

AARP Livable Communities: *Supporting Healthy, Thriving Age-Friendly Places for All*



U.S.

Elderly in U.S. Are Projected to Outnumber Children for First Time



Census Bureau predicts milestone will be hit within 17 years



By *Paul Overberg and Janet Adamy*

Updated March 13, 2018 9:13 p.m. ET



People over 65 years old would outnumber children by 2035, a first in U.S. history, according to updated projections released by the Census Bureau on Tuesday.



The milestone would be the latest marker of the nation's aging, which has accelerated with baby boomers' move into their senior years and recessionary effects on births and immigration over the past decade.



The...



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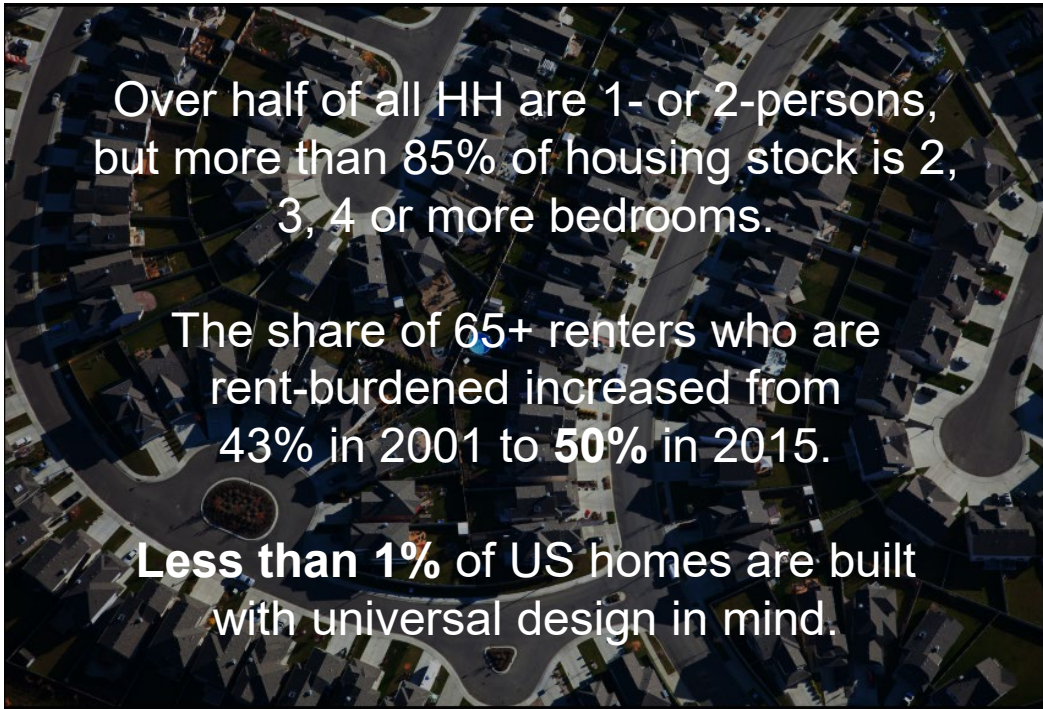


October 2019: US Census updated to 2034

June 2020: US Census reported

The 65-and-older population grew by over a third (34.2% or 13,787,044) during the past decade.

<https://www.census.gov/newsroom/press-releases/2020/65-older-population-grows.html>



Over half of all HH are 1- or 2-persons, but more than 85% of housing stock is 2, 3, 4 or more bedrooms.

The share of 65+ renters who are rent-burdened increased from 43% in 2001 to 50% in 2015.

Less than 1% of US homes are built with universal design in mind.

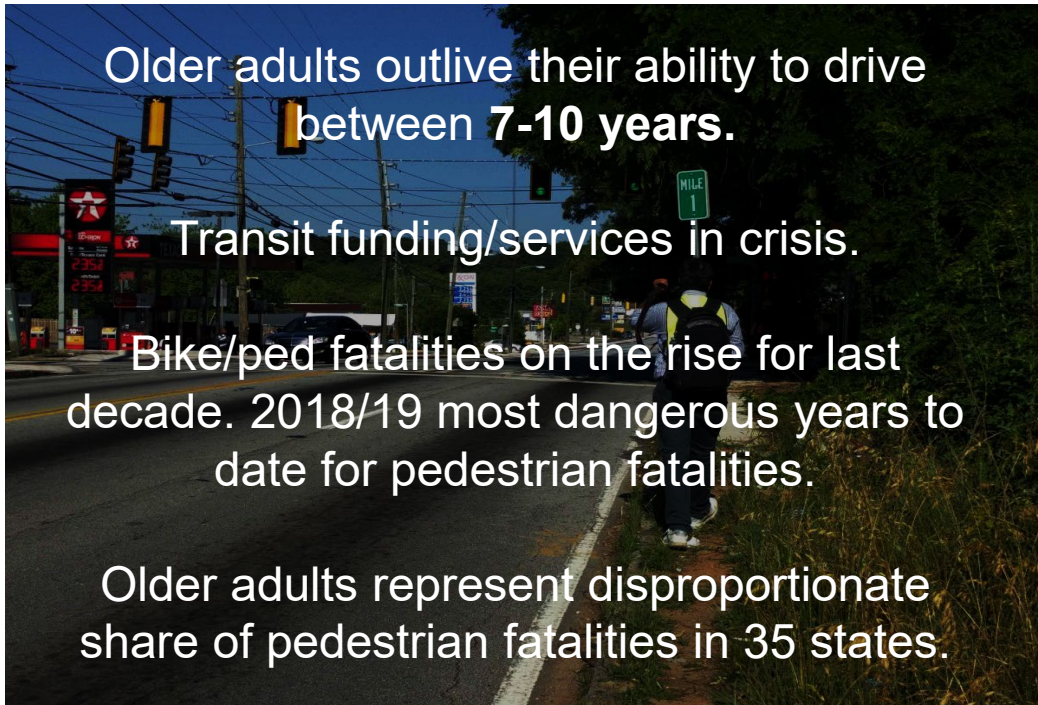
Housing



Older adults represent more than 20% of population, but **only 4%** of park users.

Parks serving communities of color are half the size (and 5x as crowded) which increases temps. Older adults represent a disproportionate share of heat-related deaths.

Parks and Public Spaces



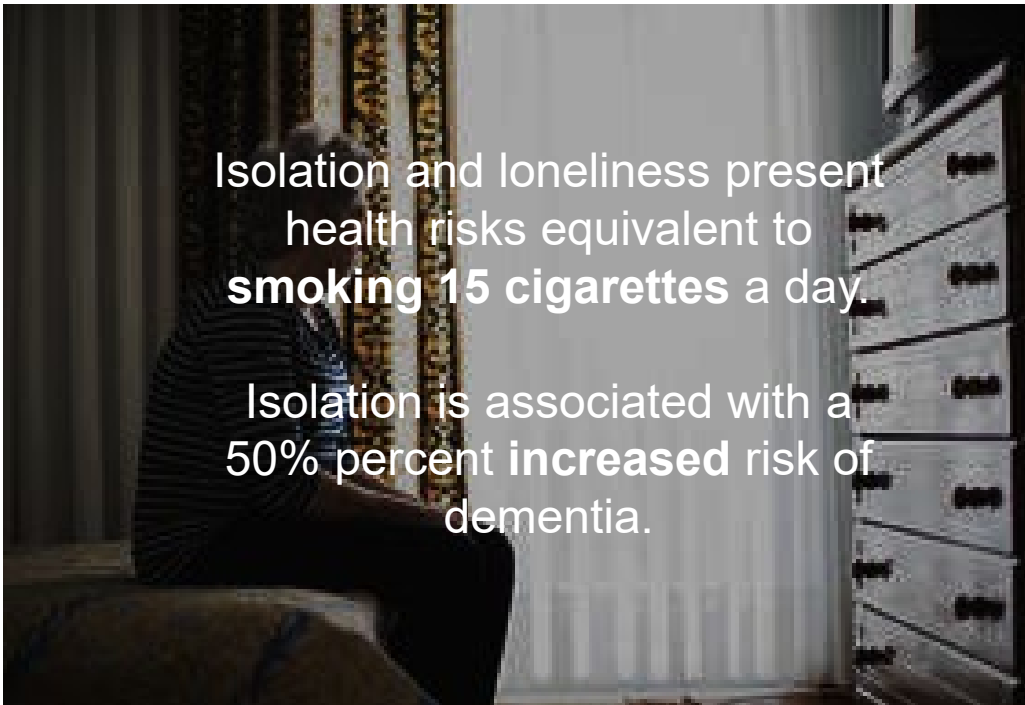
Older adults outlive their ability to drive between **7-10 years**.

Transit funding/services in crisis.

Bike/ped fatalities on the rise for last decade. 2018/19 most dangerous years to date for pedestrian fatalities.

Older adults represent disproportionate share of pedestrian fatalities in 35 states.

Transportation



Isolation and loneliness present health risks equivalent to **smoking 15 cigarettes a day**.

Isolation is associated with a **50% percent increased risk of dementia**.

Health

Roadblocks to age-friendly communities



- Lack of options when people stop driving
 - And disparate access to quality transit, safe bike/ped environments, other solutions
- Public transit in crisis
 - Older adults and people with disabilities rely more on public transit
- Overall bike/ped fatalities are increasing
 - Older adults represent a disproportionate share
- COVID introduced new risk to use of prior sources (e.g. volunteer driver programs)

Pathways to age-friendly communities



Photo courtesy of AARP
Community Challenge program:
Chula Vista, CA
Jackson, MS (Drew Dempsey)
Baltimore, MD



- **Invest** in better/more infrastructure
 - Safer bike/ped, better public transit, lighting and signage
- **Ensure** existing infrastructure meets needs of all
 - Schedules/destinations match needs,
 - Payment/discounts are easy,
 - Crosswalk signal timing, and more...
- **Educate** older adults on options
 - Bus, rideshare, bike/ped, volunteers, AVs
- **Engage** older adults in planning efforts – as well as implementation

AARP Livable Communities Approach

aka our “Age-Friendly” Approach

We support communities and local leaders to think differently about their **housing, transportation and public spaces** to create great places for all people of **all ages**.



- **Framework** for age-friendly policy and investment
- **Grants** to catalyze change
- **Tools and resources** for local leaders
- **AARP staff and volunteers** in every state

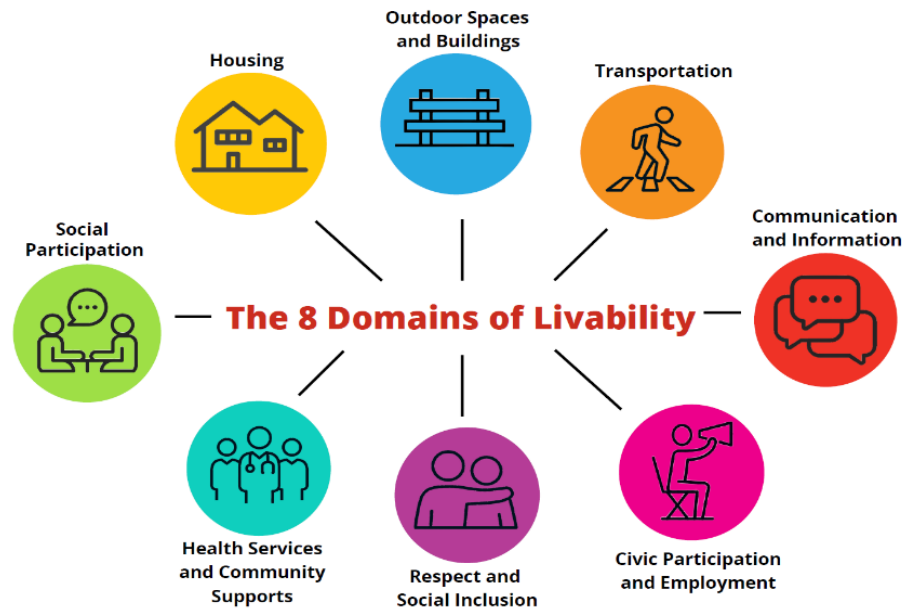
AARP Network of Age-Friendly States and Communities

We support communities and local leaders to think differently about their **housing, transportation and public spaces** to create great places for all people of **all ages**.



Many overlap with **CDC/DNPAO programs or Bicycle Friendly Communities**

Search for communities at <https://livablemap.aarp.org/>



Over 500 communities + six states + USVI

Five-year cycle

Led by diverse coalitions

Over 100 million US residents live in an age-friendly community

Community Challenge grants to catalyze change



**AARP
COMMUNITY
CHALLENGE**

Grants to make communities livable for people of all ages
aarp.org/CommunityChallenge



**2021 application window
February 17-April 14**



**Search for your
community at
<https://livablemap.aarp.org/>**

<p>58% </p> <p>PUBLIC SPACES Making enhancements to parks and gathering places.</p>	<p>28% </p> <p>TRANSPORTATION Increasing connectivity, walkability, bikeability and safety.</p>	<p>7% </p> <p>HOUSING Encouraging the availability of housing that's affordable and age-friendly.</p>	<p>5% </p> <p>OTHER Addressing important needs identified by the community.</p>	<p>3% </p> <p>SMART CITIES Engaging residents and using data to improve quality of life.</p>
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>\$6 million in 4 years (in 2020 alone, \$2.4 million in grants awarded to 184 communities)



**Conway, AR
(top)**

**Des
Moines, IA
(left)**

Community Challenge grants at work

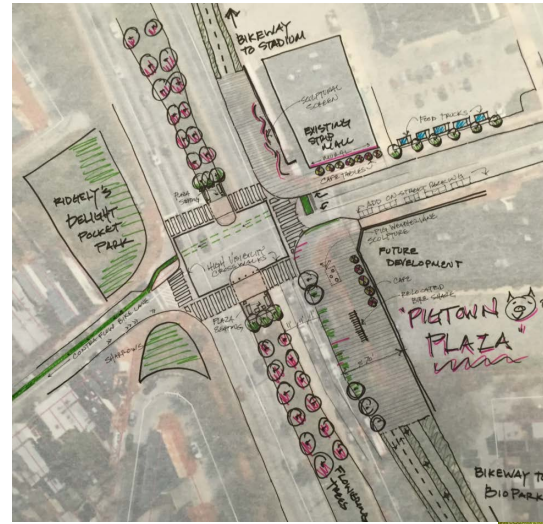


(clockwise from top left) Los Angeles, CA; Montgomery, AL; Columbus, OH; Bethel, VT; and Brownsville, TX;



(More) Community Challenge grants at work

- Accessible seating + paths
- Community gardens
- Bike racks, signage and public art
- Opportunities to engage public in decision-making
- Pedestrian safety improvements
- Pop-up placemaking to enhance safety
- Transit/bike training



(clockwise from top left)
Baltimore, MD; Cuyahoga, OH;
Opelousos, LA; Memphis, TN

Tools to help local leaders

Current Location: Rochester, [Olmsted County, MN](#)
RECENT LOCATIONS: Bismarck, ND × | Arlington, VA 22204 × | 22204, Arlington, VA ×

TOTAL INDEX SCORE
64
Livability Score

CATEGORY SCORE

- 56 HOUSING
Affordability and access
- 55 NEIGHBORHOOD
Access to life, work, and play
- 64 TRANSPORTATION
Safe and convenient options

<https://livabilityindex.aarp.org/>

Free weekly e-newsletter
Text LIVABLE to 50757

View the AARP Network of Age-Friendly States and Communities
Member States and Territories × Member Counties × Member Cities and Towns ×

Viewing 476 AARP Age-Friendly Members | 0 AARP Community Challenge Grantees

Searchable map
<https://livablemap.aarp.org>

October 24, 2018 [View Online](#)

AARP Real Possibilities
Livable Communities Newsletter

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Why Walkable Communities Are the Best Communities for Older Adults
Urban planner, author and walkability advocate Jeff Speck offers advice for what to look for — and not fall for — when searching for an aging-friendly place to live.
TIP: HAVING A PLACE TO WALK TO IS KEY

Last Conference Call!
The 2018 AARP Livable Communities National Conference is just a few weeks away. We'll be in Charlotte, North Carolina, November 12-14. Check out our updated conference program, breakout session descriptions and field trip offerings.
REGISTRATION CLOSES SOON

Livability News & Notes

The Mayor Who Banned Cars — By doing so, an historic city center on the decline rebounded to become a safer, healthier, more vibrant and walkable place to live, work and play. Source: [The Guardian >](#)

The Best Type of Car for Older Adults — "Getting into a sports car is a controlled fall into the seat and a climb out," notes an engineer. "A pickup is the reverse." The seat height found in small SUVs provides a perfect fit. Source: [Detroit Free Press >](#)

Livability in the Rural Mountain West — Thanks in part to the LOR Foundation, which supports livability efforts in Idaho, Montana, Wyoming, Colorado and New Mexico, this year's AARP Livable Communities conference will include several sessions about livability needs and successes in rural areas. Source: [LORfoundation.org >](#)

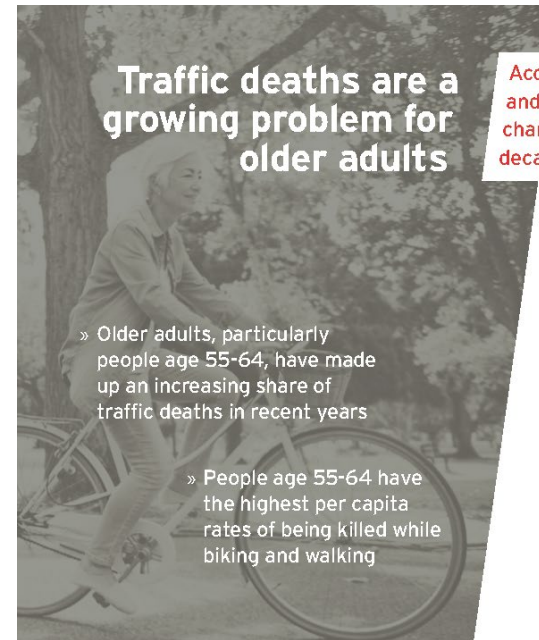
Since the AARP Livable Communities team is busy preparing for our aforementioned conference, this newsletter won't be published on Halloween or the day after Election Day. Look for the next issue on November 14.
You can read past issues by visiting the [AARP Livable Communities e-Newsletter archive](#).

AARP shares insights on 50+ cyclists

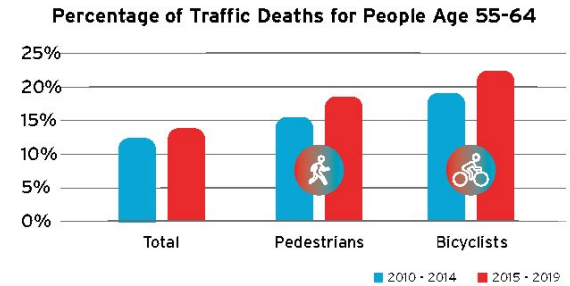
- Older adults bicycle more often when they have **someone to bicycle with**.
- COVID-19 has motivated many older adults to **start bicycling again or to ride more**.
- Older bicyclists want access to a **high-quality bike network** and **fewer potential points of conflict** with motorists.
- Older adults prefer to bicycle in places with **easily accessible places to shop, work and socialize**.
- **E-bikes are growing in popularity**, with use increasing with a rider's age, or when stamina declines.
- Many older adults **consider bicycling to be a staple** in their lives and cannot envision a time when they would stop riding a bicycle.

Read more:

<https://www.aarp.org/livable-communities/getting-around/info-2020/50-plus-cycling-survey.html>



According to CDC WISQARS data people aged 55-59 and 60-64 had the second and third highest percentage change in age-adjusted fatality rate over the last decade, with increases of 40% and 45% respectively.



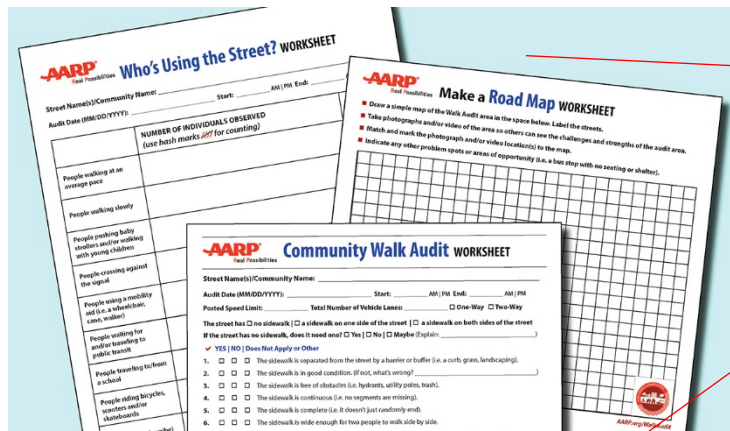
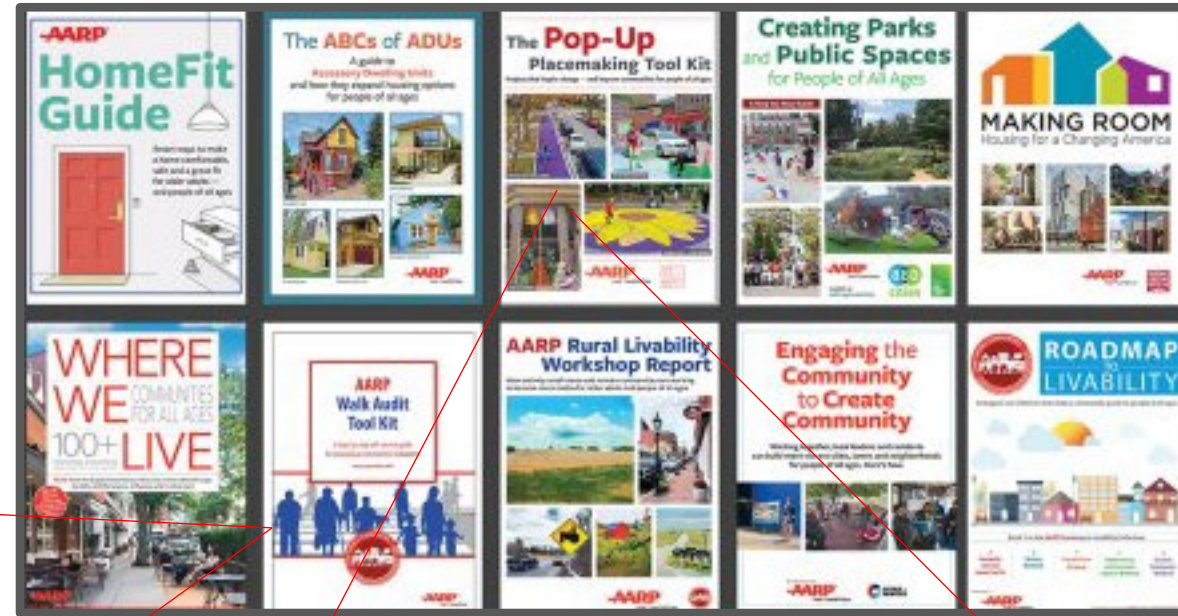
Read more:

<https://data.bikeleague.org/benchmarking-insights-on-older-adults/>

Free publications

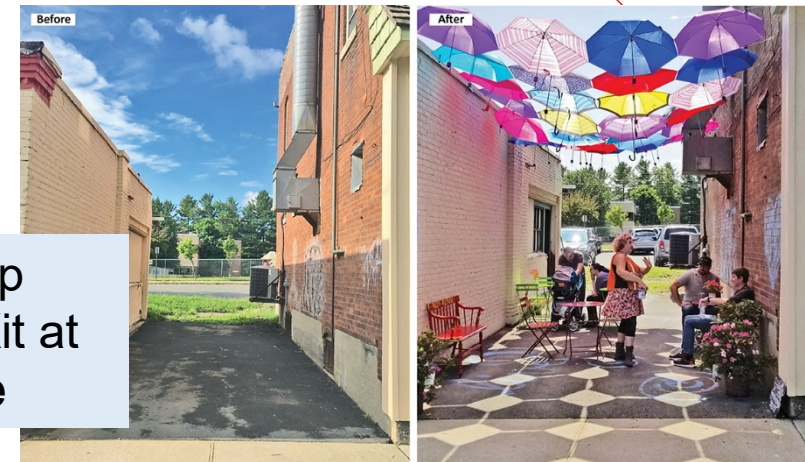
Free practitioner-oriented publications
in print and via download

Access all at:
aarp.org/livable



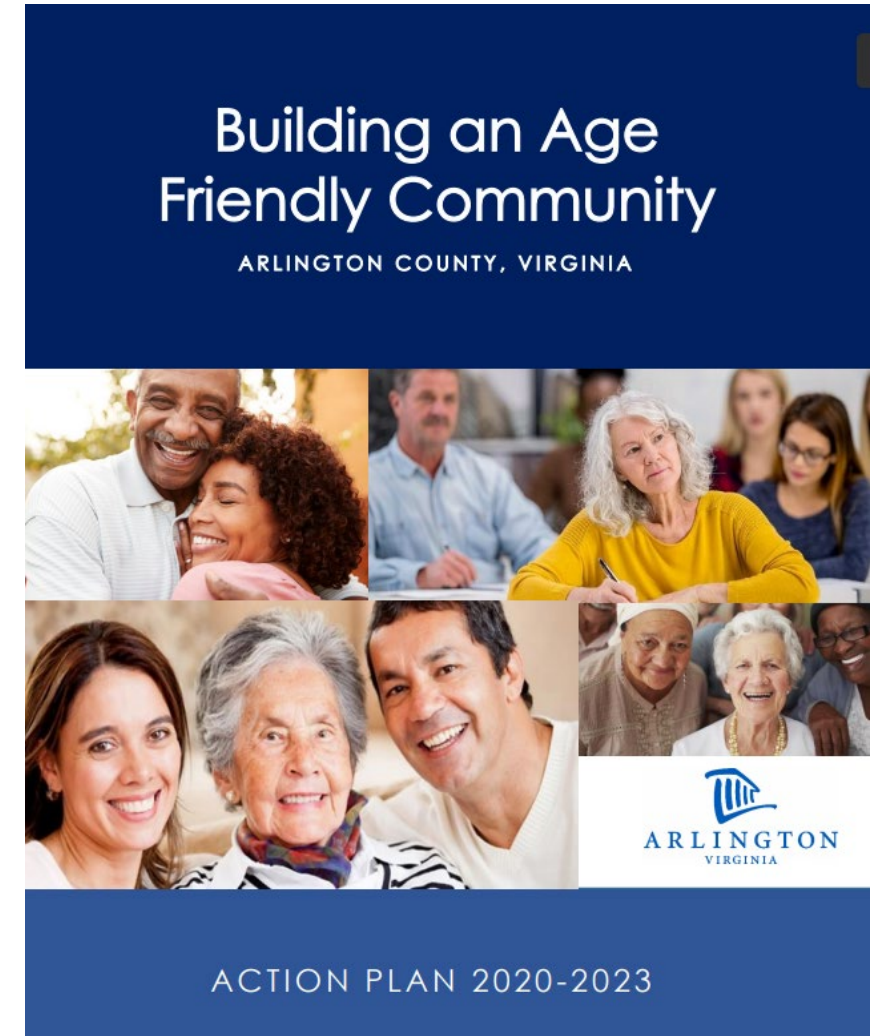
Download guide or
worksheets (Eng/Span) at
aarp.org/walkaudit

Download Pop-Up
Placemaking Tool Kit at
aarp.org/livable



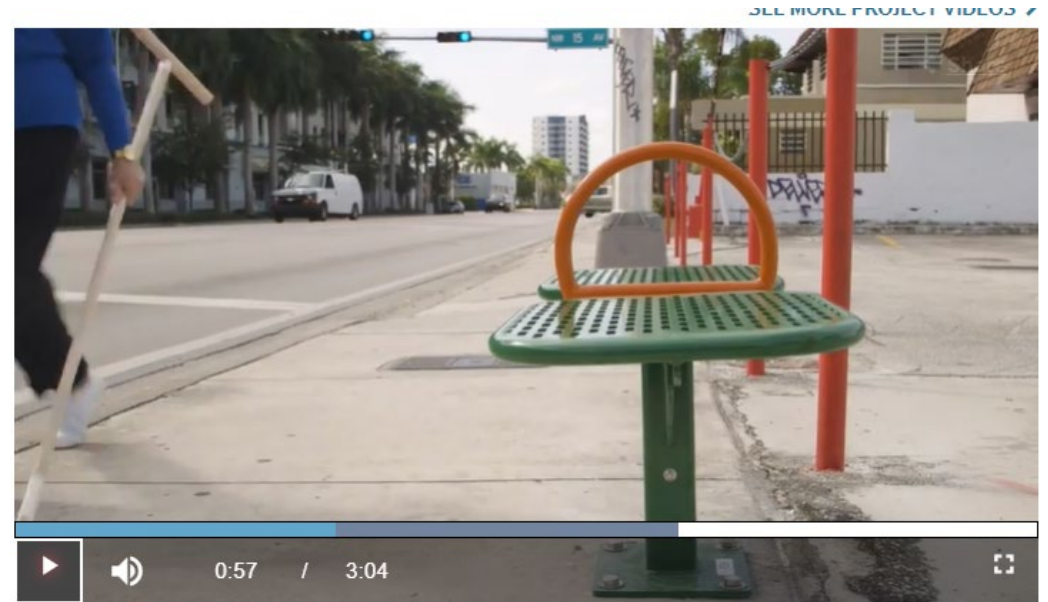
Focus on: Alexandria + Arlington County

- **Alexandria: member of NAFSC (2016)**
- Action plan focuses on being more inclusive for aging communities of color, different gender identities, sexual orientation, nationalities, cultures, and disabilities. Also building on its Vision Zero policy, hosting new walkability audits with community groups, and ensuring that school zones are safe.
- **Arlington County: member of NAFSC (2018)**
- Action plan focuses on working with the Virginia regional transit agency to enhance public transportation by making transit more affordable. Also will work to improve its commitment to enhance pedestrian safety, seeking to eliminate traffic fatalities and serious injuries to pedestrians, bikers, and drivers by enhancing Vision Zero policies.
Increase public transit use



Focus on: Miami-Dade County, FL

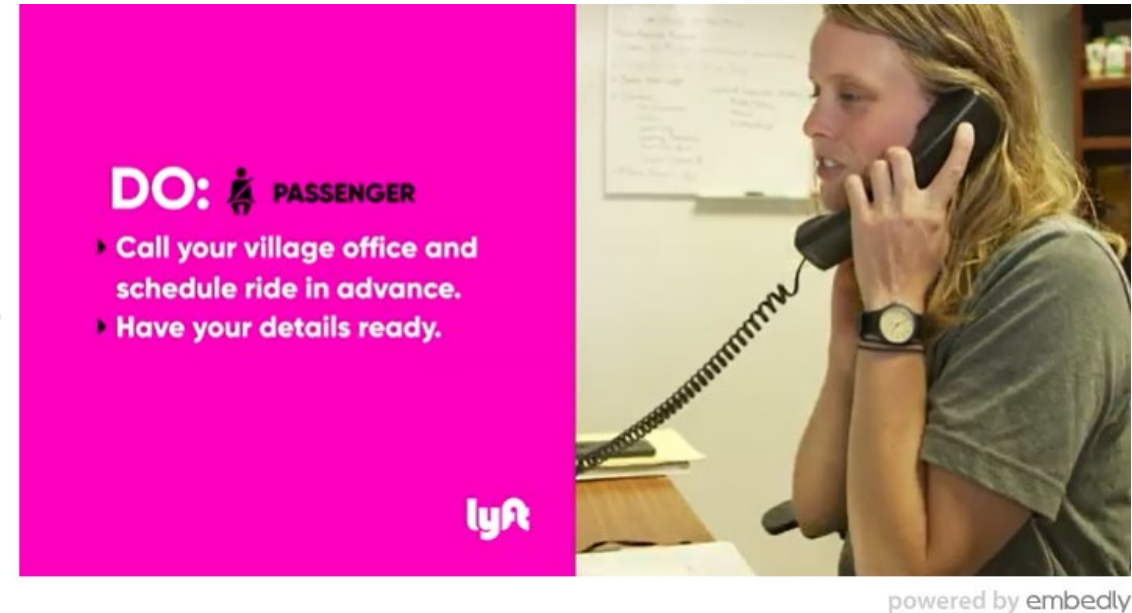
- **Member of NAFSC (2018)**
- Action plan focuses on improving pedestrian safety and improving walkability by auditing existing roadways, providing driver education for older adults and promoting public transit use. Also advocating for additional transit stops in areas of high need and at key destinations for older adults.
- **Ex:** 2018 Community Challenge grant to install 12 bus benches to support increased use of transit in Little Havana, where residents use transit 3x as much as general population
- Feature article: <https://www.aarp.org/livable-communities/network-age-friendly-communities/info-2020/age-friendly-miami-florida-and-equity.html>



Excerpt of video on age-friendly bench program
Watch video at <https://www.aarp.org/livable-communities/about/info-2018/2018-community-challenge-miami-florida.html>
Images courtesy of AARP and UHP

Focus on: Columbus, OH

- **Member of NAFSC (2015)**
- **Ex:** Expansive action plan over several years plus early 2019 deep dive into **transportation** led to:
 - Two neighborhood circulator buses
 - *Safe Routes to Age in Place* study, funded by the Ohio DOT, to ID transportation challenges and solutions
 - "*Mainstream on Demand*" mobility service to offer an on-demand paratransit service, created in response to *non-ADA* paratransit needs.
 - *Lyfting Villages*, a pilot program in which rides are provided by Lyft to Village members when volunteer drivers aren't available
- Feature article: <https://www.aarp.org/livable-communities/network-age-friendly-communities/info-2020/age-friendly-columbus-ohio-and-equity.html>



Excerpt from Lyfting Villages how-to video with guidance for riders and Lyft drivers

Watch entire video here:
<https://youtu.be/dlyR3pGXF0M>

AARP's Livable Communities Approach

aka our "Age-Friendly" approach

For more information:

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