What is Aging in Place?
Setting the stage

The CDC defines aging in place as "the ability to live in one's own home and community safely, independently, and comfortably, regardless of age, income, or ability level."
What If ?
What are the goals?

What if ... we planned our regions and transportation systems so that our growing senior population could continue to live in their homes and communities?

What if ... seniors in all community types could access the services they need when they need it, despite mobility challenges?

What if ... we used technology, public input, and the shared economy to facilitate aging in place?
Colorado Demographic Shifts

Statewide population trends.

Source: Colorado Department of Local Affairs, March 2016
Colorado Demographic Shifts
Statewide population composition.

<table>
<thead>
<tr>
<th>Year</th>
<th>Retirement Age</th>
<th>Working Age</th>
<th>School Age</th>
</tr>
</thead>
<tbody>
<tr>
<td>2000</td>
<td>9%</td>
<td>63%</td>
<td>28%</td>
</tr>
<tr>
<td>2040</td>
<td>19%</td>
<td>57%</td>
<td>24%</td>
</tr>
</tbody>
</table>

Source: U.S. Census Bureau, State of Colorado DOLA
### Demographic Shifts

**Colorado and US Comparison.**

<table>
<thead>
<tr>
<th>State</th>
<th>2010 Population</th>
<th>2014 Population</th>
<th>Average Annual % Chg.</th>
<th>Total Change</th>
</tr>
</thead>
<tbody>
<tr>
<td>Alaska</td>
<td>55,487</td>
<td>69,413</td>
<td>5.8%</td>
<td>13,926</td>
</tr>
<tr>
<td>Nevada</td>
<td>327,328</td>
<td>401,847</td>
<td>5.3%</td>
<td>74,519</td>
</tr>
<tr>
<td><strong>Colorado</strong></td>
<td><strong>554,461</strong></td>
<td><strong>680,015</strong></td>
<td><strong>5.2%</strong></td>
<td><strong>125,554</strong></td>
</tr>
<tr>
<td>Arizona</td>
<td>889,818</td>
<td>1,070,217</td>
<td>4.7%</td>
<td>180,399</td>
</tr>
<tr>
<td>Georgia</td>
<td>1,040,915</td>
<td>1,251,538</td>
<td>4.7%</td>
<td>210,623</td>
</tr>
<tr>
<td>United States</td>
<td>40,479,353</td>
<td>46,243,211</td>
<td>3.4%</td>
<td>5,763,858</td>
</tr>
</tbody>
</table>

**Source:** U.S. Census Bureau, State of Colorado DOLA

**Growth in 65+ population:** Colorado is #3 in the nation
Addressing the Issues.
The role of planning

• **Types of plans**
  • Transit
  • Multimodal transportation
  • Land use

• **Implementation**
  • Policy
  • Programs
  • Practices
  • Performance measures
Placed-based considerations.
Context-sensitive planning.

Rural

Suburban

Urban
Planning Applications.

Aging in Place case studies.
Applications
Framing the Discussion.

DRCOG Boomer Bond Assessment Tool

- A community assessment tool to facilitate local dialogue and identify priorities
- A comprehensive inventory to assist with the future development of policies, plans and strategies
Boomer Bond Assessment – Topic Areas

- Locally owned process
- Approximately 4-8 months to complete
- DRCOG roles:
  - Serve as process designer, connector and resource
  - Serve as lead facilitator in smaller communities
- Evaluation: Emphasize process not results
Applications
Framing the Discussion.

Boomer Bond Assessment – Successes

- Flood-impacted community incorporated aging/livable community issues in recovery planning
- New ADU ordinance in a community with severe housing shortage
- Integration of aging/livable community issues in planning efforts (sub-area/comprehensive plans)
- New/revised codes incorporating visitability and universal design requirements
- Activation and increased effectiveness of local Senior Commissions
Recommendations

• Services
  – On-demand paid services
  – Volunteer driver program
  – Expand existing service
  – Family & Friends subsidy
  – Fixed route shuttle

• Programs
  – Marketing
  – Call center
  – Senior commission/transit ambassador
  – Travel training
  – Online platform
Applications

Integrating policies and strategies to support aging in place into the broader planning context.

Opportunities throughout the process:
• Community and stakeholder engagement
• Policy and plan development
• Implementation
Applications
Integrating policies and strategies to support aging in place into the broader planning context.

Community and Stakeholder Engagement

- Approach partially driven by type of plan
  - Stand alone transit/multimodal plan
  - Integrated land use/transportation plan
  - Targeted effort (e.g., Boomer Bond)

- Common threads
  - Expanded reach
  - Direct invitation to participate
  - Facilitated, small-group discussions
### Policy and Plan Development

#### Housing Options
- Diversity of product types/price points
- Visibility/Universal design
- Accessory dwelling units

#### Access to Services and Amenities
- Health and social services
- Recreation facilities
- Shopping/employment
- Progressive care facilities

#### Mobility
- Transit routes and facilities
- Transportation services
- Pedestrian and bicycle routes

#### And Many More...
- Senior programs
- Meeting and event space
- Volunteerism
- Adult education
- Safety and security
- Business practices
Applications
Integrating policies and strategies to support aging in place into the broader planning context.

Implementation
Resulting strategies may include some that you expect...
- Creation of formal affordable housing programs
- Expansion of transportation services
- Prioritization of accessibility, safety, and comfort for older adults in the review of projects
- Expansion of health and wellness programs
- Adoption of accessory dwelling unit ordinances and other code updates to support desired land use patterns/mix of uses
Applications
Integrating policies and strategies to support aging in place into the broader planning context.

Implementation
And others that you might not...

• Creation of a community initiative to promote education regarding End of Life programs and completion of advance directives
• Assemble list of credible for pay snow shovel services
• Seek publicity designed to encourage citizens to report infrastructure and safety hazards to the city
• Lead by example in hiring older adults
Thank you for your time

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