

2015 Age-Friendly Portland Report to Council:

Highlights of Activities of the Age-Friendly Advisory Council and Key Partners



age-friendly 
PORTLAND

Many thought leaders now believe that the communities that fare best in the 21st century will be those that both tackle the challenges and embrace the positive possibilities that an aging population creates.

- Grantmakers in Aging (2013)

Portland's Age-Friendly Timeline



World Health Organization



Age-friendly Portland & Multnomah County
Building a Community for All Ages



Fall 2006: Portland begins collaboration with the WHO on their Global Age-Friendly Cities project



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

Spring 2012: Portland Plan and "Portland is a Place for All Generations" published

Fall 2014: Multnomah County joins WHO and AARP Networks

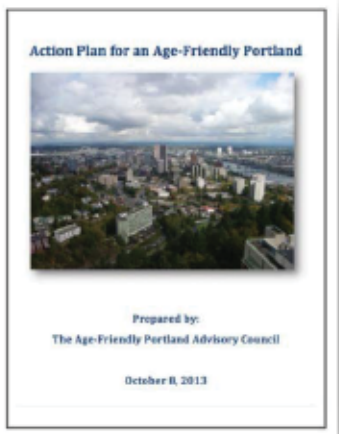
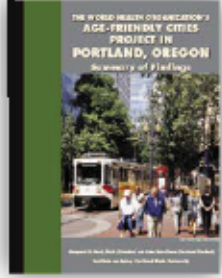


Spring/Summer 2007: Baseline assessment completed: reports to WHO and Portland community



Spring 2011: Portland joins WHO Global Network; **2012:** Portland joins AARP U.S. Network

Fall 2013: Action Plan for an Age-Friendly Portland passed by resolution



Action Plan for an Age-Friendly Portland

- Covers **10 domains**
- Involves **partnerships** – public-public, public-private, private-private
- Actions build on existing **activities underway** and **new efforts**

Action Plan for an Age-Friendly Portland

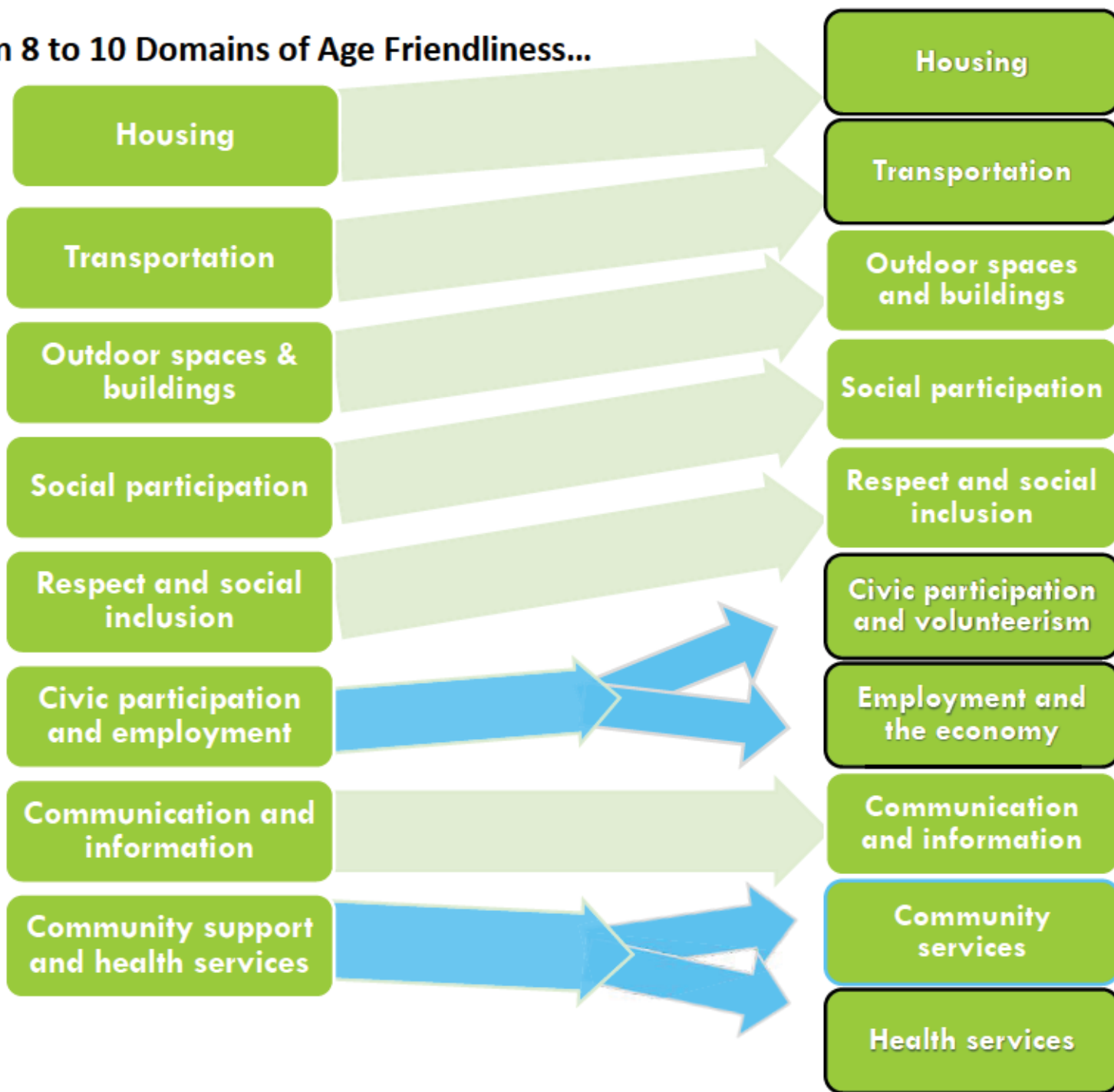


Prepared by:

The Age-Friendly Portland Advisory Council

October 8, 2013

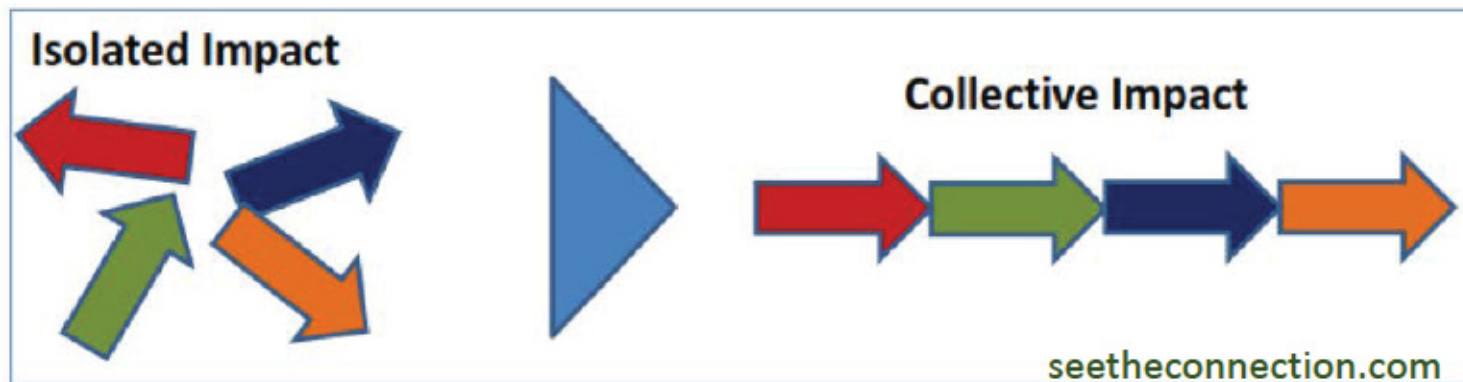
From 8 to 10 Domains of Age Friendliness...



*Note: Outlined Domains Represent Active Committees

Collective Impact Approach

- Long history of the project (since 2006), with national and international recognition
- Built on partnerships following a collective impact approach (PSU's institute on Aging serving as “backbone organization”)



- Strong focus on *policy development*, *raising awareness* and *providing education* to make environments better for people of all ages and abilities
- Guiding principles: older adults are assets; the generations are interdependent; older adults must be involved

Standing Age-Friendly Committees

□ 2014

1. Civic Engagement
2. Employment & the Economy
3. Housing



□ 2015

4. Health Services, Prevention & Equity
5. Transportation



Some Key Accomplishments

- Governance
 - Age-friendly Committees focused on five domains
 - Charter developed and adopted to guide the Age-Friendly Advisory Council of Portland and Multnomah County
- Providing Education/Raising Awareness
 - “What are Old People For?” & “Aging Well” conferences and several other events focused on community-based housing, transportation, employment, the longevity economy
 - First statewide conference on age-friendly communities, in collaboration with the Oregon Gerontological Association
 - Case statement developed on benefits of age-friendly communities
- Policy Development
 - Testimony and continued involvement with Comprehensive Plan, Neighborhood Centers Policy Expert Group, and Residential Infill Project
 - Note: Portland’s first policy on “aging in place” is in the draft Comprehensive Plan

Governance: The Age-Friendly Advisory Council of Portland and Multnomah County

- Expansion: In Oct. 2014, Multnomah County Board of Commissioners adopted the action areas from Portland's Action Plan
- As part of the resolution, the County began the process to join the WHO and AARP Age-friendly Networks
- In 2015, a Charter was created and the name "Age-Friendly Advisory Council of Portland and Multnomah County" was chosen

CHARTER

The Age-Friendly Advisory Council of Portland and Multnomah County

8-20-15

I. Name

The Age-Friendly Advisory Council of Portland and Multnomah County (hereafter referred to as the Advisory Council)

II. Vision, Values and Mission

A. 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.

B. Values

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

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

C. Mission

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.

“Aging Well” Conference

- ❑ October 3, 2015, conference held at OHSU Collaborative Life Sciences Building
- ❑ Attendance ~ 140
- ❑ Targeted to consumers/community members
- ❑ Sessions on housing, brain health, volunteering, physical activity, nutrition, end-of-life planning, county-based resources for older adults
- ❑ Keynote: Dr. Basia Belza, University of Washington: *Aging Well in the 21st Century*



Saturday, October 3, 2015 | 8 am to 12:30 pm
OHSU Collaborative Life Sciences Building
2790 S.W. Moody Avenue, Portland, OR 97201

Aging Well

2015 AGING WELL CONFERENCE

FREE
OPEN TO THE PUBLIC
REFRESHMENTS PROVIDED

FEATURED TOPICS

- Volunteer for better brain health
- Finding resources for yourself or a loved one
- How to downsize and stay in your home
 - Staying active, no matter what
- Cooking for wellness and your budget

REGISTER NOW
<http://bit.ly/AgeWell2015>
877.926.8300

Multnomah County | Oregon Health Division | AARP | Portland State University | Oregon Department of Health Services | Elders Action

“What are Old People For?”

- ❑ October 16, 2015, event held at Warner Pacific College
- ❑ Registrants ~ 250
- ❑ Master of Ceremonies: Commissioner Nick Fish
- ❑ Keynote: Dr. Janet Taylor, community psychiatrist in NYC and contributor to CNN, MSNBC, CBS, NBC, ABC & Family Circle Magazine.
- ❑ 2016 event being planned with focus on engaging community members in intergenerational opportunities

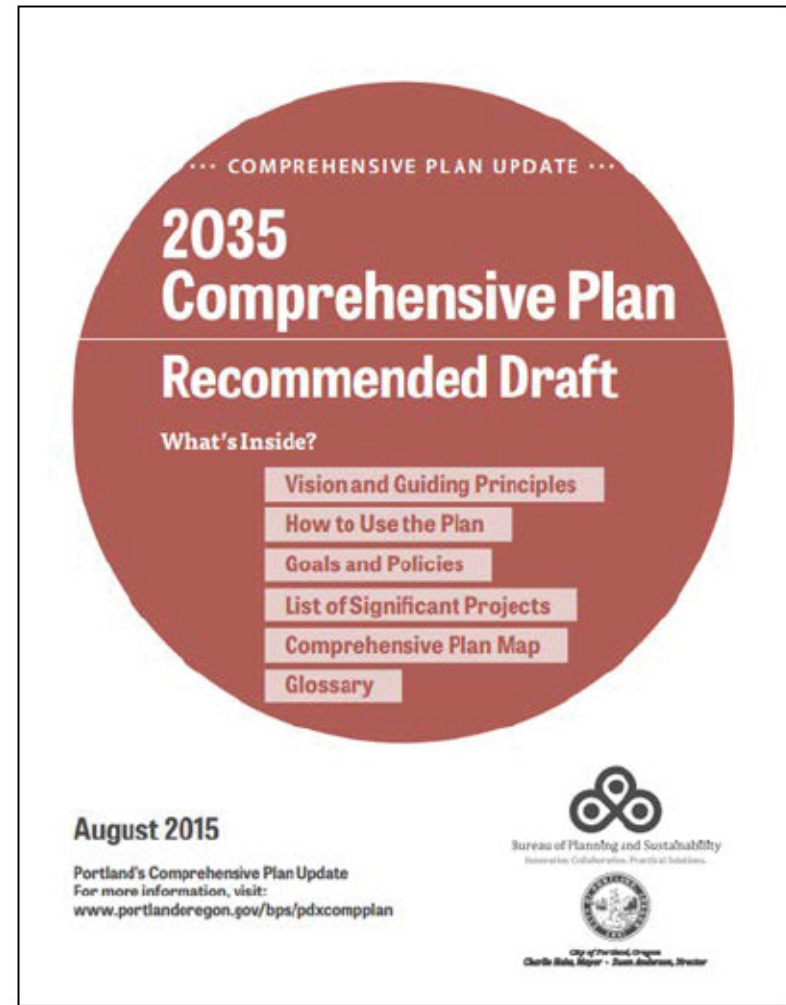


“The Case for Age-Friendly Communities”

- Case statement prepared for national distribution under a contract with Grantmakers in Aging (national professional association)
- Presents the research evidence for why communities should become age friendly
- Describes:
 - Economic benefits
 - Social capital benefits
 - Opportunities related to housing
 - Opportunities related to physical infrastructure
 - Health benefits
 - And other benefits

City's Comprehensive Plan

- Advisory Council reviewed Plan and submitted verbal and written testimony
- Advisory Council members worked with community partners to provide additional input
- Dr. DeLaTorre was selected to participate in a Policy Expert Group (Neighborhood Centers) and the Residential Infill Project Stakeholder Advisory Committee to assist in addressing aging/accessibility in housing



Elders *in* Action

EST. 1968



Elders *in* Action

EST. 1968





Elders *in* Action

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Real Possibilities in

Oregon

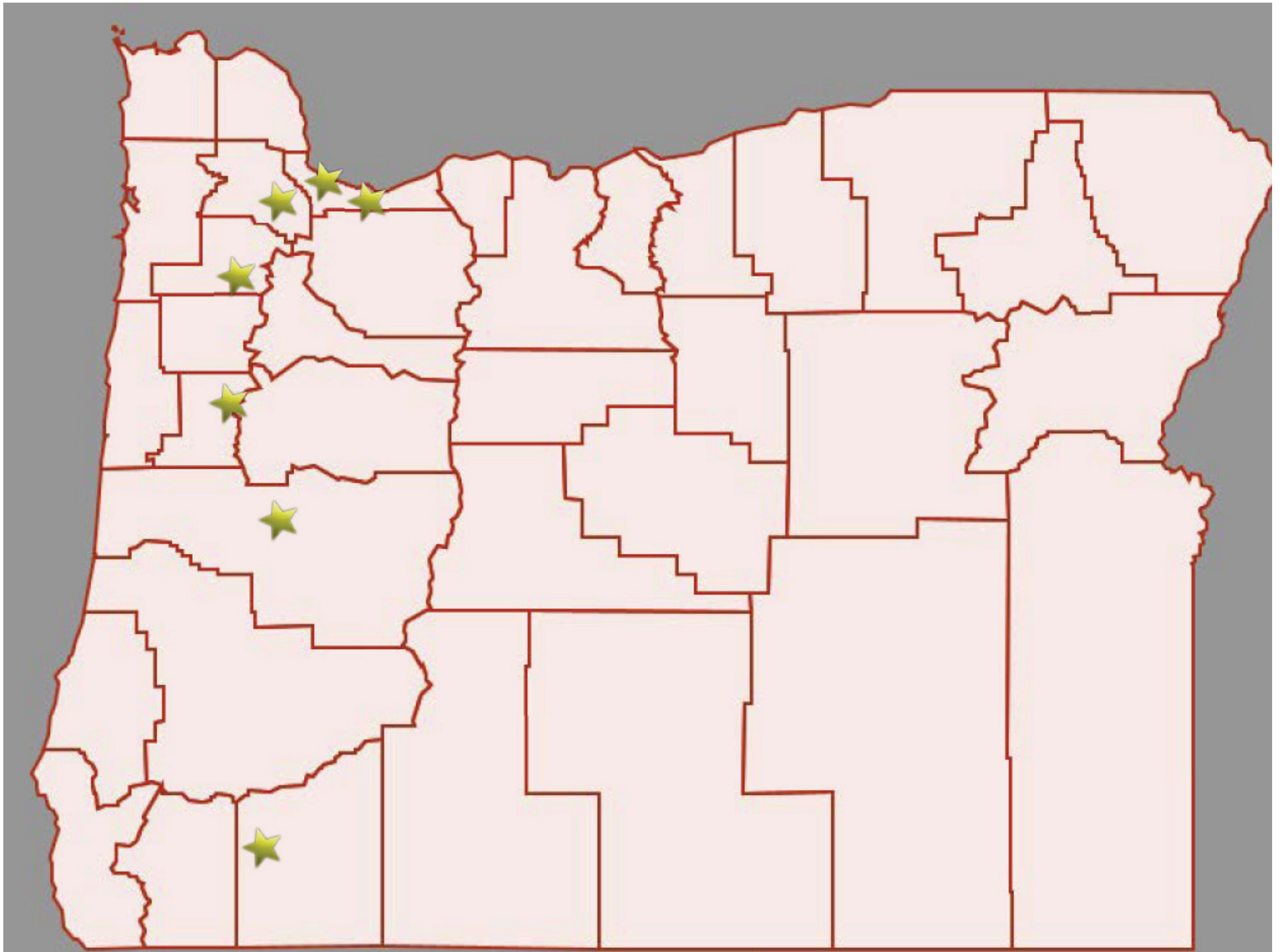


State of the Network: 75 member communities

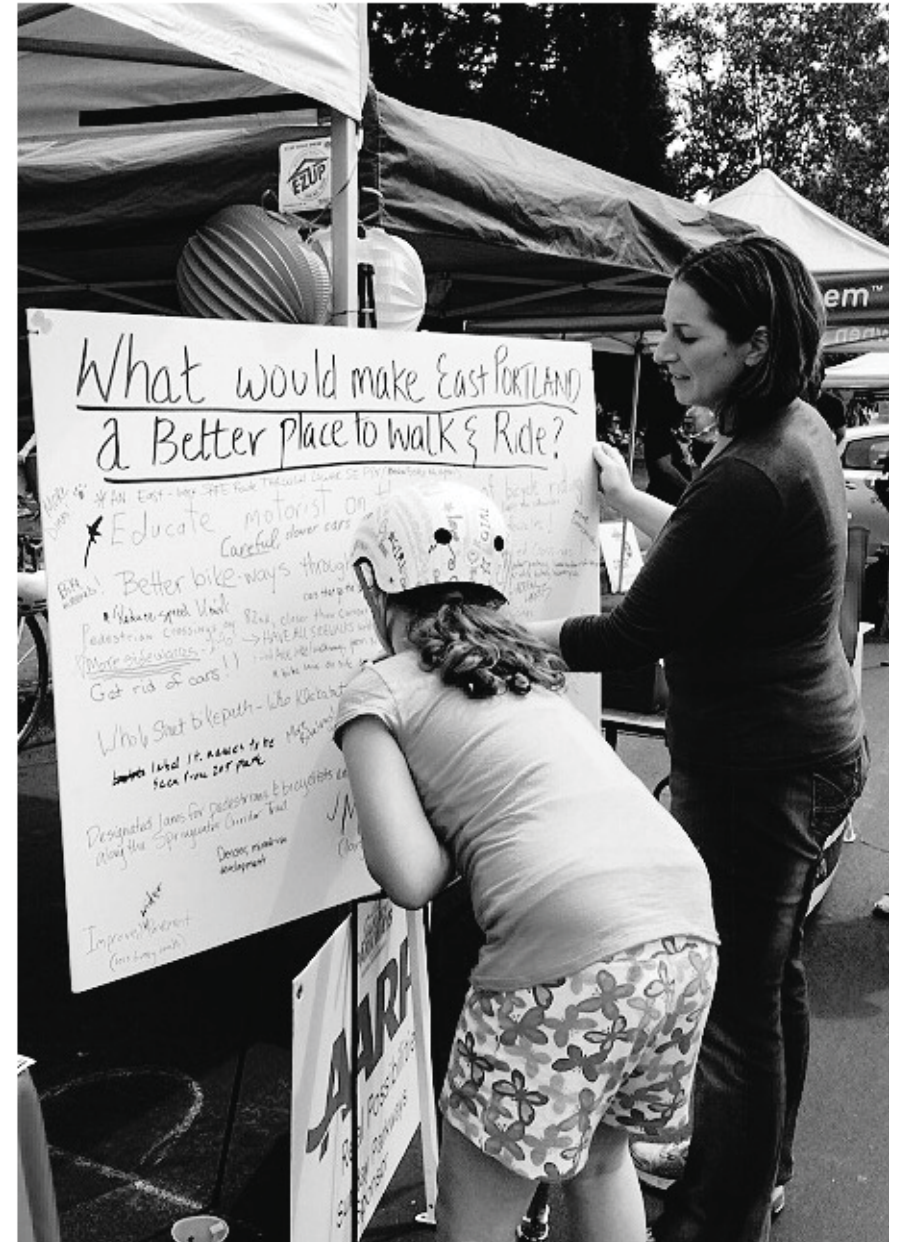


Network of Age-Friendly Communities

In April of 2012, AARP launched AARP Age Friendly community Network – serving as the US Affiliate for the WHO program



AARP in Portland: 65K members and 50 volunteers doing good in the community through education, advocacy and action



Age-Friendly Portland in 2016 and Beyond...

- Age-Friendly Portland efforts continue to advance the Action Plan and make Portland a great place to grow up and old
- Multnomah County is ramping up efforts to conduct its baseline assessment and develop its action plan
- City of Portland funding is key to sustaining efforts and growing the effectiveness of this multi-partner effort



Age-Friendly Council & Housing Committee

□ Action 1:

- Produce quarterly reports on the Advisory Council and Housing Committee (March 31, 2016 & June 30, 2016)

□ Action 2:

- Revise the Housing Action Area of the Age-Friendly Portland Initiative's Action Plan
- Identify priorities to increase the age friendliness of Portland's housing stock
- Produce revised Action Area and summary of priorities for improving the age friendliness of Portland's housing stock by June 30, 2016

Residential Infill Project

- Action 3:
 - Produce an interim report by June 30, 2016, detailing how RIP-SAC's structure, processes, and outcomes have or have not advanced affordable and accessible housing



Stacked Flat



Second story
unit entrance

First story unit
entrance -
accessible

Accessible
Route

Age-Friendly Service Learning

- Action 4
 - Develop and submit a proposal for a PSU-funded University Studies Capstone course for 2016-2017 that focuses on issues pertaining to age-friendly Portland
 - Submit proposal to the CITY as an appendix to the quarterly report on June 30, 2016



"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 Community (in press),
a report for Grantmakers in Aging



Image: madisoncollege.edu