



Age Friendly Planning: Tompkins County and Beyond

Upstate APA conference, Oct. 6, 2021



Today's Presenters:

Mildred Warner, Professor, Cornell
Xue Zhang, Cornell Post Doc

Teri Reinemann, Tompkins County Age Friendly
Center for Excellence

Cornell Students:

Grace McCartney, Lin Oo, Robyn Wardell

Wilma Lawrence, Caroline Town Planning Board



Land Acknowledgement

- Cornell University is located on the traditional homelands of the Gayogohó:nq' (the Cayuga Nation). The Gayogohó:nq' are members of the Haudenosaunee Confederacy, an alliance of six sovereign Nations with a historic and contemporary presence on this land.
- The Confederacy precedes the establishment of Cornell University, New York State, and the United States of America.
- We acknowledge the painful history of Gayogohó:nq' dispossession, and honor the ongoing connection of Gayogohó:nq' people, past and present, to these lands and waters.





Planning Across Generations

Mildred E. Warner & Xue Zhang
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Upstate APA conference, Oct. 2021

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Funding provided by USDA/NIFA/AFRI and Engaged Cornell

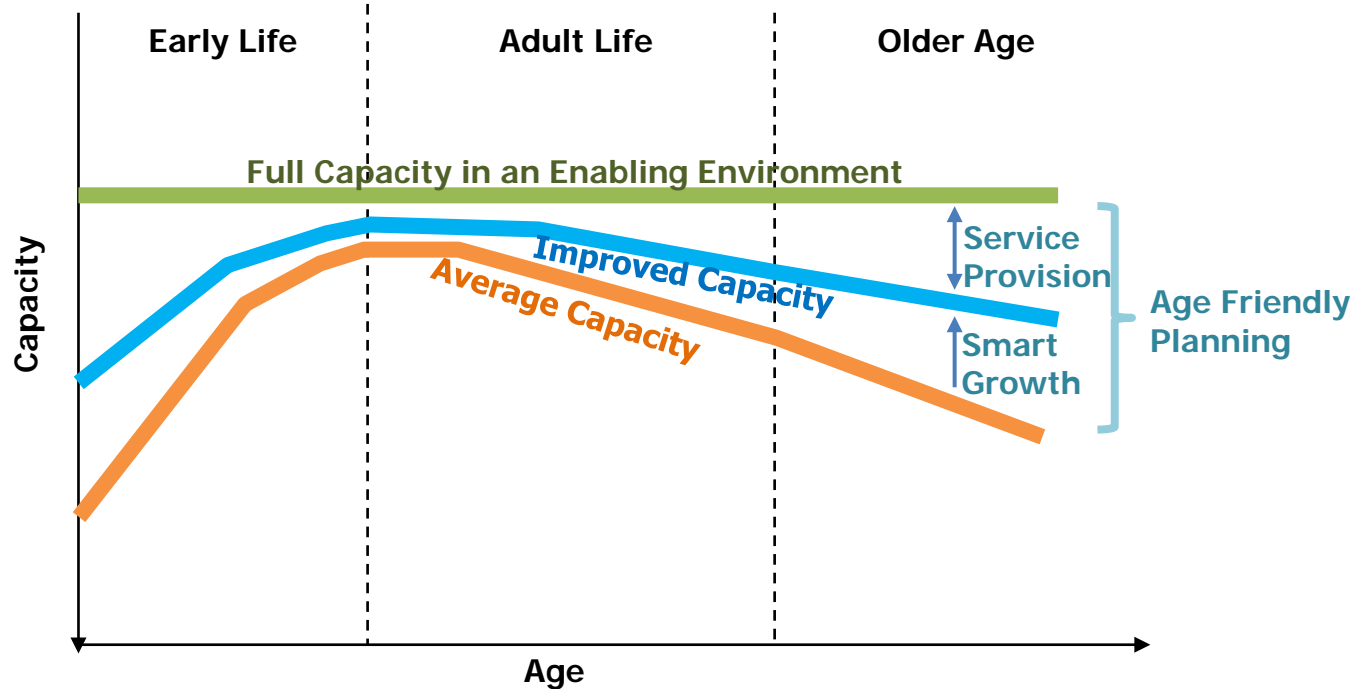


Shifting the Framework



- An *All Ages* Approach
 - Children, families, singles, older adults
- Link Planning, Design, Services and Participation
- Build New Institutional Partnerships
- Address differences across the urban - rural divide

Not Just Smart Growth – Focus on Physical Design and Services



Source: Warner et al. 2017, *Journal of Planning Education and Research*



Survey Elements

National Planning Across Generations Survey (ICMA), 2013, 2019

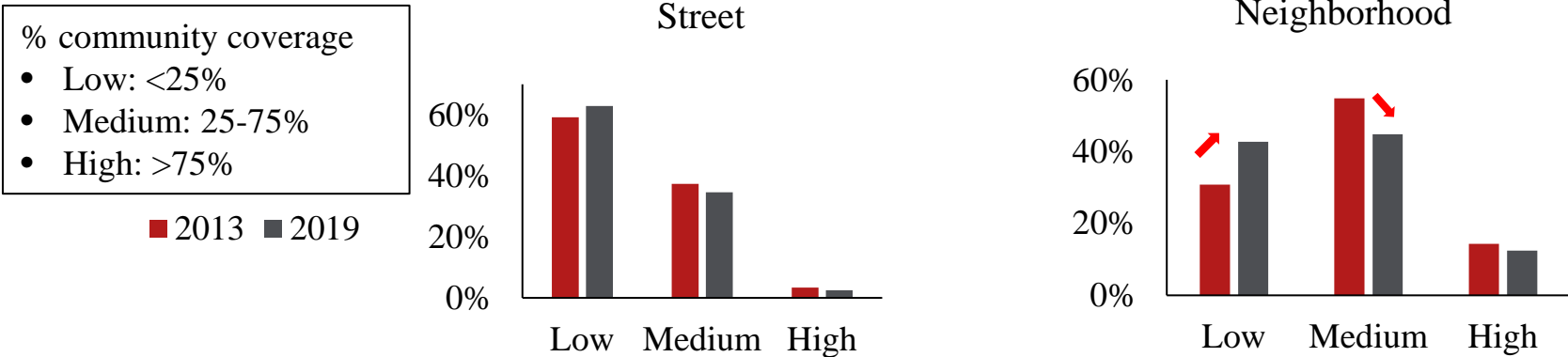
- **Built Environment and Zoning**
 - Street
 - Neighborhood
 - Housing

Percent of community covered
- **Planning**
 - Comprehensive
 - Economic Development
 - Transportation
 - Emergency
- **Services (29)**
 - Cross-Agency Partnerships
- **Governing Board**
- **Engagement**
 - Families with Children, Youth, Seniors
- **Barriers, Motivators**
- **Attitudes**



Built environment: Less Age-friendly

Streets – Low coverage. Neighborhoods – medium, but more low



- Sidewalk system connecting residences and services
- Bike lanes
- Complete streets

- Neighborhood schools
- Park or playground within ½-mile of every resident
- Public gathering spaces
- A mix of retail, services, and housing
- Fresh food markets

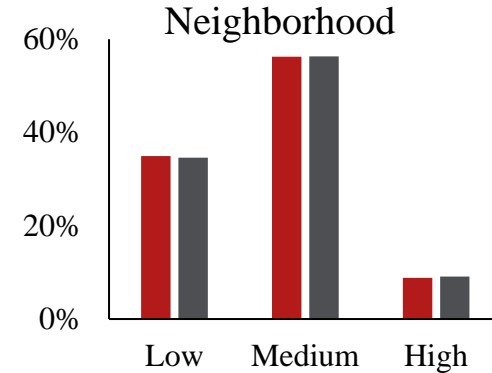
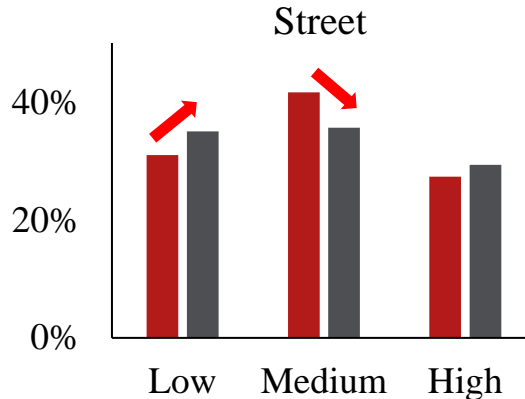
Zoning – Stalled

Streets - More low (<25%) coverage, fewer medium (25-75%) coverage

% community coverage

- Low: <25%
- Medium: 25-75%
- High: >75%

■ 2013 ■ 2019



- Mandate sidewalk system
- Contain pedestrian-friendly design guidelines
- Require street connections between adjacent developments
- Require “complete streets”

- Provide density bonuses
- Allow childcare centers
- Allow childcare business in residential units by right
- Promote parks or recreation facilities in all neighborhoods
- Allow mixed-use

Planning – A long way to go.

Emergency Plans - most common, most likely to address seniors

Comprehensive plans - next most common, but only half address needs of all ages.

Transportation plans - most likely to address needs of seniors

Economic Development plans - least likely to address seniors or families with children

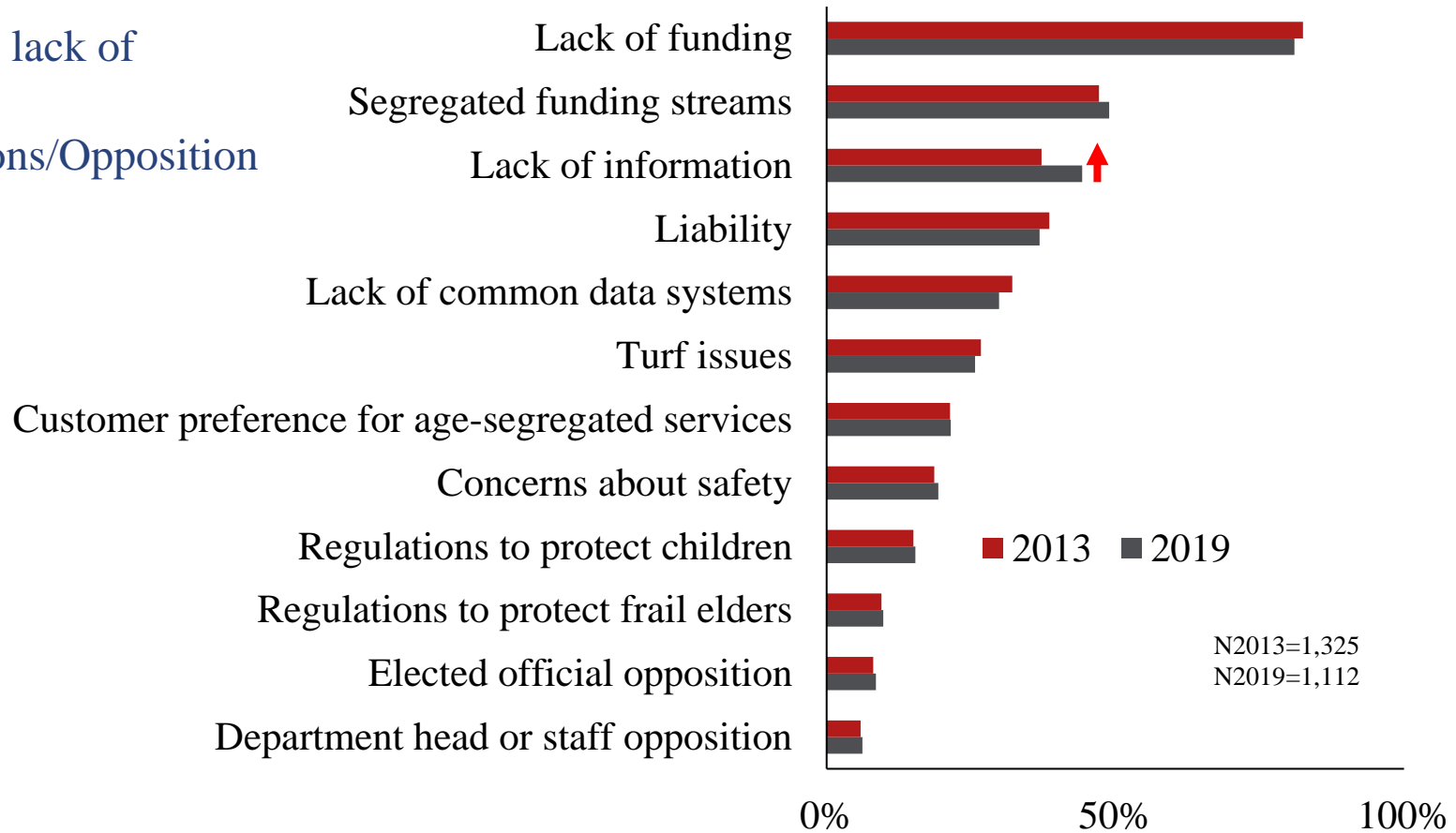
	Emergency Plan	Comprehensive Plan	Transportation Plan	Economic development plan
Yes	91%	81%	58%	52%
Of those with plans, the plan addresses the needs of:				
Families with children	47%	50%	51%	32%
Seniors	57%	53%	69%	32%



Barriers

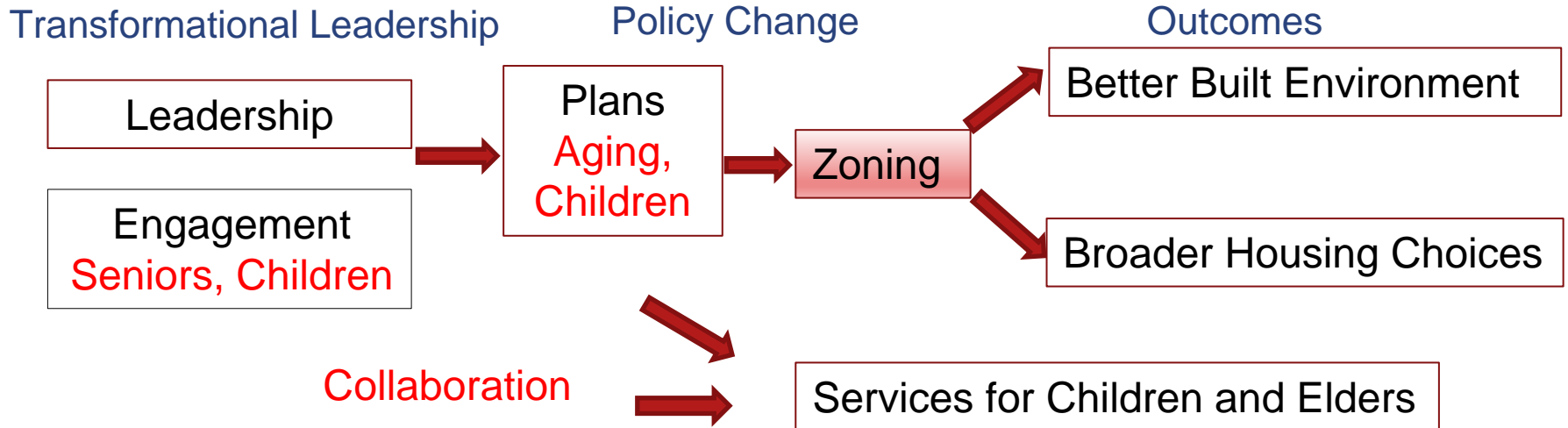
High – Funding, lack of information

Low – Regulations/Opposition



What Leads to Change?

- **Engagement** of seniors and families with children
- **Community Leadership and Collaboration Across Agencies**
- **Planning** – comprehensive planning, zoning and building codes



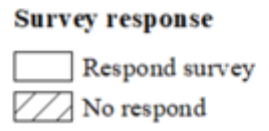
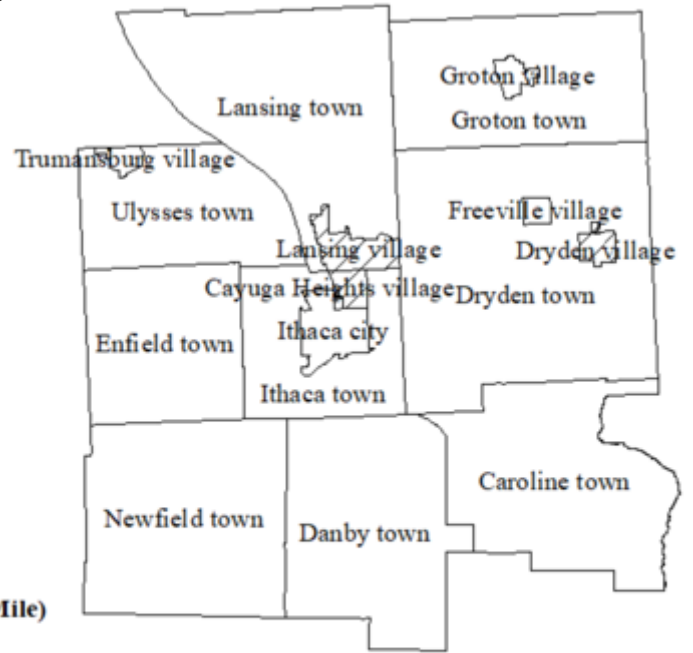
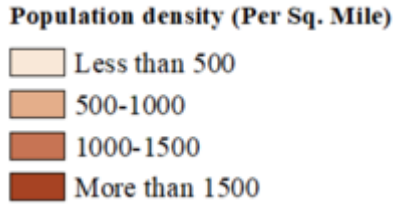
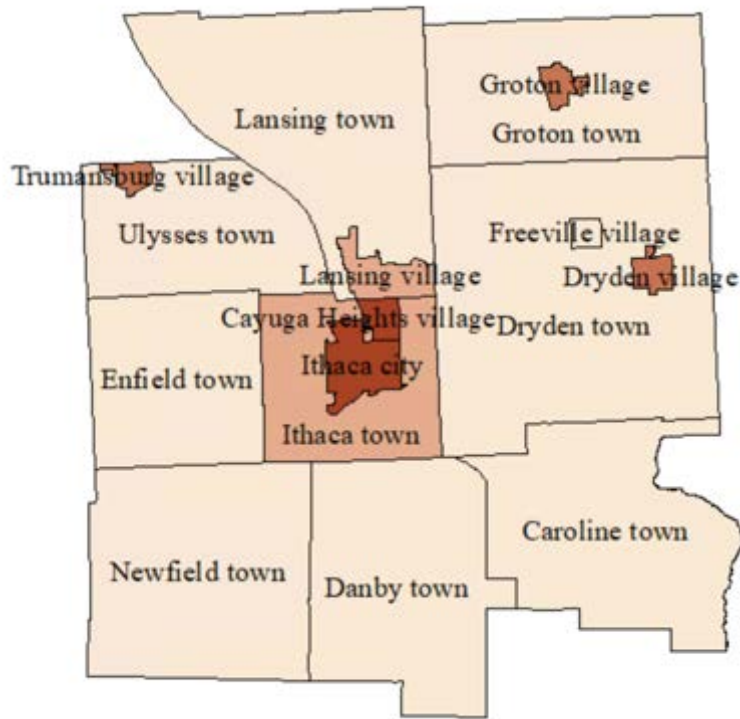
Is Age-Friendly Progress Stalled?

- More progress in streets and transportation, less in neighborhood and housing
 - Planning Boards need information/training on how to incorporate age-friendly
 - Urban bias in age-friendly designs leaves suburbs and rural areas behind
 - Male bias in economic development leaves out children and aging concerns
- Planning needs to reach out and build cross-agency partnerships
- Engagement is critical – An *All Ages* Approach
 - Collaboration with Tompkins County Age Friendly Center of Excellence
 - Survey conducted of the 16 municipalities in Tompkins County

Warner, M.E. and Zhang X., 2021. “Planning Across Generations: Are we making progress?” *CSA Journal*, 80 (1) : 40-46. https://www.csa.us/resource/resmgr/docs/journals/journal_82/Warner.pdf



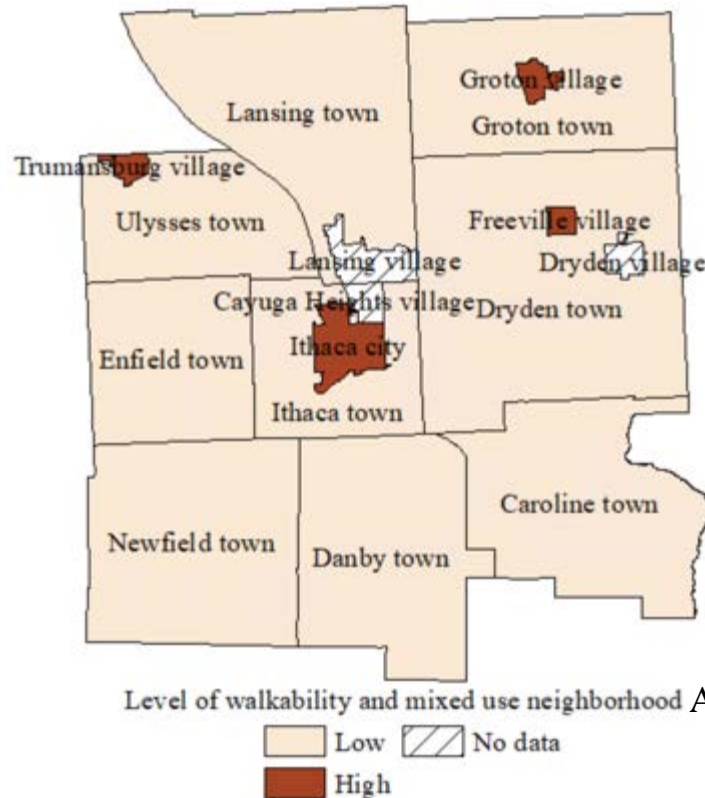
Tompkins County



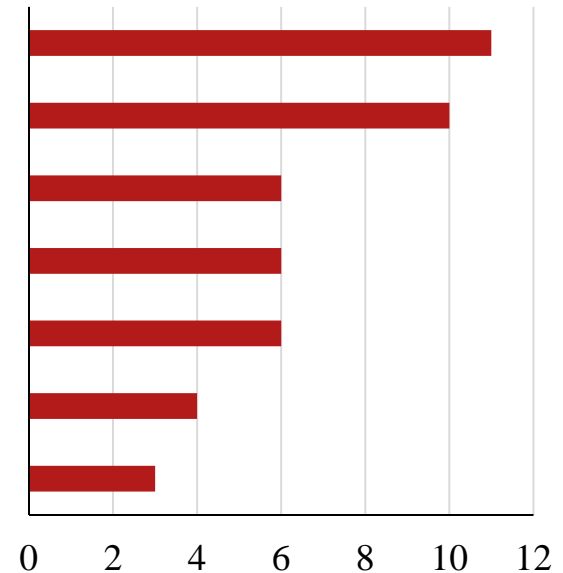
Built environment

Housing and childcare

Figure: Number of municipalities have the following



Rental housing
 Family-sized housing
 Subsidized housing
 Intergenerational housing
 Senior housing
 Affordable housing



Concentrated in city and villages, lack of bike lanes

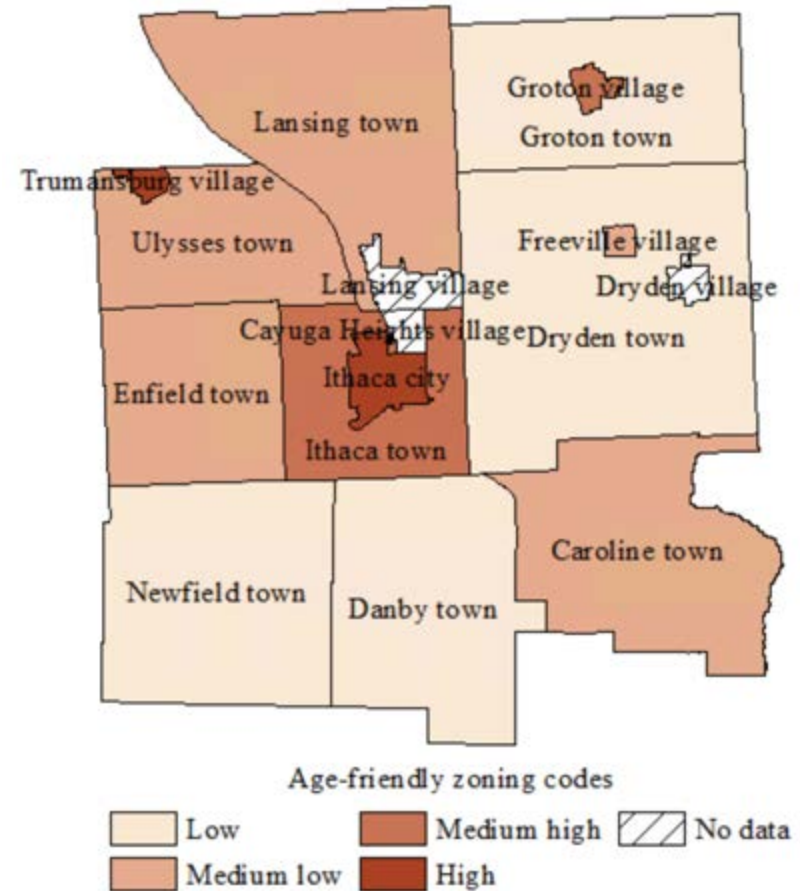
Zoning codes

Most common zoning codes allowed by municipalities:

- Allow accessory dwelling units
- Allow family-sized housing
- Allow childcare centers
- Promote parks or recreation facilities

Least common zoning codes allowed by municipalities:

- Mandate universal design
- Provide density bonuses
- Mandate sidewalk system
- Require street connections

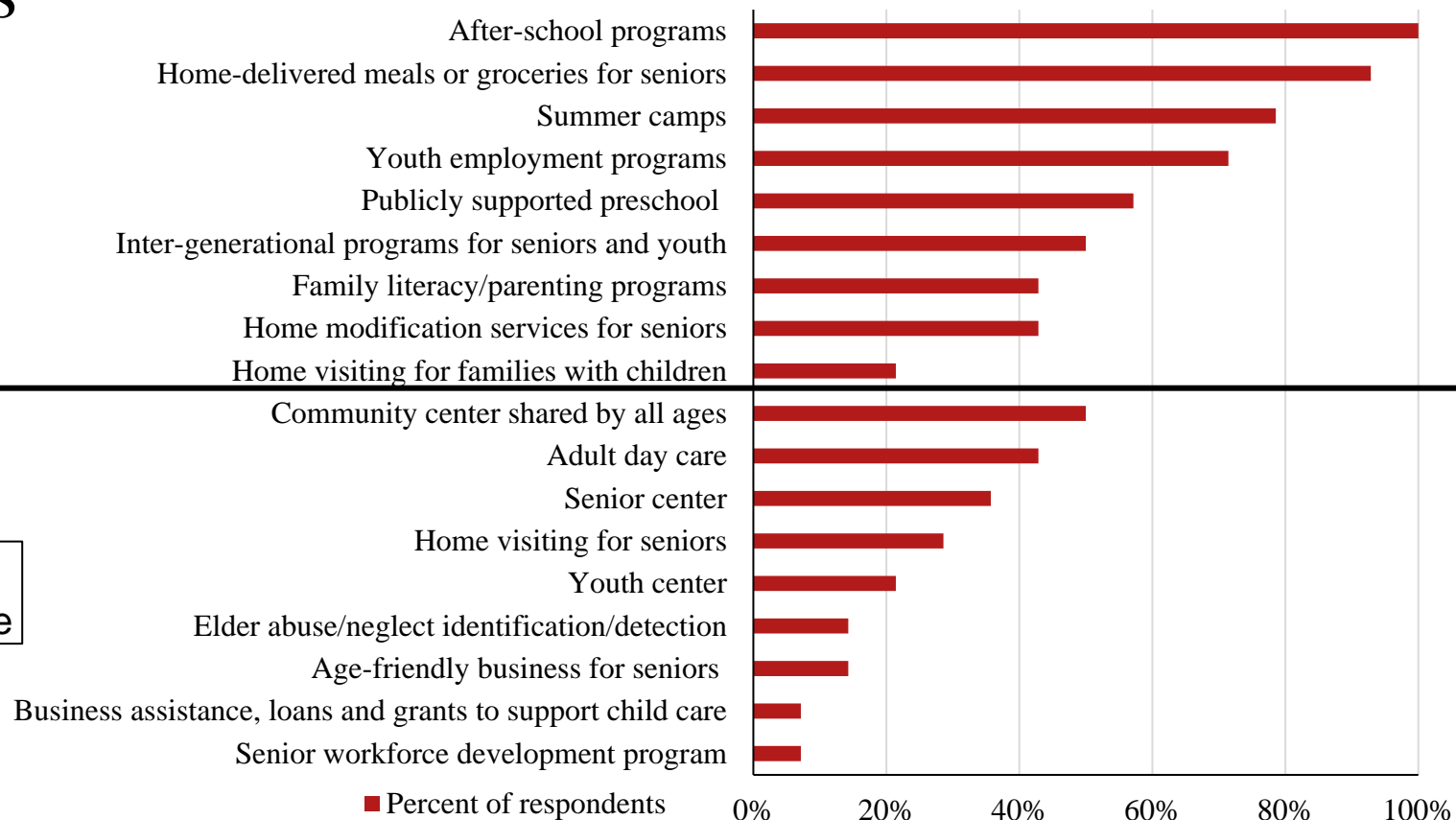


Services

Tompkins municipalities (N=14)

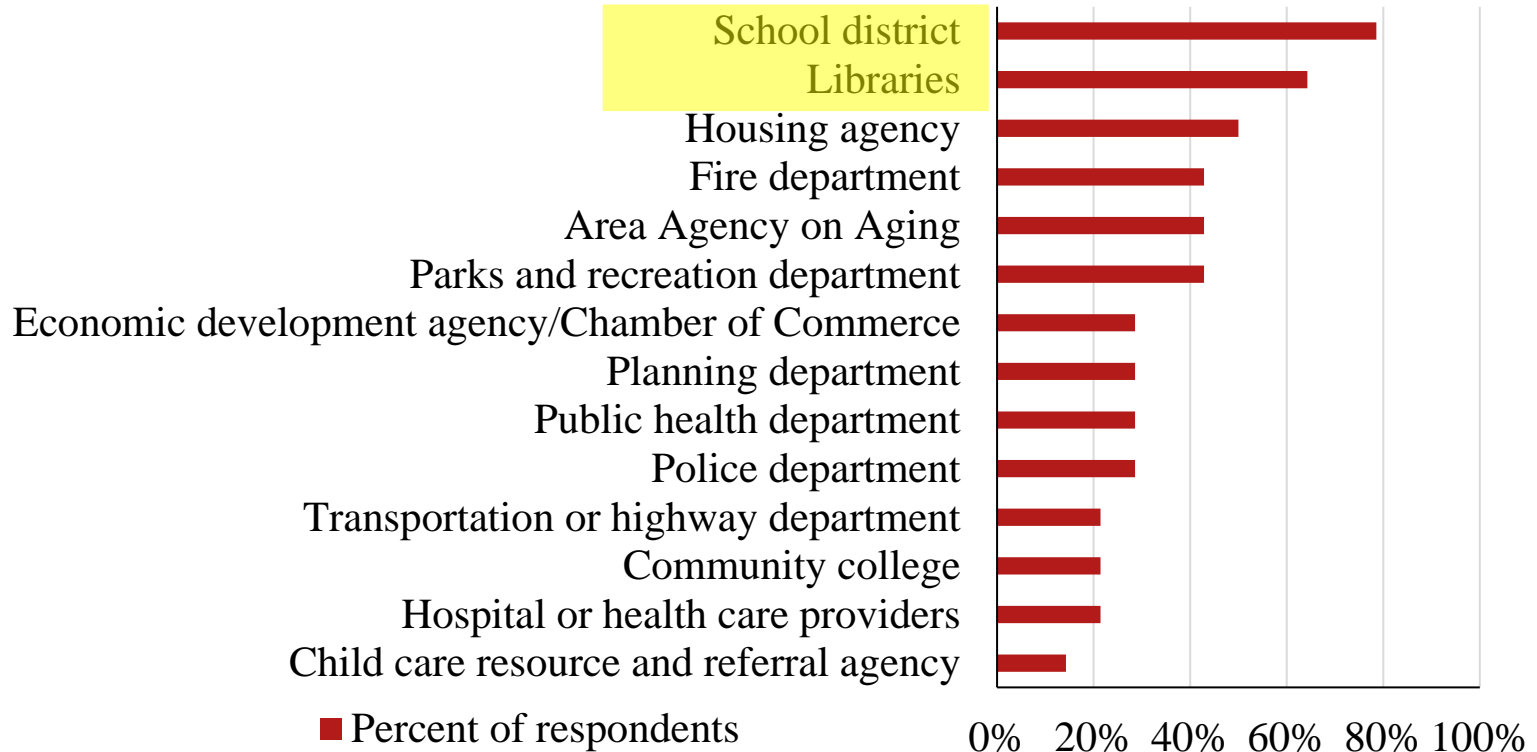
Higher than
national average

Lower than
national average



Cross-agency collaboration

Tompkins municipalities (N=14)



0% 20% 40% 60% 80% 100%



Planning

	Tompkins county				Tompkins municipalities	
	Comprehensive Plan	Economic development plan	Emergency Plan	Transportation Plan	Comprehensive Plan	Emergency Plan
Yes	✓	✓	✓	✓	100%	64%
Addresses the need of:						
Families with children	✓				50%	44%
Seniors	✓		✓	✓	57%	55%
Women						11%





AGE FRIENDLY
ITHACA & TOMPKINS COUNTY

Center for Excellence



TOMPKINS COUNTY
OFFICE FOR THE AGING

Aging Better, Together

Age Friendly Tompkins County

- Tompkins County joined the World Health Organization's network of Age Friendly communities in 2015.
- Natural alignment with the Tompkins County Office for the Aging's strategic planning process.
- 5-Year continuous improvement process:
 - Community Assessment/Engaging Stakeholders
 - Developing a Plan
 - Monitoring Progress
 - Evaluating Successes and Challenges
 - Repeat



Age Friendly 8 Domains

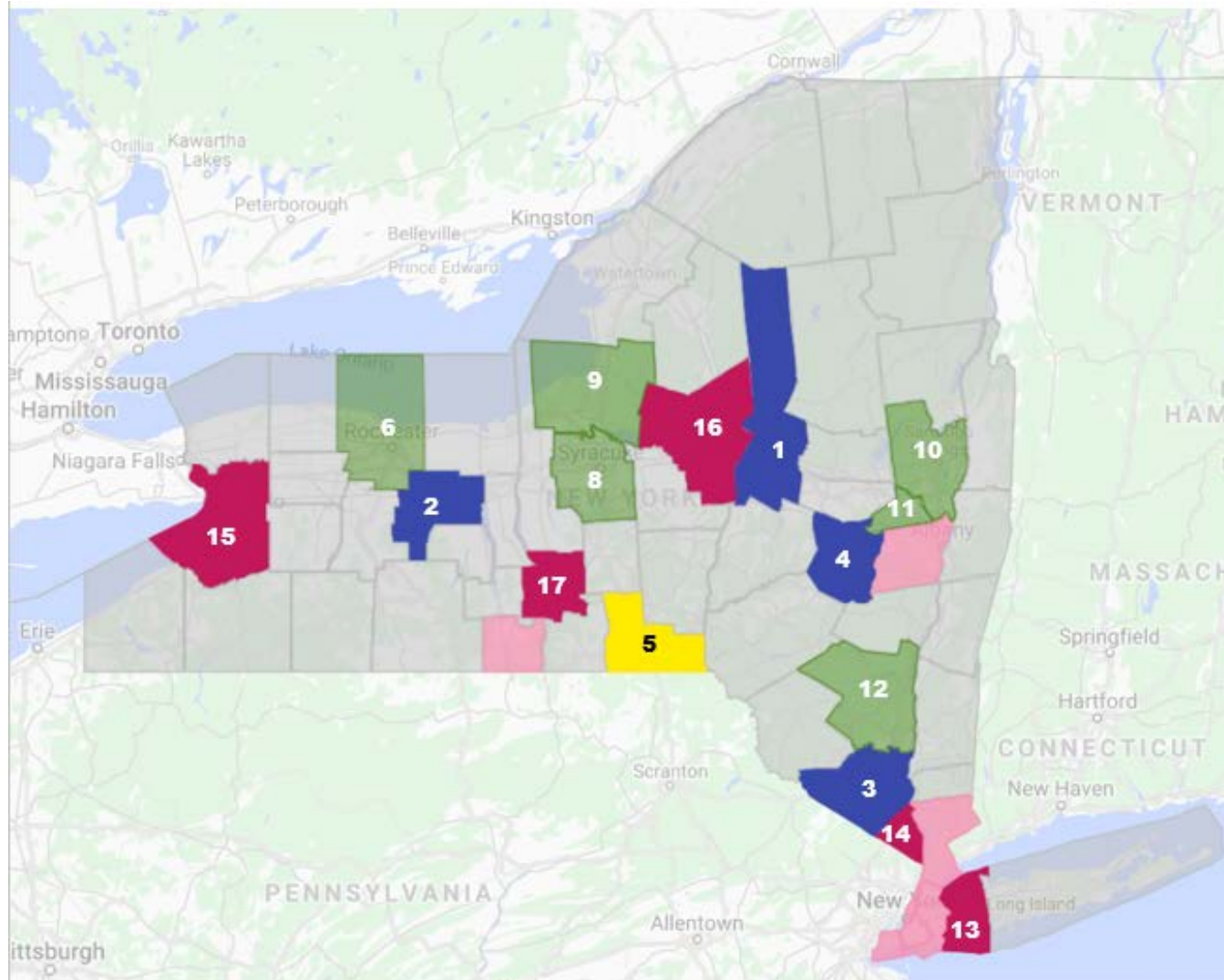
- Housing
- Transportation
- Buildings and Outdoor Spaces
- Employment and Civic Engagement
- Respect and Inclusion
- Community Support and Health Services
- Information and Communication
- Social Participation



NYS Age Friendly Centers for Excellence

- Fall 2019, Tompkins County selected to be one of five Age Friendly Centers for Excellence (CFEs) in NYS.
- CFEs received grants from NYS Office for the Aging/Health Foundation of Western and Central NY
- Purpose to support NYS's Health Across All Policies Initiative
 - Break down Agency silos and expand relationships with other agencies, non-profits and higher education
 - Focus on Age Friendly, Smart Growth, and NYS Prevention Agenda principles

TOMPKINS COUNTY #17 FINGER LAKES REGION



Executive Order 190	1	Herkimer
	2	Ontario
	3	Orange
	4	Schoharie

Cert. Age-friendly	5	Broome
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Executive Order 190 & Cert. Age-friendly	6	Monroe
	7	Nassau
	8	Onondaga
	9	Oswego
	10	Saratoga
	11	Schenectady
	12	Ulster

HAAAP Centers for Excellence	13	Nassau
	14	Rockland
	15	Erie
	16	Oneida
	17	Tompkins

Statement of Purpose

The primary goal of the Tompkins County Age-Friendly Center for Excellence (TCAFCFE) is healthy aging, which means transforming the social and physical environment to support health and well-being for community members across the lifespan.

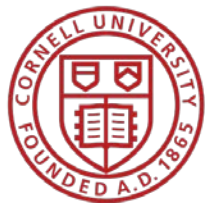
2020-21 Partnership Engagement

- OFA staff met with County Planning Dept. and Health Dept. and reviewed plans
- Solidified partnerships with County Youth Services and Office of Human Rights
- Partnered with Cornell City & Regional Planning and Design & Environmental Analysis faculty and students
- Strengthened relationships numerous non-profits and community members

2020-21 Areas of Focus

- Aging *and* Children & Youth
- Rural Areas – Comprehensive Plans
- Identifying and documenting Age Friendly Best Practices
- Health Equity/Food Access and Distribution
- Developing new 5-Year Plan in collaboration with other County agencies





Promoting Age Friendly Communities Project

Grace McCartney, Lin Khant Oo and Robyn Wardell



Cornell Age Friendly Research Team

Overview

1. Process and Framework
2. Cross Case Analysis and Planning for all Ages



1. Process and Framework



Gathering Information about Community Assets

1. How age friendly are Tompkins County Municipalities?
2. Municipal Comprehensive Plans
3. Survey Results
4. Key Informant Interviews
5. Cross Case Analysis

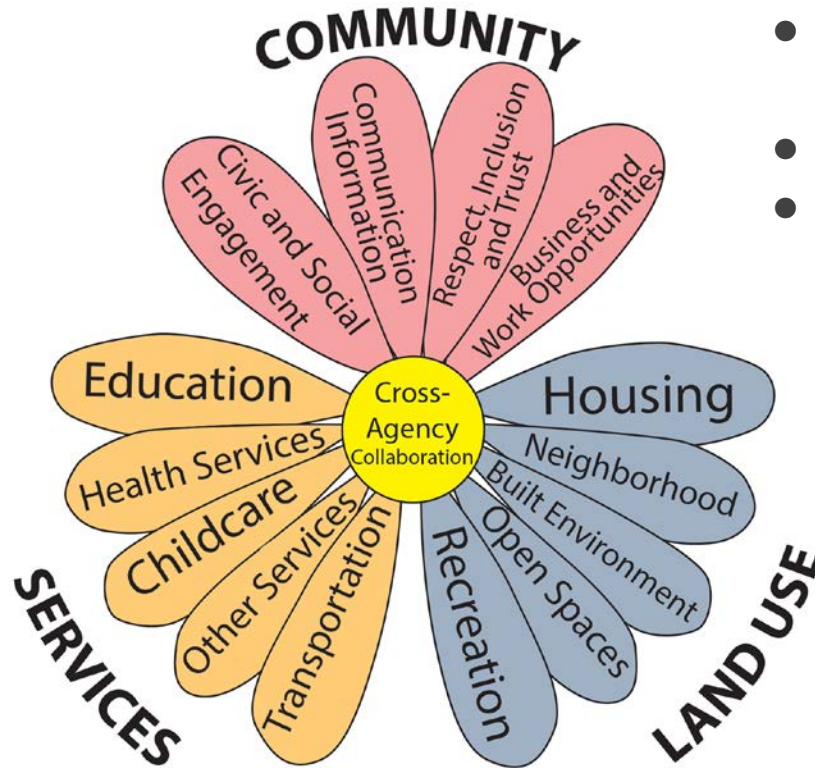


Age Friendly Domains

UNICEF Child Friendly Cities	WHO Age-Friendly Cities	AARP 8 Domains of Livability	Tompkins County Age-Friendly Center for Excellence
<ul style="list-style-type: none"> -Basic Services -Safe Water -Safe Streets -Opportunity to Play -Civic Participation -Family Support -Protection from Exploitation 	<ul style="list-style-type: none"> -Housing -Transportation -Services (Health) -Outdoor Spaces -Communication -Civil and Social Participation -Respect 	<ul style="list-style-type: none"> -Outdoor Spaces and Buildings -Transportation -Housing -Social Participation -Respect and Social Inclusion -Work and Civic Engagement -Communication and Information -Community and Health Services 	<ul style="list-style-type: none"> -Social determinants of health -Environment and social Well-being -Outdoor spaces -Unique needs/abilities of children and older adults -Intergenerational social connections and programs -Age Friendly Businesses -Emergency Preparedness



Age Friendly Domains



- Education
- Health Services
- Childcare
- Other Services
- Transportation

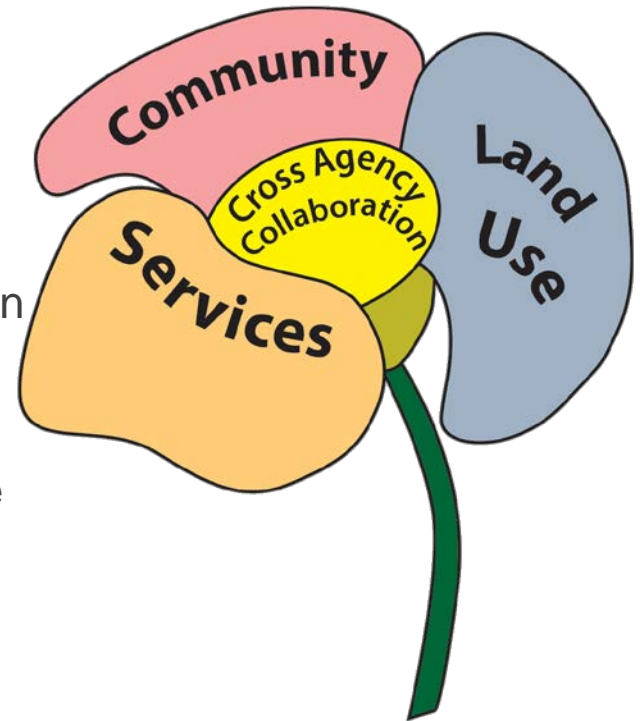
- Civic and Social Engagement
- Communication and Information
- Respect, Inclusion and Trust
- Business and Work Opportunities

- Housing
- Neighborhood
- Built Environment
- Open Spaces
- Recreation



The Flower

- Includes the flexibility and overlap inherent in our analysis
- Civic Participation (Community) and informal networks move age-friendly in rural landscapes
- **The Missing Domain: Cross-Agency Collaboration**
 - For age-friendly visions to become reality, cross-agency collaboration is key
 - Different age-friendly components move more cohesively with cross-agency collaboration



Tompkins County Municipalities

- 16 Total municipalities
- We reviewed:
 - All Towns,
 - Most Villages
 - City of Ithaca,
 - County



2. Cross Case Analysis and Planning for All Ages

1. Urban and Rural Land Use
2. Access to Services
3. Volunteerism & Community Engagement
4. Cross-Agency Collaboration



Urban and Rural Land Use

Rural Age Friendly Communities

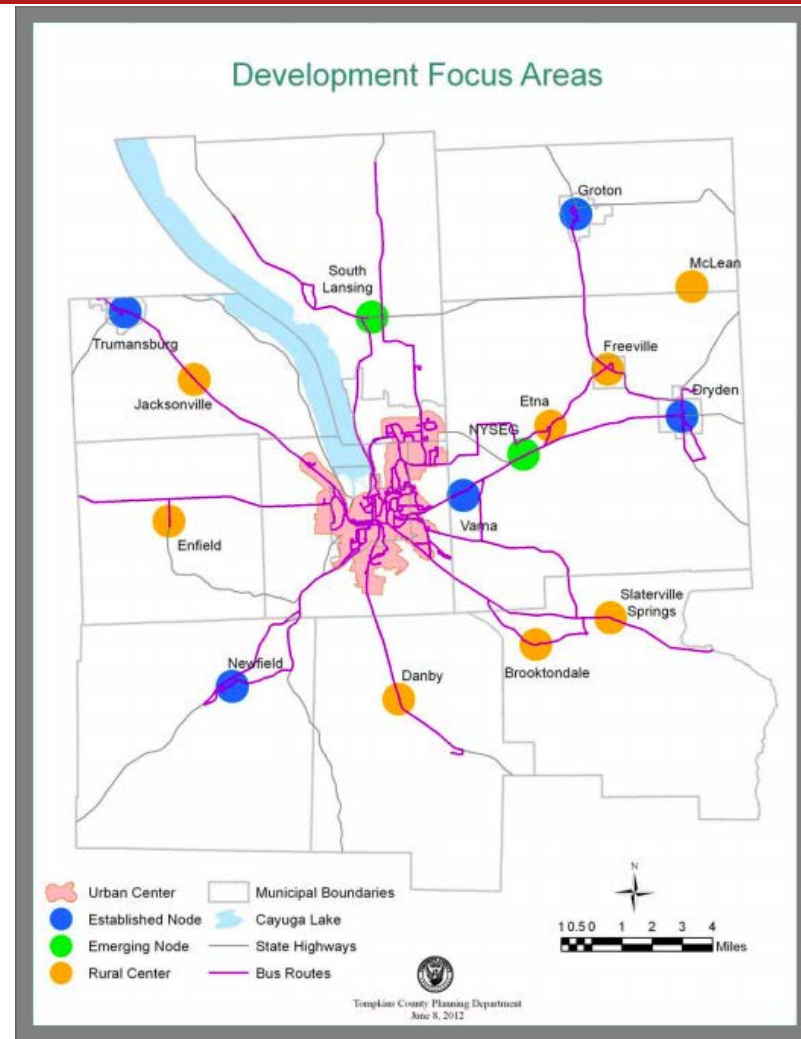
- Services & broad community cohesion are essential for age-friendly living in rural areas
- Increased housing density could create opportunities to build age-friendly attributes into physical planning
- Hamlets provide opportunity to integrate age friendly services and land use
- Aging in Place is dependent on transportation networks
 - Rural Transit is limited



Urban and Rural Land Use

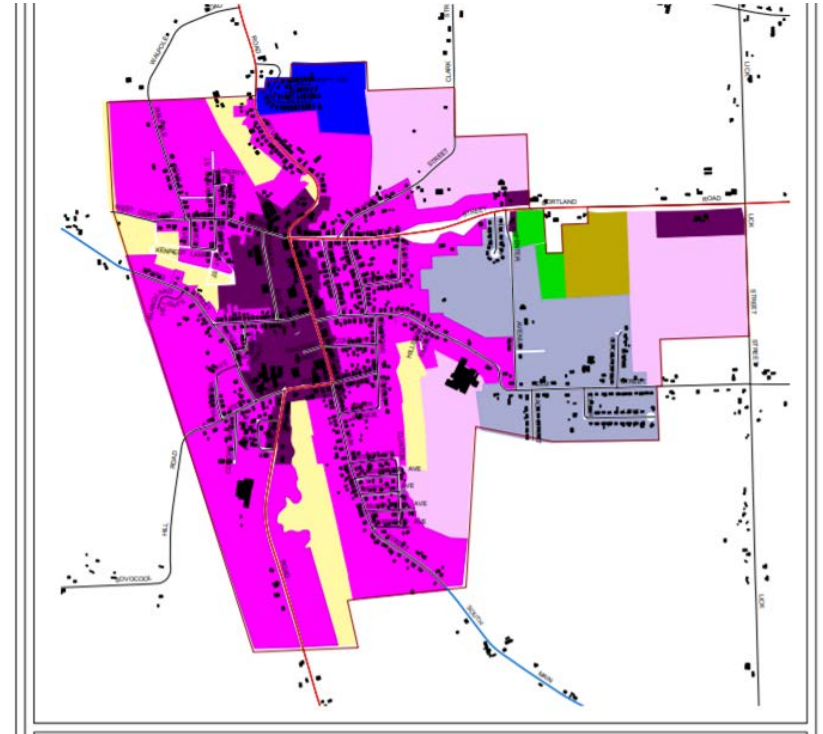
Smart Growth and Nodal Development

- Tompkins County Planning encourages Nodal Development through Development Focus Areas
- Encouraging walkable neighborhoods with a strong sense of place while preserving rural character



Urban and Rural Land Use Land Use Regulations

- Almost all municipalities in Tompkins County allow these as part of their code:
 - Mixed-use zoning
 - Family-sized housing,
 - Multi-family housing,
 - Accessory dwelling units and
 - Child care centers
- Rural municipalities have less zoning
 - Some use intensity-based zoning or are looking into form-based zoning



The Village of Groton uses intensity (in purple) as a part of their zoning

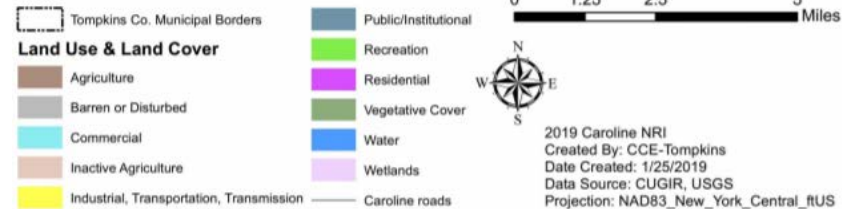
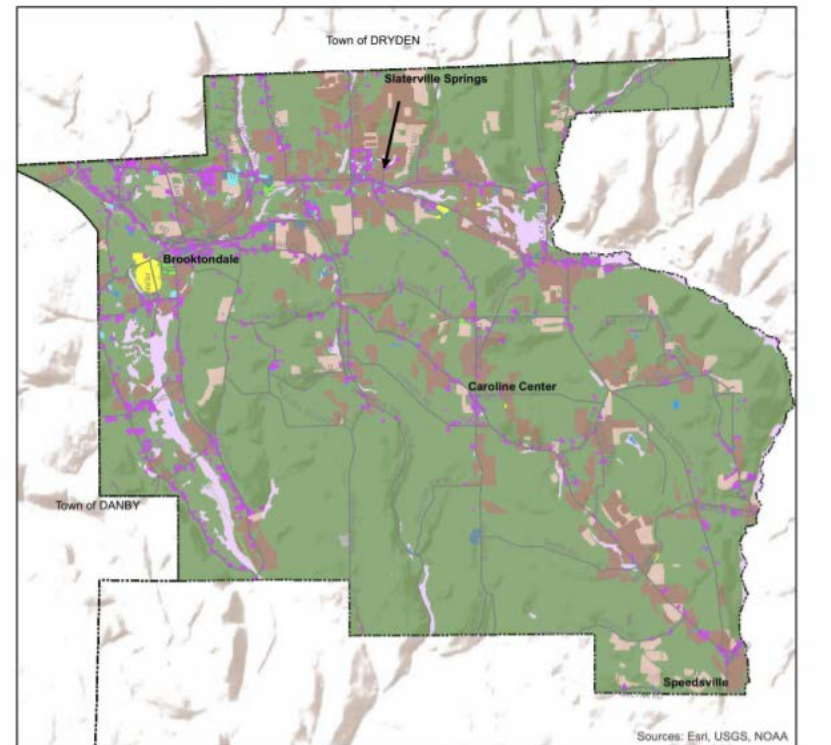


Urban and Rural Land Use

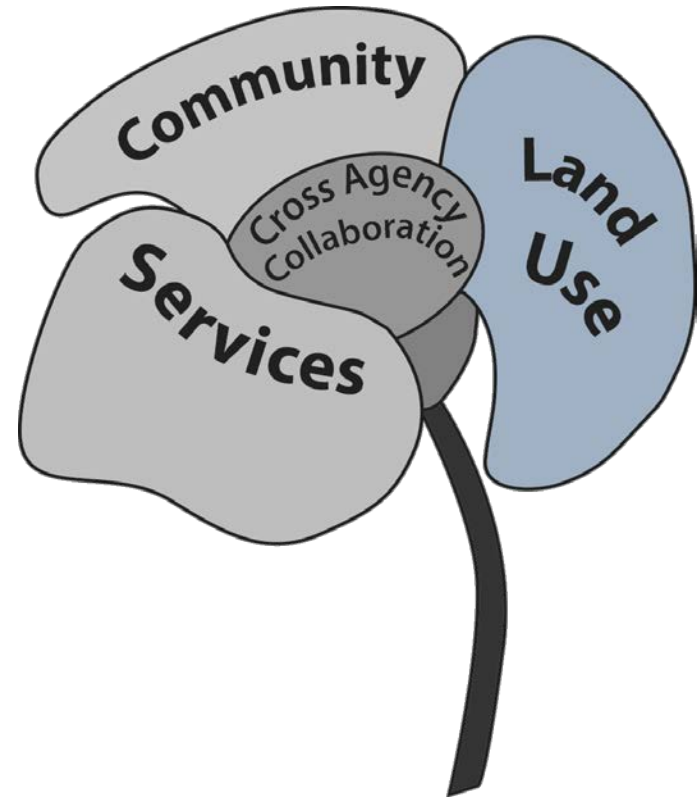
Hamlets/Villages in Place

- Nodal Development is a strategy to encourage aging in place while preserving rural character
- Towns without villages focus on hamlets in their age-friendly planning
- Hamlets and Villages are urbanized locations that can integrate land use and services

Caroline Land Use/ Land Cover



Augment nodal
development by
incorporating services
and community into land
use

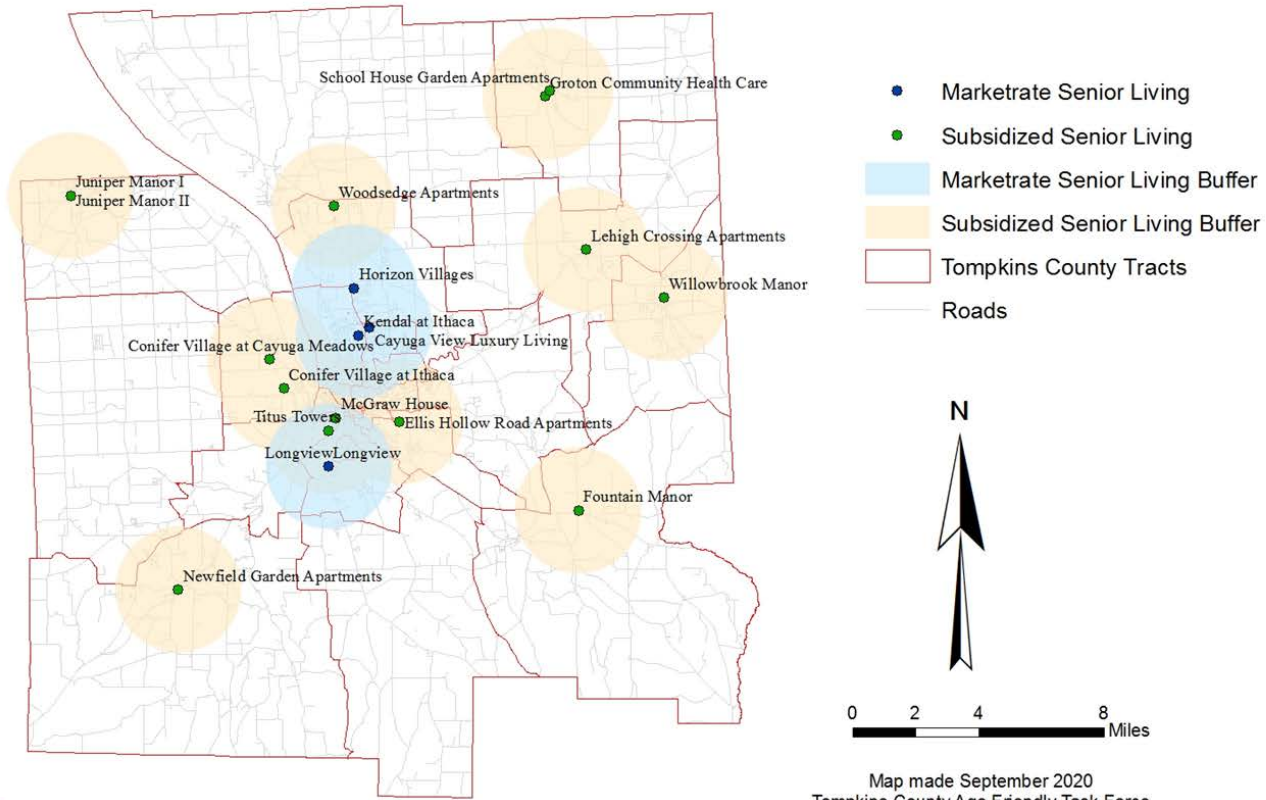


Access to Services

- Services are the connective tissue of communities *especially* in rural areas
- Access to one service has a domino effect to others
- Varies widely across county



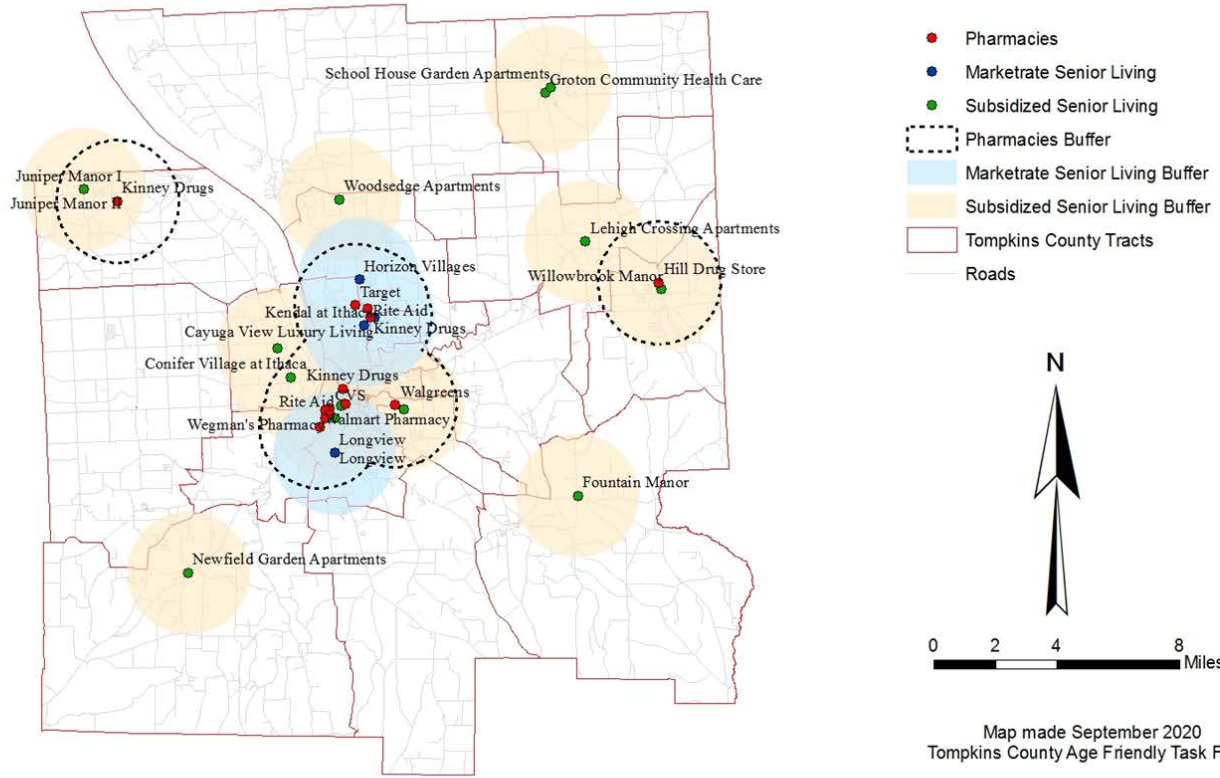
Marketrate and Subsidized Senior Living Buffer



Market Rate Senior Housing falls in the downtown Ithaca area while the Subsidized Senior Housing also sits in some of the further reaching parts of the county.



Senior Living and Pharmacy Accessibility



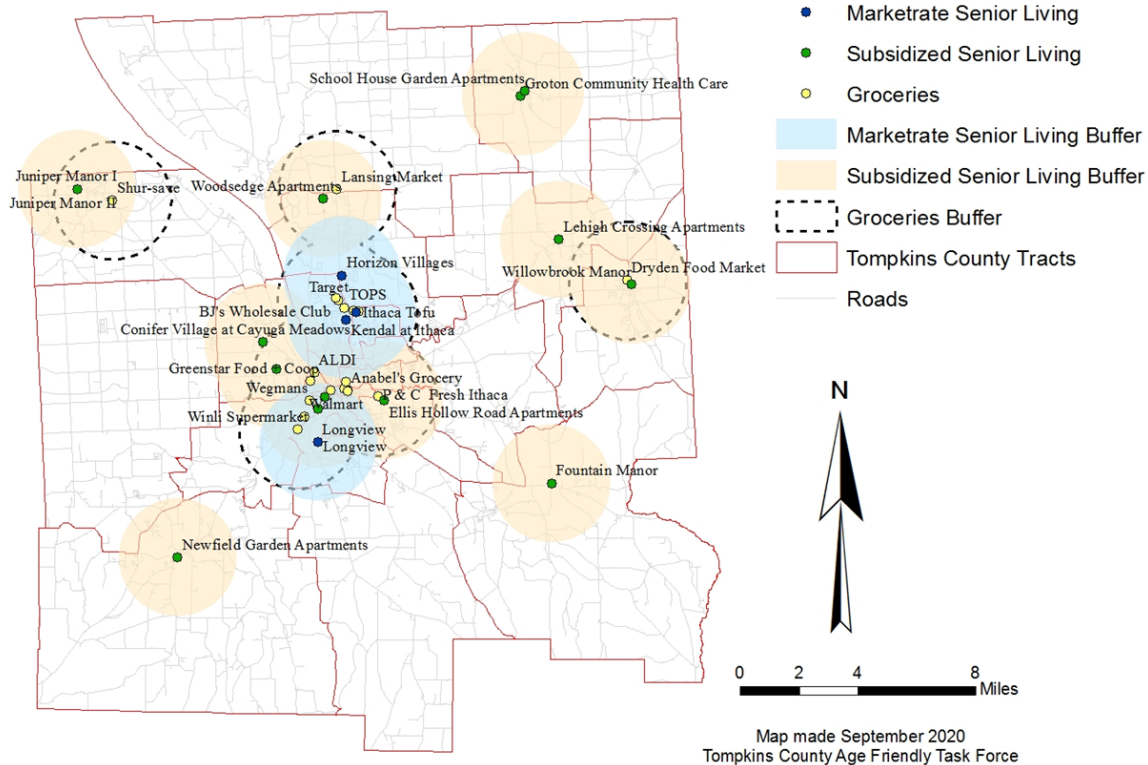
Pharmacies are concentrated in Ithaca and Lansing

All other outlying towns do not have a pharmacy

Delivery services are important.



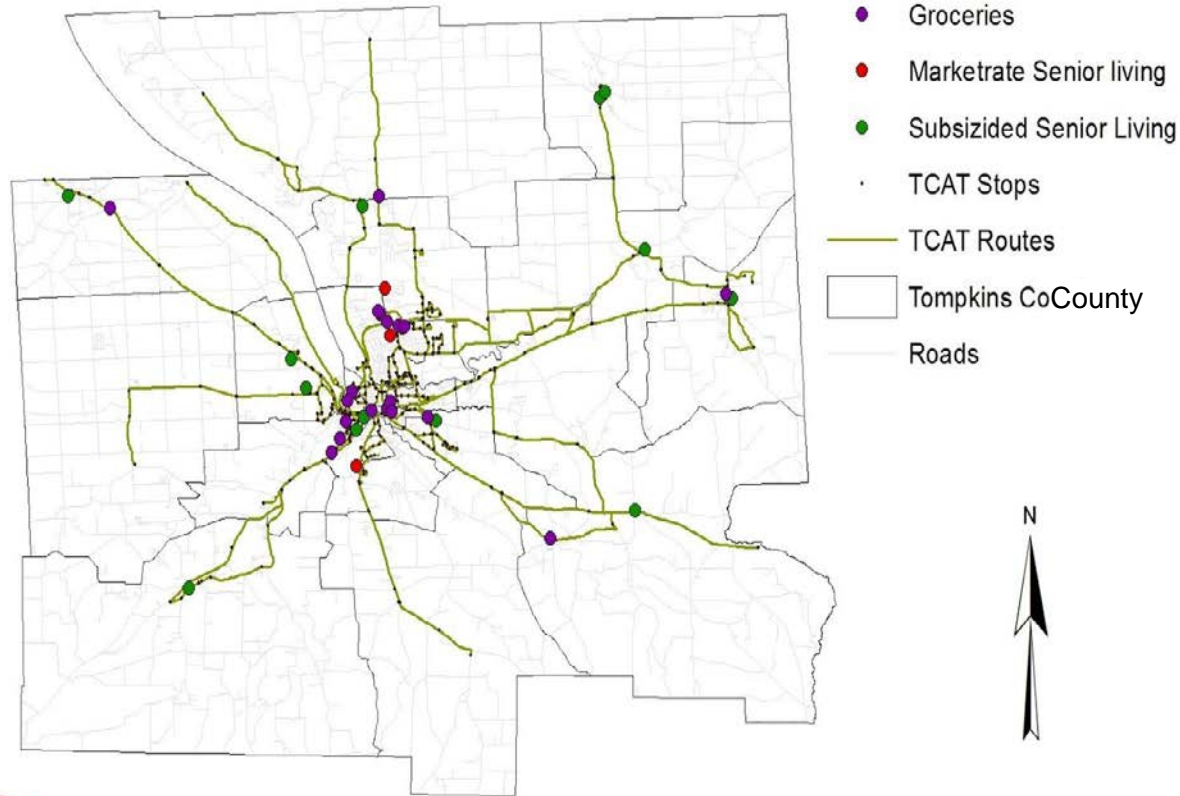
Senior Living and Groceries Buffer Accessibility



Market Rate Senior Housing has far more groceries and amenities than the Subsidized Senior Housing



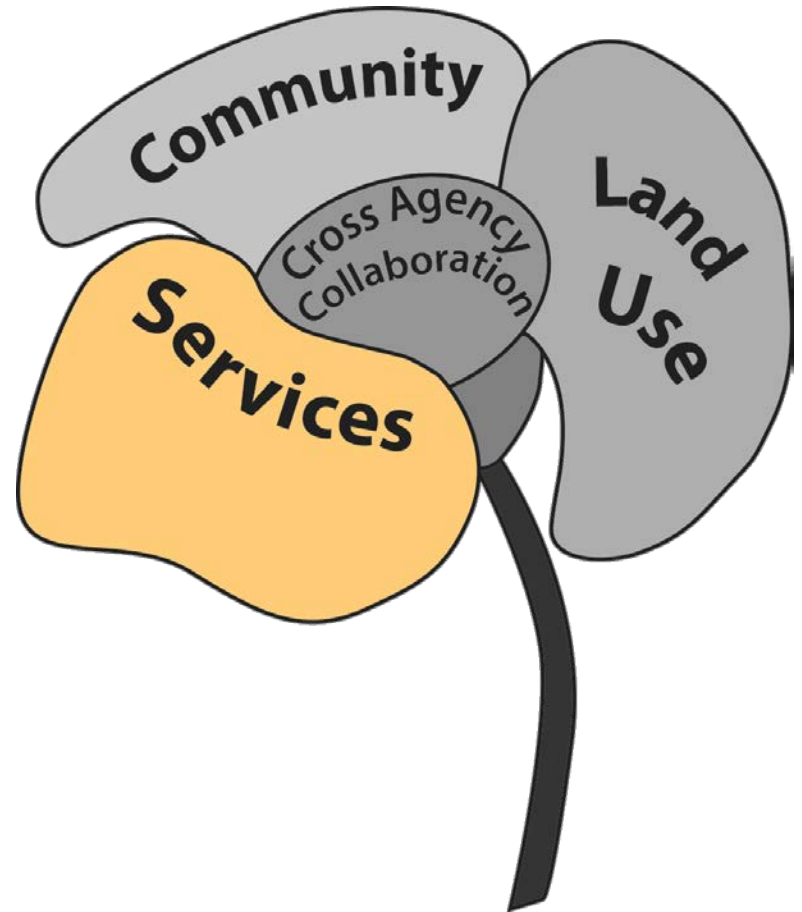
Senior Living and Groceries with TCAT map



TCAT routes reach most living centers, but frequency, timing and lack of bus shelters undermine effective use.



Expand and ensure access to services regardless of location with special attention towards rural areas.



Volunteerism & Community Engagement

- Staffing, resources, facilities
- Emergency services - food, fire, health
- Citizen planners & volunteers

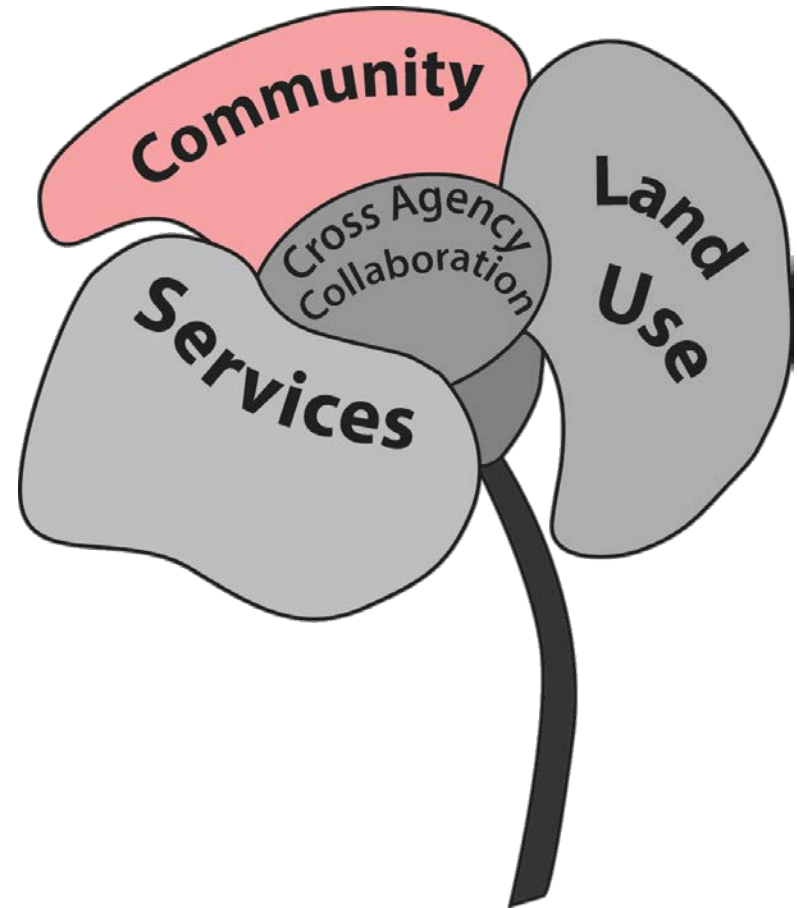
Town of Caroline Draft

2020 Comprehensive Plan

This document has not been fully formatted (no columns, text boxes or other features of layout) in order to facilitate revisions after the first round of public comment. A formatted version with revisions from the first public comment period will be presented for further public comment.



Recognize the importance of volunteerism, the role of citizen planners and community engagement through informal networks.



Cross Agency Collaboration

Common Silos

- Varying interaction amongst tiers of government & with service providers
- Separation between youth & elder services

Collaboration

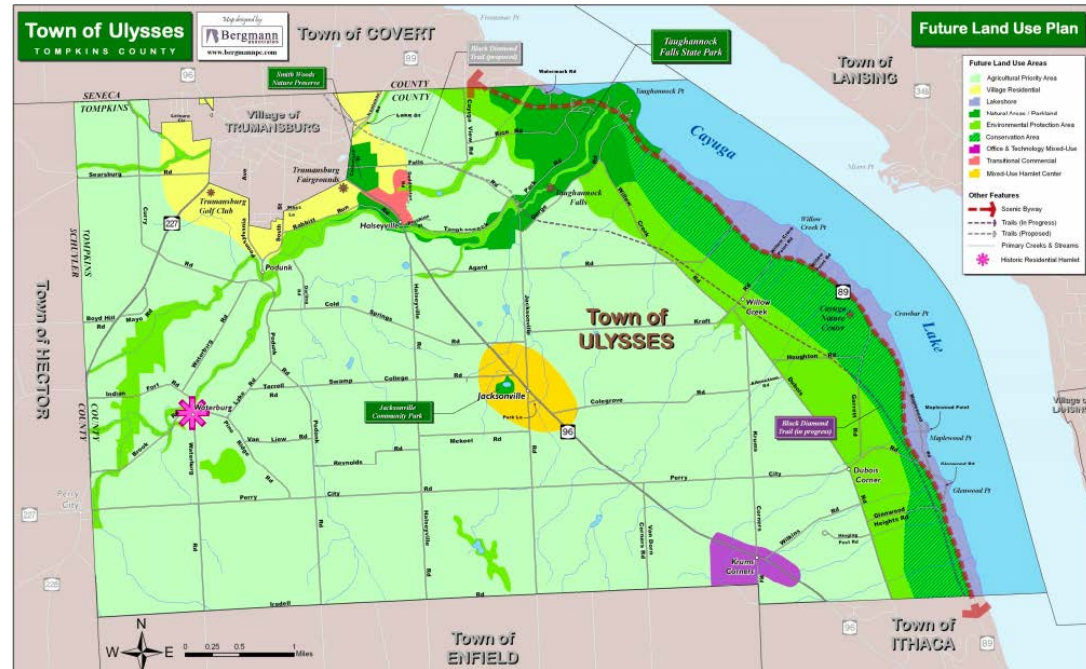
- Local governments and community organisations
- “What’s a silo?” in a rural town



Cross-Agency Collaboration

Town of Ulysses

- Hamlet of Jacksonville for proximity to goods, services, employment, transportation
- Four Boards: Town Village, School and Community Recreation
- Sharing youth, health and police services
- Intergenerational Programming



Cross-Agency Collaboration

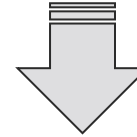
The Steering Committee

- A Task force tackling age-friendly
- Hosted by the Age Friendly Center for Excellence
- Participants from a variety of fields and backgrounds

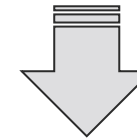


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Aging Better, Together



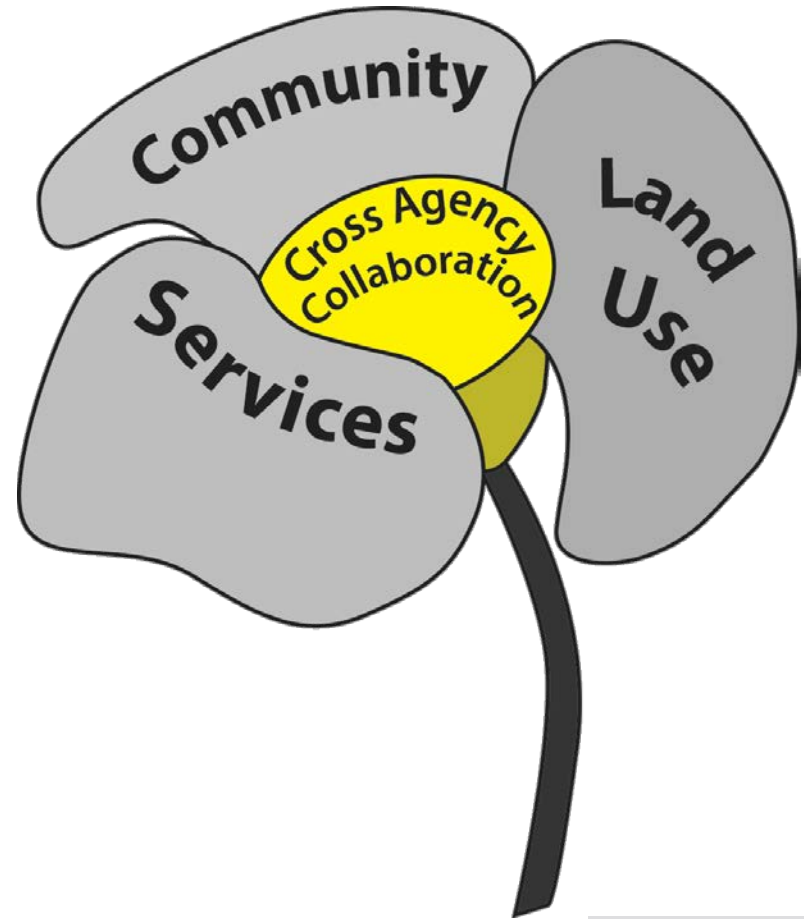
AGE FRIENDLY
ITHACA & TOMPKINS COUNTY



steering committee



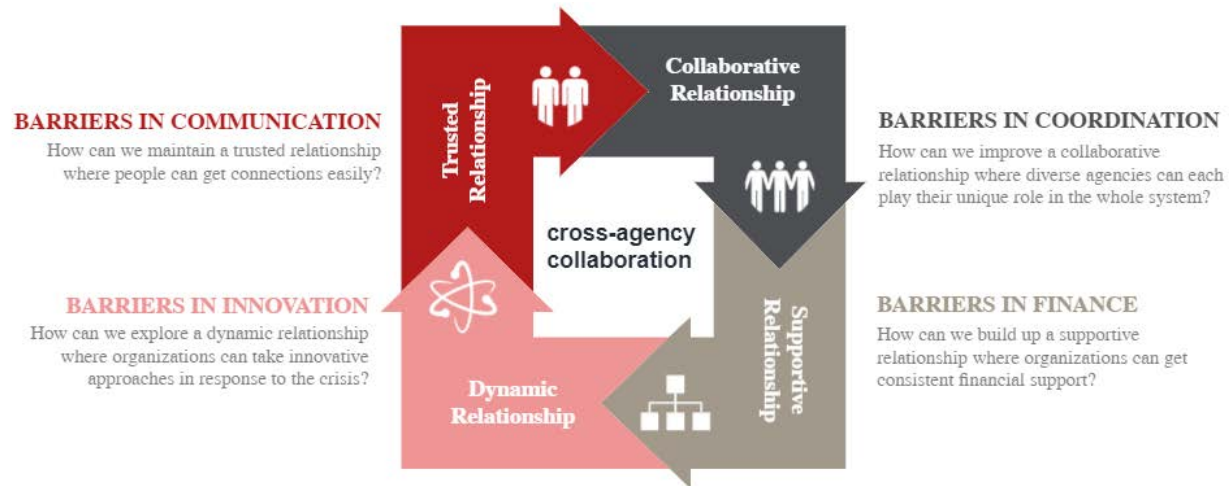
Build and maintain a task force to sustain momentum and collaboration



Cross-Agency Collaboration

COVID Response and Resilience

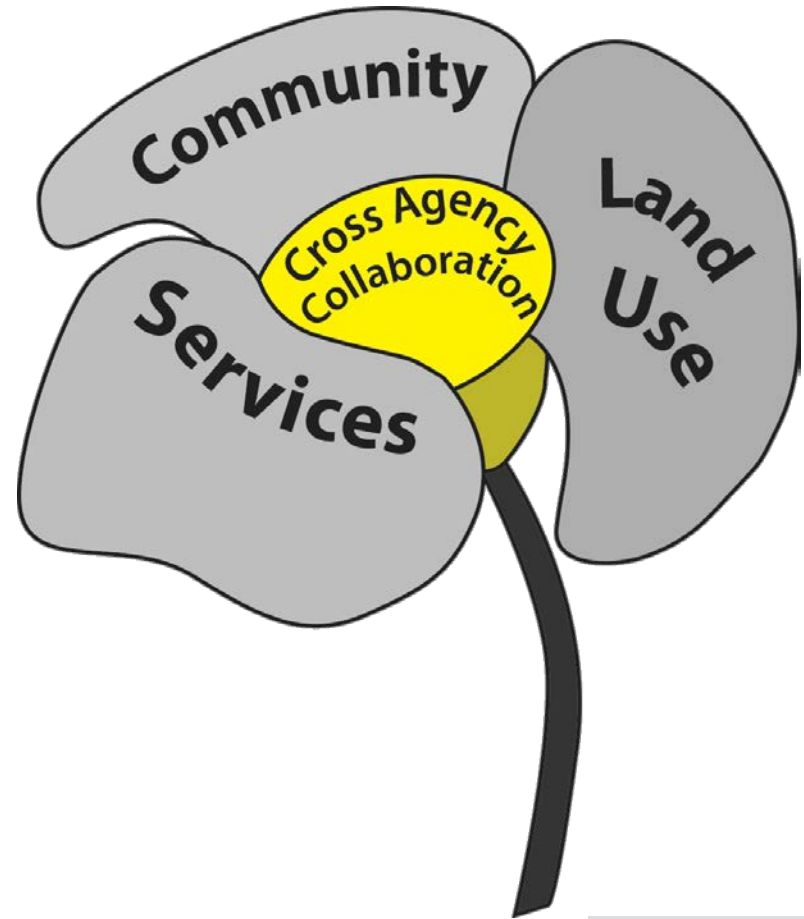
- Communities that overcame the pandemic had strong foundations of **volunteerism, collaboration and established networks.**
 - Many Agencies working together enabled Innovative Food Supply approaches
 - School buses and Gadabout were used to deliver food



Xu, Jeremy, 2020. "MULTIAGENCY RESPONSE TO FOOD INSECURITY DURING THE COVID-19 PANDEMIC", Best Practices Report. Tompkins County Age Friendly Center for Excellence, Cornell University Dept of City and Reg. Planning.
<http://cms.mildredwarner.org/p/315>



Build on the successes that emerged from the County's COVID response efforts



Recommendations:

1. Augment nodal development by incorporating services and community into land use
2. Expand and ensure access to services regardless of location
3. Recognize the importance of volunteerism and community engagement
4. Build and maintain a task force to sustain momentum and collaboration
5. Build on the successes that emerged from the County's COVID response efforts



LOCAL ADVOCACY

Town of Caroline, NY

Wil Lawrence / Beth Harrington

10/06/2021



Thank you!
Any Questions?



LOCAL ADVOCACY

Town of Caroline, NY

Wil Lawrence / Beth Harrington

04/20/2021





It started with a picnic ...

...Involving a **community group** (seniors)

- ✎ **Going to presentations:** age-friendly communities, local senior services
- ✎ **Going to free workshops:** AARP, FEMA, FLIC, Cooperative Extension, NY StateWide Senior Action Council, Green Star Community Projects
- ✎ **Friendly conversations with experts:** COFA, DoER, FLIC, HSC
- ✎ **Gathering information** from town's individuals (local survey)

→ **Volunteer access to local expertise**





Then a resolution and planning board meetings...

Updates for monthly agenda item on seniors, then town board passed resolution to voice support

Provided local survey results to planning board during comprehensive plan **update**, added livability section

Utilizing resources for information and guidance

Chatted about Dr. Warner's survey with town supervisor

Two-minute version of Ms. Greenhouse's built environment concepts

Change in emphasis from seniors to livability throughout the lifespan

→ **Conversations about trends**

**And that led to an
Age-Friendly action item**

“Create residential development guidelines that include neighborhood preparedness, resilience, and Age-Friendly Community design principles.”

→ Ready for Action

**Be a
voice
that is
heard**

- 👍 **Know your community** ... its history, culture, people, and focus (“local politics”)
- 👍 **Show up and speak up!** Offer suggestions, solid facts along with your conclusions.
- 👍 **Know your local government** ... laws impacted by planning, what’s behind decisions.
- 👍 **Extend your reach!** Find best practices carried out by similar municipalities.

→ Get involved & be persistent

Informational slide, not discussed in presentation:

Background on the Town of Caroline

Population of approximately 3500 in 1500 households, on route 79

55 sq miles, mostly hilly, of which approx. 10 sq mi are state forests

Paid town employees include: 4 town board members plus town supervisor, 5 DPW employees, two judges, a town clerk, bookkeeper, code officer, town historian

Emergency services: three all-volunteer fire districts, no ambulance service, no GP in town, no town police

Other town volunteers: review board, planning board, library, energy group, water conservation group, several ad hoc committees

County median income is \$84K, living wage is \$30K (newyork.hometownlocator.com)

Biggest employers are colleges in nearby towns and a corrections facility run by NYS

Some farming, approx. 9 sq mi (less than 6000 acres)

County is >25% students



Informational slide, not discussed in presentation:

Emergency Preparedness Neighborhood Groups

Informal groups of 5-6 households who are aware of needs of neighbors and their animals, have emergency contact info and some basic training on actions during an emergency

Timely topic

Adaptable for communities with broadband and cell service gaps

Low cost, requires little training and time commitment

Addresses multiple age-friendly domains:

social participation, respect and social inclusion, civic participation and employment, communication, and community support and health services

→ Community-building across all age groups



Abbreviations and Resources

AARP – major sponsor of Age Friendly Communities (formerly American Assn. of Retired Persons)

<https://www.aarp.org/livable-communities/network-age-friendly-communities/>

CCE - Cooperative Extension, <http://ccetompkins.org/>

COFA – County Office for the Aging, <https://www2.tompkinscountyny.gov/cofa/cfe-training-series>

DoER – Dept. of Emergency Response

FEMA – Federal Emergency Management Agency

FLIC - Finger Lakes Independence Center, fliconline.org

HSC – Human Services Coalition, hsctc.org

Town of Caroline - <http://www.townofcaroline.org/>

2020 Comprehensive Plan - <http://www.townofcaroline.org/town-planning-docs.html>