



# Age-Friendly

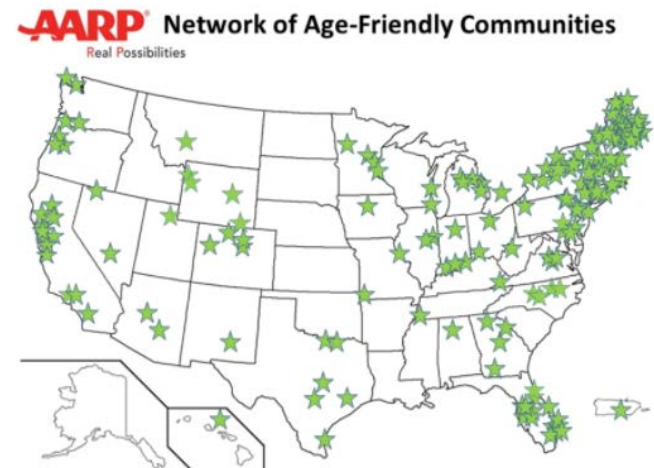
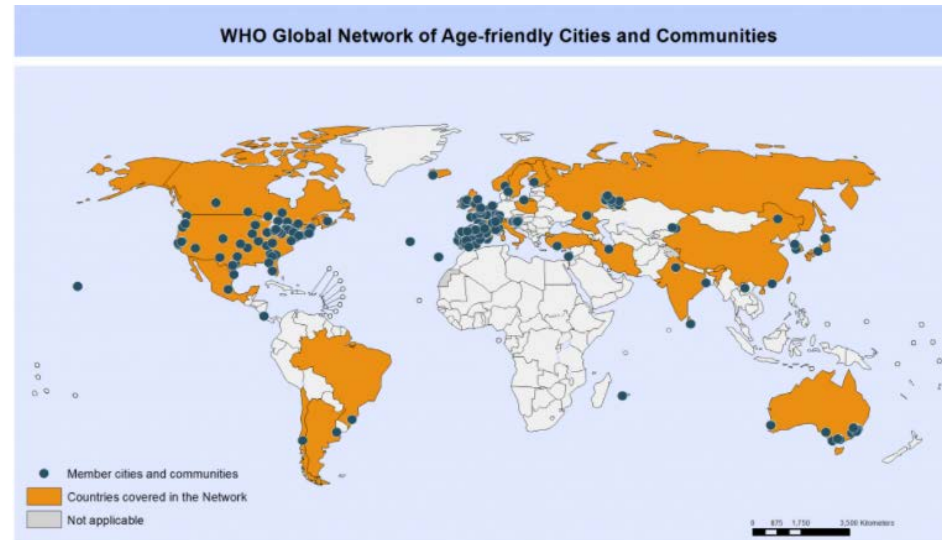
PORTLAND & MULTNOMAH COUNTY

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



# Network(s) of Age-Friendly Cities and Communities

- **541** members of the World Health Organization's Global Network of Age-Friendly Cities and Communities (37 Countries, 179 million people covered)
- **13** Affiliated Programs (e.g., Pan-Canadian Age-Friendly Communities Initiative)
- **194+** U.S. members in AARP Network



# “Age-Friendly”: Livable for All Ages and Abilities



- The Age-Friendly initiative has sharpened Portland’s approach to livability, specifically looking at the:
  - **Physical environment** (e.g., housing, transportation)
  - **Social/cultural environment** (e.g., civic engagement, economy)
  - **Service environment** (e.g., health services, communication)

# Age-Friendly Timeline & Committees

## Timeline: AF Portland

**2006-07:** WHO Global Age-Friendly Project (Portland 1<sup>st</sup> U.S. City)

**2011-12:** Portland joins Global & U.S. Age-Friendly Networks

**2013:** Action Plan for an Age-Friendly Portland

**2014:** Multnomah County joins Global & U.S. Age-Friendly Networks

**2016-present:** Support from City for Action Plan implementation

## Age-Friendly Committees

**Civic Engagement**

**Employment & the Economy**

**Health Services, Prevention & Equity**

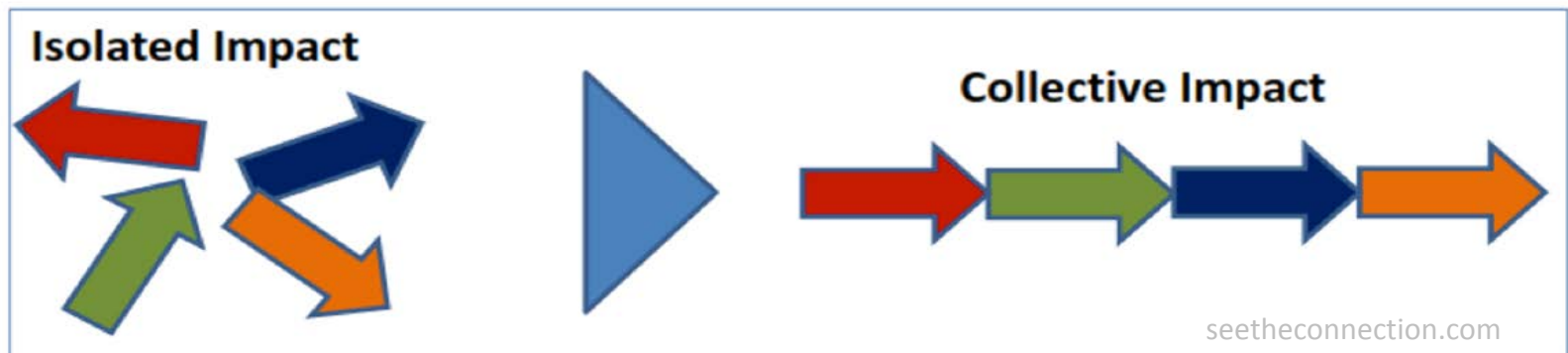
**Housing**

**Transportation**

# The Power of Collective Action

## The Advisory Council:

- Provides a structure in which participating entities' activities are aligned and mutually supportive
- Adds value and a unifying identity to efforts related to older adults in the region through:
  - ✓ The “Age-Friendly” label
  - ✓ Local, national & international networking
  - ✓ Public engagement & community story-telling
  - ✓ Data sharing & research that informs local policies



# Action Plan for an Age-Friendly Portland

- Action Plan was accepted in 2013 by Portland City Council via resolution
  - Action Plan intended to: “Inform City Council and City bureaus in the course of decision making related to long-term planning and capital improvement projects in the City”
  - Resolution directed the Advisory Council to oversee and monitor the implementation of the Action Plan.

RESOLUTION No. 37039  
Accept the Action Plan for an Age-Friendly Portland. (Resolution)

## Action Plan for an Age-Friendly Portland



Prepared by:

The Age-Friendly Portland Advisory Council

October 8, 2013



# Highlights: Physical Environments

## Advocacy and consultation:

- 2035 Comprehensive Plan – visionary age-friendly policy and zoning code updates such as the Residential Infill and Better Housing by Design Projects
- Enhanced mobility options via AARP's NeighborWalks in collaboration with PBOT and Oregon Walks, as well as collaboration on Vision Zero



# Highlights: Social Environments

- 2017 Aging Well Conference attracted 200+ attendees who learned about community resilience:
  - Emergency preparedness
  - Housing options/healthy housing
  - Conflict resolution
  - Stories of resilience
  - Intergenerational relationships
  - Physical activity
- Approximately 65% of attendees expressed interest in additional age-friendly involvement

## 2017 Aging Well Conference

*Toward Resilience: Building a Community for All Ages*



**OCTOBER 21, 2017, 9AM-4PM** Buckley Center, University of Portland  
5000 N Willamette Blvd, Portland, 97203

Bus #35, #44

**INSPIRATIONAL KEYNOTES**

***Finding Our Voice: Powerful Stories of Resilience***  
Hosted by master storyteller Paul Iarrobino.

***Beyond Ready: Facing Disaster From a Place of Strength***  
A moderated panel discussion about preserving our health, safety, and well-being during community emergencies.

**HANDS-ON WORKSHOPS**

Choose from 11 exciting topics, such as:

- *Bouncing Back from Life's Sinkholes: RESILIENCE!*
- *Imagine a Village: Neighbors Helping Neighbors Stay Neighbors*
- *Home Sharing as Contribution and Financial Stability*

**INFORMATION & ACTIVITIES**

- Free lunch
- Senior recreation and creative arts
- Multnomah County Library information
- TriMet Hop FastPass™ distribution
- Food benefits (SNAP) resources
- "Ask The Expert" about aging services
- And much more

**For more information or to register:**

[multco.us/agingwellconference](http://multco.us/agingwellconference) (503) 988-3769

 Age-Friendly  
PORTLAND & MULTNOMAH COUNTY

 Multnomah County

 AARP  
Real Possibilities Oregon

 Portland State University

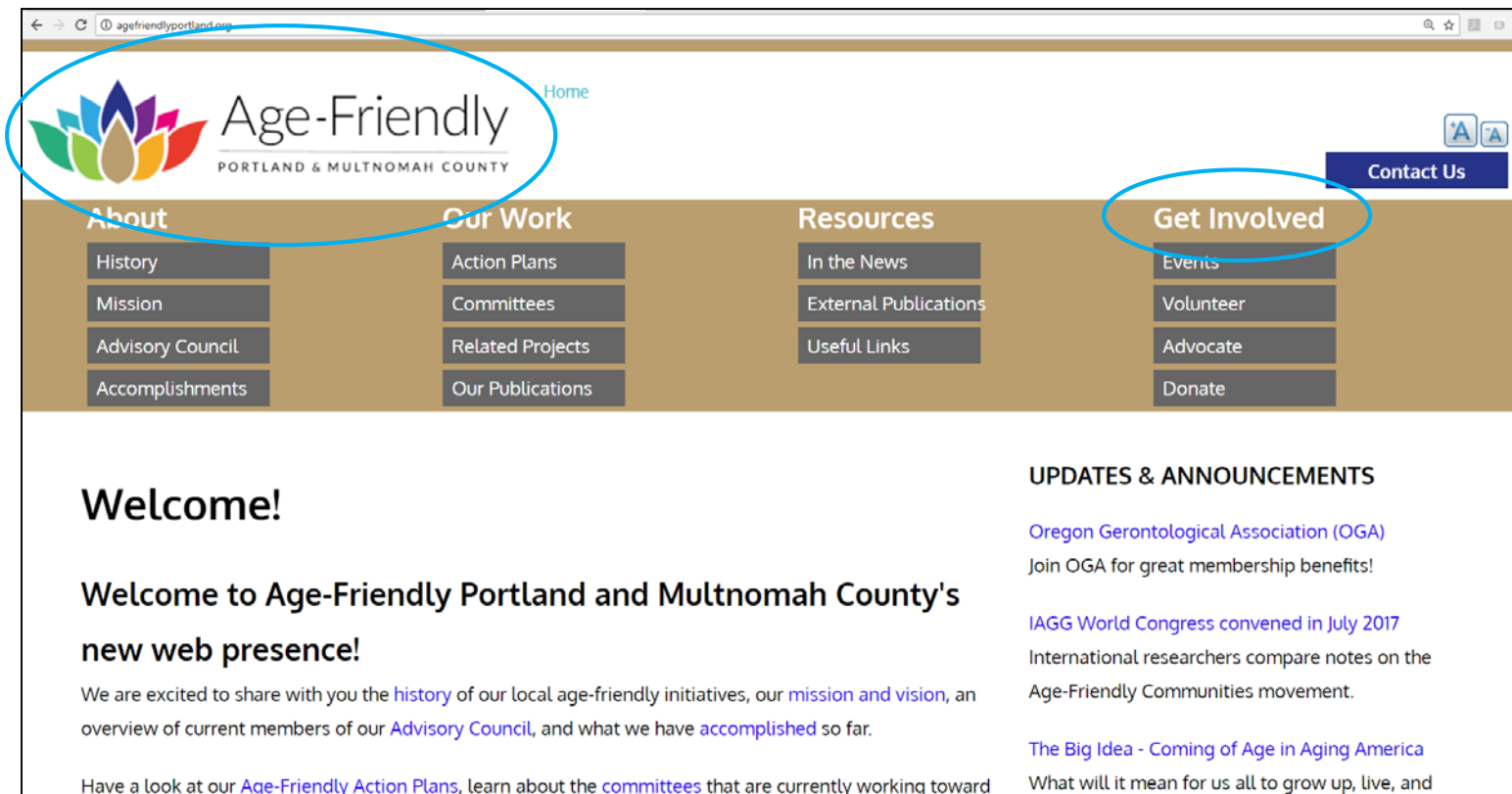
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#AgingWellPDX



# Highlights: Service Environments

Launched new Age-Friendly website (with new logo), providing access to the initiative's background, current work and reports, resources, ways to get involved: [agefriendlyportland.org](http://agefriendlyportland.org)



The screenshot shows the homepage of the Age-Friendly Portland & Multnomah County website. The browser address bar displays [agefriendlyportland.org](http://agefriendlyportland.org). The main navigation menu includes 'About', 'Our Work', 'Resources', 'Get Involved', and 'Contact Us'. The 'Get Involved' menu is highlighted with a blue circle. Below the navigation, there is a 'Welcome!' section with a sub-header 'Welcome to Age-Friendly Portland and Multnomah County's new web presence!' and a paragraph of introductory text. To the right, there is an 'UPDATES & ANNOUNCEMENTS' section with three items: 'Oregon Gerontological Association (OGA)', 'IAGG World Congress convened in July 2017', and 'The Big Idea - Coming of Age in Aging America'.

**Welcome!**

**Welcome to Age-Friendly Portland and Multnomah County's new web presence!**

We are excited to share with you the [history](#) of our local age-friendly initiatives, our [mission and vision](#), an overview of current members of our [Advisory Council](#), and what we have [accomplished](#) so far.

Have a look at our [Age-Friendly Action Plans](#), learn about the [committees](#) that are currently working toward

**UPDATES & ANNOUNCEMENTS**

[Oregon Gerontological Association \(OGA\)](#)  
Join OGA for great membership benefits!

[IAGG World Congress convened in July 2017](#)  
International researchers compare notes on the Age-Friendly Communities movement.

[The Big Idea - Coming of Age in Aging America](#)  
What will it mean for us all to grow up, live, and

# Opportunities Ahead



- **Continue being on the leading edge** of the national and international age-friendly movement
- **Implement the Age Friendly Action Plan**, as well as continued energy, advocacy, and enthusiasm from partner organizations
- **Improve connections with City bureaus would offer opportunities** to share best practices and more effectively influence bureaus' policies and operations, and for practices to be age-friendly

# Ideas for Cross-Organizational Synergies

- Develop an “Age Smart Employer Award” program to maximize opportunities pertaining to an aging workforce and older adult entrepreneurial activities.



- Establish a Volunteer Hub to enhance capacity to engage/link older adults and other community members to serve the community through volunteer placements.



“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.”

- The Case for Age-Friendly Communities (2016)

For more information, please visit:

[agefriendlyportland.org](http://agefriendlyportland.org)