PLANNING FOR YOUR COMMUNITY TO BE AGE-FRIENDLY

2019 APA Colorado State Conference
Wednesday, September 18, 2019 | 10:30 – 11:30 AM
Lifelong Colorado—AARP Age Friendly States & Communities Network
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”
Survey after survey finds that today’s older adults want to remain in their homes. 78% of adults ages 45+ agree or strongly agree with the statement: “What I’d really like to do is stay in my current residence for as long as possible.”

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.

Source: AARP Home and Community Preferences of the 45+ Population, 2014
Survey after survey finds that today’s older adults want to stay in their community.

80% of adults ages 45+ agree or strongly agree with the 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.
Colorado’s Population Growth Forecast - Age 65+

Source: Colorado State Demographer
Arapahoe County, CO

Projected Population Change by Age Group, 2018 to 2025

- All Ages: 9%
- 0 to 17: 7%
- 18 to 24: 7%
- 25 to 54: 10%
- > 55 to 64: -3%
- 65 to 74: 25%
- 75 to 84: 56%
- 85 & over: 25%

*Source- Colorado State Demographer
## Summit County Estimates

<table>
<thead>
<tr>
<th>Population Age 60+</th>
<th>Population Age 60+</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Year 2020</strong></td>
<td><strong>Year 2050</strong></td>
</tr>
<tr>
<td>6031 pp</td>
<td>10,278 pp</td>
</tr>
</tbody>
</table>
The Longevity Economy

- 111 Million Americans Aged 50+:
  - Generate $7.6 Trillion in U.S. Economic Impact
    ($134.9 B in Colorado)
  - Support 89.4 Million Jobs
  - Hold 83% of U.S. Household Wealth

“If the Longevity Economy were a country, it would be the 3rd largest economy on the planet.”

Oxford Economics, 2016 -
Colorado Joins Network of Age Friendly States and Communities
Creates Lifelong Colorado Initiative
Sept. 18, 2018
Our goal is to make Colorado the “age-friendliest” state – a place full of age-friendly communities, neighborhoods, streets, businesses, places of worship, organizations, parks, recreation facilities and more.

**Governor’s Challenge:**

Add 20 new communities to the network in its first full year (2019)

Add 100 new communities in its first five years (by 2023).
Lifelong Colorado Initiative

https://www.colorado.gov/pacific/dola/lifelong-colorado-initiative
Age-Friendly Communities Process
The 8 Domains of Livability

The availability and quality of these community features impact the well-being of older adults
The AARP® Network of Age-Friendly Communities

Our Vision and the “8 Domains of Livability”

The Built Environment

Transportation
Housing
Social participation

Outdoor spaces and buildings
Community support and health services
Civic participation and employment
Communication and information
Respect and social inclusion

The Social Environment

Age-friendly city
The AARP Network of Age-Friendly Communities

and work within

The 8 Domains of Livability
help communities become great for people of all ages

Learn more at AARP.org/agefriendly
Domain 3

Housing
Most older adults want to age in place. Doing so is possible if homes are appropriately designed or modified — and if a community includes affordable housing options for varying life stages.

Domain 4

Social Participation
Regardless of one’s age, loneliness negatively affects a person’s health and sense of wellbeing. Isolation can be combatted by the availability of accessible, affordable and fun social activities.
Age Friendly Network Process

Step 1: ENTERING THE NETWORK

Step 2: PLANNING PHASE (Years 1-2)

Step 3: IMPLEMENTATION & EVALUATION (Years 3-5)

Step 4: CONTINUOUS CYCLE OF IMPROVEMENTS (Years 5+)

Plan

Evaluate

Implement
AARP Age-Friendly Network: 393 Communities and 4 States
13 Colorado Age Friendly Communities

- Denver
- Larimer County
- Colorado Springs
- Manitou Springs
- Boulder County
- Pitkin County
- Eagle County
- Fruita
- Summit County
- Jefferson County
- Las Animas
- La Junta
- Carbondale
Benefits of Membership in the Lifelong Colorado/Network of Age-Friendly Communities

• **Opportunities** to encourage local residents, businesses and other nonprofit groups to play an active role

• Connections to state, national and global networks of participating communities as well as aging and civil society experts

• Access to news, information and guidance about best practices, models, results and challenges in the age-friendly movement

• Opportunities for partnership with other communities and state agencies.

• Mentoring, assessments and peer review evaluation by experts and member cities and towns

• Recognition by the State of Colorado and AARP of the community’s commitment to become more age-friendly.
AARP Age-Friendly Pitkin County & Eagle County
Affordable Housing in Our Rural Valleys

State Age-Friendly Communities Conference
Enrollment in Lifelong Colorado/AARP Network of Age-Friendly Communities
AARP COMMUNITY CHALLENGE

Grants to make communities livable for people of all ages

aarp.org/CommunityChallenge
ACCESS TO A LIBRARY OF LIVABLE RESOURCES
Our Website and More!
Please bookmark and promote AARP.org/Livable
And keep these URLs handy, too
aarp.org/age friendly *
aarp.org/livable-archives
aarp.org/livable-blog
aarp.org/livability-factsheets
aarp.org/livable-interviews
aarp.org/livable-lessons
aarp.org/livable-slideshows

• Your direct link to the AARP Network of Age-Friendly Communities Tool Kit!
Towns, Cities, and Counties seeking to join should submit:

• A letter of commitment signed by the jurisdiction’s highest elected official.

• A membership application.
AARP LIVABILITY INDEX:

- HOUSING
- NEIGHBORHOOD
- TRANSPORTATION
- ENVIRONMENT
- HEALTH
- ENGAGEMENT
- OPPORTUNITY

https://www.aarp.org/livabilityindex
TOP 10 U.S. CITIES ON THE AARP LIVABILITY INDEX

LARGE pop. 500K+
1. San Francisco, CA 64
2. Boston, MA 63
3. Seattle, WA 62
4. Denver, CO 60
5. Milwaukee, WI 58
6. New York, NY 58
7. Portland, OR 58
8. Austin, TX 57
9. Philadelphia, PA 57
10. Washington, DC 57

MEDIUM pop. 100K-500K
1. Madison, WI 66
2. Arlington, VA 65
3. St. Paul, MN 65
4. Boulder, CO 64
5. Minneapolis, MN 64
6. Rochester, MN 64
7. Cambridge, MA 63
8. Columbia, MD 63
9. Alexandria, VA 61
10. Berkeley, CA 61

SMALL pop. 25k-100K
1. Fitchburg, WI 66
2. Sheboygan, WI 65
3. La Crosse, WI 64
4. Lafayette, CO 64
5. Silver Spring, MD 64
6. Sun Prairie, WI 64
7. Bismarck, ND 63
8. Brookline, MA 63
9. Harrisburg, PA 63
10. Portland, ME 63
Livability Index - Arapahoe County, CO
Livability Index - Littleton, CO

TOTAL INDEX SCORE
60

CATEGORY SCORE

HOUSING
Affordability and access
49

NEIGHBORHOOD
Access to life, work, and play
65

TRANSPORTATION
Safe and convenient options
62

ENVIRONMENT
Clean air and water
63

HEALTH
Prevention, access and quality
72

ENGAGEMENT
Civic and social involvement
51

OPPORTUNITY
Inclusion and possibilities
55
West Riverwalk Circle, Littleton, CO
Current Location: Snowmass Village, Pitkin County, CO

Total Index Score: 64

Livability Score

Category Score:
- **Housing**: 52
  Affordability and access
- **Neighborhood**: 31
  Access to life, work, and play
- **Transportation**: 45
  Safe and convenient options
- **Environment**: 83
  Clean air and water
- **Health**: 97
  Prevention, access and quality
- **Engagement**: 86
  Civic and social involvement
- **Opportunity**: 51
  Inclusion and possibilities

Map Layer: Total Index Score

Total Score:
- 0–15
- 15–30
- 30–45

Do more with this score

Adjust category importance
LIVABLE COMMUNITIES ARE GOOD FOR PEOPLE AND BUSINESS

Higher property values, increased economic activity and savings for communities are some of the benefits you’ll learn about in THE LIVABILITY ECONOMY.

A LIVABLE COMMUNITY ...
- Features housing choices that are suitable for people of all ages and life stages.
- Reduces automobile dependence and supports a socially vibrant public realm.
- Integrates land uses so people can live closer to or within walking distance of jobs, community activities and the services they need.
- Has transportation options that enable residents to get around even if they don’t drive.

LIVABLE COMMUNITIES INCREASE PROPERTY VALUES
Homes closer to parks and open spaces have higher property values than those further away.

* Philadelphia, PA +33%
* Elizabeth, NJ +64%
* Oakland, CA +145%

LIVABLE COMMUNITIES INCREASE ECONOMIC ACTIVITY
Bicycling has generated more than $400 million in economic activity in Iowa.

LIVABLE COMMUNITIES SAVE MONEY
In Central Texas, compact, infill development decreased infrastructure costs by 70% when compared to typical, more sprawling development models, resulting in a $7.5 billion savings.

PEOPLE WANT LIVABLE COMMUNITIES
- Boomers and Millennials have similar preferences for walkable, mixed-use neighborhoods.
- 72% Want to be near shops, restaurants and offices
- 62% Would move into a smaller home for a shorter commute
- 42% Prefer to live where there’s a mix of homes
- 52% Want public transportation options

Infographic reproduced from The Livability Economy: People, Places and Prosperity, AARP.org/Livability-Economy
An Age-Friendly Community is one that’s friendly to people of all ages.
Envision Longmont Aging Well
# Selected 2017 Socioeconomic Data -- Boulder, Erie, Lafayette, Longmont and Louisville

<table>
<thead>
<tr>
<th></th>
<th>Boulder</th>
<th>Erie</th>
<th>Lafayette</th>
<th>Longmont</th>
<th>Louisville</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Population</td>
<td>106,271</td>
<td>22,019</td>
<td>27,440</td>
<td>91,730</td>
<td>20,319</td>
</tr>
<tr>
<td>65+ Percent</td>
<td>15.4%</td>
<td>14.0%</td>
<td>18.8%</td>
<td>19.3%</td>
<td>21.9%</td>
</tr>
<tr>
<td>65+ Population</td>
<td>16,366</td>
<td>3,068</td>
<td>5,159</td>
<td>17,704</td>
<td>4,450</td>
</tr>
<tr>
<td>65+ Pop w/ Disability</td>
<td>3,016</td>
<td>507</td>
<td>859</td>
<td>3,771</td>
<td>842</td>
</tr>
<tr>
<td>65+ Pop Below Poverty</td>
<td>675</td>
<td>152</td>
<td>143</td>
<td>936</td>
<td>182</td>
</tr>
<tr>
<td>65+ Pop Below Poverty(Latino)</td>
<td>88</td>
<td>16</td>
<td>0</td>
<td>162</td>
<td>0</td>
</tr>
<tr>
<td>65+ Male Living Alone</td>
<td>1,139</td>
<td>72</td>
<td>370</td>
<td>950</td>
<td>283</td>
</tr>
<tr>
<td>65+ Female Living Alone</td>
<td>2,718</td>
<td>307</td>
<td>664</td>
<td>2,667</td>
<td>682</td>
</tr>
<tr>
<td>Households Receiving Foodstamps w/ at least one person 60+ in HH</td>
<td>477</td>
<td>126</td>
<td>139</td>
<td>875</td>
<td>109</td>
</tr>
</tbody>
</table>

Source: 2017 US Census American Community Survey

**ENVISION LONGMONT AGING WELL**
The number of people above the age of 85 is expected to grow at an average annual rate of 10 percent for the next 25 years!
Initial Aging Well Process

Boomer Bond Assessment Focus Areas

- Housing
- Mobility and Access
- Community Living
- Support Services
Recommendations: Basic Needs

- Promote a diverse mix of housing types to meet the needs of residents of all ages, income levels, and abilities
- Explore the viability of implementing “village concept” pilot project
- Establish formal criteria for the prioritization of sidewalk and infrastructure repair
- Work with service providers to implement shorter and direct more transit routes
- Continue to pursue free fare box extension
- Collaborate with others to explore opportunities to expand employment opportunities for older adults
Recommendations: Personal Connections & Community Involvement

- Continue to provide opportunities for older adult participation in community meetings (e.g., web, Telephone Town Hall)
- Explore options regarding scheduling and use of City facilities to increase availability
- Invest in Senior Computer Tech Center volunteer recruitment
- Develop stronger and more successful positive aging marketing
Recommendations: Health & Wellness

• Increase awareness of and better coordinate available space for activities and events throughout the City to allow for expansion of health and wellness programs
• Support initiatives to promote education regarding End of Life programs and completion of advance directives
• Strengthen and expand assistance for dental, eye, and hearing support
• Expand partnerships with Recreation Services and LUH regarding health and wellness programming
Recommendations: Aging in Community

- Formalize affordable housing policies and targets
- Incorporate policy and code recommendations specific to supporting older adults in community life (visitability, etc.)
- Prioritize accessibility, safety, and comfort for older adults in the design of new development, City facilities and infrastructure projects, and long-range planning
- Emphasize the need to design the public realm to include benches, bus stops, restrooms, etc. to allow for rest breaks and prevent falls
Aging Well 2.0 Next Steps

• Convene Group (focused on City staff)
  – Identify staff
  – Get leadership commitments
• Review 2016 work (successes, challenges, new opportunities)
• Review current data, plan format (domains), and provide input
  – Boulder County AAA Area plan update
  – Community conversations
  – CASOA survey and other survey data
• Establish priorities for Longmont (with advisory board & staff)
• Report to Council
• Evaluate and provide updates to the Envision Longmont Multimodal & Comprehensive Plan
Envision Longmont Aging Well 2.0

- Shift to Eight Domains
- Incorporate current data and best practices
- Reconvene Aging Well Team
- Consider joining Age-Friendly Community network?
Thank You!

One in three Americans is age 50 or older
Is your community a great place for people of all ages?
By 2030, one out of every five people in the United States will be 65 or older
Will your community be ready?

Visit us often at AARP.org/livable
Information and inspiration for local leaders

Bob Murphy, AARP
rdmurphy@aarp.org
303-764-5990

Erin Fosdick, City of Longmont
erin.fosdick@longmontcolorado.gov
303-651-8336