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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Planning for older adult wellness is "legional" (both local and regional)

"Legional" Action Required
A Platform for Planning Results in Meaningful Change in the Community

Healthy Aging Benefits Everyone

- Bolster productive civic engagement, education and coalition-building
- Promote universal design, accessible transit options and recreation choices
- Housing, Transportation and Land Use issues spark planning considerations
- Inventories of Policies, Programs and Services
- Surveys, Forums and Focus Groups
- Analysis of Secondary Data and Trends
Promote Strategic Steps in Planning

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
Inventory of Policies, Programs and Services

33 Specific Strategies

Healthy Community STRATEGIES FOR AGING WELL

Community Involvement
- Appoint a resident commission to conduct research and develop a multi-year action plan.
- Link volunteer opportunities on city and community publications, websites and in other public venues.
- Develop public and private resources to promote, recruit, retain and collaborate on 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 public 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 warehouse services with mass transit, providing transportation vouchers).
- Other incentives to developers that incorporate smart growth principles into community design.

Community Strategies
- Develop infrastructure improvements (e.g., wide sidewalks, benches, good lighting, increased time limits at stop lights) that support walking 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 design and accessibility.
- Build community support for affordable senior housing (e.g., international campaigns, media).

Employment
- List employment and employability resources for older adults on city and community publications, websites 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).
- Support 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 on city and community publications, websites and in other public venues.
- Support a range of affordable, culturally appropriate, language diverse lifelong learning opportunities for older adults (e.g., recreational, educational, arts in culture).
- Co-locate public facilities with non-profits or commercial venues to provide easier access (e.g., internet cafés).

Provide access to, and training on, interactive media technology (e.g., on the services, skills, and accessing through public facilities (e.g., libraries, community centers) and through public/private partnerships).

Collaborate with public entities (e.g., schools, colleges, library) to provide lifelong learning opportunities, including degrees and certificates, that meet multiple learning abilities and styles and provided delivery methods.

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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
“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

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

- Chinese Proverb

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✓ Publications
✓ Conference and Workshops
✓ Presentations
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

