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
March 17, 2017
Speakers: Rachel B. Cohen, MUP, MSW
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.
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
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?”
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

- 25 to 44
- <18
- 45 to 64
- 65+
- 18 to 24

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. Alzheimer's 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
• By 2025, will increase to 92,000
• 1 in 9 Coloradans 45+ are experiencing cognitive decline and memory loss (2015 BRFSS)
According to the Alzheimer’s Association nearly 60% of people with dementia live in their own communities and 1:7 live alone.
Specialized residential options offering memory loss supports and services

Health and long term care that promotes early diagnosis and specialized care and support throughout the care continuum

Dementia-aware and responsive legal and financial planning

Welcoming and engaging communities of faith

Dementia-aware and responsive banking practices

Transportation, housing, and public spaces

Understanding and supportive neighbors and community members

Options that maximize independent living and sustain meaningful community engagement

Dementia informed local government emergency planning and first response

Businesses that foster customer service and environments that support customers with dementia and employee caregivers

Source: Dementia Friendly America
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?


Photo: Dr Sandra Stenmark
AGE-FRIENDLY?
AGE FRIENDLY STREETS

Improved signal timing improves crossing safety for all pedestrians

https://ddotdish.com/2012/08/22/some-perspective-on-pedestrians/
AGE FRIENDLY STREETS
PeDESTRIAN DEATHS ARE PREVENTABLE
AGE FRIENDLY PARKS
AGE FRIENDLY HOUSING

Choosing the right option for your community
**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 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
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
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

Sources: http://serenbe.com
Tiny House Village

20% owners are over age 50.
Universal Design: Wheelchair-friendly tiny house

Can America’s Aging Stay in Their Homes?

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

MIMI KIRK | @marioneekirk | Jan 3, 2017 | 10 Comments
AGE FRIENDLY?
“VISITABILITY ENSURES THAT EVERYONE HAS BASIC ACCESS TO VISIT HOMES WITH EASE.” CITY OF PHILADELPHIA OFFICE OF HOUSING AND COMMUNITY DEVELOPMENT
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.*

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.
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-denver.com](mailto:TravelTraining@rtd-denver.com)

City of Englewood Colorado Free Art Circulator Shuttle, connects city center library, hospital, senior center
DRIVEN BY NEED: THE sharing economy

https://www.lifthero.com/
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

How *livable* is your *community*?

enter your address, city, state or zip code

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

<table>
<thead>
<tr>
<th>Location</th>
<th>Grand Junction, Mesa County, Colorado</th>
<th>Woodland Park, Teller County, 80863</th>
<th>Lamar, Prowers County, Colorado, 81052</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Total Index Score</strong></td>
<td>52</td>
<td>61</td>
<td>48</td>
</tr>
<tr>
<td><strong>Housing</strong></td>
<td>51</td>
<td>38</td>
<td>62</td>
</tr>
<tr>
<td><strong>Affordability and access</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Neighborhood</strong></td>
<td>49</td>
<td>60</td>
<td>50</td>
</tr>
<tr>
<td><strong>Access to life, work, and play</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Transportation</strong></td>
<td>68</td>
<td>68</td>
<td>59</td>
</tr>
<tr>
<td><strong>Safe and convenient options</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Environment</strong></td>
<td>38</td>
<td>58</td>
<td>54</td>
</tr>
<tr>
<td><strong>Clean air and water</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Health</strong></td>
<td>61</td>
<td>68</td>
<td>29</td>
</tr>
<tr>
<td><strong>Prevention, access, and quality</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Engagement</strong></td>
<td>53</td>
<td>82</td>
<td>50</td>
</tr>
<tr>
<td><strong>Civic and social involvement</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Opportunity</strong></td>
<td>42</td>
<td>52</td>
<td>35</td>
</tr>
<tr>
<td><strong>Inclusion and possibilities</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>TOTAL INDEX SCORE</td>
<td>52</td>
<td>61</td>
<td>48</td>
</tr>
<tr>
<td>------------------</td>
<td>----</td>
<td>----</td>
<td>----</td>
</tr>
<tr>
<td>HOUSING</td>
<td>51</td>
<td>38</td>
<td>62</td>
</tr>
<tr>
<td>NEIGHBORHOOD</td>
<td>49</td>
<td>60</td>
<td>50</td>
</tr>
<tr>
<td>TRANSPORTATION</td>
<td>68</td>
<td>68</td>
<td>59</td>
</tr>
<tr>
<td>ENVIRONMENT</td>
<td>38</td>
<td>58</td>
<td>54</td>
</tr>
</tbody>
</table>

**Metrics**

<table>
<thead>
<tr>
<th>Metric</th>
<th>22.78% of people are exposed to violations</th>
<th>4.56% of people are exposed to violations</th>
<th>11.51% of people are exposed to violations</th>
</tr>
</thead>
<tbody>
<tr>
<td>Water quality</td>
<td>Median US neighborhood: 0.50%</td>
<td>Median US neighborhood: 0.50%</td>
<td>Median US neighborhood: 0.50%</td>
</tr>
<tr>
<td>Air quality</td>
<td>2.0 unhealthy air quality days per year</td>
<td>0.0 unhealthy air quality days per year</td>
<td>2.0 unhealthy air quality days per year</td>
</tr>
<tr>
<td>Air quality</td>
<td>12.85% of people are exposed</td>
<td>9.22% of people are exposed</td>
<td>0.00% of people are exposed</td>
</tr>
<tr>
<td>Air quality</td>
<td>Median US neighborhood: 0.00%</td>
<td>Median US neighborhood: 0.00%</td>
<td>Median US neighborhood: 0.00%</td>
</tr>
<tr>
<td>Air quality</td>
<td>0.09 index from 0 to 311,000</td>
<td>0.00 index from 0 to 311,000</td>
<td>0.00 index from 0 to 311,000</td>
</tr>
<tr>
<td>Air quality</td>
<td>Median US neighborhood: 0.00%</td>
<td>Median US neighborhood: 0.00%</td>
<td>Median US neighborhood: 0.00%</td>
</tr>
<tr>
<td>Air quality</td>
<td>Local industrial pollution</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
THANK YOU!

Rachel B. Cohen, MSW, MUP
Principal
Aging-Dynamics
Email: Rachel@Aging-Dynamics.com
Phone: 215.868.1865

Cate Townley, MURP, MUD
Built Environment Specialist
Colorado Department of Public Health and Environment
Email: Cate.Townley@state.co.us
Phone: 303.692.2074