

# Toward an Age-Friendly Multnomah County



October 30, 2014

# Why Plan for an Aging Population?

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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)

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- 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



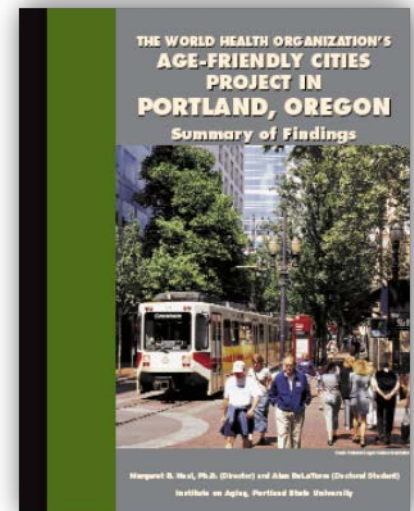
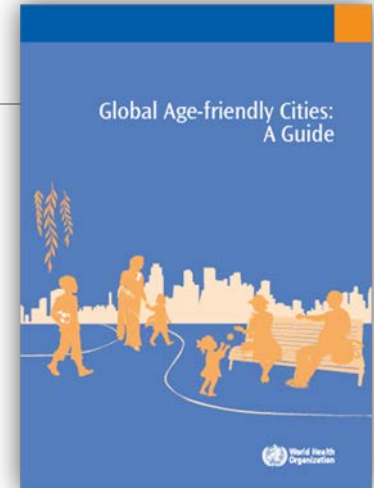
# WHO Age-Friendly Cities Study Objectives

## 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



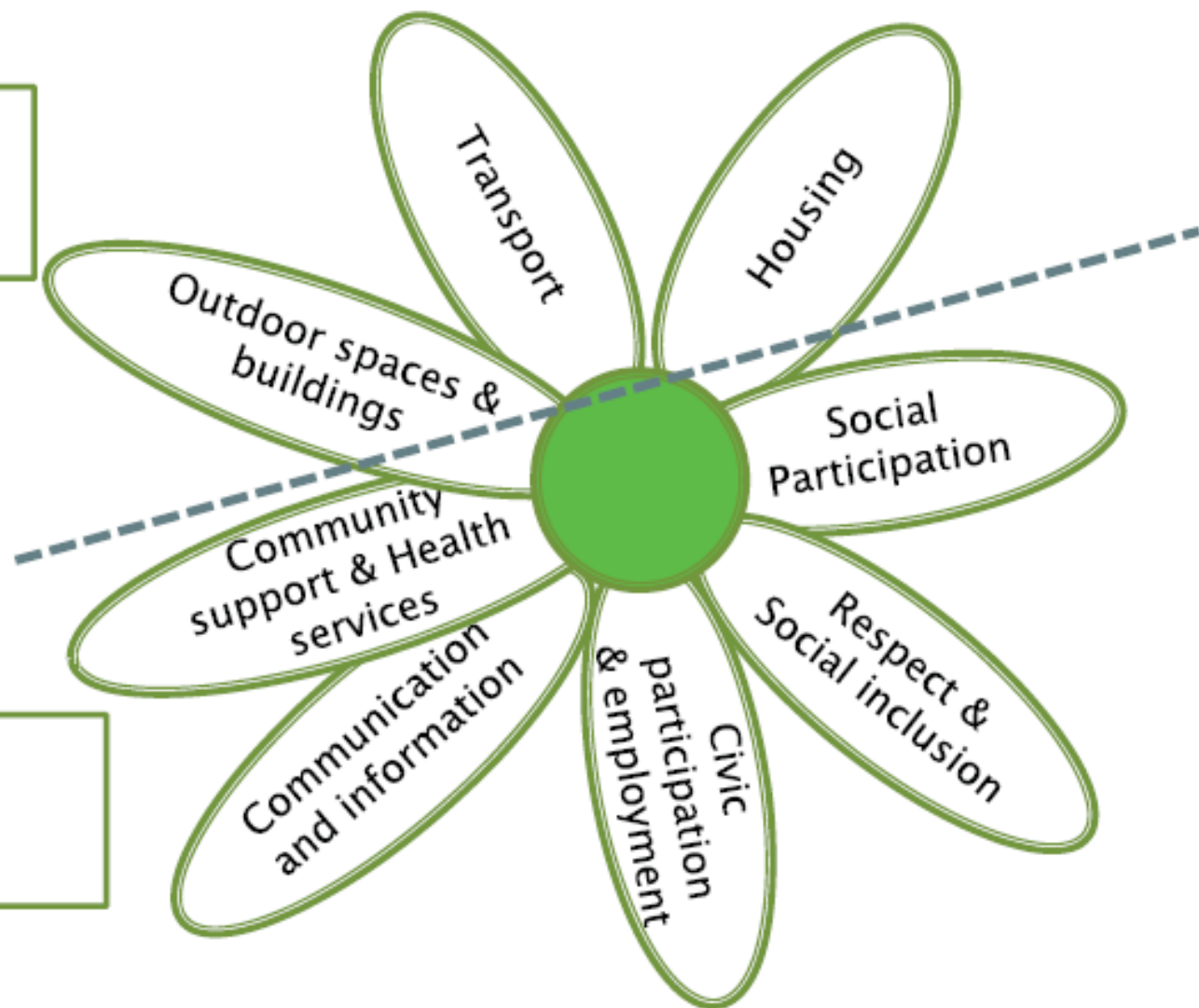
Credit: Bridge Meadows



# An Age-Friendly City: Domains

**Built  
Environment**

**Social  
Environment**



# Select Findings re: Age-Friendly Features

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## Housing

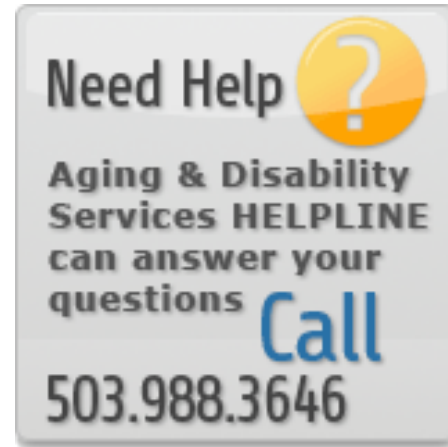
- Programs for locating and getting into affordable housing
- Agencies that support low-income and vulnerable older adults

## Communication and Information:

- Multnomah County's Helpline
- Library programs and computers

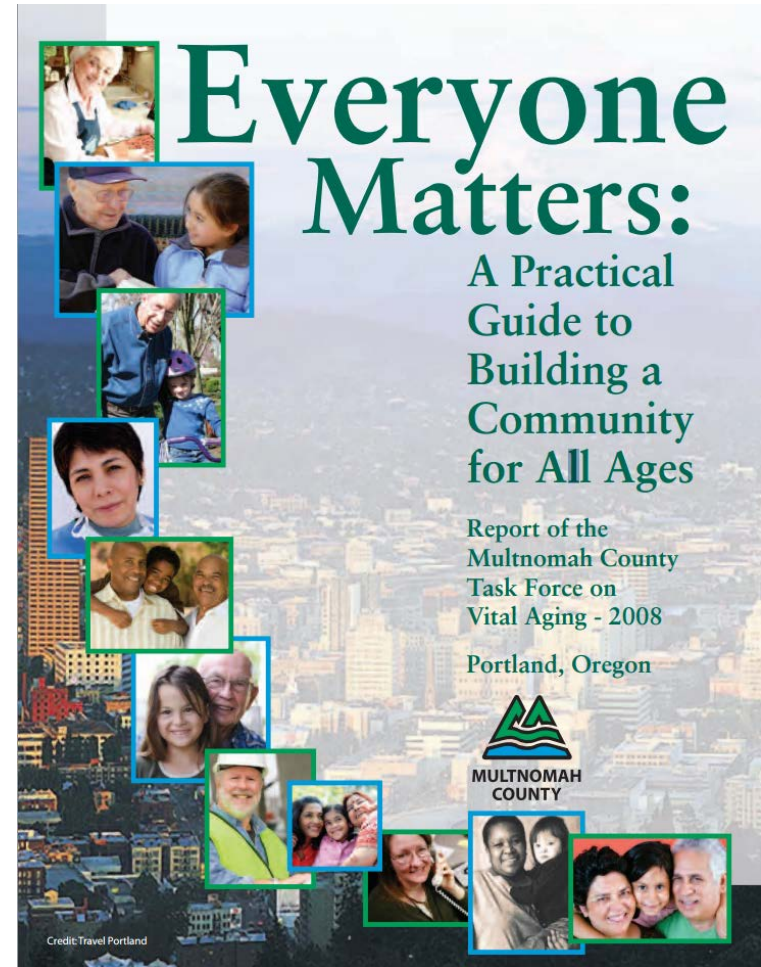
## Community Support

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



# Multnomah County's Vital Aging Initiative

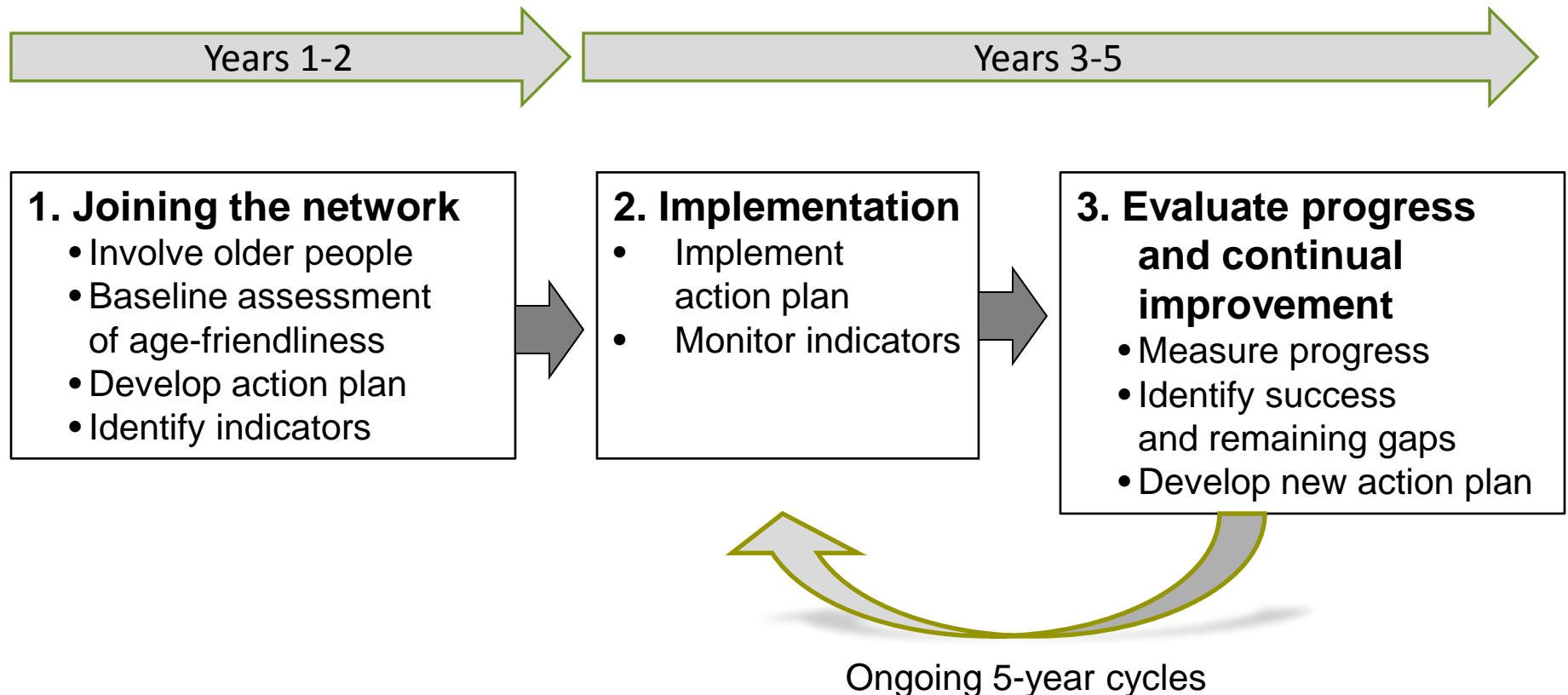
- Concurrent with the WHO age-friendly cities study, Multnomah County's Task Force on Vital Aging began in 2007
- Crossover between the two projects has led to special emphasis on older adults as resources and increasing opportunities for civic engagement and intergenerational contact







# WHO Initiated its Global Network of Age-friendly Cities<sup>©</sup>



# 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

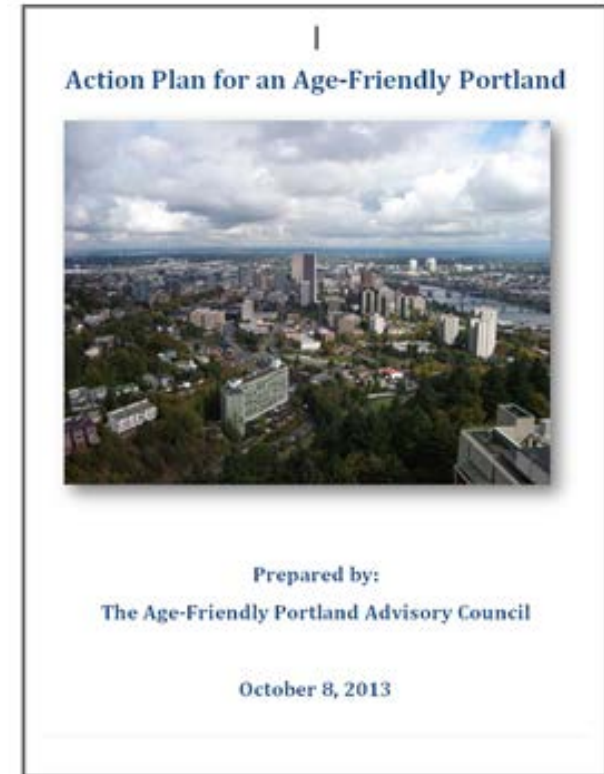
Terwilliger Plaza

Urban League

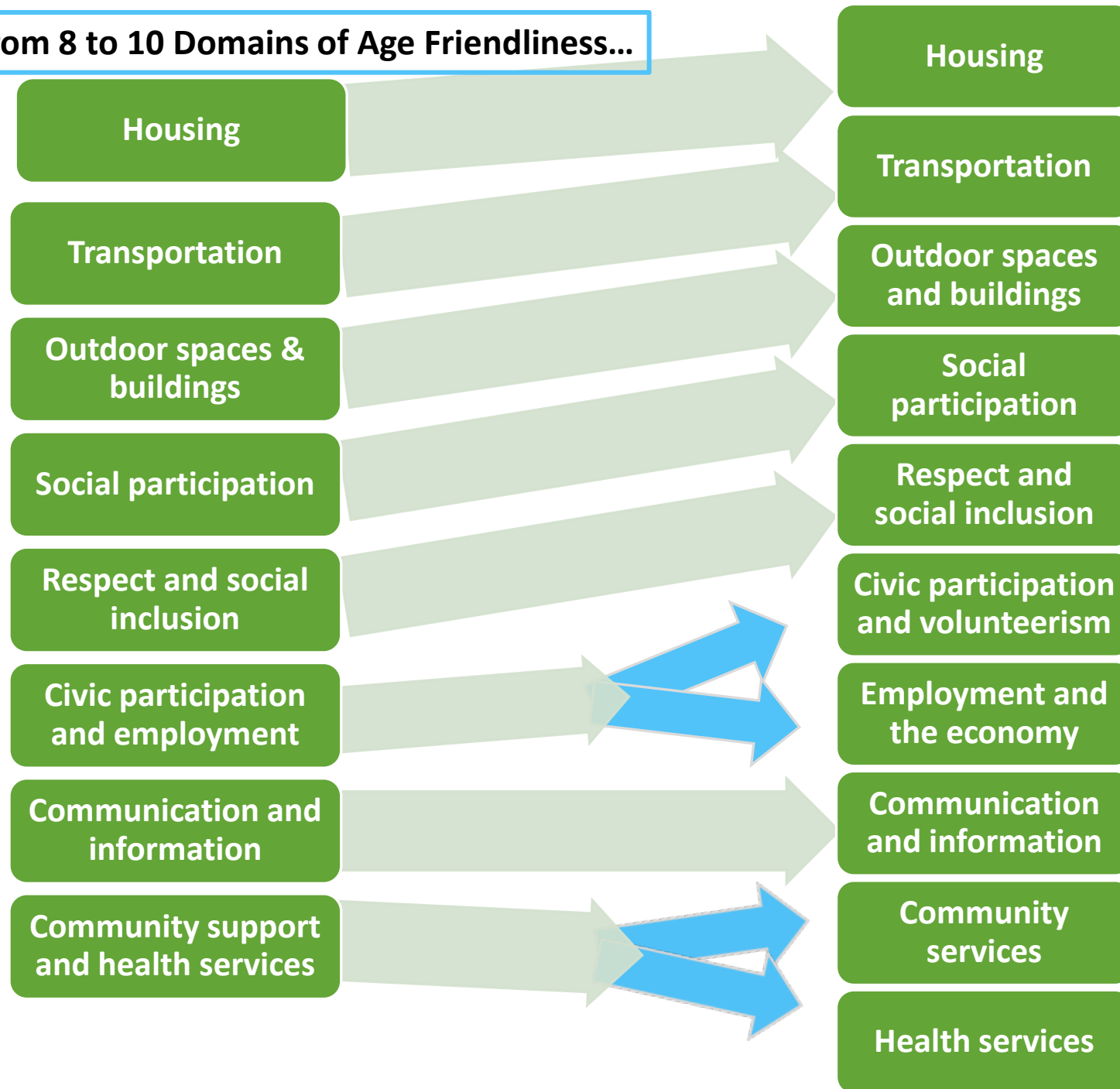
*Coordinated by: PSU Institute on Aging*

# 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”

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## Purpose of event:

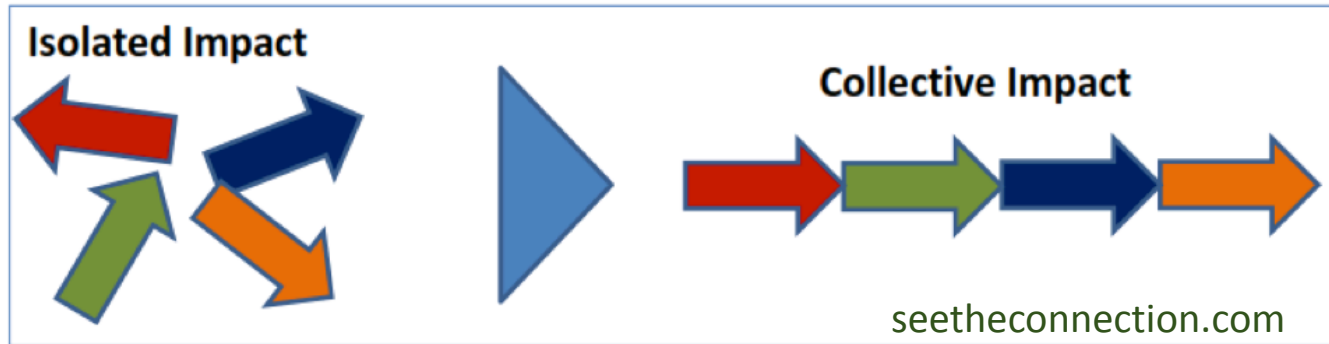
- Raise awareness of ways older adults contribute to the community
- Raise awareness of interdependence of generations
- Increase intergenerational civic and community engagement
- Encourage investment in older adults as part of an economic and social capital development strategy



**See [agefriendlyportland.org](http://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

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**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

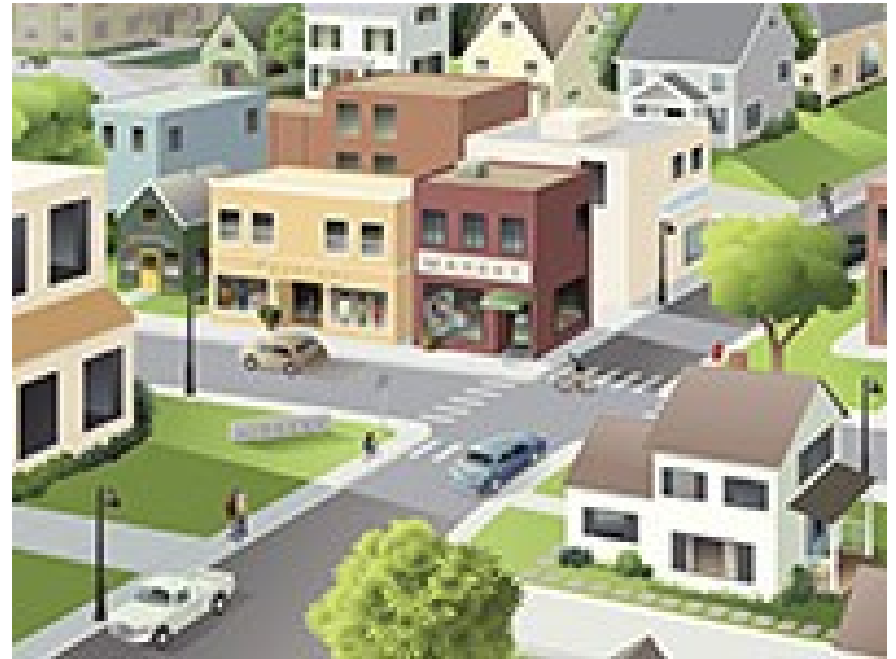


# AARP Supports Age-Friendly Cities

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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%

AARP  
How would you make Portland  
an even better place to live for  
people like you?

Sunday  
Parkways  
Kaiser Permanente

UNDERCOVER  
BICYCLE

AARP  
Realities



# The Member List

## AARP Network of Age-Friendly Communities

Here are just a few  
of our members!

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### **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](http://aarp.org/agefriendly)



thecoolhunter.net



Please check out our website: [agefriendlyportland.org](http://agefriendlyportland.org)



# Questions, Comments?

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Please check out the Age-Friendly Portland website!

[www.agefriendlyportland.org](http://www.agefriendlyportland.org)