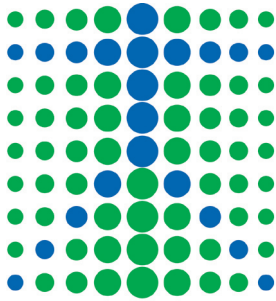


Developing a Livable Centralina Region for All Ages

Workshop Report Six:
Land Use Planning and Design

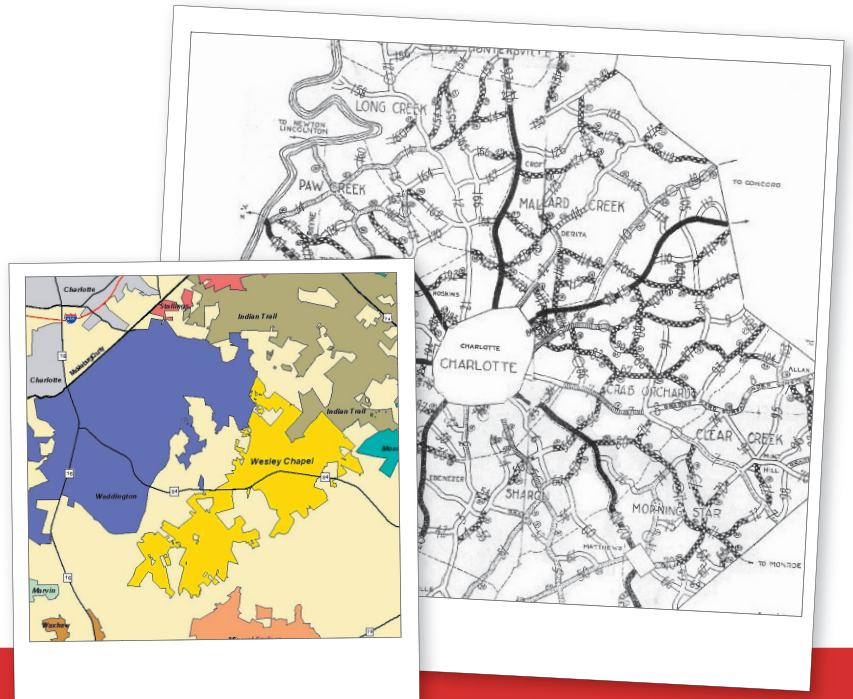


Partners for Livable
Communities



Advocacy. Action. Answers on Aging.

MetLife Foundation



Through the generous support of MetLife Foundation, the sixth regional workshop of the Aging in Place Initiative was held in Charlotte, North Carolina on June 18, 2008, at Byron's Southend.

Written by Jane King

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America is aging. Today roughly 37 million Americans age 65 and older represent slightly more than 12 percent of the country's total population. By the year 2030 the number of Americans in this age group will nearly double, accounting for one-fifth of the population. Due to the overwhelming desire of older Americans to age in place in their own homes, communities will face unprecedented challenges to providing the services and infrastructure that this population will demand. Yet, if communities are resourceful, innovative and prudent, these challenges will be eclipsed by the enormous share of social and human capital that will be made available by the largest, healthiest, best-educated and most affluent generation of older adults in American history.

The Aging in Place Initiative was created by Partners for Livable Communities, the National Association of Area Agencies on Aging, and other national civic groups to draw attention to the increasing aging demographic and to share information about how communities can achieve livability for all. With support from MetLife Foundation, the partners have supported the development of practical tools and resources to help communities jumpstart their conversations and take action to address the needs of older adults in their cities and neighborhoods.

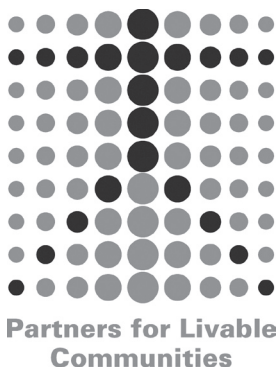
As part of this initiative, the partners supported *The Maturing of America* survey in 2006. This questionnaire found that although many communities have some programs to address the needs of older adults, very few have undertaken a comprehensive assessment of what it would take to make their community livable for all. As a result of these findings, the partners developed a comprehensive resource, *A Blueprint for Action: Developing Livable Communities for All Ages*, to provide communities with a concrete tool to help them plan for the future. The strategies and best practices outlined in the *Blueprint* can help communities make the incremental changes needed to create livable communities that are good places for the young and old alike.

Now, the initiative is on the road, hosting a series of regional workshops across the country that focus on one particular aspect, or theme, of Aging in Place. It is the goal of each workshop to bring together a diverse group of experts and stakeholders to share ideas and generate a local dialogue about Aging in Place efforts and challenges in the community. To help stimulate innovative ideas and new partnerships, workshop attendees are learning how they can receive small "JumpStart the Conversation" grants to fund their own projects. In addition, the initiative's website, www.aginginplaceinitiative.org, has become an information and resource hub with a listing of the JumpStart grant winners along with best practices and the reports from each workshop.

This report documents the Centralina Region workshop (the sixth in the series) which focused on land use and planning. Regardless of whether you attended the workshop, this report provides an in-depth understanding of the role that land use and planning is playing in the lives of older adults in Centralina, as well as the innovative programs and initiatives that are happening across the country to connect older adults with the arts.

Making a community ageless requires the collaboration of numerous players from the public, private and nonprofit sectors. We hope that this report provides a better understanding of how Aging in Place can be incorporated into all aspects of community life.

Your national hosts,



Advocacy. Action. Answers on Aging.

Simply put, Aging in Place is growing older without having to move.

Aging in Place is a comprehensive, community-driven strategy to give Americans the services, opportunities and infrastructure so that they can grow old with dignity in their own homes while remaining active and engaged members of their communities.

MetLife Foundation

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After taking the Aging in Place Initiative on the road five times in less than a year, the Initiative's sponsors and the Centralina Region's Area Agency on Aging decided to make the sixth workshop a discussion on land use planning and design. The location of the workshop, which took place on June 18, 2008 in Charlotte, North Carolina, turned out to be an inspired choice. Land use and planning could not have been more relevant in a booming city and region that has grown very rapidly at times. Participants in the workshop noted that Charlotte's planners had shown that they were ready for the challenge. They praised its light rail system that connects parts of the city, and the traffic lights that are paced to allow slower walkers to cross Charlotte's streets safely.

Land use planning and design fit nicely into the sequence of the Initiative's first year of workshops, which focused on comprehensive approaches to aging in place, employment of older workers, housing, lifelong learning and the arts. The relationship of these subjects to land use planning might not be immediately evident – but land use planning and design influence the character of a community and its capacity to make its buildings, services and amenities available to all. Land use planners are the unseen hands that connect the dots, who create space for parks in the heart of a community, link public transportation to arts and culture, office buildings and shopping, and understand that streets and sidewalks should make all that a community has to offer available to older or disabled residents in wheelchairs – and to those who are pushing strollers.

The Centralina Region's land use planners, architects, housing advocates, staffs of aging and social services agencies, and others at the workshop welcomed the chance to hear from speakers who had participated in the innovative and promising planning taking place in their own communities. The speakers noted that land use planners and designers play a major role in shaping a community. The best land use planners are artists, able to respond to the vision for a community that contributes every day to the quality of life of its residents.

Key Points

- Many land use planners and designers are not fully aware of the consequences of a rapidly increasing aging population on their communities.
- Planners working on making their communities more livable can benefit from the knowledge of those who understand the needs of aging residents.
- Planning for land uses following World War II heavily favored suburban developments that made automobile travel a necessity for almost all the activities of daily life.
- Land use planners and designers play an extremely important role in decisions affecting the accessibility of public transportation and the availability of affordable, appropriate housing in their communities.

Workshop Details

- **What:** A discussion about the role of land use planners and designers in creating livable communities for all.
- **When:** June 18, 2008
- **Where:** Byron's Southend, Charlotte, North Carolina
- **Who:** More than 80 attendees, who specialized in community planning, aging and social services in the towns and counties of the Centralina Region, other stakeholders, community members, and expert speakers and panelists.

See Appendix, starting on p.22, for the workshop agenda, speaker bios, a complete list of participants, and other helpful resources.

Sandy Markwood, CEO of the National Association of Area Agencies on Aging and keynote speaker for the workshop, challenged workshop participants to answer three questions:

- Is your county/the Centralina Region a good place to grow up and to grow old?
- Will the programs, policies and services in your county/region meet the needs of your citizens when they are 65, 75, 85, 95 or even 105?
- If not, what can you as a planner/local leader do now to begin to make your county/region a livable community for all ages?

These questions got right to the point. They are the kinds of questions that leaders in aging and land use and planning have to address if their communities are going to be ready for the burgeoning aging population around the country. As Sandy Markwood exclaimed, “the age wave is here.” There is no time to waste.

Certainly most communities want their older residents to stay in their homes and communities, as most older adults say they want to do. Of the many features that define a community’s livability for aging in place, none may be as important as transportation and housing.

This report features the central role of transportation and housing in the work of land use planners and designers. The workshop’s speakers made it clear, however, that many other very important issues come into play in creating livable communities for all ages, including decisions about land dedicated for schools, parks, businesses, medical services, retail stores, the arts and civic buildings. Many land use planners are charged with protection of the environment and economic development. But for keeping older residents in their communities, planners need to make sure they can be housed appropriately and affordably and that they can engage in the life of the community – even if they are not driving. ◀◀

Background: Snap Shot of the Region

North Carolina offers many attractions. To the east, the Atlantic beaches stretch for hundreds of miles, while mountains dot the terrain in the western part of the state. In between are lakes and stretches of unspoiled land. Add to its charms a largely temperate climate and cities that are among the most vibrant and fastest growing in the country. These characteristics would attract those of any age, so it is no wonder that many people, including those seeking a hospitable location for retirement, choose to move to North Carolina. North Carolina is high on the list of states that attract those sixty and above to move to the state.

Very close to the border of South Carolina, the inland city of Charlotte is the largest in North Carolina and has enjoyed the boom that has energized several North Carolina cities in recent years. Charlotte and the County of Mecklenburg make up the urban heart of the Centralina Region, while the other eight counties that come under the purview of the Centralina Council of Governments have considerable rural populations. The local Area Agency on Aging, a division of the Centralina Council of Governments, is responsible for providing resources and support to older residents of the entire region, comprising nine counties and 76 jurisdictions. The agency recognizes the magnitude of the task of planning for a dramatic rise in the 60+ population, now 14% of the population, but projected to be 20% of the population by 2030.

Snapshot of a Diverse Region

- Over 279,000 residents in the Centralina Region are 60+
- 14% of the population was 60+ in 2000
- 20% of the population will be 60+ in 2030
- Over 76,000 who are 60+ live in rural areas.
- Over 45,000 who are 60+ are minorities
- Over 108,000 who are 60+ live in Mecklenburg County, whose major city is Charlotte ¹

A remarkably diverse region, Centralina poses many dilemmas for those responsible for its land use planning and design. It has a large minority population, considerable wealth as well as poverty, large pockets of younger residents in the city, and concentrations of those who are aging in the countryside. The region's land use planners confront a significant range of issues, from urban planning in Charlotte to managing rural needs in the outlying counties. As they address these issues, they must also take into account the rapid growth of the population in the Centralina region and the state as a whole—growth which is expected to continue in the coming decades.

Older residents of the Centralina Region have the same needs as those that have been identified by older adults in communities all over the country. Most want to stay in their homes and communities, where they require affordable housing, access to health care, mobility options, employment opportunities, the convenient availability of shopping, civic involvement and volunteer opportunities.

Though communities across the country are embracing the concept of livable communities for aging in place, most have not developed a land use plan that encompasses the range of issues that must be addressed. In many communities, experts in aging have not yet sat down with experts in planning. In a period of

shrinking local revenues and many pressing local concerns, the time and resources it takes to consider and address the range of needs of an aging population are daunting. The Centralina Area Agency on Aging decided that planners must be their allies, understand their concerns and help shape the future for Centralina's aging population. They wanted land use planning and design front and center, and to consider aging issues from a regional perspective.

Centralina's Area Agency on Aging is preparing for the Boomer age wave. Like AAAs everywhere, it stretches its resources every day to meet the needs of its older residents. In the midst of responding to daily pressures and offering assistance to increasing numbers of seniors and their caregivers who need assistance, AAAs find the time for planning for the future. Ultimately, they must have the involvement of leaders who have a passion for the cause of aging in place, to include community planning staff, providers of senior services, builders, policymakers, local businesses, residents and others.

The Centralina Region has it all: urban, suburban, small town and rural. With the makeup of the Region so diverse, the Centralina Area Agency on Aging faces a great challenge in serving the current and future needs of those who are aging in the Centralina Region's nine counties. The County of Mecklenberg and the town of Davidson have developed plans for aging in place, but most of the other jurisdictions have not done so. Fortunately, the Area Agency on Aging, as a division of the Council of Governments, has the advantage of being housed with planners whose task is regional coordination.

Gayla Woody, the Aging Program Administrator of the Centralina Area Agency on Aging, understands that land use planners and designers have a comprehensive perspective on the way communities look and function. She wanted to foster collaboration with the experts who have an especially important influence on planning for aging in place. She agreed that n4a and Partners for Livable Communities, with the sponsorship of MetLife Foundation, should bring the sixth in its series of Livable Communities Workshops to Charlotte and to focus on Land Use Planning and Design. In developing the agenda and inviting land use planners to participate in the workshop, Gayla Woody affirmed that they are indispensable partners in creating livable communities for all ages. ◀◀

The Foundation for Livable Communities: Land Use Planning and Design

Community land use planners and designers can create the foundation for linking the physical and natural elements of a community into a whole that is attractive and livable for all. Their mastery of the intricacies of their craft make their collaboration critical to building a livable community – but they must have the support of the leaders of their communities to do so.

Land use planners recommend locations of roadways, the permissible types and location of housing, the land to be preserved for schools, hospitals, parks, retail and commercial buildings, recreation and open space. As they study prospective uses of land, they also must consider the consequences of their plans on the environment, the economic development of their communities – and the fairness and equity to all citizens of their planning proposals.

Land use planners are highly trained professionals whose credentials often include master's degrees in urban or regional planning. The Bureau of Labor Statistics explains that most college and university planning departments “offer specialization in areas such as community development and redevelopment, land use or code development, transportation planning, environmental and natural resources planning, urban design and economic planning and development.”

In their role as advisors to community elected officials and citizens, their work may require a basic understanding of architecture, law, earth sciences, demography, economics, finance, health administration and management. If their expertise in these areas is not substantial, they may collaborate with the professionals in these fields to assure that all of the impacts of their recommendations on a community, current and future, are taken into account.

Given the complexities, land use planning can seem forbiddingly technical—but today planners are working hard to share their knowledge and expertise in more user-friendly formats. Fortunately, new technologies are making it possible for planners to demonstrate visually the information relevant to land use decision-making – making it more tangible for interested citizens, community leaders and elected officials. And many community planners are now gathering citizen opinion through charettes. These are meetings where the public often can examine models of proposed buildings or land use designs. Shown to scale, in the context of their surroundings, these models give charette participants a detailed, three-dimensional image of proposed land uses.

As the Centralina Area Agency on Aging and all the speakers and panelists at the workshop recognized, land use planners and designers influence decisions affecting the full range of features that can define the livability of a community. This report will explore many of the issues discussed by the panelists at the Charlotte Aging in Place workshop

Welcoming Remarks

A.R. Sharp
Executive Director
Centralina Council of
Governments

Gayla Woody
Aging Program Administrator
Centralina Council of
Governments
Area Agency on Aging

Bill Duston
Director of Planning
Centralina Council of
Governments

GIS

Geographic Information Systems (GIS) are computer applications that collect data from a variety of sources and can layer them graphically onto a map. In land use and transportation planning, one example would be use of a census tract map which also integrates data that portrays the typical impact of use of roads, bus routes, shopping centers, industrial sites. These visual aids depict current and proposed uses of the land that can be helpful to planners and novices alike.²

Planning for aging populations

- Less than half (46 percent) of U.S. communities had begun planning efforts to prepare for their aging populations.
- Most of the communities that had begun planning efforts focused on one issue area (i.e., housing, transportation, public safety) rather than planning comprehensively.

—*The Maturing of America, Getting Communities on Track for an Aging Population*³

and provide an overview of the role of land use planning and design in creating livable communities for all ages. Because affordable and appropriate mobility and housing options are key requirements for aging in place, this report's emphasis will be on transportation and housing. It will also consider the great importance of communicating the urgent need to create livable communities for all.

Advocates for Aging in Place and Land Use Planners and Designers — Are They in Sync?

The panelists at the Land Use and Planning workshop knew that Gayla Woody was on the right track when she invited the Centralina Region's planners to the workshop. Whether they were discussing community planning in Charlottesville, Virginia, Davidson, North Carolina, Fairfax County, Virginia or Atlanta, Georgia, the four panelists had shared similar experiences. They had found that planners greatly valued their expertise on aging issues.

"Community design affects how we live. Good design provides opportunities to know and help our neighbors and the pleasure to safely walk to grocery stores, service providers, and recreation sites. It gives us transportation options when we cannot or choose not to use our cars. It provides for affordable housing that adapts to our changing needs. It also facilitates access to technology that enhances our lives and improves our health. While older communities are being revitalized, plans for new developments are underway and more are expected."

From *Fairfax 50+ Action Plan*, Fairfax County, Virginia Board of Supervisors

Planners do not necessarily have in-depth knowledge of aging—but they must consider the implications for their communities of their rapidly increasing older populations. This is not to suggest that practitioners of land use planning and design are insensitive to the needs of older adults. Instead, they are confronted by a phenomenon unknown in history—a burgeoning aging population that in many communities will double in size by 2030.

Those who understand the many changes that can occur with aging and the accommodations essential to aging in place are indispensable to leading the dialogue about what needs to be done in their communities. Conversely, advocates for aging in place are well-served if they recognize the role of planners and the constraints that sometimes limit their flexibility. Land use planners respond to the direction of a complex overlay of jurisdictions: federal, state, regional and local and must respond to the requirements of a dizzying array of laws and regulations promulgated at every level of government.

Nevertheless, land use planners and designers have determined a great deal about the way communities look and function now...and will in the future. As creatures of government, they must act at the behest of elected officials. However, they have great influence on decision-making. After all, they are the experts who are immersed in mapping, demographics, zoning, environmental and myriad other regulations, available funding and all of

the painstaking evaluation that planning entails. They also understand the trends in planning that may offer proven solutions to planning problems. They are usually trusted advisors to elected officials.

Those seeking to make their community more accommodating for aging in place should seek the counsel of planners as early in the process as possible. However, some initial steps are essential. Sitting down with planners will not be very productive if the conversation is too general. Savvy advocates will arm themselves with all the information available about what already exists to support aging in place in their communities and what does not. They will also be aware of the views of seniors about what they expect if they are to age in place in their community. And they will have taken the preliminary steps to convene the many stakeholders who will collaborate to achieve the goal of creating a livable community for all ages.

The four panelists at the workshop, Sharon Lynn, Chris Murray, Cheryll Schramm and Sauni Wood, described their role as educators, and sometimes instigators, in prompting the action of planners, other stakeholders and elected officials. The panelists all found, however, great willingness by planners to take on the challenges posed by an aging society. Land use planners and experts on aging issues, when they work together with other community leaders, stakeholders and residents, and make a compelling case, can inspire their communities to enhance the livability of their communities for aging in place. Ultimately, the success of advocates of livable communities for all ages can depend on their enlisting the support of residents and elected officials, who make the final land use and budget decisions.

The Problems That Land Use Planners Face: What Makes Communities Less Livable?

Challenge: The design of most American communities does not facilitate aging in place for their residents.

Solution: Revise planning to integrate services with enhanced housing and mobility options.

Land use planners often contend with decisions made and executed decades ago that create great obstacles for meeting the current and future needs of their communities. Perhaps the most dramatic example is the design of suburbs. The premise of their design, segregation of homes from all other buildings, created complete dependence on the automobile. Whatever

“In Davidson, we think it was so important to get the mayor and Town Board and staff involved in thinking about the needs of our older residents.”

—Sauni Wood, Aging in Place Task Force, Davidson, North Carolina

Keynote Speaker and Moderator

Sandy Markwood

*Chief Executive Officer
Center of Creative Aging at
National Association of Area
Agencies on Aging*

Panelists

Sharon Lynn

*Assistant Director
Fairfax Area Agency on
Aging*

Chris Murray

*Business Development
Manager
Jefferson Area Board for
Aging*

Cheryll Schramm

*Former Director, Atlanta
Regional Council Area Agency
on Aging
Chair, Georgia Council on
Aging
Atlanta, Georgia*

Sauni Wood

*Aging in Place Task Force
Davidson, North Carolina*

Who Should be the Participants in Communities for Supporting Aging in Place?

A Blueprint for Action: Developing a Livable Community for all Ages recommends a broad collaboration that would include: area agencies on aging; providers of health and supportive services; aging and disability advocates; housing advocates; land use planners and designers; transportation officials; local nonprofits; children and youth organizations; and local philanthropies.⁴

the setting, however, planners wrestle with impediments to livability for those who are aging.

Obstacles to livability: The suburbs — After World War II, the boom in automobile sales and improved standard of living started an exodus from cities to greener suburbs. They seemed to be the perfect place for raising children, with their promise of a yard where children could play and separation from the noise, hustle and bustle of highways, office buildings and shopping centers.

This has become so much the traditional pattern of American growth that suburban life was viewed as the fulfillment of the American Dream. In 1950, 23 percent of Americans lived in the suburbs, while 50 percent lived in suburbs by 2000. But the dream has become a trap for some. Older residents of suburbs may find especially troubling the segregation of housing, retail establishments, civic buildings, offices, as they require trips by car to accomplish most of life's tasks. If they can no longer drive, older residents may become isolated, unable to engage in social life, and sometimes dependent on the kindness of strangers when they would prefer to negotiate their own way.

Planners, policymakers and others concerned about the sustainability of the suburban way of life have influenced some serious re-thinking about alternative approaches to development. Concerns about the environment, wasteful energy use, and loss of parklands and open space have prompted development of an influential movement called Smart Growth, whose principles call for mixed-use development with a range of housing and transportation options and walkable neighborhoods.

Davidson, North Carolina: The Story of One Small Town and One Woman Who Changed It

With a population of 9,099, Davidson is in many ways the idyllic small town that no one ever wants to leave. With 18 parks and greenways, it is home to Davidson College, which even boasts an arboretum. Davidson's website states that "Davidson is built for pedestrians and bike riders, not for the car. No drive thrus are allowed here. We believe in connectivity and walkable streets." It requires 12.5 percent of all new development to be affordable "to encourage all types of homes and all types of citizens." In 2004 it won the Smart Growth Award, sponsored by the U.S. Environmental Protection Agency, for Overall Excellence in Town Planning and Design.

Sometimes one citizen champion can move a community to prepare for the needs of its aging citizens. Sauni Wood, a workshop panelist and longtime resident of Davidson, began looking around her lovely town and noted that it was not geared to keeping older adults in the community safely. She decided she needed to act. As she reported to the workshop attendees, she talked to two friends in the community, who agreed to join her in gathering information and describing the kinds of planning needed to keep older citizens in Davidson. The mayor was immediately interested and asked the Town Board to establish the Aging in Place Task Force, which began formal meetings in January 2007. The Task Force immediately requested participation by Davidson's staff, so that the town government would be directly involved in Task Force deliberations.

The Task Force completed a community survey, and made recommendations that included improvements in street design and walkability, transportation, and housing, to include a "greenhouse" nursing facility and affordable assisted living, improved programs for seniors and facilities such as Adult Day Care and senior centers. The Town Board accepted the recommendations, though some are long-term, and will consider them in its comprehensive plan.

Obstacles to livability: cities — Though cities are beginning to attract both young and older to move back to enjoy their many amenities, they can be dangerous in some areas, with deteriorating housing, unsafe neighborhoods, insufficient services and public transportation and the many problems associated with a high incidence of poverty. The migration from urban centers that characterized the decades after World War II emptied some city centers and left whole neighborhoods to completely deteriorate. Some minority neighborhoods lack access to convenient grocery and other retail stores and are far removed from the offices and businesses that create thriving communities. Still others have gentrified, with such marked changes that housing costs skyrocket and lower-income, longtime residents are driven out because they cannot afford to stay.

Obstacles to livability: small towns and rural areas — Their residents may be a good distance from medical facilities, shopping and access to public transportation. They share similar drawbacks as the suburbs, as their residents are dependent on the automobile. Many younger people from rural areas are moving into the suburbs and cities for jobs and a different way of life. The number of aging in rural communities is often considerably higher than in the suburbs or cities, putting additional strains on rural communities that are already hard-pressed to meet the needs of their seniors.

“Through land use planning and regulations, public investments, private financing and dominant societal values, we have created communities that present significant obstacles to the continued independence of older adults. Our housing stock – with its preponderance of single-family homes – favors healthy households with relatively significant incomes. In any given community, affordable housing alternatives are often severely restricted. The prevailing land use pattern requires access to an automobile, creating a hostile environment for pedestrians and limited, if any, transit services.”

Aging and Smart Growth: Building Aging-Sensitive Communities, Funders Network for Smart Growth and Livable Communities ⁵

Why Smart Growth?

The Smart Growth movement has many adherents among land use planners, local governments and others interested in community development that can be important allies for proponents of livable communities and aging in place. The goals of Smart Growth and livable communities for seniors often intersect, although their priorities may differ. Smart Growth evolved in reaction to suburban sprawl and the environmental damage caused by dependence on automobiles. Transit-oriented design, for example, is based on Smart Growth principles, which call for mixed use communities in which housing, retail establishments, offices, restaurants and other buildings are in close proximity and accessible to public transportation. Smart Growth also supports denser placement of homes and buildings, more compact living spaces, walkable communities, convenient access to public transportation, preservation of open spaces and compact building design.

Smart Growth proponents are sometimes challenged by those who object to greater density, both of people and housing, in their neighborhoods. For those expecting to age in place, however, Smart Growth and Transit-oriented Design (often called TOD) can relieve some of the burdens of urban, suburban or rural life. In any choice about where to live, trade-offs are unavoidable, especially for those who may need to make changes due to aging. Smaller, more compact homes mean less upkeep; parks can substitute for big yards and their maintenance; walking can be a healthy alternative to driving; and public transportation is cheaper and more energy-efficient than a car.

Land Use Planning And Transportation Planning — You Can't Have One Without The Other

Challenge: The majority of American communities were designed to require use of an automobile for most activities outside the home.

Solution: Develop mobility options, to include walking and biking, which serve as alternatives to driving.

Land use planning and transportation planning are completely intertwined. Decisions made about land assigned for roads, highways, railways and subways impact all other land use decisions. Land use and transportation planners wrestle with the same problems: rapidly aging infrastructure, complicated funding streams, regional disagreements, competing priorities. They deal with many players, to include federal, state, regional and local officials, all of whom have responsibilities for components of the transportation infrastructure, to include highways, secondary roads, local streets, public transit, human services transportation, taxi service, sidewalks and bike paths.

And for decades, the automobile has been king. Money was poured into the interstate highway system and other roads at the expense of other modes of transportation.

In a nation that has thrived on automobiles, driving confers a sense of autonomy, of flexibility and control. But for many older Americans, driving is no longer a mobility option. One in five Americans 65 or older does not drive. The Na-

Planners and Area Agencies on Aging Working Side by Side

Cheryll Shramm explains the role of the planning divisions of the Atlanta Regional Commission (ARC) with a very straightforward, emphatic statement, "We could not have done it without them." Shramm, a panelist at the Centralina workshop, was the director of the Area Agency on Aging, a division of ARC, during its development of the plans for Lifelong Communities, one of the most forward-thinking plans for aging in place in the country. She is currently the chair of Georgia's Council on Aging, which is now undertaking the Georgia for a Lifetime Initiative, to help Georgia's communities to replicate the planning of the ARC.

Prompted by the AAA staff, the executive committee of the ARC Board agreed that work should begin on preparing the region for the needs of the rapidly increasing aging population in the ten counties represented by the ARC. The committee decided that each of the counties should develop its own Lifelong Community plan first. To obtain the views of residents, The AAA surveyed older residents of the region by phone and through focus groups and community forums.

According to Shramm, the AAA's planning for an aging population benefited enormously from its relationship with the ARC divisions responsible for regional planning. She explains that: "Transportation and housing, the location of healthcare facilities and parklands, the coordination for economic development and the general quality of life in the region are all in the purview of the ARC." Shramm now consults with the AAA, and continues to work on achieving the goals for Lifelong Communities, which include promoting housing and transportation options, encouraging healthy lifestyles, and expanding information and access services, which include links to services.

tional Institute on Aging reports that 600,000 people around 70 or older stop driving each year. The reasons are many, to include health, vision impairments, declining mental acuity, individual choice to curtail driving and lack of an automobile.

“We could not have done it without them!”

—Cheryll Schramm, former director of the Atlanta Regional Commission Area Agency on Aging, speaking about the role of planners in supporting aging in place.

The Surface Transportation Policy Project issued a report, *Aging Americans: Stranded Without Options*, which defines the stark reality for many who do not drive: “Older non-drivers have a decreased ability to participate in the community and the economy. Compared with older drivers, older non-drivers in the United States make: 15% fewer trips to the doctor, 59% fewer shopping trips and visits to restaurants; 65% fewer trips for social, family and religious activities.”⁶

Imaginative planners and policymakers are finding alternatives to the automobile—and promoting those that succeed. It is very important that the needs of seniors are integrated into the mix of mobility options that planners consider. Too often this does not happen.

One usually enlightened community recently issued a draft master transportation plan developed by a task force of highly qualified citizens that had met for three years, with staff support, to develop the plan. The lengthy document did not once mention the needs of older residents. Fortunately, when the draft reached the desk of the director of the area agency on aging, the agency and the commission on aging reacted immediately and their comments were incorporated in the final document.

Transit-oriented design is one solution favored by many planners, though it may have more bearing on new construction than on traditional suburban communities. Transit-oriented design reverses the suburban model, by placing housing in close proximity to stores, restaurants, and offices that are near public transportation that is accessible by walking and biking. The American Public Transportation Association defines transit-oriented development as “compact, mixed-use development near new or existing public transportation infrastructure that serves housing, transportation and neighborhood goals. Its pedestrian-oriented design encourages residents and workers to ride mass transit.”⁷

The panelists at the Charlotte workshop represented communities where land use and transportation planners work together as part of a larger team looking at aging in place holistically. Sharon Lynn, associate director of the Fairfax County, Virginia, Area Agency on Aging, described the impressive commitment its Board of Supervisors has made so that its older residents will want—and be able to—stay in the County. The Board has pledged to integrate the transportation needs of older adults in all mainstream transportation planning—roads, trails, sidewalks, buses, bus shelters and in decisions that impact driving, such as size of signage. It also plans to establish

Aging Americans: Stranded Without Options notes that those most likely to lack alternatives to cars live in rural areas or sprawling suburbs or are African-Americans, Latinos and Asian-Americans. For some, walking, biking or public transportation might suffice, but the *American Housing Survey* of 2001 points out that approximately half of those living in this country have no access to public transportation.

“The physical characteristics of a livable community can be seen on any ‘Main Street’, where some residences are close to stores and services and people can easily travel by car, on foot, or by bicycle, or where they can access convenient public transit.”

—*A Blueprint for Action, Developing a Livable Community for All Ages*

a one-stop transportation information center to provide information on bus, rail, taxi, paratransit, door-to-door assistance and volunteer transportation. The center will also be able to make reservations.

Cheryll Schramm reported that the Atlanta Regional Commission (comprising land use, transportation and other planners), provides funding to communities that enhance sidewalks and streetscapes, connect retail, businesses and residential areas, increase transportation choices and accessibility. The Commission is also piloting a voucher program that subsidizes the trips of older citizens via the mobility options they choose.

Chris Murray, a Workshop panelist and manager of business development for the Jefferson Area Board on Aging (JABA), notes that the 2020 Plan for the Thomas Jefferson Planning District, which includes Charlottesville and five surrounding counties, calls for incentives to reduce congestion and the development of a seamless mass transit system to be available seven days a week for the entire Planning District. The Plan also proposes to structure a regional statutory and regulatory environment that encourages increased mass transit throughout the region.

The Key To Housing for Aging In Place: Many Options

Challenge: While most want to stay in their homes and communities, older Americans may not be living in a home appropriate for aging in place.

Solution: Develop zoning requirements that permit housing options that are suitable for those who are aging and increase the availability of affordable housing for seniors.

Most who are aging say that they want to stay in their homes and communities for as long as possible. However, the house that provided shelter, warmth and plenty of room for rambunctious children is often not the ideal home for older residents. After years of wear and tear, the home may need significant repairs that would be very costly. Steps to entrances and second or third floors that were no problem in their younger years may now be difficult for older residents to ascend and descend. Bathrooms and kitchens are now hazardous zones. The older resident who needs to use a wheelchair cannot squeeze into the bathroom or use the stairs.

Despite overall support and acceptance of affordable housing for elders, the current number of units is woefully inadequate to serve the burgeoning elder population.⁸

Decisions about where to live are highly personal and extremely important to the quality of life of older residents. Some will choose to stay in their homes and pay for the repairs and modifications, which will allow them to age in place – if they can afford them. Others will happily choose to downsize. Still others will move to a home with universal design features that support aging in place. Whatever the choice, life may eventually throw some curves that require older residents to re-think their housing choices. They may want to live in the shared space of a group home, or in an accessory dwelling unit near their children and grandchildren, or in an assisted living facility.

Communities have to reckon with the fact that their current housing stock does not meet the needs of their older residents. A livable community provides a range of housing types at various levels of affordability. This range should include supportive housing arrangements, such as assisted living, that are affordable for people of low and moderate incomes. Most communities, however, face major economic and political challenges to providing a diverse array of housing stock, including apartments, homesharing options, and compact, higher density housing.

In many cases, zoning restrictions severely limit innovations in housing that would expand options for those who are aging. Zoning requirements in many suburbs, for example, mandate the separation of housing, retail establishments, office and civic buildings and buildings for other purposes. They also often limit housing to single-family, detached homes. The powers of persuasion of planners and aging advocates can be essential in advocating for more flexible zoning.

The types of affordable, appropriate housing that would be suitable sometimes arouses NIMBYism. (NIMBY is the acronym for Not in My Back Yard.) The building of accessory dwelling units (ADUs) has provoked strenuous opposition in some communities, though some are re-considering the value of ADUs. ADUs are private and complete housing units in or adjacent to single-family homes. They serve many purposes. They can house family members who want to continue to live independently, but also want to be close to children and grandchildren, or serve as rental units for older homeowners who need a supplemental income. ADUs can be built to meet community and neighborhood standards while adding to the availability of affordable housing in the community.

The City of Santa Cruz, California, in dire need of affordable housing, figured out a way to make ADUs more appealing to its citizens. The Department of Housing and Community Development urged the city to revise its zoning ordinance to create more affordable housing by encouraging development of ADUs. The city eliminated the requirement for covered parking, to permit the space to be used for ADUs. Seven architects created prototypes that are compatible with the city's neighborhoods. These designs have been

Universal Design

Universal design is a concept increasingly favored by developers of houses, buildings, products – and communities. Those following universal design principles seek to create homes, buildings and products that are “universally” useful – in other words, they can be used or accessed by people with a great variety of abilities or disabilities. Some communities support universally designed housing through zoning amendments or voluntary codes. Builders in several states are seeking a certification for houses called EasyLiving Home. Homes that are awarded the certification must have a step-free entrance, wide passages through each doorway and at least one bedroom, kitchen and bathroom on the first floor. With these features, residents and visitors alike can navigate the home in wheelchairs. Universal design concepts are useful to community planners, too, as they consider changes in the built or natural environment that can accommodate all residents, no matter what their physical abilities.

For more information, visit:
www.easylivinghome.org or
www.design.ncsu.edu/cud

pre-approved by the city. Santa Cruz provides an ADU Plan Book with designs for all seven prototypes, an ADU Manual that provides a step-by-step guide and an ADU video. For a model state act and local ordinance allowing accessory dwelling units (ADUs), see page 18 for more information.

Shared housing is another worthwhile option for older adults that has faced challenges due to restrictive zoning. For seniors who wish to remain in their neighborhood or community but can no longer support or afford a large home, shared living can be an attractive option. A small group of older adults can decide to live together under one roof or a local service that matches homeowners with live-in tenants can make arrangements for sharing homes. Some shared homes have managers who arrange for supportive services.

Still another zoning change that can be helpful to seniors and the community and, is relatively simple, is to allow new homes to be constructed on smaller lot sizes. Permitting greater density encourages development of affordable housing for older adults who wish to downsize while continuing to live in their community independently.

Other zoning amendments can support increased availability of affordable housing. Inclusionary zoning has been adopted in some communities to assure that a certain percentage of new homes will be affordable and blend in with the other homes. Density bonuses award builders for increasing the density of the housing they create.

Chris Murray, during his workshop presentation, described innovations in housing options in the Charlottesville area that promise a wide range of housing for the region's older adults. Chris notes that the Jefferson Area Planning District Commission (JABA) owns, with partners, independent living and assisted living facilities. As Chris explains, the flattening of federal and state support for housing for seniors has prompted JABA to develop a business model that is both self-sustaining and provides income to support JABA's other activities. Chris points out that the region's planners are very involved in preparing for the increasing aging population. They are, for example, sending speakers to community meetings to explain the benefits of zoning that allows greater density in the placement of homes. Chris argues that the paradigm of big lots does not work in today's environment.

Not in My Backyard

NIMBYism, or not in my backyard, is often a reaction to proposals for greater density in housing or for flexible housing options. It's best to be prepared. The workshop panelists noted that, in both Atlanta and the Charlottesville area, proponents attend community meetings to educate residents about the impact the changes will make. Objections can sometimes be overcome if neighbors understand the purposes for new housing options and it is demonstrated that property values will be maintained or enhanced.

It Is Good for Everyone in the Community: Getting the Message Across

Planners sometimes get caught in the crossfire of disputes about land use. Most local politicians would probably agree that nothing engenders more heated argument than disputes about proposed uses of land.

Change is difficult. The suburban way of life is cherished by many Americans, who may view proposals for locating assisted living facilities or shared housing in their neighborhoods as a threat to their property values – and to the lifestyle they have chosen. Planners may also encounter very stiff resistance when they make the case that smaller lots and more compact housing can blend in with a neighborhood’s design.

A groundswell of support may be necessary to gain the approval of elected officials for necessary zoning and planning changes. For advocates of livable communities and aging in place, seeking allies in their communities is a must. Respected community leaders, representing a range of affiliations, such as businesses, churches, civic associations, voluntary organizations and many others, can smooth the way for ideas that would otherwise be rejected. As an example, community members who work on behalf of children’s causes can be very important partners, as they make the point that livable communities are for all ages.

It is extremely important to prevent unnecessary confrontation. Effective community leaders carefully educate residents about their recommendations for change. The benefits of livable communities for all ages far outweigh any perceived disadvantages – but gentle persuasion is most effective if doubts and misunderstandings are taken seriously and addressed respectfully and clearly.

“Community members who work on behalf of children’s causes can be very important partners, as they make the point that livable communities are for all ages.”

the messages must be weighed carefully. Land use planners may need to translate technical terms into language their audiences can readily understand. And advocates for seniors may want to tap their greatest resource – older residents who can tell their stories about what they need to be able to stay in their homes and communities.

One other very important communications channel should always be open. Conversations between advocates for seniors and community planners should be routine. Planners are at the table for many decisions that affect the lives of seniors. The more they know about aging residents, the better their recommendations will be. ◀◀

“Zoning changes do not simply happen in windowless rooms – they are often very public processes involving neighborhood members and raising intense emotions and strong opinions. A critical component of any strategy to solve the planning and zoning equation and promote aging in place is an effective political constituency that will support change.”⁹

—Aging in Place: A Toolkit for Local Governments. For more information, see Resource Section on page 27.

Land use planners, advocates for seniors and other supporters of livable communities for all ages can serve as enthusiastic messengers about the pleasures of living in communities that are livable for all ages. But the clarity and the impact of

A livable community is one that has affordable and appropriate housing, supportive community features and services, and adequate mobility options, which together facilitate personal independence and the engagement of residents in civic and social life.

—AARP’s definition of livable communities

Aging Friendly Innovations: Best Practices

The following are initiatives and programs, within and beyond the Centralina Region, that are helping to provide older adults with meaningful cultural and artistic opportunities.

Centralina Region Best Practices

Aging in Place Task Force

Davidson, North Carolina

The Aging in Place Task Force was created in response to three residents of Davidson who were convinced that they lived in a great small town, but feared that conditions were not right for older residents to age in place in Davidson. They knew that, in comparison to many communities, their town offers considerable advantages for those who are aging. The US Environmental Protection Agency had awarded to Davidson's Planning Department its "Overall Excellence in Smart Growth Award" in 2004. The EPA described Davidson: "A small community, Davidson is setting the standard for creating healthy and vibrant neighborhoods in a historic setting." It goes on to say that "its new neighborhoods incorporate a variety of lot sizes and housing types, including affordable housing, and neighborhood parks within a five minute walk." Even in a community like Davidson, however, the needs of aging residents must be assessed. The Task Force, with the support of the mayor, surveyed residents, identified the need for better street design, improved walkability, transportation, housing options and facilities, and forwarded their recommendations to the mayor and the Town Board.

To learn more, visit <http://ci.davidson.nc.us/DocumentView.asp?DID=509>

Status of Seniors Initiative – Strategic Planning

Mecklenburg County, North Carolina

Mecklenburg County includes Charlotte, the 19th largest city in the United States. With a growing population of seniors, the County undertook intensive planning for accommodating their needs. Every segment of the County, from the public to government, businesses and non-profits, was invited to participate. The Initiative defined its mission as engaging "the community in creating a dynamic plan that enhances the quality of life for older adults by focusing resources on their needs." The strategies for the Initiative were developed through workgroups, to enable consideration of the full range of issues impacting older residents. The Initiative made specific land use recommendations, which included: support for compact, mixed-use neighborhoods that include provision for affordable housing for seniors; a development policy encouraging multi-uses (for senior activities) of existing public spaces and private spaces such as churches, etc.; new housing innovations in neighborhoods that are walkable and near transit and shopping; and involvement by seniors in planning decisions.

To learn more, visit <http://statusofseniors.charmeck.org>

National Best Practices

Planning Lifelong Communities

Atlanta, Georgia

The Atlanta Regional Commission (ARC) Area Agency on Aging, as a division of the ARC, worked very closely with the ARC's Board and its planning staff to develop a process for planning Lifelong Communities. In many respects, the Atlanta Regional Commission, and its AAA, have been the model for planning for aging in place. The ARC describes its planning process as transforming “the region from the bottom up. Rather than create one regional plan that local communities implement, professionals with a wide range of expertise, older adults and caregivers form local county-based partnerships. These community groups then analyze the local data, challenges and opportunities; identify priorities and implement strategies.”

For the Atlanta region, Lifelong Communities have three major goals:

- Promoting housing and transportation options
- Encouraging healthy lifestyles
- Expanding information and access to services.

To learn more, visit <http://www.atlantaregional.com/html/467.aspx>

2020 Plan: Aging in Community

Charlottesville, Virginia

The Jefferson Area Board on Aging (JABA) is the AAA for Charlottesville and five surrounding counties. JABA spearheaded the development of the 2020 plan, which was developed with the Jefferson Area Planning Board and by many area residents who contributed their time and professional expertise. A conference and public forums were held to elicit broad public participation, and 85 organizations and 500 individuals helped to develop the plan. The plan's goals call for:

- Promoting coordinated and accessible healthcare
- Supporting maximum independence and lifelong health and support to family caregivers
- Offering choices – affordable living options for seniors and support to family caregivers
- Designing communities to enhance quality of life
- Fostering vibrant engagement in life
- Strengthening caring communities through active citizenship
- Strengthening intergenerational connections

To learn more, visit <http://www.jabacares.org/about~mission.html>

50+ Action Plan

Fairfax County, Virginia

Fairfax County is an urban county, south of Washington DC, with a larger population than that of seven states. With over 1,000,000 residents, Fairfax County has become home to a very diverse population, with almost 30% of the county's population born in a foreign country. The percentage of older adults has increased from 3% in 1970 to 9.2% in 2006, and the growth continues. The County took action to improve its livability for older residents when the results of a demographic trends study showed that the increase in the numbers of older adults in the County was rapidly accelerating.

The County's Board of Supervisors took a very active role in developing the Fairfax 50+ Action Plan. Their work was supported by work of the Fairfax Area Agency on Aging staff. The Supervisors held Board committee meetings to cover the major subject areas relevant to planning for an aging population, surveyed all departments on their efforts to address the needs of older adults and also to tap their talents, and also directed all of the County's department heads to review their mandates in terms of serving residents who are aging. The priorities developed by Board's committee because of the Fairfax 50+ Action Plan, which covers: planning now for a more aging friendly community tomorrow; providing housing options for every age; affordability of housing and services; transportation options; employment and volunteerism; diversity; caregiving; technology; health/mental health; safety and security; service capacity. The Fairfax County Commission on Aging is charged with tracking the outcomes of the Plan.

To learn more, visit <http://www.fairfaxcounty.gov/olderadults/plan.htm>

Accessory Dwelling Unit Development Program

Santa Cruz, California

The City of Santa Cruz has been one of the most expensive housing markets in the U.S. With less than seven percent of residents easily able to afford to buy a median-priced home in the community, Santa Cruz was having trouble retaining teachers, firefighters and service workers and it decided to act. In 2003, city officials created the Accessory Dwelling Unit (ADU) Development Program to make it easier for homeowners to create a separate housing unit attached or adjacent to the house.

The city believed that through more development of ADUs, the community could minimize the impact of population growth and also help homeowners supplement their mortgage payments. City officials also identified ADUs as a way to provide more rental housing in the core of the city, and to foster the use of public transportation.

As part of the ADU Development Program, the city revised several zoning ordinances and released an ADU "How To" manual featuring a number of ADU prototype designs. The city also sponsors an ADU loan program which offers loans of up to \$100,000 through the Santa Cruz Community Credit Union. In its first year alone, 35 ADUs were constructed and the program has since received several distinctions from organizations such as the US Environmental Protection Agency, the American Planning Association and others.

To learn more, visit <http://www.ci.santa-cruz.ca.us/pl/hcd/ADU/adu.html>

Best Practices in the States

Aging 2020: Arizona's Plan for an Aging Population

Arizona

Through an executive order of the governor, Aging 2020: Arizona's Plan for an Aging Population, was developed through several stages, starting in 2004. An Aging Summit was convened to obtain views of the public in May of 2004. State agencies were then required to draft plans, by the following September, based on the concerns raised at the Summit. After the draft plans were completed, community leaders were convened in forty forums throughout Arizona to obtain recommendations from the public to be incorporated into the plans. The report on the Plan states that, throughout the planning process, several "guiding principles were established to help guide strategy development and approaches."

These principles included:

- The Aging 2020 plan will incorporate strategies to create communities where persons of all ages, with and without disabilities, can live meaningful, productive, healthy independent lives.
- Adequate and appropriate options for community living, and the ability to choose and direct one's own care, will be the standard approach in aging services by the year 2020.
- Aging 2020 must acknowledge Arizona's regional differences, be attentive to rural, urban, and suburban needs, and take a multidisciplinary approach to change.

To learn more, visit <http://www.azgovernor.gov/Aging/Documents/Aging2020Report.pdf>

Communities for a Lifetime

Florida

The state of Florida leads a Communities for a Lifetime initiative to support the communities in the state that choose to adopt plans for meeting the future needs of their residents. Florida's Department of Elder Affairs describes its role as "providing state technical assistance to make crucial civic improvements in such areas as housing, health care, transportation, accessibility, business partnerships, community education, efficient use of natural resources, volunteer opportunities and recreation. The Department recommends that shareholders include chief elected officials, business leaders, regional planning councils, planners, developers, builders and architects. Acting as a clearinghouse, the Department is a resource for sharing information and the expertise of stakeholders from around the state, as well as disseminating best practices from Florida and elsewhere.

To learn more, visit <http://www.communitiesforalifetime.org>

Project 2030

State of Minnesota

The Minnesota Department of Human Services took on the task of identifying the prospective needs of Minnesota's steadily increasing number of older residents, expected to be one of every four residents by 2030. The Department describes this as the "most profound age shift in history." Minnesota held forums around the state and asked each of its departments to appoint a liaison to Project 2030. The Minnesota Board on Aging is a partner in the Project, which developed the following policy recommendations:

- Increase personal responsibility to plan for retirement and old age.
- Increase options for greater personal responsibility and choice in provision and payment of long-term care.
- Support health promotion and maintenance to prevent or reduce disability rates in our population.
- Create "age-sensitive" social infrastructures that support and help people as they age.
- Strengthen, maintain or redesign the service delivery systems in our communities.
- Build or adapt physical infrastructures to achieve wise land use, lifecycles housing, better transportation and supportive design of public spaces while promoting environmental sustainability.
- Promote creative use of the state's aging population both in the labor force and in non-paid, contributory roles.
- Promote flexibility in the workplace in order to accommodate the changing definition of work and retirement within an extended lifespan.
- Invest in high quality education and training for our young people to ensure a high quality workforce in the future.

The Project 2030 report also includes many of the specific suggestions made by citizens about preparing for the future age wave.

To learn more, visit http://www.dhs.state.mn.us/main/idcplg?IdcService=GET_DYNAMIC_CONVERSION&RevisionSelectionMethod=LatestReleased&dDocName=id_005435

Appendix: Workshop Agenda

Land Use Planning and Design: Creating a Livable Community for All Ages in the Centralina Region

June 18, 2008
10:00 a.m. to 3:30 p.m.
Byron's Southend

10:00 a.m. Welcome and Introductions

- Gayla Woody, Aging Program Administrator, Centralina Council of Governments Area Agency on Aging
- Bill Duston, Director of Planning, Centralina Council of Governments

10:15 a.m. The Call for Livable Communities for All Ages

- Sandy Markwood, CEO, National Association of Area Agencies on Aging

10:45 a.m. Questions

11:00 a.m. Community Issues for Older Adults - An Experience

11:45 a.m. Questions

12:00 p.m. Lunch

12:30 p.m. Creating Livable Communities for All Ages: Community Experience Panel

- Davidson, North Carolina – Sauni Wood
- Fairfax, Virginia – Sharon Lynn
- Atlanta, Georgia – Cheryll Schramm
- Charlottesville, Virginia - Chris Murray

2:30 p.m. Questions

2:45 p.m. “JumpStart the Conversation” Grant Opportunity

2:50 p.m. Next Steps? Where Do We Go From Here?

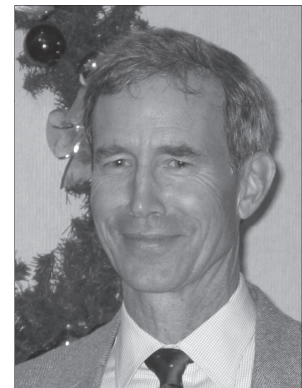
Appendix: Speaker Bios

Sharon Lynn has been the Assistant Director of the Fairfax Area Agency on Aging since 2005. She was previously the Director of ElderLink, Options for Caregiving, for 13 years. ElderLink is a care management agency in Northern Virginia affiliated with Inova Health System, the Fairfax Area Agency on Aging, and the Alzheimer's Association. Ms. Lynn supervised ElderLink staff but was also a care manager herself - providing in-home assessments and care planning for frail seniors and their families. Prior to ElderLink, Ms. Lynn worked as an Ombudsman with the Northern Virginia Long-Term Care Ombudsman Program. She has a bachelor's degree in Education, as well as a Master's in Social work from Virginia Commonwealth University with a specialization in Health Studies. She is also a licensed Clinical Social Worker.



Sharon Lynn
Fairfax Area Agency on Aging

Christopher Murray is in charge of business development for the Jefferson Area Board of Aging (JABA), in Charlottesville, VA. Although a non-profit Area Agency on Aging, JABA has turned to the for-profit sector to make up for flattening federal and state support, in the face of an ever increasing senior population. He has over 30 years working in the private sector as an industrial designer, marketer and manufacturer. He brings a wide range of interest and experience that suits the agency well, as it uncovers and pursues business ventures, especially senior-friendly housing. He has an undergraduate degree from Washington & Lee University, and an MFA from Virginia Commonwealth University.



Christopher Murray
Jefferson Area Board of Aging

Cheryll Schramm is in her second term as Chair of the Georgia Council on Aging. She was the first Council Chair after the Council was created by the Georgia General Assembly in 1977. After serving as the Director of the Area Agency on Aging for the Atlanta Region (Division of the Atlanta Regional Commission) for over 25 years she retired and now works for ARC on a part time basis, responsible for several special projects. Cheryll has served the aging network at the national level in roles including Past President, National Association of Area Agencies on Aging (N4A); Board Member, American Society on Aging; and as a member of a Technical Advisory Group, U.S. Dept. of Health and Human Services Administration on Aging/N4A/National Association of State Units on Aging. She has a Bachelor of Science Degree from the University of Nebraska and a Masters of Social Work Degree from Washington University in St. Louis.

Cheryll Schramm
Georgia Council on Aging

Appendix: Speaker Bios

Sauni Wood

Town of Davidson Aging in Place Task Force

A resident of the town of Davidson for thirty-four years, **Sauni Wood** has spent twenty of those years between Central Piedmont Community College as Director of the Early Childhood Education Associate Degree, and at UNCC as an Adjunct Lecturer, a Consultant/Host in the field of Family and Child Development to CPCC's Child and Family Development Educational Television, and Consultant to WSOC's Family Focus and WFAE's News Child Development interviews. She is a wife and mother of four children, a professional educator and an active citizen in the Town of Davidson. As she and her husband aged, they were very aware of what a wonderful community Davidson was but became increasingly conscious of the gaps in services to seniors in the town. As a result of inquiry, research, and collaboration with other citizens, the Mayor asked for a proposal to the Town Board, and a Task Force was assembled. In January of 2008, they submitted the Task Force's recommendations to the Town Board. They continue on as an Aging in Place Initiative for the Town of Davidson.



Gayla Woody

Centralina Area Agency on Aging, Centralina Council of Governments

Gayla Woody has actively served the aging community in North Carolina for almost thirty years. She is currently the Aging Program Administrator for the Centralina Area Agency on Aging, Centralina Council of Governments. Prior to that she served as their Aging Specialist, and was Assistant Director and Service Coordinator for the Gatson County Department of Aging. In 2005 she was a delegate to the White House Conference on Aging, and in 2006 she testified before the Senate Select Committee. In 2007 she was a recipient of the Charlotte-Mecklenburg Aging Coalition Advocator/Educator Award. She is currently a member of local, regional and national aging associations including the North Carolina Association of Area Agencies on Aging, Charlotte-Mecklenburg Aging Coalition, Southeastern Association of Area Agencies on Aging, and National Association of Area Agencies on Aging, where she is currently treasurer to the board. She has a bachelor's degree in Education from Florida State University, and a Master's in Education from the Presbyterian School of Christian Education.

Appendix: Workshop Participants

Peg Argent

Gaston County Department of Social Services

Heather Armstrong

Centralina Area Agency on Aging

Johanna Ashbaugh

Town of Matthews

Bernice Bennett

Anson County Council On Aging

Nadine Bennett

Centralina Council of Governments

Dean Bethea

Lincoln County Department of Social Services

Mark Bevilacqua

Social Services

David Black

City of Lincolnton

Dawn Blobaum**Jack Brosch**

MetLife

Jen Davies

Union County Department of Social Services

Susan Donaldson

Cabarrus County Senior Centers

Bill Duston

Centralina Council of Governments

Rick Eldridge

Rufty-Holmes Senior Center

Helen Eltzeroth

National Association of Area Agencies on Aging

Clyde Fahnstock

Rowan County Senior Services

Marianne Frederick**Juan Garcia**

Gaston County

Dawn Gartman

Centralina Council of Governments

Steve Gurley

Lincolnton Planning Dept.

Mary Ann Gwilt**John Highfill**

Council on Aging

Lindsey Hobbs

Re-Zoning & Planning Services, LLC

Whitney Hodges

Town of Huntersville

Marti Hovis

Lincoln County Senior Services

Heather Iannone

Liberty Commons

Kathi Ingrish

Town of Matthews

William Kelly

David Kelly – Architect

Roy Kendrick

WKWW Architects

Willie King

Gaston County

Jane King

Writer

Jack Kiser

City of Gastonia

Sue Korenstein

GRG Housing, Inc.

Laura Kutcher

Council on Aging

Karen Leonhardt

Lincoln County Senior Services

Martha Lide

Centralina Council of Governments

Steve Lineberger

FMK Architects

Sharon Lynn**Sandy Markwood**

National Association of Area Agencies on Aging

Lynn Martin

Meck. Co.

Lisa Martinez

Centralina Area Agency on Aging

James Maynard

Perkins Eastman

Adrian Miller

City of Belmont

Linda Miller

Centralina Area Agency on Aging

Julia Mitchell

Ellen Fitzgerald Senior Center

Ed Muire

Rowan County Planning and Development

Chris Murray

Jefferson Area Board of Aging

Beth Resler Walters

AIA Charlotte

J. Michael Robbins

J. Michael Robbins, AIA

Shirley Rye

Liberty Commons

Michael Sandy

Stanly County Planning and Zoning Department

Robert Sasser

City of Albemarle

Angela Schlottman

Centralina Area Agency on Aging

Cheryll Schramm

Georgia Council on Aging

Al Sharp

Centralina Council of Governments

Rita Short

Anson County Council on Aging

Jack Simoneau

Town of Huntersville

Maxene Small

Disability Action Center

Phyllis Smith

Union County Department of Social Services

Ron Smith

Iredell County Department of Planning and Development

Appendix: Workshop Participants

Linda Smosky

Council on Aging in Union County

Debora Sparks

Council on Aging

Wanda Talbert

Anson County Council on Aging

Kellie Visker

Council on Aging

Jason Wager

Centralina Council of Governments

Steve Warren

Iredell County Planning Department

Barbara Weaver

Gaston County Department of Social Services

Carl Webber

Town of Marshville

Becky Weemhoff

Stanly County Senior Services Department

David Williams

Gaston County

Debra Wise

Layman

Keith Wolf

City of Albemarle

Sauni Wood

Town of Davidsons Aging in Place Task Force

Gayla Woody

Centralina Area Agency on Aging

Rosemary Wyman

End of Life Development

Rebecca Yarbrough

Centralina Council of Governments

Appendix: Resources

Local Resources

Atlanta Regional Commission-Aging Resources
<http://www.atlantaregional.com/html/8.aspx>

Jefferson Area Board for Aging
<http://www.jabacares.org>

Fairfax County Area Agency on Aging
<http://www.fairfaxcounty.gov/aaal>

Centralina Resources

American Planning Association North Carolina Chapter
<http://www.nc-apa.org>

Centralina Council of Governments
<http://www.centralina.org>

Core Aging Service Evaluation Tools
(Includes housing, transportation, full range of services)
<http://www.ncdhhs.gov/aging/localplanning.htm#A>

Institute on Aging, University of North Carolina
<http://www.aging.unc.edu>

North Carolina Division of Aging and Adult Services
<http://ncdhhs.gov/aging/>

Status of Seniors Initiative Strategic Planning Report
Mecklenburg County
<http://statusofseniors.charmeck.org>

Town of Davidson Aging Plan
www.ncdhhs.gov/aging/demographic/Town_Davidson.pdf

National Resources

Aging in Place Initiative: Developing Livable Communities
for All Ages
<http://www.aginginplaceinitiative.org>

AARP
<http://www.aarp.org>

AdvantAGE Initiative
<http://www.vnsny.org/advantage/>

American Planning Association
<http://www.planning.org>

American Public Transportation Association
<http://www.apta.com/>

Florida's Communities for a Lifetime Program
<http://www.communitiesforalifetime.org>

Funders Network for Smart Growth and Livable
Communities
<http://fundersnetwork.org>

International City/County Management Association
<http://icma.org>

National Association of Counties
<http://naco.org>

National Association of State Units on Aging
<http://www.nasua.org>

National Governors Association
<http://www.nga.org>

National Institute on Aging
<http://www.nia.nih.gov>

National League of Cities
<http://www.nlc.org>

Smart Growth Online
<http://www.smartgrowth.org>

The Surface Transportation Policy Project
<http://www.transact.org>

Universal Design-Easy Living Home
www.easylivinghome.org or www.design.ncsu.edu/cud

Reports

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All URLs valid as of September 2008

Appendix: Notes

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- ² <http://www.colorado.edu/geography/gcraft/notes/intro/intro.html>
- ³ *The Maturing of America, Getting Communities on Track for an Aging Population*, ICMA, MetLife, n4a, National Association of Counties, National League of Cities, Partners for Livable Communities, 2006, page 1 <http://www.aginginplaceinitiative.org>
- ⁴ *A Blueprint for Action: Developing a Livable Community for All Ages*, ICMA, MetLife, n4a, National Association of Counties, National League of Cities, Partners for Livable Communities, 2007 <http://www.aginginplaceinitiative.org>
- ⁵ *Aging and Smart Growth: Building Aging-Sensitive Communities*, Funders Network for Smart Growth and Livable Communities, Deborah Howe, Translation Paper Number 7, December 2001 http://www.fundersnetwork.org/usr_doc/aging_paper.pdf
- ⁶ *Aging Americans: Stranded without Options*, Linda Bailey for the Surface Transportation Policy Project, 2004, executive summary http://www.apta.com/research/info/online/aging_stranded.cfm
- ⁷ Transit Resource Guide, American Public Transportation Association, 2006, http://www.apta.com/research/info/briefings/briefing_2.cfm
- ⁸ *Aging in Place Successfully with Affordable Housing and Services, A Report by the Coalition for Senior Housing*, Boston, Massachusetts, March 2007
- ⁹ *A Toolkit for Local Governments*, M. Scott Ball for the Atlanta Regional Commission and the Community Housing Resource Center, page 16 http://www.aginginplaceinitiative.org/index.php?option=com_content&task=view&id=78&Itemid=109

About the Aging in Place Initiative Team

Partners for Livable Communities (Partners) – A national, non-profit organization working to renew communities for all ages. Partners has over twenty-five years of experience in solving community problems by providing information, leadership and guidance that help communities help themselves. www.livable.com

National Association of Area Agencies on Aging (n4a) – A leading voice on aging issues for Area Agencies on Aging across the country and a champion for Title VI-Native American aging programs in our nation’s capital. Through its presence in Washington, D.C., n4a advocates on behalf of the local aging agencies to ensure that needed resources and support services are available to older Americans and their caregivers. www.n4a.org


ICMA (International City/County Management Association) – The premiere local government leadership and management organization. <http://icma.org>

National League of Cities (NLC) – The largest national organization representing municipal governments throughout the United States. www.nlc.org

National Association of Counties (NACo) – A national organization representing county governments in the US. www.naco.org

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MetLife Foundation – Established in 1976 by MetLife to carry on its long-standing tradition of corporate contributions and community involvement. The Foundation has been involved in a variety of aging-related initiatives addressing issues of caregiving, intergenerational activities, mental fitness, health and wellness programs and civic involvement. Since 1986, the Foundation has supported research on Alzheimer’s disease through its Awards for Medical Research program and has contributed more than \$11 million to efforts to find a cure. www.metlife.org



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