



# **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

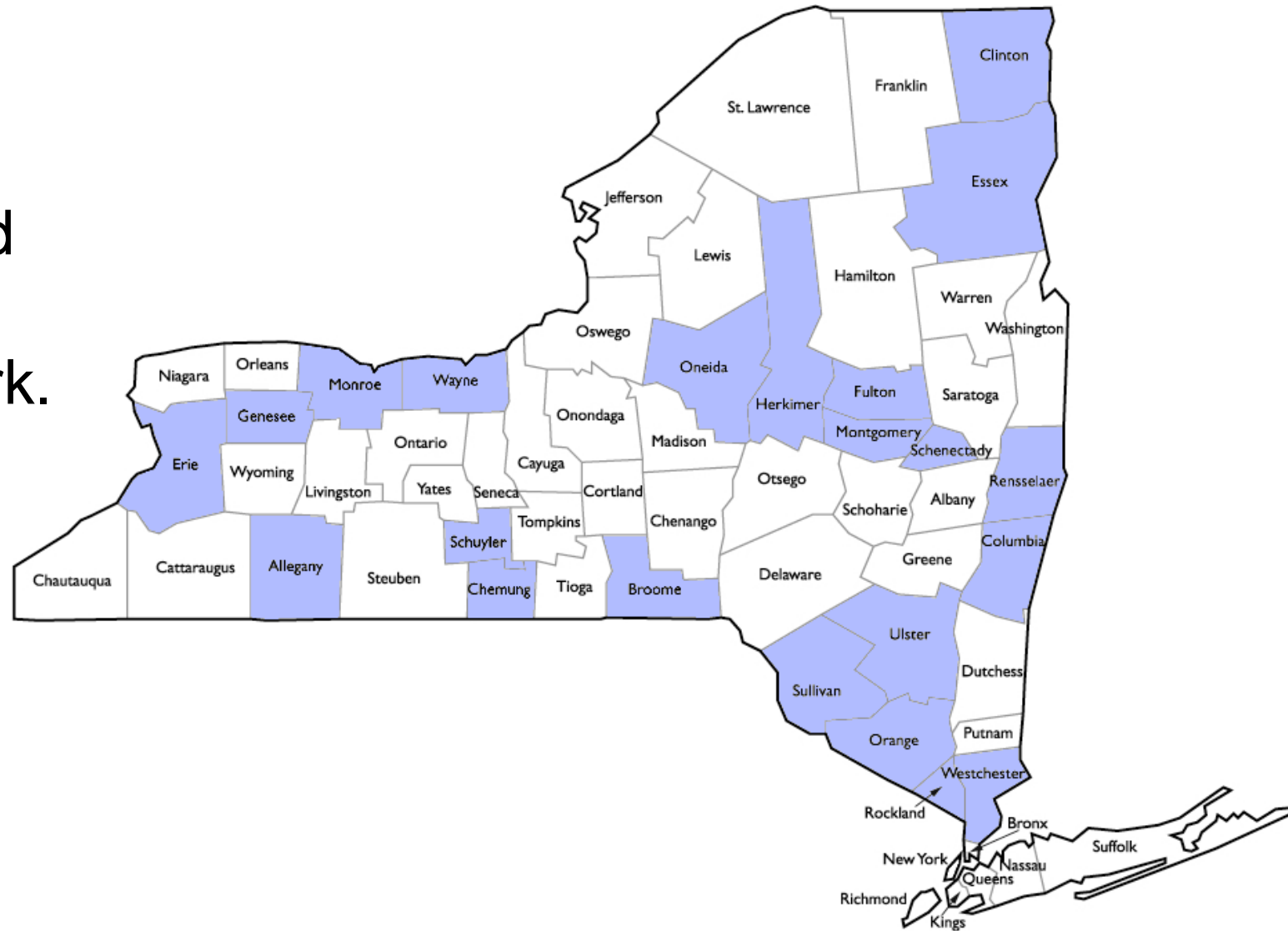
Bill Armbruster and Kristen McManus, AARP

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.



- Allegany
- Broome
- Chemung
- Clinton
- Columbia
- Erie
- Essex
- Fulton
- Genesee
- Herkimer
- Monroe
- Montgomery
- Oneida
- Orange
- Rensselaer
- Rockland
- Schenectady
- Schuyler
- Sullivan
- Ulster
- Wayne
- Westchester

This map shows the  
health departments  
across NYS that  
registered for the  
Learning Collaborative.

# ABOUT THE LEARNING COLLABORATIVE

## **Wed. April 13 - 9:00-10:30 – Webinar 1**

Wed. April 27 - 1:30-2:30 – office hours 1

## **Wed. May 4 - 9:00-10:30 – Webinar 2**

Wed. May 11 - 1:30-2:30 – office hours 2

## **Wed. May 18 – 9:00-10:30 – Webinar 3**

Wed. May 25 - 1:30-2:30 – office hours 3

## **Wed. June 8 - 9:00 – 10:30 Webinar 4**

Wed. June 22 - 1:30-2:30 – office hours 4

Wed. July 13 - 1:30-2:30 – office hours 5

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**

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**SARA WALL BOLLINGER  
NYS ASSOC. FOR RURAL HEALTH**

**KEN HARRIS  
ALBANY GUARDIAN SOCIETY**

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# Housing in Rural New York



*New York  
Academy of Medicine  
June 8, 2022*





# Population Loss

*Rural counties are losing population*

Population Loss in Rural Counties Between 2010-2020

As defined by USDA as counties with less than 65,000 population

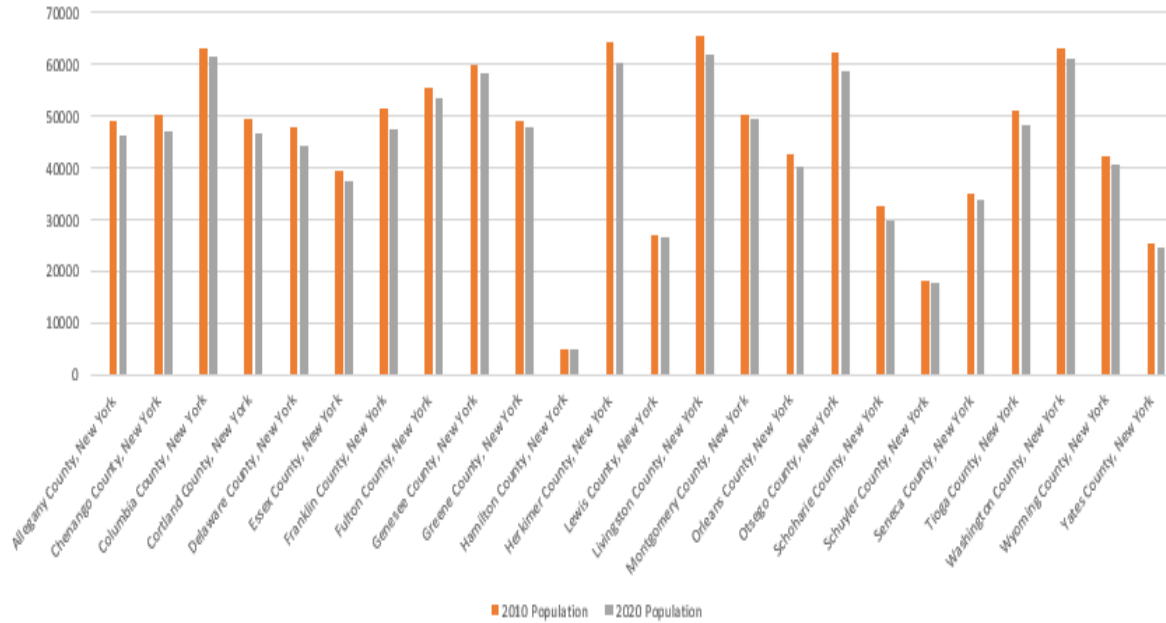
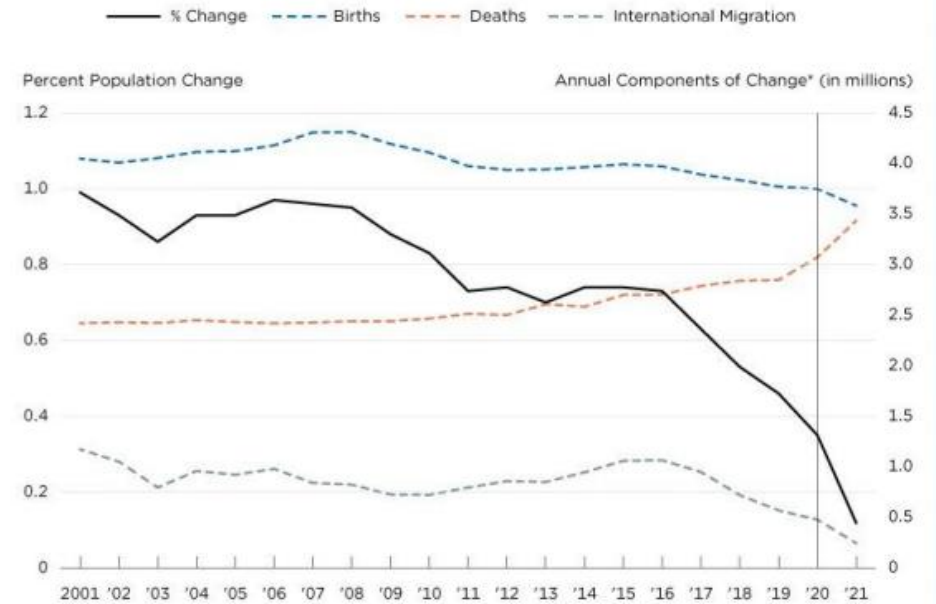


Figure 2. Population Change and the Components of Change: 2001-2021

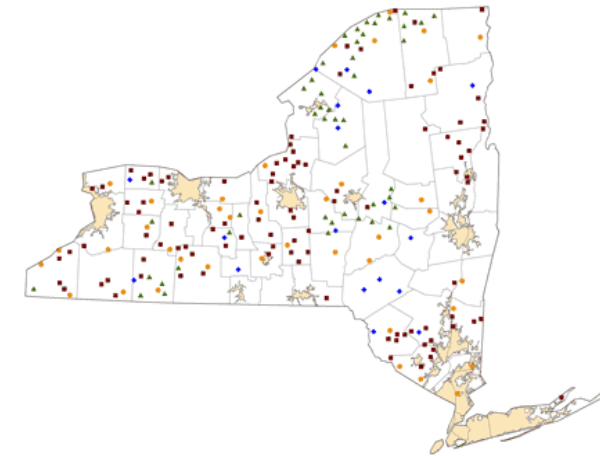


\* Components of change include births, deaths and net international migration.  
 Note: Only data to the right of the line are from Vintage 2021.  
 Source: U.S. Census Bureau, Vintage 2020 Estimates; Vintage 2021 Estimates; 2000-2010 Intercensal Estimates.

# 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*

## New York Rural Healthcare Facilities

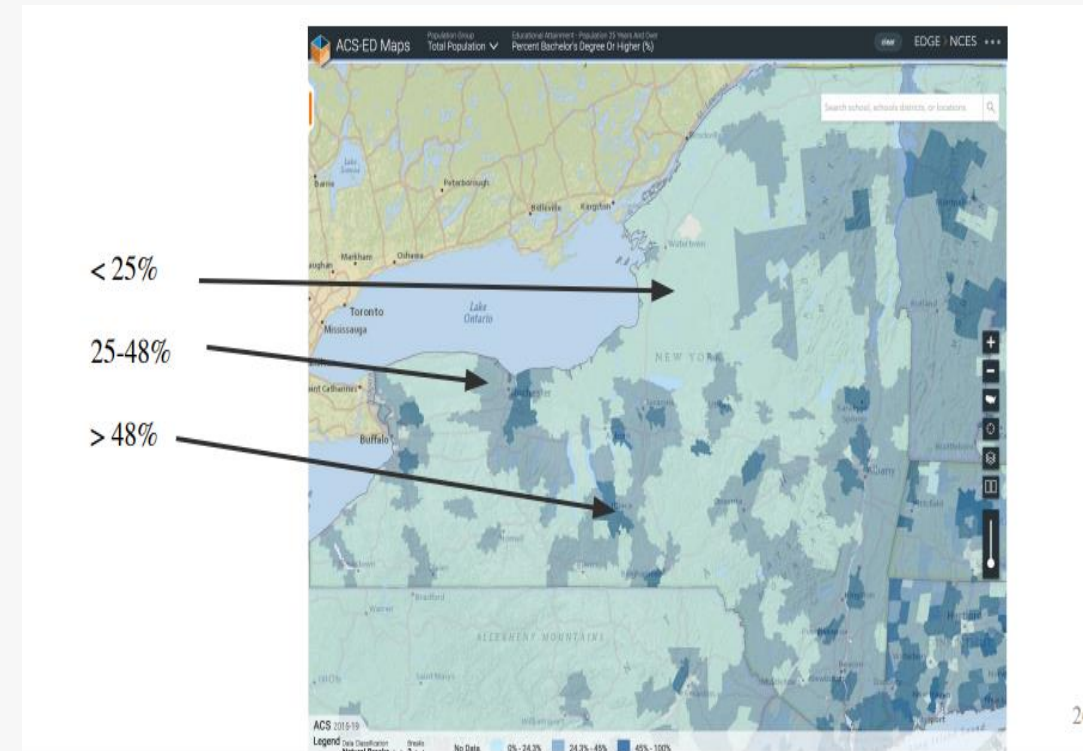


\*Sites located outside of Urbanized Areas according to [data.hrsa.gov](https://data.hrsa.gov). January 2022.



# 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*



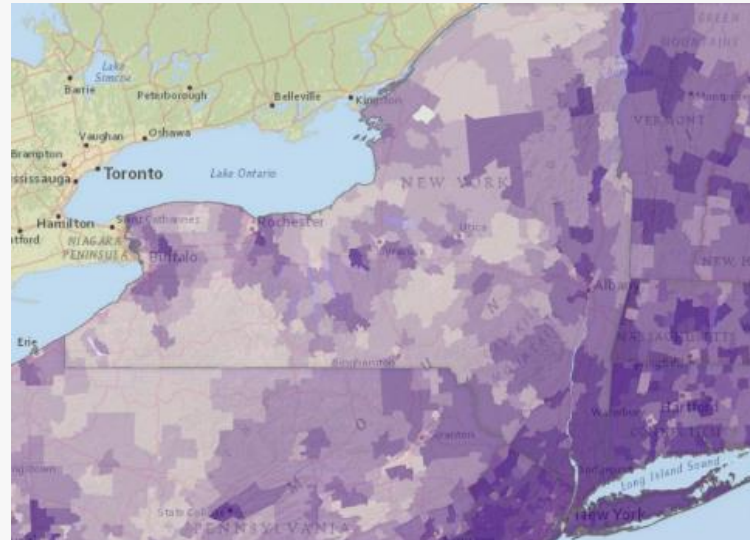
Percentage of population with a Bachelor's degree

# Aging Housing Stock

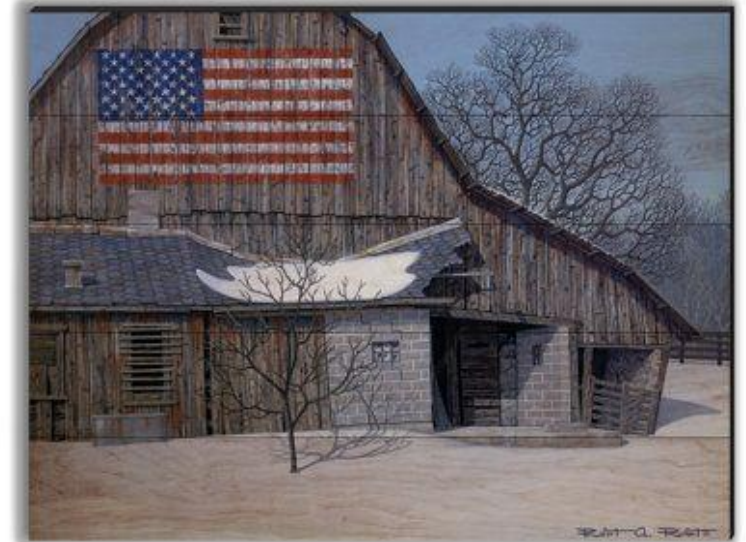
- *57% of housing stock was built before 1970*
- *Much of rural housing stock is in poor repair; barns and outbuildings more so*
- *80% owner-occupied is good, but not a good indicator of socio-economic status*



Housing built before 1939



Median Housing Value 2015-2019



# NY State Housing - Summary Table

Housing units, July 1, 2019, (V2019)	8,404,381
Owner-occupied housing unit rate, 2015-2019	53.9%
Median value of owner-occupied housing units, 2015-2019	\$313,700
Median selected monthly owner costs -with a mortgage, 2015-2019	\$2,155
Median selected monthly owner costs -without a mortgage, 2015-2019	\$772
Median gross rent, 2015-2019	\$1,280
Building permits, 2020	37,330

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# 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

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# 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.



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# Senior Housing in New York State



**New York**  
**Academy of Medicine**  
June 8, 2022





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# Senior Housing: Traditional Options



## Traditional Options:

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

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# Senior Housing Alternative Options

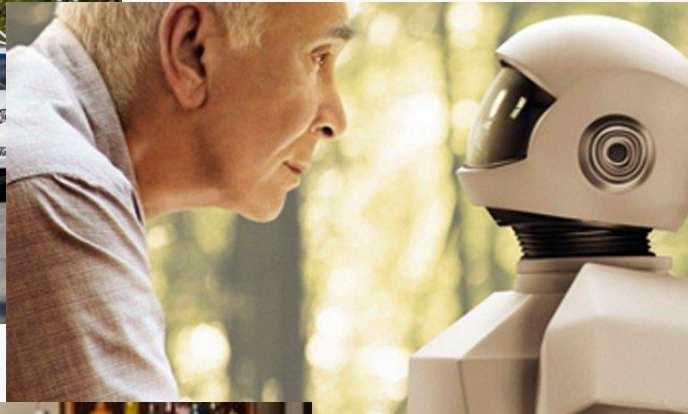


## Alternative Options:

- Naturally Occurring Retirement Communities (NORCs)
- Neighborhood NORCs
- **Villages**
- Shared Housing
- Volunteer Housing
- Intentional Communities
- Senior Cohousing
- Senior Housing with Services

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# Senior Housing & Technology



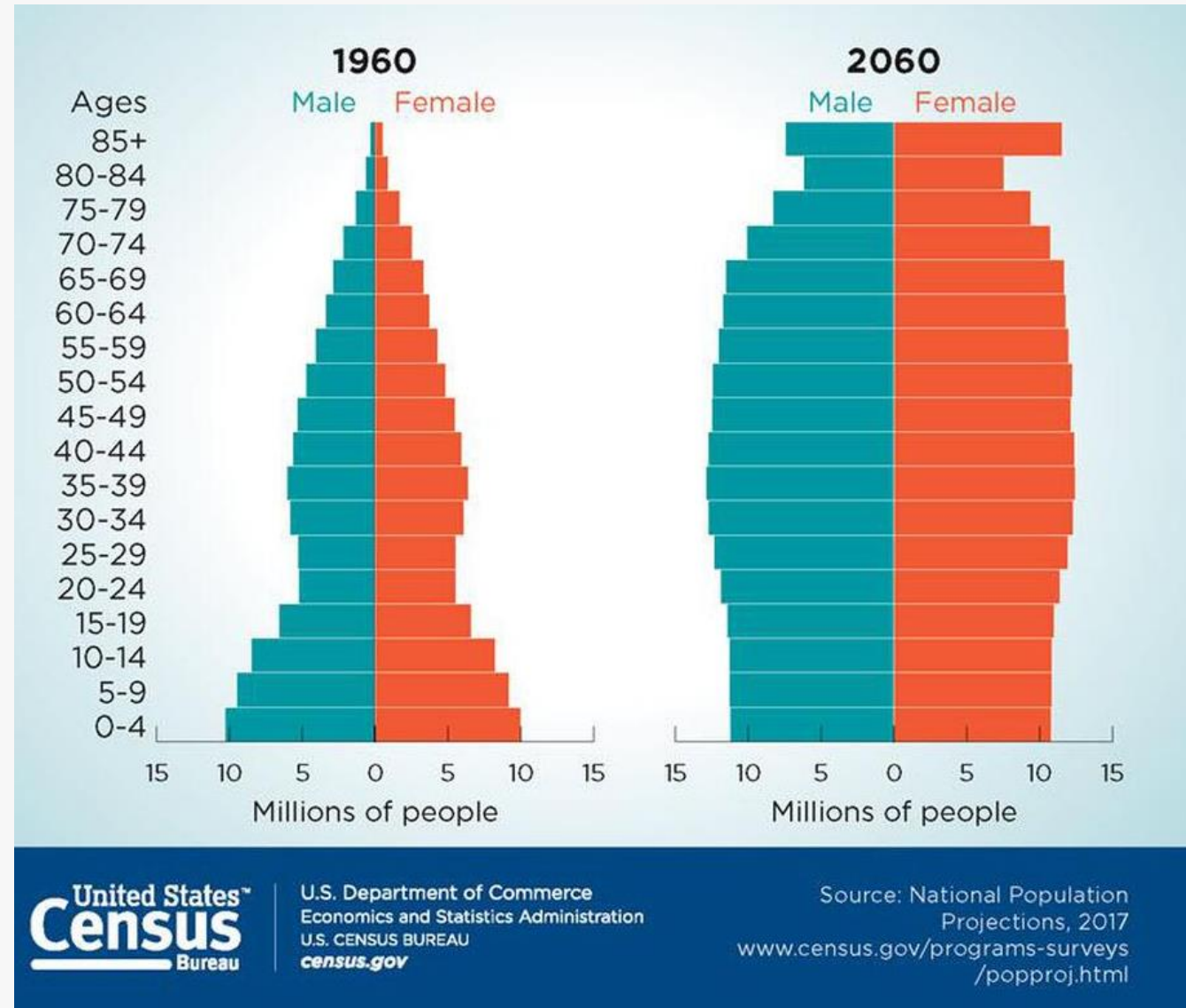
## Remaining Home in the Future...

- 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.*





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# 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.

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# 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.



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# Village Services



## 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)

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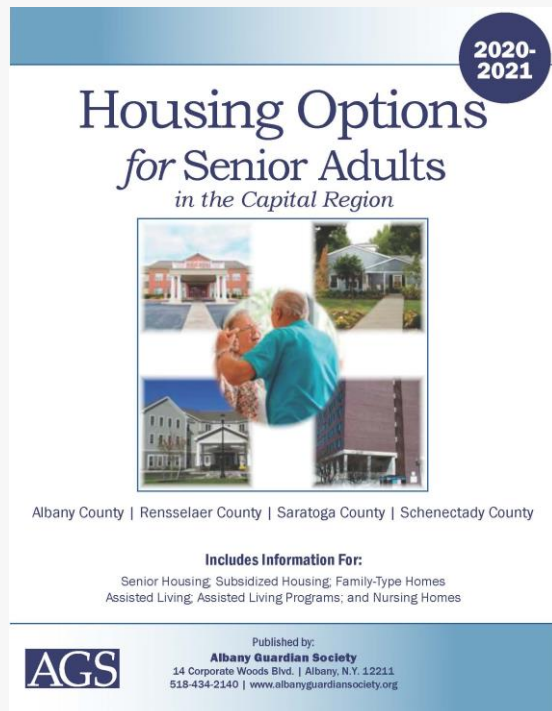
# Village Programs:



## 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](http://www.albanyguardiansociety.org)

Capital Region Villages Collaborative  
Villages Technical Assistance Center

[www.crvillages.org](http://www.crvillages.org)

”The Village Movement in New York State”

Coming Soon...

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# Contact information

***Ken Harris***

*Program Director*

*Capital Region Villages Collaborative*

*Villages Technical Assistance Center*

518-434-2140

[ken.harris@albanyguardiansociety.org](mailto:ken.harris@albanyguardiansociety.org)

## **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.

# Q&A

**BREAK (5 MIN)**



# **NYS Health, Housing, and Longevity Learning Collaborative**

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**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!!!

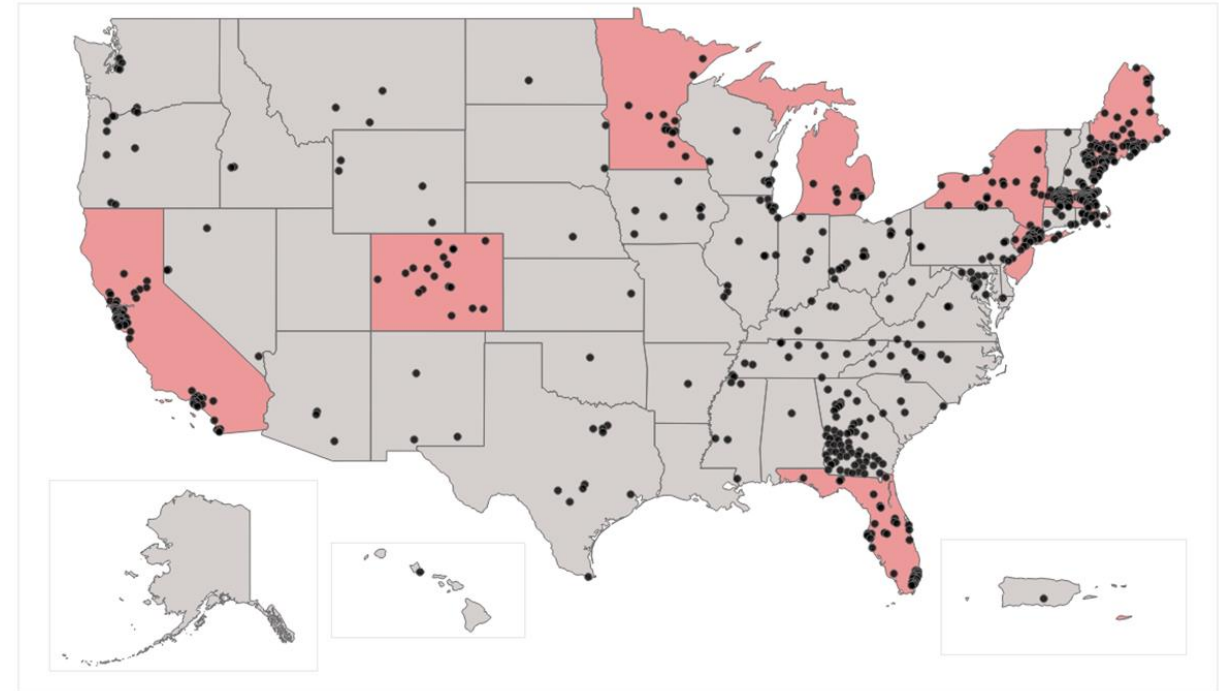
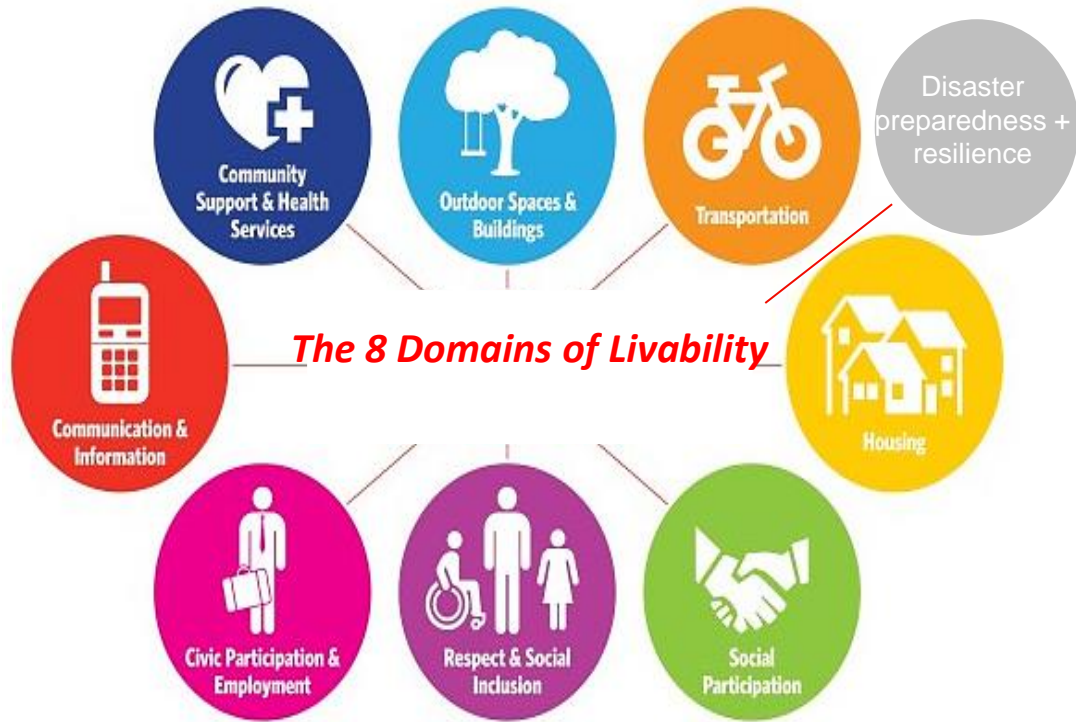


**Age-Friendly Communities  
Are Livable for  
People of All Ages**  
[aarp.org/livable](http://aarp.org/livable)



**Bill Armbruster**  
*Senior Advisor*  
***AARP Livable  
Communities***

# AARP Network of Age-Friendly States & Communities



**More than 650 communities have committed to create a more age-friendly future -- plus 9 states and 1 US territory**

# Missing Middle Housing



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




## The American Rescue Plan Act of 2021 and Older Adults


Opportunities and Resources for Local Leaders



Prepared in partnership with AARP




**AARP**





**CNU** Enabling Better Places

### A Handbook for Improved Neighborhoods





**A ANN ARBOR, MICHIGAN:** An ice cream and donut shop adjacent to housing is a sweet treat.



**A MANFIELD, CONNECTICUT:** Downtown Sterns is a walkable, mixed-use development featuring homes, businesses and civic spaces.

**A CHICAGO, ILLINOIS:** Parklets provide places for eating and relaxing along E. 75th Street (aka Restaurant Row) in the city's Chatham neighborhood.

By AARP Livable Communities and the Congress for the New Urbanism



AARP D02518

In many cities, towns, suburbs and rural areas, local zoning codes and land use ordinances make it illegal to create the types of vibrant, walkable and diverse communities that foster economic development, inspire job growth and feature a variety of housing options.

Created for use by involved residents, elected officials, local government staff and members of policymaking and advisory committees, *Enabling Better Places: A Handbook for Improved Neighborhoods* provides an introduction to how a town, city or county can adapt its zoning code — and in doing so become a more livable community for people of all ages, incomes and backgrounds.

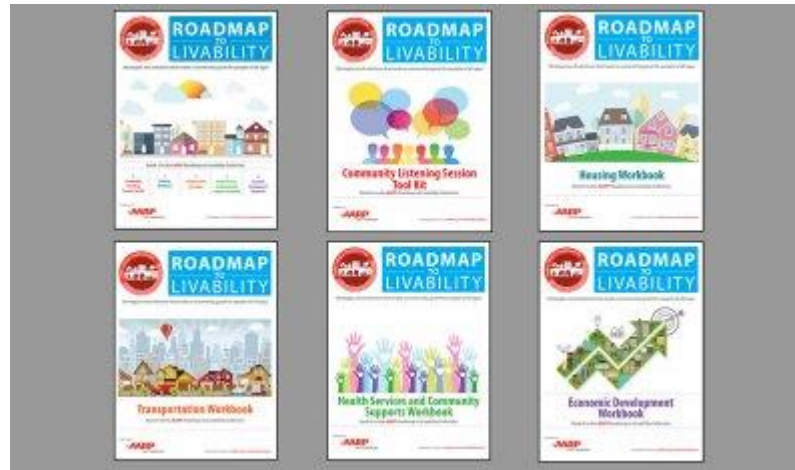
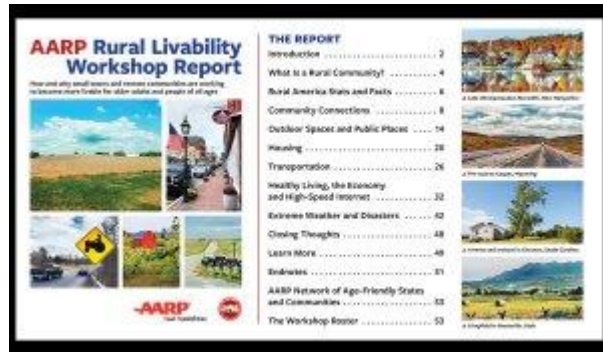
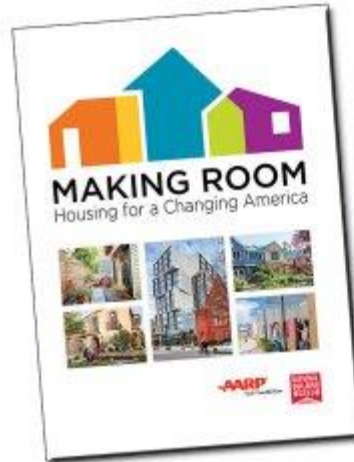
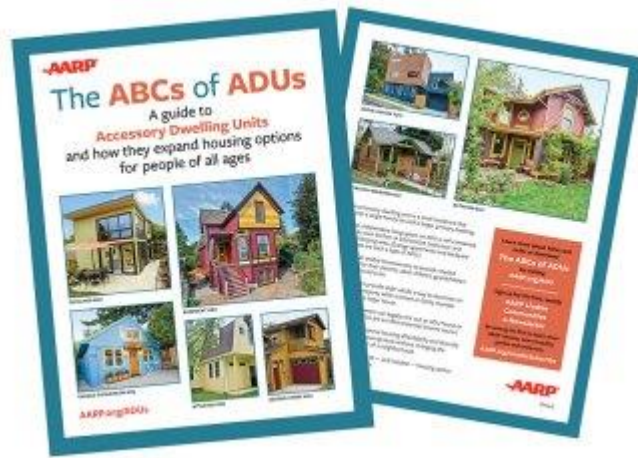
Download or order this free guide: [AARP.org/zoning](https://www.aarp.org/zoning)

Learn when AARP publishes new livability resources by subscribing to the free, weekly **AARP Livable Communities e-Newsletter**: [AARP.org/LivableSubscribe](https://www.aarp.org/LivableSubscribe) or text **LIVABLE** to 59757

Visit the AARP Livable Communities website: [AARP.org/Livable](https://www.aarp.org/Livable)

Learn about the Congress for the New Urbanism: [CNU.org](https://www.cnu.org)

# AARP Housing Resources





# Livable Interactive Map

The screenshot displays the 'Livable Interactive Map' interface. On the left, there are several filter sections: 'Age-Friendly Network Domains' with checkboxes for Civic Participation and Employment, Communication and Information, Community and Health Services, Housing, Outdoor Spaces and Buildings, Respect and Social Inclusion, Social Participation, and Transportation; 'AARP Community Challenge Categories' with checkboxes for Civic Participation, Housing, Other, Public Spaces, Smart Cities, and Transportation; and 'Population Size' with checkboxes for Fewer than 25,000, 25,000 to 124,999, 125,000 to 399,999, and More than 400,000. Below these is a 'Search by Keyword' section with a search box and a magnifying glass icon. The main content area features a 'Search by Community' header with a search box and a 'Map' button. Below this, it states 'Viewing 476 AARP Age-Friendly Members | 560 AARP Community Challenge Grantees'. The map shows the United States with various data points represented by circles and stars, some with numbers. A legend at the bottom indicates that blue squares represent States and Territories, black circles represent Counties, black location pins represent Cities and Towns, and black stars represent Grantees. A 'Filter to narrow results' section is also visible, with a 'Year Joined/Awarded' dropdown menu showing years from 2012 to 2020.

## 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

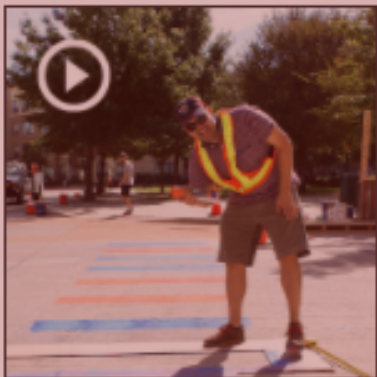
**Searchable map**

<https://livablemap.aarp.org>

# 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.*

## 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](#) ►

# AARP LIVABLE COMMUNITIES Resources



## Tools to help local leaders



**Livable Communities Landing Page:**

[aarp.org/livable](https://www.aarp.org/livable)



**Livable Communities Newsletter:**

[aarp.org/livable-newsletter](https://www.aarp.org/livable-newsletter)



**Livable Communities Map:**

[livablemap.aarp.org](https://livablemap.aarp.org)



**Community Challenge Grant Program:**

[aarp.org/communitychallenge](https://www.aarp.org/communitychallenge)



**20+ Free Publications:**

[aarp.org/livablelibrary](https://www.aarp.org/livablelibrary)

# ADU-Advocacy, Trends, and Opportunities

**Kristen McManus**  
Associate State Director  
AARP New York



**AARP**<sup>®</sup>



49%

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



29%

Move to a different community



55%

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



18%

Move into a different residence within their current community

# What People 50+ Think About Where They Will Live

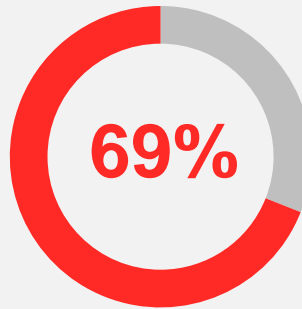


Source: [2021 AARP Home and Community Preferences Survey: A National Survey of Adults Age 18+](#)

# Sharing a Home

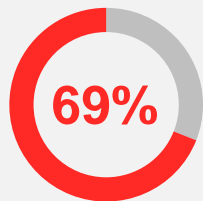


As you grow older would you consider sharing your home with another person? Would sharing your home with another person be something you would consider if...?

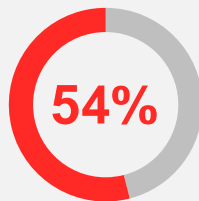


**Already share or would consider** sharing their homes as they age; **a majority would consider it** if they needed help with everyday activities.

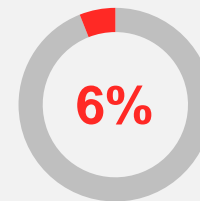
## Who to share a home with?



Family Member



Friend



Stranger





# Visualizing an ADU



Detached ADU



Basement ADU



Garage Conversion ADU



Attached ADU



Second-Story ADU

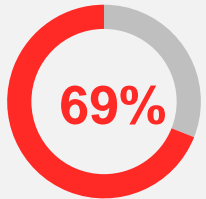


# Accessory Dwelling Unit- Importance

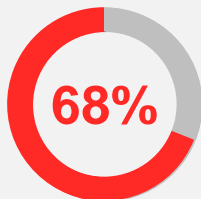


Nearly half of those polled said they would consider alternative living options, including an accessory dwelling unit, or ADU.

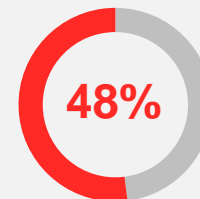
Sixty percent (60%) of adults said they would consider living in an ADU, and those 50-plus said they would consider making that move for the following reasons:



**Near** someone but **maintain** their space



**Support** doing daily activities



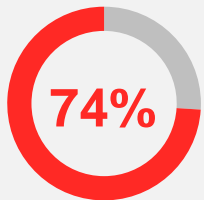
**Save** money

# Accessory Dwelling Unit- Importance

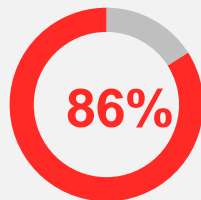


Nearly three-fourth of those polled said they would create an ADU for a place for a caregiver to stay.

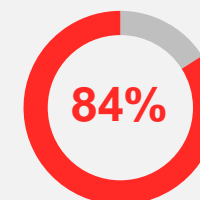
According to the 2021 AARP Home and Community Preferences Survey, adults aged 18 or older who would consider creating an ADU said they'd do so in order to:



Create a place for a **caregiver** to stay



Provide a home for a **loved one** in need of care



Provide housing for **relatives or friends**



# Older Adults & ADUs

Independent living space

Care of loved ones

Downsize

Extra Source of Income

Increasing Affordable Housing Options

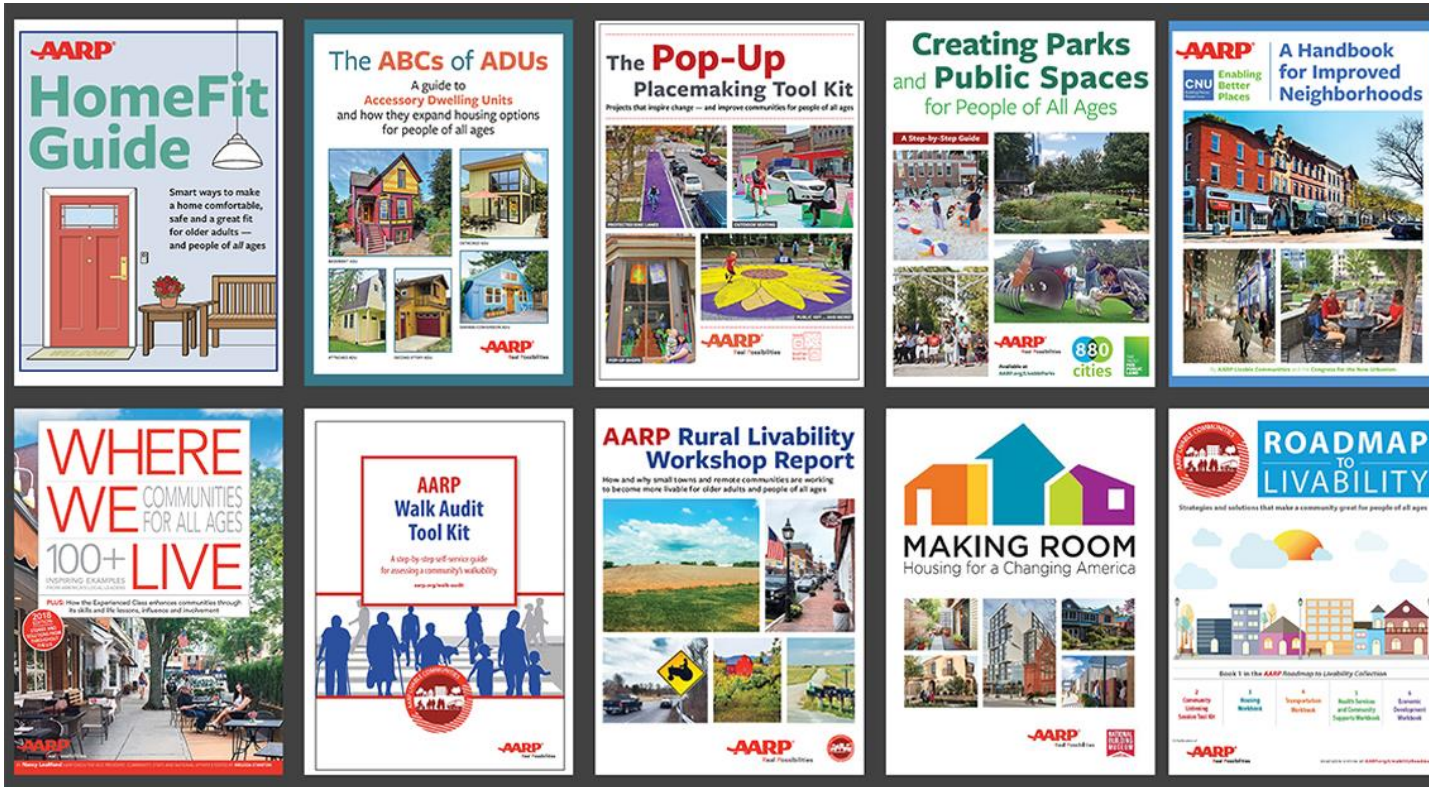
Intergenerational Housing



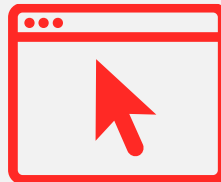
# AARP Livable Communities Approach aka our “Age-Friendly” Approach and the Future of Housing







# AARP Livable Communities Resources



Available at  
<https://www.aarp.org/livable-communities/>



# ADU Resources: Video Series

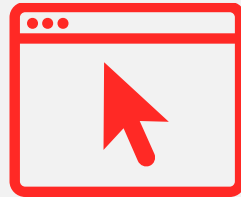


Access to the four-part video series is available at <https://www.aarp.org/livable-communities/housing/info-2021/video-eli-spevak-ADUs.html>

# 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:

<https://www.aarp.org/livable-communities/housing/info-2019/accessory-dwelling-units-guide-download.html>



## The ABCs of ADUs

A guide to  
**Accessory Dwelling Units**  
and how they expand housing options  
for people of all ages



BASEMENT ADU



DETACHED ADU



ATTACHED ADU



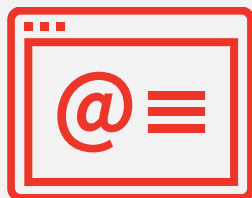
SECOND-STORY ADU



GARAGE-CONVERSION ADU

**AARP**  
Real Possibilities

**Thank you!**  
**Questions?**



**Kristen McManus**  
[kmcmanus@aarp.org](mailto:kmcmanus@aarp.org)

**AARP**<sup>®</sup>

# Q&A

# LEARNING COLLABORATIVE PAGE



The screenshot shows the top navigation bar of the NYAM website. On the left is the NYAM logo and the text "HEALTH & AGE ACROSS ALL POLICIES". In the center, there are links for "NYS Work", "Housing 2022" (highlighted in a grey box), and "Resources". On the right, there is a "CONTACT" link. Below the navigation bar is a large blue banner with the text "Spring 2022 Housing LC" in white. Below the banner is a white box containing the following text:

The New York Academy of Medicine, together with the NYS Department of Health, under a grant from the Association of State and Territorial Health Officials, is offering a 5-session learning collaborative this Spring on incorporating healthy aging principles into housing regulation and development with consideration for the needs of a growing older adult population. The learning collaborative includes recorded monthly webinar presentations with content specific to housing in NYS, optional monthly drop-in "office hours" to ask questions and learn from peers, and resources from ASTHO, CDC, DOH, and NYAM.

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/>

**THANK YOU**