Lifelong Communities

a place individuals can live throughout their lifetime

Lifelong Communities

Innovation in Planning
2000: 1 in 10

2030: 1 in 5

ARC Projections based on US Census Estimates 2006
Impact and Opportunity

“Traditional homes and neighborhoods do not adequately address the interdependent needs of older residents, including health, nutrition, exercise, transportation, safety, and civic/social engagement.”

From the National Association of Area Agencies on Aging & MetLife Foundation: *The Maturing of America, Getting Communities on Track for an Aging Population*
“Good news, honey—seventy is the new fifty.”
Note: This study was done in 2009.
Promote Housing & Transportation Options
Support development of a wide range of housing options that are accessible, close to services, available to a full range of incomes and located within existing communities.
Encourage mobility options to ensure that as individuals age they can access basic services and remain independent.

Encourage Healthy Lifestyles
Create environments that promote physical wellness, social interaction and easy access to healthcare.

Expand Access to Services
Increase both service options to better address the needs of a population that demands choice and opportunities to obtain counseling to evaluate alternatives.
A Lifelong Community Has . . .

- Residential Options of different shapes, sizes and price points.
A Lifelong Community Has . . .

Strategies for Mobility

- Expand Transportation Options
- Use available Community Resources
- Create Walkable Communities, Safe Roads and Safe Drivers
- Implement Regional Strategies and Initiatives with Key Partners
A Lifelong Community Has . . .

- Housing, neighborhoods, stores and services that are connected.
- Easy access to community and health services.
- Places and opportunities for social interaction.
A Lifelong Community Has . . .

- Green spaces and opportunities for healthy lifestyles
A Lifelong Community Has . . .

- Places for exercise
  - Community Gardens
  - Farmer’s Markets
  - Health Services
New Tools

Lifelong Communities Handbook:
Creating Opportunities for Lifelong Living

Morrow | Georgia
Active Living Workshop

Lifelong Communities
Encouraging Healthy Lifestyles
Questions?

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Resources:
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