

# MetLife Foundation City Leaders Institute

on AGING IN PLACE

No doubt you know that the number of **people over 65 is expected to reach nearly 87 million by 2050**—a 147% increase in just 50 years.

And do you know that **9 out of 10** older adults **choose to grow old in their own homes**—to age in place?



*These facts present both opportunities and challenges for communities across the country.*

Is your community **ready for the age wave?**

*You're invited*

**MetLife Foundation**  
**City Leaders Institute**  
on AGING IN PLACE

Made possible by a grant from:

**MetLife Foundation**

Developed by:



You are invited as one of five communities nationwide to be included in the **MetLife Foundation City Leaders Institute on Aging in Place**—a year-long pilot study on making changes in your community to facilitate aging in place. This program is funded by the MetLife Foundation and implemented by Partners for Livable Communities (Partners).

## ABOUT THE PROGRAM

**WORKSHOPS** The initial step is attendance at a 1.5-day workshop to gain knowledge of the opportunities of developing an Aging in Place agenda and who can be mobilized by it. Participants will learn that Aging in Place is not only an added budget item, but also is an opportunity to engage the full community in reaching out in a meaningful way to older adults. At this workshop, your team will benefit from the lessons learned by Partners during its series of 12 workshops and JumpStart grants previously funded by MetLife Foundation from 2007 to 2009. Outside speakers will also present their own experiences to illustrate the importance of Aging in Place.

Participants and experts will arrive in the late afternoon of the first day, which will include introductions, a brief overview of the program, and the objectives and goals for the following day.

The second day will be a full schedule of discussion among experts and participants. The morning will consist of civic teams presenting their goal statements to the full group, and it will be followed by suggestions and

## Program Timeline

### Accept invitation

### Assemble civic team and select one focus issue

### Attend the workshop

### Access free resources

- network of technical assistance experts
- best practices
- publications

Aging in Place was developed to help America's communities **prepare for the aging of their populations** and to become places that are good to grow up, live in and grow old.

comments from peers and experts. Afternoon sessions will consist of individual civic teams working with assigned experts to begin developing plans and the next steps for achieving the Aging in Place goal—this will be the road map for the coming year of technical assistance and counsel. A final late afternoon session, time permitting, will include presentations of the plans and steps to the larger group.

Two separate workshops will be convened at different locations. The first will be held in Washington, D.C. with **two** communities attending. The second workshop location will be determined at a later date and will be host to **three new** communities.

**CIVIC TEAMS** Each participating community will be asked to assemble a team of **four civic leaders**. Two of the four will be required: one representing elected or appointed city officials (mayor, county executive, council chair, city or county manager), and one representing the older adult population (AARP, Area Agency on Aging, or similar organization).

The final two participants will be chosen by the representatives above and can be drawn from a variety of categories and will vary from place to place depending on local issues and assets. The remaining participant categories may include, but are not limited to: local philanthropy, non-profit organizations, business and corporate interests, faith, media, health and wellness, lifelong learning, and civic engagement. Partners will work with team leaders to assure a well-rounded group reflective of local issues and settings.

**EXPERTS** Partners will maintain a list of qualified experts and practitioners in the various issue areas who can be called upon to take part in the sessions and be available to answer difficult questions and offer creative solutions. Two experts will be selected for each community taking part in the sessions.

A sample of experts includes:

- Kate Clark, Philadelphia Corporation on Aging
- The Honorable Ron Littlefield, Mayor of Chattanooga
- Gianni Longo, American Community Partnership
- Fred Kent, Project from Public Spaces
- Deborah Puntenney, Asset Based Development Institute

## Who from my community will participate?

**Your civic team will be a reflection of the changes you want to make.**

A typical team may look like this:

- City Manager or Mayor
- Executive Director of the local Area Agency on Aging
- Program Officer or Executive Director of the local community foundation
- Representative of local business interests

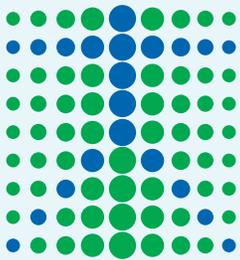
## How much does it cost to participate?

There are **no fees or costs** attached to this invitation—there is only the investment of your time. We will reimburse your travel costs and provide hotel rooms should you need to spend the night in Washington.



## questions?

contact: Penny Cuff  
pcuff@livable.org  
202-887-5990 x 101



Partners for Livable  
Communities

Simply put, **Aging in Place** is growing older without having to move. The vast majority of Americans want to remain in their communities among a familiar circle of friends and family as they age.

**WORKSHOP FOLLOW-UP** One informative meeting is a good start but the engine must be kept warm and running. Regular contact by Partners, networking, information sharing and city-designed activities are planned to keep the momentum alive.

- **REPORTS:** Individual civic teams will receive a documentation of the record of comments and suggestions made around each case statement as well as a record of the plan and next steps. This will serve as the road map for follow up actions.
- **RESOURCE TEAM:** Each civic group will have access to a Resource Team comprised of Partners' senior staff and information officer as well as assigned experts who will be available for consultation by telephone or email as needs arises. The Resource Team may also make on-site visits focused on building public support for the Aging in Place goal. The Resource Team will, at a minimum, hold monthly calls with the civic team to check on progress.
- **WEBSITE:** Partners will populate its website with Aging in Place content containing relevant information of best practices, city plans, reports, and periodicals that participants can access and download at no cost. Partners will announce the project on its website and make regular updates regarding team progress to raise awareness among additional communities of the opportunities presented by developing a local creative Aging in Place program.
- **NETWORKING:** Partners will make an online social networking site available for cohort members to keep them connected to and informed of one another. Case statements and photos can be downloaded to the site as will the follow-up reports. In addition questions can be posed, status updates recorded, new activities announced, and space made available for comments and commentary from peers and experts.
- **OPPORTUNITY FUND (THE PEDAL TO THE METAL FUND):** Partners suggests that a pool of funds be made available for each community to move forward and build a constituency around their Aging in Place goal. The funds can be used for a variety of activities that enlarge the circle of civic actors. Uses might be a visit to a best practice site, consultant services, small JumpStart grants, or community engagement meetings.

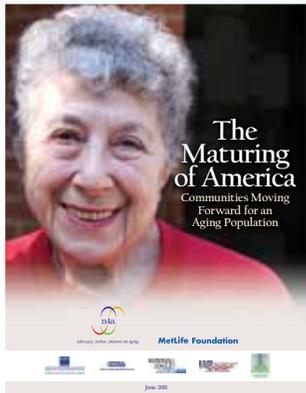
## AGING IN PLACE: REDEFINING THE OLDER ADULT AS AN ASSET

The world population is aging rapidly. At the start of the 21st century, the world population included about 600 million older adults (age 60 and older), triple the number of 30 years earlier. By 2050 that number will triple again to 2 billion. Such profound change brings with it both challenges and opportunities. The most common vision on how to approach these growing numbers has been a focus on the challenges—primarily in costs of health care, social services, and pensions—along with the barriers to important local reform efforts, such as those in education and environmental improvements. The results of those conversations lead to the common perception of older adults as a drain on local economies and a “problem” in communities. What will we do with all *those* people?

The MetLife Foundation City Leaders Institute encourages civic leaders to put aside the negative perception and focus on the positive impact the growing number of older adults brings to the places where they live. In nearly every aspect of community life—education, land use, jobs, arts, and much more—older adults can, and do, contribute meaningfully.

## HOW PREPARED ARE AMERICAN COMMUNITIES?

Due to the financial consequences from the current recession, many U.S. communities have been unable to make significant progress in preparing to meet the needs of the country’s rapidly aging

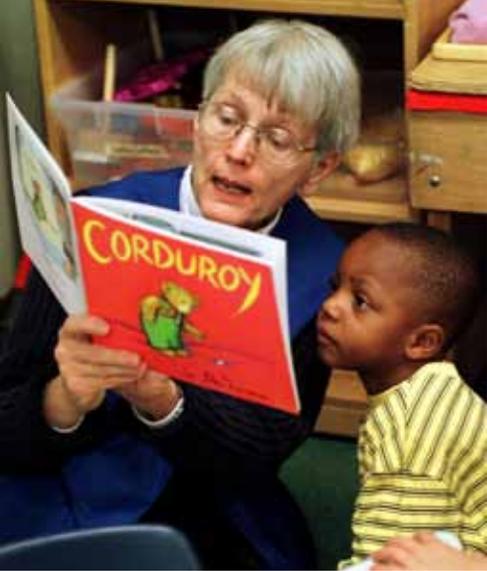


population. *The Maturing of America—Communities Moving Forward for an Aging Population*, a 2011 follow-up to an extensive survey conducted in 2005, reveals that due to the decline in the overall economy and local government budgets communities have merely managed to maintain the status quo in policies, programs and services already established since 2005. Communities “have not been able to move forward to the degree needed to address the nation’s current ‘age wave.’” This report, funded by MetLife Foundation and co-released by the National Association of Area Agencies on Aging and Partners, also reveals that, despite the

challenges, some important advances have been made including increase in specialized training for emergency and public safety staff in dealing with older adults; growth of in-home supportive services; greater support for advanced education for the workforce; and expanded volunteer opportunities. Even so, with millions of Baby Boomers reaching retirement age, these advancements are nowhere near the level of progress needed to ensure that communities are livable for people of all ages. Download *The Maturing of America* and additional resources at [www.livable.org](http://www.livable.org).

### How prepared is your community?

Take the **Community Report Card** (p. 9) to evaluate your community’s strengths and weaknesses in Aging in Place and grade your community on how well it is doing in each component of agelessness.



## Integration of Community Life

### What does the “all person friendly” community look like and how does it function?

A predominant challenge to ensuring a high quality of life for older adults is infrastructure deficiencies within our communities. For example, today’s sprawling suburbs present obstacles to “all person friendly” communities in their lack of accessible transportation options, a heavy dependence on automobiles for everyday necessities and errands, and an absence of quality public space for daily interaction.

### A HISTORY OF PARTNERS’ AGING IN PLACE AGENDA

In 1989 when looking ahead to the inevitable demographic changes in American communities, Partners first identified Aging in Place as a key issue. Today, **Partners has more than 20 years of experience, most of it as a voice in the wilderness, asserting that Aging in Place is a livability issue which should move out of the special interest arena and onto the broader civic life agenda.** Rethinking built and social environments that create a community more livable for people of all ages is a process relevant and beneficial to every resident.

In June 2002, Partners convened a two-day national leadership forum near Washington, D.C. For the first time, this unique event brought together transportation, planning, and social service officials with nationally recognized experts in recreation, arts and culture, and urban design, as well as specialists in housing modification and policy consultants, to discuss present and future barriers, and to brainstorm solutions that will enable older adults to grow old in their homes and communities.

The central idea that emerged from this conference was that current thinking about quality care and provisions for older adults had to be significantly reconsidered. Beginning with a change in the cultural perception of aging itself, other barriers concerning the design and affordability of housing, public and private funding, recreational and lifelong learning opportunities, community design, health and social services and public policy needed to be addressed with greater creativity to achieve comprehensive results.

The same is still true today. To eliminate these barriers, the national community development agenda must be expanded to include a broader array of professionals and activists, and local planning agendas must be truly “comprehensive” in their planning and implementation activities. Livability for communities should be planned in light of its most at-risk citizens, among them the elderly. As local leadership struggles to achieve sustainable and productive growth, and as aging Baby Boomers continue to increase in number, quality of life for the elderly resident will become the bellwether of a livable community. What makes a place livable for older adults makes it livable for all persons.

“Perhaps **no part of life has been so neglected** by our civilization—and so by the planner himself—as **old age** . . . In the general replenishment of family life, which is one of the objectives of good planning, the restoration of the aged to a position of dignity and use becomes one of our principal aims.”

—Lewis Mumford  
*The Urban Prospect*

In 2004, **Partners** and the **National Association of Area Agencies on Aging** (n4a) selected nine cities and began an 18-month work program. The communities ranged from Martinsville, VA to Battle Creek, MI to Jacksonville, FL, and they are as diverse in assets and challenges as they are geographically. Partners supported their efforts and enhanced their understanding of how to address the issue of Aging in Place, given the other complexities and concerns facing communities across America.

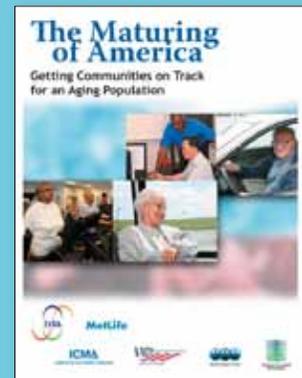
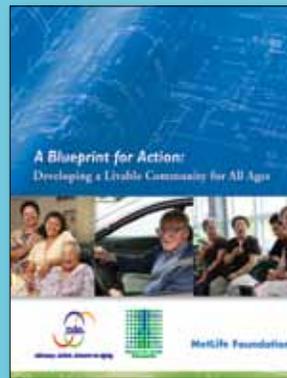
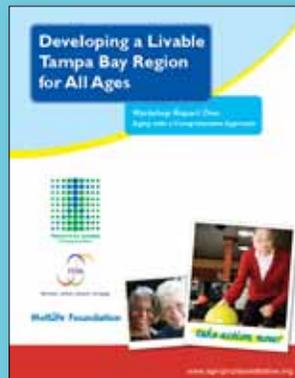
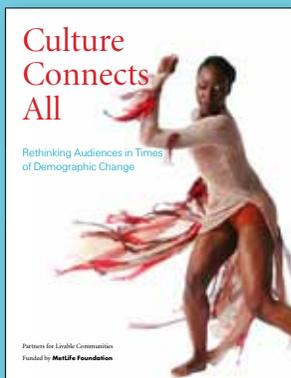
In 2006, with support from **MetLife Foundation**, Partners, n4a and their team of collaborators conducted a survey of the nation's cities and counties to determine how they were addressing the needs of their aging populations. The report from this survey, *The Maturing of America: Getting Communities on Track for an Aging Population*, found that less than half of American communities had begun planning to address the needs of the exploding population of aging Baby Boomers.

To help those communities that have begun the journey and those yet to take the first step, Partners and n4a joined again with additional support from MetLife Foundation to produce a comprehensive toolkit, *A Blueprint for Action: Developing Livable Communities for All Ages*. The *Blueprint*, released in May 2007, was the most comprehensive community Aging in Place guide published to date and has been well-received by Partners' entire network of communities and organizations, along with the media.

From 2007 to 2009, Partners and n4a took the *Blueprint* on the road to communities across the country, hosting 12 regional workshops, each centered on a specific Aging In Place theme. The workshops drew large, diverse crowds, and through additional support from MetLife Foundation, qualified organizations were mobilized to take action in their communities by apply for small "JumpStart the Conversation" grants to fund creative, new ideas for Aging in Place.

*In the face of many challenges, Partners has championed for more than two decades the idea that when older persons are able to remain in communities that are home to all ages, the whole community is enriched and strengthened. In short, prepare your communities for the aging population and they will become more livable for all.*

Free publications and resources available at [www.livable.org](http://www.livable.org).



## Phase I: Laboratory Communities, 2004 - 2005

### **Battle Creek, Michigan**

Community stakeholders developed an AIP agenda that centered on meeting the needs of retiring Baby Boomers. The project utilized an investor business model, creating a broad base of community support for specific services to better serve older adults.

### **Evansville, Indiana**

The community embraced a broad civic agenda that went beyond health care and aging, and developed a comprehensive public policy and educational strategy.

### **Fort Wayne, Indiana**

The community focused on retrofitting and re-imagining certain areas that would allow it to become a naturally occurring retirement community (NORC) capable of offering services such as specialized transportation, culture or recreational opportunities.

### **Hillsborough County, Florida**

The county focused on providing fiscal and economic tools that could support a broader set of services without increasing the taxpayer burden.

### **Howard County, Maryland**

Partners developed a national leadership forum that kicked off its broad, publicly recognized visibility as a civic organization taking up the AIP agenda as a test of livability in communities across America.

### **Lexington, Kentucky**

Under the leadership of the city council and the mayor, the community created a program to look at neighborhoods, both rich and poor, and determine how accessible, livable and walkable each was in terms of fostering Aging in Place.

### **Martinsville, Virginia**

Focused on the transportation needs of the county's isolated, rural older adults. Partners worked through the support of Martinsville's local Harvest Foundation to target the vibrant faith community as a resource for providing

transportation and improving the quality of life for all residents.

### **Rochester, New York**

A unique venture formed when the EPA offered support to show that the county and the city could, in fact, support a smart growth, common sense agenda by focusing upon the development of a larger constituency with similar concerns about building density and transportation.

### **Westchester County, New York**

Partners developed an asset-based development strategy focused on key institutions such as libraries, museums, arts centers and health care facilities to see how they can better contribute to a united, comprehensive AIP agenda.

## Phase II: AIP Workshops, 2007 - 2009

### **Chattanooga, Tennessee**

June 2009  
Building Partnerships: Creating a Livable Community for all Ages (Choose Chattanooga: Come Live with Us)

### **Wichita, Kansas**

June 2009  
Revitalizing Communities for All Generations: Visioning a Livable Wichita Region

### **Richmond, Virginia**

June 2009  
Engaging Community Leaders in the Process: Creating a Livable Richmond Area for All Ages

### **San Antonio, Texas**

June 2009  
Redesigning Communities for Aging in Place: Developing a Livable San Antonio Metro Region for All Ages

### **St. Louis, Missouri**

April 2009  
Designing Places and Spaces for Now and in the Future: Creating a Livable St. Louis Region for All Ages

### **Miami-Dade & Monroe Counties, Florida**

Nov. 2008  
Increasing Transportation and Mobility Options: Creating Livable Miami-Dade & Monroe Counties for All Ages

### **Charlotte, North Carolina**

June 2008  
Land Use Planning and Design: Creating a Livable Community in the Centralina Region for All Ages

### **Chicago, Illinois**

March 2008  
Engaging Older Adults Through Arts and Culture: Developing a Livable Chicago for All Ages

### **San Diego, California**

March 2008  
Enhancing Lifelong Learning: Developing a Livable San Diego County for All Ages

### **Kansas City, Missouri**

Feb. 2008  
Housing's Role in the Kansas City Metropolitan Area: Developing a Livable Community for All

### **State of Arizona**

Nov. 2007  
Workforce Development and Nonprofit Capacity Building: Developing a Livable Arizona for All Ages

### **Tampa Bay Region, Florida**

June 2007  
Crossing the Line: Developing a Livable Tampa Bay Region for All Ages

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## COMMUNITY REPORT CARD

The following questions will help you to think about your community's **strengths and weaknesses** in Aging in Place and grade your community on how well it is doing in each component of agelessness.

*How prepared is your community?*

Core Components to an Ageless Community	Your Grade
1) Community Design and Planning	
2) Arts, Culture and Lifelong Learning	
3) Housing	
4) Workforce Development	
5) Transportation and Mobility	
6) Local Leadership	
7) Health and Wellness	
8) Civic Engagement and Volunteer Opportunities	
9) Sustainability	
10) Public Safety and Services	
11) Equity of Opportunity	

### 1) Community Design and Planning

- Zoning requirements, subdivision regulations or building codes that promote/support other flexible housing options (e.g., shared housing, accessory apartments)
- Plans to ensure all land use patterns, transportation routes and community facilities meet the needs of people of all ages
- Well-lit public spaces
- Public spaces that encourage diverse use
- Zoning review and adjustment regulations to facilitate integrated use where possible
- Amenities evenly distributed throughout the community

My Community has:

- A All or Almost All
  - B Many
  - C Some
  - D Two or less
- Grade \_\_\_\_\_

### 2) Arts, Culture, and Lifelong Learning

- Quality, accessible adult education programs
- Strategic cultural planning efforts
- A strong library system
- A high level of educational attainment
- Adult education programs in the arts
- Availability of artists' space
- Discounts for older adults who want to take classes at local colleges/universities

My Community has:

- A All or Almost All
  - B Many
  - C Some
  - D Two or less
- Grade \_\_\_\_\_

### 3) Housing

- Home maintenance/repair assistance programs
- Modification of services for older adults, such as backyard trash collection
- Subsidized housing facilities
- Measures to address the impact of changes in local property taxes on citizens with fixed incomes
- Promotes housing codes that meet the needs of an aging community
- A supply of affordable housing options available to seniors
- Programs for advising seniors
- Incentives for housing with “universal design”
- Property tax abatements in naturally occurring retirement communities (NORCs)
- Programs to review housing codes for needs of elderly
- Programs to facilitate/raise awareness of housing alternatives like co-housing
- Community Land Trust Partnerships
- A low cost-of-living to income ratio

My Community has:

- A All or Almost All
- B Many
- C Some
- D Two or less

Grade \_\_\_\_\_

### 4) Workforce Development

- Job retraining opportunities
- Flexible job opportunities
- Job banks for older adults
- Bi-lingual classes for non-English speaking older adults
- Networking resources for the unemployed
- Outreach programs to connect retirees to opportunities for re-engagement in the workforce
- Review and adjustment of early retirement policies where possible
- Employers that offer flexible work solutions and telecommuting
- Employers that offer a livable wage
- A low unemployment rate

My Community has:

- A All or Almost All
- B Many
- C Some
- D Two or less

Grade \_\_\_\_\_

### 5) Transportation and Mobility

- Affordable public transportation to and from senior centers, adult day services, grocery stores, faith communities and cultural events
- Discounted taxi cab and public transportation fares for seniors
- Dial-a-ride and door-to-door para-transit options
- Road design tailored to the needs of older adult drivers (larger signage, left turn lanes, road markings)
- Sidewalks and street crossings made safe and accessible (bumpouts, crosswalk countdown, island in middle of street)
- Sidewalks linking housing and essential services for walking residents
- Disability-friendly public transit
- Traffic calming measures to slow traffic (speed bumps, surface changes, pedestrian zones)
- A bike sharing program
- Accessible driver safety education classes
- Programs for education/awareness of transportation options
- A regional transportation plan

My Community has:

- A All or Almost All
- B Many
- C Some
- D Two or less

Grade \_\_\_\_\_

## 6) Local Leadership

- Community design that promotes development and design standards that facilitate walking for a variety of trip purposes
- Local leaders who strives to promote interaction between all generations
- Local leaders who understand that universal design aids a specific demographic and society as a whole
- Local government that acts as an advocate and catalyst for developing partnerships, new programs and systems to aid and engage their older adult constituents
- Opportunities for harnessing the talent, wisdom and experience of older adults to contribute to the community at large
- A high level of trust in local government

My Community has:

- A All or Almost All
  - B Many
  - C Some
  - D Two or less
- Grade \_\_\_\_\_

## 7) Health and Wellness

- Accessible health care options that meet a variety of needs
- Exercise and wellness programs tailored to specific health concerns such as heart disease
- A high number of primary care providers per capita
- Free or affordable preventative screenings (blood pressure, mammograms)
- Nutrition classes for specific health/financial needs
- Communal meals at a recreation or senior center
- Programs for home meal delivery
- Programs for education/support of family caregivers
- Regular assessments according to the ACSM American Fitness Index
- Accessible parks and other exercise venues that can be reached by several modes of mobility
- Programs for publicizing fitness venues
- Land use planning that incorporates access to health care
- Intergenerational child care programs
- A high number of community health centers per capita
- Programs for assistance with insurance (applications/advice)

My Community has:

- A All or Almost All
  - B Many
  - C Some
  - D Two or less
- Grade \_\_\_\_\_

## 8) Civic Engagement and Volunteer Opportunities

- Meaningful volunteer opportunities for skilled older adults
- Intergenerational volunteer opportunities
- Mentoring programs
- Cultural opportunities the reflect ethnic demographic
- Social media outlets (listservs and websites) that promote civic engagement
- A high voter participation rate
- Functioning neighborhood organizations
- Open public meetings

My Community has:

- A All or Almost All
  - B Many
  - C Some
  - D Two or less
- Grade \_\_\_\_\_

### 9) Sustainability

- Local food sourcing
- LEED Certified buildings
- Urban community gardens
- Tree planting programs with benchmarks
- Preservation of open space
- A strong recycling program
- A high percentage of energy from clean sources
- Healthy air quality

My Community has:

- A All or Almost All
- B Many
- C Some
- D Two or less

Grade \_\_\_\_\_

### 10) Public Safety and Services

- Elder abuse/neglect identification and prevention programs for citizens, first responders, and law enforcement
- Neighborhood watch programs
- Specialized training for frail elderly
- Plans for the evacuation of older adults in the event of a natural disaster or homeland security event
- GIS layout or knowledge of where older adults reside for services to be provided in case of severe weather or other situations that prevent residents from leaving their home
- Cooperative policing
- Mail carrier alert systems

My Community has:

- A All or Almost All
- B Many
- C Some
- D Two or less

Grade \_\_\_\_\_

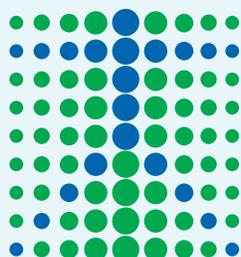
### 11) Equity of Opportunity

- Comprehensive non-discrimination policies
- Proactive non-discrimination efforts
- Social services sufficient to meet the community's needs
- Governing bodies representative of the community demographic makeup
- A progressive tax structure

My Community has:

- A All or Almost All
- B Many
- C Some
- D Two or less

Grade \_\_\_\_\_



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