Making Communities Livable for All Ages & Abilities

2023 OMA Summer Conference

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Stacy Larsen, Communications Director
An Unlikely Birthplace
Our Social Impact Goals

**Health Security**
- Quality & affordable care
- Brain health, healthy aging & wellbeing
- Family caregiving, independence & dignity

**Financial Resilience**
- Financial security
- Planning & protection
- Life-long earning power

**Personal Fulfillment**
- Social inclusion & positive self-image
- Lifelong learning
- Digital literacy & inclusion

**Livable Communities**
- Affordable, accessible & abundant housing
- Safe streets & mobility options
- Age-Friendly Communities
America is aging

PERCENT OF POPULATION AGE 65+

Source: US Census
An Aging Nation
Projected Number of Children and Older Adults

For the First Time in U.S. History Older Adults Are Projected to Outnumber Children by 2034

Projected percentage of population

Children under 18
15.2% 22.8%

Adults 65+
19.8% 23.4%

Projected number (millions)

2016 '20 '25 '30 2034 '40 '45 '50 '55 2060
49.2 73.6 77.0 76.5 94.7 80.1

Note: 2016 data are estimates not projections.

Source: 2021 US Census Estimates: Population In Five Year Age-Group

Source: National Population Projections, 2017
www.census.gov/programs-surveys/popestproj.html
longevity, supports, caregiving, housing, equity, housing, employment, services, community, transportation, options, health, multigenerational, transformation, participation, financial, health, alzheimer's, increasing, emergency, affordable, households, accessible, long-term, security, safe, chronic, social, resilience, diversity, civic, preparedness, inclusion, respect, age-discrimination, contribution, employment, workplaces, communication, streets, disease, parks, rate, information, outdoor, economy, spaces, volunteering, affordable, health, multigenerational, disability, disparities, transformation, participation, respect, age-discrimination, contribution.
VITAL VOICES

Issues That Impact Oregon Adults Age 45 and Older, February 2023
Oregon residents age 45+ think many healthcare issues are important, with staying mentally sharp and physically healthy topping the list. The importance of being able to afford healthcare expenses (91%) and being able to pay for prescription drugs (85%) has increased since 2020.

### Important Healthcare Issues

- Staying mentally sharp: 94% (92%)
- Staying physically healthy: 93% (92%)
- Having adequate health insurance coverage: 91% (91%)
- Being able to afford health care expenses, including premiums and co-pays: 78% (91%)
- Having health care services in your community: N/A (89%)
- Having Medicare benefits available to you in the future: 88% (89%)
- Being able to pay for prescription drugs: N/A (85%)
- Being able to access mental health services in your community: N/A (63%)
- Being able to access health care providers remotely: N/A (52%)

Note: For the following list of issues, please indicate how important each is to you personally. (Percent ‘extremely important’ or ‘very important’)

↑ Indicates a significantly higher/lower percentage compared to the prior wave at the 95% confidence level.
Nearly two-thirds of Oregon residents age 45+ believe having access to programs and services to ensure their own health and well-being (65%) and availability of well-trained care workers that provide in-home services (64%) are very important while caregiving.
MENTAL HEALTH AND ISOLATION

Two-thirds (68%) of Oregon adults age 45+ feel stressed at least sometimes, and half (53%) of residents feel anxious at least sometimes.

Feelings of Stress and Isolation

- Stress: 68%
- Anxiety: 53%
- Lacking companionship: 38%
- Feeling isolated from others: 37%
- Feeling left out: 36%
New in 2023, nine in ten (92%) Oregon residents age 45+ say that being able to afford groceries and other household necessities is extremely or very important. Other economic issues related to retirement savings and Social Security are also important.

### Important Economic and Financial Issues

<table>
<thead>
<tr>
<th>Issue</th>
<th>2020 (n=709)</th>
<th>2023 (n=707)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Being able to afford groceries or other household necessities</td>
<td>N/A</td>
<td>92%</td>
</tr>
<tr>
<td>Having enough income or savings to retire</td>
<td>80%</td>
<td>89%</td>
</tr>
<tr>
<td>Having adequate Social Security benefits</td>
<td>89%</td>
<td>88%</td>
</tr>
<tr>
<td>Protecting yourself against consumer fraud</td>
<td>68%</td>
<td>71%</td>
</tr>
<tr>
<td>Being able to stop working for pay at the age you want</td>
<td>66%</td>
<td>68%</td>
</tr>
<tr>
<td>Having good employment opportunities in your community</td>
<td>64%</td>
<td>64%</td>
</tr>
<tr>
<td>Having access to affordable high-speed Internet</td>
<td>N/A</td>
<td>64%</td>
</tr>
<tr>
<td>Having protection from age discrimination</td>
<td>59%</td>
<td>57%</td>
</tr>
</tbody>
</table>

11. For the following list of issues, please indicate how important each is to you personally. (Percent ‘extremely important’ or ‘very important’)  
† † indicates a significantly higher/lower percentage compared to the prior wave at the 95% confidence level
While nearly two-thirds (65%) of Oregon residents age 45+ have researched Social Security benefits in preparation for retirement, only half (51%) have researched Medicare benefits.
Aging in place (84%) and getting to places independently (83%) remain extremely or very important to the majority of Oregon residents age 45+. New in 2023, three-quarters (75%) believe having affordable housing options in their community is extremely or very important.

Important Independent Living Issues

- Staying in your own home as you get older: 80% (2020), 84% (2023)
- Getting to the places you need to go independently: 82% (2020), 83% (2023)
- Having affordable housing options in your community: 75% (2023)
- Having high quality long-term care in your community: 76% (2023)
- Having flexibility in your schedule to care for a loved one: 70% (2023)
- Having alternatives to nursing home care: 64% (2023)
Having accessible housing in their community is extremely important or very important to nearly seven in ten (69%) Oregon residents age 45+.

**Important Livable Community Concerns**

- Having accessible housing in your community: 69%
- Natural disaster preparedness: 64%
- Access to outdoor parks and recreation: 62%
- Safe, walkable sidewalk: 60%
- Climate change: 55%
- Public transportation: 38%

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11. For the following list of issues, please indicate how important each is to you personally. (Percent ‘extremely important’ or ‘very important’) (n=707)
A variety of factors would impact the ability of Oregon residents age 45+ to remain at home as they age. Among renters, nearly three-quarters (72%) say that increasing rent would impact their ability to remain at home as they age.

**Factors Impacting Ability to Age in Place**

- Increasing rent (n=156) 72%
- Increasing property taxes (n=524) 47%
- Being able to make necessary repairs/modifications to your home to continue living there safely 45%
- Increasing maintenance costs 44%
- Heating and cooling costs 44%

HOME-1. How much do you think each of the following would impact your ability to remain in your home as you age? (Percent ‘a lot’) (n=707)
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”
AARP Network of Age-Friendly States and Communities (NAFSC)

There are currently 776 communities, 10 states and 1 territory enrolled (updated 8.9.23)

Over 1 in 4 Oregonians lives in a community committed to becoming more age-friendly

OR Communities
Ashland
Hood River
Mosier
Multnomah
Newberg
Portland
Salem
Sisters
Springfield
Talent
Independence *
Monmouth *
Roseburg *
An Age-Friendly Community is...

...one where a community’s elected leadership has made a commitment to actively work with residents and local advocates to make their town, city, or county an age-friendly place to live through enrollment in the AARP Network of Age-Friendly States and Communities!
The Age-Friendly Program Process

All communities seeking to enroll in the AARP age-friendly network are required to submit a membership application and commit to a 5-year process of improvement which includes:

- Conducting a community needs assessment
- Developing an action and evaluation plan
- Implementing and assessing the plan’s impact
- The voice of older residents in all stages of planning and implementation

The Age-Friendly Program Process

**ENROLLMENT**
- Conduct a community needs assessment

**YEAR 1**
- Develop an action plan

**YEAR 2**
- Implement the action plan, and track progress

**YEARS 3 – 5**
- Continue assessing community needs, setting goals, implementing plans and evaluating progress

**YEAR 5**
- Evaluate the impact of the work, and create a progress report
Benefits of Enrolling

Membership in the network:

- Serves as an organizing structure for making community improvements
- Fosters partnerships among community groups and local stakeholders
- Enables changes that benefit people of all ages
- Provides resources for identifying and assessing community needs

Membership provides a community with:

- Access to technical assistance and expert-led webinars
- Access to a national network of over 700 communities enrolled in the network
- Support and best practice materials from AARP
- Help for local leaders to identify and understand community needs
## AARP NAFSC 2022 Member Survey

### What do communities value most about participation in the network?

<table>
<thead>
<tr>
<th>✓ Networking and learning with AF peers</th>
<th>✓ Program services and activities for all ages</th>
</tr>
</thead>
<tbody>
<tr>
<td>✓ Resources and technical assistance from AARP</td>
<td>✓ Inclusion of traditionally marginalized voices</td>
</tr>
<tr>
<td>✓ Multi-sector collaboration and partnerships</td>
<td>✓ Focus on older adults</td>
</tr>
<tr>
<td>✓ Structure (assessment, planning, implementation)</td>
<td>✓ Legitimizes work in the community</td>
</tr>
</tbody>
</table>
The 8 Domains of Livability is the framework used by states and communities enrolled in the network to organize and prioritize their work to become more livable for both older residents and people of all ages. The availability and quality of these community features impact the well-being of older adults.
### Most Common Categories of Documented Action, Examples from Four Domains

<table>
<thead>
<tr>
<th>Domain</th>
<th>Category</th>
<th>Percent of plans</th>
</tr>
</thead>
<tbody>
<tr>
<td>Transportation</td>
<td>Improved transportation infrastructure in the built environment</td>
<td>72%</td>
</tr>
<tr>
<td></td>
<td>Increased access to public transportation</td>
<td>51%</td>
</tr>
<tr>
<td>Housing</td>
<td>Activities that increase the density of mix of land options</td>
<td>68%</td>
</tr>
<tr>
<td></td>
<td>Improve availability of low-income/affordable housing</td>
<td>40%</td>
</tr>
<tr>
<td>Social Participation</td>
<td>Increase access to social opportunities</td>
<td>73%</td>
</tr>
<tr>
<td></td>
<td>Develop programs/resources to address social isolation</td>
<td>52%</td>
</tr>
<tr>
<td>Health and Community Services</td>
<td>Improve health and public health outcomes</td>
<td>64%</td>
</tr>
<tr>
<td></td>
<td>Support family caregivers</td>
<td>47%</td>
</tr>
</tbody>
</table>
Public and private entities are investing in local age-friendly programs and projects.

AARP NAFSC 2022 Member Survey

Funding

37% Received funding from Public Sector
27% Received funding from Private Sector
22% Benefitted from ARPA funds
Age-friendly initiatives are catalyzing local policy change. Nearly 2:3 age-friendly communities reported that they had successfully advocated for changes in municipal or organizational policy.

The NAFSC 5-year program cycle and framework is setting communities up for success. By applying the age-friendly programmatic framework, respondents reported overcoming barriers to improve the community for older residents.
As a direct result of their work, age-friendly provisions have been included in these plans:

<table>
<thead>
<tr>
<th>Public Spaces</th>
<th>Transportation</th>
<th>Communication and Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>32% - Parks and Trails</td>
<td>47% - Transit/Transportation</td>
<td>23% - Digital/Broadband</td>
</tr>
<tr>
<td></td>
<td>44% - Bike/Pedestrian/Walk</td>
<td></td>
</tr>
<tr>
<td>Housing</td>
<td>36% - Housing or Land Development</td>
<td>Community and Health Services</td>
</tr>
<tr>
<td></td>
<td>24% - Planning, Zoning, Building</td>
<td>16% - Disaster Resilience/Mitigation</td>
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<tr>
<td></td>
<td></td>
<td>8% - Climate/Energy</td>
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<tr>
<td></td>
<td></td>
<td>2% - Community Health</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Civic Engagement and Work</td>
</tr>
<tr>
<td></td>
<td></td>
<td>13% - Economic Development</td>
</tr>
</tbody>
</table>
Oregon Age-Friendly Communities

Ashland, Hood River, Independence*, Monmouth*
Mosier, Multnomah County, Newberg, Portland,
Salem, Springfield, Sisters, Talent
Age-Friendly Ecosystems are the comprehensive, collectively built, and ever-expanding platform whose goal is to improve older adults’ quality of life through enhanced, collective impact.
Age-Friendly Oregon
Multisector Plan for Aging

A multisector plan for aging (MPA) is an umbrella term for a state-led, multi-year planning process that convenes cross-sector stakeholders to collaboratively address the needs of older adults and people with disabilities.

An MPA is a **10+ year blueprint** for restructuring state and local policies and convening a wide range of cross-sector stakeholders to collaboratively address the needs of older-adult populations.

- MPAs are designed to create a **coordinated system of high-quality care and support services** that promote healthy aging, independent living, and social engagement, while also addressing issues related to healthcare, housing, transportation, and other social determinants of health.

Benefits of an MPA:
- Aligns state and local priorities and breaks down silos across state leadership
- Evidence-based; uses a transparent data dashboard to track progress and identify gaps
- Enables successful public-private partnerships
2023 Age-Friendly Oregon Summit

Join us! Register today!

Join AARP Oregon, Western Oregon University, Cities of Independence and Monmouth, event sponsors, and Age-Friendly champions from around the state for a day of inspiration, learning, and action. Challenge outdated beliefs and spark new solutions so more people can choose how they live as they age.

October 10 and 11, 2023
9am-6pm
Western Oregon University
Monmouth, Oregon

Learn more at: aarp.org/ORSummit23
AARP LIVABLE COMMUNITIES

Resources

Tools to help local leaders

- Livable Communities Landing Page: aarp.org/livable
- Livable Communities Newsletter: aarp.org/livable-newsletter
- Livable Communities Map: livablemap.aarp.org
- Community Challenge Grant Program: aarp.org/communitychallenge
- 20+ Free Publications: aarp.org/livablelibrary

700+ Communities — and Counting!
Nine states, one territory, and hundreds of towns, cities and counties are enrolled in the AARP Network of Age-Friendly States and Communities. Local leaders who have joined the network are working to make their communities great places for people of all ages.

Mapping Age-Friendly Efforts
Use the interactive AARP Livable Communities Map to discover where, and how, AARP is helping communities become more livable and age-friendly so people of all ages can thrive — and make where they live and want to remain a lifelong home.

As Gen X and Boomers Age, They Confront Living Alone — More older Americans are living by themselves than ever before. That shift impacts housing, health care and personal finances, especially for women. Source: The New York Times

Pictured: Livable Newsletter (Dec. 14, 2022)
Thank you

Relevant links:

**Vital Voices 2023**
- Chartbook
- Respondent Profile
- Annotated Questionnaire
- Methodology

**Vital Voices 2023 - Hispanic/Latino Adults**
- Chartbook
- Respondent Profile
- Annotated Questionnaire
- Methodology

**Other links of interest:**

- **New AARP Poll on 50+ Voters**
- A Conversation with Governor Tina Kotek
- Towards an Age-Friendly Oregon: Building Communities for All Ages
- Valuing the Invaluable 2023: Strengthening Supports for Family Caregivers
- US Voters Views on Support for Family Caregiving
- Longevity Economy

[www.aarp.org/getinvolved](http://www.aarp.org/getinvolved)

[www.aarp.org/or](http://www.aarp.org/or)

[www.aarp.org/orfuture](http://www.aarp.org/orfuture)