

Toward an Age-Friendly Multnomah County



October 30, 2014

Why Plan for an Aging Population?

The world, the U.S., Oregon, and our metro region are aging:

- Between 2010 and 2030, while our region's population will grow by 35% overall, the number of people 65+ will grow by 106% (Metro, 2009)
- We ALL are aging, but little planning has occurred
- Our window of opportunity for preparing is shrinking rapidly



Original WHO Age-Friendly Project in Portland (2006-2007)

- Dual trends of population aging and urbanization led the World Health Organization (WHO) to launch its Global Age-Friendly Cities project in 2006
- WHO asked Portland State University's (PSU) Institute on Aging (IOA) to conduct the local project
- Portland only U.S. city among 33 cities in 22 countries to participate
- Project guided by advisory group with reps. from Multnomah Co. Aging & Disability Services, Elders in Action, AARP Oregon, Bloom Anew, other partners



World Health Organization



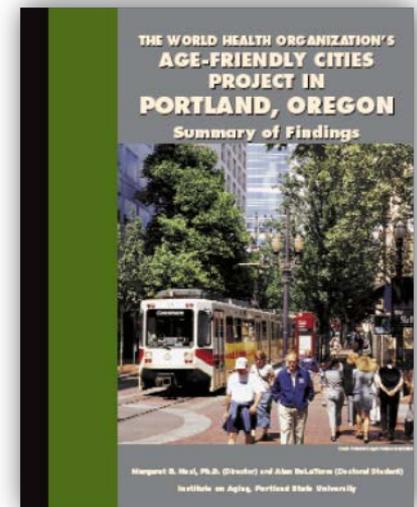
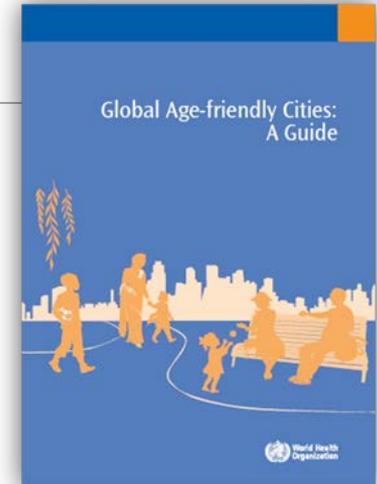
WHO Age-Friendly Cities Study Objectives

For WHO:

- To identify concrete indicators of an age-friendly city
- To produce a guide to stimulate advocacy, community development and policy change to make cities more age-friendly

For participating cities:

- To increase awareness of local needs, gaps and good ideas for improvement in order to stimulate development of more age-friendly cities



What is an “Age Friendly” Community?

- Builds on strengths of older adults, not only needs
- Age-friendly communities strive to:
 - be enabling
 - be inclusive
 - be equitable
 - focus on the life course and intergenerational interdependence
- “An age-friendly city...is friendly for all ages and not just ‘elder-friendly’.”

– *WHO Global Age-Friendly Cities: A Guide*, p. 72

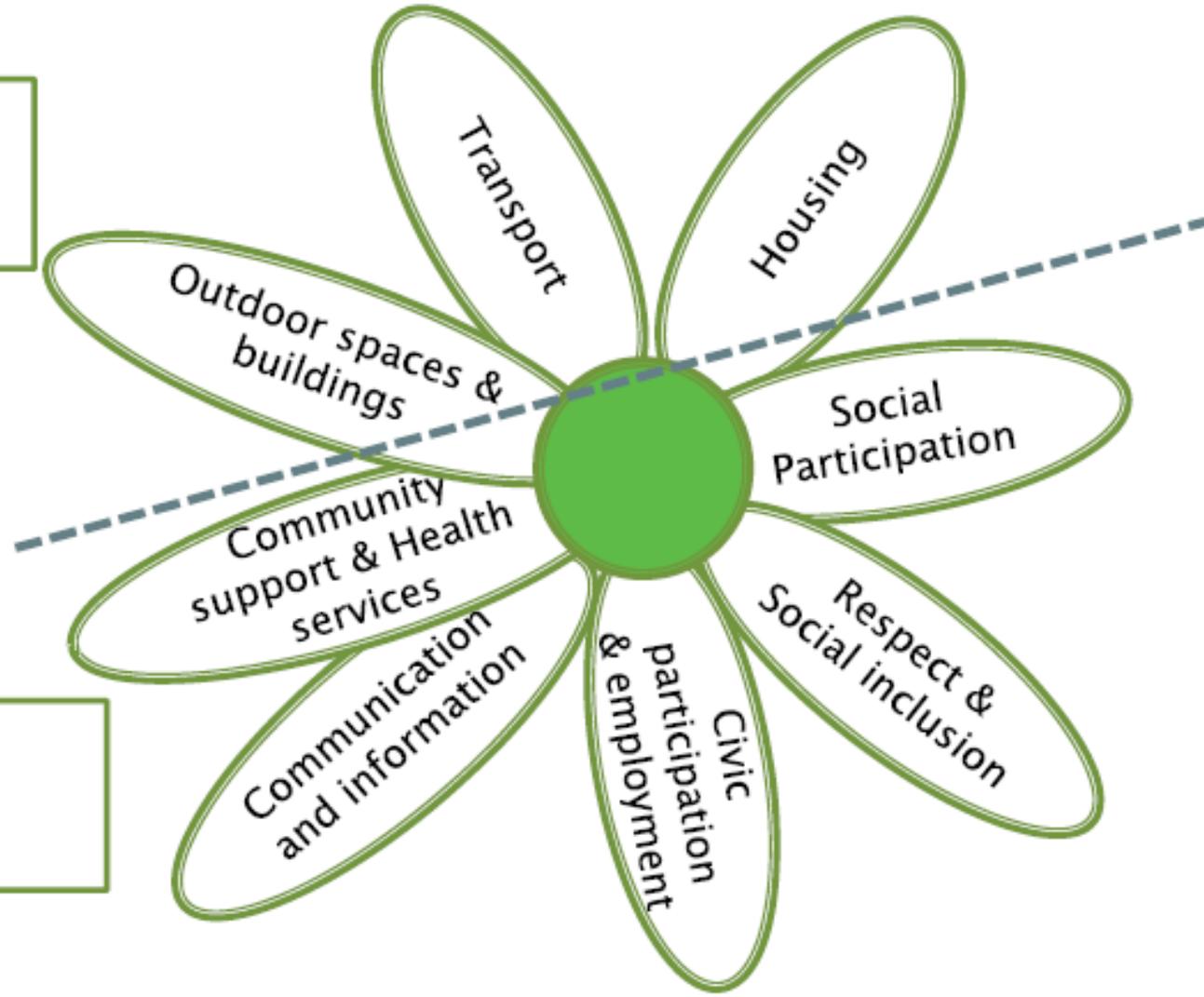


Credit: Bridge Meadows

An Age-Friendly City: Domains

**Built
Environment**

**Social
Environment**



Select Findings re: Age-Friendly Features

Housing

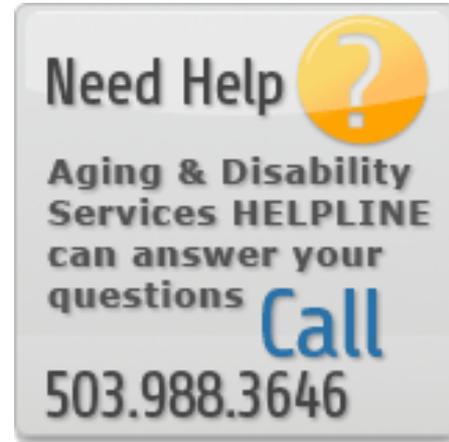
- Programs for locating and getting into affordable housing
- Agencies that support low-income and vulnerable older adults

Communication and Information:

- Multnomah County's Helpline
- Library programs and computers

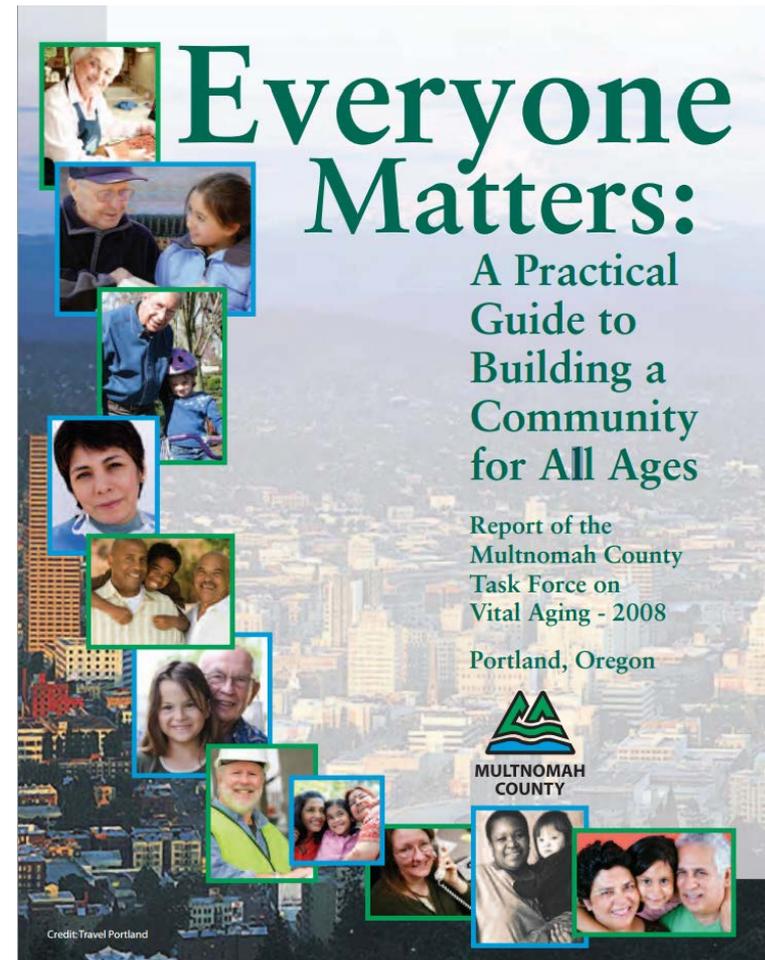
Community Support

- Age-Friendly Business Certification program
- Advocates connecting individuals to resources



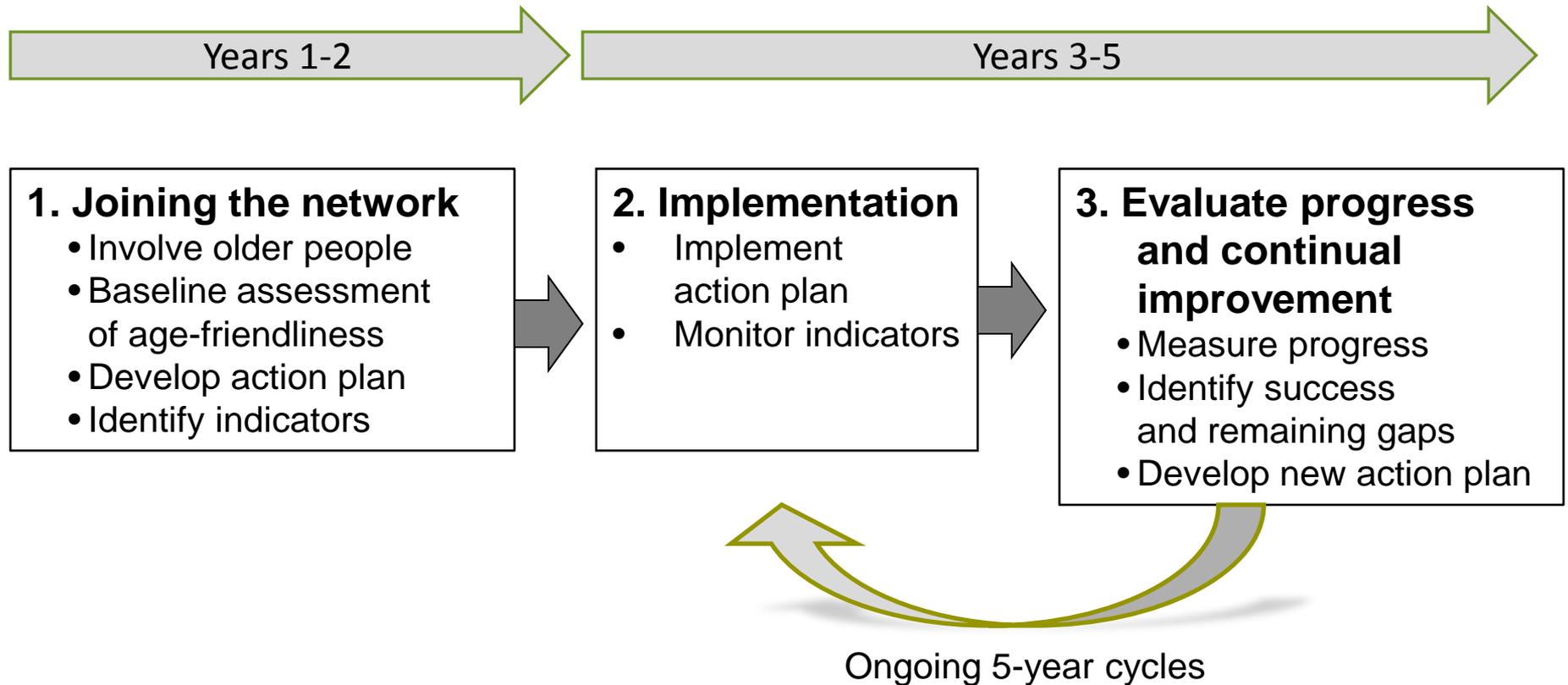
Multnomah County's Vital Aging Initiative

- Concurrent with the WHO age-friendly cities study, Multnomah County's Task Force on Vital Aging began in 2007
- Crossover between the two projects has led to special emphasis on older adults as resources and increasing opportunities for civic engagement and intergenerational contact





WHO Initiated its Global Network of Age-friendly Cities[©]



Portland joins the WHO Global Network of Age-Friendly Cities (and Communities)

- **2010-2011:** Application and acceptance as inaugural member in WHO Global Network of Age-Friendly Cities
- **2012:** AARP began coordinating the WHO Network in the U.S.



Preparation of the Action Plan for an Age-Friendly Portland



► Age-Friendly Portland Advisory Council (Meeting – July 15, 2013)

AARP Oregon

Bloom Anew

City of Portland Bureau of Planning and
Sustainability

City Commissioner Nick Fish's office

Coalition for a Livable Future

Corporation for National & Community
Service

Elders in Action

Institute of Portland Metropolitan Studies

Intel Career Fellowships Program

Metro

Multnomah County Aging & Disability
Services

Ride Connection

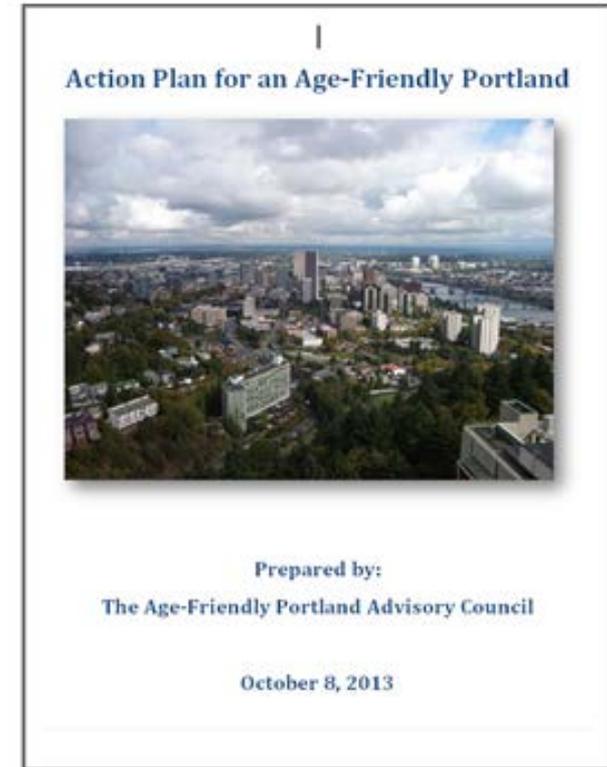
Terwilliger Plaza

Urban League

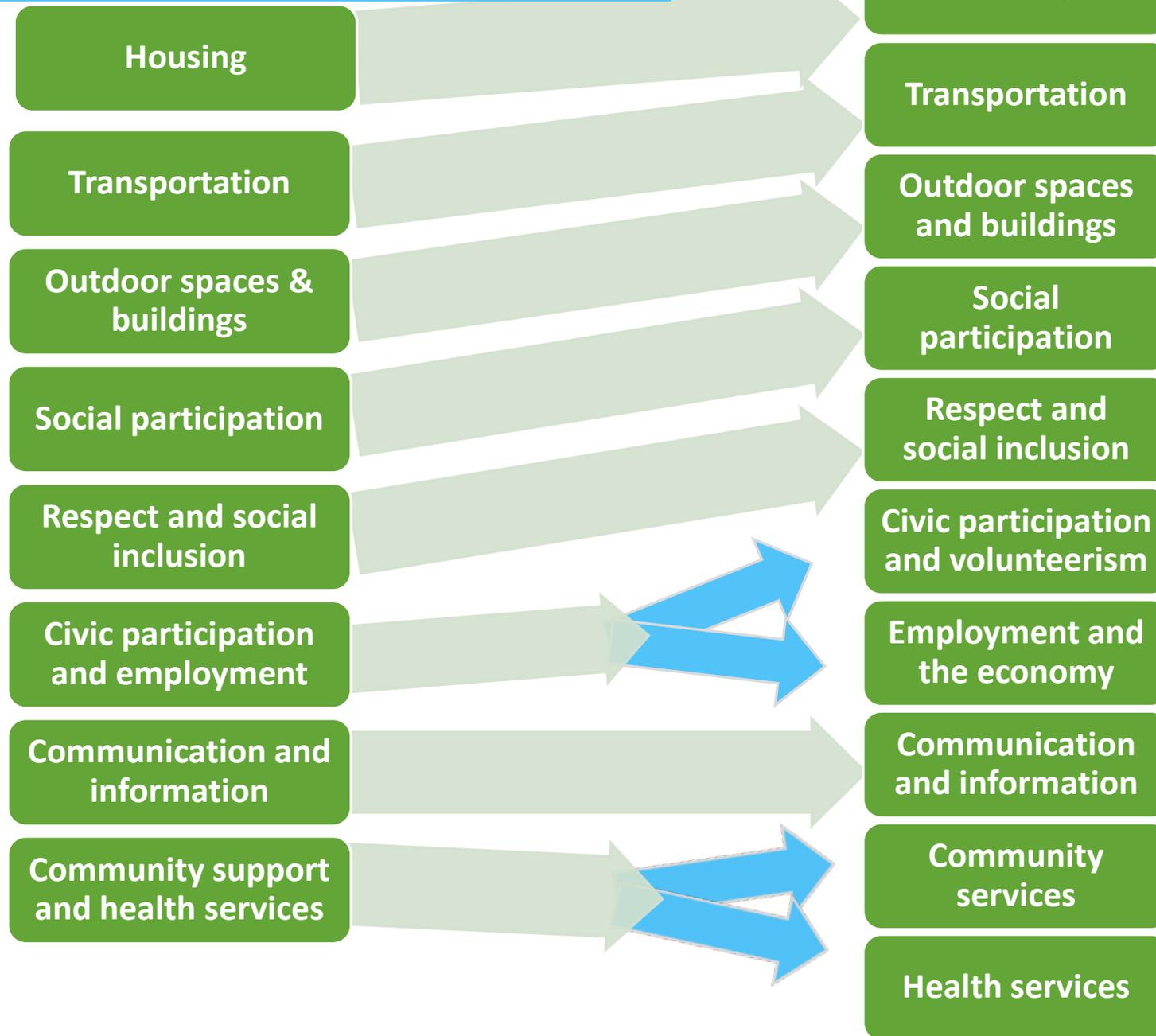
Coordinated by: PSU Institute on Aging

Moving to Action

- **2011-2013:** Disseminated findings; Advisory Council provided input on Portland Plan and Comprehensive Plan; Advisory Council developed Action Plan; IOA consulted with WHO, AARP on indicators of age friendliness
- **Oct. 2013:** Portland City Council approved Action Plan



From 8 to 10 Domains of Age Friendliness...



Since Approval by City Council, Implementation!

- Year 1 – prioritized 3 areas:
 - Housing Options & Policy
 - Economic Development & Employment
 - Civic Engagement & Volunteering
- Meetings with City Bureau liaisons, potential partners re: various Action Plan items
- Year 2 (2015)–Adding two areas:
 - Health
 - Transportation



Sept. 23, 2014: “What are Old People For: Building A Community for All Ages”

Purpose of event:

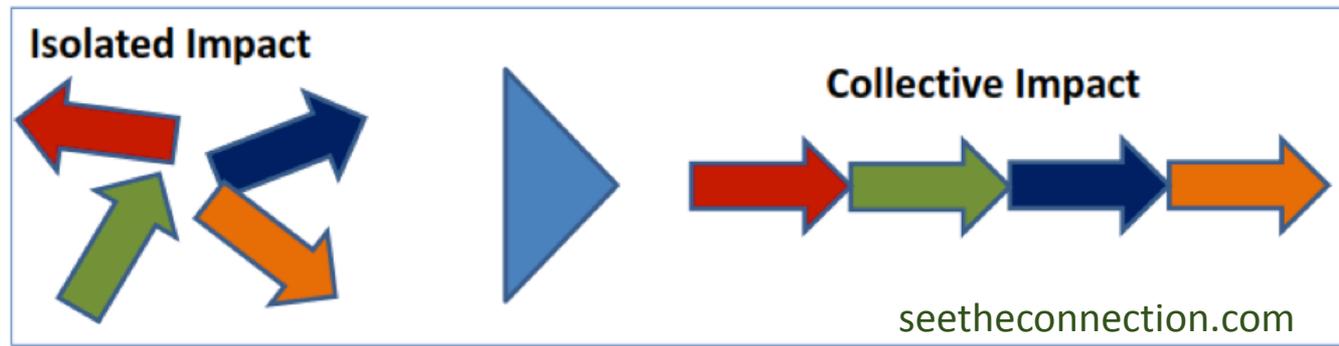
- Raise awareness of ways older adults contribute to the community
- Raise awareness of interdependence of generations
- Increase intergenerational civic and community engagement
- Encourage investment in older adults as part of an economic and social capital development strategy



See agefriendlyportland.org for details

Main Points

- Long history of the project (since 2006), with national and international recognition
- Built on partnerships (including County) following a collective impact approach; IOA serving as “backbone organization”
- Focus on making the physical and social/service environment better for people of all ages and abilities
- Emphasis on older adults as assets, recognition of intergenerational dependence, engaging older adults



Remarks by Key Partners

Elders in Action – Leslie Foren,
Executive Director

AARP Oregon – Bandana Shrestha,
Director, Community Engagement

**Multnomah County Aging and Disability
Services** – Lee Girard,
Community Services Manager

Elders *in* Action

EST. 1968

Sharing experience.
Staying engaged.





AARP® Network of Age Friendly Communities

Real Possibilities



AARP Supports Age-Friendly Cities

We got started as a partner to PSU's efforts

Now AARP works with local officials and partner organizations around the country to identify communities for membership in the Age-Friendly Network





NeCtar
FROZEN YOGURT LOUNGE

PGE
Choose 100%

UNDERCOVER
AARP

AARP
How would you make Portland
an even better place to live for
Please

AARP
Realities

AARP

Sunday
PAKWAYS
KAIŠA PAKVAINĖ

AARP

AARP



The Member List

AARP Network of Age-Friendly Communities

Here are just a few
of our members!

ARKANSAS

Fayetteville

COLORADO

Denver

DISTRICT OF COLUMBIA

Washington, D.C.

GEORGIA

Atlanta

HAWAII

Honolulu

IOWA

Des Moines

KANSAS

Wichita

MASSACHUSETTS

Boston

MICHIGAN

Highland Park

MISSOURI

St. Louis County

NEW YORK

New York City

OREGON

Portland

PENNSYLVANIA

Philadelphia

TEXAS

San Antonio

VERMONT

Newport City

**When will your
community join?**

See the complete list at
aarp.org/agefriendly

thecoolhunter.net



Please check out our website: agefriendlyportland.org

Questions, Comments?

Please check out the Age-Friendly Portland website!

www.agefriendlyportland.org