



Just How Smart is Our Growth? *Getting Ready for a Maturing America*

New Partners for Smart Growth Conference
San Diego, California
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“Legional” Action Required

Planning for older adult wellness is “*legional*” (both local and regional)

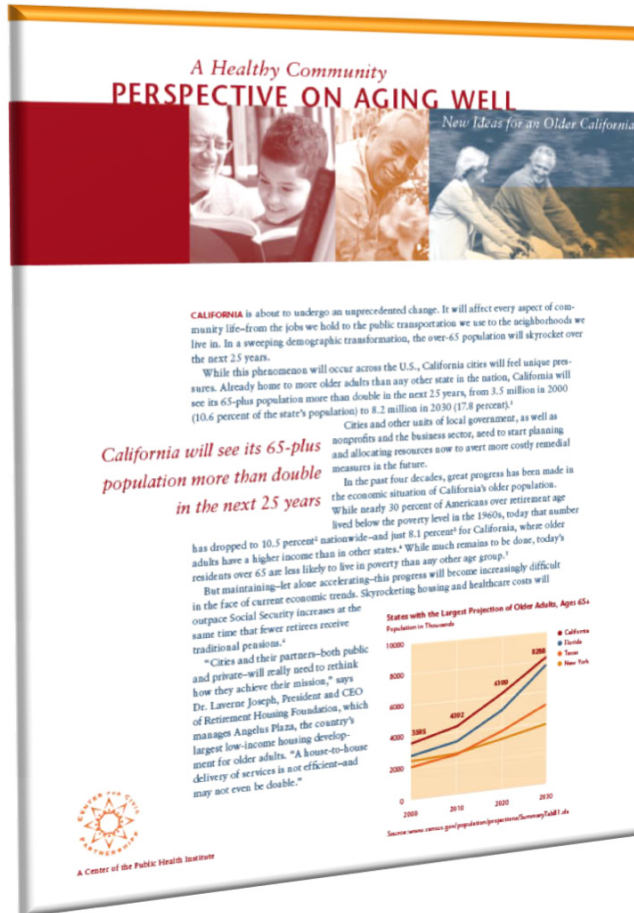


A Platform for Planning Results in Meaningful Change in the Community

**Healthy
Aging
Benefits
Everyone**



Promote Strategic Steps in Planning



Six Priority Areas

- Housing
- Mobility/Transportation
- Employment
- Lifelong Learning
- Community Involvement
- Support Services

Practices to Encourage Public Participation

1. Analysis of Secondary Data and Trends
2. Surveys, Forums and Focus Groups
3. Inventories of Policies, Programs and Services

Sources: Center for Civic Partnerships. "A Healthy Community Perspective on Aging Well." 2006 & "Aging Well in Communities: A Toolkit for Planning, Engagement & Action." March 2010.



Inventory of Policies, Programs and Services

Healthy Community STRATEGIES FOR AGING WELL



Supportive Services

- Support and collaborate with public/private partners to offer an extensive program of financial/legal resources.
- Provide information, and assist with access to self-care, medical and social services (e.g. respite, support groups) and end-of-life care in multiple languages and within cultural contexts.
- Develop inter-generational facilities and services (e.g. mobile library and other municipal services with community centers).
- Create easy access to fresh produce (e.g. neighborhood stores, farmers' markets, community gardens).
- Collaborate with public/private partners to prevent caregiver burnout.
- Provide recreational opportunities and physical fitness programs that serve all skill levels and abilities (e.g. include fitness and strength training, low-impact, etc.).

Community Involvement

- Appoint a resident commission to conduct research and develop a multi-year action plan.
- List volunteer opportunities on city and community publications, web sites and in other public venues.
- Develop public and private resources to promote, recruit, retain and celebrate volunteer work by older adults.
- Optimize participation in public meetings through assistive technologies (e.g. hearing or translation devices).
- Sponsor opportunities (e.g. events, programs) for inter-generational exchange.
- Sponsor meetings at sites where older adults congregate.
- Encourage older adult involvement in policy development and advocacy.

Transportation

- Promote safe, alternative transportation methods beyond the personal automobile (e.g. bicycling, walking, neighborhood electric vehicles).
- Ensure that local transportation services meet older adult needs (e.g. linking van/shuttle services with mass transit, providing transportation vouchers).
- Offer incentives to developers that incorporate smart growth principles into community design.
- Develop infrastructure improvements (e.g. wide sidewalks, benches, good lighting, increased time limits at crosswalk signals) that support safe use by pedestrians and persons who are mobility impaired.

Varied Housing Options

- Review the Housing Element of the General Plan to identify any gaps between current supply and projected older adult needs, based on income, cultural identity and other population-based factors.
- Work with lending institutions, the building industry and others to preserve affordable senior housing.
- Work with lending institutions, the building industry and others to build mixed use affordable senior housing.
- Support development of barrier-free housing by endorsing concepts of universal design¹ and visitability.²
- Build community support for affordable senior housing (e.g. informational campaigns, forums).
- Provide rehabilitation programs for low- and very low-income senior households (e.g. free installation of safety equipment, community paint and yard work programs).
- Cluster city/regional services in senior housing and naturally occurring retirement communities (NORCs).
- Explore housing trusts and other funding mechanisms to fund affordable senior housing projects.

¹ Homes and neighborhoods that are user-friendly for people of all ages and supportive for those with disabilities.

² A set of accessibility features such as zero-step entrances, wide interior doors, a wide level route through the main floor, and one accessible bathroom on the main floor.

Employment

- List employment and employability resources for older adults on city and community publications, web sites and in other public venues.
- Develop policies and incentives to retain and recruit older workers (e.g. flexible or reduced hours, transfer to less demanding roles, training to improve skills, phased retirement, flexible benefits packages).
- Recognize businesses and organizations that have policies and practices which are conducive to older adults remaining in the workforce.

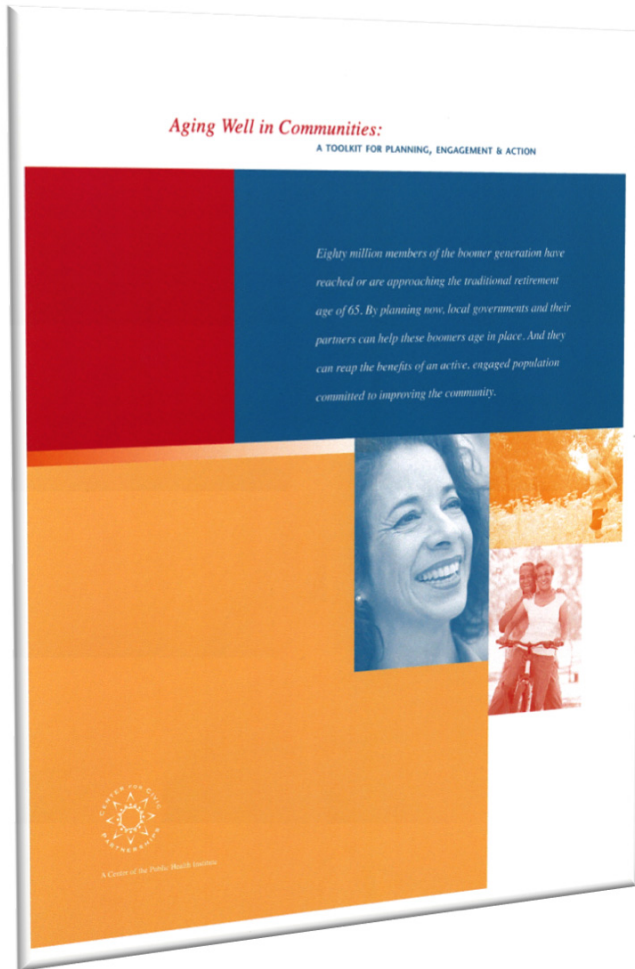
Lifelong Learning

- Promote lifelong learning opportunities and resources in city and community publications, web sites and in other public venues.
- Support a range of affordable, culturally appropriate and language-diverse lifelong learning opportunities for older adults (e.g. recreational, educational, arts & culture).
- Co-locate public facilities with non-profits or commercial enterprise to provide easier access (e.g. internet cafés).
- Provide access to, and training on, interactive media technology (e.g. on-line services, video conferencing) through public facilities (e.g. libraries, community centers, kiosks) and through public/private partnerships.
- Collaborate with public entities (e.g. schools, colleges, libraries) to provide lifelong learning opportunities, including degrees and certificates, that meet multiple learning abilities or styles and preferred delivery methods.

33 Specific Strategies



Aging Well in Communities: A Toolkit



For Planning, Engagement & Action

- ✓ **Culturally Appropriate**
- ✓ **Accessible**
- ✓ **Ready to Use Locally and/or Regionally**
- ✓ **Resident Driven**
- ✓ **Sustainable**

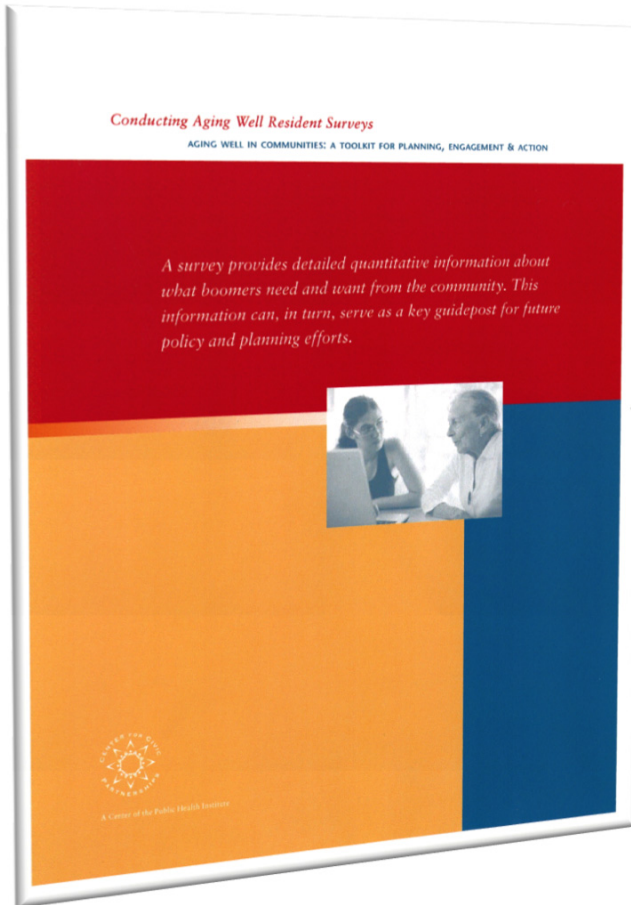
- 1. Community Planning Overview**
- 2. Step-by-Step Guides**
- 3. Case Studies**
- 4. Resource List**



Resident Surveys Can Move Process Forward

“Aging Well” Resident Surveys

- **Help determine age-readiness**
- **Define expectations between city and residents**
- **Identify resource allocation needs**
- **Educate residents about planning**
- **Foster greater civic engagement**
- **Move Aging Well planning process forward**



Source: Center for Civic Partnerships, “Aging Well in Communities: A Toolkit for Planning, Engagement & Action.” Conducting Aging Well Resident Surveys, March 2010.

City of Citrus Heights, CA (pop 84,617*)



- **14 square miles in the center of the greater Sacramento metropolitan area**
- **At crossroads of major arterials and Interstate 80**
- **Citrus Heights has the highest population density in the region****
- **Grant from the Center for Civic Partnerships**
- **Focused on planning for the aging community by educating and involving the community in achieving a walkable and accessible future**



*Source: U.S. Census Bureau, 2009 Population Estimates

**Source: Sacramento Area Council of Governments 2000 data

City of Citrus Heights – Audit Findings



- **Feel unsafe – traffic volume / speed / night / crime / lighting**
- **Lack of sidewalks, crosswalks, curb ramps or speed bumps**
- **Obstructions on sidewalk**
- **Forced to walk further to find a safe place to cross**
- **Timing of signals too fast, especially for seniors or people with disabilities or functional challenges**
- **Dogs / other animals**



Project Summary



- **Neighborhood-hosted meetings**
- **Surveys and walking audits**
- **Education and Advocacy**
- **Sidewalk installation / in-fills**
- **Intersection upgrades**
- **SR25 Award (\$900,000)**
- **Walkability – standard item at all neighborhood association meetings**



THANK YOU



**“One generation plants the trees;
another gets the shade.”**

- Chinese Proverb

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- ✓ **Publications**
- ✓ **Conference and Workshops**
- ✓ **Presentations**



Resources

1. “A Healthy Community Perspective on Aging Well: New Ideas for an older California”
http://www.civicpartnerships.org/docs/publications/aging%20brief/Aging_Brief_Final71406.pdf
2. Aging Well in Communities: A Toolkit for Planning, Engagement & Action
<http://www.civicpartnerships.org/docs/services/CHCC/aging-well-toolkit.htm>
3. Smith, C, Tingle, H. Twiss, J. Aging populations: How local governments can plan strategically for aging in place. *Public Management*. May 2010.
<http://webapps.icma.org/pm/9204/public/feature1.cfm?author=Henry%20Tingle%20and%20Clare%20Smith%20and%20Joan%20Twiss&title=Aging%20Populations>
4. American Society on Aging. *Generations*. Creating Aging Friendly Communities. Vol 33, No. 2. Summer 2009 (entire issue)
5. Center for Advanced Study of Aging Services. School of Social Welfare, University of California at Berkeley, Compendium of Community Aging Initiatives. March 2010. <http://cssr.berkeley.edu>

