Age-Friendly Royal Oak

This is a country where it is wonderful to be young. It must also become a country where it is wonderful to be old.

*Dr. Ethel Percy Andrus, Founder of AARP*

Karen Kafantaris
AARP Associate State Director
We’re entering a time of **profound and permanent change** to the demographic composition of America.

Every day **10,000** Boomers reach age 65.

By 2030 America will have **twice as many people over the age of 65** as we had just three years ago.
Older Adults are Assets to the Community
Oxford Economics was founded in 1981 as a commercial venture with Oxford University’s business college to provide economic forecasting and modelling to companies and financial institutions. They are one of the world’s foremost independent global advisory firms, providing reports, forecasts and analytical tools.
Longevity Economy

- 106 million people
- Responsible for at least $7.1 trillion in annual economic activity
- A figure that is expected to reach well over $13.5 trillion by 2032
- Expected to account for more than half of US GDP by 2032
Longevity Economy

- Older Adults are not a burden to society
- Will continue to fuel economic activity far longer than past generations
- Provides employment for nearly 100 million Americans
### Fig. 2: The Longevity Economy on a global scale

The Longevity Economy in global perspective (2012 GDP, $ trillions)

<table>
<thead>
<tr>
<th>Country</th>
<th>GDP (Trillions)</th>
</tr>
</thead>
<tbody>
<tr>
<td>US</td>
<td>16.2</td>
</tr>
<tr>
<td>China</td>
<td>9.1</td>
</tr>
<tr>
<td>Longevity Economy</td>
<td>7.1</td>
</tr>
<tr>
<td>Japan</td>
<td>4.9</td>
</tr>
<tr>
<td>Germany</td>
<td>3.5</td>
</tr>
<tr>
<td>France</td>
<td>2.7</td>
</tr>
<tr>
<td>UK</td>
<td>2.4</td>
</tr>
<tr>
<td>Brazil</td>
<td>2.3</td>
</tr>
<tr>
<td>Russia</td>
<td>2.1</td>
</tr>
<tr>
<td>Italy</td>
<td>2.0</td>
</tr>
<tr>
<td>India</td>
<td>1.9</td>
</tr>
</tbody>
</table>

Source: Oxford Economics
Age-Friendly Collaborating Cities

35 Cities from 22 Countries

**AMERICAS**
- Argentina, La Plata
- Brazil, Rio de Janeiro
- Canada, Halifax
- Canada, Portage La Prairie
- Canada, Saanich
- Canada, Sherbrooke
- Costa Rica, San Jose
- Jamaica, Kingston
- Jamaica, Montego Bay
- Mexico, Cancun
- Mexico, Mexico City
- Puerto Rico, Mayaguez
- Puerto Rico, Ponce
- USA, Portland
- USA, New York

**AFRICA**
- Kenya, Nairobi

**EUROPE**
- Germany, Ruhr
- Ireland, Dundalk
- Italy, Udine
- Russia, Moscow
- Russia, Tuymazy
- Switzerland, Geneva
- Turkey, Istanbul
- UK, Edinburgh
- UK, London

**SOUTH-EAST ASIA**
- India, New Delhi
- India, Udaipur

**WESTERN PACIFIC**
- Australia, Melbourne
- Australia, Melville
- China, Shanghai
- Japan, Himeji
- Japan, Tokyo

Credit: BC Ministry of Health
An Age-Friendly Community Is

“an inclusive and accessible environment that promotes active aging”

“emphasizes enablement rather than disablement”

“is friendly for all ages, not just age-friendly”

As defined by the WHO
An Age-Friendly Community

- A great place to grow up and grow old
- Has safe and accessible public and private transportation options
- Has affordable, accessible, and safe housing options
- Has pleasant, safe and accessible parks and outdoor spaces
- Has quality community and health services
- Has sufficient employment and volunteer opportunities
- Has engaging social activities and events for people of all ages
- The needs and preferences of older adults are taken into account
- Older adults are respected, and their knowledge, skills, resources, and contributions are sought out
- Older adults are integrated into the fabric of the community
An Age-Friendly Community: Eight Domains

1. Built Environment
   - Outdoor spaces & buildings
   - Community support & Health services
   - Communication and information
   - Transport

2. Social Environment
   - Housing
   - Civic participation & employment
   - Social participation
   - Respect & Social inclusion
1. Outdoor Spaces and Buildings

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.
2. Transportation

Driving shouldn't be the only way to get around. People need affordable and reliable public and private transportation options in their communities.

The average person outlives their ability to drive by 7-10 years. If this happens to you how will you get where you need to go?
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).
4. Social Participation

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.
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.
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.
7. Communication and Information

Information today is delivered in ways few could have imagined a decade ago — and many of us still don't know how to use the new technology. Age-friendly communities recognize that not everyone has a smartphone or Internet access and that information needs to be disseminated through a variety of means.
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.
Examples of Age-Friendly in Royal Oak

R.O.S.E.S.

The Royal Oak Senior Essential Services program provides supportive services to residents over age 62 and qualify for subsidy assistance. You must own your homes and reside alone, with a spouse, or a disabled adult child.

R.O.S.E.S. provides assistance for basic household tasks, home repairs, and assistance with daily activities.
Examples of Age-Friendly in Royal Oak

Transportation services to elderly residents who need rides to attend doctor appointments or run errands.

There is a suggested contribution of $3 for each one-way trip and $4 for each round-trip.
Examples of Age-Friendly in Royal Oak

- Senior Center publishes The Senior Times, a free monthly newsletter for our residents aged 50 plus.

Royal Oak Summer Concert Series
How Does the Program Work?

Implementation
STEP 1: ENTERING THE NETWORK

The purpose of the AARP Age Friendly Communities is to serve as a catalyst to educate, encourage, promote, and recognize improvements that make cities, towns, and counties more supportive not only of their older residents but for residents of all ages.

Our intent is to provide American cities, towns, counties with the resources they need to become more Age-Friendly, tapping into national and global research, models, and best practices.
AARP Network of Age-Friendly Communities Program Cycle

STEP 2: ASSESSMENT (Year 1) & PLANNING (Year 2) PHASES

This step has four elements:

- Establishment of mechanisms to involve older people throughout the Age-Friendly city cycle

  - A baseline assessment of the age-friendliness of the city.

  - Development of a 3-year city wide plan of action based on assessment findings.

- Identification of indicators to monitor progress
AARP Network of Age-Friendly Communities Program Cycle

STEP 3: IMPLEMENTATION & EVALUATION (Year 3-5)

On completion of the planning phase, and no later than two years after joining the Network, cities will submit their action plan to AARP/WHO for review and endorsement.

Upon endorsement by WHO, cities will then have a three-year period of implementation.

At the end of the period of implementation, cities will be required to submit a progress report to AARP/WHO outlining progress against indicators developed in Phase 1.
AARP Network of Age-Friendly Communities Program Cycle

STEP 4: CONTINUOUS IMPROVEMENTS
(Year 5+)

Upon completion of phase 3, cities will be able to continue their membership to the Network by entering into further implementation cycles.
What Phase is Royal Oak In?
What Phase is Royal Oak In?

Year 1 - The Assessment Phase

- Establishment of mechanisms to involve older people throughout the Age-Friendly city cycle
- A baseline assessment of the age-friendliness of the city.
Who Need To Be Involved?

Elected officials
Key agency staff
Planner, Public Works, Bike/Pedestrian coordinator
DOT representative
MPO Representative
First responders
PTA’s
School department staff and/or school board members
Main Street Organizations
Chamber of Commerce
Downtown Development group
Rotary Club/Lions & Other Groups
Disability Community
Major employers in the community
Faith Community

Health community: Hospitals, YMCA’s
Tourism Bureau; Heritage Society & Museums
Disease groups
NGO’s that are engaged in the issue
Representatives of Community Foundations
Neighborhood Associations
Library staff
Senior Center Leadership
Area Agencies on Aging/Orgs who work with or serve seniors
Colleges/Universities in the community
Smart Growth & Environmental groups
Older Adults from the Community
Individuals representing the LGBT Community
Individuals representing all Cultures and Ethnicities
Why Should You Get Involved?

“It has been wisely said that whatever many may say about the future, it is ours, not only that it may happen to us, but it is in part made by us.”

Dr. Ethyl Percy Andrus
Modern Maturity, August/September 1966
How Can You Get Involved?

- Participate in a community conversation – to have your opinions heard.
- Be trained to be a facilitator for the community conversations.
- Be on a workgroup committee to help draft the plan for the domain(s) you are most passionate about.
- Volunteer to do listening posts based on the 8 Domains around the community.
How Can You Get Involved?

- Sign up tonight to get involved.

- Help spread the word about Age-Friendly Royal Oak and get your friends, family and neighbors involved.

- Questions or want more information? Contact
  - Paige Gembarski PaigeG@romi.gov 248-246-3900
  - James Krizan KrizanJ@romi.gov 248-246-3200
Listening Posts and Sign-Up Sheets

• What are listening posts?

• Where are the sign-up sheets?
Questions?

Karen Kafantaris
kkafantaris@aarp.org
517-267-8916