Special Appropriations Grant

Progress Report

[Check here if this is your FINAL Progress Report] ☐FINAL

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

Overall Project Status »

Project Summary	In 2013, Portland City Council unanimously adopted the *Action Plan for an Age-Friendly Portland*[1] in an effort to make Portland more age friendly and continue shaping 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). Specific activities carried out under this grant, in addition to convening the Advisory Council and Committees, include: (1) Redesign of the existing website – 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.

---

[1] Age-Friendly Portland Advisory Council (2013). *Action Plan for an Age-Friendly Portland*. Retrieved from: https://www.pdx.edu/ioa/sites/www.pdx.edu.ioa/files/Age-Friendly%20Portland%20Action%20Plan%2010-8-13_0.pdf.

** Refer to your application for the City Program Area
*** Use the approved budget line items from your application and agreement

Successes	The following successes have been accomplished in the third quarter of the 2016-17 Age-Friendly Initiative grant, from April 1-June 30, 2017, including: • **Council and Committee meetings:** The Advisory Council for an Age-Friendly Portland & Multnomah County and four of five Committees – Civic Engagement, Economy & Employment, Health Services and Equity, and Housing – 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. Additionally, several "episodic workgroups" (aka workgroups) have met to continue to advance the initiative, specifically the political moment, Aging Well Conference, and website groups met during this period. • **PSU University Studies' Capstone course, *Creating Age-Friendly Communities*:** In the spring term, 2017 the Capstone course *Creating Age-Friendly Communities* was offered by Alan DeLaTorre to 12 juniors and senior undergraduate students and two older adult auditors (note: senior auditors at PSU are Oregonians aged 65 and older). The service-learning course focused on age-friendly research and focused on collecting data for a baseline assessment of intergenerational programs in Portland (note: a total of 26 key informant interviews were completed and transcribed as part of the project) – interviews were with directors of organizations with intergenerational programs or program managers for the programs. Students also assisted in hosting three age-friendly housing workshops in conjunction with the Age-Friendly Housing Committee to better understanding age-friendly housing priorities moving forward as well as developing a "visitability" database to be used by Portland's Bureau of Planning and Sustainability in developing zoning code for the Residential Infill Project. • **Age-Friendly Housing:** The Housing Committee addresses the Action Plan area on housing which, among other age-friendly actions, seeks to increase the supply of age-friendly/accessible housing commensurate with the growing needs of older adults and people with disabilities. This work is being advanced in numerous ways, including the spring term Capstone course that has collaborated with Portland's Bureau of Planning and Sustainability in its development of zoning code for the Residential Infill Project; students and faculty developed a two-page report describing visitability best practices (see Appendix A) and a database of best practices surrounding visitability – i.e., housing that has a zero-step entrance, wide halls and doors, and a bathroom that can be used by someone in a mobility device.[2]

---

[2] See Google Drive file focused on visitability which contains information from local municipalities implementing regulatory, incentive-based, and voluntary efforts pertaining to visitability: https://docs.google.com/spreadsheets/d/1HnPLvD6vVxuRA256nIt7KsytvvAN9Y2P4JPqLQQ9tHI/edit?usp=sharing

DeLaTorre also worked with Bureau of Planning and Sustainability staff Morgan Tracy, Julia Gisler, and Todd Borkowitz to develop questions and recruit participants for two focus groups on visitability. The two focus groups were conducted by Dr. DeLaTorre at PSU on May 25, 2017 with Bureau staff providing background information and answering questions arising with two distinct groups – (1) ends users of accessible housing (e.g., people with disabilities), and (2) designers/producers of housing. The visitability database and focus groups are directly informing City planners and the development of the Residential Infill zoning code being prepared for comment in the fall.

In addition, DeLaTorre has remained involved in the Better Housing be Design workgroup, also coordinated by the Bureau of Planning and Sustainability. Suggestions shared with the Bureau include providing social spaces that are not always outdoors and uncovered (e.g., within and near multi-family dwellings) as well as ensuring that people with disabilities have access to green and open spaces through site design and appropriate infrastructure. Early preparation for a new collaboration with the Portland Housing Bureau is also underway; in July and August, Dr. DeLaTorre will provide accessibility guidelines to the Housing Bureau that will be incorporated into Bureau guidelines on green building. Finally, collaboration between DeLaTorre and Housing Committee co-chair Bandana Shrestha (AARP Oregon) on PSU's Institute of Sustainability Solutions Small Backyard Homes Initiative has been moving forward;[3] the project has meet several times to discuss design, finance, dissemination of information, etc.

- **Expanding intergenerational partnerships and opportunities:** Related to the *Creating Age-Friendly Communities* course, Dr. DeLaTorre identified 50+ programs for the intergenerational program baseline assessment. Not all organizations have been interviewed – e.g., several organizations representing communities for color and the Schools Uniting Neighborhoods programs – as the project requires funding to complete the data collection and analysis, or to complete the data collection as a part of a future course. Age-friendly Advisory Council members continue to collaborate with intergenerational efforts, including maintaining contact with Encore.org representatives nationally and locally, as well as other local intergenerational partners (e.g., Bridge Meadows, Metropolitan Family Services) 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." The Age-Friendly Portland initiative continues to look for opportunities to build partnerships with intergenerational programs and to build and community for all ages.

---

[3] Portland State University, Institute for Sustainable Solutions, Backyard Homes Initiative: https://www.pdx.edu/sustainability/small-backyard-homes-accessory-dwelling-units-adus

- **Aging Well Conference**: Since 2017 began, the Aging Well Conference workgroup has met approximately every other week to prepare for the 2017 conference. The event will be held at the University of Portland's Buckley Center and the conference theme has been set as: "Toward Resiliency: Building a Community for All Ages." On June 14, 2017, the workgroup released a call for proposals and is continuing to determine its keynote speakers, invited panels, and run of show for the day. We are expecting the 2017 conference to address several issues pertaining to resiliency, including: building community & social networks, expanding circles of care; health security/managing chronic conditions; economic security; housing stability, displacement, gentrification; transportation accessibility and mobility; adaptation to transition & change; and emergency preparedness or response.[4]

- **Website**: The Age-Friendly Website workgroup has met in person and by phone several times, including regular communication with a contractor selected for redeveloping the website (Adam Kramer, Tumblehome). In addition to layout, color schemes, and age-friendly design, the workgroup has begun populating the website with information, documents, and other resources for a "soft launch" this summer, followed by an official launch on October. Areas of focus for the website include general background information, Committee pages, and a community calendar.

- **Metrics/indictors**: Drs. Paul Chan, Margaret Neal, and Alan DeLaTorre completed an initial review of more than 600 potential metrics that were identified by Dr. Chan (Encore Fellow at PSU's Institute on Aging). They identified low, middle, and high priority areas for each of the indicators and have shared the economic development metrics with the Employment and Economy Committee for additional review. Dr. Chan in working on a summary report to be completed in September and additional testing of indicators in late summer and early fall – the metrics report will be provided as an appendix in the next/final quarterly report; see Appendix B for process indictors currently used in lieu of the more specific, quantitative, and comprehensive work that is underway. The overarching goal is to reduce to produce a set of usable indicators to track progress over time that will not require primary data collection and will provide less funding moving forward; for example, when an indictors have existing data available (e.g., American Community Survey, Portland Livability Survey) it can be accessed secondarily, saving costs and providing high-quality data that can be used by the initiative (note: all data should be reviewed for validity and generalizability).

---

[4] Portland State University, Institute on Aging, 2017 Aging Well Conference call for proposals: https://portlandstate.qualtrics.com/jfe/form/SV_d4oAtZ7T6rY06l7.

Challenges	Several challenges exist as a part of this project:
	• **Action Plan**: As described in previous reports, the Action Plan for an Age-Friendly Portland is robust and covers 10 domains that focus on physical, social, and service environments. It remains difficult to implement with limited staff and resources and the plan itself is in need of updates that are aligned with the current administration (e.g., resiliency, transportation, homelessness). Although several domains have been reviewed and draft changes have been suggested, additional reviews of the Action Plan are needed by Committees, the Advisory Council, and other community partners. A revised Action Plan should be considered and ultimately submitted to Portland City Council for approval, however whether City Council is interested in a revised Action Plan is not clear, but should be considered.
	• **Website**: As detailed in previous reports, 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. The initial launch of the website (June, 2017) has been delayed as both the contractor and age-friendly staff have been iteratively making adjustments and improving the site before launching to the public. As described above, a summer "soft launch" and a fall official launch are scheduled.
	• **Policy changes**: Housing policy changes pertaining to Portland's Residential Infill project were amended by City Council at the end of 2016. The zoning code changes are being written and will be available for public review in the fall. It is vital that advocates and members of the community continue to voice their desires and directions for accessible and inclusive housing, including requiring visitable housing as part of the new zoning code for residential infill. The main challenge will be the resistance from the development community against new regulations, but it should be considered that liberalizing the allowed uses in the zoning code will also bring about new development opportunities that should be considered as a public-private trade-off (i.e., private development opportunities will be made in exchange for a public good in the form of visitable housing).
	• **City of Portland leadership**: In early 2017, members of the Age-Friendly Advisory Council have met with Mayor Wheeler and Commissioners Fish and Eudaly; we have also been in communication with Commissioner Fritz's staff. Moving forward, it is important that we continue to align priorities with elected officials and policy makers. One surprising and detrimental aspect of the current transition was the limited financial support that was provided to the Age-Friendly Initiative. Although a budget request of approximately $400,000 was made to the Mayor's office for advancing the age-friendly initiative, no funding was proposed by the mayor or City Council as part of the 2017-18 City of Portland budget.

- **Expanding partnerships**: As noted in previous reports, partnership coordination and formation is limited by the availability of staff; however, the initiative continues to move forward to the best of its ability in an attempt to cultivate new projects while simultaneously completing required tasks and deliverables that are in the current scope of work.

- **Metrics/indictors**: 600+ age-friendly indicators are being considered by PSU's Institute on Aging for use by the Age-Friendly Portland initiative. To date, the Economy & Employment Committee has been able to winnow down the list to a manageable number and that serves as a model for other committees; additional reviews are needed. It is important to note that although both the World Health Organization[5] and AARP[6] have created guides for developing and implementing metrics/indicators, they require primary data collection that is tailored to the needs of individual communities. This type of project would require funding for research and/or local data collection efforts would need to include additional questions pertaining to aging. Select process indicators and very limited demographic data were suggested in the 2015 AARP publication for Portland (see Appendix B) and, as mentioned above, additional work is underway to identify and utilize indicators from existing data sources.

- **Progress report:** The 2016 annual progress report will be offered at the end of summer, 2017 and will cover 2016-17. This aligns with progress reports due to the World Health Organization and AARP (newly required), the conveners of the global and U.S. Age-Friendly Networks.

Project Narrative	The Age-Friendly Portland Initiative is implementing select aspects of the Action Plan as directed in the 2013 City Council resolution. The City's resolution also: • Stipulated that the Action Plan will "inform City Council and City bureaus in the course of decision making related to long-term planning and capital improvement projects in the City." • Encouraged the City of Portland and Multnomah County "to work together to coordinate their annual budgets and legislative priorities to support older adults and to build communities for all age." • Directed the Advisory Council to oversee and monitor the implementation of the Action Plan with partners. PSU has coordinated the efforts to date.

[5] World Health Organization (2015). *Measuring the Age Friendliness of Cities: A Guide to Using Core Indicators*. Retrieved from: http://apps.who.int/iris/bitstream/10665/203830/1/9789241509695_eng.pdf.

[6] AARP, Neal & Wernher (2015). Evaluating Your Age-Friendly Community Program: A Step-by-Step Guide. Retrieved from: http://pdxscholar.library.pdx.edu/aging_pub/11/.

It should be noted that implementing the entire Action Plan would require significant commitment of time and resources from the City of Portland and partners. As a result of the City of Portland's Community Health grant, the Age-Friendly Portland initiative has been enabled to carry out critical aspects of the initiative (e.g., convening the Advisory Council and Committees), to continue to serve the City of Portland, to implement the Age-Friendly Portland Action Plan, and to work with City Offices and Bureaus, community stakeholders, and local leaders to move Portland closer to becoming an age-friendly community. Although we have not yet established quantitative assessment/ indicators, very few age-friendly initiatives have been able to accomplish without funding for primary data collection; however, we continue to advance the development of metrics to guide our progress (see Appendix B for process indicators) while carrying out responsibilities aligned with this grant, the Action Plan for an Age-Friendly Portland, and Age-Friendly Portland and Multnomah County Advisory Council and Committees. The following narrative provides in-depth information on select events, activities, and efforts April-June 30, 2017:

Council and Committee meetings: The City of Portland grant has provided support to the Age-Friendly Portland and Multnomah County Advisory Council to convene the Advisory Council and Committee. The Executive Committee of the Advisory Council met once on May 8, 2017 and also met on June 20, 2017 for a "meet and greet" with the Chief Financial Officer of AARP, Scott Frisch. Additionally, the following Committee and Subcommittee meetings occurred during the April 1-June 30, 2017 reporting period:

- Civic Engagement (4/27, 5/25)
- Employment and Economic Development (4/5, 6/7)
- Health Service, Prevention & Equity Subcommittees
  - Community Health workers (6/9)
  - Dementia-friendly (4/10)
- Housing (three housing workshops – two on May 17, one on May 18)

Redesign of the existing website: The Age-Friendly Portland website has needed redesign and updating as the website designers are no longer available. The Website workgroup, formed with members of the Advisory Council and Elders in Action (note: Elders in Action currently hosts the agefriendlyportland.org website), began work with a contractor – Adam Kramer, Tumblehome – on the website. Institute on Aging faculty and staff have been in regular communication regarding design, layout, content, and the site's age friendliness. Specific priorities for the new website include: (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). The site will "soft launch" (i.e., sections made available to the public) in July, 2017, and the fully function website will be shared with the public by September 15, 2017.

Refinement of the Action Plan for an Age-Friendly Portland: The Action Plan for an Age-Friendly Portland covers 10 domains that focus on physical, social, and service environments – housing, transportation, outdoor spaces and buildings, social participation, respect and social inclusion, civic participation and volunteerism, employment and the economy, communication and information, community services, and health services. Only five committees have been established and they remain difficult to implement with limited staff and resources. Also, it is important that indicators (under development) should be used to track progress over time and linked to the Action Plan in order to describe progress made toward objective and quantifiable outcomes, in addition to the process indicators used to date. Existing data available from the U.S. Census Bureau and Portland's Livability survey should be utilized. Additionally, the Action Plan itself is in need of updates that are aligned with evolving policies and administrative priorities (e.g., resiliency, transportation, homelessness). Several domains (e.g., transportation, employment & economy) have been reviewed and draft changes have been tracked, however additional reviews of the Action Plan are needed by Committees, the Advisory Council, and other community partners. A revised Action Plan should be considered if there is interest from City Council.

Age-Friendly housing: Housing has been an important part of Portland's age-friendly efforts. Over time the Portland Plan, Comprehensive Plan, and new housing policies focusing on infill and multi-family housing have addressed age-friendly and/or accessible housing. In 2016 and the first quarter of 2017, Age-Friendly Housing Committee Chair and PSU researcher Alan DeLaTorre provided a *participant observation report on residential infill*, a "menu of options" for housing accessibility policy, and a letter detailing the need for an accessibility amendment to the City of Portland's Residential Infill Concept report.

This past quarter the work around age-friendly housing has been advanced in numerous ways, including the spring term Capstone course that collaborated with Portland's Bureau of Planning and Sustainability and is informing the development of zoning code. DeLaTorre and his students developed a two-page report describing visitability best practices (see Appendix A) and a database of best practices surrounding visitability – i.e., housing that has a zero-step entrance, wide halls and doors, and a bathroom that can be used by someone in a mobility. As a result of the course Bureau of Planning and Sustainability staff are incorporating visitability best practices, along with data gathered in two focus groups on visitability and adaptability, into the Residential Infill zoning code being prepared for comment in the fall. It should be noted that potential push back to zoning code changes requiring visitability are expected and advocates and members of aging and disability communities are expected to voice their desires and directions for accessible and inclusive housing; a challenge from the development community against new regulations is expected.

DeLaTorre has also been involved in the Bureau of Planning and Sustainability's Better Housing be Design workgroup, offering suggestions on covered social spaces and accessible green and open spaces. Early communication with construction managers at the Portland Housing Bureau is also underway as Dr. DeLaTorre will produce accessibility guidelines for the Housing Bureau's guidelines on green building. Finally, collaboration between DeLaTorre and Housing Committee co-chair Bandana Shrestha (AARP Oregon) on PSU's Institute of Sustainability Solutions Small Backyard Homes Initiative has been also been moving forward. The PSU project has meet several times to discuss design, finance, dissemination of information, and the age-friendly contributions have highlighted accessible accessory dwelling units (ADU). In addition to advising the City or Portland and Multnomah County on accessible ADUs, there may be a focus on those types of structures at the November 2018 Build Small, Live Large conference in Portland. Moving forward, a housing planning matrix will be developed to address key areas of age-friendly policy and action based on the May, 2017 housing workshops, the spring 2017 Capstone project, and input from the Age-Friendly Housing Committee meetings

PSU University Studies' Capstone course Creating Age-Friendly Communities: As detailed in the successes section above, Dr. DeLaTorre offered the 2017 Capstone course *Creating Age-Friendly Communities* to 12 juniors/senior undergraduate students and two older adult auditors (note: senior auditors at PSU are Oregonians aged 65 and older). The service-learning course focused on age-friendly research and all 12 undergraduate students completed research training as a part of the course before conducting and transcribing interviews with key informants. Data collected for a baseline assessment of intergenerational programs in Portland included 26 key-informant interviews with directors of organizations with intergenerational programs or program managers for the programs. In addition to the research project described above, students also assisted in hosting three age-friendly housing workshops in conjunction with the Age-Friendly Housing Committee to better understanding age-friendly housing priorities moving forward. Additionally, two students developed a "visitability" database and best practices report for the Portland's Bureau of Planning and Sustainability to be used in developing zoning code for the Residential Infill Project.

Advancing contributions of older Portlanders and building intergenerational partnerships: As a result of a November 1, 2016, regional convening hosted by Encore.org, members of the aging network began collaborating to increase intergenerational activities in 2017 and beyond. This meeting informed one of the focus areas for the 2017 spring Capstone – *Creating Age-Friendly Communities* – which led to the completion of 26 key-informant interviews. In total, more than 50 intergenerational were identified although not all were interviewed based on time or lack of response. Important organizations representing communities for color and the Schools Uniting Neighborhoods programs is missing and additional data collection and analysis is needed. However, collaborate is ongoing with

intergenerational programs such as Encore.org (nation and local), Bridge Meadows, Metropolitan Family Services, Seniors Advocating for Generational Equity, etc. Part of the collective goal is to contribute to 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."

Planning for the 2017 Aging Well conferences: The 2017 Aging Well conference planning workgroup (Chaired by Alan DeLaTorre) has met approximately every other week to prepare for the 2017 conference. The event will be held at the University of Portland's Buckley Center and the conference theme has been set as: "Toward Resiliency: Building a Community for All Ages." On June 14, 2017, the workgroup released a call for proposals and is continuing to determine its keynote speakers, invited panels, and run of show for the day. We are expecting the 2017 conference to address several issues pertaining to resiliency, including: building community & social networks, expanding circles of care; health security/managing chronic conditions; economic security; housing stability, displacement, gentrification; transportation accessibility and mobility; adaptation to transition & change; and emergency preparedness or response.

Project Finances	**Awarded:**	$98,000.00	**Grant Expenditures to Date:**	$69,322.38

Next Steps	Here are the next steps for Portland's Age-Friendly initiative:

(1) Initial "soft" launch of the age-friendly website by the end of July. Full functionality and launch in fall, 2017.

(2) Finalize age-friendly housing planning matrix aimed to improve the age friendliness of Portland's housing stock with City and community partners.

(3) Continue refining action areas of the Action Plan for an Age-Friendly Portland and develop a strategy for updating the Action Plan.

(4) Plan for and convene the 2017 Aging Well conference on October 21, 2017.

(5) Consider future offerings of the *Creating Age-Friendly Communities* course.

(6) Complete the 2016-17 progress report to City Council.

(7) Continue to advance the contributions of older Portlanders and partnerships with intergenerational programs in the greater Portland area.

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: July 6, 2017

Telephone: 503.725.5134

Email Address: aland@pdx.edu

Date report submitted (month, day, year): July 6, 2017

Appendix A – Visitability Best Practices

For Bureau of Planning and Sustainability
From the Portland State University Course (UNST 421): *Creating Age-Friendly Communities*
Alan DeLaTorre, Alex Freeman & Matthew Wadleigh
Draft version: Submitted to Bureau of Planning and Sustainability staff on June 27, 2017

Introduction

The City of Portland's growth is projected to include nearly 123,000 new households by 2035 and approximately 240,000 of those households are expected to be housed in the City's single-dwelling zones.[7] According to Metro's population projections, from 2010-2035, the greater Portland region is expected to grow by 27.5%; however, the population aged 65+ is expected to grow by 98.1%, which is markedly higher than cohorts aged 0-19 (15.6%), 20-44 (19.3%), and 45-64 (19.2%).[8] As our future households continue to age, they will need housing that meets accessibility and affordability needs.

The Residential Infill Project in Portland has sought to address myriad concerns related to Portland's changing demographics and housing stock, including size of housing, demolitions, affordability, housing choice, and meeting the needs of the future populations. With respect to the latter, the Bureau of Planning and Sustainability agree to work with PSU students enrolled in a final year, Senior Capstone Course titled *University Studies 421: Creating Age-Friendly Communities*.

Visitability

Visitability is a growing national trend in home design. Some variations exist in the ways in which visitability is described such as VisitAble Housing Canada which details "enhanced Visitability" that goes beyond basic features and addresses accessible bathrooms and kitchens, parking, adaptability, etc.[9] Visitability.org provides the most commonly used definition:[10]

> Single-family or owner-occupied housing designed in such a way that it can be lived in or visited by people who have trouble with steps or who use wheelchairs or walkers. A house is visitable when it meets these three basic requirements:
> 1. One zero-step entrance.
> 2. Doors with 32 inches of clear passage space.
> 3. One bathroom on the main floor you can get into in a wheelchair.

---

[7] City of Portland (2017). *Residential Infill Project*. Retrieved from: https://www.portlandoregon.gov/bps/67728.

[8] Lycan, R. (2016). Population Forecasts for the Portland Metro Region: Disparities between Metro's Metroscope Model and the Demographers' Forecasts. Retrieved from: https://www.pdx.edu/ioa/sites/www.pdx.edu.ioa/files/Metroscope_Demographers_2.pptx.

[9] VisitAble Housing Canada (n.d.). VisitAble Housing Canada – Winnipeg Task Force. Retrieved from: http://visitablehousingcanada.com/wp-content/uploads/2016/03/Winnipeg-TF-Accessibility-Continuum-Chart.pdf.

[10] Visitability.org (2017). Visitability – what is it? Retrieved from: http://www.visitability.org/.

It should be noted that in addition to visitability terms such as accessibility, usability, age-friendly housing, and universal design are also used to describe housing that meets the needs of a person with a disability, mobility impairment, or other functional need. For the purpose of this report, we will focus on visitability and closely related items.

Method

As part of this Capstone project, two students working under the direction of the course instructor reviewed existing literature pertaining to the Visitability and efforts in the United States and Canada that incorporated visitable features and approaches into local policies and programs. To begin, a document from the IDeA Center at the University of Buffalo and AARP's Public Policy Institute that detailed 59 U.S. local visitability initiatives and policies was reviewed.[11] To supplement those initiatives and policies an Internet search was conducted to identify additional efforts that were underway before determining 10 initiatives that were considered best practices – considerations were made for a range of regulatory, incentive-based, and voluntary programs, as well as policies that were incorporated into local zoning and/or building code and those that were implementable.

Best practices

The review of the literature and existing efforts in the U.S. led to identifying six municipalities that addressed visitability through regulatory approaches, including (note: . Details, including links to policy documents can be found in a developed spreadsheet):

- Austin, TX
- Bolingbrook, IL
- Dublin City, CA
- Pima County, AZ
- Pine Lake, GA
- San Antonio, TX

In addition to those municipalities, four local governments were identified with incentive-based and voluntary approaches, including (note: details of those programs can be found here):

- Escabana, MI
- Irvine, CA
- Monroeville, PA
- Montgomery County, MA

---

[11] IDeA Center & AARP Public Policy Institute (2014). Local Visitability Initiative & Policies. Retrieved from: http://idea.ap.buffalo.edu//visitability/reports/existingcitylaws.htm.

Appendix B – Sample Input Indicators used in Portland (data as of July 6, 2017)

Advisory Council

- *Number of members*: 16, not including assistants and liaisons (see below)
- *Number of organizations/sectors represented*: 12 organizations represent higher education, nonprofits focused on aging/small business/transportation/volunteer engagement, city and county government, nonprofit small business organization, and health service provider for minorities.

Name	Organization
Margaret Neal	PSU - Institute on Aging
Alan DeLaTorre	PSU - Institute on Aging
Bandana Shrestha	AARP Oregon
Barbara Bernstein	Elders in Action
Corey Nagel	OHSU, School of Nursing
Deborah Stein	City of Portland Bureau of Planning and Sustainability
Heather Hoell	Venture Portland
Holden Leung	Asian Health Community Services
Jay Bloom	Bloom Anew
Jerry Cohen	AARP Oregon
Shanna Pittman-Frank	Elders in Action
Cora Potter	Ride Connection
Patricia Rojas	El Programa Hispano--Catholic Charities of Oregon
Stephanie Wrightsman	Corporation for National & Community Service
Erin Grahek	Mult. Co - Aging, Disability & Veteran's Services
Rebecca Miller	Mult. Co - Aging, Disability & Veteran's Services
Staff/Assistants	**Organization**
Iris Wernher	PSU - Institute on Aging
Paul Chan	PSU - Institute on Aging
Government Liaisons	**Organization**
Pollyanne Birge	Commisioner Eudaly
Stacy Brewster	Commissioner Dan Saltzman
Jamie Dunphy	Office of Commissioner Nick Fish
Claire Adamsick	Office of Commisioner Fritz
Michelle Plambeck	Mayor Wheeler
George Hocker	Mult. Co - Commissioner Smith

- *Types of skills/assets represented (from list above)*: research, education, policy, advocacy, urban planning, intergenerational programming, executive coaching/re-careering, volunteer management, public engagement/outreach, housing design, economic development/employment, and racial/ ethnic equity and service delivery.

- *Number of hours invested in meetings, preparation, communication*: Advisory Council members not involved in coordination spend approximately 7-8 hours per month/person. However, this varies based on involvement as a month with both an Advisory Council meeting and one Committee meeting involves approximately 3 hours for Advisory Council meeting (including transportation), 3 hours for committee meetings (including transportation, and 1-2 hours for preparation/ communication.

City Commitment

- *Letter of commitment signed by the mayor*: Yes, received in 2010 from Mayor Sam Adams.
- *Assignment of liaisons to the Advisory Council by the mayor, city commissioners*: Yes, as detailed in table above.
- *Attendance of liaisons at Advisory Council meetings*: No, attendance is not common by liaisons, however, Jamie Dunphy from Commissioner Fish's office has regularly attended Advisory Council meetings and the 2016 annual retreat.
- *Amount of funding provided for coordination of the effort*: $150,000 in total: $52,000 in fall BMP funding (2016); $98,000 in one-time special appropriations from a 2016-17 Community Health Grant (2016-17).
- *Action plan passed by the City Council*: Yes, in 2013.[12]
- *Advisory Council recognized by the City Council*: Yes, in a 2013 City Council resolution.[13]

Existing Data

- *Baseline data from assessment of age-friendliness*: See 2007 Age-Friendly Portland findings for the World Health Organization[14] and local summary of findings.[15]
- *Report from Multnomah County Task Force on Vital Aging*: See 2008 report.[16]
- U.S. Census data on demographic characteristics of population:
  - 2015 – Proportion of City of Portland population aged 65 and older (American Community Survey): 11.3% (68,987 of 612,206; 57.2 % female)
  - 2013 – Proportion of City of Portland population aged 65 and older (American Community Survey): 10.8% (64,091 of 594,687; 57.9% female)
  - 2010 – Proportion of City of Portland population aged 65 and older (American Community Survey): 10.5% (59,445 of 566,686; 59% female)

---

[12] The Age-Friendly Portland Advisory Council (2013). *Action Plan for an Age-Friendly Portland*. Retrieved from: https://www.pdx.edu/ioa/sites/www.pdx.edu.ioa/files/Age-Friendly%20Portland%20Action%20Plan%2010-8-13_0.pdf

[13] City of Portland (2013). *Resolution 37039*. Retrieved from: https://extranet.who.int/agefriendlyworld/wp-content/uploads/2015/03/Resolution-37039-Accept-the-Action-Plan-for-an-Age-Friendly-Portland.pdf.

[14] Neal & DeLaTorre (2007). *The World Health Organization's Age-Friendly Cities Project in Portland, Oregon: Final Report*. Portland State University, Institute on Aging. Retrieved from: http://pdxscholar.library.pdx.edu/aging_pub/2/.

[15] Neal & DeLaTorre (2007). *The World Health Organization's Age-Friendly Cities Project in Portland, Oregon: Summary of Findings*. Portland State University, Institute on Aging, and AARP Oregon. Retrieved from: www.pdx.edu/sites/www.pdx.edu.ioa/files/ioa_who_summaryoffindings.pdf.

[16] Multnomah County Task Force on Vital Aging (2008). *Everybody Matters: A Practical Guide to Building a Community for All Ages*. Retrieved from: https://www.pdx.edu/ioa/sites/www.pdx.edu.ioa/files/VitalAging2008.pdf.