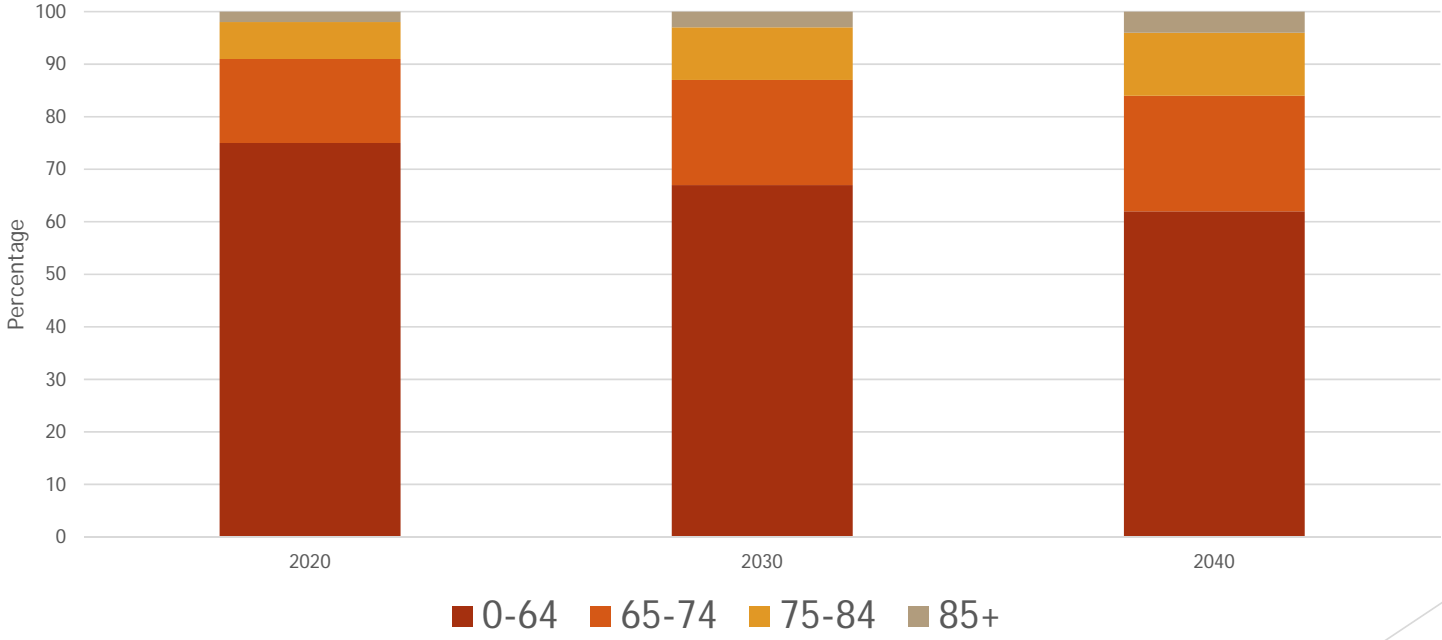




# Older Adult Transportation and Age-Friendly Communities

# Proportion of Regional Population by Age Group, 2020-2040



## 2015 United States of Aging Survey

- ▶ Only 47% of older adults and 37% of professionals who work with older adults said their community was doing enough to plan and prepare for the physical and other supports needed for the growing older adult population.

# Aging in Place

California Association of Realtors (CAR) 2016 baby boomer survey:

- ▶ 71% of Californians aged 55+ have not moved since 1999
- ▶ 64% do not plan to sell their home when they retire

Care Preferences:

	Pew Research: Age 65+	Merrill Lynch: Age 50+
Own home	61%	85%
Assisted living	17%	10%
Family member's home	8%	4%
Nursing home	4%	1%

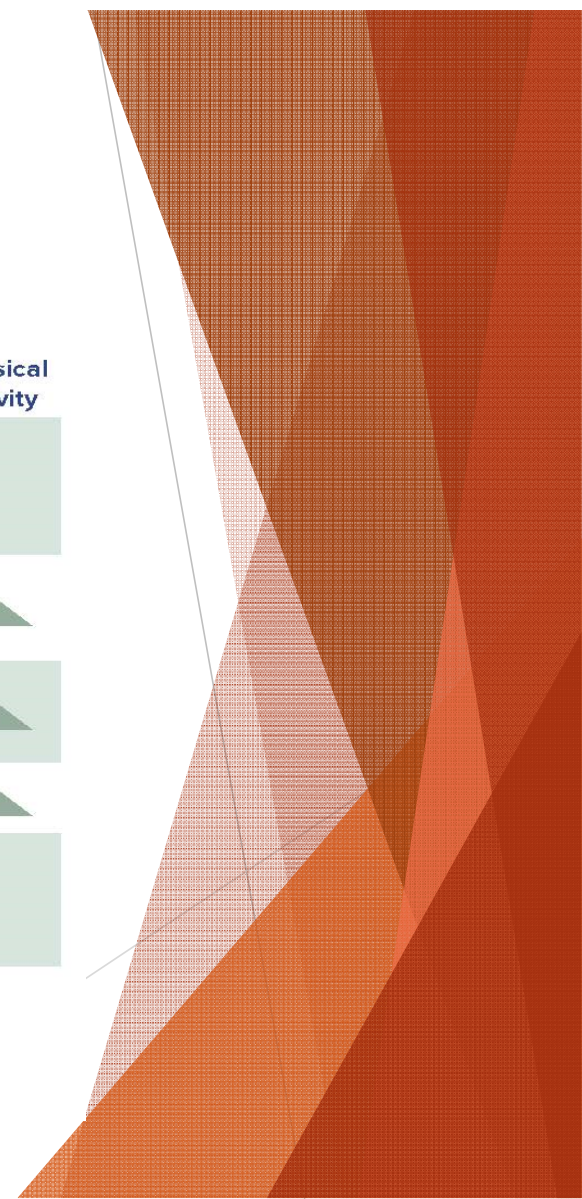
## Choice is Key

Consistent with Blueprint findings, older adults continue to want choices for where and how they live. Surveys find preferences ranging from:

- ▶ Larger homes, to smaller homes with less maintenance.
- ▶ Age-restricted or age-targeted communities.
- ▶ Centrally-located urban apartments and condos near diverse cultural amenities and transportation options.
- ▶ Suburban or rural locations that offer experiences on site.
- ▶ Affordable senior or multigenerational apartments.
- ▶ Independent living communities with some level of services.

# National Institute on Aging: Neighborhood Features Related to Aging in Place

Neighborhood Features	Self-Rated Health	Physical Limitations	Cognitive Function	Heart Disease Risk	Obesity	Physical Activity
<b>Walkable</b> — More intersections sidewalks, and crosswalks; few cul-de-sacs or dead end streets; residents view walking in the neighborhood as pleasant and easy.	▲	▼			▼	
<b>Compact</b> — A diverse mix of residences and businesses (mixed land use) in walkable proximity.		▼		▼		▲
<b>Accessible</b> — Public transportation on the street, and/or barrier-free and well-maintained streets and sidewalks.		▼				▲
<b>Safe</b> — Residents consider their neighborhoods safe.		▼				▲
<b>Plentiful Resources</b> — Public transit on the street; community centers, parks, and libraries; well-maintained public spaces such as sidewalks.			▲			
<b>Healthy Air</b> — Low concentrations of fine particulate matter air pollution that can be inhaled and damage organs, including the brain.			▲			



# South Placer County Continuum of Transportation Services

- ▶ South Placer Transportation Information Center
- ▶ Combined Dial-a-Ride scheduling for Auburn, Roseville and Placer County Transit Agencies
- ▶ Health Express
- ▶ My Rides

## Transportation Models & Innovations

- ▶ Transit Agency Partnerships for first mile/last mile connections
- ▶ Piloting on-demand services for older adults using TNCs
- ▶ Health care partnerships with TNCs for medical trips
- ▶ Senior residence pilots
- ▶ “Trike” training and sharing
- ▶ Membership-based programs for transportation and other services



## Beyond Transportation Services: Approaches to Creating More Age-Friendly Communities

- ▶ Milken Institute Best Cities for Successful Aging program/Mayor's Pledge
- ▶ Naturally Occurring Retirement Communities (NORC) Programs
- ▶ Dementia Friendly Communities
- ▶ AARP Age-Friendly Network: West Sacramento and Other COGs/MPOs

## Potential SACOG Follow-Up

- ▶ Help catalyze and support member jurisdictions to engage in age-friendly planning
- ▶ Incorporate aging into SACOG planning & analysis
- ▶ Model and information-sharing
- ▶ Research, data provision
- ▶ Help with transportation service pilots and planning
- ▶ Identify funding opportunities