The Livability Index: Great Neighborhoods for All Ages

Jana Lynott, Senior Strategic Policy Advisor
AARP Public Policy Institute
@AARPpolicy, #LivIndex
www.aarp.org/livabilityindex

WHAT IS A LIVABLE COMMUNITY?

"A livable community is one that is safe and secure, has affordable and appropriate housing and transportation options, and offers 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."
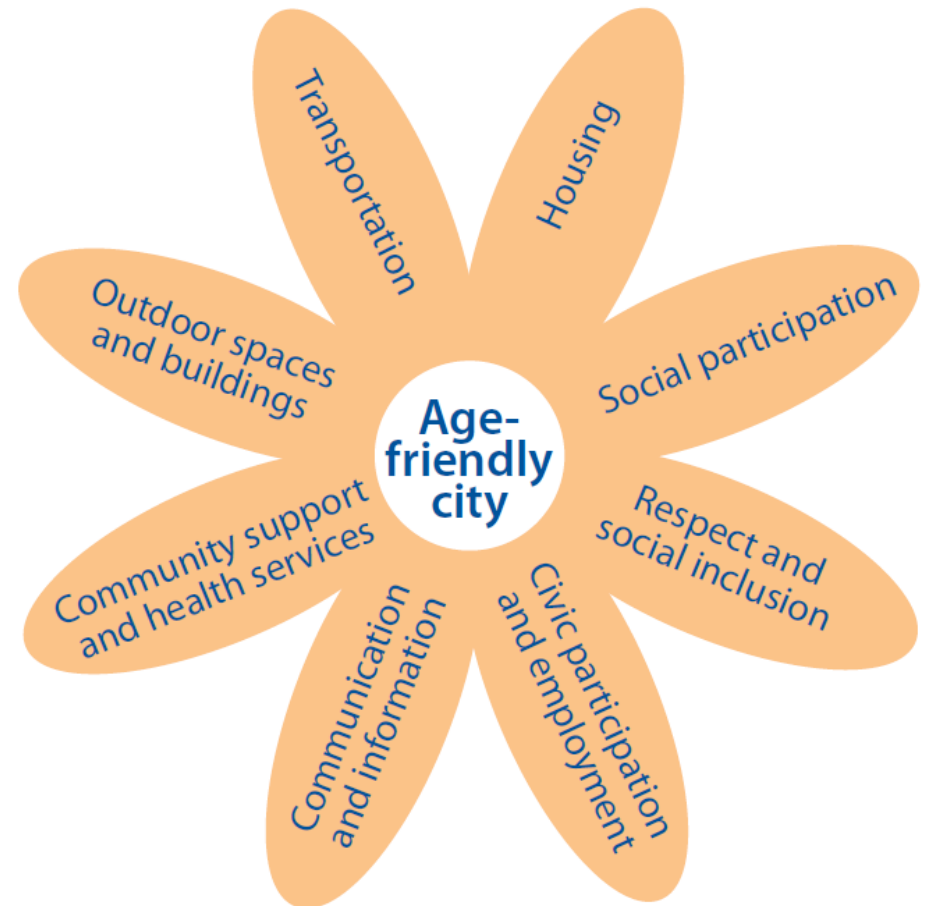
—AARP Public Policy Institute

WHY DID AARP CREATE THE LIVABILITY INDEX?

How can the Index be used?

- Catalyze community conversations for lasting change

Age-friendly city

Transportation

Housing

Outdoor spaces and buildings

Social participation

Community support and health services

Respect and social inclusion

Communication and information

Civic participation and employment

HEALTH
Healthy Behaviors
Access to Health Care
Quality of Health Care
Commitment to Livability

ENGAGEMENT
Internet Access
Civic Engagement
Social Engagement
Equal Rights
Commitment to Livability

ENVIRONMENT
Water Quality
Air Quality
Resilience
Energy Efficiency
Commitment to Livability

OPPORTUNITY
Equal Opportunity
Economic Opportunity
Education
Multi-generational
Communities
Local Fiscal Health
Commitment to Livability

Explore the Score

HOUSING
Housing Accessibility
Housing Options
Housing Affordability
Commitment to Livability

TRANSPORTATION
Convenient Transportation Options
Transportation Costs
Safe Streets
Accessible System Design
Commitment to Livability

NEIGHBORHOOD
Proximity to Destinations
Mixed-use Neighborhoods
Compact Neighborhoods
Personal Safety
Neighborhood Quality
Commitment to Livability

WHAT IS THE LIVABILITY INDEX: GREAT NEIGHBORHOODS FOR ALL AGES

AARPBulletin

MAY 2015

Best Cities for Staying Healthy:
San Francisco, CA
Arlington, VA
Novato, CA

Easiest Cities to Get Around:
San Francisco, CA
Buffalo, NY
Hoboken, NJ

Best Cities for Making New Friends
Washington, DC
Sioux Falls, SD
Rapid City, SD

Best Cities for Date Night
Nashville, TN
Richmond, VA
Brentwood, TN

AARPBulletin

MAY 2015

Most Livable Neighborhoods

1. Mifflin West, Madison, Wis.
2. Upper West Side, Manhattan
3. Downtown Crossing, Boston
4. **South of Market, San Francisco**
5. Washburn, La Crosse, Wis.
6. Downtown, Sioux Falls, S.D.
7. Southside, Virginia, Minn.
8. Downtown, Bismarck, N.D.
9. Downtown, Seattle
10. Downtown, Los Alamos, N.M.

www.aarp.org/mostlivable2015

FOR MORE INFORMATION

Jana Lynott, Senior Strategic Policy Advisor
jlynott@aarp.org,   *@JanaLynott*

AARP Public Policy Institute
www.aarp.org/livabilityindex
         @AARPpolicy, #LivIndex

AARP Livable Communities Resources
www.aarp.org/livablepolicy
www.aarp.org/livable

AARP Great Places Blogs by PPI Livable Communities Team
http://www.aarp.org/ppi/issues/livable-communities/info-2015/team-blogs.html

Multigenerational Planning for Elders and Children

Webinar

June 3, 2015

Mildred E. Warner

Department of City and Regional Planning, Cornell University

www.mildredwarner.org/planning | mew15@cornell.edu

Aging Population Creates Care Needs At Both Ends of the Life Cycle

Total Population by Age and Sex: 1900, 1950, and 2000

Legend: 2000, 1950, 1900
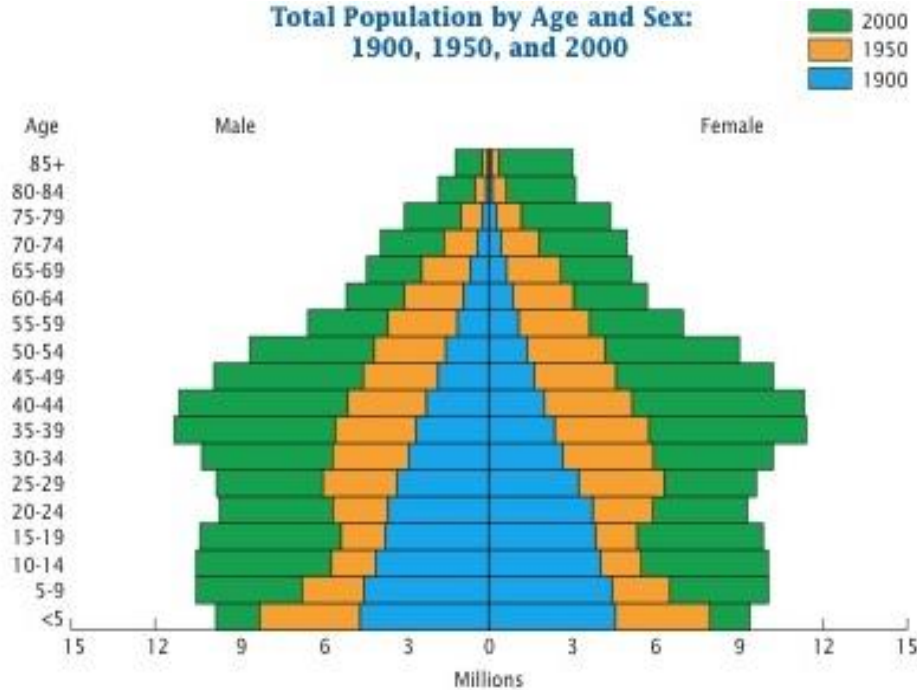
Source: U.S. Census Bureau, decennial census of population, 1900, 1950, and 2000.

Need a Multi-generational Planning Approach

Common Vision

Inclusive Design

Shared Services
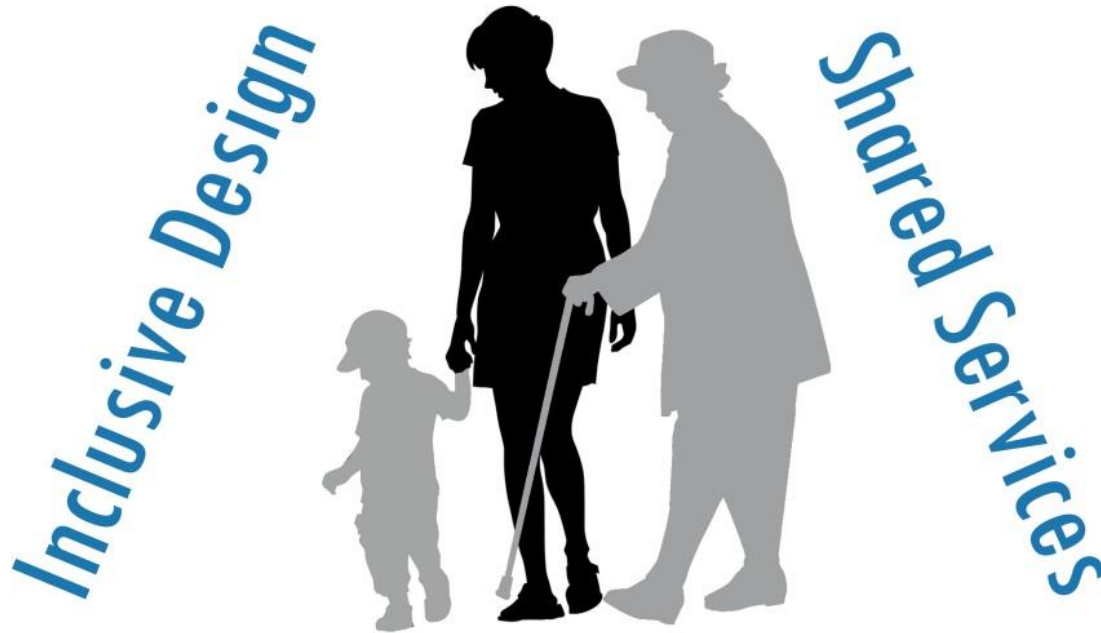
Planning Across Generations

Core Principles

Planning Across Generations

unicef

Child-Friendly Cities

Basic Services
Safe Water
Safe Streets
Opportunity to Play
Civic Participation
Family Support
Protection from
Exploitation

Many Common Elements

World Health Organization
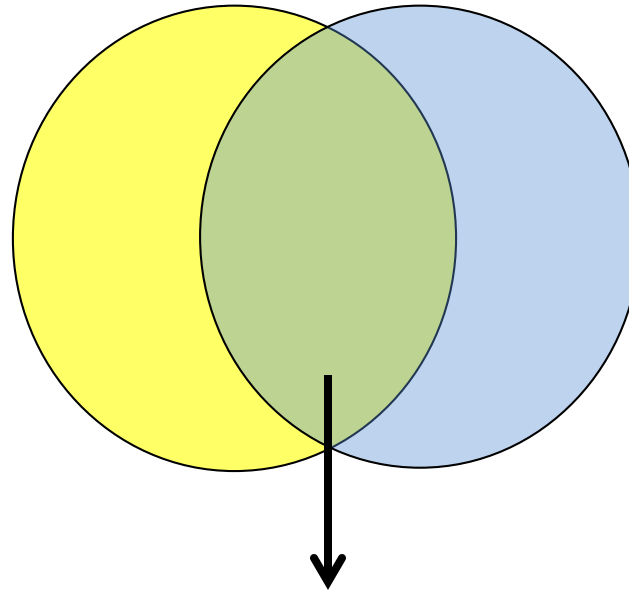
Age-Friendly Cities

Housing
Transportation
Services (Health)
Outdoor Spaces
Communication
Civic and Social
Participation
Respect

4

APA Aging Policy Guide

- Housing – variety of types, accessory flats, eliminate family definitions
- Land Use – promote connectivity, allow mixed use
- Transportation – from commuting to mobility
- Economic Well Being –inclusive of all ages, support care work
- Community Assets – services, formal and informal supports
- Participation – across age, class, race, gender

New Urbanist Bias in Planning for Aging

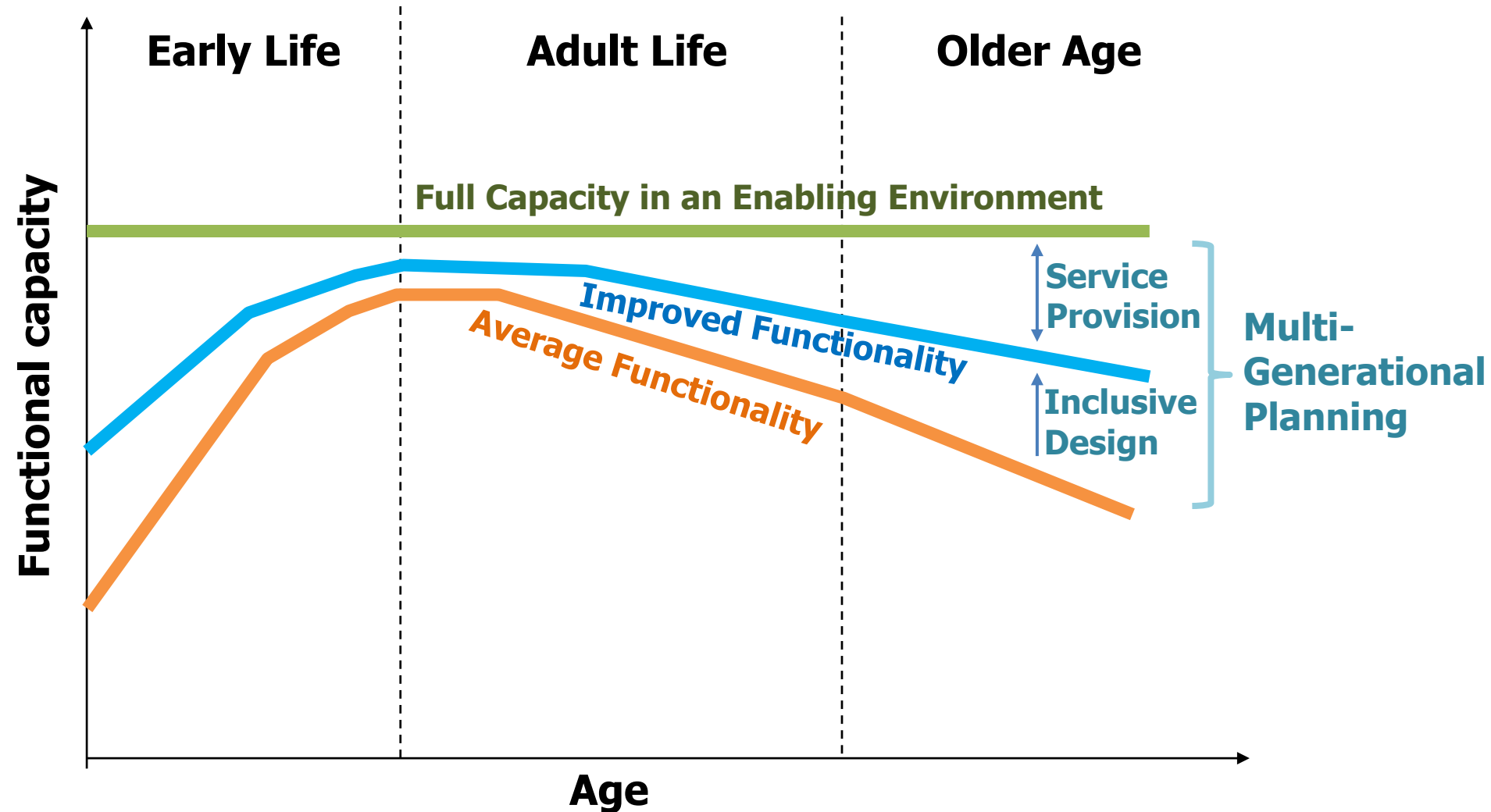- Majority of elders in suburban and rural areas
- Built environment difficult to change in the short term
    - Especially if community lacks development pressure
- How can we support aging in place and respect the current location choices of seniors?
- Can a multi-generational approach help?
- Will this help build political will for investment?

A Framework for Multigenerational Planning
The link between design and services

Planning Across Generations

Early Life | **Adult Life** | **Older Age**

Functional capacity (vertical axis)

Full Capacity in an Enabling Environment

Improved Functionality

Average Functionality

Service Provision

Inclusive Design

Multi-Generational Planning

Age (horizontal axis)

Source: Author based on WHO, Global Age Friendly Cities, 2007

Where are we now?

o Results of Planning Across Generations Survey

2013 with the International City/County

Management Association and Cornell University

o Surveyed attitudes, actions, zoning and planning

o 1478 city managers responded

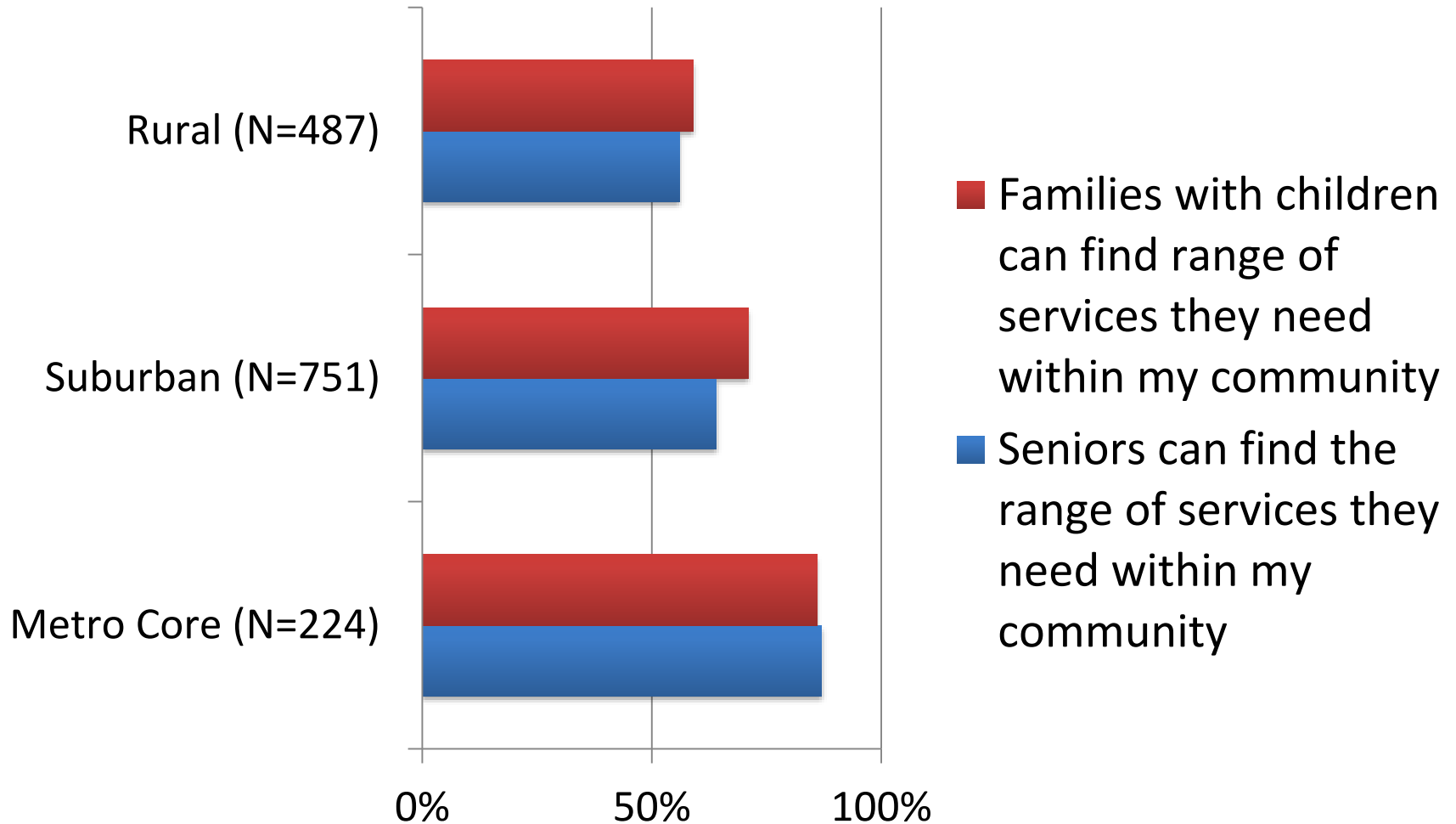o Data tables that follow show % responding

Built Environment Not Optimal
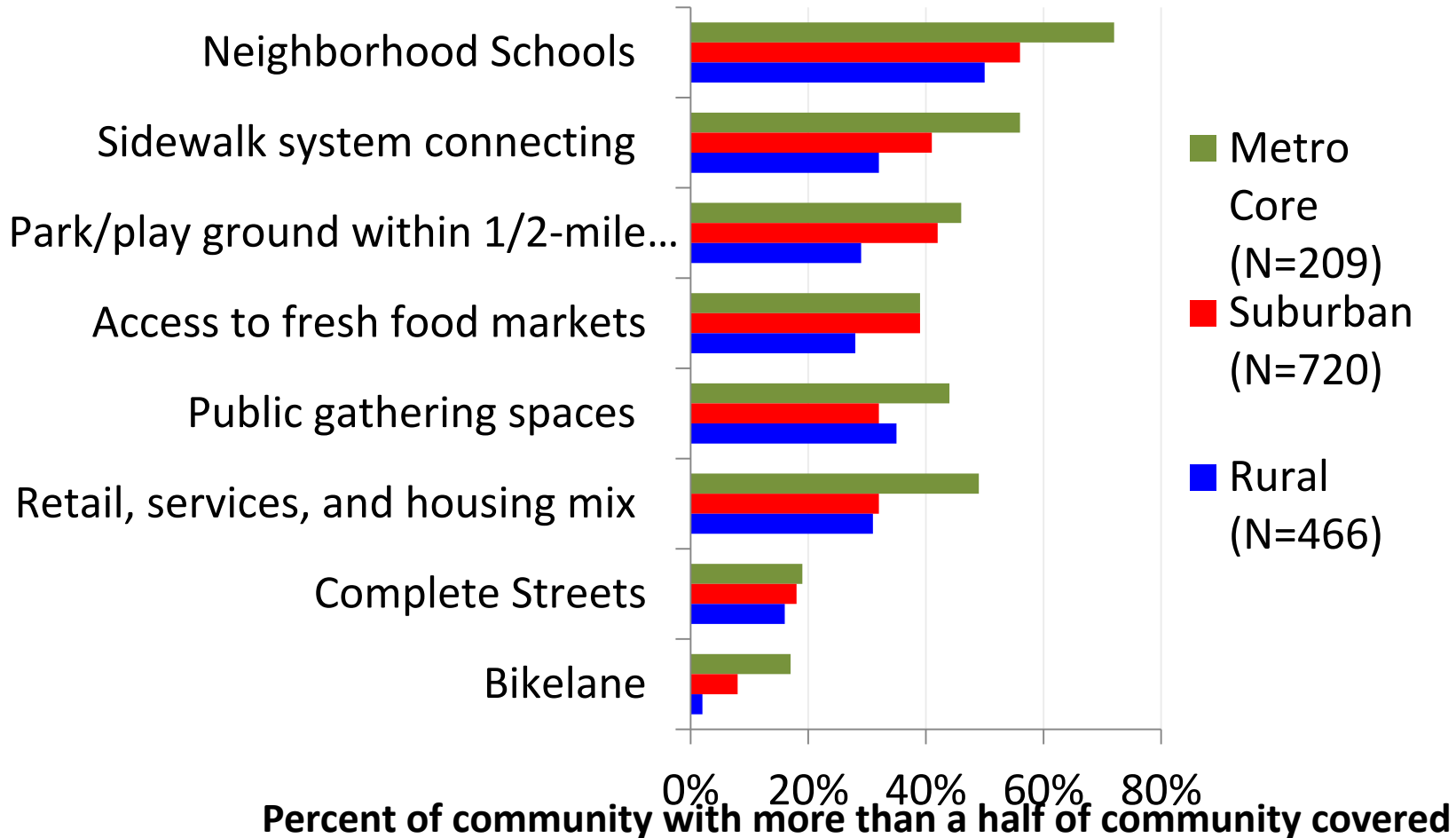
Regulations to promote connectivity, mixed use, density – suburbs and rural areas lag behind
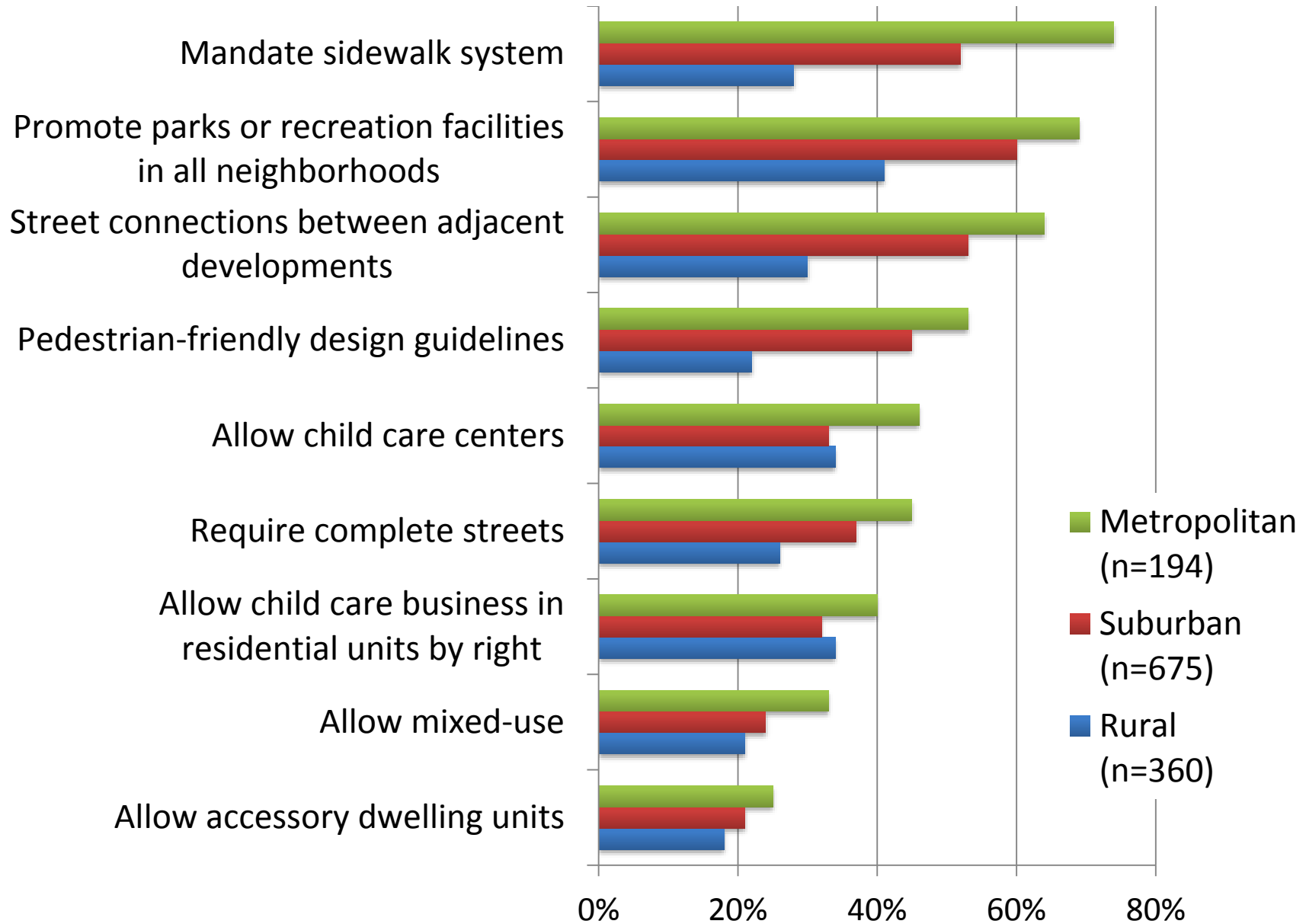
Service Delivery Also Lags in Suburbs and Rural Areas

Joint Programming for Different Ages may be one solution

Public School/Municipal Collaboration	Metro Core (N=218)	Suburban (N=738)	Rural (N=464)
Schools and local government share facilities	78%	59%	48%
Local government participates in school district educational facility planning	41%	28%	21%
Which of the following services are offered in your community's public schools?	Metro Core (N=174)	Suburban (N=498)	Rural (N=284)
Child care services	64%	53%	38%
Adult education services	57%	51%	50%
Recreation programs for all ages	53%	52%	43%
Nutrition programs/meals for seniors	34%	34%	42%
Health care services for all ages	21%	13%	19%

ICMA Planning Across Generation Survey, 2013 (1,478 city managers responding)

Barriers to Joint Programming for Different Ages

ICMA Planning Across Generation Survey, 2013 (1,478 city managers responding)
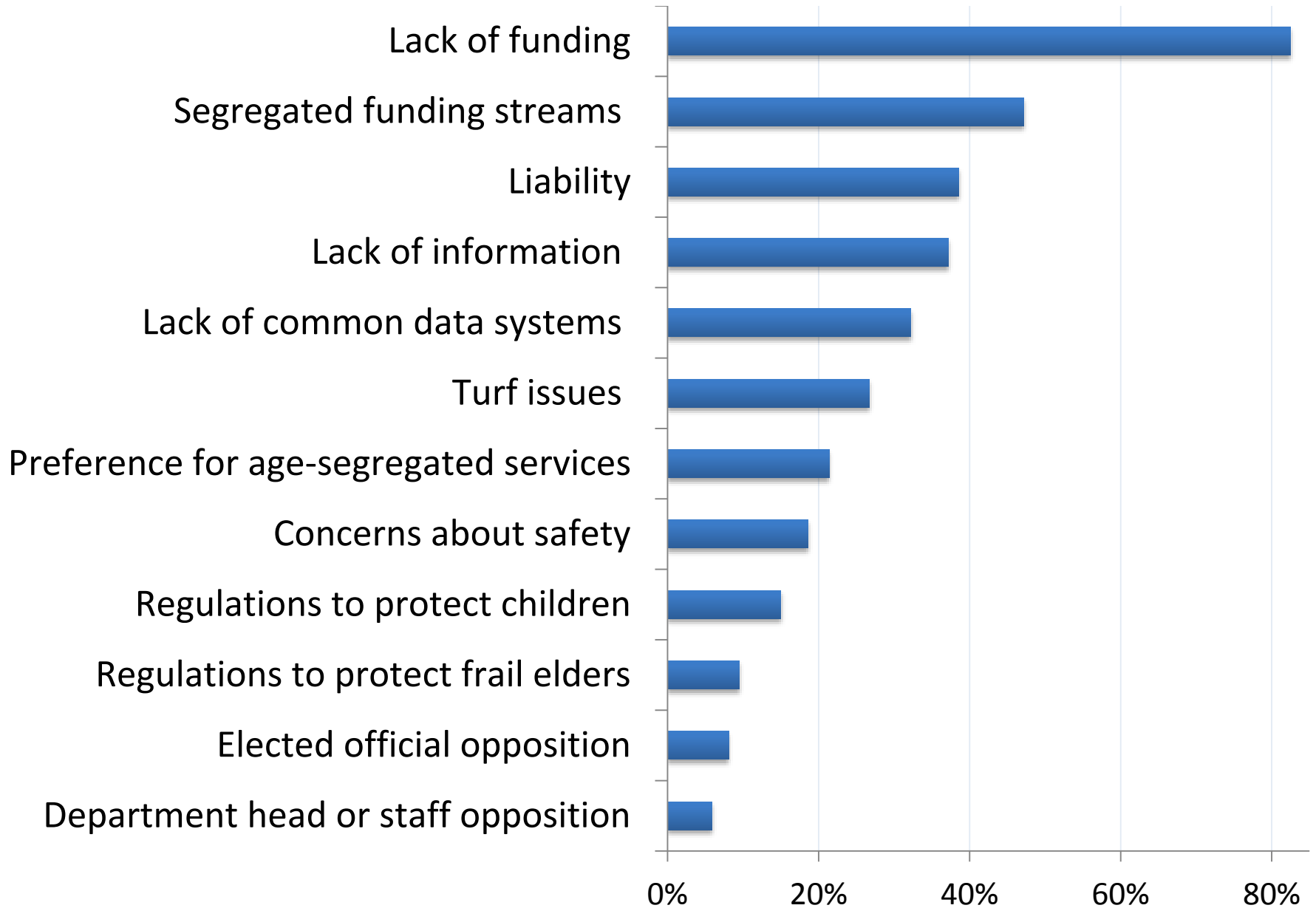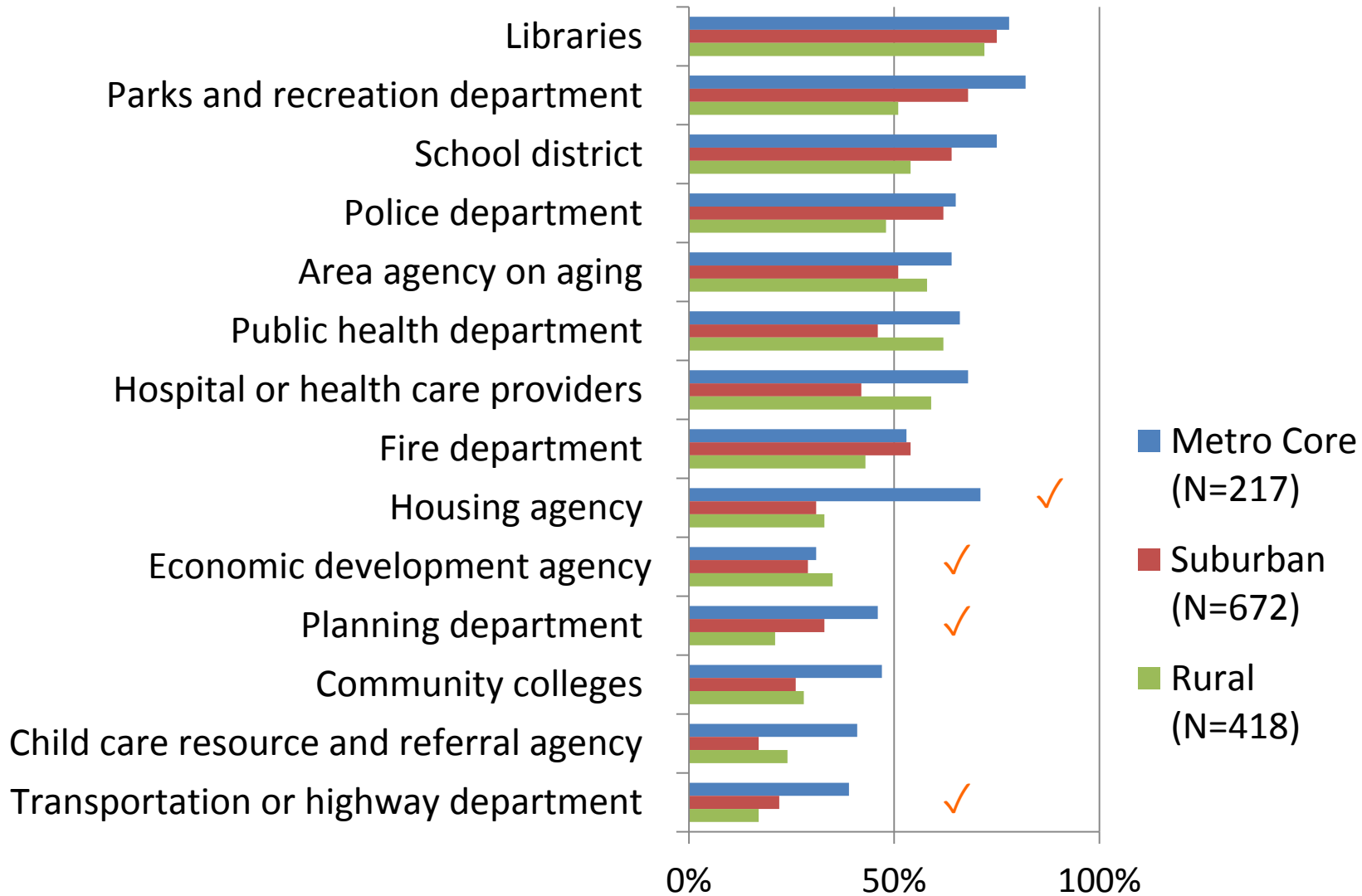
Cross Agency Partnerships Needed

Are any of the following engaged in cross-agency partnerships to serve children or seniors?

Attitudes: City Managers See the Link between Serving Families with Children and Seniors

	Agree(%)
Seniors are a resource for the community	95%
Children are a resource for the community	94%
The community has a responsibility to care for children and youth	84%
The community has a responsibility to care for seniors	79%
The needs of families with young children are similar to the needs of the elderly with regards to the physical environment	78%
Communities that keep people for their entire lifespan are more vibrant	77%
Seniors generate sufficient tax revenue to cover the cost of services they demand	25%
Families with children generate sufficient tax revenue to cover the cost of services they demand	20%

Note: Percent reporting "Agree" and "Strongly Agree"

ICMA Planning Across Generation Survey, 2013 (1,478 city managers responding)

But are not giving specific attention to planning for families with children and seniors

Does Your Plan Specifically Address?	Emergency Plan	Comprehensive Plan	Economic Development Plan
Seniors (Metro)	77%	58%	28%
Seniors (Suburb)	71%	54%	32%
Seniors Rural	66%	51%	34%
Children/Youth (Metro)	66%	57%	27%
Children/Youth (Suburb)	64%	55%	32%
Children/Youth (Rural)	64%	51%	35%

ICMA Planning Across Generation Survey, 2013 (1,478 city managers responding)

Multigenerational Approaches May Address High Costs of Serving Children and Seniors

Promote fiscal efficiency (41%)

Government Spending by Age (2004)

Federal expenditures
State and local expenditures
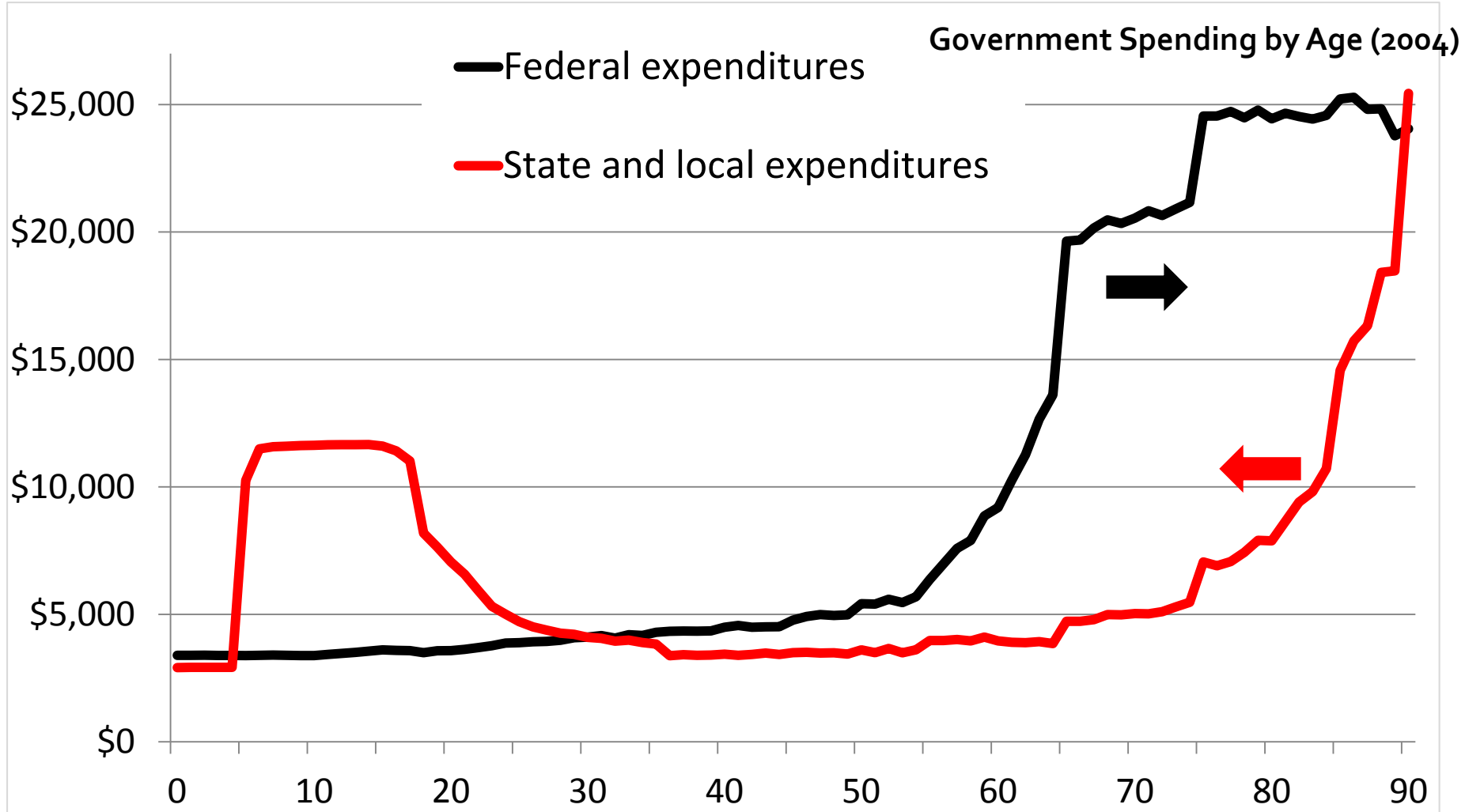
Based on estimates by Edwards, Ryan D. 2010. Forecasting Government Revenue and Expenditure in the U.S. Using Data on Age-Specific Utilization, Working Paper no. WP10-01.

New Social Compact – Serving Children *and* Elders

Easier to raise funds if facilities are for all ages (51%)

U.S. Population by Age and Race/Ethnicity
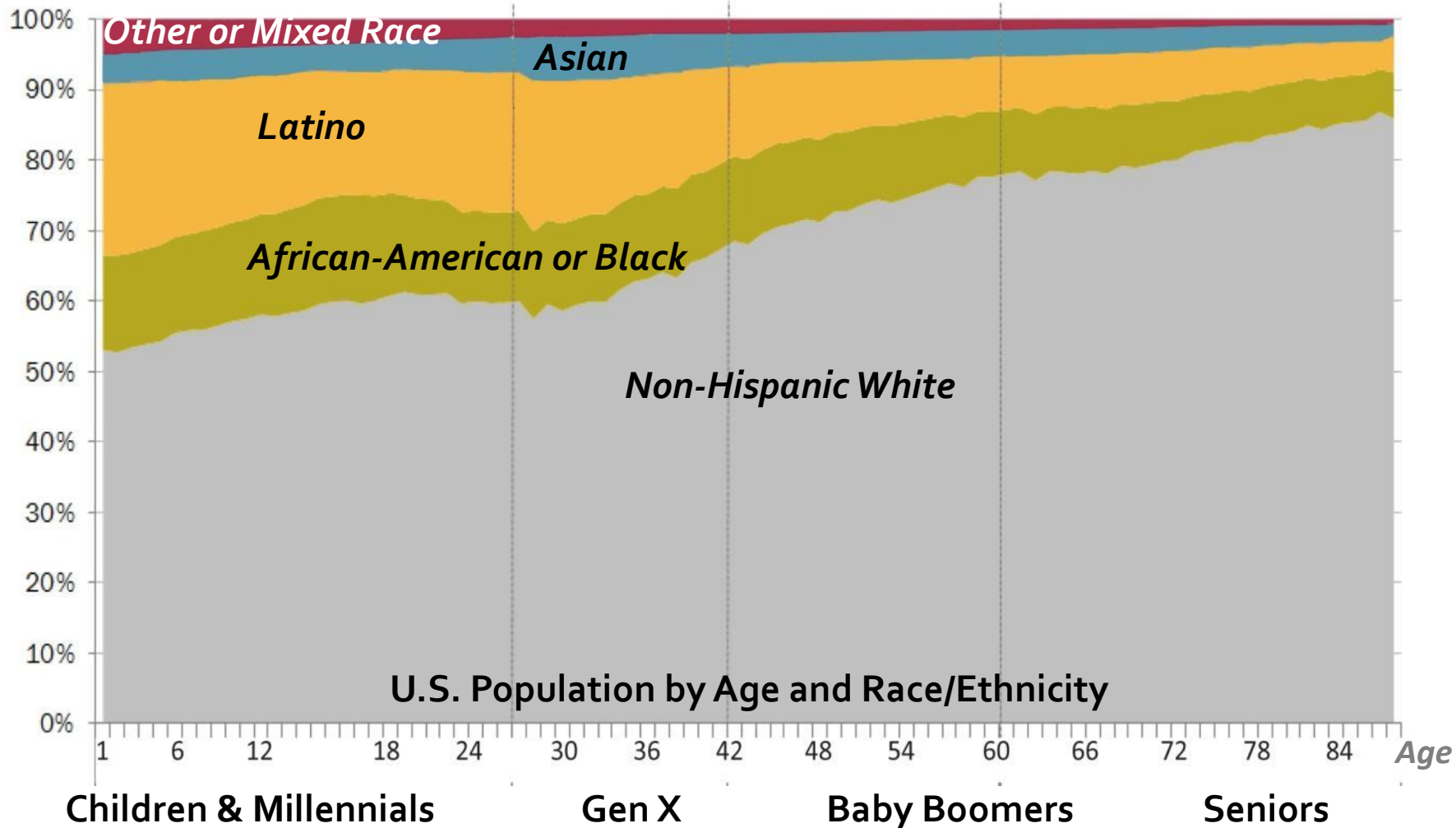
PolicyLink. 2011. "The Changing Face of America: Demographic Change and the New Policy Agenda." Presentation by Manuel Pastor at PolicyLink Equity Summit, 2011.

A Strategy for the Future

Common Vision
Inclusive Design
Shared Services

Planning Across Generations

Contact:
www.mildredwarner.org/planning
| mew15@cornell.edu

Articles
- Not Your Mother's Suburb
- Planning Across Generations Survey Results

Issue Briefs:
- Joint Use with Schools
- Health Impacts
- Rural Differences
- Gender Concerns
- Informal Networks
- Family Friendly Planning
- And more!

Resilient Communities: Empowering Older Adults in Disasters & Daily Life

Lindsay Goldman, LMSW
Project Director

APA Webinar
June 3, 2015

Older People in New York City

- 1.4 million people 60+ = 17.4% of total population
- 59% female
- 25% employed
- 26.5% difficulty with mobility/self-care
- 58% in Brooklyn or Queens
- 55% rent
- 30% live alone
- 15.5% poor

AGE-FRIENDLY NYC

The Office of the Mayor
The New York City Council
The New York Academy of Medicine

Outdoor space & buildings

Transportation

Communication & information

Housing

Respect & social inclusion

Social participation

Civic participation & employment

Community support & health services

World Health Organization, 2007

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Notable Outcomes 2007-2015

- **13** City agencies working together

- Over **2,000,000** people benefit from age-friendly neighborhood improvements

- All **70** Business Improvement Districts, representing **30,000** storefront businesses, **85,507** total businesses and **1,007,988** employees, educated in age-friendly business practices

- **21%** reduction in pedestrian fatalities among older people

- **4,000** new bus shelters and **1,300** new benches

- Designated swim hours and water aerobics for older people in **16** public pools

Projected Population Growth
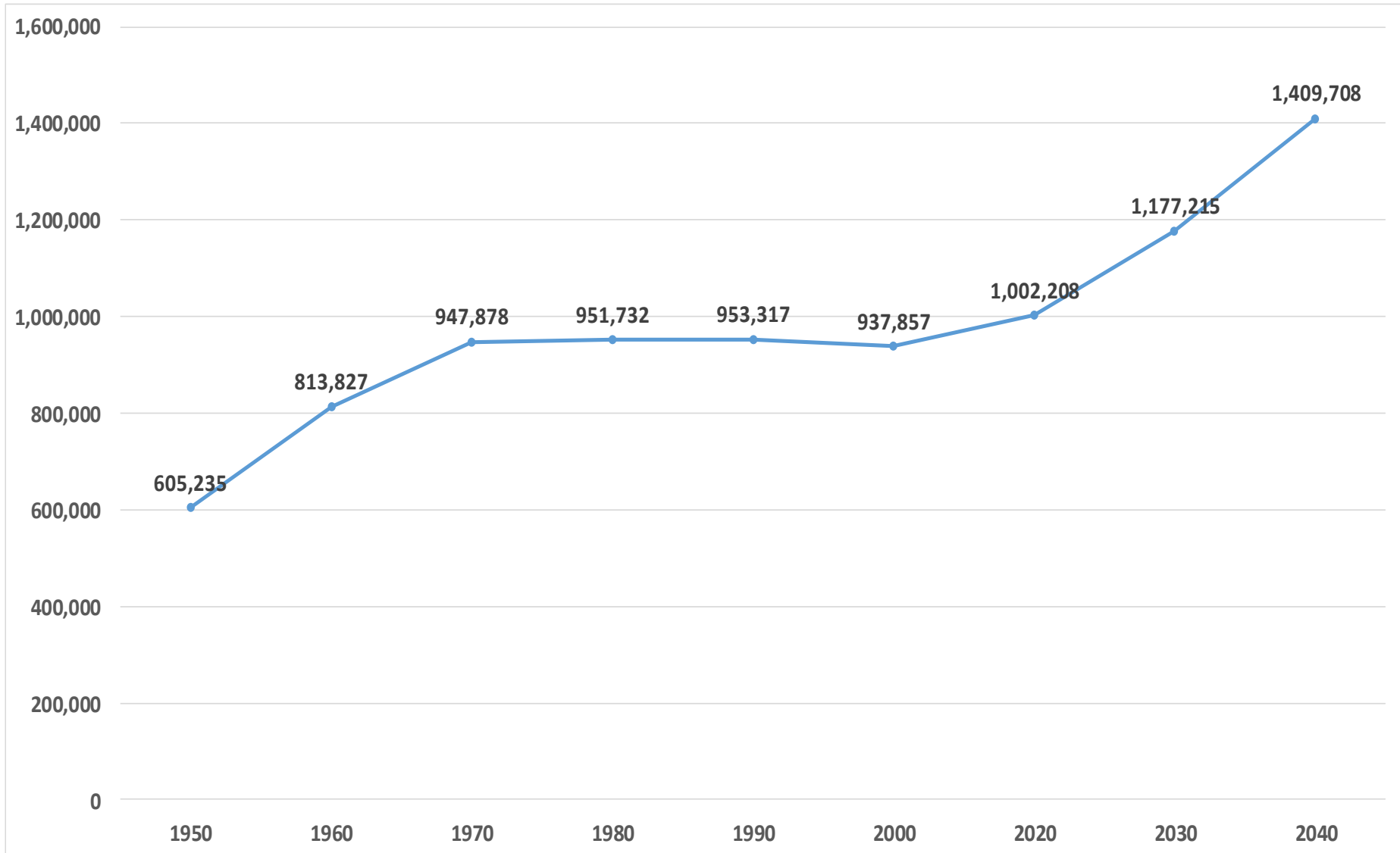
Source: NYC Dept. of City Planning, 2013

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Number of Community-Dwelling Older Adults

● 1 Dot = 100 Community-dwelling Older Adults (65+)

OEM Hurricane Evacuation Zones 2013
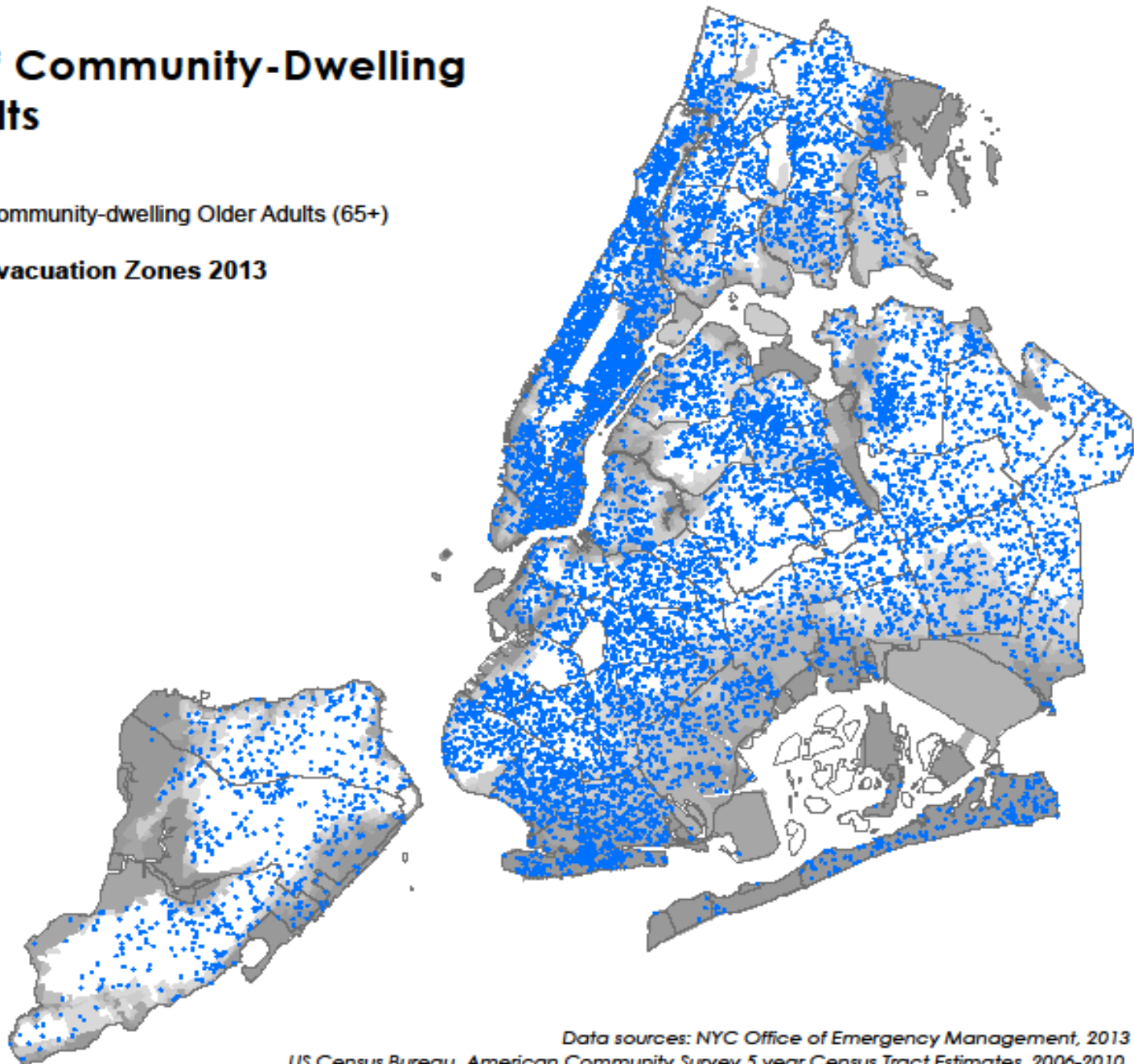
6
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FOR REAL ESTATE & URBAN POLICY
NEW YORK UNIVERSITY

Data sources: NYC Office of Emergency Management, 2013
US Census Bureau, American Community Survey 5 year Census Tract Estimates, 2006-2010

Community-Dwelling Older Adults with Limited English Proficiency

1 Dot = 100 Community-dwelling Older Adults (65+)
Who Speak English "Less than Well"

Primary Language

- Spanish
- Other European Languages
- Asian Languages
- Other Languages

OEM Hurricane Evacuation Zones 2013

- 6
- 5
- 4
- 3
- 2
- 1

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Data sources: NYC Office of Emergency Management, 2013
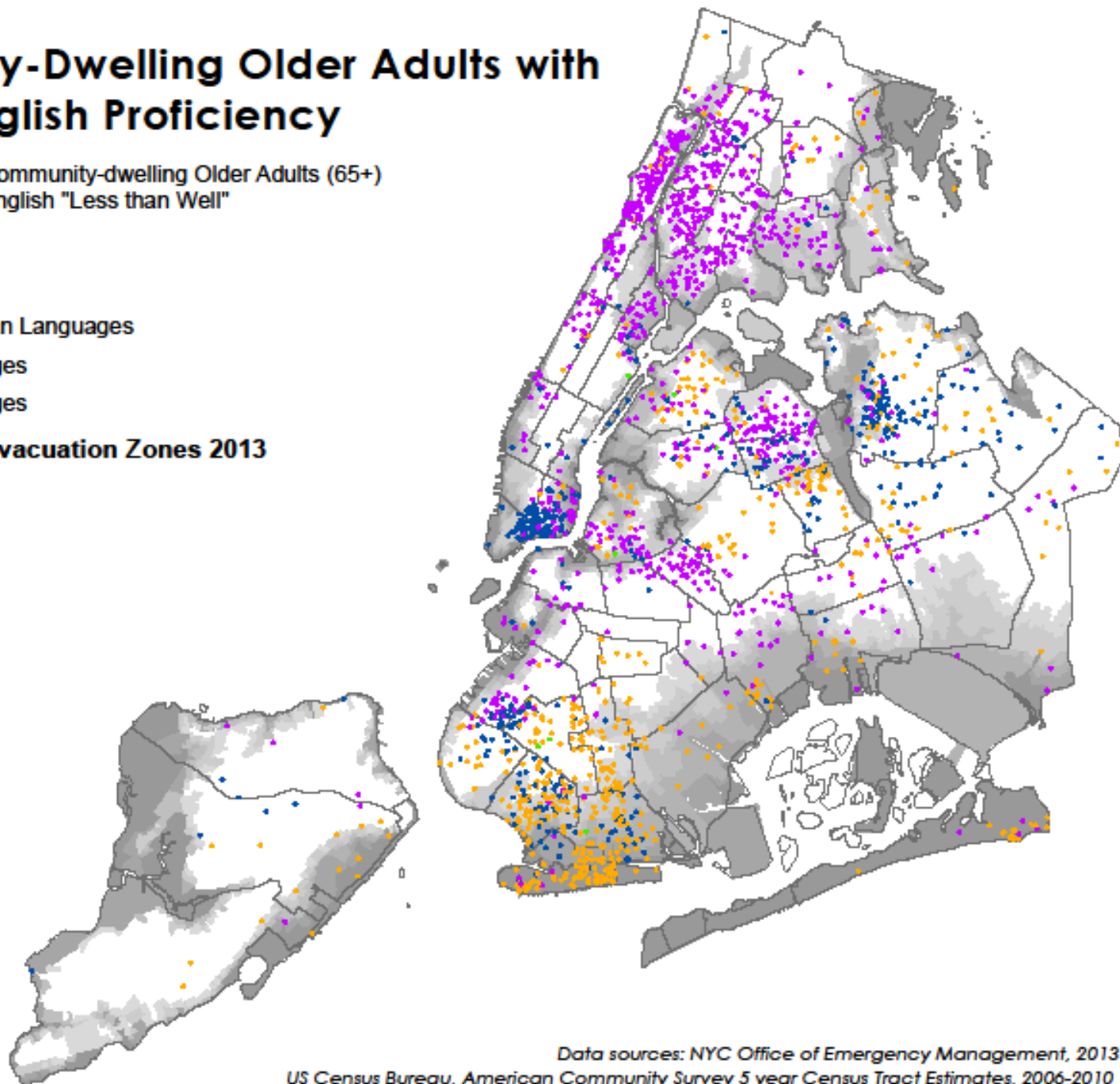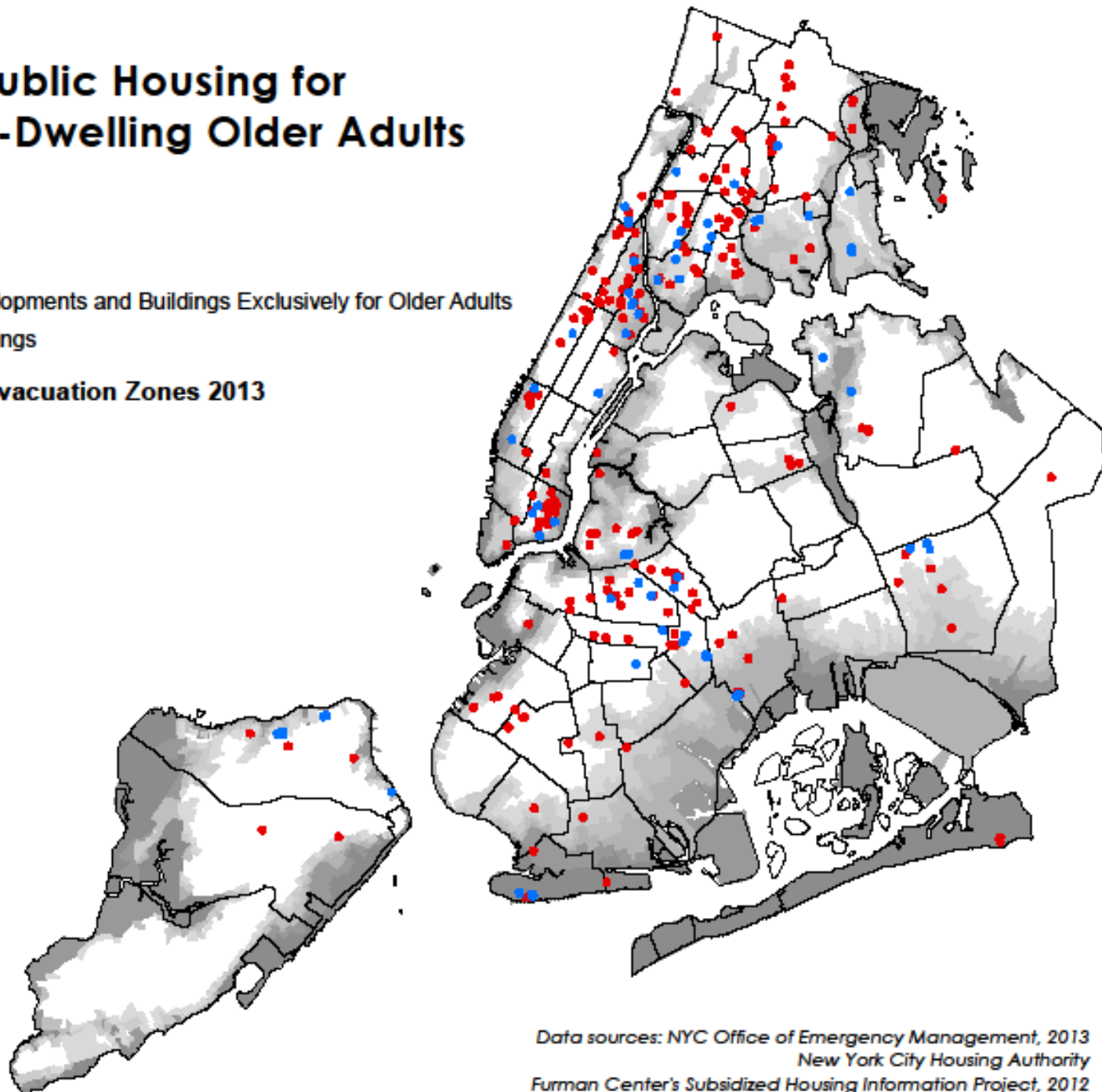*US Census Bureau, American Community Survey 5 year Census Tract Estimates, 2006-2010*

Density of Public Housing for Community-Dwelling Older Adults

• NYCHA Developments and Buildings Exclusively for Older Adults

• 202/811 Buildings

OEM Hurricane Evacuation Zones 2013

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NEW YORK UNIVERSITY

Data sources: NYC Office of Emergency Management, 2013
New York City Housing Authority
Furman Center's Subsidized Housing Information Project, 2012
NYC Department of Planning, PLUTO Dataset, 2012

Older Adults in New York Disasters

2001 World Trade Center Attacks
2003 Blackout
2006 Heat wave
2011 Heat wave
2011 Hurricane Irene

2012 Hurricane Sandy

•25/44 deaths (57%)

•Tens of thousands trapped

20??   ????????

Older Adults & Disasters Initiative

IOM and NYAM Convening to Identify
Post-Storm Research Priorities (11/12)

NYAM funded by **The New York Community Trust** and the **Altman Foundation** (2/13)
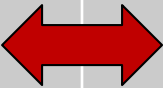
NYAM Convenes **Older Adults & Disasters Policy Advisory Committee** (5/13)

Methods:

➢ Literature Review

➢ Secondary Data Analysis

➢ Key Informant Interviews (n=55)

➢ Focus groups (n=138)

➢ Mapping

What Does the Literature Say About Older People in Disasters?

Older Adults More Psychologically Resilient	Older Adults More Vulnerable
Life experience may have protective value	Predisposition to mobility and cognitive impairment, chronic health conditions, diminished sensory awareness, social isolation, and financial limitations

"I wasn't afraid of what could happen worse than what I had already seen in my life… I was able to accomplish a few things and help a few people so I didn't think about the misery."
*–Resident Focus Group Participant*

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What Do Older New Yorkers Have to Say?

Five Communities Directly Affected By Hurricane Sandy Where Focus Groups Were Held

Manhattan CD 3
Queens CD 14
Staten Island CD 2
Brooklyn CD 13
Census tracts for Red Hook: Kings County 53, 59, and 85

OEM Hurricane Evacuation Zones 2013

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The New York Academy of Medicine
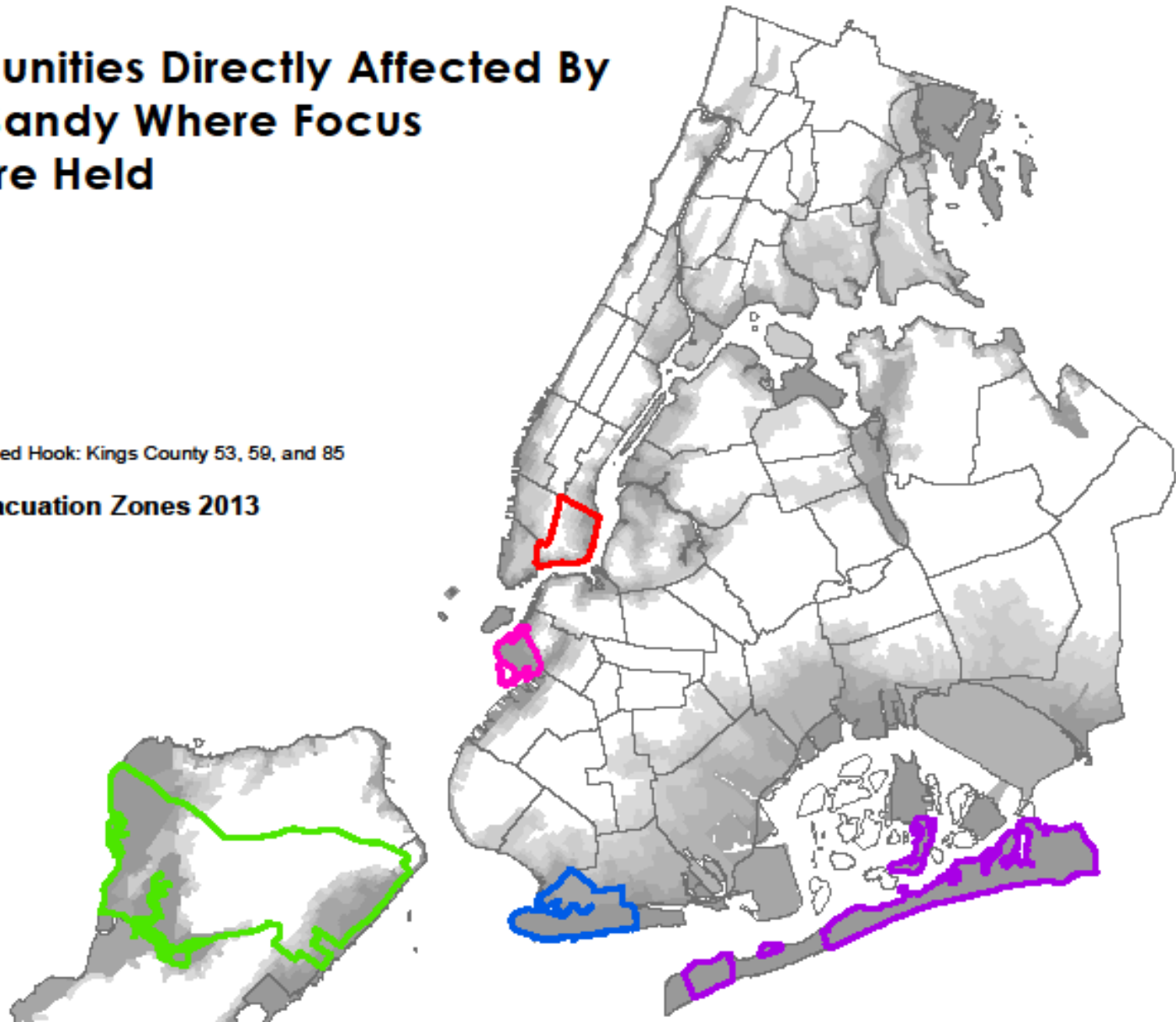
Findings: Formal and informal social networks influenced decisions and facilitated access to information, assistance, and resources.

"I didn't receive a note on my door. I depend on my neighbors for information, and my neighbors were gone. And I couldn't use the phone."

–Residents Focus Group Participant

Findings: Because older people had not been adequately engaged in emergency planning, emergency services were often inadequate, inappropriate, or inaccessible, and basic and healthcare needs went unmet.

Findings: Older adults actively supported their communities.

Mean age of residents = 72 (age range: 47 to 99)
Mean age of responders = 51 (age range: 24 to 83)

"So what I did, I'm usually the oldest person in the building, so I cooked for the younger kids so I made [food]… and they came and they ate and we had a plan. If anything happens we go up to the fourth floor. The girl on the fourth floor left and left her door open for us. When we saw the water rising, we went up."

–Residents Focus Group Participant

Findings: Neighborhoods Responded

73% of responders were local

"No one from FEMA spoke Chinese. They were stationed at the Chinese Benevolent Association, and no one can speak Chinese... I was asked if I could send people down to translate so we did. There should be some thought to these needs before a crisis."
–Frontline Responders Focus Group Participant

Overall Takeaways

❖ Pre-event functioning predicts response & recovery

❖ Community as primary point of intervention

❖ All sectors/agencies must be engaged

❖ Preparedness as a function of overall health and wellbeing

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Recommendations

➢ Engage older people as part of the solution

➢ Develop emergency plans with an "aging lens"

➢ Build local response capacity

➢ Enhance social networks

CONTACT INFORMATION

Ramona Mullahey - Private Practice Division Past Chair
808-457-4664, Ramona.Mullahey@hud.gov

Jana Lynott, AICP - Senior Strategic Policy Advisor
Transportation and Livable Communities
AARP Public Policy Institute
202-434-3893, jlynott@aarp.org *Twitter: @JanaLynott*
www.aarp.org/livabilityindex; www.aarp.org/livablepolicy
@AARPpolicy (#LivIndex)

Mildred E. Warner - Professor, City and Regional Planning
W. Sibley Hall, Cornell University - Ithaca, NY 14853
607-255-6816, mew15@cornell.edu http://www.mildredwarner.org

Lindsay Goldman, LMSW - Project Director, Division of Health Policy
The New York Academy of Medicine
212.419.3562, goldman@nyam.org
www.nyam.org/OlderAdultsResilienceReport