



What is Age-Friendly Cincinnati?

March 2022

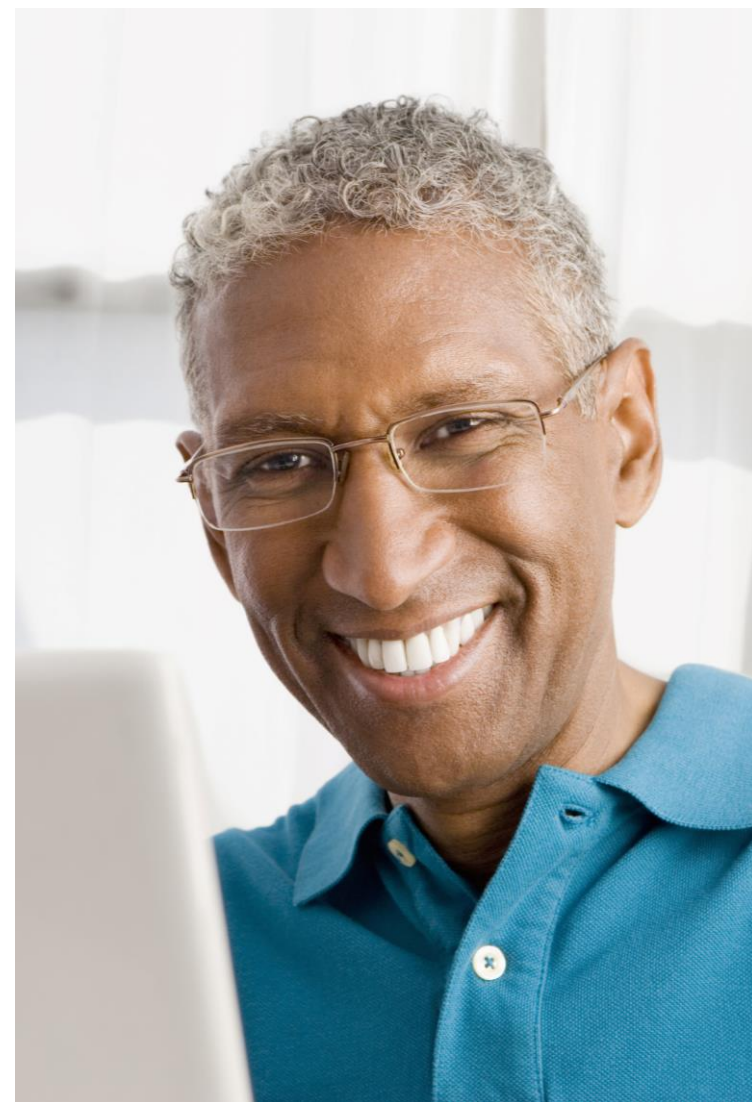
AARP Network of Age Friendly Communities

- AARP Livable Communities initiative

What is a Livable Community?

“A livable community is one that is safe and secure, has affordable and appropriate housing and transportation options, and offers supportive community features and services. Once in place, those resources enhance personal independence; allow residents to age in place; and foster residents’ engagement in the community’s civic, economic, and social life.”

—AARP Public Policy Institute



In a livable community, people of all ages can ...



Go for a walk



Cross the streets



Ride a bike



Be entertained



Get around without a car



Live safely and comfortably



Work or volunteer



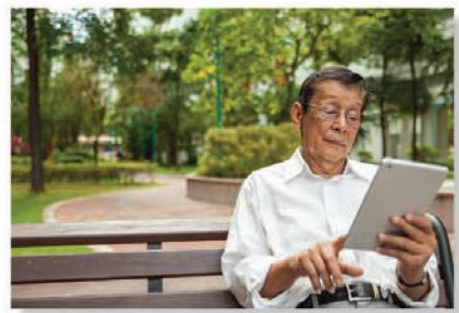
Find the services they need



Enjoy public places



Socialize



Spend time outdoors

8 Domains of Livability

1. Outdoor Spaces and Buildings

People need public places to gather — indoors and out. Green spaces, seating and accessible buildings (elevators, zero-step entrances, staircases with railings) can be used and enjoyed by people of all ages.



2. Transportation

Driving shouldn't be the only way to get around. Pedestrians need sidewalks and safe, crossable streets. Dedicated bicycle lanes benefit nondrivers and drivers alike. Public transit options can range from the large-scale (trains, buses, light rail) to the small (taxis, shuttles or ride share services).



8 Domains of Livability

3. Housing

AARP surveys consistently find that the vast majority of older adults want to reside in their current home or community for as long as possible. Doing so *is* possible if a home is designed or modified for aging in place, or if a community has housing options that are suitable for differing incomes, ages and life stages.



4. Social Participation

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



8 Domains of Livability

5. Respect and Social Inclusion

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



6. Work and Civic Engagement

Why does work need to be an all or nothing experience? An age-friendly community encourages older people to be actively engaged in community life and has opportunities for residents to work for pay or volunteer their skills.



8 Domains of Livability

7. Communication and Information

We now communicate in ways few could have imagined a decade ago. Age-friendly communities recognize that information needs to be shared through a variety of methods since not everyone is tech-savvy — and not everyone has a smartphone or home-based access to the internet.



8. Community and Health Services

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



Why Create the AARP Network of Age-Friendly Communities?

- To serve as a catalyst for educating, encouraging, promoting and recognizing the improvements that make cities, towns and counties more supportive of older residents *and* people of all ages
- To provide America's cities, towns, counties and states with the age-friendly resources they need by tapping into national and global research, models and best practices
- To engage locally to improve the lives of adults age 50+

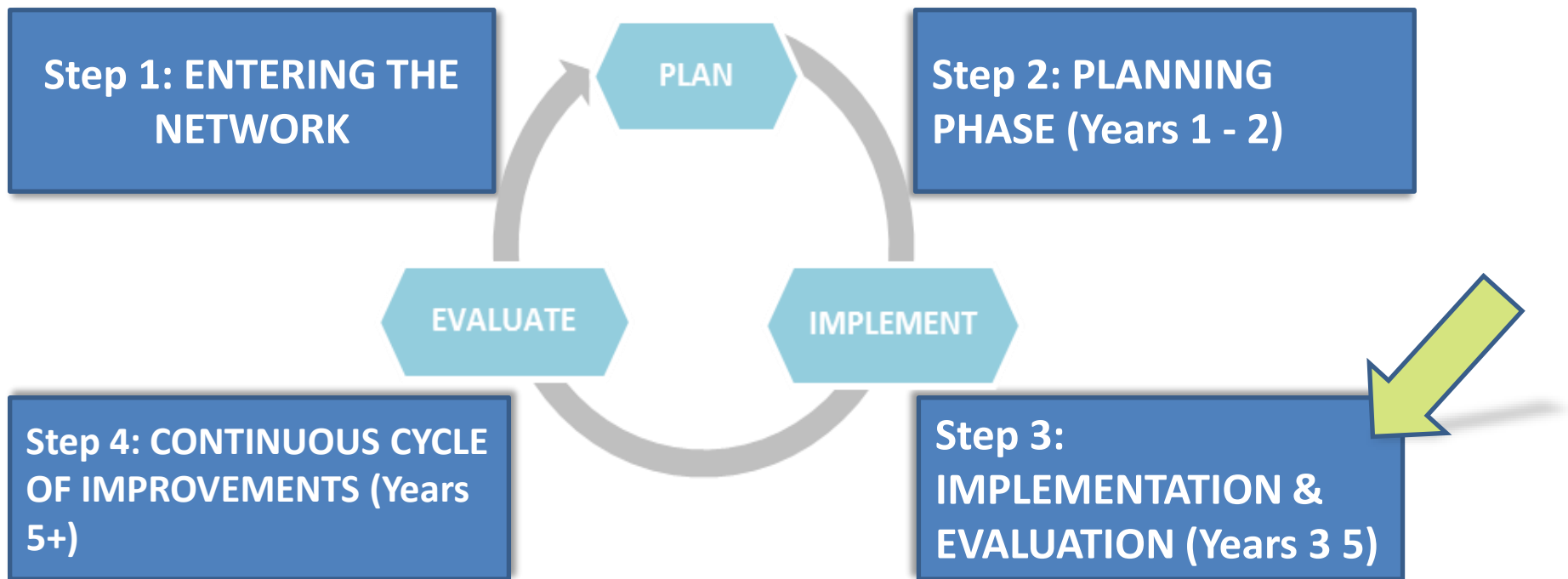


What are the Benefits of Joining AARP Network of Age-Friendly Communities?

- Recognition by AARP and the World Health Organization of the community's commitment to become more age-friendly
- Opportunities for partnership with other communities, both domestic and international
- Mentoring, assessments, and peer review evaluation by experts and member cities and towns
- Connections to global and national networks of participating communities as well as aging and civil society experts
- Opportunities to encourage residents, businesses and other nonprofit groups to play an active role
- Access to news, information and guidance about best practices, models, results and challenges in the age-friendly movement



Age-Friendly Cycle



The Age-Friendly Process and Program Cycle

Members of the **AARP Network of Age-Friendly States and Communities** commit to an assessment process and cycle of continuous improvement, the steps of which typically require the member community to:

1. Establish a way — such as through a commission, advisory panel or focus groups — to include older residents in all stages of the age-friendly planning and implementation process
2. Conduct a community needs assessment (AARP can provide survey examples, templates and an online tool in English and Spanish)
3. Develop an action and evaluation plan based on the assessment results
4. Submit the plan for review by AARP
5. Implement and work toward the goals of the plan
6. Share solutions, successes and best practices with AARP
7. Assess the plan's impact and submit progress reports
8. Repeat!

Age-Friendly Cincinnati

Age Friendly Cincinnati

Progress to date

2018

- Cincinnati Formally Declared Entry to Age Friendly Network

2019

- Grant Awarded (Healthpath Foundation)
- RFP for Assessment, Recommendations, and Polling

2020

- Telephone Survey Complete
- Community Survey Complete
- Focus Groups Complete
- Interviews Held with Subject Matter Experts

2021

- Formed Advisory Committee
- Demographic Analysis & Needs Assessment Complete
- Action Plan Complete
- Implementation Planning Began
- Workgroups Created

2022

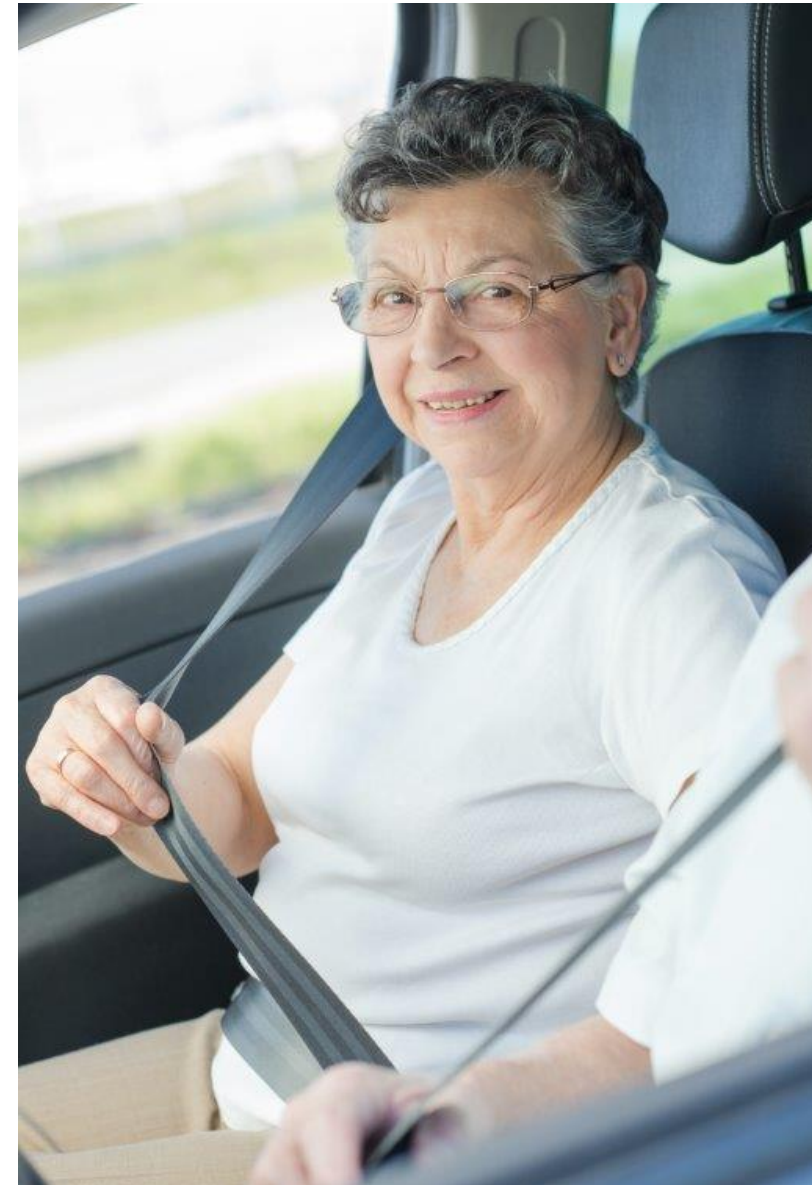
- Implementation Planning Continues
- Project Implementation Begins

Sample of Research & Findings

Full report available at
www.cincinnati-oh.gov/manager/aging-and-accessibility

Methodology

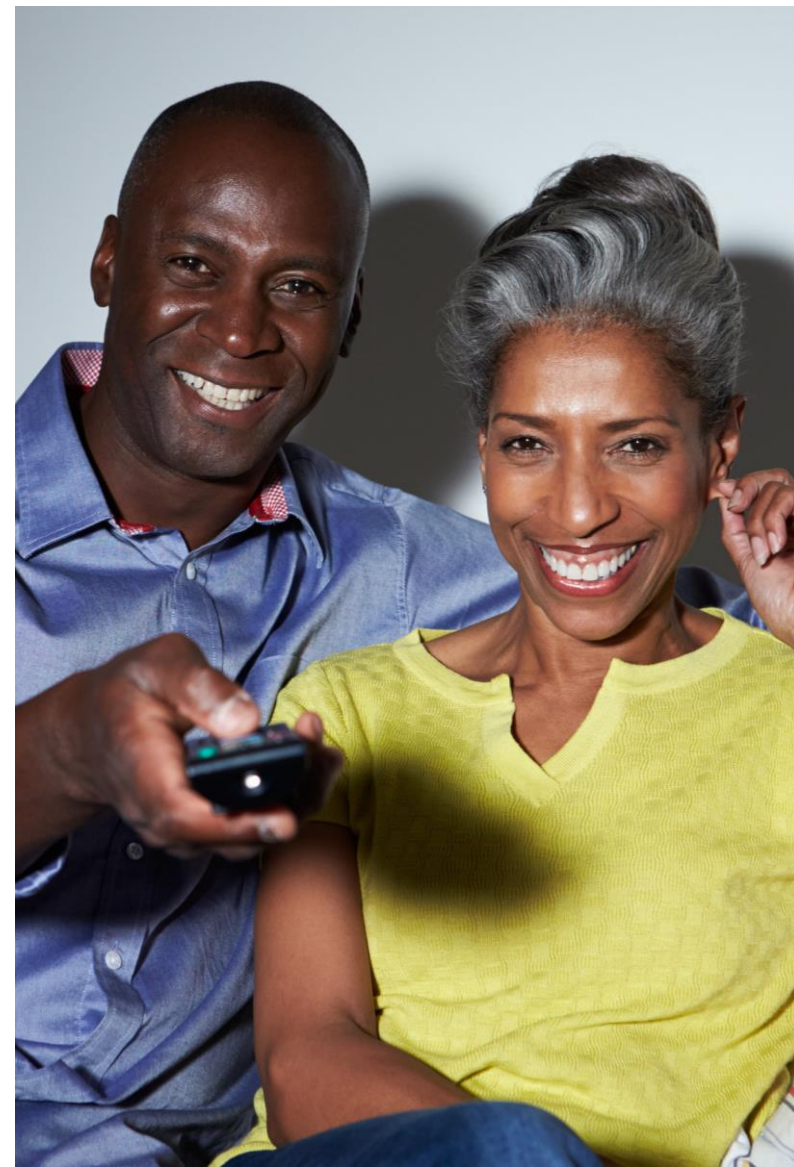
- University of Cincinnati telephone and online survey (pre-COVID)
- Interviews with six subject matter experts (post-COVID)
- Focus groups with Cincinnatians ages 50+ (post-COVID)
- Census data analysis
- Best practice research
- Secondary research of senior resources in Cincinnati
- Advisory group meetings
- Online focus group with Cincinnatians ages 65+



Demographics of ages 65+

City of Cincinnati – Census

- 36,513 residents (12% of population) is 65+ years old (3% below national average)
- Median Age – 73.2 (same as national average)
- Male – 40.7%, Female 59.3% (3.5% variance compared to national average)
- 58.3% is Caucasian, 39.5% is Black, 3% other
- 35.5% are married (19.8% below national average)
- 46.3% have a HS diploma or less, 53.8% have some college or a degree (above national average for less than a diploma and a college degree)
- 1.1% are responsible for children under 18
- OKI 2040 projects 65+ population to increase to 19%

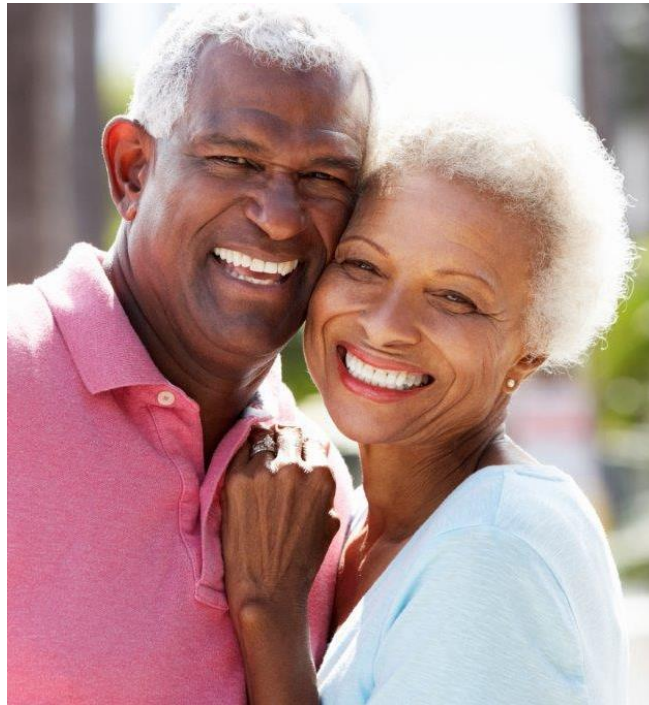


*Data has not been updated with 2020 Census results

Demographics of 65+ Years Old City of Cincinnati – By Neighborhood

Highest Number

- Westwood (2984)
- College Hill (2313)
- Hyde Park (1653)
- Avondale (1531)
- Mt. Washington (1517)
- West Price Hill (1513)
- Oakley (1497)
- Bond Hill (1212)
- Roselawn (1177)
- Madisonville (1101)
- East Price Hill (1093)
- Clifton (1080)



Highest Percentage

- Roselawn (18%)
- Kennedy Heights (18%)
- East Walnut Hills (18%)
- North Avondale (18%)
- Hartwell (17%)
- Bond Hill (17%)
- South Cumminsville (16%)
- College Hill (16%)
- Paddock Hills (16%)
- Mt. Adams (15%)
- Sayler Park (14%)
- Riverside (14%)
- Oakley (14%)

Outdoor Spaces and Buildings

Green spaces, seating, buildings and sidewalks



Findings

- Public buildings such as libraries and senior centers are well-maintained and accessible to people of different physical abilities, but entrances not always well-marked
- Large parks are beautiful, but no active parks in the city limits and neighborhood parks can be perceived as unsafe and not regularly maintained
- Streets in business areas are visually appealing and well lit, but this is not always the case in neighborhoods
- Sidewalks are not always well-maintained or continuous, and pedestrian count-down timers that allow enough time to cross

Recommendations

- Sustain beautification of large parks
- Identify opportunities to have senior-friendly activities in city and neighborhood parks
- Improve safety and maintenance of neighborhood parks
- Encourage organizations to clearly identify accessible entrances
- Improve walkability of neighborhoods
- Develop an age-friendly checklist to evaluate current and future development include age-friendly features

Housing

Homes or housing suitable for aging populations



Findings

- 10% of survey respondents identified as unable to afford current housing
- Availability of only higher-end senior housing
- Waitlist for subsidized senior-friendly units
- Shortage of affordable, non-subsidized senior-friendly units

Recommendations

- Establish a workgroup to create requirements for housing development to include universal design, accessibility
- Expand programs to that enable seniors to maintain their homes such as age-in-place handyman services
- Identify sites that could be redesigned into senior-friendly fair market, market rate or affordable housing
- Increase education & Financial support regarding home modifications
- Evaluate city regulations, policies or processes to expand housing options for seniors

Transportation

Safe streets, bike lanes, and transit options



Findings

- 67.6% drive themselves to where they need to go
- 84.8% ages 65+ have access to public transportation
- 63.9% ages 65+ have access to special transportation
- 80.5% ages 65+ have access to convenient public parking
- Little driving and parking enforcement in neighborhoods
- Potholes and poorly paved streets
- Stripes on crosswalks are not maintained or reflective
- Not enough accessible parking spaces in neighborhoods

Recommendations

- Support Metro initiatives that benefit aging residents
- Increase accessible parking in neighborhood business districts and highly trafficked residential streets
- Continue pothole repairs, street paving and stripe painting
- Continue updating street signs for greater visibility
- Increase pedestrian and bike safety in neighborhoods

Health Services

Available, accessible and affordable services



Findings

- 23.3% all respondents rated their health as fair or poor
- Medical care is available and relatively affordable
- Providers who accept Medicaid subsidies are limited
- Cost of prescriptions is rising
- Getting to medical care can be challenging with Access and contracted medical transportation companies
- Access to dental care is most challenging
- Greater concern about overall health of seniors rather than individual care

Recommendations

- Assess the availability of health and dental appointments for Medicaid-insured seniors
- Launch public health initiatives to address physical activity, tobacco use, falls prevention, sexual health and occupational health
- Advocate for efficiency and trust in medical transportation providers
- Coordinate a medical equipment exchange

Engagement & Social Services



Volunteering, inter-generational relationships, loneliness

Findings

- Social engagement through housing programs, church, family, philanthropy and employment
- Lack of senior-friendly entertainment in neighborhoods and communities
- Most entertainment is Downtown at night when seniors feel unsafe traveling
- Strong network of grass-roots organizations that support aging-in-place and intergenerational connections
- 68.3% of survey respondents ages 65+ have access to activities specifically of interest to older adults
- 76.6% of survey respondents ages 65+ have access to conveniently located places for entertainment

Recommendations

- Establish an outreach program to intentionally engage seniors ages 80+ living independently
- Implement senior-friendly activities in neighborhoods
- Establish and promote a clearing house of senior resources
- Consider a senior call-in center
- Produce an age-friendly event planning guide
- Educate neighborhood businesses about age-friendly needs
- Advocate for technology in senior homes

Age-Friendly Cincinnati Advisory Committee

Age Friendly Cincinnati Advisory Committee

Organizations that have attended or presented

Pro Seniors	University of Cincinnati and Cincinnati VA	POAH Communities
Council on Aging SWOH	Cincinnati & Hamilton County Public Library	United Way
Episcopal Retirement Services	Homebase Cincinnati	Alzheimer's Association
Serving Older Adults Through Changing Times (SOACT)	SORTA/METRO	United Way of Greater Cincinnati
AARP Ohio	Cincinnati Area Senior Services	LISC
People Working Cooperatively	Cincinnati Buildings and Inspections Department	Mercy Housing
Earth Elders Aging in Place	Little Sisters of the Poor	Cincinnati Assn
55 North/ Hyde Park Center for Older Adults	Kennedy Heights Development Corp	Price Hill Will
Queen City Homecare	Urban League of Greater Southwestern Ohio	YMCA
AmeriCorps Seniors	Cincinnati Metropolitan Housing Authority	Jewish Family Services
Cincinnati Federation of Teachers/Federation of Office Professionals-Retired	Hamilton County Community Action Agency	Cincinnati Dept of Planning & Engagement
Lifespan Design Studio representing AIA Cincinnati	Volunteers of America	
Cincinnati Health Dept	Cincinnati Recreation Commission	*Not a comprehensive list

Age Friendly Cincinnati Advisory Committee

Priority Domains/Working groups

Working Groups

- **Housing**
- **Health Services**
- **Engagement and Social Services**
 - * This workgroup combines elements from multiple domains to address respect, inclusion, communication, and services)

Regular Presentations

- **Outdoor Spaces and Buildings**
- **Transportation**



Next Steps (2022)

- **Housing**

Evaluating building and construction policies that would help people age in place to prevent seniors from leaving the area or waiting on long wait lists senior friendly housing.

- **Engagement & Social Services**

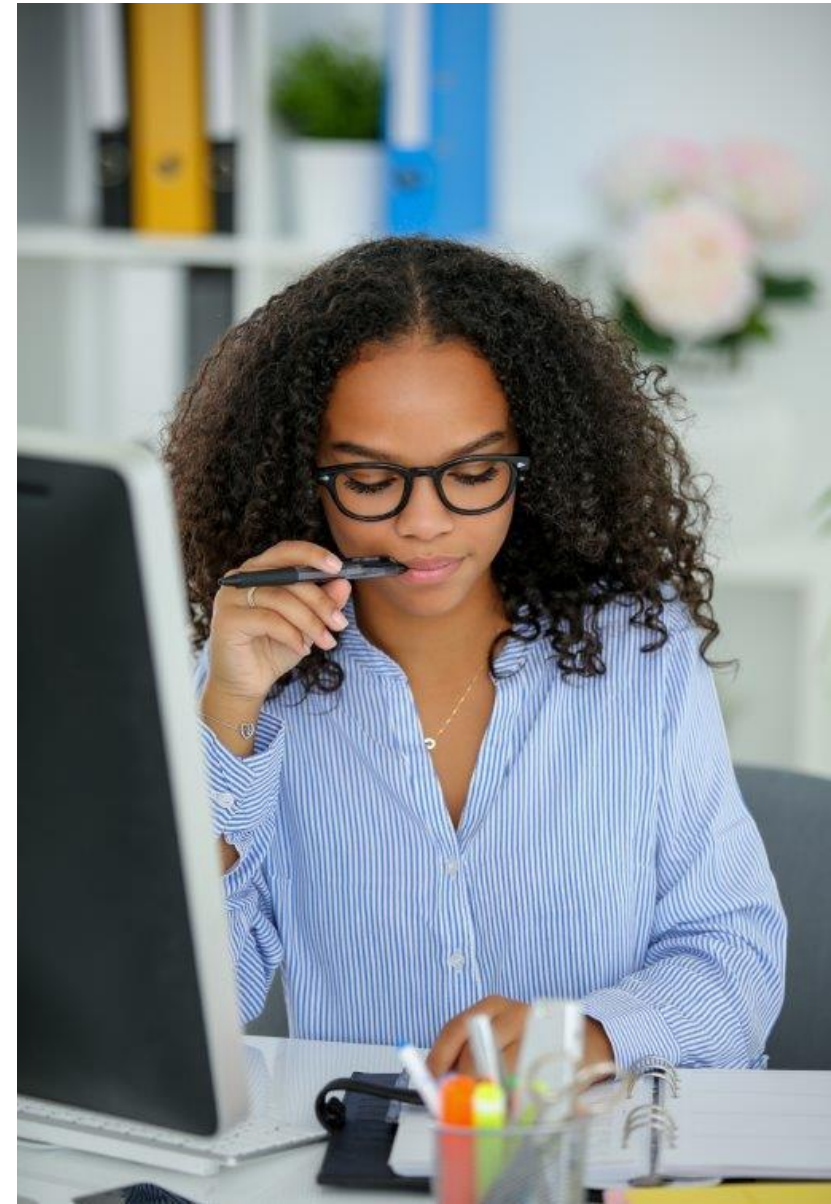
Exploring grant opportunities to develop a network to connect seniors to available services and opportunities based on individual needs.

- **Health**

Evaluating the health landscape and impacts on seniors for opportunities to have an impact.

- **Expand Advisory Council**

Make sure we have diverse sets of views and experiences and are actively engaging seniors to develop plans.



Questions?

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Visit:

www.cincinnati-oh.gov/manager/aging-and-accessibility