

Special Appropriations Grant

Progress Report



*Reporting Period: July 1 – September 30, 2017

[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	<p>In 2013, Portland City Council unanimously adopted the <i>Action Plan for an Age-Friendly Portland</i>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).</p> <p>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.</p>
------------------------	---

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.

City of Portland Special Appropriations Grant Progress Report

Successes

The following successes have been accomplished in the fourth quarter of the 2016-17 Age-Friendly Initiative grant, from July 1-September 30, 2017, including:

- **Council and Committee meetings:** The Advisory Council for an Age-Friendly Portland & Multnomah County and three of five Committees – Civic Engagement, Economy & Employment, and Health Services and Equity – 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, two “episodic workgroups” (aka workgroups) have met to continue to advance the initiative: Aging Well Conference and website.
- **PSU University Studies’ Capstone course, *Creating Age-Friendly Communities*:** Although the spring term, 2017 the Capstone course [Creating Age-Friendly Communities](#) was completed, Alan DeLaTorre has continued to meet with former students and a new volunteer from AARP, in order to continue to advance data analysis and reporting.
- **Age-Friendly Housing:** Although the Housing Committee did not meet during this reporting period, detailed suggestions and comments were prepared for the Better Housing by Design project’s public comment period (see Appendix A), a “Visitability Best Practices” document was created for the Residential Infill Project, (See Residential Infill Project website: www.portlandoregon.gov/bps/article/657698), and draft Age-Friendly Housing Planning matrix was created to inform the future directions of the age-friendly housing work (see Appendix B).
- **Expanding intergenerational partnerships and opportunities:** As a follow-up to the data collected in the spring term (see PSU Capstone course), additional analysis and writing has begun with an AARP volunteer. The intent of the preliminary analysis is to: (1) share results with the community; (2) look for funding opportunities to continue data collection and analysis, and (3) to continue to cultivate intergenerational partnerships and opportunities.
- **Aging Well Conference:** Every 1-2 weeks, the planning committee has met to coordinate the conference titled “Toward Resiliency: Building a Community for All Ages.” The event will take place on October 21, 2017 and will include two plenary presentation, two concurrent session with 11 total presentations, a lunchtime neighborhood walk with Multnomah County Commissioner Loretta Smith, and numerous vendors and resources for older adults “consumers” of services (see Appendix C for complete program)
- **Website:** The Age-Friendly Website – <http://agefriendlyportland.org/> – is live and was “soft launched” on Tuesday, October 3, 2017 at the Hollywood Senior Center in collaboration with the Age-Friendly Civic Engagement Committees. Additional work is need with respect to committee pages, the “get involved” tab, and

City of Portland Special Appropriations Grant Progress Report

	<p>continuing to update content and visitor interface (e.g., responding to requests, adding information and links pertaining to community partners). (See Appendix D for screen shot of home page.)</p> <ul style="list-style-type: none">• Metrics/indicators: Dr. Paul Chan completed his one-year, 1,000-hour Fellowship with the Institute on Aging on September, 2017. He has prepared a draft manuscript on the metrics work and the Institute on Aging plans to search for funding to complete the fine-tuning of committee-specific metric and a set of usable metrics for the wider age-friendly Portland and Multnomah County initiatives.
Challenges	<p>Several challenges exist as a part of this project:</p> <ul style="list-style-type: none">• 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). Appendix E shows draft changes to the Action Plan for an Age-friendly Portland Transportation and Employment & Economy Action Areas. Note: the original plan can be found on the age-friendly website (http://afp.tumblehome.com/our-work/action-plan) and approval has not been received from City Council to finalize these changes.• Website: Although the website has been “launched” addition resources are needed for both website management and improving the “get involved” tab which is intended to advance civic engagement and social participation among older adults and people of all ages in the greater Portland region.• Policy changes: As mentioned in the housing successes section above, visitability policies have been informed by research and best practices (click here for “Visitability Best Practices” document). However, additional work is needed to ensure that final policies are achieved that lead to Portland’s housing stock being increasingly accessible for older adults, people with disabilities, cyclists, parents with strollers, etc. There is no doubt that the development community would prefer the <i>status quo</i> with respect to zoning code policies as there is the possibility that profits may be impacted by new policies.• 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.

City of Portland Special Appropriations Grant Progress Report

	<ul style="list-style-type: none"> • Metrics/indicators: 600+ age-friendly indicators are being consolidated into a more reasonable set for use by the initiative. Considerable progress with made by Dr. Paul Chan who completed his time at PSU’s Institute on Aging in September. Additional funding will be sought after to complete the final report and implement a metrics monitoring system. • Progress report: The 2016-17 progress report will be offered by the end of 2017 and will cover the complete 2016 and 2017 accomplishments of the Age-friendly Portland initiative.
<p>Project Narrative</p>	<p>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:</p> <ul style="list-style-type: none"> • 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. <p>It should be noted that implementing the entire Action Plan requires 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. The following narrative provides in-depth information on select events, activities, and efforts April-June 30, 2017:</p> <p>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 August 14, 2017 and also met on October 3, 2017. Additionally, the following Committee and Subcommittee meetings occurred during the July 1-September 30, 2017 reporting period:</p> <ul style="list-style-type: none"> • Civic Engagement (7/27, 9/28) • Employment and Economic Development (7/5, 8/2, 9/6) • Health Service, Prevention & Equity Subcommittees <ul style="list-style-type: none"> ○ Physical Activity and Recreational Programs (7/17)

Redesign of the existing website: The Age-Friendly Portland website (agefriendlyportland.org) needed a complete redesign and updating as the website designers (i.e., pro-bono student designers from Pacific Northwest College of Art) were no longer available. The Website workgroup, formed with members of the Advisory Council and Elders in Action, 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 “launched” (i.e., sections made available to the public) in October, 2017, and the fully function website is expected to be in use in 2018 (e.g., committee pages, events calendar).

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. The Action Plan itself is in need of updates that are aligned with evolving policies and administrative priorities (e.g., resiliency, transportation, homelessness). Two domains – transportation and employment & economy – have been updated (see Appendix E) but approval from Portland City Council is needed to begin implementing the new Action Areas. A revised Action Plan – in totality – should be considered, pending 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 has seen additional advancement of the age-friendly housing efforts, as noted in the housing successes section above (e.g., public comments on Better Housing by Design, a “Visitability Best Practices” report to the Residential Infill Project). Overall, it appears that the City of Portland through the Bureau of Planning and Sustainability and City Council, has begun to embrace the concept of visitability.

City of Portland Special Appropriations Grant Progress Report

Although discussions with the Portland Housing Bureau began in spring, 2017, the production of accessibility guidelines for the Housing Bureau is still needed; this work may be carried out in collaboration with the Portland Commission on disability,

Collaboration between Dr. DeLaTorre and Housing Committee co-chair Bandana Shrestha (AARP Oregon) on PSU’s Institute of Sustainability Solutions Small Backyard Homes Initiative was also productive (i.e., [universally designed ADU’s emerged as part of a student project in PSU’s School of Architecture](#)). Additionally, a session titled [“ADUs as Age-Friendly Housing”](#) will feature DeLaTorre, Shrestha, City of Portland Bureau of Planning and Sustainability staff Todd Borkowitz, and others. The November 2018 Build Small, Live Large conference in Portland is also being sponsored by AARP Oregon and will provide a venue to showcase Portland’s innovative housing policies.

PSU University Studies’ Capstone course Creating Age-Friendly Communities: The 2017 Capstone course [Creating Age-Friendly Communities](#) had 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.

The course was deemed a success by the University Studies Department and was well-reviewed by the students. Future offerings provide an opportunity to advance Portland’s age-friendly efforts through intergenerational service-learning and the university has made a partial commitment to fund the course (note: at an adjunct rate in spring, 2018).

2017 Aging Well conferences: The 2017 Aging Well conference planning workgroup (Chaired by Alan DeLaTorre) has met approximately every 1-2 weeks. 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.” Full details pertaining to the conference are available in Appendix C.

Project Finances	Awarded:	\$98,000.00	Grant Expenditures to Date:	\$97,945.18
-------------------------	-----------------	-------------	------------------------------------	-------------

City of Portland Special Appropriations Grant Progress Report

Next Steps	<p>Here are the next steps for Portland’s Age-Friendly initiative:</p> <ol style="list-style-type: none"> (1) Finalize agefriendlyportland.org committee page and get involve pages (e.g., volunteer, advocate). (2) Continue to refine and advance age-friendly housing (see planning matrix in Appendix B) 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) Host 2017 Aging Well conference on October 21, 2017. (5) Consider opportunities related to the 2018 <i>Creating Age-Friendly Communities</i> Capstone course. (6) Complete the 2016-17 progress report to City Council and present to City Council (note: tentative date to be determined in December, 2017). (7) Continue to advance the contributions of older Portlanders and partnerships with intergenerational programs in the greater Portland area.
-------------------	--

<p>Certification: By signing this report, I certify that it is true, complete, and accurate to the best of my knowledge. <i>Typed or printed name and title:</i></p> <p>Alan DeLaTorre, Research Associate, Portland State University.</p>	
<p>Signature: </p>	<p>Date: October 6, 2017</p>
<p><i>Telephone:</i> 503.725.5134</p>	
<p><i>Email Address:</i> aland@pdx.edu</p>	
<p><i>Date report submitted (month, day, year):</i> October 6, 2017</p>	

Appendix A – Public Comment on Portland’s Housing by Design Concept Report

August 7, 2017

To Whom It May Concern:

The following comments are in response to the Better Housing by Design [concept report](#). In particular, these comments have been developed with attention to Portland’s aging population while considering that the Portland Plan, Comprehensive Plan, Residential Infill Project, and other City of Portland planning and development efforts have become increasingly attuned to issues of accessible environments for older adults and people with disabilities.

- First and foremost, although there were no explicit references to older adults, the concept report has succeeded in addressing some of the needs for increased accessibility of housing and surrounding environments (e.g., sidewalks, green spaces). It is important to note that many of the existing policies in Portland have moved toward increasing age-friendly/accessible housing and environments and these environments provide a common denominator (i.e., accessible environments) that serve older adults, children, families, people with disabilities, and able-bodied individuals.
- Page 5 – One area of the report that can be improved (and other language from the Bureau of Planning and Sustainability and City of Portland) is found on page 5, “Better Housing by Design is developing approaches to help ensure that new development in the multi-dwelling zones better meets the **needs of current and future residents**, while contributing to the positive qualities of the places where they are built.” [Emphasis added to “current and future generations”.]
 - It is important to highlight that one of the largest demographic shifts that the City will face is the aging of our population. Therefore, from a sustainability perspective, please consider being explicit that future residents will be older, which is a trend that will not end in the predictable future.
- Page 11: Concept 1: Paragraph 1 – Ensure that the 36 or 48 sq. ft. deck area allows for a turning radius for someone in a mobility device and that steps are eliminated/limited.
- Page 11: Concept 2: Paragraph 3 – As no mention is made about how accessible outdoor space arrangements must be, consider the following change “...may be crafted to ensure that shared outdoor spaces are conveniently located **and accessible** for residents.” [Bolded language added.]
- Page 14 – Important statement to highlight: “Density-based regulations often result in large townhouse-type units whose multiple levels and stairs are not accessible to people with mobility limitations.” Overall, this is a critically important aspect of improving housing design as stairs are often an aesthetic option that creates inequities with respect to access to housing.
- Page 15 – It is very promising to see the following policy language and approach as it is sorely needed in Portland “Physically accessible units. Along with greater flexibility for numbers of units, this concept would require 25 percent of units to be physically accessible when projects exceed a specified density, which will be determined during code development. Also to be

City of Portland Special Appropriations Grant Progress Report

determined is if the requirement will be for single-level, fully-accessible units, or for visitable units. Visitable units have accessible ground levels, but can have living spaces like bedrooms on upper levels.” Although it would be ideal if all units were physically accessible (and thus not excluding people with certain disabilities) the 25 percent approach is preferred and a positive policy advancement. Also, the type of accessibility (e.g., visitability, following ADA standards) is still an important decision that should be made with community partners/input from the public.

- Page 17: Concept 6 – Consider that alley parking can lead to accessibility concerns. Also, tuck under garages create issues with (a) slope leading to the garage entrance, and (b) limited space for accessibility and/or visitability on the bottom floor.
- Page 19: Concept 11 - Consider adding a bonus for accessible or visitable housing.
- Page 21: Concept 13 – Add language to ensure that mid-block open areas will be accessible those with mobility devices, strollers, and or cyclists.
- Page 23: Concepts 15 and 16 – These policies would offer substantial improvements for people with mobility impairments, especially considering appropriate slope and surface materials (e.g., avoid bricks and pavers and use concrete/asphalt).
- Page 25: Performance Measure – Currently, there is no metric measuring accessibility, even though it is a project objective. In addition to needing such a metric for this project, the City of Portland does not have data pertaining to accessible housing, in general. It is critical that metrics are developed to identify and track accessible housing stock, including this project.
- I am also including comments that were previously submitted on June 9, 2017 to City staff in response to a Better Housing by Design Workshop:
 - Outdoor spaces that are to be required/incentivized should include accessible pathways for residents and visitors
 - Social spaces in new multi-family housing should not always be outdoors (e.g., placing them inside buildings, under eaves) as we live in a wet climate; when they are outside, they should have both coverage (even partial) and accessible pathways
 - Residential elevators are less costly and easier to maintain than commercial-grade elevators and should be consider for incentives in quad-plexes and non-commercial scale buildings (cost is under \$40,000k)
 - Adaptable housing should incorporate stacked closets or external storage that could be converted to an elevator shaft in the future

Comments prepared by: Alan DeLaTorre and Matthew Wadleigh

City of Portland Special Appropriations Grant Progress Report

Appendix B - Draft Age-Friendly Housing Planning Matrix

HOUSING			
Action Item	Brief Description	Source /Reference	Level of Application (City, County, Region, State)
Comprehensive Plan	Required plan by state of Oregon that sets long-range planning policy (25 years) mostly in the area of the built environment. Chapters include: Community Involvement, Housing, Economic Development, Watershed Health and the Environment, Urban Design and Development, Public Facilities and Services, Transportation, Administration and Implementation	https://www.portlandoregon.gov/bps/57352	City of Portland (follows Metro's 2040 concept)
Education			
Consumers	As various plans are put forward by the city, and proposals made by thinktanks, Portland State, and other agencies. Consumers of the housing changes that will come about need to be made aware both of the changes that are coming, and the options they have.	http://www.aarp.org/content/dam/aarp/home-and-family/livable-communities/2014-01/age-friendly-portland-action-plan.pdf	City, County, Regional, possibility of state wide application but not currently practical.
Designers/producers	Just like consumers; designers, producers, and contractors need to be made aware of the costs and opportunities of age-friendly housing as well as any new code restrictions they are to operate under	http://www.aarp.org/content/dam/aarp/home-and-family/livable-communities/2014-01/age-friendly-portland-action-plan.pdf	City, Regional

City of Portland Special Appropriations Grant Progress Report

Accessibility Policy			
Residential Infill Project	<p>“The goal of the Residential Infill Project is to adapt Portland’s single-dwelling zoning rules to meet the needs of current and future generations. The project will address the scale of houses and home additions. The project will also provide opportunities for more housing choices, which could help keep costs down by diversifying the city’s housing stock with a greater variety of housing options for Portlanders. The project will also look at improving narrow lot development and make recommendations about where these lots may be appropriate.”</p>	<p>https://www.portlandoregon.gov/bps/67728</p>	City of Portland
Better Housing by Design	<p>“The Better Housing by Design project is revising development and design standards in Portland’s multi-dwelling zones (R3, R2, R1 and RH) outside the Central City. These medium-to high-density residential zones provide opportunities for new housing to meet the needs of a growing Portland. The types of housing allowed in these areas include apartment</p>	<p>https://www.portlandoregon.gov/bps/71903</p>	City of Portland

City of Portland Special Appropriations Grant Progress Report

	buildings of varying sizes, fourplexes, townhouses and rowhouses. “		
Housing Innovation			
PSU ISS Small Backyard homes	“The Institute for Sustainable Solutions is spearheading an initiative to make it easier and more affordable for Portland homeowners to construct a second house on their property—increasing housing options in a city with some of the fastest rising rents and lowest vacancy rates in the nation.”	https://www.pdx.edu/sustainability/small-backyard-homes-accessory-dwelling-units-adus	City
Mult Co. Innovation labs (ADU)	“A pilot project called A Place for You will help deliver accessory dwelling units (ADUs) to select homeowners willing to host families experiencing homelessness”	https://multco.us/dchs/a-place-for-you	City, County, Regional
Aging in Community			
Villages NN	“To enable more Pacific NW residents to successfully age in place by developing and nurturing a network of sustainable, community-based Villages throughout the region.”	http://villagesnw.org/	City, county, region
Life course Neighborhood Planning	A proposal to encourage and make easier perceived difficulties included with use of ADU's and shared housing		city, county

City of Portland Special Appropriations Grant Progress Report

Home sharing	<p>“Let’s Share Housing was founded to allow people from all walks of life to find opportunities to share housing via our online database of homeowners and home seekers and through face to face meet up events.”</p> <p>Also, work with Ecumenical Ministries of Oregon on new home share program.</p>	<p>https://www.letssharehousing.com/home</p> <p>http://emoregon.org/shared_housing.php</p>	City, County, State.
Consolidated Plan	Required 5-year Plan for housing agencies if they receive federal funding from federal agencies (e.g., HUD)		City, Region
Additional housing-related policies and programs	Housing policy and resulting programs are shaped in several government agencies that should be seen as partners and collaborators.		City, Region, State
Retrofits/Home Modifications	Private and nonprofit agencies assist community members with retrofitting their homes to enable aging in place and independence		City, Region
Support neighborhood-led aging in place efforts	Increasingly, neighborhoods and communities are beginning to understand the need to facilitate aging within communities; this includes efforts within neighborhood associations, as well as wider-ranging efforts such as VillagePDX		City, County, Region

City of Portland Special Appropriations Grant Progress Report

<p>Best Practice Guides/ Informational Assistance</p>	<p>As aging in one's home and community increases in importance, information and guides will be necessary for spreading innovative ideas and best practices; development of guides helps in disseminating information and may lead to improved environments and settings</p>		<p>City, Region, State, Nation</p>
<p>Educational Project: Finding the right home/community to support active aging</p>	<p>People of all ages and abilities need to find housing that "fits" with their needs and abilities; however, knowledge of relocating, as well as purchasing and renting appropriate housing in appropriate communities is lacking</p>		<p>City, County, Region, State</p>
<p>Innovation in Housing Opportunities for Older Adults</p>	<p>Portland and the greater metropolitan region has an opportunity to advance its leadership in innovative housing design and development, including the areas of cohousing, but also including new models and specific solutions to problems encountered by people throughout a range of ages and abilities</p>		<p>City, Region, State</p>

2017 Aging Well Conference

Saturday, October 21, 2017: 9:00am-4:00pm



Age-Friendly

PORTLAND & MULTNOMAH COUNTY

Building a Community for All Ages

Interested in active and healthy aging? Are you engaged in building a strong community? Do you want to learn more about how we can respond to, withstand, and bounce back from adversity, both individually and as a community? Join us for an interactive, fun and engaging day of learning together.

WHAT: The 2017 Aging Well Conference - *Toward Resilience: Building a Community for All Ages*

WHEN: Saturday, October 21, 2017, 9am - 4pm (doors open at 8:15am)

WHERE: Buckley Center, University of Portland, 5000 N. Willamette Blvd, Portland

COST: Free

HOW: [REGISTER NOW\(link is external\)](#)

[Download the conference flyer](#) for printing and sharing.

On social media? Use the hashtag #AgingWellPDX

Event Schedule

8:15am: Check-in, Vendors, and Networking

9:00-11am: Opening Program

- *Finding Our Voice: Powerful Stories of Resilience.* Enjoy a morning of storytelling hosted by Master Storyteller Paul Iarrobino and featuring three older adults sharing their accounts of resilience and aging. This interactive presentation will showcase valuable, but often sidelined, older adult voices while giving the audience access to the power within their own unique stories.

11:15-12:15pm: [Morning Sessions](#)

12:15-1:15pm: [Lunch & Activities](#)

1:30-2:30pm: [Afternoon Sessions](#)

2:45-3:45pm: Moderated Panel Discussion

- *Beyond Ready: Facing Disaster From a Place of Strength.* A moderated discussion with locally-based thought leaders and on-the-ground coordinators that work behind the scenes to preserve our health, safety, and well-being during community emergencies. Learn how older adults are uniquely impacted during a crisis and more importantly, the great asset older adults can be during recovery.

3:45-4pm: Closing Session

Morning Sessions

Bouncing Back from Life's "Sinkholes": RESILIENCE!

Presenters: Vicki L. Schmall, Ph.D. Gerontology Specialist; Elaine Friesen-Strang, Volunteer State President, AARP of Oregon; Joanne Warner, Ph.D., Nurse Educator

Difficult events that are life-changing are inevitable, especially as we age. It might involve acknowledging a life-changing disability, dealing with a devastating family loss or medical diagnosis, or assuming an ongoing caregiving responsibility for a loved one. This workshop will focus on individual resilience and dealing well with significant life challenges and becoming strong, healthy, and emotionally vital after something bad happens. Focus will be on building RESILIENCE, the ability to bounce back from difficult and heart-wrenching experiences, versus "sliding deep into a

sinkhole." Panel members will share diverse personal stories about significant life changes and their resilience, and engage the audience in an open conversation.

This workshop will address questions such as: What is emotional agility? How do we own our vulnerabilities with a forward thinking force? What can we do to move forward with dignity, grace and resolve after a crisis or trauma? What does it mean for us and others if we are not resilient? And, what do we need to do now if one day our ability to be resilient is "stolen from us" by a dementia?

Managing Your Pain: Options with Medical Marijuana

Presenter: Nicole Baker-Wagner

This workshop will show how medical marijuana works, in what ways medical marijuana is used, including as a pain management alternative to opioids, and what is known about particular issues associated with medicinal marijuana use for older adults. Learn critical steps in communicating with your physician about medicinal marijuana options in your own personal health care.

Mindful Resilience: Practicing to Access Our Inner Wisdom in the Face of Change, Adversity, and Resistance

Presenter: Stephanie Edman

Participants of this workshop will learn the basics of mindfulness and the potential of our amazing brain to adapt and thrive in difficult situations. We will explore the topic of acceptance and how this practice can support us in daily life as well as more challenging times.

Included will be an interactive group discussion, guided meditation, and activities that encourage connection and community. Each participant will be given the opportunity to look within to access their inherent wisdom and to move forward with clarity to create a life that aligns with their own personal values and intentions.

Relationship and Resiliency

Presenter: Steve Joiner

Relationships are the foundation of our resilience. When we cultivate relationships, we build communities that support our social, spiritual, and emotional well-being at all stages of our life. Participants in this session will explore various ways to build and maintain authentic and intentional communities in all facets of our lives. The goal of this workshop is to share some techniques for intentional, authentic relationship building as well as to tap into the vast "wisdom of the room" on the topic. Expect to find a thoughtful and intentional space to share and reflect on what you know.

Use the House You Have to Make a Better World: Home Sharing as Contribution and Financial Stability

Presenters: Rachel Mohlere, Mortgage Advisor, Board VP, VillagesNW; Michele Fiasca, Owner; Barbara Nelson, HomeShare Mgt; Aram Irwin, Building Designer

An interactive exploration of the value and work-ability of shared housing. Four speakers will walk participants through the various hurdles which prevent older adult homeowners from fully utilizing their properties. Advantages to sharing discussed as: Increasing live-ability, visit-ability, share-ability and financial stability - while contributing to those in need of housing, and being part of the creation of a new and resilient model for aging in our modern times.

Participants will discuss a proposed policy/program designed to remove procedural and monetary hurdles from older homeowners attempting to modify homes for sharing - especially when target populations will be served by the housing, such as returning veterans, students, those newly released from incarceration, etc. Expect to leave inspired to action, with clarity about the steps needed to move forward.

Walkability: Promoting Health & Mobility

Presenters: Noel Mickelberry, Oregon Walks; Jane Loverin, Portland Community College

In this workshop, presenters will discuss how walkable communities are critical to creating age-friendly and resilient communities. Hear about the elements of a walkable community, as well as programming aimed at people with varying levels of mobility to utilize walking for health and connectivity. In particular, presenters will discuss accessible walking programs like AARP's NeighborWalks and Walk with Ease - a program delivered in partnership between Oregon Health Authority, OSU Extension, and Portland Community College. Participants will have the opportunity to sample the Walk with Ease program and learn about an opportunity to engage in public policy discussions related to walkability and public health.

Lunch, Vendors, and Activities

- Grab 'n' Go Lunch hosted by Multnomah County
 - Senior Recreation with Portland Parks & Recreation
 - Pop up AARP NeighborWalks with Commissioner Loretta Smith
 - Multnomah County Library Outreach Services
 - Elders in Action
 - Aging, Disability, & Veterans Services Division
 - Alzheimer's Association
 - Tri-Met Hop FastPass
 - Emergency Preparedness
-

Afternoon Sessions

Creative Expression: Theatre for Conflict Resolution to Power of Resilience

Presenters: Grace E. Reed, KBOO Disability Awareness; and Marianne S. Wallace

Participants will use various creative expression tools such as poetry, writing, color, movement, storytelling, voice that allows for outlet, and skills that can be used to present the theatre piece. Individual strengths and weakness will be identified to prepare for a 'pop up' theatre piece. Theatre of the Oppressed model is used to conduct this short but powerful presentation. Participants will leave with a sense of knowing their resilience and how to strengthen what needs to be stronger. This can be shared with friends, family and community.

Healthy Home for Healthy Aging with Feng Shui

Presenter: Miyoko Fuse

Miyoko Fuse, a gerontologist and author of *Healthy Home for Healthy Aging with Feng Shui*, will share how a healthy home supports your physical and psychological well-being, promotes independence, and facilitates social interaction. Your well-being at home supports community stability and livability. This workshop introduces the principle of feng shui that is a Yin-Yang duality, a natural method of rejuvenating any area of your home to produce harmony and positive communication. You will learn how to create a safe, healthy, and harmonious home by space planning, colors, accessibility, and indoor air quality that are affordable.

Imagine a Village: Neighbors Helping Neighbors Stay Neighbors

Presenters: Alison Bahr, M.D. Past President Villages NW Board of Directors; Lyn

Trainer, Co-chair River West Village Governing Council, Villages NW Board of Directors; Charles Meyer, Villages NW Board of Directors

The session will engage participants to try and imagine a village in which community members come together to figure out and develop the resources they will need to age comfortably in their own homes. The representatives of Villages NW will briefly explain the Villages movement nationally and in the Portland metro area. The representatives will then facilitate small group discussions amongst the session participants in the kinds of things that a person would need to be able to age in their home well and maintain social connections.

The Joys and Challenges of Encore Entrepreneurship

Presenter: Jackie B Peterson

This workshop will focus on encore entrepreneurship; particularly the creation of solo businesses. These enterprises, called monetizing your expertise, can be created by almost anyone who has life and work experience, who is observant of their community and its needs, and has some energy and a lot of passion for the business they want to create. In fact, people over fifty are creating more businesses than any other age group. They are choosing to do something they care about, something they have always wanted to do, or something that will leave a legacy, and something that will support their retirement security. Presenters will explore the environment for starting solo encore businesses, share many stories of those who are doing this already, and point out joys and challenges of being a late-in-life entrepreneur.

Singing the Same Song: Cultivating Intergenerational Friendships

Presenter: Jenny Sasser, Ph.D.

The focus of this interactive workshop is inter-generational friendships and how they are a crucial component of individual and community resilience. Explore how we might go about creating meaningful connections with persons who are at different points in the life-course than we are. How do we reach out across our perceptions about and expectations for ourselves and others at different ages and stages so that we can expand our circle of friends to include persons of different generations? How can we celebrate the strengths of each age and stage? How can we create vibrant intergenerational friendships around shared interests and commitments? How might we carry a "spirit of friendship" into all of our interactions with others, wherever they might be in their travels through the life-course?

Thanks to Our Sponsors and Partners



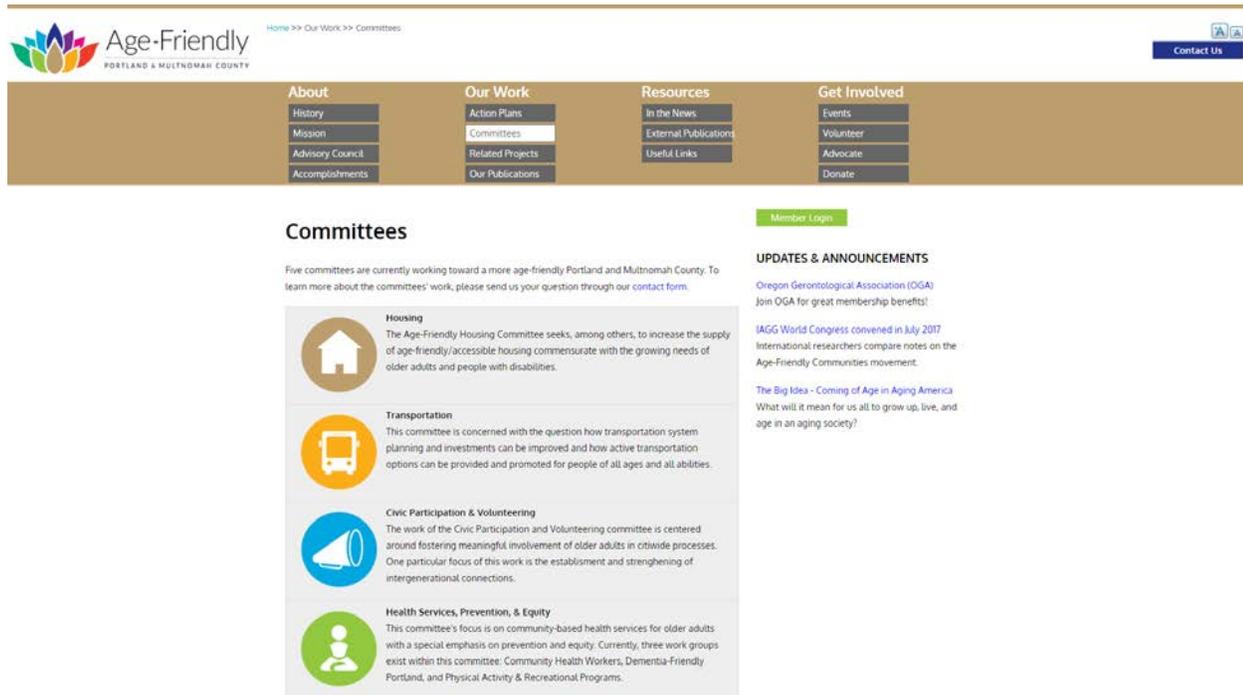
Other Partners: Alzheimer's Association, Multnomah County Library Outreach Services, Portland Parks & Recreation Senior Recreation Program, True Path Consulting NW

Appendix D – Examples of New Age-Friendly Website (<http://agefriendlyportland.org>)

Image of Home Page



Image of Committees Page



Appendix E – Draft Revisions of Transportation and Employment & Economy Action Areas of Age-Friendly Portland Action Plan

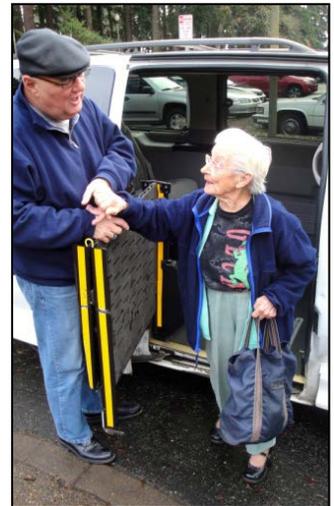
Action Area 2: Transportation

Background: Transportation is vital to all older adults’ mobility, quality of life, and independence, regardless of their age, socioeconomic status (SES), or where they live. It takes many forms, including private automobiles, public transit and paratransit services, community transportation options, bicycling, walking, and emerging modes (e.g., small electric vehicles). Historical patterns of development affect our transportation options and certain areas within Portland hold differing challenges and opportunities. Transportation planning is critically important to creating an age-friendly community, including the need to co-locate transportation and housing, meet the need of a range of citizens, serve citizens with dignity and respect, and provide services that are necessary for accomplishing daily activities.

Action Item 2.1 – Improve Transportation and Land Use Planning, Investments, Design, Operations, and Maintenance: Coordinated transportation efforts are needed throughout our region. Providing transportation systems and options that meet the needs of a range of users, regardless of age or ability, is an important focus for public, for-profit, and nonprofit organizations.



- ✓ Identify and prepare for aging-related trends that affect all modes of transportation, including those services provided by local (e.g., Portland Bureau of Transportation), regional, (e.g., TriMet, Metro, Ride Connection), and statewide organizations (Oregon Department of Transportation).
- ✓ Address transportation options equitably by considering variation at the community (e.g., densities, land use patterns, services) and individual levels (e.g., gender, SES) while utilizing appropriate analyses (e.g., geographic information system mapping, participatory planning and design processes).



City of Portland Special Appropriations Grant Progress Report

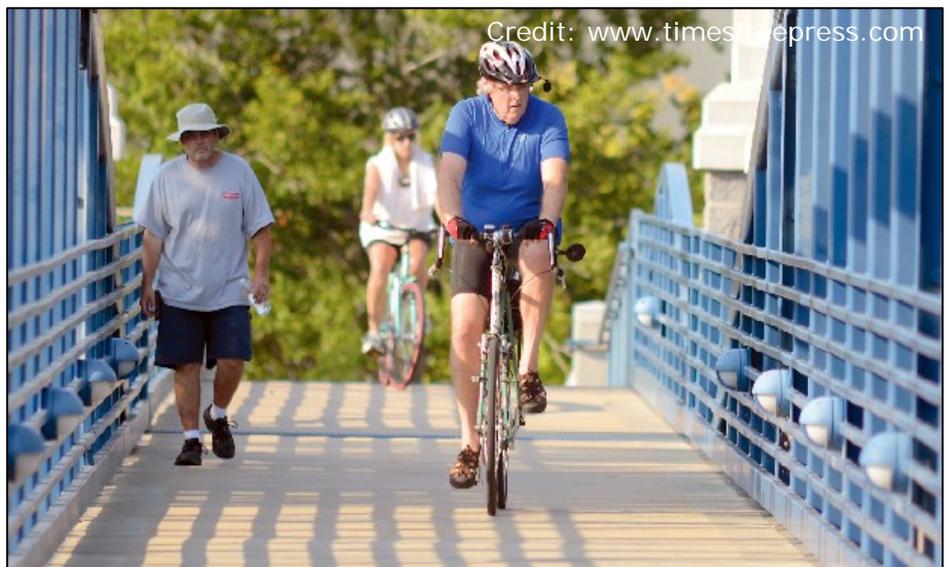
- ✓ Encourage the development of design and maintenance guidelines to be implemented across agencies in an effort to improve practices and increase accessibility.
- ✓ Identify and advocate for appropriate investments that lead to accessible and integrated transportation system that meets the needs of a rapidly aging population.
- ✓ Encourage the operations of public transit to ensure adequate service frequency, reliability, and accessibility.

Action Item 2.2 – Promote Active Transportation for People of All Ages and

Abilities: Active transportation – i.e., human-powered transportation that engages people in healthy physical activity while they travel from place to place (e.g., walking, bicycling, the use of mobility devices).ⁱ – promotes active aging and is a fundamental aspect of a healthy, age-friendly city.

- ✓ Encourage policies that create environments that are non-auto-centric, safe, and developed to facilitate physical activity and convenient local access.
- ✓ Ensure that policies are implemented in a manner that leads to the planning, design, operation, and maintenance of age-friendly transportation systems, where transit users, pedestrians, cyclists, and automobiles can safely and comfortably interact.

- ✓ Ensure that active transportation infrastructure (e.g., bus shelters, benches, traffic signals, signage) is available in all areas of the city and is safe for a range of all users.



- ✓ Build transportation infrastructure to human scale, with universal design principles (above and beyond required minimum accessibility standards), that lead to safe, healthy, efficient, and well-maintained systems.

Action Item 2.3 – Target Innovative Transportation Solutions: Public transit and private automobiles are the areas that have seen the greatest investment and are the most built-out; however, they are growing more costly and constraints regarding system capacity and environmental sustainability abound. Automobiles and transit are related, yet have different challenges, and additional transportation options are needed in order to create a reliable, safe, equitable, accessible, and affordable system (e.g., active transportation options).

- ✓ Improve the range of accessible transportation options. Prioritize investment in parts of the city, such as East Portland, where there are notable deficiencies in active transportation infrastructure.

- ✓ Pursue transportation options that enhance dignity, safety, equity, and respect for all users and modes, from older cyclists to motorists. Consideration of new alternatives (e.g., transportation network companies, rideshare options) should be reviewed with these criteria.



- ✓ Foster the use and availability of alternative transportation options that are community oriented, such as car- and bike-share programs,ⁱⁱ local cooperatives, and programs such as those created as part of the Village movement. Explore the viability of creative and innovative options such as small electric vehicles, electric bicycles, smart technologies (e.g., smart phones), etc.

Action Item 2.4 – Implement Educational Programming: People of all ages can benefit from learning about transportation options, whether they are using them or not.

- ✓ Educate designers, operators, and practitioners about appropriate design, operations, and maintenance of age-friendly transportation options that pertain to transportation and land use.
- ✓ Provide education so that all Portlanders know the rights, responsibilities, and age-friendly transit options in a multi-modal transportation system. ⁱⁱⁱ
- ✓ Encourage families, friends, and health care professionals to learn how and when to intervene when someone is no longer a safe driver, regardless of age.^{iv} This includes courses that lead to improved driving and evaluation processes that reduce collisions and harm to others.



Credit: Ride Connection

Action Area 6: Employment and the Economy

Background: Portlanders of all ages and abilities contribute to Portland’s vibrant economy. In fact, older workers have substantial contributions to offer to employers and have the ability to innovate and become successful entrepreneurs.

Action Item 6.1 – Improve Access to Work Opportunities.: Being an older adult does not equate to not needing to work. The baseline age-friendly study revealed that ageism exists in many work environments in Portland and that many older adults have a great need to earn income.

- ✓ Provide support to older adults who wish to work and/or begin new businesses. Older adults have emerged as leaders in both private and social entrepreneurial activities in the United States.
- ✓ Develop an approach to fostering work for older adults with existing organizations, as well as providing paths to innovative entrepreneurial activities.
- ✓ Document and share best practices with businesses and organizations related to workforce issues such as: .
 - Hiring and retaining older adults
 - Managing a multi-generational workforce
 - Phased retirement
 - Succession planning



Credit: PSU Institute on Aging



Potential Partners: Small Business Development Center, City of Portland Office of Equity and Human Rights, Office of Management and Finance, Portland Business Alliance, Venture Portland, Encore Fellows Program, Small Business Administration, AARP Oregon, Portland Human Resources Management Association, Portland Development Commission, Portland Community College, Multnomah County

Action Item 6.2 – Acknowledge and Minimize Ageism and Educate

Organizations on the Value of Older Workers: Ageism exists for older adults in Portland and must be challenged, along with other “isms,” that are unjust and detrimental to citizens and the economy.

- ✓ Recognize the existence of ageism in the workplace and its effects on people and the work environment
- ✓ Educate organizations on the value of older workers, debunk stereotypes, and challenge ageism

Potential Partners: Elders in Action, Multnomah County, Small Business Development Center, City of Portland Office of Equity and Human Rights, AARP Oregon, Portland Human Resources Management Association

Action Item 6.3 – Attract and Retain Educated, Engaged Older Adults/Residents:

Based on a recent study by PSU faculty^v, Portland attracts and retains highly educated people aged 40 and older more than other similarly-sized metropolitan areas.

- ✓ Continue to carry out age-friendly research, dissemination of findings, and implementation of age-friendly policy and practices.
- ✓ Highlight the value of older adults and develop an engagement strategy.

Potential Partners: PSU Institute on Aging, Elders in Action, Portland Bureau of Planning and Sustainability

Action Item 6.4 – Create an Age-Friendly

Portland that Caters to Visitors: Age-friendly infrastructure is good for the citizens of Portland and also for visitors who come to Portland for work, recreation, or vacation.

- ✓ Promote Portland as a visitor destination for people with disabilities and older adults who may be searching for easy-to-use facilities and welcoming, age-friendly



City of Portland Special Appropriations Grant Progress Report

environments. Learn from other cities (e.g., San Sebastian, Spain) that have taken this approach.

- ✓ Make Portland International Airport more age friendly with respect to the built environment, access to information, and available services.
- ✓ Highlight the value of the purchasing power of older adults to Portland's economy
- ✓ Demonstrate the value proposition of older adults to Portland's economy

Potential Partners: Elders in Action, AARP Oregon, Travel Portland, PSU First Stop Portland, Portland International Airport

Endnotes

ⁱ Source: Metro (2014):2014 Regional Active Transportation Plan. Retrieved from: http://www.oregonmetro.gov/sites/default/files/2014_regional_active_transportation_plan_0.pdf; Image retrieved from: <http://www.bikelansing.org/mmatc>).

ⁱⁱ The Eugene Car Co-op has been called the first car-sharing group in the U.S. Image and reference retrieved from: <http://www.ollswang.com/home/eugene-car-co-op>).

ⁱⁱⁱ Ride Connection's Ride Wise program is one example of an education program for older adults and people with disabilities; the nonprofit agency offers one-on-one and group training. Retrieved from: <http://www.rideconnection.org/ride/Services/RideWise.aspx>.

^{iv} AARP's Driver Safety program is available online and in a classroom setting; founded in 1979, the course is geared toward drivers aged 50 and older. Retrieved from: http://www.aarp.org/home-garden/transportation/driver_safety/.

^v Jurjevich, J., & Schrock, G. (2012). *Is Portland really the place where young people go to retire?* Portland, OR: Portland State University. Retrieved from: <http://mkn.research.pdx.edu/wp-content/uploads/2012/09/JurjevichSchrockMigrationReport1.pdf>.