

Action Plan for an Age-Friendly Portland



Presentation to the Planning and Sustainability Commission by
the Age-Friendly Portland Advisory Council

September 24, 2013

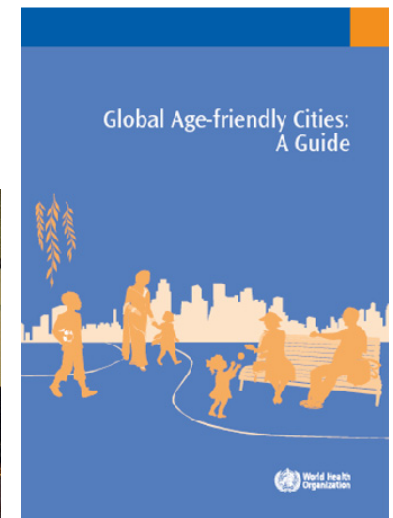
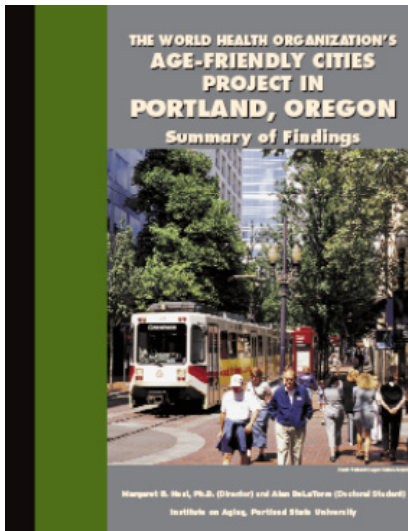
The Demographic Imperative

- Portland, like the region, state, nation, and most of the world, is aging rapidly
- Our region actually has a higher proportion of people aged 45-59 (e.g., Baby Boomers) than the U.S. overall →→
- According to a recent PSU study, Portland attracts and retains empty-nester and retirement migrants (40+) at levels exceeding its 50 largest metro peers (Jurjevich & Schrock, 2012)
 - The authors of the report suggested that Portland should continue its push to become age friendly

5-Year Cohort	United States	Portland MSA
40-44	7.5%	7.4%
45-49	7.6%	7.8%
50-54	6.9%	7.5%
55-59	6.0%	6.7%
60-64	2.2%	2.2%
65-69	1.6%	1.5%
70-74	2.9%	2.3%
75-79	2.5%	1.9%
80-84	1.9%	1.5%
85+	1.7%	1.6%

Source: US Census, ACS 2005-07

Background



Fall 2006 - Spring 2007: Portland, via PSU Institute on Aging, invited to participate in World Health Organization's (WHO) Global Age-Friendly Cities project (1 of 33 cities in 22 countries; only U.S. city)


2007 - present: Disseminating findings, building partnerships/Advisory Council, working to influence policy and practice (Portland Plan, Comprehensive Plan), drafting Action Plan

Spring 2010: IOA/City application for membership in WHO Global Network of Age-Friendly Cities (accepted June 2010)

Spring 2011: Official acceptance into WHO Network

Fall 2013: Presentation of Draft Action Plan to City

An Opportunity to Continue to Lead

- Portland is one of the longest-standing cities in the global age-friendly cities movement (only 5 of the original 33 cities remain active)
 - Portland is already viewed as a leader in the U.S. and is poised to become a global leader in this arena, expanding on our reputation in urban planning and sustainability
 - We have a wealth of knowledge around this issue and a strong set of organized collaborators who are ready to move toward the implementation of actions to improve Portland's age friendliness
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Planning for All Ages and Abilities



- We must move away from “either/or” planning and plan for everyone, across the age and ability spectrums
- In New York, the focus has been on integrating an “aging lens” in all City-sponsored efforts, whether new development, redevelopment, programs, etc.
- Atlanta, Chicago, Des Moines, Kansas City, Philadelphia & Washington, D.C. & other U.S. cities are working to create age-friendly cities and regions

Framing the Issue

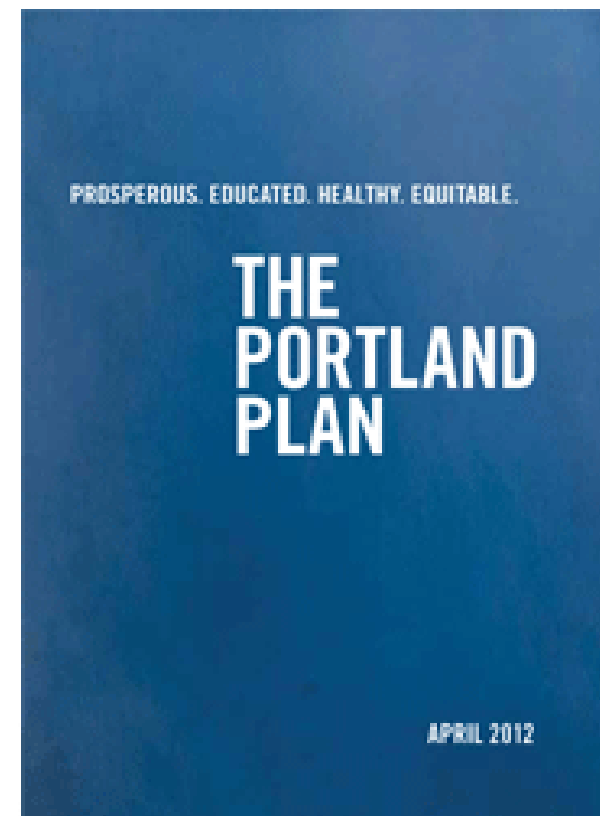
- Age-friendly communities encompass:
 - Enabling environments
 - Inclusive approaches
 - Equitable outcomes
 - A life course perspective
 - Intergenerational interdependence
 - Moving toward sustainable environments
- An aging population is one of the few natural resources that is growing
- We must move from a needs-based approach (deficits) to one that focuses on opportunities (contributions) associated with older adults
- Age-friendly planning and development has economic, social, and environmental benefits



Credit: Bridge Meadows

Rationale for the Action Plan

- As a pioneer member of the WHO's Global Network of Age-Friendly Cities and Communities (since 2010), we committed to:
 - A baseline assessment
 - *Developing an action plan* for becoming a more age-friendly city
 - Involving older adults
 - Monitoring progress
- The Portland Plan highlighted actions to make Portland “A Place for All Generations,” including *developing an Action Plan*



“Portland [will be] a Place for All Generations”

THE PORTLAND PLAN



PORTLAND IS A PLACE FOR ALL GENERATIONS.

Portland must become a city that is a great place to live for people of all ages and abilities. The Thriving Educated Youth strategy focuses on the need to provide support and opportunities for youth to thrive; this will ultimately benefit all Portlanders and is key to reducing disparities among our communities.

Although Portland has been named one of the best places to retire in the U.S. on national lists, over the next 25 years Portland must become a more age-friendly city. The aging of the Baby Boom and Gen X generations and their increasing longevity will present challenges and opportunities that will be a key part of how we plan for the future of our city. The Portland Plan moves forward on making Portland a more age-friendly city in several ways:

- **Framework for Equity.** The Framework for Equity recognizes that Portland must become a city where access to opportunity, safe neighborhoods, safe and sound housing, healthy food, efficient public transit and parks and green spaces are available to people of all ages and abilities, and calls for meeting and exceeding the Americans with Disabilities Act.
- **Age-friendly city action plan.** Portland is one of only two U.S. cities accepted as pioneer members of the World Health Organization's (WHO) Global Network of Age-Friendly Cities. According to the WHO, an Age-Friendly City is one that, "adapts its structures and services to be accessible to, and inclusive of, older people with varying needs and capacities ... it emphasizes enablement rather than disablement, and is friendly for all ages." The City of Portland and its community partners will undertake an Action Plan on Aging to assess how Portland can become a more age-friendly city and will identify implementation strategies.
- **Accessible housing.** Finding accessible, barrier-free housing can be difficult for older adults and others with mobility needs, especially given that the majority of Portland's housing is over 50 years old and typically has stairs and other features that limit accessibility. The Portland Plan places a new priority on expanding the availability of housing that incorporates accessible design to meet the needs of people of all ages and abilities.
- **Accessible community hubs.** People of all ages need safe, welcoming places that encourage physical activity and social inclusion and interaction. Recognizing that many older adults and people with disabilities cannot walk or roll very far, the Portland Plan prioritizes locating more housing for elders and mobility-limited residents in places, such as neighborhood hubs, where proximity to services and transit and accessible sidewalks makes it easier to live independently. The plan also encourages schools, colleges and universities to flexibly accommodate multiple functions, serving community members of all ages.
- **Safety and accessibility on civic corridors.** While all TriMet buses are fully accessible, getting to some bus stops can be challenging. Safety and accessibility of some of Portland's major transit streets can be enhanced by sidewalks and marked crosswalks. The Healthy Connected City strategy's civic corridors approach will prioritize improvements to prominent transit streets to make them truly transit- and pedestrian-oriented places, with improved sidewalks, pedestrian crossings and transit facilities. They will include features that support community livability and environmental sustainability.
- **Medical institutions.** Portland's aging population will increase the demand for medical services. The Portland Plan responds to this growing need by calling for new approaches to accommodate the growth of institutional facilities and neighborhood centers that may support health facilities, and for increasing workforce training in health care and senior services.
- **Inter-generational mentoring.** The accumulated knowledge and wisdom of Portland's older population is an invaluable asset to the community. The Thriving Education Youth strategy recognizes this and encourages more inter-generational mentoring.

1. Bolster framework for equity, including integration with City of Portland's new Office of Equity and Human Rights
2. *Develop an Age-Friendly Action Plan*
3. Prioritize expansion and availability of accessible housing
4. Concentrate on age-friendly, accessible community hubs
5. Foster safe and accessible civic corridors (e.g., transit and infrastructure)
6. Increase access to and services within medical institutions
7. Increase inter-generational mentoring opportunities

Preparation of the Action Plan



The Age-Friendly Portland Advisory Council at its July 15, 2013, Meeting

AARP Oregon

Bloom Anew

City of Portland Bureau of Planning and
Sustainability

City Commissioner Nick Fish's office

Coalition for a Livable Future

Corporation for National & Community Service

Elders in Action

Institute of Portland Metropolitan Studies

Intel Career Fellowships Program

Metro

Multnomah County Aging & Disability Services

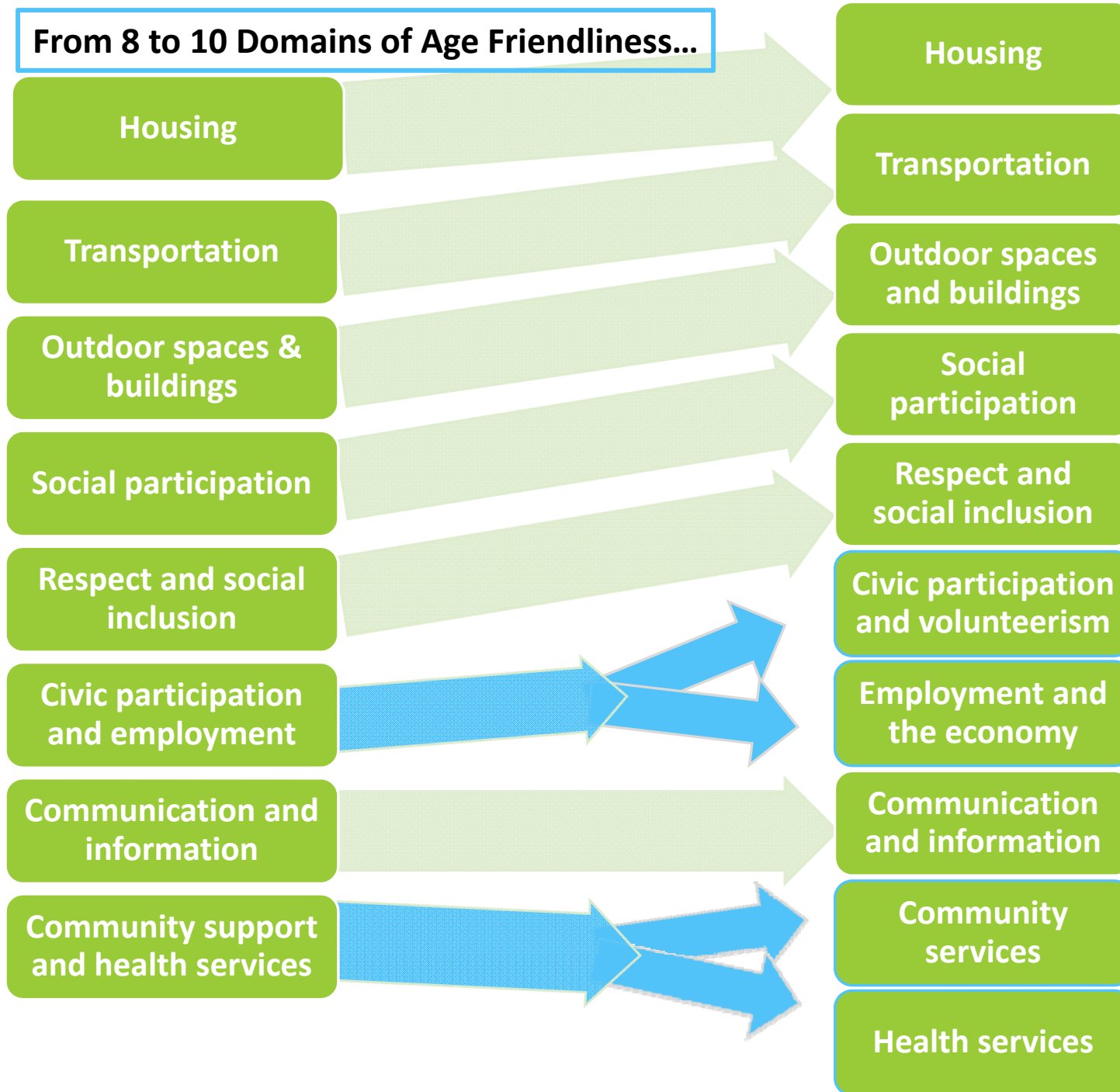
Ride Connection

Terwilliger Plaza

Urban League

Coordinated by: PSU Institute on Aging

From 8 to 10 Domains of Age Friendliness...



Housing

- *Action Item 1.1* – Provide education to consumers, planners and developers
- *Action Item 1.2* – Improve accessibility
- *Action Item 1.3* – Encourage innovative approaches to housing older adults
- *Action Item 1.4* – Advance opportunities for aging in community



Credit: Bridge Meadows


Transportation

- *Action Item 2.1* – Improve system planning and investments
- *Action Item 2.2* – Promote active transportation for all ages and abilities
- *Action Item 2.3* – Target community-based solutions
- *Action Item 2.4* – Implement educational programming



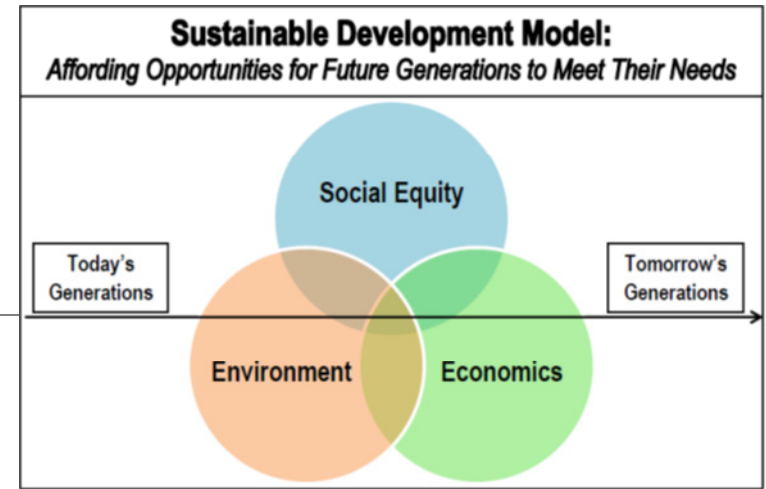
Credit: Ride Connection

Outdoor Spaces and Buildings

- *Action Item 3.1* – Improve existing natural features and green spaces
 - *Action Item 3.2* – Foster gardening and local food production
 - *Action Item 3.3* – Create accessible social spaces
 - *Action Item 3.4* – Establish additional age-friendly businesses/organizations
 - *Action Item 3.5* – Contribute to Portland's (Accessibility) Transition Plan
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Respect and Social Inclusion

- *Action Item 4.1* – Reduce social isolation among older adults
- *Action Item 4.2* – Improve the knowledge and use of language that pertains to aging and older adults
- *Action Item 4.3* – Advance civil rights, equity, and social sustainability for older adults



Drawing : Alan DeLaTorre

Civic Participation and Volunteering

- *Action Item 5.1* – Foster meaningful involvement of older adults in citywide processes
- *Action Item 5.2* – Optimize the skills and the “renewable resource” of older adults



<http://www.eldersinaction.org/about/>

Employment and the Economy



www.equality.ie

- *Action Item 6.1* – Improve access to employment opportunities and reduce ageism
- *Action Item 6.2* – Improve Portland’s age friendliness to attract and retain highly-educated, engaged older adult residents
- *Action Item 6.3* – Create an age-friendly Portland that caters to visitors

Social Participation


- *Action Item 7.1* – Create a directory of age-friendly activities
- *Action Item 7.2* – Celebrate the lives and experiences of older Portlanders
- *Action Item 7.3* – Support neighborhood-based efforts for older adults



Credit: Portland State University

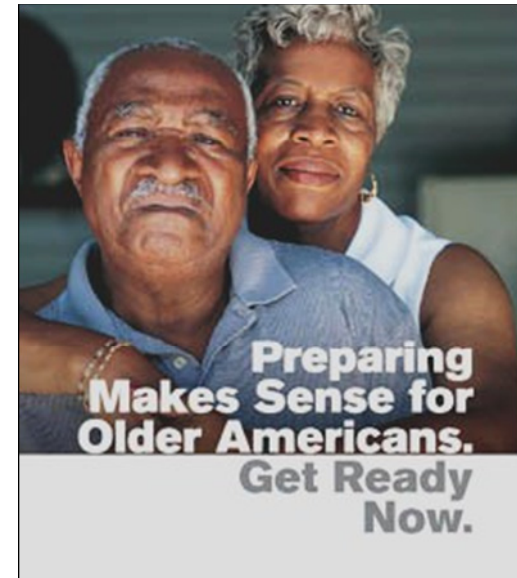


Communication and Information

- *Action Item 8.1* – Maintain clearinghouses for aging-related information
 - *Action Item 8.2* – Improve online resources and create standards for age-friendly media
 - *Action Item 8.3* – Improve the dissemination of information through existing organizations
 - *Action Item 8.4* – Launch an age-friendly educational campaign
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Community Services

- *Action Item 9.1* – Improve emergency preparedness and systems for ensuring the safety for older adults and people with special needs
- *Action Item 9.2* – Improve the age friendliness of neighborhood centers



<http://www.co.baldwin.al.us/>

Health Services

- *Action Item 10.1* – Improve older adult wellness and preventive health care
- *Action Item 10.2* – Improve the coordination and delivery of care across health, housing, and social services settings
- *Action Item 10.3* – Integrate active aging as a fundamental aspect into the age-friendly educational campaign

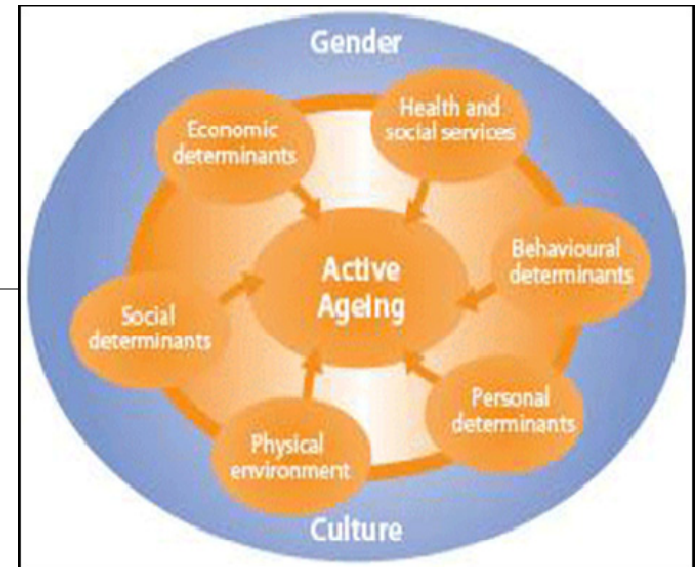


Image: World Health Organization (2002)

What Comes Next?

- Hold meetings with organizations identified as “Potential Partners” in each of the Action Plan items to:
 - explain the items
 - confirm willingness to collaborate
 - identify others that should be involved
 - make refinements
 - identify an accountable organization
 - set timelines
- Set priorities for action in concert with the partner organizations
- Establish measurable and meaningful indicators for monitoring progress over time
- Prepare Implementation Guide

How Can We Ensure Success?

- Develop a “What is age friendly?” educational campaign
- Keep abreast of technological, policy, and other developments
- Finalize website for information sharing about the project
- Seek funding for:
 - coordination
 - research and demonstration projects
 - partnerships with other U.S. international cities
 - examine and monitor the outcomes achieved overall
 - understand how best to make individual areas of the city more age friendly
 - specific age-friendly infrastructure/programs/actions

Discussion, Questions, Comments

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