

# 2018 Livable Communities for All Ages Summit

## World Café Table Notes

### Transportation

- First mile last mile
- Coordination of transportation services
- Senior volunteer drivers
- Bus lines not age friendly
- Rural divide – social isolation
- Administrative needs –tracking, sharing, non-medical transportation barriers of paratransit
- Money dedicated to OA transportation/services
- Mobility management organizations
- AARP driver safety only offered during the day
  
- Need to educate transit operators to make it easier for user to board and leave vehicles
- Need person for customer service and assistance, drivers cannot allow to do this, need a conductor-reallocate resources and labor
- Have kiosk at major transit stops to help, going back to customer service
- Volunteers or pair workers should be intergenerational
  
- Challenges –passengers with behavioral problems need services but get taken off the list, the volunteers should get more support to continue serving these passengers
- Implementation:
  - o Create policy committee
  - o Convincing public officials to improve system, helps to have an incentive (the Olympics in L.A.)
  - o Participate in citizen advisory committees
  - o Use of corporate shuttles during non-commute periods
  
- Who has access to technology? Not everyone has a smartphone, internet, access, etc.?
- Need a translator
- Need representation of all users where conversations/decisions about emerging technologies are taking place; all-end users being considered
  
- Walk score
- AARP Walking Audit
- Types –dial a ride, volunteer, share, TNCs
- Issues – disability and mobility
- Market –Uber, Lyft, training of drivers
- Culture –not as extended family
- Mobility management –agencies oversee in San Francisco
  - o Like to see full network

- Determent due to bureaucracy
- Kansas city – Coordinated transportation system
- Share access to public transportation
- Complete sidewalks
- Access difficulty to use systems
- Getting off and on bus difficult

#### Transportation options

- NAPA County: paratransit and reliability issues, walkability downtown, connectivity challenges
- Seattle: many modes, need elder and disability friendly policies for bike share and rideshare
- LA: Lack of reliability and flexibility, personal assistance with vehicle transfer, drivers won't help, Ride share companies charge for caregiver plus 1

#### Needs of older adults

- Flexibility – timing and personal hygiene, and meals needed at a time
- Reliability
- Distance between bus stops
- Protection for weather, benches
- First mile and last mile connection
- Access and knowledge of existing options
- Providers need to anticipate what is needed
- Customer oriented model

#### Collaboration

- Need to be in the room
- Technology
- Communications
- Government
- Communication to 50 plus – send packet with resources to older adults that need to know
- URLs
- 311
- Better communication with program participants
  
- Train caregivers to use technology more effectively –resources for aging
- Self-driving and autonomous cars offer some promise
  
- Buddy system group travel
- Conflict between stakeholders how to work together
- Intergenerational collaboration and support
- Familiarity with destination and comfort
- Who is the best person to facilitate outing and engagement

- Provide opportunities with low barriers to participation
- How to allocate resources to all when space is monetized
- Challenge of tourism: How to build a central open space that is accessible to all in a rural area

#### Car dependent cities and towns

- Obstacles: weather, liability, sustainable funding, lack of rural options, hours of operations
- Complicated systems for usable services
- Need to include caregivers
- Cognitive and medical issues
- Non smart phones
- Trip purposes: daytime an evening needs, medical, church, anything

#### Success

- Diehard volunteers
- Door to door service
- Collaboration between county and hospitals
- Field trips to navigate transit
- Lyft has reached out to aging communities call them directly
- Napa Ride share program
- Dementia movement growing

#### Ability to get where you want to go when you want to get there

- Broader visions
- Not necessarily auto dependent
- Must be convenient in terms of time and response time, timed systems

#### What are the outcomes if community does not provide good transportation options?

- Metro – bus to Kennedy Center
- Bart station you drive to
- Challenge –intercity bus disconnected
- No single resource for information
- Walk, transit transfers, bike lanes –senior transportation growing
- Cobblestones, benches, sidewalks pretty but need more
- Some Bart stations have broken escalators
- Getting from here to there without a car
- Some cities don't include seniors in their plan
- On/off boarding with groceries
- Progress made to revisit our roadways

- Now is a good time to do this –transportation
- Kids not need to have a car when they grow up
- Streets still dominate by single use –cars,
- Remix and make fun
- Celebrity Flathead flag for our crosswalks
- 8-80 Conversations
- Occupancy tax will help subsidize transportation and bus
- Make paratransit more fun
  
- Trolley
- Intergenerational

### **Housing**

- Create model policy, templates, tool kit
- AB2132 Waive permit fees for home modifications
- Grant to make up for permit fees \$10,000 2 permits per year
- Support waiver of fees –REQ’s that add cost to ADUS
- Need to restrict rental
- Co-housing with separate units for low income seniors
- Need incentives for intergenerational housing
- Co-housing
- Highlight value and need for intergenerational solutions.
  
- College student housing collaboration
- Pres school in association with senior housing
- WHO assessments good vehicle for community input
- Boston housing innovation lab
- Rockefeller grant to city

How are we moving the needle on age friendly housing?

- WW2 stock housing is a barrier
- Taxes are a barrier

- Relationships villages –livable community coordinators
- Bring in media
- Keep villages informed on critical issues
- All about community organization
- Reach older adults in their own settings –AARP chapters
- Break down silos within community
  
- Goal –share case studies of best practices
- A menu of housing options –shared, ADUS, tiny, mission

### Best Practices

- Education about solutions
- Partnerships
- Advocates
- Develop more supportive ADICES
- Planner should see feedback when redoing plans
- Tiny houses
- VA medical foster homes -requires people to be committed to VA philosophy because no return on investment with rental
- Mission driving housings
- Shared housing
- Find others that have overcome problem you face
- Land use and resistance to change
  
- Over housed
- Understanding zoning limits re:
  - o Shared housing
  - o Tiny houses
  - o ADUs
  - o Preservation and renovation
  - o We all need a menu of housing
  - o Housing
  - o ADUs
  - o Tiny
  - o Mission driven options
  - o New and renovating homes and motels
  - o Encouraging co-housing –people not familiar with co-housing
  - o Intergenerational – shared with a student
- Long term care housing options
  - o Foster program for seniors
  - o Greenhouse
  - o Adult family care
- Challenges –knowing zoning, legal barriers to various options, shared housing and rental property

- Density – a concept that needs culture change
- So much of this is not on planners’ radars
- A need for aging professionals and planners to collaborate and inform each other
  
- Age friendly housing –shared housing
  - o Allow people to stay in homes as they are –focus on safety, home modification, in home services, transportation
  - o Community support – volunteers, financial support
  - o Price controls –a affordable housing
  - o Age segregation not natural
  - o Grandparents raising grandchildren
  - o Home sharing
  - o Intergenerational
  
- Group home – residential care, adult foster homes, provide some care, varies state to state
- House mate homes –home sharing
- Codes – city, county, state –big factor in flexibility
- Monitoring conditions can be variable
- Important to educate people on home design and modification of existing homes
- NAHB ageing – trained contractors
- Numbers –we need more low income housing for older adults
  
- Top down –need legislators, city, state, county community leaders
- When new employers come in they flush out old low income homes
- Drive up housing costs
- Age segregation –pushing older adults to older adult communities
- When do people go to get help?

#### Tangible tools and models

- ID partnerships that are key
- Engage elected officials when they are running
- It’s a teachable moment
- Make use of assistive technology
- Include diverse options for low vision, dementia, etc.
- Seek sources of funding -United Way, Vets, Habitat for Humanity
- Build coalition with planners, public health, government officials, senior centers
  
- What are the issues and barriers
- People aren’t thinking about their needs 20 years, wait too long
- Communication/education incentives needed for people to change their housing

- Holistic view of housing, transportation ended
- Aging in place with someone you know
- Need to facilitate shared housing in exchange for low rent

#### Partnerships

- Finland and Sweden –match young professionals with old who need housing
- Training people for health care and shared housing
- Protection/ financial management for seniors/dementia, those that are vulnerable
- Seniors need connection some do not use social media, library for other places for disseminating information
- Training people in community to look out for seniors vs mind your own business

#### LT – Housing

##### Are ADUS affordable?

- ADUs need to be designed and built for accessibility
- Does isolation lead to unhappiness
- Having money doesn't mean one does not have needs
- How do we move community to change and take steps to change policy
- What's available for moderate income older adults?

##### Middle income –where does it get support?

##### Keep older adults in their community

Californians are moving because state is too expensive –leaving support system

Senior migrations beginning at 65. Don't need assistance

##### Partnerships –who?

- Investment firms
- Help to prepare to age in place
- Groups of older adults –example –grey panthers
- -20% 18-64 disabilities
- Look at intergenerational and all abilities

##### Co-housing as another options

- Golden girls options –dorm living
- Exchange for community service with college students
- Cohousing problem –if roommate cannot care for older adult
- Put owner of home to a nonprofit
- Younger adults may own home after parents are aging

## Rentals vs owning

- Older adults may need to switch due to lack of discretionary funds
- Rent control
- Rent –fixed income
- Rent increases

## Shared housing

- How to make concept natural
- Care taker and in home support
- Connect to housing authority
- How to make institutional settings
- Greenhouse project
- Value added –feeling of safety
- Lots of labor for agencies

## AARP

### Building healthy community's network

### Change lab solution

### Obstacles:

- Lack of market driven housing
- Labor market
- Landmark regulations
- Federal subsidies of senior housing –reduces local incentives for senior housing
- Lack of consumer knowledge
- Local policy and zoning for nontraditional housing

Partners: Agencies, one stop, simplify the rules, senior navigator

## **Built Environment & Open Spaces**

- Transform challenges in collaboration into opportunities
- Outreach –how to find and meet people where they are
- Biggest challenges and biggest opportunities
- The commons – shared investment, shared responsibility
- Universal human centered design – integration of mixed uses
- Increased accessibility and transparency by park districts, cities, etc.; Whose job is it to maintain this space
- When people what to be involved and participate in open spaces, who do they talk to, especially in larger governments

- Union issues block volunteers
- How regulations affects use and engagement with public space
- Access –Age friendly communities are good for all
- Ask people to work together for accessibility
- How to bring diversity into the conversation –parents with children and older adults with disabilities
  
- Low vision consideration
- Wayfinding navigation
- Open spaces
  - o Autism
  - o Memory disorders
  - o Arts as way finding
  - o Community involvement sharing stories and legacy
  - o Multigenerational
  - o Subway tracks and reconfiguring spaces that were unused to open spaces and parks
  - o Revitalize community
  
- New design for post and fire, and public participation
- Resiliency planning and ADUs
- Common language
- Character of community and growth
- Urban design that works for aging community
- Developer agreements
  
- Create more open space where people are living
- Locate senior centers in parks
- Wayfinding signs –direction to activities
- Homeless in parks
- Multigenerational equipment in parks
- Wider swings
- Musical swings
- Art installations
- Open space –community gardens
- Bike lanes must be dedicated
- Training for urban bicycling
  
- No public transportation to open space
- Meet up for bus
- Give incentives to go to parks

- More senior focused activities

Women aging –safe outdoor spaces

Planning for us

Transform zoo- senior safari

50 plus free

Parks – older adult focused

Access - Habitat donated house

Park by community

Maintained and built –multigenerational

- Tangible tools:
  - Identify obstacles to mobility
  - Lighting
  - Virtual tours
  - Streetscape
  - Landscape
  - ADA surfaces
  - Expedite projects
  - Wayfinding
  - National Institute of building science –design buildings for visual environment
  - Soft -scape alongside paved
  - On demand transit options
  - Small electric vehicles
  - TNCs
- Partnerships
  - Urban planners
  - Designers
  - Gerontologists
  - Conference presentations
  - Safety/mobility
  - Design makers
- Tools and Partnerships
  - Supermarket shuttles
  - Benches at markets
  - Housing developers
  - NGOs
  - Neighborhood associations
  - Health care organizations
  - Hospitals

- Community gardens
- Process with diversity and equity

Misc.

Older people have huge purchasing power

- Planning needs to move to getting seniors to retail rather than only focusing on bring retail to the area
- Partnership and relationships with city planners
- Ensure older adults are part of the discussion

Tourism

- Jurisdictional barriers
- We cannot forget to look at transportation broadly.