



Office of Mayor Ted Wheeler  
City of Portland

DATE: December 12, 2017

TO: Commissioner Chloe Eudaly  
Commissioner Nick Fish  
Commissioner Amanda Fritz  
Commissioner Dan Saltzman  
Auditor Mary Hull Caballero

FROM: Mayor Ted Wheeler

SUBJECT: Presentation by Portland State University's Institute on Aging on creating  
a community for all ages

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Colleagues,

Please accept this update on age-friendly activities by Portland State University's Institute on Aging who has long been a partner with the City. Funding for these efforts from the City will help Portland become a community for all ages.

*Proclamation by  
Portland City Council*

*50<sup>th</sup> Anniversary of the  
Age Discrimination in Employment Act*

*December 13, 2017*

*Whereas* , December 15, 2017, marks the 50th anniversary of the passage of the Age Discrimination in Employment Act (ADEA), enacted by the U.S. Congress to protect individuals aged 40 and over from discrimination in employment on the basis of age; and

*Whereas* , the City of Portland recognizes that no one should be denied work or should lose work based on assumptions or stereotypes related to age; and

*Whereas* , the Portland City Council, the Age-Friendly Portland and Multnomah County initiative, and community partners such as Elders in Action, Venture Portland, AARP Oregon, and Portland State University, are committed to a shared vision of a Portland that is welcoming and inclusive to people of all ages and abilities; and

*Whereas* , recruiting and retaining older adults in the workforce as employees, mentors, and business owners can create more economic opportunity and livable communities; and

*Whereas* , age-friendly communities flourish when people of all ages contribute their knowledge and skills, experiences, time, respect, and service;

*Now, therefore* , I, Ted Wheeler, Mayor of the City of Portland, Oregon, the “City of Roses,” hereby proclaim the month of December 2017 to celebrate the 50-year anniversary of the

*Age Discrimination in Employment Act of 1967*

and encourage all residents to observe this anniversary.



## Age-Friendly Portland 2016-2017 Progress Report for Portland City Council

### Introduction

This update is the 3<sup>rd</sup> report to the Portland City Council on key accomplishments, challenges, and next steps in implementing the *Action Plan for an Age-Friendly Portland*, endorsed by City Council resolution in 2013. (See Appendix A for additional background.)

### The power of collective action

As a coordinated network of community organizations and public agencies, the Age-Friendly Advisory Council of Portland and Multnomah County has advanced the Age-Friendly initiative far more effectively than would be possible through individual efforts alone. The Advisory Council has provided a structure in which participating entities' activities – including but not limited to research, policy development and analysis, advocacy, service provision, and civic engagement – are aligned and mutually supportive. The Advisory Council adds value and a unifying identity to myriad efforts related to older adults in the region through the “Age-Friendly” label and through public engagement and community story-telling; data sharing and research that informs local policies; and local, national and international networking.

(See Appendix B for partners and collaborators.)

### “Age-Friendly” means livable for all ages and abilities

Long before 2006, when the World Health Organization asked Portland to join the global age-friendly project as the first U.S. city, Portland cultivated an international reputation as a livable city. The Age-Friendly initiative has sharpened this focus to examine what “livability” means, specifically looking at the:

- **Physical environment** (housing, transportation and infrastructure, outdoor spaces)
- **Social/cultural environment** (employment, civic engagement, social inclusion)
- **Service environment** (communication and information, health and community services).

In collaboration with partners from the community and government, the Age-Friendly initiative has contributed to the creation of visionary policies (e.g., Portland Plan's “Portland is a Place for All Generations”) and long-range policies and implementation (e.g., Comprehensive Plan, Residential Infill Project).

### Why is this important?

- Portland and the U.S. are experiencing an unprecedented surge in the older population. This demographic trend carries with it opportunities and challenges related to housing, equity, service provision, health and well-being, and social respect and inclusion.
- Age is intersectional: when we understand the interplay among age, disability, race and ethnicity, income, health, and other factors, we are better prepared to plan for an inclusive future, deliver needed services, and expand opportunities for civic engagement, economic development, and intergenerational support for all Portlanders.

**Sampling of 2016-2017 accomplishments** (see [www.agefriendlyportland.org](http://www.agefriendlyportland.org) for a comprehensive list.) Age-Friendly Advisory Council member organizations each carried out a number of individual efforts that contributed to age-friendliness in Portland and Multnomah County in 2016-2017. The following are examples of collaborative, multi-partner accomplishments identified as priorities and guided by direction from the Advisory Council:

- Advocacy and consultation to influence the 2035 Comprehensive Plan that led to visionary age-friendly policy development and zoning code updates, including the Residential Infill and Better Housing by Design Projects (2016-17).
- Partnership with Ecumenical Ministries, Portland Housing Bureau, Care Oregon and Multnomah County established the Metro Home Share program that connects home seekers with home owners to establish stable home-share opportunities (2017).
- The Aging Well Conference, which attracted 200+ community members who learned about community resilience approaches from housing to emergency preparedness; approximately 65% of attendees expressed interest in age-friendly involvement (fall 2017).
- A new Age-Friendly website provides access to the initiative's background, current work and reports, resources, and ways to get involved (<http://agefriendlyportland.org/>) (2017).
- Advocacy for age-friendly mobility options through AARP's NeighborWalks in collaboration with PBOT and Oregon Walks, as well as advocacy for Vision Zero (2016-17).
- Age-specific training for Community Health Workers, including Navigating the Aging Services Network and Older Adult Behavioral Health to better reach older adults from communities of color and the family members who care for them (2016-17).
- Service-learning, internships, and course projects through PSU faculty to tap into students' energy and passion, expand knowledge through research, inform policy and practice, and amplify the positive impact of the initiative (2016-17).
- Guided Adaptive Bike Advisory Committee in program development (summer/fall, 2017)
- Consultation with the Portland's Bureau of Water and Environmental Services to ensure that language, format, information, and font-size is suitable and useful for older adult populations; additional consultation on discounts and shut-off policies (2017).
- Integration of dementia-friendly approaches into the age-friendly efforts; after identifying existing community-based programs for people with dementia and their care partners, a connection with Dementia-Friendly America was initiated, as was preliminary collaboration with the Portland Art Museum's Docent and Access Programs (2016-17).

### **Collaborative projects anticipated in 2018**

- Convene the 2018 Aging Well Conference and mobilize community members from the 2016 and 2017 conferences to move our community toward increased age friendliness.
- Investigate how age equity is advanced through the initiative and how it intersects with a racial equity lens, as well as equity issues pertaining to disability and other arenas.
- Consult with City bureaus to advise on best practices to advance accessible housing and environments, improve service delivery, and achieve more inclusive public engagement.
- Increase opportunities for enhancing residents' knowledge of how to age well and become more involved civically through advocacy and volunteering.
- Advance "visitability" standards through research to estimate the marginal costs of implementing visitable elements; work with BPS and Metro to host a visitability summit to provide best practices educational resources for designers and developers.

### **Challenges in the year ahead**

- Portland was on the leading edge of the national age-friendly movement a decade ago but has lost ground while other U.S. cities have moved forward with comprehensive, city-led efforts. Our success to date has depended on the energy, advocacy, and enthusiasm from partner organizations and agencies but is not sustainable without further investment to ensure that the *Action Plan for an Age-Friendly Portland* can be effectively carried out.
- PSU's Institute on Aging will continue to convene and facilitate the Advisory Council through June 2018 but is unable to serve in this role beyond that without sustained funding commitment. Individual member organizations and agencies will continue to carry out age-related work, but we're concerned about losing our investment in the *structure* that has provided the glue among our efforts and that has supported and propelled the initiative.
- Many successful age-friendly cities in the national and global network have a designated lead within City government. Having a direct connection with City bureaus would offer an opportunity to share best practices and more effectively influence bureaus' policies, operations, and practices to be age-friendly.
- Continuity is challenged during transitions in leadership. The national and international recognition of Portland's initiative relies on the sustained enthusiasm and expertise of local champions, including elected officials and staff, the Institute on Aging at Portland State University, nonprofit organizations, and community members. Having durable policies and practices in place is important to ensure that the initiative can be sustained as champions transition over time.

### **Ideas for future cross-organization activities (not funded but on the wish list)**

- Advise and guide internal City operations, practices and facilities to be more age-friendly ("Age-Friendly City Government" program).
- Establish a Volunteer Hub to enhance capacity to engage/link older adults and other community members to serve the community through volunteer placements.
- Develop an "Age Smart Employer Award" program to maximize opportunities pertaining to an aging workforce and older adult entrepreneurial activities.
- Implement a "Civics 101" training series focused on teaching ways to improve local and state government structures and operations; presentations speakers will include local and state elected officials, representatives of neighborhood coalitions, and others.
- Establish age-friendly indicators that inform the initiative and government pertaining to physical environments, social participation, and service delivery.
- Inform other local, regional, and state governments on age-friendly best practices so that people of all ages and abilities have housing and service options and opportunities.
- Update the *Action Plan for an Age-Friendly Portland* and explore the feasibility of a joint Portland-Multnomah County Action Plan.

### **Conclusion**

The Age-Friendly Advisory Council, its working committees, and interested community members are committed to implementing the Age-Friendly Action Plan. What we do now to make our communities good places to grow up and grow old will yield returns not only for today's elders but also tomorrow's – that is, for all of us.

## **Appendix A: Background Age-Friendly Portland & Multnomah County Initiative**

### **History**

PSU's Institute on Aging (IOA) began a partnership with the World Health Organization (WHO) in 2006, when the IOA was invited to collaborate with the WHO in its Global Age-Friendly Cities project, aimed at helping cities prepare for rapid population aging and the parallel trend of urbanization. Portland was the only U.S. city among the 33 cities in this project, which involved gathering data through focus groups with older adults, caregivers of frail elders, and representatives of the public, business, and non-profit service sectors concerning age-friendly features and barriers in the city and suggestions for improvements.

The study examined eight domains, including: housing; transportation; outdoor spaces and buildings; employment and civic engagement; respect and social inclusion; social participation; health and community services; and communication and information. The outcome of the WHO's project was a global guide that could be used by cities around the world to become better places to live for people of all ages and abilities, particularly older adults.

Following the completion of its multi-city research project and guide, the WHO created the WHO Global Network of Age-Friendly Cities. In 2011, Portland was one of nine cities from around the world selected as pioneer members of this network. IOA Director, Dr. Margaret Neal, explained an important misconception of joining the Network: "Membership does not mean that the community is currently age friendly; rather, it means that the community's elected leadership has committed to actively work toward making the community a great place for people of all ages." Network members pledge to conduct a baseline assessment of their community's age friendliness (which Portland had already completed), create an action plan for enhancing the community's age friendliness, implement the action plan, monitor progress, and make refinements. In 2014, Multnomah County also joined the Network. Today, 380 cities and communities and 11 affiliated programs in 37 different countries are members of the WHO Network; AARP, one of the 11 affiliated programs, coordinates the U.S. Network of Age-Friendly Communities.

### **Advisory Council**

The "Age-Friendly Advisory Council of Portland and Multnomah County" (short: Advisory Council) has been convening since 2006. It consists of a group of local stakeholders who provides leadership to advance the age friendliness of Portland and Multnomah County; the group represents different sectors, generations, and cultures. The Advisory Council educates about, advocates for, and guides Portland and Multnomah County regarding age-friendly policies and programs. It is charged with guiding the implementation of, monitoring, and revising the [Action Plan\(s\) for an Age-Friendly Portland and Multnomah County](#). For more details about the organization of this group, please refer to the [Advisory Council's charter](#).

## Committees

The following [five committees](#) are currently working toward a more age-friendly Portland and Multnomah County:

- **Civic Participation & Volunteering:** The work of the Civic Participation and Volunteering committee is centered around fostering meaningful involvement of older adults in citywide processes. One particular focus of this work is the establishment and strengthening of intergenerational connections.
- **Employment & the Economy:** The Employment & the Economy Committee works toward improving employment opportunities for older adults and reducing ageism in the workplace, based on the recognition of older adults as important resource for the economic sector both as experienced employees and consumers.
- **Health Services, Prevention, & Equity:** This committee's focus is on community-based health services for older adults with a special emphasis on prevention and equity. Currently, three work groups exist within this committee: Community Health Workers, Dementia-Friendly Portland, and Physical Activity & Recreational Programs.
- **Housing:** The Age-Friendly Housing Committee seeks, among others, to increase the supply of age-friendly/accessible housing commensurate with the growing needs of older adults and people with disabilities.
- **Transportation:** This committee is concerned with the question how transportation system planning and investments can be improved and how active transportation options can be provided and promoted for people of all ages and all abilities.

## Our Vision

Portland, Multnomah County, and the region are great places to live, work, play, and be engaged for people of all ages, abilities and cultures. We thrive through all the stages of life. The physical, social, economic, and service environments take into account our complex needs and desires, maximize the contributions of people at every age and facilitate enriching, meaningful, and empowering relationships among the generations.

## Our Mission

Our mission is to meet the needs and engage the strengths of all citizens toward the goal of building a community for all ages, working in concert with the City and County Commissioners and Bureaus/Departments, as well as the private and non-profit sectors and community members themselves, to implement the City's and County's Action Plan(s) for an Age-Friendly Portland and Multnomah County.

## Our Values

The Advisory Council holds and is committed to fostering the following values:

- Respect
- Inclusion
- Equity
- Diversity
- Interdependence among generations



## **Appendix B: Partners/collaborators – Age-Friendly Portland & Multnomah County Initiative<sup>1</sup>**

### **Advisory Council for an Age-Friendly Portland and Multnomah County**

#### *Coordinators:*

- Margaret Neal & Alan DeLaTorre, Portland State University, Institute on Aging

#### *Coordinating Partner Organizations:*

- Bandana Shrestha & Jerry Cohen, AARP Oregon
- Barbara Bernstein & Shanna Pittman-Frank, Elders in Action
- Erin Grahek & Rebecca Miller, Multnomah County Aging, Disability and Veterans Services

#### *Additional Partner Organizations:*

- Cora Potter, Ride Connection
- Deborah Stein & Bill Cunningham, Portland Bureau of Planning and Sustainability
- Jay Bloom, Bloom Anew
- Heather Hoell, Venture Portland:
- Holden Leung, Asian Health & Service Center
- Patricia Rojas, El Programa Hispano Católico:

#### *Additional Staff:*

- Iris Wernher, Portland State University, Institute on Aging

#### *Government Liaisons:*

- City of Portland, Mayor Wheeler's Office: Michelle Plambeck
- City of Portland, Commissioner Eudaly's Office: Pollyanne Birge
- City of Portland, Commissioner Fish's Office: Jamie Dunphy
- City of Portland, Commissioner Fritz' Office: Claire Adamsick
- City of Portland, Commissioner Saltzman's Office: Stacy Brewster
- Multnomah County, Commissioner Smith's Office: George Hocker

#### *Former Staff and Partners:*

- Corey Nagel, Oregon Health & Science University, School of Nursing (until spring, 2017)
- Bill Stack, Portland State University, Institute on Aging (Encore Fellow until spring, 2016)
- Julie Wilcke, Ride Connection (until spring, 2016)
- Paul Chan, Portland State University, Institute on Aging (Encore Fellow until fall, 2017)
- Shailesh Vachhani, Portland State University, Institute on Aging (Encore Fellow until spring, 2016)
- Stephanie Wrightsman, Corporation for National Community Service (until spring, 2017)

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<sup>1</sup> "Collaborators" had varying levels of engagement in 2016 and 2017 with committees and/or efforts related to committees (e.g., public testimony, attendance at event).

## **Committee Chairs, Co-Chairs and Collaborators (2016-17)**

### *Civic Participation & Volunteering*

- Co-Chairs: Steve Higgs, Senior Advocates for Generational Equity; Alan DeLaTorre, Portland State University, Institute on Aging
- Collaborators: Amber Kern Johnson; Barbara Bernstein; Bobbi Yambasu; Derenda Schubert; Gary Marschke; Jane Salisbury; Jay Bloom; Jean Trygstad; Jeanette Leardi; Jennifer Pratt; Jenny Sasser; Jerry Cohen; John Dougherty; Khela Singer; Kiersten Ware; Leslie Foren; Maren Symonds; Michelle Hynes; Peggy Keonjian; Rebecca Miller; Shanna Pittman-Frank; Stephanie Wrightsman; Suzanne Hansche

### *Employment & the Economy*

- Co-Chairs: Joyce DeMonnin, AARO Oregon; Margaret Neal, Portland State University, Institute on Aging
- Collaborators: Alan DeLaTorre; Camron Doss; David Thompson; Heather Hoell; Jennifer Baker; LeRoy Patton; Mitsu Yamazaki; Jackie Babicky; Paul Chan; Polly Bangs; Tamara Kennedy-Hill; Tom Kelley; Shanna Pittman-Frank; Suzanne Hansche; Walt Dawson

### *Health Services, Prevention, & Equity (Main Committee, M); Subcommittees: Community Health Workers (C), Dementia-Friendly Portland (D), Physical Activity & Recreational Programs (R)*

- Chair: Election pending (formerly Corey Nagel, OHSU)
- Co-Chair: Rebecca Miller (MultCo ADVSD),
- Staff/Co-Organizers: Margaret Neal (PSU), Iris Wernher (PSU)
- Collaborators: Arleta Christain (C); Beth Poteet (C); Bethany Chamberlin (R); Carole Scholl; (D, R); Celia Higuera (C); David Cohen (R); Debbie Davis (M); Fiona Yau-Luu (C); Edna Nyamu (C); Elke Li (C); Jan Karlen (D); Jan McManus (R); Jennifer Fuller (M); Jennifer Mead (M, D); Jennifer Pratt (M); John Dougherty (M); Juanita Santana (D); Karen Rigmaiden (C); Keara Rodela (C); Kiersten Ware (M); Laura Heller (M); Lauren Fontanarosa (M, C); Lauren Gottfredson (R); Lauren Hunter (R); Lisa Shields (M); Lorian McNeill (M, D); Mary Ruhl (D); Molly Donaldson (R); Patricia Rojas (M, C); Roger Anunsen (M); Sarah Foster (R); Sarah Holland (D); Suzanne Hansche (M, C); Suzanne Washington (M); Tracy Morgan (D); Valerie Warden (C); Wendy Hillman (C)

### *Housing*

- Co-Chairs: Alan DeLaTorre, Portland State University, Institute on Aging; Bandana Shrestha, AARP Oregon
- Collaborators: Amanda Davis; Andrew Brown; Anne (Chana) Andler; April Rohman; Beth Gilden; Betty Dominguez; Bill Cunningham; Bobby Daniels; Bobby Weinstock; Brenda Jose; Carol Brownlow; Deborah Stein; Dennis Yee; Derenda Schubert; Emily Leib; Eric Cress; Faez Soud; Glen Ulmer; Harvey Rice; Hollye Maxwell; Howard Klink; Iris Wernher; Jaclyn Eaton; Jeffery Strang; Jerry Palmer; Jim Irvine; Joe VanderVeer; Judith Ramaley; Kari Lyons; Kate Allen; Kim McCarty; Lew Bowers; Liza Morehead; Max Micozzi; Monica Nunes; Neisha Saxena; Paula Carder; Pooja Dahl; Rachel Moheler; Rebecca Miller; Richard Lycan; Rose-Ellen Bak; Sharon Nielson; Steve Weiss; Sue Stahl; Susan Madar; Suzanne Zuniga; Terry Whitehill; Troy Farnsworth; Uma Krishnan; Victor Tran

### *Transportation*

- Chair: Cora Potter, Ride Connection
- Co-Chairs: Bandana Shrestha, AARP Oregon; Alan DeLaTorre, PSU, Institute on Aging
- Collaborators: Alex Page; Alvin Eisner; Anne (Chana) Andler; Barry Baymanyar; Bob Hasting; Dan Kaempff; Deborah Stein; Elaine Friesen-Strang; Erika Nebel; Jim Howell; JoAnn Herrigel; Julie Wilcke; Kerry Ayres Palanuk; Lidwien Rahman; Melody MacReady; Noelle Mickelberry; Teresa Keishi Soto; Sue Stahl

1324-1

Agenda No.

**REPORT**

Title

creating

Presentation by Portland State University's Institute on Aging on Building a Community for All Ages,  
 Age-Friendly Portland initiative (Report)

<b>INTRODUCED BY</b> Commissioner/Auditor: <b>Mayor Ted Wheeler</b>	<b>CLERK USE: DATE FILED</b> <u>DEC 12 2017</u>
<b>COMMISSIONER APPROVAL</b> Mayor—Finance & Administration - Wheeler Position 1/Utilities - Fritz Position 2/Works - Fish <i>SWS for Nick fish</i> Position 3/Affairs - Saltzman Position 4/Safety - Eudaly	Mary Hull Caballero Auditor of the City of Portland  By: <u><i>Susan Parsons</i></u> Deputy
<b>BUREAU APPROVAL</b> Bureau: <i>MAYOR'S OFFICE</i> Bureau Head: <i>MAYOR</i>	<b>ACTION TAKEN:</b>  DEC 13 2017 <b>PLACED ON FILE</b>
Prepared by: Michelle Plambeck Date Prepared: December 12, 2017	<i>—NO VOTE—</i>
Impact Statement Completed <input checked="" type="checkbox"/> Amends Budget <input type="checkbox"/>	
<b>City Auditor Office Approval:</b> required for Code Ordinances	
<b>City Attorney Approval:</b> required for contract, code, easement, franchise, charter, Comp Plan	
Council Meeting Date <b>December 13, 2017</b>	

<b>AGENDA</b>
<b>TIME CERTAIN</b> <input checked="" type="checkbox"/> <b>Start time: 10:45</b>  <b>Total amount of time needed: 30 mins</b> (for presentation, testimony and discussion)
<b>CONSENT</b> <input type="checkbox"/>
<b>REGULAR</b> <input type="checkbox"/> <b>Total amount of time needed: _____</b> (for presentation, testimony and discussion)

FOUR-FIFTHS AGENDA	COMMISSIONERS VOTED AS FOLLOWS:	
	YEAS	NAYS
1. Fritz <i>Amal Fritz</i>		
2. Fish <i>SWS for Nick fish</i>		
3. Saltzman <i>Don Saltzman</i>		
4. Eudaly <i>for Eudaly</i>		
Wheeler <i>for Wheeler</i>		