third of Denver's 69,000 residents older than 65 are at risk of isolation



Joe Amon, The Denver Post

AGE FRIENDLY TRANSIT

RTD Free Travel Training Program

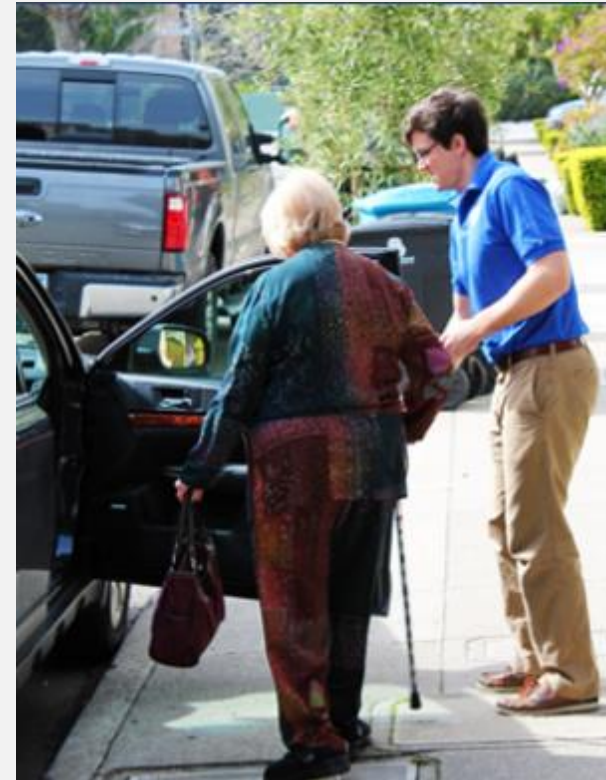
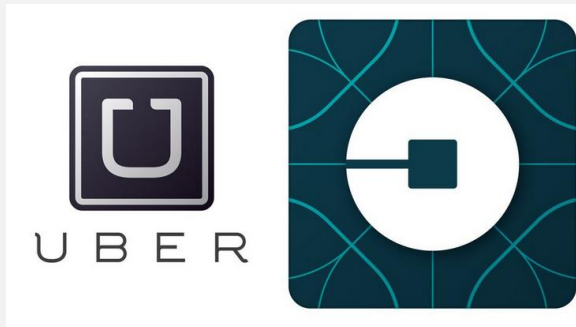
The Free Travel Training Program is designed for older adults (60+), and others living with mobility limitations to learn how to ride public transit as a way to expand their transportation options.

TravelTraining@rtd-



City of Englewood Colorado
Free Art Circulator Shuttle,
connects city center library,
hospital, senior center

DRIVEN BY NEED: THE SHARING ECONOMY



Wheat Ridge looking to experiment with pedicab service for seniors

Advisory team hoping to build a pedicab that will increase active transportation for all residents



TOOLS AND RESOURCES

THE **AARP** DOMAINS OF LIVABILITY

**Outdoor Spaces
and Buildings**



Transportation



Housing



Social Participation



**Respect and
Social Inclusion**



**Civic Participation
and Employment**



**Communication
and Information**



**Community and
Health Services**



AARP Livability Index

AARP Livability Index | Great Neighborhoods for All Ages

[LIVABILITY DEFINED](#) [CALCULATING SCORES](#) [LIVABILITY CATEGORIES](#) [ABOUT US](#) [FAQS](#)



New! Policies updated – see what your community is doing to improve livability. [Read our blog about this update.](#) ×

How **livable** is your **community**?

enter your address, city, state or zip code




















Job opportunities





LEARN MORE

The Livability Index scores neighborhoods and communities across the U.S. for the services and amenities that impact your life the most.

















[Search for your city or learn more about how we define livability.](#)

AARP LIVABILITY INDEX

LOCATION	 Grand Junction, Mesa County, Colorado	 Woodland Park, Teller County, Colorado, 80863	 Lamar, Prowers County, Colorado, 81052
TOTAL INDEX SCORE	52	61	48
 HOUSING Affordability and access 	51	38	62
 NEIGHBORHOOD Access to life, work, and play 	49	60	50
 TRANSPORTATION Safe and convenient options 	68	68	59
 ENVIRONMENT Clean air and water 	38	58	54
 HEALTH Prevention, access, and quality 	61	68	29
 ENGAGEMENT Civic and social involvement 	53	82	50
 OPPORTUNITY Inclusion and possibilities 	42	52	35

TOTAL INDEX SCORE		52	61	48
 HOUSING Affordability and access	+	51	38	62
 NEIGHBORHOOD Access to life, work, and play	+	49	60	50
 TRANSPORTATION Safe and convenient options	+	68	68	59
 ENVIRONMENT Clean air and water	-	38	58	54

Metrics

Water quality  Drinking water quality	22.78% of people are exposed to violations Median US neighborhood: 0.50% 	4.56% of people are exposed to violations Median US neighborhood: 0.50% 	11.51% of people are exposed to violations Median US neighborhood: 0.50% 
Air quality  Regional air quality	2.0 unhealthy air quality days per year Median US neighborhood: 8.0 	0.0 unhealthy air quality days per year Median US neighborhood: 8.0 	2.0 unhealthy air quality days per year Median US neighborhood: 8.0 
Air quality  Near-roadway pollution	12.85% of people are exposed Median US neighborhood: 0.00% 	9.22% of people are exposed Median US neighborhood: 0.00% 	0.00% of people are exposed Median US neighborhood: 0.00% 
Air quality  Local industrial pollution	0.09 index from 0 to 311,000 Median US neighborhood: 0.00 	0.00 index from 0 to 311,000 Median US neighborhood: 0.00 	0.00 index from 0 to 311,000 Median US neighborhood: 0.00 

APA REPORT: PLANNING AGE SUPPORTIVE COMMUNITIES (2015)



American Planning Association
Making Great Communities Happen

PAS REPORT 579

PLANNING AGING-SUPPORTIVE COMMUNITIES

Bradley H. Winick, ACP, LEED, and Martin Jaffe

<https://www.planning.org/resources/ontheradar/aging/>



THANK YOU!



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