The 8 Domains of Livability: Resources

The availability and quality of these community features impact the well-being of older adults. Here's how to learn more about what's involved in each domain.

AARP Livable Communities

Available online at *aarp.org/livability-resources*























The World Health Organization's Global Network of Age-Friendly Cities and Communities has identified eight domains of livability that influence the quality of life of older adults.

The domains are also used as a framework and starting point by the U.S.-based towns, cities and countles that belong to the AARP Network of Age-Friendly Communities.

As a centralized source for information, examples and strategies about how programs and policies that work can help a community become more age-friendly, the following links will connect you to fact sheets, tool kits, guides, reports and more about each of the domains.

Domain 1: Outdoor Spaces and Buildings

Domain 2: Transportation

Domain 3: Housing

Domain 4: Social Participation

Domain 5: Respect and Social Inclusion

Domain 6: Civic Participation and Employment

Domain 7: Communication and Information

Domain 8: Community and Health Services

hnages representing the & Domeins of Livability --Photos from Getty and Alamy

The content within each domain package is categorized into three groups by level of difficulty, with the first group generally being the easiest reads for people new to this work and the third featuring deeper, dataand policy-heavy papers and reports.

Communities can use these resources to help come up with initiative ideas and pursue effective strategies during the Planning, Implementation and Evaluation phases of the age-friendly communities process.

Domain 1: Outdoor Spaces and Buildings

Tools and resources for working within the "8 Domains of Livability" to create livable communities for the benefit of older adults and people of all ages

AARP Livable Communities



People need public places to gather — indoors and out. Green spaces, safe streets, sidewalks, outdoor seating and accessible buildings (think elevators, stairs with railings, etc.) can be used and enjoyed by people of all ages.

The following list of resources — from AARP and elsewhere — relate to Domain 1 of the "8 Domains of Livability." The content is categorized into three groups by level of difficulty, with the first group generally being the easlest reads for people new to this work and the third featuring deeper, data- and policy-heavy papers and reports.

INTRODUCTORY AND EASY-TO-USE RESOURCES

How to Create a Grandparent Park
 In need of a place for children and adults to exercise and spend more time together outdoors, Wichita, Kansas, built a playground for all ages. (AARP)

. How to Create a Parklet

In places crowded with streets and structures, small open spaces (even those as small as a parking spot) can provide lots of room to relax. Parklets were first introduced in San Francisco, when an art and design studio created one to call attention to the scarcity of outdoor public spaces compared to the abundance of parking lots. (AARP)

How to Create, Maintain and Manage an Intergenerational Community Garden

With fresh produce hard for many residents to come by, residents of a Vermont town get down and dirty by working together to grow fruits and vegetables. The Fresh Start Community Farm offers insight to their successful gardening program and shares "how-to" advice for how other communities can grow the food they need. (AARP)

. How to Plant 99 Street Trees in Just a Few Hours

As part of a multifaceted neighborhood renewal effort, the city of Providence, Rhode Island, installed 99 steel, basket-style planters along a business district in an historic but struggling community. AARP volunteers and others stepped up with money and muscle to transform the planters into symbols of how livable communities can work. (AARP)

Related Resources



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- Stideshow: The 8
 Domains of Livability
- AARP Network of Age-Frendly Communities
- World Health
 Organization Global
 Age-Frendly Cities
 Guide (PDF)
- Checklist of Features of Age-Friendly Cities (PDF)
- AARP Livable
 Communities A-Z
 Archives About
 Economic Development
 and Placemaking

More domain resources »

. The Power of 10+: Applying Placemaking at Every Scale

In order to thrive and be a desirable place to live and work, a community needs to have at least 10 restaurants, 10 public spaces, 10 entertainment venues, 10 outdoor destinations, etc. You get the idea. (Project for Public Spaces)

. Understanding "Joint Use" and Making It Work

By sharing resources (such as athletic fields or indoor gyms), community organizations (including schools, churches, YMCAs) can both save money and help residents stay healthy. (Jointuse.org)

What Do Seniors Need in Parka?

As America's population rapidly ages, parks and recreation agencies need to serve people of all ages.

Among the useful features to include, according to this report: informative signage, accessible pathways and a variety of active and passive activities. (American Society of Landscape Architects)

What Makes a Successful Place?

Accessibility, sociability, comfort and engagement are identified as the four essential characteristics of equitable public spaces. (Projects for Public Spaces)

What is Placemaking?

As part of the effort to strengthen the connection between people and communities, placemaking emphasizes how a strong sense of setting or "place" positively influences the health and happiness of residents. (Project for Public Spaces)

TOOL KITS and COMPREHENSIVE OVERVIEWS

Addressing Childhood Obesity Through Shared School Facilities

Most schools have a variety of recreational facilities, such as gymnasiums, playgrounds, fields, courts and tracks. However, most of schools close their buildings to the public after school hours due to concerns about costs, vandalism, security, maintenance and liability. At the same time, having duplicate facilities in a community is not the best use of time or resources. A "shared use agreement" can address many of these concerns. (Safe Roules to Schools)

5 Questions About Form-Based Codes

Joel Russell, executive director of the Form-Based Codes Institute, explains what such land use planning is and isn't. (AARP)

· Livability Fact Sheet: Density

The aging U.S. population and ongoing decline in the share of households with children is boosting the demand for smaller homes in more compact neighborhoods. The "Density" fact sheet, part of an award-winning 11-part series, can be used by policy makers, planners, land use officials, housing specialists, community leaders and citizen activists to educate themselves and others about how to smartly plan and build mixed-use neighborhoods and developments. (AARP and the WALC institute)

Livability Fact Sheet: Form-Based Code

By using the physical form rather than the separation of uses as an organizing principle, form-based codes offer a powerful alternative to conventional zoning. The fact sheet gives an analysis of form-based code benefits and strategies to revise a community's map and zoning standards. (AARP and the WALC institute)

- Livability Fact Sheet: Street Trees
 To quote a Chinese proverb, "The best time to plant a tree was 20 years ago. The second best time is now." The fact sheet, part of the award-winning AARP Livability Fact Sheet series, explains how trees planted along roadways and sidewalks both aesthetically and economically benefit communities. (AARP and the WALC Institute)
- The Lighter, Quicker, Cheaper Transformation of Public Spaces
 Expensive, labor-intensive initiatives are not the only, or even the most effective, ways to bring energy and life into a community's public space. This online package explains why. (Project for Public Spaces)
- Placemaking for an Aging Population: Guidelines for Senior-Friendly Parks
 An attractive, comprehensive resource that explains why outdoor spaces are important for older adults, the guide provides information about the types of parks and park features that serve the population best.
 Go directly to page 103 to see the design guidelines. (University of California Los Angeles UCLA Luskin School of Public Affairs)

IN-DEPTH REPORTS, POLICY PAPERS AND ANALYSIS

- Connecting and Giving: Report on How Mid-Life and Older Americans Spend Their Time, Make
 Connections and Build Communities
 In a 2009 survey conducted by AARP of people age 45 and older, the results reveal which group among
 the Baby Boomers, the Silent Generation, the Greatest Generation and Generation X are the most likely
 to volunteer. (AARP)
- Increasing Physical Activity through Model Joint Use Agreements
 The National Policy & Legal Analysis Network to Prevent Childhood Obesity has developed four joint use agreement models that communities can use to encourage physical activity. (Change Lab Solutions)

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Domain 2: Transportation

Tools and resources for working within the "8 Domains of Livability" to create livable communities for the benefit of older adults and people of all ages

AARP Livable Communities



Driving shouldn't be the only way to get around. Public transit options can be as expansive and as infastructure dependent as a train system or as targeted as a taxi service that provides non-drivers with rides to and from a doctor's office.

The following list of resources — from AARP and elsewhere — relate to Domain 2 of the "6 Domains of Livability." The content is categorized into three groups by level of difficulty, with the first group generally being the easiest reads for people new to this work and the third featuring deeper, data- and policy-heavy papers and reports.

INTRODUCTORY AND EASY-TO-USE RESOURCES

· AARP Sidewalks and Streets Survey

This self-directed walk audit can take as little or as much time as desired by, say, spending 15 minutes at one busy corner or devoting several hours to documenting several roadways in a neighborhood. The survey download provides step-by-step instructions and checklists for examining intersections, sidewalks, driver behavior, public safety and more. (AARP)

Examples of Complete Streets Policies and Guides

This list of 25 Complete Streets policy examples was compiled to assist states, cities, and communities that are considering implementing their own complete streets initiatives. (National Complete Streets Coalition)

. 5 Questions for Katherine Freund

The founder of ITN America explains how the transportation needs of older adults can be met if safe drivers of all ages would share a ride. (AARP)

Get Wheelchair Wise: A Wheelchair User's Guide to Public Transport

With accurate Information and guidance, public transportation can be a viable option for all residents – regardless of age or physical ability. This guide provides information about the infrastructure and transit safety needs of wheelchair and scooter users. (United Kingdom Department of Transportation)

How to Get a Traffic Light installed

When pedestrians in South Austin, Texas, couldn't safely cross the road, they spoke out, stepped up and succeed. (AARP)

Related Resources



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- Slideshow: The 8
 Domains of Livability
- AARP Network of Age-Friendly Communities
- World Health
 Organization Global
 Age-Friendly Cities
 Guide (PDF)
- Checklist of Features of Age-Friendly Cities (PDF)
- AARP Livable
 Communities A-Z
 Archives about Bicycling,
 Complete Streets,
 Transportation and
 Walking

More domain resources »

- How to Host a Ciclovia or Open Streets Program
 When roads are closed to cars and trucks (as Brownsville, Texas, does several times a year), people can safely walk, bicycle and even dance in the streets. (AARP)
- Making a Place for Bicycles: Using Bicycle Parking Laws to Support Health, Business and the Environment

The health of communities, revenue of local businesses and street environments all benefit from bicycle parking ordinances. This ChangeLab Solutions fact sheet provides a model parking ordinance that can "ease bicyclists' fears about finding a secure place to lock up." (ChangeLab Solutions)

- Pedestrian Safety Workshop: A Focus on Older Adults
 Designed to advance the process of creating more pedestrian friendly environments, this 90-minute online workshop equips participants with ideas for how to improve walkability in their communities. (Road Safety Academy/National Highway Transportation Safety Association/University of North Carolina Highway Safety Research Center)
- Public Transportation: Lifeline for Older Adults in Rural America
 Jana Lynott, a transportation expert with the AARP Public Policy Institute, discusses the tack of transportation services for rural residents who do not drive. (AARP)

TOOL KITS and COMPREHENSIVE OVERVIEWS

- A Citizens Guide to Better Streets: How to Engage Your Transportation Agency
 A comprehensive manual with practical advice for how individuals and groups can influence highway professionals to address transportation in ways that place the most value on people and on places.
 (AARP/Project for Public Spaces)
- Complete Streets in the Southeast: A Tool Kit
 Communities in the southeastern United States are home to one in five of the nation's 600+ Complete
 Streets policies, and transportation agencies, community leaders and residents are actively implementing
 Complete Streets practices. This tool kit takes a comprehensive took at those efforts and distills advice and lessons for others in the region. (AARP, National Complete Streets Coalition)
- Complete Streets Policy Manual

The roads in many cities are designed solely for vehicles and are not designed to accommodate the needs of all residents. This manual was created to enhance communities' awareness of Complete Streets policies and provide a framework for ratifying such policies on a local level. (AARP/ the Merritt C. Becker Jr. University of New Orleans Transportation Institute)

- Creating a Road Map for Producing and Implementing a Bicycle Master Plan
 The guide examines three phases of a bicycle master plan project including how to generate interest
 among stakeholders prior to the development of a plan, creating a comprehensive plan that will meet the
 unique needs of the community, and establishing a purposoful strategy for Implementing the plan.
 (AARP)
- Livability Fact Sheet: Sicycling
 Riding a bicycle is a healthy, efficient way to get around. Here's how more communities can come along for the ride. (AARP and the WALC Institute)

Livability Fact Sheets: Economic Development

A look at the many financial benefits for individuals, businesses and local governments of creating walkable, bike-friendly, livable and lively communities. (AARP and the WALC institute)

Livability Fact Sheet: Modern Roundabouts

Every day in the U.S. more than 20 people are killed at traffic intersections, and many more are seriously injured Roundabouts — circular intersections that move traffic counterclockwise around a central island — can help reduce these deaths and injuries. (AARP and the WALC Institute)

. Livability Fact Sheet: Parking

The average American household has 1.9 vehicles, and finding a place to put them when not in use consumes land, time and money. Here's how we can do a better job parking our cars. (AARP and the WALC Institute)

Livability Fact Sheet: Road Diets

Supersized, multilane roadways are fast-moving, unattractive and often impossible to cross. Learn how the streets near you can slim down, spruce up and become safer for all users. (AARP and the WALC institute)

· Livability Fact Sheet: Sidewalks

Sidewalks play a vital role in community life — as conduits for pedestrian movement and access —they enhance connectivity and promote walking. Businesses, homeowners, renters, young people and older adults all like having sidewalks. So why are sidewalks so rare in so many places? (AARP and the WALC Institute)

. Livability Fact Sheet: Traffic Calming

Traffic calming is a system of design and management strategies that include modern roundabouts, narrowed roads, chicanes (intentionally added turns in the road), median islands, speed humps, diverters, speed tables and other engineering tools or interventions. (AARP and the WALC Institute)

One Call-One Click: Transportation Services Tool Kit

One Call-One Click provides customer friendly mobility management solutions for community members of all ages, by providing customers with a single contact to find out about transportation services. This tool kit can help local planners and leaders determine whether these services are appropriate for their community. (United We Ride/Community Transportation Association)

Pedestrian Mobility and Safety Audit Guide

Created to assist volunteers in improving the walkability and livability of their communities, the guide introduces volunteers to the technical, administrative, regulatory and social issues regarding pedestrian safety and mobility at intersections and road segments in their communities. (AARP/Institute of Transportation Engineers)

IN-DEPTH REPORTS, POLICY PAPERS AND ANALYSIS

Accessible Pedestrian Signals: A Guide to Best Practices

The report and case studies from the U.S. and abroad examines traffic signals and modern intersection design as related to the needs of pedestrians who are blind or who have low vision. (National Cooperative Highway Research Program)

 Aging in Place, Stuck Without Options: Fixing the Mobility Crisis Facing the Baby Boom Generation

The report highlights the importance of increasing transit options for older adults in order to foster mobility and the opportunity to age in place. (Transportation for America)

- Complete Streets Local Policy Workbook
 - Based on examples from around the country, this workbook contains explanations of the various forms a Complete Streets policy may take and the elements of an ideal Complete Streets policy. (National Complete Streets Coalition, Smart Growth America)
- Complete Streets in the Southeast: A Tool Kit
 Of the more than 600 Complete Streets projects in place across the U.S., almost 20 percent can be found in the Southeast. Of significant value and interest are the tool kit's six case studies and nine state-specific fact sheets. The case studies report about Complete Streets efforts in Birmingham, Ala.; Broward County, Fla.; Decatur, Ga.; New Orleans, La.; Groenville, S.C.; and Memphis, Tonn. Each write-up ends with a "lessons-learned" conclusion." (AARP, Smart Growth, National Complete Streets Coalition)
- Evaluating Complete Streets Projects: A Guide for Practitioners

 The guide, which was released in March 2015, provides an introduction to project evaluation that focuses on multimodal goals and the needs of all individuals using the system. It includes general steps communities can take to evaluate projects, useful measures and metrics for common Complete Streets goals, tips for how to use these measures to tell the story of a project once it is completed and a list of in-depth resources for communities ready to take the next step. (AARP, Smart Growth America, and National Complete Sheets Coalition)
- Expanding Specialized Transportation: New Opportunities Under the Affordable Care Act
 The Affordable Care Act (ACA) provides new but limited opportunities to promote or fund specialized transportation services for older people and adults with disabilities. (AARP)
- Guidance for the Design and Application of Shoulder and Centerline Rumble Strips
 The National Cooperative Highway Research Program (NCHRP) provides this report as an effective motor vehicle crash reduction measure, while minimizing adverse effects for motorcyclists, bicyclists, and nearby residents. (National Cooperative Highway Research Program)
- Livability in Transportation Guidebook: Planning Approaches that Promote Livability
 This guide illustrates how livability principles have been successfully incorporated into transportation planning, programming, and project design. (U.S. Department of Transportation)
- The Road Ahead: Implementing Complete Streets Policies
 Stories of successful Complete Streets efforts by AARP state offices in Vermont, Hawaii, Indiana and Washington state. (AARP)

Published Summer 2015. Compiled by Kaleign Daylor and Jaseph Cheshirm.

Domain 3: Housing

Tools and resources for working within the "6 Domains of Livability" to create livable communities for the benefit of older adults and people of all ages

AARP Livable Communities



AARP surveys consistently find that older adults want to stay in their homes and communities for as long as possible. Doing so is possible if a house is designed or modified for aging in place and if a community includes housing options for varying life stages (and varying bank accounts).

The following list of resources — from AARP and elsewhere — relate to Domain 4 of the "6 Domains of Livability." The content is categorized into three groups by level of difficulty, with the first group generally being the easiest reads for people new to this work and the third featuring deeper, data- and policy-heavy papers and reports.

INTRODUCTORY AND EASY-TO-USE RESOURCES

AARP HomeFit Guide

An educational resource and personalized tool kit, the AARP HomeFit Guide provides lessons, suggestions and practical solutions for how to make a home comfortable, safe and a great fit for residents of all ages. (AARP)

Livable Communities: An Evaluation Guide Although this PDF-based, 162-page guide was produced in 2005, it contains still-useful survey techniques and data about how to determine the livability of a community and understand the needs of residents who want to remain independent in their homes and communities as they age. (AARP)

Livability Fact Sheet: Density

The aging U.S. population and ongoing decline in the share of households with children is boosting the demand for smaller homes in more compact neighborhoods. The "Density" fact sheet can be used by policy makers, planners, land use officials, housing specialists, community leaders and citizen activists to educate themselves and others about how to smartly plan and build mixed-use neighborhoods and developments. (AARP and the WALC Institute)

Related Resources



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- Slideshow: The 8
 Domains of Livability
- AARP Network of Age-Friendly Communities
- World Health
 Organization Global
 Age-Friendly Cities
 Guide (PDF)
- Checklist of Features of Age-Friendly Cities (PDF)
- AARP Livable Communities A-Z Archives About Housing and Placemaking

More domain resources »

Livability Fact Sheet: Economic Development
 A took at the many financial benefits for individuals, businesses and local governments of creating walkable, bike-friendly, livable and lively communities. (AARP and the WALC institute)

- Livability Fact Sheet: Form-Based Code
 - By using the physical form rather than the separation of uses as an organizing principle, form-based codes offer a powerful alternative to conventional zoning. The fact sheet gives an analysis of form-based code benefits and strategies to revise a community's map and zoning standards. (AARP and the WALC Institute)
- Livability Fact Sheet: Revitalizing Without Displacement
 As communities are redeveloped to become more livable, the efforts risk displacing an area's current, often longtime residents and businesses. Redevelopment offorts can benefit all residents, regardless of
- Location Affordability Portal: Understanding the Combined Cost of Housing and Transportation
 The federal Location Affordability Portal provides neighborhood-level estimates of household housing
 and transportation costs to help consumers, policymakers and developers make better informed
 decisions about where to live, work and invest. (U.S. Department of Housing and Urban Development)
- 10 Principles for Creating Age-Friendly Communities

income or age. (AARP and the WALC Institute)

Communities in the U.S. and abroad that don't prepare now for the world's increasingly aging population will soon find themselves struggling to catch up. Two experts from the AARP Public Policy Institute summarize the policies that AARP promotes to encourage the creation of communities that can "meet the needs of those age 5 or 105." (AARP)

What's Happened to Housing Affordability?
 Rodney Harroll, Ph.D., a housing expert with the AARP Public Policy Institute, discusses the differing findings about housing affordability between studies conducted by AARP and by the National Association of Realtors. (AARP)

TOOL KITS and COMPREHENSIVE OVERVIEWS

- Expanding the Use of Universal Design and Visitability Features in Housing
 As people age and their physical abilities change, impediments caused by a home's design can make living independently a challenge. This AARP Public Policy institute fact sheet explains how universal design and so-called "Visitability" features can improve safety and the utility of housing for older adults and people with disabilities. (AARP)
- Healthy Housing Laws that Works
 ChangeLab Solutions, a nonprofit that specializes in researching and drafting model laws and policies, developed this fact sheet to explain the different ways that local governments can enforce housing and property maintenance codes and to provide general information on the types of enforcement used by cities. (ChangeLab Solutions)
- How to Davelop a Home Modification initiative: A Community Guidebook
 Prepared by the Indiana-based Center on Aging and Community, this guide provides information about the most common home-modification needs and how to effectively implement a community-focused home modification initiative. (Center on Aging and Community)

IN-DEPTH REPORTS, POLICY PAPERS AND ANALYSIS

A Policymaker's Guide to Infilt Development
 The way communities are planned and built has a major impact on the officiency (or lack thereof) of our society, in terms of time, money and resources. This guide includes checklists for creating infill developments in order to make communities more livable and sustainable. (Local Government)

Commission)

AARP Inclusive Home Design Tool Kit

This state-focused advocacy tool kit was created by AARP's State Advocacy & Strategy Integration group to assist in changing what's considered the norm for the design and construction of private residential housing and, writes AARP, "reflect the needs and capabilities of all potential users," (AARP)

Aging in Place: A State Survey of Livability Policies and Practices
 From the AARP Public Policy Institute, a look at how older adults can successfully age in place with the help of state policies related to land use, housing, transportation and home-based services.
 (AARP)

· Aging in Place: A Tool Kit for Local Governments

Created by the Atlanta Regional Commission (ARC), the tool kit is based on three critical issue areas (health care, environment, planning and zoning) and emphasizes specific techniques for coordinating housing and health care supports to help older adults live independently in their homes and communities. (Atlanta Regional Commission/Community Housing Resource Center)

- Building a Strategy: Create a Successful Housing Strategy and Tailor It to Your Community
 A comprehensive housing strategy moves beyond individual and disconnected housing policies toward
 an overall housing strategy that ensures a jurisdiction's policies are well-coordinated and well-tailored to
 meet its objectives. (Housing policy.org)
- Building Healthy Places Tool Kit: Strategies for Enhancing Health in the Built Environment
 By making specific evidence-supported design and programming recommendations, the Urban Land
 Institute offers a resource and reference for shaping buildings and projects in ways that enhance and
 promote health. (Urban Land Institute)
- Increasing Home Access: Designing for Visitability
 Visitabily as a movement seeks to increase the supply of accessible housing through the inclusion of three basic structural features at the time of home construction: a zero-step entrance, wide doorways and at least a half-bath on the main floor of the home. This paper examines and evaluates the effectiveness of visitability features for improving the prospects for people to age independently in one's home and community. (AARP)

From Vacancy to Vibrancy

Many cities and towns are pursuing redevelopment of places that have struggled with blight and disinvestment for years. However, these redevelopment initiatives are frequently impeded by the presence of properties with known or suspected contamination issues, such as from abandoned gas stations and underground storage tanks. This guide seeks to help communities and their leaders mobilize the resources they need to clean up and reuse these sites. (Smart Growth America)

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

This study looked at the availability of affordable housing in 20 metropolitan areas in the United States and the location of this housing in relation to transit options. The authors highlight key planning and investment policies that government officials can support to secure greater opportunities for people to live near quality public transportation. (AARP)

- Preserving, Protecting, and Expanding Affordable Housing
- This tool kit (from the aforementioned ChangeLab Solutions) provides strategies across six policy areas (preservation, protection, inclusion, revenue generation, incentives and property acquisition) to help ensure that households of all incomes can find suitable housing options in the areas they need or want reside. (ChangeLab Solutions)
- Tool Kit for Developing and Operating Supportive Housing

The term "supportive housing" refers to permanent, affordable housing that comes with support services and provides chronically homeless people with a way out of expensive emergency public services and back into their own homes and communities. The tool kit explains what permanent supportive housing is as well as how it's most effectively developed, financed and operated. (Corporation for Supportive Housing)

Full shed Zummer 1915. Compete by Kalelyn Dayer and Jeseph Chepthons.

Domain 4: Social Participation

Tools and resources for working within the "8 Domains of Livability" to create livable communities for the benefit of older adults and people of all ages

AARP Livable Communities



Regardless of a person's age, loneliness is often as debilitating a health condition as having a chronic illness or disease. Sadness and isolation can be combatted by the availability of accessible, affordable and fun social activities.

The following fist of resources — from AARP and elsewhere — relate to Domain 4 of the "8 Domains of Livability." The content is categorized into two groups by level of difficulty, with the first group generally being the easiest reads for people new to this work.

INTRODUCTORY AND EASY-TO-USE RESOURCES

- Keys to Engaging Older Adults @ your Library
 Created to help librarians provide services to older adults, this
 "outreach tool kit" contains advice on programming, accessibility
 concerns, funding, engagement, implementation, model programs
 and more. (American Library Association)
- Shared User Agreements: Sharing School Recreational
 Facilities with the Community
 Shared use agreements allow school districts, local governments and community-based organizations to share costs and responsibilities by allowing school properties and similar facilities to be used by the public during non-school hours. (American Heart Association)
- Fee! Good: Volunteer with AARP Foundation Tax-Aide
 The AARP Foundation Tax-Aide program is the nation's largest volunteer-run tax preparation and assistance service. This website explains how individuals can volunteer even if they don't have an accounting or finance background. (AARP)

Related Resources



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- Stideshow: The 8
 Domains of Livability
- AARP Network of Age-Franchy Communities
- World Health
 Organization Global
 Age-Friendly Cities
 Guide (PDF)
- Checklist of Features of Age-Friendly Cities (PDF)

More domain resources »

TOOL KITS and COMPREHENSIVE OVERVIEWS

- Promoting Physical Activity Through the Shared Use of School and Community Recreational Resources
 - Providing access to safe, inexpensive and convenient recreational facilities is a significant strategy and cost-effective way to help children and adults be more active, especially in lower-income that often lack such opportunities. (Robert Wood Johnson Foundation)
- Loneliness and Isolation: Guidance for Local Authorities and Commissioners
 Developed by a United Kingdom-based network of national, regional and local organizations, this online framework and guide helps local governments and others best address and prevent the loneliness experienced by older people. (Campaign to End Loneliness)

Domain 5: Respect and Social Inclusion

Tools and resources for working within the "8 Domains of Livability" to create livable communities for the benefit of older adults and people of all ages

AARP Livable Communities



Everyone wants to feel valued. Intergenerational activities are a great way for young and old to learn from one another, honor what each has to offer and, at the same time, feel good about themselves.

The following list of resources — from AARP and elsewhere — relate to Domain 5 of the "8 Domains of Livability." The content is categorized into three groups by level of difficulty, with the first group generally being the easiest reads for people new to this work and the third featuring deeper, data- and policy-heavy papers and reports.

INTRODUCTORY AND EASY-TO-USE RESOURCES

 Generation Games: The Sporting Event Connecting People of All Ages

The Generation Games invite multigenerational teams (of children, parents, grandparents, students alumni and other generation-combinations) to participate in sports including football, (wheolchair) tennis, basketball, chess, judo, rowing, fitness, etc. (Towards an Age-Friendly EU)

TOOL KITS and COMPREHENSIVE OVERVIEWS

(National Resource Center on LGBT Aging)

- A Handbook for Cultural Engagement with Older Men
 The absence of men's participation in cultural arts activities can
 have a devastating impact on their health and well-being as they
 age. Engaging with the arts and related activities can help prevent
 loneliness and provide a person's daily life with meaning and
 pleasure. (The Baring Foundation)
- Age-Friendly Inclusive Services: A Practical Guide to Creating
 Welcoming LGBT Organizations
 Created in consultation with LGBT organizations around the U.S.
 that serve older adults, is intended to help LGBT centers understand
 the unique challenges that LGBT people face as they get older, and
 provide you with some tools and strategies to ensure that LGBT
 older adults feel more included and safe in LGBT organizations.

Related Resources



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- Slideshow: The 8
 Domains of Livability
- AARP Network of Age-Friendly Communities
- World Health
 Organization Global
 Age-Francily Cities
 Guide (PDF)
- Checklist of Features of Age-Friendly Cities (PDF)
- AARP Livable Communities A-Z Archive

More domain resources »

• Intergenerational Projects for the LGBT Community: A Tool Kit to Inspire and Inform
Aimed at practitioners, but also policy makers and educators, the tool kit addresses the lack of Interaction
between older and younger lesbian, gay, bisexual and transgender people, which then leads to an
absence of any kind of intergenerational support or positive older role models. The tool covers how to
develop a process model to help set up an intergenerational LGBT project. (The International Longevity
Centre)

IN-DEPTH REPORTS, POLICY PAPERS AND ANALYSIS

Active Living and Social Equity: Creating Healthy Communities for All Residents
 The International City/County Management Association provides a tool box of local government strategies for promoting active living equitably and highlights notable examples of local initiatives from around the country. (ICMA)

Published Summer 2015. Compiled by Kaleijer Dayer and Jeseph Chapthoes

Domain 6: Work and Civic Engagement

Tools and resources for working within the "8 Domains of Livability" to create livable communities for the benefit of older adults and people of all ages

AARP Livable Communities



Why does work need to be an all or nothing experience? An age-friendly community provides ways older people can (if they choose) continue to work for pay, volunteer their skills and be actively engaged in community life.

The following ilst of resources — from AARP and elsewhere — relate to Domain 6 of the "6 Domains of Livability." The content is categorized into three groups by level of difficulty, with the first group generally being the easiest reads for people new to this work and the third featuring deeper, data- and policy-heavy papers and reports.

INTRODUCTORY AND EASY-TO-USE RESOURCES

Senior Community Service Employment Program
 As the nation's cidest program helping low-income, unemployed people age 55+ to find work, the Senior Community Service
 Employment Program (SCSEP) matches cligible older job seekers with local nonprofits and public agencies so they can increase their skills and build self-confidence white earning a modest income.
 Based on their employment interests and goals, participants may also receive supportive services and skills training through an educational institution. The SCSEP experience most often leads to permanent employment. (AARP)

Tax Aide Locator

AARP Foundation Tax-Aide is the nation's largest free, volunteer-run tax return assistance and preparation service. People in need of services or wanting to volunteer can search for a Tax-Aide location by entering an address or zip code into this online tool. (AARP)

TOOL KITS and COMPREHENSIVE OVERVIEWS

AARP Resumé Kit

Job-seckers of any age can find tips for writing a winning resumé, including a list of resumé action keywords, examples of three types of resumés and advice for how to write an up-to-date resumé that will capture an employers' attention. (AARP)

Related Resources



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- Slideshow: The 8
 Domains of Livability
- AARP Network of Age-Francily Communities
- World Health
 Organization Global
 Age-Friendly Cities
 Guide (PDF)
- Checklist of Features of Age-Friendly Cities (PDF)
- AARP Livable
 Communities A-Z
 Archive

More domain resources »

Livability Fact Sheet: Economic Development

Livable communities both save and make money — and they're very good for business. This fact sheet explains more about the financial benefits of creating walkable, bike-friendly, livable and lively and downtown communities. (AARP and the WALC Institute)

 New Guide, New Destinations: A Handbook for Job Seekers to Mavigate Out for Long-Term Unemployment

Finding work takes work. This handbook is about taking action by working in smarter ways to find a job after an extended period of unemployment. (Deloitte)

IN-DEPTH REPORTS, POLICY PAPERS AND ANALYSIS

A Business Case for Workers 50+: A Look at the Value of Experience

A follow-up to a report done in 2005, the 2015 business case report confirms that workers age 50 and older are a critical component of a high-performance business. Contrary to common perception, due to shifting trends in reward and benefit programs, older workers do not cost significantly more than younger workers. In fact, adding more older talent to a workforce results in only minimal increases in total tabor costs and those incremental costs are often outweighed by the experience, professionalism, work ethic, lower turnover and knowledge-base that older employees provide.

Published Summer 2015. Compiled by Kalelyn Dwyer and Jeseph Chealhans

Domain 7: Communication and Information

Tools and resources for working within the "8 Domains of Livability" to create livable communities for the benefit of older adults and people of all ages

AARP Livable Communities



Information today is delivered in ways few could have imagined a decade ago — and many still don't know how to use. Ago-friendly communities recognize that not everyone has a smartphone or internet access and that information needs to be disseminated through a variety of means.

The following list of resources — from AARP and elsewhere — relate to Domain 7 of the "8 Domains of Livability." The content is categorized into three groups by level of difficulty, with the first group generally being the easlest reads for people new to this work and the third featuring deeper, data- and policy-heavy papers and reports.

INTRODUCTORY AND EASY-TO-USE RESOURCES

AARP TEK

TEK stands for Technology, Education, Knowledge and AARP TEK workshops are fun, free, hands-on learning events that teach older adults how to safety and effectively use personal technology devices, engage with social media platforms and access online resources. (AARP)

 High-Speed Networks Give Communities an Age-Friendly Advantage

An AARP public policy analyst explains how having access to affordable high-speed internet services provide communities with a powerful platform for helping meet the challenges associated with an aging population. (AARP)

SeniorNet

SeniorNet Learning Centers offer computer skills classes specifically designed for adults 50 and older. The page "Find a Learning Center" provides information about its programs in the United States, Japan, Malaysia and Sweden. (SeniorNet)

• Take a Class

The OASIS institute is a nonprofit organization that works to promote the ability of people age 50 to pursue vibrant, healthy, productive and meaningful lives. OASIS education centers offer online and in-person classes in history and literature, arts and culture, health, science, technology and more. (Oasis Institute)

Related Resources



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- Slideshow: The 8
 Domains of Livability
- AARP Network of Age-Enongly Communities
- World Health
 Organization Global
 Age-Friendly Cities
 Guide (PDF)
- Checklist of Features of Age-Friendly Cities (PDF)
- AARP Livable Communities A-Z Archives

More domain resources »

TOOL KITS and COMPREHENSIVE OVERVIEWS

A Platform for Aging in Place: The Increasing Potential of High-Speed Internet Connectivity
This report, by the AARP Public Policy Institute, discusses how the delivery of information and
communication services over a high-speed internet connection increase the potential for older adults to
live independently, safety and comfortably in their own homes. (AARP)

IN-DEPTH REPORTS, POLICY PAPERS AND ANALYSIS

A Connection for All Ages: Enabling the Benefits of High-Speed internet Access to Older Adults
in an increasingly digital world, many older adults do not have affordable, high-speed internet
connectivity at home. This AARP Public Policy paper discusses how the quality of emerging technologies
will help bridge the digital divide and reviews recommendations made by the Federal Communications
Commission's National Broadband Plan to get more older adults web connected. (AARP)

Published Summer 2010. Compiled by Kafelyn Dwyer and Joseph Chookbart

Domain 8: Community and Health Services

Tools and resources for working within the "8 Domains of Livability" to create livable communities for the benefit of older adults and people of all ages

AARP Livable Communities



At some point, every person of every age gets hurt, becomes ill or simply needs some help. While it's important that care be available nearby, it's essential that residents are able to access and afford the services required.

The following list of resources — from AARP and elsewhere — relate to Domain 8 of the "8 Domains of Livability." The content is categorized into three groups by level of difficulty, with the first group generally being the easiest reads for people new to this work and the third featuring deeper, data- and policy-heavy papers and reports.

INTRODUCTORY AND EASY-TO-USE RESOURCES

CareZone App

This free app helps caregivers stay organized and offective when caring for a parent, child, or someone in need by being able to safely organize files, contacts and medications, and coordinate with family and other caregivers using a shared calendar and journal. (AARP)

· Healthy Aging Fact Sheet

This National Council on Aging fact sheet provides detailed statistical information about the most prevalent barriers to healthy aging among seniors and sheds light on programs that help older adults live healthler lives. (National Council on Aging)

Healthy Aging: Improving and Extending Quality of Life Among
 Older Americans

This two-pager focuses on a specific program called Walk Wise, Drive Smart, which was created in Hendersonville, North Carolina, to address the public health concern of padestrian safety. Since the pilot program's implementation in 2005, it has helped to educate officials, planners and residents and make changes to the community, such as improved walkways and roadways, the development of pedestrian safety plans and installation of outdoor benches at strategic locations. (U.S. Centers for Disease Control and Prevention)

Related Resources



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- Sideshew: The 8 Domains of Livability
- AARP Network of Ago-Friendly Communities
- World Health
 Organization Global
 Age-Francly Cities
 Guide (PDF)
- Checklist of Features of Age-Friendly Cities (PDF)
- AARP Livable
 Communities A-Z
 Archive

More domain resources »

How to Work with Public Health to Advance Livable Communities
 Since a population's health and well-being is greatly influenced by having safe, healthy, "livable" communities, a primary focus of public health work is on helping support livable communities efforts. This "Livable Lesson" from AARP Livable Communities provides an overview about what public health professionals do and how their expertise can help with livability work. (AARP)

- . Planning for Healthy Living: The Next Challenge
 - In order to improve physical and mental health, reduce social pathology, and strengthen community "social immune systems," we must rebuild our sprawling suburbs and inner city neighborhoods so they support the development of face-to-face interaction and community in traffic-calmed streets and lively neighborhood squares. This article focuses on the extent to which existing planning leads to isolationism and social dysfunction. (International Making Cities Livable)
- Prepare to Care: A Planning Guide for Families

No matter where a person is in the continuum of caregiving — whether its to be anticipating a need, helping coordinate a big move, or taking care of a parent full-time — this 36-page guidebook with worksheets provides needed information.

(AARP)

Public Health and Age-Friendly Communities

The AARP Network of Age-Friendly Communities offers state and local health departments a unique opportunity to build upon current public health efforts by extending the reach and expanding synergies among initiatives at the community level. (AARP)

TOOL KITS and COMPREHENSIVE OVERVIEWS

- A Healthy Toronto by Design Report: Creating Healthy Built Environments
 Part of the Healthy Toronto by Design series about ways local communities share the health of their residents, this report showcases examples of innovative practices and policies across city government in Toronto that promote healthy built environments. (Toronto Public Health)
- Growing Smarter, Living Healthier: A Guide to Smart Growth and Active Aging
 Age-friendly communities use Smart Growth principles (i.e. ensuring that development improves the
 community, environment, economy and public health) to become healthier places to grow old in and
 better places for people of all ages. The guidebook discusses the basic principles of neighborhood and
 community design that foster aging in place and improve community livability. (Evironmental Protection
 Agency)
- Pathways to Better Community Wayfinding

Produced by the Centers for Disease Control Healthy Aging Research Center and its partners, this document introduces the concept of wayfinding (i.e. "the process by which we find our way from place to place") and why it benefits quality of life and improves public health. (U.S. Centers for Disease Control)

- Promising Strategies for Creating Healthy Eating and Active Living Environments
 Seeking to identify high impact approaches that will lead to having more, as the authors state, "healthy people in healthy places," this document outlines of 10 key strategies for transforming communities into healthy living environments that make healthy food options attainable and physical activity accessible. (Prevention Institute)
- Strengthening the Effectiveness of Services for Older Americans
 Published in 2012, this report outlines the key elements that are needed in order for the Older American
 Act (OAA) to be effective and efficient about age planning. (National Council on Aging and the Geronfological Society of America)

IN-DEPTH REPORTS, POLICY PAPERS AND ANALYSIS

 Healthy Planning: An Evaluation of Comprehensive and Sustainability Plans Addressing Public Health

The Healthy Planning report establishes a framework and identifies tools and strategies for integrating public health-related goals and policies into the plan-making process. (American Planning Association)

· Intersections: Health and the Built Environment

The built environment is part of the health problem. But it is also part of the solution. This Urban Land institute report explains how and notes that city planners, leaders and developers are being tooked at for solutions. (Urban Land Institute)

Metropolitan Area Transportation Planning for Healthy Communities
 Four metropolitan planning organizations (MPOs) are featured in this report's best practice studies
 (Sacramento and San Diego in California; Nashville, Tennessee; Puget Sound, Washington) produce
 visible and significant results through connecting transportation planning activities to health
 considerations, even though they differ in their sources of motivation, their focus on different aspects or
 stages of the planning process, and the steps they are taking to consider health. (U.S. Department of
 Transportation)

Fublished Summer 2012. Contribed by Katolen Deservered search Cheshims.

To learn even more about the 8 Domains of Livability:

- · Watch our "8 Domains of Livability" slideshow
- Download the World Health Organization's "Global Age-Friendly Cities Guide"
- · View the "Checklist of Features of Age-Friendly Cities"
- · Read "case study" examples of work being done in the domains
- · Use the AARP Network of Age-Friendly Communities Tool Kit to implement livability efforts

LIVABLE COMMUNITIES ARE GOOD FOR PEOPLE AND BUSINESS

Higher property values, increased economic activity and savings for communities are some of the benefits you'll learn about in **THE LIVABILITY ECONOMY**.



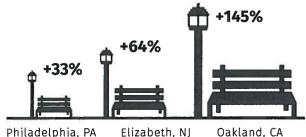
A LIVABLE COMMUNITY ...

- Features housing choices that are suitable for people of all ages and life stages.
- Reduces automobile dependence and supports a socially vibrant public realm.
- Integrates land uses so people can live closer to or within walking distance of jobs, community activities and the services they need.
- Has transportation options that enable residents to get around even if they don't drive.

LIVABLE COMMUNITIES INCREASE PROPERTY VALUES



Homes closer to parks and open spaces have higher property values than those further away.





A WalkScore increase of one point can improve the value of a home by as much as \$3,000.



Demand for compact communities consistently increases property values by more than 15 percent for office, residential and retail use.

LIVABLE COMMUNITIES INCREASE ECONOMIC ACTIVITY



Bicycling has generated more than \$400 million in economic activity in Iowa.

LIVABLE COMMUNITIES SAVE MONEY



In Central Texas, compact, infill development decreased infastructure costs by 70% when compared to typical, more sprawling development models, resulting in a \$7.5 billion savings.

PEOPLE WANT LIVABLE COMMUNITIES



Boomers and **Millennials** have similar preferences for walkable, mixed-use neighborhoods.

72% 54%

Want to be near shops, restaurants and offices

62% 49%

Would move into a smaller home for a shorter commute

42% 59%
Prefer to live where there's a mix of homes

52% 55%

Want public transportation options

Learn more by downloading or reading *The Livability Economy: People, Places and Prosperity* online at AARP.org/livability-economy

Learn how livable communities are great places for people of all ages by visiting AARP.org/livable and subscribing to the free AARP Livable Communities Monthly eNewsletter.







MAYOR'S TASK FORCE ON AGING RECOMMENDATIONS

The goal of these Recommendations is to focus resources on prudent investments that result in social and economic benefits for seniors in our community. By investing intelligently and utilizing the newest technologies, we can avoid costly interventions and leverage existing resources.

The recommended strategies focus on fostering intergenerational interaction and creating Complete Communities to support seniors in using their skills to contribute to society, while providing adequate supports to help them age with dignity.

The Recommendations are divided into *Community Goals* and *Goals for the City of Austin*. All these recommendations and a list of *other recommended strategies* are included in the full Task Force Report.

Community Goals

Goal 1 Focus on Healthy Living

Good health enables seniors to thrive and to continue contributing to their communities. An investment in affordable, accessible, and holistic care in Central Texas will build the foundation for a vibrant and productive senior community.

Strategies

1.1 Create a Care Transitions Coalition

A Care Transitions Coalition should be created to prevent unnecessary hospitalization and to reduce the risk of re-admissions. The coalition should set transitions standards; combine public, private and non-profit resources; and determine best practices for increased quality of transitional care:

- Discharge planning
- Family member involvement
- Available community-resources
- Patient education
- Staffing care transitions initiatives

1.2 Create Alliance to Better Integrate Aging and Mental Health Services

Senior mental health includes a focus on late-life depression, suicide prevention, substance abuse and misidentifying mental health symptoms, such as dementia. A collaboration could:

- Convene aging services and mental health providers
- · Coordinate dementia education efforts for citizens and providers
- Promote career pathways in geriatric mental health, including geriatric psychiatry fellowships and student internships

1.3 Develop a Health Outreach Program in Low-Income Neighborhoods Outreach would include preventative screenings, medication management, mental health, and nutrition. Providers would coordinate services to include:

- Mobile health units
- Telehealth
- Preventative care nurses staffed at senior centers during peak hours

1.4 Expand Food Availability to Older Adults

Congregate meal sites present opportunities for social engagement and improved daily nutrition. The Fresh Food for Families Program could work in tandem with sites to expand fresh foods for seniors.

Goal 2 Focus on Independence

Most seniors want to age in their home and community for as long as possible. Aging in community entails providing seniors the proper supports in the safest, least restrictive environment possible. For some, this means living in the home where they have resided for decades, and for others this means moving in with family or to a living facility. Family caregivers, home-based services and modifications, and access to transportation are critical elements that extend independence and create senior friendly communities.

Strategies

2.1 Expand Caregiver U

Caregiver U, a program of AGE of Central Texas, is an existing collaboration that provides critical supports and training to Caregivers. An expansion should include:

- Intensify Community Outreach and Public Awareness Around Elder Abuse and Caregiver Support
- Develop Dementia Care Program for Families

2.2 Expand Home-based Supportive Services

Home care services to assist with the activities of daily living (bathing, dressing, toileting, meal preparation, med management etc.) allow people to successfully age in place. In-home respite services for family caregivers

(companionship care for a senior while spouse/adult child is working, running errands, etc.) help seniors stay in their home. However, rising costs deters many caregivers from seeking in-home care. More affordable home care options could increase the number of seniors who age in place.

2.3 Expand Home Modification and Repair Services

The Austin Housing Repair Coalition repairs and modifies seniors' homes so they may stay in their homes while it is healthy for them to do so.

2.4 Create a Central Dispatch for All Transportation Services

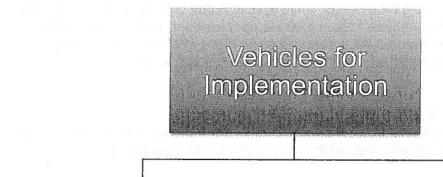
Creating a one-stop dispatch for all transportation services within the region would promote efficient use of limited vehicles and increase accessibility for seniors. Capital Metro is currently hiring a Mobility Manager who will oversee a centralized dispatch center. Capital Metro should engage nonprofit stakeholders to integrate services.

Goal 3 Focus on an *Informed Community*

An informed community is well-equipped to locate the services they need to care for themselves, their family members and their neighbors.

Strategies

- 3.1 Create a Website and/or Phone Number That Serves As a Central Clearinghouse for Information about Senior Services and Activities
- 3.2 Develop a Public Awareness Campaign for a Variety of Issues, such as:
 - Caregiver assistance
 - Locating senior service providers
 - Elder abuse



Create an Advocacy and Planning Organization for Seniors

Create a Robust Aging and Disabiltiy Resource Center

Recommendations for The City of Austin

Goal 1 Focus on Age-Inclusive Polices

Strategies

- 1.1 Integrate Age-Inclusive Policies as Criteria for City Decision-Making Policies should focus on reducing negative impacts and promoting positive impacts on seniors. These include ordinances, regulations, and policies related to transportation, affordable housing, land development, and affordable utilities and taxes. Additionally, consider impact on seniors of activities related to the City's Imagine Austin Plan.
- 1.2 Join AARP/World Health Organization Age-Friendly Communities Initiative

Goal 2 Focus on Affordable Housing

Strategies

- 2.1 Research and Analyze the Impact of Property Tax Deferrals/Caps and Utility Cost Subsidies on Seniors and Recommend Appropriate Action
- 2.2 Prioritize Affordable Housing Funding for Seniors
- 2.3 Expedite Permitting Process For Secondary Apartments

Goal 3 Focus on Integrating Seniors into Civic Life

Strategies

3.1 Fund Neighborhood Programs for Senior Assistance
City's Neighborhood Match Program could foster neighborhood senior
assistance. Neighborhood associations could offer meals, transportation and
social engagement.

3.2 Create an Interagency Committee to Optimize Facilities for Senior Engagement

- Develop an asset map to identify existing and new opportunities for senior social engagement at public libraries, PARD facilities, HHS facilities, and schools
- Identify opportunities for co-located services
- Develop intergenerational programming at Recreation Centers and schools

3.3 Create Intergenerational Opportunities for Seniors

- Invest in intergenerational art education partnerships between schools, organizations, libraries and senior programs to provide exposure to the arts.
- Designate a City Recreation Center as an intergenerational site and provide dynamic volunteer and co-learning opportunities for all ages.

Vehicle for Implementation

Create a City
Commission for Seniors

AARP NETWORK OF AGE-FRIENDLY COMMUNITIES

CITY OF AUSTIN ACTION PLAN 2016

8 DOMAINS OF LIVABILITY	COA COMMISSION ON SENIORS	AREA AGENCY ON AGING/ADRC	AUSTINUP	AGING SERVICES COUNCIL	OTHER ENTITIES & PARTNERS
1 – Outdoor Spaces & Buildings					
2 – Transportation					
3 – Housing	Ž)				
4 – Social Participation					
5 – Respect & Social Inclusion					
6 – Civic Participation & Employment					
7 - COMMUNICATION & INFORMATION					
8 – COMMUNITY & HEALTH SERVICES					

Repair and Modification Coalition, University of TX (LBJ School, Social Work School, LAMP, etc.), Age Well/Live Well-DADS, Central Partners and Initiatives: AARP, Leadership Austin, Evolve Austin, Code Next, HousingWorks, Cap Metro, Coming of Age, Housing Health, ATCIC, Vision Zero, other City of Austin departments, Travis County