



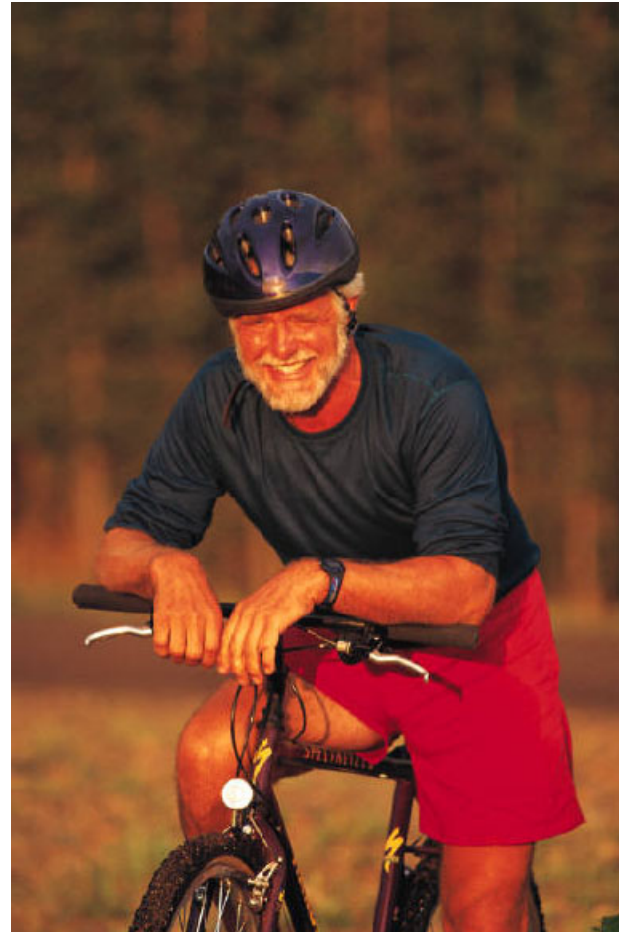
# AARP Livable Communities

*Great Places for All Ages*



# Characteristics of a Livable Community

- Affordable and appropriate housing
- Supportive community features and services
- Adequate mobility options





# Age-Friendly and Livable Communities

“A livable community is one that is safe and secure, has affordable and appropriate housing and transportation options, and offers supportive community features and services. Once in place, those resources enhance personal independence; allow residents to age in place; and foster residents’ engagement in the community’s civic, economic, and social life.” — **AARP** Policy Book, Chapter 9



We have entered a time of  
**profound and permanent change**  
to the demographic composition of the United States



Every day, **10,000**  
boomers turn 65



By 2030 the U.S. will have **twice as many**  
**people over the age of 65** as we have today





**Those Boomer babies now range in age from 51 to 70**



**By 2030, one out of  
five adults in the U.S.  
will be 65 or older.**



*"Good news, honey—seventy is the new fifty."*

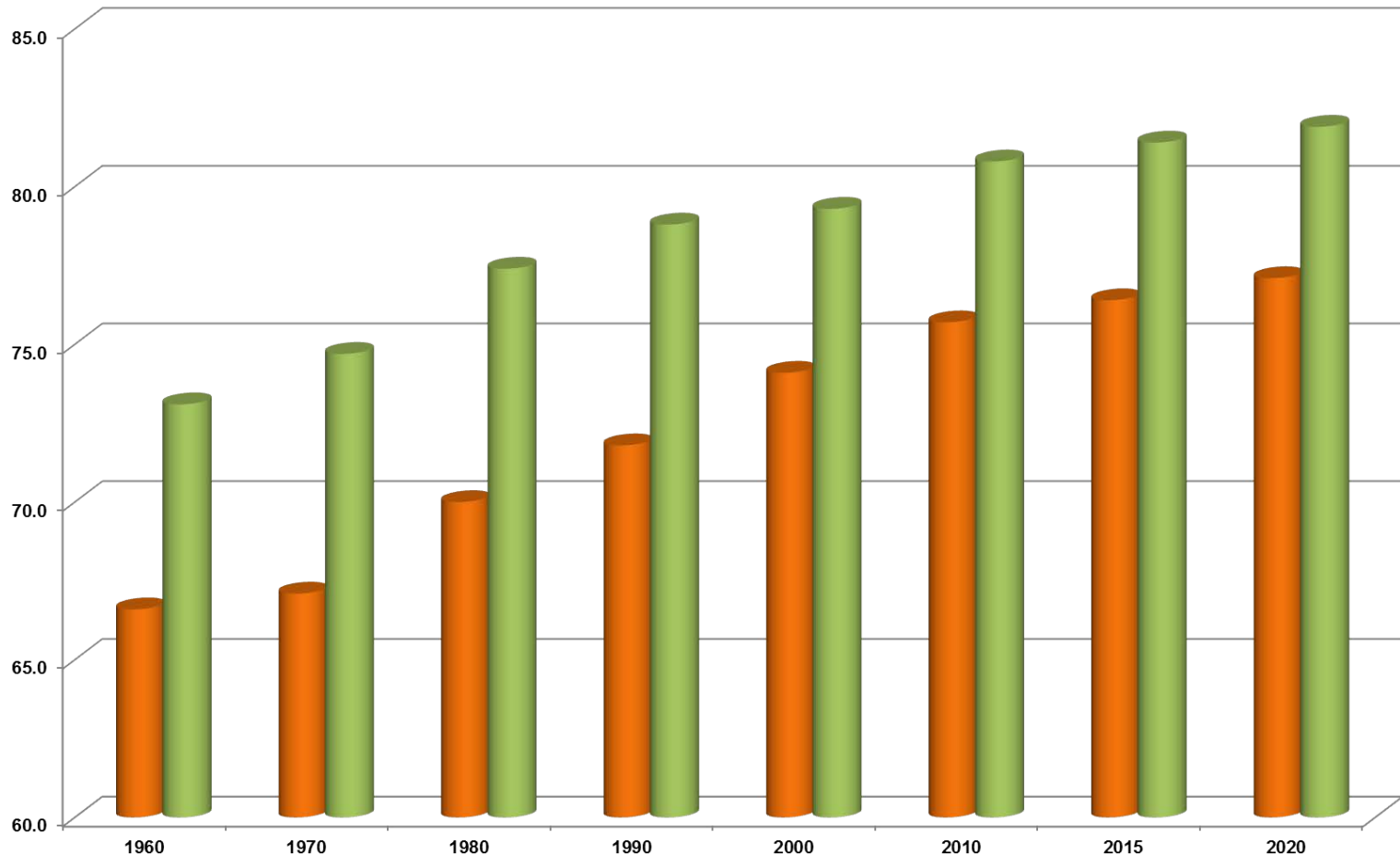


# Population Growth

Year	65+ Population	Total Population	65+ Share of Total Population
2000	34,991,753	281,421,906	12%
2007	37,887,958	301,621,157	13%
2030	72,092,000	373,504,000	19%
2050	88,547,000	439,010,000	20%



# Expectation of Life at Birth

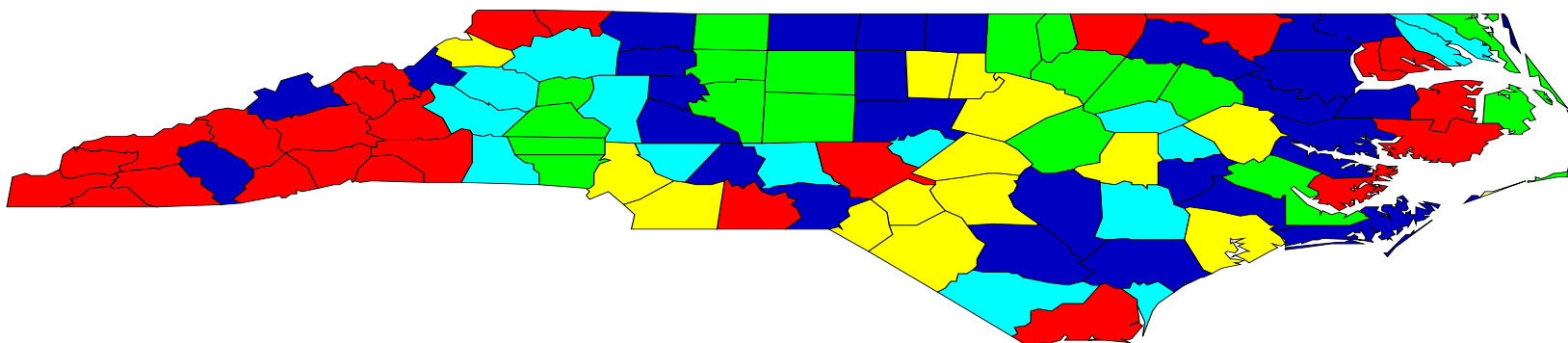


Source: U.S. National Center for Health Statistics, National Vital Statistics Reports (NVSR), Deaths: Preliminary Data for 2008, Vol. 59, No. 2, December 9, 2010.





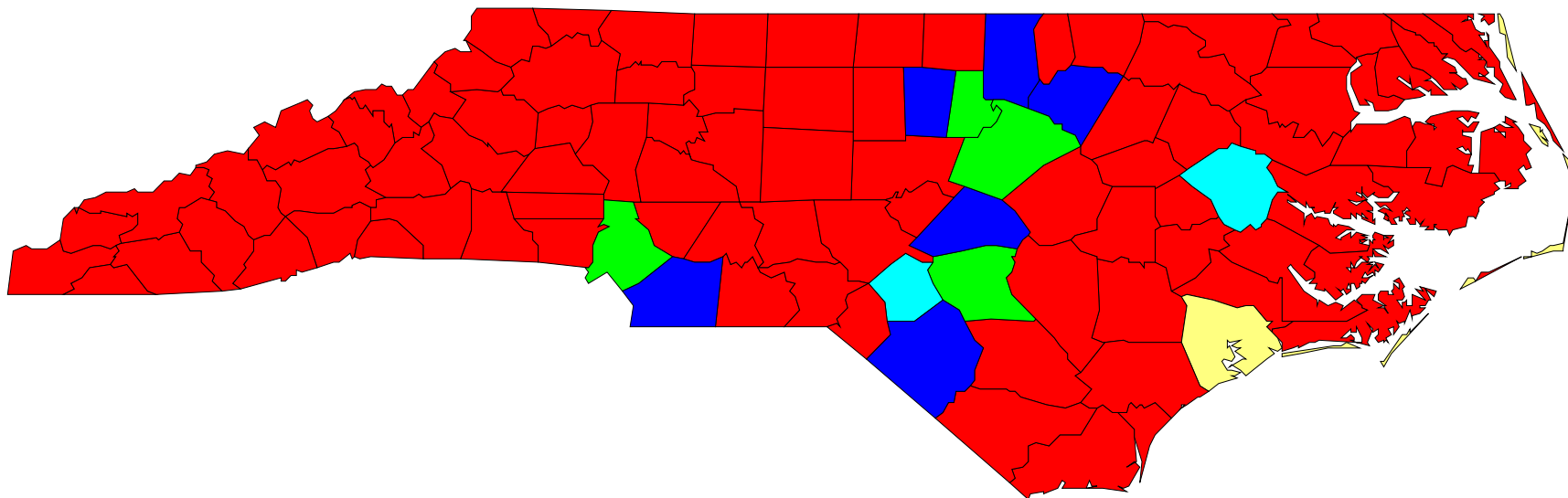
# Population Age 65+ in 1996



Percent of population age 65+	
Yellow	12.0% or less
Green	12.1% to 13.0%
Cyan	13.1% to 14.4%
Blue	14.5% to 15.9%
Red	16% or more

Red-colored counties have 16 or more persons age 65 or older per 100 residents.

# Population Age 65+ in 2020

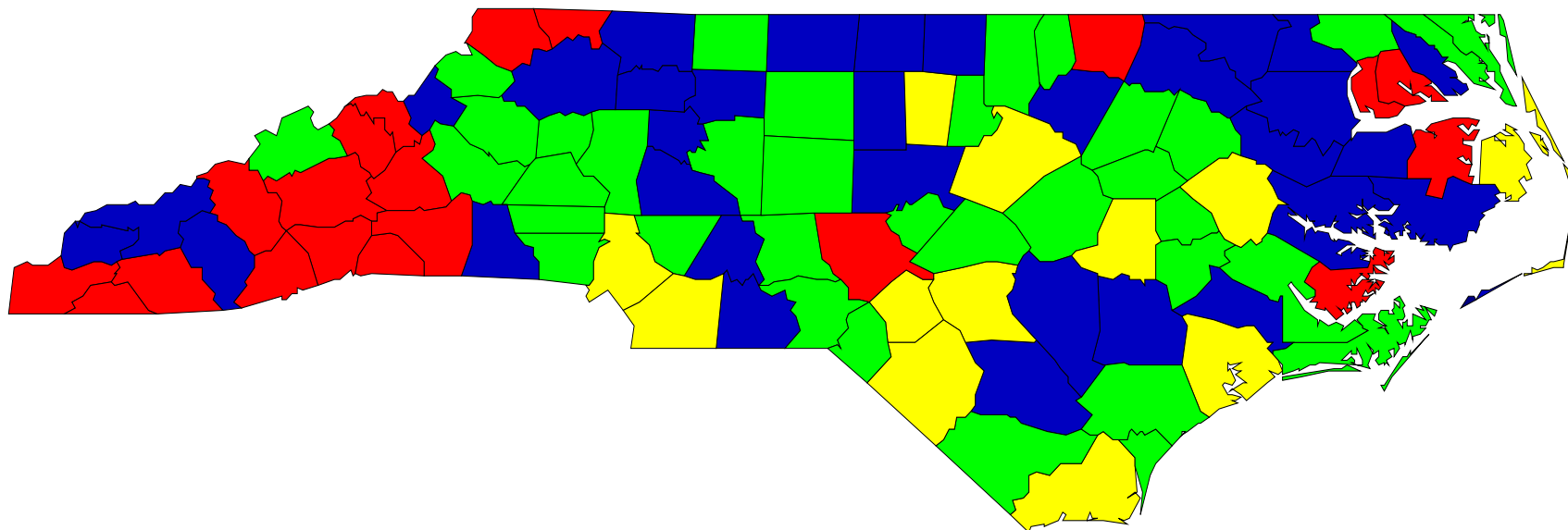


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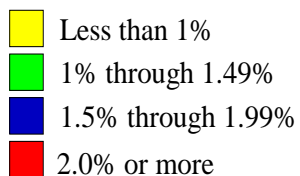
Red-colored counties have 16 or more persons age 65 or older per 100 residents.



# Population Age 85+ in 1996

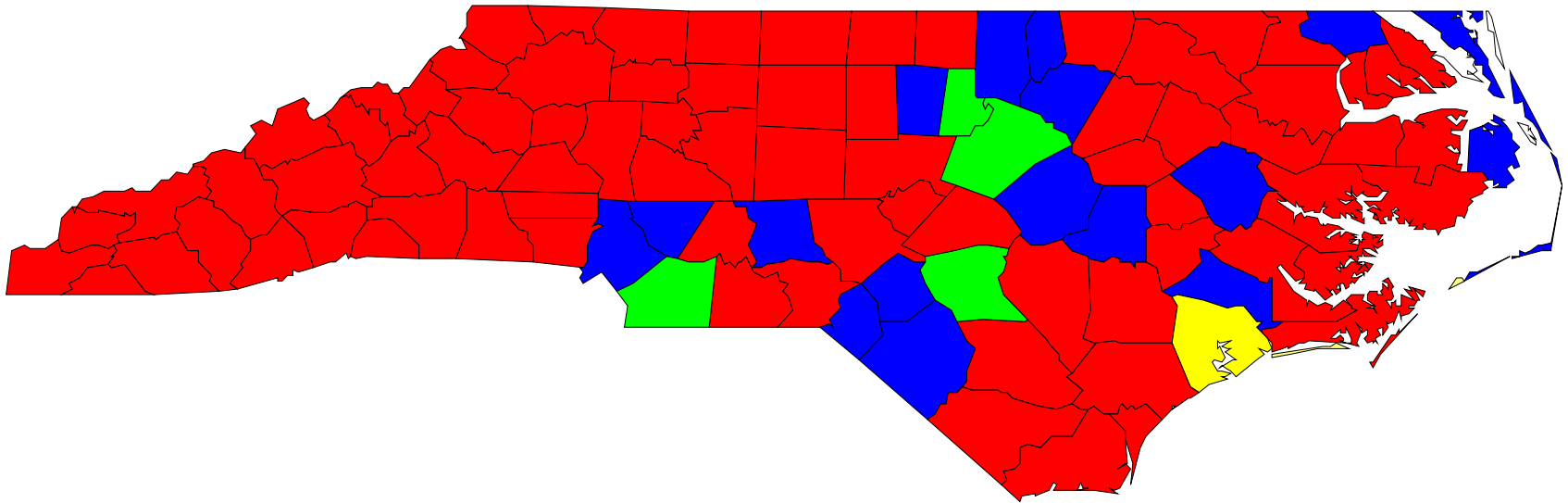






Percent of population age 85+



Red-colored counties have 2 or more persons age 85 or older per 100 residents.

# Population Age 85+ in 2020



Percent of population age 85+	
	Less than 1%
	1% through 1.49%
	1.5% through 1.99%
	2.0% or more

Red-colored counties have 2 or more persons age 85 or older per 100 residents.



Trends

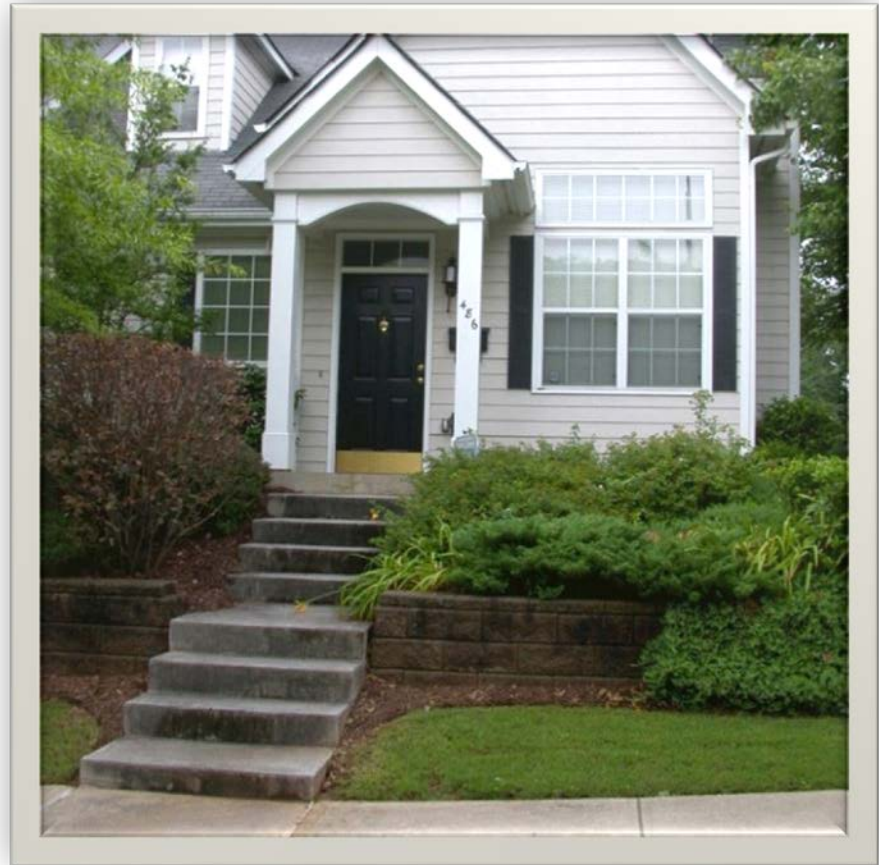


Survey after survey finds that **today's older adults want to remain in their homes**

**78%**

.....  
of adults ages 45+ agree or strongly agree with the statement: "What I'd really like to do is stay in my current residence for as long as possible."

Source: AARP Home and Community Preferences of the 45+ Population, 2014



But most houses haven't been designed to adapt. In fact, American homes have traditionally been designed and built for **able-bodied 35 year olds**

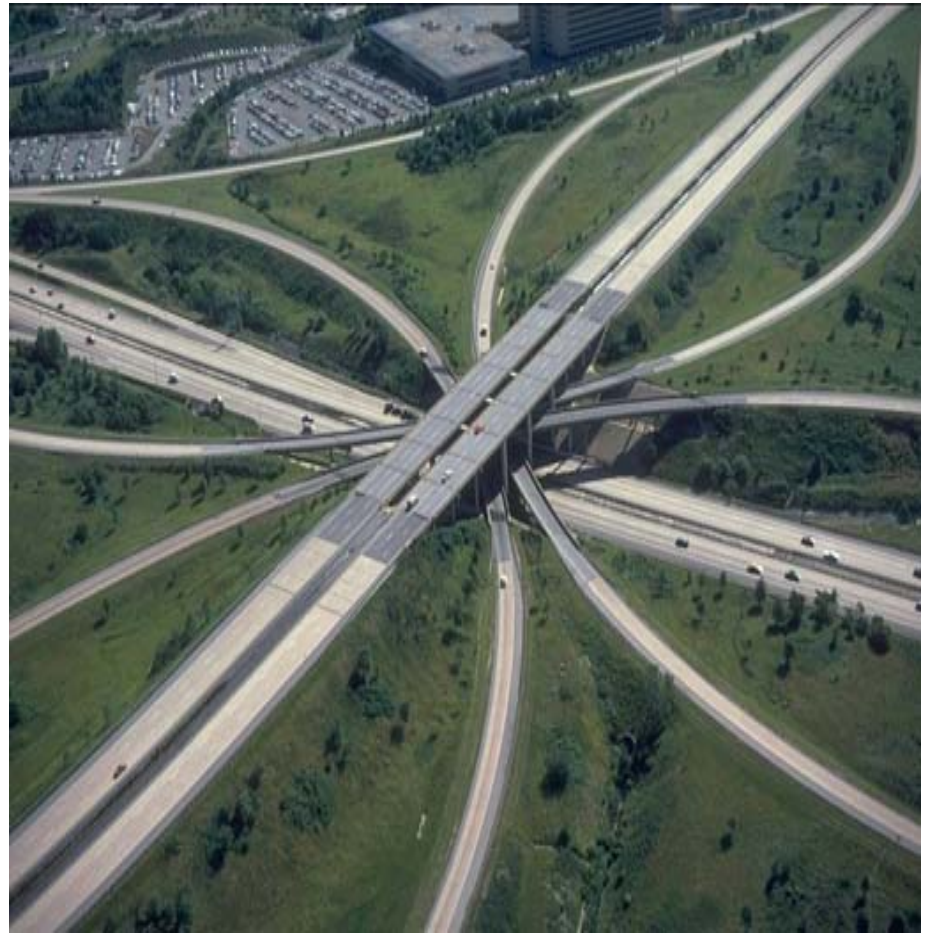


Survey after survey finds that  
**today's older adults  
want to stay in their  
community**

**80%**

.....  
of adults ages 45+ agree  
or strongly agree with the  
statement: "What I'd  
really like to do is stay in  
my current community for  
as long as possible."

Source: AARP Home and Community  
Preferences of the 45+ Population, 2014



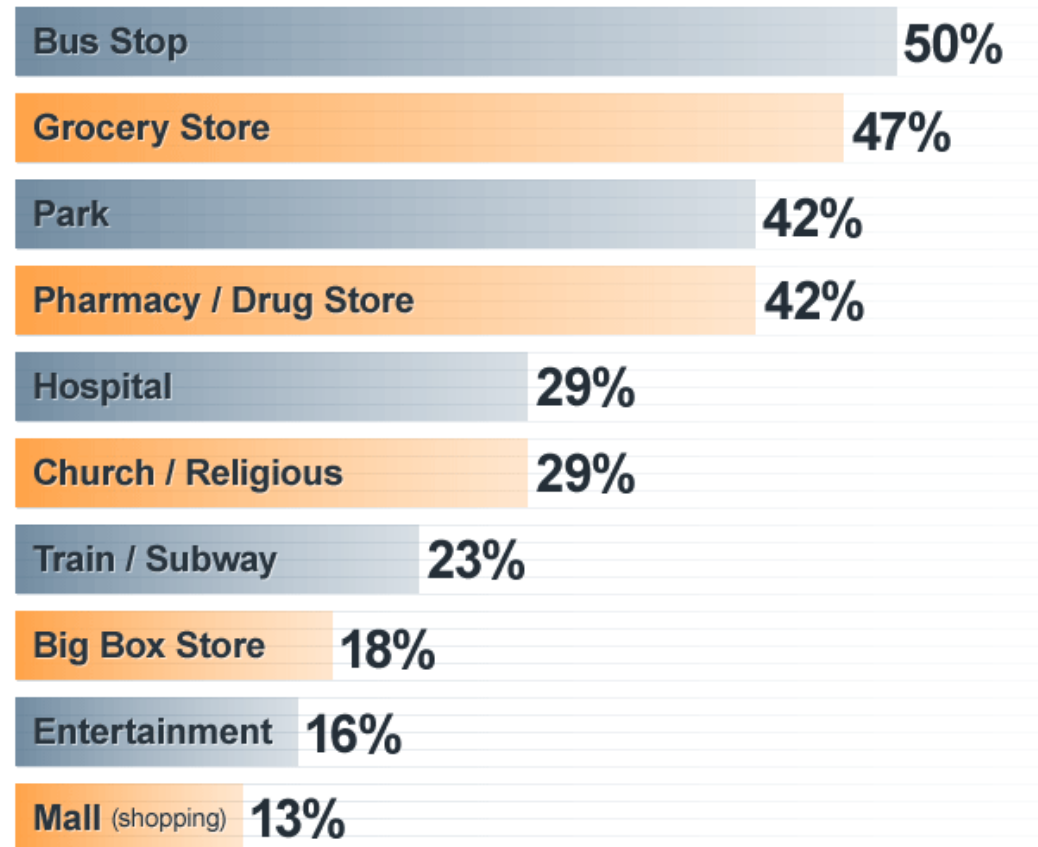
For the past 50 years, communities have  
developed around cars and other motor  
vehicles as our principal form of transportation



# What Community Amenities Do Older Adults Want Close to Home?

We asked older adults what amenities they want close to home. Access to transportation, food, and green space top the list. These are among the many community indicators that we are measuring as part of the Livability Index project. Find out more about our livability research and the development of our index here: [www.aarp.org/ppi/liv-com/](http://www.aarp.org/ppi/liv-com/)

% endorsed within 1 mile or less



Source: AARP Public Policy Institute

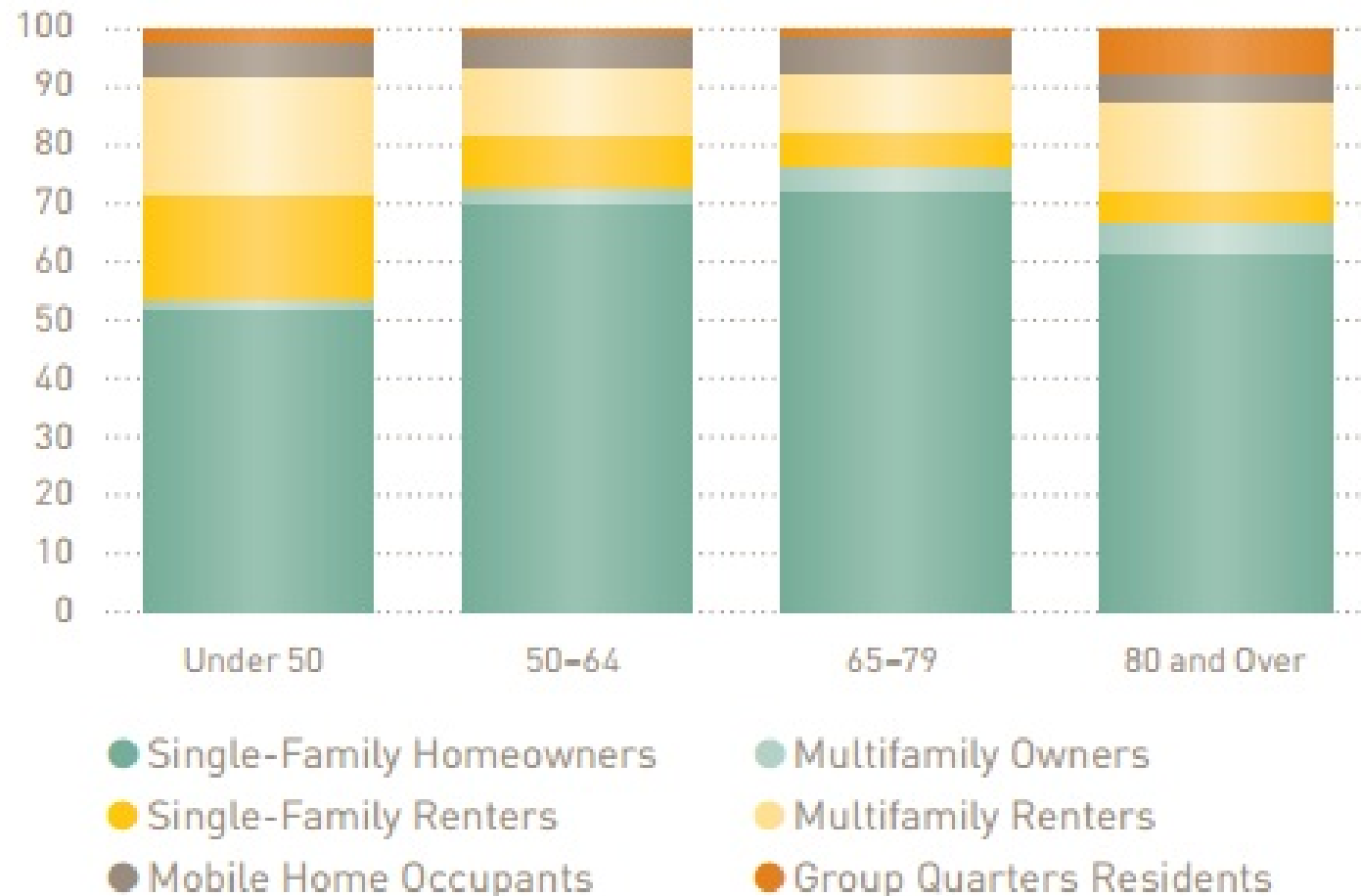
GRAPHIC: AARP Digital Design





# Even at Advanced Ages, the Vast Majority of Older Adults Lives in Private Homes

Share of Population by Age Group (Percent)



Notes: Mobile home occupants include owners and renters living in trailers, boats, RVs, vans, and other structures. Group quarters residents may live in either institutional or non-institutional facilities.

Source: JCHS tabulations of US Census Bureau, 2012 American Community Survey.



# An increasingly aging population

- + the desire to age in place
- + housing not suitable for aging in place
- + streets unsafe for non-drivers
- + a lack of public transit options
- + numerous other factors (e.g. employment, distance from family, health issues, isolation, urban and suburban sprawl)

= the reason for the **AARP Livable Communities** initiative and the **AARP Network of Age-Friendly Communities**



# Millennial and Boomer Trends



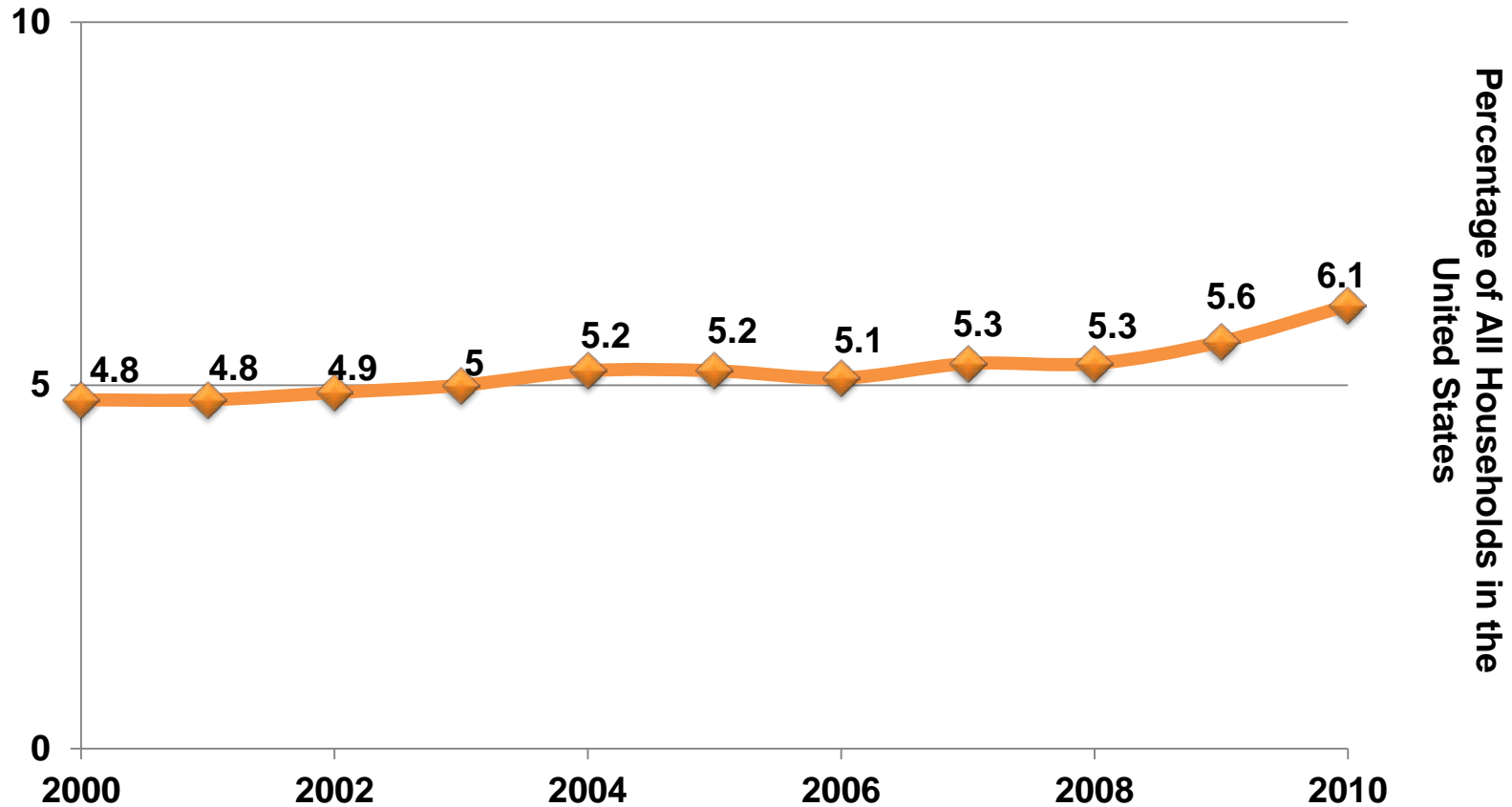


# Boomers and Millennial: Changing Preferences



# Multigenerational Households

Multigenerational Households as a Percentage of All Households  
in the United States, 2000-2010



Source: AARP Public Policy Institute analysis of Current Population Survey Data





# Our Programs

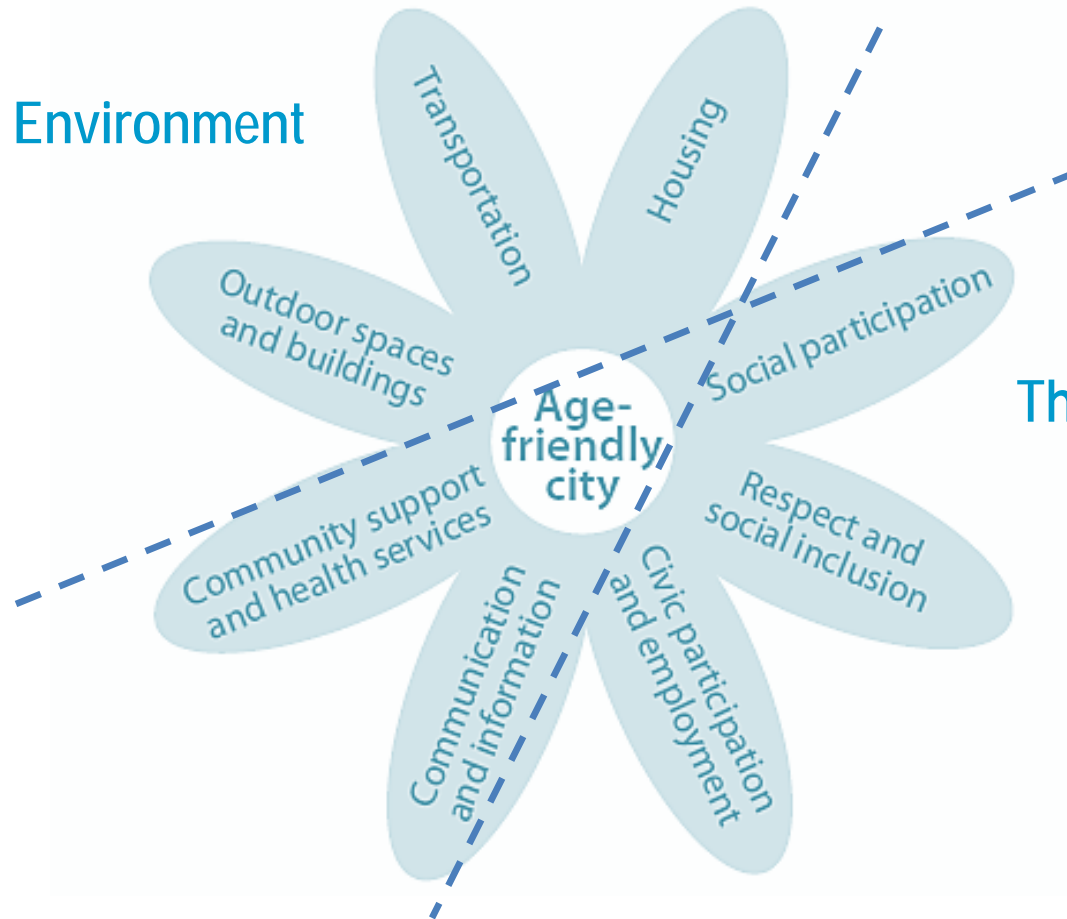




# The **AARP**® Network of Age-Friendly Communities

Real Possibilities

## The Built Environment

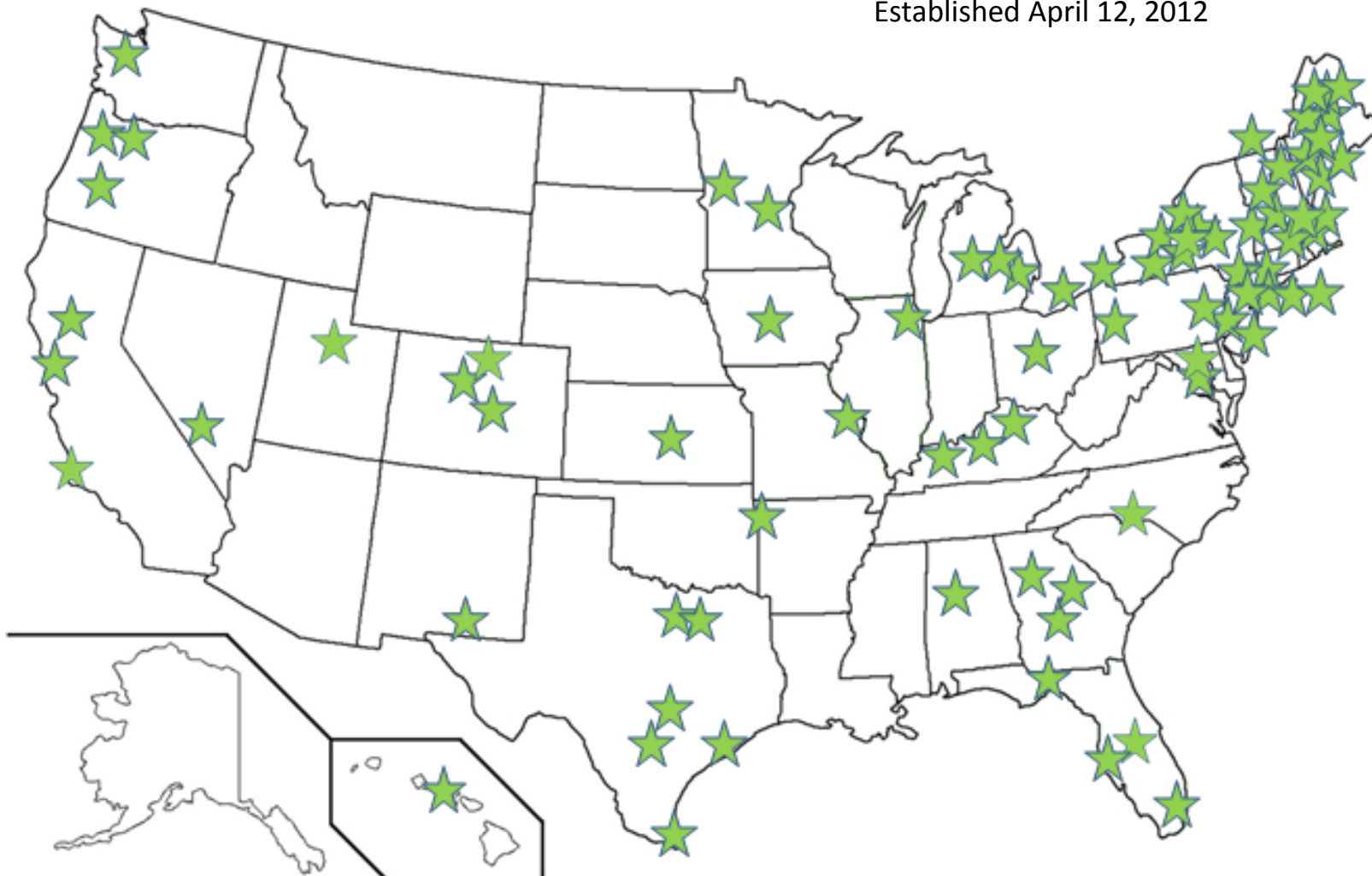


## The Social Environment



# Network of Age-Friendly Communities

Established April 12, 2012



Updated April 1, 2016

**84** communities (and counting) representing more than **44** million people

# The Member List

## ALABAMA

- Birmingham
- Arkansas
- Fayetteville

## CALIFORNIA

- Los Angeles
- San Francisco
- West Sacramento

## COLORADO

- Colorado Springs
- Denver
- Larimer County

## DISTRICT OF COLUMBIA

- Washington, D.C.

## FLORIDA

- Cutler Bay, Florida
- Sarasota County
- Tallahassee
- Winter Haven

## GEORGIA

- Atlanta
- Augusta
- Macon-Bibb

## HAWAII

- Honolulu

## ILLINOIS

- Evanston

## IOWA

- Des Moines
- Kansas
- Wichita

## KENTUCKY

- Berea
- Bowling Green
- Lexington

## MAINE

- Bethel
- Bowdoinham
- Ellsworth
- Greenwood
- Kennebunk
- Newry
- Paris
- Portland
- Woodstock

## MARYLAND

- Montgomery County

## MASSACHUSETTS

- Boston
- Dartmouth
- New Bedford
- Newton
- North Adams
- Pittsfield
- Salem

## MICHIGAN

- Auburn Hills
- Highland Park
- Lansing

## MINNESOTA

- Alexandria
- Minneapolis

## MISSOURI

- St. Louis County

## NEVADA

- Henderson

## NEW JERSEY

- Montclair
- Princeton

## NEW MEXICO

- Carlsbad

## NEW YORK

- Big Flats
- Brookhaven
- Chemung County
- Elmira (City)
- Elmira (Town)
- Erie County
- Great Neck Plaza
- Ithaca
- New York City
- North Hempstead
- Southport
- Suffolk County
- Tompkins County
- Westchester County

## NORTH CAROLINA

- Matthews

## OHIO

- Cleveland
- Columbus

## OREGON

- Multnomah County
- Portland
- Springfield

## PENNSYLVANIA

- Allegheny County
- Philadelphia
- Pittsburgh

## TEXAS

- Austin
- Brownsville
- Dallas
- Fort Worth
- Houston
- San Antonio

## UTAH

- Salt Lake City

## VERMONT

- Newport

Updated April 1, 2016





WELCOME TO  
**MATTHEWS**  
DOWNTOWN





Communities join the **AARP Network of Age Friendly Communities** because they understand what's coming and know they need to get ready.

For example: In **1820**, Maine became the nation's **23<sup>rd</sup> State**.  
**Today**, Maine is the oldest state in the United States.



*Huh?*

**How can that be?**

**Here's how ...**

The median age of Maine residents is **44.1**, which means half the population is older, half younger.

**Guess “the youngest” state!**

**Here's the answer in tiny type:** Utah, with a median at age of 30.5

# Why Create the AARP Network of Age-Friendly Communities?




- To serve as a catalyst for educating, encouraging, promoting and recognizing the improvements that make cities, towns and counties more supportive of older residents *and* people of all ages
- To provide America's cities, towns, counties and states with the age-friendly resources they need by tapping into national and global research, models and best practices
- To engage locally to improve the lives of adults age 50+

**[aarp.org/agefriendly](http://aarp.org/agefriendly)**

## A Self-Service Tool Kit

### The AARP Network of Age-Friendly Communities

Age-friendly towns, cities and counties are great for people of *all* ages. Our self-service guide explains how your community can join this World Health Organization-affiliated program

 Text |  Print |  Share |  Email |  Share |  Tweet |  Like | 99

The AARP Network of Age-Friendly Communities encourages states, cities, towns and rural areas to prepare for the rapid aging of the U.S. population by paying increased attention to the environmental, economic and social factors that influence the health and well-being of older adults.

(Go ahead and take a look at [The Member List](#) now. Then come back to this page.)

#### The tool kit outlined below:

- explains the milestones for initiating and achieving membership in the network
- provides examples for developing plans that are unique to each community
- offers guidance for how to develop a framework that links back to an action plan
- identifies the necessary indicators and data sources that support the evaluation phases

The AARP Network of Age-Friendly Communities was launched in April 2012 and operates under the auspices of the World Health Organization's Age-Friendly Cities and Communities Program. The tool kit can be adapted as needed by [AARP state offices](#), municipal and local governments, non-profit organizations, community partners and volunteers.



An age-friendly community is livable for people of all ages. — Getty Images

The WHO Global Network of Age-friendly Cities and Communities was established in 2010 to connect cities, communities and organizations worldwide with the common vision of making their community a great place to grow old in. ... **Cities and communities join the Network with a commitment to becoming more age-friendly** and to share their experience, achievements and lessons learnt with others ... **Membership is not a certification of age-friendliness.** Rather, it reflects cities' commitment to listen to the needs of their ageing population, assess and monitor their age-friendliness and work collaboratively with older people and across sectors to create accessible physical environments, inclusive social environments, and an enabling service infrastructure.

## List of Affiliated Programmes

- **AARP Network of Age-friendly Communities (USA)**
- Age-friendly Ireland (Ireland)
- AGE Platform Europe
- International Federation on Ageing (International)
- Municipalité Amie des Aînés (MADA) (Québec, Canada)
- Pan-Canadian Age-friendly Communities Initiative (Canada)
- Regional Programme Bashkortostan (Russian Federation)
- Réseau francophone des villes amies des aînés (International)
- Slovene Network of Age-friendly Cities (Slovenia)
- Spanish National Programme on Age-friendly Cities (Spain)
- UK Network of Age-friendly Cities (UK)

**The WHO Global Network of Age-friendly Cities and Communities currently includes 287 cities and communities in 33 countries, covering over 113 million people worldwide.** (April 2016)





AARP Home » Livable Communities - AARP » The AARP Network of Age-Friendly Communities » The Member List

**AARP Network of Age-Friendly Communities Tool Kit**

## The Member List

78 communities (and counting), from Texas to Michigan, from Honolulu to Washington, D.C.

AARP Livable Communities, Updated March 2016



The communities listed below, presented in alphabetical order by state and representing more than 41 million people, have joined the **AARP Network of Age-Friendly Communities**.

Inclusion on this list does not mean that AARP is endorsing any of the following municipalities as a place to live. Nor does it mean that the community listed is currently "age-friendly."

What membership means is that the community's elected leadership has made the *commitment* to actively work toward making their town, city or county a great place for people of all ages. Membership in the network involves following a multi-step process of improvement. A link to the community's age-friendly action plan has been added to this list if the town or city has reached **Step 2** of the **improvement process**.

If an AARP Community Survey has been completed, or if the community has been featured in an AARP Livable Communities **slideshow**, **interview** or "how to" article, those links are provided as well. If you have questions, please write to [livable@aarp.org](mailto:livable@aarp.org). For easy access to the AARP Network of Age-Friendly Communities Tool Kit, bookmark or visit [aarp.org/agefriendly](http://aarp.org/agefriendly).



*An age-friendly community is a livable community for people of all ages. — Image by Getty*

## One in Three Americans is Now 50 or Older

By 2030 one out of every five people in the United States will be 65-plus.

Will your community be ready?

Visit us often at [aarp.org/livable](http://aarp.org/livable)

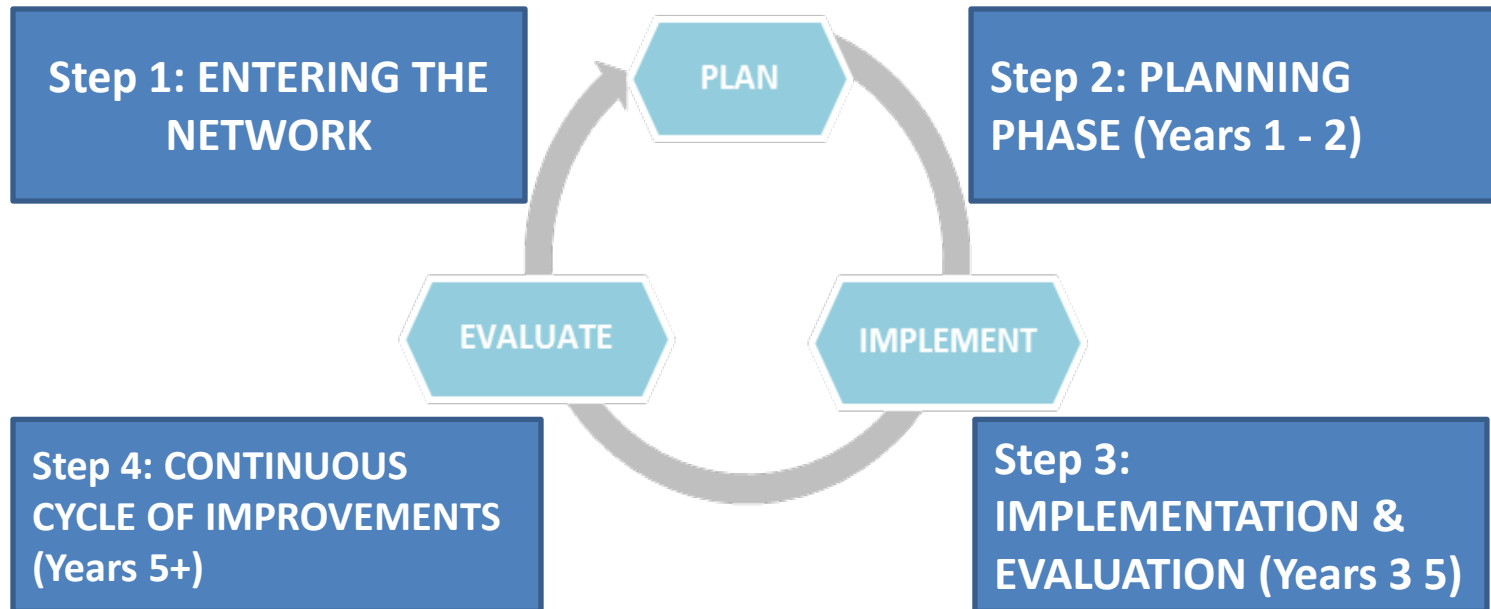
## Search Livable Communities

Enter a keyword (topic, name, state, etc.)

**Find**



# The Age-Friendly Cycle for Network Communities



# The **AARP** Network of Age-Friendly Communities Online Tool Kit



*An age-friendly community is livable for people of all ages. — Getty*

Learn how a town, city or county can join the **AARP Network of Age-Friendly Communities**:

Introduction

1. Getting Started
2. Planning
3. Implementation
4. Evaluation
5. Connecting

Learn more about the age-friendly network and see the member list

## Step 1: Getting Started

Review the World Health Organizations "8 Domains of Livability" and other information to determine whether your community is ready to begin the process of enrolling in the network. [Read](#)

### PREPARING THE MEMBERSHIP MATERIALS

All applications to the AARP Network of Age-Friendly Communities must include:

1. The completed membership application form
2. A "letter of commitment" from the community's highest-ranking elected official
3. A digital file image that represents the community (e.g. a city seal, logo or iconic photograph)

Learn more and find the enrollment documents: "[Preparing the Membership Materials](#)"

---

## Step 2: Planning (Year 1 - 2)

Tips for how to put together an action plan and assess community needs by gathering baseline information and establishing indicators. [Read](#)

---

## Step 3: Implementation (Year 3 - 4)

Here's how to successfully transition from the planning to implementation phase to forming program strategies. [Read](#)

---

## Step 4: Evaluation (Year 4 - 5)

Advice for how to develop and assess an evaluation framework that links back to the action plan. [Read](#)

---

## Step 5: Connecting (Years 1 - 5+)

Find resources about how communities can support one another's efforts within the national and international networks. [Read](#)

# Community Walk Audits





# Wilmington's Comprehensive Plan: Citizen Top priorities

Top priority: “More crosswalks, sidewalks, bike lanes, and bike paths”

Other transportation priorities:

- Natural areas, trails, trees, open spaces
- Neighborhood traffic calming
- Improved traffic flow
- Access to retail, entertainment
- Streetscape improvements
- Roadway and intersection improvements



# Active Living Workshops



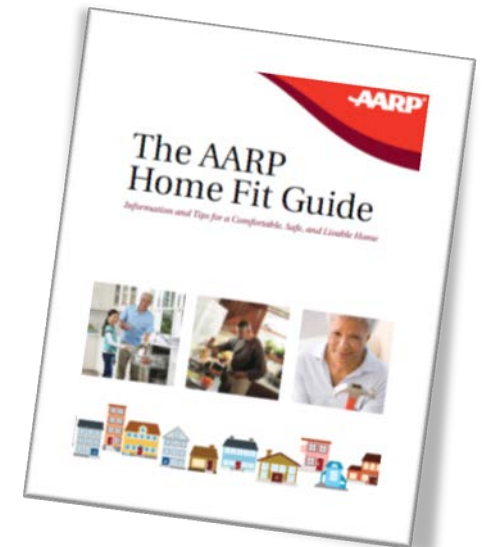




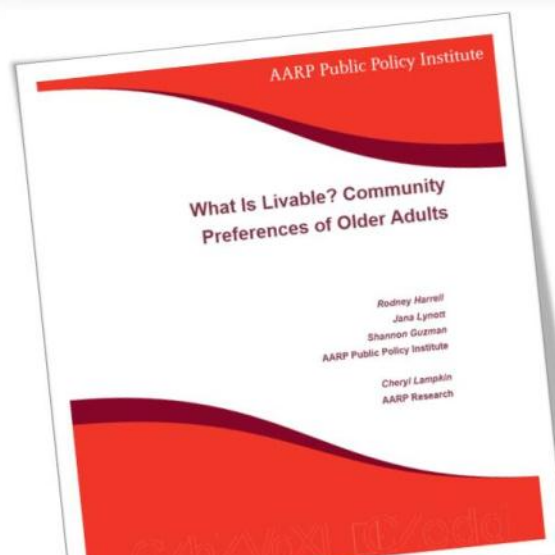
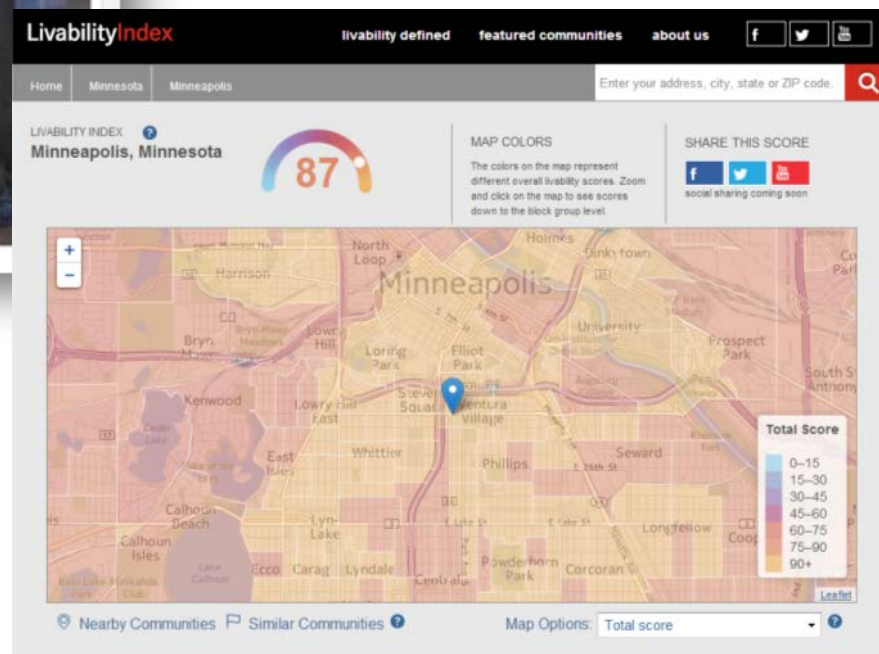
# On-line Videos



# Home Fit Workshops



# Advocacy and Policy






# Resources




[www.AARP.org/Livable](http://www.AARP.org/Livable)

[www.blog.aarp.org/greatplaces](http://www.blog.aarp.org/greatplaces)



**LIVABLE COMMUNITIES**  
Great Places for All Ages™



ABOUT US | LIVABLE IN ACTION | HOUSING | GETTING AROUND | TOOL KITS & RESOURCES | MORE FROM AARP ▼


AARP Home » Livable Communities - AARP

## Livable Communities

Best Practices • Strategies • Research • Policies • Tool Kits


### A Livable Lesson: How to Create a Grandparents Park

In need of a neighborhood place for children and adults to stay active and spend time together outdoors, Wichita, Kansas, built a playground to meet both requirements. In the first installment of our "Livable How-To" series, learn how residents, the business community, local government and AARP made the park a reality — and a great place for people of all ages.




Read »

#### IN THE SPOTLIGHT




**5 Questions for Rose Gowen**  
The Texas doctored elected official offers an age-friendly Rx




**Livability Fact Sheets**  
11 solutions for making communities more livable

#### AGE-FRIENDLY NETWORK



**AARP Network of Age-Friendly Communities**  
Learn how your community can join



**Age-Friendly World Tour**  
16 examples in 4 continents, 8 nations, 13 cities

- Harvard Report: U.S. "Unprepared" to House Coming Wave of Older Adults
- The Step-by-Step Tool Kit
- The Member List

**One in Three Americans is Now 50 or Older**

By 2030 one out of every five people in the United States will be 65-plus.

Will your community be ready?

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**Search Livable Communities**

Enter a keyword (topic, name, state, etc.)

**Livable Communities Free Monthly E-Newsletter**

From interviews and case studies to fact sheets and guides, get the latest news and more.

[See a Sample Newsletter](#)

**Subscribe!**



1. Outdoor Spaces  
and Buildings

2. Transportation

3. Housing

4. Social  
Participation

# The **AARP** Network of Age-Friendly Communities

and work within

## The 8 Domains of Livability

help communities become great for people of all ages

5. Respect and  
Social Inclusion

6. Civic Participation  
and Employment

7. Communication  
and Information

8. Community  
and Health Services

Learn more at [AARP.org/agefriendly](http://AARP.org/agefriendly)





# The 8 Domains



## Domain 1

### Outdoor Spaces and Buildings

People need places to gather — indoors and out. Parks, sidewalks, safe streets, outdoor seating and accessible buildings (think elevators, stairs with railing, etc.) can be used and enjoyed by people of all ages.



## Domain 2

### Transportation

Driving shouldn't be the only way to get around. Public transit options can be as expansive as a train system or as targeted as a taxi service that provides non-drivers with rides to and from a doctor's office.



## Domain 3

### Housing

Most older adults want to age in place. Doing so is possible if homes are appropriately designed or modified — and if a community includes affordable housing options for varying life stages.



## Domain 4

### Social Participation

Regardless of one's age, loneliness negatively affects a person's health and sense of wellbeing. Isolation can be combatted by the availability of accessible, affordable and fun social activities.





## Domain 5

### Respect and Social Inclusion

Intergenerational activities are a great way for young and old to learn from one another, honor what each has to offer and, at the same time, feel good about themselves.



## Domain 6

### Civic Participation and Employment

An age-friendly community provides ways older people can, if they choose to, work for pay, volunteer their skills and be actively engaged in community life.







## Domain 7

### Communication and Information

Age-friendly communities recognize that not everyone has a smartphone or Internet access and that information needs to be disseminated through a variety of means.



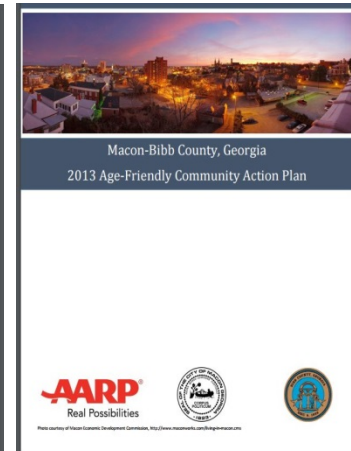
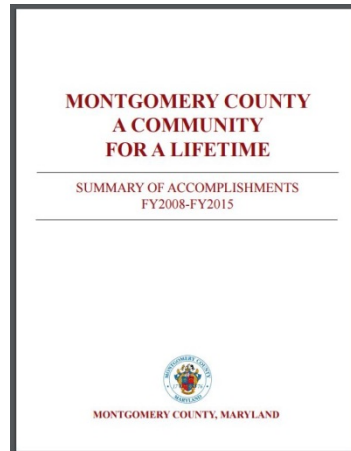
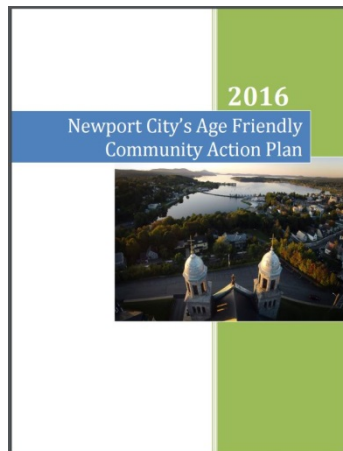
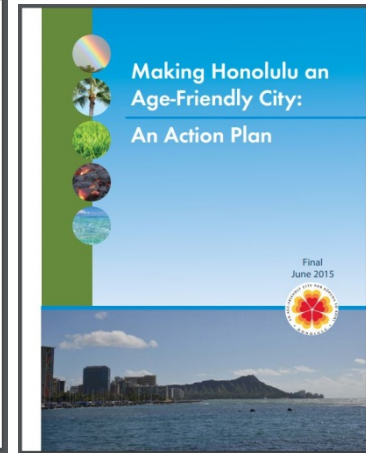
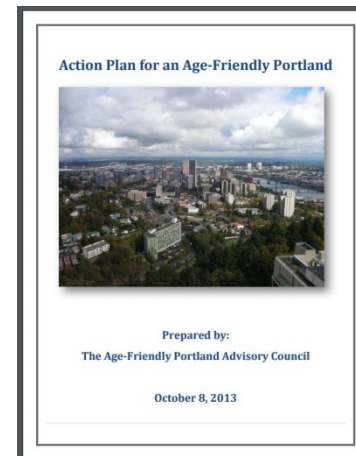
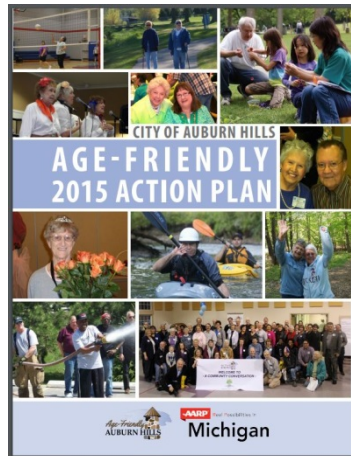
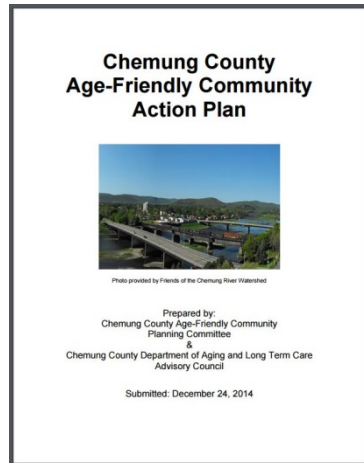
## Domain 8

### Community and Health Services

At some point, everyone gets hurt, becomes ill or simply needs a bit of help. While it's important that care be available nearby, it's essential that residents are able to access and afford the services required.



# The Age-Friendly Action Plans are *rolling in!*



**Your Action Plan is a Living Document**  
It is important to understand and develop your action plan as an "active" rather than static document. Continual revisions and amendments are a sign of program improvement and progress, not of failure.





# And work is getting done

1. **Le Tour de Ham** is a "slow biking" group that meets for Tuesday evening rides around **BIRMINGHAM, ALABAMA**. "No spandex or fancy bike required."

2. People of all ages are getting out and about by participating in the **BROWNSVILLE, TEXAS, CycloBias**.

3. With the creation of **Grandparents Park**, adults and kids in **WICHITA, KANSAS**, have a nearby destination to enjoy together.

4. With fresh produce hard for many residents to come by, **NEWPORT, VERMONT**, gets down and dirty in the **Fresh Start Community Farm**.



3.

**HERE'S HOW IT WAS DONE**

**WHAT:** Grandparents Park

**WHERE:** Wichita, Kansas    **WHEN:** The park opened on July 20, 2013

**Location Details**

The City of Wichita had been maintaining two adjoining, empty lots within the Tri-S neighborhood and agreed to donate the land for the Grandparents Park. The lot size is 0.56 acres, which measures out as 280 feet by 100 feet. The park is easy to access from all parts of the neighborhood by foot, bicycle, stroller or car.

**Why and For Whom**

The Tri-S neighborhood is located next to a highway bypass. Residents didn't have a place to walk or play in their neighborhood, other than on old sidewalks that are in various states of repair. The empty lots were an eyesore and a waste of space.

Since the area is home to numerous older residents, many of whom care for grandchildren during the day, the park project was seen as a way for adults to get exercise while providing a fun outdoor activity for children.

*Residents, AARP staff and volunteers gather on July 20, 2013, opening day of the Grandparents Park in Wichita, Kansas. — Jacque Waite*

A Livable Lesson

## How to Host a Ciclovia or Open Streets Program

When roads are closed to cars and trucks (as **Brownsville, Texas** does several times a year), people can safely walk, bicycle and even dance in the streets

by Melissa Stanton, AARP Livable Communities

2.

Every Sunday in Bogotá, Colombia, more than 70 miles of roads are closed to vehicular traffic so nearly two million people can walk, bicycle, skate, dance, play games, socialize or simply sit and relax in the middle of the city's streets. The weekly gathering, which began in 1976, is called the Bogotá Ciclovia.

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One of the most successful car-free, open streets programs in the United States takes place in Brownsville, Texas, a city of 175,000 along the U.S.-Mexico border. In 2012, city leaders seeking to address Brownsville's high rates of poverty, obesity and diabetes found inspiration from the Bogotá example (which you can see in the video at the end of this page) and decided to host its own "CycloBia." The unusual spelling of Brownsville's ciclovia is purposeful, to make the word appear more similar to "cycle" and to include a "B" for Brownsville.





## Sample Evaluation Report Outline

### I. Program Description (including inputs)

- a. Background (initiation, people and partners involved, available and expended resources)
- b. Baseline assessment (methods and findings)
- c. Program goals/desired outcomes, proposed activities/strategies and corresponding indicators (from the action plan) and how they relate to the findings of the baseline assessment

### II. Program Implementation (description)

- a. Activities/strategies implemented to date
- b. Factors facilitating implementation
- c. Barriers/setbacks to implementation
- d. Description and explanation of deviations from program
- e. Plans for future avoidance/handling of program impediments

### III. Methods for Evaluating the Program

- a. Evaluation team
- b. Data used

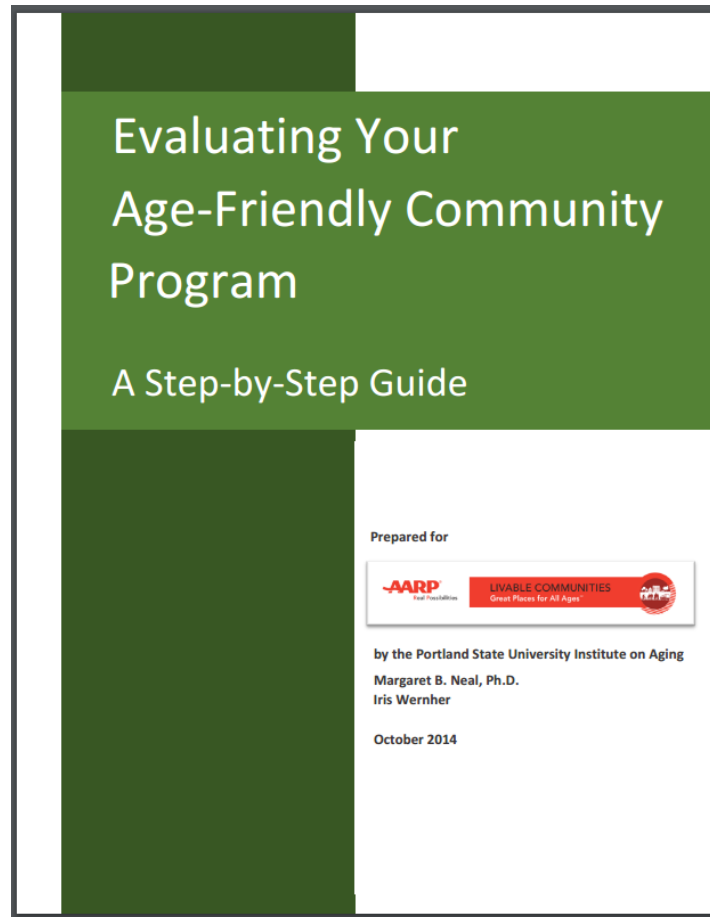
### IV. Findings: Program Outputs (and outcomes, if available)

- a. By domain, using indicators in the action plan or developed subsequently; quantitative and qualitative information; comparisons to the baseline assessment, when possible
- b. Other outputs
- c. Outcomes (if data is available)

### V. Conclusions

- a. Program strengths and accomplishments
- b. Program weaknesses and areas for improvement
- c. Plans for future improvement
- d. Lessons and materials to share with the AARP network
- e. Suggestions for ways the AARP network can improve
- f. Plans for publishing evaluation results

**As the member communities move into Year 5 of the age-friendly process, they'll be evaluating their work.**



# AARP has tools and resources to help

The screenshot shows the AARP Public Policy Institute website. The header features the AARP logo with the tagline "Real Possibilities" and the text "Public Policy Institute Inquiry. Analysis. Solutions." Below the header is a navigation bar with links: PUBLICATIONS, ISSUES, INITIATIVES, EXPERTS, EVENTS, DATA, ABOUT PPI, and a "MORE FROM AARP" dropdown. The main content area is titled "Livability Index | Great Neighborhoods for All Ages". It includes a sub-header with links: LIVABILITY DEFINED, CALCULATING SCORES, LIVABILITY CATEGORIES, ABOUT US, and FAQs. The central graphic is a yellow background with white line art depicting a city skyline, a bus, cars, a heart with a pulse line, and a sun. The text "How livable is your community?" is prominently displayed. Below it is a search bar with the placeholder text "enter your address, city, state or zip code" and a red search button. A red "LEARN MORE" button is positioned below the search bar. At the bottom of the graphic, it says "The Livability Index scores neighborhoods and communities across the U.S. for the services and amenities that impact your life the most." and "Search for your city or learn more about how we define livability."

## HOUSING

Affordability and access

## NEIGHBORHOOD

Access to life, work, and play

## TRANSPORTATION

Safe and convenient options

## ENVIRONMENT

Clean air and water

## HEALTH

Prevention, access, and quality

## ENGAGEMENT

Civic and social involvement

## OPPORTUNITY

Inclusion and possibilities

[aarp.org/livabilityindex](http://aarp.org/livabilityindex)





100 N 3rd St,  
Phoenix, AZ  
Maricopa County, 85004

#### What is Livability?

Livable communities have diverse features that satisfy the needs of people of all ages, incomes and abilities. Learn more about AARP's Livability Index at [www.aarp.org/livabilityindex](http://www.aarp.org/livabilityindex).

Above  
Average  
67 - 100+

This community does not score above average in any of the seven Livability categories.

Average  
34 - 66

- |           |  |   |
|-----------|--|---|
| <b>66</b> |  | <b>TRANSPORTATION</b><br>Safe and convenient options  |
| <b>63</b> |  | <b>HOUSING</b><br>Affordability and access            |
| <b>59</b> |  | <b>NEIGHBORHOOD</b><br>Access to life, work, and play |
| <b>53</b> |  | <b>ENVIRONMENT</b><br>Clean air and water             |
| <b>46</b> |  | <b>HEALTH</b><br>Prevention, access, and quality      |
| <b>37</b> |  | <b>ENGAGEMENT</b><br>Civic and social involvement     |
| <b>37</b> |  | <b>OPPORTUNITY</b><br>Inclusion and possibilities     |

Below  
Average  
0 - 33

This community does not score below average in any of the seven Livability categories.

Learn how you can make your community more livable and raise your score, visit [www.aarp.org/livabilityindex](http://www.aarp.org/livabilityindex).

For policy research and analysis on livable communities, visit [www.aarp.org/livablepolicy](http://www.aarp.org/livablepolicy).

For general resources on livable communities, including AARP's Network of Age-Friendly Communities, visit [www.aarp.org/livable](http://www.aarp.org/livable).

<< Here's the  
**Livability Score for**  
the address we're  
at right now



Phoenix, AZ  
Maricopa County

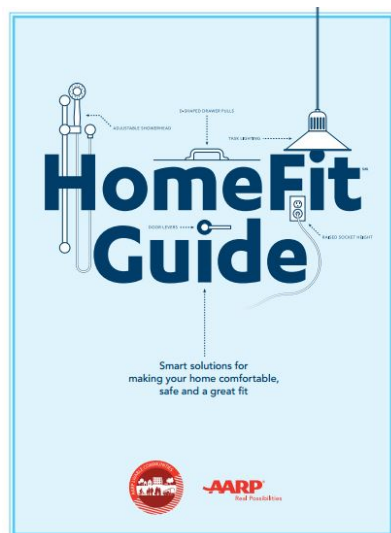


Arizona





# Housing resources and recommendations



## Creating Room for Accessory Dwelling Units

An AARP and APA model for state and local acts and ordinances can help pave the way

by Rodney Harrell, Ph.D. Public Policy Institute



### Read the Report



Sometimes known as accessory apartments, mother-in-law suites or "granny flats," Accessory Dwelling Units (ADUs) provide more housing options in existing neighborhoods by allowing homeowners to build additional units on their lots.

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Accessory Dwelling Unit or ADU is a catch-all term for all of these situations — whether the unit is attached to an existing home or placed elsewhere on the property, such as over a detached garage or as a stand-alone structure in the backyard. ADUs are among the housing options that help to ensure that people of all ages, including older adults, have a roof over their heads.

The AARP model ordinance on ADUs was written by staff at the American Planning Association. Although the 58-page report was published in 2000, it continues to provide a good foundation of information for creating a successful ADU program.

For an older person with a declining incomes and growing housing affordability challenges, renting out a unit or moving a friend or relative onto their property can help with those costs.

AARP's housing philosophy and related public policies (which can be found in Chapter 9 of the AARP Policy Book), encourage states and localities to look to the model act and create legislation and zoning policies that support ADUs.

For any town, city or county considering a plan to broaden the implementation of ADUs, it's important to:

Zoning ordinances that prohibit ADUs or make it extremely difficult for homeowners to create them are the principle obstacle to the wide availability of this housing option. The report "Accessory Dwelling Units: State Act and Local Ordinance" is intended to assist interested citizens, planners and government officials in evaluating potential changes to state and local laws to encourage the wider availability of ADUs. This sample legislation has...

## Inclusive Home Design State Advocacy Tool Kit

Less than one percent of the more than 25,000 municipalities in the U.S. have accessibility standards for new housing. Here, model legislation options that can help people of all ages

AARP Livable Communities



As has been widely reported, by the year 2030 the age-65+ population in the United States will increase to more than 70 million people. Yet "nowhere has the disconnect between market norms, changing demographics and social expectations been more glaring than in the design and construction of private residential housing," notes AARP in the "State Inclusive Home Design Advocacy Tool Kit."

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Most of the housing stock that was built in the 20<sup>th</sup> century and is still in use are multi-level and contain stairs, as do the majority of new construction homes, which are largely marketed to young buyers.

"The older population, together with an equally large and growing population of people with disabilities, continues to be viewed as distinct groups outside the mainstream of society," writes AARP. "The diversity within both groups tends to be ignored, and their expectations and preferences treated as 'special needs' to be accommodated with special designs and assistive devices separate from the 'normal' consumer market."

### Read The Tool Kit



Inclusive home design helps make a house a home for people of all ages. — Gloria Corda

Download the "AARP State Inclusive Home Design Advocacy Tool Kit" (PDF). Scroll down on this page to see the table of contents.

## My Home Maintenance Schedule

A well-maintained home is a safer, less problematic home. Here are some suggestions to help you build a maintenance checklist and schedule for when you live.

Monthly or as needed

Every 3 to 6 months

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## My Room-by-Room HomeFit List

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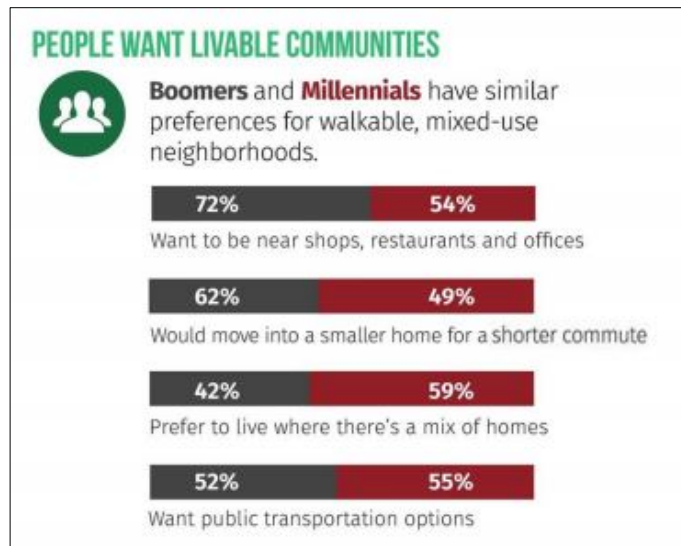
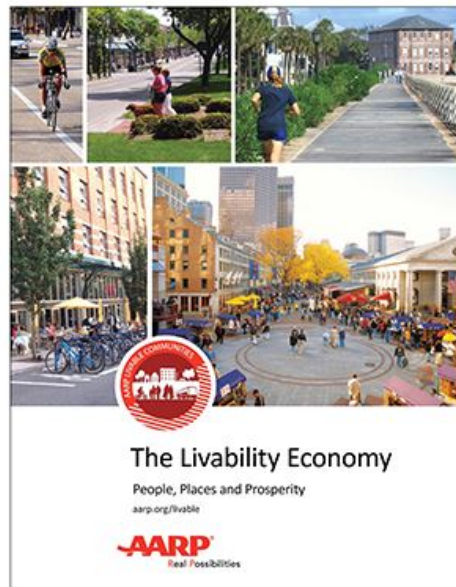
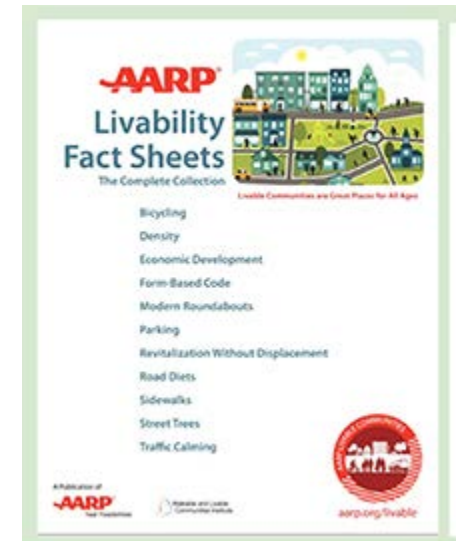
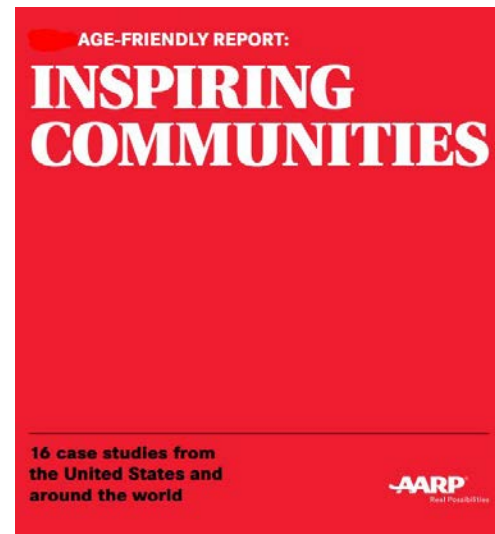
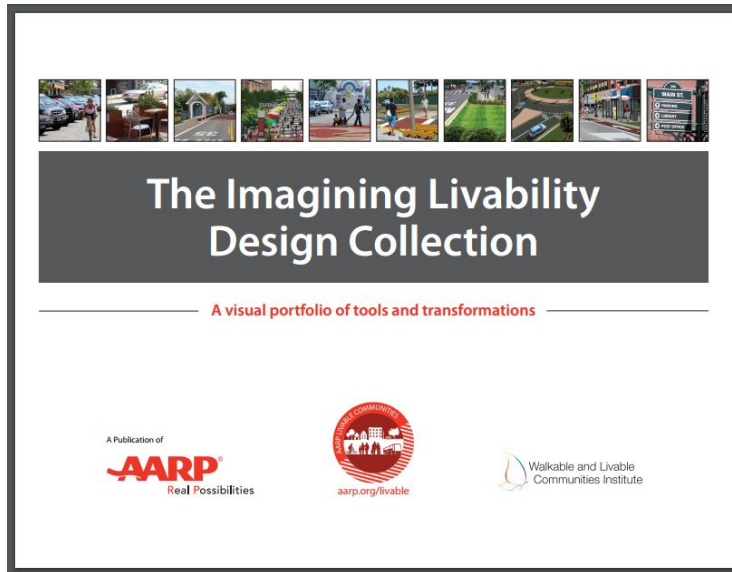


Photos courtesy Howard and Sharon Johnson



Real Possibilities

# Placemaking resources and recommendations





# Transportation resources and recommendations



## Why Older Americans Should Give Up Their Cars

It's not what you think. Today, tossing the keys often means freedom, not infirmity

by Jay Walljasper, AARP Livable Communities



En español | There are many reasons why increasing numbers of older adults are exploring ways to get around without a car.

Sign-up Today! AARP Livable Communities Monthly eNewsletter

drivers I spoke with for the P Livable Communities "Living a Car-Free Life"



## A Livable Lesson

### How to Get a Traffic Light Installed

When pedestrians in South Austin, Texas, couldn't safely cross the road, they spoke out, stepped up and succeeded

by Mark C. Hollis, AARP Livable Communities



The South Austin chapter of AARP meets at the South Austin Senior Activity Center, which is located near a busy intersection on a fast-moving four-lane road. Users of the activity center often get there by walking or taking a city bus, which stops directly across the street.



Subs  
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## Why Walking is Going Places

Here's what's behind the unexpected rise of foot power as a social trend, health breakthrough, path to happiness and overall smart way to get around

by Jay Walljasper, AARP Livable Communities, May 2015



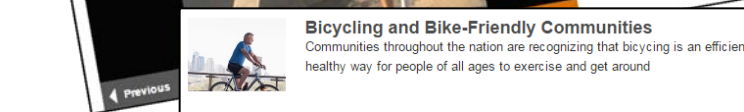
Forsaken for decades as being too slow and requiring too much effort, walking is now recognized as a health breakthrough, an economic catalyst and even a route to happiness.

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Real Simple magazine declared walking "America's untrendiest trend" in a February 2014 cover story. A




Walking a dog is a great way to get walking (and meet people). — Getty Images






# AARP.org/livable and the AARP Livable Communities e-Newsletter



**Livable Communities**  
 Great Places for All Ages™



[ABOUT US](#)
[LIVABLE IN ACTION](#)
[HOUSING](#)
[GETTING AROUND](#)
[TOOL KITS & RESOURCES](#)
[A-Z ARCHIVES](#)
[MORE FROM AARP](#)


AARP Home » Livable Communities - AARP

## AARP Livable Communities

Best practices, strategies, research and more

### 5 Questions for Joe Riley, Former Mayor of Charleston, South Carolina

Serving for 10-terms (that's 40 years!), Joe Riley transformed Charleston from a struggling, largely forgotten city into a livable, walkable community with a strong economy, thriving tourism and celebrated restaurants. Today, historic architecture coexists with smartly designed new development — including affordable housing options. Riley reflects on his tenure and the importance of placemaking and public spaces. [Read »](#)



### One in Three Americans is Now 50 or Older

By 2030 one out of every five people in the United States will be 65-plus. Will your community be ready? Visit us often at [aarp.org/livable](http://aarp.org/livable)


### Search Livable Communities

Enter a keyword (topic, name, state, etc.)


### Livable Communities Free E-Newsletter

From interviews and case studies to fact sheets and guides, get the latest about livability. [Read a recent issue](#)

**Subscribe!**




### IN THE SPOTLIGHT



#### Disrupt Aging by Rethinking Where We Live


Read an excerpt from AARP CEO Jo Ann Jenkins' upcoming book



#### The Imagining Livability Design Collection


A visual portfolio of tools and transformations

### AGE-FRIENDLY NETWORK



#### AARP Network of Age-Friendly Communities

78 cities, towns and counties (so far!) serving more than 41 million people



#### Age-Friendly Efforts That Last

Five principles for ongoing success

### The Member List

We've got both Portlands (Maine and Oregon), Honolulu, Houston, Big Flats, Salt Lake City, Colorado Springs, Boston, Auburn Hills, Pittsburgh, Cleveland, Carlsbad and dozens more places


[Learn More About the AARP Network »](#)

### 20 Questions and Answers About Cohousing

Private homes and apartments with common (not 'commune') spaces can be supportive, affordable and great for people of all ages

[Stay Informed »](#)


### FEATURED RESOURCES



#### Livability Fact Sheets


11 ways to create safe,

### LIVABLE LESSONS




#### 21 'Aging Friendly' Home Improvements

**LIVABLE COMMUNITIES**  
 Great Places for All Ages™



**AARP**  
 Real Possibilities


e-Newsletter



### Pictures of Age-Friendly Places and Programs

See what's been happening in some of the cities, towns and counties that belong to the AARP Network of Age-Friendly Communities


[Take a Look »](#)



### Aging in Place in Cold-Weather Communities

For many people, southern sunshine and warmth is no match for staying put in one's home and hometown — regardless of how low the mercury drops


[Read »](#)



### 5 Questions for Betsy Hodges

Yes, the winters are very cold, but Minneapolis's mayor says the city is a very fine and increasingly fair place for older adults (and people of all ages) to reside year-round

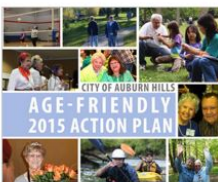
[Read »](#)



### How to Get People Dancing in Public Places

Two octogenarians bring their fancy footwork to the supermarket — and inspire others (including the couple shown here) to do so as well

[Read »](#)



### Auburn Hills Takes Action

A Michigan city starts implementing a plan for how to become a more livable community for its older residents (and people of all ages)

[Read »](#)

### You May Also Like

- Help Caregivers in Your Community:** Visit the live "AARP (Virtual) Family Caregiving Fair" on November 19, noon to 4 p.m. (ET). Registration is required to participate in this online gathering or to access its resources after the event. [Sign Up Now! »](#)
- Do You Live in a Rural Community Facing Design Challenges?** Check out this opportunity from the Citizens' Institute on Rural Design. [Apply by January 12 »](#)
- Calculate Your Community's Livability Score:** Enter a state, county, town or street address. [Do »](#)

# In a Livable Community, people of all ages can ...



**Go for a walk**



**Cross the streets**



**Ride a bike**



**Get around without a car**



**Live safely and comfortably**



**Work or volunteer**







**Enjoy public places**



**Socialize**



**Spend time outdoors**



**Be entertained**



**Go shopping**



**Buy healthy food**



**Find the services they need**



**... and make their city,  
town or neighborhood  
a lifelong home.**



[aarp.org/livable](http://aarp.org/livable)



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# Find what you need by visiting our subject-based archives.

(And check out interview series and how-to lessons.)

## Livable Communities: A-Z Archives



AARP.org/livable contains the keys to hundreds of reports, action plans, studies, articles and more about housing, transportation, Complete Streets, walkability, livability and age-friendly places, to name just a few areas of interest. Find content lists and links by visiting our subject-based archives below.

### IN THE SPOTLIGHT



#### Let's Get Livable

Quick links to our interviews, slideshows, how-to's and more

- Livability Slideshows
- Livable Lessons: Promising Practices and How-To's
- "5 Questions for ..." Interview Series
- The "Mayors and Managers" Interview Series
- Tool Kits & Guides

### A - Z Archives

- |                            |                                  |                        |
|----------------------------|----------------------------------|------------------------|
| • Age-Friendly Communities | • Interviews                     | • Stats and Facts      |
| • Bicycling                | • Mayors and Managers            | • Surveys              |
| • Complete Streets         | • Placemaking                    | • Tool Kits and Guides |
| • Economic Development     | • Public Health                  | • Transportation       |
| • Housing                  | • Slideshows                     | • Walkability          |
| • How-To's                 | • State Stories, Plans & Reports |                        |

[See All Livable Archives »](#)





# Thank you





## Age-Friendly and Livable Communities Resources

### AARP Network of Age-Friendly Communities Tool Kit

This self-service guide hosts the network's member list, explains how a community can join and provides step-by-step details about the work involved.

[aarp.org/agefriendly](http://aarp.org/agefriendly)

### AARP Livable Communities

An award-winning website featuring livability resources from AARP and others. (Be sure to subscribe to the free AARP Livable Communities Monthly eNewsletter.)

[aarp.org/livable](http://aarp.org/livable)

### AARP Livability Index

With this online tool users can enter an address or postal code to find the livability score of any neighborhood, town, city, county or state in the United States.

[aarp.org/livabilityindex](http://aarp.org/livabilityindex)

### AARP International

A global resource about health and economic security information and advocacy, this website includes a channel entirely about Age-Friendly Communities.

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

### AARP Public Policy Institute

Livability policies address issues such as land use, housing, transportation and broadband — all of which facilitate aging in place.

[aarp.org/livablepolicy](http://aarp.org/livablepolicy)

### World Health Organization

The meeting place for the WHO's Global Network of Age-Friendly Cities and Communities and a global platform for exchange and learning.

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

**Thank you for your  
time and attention!**

**Suzanne LaFollette-Black**

**NC Associate State Director-**

**AARP.org/Livable**

AARP Livable Communities Programs

Wilmington, NC

**919-274-2598 or 919-508-0269 |**

**[sblack@aarp.org](mailto:sblack@aarp.org)**

## CONTACT US



Do you have questions or suggestions? We want to hear from you. Email us at

[livable@aarp.org](mailto:livable@aarp.org)

For questions about the AARP Livability Index, please email [livabilityindex@aarp.org](mailto:livabilityindex@aarp.org).







Real Possibilities

