

Special Appropriations Grant

Progress Report



*Reporting Period: January 1 – March 31, 2017

[Check here if this is your FINAL Progress Report]

FINAL

GRANTEE Organization Name	PSU, Institute on Aging
Project Title	Age-Friendly Portland Initiative
City Program Area**	Community Health Grant

Overall Project Status »

Project Summary	<p>In 2013, Portland City Council unanimously adopted the <i>Action Plan for an Age-Friendly Portland</i> in an effort to make Portland more age friendly or, a community for all ages and abilities. The ongoing implementation of the Action Plan is occurring through the work of the Advisory Council for an Age-friendly Portland and Multnomah County and five Committees (Civic Engagement, Economy & Employment, Health Services & Equity, Housing, and Transportation). This grant enables Portland State University (PSU) to carry out coordination for the Advisory Council and Committees (i.e., serve as the “backbone” organization for the initiative, as well as implement strategic areas of the Action Plan).</p> <p>Specific activities carried out under this grant, in addition to regular meetings of the Council and Committees, include: (1) Redesign of the existing website (www.agefriendlyportland.org) to improve age-friendly communication and information; (2) Creation of a planning matrix aimed at improving the age friendliness of Portland’s housing stock with City and community partners; (3) Refinement of the Action Plan for an Age-Friendly Portland; (4) Planning and convening of the 2016 (10/29/16) and 2017 Aging Well conference (10/21/17); (5) Collaboration with PSU students and community partners to carry out the PSU Capstone course (spring, 2017); (6) 2016 annual progress report to City Council; and (7) Advancing contributions of older Portlanders and building intergenerational partnerships.</p>
Successes	<p>The following successes have been accomplished in the second quarter of the 2016-17 Age-friendly Initiative grant, from January 1 – March 31, 2017, including:</p> <ul style="list-style-type: none"> • Council and Committee meetings: The Advisory Council for an Age-friendly

* See your agreement document for project start and end dates

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** Refer to your application for the City Program Area

*** Use the approved budget line items from your application and agreement

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	<p>Portland & Multnomah County and four of five committees – Civic Engagement, Economy & Employment, Health Services and Equity, and Transportation – meet during this reporting period to advance the Action Plan for an Age-friendly Portland and the Multnomah's County's Age-friendly Action Plan. After our December 1, 2016 Advisory Council retreat, the Council continued to guide the initiative and developed several new “episodic workgroups” (aka workgroups) to advance the initiative; see project narrative below for additional details.</p> <ul style="list-style-type: none">• Portland State University’s University Studies’ Capstone course, <i>Creating Age-friendly Communities</i> (being offered Spring Term, 2017): This past quarter, Dr. Alan DeLaTorre continued to advance the course Creating Age-friendly Communities by preparing for the student research project (i.e., baseline assessment of intergenerational programs in Portland), and coordinating an accessible housing project with the Portland Commission on Disability (PCoD), the Portland Housing Bureau (PHB), and the Bureau of Planning and Sustainability (BPS).• Age-friendly Housing: A primary goal of the Housing Committee is to increase the supply of age-friendly/accessible housing commensurate with the growing needs of older adults and people with disabilities. Preparation for the Capstone course (see above) has provided some progress, as well as Dr. DeLaTorre’s joining of the <i>Better Housing by Design</i> workgroup coordinated by BPS; additionally, Dr. DeLaTorre tied up his involvement with the <i>Residential Infill Project</i>’s Stakeholder Advisory Group with written testimony to City Council, a project also coordinated by BPS. Finally, the initiative began working with PSU’s Institute for Sustainable Solutions on a project titled Small Backyard Homes: Accessory Dwelling Units.• Expanding intergenerational partnerships and opportunities: Connected to the <i>Creating Age-friendly Communities</i> course, Dr. DeLaTorre has reached out to community partners to establish initial research subjects for the intergenerational program baseline assessment (i.e., a snowball sample will be used to gather an anticipated 20-30 interviews). We have also maintained contact with Encore.org representatives in order to learn how the Portland region can contribute to the broader goal of the Generation to Generation program, which is “a new campaign powered by Encore.org will bring older and younger people together to make life better for all generations.”• Aging Well conference: Since 2017 began, the Aging Well Conference workgroup has started the process of preparing for the 2017 event. The University of Portland’s Buckley Center has been secured and the draft theme being discussed is: “Toward Resiliency: Building a Community for All Ages.” Our twice per month meetings have been very successful in accomplishing our goals of planning a conference that addresses the needs of older adults, as well as mobilizing older adults as assets within their communities.
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	<ul style="list-style-type: none">• Website: This past quarter, the Age-friendly Website workgroup selected a contractor to begin redeveloping the website. The workgroup created a call for proposals, reviewed the proposals, selected a contractor who has begun work on the website; additionally, before the contractor started the work, the workgroup create an overview for the contractor of content and elements needed for the new website.• Metrics/indictors: Age-friendly Advisory Council members has begun reviewing more than 600 potential metrics that were identified by Portland State University's Institute on Aging. The goal is to reduce the number of indictors before taking a subset of metrics to Committees for further review.
Challenges	<p>Several challenges emerged in the first quarter of this project, including:</p> <ul style="list-style-type: none">• Action Plan: As described in the first quarterly report, the Action Plan for an Age-friendly Portland is robust and covers many areas (10 domains) and remains difficult to implement with limited staff and resources. Several domains have been reviewed and draft changes are being prepared. After Committee review of certain domains (e.g., Transportation, Economy & Employment) additional reviews will be needed (e.g., community partners, full Advisory Council) before an Action Plan is revised and submitted to Portland City Council for approval.• Website: As detailed in the last quarterly report, the Age-friendly Portland website has been in need of redesign and updating, as the website designers (former students from the Pacific Northwest College of Art) are no longer available for updates or troubleshooting. As the process for redesigning the website is time consuming (e.g., committee formation, calls for proposal, redesigning the site), the site has not had full functional capacity.• Policy changes: Housing policy changes pertaining to Portland's Residential Infill project were amended by City Council at the end of 2016. Additional collaboration is now needed between members of the Housing Committee, Bureau of Planning and Sustainability, Portland Housing Bureau, the Bureau of Development Services, and the Portland Commission on Disability; these efforts are critical to meet the needs of Portlanders of all ages and abilities.• Expanding partnerships: As noted in the last quarterly report, partnership coordination and formation is limited by the availability of staff; however, we continue to move forward to the best of our ability in an attempt to cultivate new projects while simultaneously completing required tasks and deliverables that are in the current scope of work.• Transitions in leadership: Although we were able to meet with Commissioner Fish and Mayor Wheeler in March, 2017, we have not yet been able to meet with Commissioner Eudaly, although we have a meeting scheduled on April 28, 2017.

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	<p>Meetings with Commissioner Fritz and Saltzman occurred in later 2016 and are not required at this juncture, but will be pursued on an as-needed basis.</p> <ul style="list-style-type: none">● Metrics/indicators: As noted in the previous quarterly report, 600+ age-friendly indicators are being considered by Portland State University's Institute on Aging. Indicators in the Economy & Employment Committee will review in April, 2017 and other Committees will review in spring and summer, 2017.
Project Narrative	<p>Overall, the Age-friendly Portland Initiative continues to move toward the implementation of select aspects of the Action Plan for an Age-friendly Portland. This Community Health grant has provided funding to carry out the initiative and to continue to serve the City of Portland as a body that advises the directions of City Offices and Bureaus, as well as other City and community efforts. We continue to engage the community, although we are excited to refine and strengthen our communications. We are getting closer to establishing measurements for success and are improving our ability to translate research/evidence into policy and practice. The following narrative provides more complete updates on events, activities, projects, and efforts from January 1 through March 31, 2017.</p> <ul style="list-style-type: none">● Council and Committee meetings: The City of Portland grant provided support to the Age-Friendly Portland and Multnomah County Advisory Council. The Council met once between January 1 and March 31, 2017 (9/26, 12/1; note: 12/1 was our first Council "retreat"), and the Executive Committee met twice (9/21, 11/10) in preparation for the full Council meetings. Additionally, the following Committee meetings occurred:<ul style="list-style-type: none">○ Civic Engagement (1/26, 3/19)○ Employment and Economic Development (1/13, 2/1, 3/1)○ Health Service, Prevention & Equity (3/22)○ Housing (2/23 workshops were postponed to May¹)○ Transportation (2/14) <p>One of the important outcomes of the December 1, 2016 Advisory Council retreat was the development of episodic, or self-dissolving workgroups. These were developed understanding that several areas needed to be addressed that were not a focus of the Advisory Council or the existing Committees. These workgroups – e.g., political moment, website, development of equity framework, documentation of initiative efforts – have met periodically during this quarter to: better understand the transition in government leadership that emerged post-election and the priorities of elected officials; work on improving the website and creating a portal to community engagement for the initiative website; begin the process of identifying a decision-</p>

¹ Two Age-friendly Housing Committee workshops were cancelled as the Committee Chair, Dr. DeLaTorre, took temporary family leave for the premature birth of his child, born February 21, 2017.

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making framework that was equitable, as well as exploring the concept of age equity; documenting the age-friendly initiative to date.

- **Redesign of the existing website:**

The Website workgroup, formed with members of the Advisory Council and Elders in Action (note: Elders in Action currently hosts the agefriendlyportland.org website), created a call for proposals, reviewed the proposals, selected a contractor who has begun work on the website,² and created an overview for the contractor pertaining to content and elements needed for the new website. That overview included the following: (1) functionality and user friendliness (including a site testing plan); (2) maintenance/easy-to-use, yet flexible content management system; (3) evaluation/site statistics; (4) improved communication (i.e., a password-protected space for Committees to share information and materials, as well as a calendar showing community events and committee meetings for the public).

- **Age-friendly transportation:**

The Transportation Committee met in February to begin work on a new project titled *Inter-Generational Safe Streets Challenge*. The project will use older adult volunteers to serve as "Coaches" for school-age crossing guards. Gilbert Park Elementary students must use one of two busy arterials to access their school and frequently encounter speeding cars. The school-age crossing guards are often at risk if they fail to gauge car speeds and distance and enter the street too late. Older adults can be part of the solution by "coaching" the school age children to make safer decisions about when to enter the street to signal for crossing. In addition, these volunteers can be engaged in further Safe Routes projects and programming as the overall Safe Routes project for this school site is developed.

- **Refinement of the Action Plan for an Age-Friendly Portland:**

Three of the five committees have continued to refine the Action Areas of the Action Plan for an Age-friendly Portland: Employment and Economic Development; Transportation; and Housing. As discussed in the Challenges Section above, additional work is needed to vet changes with community partners, and ultimately, to integrate them into a revised and implementable Age-friendly Portland Action Plan.

- **Age-friendly housing:**

Key partners from Portland State University (Institute on Aging, College of Urban and Public Affairs) and AARP Oregon met to discuss the strategy for developing a housing planning matrix to address key areas of age-friendly policy and action, as well as values of community stakeholders. Two winter workshops in February, 2017, were planned that included attendees from local government (City of Portland, Multnomah County, Metro), the private and nonprofit sectors, older adults and people with disabilities, and PSU faculty and students.

² Tumblehome Enterprises in Portland, Oregon.

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Age-friendly Housing Committee Chair and PSU researcher Alan DeLaTorre finalized a report to City Council titled [Residential Infill – Participant Observation Report](#) and shared the report with Portland City Council, the Bureau of Planning and Sustainability, and members of the community; additionally, at the request of City Council, a “menu of options” for housing accessibility policy was produced and shared with those noted above, and a [letter detailing the need for an accessibility amendment](#) to the City of Portland’s [Residential Infill Concept report](#) was offered. Please note that the 4th amendment to Concept Report item 4 – “Allow more housing types in select areas and limit their scale to the size of house allowed” – was proposed and passed, which detailed the following:

4th Amendment (Commissioners Fritz, Fish, Saltzman)

“ADD: d) Direct Bureau of Planning and Sustainability staff to explore requirements and bonus units allowances for age-friendly, affordability, and tree preservation (beyond minimum required by Title 11) within the Housing Opportunity Overlay Zone in the R2.5, R5 and R7 zones. Note: this amendment incorporates a complimentary amendment to ‘pursue age-friendly requirements, such as visitability or accessibility standards for additional units.’”

- Advancing contributions of older Portlanders and building intergenerational partnerships:**

On November 1, 2016, [Encore.org hosted a regional convening](#) of members of the aging network (i.e., public, private, academic, and government actors attuned to aging issues) to map out strategies for collaboration and to increase intergenerational activities in 2017 and beyond. Several Age-friendly Council and Committee members were present, a retrospective presentation on Age-friendly activities from 2007-2016 was given, and efforts were undertaken to build additional intergenerational opportunities (e.g., older adults serving the needs of youth). Portland was selected as a site for a regional convening based on the longstanding age-friendly efforts and the willingness of the Age-friendly Council and Portland State University faculty (among others) to co-convene the event.

In addition to the Encore.org event, the Council and Civic Engagement Committees began exploring ways to increase partnerships and participation in existing programs and Dr. Alan DeLaTorre committed his spring 2017 course – Creating Age-friendly Communities (see below for additional details) – to conducting as baseline assessment of existing intergenerational programs in the greater Portland region.

- Planning and convening of the 2016 & 2017 Aging Well conferences:**

The 2016 Aging Well conference was held on October 29, 2016 at Concordia University. Commissioner Nick Fish addressed the audience of approximately 150 attendees, who were mostly older adult “consumers” and others who were there to learn about services, practices and activities that would aid in their healthy and active aging.

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	<p>The conference program (see Appendix A for full program) was shaped by a call for proposals that yielded 19 speakers who focused their presentations on age-friendly domains that covered topics of housing, health and community services, creativity and aging, and civic engagement. The conference was deemed to be very successful, and in November, 2016, a new committee was formed to begin planning for the 2017 conference (tentatively scheduled for October 21, 2017, at the University of Portland).</p> <ul style="list-style-type: none">• Portland State University's University Studies' Capstone course Creating Age-friendly Communities (being offered Spring Term, 2017): Grant recipient Dr. Alan DeLaTorre has been planning for the 2017 Spring term course <u>Creating Age-friendly Communities</u> (the course is scheduled to begin on April 5, 2017) with the Age-friendly Advisory Council and other community partners. The research-based course seeks to improve understanding of physical, social, and service environments and share research findings with local partners in an effort to make the Portland region a better place for those of all ages and abilities. <p>As a result of the November 1, 2016, Encore.org regional convening, one of the two class project areas was identified: a baseline assessment of intergenerational programs in the greater Portland region. Community partners such as Bridge Meadows (an intergenerational living community), Metropolitan Family Services, and Seniors Advocating for Generational Equity (a nonprofit focused on intergenerational activities) have committed to the project and will be part of key-informant interviews to be conducted with organizational leaders in the community who are attuned to intergenerational programming and activities. Students will be included in a Portland State University's Institutional Review Board Human Subjects application and will become research assistants on the project.</p> <p>In addition to the research project described above, select students will also be involved in a housing project in collaboration with Portland State University's Institute on Aging, the Portland Commission on Disability, the Portland Housing Bureau, the Bureau of Planning and Sustainability, and the Bureau of Development Services. The desired outcome is to provide City Bureaus with technical assistance that will improve the accessibility of housing in Portland.</p>		
Project Finances	Awarded: \$98,000.00	Grant Expenditures to Date:	\$54,625.70
Next Steps	Here are the next steps for Portland's Age-friendly initiative: <ol style="list-style-type: none">(1) Begin work on redesigning the existing website (a vendor was selected in early 2017) in order to improve age-friendly communication and information for the community		

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	<p>(2) Create an age-friendly housing planning matrix aimed to improve the age friendliness of Portland's housing stock with City and community partners. This includes hosting workshops in late winter/early spring with community partners and stakeholders.</p> <p>(3) Continue to draft changes to the action areas of the Action Plan for an Age-Friendly Portland and develop a strategy for updating the Action Plan in 2017-18</p> <p>(4) Plan for and convene the 2017 Aging Well conference (tentative date is 10/21/17)</p> <p>(5) Continue to collaborate with Portland State University faculty and community partners to prepare for the Spring Term (2017) PSU Capstone course Creating Age-friendly Communities.</p> <p>(6) Complete the 2016 annual progress report to City Council in March, 2017</p> <p>(7) Continue to advance the contributions of older Portlanders and move toward understanding intergenerational programs in the greater Portland areas and building intergenerational partnerships.</p>
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Certification: By signing this report, I certify that it is true, complete, and accurate to the best of my knowledge.

Typed or printed name and title:

Alan DeLaTorre, Research Associate, Portland State University.

Signature:		Date: April 4, 2017
Telephone: 503.725.5134		
Email Address: aland@pdx.edu		
Date report submitted (month, day, year): April 4, 2017		