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**MICHIGAN COMMUNITY FOR A LIFETIME**  
**Elder Friendly Community**

*Assessment*

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Developed for the Michigan Commission on Services to the Aging

By the

State Advisory Council on Aging  
Michigan Office of Services to the Aging  
Michigan Department of Community Health  
Michigan Vital Aging Think Tank  
Michigan State University Extension

The Michigan *Community for a Lifetime* Elder Friendly Community Assessment includes ten categories of assets/livability that play a significant role in creating elder friendly communities:

- Walkability
- Supportive community systems
- Access to Health Care
- Safety and Security
- Housing: Availability and Affordability
- Housing: Modification and Maintenance
- Transportation
- Commerce
- Enrichment
- Inclusion

Each section includes questions to help direct community discussion and information gathering. In addition, in the *Community for a Lifetime* Toolkit you'll find links to supportive information, if it is available, that will aid in your discussion.

The questions were compiled from various assessments and research on Elder Friendly and Livable Communities. They are based on research and on the recommendations of various local, state and national leaders and researchers. They are reviewed and updated based on new information and on input from participating communities. Your community group may decide to complete one or more section(s), depending upon your group discussions about what the primary area(s) of concern is that needs further study or attention.

This assessment will not be something that can be completed in one meeting. It will require some information gathering, some community discussion, and some judgment. Tools are available in the toolkit to assist with that process. A community group uses the assessment as the first step in the process of improvement.

As items are placed on the action plan, the *Community for a Lifetime* Toolkit will provide information on resources, best practices, and additional information that you can use to help implement your local projects.

Communities of all sizes can benefit from completing the assessment and applying for recognition as a *Community for a Lifetime*.

Congratulations on taking this step toward helping to establish your community as a recognized Michigan *Community for a Lifetime*.

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# How to Use The Community For A Lifetime

## Elder Friendly Community Action Planning Tool

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- A. Complete the Michigan *Community for a Lifetime* Elder Friendly Community Assessment sections.
- B. During your discussions, you'll identify some areas where your community excels. Write these factors in the *Community for a Lifetime Worksheet: Action Plan* section titled "your community's best features related to..." for each section of the assessment.

These are features you can promote, features that differentiate your community from others. There may be more or less than five depending on your community. Use additional space if needed.

- C. During your discussions you'll also identify some areas where you could improve. Rather than writing the factors needing improvement on the planning document take some time as a group to identify specific actions that could be taken to address it. Write the specific actions in the *Community for a Lifetime Worksheet: Action Plan* space marked "opportunities for improvement related to..." for each section of the assessment.

These are possible action steps. There may be more or less than five depending on your community. Use additional space if needed.

Once you have identified the specific actions that are possible, complete the remainder of each section. Is the action something that can be accomplished in the short term, intermediate term or long term? What do you envision as the major obstacles to accomplishing the action step? What groups or organizations have the authority to do something about each item? How will you know when things have improved? Who on your team will take responsibility for following up with the contact groups?

- D. As a final step, transfer your identified action steps to the *Michigan Community for a Lifetime Combined Action Plan*.

Transferring the action steps presents an excellent opportunity for prioritizing them. Items can be prioritized in several ways:

- Based on access to resources – easiest to acquire resources first.
- Based on importance to quality of life – those the community values most highly go first.
- Based on time required to accomplish them – fastest first.

Any method you choose is fine. The point is to continue moving ahead to make your community as elder friendly as possible.

## Walkability-Bikeability

### GOALS

- 🚲 In a *Community for a Lifetime*, walking is a practical, viable option for seniors.
- 🚲 In a *Community for a Lifetime*, the physical environment is designed and maintained in a way that is sensitive to the needs of seniors.
- 🚲 A *Community for a Lifetime* has barrier-free multi-purpose trails and walking paths that can be used easily by seniors.

### PURPOSE: WHY IS THIS IMPORTANT?

Many communities are beginning to realize that sidewalks, bike paths and crosswalks are not just 'extras,' but essential investments in the health and safety of their residents. Making sure our neighborhoods provide opportunities for everyone to be safely active, not only enriches quality of life but also improves health and increases longevity. In addition, steps taken to improve the environment for older adults are beneficial to others as well. For example, making sidewalks safe and accessible helps people in wheelchairs, parents pushing strollers, and young children walking to school, as well as older adults. Increased foot traffic can boost sales at local retail businesses, and there is evidence that property values increase in communities where residents are able to walk and bike easily.

(Source: *Creating Communities for Active Aging*, NHTSA)

## Walkability/Bikeability

<p>1. Does your community have a walkability plan? <input type="checkbox"/> Yes      No <input type="checkbox"/></p>	
<p>2. Does your community have an inventory of existing sidewalk locations and conditions? <input type="checkbox"/> Yes      No <input type="checkbox"/></p>	
<p><i>The sidewalk inventory will be needed for completing the remaining questions in this section of the walkability assessment. If your community has an inventory completed you should get a copy. If your community does not have a sidewalk inventory you can work with your public works personnel to create one.</i></p>	
<p>3. Reviewing the existing sidewalk locations and conditions against high pedestrian traffic areas:</p>	
<p>3a. Are the sidewalks in the known high pedestrian areas complete ? <input type="checkbox"/> None      <input type="checkbox"/> Some      <input type="checkbox"/> Half      <input type="checkbox"/> Most</p>	
<p>3b. Identify gaps in the sidewalk system in known high pedestrian areas:</p>	
<p>3c. To what extent are the sidewalks in known high pedestrian areas in good condition? <input type="checkbox"/> None      <input type="checkbox"/> Some      <input type="checkbox"/> Half      <input type="checkbox"/> Most</p>	
<p>3d. Identify existing condition problems in known high pedestrian areas:</p>	
<p><i>You may want to schedule a walking tour of known high pedestrian areas and make notes on what you experience.</i></p>	<div style="display: flex; align-items: center;">  <div> <p><b>Importance of Sidewalks</b></p> <p>Improved crosswalks and sidewalks for older pedestrians tend to benefit other groups like parents with strollers and persons in wheelchairs. In fact, many of the strategies listed here are likely to boost safe biking and walking among all generations. (Source: Creating Communities for Active Aging, NHTSA)</p> </div> </div>

<p>3e. Are there multiple known high pedestrian areas that could be linked with additions to the sidewalk system? <input type="checkbox"/> Yes <input type="checkbox"/> No</p> <p>Identify the links:</p>	 <p>The recently passed transportation bill includes \$612 million for Safe Routes to School, a program to improve the safety and participation of youth in walking and biking to school. Perhaps there are opportunities to improve intergenerational areas that can benefit both youth and seniors.</p>
<p>3f. Are there places pedestrians would like to walk if there were sidewalks available? <input type="checkbox"/> Yes <input type="checkbox"/> No</p> <p>Identify the places:</p>	 <p><b>ADA Guidelines:</b> Current standards dictate that minimum clear width needs to be 36" and minimum passing space needs to be 60". If the sidewalk is less than 60", the 60x60" passing spaces need to be located at intervals not to exceed 200 feet. (Source: ADA Accessibility Guidelines, Americans With Disabilities Act Handbook, October 1991)</p>
<p>3g. To what extent do sidewalks have curb cuts at intersections? (PAC)</p> <p><input type="checkbox"/> None <input type="checkbox"/> Some <input type="checkbox"/> Half <input type="checkbox"/> Most</p> <p>Which intersections need curb cuts?</p>	
<p>3h. Are all new or improved sidewalks required to be ADA compliant? <input type="checkbox"/> Yes <input type="checkbox"/> No</p>	
<p>3i. Are residential facilities targeted to seniors required to have sidewalks?</p> <p><input type="checkbox"/> Yes <input type="checkbox"/> No</p>	
<p>3j. Are residential facilities targeted to seniors required to be built in locations where walkability is easy? <input type="checkbox"/> Yes <input type="checkbox"/> No</p>	
<p>3k. During road and sidewalk repair, are physical accommodations and signs used to keep pedestrians safe? <input type="checkbox"/> Yes <input type="checkbox"/> No</p>	
<p>3L. To what extent are sidewalk obstructions that would interfere with walking or wheel chair use, such as signs, vending machines and trash receptacles, placed out of the path of pedestrians?(PAC)</p> <p><input type="checkbox"/> None <input type="checkbox"/> Some <input type="checkbox"/> Half <input type="checkbox"/> Most</p>	
<p>4. To what extent can major streets in known high pedestrian areas be crossed easily and safely? (<i>Discussion on this issue should consider how needs differ as seniors become older.</i>)</p> <p><input type="checkbox"/> None <input type="checkbox"/> Some <input type="checkbox"/> Half <input type="checkbox"/> Most</p>	

4a. Which streets are cause for concern?

4b. To what extent are traffic light times long enough for seniors to cross? (There may be some locations where this is especially critical, e.g., near senior living centers.)

None       Some       Half       Most

Which lights need to be adjusted?

4c. To what extent are there safety islands on extra wide street crossings?

None       Some       Half       Most

Where would safety islands make sense?

4d. To what extent are crosswalks marked?

None       Some       Half       Most

What crosswalks in known high pedestrian areas are not marked?

4e. Is the speed limit appropriate?  
 Yes       No

Identify streets where cars travel too fast:

**Importance of Traffic Calming**



Roundabouts, curb bulb-outs, and speed humps are all forms of traffic calming which offer promise if properly applied to curb speeding and some forms of aggressive driving. Pedestrians especially benefit from traffic calming. Traffic calming which employs physical changes to the roadway, signage of operation changes, can be thought of as a “silent policeman” enforcing speed limits where no law enforcement are present.

4f. To what extent is the speed limit enforced?

- Regularly       Occasionally       Seldom

What steps would be needed to increase enforcement?

4g. Are there mid-block crosswalks or pedestrian traffic signals on long streets with no intersections? (LC)

- Yes       No       Not applicable

Identify any needed mid-block crosswalks or pedestrian traffic signals needed:

5. Are there “pedestrian routes” identified between major residential areas and typical destinations? (If No create a map identifying known pedestrian routes.)

- Yes       No



### Importance of Pedestrian Routes

Although many people are busy, they will walk to do errands if paths connect homes and offices with shopping, restaurants, and services. Active communities not only provide places for walking, they connect destinations and make it easier to fit walking into hectic schedules.

5a. To what extent are benches provided at regular intervals along “pedestrian routes” to allow people to rest? (PAC)

- None       Half       Some       Most

Where would benches be helpful for seniors? (PAC)



### Importance of Lighting

People tend to walk and bike where they have pleasant and safe places to do so. Trees, adequate street lighting, and trash removal do make a difference. (Source: *Creating Communities for Active Aging, NHTSA*)

<p>5b. Is there a community plan for planting trees for shade along pedestrian routes?</p> <p><input type="checkbox"/> Yes      <input type="checkbox"/> No</p> <p>If No, who could take responsibility for creating a plan?</p>	
<p>6. To what extent is there adequate lighting along the sidewalks for pedestrians to be and feel safe? (LC)</p> <p><input type="checkbox"/> None      <input type="checkbox"/> Some      <input type="checkbox"/> Half      <input type="checkbox"/> Most</p> <p>Where is lighting limited?</p>	
<p>7. Snow is a reality in Michigan. Is it handled safely:</p>	
<p>7a. To what extent are sidewalks placed far enough back from roadways to allow space for snow storage?</p> <p><input type="checkbox"/> None      <input type="checkbox"/> Some      <input type="checkbox"/> Half      <input type="checkbox"/> Most</p>	
<p>7b. Does the community require new and improved sidewalks be placed far enough back from roadways to allow space for snow storage? (PAC)</p> <p><input type="checkbox"/> Yes      <input type="checkbox"/> No</p>	
<p>7c. Does the community have a sidewalk snow removal ordinance?</p> <p><input type="checkbox"/> Yes      <input type="checkbox"/> No</p>	
<p>7d. Is it enforced? (PAC)</p> <p><input type="checkbox"/> Regularly  <input type="checkbox"/> Occasionally  <input type="checkbox"/> Seldom</p>	<div style="display: flex; align-items: flex-start;">  <div> <p><b>Importance of Trails</b></p> <p>Trails can sometimes be used as a way to link disconnected neighborhoods and most commerce centers. The Transportation Bill just passed contains \$370 million for trails.</p> </div> </div>
<p>7e. To what extent are locations where indoor walking can take place – schools and colleges/Universities, recreation centers, shopping malls – open for community walkers? (PAC)</p> <p><input type="checkbox"/> None      <input type="checkbox"/> Some      <input type="checkbox"/> Half</p> <p>What locations are currently open or could be open</p>	



Abandoned railroad beds and/or utility corridors (where present) make excellent walking trails.

8a. To what extent have abandoned railroad beds and/or utility corridors in your community been converted to walking/bicycling trails?

- None       Some       Half       Most       n/a

Identify any potential trail routes that exist:

8b. How many miles of shared use paths and/or multi-use recreational trails are available in your community? (This does not include sidewalks.) (PAC)

Miles

## Supportive Community Systems

### GOALS

- A *Community for a Lifetime* has people, structures and processes in place for assessing current conditions, planning for improvements, and evaluating progress in accomplishing them.
- In a *Community for a Lifetime*, residents have access to and assistance using current technology.
- In a *Community for a Lifetime*, emergency assistance with basic needs is available.
- In a *Community for a Lifetime*, seniors have easy access to information and can easily get connected to services if they have a specific need.

### PURPOSE: WHY IS THIS IMPORTANT?

A community that is Elder Friendly is willing to work at it. There is a *Community for a Lifetime* Leadership Team that works to assess the situation, identify areas for improvement or causes for celebration, and then identify and encourage the necessary action. The Leadership Team has support from the official political bodies within the community. Residents are aware of what the Leadership Team is doing and join in sharing their ideas and input. The Leadership Team meets regularly to evaluate progress and plan next steps. They communicate regularly with the community.

The planning processes and documents of a *Community for a Lifetime* recognize and accommodate the needs of seniors.

Today's seniors demand and use the latest technology. In a *Community for a Lifetime*, they have access to current technology, e.g.: cell phones, multi-channel television.

A *Community for a Lifetime* has systems in place to support any senior who should need assistance with basic necessities, e.g.: food, shelter, and utilities.

CHAPTER 2

**Supportive Community Systems**

<p>1. Has a local <i>Community for a Lifetime</i> Leadership Team been established or an existing Team taken responsibility for leadership of the <i>Community for a Lifetime</i> application process?</p> <p><input type="checkbox"/> Yes      <input type="checkbox"/> No</p>
<p>If Yes, who is the Team Leader:</p> <p>Name:            Title</p> <p>Address:</p> <p>Phone:            E-mail:</p>
<p>2. Are at least 25 % of the Leadership Team seniors?</p> <p><input type="checkbox"/> Yes      <input type="checkbox"/> No</p>
<p>3. Does the Leadership Team have staff support to assist with meeting arrangements, Team notification, minutes, information gathering, and associated tasks?</p> <p><input type="checkbox"/> Yes      <input type="checkbox"/> No</p>
<p>3a. If Yes, approximately how many hours a week?</p>
<p>3b. If Yes, please provide the following information about staff people. If more than two people, please add a sheet for additional staff members.</p> <p>Name:            Title</p> <p>Organization:</p> <p>Address:</p> <p>Phone:            E-mail:</p>
<p>Name:            Title</p> <p>Organization:</p> <p>Address:</p> <p>Phone:            E-mail:</p>

4. Has the governing body passed a resolution supporting the *Community for a Lifetime* process and the *Community for a Lifetime* Leadership Team?

Yes       No

Attach a copy of the resolution, or, if more than one political jurisdiction impacts your project, attach multiple resolutions.

5. Has *The Community for a Lifetime* Leadership Team adopted an action plan for making Elder Friendly improvements?

Yes       No

If Yes, please attach a copy of the plan.

6. Does the community's operating budget include funding to support improvements that support the *Community for the Lifetime* process?

Yes       No

If Yes, please identify government unit and what the funding is for and the amount.

1.

2.

3.

If more than three items, please attach additional sheet.

7. Has the community passed a senior millage?

Yes       No

Millage amount:

Expiration:

Major uses:

8. Has the *Community for a Lifetime* Leadership Team established mechanisms for regular communication with the public?

Yes       No

If Yes, please describe:

9. Does the *Community for a Lifetime* Leadership Team provide regular opportunities for public input into their plans and actions?

Yes       No

10. Does the community have a leadership development program for seniors that help them learn skills and tools that enable them to participate more effectively as leaders within the community?

Yes       No

11. Is the cell phone coverage available in all parts of the community?

Yes       No

If No, describe the locations where cell phone coverage is not available:

Describe plans for full coverage:

12. Is Multi-channel television available in all parts of the community?

Yes       No

If No, plans for full coverage:

13. Is high-speed Internet access available in all parts of the community?

Yes       No

If No, plans for full coverage:

14. Does the community have a web site, where important community information is posted, including information about the *Community for a Lifetime* project?

Yes       No

15. Is public wireless Internet access (WiFi or WiMAX) available in the community?

Yes       No

If Yes, describe the locations:

- 1.
- 2.
- 3.

If more than three, please add a sheet for additional locations.

<p>16. Does the community have a home delivered meals program e.g. “ Meals on Wheels”? (LC)</p> <p><input type="checkbox"/> Yes      <input type="checkbox"/> No</p>
<p>17. Does the community have a directory of services available to seniors? (LC)</p> <p><input type="checkbox"/> Yes      <input type="checkbox"/> No</p> <p>If Yes, please include a copy with the application.</p>
<p>18. Does the community have a central phone number that people can call when they need assistance but don't know where to turn?</p> <p><input type="checkbox"/> Yes      <input type="checkbox"/> No</p> <p>If Yes,</p>
<p>18a. Is the number answered 24 hours a day, 7 days a week?</p> <p><input type="checkbox"/> Yes      <input type="checkbox"/> No</p>
<p>18b. Is the number promoted throughout the community?</p> <p><input type="checkbox"/> Yes      <input type="checkbox"/> No</p>
<p>18c. Is the process for follow-up with people who call to make sure they got connected with the appropriate group or organization?</p> <p><input type="checkbox"/> Yes      <input type="checkbox"/> No</p>
<p>19. Does the utility company (or companies) serving your community have a program to notify a third partying case of impending utility shut-off? (LC)</p> <p><input type="checkbox"/> Yes      <input type="checkbox"/> No</p> <p>If Yes, list the companies that offer this service:</p> <p>1.</p> <p>2.</p> <p>3.</p>
<p>20. Does the community have a process for providing residents with assistance in emergency situations?</p> <p><input type="checkbox"/> Yes      <input type="checkbox"/> No</p> <p>If Yes, how many people were served in the last year?</p>

## **Access to Health Care**

### GOALS

*A Community for a Lifetime* promotes good health for all its seniors.

Seniors in a *Community for a Lifetime* have access to quality medical services.

*A Community for a Lifetime* helps seniors remain independent as long as possible.

### PURPOSE: WHY IT THIS IMPORTANT?

As we age it becomes necessary that we have access to quality health care. Quality health care can be defined as adequate, available and affordable and items such as transportation, social networks, and insurance are just a few things that can impact that access and determine where seniors choose to live. By creating communities that allow residents access to hospitals, quality healthcare professionals, pharmacies and medical supply offices, we are allowing residents to age in their homes thereby reducing the need to move into an assisted living facility as well as maintaining the social networks and support that individuals have already established. Strong social networks often times will provide respite for caregivers for those individuals that have been able to age in their homes as well as decrease depression and increase quality of life.

CHAPTER 3

**Access to Health Care**

<p>1. Are health fairs that provide information and screenings for seniors provided on a regular basis?</p> <p><input type="checkbox"/> Yes      <input type="checkbox"/> No</p>
<p>2. Are health education programs presented on topics important to seniors?</p> <p><input type="checkbox"/> Yes      <input type="checkbox"/> No</p>
<p>3. To what extent do senior centers and nutrition sites offer exercise programs on an on-going basis? (Programs should be relevant to the audience served)</p> <p><input type="checkbox"/> None      <input type="checkbox"/> Some      <input type="checkbox"/> Half      <input type="checkbox"/> Most</p>
<p>4. Are low cost physical activity programs specifically designed for seniors easily accessible? (Programs should be relevant to the audience served)</p> <p><input type="checkbox"/> Yes      <input type="checkbox"/> No</p>
<p>5. Are preventative immunizations such as influenza, pneumonia and various screenings such as, blood pressure, hearing, vision, PSA, bone density, mammogram available within the community?</p> <p><input type="checkbox"/> Yes      <input type="checkbox"/> No</p>
<p>6. Are there programs available for seniors on:</p> <p>6a. Depression?      <input type="checkbox"/> Yes      <input type="checkbox"/> No</p> <p>6b. Grief and bereavement?      <input type="checkbox"/> Yes      <input type="checkbox"/> No</p> <p>6c. Alcohol and substance abuse?      <input type="checkbox"/> Yes      <input type="checkbox"/> No</p> <p><i>(Programs should be relevant to the audience served)</i></p>
<p>7. Does your community have a hospital or medical center within 30 minutes of most people?(LCM)</p> <p><input type="checkbox"/> Yes      <input type="checkbox"/> No</p> <p>If No, what is the distance to the nearest hospital or medical center?</p> <p>If Yes, does it have an emergency room?</p> <p><input type="checkbox"/> Yes      <input type="checkbox"/> No</p>

8. Does the number of primary care physicians with 30 minutes of most residents equal or exceed the national average of 1,325 persons per physician (1,810 in rural areas) ?
<input type="checkbox"/> Yes <input type="checkbox"/> No
9. Are mental health counselors available within 30 minutes of most residents?
<input type="checkbox"/> Yes <input type="checkbox"/> No
10. Is there a minor emergency care center available within 30 minutes of most residents?
<input type="checkbox"/> Yes <input type="checkbox"/> No
11. Are there diagnostics services such as x-ray, hearing, vision available within 30 minutes for most residents?
<input type="checkbox"/> Yes <input type="checkbox"/> No
12. Are Mobile medical services such as x-ray and blood drawing available to residents in the community?
<input type="checkbox"/> Yes <input type="checkbox"/> No
13. Are specialty treatment services such as dialysis, physical therapy, respiratory therapists and occupational therapy available within 30 minutes of most residents?
<input type="checkbox"/> Yes <input type="checkbox"/> No
14. Are accessible medical supply and oxygen supply vendors located/or deliver within the community?
<input type="checkbox"/> Yes <input type="checkbox"/> No
15. To what extent have emergency responders been trained to be sensitive to the needs of older adults?
<input type="checkbox"/> None <input type="checkbox"/> Some <input type="checkbox"/> Half <input type="checkbox"/> Most
16. Does the community have a pharmacy that is accessible 24 hours a day/seven days a week?
<input type="checkbox"/> Yes( <i>required</i> ) <input type="checkbox"/> No
17. Does the pharmacy deliver?
<input type="checkbox"/> Yes <input type="checkbox"/> No
18. Are home health care services available with no waiting list?
<input type="checkbox"/> Yes <input type="checkbox"/> No
19. Is hospice care available within 30 minutes of most people in your community?
<input type="checkbox"/> Yes <input type="checkbox"/> No
20. Is there one dentist per 2,500 people within 30 minutes of most people in your community?
<input type="checkbox"/> Yes <input type="checkbox"/> No

21. Are there doctors who are particularly responsive to the needs of seniors? <input type="checkbox"/> Yes <input type="checkbox"/> No
22. Are there dentists who are particularly responsive to the needs of seniors? <input type="checkbox"/> Yes <input type="checkbox"/> No
23. Are caregiver education and support groups available? <input type="checkbox"/> Yes <input type="checkbox"/> No
24. Is there a system in place to inform caregivers about available support services? <input type="checkbox"/> Yes <input type="checkbox"/> No
25. Does the religious community support and participate in the senior care network? <input type="checkbox"/> Yes <input type="checkbox"/> No

## CHAPTER 4

# Safety and Security

### GOALS

*A Community for a Lifetime* makes the safety and security of residents a priority.

### PURPOSE: WHY IS THIS IMPORTANT?

Safety and security are important as they impact the daily lives of all residents within a community and can be broken into two categories: community and home safety. Community safety encompasses items such as pedestrian routes, crime, and vehicular routes. Home safety includes items such as home security and fall prevention. In order to create an environment in which a person can live a lifetime, programs and infrastructure need to exist that enable this. Home safety projects which include safety audits both by public safety officials and builders are important as they allow residents to remain in their homes for a much longer period of time. Community safety such as neighborhood watch and safe pedestrian routes allows individuals the independence to remain in their community without having to rely on others for all of their needs.

CHAPTER 4

**Safety and Security**

<p>1. To what extent would seniors say they feel safe living in your community?</p> <p><input type="checkbox"/> None      <input type="checkbox"/> Some      <input type="checkbox"/> Half      <input type="checkbox"/> Most</p> <p><i>(Will the response differ based on the age of the respondent?)</i></p> <p><i>(If unsure about the seniors' perception on this issue, consider reviewing available surveys of seniors and/or conducting informal surveys or focus groups of community seniors on this and other similar assessment questions that ask for a judgment call on seniors' perceptions about a given asset).</i></p>
<p>2. Do law enforcement employees receive training on how to be sensitive to the changing needs of seniors as they age?</p> <p><input type="checkbox"/> None      <input type="checkbox"/> Some      <input type="checkbox"/> Half      <input type="checkbox"/> Most</p>
<p>3. Is law enforcement visible in the community?</p> <p><input type="checkbox"/> Yes      <input type="checkbox"/> No</p>
<p>4. Does your community have a "neighborhood watch" program?      <input type="checkbox"/> Yes      <input type="checkbox"/> No</p> <p>Are there neighborhoods where it is needed and not available?      <input type="checkbox"/> Yes      <input type="checkbox"/> No</p> <p>Identify:</p>
<p>5. To what extent do fire department employees receive training on how to be sensitive to the needs of seniors?</p> <p><input type="checkbox"/> None      <input type="checkbox"/> Some      <input type="checkbox"/> Half      <input type="checkbox"/> Most</p>
<p>6. Is there a system or procedures in place to evaluate the factors behind pedestrian and bicycle injuries caused by crashes with motor vehicles and to recommend needed safety improvements? (PAC)</p> <p><input type="checkbox"/> Yes      <input type="checkbox"/> No</p> <p>Please identify the most recent improvement made as a result of this system:</p>
<p>7. Do local papers in your community offer to stop delivery for short periods of time while people are away? (LC)</p> <p><input type="checkbox"/> Yes      <input type="checkbox"/> No</p>

<p>8. Does law enforcement offer a service for checking on residences when owners are gone for extended periods?</p> <p><input type="checkbox"/> Yes      <input type="checkbox"/> No</p>	 <p>Some communities have a program where mail carriers will alert a third party when they notice that an older person living alone does not pick up his or her mail for a few days. Older people register the name of a designated person to be notified if mail is not claimed for a number of days. When the mail carrier notices that an older person's mail is remaining in the box, the carrier contacts the designated contact. That person then investigates.</p>
<p>9. Is the criminal justice system in your community, in cooperation with the Department of Human Services, actively identifying and prosecuting cases of elder abuse?</p> <p><input type="checkbox"/> Yes      <input type="checkbox"/> No</p>	
<p>10. Is a service for checking up on seniors living alone by phone available?</p> <p><input type="checkbox"/> Yes      <input type="checkbox"/> No</p>	
<p>11. Is there a formal program in your community for educating seniors about, and protecting them from fraud?</p> <p><input type="checkbox"/> Yes      <input type="checkbox"/> No</p>	
<p>12. To what extent do people who provide services to seniors have criminal background checks as a condition of their employment?</p> <p><input type="checkbox"/> None      <input type="checkbox"/> Some      <input type="checkbox"/> Half      <input type="checkbox"/> Most</p>	
<p>13. Is there a "Mail Carrier Alert"/Gatekeeper type program in your community? (LC)</p> <p><input type="checkbox"/> Yes      <input type="checkbox"/> No</p>	
<p>14. Does your police department or other appropriate agency have a program to educate the public about personal safety and security? (LC)</p> <p><input type="checkbox"/> Yes      <input type="checkbox"/> No</p>	
<p>15. Will the police department or other agency in your community do in-home safety checks? (LC)</p> <p><input type="checkbox"/> Yes      <input type="checkbox"/> No</p>	
<p>16. Are smoke detectors and batteries offered free for seniors, including installation if needed?</p> <p><input type="checkbox"/> Yes      <input type="checkbox"/> No</p>	
<p>17. Is there a "911" type system for reporting emergencies? (LCM)</p> <p><input type="checkbox"/> Yes      <input type="checkbox"/> No</p>	
<p>18. Are emergency cell phones provided to seniors who need them?</p> <p><input type="checkbox"/> Yes      <input type="checkbox"/> No</p>	

<p>19. Are driver re-training courses available?</p> <p><input type="checkbox"/> Yes <input type="checkbox"/> No</p>	 <p>AARP has developed a driver education program, the 55 ALIVE/Mature Driving program, which is completed by about 640,000 older drivers annually. Thirty-four states and the District of Columbia have laws that require insurance premium discounts or reductions in infraction points for older people who take an approved driving course like 55 ALIVE. As people age there are skills they can learn that will help them to be safer drivers. There are also improvements that can be made in the community to make it easier for older drivers to get around. Clearly visible street signs and well designed and signed parking lots and structures, and effective road markings.</p>
<p>20. To what extent are there street signs at major intersections in your community? (LC)</p> <p><input type="checkbox"/> None      <input type="checkbox"/> Some      <input type="checkbox"/> Half      <input type="checkbox"/> Most</p>	
<p>21. To what extent are street signs large and easy to read? (LC)</p> <p><input type="checkbox"/> None      <input type="checkbox"/> Some      <input type="checkbox"/> Half      <input type="checkbox"/> Most</p>	
<p>22. To what extent can street signs be read in the dark?</p> <p><input type="checkbox"/> None      <input type="checkbox"/> Some      <input type="checkbox"/> Half      <input type="checkbox"/> Most</p>	
<p>23. To what extent do the parking lots and parking structures in your community have adequate, clear and well-marked location signs? (LC)</p> <p><input type="checkbox"/> None      <input type="checkbox"/> Some      <input type="checkbox"/> Half      <input type="checkbox"/> Most</p>	
<p>24. To what extent are parking lots and parking structures well lit? (LC)</p> <p><input type="checkbox"/> None      <input type="checkbox"/> Some      <input type="checkbox"/> Half      <input type="checkbox"/> Most</p>	

## **Housing: Availability and Affordability**

### GOALS

A *Community for a Lifetime* has a variety of housing options for older adults with different physical, social and/or financial status.

Housing in a *Community for a Lifetime* is affordable in relation to household income.

Zoning regulations in a *Community for a Lifetime* support the flexible needs of seniors.

### PURPOSE: WHY IS THIS IMPORTANT?

Like other consumers, seniors want choices in housing that meet their needs. Those needs may change significantly during their senior years. Early on that can mean new construction of a single family home, it can mean downsizing a house or upsizing a cottage, or it can mean a condominium or an apartment. Later, it might mean shared housing with a friend or an accessory apartment with a family member. When more support is needed it might mean an assisted living center or a nursing home. In Elder Friendly Communities there is a planned effort to ensure that a variety of housing options are available and affordable. Zoning ordinances allow unrelated adults to share housing, allow adult family care homes, and allow accessory apartments for seniors. Availability and affordability of housing is a regular agenda item for the planning board. New construction is done using the standards of “universal design” to allow for ease of modification as needs change later in life.

## Housing: Availability and Affordability

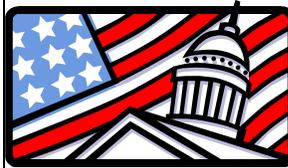
<p>1. Has your community completed a Community Housing Assessment in the past three years?</p> <p><input type="checkbox"/> Yes      <input type="checkbox"/> No</p> <p>If Yes, please attach a copy to your application.</p>	 <p>A housing assessment offers policy makers, developers, housing agency administrators, and others directly related to housing and overview of the current housing situation in the community. Second, it describes the changes that have occurred in the community's population base and corresponding shifts that resulted in housing stock. This relationship provides context for forecasting housing needs. Finally, the analysis presents an objective assessment of future housing needs based on a combination of (a) historical trends in housing utilization, (b) recent trends in housing construction, and (c) demand for housing based on population and income shifts. <i>(Source: North Dakota Statewide Housing needs Assessment)</i></p>
<p>2. If Yes, does it project future housing needs for various populations based on anticipated changes in your community population?</p> <p><input type="checkbox"/> Yes      <input type="checkbox"/> No</p>	<p><b>Universal Design</b> – The design of products and environments to be usable to all people to the greatest extent possible without the need for adaptation or specialized design.</p>
<p>3. Based on your community Housing Assessment (or by other means-please describe), what kinds of housing needs to be developed to meet the future needs of seniors in your community?</p> <p><input type="checkbox"/> Single-family  <input type="checkbox"/> Senior living center  <input type="checkbox"/> Multi-family  <input type="checkbox"/> Mobile/Modular Homes  <input type="checkbox"/> Assisted living  <input type="checkbox"/> Condominiums  <input type="checkbox"/> Nursing home  <input type="checkbox"/> Add-on Apartments  <input type="checkbox"/> Nursing home with dementia care  <input type="checkbox"/> Other</p> <p><i>(Discussion on this issue should address how needs differ as seniors become older.)</i></p>	 <p>1. <b>Equitable Use:</b> The design is useful and marketable to people with diverse abilities.</p> <p>2. <b>Flexibility in Use:</b> The design accommodates a wide range of individual preferences and abilities.</p> <p>3. <b>Simple and Intuitive Use:</b> Use of the design is easy to understand, regardless of the user's experience, knowledge language skills, or current concentration level.</p> <p>4. <b>Perception Information:</b> The design communicates necessary information effectively to the user, regardless of ambient conditions or the user's sensory abilities.</p> <p>5. <b>Tolerance for Error:</b> The design minimizes hazards and the adverse consequences of accidental or unintended actions.</p>
<p>4. What is the extent to which the building code incorporates the concept of "universal design"?</p> <p><input type="checkbox"/> Entirely      <input type="checkbox"/> Somewhat  <input type="checkbox"/> Minimally      <input type="checkbox"/> Not at all</p>	

<p>5. Does the community's zoning ordinance restrict the housing options available to seniors? (PAC)</p> <p><input type="checkbox"/> Yes      <input type="checkbox"/> No</p>	<p>6. <b>Low Physical Effort:</b> The design can be used efficiently and comfortably and with a minimum of fatigue.</p> <p>7. <b>Size and Space for Approach and Use:</b> Appropriate size and space is provided for approach, reach, manipulation, and use regardless of the user's body size posture, or mobility.</p> <p><i>(Source: The Center for Universal Design, 1997. The Principles of Universal Design, Version 2.0. Raleigh, NC: North Carolina State University)</i></p>																		
<p>5a. If Yes, list the types of housing restrictions caused by your zoning ordinance: (e.g.: no accessory apartments, restrict building density, restrict in-fill development)</p> <p>1.</p> <p>2.</p> <p>3.</p>																			
<p>6. Do community regulations (e.g. municipal codes, ordinances, and association bylaws) restrict or prevent housing modifications that older adults need to accommodate their changing physical, mobility and safety needs?</p> <p><input type="checkbox"/> Yes      <input type="checkbox"/> No</p>																			
<p>7. Do community regulations restrict:</p> <table border="0" style="width: 100%;"> <tr> <td style="width: 60%;">a. Unrelated persons living together in the same unit?</td> <td style="width: 20%;"><input type="checkbox"/> Yes</td> <td style="width: 20%;"><input type="checkbox"/> No</td> </tr> <tr> <td>b. Dwelling unit size/square feet per occupant?</td> <td><input type="checkbox"/> Yes</td> <td><input type="checkbox"/> No</td> </tr> <tr> <td>c. Construction of wheelchair ramps?</td> <td><input type="checkbox"/> Yes</td> <td><input type="checkbox"/> No</td> </tr> <tr> <td>d. Doorway size of at least 32" wide with swing clear hinges?</td> <td><input type="checkbox"/> Yes</td> <td><input type="checkbox"/> No</td> </tr> <tr> <td>e. Location of electrical outlets 18"- 48" above the floor?</td> <td><input type="checkbox"/> Yes</td> <td><input type="checkbox"/> No</td> </tr> <tr> <td>f. Hallway widths at least 42"?</td> <td><input type="checkbox"/> Yes</td> <td><input type="checkbox"/> No</td> </tr> </table>		a. Unrelated persons living together in the same unit?	<input type="checkbox"/> Yes	<input type="checkbox"/> No	b. Dwelling unit size/square feet per occupant?	<input type="checkbox"/> Yes	<input type="checkbox"/> No	c. Construction of wheelchair ramps?	<input type="checkbox"/> Yes	<input type="checkbox"/> No	d. Doorway size of at least 32" wide with swing clear hinges?	<input type="checkbox"/> Yes	<input type="checkbox"/> No	e. Location of electrical outlets 18"- 48" above the floor?	<input type="checkbox"/> Yes	<input type="checkbox"/> No	f. Hallway widths at least 42"?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
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f. Hallway widths at least 42"?	<input type="checkbox"/> Yes	<input type="checkbox"/> No																	
<p>8. Do community regulations permit mixed land use? (This means that retail establishments and community services can be placed within walking distance of residential areas.)</p> <p><input type="checkbox"/> Yes      <input type="checkbox"/> No</p>																			
<p>9. Do community regulations permit cluster zoning? (This means developers can design neighborhoods that group together as long as a portion of the development is preserved as open space) (PAC)</p> <p><input type="checkbox"/> Yes      <input type="checkbox"/> No</p>																			
<p>10. Must energy efficiency standards be met in all building and remodeling?</p> <p><input type="checkbox"/> Yes      <input type="checkbox"/> No</p>																			
<p>11. Would most seniors in your community say their housing expenses are manageable?</p> <p><input type="checkbox"/> Yes      <input type="checkbox"/> No</p> <p>What specific concerns about cost would they express?</p> <p><i>(If unsure about seniors' perceptions on this issue, consider reviewing available surveys of seniors and/or conducting informal surveys or focus groups of community seniors on this and other similar assessment questions that ask for a judgment call on seniors' perceptions about a given asset).</i></p>																			

12. Does cost limit the housing options of seniors in your community?

Yes       No

If yes, which housing options are limited by cost?



The U.S. Department of Housing and Urban Development (HUD) has determined that the percentage of household income spent on housing costs should not exceed 30 percent.

13. Are seniors in your community who might need services aware of assistance programs for utilities or other expenses related to housing?

Yes       No

## CHAPTER 6

### **Housing Modification and Maintenance**

#### GOAL

In a *Community for a Lifetime*, seniors have access to services for making home modifications that are needed as they age. (Services are available at reduced cost for those with limited incomes.)

In a *Community for a Lifetime*, seniors have access to home maintenance services necessary to keep their property functional and attractive. (Services are available at reduced cost for those with limited incomes.)

#### **PURPOSE: WHY IS THIS IMPORTANT?**

Routine maintenance is a critical part of home ownership. In addition, changing physical capacities may necessitate modifications to existing homes. In a *Community for a Lifetime*, there are reputable home repair and modification contractors. Free assessments are available to help residents identify needed repairs and modification opportunities. The community also has a program that ensures that residents of limited financial means are able to get needed repairs and modifications.

CHAPTER 6

**Housing: Modification and Maintenance**

<p>1. Is there an adequate number of licensed contractors who do interior and exterior modifications to homes to accommodate the changing needs of seniors? (e.g.: grab bars, ramps, door handles and locks, thresholds, overhead cabinets)</p> <p><input type="checkbox"/> Yes      <input type="checkbox"/> No</p> <p>What is the average waiting time between contacting a contractor and having a job completed?</p>
<p>2. Is there a list of registered and licensed contractors maintained where seniors can access it easily?</p> <p><input type="checkbox"/> Yes      <input type="checkbox"/> No</p>
<p>3. Is a program or service available to assist community members of limited means with interior and exterior modifications to homes?</p> <p><input type="checkbox"/> Yes      <input type="checkbox"/> No</p>
<p>4. Is a service available to mediate between seniors and contractors when there are problems?</p> <p><input type="checkbox"/> Yes      <input type="checkbox"/> No</p>
<p>5. Are assessments available to help seniors identify opportunities to modify their homes for better function and safety?</p> <p><input type="checkbox"/> Yes      <input type="checkbox"/> No</p> <p>If Yes, who provides the assessment?</p> <p>1. 2. 3.</p>
<p>6. Do businesses exist in the communities that provide assistance with routine or seasonal home maintenance chores (snow removal, yard work, raking, putting away lawn furniture, putting up screens or storm windows, weatherization, gutter cleaning, etc.)? <sup>(LC)</sup></p> <p><input type="checkbox"/> Yes      <input type="checkbox"/> No</p>
<p>7. Is there a program or service available to assist community members of limited means with seasonal home maintenance chores?</p> <p><input type="checkbox"/> Yes      <input type="checkbox"/> No</p>
<p>9. Is a service available that provides people to run errands for seniors?</p> <p><input type="checkbox"/> Yes      <input type="checkbox"/> No</p>

## CHAPTER 7

# Public Transportation

### GOALS

In a *Community for a Lifetime*, affordable transportation is available that riders find convenient, safe and dependable for getting to common travel destinations. (Accommodations are made for people of limited income.)

Seniors in a *Community for a Lifetime* have several transportation options nearby for out-of-town travel

### PURPOSE: WHY IS THIS IMPORTANT?

There are many kinds of public transportation; bus services, light rail systems, ride-on-demand services, and taxicab service. The availability of transportation varies greatly from community to community. When options are limited it can be especially challenging for the 21% of Americans age 65 and older who do not drive. In the University of Michigan Surface Transportation Project study, Linda Bailey found that more than half of non-drivers age 65 or older stay home on any given day partially because they lack transportation options. These older non-drivers have a decreased ability to participate in the community and the economy. The study also found that when public transportation is available, older Americans make regular use of it.

CHAPTER 7

**Public Transportation**

<p>1. Does the community have a public transportation system?</p> <p><input type="checkbox"/> Yes      <input type="checkbox"/> No</p>	 <p>The Beverly Foundation developed five criteria for senior friendly transportation in 2000. They are:</p>
<p>2. Does the community have a public transportation system or is it part of a regional transportation authority? For a small town, this could consist of a “Dial-a-Ride” type program for the general public (that is, not restricted to residents with disabilities). (PAC)</p> <p><input type="checkbox"/> Yes      <input type="checkbox"/> No</p>	<p><b>Availability.</b> Transportation exists and is available when needed, including evenings and weekends.</p> <p><b>Accessibility.</b> Transportation can be reached and used, stops are reachable, stairs are negotiable.</p> <p><b>Acceptability.</b> Vehicles are clean, safe and user friendly (operators are courteous and helpful).</p> <p><b>Affordability.</b> Fees are affordable and options exist for those of limited means.</p> <p><b>Adaptability.</b> Transportation can be modified or adjusted to meet special needs (e.g., wheelchair).</p>
<p>3. When is this system available? 24/7/365, M-F all day, Saturday daytime, Saturday all day, Sunday daytime, Sunday all day, Holidays, daytime, Holidays all day? (LC)</p> <p>Please provide system availability:</p>	<p>“Aging Americans: Stranded Without Options,” Linda Bailey, Surface Transportation Policy Project, U of M, April 2004. Retrieved from Ageline, January 25, 2005. “More than one in five (21%) Americans age 65 and older do not drive. More than 50% of non-drivers age 65 or older stay home on any given day partially because they lack transportation options. Older non-divers have a decreased ability to participate in the community and the economy. Where public transportation is available, older Americans make regular use of it.</p>
<p>4. To what extent are major shopping and service areas covered by the public transportation system? (LCM)</p> <p><input type="checkbox"/> None      <input type="checkbox"/> Some      <input type="checkbox"/> Half      <input type="checkbox"/> Most</p> <p>Please identify areas not covered:</p>	
<p>5. To what extent do operators publicly announce upcoming stops?</p> <p><input type="checkbox"/> None      <input type="checkbox"/> Some      <input type="checkbox"/> Half      <input type="checkbox"/> Most      n/a <input type="checkbox"/></p>	
<p>6. To what extent are public transportation stops marked? (LC)</p> <p><input type="checkbox"/> None      <input type="checkbox"/> Some      <input type="checkbox"/> Half      <input type="checkbox"/> Most      n/a <input type="checkbox"/></p>	

7. To what extent are there shelters at public transportation stops?	
<input type="checkbox"/> None <input type="checkbox"/> Some <input type="checkbox"/> Half <input type="checkbox"/> Most    n/a <input type="checkbox"/>	
8. To what extent are there places to sit at public transportation stops?	
<input type="checkbox"/> None <input type="checkbox"/> Some <input type="checkbox"/> Half <input type="checkbox"/> Most    n/a <input type="checkbox"/>	
9. To what extent are public transportation stops well lit?	
<input type="checkbox"/> None <input type="checkbox"/> Some <input type="checkbox"/> Half <input type="checkbox"/> Most    n/a <input type="checkbox"/>	
10. Is it easy to get information on public transportation routes and schedules? (LC)	
<input type="checkbox"/> Yes <input type="checkbox"/> No	<p>The Americans With Disabilities Act (ADA) mandates that all public transportation become more accessible to people with physical and sensory disabilities.</p>
11. Are public transportation schedules in large enough print for seniors to be able to read them?	
<input type="checkbox"/> Yes <input type="checkbox"/> No	
12. In your opinion, do most people feel safe using public transportation in your community? (LC)	
<input type="checkbox"/> Yes <input type="checkbox"/> No <i>(Would the response vary based on the age of the seniors?)</i>	
If no, what changes are needed to ensure a feeling of safety?	
<i>(If unsure about seniors' perception on this issue, consider reviewing available surveys of seniors and/or conducting informal surveys or focus groups of community seniors on this and other similar assessment questions that ask for a judgment call on seniors' perceptions about a given asset).</i>	
13. In your judgment, do most seniors in your community feel the fare for public transportation is affordable? (LC)	
<input type="checkbox"/> Yes <input type="checkbox"/> No <i>(Would the response vary based on the age of the seniors'?)</i>	
<i>(If unsure about the seniors' perception on this issue, consider reviewing available surveys of seniors and/or conducting informal surveys or focus groups of community seniors on this and other similar assessment questions that ask for a judgment call on seniors' perception about a given asset.)</i>	
14. Is it easy to reach a public transportation stop for most people in your community? (LC)	
<input type="checkbox"/> Yes <input type="checkbox"/> No	

<p>15. Can seniors bring a helper onto public transportation without charge?</p> <p><input type="checkbox"/> Yes      <input type="checkbox"/> No</p>	 <p>Some seniors have visual limitations that make it difficult for them to associate the landscape that is passing by with the stop where they need to get off. Publicly announcing the stops increases the ability and comfort of these riders.</p>
<p>16. Are counselors available to help people evaluate and meet mobility needs?</p> <p><input type="checkbox"/> Yes      <input type="checkbox"/> No</p>	
<p>17. Is taxi service available in your community? (LC)</p> <p><input type="checkbox"/> Yes      <input type="checkbox"/> No</p> <p>If Yes,</p>	
<p>17a. Is taxi service available 24/7/365? (LC)</p> <p><input type="checkbox"/> Yes      <input type="checkbox"/> No</p>	
<p>17b. Would most residents feel taxi fares are reasonable? (LC)</p> <p><input type="checkbox"/> Yes      <input type="checkbox"/> No</p> <p><i>(If unsure about seniors' perceptions on this issue, consider reviewing available surveys of seniors and/or conducting informal surveys or focus groups of community seniors on this and other similar assessment question that ask for a judgment call on seniors' perceptions about a given asset).</i></p>	
<p>17c. Is taxi service prompt? (LC)</p> <p><input type="checkbox"/> Yes      <input type="checkbox"/> No</p>	
<p>17d. Are taxis clean and well maintained? (LC)</p> <p><input type="checkbox"/> Yes      <input type="checkbox"/> No</p>	
<p>17e. Do passengers feel safe using this taxi service? (LC)</p> <p><input type="checkbox"/> Yes      <input type="checkbox"/> No</p> <p>If No, what changes are needed to ensure that passengers do feel safe?</p>	

17f. If riders need assistance, is it company policy for the taxi driver to help? (LC)

Yes       No

18. There is nearby access to out-of-town travel options, such as: air, bus and train? (LC)

Yes       No

19. Are there home pick-up and drop off services for people traveling out-of-town?

Yes       No

## CHAPTER 8

### **Commerce**

#### GOALS

The businesses in a Community for a Lifetime accommodate needs and product choices of older customers.

#### PURPOSE: WHY IS THIS IMPORTANT?

It only makes sense for businesses to target this expanding customer base. Seniors hold three quarters of the financial assets in the US. They have eight of every ten savings accounts, seven of ten money market accounts, half of all corporate stocks, and they purchase about half of all domestic automobiles. They own three quarters of the homes, most of which are worth more than the national average. There is no question that this is the segment of the population with the resources to make significant purchases. However, success with this population requires businesses to make changes. These changes demonstrate that the businesses recognize the changing needs of seniors as they age. In turn, seniors feel recognized and appreciated by the businesses and choose them when they make their purchases.

CHAPTER 8

**Commerce**

<p>1. Are the following types of businesses: grocery stores, drugstores, banks, barbers, hairdressers, coffee shops, dry cleaners, book-stores, and sundries stores – generally distributed throughout the community in locations where they can be easily accessed by seniors?</p> <p><input type="checkbox"/> Yes      <input type="checkbox"/> No</p>
<p>1a. Are there any areas with high concentrations of seniors where there is Not good access to these types of businesses?</p> <p><input type="checkbox"/> Yes      <input type="checkbox"/> No</p> <p>If Yes, describe:</p>
<p>2. Are legal services, including wills, trusts, advance care plans, power of attorney available within 30 minutes of most seniors?</p> <p><input type="checkbox"/> Yes      <input type="checkbox"/> No</p> <p>If No, where do residents typically get these services?</p>
<p>3. To what extent are high quality, fresh fruits, and vegetables, available throughout the community with easy access to seniors?</p> <p><input type="checkbox"/> None      <input type="checkbox"/> Some      <input type="checkbox"/> Half      <input type="checkbox"/> Most</p>
<p>4. How many restaurants are within the boundaries of your defined community?</p>
<p>4a. What are the five most popular restaurants in your community frequented by seniors?</p> <p>1. 2. 3. 4. 5.</p>
<p>5. To what extent do businesses in your community have lightweight, power assist doors, and push-plate entrances?</p> <p><input type="checkbox"/> None      <input type="checkbox"/> Some      <input type="checkbox"/> Half      <input type="checkbox"/> Most</p>
<p>6. To what extent do grocery stores in your community deliver? (LC)</p> <p><input type="checkbox"/> None      <input type="checkbox"/> Some      <input type="checkbox"/> Half      <input type="checkbox"/> Most</p>

<p>7. To what extent do grocery stores in your community provide carryout service? (LC)</p> <p><input type="checkbox"/> None      <input type="checkbox"/> Some      <input type="checkbox"/> Half      <input type="checkbox"/> Most</p>
<p>8. To what extent do large stores in your community provide motorized shopping carts? (LC)</p> <p><input type="checkbox"/> None      <input type="checkbox"/> Some      <input type="checkbox"/> Half      <input type="checkbox"/> Most</p>
<p>9. To what extent do large stores in your community have sitting areas located throughout the store where seniors can rest while shopping? (LC)</p> <p><input type="checkbox"/> None      <input type="checkbox"/> Some      <input type="checkbox"/> Half      <input type="checkbox"/> Most</p>
<p>10. To what extent are businesses in your community sensitive to some senior's sight limitations in their signage and print materials?</p> <p><input type="checkbox"/> None      <input type="checkbox"/> Some      <input type="checkbox"/> Half      <input type="checkbox"/> Most</p>
<p>11. To what extent do businesses in your community offer training to their employees in providing service to seniors?</p> <p><input type="checkbox"/> None      <input type="checkbox"/> Some      <input type="checkbox"/> Half      <input type="checkbox"/> Most</p>
<p>12. To what extent do buildings in the community have businesses names prominently displayed?</p> <p><input type="checkbox"/> None      <input type="checkbox"/> Some      <input type="checkbox"/> Half      <input type="checkbox"/> Most</p>
<p>13. To what extent do businesses in the community have:</p> <p>13a. Accessibility to restrooms:  <input type="checkbox"/> None      <input type="checkbox"/> Some      <input type="checkbox"/> Half      <input type="checkbox"/> Most</p> <p>13b. Adequate parking, within a reasonable distance to the business?  <input type="checkbox"/> None      <input type="checkbox"/> Some      <input type="checkbox"/> Half      <input type="checkbox"/> Most</p> <p>13c. Parking with good lighting;  <input type="checkbox"/> None      <input type="checkbox"/> Some      <input type="checkbox"/> Half      <input type="checkbox"/> Most</p> <p>13d. Sidewalks separate from the parking area?  <input type="checkbox"/> None      <input type="checkbox"/> Some      <input type="checkbox"/> Half      <input type="checkbox"/> Most</p> <p>13e. Store directories provided at the entrance?  <input type="checkbox"/> None      <input type="checkbox"/> Some      <input type="checkbox"/> Half      <input type="checkbox"/> Most</p>
<p>14. Can seniors who desire employment find several elder friendly employers in the community?</p> <p><input type="checkbox"/> Yes      <input type="checkbox"/> No</p>

15. Is there an employment placement service with skill within 30 minutes of most residents?

Yes       No

16. Is there a plan to ensure a reliable workforce to meet the needs of local residents?

Yes       No

17. Is there a SCORE (Service Corps of Retired Executives) program in the community?

Yes       No

## CHAPTER 9

# Enrichment

### GOALS

In a Community for a Lifetime, there are a wide variety of activities that are attractive, affordable, and accessible to seniors regardless of financial abilities.

### PURPOSE: WHY IS THIS IMPORTANT?

By providing a wide range of diverse opportunities for enrichment, communities enable residents to stay involved and civically engaged. Enrichment and community engagement are important because they offer a sense of inclusion. This sense of inclusion will result in a more active and healthy lifestyle, not only for the resident but for the community as well. The senior population has a number of assets that a community can benefit from: as such, it is important to provide enrichment activities that are meaningful and beneficial to them. Their time, knowledge, and expertise are vital to the success of a community, and by providing opportunities for enrichment, we are ensuring that they will choose to age within their community.

## CHAPTER 9

### Enrichment

<p>1. Does the community's master plan identify valued natural areas, woodlands, abandoned rail and utility corridors, river or pond access and wetlands?</p> <p><input type="checkbox"/> Yes      <input type="checkbox"/> No      <input type="checkbox"/> There is no Master Plan</p>
<p>2. Does the community's master plan include provisions to protect or create linkages between greenways, open spaces, and outdoor recreation areas?</p> <p><input type="checkbox"/> Yes      <input type="checkbox"/> No      <input type="checkbox"/> There is no Master Plan</p>
<p>3. Is there an inventory of parks, recreation and sports opportunities that has been compiled for the community and is available to the public?</p> <p><input type="checkbox"/> Yes      <input type="checkbox"/> No</p> <p>If yes, is the inventory available on-line to provide 24-hour access?</p> <p><input type="checkbox"/> Yes      <input type="checkbox"/> No</p>
<p>4. Does the community have a senior center or community focal point for seniors?</p> <p><input type="checkbox"/> Yes      <input type="checkbox"/> No</p> <p>If yes, is the Senior Center/community focal point well connected and integrated with community resources?</p> <p><input type="checkbox"/> Yes      <input type="checkbox"/> No</p>
<p>5a. Are tax dollars allocated for parks and recreation facilities and activities in the current operating budget?</p> <p><input type="checkbox"/> Yes      <input type="checkbox"/> No</p> <p>5b. Would most seniors agree that they are welcome in the community's parks and recreation facilities?</p> <p><input type="checkbox"/> Yes      <input type="checkbox"/> No</p> <p><i>(If unsure about seniors' perception on this issue, consider reviewing available surveys of seniors and/or conducting informal surveys or focus groups of community seniors on this and other similar assessment questions that ask for a judgment call on seniors' perceptions about a given asset).</i></p>
<p>6. Would most residents agree with the statement, "The parks here are safe?"</p> <p><input type="checkbox"/> Yes      <input type="checkbox"/> No</p> <p>If No, please explain:</p> <p><i>(If unsure about seniors' perception on this issue, consider reviewing available surveys of seniors and/or conducting informal surveys or focus groups of community seniors on this and other similar assessment questions that ask for a judgment call on seniors' perceptions about a given asset).</i></p>

<p>7. Would most residents agree with the statement “The parks here are pleasant.”</p> <p><input type="checkbox"/> Yes      <input type="checkbox"/> No</p> <p>If No, what major issue need resolved? <i>(If unsure about seniors’ perception on this issue, consider reviewing available surveys of seniors and/or conducting informal surveys or focus groups of community seniors on this and other similar assessment questions that ask for a judgment call on seniors’ perceptions about a given asset).</i></p>	
<p>8. Does the community have a movie theater? ( LC)</p> <p><input type="checkbox"/> Yes      <input type="checkbox"/> No</p> <p>Does it offer discount senior prices?</p> <p><input type="checkbox"/> Yes      <input type="checkbox"/> No</p>	 <p>“The whole society benefits when older adults, with their wisdom and lifetime of experience—are given opportunities to transmit their skills and perspectives through creative activities.: Research on the impact of participation in arts and cultural programming points to a vital relationship between creative expression and healthy aging” (National Center for Creative Aging)</p>
<p>9. To what extent are earphones for hearing assistance available at area movie theaters? (LC)</p> <p><input type="checkbox"/> None      <input type="checkbox"/> Some      <input type="checkbox"/> Half      <input type="checkbox"/> Most</p>	
<p>10. Are there opportunities to attend such events as: theaters, museum and sporting events?</p> <p><input type="checkbox"/> Yes      <input type="checkbox"/> No</p>	
<p>11. Which of the following are available and open to the public in your community? (PAC)</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Community ice skating arena</li> <li><input type="checkbox"/> Roller skating/inline skating facility</li> <li><input type="checkbox"/> Swimming pool</li> <li><input type="checkbox"/> Weight training facility</li> <li><input type="checkbox"/> Tennis court</li> <li><input type="checkbox"/> Bowling</li> <li><input type="checkbox"/> Hiking</li> <li><input type="checkbox"/> Fishing</li> <li><input type="checkbox"/> Baseball/softball/soccer fields</li> <li><input type="checkbox"/> Basketball courts</li> <li><input type="checkbox"/> Golf courses</li> <li><input type="checkbox"/> Volleyball facilities</li> <li><input type="checkbox"/> Handball/squash/racquetball facilities</li> <li><input type="checkbox"/> Shuffleboard</li> <li><input type="checkbox"/> Cross Country ski trails</li> <li><input type="checkbox"/> Downhill skiing</li> <li><input type="checkbox"/> Boating/canoeing</li> <li><input type="checkbox"/> Other, please list:</li> </ul>	

<p>12. Does your community have a public library? (LC)</p> <p><input type="checkbox"/> Yes      <input type="checkbox"/> No</p>		<p>The library is a resource for all sorts of information: fiction and non-fiction books, reference materials audio and video materials, newspapers, periodicals, and computer data terminals. (Source AARP)</p>
<p>13. Does the library in your community have a program to deliver books to people who are homebound?</p> <p><input type="checkbox"/> Yes      <input type="checkbox"/> No</p>		
<p>14. Is there a bookmobile or remote satellite sites?</p> <p><input type="checkbox"/> Yes      <input type="checkbox"/> No</p>		
<p>15. Does your library offer informational programs on topics of interest to seniors?</p> <p><input type="checkbox"/> Yes      <input type="checkbox"/> No</p> <p><i>(Would the response vary based on the age of the seniors?)</i></p>		
<p>16. Do schools in your community offer courses that seniors can participate in at low or no costs? (LC)</p> <p><input type="checkbox"/> Yes      <input type="checkbox"/> No</p>		
<p>17. Are educational day trips available?</p> <p><input type="checkbox"/> Yes      <input type="checkbox"/> No</p>		
<p>18. Does the community celebrate its history and claims to fame with festivals and events?</p> <p><input type="checkbox"/> Yes      <input type="checkbox"/> No</p> <p>If Yes, please list examples:</p>		
<p>19. Does the community celebrate its cultural heritage?</p> <p><input type="checkbox"/> Yes      <input type="checkbox"/> No    If Yes, please list examples:</p>		
<p>20. Within the last 12 months has your community sponsored events that promote physical activity, such as, public walks, biking events, corporate challenges, etc?</p> <p><input type="checkbox"/> Yes      <input type="checkbox"/> No</p> <p>If Yes, please list examples:</p>		

<p>21. Is there a program to help seniors identify volunteer opportunities? (PAC).</p> <p><input type="checkbox"/> Yes      <input type="checkbox"/> No</p>	 <p>“Older Americans that are more engaged, especially in volunteering and other kinds of activities, are usually more satisfied with their retirement. They get hooked on volunteering. It not only gives back to the community, but it gives back to the volunteer.” (Source: Sheila Zedlewski, <i>Sacramento Bee</i>, 8/1/05)</p>
<p>22. Does a range of opportunities exist for seniors who want to volunteer?</p> <p><input type="checkbox"/> Yes      <input type="checkbox"/> No</p> <p><i>(Discussion on this issue should address how needs differ as seniors become older.)</i></p>	
<p>23. Do faith-based organizations encourage participation by senior members by making regular contact and providing transportation to services and activities?</p> <p><input type="checkbox"/> Yes      <input type="checkbox"/> No</p>	 <p>“Religious or spiritual life is one of the top two most important areas to boomers, second only to family and friends.” (Source: “Boomers at Midlife: The AARP Life Stage Study, wave 3, 2004).</p> <p>It is important that faith-based organizations provide services to their older-members.</p> <ul style="list-style-type: none"> <li>• Programs for seniors who are homebound, hospitalized or otherwise unable to attend services.</li> <li>• Greeters and ushers trained to provide assistance when needed.</li> <li>• Accessible worship facilities.</li> <li>• Printed materials with type size large enough to be read by seniors.</li> </ul>
<p>24. To what extent do faith-based organizations actively support their senior members with activities specifically for them?</p> <p><input type="checkbox"/> All organizations      <input type="checkbox"/> Most      <input type="checkbox"/> Some</p>	
<p>25. Are faith-based organizations active in assisting with meeting needs of senior members for transportation, family counseling, preventing isolation, etc?</p> <p><input type="checkbox"/> Yes      <input type="checkbox"/> No</p>	

## CHAPTER 10

### **Inclusion**

#### GOALS

In A Community for a Lifetime seniors are valued and respected.

#### PURPOSE: WHY IS THIS IMPORTANT?

Everyone wants to feel valued and respected, to have a sense of belonging in the community where they live. The value seniors bring to communities is significant. Today's seniors are a major component of our system of caregiving. Seniors are often the caregivers for spouses, parents, and/or grandchildren. Seniors volunteer in many roles bringing their knowledge, wisdom and skills to the community and its members. In addition, seniors, through their sources of income, are often a source of financial stability for communities. They often provide the capital that make it possible for communities to make improvements and add amenities.

All seniors ask in return is respect for their contributions. Respect can be demonstrated in many ways. Encouraging and supporting senior participation in community discussions and activities demonstrates recognition of value. Identifying the goal of becoming a *Community for a Lifetime* shows seniors they are appreciated. As they move through the community seniors find that members of the community have positive attitudes about aging and seniors.

CHAPTER 10

**Inclusion**

1. Did the community's most recent Master Plan study the needs of older adults in their community and make recommendations to help meet these needs? (LC)	
<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> No Master Plan	
2. Have local government units established official policies specifying the importance of including seniors and information about seniors in all program development and decision-making processes?	 <p><b>Importance to Seniors</b></p> <p>“Nearly 40 percent of older Americans provided care to family members. Older caregivers spend 580 hours a year on average helping their spouses, parents, in-laws, and grandchildren.” <i>(Source: Urban Institute, Perspectives on Productive Aging, July 2006)</i></p>
<input type="checkbox"/> Yes <input type="checkbox"/> No	
3. Would seniors say they feel welcome and are encouraged to attend community meetings?	
<input type="checkbox"/> Yes <input type="checkbox"/> No <i>(If unsure about seniors' perceptions on this issue, consider reviewing available surveys of seniors and/or conducting informal surveys or focus groups of community seniors on this and other similar assessment questions that ask for a judgment call on seniors' perceptions about a given asset).</i>	
4a. Are seniors' contributions regularly recognized in publications and public meetings?	
<input type="checkbox"/> Yes <input type="checkbox"/> No	
4b. Are exceptional contributions by seniors recognized with awards and public ceremonies?	
<input type="checkbox"/> Yes <input type="checkbox"/> No	
5. Are seniors represented on most public community boards and committees?	
<input type="checkbox"/> Yes <input type="checkbox"/> No	
6. Is transportation to the polls available for seniors on election day?	
<input type="checkbox"/> Yes <input type="checkbox"/> No	

Assessment Completed.

## Acknowledgement

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On several questions, an abbreviation is listed at the end of the question indicating that the particular question came from an existing assessment document sources. The two sources are:

(PAC) Promoting Active Communities

<http://www.mihealthtools.org/Communities/default.asp?tab=preview>

(LC) Livable Communities

[http://www.aarp.org/research/housing-mobility/indliving/d18311\\_communities.html](http://www.aarp.org/research/housing-mobility/indliving/d18311_communities.html)