# AARP NETWORK

## OF AGE-FRIENDLY COMMUNITIES

Getting to Livable Senior Communities
Assembly Aging and LTCC

October 25th 2017

**Bob Prath, Volunteer**
**Chair AARP CA Livable Communities Advisory Team**

**AARP**®
Real Possibilities

# Age-Friendly and Livable Communities

*"A community that is safe and secure, has affordable and appropriate housing and transportation options, and has supportive community features and services. Once in place, those resources enhance personal independence; allow residents to age in place; and foster residents' engagement in the community's civic, economic, and social life"*

**Survey after survey finds that today's older adults want to remain in their homes**



## 78%

of adults ages 45+ agree or strongly agree with the statement: "What I'd really like to do is stay in my current residence for as long as possible."

Source: AARP Home and Community Preferences of the 45+ Population, 2014

But most houses haven't been designed to adapt. In fact, American homes have traditionally been designed and built for **able-bodied 35 year olds**

**Survey after survey finds that today's older adults want to stay in their community**



**80%**
. . . . . . . . . . . . . . . .
of adults ages 45+ agree or strongly agree with the statement: "What I'd really like to do is stay in my current community for as long as possible."

Source: AARP Home and Community Preferences of the 45+ Population, 2014
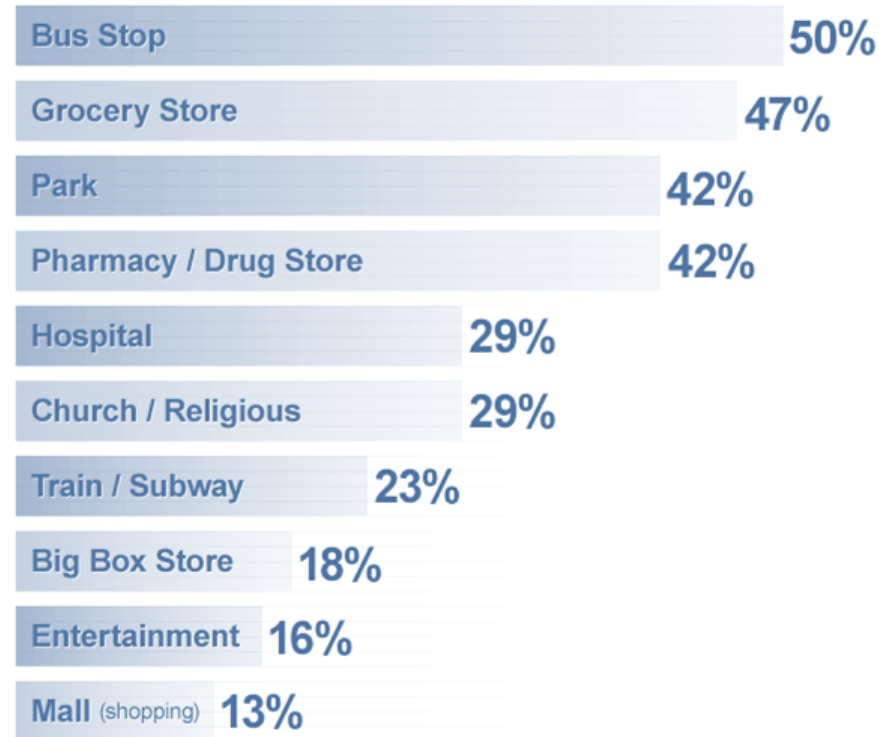
When it's time to hand over the keys.

For the past 50 years, communities have developed around cars and other motor vehicles as our principal form of transportation

# What Community Amenities Do Older Adults Want Close to Home?

We asked older adults what amenities they want close to home. Access to transportation, food, and green space top the list. These are among the many community indicators that we are measuring as part of the Livability Index project. Find out more about our livability research and the development of our index here: **www.aarp.org/ppi/liv-com/**

## % endorsed within 1 mile or less

| Amenity | Percentage |
|---|---|
| Bus Stop | 50% |
| Grocery Store | 47% |
| Park | 42% |
| Pharmacy / Drug Store | 42% |
| Hospital | 29% |
| Church / Religious | 29% |
| Train / Subway | 23% |
| Big Box Store | 18% |
| Entertainment | 16% |
| Mall (shopping) | 13% |

# Livable Older Adult Communities

**Communities for a Lifetime  - TH**

## CHOICE

Housing Options: affordable and supportive

Transportation Options: affordable and diverse

Active Healthy Living: no matter age or ability

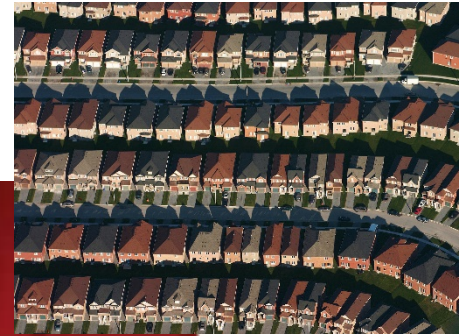ENGAGE: work, volunteer, study, teach

# Livable Older Adult Communities

**Transitioning to Communities for a Lifetime**

# Livable Older Adult Communities

**Transitioning to Communities for a Lifetime**

# Livable Older Adult Communities

**Transitioning to Communities for a Lifetime**

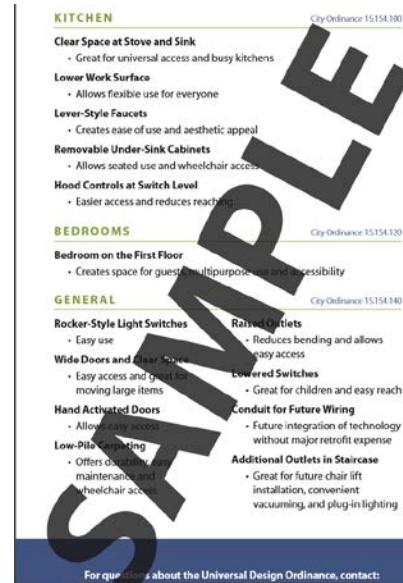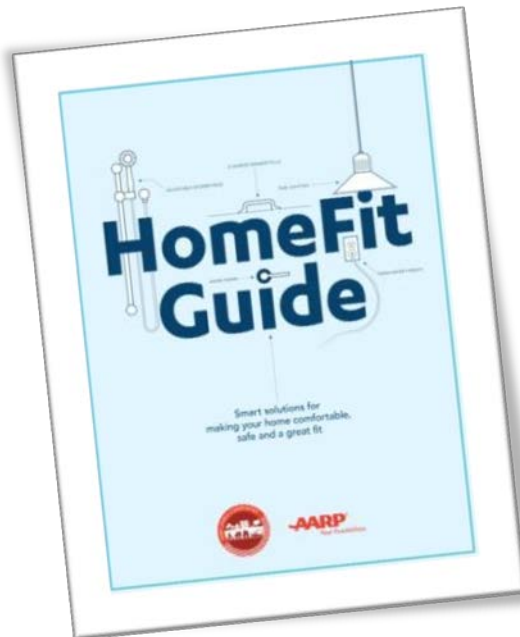REINFORCEMENT FOR BATHROOMS, VISITABILITY, AND UNIVERSAL DESIGN –

## DRAFT FOR DISCUSSION PURPOSES ONLY

**2016 CALIFORNIA RESIDENTIAL CODE (Intervening Code Cycle - if approved effective July 1, 2018)**

### SECTION R320
### ACCESSIBILITY *AND UNIVERSAL DESIGN ELEMENTS*

**R320.1** ~~Scope~~ *Accessibility*. Dwelling units in a building consisting of three or more dwelling units or four or more condominium units shall meet the requirements of the California Building Code Chapter 11A. Covered Multifamily Dwellings include but are not limited to dwelling units listed in Section 1.8.2.1.2. Dwelling units within a single structure separated by firewalls do not constitute separate buildings.

**R320.2 Universal design elements.** *Newly constructed dwellings subject to the requirements of this code shall be designed and constructed in accordance with R320.2.5.*



**HomeFit Guide**

Smart solutions for making your home comfortable, safe and a great fit

AARP



**KITCHEN** — City Ordinance 15.154.100

**Clear Space at Stove and Sink**
- Great for universal access and busy kitchens

**Lower Work Surface**
- Allows flexible use for everyone

**Lever-Style Faucets**
- Creates ease of use and aesthetic appeal

**Removable Under-Sink Cabinets**
- Allows seated use and wheelchair access

**Hood Controls at Switch Level**
- Easier access and reduces reaching

**BEDROOMS** — City Ordinance 15.154.120

**Bedroom on the First Floor**
- Creates space for guests, multipurpose use and accessibility

**GENERAL** — City Ordinance 15.154.140

**Rocker-Style Light Switches**
- Easy use

**Wide Doors and Clear Space**
- Easy access and great for moving large items

**Hand Activated Doors**
- Allows easy access

**Low-Pile Carpeting**
- Offers durability, easy maintenance and wheelchair access

**Raised Outlets**
- Reduces bending and allows easy access

**Lowered Switches**
- Great for children and easy reach

**Conduit for Future Wiring**
- Future integration of technology without major retrofit expense

**Additional Outlets in Staircase**
- Great for future chair lift installation, convenient vacuuming, and plug-in lighting

**CITY OF SACRAMENTO**

## Universal Design Ordinance

The City of Sacramento's new Universal Design Ordinance, effective August 2010, requires builders to offer certain accessibility features to consumers as an upgrade option. This ordinance gives consumers the option of purchasing homes that are visitable, usable and safe for all persons.

This brochure lists optional features potentially available for your new home.

If you have questions regarding this ordinance, please contact the City of Sacramento's Community Development department.

For questions about the Universal Design Ordinance, contact:

# Livable Older Adult Communities

**Transitioning to Communities for a Lifetime**

# Livable Older Adult Communities

**Putting the Pieces Together**

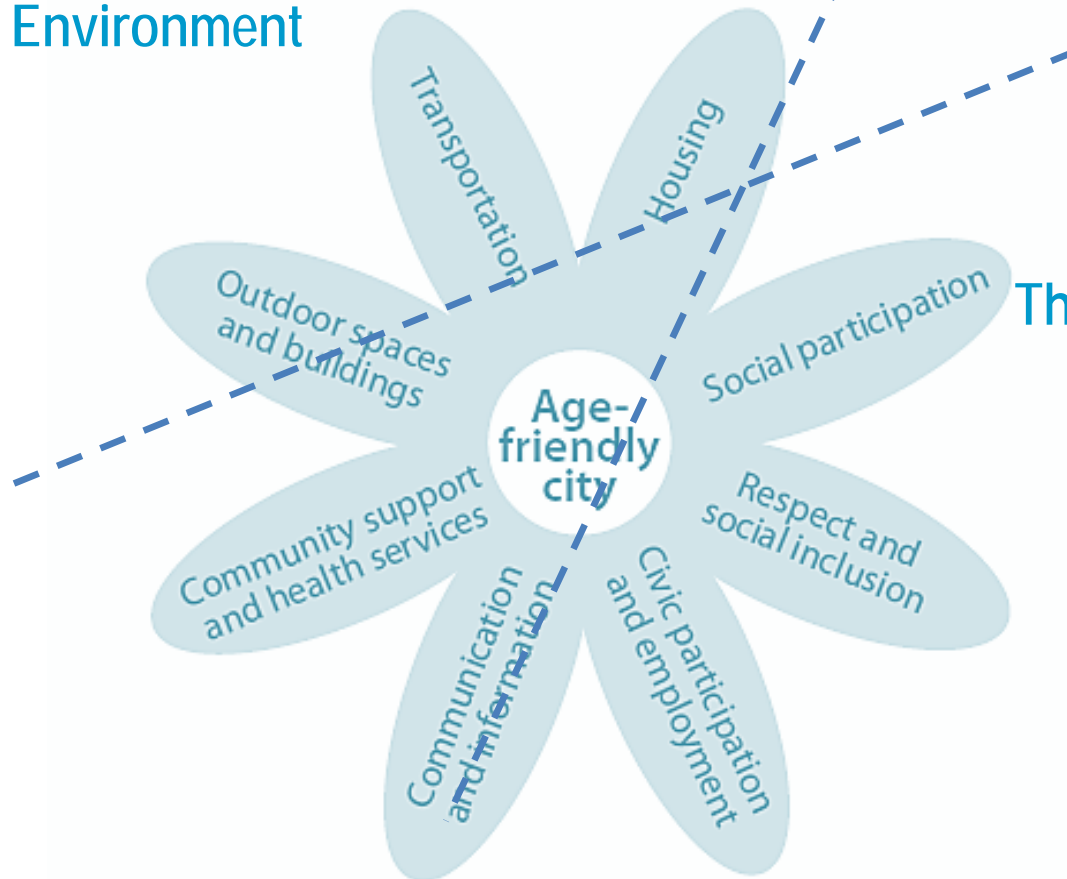# The **AARP**® Network of Age-Friendly Communities

## Introducing the Framework
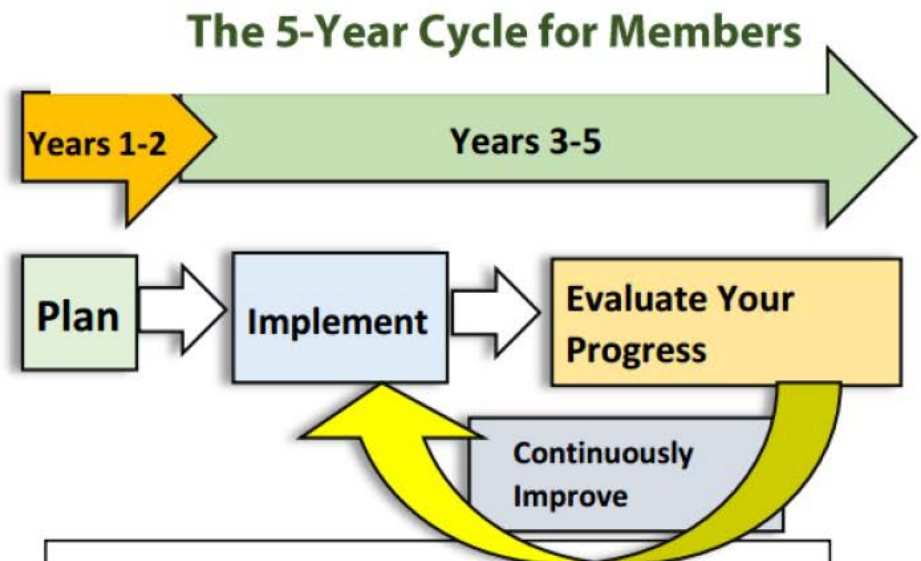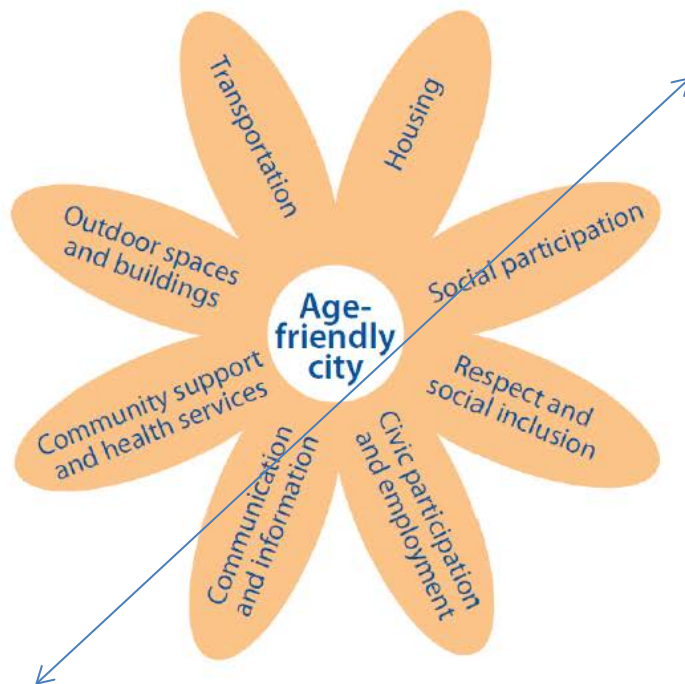### Our Vision and the "8 Domains of Livability"

The Built Environment

The Social Environment

# Livable Older Adult Communities

**Putting the Pieces Together**

AARP'S NETWORK OF AGE-FRIENDLY COMMUNITIES

# The Benefits of Membership
## in the AARP Network of Age-Friendly Communities

- **Opportunities** to encourage local residents, businesses and other nonprofit groups to play an active role

- **Connections to global and national networks of participating communities as well as aging and civil society experts**

**18 California Cities/Counties  190 US Cities   500 International Cities**

- **Access to news, information and guidance about best practices, models, results and challenges in the age-friendly movement**

- **Opportunities for partnership with other communities, both domestic and international**

- **Mentoring, assessments and peer review evaluation by experts and member cities and towns**

# Our Website and More!

**Please bookmark and promote**
**AARP.org/Livable**

**And keep these URLs handy, too**

**aarp.org/agefriendly ***

**aarp.org/livable-archives**
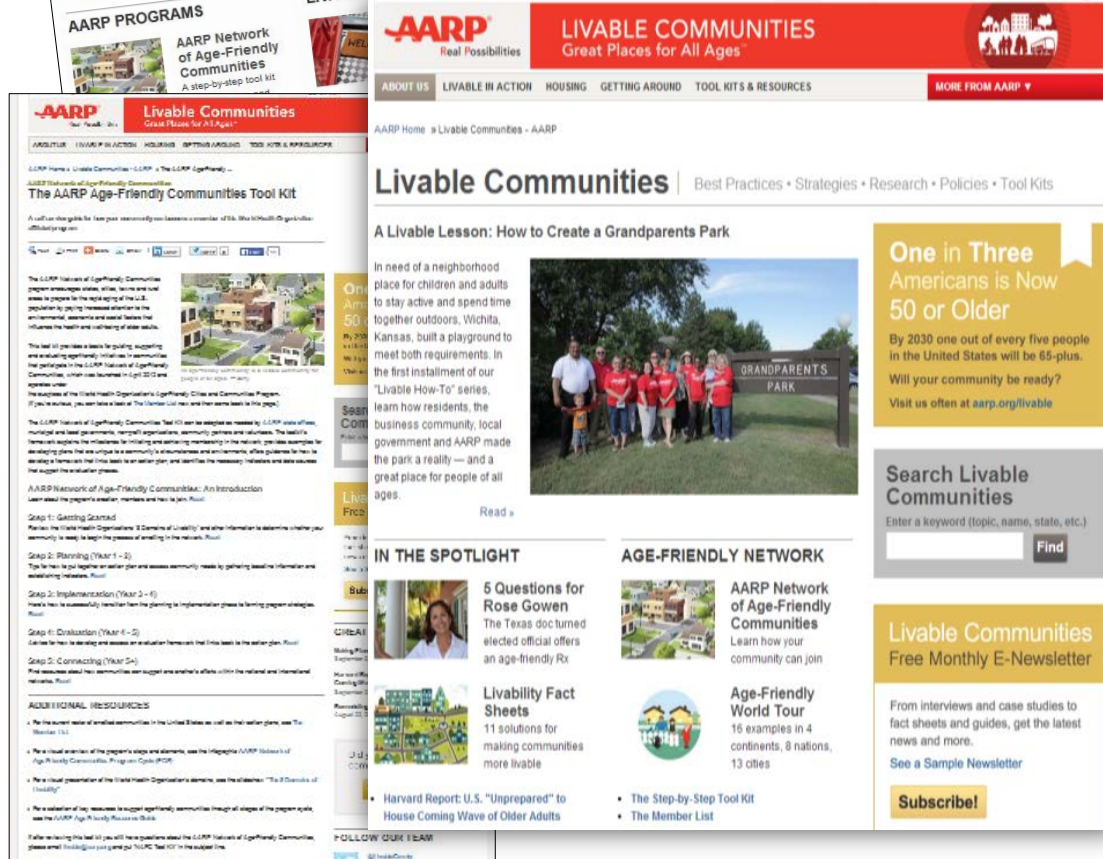
**aarp.org/livable-blog**

**aarp.org/livability-factsheets**

**aarp.org/livable-interviews**

**aarp.org/livable-lessons**

**aarp.org/livable-slideshows**

• Your direct link to the
AARP Network of Age-Friendly Communities Tool Kit!

Thank you