LEARNING COLLABORATIVE WEBINAR 4
NYS Association for Rural Health and AARP

Wednesday, June 8, 2022
TODAY’S AGENDA

Welcome

Presentation #1
   Sara Wall Bollinger, NYSARH and Ken Harris Albany Guardian Society
Q & A
5-minute break

Presentation #2
   Bill Armbruster and Kristen McManus, AARP
Q & A

Next steps & Conclusion
WELCOME TO THE HOUSING, HEALTH, AND LONGEVITY LEARNING COLLABORATIVE

In the chat, please tell us your name and the county where you work.

This map shows the health departments across NYS that registered for the Learning Collaborative.
ABOUT THE LEARNING COLLABORATIVE

Our webinars will be 90 minutes. We will have formal presentations with speakers and opportunities to engage with them and your peers.

We ask that you attend all four webinars. Recordings will be posted for those who may have a conflict.

The office hours sessions are also on Zoom. They will be less formal and will have a theme, but no presentations. Office Hours sessions are opportunities for peer-to-peer networking and connecting.

The office hours meetings are optional, and you can attend or not, depending on your interest and availability.
NYS Health, Housing, and Longevity Learning Collaborative

SARA WALL BOLLINGER
NYS ASSOC. FOR RURAL HEALTH

KEN HARRIS
ALBANY GUARDIAN SOCIETY
Housing in Rural New York

New York
Academy of Medicine
June 8, 2022
Population Loss

Rural counties are losing population
Access to Healthcare

- The life expectancy of rural residents is **three years shorter** than for urban residents.
- 4.6% of New York residents lack access to health insurance.
- Telehealth has been a great benefit for many, but spotty Internet and cell phone access has limited its impact.
- Long distances to healthcare providers increases the cost of services for patients [time & money].
- Rural EMS is in crisis and not always able to respond appropriately.

*Sites located outside of Urbanized Areas according to [hrsa.gov](http://hrsa.gov), January 2022.*
Socioeconomic Factors

- Average rural per capita income was $47,934 in 2019; 64% of the NY average
- The poverty rate was 14.9% compared to 12.9% in urban communities
- While more rural than urban residents have completed High School [89% v 87%]; fewer have gone on for college degrees
Aging Housing Stock

- 57% of housing stock was built before 1970
- Much of rural housing stock is in poor repair; barns and outbuildings more so
- 80% owner-occupied is good, but not a good indicator of socio-economic status
<table>
<thead>
<tr>
<th><strong>NY State Housing - Summary Table</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Housing units, July 1, 2019, (V2019)</td>
</tr>
<tr>
<td>Owner-occupied housing unit rate, 2015-2019</td>
</tr>
<tr>
<td>Median value of owner-occupied housing units, 2015-2019</td>
</tr>
<tr>
<td>Median selected monthly owner costs –with a mortgage, 2015-2019</td>
</tr>
<tr>
<td>Median selected monthly owner costs –without a mortgage, 2015-2019</td>
</tr>
<tr>
<td>Median gross rent, 2015-2019</td>
</tr>
<tr>
<td>Building permits, 2020</td>
</tr>
</tbody>
</table>
Collaboration

The Public Health Partnership Conference was held in Niagara Falls April 2022 and Virtually in April 2021. NYSARH partnered with the NYS Association of County Health Officials, NYS Association for Public Health and the NYS Conference of Environmental Health Directors to plan and implement this conference which has 200+ attendees.

Policy Alignment

The NYSARH Policy Committee welcomes members from other associations and interests that align with our goals. Recently we have collaborated with other associations to educate NYS lawmakers regarding:

- Rural Health Networks
- Lead screening & abatement
- Rural EMS funding & regulations
- Workforce retention & flexibility
- Broadband & telehealth
- Mental & behavioral health
- Nursing homes & home care
- Rural hospitals & health centers
- Medical Examiner & pathology
Contact Information

Sara Wall Bollinger
NYS Association for Rural Health
https://nysarh.org/
sara@NYSARH.org

NYSARH members include medical, behavioral and oral health providers as well as academic institutions, nonprofits, public health, hospitals, foundations, individuals and students. NYSARH members come from all over Upstate New York. We represent the 44 [71%] NYS Counties that are designated as Rural.
Senior Housing: Traditional Options

Traditional Options:

- Home & Community-based Services
- Personal / Home Care
- Subsidized Senior Housing
- “Market-Rate” Senior Housing
- Assisted Living
- Nursing Home
Senior Housing
Alternative Options

Alternative Options:

- Naturally Occurring Retirement Communities (NORCs)
- Neighborhood NORCs
- Villages
- Shared Housing
- Volunteer Housing
- Intentional Communities
- Senior Cohousing
- Senior Housing with Services
Remaining Home in the Future...

- Self driving cars
- Assistive robots
- Virtual reality glasses
- “Wearables”
- Meal & grocery delivery
- Care coordination apps
- Medication technology
- Alexa...(Echo), Google Home
- Smart Homes
Senior Population

Increase in Senior Population:

The 65+ population has increased to 55 million in 2020; 70 million by 2030, and to 88.5 million — or 20 percent of the population — in 2050.
The Village Movement

“Neighbors Helping Neighbors”

- Villages are geographically defined, self-governing, grassroots, volunteer-based organizations developed with the purpose of enabling people to remain living in their own homes and communities as they age.

- Villages offer an opportunity for connecting with neighbors.
Village Movement: Guiding Principals

- Self-governing, self-supporting, grassroots, membership-based organizations.

- Consolidate and coordinate services for members.

- Create innovative strategic partnerships that leverage existing community resources and do not duplicate existing services.

- Promote volunteerism, civic engagement, and intergenerational connections.
Village Services

Unique to each Village based upon member needs, services could include:

- Transportation
- Home repair & maintenance
- Shopping
- Medical appointments
- Caregiver support & respite
- Friendly visitors
- Technology assistance (phone, tablet, computer)
Village Programs:

Programs Could Include:

- Book clubs
- Hiking, walks, and biking...
- Museum visits
- Special interest groups
- Concerts and plays
- Exercise classes and yoga
- Wellness classes
- Educational classes
- Trips to local events
- Lunches, dinners, parties
Senior Housing & Villages Resources

Albany Guardian Society
Housing Options for Senior Adults Directory
www.albanyguardiansociety.org

Capital Region Villages Collaborative
Villages Technical Assistance Center
www.crvillages.org

”The Village Movement in New York State”
Coming Soon...
Albany Guardian Society

Founded in 1852, Albany Guardian Society, located in Albany, New York, is one of the region’s oldest charitable foundations. The mission of Albany Guardian Society is to improve the lives of seniors in the Capital Region, their families and their caregivers, through information, education, research, and collaboration.

Albany Guardian Society offers over 150 classes on age related topics throughout the year.

Ken Harris
Program Director
Capital Region Villages Collaborative
Villages Technical Assistance Center

518-434-2140
ken.harris@albanyguardiansociety.org
Q&A
BREAK (5 MIN)
NYS Health, Housing, and Longevity Learning Collaborative

KRISTIN MCMANUS
ASSOC. NYS DIRECTOR OF ADVOCACY
AARP NEW YORK

BILL ARMBRUSTER
SENIOR ADVISOR
AARP LIVABLE COMMUNITIES
AARP Network of Age-Friendly States and Communities

Celebrating 10 years!!!

Age-Friendly Communities Are Livable for People of All Ages
aarp.org/livable

Bill Armbruster
Senior Advisor
AARP Livable Communities
More than 650 communities have committed to create a more age-friendly future -- plus 9 states and 1 US territory
In too many places, walkable, small- to mid-sized housing that's affordable for middle income households can't be found because it no longer exists.

For decades, residential development has focused on apartment buildings or detached single-family homes.
AARP Housing Resources

AARP Livable Communities Publications and Resources
Livable Interactive Map

What’s included?

NAFSC:
- Lead organization
- Year joined
- Application
- Action plans
- Action plan summary
- Highlights by domain

Community Challenge:
- Grantee name
- Year awarded
- Project summary
- Links to media (video, articles)

Livability Index Score
- For all communities featured

Searchable map
https://livablemap.aarp.org
AARP Network of Age-Friendly States and Communities

Age-Friendly Members-Only Portal

- **Provides on-demand access** to the nationwide network of states and communities
- **Offers open forum and state-specific discussion groups**, with features such as polls, events, and a shared library
- **Matches users to help create a network** along categories that include role, profession, expertise and more
- **Features calendar of upcoming events**, both national and by state
- **Expands connections** beyond singular points of contact to include key stakeholders as determined by each state/community
- And more…
Livable Lesson: Placemaking

Public spaces planner and creator Andrew Howard teaches viewers about what makes a "successful place" and how communities can (and sometimes should) implement placemaking projects despite the COVID-19 pandemic.

Watch the Videos

What Placemaking Can Do

The bright blue sky is the only pleasant feature in this photo of an alleyway. Discover what this alley and others look like after a placemaking intervention.

Meet Us in the Alley

See the last item in this newsletter for more resources, including a free publication about “pop-up” placemaking.

AARP LIVABLE COMMUNITIES

Resources

Tools to help local leaders

- Livable Communities Landing Page: aarp.org/livable
- Livable Communities Newsletter: aarp.org/livable-newsletter
- Livable Communities Map: livablemap.aarp.org
- Community Challenge Grant Program: aarp.org/communitychallenge
- 20+ Free Publications: aarp.org/livablelibrary

Livability News & Notes

Win a Workshop — Rural communities with fewer than 50,000 residents are eligible for design assistance to address specific community challenges. Deadline: March 12.

Source: Citizens' Institute on Rural Design
ADU-Advocacy, Trends, and Opportunities

Kristen McManus
Associate State Director
AARP New York
What People 50+ Think About Where They Will Live

Believe they will **move** to allow them to **age** independently

- **49%**

Move to a different community

- **29%**

Would consider **leaving** their community to find one that is **safer**

- **55%**

Move into a different residence within their current community

- **18%**

Source: 2021 AARP Home and Community Preferences Survey: A National Survey of Adults Age 18+
As you grow older would you consider sharing your home with another person? Would sharing your home with another person be something you would consider if...?

69% of those already share or would consider sharing their homes as they age; a majority would consider it if they needed help with everyday activities.

Who to share a home with?

- 69% Family Member
- 54% Friend
- 6% Stranger

Source: 2021 AARP Home and Community Preferences Survey: A National Survey of Adults Age 18+
Nearly half of those polled said they would consider alternative living options, including an accessory dwelling unit, or ADU.

Visualizing an ADU

- Detached ADU
- Basement ADU
- Garage Conversion ADU
- Attached ADU
- Second-Story ADU

Image Source: The ABCs of ADUs
Nearly half of those polled said they would consider alternative living options, including an accessory dwelling unit, or ADU.

Sixty percent (60%) of adults said they would consider living in an ADU, and those 50-plus said they would consider making that move for the following reasons:

- 69% Near someone but maintain their space
- 68% Support doing daily activities
- 48% Save money

Source: 2021 AARP Home and Community Preferences Survey: A National Survey of Adults Age 18+
Nearly three-fourth of those polled said they would create an ADU for a place for a caregiver to stay.

According to the 2021 AARP Home and Community Preferences Survey, adults aged 18 or older who would consider creating an ADU said they’d do so in order to:

- 74% Create a place for a caregiver to stay
- 86% Provide a home for a loved one in need of care
- 84% Provide housing for relatives or friends

Source: 2021 AARP Home and Community Preferences Survey: A National Survey of Adults Age 18+
Older Adults & ADUs

- Independent living space
- Care of loved ones
- Downsize
- Extra Source of Income
- Increasing Affordable Housing Options
- Intergenerational Housing

Source: 2021 AARP Home and Community Preferences Survey: A National Survey of Adults Age 18+
AARP Livable Communities Approach aka our “Age-Friendly” Approach and the Future of Housing
AARP Livable Communities Resources

Available at https://www.aarp.org/livable-communities/
ADU Resources: Video Series

Access to the four-part video series is available at https://www.aarp.org/livable-communities/housing/info-2021/video-eli-spevak-ADUs.html
ADU Resources: The ABCs of ADUs

A guide to Accessory Dwelling Units and How They Expand Housing Options for People of All Ages. You access to the document at:

Thank you!
Questions?

Kristen McManus
kmcm Manus@aarp.org
Q&A
We will post webinar slides, recording, and resources from our Learning Collaborative on the NYAM Health & Age Across All Policies website, [https://www.nyam.org/haaap/spring-2022-housing-lc/](https://www.nyam.org/haaap/spring-2022-housing-lc/)
THANK YOU