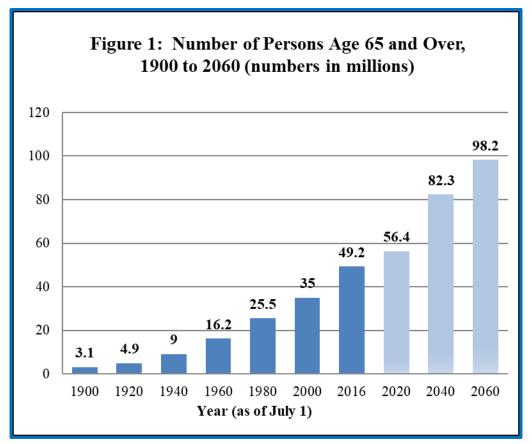


Unplugged: the Paradigm of Age-friendly Communities

APA 2019 Webinar
June 21, 2019
Ramona Mullahey
APA Private Practice Division





Source: U.S. Census Bureau, Population Estimates and Projections.



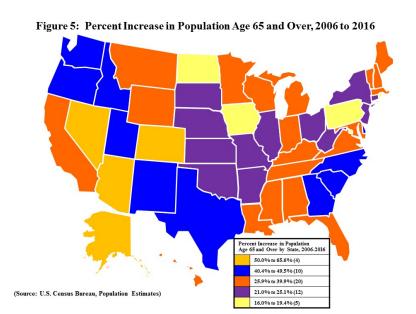
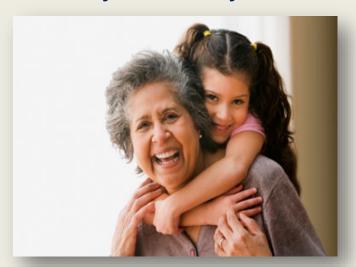


Figure 4: Persons Age 65 and Over as a Percentage of Total Population, 2016 Percent of Persons Age 65 and Over in 2016 by State 17.7% to 19.9% (5) 16.0% to 17.5% (18) 15.0% to 15.8% (14) 13.1% to 14.9% (10) (Source: U.S. Census Bureau, Population Estimates)

10.4% to 12.0% (4)

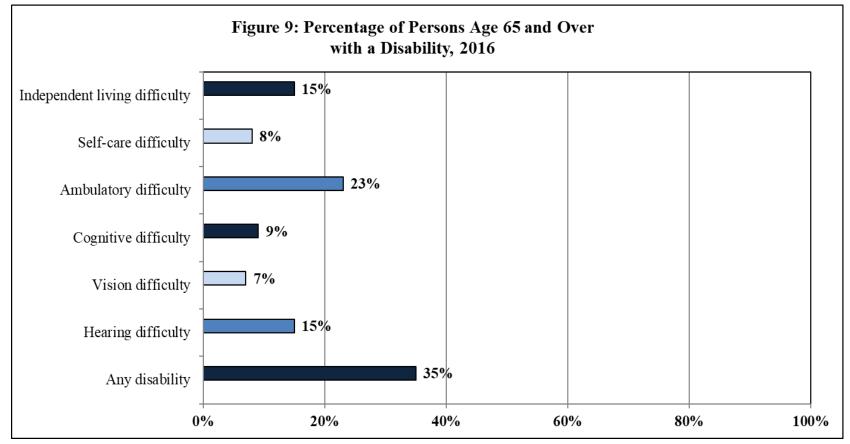


According to a 2010 AARP survey, nearly 90
percent of people over age 65 want to stay in
their residence for as long as possible. 80
percent believe their current residence is where
they will always live.



Aging in place is the ability to live in one's own home and community safely, independently and comfortably, regardless of age, income or ability level





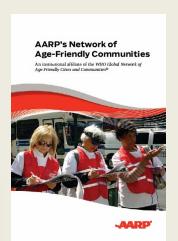
Source: U.S. Census Bureau, American Community Survey



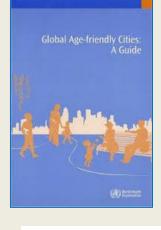


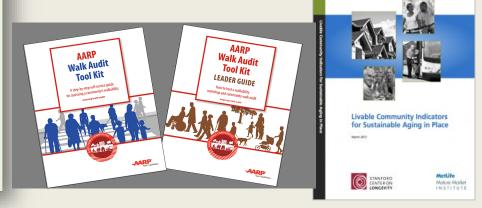
Age friendly cities

According to the WHO, an agefriendly city is "an inclusive and accessible urban environment that promotes active aging." In practical terms, an age-friendly city adapts its structure and services to be accessible to and inclusive of older people with varying needs and abilities.











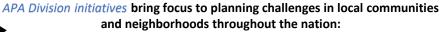




Using smart growth and universal design to link the

needs of children and the aging population https://www.planning.org/research/

Emerging Issues



https://www.planning.org/ontheradar/

Aging and Livable Communities



APA Policy Guides

Aging in Community Policy Guide

https://www.planning.org/policy/guides/

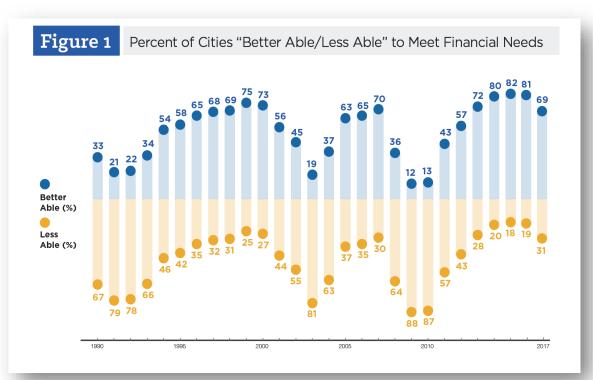
Community Engagement Housing Transportation Land Use Economic Well-being

Community Assets and Supports



Local governments will make the hard choices needed to serve their communities.





Source: City Fiscal Conditions 2017, NLC









Agenda

 Building Communities for the Future: Shifting the Paradigm

 Livable Communities Challenge Grants

 The Local University as An Agefriendly Community





Presenters

• Mildred E. Warner, Ph.D.

Professor, City and Regional Planning W. Sibley Hall, Cornell University mwarner@cornell.edu

Fred Buzo

Associate State Director AARP California

fbuzo@aarp.org

Caroline Cicero, Ph.D., MSW, MPL

Instructional Associate Professor, USC Leonard Davis School of Gerontology Director, USC Age Friendly University Initiative

cicero@usc.edu



Building Communities for the Future Shifting the paradigm

Mildred E. Warner
Department of City and Regional Planning
Cornell University

Unplugged: The Paradigm of Aging-friendly Communities

APA National Conference April, 2019

Contact: www.mildredwarner.org | mew15@cornell.edu Funding provided by Engaged Cornell



Shifting the Framework

- An all Ages Approach
 - Children, families, singles, older adults
- Move from Attitudes to Action
- Build New Institutional Partnerships
- Link Design, Services and Participation



Empirical Evidence on Current Practice

- 2013 Planning Across Generations Survey (ICMA)
 - 1478 city managers responded
- Participate in 2019 update of survey!
 - http://icma.org/PlanForAllAges
- 2017 Livable Communities for All Ages (AARP, APA)
 - 559 planners responded
- Common themes
 - Physical Design and Social Norms Matter
 - Participation is key

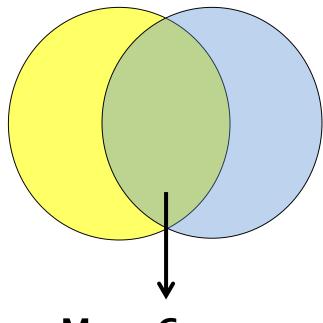


Core Principles – Physical Design + Participation



Child-Friendly Cities

Basic Services
Safe Water
Safe Streets
Opportunity to Play
Civic Participation
Family Support
Protection from
Exploitation



Many Common Elements

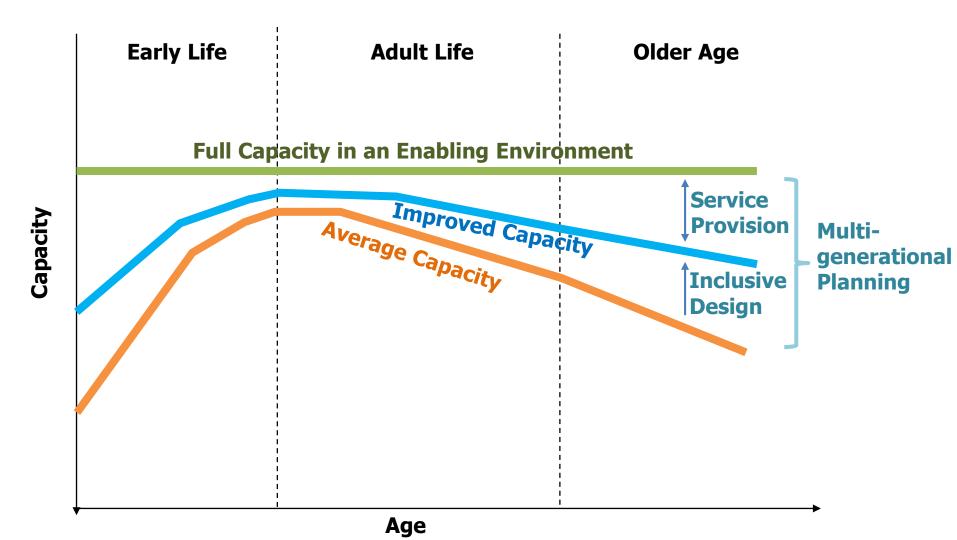


Age-Friendly Cities

Housing
Transportation
Services (Health)
Outdoor Spaces
Communication
Civic and Social
Participation
Respect



Need a Multi-generational Planning Approach Design + Services

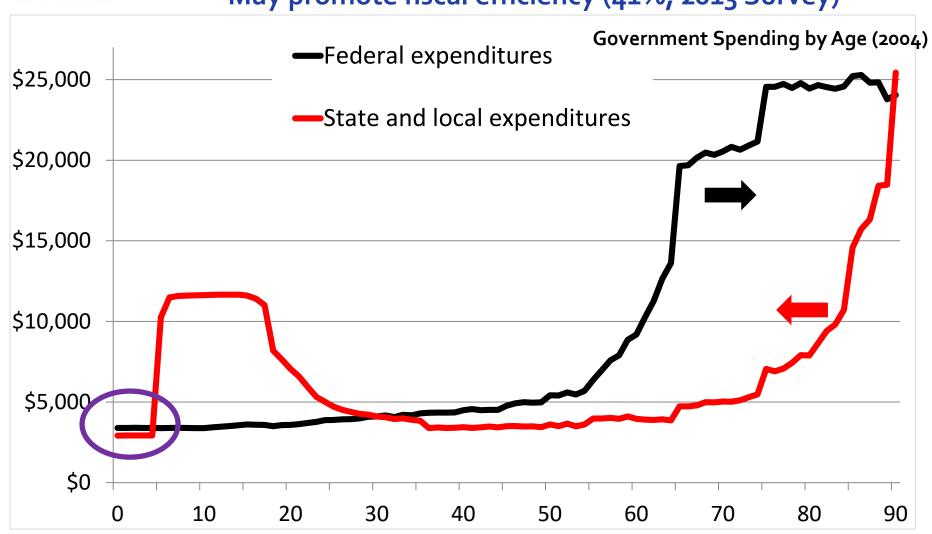


Source: Warner et al. 2017, Journal of Planning Education and Research



Multigenerational Approaches May Address High Costs of Serving Children and Seniors

May promote fiscal efficiency (41%, 2013 Survey)

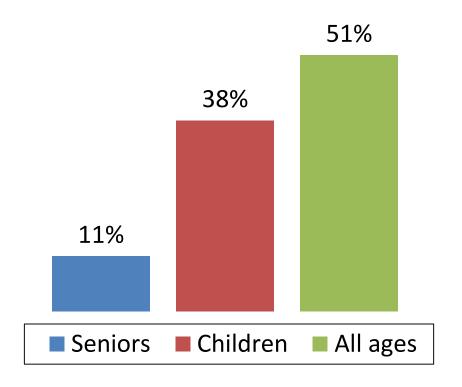


Based on estimates by Edwards, Ryan D. 2010. Forecasting Government Revenue and Expenditure in the U.S. Using Data on Age-Specific Utilization, Working Paper no. WP10-01.



Easier to Fund Shared Services

Is it easier to raise local funds (e.g., bonds, taxes) if facilities are for:

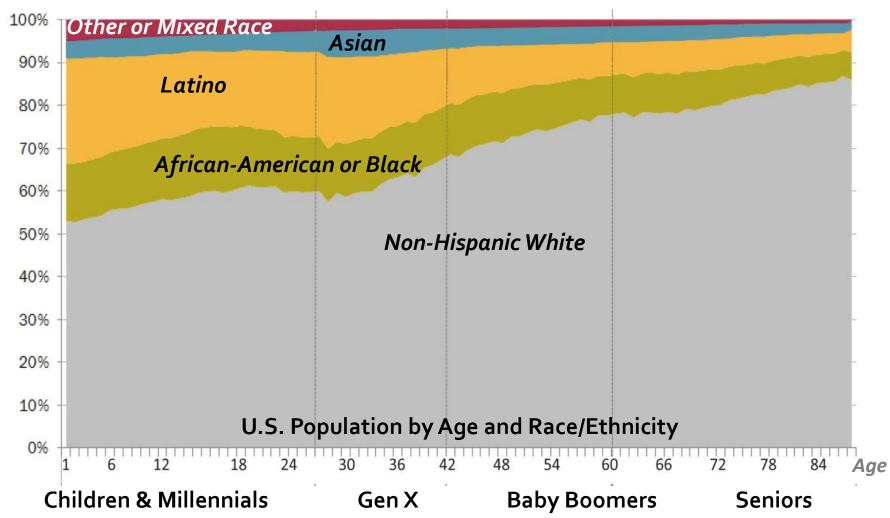


Schools, Youth and Senior Centers, Libraries





New Social Compact – Serving Children and Elders



PolicyLink. 2011. "The Changing Face of America: Demographic Change and the New Policy Agenda." Presentation by Manuel Pastor at PolicyLink Equity Summit, 2011.



Move from Attitudes to Action

Not divided by race, class

Attitude	Agree(%)
My community is not divided by race, class, or old-timer/newcomer divisions.	46%
Ethnic or cultural diversity has led to new approaches to planning or programming for all ages.	43%

See Seniors and Children as Resources, not Burdens

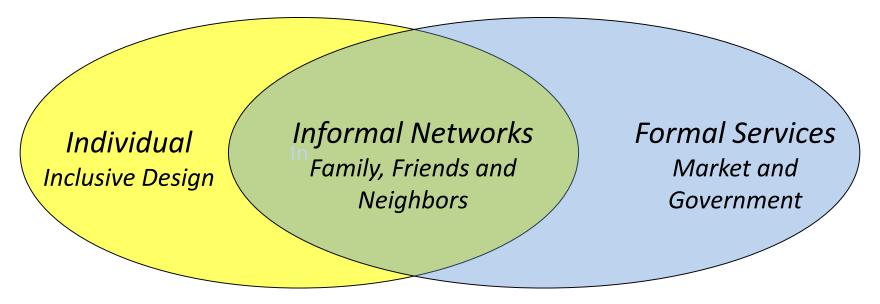
Attitude	Agree(%)
When communities provide services for seniors and children, all community members benefit.	93%
Seniors are a resource for the community.	95%
Children are a resource for the community.	93%

2013 Planning Across Generations Survey, N=1474 cites and counties



Bring Sharing to Scale

- Planning generates a market response
- (Maturing America Survey 2010, J. Aging & Health 2017)

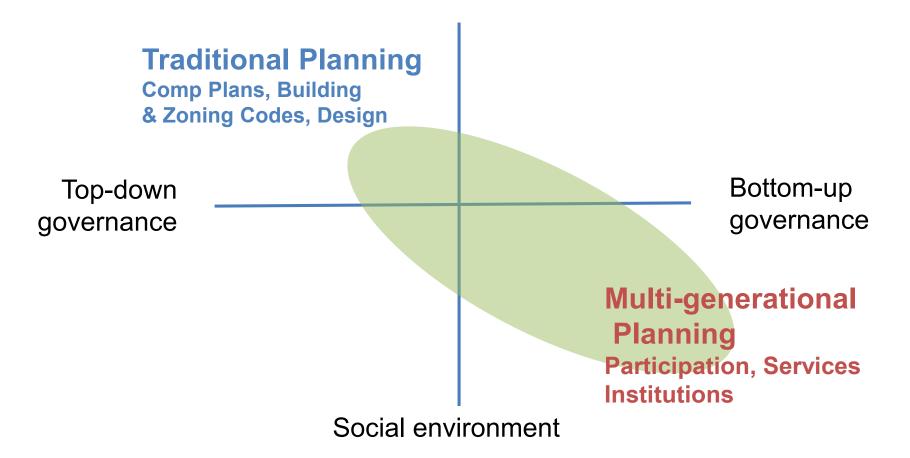


 Planning creates opportunity to bring informal sharing to scale



Must Build New Institutional Partnerships

Physical environment





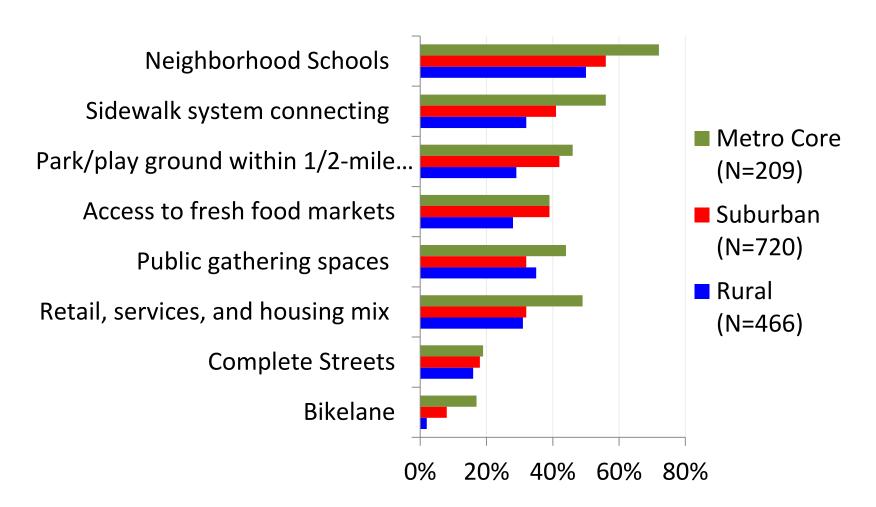
Are we including the needs of children and seniors in our plans?

	Emergency Plan	Comprehensive Plan	Economic Development Plan
Do You Have?	91%	77%	57%
Does Your Plan Specifically Address?			
Seniors	66%	53%	31%
Children/Youth	60%	53%	31%



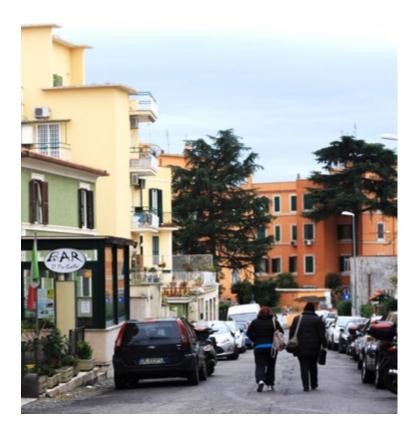
Most US Communities Lack Good Design

Planning Across Generations Survey, 2013, 1478 city managers responding



Percent of community with more than a half of community covered

Poor design can ameliorated by good norms of use



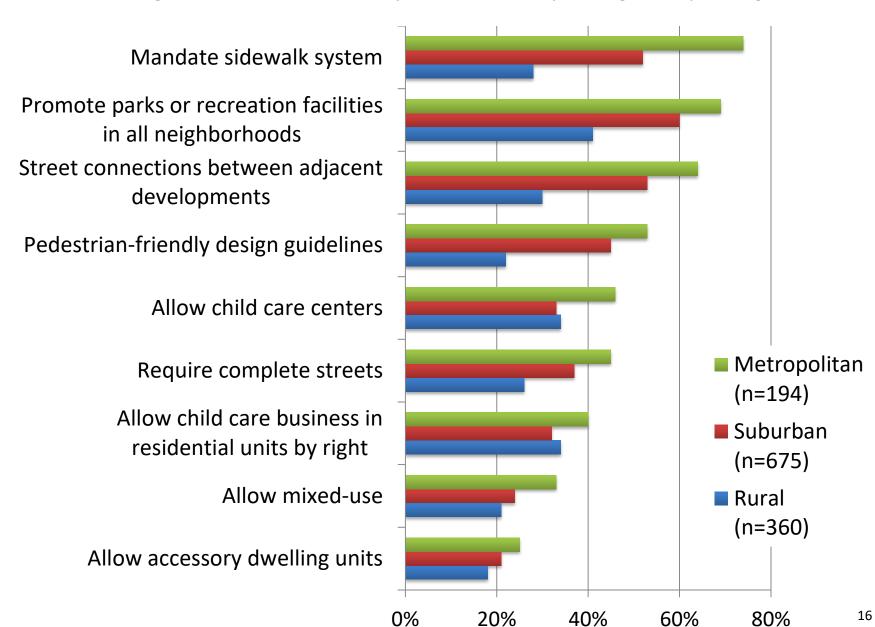
Pineta Sacchetti, Rome, Italy





More progress on Transportation than Housing in US

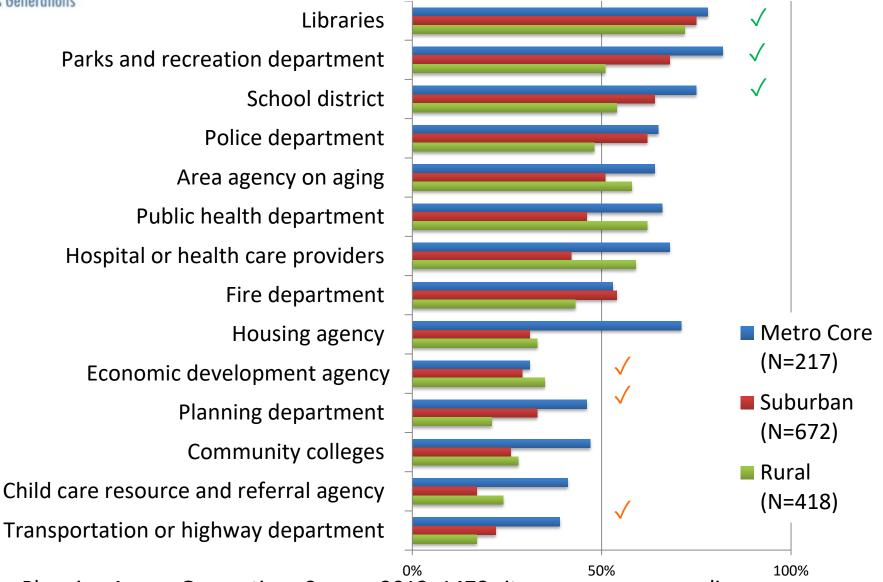
ICMA Planning Across Generation Survey, 2013 (1,478 city managers responding)



Cross Agency Partnerships in the US



Are any of the following engaged in cross-agency partnerships to serve children or seniors?





Libraries and Schools Support Inter-Generational Planning





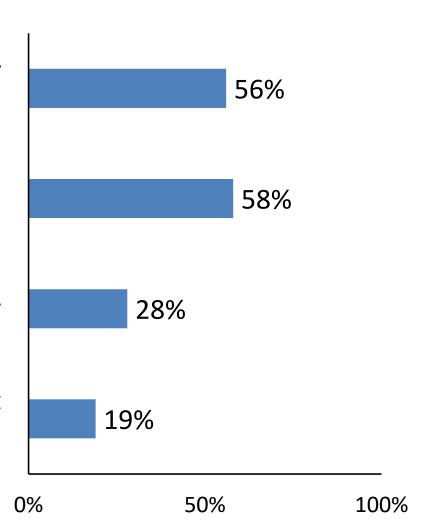
Joint Use with Schools

Local government has joint use (or similar) agreements with schools

Schools and local government share facilities (e.g., playing fields, gyms, computer labs)

Local government participates in school district educational facility planning

Local government has tax or budget control over schools

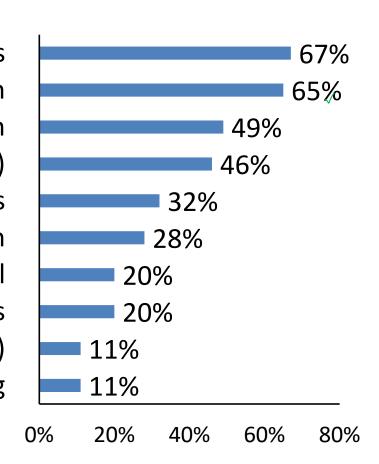




Informal Institutions and Norms Matter

Informal sharing

Recreation programs Neighborhood watch Neighborhood beautification Social activities (e.g., block parties) Checking in on your neighbors Mentoring children Child care/nursery school Yard maintenance/snow shoveling for elders Referrals (e.g., plumber, doctor) Car- or ride-sharing



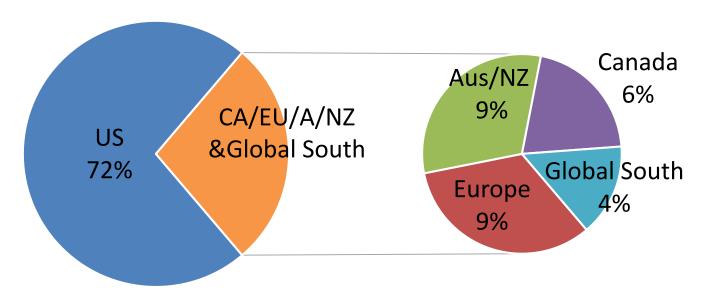
2013 Planning Across Generations Survey, N=1474 cites and counties



A Livable Communities for All Ages Approach

International Survey Fall 2017 AARP & Int'l Div of APA – 599 Planners Responded

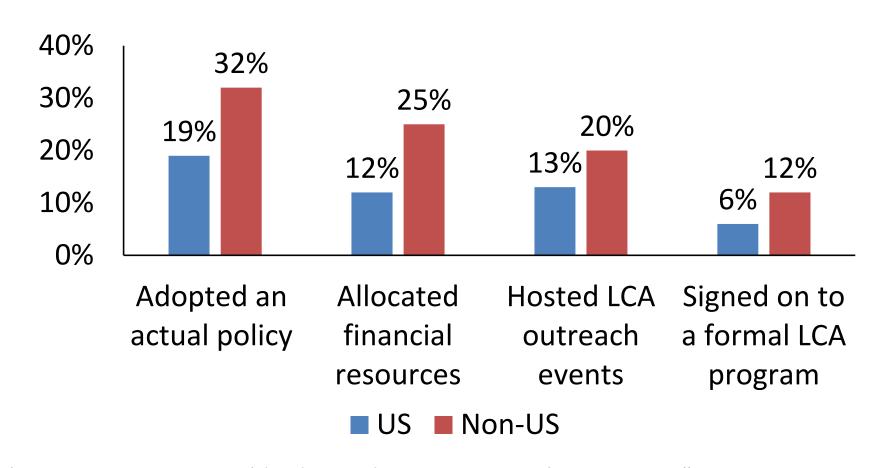
"Livable Communities for All ages (LCA) are communities that ensure appropriate physical infrastructures (i.e. housing, transportation, built environment, access to healthy foods) and social infrastructures (i.e. health care, support services, engagement opportunities) for residents throughout an expanding life course. " (Firestone, Keyes, and Greenhouse, 2017)





US vs International

Actions are different



Zhang, Xue, Warner, Mildred E. and Firestone, Stephanie 2019. "Overcoming Barriers to Livability for All Ages: Inclusivity Is the Key, " *Urban Planning*



US vs International

Motivations and Barriers are different

- US: external motivation, business motivation
- Barriers don't hold back action
- Knowledge barrier only in rural US

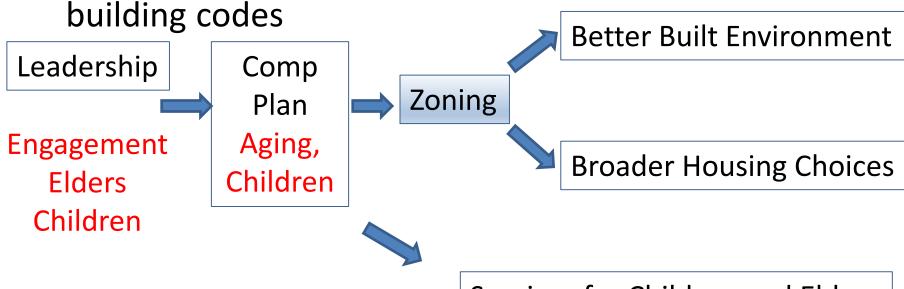
Zhang, Xue, Warner, Mildred E. and Firestone, Stephanie 2019. "Overcoming Barriers to Livability for All Ages: Inclusivity Is the Key, " *Urban Planning*



What Leads to Change?

- Participation of elders and families with children
- Community Leadership elected officials, developers, planning and zoning board

Planning – comprehensive planning and zoning and



Services for Children and Elders

Warner, M. E., & Zhang, X. (2019). Planning communities for all ages. *Journal of Planning Education and Research*.



We can create child- and age-friendly communities at the same time!

- Older and denser community do more action
- Professionalism leads to more action, but participation has a greater impact
- Attitudes are not motivators or barriers
- > Safety and funding pressures matter

Warner, M. E., & Zhang, X. (2019). Planning communities for all ages. *Journal of Planning Education and Research*.



RESOURCES Available at

www.mildredwarner.org/planning/generations

US Articles

- Warner, Homsy and Morken 2017. "Planning for Aging: Stimulating a Market and Government Response in Place," Journal of Planning, Education and Research.
- Warner, Xu and Morken. 2017. "Differences in Availability of Community Health-Related Service Provision for Seniors," Journal of Aging and Health.
- Zhang, Warner, and Firestone 2019. "Overcoming Barriers to Livability for All Ages: Inclusivity Is the Key, " *Urban Planning*.
- Warner and Zhang, 2019. "Planning Communities for All Ages," Journal of Planning Education and Research.

Contact:

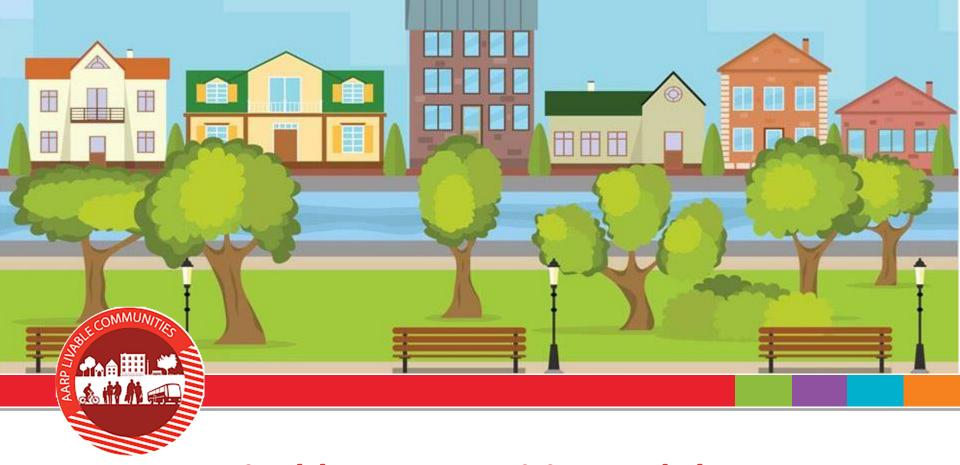
www.mildredwarner.org

Mildred Warner mwarner@cornell.edu

Funding provided by the USDA National Institute for Food and Agriculture

Take the survey! http://icma.org/PlanForAllAges





Livable Communities and the AARP Community Challenge Grant



What is a 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.

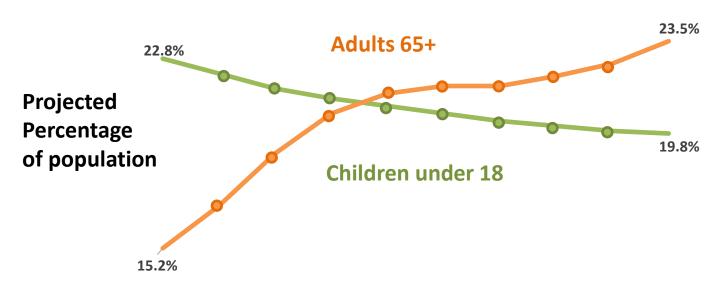
AARP Policy Book, Chapter 9





For the first time in U.S. History Older People are Projected to Outnumber Children by 2035



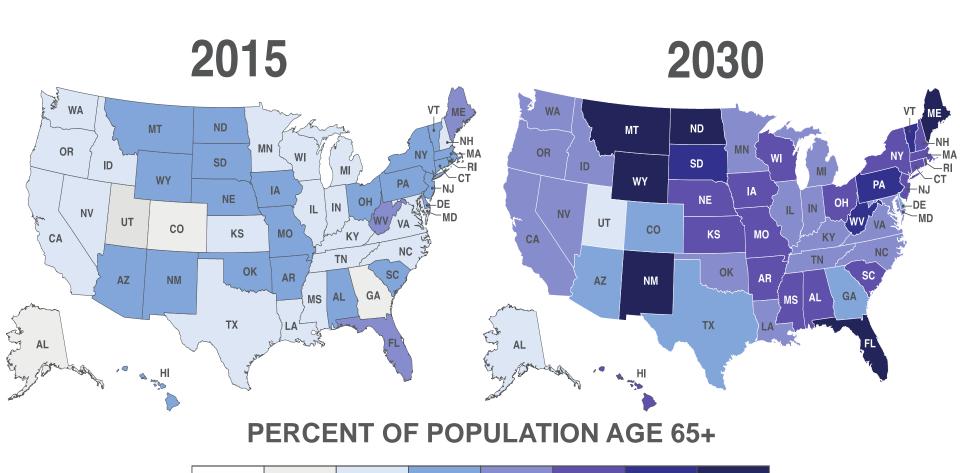


Median age will grow from 38 today to 43 in 2060





America is Aging







0-10

10-12.5

12.5-15

15-17.5

17.5-20

20-22.5

22.5-25

25-27

Source: US Census

What is an Age-Friendly Community?

An age-friendly community is one that is free from physical and social barriers and supported by policies, systems, services, products and technologies that:

- promote health and build and maintain physical and mental capacity across the life course; and
- enable people, even when experiencing capacity loss, to continue to do the things they value.



Source: https://extranet.who.int/agefriendlyworld/age-friendly-practices/

Today's Older Adults Want to Stay in Their Community







Community Challenge Grants







AARP COMMUNITY CHALLENGE

Grants to make communities livable for people of all ages

aarp.org/CommunityChallenge







The AARP Community Challenge Grant







AARP Community Challenge Grants

AARP knows it takes time to build communities but we also believe that quick-action can spark longer term progress.

In 2017, AARP invested \$780,000 in quick-action projects.

In 2018, AARP invested \$1.3 million in quick-action projects.

In 2019, winners will be announced on July 17th.

In 2020, will your project be funded?







AARP Community Challenge Grants

What projects are funded? Those that...

- Demonstrate the tangible value of "Smart Cities"
- Deliver a range of transportation and connectivity options through permanent or temporary solutions
- Create or improve vibrant public places through permanent or temporary solutions
- Support the availability of a range of housing through permanent or temporary solutions
- And other innovative approaches to improving the community



What makes a community a great place to live?

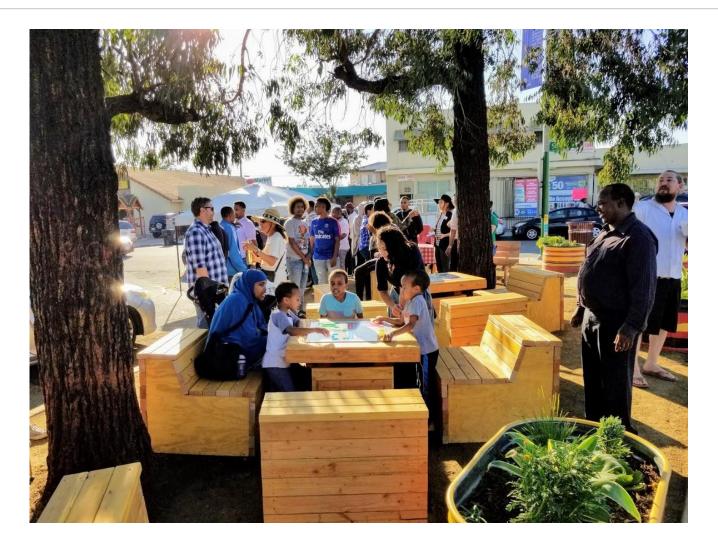


The 8 Domains of Livability





City Heights: Open Spaces & Social Participation







Chula Vista: Transportation







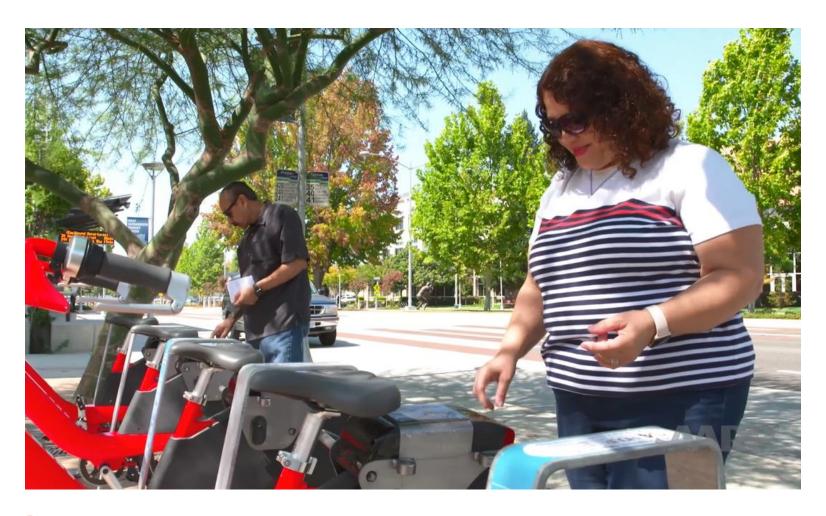
Florence Fang Community Garden: Open Spaces







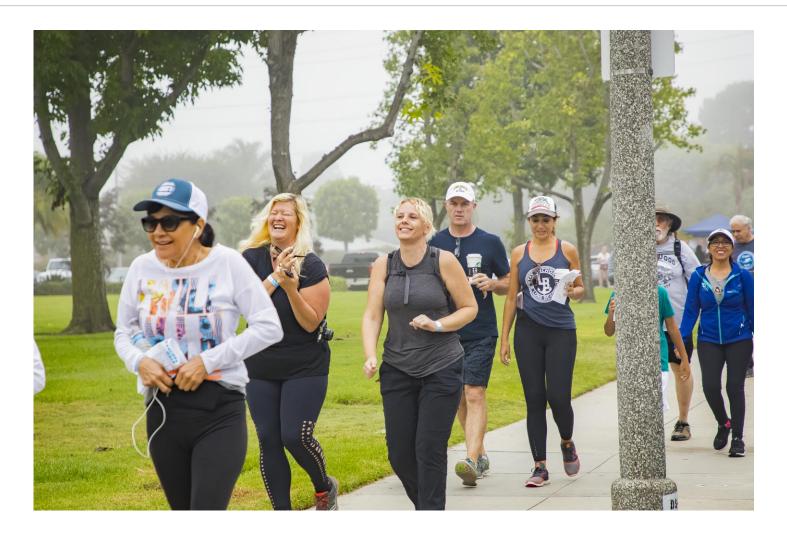
West Sacramento: Transportation







Walk Long Beach: Social Participation & Health







Housing: Moving Forward

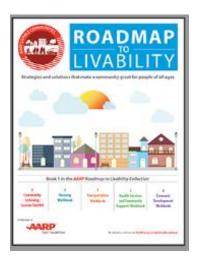
Housing

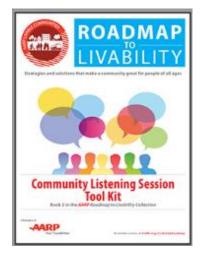


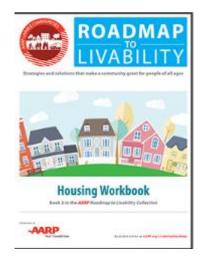


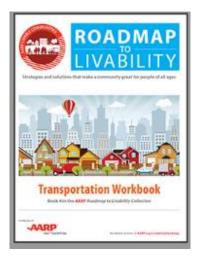


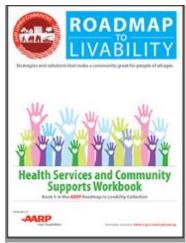
Roadmap to Livability

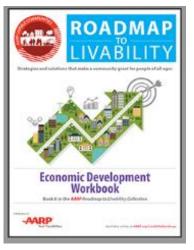
















AARP Livability Index







https://livabilityindex.aarp.org/



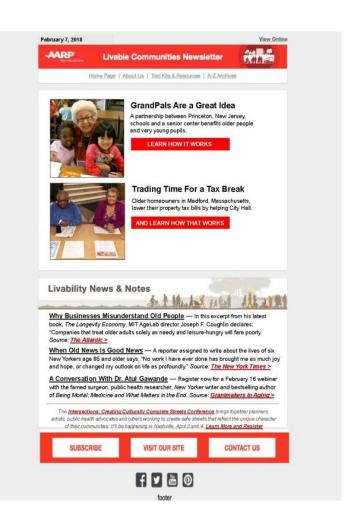




Visit us on the web at: aarp.org/livable

Subscribe to our e-Newsletter at: aarp.org/livable-subscribe

We hope to see your application in 2020!







The Local University



as an Age-Friendly Community

Caroline Cicero, PhD, MSW, MPL

Instructional Associate Professor

Director, USC Age-Friendly University Initiative



Website: agefriendly.usc.edu; Twitter: @age_usc

Facebook and Instagram: @USCAgeFriendly

LinkedIn: USC Age-Friendly University Initiative

#USCAgeFriendly #AgeFriendlyLA







AGE-FRIENDLY UNIVERSITY
INITIATIVE

Seeing Aging Globally to Locally

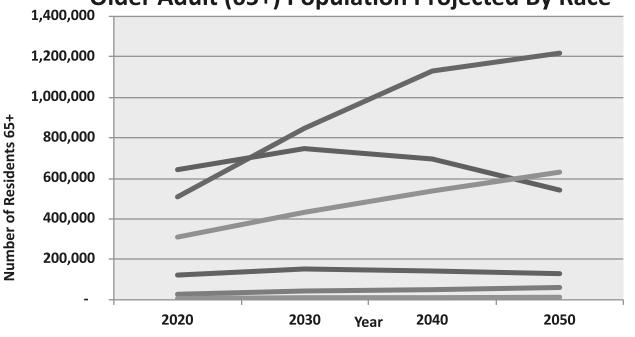
- World Health Organization's Age-Friendly Cities
- AARP Livable Communities: 320+ Cities in USA
- California Master Plan on Aging in Legislature
- Los Angeles County Feasibility Study in Progress
- Purposeful Aging LA/Mayor Executive Directive
- Age-Friendly Universities: USC, UCLA, CSULB





County of Los Angeles Older Adult (65+) Population Projected By Race





Source: Author's Calculations Based on US Census and Department of Finance Projections.

1.2 million now 2.4 million by 2040 2.6 million by 2050

---Latino

White

Asian-American

Mixed or Other

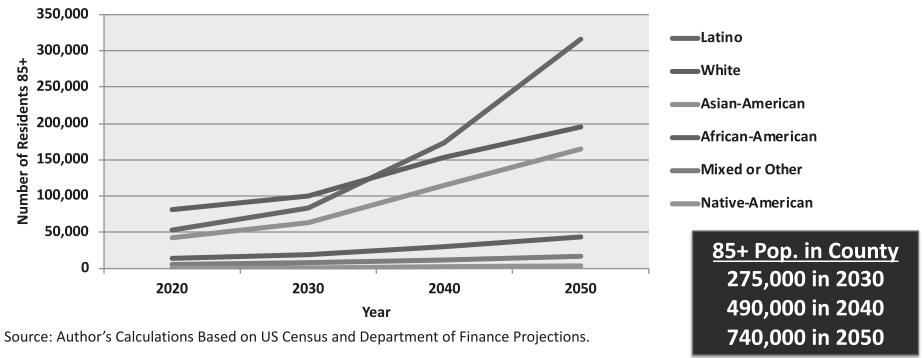
Native-American

African-American

How Many Older Adults (65+) Live in the County of Los Angeles?

County of Los Angeles Oldest Old (85+) Population Projected By Race





How Many of the Oldest Old (85+) Live in the County of Los Angeles?

USC Age-Friendly University Collaboration



Los Angeles
Region
Universities

Other



Age-friendly University Global Network

USC Leonard Davis
School of Gerontology

Age-Friendly Universities



Started at Dublin City University

A Growing Global Network



Universities Commit to 10 Principles



What are the 10 AFU principles?

- 1. To encourage the participation of older adults in all the **core activities** of the university, including educational and research programs.
- 2. To promote personal and career development in the second half of life and to support those who wish to pursue second careers.
- 3. To recognize the **range of educational needs** of older adults (from those who were early school-leavers through to those who wish to pursue Master's or PhD qualifications).
- 4. To promote **intergenerational learning** to facilitate the reciprocal sharing of expertise between learners of all ages.
- 5. To widen access to **online educational opportunities** for older adults to ensure a diversity of routes to participation.
- 6. To ensure that the university's **research agenda** is informed by the needs of an aging society and to promote public discourse on how higher education can better respond to the varied interests and needs of older adults.
- 7. To increase the understanding of students of the **longevity dividend** and the increasing complexity and richness that aging brings to our society.
- 8. To enhance access for older adults to the university's range of **health and wellness** programs and its **arts** and **cultural activities**.
- 9. To engage actively with the university's own retired community.
- 10. To ensure regular **dialogue** with organizations representing the interests of the aging population.

Author: Dublin City University



https://www.aghe.org/resources/age-friendly-university-principles



What is USC Age-Friendly University



Initiative?



An Interdisciplinary Working Group

- Collaboration of Faculty, Staff, Students, and Alumni seeking a more Age-Friendly Community
- Gerontology, Public Policy, Social Work, Medicine, Public Health, Spatial Sciences, Alumni Affairs, Experiential Education, Accessibility, Emeriti Center, Admissions, Transportation, Events. . . .



What Groups Do We Address?









• Students: Undergrad, Graduate, Online



- Employees who are aging; Caregiver support
- Retirees: Many stay living in Los Angeles area
- Alumni: Half Century & Encore Trojans, Families
- Community engagement around the USC Campus
- Research in lifespan health, Alzheimer's, housing, social services, homelessness, public policy, etc..



Older Students on our Campuses



2500 students are 40+

10% of all graduate students are 40+

Many online and returning students



Alfonso Gonzales



USC AGE-FRIENDLY UNIVERSITY INITIATIVE

Engaging USC Students across our Campuses:



- Workforce Development—grads and undergrads
- Experiential Education for students in all majors
- Returning and Online Students
- Classes in Gerontology, but aging in curriculum across our campuses; Life Skills, Retirement Plans





Alumni



- Alumni: 119,000 are 46+ and 12,300 are 72+
- And Spouses of Alumni
- Half Century Trojans
 - Going Back to College Day
 - Speaker Series
- Encore Trojans







USC AGE-FRIENDLY UNIVERSITY INITIATIVE

Current Employees



- Half of USC Faculty are 50+
- 30% of USC Staff are 50+

(not including hospital staff)



Dramatic Arts Professor Velina Hasu Houston is spearheading a new program to reach out to older adults in the community.

Emeriti Center

Colleagues for Life



Retired Employees



 USC Emeriti Center has more than 3,000 retired faculty and staff in its database, with 90% of

them living in California

 At least 1,200 retired faculty and staff live in LA County



Calvin Lau photo



Colleagues for Life



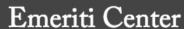
Why do Retired Employees Return to Campus?



- Volunteer
- Return to teach/research/mentor/admin
- Attend USC Events
- Participate in research
- Attend committee meetings
- Support students & scholarships
- Many are patients of our professional schools



Calvin Lau photo



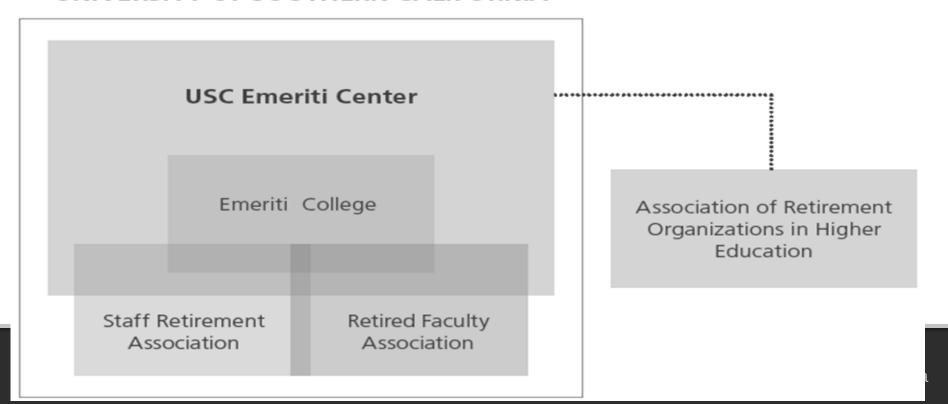
Colleagues for Life



USC Emeriti Center



UNIVERSITY OF SOUTHERN CALIFORNIA





Examples of Intergenerational Learning

Trojan Global Intergenerational Friends

(TGIF) is a casual mentoring initiative linking retired and current faculty and staff with USC international students for friendship, support and sharing cultures.

USC has the largest population of international students of all U.S. universities





USCLeonard Davis

School of Gerontology



Students and retirees attend distinguished lectures followed by intergenerational Q & A



Retired faculty support first generation students who are Caldwell Scholars





Students and retirees teach each other in an iPad class



Architecture students designed senior housing projects for their class and met with retiree consultants

USC Leonard Davis School of Gerontology

USC Emeriti Center



Students, parents, grandparents discuss their thoughts about the Japanese internment camps



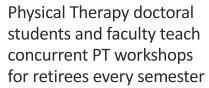
Intergenerational, interdisciplinary, multicultural learning and social exchanges





Grad students, faculty, staff and retirees meet for a free dinner and discussion about international affairs hosted by two faculty masters.







Retirees also serve as research subjects, Mindful Aging panelists and mentors for student veterans



Pharmacy doctoral students meet with retirees one on one to determine their Medicare D plans to save them money and discover any harmful drug interactions



USC AGE-FRIENDLY UNIVERSITY INITIATIVE

What About our Employees Transitioning to Retirement?



- Options for transitions
- How to prepare
- Whom to contact
- Perceptions of retirement







Other Visitors to Campus



- Families of Students and Employees
- Sports and Events
- Neighbors
- Tours
- Research participants
- 2028 Olympics!

How can we include and accommodate them?





USC Leonard Davis

School of Gerontology

What are Challenges?



- Physical: Accommodations for disabilities including mobility, hearing loss and vision difficulties ----- Commencement is a challenge
- Social: Lack of awareness of needs of elders on campus or how they can contribute
- Ageism is pervasive in society



Experiential Education



Many of our professional schools offer work with older adults in community as part of their training.

Off Campus Partnerships in works for undergrads who may be majoring in any subject area.



Special Events and Efforts



Educate our Campuses and the Public about Age, Ageism, Caregiving, Life Skills, Benefits of Intergenerational Exchange

Collaboration with Off Campus Partners



Age is Now Part of USC's Diversity Efforts



USC Diversity, Equity and Inclusion Week



Age-Friendly Univ ran two sessions for DEI Week in January, 2019. One working with older students and one on working with older staff, faculty, retirees, and others who visit campus.











CARE TO LAUGH

A DOCUMENTARY FOLLOWING JESUS TREJO AS HE PURSUES HIS DREAM OF COMEDY WHILE CARING FOR HIS PARENTS.

Tuesday, Feb 5, 4:00 Ray Stark Theatre George Lucas Building (108)

> るFILM+ 芸MUSIC のFESTIVAL



Ashton Applewhite

This Chair Rocks

Tweets & replies

People are happiest at the beginnings and the ends of their lives. The vast majority of Americans over 65 live independently. The older people get, the less afraid they are of dying. Aging is a natural, powerful, lifelong process. So how come so many of us unthinkingly assume that depression, diapers, and dementia lie ahead? That the 20th century's astonishing leap in life expectancy is a disaster-inthe making? Underlying all the hand-wringing is ageism: discrimination that sidelines and silences older people. So I've written a book. I blog about it. I led the team that developed Old School, a clearinghouse of anti-ageism resources. I am the voice of Yo, Is This Ageist? (Go ahead, ask me.) I've written a consciousness raising booklet. And I speak widely. All tools to help catalyze a movement to r discrimination on the basis of age as unacceptable as any other kind.

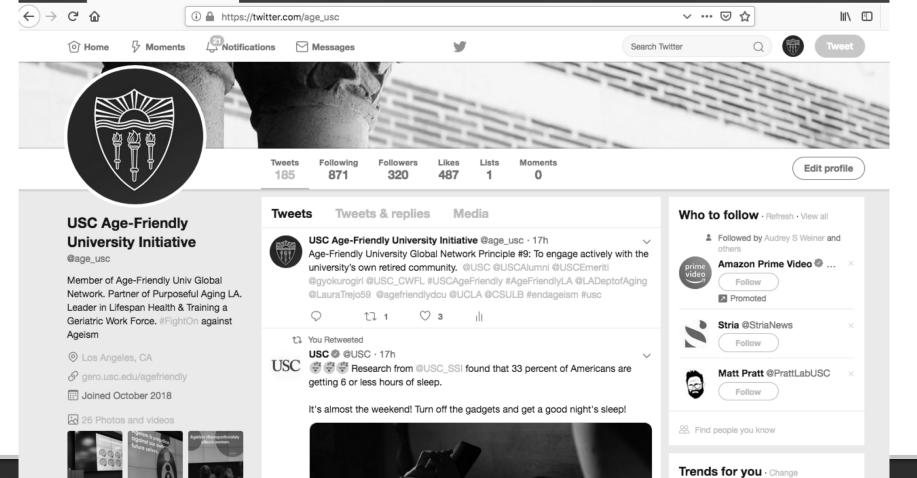
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April 4, 6:00 **Gero Auditorium**

USCLeonard Davis

School of Gerontology



#AERA19 3,877 Tweets

Paul Rudd

Paul Rudd is now 50 years old

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Age-1









USC Age-Friendly University Initiative

@USCAgeFriendly

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USC Age-Friendly Univ Initiative seeks an age-friendly world for Older Students, Alumni, Retirees, Employees, & Community. #agefriendly #endageism agefriendly.usc.edu

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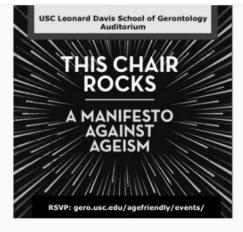


















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n California

Website: agefriendly.usc.edu



Twitter: @age_usc

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Facebook and Instagram: @USCAgeFriendly

LinkedIn: USC Age-Friendly University Initiative



Journal of Gerontology and Geriatrics Education Special Edition

Andreoletti, C., & June, A. (2019). Coalition building to create an Age-Friendly University (AFU), Gerontology & Geriatrics Education. DOI: 10.1080/02701960.2019.1572008

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