Age-Friendly Communities
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Objectives

• What are Age-Friendly Communities?
• Why is this important?
• How do we get there?
• How can you help?
Building on Local Efforts

AAA Area Plan

Aging Your Way
Age-Friendly framework was developed by World Health Organization and is supported by AARP.

Promotes well-being in 8-domains:
- Transportation
- Outdoor Spaces & Buildings
- Community Support & Health Services
- Civic Participation & Employment
- Social Participation
- Housing
- Communication & Information
- Respect & Social Inclusion

Network includes 302 cities in 33 countries.
Age Wave & Life Expectancy

By **2040**, the percent of residents age 60 and older in King County is projected to grow to nearly **25%**.
Opportunities

• **Entrepreneurship** is rising at the fastest rate among individual aged 55 – 64

• **Walking** 40 min 3x/week will increase the size of your brain

• **$7 trillion in economic activity** is generated by people 50+ every year and expected to nearly double by 2032.
Challenges

• **Social isolation** is the health equivalent of smoking 15 cigarettes a day

• **Life expectancy** has increased for most older adults, but not all populations have benefited.

• **Communities of color** are more likely to report being in poorer health than whites.

**Rent Rising Fastest for Older Residents of Seattle and King County**
Five-Year Planning & Implementation Cycle

2015-2016
Step 1: Prepare & Launch
Secure Political Commitment
Organize Stakeholders

2016-2017
Step 2: Assess & Plan
Conduct Assessment
Develop Action Plan

2017-2021
Step 3: Implement & Evaluate
Measure Progress
Engage in Continuous Improvement
Assessment Phase

- **Gather input**
  - City departments
  - External stakeholders
  - Consumers
  - Population data
  - Best practices

- **Identify ongoing efforts, emerging opportunities**

- **Continue to raise awareness, engage new partners**
What We’ve Heard So Far

- Grandparent parks
- Multi-generational housing
- Neighborhood hubs
- Longer crosswalk signals
- Microphones at meetings
- Job-share opportunities
- Employer training on ageism
- Cooperative models for housing, transportation, and other programs
Your Role as Advocates

• Raise visibility
  ✓ Increase “age IQ”
  ✓ Bust myths
• Engage new partners and policy makers
• Identify gaps, opportunities, and solutions