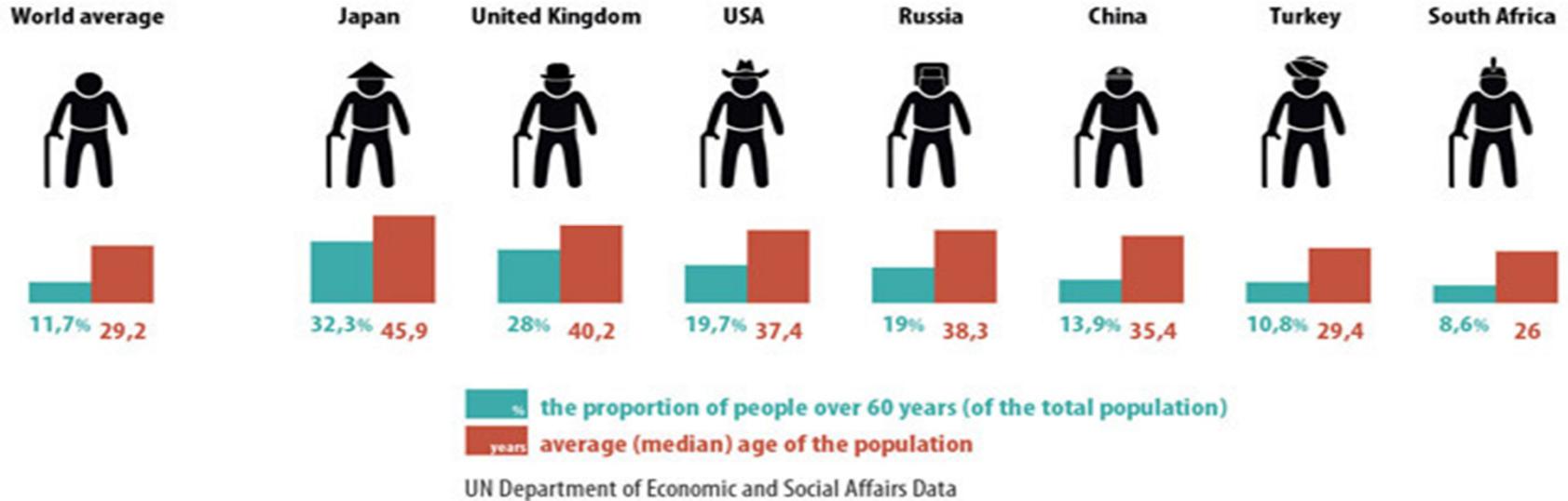


# Aging planet



## APA's New Aging in Community Programs

APA Webinar – October 16, 2015  
Ramona Mullahey, Past Chair  
APA Private Practice Division  
RamonaMullahey@hawaiiantel.net

# AGENDA

- The aging phenomenon
- APA's toolkit on aging
- PAS Report
- Connecticut's Livability Strategy
- Q & A

Population ageing is a major global trend that is transforming economies and societies around the world.

It is one of the most important demographic megatrends with implications for all aspects of our societies.



# The Need For Societies To Prepare For An Aging Boom

Ratio of Senior Citizens to Population in 2050 (%)

	Korea	38.2
	Japan	37.8
	Italy	33.3
	Spain	31.8
	France	26.9
	Canada	25.5
	China	23.3
	Mexico	22.1
	U.S.	21.6

Source: NSO



Play Big Inc: Inspired guides to the new economy - <http://culturalacupuncture.com/>

# FACTS ABOUT SENIORS BY THE NUMBERS

**86.7**  
**MILLION**

Projected number of people who will be 65 or older in the year 2050.

**21%**

In 2050, seniors age 65 & older will make up this much of the total population.

**147%**

The projected rate that the 65+ senior population will increase between 2000 & 2050.

**49%**

The U.S. population as a whole is expected to increase by only this much during the same period.

**483**  
**MILLION**

Current senior population of people age 65 and older in the world.

**974**  
**MILLION**

The total worldwide senior population over age 65 by 2030, projected by the Census Bureau.

**3.7**  
**MILLION**

Number of foreign-born U.S. residents who were 65 and older in 2004.



In the 65 – 74 age group, what are the percentages of widowers to widows?

- a) 2.2% men, 140% women
- b) 8.9% men, 42% women
- c) 22.9% men, 66.1% women.

**12%**

Seniors 65+ comprised this much of the total population.

[www.stander.com](http://www.stander.com)



# BECAUSE WE'RE

TODAY

## AMERICA'S TRANSFORMATION

2030

2050

THE UNITED STATES IS IN THE MIDST OF  
A DEMOGRAPHIC TRANSFORMATION.

**41**  
MILLION

people in America  
who are 65 years  
and older

**76%**  
MORE

**72**  
MILLION

people over  
the age of 65

**8%**  
MORE



By 2040,  
older adults,  
children and  
youth will  
make up over  
40% of the  
U.S. population.



We are more  
racially and  
ethnically diverse.  
By 2042, more  
than HALF of  
the nation will be  
people of color.

**74**  
MILLION

children and  
youth (ages 0-17)

**80**  
MILLION

children and  
youth (ages 0-17)

There is a growing racial generation gap. Today, more than half of Americans under the age of five are people of color compared to less than one in five Americans over 65.



# LONGEVITY *You'll be around, but will your money?*

Science has helped us live longer in recent years, but has not prepared the average American to make their money last long through retirement and an increased life expectancy.

## AGE IN THE UNITED STATES

### LIFE EXPECTANCY *by year*



*The difference in*  
**AVERAGE LIFE EXPECTANCY**  
*between*  
**MEN & WOMEN**  
**IN THE U.S. IS FIVE YEARS**

**76**  
*men*

**81**  
*women*



**AFTER THE AGE OF 80, THE RATIO OF  
WIDOWS TO WIDOWERS  
IN THE US IS 5 TO 1**

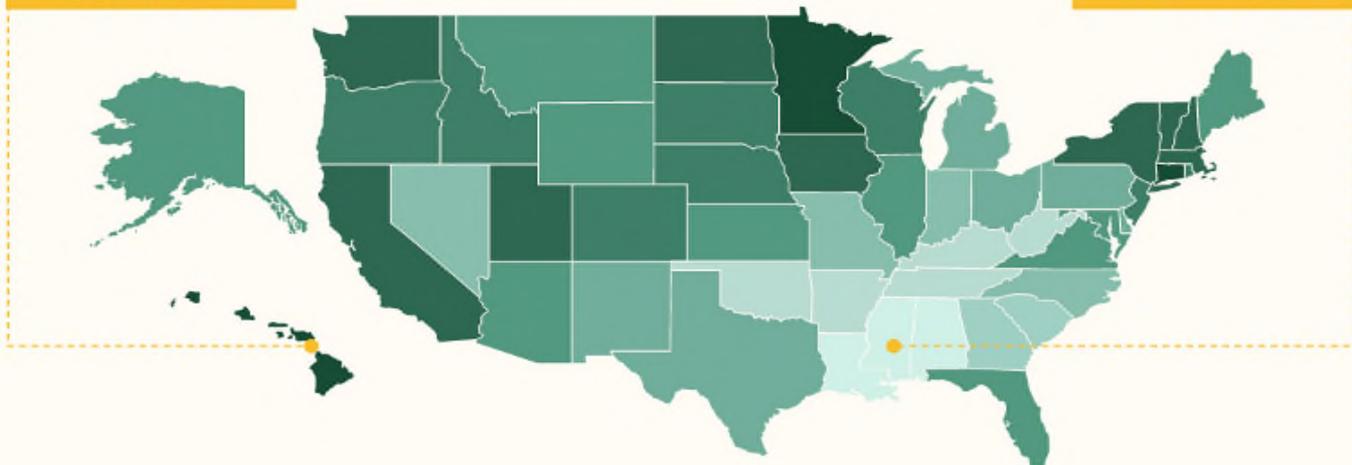
HIGHEST: HAWAII

**81.5**

## LIFE EXPECTANCY BY STATE

LOWEST: MISSISSIPPI

**74.8**





# MANY BABY BOOMERS ARE NOT CONFIDENT THEIR COMMUNITIES WILL HELP THEM AGE SUCCESSFULLY

## MORE THAN A QUARTER OF BOOMER RESPONDENTS IN THEIR 60S

say they are not confident that their community will have all of the resources and services they need to help them be healthy and independent over the next five to 10 years.

26%

Seniors report mixed feelings about the impact their community has on their health.

50%

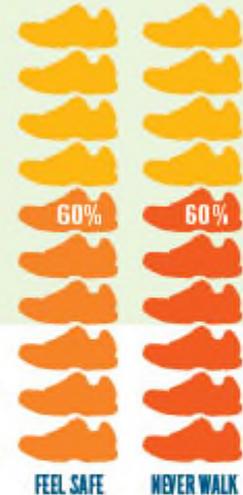
of respondents indicated their community helps them live a happy and healthy life.

42%

said their community has no bearing on their health or happiness.



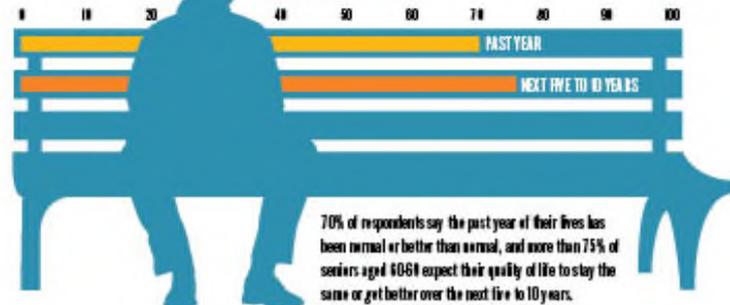
WHILE THE MAJORITY OF RESPONDENTS (60%) STRONGLY AGREE THEY FEEL SAFE WALKING IN THEIR COMMUNITIES, THE SAME AMOUNT (60%) NEVER WALK TO PLACES THEY REGULARLY GO.



ONE HALF

Among the community limitations boomers may contend with is lack of safe, reliable public transportation. Only half of survey respondents feel their community offers a high-quality public transportation service.

### QUALITY OF LIFE



70% of respondents say the past year of their lives has been normal or better than normal, and more than 75% of seniors aged 60-69 expect their quality of life to stay the same or get better over the next five to 10 years.

# Aging in Place



**90%**  
of seniors want to  
age in place.

## Definition

Aging in place means that people are adapting their homes and investing in mobility equipment so that they can stay in their homes for as long as possible.



**35 Million**

As of 2000, there were 35 million Americans over the age of 65.



**71.5 Million**

By 2030, 71.5 million Americans will be over 65. Aging in place solutions will help meet their growing needs.

## Comparing your Options

**\$\$\$**

Aging in place is an extremely cost effective option when compared to the alternatives.

\$90,520 - Yearly cost of a nursing home

\$43,680 - Yearly cost of a full-time home health aide

\$42,600 - Yearly cost of assisted living

**\$5,986**

- Combined cost of all the mobility devices listed below!

## Mobility Devices for AIP



**\$999+**

Stair Lifts can cost as little as \$999!



**\$469+**

A lift chair recliner is a great investment that will improve mobility.



**\$1,119+**

Walk in tubs are easy to install!



**\$3,399+**

Transport both you and your mobility device with a Vertical Platform



### Actors in the Planning Process



## A Paradigm Shift Is a Fundamental Change in the Rules



# ***Planning and an Aging Population***

**PAS Report #148**

**July 1961 Jerome L. Kaufman**



Many questions are being asked -- some simple, some complex -- to which planners can help find answers.

- What qualities of a community make it more livable for older persons?
- Given their diverse backgrounds and characteristics, what kinds of housing and community service accommodations do older people need?
- Where should housing for the elderly be located?
- To what extent should urban renewal account for older persons?
- Should zoning and subdivision control regulations be modified to accommodate housing developments for the elderly?
- Should local policy encourage the building of special housing units for the elderly or increase their economic capacity to compete for housing in the open market?
- What impact will an increasing number of older persons have on the local economy, the transportation system?



# Conclusions

Today, one out of every six adults in the United States is 65 years or older... For the planner, this finding has profound implications: *It means* that the special needs of the aged will have to be built into the grand equation of planning. *It means* that considerably more research will have to be undertaken to determine what constitutes a livable environment for the elderly. *It means* that we will have to know more about what impacts an aging population will have on community life.

Jerome Kaufman, 1961

## ***Planning for an Aging Society***

PAS Report #451

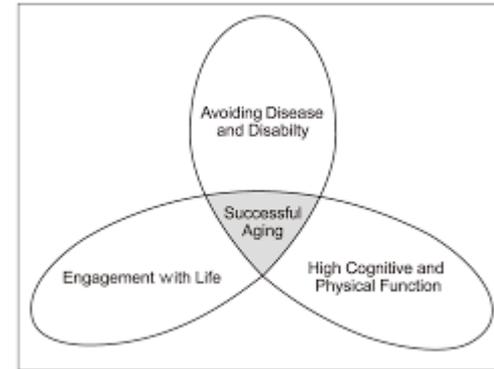
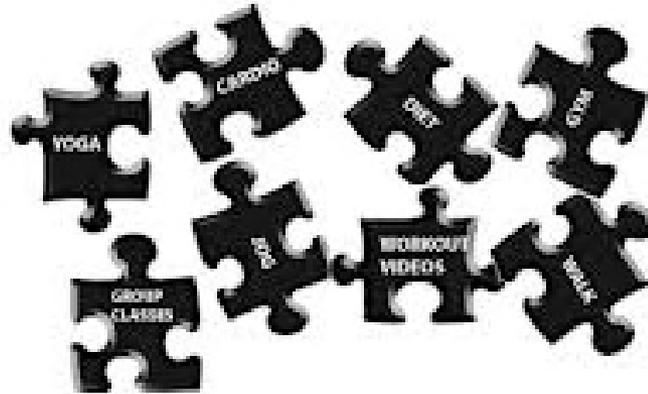
1998 Deborah A. Howe, Nancy J. Chapman, Sharon A. Baggett

# **AGING + PLACE**

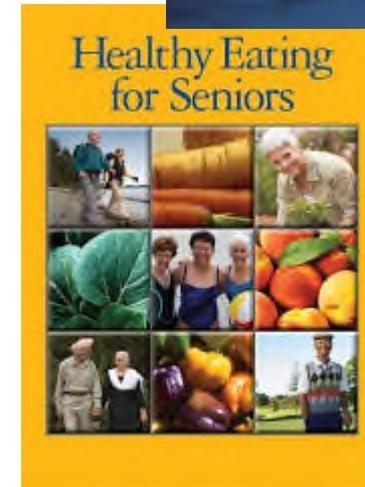
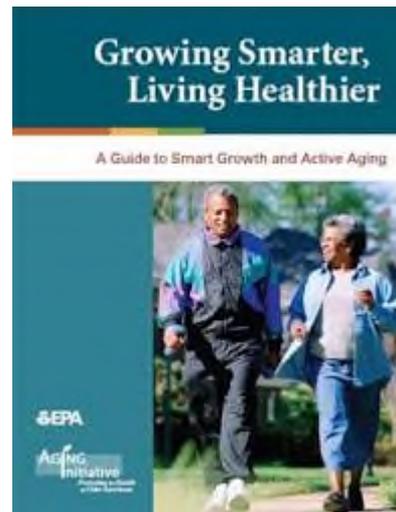
Designing Housing & Communities for Aging Populations



- Aging is a process that begins the moment we are born.
- Our abilities change over time. We begin to wear out:
  - Strength, agility, fine motor control
  - Vision
  - Hearing, taste, smell and skin sensitivity
  - Flexibility, reaction time
  - Mental health
  - Dementia



**OLDER DRIVER**  
Safety Awareness Week



# Relevant Planning Paradigms – Deborah Howe

- Smart Growth
  - New Urbanism
  - Transit Oriented Development
  - Safe Routes to School
  - Complete Streets
  - Sustainable Community Planning
  - Active Living
- 
- An aging perspective needs to be imbedded in all these paradigms



# Aging oriented planning approaches

- Elder friendly communities
- Aging friendly communities
- Communities for all ages
- Aging in place initiatives
- Community certification
- Lifecycle communities



**Age friendly cities**

According to the WHO, an age-friendly city is "an inclusive and accessible urban environment that promotes active aging." In practical terms, an age-friendly city adapts its structure and services to be accessible to and inclusive of older people with varying needs and abilities.



**‘Aging in place’** is the ability to live in one’s own home and community safely, independently and comfortably, regardless of age, income or ability level. - *AARP 2011*



*Certified Aging-In-Place Specialist*  
Houses For Living. Homes For Life.



## AGING IN PLACE



-  Safety Features - 80%
-  Bathroom Aides - 79%
-  Wider Doorways - 65%
-  Lever Door Knobs - 54%

Before placing a loved one in an assisted care facility, consider the benefits of upgrading their home so that they can age in place. Most seniors – 90% – say they would rather stay in their own home, maintaining an independent lifestyle with the help of a few upgrades to their residence. Common remodel features seniors want are safety features such as a security system, bathroom aides such as grab bars, wider doorways, and lever-style door handles.

Aging in place is a worthwhile possibility for you to ensure your loved ones are safe, as well as maintain their independence and quality of life.

### Our “Dream” Home



Universal Design



**KEEP  
CALM  
THERE'S A  
PARADIGM  
SHIFT  
GOING ON**

**'Aging in community'**—a movement that promotes social capital—a sense of social connectedness and interdependence to create systems of support and caring to enhance well-being, improve quality of life, and maximize one's ability to remain, as you age, in your home and community. It is an asset-based approach to community development.  
(Kretzmann and McKnight, 1993).



Get Over Yourselves, Youngsters

Old People Can Network Socially Too.





**Using smart growth and universal design to link the needs of children and the aging population – Mildred Warner**

No future development goals can be legitimate or sustainable unless they include people of all ages and leave no one behind.

<https://www.planning.org/research/family/briefingpapers/pdf/multigenerational.pdf>



# ON THE RADAR

Access resources from APA Divisions about emerging issues of interest to both planners and the public: Aging and Livable Communities, the Changing Face of America, Airports in the Region, Food Systems, and more.

<http://www.planning.org/resources/ontheradar/>



**American Planning Association**

*Making Great Communities Happen*

## **AGING IN COMMUNITY POLICY GUIDE**

Approved by the APA Delegate Assembly, April 26, 2014

Ratified by the APA Board of Directors, July 18, 2014

<https://www.planning.org/policy/guides/pdf/agingincommunity.pdf>



# American Planning Association

*Making Great Communities Happen*

## AGING IN COMMUNITY POLICY GUIDE

- Community Engagement
- Housing
- Transportation
- Land Use
- Economic Well-being
- Community Assets and Supports



# HOUSING

- **ENSURE THAT A RANGE OF AFFORDABLE AND ACCESSIBLE HOUSING OPTIONS ARE AVAILABLE FOR OLDER ADULTS**
  - Federal funding for low income rental housing
  - LIHTC, CDBG, HOME, National Housing Trust Fund
  - Quality, housing choice
  - Affordable & inclusive : enabling design
  - Underutilized, vacant land
  - Federally-assisted housing programs



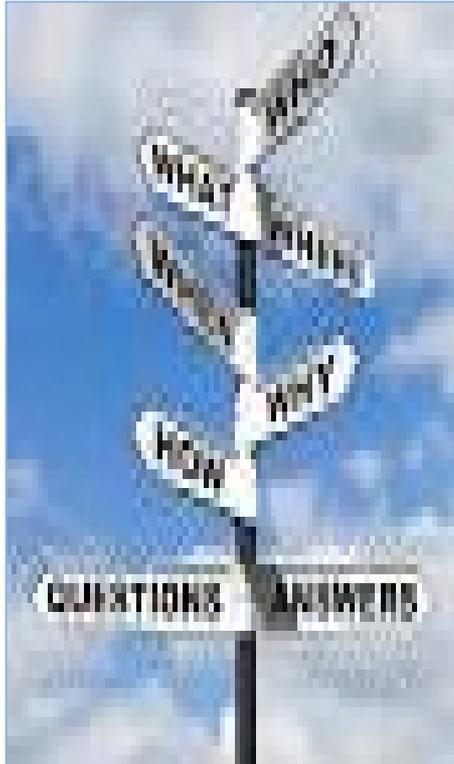
What's new?

Put Your **PLAN** into ACTION

**new PAS Report**



# NEXT PRESENTERS



- **Bradley Winick**, AICP, LEED AP  
Co-author PAS Report, *Planning Aging-Supportive Communities; Planning/Aging*
- **Alyssa Norwood**, JD, MPH  
Project Manager  
Connecticut's Legislative Commission on Aging

PAS Report 579:  
“Planning Aging-Supportive Communities”

Brad Winick, AICP, LEED AP

Planning/Aging

October 16, 2015 APA Webinar

# PAS Report 579:

[https://www.planning.org/store/product/?ProductCode=BOOK\\_P579](https://www.planning.org/store/product/?ProductCode=BOOK_P579)



- Published Summer 2015
- I was the primary author
- Prof. Martin Jaffe of the University of Illinois at Chicago (UIC) was the contributing author

# My Perspective Comes From...

- 20+ years as a private sector planning consultant, leading downtown, open space, neighborhood, corridor & strategic plans
- 12+ years as an Adjunct Professor at the UIC College of Urban Planning & Public Affairs, where I teach “Planning Communities for an Aging Population”
- 4+ years as an Area Agency on Aging Board member
- 4+ years leading Planning/Aging (a niche consultancy)
- An active speaker & writer on planning & aging issues
- A founder of the Lifetime Communities Collaborative, newly established in the metropolitan Chicago region

# Common Questions & My Answers

Q1 -- Is planning aging-supportive communities simply standard good planning practice?

*A1 -- In many ways yes, but taking an Older Adult (OA) lens may add specific planning sensitivity.*

Q2 -- If we plan for Older Adults is this at the expense of planning for younger people?

*A2 -- No, most of what you plan to benefit Older Adults also can benefit other stakeholders.*

# More Questions with Answers

Q3 -- If we dedicate resources to Older Adults, will this reduce the resources available for everyone else?

*A3 -- No -- think “Win/Win”. Most discretionary funds can be used to benefit multiple stakeholders. In addition, Older Adult programs or services often allow for the use of specific targeted funding.*

Q4 -- Aren't we already planning for Older Adults?

*A4 -- Yes, although not all communities recognize it. You may already be doing it as part of your Complete Streets, open space planning, human service transportation planning, transit-oriented developments, or affordable housing planning, etc.*

# PAS Report Objectives

- Be a *Call to Action* to motivate planners to act;
- Be a *Primer* to give planners background knowledge on Older Adults & the aging network;
- Be a *Strategic Guide* to foster interdisciplinary initiatives;
- Be a *Resource Guide* & provide good examples and resources; and
- Offer *Strategic Recommendations* to help craft appropriate, locally-leveraging plans & programs.

# PAS Report Organization

- Chapter 1 – Planning Context
- Chapter 2 – Housing Options to Support Aging-in-Community (A-i-C)
- Chapter 3 – Mobility Options to Support A-i-C
- Chapter 4 – The Public Realm and Public Services to Support A-i-C
- Chapter 5 – Planning Aging-Supportive Communities
- Chapter 6 – Recommendations for Planning Aging-Supportive Communities
- Appendices & References

# Chapter 1 – Planning Context

- Aging demographics, statistics, terminology, key concepts & the Aging Network
- Key paradigm shifts affecting aging in America:
  - OAs seen as civic assets rather than needy liabilities
  - Conflation of aging & disability issues & planning
  - Home & community-based services emphasized over institution-based care
  - Transportation focus on access & multi-modal connectivity
  - A-i-C (rather than “Aging-in-Place”) – provide appropriate, affordable housing options (incl. non-traditional or inter-generational ones) throughout all communities
  - Lifetime livable communities approaches leverage shared interests of OAs and younger people
  - Shifting roles & creative public/private partnerships

# Chapter 2 – Housing Options to Support A-i-C

- Key OA housing statistics, factors & issues
- Proactive OA housing assessments & plans
- Housing, human services & health care linkages
- Housing affordability & assistance programs, and subsidized housing
- Accessibility, visitability & universal design
- Creative/flexible OA housing options: Accessory Dwelling Units (ADUs), small homes/pocket neighborhoods, multi/intergenerational, adaptive reuse, cohousing, transit-accessible/mixed-use
- Develop an inclusive mindset to provide OA housing throughout the community

# Chapter 3 – Mobility Options to Support A-i-C

- Key OA mobility research findings & implications
- OA drivers: key safety, training and planning considerations
- OA-sensitive roadway, land use & parking lot design considerations
- OA pedestrians: key safety & planning considerations, prioritizing pedestrianism
- OAs & transit: ridership & planning considerations, “mobility management”, training & communications
- OA cyclists: key safety & planning considerations
- Develop an inter-connected & accessible community transportation network

# Chapter 4 – The Public Realm and Public Services to Support A-i-C

- Planning & public health integration
- Health Impact Assessments as planning tools
- Importance of parks & open spaces to healthy communities and A-i-C
- Importance of informal “third places” for gathering, developing social capital & combating isolation
- Creative use of public facilities & public spaces
- Important/informal roles of community workers in supporting A-i-C
- Disaster readiness & resiliency & OAs
- Leveraging evolving technologies & “big data” to support A-i-C

# Chapter 5 – Planning Aging-Supportive Communities

- Existing aging-supportiveness programs: formally-structured, funder or program-specific, and grassroots/community-based
- National-international, state, regional/city/community programs
- Lots of assessment tools, indices & rankings
- Key lessons learned:
  - Local commitment, leadership & funding are critical
  - Visible, open, broad-based, flexible, multi-sectoral coalitions are also important
  - Highlight implementation strategies & early successes
  - Develop location-specific & sensitive approaches & programs

# Chapter 6 – Recommendations for Planning Aging-Supportive Communities

- Specific recommendations divided into:
  - General strategic/process-oriented ones
  - Specific project/program-oriented ones
- Next steps depend on each community
  - Which aging-supportive community components are in place/which are missing?
  - Are there ongoing aging-supportive efforts underway?
  - Are all of the key stakeholders already involved?
  - Can existing community agendas or initiatives be broadened to include aging-supportiveness?
- No one aging-supportive community approach or program fits all communities

# Thank You!

- I apologize for the overly-wordy slides!
- I am happy to answer questions or discuss local issues or concerns.
- Please feel free to reach out and/or follow-up with me at:

*Brad Winick, AICP, LEED AP*

*Planning/Aging*

*312.533.0410*

*planning.aging@gmail.com*



# Connecticut's Legislative Commission on Aging

*A Nonpartisan Public Policy and Research Office of the Connecticut General Assembly*

A Presentation by Alyssa Norwood, Project Manager  
October 16, 2015





# Connecticut's Legislative Commission on Aging

*A Nonpartisan Public Policy and Research Office of the Connecticut General Assembly*



- Improves quality of life for older adults of today and tomorrow
- Innovates, identifies, analyzes and pursues responsible, data-driven public policy
- Among 6 legislative policy commissions
- Separate and distinct from executive branch departments
- Brings accountability to state government
- 21 volunteer board members from across the state





*A Nonpartisan Public Policy and Research Office of the Connecticut General Assembly  
Located at the State Capital*



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## Smart Public Policies

Leading the charge to create smart public policies related to our aging state and the implications for Connecticut communities.

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[Livable Communities](#)



[Interactive Data Story: Our Aging State](#)





# What is the Livable Communities Initiative?

# Working together for LIVABLE COMMUNITIES



COMMUNITY  
ENGAGEMENT



HEALTH  
SERVICES



HOUSING



PLANNING  
& ZONING

Legislatively empowered  
to lead this initiative by  
**Section 17b-420a** of the  
Connecticut General  
Statutes



PUBLIC SPACES  
& BUILDINGS



SOCIAL  
SERVICES



TRANSPORTATION



# Working together for LIVABLE COMMUNITIES



## Our Values

### Accessibility:

Every aspect of community design and life ought to be accessible and promote the engagement of its residents.

### Choice:

Communities should promote personal dignity and functional independence across the lifespan by creating a broad array of choices to meet evolving needs.

### Intergenerational:

Intergenerational communities can leverage strengths across the lifespan by linking the needs and skills of

different age groups, rather than pursuing age-segregated solutions.

### Cooperative:

Creating livable communities requires partnership across a wide array of sectors, within-town collaboration across departments, and regional collaboration.

### Equity:

Everyone deserves the ability to live in one's home and community safely, independently and comfortably, regardless of age, race, gender, sexual orientation, gender identity or expression, income or ability level.





## **What Are Some Examples of Livability in Connecticut?**

# Complete Streets/Shared Spaces



This "before and after" section of Main Street looking north illustrates how it could be reshaped with a road diet to be a Complete Street.



TRANSPORTATION

In New Britain, Connecticut

# Complete Streets/Shared Spaces



This "before and after" section of Main Street looking north illustrates how it could be reshaped with a road diet to be a Complete Street.



TRANSPORTATION



PLANNING  
& ZONING



PUBLIC SPACES  
& BUILDINGS



COMMUNITY  
ENGAGEMENT



HEALTH  
SERVICES

# Cohousing



Rocky Corner, Bethany, CT

# Incentivize/require universal design features



As of last week, Connecticut's Department of Housing requires that any proposal for Competitive Housing Assistance for Multifamily Properties (CHAMP) funds must include at least one unit with universal design features.



# Embedding a lifespan approach in policy



(e) (1) **Such plan of conservation and development shall** (A) be a statement of policies, goals and standards for the physical and economic development of the municipality, (B) provide for a system of principal thoroughfares, parkways, bridges, streets, sidewalks, multipurpose trails and other public ways as appropriate, (C) be designed to promote, with the greatest efficiency and economy, the coordinated development of the municipality and the general welfare and prosperity of its people and identify areas where it is feasible and prudent (i) to have compact, transit accessible, pedestrian-oriented mixed use development patterns and land reuse, and (ii) to promote such development patterns and land reuse, (D) recommend the most desirable use of land within the municipality for residential, recreational, commercial, industrial, conservation, agricultural and other purposes and include a map showing such proposed land uses, (E) recommend the most desirable density of population in the several parts of the municipality, (F) note any inconsistencies with the following growth management principles: (i) Redevelopment and revitalization of commercial centers and areas of mixed land uses with existing or planned physical infrastructure; (ii) expansion of housing opportunities and design choices to accommodate a variety of household types and needs; (iii) concentration of development around transportation nodes and along major transportation corridors to support the viability of transportation options and land reuse; (iv) conservation and restoration of the natural environment, cultural and historical resources and existing farmlands; (v) protection of environmental assets critical to public health and safety; and (vi) integration of planning across all levels of government to address issues on a local, regional and state-wide basis, (G) make provision for the development of housing opportunities, including opportunities for multifamily dwellings, consistent with soil types, terrain and infrastructure capacity, for all residents of the municipality and the planning region in which the municipality is located, as designated by the Secretary of the Office of Policy and Management under section 16a-4a, (H) promote housing choice and economic diversity in housing, including housing for both low and moderate income households, and encourage the development of housing which will meet the housing needs identified in the state's consolidated plan for housing and community development prepared pursuant to section 8-37t and in the housing component and the other components of the state plan of conservation and development prepared pursuant to chapter 297, and (I) **consider allowing older adults and persons with a disability the ability to live in their homes and communities whenever possible. Such plan may: (i) Permit home sharing in single-family zones between up to four adult persons of any age with a disability or who are sixty years of age or older, whether or not related, who receive supportive services in the home; (ii) allow accessory apartments for persons with a disability or persons sixty years of age or older, or their caregivers, in all residential zones, subject to municipal zoning regulations concerning design and long-term use of the principal property after it is no longer in use by such persons; and (iii) expand the definition of "family" in single-family zones to allow for accessory apartments for persons sixty years of age or older, persons with a disability or their caregivers.** In preparing such plan the commission shall consider focusing development and revitalization in areas with existing or planned physical infrastructure. For purposes of this subsection, "disability" has the same meaning as provided in section 46a-8.

**Conn. Gen. Stat.  
Sec. 8-23(e)(1)(I)**



**Can You Show Me the Data?**



## Transportation Policy Brief: How Can We Best Support Residents' Transportation Needs Across the Lifespan in Connecticut?

### Quick Facts:

**92%**  
 of Connecticut residents age 50 and older rely on their cars as their primary transit mode, a higher proportion than other age groups.

More 50-65-year-olds plan to use their bike at least monthly, compared to today's use (13% increase\*), than any other age group, followed by adults age 66 and older (9% increase\*).

**43%**  
 say keeping transportation costs low is a high priority.

**47%** of Connecticut residents live in a suburb where most people usually drive.  
 But in the future, only **8%** want to live in a suburban, car-dependent environment.

**10%\***  
 fewer residents plan to use their cars as future primary transit.

Among Connecticut residents age 66 and older, **12%\*** more plan to use the bus as their primary transit mode than today.



\*Please note that these statistics refer to percentage point changes, not percent changes.

## Housing Report: Connecticut Adults Want Affordable Housing in Walkable Neighborhoods of Opportunity

Older adults generally want to live at home in a familiar community environment. As Connecticut's population ages and lives longer, demand for a broad range of accessible, affordable and creative housing options is increasing. Connecticut is the 7<sup>th</sup> oldest state in the nation. It also has the third longest life expectancy of 80.8 years for residents born in Connecticut today.<sup>1</sup>

**Towns are encouraged to be proactive in ensuring that their policies and practices support the housing needs of Connecticut resident across the lifespan.**

Connecticut's Legislative Commission on Aging, together with the Connecticut Chapter of the American Planning Association and the Capitol Region Council of Governments, commissioned a statewide survey, conducted online by Harris Poll in the first quarter of 2015 among 1,011 Connecticut adults (see page 9 for detailed methodology), using an existing national tool, created by the American Planning Association.<sup>2</sup> The purpose of the Connecticut survey was to learn what residents have to say about how communities can best prepare to support residents across the lifespan. This report on our housing results analyzes survey responses to help inform housing policy in Connecticut. This is the second in our topical series, following the transportation report.<sup>3</sup>

The key theme to emerge from survey results analyzed in this report is that Connecticut adults want affordable housing, with adequate space to share, and in walkable neighborhoods of opportunity.

Towns are encouraged to assess the extent to which their zoning codes, plans of conservation of development, and other policy tools advance development that supports housing affordability, community walkability, choice and other needs of Connecticut residents across the lifespan.



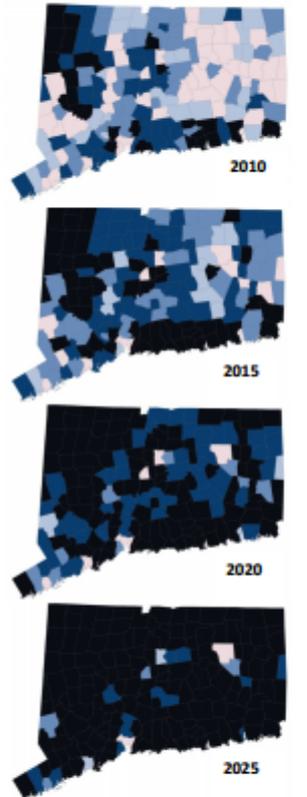


**What Resources Does Connecticut's  
Legislative Commission on Aging have?**

# Shaping Livable Communities and Promoting Aging in Place

A Guide for Municipal Leaders

July 2015 Edition



Percentage of People Age 65 and Older as Proportion of Total Population

These maps were produced in partnership with the Connecticut State Data Center.

Less than 13%
13% - 14%
15% - 16%
17% - 19%
20% or more

## Connecticut is Aging: Is Your Town Ready?

Connecticut is undergoing a permanent and historic transformation in its demographics: it is aging. Connecticut is the 7th oldest state in the nation with the 3rd longest-lived constituency. And its residents overwhelmingly want to stay in their homes and communities as they grow older, retaining choice and independence.

What that means for municipal leaders and their partners is that there's a **growing urgency to plan for changing communities**—ones that will need affordable, accessible and diverse housing and transportation options and public spaces and buildings; supportive community features and services; and vibrancy and opportunities for community engagement.

Recognizing that urgency, Connecticut passed a state law that empowered **Connecticut's Legislative Commission on Aging** to spearhead a statewide livability initiative. Through its initiative, the Commission is convening, engaging, inspiring and supporting local and regional efforts to shape more livable communities for residents across the lifespan. We're working with diverse partners, connecting related initiatives, and promoting ideas.

Deeply embedded in this work is a notion of shared fate, across age and other demographic characteristics.

The goal of this guide is to provide **strategies to municipal leaders** and their partners to enhance community livability for Connecticut residents. Livable communities not only foster independence and allow individuals to age in place, they also promote health and well-being, create economic value and drive environmental sustainability.

To learn more go to the Commission's website: [www.livablect.org](http://www.livablect.org)

# Community Conversation and Assessment



Connecticut's Legislative Commission on Aging : A Nonpartisan Public Policy and Research Office of the Connecticut General Assembly Located at the State Capitol

[www.coa.cga.ct.gov](http://www.coa.cga.ct.gov)

*These strategies present a menu of opportunities for communities to consider. But there is no singular formula for shaping livability. Communities should build on their strengths and consider their unique needs.*

## Physical Environment

### Planning and Zoning:

- Ensure that **municipal plans of conservation and development** include planning for older adults and individuals with disabilities to remain in their homes and communities, pursuant to Conn. Gen. Stat. Section 8-23(e)(1)(I).
- Revise zoning codes to **maximize opportunities for Smart Growth**.
- Allow **flexible housing** options, like accessory dwelling units and shared housing.
- Reduce minimum lot sizes strategically to **allow for higher-density development**.
- **Conduct health, environmental, and economic impact assessments**.

### Public Spaces and Buildings:

- Ensure that public buildings and spaces are **ADA accessible for all users** and designed and located to enhance community safety and intergenerational interactions.
- Establish **community gardens** and incorporate strategic **landscaping** in public spaces.
- **Rehabilitate** blighted, vacant and otherwise underutilized properties.
- Promote social interaction through programs and physical design features, like conversation-starting public art and outdoor reading rooms.
- Encourage **diverse use** of public spaces and buildings (like parks and school playgrounds) to maximize investment and community building. Consider joint use agreements.

### Housing:

- **Educate residents** on home remodeling or modifications to age in place.
- Compile a list of vetted **home repair and home modification contractors and programs** to help older adults and persons with disabilities adapt their homes.
- Incentivize incorporation of **universal design features** in new construction.
- Ensure that adequate smaller, energy-efficient, **affordable housing** in neighborhoods of opportunity exists in every community.
- **Collaborate with** affordable and low-income housing **developers** to generate additional housing options.

### Transportation:

- Develop or enhance **mobility management programs**.
- Engage in **transit-oriented development**.
- Identify funding streams to coordinate and grow both **fixed route and demand-responsive transportation options**.
- Conduct a **walkability audit**.
- Establish **lower speed limits** on local streets.
- **Adopt and implement a complete streets** policy and plan.
- **Coordinate** transportation options across **town lines** and share resources.
- Use **on-demand transit services** and **leverage errand-outsourcing apps** and **mobile services** in transit-challenged homes and neighborhoods.

## Social Environment

### Community Engagement

- Cultivate an atmosphere that promotes **diversity and inclusiveness**.
- **Mobilize older adults** to address community issues through meaningful **paid and unpaid work opportunities**.
- Promote opportunities for **intergenerational contribution, connectivity and learning**.
- Promote **flexible work options**.
- Facilitate opportunities for **religious, spiritual and social connectivity**.
- Facilitate opportunities for **local economic development and job creation**.
- **Consistently outreach** to the community, especially those at risk of social isolation.
- Provide opportunities for **social and cultural engagement**.

### Health Services:

- Support a **robust public health system** to promote in-home programs, community wellness programs and preventive health services.
- Support local health departments, first responders, senior centers and other partners in their efforts to **prevent falls** through various strategies.
- Formalize partnerships between health care, public health and social services leaders and professionals to ensure an **integrated system** that comprehensively meets the needs of older adults, which can include addressing social isolation, loss and mental health issues.

- Formalize partnerships with **town planners** to maximize opportunities for Smart Growth and other strategies to promote active lifestyles.
- Ensure capacity and capability to plan for **public health emergencies**, including for those with access and functional needs.
- Prioritize access to **healthy and affordable foods** and opportunities for **physical activity**.
- Conduct **health impact assessments** to determine the potential health implications of projects, policies and community design.
- Promote more widespread **adoption of telehealth** and other assistive technologies.
- Use and incentivize use of **community health workers** for service delivery.

### Social Services:

- Support a robust local social services system to address community needs through **collaborations** among other municipal departments, divisions and community leaders.
- Promote information, training and support for **family caregivers** across the lifespan.
- Support effective, community-level primary mental health care for older adults.
- Create an open and affirming environment for diverse populations.
- Promote and support collaboration among **police, fire, aging services and adult protective services** for safety education and prevention of physical and financial elder abuse.

*Why Make Communities Livable? For improved community economic growth and individual economic security, employment opportunity, community safety, emergency preparedness, and more...*

[www.livablect.org](http://www.livablect.org) → Getting Started → Assessment

# Funding



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## LIVABLE COMMUNITIES Funding



Communities can begin creating livability through low-cost strategies. But funding opportunities are available as well from a broad range of partners, including the federal and state government, philanthropic organizations, private businesses, and nonprofit organizations.



- The federal Environmental Protection Agency has opened applications for technical assistance to support local food production, which can not only improve economic opportunities for local farmers and businesses but can also give residents better access to healthy, fresh food and spur neighborhood revitalization through new activity. The application deadline is September 15, 2015. For more information, please [click here](#).
- The Connecticut Department of Housing has announced pre-development funding for the Incentive Housing Zone (HOMEConnecticut) program, the goal of which is to create affordable housing that is sustainable by including it within mixed-income developments. Applications are being accepted on an ongoing basis. For more information, please [click here](#).
- The Connecticut Humanities Fund (CTHF) awards grants for humanities programs that interpret our history, explore contemporary themes, and engage broad audiences in public discourse. To learn more, please [click here](#).
- The Arts Catalyze Placemaking program provides investments in arts-based cultural activities and infrastructure to advance the attractiveness and competitiveness of Connecticut's cities, towns and villages. To learn more about the next grant cycle, please [click here](#).
- Rebuilding Together, Hartford's home modification program, is designed to enhance the ability of older persons and younger persons with disabilities to remain in their homes and prevent unnecessary institutionalization. For more information, [click here](#).

## Resources

- [Connecticut Office of Legislative Research: State Grants for Municipalities](#)
- [Connecticut Conference of Municipalities: Grant Opportunities](#)
- [Fundors at Work in Aging in Connecticut](#)
- [TIGER Discretionary Grants](#)
- [Fundsnet Services](#)
- [Weaving it Together: A Tapestry of Transportation Funding for Older Adults](#)

# LIVABLE COMMUNITIES

## Innovations & Ideas



In Connecticut by Town

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[www.livablect.org](http://www.livablect.org)



Photo Credit Tom Hussey





# Connecticut's Legislative Commission on Aging

*A Nonpartisan Public Policy and Research Office of the Connecticut General Assembly*

[www.coa.cga.ct.gov](http://www.coa.cga.ct.gov)

State Capitol, 210 Capitol Avenue

Hartford, CT 06106

860.240.5200

[coa@cga.ct.gov](mailto:coa@cga.ct.gov)



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# TO CONTACT Today's speakers

## **Ramona Mullahey**

Past Chair – Private Practice Division

808-457-4664

[ramonamullahey@hawaiiantel.net](mailto:ramonamullahey@hawaiiantel.net)

## **Brad Winick, AICP, LEED AP**

Planning/Aging

312.533.0410

[planning.aging@gmail.com](mailto:planning.aging@gmail.com)

## **Alyssa Norwood, JD, MPH**

Project Manager

Connecticut's Legislative Commission on Aging

860-240-5203

[alyssa.norwood@cga.ct.gov](mailto:alyssa.norwood@cga.ct.gov)

