

Planning for Aging Communities



By 2014, ten thousand people in this country will turn 65...EVERY DAY.

by Evan Lowenstein
Green Village Consulting
www.greenvillage.us

Mark Lyons
SWBR Architects
www.swbr.com



An Aging Nation...



In the next twenty years, the number of people in this country 65 and older will double, increasing from 12% to 18% of the population.

By 2020, people 85 years and older will make up 5% of the population.

Figures from Surface Transportation Policy Project

...An Aging Region

In 2011, there will be 45,000 more persons age 60 and over in the six-county region than there were in 2000 (a 25% increase)

Seniors 60+ comprised 16.6% of the region's population in 2000; this will rise to 21.2% in 2011



By 2011, Orleans, Ontario, and Genesee Counties are predicted to have 22-24% of their populations age 60 or over

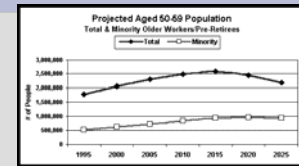
The number of persons 85+ in the region increased 34% between 1990 and 2000.

Figures from Center for Governmental Research
Image courtesy of Community Place of Greater Rochester

...An Aging Region

New York State's population is expected to grow by 9% between 1995 and 2025.

New York State's population 60 years and older will grow 40% between 1995 and 2025.



County	Growth 2000-2025	65+ Growth
Genesee	-5,344	3,704
Livingston	4,591	3,544
Ontario	3,764	10,787
Wyoming	-480	4,980

This aging population will impact the Upstate counties disproportionately.

"Aging in Place"

The overwhelming majority of seniors want to grow old in their homes, neighborhoods, and communities.



Yet millions of older Americans are moving prematurely into institutional facilities because barriers to aging-in-place prevent them from staying in their homes.

Photo City of Rochester

The National "Aging in Place" Initiative



Responding to the fact that nation is largely unprepared for the "age wave"

18-month planning process leading to real policy and program action

Participating regions:

Battle Creek, Michigan
Lexington, Kentucky
Martinsville, Virginia
Fort Wayne, Indiana
Evansville, Indiana
Hillsborough County, Florida
Syracuse, New York
Rochester, New York

This presentation is part of Rochester's Aging in Place plan!

Barriers to Aging-In-Place

Houses age along with their occupants!

Maintaining and retrofitting housing is increasingly expensive

Much zoning and covenants impede aging in place and housing options for seniors

Health concerns can compound housing concerns, and vice versa...

HOUSING



Ironically, there is also the phenomenon of "forced" aging in place...

Barriers to Aging-In-Place

Communities are overwhelmingly auto-oriented

and Americans are overwhelmingly auto-dependent

21% of Americans 65 and over do not drive

since most seniors live in auto-dependent communities, (56% in suburbs and 23% in rural areas), lack of transportation options is a huge problem

TRANSPORTATION MOBILITY ACCESSIBILITY




more seniors in our region are living in more auto-dependent environments

Photos from City of Rochester; figures from Surface Transportation Policy Project



Barriers to Aging-In-Place

communities still have largely separated-use zoning and low-density development

increased auto-dependency; non-auto options physically and fiscally more difficult to provide

even if a senior CAN drive-- the cost of owning, maintaining, insuring, fueling a vehicle is growing dramatically; especially tough for low and fixed incomes

TRANSPORTATION MOBILITY ACCESSIBILITY

specialized transportation services ain't cheap, either

Photos from City of Rochester

Barriers to Aging-In-Place

In America, people 65 and over make just 8 percent of trips on foot or bicycle (compared to 55% in Germany)

U.S. seniors are three times more likely to be killed walking than in Germany and six times more likely than in the Netherlands

driving and pedestrian fatality rates are highest for seniors

TRANSPORTATION/MOBILITY/ ACCESSIBILITY



Photo Surface Transportation Policy Project

Barriers to Aging-In-Place

STRANDED SENIORS




Seniors who don't drive take 15% fewer trips to the doctor; 59% fewer shopping trips


65% fewer trips for family, social, community, and religious activities

61% of senior non-drivers stay home on a given day in more spread-out built environments; only 43% do in more dense, mixed-use areas

Photos City of Rochester; Democrat & Chronicle; Figures: Surface Transportation Policy Project

Barriers to Aging-In-Place

ISOLATION



Aging in Place is more than just remaining in the home-- it is also about living and thriving in community

lack of transportation options increases isolation

so does unsafe neighborhoods (crime, traffic)

isolation can erode physical and mental health

rising aging-related costs means government often cuts "expendable" social and community programs and services

Photo from USDA

Barriers to Aging-In-Place

BURDEN ON LOCAL GOVERNMENT and AGING AGENCIES

Local government and agency burden for senior services increasing as population ages and costs rise:

- Housing
- Transportation
- Medical
- Social services

•“Structural Lag”: Budgets for government aging agencies and non-profits not rising despite “age wave”



Photo courtesy State Gazette, Dyersburg, TN

Breaking the Barriers to Aging in Place: Best Practices

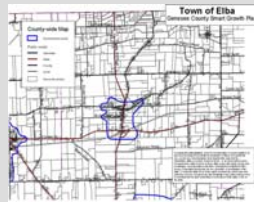
IRONDEQUOIT TOWN CENTER PLAN



Logo Town of Irondequoit; Photo Roc Wiki

Breaking the Barriers to Aging in Place: Best Practices

GENESSEE COUNTY SMART GROWTH PLAN



Photos from Elba Village web site, Genessee County

Breaking the Barriers to Aging in Place: Best Practices

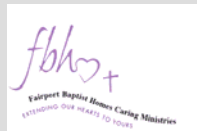
LIVONIA, SKANEATELES JOINT PLANS



Photos from Livonia Area Preservation and Historical Society, Sherwood Inn

Breaking the Barriers to Aging in Place: Best Practices

“NORC” (Naturally Occurring Retirement Communities)



Photos from Eastwood Management: Jewish Family Service of Rochester; Fairport Baptist Homes

Breaking the Barriers to Aging in Place: Best Practices

ARTWalk of ROCHESTER



Breaking the Barriers to Aging in Place:
Best Practices



**BRIDGING NEIGHBORHOODS
(ROCHESTER)**



Breaking the Barriers to Aging in Place:
Best Practices

COTTAGE HOMES / PATIO HOMES



- Smaller footprints and smaller lots
- Fit well into existing village and hamlet communities
- Less infrastructure needed

Highlands of Pittsford, Cherry Ridge in Webster

Breaking the Barriers to Aging in Place:
Best Practices

BETTER HOUSING OF TOMPKINS COUNTY



- Affordable rentals for seniors
- Housing repair and rehab
- Modular Elder Cottages

Photo from Better Housing of Tompkins County

Breaking the Barriers to Aging in Place:
Best Practices

**CITY OF LINCOLN, NEBRASKA
DENSITY BONUSES**



Photos from City of Lincoln

Breaking the Barriers to Aging in Place:
Best Practices

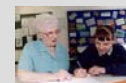
FOREST GROVE, OREGON:
• NEIGHBORHOOD STORES ORDINANCE
• METROPOLITAN COORDINATION



Graphics from City of Forest Grove, Ride Connection, Metro Portland

Breaking the Barriers to Aging in Place:
Best Practices

**CITY OF ROCHESTER
NEIGHBORHOOD ASSET MATCHING**



Photos City of Rochester and NeighborWorks Rochester

Breaking the Barriers to Aging in Place: Best Practices

ESSEX COUNTY HORACE NYE NURSING HOME



The Challenges Now, The Challenges Ahead



Variables included in this site's personalized search for retirement communities:

- .Affordable housing
- .Plentiful leisure activities
- .Plentiful cultural options
- .Low pollution
- .Low crime rate
- .Low auto insurance
- .Access to quality health care

**WHAT'S
MISSING???**

The Challenges Now, The Challenges Ahead



The Challenges Now, The Challenges Ahead

Jul 17, 2003

10 Dead In Farmer's Market Crash

Elderly Man At The Wheel Says
He Hit Gas Instead Of Brake



Photos CBS News

What Local Governments Can Do Now

INVOLVE SENIORS
IN THE PLANNING
PROCESS



Do planning with them,
instead of for, or to them

What Local Governments Can Do Now

KNOW
YOUR
DEMOGRAPHICS:
*How High
and Fast
is Your
Community's
"Age Wave"?*



What Local Governments Can Do Now

APPLY SENIOR PERSPECTIVE TO REVIEW AND IMPROVE PLANS, PROGRAMS, PRACTICES, PLACES

review and revise plans and zoning codes

focus new development in already-developed areas;
mixed-use, higher density, walkability
PLAN COOPERATIVELY: INTER-MUNICIPALLY, REGIONALLY

review the built environment and public realm
for accessibility, mobility, community

What Local Governments Can Do Now

APPLY SENIOR PERSPECTIVE TO REVIEW AND IMPROVE PLANS, PROGRAMS, PRACTICES, PLACES

review transportation infrastructure, networks, programs;

review housing stock, programs and services;
enable housing types that give seniors better options, aid aging in place:
accessory units, shared housing, Elder Cottages, etc.

incorporate accessibility standards
(universal design, "life-cycle housing", into new construction)

review other facilities and services:
recreation, social, library, emergency service, etc.

What Local Governments Can Do Now

APPLY SENIOR PERSPECTIVE TO REVIEW AND IMPROVE PLANS, PROGRAMS, PRACTICES, PLACES

Model transferable best practices (see resources)

Come up with your own best practices!

Ensure the "senior lens"
is part of all present and future planning!

Thanks for your time,
and thanks for your public service!

SWBR ARCHITECTS
www.swbr.com
585-232-8300



Green Village Consulting
www.greenvillage.us
585-461-0638