2012 AICP Symposium
Aging in Place: Planning's Role and Responsibilities

December 6, 2012
National Building Museum
Washington, D.C.
The Maturing of America: What Does it Mean for America’s Communities & America’s Planners

Sandy Markwood
National Association of Area Agencies on Aging
AICP Symposium
December 6, 2012
What is Our Vision?

“To Build a Society That Values and Supports People as They Age”
An Aging Population

Percentage of U.S. Population over Age 65

Source: From Baby Boom to Elder Boom: Providing Health Care for an Aging Population
By their sheer numbers, the aging of the Baby Boomer is resulting in

- A New Definition of Aging
- A New Interest in Aging
- A New Attitude Towards Aging
Old Age Isn’t What It Used To Be
Redefining What is Old......

"Good news, honey—seventy is the new fifty."

©Cartoonbank.com

Victoria Roberts
But We Need to Remember......

All Older Adults are Not Alike.
Diversity of the Aging Population

- Age
- Minority Population
- Income
The Aging Population is Getting Older

Percentage of Americans Age 65 Expected to Survive Age 90

Source of data: US Census Bureau

Four-fold increase
Diversity Will Be The New Norm
## Population 65+ by Race and Hispanic Origin

<table>
<thead>
<tr>
<th></th>
<th>2006 Estimates</th>
<th>2050 Projections</th>
</tr>
</thead>
<tbody>
<tr>
<td>Non-Hispanic White alone</td>
<td>80.8</td>
<td>61.3</td>
</tr>
<tr>
<td>Black alone</td>
<td>8.5</td>
<td>12.0</td>
</tr>
<tr>
<td>Asian alone</td>
<td>3.2</td>
<td>7.8</td>
</tr>
<tr>
<td>All other races</td>
<td>1.1</td>
<td>2.7</td>
</tr>
<tr>
<td>Hispanic of any race</td>
<td>6.4</td>
<td>17.5</td>
</tr>
</tbody>
</table>

## AARP Study of Financial Security of Baby Boomers

<table>
<thead>
<tr>
<th>Percentage</th>
<th>Financial Status</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>20%</strong></td>
<td>Financially Secure</td>
<td>$75,000+ income Adequate savings</td>
</tr>
<tr>
<td><strong>55%</strong></td>
<td>Caught in the Middle</td>
<td>$25,000 - $75,000 income Some savings</td>
</tr>
<tr>
<td><strong>25%</strong></td>
<td>Financially Vulnerable</td>
<td>$25,000 or less income No savings</td>
</tr>
</tbody>
</table>
Let’s Look at the 800 lb. Gorilla in the room... the Baby Boomers
http://www.census.gov/population/www/projections/projectionsagesex.html
Aging of Baby Boomers Will More than Double the Number of Older Adults Age 65+ with Disabilities
Baby Boomers- Born 1946-1964

- A Baby Boomer turns 50 every 7.5 seconds.
- In 2006, the first Baby Boomers turned 60 and became eligible for Older Americans Act services.
- By 2011, the first Baby Boomer will turn 65.
- People turning 50 today may have half of their adult lives ahead of them.
"Two Stones tickets, please, senior discount"
Baby Boomers as Citizens

- Baby Boomers have changed the face of U.S. society since they were in diapers and will continue to do so as they age.
- Baby Boomers are a generation that are demanding- Typically, they want what they want and they want it now!
- But, Boomers also want to give back and have a strong sense of commitment and engagement.
Boomers will have a Positive Impact on their Communities
Older Adults as Community Resources

- Workers
- Entrepreneurs
- Volunteers/Civic Participants
- Consumers
- Home Owners
- Investors
The Aging of the Population Is Something to be Celebrated!

But To Ensure that Individuals Can Age Successfully will Require:

- Individuals Need to Plan
- Their Families Need to Plan
- And Our **Communities** Need to Plan
What Does the Aging of the Baby Boomers Mean for U.S. Communities

The dramatic rise in the numbers of older Americans will impact on every aspect of U.S. communities. The entire social, physical and fiscal fabric of communities will be affected by the coming age wave.
Impact of the Aging of the Baby Boomers on Your Community

- Housing
- Health
- Transportation
- Land Use Planning
- Public Safety
- Parks and Recreation
- Workforce Development/Education
- Volunteerism/Civic Engagement
- Arts and Cultural Activities
- Economic Development/Fiscal Impact
How Will the Aging Population Impact Aging Services
Aging Services

- Demand for Person Centered Access to Information/Supports- Single Point of Entry/ADRC/No Wrong Door
- Focus on Health Promotion/Disease Prevention
- Promote Consumer Directed Options
- Provide Range of Supports/Services to Help People Remain in Their Homes Whenever Possible
How Will an Aging Population Impact Land Use Planning
Land Use Planning

- Review of Master Plan
- Review of Capital Improvements Plan
- Review of Transportation Plan
- Review of Zoning and Subdivision Requirements
- Review of Building Codes
How Will the Aging Population Impact Housing
Housing

- Modification of Existing Homes
- Zoning Changes to Allow Different Types of Housing Units within Existing Neighborhoods
- Regeneration of Housing in Downtown Areas
- Development of Active Communities
- Development of Affordable Assisted Living Facilities, Continuing Care Retirement Communities, Group Homes, Co-Housing
- Use of In-Home Technology
How Will the Aging Population Impact Transportation
Transportation

• Making the Roads Safer for Older Drivers
• Making Sidewalks and Street Crossings More Accessible for Older Pedestrians
• Providing Mobility Options- Transit, Paratransit, Volunteer Drivers
• Offering Mobility Management Assistance
How Will an Aging Population Impact Workforce and Economic Development
Workforce and Economic Development

- More Older Adults in the Workforce
- Expand Workforce Options/Opportunities to Attract Workers into “Aging” Fields
- Seeing Older Adults as Economic Drivers in the Community
- Create Lifelong Learning and Retraining Opportunities
How Will the Aging Population Impact Public Safety
Impact of the Aging Population on Communities: Public Safety

- Promoting “Safe Communities”
- Combating Elder Abuse & Neglect through Community Involvement
- Considering Older Adults in Emergency Evacuations/Homeland Security/Disaster Preparedness
- Increased Need for EMS
Other Planning Considerations:

• Parks and Recreation Design and Placement

• Development of Multi-generational Community Facilities

• Attraction of Arts/Culture/Civic Engagement
Are America’s Communities Ready for the Aging Baby Boomers?
The Maturing of America
Communities Moving Forward for an Aging Population
Maturing of America – Getting Communities on Track for an Aging Population

The National Association of Area Agencies on Aging with the support of MetLife Foundation joined forces with the

- International City/County Management Association
- National Association of Counties
- National League of Cities and
- Partners for Livable Communities
Maturing of America
National Survey Found

Less than half of U.S. communities have begun significant planning efforts to prepare for their aging population
Top three challenges

2005
- Housing
- Financial
- Health

2010
- Financial
- Transportation
- Housing
Highlights of changes, 2005-2010

• Specialized training for staff dealing with older adults has increased from 24% in 2005, to 59% in 2010.

• Availability of discounts for older adults at local colleges/universities has increased from 45% in 2005, to 53% in 2010.
Highlights continued

• In-home support services has increased from 71% in 2005, to 77% in 2010.

• Volunteer opportunities for older adults increased from 66% in 2005, to 80% in 2010.

• Property tax relief for older adults on limited incomes decreased from 72% in 2005, to 54% in 2010.
But the Survey Also Found that...

A Number of America’s Communities Are Starting to Change Their Services/Design to Become Lifelong Communities
Revised it comprehensive land use plan to embrace the vision of “a community so special that people will "consciously choose to make St. Louis Park their lifelong home."
Stratham, NH

Modified its zoning ordinance to provide “Affordable Senior Housing” which includes:

- Minimum lot sizes to encourage the development of smaller structures for empty nesters
- Accessory apartments,
- Retirement Planned Community zoning and
- “elder affordability” under the Multi-Family Housing Section.
Fairfax County, VA/Jacksonville, FL/Clayton, NC....

Converting Abandoned Schools to Senior Housing

Hempstead, NY

Golden Age Zoning
Arvada, CO

Adopted an ordinance which mandates that 15 percent of new home construction of all types include universal design components.

Iowa City, IA

City leaders and Homebuilders Association created Home for Life – a voluntary universal design program.
Washtenaw County, MI

Home Safety Assessments

Supported by the AAA, hospitals, United Way and local businesses the County offers home safety assessments to seniors to prevent fires, promote home security and falls prevention. Needed adaptations are available on a cost-share basis.
Encinitas, CA

CARE (Community Action to Reach the Elderly)

• Postal Alert
• Gatekeepers (using water/sanitation workers)
• Vial for Life (for EMS workers)
• Are You Okay- daily computer calls
• Home Safety Checks- Sheriff’s office
• You Are Not Alone- Check-ins by volunteer deputies
Minneapolis, MN

Improving Pedestrian Safety:

- Updating all crosswalks overtime to include Pedestrian Countdown Devices
- To date realizing a 52% reduction in pedestrian injuries
Baltimore County, MD

Maturity Works: Tapping Older Workers for High Growth Health Care Jobs

St. Croix Falls, WI

School District offers eligible seniors a $5 per volunteer hour tax credit for up to 80 hours of service to the school to tutor, teach trades, perform clerical work, etc.
San Diego County, CA

Mobilized older volunteers to tackle some of the county’s biggest social and economic issues including the early child development, foster care, and frail home-bound seniors.
Leading Communities: Full Scale Planning

- Atlanta Regional Commission, GA
- Westchester County, NY
- Charlottesville/Albemarle County, VA
- Dunedin, FL
- Many others
n4a/MetLife Community Forums

Tampa, FL
Phoenix, AZ
Miami, FL
Charlotte, NC
Kansas City, MO
Austin, TX
Chicago, IL
Richmond, VA
Chattanooga, TN

More Forums in 2012
Planning and Designing Livable Communities for Older All Ages is:

- Good Planning
- Good Governance
- Good for Everyone
The Questions That You Need to Ask

Is Your Community A Good Place to Grow Up and to Grow Old?

Does Your Community Meet the Needs of Its Citizens When They are 5 or 25, 45 or 75, 95 or even 105? Can You Successfully Age in Place in Your Community?

If Not, What Can You as a Planner Do Now to Begin to Make Your Community a Livable Community For All Ages?
Is Your Community Ready to Meet the Needs of the Current Aging Population?
And Will Your Community Be Ready to Meet the Needs of the Boomers?
The Time to Start Planning for Livable Communities for All Ages in Your City is Now....
For a Copy of/Information on:

Maturing of America Survey

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

Holding a Livable Communities Forum in Your City

Contact:

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202/872-0888
smarkwood@n4a.org
Aging in Place: Planning’s Role & Responsibility

Jana Lynott, AICP
Senior Strategic Policy Advisor
Active Living For All Ages
CREATING NEIGHBORHOODS AROUND TRANSIT
AARP Public Policy Institute

www.aarp.org/ppi/liv-com
PPI Report:

“Preserving Affordability and Access in Livable Communities:
Subsidized Housing Opportunities near Transit and the 50+ Population”

PPI Report #2009-15
STATE HOUSING PROFILES
HOUSING CONDITIONS AND AFFORDABILITY FOR THE OLDER POPULATION

By RODNEY HARREL, PHD
AARP PUBLIC POLICY INSTITUTE

THIRD EDITION 2011

Housing for Older Adults: The Impacts of the Recession

This paper summarizes findings from State Housing Profiles 2011 (www.aarp.org/statehousingprofiles), which uses several sources to look at key housing indicators for older adults. The data show that conditions have reversed for many older homeowners, resulting in increased affordability in many parts of the country. Overall, renters face greater affordability issues, and many low- to moderate-income households face more unaffordable housing costs since the housing crisis and recession that began in 2007. Disability rates, family structures, tenure rates, and the age of homes are other factors that have shifted in the decade, as older households adapt to face new and continuing challenges.

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Fewer 50+ Householdors Own Without Mortgages

Source: Harrell, Housing for Older Adults: The Impacts of the Recession, AARP Public Policy Institute, 2011
Housing Cost Burdens are Worsening for Older Adults

Source: Harrell, Housing for Older Adults: The Impacts of the Recession, AARP Public Policy Institute, 2011
Universal Design

The design of products and environments be usable by all people, to the greatest extent possible, without the need for adaptation or specialized design.
American Planning Association Policy Guide on Housing

- “Accessible housing increases housing opportunities and choices for the elderly and persons with physical disabilities, and enhances convenience for non-disabled persons and children.”

- “As the population trends toward an older demographic, visitability and universal design will increase in importance.”
Several Features:

- Step-free entrance
- Accessible Kitchen
- Potential bedroom

- One zero step entrance, located at the front, back, or side of the house, on an accessible path of travel
- Clear opening at doorways (82cm) and accessible circulation throughout the floor plan
- Basic access to at least one full bath on the ground floor
- Habitable interior space - room that can be used as a bedroom
- Accessible Kitchen
- Lighting and Controls

(From AARP’s Model State Law)
A Complete Street is safe, comfortable & convenient for travel by automobile, foot, bicycle, & transit regardless of age or ability.
• 40% say they do not have adequate sidewalks in their neighborhoods
• 47% say they cannot cross their main roads safely

International Communications Research Poll for AARP, 1,000 adults age 50+, July 2008
Our roads are hazardous and older adults are especially vulnerable.

Population Age 65 and Older (United States)

- Total Population: 13%
- Motor Vehicle Fatalities: 15%
- Pedestrian Fatalities: 19%

Pedestrians’ average risk of death by vehicle speed in the US

- Average risk of severe injury or death increases with age.
- The average risk of severe injury or death of a 70-year-old ped struck by a car traveling at 25 mph is similar to the risk for a 30-year-old ped struck at 35 mph.

Source: AAA Foundation for Traffic Safety, September 2011
As people age they are more likely to have a disability that makes it hard to travel…

Percent with a medical condition that makes travel difficult

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Men</th>
<th>Women</th>
</tr>
</thead>
<tbody>
<tr>
<td>50-59</td>
<td></td>
<td></td>
</tr>
<tr>
<td>60-69</td>
<td></td>
<td></td>
</tr>
<tr>
<td>70-79</td>
<td></td>
<td></td>
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<tr>
<td>80 and older</td>
<td></td>
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<tr>
<td>50-59</td>
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<tr>
<td>60-69</td>
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<tr>
<td>70-79</td>
<td></td>
<td></td>
</tr>
<tr>
<td>80 and older</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Source: 2009 National Household Travel Survey
Falls

- Fall-related deaths and hospitalizations are more than double those for motor vehicles injuries for the 65+
- Falls cost the US over $80 million annually ($9,000+ per fall) in direct medical and long-term care costs.
- Falls account for 68% of hospitalizations for 65+ pop
- Almost half occur outside the home

AARP Public Policy Institute, In Brief, No. 56
Universal Design
Public transportation: a convenience & a lifeline

- Older adults increased their use of public transportation 40% between 2001-2009
- Over 1 billion trips per year
- 15% of 65+ use transit 1x/month
<table>
<thead>
<tr>
<th>Age Group</th>
<th>Private Vehicle</th>
<th>Public Transportation</th>
<th>Percent Increase in PT use over 2001*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Gen Y (Age 20-27)</td>
<td>85.2%</td>
<td>3.2%</td>
<td>2%</td>
</tr>
<tr>
<td>Gen X (Age 28-44)</td>
<td>85.4%</td>
<td>2.4%</td>
<td>22%</td>
</tr>
<tr>
<td>Boomers (Age 45-63)</td>
<td>86.4%</td>
<td>2.2%</td>
<td>46%</td>
</tr>
<tr>
<td>Silent (64+)</td>
<td>87.7%</td>
<td>2.1%</td>
<td>38%</td>
</tr>
<tr>
<td>All Ages (5+)</td>
<td>83.6%</td>
<td>2.6%</td>
<td>23%</td>
</tr>
</tbody>
</table>

*Compared to the same age group in 2001

Boomers increased their share of trips on public transportation between 2001 and 2009 by 34%, despite growing older
Specialized Transportation

- 5.3% of all trips by older non-drivers were on specialized public transportation
- 58.6% of all public transportation trips taken by older non-drivers were on specialized transportation
- Older non-drivers take 228 million trips/year on specialized transportation

AARP PPI Analysis of 2009 NHTS
### Key Federal Funding Programs for Specialized Transportation

<table>
<thead>
<tr>
<th>Program</th>
<th>Funding</th>
</tr>
</thead>
<tbody>
<tr>
<td>Federal Transit Administration (FTA) (FY 2011)</td>
<td>$203 million</td>
</tr>
<tr>
<td>Section 5310</td>
<td>$80 million</td>
</tr>
<tr>
<td>New Freedom</td>
<td>$35 million</td>
</tr>
<tr>
<td>Administration for Community Living (ACL)</td>
<td>$72 million (FY 2010)</td>
</tr>
<tr>
<td>Title IIIB of the OAA</td>
<td>$41 million (FY 2008)</td>
</tr>
<tr>
<td>Centers for Medicare and Medicaid Services (CMS)</td>
<td>Between $1 and $3 billion</td>
</tr>
<tr>
<td>NEMT</td>
<td>$41 million (FY 2008)</td>
</tr>
<tr>
<td>1915(c) HCBS Waivers</td>
<td>$41 million (FY 2008)</td>
</tr>
</tbody>
</table>
Funding Specialized Transportation: Lessons from Providers

- Tapestry
- Diversity
- Innovation
- Community partnerships
Private Vehicle Policy Solutions for Non-Drivers

- Caregiver Support
- Volunteer driver programs
- Ride-share programs
- Accessible taxi cabs

- 2/3 of trips taken by non-drivers 65+ are as passengers in private vehicles
- Family and friends provide 1.4 billion trips/year for older relatives (age 70+) who no longer drive

AARP Public Policy Institute analysis of 2009 National Household Travel Survey
From the Hill

- MAP-21
- Implementation of the Affordable Care Act
- Tax Reform
- Cuts to Housing Programs
AARP’s Network of Age-Friendly Communities

An institutional affiliate of the WHO Global Network of Age-Friendly Cities and Communities
WHO Domains that Influence Age-Friendliness

1. Outdoor Spaces & Buildings
2. Transportation
3. Housing
4. Social Participation
5. Respect & Social Inclusion
6. Civic Participation & Employment
7. Communications & Information
8. Community Support & Health Services
Lessons from New York City

“We’re making it cool to grow old”

www.agefriendlynyc.org
How to join the network

1. Conversations between municipal officials and AARP state office
2. Mayor or municipal administrator writes a letter to AARP state office indicating community’s commitment to age-friendliness
3. AARP evaluates and advises WHO on community’s intent and bona fides
4. Certificates of membership from AARP and WHO are issued
Brand New Website!
www.aarp.org/ppi/liv-com

Jana Lynott, AICP
jlynott@aarp.org
Aging in Place:
“The Right to be Abroad in the Land”

David Ferleger, Esq. • david@ferleger.com
http://www.ferleger.com
“There is a place
where the sidewalk ends
And before the street begins. . . .”

Shel Silverstein
Where the Sidewalk Ends
Outline

- Aging in Place: mobility as a prerequisite
- Hephaestus, Bath chairs, sedan chairs & ugly laws
- “The Right to Live in the World”
- The ADA
- Community access for elders with disabilities
- A Model: Frame v. City of Arlington
- Avoiding (& resolving) litigation
Some Originals

**Greek vase**
525 BC

**China**
6th century

**Spain**
16th century

"Bath Chair" (origin: Bath, England)
Benjamin Franklin
Constitutional Convention
1787
The “Ugly Laws”

City of Chicago Municipal Code, sec. 36034 (1881)

No person who is diseased, maimed, mutilated or in any way deformed so as to be an unsightly or disgusting object or improper person to be allowed in or on the public ways or other public places in this city, or shall therein or thereon expose himself to public view, under a penalty of not less than one dollar nor more than fifty dollars for each offense.
The Chicago law was not repealed until 1974.
The Right to Live in the World: The Disabled in the Law of Torts

Jacobus tenBroek
“Movement, we are told, is a law of animal life. As to man, in any event, nothing could be more essential to personality, social existence, economic opportunity—in short, to individual well-being and integration into the life of the community—than the physical capacity, the public approval, and the legal right to be abroad in the land.”  

Jacobus TenBroeck, 1966
The ADA

- **July 26, 1990**: “Today we're here to rejoice in and celebrate another ‘independence day,’ one that is long overdue.” *President George H.W. Bush*

- **July 26, 2010**: “As we mark the 20th anniversary of this historic legislation, we renew our commitment to ensuring that everyone with disabilities can live free from the weight of discrimination and pursue the American dream.” *President Barack Obama*
Statutes & Regulations

- Americans with Disabilities Act
- Air Carrier Access Act
- Architectural Barriers Act
- Fair Housing Amendments
- Individuals with Disabilities Education Act
- Telecommunications Act
- Urban Mass Transportation Act of 1964
- Help America Vote Act
- Rehabilitation Act
- Civil Rights of Institutionalized Persons Act
Richard Frame
Arlington, Texas

Scott Updike
Another Plaintiff
7 years: to the U.S. Supreme Court & back again

U.S. Supreme Court declines to hear Arlington ADA case

By Elizabeth Campbell
lizcampbell at star-telegram.com

In what could be a major financial blow to the nation’s cities, the U.S. Supreme Court today declined Tuesday to hear an appeal by the city of Arlington asking the court to clarify whether sidewalks are programs or facilities under the Americans with Disabilities Act.
Court of Appeals Ruling

• Inaccessible transportation is a “critical area[]” of discrimination. Congress understood that accessible transportation is the “linchpin” that “promotes the self-reliance and self-sufficiency of people with disabilities.”

• Each new sidewalk must be made “readily accessible” to individuals with disabilities. “This is because, as Congress recognized, the marginal costs of making a new sidewalk readily accessible ‘are often nonexistent or negligible.’”
IN THE UNITED STATES DISTRICT COURT
FOR THE NORTHERN DISTRICT OF TEXAS
FORT WORTH DIVISION

RICHARD FRAME, WENDELL DECKER, :
SCOTT UPDIKE, J.N., a minor :
By his next friend and mother, :
GABRIELA CASTRO, MARK HAMMAN :
and JOEY SALAS, :

Plaintiffs :

v. :

CIVIL ACTION NO. 4:05-CV-470-Y

THE CITY OF ARLINGTON, :
a Municipal Corporation :

Defendants :

SETTLEMENT AGREEMENT
From the motion to approve the Agreement:

“The fundamental purpose of the Agreement is to ensure that Plaintiffs and persons with mobility disabilities are provided mobility access to the City’s pedestrian rights-of-way and parking facilities (as defined in the Agreement) in accordance with the ADA.”
Frame Case Settlement

- Acceptance of ADA sidewalks mandate.


- Explicit & detailed public statement on access policy.

- Establishment of complaint/inquiry resolution process.

- Priorities for construction and repairs.

- Creation of ADA Coordinator position in City government.
Frame Settlement Priorities

1. Top priority: specific individual requests.
2. State and local government offices and facilities
3. Important transportation corridors
4. Commercial and business zones
5. Facilities containing employers
6. Residential neighborhoods and undeveloped areas of the City

* Always, consideration given to the severity of existing barriers and overall efficiency of project work.
Planners: Avoid or resolve litigation.

- Adopt specific policies which comply with the ADA and its regulations. Obtain relevant legal and other consultation.
- Adopt a timetable to remedy any past non-compliance, and to achieve and maintain full compliance going forward.
- Adopt a statement of priorities for access work.
- Adopt & publicize the city’s commitment to ADA compliance.
- Develop and implement an effective mechanism for addressing complaints and requests for access work at specific locations.
Thank you!

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