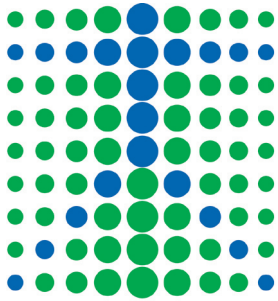


Developing a Livable Kansas City Metro Area for All Ages

Workshop Report Three: The Role of Housing



Partners for Livable
Communities



Advocacy. Action. Answers on Aging.

MetLife Foundation





Through the generous support of MetLife Foundation, the third regional workshop of the Aging in Place Initiative was held in Kansas City, Missouri, on February 4, 2008, at the Kauffman Foundation Conference Center.

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America is aging. Today roughly 37 million Americans age 65 and older represent slightly more than 12 percent of the country's total population. By the year 2030 the number of Americans in this age group will nearly double, accounting for one-fifth of the population. Due to the overwhelming desire of older Americans to age in place in their own homes, communities will face unprecedented challenges to providing the services and infrastructure that this population will demand. Yet, if communities are resourceful, innovative and prudent, these challenges will be eclipsed by the enormous share of social and human capital that will be made available by the largest, healthiest, best-educated and most affluent generation of older adults in American history.

The Aging in Place Initiative was created by Partners for Livable Communities, the National Association of Area Agencies on Aging, and other national civic groups to draw attention to the increasing aging demographic and to share information about how communities can achieve livability for all. With support from MetLife Foundation, the partners have supported the development of practical tools and resources to help communities jumpstart their conversations and take action to address the needs of older adults in their cities and neighborhoods.

Simply put, Aging in Place is growing older without having to move.

Aging in Place is a comprehensive community-driven strategy to give Americans the services, opportunities and infrastructure so that they can grow old with dignity in their own homes while remaining active and engaged members of their communities.

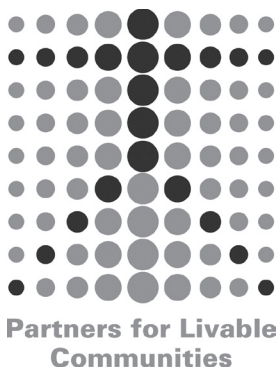
As part of this initiative, the partners supported *The Maturing of America* survey in 2006. This questionnaire found that although many communities have some programs to address the needs of older adults, very few have undertaken a comprehensive assessment of what it would take to make their community livable for all. As a result of these findings, the partners developed a comprehensive resource, *A Blueprint for Action: Developing Livable Communities for All Ages*, to provide communities with a concrete tool to help them plan for the future. The strategies and best practices outlined in the Blueprint can help communities make the incremental changes needed to create livable communities that are good places for the young and old alike.

Now, the initiative is on the road, hosting a series of regional workshops across the country that focus on one particular aspect, or theme, of Aging in Place. It is the goal of each workshop to bring together a diverse group of experts and stakeholders to share ideas and generate a local dialogue about Aging in Place efforts and challenges in the community. To help stimulate innovative ideas and new partnerships, workshop attendees are learning how they can receive small "JumpStart the Conversation" grants to fund their own projects. In addition, the initiative's website, www.aginginplaceinitiative.org, has become an information and resource hub with a listing of past JumpStart grant winners along with best practices and a report from each workshop.

This report documents the Kansas City workshop (the third in the series) that focused on housing. Regardless of whether you attended the workshop, this report provides an in-depth understanding of the housing issues affecting the Kansas City area and is a reflection of the many local and national efforts underway to ensure that older adults of all income levels are given the opportunities to remain in their homes and communities.

Making a community ageless requires the collaboration of numerous players from the public, private and nonprofit sectors. We hope that this report provides you with a better understanding of how Aging in Place can be incorporated into all aspects of community life.

Your national hosts,



Advocacy. Action. Answers on Aging.

MetLife Foundation

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Finding affordable and suitable housing options for older adults is arguably the most critical of Aging in Place issues. Thus, to start a dialogue about the housing challenges that older adults are facing, the Aging in Place Initiative convened, *Housing's Role in the Kansas City Metropolitan Area: Creating a Livable Community for All Ages*, in Kansas City, Missouri, on February 4, 2008, drawing a to-capacity audience of professionals, experts and concerned citizens, all committed to making Kansas City a more livable community for everybody.

Workshop attendees began by hearing from a panel of distinguished local experts representing the government, nonprofit, academic and business communities. Then, participants were divided into small breakout groups where they discussed specific housing concerns and brainstormed about potential solutions and ideas for community action. Finally, each group presented its findings to the entire audience and all participants were invited to vote for the action-step that they deemed most critical (see adjacent box). The workshop was remarkably successful at bringing together a diverse group of stakeholders, eager to share their own perspective on housing issues in Kansas City, and to forge new relationships and collaborations for the benefit of the community.

This report, the third in a series of Aging in Place Initiative workshop reports, documents the event in Kansas City, presenting the issues and efforts unique to the area, along with strategies and practices being implemented across the nation. Because many of Kansas City's housing challenges are similar to, if not the same as, those faced by countless other cities, the solutions and ideas outlined in this report should serve as a resource for civic leaders, policy-makers, and community members everywhere.

To help set the stage for the housing discussion, the following "Backgrounder" section (p. 3) provides demographic and housing-related information for the Kansas City region.

Findings from the workshop and a comprehensive analysis of housing's role in an Aging in Place strategy are found in the section, "Under One Roof: Solutions to the Housing Issues Affecting Older Adults" (p. 5). This section focuses on key housing-related issues and the local and national solutions that are being tried and tested in communities across the country.

Finally, a listing and description of several nationally-recognized housing solutions is found in the "Aging Friendly Innovations: Best Practices" section (p. 14). ◀◀

Key Points

- Older adults are able to age safely and independently in homes that incorporate principles of universal design
- Creative financial options such as reverse mortgages can provide older adults with added income from their home
- Accessory dwelling units, shared housing, and other Aging-in-Place-friendly strategies can benefit older adults if local zoning ordinances permit
- Home and Community Based Services Waiver programs allow federal benefits to be granted to older adults who wish to remain at home

Winning Action Steps from workshop participants

- Civic Engagement; get older adults involved in the process
- Organize neighborhood residents and homeowners' associations
- Make more resources available for home modification
- Build on the existing momentum from the workshop
- Share ideas and create public/private partnerships

Workshop Details

- **What:** A discussion about housing options that allow older adults to live independently as they age
- **When:** February 4, 2008
- **Where:** Kauffman Foundation Conference Center, Kansas City, Missouri
- **Who:** More than 100 community members and stakeholders, and knowledgeable local and national speakers, and panelists

See Appendix, starting on p.19, for the workshop agenda, speaker bios, a complete list of participants, and other helpful resources.

In more ways than one, Kansas City is a large community at a crossroads. Positioned along the Kansas-Missouri state line and at the confluence of the two respective rivers, the city is the most geo-central major market in the nation. Known as the City of Fountains for its more than 200 fountains (second only to Rome), Kansas City's metropolitan area has an estimated population of nearly two million, and is considered to be one of the more affordable markets in the country with a below-average cost of living and average housing prices.

Yet Kansas City is also at a crossroads of a more familiar sort. It is confronting the same demographic onslaught of older adults and baby boomers as other American cities and is being challenged to provide the affordable and suitable housing options that will allow them to age with dignity in their own neighborhoods and communities. The time for action is now, according to a report by the Senior Housing Task Force of Missouri which warns that, "the State of Missouri, county and city government officials, non-profit and faith-based organizations and the private sector must all begin to prepare now for a potential crisis in housing and related services for seniors in the very near future."

While precise figures for the Kansas City metropolitan area can be hard to obtain due to its unique position straddling the border of two states, data about the State of Missouri can still be helpful for understanding the housing issues that exist in a sizeable Midwestern city. In Missouri, the population of adults age 65 and over is expected to rise from about 10 percent in 2007 to 15 percent by the year 2010 and to over 18 percent by 2020. Of the more than two million households in the state, roughly 25 percent already have an occupant over the age of 62, and about 40 percent of those older adult households are considered low income by the State's definition (having an income below 60 percent of the state's median household income).¹

In Missouri, older households are struggling to keep their housing costs under control. Nearly 30 percent of these households (or over 138,000 households) are "housing cost burdened," meaning they pay more than 30 percent of their income on housing. Households that spend 50 percent or more of their income on housing are considered "severely housing cost burdened," a designation which applies to more than ten percent of older adult households in Missouri.²

Maintaining an older home is another issue that affects older adults across the country, and in the Kansas City area³ 40 percent of the nearly two million older adult households were built before the year 1960.⁴ Not being able to afford to retrofit an older home with modern accessibility features is one reason that

Snapshot of a Growing Region at a Crossroads

- The Kansas City metro area has an estimated population of just under two million
- By the year 2020, nearly one in five Missourians will be age 65 or older
- Of the more than two million households in the state, roughly 25 percent have an occupant over the age of 62
- Nearly 30 percent of older adult households in Missouri are "housing cost burdened"
- 40 percent of older adult households in Kansas City were constructed before 1960
- 75 percent of new housing in Kansas City is built for families even though they represent only 25 percent of the new housing market

Backgrounder

some older adults are forced into nursing homes. In Kansas City, the average cost of semiprivate nursing home care was \$132 per day in 2006, or more than \$48,000 annually, which is why the recent report from the Senior Housing Task Force of Missouri has recommended that the state create a tax incentive for low income older adults to make modest home repairs.

In another effort to confront the challenges of a booming older adult population, the State of Missouri produced its first ever *Senior Report* in 2006 to provide policy makers and community leaders with important information about aging issues all across the state. The report was recognized by the U.S. Administration on Aging as a leading state program and in 2007, Missouri again showed its commitment to addressing the issues important to older adults by releasing a second annual *Senior Report* so that policymakers and civic leaders can track trends and evaluate their progress in making Missouri more livable for the young and old alike.

The *Missouri Senior Report 2007* is available for download at www.missouriseniorreport.org ◀◀

Under One Roof: Solutions to the Housing Issues Affecting Older Adults

Keith Diaz Moore has noticed something peculiar about the housing market in Kansas City. As an associate professor at the School of Architecture and Urban Planning at the University of Kansas, Diaz Moore has long studied the intersection of design, aging and culture. At the Kansas City Aging in Place workshop, *Housing's Role in the Kansas City Metropolitan Area: Creating a Livable Community for All Ages*, Diaz Moore told the group of more than 100 audience members that “housing around Kansas City assumes independence and mobility.” It assumes, he explained, that one can drive to the grocery store, drive to the doctor, drive to the pharmacy, and on and on.

His message was clear and one that was echoed by a number of other panelists, speakers and audience members at the day’s event: Housing in Kansas City (like most places in America) has been, and continues to be, designed for the nuclear family of two children, two cars and all the trimmings. Yet, surveys and statistics from communities across America show that the demand for these traditional, family-centered housing models is being dwarfed by the demand for housing that actually meets the needs of older adults. In Kansas City this gap between supply and demand is enormous. Jim Albertson, a real-estate broker and the owner of LifeStyle Properties, LLC, in Leawood, Kansas, informed the workshop that even now in Kansas City, 75 percent of new housing is built for families—families which represent only 25 percent of the market.

Numbers such as these illuminate the housing crisis that is gripping communities across the country: Older adults are not finding the affordable housing options that would allow them to live independently as they age. At the Aging in Place workshop in Kansas City, local experts and community stakeholders made tremendous progress in identifying and addressing the problems and potential solutions to the housing issues in their own backyard and the following pages capture these solutions along with solutions that have been identified by several leading national organizations.

Universal Design

Challenge: Most homes are not designed to accommodate the needs of older adults as they age

Solution: Build or modify homes that adhere to the principles of universal design

With evidence showing that the vast majority of older adults wishes to age in place in their own homes, the first charge is to ensure that homes are designed and built to accommodate their needs. Fortunately, as the country becomes more in tune with the needs of older adults, home-builders are starting to heed the call for housing units that are created with

Welcoming Remarks

Robert McNulty

President
Partners for Livable
Communities

Helen Eltzeroth

Deputy Director
National Association of
Area Agencies on Aging

Keynote Speaker

Sandy Markwood

CEO
National Association of
Area Agencies on Aging

everyone's needs in mind—created with the principles of 'universal design.'

Universal design is a simple concept that is gaining more notoriety. Its American origins date back to the 1950s when a movement emerged to make the built environment 'barrier-free' to provide for the high number of returning disabled veterans. A number of state and federal laws were enacted to make public buildings more accessible and homebuilders anticipated a great demand for barrier-free homes. Nevertheless, the barrier-free movement was not as transformative as many had hoped, largely because its homes were markedly more expensive and considered to be ugly. Their anticipated demand never materialized.

Seven Principles of Universal Design

- Equitable Use
- Flexibility in Use
- Simple and Intuitive
- Perceptible Information
- Tolerance for Error
- Low Physical Effort
- Size and Space for Approach and Use

To learn more visit the Center for Universal Design at www.design.ncsu.edu/cud

Yet, in the last several years, universal design has finally picked up where barrier-free design left off and begun to create homes that meet everyone's needs. The Center for Universal Design was founded at North Carolina State University in 1989 and established seven principles to guide the development of a built environment that can accommodate the needs of the young and old alike. When put into practice, these principles can influence nearly every aspect of home design, from wider doorways and hallways to accommodate wheelchairs, to thresholds that are flush with the floor to reduce the risk of tripping, to installing lever door handles which are easier to use than doorknobs. Most of these design features are easy to implement and create a safer and more accessible home for everyone, not just older adults and those with disabilities.

EasyLiving Homes promotes universal design

EasyLiving Home is a program that certifies newly constructed homes based on principles of universal design. Each EasyLiving home must have a step-free entrance, wide passages through each doorway and at least one bedroom, kitchen and bathroom on the first floor. The EasyLiving Home program was initiated in Georgia through the cooperation of government, the homebuilding industry, and accessibility advocates and has since expanded into several other states.

For more information, visit www.easylivinghome.org

Today, universally designed homes are no longer seen as unattractive or expensive, and as their benefits become more well-known, their demand will continue to rise. The National Association of Home Builders reports that 75 percent of remodelers have seen an increase in requests for Aging in Place work and 60 percent of remodelers have already performed such work.⁵ Reports further indicate that baby boomers in particular are driving the demand for these homes and will make them even more popular in the near future.⁶

Universal design is such a critical element of any Aging in Place housing strategy because having its features in one's home often makes the difference between living independently and having to move. Yet, for the many older adults and the millions of growing-older baby boomers who live in homes that are not universal design friendly, making these modifications can be a costly endeavor—a point emphasized several times at the Kansas City workshop when panelists and participants called for more creative financial options to help older adults achieve and maintain the financial independence that they require.

Supporting Financial Independence

Challenge: Many Americans struggle to maintain their financial independence as they age

Solution: Pursue creative financial options such as reverse mortgages to generate additional income

Ensuring the financial security of older adults is a priority whose purpose extends well beyond housing. Older adults need the financial resources to live comfortably through all their years. In Kansas City, the Aging in Place workshop participants discussed the complexity of how an older adult's home can be her greatest asset, greatest burden or both.

Older adults are considerably more likely to be homeowners (80 percent), rather than renters, and most (68 percent) own their homes free and clear, without mortgage payments.⁷ For these older adults, whose home equity generally rises as they age, their home stands as an enormous asset of which they can take advantage.

One way that most older adults can capitalize on the value of their home is by taking out a reverse mortgage — essentially a loan against one's home that does not need to be paid back as long as the home is occupied by the borrower. In most cases, anyone age 62 and older who owns his own home can qualify for a reverse mortgage, officially known as a Home Equity Conversion Mortgage. These mortgages are insured by the Federal Housing Authority and all offer a variety of options for receiving payments.

In Kansas City, workshop participants were interested in the growing popularity of reverse mortgages as a means for older adults to extract equity from their homes. The popularity of these mortgages has skyrocketed over the last 5 years, from less than 20,000 issued in 2003 to over 100,000 last year, according to the National Reverse Mortgage Lenders Association. Last year alone, growth of these mortgages reached 26 percent and will likely continue to rise.⁸

Although a good bet for many, reverse mortgages are complex and some older adults have reportedly been victimized by deceptive, high-pressure mortgage salespeople.⁹ Thus, those considering a reverse mortgage are encouraged to speak to an independent financial advisor first.

Reverse mortgages are important because they can provide much-needed income for an older adult who may need help with growing medical and caregiving expenses or even to retrofit an older home with universal design elements. In fact, the need for older adults to make capital improvements to their home is often overlooked, even though the median construction year of an older adult's home is 1966, significantly earlier than the median year for all other homeowners.¹⁰

Moderator

Robyne Turner

Director

Cookingham Institute of Urban Affairs,
Henry W. Bloch School of Business and Public Administration,
University of Missouri-Kansas City

Panelists

Jim Albertson

Broker and Owner

LifeStyle Properties, LLC

Clark Byron

Executive Director

Coalition for Independence

Macie L. Houston

Regional Director

Kansas City Regional Office,
U.S. Department of Housing and Urban Development

Keith Diaz Moore

Associate Professor

School of Architecture and Urban Planning,
The University of Kansas

“More than 40 percent of older adults say that they have at least one problem with their home that is in need of physical repair.”

-Sandy Markwood, CEO,
National Association of Area
Agencies on Aging

The Government Role

Challenge: Antiquated zoning policies have limited the ability of older adults to make affordable housing choices

Solution: Change zoning laws to permit accessory dwelling units, shared housing, smaller lot sizes and the offices of service providers in residential neighborhoods

Like all Aging in Place issues, local, federal and state governments each play an important role in providing for older adults so that they can maintain their quality of life. Yet, in several key areas, government policies have served as considerable obstacles to the ability of older adults to age in place. As it relates to housing, zoning is one aspect in which government has typically fallen short in providing for the needs of older adults.

Comprehensive zoning’s most fundamental problem is that over the years its ordinances have increasingly pigeonholed residential development into the single-family housing model. The idea for these measures, which emerged in the early 20th century, was to encourage homeownership in family-only neighborhoods where other more income-productive uses would have likely priced aspiring homeowners out of the market. However, the clarity of these measures is clouded for many reasons, including the ever-dwindling percentage of households that represent the ‘ideal’ family as defined more than 50 years ago. Statistics today show that married couples with children represent less than one quarter of all American households—half the percentage as in the year 1960 and the lowest ever recorded.¹¹

Given statistics such as these, it should be no surprise that Kansas City and other communities across the country are facing such a significant gap between housing supply and demand. There are, however, alternatives to these zoning codes that are more consistent with America’s current demographics and which would provide older adults with more affordable housing choices. One such alternative is to change zoning codes to permit so-called accessory dwelling units. ADUs are private housing units, complete with separate kitchen, sleeping and bathroom facilities in or adjacent to a single-family home. For older adults, these units can be beneficial in many ways. Older homeowners can supplement their monthly income by renting out an ADU, or the unit can be used as a living space for a needed caregiver. Older adults can also become tenants of such units if they wish to downsize their home or move closer to their family.

Although ADUs represent a good solution to some vexing affordable housing issues, they have typically faced intense suspicion from community zoning boards because of the fear that they will attract rowdy college students or unwelcomed strangers into quiet neighborhoods. Such fears can be hard to shed, however when communities become aware of the many benefits of

ADUs, they are eager to give them a chance. In addition to providing extra income to older adult homeowners, ADUs are generally good for the neighborhood and community at large. They provide more affordable housing options without government subsidies, increase property values for entire neighborhoods, and enhance the security and safety of not only older residents but everyone, by having known tenants nearby.

Shared housing is another worthwhile option for older adults that has faced challenges by local zoning boards. For older adults who wish to remain in their neighborhood or community but who can no longer support or afford a large home, shared living can be an attractive option. It can be achieved either by a small group of older adults who decide to live together under one roof, or through local service programs that match homeowners with live-in tenants. This second option has proved successful in several areas across the country, such as Vermont. HomeShare Vermont, based in Burlington, is a screening and matching service for older adults and people with disabilities who are looking for someone to share their home and assist with basic household chores, in exchange for free or reduced rent (see p. 15 for more information).

With any home-sharing arrangement, an older adult benefits by having their housing costs subsidized, and also from the comfort of having a companion

ADUs in Santa Cruz, CA

Facing rising housing costs, the City of Santa Cruz, California developed a program specifically focused on accessory dwelling units. The city made revisions to its zoning ordinances, spearheaded the design of several ADU prototypes, and released an ADU "How To" manual for interested residents.

See p. 14 for more information.

Housing cooperatives offer affordable and friendly housing for older adults

Housing cooperatives (co-ops) are neither a new or novel housing strategy but they do offer much in the way of an affordable housing option for residents of all ages. A cooperative is essentially a corporation which owns the land and buildings that provide the housing to residents who each own shares in the co-op. Cooperatives can govern townhomes, small or large apartment buildings, student housing, mobile home parks and even single-family homes. They are generally administered by a board made up of residents and are thus able to keep housing prices affordable by restricting the re-sale price of co-op shares.

Furthermore, the co-op's governing structure gives it the advantage of being able to create supportive service programs for the benefit of older residents. Many co-ops have experimented with formal and informal support programs, in many cases partnering with community organizations and local care providers, to help older residents age in place.

America's very first co-op, the 7500 York Cooperative in Edina, Minnesota remains a leading model for how co-ops can serve their residents, particularly older adults. Recognizing that many residents had hired private aides to assist with shopping, housekeeping and other day-to-day tasks, the co-op decided to provide on-site space for a home health care agency. As a result, residents are now able to schedule services from the agency in shorter time blocks, making them more affordable for residents and more efficient for the agency. The agency is also able to serve other older adults in the neighborhood through its office in the York Cooperative.

This is just one example of the type of impact that a cooperative can have. Other co-ops have acted to compliment their community's aging support services by offering educational and cultural programs, group recreational opportunities, financial management counseling, and more.

For more information about the 7500 York Cooperative, visit www.fairviewebenezer.org/Housing/c_118184.asp

nearby to help out when needed. However, these arrangements can be challenged by local zoning laws that restrict the number of unrelated persons who can occupy a single home. Although these ordinances are not without purpose, communities ought to take steps to accommodate and encourage shared housing for older adults.

Yet one more housing policy change that city governments can make to benefit older adults is relatively simple: allow new homes to be constructed on smaller lot sizes. Jim Albertson, a realtor in the Kansas City metro area and a panelist at the workshop explained that many municipalities have an incentive to encourage the development of large-scale, luxury homes because of the tax base that they will yield. However, allowing new homes to be built on smaller lots with smaller yards will encourage the development of affordable, independent housing for older adults who wish to downsize their homes but remain in the community. And like every other Aging in Place solution, these changes benefit the community at large, not just older adults, by creating more affordable housing choices without government subsidies.

Meeting the needs of older adults in their own neighborhoods: The NORC model

One of the effects of America's stark demographic shift is that many of the neighborhoods and apartment complexes that once housed families of all shapes and sizes are now dominated by older tenants. These unique communities have come to be known as NORCs—naturally occurring retirement communities. Because NORCs were not designed exclusively as housing for the older adult population, they often lack the ease of access to affordable services and transportation that the residents now require.

While there are several definitions to determine whether a given community is or is not a proper NORC, they can be thought of as a neighborhood or apartment complex where at least 50 percent of the residents are above the age of 60.

NORCs have recently emerged as a subject of much study because they provide an opportunity for a concentrated number of older adults to age in place, in their own homes, if the supportive services that they require are made available in their neighborhood. These services are best provided through partnership programs between the housing entity or neighborhood group, health care providers, and in some cases, government agencies or philanthropic organizations.

New York State provides partnership funding for a number of NORC supportive service programs because of the many benefits they provide to the community. A NORC program allows residents to receive flexible health care and social services in their homes so that they can avoid, or at least postpone, being placed in nursing homes. Furthermore, NORC programs can easily be expanded to offer educational and cultural opportunities, thus fostering a positive sense of community for all residents.

More information about NORCs and a listing of additional resources can be found here, www.albany.edu/aging/norc.htm

The final measure that local governments can take to assist older adults who wish to age in place is to permit the integration of service providers in residential areas where they would benefit an older adult population. Across the country, zoning ordinances generally limit the integration of commercial enterprises in traditionally residential areas in the interest of preserving the quintessential quiet, single-family neighborhood. Though well intentioned, the problem with these ordinances was broached by Sandy Markwood, CEO of the National Association of Area Agencies on Aging, who addressed the Kansas City workshop. Markwood pointed to a neighborhood in Arlington, Virginia, with a high concentration of older adults that wanted a local service agency to occupy a nearby home to provide easier access to the services and benefits that they could provide. Unfortunately, this agency was not allowed to open shop in the neighborhood because of the zoning ordinances in place.

Communities will be strained to provide older adults with the services they require as America's demographic makeup continues to shift. While improving the transportation options for older adults is often seen as crucial to this endeavor, modifying zoning laws to allow the services to be placed closer to their beneficiaries is an approach that communities would be wise to consider.

Making Medicare/Medicaid an Aging in Place Solution

Challenge: Medicare and Medicaid policies limit the ability of older adults to age in place

Solution: Change state and federal policies to allow federal benefits to be delivered outside of an institutional setting

Establish aging resource centers where older adults and their families can learn about the options available to them

It cannot be emphasized enough that a successful Aging in Place strategy must look after older adults of all income levels and physical capabilities. In this regard, there is one considerable obstacle created by the federal government that stands in the way of care-dependent older adults from remaining in their own homes as they age. Millions of older and disabled Americans rely on receiving Medicare and Medicaid dollars to get high quality care when they are in need, however most of these dollars are tied to particular facilities, licensed to provide a specific and singular level of care. This means that the older individuals who rely on federal assistance are being forced to pick up and move from one facility to another (e.g. from a HUD affordable housing unit, to an assisted living center, to a skilled nursing facility), at the moment when they are most vulnerable. Moreover, most of these facilities have strict rules which prohibit spouses from living together if only one of them qualifies to receive care.

Shawnee, Kansas, works with developers to craft 'senior-friendly' housing codes

The City of Shawnee, Kansas, works with developers to address the serious housing issues faced by older adults in the community. Shawnee is the only city in the metropolitan Kansas City area that allows smaller lots (5,000 square feet instead of 8,000) for single-family homes as well as reduced setbacks, measures which together allow for the construction of more affordable and Aging-in-Place-friendly homes for families and adults of all ages.

States that spend the highest percentage of Medicaid dollars on Home and Community Based Services (HCBS)¹⁵

Oregon	70%
New Mexico	67%
Alaska	63%
Vermont	60%
Minnesota	59%
Washington	58%
Wyoming	54%
California	53%
Kansas	50%
Maine	49%

States that spend the lowest percentage on HCBS

Mississippi	13%
District of Columbia	16%
North Dakota	23%
Ohio	23%
Georgia	23%
Indiana	24%
Pennsylvania	24%
Tennessee	25%
Alabama	26%
Florida	27%

Texas reduces Medicaid expenses with “Money Follows the Person”

Texas is one of a number of states that is taking advantage of a grant program from the Centers for Medicaid and Medicare Services (CMS) called ‘Money Follows the Person’ which assists states in changing their long-term care support systems so that individuals can choose to leave an institution and still receive public monies in a more integrated setting. In transitioning thousands of individuals out of nursing homes, Texas is proving that such care is not only possible, but costs about half as much.

Fortunately there is another way for older adults to receive federal benefits outside of an institutional setting that is gaining popularity. Many states are offering Home and Community Based Services (HCBS) through a Medicaid waiver program which makes more Medicaid dollars available for individuals who choose to stay at home. Not surprisingly, the choice to receive care outside of a nursing home or an institution is vastly preferred among older adults in need, however most institutionalized older adults are unaware that they have other options. A 2006 survey by the Department of Health and Human Services (HHS) revealed that seven out of 10 nursing home residents thought there were no other options for government subsidized care in their area.¹²

Given this, what’s even more surprising is that the evidence is overwhelming that HCBS programs save states billions of dollars in Medicaid expenses. According to AARP, Medicaid nursing facility care costs more than twice as much as HCBS.¹³ As state governments and the public learn more about the benefits of HCBS care, more resources are being shifted in their direction and more older adults are allowed to age in place, in their own homes or in the care of a loved-one. Even though figures indicate that the proportion of long-term care provided by nursing homes has decreased in recent years and that HHS provided \$1.75 billion in Medicaid incentives for states to increase their HCBS offerings, there is still a long way to go. Only ten states spend 50 percent or more of their Medicaid funds on HCBS with the average state spending 37 percent (see spending figures on this page).

In many states, a related challenge is making sure that older adults are informed of the many options they have as they navigate through the complex and often confusing long-term care systems. For this reason, HHS has launched a grant program to establish Aging and Disability Resource Centers (ADRC), one stop shops for individuals of all income levels to receive information about the range of long-term support options. The number of these centers has grown over the last several years and they are now found in 43 states, serving nearly 30 percent of the U.S. population. Working in tandem with local Area Agencies on Aging and programs such as Money Follows the Person, these Centers are proving critical in allowing older adults to receive care in the comforts of their own community, outside of institutional settings.¹⁴

At the end of the Aging in Place workshop in Kansas City, participants were asked to vote for the solutions that they believed were most important for tackling the housing issues in their area. Overwhelmingly, the group determined that involving older adults in the civic process and organizing neighborhood residents and homeowners' associations were the most crucial tasks for moving the Aging in Place agenda forward in Kansas City. This point can often be overlooked especially as it relates to housing in which the tendency is to focus on policies, programs and funding sources.

Nevertheless, the audience's call is critical because it lies behind each and every Aging in Place housing issue. More efforts need to be made to educate older adults and to bring them into the process so that they can help determine whether their community will be livable or not. By the same token, older adults need to voice their support for the changes that need to be made. They must lobby for accessory dwelling units, new zoning ordinances and affordable housing.

Kansas City, like most places in America, has a long way to go towards creating a community where older adults are organized and involved in the civic process. Nonetheless, the future looks bright, in part because of the commitment of organizations such as the Shepherd's Center of America, based in Kansas City, whose mission is to empower older adults to use their wisdom and experience to benefit their community (see p. 17). The Shepherd's Center is an important organization and a reminder that it takes everybody, including older adults, to plan for, design, build, and provide for a livable community for all ages. ◀◀

Aging Friendly Innovations: Best Practices

The following are initiatives and programs, within and beyond the Kansas City area, that are helping older adults live independently in their own communities.

Accessory Dwelling Unit Development Program

Santa Cruz, CA

For some time now, the City of Santa Cruz, California, has endured being one of the most expensive housing markets in the U.S. With less than seven percent of residents easily able to afford to buy a median-priced home in the community, the city was having trouble retaining teachers, firefighters and service workers and it decided to act. In 2003, city officials created the Accessory Dwelling Unit (ADU) Development Program to make it easier for homeowners to create a separate housing unit attached or adjacent to their home.

There are more than 18,000 single family lots in Santa Cruz and the city believed that through more development of ADUs, the community could minimize the impact of population growth and also help homeowners supplement their mortgage payments. In addition, city officials identified ADUs as a way to provide more rental housing in the core of the city, and to foster the use of public transportation.

As part of the ADU Development Program, the city revised several zoning ordinances and released an ADU “How To” manual featuring a number of ADU prototype designs. The City also sponsors an ADU loan program which offers loans of up to \$100,000 through the Santa Cruz Community Credit Union. In its first year alone, 35 ADUs were constructed and the program has since received several distinctions from organizations such as the Environmental Protection Agency, the American Planning Association and others.

To learn more, visit www.ci.santa-cruz.ca.us/pl/hcd/ADU/adu.html

Coalition for Independence

Kansas City, MO

The Coalition for Independence (CFI) is the local Center for Independent Living (CIL) for metropolitan Kansas City. CILs are mandated by the Department of Education under the Rehabilitation Act of 1978 to help people with disabilities live as independently as possible. There are approximately 600 CILs in the United States and they are all private, nonprofit organizations with local governance.

In Kansas City, the Coalition for Independence offers a number of programs, services and advocacy activities for people of any age including peer support groups, independent life skills training, and case management services. CFI also has the largest Assistive Technology department in the region which can supply a host of devices and equipment to help people live and work more independently. Wheelchairs, crutches, shower chairs and other equipment can also be purchased at a modest cost through CFI’s Assistive Technology program.

To learn more, visit www.cfi-kc.org

HomeShare Vermont*Burlington, VT*

HomeShare Vermont has been helping older adults and those with disabilities in the Champlain Valley of Vermont remain in their homes for more than 25 years. The program offers three types of services: homesharing, live-in caregiving, and hourly caregiving.

Homesharing is an arrangement in which typically a student or someone who works outside of the home is matched with an older adult who wants extra help with chores or simply the comfort of having someone living nearby. Homesharers can either work a certain number of hours per week (doing chores, shopping, cooking, etc.) in exchange for free rent, or they can work less and pay reduced rent. The caregiving services of HomeShare Vermont likewise arrange non-medical caregivers to either live-in with older adults or come to the home for a certain number of hours.

Each person who applies with HomeShare Vermont must pass a multi-step screening process and go through a two-week trial period before the match is finalized. In the last year, HomeShare Vermont arranged 150 successful matches.

To learn more, visit www.homesharevermont.org

Lapham Park Venture*Milwaukee, WI*

Lapham Park is a public housing complex in Milwaukee with a high proportion of older and low-income residents. In 1993, a diverse group of public and private partners, including the city Housing Authority, Service Empowerment Transformation (S.E.T.) Ministry, the Lapham Park Residents Organization, and the Milwaukee County Department on Aging formed the Lapham Park Venture to develop a model of continuing care that would enable residents to age in the community. Many organizations had provided care at the Lapham, but because they did not coordinate with one another, services were fragmented, expensive and inefficient.

S.E.T. Ministry conducted a series of focus groups with residents, which revealed that on-site medical care was one of the highest priorities. In response, the partners worked together to fund and build a clinic providing routine medical assistance as well as other services including prescription refills, physical therapy, dental care, hospice care, and home health care.

The partnership created a pool of more than 20 providers and 200 specialists to whom residents are referred based on assessments by S.E.T. Ministry staff, a social worker, and a resident nurse. The partnership also secured Medicaid waivers from the state to serve the 43 residents in need of assisted living. As a result, the Venture has reduced Medicaid nursing home costs by an estimated \$1 million a year.

For more information, visit: www.hacm.org/programs/lapham_park_venture.htm

Money Follows the Person Program

Texas

Money Follows the Person (MFP) is a grant program of the Centers for Medicare and Medicaid Services (CMS). Since 2001, when the program began, the State of Texas has emerged as a model for how older adults can receive quality care at home, while reducing state health care expenditures. Older adults who were once required to live in nursing homes and other institutions to qualify for government benefits can now receive those benefits at their homes, or in a more integrated setting of their choice. According to a report from The Urban Institute, “Texas’s experience with the... initiative demonstrates that a MFP component can be incorporated relatively easily into an existing Medicaid long-term care program.”¹⁶

The Texas program benefitted from a state legislature that was willing to give it a chance and the results are clear. Since 2001, more than 12,000 people have been transitioned out of nursing homes and back into their communities.

CMS is expanding the Money Follows the Person program based on the successes in Texas and other states, awarding more than \$1 billion to 31 states who have together proposed transitioning more than 37,000 people over the coming years.

Rebuilding Together

Nationwide

Rebuilding Together is a national nonprofit whose mission is to preserve affordable housing in America by mobilizing volunteers to modify and repair the homes of low-income and older residents. The organization, based in Washington, DC, began in 1988 and has since spread to 225 affiliates serving more than 955 communities.

Rebuilding Together focuses on four national initiatives: Veterans Housing, Disaster Recovery and Reconstruction, Safe and Healthy Homes, and its signature event, National Rebuilding Day. Each April, as part of National Rebuilding Day, Rebuilding Together affiliates across the country repair and refurbish the homes of the low income and older adults in their community at no cost.

To learn more, visit www.rebuildingtogether.org

Shepherd’s Centers of America

Kansas City, MO

Shepherd’s Centers of America was one of the most forward-thinking organizations devoted to older adults when it was founded in 1975 in Kansas City. Today it has grown into a national network of over 75 interfaith community-based organizations in 21 states. The goal of each center is to empower older adults to use their wisdom and skills to better their community, and also to provide important services and opportunities to the older adult population.

Local faith congregations donate office space to Shepherd’s Centers across the country so that they can provide health enhancement, lifelong learning, and cultural enrichment opportunities

for older adults in the area. Under this arrangement, Shepherd's Centers are able to engage volunteers from the congregations to become leaders in the organization's activities. As the headquarters of Shepherd's Centers of America, Kansas City is fortunate to have numerous, active centers which serve thousands of older adults in and around the city.

To learn more, visit www.shepherdcenters.org.

Universal Design Housing Network of the Coalition for Independence

Kansas City, MO

One program of the Coalition for Independence in Kansas City that deserves special attention is the Universal Design Housing Network (UDHN), whose mission is to provide education and advocacy for universal design. UDHN continues to make a name for itself in the Kansas City area among builders, citizens, governments and community groups by helping to lead the conversation about the importance of universal design.

As discussed in this report, fitting a home with universal design features often makes the difference between an older adult being able to age in place, or having to move. It also makes a home safer and easier to live in for everybody. UDHN has been making this case for more than 10 years in Kansas City and with more and more builders incorporating universal design elements in newly-constructed homes, its impact cannot be ignored.

To learn more, visit www.udhn.org

Visitability Standards in Atlanta Housing

Atlanta, GA

In 1992, Atlanta became the first U.S. city to enact a visitability ordinance for new homes constructed with any type of city subsidy. The ordinance was championed by Concrete Change, a leading advocacy group for people with disabilities. It requires basic visitability features, such as one flat or sloped entrance, doors at least 32 inches wide, wall switches and outlets at reachable heights, and reinforced bathroom walls to allow for installation of grab bars. These features have virtually no additional construction costs and have no impact on the aesthetics of the home.

Since then more than 600 visitable homes have been constructed in Atlanta and its ordinance has influenced other cities across the country. Austin, Texas; Urbana, Illinois; Long Beach, California; and Pima County, Arizona have all adopted visitability laws and many more are in consideration. ◀◀

Appendix: Workshop Agenda

Housing's Role in the Kansas City Metropolitan Area: Creating a Livable Community for All Ages

February 4, 2008

9:30 a.m. to 1:30 p.m.

Kauffman Foundation Conference Center

- 9:30 a.m. Welcoming Remarks and Introductions**
- 9:40 a.m. Creating Livable Communities for All Ages: National Perspective**
• Robert McNulty, President, Partners for Livable Communities
• Helen Eltzeroth, Deputy Director, National Association of Area Agencies on Aging
- 9:50 a.m. The Critical Role Of Housing in Creating Livable Communities for All Ages**
• Sandy Markwood, CEO, National Association of Area Agencies on Aging
- 10:20 a.m. The Experts Perspective: Key Issues Affecting Housing in the Kansas City Metro Area**
Moderator: Robyne Turner, Director, Cookingham Institute of Urban Affairs, Henry W. Bloch School of Business and Public Administration, University of Missouri-Kansas City
- Jim Albertson, Broker and Owner, LifeStyle Properties, LLC
 - Clark Byron, Executive Director, Coalition for Independence
 - Macie L. Houston, Regional Director, Kansas City Regional Office, U.S. Department of Housing and Urban Development
 - Keith Diaz Moore, Associate Professor, School of Architecture and Urban Planning, The University of Kansas
- 11:00 a.m. Facilitated Panel Discussion: Major Issues Affecting Housing and Major Themes Identified**
- 11:30 p.m. Small Group Breakout Discussion on the Major Themes Identified: Challenges and Solutions**
- 12:00 p.m. Report Back**
- 12:30 p.m. Next Steps**
- 12:45 p.m. “JumpStart The Conversation” Grant Overview and Wrap-up**
- 1:00 p.m. Lunch**

Appendix: Speaker Bios



Jim Albertson

Broker & Owner,
LifeStyle Properties, LLC, &
Lifestyle Homebuilders, LLC

Jim Albertson's career spans nearly 30-years and includes experience as a top-volume commercial real estate broker, corporate real estate executive, and a successful new home development, sales and marketing specialist. He founded LifeStyle Properties in 2004 and holds a real estate brokers license in Kansas and Missouri. Mr. Albertson is heavily involved in the active adult segment of the new home industry and serves as chair of the Home Builders Association (HBA) of Greater Kansas City's newly formed 50+ Housing Council. He was honored with the 2007 President's Membership Award for his commitment to the HBA and its activities. In 2006, Mr. Albertson formed Lifestyle Homebuilders, a residential construction firm specializing in the active adult market. The firm utilizes universal design in its homes. Mr. Albertson has a Certified-Aging-in-Place Specialist designation from the National Association of Home Builders. He recently attended the Universal Design Conference, presented by the Missouri Statewide Independent Living Council, and he is active in the Universal Design Housing Network. Mr. Albertson was the first person in the Kansas City to receive his Certified Active Adult Senior Housing designation. He has a B.S. in business from Emporia State University.

LifeStyle Properties is a full-service real estate company licensed in Kansas and Missouri. The firm provides both residential and commercial real estate brokerage services including the sale and marketing of new residential construction and new home communities and buyer representation for new construction.

For more information on LifeStyle Properties visit <http://lifestyleproperties.net/>



Clark Byron

Executive Director & CEO,
Coalition for Independence

Clark Byron, for the last four years, has served as the executive director and CEO of the Coalition for Independence, a Center for Independent Living (CIL) serving persons with disabilities in metropolitan Kansas City in their efforts to live independently. He has more than 20 years of experience in nonprofit management that includes executive leadership, program management, fund development, community relations, leadership training and consulting, and board service. A former pastor and clinical health care chaplain, Dr. Byron holds a Doctor of Ministry degree, a Master of Arts in pastoral ministry and various professional certifications.

Coalition for Independence (CFI) facilitates positive and responsible independence for all people with disabilities by acting as an advocate for individuals with disabilities, providing services, and promoting accessibility and acceptance. CFI is a Center for Independent Living (CIL) as mandated by the Rehabilitation Act of 1973, U.S. Department of Education. CILs provide a wide array programs and advocacy activities that serve persons of every age, disability and limitation to foster personal independence and safeguard personal choice. This includes America's ever-expanding aging population.

For more information on Coalition for Independence, <http://www.cfi-kc.org/>

Keith Diaz Moore, Ph.D., AIA, is an associate professor of Architecture and chair of the Architecture Program in the School of Architecture and Urban Design at the University of Kansas. He is also an associate faculty member of the Gerontology Center. Dr. Diaz Moore's scholarly activities have focused on the nexus between culture and design, with a specialty in the area of environmental design for the elderly experiencing dementia. He has garnered more than \$350,000 in external research grants and has been able to engage regional leaders in health care design, resulting in both economic and social capital gains. His leadership in this area has been recognized by his election as chair of the Environmental Design Research Association, the leading international, interdisciplinary organization for researchers and practitioners interested in the person-environment relationship. Dr. Diaz Moore is a member of the National Adult Day Service Foundation board of trustees. He has a Ph.D. in architecture from the University of Wisconsin, a Master of Architecture from the University of Minnesota, and a B.S. in architectural studies from the University of Illinois.

University of Kansas Gerontology Center

The University of Kansas Gerontology Center was established by the Kansas Board of Regents in 1977. Its mission is to engage in research, education, and service in the field of aging. The Center aims to: promote and conduct applied and basic research on issues of aging; develop and administer a multi-disciplinary program of education for students, practitioners, and researchers in the field of aging; and assist in the development and evaluation of programs and policies addressing the needs of elders.

For more information on the Gerontology Center visit <http://www2.ku.edu/~kugeron/>

Helen Eltzeroth is the deputy director of programs and communications for the National Association of Area Agencies on Aging (n4a). Ms. Eltzeroth joined n4a in October 2004 and brings with her a background in business and human services. She has worked at Fannie Mae and Ameribanc. She is as co-founder and owner of a consulting firm, Elm Hill Associates. Prior to joining n4a, Ms. Eltzeroth served as a project manager for the AARP Foundation and has held various other human services positions, including working at the Rehabilitation Research Training Center, Virginia Commonwealth University, the National Center for Seniors' Housing Research at the NAHB Research Center, and the Loudoun County Area Agency on Aging. Ms. Eltzeroth coordinates all activities associated with n4a grant and program initiatives. This includes grant reporting and accountability and new program development and outreach. Developing effective and consistent n4a internal and external communications is an important part of her responsibilities. She has a M.S. in gerontology from Virginia Commonwealth University and a B.S. in education from Indiana University.

The National Association of Area Agencies on Aging (n4a) is the umbrella organization for the 655 area agencies on aging (AAAs) and more than 230 Title



Keith Diaz Moore

Associate Professor & Chair,
School of Architecture and
Urban Planning, The University
of Kansas

Helen Eltzeroth

Deputy Director,
National Association of Area
Agencies on Aging

Appendix: Speaker Bios

VI Native American aging programs in the U.S. Through its presence in Washington, D.C., n4a advocates on behalf of the local aging agencies to ensure that needed resources and support services are available to older Americans. The fundamental mission of the AAAs and Title VI programs is to provide services which make it possible for older individuals to remain in their home, thereby preserving their independence and dignity.

For more information on n4a visit <http://www.n4a.org/>



Macie L. Houston
Regional Director
U.S. Department of Housing &
Urban Development,
Region VII

Macie L. Houston is the regional director for the Department of Housing and Urban Development, Region VII, which includes four states: Iowa, Kansas, Missouri and Nebraska. In this position, Ms. Houston serves as HUD's liaison to mayors, city managers, elected representatives, state and local officials, Congressional delegations, and business and community stakeholders. She oversees the delivery of HUD programs and services to communities, and evaluates their efficiency and effectiveness.

Prior to her appointment with HUD, Ms. Houston served as the regional director for Kansas Senator Sam Brownback. She also organized and managed special projects such as the historic Underground Railroad movement in Kansas and the Kansas U.S. Ambassador's Tour. Ms. Houston serves on the board for Emmanuel Temple Church. Throughout her career she has held leadership roles in many community organizations including serving on the Greater Kansas City Federal Executive Board, Board of Trustees for St. Mary University, Outreach Ministries and the Territorial Kansas Heritage Alliance Board. Most recently she was selected by the Kansas City Kansas Public Schools to receive the "2005 Reasons to Believe Award," and as the "2006 Christian Woman of the Year." Ms. Houston holds a B.S. in business administration from Saint Mary's University and has studied for a Master's Degree in public administration.

U.S. Department of Housing & Urban Development aims is to increase homeownership, support community development and increase access to affordable housing free from discrimination. To fulfill this mission, HUD embraces high standards of ethics, management and accountability and forge new partnerships—particularly with faith-based and community organizations—that leverage resources and improve HUD's ability to be effective on the community level.

For more information on HUD visit <http://www.hud.gov/>

Sandy Markwood
Chief Executive Officer,
National Association of Area
Agencies on Aging

Sandy Markwood, chief executive officer of the National Association of Area Agencies on Aging, has 25 years of experience in the development and delivery of aging, health, human services, housing and transportation programs in counties and cities across the nation. Prior to coming to n4a in January 2002, Ms. Markwood served as the deputy director of county services at the National

Association of Counties, where she took a lead role in research, training, conference planning, program development, technical assistance and grants management.

Ms. Markwood is responsible for n4a's overall management. She sets strategic direction for the staff, oversees the implementation of all policy, grassroots advocacy, membership and program initiatives. She also leads n4a's fundraising efforts and engages corporate sponsors to support critical initiatives, including an aging awards/best practices program and the planned creation of a Leadership Institute for Area Agency on Aging staff. Externally, Ms. Markwood forms strategic partnerships with federal agencies and organizations in aging, human service and health care arenas to enhance the role and recognition of Area Agencies on Aging and Title VI programs. She has a Master's and Bachelor's degree from the University of Virginia.

Robert McNulty, for more than 30 years, has thrown his skills and energies into civic invention, arts and creativity, and agendas of social inclusion to benefit the communities of America. A coalition builder par excellence, he formed Partners for Livable Places — now known as Partners for Livable Communities — in 1975, the first organization of its type in American history. Immediately prior to founding Partners in 1975, Mr. McNulty served as assistant director of the Architectural and Design program of the National Endowment for the Arts, providing small grants to start-up community-oriented arts efforts across the nation. Earlier, he was a research assistant to the director of the Smithsonian's National Museum of American History and an environmental advisor at the General Services Administration. Mr. McNulty is widely traveled, having engaged in projects or offered counsel in over 300 communities in America, in addition to extensive foreign travel including some 100 countries around the world. His interests range from an Aging in Place program of Partners to serving as a facilitator to interact between racially divided communities. Over the last decades he has also written articles on urban strategies for publications ranging from the Washington Post and Christian Science Monitor to the Atlanta Magazine and California Monthly Magazine.

Partners for Livable Communities (Partners) is a non-profit leadership organization working to improve the livability of communities by promoting quality of life, economic development, and social equity. Since its founding in 1977, Partners has helped communities set a common vision for the future, discover and use new resources for community and economic development, and build public/private coalitions to further their goals.

For more information on Partners for Livable Communities visit www.livable.com



Robert McNulty
President,
Partners for Livable
Communities

Appendix: Speaker Bios



Robyne Turner

Director,
L.P. Cookingham Institute of
Urban Affairs, Henry W. Bloch
School of Business and Public
Administration, University of
Missouri-Kansas City

Robyne Turner, Ph.D., has served as the Schutte/Missouri Professor of Urban Affairs at the University of Missouri-Kansas City since 2002. She also serves as the director of the Cookingham Institute of Urban Affairs and is former chair of the Department of Public Affairs. Prior to arriving at UMKC, she was a professor of political science at Florida Atlantic University.

She has extensive experience working with community groups and local governments on the issues of housing and community development, including facilitating the City Manager’s Housing Task Force in Kansas City and working on issues of targeting public resources for housing and neighborhood improvement. Her teaching and research interests include graduate courses in urban administration, housing policy and production, and urban economic development. Most recently she oversaw a successful two-year HUD grant on “Community Development Work Study” for graduate students in the MPA program. Her most important contribution is building partnerships between the University and the urban community to develop lasting public policy solutions to improve urban conditions.

Dr. Turner serves on the board of directors of Ivanhoe Neighborhood Council and its newly formed affiliate CDC, Ivanhome, which seeks to provide housing options for aging in place in this urban core community. She also serves as chair of Simply Equine Assisted Therapy, Inc., an equestrian program that serves inner-city kids with behavioral therapy. She has a Ph.D., a M.A. and a B.A., all in political science, and a MA certificate in public administration, all from the University of Florida.

The L.P. Cookingham Institute promotes community building and development as a means to contribute to urban area revitalization through scholarship, practice and community engagement. The Institute is part of the Department of Public Affairs at UMKC’s Bloch School of Business and Public Administration. The Master of Public Administration (MPA) degree offered by the Bloch School is one of the oldest public administration degree programs in the country.

For more information on the L.P. Cookingham Institute visit <http://www.bloch.umkc.edu/centers-institutes/lpcookingham/index.aspx>

Appendix: Workshop Participants

Jim Albertson
LifeStyle Properties

Charlotte Ament
Westport Cooperative
Services

Forestine Beasley
Public Improvements
Advisory Committee

Gail Benne

Bill Bergosh
John Knox Village Foundation

Jody Boyer
LogistiCare

Cathy Boyer-Shesol
Jewish Heritage Foundation

Peggy Brotherton-Ford
InnerLight, Inc.

Thomas Brown
TJB Foundation

Janet Brown Moss
BridgeWorks

Katherine Burr
City of Liberty

Clark Byron
Coalition for Independence

Lynda Callon
Westside CAN Center

Debra Campbell
Student

John Carey
Kansas City Hospice

Connie Cargin
Kingswood Senior Living
Community

Renee Carlson
Westport Cooperative
Services

John Carney
Center for Practical Bioethics

Devan Case
Pendulum Studio

James Cianciaruso
Northland Neighborhoods,
Inc.

Diane Clark
Landon Center on Aging

Elbert Cole
Nettleton

James Cook
Missouri Institute of Mental
Health

Steve Coon
Rapid Built

Stacy Copeland
Johnson County Housing
Services

Jim Courtney
Mr. Goodcents Foundation

Barbara Courtney
Reconciliation Services

Pat Cundiff
United Way of Greater Kansas
City

Jackie Curry
Truman Medical Center Older
Adult Services

Mary Deacy
Summit Architecture, P.C.

Keith Diaz Moore
University of Kansas

Chandra Edwards
United Way of Wyandotte
County

Helen Eltzeroth
National Association of Area
Agencies on Aging

Ellen Ervin
HomeSharing

Joyce Esteban
Foundation on Aging

Daniel Fernandez
City of Liberty

Kenneth Ford
InnerLight, Inc.

Bill Foreman

Krissy Garrett
Your Décor

Carla Gentry
Ruskin Heights Presbyterian
Church

Karen Gettinger
United Way of Greater Kansas
City

John Gingerich

Martin Goedken
Catholic Charities of Kansas
City-St. Joseph

Don Goldman
Jewish Family Services

Jaime Guillen
Office of Theresa Garza Ruiz,
Jackson County Legislator

John Gulick
Missouri Dept. of Health and
Senior Services

Isabelle Harris
Governor's Council on
Disability

Chris Helmer
City Of Gladstone

Dawn Herbet
Jewish Family Services

Barbara Hildner
HomeSharing

Karen Hostetler
Shepherd's Center of Kansas
City

Macie Houston
U.S. Department of Housing
and Urban Development

Sharon Hunt
Center for Practical Bioethics

Mark Irvin
KC MASS Services

Sharon Irvin
KC MASS Services

Earl Isaac
Metro Lutheran Ministry

Carrie Jacobs
LifestyleRetirementCoach.
com

Robert Jameson
Jameson and Associates
Program Evaluation, LLC

Ruth Jones
Wyandotte/Leavenworth Area
Agency on Aging

Vicki Keller
Missouri Department of
Health and Senior Services

Richard King
City of Gladstone

Russell Koff
Partners for Livable
Communities

Sara Kurtz
Daughters & Company

Christy Lane
Johnson County Transit

KJ Langlais
Johnson County Nursing
Center & GERTI

Jay Leak
Johnson County Area Agency
on Aging

Andrea Leavitt
Daughters & Company

Rae Lewis
Missouri Gas Energy

Cindy Leyland
Center for Practical Bioethics

Paul Lillig
Picaso Design/Build

Carol Lovett
Clay County Public Health
Center

Jessie Lusher
Jewish Family Services

Jim MacDonald
United Way of Greater Kansas
City

Appendix: Workshop Participants

Mary Mahoney

The Whole Person, Inc

Ray Makalous

Kaw Prairie Church

Sandy Markwood

National Association of Area Agencies on Aging

Sue McCord-Belzer

Jewish Heritage Foundation

Mitzi McFatrach

Kansas Advocates for Better Care

Anna Margaret McGuire

City of Liberty, Missouri

Robert McNulty

Partners for Livable Communities

Melinda Mehaffy

City of Gladstone, Missouri

Gene Meyer

The Kansas City Star

Amy Mocker

City of Olathe Housing Authority

John Monroe

Housing Authority of Kansas City, Missouri

Jacquelyn Moore

Mid-America Regional Council

Kathleen Morrow**Bev Mosnick**

Division of Senior and Disability Services

Renea Nash

City of Kansas City, Missouri

Stewart Nelson

Mid-America Regional Council

Michele Ohmes

Michele & Associates

Debbie Pappas

Johnson County Nursing Center

Blaire Pilkington

Affordable Equity Partners

Amanda Porter

Jewish Family Services

Jennifer Presberry

Northland Neighborhoods, Inc.

Susan Provines

Susan Provines Interiors

John Pyle

Universal Design Housing Network

Kathleen Ramsey

Ramsey Interiors

Jessica Rial

Partners for Livable Communities

Tarris Rosell

Center for Practical Bioethics

Dory Sabata

University of Kansas Medical Center

Alicia Scott

North Kansas City Schools

Shawna Searcy

Office of Congressman Sam Graves

Mary Seltzer

United Way of Greater Kansas City

Pamela Seymour

Westport Cooperative Services

Michael Shaughnessy

MetLife Foundation

Mary Sheridan

Westport Cooperative Services

Susann Shinkle

Retired Nurse Educator

Gayle Sigurdson

Lawrence-Douglas County Housing Authority

Sandra Silva

Catholic Charities

Gregory Smith

Kansas State University

Jennifer Smith

Westport Cooperative Services

William Snooks

Bradford Homes

Charles St.Clair

University of Missouri Extension

Mark Stalsworth

Johnson County Housing Services

Randall Staton

Jewish Family Services of Greater Kansas City

Lori Steffen

Independent Consultant

Shelly Stroessner

Mid America Assistance Coalition

Marla Sutton

AARP

Robyne Turner

Cookingham Institute of Urban Affairs

David Unruh

Senior Homes Solutions

Tina Uridge

Clay County Senior Services

Erin Vader

City of Olathe, Kansas

Rik Van Dyke

Wyandotte/Leavenworth Area Agency on Aging

Douglas Veith

United Resource Development Group

Carolyn Vellar

Vellar Consulting

JoEllen Wakham**Jonna Wensel**

City of Liberty, Missouri

Augusta Wilbon

Neighborhood Housing Services

Vicki Wilson

Missouri Dept. of Health and Senior Services

Sharon Wollard

LogistiCare

Sarah Woodward

Congressman Sam Graves

JoEllen Wurth

Shepherd's Center Kansas City Central

Appendix: Resources

Kansas City Metro Area Links

Coalition for Independence

www.cfi-kc.org

Ewing Marion Kauffman Foundation

www.kauffman.org

Johnson County Area Agency on Aging

humanservices-aging.jocogov.org/aging/aging.shtml

Mid-America Regional Council

www.marc.org

Missouri Senior Report 2007

www.missouriseniorreport.org

Shepherd's Centers of America

www.shepherdcenters.org

Unified Government of Wyandotte County and
Kansas City, Kansas

www.wycokck.org

Universal Design Housing Network of the Coalition
for Independence

www.udhn.org

National Links

AARP

www.aarp.org

Accessory Dwelling Unit Development Program

www.ci.santa-cruz.ca.us/pl/hcd/ADU/adu.html

Aging in Place Initiative

www.aginginplaceinitiative.org

Center for Universal Design

www.design.ncsu.edu/cud

EasyLiving Home

www.easylivinghome.org

HomeShare Vermont

www.homesharevermont.org

Hud User

www.huduser.org

ICMA - Aging

www.icma.org/main/topic.asp?tpid=13&stid=29&hsid=1&t=0

Lapham Park Venture

www.hacm.org/programs/lapham_park_venture.htm

National Association of Area Agencies on Aging

www.n4a.org

National Association of Counties

www.naco.org

National Council on Aging

www.ncoa.org

National League of Cities

www.nlc.org

NORCs (Additional Information)

www.albany.edu/aging/norc.htm

Partners for Livable Communities

www.livable.com

Rebuilding Together

www.rebuildingtogether.org

7500 York Cooperative

www.fairviewbenazer.org/Housing/c_118184.asp

All URLs valid as of May 2008

Appendix: Notes

- ¹ *The Final Report of the Senior Housing Task Force*. July, 2007.
- ² *Missouri Senior Report 2007*. Missouri Department of Health and Senior Services and the Office of Social and Economic Data Analysis, University of Missouri. www.missouriseniorreport.org.
- ³ Defined as Kansas City and surrounding portions of Jackson, Clay and Platte counties.
- ⁴ *The Final Report of the Senior Housing Task Force*. July, 2007.
- ⁵ *All About Aging in Place Factsheet*. National Association of Homebuilders. www.nahb.org/generic.aspx?sectionID=717&genericContentID=87872
- ⁶ Perkins, Broderick. “Baby Boomer Demand Boosting ‘Universal Design.’” *Realty Times*. June 27, 2003.
- ⁷ *A Profile of Older Americans: 2007*. A Report by the Administration on Aging. U.S. Department of Health and Human Services. www.aoa.gov/PROF/Statistics/profile/2007/2007profile.pdf
- ⁸ *Reverse Mortgages Show Significant Growth in 2007*. A Press Release from the National Reverse Mortgage Lenders Association. http://www.nrmlaonline.org/RMS/PRESS.ASPX?article_id=605
- ⁹ Duhigg, Charles. “Tapping into homes can be pitfall for the elderly.” *The New York Times*. March 2, 2008. Page A1. www.nytimes.com/2008/03/02/business/02reverse.html
- ¹⁰ *A Profile of Older Americans: 2007*. A Report by the Administration on Aging. U.S. Department of Health and Human Services. www.aoa.gov/PROF/Statistics/profile/2007/2007profile.pdf
- ¹¹ Harden, Blaine. “Numbers Drop for the Married with Children.” *The Washington Post*. March 4, 2007. Page A3. <http://www.washingtonpost.com/wp-dyn/content/article/2007/03/03/AR2007030300841.html>
- ¹² Vestal, Christine. “States help seniors age at home.” Stateline.org. September 14, 2007. <http://www.stateline.org/live/details/story?contentId=240081>
- ¹³ Houser, Ari, Wendy Fox-Grage and Mary Jo Gibson. *Across the States: Profiles of Long-Term Care and Independent Living*. A report of AARP Public Policy Institute, Seventh Edition, 2006. Page 11. http://assets.aarp.org/rgcenter/health/d18763_2006_atc.pdf
- ¹⁴ ADRC Accomplishments Fact Sheet 2008. National ADRC Initiative. January, 2008. http://www.adrc-tae.org/tiki-index.php?page=p_AboutADRCsPortal.
- ¹⁵ *Across the States: Profiles of Long-Term Care and Independent Living*. A report of AARP Public Policy Institute, Seventh Edition, 2006. http://assets.aarp.org/rgcenter/health/d18763_2006_atc.pdf
- ¹⁶ Ormond, Barbara A., Anna S. Sommers, and Kirsten J. Black. *Examination of Texas Rider 37: A Medicaid “Money Follows the Person” Long-Term Care Initiative*. The Urban Institute. May 30, 2006. aspe.hhs.gov/daltcp/reports/2006/TXltc.pdf.

About the Aging in Place Initiative Team

Partners for Livable Communities (Partners) – A national, non-profit organization working to renew communities for all ages. Partners has over twenty-five years of experience in solving community problems by providing information, leadership and guidance that help communities help themselves. www.livable.com

National Association of Area Agencies on Aging (n4a) – A leading voice on aging issues for Area Agencies on Aging across the country and a champion for Title VI-Native American aging programs in our nation’s capital. Through its presence in Washington, D.C., n4a advocates on behalf of the local aging agencies to ensure that needed resources and support services are available to older Americans and their caregivers. www.n4a.org


ICMA (International City/County Management Association) – The premiere local government leadership and management organization. <http://icma.org>

National League of Cities (NLC) – The largest national organization representing municipal governments throughout the United States. www.nlc.org

National Association of Counties (NACo) – A national organization representing county governments in the US. www.naco.org

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MetLife Foundation – Established in 1976 by MetLife to carry on its long-standing tradition of corporate contributions and community involvement. The Foundation has been involved in a variety of aging-related initiatives addressing issues of caregiving, intergenerational activities, mental fitness, health and wellness programs and civic involvement. Since 1986, the Foundation has supported research on Alzheimer’s disease through its Awards for Medical Research program and has contributed more than \$11 million to efforts to find a cure. www.metlife.org



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www.n4a.org