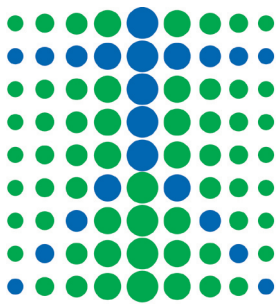# Designing Places and Spaces for Now and in the Future: Developing a Livable St. Louis Region for All Ages

**Partners for Livable Communities**

n4a sm

*Advocacy. Action. Answers on Aging.*

**MetLife Foundation**

*take action now!*

For more information about future workshops, resources or the Aging in Place Initiative, please visit:

www.aginginplaceinitiative.org

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.
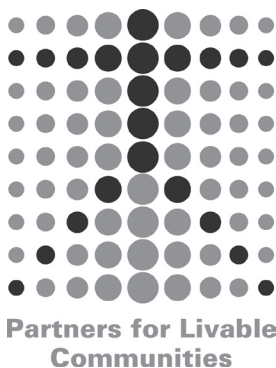
As part of this initiative, the partners supported *The Maturing of America* survey in 2006. This questionnaire found that although many communities have some programs to address the needs of older adults, very few have undertaken a comprehensive assessment of what it would take to make their community 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 the JumpStart grant winners along with best practices and the reports from each workshop.

This report documents the greater St. Louis region workshop (the eighth in the series) which focused on universal design and accessibility. Regardless of whether you attended the workshop, this report provides an in-depth understanding of the role that universal design and accessibility is playing in the lives of older adults in the greater St. Louis region, as well as the innovative programs and initiatives that are happening across the country to connect older adults with universal design and accessibility options. Making a community ageless requires the collaboration of numerous players from the public, private and nonprofit sectors.

We hope that this report provides a better understanding of how Aging in Place can be incorporated into all aspects of community life.

Your national hosts,

**Partners for Livable Communities**

**n4a** ℠

*Advocacy. Action. Answers on Aging.*

**MetLife Foundation**

Universally designed kitchen with raised dishwasher and oven, variable counter height, and plenty of space for wheelchair accessibility.

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The speakers, panelists and audience at the eighth Aging in Place Initiative workshop, held in St. Louis on April 28, 2009, gave every indication that they are ready to work together for a greater St. Louis region designed to be accessible, and therefore livable, for all. Taking on the work of "*Designing Places and Spaces for Now and in the Future: Developing a Livable St. Louis Region for All Ages*" requires many in the area to understand the needs of older adults and to collaborate to meet them.

The pressure to design more livable, accessible communities is one that the greater St. Louis region shares with the rest of the nation. The aging population is rapidly increasing everywhere and the trend will accelerate as baby boomers age. The sheer numbers can overwhelm communities if preparations are not made now to improve design and reduce barriers to accessibility.

The Aging in Place Initiative is based on the premise that making communities more livable for their older residents will benefit everyone. Most older adults want to age in place, to stay in their homes and communities—and most communities recognize that their older residents make very important contributions to local social and economic health.

To be able to age in place, older adults need to live in communities willing to rethink the way their older residents will want to manage aging. Seniors, and especially boomers, will live longer, on average, than their own parents. They will want to be able take care of their health needs in their own homes and communities. They will expect to stay as active as their health permits. And they will resent the impediments caused by thoughtless design of places and spaces—and the resulting lack of access to activities they favor and to resources they need to remain independent. Fortunately, the changes in design that accommodate aging can benefit the entire community.

Design of places and spaces can include a myriad of decisions, from allowable uses of space, the selection of an architect for an important new building, the path of new roads, placement of housing of various types—a comprehensive list would include thousands of design choices. The St. Louis workshop was focused on a design dilemma that most American communities face: Many of their current places and spaces hamper access for all but the able-bodied. Most communities are not ready for the "age wave"—for the increasing numbers of their residents who will be dealing with physical or cognitive constraints—but who want to stay in their homes and communities.

The attendees at the workshop, with their considerable expertise, hold the keys to improving design for accommodating aging residents in the St. Louis area. The workshop was filled to capacity with architects, builders, planners, public officials, remodelers, home care service providers, personnel of senior and community centers, bankers, designers and others who had come to the workshop to enhance their ability to improve accessibility in the context of their own work. As Gina Hilberry, a St. Louis architect and a workshop panelist put it: "This room is full of incredible expertise" and the people in it can "solve the problems."

**Workshop Details**

**What:** A discussion about the accessibility needs for homes, buildings and public places that make it possible for older adults to stay in their homes and communities as they age.

**When:** April 28, 2009

**Where:** Engineers' Club of St. Louis, St. Louis, Missouri

**Who:** Over 140 community members and stakeholders and knowledgeable, local and national speakers and panelists.

In a livable community, design practices result in easy access to all that a community offers, for the young and the old, for the completely able-bodied and for those in wheelchairs or using walkers. People with disabilities have a great deal of experience with design that, often inadvertently, creates obstacles to their ability to move around houses, sidewalks, streets, stores, offices, churches, schools, medical facilities and many other community amenities. The hard-won battle waged by advocates for the disabled for increased accessibility has paved the way for those who are aging. However, much more has to be done.

Though the workshop speakers and panelists represented different professions with diverse areas of expertise, they articulated a shared recognition—that the burgeoning aging population in the region will face similar problems, many not yet resolved, that those with long-standing disabilities confront. For the three Area Agencies on Aging that planned the workshop, this was a very important message to convey to the audience. The region's communities must become more user-friendly for the greatly increasing numbers of aging residents.

**Key Points**

- ☐ The design of places and spaces should take into account all ages and abilities.

- ☐ In recent decades, advocates for those with disabilities have increased public attention and policymakers' response to the need for greater accessibility of places and spaces.

- ☐ Making accessible connections from homes to all parts of a community is a very important part of designing for livability for all.

- ☐ Making the appropriate connections in a community necessitates collaboration by many.

- ☐ Many homes in older neighborhoods are often inaccessible for people with disabilities and those who are aging because they have many steps at entrances, narrow hallways and no bathrooms on the first floor.

- ☐ The principles of universal design establish important criteria for those whose goal is to design accessible places and spaces.

The St. Louis workshop was crafted to explore the obstacles to access for all and the possible solutions. The workshop set the stage for the Area Agencies on Aging and other advocates in the St. Louis area to collaborate with the many stakeholders who can make the region hospitable and livable for all, no matter their age or abilities.

This report covers the issues, problems and strategies for improving design for accessibility in the greater St. Louis region and includes relevant national perspectives as well. Communities around the country are all facing a growing aging population, and must tackle many of the same design problems.

To provide context for the workshop discussions, the following "Backgrounder" provides demographic and other information about the greater St. Louis region. The section that begins on page 5, "*You Can't Have One Without the Other: To Be Livable, A Community Must Be Accessible for All*", introduces the important considerations for designing places and spaces that are usable by all. The sections that follow describe the experiences of those who have supported inclusive design in the St. Louis area. The many national influences on the accessibility of communities are also examined. The section, "*Aging Friendly Innovations: Best Practices*" describes programs that are recognized as exemplary for their role in supporting accessibility and aging in place.

I f variety is the spice of life, the greater St. Louis region, with the City of St. Louis as its center and 15 counties surrounding it, offers all the essential ingredients. It's an intriguing mixture of the historic and the new, the urban and rural, of commercial dominance contrasted with small towns and farmlands. The Mississippi and Missouri Rivers flow through the region, making St. Louis a flourishing inland port.

The role of this region in American history is significant, as St. Louis was the terminus of the first leg of the Oregon Trail. But the City of St. Louis now prides itself on what is new—its successful urban renewal. The region must continue to fight areas blighted by poverty, although it is also home to many restored, stately mansions.

The City of St. Louis is at their center, but the counties, with their own governments and municipalities, are proud of their independence. They add to the vibrancy, commercial success and character of the region. In Missouri, for example, St. Louis County is the home of many corporations, while St. Charles County is thriving winery country. In Illinois, Scott Air Force Base is very important in the life of St. Clair County, and Madison County continues a flourishing shipping business as its western border is the Mississippi River.

Often called the Gateway to the West, the St. Louis region is at the approximate mid-point of the country, and has been a significant commercial and transportation hub for centuries. Greater St. Louis is ranked 7th in Fortune Magazine's list of corporate headquarters in metropolitan areas, even though it is only 18th in population. [1]

**Snapshot of the Greater St. Louis Region**

In a unique relationship encompassing portions of two states, the greater St. Louis region encompasses seven counties in Missouri and eight in Illinois.

Three Area Agencies on Aging work on behalf of older residents in most of the counties that comprise the Greater St. Louis Region. The Mid-East AAA comprises Franklin, Jefferson, St. Charles and St. Louis counties. The AAA of Southwestern Illinois supports older residents in Bond, Clinton, Madison, Monroe, Randolph, St. Clair and Washington counties. St. Louis City Area Agency on Aging serves the City of St. Louis.

The Greater St. Louis region is the 18th largest Metropolitan Statistical Area in the country, with a total population of 2.8 million. St Louis County's population of nearly 1,000,000 makes it far more populous than the City of St. Louis, whose population is approximately 354,000. Clayton, St. Louis County's seat, is sometimes called the second St. Louis. [2]

By 2020, the 60+ population of the City of St. Louis and the four counties represented by the Mid-East AAA is projected to be 23 percent. [3]

Significant growth in the 60+ population, as much as 51%, is projected for the Illinois counties represented by the AAA of Southwestern Illinois, for a total population 60 or over of approximately 210,000 by 2020. [4]

The City of St. Louis won an Entrepreneurial American Leadership Award from Partners for Livable Communities in 2006 for "its impressive turnaround" and renewal of the downtown. Mayor Francis G. Slay and St. Louis Civic Leaders received the award. [5]

The National Civic League awarded the Greater St. Louis Region the All-America City Award in 2008. Washington Post Syndicated Columnist Neal Pierce notes that it was the only region to win the award – the others were cities or towns – and that "It takes a whole region – cities and suburbs working as a team – to produce the most glowing results." [6]

Perhaps obviously, meeting the needs of the many older residents living in this far-flung, diverse region is challenging—and the older population is growing rapidly. The number of jurisdictions that govern the region creates very demanding managerial challenges. St. Louis County alone has 91 municipalities, all of which make decisions affecting the lives of their older residents. With hundreds of independent governing bodies and complex jurisdictional relationships to

deal with, the three AAAs serving most of the greater St. Louis region expected, through the St. Louis workshop, to instigate greater collaboration with many partners and aging advocates.

The St. Louis region offers much that is beneficial to all residents and to those who are aging. Its hospitals are top notch, its recreation opportunities impressive, and its political leaders are working hard to make the region a great one. But, as in most communities, the alarm about the gaps in livability and accessibility for the rapidly aging population has been sounded. The AAAs and many others in the region plan to identify both the problems and best practices to assure the region's aging are well-served in the coming decades—and to take the actions that will create a region that is livable and accessible for all.

# You Can't Have One Without the Other: To Be Livable, A Community Must Be Accessible for All

David Newburger, Commissioner on the Disabled for the City of St. Louis and the keynote speaker for the workshop, quickly established its theme: For communities to be livable for all, the design of housing, the rest of the built environment and the community must be as inclusive as possible. Newburger believes the design of places and spaces must accommodate all ages and abilities, by assuring that everything a community offers is, to the greatest extent possible, accessible to all.

Newburger, who had polio and uses a wheelchair for mobility, stated emphatically that being able to fully participate in the life of one's community is a human right. Few, if any in the group of over 140 at the workshop, and proponents of livable communities around the country, would disagree.

Most who temporarily use crutches, a wheelchair or a walker soon realize that the design of their homes and many community features poses some overwhelming obstacles. They may not be able to climb the steps in their own homes or move comfortably in their bathrooms. Many retail establishments, churches, offices, homes and vehicles are not accessible. The many obstacles to moving about can be an enlightening experience for those who take walking for granted and don't often consider these issues.

And limitations in mobility are not the only disabling conditions that can occur at any age. Hearing, vision, speech, coordination and many other physical and cognition capacities can be diminished for a host of reasons.

It is relevant that the synonyms for accessibility include user-friendliness, convenience, ease of understanding, ease of use. These are important characteristics for designers, architects, engineers, planners, builders and many others to consider as they assess the usefulness, for all ages and abilities, of their designs or plans.



photo credit: IDeA Center

**Welcoming Remarks**

**Joy Paeth**
*Executive Director,*
Area Agency on Aging of Southwestern Illinois

**David Sykora**
*Director,*
St. Louis Area Agency on Aging

National Perspective: Creating Livable Communities for All Ages

**Penny Cuff**
*Senior Program Officer,*
Partners for Livable Communities

**Helen Eltzeroth**
*Chief Programs and Communications Officer,*
National Association of Area Agencies on Aging

Keynote Speaker: A Livable, Accessible St. Louis for Everyone

**David Newburger**
*Commissioner on the Disabled,*
St. Louis

*"People don't think about the obstacles that people with disabilities face every day."*

—David Newburger, St. Louis Commissioner on the Disabled and workshop keynoter

Houses, sidewalks, streets, buses, trains and train stations, airplanes and airports, buildings and all public spaces should be accessible—user-friendly, convenient, easy to navigate and use. (But so too should products such as telephones, computers, tools and the many products that are essential to communications and learning for all of us.)

The staffs of the three Area Agencies on Aging in Greater St. Louis know that the suitability of the homes and communities where they serve older adults is essential if their communities are to thrive. They have day-to-day experience with the social costs to older residents—and the loss to the community—when their needs for accessibility are overlooked. The three AAA leaders planned the workshop as a major step toward inspiring their communities to accelerate preparations for keeping their many aging residents in their own homes and communities.

Workshop speakers underscored the significance of designing for accessibility and also stressed the great importance of collaborating across a broad spectrum of professions and trades to create seamless connections from place to place within communities. Workshop participants were clearly the people who could make those connections.

## Livable, Accessible Homes and Communities—Obstacles Litter the Path

Challenge: Much of the past and current design for spaces and places assumes that all users are able-bodied.

Solution: Design for everyone's use.

No matter when physical or cognitive disabilities occur in an individual's lifetime, the results can be the same. Negotiating their way around their homes and communities can be difficult or impossible.

The speakers and panelists at the St. Louis workshop highlighted the often similar requirements of accessibility for those with longer-term disabilities and those whose disabling conditions result from later-onset illness or the aging process. In many cases the accessibility requirements are exactly the same.

Although advocates for the aging and those dedicated to the well-being of the disabled collaborate to further their mission, in the St. Louis area and elsewhere, they may sometimes encounter entrenched discrimination or indifference. Planners, builders and architects in the United States and around the world have designed places and spaces with only the able-bodied taken into account. Those with physical or cognitive limitations were almost always excluded from consideration. This is surely not the fault of planners, builders and architects alone. This exclusion was a societal norm until recent decades.

As David Newburger explained in his keynote presentation, even in more enlightened times most of us do not consider the difficulty of those who can not walk, or have

vision or hearing limitations or have other disabling conditions. This narrow perspective has dominated design for most of human existence.

As the speakers at the workshop acknowledged, the St. Louis region has serious accessibility deficiencies, as is typical of most communities around the country. The entry steps of many St. Louis homes create an immediate barrier, and additional steps inside make passage very difficult for those with mobility limitations. Hallways and doors tend to be too narrow for wheelchairs, and bathrooms are too small for those using wheelchairs, walkers or crutches and are often only on the second floor. Shelves and kitchen cabinets may also be too high.

Many public, civic and residential buildings and public spaces in the St. Louis region are also not sufficiently accessible. Newburger described the situation in St. Louis of the mother in a wheelchair who wanted to attend her children's school functions. The school had removed the ramp, making passage impossible for her until a ramp was finally rebuilt. He added that some worshippers cannot get up to the pulpit in St. Louis churches. He also noted another striking example of a serious accessibility problem in St. Louis, that some curb cuts are pools of ice in the winter.

Stephen Schenck, a workshop panelist and Information and Referral Specialist for Paraquad, Inc., an independent living center in St. Louis, confirmed that the typical home in St. Louis poses a myriad of obstacles for people with disabilities. Sadly, many St. Louis area homes simply do not work for the people who call Paraquad in desperate need of an affordable, accessible home.

## Out and About in the Community

Challenge: With many factors to consider in determining the readiness of a community and the design of its features for aging in place, it can be difficult to figure out what is needed and where to start.

Solution: Check out some ideas that have worked for other communities.

The greater St. Louis region comprises most community types, from densely populated urban to the very sparse rural. The design characteristics of St. Louis that influence access to the community's resources are very different from those in the largely suburban and rural counties. Because it is so diverse, the region's experience in preparing for the age wave can be instructive for communities around the country embarking on their own planning.

David Sykora, Executive Director of the Area Agency on Aging in St. Louis, oversees planning and programs for aging residents in the City. Supporting

*"When I broke my ankle, I found out what it's like in St. Louis if you have a disability. Many buildings are not accessible."*

—Anne Marie Kinerk, architect and moderator of the St. Louis workshop

Panel Discussion: Key Issues Affecting Accessibility: Local Experts' Perspective

Moderator

**Anne Marie Kinerk, AIA**
*Principal,*
Anne Marie Kinerk & Associates

Panelists

**Dr. Karen Barney**
*Chair of Department of Occupation Sciences and Occupational Therapy,*
Doisy College of Health Sciences, St. Louis University

**Gina Hilberry, AIA**
*Principal,*
Cohen, Hilberry Associates

**Steven C. Schenck**
*Information and Referral Specialist,*
Paraquad, Inc.

**Cindy Roeser**
*Owner & Vice President,*
Roeser Home Remodeling

Aging in Place initiatives in urban areas is often easier than doing so in suburbs or rural areas as cities usually possess more resources. St. Louis has excellent hospitals and medical care, accessible public transportation, walkable streets, paratransit service, and transportation subsidies for caregivers to help cover their costs. Retail and service establishments, offices and religious institutions are usually within a reasonable distance.

Anne Marie Kinerk, Principal of Anne Marie Kinerk and Associates, and the moderator of the workshop panel, described some of the positive attributes of St. Louis that enhance its livability for older adults – and for all. These include a mix of land uses within the City neighborhoods, the strength of the neighborhood and its churches, an adequate infrastructure (roads, sidewalks, utilities), proximity of housing to commercial establishments, and the short walk or trip from the City's Metro system to most of the City's housing areas.

The City of St. Louis has the character of many urban settings, where a variety of housing choices are close to restaurants, grocery stores, theaters, mass transit and many amenities. Cars are not the only means of transportation, as is the case in many suburbs and rural areas. Without using a car, it is possible to visit friends, go shopping, attend social events, participate in volunteer activities or go to a medical appointment when walking, biking and mass transit are accessible mobility choices. Level, well-maintained sidewalks and curb cuts can accommodate everyone.

Kinerk also described some of the obstacles to aging in place in St. Louis that are typical of many communities across the country, These include zoning constraints, design and land use restrictions, as well as NIMBYism (Not In My Back Yard), lack of political will, and scarce resources for transportation, social services, and infrastructure maintenance.

Gina Hilberry, a St. Louis architect and workshop panelist, explained that she often assesses whether people with disabilities can make seamless connections from a specific starting point to their destination. She investigates their passage from cars, to parking lots or garages, sidewalks, street crossings, shops and buildings. Very frequently she identifies barriers that block their path. She has, for example, analyzed the neighborhood around the new Busch Stadium (opened in 2006), home to the St. Louis Cardinals, for ease of access for disabled and older fans. Though she has recommended many changes, a neighborhood is always a work in progress. Hilberry reviews the neighborhood and proposes improvements every year. She notes that the "most powerful motive" for improving accessibility is "conscious marketing decisions," to increase patronage of local businesses.

St. Louis, like many other cities in the country, also confronts the difficult quandary of entrenched poverty of many older residents. The City's residents 65 and above account for 19 percent of those living in poverty in the City, according to the 2003 American Community Survey. [7]

These statistics reveal a major challenge for the St. Louis AAA and the City. While the dense neighborhoods now favored by many community planners, and walkable neighborhoods and accessible mass transit are advantages, some neighborhoods are blighted by poverty and high crime rates that can completely undermine the ability to safely and comfortably age in place.

Political leadership can make a big difference, however, and Mayor Francis G. Slay has shown consistent interest in improving the livability of St. Louis. After years of losing residents to the surrounding counties, the City is growing

again and more aging St. Louisans are staying in their neighborhoods. David Newburger describes the City government as receptive to the need to accommodate people who require easier access to the services and amenities of the City. Gina Hilberry, a workshop panelist and architect in the City, explains that St. Louis has been re-energized and re-directed, after lagging behind for years.

St. Louis also got a head start on planning for aging in place for its residents. In 2002, Mayor Slay, recognizing the need for comprehensive planning for serving the City's seniors, convened a summit on senior services. The summit created a great opportunity for developing a plan, with political backing, that would foster greater collaboration in support of aging in place in St. Louis. The attendees heard a presentation on a "needs assessment" that had been recently completed, and were assigned to four topics, transportation, housing, neighborhood resources and information and assistance. The older adults, service providers and advocates who attended the meeting were charged with developing a "realistic and workable plan of action to provide a more coordinated human service delivery system for seniors in the City of St. Louis." For more information, visit
http://stlcin.missouri.org/release/getpressdetails.cfm?Auto=444

Sykora reports that it was "a very good meeting. We garnered many good ideas and suggestions that have been implemented in varying degrees over the last seven years. At the time, transportation issues were identified as the major accessibility problem."

During her panel presentation, however, Hilberry expressed frustration with the slow pace of change, locally and nationally, in regulations governing building and zoning, which too frequently are impediments to good design for assuring inclusive access. She commented that some regulations are in direct conflict with what is best for older adults.

## Planning for the Age Wave in the Counties

Challenge: The counties in the greater St. Louis region, which are largely suburban and rural, face some serious problems in their designs for places and spaces.

Solution: Assist leaders of their many communities in planning for the age wave and share the best practices developed around the country.

The four Missouri counties served by the Mid-East Area Agency on Aging, and the seven counties served by the Area Agency on Aging of Southwest Illinois, are generally suburban and rural in nature. The strategies of the two agencies for improving design of their communities differ considerably from those of the City's AAA. They have discovered ways to work across multiple jurisdictions that range from inner ring and residential suburbs to small towns and rural areas. Because the agencies have small staffs, they must rely heavily on local leaders to do some of the leg work for assessing the readiness of their communities for aging in place.

"*We want to educate public officials, planners, architects, builders, store owners and managers and many others about ways to improve design of homes and communities. Many new homes are being built with the same accessibility problems as older homes. We have too many street signs with small fonts that aren't visible enough for older eyes, or anyone else whose vision is not perfect. We have curb cuts that lead to steps. Some big box stores don't have space for wheelchairs. These are all solvable accessibility problems.*"

—Joy Paeth, Executive Director, Area Agency on Aging of Southwest Illinois

The counties in both Missouri and Illinois, with their considerable demographic mix, from the town of Clayton in St. Louis County to the rural Randolph County in Illinois, confront the design deficiencies for aging in place that are typical of suburban and rural areas. Those who lose their ability to drive in suburbs and rural areas are more likely to be stranded in homes that are now difficult to navigate, with few resources available for modifying their homes or for accessible transportation. Isolation of older residents can be the tragic result.

Joy Paeth and Mary Schaefer, the executive directors of the Area Agencies on Aging in the counties in Missouri and Illinois, contend with the kinds of accessibility problems that are characteristic of suburbs and rural areas around the country. Public transportation is not widely available, and walking to stores or medical appointments is often out of the question. The two agencies provide transportation to medical appointments and essential services via vans that leave from senior centers, but are not able to transport seniors to visit friends, family and neighbors, and to most social occasions and the many services that add so much to quality of life. The life of seniors is terribly diminished if they cannot continue to take part in the many activities they enjoyed when they were still driving. The two agencies also report that affordable, accessible housing is in very short supply.

Joy Paeth, the Executive Director of the AAA of Southwest Illinois, helped to create a tool for communities to assist them in conducting an independent assessment, with support and advice from the AAA, of community readiness for accommodating their older residents. The Guide is based on AARP's Livable Communities: An Evaluation Guide and the Michigan Toolkit for a Lifetime, and has been approved by the Illinois Department of Aging for use throughout the state.

Paeth contacted community leaders in the counties served by the AAA of Southwest Illinois to invite their participation in the evaluation. Statewide, a total of 53 Illinois counties are in the process of completing them. Mary Schaefer, the executive director of the Mid-East Area Agency on Aging, reports that, as follow up to the St. Louis workshop, the AAA plans to use an evaluation similar to the Illinois Evaluation Guide to assess the readiness of the four Missouri counties it serves.

The incidence of disability rises sharply as individuals reach their sixth and seventh decade.

For more information, visit
http://www.adata.org/whatsada-definition.aspx

The Guide specifies that a livable community must:

- Provide affordable, appropriate, accessible housing.
- Ensure accessible, affordable, reliable, safe transportation.
- Adjust the physical environment for inclusiveness and accessibility.
- Provide work, volunteer, and education opportunities.
- Ensure access to key health and support services.
- Encourage participation in civic, cultural, social, and recreational activities.

Upon completion of the evaluation, communities will have a comprehensive overview of their preparedness for supporting aging in place. It is clear from the first three bullets on this list that accessibility is fundamental to enabling older adults to engage fully and independently in the life of their communities.

Schaefer points out that the use of the evaluation tool and education of community leaders about its results can prompt political involvement. As older adults themselves, community leaders and elected officials become aware of serious deficiencies for aging in place in their community and they are more likely to actively seek improvements.

In planning the St. Louis workshop, Paeth and Schaefer wanted to expose the audience to the broad range of design issues that influence a community's accessibility. For them, the workshop was the crucial starting point for encouraging the region's communities to assess their accessibility and livability and prepare to improve them.



Photo credit: www.pedbikeimages.org / Dan Burden

## The Times, They Are A-Changin' (Bob Dylan, 1960)

Challenge: The availability of homes and communities for all is often compromised by designs that don't support accessibility.

Solution: Adopt design models that benefit all users.

As David Newburger commented in his keynote presentation, "The relationship between the needs of older adults and those with disabilities [for accessible places and spaces] is a complex and difficult one." Newburger, who uses a wheelchair himself, decided to ask his 90 year-old father-in-law whether his difficulty hearing, several corrective surgeries for hip replacements, and macular degeneration now made him disabled. The response was an instantaneous, "No, I'm just old."

Newburger concludes that his father-in-law's reaction is typical of an abiding fear of disability shared by many as they age. Newburger explained that his father-in-law conveyed a very clear message: The way younger people accommodate to their disabilities can be very different from how older adults respond to disabilities associated with aging.

The Seven Principles of Universal Design

**Principle One: Equitable Use**
The design is useful and marketable to people with diverse abilities.

**Principle Two: Flexibility in Use**
The design accommodates a wide range of individual preferences and abilities.

**Principle Three: Simple and Intuitive Use**
Use of the design is easy to understand, regardless of the user's experience, knowledge, language skills, or current concentration level.

**Principle Four: Perceptible Information**
The design communicates necessary information effectively to the user, regardless of ambient conditions or the user's sensory abilities.

**Principle Five: Tolerance for Error**
The design minimizes hazards and the adverse consequences of accidental or unintended actions.

**Principle Six: Low Physical Effort**
The design can be used efficiently and comfortably and with a minimum of fatigue.

**Principle Seven: Size and Space for Approach and Use**
Appropriate size and space is provided for approach, reach, manipulation, and use regardless of user's body size, posture, or mobility.

For more information, visit
http://www.design.ncsu.edu/cud/about_ud/udprinciplestext.htm

The irony in this perspective is that the success of advocates for the disabled in promoting accessible design has added immeasurably to the capacity of communities to support aging in place. The unfortunate consequence of singling out those with disabilities for special treatment has been to stigmatize them, as they are labeled as separate from the "norm" and therefore require special treatment.

Newburger notes that "livable community for all" is a "very good choice of words" because it defines an inclusive approach. A livable community works well for everyone, from the mother pushing a stroller, to the athlete using crutches, the child crossing a street safely, the older non-driver walking to the grocery store and commuters walking a short distance to mass transit. Newburger gives the example of the usefulness of curb cuts to travelers with rolling luggage. Planners of livable communities recognize that our needs shift constantly during our lifetimes.

Ronald Mace is a great example of an advocate for the independence of disabled persons who embraced an approach to design that benefits everyone. Every day of his life, after contracting polio at nine years of age, Ronald Mace lived in a world that excluded him from countless experiences because he used a wheelchair. Fortunately for millions, Ronald Mace envisioned a world in which design could liberate those with disabilities.

When Mace attended North Carolina State University, he had to be carried up and down stairs to attend class and could not fit into the bathroom with his wheelchair. After graduating in 1966 with a degree in architecture, he created plans for homes and buildings—that, as custom required, accommodated only the younger and able-bodied.

Large scale, cross-disability rights activism, encouraged by the examples of the African-American Civil Rights and Women's Rights Movements, did not begin until the late 1960s.

For more information, visit
http://bancroft.berkeley.edu/collections/drilm/introduction.html

But for Mace, enhancements in design to improve accessibility for all could ultimately impact almost every activity of daily life, from bathing in the morning, to dressing, using stairs, opening a jar, reaching for cereal on shelves, opening doors, commuting to work in cars, buses, trains or subways, using sidewalks, entering an office, shopping for dinner and turning off light switches at night—and everything else in between. He decided by 1970 that he wanted to abandon traditional architecture and design for all.

Ronald Mace developed the concept called universal design, and envisioned a design process that would "broadly define" prospective users. He argued that we, as a society, "tend to discount people who are less than what we popularly consider to be 'normal'. To be 'normal' is to be perfect, capable, competent and independent. Unfortunately, designers in our society also mistakenly assume that everyone fits this definition of 'normal.' This is just not the case."

Mace defined universal design to be "intended for the design of products and environments to be usable by all people, to the greatest extent possible, without the need for adaptation or specialized design." Mace, then, expected universal design to be attractive, to supplant the conventional, stigmatizing designs for use by those with disabilities that further separated them from everyone else. For more information, visit http://www.design.ncsu.edu/cud/

Mace's great interest in designing for independence fit the tenor of the times, which were changing with astonishing speed. The transformative decade of the 1960s had the long-term effect of stimulating some revolutionary change in the lives of people with disabilities. Starting in

**Making Big Changes in the 70s: Max Starkloff Starts the Independence Movement in St. Louis**

Max Starkloff was living in a nursing home in 1970 when he began to make plans for creating Paraquad, the independent living center that now serves more than 3,500 clients with disabilities in the St. Louis area. An automobile accident during his freshman year in college left Starkloff a quadriplegic. Knowing that transportation was not accessible, that even curb cuts did not exist and so much else needed to be done, he began decades of advocacy in St. Louis and nationally to help disabled people live independently in their communities. Justin Dart, often called the father of the Americans with Disabilities Act, said that Starkloff is "one of the hall of fame pioneers of the disability rights movement."

For more information, visit
http://www.ilusa.com/News/010402paraquad4n.htm

the late sixties, advocates who rallied behind this important cause succeeded in getting their message across, that exclusion of those with disabilities from community life, in all of its many manifestations, was both a great loss to society and a terrible wrong.

In 1973 the Rehabilitation Act was passed; subsequently, the Fair Housing Act was amended in 1988 to protect people with disabilities from discrimination in the "sale or rental of housing and in the terms, conditions, services or facilities provided."   Some housing is exempted.  Landlords are required to make reasonable accommodations, but the tenant must pay for them. (David Newburger, the workshop's keynoter, contends that the Fair Housing Act is "way out of date in terms of standards").  For more information, visit http://www.adata.org/whatsada-definition.aspx

The most pathbreaking legislation benefiting those with disabilities, the Americans with Disabilities Act (ADA), was signed by President George H.W. Bush in 1990. The Act prohibits discrimination in employment, state and local government, public accommodation, telecommunications, and transportation. The ADA Accessibility Guidelines, issued by the US Access Board, establish criteria applicable to new construction and alterations and vehicles.   Sweeping in its scope, the Act covers a broad range of sales, rental and service businesses, educational and social service institutions and recreational facilities.

Gina Hilberry, during her panel presentation, emphasized the significance of new ADA Accessibility Guidelines being developed by the US Access Board for public rights-of-way.  Hilberry, who serves on the Board's Public Rights-of-Way Advisory Committee, explained that the effect of the new guidelines will improve access and connections to community features across an "incredible range" of community settings.  According to the Access Board, the guidelines cover:  blind pedestrians at street crossings; wheelchair

### The US Access Board

The US Access Board is an independent federal agency whose mission is to enhance accessibility for people with disabilities.  Originally established in 1973 to ensure that facilities that were federally funded were accessible, it now develops design "criteria for the built environment, transit vehicles, telecommunications equipment, and for electronic and information technology." It also provides technical assistance and training on these "requirements and on accessible design and continues to enforce accessibility standards that cover federally funded facilities."

For more information, visit:
http://www.access-board.gov/about.htm

photo credits: Cohen/Hilberry Architects, St. Louis, Missouri; Access Board

In an article on the website of the American Occupational Therapy Association, staff writer Stephanie Yamkovenko notes that occupational therapists routinely work with physicians, social workers, nurses and others in the medical field and other practice areas. Yamkovenko comments, however, that they "rarely have a contractor as a part of their multi-disciplinary team."

Yamkovenko reports that, in order to encourage contractors to become part of the team, an occupational therapist, Carolyn Sithong, organized an event called "Homes That Work …Now and Later" near Orlando. The meeting included consumers, caregivers, health care professionals, government officials, builders and interior designers. Sithong observes about the meeting that "The most exciting part of the event was the joining of the building community and the health care community." [8]

access to on-street parking; roadway design practices, slope and terrain; access to sidewalks and streets, including crosswalks, curb ramps, street furnishings, pedestrian signals, parking and other components of public rights-of-way. For more information, visit http://www.access-board.gov/prowac/



photo credit: Charlotte NC DOT

## Helping Older Adults to Remain Independent—Occupational Therapists

**Challenge:** It may require professional expertise to identify the changes that need to be made in homes or communities to make them safe for older adults and enhance their independence.

**Solution:** Occupational therapists have important skills for evaluating the kinds of changes that are needed.

Dr. Karen Barney, a workshop panelist and Chair of the Department of Occupational Science and Occupational Therapy, Doisy College of Health Sciences, St. Louis University, explained the role of occupational therapists in supporting aging in place. To increase the independence, safety and wellbeing of their clients, they first interview individuals, to determine their needs, interests and priorities. The focus of the interview is to determine the extent to which the individual is able to participate in meaningful activities, such as basic activities of daily living, home and financial management, transportation and shopping. They then assess their physical and mental status and the way their clients function within their homes and community environment. Finally, they recommend the design features, equipment, or adaptation of homes and other aspects of their environment that will promote their clients' wellbeing and ease of function within all the activities that are meaningful and important to them and their families. Occupational therapists are also increasingly important members of teams working with communities to support improved accessibility and safety for those with disabling conditions.

In evaluating the interior of the home, Barney noted, occupational therapists typically use an extensive checklist or standardized assessment. They review the features of the homes that include lighting, flooring, color choices, structure of hallways and stairways, entrances, room design, types, size and placement of furniture, railings, cabinets and appliances.

Occupational therapists also consider the safety of and easy access for seniors as they move about their community, via driving, mass transit or other forms of transportation. Highways, roads, streets, landscaping, mobility options, sidewalks, steps, the texture of surfaces, building entrances, doors and their type and weight are just some of a community's features that can affect the safety of older adults and their continued independence.

Barney also said that while they work with individual clients, those who specialize in working with older adults also may appraise the features of

**The National Association of Area Agencies (n4a) on Aging Offers Nationwide Housing Resource**

n4a offers a Senior Housing Locator to help seniors and their caregivers find the type of housing they need, anywhere in the nation. The Locator, an Internet navigational tool powered by SNAPforSeniors®, enables users to search a database of more than 60,000 listings, including all licensed senior housing across the country. Many listings provide information about care services, amenities, payment options, and some offer photo galleries and virtual tours. An unbiased resource, the Senior Housing Locator can be particularly helpful to those seeking appropriate housing from a distance. From thousands of miles away, long-distance caregivers can begin to identify appropriate housing that could enable their loved ones to stay in their communities. The Locator covers assisted living facilities, nursing homes, residential care facilities, continuing care retirement communities and the growing list of independent living communities.

For more information, visit, http://www.seniorhousinglocator.org

*"Many of our clients, including many older adults, need assistance to live independently. They need help in their homes, but greater accessibility in the home would make assistance less necessary."*

—Stephen Schenck, workshop panelist and Information and Referral Specialist, Paraquad

workplaces, stores, and many other elements of communities to determine their ease of access and safety for older adults.  They may, for example, help design senior centers, assisted living facilities and the many other buildings or places where older adults congregate.

## Aging in Place Begins at Home

Challenge: Aging in Place begins at home, but in Greater St. Louis and in the rest of the country, most homes are not designed to be accessible for all.

Solution: Universally design homes or adapt homes to make them more accessible.

Stephen Schenck, a workshop panelist and Information and Referral Specialist for Paraquad, a St. Louis Independent Living Center, stressed that, "Those who are disabled and older adults have the same needs. They want to live in the community, not in institutions. But there's a big demand for accessible, affordable housing and we cannot meet that need. The supply of this type of housing is small.  And segregation of affordable, accessible housing is not the answer.  This housing should be in mixed-use neighborhoods with easily accessible services."

Further complicating the housing situation, in the St. Louis area and across the country, many older homeowners cannot afford the necessary changes to make their homes accessible and safe and renters may deal with uncooperative landlords. They can find it difficult to find reputable contractors. The common tendency to reckon with the needed changes only when a crisis occurs, such as a fall or illness, can make matters even more difficult.

Some modifications are quite inexpensive, such as installation of grab bars in bathrooms and lever handles for doors and faucets to make them more usable for those with arthritic or shaky hands.  But other adaptations, such as enlarging a bathroom that can accommodate a wheelchair, are much more costly.

*"Houses are made for the young."*

—Cindy Roeser,
workshop panelist and
Vice-President of Roeser
Home Remodeling, St. Louis

"Communities play a critical role in promoting the development of home modification programs that assist older citizens to adapt their existing homes to meet their needs. Additionally, communities should assess their land use plans, zoning ordinances and building codes to promote the development of a range of housing options that meet the needs of an aging population. They should be as close as possible to transportation links and/or walkable distances from daily needs like medical services or shopping."

*The Maturing of America—Getting Communities on Track for an Aging Population.* To download the report, go to http://www.aginginplaceinitiative.org/MaturingofAmericaSurvey

Fortunately, the greater St. Louis region offers some help for modifying homes of those who cannot afford to do so themselves. The St. Louis City AAA arranges for minor repairs for homes of seniors who cannot afford them. Rebuilding Together St. Louis, based in the City, is an affiliate of the national organization, which deploys volunteers to repair and modify homes to enable their owners to more safely age in place. The St. Louis AAA also provides funding to Housing Options for the Elderly (HOPE), to support development of alternative housing, such as home sharing, group residences, exchange of housing equity for cash. HOPE also provides information about the housing options available in St. Louis for seniors and younger persons. And in a special requirement for development of affordable housing, the homes must be universally designed if funding is collected through a special tax. For more information, visit http://stlcin.missouri.org/helpful/help2.cfm?CatNum=8 and http://www.rebuildingtogether-stl.org/

Reverse mortgages are another option that can be useful to older homeowners whose budgets are stretched. A loan based on the owner's equity in the home, reverse mortgages do not have to be repaid as long as the owners live in the home. The money loaned plus interest must be paid upon sale of the home, the death of the owners or when they move. Some local and state governments offer reverse mortgages, and generally require that the loans be used for specific purposes, such as paying for home repairs or property taxes. They are less costly than reverse mortgages from the private sector, which can be expensive. Anyone considering a reverse mortgage should weigh the pros and cons carefully. For more information, visit http://www.aarp.org/money/personal/articles/revmortfactsheet.html

Anne Marie Kinerk, an architect and the workshop panel moderator, noted that cities, counties and states provide significant levels of funding resources for affordable housing. Both local governments and states distribute federal Community Development Block Grant funding and HOME funds that can be used for the development and rehabilitation of owner-occupied housing and also for the development of rental housing. The Illinois Housing and Development Authority (IHDA) and the Missouri Housing Development Commission (MHDC) issue Low Income Housing Tax Credits (LIHTC) and other funding to private developers to produce affordable rental housing. For homeowners with low incomes, MHDC also provides grants up to $20,000, and IHDA up to $5,000, for home repairs for owner-occupied housing. Much of this funding can be applied for by individuals through local Community Housing Development Organizations (CHDOs). Some communities around the country offer property tax assistance to help low-income households who cannot pay property taxes, and others lower rates for those with lower incomes. For more information on the Illinois Housing and Development Authority, visit http://www.ihda.org/. For more information on the Missouri Housing Development Commission, visit http://www.mhdc.com/.

*"Learn the universal design philosophy.  Learn how everybody will use a facility…that it will be used differently by each person…large and small…elderly or not…disabled or not…man or woman… adult or child…English speaking or not…and make it useful for them all."*

—David Newburger, Commissioner on the Disabled, St. Louis and workshop keynoter

Cindy Roeser, a panelist at the workshop who is an owner and vice-president of Roeser Home Remodelers in St. Louis, commented to attendees that houses are made for the young.  She also noted that it has been very difficult, in spite of every effort to focus on the specific needs of older clients, to get people to talk about their need for changes related to aging.  On an optimistic note, however, Roeser said that more companies are now "jumping on the bandwagon" and clients are more amenable to modifications if they are beautiful and add to resale value.

For some, aging in place is more satisfactorily managed by moving to a home better suited to their needs and desires.  Their current home may be too expensive to modify, or its occupants may wish to downsize or move to housing that is more accessible and easy to maintain.  Many who must move, or choose to do so, however, want to stay as close as possible to their old neighborhoods and continue to enjoy the communities that are home to them.

To enable older residents to stay in their communities, a livable community provides a range of housing types at varying cost levels.  This range should include supportive housing arrangements, such as assisted living, that are affordable for people of low and moderate incomes.  Most communities, however, face major economic and political challenges to providing a diverse array of housing stock, including accessible apartments, home-sharing options, and compact, higher-density housing.

Unfortunately, in the Greater St. Louis area and around the country, many zoning ordinances still reflect the post World War II rush to the suburbs, where land use planners and zoning ordinances segregated single family homes, multi-unit dwellings, office complexes, parks, stores, medical facilities and offices.  This traditional suburban design creates pitfalls for seniors who no longer drive— because they may not have access to convenient transportation.

The ideal housing solution is universal design, though this approach to design is most practical and affordable for new homes or for major remodeling.  Though some architects and builders are adopting universal design principles for their practices, many more continue to develop traditional homes with significant obstacles to accessibility for all.  David Newburger also warned that universal design is a philosophy and a goal—that without building standards and codes, those who may think they are employing universal design principles can make mistakes that can cause more harm than good.  He did, however, praise 6 North, the new universally designed apartment building in St. Louis.

**6 North: McCormack, Baron and Salazar, Pathbreaking Community Development in St. Louis and Elsewhere**

McCormack, Baron and Salazar, the urban development firm, is notable for its commitment to revitalizing low-income neighborhoods by building high-quality, mixed-income housing options. The company has built several apartment buildings in St. Louis for seniors, including affordable assisted living and Section 8 subsidized units.

St. Louis is also the site of 6 North, which is, according to the company, "the first large scale use of Universal Design in the region." The developer expects the loft-style building to be accessible for everyone, but it is also constructed to be attractive to all. Forty percent of the apartments are priced as affordable housing. It was financed in part with funds from the Missouri Housing Development Commission, the US Department of Housing and Urban Development, and the Affordable Housing Commission of the City of St. Louis.

Universal design features in North 6 include:
- Elimination of most steps (except those that are mandated by code);
- 36 inch standard doors (allowing wheelchair accessibility);
- Shelves for packages at niches outside every unit;
- Open living room/kitchen floor plans with added space in the bathrooms;
- Raised front-loading washers and dryers;
- Variable height counter space;
- Levered handles on every door;
- Adjustable height closet shelving and rods;
- Optional hand held shower heads with anti-scald controls;
- Roll in showers; and
- Visual and voice-secured entry systems.

For more information, visit http://www.urbanstlouis.com/6north.html

photo credit: McCormack Baron Salazar

photo credit: McCormack Baron Salazar

photo credit: Alyse O'Brien

## An Adaptation of Universal Design—Visitable Homes

Challenge: Adoption of universal design by builders of homes has been very slow.

Solution: Build homes to be visitable.

Disappointed by the very slow adoption of universal design for new homes by architects and builders, Eleanor Smith envisioned homes that everyone could visit, to include those who are weak, stiff or have problems with balance, or use wheelchairs or walkers. She came up with a solution: Build homes that incorporate the three most critical elements of universal design for making homes accessible to all. She identified the three essential features that would allow use of wheelchairs and walkers in homes: one zero-step entrance, at the front, back or side of the house; all main floor doors, including bathrooms, with at least 32 inches of clear passage space; at least a half bath, preferably a full bath on the main floor. She hoped through stripping down to the basic essentials of accessible design, builders would adopt these changes. Smith also makes the case that homes built to this standard will accommodate the needs of occupants who become disabled at any age—without incurring the costs of expensive modifications. For more information, visit http://www.concretechange.org/

Smith is the Executive Director of Concrete Change, based in Atlanta, which advocates for state and local mandates requiring homes to be visitable. Four locales, Pima County, Arizona; Tucson, Arizona; Naperville and Bolingbroke, Illinois; now require all new homes to be visitable. As is the case in St. Louis County, the majority of visitability mandates in several states and localities cover only housing built with public funds. More than 35,000 visitable homes have resulted from these ordinances so far. In 2009, Representative Jan Schakowsky introduced a federal Inclusive Home Design Act which would greatly increase the number of visitable homes nationally.

Many builders and remodelers have not had an opportunity to familiarize themselves with the essentials for making a home accessible for aging in place. To remedy this situation, the Remodelers Council of the National Association of Home Builders (NAHB), NAHB's Research Center and Seniors' Housing Council, with AARP, developed a program to educate remodelers that designates those who graduate from the program as Certified Aging in Place Specialist (CAPS). The program is designed to provide "comprehensive, practical, market-specific information about working with older and maturing adults to remodel their homes for aging in place." For more information, visit http://www.nahb.org/generic.aspx?genericContentID=8398

NAHB, which schedules trainings around the country, states that its graduates will understand the requirements of accessibility, the need for assessments that include input from occupational and physical therapists and health care professionals, and the "significance of good design in making modifications that can transform a house into a safe, attractive, and comfortable home for life." For more information, visit http://www.nahb.org/meeting_details.aspx?meetingID=18714

## It Takes a Community

Challenge: Designing for accessibility of places and spaces takes the expertise and involvement of many.

Solution: Encourage more community-wide collaboration.

During her panel presentation at the workshop, Gina Hilberry described her mother's experience with an inaccessible community. At 90, her mother, who had accomplished so much in her life, could no longer move independently outside of her own home because she confronted barriers to access shortly beyond her door. Her mother exclaimed sadly, "I'm useless!" And as Hilberry explained, the community lost out, as her mother had completed taxes for more than 200 seniors each year before she became homebound.

While an accessible home is a prerequisite for independence for many, connections throughout the community are a must. Hilberry described why all too often these connections are not completed. The architect responsible for the design of a home and its compliance with regulations, the engineer who does the site plan to the sidewalks, the municipality responsible for the connection to the highway, and the transit system responsible for the bus stop, do not communicate with each other. They do not see the many obstacles to access that their failure to coordinate leaves in its wake.

Coordination is key, as is the design of each place and space in the community. Otherwise, as the Center for Universal Design explains, "Those who live in rural areas or even typical suburban settings (even in well designed homes) can be isolated within their neighborhoods and communities for several reasons: 1) because few other homes in the area are accessible, 2) because car use may not be possible yet travel to any or all destinations requires the use of a car, or 3) because the neighborhood itself lacks safe places to walk or roll." For more information, visit http://www.design.ncsu.edu/cud/about_ud/udincommunity.html

And as David Newburger and Steve Schenck emphasized, urban environments also have many design challenges to be resolved. Designing for accessibility cuts across so many aspects of community life that, no matter where you are— in cities, towns, suburbs or rural areas, every sector of a community must be engaged in providing access for all.

For advocates of design of places and spaces for all, seeking the broadest possible community involvement is a must. The St. Louis workshop demonstrated a great starting point: enlist the support of a wide range of professions and organizations, by first raising awareness of the many impediments to access that exist in their community.

It is possible to engage community leaders to help resolve the obstacles to seamless access for all. Gina Hilberry's emphasis on making the connections that unite all community features confirms the need to link the people who can assure that every important element of a community is accessible. A single broken connection, such as an intersection hazardous to slower

St. Louis County requires all publicly funded new housing to meet visitability standards.

http://assets.aarp.org/rgcenter/il/2008_14_access.pdf

pedestrians, becomes a barrier against reaching the rest of the community. Architects and builders, engineers, planners, elected and government officials, Area Agencies on Aging and other organizations advocating for seniors and for those with disabilities, representatives of businesses, religious institutions, civic associations, educational organizations, remodeling companies, home care service providers, senior and community centers, businesses, bankers, designers and many others, need to be involved in making their communities usable by everyone.

The St. Louis workshop was intended to explore both the obstacles and the solutions for designing places and spaces for older adults, those with disabilities —and for all. The workshop set the stage for the Area Agencies on Aging and other advocates in the St. Louis area to collaborate with the many stakeholders who can make the region accessible and livable for all. As the workshop made clear, with the right people and expertise, the problems can be solved—in the St. Louis region and everywhere.

# Aging Friendly Innovations:  Best Practices

## St. Louis Best Practices

### Housing Options for the Elderly (HOPE)
*City of St. Louis*

The St. Louis Area Agency on Aging provides funding to HOPE to support development of alternative housing, such as home sharing, group residences, or exchange of housing equity for cash.  HOPE also provides information about the housing options available in St. Louis for seniors and younger persons.

To learn more, visit http://stlcin.missouri.org/helpful/help2.cfm?CatNum=8

### Paraquad
*City of St. Louis*

Paraquad is a non-profit independent living center which seeks to increase the independence of those with disabilities through "choice and opportunity".  Paraquad states that it works to assure that "people with disabilities are valued and participate in all aspects of society".  In 2008, Paraquad served over 4,000 people with disabilities, with 40 services, to include assistive technology, College for Living, consumer-directed services, and employment.

To learn more, visit http://www.paraquad.org/

### Starkloff Disability Institute
*City of St. Louis*

Founded by Max and Colleen Starkloff, who also co-founded Paraquad, the Starkloff Disability Institute works to assure that "individuals with disability have the right to equality, independence, and full participation in society."  They believe that full participation will benefit society in general as well as those with disabilities.  After 35 years with Paraquad, the Starkloffs wanted to take the "next big step —changing attitudes for a more inclusive society."  The Institute, which serves as a think tank, contributes to national deliberations on disabilities issues.

To learn more, visit http://www.starkloff.org/starkloff/

### St. Louis Affordable Housing Commission
*City of St. Louis*

The mandate of the City's Affordable Housing Commission requires that it "promote City living and neighborhood stabilization through the preservation and production of affordable, accessible housing and support services that enhance the quality of life for those in need."  The non-profit agencies and developers that receive funding from the Commission must assure that new and rehabilitated homes are accessible for City residents earning 80% or below the area median income.

To learn more, visit http://stlouis.missouri.org/501c/affordablehousingcommission/

**State of Illinois**
*The Maturing of Illinois*

The Illinois Association of Area Agencies on Aging is conducting a statewide initiative, from 2008 to 2010, called "The Maturing of Illinois:  Getting Communities on Track for an Aging Population." Illinois expects an increase of 77 percent in the number of persons aged 60 and above by the year 2030, from 2 million now to 3.6 million.  For the 13 Area Agencies on Aging, partnering with the Illinois Department on Aging, the goal of this initiative is to "promote the development of livable communities for all ages in Illinois by collaborating with at least 45 selected communities to complete a comprehensive assessment of their preparedness for the aging of the population.  A report on the state's preparedness will be completed by January 2011.  The assessment activities must include the areas of health and human services, land use, housing, transportation, public safety, workforce and economic development, recreation, education, civic engagement, and emergency.

To learn more, visit http://www.i4ainfo.org/2008-2010_state_initiative.htm

**State of Missouri**
*Missouri Senior Report*

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 across the state.  In 2007, the US Administration on Aging recognized the report as a leading state program.   The 2008 report, which was issued in December, is indicative of Missouri's continuing commitment to addressing the problems of older adults living in Missouri.  Comprehensive in its coverage, the Report includes outcomes and status indicators on the county and state levels and a composite ranking of outcomes of Missouri's counties.

To learn more, http://missouriseniorreport.org/download.shtml

## National Best Practices

**Aging and Disability Resource Centers**
*National Program Available throughout the Country*

These centers were established through collaboration of the Administration on Aging (AoA) and the Centers for Medicare and Medicaid Services (CMS), to test new approaches for improving availability of and access to information for older adults, people with disabilities and their families. Many agencies and organizations provide relevant services, but finding out what is available has often been extremely difficult because intake, assessment and eligibility functions have been fragmented. The centers are tasked to coordinate with the relevant agencies and organizations to provide and integrate information about all available services for older adults and individuals with disabilities in the communities they serve. Centers provide one-stop shopping for information and counseling and access to programs and services. Many of the nation's Area Agencies on Aging are part of the ADRC network. AoA and CMS expect that an ARDC "improves the ability of state and local governments to monitor program quality through centralized data collection and evaluation."

To learn more, visit
http://www.aoa.gov/AoAroot/AoA_Programs/HCLTC/ADRC/index.aspx#purpose

**Armory Park del Sol**
*Tucson, Arizona*

Nancy Mairs, a resident of Armory Park del Sol, describes the development of Armory Park del Sol and the reason it is a good model. She explains that "All the homes here incorporate universal design… In this concept, elements are chosen which, while aesthetically pleasing, function for the greatest variety of people. For instance, round doorknobs are useless to a person with limited hand strength, but everyone can use lever handles. Some of the design features discreetly built into every home at Armory Park del Sol include: step free entryways; extra wide hallways; three foot wide door openings; hard surface flooring, concrete, wood or tile; bathroom grab bars; roll-in and walk-in showers; dual shower heads with slide bar; 6 foot wide sidewalks; extra wide patio access gates."

Mair concludes by assuring readers that the homes are "visitable" by everyone regardless of physical limitations and accommodate every user, to include those with strollers, shopping carts or luggage on rollers. And she adds that as residents age, they "won't need to make expensive modifications. They're already here. It's a home for life!"

To learn more, visit http://www.armoryparkdelsol.com/accessibility.html

**Cycling and Walking Master Plans**
*Seattle, Washington*

Known as a haven for outdoor enthusiasts, Seattle has confirmed its reputation by engaging its citizens and staff in developing master plans for transportation, biking and walking. The bicycle master plan was approved by the mayor and city council in 2007, and the walking

master plan is nearing completion.  Views of citizens solicited through public hearings and citizen advisory groups contributed significantly to the plans, as did Seattle's land use planners, health department and public works staffs and other stakeholders.  The perspectives of older adults and those with disabilities were an important consideration throughout the planning phases.

To learn more, visit http://www.seattle.gov/Transportation/bikemaster.htm
http://www.seattle.gov/transportation/pedestrian_masterplan/

### Community for a Lifetime
*Dunedin, Florida*

In response to the Community for a Lifetime Initiative sponsored the Florida Department of Elder Affairs, Dunedin was one of the first to apply for the designation.  Participating communities must assess the elder readiness of services and opportunities to "encourage independence and quality of life for older adults."  They must also collaborate with partners such as government agencies, businesses, educational organizations, and non-profits that "promote development of community amenities.  As the first community to complete an assessment under the Initiative, Dunedin instituted a sidewalk improvement program to "complete connections within and between neighborhoods and the downtown, and to install ramps where needed."

To learn more, visit
http://www.vnsny.org/research/aoacompetition/download/LC_Booklet_FINAL.pdf (pg 22)

### Independent Living Centers
*Nationwide*

A typical Independent Living Center is a non-residential, private, non-profit, consumer-controlled, community-based organization "providing services and advocacy by and for persons with all types of disabilities."  The goal of the ILCs is to help those with disabilities reach their full potential within their families and communities.  With nearly 500 centers in the US, Independent Living Centers also advocate on behalf of those with disabilities.  They work to assure physical and programmatic access to housing, employment, transportation, communities, recreational facilities, and health and social services.

To learn more, visit http://www.ilusa.com/links/ilcenters.htm

### Rebuilding Together
*Nationwide*

Rebuilding Together is a national non-profit that deploys hundreds of thousands of volunteers to rehabilitate homes of lower-income homeowners, many of whom are older and/or disabled. More than 200 affiliates around the country repair and modify over 10,000 homes and non-profit community centers each year.  Many of the affiliates focus their work on National Rebuilding Day, which takes place each year the last Saturday April.  The City of St. Louis has a very active affiliate.

To learn more, visit http://www.rebuildingtogether.org

# Appendix: Workshop Agenda

**Designing Places and Spaces for Now and in the Future:
Developing a Livable St. Louis Region for All Ages**

**April 28, 2009**

**9:00 am**      **Coffee and Sign-In**

**9:30 am**      **Welcoming Remarks and Introductions**

- Francis G. Slay, Mayor, City of St. Louis
- Joy Paeth, Chief Executive Officer, Area Agency on Aging of Southwestern Illinois

**9:50 am**      **Creating Livable Communities for All Ages: National Perspective**

- Helen Eltzeroth, Chief Programs and Communications Officer, National Association of Area Agencies on Aging
- Penny Cuff, Senior Program Officer, Partners for Livable Communities

**10:00 am**      **A Livable and Accessible St. Louis is for Everyone**

- David Newburger, Commissioner on the Disabled, City of St. Louis

**10:20 am**      **Key Issues Affecting Accessibility: Local Experts' Perspective**

Moderator: Anne Marie Kinerk, AIA, Principal, Anne Marie Kinerk & Associates

- Dr. Karen Barney, Chair of Department of Occupation Sciences and Occupational Therapy, Doisy College of Health Sciences, St. Louis University
- Gina Hilberry, AIA, Principal, Cohen, Hilberry Architects
- Steven C. Schenck, Information and Referral Specialist, Paraquad, Inc.
- Cindy Roeser, Owner & Vice President, Roeser Home Remodeling

**11:30 am**      **Questions and Answers**

**11:45 am**      **"JumpStart the Conversation" Grants Overview and Wrap-up**

**12:00 pm**      **Lunch**

**Dr. Karen Barney** has spent 42 years in the field of Occupational Therapy, combining her educational background and experience in working with persons with disabilities and aging populations, with a focus on functional environmental designs. She was elected to the Roster of Fellows of the American Occupational Therapy Association in 1998, for her work in promoting excellence in geriatric services. Her career spans services in acute care, rehabilitation, and pediatrics, a decade in skilled care facilities, as well as medical, non-traditional, and public health community-based practice. She also has 30 years of experience in higher education in faculty and administrative roles. She currently serves as Chairperson of the Department of Occupational Science & Occupational Therapy at Saint Louis University. Her career has included developing continuing education programs, consultation, and research projects on a range of subjects relating to disability, aging, and environmental design. Dr. Barney also has served as a core faculty member in the Missouri—Illinois Geriatric Education Center at Saint Louis University since 1991. Her research interests are in disability and aging related quality of life, functional environmental design, and developing innovative education and intervention models.

**Dr. Karen Barney**
*Chair of Department of Occupation Sciences and Occupational Therapy,* St. Louis University, Doisy College of Health Sciences

**Gina Hilberry** is a principal of Cohen Hilberry Architects. The firm offers services in accessibility/ADA, adaptive reuse, addition/alteration, design, historic preservation, and forensic/expert witness. She is also a member of the federal Access Board's Public Right of Way Access Advisory Committee, and is an ICC certified Accessibility Inspector/Plans Examiner. As a consultant, she developed the set of UD (universal design) criteria required by the St. Louis Affordable Housing Commission in all of the new construction projects. She is also an affiliate instructor at Washington University School of Architecture, where she includes UD in all projects and teaches and lectures on the impact of access in design.

**Gina Hilberry, AIA**
*Principal,*
Cohen, Hilberry Architects

**Anne Marie Kinerk** is a licensed architect with over 30 years of experience in all aspects of planning, design, project management, construction administration and client negotiations. She has expertise in affordable housing design and development, project management, accessible and universal design, and building code compliance review and interpretation. Her extensive knowledge of housing and development funding resources includes Low-Income Housing Tax Credits, HOME funds, Tax Increment Financing and bond programs.

Anne Marie has provided training to designers and developers on universal design, workforce housing development, accessibility law and community planning. Her background includes work for state and municipal agencies and departments, private development, project management and design. She has worked with neighborhoods and communities to produce redevelopment plans that allowed them to articulate their housing and community development goals and structure frameworks for ongoing decision-making.

Anne Marie is a graduate of the University of Kansas and received her Master of Architecture from Washington University in St Louis.

**Anne Marie Kinerk, AIA**
*Principal,*
Anne Marie Kinerk & Associates
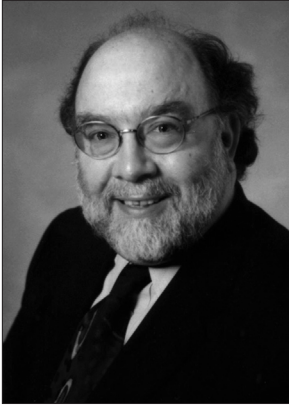
**David Newburger**
*Commissioner on the
Disabled,*
City of St. Louis

David Newburger is the Commissioner on the Disabled for the City of St. Louis. He also maintains a law practice with Newburger & Vossmeyer, LLC., and provides administrative and consulting services to The Starkloff Disability Institute.

As Commissioner on the Disabled, David works part-time for the City, serving as the City's Americans with Disabilities Act Lead Coordinator, advising the Mayor and senior staff on policy matters related to people with disabilities, and conducting training for various governmental units and the public on ways to welcome people with disabilities into mainstream society. In his law firm, David practices various aspects of law including litigating disabilities rights cases. For the Starkloff Disability Institute, David provides administrative coordination and is a central player in policy and advocacy work that the Institute does. He likes to joke that he has three half-time jobs.

David had polio as an infant. He is happily married with a daughter, son-in-law, and two grandchildren. He has taught law on the regular faculty at Washington University School of Law and part-time for the Saint Louis University School of Law. He has an A.B. from Oberlin College and a J.D. from Case Western Reserve University.



**Cindy Roeser**
*Owner & Vice President,*
Roeser Home Remodeling

Cindy Roeser and her husband Joe started their business twenty-four years ago. As a journeyman carpenter and cabinet maker- Joe felt there was a real need for service in the area of Remodeling. In 1985, Remodeling was not the buzz it is now and the Roeser's found themselves in an industry that was not so identifiable.

After fifteen years in the business they had the opportunity to remodel a condominium unit for a couple over 50 years of age. Designing an open floor plan and installing an elevator was unique to the current market. Soon however, the Roeser's discovered their clientele was aging and they found themselves installing grab bars, ramps and more elevators. In 2006, Cindy joined the 50+ Council as the only remodeler on the council. In an effort to learn more about the aging process and how to better serve their clients, Cindy has learned much about developments that provide a community service for older, yet active aging adults. She has brought what she has learned from her peers to her company thereby benefiting those who choose to age in place.



**Steven C. Schenck**
*Information & Referral Specialist,*
CIRS, Paraquad, Inc.

Steven C. Schenck has been with Paraquad, Inc. for more than 11 years and has worked as an Information & Referral Specialist (I&R) nearly 9 years. He is certified in his field through the Alliance of Information & Referral Systems (AIRS). As an I&R Specialist he provides guidance to persons with disabilities and older adults in the St. Louis area by distributing resources in the community for various needs, including accessible housing and home accessibility modifications. As a person with Muscular Dystrophy who uses a power wheelchair, he has personal experience and knowledge of the accessibility needs of persons with mobility limitations.

# Appendix: Workshop Participants

**Steve Anton**
Anton Architecture, Inc

**Ann Bannes**
St. Andrews Senior Solutions

**Kenneth Barnadyn**
City of Ferguson

**Karen Barney**
St. Louis University, Doisy College of
Health Sciences

**Joseph Bauer**
Architect

**Jonathan Becker**
Senior Services Plus, Inc.

**Nancy Berry**
St. Johns Home & Community Care

**Rebecca Boerner**
Alexian Brothers PACE Program

**Higinia Bol**
SLAAA

**David Bookless**
City of Maryland Heights

**Dustin Bopp**
Bopp Architecture

**Christina Bross**
Kiwi Creative Services, Inc.

**Wendy Bruner**
St. Louis Arc

**Kevin Buss**
Avenue Construction & Design

**Alicia Buss**
Lawrence Group

**Roberto Canessa**

**Jon Carpenter**
The Korte Company

**Latoya Chauncey**
Paraquad, Inc

**Michael Chiodini**
MetLife

**Theodore Christner**
Christner, Inc

**Dennis Cooper**
MetLife Reverse Mortgage

**Grace Corbin**
American Institute of Architects

**James Corsi**
Gibault High School

**Penny Crabtree**
The Glenwood

**Penny Cuff**
Partners for Livable Communities

**Lawerence Davis**
Venice, Illinois

**Stephen Dickhut**
Show-Me 50+ Housing, LLC

**Mark Drucker**

**Mary Durbin**
Highland Area Christian Service Min

**Tyrone Echols**
Venice City Hall

**Karen Elbert**
St. Louis Naturally Occurring
Retirement Community

**Marti Ellebracht**

**Helen Eltzeroth**
National Association of Area Agencies
on Aging (n4a)

**Kandace Fisher**
University of Missouri-Extension

**Mary Barbara Fitzgerald**
Nurses To Go

**Wayne Flesch**
East-West Gateway Council of Gove

**Rob Forney**
Lawrence Group

**Caroline Fullerton**
Adapt-Ability

**Lori Fumagalli**
Mitchell Wall Architects

**Carmen Gagnon**

**Janet Gans**
Paraquad

**William Gantz**
Capital Consultants, Inc.

**Irene Garnett**
Partners for Livable Communities

**Steven Goldenberg**
Golden Management, Inc.

**Joyce Gusewelle**
Eden United Church of Christ

**Louisa Hardwrict**
Lawrence Group

**Susan Harvey**

**Carl Hatcher**
St. Louis Area Agency on Aging

**Phil Heckmann**
Universal Home Modifications

**Suzanne Heckmann**
Universal Home Modifications

**Clyde Heller**
City of Waterloo

**Sharon Henderson**
Lawrence Group

**Jeffrey Henty**
Henty & Associates, P.C.

**Katherine Hess**
Washington University

**Monica Hetherington**
Disability Support System

**Gina Hilberry**
Cohen, Hilberry Architects

**Russ Hitzemann**
50PlusStLouis.com

**Jennifer Howland**
City of O'Fallon

**Todd Jacobs**
Christner Inc.

**Phyllis Johnson**
AAA of SW Illinois

**Stanley Jones**
St. Louis Equity Fund

**Anne Kinerk**
Anne Marie Kinerk & Associates

**Jane King**

**Delena King**
Alexian Brothers PACE program

**Vicki Koerber**
City of Waterloo

**Eric Kohring**
Paraquad

**Thom Kuntzman**
TBK Architect

**Steve Lichtenfeld**
ACI/Boland Architects

**Linda Lipa**
Lutheran Senior Services

**Patricia Little**
Chestnut Health Systems

**Tanner LoGrasso**
St. Louis Area Agency on Aging

**Nancy Lonsdale**
Area Agency on Aging of
Southwestern IL

**Robert Lordi**
City of St. Louis

**Rachel Lunney**
NW Colorado Council of Governments

**George Martin**
Martin Associates

**Lisa Martin**
Washington University

**Jerry McFarland**
Area Agency on Aging of
Southwestern IL

**Milena McGhee**
Lawrence Group

**Frank Miles**
Madison County Planning and
Development

**Ken Miller**
J. Ken Miller, AIA

**Rozita Miller**
Paraquad

**Sheila Miranda**
CORE10 Architecture

**Steve Miskovic**
Memory Care Home Solutions

**Mike Miskovic**
Architectural

**Joy Myers**
Main Street Community Center of
Edwardsville, IL

**Raymond Naughton**
Architect, A.I.A.

**Ron Nelson**
City Place Properties

**David Newburger**
City of St. Louis

**Anna Oestreich**
Bond County Senior Center

**Julia Ostropolsky**
Bi-Lingual International Assistant
Services

**Joy Paeth**
Area Agency on Aging of
Southwestern Illinois

**Brian Paul**
Lawrence Group

**Betty Pearson**
Boa Construction

**Richard Peat**
AIA

**Julie Pena**

**Patricia Ratliff**
IL. Dept. on Aging

**Elizabeth Reinsch**
University of Missouri Extension

**Phyllis Roberson**
Howard R. Koblenz architects

**Carroll Rodriguez**
Alzheimers Association'

**Cindy Roeser**
Roeser Construction

**John Rothbarth**
St. Louis Times

**Sandy Rothschild**
Sandy Rothschild & Associates, Inc.

**Duana Russell-Thomas**
Washington University Program in
Occupational Therapy

**Darlene Rutkowski-Hanks**
The Korte Company

**Mary Alice Ryan**
St. Andrews Senior Solutions

**Mary Schaefer**
Mid-East Area Agency on Aging

**Wilma Schmitz**
Area Agency on Aging of
Southwestern Illinois

**Lana Schmulbach**
Area Agency on Aging of
Southwestern IL

**Robert Seitz**
Peggeo Enterprises, LLC

**Karen Shapiro**
Lawrence Group

**Marion Smith**
Engine House No. 1, Inc.

**Dawn Smith**
PrimeLife Media, Inc.

**Thomas Smith**
City of Waterloo

**Bonnie Solomon**
HBA 50+ Council

**Richard Stephens**
Assessment Committee

**Schenck Steven**
Paraquad

**Dave Stoecklin**
Madison County Employment &
Training

**Anneliese Stoever**
St. Louis Area Agency on Aging

**Terry Sullivan**
Consultant

**David Sykora**
St. Louis Area Agency on Aging

**Thomas Teasdale**
T. H. Teasdale, FAIA, Architect

**Michelle Terbrock**
F.H. Terbrock & Sons, Inc.

**Steven Terbrock**
Terbrock Luxury Homes

**Kenny Terbrock**
Age at Home

**Sherri Thompson**
SLAAA

**Mark Tranel**
Public Policy Research Center

**Toby Trentadue**
AKW-Medicare

**Galen Vassar**
The Lawrence Group

**John Vincenzo**
Home Services,Inc.

**Lisa Walsh**
Paraquad

**Rosalind Williams**
City of Ferguson

**Thomas Williamson**

**Larry Wise**
Highland Community Church

**Jeffrey Wright**

**Michelle Yates**
Main Street Community Center

**Kris Zapalac**
MO Dept of Natural Resources, State
Historic Preservation Office

**Cheryl Zapp**
Nashville Chamber of Commerce

**Ruth Zobrist**

# Appendix: Resources

## Greater St. Louis Region Links

Anne Marie Kinerk & Associates
http://amkinerk-architect.com/about_us

Area Agency on Aging of Southwestern Illinois
http://www.answersonaging.com/

Cohen Hilberry Architects
http://www.archiplanet.org/wiki/Cohen_Hilberry_
Architects,_St._Louis,_Missouri,_USA

Mid-East Area Agency on Aging
http://www.mid-eastaaa.org/

Paraquad Independent Living Center
http://www.paraquad.org/

Rebuilding Together - St Louis.
http://www.rebuildingtogether-stl.org/

Roeser Home Remodeling
http://www.roeserconstruction.com/

Starkloff Disability Institute
http://www.starkloff.org/starkloff/

St. Louis City Area Agency on Aging
http://stlouis.missouri.org/government/hslaaa.html

## Missouri and Illinois Links

Illinois Association of Area Agencies on Aging
http://www.i4ainfo.org/IHindex.htm

Missouri Alliance of Area Agencies on Aging
http://moaging.com/

## National Links

Aging in Place Initiative: Developing Livable Communities
for All Ages
http://www.aginginplaceinitiative.org

Partners for Livable Communities
http://www.livable.com/

National Association of Area Agencies on Aging
http://www.n4a.org/

AARP
http://www.aarp.org

AdvantAge Initiative
http://www.vnsny.org/advantage/

Aging & Disability Resource Centers
http://www.aoa.gov/AoAroot/AoA_Programs/HCLTC/
ADRC/index.aspx#purpose

American Association on Health and Disability
http://www.aahd.us/page.php

American Planning Association
http://www.planning.org

American Public Transportation Association
http://www.apta.com

Center for Inclusive Design and Environmental Access
http://www.ap.buffalo.edu/idea/Visitability/

Center for Universal Design, North Carolina State
University
http://www.design.ncsu.edu/cud/

Clearinghouse for Home and Community-Based Services
http://www.hcbs.org/

Complete Streets
http://www.completestreets.org

Concrete Change
http://www.concretechange.org/

Easter Seals Project ACTION
http://www.projectaction.org

Funders Network for Smart Growth and Livable
Communities
http://www.fundersnetwork.org

HUD and DOT Partnership: Sustainable Communities
http://www.hud.gov/news/release.cfm?content=pr09-023.
cfm

Institute for Human Centered Design
http://www.adaptiveenvironments.org/

International City/County Management Association
http://www.icma.org

National Association of Counties
http://www.naco.org

National Association of Home Builders
http://www.nahb.org/

National Center for Senior Transportation
http://www.seniortransportation.net

National Council on Disability
http://www.ncd.gov/

National Governors Association
http://www.nga.org

National Institute on Aging
http://www.nia.nih.gov

National Institute on Disability and Rehabilitation Research
http://www.adata.org/

National League of Cities
http://www.nlc.org

National Resource Center on Supportive Housing and Home Modifications
http://www.homemods.org

Partners for Livable Communities
http://www.livable.com/

Senior Housing Locator
http://www.seniorhousinglocator.org

Smart Growth Online
http://www.smartgrowth.org

Universal Design Education Online
http://www.udeducation.org/resources/ada.asp

United States Access Board
http://www.access-board.gov/

University of Washington
http://www.washington.edu/doit/Brochures/Programs/equal_access_spaces.html

## Reports

*Beyond 50.05: A Report to the Nation on Livable Communities: Creating Environments for Successful Aging,* AARP, 2005
http://assets.aarp.org/rgcenter/il/beyond_50_communities.pdf

*Creating Livable Communities,* The National Council on Disability, 2006
http://www.ncd.gov/newsroom/publications/2006/livable_communities.htm

*Increasing Home Access: Designing for Visitability,* AARP, 2008
http://assets.aarp.org/rgcenter/il/2008_14_access.pdf

*Livable Communities: An Evaluation Guide,* AARP Public Policy Institute, 2005
http://assets.aarp.org/rgcenter/il/d18311_communities.pdf

"*Opportunities for Building Livable Communities*", Visiting Nurse Service of New York, Center for Home Care Policy and Research, Mia R. Oberlink, April 2008
http://assets.aarp.org/rgcenter/il/2008_02_communities.pdf

*Michigan Community for a Lifetime, Elder-Friendly Community Assessment,* developed for the Michigan Commission on Services for the Aging
http://www.michigan.gov/documents/miseniors/4-Michigan_CFL_Assessment_199109_7.pdf

*The Maturing of Illinois: Getting Illinois on Track for an Aging Population*
http://www.i4ainfo.org/2008-2010_state_initiative.htm

## Books

*The Regional City, Planning for the End of Sprawl*, Peter Calthorpe and William Fulton, Island Press, 2001

# Appendix: Notes

[1] Press release, The St. Louis Regional Chamber & Growth Association, April, 2009
http://www.stlrcga.org/x3921.xml

[2] For more information, visit http://www.stlrcga.org/x335.xml

[3] For more information, visit http://oa.mo.gov/bp/projections/

[4] Ibid.

[5] For more information, visit http://www.stlrcga.org/x1912.xml

[6] For more information, visit
http://www.postwritersgroup.com/archives/peir080622.htm

[7] Narrative Profile for St. Louis City, American Community Survey, 2003
http://www.census.gov/acs/www/Products/Profiles/Single/2003/ACS/Narrative/155/
NP15500US2965000510.htm

[8] *Occupational Therapy: Helping America Age in Place*, Stephanie Yamkovenko,
http://www.aota.org/News/Centennial/40313/Aging/Aging-in-Place.aspx

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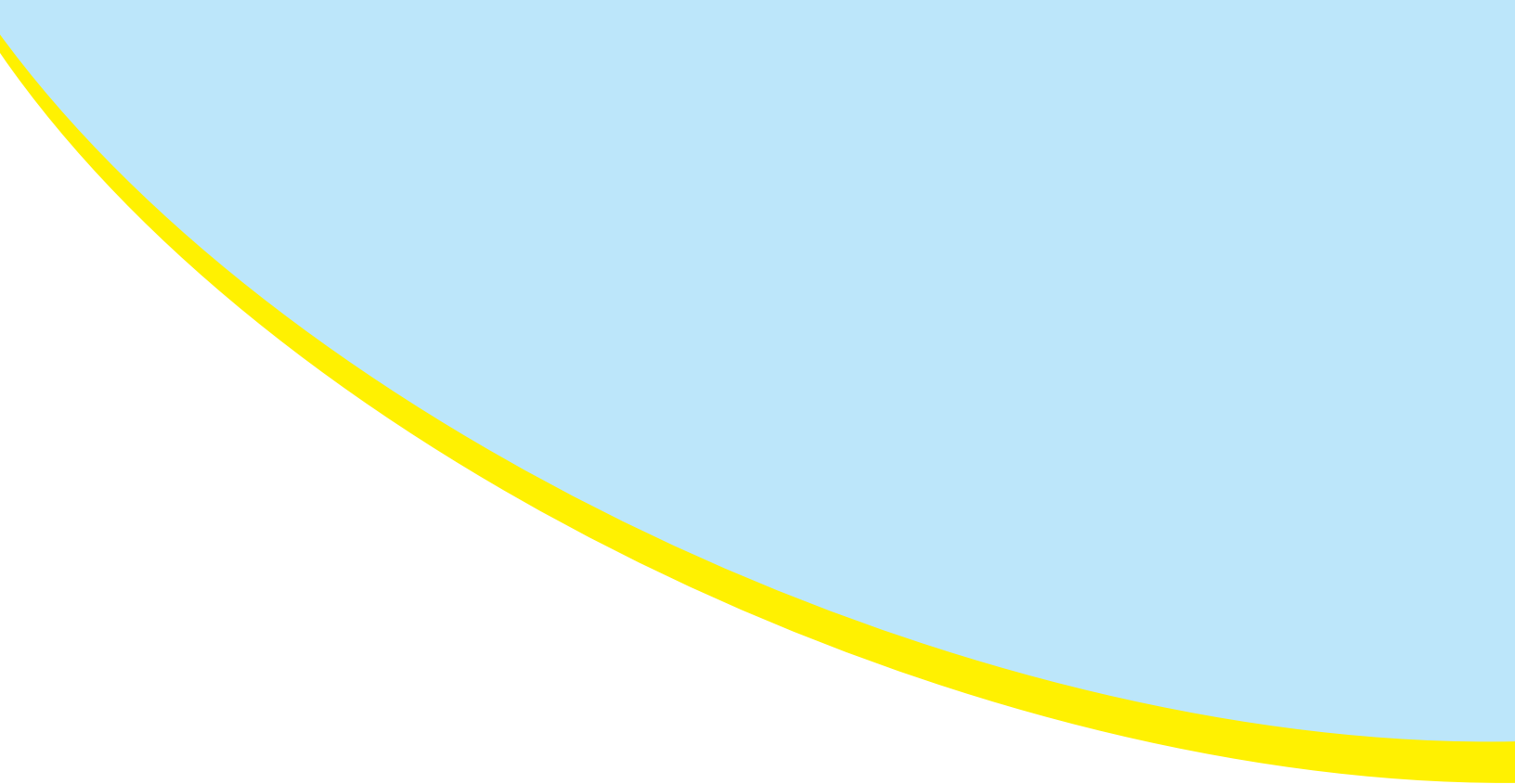
**ICMA** (International City/County Management Association) – The premiere local government leadership and management organization. http://icma.org

**National League of Cities** (NLC) – A national organization representing county governments in the US. www.naco.org

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

## Made possible by a grant from:

**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

Partners for Livable Communities
1429 21st Street, NW
Washington, DC 20036
202-887-5990
www.livable.com


National Association of Area Agencies on Aging
1730 Rhode Island Ave., NW, Suite 1200
Washington, DC 20036
202-872-0888
www.n4a.org

www.aginginplaceinitiative.org