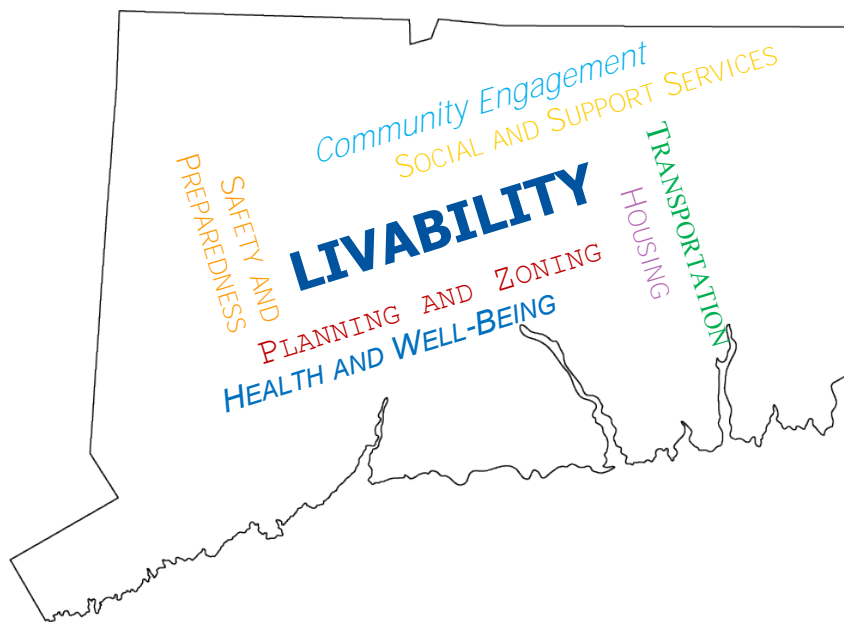


## CONNECTICUT FOR LIVABLE COMMUNITIES

A REPORT PURSUANT TO PUBLIC ACT 13-109

To the Connecticut General Assembly's Committees on Aging, Housing, Human Services  
and Transportation

July 1, 2014



Submitted by:

**Connecticut's Legislative Commission on Aging**

State Capitol, 210 Capitol Avenue, Room 509

Hartford, CT 06106

Phone: 860.240.5200

Join us on Facebook and Twitter

Website: <http://www.cga.ct.gov/coa>



# TABLE OF CONTENTS

<b>Executive Summary</b> .....	1
<b>Introduction</b> .....	4
Connecticut is Aging: Are You Ready? .....	4
Connecticut’s Legislative Commission on Aging .....	5
Our Work on Behalf of the Connecticut General Assembly .....	6
How We Got Here .....	7
<b>Livable Communities</b> .....	9
<b>What Makes a Livable Community</b> .....	10
Community Engagement .....	10
Health and Well-Being .....	11
Housing .....	11
Planning and Zoning .....	12
Safety and Preparedness .....	13
Social and Support Services .....	14
Transportation .....	15
<b>Our Work</b> .....	16
Vision, Mission and Values .....	16
Partners .....	17
Website .....	18
Engagement and Leadership .....	19
Creating a Process .....	19
Public Policy .....	20
<b>Recommendations</b> .....	22
Community Engagement .....	22
Health and Well-Being .....	22
Housing .....	23
Planning and Zoning .....	24
Safety and Preparedness .....	25
Social and Support Services .....	26
Transportation .....	26
<b>Next Steps</b> .....	27
<b>Conclusion</b> .....	28
<b>References</b> .....	29
<b>Appendices</b> .....	30
Appendix A: Relevant Legislation .....	30
Appendix B: In the News .....	34
Appendix C: Resource List .....	35
Appendix D: Ideas and Innovations .....	40
Appendix E: Glossary .....	42

# EXECUTIVE SUMMARY

Connecticut is undergoing a permanent and historic transformation in its demographics: it is aging. Between **2010 and 2040, Connecticut's population of people age 65 and older** is projected to grow by 57%, with less than 2% growth for people age 20 to 64 during the same period. Moreover, residents born in Connecticut today can expect to live to be 80.8 years old—the third highest life expectancy in the nation.

This unprecedented longevity, coupled with sheer increases in the number of older adults, has profound implications for everyone in Connecticut.

## Connecticut's Legislative Commission on Aging

Connecticut's Legislative Commission on Aging is a nonpartisan agency of the Connecticut General Assembly (CGA). Created more than 20 years ago by Section 17b-420 of the Connecticut General Statutes, the Commission serves as an objective, credible source of research, actionable plans, oversight and policy implementation. Through this unique role, the Legislative Commission:

- Improves the quality of life for Connecticut's older adults of today and tomorrow;
- Prepares the state for a profoundly growing, long-lived population; and
- Provides accountability within state government.

Through the Legislative Commission's historic and collaborative and historic work in changing how and where people receive long-term services and supports, the Legislative Commission knows that people want to stay in their communities and to have choice, independence and dignity.

In recognition of the profound role of the community in these efforts, the CGA passed Public Act 13-109, *An Act Concerning Livable Communities* (see Appendix A: Relevant Legislation), which **charged Connecticut's Legislative Commission on Aging with spearheading the Connecticut for Livable Communities initiative.**

## Livable Communities

Livable communities are vibrant, intergenerational places that are easy to get around. They include affordable, appropriate housing options, supportive community features and services, and adequate mobility options. They foster independence, engage residents in civic and social life, and allow people to age in place. Done well, they benefit community residents across the lifespan.

Livable communities create economic value, are attractive to all ages, promote health and drive environmentally responsible development.

Public Act 13-109  
charged  
**Connecticut's**  
Legislative  
Commission on  
Aging with  
spearheading  
Connecticut for  
Livable  
Communities.

# EXECUTIVE SUMMARY, continued

## Vision and Mission

Our vision is to create great places to grow up and grow older. Our mission is to convene, engage, inspire and support local and regional efforts to create livable communities in Connecticut for residents across the lifespan by working with diverse partners, connecting related initiatives, and promoting ideas, innovations and resources that respond to contemporary community needs.

## Domains of Livability

Connecticut's Legislative Commission on Aging has identified seven domains that influence whether or not a community is livable—a place that can support residents' quality of life across the lifespan.

- **Community Engagement:** All Connecticut communities strive to be vibrant, intergenerational places with opportunities for community engagement at every stage of life.
- **Health and Well-Being:** Livable communities are ones that promote the health and well-being of all Connecticut residents, including older adults. And it's about more than just access to high quality, affordable health care—it's about creating the conditions in which people can be healthy.
- **Housing:** Older adults generally want to age in place, in familiar home and neighborhood environments. Accordingly, a broad range of accessible, affordable and creative housing options is a critical component of a livable community.
- **Planning and Zoning:** Planning and zoning have far-reaching implications for community life, dictating, for example, how well residential areas are connected to businesses, medical services, and community and civic centers.
- **Safety and Preparedness:** Livable communities promote and ensure the safety and security of their residents, and prepare them for emergencies.
- **Social and Support Services:** Livable communities have adaptable social and support services to enable aging in place. Social and support services are broad and can relate to mobility, nutrition, personal care, financial management and other areas.
- **Transportation:** Transportation is the vital link that connects residents with their communities and the elements of a vibrant and engaged life. Creating diverse, accessible and affordable transportation choices benefits everyone, but is especially critical for the third of the population that does not drive, including older adults, children, individuals with disabilities, and those who do not own a vehicle.

Livable communities are vibrant, intergenerational places that are easy to get around.

# EXECUTIVE SUMMARY, continued

## Our Work

Thus far, the Legislative Commission has:

- **Established the initiative's vision, mission and values;**
- Created a website to highlight resources, innovations and ideas, and best practices across Connecticut and across the nation;
- Formalized nearly 30 strategic partnerships with diverse stakeholders across multiple sectors, including municipal and state leaders, community stakeholders, philanthropic organizations and others;
- Outlined a process for creating livability for local municipal leaders; and
- Advanced public policies to support aging in place and livable communities.

## Recommendations and Next Steps

This report outlines recommendations for communities looking to enhance livability. To help communities implement those recommendations over time, the Legislative Commission plans to:

- Recognize localities that have implemented livable communities initiatives, pursuant to Public Act 14-73;
- Expand partnerships across multiple sectors to advance livability, pursuant to Public Act 13-109;
- Continue to convene municipal leaders, legislators and other thought leaders for statewide and regional forums on creating livability;
- Continue to identify funding opportunities for municipal leaders, seeking to implement or sustain livable communities initiatives;
- Work with partners to conduct asset mapping across all Connecticut communities, with the goal of helping each community understand its facilitators and barriers to developing livable communities;
- Continue to research models in other states, nationally and internationally;
- Work with the Connecticut General Assembly to identify and advance policy solutions that incentivize and inspire the creation of livable communities;
- Provide technical assistance to Connecticut communities seeking to enhance or promote livability; and
- Create town-specific data profiles to enable towns to enhance livability in a targeted and strategic fashion.

Creating livability  
requires robust  
partnerships,  
long-range  
planning and  
sustained  
commitment.

# INTRODUCTION

## Connecticut is Aging: Are You Ready?

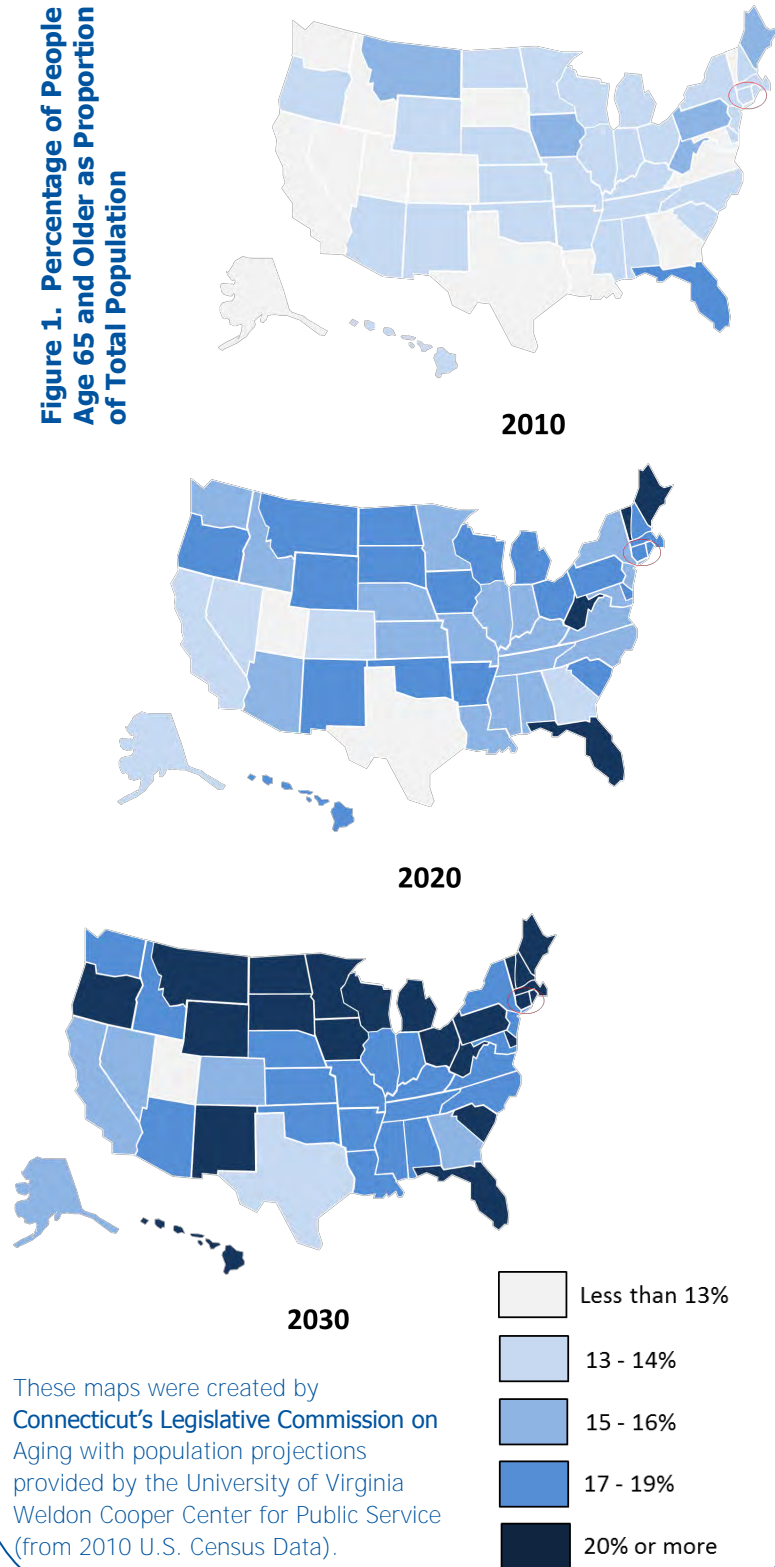
Connecticut is undergoing a permanent and historic transformation in its demographics: it is aging. Between 2010 and 2040, Connecticut's population of people age 65 and older is projected to grow by 57%, with less than 2% growth for people age 20 to 64 during the same period. Moreover, residents born in Connecticut today can expect to live to be 80.8 years old—the third highest life expectancy in the nation.

This unprecedented longevity, coupled with sheer increases in the number of older adults, has profound implications for everyone in Connecticut.

- Municipalities **will be driven to create communities that are easy to get around** for individuals across the lifespan.
- **Age-segregated cultural norms** may change as older adults assert their desire to live vibrant, intergenerational lives in their familiar home and community environments.
- **Economic sectors will transform** as innovative goods and services emerge in response to the needs of growing numbers of older adults.
- **Workplaces will adapt** as employees begin working well beyond traditional retirement age.

Residents born in Connecticut today can expect to live to be 80.8 years old.

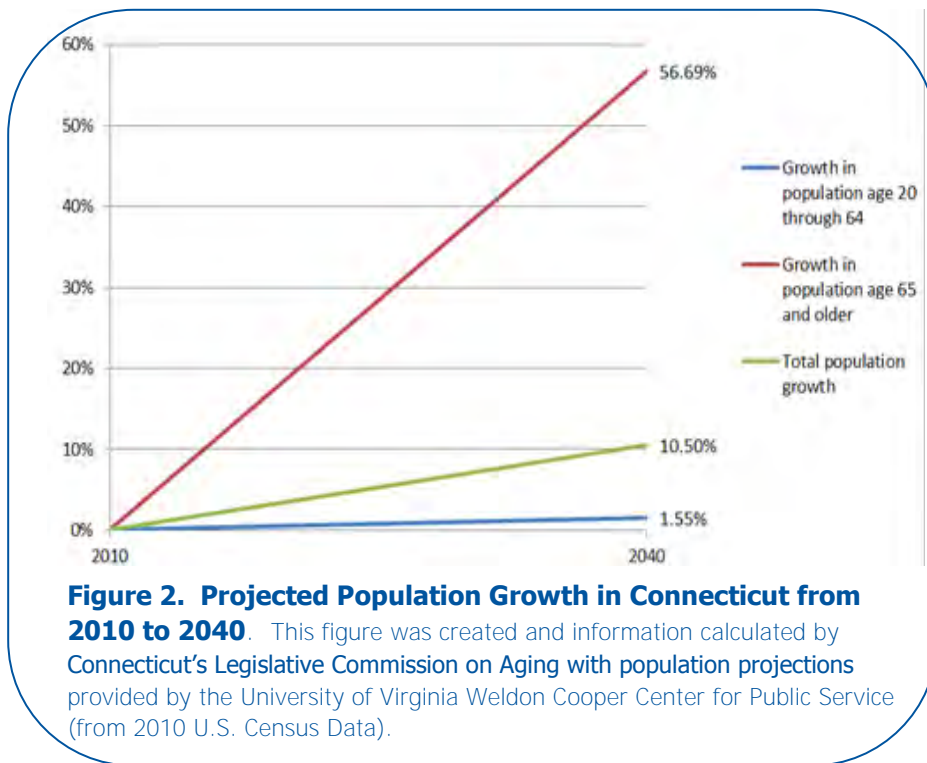
Figure 1. Percentage of People Age 65 and Older as Proportion of Total Population



These maps were created by Connecticut's Legislative Commission on Aging with population projections provided by the University of Virginia Weldon Cooper Center for Public Service (from 2010 U.S. Census Data).

## Connecticut's Legislative Commission on Aging

Connecticut's Legislative Commission on Aging is a nonpartisan agency of the Connecticut General Assembly. Created more than 20 years ago by Section 17b-420 of the Connecticut General Statutes, the Commission serves as an objective, credible source of research, actionable plans, oversight and policy implementation. Through this unique role, the Commission improves the quality of life for Connecticut's older adults of today and tomorrow; prepares the state for dramatic increases in the sheer numbers of older adults and unprecedented longevity; and provides accountability within state government.



Connecticut's  
Legislative  
Commission on  
Aging improves  
the quality of life  
for Connecticut's  
older adults of  
today and  
tomorrow.

### Connecticut by the Numbers

- Connecticut has the **3<sup>rd</sup> highest life expectancy** in the nation, at **80.8 years**.<sup>1</sup>
- Connecticut is the **7<sup>th</sup> oldest state** in the nation, based on median age.<sup>2</sup>
- Between 2010 and 2040, Connecticut's population of people age 65 and older is projected to **grow by 57%**. Its population of people age 20 to 64 is projected to grow by **less than 2%**.<sup>3</sup>
- In 2010, there were 4.25 working-age people for each person age 65 and older in Connecticut. In 2030, **there will be only 2.75**.<sup>4</sup>



## Our Work on Behalf of the Connecticut General Assembly

- **Innovate.** Lead efforts to promote public policy reflecting best practices and national trends on multi-faceted aging issues, including health care, long-term services and supports, transportation, economic security, housing, employment and many others.
- **Data Development.** Analyze demographic, economic, quality of life and service delivery trends in aging, delivering objective research and generating reports to guide sound public policy.
- **Policy Analysis.** Develop and comment on legislative proposals and testify before the Connecticut General Assembly. Review and comment on state departmental policies, programs, procedures, and outcomes that affect older adults and persons with disabilities, providing accountability and objectivity.
- **Partnerships.** Establish and maintain partnerships with diverse stakeholders, including the business community, nonprofits and other governmental entities.
- **Outreach.** Reach out statewide to thousands of Connecticut residents by hosting public informational forums, hosting a regular radio show, utilizing social media, attending community events and more.
- **Cost savings.** Among other endeavors, lead efforts to streamline Medicaid long-term services and supports, which represent 13% of the state budget, potentially saving Connecticut hundreds of millions of dollars annually.



**Connecticut's Legislative Commission on Aging Staff:** Program Manager Alyssa Norwood, Senior Policy Analyst Deborah Migneault, Executive Director Julia Evans Starr, Communications Manager Carol Buckheit.

**Photo credit:** Robert Caroti.

Connecticut's  
Legislative  
Commission on  
Aging innovates,  
develops data and  
analyzes policy for  
the Connecticut  
General Assembly.



## How We Got Here

**F**or more than two decades, Connecticut's Legislative Commission on Aging has been anticipating, tracking and leveraging the opportunities and challenges presented by the **state's profoundly growing, long-lived population**. In Connecticut, more than one-third of the population is over the age of 50, and that proportion continues to rise. This demographic transformation has been spurred by medical, social and economic advances and has been buoyed by baby boomers, people born between the years 1946 and 1964.

The essential doubling of our aging population will impact nearly every facet of society, redefining retirement as older adults remain engaged in the workforce; growing a workforce to serve an increasing numbers of older adults who are committed to aging in place; challenging state budgets as older adults increasingly outlive their financial resources; and growing the market for housing that is smaller, affordable, accessible and located in vibrant, walkable and transit-served neighborhoods.

At the state level, the Legislative Commission is a historic leader in **transforming Connecticut's long-term care system**. The Long-Term Care Advisory Council (LTCAC), established under Section 17b-338 of the Connecticut General Statutes, advises and makes recommendations to the Long-Term Care Planning Committee (LTCPC). Section 17b-337 **charges the LTCPC with crafting Connecticut's long-term care plan**. The Legislative Commission chairs the LTCAC, and in so doing, has worked with diverse stakeholders to create and promote a system that **honors an individual's choice in where and how to receive long-term care services and supports**. The Legislative Commission also convened a comprehensive long-term care needs assessment. The data gathered **have been the cornerstone in the state's long-term care planning**, legislative and other policy-making activities.

Money Follows the Person (MFP), a multi-million dollar federal demonstration project, helps residents in institutional long-term care settings transition to communities and live independently, with the support of home and community-based services. The Legislative Commission co-chairs the MFP Steering Committee and chairs the MFP Workforce Development subcommittee, advising MFP implementation.

Through these roles and our research, the Legislative Commission knows that people want to stay in their communities and to have choice, independence and dignity. In recognition of the profound role of the community in these efforts, the Connecticut General Assembly passed Public Act 13-109, *An Act Concerning Livable Communities* (see **Appendix A: Relevant Legislation**), **charging Connecticut's Legislative Commission on Aging to spearhead Connecticut for Livable Communities**.

In Connecticut,  
more than one-third  
of the population is  
over the age of 50,  
and that proportion  
continues to rise.


## How We Got Here

Connecticut for Livable Communities is an initiative to provide information and inspiration for community leaders to prepare for **Connecticut's changing demographics**. Pursuant to Public Act 13-109, Connecticut's Legislative Commission on Aging is charged with:

- Establishing "Connecticut for Livable Communities" to serve as a forum for best practices and a clearinghouse for resources for municipal and state leaders;
- Establishing and facilitating partnerships with municipal leaders, representatives of municipal senior and social services offices, community stakeholders, planning and zoning boards and commissions, representatives of philanthropic organizations, and representatives of social services and health organizations;
- Planning informational forums on livable communities;
- Investigating innovative approaches to livable communities nationwide;
- Identifying various public and private funding sources; and
- Creating a livable communities website.

Finally, Public Act 13-109 requires Connecticut's Legislative Commission on Aging to submit this report not later than July 1, 2014 to the joint standing committees of the General Assembly having cognizance of matters relating to aging, housing, human services and transportation.

The essential doubling of our aging population will impact nearly every aspect of society.

 **Legislative Commission on Aging**  
*A nonpartisan research and public policy office of the Connecticut General Assembly*

Testimony of  
**Deborah Migneault, Legislative and Community Liaison**  
Commission on Aging  
before the Aging Committee  
February 26, 2013

Good morning Senator Ayala, Representative Serra and esteemed members of the Aging Committee. My name is Deb Migneault and I'm the Legislative and Community Liaison for the Commission on Aging. On behalf of the Commission, I thank you for this opportunity to comment on a number of bills before you today.

As you know, the Legislative Commission on Aging is the non-partisan, public policy office of the Connecticut General Assembly. We have been working to address the challenges of a changing demographic of older adults. For state-wide efforts to support older adults and promote leadership and collaboration.

In these difficult times, we need to be creative and think outside the box. We are committed to supporting you in your efforts to address the needs of our aging population.

**SB 837: An Act Concerning the Department of Aging**  
- CoA Informs

We offer this testimony as background on the establishment of a State Department on Aging.

The State Department on Aging was established on January 1, 2013 after eight years of delays by the Legislature and the Governor.

The new department moves existing "State Unit on Aging" funding, programs and staff (28 people) out of the Department of Social Services and into a separate stand-alone department. Additional funding was provided in the FY 2013 budget for a Commissioner and Executive Assistant for the Commissioner. The Commissioner has yet to be named.

**HB 6396: An Act Concerning Livable Communities**  
~ CoA Supports

The CoA is most willing and eager to continue the work of the Aging in Place Task Force (SA 12-6) to establish a long-range initiative focused on livable communities and aging in place. This bill seeks to establish a mechanism to formally report the work of the initiative to the CGA and maintain a formal connection on the subject matter between the CGA and livable community stakeholders.

House Bill 6396 ultimately became Public Act 13-109, An Act Concerning Livable Communities

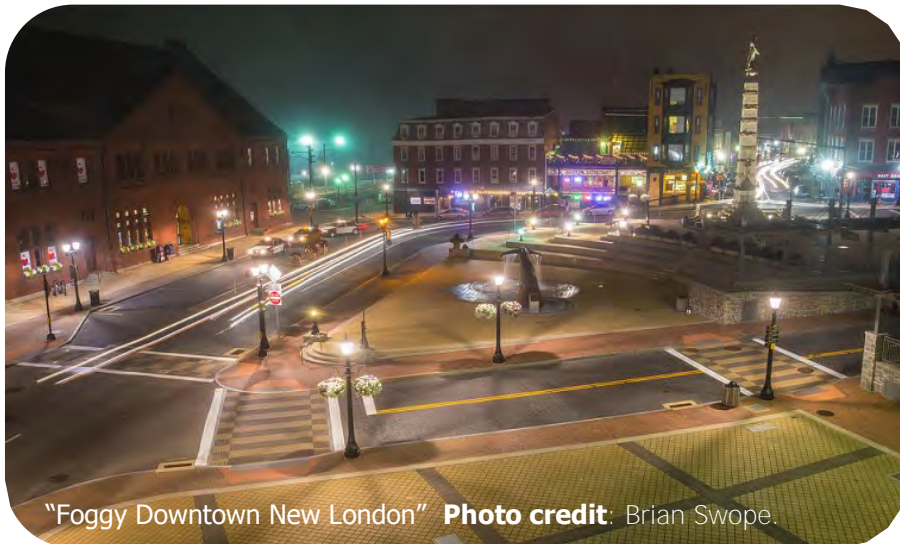
# LIVABLE COMMUNITIES

Livable communities are vibrant, intergenerational places that are easy to get around. They include affordable, appropriate housing options, supportive community features and services, and adequate mobility options. They foster independence, engage residents in civic and social life, and allow people to age in place. Done well, they benefit community residents across the lifespan.

- **Livable communities create economic value.** Livable communities are economic drivers. They have been associated with increases in home values, higher property and sales tax revenues, savings on service delivery and infrastructure costs, growth in business revenues and development opportunities, and decreased individual transportation costs.
- **Livable communities are attractive to all ages.** Livable communities features are also likely to attract residents from across the lifespan, including the professionals needed to support aging in place. Older adults prefer broad housing and transportation options. Demographic trends suggest that young adults are also increasingly seeking homes and workplaces in higher-density, vibrant areas with public amenities, lively commercial districts, and public transit.
- **Livable communities promote health.** Community conditions can impact physical activity levels, food access, air quality, and social cohesion. Livable communities increase opportunities for every resident to make healthy choices.
- **Livable communities drive environmentally responsible development.** Increasing density and broadening the array of viable transportation options reduces natural resource consumption and pollution, and creating smaller, energy efficient-housing is an important part of climate change strategy.

## Aging in place

is the ability to live in one's home and community safely, independently, and comfortably, regardless of age, income or ability level.



"Foggy Downtown New London" Photo credit: Brian Swope.

*For a comprehensive series of definitions related to livable communities, please see Appendix E: Glossary.*

# WHAT MAKES A COMMUNITY LIVABLE



Creating livability requires collaboration and cooperation across a range of sectors and fields.

**C**onnecticut’s Legislative Commission on Aging has identified seven domains that influence whether or not a community is livable—a place that can support residents’ quality of life across the lifespan. Those domains are: (1) **community engagement**, (2) **health and well-being**, (3) **housing**, (4) **planning and zoning**, (5) **safety and preparedness**, (6) **social and support services** and (7) **transportation**.

## Community Engagement

All Connecticut communities strive to be vibrant, intergenerational places with opportunities for community engagement across the lifespan.

- Communities in which individuals of all ages are valued and work together enhance the quality of life for all.
- Older adults enhance community capacity by contributing their experience and leadership to support community establishments, engaging in continuing education, addressing critical community issues as paid and unpaid workers, and acting as local economic participants.
- Community engagement also serves a protective role and maintaining and even promoting the health, well-being and cognitive ability of older adults.
- Conversely, studies have repeatedly linked social isolation to poor health outcomes, including increased risk for shortened life expectancy, dementia, re-hospitalization, and increased numbers of falls.

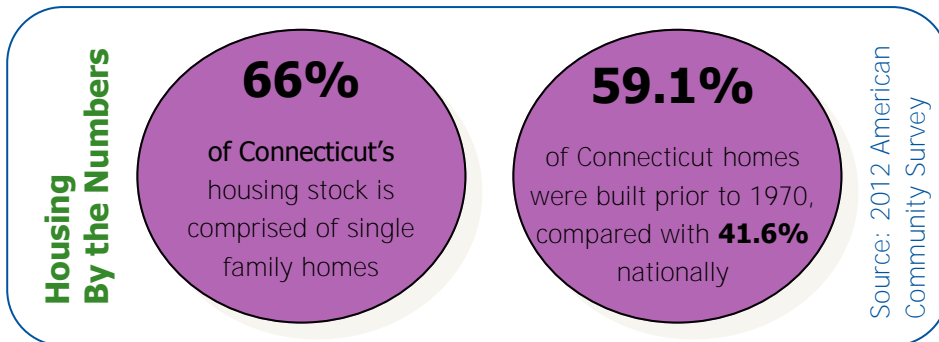
### The Third Age

As health and longevity stretch, thought leaders increasingly recognize that retirement is no longer exclusively a time of leisure and passage into old age. The “third age” is a decades-long stage of life between the career and family-building stage of life and the onset of true old age. Society is transforming to enable “encore careers,” jobs in the second half of life that combine personal meaning, continued income and social impact.

## Health and Well-Being

Livable communities are ones that promote the health and well-being of all **Connecticut residents, including older adults. And it's about more than just access to high quality, affordable health care—it's about creating the conditions in which people can be healthy.**

- With a primary focus on wellness and prevention, public health efforts work to prevent disease, injury and disability, and promote conditions that support good health. In other words, public health efforts ideally prevent the need for health care to begin with.
- *At least half of all health outcomes* may be driven by community conditions—such as access to quality, affordable housing in walkable neighborhoods, broad transportation options, and community safety. Community conditions can impact physical activity levels, food access, air quality, social cohesion, and economic opportunities. All have profound implications for health.
- Creating healthier communities requires strategic collaborations across a broad range of sectors.



## Housing

Older adults generally want to age in place, in familiar home and neighborhood environments. Accordingly, a broad range of accessible, affordable and creative housing options is a critical component of a livable community.

- Communities need to invest in growing their stock of affordable housing. Age-diverse communities and development, rather than age-segregated solutions, are necessary to enhance quality of life for all, from Millennials to older adults to the professionals needed to support older people.
- To remain accessible, homes may need to be inspected for safety hazards (e.g., poor lighting, inappropriately placed carpets and other floor items) and may need to be physically modified (e.g., zero-step entry, wider doorways, and bathroom aids) to accommodate emerging impairments.
- Co-housing arrangements, including shared housing and accessory **dwelling units, can enhance Connecticut's plentiful single-family housing stock to promote aging in place and increase housing affordability.**

Clinical measures include heart rate, blood pressure and weight. But other non-medical measures, such as availability of affordable, accessible, appropriate and diverse housing options, can also significantly impact health.

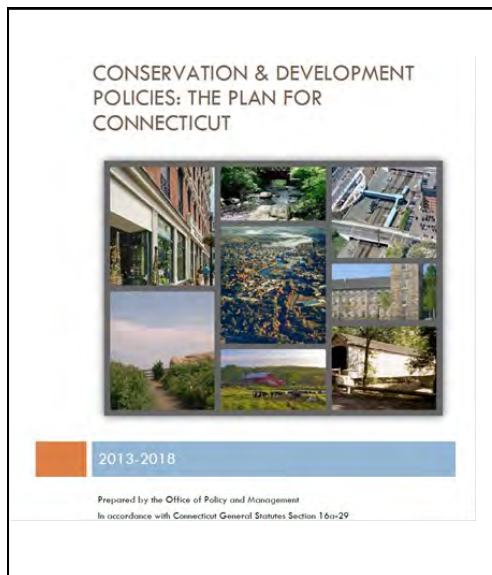


## Planning and Zoning

Planning and zoning have far-reaching implications for community life, dictating, for example, how well residential areas are connected to businesses, medical services, and community and civic centers.

- Historically, planning and zoning separated commercial and residential land uses. This practice, promoting car-dependent sprawl, was adopted at a time when older adults constituted a smaller demographic of the population and life expectancies were shorter.
- Increasingly, communities are embracing Smart Growth, a set of planning principles that promote more compact, walkable, mixed-use, mixed-income, environmentally sensitive communities with a range of transportation and housing choices.
- Demand is coming not only from older adults, but also Millennials.
- While Smart Growth benefits everyone in a community, good community design is a fundamental necessity to successfully age in place.
- Zoning can be used to promote housing arrangements that support residents across the lifespan by
  - ◊ Including accessory dwelling units and shared housing;
  - ◊ Reducing minimum lot sizes to allow for higher-density development; and
  - ◊ Encouraging universal design features in new construction.

Planning and zoning have far-reaching implications for community life.



- A plan of conservation and development (sometimes called a comprehensive plan or general land use plan outside of Connecticut) is a statement of policy and vision for the future of a community.
- Section 8-23 of the Connecticut General Statutes requires every Connecticut municipality to update its plan of conservation and development at least every 10 years.
- A community may use several tools to implement its plan of conservation and development, including zoning ordinances, building codes, and capital improvement programs.
- Public Act 13-250 (see Appendix A: Relevant Legislation) suggests that local plans of conservation and development include a component of planning for older adults and individuals with disabilities to remain in their home and communities.

## Safety and Preparedness

Livable communities promote and ensure the safety and security of their residents, and prepare them for emergencies.

### *Community Safety*

The adverse impacts of unsafe neighborhoods are far-reaching, not only for older adults, but across the lifespan. Safety concerns can result in:

- Social isolation,
- Lack of outdoor physical activity,
- Exacerbation of stress-related disorders,
- Limited access to essential services and
- Underutilization of available public transit.

### *Fraud, Abuse and Neglect*

Abuse constitutes the infliction of injury or harm; neglect the failure to provide services, resulting in imminent danger; and fraud or exploitation the deprivation of property by deception, intimidation or force. All populations are vulnerable to abuse, neglect and fraud. But individuals with compromised functional needs—such older adults or people with disabilities—may be more susceptible than other populations to these dangers.

### *Falls*

Each year in the United States, approximately one-third of older adults experience a fall. Falls can threaten the health and independence of older adults, but the opportunity for prevention has never been better. Risk reduction approaches can include medication review and management, vision screening and correction, education and safer living environments.

### *Emergency Preparedness*

Everyone in the community benefits by planning for potential disasters. But emergency preparedness is particularly critical to people with access or functional needs, including individuals who are:

- Geographically, culturally or linguistically isolated
- Disabled
- Medically dependent, or
- Lack access to transportation or housing.

Though typically able to function comfortably and safely under usual circumstances, they may be challenged during or after an emergency.

As the population of individuals with access or functional needs continues to grow in Connecticut, and as Connecticut faces increasing numbers of weather-related emergencies, there is mounting urgency to ensure that plans are in place to meet the needs of this population, which includes older adults.

Everyone  
benefits from  
communities  
that are safe  
and prepared for  
emergencies.



## Social Services and Supports

Livable communities have adaptable social and support services to enable aging in place. Social and support services are broad and can relate to mobility, nutrition, personal care, financial management and other areas.

- Minor changes in physical or mental condition can sometimes spur radical life changes, such as a move into an institutional setting because adequate services are not available, accessible or known.
- **Connecticut's Legislative Commission on Aging has engaged in** collaborative and historic work to promote choice in how and where people receive long-term services and supports. From this work, we know that people want to be able to stay in their communities and have choice, independence and dignity.
- Robust social services and supports can prevent initial and repeated encounters with the health care system, improve quality of life, and keep people in their homes and communities.
- Social services and supports help people carry out a range of activities, such as
  - ◊ The tasks necessary for independent community living, such as shopping, meal preparation, managing finances, and house cleaning and maintenance;
  - ◊ The tasks necessary to maintain an active and engaged life, such as work and recreation; and
  - ◊ In some cases, basic functions such as eating, dressing or bathing.
- Effective community-level, primary mental health care for older adults is not only critical in and of itself but also promotes the overall health of older adults, prevents disease and helps manage chronic illness.
- Religious, spiritual and social connectivity can be vital to ensuring the physical and emotional well-being of older adults.
- Caregivers, providing supports to spouses, parents, other relatives or friends, also require support in their important and economically valuable role.
- Naturally occurring retirement communities (NORCs) are an example of an innovative social and support delivery model. They leverage the geographic clustering of older adults to deliver targeted social and supportive services to help residents age in place.

Providing home and community-based services costs the state of Connecticut a fraction of the cost of providing institutional services.



## Transportation

Transportation is the vital link that connects residents with their communities and the elements of a vibrant and engaged life. Although Connecticut has a strong presence of car-dependent land use patterns, our state also has strong town centers that can be built upon to create a broader array of transportation options. Benefits of broadening transportation options include:

- Healthier, more active lifestyles for everyone;
- Lowered vehicular congestion and air pollution because of reduced driving;
- Improved connectivity between residents and economic opportunities; and
- Reduced household transportation costs, freeing up income for other purposes.

Creating diverse, accessible and affordable transportation choices benefits everyone, but is especially critical for the third of the population that does not drive, including older adults, children, individuals with disabilities, and those who do not own a vehicle.

### *Fixed Route and Demand-Responsive Transportation Systems*

A fixed route transportation system is one that operates along a prescribed route and on a fixed schedule. Such systems can include buses, subways, and light rail systems. Demand-responsive systems have timing and routes more individually tailored to the needs of the user and can include para-transit, shared transit or dial-a-ride services, as well as vans, other shuttle bus systems and taxis.

- Demand for these transportation systems and services is expected to increase as **Connecticut's population continues to age**.
- Transit vehicles must be comfortable and accessible to the populations served.
- Fiscal constraints require a need to creatively identify funding sources to sustain and grow these systems.
- Regional transportation coordination across towns and across provider types is critical to ensuring that people get where they need to go efficiently.

### *Complete Streets*

Complete Streets are designed and operated to safely accommodate all users, including pedestrians, bicyclists, motorists and transit-riders of all ages and abilities.

- There is no singular Complete Streets design principle, with urban, suburban and rural communities encouraged to adopt different plans to suit their unique community contexts.
- Complete Street elements may include sidewalks, bicycle lanes or wide paved shoulders, dedicated bus lanes, comfortable and accessible public transportation stops, frequent and safe crossing opportunities, median islands, curb extensions, curb cuts, narrower motorist travel lanes, and roundabouts, among other possible elements.
- Universally, Complete Streets promote safety and convenience for everyone using the road, ensuring that residents can access all available transportation options.

Complete  
Streets  
enable safe  
access for  
all users.

# OUR WORK

Connecticut's Legislative Commission on Aging has had a historic and transformative role in leading increased investments in home-based and community services for residents in need of long-term services and supports; identified older adults as a robust source of workers for a wide-ranging array of jobs, including providing home and community-based supports for individuals experiencing true old age; and led an initiative to redefine the retirement years. In addition to saving Connecticut millions of dollars annually, that collective work has laid the foundation for our efforts to advance livable communities. Thus far, we have established our vision, mission, and values; created a website; formalized nearly 30 strategic partnerships; outlined a process for creating livability for local municipal leaders; and advanced public policies to support aging in place. These activities are discussed more fully below.

## Vision, Mission and Values

### Vision

Creating great places to grow up and grow older.

### Mission

To convene, engage, inspire, and support local and regional efforts to create livable communities in Connecticut for residents across the lifespan by working with diverse partners, connecting related initiatives, and promoting ideas, innovations and resources that respond to contemporary community needs.

### Values

**Accessible.** Every aspect of community design and life ought to be accessible to and promote the engagement of its residents.

**Adaptable.** Initiatives ought to be sufficiently flexible to offer a range of services and options that can be applied in a variety of individual contexts.

**Choice.** Communities should promote the personal dignity and functional independence of older adults by creating a broad array of choices to meet their evolving needs.

**Cooperative.** Creating livable communities is a multi-faceted and multi-disciplinary endeavor, requiring broad inclusiveness and partnership across a wide variety of sectors, intramunicipal collaboration across departments, and regional cooperation, collectively working to create synergies.

**Equity.** Everyone deserves the ability to live in one's home and community safely, independently and comfortably, regardless of age, race, income or ability level.

**Intergenerational.** Intergenerational communities can leverage strengths across the lifespan by linking the needs and skills of different age groups.

**Smart Growth-Supportive.** Smart Growth promotes efficient and sustainable land development, leverages prior infrastructure investments in redevelopment, and leaves more land available for agriculture, natural space, and rural lifestyles.

Creating  
great  
places to  
grow up  
and grow  
older

## Partners

Pursuant to Section 1(c) of Public Act 13-109 (see Appendix A: Relevant **Legislation**), Connecticut's Legislative Commission on Aging has established formal partnerships with (1) municipal leaders, (2) representatives of municipal senior and social services offices, (3) community stakeholders, (4) planning and zoning boards and commissions, (5) representatives of philanthropic organizations, and (6) representatives of social services and health organizations. Our partner list continues to grow, but current partners, as of the submission of this report, are listed below. It encompasses both partners outlined by statute, as well as other categories of partners who are critical collaborators in creating livability.

AARP-Connecticut  
African-American Affairs Commission  
Aging Affinity Group  
Capitol Region Council of Governments  
Center for Disability Rights  
Community Solutions  
Community Association of Senior Center Personnel  
Connecticut Association of Area Agencies on Aging  
Connecticut Association of Directors of Health  
Connecticut Chapter of the American Planning Association  
Connecticut Community Care, Inc.  
Connecticut Conference of Municipalities  
Connecticut Council of Small Towns  
Connecticut Fair Housing Center  
Connecticut Local Administrators of Social Services  
Connecticut Main Street Center  
Greater Hartford Transit District  
LeadingAge Connecticut  
Partnership for Strong Communities  
Community Foundation of Greater New Haven  
Connecticut Community Foundation  
Connecticut Council for Philanthropy  
Fairfield County Community Foundation  
Foundation for Community Health  
State Department on Aging  
The Peter and Carmen Lucia Buck Foundation, Inc.  
United Way of Connecticut

Creating  
livability  
requires  
innovative  
partnerships  
and strategic  
planning.

## Website

Under Section 1(d) of Public Act 13-109, the General Assembly charged Connecticut's Legislative Commission on Aging, not later than January 1, 2014, with "establishing a single portal on its Internet web site for information and resources concerning the livable communities initiative." Pursuant to this charge, the Commission established this portal at [www.livable.ct.org](http://www.livable.ct.org) on December 31, 2013. In the subsequent months, the Legislative Commission further improved, refined, expanded and updated website content.

The Legislative Commission officially launched [www.livable.ct.org](http://www.livable.ct.org) on May 20, 2013 (see Appendix B: Connecticut for Livable Communities in the News). Among other features, the website catalogues resources designed to support municipal leaders in creating livability (see Appendix C: Resources) and highlighting ideas and innovations across the state nation (see Appendix D: Ideas and Innovations).

Pursuant to Public Act 13-109, the Legislative Commission established [www.livable.ct.org](http://www.livable.ct.org)





## Engagement and Leadership

During the past year, Connecticut's Legislative Commission has

- Met with thought leaders to exchange ideas on livability and formalized nearly 30 strategic partnerships, with the list still growing (see Page 17);
- Presented demographic data and the livable communities framework to local communities, leading, for example, to the formation of **Danbury's Aging in Place Council and Seymour's Livable Communities Committee;** and
- Engaged with national experts via conference calls and webinars on creating livability.



John Erlingheuser, Representative Theresa Conroy and Executive Director Julia Evans Starr at the Livable Community forum in Seymour. **Photo credit:** Nancy Coatta

## Creating a Process

Connecticut's Legislative Commission on Aging has outlined a four-phase process for local community leaders to begin creating more livable communities.

- *Starting a Community Conversation.* The first step in making a community more age-friendly is convening community stakeholders for a thoughtful conversation.
- *Conducting an Assessment.* Early on, it is necessary to conduct a regional or local assessment to identify areas for policy and programmatic intervention, and determine if additional data collection is **needed to understand a given community's facilitators and barriers to aging in place.**
- *Strategic Planning.* Communities are encouraged to identify priorities, **determine "SMART" objectives** (specific, measurable, achievable, relevant and time-bounded), and determine who will be responsible for each aspect of implementation. Throughout the process, communities are encouraged to enlist participation of other stakeholders, such as private businesses, community residents and nonprofit organizations.
- *Implementation.* The most successful implementers of livable community initiatives have strong processes for systemically measuring and evaluating progress toward goals, and revisiting and adjusting the original plan as necessary. Depending on the objectives defined, implementation may require shifting finances or acquiring new resources to support goals. Depending on available resources, communities may wish to implement changes incrementally, and if necessary, focus on low-cost changes first.

The Legislative Commission also identifies and disseminates information about funding opportunities from a broad range of partners looking to support initiatives to create more livable communities, including the federal and state government, philanthropic organizations, private businesses, and nonprofit organizations.

## Public Policy

State-level legislation and public policies can support and inspire the critical local and regional initiatives and opportunities needed to realize livable communities that **support aging in place**. Connecticut's Legislative Commission on Aging works with members of the Connecticut General Assembly and various partners to identify and promote innovative and wide-ranging legislation related to livable communities and aging in place. Areas range from telehealth to economic security to countless initiatives in between.



Representative Mae Flexer,  
Representative Catherine  
Abecrombie and Senior Policy  
Analyst Deborah Migneault

### Promoting Livability Inside the Dome: Highlights

#### 2014:

**Public Act 14-98** authorized \$6 million in bonding money to provide grants to older adults and persons with disabilities to make home modifications and purchase assistive technology so they can remain in their homes.

**Public Act 14-73** requires Connecticut's Legislative Commission on Aging to recognize communities that have implemented livable community initiatives.

[Continued on Page 20](#)

State-level  
legislation and  
public policies  
can support and  
inspire critical  
local and  
regional  
initiatives and  
opportunities.

During the 2014 legislative session, the Legislative Commission tracked at least **150 bills** and testified before **17 committees** on **40 different bills**.



From left to right: Executive Director Julia Evans Starr, Representative James Maroney, Senator Toni Boucher, Representative Joseph Crisco, Jr., and Senator Kevin Kelly at a bi-partisan press conference on tax incentives on long-term care insurance.



## Promoting Livability Inside the Dome: Highlights, continued

### **2013:**

**Public Act 13-109** created a livable communities initiative to help municipalities prepare for the growing aging population. It requires Connecticut's Legislative Commission on Aging to:

- Serve as a forum for best practices and a resource clearinghouse;
- Establish and facilitate partnerships;
- Identify various public and private funding sources;
- Create a livable communities website; and
- Report annually on the initiative to the Connecticut General Assembly's Committees on Aging, Housing, Human Services and Transportation.

**Public Act 13-250** implemented many recommendations of the legislatively mandated Aging In Place Task Force (Special Act 12-6), making changes in several statutes to help people remain in their own homes and communities as they age. Specifically, it:

- Requires a coordinated outreach system to increase the use of the supplemental nutrition assistance program;
- Suggests that local plans of conservation and development include a component of planning for older adults and individuals with disabilities to remain in their homes and communities;
- Specifies that a ramp for wheelchair use be included in the list of visitable features that are exempted from obtaining a State Building Code variance;
- Expands the list of mandated elder abuse reporters and establishes a new training requirement for their employers;
- Requires the Department of Social Services to issue a yearly report to the Connecticut General Assembly, detailing the number of elder abuse complaints and disposition of complaints from the previous calendar year; and
- Requires a public awareness campaign to educate older adults on ways to resist aggressive marketing tactics.

*For full Public Act text, please see Appendix A: Relevant Legislation.*

Public Act  
13-109 created  
Connecticut for  
Livable  
Communities.

# RECOMMENDATIONS

**C**onnecticut's Legislative Commission on Aging identified seven domains that influence whether or not a community is livable—a place that can support residents' quality of life across the lifespan. Those domains are: (1) community engagement, (2) health and well-being, (3) housing, (4) planning and zoning, (5) safety and preparedness, (6) social and support services and (7) transportation. Within each of those domains, the Legislative Commission has developed recommendations for communities to plan with a lifespan approach.

## Community Engagement

- Promote public awareness about existing community engagement opportunities.
- Cultivate an atmosphere that promotes diversity and inclusiveness, regardless of age, income or ability level.
- Mobilize older adults to address community issues through meaningful paid and unpaid opportunities, especially to address workforce shortages, to support community establishments and to serve on municipal boards and commissions.
- Promote opportunities for intergenerational contribution. For example, young parents need child care, while older adults need transportation for errands; teenagers need employment while older adults need help with small chores around the house.

## Health and Well-Being

- Support a robust public health system to:
  - Promote in-home programs that improve health outcomes;
  - Provide wellness programs and preventive health services, such as screenings and immunizations;
  - Provide health education on various health topics;
  - Ensure food and environmental safety; and
  - Conduct disease surveillance, report analysis, case investigation and coordination to reduce disease transmission.
- Formalize partnerships between health care, public health and social services leaders and professionals to ensure an integrated system that comprehensively meets the needs of older adults.
- Prioritize access to healthy and affordable foods and safe opportunities for physical activity for all residents.
- Maximize opportunities for Smart Growth to promote more active lifestyles.
- Create a balanced transportation system that connects residents with quality health care services.
- Minimize the adverse health effects of social isolation and loss.
- Conduct health impact assessments to determine the potential health implications of projects, policies and community design on residents.

Communities can begin creating livability through low-cost strategies, like promoting awareness of existing programs and policies.

## Housing

- Educate residents on what sorts of home remodeling or modifications may be necessary to successfully support aging in place.
- Through regional cooperation, compile a listing of vetted home repair and home modification contractors and programs to help older adults and persons with disabilities adapt their homes to meet their changing needs.
- Adopt policies that encourage incorporation of accessible housing features into new construction, so that new housing can support its residents throughout the lifespan.
- Ensure that adequate smaller, energy-efficient, affordable housing—in walkable, transit-served, mixed use neighborhoods—exists in every community for all residents, including older adults and persons with disabilities who want or need to change their housing to accommodate their evolving needs.
- Collaborate with affordable and low-income housing developers to generate these additional housing options so that residents may remain in their community.
- Consider tax code or tax payment system changes to accommodate those living on fixed incomes, who may struggle to pay rising rents or property taxes.
- Modify zoning codes and plans of conservation and development to support co-housing arrangements, including shared housing and accessory dwelling units.

Home remodeling or modifications may be necessary to age in place.

### Housing Incentive Zones

During the 2007 legislative session, the Connecticut General Assembly established a program known as the **Incentive Housing Zone (IHZ) Program**, now known as **HOME Connecticut**, codified in Sections 8-13m through 8-13x of the Connecticut General Statutes. The overall purpose of the program is to help municipalities plan for and create mixed-income housing. Funding is available for municipalities to create IHZs in eligible locations, such as near transit facilities, an area of concentrated development or an area that because of existing, planned or proposed infrastructure is suitable for development as an IHZ.



*Ferry Crossing in Old Saybrook, courtesy of the Women's Institute for Housing and Economic Development. The project consists of 16 affordable rental units, ranging from 25-80 percent of area median income. The project is located on a bus route, adjacent to a recreational field and situated within an existing residential neighborhood.*

## Planning and Zoning

- Ensure that municipal plans of conservation and development include planning for older adults and individuals with disabilities to remain in their homes and communities.
- Revise zoning codes to promote intergenerational communities by maximizing opportunities for Smart Growth. Smart Growth<sup>5</sup> includes:
  - ◇ Mixing land uses;
  - ◇ Taking advantage of compact building design;
  - ◇ Creating a range of housing opportunities and choices;
  - ◇ Creating walkable neighborhoods;
  - ◇ Fostering distinctive, attractive communities with a strong sense of place;
  - ◇ Preserving critical environmental areas;
  - ◇ Strengthening and directing development towards existing communities;
  - ◇ Providing a variety of transportation choices;
  - ◇ Making development decisions predictable, fair, and cost effective; and
  - ◇ Encouraging stakeholder collaboration in development decisions.
- Create diverse, accessible and affordable housing and transportation choices by
  - ◇ Promoting housing arrangements to support residents across the lifespan, including accessory dwelling units and shared housing;
  - ◇ Reducing minimum lot sizes to allow for higher-density development;
  - ◇ Encouraging universal design features in new construction;
  - ◇ Adopting policies that support complete streets, transit-oriented development, and robust fixed-route and demand responsive transportation systems; and
  - ◇ Conduct health, environmental, and economic impact assessments to ensure that land use planning projects and policies take into consideration the potential implications of community design on all residents.

Zoning can be used to enhance a community's livability.



**Public Act 13-250** suggests that local plans of conservation and development include a component of planning for older adults and individuals with disabilities to remain in their homes and communities.

## Safety and Preparedness

### *Community Safety<sup>6</sup>*

- Build compact, mixed-use development to encourage walking and eyes on the street.
- Rehabilitate blighted properties and create diverse, accessible and affordable housing choices for residents of all ages and economic means.
- Develop or augment transportation options to educational facilities, place of employment and essential services.
- Increase access to parks, school playgrounds and other recreational facilities in underserved neighborhoods.

### *Fraud, Abuse and Neglect*

- Promote and support collaboration among police, fire, aging services and adult protective services for safety education and prevention of physical and financial elder abuse and exploitation.

### *Falls*

- Support local health departments, senior centers and other partners in their efforts to prevent falls through strategies that include home safety assessments, fall prevention seminars and exercise classes, medication safety reviews and trainings for service providers.

### *Preparedness<sup>7</sup>*

- Develop partnerships between public health agencies, social and support services, emergency responders, and other entities before disaster strikes to improve coordination, communication, and response in emergency situations.
- Have back-up communications systems, and maintain copies of essential information.
- Use mapping systems and voluntary registry programs to identify areas with high concentrations of older adults and other populations with access or functional needs.
- Provide emergency preparedness training directly to residents who self-identify as individuals with access and functional needs.
- Create a local or regional emergency plan for populations with access or functional needs that includes appropriate shelter areas, an evacuation system that includes transporting their medications and supplies with them, and a network of emergency pharmaceutical services.
- Provide appropriate public information on emergency preparedness in appropriate formats to older adults and other individuals with access or functional needs.
- Develop an emergency support system for in-home services, including emergency respite care and communications systems for in-home caregivers.

Walkable neighborhoods provide eyes on the street to enhance community safety.

## Social Services and Supports

- Support a robust local social services system that addresses community needs through strategic collaborations among and between other municipal departments and divisions—like parks and recreation, public health and transportation services—and community leaders. Explore opportunities for regional collaboration.
- Promote public awareness of and information about existing social and support services available.
- Promote opportunities for mutual intergenerational support. For example, young parents need child care, while older adults need transportation for errands; teenagers need employment while older adults need help with small chores around the house.
- Promote information, training and support for family caregivers across the lifespan, including grandparents raising grandchildren.

## Transportation

- Promote public awareness of and information about existing transportation services.
- Develop or enhance mobility management programs to help older adults and other community members learn how to access and navigate transportation options.
- Engage in transit-oriented development to ensure that compact, walkable, mixed-use, mixed-income communities are located within a half-mile of quality, dependable public transportation.
- Identify funding streams to sustain, coordinate and grow both fixed route and demand-responsive transportation options.
- Conduct a walkability audit to assess sidewalks, crosswalks, and pedestrian linkages to essential services and accessibility.
- Adopt complete streets to accommodate all users, regardless of age or ability.

Regional  
collaboration  
provides  
opportunities to  
enhance  
livability.





## NEXT STEPS

Creating livable communities is a multi-disciplinary, multi-faceted endeavor. It requires innovative partnerships and strategic planning to make progress toward enhancing livability across the lifespan in all Connecticut communities. Next steps by Connecticut's Legislative Commission on Aging on its Connecticut for Livable Communities initiative are outlined below.

- **Recognition of Livability.** Pursuant to Public Act 14-73 (see Appendix A: Relevant Legislation), the Legislative Commission will recognize localities that have implemented livable community initiatives. Through the recognition process, the Legislative Commission will continue to identify innovations, ideas and best practices for implementing livability in the state.
- **Expanding Partnerships.** Pursuant to Public Act 13-109 (see Appendix A: Relevant Legislation), the Legislative Commission has established diverse partnerships across multiple sectors to advance livability (see Connecticut for Livable Communities partners on page 16 of this report). The Legislative Commission will continue to grow its partners to work collaboratively on creating livable communities.
- **Forums.** The Legislative Commission will continue to convene municipal leaders and other thought leaders for statewide and regional forums on creating livability.
- **Funding.** The Legislative Commission will continue to identify funding opportunities for municipal leaders, seeking to implement or sustain livable communities initiatives.
- **Asset Mapping.** The Legislative Commission will work with partners to conduct asset mapping across all Connecticut communities. The goal is to help each community understand its facilitators and barriers to developing livable communities. Such mapping would use an agreed-upon framework that encompasses, at a minimum, each the domains of livability identified by the Legislative Commission--(1) community engagement, (2) health and well-being, (3) housing, (4) planning and zoning, (5) safety and preparedness, (6) social and support services and (7) transportation. Initial data can be used as a baseline to set future benchmarks for progress toward enhanced livability.
- **Policy Analysis.** The Legislative Commission will continue to research models in other states, nationally and internationally to identify and advance policy solutions that incentivize and inspire the creation of livable communities.
- **Technical assistance.** The Legislative Commission will provide technical assistance to Connecticut communities seeking to promote or enhance livability.
- **Data.** The Legislative Commission will create town-specific data profiles to enable towns to enhance livability in a targeted and strategic fashion. The Commission will also survey the preferences of state residents on what community features are important to them.

Creating livable communities is a multi-faceted, multi-disciplinary endeavor.



## CONCLUSION

**U**nprecedented longevity, coupled with sheer increases in the number of older adults as a proportion of Connecticut's population, will be utterly transformative. And Connecticut's leaders need to be ready for this permanent and historic demographic shift.

Municipalities will be driven to create communities that are easy to get around for individuals across the lifespan. Age-segregated cultural norms may change as older adults assert their desire to live vibrant, intergenerational lives in their familiar home and community environments. Economic sectors will transform as innovative goods and services emerge in response to the needs of growing numbers of older adults. And workplaces will adapt as employees begin working well beyond traditional retirement age.

**This is everyone's journey, as every generation in Connecticut will eventually be tomorrow's generation of older adults. And collectively, we can all take ownership of the decades-long work of enhancing livability. Bold, visionary leadership at all levels—municipal, regional, and statewide—and across all sectors will be necessary to shepherd that collective energy and ensure that every Connecticut community:**

- Provides opportunities for community engagement at every stage of life;
- Creates the conditions in which people can be healthy;
- Has a broad range of accessible, affordable and creative housing options;
- Uses planning and zoning strategically to support aging in place;
- Promotes and ensures the safety and security of community residents, and prepares them for emergencies;
- Has adaptable social and support services to enable aging in place; and
- Has diverse, accessible and affordable transportation choices.

Creating livable communities will require rethinking well-established social norms about aging and maintaining robust partnerships across diverse sectors, including planning and zoning, housing, health care, public health, social services and transportation. By building on the strengths of each of **Connecticut's 169 cities and towns and the many communities within, with tenacity, Connecticut will succeed in creating great places in which to grow up and grow older.**

Every generation will eventually be tomorrow's generation of older adults in Connecticut.



## REFERENCES

1. Kristen Lewis and Sarah Burd-Sharps. American Human Development Report: The Measure of America 2013-2014. <[http://www.measureofamerica.org/measure\\_of\\_america2013-2014/](http://www.measureofamerica.org/measure_of_america2013-2014/)>. Accessed June 6, 2014.
2. Determined from data in Table 3 in Lindsay M. Howden and Julie A. Meyer. Age and Sex Composition: 2010. 2010 Census Briefs. <<http://www.census.gov/prod/cen2010/briefs/c2010br-03.pdf>>. Accessed June 6, 2014.
3. Calculated from 2010 U.S. Census Data, provided by University of **Virginia's Weldon Cooper Center Demographics Group**.
4. Calculated from 2010 U.S. Census Data, provided by University of **Virginia's Weldon Cooper Center Demographics Group**.
5. Adapted from definition of smart growth in American Planning Associated Policy Guide on Smart Growth. <<https://www.planning.org/policy/guides/adopted/smartgrowth.htm>>. Accessed January 15, 2014.
6. Recommendations adapted from Bar Area Regional Health Inequities **Initiative's Healthy Planning Guide**. <[http://www.barhii.org/resources/healthy\\_planning.html](http://www.barhii.org/resources/healthy_planning.html)>. Accessed January 17, 2014.
7. Adapted from Nancy Aldrich and William F. Benson. Disaster preparedness and the chronic disease needs of vulnerable older adults. Preventing Chronic Disease. 2008; 5(1). From <[http://www.cdc.gov/pcd/issues/2008/jan/07\\_0135.htm](http://www.cdc.gov/pcd/issues/2008/jan/07_0135.htm)>. Accessed June 6, 2014.

# APPENDIX A: Relevant Legislation

## **Public Act No. 14-98**

**AN ACT AUTHORIZING AND ADJUSTING BONDS OF THE STATE FOR CAPITAL IMPROVEMENTS, TRANSPORTATION AND OTHER PURPOSES, AND CONCERNING MISCELLANEOUS PROGRAMS, INCLUDING THE SMART START PROGRAM, THE WATER IMPROVEMENT SYSTEM PROGRAM, SCHOOL SECURITY GRANTS, THE REGENERATIVE MEDICINE RESEARCH FUND, THE CONNECTICUT MANUFACTURING INNOVATION FUND AND THE BOARD OF REGENTS FOR HIGHER EDUCATION INFRASTRUCTURE ACT.**

Be it enacted by the Senate and House of Representatives in General Assembly convened:

Sec. 9. (*Effective July 1, 2014*) The proceeds of the sale of the bonds described in sections 8 to 15, inclusive, of this act shall be used for the purpose of providing grants-in-aid and other financing for the projects, programs and purposes hereinafter stated:

(i) For the Department of Rehabilitation Services: Grants-in-aid to provide home modifications and assistive technology devices related to aging in place, not exceeding \$ 6,000,000.

## **Public Act No. 14-73**

**AN ACT CONCERNING LIVABLE COMMUNITIES AND ELDERLY NUTRITION.**

Be it enacted by the Senate and House of Representatives in General Assembly convened:

Section 1. Section 17b-420a of the 2014 supplement to the general statutes is amended by adding subsection (f) as follows (*Effective July 1, 2014*):

(NEW) (f) Not later than January 1, 2015, the Commission on Aging, as part of the livable community initiative established pursuant to this section, shall recognize communities that have implemented livable community initiatives allowing individuals to age in place and to remain in the home setting of their choice. Such initiatives shall include, but not be limited to: (1) Affordable and accessible housing, (2) community and social services, (3) planning and zoning regulations, (4) walkability, and (5) transportation-related infrastructure.

Sec. 2. (NEW) (*Effective July 1, 2014*) The Department on Aging and the Department of Social Services shall hold quarterly meetings with nutrition service stakeholders to (1) develop recommendations to address complexities in the administrative processes of nutrition services, (2) establish quality control benchmarks, and (3) help move toward greater quality, efficiency and transparency in the elderly nutrition program. Stakeholders shall include, but not be limited to, area agencies on aging, access agencies, the Commission on Aging, nutrition providers, representatives of food security programs and contractors, nutrition host site representatives and consumers.

## **Public Act No. 13-109**

**AN ACT CONCERNING LIVABLE COMMUNITIES.**

Be it enacted by the Senate and House of Representatives in General Assembly convened:

Section 1. (NEW) (*Effective July 1, 2013*) (a) For purposes of this section, (1) "livable community" means a community with affordable and appropriate housing, infrastructure, community services and transportation options for residents of all ages, and (2) "age in place" means the ability of residents to stay in their own homes or community settings of their choice regardless of age or disability.

## APPENDIX A: Relevant Legislation, continued

(b) The Commission on Aging shall establish a "Livable Communities" initiative to serve as a forum for best practices and a clearinghouse for resources to help municipal and state leaders to design livable communities to allow residents of this state to age in place.

(c) The Commission on Aging shall establish and facilitate partnerships with (1) municipal leaders, (2) representatives of municipal senior and social services offices, (3) community stakeholders, (4) planning and zoning boards and commissions, (5) representatives of philanthropic organizations, and (6) representatives of social services and health organizations to (A) plan informational forums on livable communities, (B) investigate innovative approaches to livable communities nationwide, and (C) identify various public, private and philanthropic funding sources to design such communities.

(d) Not later than January 1, 2014, the Commission on Aging shall establish a single portal on its Internet web site for information and resources concerning the livable communities initiative.

(e) Not later than July 1, 2014, and annually thereafter, the Commission on Aging, in accordance with the provisions of section 11-4a of the general statutes, shall submit a report on the initiative to the joint standing committees of the General Assembly having cognizance of matters relating to aging, housing, human services and transportation.

### **Public Act No. 13-250**

#### **AN ACT CONCERNING AGING IN PLACE.**

Be it enacted by the Senate and House of Representatives in General Assembly convened:

Section 1. Section 17b-105d of the general statutes is repealed and the following is substituted in lieu thereof (*Effective July 1, 2013*):

(a) The Department of Social Services, in conjunction with the member agencies of the Child Poverty and Prevention Council, may work with local governments, institutions of higher education, community action agencies and other entities to continue and expand efforts, within available appropriations, to enroll eligible individuals in the supplemental nutrition assistance program and to enroll eligible supplemental nutrition assistance participants in education, employment and training activities.

(b) The Commissioner of Social Services, within available appropriations, shall incorporate into existing efforts coordinated outreach to increase awareness and utilization of the supplemental nutrition assistance program by eligible individuals, including, but not limited to, recipients of home-delivered and congregate meals and recipients of public assistance.

Sec. 2. Subsection (e) of section 8-23 of the general statutes is repealed and the following is substituted in lieu thereof (*Effective July 1, 2013*):

(e) (1) Such plan of conservation and development shall (A) be a statement of policies, goals and standards for the physical and economic development of the municipality, (B) provide for a system of principal thoroughfares, parkways, bridges, streets, sidewalks, multipurpose trails and other public ways as appropriate, (C) be designed to promote, with the greatest efficiency and economy, the coordinated development of the municipality and the general welfare and prosperity of its people and identify areas where it is feasible and prudent (i) to have compact, transit accessible, pedestrian-oriented mixed use development patterns and land reuse, and (ii) to promote such development patterns and land reuse, (D) recommend the most desirable use of land within the municipality for residential, recreational, commercial, industrial, conservation, agricultural and other purposes and include a map showing such proposed land

## APPENDIX A: Relevant Legislation, continued

uses, (E) recommend the most desirable density of population in the several parts of the municipality, (F) note any inconsistencies with the following growth management principles: (i) Redevelopment and revitalization of commercial centers and areas of mixed land uses with existing or planned physical infrastructure; (ii) expansion of housing opportunities and design choices to accommodate a variety of household types and needs; (iii) concentration of development around transportation nodes and along major transportation corridors to support the viability of transportation options and land reuse; (iv) conservation and restoration of the natural environment, cultural and historical resources and existing farmlands; (v) protection of environmental assets critical to public health and safety; and (vi) integration of planning across all levels of government to address issues on a local, regional and state-wide basis, (G) make provision for the development of housing opportunities, including opportunities for multifamily dwellings, consistent with soil types, terrain and infrastructure capacity, for all residents of the municipality and the planning region in which the municipality is located, as designated by the Secretary of the Office of Policy and Management under section 16a-4a, (H) promote housing choice and economic diversity in housing, including housing for both low and moderate income households, and encourage the development of housing which will meet the housing needs identified in the state's consolidated plan for housing and community development prepared pursuant to section 8-37t and in the housing component and the other components of the state plan of conservation and development prepared pursuant to chapter 297, and (I) consider allowing older adults and persons with a disability the ability to live in their homes and communities whenever possible. Such plan may: (i) Permit home sharing in single-family zones between up to four adult persons of any age with a disability or who are sixty years of age or older, whether or not related, who receive supportive services in the home; (ii) allow accessory apartments for persons with a disability or persons sixty years of age or older, or their caregivers, in all residential zones, subject to municipal zoning regulations concerning design and long-term use of the principal property after it is no longer in use by such persons; and (iii) expand the definition of "family" in single-family zones to allow for accessory apartments for persons sixty years of age or older, persons with a disability or their caregivers. In preparing such plan the commission shall consider focusing development and revitalization in areas with existing or planned physical infrastructure. For purposes of this subsection, "disability" has the same meaning as provided in section 46a-8.

(2) For any municipality that is contiguous to Long Island Sound, such plan shall be (A) consistent with the municipal coastal program requirements of sections 22a-101 to 22a-104, inclusive, (B) made with reasonable consideration for restoration and protection of the ecosystem and habitat of Long Island Sound, and (C) designed to reduce hypoxia, pathogens, toxic contaminants and floatable debris in Long Island Sound.

Sec. 3. Subsection (e) of section 29-269 of the general statutes is repealed and the following is substituted in lieu thereof (*Effective July 1, 2013*):

(e) Notwithstanding the provisions of subsection (b) of this section, a variation or exemption from the State Building Code shall not be required to construct a visitable feature in a residential home. For purposes of this section, "visitable feature" means (1) interior doorways that provide a minimum thirty-two inch wide unobstructed opening, (2) an accessible means of egress, as defined in Appendix A to 28 CFR Part 36, including a ramp complying with the International Residential Code portion of the State Building Code intended to allow access by a wheelchair, or (3) a full or half bathroom on the first floor that is compliant with the provisions of the Americans with Disabilities Act of 1990, as amended, 42 USC 12101.

Sec. 4. Subsection (a) of section 17b-451 of the general statutes is repealed and the following is substituted in lieu thereof (*Effective July 1, 2013*):

(a) Any physician or surgeon licensed under the provisions of chapter 370, any resident physician or intern in

## APPENDIX A: Relevant Legislation, continued

any hospital in this state, whether or not so licensed, any registered nurse, any nursing home administrator, nurse's aide or orderly in a nursing home facility, any person paid for caring for a patient in a nursing home facility, any staff person employed by a nursing home facility, any patients' advocate, [and] any licensed practical nurse, medical examiner, dentist, optometrist, chiropractor, podiatrist, social worker, clergyman, police officer, pharmacist, psychologist or physical therapist, and any person paid for caring for an elderly person by any institution, organization, agency or facility. Such persons shall include an employee of a community-based services provider, senior center, home care agency, homemaker and companion agency, adult day care center, village-model community and congregate housing facility, who has reasonable cause to suspect or believe that any elderly person has been abused, neglected, exploited or abandoned, or is in a condition which is the result of such abuse, neglect, exploitation or abandonment, or is in need of protective services, shall, not later than seventy-two hours after such suspicion or belief arose, report such information or cause a report to be made in any reasonable manner to the Commissioner of Social Services or to the person or persons designated by the commissioner to receive such reports. Any person required to report under the provisions of this section who fails to make such report within the prescribed time period shall be fined not more than five hundred dollars, except that, if such person intentionally fails to make such report within the prescribed time period, such person shall be guilty of a class C misdemeanor for the first offense and a class A misdemeanor for any subsequent offense. Any institution, organization, agency or facility employing individuals to care for persons sixty years of age or older shall provide mandatory training on detecting potential abuse and neglect of such persons and inform such employees of their obligations under this section.

Sec. 5. (NEW) (*Effective July 1, 2013*) Not later than July 1, 2014, and annually thereafter, the Commissioner of Social Services, or the commissioner's designee, in accordance with the provisions of section 11-4a of the general statutes, shall submit a report to the joint standing committees of the General Assembly having cognizance of matters relating to aging, human services and public health, detailing: (1) The number of complaints involving abuse or neglect of elderly persons received in the previous calendar year in the categories of (A) physical abuse, (B) mental abuse, (C) self-neglect, (D) neglect by others, and (E) financial exploitation; (2) the disposition of complaints; and (3) whether and by how much complaints per category have increased or decreased from the previous year.

Sec. 6. (NEW) (*Effective July 1, 2013*) The Department of Consumer Protection, in collaboration with the Department of Social Services and the Department on Aging, shall conduct a public awareness campaign, within available funding, to educate elderly consumers and caregivers on ways to resist aggressive marketing tactics and scams.

Connecticut's  
Legislative  
Commission on  
Aging promotes  
policies that  
promote  
livability and  
support aging in  
place.



## APPENDIX B: In the News

Connecticut's Legislative Commission on Aging supports municipal leaders and other community stakeholders in promoting livability. Below is a representative (but not exhaustive) list of media coverage of some of the Legislative Commission's activities.

Date	Publication	Title
1/6/2014	Waterbury Republican-American	Legislator to host meeting on livable communities
1/6/2014	The Valley Gazette	Conroy to host livable communities forum Wednesday
1/9/2014	New Haven Register	<b>Seymour seeks to prepare for the 'silver tsunami'</b>
1/26/2014	WTIC radio	WTIC radio: Julia Evans Starr with Eric Rodko, Executive Director of St. Luke's Home and Eldercare Services
2/17/2014	CT Mirror	<b>DSS system woes burden CT's senior centers, aging agencies</b>
3/2/2014	WTIC radio	WTIC radio: Julia Evans Starr with Kathryn Shafer, Policy Analyst at Partnership for Strong
4/14/2014	Comcast Newsmakers	Comcast Newsmakers (Julia Evans Starr with Eric Clemons, interviewer)
3/30/2014	WTIC radio	Julia Evans Starr with Patrick Turek, Regional Manager for Emergency Preparedness at Hartford Healthcare, East Region
3/31/2014	WNPR	Julia Evans Starr in "Where We Live" on the retirement crisis in America
4/21/2014	CT Post	Seniors enjoy 'second act' caring for others
4/27/2014	WTIC radio	Julia Evans Starr with Jennifer Kertanis, Director of Health of the Farmington Valley Health District
4/30/14	Record-Journal	<b>Wallingford's Masonicare seeks state approval for 'small house' concept</b>
5/20/14	Hartford Courant, Middletown Press, Torrington Register-	State Commission on Aging Rolls out "Livable Communities" Initiative
5/20/14	Danbury News-Times	Preparations underway for 'silver tsunami'
6/1/2014	WTIC radio	Julia Evans Starr with Doug Hausladen, Director of Transportation, Traffic & Parking of New Haven
6/25/2014	WTIC radio	Julia Evans Starr with Siobhan Morgan, Director of Waiver Services at the Department of Developmental Services



## APPENDIX C: Resource List

Connecticut's Legislative Commission on Aging regularly identifies resources that can support municipalities in creating livable communities. Below is a listing of resources, up-to-date as of the listing of this report, also available online at <http://www.livablect.org/resources/>. Resources are listed topically.

### Funding

[Partnership for Sustainable Communities Grants](http://www.sustainablecommunities.gov/grants.html): <http://www.sustainablecommunities.gov/grants.html>

[Funders at Work in Aging](https://www.ctphilanthropy.org/funders-work-aging): <https://www.ctphilanthropy.org/funders-work-aging>

[Livable Communities Grants](http://www.metrocouncil.org/Communities/Services/Livable-Communities-Grants.aspx?source=child): <http://www.metrocouncil.org/Communities/Services/Livable-Communities-Grants.aspx?source=child>

[Livable Communities Initiative Funding](http://www.financeproject.org/fedfund_view.cfm?id=171&keyword=&agency=&eligible=&matchRec=..&level2=&level3=&level4=&type=): [http://www.financeproject.org/fedfund\\_view.cfm?id=171&keyword=&agency=&eligible=&matchRec=..&level2=&level3=&level4=&type=](http://www.financeproject.org/fedfund_view.cfm?id=171&keyword=&agency=&eligible=&matchRec=..&level2=&level3=&level4=&type=)

[TIGER Discretionary Grants](http://www.dot.gov/tiger): <http://www.dot.gov/tiger>

[Grant Opportunities](http://research.ccm-ct.org/Plugs/grant-opportunities.aspx): <http://research.ccm-ct.org/Plugs/grant-opportunities.aspx>

[Fundsnet Services](http://www.fundsnetservices.com/searchresult/53/Connecticut-Grants.html): <http://www.fundsnetservices.com/searchresult/53/Connecticut-Grants.html>

[Weaving it Together: A Tapestry of Transportation Funding for Older Adults](http://www.aarp.org/content/dam/aarp/research/public_policy_institute/liv_com/2013/weaving-it-together-report-transportation-funding-for-older-adults-AARP-ppi-liv-com.pdf): [http://www.aarp.org/content/dam/aarp/research/public\\_policy\\_institute/liv\\_com/2013/weaving-it-together-report-transportation-funding-for-older-adults-AARP-ppi-liv-com.pdf](http://www.aarp.org/content/dam/aarp/research/public_policy_institute/liv_com/2013/weaving-it-together-report-transportation-funding-for-older-adults-AARP-ppi-liv-com.pdf)

### Assessment

[Livable Community Indicators for Sustainable Aging in Place](https://www.metlife.com/assets/cao/mmi/publications/studies/2013/mmi-livable-communities-study.pdf): <https://www.metlife.com/assets/cao/mmi/publications/studies/2013/mmi-livable-communities-study.pdf>

[The Advantage Initiative](http://www.vnsny.org/advantage/): <http://www.vnsny.org/advantage/>

[Community Report Card \(City Leaders Institute\)](http://www.livable.org/storage/documents/reports/AIP/City_Leaders_Institute_scorecard_only.pdf): [http://www.livable.org/storage/documents/reports/AIP/City\\_Leaders\\_Institute\\_scorecard\\_only.pdf](http://www.livable.org/storage/documents/reports/AIP/City_Leaders_Institute_scorecard_only.pdf)

[Best Cities for Successful Aging: Indicators in Methodology](http://successfulaging.milkeninstitute.org/bcsa.taf?page=methodology): <http://successfulaging.milkeninstitute.org/bcsa.taf?page=methodology>

[A Blueprint for Action: Developing Livable Communities for All Ages](http://www.n4a.org/pdf/07-116-N4A-Blueprint4ActionWCovers.pdf): <http://www.n4a.org/pdf/07-116-N4A-Blueprint4ActionWCovers.pdf>

[World Health Organization Checklist of Essential Features of Age-friendly Cities](http://www.who.int/ageing/publications/Age_friendly_cities_checklist.pdf): [http://www.who.int/ageing/publications/Age\\_friendly\\_cities\\_checklist.pdf](http://www.who.int/ageing/publications/Age_friendly_cities_checklist.pdf)

[Health Impact Assessments Study, A Report by the Connecticut Academy of Science and Engineering](http://www.ctcase.org/reports/HIA/HIA.pdf): <http://www.ctcase.org/reports/HIA/HIA.pdf>

## APPENDIX C: Resource List, continued

### Planning

[Aging in Place: A Toolkit for Local Governments](http://www.aarp.org/content/dam/aarp/livable-communities/plan/planning/aging-in-place-a-toolkit-for-local-governments-aarp.pdf): <http://www.aarp.org/content/dam/aarp/livable-communities/plan/planning/aging-in-place-a-toolkit-for-local-governments-aarp.pdf>

[Aging in Place: A State Survey of Livability Policies and Practices](http://assets.aarp.org/rgcenter/ppi/liv-com/aging-in-place-2011-full.pdf): <http://assets.aarp.org/rgcenter/ppi/liv-com/aging-in-place-2011-full.pdf>

[AARP Policy Book 2013-2014: Livable Communities](http://www.aarp.org/content/dam/aarp/about_aarp/aarp_policies/2011_04/pdf/Chapter9.pdf): [http://www.aarp.org/content/dam/aarp/about\\_aarp/aarp\\_policies/2011\\_04/pdf/Chapter9.pdf](http://www.aarp.org/content/dam/aarp/about_aarp/aarp_policies/2011_04/pdf/Chapter9.pdf)

[The Maturing of America: Communities Moving Forward for an Aging Population](http://www.n4a.org/files/MOA_FINAL_Rpt.pdf): [http://www.n4a.org/files/MOA\\_FINAL\\_Rpt.pdf](http://www.n4a.org/files/MOA_FINAL_Rpt.pdf)

[Overview: Planning for Multigenerational Communities](http://s3.amazonaws.com/mildredwarner.org/attachments/000/000/388/original/e39939330afd3ec338632ab1e783b411): <http://s3.amazonaws.com/mildredwarner.org/attachments/000/000/388/original/e39939330afd3ec338632ab1e783b411>

[Multi-general community planning: Linking the needs of children and older adults](http://s3.amazonaws.com/mildredwarner.org/attachments/000/000/176/original/cffc72d40acc1b0c7edb5812586eacb): <http://s3.amazonaws.com/mildredwarner.org/attachments/000/000/176/original/cffc72d40acc1b0c7edb5812586eacb>

[Creating a Livable Community: Engaging All Generations and Improving Quality of Life](https://www.metlife.com/assets/cao/mmi/publications/Tips/mmi-livable-communities-tips.pdf): <https://www.metlife.com/assets/cao/mmi/publications/Tips/mmi-livable-communities-tips.pdf>

[Age-Friendly Communities: Building great places to grow up and grow old](http://www.giaging.org/issues/community-development): <http://www.giaging.org/issues/community-development>

[World Health Organization's Global Age-friendly Cities: A Guide](http://whqlibdoc.who.int/publications/2007/9789241547307_eng.pdf): [http://whqlibdoc.who.int/publications/2007/9789241547307\\_eng.pdf](http://whqlibdoc.who.int/publications/2007/9789241547307_eng.pdf)

### Implementation

[Grant Opportunities](http://research.ccm-ct.org/Plugs/grant-opportunities.aspx): <http://research.ccm-ct.org/Plugs/grant-opportunities.aspx>

[Fundsnet Services](http://www.fundsnet.com/searchresult/53/Connecticut-Grants.html): <http://www.fundsnet.com/searchresult/53/Connecticut-Grants.html>

[Weaving it Together: A Tapestry of Transportation Funding for Older Adults](http://www.aarp.org/content/dam/aarp/research/public_policy_institute/liv_com/2013/weaving-it-together-report-transportation-funding-for-older-adults-AARP-ppi-liv-com.pdf): [http://www.aarp.org/content/dam/aarp/research/public\\_policy\\_institute/liv\\_com/2013/weaving-it-together-report-transportation-funding-for-older-adults-AARP-ppi-liv-com.pdf](http://www.aarp.org/content/dam/aarp/research/public_policy_institute/liv_com/2013/weaving-it-together-report-transportation-funding-for-older-adults-AARP-ppi-liv-com.pdf)

[Community Innovations for Aging in Place](http://www.ciaip.org/): <http://www.ciaip.org/>

[A Blueprint for Action: Developing Livable Communities for All Ages](http://www.n4a.org/pdf/07-116-N4A-Blueprint4ActionWCovers.pdf): <http://www.n4a.org/pdf/07-116-N4A-Blueprint4ActionWCovers.pdf>

[Naturally Occurring Retirement Communities Blueprint: A Guide to Community Action](http://www.norcblueprint.org/): <http://www.norcblueprint.org/>

[Age-Friendly Communities: The Movement to Create Great Places to Grow Up and Grow Old in America](http://www.giaging.org/documents/130402_GIA_AFC_Primer.pdf): [http://www.giaging.org/documents/130402\\_GIA\\_AFC\\_Primer.pdf](http://www.giaging.org/documents/130402_GIA_AFC_Primer.pdf)

## APPENDIX C: Resource List, continued

### Community Engagement

[Intergenerational Community Building: Resource Guide](http://communitiesforallages.org/sites/default/files/cfaa_resourceguide.pdf): [http://communitiesforallages.org/sites/default/files/cfaa\\_resourceguide.pdf](http://communitiesforallages.org/sites/default/files/cfaa_resourceguide.pdf)  
[Elders as Resources Intergenerational Strategic Series. Communities for All Ages: Planning Across Generations](http://www.aecf.org/upload/PublicationFiles/CFAA.pdf): <http://www.aecf.org/upload/PublicationFiles/CFAA.pdf>  
[The Intergenerational Center at Temple University. Works to connect generations to strengthen communities](http://templeigc.org/): <http://templeigc.org/>  
[Generations United](http://www2.gu.org/HOME.aspx): <http://www2.gu.org/HOME.aspx>  
[Volunteers and Liability: The Federal Volunteer Protection Act](http://changelabsolutions.org/publications/volunteer-protection-act): <http://changelabsolutions.org/publications/volunteer-protection-act>

### Health and Well-Being

[Active Living by Design](http://www.activelivingbydesign.org/about-albd): <http://www.activelivingbydesign.org/about-albd>  
[A Sustainability Planning Guide for Healthy Communities](http://www.cdc.gov/nccdphp/dch/programs/healthycommunitiesprogram/pdf/sustainability_guide.pdf): [http://www.cdc.gov/nccdphp/dch/programs/healthycommunitiesprogram/pdf/sustainability\\_guide.pdf](http://www.cdc.gov/nccdphp/dch/programs/healthycommunitiesprogram/pdf/sustainability_guide.pdf)  
[Healthy Planning Guide](http://www.barhii.org/resources/downloads/barhii_healthy_planning_guide.pdf): [http://www.barhii.org/resources/downloads/barhii\\_healthy\\_planning\\_guide.pdf](http://www.barhii.org/resources/downloads/barhii_healthy_planning_guide.pdf)  
[Housing and Health: New Opportunities for Dialogue and Action](http://www.nhc.org/media/files/Health%20&%20Housing%20New%20Opportunities_r3%20final.pdf): [http://www.nhc.org/media/files/Health%20&%20Housing%20New%20Opportunities\\_r3%20final.pdf](http://www.nhc.org/media/files/Health%20&%20Housing%20New%20Opportunities_r3%20final.pdf)  
[Connecticut Planning: Planning for Healthy Communities](http://ccapa.org/wp-content/themes/ccapa/images/publications/2012/pdf/ct_planning_w12.pdf): [http://ccapa.org/wp-content/themes/ccapa/images/publications/2012/pdf/ct\\_planning\\_w12.pdf](http://ccapa.org/wp-content/themes/ccapa/images/publications/2012/pdf/ct_planning_w12.pdf)  
[Housing and Planning for a Healthy Public: Land Use, Design and Development to Promote Health Equity](http://www.cadh.org/images/stories/HousingBrief2012.pdf): <http://www.cadh.org/images/stories/HousingBrief2012.pdf>  
[Bicycling and Walking in the United States: 2012 Benchmarking Report](http://www.peoplepoweredmovement.org/site/index.php/site/memberservices/2012_benchmarking_report/): [http://www.peoplepoweredmovement.org/site/index.php/site/memberservices/2012\\_benchmarking\\_report/](http://www.peoplepoweredmovement.org/site/index.php/site/memberservices/2012_benchmarking_report/)  
[National Prevention Strategy: America's Plan for Better Health and Wellness](http://www.surgeongeneral.gov/initiatives/prevention/strategy/report.pdf): <http://www.surgeongeneral.gov/initiatives/prevention/strategy/report.pdf>  
[Healthy People 2020 Topic Area, Older Adults](http://www.healthypeople.gov/2020/topicsobjectives2020/overview.aspx?topicid=31): <http://www.healthypeople.gov/2020/topicsobjectives2020/overview.aspx?topicid=31>

## APPENDIX C: Resource List, continued

### Housing

[2013 Connecticut Housing Data Profiles \(Partnership for Strong Communities\):](http://www.pschohousing.org/news/2013-municipal-housing-data-profiles-now-available)

<http://www.pschohousing.org/news/2013-municipal-housing-data-profiles-now-available>

[Partnership for Strong Communities' Housing in CT 2013:](http://www.pschohousing.org/files/PSC_HousingInCT2013_Final.pdf) [http://](http://www.pschohousing.org/files/PSC_HousingInCT2013_Final.pdf)

[www.pschohousing.org/files/PSC\\_HousingInCT2013\\_Final.pdf](http://www.pschohousing.org/files/PSC_HousingInCT2013_Final.pdf)

[Connecticut Fair Housing Center's People, Place and Opportunity: Mapping](http://www.ctfairhousing.org/wp-content/uploads/People-Place-and-Opportunity.pdf)

[Communities of Opportunity in Connecticut:](http://www.ctfairhousing.org/wp-content/uploads/People-Place-and-Opportunity.pdf) <http://www.ctfairhousing.org/wp-content/uploads/People-Place-and-Opportunity.pdf>

[Housing an Aging Population: Are We Prepared?:](http://www.nhc.org/media/files/AgingReport2012.pdf) <http://www.nhc.org/media/files/AgingReport2012.pdf>

[Increase the Availability of Affordable Homes Toolkit:](http://www.housingpolicy.org/toolbox/affordability.html) <http://www.housingpolicy.org/toolbox/affordability.html>

[Meet the Housing Needs of Older Adults Toolkits:](http://www.housingpolicy.org/toolbox/older_adults.html) [http://www.housingpolicy.org/toolbox/older\\_adults.html](http://www.housingpolicy.org/toolbox/older_adults.html)

[Accessory Apartments \(Fact sheet\):](http://extension.missouri.edu/p/GG14) <http://extension.missouri.edu/p/GG14>

[Shared Housing \(Fact sheet\):](http://extension.missouri.edu/p/GG13) <http://extension.missouri.edu/p/GG13>

[Cohousing Association of the United States: What is Cohousing?:](http://www.cohousing.org/what_is_cohousing) [http://](http://www.cohousing.org/what_is_cohousing)

[www.cohousing.org/what\\_is\\_cohousing](http://www.cohousing.org/what_is_cohousing)

[Fair Housing Accessibility FIRST:](http://www.fairhousingfirst.org/) <http://www.fairhousingfirst.org/>

[National Resource Center on Supportive Housing and Home Modification: Guide to Home Modification:](http://www.homemods.org/) <http://www.homemods.org/>

[National Association of Homebuilders Aging-in-Place Specialist Certification:](http://www.nahb.org/category.aspx?sectionID=686) <http://www.nahb.org/category.aspx?sectionID=686>

### Planning and Zoning

[Conservation and Development Policies: The Plan for Connecticut \(2013-2018\):](http://www.ct.gov/opm/lib/opm/igp/org/cdupdate/2013-2018_cd_plan.pdf)

[http://www.ct.gov/opm/lib/opm/igp/org/cdupdate/2013-2018\\_cd\\_plan.pdf](http://www.ct.gov/opm/lib/opm/igp/org/cdupdate/2013-2018_cd_plan.pdf)

[Capitol Region Council of Governments' Livable Communities Tools:](http://www.crcog.org/community_dev/livable.html) [http://](http://www.crcog.org/community_dev/livable.html)

[www.crcog.org/community\\_dev/livable.html](http://www.crcog.org/community_dev/livable.html)

[Capitol Regional Green Clearinghouse:](http://greenregionct.org/) <http://greenregionct.org/>

[Promote Sustainable and Equitable Development Toolkit:](http://www.housingpolicy.org/toolbox/sustainable_development.html) [http://](http://www.housingpolicy.org/toolbox/sustainable_development.html)

[www.housingpolicy.org/toolbox/sustainable\\_development.html](http://www.housingpolicy.org/toolbox/sustainable_development.html)

[Sustainable Land Use Code Project. Model Regulations:](http://communitiesforallages.org/sites/default/files/cfaa_resourceguide.pdf) [http://communitiesforallages.org/sites/default/files/cfaa\\_resourceguide.pdf](http://communitiesforallages.org/sites/default/files/cfaa_resourceguide.pdf)

[Multigenerational Planning: Using smart growth and universal design to link the needs of children and the aging population:](https://www.planning.org/research/family/briefingpapers/pdf/multigenerational.pdf) <https://www.planning.org/research/family/briefingpapers/pdf/multigenerational.pdf>

[American Planning Association Smart Growth Policy Guide:](http://www.planning.org/policy/guides/pdf/smartgrowth.pdf) <http://www.planning.org/policy/guides/pdf/smartgrowth.pdf>

[The Smart Growth Network:](http://www.smartgrowth.org/network.php) <http://www.smartgrowth.org/network.php>

[Together We Can Grow Better: Smart Growth for a Sustainable Connecticut Capitol](http://www.epa.gov/smartgrowth/pdf/2010_0222_sgja_program.pdf)

[Region:](http://www.epa.gov/smartgrowth/pdf/2010_0222_sgja_program.pdf) [http://www.epa.gov/smartgrowth/pdf/2010\\_0222\\_sgja\\_program.pdf](http://www.epa.gov/smartgrowth/pdf/2010_0222_sgja_program.pdf)

[Change Lab Solutions' Pedestrian Friendly Code Directory:](http://changelabsolutions.org/childhood-obesity/pedestrian-friendly-code) [http://](http://changelabsolutions.org/childhood-obesity/pedestrian-friendly-code)

[changelabsolutions.org/childhood-obesity/pedestrian-friendly-code](http://changelabsolutions.org/childhood-obesity/pedestrian-friendly-code)

[Health Impact Assessment Fact Sheet:](http://www.cdc.gov/healthyplaces/factsheets/health_impact_assessment_factsheet_final.pdf) [http://www.cdc.gov/healthyplaces/factsheets/health\\_impact\\_assessment\\_factsheet\\_final.pdf](http://www.cdc.gov/healthyplaces/factsheets/health_impact_assessment_factsheet_final.pdf)

## APPENDIX C: Resource List, continued

### Safety and Preparedness

[Connecticut Guide to Emergency Preparedness](http://www.ct.gov/dph/lib/dph/communications/preparedness/emer_prep_guide_final.pdf): [http://www.ct.gov/dph/lib/dph/communications/preparedness/emer\\_prep\\_guide\\_final.pdf](http://www.ct.gov/dph/lib/dph/communications/preparedness/emer_prep_guide_final.pdf)

[Get Ready Capitol Region](http://getreadycapitalregion.org/): <http://getreadycapitalregion.org/>

[State of Connecticut Local Emergency Operations Plan: Standard Guidelines for Emergency Support](http://www.ct.gov/demhs/lib/demhs/eppi/leop_esf_6_mass_care_standards_guidelines_v_1.pdf): [http://www.ct.gov/demhs/lib/demhs/eppi/leop\\_esf\\_6\\_mass\\_care\\_standards\\_guidelines\\_v\\_1.pdf](http://www.ct.gov/demhs/lib/demhs/eppi/leop_esf_6_mass_care_standards_guidelines_v_1.pdf)

[World Health Organizations' Older Person's in Emergencies: An Active Ageing Perspective](http://whqlibdoc.who.int/publications/2008/9789241563642_eng.pdf): [http://whqlibdoc.who.int/publications/2008/9789241563642\\_eng.pdf](http://whqlibdoc.who.int/publications/2008/9789241563642_eng.pdf)

[World Health Organizations' Older Person's in Emergencies: Considerations for Action and Policy Development](http://www.who.int/ageing/publications/emergencies_policy/en/index.html): [http://www.who.int/ageing/publications/emergencies\\_policy/en/index.html](http://www.who.int/ageing/publications/emergencies_policy/en/index.html)

[Disaster Preparedness and the Chronic Disease Needs of Vulnerable Older Adults](http://www.cdc.gov/pcd/issues/2008/jan/pdf/07_0135.pdf): [http://www.cdc.gov/pcd/issues/2008/jan/pdf/07\\_0135.pdf](http://www.cdc.gov/pcd/issues/2008/jan/pdf/07_0135.pdf)

[Federal Emergency Management Agency's "Make a Plan" For Seniors](http://www.ready.gov/seniors): <http://www.ready.gov/seniors>

### Transportation

[Improving Public Transit Options for Older Persons](http://www.trb.org/Main/Blurbs/152165.aspx): <http://www.trb.org/Main/Blurbs/152165.aspx>

[Complete Streets in a Box Toolkit: Connecticut](http://www.tstc.org/reports/ctcsbx/): <http://www.tstc.org/reports/ctcsbx/>

[Connecticut Bicycle and Pedestrian Advisory Board Annual Report \(2012-13\)](http://www.smartgrowthamerica.org/documents/cs/impl/ct-bpac-2012report.pdf): <http://www.smartgrowthamerica.org/documents/cs/impl/ct-bpac-2012report.pdf>

[Aging in Place, Stuck without Options: Fixing the Mobility Crisis Threatening the Baby Boom Generation](http://t4america.org/docs/SeniorsMobilityCrisis.pdf): <http://t4america.org/docs/SeniorsMobilityCrisis.pdf>

[Community Transportation Association of America](http://web1.ctaa.org/webmodules/webarticles/anmviewer.asp?a=18&z=40): <http://web1.ctaa.org/webmodules/webarticles/anmviewer.asp?a=18&z=40>

[National Complete Streets Coalition](http://www.smartgrowthamerica.org/complete-streets): <http://www.smartgrowthamerica.org/complete-streets>

[Streets as Places: Using Streets to Rebuild Communities](http://www.pps.org/pdf/bookstore/Using_Streets_to_Rebuild_Communities.pdf): [http://www.pps.org/pdf/bookstore/Using\\_Streets\\_to\\_Rebuild\\_Communities.pdf](http://www.pps.org/pdf/bookstore/Using_Streets_to_Rebuild_Communities.pdf)

[Change Lab Solutions: Complete Streets Talking Points](http://changelabsolutions.org/sites/default/files/documents/PHLP_CompleteSts.pdf): [http://changelabsolutions.org/sites/default/files/documents/PHLP\\_CompleteSts.pdf](http://changelabsolutions.org/sites/default/files/documents/PHLP_CompleteSts.pdf)

[Change Lab Solutions: Model Laws and Resolutions for Complete Streets](http://changelabsolutions.org/publications/laws-resolutions-cs): <http://changelabsolutions.org/publications/laws-resolutions-cs>

[Change Lab Solutions' Pedestrian Friendly Code Directory](http://changelabsolutions.org/childhood-obesity/pedestrian-friendly-code): <http://changelabsolutions.org/childhood-obesity/pedestrian-friendly-code>

[Partnership for a Walkable America](http://www.walkableamerica.org/): <http://www.walkableamerica.org/>

[City of New Haven Complete Streets Design Manual](http://www.cityofnewhaven.com/TrafficParking/pdfs/CS-Manual-04-05-10.pdf): <http://www.cityofnewhaven.com/TrafficParking/pdfs/CS-Manual-04-05-10.pdf>

[Capitol Region Council of Governments' Livable Communities Tool](http://www.crcog.org/community_dev/livable.html): [http://www.crcog.org/community\\_dev/livable.html](http://www.crcog.org/community_dev/livable.html)

[Connecticut Public Transportation Commission's 2013 Annual Report and Recommendations](http://www.ct.gov/dot/lib/dot/CPTC_2013_Annual_Report.pdf): [http://www.ct.gov/dot/lib/dot/CPTC\\_2013\\_Annual\\_Report.pdf](http://www.ct.gov/dot/lib/dot/CPTC_2013_Annual_Report.pdf)

[Weaving it Together: A Tapestry of Transportation Funding for Older Adults](http://www.aarp.org/content/dam/aarp/research/public_policy_institute/liv_com/2013/weaving-it-together-report-transportation-funding-for-older-adults-AARP-ppi-liv-com.pdf): [http://www.aarp.org/content/dam/aarp/research/public\\_policy\\_institute/liv\\_com/2013/weaving-it-together-report-transportation-funding-for-older-adults-AARP-ppi-liv-com.pdf](http://www.aarp.org/content/dam/aarp/research/public_policy_institute/liv_com/2013/weaving-it-together-report-transportation-funding-for-older-adults-AARP-ppi-liv-com.pdf)

## APPENDIX D: Ideas and Innovations

Across Connecticut and throughout the nation, communities are implementing a number of successful initiatives that create thriving places for people to grow up and grow older. Connecticut's Legislative Commission on Aging identifies and lists a catalogue of these initiatives, with the intent of galvanizing continued improvements in Connecticut, promoting best practices, and stimulating continued ideas and innovations. The list below is illustrative, not a comprehensive listing of all livability initiatives in Connecticut or nationally.

### In Connecticut, By Town

Branford, Guilford and Madison - [Shoreline Village CT: A Community of Seniors Living Independently at Home](http://svct.clubexpress.com/): <http://svct.clubexpress.com/>

Bridgeport – Complete Streets Audit - [A Walking Audit of the East Side](http://www.ctpost.com/local/article/A-walking-audit-of-the-East-Side-4512251.php): <http://www.ctpost.com/local/article/A-walking-audit-of-the-East-Side-4512251.php>

Bridgeport - [Bridgeport Downtown Special Services District](http://infobridgeport.com/): <http://infobridgeport.com/>

Danbury – [Aging in Place Planning Council Fact Sheet](http://www.livablect.org/wp-content/uploads/2013/12/Aging-in-Place-Planning-Council-Fact-Sheet.pdf): <http://www.livablect.org/wp-content/uploads/2013/12/Aging-in-Place-Planning-Council-Fact-Sheet.pdf>

Darien - [At Home in Darien, Aging in Place Gallivant](http://www.aginginplacegallivant.org/): <http://www.aginginplacegallivant.org/>

Enfield – [Accessory Apartments – Planning and Zoning Regulations](http://www.cga.ct.gov/coa/pdfs/Enfield%20Regulations%20Accessory%20Apts.pdf): <http://www.cga.ct.gov/coa/pdfs/Enfield%20Regulations%20Accessory%20Apts.pdf>

Middletown - [Middletown Complete Streets Master Plan](http://www.middletownplanning.com/documents/CompleteStreetsFinDraft031113.pdf): <http://www.middletownplanning.com/documents/CompleteStreetsFinDraft031113.pdf>

New Haven - [Home Haven](http://www.homehavenvillages.org/): <http://www.homehavenvillages.org/>

New Canaan – [Using Health Care Technology to Enhance New Canaan as an Optimal Livable Community](http://www.cga.ct.gov/coa/pdfs/Edited_Deck-_Hartford_Final.pdf): [http://www.cga.ct.gov/coa/pdfs/Edited\\_Deck-\\_Hartford\\_Final.pdf](http://www.cga.ct.gov/coa/pdfs/Edited_Deck-_Hartford_Final.pdf)

New Haven - [Complete Streets Design Manual](http://www.aarp.org/content/dam/aarp/livable-communities/act/transportation/city-of-new-haven-complete-streets-design-manual-aarp.pdf): <http://www.aarp.org/content/dam/aarp/livable-communities/act/transportation/city-of-new-haven-complete-streets-design-manual-aarp.pdf>

New Haven- [Hill to Downtown Community Plan](http://www.cityofnewhaven.com/uploads/Final%20HilltoDowntownCommunityPlanSummary_131210-LO.pdf): [http://www.cityofnewhaven.com/uploads/Final%20HilltoDowntownCommunityPlanSummary\\_131210-LO.pdf](http://www.cityofnewhaven.com/uploads/Final%20HilltoDowntownCommunityPlanSummary_131210-LO.pdf)

New Haven - [Livable City Initiative](http://www.cityofnewhaven.com/LCI/): <http://www.cityofnewhaven.com/LCI/>

Norwalk- [Norwalk 2.0](http://norwalk2.org/): <http://norwalk2.org/>

Seymour- [Livable Communities Committee](http://www.seymourct.org/Livable-Communities-Committee/): <http://www.seymourct.org/Livable-Communities-Committee/>

Southeastern Connecticut shoreline - [Our Shoreline Community Association](http://www.ourshorelinecommunity.org/): <http://www.ourshorelinecommunity.org/>

Torrington - [Complete Streets Resolution](http://www.cga.ct.gov/coa/pdfs/TorringtonComplete%20street%20resolution%204-8-13.pdf): <http://www.cga.ct.gov/coa/pdfs/TorringtonComplete%20street%20resolution%204-8-13.pdf>

Torrington – [Main Street Torrington](http://itshappeninghere.com/post-main-street-torrington-a-new-non-profit?utm_source=May+Downtown+Update&utm_campaign=Downtown+Update&utm_medium=email): [http://itshappeninghere.com/post-main-street-torrington-a-new-non-profit?utm\\_source=May+Downtown+Update&utm\\_campaign=Downtown+Update&utm\\_medium=email](http://itshappeninghere.com/post-main-street-torrington-a-new-non-profit?utm_source=May+Downtown+Update&utm_campaign=Downtown+Update&utm_medium=email)

Torrington - [Torrington Programs and Policies to Address the Aging Community](http://itshappeninghere.com/post-main-street-torrington-a-new-non-profit?utm_source=May+Downtown+Update&utm_campaign=Downtown+Update&utm_medium=email): [http://itshappeninghere.com/post-main-street-torrington-a-new-non-profit?utm\\_source=May+Downtown+Update&utm\\_campaign=Downtown+Update&utm\\_medium=email](http://itshappeninghere.com/post-main-street-torrington-a-new-non-profit?utm_source=May+Downtown+Update&utm_campaign=Downtown+Update&utm_medium=email)



## APPENDIX D: Ideas and Innovations, continued

### Nationally, By State

[Best Cities for Successful Aging](http://successfulaging.milkeninstitute.org/bcsa.html): <http://successfulaging.milkeninstitute.org/bcsa.html>

[Age-Friendly American Database](http://www.giaging.org/programs-events/community-agenda/community-agenda-database/): <http://www.giaging.org/programs-events/community-agenda/community-agenda-database/>

Florida - [Institute for the Ages](http://www.institutefortheages.org/): <http://www.institutefortheages.org/>

Kansas - [Area Agency on Aging: Mid-America Regional Council](http://www.marc.org/Community/Aging): <http://www.marc.org/Community/Aging>

Kansas - [Mr. Goodcents Foundation For Senior Independence](http://www.mrgoodcentsfoundation.org/index.cfm): <http://www.mrgoodcentsfoundation.org/index.cfm>

Massachusetts - [Newton at Home](http://newtonathome.org/): <http://newtonathome.org/>

Missouri - [KC Communities for All Ages](http://www.kc4aic.org/SiteResources/Data/Templates/t1.asp?docid=514&DocName=HOME): <http://www.kc4aic.org/SiteResources/Data/Templates/t1.asp?docid=514&DocName=HOME>

New Hampshire - [Grafton County Senior Citizens Council](http://www.gcsc.org/home.asp): <http://www.gcsc.org/home.asp>

New York - [Age-Friendly NYC](http://www.nyam.org/agefriendlynyc/initiatives/current/age-friendly-business.html): <http://www.nyam.org/agefriendlynyc/initiatives/current/age-friendly-business.html>

Oregon - [Mixing Age Groups in Affordable Housing](http://urbanland.uli.org/industry-sectors/residential/intergenerational-ingenuity-mixing-age-groups-in-affordable-housing/): <http://urbanland.uli.org/industry-sectors/residential/intergenerational-ingenuity-mixing-age-groups-in-affordable-housing/>

# APPENDIX E: Glossary

The Centers for Disease Control and Prevention authored a glossary, entitled **Healthy Places Terminology**, available from <http://www.cdc.gov/healthyplaces/terminology.htm>. The glossary that follows has been adapted from this tool.

**accessibility/accessible:** a term that describes the usability of a product or service by people with disabilities

**active living community:** a community designed to provide opportunities for people of all ages and abilities to incorporate physical activity into their daily routines; by encouraging people to be more active, **active living communities may improve health by lowering people's risk for health conditions such as obesity, diabetes and heart disease**

**adaptive reuse:** adapting buildings for new uses while retaining their historic features

**aging in place:** the ability to live in one's own home and community safely, independently, and comfortably, regardless of age, income, or ability level

**agricultural urbanism:** an approach to integrating growth and development with preserving agricultural resources and enhancing elements of the food system

**air pollution:** one or more chemicals, substances, or physical conditions (such as excess heat or noise) in high enough concentrations in the air to harm humans, other animals, vegetation, or materials

**bicycle friendly:** possessing urban design factors that help make an area that caters to the needs of bicyclists; factors include

- public facilities such as bicycle racks on streets or by public buildings
- regulations that allow riders to take bicycles on board buses, trains, etc.
- accessibility such as the position of bicycle paths relative to roads, quality of the terrain, presence of curb cuts, etc.
- safety features such as lighting, security measures, and protection from on-road vehicles
- aesthetics of bicycle paths and their surrounding areas

**brownfield:** abandoned or underused portions of land occupied by vacant businesses or closed military structures, located in formerly industrial or urban areas; redevelopment may be complicated by real or perceived contamination of the site

**buffer zone:** a natural, undisturbed strip or "green belt" surrounding a development or land disturbance activity or bordering a stream or permanent water body

**built environment:** the buildings, roads, utilities, homes, fixtures, parks and all other man-made entities that form the physical characteristics of a community

**community:** a specific group of people, often living in a defined geographic area, who share a common culture, values, and norms and who are arranged in a social structure according to relationships the **community has developed over a period of time; the term "community" encompasses worksites, schools, and health care sites**

**complete streets:** streets that are designed and operated to enable safe access for all users, including pedestrians, bicyclists, motorists and transit riders of all ages and abilities

## APPENDIX E: Glossary, continued

**connectivity:** the ease of travel between two points; the degree to which streets or areas are interconnected and easily accessible to one another; an example of high connectivity would be a dense grid pattern in a downtown area

**curb cuts:** a space within a curb that is cut away to create a flat area convenient for bicycles, wheelchairs, and strollers

**density:** the compactness of development; common measures of density include population per acre or square mile and dwelling units per acre

**displacement:** when long-time or original neighborhood residents move from a gentrified area because of higher rents, mortgages, and property taxes

**districts:** urbanized areas that specialize in a particular activity such as airports and industrial areas

**envelope:** the skin of a building-including the windows, doors, walls, foundation, basement slab, ceilings, roof and insulation – that separates the interior of a building from the outdoor environment

**embodied energy:** how much energy was required to extract, process, package, transport, install, and recycle or dispose of materials that make up a building's construction

**energy smart:** meeting your energy needs cost effectively and with the least impact on the environment

**environment:** everything external to people -- everything other than behavior and genetics; all conditions that affect people during their lifetimes

**F.A.R.** an acronym for Floor Area Ratio; FAR expresses the relationship between the amount of useable floor area permitted in a building (or buildings) and the area of the lot on which the building stands; it is obtained by dividing the gross floor area of a building by the total area of the lot

**footprint:** land area taken up by a building

**form-based codes:** a method of regulating development to achieve a specific urban form; form-based codes create a predictable public realm by controlling physical form primarily, with a lesser focus on land use, through city or county regulations; form-based codes address the relationship between building facades and the public realm, the form and mass of buildings in relation to one another, and the scale and types of streets and blocks

**fossil fuels:** carbon-rich deposits in the earth, such as petroleum (oil), coal, or natural gas, derived from the remains of ancient plants and animals and used for fuel

**gentrification:** the transformation of neighborhoods from low value to high value; this change has the potential to cause displacement of long-time residents and businesses; gentrification is a housing, economic, and health issue that affects a community's history and culture and reduces social capital; it often shifts a neighborhood's characteristics (e.g., racial/ethnic composition and household income) by adding new stores and resources in previously run-down neighborhoods

**geographic information systems (GIS):** computer-based systems capable of integrating different types of geological and demographic information; by creating maps, one may depict an area's natural and human-made resources, including soil types, population densities, land uses, transportation corridors, waterways, street patterns, mass-transit patterns, sewer lines, water sources, and utility lines

**geothermal energy:** heat that comes from the Earth's interior

**global warming:** the progressive gradual rise of the Earth's surface temperature thought to be caused by

## APPENDIX E: Glossary, continued

the greenhouse effect; global warming may be responsible for changes in global climate patterns

**greenhouse effect:** the process whereby a portion of the solar heat and energy traveling through the Earth's atmosphere toward the earth's surface is prevented from radiating back into outer space by a variety of gases (e.g., water vapor, carbon dioxide, and other gases)

**green design:** using natural products and safer procedures to protect people's health and well-being

**green space:** open, undeveloped land with natural vegetation

**health:** a state of physical, mental, and social well-being and not merely the absence of disease and infirmity

**healthy places:** communities that are developed, designed and built to promote good health

**health impact assessment (HIA):** a combination of procedures, methods, and tools by which a policy, program, or project may be judged as to its potential effects on the health of a population, and the distribution of those effects within the population; HIAs can be used to evaluate objectively the potential health effects of a project or policy before it is built or implemented; it can provide recommendations to increase positive health outcomes and minimize adverse health outcomes; a major benefit of the HIA process is that it brings public health issues to the attention of persons who make decisions about areas that fall outside of traditional public health arenas, such as transportation or land use

**healthy community:** a community that is continuously creating and improving those physical and social environments and expanding those community resources that enable people to mutually support each other in performing all the functions of life and in developing to their maximum potential

**impermeable:** incapable of permeating, absorbing, or diffusing water, thereby creating runoff

**inclusionary zoning policies:** inclusionary zoning is a promising policy strategy that allocates a percentage of the rental or for-sale units in housing developments for low- and moderate-income residents; in return, developers receive cost offsets as compensation for their affordable housing contributions

**infill development:** development that takes place within existing communities, making maximum use of the existing infrastructure instead of building on previously undeveloped land

**infrastructure:** supportive services such as water and sewer lines, roads, transit lines, schools, and other public services

**LEED:** an acronym for The Leadership in Energy and Environmental Design Green Building Rating System™; LEED is a voluntary, consensus-based standard to support and certify successful green building design, construction and operations

**location-efficient mortgages:** competitive rates and low down payments to those who want to live in "location-efficient communities" that are convenient to resources and reduce the need to drive

**low-impact development (LID):** an approach to land development (or re-development) that works with nature to manage stormwater as close to its source as possible; LID employs principles such as preserving and recreating natural landscape features, minimizing effective imperviousness to create functional and appealing site drainage that treat stormwater as a resource rather than a waste product

**mixed-use development:** juxtaposition of land classifications, such as residential, office, commercial, industrial, park, and flood plain within a given area; land use is controlled by zoning ordinances that reflect political decisions often made at the local level

**modal choices:** transportation options; one's preferred method of transportation, such as walking, bicycling, using an automobile, riding a bus or rail, etc.

## APPENDIX E: Glossary, continued

**neotraditional development:** typical of pre-World War II communities, neotraditional development is characterized by urban regions comprising many cohesive neighborhoods, each with their own commercial core and linked to one another by some form of transit; while a metropolitan area has a central downtown, **the many neighborhood centers provide a secondary service area that can be reached on foot from people's homes;** the neighborhood centers may include retail establishments, offices, service providers, cinemas, health clubs, dense housing, and a transit hub

**New Urbanism:** an approach to development and redevelopment promoted by many architects, planners, and urban designers; to qualify as a "new urbanist" project, community development should meet the following criteria

- rule out any development that is gated; that lacks sidewalks; or that has a branching, tree-like street system rather than a grid network
- connect well with surrounding neighborhoods, developments, or towns, while protecting regional open space
- rule out "single-use" developments that include only housing, retail, or office space; the various types of building should all be seamlessly integrated and include workplaces, retail establishments, and different types of housing
- include a neighborhood center within easy and safe walking distance from all dwellings in the neighborhood; buildings should be designed to make the street feel safe and inviting by having front doors, porches, and windows facing the street instead of having a streetscape of garage doors
- include formal civic spaces and squares
- satisfy the "popsicle test" whereby an 8-year-old in the neighborhood could walk to a store to buy a popsicle without encountering fast-moving cars

**nonpoint source:** large land area such as a crop field or an urban area that discharges pollutants into surface and underground water over a large area; any pollution with a vague, diffuse point of origin is referred to as "nonpoint-source pollution"

**off-gassing:** the release of gas into the air from products treated with chemicals during their manufacture

**Off-the-Grid:** a term used to describe a system that runs on renewable energy sources independent of a conventional public utility grid

**ozone layer:** the protective layer of the Earth's atmosphere, about 15 miles above the ground, that absorbs some of the sun's ultraviolet rays, thereby reducing the amount of potentially harmful radiation that reaches the Earth's surface

**pedestrian friendly:** an area that caters to the needs of pedestrians (see "walkable community")

**percolation:** the extent to which a surface allows liquids and other substances to filter through it or seep to surrounding areas

**permeable:** description of any surface that allows another substance (for example, water) to pass through it

**pervious:** permeable; allows something to pass through it

**photovoltaic cell:** a device that converts sunlight into electricity

**point source:** a single identifiable source that discharges pollutants into the environment; examples are smokestacks, sewers, ditches, or pipes; any pollution with a definable, specific source of origin is referred to as "point-source pollution"

## APPENDIX E: Glossary, continued

**pollution:** a change in the physical, chemical, or biologic characteristics of the air, water, or soil that can affect the health, survival, or activities of all forms of life in an unwanted way

**prefabricated:** standardized building sections that are created in a factory to be shipped and assembled in another location

**proximity:** the distance between different land uses such as residential and commercial

**quality of life:** referring to an overall sense of well-being with a strong relation to a person's health perceptions and ability to function; on a larger scale, quality of life can be viewed as including all aspects of community life that have a direct and quantifiable influence on the physical and mental health of its members

**radiant heating:** an efficient heating system that warms cold objects, which then radiate heat into the surrounding space evenly

**renewability:** natural materials that are rapidly renewable, such as fast-growing trees and agricultural products

**renewable energy:** energy derived from sources that do not deplete natural resources; examples include solar, wind, and geothermal energy from the Earth's core

**reusability:** products that are long-lasting and require little maintenance

**runoff:** water from rain or snow that is not absorbed into the ground but instead flows over less permeable surfaces into streams and rivers

**setback:** the minimum distance required by zoning laws to be maintained between a building and the street or between a structure and property lines

**SmartCode:** a comprehensive form-based zoning and planning approach that incorporates smart growth and New Urbanism principles to help organize the human habitat; it is based on the idea of the Transect, which defines a continuum of urbanized conditions ranging from the permanently rural and undeveloped, to the dense, intensely urbanized city centers

**social capital:** the individual and communal time and energy that is available for such things as community improvement, social networking, civic engagement, personal recreation, and other activities that create social bonds between individuals and groups; circumstances that prevent or limit the availability of social capital for a community and its members can have a negative effect on the health and well-being of the members of that community; these negative effects on health and well-being can in turn have negative effects on the community as a whole

**special populations:** certain classifications used to identify target groups including the poor, women, children, the elderly, and members of racial/ethnic minority groups

**sprawl:** a development pattern characterized by the following traits:

- no boundaries; unlimited outward expansion
- low-density residential and commercial settlements
- **widespread strip commercial development; sporadic or "leapfrog" development**
- responsibility for land-use and zoning decisions fragmented among various jurisdictions
- private automobiles dominate transportation options; inconvenient or no public transportation available
- great differences in economic status among residential neighborhoods
- land-use segregated into specific zones; no mixed-use development



## APPENDIX E: Glossary, continued

**street network or grid:** the patterns formed by roadways and the extent to which they are connected to each other (i.e., "connectivity"); for example,

- the traditional urban block-like grid involves a dense matrix of interconnected streets typically seen in older urban areas; many traffic options available
- the hierarchical grid, common in most suburban areas, consists of sets of dead-end streets and cul-de-sacs that feed into secondary roadways that ultimately feed into major roadways; traffic collects on main arteries

**sustainable design:** reducing the environmental impact from the manufacture and use of products

**sustainability:** meeting the needs of the present without depleting resources or harming natural cycles for future generations

**syndemic:** a term invented to describe a set of linked health problems; two or more afflictions or epidemics interacting simultaneously and synergistically (together having a greater effect than would be expected by adding the effects of each); epidemic synergy contributing to excess burden of disease in a population.

**TEA-21:** the Transportation Equity Act for the 21st Century (TEA-21), which was enacted June 9, 1998, as Public Law 105-178. TEA-21 authorizes the federal surface transportation programs for highways, highway safety, and transit for the 6-year period 1998-2003; this law provides authorization and funding to transform outdated transportation priorities

**traditional development:** similar to "neotraditional" development

**Transect:** the characteristics of ecosystems and the transition from one ecosystem to another

**transit-oriented development (TOD):** development of commercial space, housing, services, and job opportunities close to public transportation, thereby reducing dependence on automobiles; TODs are typically designed to include a mix of land uses within a quarter-mile walking distance of a transit stop or core commercial area

**urban (or community) design:** an activity during which decisions are made about the geographic placement of and interaction between natural resources (e.g., topography, vegetation) and built elements (e.g., buildings, roads) in a specific area; urban designers consider how people will perceive and interact with the human-made environment

**urban growth boundary (UGB):** a line drawn around a metropolitan area, designating the limits of allowable growth. Land outside the boundary is protected from new development

**urban heat islands:** a dome of heat over a city that is formed as vegetation is replaced by pavement, buildings, and other structures necessary to accommodate growing populations; the surfaces of these structures absorb, rather than reflect, the sun's heat, causing surface temperatures to rise; the displacement of trees and shrubs eliminates the natural cooling effects of shading they would have provided

**urban sprawl:** see "sprawl"

## APPENDIX E: Glossary, continued

**walkable community:** a community where people can walk safely; a walkable environment that has the following characteristics:

- well-maintained and continuous wide sidewalks
- ramped curbs
- safe and easy street crossings
- a level terrain
- well-lighted streets
- a grid-patterned street design
- high street connectivity
- a safety buffer between pedestrians and motorized vehicles (such as trees, shrubs, streetside parked cars, green space between pedestrians and cars)
- a slow traffic pattern
- minimal building setbacks
- cleanliness
- land-use patterns characterized as mixed use with high-unit density

**zoning:** local codes regulating the use and development of property within specific categories