

Aging in America

*How Can States Support
an Aging Population?*

Healthy Aging

October 28, 2015



Healthy Aging

- Creating great places to grow up and grow old.
 - Preventive health services.
 - Supportive built environment.
 - Civic engagement and social well-being.
 - Housing and transportation choices.
 - Employment/workforce.



Preventive Health Services

- Services to prevent disease or detect early to reduce treatment costs
- Trust for Public Health study of 84 community-based prevention services found for every \$1 spent, \$1 returned in first 2 years and \$5.60 in first 5 years.
- Services with greatest return on investment:
 - immunizations, screenings, counseling, preventive medications

Supportive Programs

- Community Health Worker Initiative
 - Support adherence to discharge instructions and medicine regimen
 - Connect older adults to community resources
- Technology to improve patient care
 - Telemedicine
 - Assistive technology
 - Health Information Exchange – shared data

Supportive Built Environment

- Walkable neighborhoods to desired destinations
- Well-designed parks
- Maintained sidewalks to reduce risk of falls
- Places for social interaction
- Range of housing choices
- Range of transportation choices



Civic Engagement and Social Well-being

- Opportunities for older adults to stay involved
- Opportunities to contribute to the community
- Opportunities for social interaction
- Reduce isolation and depression of older adults



Transportation Choices

- Public transit with special services
- Older adult driving safety and support
- Information services



Housing Choices

- Supporting older adults to “age in place,” preserve neighborhoods, village model
- Affordable rental housing in walkable neighborhood settings
- New housing incorporating universal design
- Independent housing with services



Employment/Workforce

Profile of America's older workers

- Happy on the job — no plans to retire at 65.
- New career — retire from one, start another
- Feeling philanthropic — paid workers or volunteers at nonprofits
- Start-up — starting new businesses



Regional and Local Strategies for Healthy Aging

Community AGEnda – Grantmakers in Aging

Five communities:

- Miami/Dade County
- Phoenix
- Indiana
- Atlanta
- Kansas City



Miami/Dade County



- Health Foundation of South Florida
- Make age-friendly revisions to long-term county planning policies affecting land use, community health and design and transportation, improve walkability for older adults, and park programming and infrastructure
- Increase employment opportunities

Phoenix Region



- Maricopa County Council of Governments – Area Agency on Aging and Metropolitan Planning Organization (transportation)
- Launched City Leaders Institute
- Developed the capacity to launch new age-friendly models
- Regional Aging in Place Network to leverage the talents of older adults to make communities better for people of all ages

Indiana



- Indiana Philanthropy sponsored the program, working initially in three communities
- Focusing on statewide infrastructure to support age-friendly communities across the state
- Developed toolkit for local communities to change plans, codes, policies

Atlanta



- Atlanta Regional Commission — integrated work from AAA and transportation-funded Sustainable Communities — Lifelong Communities
- Promote housing and transportation choices and healthy lifestyles with expanded access to information and services
- Charrettes with cities to design places for people of all ages to grow up and grow old

Kansas City Region



- Mid-America Regional Council — Area Agency on Aging and Metropolitan Planning Organization
- KC Communities for All Ages
 - Working with region's 19 older suburbs
 - Toolkit/checklist to create age-friendly cities
 - Recognition program
 - Generation Exchange
 - Caregiving awareness program



Tools created to strengthen our region's cities

Become a Community for All Ages

A checklist to help you become age friendly



June 2014

Does your city or county need tools to help it become a Community for All Ages? This checklist is designed to be used together with *Making Your Community Work for All Ages—A Toolkit for Cities* as a way to raise awareness, plan actions and assess your city for age friendliness.

The first suburbs of Kansas City, established nearly 60 years ago, have done exactly what they were intended to do — provide homes and services for families that raised the generation of Americans we now call the baby boomers. But, as the baby boomers have aged, and the oldest of the generation known as the millennials (young adults born between 1982 and 2004, now age 10 to 32) have come into adulthood, it is time to reevaluate the role that the suburbs play in housing and serving the American population.

Making Your Community Work for All Ages — A Toolkit for Cities provides detailed information on steps that communities can take to become more age friendly. The toolkit is available at www.kccfaa.org, or contact Cathy Boyer-Shesol at cboyer@marc.org or 816/701-9246 to get a printed copy.



The first suburbs can evolve in response to the needs and interests of communities for all ages. A community for all ages seeks to meet the needs of the very old, the very young and in between. A key driver for this work is the rapidly changing older adult demographics.

The baby boom population swell known as the "baby boom" is paving the way for the next "baby boom," the generation known as the millennials (young adults born between 1982 and 2004) that followed the smaller Generation X (born 1965-1980) population. Today, the oldest millennials are in their late 60s. By 2030, one

in five Americans — or 72,774,000 million — will be older than 65, while researchers estimate there will be 76 million millennials in the U.S. at that time.

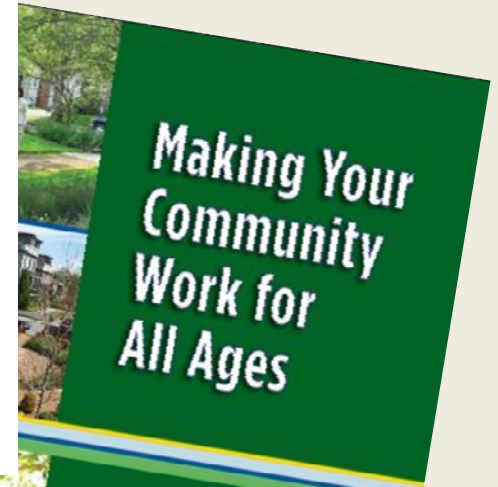
In the Greater Kansas City area, more than 416,000 residents will be 65 or older in 2030, while approximately 633,000 millennials will live here. Historically, the needs and interests of older adults have been seen as vastly different from younger generations and those of families with young children.



Today, research shows that communities that are adapting to meet the needs of its older adult citizens raise the quality of life in ways that also appeal across the age spectrum.



2013
home
COMMUNITIES
FOR ALL AGES
IDEA BOOK



first suburbs
Connecting the Past . . . Creating the Future
KC Communities
for All Ages

July 2013

Checklist

- Public Spaces
- Transportation/Mobility
- Housing and Commercial Development
- Social Inclusion, Communication and Participation
- Civic Participation and Employment
- Community and Health Services

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Kansas City's first suburbs can evolve in response to new trends and needs as communities for all ages.
A community for all ages seeks to meet the needs and interests of the very old, the very young and everyone in between. A key driver for this work is the rapidly changing older adult demographics.

The post-war population swell known as the baby boom is paving the way for the next "baby boomlet," the generation known as the millennials that followed the smaller Generation X (ages 33 to 53) population. Today, the oldest baby boomers are in their late 60s. By 2030, one in five Americans — or 72,774,000 million — will be older than 65, while researchers estimate there will be 76 million millennials in the U.S. at that time.

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Making Your Community Work for All Ages

A Toolkit for Cities

first **KC** suburbs
Connect With the Past . . . Creating the Future

KC Communities for All Ages

July 2013



Technical Assistance and Recognition program



Next Steps:

- Four communities are receiving technical assistance to begin awareness activities.
- Three communities are piloting the recognition program.

Generation Exchange

- Work with area libraries
- Inter-generational storytelling
- Engagement of older adults
- Social interaction



Questions/Discussion

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