



## PLANNING FOR AGING POPULATION

by

### Aging Population Immersion Team 2020

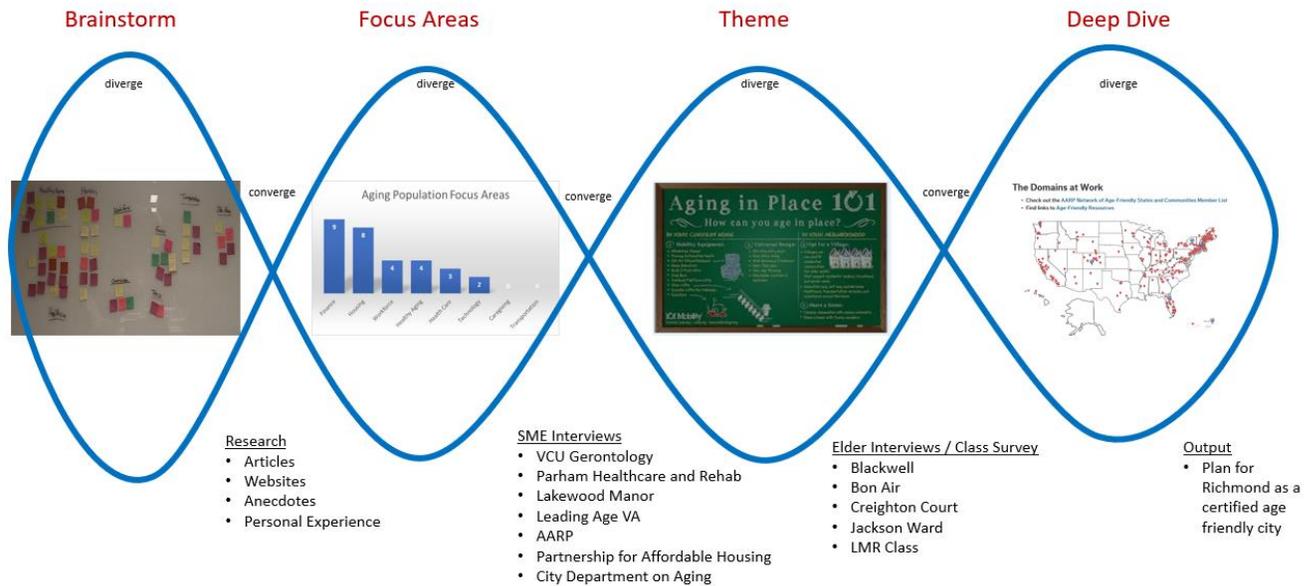
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#### Introduction

Aging: It's happening to all of us.

#### Our Journey

# Planning for Aging Population



#### Findings

Thanks to our very first interview, with Jenny Inker from VCU Gerontology, the stage was set early on to build on the foundation of understanding that we are all aging. Inker asks, “Why does the term ‘aging’ have a negative stigma? We are all aging from the day we are born.”

While initially we thought this was an anecdotal perspective, we soon realized the theme was woven through much of our research. The bottom line? It benefits us *all* to have a friendly, receptive, accessible community to embrace the aging process. Or, as AARP calls it, a more livable community.

We focused on those aged 65 and up. This group has a lot to offer their community and they want to be more active by living, playing and working/volunteering in the Metro Richmond Area (RVA). We also found many of the things we can do to help our seniors fulfill their needs can help residents of *all ages and stages of life*.

In narrowing the focus as we continued our research, we homed in on:

- Current state of aging in the U.S.
- Current state of aging in Richmond
- Interviews with elders in various Richmond communities
- What it means to be an age-friendly community
- Components of an age-friendly plan for Richmond
- Peer city examples

### **Recommendation**

The senior group is often a population not involved, or even thought of, in the planning process for moving through daily life, except when they are the main audience for an organization or business. There is action that can be taken to improve the lives of the “aging population” – which, let’s face it, includes us all.

There are eight domains in an AARP Age-Friendly Community, listed below. While all are important, we focused on those highlighted for RVA based on the findings of our research. Improvements can and should be made in these areas to make RVA an Age-Friendly Community.

1. Outdoor spaces and buildings
- 2. Transportation**
- 3. Housing**
- 4. Social participation**
5. Respect and social inclusion
6. Civic participation and employment
7. Communication and information
8. Community and health services

### **Call to Action**

Gather stakeholders and gain buy-in to work on a plan for submission to AARP for RVA to be included in the [AARP Network of Age-Friendly States and Communities](#).

## Sources

Interviews with subject matter experts: *Jenny Inker*, VCU School of Gerontology; *Danielle Arigoni*, AARP (National); *Jovan Burton*, Partnership for Housing Affordability; *Xiomara Encarnacion*, Parham Health Care and Rehabilitation; *Barrett Way*, Lakewood A LifeSpire of Virginia Community; *Melissa Andrews*, LeadingAge Virginia; *Yvette Jones*, City Department on Aging

- *U.S. Census Bureau, 2017 National Population Projections: 2015-2060 and 1940-2012 Population Estimates*
- *National Center for Health Statistics Life Tables, 1960-2014*, [www.cdc.gov/nchs/data/nvsr/nvsr68/nvsr68\\_07-508.pdf](http://www.cdc.gov/nchs/data/nvsr/nvsr68/nvsr68_07-508.pdf)
- *Virginia Employment Commission, 2010*
- *AARP 8 Domains of Livability*. <https://www.aarp.org/livable-communities/network-age-friendly-communities/info-2016/8-domains-of-livability-introduction.html>
- *GRTC Enhanced Development Plan (2018-2022)* [http://ridegrtc.com/media/annual\\_reports/GRTC Transit Development Plan 2018 2028.pdf](http://ridegrtc.com/media/annual_reports/GRTC_Transit_Development_Plan_2018_2028.pdf)
- *Accessory Dwelling Units: Richmond 300 survey*
- *Challenging Gerontophobia and Ageism Through a Collaborative Intergenerational Art Program*: <https://www.tandfonline.com/doi/abs/10.1080/15350770.2015.1058213>
- *NCSU College of Design – The Center For Universal Design* <https://projects.ncsu.edu/ncsu/design/cud/index.htm>
- *LMR Class Survey*
- *Community Focus Groups (Blackwell, Bon Air, Jackson Ward, Creighton Court)*
- Refer to this team's *Aging Population Class Handout* for additional information