

Livable Lexington

July 21, 2015



Age Friendly Communities

WHO Definition:

“An age-friendly city encourages active ageing by optimizing opportunities for health, participation and security in order to enhance quality of life as people age.”



World Health Organization

- AARP Network of Age friendly Communities (Official US Affiliate)
 - Lexington joined in 2014
 - Berea joined in 2015
 - 56 communities in the United States
 - Bowling Green in Process-WHO



Structure

- Executive Committee –
 - Senior Services Commission
 - Area Agency on Aging and Independent Living
 - Division of Aging & Disability Services
 - AARP Kentucky
 - LFUCG Dept of Social Services
 - University of Kentucky College of Social Work
- Advisory Council – All of Our Followers, Constituents, etc.

History & Dates

- June 2011 – June 2012: Ask Lexington: Community Conversations
- May 8, 2014: First meeting of the Age-Friendly summit (*Livable Lexington*)
- June 17, 2014: Second meeting and brainstorming under the domains of Livability
- July-September 2014: construction of the survey
- December 2014: Survey closed, 1048 responses
- March 2015: Third meeting to share survey results and next step
- May-June 2015: Focus groups met to create and present plans

The Point of Livable

- There are three main points of the Livable Communities initiative, specifically in Lexington
- 1) Lexington as a community where persons desire and are able to age in place
- 2) Making Lexington more livable throughout 8 Core Domains of Livability
- 3) Giving Lexingtonians (old, young, and in-between) more opportunities to participate in their community and decision-making



Housing

Identified as “Housing” by Livable Lexington



What is Livable Housing?

- Increasingly, older adults desire to remain in their homes and communities for as long as possible, as they age.
- Doing so requires a house to be designed or modified for aging in place.
- Communities must also include housing options for varying life stages and varying incomes

Actionable Issues:

- Single Story Homes or Multi Levels with Elevators
- Smaller Housing
- Affordable Housing in Desirable Areas
- Located in Areas within Walking Distances to Needed Services (i.e., grocery, pharmacy, doctor)

Transportation

Identified as “Transportation” by Livable
Lexington



What is Livable Transportation?

- Alternative transportation options
- Public transit options can be expansive and as infrastructure dependent as a train system or as targeted as a taxi service that provides non-drivers with rides to and from a doctors office
- Transportation should be accessible to all ages and all physical capacities

Actionable Issues:

- Traffic Congestion
- Extended Bus Services Around Town and Evening Hours
- Less Dependence on Driving to Secure Goods



Social Inclusion

Identified as “Social Participation, Inclusion and Education Opportunities” by Livable Lexington



What is Livable Social Inclusion?

- Regardless of a person's age, loneliness is often as debilitating a health condition as having a chronic illness or disease.
- Sadness and isolation can be combatted by the availability of accessible, affordable and fun social activities
- Everyone wants to feel valued
- Intergenerational activities are a great way for young and old to learn from one another, honor what each has to offer and, at the same time, feel good about themselves

Actionable Issues:

- More Cultural and Intellectual Opportunities
- Diversity is Generally Not Well Received
- Affordable Opportunities for All



Job Opportunities

- Part of the Civic Engagement and Employment Domain
- Work options later in life
- Enjoy volunteering but would be preferred to be paid



Communication & Information

Identified as “Community Information” by
Livable Lexington



What is Livable Communication & Information?

- Information today is delivered in ways few could have imagined a decade ago – and many still don't know how to use it
- Age-friendly communities recognize that not everyone has a smartphone or internet access and that information needs to be disseminated through a variety of means

Actionable Issues:

- Methods for Disseminating Information to the Community
- Awareness of where to Look for Community Information
- Free Access to Wi-Fi in Public Places
- A Text Analysis Revealed that Lexingtonians get their resource information from:
 - LFUCG, Church, Internet, Senior Center, Elder Care

Collaboration with University

- UK College of Social Work
 - Received a research grant
 - Convened multi-generational work groups
 - Presented 5 potential plans



Livability in Lexington

- Handicapped Parking Fines increased
- Improvements to HC parking spaces
- Specific language regarding accessibility in the Comprehensive plan
- Sidewalk Café Ordinance to ensure accessibility
- Wayfinding for walkability downtown (livableLEX)
- New state of the art Senior Center
- Points of Accessibility Map

Livability in Lexington

- Visit-ability
- Accessory Housing
- Neighborhood Watch

Contact

Kristy Stambaugh, CTRS, MRC, CRC
Lexington Fayette Urban County Government
Director of Aging and Disability Services

kstambau@lexingtonky.gov

859-258-3806

www.lexingtonky.gov/aging

D. Lee Ferrell, MSW
Doctoral Student, College of Social Work
University of Kentucky
Undergraduate Instructor, College of Social Work, UK
740-352-7601

davidleferrell@uky.edu