Aging in Place
An Overview of the Challenges Facing Local Government

Sarasota County Health and Human Services, Sarasota County UF/IFAS Extension and Sustainability, Age Friendly Sarasota
Overview

• Aging in Place, Challenges and Opportunities for Local Governments

• The Age Friendly Community Movement
  – Sarasota County was Florida’s 1st Community to receive the Age Friendly Designation in 2015
  – Governor Ron DeSantis announced that the State of Florida has received Age Friendly Designation on April 23, 2019

• Universal Design and Visitability
Challenges and Opportunities

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Challenges

Aging population in Florida

Bureau of Economic and Business Research
College of Liberal Arts and Sciences
University of Florida
Sarasota County, Florida

- Population of about 400,000
- Median Age of 54 (FL 40; U.S. 38)

2018 US Census Data
Challenges

Population Health:
34% are 65 or older,
11% are 85 or older

Aging populations carry a higher burden of chronic disease and a disproportionate share of health care spending.

Challenges

• Affordable Housing
• Transportation
• Walkable Communities
• Parks & Public Spaces
• Libraries
• Civic Engagement
• Volunteer Programs
• Financial Planning

Aging in Place is a lot more than just home design.
Challenges

- The median annual cost of care for a private room in a nursing center is $100,375; $89,297 for semi-private room (Genworth Cost of Care Survey).

- The median annual cost for care for a private room in an assisted living facility is $48,000 (Genworth Cost of Care Survey).

- 87 percent of adults age 65+ want to stay in their current home and community as they age. Among people age 50 to 64, 71 percent of people want to age in place. Source: AARP PPI, "What is Livable? Community Preferences of Older Adults," April 2014

- Older adults tell us they wish to age in their homes and communities, close to friends, family, and the local haunts they love. Most will reject high-priced institutional care and will continue to live in the community, even if they have one or more disabilities. Is your community prepared?
Livable Community Tenets

Livable community tenets refer to creating public surroundings that are safe and secure, have affordable and appropriate housing and transportation options, and offer supportive community features and services. Once in place, those resources enhance personal independence; allow residents to age in place; and foster residents’ full engagement in community life (AARP Public Policy Institute, 2012).
Opportunities

AARP promotes livable communities policies that:

• Leverage the current and potential contributions of older adults in your community. Look for opportunities to engage older adults as volunteers, entrepreneurs, or contributors to the local arts scene.

• Recognize the value of retaining older adults’ connections to both people and place. These associations are valuable to both the individual and the community and cannot be quickly or easily replicated in a new environment.

• Ensure access to the built environment. Poor design of our homes, parks, streets, walkways, and transit infrastructure prevents access and engagement.
AARP promotes **livable communities policies** that:

- **Support housing affordability and choice.** Housing options should be available and affordable to people at all income levels.

- **Invest in a range of transportation options.** One in every five people age 65+ does not drive. Many need to use public transportation; others will need the additional support of paratransit, reduced fare taxis, or volunteer driver programs.
Opportunities

- **Improve health.** Communities benefit when they have access to healthy food options, opportunities for walking, biking and exercise, and access to health facilities.

- **Foster safety and personal security.** Community safety and security initiatives prevent injuries, promote neighborhood cohesion and maximize opportunities for residents to be active and engaged.
Opportunities

• Support older adults and their family caregivers through long-term supports and services (LTSS). LTSS programs enable residents to stay in their homes as they age.

• Coordinate planning processes. Community land use, housing, transportation, supportive services, and community health care planning should be interconnected.

• Engage residents of all ages in community planning. Decisions regarding land use, housing, transportation, and services have broad effects on the lives of residents. The entire community must be represented in the process and costs and benefits must be shared across the entire community.
Opportunities

- Infrastructure improvements support all ages not just aging populations
  - Affordable Housing
  - Transportation
  - Walkable Communities
  - Parks & Public Spaces
  - Libraries

- Improved Quality of Life for all citizens
Opportunities/Collaborations

- Age Friendly Park Features training given for local governments
An age-friendly community optimizes social and physical environments that enable people to live active, safe and meaningful lives and to contribute across the life course. The intent of an age-friendly community is to consider age-inclusiveness in all programmatic and policy plans.
• Established 9 Pathways to Health (Walking Wellness Loops)

• Identified top ten pedestrian injury and fatality locations

• 770 persons age 55 and older volunteered with local governments

Opportunities/Collaborations

• Aging Systems Policy Coordinator Position

• Community Assessment

• Established Specific Responsibilities for our Seniors Advisory Council

• Age Friendly Communities
  • Sarasota County was Florida’s 1st Community to receive the Age Friendly Designation in 2015
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Age Friendly Communities

Bob Carter, MPA
Age-Friendly Sarasota Consultant
The Patterson Foundation
Join Bob on Twitter: @agingbob
To contact Bob: bocart9@gmail.com
Age-Friendly Sarasota

A Community #ForAllAges

Facebook.com/AgeFriendlySarasota

@AgeFriendlySRQ #ForAllAges
A Global Movement

GLOBAL
821 Communities

NATIONAL
332 Communities

STATE
23 Communities

REGION
Age-Friendly Sarasota (AFS)

#ForAllAges

For those ages 1-100+
WHEREAS, Sarasota County views itself as a lifelong community, regards active aging as a lifetime process, and recognizes that the increasing longevity of our population requires us to be more age-friendly; and

WHEREAS, we are committed to helping all residents live healthy and active lives, with a focus on outdoor spaces and buildings, transportation, housing, social participation, respect and social inclusion, age-friendliness and employment, communication and information, and community and health services; and

WHEREAS, partnering with AARP, the University of South Florida, Sarasota-Manatee, The Patterson Foundation, and the Florida Policy Exchange Center on Aging at USF, Sarasota County has joined the World Health Organization Age-Friendly Communities Network, to make our community more livable for people of all ages.

NOW, THEREFORE, WE THE BOARD OF COUNTY COMMISSIONERS OF SARASOTA COUNTY, FLORIDA, do hereby proclaim May 6, 2015 to be:

AGE-FRIENDLY SARASOTA DAY

PRESENTED this 6th day of May, 2015.

[Signatures]
WHO Domains of Livability

- Civic Participation and Employment
- Communication and Information
- Community Support and Health Services
- Housing
- Outdoor Spaces and Buildings
- Respect and Social Inclusion
- Social Participation
- Transportation
Age-Friendly Sarasota Timeline

- County Proclamation
- Survey & Focus Groups
- Community Report
- Action Plan
- Age-Friendly Festival
- Progress Report
- AFS Continues to Evolve & Embed
Pride Points

Sarasota County

✓ 1st Age-Friendly Community in Florida
✓ 1st Age-Friendly Festival in Nation

Beyond Sarasota

✓ Age-Friendly Florida Symposium
✓ Where We Live
✓ Age-Friendly Public Health
✓ National Conference & Webinar Presentations
Age-Friendly Festival
National Recognition from AARP

WHERE WE LIVE
COMMUNITIES FOR ALL AGES
100+
INSPIRING EXAMPLES
FROM AMERICA'S LOCAL LEADERS

PLUS: How the Experienced Class enhances communities through its skills and life lessons, influence and involvement

2018 Edition includes new launches from 33 states

AARP?
100+ Live

Host an Age-Friendly Festival for Everyone
Many think the term "age-friendly" is simply a polite way of referring to old people. It’s not.

Aging-friendly communities are a necessity. This page offers the inside scoop on aging-friendly communities and why they are important. It includes stories and activities that are helping to make people live better and longer.

Age-friendly festivals are a sure way to reach a large group of people. The event allows people of all ages to gather and enjoy festivities that honor the elderly, highlight the significance of the community and provide opportunities for everyone to participate.

Successful age-friendly festivals feature accessible exhibits, entertainment and activities that are inclusive and accessible. They provide many opportunities for community members of all ages to come together and celebrate their shared values.

In April, Sarasota County was honored by AARP and the Florida Department of Elder Affairs for its commitment to creating an age-friendly community. The county received a Gold Award for its efforts to improve the lives of older adults.

We encourage you to join us in creating an age-friendly community. Together, we can make sure everyone has the opportunity to live a life of dignity and respect.

#FORALLAGES

Funding for the Future
To build a better community for all ages.
In 2017, through support from The Patterson Foundation, Inc. and partners, AARP Florida is proud to present the Florida Community Engagement Project. This project supports the Florida Community Engagement Advisory Board and the Florida Community Engagement Advisory Council, which aims to help local communities better understand how to support older adults.

In addition, AARP Florida is proud to offer the “Funding for the Future” program, which is designed to help communities become age-friendly. This program provides grants to support local initiatives that promote age-friendly communities.

AARP Florida is committed to making sure all communities are age-friendly and that all people have access to the resources they need to live their best lives. We believe that everyone deserves to live a life of dignity and respect, regardless of age.

Visit AARP Florida at FloridaAARP.org for more information on how to become an age-friendly community.

EXPERIENCE STARTERS

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AFS Collaborative Roles

Sarasota County

- Leadership
- Departments
- Senior Advisory Council

The Patterson Foundation

- Engagement
- Communications
Sign up for the monthly AFS Newsletter
AgeFriendlySarasota.org
info@AgeFriendlySarasota.org
Phone: 941-702-4619

Facebook.com/AgeFriendlySarasota
Universal Design and Visitability

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What are Universal Design and Visitability?

Universal Design

• Enables occupants to “age in place”
• A healthier, more accessible and productive home environment
• An attractive, stylish space that everyone, regardless of age, size, or ability, can live in or visit
Visitability

- Lesser Standard
- Ensures that everyone, regardless of mobility, will be able to at least visit a house and use the washroom
• Developed an Incentive Program in 2015
• Voluntary participation by contractors and builders
• Certification of residential units that meet standards in checklists:
  – Visitability
  – Universal Design
Universal Design and Visitability Program Checklists

The following items are required to earn certification for Visitability and/or Universal Design. This checklist must be submitted with your building permit application, and the completed checklist must be submitted with your Final CO Checklist. It is the responsibility of the applicant to ensure that all criteria are met by the time of final inspection.

Checklists:

<table>
<thead>
<tr>
<th>Plan Review</th>
<th>Entry</th>
<th>Final Inspection</th>
</tr>
</thead>
<tbody>
<tr>
<td>Provided</td>
<td>Minimum 23 sq ft of space (e.g., a landing) outside entry door. Landing shall measure a minimum of 48 inches on one side and be clear of obstructions and door swing. Square footage requirement is for landing, not including square footage of access walk or ramp. Landing shall be level, allowing for positive drainage away from entry.</td>
<td>Provided</td>
</tr>
<tr>
<td>Provided</td>
<td>Minimum 25 square feet of space (e.g., foyer) inside entry door. Foyer shall measure a minimum of 48 inches on one side and be clear of obstructions and door swing.</td>
<td>Provided</td>
</tr>
<tr>
<td>Provided</td>
<td>Accessible entrance shall have 36 inches wide door (minimum) and no step. Threshold may be 0.5 inch high (maximum). Entry shall be on an accessible, barrier-free route with a hard surface (meeting accessibility requirements).</td>
<td>Provided</td>
</tr>
<tr>
<td>Provided</td>
<td>Permanent weather protection, such as roof or porch, shall cover required landing and door swing area, if outswing door.</td>
<td>Provided</td>
</tr>
</tbody>
</table>

First Floor Accessible Bathroom

<p>| Provided    | Accessible bathroom or half bathroom, on main floor. | Provided |
| Provided    | An accessible bathroom has a wide entrance, preferably 36” or minimally 32” if architecturally necessary. | Provided |
| Provided    | If the bathroom is located down a hallway and not off a main room with adequate space to enter, that hallway must be a minimum of 42” wide. | Provided |
| Provided    | Provide ample, clear floor space (30” x 48” minimum) at fixtures to ensure maneuverability at lavatories, toilets and tub/showers. Provide turn around space, either 5 feet diameter or “T” shaped turning space per diagram in Americans with Disabilities Act (ADA) manual. | Provided |
| Provided    | Comfort height toilet which is ADA compliant (added to general notes on plans) | Provided |
| Provided    | Install two grab bars, or their equivalent, for the toilet and tub or shower (if provided) that meet ADA standards. | Provided |</p>
<table>
<thead>
<tr>
<th>Plan Review</th>
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</tr>
</thead>
<tbody>
<tr>
<td>Internal use only</td>
<td>Internal use only</td>
</tr>
<tr>
<td>All Visitability Checklist criteria satisfied</td>
<td>Provided</td>
</tr>
<tr>
<td><strong>Accessible Bathroom</strong></td>
<td>Provided</td>
</tr>
<tr>
<td>A bedroom with an accessible full bathroom on the main floor or on an upper floor if accessed by an elevator. 36” Wide passage doors and minimally 32” if architecturally necessary. (This criteria does not require an additional bathroom if all the conditions for this criteria were accomplished by Visitability criteria number</td>
<td>Provided</td>
</tr>
<tr>
<td>Flexible shower extension</td>
<td>Provided</td>
</tr>
<tr>
<td>Knee space beneath sink and vanity which is ADA compliant. Compliance includes either dedicated open space or cabinet doors that open to accessible space</td>
<td>Provided</td>
</tr>
<tr>
<td>Offset valves on the showers and tubs which are ADA compliant.</td>
<td>Provided</td>
</tr>
<tr>
<td>A wide hallway leading to accessible bathrooms – a minimum of 42”. Open plan design w/o hallways preferred.</td>
<td>Provided</td>
</tr>
<tr>
<td><strong>Outlets &amp; Controls:</strong></td>
<td>Provided</td>
</tr>
<tr>
<td>Outlets located 18” from floor unless windows prevent using this location.</td>
<td>Provided</td>
</tr>
<tr>
<td>Electric light rocker or touch switches and thermostat controls located 44”–48” from floor.</td>
<td>Provided</td>
</tr>
<tr>
<td>Bottom of circuit panel is not to exceed 36” in height.</td>
<td>Provided</td>
</tr>
<tr>
<td><strong>Hardware</strong> – Use of levers and easy-grasp pulls which are ADA compliant.</td>
<td>Provided</td>
</tr>
<tr>
<td><strong>Windows</strong> – View windows with 36” or less sill height</td>
<td>Provided</td>
</tr>
<tr>
<td><strong>Kitchens</strong></td>
<td>Provided</td>
</tr>
<tr>
<td>Ample, clear floor space (5’ diameter circle).</td>
<td>Provided</td>
</tr>
<tr>
<td>Knee space beneath the sink and cooktop which is ADA compliant. May be accommodated with cabinet doors that open to accessible space.</td>
<td>Provided</td>
</tr>
<tr>
<td>Variable height work surfaces, including 32” high surfaces.</td>
<td>Provided</td>
</tr>
<tr>
<td>Pull out shelves, where applicable, in base cabinets.</td>
<td>Provided</td>
</tr>
<tr>
<td>Appliances shall be located so they can be accessed within ADA acceptable reach ranges.</td>
<td>Provided</td>
</tr>
</tbody>
</table>

**Checklists:**

- Date of Plan Review: ____________  Plan Reviewer Initials: ____________
- Date of Final Inspection: ____________  Inspector Initials: ____________

*Should any of the criteria in either of these checklists be in conflict with state or federal requirements, those other requirements will take precedence*
Incentives for Participation

• **Visitability**
  – Recognition
  – Certification decal
  – Eligibility for Award

• **Universal Design**
  – Recognition
  – Certification decal
  – Eligibility for Award
  – Fast Track Permitting
UD and Visitability Program

Sarasota County’s Goals:
• Encourage builders to construct accessible housing
• Encourage homeowners to make UD retrofits
• Educate the community
Education:

• Engagement with non-profit advocates: Age-Friendly and Universal Design Coalition

• Outreach to builders and developers, architects, & aging services professionals
  – 6 presentations since 2016, reaching 152 professionals

• Education of residents:
  – 21 classes since 2016, reaching 738 residents
Education:

Websites

Sarasota County UD
www.scgov.net/UniversalDesign

Universal Design Coalition
www.EasyUniversalDesign.com

Age Friendly Sarasota
www.AgeFriendlySarasota.org
Education: Blogs

Universal Design Makes Sense #ForAllAges

Many of us are familiar with examples of Universal Design such as lower door handles, rocker light switches, and ramp entryways. But what about raised dishwashers, upper cabinet racks that pull down to counter-top level, entry door “pre-placed” at both high and low levels, and elevated gardening beds? Sarasota County recently presented a class on Universal Design (UD) and Visitability, introducing why UD matters.

WHAT: Whether you are eight or eighty, UD emphasizes accessible, supportive, flexible, and safe home environments, homes that are adaptive as individual needs change over time. Visitability focuses on home aspects that enable a visitor to enter a house, navigate hallways, and have access to a first-floor bedroom. It is estimated that half of U.S. homes will at some time have an individual with a disability visit.

WHY: From an aging in place perspective, Sarasota County is unique. It has the third highest median age of large counties in the U.S. at 53.7 years, 21.7% of the population is over 65 years of age vs. 18% statewide, and this number is projected to increase to 38% by 2040. And UD is not just for older

How Age-Friendly Is Your Home?

In an Age Friendly Community, accessibility is a significant component of quality of life for all ages and abilities, particularly for those who wish to remain in their own homes as they “Age in Place.” Eighty-seven percent of adults ages 65+ want to stay in their current home and community as they age, and among those aged 60-64, 71 percent have indicated they want to age in place.

To effectively age in place, physical spaces and environments must be adaptive to individual and changing needs over time, spaces where anyone can move about safely and freely, without barriers or limitations.

How can that be accomplished? With Universal Design (UD), UD is the design of buildings, products, and environments that make them accessible to all, regardless of age or ability.

There are seven principles to which UD adheres:

https://www.agefriendlysarasota.org/blog/housing.html
Education: Videos

Learn more about Age-Friendly housing options
(8 minutes)

https://youtu.be/LCznwUeYQj0
Education: Age-Friendly Festival

>4,000 attendees

Photo Credits: Age Friendly Sarasota
UD and Visitability Program

Education: Class Outline

Sarasota County - Overview & Local Context
• What are Universal Design and Visitability?
• Why Does it Matter?
• Sarasota County’s Voluntary UD and Visitability Program

Universal Design Details: Universal Design Coalition
• Importance of Age-Friendly Design
• UD Principles
• What You Can Do
UD and Visitability Program

UD is Accessible

- Covered entrance for weather protection
- Planter or railing provides drop-off protection
- Good overall lighting improves nighttime security and usability
- 36-inch wide door
- Level floor area (5 x 5) connecting inside and out
- Walk with gradual slope (1:20)
- Low threshold
- Second peephole for short or seated people, or children
- Lever handles are convenient
- Easy-to-read lettering
- Lighted doorbell
- Large kick plate protects entrance door from scuffs
- Package shelf located near latch side of entrance door

Figure 1. No-step entrance
UD and Visitability Program

UD is Supportive
UD and Visitability Program

UD is Adaptable/
Flexible
UD and Visitability Program

UD is Simple

EasyUniversalDesign.com
UD and Visitability Program

UD is Convenient For All
UD and Visitability Program

UD is Visitable

Easy for Families

Easy for Seniors

Easy for All

Visiting Family

Visiting Friends

Visiting All Homes
UD and Visitability Program

UD is Stylish
UD and Visitability Resources

• Sarasota County UD Website:
  www.scgov.net/UniversalDesign

• Demographics:
  www.scgov.net/PlanningServices/Pages/Demographics.aspx
  – Demographic Profile- How are we aging?
  – Demographic Profile- What is our household makeup?
  – Demographic SNAPSHOT- Hurricane Season

• Universal Design Coalition
  – www.EasyUniversalDesign.com

• Age Friendly Sarasota
  – www.AgeFriendlySarasota.org
Why Does it Matter?

Not Just Seniors:

• > Half U.S. homes will at some time have a disabled person visit them.
• Sarasota County: 18% of residents in 2013 had a disability
• Short term injuries too

31,600
disabled residents who have difficulty moving or require assistance
Residents with Disabilities

Disabilities include:
- Hearing
- Vision
- Cognitive
- Ambulatory
- Self-care
- Independent living

In Sarasota County, ambulatory disabilities (e.g., the inability to walk up stairs without assistance) are the most common disabilities reported by the older population, followed by hearing difficulties.

In Sarasota County, a fewer share of older residents report disabilities (29%) compared to the U.S. (36%).

Sarasota County Residents with Disabilities by Age Group, 2015

- Under 18: 4%
- 18 to 34: 6%
- 35 to 64: 28%
- 65+: 62%

Total Disabled Residents: **59,904** (15% of total population)

Disabled Residents 65+: **37,140**

Source: U.S. Census Bureau American Community Survey (ACS) 2015 5-year estimates
First floor master bedroom remains popular as home feature

% of respondents reporting popularity of feature “increasing” minus % reporting “decreasing”; Q2

<table>
<thead>
<tr>
<th>Feature</th>
<th>2018</th>
<th>2017</th>
</tr>
</thead>
<tbody>
<tr>
<td>First floor master bedroom</td>
<td>50%</td>
<td>49%</td>
</tr>
<tr>
<td>Accomodations for multiple generations</td>
<td>47%</td>
<td>55%</td>
</tr>
<tr>
<td>Ramps/elevators</td>
<td>42%</td>
<td>33%</td>
</tr>
<tr>
<td>Wider doorways/hallways</td>
<td>42%</td>
<td>43%</td>
</tr>
<tr>
<td>On-grade entry</td>
<td>36%</td>
<td>36%</td>
</tr>
<tr>
<td>Multiple laundry rooms</td>
<td>26%</td>
<td>21%</td>
</tr>
<tr>
<td>Net zero/super-insulated</td>
<td>23%</td>
<td>31%</td>
</tr>
<tr>
<td>Easy-to-use features (e.g., handles)</td>
<td>21%</td>
<td>33%</td>
</tr>
</tbody>
</table>

Source: The American Institute of Architects Home Design Trends Survey, 2018 Q2
AARP Livable Communities Program

- www.aarp.org/livable-communities/
- HomeFit Guide
- Toolkits and resources for communities, housing, and transportation
• NAHB Certified Aging-in-Place Specialist (CAPS) Designation program teaches contractors skills for home modifications for aging-in-place.

• NAHB Homes for Life Awards: demonstrate excellence in accessible home modifications in a remodeled home.

www.nahb.org/capsinfo
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Sarasota County Sustainability Manager,
UF/IFAS Extension and Sustainability

www.scgov.net/UniversalDesign