

**City of Independence
City Planning for Older Adults**

**Preliminary Resources
January 14, 2009**

Websites

<http://www.seniorresources.com/>

seniorresource.com has a focus on housing choices and on choices with regard to aging in place or relocating. The many options available (eg. Seniors only apartments, shared housing, congregate housing, etc) are clearly described. It also offers a strategy for undertaking a home assessment and addressing identified difficulties.

<http://www.mihometown.org>

Battle Creek, Michigan is a participant in a national Aging in Place initiative funded by the W.K. Kellogg Foundation. Independence may want to explore funding opportunities as it moves forward with its planning.

Literature

Aging in place for America's Seniors (n.d.) Research in Focus:Supporting scholarship in housing and community development, 1(2). Available at:
http://www.oup.org/publications/oup_pubs.asp.

A policy summary focused on New York

Alley, D., Liebig, Ph. Pynoos, J., Banerjee, T., & Choi, I.H. (2007). Creating elder-friendly communities: Preparations for an aging society. *Journal of Gerontological Social Work*, 49 (1-2), 1-18.

Summarizes considerations for planning.

Berg-Warman, A. & Brodsky, J. (2006). The supportive community: A new concept for enhancing the quality of life of elderly living in the community. *Journal of Aging & Social Policy*, 18(2), 69-94.

Describes a program in Israel.

Childers, L. (September 29,2008). Aging in place. *Today in OT*. 15-18.

Describes certification in aging in place. A quick overview of some important concepts like universal design.

Cunningham, G.O. & Michael, Y.L. (2004). Concepts guiding the study of the impact of the build environment on physical activity for older adults: A review of the literature. *Journal of Health Promotion*, 16(5), 435-443.

Discusses the ways in which environmental modifications can enhance physical activity (and thereby, health).

Feldman, P.H. & Oberlink, M.R. (2003). The AdvantAge initiative: Developing community indicators to promote the health and well-being of older people. *Community Health*, 26, 268-274.

As you proceed, you'll undoubtedly want to have some outcome measures in place.

Humphreys, J. (2007). Aging in place in upstate New York. *Upstate New York Regional Review*, 2(2), 1-5. Available at:

http://www.newyorkfed.org/research/regional_economy/upstate/reg_rev2-2.pdf

Another description of a regional initiative.

Lawler, K. (2001). *Aging in place: Coordinating housing and health care provisions for America's growing elderly population*. Boston, MA: Joint Center for Housing Studies of Harvard University. Available at:

<http://nw.org/network/pubs/studies/documents/agingInPlace2001.pdf>.

A good summary of policy issues as well as the circumstances of older adults.

Rowles, G.D. (1993). Evolving images of place in aging and 'Aging in Place.' *Generations*, 17(2).

An excellent theoretical overview of aging in place and the reasons it may appeal to some older adults.

Serow, W.J. (2003). Economic consequences of retiree concentrations: A review of North American studies. *The Gerontologist*, 43, 897-903.

As Independence plans, it will want to be aware of the economics of its decisions, although this article suggests that not a great deal is known.

Stevens-Ratchford, R. & Diaz, T. (2003). Promoting successful aging through occupation. An examination of engagement in life: A look at aging in place, occupation, and successful aging. *Activities, Adaptation, & Aging*, 27 (3-4), 19-37.

It's important to keep in mind that it's not just one's living situation that contributes to successful aging, but also opportunities for meaningful activities.