What’s The Connection:
Aging and AARP’s Network of Age-Friendly Communities/States

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

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

Is there adequate, safe and accessible public space?

Are there opportunities for civic and social engagement through volunteerism, work, other?
America Is Aging

2015

46 million age 65+

2030

73 million age 65+

PERCENT OF POPULATION AGE 65+

<table>
<thead>
<tr>
<th>0-10</th>
<th>10-12.5</th>
<th>12.5-15</th>
<th>15-17.5</th>
<th>17.5-20</th>
<th>20-22.5</th>
<th>22.5-25</th>
<th>25-27</th>
</tr>
</thead>
</table>

Source: US Census
Older adults are getting older and more diverse, and live everywhere.

Sources: Harvard Joint Center for Housing Studies, 2014; CDC
AARP Helps To Inform And Communicate Needs

HOME AND COMMUNITY PREFERENCES SURVEY 2018
May 2018
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+
What People 50+ Think About Where They Will Live

46% Believe they will stay in their home and never move

13% Move into a different residence within their current community

24% Move to a different community

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

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...?

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

<table>
<thead>
<tr>
<th>Reason</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>You needed help with everyday activities</td>
<td>58%</td>
</tr>
<tr>
<td>such as household chores or transportation</td>
<td></td>
</tr>
<tr>
<td>to places like the grocery store or doctor's office</td>
<td></td>
</tr>
<tr>
<td>You found yourself not wanting to live</td>
<td>50%</td>
</tr>
<tr>
<td>alone and wanting companionship</td>
<td></td>
</tr>
<tr>
<td>You needed extra income</td>
<td>49%</td>
</tr>
</tbody>
</table>

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

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% 93%

Have an Accessory Dwelling Unit
Do not have an Accessory Dwelling Unit

1 in 3 would consider building one on their property

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

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

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

<table>
<thead>
<tr>
<th>Safe public transportation stops or areas that are accessible to people of varying physical abilities</th>
<th>Extremely/Very important</th>
<th>Somewhat important</th>
<th>Not very/Not at all important</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>60%</td>
<td>23%</td>
<td>17%</td>
</tr>
<tr>
<td>Timely public transportation</td>
<td>59%</td>
<td>21%</td>
<td>20%</td>
</tr>
<tr>
<td>Well-maintained public transportation vehicles</td>
<td>58%</td>
<td>23%</td>
<td>18%</td>
</tr>
<tr>
<td>Special transportation services for people with disabilities and older adults</td>
<td>58%</td>
<td>24%</td>
<td>18%</td>
</tr>
<tr>
<td>Affordable public transportation</td>
<td>56%</td>
<td>24%</td>
<td>19%</td>
</tr>
<tr>
<td>Public transportation that is close to your home</td>
<td>48%</td>
<td>25%</td>
<td>26%</td>
</tr>
</tbody>
</table>

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

[Image: AARP Logo]
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

aarp.org
aarp.org/livable
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.
Older Americans Act & the Aging Network

Congress

Executive Branch:
Department of Health and Human Services
Administration on Community Living
Administration on Aging

State Units on Aging

Area Agencies on Aging

Direct Service Providers

Area Advisory Councils

Department of Human Resources, Division on Aging Services

12 AAAs in Georgia, (including ARC)

10 county-based aging programs + Specialized Service Programs
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 2030, 1 in 4 metro Atlanta residents will be over 60.

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.

Transportation Access

A Significant Concern of Residents Age 65+

"I frequently lack the transportation I need to get to the places I need to go."

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
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
70% of people will eventually need help with activities such as eating, bathing, and dressing.
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
Regional Fiscal Impacts of New Residents

What if more people moved to metro Atlanta?

<table>
<thead>
<tr>
<th>Billions</th>
<th>Personal Income Growth</th>
<th>Additional GDP</th>
</tr>
</thead>
<tbody>
<tr>
<td>$40.0</td>
<td>$4.0</td>
<td>$7.8</td>
</tr>
<tr>
<td>$5.0</td>
<td></td>
<td>$2.6</td>
</tr>
</tbody>
</table>

Source: ARC REMI Analysis
The Iceberg: How We Interact
Lifelong Communities in Action
Macon: *use what you already have*
Decatur: listen to the community & innovate
Innovative Housing

- Updated land use & zoning
- Eliminated min floor area
- Defined desirable housing types to address missing middle

- Established Community Land Trust
- Allow for:
  - Cottage Courts
  - Accessory Dwelling Units
  - Shared Housing

Decatur: *listen to the community & innovate*
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/](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](https://www.youtube.com/watch?v=8J51NbQqgaM&feature=youtu.be)
JOIN US AT THE TABLE
Bringing new voices to the regional planning table

Reimagine Aging

TO HOST OR ATTEND: www.civicdinners.com/ARC-aging
THANK YOU!

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Follow us at @lifelongATL for all things empowerline