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

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

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

<table>
<thead>
<tr>
<th>Age</th>
<th>2010</th>
<th>2040</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>&lt;65</td>
<td>1,114,549</td>
<td>1,322,993</td>
<td>18.7</td>
</tr>
<tr>
<td>65+</td>
<td>285,155</td>
<td>414,410</td>
<td>45.3</td>
</tr>
</tbody>
</table>

21.6% 23.8%
Projections of Population by Age for Palm Beach County: 2010 and 2040

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<tr>
<td>65+</td>
<td>285,155</td>
<td>414,410</td>
<td>45.3</td>
</tr>
<tr>
<td>75+</td>
<td>154,728</td>
<td>311,284</td>
<td>101.0</td>
</tr>
<tr>
<td>85+</td>
<td>49,205</td>
<td>104,295</td>
<td>112.0</td>
</tr>
</tbody>
</table>

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

https://www.ssa.gov/OACT/NOTES/as120/LifeTables_Body.html
## COMPLETED FERTILITY FOR WOMEN
### 40 - 44 YEARS OLD

<table>
<thead>
<tr>
<th>Year</th>
<th>% Childless</th>
<th>Avg. # of Children</th>
<th>% Higher Order Births*</th>
</tr>
</thead>
<tbody>
<tr>
<td>1976</td>
<td>10.2</td>
<td>3.1</td>
<td>59</td>
</tr>
<tr>
<td>2014</td>
<td>15.3</td>
<td>1.9</td>
<td>28</td>
</tr>
</tbody>
</table>

*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
The AARP Network of Age-Friendly Communities

and work within

The 8 Domains of Livability

help communities become great for people of all ages
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