

# Smart Growth and an Age-Friendly Region

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*Lawton Conference  
Karin Morris, AICP  
Manager, Office of Smart Growth*



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# Overview

- Who is DVRPC?
- Our Region's Elderly
- Long-Range Plan
- What is Smart Growth?
- EPA's Principles for Building Healthy Communities Through Active Aging—Current Plans and Policies
- Ideas for Future Work/Collaboration

# Who is DVRPC?

- Federally designated MPO for 9-county Greater Philadelphia region
- Advise on regional policy and capital funding issues concerning: Transportation, Economic Development, Open Space, Air Quality, Land Use
- Policy, Planning, Programming
  - *Establish regional transportation policies*
  - *Determine allocation of transportation funds*
  - *Prioritize transportation projects for the region*



# Our Region's Elderly

## *ADR #13: Aging of the Baby Boomers (2007; 2000 census)*

- Age 65+ fastest growing cohort in region
  - *Baby Boomers will begin to turn 65 in 2011*
  - *Elderly grew by 46% btwn 1970-2000 (overall popn +5%)*
    - *90% growth in suburban counties (overall popn +22%)*
- Age 85+ will increase dramatically, impacting health care and social service delivery.
- Have lower incomes, more likely to live in poverty than younger households.
  - *More likely to live alone, impacting available income and QOL*
  - *Women generally outlive men, leaving many elderly women to live alone on a single income*

# Our Region's Elderly

## *ADR #13: Aging of the Baby Boomers (2007; 2000 census)*

- Senior renters & owners pay more of their income towards housing
  - *Struggle to keep up with property taxes & energy costs*
  - *Upkeep difficult—physically, monetarily, and trust-wise*
- Most of the region's elderly are and will continue to be homeowners, living in suburban single-family homes.
  - *More likely to have at least one disability*
  - *Need for extra services to carry on with daily activities*
  - *Dispersion across suburbs will make accessing services difficult*
  - *Limited number of suburban housing choices, mostly large-lot, single-family, not designed for older couples and empty-nesters.*
    - **Suburbs pedestrian-hostile--inadequate lighting, poorly-defined crosswalks, poorly-timed traffic signals; lack of benches**

# *Aging of the Baby Boomers: Housing Seniors in the Delaware Valley (2007)*

- Enhance and expand affordable housing for elderly and near-elderly near public transit and services
  - *Lack of supply leads to premature institutionalization*
  - *Inclusionary Zoning—density bonuses for affordable units*
  - *Encourage TOD and New Urbanist Communities*
    - Mixed use, proximate to commercial areas
    - NU has front porches, sidewalks, narrow streets
    - Smaller units on smaller lots with shared open spaces
    - Range of housing types integrated within town
- Co-housing—15-40 units, clustered to save land and keep affordable; residents buy in before construction—many can't afford time or \$; good social connections

# Aging in Place Policies

- Flexible zoning codes that permit shared housing and accessory dwelling units (ADUs)
- Shared housing—redefine ‘family’ to allow for unrelated older adults to share SF residence
- ADU typically less than 1,000 square feet, own bathroom, cooking facilities and private entrance
  - *Granny flat—typically apt within existing unit*
  - *Elder cottage—small separate unit on same lot*
  - *Provide extra income for property owner*
  - *Limited public investment*
  - *Flexible, independent living space*



# Zone for Active Adult Communities

- “Age-restricted”—one occupant age 55+
- Marketed towards younger seniors (55+), who require fewer services, and often still in workforce
  - *Bring in tax revenues w/out burdening school*
- Instant social network
- Concentrating seniors makes service delivery easier, however...
  - *Long-term impact yet to be determined—given locations of these in suburbs, may lead to steep rise in service costs*
  - *Need for intergenerational care & living arrangements; few allow grandchildren*
- Locate near public transit (often not) and integrated into nearby communities/neighborhoods



## CONNECTIONS

THE REGIONAL PLAN FOR  
A SUSTAINABLE FUTURE

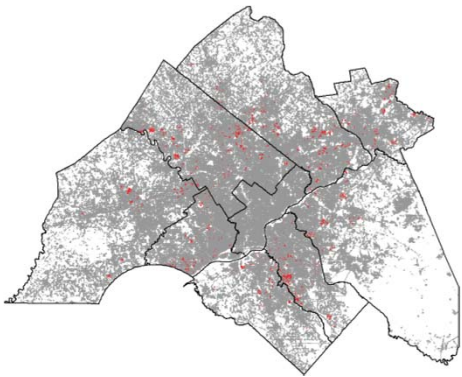
[WWW.DVRPC.ORG/CONNECTIONS](http://WWW.DVRPC.ORG/CONNECTIONS)

# Long-Range Plan

- From 1930-2005, land consumption grew 5x faster than population
- By 2035, region will gain 630,000 residents + 370,000 jobs
- Fastest growing: Elderly in Suburbs
  - *Bucks, Chester, Burlington Counties*
  - *Not well-served by public transit*
  - *Limited mobility as lose ability to drive*
- Plan calls for aging in place policies, by reinvesting in 100 centers, with affordable and senior housing

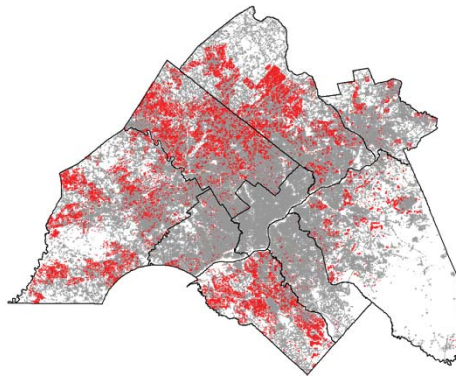
# Growth Scenarios to 2035

## Recentralization



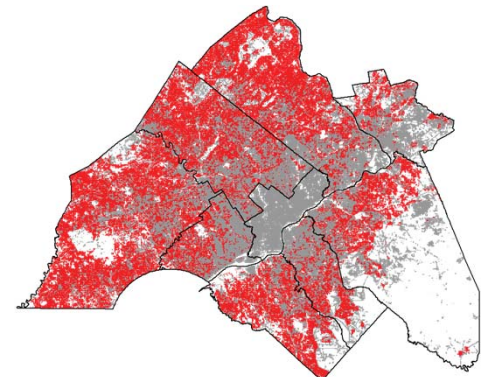
5,800 acres  
developed

## Trend



169,000 acres  
developed

## Sprawl



478,000 acres  
developed

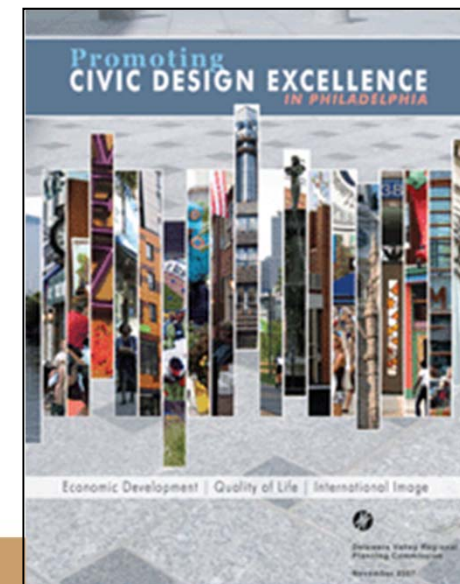
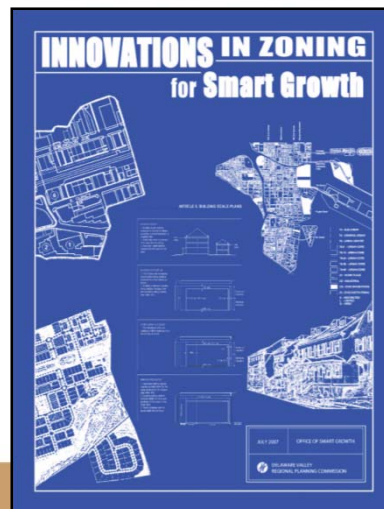
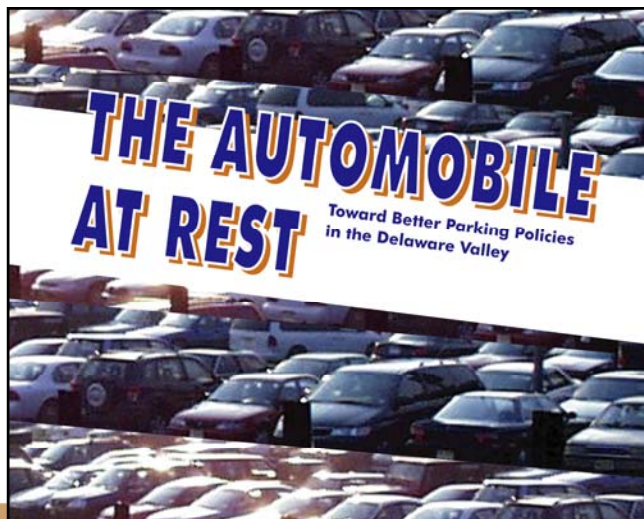
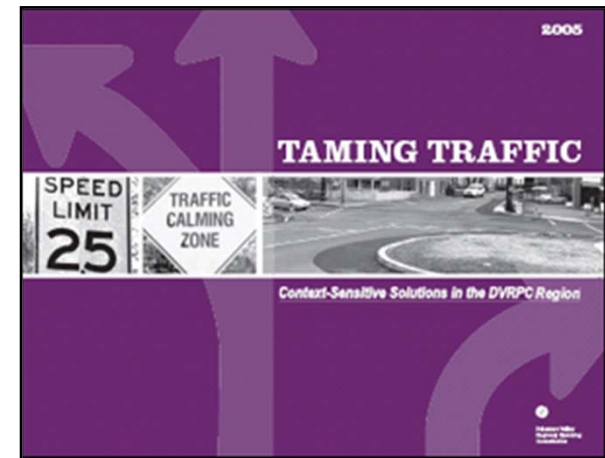
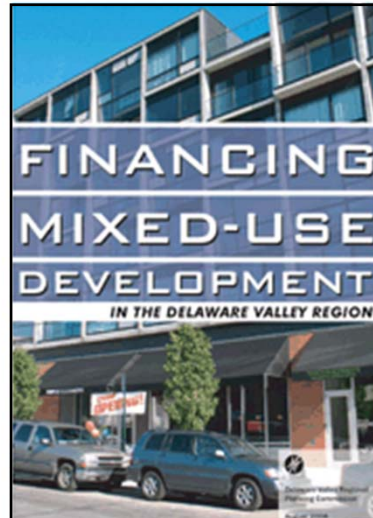
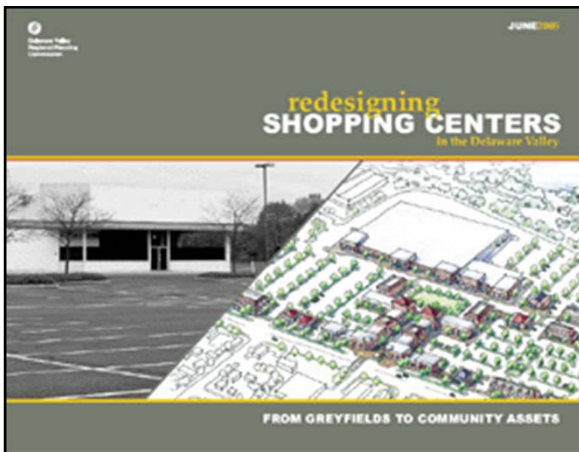
# What is Smart Growth?

- Recognizes the impact transportation investments have on land use and community form, and vice versa
- Do studies that inform how land use supports transportation investments
- Revitalizes existing urban centers & older towns
- Preserves farmland and open space
- Counteracts single-use zoning and separation of residential and commercial centers and auto-dependent lifestyle
- Focuses on human-scale street-level urbanism, interconnected streets, and walking, biking, transit

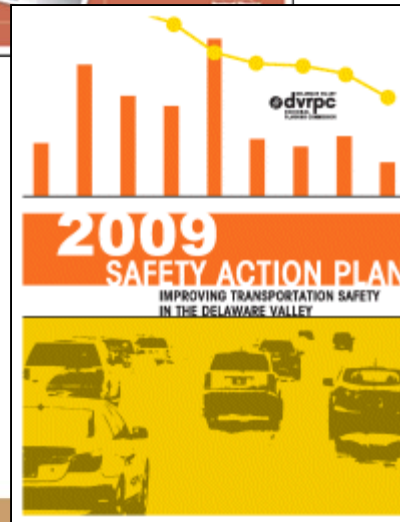
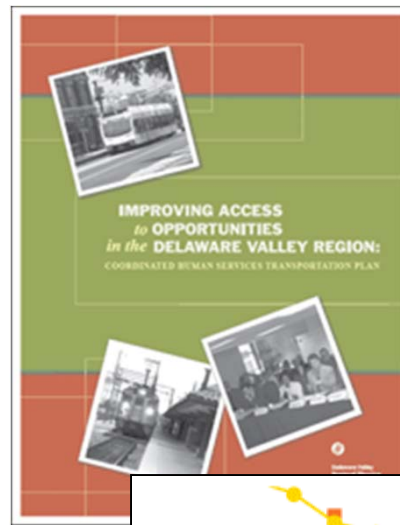
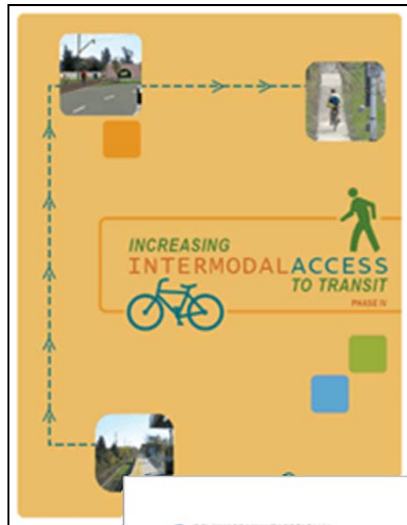
# What is Smart Growth?

- Fiscally-responsible—lower costs for individual units, public utilities, transportation
- Environmentally-sound—encourages brownfield redevelopment; concentrates development to preserve open space; and reduces emissions by promoting biking, walking, transit
- Socially-conscious—encourages diversity of housing types and inclusionary zoning
- DVRPC's work supports all 4 of the EPA Principles for Building Healthy Communities for Active Aging

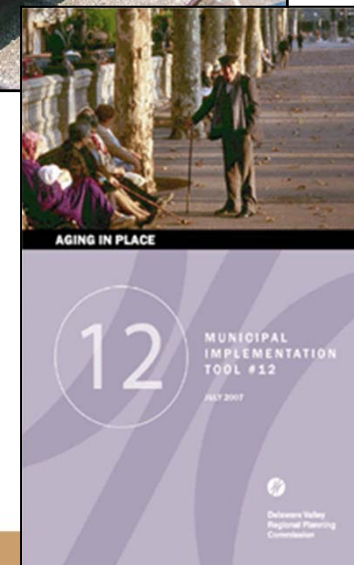
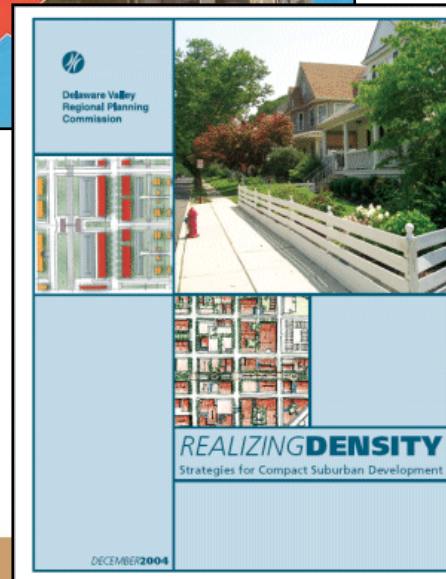
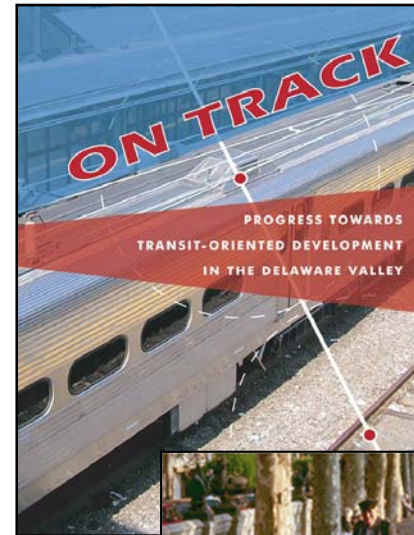
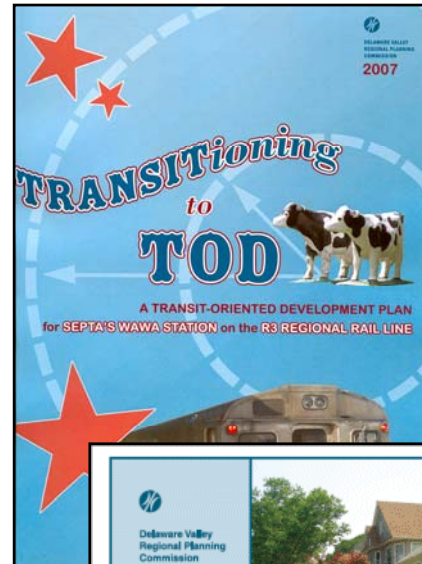
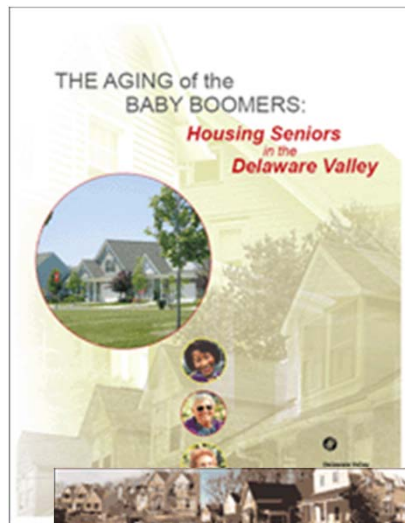
# 1. Social Connectedness: Staying Active, Connected, and Engaged: Where are how we choose to live can affect our health and well-being.



## 2. Access to Transportation: Transportation and Mobility. We can build choice back into our transportation system and make it easier for people of all ages to get around.



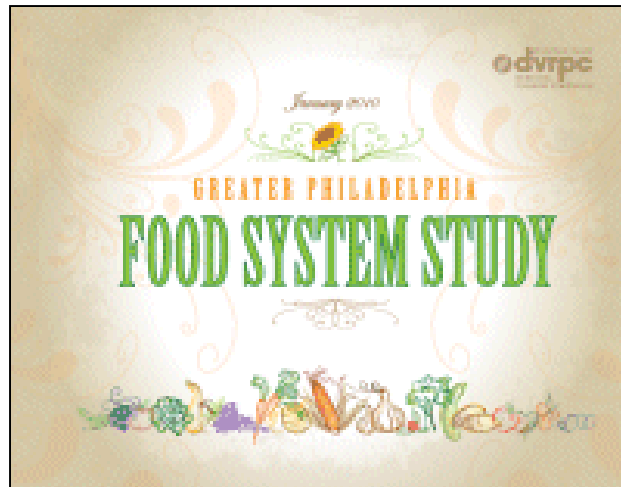
# 3. Flexible Housing Options: Development and Housing. Healthy neighborhoods offer diverse housing choices, gathering places, and ways to connect.





## 4. Access to Healthy Foods: Staying Healthy.

Finding healthy food, keeping active and getting help when you need it can be easier in an age-friendly community



# Ideas for Future Work/Collaboration

- Integrate Aging into more of our Studies
  - *More explicit in Corridor Studies, Zoning, LRP 2040, EJ*
  - *Regional Citizens Committee*
  - *Outreach/Public Participation: Lifelong Communities Charrette*
- Enable Collaboration on Aging between City & Suburbs
- NIH Grant –Test of the EPA Aging Model
  - *Policy paper on impact of transportation facilities and services on health outcomes for older Philadelphians*
- Classic Towns tie-in? Public Health/HIA tie-in?
- Study Demand for Senior Housing
  - *Retrofitting current housing stock*
  - *Challenges of visitability and affordability*
  - *Growth of AARCs*
  - *Municipal Ordinances that support ADUs, AARCs, NORCs*

# Thank You!

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*For more information, please contact:*

*Karin Morris, AICP*

*Manager, Office of Smart Growth*

*DVRPC*

*215.238.2858 | [kmorris@dvrpc.org](mailto:kmorris@dvrpc.org)*

*[www.dvrpc.org/smartgrowth](http://www.dvrpc.org/smartgrowth)*

