

Lifelong Communities

a regional approach to aging

Atlanta Regional Commission





Lifelong Communities

a regional approach to aging

- Promote Housing and Transportation Options
- Encourage Healthy Lifestyles
- Expand Information and Access

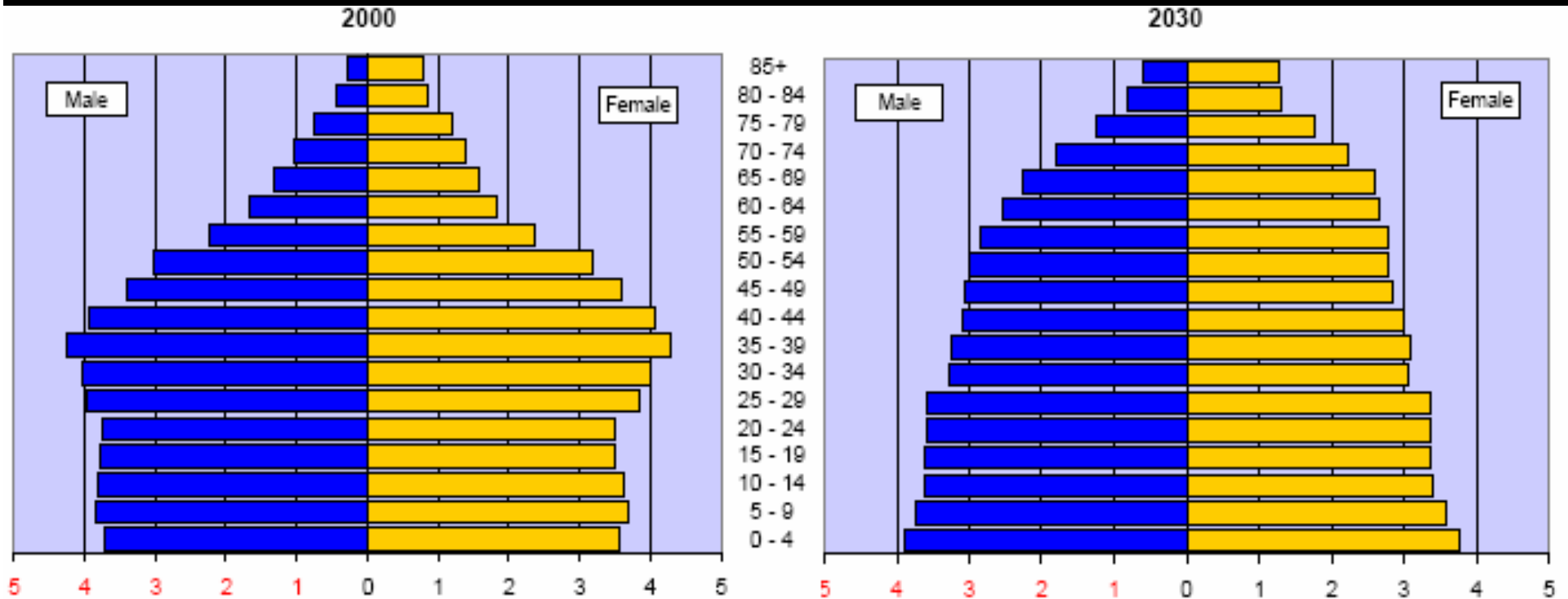
2000: 1 in 10

2030: 1 in 5

55+ Population Growth 2005-2030

Henry	266%
Rockdale	254%
Cherokee	247%
Douglas	235%
Fayette	205%
Region	127%
DeKalb	118%
Gwinnett	113%
Clayton	107%
Fulton	96%
Cobb	85%

Georgia Population 2000 to 2030



55+ Population in the Atlanta Region:

18.74 Average years in current house

37.08 Average years lived in the region

64% Will remain in house as long as possible

52% If did move, would move within region

55+ Population in the Atlanta Region:

67% are not working at all

Of those that are working:

25% plan to continue working full time

31% plan to continue working part time

32% plan to stop working all together

11% do not know what they will do

35% volunteer





What We Learned:

- Paper collects dust
- No one is working, they are treading water
- Boxes are comfortable
- Everyone likes flash bulbs

Lifelong Community

- *a place individuals can live throughout their lifetime.*
- *provides a full range of options to residents, insuring a high quality of life for all.*

Promote Housing and Transportation Options

Wide range of housing options to meet wide range of needs. Housing options must be affordable, accessible, located close to services and available within existing communities.

Mobility options to insure that as individuals age they can access basic services and remain independent .

Encourage Healthy Lifestyles

Create environments that promote physical activity, social interaction and easy access to healthcare.

Expand Information and Access Services

Strengthen and modernize the current education and information network to meet the complicated long term care needs of a population that demands choice.

Housing, 55+ Atlanta Region

84% own their home

of those who do not:

63% pay rent

29% live with family

If they moved:

49% would downsize

53% would move to be near family

32% would move to a quiet community

26% would move to more affordable housing

New Construction

Existing Housing

- **Accessible**
- **Affordable**
- **Close together (small lots)**
- **Integrated into existing neighborhoods**
 - **Within walking distance of services**

Transportation, Atlanta Region 55+

NOW

FUTURE

88%

Drive own car

7%

Driven by others

57%

4%

Public transportation

13%

1%

other

10%

Don't Know

21%

**Alternatives to
the Car**

**Safe Roads and
Safe Drivers**

**Walkable
Communities**

- **Affordable**
- **Accessible**
- **Safe**
- **Proximity to destinations**

Provide housing & transportation options

- **Develop zoning ordinances to expand options**
- **Promote affordable and diverse housing stock**
- **Incorporate needs of older adults in transportation planning**
- **Enhance transportation options: public transit, vouchers, volunteers**



Health, Atlanta Region 55+

- 43% received a flu shot in the last 12 months
- 42% have had a pneumonia vaccination
- 44% not getting enough physical activity

Health, Georgia 55+

47th unhealthy days/month (6.8)

42nd complete tooth loss (28%)

50th percent of older adults with disability (41%)

49th do not participate in physical activity (40%)

44th percent of older adults who do not eat enough fruits and vegetables (23%)

35th percent of older adults who are obese (21%)

Physical Activity

**Access to basic
healthcare**

Preventive healthcare

- Affordable

- EASY

- Options close to older adults

- Interagency Collaboration

- Educate and Motivate

Encourage Healthy Lifestyles



- Expand transportation options
- Pedometer Walking Programs
- SPARC; Diabetes Management
- Integrate older adults in local park planning
- Provide safe sidewalks and trails near where older adults live

Information, 55+ Atlanta Region

Long Term Care

51% had misinformation about long term care

77% had no long term care insurance

45% are concerned about paying for long term care

Expand Information and Access

Educate

Link to
Resources

21st century
infrastructure

- Modernize messaging
- Urgency
- Work across sectors
- Meet people where they are

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Physical Activity

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Preventive healthcare

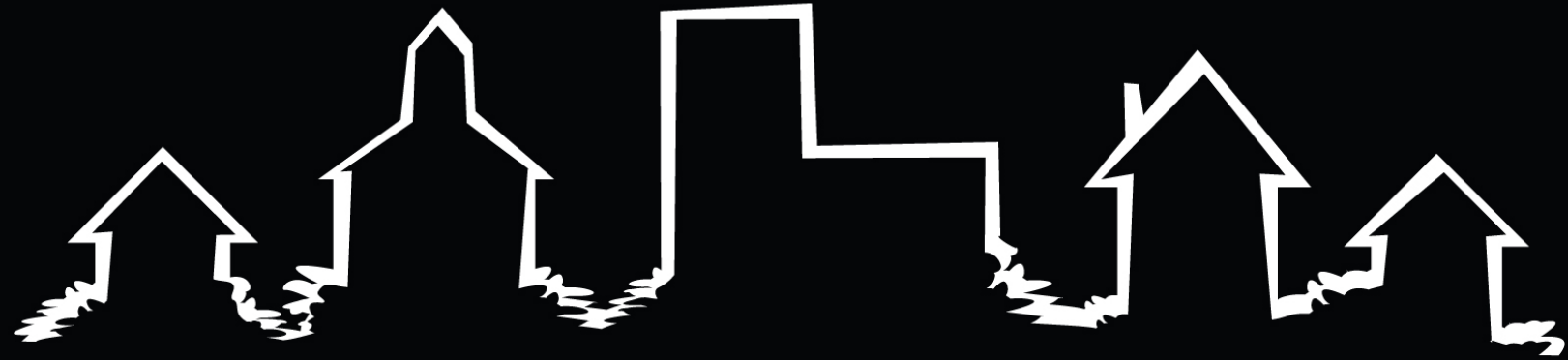
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Education targeted to older adults/caregivers, professionals

Linkage to Resources

Communication Infrastructure



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