MOVING TOWARD AGE-FRIENDLY COMMUNITIES

Portland State
UNIVERSITY
Institute on Aging

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Age-Friendly Movement

- Growing focus of communities internationally

- Grantmakers in Aging (2013):

"Many thought leaders now believe that the communities that fare best in the 21ˢᵗ century will be those that both tackle the challenges and <u>embrace the positive possibilities that an aging population creates</u>."
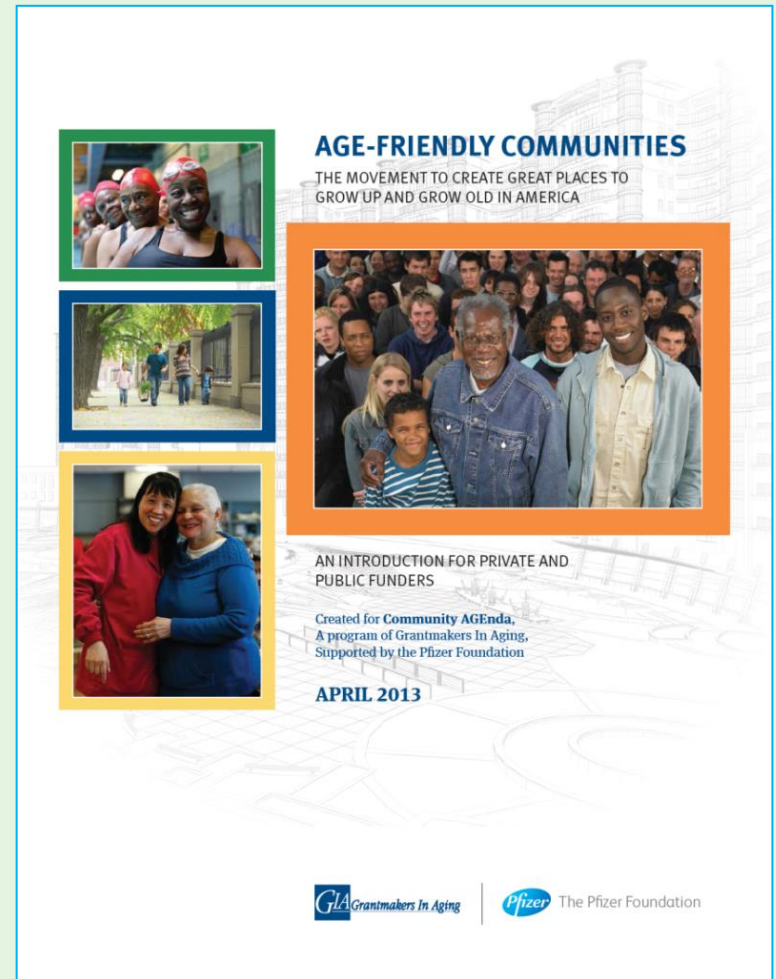
An Age-Friendly City is:

- Defined as a city that:
  - is "an <u>inclusive</u> and <u>accessible</u> urban environment that promotes active ageing"
  - "emphasizes <u>enablement</u> rather than disablement"
  - "is friendly for <u>all ages</u>, not just age-friendly"

- The project utilized the WHO's Active Ageing framework:

  "Active ageing is the process of optimizing opportunities for health, participation and security in order to enhance quality of life as people age"
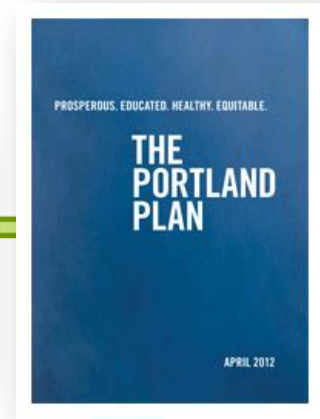
Global Network of Age-Friendly Cities and Communities

- **258** members of the World Health Organization's Global Network of Age-Friendly Cities and Communities (28 Countries, 100 million people covered)

- **12** Affiliated Programs (e.g., Pan-Canadian Age-Friendly Communities Initiative)

  - AARP has **54** Network members in U.S.

- Other programs that advance similar goals (e.g., Community AGEnda, Village-to-Village Network)

PORTLAND'S AGE-FRIENDLY TIMELINE

**Fall 2006:** Portland begins collaboration with the WHO on their Global Age-Friendly Cities project

Spring 2010: IOA/City application for membership in WHO Global Network of Age-Friendly Cities

Spring 2012 – Portland Plan and "Portland is a Place for All Generations" published

Spring/Summer 2007: Baseline assessment completed: reports to WHO and Portland community

Spring 2011: Official acceptance into WHO Network; presentation of certificate to City Council

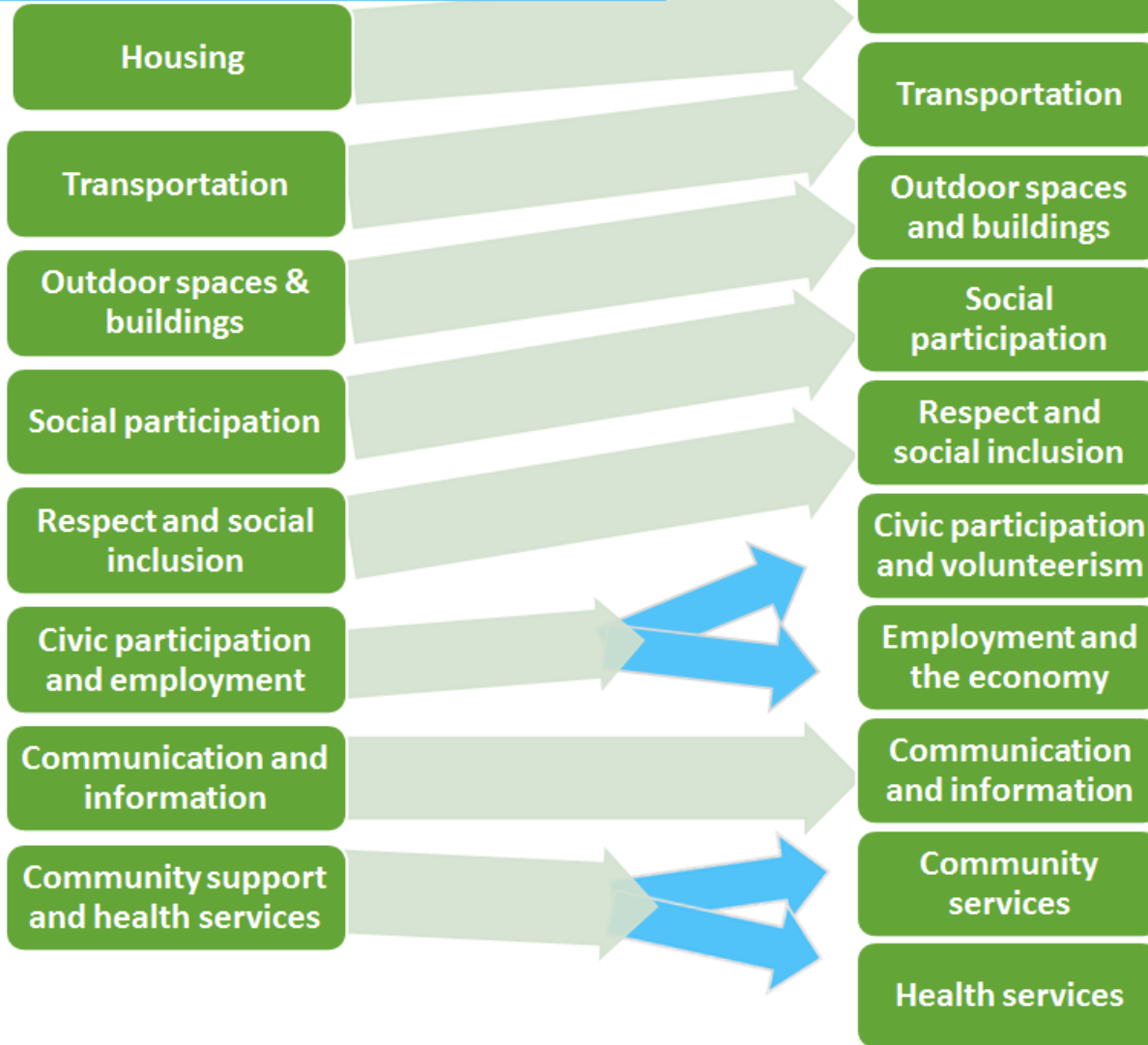**Fall 2013:** Action Plan for an Age-Friendly Portland passed by resolution
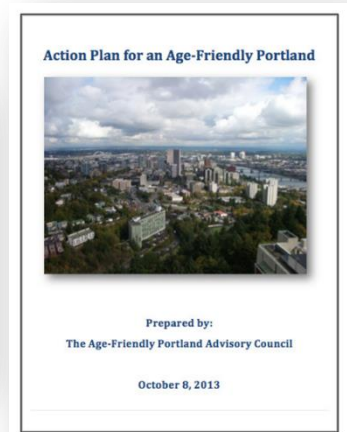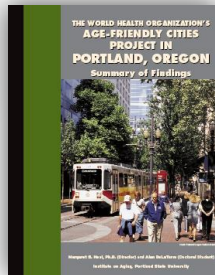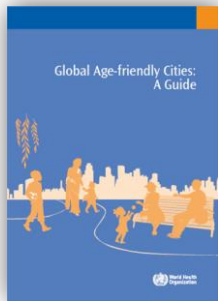
AGE-FRIENDLY MULTNOMAH COUNTY

- On October 30, 2014, Multnomah County Board of Commissioners unanimously adopted the action areas from Portland's Action Plan:

  o May works sessions to identify age-friendly services, gaps, needs, and priorities

  o Aiming to develop an Action Plan for an Age-Friendly Multnomah County by December, 2015

From 8 to 10 Domains of Age Friendliness...

8 Domains	10 Domains
Housing	Housing
Transportation	Transportation
Outdoor spaces & buildings	Outdoor spaces and buildings
Social participation	Social participation
Respect and social inclusion	Respect and social inclusion
Civic participation and employment	Civic participation and volunteerism
	Employment and the economy
Communication and information	Communication and information
Community support and health services	Community services
	Health services

Portland & Multnomah County's 2015 Age-Friendly Subcommittees:

1. Housing
2. Transportation
3. Civic Participation & Volunteering
4. Economic Development & Employment
5. Health

Results from 2014 Values and Beliefs Study "Ranking of Most Important Age-friendly Areas"

Respondents	1st Priority	2nd Priority	3rd Priority	4th Priority
Oregon (n = 801)	**Health Services (36%)**	**Housing (17%)**	**Employment & the Economy (12%)**	**Respect & Social Inclusion (8%)**
U.S. (n = 1,281)	Housing (25%)	Health Services (24%)	Employment & the Economy (21%)	Respect & Social Inclusion (8.4%)

- **Additional observation:**
  - "Transportation" ranked 5th in Oregon and the U.S. and respondents aged 65-74 and 75+ ranked it higher than "Respect & Social Inclusion"

Project partners:

How important is it for your community to work toward becoming more age-friendly?

	Oregon (n = 801)	U.S. (n = 805)
Very	**21%**	**37%**
Fairly	**26%**	**20%**
Somewhat	35%	28%
Not Very	12%	10%
Not at all	6%	3%
Did not Know	1%	2%

Please rank the top three objectives regarding meeting the future needs of seniors and people with disabilities.

Response Category n=801	OR Total	45-54	55-64	65-74	75+
1. To stay in their own homes and communities	42%	34%	46%	47%	48%
2. To achieve and maintain financial independence	29%	36%	27%	26%	22%
3. Serve all people in the manner that they choose	28%	29%	27%	26%	26%

Please rank the top objectives regarding meeting the future needs of seniors and people with disabilities.

Response Category n=801	OR Total	45-54	55-64	65-74	75+
1. Provide better **alignment of the housing, transportation, and social needs** of seniors and people with disabilities	30%	29%	38%	22%	25%
2. Provide better **access to help and information**, including resources for personal financial planning	18%	19%	13%	22%	17%
3. Provide **more support caregivers** (paid and unpaid)	16%	12%	21%	14%	16%
4. Provide more **physical and mental health** promotion and preventative services	16%	19%	12%	18%	13%
5. Provide support for community planning to **create more livable age-friendly communities**	11%	11%	10%	12%	14%
6. Provide more access to a **range of transportation options**	8%	9%	5%	11%	6%

UNPAID CAREGIVING IN AMERICA

Caregiver

Average age of caregiver: 50

Hispanic caregivers have an average age of 43.

Caregivers are typically adult women who are helping one person.

51% Live less than 20 minutes away from the recipient.

Recipient

Average age of recipient: 77

Where Do They Live?
- 58% In their own home
- 20% With caregiver
- 6% Nursing home
- 5% Assisted living
- 3% Retirement community

Work Balance

Two in three caregivers said they **made some workplace adjustment due to caregiving** in 2009, up from six in ten in 2004.

74% Percentage of caregivers have worked while caregiving.

Top Tasks

Housework   Transportation   Groceries

Cost to Caregivers

$450 Billion

Informal, unpaid caregivers **contributed $450 billion** in assistance to adults 50+ in 2009.

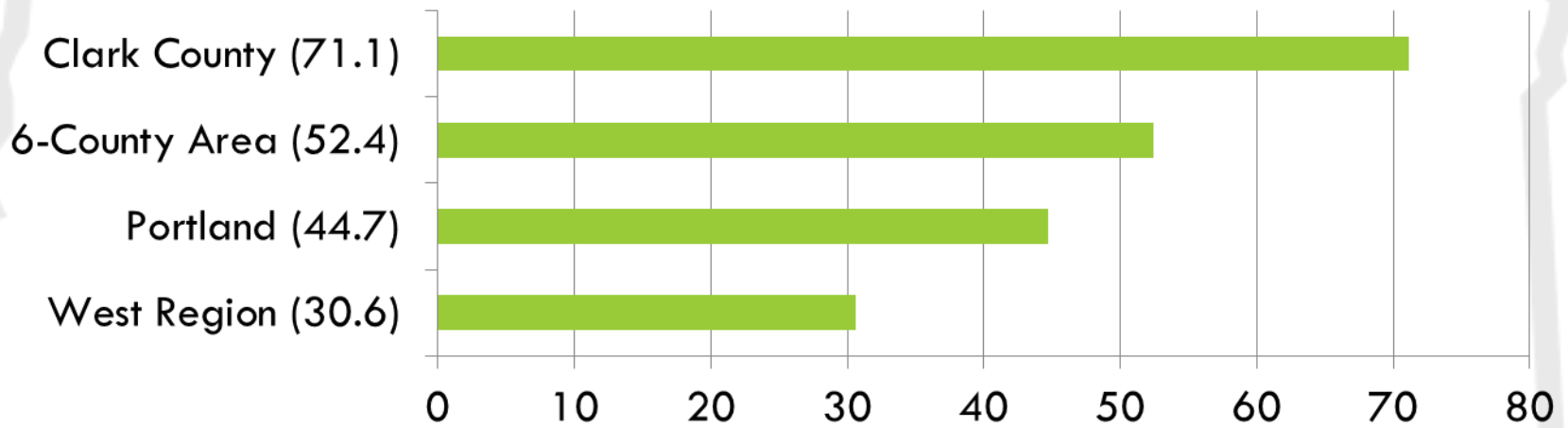**43.5 million caregivers** in the U.S. 18 years of age and over contribute to this figure.

AARP Real Possibilities

Regional Household Growth

- According to data from Metro, from 2010-2025, our six-county region will add 309,293 households
- 162,186 households (52.4%) will have a head of household 65+

Proportion of Household Growth with Head of Household Aged 65+

Clark County (71.1)
6-County Area (52.4)
Portland (44.7)
West Region (30.6)

0   10   20   30   40   50   60   70   80

Analysis done by Dr. Dick Lycan, PSU Institute on Aging

Please rank the top three options that you would consider if you needed to move from your current home, but wanted to stay in your neighborhood or community.

Response Category n=801	OR Total	45-54	55-64	65-74	75+	Natl. Total
1. **Single-family** home	38%	45%	38%	40%	23%	34%
2. **Home shared** with a family member, friend, or someone else	16%	17%	19%	13%	13%	28%
3. **Small one-story house, clustered** on a property with other small houses	16%	13%	17%	16%	20%	9%
4. **Apartment or condo**	16%	14%	13%	18%	21%	19%
5. **Co-housing** development	7%	4%	8%	9%	9%	5%
6. **Accessory dwelling unit** on a property shared with a house	5%	4%	4%	5%	7%	4%

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