Enabling Design Immersion:

Leveraging the built environment to enable all citizens to Thrive!

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APA Upstate NY Annual Conference
October 2019
Helping Create Enabling Multigenerational Communities
Consensus Building
Workshops + Trainings
Sensitivity Trainings
AGE FRIENDLY
Create National Resources

Aging in Community Policy Guide

Approved by the APA Delegate Assembly, April 26, 2014
Ratified by the APA Board of Directors, July 18, 2014

DECLARATIONS

INTRODUCTION
America is aging—rapidly. Older adults—65 and over—represent 13 percent of the population today. By 2030, one in every five people living in the U.S. will be over the age of 65. This aging of America is fueled by 72 million baby boomers aging through the life cycle in combination with a profound increase in longevity. Average life expectancy doubled from the mid-1900s to age 78 today. Currently there are more than 70,000 centenarians in the United States, roughly four times the number from just ten years ago. And according to the U.S. Census, that number will likely exceed 1 million by 2050.

The American Planning Association (APA) recognizes that the aging of the population creates a unique opportunity and responsibility to apply sound planning approaches and policy to improve communities to serve the spectrum of needs and abilities of older adults. The APA supports the creation and integration of housing, land-use, transportation, economic, social service and health systems that support a high quality of life for people of all ages and abilities. A multigenerational planning approach ensures that the needs of all residents are met and that older members of our communities are not at risk of social isolation, poverty, declining health, and poor economic well-being. The planning community can be a leader in encouraging comprehensive approaches and in mobilizing resources to enhance the quality of life of our aging population.
PURPOSE

• See Reality
• Gain a new Paradigm
• Experience Environmental Press
• Learn about Resources + Funding
• Bring back to your communities/firms
• APPLY!
• *Enable people to THRIVE!*
PART 1: The Paradigm
PART 2: Age-Friendly
PART 3: Immersion
Part 4: Resources & Models
PART I: The Paradigm
MYTH # 1

We can’t design for a subset of the population
SEE REALITY
The built environment will impact behavior no matter how well or poorly it is designed.
KEY POINT:
The Status Quo is not Benign
We do not Design for Everyone
MYTH # 2

ADA = 30 years

We’re all set!
THIS BUTTON DOES NOT WORK FOR THE INSIDE DOOR

PRESS TO OPERATE DOOR
Environmental Fit & Press
Environmental Fit & Press

good fit = independence

poor fit = stress to adapt
PROSTHETIC ENVIRONMENT

• No demands within Abilities
  - atrophy
  - adoption of “sick role”
  - exacerbates decline of abilities
DEMANDING ENVIRONMENT

• Demands beyond Abilities
  - decreased independence
  - increased risk of accidents
  - exacerbates decline of abilities
KEY POINTS

• We don’t design for the lifespan
• We disable people via design
• This is preventable
• ADA is *not* enough:
  - poorly executed
  - not SF Residential
PART 2:
Age-Friendly Communities
How many Boomers turn 65 each day?
How many > 65 in your community?
How are you meeting their needs?
How are you preparing to meet the needs of Millennials throughout their lives?
LONGEVITY ECONOMY

• 50+

• 3rd Largest behind US and China

• 52% of US GDP by 2032 (AARP/Oxford)

• > $740 Billion State + Local Taxes
The AARP Network of Age-Friendly Communities

and work within

The 8 Domains of Livability

help communities become great for people of all ages

Learn more at AARP.org/agefriendly
NY: FIRST AGE-FRIENDLY STATE!
Governor Cuomo Announces Executive Order to Support New York as the First Age-Friendly State in the Country

Why should you care?
FUNDING! +
PART 3: Sensitivity Training
CAUTION

Be careful, do not proceed if you are not comfortable or it is not safe.
PLACES

1. OUTSIDE: pedestrian path, arrival by car/van, to entrance
2. Lobby, Front Desk & Elevator
3. Restaurant
4. This room and area immediately outside
TASKS

• Modify your abilities
• Evaluate your space/product (document with photos)
• Return to room for discussion
ANALYSIS & RECOMMENDATIONS

Which features are potential barriers to functioning?

What suggestions would you make to the Facilities Dept. for changes?
PART 4: Resources, Solutions & Models
Downtown Revitalization Initiative

Governor Cuomo’s Downtown Revitalization Initiative (DRI) is transforming downtown neighborhoods into vibrant communities where New Yorkers want to live, work and raise families.

In its fourth year, the program will invest $100 million into 10 additional downtown neighborhoods across the state. Participating communities are nominated by the state’s ten Regional Economic Development Councils (REDCs) based on the downtown’s potential for transformation, and each community is awarded $10 million to develop a downtown strategic investment plan and implement key catalytic projects that advance the community’s vision for revitalization.

The DRI is chaired by New York Secretary of State Rossana Rosado, and supported by private sector experts funded by Empire State Development, and a state agency team from the Department of State and the NYS Homes and Community Renewal. Other agencies are also involved in reviewing and implementing projects.

Communities Selected in Round Four of the DRI were:

- Capital Rises, TBA
2019 Community Smart Growth Grants

The grant application deadline is 3:00 pm, June 7, 2019.

The Department of Environmental Conservation (DEC), in cooperation with the Department of State and Adirondack Park Agency, is soliciting smart growth grant applications from Adirondack Park and Catskill Park communities and organizations. DEC seeks proposals for capital projects and community development initiatives that link environmental protection, economic development and community livability within the special conditions of the parks.

Grants will support comprehensive planning and implementation of key projects, actions and strategies identified in local plans developed by Park communities in pursuit of smart growth goals. Projects submitted must be consistent with the Smart Growth principles outlined in the application package. State assistance may fund up to 100 percent of approved project-related costs.

The two parks have separate applications:

**Adirondack Park Community Smart Growth Grants:** DEC anticipates approximately $1,050,000 in funding will be made available from the Environmental Protection Fund (EPF) for Adirondack Park projects.

**Catskill Park Community Smart Growth Grants:** DEC anticipates approximately $400,000 in funding will be made available from the Environmental Protection Fund (EPF) for Catskill Park projects.

**Instructions**

Applications will be accepted via the New York State Grants Gateway. Paper application submissions will not be accepted.

**IMPORTANT:** It will take time to get set up in the Grants Gateway system and to navigate the application forms. Please begin as soon as possible. Detailed instructions for Grants Gateway registration and not-for-profit pre-qualification are found at the Grants Management Website (leaves DEC website), along with a Vendor User Manual (leaves DEC website).

Apply Online through the New York State Grants Gateway (leaves DEC website). The application deadline for both parks is 3:00 pm on Friday, June 7, 2019.

View the Request for Applications (RFA) for each park for more information. The RFA can also be found in the grants gateway under the following grant opportunity identification numbers:

**Adirondack Park:** DEC01-SGADK-2019

**Catskill Park:** DEC01-SGACT-2019
“The focus for this round of Smart Growth Grant applications is creating age-friendly communities. Age-friendly projects help create more
FOR IMMEDIATE RELEASE

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August 02, 2018

NEW YORK STATE OFFICE FOR THE AGING ANNOUNCES GRANT PROGRAM TO CREATE HEALTHY, AGE-FRIENDLY COMMUNITIES

Grants will be available to help communities incorporate age-friendly and healthy community principles into policies

Public/private partnership between New York State, AARP, Health Foundation for Western and Central New York, and New York Academy of Medicine

The New York State Office for the Aging (NYSOFA), in cooperation with the New York State Departments of State and Health, announced a grant program today that will help communities to become healthier and more age-friendly. The program will fund communities that seek Age-Friendly Community certification from AARP and the World Health Organization (WHO). It will also fund county governments that commit to incorporating age-friendly and healthy community principles into all relevant policies, plans, ordinances, and programs.

The request for applications (RFA) will be released in fall 2018 and will be available on the NYSOFA website.

"New York is the first state in the nation to be enrolled in WHO's global network of age-friendly cities and AARP's network of age friendly states and communities," said Lieutenant Governor Kathy Hochul. "The Governor and I recognize the contributions of older New Yorkers and have been fighting to make New York more equitable for all ages. This grant program will advance our efforts to support aging and smart growth in communities across the state."
VISITABILITY

- One zero-step entry
- 32” clear at doorways
- 36” wide clear path
- At least a half bath on main floor
Cortland, NY City Council Visitability Resolution

Cortland, New York – 2018

Cortland City Common Council

Visitability Resolution

A RESOLUTION REQUESTING THE CITY OF CORTLAND TO PROMOTE THE USE OF BARRIER FREE REQUIREMENTS IN NEW HOUSING CONSTRUCTION WHEN FUNDING IS DERIVED FROM PUBLIC SOURCES

WHEREAS, no statutory requirements presently exist on a state or local level to require that new, single-family and duplex dwellings be constructed to provide access for people with physical disabilities;

WHEREAS, people with physical disabilities can be isolated in their own homes or isolated from the community when the homes contain barriers such as steps or narrow doorways and the person with the disability lacks maneuverability;

WHEREAS, people with physical disabilities are often unable to travel outside of their homes due to the barriers present;
WHEREAS, it is the desire of the City of Cortland Common Council to recommend the City of Cortland encourage the use of design features necessary to provide accessibility and usability for people with physical disabilities in new, single-family homes and duplexes when such homes are constructed with public funds, as herein described.

NOW, THEREFORE BE IT RESOLVED, that this resolution shall be applicable to new, single-family dwellings and duplexes, which receive any public funding; and

BE IT FURTHER RESOLVED, that the following requirements shall be the recommended design requirements for construction of new publicly funded homes when it is determined, at the discretion of the City’s Grant Administrator of Community Development funds, that such design requirements are feasible:

Recommended Requirement 1. Building entrances

Applicable dwelling units shall be designed and constructed to have at least one building entrance on an accessible route served by a ramp or a slope, in compliance with ANSI (American National Standards Institute) standards, with a maximum slope of 1:12, unless it is impractical due to characteristics of the terrain. This entrance should have an accessible door in accordance with ANSI. Any
ORDINANCE 2001 - 2

AN ORDINANCE OF THE BOARD OF SUPERVISORS OF PIMA COUNTY, ARIZONA RELATING TO BUILDINGS AND CONSTRUCTION; ADOPTING BY REFERENCE PORTIONS OF THE 1998 AMERICAN NATIONAL STANDARD ACCESSIBLE AND USABLE BUILDINGS AND FACILITIES CODE, WITH LOCAL AMENDMENTS.

WHEREAS, people over 65 are the fastest growing sector of the American population and life expectancies continue to increase; and

WHEREAS, whether due to injury or age, there is a great likelihood for each of us, at some time in our life, to suffer a temporary or permanent condition that limits mobility or the ability to perform daily tasks of living; and

WHEREAS, the increased cost of constructing a residence with zero step entries and doorways wide enough to permit wheelchair access, electrical outlets reachable by a wheelchair-bound person, and bathroom walls reinforced to permit installation of grab bars is minimal, while the costs and disruption associated with retrofitting an existing home to make it minimally accessible, are substantial; and

WHEREAS, a residence that provides minimal accessibility offers the possibility of occupancy, accessibility or visitation by a disabled person; and

WHEREAS, an occupant of a home that has inclusive design features who becomes disabled, whether temporarily or permanently, may be able to remain at home and avoid or delay the great expense and emotional trauma of institutionalization; and

WHEREAS, under A.R.S. §11-861(A) and (C)(1), Pima County may adopt
Creating the Transportation System We Want: Building Blocks for the Road Ahead
THIS IS UD!
THIS IS UD!
AARP Livability Index

Great Neighborhoods for All Ages

How livable is your community? enter your address, city, state or zip code

Location Results

Current Location: Tompkins County, NY, 14817

TOTAL INDEX SCORE

52

Category Score

Housing
Affordability and access

50

Neighborhood
Access to the services and amenities senior adults need

31
Research Report

The Livability Index 2018: Transforming Communities for All Ages
Focusing on Rural Livability

Residents and representatives of rural areas and small towns discuss what livability looks like — and what it means — for older adults and people of all ages in America’s nonurban communities

by Jay Walljasper, AARP Livable Communities

A key portion of America’s demographic future is showing up first in rural areas, where a greater proportion of the population is older than, on average, residents of urban areas. "Rural areas are aging at a faster rate than the rest of the United States," says Mark St. John, Acting Chief of the Department of Agriculture’s Rural Development program.

PHOTO BY MELISSA STANTON, AARP

After reading this article, check out this photograph and others in our rural communities slideshow. (The link is at the bottom of this page.)
Just missed it!

3rd Annual Leading on Livability Summit
September 23-25, 2019
Hyatt Regency Buffalo, NY

AARP Real Possibilities
New York
KEY POINT: It’s not Satellite Science

We know how to do this
KEY POINT:
Get More from your Infrastructure
Give more to your Citizens
Email me to receive
an annotated list of hyperlinked resources
and notifications for upcoming events

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for more information go to: www.esthergreenhouse.com

esther greenhouse
Helping Create Enabling Multigenerational Communities

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