



AARP Livable Communities: Our POV on Housing

November 21, 2020

U.S.

Elderly in U.S. Are Projected to Outnumber Children for First Time

Census Bureau predicts milestone will be hit within 17 years

By *Paul Overberg and Janet Adamy*

Updated March 13, 2018 9:13 p.m. ET

People over 65 years old would outnumber children by 2035, a first in U.S. history, according to updated projections released by the Census Bureau on Tuesday.

The milestone would be the latest marker of the nation's aging, which has accelerated with baby boomers' move into their senior years and recessionary effects on births and immigration over the past decade.

The...

TO READ THE FULL STORY

SUBSCRIBE

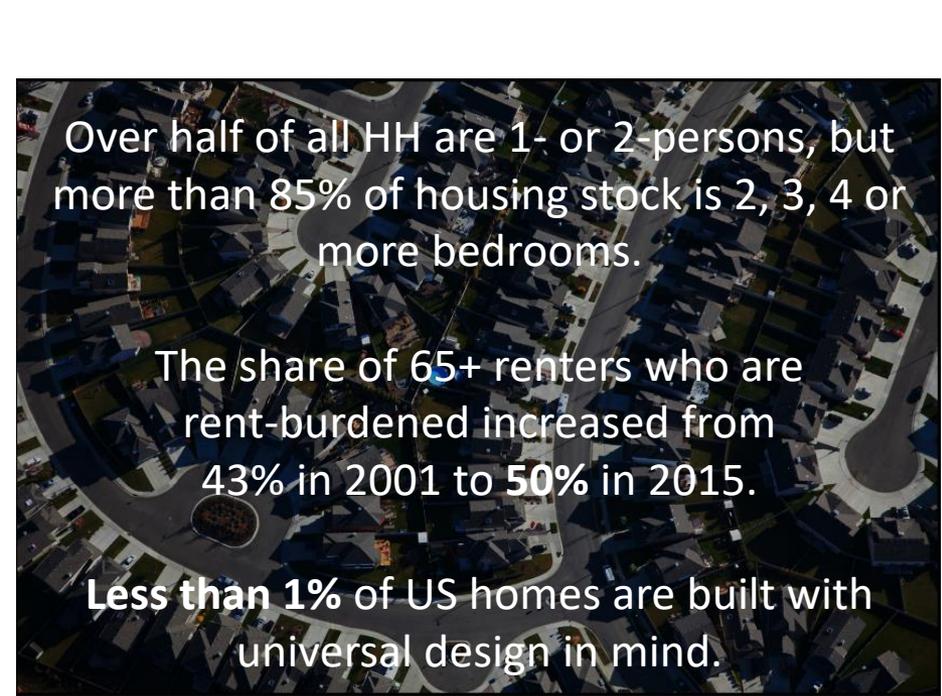
SIGN IN

By 2034, it is projected that people age 65+ will outnumber children under 18 for the first time ever.

By 2030, 1 in 5 people in the U.S. will be age 65+.



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Real Possibilities



Over half of all HH are 1- or 2-persons, but more than 85% of housing stock is 2, 3, 4 or more bedrooms.

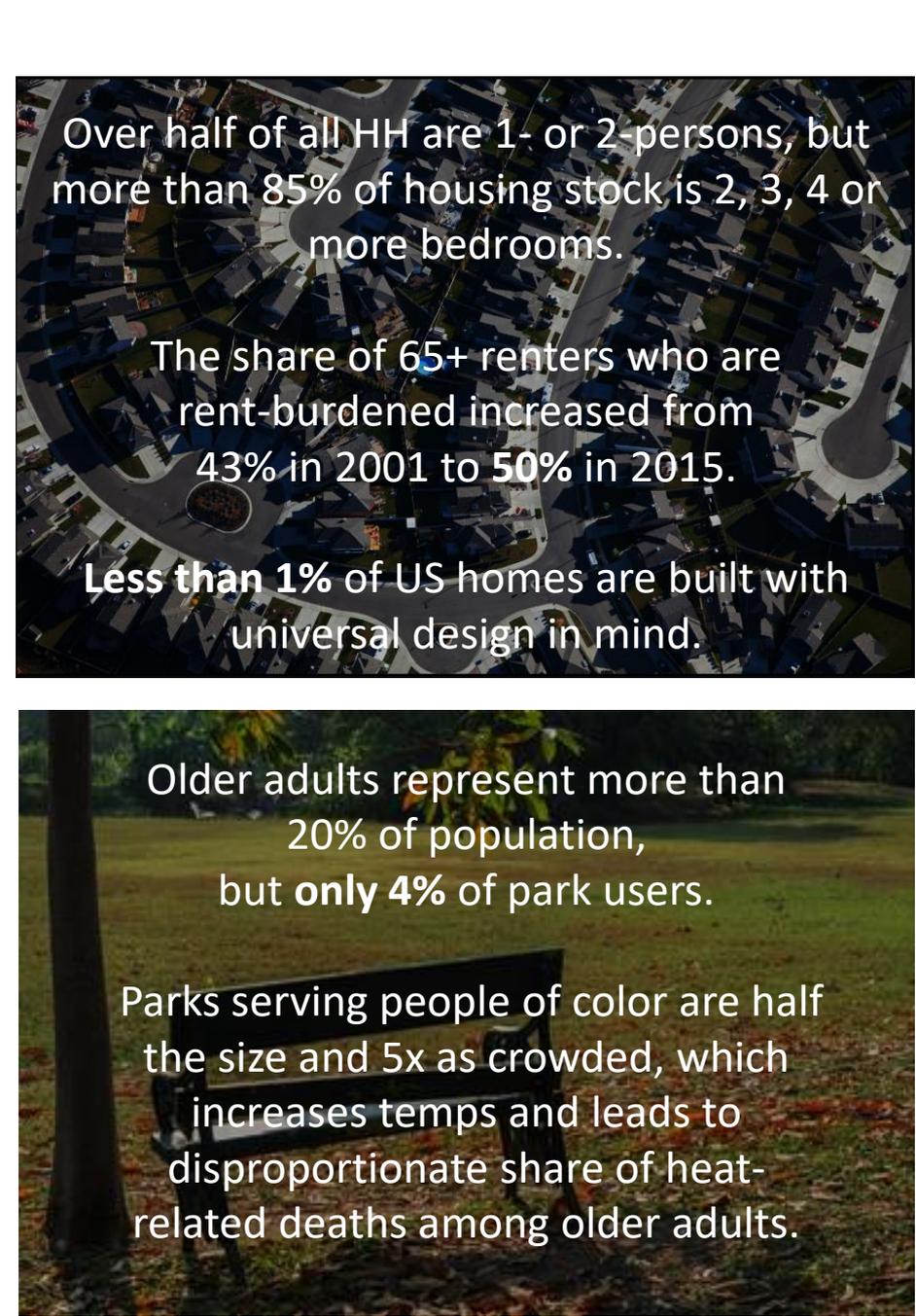
The share of 65+ renters who are rent-burdened increased from 43% in 2001 to 50% in 2015.

Less than 1% of US homes are built with universal design in mind.



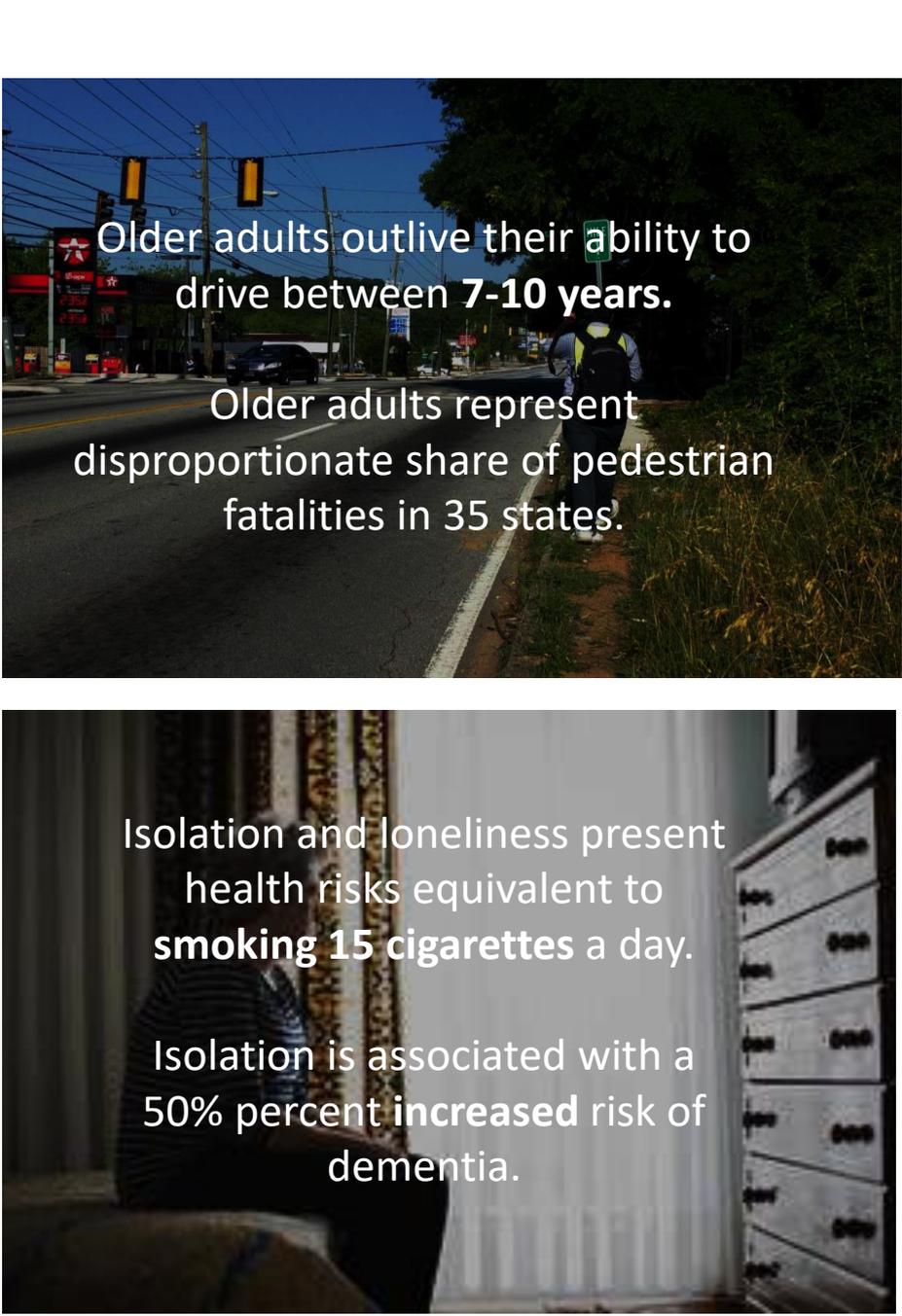
Older adults outlive their ability to drive between **7-10 years**.

Older adults represent disproportionate share of pedestrian fatalities in 35 states.



Older adults represent more than 20% of population, but **only 4%** of park users.

Parks serving people of color are half the size and 5x as crowded, which increases temps and leads to disproportionate share of heat-related deaths among older adults.



Isolation and loneliness present health risks equivalent to **smoking 15 cigarettes** a day.

Isolation is associated with a 50% percent **increased risk** of dementia.

AARP Livable Communities Approach

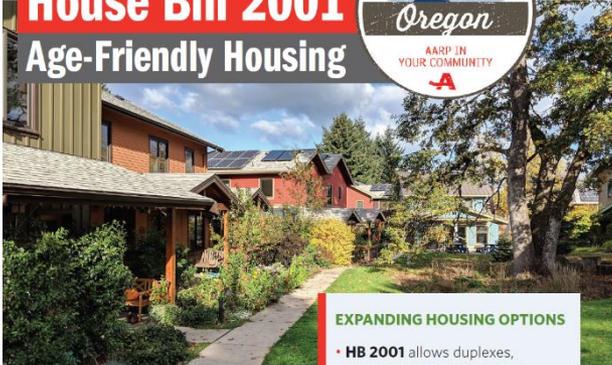
aka our “Age-Friendly” Approach



We support communities and local leaders to think differently about their **housing, transportation and public spaces** to create great places for all people of **all ages**.

Housing

House Bill 2001 Age-Friendly Housing



EXPANDING HOUSING OPTIONS

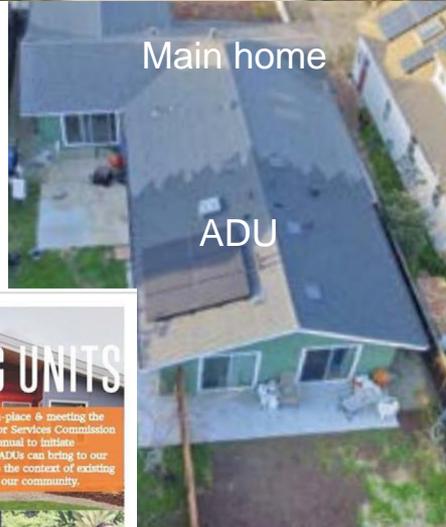
- **HB 2001** allows duplexes, triplexes, fourplexes, cottages, and accessory units in residential neighborhoods across the state.
- **HB 2001** allows for the continued creation of single-family homes alongside other types of housing.

With the passage of **House Bill 2001**, in 2019 the State of Oregon expanded housing options for Oregonians of every age, income level and family size. By allowing a greater variety of housing types such as duplexes and multiplexes, **HB 2001** helps to create affordable, accessible housing.

AARP played an important role in advocating for **HB 2001**, and now **AARP** members can get involved in how the bills is implemented. Together we can help expand housing options in all of our neighborhoods.



**(I-r) Oregon,
Lexington, KY
Seaside, CA;
Eugene, OR;
Durham, NC**



LET'S REIMAGINE HOME! ACCESSORY DWELLING UNITS

Accessory Dwelling Units (ADUs) present creative opportunities for aging-in-place & meeting the demand for housing as Lexington's population continues to grow. The Senior Services Commission has partnered with AARP & the Lexington Division of Planning to draft a manual to initiate conversations about ADU design, community resources, & the benefits that ADUs can bring to our city. We want to know what YOU think about ADUs, how they might fit into the context of existing neighborhoods, & what resources are needed to help ADUs be successful in our community.

MEETING DATES:

WEDNESDAY, APRIL 10TH

9-10:45am
Lexington Senior Center

TUESDAY, APRIL 23

6:30-8:30pm
Lexington Senior Center

TUESDAY, MAY 7

2:00-4:00pm
Lexington Senior Center

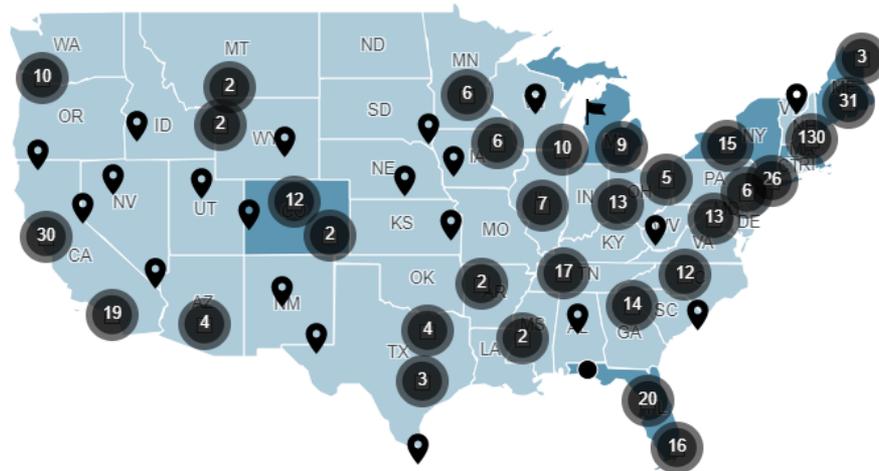
YOUR VOICE MATTERS:

Discussions in these meetings will inform ADU regulations in the future. The manual will be adapted based on your input.

CHECK OUT THE MANUAL:



AARP Network of Age-Friendly States and Communities



Nearly 500 communities + 6 states

Eight in OR (including Springfield)

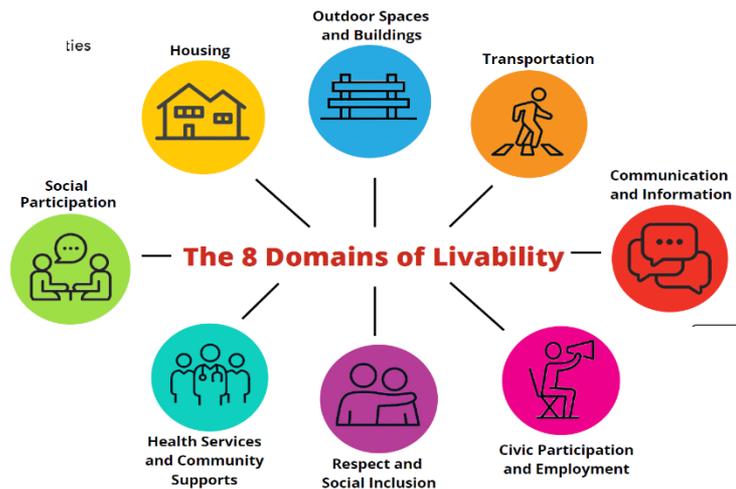
Five-year cycle

Over 100 million US residents live in an age-friendly community



Search for your community at

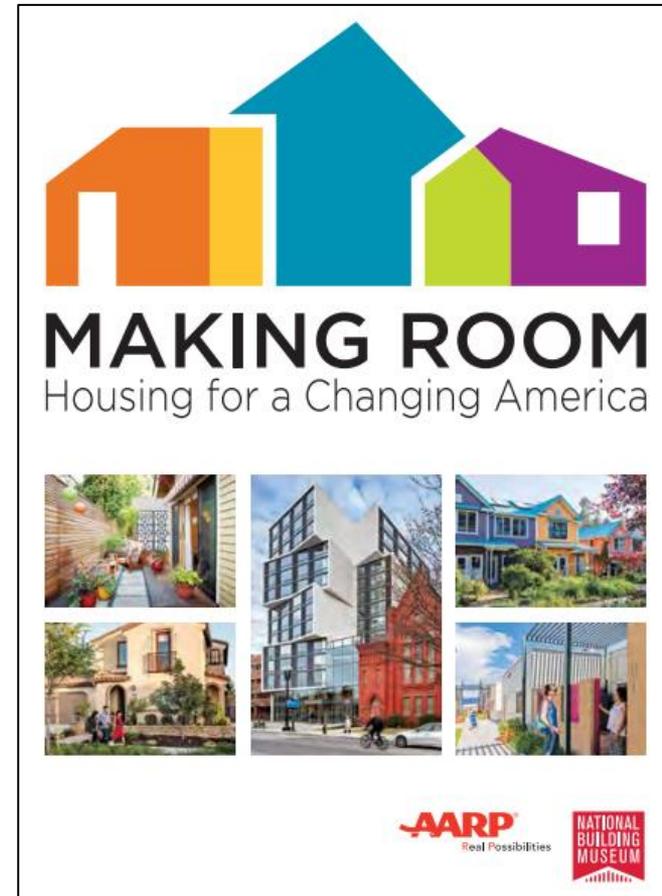
<https://livablemap.aarp.org/>



Housing no longer fits: aging population

Housing is generally not designed for an aging population.

- In much of the U.S., housing was built over a generation ago to serve a population of **generally young, able-bodied, single-family households** (typically two parents + two children)
- In 2020 the dominant American household type is **single adults, living alone**.
- More than 50% of all households are just one or two people. Yet more than **85% of housing stock is 2+ bedrooms**.



In 2019, AARP released **Making Room** to highlight how innovative housing approaches may better suit changing demographics.

www.aarp.org/MakingRoom

What people want in housing as they age

- More than 3/4 of people age 50+ want to **remain in their home or community**; **desire to age in place increases with age**
- Fewer than half believe they will **stay in their homes**
- Over 60 percent of all adults own their own homes, and approximately one-third report that **major modifications are needed** to accommodate aging needs.
- Half of adults already share or would be willing to **share a home as they age**, with a major consideration being if they needed help with daily activities.
- Only about 7% of survey respondents have an ADU, but about **one-third would be interested in building one**



In 2018, AARP conducted a national survey on **Home and Community Preferences**

www.aarp.org/Research

Survey says: respondents are most willing to build an ADU to provide space for those they care about.

Q For each of the following reasons choose whether each one is a major reason, a minor reason, or not a reason for building an ADU on your property.

Major reason
 Mjnor reason
 Not a reason

To have a place for a loved one to stay who needs care

68% 16% 16%

To provide a home for family members or friends

57% 26% 15%

To have someone living close by and feel more secure

35% 29% 36%

To have a place for guests to stay

35% 44% 21%

To increase the value of your home

32% 35% 32%

To earn extra income from rent

27% 26% 46%

To have a place for a caregiver to stay

26% 34% 39%

To provide affordable housing in your community

13% 26% 61%



Source: 2018 AARP Home and Community Preferences Survey: A National Survey of Adults Age 18+



Survey says: top reason adults do not want to build an ADU is that they do not need one; a majority also cite economic concerns

Q

For each of the following reasons, choose whether each one would be a major reason, a minor reason, or not a reason for NOT building an ADU on your property.

Do not need one

67%	12%	20%
-----	-----	-----

The cost of modifying your home or building an additional structure on your property

44%	22%	32%
-----	-----	-----

Not allowed due to local restrictions or zoning laws

36%	15%	45%
-----	-----	-----

Not wanting to be a landlord

33%	19%	45%
-----	-----	-----

A potential increase in property taxes

29%	27%	42%
-----	-----	-----

Having to take care of someone who needs care

20%	22%	54%
-----	-----	-----

Do not like them

20%	20%	57%
-----	-----	-----

Having someone live close by

20%	29%	48%
-----	-----	-----

Not knowing how to finance the home modifications

17%	19%	61%
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Source: 2018 AARP Home and Community Preferences Survey: A National Survey of Adults Age 18+

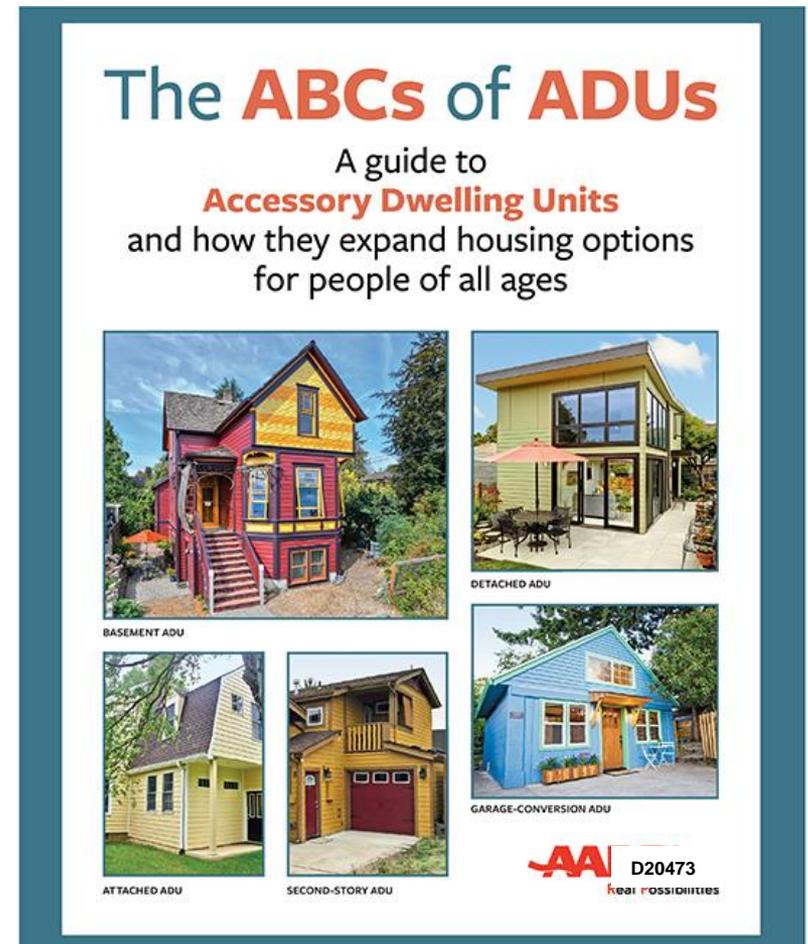


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Real Possibilities

ADUs can (help) fit an aging population

ADUs can help address the need as a part of an all-ages approach

- Clear benefits for older adults, but also help provide below-market housing options for others
- Good way to gently add housing stock without changing the look of existing neighborhoods
- AARP has advocated for passage of ADU and missing-middle housing code in many communities, e.g.:
 - Burlington, VT
 - Des Moines, IA
 - Lexington, KY
 - Minneapolis, MN
 - State of OR
- AARP will re-release model state/local code on ADUs in early 2021 (existing model code is from **2000**).



Videos, free publications and articles at [AARP.org/ADU](https://www.aarp.org/ADU)

Helping to make homes a better “fit”

AARP’s HomeFit Guide

- Helps people **live safely and comfortably**, regardless of a person’s age or life stage.
- Over **100 room-by-room tips** that are applicable to all housing types
- Detailed illustrations and explanations of how a smartly designed or modified home can meet the **current and future needs** of its residents
- Solutions for **all skill levels**, from simple do-it-yourself fixes to improvements that require skilled expertise
- **More inclusive**, with strategies that work for renters and owners; apartment or house; and variety of cultural traditions and languages (*Chinese, Korean, Vietnamese and Spanish*)
- More info on **smart home tech**
- Expanded frame to include visitability and “**all ages**” benefits



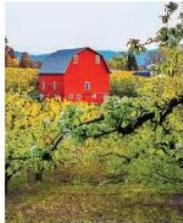
Smart ways to make a home comfortable, safe and a great fit for older adults — and people of *all* ages

Download or request a copy at
aarp.org/homefit

Housing solutions work in rural places, too

AARP Rural Livability Workshop Report

How and why small towns and remote communities are working to become more livable for older adults and people of all ages



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Real Possibilities



FIELD-TESTED STRATEGIES: Housing



MISSING MIDDLE HOUSING

Across the United States, there's a mismatch between the housing stock and what the market wants and needs. This is partly due to changing demographics, such as the rapidly aging population and shrinking household sizes.

A practical solution is something called "missing middle housing."

These types of residences (see the illustration, above) are described as missing because very few have been built since the early 1940s due to zoning constraints, financing difficulties and the shift to automobile-centric patterns of development.

Where the structures do exist, they easily go unnoticed because — and this is a good thing — they blend right in. Original missing middle homes are located in walkable urban areas as well as in historic small towns and Main Street districts.

As a housing type, missing middle homes are close to amenities, mix well with other building types, never exceed the scale of a house (height,

width, depth) and can be purchased or rented. Many of the properties are designed as live-work units.

While new missing middle housing projects are becoming more common in large cities, they're also located in smaller communities, including **Papillion, Nebraska, and South Jordan, Utah.**

"Missing middle housing types are a great way to deliver affordable housing choices by design since they're of a scale that most communities would support," explains Daniel Parolek, founder of Opticos Design and the architect who coined the term "missing middle."

The concept can also broaden housing discussions, including with people or groups that bristle at words like "density" or "multifamily." Conversations can develop around a question such as "Where will downsizing empty nesters live when they need to be in a less car-dependent home, but want to remain in or near their community?"

One answer is missing middle housing. ■

Download or request a copy at
aarp.org/rurallivability

Grants for projects in communities



**AARP
COMMUNITY
CHALLENGE**

Grants to make communities livable for people of all ages
aarp.org/CommunityChallenge



2020: \$2.4 million in grants awarded to 184 communities (to date >\$6 million in 4 years)

Search for your community at <https://livablemap.aarp.org/>

Tools: LivIndex, map and newsletter

Current Location: Rochester, Olmsted County, MN
RECENT LOCATIONS: Bismarck, ND | Arlington, VA 22204 | 22204, Arlington, VA

TOTAL INDEX SCORE
64

Map Layer: Total Index Score

- 64 TRANSPORTATION Safe and convenient options
- 69 ENVIRONMENT Clean air and water
- 75 HEALTH Prevention, access and quality
- 62 ENGAGEMENT Civic and social involvement
- 66 OPPORTUNITY Inclusion and possibilities

DO MORE WITH THIS SCORE

Livability Index

<https://livabilityindex.aarp.org/>

Show the AARP Network of Age-Friendly States and Communities

- Member States and Territories
- Member Counties
- Member Cities and Towns

Show the AARP Community Challenge

Grantees

Filter to narrow results

Year Joined/Awarded

Map | List

Member States and Territories x Member Counties x Member Cities and Towns x

Viewing 476 AARP Age-Friendly Members | 0 AARP Community Challenge Grantees

Map labels by Stamen Design under CC BY 3.0. Data by OpenStreetMap under ODbL.

Age-Friendly Network Domains

- 2015
- 2014
- 2013
- 2012

States and Territories ● Counties 📍 Cities and Towns ★ Grantees

Searchable map

<https://livablemap.aarp.org>

October 24, 2018 View Online

AARP Livable Communities

Livable Communities Newsletter

Home Page | About Us | Tool Kits & Resources | A-Z Archives



Why Walkable Communities Are the Best Communities for Older Adults
Urban planner, author and walkability advocate Jeff Speck offers advice for what to look for — and not fall for — when searching for an aging-friendly place to live.

TIP: HAVING A PLACE TO WALK TO IS KEY

Free weekly e-newsletter
Text **LIVABLE** to **50757**



REGISTRATION CLOSES SOON

Livability News & Notes

The Mayor Who Banned Cars — By doing so, an historic city center on the decline rebounded to become a safer, healthier, more vibrant and walkable place to live, work and play. Source: [The Guardian >](#)

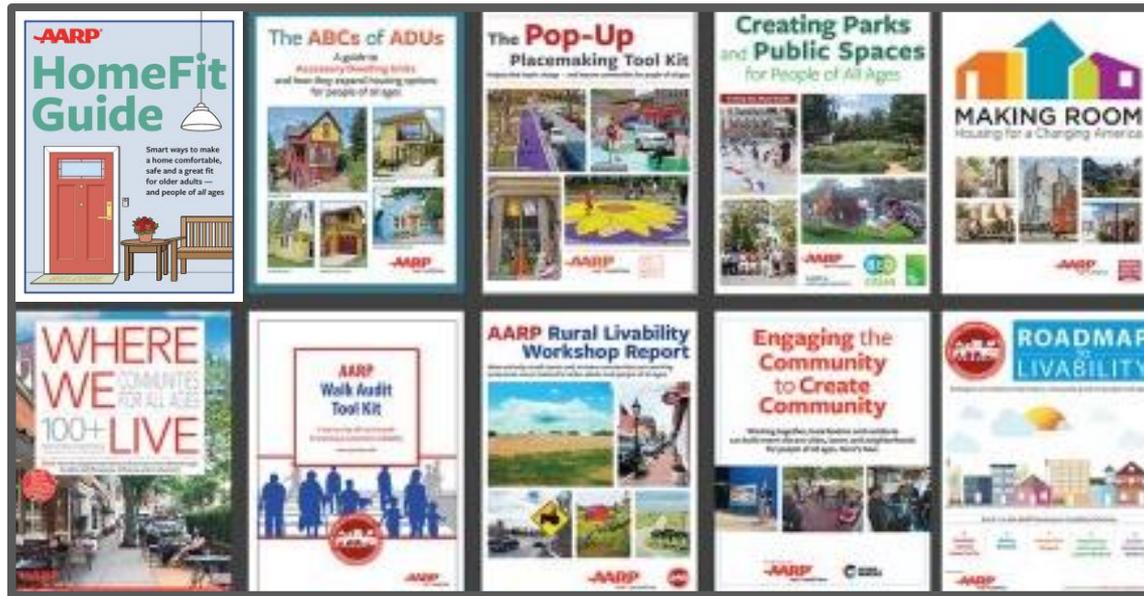
The Best Type of Car for Older Adults — “Getting into a sports car is a controlled fall into the seat and a climb out,” notes an engineer. “A pickup is the reverse.” The seat height found in small SUVs provides a perfect fit. Source: [Detroit Free Press >](#)

Livability in the Rural Mountain West — Thanks in part to the LOR Foundation, which supports livability efforts in Idaho, Montana, Wyoming, Colorado and New Mexico, this year’s AARP Livable Communities conference will include several sessions about livability needs and successes in rural areas. Source: [LORfoundation.org >](#)

Since the AARP Livable Communities team is busy preparing for our aforementioned conference, this newsletter won’t be published on Halloween or the day after Election Day. Look for the next issue on November 14.

You can read past issues by visiting the [AARP Livable Communities e-Newsletter archive](#).

Free publications



Free practitioner-oriented publications in print and via download on:

- Housing (home modification, ADUs, diversity)
- Rural livability (incl. broadband, econ dev)
- Transportation (including walk audit)
- Placemaking and parks (including park audit)
- Community engagement

AARP Livable Communities Approach

Learn more at:

aarp.org/livable | [@AARPLivable](https://twitter.com/AARPLivable)

Livablemap.aarp.org

Livabilityindex.aarp.org

Aarp.org/CommunityChallenge

[@daniellarigoni](https://twitter.com/daniellarigoni) | darigoni@aarp.org

**GO
DUCKS**

AARP®

