Aging in Community

What's Next: Housing Options As We Age

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Community Development Department

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Presentation Overview

1) Survey of Aging in Place/Aging in Community models in U.S.

2) Common features of these models

3) Three community-oriented initiatives

4) Challenging Questions and Emerging Lessons

2010 National Survey

- 300 AIP organizations surveyed
- 42% response rate (N=121)
- Excluded organizations that are mainly residential in nature like CCRCs
- *Compendium of Community Aging Initiatives, March 2010 (*available on line at: http://cssr.berkeley.edu/research_units/casas/publications.htm)
- Conducted by Prof. Andrew Scharlach, UC/Berkley, School of Social Welfare

Survey findings: Initiatives by Type*

- **Community-wide planning**   23%
  The AdvantAge Initiative

- **Cross-sector system change**   15%

  Aging Atlanta: A Community Partnership to Improve   the Lives of Older Adults

- **Consumer-driven support networks**   20%

  Village models, like Beacon Hill Village

- **Residence-based support services**   23%

  NORCS, vertical and horizontal

- **Individual-oriented programs/services**   19%

  Delivered by COAs, AAAs (ASAPs in MA)

* A. Scharlach, "Innovative Community Approaches to Aging," ASA Meetings, March 2010

Common features of "Aging in Community" Models

- Intentional goal of helping elders to age in their homes and neighborhoods
- Geographically defined - from region to city, town, neighborhood(s)
- Elder involvement - from input to governance
- Intergenerational connections
- Improving access and integration of health and supportive services
- Drawing on "new urbanist" ideas - density, "walkability," mixed use: housing & shopping

Key Issues for Action

- Housing - including universal design of public and private spaces & assistive technology
- Planning and Zoning
- Transportation
- Health and Supportive Services
- Cultural and Life Long Learning Options
- Public Safety
- Civic Engagement and Volunteerism
- Workforce Options - flextime, new careers
- Inclusiveness re culture and ability

Global Age-Friendly Cities:
World Health Organization (WHO)

- 33 cities (Portland,OR) in 22 countries
- Policy framework is "Active Ageing": participation, health and security
- Involvement of elders & stakeholders
- Linking social services, health services and changes in the built environment
- Guide+Network = community of practice
  - www.who.int/ageing/age_friendly_cities_network/en/index.html

Livable Community for all Ages:

Partners for Livable Communities and N4A
Funders: MetLife Foundation, HHS, AARP

9 cities, 12 "Jumpstart" community forums

- Santa Cruz, CA - revised zoning ordinances to make Accessory Dwelling Units (ADUs) legal in single family homes/apartments
- Witchita, KS - younger drivers volunteer to drive older adults where they need to go, earn credits for future (ITN America)
- Arizona, Gateway Community College has workforce transition program for older adults
- http://livable.org/program-areas/livable-communities-for-all-ages-a-aging-in-place/overview

AdvantAge Initiative:
Visiting Nurse Service of New York

■ <u>10 pilots working on 4 key areas:</u>

1. Housing and basic security
2. Maintenance of physical and mental health
3. Independence for frail, disabled, homebound
4. Opportunities for social/civic engagement

■ <u>Keys to success:</u>

* Working with stakeholders, building strong communication and collaboration

* Selecting and building leadership

* Evaluation + case studies=adapting to change

• Go to: http://www.vnsny.org/advantage/

Aging in Community:
Key questions for grassroots activists

- **Socio-economic inclusiveness**: how can we assure that all elders regardless of income can age in place?

- **Diversity**: how can we assure that elders of all cultures/languages can age in place?

- **Consumerism vs. Community-building**: is AIC about improving provider/client relationships, or about sharing and building an environment in which we can each give and receive support ? Individual vs. collective approach?

Aging in Community: Emerging Lessons -What's right for Cambridge?

- "Let 100 flowers bloom" - many models have value and can pick elements from each
- Start with a defined geographic areas
- Take time to develop mission and vision
- Most important resources are human resources: nurture leaders & volunteers
- Partnerships are key: aging in community means bringing many stakeholders together
- Weaving a new "community tapestry" based on threads of inclusiveness, diversity and participation