

## APA Atlanta 2014

# Planning Communities for a Lifetime Facilitated Discussion

### Age-friendly NYC: Dorian Block, Manager, [dblock@nyam.org](mailto:dblock@nyam.org)

*Focus:* Improving the quality of life of New York City's 1.4 million older adults by encouraging the many sectors of New York City to see the opportunity in population aging.

*Essence:* Age-friendly NYC is a partnership between the Office of the Mayor, the New York City Council and the New York Academy of Medicine aiming to make New York more inclusive of older adults. Age-friendly NYC has demonstrated thousands of improvements across the city - from park and street design to partnership with employers, local businesses and neighborhood-level organizations. Age-friendly NYC was named "Best Existing Age-friendly Initiative" in the world by the International Federation of Aging in 2013 and has provided technical assistance to more than 50 cities implementing their own initiatives.

*Resources:* [www.agefriendlynyc.org](http://www.agefriendlynyc.org) *Twitter:* @AgefriendlyNYC

### AARP: Jana Lynott, Senior Strategic Policy Advisor, [jlynott@aarp.org](mailto:jlynott@aarp.org)

*Focus:* I help AARP advocates and other professionals understand how community planning can support public health, strong local economies, and the ability of people to get to the places they need and want to go.

*Essence:* Most people want to age in their homes and communities. We need to plan now to ensure our communities work for people of all ages.

*Resources:* Sign up for alerts on the latest research, events and videos on policy issues from AARP's Public Policy Institute: [www.aarp.org/research/ppi/liv-com2/get-involved](http://www.aarp.org/research/ppi/liv-com2/get-involved)  
[www.aarp.org/ppi/liv-com](http://www.aarp.org/ppi/liv-com) [www.aarp.org/livable](http://www.aarp.org/livable) *Twitter:* @JanaLynott

### Atlanta ARC: Kathryn Lawler, Director, [KLawler@atlantaregional.com](mailto:KLawler@atlantaregional.com)

*Focus:* Ensuring high quality of life for older and disabled individuals living in the metro Atlanta area

*Essence:* Remarkably while health and science have made extraordinary advances in longevity over the last 100 years, communities are still planned and infrastructure investments are still made as if no one grows old. To be successful in the 21st century, communities must incorporate the needs of residents of all ages and all abilities in their planning, building, investing and retrofitting-- offering the choices individuals and families need to life high quality lives.

*Resources:* [www.atlantaregional.com/lifelong](http://www.atlantaregional.com/lifelong) *Twitter:* @AtlantaRegional

**What is an age-friendly world?** It is a place that enables people of all ages to actively *participate* in community activities. It is a place that treats everyone with respect, regardless of their age. It is a place that makes it easy to stay *connected* to those around you and those you love. It is a place that helps people stay *healthy and active* even at the oldest ages. And it is a place that helps those who can no longer look after themselves to live with *dignity and enjoyment*.

The World Health Organization

APA Atlanta 2014

## Planning Communities for a Lifetime Facilitated Discussion

**Enabling Design:** Esther Greenhouse, [esg@esthergreenhouse.com](mailto:esg@esthergreenhouse.com)

*Focus:* Enabling Design as a Missing Variable in Public Health

*Essence:* The status quo of design unnecessarily pushes people to an artificially lower level of functioning. This is both subtle and overt, both immediate and long-term. This brings human and economic costs in terms of health and demand for services.

We have the power to enable our citizenry to function at a higher level of independence and well-being via communities designed to support the range of abilities and behaviors represented across the lifespan.

*Resources:* [www.esthergreenhouse.com](http://www.esthergreenhouse.com) *Twitter:* @EstherGreenhouse

**HUD:** Ramona Mullahey, [RAMONA.MULLAHEY@hud.gov](mailto:RAMONA.MULLAHEY@hud.gov)

*Focus:* Creating livable, sustainable communities for residents of all ages and abilities and income levels

*Essence:* Planners shape the footprint of their communities and bring the interests of stakeholders together to “re-imagine” their future. Engagement across generations can foster new conversations, new coalitions, and new shared strategies that link the generations to build more sustainable communities. They also build political will for funding critical service delivery and community support for both children and seniors. Real progress will occur with a paradigm shift in attitude that communities become more sustainable if generations work together and cultural imperatives are addressed. Age-friendly, multi-generational planning tools can frame strategies to achieve a community friendly to all people.

*Resources:* APA proposed ‘Aging in Community Policy Guide’ [link available soon]; Aging and Livable Communities - APA Divisions Council Initiative <http://www.planning.org/resources/ontheradar/aging/>

**Economist:** Mildred Warner, [mew15@cornell.edu](mailto:mew15@cornell.edu)

*Focus:* Planning Across Generations

*Essence:* As our society ages we have the opportunity to broaden the focus of planning beyond the needs of economically active adults to address the needs of those at both ends of the life course – children and seniors. This requires new frameworks that address health and wellbeing, mobility, informal social networks and service delivery.

*Resources:* Website with issue briefs on a range of topics from health, to parks to service delivery and even the politics of building inter-generational coalitions. National survey on planning across generations will be analyzed in summer 2014

[www.mildredwarner.org/planning/generations](http://www.mildredwarner.org/planning/generations)

**APA’s Aging Policy Guide**  
*coming soon to the APA website*