

# **AARP Network of Age-Friendly/Livable Communities**

Membership in the network means is that a 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.

## **BACKGROUND**

The AARP Network of Age-Friendly Communities is an affiliate of the World Health Organization's Age-Friendly Cities and Communities Program

- Includes more than 20 nations, more than 1,000 communities
- Includes over 200 US Age Friendly/Livable Communities
- Uses best practices, research-based models to improve the livability of communities for people age 50+ and their families.
- Allows elected officials and community leaders to change their communities to become great places for everyone to live.

**THE 8 DOMAINS OF LIVABILITY** - Once a community joins the network, they organize a steering committee to identify one or more of these areas to work on to improve livability in their community

- Outdoor spaces and buildings
- Transportation
- Housing
- Social participation
- Respect and social inclusion
- Civic participation and employment
- Communication and information
- Community support and health services

## **PROCESS**

- AARP facilitates the community's enrollment via a simple application and guides them through implementation and assessment process.
- AARP provides many free resources and support through printed materials and [aarp.org/livable](http://aarp.org/livable) or the [AARP Public Policy Institute](#)

- **Planning Phase – Year 1-2** - Form community steering committee that does assessment and develops action plan – ex: Mayor’s Blue Ribbon Operation Downtown Committee
- **Implementation and Evaluation Phase – Years 3-5** – Steering committee submits action plan for review and endorsement by WHO/AARP; implement plan; send progress reports
- Program emphasizes both the built and the social environment. AARP Network of Age-Friendly/Livable Communities program provides many tools for local leaders to change their communities into great places for everyone to live

## **THE BENEFITS OF MEMBERSHIP**

**Reno becomes part of a global network of communities that are committed to giving their older residents the opportunity to live rewarding, productive and safe lives.**

**Reno also improves its STAR Community rating in the “Aging in Community” category.**

### **Age-Friendly/Livable Communities have**

- Access to a global network of participating communities, as well as aging and civil society experts
- Access to key information, such as the latest news and information about best practices, events, results, challenges and new initiatives
- Opportunities for partnerships with other cities, both domestic and international
- Mentoring and peer-review evaluation by member cities
- Public recognition of the community’s commitment to become more age-friendly
- Speaking engagements at conferences and events hosted by AARP and promotion through AARP’s media channels

## STAFF REPORT

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**Date:** June 6, 2018

**To:** Mayor and City Council

**Thru:** Sabra Newby, City Manager

**Subject:** H.1. Staff Report (For Possible Action): Resolution No. \_\_\_\_\_ Resolution to support initiatives and opportunities to engage in world health organization age-friendly cities and communities network.

**From:** Rick Caldeira, Chief of Staff to the Mayor

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**Summary:** This resolution is to show support for initiatives and opportunities to engage in the world health organization age friendly cities and communities' network. The purpose is to encourage and promote public policies to increase the number of cities and communities that support health aging.

**Financial Implications:** None at this time.

**Legal Implications:** Legal review completed for compliance with City procedures and Nevada Law.

**Recommendation:** Staff recommends Council adopt Resolution No. \_\_\_\_\_.

**Proposed Motion:** I move to adopt Resolution No. \_\_\_\_\_.

**RESOLUTION NO.**

**RESOLUTION TO SUPPORT INITIATIVES AND OPPORTUNITIES TO ENGAGE IN  
THE WORLD HEALTH ORGANIZATION AGE-FRIENDLY CITIES AND  
COMMUNITIES NETWORK.**

**WHEREAS**, the global population of people aged 60 and over is expected to grow from 600 million in 2000 to almost 2 billion by 2050; and

**WHEREAS**, in the United States, the population of people aged 65 and over is expected to grow from 35 million in 2000 to 88.5 million by 2050, taking the total share of the 65 and over population from 12 percent to 20 percent of the total population; and

**WHEREAS**, research shows that older Americans overwhelmingly want to remain in their homes and communities as they age; and

**WHEREAS**, access to quality health care and long-term services and supports is essential for individuals to live in their homes and communities; and

**WHEREAS**, of the 80 percent of adults 65 and older living in metropolitan areas, 64 percent live outside the principal cities of these areas in suburban locations that tend to be auto-dependent, creating challenges for residents who do not drive; and

**WHEREAS**, 21 percent of adults age 65 and older do not drive, and more than half of these non-drivers do not leave home on a given day, in part because they lack transportation options; and

**WHEREAS**, reduced mobility for older non-drivers leads to 15 percent fewer trips to the doctor, 59 percent fewer shopping trips and visits to restaurants, and 65 percent fewer trips for social, family and religious activities; and

**WHEREAS**, the World Health Organization (WHO) has developed a Global Network of Age-Friendly Cities and Communities to encourage and promote public policies to increase the number of cities and communities that support healthy aging and thereby improve the health, well-being, satisfaction, and quality of life for older Americans; and

**WHEREAS**, active aging is a life-long process, whereby an age-friendly community is not just “elder-friendly” but also intended to be friendly for all ages; and

**WHEREAS**, the WHO has noted that “[m]aking cities and communities age friendly is one of the most effective policy approaches for responding to demographic ageing,” and

**WHEREAS**, the WHO has developed eight domains of community life that influence the health and quality of life of older people:

1. Outdoor spaces and buildings – accessibility to and availability of clean, safe community centers, parks, and other recreational facilities;
2. Transportation – safe and affordable modes of private and public transportation, “Complete Streets” types of initiatives, hospitable built environments;
3. Housing – wide range of housing options for older residents, aging in place and other home modification programs, housing that is accessible to transportation and community and health services;
4. Social participation – access to leisure and cultural activities; opportunities for older residents to participate in social and civic engagement with their peers and younger people;
5. Respect and social inclusion – programs to support and promote ethnic and cultural diversity, programs to encourage multigenerational interaction and dialogue, programs to combat loneliness and isolation among older residents;
6. Civic participation and employment – promotion of paid work and volunteer opportunities for older residents; opportunities for older residents to engage in formulation of policies relevant to their lives;
7. Communication and information – promotion of and access to the use of technology to keep older residents connected to their community and friends and family, both near and far; and
8. Community support and health services – access to homecare services, clinics, programs to promote active ageing (physical exercise and healthy habits); and

**WHEREAS**, the WHO recognizes that towns, cities and communities have different needs, resources, and varying capacities to engage their resources to take action to facilitate active aging; and

**NOW, THEREFORE, BE RESOLVED** that the City of Reno supports initiatives and opportunities to engage in the WHO Age-Friendly Cities and Communities Network of municipalities encouraging and promoting public policies supporting healthy ageing.

Upon motion by Councilmember \_\_\_\_\_, and seconded by Councilmember \_\_\_\_\_, the foregoing Resolution was passed and adopted this \_\_\_\_\_ day of \_\_\_\_\_, 2018, by the following vote of the Council:

AYES: \_\_\_\_\_  
NAYS: \_\_\_\_\_  
ABSTAIN: \_\_\_\_\_ ABSENT: \_\_\_\_\_

APPROVED this \_\_\_\_\_ day of \_\_\_\_\_, 2018.

\_\_\_\_\_  
HILLARY SCHIEVE  
MAYOR

ATTEST:

\_\_\_\_\_  
ASHLEY D. TURNEY  
CITY CLERK

# The AARP Network of Age-Friendly Communities: An Introduction

As the U.S. population ages and people stay healthy and active longer, communities must adapt.

Well-designed, livable communities promote health and sustain economic growth, and they make for happier, healthier residents — of all ages.

## WHAT MEMBERSHIP IS AND ISN'T

Communities in the AARP age-friendly network are not retirement villages, gated developments, nursing homes or assisted living facilities.

Membership in the network does not mean that the community is, currently, "age-friendly" or a great place to retire.

Membership in the network is *not* an endorsement by AARP. What membership *does* mean is that a 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.

## BACKGROUND

The AARP Network of Age-Friendly Communities is an affiliate of the [World Health Organization's Age-Friendly Cities and Communities Program](#), an international effort launched in 2006 to help cities prepare for rapid population aging and the parallel trend of urbanization. The program has participating communities in more than 20 nations, as well as 10 affiliates representing more than 1,000 communities.

## AARP's ROLE

AARP's participation in the program advances efforts to help people live easily and comfortably in their homes and communities as they age. AARP's presence encourages older adults to take a more active role in their communities and have their voices heard. Initiatives focus on areas such as housing, caregiving, community engagement, volunteering, social inclusion and combating isolation among older citizens.

AARP works with local officials and partner organizations around the country to identify communities for membership in the Age-Friendly Network. (See the article "[AARP Age-Friendly Communities Selection Criteria](#)" for details.) AARP then facilitates the community's enrollment and guides its representatives through the network's implementation and assessment process.

Combined with the resources provided by AARP — either through [aarp.org/livable](http://aarp.org/livable) or the [AARP Public Policy Institute](#) — the AARP Network of Age-Friendly Communities program supports AARP's goal of being recognized by elected officials and others as a leading resource for how to improve the livability of communities for people age 50+ and their families. The program emphasizes both the built and the social environment. The AARP Network of Age-Friendly Communities program is a tool that can be used by AARP staff and others to help local leaders prepare and ultimately change their communities to become great places for everyone to live.

## THE BENEFITS OF MEMBERSHIP

Members of the AARP Network of Age-Friendly Communities become part of a global network of communities that are committed to giving their older residents the opportunity to live rewarding, productive and safe lives.

The benefits of membership include:

- Access to a global network of participating communities, as well as aging and civil society experts
  - Access to key information about the program, such as the latest news and information about best practices, events, results, challenges and new initiatives
  - Opportunities for partnerships with other cities, both domestic and international
  - Mentoring and peer-review evaluation by member cities
  - Public recognition of the community's commitment to become more age-friendly
  - Speaking engagements at conferences and events hosted by AARP and promotion through AARP's media channels
- There is no fee to join the AARP Network of Age-Friendly Communities.



# AARP Network of Age-Friendly Communities Program Cycle

## STEP 1: ENTERING THE NETWORK

The purpose of the AARP Age Friendly Communities is to serve as a catalyst to educate, encourage, promote, and recognize improvements that make cities, towns, and counties more supportive not only of their older residents but for residents of all ages. Our intent is to provide American cities, towns, counties with the resources they need to become more age-friendly, tapping into national and global research, models, and best practices.

### AARP's Value Added

- Providing an understanding or definition of the issue/need for change (framing the issue);
- Providing an understanding of economic and social benefit of a more livable community;
- Resources on AARP.org/livable – Future Livability index (all phases)
- Success Criteria
- Streamlined admission into Network

## STEP 2: PLANNING PHASE (Year 1-2)

This step has four elements:

- Establishment of mechanisms to involve older people throughout the Age-Friendly city cycle
- A baseline assessment of the age-friendliness of the city.
- Development of a 3-year city wide plan of action based on assessment findings
- Identification of indicators to monitor progress

## AARP's Value Added

- Decision making and organizational guidance
- Access to network of communities /Best Practices
- Assessment and survey Tools, identification of key community indicators
- Volunteer network to support/organize aspects of effort

## STEP 3: IMPLEMENTATION & EVALUATION (Year 3-5)

On completion of the planning phase, and no later than two years after joining the Network, cities will submit their action plan to WHO for review and endorsement. Upon endorsement by WHO, cities will then have a three-year period of implementation.

At the end of the period of implementation, cities will be required to submit a progress report to WHO outlining progress against indicators developed in Phase 1.

## AARP's Value Added

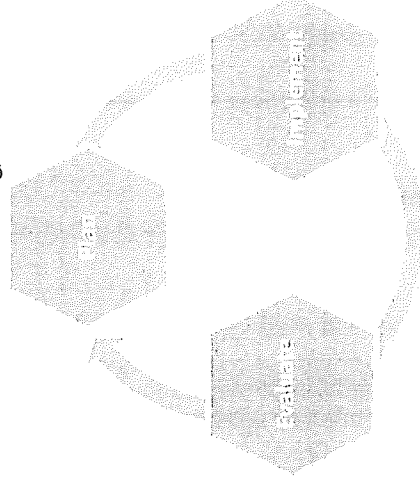
- Evaluation tools
- Organized training and networking events
- Resources on AARP.org/livable
- Access to network of communities /Best Practices
- Volunteer network to support/organize aspects of effort

## STEP 4: CONTINUOUS IMPROVEMENTS (Year 5+)

Upon completion of phase 3, cities will be able to continue their membership to the Network by entering into further implementation cycles.

## AARP's Value Added

- Access to network of communities /Best Practices
- Volunteer network to support/organize aspects of effort
- Resources on AARP.org/livable



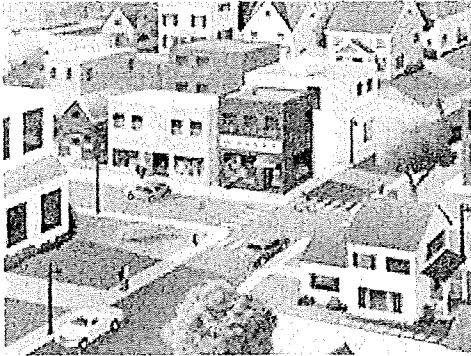
A continuous cycle of improvement



AARP Network of Age-Friendly Communities Tool Kit

## Step 1: Getting Started

Learn how your community can join the network  
The 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](#)

Cities, towns and other localities in the AARP Network of Age-Friendly Communities program commit to improving their age-friendliness and submit to a rigorous membership assessment cycle.

Communities interested in joining the network are encouraged to contact their state AARP office. AARP state offices also work to identify cities, towns and counties AARP believes can commit to a continual cycle of improvement in the eight domains the World Health Organization (WHO) has identified as influencing the health and quality of life of older adults.

### THE 8 DOMAINS OF LIVABILITY

The domains are listed and detailed below:

1. Outdoor spaces and buildings
2. Transportation
3. Housing
4. Social participation
5. Respect and social inclusion
6. Civic participation and employment
7. Communication and information
8. Community support and health services

- [8 Domains Slideshow](#)
- [8 Domains World Health Organization Checklist](#)
- [8 Domains Case Studies](#)
- [8 Domains Resources](#)

### WORLD HEALTH ORGANIZATION RESOURCES

- [World Health Organization Guide to Age-Friendly Cities \(PDF\)](#)
- [AgeFriendlyWorld.org](#)

Indicators in the WHO domains that also reflect the social impact objectives of AARP include:

- Increasing awareness about what the age 50+ population needs in order to maintain active, healthy and productive lives where they live
- Fostering dialogue, knowledge and actions that support the development of age-friendly communities across the United States

Being an age-friendly community requires a commitment to a cycle of continuous improvements. The "Getting Started" phase of the program typically lasts one or two years.

## INITIATING THE EFFORT

### 1. Obtain the political commitment of the community's elected officials

This includes acquiring a written pledge by the community executive (the mayor, county commissioner, etc.) to commit to a continual cycle of improvement. This letter, along with a membership application, should be sent to the community's AARP state office or the AARP representative the community has been working with. AARP will then advise the World Health Organization's Global Network of Age-Friendly Cities and Communities.

- To download the application and read examples of these letters and other expressions of commitment, see [Preparing the Membership Materials](#)

### 2. Organize stakeholders

A successful age-friendly initiative is based on broad collaboration. An ideal group of stakeholders would include representation from non-profit organizations, businesses, government agencies and community partners and, of course age-50+ residents.

For suggestions about whom to include, see:

- [List of Potential Stakeholders to Engage in Age-Friendly Community Efforts](#)

For examples of successful engagements, see the AARP presentations

- [Engaging Stakeholders: City of Des Moines: Creating Great Places for All Ages \(PDF\)](#)

### 3. Conduct assessments to identify needs

AARP has developed a survey that can be adapted by communities to help assess available resources and what residents view as important for successfully aging in place. The survey is designed to capture information consistent with the eight domains of a livable community as identified by the [World Health Organization](#).

- [AARP Survey of Community Residents Ages 50 and Older](#)

### 4. Establish an advisory committee that includes older adults

[AARP state office](#) staff members and volunteers can help.

The ultimate goal of the AARP Network of Age-Friendly Communities is to increase the number of communities that support healthy aging, which will thereby improve the health, well-being, satisfaction and quality of life for older Americans. In an age-friendly community, policies, services, settings and structures support and enable people remain active as they age. This is achieved by:

- Recognizing the wide range of capacities and resources among older people
  - Anticipating and responding flexibly to aging-related needs and preferences
  - Respecting the decisions and lifestyle choices of age 50+ people
  - Protecting and supporting older adults who are the most vulnerable
  - Promoting the inclusion and contributions of older adults in all aspects of community life
- And, because active aging is a life-long process, an age-friendly community is not just "elder-friendly." Rather, an age-friendly community is friendly for people of all ages.

- [Evaluating Your Age-Friendly Community Program: A Step-by-Step Guide](#)

Use this resource when you're identifying indicators in your action plan

## SUSTAINING

- [Guiding Principles for the Sustainability of Age-Friendly Community Efforts](#)

Learn how to maintain ongoing success

**HOW AGE FRIENDLY IS OUR COMMUNITY?** We want your perspective about how to make our community better for everyone as we age.

**CHOOSE YOUR TOP 5 AARP DOMAINS OF LIVABILITY FROM 1 TO 5 (1 is your top choice.)**

- \_\_\_ Outdoor Spaces & Buildings      People have many public places to gather — green spaces, safe streets, sidewalks, trails, and accessible buildings for people of all ages.
- \_\_\_ Transportation                      In addition to driving, we have public transit options like trains, trams, buses, and shared ride options that are accessible and affordable.
- \_\_\_ Housing                                We have housing that is affordable and designed or modified so you can stay in your home as you get older
- \_\_\_ Social Participation                Loneliness is as harmful as chronic illness or disease. Sadness and isolation are combatted with accessible, affordable and fun social activities.
- \_\_\_ Respect & Inclusion                 The community values everyone. Young and old learn from one another and honor what each has to offer.
- \_\_\_ Work & Civic Engagement        Older people can (if they choose) continue to work for pay, volunteer their skills and be actively engaged in community life.
- \_\_\_ Communication & Info             Information is disseminated through a variety of means, because not everyone has a smartphone or Internet access.
- \_\_\_ Community & Health Services    Everyone who becomes ill or simply needs some help can access and afford the services required.

**RATE EACH FROM 1 TO 5 ( 5 IS THE MOST IMPORTANT TO YOU AND SENIORS IN THE COMMUNITY)**

Quality of Life	What do you think is necessary to meet your needs and to improve your quality of life?	Please circle
Healthcare & Wellness	More choices for healthcare providers and wellness activities.	1 2 3 4 5
Independent Living	More support services to let seniors continue living on their own.	1 2 3 4 5
Activities	More entertainment, social and recreational opportunities.	1 2 3 4 5
Healthy Foods	Improved access to food programs for seniors.	1 2 3 4 5
Engagement & Employment	More chances for seniors to work for pay, volunteer, or actively engage with their families, friends and community	1 2 3 4 5

Senior Housing Needs	Most seniors want to live at home as they age. If that is not possible, what sorts of housing arrangements do you prefer?	Please circle
In Home Caregivers	More affordable providers of personal in-home services.	1 2 3 4 5
Affordable Rents	Housing costs that can be handled on a fixed or declining income.	1 2 3 4 5
55+ Communities	More housing of all types specifically built for seniors.	1 2 3 4 5
Shared Housing	More opportunities to share housing costs with others.	1 2 3 4 5
Group Care Housing	More group housing with assistance with tasks of daily living	1 2 3 4 5

<b>Transportation Needs</b>	<b>Most seniors would prefer to drive their own vehicles as they age. If that is not possible, what types of transportation options would you prefer?</b>	<b>Please circle</b>
Ride Share	Using taxis or smartphone apps like Uber and Lyft	1 2 3 4 5
Improved Transit	Expand transit routes where seniors live	1 2 3 4 5
Paratransit Access	More paratransit routes and vehicles for disabled senior.	1 2 3 4 5
Carpool Options	Partnering up with friends, family and neighbors to ride together	1 2 3 4 5
Walking/Biking	Better connected bike paths and sidewalks/trails to get around town	1 2 3 4 5

<b>Access to Information</b>	<b>Where do you prefer to get information about services for seniors?</b>	<b>Please circle</b>
Public Library	Do own research or ask library staff	1 2 3 4 5
TV / Radio	Listen and watch news and other programs	1 2 3 4 5
Newspaper/ Magazine/Books	Read and use written materials to find services	1 2 3 4 5
Internet	Look for information online with computer, tablet, smartphone	1 2 3 4 5
Senior Centers	Visit or call senior and community centers.	1 2 3 4 5

<b>Budget Allocation</b>	<b>What % of the following should public dollars be spent on? Use numbers 0 to 100. Your total must add up to 100.</b>	<b>TOTAL 100%</b>
Transportation	Public transit and support for other ride programs	_____
Homemaker Services	Paid caregiver for housekeeping, light meals, laundry, etc.	_____
Meals	Support for group meals at centers and home delivered meals	_____
Social and Rec Activities	More seniors' programs at community centers, libraries, etc.	_____
Improving Community Space	Safe sidewalks/trails, more parks, libraries, community centers	_____
Central Information Services	Support easy access to information on resources for seniors	_____
Affordable Housing	Prioritize for seniors at risk of becoming homeless	_____
Healthcare	More affordable healthcare options for seniors	_____

We really appreciate your feedback! We have just a few more questions that will help us analyze and share these results. Thanks!

Zip Code \_\_\_\_\_ Age \_\_\_\_\_ Live alone? Yes No

Annual income Under \$20,000 \$20,000-39,000 \$40,000-59,000 \$60,000-99,999 \$100,000 or more

The community meets my needs as I age. Yes No

Email or phone \_\_\_\_\_

Rev 5/1/18 – Reno & Washoe County Senior Advisory Boards & Truckee Meadows Regional Planning Agency.

Take survey online at [www.tmrpa.org/seniorsurvey](http://www.tmrpa.org/seniorsurvey)

Help us celebrate Older Americans Month  
by taking the Senior Survey!

Take the survey at:

[www.tmrpa.org/seniorsurvey](http://www.tmrpa.org/seniorsurvey)

*Brought to you by the Washoe County Senior Services Advisory Board, the City of Reno Senior Citizen Advisory Committee, the Truckee Meadows Regional Planning Agency, and the City of Sparks.*



