



**Bringing It Home:
Developing a Livable
"Age-Friendly" Community**

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the Aging


Aging Services of Maine and New Hampshire
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Agenda

- Age-Friendly Communities
- Definitions
- Benefits of Involvement
- Global, National, State and Local Initiatives
- Starting & Developing an ACF
- Best Practices
- Discussion



Age-Friendly Communities

An Age-Friendly Community (AFC) is one where a wide range of community leaders and seniors plan, implement, and promote an integrated approach to affordable housing, effective transportation and a community support system that assists seniors to maintain their independence and "age" in the place where they call home.



Age-Friendly Communities

An Age-Friendly Community (AFC):

- wide range of community leaders and seniors
- plan, implement, and promote
- an integrated approach
- to affordable housing, effective transportation and a community support system
- that assists seniors to maintain their independence and "age" in the place where they call home.

Age-Friendly Communities

Additional Names, Similar Goals:

- Aging-Friendly Community (AFC)
- Livable Communities
- Sustainable Communities
- Empowered Communities
- Aging-in-Place Initiatives
- Smart Growth



Livable Community

The **Administration on Aging** Livable Communities: places where people of all ages can live comfortably and where there have been significant improvements in the following six key areas:

- affordable/accessible housing;
- affordable/accessible transportation;
- accessible built environments;
- work, education and volunteer opportunities;
- access to health and supportive services; and
- citizen participation in civic and cultural activities.



Livable Community

AARP Livable Community:

A livable community is one that has affordable and appropriate housing, supportive community features and services, and adequate mobility options, which together facilitate personal independence and the engagement of residents in civic and social life.



Why Become Engaged in an AFC?

Opportunities for AFCs

- Age-Friendly communities are developing throughout the country, in your state.
- Policy and funding is supporting home and community-based care and “aging-in-place” initiatives.
- Opportunity to be an active member in shaping your community to become “aging-friendly.”



Why Become Engaged in an AFC?

Opportunities for AFCs

- Platform to engage local grassroots housing and services advocacy.
- Opportunity to “market” your program to your community and describe your community benefit.
- Opportunity to integrate your residents into the community.
- Learn about best practice and AFC initiatives.



Why Become Engaged in an AFC?

Possible Outcomes for AFC Participation:

- Discuss the community benefits of your agency and facility to reduce property taxes or maintain exempt status.
- Increase your community networking.
- Increase grassroots advocacy for senior housing and LTC.
- Add services for your residents through best practices and community partnerships.



Age-Friendly Communities

An Age Friendly Community (AFC): WHY?

- Cities are not "age friendly."
- They are more like "car friendly."
- Local community leaders don't always plan together and include long term care (LTC) providers.
- Changes in LTC, society and preferences will demand communities respond.



Age-Friendly Communities

An Age-Friendly Community (AFC)


- Goal: Involving all key local community leaders.
- Platform for discussing LTC and "aging-in-place" issues.
- Including senior housing supportive services and nursing homes.
- Integrated and efficient community systems.



Age-Friendly Communities

Your Age Friendly Community (AFC):

“Either your on the bus or you’ll
get run over by it.”



Age-Friendly Communities


Age Friendly Initiatives:

- International
- National
- State
- Local



International ACF Initiatives

**World Health Organization (WHO) Aging
Friendly Cities Initiative**



- “Global Age-Friendly Cities Guide.”
- 35 cities in 22 countries participated, including New York City.
- Proposes easy ways to make a city more age-friendly including a city checklist.

▪ http://www.who.int/ageing/age_friendly_cities_material/en/index.html

International AFC Initiatives

Age-Friendly Communities Initiative

- International Federation on Aging (IFA) Web site.
- Resource for information from projects from around the world.
- Projects: Age Friendly Cities, the Healthy Cities Initiative, Livable Communities...
- <http://www.agefriendlycommunities.org/>



National AFC Initiatives

Creating Age-Friendly Communities On-line Conference

- "Held" February/March 2008.
- University of Berkley: The Center for the Advanced Study of Aging Services.
- 30 on-line presentations.
- 32 sponsors.
- <http://www.icohere.com/agingfriendly/index.htm>



National AFC Initiatives

Aging-in-Place Initiative


- Partners for Livable Communities and the National Association of Area Agencies on Aging.
- Nine national "laboratory" AFC community grants for advancing policies, programs and services to promote "aging in place."
- On-line resources, best practices, workshops (June 2009), articles...
- <http://www.aginginplaceinitiative.org/>



National AFC Initiatives

AARP

- Livable Communities: Creating Environments for Successful Aging.
- Online community assessment and evaluation guide and other reports.
- "Going From Good to Great: A Livable Communities Survey" in Westchester County, New York.
- <http://www.aarp.org/research/housing-mobility/indliving/>



Partnership for Sustainable Communities

- Federal initiative established in 2009.
- U.S. Department of Housing and Urban Development (HUD) the U. S. Department of Transportation (DOT) and the Environmental Protection Agency (EPA).
- To help improve access to affordable housing, more transportation options, and lower transportation costs while protecting the environment in communities nationwide.



Partnership for Sustainable Communities

Federal partnership will coordinate federal housing, transportation, and other infrastructure investments.

The Partnership for Sustainable Communities established six livability principles that will act as a foundation for interagency coordination:



Partnership for Sustainable Communities

Partnership for Sustainable Communities Principles:

1. Provide more transportation choices.
2. Promote equitable, affordable housing.
3. Enhance economic competitiveness.
4. Support existing communities.
5. Coordinate policies and leverage investment.
6. Value communities and neighborhoods.

New Hampshire AFC Initiatives

Federal Sustainable Community Challenge Grants

The City of Claremont: \$58,740.
economic development to the downtown, and improve the quantity and quality of housing.

The Upper Valley Lake Sunapee Regional Planning Commission: \$147,878.
Increase the supply of affordable housing within walking distance of food sources.



Community Innovations for Aging in Place

Administration on Aging

The Community Innovations for Aging in Place Initiative (CIAIP)

Assess their communities to identify any barriers to independence and aging in place, and then, in collaboration with other community organizations, **identify innovative strategies for providing and linking older individuals to** programs and services that **provide comprehensive and coordinated health and social services** to older individuals and support aging in place.



Community Innovations for Aging in Place

The Community Innovations for Aging in Place Initiative Awards includes:

- Boston Medical Center, Boston, MA \$288,131.
- City of Montpelier, Montpelier, VT \$334,670.
- Easter Seals New Hampshire, Manchester, NH \$307,521.
- New York City Department for the Aging: \$338,575.



Maine AFC Initiatives

Maine Smart Growth Action Plan - 2002

“... to maintain Maine’s competitive advantage as one of the most livable places in the United States – a place of growing, vital cities and towns, a productive countryside, and a revered natural environment.”

Creating Traditional, Walkable Neighborhoods: A Handbook for Maine Communities

Prepared by the Maine State Planning Office: July 2009



New York AFC Initiatives

- New York State Office for Aging Community Empowerment Initiative.
- Naturally Occurring Retirement Communities.
- Age-Friendly New York City.
- Lifespan of Greater Rochester.



ECSA Best Practices

Empowering Communities for Successful Aging Conferences:

November 12 & 13, 2008
Saratoga Springs, New York




Albany, New York
July 27 & 28, 2010

Batavia, New York
August 16 & 17, 2010

Empowering Communities Initiative


Empowering Communities for Successful Aging: Housing, Neighborhood Supports and Services Conference:

- November 2008 with over 600 participants.
- Co-sponsored by: NYAHS, NYSOFA, Albany Guardian Society and AARP.
- Highlighted AFC best practices and initiatives.
- Conference idea was to highlight the importance of housing and supportive services.



ECSA Best Practices

Empowering Communities for Successful Aging Conference & Web site:
Green House Model (#14)



The Green House model creates a small intentional community for a group of elders and staff and a "culture change" for providing person-centered senior care.

Rhonda Frederick, Chief Operating Officer, People Inc.;
Kevin Horrigan, Director of Public Affairs, People Inc.; Laurie Mante, Project Manager, Eddy Village Green

ECSA Presentations

Empowering Communities for Successful Aging Conference & Web site:
Naturally Occurring Retirement Communities (#25)

Various senior housing styles and services, integration of large and small community programs, Naturally Occurring Retirement Communities (NORC), integrate federal and state programs and create local innovations necessary to achieve success.

Mary McNulty, Founder, Fairport/Perinton Senior Living Council; Jim Smith, Supervisor, Town of Perinton; Ellen O'Connor, NNORC Coordinator and Research Specialist



ECSA Presentations

Empowering Communities for Successful Aging Conference & Web site:
Senior Housing and Supportive Services (#11)

National best practices of combining affordable senior housing and supportive services, including the impact on providers and communities, the strategies to help older adults age in place, and the opportunities of linking residents to health and supportive services will be discussed.


Alisha Sanders, Policy Research Associate, AAHSA IFAS; Ken Harris, Director, The NYAHS Center for Living and Community Services

ECSA Presentations

Empowering Communities for Successful Aging Conference & Web site:
Innovative Approaches & Supportive Services (#44)

Access to affordable and dependable supportive services can be just as essential in helping to keep an older person in his/her home as home-based medical care. Featured in this workshop will be two approaches being used in Rochester and New Hartford to provide access to these critical non-medical support services.

Virginia Clark, Lifespan; Rev. Carol D. Jubenville, Sunset Neighborhood, Inc.



Local AFC Involvement

Who Should Be Involved in AFC Planning?
Local Housing Partners


- NORCs
- Subsidized Housing
- Retirement Communities
- CCRCs
- Assisted Living Facilities
- Developers / Contractors
- Architects



Local AFC Involvement

Who Should Be Involved in AFC Planning?
Local Health Care Partners

- Nursing Homes
- County Health Department
- Home Health Agencies
- Hospitals
- Community Mental Health Centers / PACE
- Hospice
- Physicians
- Clinics



Local AFC Involvement

Who Should Be Involved in AFC Planning?
Local Government Partners

- Area Agency on Aging
- City / County Administrator
- Local / State Elected Officials
- City Council / Mayor's Office
- City Planning Office
- Regional Planning Commission
- Emergency Medical Services



Local AFC Involvement

Who Should Be Involved in AFC Planning?
Local Community Agency Partners

- Churches / Synagogues
- Faith-Based Organizations
- County Extension Office
- Senior Centers
- Neighborhood Groups
- Community Associations
- Libraries
- Parks and Recreation
- Fire Department / Law Enforcement



Local AFC Involvement


Who Should Be Involved in AFC Planning?
Local Business Partners

- Chamber of Commerce
- Economic Development Office
- Foundations
- Media
- Banks
- Grocery Stores / Shopping Centers
- Pharmacies
- Restaurants
- Utility Services



Naturally Occurring Retirement Communities

NORCs and Neighborhood NORCs



- Started in New York City after WWII.
- Coordinated services an apartment building (NORC) or neighborhood (NNORC).
- Funded by NYSOFA and New York City.
- Several similar programs throughout the country.
- NORC Health Indicators Project.

Villages

Beacon Hill Village

- Membership organization in Boston, MA.
- Participants must be age 50+
- An alternative to moving from their houses to retirement or assisted living communities.
- Organizing and delivering programs and services.



Resources



Resources: The Walk Score

"Walk Score" to community resources including stores, parks, groceries, shopping and public transportation.

<http://www.walkscore.com/>

- Portsmouth Holiday Inn: 66 (Somewhat Walkable)
- Old NYAHSAs Offices: 94 (Walkers Paradise)
- New NYAHSAs Offices: 48 (Car Dependant)
- BBPA Senior Apts, Albany: 88 (Very Walkable)
- CV, Rexford: 26 (Car Dependant)

Steps to a AFC

Steps for Developing an Age-Friendly Community

1. Assess Your Community.
2. Decide on a Lead Agency.
3. Determine Key Participants.
4. Get Government Involvement.
5. Develop a Plan.
6. And then....Implement.



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