

# Livable Communities

Ken Reinhardt  
AARP Florida Executive Council



**In a Livable Community, people of all ages can ...**



Go for a walk



Cross the streets



Ride a bike



Get around without a car



Live safely and comfortably



Work or volunteer



Enjoy public places



Socialize



Spend time outdoors



Be entertained



Go shopping



Buy healthy food



Find the services they need



... and make their city,  
town or neighborhood  
a lifelong home.



[aarp.org/livable](http://aarp.org/livable)

## **We're Aging!**

- There are more older adults
- We're living longer
- Fertility rates are down

## Projections of Population by Age for Palm Beach County: 2010 and 2040

Age	2010	2040	%
<65	1,114,549	1,322,993	18.7
65+	285,155	414,410	<b>45.3</b>
	21.6%	<b>23.8%</b>	

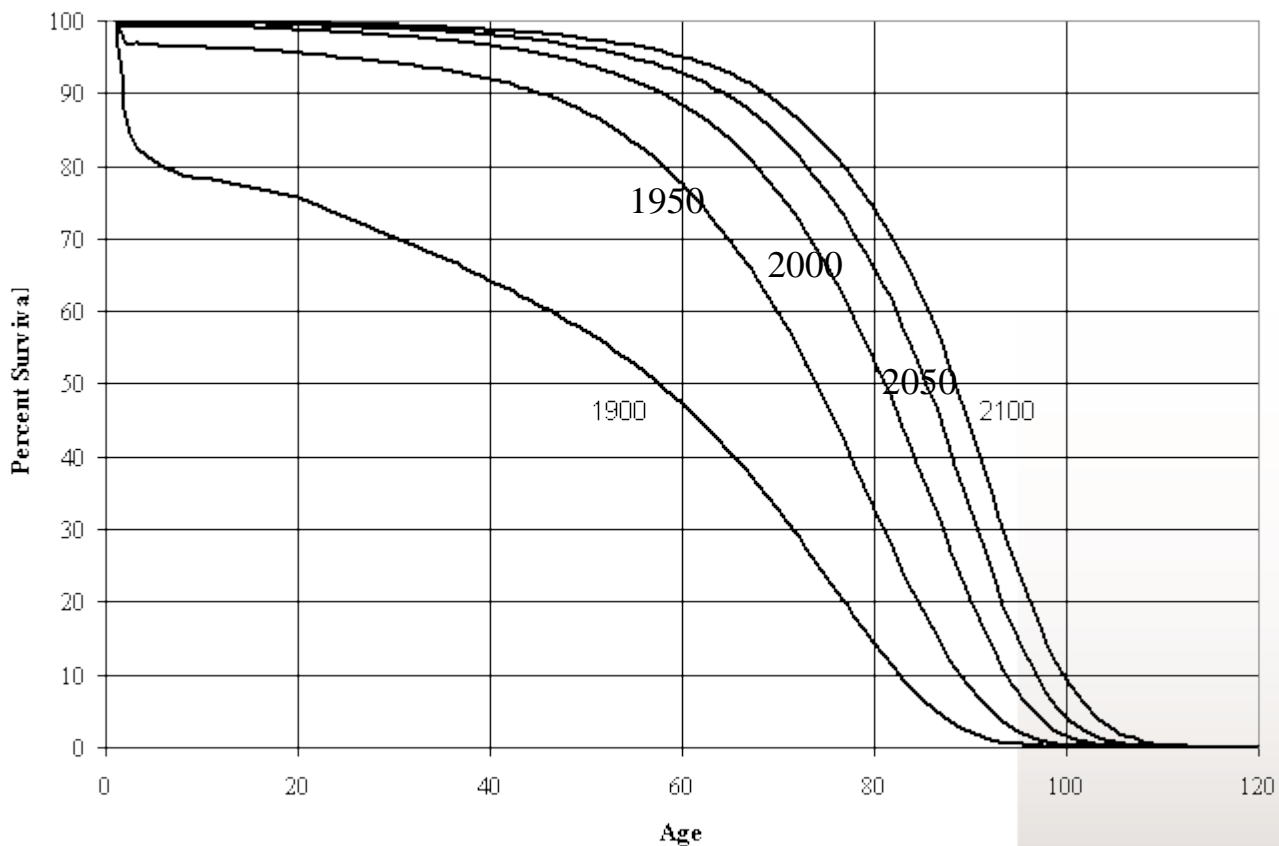
Bureau of Economic and Business Research  
University of Florida, June 2016

## Projections of Population by Age for Palm Beach County: 2010 and 2040

<u>Age</u>	<u>2010</u>	<u>2040</u>	<u>%</u>
65+	285,155	414,410	45.3
75+	154,728	311,284	101.0
85+	49,205	104,295	112.0

Bureau of Economic and Business Research  
University of Florida, June 2016

# Survival Function



[https://www.ssa.gov/OACT/NOTES/as120/LifeTables\\_Body.html](https://www.ssa.gov/OACT/NOTES/as120/LifeTables_Body.html)

## COMPLETED FERTILITY FOR WOMEN 40 - 44 YEARS OLD

Year	% Childless	Avg. # of Children	% Higher Order Births*
1976	10.2	3.1	59
2014	15.3	1.9	28

\*Three or more Children

# Livability

- Housing
- Transportation
- Engagement



# Housing

90% want to stay put – we want to  
**Age In Place**

**Suitability** – is your home your friend or enemy?

Design

Location\*

Size\*

**Affordability\***

Can I afford to move there?\*

Can I afford to stay there?\*

Gentrification\*

\*Applicable to all ages (especially Millennials)

# Transportation

- **We will outlive our ability to drive by 8 years**
- Need for public transportation\*
- Safety – Complete Streets\*
- Uber, Lyft, autonomous vehicles\*

\*Applicable to all ages (especially Millennials)

# Engagement

## **Serious health risks of prolonged loneliness/isolation**

- Research has equated chronic isolation with smoking 15 cigarettes a day.
- More serious health risk than obesity
  
- Leads to
  - depression
  - poor nutrition
  - high blood pressure
  - cognitive decline
  - onset of disabilities
  - higher use of medications
  - early entry into ALFs, nursing homes

<http://www.campaigntoendloneliness.org/threat-to-health/>

# Engagement

## Antidotes

Social inclusion

Volunteering

Civic engagement

Continuing education

Communication/information

Intergenerational opportunities



1. Outdoor Spaces  
and Buildings

2. Transportation

3. Housing

4. Social  
Participation

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

and work within

# The 8 Domains of Livability

help communities become great for people of all ages

5. Respect and  
Social Inclusion

6. Civic Participation  
and Employment

7. Communication  
and Information

8. Community  
and Health Services

## World Health Organization's Age-Friendly Network

- 309 cities in 33 countries (123m people)
- 137 cities in U. S. (60m people)
- 13 cities in Florida
  - Sarasota County (2/15)
  - Tallahassee (6/15)
  - Winter Haven (10/15)
  - Cutler Bay (3/16)
  - Hallandale Beach (5/16)
  - St Petersburg (6/16)
  - Pinecrest (7/16)
  - Miami-Dade County (11/16)
  - Hollywood (12/16)
  - Ft Lauderdale (12/16)
  - Lakeland (12/16)
  - Longwood (12/16)
  - Satellite Beach (12/16)

# AARP/WHO Network of Age-Friendly Communities

## **Phase I: (Planning (Years 1-2))**

- Establish partnerships, including older adults (and MPOs!)
- Conduct baseline assessment
- Develop 3 year action plan based on assessment findings

## **Phase II Implementation (Years 3-5)**

- Implement the action plan
- Submit progress report after five years

## **Phase III Continual Improvements (Beyond year 5 - optional)**

- Make continual improvements
- Membership automatically renewed after positive assessment and submission of revised action plan.

**And remember...**

***What's good for an 80 year old is good for  
an 8 year old (and everyone in between!)***



# AARP Livability Index

