



Saint Paul Advisory Committee on Aging

Lifetime Communities Grant Project

Final Report

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Executive Summary

The City of Saint Paul Department of Parks and Recreation received a grant in October 2012 to launch an exploratory assessment of the city's readiness to adopt a *Lifetime Communities* model of planning (also known as "livable communities"). The Lifetime Communities concept focuses on creating places that offer physical, social, and service features for residents of all ages and abilities so that they are "good places to grow up and grow old."^{1 2}

The assessment undertaken was to:

- engage City agencies, community organizations, businesses, and residents in conversations about the concept and focus of a Lifetime Communities approach,
- identify planning and collaborative efforts that could support this approach, and
- explore issues that could advance or inhibit its development.

The intent was to establish a baseline understanding of what kind of planning takes place for Saint Paul, how integrated planning efforts are, how the Lifetime Community concept might fit in, and what resources or other inputs are needed to move ahead. The work would also provide guidance on how to structure efforts and position current advisory groups for facilitating a Lifetime Community approach that would benefit the residents of the City of Saint Paul.

This work was conducted under the direction of the City of Saint Paul Advisory Committee on Aging (ACOA), through a Steering Committee (SC). According to the *City of Saint Paul Community Guide to City Services* the Advisory Committee on Aging advises the Mayor regarding city ordinances affecting older residents, promotes the dignity and independence of Saint Paul's aging population, identifies needs of seniors, helps recognize their contributions, and advocates on issues that impact seniors.³

The Advisory Committee on Aging invited residents and representatives from service organizations and businesses to participate in the work of this project as a Grant Advisory Team (GAT). More than 15 individuals served as members of the GAT. The goal was to create a city-wide, cross-cultural, cross-generational group.

Methods for this work included: group discussions (SC and GAT meetings), identification and review of relevant resources, key informant interviews, and focus groups. This work was conducted from November 2012 through September 2013.

¹ National Association of Area Agencies on Aging, *A Blueprint for Action: Developing a Livable Community for All Ages*. May, 2007. Found at: <http://www.n4a.org/pdf/07-116-N4A-Blueprint4ActionWCovers.pdf>

² Partners for Livable Communities, *Livable Communities for All Ages*. Found at www.livable.org/AginginPlace

³ *City of Saint Paul Community Guide to City Services*. January 2012. Found at: <http://www.stpaul.gov/DocumentCenter/View/57910>

This report provides the findings and a set of recommendations. Quotes are indicated in italics, usually presented within shaded call-out boxes throughout the report.

Findings included:

1. There are several important trends and issues that affect Saint Paul residents and organizations and impact planning and development, including:
 - a. Economic constraints and weak economy
 - b. Demographic changes including aging population and growing ethnic/cultural diversity, with bifurcation between age cohorts
 - c. Concerns about the deterioration of housing stock and the design/layout of homes which were not designed for persons with mobility or functional limitations
 - d. Lack of transportation options for people of all ages, but especially for people who have limited mobility
2. With regard to planning, informants provided the following insights:
 - a. Planning and development at the city and regional level primarily focus on the built environment, not on human or support services
 - b. The City and region's Comprehensive Plans drive much of what happens—they are updated every 10 years
 - c. There has been little focus over the past few decades on designs/projects that are purposefully age-integrated
 - d. Planning resources are diminished from where they were 10 or 20 years ago
 - e. Planners and others would have to have guides/technical assistance/input on how to incorporate the concept and practice of Lifetime Communities into their plans
3. Resident engagement in the planning process was considered important, but there are clearly limitations:
 - a. There are windows of opportunity in the planning process, and these are defined—once the plan is finalized and the strategy set there is still an opportunity for resident engagement, but this will be focused on projects or efforts that address the strategic priorities as they have been set in policy
 - b. Residents can be hard to reach for many reasons--there must be many different methods used to reach them; electronic (web-based) engagement does not/should not replace in-person or telephone methods
 - c. Residents are more likely to get engaged if they are individually invited and if the focus is on their neighborhood—the purpose for the effort must be directly meaningful to that resident
 - d. Older people and the non-traditional resident may be harder to reach, but their voices are important

4. Among the planners and City and regional agency representatives, there was a willingness to learn more about the Lifetime Communities approach and to incorporate this into future planning and development efforts. The informants requested educational and guiding resources and said that there needs to be an advocate group to bring forward insights and information about the needs and strengths of older people and how projects can be adapted to fit all ages and all abilities.

Recommendations and ideas for further development included interest in changing the structure, purpose, and composition of the City of Saint Paul Advisory Committee on Aging to continue exploration of this approach and to pursue the following:

- Establish connections/linkages to other key groups, including advisory groups, as well as key policymaking and planning/development groups and activities.
- Clarify the vision and key components of a Lifetime Community as it could be realized in the City of Saint Paul.
- Create or adapt existing Lifetime Communities checklists/ templates/guides/technical assistance materials to assist planners.
- Get involved in the Comprehensive Plan development process.
- Foster collaboration across sectors and providers and between public and private agencies.
- Foster resident and local service provider engagement.
- Highlight how elders can be seen as assets to a project and within a neighborhood.
- Raise awareness and visibility for this concept and approach through compelling stories, information, and data.

The examination and discussion through this grant project revealed top issues of concern (housing, transportation, connection to human services and amenities, and neighborhood safety). We found informants interested in the Communities for a Lifetime concept. Planners are willing to learn more and are open to incorporating this approach, with assistance. The key informants provided good examples of cross-sector collaboration on which to build. We identified a robust set of resources and references for further study and use. The results provide a good foundation for the next phase of work.

Background

The term “Lifetime Communities” was first introduced in Florida in 1999 by the Florida Department of Elder Affairs (see <http://www.mnlifetimecommunities.org>). The concept is also known by the term “livable communities.” According to a report of the National Association of Area Agencies on Aging, the Partners for Livable Communities, and the MetLife Foundation, a livable or lifetime community approach:

- Supports development and adaptation of the physical environment and services so that they work for people of all ages and abilities;
- Helps people to “age in place,” so that today’s residents=tomorrow’s older residents⁴

The Minnesota Board on Aging provided a report to the Minnesota Legislature in 2010 on the interest in Communities for a Lifetime (CFL) concept within Minnesota and in creating a CFL designation for towns and cities to recognize their efforts.⁵ The results of their examination showed that there was interest in the concept and that many communities were working on one or more aspects of CFL. They did not find support for a CFL designation—stakeholders saw this as an ongoing process rather than an endpoint—so therefore no certification or designation process exists in Minnesota.

To further support Minnesota communities interested in working on this approach, the Metropolitan Area Agency on Aging provided mini-grants in 2012 to selected Minnesota towns and cities to support efforts to “make communities good places to grow up and grow older” as part of a *Lifetime Communities Learning and Action Collaborative*.⁶ The United Way provided funding to sponsor this Minnesota Communities for Lifetime initiative through the Minnesota Board on Aging and the Minnesota Department of Human Services. These agencies recognize the potential of a Lifetime Communities approach to enhance each person’s experience of community, increase civic engagement and individual investment, and foster more stable neighborhoods.

These agencies called for leadership and civic investment in four major areas to build a community for a lifetime:⁷

1. Assessment and planning
2. Improvements to physical infrastructure
3. Improvements to social infrastructure
4. Improvements to service infrastructure

⁴ National Association of Area Agencies on Aging (2007). *A Blueprint for Action: Developing a Livable Community for All Ages*, May. Found at <http://www.naa.org/pdf/07-116-N4A-Blueprint4ActionWCovers.pdf>.

⁵ Minnesota Board on Aging. (2010). *Building Communities for a Lifetime in Minnesota: A Report to the 2010 Minnesota Legislature*. February 28.

⁶ Metropolitan Area Agency on Aging Lifetime Communities Learning and Action Collaborative “Mini-Grant” Application Form, 2012.

⁷ Minnesota Board on Aging, Minnesota Department of Human Services. Found at <http://www.mnlifetimecommunities.org/About>.

Responding to this initiative, the Saint Paul Department of Parks and Recreation submitted a grant proposal on behalf of the Saint Paul Advisory Committee on Aging. In October 2012 the department received a grant to launch an exploratory assessment of the city's readiness to adopt a Lifetime Communities model of planning.

The assessment undertaken was to:

- engage city agencies, community organizations, businesses, and residents in conversations about the concept and focus of a Lifetime Communities approach,
- identify planning and collaborative efforts that could support this approach,
- explore issues that could advance or inhibit its development, and
- determine what role advisory groups and the City could play.⁸

The intent was to establish a baseline understanding of what kind of planning takes place for Saint Paul, how integrated planning efforts are, how the Lifetime Community concept might fit in, and what resources or other contributions are needed to move ahead. This examination would also provide guidance on how to structure efforts and position current advisory groups for facilitating a Lifetime Community approach that would benefit the residents of the City of Saint Paul, working to meet the needs of an increasingly diverse and multi-generational community.

Methods/Processes

This work was conducted under the direction of the Saint Paul Advisory Committee on Aging (ACOA), through a Steering Committee (SC). The Steering Committee was comprised of 7 individuals including representatives from several city departments, residents, and a liaison to the City's 17 recognized neighborhood groups or District Councils. The Steering Committee formed a Grant Advisory Team (GAT) through an invitational process that welcomed participants from all service and business sectors, as well as city agency representatives and residents. The GAT was comprised of 15 individuals, with interested others invited to participate.

The ACOA Steering Committee reviewed proposals for an independent consultant to assist in this work and Deborah Paone of *Paone & Associates, LLC* was selected and contracted in March, 2013. The Steering Committee provided project management, facilitated the meetings and discussions with the Grant Advisory Team, collected background information, kept notes, conducted some key informant interviews, and worked with the consultant in an iterative way---to provide feedback and verify key themes or issues.

⁸ Proposal document, August 6, 2012.

Methods for this work included:

- Group discussions (SC and GAT meetings)
- Identification and review of relevant resources
- Key informant interviews
- Focus groups

The work was iterative—group discussions and resource review led to focused questions for inquiry, which guided the development of the interview protocols. Results from the first set of interviews were examined and discussed. They were used to identify the next targets for key informant interviews, create additional telephone interview protocols, and prepare the focus groups format and scripts.

Group Discussions

Several members of the Steering Committee and the Grant Advisory Team members met in November and January.⁹ They examined background reference materials and discussed how to clarify and focus the concept of Lifetime Communities.

They also identified and discussed potential key stakeholders or organizations that might participate in a collaborative effort. The members selected eight key domains within the overall concept of Lifetime Communities: Housing, Transportation, Healthcare, Employment, Arts & Culture, Neighborhood-based Initiatives, Lifelong Learning, and Social/Recreational. The group discussed what they knew about planning efforts in these domains that might be consistent with a Lifetime Communities approach, but had difficulty in coming up with examples. They concluded that either there is not much there, or it is not widely publicized. After additional discussion to consider how to narrow the examination, they selected four key areas of interest:

- (1) Safe and Involved Communities
- (2) Health and Well Being
- (3) Lifelong Learning and Enrichment
- (4) Lifecycle Housing

Transportation was also considered as being important. Even though the group noted that projects were already underway in this domain through other agencies, the group identified transportation as a top issue for creating a Lifetime Community that works.

Resource Review

The consultant used the four domains selected by the SC and GAT members as search terms to identify relevant resources such as planning documents, reports, or reference materials pertaining to Saint Paul, Ramsey County, or the metropolitan region of the Twin Cities. References and resources on the topic of

⁹ Saint Paul Advisory Committee on Aging, Lifetime Communities Grant Advisory Team, Meeting minutes, November 28, 2012 and January 30, 2013.

lifetime communities or livable communities from national organizations, such as AARP, the National Association of Area Agencies on Aging were also obtained.

Group members from the Steering Committee then reviewed these materials and identified additional regional, state, and national references. The resources were organized by domain and put in a table with electronic links to relevant websites where the reports and reference material are found, and with key contact numbers of agencies or organizations that serve as resources for planning and development in one or more of these domains. This resource table is provided as Appendix A of this report.

Round 1 of Key Informant Interviews - Leaders involved in Planning & Development Efforts

Steering Committee members identified six senior-level leaders who direct or are involved in planning and development efforts at the regional, county, or city level. This included one or more representatives from: the Metropolitan Council, Ramsey County Health Department, City of Saint Paul Mayor's Office, City of Saint Paul Department of Planning & Economic Development, Saint Paul City Council, and the Saint Paul Public Libraries.

The consultant conducted telephonic key informant interviews using a semi-structured interview protocol and recorded/transcribed each interview. Interviews were then reviewed for common themes. Similarities and differences in perspective were noted.

The key informant interviews probed the following:

- Top issues facing the city and trends
- Current planning process
- Awareness of and level of interest in the Lifetime Communities concept
- Knowledge of any collaborative efforts that embody this concept
- Barriers to incorporating this framework/concept into planning and development efforts

To support the synthesis and analysis of the results from initial key informant interviews the consultant created a composite report that included the themes and quotes and met with the Steering Committee members in May to discuss meaning and determine how the results would guide the next stage of inquiry. The consultant also presented these interim findings to members of the Grant Advisory Team for their additional input. Results from this feedback were used to create a format and script for two focus groups: one with residents, and one with selected local service organization representatives.

Focus Groups

Two focus groups were used to explore the concept of Lifetime Communities in more depth with (1) a group of engaged residents and (2) a group of service organization representatives and businesses. The small group interactive discussion format allowed the consultant to explore specific issues and identify barriers or catalysts in more depth. The group began with a brief visual presentation about the Lifetime Communities concept and a planning approach and then drilled down to focus on two specific areas: housing and transportation. The last topic for discussion was how collaboration and community engagement could be fostered.

Round 2 of Key Informant Interviews – Organizational Representatives

GAT members then interviewed each other (face-to-face or via telephone), using a semi-structured interview protocol. GAT members represented a set of active and involved organizations, departments, agencies, and individuals with interest in the topic and therefore could provide additional insight around planning, collaboration, barriers, and strategies. Steering Committee members then interviewed several District Council leaders by telephone using a semi-structured interview protocol. The members took notes during the discussions. The notes were then sent to the consultant to organize and analyze. These notes were separated into themes. Quotes were selected that captured the consensus perspectives as well as unique input of informants.

Composite

The information from the two rounds of key information interviews and from the focus groups were combined to create one aggregate document that captured the themes and findings from the examination. The consultant created a composite table with selected quotes, by theme. This is included in the Appendix.

Group Discussion

The Steering Committee and Grant Advisory Team held a final joint meeting where the consultant presented the findings and facilitated a discussion about the meaning of these findings. The group also generated a set of recommendations and discussed their next steps for moving ahead.

Findings

Vision

The Steering Committee and Grant Advisory Team participated in a facilitated consensus-building process to arrive at a collective vision of a Lifetime Communities approach over the course of two meetings.

This vision was that such an approach would:

- Promote safety
- Build on strengths as neighborhoods
- Offer transportation that was accessible and easy to use
- Provide services that were affordable and easy to find
- Provide connection between agencies
- Create a central location in every neighborhood with satellites where older adults (and others) are comfortable going to for fun and resources
- Encourage multi-cultural and aging-friendly businesses and infrastructure
- Connect and communicate with people of all generations
- Find commonalities across all groups: cultural, faith, age

Saint Paul residents participating in the focus group also articulated key elements of what they believe are important in a Lifetime Communities approach, particularly focusing on housing and transportation.

They said they would expect such a community to:

- Be safe—safe streets, proper lighting, safe alleys, crime prevention, no boarded-up buildings
- Have trusted neighbors with a support system where the neighbors watch out for each other and keep up any common areas
- Have amenities such as grocery stores, other shops, and restaurants, within walking distance
- Have affordable one-level housing options
- Promote ownership versus rental to increase commitment to the neighborhood and civic engagement
- Have many transportation options available including circulator buses

I like that the lifetime communities idea is inclusive. So much of what's been done regarding city infrastructure is focused on specific interest groups such as bicyclists, artists, etc. The lifetime communities concept is geared to focusing on people who are a little more vulnerable, have more barriers.

Ensure safety. Ensure that community services are available to people in their homes. The preference for most people is to age in place. What are we willing to do to make sure the seniors can stay in place? How can we accommodate their needs to make their living spaces work for them (wheelchair accessible, counter levels, etc.)? The seniors that stay in their communities are happier – aging in place is something the City needs to work towards.

Environment, Trends

Nearly all of the informants identified the following important contextual issues and trends that affect planning and development in Saint Paul:

- Weak economy – continuing effects of the financial recession being felt in all sectors by residents, businesses, and the city itself; the effects on individuals with regard to decline in housing values and job loss were noted as especially damaging to neighborhoods and to the ability of the City of Saint Paul to have the resources from property owners to fund projects/development

The federal deficit and state funding restrictions, affect us (the City). This is not going to go away. Everyone is competing for scarce resources.

The funding issue is a very big gap – For example, one neighborhood group did a corridor development work project/info gathering. Developers were there. Seniors were very involved. They wanted to stay in the community but no place/no way to do that. Redevelopment within the city is very expensive; these projects are hard to do. Developers say it is too expensive. They can't make it work financially. There is a need to fill that gap.

- Demographic changes – both an aging population and an increasingly ethnically and culturally diverse population, with clear generational chasms where people of different ages rarely interact

Saint Paul's population is becoming bi-modal – an older, mostly white population and a younger, ethnically/racially diverse population. Since both of those groups tend to be transit-dependent, there is an opportunity for these groups to find common opportunity for change.

- Loss of sense of community in some areas that have seen rapid changes from ownership to rental and/or vacancies and foreclosures—with deterioration of housing stock—and that reflect our increasing physical isolation within society
- Top issues to command priority action related to the concept of Lifetime Communities, identified by leaders involved in planning and development were:
 - Housing
 - Transportation

Housing is a key issue. We are really on the cusp of major generational change. We have done projections on growth for the region. None of us have experienced having 20% of population made up of seniors. We're just beginning to see the impact of that--change in household size--one or two person households versus 5 or 6. Less income for housing in the household budget. Transportation is another key issue. Easy access is important – seniors need easy transportation to use to access basic necessities—food, health care, etc.

Housing and transportation are THE links to services and to families and friends for older adults.

I'm a senior – I can tell you I've lived in my neighborhood for 27 yrs. I'd like to stay in my neighborhood with a 1 story condo. There is a huge demand for people to stay, but the neighborhoods and homes are not set up to support that goal.

There is a high degree of vacant and deteriorating housing stock. With the decline in value in homes and foreclosures, some neighborhoods have been devastated. The shift from primarily ownership to primarily renters affects housing value significantly and the tone of the neighborhood. There is an issue of housing affordability-whether you are talking about owners or renters.

Transportation is the most critical for older people. They have many functional issues, can't walk as far. have vision issues. etc. Yes. this is the baaaest issue.

Planning

Exploring the processes and focus of planning within the City of Saint Paul and region included review of the city, county, and Metropolitan Council websites and discussions with city, county, and Metropolitan Council leaders as well as those in charge of planning and development.

The Metropolitan Council has a leadership role in development of the Comprehensive Plan—which sets strategic priorities and focuses investment. This is the *Metropolitan Council Regional Development Framework*. According to the Met Council website (www.metrocouncil.org), Minnesota state law requires local governments to update their comprehensive plans every 10 years. Met Council creates regional plans and policies to “guide growth and manage regional systems for transportation, aviation, waste-water and water resources, and regional parks and open space areas.”¹⁰

Planning begins with the release of U.S. census data which drive the development of forecasts of changes in the population. This information updates regional plans. Local officials then use this

¹⁰ Metropolitan Council website <http://www.metrocouncil.org/Planning.aspx> Accessed July 1, 2013.

information to update their own Comprehensive Plans. The Met Council reviews local comprehensive plans to make sure they're aligned with the overall framework of the regional plan. The Council provides some resources and planning assistance to communities throughout the region including a *Local Planning Handbook*, which has forms, worksheets and templates, and indicates what plan elements are required to be included in the local comprehensive plans.¹¹

The City of Saint Paul has a Comprehensive Plan that was approved on February 24, 2010. The topic sections of this Comprehensive Plan include: land use, transportation, parks and recreation, housing, water resources management, and historic preservation. The plan also includes Small Area Plan and District Plan summaries.¹²

Given that housing was a key area of concern and considered a top priority by most of the key informants in this examination, existing plans around housing were further explored. The City has developed a Housing Action Plan 2010-2013 that includes specific targets to be met within the 3 year timeframe. It also refers to the Livable Communities Act (See <http://www.stpaul.gov/index.aspx?NID=3427>).

This *Metropolitan Livable Communities Act* “requires the Metropolitan Council to negotiate with each municipality to establish affordable and life-cycle housing goals for that municipality that are consistent with and promote the policies of the Metropolitan Council . . .” The City of Saint Paul passed a Resolution in 2010 to elect to participate in the Local Housing Incentives Program under the Metropolitan Livable Communities Act for calendar years 2011 through 2020 (see <http://www.stpaul.gov/DocumentCenter/Home/View/14597>). The City also submitted a Five Year HUD Consolidated Plan to the U.S. Department of Housing and Urban Development to guide programs under specific grants, such as (1) Community Development Block Grant, (2) Home Investment Partnership, and (3) Emergency Shelter Grant.

With regard to transportation, there are additional citywide plans, including the Mississippi River Corridor Plan, and Central Corridor Development Strategy, and the Downtown Development Strategy.

Thus the current plans include:

- Metropolitan Council – Comprehensive Regional Development Plan
- City of Saint Paul Comprehensive Plan – with additional components such as the Housing Action Plan
- District Council Plans
- Ramsey County Plan

Nearly all of the leaders, planners, and Council representatives interviewed as part of this grant project said that the Comprehensive Plan drives much of what happens.

¹¹ See the Planning Section of the Metropolitan Council website.

¹² See City of Saint Paul Minnesota website, Citywide Plans section. Found at <http://www.stpaul.gov>.

Regarding planning, I would focus on the City's Comprehensive Plan which is updated every 10 years. Many of these issues feed into that. That is the vehicle to make adjustments on focus areas and where input from the community can be helpful.

The Comprehensive Plan is used for all kinds of things—development projects, improvements, planning and budgeting, etc. This Plan is adopted by all communities.

We have the Met Council and as they have some resources for planning, we have increasingly relied on them. They do a lot. But it is the entire metro area, not segmented for our City. This averages things out and muddies the picture.

Key informants noted that planning and development at the city and regional level primarily focus on the built environment, not on human or support services. There are different leads for human services. Ramsey County conducts a county assessment using data from the State of Minnesota Department of Human Services, and from its own surveys.

The [Comprehensive] plan has chapters focused on transportation, housing, land use, parks & rec, sewers, water. So it is physical resources in the Comprehensive Plan. That is what it is used for—these things. . . There are no chapters around education and human services. School districts have their own plans on education, and Ramsey County does the human services. So if you want to impact human services you have to focus at the county level.

The City's Comprehensive Plan is used by District Councils to set their own plans. City planners and representative from the District Councils who served as key informants said that the level of planning varies from one Council to another and that it relies almost entirely on volunteers from the neighborhoods in the Council. The city website has all 17 District Plans, under the heading "Neighborhood Plans" (see <http://www.stpaul.gov/index.aspx?nid=3446>). The District Councils and community organizations lead the process for creating and revising District Plans and Small Area Plans. The general content and format are to follow a neighborhood plan template, which can be downloaded from the city's website (<http://www.stpaul.gov/DocumentCenter/Home/View/15206>).

It used to be that the 17 District Councils each had their own assigned planner...these planners came to every single meeting, helped plan everything. That has gone by the wayside. Now if a neighborhood wants to do planning, they have to pretty much find their own resources.

Ramsey County also has a role in addressing land use and public infrastructure issues within the County, and in providing human services, guarding public health, addressing hazardous waste, and promoting a healthy environment and the well-being of people living in Ramsey County.¹³ Ramsey County has its own Comprehensive Plan that is tied to the Metropolitan Council's Regional Development Framework. The Ramsey County Public Health Department conducts a Community Health Assessment.

With regard to planning, informants provided the following insights:

- There has been little focus over the past few decades on designs or projects that are purposefully age-integrated; usually there are child & youth programs and these are separate from senior programs. Plans/projects are defined by population subgroup.
- Planning resources are much diminished from where they were 10 or 20 years ago

Multigenerational redevelopment projects. This is a big gap. We've had 50 years of policy and practice separating units by age, income. Separating everything we do. Now we want it to work for everyone. How do we re-integrate the ages and incomes in all areas? We have to revise almost everything we've done.

There was a willingness to learn more about the Lifetime Communities approach and to incorporate this into future planning and development efforts. Informants suggested having an advocate group or committee to bring forward insights and information about the needs and strengths of older people and how projects can be adapted to fit all ages and all abilities. They discussed the windows of opportunity in the planning process as they are currently set up—once the plan is finalized and the strategy set there is still an opportunity for resident engagement, but this will be focused on projects or efforts that address the strategic priorities. They also said that there should be more advocacy/visibility about a Lifetime Community approach that comes from individuals and organizations.

This topic has been raised while preparing the district plan, but there is no category of the district plan that fully addresses this. The district plan might be the first and best vehicle for the city to involve community members in this issue.

I would really work on having a voice and on citizen engagement. Help with preparations for the Comprehensive Plan. Articulate the needs of older persons and caregivers well and with data and stories. Are our communities set up for us to live here? How or how not? How can older persons also be engaged as a resource?

¹³ Ramsey County website, planning section. Accessed August 1, 2013 at <http://www.co.ramsey.mn.us/ph/pc/planning.htm>

Planners and others said that they would have to be taught how to incorporate the concept and practice of Lifetime Communities into their plans. The informants requested educational and guiding resources, such as checklists or templates.

These issues will be increasingly important to neighborhoods – we need to put this on our radar screen and work on it

Resident Engagement

Resident engagement in the planning process was considered very important. Older people are often volunteers. They have knowledge and history about the neighborhood. They often want to see the neighborhood thrive. Older people and the non-traditional resident may be harder to reach, but their voices are important. Resident key informants strongly advised keeping the focus at the neighborhood level if individuals were going to volunteer and participate in a Lifetime Communities effort.

Build a feeling of community; engage residents in target neighborhoods and actively ask for involvement - keep working at it.

If the effort was described in an open-way, it would be too vague. I would probably pass on this. It has to be more neighborhood-based - not city wide. People will only spend time if it has a direct impact on where they live.

Most important thing to plan for future is to make a commitment to listen to the neighborhoods. How can we facilitate communication across the organizing entities, such as - Block Club --> District Council --> City Council

There were some good examples and strategies for community engagement offered.

To get community input for the district plan, they did a community workshop to identify areas. Housing and transportation were big issues. Transportation is a big issue right now due to transportation feasibility studies in regard to mass transit.

Community organizers know people – they will make the connections

I have to admit the most effective way is old-fashioned, labor-intensive door-knocking. For a certain segment of folks, this is what works. It is true that older folks will tend to answer their doors (single family dwellings) – they are lonely they want to have a conversation.

Considerations for a successful experience in resident engagement included:

- use many methods for outreach
- organize the volunteers
- promote civic engagement to the individual and neighborhood
- ensure ongoing communication and visibility
- phase or separate the activities so that there are some short-term results that keep people motivated and so that individuals don't get overwhelmed
- make the focus tangible/meaningful to individuals' own neighborhoods
- focus on the neighborhood's top interest (be flexible about focus within a set of lifetime communities options for action)

Projects really seem to take people from different areas to be successful. People whose job it was to do it, and volunteers, and excited neighbors. If it is all staff people, it becomes insular and you aren't getting an outside perspective. You need different people coming to the table with different perspectives and passions. But someone has got to be keeping the whole project together, to keep people accountable. Did you contact each other, did you meet in your committees, etc.

Using volunteers is necessary, it can be really good. It can also be difficult. Maintaining a commitment over a long process can be difficult . . . We get planning fatigue. When we get people engaged to do long term planning, they don't always see immediate progress and so there is waning of involvement and commitment when they don't see anything happening.

Informants said that residents can be hard to reach for many reasons--there must be many different methods used to reach them; electronic (web-based) engagement does not/should not replace in-person or telephone methods.

Residents are more likely to get engaged if they are individually invited and if the focus is on their neighborhood—the purpose for the effort must be directly meaningful to that resident.

*Keep it at a neighborhood level.
A personal invitation is most effective.*

An example of community engagement offered was a transportation outreach project sponsored by several district councils:

The steering committee for the transportation project focuses on underrepresented community members. The committee meets regularly to talk through things. They use a modified consensus-based model. Working together on this project has resulted in the additional benefit of partners talking things through and clearing the air on previous divisive issues. The partners recognize their common interest (enlightened self-interest) in project success, which includes developing leadership in community organizers working with communities of color/underrepresented community members. The project has high visibility and there is a lot at stake if it fails. The group is also considering whether the steering committee model used in this project can be a model on other projects.

Collaboration

Fostering collaboration across sectors (e.g., housing, transit, and human services) and creating a public-private partnership with service organizations as well as businesses, residents and City agencies was recommended. Key informants said that there is a strong history of collaboration in City projects, although many discussed the concerted effort that it takes to maintain a successful collaborative effort.

[We have] good state and local partnership – cities and counties are the eyes and ears at the local level to the state – We have a very strong relationship with community organizations and we work very collaboratively with them and do presentations at various senior groups.

It has become part of our DNA to work together. . . We have adopted collaboration as a way to move forward. People have done important work on this.

There would need to be visible policy and other support for this in order to overcome status quo and inertia – organizational readiness may be there (in a set of organizations), but the working together across organizational lines for a sustained endeavor is the hard part.

It takes a lot of time and work to engage new groups in the neighborhood. The effort requires fewer resources once established. Good communications is the key to success, including making phone calls and visits and keeping in touch with organizations.

Relationships are key. If nothing else, you start building relationships, that's success. Email and electronic communication is very efficient, but it can't replace face to face conversations. The passion and commitment wither away when all communication is electronic.

Discussion & Conclusion

The examination and discussion through this grant project revealed top issues of concern (housing, transportation, and connection to human services). Other key issues identified were safety and availability of amenities in the neighborhood.

These key areas match those identified through national surveys and research on livable or lifetime communities. For example, the guide developed for the AARP Public Policy Institute by faculty from Arizona State University identifies the following areas for conducting a community survey to assess the extent that the community is a “livable community”:¹⁴

- (1) Transportation & “Walkability”
- (2) Safety & Security
- (3) Shopping
- (4) Housing
- (5) Health Services
- (6) Recreation and Cultural Activities
- (7) Caring Community (support services)

The Steering Committee, Grant Advisory Team, and key informants who participated in this grant project provided several examples of cross-sector collaboration on which to build. The consensus opinion was that public/private partnerships and inter-organizational collaboration would be needed to address the top issues and bring the Lifetime Communities concept to reality. Neighborhood-based projects were strongly recommended, rather than city-wide projects.

Through this examination, we found informants interested in the Communities for a Lifetime concept. Planners are willing to learn more and are open to incorporating this approach, with assistance. Organizations and residents are willing to be engaged if the effort is well-defined and organized, and if it addresses a key issue within a given neighborhood. Within this grant period we identified a robust set of resources and references for further study and use. The results provide a good foundation for the next phase of work.

¹⁴ Kihl, M., Brennan, D., Gabhawala, N. List, J., and Mittal, P. (2005) *Liveable Communities: An Evaluation Guide*. AARP Public Policy Institute: Washington, D.C.

Ideas & Recommendations

Ideas and recommendations were offered through a joint meeting of the Steering Committee and Grant Advisory Team.

Regarding the structure and focus of the Advisory Committee on Aging

- 1) Revise the purpose statement for the ACOA and its work plan to better incorporate the Communities for a Lifetime approach.
- 2) Consider adding to or restructuring the composition and membership of the Advisory Committee on Aging and/or create a subcommittee that focuses on the Lifetime Community approach--so that the focus includes all ages and better represents a diverse population.
- 3) Identify connections and create linkages between the ACOA and other advisory groups with aligned interests, such as the Advisory Committee on Disabilities. Consider creating a joint policy statement that supports a Lifetime Community approach.
- 4) Create connections between the ACOA and the key bodies accountable for setting forth strategy and creating multi-year plans for service and development, including the Metropolitan Council, Ramsey County, and the Metropolitan Area Agency on Aging.
- 5) Invite the Grant Advisory Team members to extend their participation and work effort in order to address some of the findings and recommendations of this Lifetime Communities grant project.

Regarding the concept and approach for a Lifetime Communities effort in the City of Saint Paul

- 6) Define a vision for and the key components of a Lifetime Community as it could be realized in the City of Saint Paul. Describe short-term and long-term goals and markers to indicate progress.

Regarding planning activities

- 7) Develop new or adopt existing Lifetime Communities checklists/ templates/guides/technical assistance materials to guide city and regional planners.
- 8) Ensure that the planners have access to the resource repository assembled by the ACOA through this grant project, and that ACOA members are available/accessible to planners for consultation and discussion, as needed.
- 9) Get involved in the Comprehensive Plan development process.

Regarding engagement and collaboration

- 10) Set forth a schedule and set of activities to get ACOA, other advisory groups, residents, service organizations, and others interested in the Lifetime Communities approach.
- 11) Work with District Councils and other key neighborhood groups to build capacity, as well as create a mechanism for neighborhood based feedback/involvement to the ACOA.
- 12) Foster collaboration across sectors and providers and between public and private.
- 13) Focus efforts on the neighborhood-level to foster resident and local service provider engagement.
- 14) Demonstrate how residents can get involved. Foster engagement through multiple methods.
- 15) Highlight how elders are assets to a project and within a neighborhood.
- 16) Work on raising awareness and visibility for this concept – disseminate compelling stories, information and data. Show how the same issues affect everyone and that solutions can help everyone by raising the quality of the neighborhood. Ensure inclusivity—such that stories portray advantages for people of all ages, races, ethnicities, faith beliefs, etc.
- 17) Create opportunities for learning and technical assistance for leaders at the city and neighborhood levels to learn more about the Lifetime Community approach and how it can enhance planning and project implementation.

[Right now] I'm not hearing the questions/issues [about aging in place and lifetime communities].

No one is asking me.

Is there a pilot program we should be trying [to incorporate a Lifetime Communities approach]?

Does it engage organizations and people in a new way to leverage resources?

Are there great examples of inter-generational programs?

ACOA can highlight where strengths and needs meet.

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Appendices

A: Resources Table

B: Voices from the Field, 2013

C: PowerPoint presentation

Lifetime Communities Planning Grant Project – Appendices – Work Products

Appendix A: Resources Table

These resources, including web links and reports, were located by *Paone & Associates* and members of the Saint Paul Advisory Committee on Aging and the Grant Advisory Team in support of their work to develop/plan around Communities for a Lifetime that addresses needs of young, middle-aged, and elderly persons. Information shown is current as of date and time accessed—between February and August, 2013. The resources may be helpful as part of a community assessment of assets/strengths, trends, and needs for persons living in the City of Saint Paul. The domains of interest were: lifecycle housing, health and wellness (which includes health care and social support services), safe and involved communities, and lifelong learning and enrichment. In addition, this provides some resources regarding transportation. Although the resources are categorized by domains, many websites have information about one or more of the other domains.

<div>General Information</div> <div>Contributor: Deborah Paone, <i>Paone & Associates</i></div>		
Name of Source/Agency	Title of Materials and/or Websites	Description of Material (relative to Lifetime Community planning and policy development)
MINNESOTA BOARD ON AGING	<i>Communities for a Lifetime</i> http://www.mnlifetimecommunities.org/en/Resources/Links.aspx#ISI	Contains many links to State and National organizations, publications and funding/award sources for Lifetime Communities. Categories are: Community Planning Process, Assessment and Planning Tools, Improvements to Physical Infrastructure, Improvements to Social Infrastructure, Improvements to Service Infrastructure, Overview of Communities for a Lifetime Concept, Examples of Initiatives across United States
CITY OF SAINT PAUL Department of Planning & Economic Development 25 W. 4th St. Suite 1100 Saint Paul, MN 55102 Project Coordinator: Kate Reilly, City Planner kate.reilly@ci.stpaul.mn.us 651-266-6618	<i>St. Paul Trends Report</i> http://www.stpaul.gov/DocumentCenter/View/60943 http://www.stpaul.gov/documentcenter/view/67120 <i>Minnesota Compass Report “New Age of Immigrants”</i> http://www.mncompass.org/pdfs/Immigration_Report_Summary_web.pdf	<p>The purpose of this report is to summarize the ways that Saint Paul is changing in response to an evolving social and economic landscape. This issue looks at three primary areas of change in the city: we look at the social and demographic characteristics of the city, we profile the current state of employment among Saint Paul residents, look at changes in jobs and wages by industry in the city, and identify changes in employment in the public and private sectors; and we look at trends in housing and development, from demolition and foreclosures to investment in residential and commercial construction</p> <p>This report builds on The Minneapolis Foundation’s decade-long role as a community resource for education and information about immigration in Minnesota. It summarizes the Wilder Research report, <i>A New Age of Immigrants</i>, a study commissioned by the Foundation to lay out immigration facts and pose unanswered questions. These findings provide the groundwork for informed, constructive discussion to shape immigration-related programs and public policies that work for all Minnesotans</p>

Lifetime Communities Planning Grant Project – Appendices – Work Products

Domain: Safe and Involved Communities Contributors: Diane Wanner, District Council Coordinator, City of Saint Paul, and Deborah Paone, <i>Paone & Associates</i>		
Name of Source/Agency	Title of Materials and/or Websites	Description of Material (relative to Lifetime Community planning and policy development)
Center for Civic Partnerships Sacramento, CA	Aging Well in Communities: A Toolkit for Planning, Engagement & Action http://www.civicpartnerships.org/docs/services/CHCC/aging-well-toolkit.htm	<p>Eighty million members of the boomer generation (born between 1946–1964) have reached or are approaching the traditional retirement age of 65. These boomers overwhelmingly want to age in place. Yet few communities are prepared to meet the needs of older residents, or to engage these residents in civic life. In response, the Center for Civic Partnerships created Aging Well in Communities: A Toolkit for Planning, Engagement & Action. This toolkit gives local governments the resources they need to successfully plan for aging well in their communities. The toolkit:</p> <ol style="list-style-type: none"> 1. Breaks down the aging well planning process into manageable steps and gives specific guidance for each 2. Provides a structured process for gathering different types of information from different sources at different times 3. Offers ways to involve residents, local government, older adult service providers, businesses, faith communities, nonprofit organizations, and other stakeholders representing the diversity of the community in the planning process 4. Presents a path to a future where older residents can age in place while continuing to engage in and contribute to the community
Center for Community Stewardship Headwaters Regional Development Commission Bemidji, MN	Steward Development\ http://www.stewardacademy.com/camp/	<p>This series of work sessions teaches participants how to best communicate, plan and ultimately accomplish their goals of community progress and change. The four work sessions are:</p> <ol style="list-style-type: none"> 1. The Call to Action - Why Stewardship? Why Now? - Determining who a community's leaders are, then giving them the basic tools necessary to plant the seeds of positive change. 2. Planning for the Future – Recognizing the important characteristics of the community that they hope to impact. 3. Digging In and Getting Dirty - identifying specific action steps necessary to bring about positive change and having a strategy in place for planting, caring for and eventually reaping the seeds of stewardship that they have sown. 4. Review, Rebuild, and Renew – Learning appropriate ways to measure the effectiveness of the “Destiny Drivers” that were initiated earlier in the course – concepts, events and projects initiated to achieve shared community goals.

Lifetime Communities Planning Grant Project – Appendices – Work Products

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Name of Source/Agency	Title of Materials and/or Websites	Description of Material (relative to Lifetime Community planning and policy development)
Center for Intergenerational Learning Temple University and Corporation for National and Community Service	The Boomers Are Here – A Station Training Manual http://www.nationalservicerresources.org/files/c3884-the-boomers-are-here.pdf	Ten learning activities with self-assessments and worksheets Senior Corps programs can use to help their community partners more effectively engage boomer volunteers. This toolkit was designed to help Senior Corps program staff to become the boomer engagement experts in their communities and effective agents of change.
Citizens' League Saint Paul, MN	Principles for Citizen and Government Collaboration in Public Decision Making: Testing Common Ground Principles on the Central Corridor Light Rail Transit (LRT) Project (2011) http://www.citizensleague.org/publications/reports	They have been developing and testing ideas on how citizens and governments can better collaborate in ways that are referred to as Common Ground Principles. These principles are: <ol style="list-style-type: none"> 1. Everyone “steps back” to ensure that all who have a stake are represented in the process. 2. Ensure that all who have a stake are heard from at an authentic point in the process. 3. Use an inclusive, interactive process that gives everyone the tools to understand the bigger picture and the trade-offs involved. 4. Expect citizens to be problem-solvers, not complainers, and set up processes that put forth that expectation.
Citizens' League Saint Paul, MN	Reinvigorating Minnesota's Public-Problem Solving Capacity through Citizen Involvement – Conclusions from Citizen's League MAP 150 Project (2009) http://www.citizensleague.org/publications/reports	In the course of the MAP 150 Project, the Citizens' League identified the following features of good public decision making processes: <ol style="list-style-type: none"> 1. Citizens want to know that their input/time will make a difference, that they will be listened to, and how their input will be used. 2. One of the most powerful roles for citizens may be framing problems. 3. In processes that enable citizens to share information, interact, and educate one another, citizens will seek to learn and their views will evolve.
Civic Enterprises, LLC Washington, D.C.	More to Give - Tapping the Talents of the Baby Boomer, Silent and Greatest Generations http://www.civicenterprises.net/MediaLibrary/Docs/more_to_give.pdf	In an effort to better understand the civic behaviors and attitudes of Americans as they transition from work to retirement and to help ground the research in the stories and perspectives of the Boomer and Silent Generations, a series of focus groups and a nationally representative was conducted of Americans age 44-79. The primary purpose of this report is to spark a national dialogue and movement around the civic engagement of these generations of Americans.

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Name of Source/Agency	Title of Materials and/or Websites	Description of Material (relative to Lifetime Community planning and policy development)
Communities for All Ages The Intergenerational Center at Temple University Philadelphia, PA	CFAA Doorways – Building Social Capital http://communitiesforallages.org/node/750	This report states that social capital at all stages of life and across generational differences is both a means to an end and an end in itself. That is, building social capital creates supportive and nurturing relationships among community organizations and residents that have a positive impact on individual health and well-being across the lifespan. Social capital can also catalyze collective, intergenerational action on key issues. The report includes sections on: <ol style="list-style-type: none"> 1. Long term outcomes 2. Communities for All Ages examples 3. Existing research and promising practices 4. Using the Communities for All Ages lens
Communities for All Ages Philadelphia, PA	CFAA Doorways – Neighborhood Trust and Safety http://communitiesforallages.org/node/749	This report states that the work of creating safe, supportive communities for all ages involves more than treating the symptoms of violence in the community. Rather, creating community safety is an ongoing process of empowerment that intentionally counters the root causes that create the distrust, isolation and inequities that give rise to violence and community blight. This work must support trust, interdependence, opportunity and civic action for all ages. The report includes sections on: <ol style="list-style-type: none"> 1. Long term outcomes 2. Communities for All Ages examples 3. Existing research and promising practices 4. Using the Communities for All Ages lens
Communities for All Ages Philadelphia, PA	2012 Lessons Learned Publication http://communitiesforallages.org/node/735	The 2012 lesson learned report describes strategies, challenges, outcomes and lessons learned from this multi-site initiative. The information is based on a cross site evaluation conducted by the Center for Assessment and Policy Development (CAPD) from 2008-2012 for the W K Kellogg Foundation and insights garnered from technical assistance provided by The Intergenerational Center at Temple University. It demonstrates how intergenerational community building can add value to community change efforts and promote interdependence across generations.

Lifetime Communities Planning Grant Project – Appendices – Work Products

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Name of Source/Agency	Title of Materials and/or Websites	Description of Material (relative to Lifetime Community planning and policy development)
Communities for All Ages Philadelphia, PA	Intergenerational Community Building: Resource Guide http://communitiesforallages.org/sites/default/files/cfaa_resourceguide.pdf	The Communities for All Ages framework, outlined in this Resource Guide, will provide tangible strategies that can help a community: <ol style="list-style-type: none"> 1. Leverage limited resources; 2. Build inclusive constituencies for neighborhood and community change; 3. Build new alliances around convergent policy interests, such as access to care and social supports, lifelong quality education, and a physical infrastructure that is responsive to changing needs across the life course; Design programs and policies that embrace age-group defined priorities, while moving forward the entire community; and 4. Improve well-being and quality of life for children, youth, families and older adults.
Corporation for National and Community Service Washington, DC	The Health Benefits of Volunteering – A Review of Recent Research http://www.nationalservice.gov/pdf/07_0506_hbr.pdf	This report, produced by the Corporation for National and Community Service, found that in adults age 65+, the positive effects of volunteering on physical and mental health is due to the personal sense of accomplishment an individual gains from his or her volunteer activities, leading to lower rates of depression among older Americans who do volunteer service.
Corporation for National and Community Service Washington, DC	Senior Corps http://www.seniorcorps.gov Minnesota Senior Corps http://www.mnseniorcorps.org	Senior Corps connects today's 55+ with the people and organizations that need them most. We help them become mentors, coaches or companions to people in need, or contribute their job skills and expertise to community projects and organizations. Senior Corps offers several ways to get involved. Volunteers receive guidance and training so they can make a contribution that suits their talents, interests, and availability. Includes: The Foster Grandparent Program, The Senior Companion Program. RSVP
Home Instead Senior Care (for profit in home senior care – number of franchises in MN)	Senior Volunteers http://www.salutetoseniorservice.com/volunteering-seniors/	For a vast majority of seniors who volunteer, their community service helps define who they are. According to research conducted for the Home Instead Senior Care® network, nearly 100 percent of North American senior volunteers say that, when compared to other things they do in their lives, volunteering is important. One in five senior volunteers says it is the most important thing they do. Additional information on site about senior volunteering.

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Name of Source/Agency	Title of Materials and/or Websites	Description of Material (relative to Lifetime Community planning and policy development)
Institute for Educational Leadership Washington, DC	The Collective Leadership Framework; A Workbook for Cultivating and Sustaining Community Change; http://www.iel.org/pubs/collective_leadership_framework_workbook.pdf	The Framework is based on the assumption that communities have the wisdom they need within themselves to make the changes they need. By asking questions that help the local community assess where they are and what is needed to advance their work, The Framework acts as a guideline for developing an ongoing program for achieving community change through the process of collective leadership.
KU Workgroup for Community Health and Development University of Kansas Lawrence, KS	The Community Tool Box http://ctb.ku.edu/en/default.aspx	The Community Tool Box is a global resource for free information on essential skills for building healthy communities. It offers more than 7,000 pages of practical guidance in creating change and improvement.
League of Minnesota Cities Saint Paul, MN	Our Growing Senior Population – Dialogue/Discussion Guide http://lmc.org/page/1/aging.jsp	The discussion guide includes three topics (along with an optional fourth topic for a city employment discussion): 1. Interpersonal Understanding 2. Looking at Our Community Through the Lens of Aging 3. Action Plan
Local Initiatives Support Corporation (LISC) New York, NY	Channeling Community Assets for Safe Senior Living http://www.lisc.org/csi/crime_&_safety_topics/crimes_against_seniors	For older adults living on their own, unsafe environments come in many forms—a broken door lock, a dimly lit hallway or an inoperable apartment intercom. Fortunately for the seniors living in the Amsterdam Houses and Amsterdam Addition, a public housing development on the Upper West Side of Manhattan, there is a coalition dedicated to ensuring a safe and supportive environment, which includes representatives of law enforcement, building management, local government, service agencies and a crime prevention program.
Local Initiatives Support Corporation (LISC) New York, NY	Empowering Seniors Through Safety Education and Targeted Enforcement http://www.lisc.org/csi/crime_&_safety_topics/crimes_against_seniors	The Madison Villa Residents Council and board member Father Len Wenke reached out to the Madisonville Community Problem Oriented Policing Team (CPOP) for help. CPOP, a structure initiated by the City to facilitate crime problem-solving in communities throughout Cincinnati, led to the engagement of the Community Police Partnering Center (CPPC), Cincinnati Police Department, Madison Villa management, residents and other community groups to address Madison Villa's problems. The comprehensive efforts by these partners centered on community building in Madison Villa. They restored safety and cleanliness so that residents could live in comfort, without fear of crime.

Lifetime Communities Planning Grant Project – Appendices – Work Products

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Name of Source/Agency	Title of Materials and/or Websites	Description of Material (relative to Lifetime Community planning and policy development)
Local Initiatives Support Corporation (LISC) New York, NY	Hollygrove Livable Communities Project http://www.lisc.org/csi/crime_&_safety_topics/crimes_against_seniors/index.php (the case is still in production – not available online)	In 2007 in the wake of Hurricanes Katrina and Rita, the CHCDC partnered with AARP Louisiana, Trinity Christian Community, and Hollygrove Neighbors in the Hollygrove Livable Communities Project to plan and revitalize an "elder-friendly" neighborhood. Prior to the storms, Hollygrove was home to nearly 7,000 residents of whom 95% were African American, and over 15% were over 65. When the levees broke, the majority of Hollygrove homes were damaged or destroyed. A once vibrant senior center that connected older adults and provided day care and meal service was declared uninhabitable by FEMA. Since then, residents and police officers have contributed to the reduction in crime and fear in Hollygrove, and an increase in social connectedness and resident activities such as the Hollygrove Walking Club. Violent crime is down 68% in the 2nd District, which is experiencing a nine-month period free from murders after having averaged one to two murders per month in 2009.
Minnesota Extension Service University of Minnesota – Twin Cities Campus	Civic Engagement web page http://www1.extension.umn.edu/community/civic-engagement/	Civic Engagement resources offered by the Minnesota Extension Service include: <ol style="list-style-type: none"> 1. Engaging citizens in decisions - Extension's model of civic engagement guides leaders and community members in addressing public issues and solving public problems. To help leaders succeed, Extension offers workshops as well as long-term cohort programs that help groups plan for successful community engagement. 2. Designing community meetings - Designing and managing meetings well is a core leadership and civic engagement skill. Extension offers training in educational cohorts to help individuals develop skills in facilitating community meetings. 3. Understanding and growing social capital - Extension can help communities learn more about their social capital, assess where social capital is strong and weak in their community, and identify strategies that strengthen social capital locally.
National Association of Triads (Ramsey County has a Triad)	National Association of Triads http://www.nationaltriad.org Ramsey County TRIAD (Seniors and Law Enforcement Working Together) Program http://www.co.ramsey.mn.us/sheriff/volunteer/triad.htm	The National Association of Triads is a partnership of three organizations—law enforcement, older adults, and community groups. The purpose of Triad is to promote older adult safety and to reduce the fear of crime that older adults often experience. NATI assists at the grassroots level, helping organize local Triads and providing a clearinghouse of programs and resources that can be implemented at a community level, and training materials for law enforcement, volunteers, and community groups.

Lifetime Communities Planning Grant Project – Appendices – Work Products

Name of Source/Agency	Title of Materials and/or Websites	Description of Material (relative to Lifetime Community planning and policy development)
National Charette Institute Portland, OR	NCI Cross-disciplinary Public Involvement Report, March, 2004 http://www.charretteinstitute.org/resources/files/NCI-RWJF_Report.pdf	Leaders convened to discuss ways to make the practice of community involvement better. Three key agreements rose to the top of the conversation quickly: 1. Collaborative public involvement is essential to community change efforts, 2. There are both principles and challenges that are common to any community change effort, and therefore 3. Resources should be dedicated to institutionalizing and supporting collaborative public involvement.
National Institute of Justice (NIJ) Washington, DC	Elder Abuse http://www.nij.gov/nij/topics/crime/elder-abuse/welcome.htm	The National Research Council defines elder abuse and mistreatment as "(a) intentional actions that cause harm or create a serious risk of harm to a vulnerable elder by a caregiver or other person who stands in a trust relationship to the elder, or (b) failure by a caregiver to satisfy the elder's basic needs or to protect the elder from harm." [2] This definition includes financial exploitation of the elderly as well as physical abuse or neglect. NIJ's primary objectives regarding elder mistreatment are to identify emerging promising practices and evaluate their effectiveness in improving prevention, detection, and intervention efforts.
Naturally Occurring Retirement Community (NORC) United Hospital Fund New York, NY	NORC Blueprint – A Guide for Community Action http://www.norcblueprint.org/ NORC Toolbox http://www.norcblueprint.org/toolbox/	A NORC – the widely used term that is short for naturally occurring retirement community – is a community that was not originally built for seniors, but that now is home to a significant proportion of older residents. Rather than emphasize only the provision of services to individuals, the NORC program model also promotes community change. It offers new opportunities to: Empower older adults to take on new roles in shaping communities that work for them. Weave a tighter social fabric and foster connections among residents. Maximize the health and well-being of all older adults in the NORC.
Office of the Minnesota Attorney General St. Paul, MN	Seniors Guide to Fighting Fraud http://www.ag.state.mn.us/Consumer/Publications/SeniorsGuideFightFraud.asp	The Minnesota Attorney General's Office provides this guide to help alert you to the dangers of consumer fraud directed at older people. Prevention is the most effective way to attack this problem. This guide will inform you about the common scams aimed at seniors and the steps consumers can take to thwart the swindlers.

Lifetime Communities Planning Grant Project – Appendices – Work Products

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Partners for Livable Communities Washington, DC	Community Empowerment Manual – Second Edition http://www.livable.org/livability-resources/reports-a-publications (\$5 to download)	More than just a primer on livability, the Community Empowerment Manual is a workbook for community development that educates readers about leadership strategies, effective collaboration, creating regional partnerships, and developing and realizing a vision. The Community Empowerment Manual is a valuable guide for: 1. Citizens—both those currently engaged and those frustrated by lack of action 2. Local government officials 3. Community organizers 4. Civic leaders 5. Non-profits and NGOs 6. Business organizations 7. Social agencies 8. Educational and cultural institutions
Saint Paul Crime Prevention Programs/Resources	http://mn-stpaul.civicplus.com/index.aspx?NID=2262 www.stpaul.gov/districtcouncil	City of Saint Paul Crime Prevention Unit – links to sections and programs within the Unit Saint Paul District Councils (each of these 17 Saint Paul neighborhood groups has crime prevention programs, including organizing block clubs). Links to overview and resources.
Senior Housing Crime Prevention Foundation (SHCPF) Memphis, TN	http://www.shcpfoundation.org/	The sole objective of the SHCPF is to reduce crime in the nation’s senior housing facilities and to provide on-going, effective crime prevention programs that promote safe, secure and high quality of life environments for senior housing residents. In part, this objective is accomplished by installing the highly successful Senior Crimestoppers program in facilities sponsored through CRA investments or loans to the SHCPF. Nationally, the Senior Crimestoppers program has reduced all incidents of crime in participating senior housing facilities by approximately 93 percent as of September 30, 2012.
The AdvantAge Initiative/Center for Home Care Policy and Research New York, NY	Online toolkit on participatory research/ planning tools http://www.vnsny.org/advantage/resources.html#best	The online toolkit topics include: 1. Participatory Research and Tools 2. Participatory Research Basics 3. Tools for Participatory Research 4. Focus Groups 5. Graffiti Wall 6. Mapmaking 7. Visioning Basics 8. Tools for Visioning

Lifetime Communities Planning Grant Project – Appendices – Work Products

Name of Source/Agency	Title of Materials and/or Websites	Description of Material (relative to Lifetime Community planning and policy development)
The AdvantAge Initiative/Center for Home Care Policy and Research New York, NY	When Older Adults Are Involved in the Community, the Benefits Are Mutual http://www.vnsny.org/advantage/resources.html#best	Results from the AdvantAge Initiative 2003 National Survey of Adults Aged 65 and Older outlining ways seniors are involved in their community and the benefits from this involvement.
The Saguario Seminar: Civic Engagement in America Harvard Kennedy School of Government Cambridge, MA	Diversity, Equality and Social Capital http://www.hks.harvard.edu/saguario/research/diversity.htm	There are three key elements of this research, each equally important: 1. Increased diversity and immigration are essential, inevitable and generally strengthen advanced nations; 2. But in the short-term, diversity and immigration challenges community cohesion; and 3. Longer-term, successful immigrant societies overcome these challenges by building a broader sense of "we". America has successfully done this with the wave of immigration from the late 1800s to the early 1900s. This integration can be done through popular culture, education, national symbols, or common experiences (like national service).
The Saint Paul Foundation Saint Paul, MN	The Civic Engagement of Baby Boomers: Preparing for a new wave of volunteers - Community Assessment Report http://www.wilder.org/Wilder-Research/Publications/Pages/results-Older-Adults.aspx	Link takes you to a list of reports done by Wilder, one of which is the civic Engagement of Baby Boomers.
Vital Aging Network North St. Paul, MN	Vital Communities Toolkit http://www.vital-aging-network.org/	The Vital Communities Toolkit helps build the capacity of individuals to create vital communities - communities in which people of all generations work together to find the right balance between meeting individual needs and achieving the common good. The toolkit includes the following sections: 1. What Is a Vital Community 2. What's Needed for Vital Communities? 3. Words of Wisdom about Planning 4. Tools (surveys, assessments, worksheets, etc) 5. Models (successful plans and initiatives)

Lifetime Communities Planning Grant Project – Appendices – Work Products

Name of Source/Agency	Title of Materials and/or Websites	Description of Material (relative to Lifetime Community planning and policy development)
Vital Aging Network North St. Paul, MN	Evolve: Re-igniting Self & Community http://www.vital-aging-network.org/	A leadership development program for people 50+ who are interested in providing leadership for the common good. Evolve helps participants discover their unique path to making a difference and develop the skills needed to be successful (\$750)
Wilder Research Saint Paul, MN	Building Communities Where Older Adults Thrive	This research and discussion forum focused on results of a joint Wilder Foundation - Ramsey County survey of about 500 older adults living in the county. The conference summary presents highlights of the panel discussion, keynote address by state demographer Tom Gillaspay, and participants' thoughts about the key action opportunities emerging from the survey and conference discussions. Findings listed under areas of basic needs, engagement and well- being. Engagement findings include survey results on social interaction, meaningful activities, community connections and learning and creative expression. A companion piece presents basic demographics on older adults. More results from the survey of older adults in Ramsey County: http://www.wilder.org/studies/Older%20Adults%20in%20Ramsey%20County/651
T4AMERICA	National Report on Transportation issues for older adults http://t4america.org/resources/seniorsmobilitycrisis2011/	
RAMSEY COUNTY – DEPT OF COMMUNITY HUMAN SERVICES	Survey of Older Adults in Ramsey County – by Wilder Foundation https://www.wilder.org/Wilder-Research/Publications/Studies/Older%20Adults%20in%20Ramsey%20County/Survey%20of%20Older%20Adults%20in%20Ramsey%20County%20-%20Quality%20of%20Life%20and%20Community.pdf	Contains information about basic needs, engagement and well being. Published in 2003

Lifetime Communities Planning Grant Project – Appendices – Work Products

Domain: Health and Wellness (Health portion)		
Contributors: Kathy Kelso, ACOA chair, and Deborah Paone, <i>Paone & Associates</i>		
Name of Source/Agency	Title of Materials and/or Websites	Description of Material (relative to Lifetime Community planning and policy development)
Design for Health	http://designforhealth.net/	Design for Health (DFH) is a collaborative project that serves to bridge the gap between the emerging research base on community design and healthy living and the everyday realities of local government planning.
Design for Health: Health Care Access	http://designforhealth.net/healthcare-access/	“While planners may be able to address healthcare access through improving transportation-related services and enhancing the population’s knowledge of what types of facilities are located where, they have little control over the other issues. . . This issue of transportation is important, however, and recent research on transportation access to healthcare draws on methods from geography to address facilities planning and accessibility.”
Design for Health: Participation Design for Health: PDF - Building Public Understanding: The Link between Health and Planning	http://designforhealth.net/resources/participation/ http://designforhealth.net/wp-content/uploads/2012/12/BCBS_PublicPart_091007.pdf	“The public can play an important part in planning processes that address the link between health and the built environment. Public involvement in planning processes is widely recognized for its ability to build support for plan implementation and create a shared understanding of planning problems and solutions. There are numerous opportunities to engage the public in these types of planning processes, as well as in the use of the Design for Health (DFH) Health Impact Assessment (HIA) tools. How can the public participate in planning for health? Which DFH tools can be used in participation processes or modified for use? This fact sheet deals with these two issues in turn.”
MN Department of Health Health Care Homes	http://www.health.state.mn.us/healthreform/homes/index.html	Health Reform in Minnesota includes the creation of “health care homes” designed to improve care through continuous oversight and thereby reduce unnecessary expenditures for more expensive acute care
New York Times: The New Old Age Blog – by Jane Gross	http://newoldage.blogs.nytimes.com/author/jane-gross/	Posts published by Jane Gross on relevant, critical topics on aging and our communities’ responsiveness to demographic changes

Lifetime Communities Planning Grant Project – Appendices – Work Products

Name of Source/Agency	Title of Materials and/or Websites	Description of Material (relative to Lifetime Community planning and policy development)
<p>New York Times:</p> <p>New Old Age Blog – “Why Can’t I Live with People Like Me?” by Jane Gross</p>	<p>http://newoldage.blogs.nytimes.com/2013/03/01/why-cant-i-live-with-people-like-me/</p>	<p>“ ‘Aging in place’ is the mantra of long-term care. Whether looking at reams of survey data, talking to friends or wishing on a star, who among us wouldn’t rather spend the final years — golden or less so — at home, surrounded by our cherished possessions, in our own bed, no cranky old coot as a roommate, no institutional smells or sounds, no lukewarm meals on a schedule of someone else’s making?</p> <p>That works best, experts tell us, in dense cities, where we can hail a cab at curbside, call the superintendent when something breaks and have our food delivered from Fresh Direct or countless takeout restaurants. We’d have neighbors in the apartment above us, below us, just on the other side of the wall.</p> <p>Urban planners, mindful that most Americans live in sprawling, car-reliant suburbs, are designing more elder-friendly, walkable communities, far from “real” cities. Houses and apartments are built around village greens, with pockets of commerce instead of distant strip malls. Some have community centers for congregate meals and activities; others share gardens, where people can get their hands in the warm spring dirt long after they can push a lawn mower.”</p>
<p>New York Times: New Old Age Blog – “How in the world will we care for all the elderly?”</p> <p>by Judith Graham</p>	<p>http://newoldage.blogs.nytimes.com/2012/10/10/how-in-the-world-will-we-care-for-all-the-elderly/</p>	<p>“Countries around the world a decade ago developed a framework, known as the <u>Madrid International Plan of Action on Aging</u>, to respond to these trends and others, and a meeting is being held on Wednesday in New York to discuss the progress they’re making.</p> <p>No one suggests enough is being done. But increasingly, there’s an awareness that the aging of the globe doesn’t lie off on the horizon: It’s a reality, here and now, and unfolding at breathtaking speed.</p> <p>Enlightened policies, including those dealing with caregiving, may make a great difference in the experience of older adults in the years to come.”</p>
<p>New York Times:</p> <p>Wellness Blogs – “E-health opportunities for seniors” by Jane Brody</p>	<p>http://well.blogs.nytimes.com/2012/10/08/e-health-opportunities-for-seniors/</p>	<p>“The challenges of getting more of the elderly connected to e-health, a catchall term for digital practices related to health care, are many: lack of awareness; fear of computers and smartphones; problems with vision, hearing, cognition or manual dexterity; limited finances or learning options; and concerns about privacy.</p> <p>But these limitations are being addressed by experts who specialize in digital communication for seniors — government agencies like the <u>National Institute on Aging</u> and the <u>National Network of Libraries of Medicine</u>; organizations like libraries, senior centers and residences, Y.M.C.A.’s and AARP...”</p>

Lifetime Communities Planning Grant Project – Appendices – Work Products

Domain: Health and Wellness (Health portion)		
Contributors: Kathy Kelso, ACOA chair, and Deborah Paone, <i>Paone & Associates</i>		
Name of Source/Agency	Title of Materials and/or Websites	Description of Material (relative to Lifetime Community planning and policy development)
New York Times: “Old and Rich? Less Help for You” by Yuval Levin	http://www.nytimes.com/2013/02/20/opinion/old-and-rich-less-help-for-you.html?nl=todaysheadlines&emc=edit_th_20130220	"The search for an elusive grand bargain — more taxes, fewer benefits — may be blinding us to the potential for incremental progress. The two parties fundamentally disagree over the future of our welfare state, but there may be space for common ground."
<i>Blue Zones</i> <i>Live Longer and Better</i>	http://www.bluezones.com/blog/ http://www.bluezones.com/programs/blue-zones-communities/albert-lea-mn/	Albert Lea, MN – A Pilot Project
Boomers Next Step – blog posts from Australia	http://boomersnextstep.com/category/lifestyle/wellness http://boomersnextstep.com/	"It's never too late to take the steps that will help guarantee a high quality of life well into your twilight. Here are five ways baby boomers can maintain their health..."
Partners for Livable Communities	http://www.livable.org/	"Developing Livable Communities for All Ages looks beyond the fields of healthcare and social security and explores housing options, economic development, community support systems, and civic engagement."
Partners for Livable Communities – benefits of arts organizations	http://livable.org/livability-resources/reports-a-publications/583-arts-organizations-and-public-health	"It has been made clear through numerous studies and daily practice that the arts are a valuable tool for educating, bringing people together, and healing. The arts can also play a valuable role in preventative care and wellness through public health campaigns carried out by arts organizations at the city and neighborhood levels."
MN Communities for a Lifetime	http://www.mnlifetimecommunities.org/	" Communities for a Lifetime provides information, resources and assistance to people engaged in collaborative action to improve the quality of life in Minnesota communities for people of all ages and abilities."
N.O.R.C. Website	www.norcblueprint.org/toolbox/	"With health reform, the role of senior-serving community-based organizations is changing to include promoting healthy aging and helping seniors better manage chronic conditions."

Lifetime Communities Planning Grant Project – Appendices – Work Products

Domain: Health and Wellness (Health portion) Contributors: Kathy Kelso, ACOA chair, and Deborah Paone, <i>Paone & Associates</i>		
Name of Source/Agency	Title of Materials and/or Websites	Description of Material (relative to Lifetime Community planning and policy development)
RAMSEY COUNTY HEALTH DEPT.	http://www.co.ramsey.mn.us/ph/index.htm http://www.co.ramsey.mn.us/NR/rdonlyres/750B3105-DFEF-46BB-A81F-AF747D6B3E33/8381/chs_quality_and_accessibility_236267_2007.pdf	Web site with many links to reports, data, service information Show link to report on health care quality and access
MINNESOTA DEPT OF HEALTH	http://www.health.state.mn.us/clearinghouse/resources.htm http://www.health.state.mn.us/divs/cfh/ophp/system/planning/chaap/docs/handbook-072307.pdf http://www.health.state.mn.us/divs/hpcd/chp/hpkit/text/involv_main.htm	MN Dept of Health – guide on resources Minnesota Community Health Assessment
MINNESOTA DEPT OF HUMAN SERVICES	http://www.minnesotahelp.info/Public/default.aspx?se=senior http://www.aarp.org/content/dam/aarp/aarp_foundation/pdf_2011/AARPFoundation_HungerReport_2011.pdf http://minnesota-low-cost-health-care-directory1.friendshelpingfriends.aidpage.com/	MinnesotaHelp.Info is statewide directory of help with a Senior Link AARP Report on food insecurity among older adult Web site that appears to be a social networking site for sharing information

Lifetime Communities Planning Grant Project – Appendices – Work Products

Domain: Health and Wellness (Recreation portion) Contributor: Mary Livingston, Saint Paul Parks and Recreation and ACOA liaison and Deborah Paone, <i>Paone and Associates</i>		
Name of Source/Agency	Title of Materials and/or Websites	Description of Material (relative to Lifetime Community planning and policy development)
KnowledgePlex – the Affordable Housing and Community Development Resource for Professionals A Blueprint for Action: Developing a Livable Community for All Ages Partners for Livable Communities, National Association of Area Agencies on Aging	http://www.knowledgeplex.org/showdoc.html?id=529411 Link to full document is broken	Each day, decisions affecting residents’ ability to age successfully in their communities are made by housing officials, transportation planners, planning and zoning specialists, parks and recreation officials, and economic development leaders. Early recognition of the impact that an aging population has on a community will enable these diverse departments to hone their planning and identify new opportunities.
The Health and Social Benefits of Recreation – California State Parks	http://www.parks.ca.gov/pages/795/files/benefits%20final%20online%20v6-1-05.pdf	This publication documents the positive impacts that parks and recreation can have on the physical, mental and social health of individuals and their communities. sensitivity, and supporting seniors and individuals with disabilities. Recreation provides us with family and community bonds that last a lifetime.
Community4alifetime Kent County Michigan	http://www.community4alifetime.org/index.php http://www.community4alifetime.org/roadmap-health-physact_nut.php	<p>Creating Community for a Lifetime is an independent coalition convened to explore ideas about what constitutes an elder-friendly community and to articulate a shared vision for Kent County, Michigan Together, the community created a roadmap to ensure all older adults have the opportunity to live to their fullest potential</p> <p>The Physical Activity and Nutrition issue area focuses on building the community's capacity to deliver affordable, effective and culturally appropriate health and wellness programs for older adults, whether they are strong and healthy or frail and/or disabled. It addresses the need for a continuum of services, as well as the need to create a culture that supports healthy choices.</p>

Lifetime Communities Planning Grant Project – Appendices – Work Products

Domain: Health and Wellness (Recreation portion) Contributor: Mary Livingston, Saint Paul Parks and Recreation and ACOA liaison and Deborah Paone, <i>Paone and Associates</i>		
Name of Source/Agency	Title of Materials and/or Websites	Description of Material (relative to Lifetime Community planning and policy development)
Planning and Designing the Physically Active Community American Planning Assoc. NW University	http://www.planning.org/research/active/	The project resulted in numerous products and educational opportunities for APA members and others interested in improving public health through community design. The centerpiece of the effort in 2007 will be a PAS Report containing best practices principles and case studies illustrating how leading edge communities are addressing physical activity concerns in comprehensive plans, urban design initiatives, capital improvement programs, and development review processes. In Spring 2004, APA surveyed 10,000 planners to uncover communitywide initiatives already underway as well as ideas on specific planning techniques that can help people become more physically active. Other project activities have included conference sessions at upcoming APA National Planning Conferences, an audio conference for planning commissioners, and a Physically Active Community Institute. The institute brought together planners, designers, and community leaders with experts in public health and recreation to devise planning solutions to enabling and enhancing people to become more physically active.
International Making Cities Livable	http://www.livablecities.org/blog/lifetime-community-districts	The interdisciplinary group of planners, public officials, neighborhood leaders, developers, and experts in public health, child-, elder- and disability-friendly communities, met in Bloomington City Hall. They toured the district on foot and by van, heard presentations on community planning for children, elders and disabled persons, and discussed how these special concerns overlap. Using concepts rooted in comprehensive community development, they brainstormed and sketched around the district map, to begin to envision a district that would be hospitable for all ages and abilities. Special attention was paid to creating environments that bring everyone together for their mutual benefit.
CITY OF ST. PAUL, PARKS & RECREATION parkscustomerservice@ci.stpaul.mn.us or 651-266-6400 Media: Brad Meyer , (651) 266-6377 Como Park Zoo & Conservatory: Matt Reinartz , (651) 487-8294	http://www.stpaul.gov/DocumentCenter/Home/View/7319 http://www.stpaul.gov/DocumentCenter/Home/View/7940 View Parks & Recreation Directory	<i>Parks & Recreation Plan</i> © 2008 (one chapter of the 2020 Comprehensive Plan for the City of St. Paul) <i>2011-2015 Strategic Implementation Plan</i> Staff Directory

Lifetime Communities Planning Grant Project – Appendices – Work Products

Domain: Lifelong Learning and Enrichment Contributors: Amy Moser, Saint Paul Public Schools Community Education and ACOA member, and Deborah Paone, <i>Paone and Associates</i>		
Name of Source/Agency	Title of Materials and/or Websites	Description of Material (relative to Lifetime Community planning and policy development)
Communities for All Ages is a program of Temple University	http://communitiesforallages.org/node/733 http://communitiesforallages.org/resources/toolkits-curricula	<p>Communities for All Ages is a program of Temple University whose goal is to strengthen communities by bringing generations together to address critical concerns and creating opportunities for lifelong civic engagement. The Center achieves its mission by developing effective and sustainable intergenerational models, providing training and technical assistance to organizations and state/local governments, conducting research, and developing materials to facilitate replication of successful models. It serves as an international resource for organizations and communities.</p> <p>Education and Life Long Learning Promising Practices Report - Offers suggested outcomes and detailed examples of programs from across the US engaging in life long learning. In addition, links to current research and promising practices provide concrete suggestions of program and policy making directions that increase life long learning, build leadership across generations, strengthen programs and increase the capacity of programs to address needs across the lifespan</p> <p>Toolkits and Curricula - This resource page developed by Communities for All ages offers several toolkits and curricula that can be used to either start or enrich Life Long Learning program efforts. Materials offered have a special focus on building co-leadership across generations, as well as emphasis on mentoring programs. Several tools also highlight incorporating a racial equity framework into these efforts.</p>
Vital Aging Network (VAN) 2365 N. McKnight Rd., Suite 4 N. St. Paul, MN 55109 651.917.4652 Email: info@vital-aging-network.org	http://www.vital-aging-network.org/Additional_Resources/20/Learning.html http://www.vital-aging-network.org/Additional_Resources/39/Sub/Learning_for_Personal_Enrichment.html	<i>Vital Aging Network</i> – Lifelong learning resources
UNIVERSITY OF ST. THOMAS The Selim Center, Mail #LOR 309 2115 Summit Avenue St. Paul, MN 55105 Phone: 651-962-5188 Contact: selimcenter@stthomas.edu	https://www.stthomas.edu/selimcenter/about/mision/	The Selim Center for Learning in Later Years

Lifetime Communities Planning Grant Project – Appendices – Work Products

Lifecycle Housing Contributors: Therese Buckley, Wilder Foundation Employee and ACOA member and Deborah Paone, <i>Paone and Associates</i>		
Name of Source/Agency	Title of Materials and/or Websites	Description of Material (relative to Lifetime Community planning and policy development)
NCOA, National Council on Aging	http://www.ncoa.org/national-institute-of-senior-centers/nisc-news/building-designed-for-aging.html	Building Designed for Aging in Place Wins Contest Aging in place was part of a winning design in the Minnesota Rural Partners' "Thriving by Design" contest in celebration of the state's sesquicentennial. Kathy Sporre, program supervisor of the Fergus Falls Senior Center and a NISC delegate, was a member of the winning team.
Patricia Magnuson Enterprise Community Partners 10227 Wincopin Circle Columbia ,MD 21044	www.enterprisecommunity.org	Innovation in Senior Housing: Four Case Studies By: Leo Quigley The most innovative senior housing we see today is flexible in responding to the changing needs of residents as they age, both in physical space and in supportive services. Developers employ adaptable and “universal design” elements that anticipate increased longevity, aging in place and increasing needs for home care and physical accommodations.
The Asset –Based Community Development Institute School of Education and Social Policy Northwestern University Evanston Illinois	Downloadable Resources: http://www.abcdinstitute.org/publications/downloadable/	Titles include: Mapping Community Capacity Hidden Treasures: Building Community Connections by Engaging the Gifts of People on Welfare, People with Disabilities, People with Mental Illness, Older Adults, and Young People.
ST. PAUL HOUSING AUTHORITY W. Andrew Boss Building 555 Wabasha Street North Suite 400 St. Paul, Minnesota 55102 (651) 298-5664	http://www.stpha.org/about_history.html http://www.stpha.org/forms/sps2012.pdf	Full web site with many reports & publications about housing in St. Paul Note: <i>Strategic Plan 2012</i>

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ADDITIONAL RESOURCES from the Saint Paul Public Housing Agency (<http://www.stpha.org/links.html>):

Government Agencies

[City of St. Paul](#)
[Housing and Urban Development \(HUD\)](#)
[Ramsey County](#)
[Recovery.gov](#)
[U.S. Census Bureau](#)

Housing Partners

[Bloomington Housing and Redevelopment Authority](#)
[City of St. Paul Department of Planning & Economic Development \(PED\)](#)
[Home Loan Fund](#)
[City of St. Paul Housing Resources](#)
[Corporation for Supportive Housing](#)
[Dakota County Community Development Agency](#)
[Family Housing Fund](#)
[Fannie Mae](#)
[HousingLink](#)
[Metropolitan Council Housing and Redevelopment Authority \(Metro HRA\)](#)
[Minneapolis Community Planning and Economic Development Department \(CPED\)](#)
[Minneapolis Consortium of Community Developers](#)
[Minneapolis Public Housing Agency](#)
[Minnesota Home Ownership Center](#)
[Minnesota Housing Finance Agency \(MHFA\)](#)
[Minnesota Housing Partnership](#)
[National Low Income Housing Coalition](#)

Service Partners to St. Paul Housing Authority

[Accessible Space, Inc. \(ASI\)](#)
[CAP](#)
[Great Schools](#)
[Greater Twin Cities United Way](#)
[Local Initiatives Support Corporation](#)
[Minnesota Health & Housing Alliance](#)
[MinnesotaHelp.info](#)
[PORTICO Interfaith Housing Collaborative](#)
[Presbyterian Homes](#)
[Ramsey County Workforce Investment Board](#)
[Ramsey County Workforce Solutions](#)

[Twin Cities Compass](#)

Lifetime Communities Planning Grant Project – Appendices – Work Products

City of Saint Paul – Lifetime Communities Planning Grant – Voices from the Field, 2013

Source: This set of comments reflects work of the *City of Saint Paul Advisory Committee on Aging*, with members of the Lifetime Communities grant Steering Committee and of the Grant Advisory Team participating, as well as an independent consultant, Deborah Paone (Paone & Associates, LLC).

This collection of quotes reflects comments from residents, health and social service organizations, city planners and staff from several municipal departments, District Council representatives, county and regional representatives, business representatives, and consumer advocates. Over 40 people provided comments through individual key informant interviews, focus groups, group discussions, and committee meetings.

Insight Area	Individual or Composite Quotes
General on Lifetime Communities	<i>Have a strong vision and mission statement [and] define the Lifetime Community concept. What does this look like? What are key elements?</i> (Focus Group participant)
General on Lifetime Communities	<i>Keep it at a neighborhood level. You try and do this for the entire City, it's going to be a nightmare.</i> (Key Informant phone interview)
General on Lifetime Communities	<i>District Community Councils were not developed or oriented to the idea of “communities for a lifetime,” however it is timely. The lifetime-communities idea is inclusive. So much of what’s been done regarding city infrastructure is focused on specific interest groups such as bicyclists, artists, etc. The lifetime communities concept is also geared to focusing on people who are a little more vulnerable, have more barriers.</i> (Key Informant phone interview)
General on Lifetime Communities	<i>There would need to be visible policy and other support for this in order to overcome status quo and inertia – organizational readiness may be there (in a set of organizations), but the working together across organizational lines for a sustained endeavor is the hard part.</i> (Focus Group participant)
General on Lifetime Communities	<i>I would really work on having a voice and on citizen engagement. Help with preparations for the Comprehensive Plan. Articulate the needs of older persons and caregivers well and with data and stories. Are our communities set up for us to live here? How or how not? How can older persons also be engaged as a resource?</i> (Key Informant phone interview)

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General on Lifetime Communities	<i>Most important thing to plan for future is to make a commitment to listen to the neighborhoods. How can we facilitate communication across the organizing entities, such as - Block Club --> District Council --> City Council (Focus Group participant)</i>
Trends in Saint Paul and specific issues	<i>The biggest things are to improve safety in the neighborhoods, greatly expand transportation options, and focus on home ownership incentives where people can re-build a sense of community in each neighborhood. Go back to the drawing board & simplify. (Focus Group participant)</i>
Trends in Saint Paul and specific issues	<i>Saint Paul's population is becoming bi-modal – an older, mostly white population and a younger, ethnically/racially diverse population. Since both of those groups tend to be transit-dependent, there is an opportunity for these groups to find a common opportunity for change. (Key Informant phone interview)</i>
Trends, specific issues	<i>Ensure safety. Ensure that community services are available to people in their homes. The preference for most people is to age in place. (Focus Group participant)</i>
Trends, specific issues	<i>Older people were counting on the equity in their homes as their primary retirement financial vehicle. They can't afford to move, but can't keep up their homes. The home does not match their functional abilities. People want single-level living, but most homes in St. Paul have stairs. They end up moving away, if they can afford it. (Key Informant phone interview)</i>
Trends, specific issues	<i>Neighborhoods need local grocery stores and amenities—things that people can walk to, with good street/sidewalk lighting, without boarded-up buildings, vacancies, or dark alleys—safety is the number one issue. (Focus Group participant)</i>
Trends, specific issues	<i>There are far too many rental homes in the neighborhoods now—there ought to be a maximum number of homes that can convert to rental. Rental discourages commitment—when the community has many transient residents—they don't get involved in neighborhood projects. Also many more people per home than the house was designed for--single family homes are now multi-unit rental. Renters do not participate in community. (Focus group participant)</i>
Trends, specific issues	<i>The issue of memory impairment/Alzheimer's disease—with the aging population, we will have more people with cognitive impairment. How can these people manage, especially if they live alone. How can the City respond to that? (Key Informant phone interview)</i>

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Trends, specific issues	<i>Once parents decided to bus their kids outside of the neighborhoods, buy-in went down—parents are not focused on the local area, as their kids go to school and play with other children who live elsewhere—there is no sense of community, no parental buy-in; in some cases there is no neighborhood school now. In addition, the other places where community would have come together decades ago, such as church/faith communities, or recreational centers, people do not participate. The sense of belongingness and community is gone. People are strangers who live next door to each other. (Focus Group participant)</i>
Specific issue (to allow for Lifetime Communities focus)	<i>The funding issue is a very big gap – For example, one neighborhood group did a corridor development work project/info gathering. Developers were there. Seniors were very involved. They wanted to stay in the community but no place/no way to do that. Redevelopment within the city is very expensive and these projects are hard to do. Developers say it is too expensive. They can't make it work financially. There is a need to fill that gap. (Key informant phone interview)</i>
Specific issue (to allow for Lifetime Communities focus)	<i>Multigenerational redevelopment projects. This is a big gap. We've had 50 years of policy and practice separating units by race and income. Separating everything we do. Now we want it to work for everyone. How do we re-integrate the ages and incomes in all areas? We have to revise almost everything we've done. (Key informant phone interview)</i>
Specific issue (to allow for Lifetime Communities focus)	<i>The main gap that I see is that we deal with physical infrastructure – water, housing, transit, parks – but we are not connected to service delivery. . . We have little interaction with the health care or social support systems or services. (Key informant phone interview)</i>
Specific issue (to allow for Lifetime Communities focus)	<i>Consider the way in which we communicate with each other and across generations. Millennials didn't get driver's licenses until or after the age 17, relying on parents and older friends/siblings to get around – leading to an impression that this group is “pampered” and not taking responsibility. But... Millennials and Baby Boomers want the same thing – amenities close by to where they work and/or live so they don't have to rely on a car to get necessities. “Us vs. them” doesn't help. (Key informant phone interview)</i>
Housing & Transportation	<i>Housing and transportation departments do talk to each other – The corridor development – have to orient development toward transit. Density is a focus. I do not see a special focus on elderly use or disabilities though. City only focuses on the zones and codes. Those special focal areas come from the developer. Senior housing has a specific state law definition. Can't mix ages—so to get mixed ages some laws or codes would have to change. (Key informant phone interview)</i>

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On Housing	<i>Across the board, we have very little that has been designed and built with the idea of the residential facility or neighborhoods working across all ages (Focus Group participant)</i>
On Housing & Transportation	<i>I don't have data about housing for seniors. I have a sense that we haven't planned very well for it. I think the transportation issues are going to be huge because we don't have transportation across the neighborhoods. We are currently a food desert. . . . It's expensive to be poor – you can't get to food, you don't have transportation to get to food. (Key informant phone interview)</i>
On Transportation	<i>Can they find a way to do a [transportation] service that is shared between programs? There have been models of this done before. Could we open it up to residents who are in their homes? But again, that's more neighborhood-based. I think it could be/should be more neighborhood-based – done more efficiently and better.</i>
On Transportation	<i>On demand transportation – with 1 driver and 1 rider is very hard – costly, cumbersome, limited in capacity. (Focus group participant)</i>
On Transportation	<i>Any transportation program that relies on volunteers has to retain those volunteers and continually find new volunteer drivers – this is time-consuming and difficult for organizations to do alone – is there no [ability for] centralization or way to share this? (Focus Group participant)</i>
Fostering Collaboration	<i>Projects really seem to take people from different areas to be successful. People whose job it was to do it, and volunteers, and excited neighbors. If it is all staff people, it becomes insular and you aren't getting an outside prospective. You need different people coming to the table with different perspectives and passions. But someone has got to be keeping the whole project together, to keep people accountable. Did you contact each other, did you meet in your committees, etc. (Key Informant phone interview)</i>
Fostering Collaboration	<i>It helps when goals are very focused, and one person is coordinating the project. (Key Informant phone interview)</i>
Fostering Collaboration	<i>Keep collaborators focused, engaged and motivated with “skin in the game.” A clear connection of what the benefit and end goal is—would be necessary. (Key Informant phone interview)</i>
Fostering Collaboration	<i>Collaborative focus is necessary, yes, but collaboration is often a code word for “extra work.” Therefore you have to demonstrate the win/win from working together versus separately (Focus Group participant)</i>

Lifetime Communities Planning Grant Project – Appendices – Work Products

Fostering Collaboration	<i>Relationships are key. If nothing else, you start building relationships, that's success. Email and electronic communication is very efficient, but it can't replace face-to-face conversations. The passion and commitment withers away when all communication is electronic (Key Informant phone interview)</i>
Fostering Collaboration	<i>We have found it very helpful to have someone from the outside (consultant) who doesn't know the longer-standing internal dynamics among partners and is focused on project success—especially when there is a tight timeline for project completion. We have a committee for a project focused on underrepresented community members. The committee regularly meets and talks through things. They deliberate using a modified consensus-based model. Working together on this project has resulted in an additional benefit of partners talking things through and clearing the air on previous divisive issues. The partners recognize their common interest (enlightened self-interest) in project success, which includes developing leadership in community organizers working with communities of color/underrepresented community members. The project has high visibility and there is a lot at stake if it fails. The group is also considering whether the steering committee model used in this project can be a model on other projects. (Key Informant phone interview)</i>
Fostering Collaboration	<i>The District Council's role is to host conversations—it serves as a source of information and a way to connect people. We are a conduit to get people to work together. Living in the neighborhood, the personal connection really makes a difference in being able to see trends and to get access to conversations about planning. (Key Informant phone interview)</i>
Fostering Collaboration	<i>Most leaders have a boss [or] the Board of Directors – it matters what Boards value – what elected officials value. I think that community pressure can play a role in fostering collaboration too. (Key Informant phone interview)</i>
On Engaging Residents, Volunteers	<i>We are a very different face of St. Paul today – the last thing they need are 50 year-old White women sitting around saying “I'd like different gym equipment.” We have to have planning and engagement actually reflect who lives here now. The diversity of faces needs to be reflected in the planning—do we have someone from the Somali community? Latino? African-Americans? People who represent all of the sectors of residents from the community and reflect the neighborhood – Also need to purposefully seek out different skill sets – find them and call them – I find that a personal invitation is most effective. “We specifically want you and here's why—“ (Key Informant phone interview)</i>

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On Engaging Residents, Volunteers	<i>It is important to utilize volunteers, but often difficult since volunteers have to fit in their community work with a lot of other priorities. There can be problems of consistency and follow through. Utilizing volunteers takes a lot of coordination, and this often falls to staff. (Key Informant phone interview)</i>
On Engaging Residents, Volunteers	<i>Build a feeling of community; engage residents in target neighborhoods and actively ask for involvement - keep working at it. (Focus Group participant)</i>
On Engaging Residents, Volunteers	<i>I'm a fifth generation East-sider. I have lived here a long time and spent a fair amount of time in the neighborhood – block clubs, community gardens, etc. I also rely on community organizers who do a ton of that work. . . Community organizers know people – they will make the connections (Key Informant phone interview)</i>
On Engaging Residents, Volunteers	<i>Whenever we do any planning work, we will try to get input from the community. A Task Force is the primary formal group. We also do community open houses. We have a new online tool as well. It's called "Open St. Paul;" and is an online forum where questions are posted and we respond. As people get busier – it is harder for them to come to evening meetings, and would be helpful to those who cannot get out as easily. Community meetings and grassroots are still used as well. We continue to send out letters and hold public hearings too. We are using social media as well. (Key Informant phone interview)</i>
On Engaging Residents, Volunteers	<i>Use college students going door to door in pairs; establish a website with an easy, 5-minute survey to get a range of people of all ages to participate; have a Lifetime Community info booth or kiosk at the Libraries (GAT meeting small group ideas)</i>
On Engaging Residents, Volunteers	<i>How do you engage people? You have to be resourceful and use all methods. Online doesn't work for everyone. Not everyone has a laptop computer with a router in the house. Some just read old-fashioned community newspapers. The Mayor's office puts ads in the community newspapers . . . Recommend someone you want to give leadership opportunities or visibility to keep them coming. (Key Informant phone interview)</i>
On Engaging Residents, Volunteers	<i>Many immigrant families have multiple generations from very young to grandparents. We have looked at this issue of both immigrants and families – new communities within communities. How to meet needs of different family members and different ages and stages. We've done work for many years in the Hmong community, and are using bi-cultural, bi-lingual staff from our Dept to reach specific communities, for example Latino, Hmong, Somali, African American, seniors, and youth. We've done work for many years in the Hmong community – a challenge given the language issues (written). This is very innovative – we're saying we're the</i>

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	<i>first-timers – significant existing staff and hired temp staff – took the paper out to the communities. Used staff from our Dept, from Latino, Hmong, Somali, A-A, senior, adolescent communities—some multi-cultural. A point about that – When we approach the groups we say “we want to get your input- but we’re not just gov’t asking questions.” We are interested in your voice. Close the loop to give it back to members of the community. That is a way to build awareness and trust. (Key Informant phone interview)</i>
On Engaging Residents, Volunteers	<i>I have to admit the most effective way is old-fashioned, labor-intensive door-knocking. For a certain segment of folks, this is what works. It is true that older folks will tend to answer their doors (single family dwellings) – they are lonely they want to have a conversation. Door knocking gets results with these folks –they are home and answer the door. That can be very effective. (Key Informant phone interview)</i>
On Planning	<i>The Comprehensive Plan is the main plan around which a lot of work is organized. (Key Informant phone interview)</i>
On Planning	<i>Fundamentally, the primary role of the Council is as a planning agency. We develop a 30-year long-range plan for the region to be economically prosperous. (Key Informant phone interview)</i>
On Planning	<i>We do have the Met Council and as they have some resources for planning, we have increasingly relied on them. They do a lot. But it is the entire metro area, not segmented for our City. This averages things out and muddies the picture. (Key Informant phone interview)</i>
On Planning	<i>Regarding planning, I would focus on the city’s Comprehensive Plan which is updated every 10 years. Many of these issues feed into that. That is the vehicle to make adjustments on focus areas and where input from the community can be helpful. This Plan is adopted by all communities. There are other special plans, such as transportation plans. The Central corridor line was developed as a community-development strategy – a special effort. Talk to the Advisory Committee – 2020 is the date for the next Comp Plan. (Key Informant phone interview)</i>
On Planning	<i>We haven’t done asset mapping on a city-wide scale. There are a variety of small area plans. Specific neighborhoods can do a small area plan within their area. Can do it ad hoc, but if they want to inform city budgets, then they can hire their own person and get results. Plan may be on an issue or issues that are not covered by the city systems. If there are key things that affect city systems, though, than the city can determine if can adopt this as part of the Comp Plan. Do not have to adopt. We do have capacity to put in a “boxed comment” in the Comprehensive Plan. Have done this in the past. (Key Informant phone interview)</i>



Enhancing Readiness for a Lifetime Communities Planning Approach in Saint Paul

Findings Presentation
November 7, 2013

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A Lifetime Communities Approach



- Supports development and adaptation of both the physical environment and services available so **that they work for people of all ages and all abilities**
- Helps people to "age in place," so that **"Today's residents = tomorrow's older residents"**
- Planning and development with this in mind has the potential to **enhance each person's experience** of community, increase civic engagement and individual investment (time and money), and foster more stable neighborhoods

Sources:

National Association of Area Agencies on Aging, *A Blueprint for Action: Developing a Livable Community for All Ages*, May, 2007. Found at: <http://www.naaa.org/pdf/07-116-NAA-Blueprint4Action/Covers.pdf>
Partners for Livable Communities, *Livable Communities for All Ages*. Found at www.livable.org/AginginPlace

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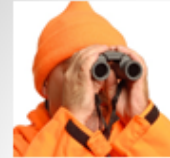


Lifetime Communities Planning Grant

- Purpose: ***An exploratory assessment of the city's readiness to adopt a Lifetime Communities model of planning.***
 - What are the current planning approaches?
 - Do they incorporate a Lifetime Communities paradigm?
 - What kind of interest is there in this concept?
 - How could the City of Saint Paul foster this?
 - What are the key issues facing the City & the barriers to incorporating this paradigm?
 - What steps are needed to create a collaborative approach that encourages resident engagement?

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Process & Methods Used



- Find and review current plans and resources
- Grant Advisory Team and Steering Committee discussions
- Conduct key informant interviews (2 rounds)
- Conduct focus groups (2 groups)
- Review and analyze findings
- Determine recommendations and suggest next steps
- Set forth work direction for ACOA and the City

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GAT & Steering Committee Foundational Work:

Exploration of Issues & Concept of Lifetime Communities

Discover collect information on Resources & Activities

- Written plans
- Planners – who/where
- Planning efforts
- Current collaborative efforts projects underway & who is involved
- Transportation & housing initiatives

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GAT & Steering Committee Foundational Work:

Initial Domains Selected

- Safe and Involved Communities
- Health and Well Being
- Lifelong Learning and Enrichment
- Lifecycle Housing

6 Key Informants Selected

- Metropolitan Council
- Planning & Economic Development (City)
- County Health Dept.
- Public Library (City)
- Policy (City)
- City Council

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Work during Spring/Summer 2013

- Key informant interviews (2 rounds) – by both the consultant and the Committee members
- Focus groups (2) – with both residents and with organizations serving St. Paul
- Small group discussions (iterative)
- Effort to collect information on existing written plans reports, and collaborative initiatives

Key Informants

Structured interviews and focus groups conducted April – August, 2013

Obtain and discuss perspectives:

- **top issues** facing St. Paul overall and organizations or residents, specifically
- specific issues **older adults** face as they age
- **how and when planning is done**
- what **fosters a collaborative approach** among organizations and across sectors-- that includes resident engagement
- what is the **interest in a cross-sector lifetime communities approach**

Findings – Backdrop Issues

- Economic constraints are affecting most residents and organizations and the City of Saint Paul itself
- Residents concerned about safety
- Residents concerned about deterioration of neighborhood and of housing stock
- Bifurcation between age cohorts
- Long-time residents and traditional homeowners differ from newer residents who may move around more
- Loss of sense of neighborhood cohesion or importance – neighbors as strangers

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Findings – Top Focus Areas:

- **Housing** - Inadequate or inappropriately designed housing stock
- **Transportation** - Lack of sufficient transportation options
- **Service Availability** - Lack of home and community-based services and other supports that will meet people where they are
- **Safety & Accessibility** – Safety and accessibility to services in the local neighborhoods

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Findings – Planning

- Planning resources are diminished from what they were 20 years ago
- The Comprehensive Plan drives much of what happens – 10 year cycle & limited focal areas
- Plans primarily focus on the built environment, not on human or support services
- There has been little focus over the past few decades on designs/projects that are purposefully age-integrated
- Little planning done across silos – only around specific initiatives, not formalized
- Planners and others would like guidance on how to incorporate this concept/approach into plans

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Findings - Engagement

- Residents may get engaged if it is in their neighborhood – it has to be meaningful to them directly
- It will take longer to reach the non-traditional resident
- To encourage residents who are old and young to come together, use different methods for each and facilitate this engagement artfully – the age cohorts are unfamiliar with each other and may have stereotypes about each other
- Electronic (web) engagement useful, but may not serve the older person, low income, or ethnically diverse residents

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Findings – Key Strengths

- Willingness across the board to learn more about the Lifetime Communities approach to planning and development; willingness to partner and work together & eagerness to learn about this project's findings
- Comprehensive Plan, Minnesota Dept of Health's Plan and Community Health Assessment (county) – key documents on which many rely and which guide much activity including investment of time and money for specific targeted initiatives
- Recognition of need to link efforts
- Recognition of importance of housing and transportation for all ages

“Top Issues” - Quotes

- *There is an issue of housing affordability*
- *The top issue has to do with whether or not St. Paul itself will thrive or decline*
- *It's the cost of living; keeping their homes up. Can people afford to make upgrades to their homes? Can they put in ramps or an addition?*
- *Transportation is a key issue regardless of age*
- *Amenities are spread out and hard to reach; we see the need for services increase; accessibility is more of a challenge*

“Top Issues” - Quotes

- *Older people were counting on the equity in their homes as their primary retirement vehicle. They can't afford to move, but can't keep up their homes.*
- *How to remain independent in their residence of choice in their community*
- *Transportation, housing needs*
- *Housing is a key issue. We are on the cusp of a major generational change*
- *Transportation; need for easy access to food, health care, etc.*

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...consistent with national findings

Although most residents want to age in place, they confront many barriers to remaining active and engaged in their communities. The following are some of the most common barriers:

- *A lack of affordable and appropriate housing options*
- *Few opportunities for walking, bicycling, or other forms of physical activity, making it more difficult to remain healthy and engaged*
- *Inadequate mobility options*
- *Limited information about available health and supportive services in their community*
- *Concerns about the safety and security of the community*
- *Limited opportunities for meaningful, challenging volunteer service.*

Source: <http://www.n4a.org/pdf/07-116-N4A-Blueprint4ActionWCovers.pdf>

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Current planning process

- *The Comprehensive Plan is the main plan around which a lot of work is organized*
- *Our basic approach is that we develop a strategic direction that is overarching; this lays out several key strategies and from these we develop our annual work plan*
- *Some Councils do not undertake an active part in planning*
- *We have not matched how we program with what is coming down the pike. We don't have the resources to do a comprehensive look.*
- *We have increasingly relied on the Met Council*

Existing Plans' Focus

The Comprehensive Plan and city planning focuses on areas over which the City has jurisdiction:

- Housing
- Land Use
- Transit
- Parks & Environment
- Historic Preservation
- Water quality

Other plans (e.g., libraries) focus on top learning needs – the efforts have primarily focused on children and workforce needs

Resident involvement in planning – methods discussed

- Online – web sites
- Resident surveys (online usually, but also mailed and sometimes in-person)
- Opportunities to serve on advisory groups
- Grassroots door-to-door knocking
- The District Councils; neighborhood meetings
- Town hall type meetings
- Meetings with advocacy and other community agencies and nonprofits that help represent the voice of under-represented populations, such as ethnic minorities

Coordination & Collaboration

There is interest in coordinating and collaborating with others, here are some examples:

- *Housing and transportation (Met Council and Planning Dept)*
- *Health care/hospitals and community-based support (Ramsey County and MN state agencies)*
- *Corridors of Opportunity (Met Council and Planning)*
- *Libraries and schools (City and Education Dept)*
- *Home repair (City enforcement officer and Health Dept)*
- *“Meals on Wheels/Books on Wheels” (West 7th Community Center and Library)*

Lifetime Communities Planning Grant Project – Appendices – Work Products



Multi-generational examples



- “Complete Streets”
- “Healthy Meals Coalition”
- Parks & Rec – Safe Walkways and Trails
- Redesign for Metro Mobility transit
- “Beatrix Jar” and “Makers Space” (Libraries)
- “Sprockets” (Educational after-school program)
- “Housing Link”
- St. Paul Community Literacy Consortium
- The Promise Neighborhood (Wilder is the lead)
- Transportation initiative on eastside

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Gaps



- Funding/financing (repeated by everyone)
- Resources, time, expertise
- Need a more complete assessment city-wide using this different lens (lifetime communities)
- Multi-generational redevelopment projects
- Advocacy/a voice to bring forward information and insights about the needs and strengths of the older population
- Resident engagement – how to get involvement from busy people and “hidden” people



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Addt'l Quotes

- Silo-ed work:
"We've had 50 years of policy and practice separating units by income, age. . .now we want it to work for everyone. How do we re-integrate...?"
- Required focus areas:
We deal with the physical infrastructure, but what is really needed is an additional connection to services and service delivery. . .we have little interaction with health care or social support systems.

Addt'l Quotes

Articulate the needs (and strengths) of older persons and caregivers well and with data and stories. Are our communities set up for us to live here? How or how not? How can older people be engaged as a resource?

I'm not hearing the questions/issues. No one is asking me. I'm not hearing much. . . Talk about the impact in a dozen different places. Is there a pilot program we should be trying? Does it engage organizations and people in a new way to leverage resources? Are there great examples of inter-generational programs? ACOA can highlight where strengths and needs meet.

Recommendations from the field

- Reconfigure or expand ACOA
- Connect with other committees or groups that may have an interest
- Extend work of the Grant Advisory Team
- Have a strong vision and mission statement for LC projects
- Define clearly what a lifetime community is – how would we know it when we see it, what are the top elements/components

Recommendations from the field

- Get involved in Comprehensive Plan process(es)
- Create lifetime communities checklist/template/guide for planners and offer to be a resource to Councils and planning departments
- Work with District Councils and other groups on LC concept and serve as a resource on LC projects
- Foster collaboration across sectors and providers and between public and private

Recommendations from the field

- Foster resident engagement
- Keep efforts at the neighborhood-level
- Work on awareness and raise visibility for this concept
- Ensure elders are seen as a resource
- Provide compelling stories and factual information providing examples of LC impact
- Ensure inclusivity--show how the same issues affect everyone and that solutions can help everyone – it raises the quality of the neighborhood

What happens next?

Group's plans – continuity or re-forming or hand-offs

Avenues for embedding this concept

Synergies with other groups or initiatives

Leadership support

Interested parties and possible funding