Aging as a Framework for Livable Communities:
Putting People into Planning

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Personal Changes with Age

• Strength, agility, fine motor control
• Vision
• Hearing, taste, smell and skin sensitivity
• Flexibility, reaction time
• Mental health
• Dementia
## US Population Age 65+

<table>
<thead>
<tr>
<th>Year</th>
<th>Age 65+</th>
<th>Million</th>
</tr>
</thead>
<tbody>
<tr>
<td>1900</td>
<td>3.1</td>
<td>Million</td>
</tr>
<tr>
<td>1950</td>
<td>12.3</td>
<td>Million</td>
</tr>
<tr>
<td>2000</td>
<td>35.0</td>
<td>Million</td>
</tr>
<tr>
<td>2030</td>
<td>72.0</td>
<td>Million</td>
</tr>
<tr>
<td>2050</td>
<td>86.7</td>
<td>Million</td>
</tr>
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</table>
## US Population 85+

<table>
<thead>
<tr>
<th>Year</th>
<th>Population</th>
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<tbody>
<tr>
<td>1900</td>
<td>123 Thousand</td>
</tr>
<tr>
<td>1950</td>
<td>577 Thousand</td>
</tr>
<tr>
<td>2000</td>
<td>4.2 Million</td>
</tr>
<tr>
<td>2030</td>
<td>10 Million</td>
</tr>
<tr>
<td>2050</td>
<td>21 Million</td>
</tr>
<tr>
<td>Age Group</td>
<td>Percentage</td>
</tr>
<tr>
<td>-----------</td>
<td>------------</td>
</tr>
<tr>
<td>65-69</td>
<td>9.2%</td>
</tr>
<tr>
<td>70-74</td>
<td>11.0%</td>
</tr>
<tr>
<td>75-79</td>
<td>19.5%</td>
</tr>
<tr>
<td>80-84</td>
<td>31.2%</td>
</tr>
<tr>
<td>85+</td>
<td>49.5%</td>
</tr>
</tbody>
</table>
Options for Family Support

For women ages 40-44

1976—10% childless, avg. of 3.1 children
2002—18% childless, avg. of 1.9 children
2010 Costs of Care

• Nursing homes
  $205 daily for semi-private rooms
  $74,825 annually

• Assisted living facilities
  $3,293 per month
  $39,516 annually
Additional Issues

• Impact of economic decline
• Impact of fuel costs
• Crossover point in housing market
Housing Location and Type for Older Adults

• 1/2 in suburbs; by 2030—8/10
• 1/4 in rural areas
• 3/4 in single detached homes with 1700+ sq. ft. on 1/3 acre lots
Living Arrangements

• 10.5 million, 29% of all seniors lived alone
• For those 85+, 37% of men and 57% of women lived alone
• Ownership rates over 80%
• Median duration in home—25 years
Defining Local Aging Issues: Case Study of Upper Dublin, PA
Comparison of 1990 and 2000 Age Distributions
Differences Between 1990 and 2000 Age Distributions
Differences Between Aged 1990 and 2000 Age Distributions
Other Demographic Data (2000)

- Owner-occupied units—88.8%
- 1-unit detached housing—74.2%
- 1-unit attached housing—14.7%
- Median rent--$890
- Households with member age 65+—24.9%
- Population age 65+ with disability—28.1%
- Lived in unit more than 20 years—26.8%
Housing Alternatives
Access
Visitability
Universal design
Accessory Dwellings
Mixed Use development
Mobility Issues for Seniors

• 15 times more likely to be killed as pedestrians than as drivers
• Pedestrians—1/5 of road users, 1/2 of deaths
• Driving may be only option when walking and transit use become more difficult
• By 2030—1/4 drivers will be age 65+
Aging oriented planning approaches

- Elder friendly communities
- Aging friendly communities
- Communities for all ages
- Aging in place initiatives
- Community certification
- Lifecycle communities
Resources

AARP Public Policy Institute

Livable Communities: An Evaluation Guide

Beyond 50.05, A Report to the Nation on Livable Communities: Creating Environments for Successful Aging

Aging in Place: A State Survey of Livability Policies and Practices

http://www.aarp.org/research/ppi/

National Association of Area Agencies on Aging, Partners for Livable Communities, and MetLife Foundation

A Blueprint for Action: Developing a Livable Community for All Ages

http://www.aginginplaceinitiative.org/
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