



## *What's The Connection:*

# **Aging and AARP's Network of Age-Friendly Communities/States**



**Myrtle S. Habersham  
Ambassador, AARP  
Georgia**



# In a Livable Community, people of all ages can ...



**Go for a walk**



**Cross the streets**



**Ride a bike**



**Get around without a car**



**Live safely and comfortably**



**Work or volunteer**



## From AARP Policy Book...

*A livable community is one that is safe and secure, has affordable and appropriate **housing** and **transportation** options, and has supportive **community features** and services.*

*Once in place, those resources enhance personal independence; allow residents to age in place; and foster residents' **engagement** in the community's civic, economic, and social life.*



**Are there ways to remain mobile once driving is no longer an option?**

**Is there adequate, safe and accessible public space?**

**Are there adequate housing options that are affordable, accessible and varied in type?**

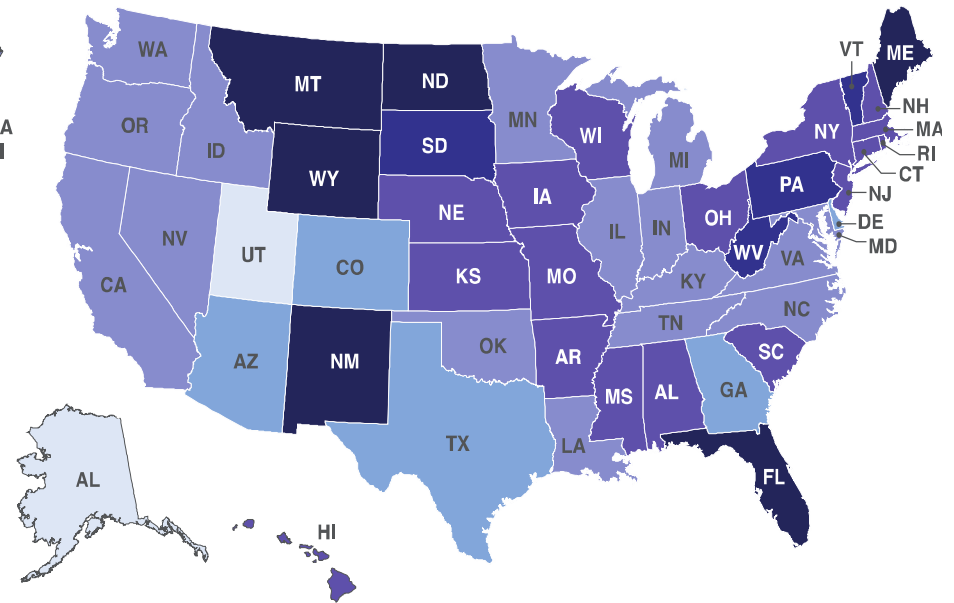
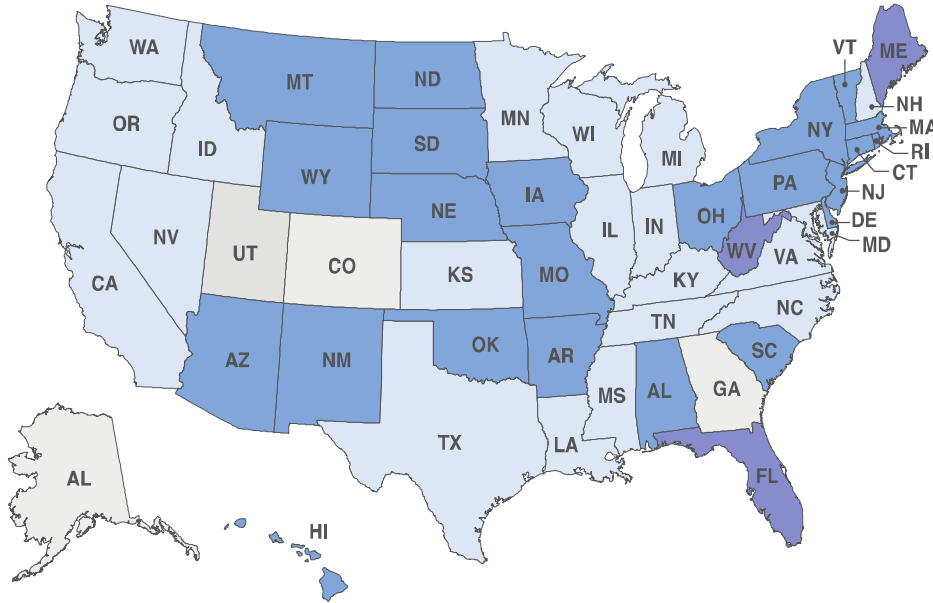
**Are there opportunities for civic and social engagement through volunteerism, work, other?**

# America Is Aging



**2015**

**2030**



**46 million age 65+**

**73 million age 65+**

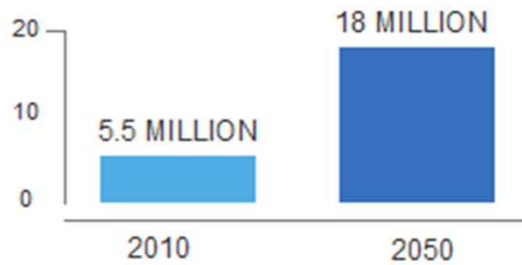
## PERCENT OF POPULATION AGE 65+



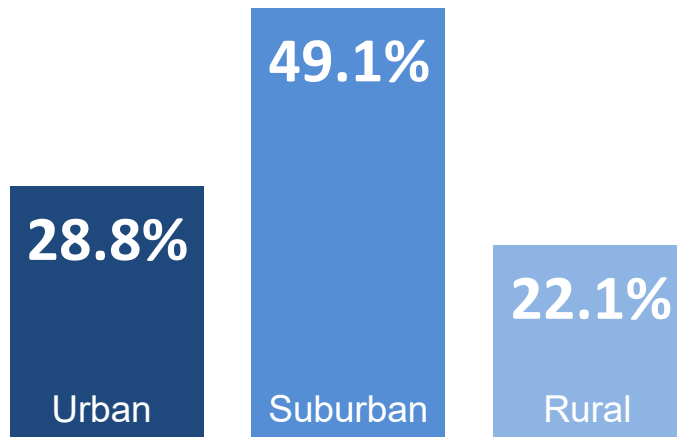
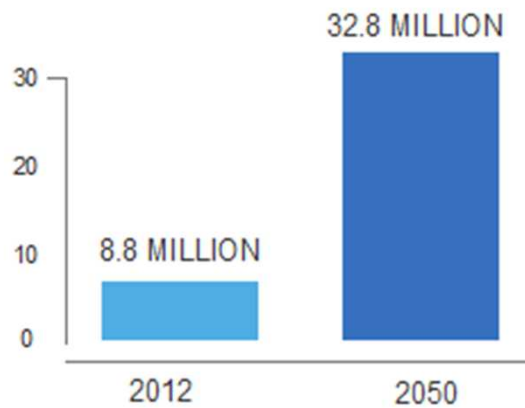
Source: US Census



### AMERICANS AGE 85+



### MINORITIES AGE 65+



**Older adults are getting  
*older* and *more diverse*, and  
*live everywhere.***

# AARP Helps To Inform And Communicate Needs



## HOME AND COMMUNITY PREFERENCES SURVEY 2018

May 2018

# Community and Residence Preference

8 of 10  
ADULTS

age 50 and older want to  
stay where they live



77%

Strongly agree with the  
statement, “I would like to  
remain in my community as  
long as possible.”

76%

Strongly agree with the  
statement, “I would like to  
remain in my current home  
as long as possible.”

Source: 2018 AARP Home and Community Preferences Survey: A National Survey of Adults Age 18+



**AARP**  
Real Possibilities



# What People 50+ Think About Where They Will Live



Source: 2018 AARP Home and Community Preferences Survey: A National Survey of Adults Age 18+



**AARP**  
Real Possibilities

# Sharing a home

Q

As you grow older would you consider sharing your home with another person?  
Would sharing your home with another person be something you would consider if...?



50%

Already share or would consider sharing their homes as they age; a majority would consider it if they needed help with everyday activities.

## REASONS WOULD CONSIDER SHARING HOME

58%

You needed help with everyday activities such as household chores or transportation to places like the grocery store or doctor's office

50%

You found yourself not wanting to live alone and wanting companionship

49%

You needed extra income

Source: 2018 AARP Home and Community Preferences Survey: A National Survey of Adults Age 18+



**AARP**  
Real Possibilities

# Accessory Dwelling Units

Q

Do you currently have an ADU on your property?

If you had the space to create an ADU within your home or on your property, would you consider doing that?

An Accessory Dwelling Unit, or ADU, is a residential unit built on the same lot as an existing single family home and may be attached or detached to the home.

ADUs provide complete separate living quarters, including a kitchen and bathroom, that can allow older adults to age in their existing home with live-in care, make it possible for adults to assist their aging parents, other relatives and loved ones, or use for rental income.

7%

Have an  
Accessory  
Dwelling Unit

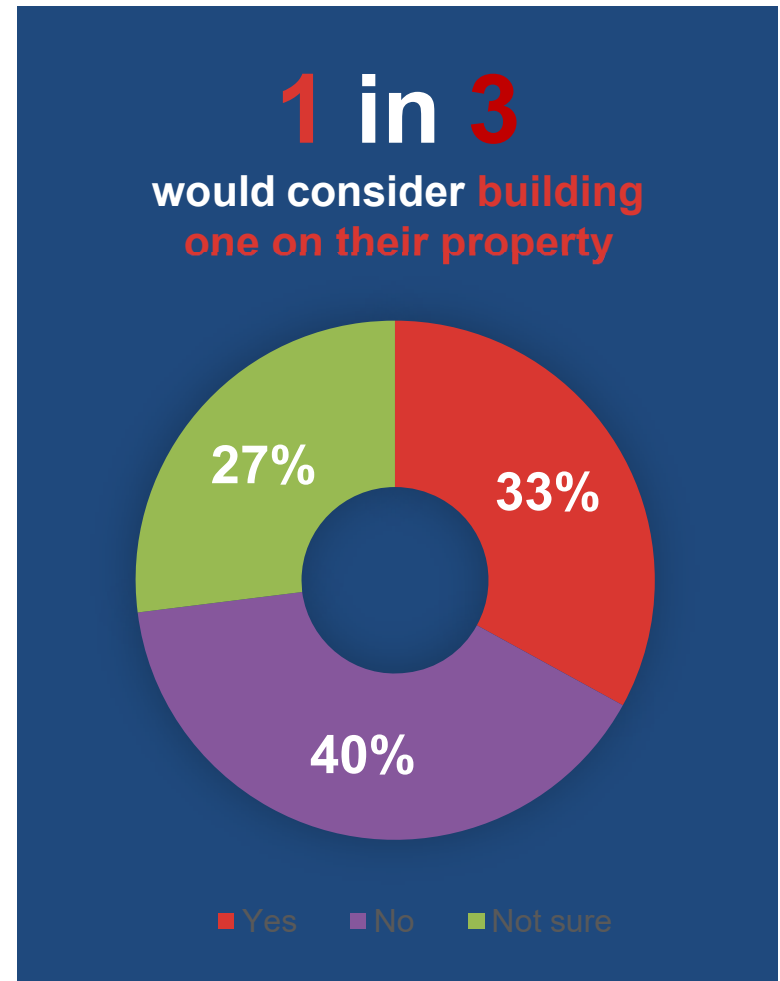
93%

Do not have an  
Accessory  
Dwelling Unit

Source: 2018 AARP Home and Community Preferences Survey: A National Survey of Adults Age 18+



**AARP**  
Real Possibilities



# Public Spaces & Buildings

Adults rate well-maintained and convenient health care facilities, safe parks, and convenient grocery stores as **their most important public spaces and buildings community features.**

87%

**Health Care  
Facilities**

are extremely/  
very important

83%

**Parks**

are extremely/  
very important

82%

**Grocery  
Stores**

are extremely/  
very important

Source: 2018 AARP Home and Community Preferences Survey: A National Survey of Adults Age 18+



**AARP**  
Real Possibilities

CHART DETAILS



# Streets & Walkways

8 of 10  
ADULTS

say well-maintained, safe and accessible streets, and easy to read traffic signs are extremely or very important community features.



Source: 2018 AARP Home and Community Preferences Survey: A National Survey of Adults Age 18+

CHART DETAILS



**AARP**  
Real Possibilities

# Most adults drive to get around their community.



How do you usually get around your community for things like shopping, visiting the doctor, running errands, or other things?

**84% DRIVE THEMSELVES**

**27%** have others drive them

**38%** walk

**13%** ride a bike

**15%** use public transportation

**3%** use special transportation service

**9%** use a ridesharing service

**6%** take a taxi

**3%** some other way



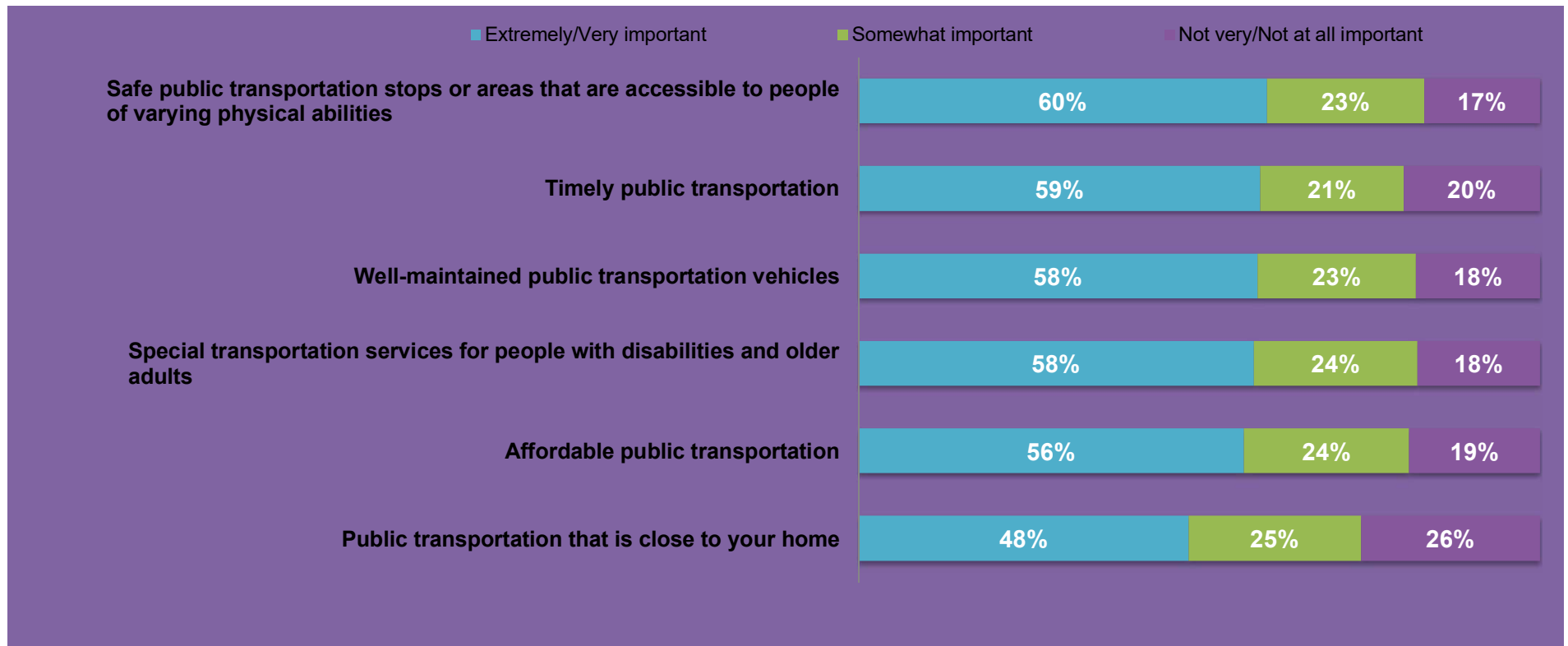
**AARP**  
Real Possibilities

**AARP RESEARCH** | [AARP.ORG/RESEARCH](http://AARP.ORG/RESEARCH) | © 2018 AARP. ALL RIGHTS RESERVED

# Public Transportation

Majorities place high importance on public transportation safety, maintenance, timeliness, accessibility, and affordability.

**Q** How important it is it to you personally to have the following in your community right now?

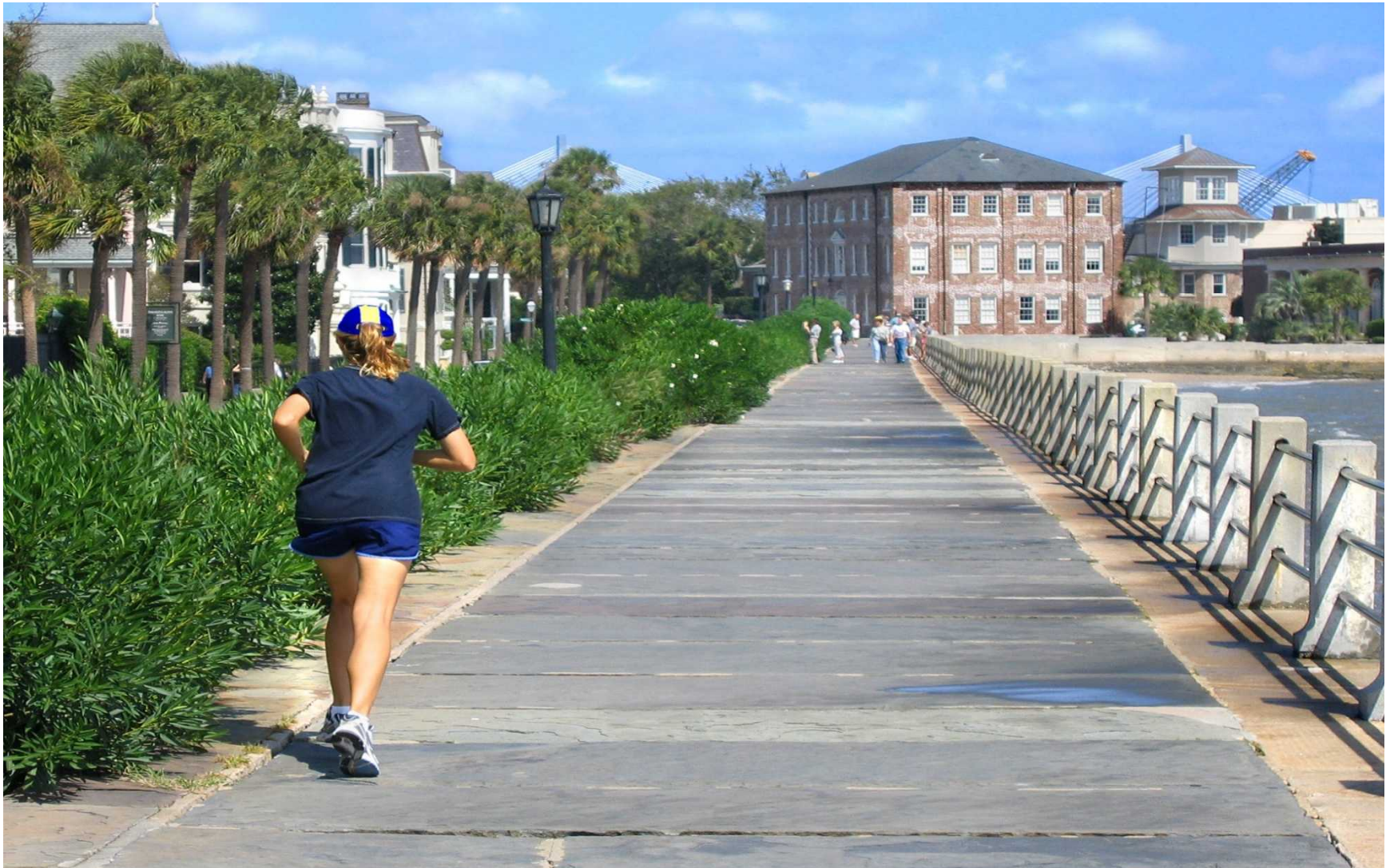


Source: 2016 AARP Home and Community Preferences Survey: A National Survey of Adults Age 18+





# AARP Is Helping Address These Challenges: Age Friendly/Livable Communities





# Eight Domains of Livability



- **Outdoor Spaces & Buildings**

Availability of safe and accessible recreational facilities.

- **Transportation**

Safe and affordable modes of private and public transportation.

- **Housing**

Availability of housing modification programs for aging in place as well as a range of age friendly housing options.

- **Social Participation**

Access to leisure and cultural activities, including opportunities for older residents to socialize and engage with their peers as well as with younger people.

- **Respect & Social Inclusion**

Programs that promote ethnic and cultural diversity, as well as, multigenerational interaction and dialogue.

- **Civic Participation & Employment**

Paid work and volunteer activities for older residents and opportunities to engage in formulation of policies relevant to their lives.

- **Communication & Information**

Access to communication technology and other resources so older residents can connect with their community, friends and family.

- **Community Support & Health Services**

Access to home-based care services, health clinics and programs that promote wellness and active aging.



# What is the Age Friendly Process?



**Step 1:** Enroll

**Step 2:** Build the Team

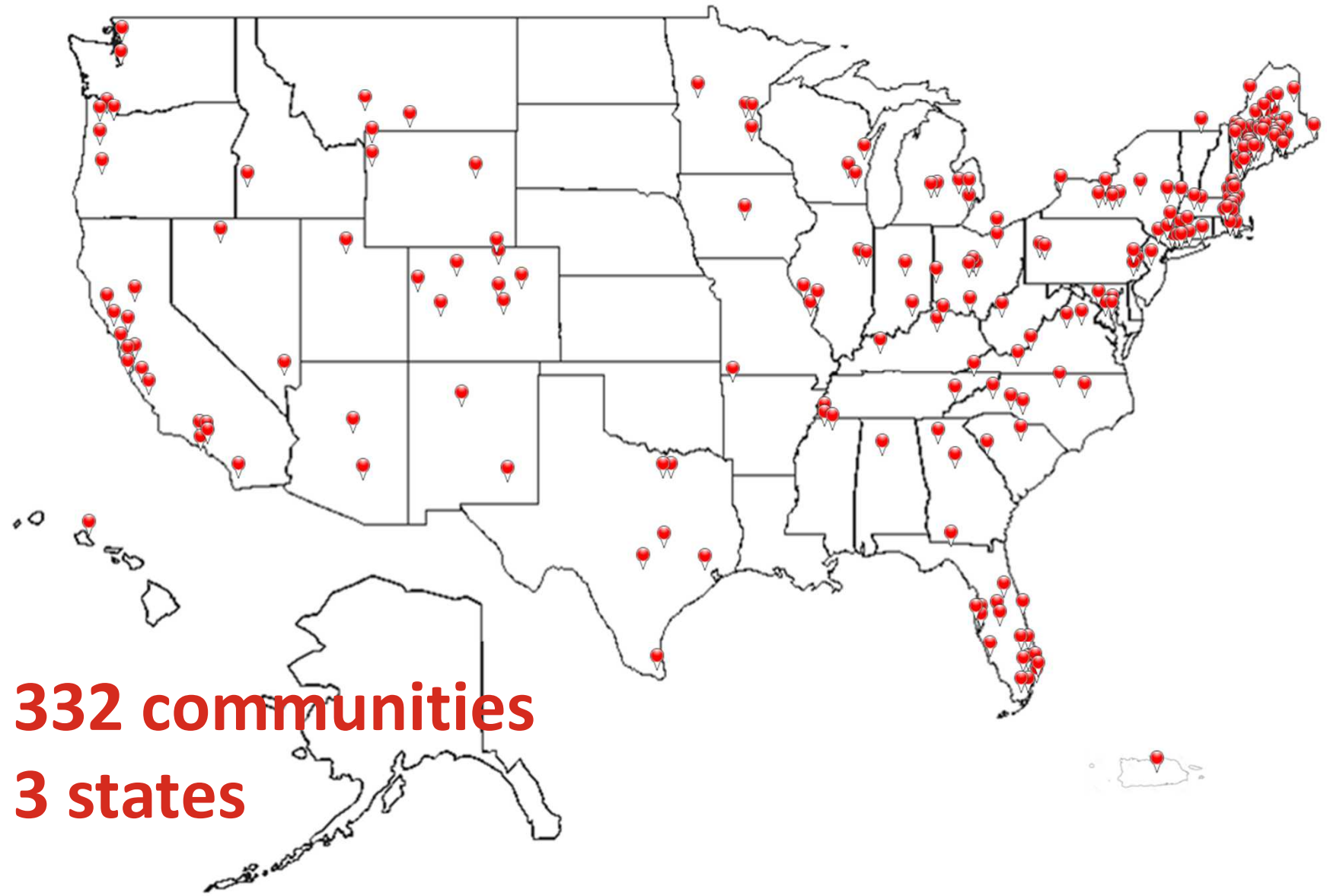
**Step 3:** Assess the Community's Needs

**Step 4:** Write the Action Plan

**Step 5:** Implement the Plan

**Step 6:** Evaluate Your Progress

# AARP Network of Age Friendly Communities and States



**332 communities**  
**3 states**



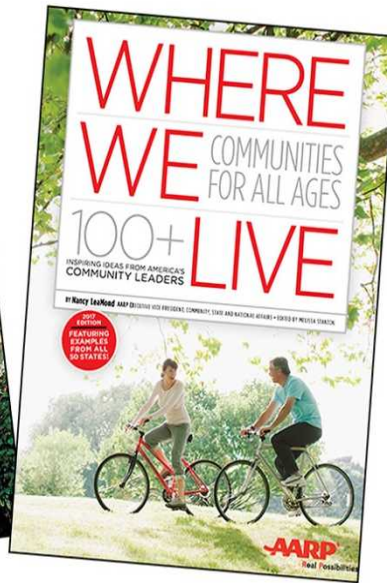
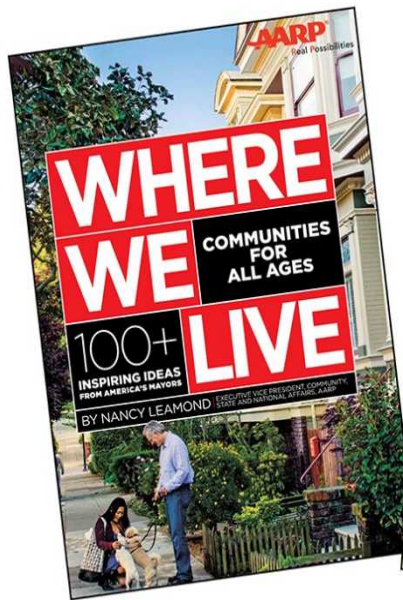
## AARP's Network of Age Friendly Communities in Georgia

Covers Approximately 8%  
Of State's Population

- **Atlanta** - Joined 2014
- **Augusta** - Joined 2014
- **Macon-Bibb** – **Joined 2012**  
(First in the Nation)
- **Norcross** – Joined 2018
- **Tucker** – Joined 2018



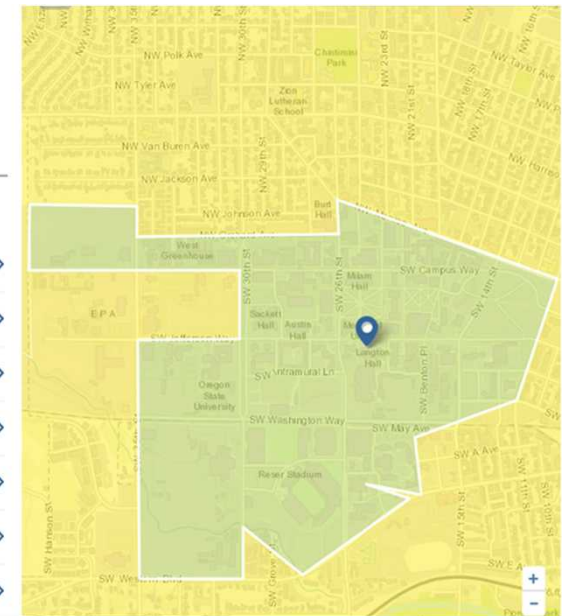
# AARP Provides Tools and Resources for Influencers and Advocates



Livability Score [?](#)

#### CATEGORY SCORE

- 72 HOUSING  
Affordability and access
- 65 NEIGHBORHOOD  
Access to life, work, and play
- 76 TRANSPORTATION  
Safe and convenient options
- 65 ENVIRONMENT  
Clean air and water
- 72 HEALTH  
Prevention, access, and quality
- 74 ENGAGEMENT  
Civic and social involvement
- 21 OPPORTUNITY  
Inclusion and possibilities



[aarp.org](http://aarp.org)  
[aarp.org/livable](http://aarp.org/livable)  
[aarp.org/ppi/](http://aarp.org/ppi/)



# Lifelong Communities in Georgia

Katie Perumbeti, Atlanta Regional Commission



# ARC Aging & Independence Services Goals

## Now

Provide services that . . .



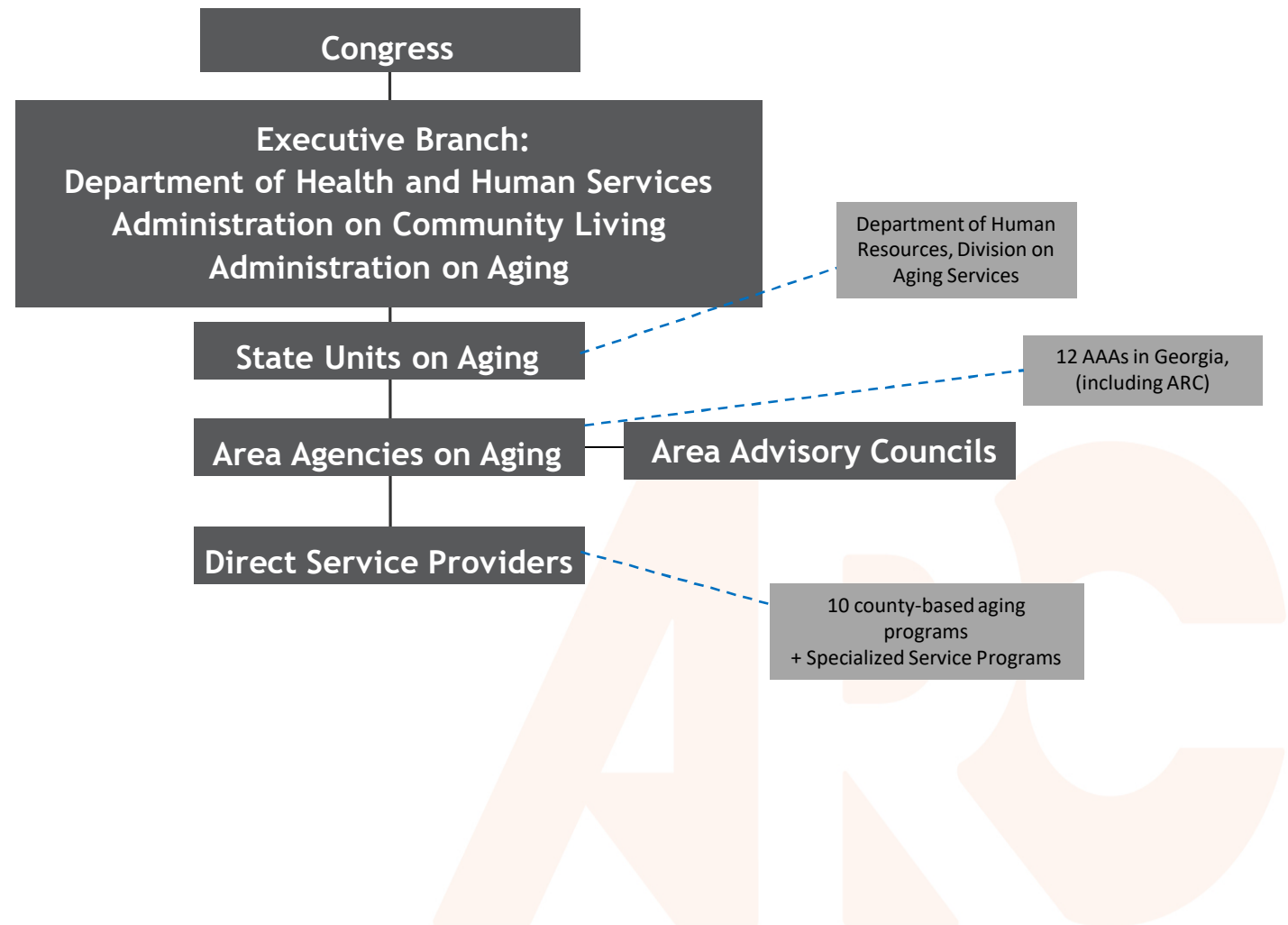
## AND for the Future

Plan for a region that will . . .

. . . maximize the independence, health, and well-being of older persons and individuals with disabilities.

ARC

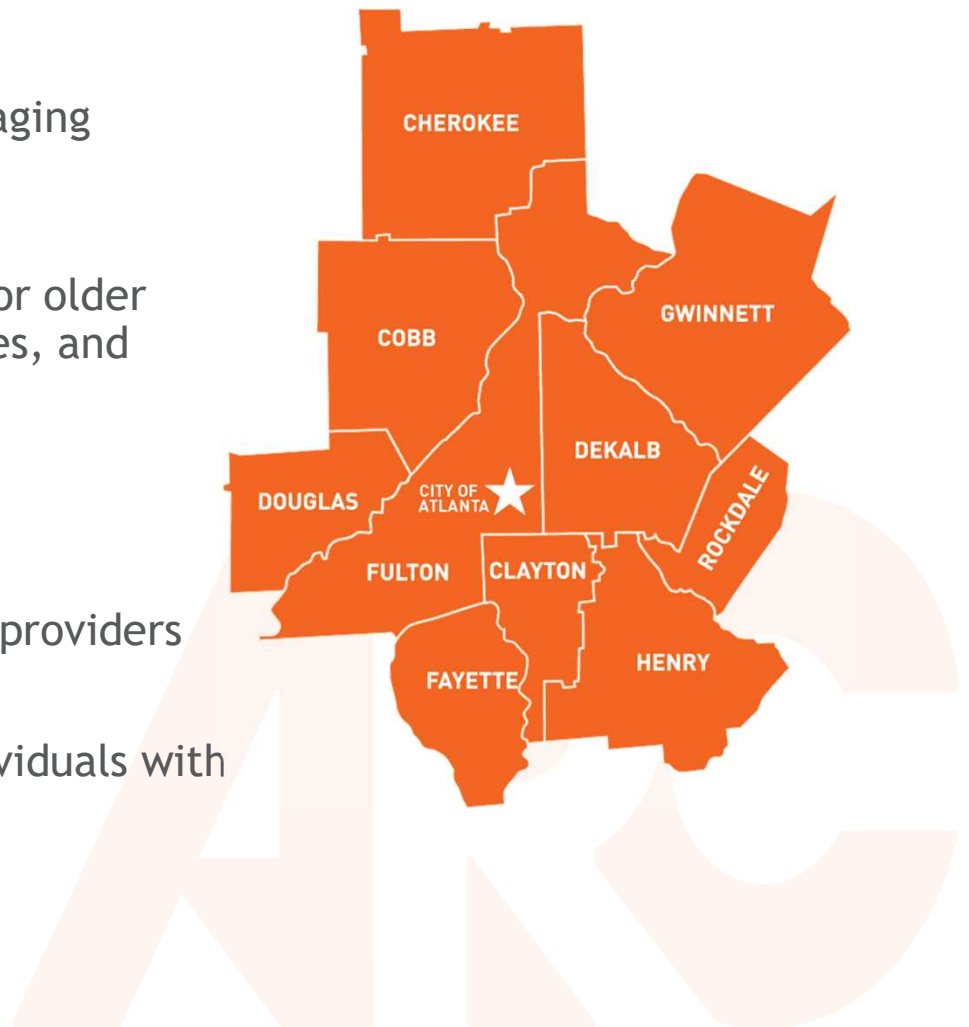
# Older Americans Act & the Aging Network





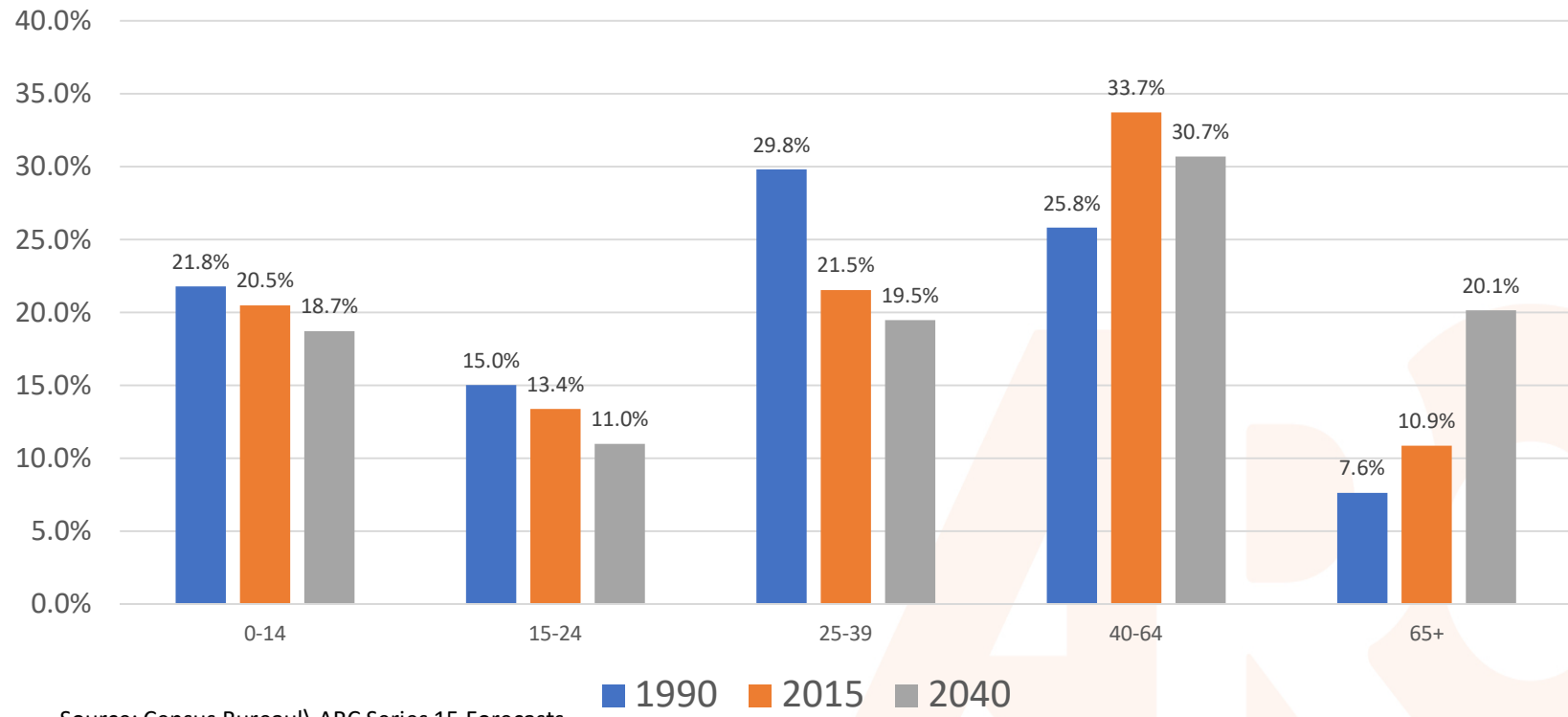
# The 4 P's of A&IS

- **Planning**
  - For the region's rapidly-growing aging population
- **Providing services**
  - Connect to/administer services for older adults, individuals with disabilities, and caregivers
  - Resources & information:  
[www.empowerline.org](http://www.empowerline.org)
- **Partnering**
  - With relevant leaders and service providers
- **Policy advocacy**
  - With and for older adults and individuals with disabilities



# Projected Growth by Age Group: 10-county Atlanta Region

10-County Atlanta Region  
Total Population  
by Age Cohort 1990-2040



Source: Census Bureau\ ARC Series 15 Forecasts

By 2040  
more than 4  
residents will be  
over 65.



**10,000**

**Baby Boomers turn  
65 every day!**

*For 11 more years*



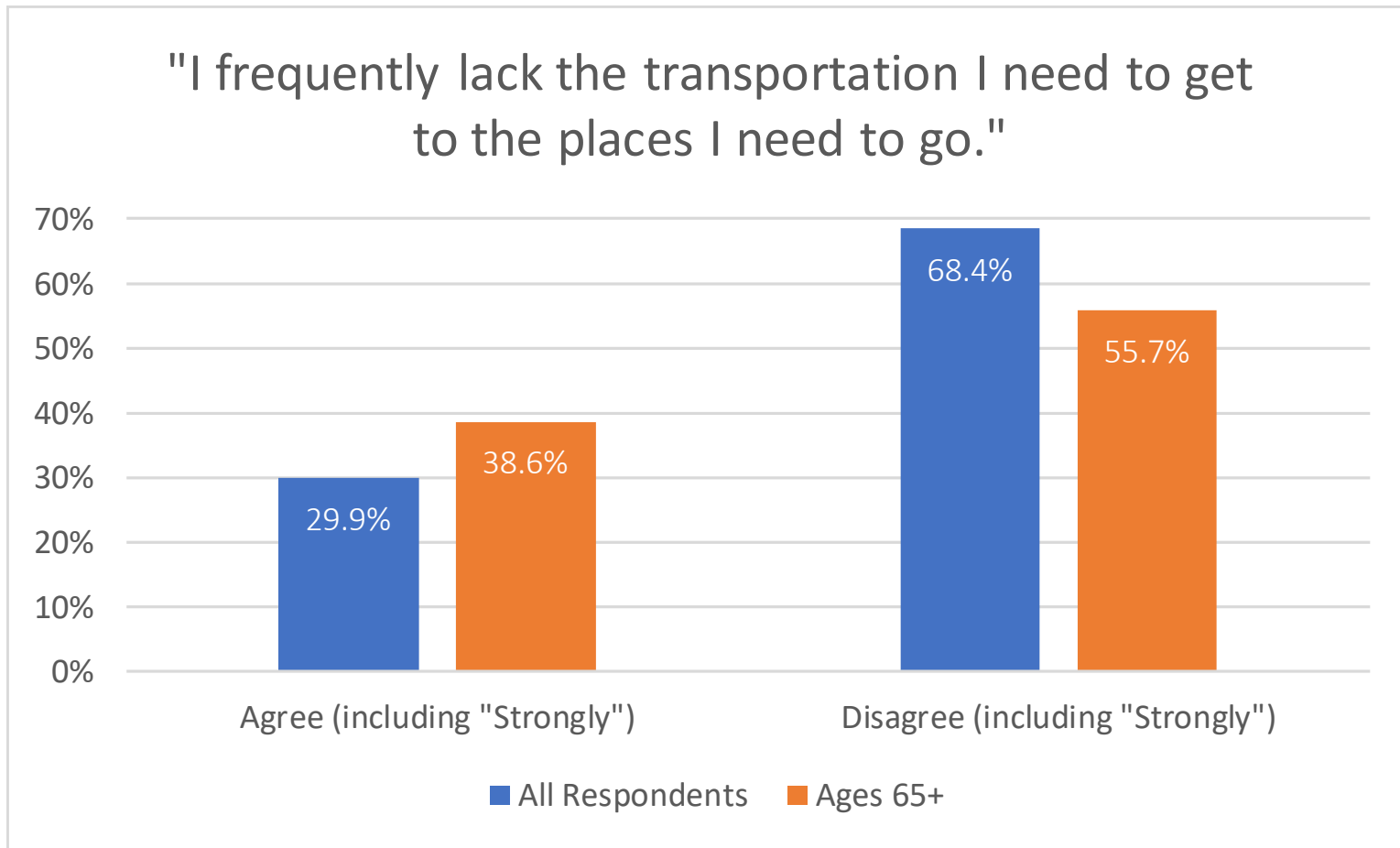
**Many people outlive  
their ability to drive:  
males by 7 years and  
females by 10 years.**

Source: Foley et. al., 2002. *Driving Life Expectancy of Persons Aged 70 Years and Older in the United States*. American Journal of Public Health.

ARC

# Transportation Access

## *A Significant Concern of Residents Age 65+*



Source: 2018 Metro Atlanta Speaks Survey

# Transportation Challenges

- Lack of transportation can lead to social isolation
- Health impacts of isolation:
  - Like smoking 15 cigarettes/day
  - Increased risk of depression



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**58%** of renters 65+ spend more than 30% of income on housing

**49%** of Atlanta residents 65+ cannot pay \$400 for an emergency by cash, check, or debit

Sources:  
American Community Survey 2013-2017 5-year average  
2018 Metro Atlanta Speaks Survey

ARC

**70%** of people will eventually need help with activities such as eating, bathing, and dressing.

ARC



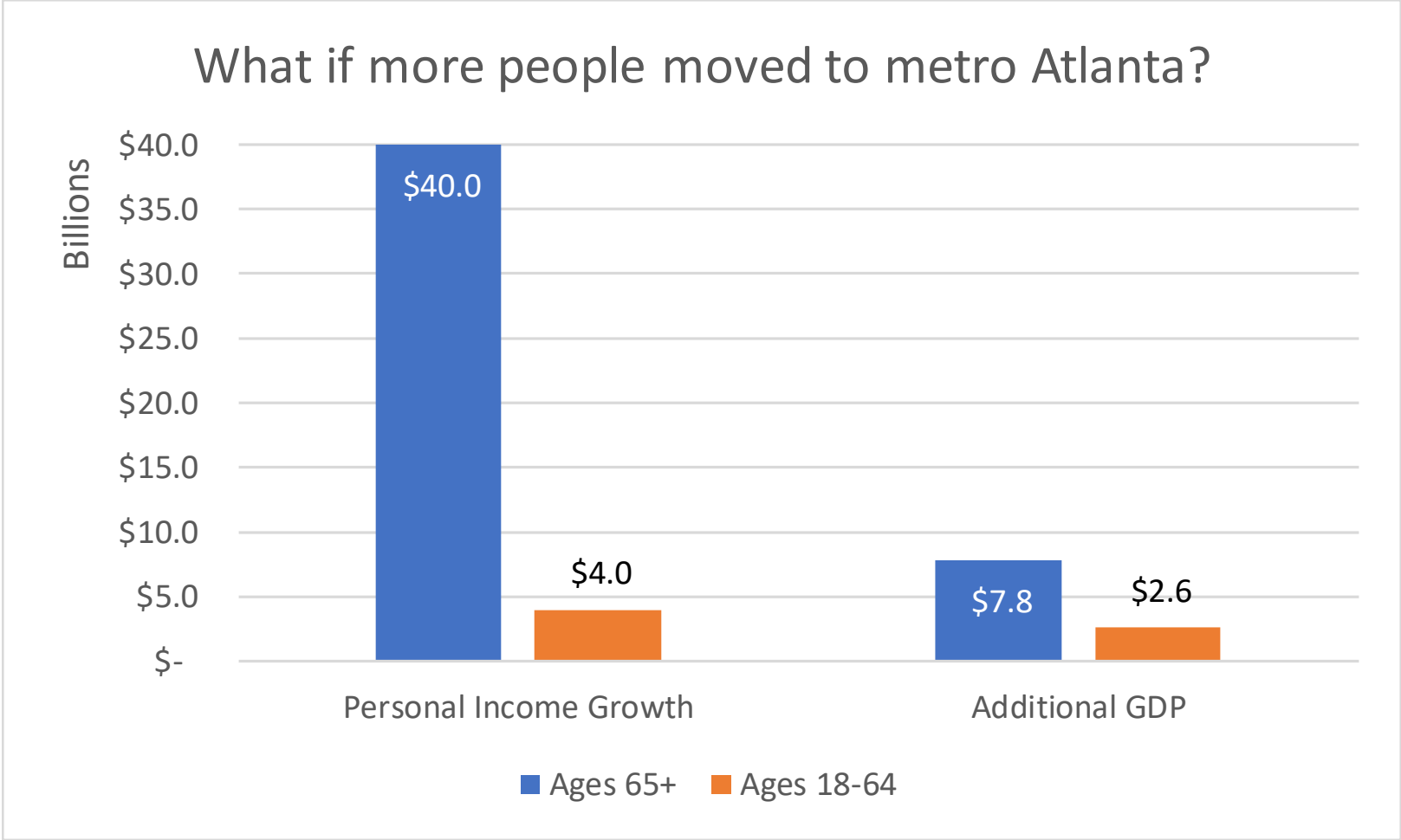
# Housing Needs of Georgia's Aging Population

- Affordability, AND
- Home Accessibility
  - 43% of existing homes lack features that enable adults to live independently at home (e.g., ramp, wide doorways for mobility impaired)
- Service Accessibility
  - Location that provides access to transportation, personal care, health care, food, etc. can become more of a challenge



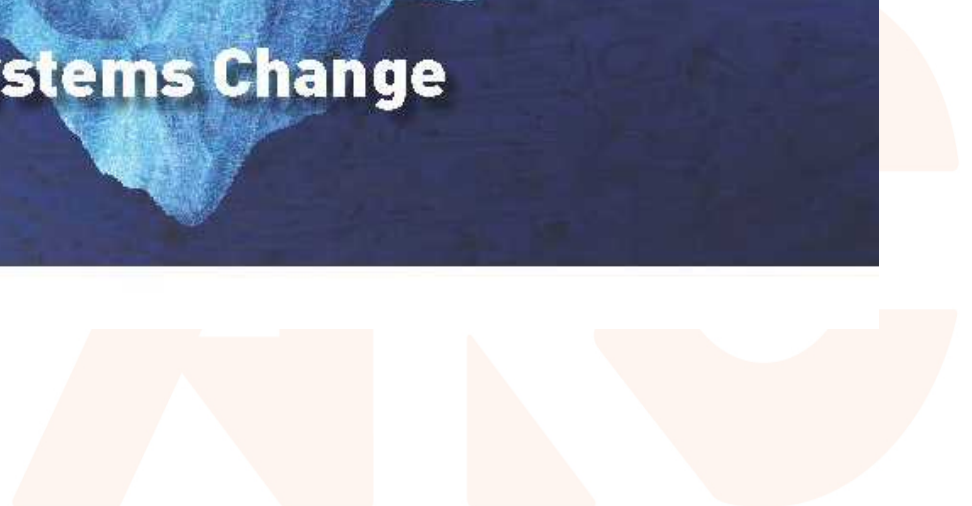
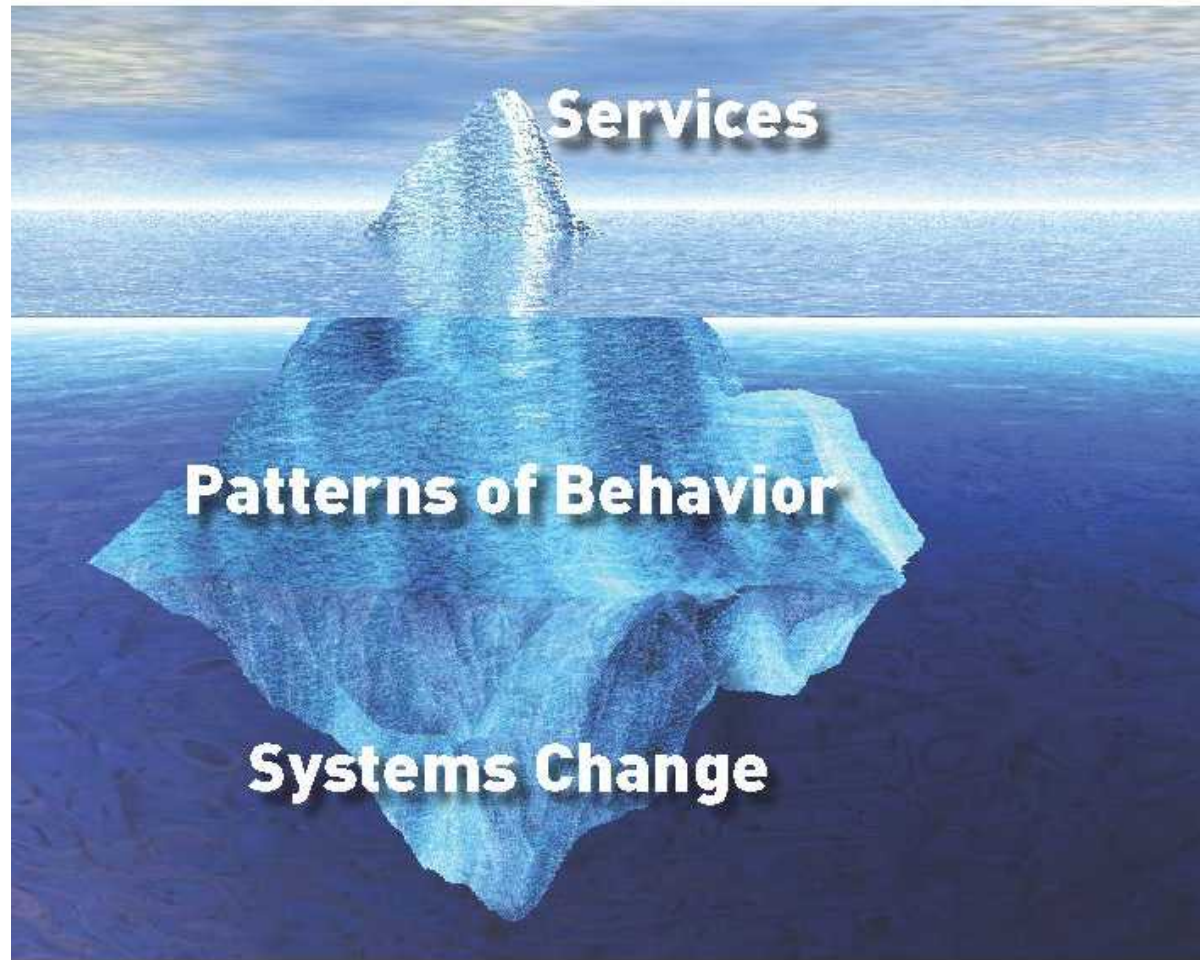
ARC

# Regional Fiscal Impacts of New Residents



Source: ARC REMI Analysis

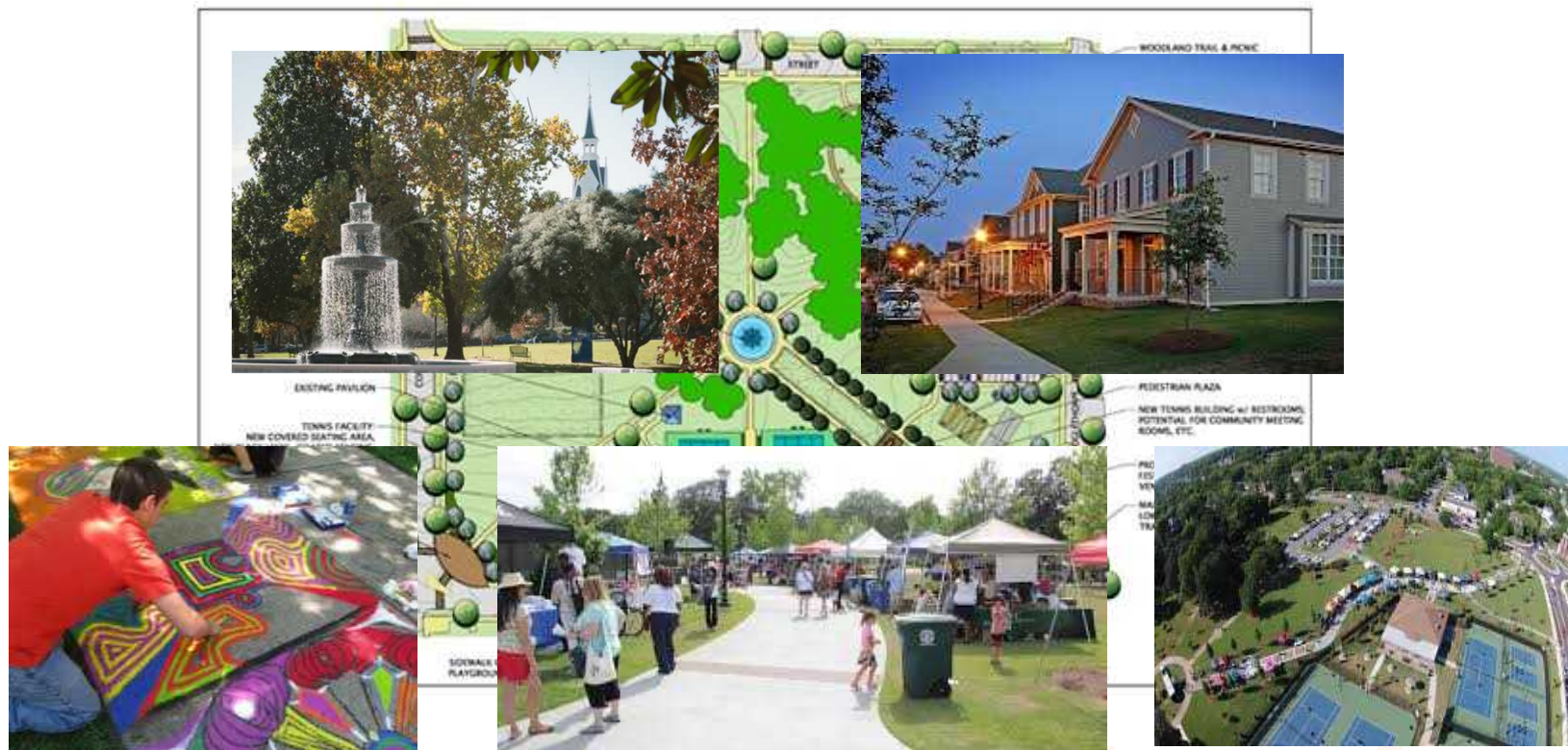
**The Iceberg:  
How We  
Interact**



Lifelong Communities in Action

ARC

# Macon: *use what you already have*



# Decatur: *listen to the community & innovate*



# Decatur: *listen to the community & innovate*



## Innovat

- Upd
- Elim
- Defir
- midc
- Esta
- Allo
- Cott
- Acce
- Sharca housing

DECATUR

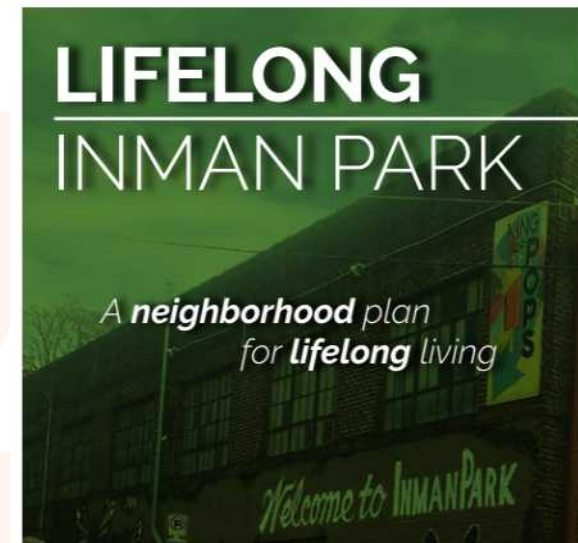
**GO60+** Address missing  
Trust

SHUTTLE

ARC

# Lifelong Inman Park: *power of volunteers*

- Neighborhood-based
- Interest group formed in 2012
- Adopted framework includes:
  - Promote housing and transportation options, safe roads, and walkable communities
  - Encourage healthy lifestyles
  - Expand information and access to services





# Lifelong Inman Park Activities

- Regular committee meetings
- Survey and community meetings to establish priorities (2013)
- Aging Well Series
- Springvale Park improvements
- Development/housing input
- Walkable Inman Park Campaign
- Lifelong IP study



# I Get It, But What About My Community?

## ➤ Demonstrate what it means

- Tactical urbanism
- Flash mob
- Walking audits

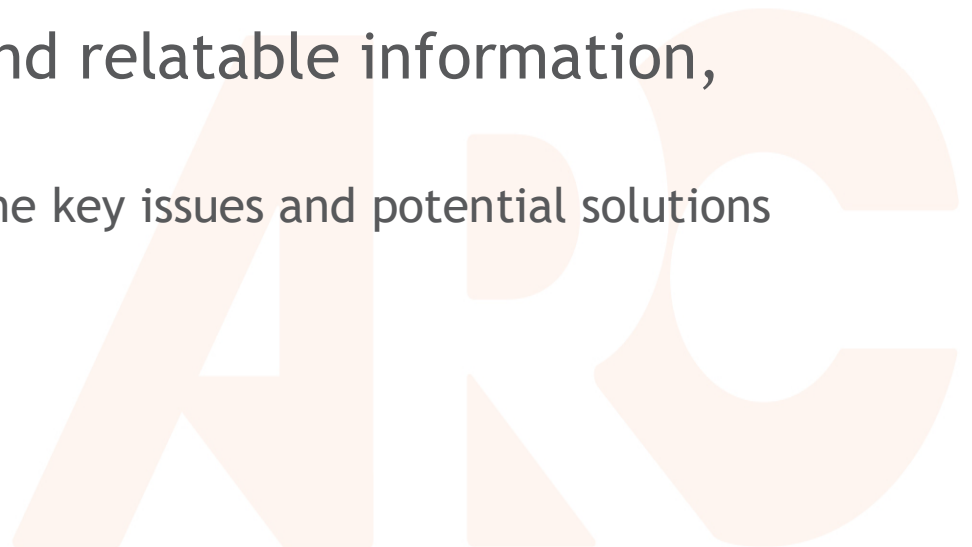
## ➤ Reframe how you talk about aging

- Visit <http://frameworksinstitute.org/toolkits/aging/> for more info

## ➤ Engage in meaningful conversations

## ➤ Provide clear, specific, and relatable information, actions, and solutions

- Example: ARC Policy Briefs outline key issues and potential solutions



# Tactical Urbanism: *if you build it, will they come?*



# Something Small: Atlanta ADU's

- ▶ <https://www.youtube.com/watch?v=8J51NbQqgaM&feature=youtu.be>



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Atlanta Regional Commission

# JOIN US AT THE TABLE

Bringing new voices to the regional planning table



## Reimagine Aging

TO HOST OR ATTEND: [www.cividdinners.com/ARC-aging](http://www.cividdinners.com/ARC-aging)



**THANK YOU!**



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empowerline

