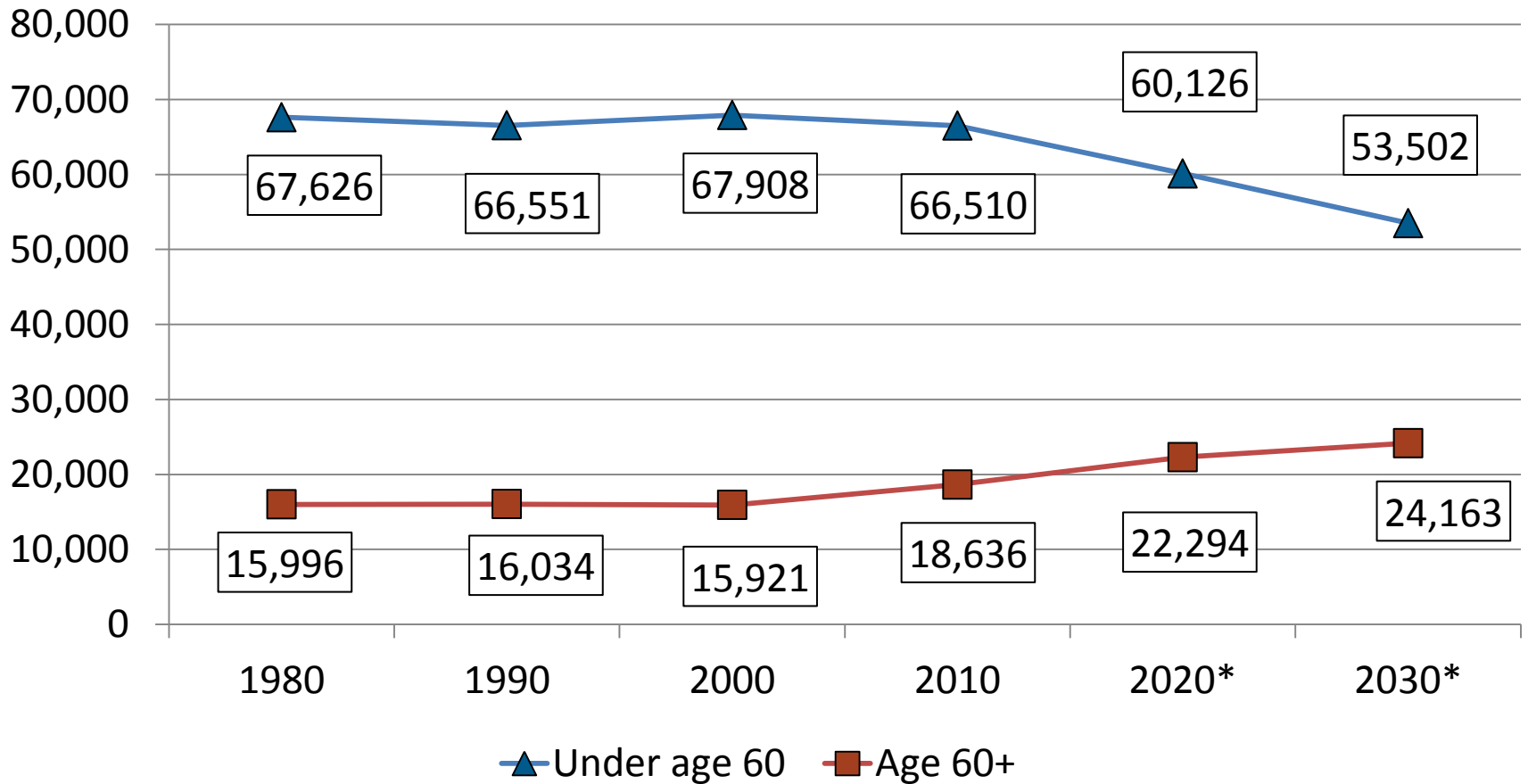


Planning for a Livable All Age-Friendly Newton (PLAAN)

Phase 1: Community Report on Input Meeting
Overview: January 2018

Why is age-friendly planning a priority? Newton's changing demographics



What does it mean to be part of the age-friendly network?

Commit to build a coordinated effort to:

- **Engage cities** – plan to be more livable & to tap the potential of older people
- **Adapt structures & services**– to be accessible & inclusive of older people and others who have varying needs & capacities
- **Build public awareness** – underscore what is good for older people is good for all!

PLAAN: Community Input Summary

33 Sessions

300+ Participants

Participants have lived
in Newton from 1 to 99
years

Sessions conducted in
English, Russian and
Mandarin Chinese

Participants ranged in
age from 14 years old
to 99 years old

Sessions included
general public, city
departments, and
targeted organizations

What are the age-friendly domains?

*Elements that contribute to an environment for healthy, productive & happy lives
(defined by the AARP)*

Arts & Cultural Opportunities	Housing
Civic Participation & Employment	Outdoors Spaces & Buildings
Community Health Services	Respect & Social Inclusion
Communication & Information	Social Participation
Educational Opportunities	Transportation

PLAAN Community Response: Action Areas



Home



Community



Infrastructure

HOME



A **personal residence** which could be a single family home, apartment, condominium or an establishment providing residence and or care for people with special needs including independent living and nursing homes. Also included are **in-home services** including meal and book delivery.

COMMUNITY



The **family, neighbors, employers and service providers** who make up the social, work and support network for an individual. This includes community and faith based organizations, city workers, health care providers, schools, and businesses.

INFRASTRUCTURE



The built world and Citywide systems including:

- **streets, roads, benches, accessible buildings, senior center;**
- **transportation** systems;
- **communication vehicles** (print, electronic, signage) that promote an individual's social and civic engagement and independence.

	Strengths	Challenges
Home	<ul style="list-style-type: none"> • Diverse housing stock • Access to emergency support • Strong Neighborhoods 	<ul style="list-style-type: none"> • Housing (Affordable, subsidized, age-friendly) • Supports for home maintenance • Lack of in-home services, programs and meal preparation
Community	<ul style="list-style-type: none"> • Senior Services • Parks & Recreation over 55+ • Cultural programming • Strong anchor organizations • Strong religious communities • Civically engaged population strong neighborhoods • Feeling of safety 	<ul style="list-style-type: none"> • Social isolation (reduced interaction with family and neighbors) • Ageism (age discrimination & stereotyping especially in employment) • Increasing health concerns and physical limitations • Stress related to financial sustainability
Infrastructure	<ul style="list-style-type: none"> • Library building/Programs • Access to Boston • Green spaces • Multiple village centers • Proximity to health care • Parking stickers voucher program • TAB • Strong public schools 	<ul style="list-style-type: none"> • Lack of transportation • Inadequate Senior Center • Aging infrastructure overall (streets & sidewalks) • Lack of communication • Lack of benches & restrooms in business districts and parks • Need for more biking and walking paths • Decrease in number of “small shops

Priority Recommendations

Home

- Develop more affordable/subsidized and accessible housing (Review zoning to allow for increased density to build multilevel buildings)
- Expand in-home and senior housing based services including: meals, “friendly visitor” & health/educational programs
- Offer more consultation & support about housing maintenance, housing options and estate planning

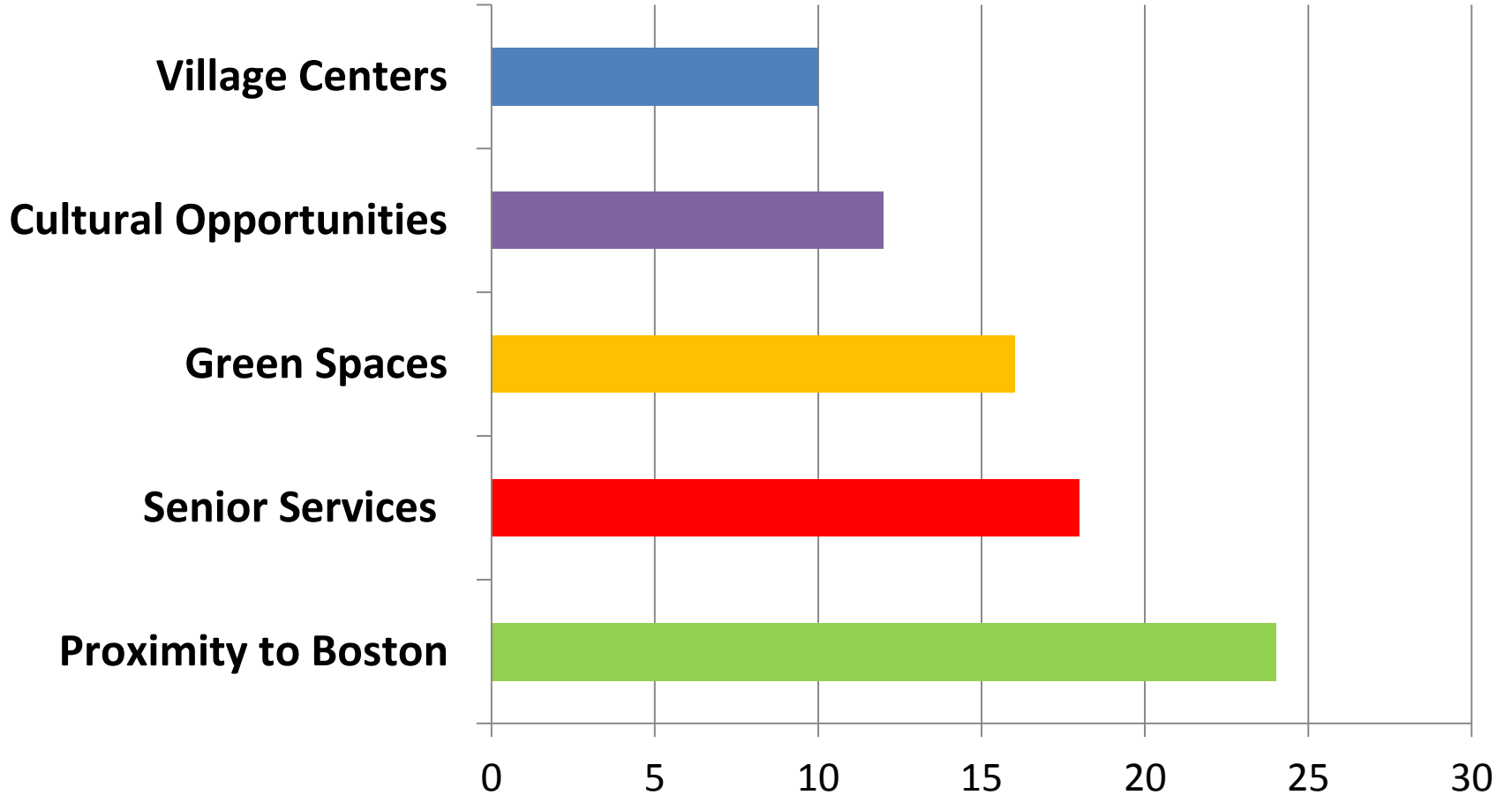
Community

- Develop more intergenerational activities (institute a volunteer service component for high school)
- Support employment for older adults, build connections & awareness
- Expand volunteer opportunities and civic engagement
- Expand community awareness highlighting the strengths of older adults
- Increase connection between healthcare providers and community

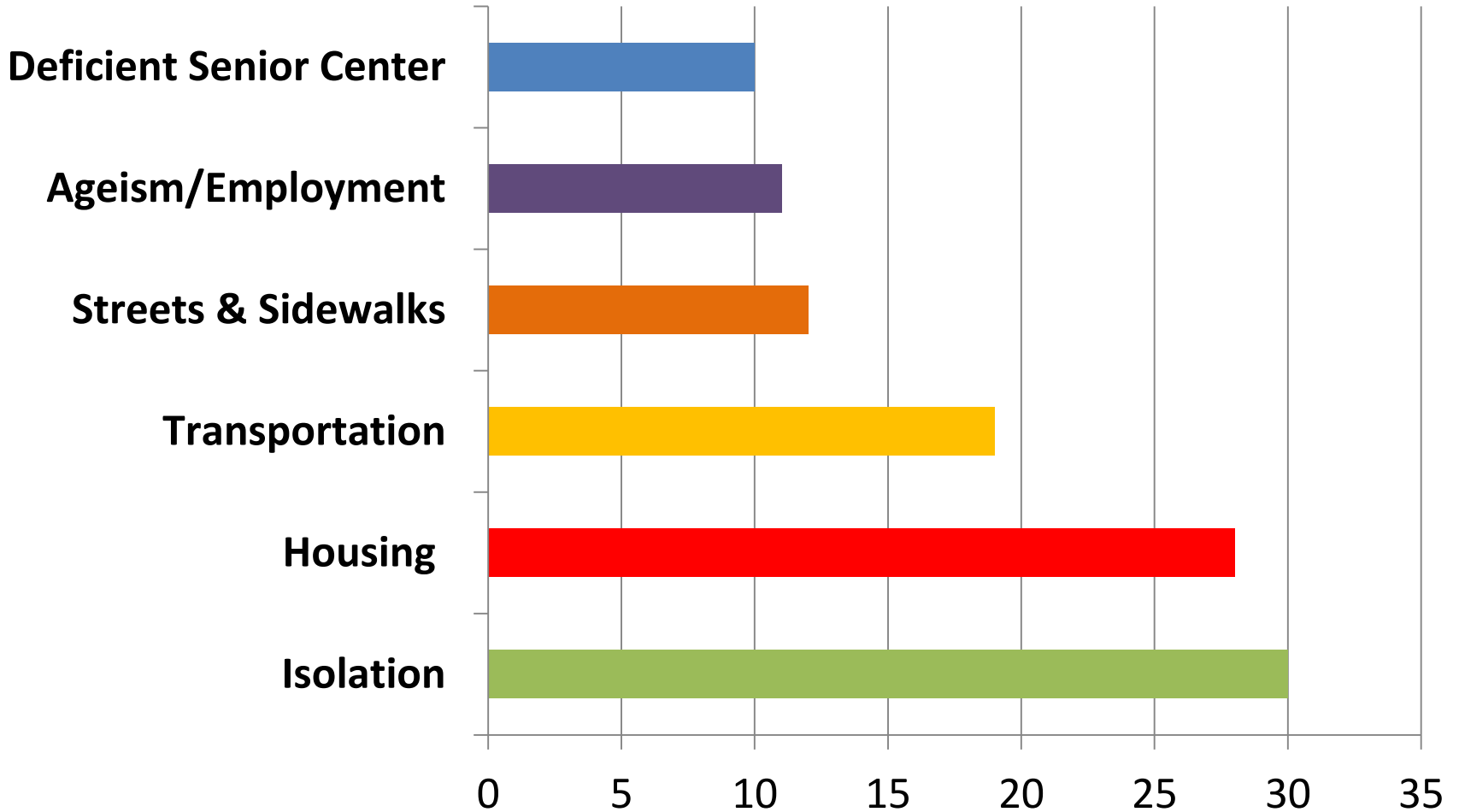
Infrastructure

- Improve streets and sidewalks including lighting and signage
- Expand Senior Center facilities to accommodate growing population
- Modify buildings and green spaces to improve accessibility, increase benches & public restrooms
- Expand transportation options
- Broaden and consolidate communication about senior services
- Implement staff training for City employees and business community on working with aging population (accessibility & dementia awareness)

Top Advantages of Living in Newton that Seniors Experience



Top Challenges of Living in Newton that Senior Residents Experience



2017 Short Term Activities:

Informed by Phase 1 Listening Session

- Development of Newton **Senior Center Information Card**
- **AARP Home Safety Pilot:** Funded by AARP grant
- **Transportation Fair** included: Charlie Card registration , MBTA Travel Training, Planning Department, Registry of Motor Vehicles (RMV), TRIPPS (Transportation, Resources, Information, Planning, and Partnership for Seniors), UBER/LYFT App for Smartphones

2017- 2018 PLAAN Time Line



Phase 2

Community Goals Setting Agenda

Three sessions open to the community

1. Review Findings
2. Group Break Out Groups
 - Review Feedback from the Listening Sessions
 - What resonates with you?
 - What is missing?
3. Voting of Goal Priorities

Goals for PLAAN Action

Vote on your top 4

Home

- Advocate and engage the City and community to develop housing
- Improve education and counseling about housing and housing services available
- Expand the range and quality of in-home services and programs

Community

- Address social isolation
- Increase intergenerational connections
- Increase employment opportunities
- Increase connection with healthcare
- Address ageism and broaden dementia awareness

Infrastructure

- Improve Senior Center facilities to accommodate growing population
- Expand transportation options
- Expand/consolidate communication vehicles to share about activities and services available to older adults

Next Steps

Participate in a future working group including:

- Home
- Community
- Infrastructure

How is the world planning?

AARP – U.S.

- 2000 - AARP Livable Communities: An Evaluation Guide

World Health Organization (WHO)- International

- 2005 - Age-friendly concept, International Association of Gerontology & Geriatrics in Rio de Janeiro

AARP & Who: Together

- 2015 Livable/Age-friendly Cities & Communities Network

City of Newton

- 2016 Newton Designated an Age Friendly Community, Established Planning for An All Age Friendly Newton (PLAAN)
- 2017 PLAAN Community Input

How Newton's PLAAN is organized?

Our Vision

Provide sustained leadership that helps Newton be a livable & age friendly community for all who choose to live here

PLAAN Conveners

Newton Council on Aging

- Appointed by Mayor & City Council

Newton Department of Senior Services

- City Department

Back up process slides