



AGING IN THE CAMBRIDGE COMMUNITY

A Study of the Human Services and Physical Environment of Cambridge
Relative to the Needs of the Senior Population

Community Development Department
Department of Human Service Programs

June 2010

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Purpose	7
Background	8
The Aging in Place Model	8
Cambridge's Aging in Place Programs and Services	10
Active Aging and Aging Friendly Cities	12
Community Senior Services	13
Council on Aging	13
Somerville-Cambridge Elder Services (SCES)	16
SCM Community Transportation	16
Cambridge Health Alliance	18
Paine Senior Services (PSS)	19
Aging in the Community and the Physical Environment	20
Zoning	20
Development Guidelines	24
Open Space Design	26
Transportation Design	28
Economic Development and Retail Use	30
Urban Planning and Design Guidelines	32
Recommendations	33
Appendix 1: Community Input and Questionnaire	34
Appendix 2: Aging in the Cambridge Community Questionnaire	36
Appendix 3: Resource Materials	38

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PURPOSE

This plan was written in response to a Cambridge City Council goal that an Aging in Place plan be developed by June 2010 as a means of supporting diversity within the City.

BACKGROUND

While Cambridge is often best known for its world-class universities and technology-focused employment market most recently in bio-tech, Cambridge's population of seniors, those 60 or over, has been an integral part of the City's fabric since its inception. Looking at Census data over the last 60 years, Cambridge's population of persons older than 65 peaked at 12,617 (10.4% of the population) in 1960.¹ In the ensuing years, the number and proportion of elders here began trending downwards.

But by 2008, this demographic trend had finally reversed when it was estimated that for the first time since the 1990 Census, there were more than 10,000 seniors living in the City. The 16% population increase of this cohort from the 2000 Census is even more noteworthy.² The increase in both the number and percentage of elders in Cambridge is likely to continue as more and more baby boomers reach retirement age.

Of the close to 11,000 Cambridge seniors 65 and over, only 44% are married. They are also a racially diverse group with 81% white, 11% black, 5% Asian, and 3.4% other. Hispanics account for 2.4% of this population.³ While these figures represent a 2008 snapshot of Cambridge's population of seniors, it is estimated their numbers will continue to grow significantly. If the City follows national demographic trends, elders could account for close to 20% of Cambridge's total population by 2030.⁴

As the population of seniors continues to increase in Cambridge, it is important that the City is able to not only meet their basic needs, but also is a welcoming, aging friendly place, which is integral in helping to provide seniors with a good quality of life as they grow older.

The Aging in Place Model

A study by the AARP found that 9 out of 10 Americans over the age of 60 would prefer to stay in their own homes. Hence the movement in the last decade to develop "Villages" or local grassroots communities to help seniors remain in their homes, or "Age in Place" as they grow older.⁵ On many levels these Villages are not based on bricks and mortar as much as on services, and outreach, and perhaps most importantly community. The purpose of the Aging in Place Village is to help enable seniors to remain safely and comfortably in their own homes and most importantly remain socially connected to their neighborhoods even as they may begin to lose physical mobility.⁶

¹ 2006 Cambridge Socio-Economic & Demographic Profile. Cambridge Community Development Department. December 2006.

² 2006 to 2008 American Community Survey.

³ 2006 to 2008 American Community Survey.

⁴ Administration on Aging, US Department of Health and Human Services. "A Profile of Older Americans: 2009" p3. 2009.

⁵ Jane Gross, "A Grass-Roots Effort to Grow Old at Home," *New York Times*, 14 August 2007.

⁶ Terri Guengerich, "Neighbors Helping Neighbors: A Qualitative Study of Villages Operating in the District of Columbia," *AARP Knowledge Management*, October 2009.

The first such Village to be developed in Massachusetts, and one of the first in the nation, was the Beacon Hill Village. Founded in 2001, the Beacon Hill Village served literally as a beacon locally for those wanting to age in their own communities without having to move to a retirement locale or assisted living facility. This membership based group, which is open to anyone living in downtown Boston over the age of 50, provides information and referral services (I&R), wellness programs, shopping trips, social and recreational outings and a host of other services to seniors. Perhaps just as importantly with its regular social events, group activities and meetings, it also provides a sense of community. To encourage socio-economic diversity, there is also a means tested discounted membership, or "membership plus" for low-income seniors.

The Aging in Place effort within the City of Cambridge began in earnest in 2006 when members of the Agassiz Baldwin neighborhood along with some residents from nearby areas began exploring the idea of establishing in Cambridge a "NORC," a Naturally Occurring Retirement Community which is what the Village models were initially called. The Agassiz Baldwin Community (ABC) developed a survey which it sent to neighborhood residents over the age of 50 seeking to understand the level of interest there might be in programs and services to support residents to Age in Place. In collaboration with the City's Council on Aging, ABC hosted an evening at the Senior Center with the leadership of the Beacon Hill Village in April 2006 to introduce the concept to more residents. Over 150 people came to that first meeting, which was quickly followed by another meeting on June 6, 2006 at the Senior Center where city and community services providers presented information about current services available to support residents remaining in their community. At that time, there were several community and neighborhood groups which were at the very preliminary stages of exploration of models for Aging in Place. To support those nascent efforts and to ensure communication and collaboration among the different players, the Assistant City Manager for Human Services and the Executive Director of the Council on Aging began in June of 2006 to convene what became quarterly meetings of providers, neighborhood associations and groups, and individual residents.

Since 2006, the quarterly networking meetings have been regularly attended by more than 30 participants at a time and include: executive staff from over a dozen organizations serving seniors in Cambridge, City staff, funders, members of the Chamber of Commerce, representatives of existing aging in place models, Public Health officials, City Councilors, vendors, and a few unallied Cambridge seniors.

One of the presenters at an early Aging in Place meeting was the then MIT Workplace Center professor Ann Bookman, a former lecturer in MIT's Urban Studies and Planning Department. Her presentation led to another engagement, her speaking at one of the City's inter-departmental demographic presentations in the fall of 2007. There, Dr. Bookman's work elicited significant interest from Cambridge's Community Development Department (CDD). The City's Community Development and Human Services Departments joined forces in the Aging in Place efforts combining the efforts around planning for the future for supporting Cambridge as an Aging friendly City.

CAMBRIDGE'S AGING IN PLACE PROGRAMS AND SERVICES

The Living Well Network (LWN), which eventually became the name of the Aging in Place program of the non-profit Agassiz Baldwin Community, was the first Aging in Place initiative to be developed in Cambridge in 2006. The program hosted a series of lectures in collaboration with the Cambridge Center for Adult Education on topics of interest to those exploring Aging in Place and continued with a program providing snow shoveling and plowing services to residents registering and paying for that service. The Living Well Network is built upon the commitment of an active grassroots community and volunteerism. The LWN links seniors with people of all ages by nurturing and encouraging volunteer spirit not only for younger members but also for elders too. From this has sprung an inter-generational network that provides specific programs like the:

- Senior Computer Lounge,
- Snow Removal Program, and
- Cooking with Kids.

The LWN also fosters a wider range of events and programs including but not limited to potlucks, health and nutritional education programs, group walks and bird watching. By actively working to link local seniors with the Agassiz Baldwin Children's Programs amongst other programs, LWN works to involve seniors in all facets and with all generations of the community. Though the LWN is not a fee-based organization, it received initial funding from the Cambridge Agassiz Harvard Community, Culture, and Recreation Fund, which was founded to fund work between the Agassiz community and Harvard University.⁷

In 2007, using the Beacon Hill Village as a model, Cambridge at Home was founded as an Aging in Place Village here in the City. Their mission is "to create for ...members peace of mind so that they can continue to enjoy urban life in a multi-generational and multi-cultural setting." This means that they work to create an array of services similar to those one might find in a retirement community, but here in Cambridge. Thus far Cambridge at Home (CAH) has 280 and is expanding both within Cambridge and to neighboring Belmont. The annual membership fee is \$900 for individual seniors and \$1,200 for a couple, which works out to \$75 and \$100 a month respectively. Their basic services include: I&R, which they call their "one-stop shopping service" referring clients to pre-screened service providers and vendors; a weekly grocery shopping trip, which takes up to three other CAH members to selected grocery stores and helps bring purchases into the members' homes; group exercise classes and walking groups; monthly programs and social events; access to volunteers; connections to other members through home-based activity groups; opportunities to volunteer and help other members in the Cambridge At Home community; and facilitated access to health and home care services provided by CAH's strategic allies who include a long list of businesses, vendors, and Mount Auburn Hospital and the Cambridge Health Alliance.⁸

⁷ Agassiz Baldwin Community. Official Web Site. 29 April 2010.

⁸ Cambridge at Home Official Web Site. 19 April 2010.

In addition to the Village models and LWN listed above, another important service model is the Time Trade Circle, which was founded by Katherine Ellin in Cambridge in 2007. The Time Trade Circle's mission is "to create and strengthen informal support systems in the community by exchanging services... to care for children, the frail, and elderly, to build and maintain connections with others, and to build safe and vibrant communities." Their mission acknowledges that this "requires work and that it is work that should be valued." Hence this time banking model.⁹

The Time Trade Circle works to link members who trade anything from childcare to transportation, and sewing to heavy lifting. Members' hours spent trading services are recorded or "banked" on the organization's website. Importantly, no money changes hands, so by its very nature this program is affordable as long as members have the time. Seniors, many of whom are retired, have more time than most. Founded in Cambridge, the Time Trade Circle has members in Cambridge, Somerville and adjacent cities and towns.¹⁰ Early in 2010, the Time Trade Circle had over 500 members including residents of every Cambridge neighborhood as well as residents from Somerville and surrounding communities. There are some buildings that have joined as neighborhoods to facilitate both their community building as well as their access to the broader network. The Time Trade Circle has begun a new project called TTC Care which is designed to help a Time Trade Circle member who needs extra help for a short period of time with meals, transportation, and companionship—without the member needing to coordinate the services for him or herself.

Another neighborhood village model was developed in the fall of 2009: the Central Connect Village. This local model, based on a loose neighborhood affiliation, was founded by a Cambridge senior to help network with other local seniors. The group first met in September 2009 and has since held a number of neighborhood walks. Like the LWN, this Aging in Place model will be focused on building a volunteer network to help participants with such daily needs as meals, transportation, and home repairs. While this group is still very much in its nascent stages, it is researching ways to organize an intergenerational Aging in Place community serving people who live in the neighborhoods adjacent to Central Square (namely Area 4, Cambridgeport, and Riverside).

The most recent neighborhood affiliation includes people from both Cambridge and Somerville. This Aging in Place model is small but growing and encompasses the Elm Street/ Orchard Street areas which border both cities. The residents involved meet to share information as they look to stay in their homes as they get older. In fact, the group calls itself "Staying Put" and representatives will be joining the Cambridge Aging in Place quarterly meetings.

Last but by no means least is the housing for the elderly and disabled provided by the Cambridge Housing Authority (CHA). In many ways this is a type of affordable Aging in Place model within the CHA, which manages over 15 state and federally funded

⁹ Time Trade Circle. Official Web Site. 29 April 2010.

¹⁰ Time Trade Circle. Official Web Site. 29 April 2010.

properties for seniors and persons with disabilities. While the CHA's housing is means-tested for income eligibility, applicants can make up to 80% of the Area Median Income for Cambridge, which for one person is currently \$46,300, and \$52,950 for two person families. What's more, the elderly housing is available for Cambridge residents aged 58 and over. Both the CHA's minimum age criteria and income limits mean that their subsidized properties for seniors make aging in the community an affordable, realistic goal for even middle class members of the baby boomer generation.¹¹ Importantly, the CHA has integrated additional levels of service provision to residents available on an as needed basis. Some examples include a few senior housing buildings where certain floors or areas have an overnight staff person available for emergency response, and one building where, through the Elder Service Plan (described later in this report under the Cambridge Health Alliance section), seniors with dementia receive supportive services and supervision so they do not have to move out of their building as their needs increase. Also, the Cambridge Housing Authority contracts with CASCAP, Inc., a Cambridge-based, non-profit human service agency committed to the development and support of elder and disabled housing. The Service Coordination Program is designed to assist residents with access and coordination of local supportive services.

Active Aging and Aging Friendly Cities

The City's Aging in Place meetings have served as a vehicle to bring together key participants, to network and plan how to make Cambridge an aging friendly city. But what is an aging friendly city? On a global level, important research has been done by the World Health Organization (WHO) using a bottom up participatory approach working with both providers and elders in 35 cities around the world, including Portland, Oregon, and New York City in the US. The WHO then defined active aging as "the process of optimizing opportunities for health, participation and security in order to enhance quality of life as people age."¹²

The WHO went on to state that "in an age-friendly city, policies, services, settings and structures support and enable people to age actively by:

- recognizing the wide range of capacities and resources among older people;
- anticipating and responding flexibly to ageing-related needs and preferences;
- respecting their decisions and lifestyle choices;
- protecting those who are most vulnerable; and
- promoting their inclusion in and contribution to all areas of community life."¹³

Using this description from the WHO, the City of Cambridge certainly strives to be an aging friendly city. A brief description of some of the rich array of services already available to Cambridge residents is included in the next section.

¹¹ Cambridge Housing Authority. Official Web Site. 3 May 2010.

¹² The World Health Organization, "Global-Age Friendly Cities Project Guide," p4. 2007.

¹³ The World Health Organization, "Global-Age Friendly Cities Project Guide," p4. 2007.

COMMUNITY SENIOR SERVICES

Cambridge is a service rich community; whether elder services are provided by public or private providers, there is a considerable range to choose from. Rather than re-invent the wheel and list every service available to elders in the City, we would like to reference a recent guide written by Cambridge resident Kristina Snyder, [Living Well: A Guide to Elder Services in Cambridge](#). The 67 page booklet written in 2008 is a trove of useful information on services and providers in the City and can be found at either of the City's senior centers, and through the Living Well Network and the Mid-Cambridge Neighborhood Association. Additionally the guide can be downloaded at <http://agassiz.org/wp-content/uploads/2009/09/Guide.2.pdf>.

Council on Aging

The backbone of senior service provision in Cambridge is the City's Council on Aging, which is within the Department of Human Service Programs (DHSP). Physically located within the Citywide Senior Center in Central Square, Cambridge's COA has a 28 person strong team (13 FT, 10 PT and 5 senior aides) that provides both critical services and social services to our senior residents. The COA was founded in 1975 specifically to serve those in our community over the age of 60 and does so both by providing activities via the senior centers mentioned below and through I&R and direct service provision. The COA's two part mission is:

- to promote and safeguard the health and independence of seniors; and
- to advocate for seniors, to provide social services, activities and recreational options to enhance the lives of seniors.

The City provides a wide array of services to the elderly community in Cambridge. Perhaps its most visible supports for seniors in the City are its two senior centers, both of which are open to Cambridge seniors 60 and over. The Citywide Senior Center, which was opened in 1995, is the anchor of the system. The center conveniently located in Central Square is an inviting, comfortable place for elders to come 6 days a week. Its central location means it's accessible by bus, T, the COA's shuttle service and other paratransit services. The Center provides drop-in supportive services, meals, a food pantry, and a myriad of recreational and educational programs including: art, bingo, ceramics, computers, line dancing, Senior Chorus, Tai Chi, yoga plus others. The Center also hosts a number of social and support groups for Cambridge's diverse elder population including groups for: African American Seniors, Asian Seniors, Haitian Seniors in Action, Portuguese Information and Referral, the Russian Elder Program, and the Men's Group.

Beyond its function as a social and activity center for Cambridge elders, the Citywide Senior Center importantly provides essential services to seniors who need it the most including:

- Information and Referral (I &R): answering questions or concerns regarding any programs, services or issues related to the elderly and making the necessary referrals as appropriate;
- Case Management and Public Benefits Counseling: which includes case management and outreach on a short term basis to seniors;

- Assistance with hoarding including heavy chore clean-up, health and hygiene education and support;
- SHINE Benefits Counseling: (Serving Health Information Needs of Elders), providing medical insurance and benefits counseling on Medicare, Medicaid, Medigap, Commonwealth Care and HMOs;
- Housing Assistance: support searching for affordable housing, and including advocacy, help with applications, interviews and liaising with landlords;
- Transportation: both the Council on Aging's Senior Shuttle Bus, and Door to Door transportation from SCM Community Transportation, which is available for medical and shopping trips (please see more on SCM below);
- Home Safety Programs: these include the "File of Life" kit which holds vital personal and medical information for use in emergencies; "Enhanced 911" for persons with disabilities, allowing emergency dispatch personnel to locate and respond to the caller as quickly as possible even if phone communication is impeded; and the "Postal Carrier Alert Program," a collaboration between the Council on Aging and the US Postal Service in Cambridge, which enables postal delivery workers to notify designated COA staff if a senior hasn't been picking up his or her mail. This immediately initiates an emergency response;
- Trash/Recycling and Snow Exemptions: supportive services for people with disabilities provided by the appropriate Department of Public Works personnel to assist with trash and recycling and both DPW and DHSP staff to assist with snow removal as needed (DHSP's Danehy Park staff shovel the sidewalks of those on the snow exemption list);
- Snow removal referral service: the DHSP's COA and Office of Workforce Development divisions coordinate a list of students and snow plough drivers that seniors can refer to pay for snow removal; and
- Discount Programs: including taxi coupons to residents over 60 and persons with disabilities; "Buylines," merchant discounts to Cambridge seniors over 60 and free parking in supervised municipal parking lots; and a limited supply of free day passes to the Cambridge YMCA for use of its fitness facilities.

The second of the City's senior centers, the North Cambridge Senior Center, located just outside of Porter Square, is open 5 days a week and provides a range of activities and services to Cambridge seniors which include Spanish Classes, Bingo, Walking Club, Weekly Computer Tutor, Needle Crafts, Weekly Movie, Arm Chair Exercise, Watch Our Weight, Monthly Blood Pressure Screening, Monthly Birthday Tea, Watercolor Class, Yoga, Safety Awareness Group, Whist and various discussion groups and intergenerational programs. In addition to all these activities and classes, the North Cambridge Senior Center provides lunches 5 days a week, regular field trips, educational and recreational programs, special events and a yearly BBQ. Seniors can also schedule to see a SHINE medical benefits counselor who sees clients there on a weekly basis.

In addition to the City's two welcoming yet bustling senior centers and the host of services it directly provides to Cambridge seniors, there are a number of other important human service agencies providing services to those over 60 in our community. While

the largest of these providers are highlighted in more detail below, no Aging in Place plan for Cambridge would be complete without mentioning the following key providers of supportive services to elders in the community:

- East End House (EEH) located in East Cambridge runs the Sunrise Club, a twice weekly meeting for local elders that not only provides social support through its activities, group lunches, field trips and guest speakers, it also welcomes seniors to volunteer with EEH's children and youth programs –encouraging intergenerational connections. EEH's Young at Heart program is designed to promote health and wellness for seniors and includes everything from health education to fitness classes.¹⁴
- The Massachusetts Alliance of Portuguese Speakers (MAPS) has a range of services for Portuguese speaking elders at the MAPS Cambridge Senior Center, which is open 4 days a week and provides lunches, social, recreational and educational activities, individual assistance and connections to services for seniors.¹⁵
- The Cambridge Corps of the Salvation Army runs the Silver Threads weekly lunch and activity meeting for low income local seniors.
- Many of the City's Community School Programs provide classes for seniors, monthly events and trips to connect seniors to others within their neighborhoods.

There are also four Assisted Living developments in Cambridge that allow people who can no longer live alone to remain in their communities with the additional supports needed. These are Cadbury Commons, Cambridge Homes, Neville Place at Fresh Pond, and Youville Place. While the majority of the units are market rate and thus accessible to only those who can afford to pay, there are a small number of subsidized units at Cambridge Homes, a substantial number of affordable units at Neville Place and a limited number of group adult foster care units at Youville Place. Cambridge's Community Development Department describes these properties in far more detail in the Housing Report accompanying this document.

Developing along with the City's own Aging in Place work are a number of related affiliations. One is a collaboration with the Graduate School of Design at Suffolk University on Universal Design. This connection was made last year, through the Executive Office of Elder Affairs. The Council on Aging is working with Professor Sean Solley and his graduate students on how universal design can assist the aging in place process. A small focus group of seniors who were anticipating "downsizing" or needed to otherwise make major changes in their living environments received consultation from the program, and the students developed models which showed how the correct furniture, safety features, color contrasts to enhance visual awareness, etc. can be added to someone's current living situation. This year the Council on Aging is working with the students who have developed new design models for use of space at the North Cambridge Senior Center.

¹⁴ East End House. Official Web Site. 9 May 2010.

¹⁵ MAPS. Official Web Site. 9 May 2010.

Another complementary effort is the planning and outreach the Council on Aging is doing, along with Somerville-Cambridge Elder Services and the LGBT Aging Project, on the development of an LGBT meals site in Cambridge. An initial dinner and discussion was hosted recently at the North Cambridge Senior Center, and the next dinner is planned in June at the Cadbury Commons Assisted Living facility.

Somerville-Cambridge Elder Services (SCES)

SCES is the largest non-profit senior service agency working with Cambridge elders. One of the two stated goals of the Somerville-based SCES goes hand in hand with the concept of aging in place as it is to “enable older adults... to remain living in their own or their families’ homes for as long as they choose to do so.” That said SCES serves as both an information clearing house and as an essential services provider for Cambridge seniors and their families.¹⁶

SCES’s main I&R service is their Aging Information Center, which as the name connotes, offers guidance and support to those looking to understand and find senior services. This referral service is free and open 5 days a week. More in depth I&R services are still free for low to moderate-income seniors, and those with higher incomes can pay for further consultations if needed.

Their Home Care program offers a broad umbrella of essential services to income eligible Cambridge and Somerville residents over the age of 60 and includes: case management, Adult Day Programs, assistance with personal care (like bathing etc.), food shopping, home safety adaptations, housekeeping, laundry, meal preparation, Meals-On-Wheels, memory disorder consultations, personal emergency response systems, supervision/companionship, and transportation for medical appointments and grocery shopping.

SCES also offers a number of services through its Care Giver Support programs. These programs are targeted to those who look after seniors and persons with disabilities. Their Family Caregiver Support program offers information, advice and support groups to those who look after family members either over the age of 60 and/or with memory disorders. This network provides services to grandparents or other relatives looking after children under the age of 18 with disabilities.

SCES also provides money management, group adult foster care, and nutrition services. SCES is the agency responsible for Elder Protective Services for the Cambridge area. The Cambridge Council on Aging staff, as well as others, refer situations to SCES where there is evidence of or concern of possible abuse, exploitation or neglect, as well as seniors who are considered “Elders at Risk” due to their inability to care for themselves safely.

SCM Community Transportation

SCM and its newly re-branded Door2Door service is a non-profit originally founded by the cities of Somerville, Cambridge and Medford over 25 years ago to provide essential transportation to area seniors for medical appointments and shopping trips. Like

¹⁶ Somerville-Cambridge Elder Services. Official Web Site. 3 May 2010.

the Cambridge Council on Aging and SCES, SCM provides services to help Cambridge seniors to remain living in their homes. Door2Door has 17 wheel chair accessible vans and busses, which take over 350 low to moderate income Cambridge seniors to medical appointments, and on shopping trips providing over 3,000 trips a year to Cambridge elders.

SCM sees itself as more than a para-transit provider. At first glance, Door2Door may appear to be running a fleet of wheelchair vans but the real goal is to improve quality of life for people who wish to live independently in their own homes but who no longer drive. The agency believes "it should be a relief, not a tragedy, to let go of the car."¹⁷

In the last few years, SCM has expanded its services to offer a number of other programs including:

- Paul's Ride, named after the late former executive director, takes elders to visit their loved ones in hospitals or nursing homes;
- Door2Door to the Arts offers seniors a series of competitively priced and subsidized arts performances along with the requisite transportation to and from the performances (thus far Door2Door has brought groups to the Alvin Ailey American Dance Theater, the Institute of Contemporary Art, and the Huntington Theater, just to name a few);
- Door2Door's paid ride service provides transportation at competitive rates to individuals and groups of seniors who are not income eligible for their City-funded services. Importantly, SCM also markets this service to the still working children of seniors so they might purchase a block of transportation service for their elderly parents.

SCM is also a key participant in the new Cambridge in Motion pilot program. At a gathering coordinated by the Massachusetts Institute for Transportation Coordination in the fall of 2009, SCM staff along with participants from the Cambridge COA, Cambridge Community Development Department, Cambridge Elder Service Plan, Cambridge Health Alliance, Massachusetts Bay Transportation Authority, and Cambridge Commission for Persons with Disabilities worked to develop a plan with the aim of transforming the way transportation solutions for people with disabilities and other transportation-disadvantaged groups such as seniors are developed in the City. With that in mind, the Cambridge team wrote the following mission statement:

"In recognition of the isolation and other barriers experienced by seniors and people with disabilities, we seek to develop and provide a user-friendly system that would connect all of those who live, work, visit, or worship in Cambridge to safe, reliable, accessible and cost-effective community-based transportation."

With \$20,000 in funding, Cambridge in Motion will work for a year to explore the establishment of a phone and web-based I&R center to provide users with more information about their transportation options. Other purposes of this "one-stop" center will be to develop interagency collaborations and resource sharing, and decrease both traffic and emissions.

¹⁷ SCM Community Transportation. Official Web Site. 3 May 2010.

Cambridge Health Alliance

The Cambridge Health Alliance was created in 1996 with the merger of two local hospitals, the Cambridge Hospital and the Somerville Hospital. The Whidden Memorial Hospital in Everett was added in 2001. While the Health Alliance is a world-class academic healthcare system affiliated with Harvard Medical School, the Harvard School of Public Health and Tufts University School of Medicine, it provides a strong emphasis on community and public health.

The Cambridge Health Alliance has a number of preventive and primary healthcare services for seniors in Cambridge including:

1. House Calls- doctors and nurse practitioners pay home visits to seniors who have difficulty getting to a doctor's office and coordinate all social and health care with appropriate community partners;
2. Elder Service Plan (ESP) - this program specifically designed for frail, low-income elders who are nursing home eligible, but who want remain in their homes. ESP patients and their families may receive some or all of the following services:
 - Family Caregiver Support
 - Personal Care and Homemaking
 - ESP Day Health Center
 - In-Home Services
 - Transportation and Meals
 - Primary Medical Care
 - Physical, Occupational and Recreational Therapies
 - Specialty care including dental, podiatry, optometry, and audiology
 - Prescription drugs, medical supplies and equipment
 - Emergency Care
 - Hospital Care
 - Nursing Home Care¹⁸

The Cambridge Health Alliance also provides primary care to elders at its neighborhood health centers in the Cambridge community, including the Windsor Street Health Center, which additionally provides dental services to low income seniors; however, there is often a considerable waiting list. The Health Alliance is currently collaborating with the Council on Aging and other providers on a falls prevention project to help prevent seniors from accidents that would limit their health and well-being along with the ability to maintain their current living arrangements.

¹⁸ Cambridge Health Alliance. Official Web Site. 3 May 2010

Paine Senior Services (PSS)

PSS was endowed over 100 years ago to serve Cambridge residents 60 and over and to provide support to their caregivers. The services this small non-profit based at First Parish Church in Harvard Square provides include: accessing benefits, health care services, housing, and in-home services; counseling services and basic bill paying assistance; assisting elders and their families in making transitions to more supportive housing, such as assisted living or nursing homes; coordinating in-home services and care to maintain elders safely at home; and providing assistance with the transition home after hospital stays.¹⁹

¹⁹ Cambridge Somerville Resource Guide. Official Web Site. 2 May 2010.

AGING IN THE COMMUNITY AND THE PHYSICAL ENVIRONMENT

This part of the plan focuses on Cambridge's physical environment and how it supports or can support aging in the community. Services and the physical environment are inextricably intertwined in people's lives, but it is possible to evaluate physical design issues critically, with an eye towards making recommendations for improvements.

Responding to local interest in the issue, Community Development Department staff members have been speaking with community groups, conducting research, and meeting with other City staff responsible for fulfilling the needs of elders. CDD staff also gathered input from the Cambridge community with a questionnaire available on the CDD website and handed out at community meetings. Here we review various aspects of physical planning in Cambridge relative to aging in the community, and points out issues about which staff members have received feedback.

Zoning

The Cambridge Zoning Ordinance sets the parameters for how sites in the city may be developed, with regard to their use and dimensional characteristics²⁰. For a discussion of the policies inherent in the requirements of the Ordinance, see [Toward a Sustainable Future, Cambridge Growth Policy Document](#), 2007 update.²¹ These documents, taken together, are very relevant to understanding how development may affect the ways elders use their city.

In fact, the Cambridge Zoning Ordinance has many features that are good for elders. The Ordinance reflects the urban structure of Cambridge as it has evolved over three centuries—the essence of the city is that it is a compact, relatively dense community that is walkable, with good transit and a wide variety of uses. Residential uses are mixed with commercial and institutional buildings throughout the city, and services are usually close to home.

- **Allows wide variety of housing types:** For those who are aging in Cambridge the choice about housing is a key element in the decision-making process about where to locate, when to move, when to change living situations. Cambridge provides a range of housing types to choose from, from small single family houses to three family walkups, to elevator apartment buildings. Each of these types is allowed by zoning in many locations throughout the city, providing for not only a choice of living arrangement but location as well. (See Table 1: Review of Relevant Zoning Regulations.)
- **Linkage and inclusionary zoning housing policies help lower-income people of all ages:** Section 11.200 of the zoning ordinance details incentive zoning requirements, which provide funds for affordable housing through the development of certain Special Permit projects, and the inclusionary housing provisions of the zoning ordinance, which require that new residential projects include 15% affordable units. Using these programs, the City has been able to help increase the supply of housing for low and moderate income residents.

²⁰ See <http://www.cambridgema.gov/cdd/cp/zng/zord/index.html>.

²¹ See <http://www.cambridgema.gov/cdd/cp/zng/growthpol/index.html>.

- **Allows more density near transit:** For most of the elderly population, needing to drive a car as a part of daily life becomes more challenging over the years, so living locations within a short walk to transit become more desirable. Cambridge's zoning allows more density near transit stops, thereby encouraging residential development that can serve to bring transit access within walking distance, and, in most instances, provide a location near shops and services.
- **Open space requirements help make places for people to enjoy:** Whether it is for the enjoyment of the natural environment, a place for quiet outdoor reflection, or the opportunity to exercise, our parks and open spaces are increasingly designed to serve all ages. The open space requirements for residential development was doubled in the Backyard Rezoning of 1999, and the requirements for open space were strengthened through the rezoning that resulted from the rezoning of 2001, the Eastern Cambridge Planning Study of 2001,²² and the Concord-Alewife Planning Study of 2006.²³
- **Has many neighborhood retail districts:** As noted above, the elderly are increasingly likely to seek living environments that do not require the use of an automobile for day-to-day living. By encouraging, allowing or requiring retail uses, the Cambridge Zoning Ordinance supports the distribution and strengthening of our retail environment, whether in neighborhood clusters, along major streets, or in the major squares.

In considering the range of housing options available in Cambridge, and considering what other cities have done to further refine the housing options for the elderly, the most notable missing element was the consideration of accessory apartments. An accessory apartment is defined as "a dwelling unit clearly subsidiary to the principal dwelling unit (as perhaps requiring entry through the principal unit)."²⁴ Table 1, with its notes, shows that one possible modification to the ordinance could be to allow for accessory apartments in all low density residential districts (they are currently allowed in limited circumstances and only in the Residential A district), which might be appealing to seniors; allowing such units, also referred to as "in-law" apartments, could make it possible for people to stay in structures that would otherwise not be legal.

As CDD staff described the idea of allowing accessory apartments in the Zoning Ordinance during a series of meetings in the community, there was little enthusiasm expressed for the change; in fact, a few people said that there was a bigger concern that should these units be created they might eventually be occupied by younger people, such as students, which would not meet the intended goal. Similarly, there was no support indicated in the questionnaires that were sent back to the CDD. Given this lack of support for the idea, it seems advisable to set it aside for now, unless more community discussion leads to more likelihood of its acceptance.

²² See <http://www.cambridgema.gov/cdd/cp/zng/ecaps/index.html>.

²³ See <http://www.cambridgema.gov/cdd/cp/zng/concalew/index.html>.

²⁴ See http://www.cambridgema.gov/cdd/cp/zng/aging/aging_slideshow.pdf.

TABLE 1: Review of Relevant Zoning Regulations

Zoning Districts	Accessory Apartment (1)	Second Unit (2)	Non-Transient Tenant/Live in Help (3)	Multifamily Units (4)	Lodging House (5)	Elderly Housing Provisions (6)	Accessory Congregate Housing Facilities (7)
Residence A-1/A-2	Generally Yes in limited circumstances	Yes by Conversion of a single family house	Yes, only in one and two family units	No	No	Yes or special permit	Limited as per accessory use
Residence B	No	Yes with enough lot area	Yes, only in one and two family units	Yes by conversion of an existing dwelling	No	Yes or special permit	Limited as per accessory use
Residence C/C-1	No	Yes with enough lot area	Yes, only in one and two family units	Yes	No	yes	Limited as per accessory use
Residence C-2/C-3	No	Yes with enough lot area	Yes, only in one and two family units	Yes	Yes	Yes	Limited as per accessory use
Office	No	Yes with enough lot area	Yes, only in one and two family units	Yes	Yes	Yes	Limited as per accessory use
Business	No	Yes with enough lot area	Yes, only in one and two family units	Yes	Yes	Yes	Limited as per accessory use
Industrial	No	Yes with enough lot area	Yes, only in one and two family units	Yes	Special Permit generally	Special Permit	Limited as per accessory use

Notes:

Accessory Apartment. A dwelling unit clearly subsidiary to the principal dwelling unit (as perhaps requiring entry through the principal unit). Specific provisions only for limited number of lots in Residence A districts. Current definition might require some refinement.

Second Unit. A second unit would be permitted on the lot, assuming sufficient Lot Area Per Dwelling Unit.

Non-transient Lodging. No more than two lodgers; and separate cooking facilities are not maintained.

Multifamily Housing. Three or more units.

Lodging House. A dwelling where four or more persons not related are lodged, for extended occupancy.

Elderly Housing. 80% of units reserved for persons aged 62 and over or physically disabled. Elderly and elderly oriented congregate housing.

Congregate Facilities. Meeting rooms and other shared facilities. Except for elderly congregate housing, the activity is undefined and assumed to be subject to the same limitations as for home occupations and similar accessory uses in a residential building.

Development Guidelines

The Zoning Ordinance includes many development guidelines, mostly incorporated by reference. They are referenced by the Planning Board (or other Large Project Review committees) for projects seeking a special permit for development. These documents include the [Harvard Square Development Guidelines](#), the [Central Square Action Plan](#), the [Central Square Development Guidelines](#), the [North Massachusetts Avenue Urban Design Guidelines Handbook](#), the [University Park at MIT: Urban Design Guidelines](#), the [North Point Policy Plan and Design Guidelines](#), the [Cambridge Institutional Growth Management Plan](#), the [East Cambridge Riverfront Plan](#), the [Eastern Cambridge Plan](#), the [Eastern Cambridge Design Guidelines](#), the [Alewife Revitalization: Alewife Urban Design Study Phase II](#) and its draft update of 1991, and [Toward a Sustainable Future: Cambridge Growth Policy Document](#). The intent of the city's guidelines is to help make Cambridge work better on every level of the physical environment, for everyone, including seniors.

Current guidelines in zoning districts all across the city promote designs intended to make Cambridge a more pleasant place for elder citizens:

- In the Public Realm:
 - **Safer streets and sidewalks:** During project review an important element is the balancing of transportation modes, whether automotive, pedestrian or bicycling. Often with small changes to a proposed design, streets and sidewalks can be made significantly safer and more pleasant.
 - **Better signage, lighting, crosswalks:** While the importance of city streets for older users is clear, all users of the city streetscape benefit from clearer use of signage, better lighting – appropriate to the location and the use, and the provision of well-located safe crosswalks at frequent intervals.
 - **Bus shelters:** As the elderly become less auto-dependent and seek to use public transportation as part of their regular daily living, bus shelters provide an important level of physical comfort, whether through seating or protection from the elements.
- In the Private Realm:
 - **Active ground floors:** Given the many positive benefits of an active ground floor, whether the additional safety of “eyes on the street,” the vitality and service of retail, or the sense of a “social place” even with no explicit public activity, each project that comes up for project review is seen as an opportunity to improve the experience of the city. All of these advantages hold true even more strongly for the elderly, where a public entry or a retail store or a window on an active space each provide their own measure of assurance and enjoyment.
 - **Well-defined entries:** Some of the smaller details of design guidelines and design reviews are as important as the splashy headlines – and for older residents, the clarity of the location of an entry to a large building can make the difference between walking an extra block in hot weather, or prevent an unnecessary street-crossing.

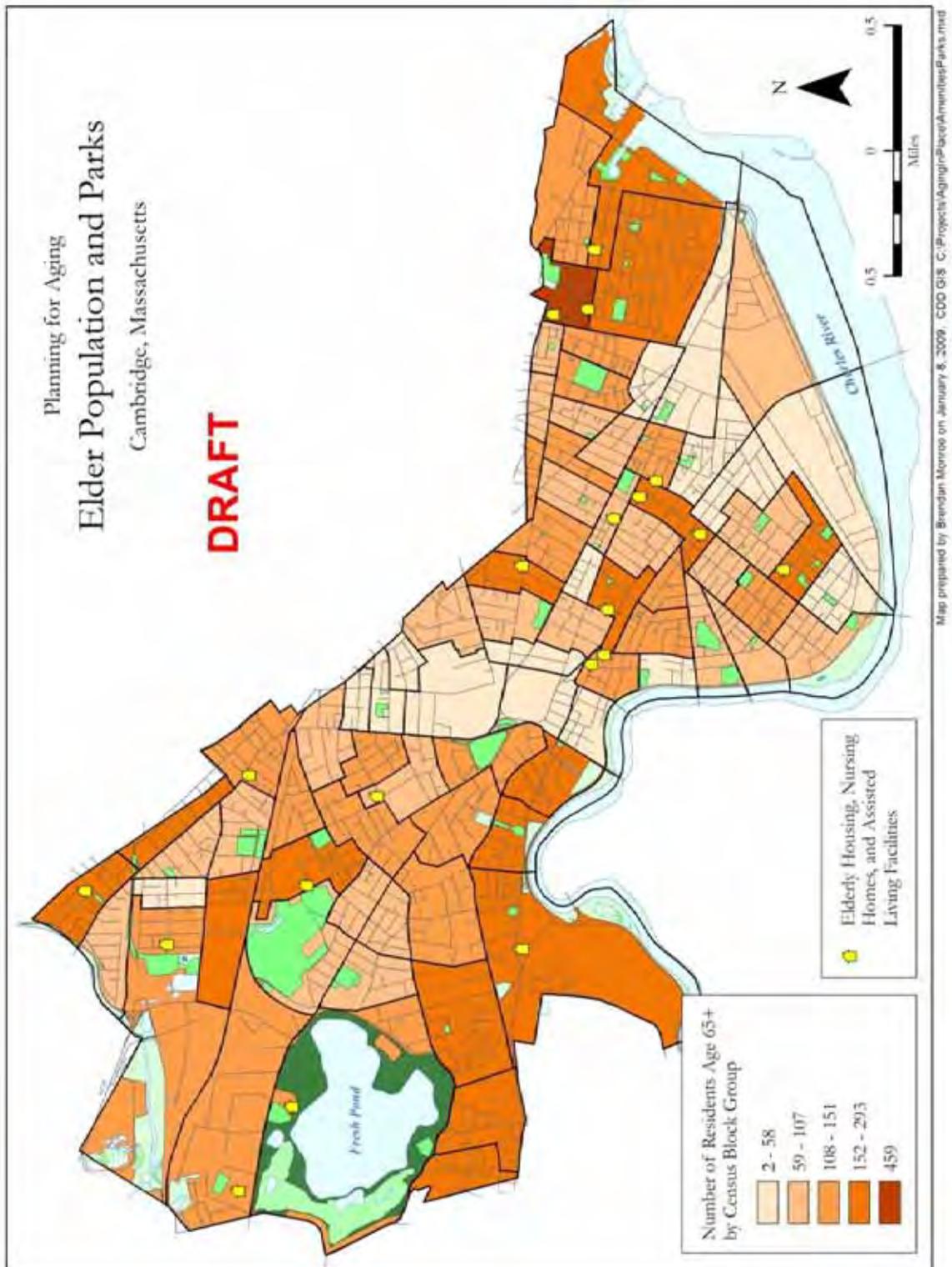
- **Screened parking:** Where parking lots abut sidewalks, it is good to have some trees and other landscaping to provide shade and soften the view of cars and asphalt. There may also be a positive aspect to parking areas in that they feature people coming and going. Elderly people appreciate such activity, as it may make them feel safer than a long landscaped frontage with little or no activity. So a balance of pleasant landscaping while maintaining a sense of activity is a good goal when creating screened parking areas.

Open Space Design

Plazas, parks, and playgrounds need to be designed with all ages in mind, for both active and passive use. Recent surveys conducted as part of the Five-Year Open Space and Recreation Plan process have highlighted the increasing percentage of the population that sees open space and parks as places to enjoy the natural environment, engage in quiet activities (such as reading, sitting with friends) and to walk through. As discussed in the recent Community Development report [Healthy Parks and Playgrounds](#), the role of play is also seen as an important activity for all ages, including the elderly, and one that provides important benefits to overall health and well-being. Specific elements of parks and playgrounds highlighted include:

- **Seating areas with views of more active areas can foster healthy interaction** – Many adults report enjoying sitting and enjoying nearby activity, if the setting provides an appropriate balance of privacy and distance for all parties. With a choice of such settings in park design, individuals are able to choose a place to sit that provides as much activity as they find enjoyable.
- **Comfortable benches with backs** – The provision of comfortable benches with backs, normally much more important for the elderly, has been declining over the years, with a mix of backless benches and granite used to satisfy a range of design criteria, whether to achieve flexibility in view, artistic variety, project cost, or fear of misuse. It is important to counteract this trend by providing comfortable benches with backs as well as other kinds that may also be appropriate.
- **Trees placed to create areas sheltered from sun** – With the more recent understanding of the increase in risk from sun exposure, shade for all uses, whether sitting, walking or playing, is deemed an important part of design considerations.
- **Design for different types of activities within the park** – One of the more challenging elements in park design continues to be designing for different ages groups, whether teens or the elderly. In Cambridge, with limited open space acreage, the provision of age-appropriate play/exercise is yet more challenging. With increased attention to age diversity, the effort will be to discover the most valuable park designs and park elements that will result in good places for people of all ages.

MAP 2: Elder Population and Parks



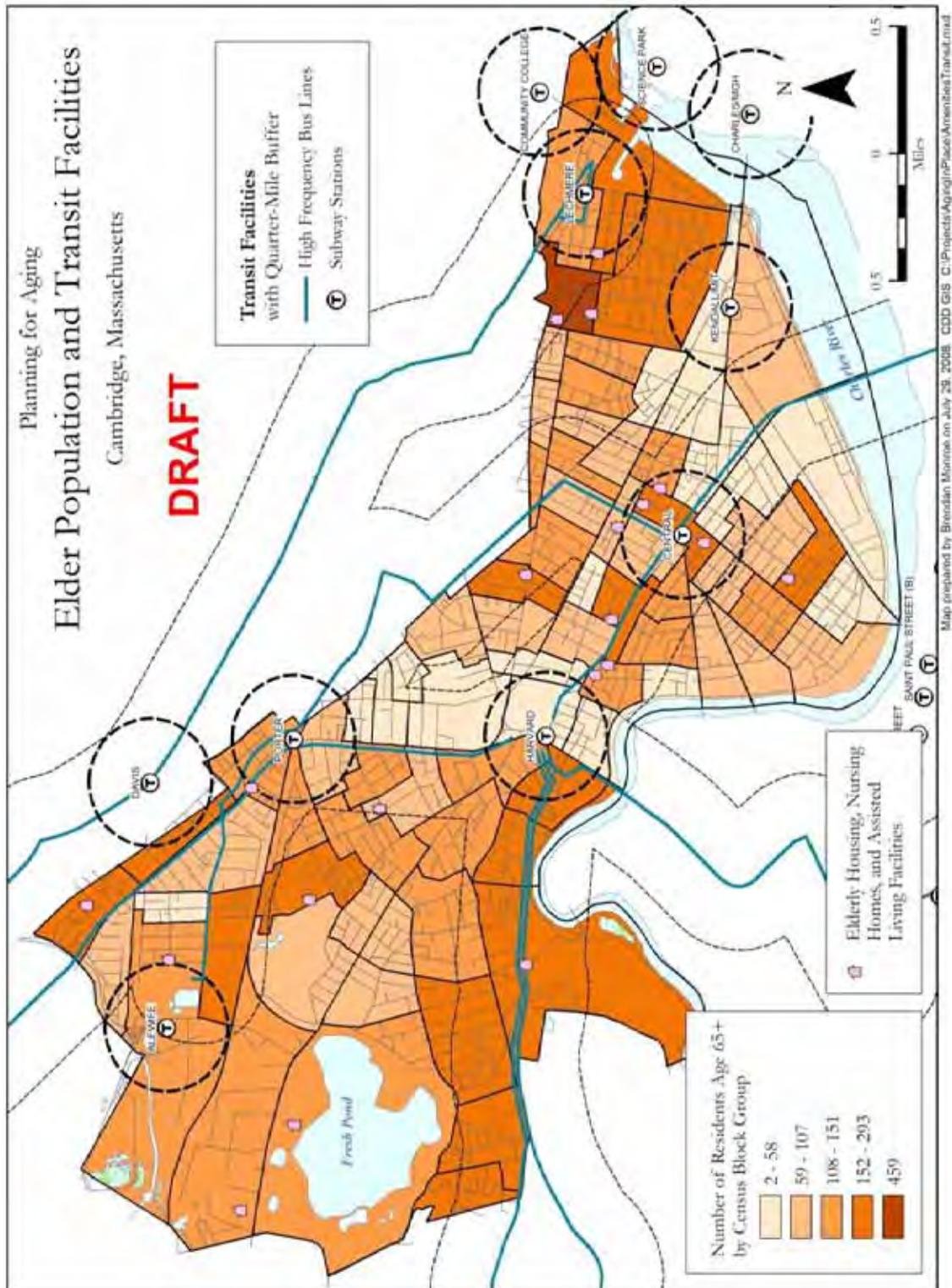
Notes: This map shows the concentrations of older residents in the east and the west, and the distribution of parks throughout the city.

Transportation Design

The City has many traffic calming and pedestrian improvement programs intended to be helpful to elders. As the elderly reduce their own driving and become more frequent users of the pedestrian environment, the safety of interacting with street crossings and automobiles holds more elements of concern. For the past fifteen years, the City of Cambridge has been a leader in rebalancing the transportation network – providing and increased quality of experience for pedestrians and bicyclists, with reasonable shifts in the use of the public right-of-way from automotive uses, most often through reduction in travel lanes, lane width, or parking. These changes can often make dramatic differences in the pedestrian environment, allowing for increased sidewalk width, street trees, and distance from moving traffic – all important improvements for the elderly.

- **The traffic calming program is focused on slowing cars down (e.g. curb extensions and speed tables):** There are a number of benefits to traffic calming for all pedestrians, and especially the elderly. Automobiles traveling on streets that have undergone traffic calming travel at slower speeds. Slower traffic is much easier to gauge for the elderly, is more likely to stop at crosswalks and is much less likely to cause serious injury in the case of an accident. Curb extensions, which reduce the distance of street crossings and hence the time in the street, provide increased margins of security.
- **Generally provide better crosswalks, etc. for pedestrians:** As we age, crossing a street, once accomplished with little concern, can become a major daily issue. Although crosswalks have been around for many years, improvements are still being made – from the use of “countdown timers” to let a pedestrian know exactly how much time is available for crossing, to improvements in visibility, surface, and lighting.
- **Street repairs generally include pedestrian amenities such as shade trees, benches, better lighting:** For many elderly pedestrians, a long stretch of walking can become a chore – especially on hot summer days in bright sunlight, or long stretches with no resting spot. Each section of daily travel that becomes more hospitable, through the addition of street trees for shade, benches for resting, or appropriate lighting for comfortable and safe nighttime use, increases the effective day-to-day possibilities for all pedestrians, and especially for the elderly.
- **Enforce ADA requirements for accessibility:** The elements of accessibility, such as carefully ramped access, predictable walking surfaces, or handrails on stairs, become very important for the elderly, as a fall can mean more serious loss of future mobility and health.

MAP 3: Elder Population and Transit Facilities



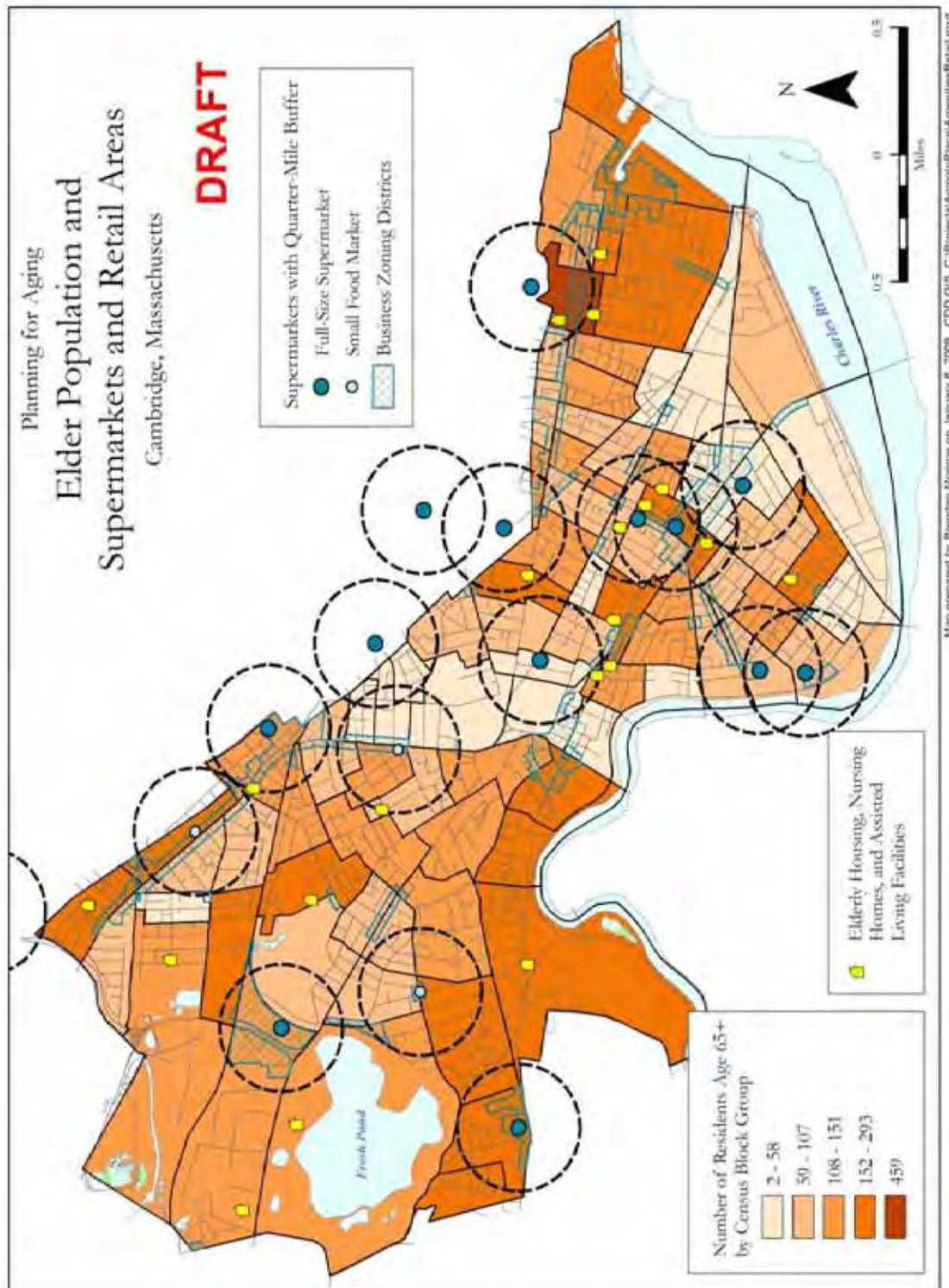
Notes: This map shows the distribution of transit facilities in relation to concentrations of older residents throughout the city. Most areas of the city, and of higher concentration of elderly, are served by either an existing subway line or a high-frequency bus line. For the northeast portion of the city, the future Green Line station at Union Square will provide additional transit coverage.

Economic Development and Retail Use

Cambridge economic development programs assist local businesses and seek to strengthen neighborhood centers:

- **Elders need shopping that is convenient to their homes:** Making daily shopping trips by foot is preferable for most of the elderly population, and increasingly so through the aging process when driving an automobile becomes more challenging. The actual convenience of nearby shopping would also be looked at with regard to the transportation issues noted earlier, since shopping that is truly convenient to walk to requires walking that is safe and comfortable.
- **Clusters of shopping for food, drugs, clothing, etc are important:** The challenges of the retail environment make it more difficult than ever to provide the kind of small stores that provide for life's daily essentials – yet they still exist – and the elderly would still provide a market for the right stores. Such shopping options will rely increasingly on working with retailers to identify the best conditions to succeed.
- **“Best practices” are important - legible signage, good lighting, proper aisle widths:** As the baby boomers age, their physical condition and needs will likely get the attention of retailers who need their business – and certainly the reduction in visual acuity brings many challenges in the retail environment. Interior design standards need to take into account issues of poor eyesight, along with the increased use of canes, wheelchairs, and walkers. A retail environment can either be very welcoming or prohibitively constraining, depending on the whether or not these challenges have been met with good solutions.

MAP 4: Elderly Population and Supermarkets and Retail Areas



Notes: This map shows the distribution of supermarkets in relation to the concentrations of older residents. One notable area that emerged in public discussions when looking at this map is the service area of the Twin Cities Shaw's Supermarket, providing the main walking distance food access for Eastern Cambridge. Recent interest by the City of Somerville in rezoning this area prompted area residents to assess their next closest choice for a supermarket.

Urban Planning and Design Guidelines

Zoning

- Any new zoning should take into consideration effects on seniors; want to maintain the good qualities of the physical environment in new development.
- Keep issue of allowing accessory apartments on hold for now.

Development Guidelines

- As new guidelines are developed, keep in mind seniors' needs, especially in regard to types of uses allowed, requirements of new open space, traffic mitigation, etc.

Open Space

- In private open space that is publically-oriented, consider how seniors will access the spaces.
- In design and refurbishing of public open spaces, remember to provide both passive and active spaces, as appropriate. Always provide benches that are comfortable, usually with backs and shade from nearby trees.

Transportation

- In mitigation through design review, carefully consider where crosswalks should be placed.

Economic Development and Retail Use

- The issue of supermarket accessibility and distribution throughout the city remains important. Especially note the situation in East Cambridge, which is the neighborhood least well served by supermarkets at present.

RECOMMENDATIONS

The Community Development and Human Service Departments will be collaborating on next steps in the planning process. We are recommending the following:

1. Develop and implement a representative survey of Cambridge residents 55 and over that will help us to plan for and address the needs of Cambridge's elder community.
2. Convene an appropriate City forum or other process to engage the broader community in the planning process.
3. Collect and analyze both quantitative and qualitative research data to help enable the City and our partner agencies plan to make Cambridge a truly aging friendly city both in the short-term and in the future.
4. Evaluate report recommendations for implementation.

APPENDIX 1: COMMUNITY INPUT AND RESOURCES

CDD Staff offered to meet with neighborhood groups throughout the city to discuss the issues relative to the physical environment as it relates to senior Cantabrigians. The following groups expressed their interest, and staff attended meetings to make presentations and to get feedback.

Neighborhood Meetings 2009/2010

- Area Four Neighborhood Coalition
- East Cambridge Planning Team
- North Cambridge Stabilization Committee,
- East End Seniors Weekly Group
- Agassiz Neighborhood Council
- Cambridgeport Neighborhood Association,
- Mid-Cambridge Neighborhood Association

Questionnaire: Aging in the Cambridge Community

Copies of the questionnaire (attached at appendix 2) were broadly distributed by mail, placed on the Community Development Department website, and distributed at all neighborhood meetings attended to discuss Aging in the Cambridge Community. Similar issues were raised in the returned questionnaires and at the neighborhood meetings.

- Transportation is a major issue for seniors. There is an interest in a paratransit system (which should include vans and jitneys) in the city that would allow seniors easy access to retail areas along a reliable, convenient, and timely route. One of the problems that seniors have with the MBTA Ride and SCM Transportation system is that they are grouped by location and time, so that a rider may have an appointment, but will have to sit through other pick-up and drop-offs.
- Winter conditions: Snow removal enforcement is an issue on sidewalks, corners/ramps, and bus stops. Walking in the city during the winter months presents many obstacles for seniors; they are not able to navigate very easily and bad conditions force them to remain indoors.
- Brick sidewalks create very hazardous conditions for seniors to navigate due to the unevenness of the sidewalks—hard for walkers, wheelchairs.
- New traffic calming measures are difficult during the winter months—with the snow on the ground, especially at night, sidewalks jut out on the street and islands may appear unexpectedly.
- Supermarkets are needed that are easily accessed. Many find that there are no supermarkets located nearby, and having to make the public transit connections is not easy.
- Neighborhood retail stores that are barrier free are needed, with wider aisles and easy-to-read information.
- Public restroom facilities are needed.

- Benches should be provided at all MBTA stops.
- The City's open space system seems to be working. It is important to continue to include uses for all ages, passive as well as active areas, and benches with backs.
- Accessory apartments might help to keep seniors in the community, but the issue of policing these units remains an issue.

Senior Town Meeting

In the spring of 2009, a Senior Town meeting was held to gauge input from Cambridge seniors on their perceptions of the City. The 5 hour-long meeting consisted of breakout workshops, lunch and 11 focus groups. Though this was by no means a representative sample of Cambridge seniors, the information the sessions provided helps provide a starting point to address potential unmet needs for seniors living in Cambridge. The 7 main themes to emerge during the focus groups were:

- Inadequate snow removal
- Sidewalk and road repairs
- Cyclists riding on the sidewalk
- Traffic congestion and dangerous intersections
- Concerns about the cost and accessibility of senior housing
- Need for increased police presence, and
- Need for more transportation for seniors

APPENDIX 2: AGING IN THE CAMBRIDGE COMMUNITY QUESTIONNAIRE 2009

City of Cambridge

AGING IN THE CAMBRIDGE COMMUNITY QUESTIONNAIRE 2009

Physical Planning Issues and Opportunities

The type of community in which one lives can make one's elder years easier or more difficult. Just as Cambridge is a great place to live generally, Cambridge is a great place in which to age. We are lucky to have a very good transit system, an excellent array of services and facilities for elders, and a variety of types of housing. However, no place is perfect, and staff in the Community Development Department have been looking at the question: **Can Cambridge become an even better place for our seniors, with regard to the physical design of our city?**

Please take a few minutes to answer the questionnaire below, or on the web at www.cambridgema.gov/Aginginthecambridgecommunity. Questionnaire can be returned via mail to: Elaine Thorne, City of Cambridge, Community Development Department, 344 Broadway, Cambridge, MA 02139

ZONING REQUIREMENTS

We looked at whether the Zoning Ordinance makes it difficult in any way for people to age at home. The regulations allow for elderly housing, and housing that is generally denser than the average in the US, which in turn allows the kind of smaller units and proximity to shopping, health care, etc. that is so important for seniors. One thing that is not so easy is having an (accessory apartment,) which is an additional apartment within the home that shares the same entry.

Should we make such accessory apartments easier for people to create in Cambridge? Are there other living arrangements that people would like that they can't do now? _____

DEVELOPMENT GUIDELINES

The City encourages buildings to have active ground floors with retail where possible; to provide benches, lighting, and landscaping; and to relate well to neighbors.

Are we missing guidelines for building and site design issues that are of particular importance to seniors? _____

OPEN SPACE DESIGN

We are trying to include in our park designs features that work for all age groups, with a balance of more active and quieter spaces.

Do you have suggestions of park design features that would enhance the enjoyment of parks and open space for older residents or examples that do not? _____

TRANSPORTATION DESIGN

The City has worked for many years to make moving easier for pedestrians through design standards for sidewalks, pathways and crosswalks. In addition, the Americans with Disabilities Act requires a wide range of improvements to accessibility (eliminate steps up into buildings, make sidewalks wide enough, avoid steep slopes on pathways) that should make life easier for seniors.

What do you think the City should do to help elders move around Cambridge? _____

ECONOMIC DEVELOPMENT AND RETAIL USE.

The City works with small stores throughout Cambridge to improve their appearances and operations. Access to grocery shopping, drugstores and other shopping is very important to elders.

What do seniors need that is missing from the retail environment? Types of stores? Signs that are easier to read? Or better lighting? Other? _____

Any other issues about the physical environment that you would like to see the City address in regard to aging in place in Cambridge? _____

For more information please contact Elaine Thorne at 617-349.4648 or by email at ethorne@cambridgema.gov

APPENDIX 3: RESOURCE MATERIALS

CDD Staff researched publications and websites to determine what other communities have been undertaking with regard to the physical environment, having seniors in mind. Here are research and resource materials that are particularly useful.

Local and New England:

- Living Well: A Guide to Elder Service in Cambridge
- Beacon Hill Villages, Boston, MA
- Family Caregiver Handbook: Finding Elder Resources In Massachusetts, MIT Workplace Center
- One Solution to the Affordable Dilemma Might Be Hidden in Your Garage or Attic, ArchitectureBoston
- Town of Wellfleet Affordable Accessory Dwelling Unit, September 2004

National and International:

- Global Age-Friendly Cities: A Guide, World Health Organization
- Aging in Place: A Tool Kit for Local Government, M. Scott Bail
- Aging In Place Technical Assistance Guide, Partners for Livable Communities
- Housing for a Maturing Population, The Urban Land Institute
- Planning for an Aging Society, Deborah A. Howe, Nancy J. Chapman, Sharon A Baggett-American Planning Association, Planning Advisory Service, Report No. 451
- Town of Davidson, North Carolina, Aging in Place Task Force Report
- Public Places, Universal Spaces, American Planning Association
- Inclusive Urban Design: Streets for Life, Elizabeth Burton & Lynne Mitchell
- Designing for Aging: Patterns of Use, 1980 MIT Press, Sandra C Howell

CITY OF CAMBRIDGE

Community Development Department
Department of Human Service Programs

June 2010