

Laying the Foundation for an Age-friendly Philadelphia

A Progress Report



JUNE 2011

PCA
PHILADELPHIA CORPORATION FOR AGING™

“We will ultimately be judged with respect to how we treat the most vulnerable among us. Organizations large and small can and should provide leadership in ensuring that all communities offer the type of environment that gives all of us choices throughout our lifespan and enables a high quality of life as we age.”

- Robert McNulty, President, Partners for Livable Communities



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Defining the Issues



What is Age-friendly Philadelphia?

Age-friendly Philadelphia is a planning and research agenda initiated by Philadelphia Corporation for Aging (PCA) to help older adults remain healthy, active, and engaged in their communities for as long as possible. An “age-friendly” city is one that is committed to improving both the physical and social environments that surround the city’s elders, to facilitate independence and neighborhood cohesion. Accessible housing; ease of public transportation; readily available fresh foods; safe and inviting public spaces; and a vibrant workforce that is aware of issues facing older adults; all are essential ingredients of this type of city. The premise of this agenda is that improvements of this kind will benefit Philadelphians of all ages.

PCA believes that in order to better support the city’s seniors, a cross-disciplinary approach must include: *government policies* that provide a high quality of life for persons of all ages; a *built environment* that facilitates healthy lifestyles, safety, and social connectedness; an *aging network* that considers the effect of the environment on the well-being of consumers; *universities* that partner with the community to create cutting-edge research; and *emerging leaders* from all fields who incorporate older adults into their work.

Note: All underlined words and phrases in this document are hyperlinks, as it is intended to be read online. If you are reading a printed version, please go to www.pcaAgefriendly.org to follow the links.

Today, organizations that have not traditionally worked together are finding common purpose around aging issues. PCA serves as a catalyst, rather than a manager, for the *Age-friendly Philadelphia* effort, based on the conviction that city-wide buy-in must be present for the initiative to succeed. In certain cases, PCA has taken the lead in identifying new policies that would move the agenda forward, and in others, it has assisted organizations to incorporate older adults into their policies, plans, and programs.

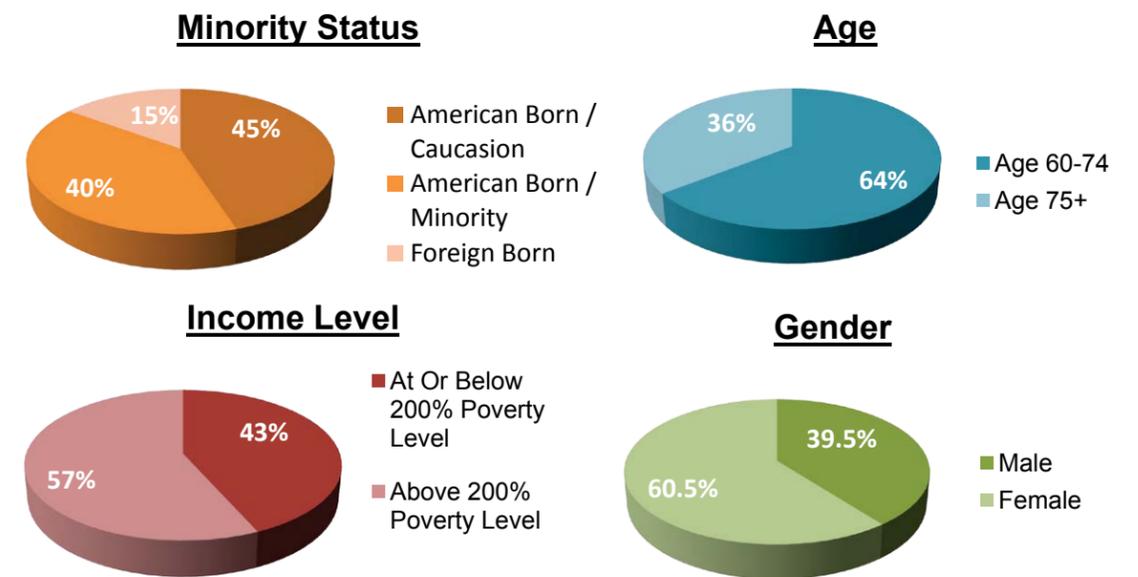
To date, the initiative has been recognized by the United States Environmental Protection Agency's (EPA) Aging Initiative Commitment Award called Building Healthy Communities for Active Aging; by a 2011 National Association of Area Agencies on Aging (n4a) Aging Achievement Award; and through a National Institutes of Health research grant called *Walkability's Impact on Senior Health*. This document builds on the planning and research efforts that were reported on at the 2010 M. Powell Lawton Conference on Urban Aging and serves as testimony to the agenda's current success. It is intended to outline the reasons behind the initiative, highlight current collaborations, and provide opportunities for new involvement.

Moving forward, PCA anticipates that its current partners will independently take the initiative to promote age-friendly practices and that new collaborators will be identified for future projects.

Who are the Older Adults in Philadelphia?

Philadelphia has the highest proportion of older persons (age 60+) of any of the 10 largest cities in the United States.¹ The city's aging population is significantly diverse with respect to race, ethnicity, educational attainment, health status, national origin, and income.² The charts below illustrate these points. In the next ten years, the city's overall population will not change significantly; however, the number of older adults age 65-69 will increase by 24%; the number of people age 70-74 will increase by 19%; and the number of Black, Asian, and Latino elders age 85+ will double.³

Philadelphia's Senior Population



**Data Source: 2009 American Community Survey (Minority Status) & the Public Health Management Corporation 2010 Household Health Survey

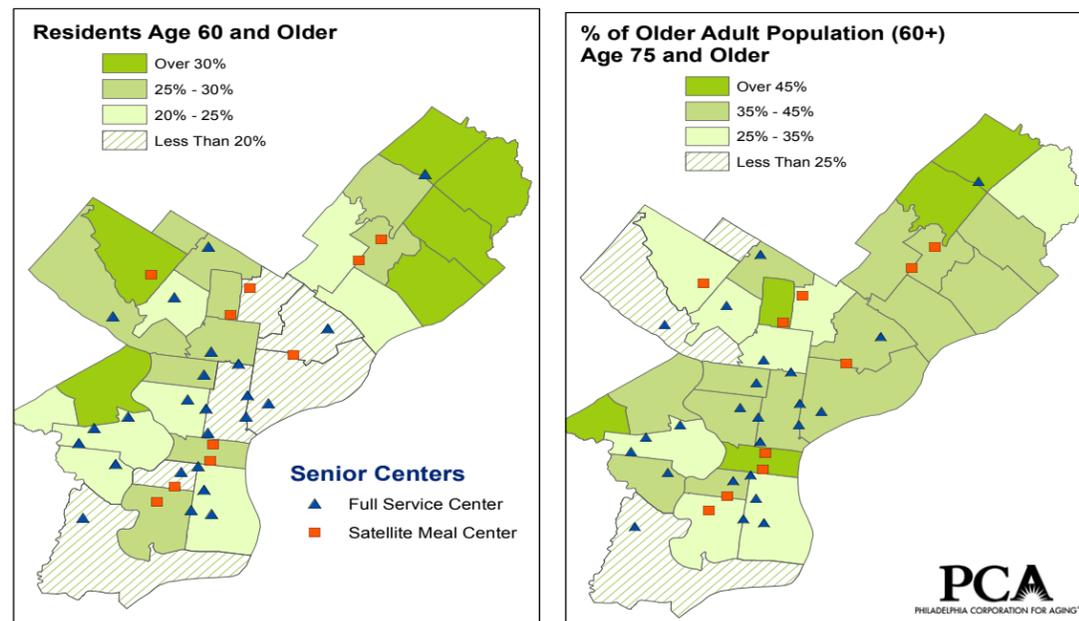


1 Hetzel, L. and Smith, A. (2001). *The 65 Years and Over Population: 2000*. U.S. Bureau of the Census, U.S. Department of Commerce Economics and Statistics Administration, Washington, D.C.
 2 Research from Pathways Pennsylvania has shown that older adults with incomes below 200% of the federally defined poverty level have the same challenges in paying for the basic necessities as those living below 100% of poverty level; for the purpose of this report, therefore, low-income seniors are those with incomes below 200% of the federal poverty level.
 3 Woods & Poole Economics, Data Pamphlet for Philadelphia, PA, 2011.

The Aging Network and Age-friendly Philadelphia

As the Area Agency on Aging (AAA) for Philadelphia, PCA funds a wide range of services, such as senior center meals and programs, transportation, legal services, in-home care, and adult daily living services. More than 100,000 people a year benefit from PCA-funded services, which are provided through 180 subcontractors that comprise the majority of what is called the “aging network.” That is a significant number of seniors, but it is less than half of Philadelphia’s population of individuals age 60 and older.

Older Adult Populations in the City of Philadelphia



Data Source: 2010 Public Health Management Corporation Household Health Survey

At the neighborhood level, a variety of senior centers serve older adults through many different programs and services. These centers have the ability to be community resources, sources of socialization and nutrition, and places where reliable health information can be found. The maps above show center locations, against a backdrop showing concentrations of older adults in the city.

Because the needs of Philadelphia’s older adults exceed the funding available to provide services, PCA has sought ways to expand its reach

beyond funding traditional services in order to fulfill its mission. PCA conducts significant outreach throughout the city by attending more than 365 health-related events annually that reach senior citizens, aging services providers, community organizers, civic organizations, neighborhood block captains, clergy, and legislators. The agency has efforts specifically targeted to reach Latino, Asian, and faith-based communities, in recognition that achieving its goals requires significant buy-in from informal support systems. *Age-friendly Philadelphia* is a vehicle for promoting advocacy, facilitating information sharing, and encouraging new collaborations around aging issues.

In considering the relationship of the aging network to the *Age-friendly Philadelphia* initiative, Raechel Hammer, Vice President of the Klein Jewish Community Center, stated the following at PCA’s 2010 M. Powell Lawton Conference on Urban Aging:

“Age-friendly Philadelphia broadens the horizons of our aging network. In order for us to meet the needs of the elderly and overcome the barriers of access to transportation, fresh food, affordable and appropriate housing, and social isolation, we must be creative, develop partnerships and change the systems in place to accommodate for the increase in population.”

As a network, we need to work with other disciplines. After all, the issues our elderly encounter are also encountered by our young, our poor, and our disabled. None of us operate in a vacuum. We will not find the resources to serve our community in our own network alone. Age-friendly Philadelphia looks to unite our network with other disciplines to look for solutions together, hand in hand, step by step.”

Why Health and Environment Matter: The EPA Model

Age-friendly Philadelphia is based on the understanding that supportive physical and social environments create more opportunities for healthy living, vibrant neighborhoods, and community engagement. Acknowledging this intimate connection, PCA utilized the EPA Aging Initiative guidelines to create a new policy and planning model, which PCA dubbed the Supportive Age-friendly Environment (SAFE) model.



The original EPA framework is grounded in uniting “active aging” and “smart growth.” **Active aging** is a term that signifies both the opportunity for and the willingness of older people to be involved in maintaining their own health and well-being. **Smart growth** is based on a set of principles that guide urban planners and designers to make communities healthier, more economically vibrant, socially connected, and environmentally safe. PCA’s SAFE model features four principles that integrate active aging and smart growth, each of which will be discussed in further detail in subsequent chapters.

These principles are:

1. Social Capital:

Being active and connected in one’s neighborhood

2. Flexible and Accessible Housing:

Having the option to remain in one’s home and/or community

3. Mobility:

Having access to public transportation and a walkable environment

4. Healthy Eating:

Having fresh fruits, vegetables, and other nutritious foods available

Testing the EPA Model

Each of these principles requires an environment that is founded in smart growth principles to facilitate active aging. This model is particularly appropriate for *Age-friendly Philadelphia* because it fits well within the context of various city-wide and regional efforts. It also facilitates communication and breaks down barriers between professions, such as social work and city planning, by expanding the use of terms and concepts that are traditionally discipline-specific.

PCA’s researchers tested the EPA’s assumption that the four principles impact an elder’s ability to engage in active aging and remain in the community. To do this, staff used data collected by the Public Health Management Corporation (PHMC) in its 2008 and 2010 Household Health Surveys. Four sets of survey questions that were asked of 60+ year olds in Philadelphia were selected, each representing one of the four EPA principles. The questions were regarding:

1. Social Capital: Neighbors' willingness to help each other, their sense of belonging to the community, and whether or not they feel they can trust their neighbors; these were combined to create a social capital score.

2. Flexible and Accessible Housing: The need for three different types of home repairs (plumbing, roof, and heating and cooling systems), which can be an obstacle to remaining in one's home; these created a housing score.

3. Mobility: The need for transportation and the cancellation, or not scheduling, of doctor's appointments due to transportation problems created the transportation score. (Access to transportation can also be key to increasing social capital, access to food, and health resources.)

4. Staying Healthy: Access to fresh fruits and vegetables and the overall quality of neighborhood grocery stores were combined to create the food score.

PCA's research team tested the hypothesis that the answers to each of the questions above, representing the four EPA principles, would significantly correlate with each of the four health outcomes outlined in the EPA model.

The four responses to questions from the PHMC survey were selected to represent the four health outcomes below that affect an older person's health and quality of life:

1. Self-Rated Health: This is a global self-assessment of health that has been shown to predict both morbidity and mortality. It is a measure of how respondents evaluate their health conditions and functional health (the ability to independently complete daily tasks of living). Our analysis demonstrates that when the social and physical environments allow older adults to achieve their maximum level of independent functioning, self-rated health can be enhanced.

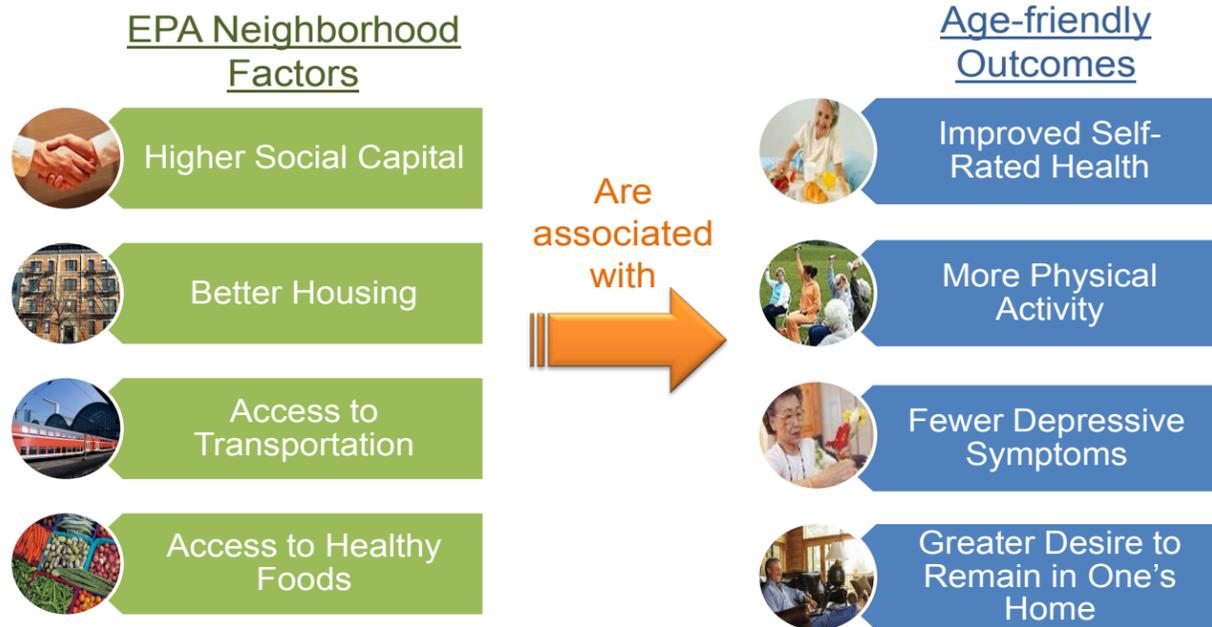
2. Number of Depressive Symptoms: This measure describes the current emotional state of the respondent. Previous research has shown that feelings of depression can exacerbate physical symptoms and make health conditions worse, especially if the depressive symptoms lead the elder to neglect self-care.

3. Physical Activity: Exercising benefits both physical and emotional health, and can facilitate community engagement.

4. Desire to Remain in One's Current Home: This study found that the desire, rather than the ability, to remain in one's home is an important indicator of how elders feel about their current surroundings.

The results showed that there is a statistically significant relationship between the four EPA principles and the specified outcomes for seniors.

Testing the EPA Model



Neighborhoods with higher availability of the four EPA factors also had higher levels of these four age-friendly outcomes.

*Data Source: 2008 PHMC Household Health Survey

To understand what is meant by these analyses, consider an older adult who reports high social capital, whose home does not require major repairs, and who has access to transportation and to fresh fruits and vegetables. This older adult is far more likely to report being in excellent or good health; to experience few if any depressive symptoms in the week prior to being interviewed; to be more physically active; and to want to remain in his or her home for at least another ten years.



The example above points to a critical element in the *Age-friendly Philadelphia* effort; the *initiatives* which will be described in detail throughout this document all are inter-related. **It is the combined effort of these initiatives that will create an *Age-friendly Philadelphia*** For example, frail older adults need reliable transportation to and from parks if they are going to take advantage of changes made by the parks initiative.

Connecting to the City of Philadelphia Planning Process

Age-friendly Philadelphia is one of several efforts in the city designed to improve health through environmental change. One of the most important initiatives is the work the Philadelphia Planning Commission is currently undertaking. For the first time in 50 years, the City is updating its comprehensive plan, called [Philadelphia2035](#).

To ensure that the City's planning efforts integrate public health measures, the City hired a Healthy Communities Coordinator to work with both

the Philadelphia Planning Commission and the Philadelphia Department of Public Health. The coordinator of the [Get Healthy Philly](#) initiative has acknowledged the importance of considering issues facing older adults in this process.

“Examining health impacts through the lens of aging helps land use, zoning, and development decision-makers see the connection between public health and the changes they authorize and implement in the built environment across our city ... PCA is a vital partner in this effort. PCA’s collaborative spirit and aging network contacts will allow us to work more effectively and comprehensively in neighborhoods across Philadelphia.” - Clint Randall, Healthy Communities Coordinator, City of Philadelphia

Over the past two years, PCA has conducted more than 150 face-to-face meetings to introduce aging issues to organizations that do not traditionally work with older adults. PCA discovered that although organizations have significant interest in considering the needs of the older population, there is often a lack of knowledge about:

- Networks to connect to for pursuing those interests, such as the aging network
- Innovative models to support seniors in the community
- Research and data about the city’s older adults

PCA aims to provide information and technical support so that these organizations do not have to reinvent the wheel. *Age-friendly Philadelphia* innovatively uses research data, maps, and evaluation expertise to

support its practice partners’ projects and grant applications. Additionally, PCA Planning Department staff serve on numerous committees at organizations such as the Penn Future/The Next Great City Coalition; the Philadelphia City Planning Commission; the Delaware Valley Regional Planning Commission; and the Philadelphia Association of Community Development Corporations, to name a few.

Below are seven types of *Age-friendly Philadelphia* project collaborations.

1. **[Making parks more age-friendly](#)**
2. **[Helping public transportation become more accessible](#)**
3. **[Increasing opportunities for flexible housing](#)**
4. **[Improving walkability](#)**
5. **[Enhancing neighborhood social capital](#)**
6. **[Improving access to fresh foods](#)**
7. **[Educating the next generation of leaders](#)**

References/End Notes

- 1 Hetzel, L. and Smith, A. (2001). The 65 Years and Over Population: 2000. U.S. Bureau of the Census, U.S. Department of Commerce Economics and Statistics Administration, Washington, D.C.
- 2 Research from Pathways Pennsylvania has shown that older adults with incomes of 200% of the federally defined income poverty limit have the same challenges in paying for the basic necessities as those living below the 100% limit; for the purpose of this report, therefore, low-income seniors are those with incomes less than 200% the limit.
- 3 Woods & Poole Economics, Data Pamphlet for Philadelphia, PA, 2011.

Age-friendly Parks



“Philadelphia’s extensive park system, which touches almost every neighborhood, provides a unique opportunity to improve health and build community cohesion for all Philadelphians and especially for older adults when they are able to take advantage of this resource.”

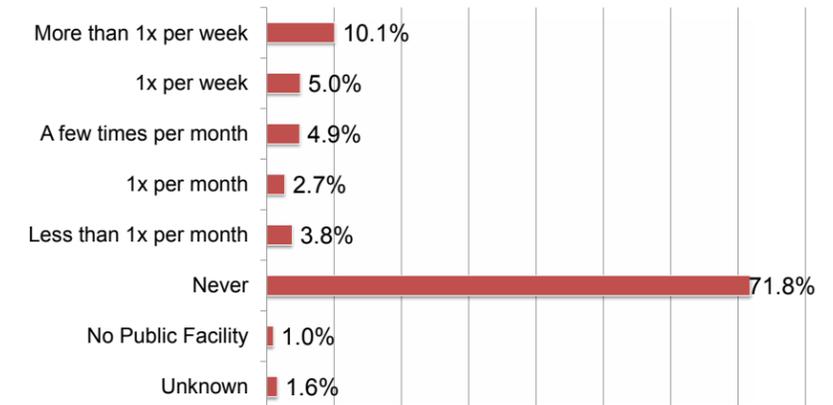
- Meg Holscher, Director of Development, Fairmount Park Conservancy

Philadelphia’s park system boasts more than 10,000 acres and is famous internationally for its beauty and scale. City parks can provide seniors with the opportunity for social interaction, relaxation, and both passive and active exercise. They can also serve as venues to build intergenerational cohesion within neighborhoods.

Despite this wealth of open space, seniors are underutilizing parks. In 2010, 72% of older adults in Philadelphia reported they had not gone to a public recreation facility (including a park) within the past year, while just 1% of respondents said that there was no public recreation facility near their homes.¹ Mobility issues, transportation to and from parks, perception of safety, lack of shade, and other factors play into this.

Older Adults & Recreation Facilities: A Survey of Philadelphians Age 60 +

How many times have you used public recreation facilities in the last year?

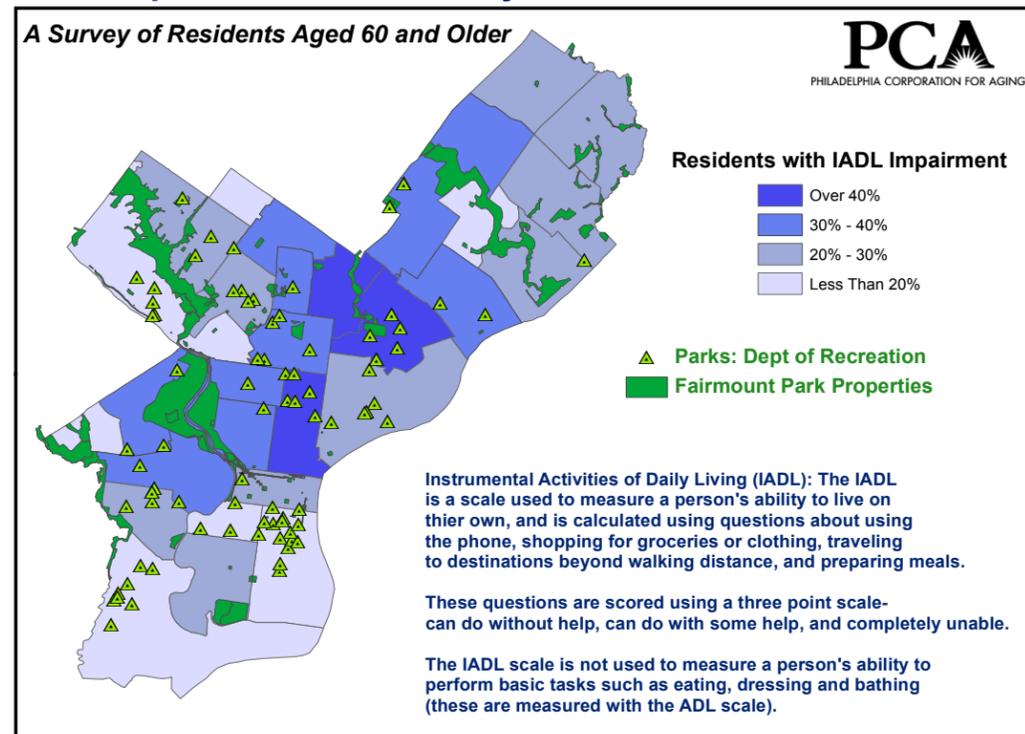


Data Source: 2010 Public Health Management Corporation Household Health Survey

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Some of the deterrents for seniors also impact a broader demographic. For example, mobility problems can prevent people of all ages from using parks. In fact, 128,900 Philadelphians who are age 15 and older have difficulty with mobility.² This means that any accessibility modifications to public spaces will benefit Philadelphians of all ages.

IADL Impairment & Local City Park Facilities



Innovation: The Age-friendly Parks Checklist

"The Age-friendly Parks Checklist provides a way for Philadelphia Parks & Recreation to gain insight into the kinds of improvements that make parks more accessible and more usable for persons of all ages and abilities. In the future, when opportunities to make improvements arise, age-friendly designs and programming can be incorporated into planning efforts." - Sarah Low, Director of Spatial Analysis and Conservation Planning, Division of Urban Forestry and Ecosystem Management, Philadelphia Parks & Recreation

In the summer of 2010, PCA and the [Fairmount Park Conservancy](#) partnered to look at these issues and to reach out to partners to help encourage seniors to use parks more. Working with [Philadelphia Parks & Recreation](#), the working group created an Age-friendly Parks Checklist, which details the features in a park that would encourage usage by older adults. The [Next Great City Coalition](#), [Philadelphia Parks Alliance](#), and the Philadelphia Association of Senior Service Administrators (PASSA) also provided feedback on the checklist. The list is intended to be used as a tool by seniors, park designers, volunteers, and administrators to evaluate and enhance their local green spaces and identify progressive ways to design parks.



In April and May of 2011, the working group, along with PASSA, conducted focus groups at [Center in the Park](#) (with the Senior Environmental Corps), the [Klein Jewish Community Center](#), the [Salvation Army Ivy Senior Residences](#), and [Juniata Park Older Adult Center](#) to evaluate and adjust the checklist. In the summer and fall of 2011, Philadelphia Parks & Recreation will be identifying "high priority" parks, those with large concentrations of seniors, senior services, and active community groups nearby. From there, they will utilize the Age-friendly Parks Checklist for future capital improvement projects.



Examples from the Age-friendly Parks Checklist*

- ✓ There is accessible, sheltered, well-marked public transportation to the park
- ✓ Sidewalks are free of obstructions, wide enough for wheelchairs and have curb cuts
- ✓ There are plenty of shaded areas and paths to avoid overexposure to heat and the sun
- ✓ All stairways feature a railing
- ✓ Public toilets (outdoors and indoors) are sufficient in number, clean, well-maintained, and accessible
- ✓ All signage in the park is large enough with clear lettering
- ✓ Programming is designed with particular age groups in mind and conducted at suitable time

* Portions of the checklist were inspired by the [World Health Organization's Age-friendly Cities Checklist](#).

To Get More *involved*:

- ✓ To download the checklist [click here](#)
- ✓ To learn more about how Philadelphia Parks & Recreation is utilizing the Age-friendly Parks Checklist contact Kate Clark at kclark@pcaphl.org or call 215.765.9000, ext. 5072
- ✓ To learn more about how Philadelphia is utilizing the Age-friendly Parks Checklist contact Meg Holscher, Director of Development, Fairmount Park Conservancy, mholscher@fairmountparkconservancy.org, 215-988-9334

References/End Notes

- 1 2010 [Public Health Management Corporation's Household Health Survey](#).
- 2 2009 [American Community Survey](#), retrieved through the website of the [Integrated Public Use Microdata Series \(IPUMS\)](#) at the University of Minnesota.

Public Transportation



“SEPTA’s board-adopted Sustainability Program Plan, called [SEP-TAINABLE: The Route to Regional Sustainability](#), aims to ensure fiscal stability, develop a healthy and versatile workforce, and become a more environmentally responsible organization. PCA is an important stakeholder in these goals, and its Age-friendly Philadelphia initiatives will support SEPTA’s broader objective to advance the livability of the entire Greater Philadelphia area.”

-Erik Johanson, Strategy & Sustainability Planner, SEPTA

In Philadelphia and the surrounding suburbs, seniors have the benefit of riding SouthEastern Pennsylvania Transportation Authority (SEPTA) bus, subway and trolley lines [for free](#) and Regional Rail for a reduced rate. Since the discount began in 2000, more than 200,000 seniors have signed up. Programs like these are extremely important to older adults, and to low-income seniors in particular, 50% of whom do not live in a household with an automobile.¹ The use of public transit by older persons has many additional benefits including:

- Providing easy access to senior centers, libraries, shopping, the homes of friends and family members, doctors, and other amenities helps older persons maintain their health and social well-being
- Walking to and from transit stops increases physical activity and benefits health
- Interaction with others while taking public transit can reduce isolation and increase a sense of community
- Public service advertisements available at transit stops and on bus, trolley, and subway cars can provide valuable information and access to needed services
- Public transport gives older adults independence who might not feel comfortable driving a car

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Public Transportation



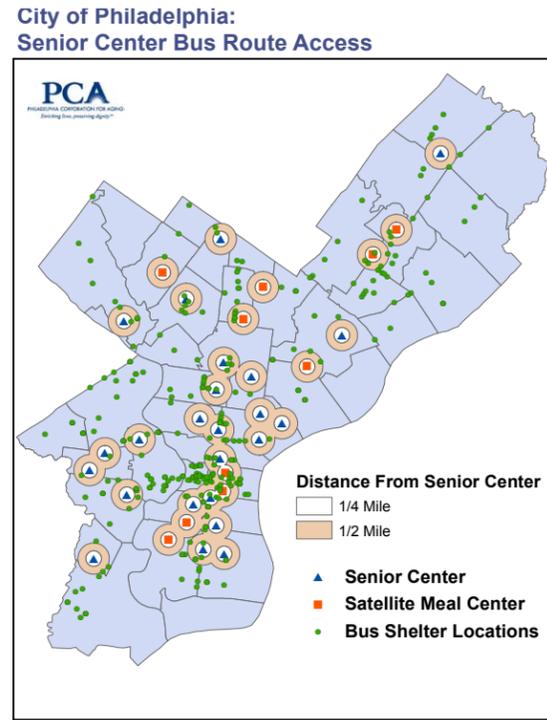
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Innovation: The Age-friendly Bus Stops

SEPTA complies with American Disability Act (ADA) regulations in all station renovation projects. Measures include installing ramps to access high-level regional rail platforms and installing elevators to access subway and elevated platforms. All bus stops in Philadelphia are the responsibility of the City of Philadelphia, and their maintenance and upkeep are contracted out to a private vendor. In 2010, PCA collaborated with the Next Great City Coalition to promote the need for more bus stops that are “age-friendly,” meaning they provide shelter, seating, and lighting. These features benefit people of all ages, yet they can make the most difference to people with mobility problems who may not be able to stand for long periods of time and who can be especially vulnerable to foul weather. In fact, the presence (or absence) of age-friendly bus stops could be the deciding factor in a senior’s decision to use public transportation, get behind the wheel, spend money on a taxi cab, or go to a doctor’s appointment.

In March 2010, the City of Philadelphia, through the Mayor’s Office of Transportation and Utilities, released a Request for Proposals (RFP) for a street furniture program, which would require the re-design, expansion, and installation of new shelters. These shelters would feature seating options to better serve all of Philadelphia’s riders, most especially its seniors. However, because of the state of the economy, none of the companies the City expected to reply to the RFP was able to submit a conforming response. The City intends to go to market with an RFP for an expanded transit shelter program sometime within the next three to five years. Once in place, the city’s additional bus shelters are expected to increase opportunities for older persons to use public transportation.

“Public transit can help the elderly access health care and other services and aid in maintaining their independence overall. As the number of elderly residents grows in the Greater Philadelphia region, it will become increasingly important to plan for the mobility of the aging population.” - Jane Meconi, Public Involvement Manager, Delaware Valley Regional Planning Commission (DVRPC)

To Get More *involved*:

- ✓ To learn more about regional planning decisions related to transportation and to get involved in the planning process, contact Jane Meconi, Public Involvement Manager, Delaware Valley Regional Planning Commission (DVRPC), jmeconi@dvrpc.org
- ✓ To learn more about SEPTA’s Sustainability Plan, contact Erik Johanson, Strategy & Sustainability Planner, SEPTA Finance & Planning, ejohanson@septa.org or 215.580.8113.
- ✓ To learn more about the Mayor’s Office of Transportation and Utilities, contact Ariel Ben-Amos, Planner/Analyst at ariel.ben-amos@phila.gov or 215.686.9001.

References/End Notes

¹ 2009 American Community Survey, retrieved through the website of the Integrated Public Use Microdata Series (IPUMS) at the University of Minnesota.

Flexible Housing



“Current efforts to add visitability and accessory dwelling units (ADUs) to the City’s zoning code reflect a growing recognition that we need to give all Philadelphians, no matter their age or mobility, the freedom to remain in their homes for as long as they can. These policies not only benefit the individual whose home is visitable or has an ADU, they benefit the community by demonstrating that all kinds of people are welcome in the neighborhood.”

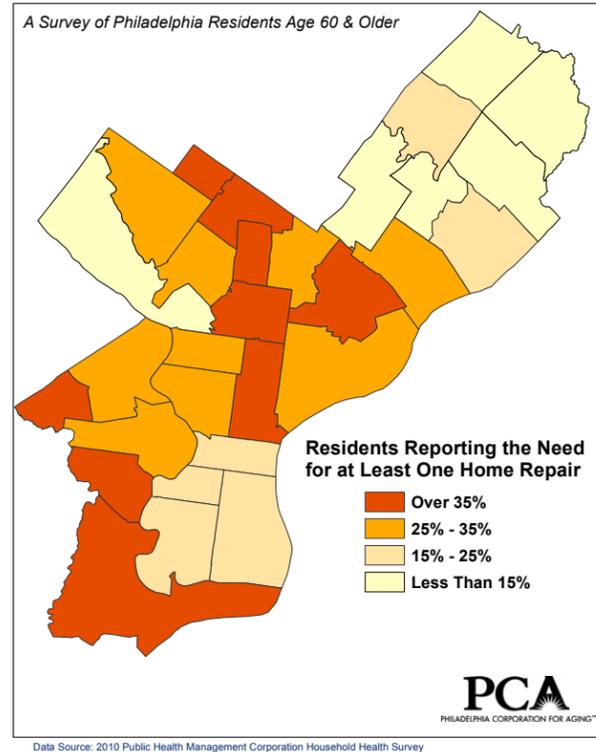
-Linda Dottor, AICP, Program Manager, Community Design Collaborative

Many of Philadelphia’s elders are active community members; they are the eyes and ears of their blocks, and many are caretakers for their grandchildren. Enabling seniors to “age in community,” therefore, benefits the individual and the neighborhood as a whole. There are 208,429 Philadelphians age 60+ who are homeowners; 66% of them wish to remain in their current homes for at least ten more years. Of these older homeowners, 23% report using a cane and 22% report using a railing (indicating mobility problems). Additionally, 38% report that it is difficult to cover housing costs.¹ If seniors cannot use their homes to the full extent due to mobility restrictions; or they cannot maintain their homes financially, both their homes and their streets can be negatively affected. For example, a senior who cannot use the home’s second and third floors may not be aware of leaks, or broken windows, which can impact the home’s integrity and increase housing and maintenance costs. Additionally, there are long waits for senior subsidized housing facilities.

Fortunately, there are many excellent examples of community-based initiatives in Philadelphia to enable seniors to age in community. Among them are work by [senior centers](#), [PCA’s Housing Department](#), the [Philadelphia Association of Community Development Corporations \(PACDC\)](#), Philadelphia’s six Naturally Occurring Retirement Community Supportive Service Programs ([NORC SSPs](#)), Center City’s [Penn’s Village](#), and the [East Falls Village](#).

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Older Adults & the Need for Home Repair



Innovation: Philadelphia’s New Zoning Code

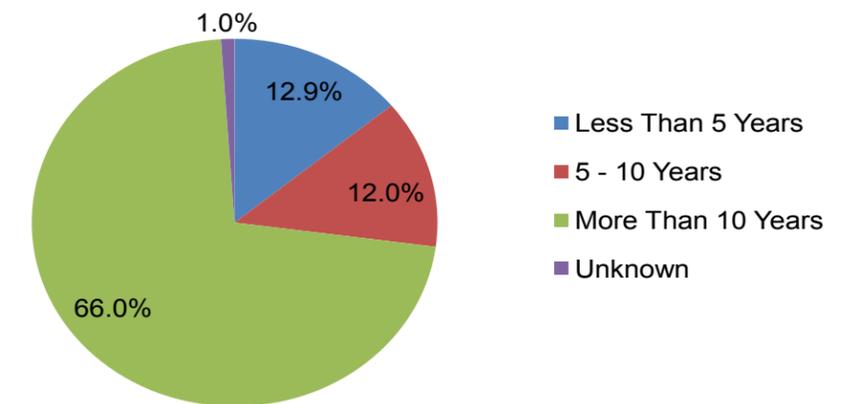
Philadelphia is modernizing its zoning code for the first time in 40 years. According to the [City of Philadelphia Zoning Code Commission](#), zoning “seeks to protect public health, safety, and welfare by regulating the use of land and controlling the type, size, and height of buildings.” The new Zoning Code Commission (ZCC) has been very forward-thinking; prior to its appointment in 2008, the words “aging,” “elders,” and “senior citizens” were not mentioned in the code. Today, the following topics that relate to seniors are among the ZCC’s recommended additions: accessory dwelling units, visitability, adult day care, long-term care facilities, and parking requirements for senior housing. It is expected that the ZCC recommendations will go before City Council for a vote at some point in 2011.

Aging in Community: Accessory Dwelling Units (ADUs) and Visitability

For the past two years, PCA has worked with the ZCC, the Next Great City Coalition, the Philadelphia Association of Community Development Corporations (PACDC), and various aging network organizations to promote Accessory Dwelling Units (ADUs) as an alternative way to remain in one’s home.² ADUs are subordinate, additional, residences that are constructed within a residential property or garage. They can benefit seniors by providing the opportunity to downsize and to live in the same building as caregivers without having to leave the community or go to an institution. Some Philadelphians have built ADUs illegally, which poses a great challenge for emergency personnel who cannot identify the units.³

Senior Housing Perspectives: A Survey of Philadelphia Homeowners Age 60+

How long would you like to remain in your home?



Data Source: 2010 Public Health Management Household Health Survey



When a home is “visitable,” it is a place where people of all ages and abilities can enter, circulate, and enjoy. **Visitability** is another proposed addition to the code aimed at new construction. There are three key requirements for visitability:

1. One entrance to the home at grade-level (i.e. zero-step). This is a critical matter because the majority of Philadelphia’s homes are row houses that feature front steps. The zero-step would eliminate the need for retrofitting via ramps and exterior lifts, which are costly, complicated to install, and in many cases, illegal. If the entrance is in the back, this would mean that, for a row home, alleys and backyards would need to be wide enough to accommodate a wheelchair.
2. One half-bathroom on the first floor.
3. All hallways and doorways on the first floor should be wide enough to accommodate a wheelchair.⁴

These features are important to people of all ages, including older people who have difficulties with stairs; disabled persons who use wheelchairs; parents with children; bicyclists; and those with temporary disabilities, such as a broken leg. Currently, all housing funded by the city and [Pennsylvania Housing Finance Agency](#) must be visitable, but this requirement does not

apply to privately developed housing. In November 2010, the Philadelphia Visitability Committee, which is composed of Liberty Resources, PCA, the City of Philadelphia Office of Housing and Community Development, the PACDC, and other organizations joined forces with the [Community Design Collaborative](#) at the American Institute of Architect’s Center for Architecture to host *Visitability 360*. A PlanPhilly [article](#) detailed the event and showcased the importance of creating a city-wide ordinance to require that all housing, both publicly and privately funded, be visitable.⁵

To Get More *involved*:

- ✓ To join the Philadelphia Visitability Committee, contact Leigh Howard, Associate, Diana T. Myers and Associates, leigh@dma-housing.com, 215.576.7970.
- ✓ Join the [Philadelphia Association of Community Development Corporations](#) or become an associate member.
- ✓ To learn more about PCA’s Housing Department and its advocacy efforts contact Susan Klein, Housing Director, sklein@pcaphl.org, 215-765-9000 ext. 5217.

References/End Notes

- 1 2010 [Public Health Management Corporation’s Household Health Survey](#).
- 2 Click on these links to read [AARP](#) and [PlanPhilly’s](#) articles about Philadelphia’s Zoning Code efforts to include seniors. Also see the Delaware Valley Regional Planning Commission’s [Municipal Implementation Tool #012 - Aging in Place](#) that recognizes the importance of both ADUs (and the concepts of visitability described below), and AARP’s [white paper](#) on the topic.
- 3 The current proposal for ADUs is to allow these units only on lots occupied by single detached houses and semi-detached houses, only in areas approved by a City Council ordinance. The principal dwelling unit or the ADU must be occupied by the owner of the lot. Before final occupancy of the ADU, the property owner must record an affidavit and deed restriction, stating that the property owner will reside on the property, in either the principal or ADU. Once recorded, the deed restriction (requiring owner occupancy) may not be removed or modified without Zoning Board approval. No more than one ADU is allowed per lot and its floor area may not exceed 800 sq. ft.
- 4 The Zoning Code recommendations state that in any newly constructed subdivision, publicly or privately funded, containing 50 or more detached houses, twin houses, duplexes, or row homes, at least 10% houses shall be visitable dwelling units.
- 5 For more information on visitability, visit the advocacy group [Concrete Change’s](#) website, read the May 2011 PlanPhilly [article](#) on the topic, and see AARP’s [Increasing Home Access: Designing for Visitability](#) publication.

Walkability



“The United States Environmental Protection Agency’s Aging Initiative recognizes efforts, such as Age-friendly Philadelphia, for promoting livable communities for all ages...Walkability is a key ingredient for any such city, and promoting it must be done collaboratively across sectors and disciplines.”

-Kathy Sykes, Senior Advisor, Aging Initiative Office of Public Engagement, U.S. EPA

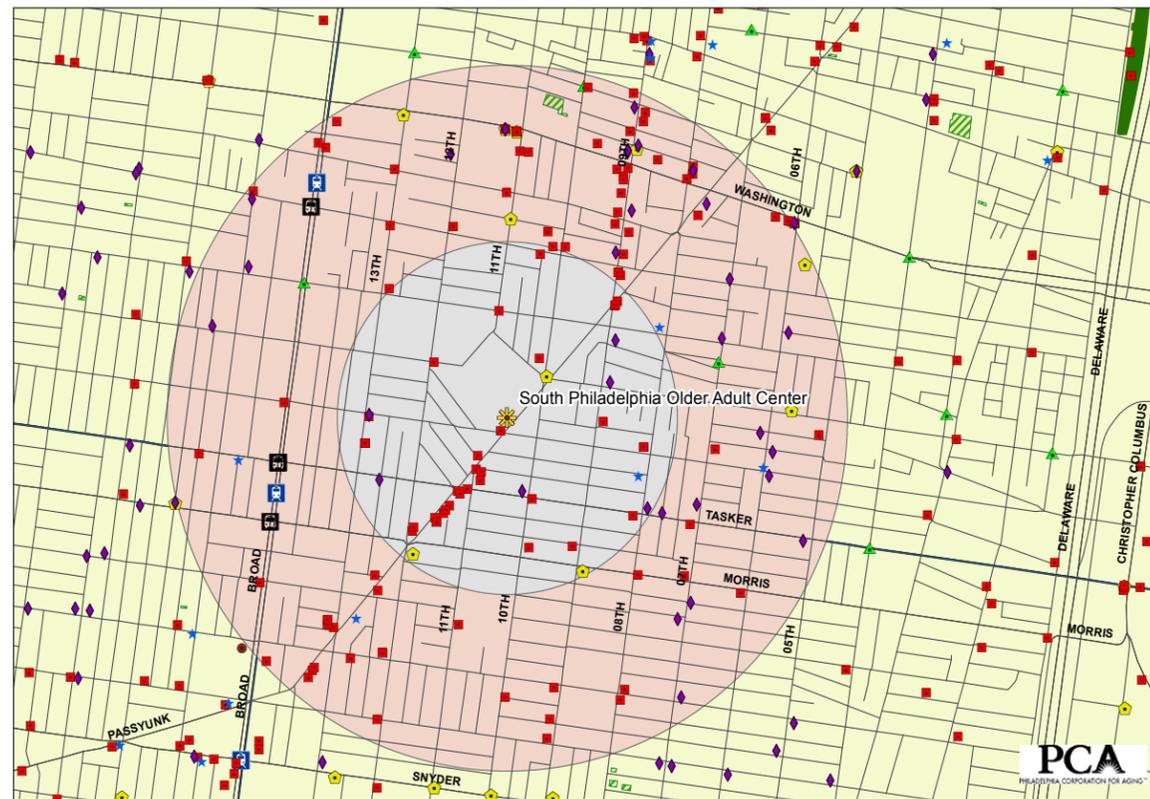
A neighborhood is walkable when a person in reasonably good health can walk to neighborhood amenities, such as a grocery store, senior center, park, or public transportation. In a walkable neighborhood, most residents will exercise more, eat healthier, and suffer from less obesity. Among Philadelphians over the age of 60, 94% (259,209 people) report that they are able to walk without help. Another 12,870 seniors (almost 5%) say that they can walk with some help, usually referring to a support from a person or a device, like a walker. Just 1% (2,502 people) report that they are completely unable to walk. Given these numbers, Philadelphia needs to ensure that neighborhood infrastructure, such as sidewalks, are free of obstructions, and that commercial destinations remain in neighborhoods.¹

There are many initiatives underway to help Philadelphia become a more walkable community. For example, on June 4, 2010, Mayor Michael Nutter signed an [Executive Order for Complete Streets](#), making Philadelphia the first city in Pennsylvania to adopt a policy to ensure that city streets are designed to be safe for pedestrians, bicyclists, drivers, and transit users of all abilities and ages. The Philadelphia City Planning Commission and Philadelphia Department of Health and Human Services are also in the process of crafting a city-wide [Bike and Pedestrian Plan](#) and the Next Great City Coalition has committed to a new [agenda for City Council](#) that promotes Complete Streets for people of all ages.

Note: All underlined words and phrases in this document are hyperlinks, as it is intended to be read online. If you are reading a printed version, please go to www.pcaAgefriendly.org to follow the links.

Additionally, the [Complete Streets Coalition](#), New York City's Transportation Alternative's [Safe Routes for Seniors Campaign](#), and the City of New York's [Safe Streets for Seniors](#) initiative all are excellent examples of complementary efforts.

Walkable Neighborhoods: South Philadelphia Older Adult Center & Surrounding Area



| | | | |
|---|---------------------------|---|---------------------------|
| Distance From Senior Center | | Amenities | |
|  | 1/4 Mile Radius |  | Coffee Shop |
|  | 1/2 Mile Radius |  | Parks- Parks & Rec |
| Transportation | |  | Book Store |
|  | Bus Shelters |  | Senior Center |
|  | SEPTA High Speed Stations |  | Adult Day Care Centers |
| | |  | Restaurant |
| | |  | Fairmount Park Properties |
| | |  | Grocery |
| | |  | Community Gardens |

This map of a segment of South Philadelphia highlights a variety of amenities and illustrates what is meant by a “walkable” neighborhood.

Innovation: Walkability's Impact on Senior Health (WISH)

In February, 2011, PCA's Research Program received a grant for a 24-month exploratory study called Walkability's Impact on Senior Health (WISH) funded by the National Institute of Nursing Research of the National Institutes of Health. The project team includes staff from [Philadelphia Corporation for Aging \(PCA\)](#), the [Asociación de Puertorriqueños en Marcha \(APM\)](#), the [School of Public Health at Drexel University](#), [Azavea](#) (a company that specializes in geospatial analysis and web-based services), [ThirdAge](#), a division of [LarsonAllen](#), and a statistical consultant.

The study will test the following hypotheses:



1. In a walkable neighborhood, residents will exercise more, eat healthier, and suffer from less obesity.
2. The relation between walkable neighborhoods and health outcomes will be stronger for persons age 60 and older than for younger persons. This is because older persons are more likely to spend the majority of their day in the neighborhood in which they reside and therefore they will shop for food as well as engage in recreational activities in close proximity to their homes.



These hypotheses will be tested by matching geospatial information with data on health outcomes and behaviors from PHMC's Household Health Survey. It is anticipated that the project will contribute to designing healthier urban neighborhoods in Philadelphia.

Additional Goals:

1. The [Environmental Protection Agency's Building Healthy Communities for Active Aging](#) model described above will be tested with the same data files used to test the WISH hypotheses.
2. An "Age-friendly Neighborhood" scoring system will be created and used as a planning and policy tool for community planning initiatives and future research projects.
3. The [Senior Walking Environmental Assessment Tool-Revised \(SWEAT-R\)](#) will be piloted by Drexel's School of Public Health. The tool evaluates neighborhood walkability and will be tested by older adults in the APM service area.



To Get More *involved*:

- ✓ Order the U.S. EPA Aging Initiative's free publications 1) [Guide book](#) on smart growth and healthy aging geared towards seniors and administrators; 2) [Informative fact sheets](#) about health and the environment (i.e. diabetes and environmental hazards or planning for excessive heat) in 18 languages
- ✓ To learn more about Philadelphia's comprehensive planning process or to get involved with shaping the future of your neighborhood, visit [Philadelphia2035](#)
- ✓ Become a member of the [Next Great City Coalition](#)
- ✓ For more information on PCA's WISH Research Grant, contact Allen Glicksman, PhD, Director of Research and Evaluation, aglicksman@pcaphl.org, 215.765.9000 ext. 5063

References/End Notes

- 1 2010 [Public Health Management Corporation's Household Health Survey](#)

Social Capital



“While formal older adult programming is a valuable resource, informal networks between neighbors also serve as vital supports that improve quality of life for seniors.”

-Sara Popkin, Project Director, West Oak Lane Naturally Occurring Retirement Community (NORC)

“Social capital” is a measure of trust and connectedness among neighbors and to what extent they feel part of the community in which they live. A growing body of research has shown that a person’s level of social capital is associated with a wide range of health outcomes. For older adults who often spend their entire day in their neighborhood, strong ties to neighbors mean that they enjoy a higher quality of life. For example, those older Philadelphians who report higher social capital, as measured by their feelings about neighbors and neighborhood, also report:

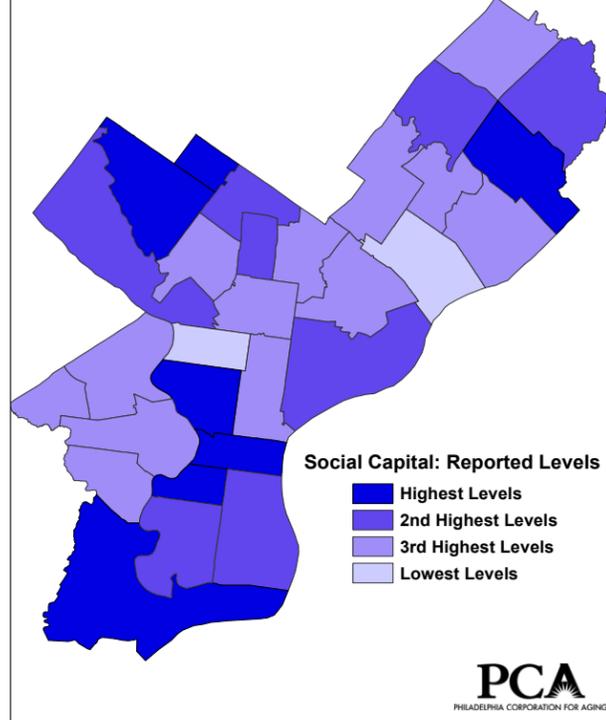
- Better self-rated health
- More frequent use of public recreation facilities
- Healthier eating habits
- Less stress
- Fewer depressive symptoms
- More physical activity
- Greater knowledge about services available to older adults¹

Strong trust in neighbors can encourage seniors to participate in the life of their neighborhoods and develop friendships that can reduce loneliness and provide instrumental support, such as assistance with raking leaves or shoveling snow. Social capital is also correlated with the desire to remain in one’s current home. Interestingly enough, the ability to pay for home repair and the need for home repair are not related to this desire.

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Social Capital & the Older Adult Population

A Survey of Philadelphians Age 60 and Older



Data Source: 2010 Public Health Management Corporation Household Health Survey

Conversely, lack of trust in neighbors can lead to greater social isolation, less access to reliable information about programs and services, and in extreme cases, can also lead to death. Distrust of neighbors, even in areas without a high crime rate, can lead older adults to fear venturing into their neighborhoods. Older adults who fear their neighbors and therefore do not open their windows during the summer, may die of heat stroke. The physical environment can also be a factor in preventing seniors from getting to know their neighbors and developing trusting relationships. Cracked sidewalks, poor crosswalks, inaccessible public transportation, and a lack of attractive destinations within the neighborhood can inhibit an older adult from getting out of the house and becoming part of their community.

Philadelphia’s leaders, community groups, and neighbors, therefore, must identify innovative ways to build and maintain high social capital, which means involving people of all ages and abilities. The map indicating where social capital is the strongest and weakest in the city



points to areas where planners and administrators need to make more concerted efforts to build stronger ties among neighbors to improve the quality of life for residents of all ages.



Innovation: A Time Bank that Facilitates Neighborhood Connection

“In many urban communities, older adults are socially isolated from their families, friends, and neighbors. The loss is not only theirs, but it is a loss for all members of the community. Older adults offer deep and broad experience, talent, and knowledge; and a community can benefit tremendously from drawing upon the strengths of its seniors.” -Imanni Wilkes, Managing Director of The Enterprise Community Development Corporation

Facilitating or developing trust among neighbors can be challenging. One local effort that is successfully building social capital while providing social service assistance to older adults is the time bank at The Enterprise Center Community Development Corporation (TEC-CDC) in West Philadelphia.

TEC-CDC organizes, empowers, and educates residents in order to help them achieve their common goals. Approximately 12% of the population in the service area is 65 years or older. Using the [Time Banks USA](#) model, TEC-CDC is helping residents to provide free services to each other, such as babysitting, running errands, making home repairs, braiding hair, tutoring, etc. They then receive one “time dollar” for every hour of service they provide. Members can use their dollars to “purchase” services from other members. The time bank now has 40 members and a core of 14 active volunteers who recruit new participants. Older adults make up a large percentage of the members, which provides a way for them to participate in the community without leaving their homes.



To Get More *involved*:

- ✓ To learn more about starting a time bank, contact Imanni Wilkes, Managing Director of The Enterprise Community Development Corporation, 215.895.4095, or iwilkes@theenterprisecentercdc.org.
- ✓ To find volunteer opportunities to help seniors, check out PCA's [Caring Communities website](#).

References/End Notes

- 1 2010 [Public Health Management Corporation's Household Health Survey](#).

Fresh Food Access



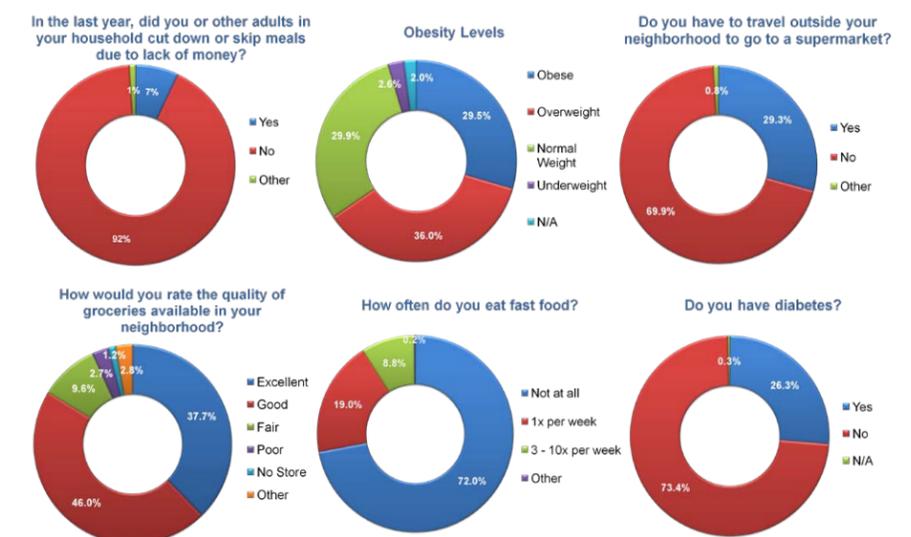
“Community-based strategies can also provide opportunities for social interaction centered around food and reduce barriers to access. For example, programs that work with seniors can coordinate shopping trips to nearby farmers’ markets and supermarkets, organize food walking tours, and sponsor local gardening projects.”

-Yael Lehman, Executive Director, The Food Trust

An alarming 65% of older Philadelphians report being obese or overweight.¹ Ninety-one percent eat five or fewer of the Harvard School of Public Health’s recommended nine servings of fruits and vegetables per day; 56% eat two or fewer servings per day.² Seniors who want to make healthy dietary choices may find that factors outside of their control prevent them from doing so. Low-income elderly are more likely to be overweight or obese than those with higher incomes, and report eating out often at fast food restaurants and having to travel outside of their neighborhood to a supermarket. They also report needing a meal program, which indicates having problems shopping and preparing meals.³

Food Access, Health, & Nutrition

A Survey of Philadelphia Residents Age 60 and Older

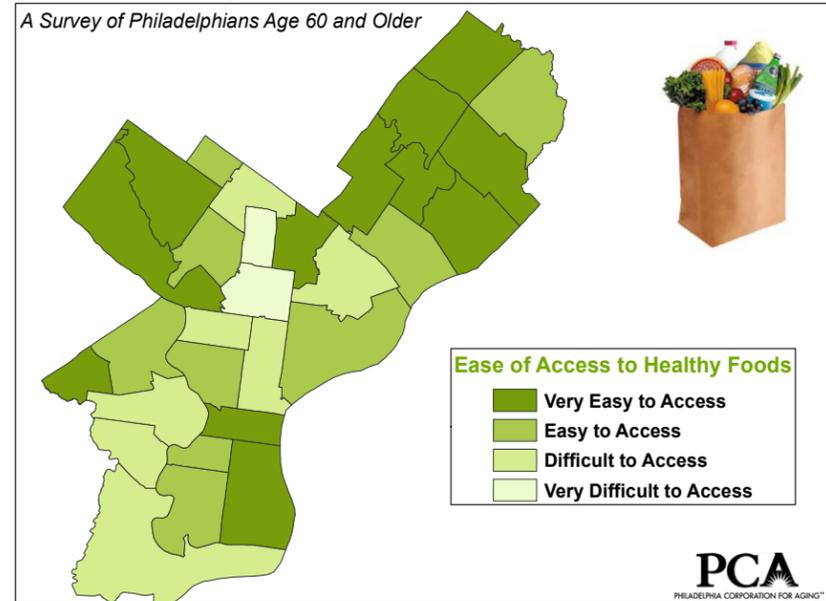


Data Source: 2010 Public Health Management Corporation Household Health Survey

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Philadelphia must, therefore, make sure healthy foods are available to all of its citizens. Examples of initiatives to accomplish that goal are the Department of Public Health's [Get Healthy Philly](#) program, which includes the [Food Trust's Healthy Corner Store Initiative](#) and the [Healthy Cart Program](#), and The Mayor's Office of Sustainability's Greenworks [goal](#) to "bring local food within 10 minutes of 75 percent of residents." In addition, there are interesting models in other cities, such as New York City's [MarketRide](#), which utilizes idle school buses during the day to shuttle seniors to supermarkets.

Food Accessibility & the Older Adult Population



While it is important to be concerned about food access for all of Philadelphia's elders, some areas of the city have a higher proportion of seniors in need of better access to fresh fruits and vegetables.

Innovation: Elder-friendly Community Gardens

PCA funds 35 congregate meal programs at 24 senior centers and 11 satellite centers, and delivers meals to more than 4,500 older Philadelphians a week. In addition, senior centers provide nutrition classes and distribute the Pennsylvania Department of Agriculture's Senior Farmer's Market Nutrition

Nutrition Program produce vouchers to more than 26,000 older Philadelphians every summer. In a new effort, PCA is now encouraging community vegetable gardens at senior centers and senior housing complexes.

Being active with a community garden can help promote socialization, physical activity, and better eating habits. Gardens run by organizations that serve as a resource for reliable information can also be a way of sharing knowledge about social services and programs. In February 2011, [GenPhilly](#) (a PCA supported program – see chapter eight) held a groundbreaking event at City Hall called *Germinating Partnerships: Connecting Seniors to Community Gardens*, which fostered new collaborations around the topic and resulted in an online [toolkit](#) to promote more such gardens. PCA also selected the theme [Growing Healthy with the Flower Show](#) for its annual 2011 senior health fair. Additionally, PCA's Research Program will be evaluating the impact of community gardens on the health of older adults with several current gardens, which will help these programs to sustain themselves and grow.

Nationalities Senior Center

In 2009, [Nationalities Senior Center](#) won a Nutrition Services Grant through the [Pennsylvania Department of Aging](#) to build three joined community gardens for its seniors at Our Lady of Hope Catholic Church. Volunteers of all ages donated more than 1,000 hours of labor to build the garden, which features raised beds to allow people of all abilities to participate. Today, the center's seniors plant, harvest, and cook the produce, both at the center and at home, and will soon be selling it at a nearby farmers' market. Many new partnerships have grown from this effort and the U.S. EPA is using the project as a case study for senior-friendly gardens.

Grow for a Friend Program

In 2010, the [Klein Jewish Community Center's Retired Senior Volunteer Program \(RSVP\)](#) received a grant for a project called *For a Friend*, which engages 500 senior volunteers to combat senior hunger. One portion of this project is *Grow for a Friend*, which cultivates partnerships with senior centers and housing complexes to create community gardens and provides:

- Resources to create senior-accessible gardens, such as the donation of raised beds, materials, supplies, and more
- Recruitment of older adults for gardening
- The facilitation of a community service day that engages the local community
- The creation of a monthly cooking program for the volunteers

To date, the program has cultivated seven different gardens at the following sites:

1. The Salvation Army Booth Manor Residence
2. The Salvation Army Ivy Residence
3. Juniata Park Older Adult Center
4. The Center at Journey's Way
5. South Philadelphia Older Adult Center
6. Ramah Day Camp
7. Hillside Garden



These urban farms are tended and harvested by senior volunteers and produce is either donated to clients or provided to the *Cook for a Friend* program, another portion of the larger RSVP program where meals are prepared for low-income homebound elders.

To Get More *involved*:

- ✓ To connect with senior volunteers for community gardens, contact Sue Aistrop, RSVP Hunger Relief Volunteer Coordinator, Klein JCC, saistrop@kleinjcc.org, 267.345.7787.
- ✓ To learn more about starting a community garden for seniors read [GenPhilly's Toolkit](#).
- ✓ To sign-up for the Seniors & Community Gardens Google listserv, email genphilly@gmail.com
- ✓ To tour the Nationalities Senior Center gardens or hear more about the project, contact Tara Swartzendruber-Landis at 215.324.7554, or tarsal@nscphila.org.
- ✓ To find the nearest farmers' market in your neighborhood or service area, check out the [FoodTrust's website](#). There you can find more information on the Philly Food Bucks program, which encourages SNAP recipients to use their benefits to purchase fresh foods at farmers' markets

References/End Notes

- 1 2010 [Public Health Management Corporation's Household Health Survey](#)
- 2 2010 [Public Health Management Corporation's Household Health Survey](#)
- 3 2010 [Public Health Management Corporation's Household Health Survey](#)

Next Generation



“My work environment can sometimes feel limited in terms of what can be done. GenPhilly restored my enthusiasm for the aging field and made me think about expanding the possibilities both in my agency and in the community – it renewed an academic desire that had been missing since graduate school.”

- GenPhilly Network Member in the Aging Network

Professions that are not directly related to aging services do not typically devote significant attention to the needs and interests of older adults, despite the fact that their activities may have a profound impact on seniors. The reverse is also true: the increasing senior population will dramatically affect how a variety of disciplines, especially those outside of the aging network, carry out their work.

Given that Philadelphia has the highest proportion of people age 65+ of the ten largest cities in the United States, it is incumbent upon the next generation of professionals to think about how an aging population will impact their work. [GenPhilly](#), a PCA-sponsored initiative, aims to do this.

Innovation: GenPhilly

GenPhilly is a growing network of emerging leaders in their 20s and 30s who are inspiring their peers to connect with older adults in their professional and personal lives. Members come from a wide range of disciplines, such as urban planning, the arts, social work, government, and philanthropy, and together they create professional development opportunities that tap into popular culture.

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“Since joining the GenPhilly network listserv, I’ve learned how my organization can better communicate with older Philadelphians. It has been really interesting to see how many other younger leaders in fields not traditionally focusing on seniors, are chipping in to create an age-friendly city. - GenPhilly Network Member Outside of the Aging Field

Through meetings, the network listserv, and events, GenPhilly shows emerging leaders from all fields that learning about the aging population can be an asset to their work. Events are geared towards bringing different professional networks together to catalyze new partnerships that will assist people of all ages. In most cases, they have sparked new initiatives that other organizations are now spearheading. Themes have included popular issues such as:

- **Community Gardening:** [Germinating Partnerships: Connecting Seniors to Community Gardens](#)
- **Pets:** [Golden Years and Furry Ears](#)
- **Urban Planning:** [Looking at Neighborhoods through an Intergenerational Lens](#)
- **Careers that Touch on Aging:** [Career Boom: Job Security in an Aging Society](#)
- **Contemporary Music:** [Rockstars are Ageless](#)
[Breakfast at Sulimay’s Comes to Center City](#)
- **Women’s Studies:** [Women and Aging: Image\(R\)evolution](#)
- **Environmental Sustainability:** [Junto: Creating an Age-friendly Environment](#)
- **Fun Happy Hours**

GenPhilly has taken off in popularity in ways unimagined since its inception in February 2009, boasting more than 250 members, 18 public events, 14 bimonthly networking meetings, and an event listserv of roughly 450 people.

It was mentioned in the [AARP March Bulletin](#), won a 2011 [National Associations of Area Agencies on Aging \(n4a\) Aging Achievement Award](#), has been written about in the [Philadelphia Social Innovations Journal](#), received a local award for its advocacy, and is being recognized by other peer-led young professional groups as a unique, relevant, and valuable resource.

GenPhilly plays an important role in the sustainability of PCA’s *Age-friendly Philadelphia* initiative, and was an important component in the agency’s application to the U.S. EPA for its *Building Healthy Communities for Active Aging* award. At the same time, emerging leaders benefit from being a part of *Age-friendly Philadelphia* because they become the champions and catalysts of programs and policies for their own organization. For example, at PCA’s 2010 Lawton Conference on Urban Aging entitled *Laying the Foundation for an Age-friendly Philadelphia*, nearly three-fourths of all speakers were GenPhilly members representing their organizations’ new interests in aging. Additionally, quotes in this report from SEPTA, Philadelphia Parks & Recreation, the Fairmount Park Conservancy, The Enterprise Center CDC, DVRPC, the Philadelphia Planning Commission, and the Klein JCC are from GenPhilly members, demonstrating the impact of this initiative.¹

To Get More *involved*:

- ✓ If you are an emerging leader, join GenPhilly by contacting Lauren Ring, PCA Planning Department, at lring@pcaphl.org.
- ✓ If you would like to stay in the loop about upcoming events, sign up for the listserv at www.GenPhilly.org.

References/End Notes

¹ All underlined words and phrases in this document are hyperlinks, as it is intended to be read online. If you are reading a printed version, please go to www.pcaAgefriendly.org to follow the links.

Next Steps



“It is imperative that we fully embrace the aging of society and all its attendant challenges. We must use that understanding to transform our built environments, so as to provide choices that enable a high quality of life as we age. If we do not do this, we will miss a significant opportunity to humanize our communities and to stand tall for a higher purpose. Creating aging-supportive communities is our thank-you to our elders and our legacy for the future.”

-Deborah Howe, Ph.D., Chair and Professor, Department of Community and Regional Planning, Temple University

The efforts described in the previous chapters together illustrate an innovative, collaborative way to make our city healthier and more livable not only for seniors but for persons of all ages. Future efforts will focus on:

- Beginning new initiatives
- Maintaining and enriching existing projects
- Bringing in new partners

Replication in Other Cities

Rather than developing and administering a program or intervention, PCA is serving as a catalyst, advocate, convener, and technical expert for a large number of organizations and government departments. This model can be adopted in other communities, large and small, by organizations that do not have the capacity to transform a community by themselves, yet have the ability to build alliances to accomplish the task. The key component for replication, more than anything else, is listening to the organizations that are being asked to participate, building trust and buy-in, and then identifying the best way to collaborate.

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Contact Us

If reading this material has encouraged you to become involved, contact information for getting involved is contained at the end of each chapter. For general information, contact the Planning Department at pcaPlanning@pcaphl.org and visit PCA's *Age-friendly Philadelphia* website at www.pcaAge-friendly.org.

To express your views on how Philadelphia can become more age-friendly, please fill out this [survey](#), which has just four questions and will take a few minutes of your time.

Key Resources By Chapter

Defining the Issue

American Community Survey 2009, www.census.gov/acs/www

Hetzel, L. and Smith, A. (2001). *The 65 Years and Over Population: 2000*.

U.S. Bureau of the Census, U.S. Department of Commerce Economics and Statistics Administration Washington, D.C.

National Associations of Area Agencies on Aging, www.n4a.org

Pathways Pennsylvania, www.pathwayspa.org/EESS.pdf

Philadelphia 2035 Comprehensive Plan, <http://phila2035.org>

Public Health Management Corporation's Household Health Survey 2008 and 2010, www.chdbdata.org

Smart Growth America, www.smartgrowthamerica.org

US Environmental Protection Agency's Building Healthy Communities for Active Aging program, www.epa.gov/aging/bhc/index.htm

Woods & Poole Economics, Data Pamphlet for Philadelphia, PA, 2011

Age-friendly Parks

The Fairmount Park Conservancy, www.fairmountparkconservancy.org

Next Great City Coalition, www.nextgreatcity.com

Philadelphia Parks Alliance, www.philaparks.org

Philadelphia Parks & Recreation, www.phila.gov/recreation

World Health Organization's Age-friendly Cities Checklist,

http://whqlibdoc.who.int/publications/2007/9789241547307_eng.pdf

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Key Resources By Chapter

Public Transportation

American Disability Act (ADA) Regulations, www.access-board.gov/adaag/html/adaag.htm

SEPTA Seniors Ride for Free, www.septa.org/fares/discount/senior.html

SEP-TAINABLE: The Route to Regional Sustainability, www.septa.org/sustain/program.html

Flexible Housing

City of Philadelphia Zoning Code Commission, www.zoningmatters.org

NORC SSPs and Villages in Philadelphia, www.pcaCares.org/pca_sl_Resources.aspx

Philadelphia Association of Community Development Corporations (PACDC), www.pacdc.org

Senior Centers in Philadelphia, www.pcaCares.org/pca_ss_Landing.aspx

Walkability

City of New York's Safe Streets for Seniors, www.nyc.gov/html/dot/html/sidewalks/safeseniors.shtml

City of Philadelphia Bike and Pedestrian Plan, www.tooledesign.com/philadelphia

Complete Streets Coalition,

www.completestreets.org/complete-streets-fundamentals/factsheets/older-adults

New York City's Transportation Alternative's Safe Routes for Seniors Campaign, www.transalt.org/campaigns/pedestrian/safeseniors

U.S. EPA Aging Initiative's free publications

1. Guide book on smart growth and healthy aging geared towards seniors and administrators, www.epa.gov/aging/bhc/guide/index.html
2. Informative fact sheets about health and the environment (i.e. diabetes and environmental hazards or planning for excessive heat) in 18 languages,
3. www.epa.gov/aging/resources/factsheets/index.htm#fs

Key Resources By Chapter

Social Capital

Caring Communities, www.pcaCares.org/pca_sl_Connected_Caring_Communities.aspx

Time Banks USA, www.timebanks.org

Fresh Food Access

City of Philadelphia Healthy Cart Program,

www.foodfitphilly.org/eat-healthy/healthy-carts/

Department of Public Health's Get Healthy Philly,

www.phila.gov/health/Commissioner/CPW.html

Food Trust's Healthy Corner Store Initiative,

www.thefoodtrust.org/php/programs/corner.store.campaign.php

GenPhilly, Germinating Partnerships: Connecting Seniors to Community Gardens,

<http://genphilly.wordpress.com/events/past-events/feb-2011-event/>

The Mayor's Office of Sustainability's Greenworks,

www.phila.gov/green/greenworks

New York City's MarketRide,

http://articles.nydailynews.com/2009-10-14/local/17936696_1_transport-seniors-school-bus-greenmarkets

Key Resources By Chapter

Educating the Next Generation of Leaders

GenPhilly, www.genphilly.org

Philadelphia Social Innovations Journal article, “GenPhilly Steps Up,”

www.philasocialinnovations.org/site/index.php?option=com_myblog&show=genphilly-steps-up.html&Itemid=22

Next Steps for Philadelphia and Beyond

Live Survey on Age-friendly Philadelphia’s Next Steps for 2011,

www.surveymonkey.com/s/Age-friendly_Progress_Report

Credits

Age-friendly Philadelphia is an initiative of PCA’s Planning Department. This report was written by Planner Kate Clark, with the assistance of Director of Research and Evaluation Allen Glicksman. Research Analyst Christine Hoffman was responsible for completing many of the statistical analyses used in the report, and Planning Department Assistant Lauren Ring created the maps and tables.

Thanks to all the stakeholders in this effort who have taken it upon themselves to become part of the Age-friendly effort and make the city an even better place in which to grow old, as well as to Kathy Sykes, Director of the EPA Aging Initiative, whose imagination and commitment shaped the framework that is the basis for this initiative.

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