



VILLAGE OF RIVER FOREST
AGE-FRIENDLY ADVISORY AD-HOC COMMITTEE MEETING

Wednesday, January 11, 2023 – 6:00 PM
Village Hall – 400 Park Avenue – River Forest, IL 60305
Community Room

AGENDA

Public comments will be shared with the Committee. You may submit your public comments via email in advance of the meeting to: Matthew Walsh at mwalsh@vrf.us. You may listen to the meeting by participating in a Zoom conference call as follows, dial-in number: 312-626-6799 with meeting ID: 881 5715 8647 or by clicking here: <https://us02web.zoom.us/j/88157158647>. If you would like to speak during public comment, please email mwalsh@vrf.us by 4:00 PM on January 11, 2023.

1. Call to Order/Roll Call
2. Public Comment
3. Approval of the December 14, 2022 Meeting Minutes
4. Old Business
 - a. Presentation of Age Friendly Report – Discussion
 - b. Review of Age Friendly Report Drafts – Discussion
 - c. Finalize Findings and Report
 - d. Next Steps
5. New Business
6. Next Meeting: February 8, 2023
7. Adjournment

**VILLAGE OF RIVER FOREST
AGE-FRIENDLY AD HOC COMMITTEE
WEDNESDAY, DECEMBER 14, 2022**

A regular meeting of the Village of River Age Friendly Ad Hoc Committee was held on Wednesday, December 14, 2022, at 6:00 p.m. in the Community Room of Village Hall, 400 Park Avenue – River Forest, IL.

1. CALL TO ORDER/ROLL CALL

The meeting was called to order at 6:00 p.m. Upon roll call, the following persons were:

Present: Chairperson Respicio Vazquez, Members Daniel Lauber, Deborah Frederick, Lydia Manning, James Flanagan, Helen Kwan

Absent: Member Mirel

Also Present: Assistant to the Village Administrator Matt Walsh

2. PUBLIC COMMENT

None

3. APPROVAL OF MEETING MINUTES

Committee Member Flanagan made a motion, seconded by Committee Member Lauber, to approve the November 9, 2022, meeting minutes.

Roll call:

Ayes: Chairperson Vazquez, Daniel Lauber, Lydia Manning, James Flanagan, Helen Kwan, Deborah Frederick

Absent: Barbara Mirel

Nays: None

Motion Passes.

4. COMMITTEE MEMBER UPDATES: DEMENTIA-FRIENDLY RIVER FOREST (DFRF) AND AGE-FRIENDLY COMMUNITIES COLLABORATIVE (AFCC)

Committee Member Manning had no update.

Chairperson Vazquez stated that he has no updates from the Mayor's Metropolitan Caucus Age-Friendly Communities Collaborative.

5. OLD BUSINESS

- a. Discussion of Findings and Proposed Actions
- b. Preparation & Drafting of the Age-Friendly Report – Discussion

Chairperson Vazquez thanked the members for their work on a new draft report. The group viewed Member Mirel's implementation matrix.

Member Lauber introduced his comments with regards to housing, and concerns about implementation. There was some discussion about the scope of the group's recommendations, implementation, and action steps. Chairman Vazquez stated that the Committee was not charged with implementation, but rather a needs assessment.

Member Flanagan made a **Motion** to accept the draft document (attached to the packet) as the working draft for the Committee to work with moving forward. Chairman Vazquez clarified that the motion would not preclude edits, additions, or revisions. **Second** by Kwan. Member Lauber asked for confirmation about the ability to make additional changes to the draft in the future. Member Manning mentioned that other AARP reports include similar information and needs to be clearly drawn out. Member Lauber agreed to the motion. Member Frederick observed that the discussion often strays from the original mission of the committee and reminded the group about the original survey participants. Chairman Vazquez agreed and requested that the report include references to the data. Member Kwan agreed and shared concerns about extending the process.

Roll call:

Ayes: Chairperson Vazquez, Daniel Lauber, Lydia Manning, James Flanagan, Helen Kwan, Deborah Frederick

Absent: Barbara Mirel

Nays: None

Motion Passes.

The discussion turned toward next steps on integrating the content from different versions. Chairman Vazquez requested that the next draft versions be completed by January 5, 2023. The group discussed the schedule and responsibilities for different sections.

Member Lauber shared some ideas about including additional demographics and information in the report. Member Flanagan shared additional concerns about delaying the drafting process.

Member Vazquez offered to edit future draft reports. The group then discussed possible dates for a second January meeting.

6. NEW BUSINESS

7. NEXT MEETING: JANUARY 11, 2023

8. ADJOURNMENT

Committee Member Frederick made a motion, seconded by Committee Member Lauber to adjourn the meeting at 7:01 PM.

Roll call:

Age-Friendly Ad Hoc Committee Meeting December 14, 2022

Ayes: Chairperson Vazquez, Lydia Manning, James Flanagan, Daniel Lauber, Helen Kwan, Deborah Frederick

Absent: Barbara Mirel

Nays: None

Motion Passes.

Matt Walsh, Assistant to the Village Administrator

DRAFT



Age Friendly River Forest

Creating a Livable Community for All

Prepared by:

*The Village of River Forest's
Age-Friendly Ad Hoc Committee*

Year Two Report and Action Plan

January 2023

DRAFT

Executive Summary

(or a letter from President Adduci)

DRAFT

Table of Contents

DRAFT

Letter to the Board of Trustees

To: Village of River Forest Board of Trustees
From: The Age-Friendly *Ad Hoc* Committee
Subject: Proposed Action, Implementation, and Evaluation Plan for AARPP Age-Friendliness
Date: XXXXXX

The Age-Friendly *Ad Hoc* Committee was tasked with assessing the age-friendliness of the Village of River Forest and creating an Action Plan for the Village to approve and then eventually submit to the American Association of Retired Persons (AARP).

"The COVID19 pandemic has only heightened the importance and need for this ad hoc committee. Given the virus' effect on our older adult population and the need to rethink how we build an age-friendly community, the timeliness of this committee couldn't be better.

The goals remains the same and below are some direction for the committee to consider but certainly not limited to these 5.

1. Conduct a baseline assessment of age-friendliness of the Village
2. Research and Discuss the new normal for age friendly communities amid COVID19 and other factors stemming from this pandemic.
3. Evaluate and Prepare a plan based on the American Association of Retired Persons and other organizations approaches to an age friendly community.
4. Review and Present the Plan to the Village Board and Village President for endorsement and consideration
5. Present the Final Plan to the Village Board and Village President to adopt by majority vote an Age Friendly Plan that will integrate with our municipal code for implementation of the Plan."

The goal is to support the Village of River Forest in being a designated age-friendly community and included in the AARP Age-Friendly national directory.

The committee has evaluated findings from a community-wide survey and has prepared a resport of those findings and a subsequent Age-Friendly Action, Implementation and Evaluation Plan, following AARP guidelines for form and content (<https://www.aarp.org/livable-communities/network-age-friendly-communities/info-2014/how-to-create-a-community-action-plan.html>). This work details the community assessment that the Committee conducted; its outcomes; and resulting actions, implementations, and evaluations that the Committee proposes to advance age-friendliness in the Village of River Forest.

The purpose of this report is to submit report the findings from the community assessment, explain the rationale for recommendations, and provide an Age-Friendly Action, Implementation, and Evaluation Plan to the Board of Trustees for their consideration. After the

Commented [LM1]: And providing a report to the Village

Commented [LM2]: Revisit email from May 14, 2022 from CA:

"The COVID19 pandemic has only heightened the importance and need for this ad hoc committee. Given the virus' effect on our elderly and the need to rethink how we build an age-friendly community, the timeliness of this committee couldn't be better.

The goals remains the same and below are some direction for the committee to consider but certainly not limited to these 5.

1. Conduct a baseline assessment of age-friendliness of the Village
2. Research and Discuss the new normal for age friendly communities amid COVID19 and other factors stemming from this pandemic.
3. Evaluate and Prepare a plan based on the American Association of Retired Persons and other organizations approaches to an age friendly community.
4. Review and Present the Plan to the Village Board and Village President for endorsement and consideration
5. Present the Final Plan to the Village Board and Village President to adopt by majority vote an Age Friendly Plan that will integrate with our municipal code for implementation of the Plan."

Commented [LM3]: Aren't we already are part of this network?

<https://www.vrf.us/news/item/259>

DRAFT

Trustees review the Plan, the Committee recommends that the Trustees submit a final version to AARP.

Once the Plan is launched it will enable stakeholders in the Village of River Forest to pursue the next steps needed for achieving greater age–friendliness in the years to come. These steps include implementing the plan; sharing solutions, best practices and progress reports with AARP; and evaluating outcomes and impacts to subsequently guide the development of new goals and initiatives.

DRAFT

AGE-FRIENDLY RIVER FOREST YEAR TWO REPORT AND ACTION PLAN

SECTION 1: INTRODUCTION AND BACKGROUND

The Age Friendly *Ad Hoc* Committee was tasked with assessing the age-friendliness of the Village of River Forest and creating an Action Plan for the Village to approve and then eventually submit to AARP. The goal is to support the Village of River Forest in being a designated age friendly community and included in the AARP Age Friendly national directory.

The committee evaluated findings from a community-wide survey and prepared an Age-Friendly list of recommendations and action plan. Once approved by the Village, this plan that will be submitted to the AARP (American Association of Retired Persons) for review and endorsement.

This report has a two-fold purpose: (1) To detail the community assessment and its outcomes; and (2) to propose – based on the Village of River Forest’s current situation - an Action and Evaluation Plan for the Village consider adopting and submitting to AARP.

Vision, Mission, and Values

The **vision** is to have a community that is livable and sustainable, is safe and secure, has affordable and appropriate housing and transportation options, and supportive community features and services. These resources will enhance personal independence; allow residents to thrive as they age in place; foster residents’ engagement in the community’s civic, economic, and social life; and support individuals and families when a loved one needs additional care.

The **mission** is to create and sustain a more livable Village for older adults who choose to age in place in their current home or in this community and to create a community where people of all ages and backgrounds can thrive with a good quality of life as they grow older.

Our **values** include:

- **respecting** older adults as experienced, vital contributors to the social, economic, civic and life of the community
- **inclusion** of voices and needs of ALL older adults in our planning, programs, and policies
- having a **shared vision** and **common agenda** for quality of life in the Village of River Forest
- **collaboration** with local, regional, and national stakeholders doing related work
- **use of current data and information** to guide the work

DRAFT

- **promotion of existing** programs and services
- **piloting of best practices** from other Age-Friendly communities
- **ensuring** that individuals have access to existing and new **technology**
- promoting **inter-generational solutions** and community improvements which benefit multiple generations

Members:

Trustee Respicio Vazquez, Chair (age)	Lydia Manning (age 45)
Daniel Lauber (age)	Barbara Mirel (age)
Deborah Frederick (age)	Helen Kwan (age)
James Flanagan (age 56)	

**all members worked on the assessment and creation of this report as well as action and implementation plan*

Description of the Ad Hoc Committee

This age-friendly planning committee was comprised of a group of River Forest residents who worked together to make this community more accessible and supportive for people of all ages. We have identified and offered suggestions for addressing barriers to participation and inclusion, such as lack of transportation or insufficient housing options for older adults and other factors to improve the quality of life for older adults in River Forest.

Members of the committee include representatives from local government, community organizations, community members, as well as older adults themselves. The goal of this age-friendly planning committee is to create a community that is welcoming, inclusive, and supportive for people of all ages.

SECTION 2: RATIONALE FOR AGE FRIENDLY RIVER FOREST

An age friendly community engages older people and understands that to be age-friendly, the community must consider the social, economic, environmental, and lifestyle factors that influence wellness, quality of life, and aging. Age friendliness means making the Village of River Forest a community where people of all ages and backgrounds can thrive with a good quality of life as they grow older.

In November, 2019, the Village of River Forest became a member of the AARP Network of Age-Friendly States and Communities. Network members are expected to create and implement an Action Plan to further achieve the qualities of age-friendliness found in AARP's Livability standards [give website]. Accordingly, in February 2020, the River Forest Village president constituted a seven-member Age-Friendly Advisory Ad Hoc Committee with the following two charges:

- (1) To conduct a baseline assessment of existing age-friendliness in River Forest by surveying members of the community; and

DRAFT

(2) from results, to develop an Action Plan for the Board of Trustees to adopt and submit to AARP. After being in the AARP Network for five years, River Forest will evaluate the outcomes of the Action Plan and, based on outcomes will create a new set of goals and corresponding Action Plan to renew its membership for another five years.

The members of the River Forest Age-Friendly Advisory Ad Hoc Committee and the Village staff member on the Committee comprise substantial knowledge and experience in aging in-place, gerontology, and city and community planning. The Committee met monthly from July, 2020 to present, devoting ourselves to the following tasks:

- Educating ourselves about the tenets of age-friendliness developed by AARP and the World Health Organization; programs implemented in other AARP designated age-friendly cities and communities, public testimony, expert testimony and initiatives in our own Village.
- Reviewing other survey examples, considering options and choosing the effective survey questions for the community to assess age-friendliness in River Forest.
- Creating, pilot testing and disseminating the survey to a representative sample of XXX residents 50 years old and older and achieving a 60 per cent response rate.
- Analyzing and interpreting responses to identify positive aspects of age-friendliness currently found in River Forest, aspects in need of improvement, and aspects that are high priorities.
- Relating survey results to River Forest's 2022 score on AARP Livability and to other salient research related to communities taking steps to anticipate and support aging populations.
- Composing a comprehensive Action Plan accompanied by Evaluation methods and finalizing this report.

Throughout these processes the Ad Hoc Committee tied the assessment and the Action Plan to the vision, mission, and values of the Village of River Forest, as detailed in the Community Profile above. To do so, the Ad Hoc Committee identified ways in which the vision, mission, and values relate to AARP's domains of and criteria for Livability in Age-Friendly communities. We then focused the survey instrument and the sections of the Action Plan roughly on the following domains and criteria set forth by AARP.

AARP's "Age-Friendly" communities initiative is designed to help communities become more livable for people of all ages, including older adults.

AARP's Age-Friendly Domains:

1. Outdoor spaces and buildings
2. Transportation
3. Housing
4. Social participation
5. Respect and social inclusion
6. Civic participation and employment

DRAFT

7. Communication and information
8. Community support and health services
9. Education and lifelong learning

Additionally, AARP's indicators of livability are factors that contribute to the overall livability of a community. These indicators can include the availability of public transportation, the quality of local schools, the crime rate, and the availability of healthcare.

AARP indicators of livability:

Housing - affordability and access
Neighborhood - proximity and security
Transportation - safety and convenience
Environment - clean air and water
Engagement - civic and social involvement
Health - prevention, access, and quality
Opportunity - inclusion and possibilities

Indicators of livability are likely to overlap with AARP's age-friendly domains, as both are concerned with making communities more livable for all residents. However, the age-friendly domains focus specifically on the needs of older adults, while indicators of livability may be more broadly applicable to people of all ages.

This list of recommendations to the Village has been created using survey input from older people and captures older people's priorities and concerns in the Village. This summary document is intended to provide leaders and decision-makers with the necessary information to construct, implement and evaluate an Age Friendly Action Plan for the Village of River Forest.

SECTION 3: OVERVIEW OF AGE FRIENDLY (AARP and WHO)

In 2006 the World Health Organization (WHO) created a network, the Age-Friendly Cities and Communities, to prepare the world for the rapidly aging society. Its framework includes eight domains of livability that impact older adults and can be used to help a community gauge, organize, and prioritize how to become a livable community. Continuing the effort by WHO,

AARP created the Network of Age-Friendly States and Communities in the United States. The AARP network is affiliated with the WHO's Age-Friendly Cities and Communities initiative.

The 8 Domains of Livability

The 8 Domains of Livability framework is used by many of the towns, cities, counties, and states enrolled in the AARP Network of the Age-Friendly States and Communities to plan their work to be more livable for people of all ages. Learn more at <https://www.aarp.org/livable->

DRAFT

[communities/network-age-friendly-communities/info-2016/8-domains-of-livability-introduction.html](https://www.aarp.org/communities/network-age-friendly-communities/info-2016/8-domains-of-livability-introduction.html)

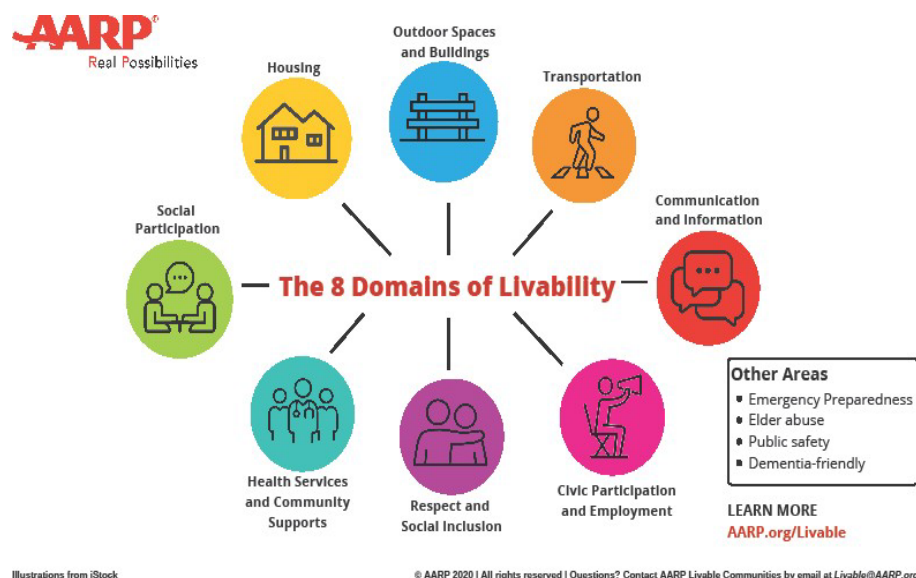


Figure 1 Graphic with a circle for each area - outdoor spaces, transportation, communication, civic participation, respect, health services, social participation, and housing. Plus, areas of emergency preparedness, elder abuse, public safety, dementia-friendly, and **technology**.

1. Outdoor Spaces and Buildings: Green spaces, safe streets, sidewalks, outdoor seating, and accessible buildings are used and enjoyed by people of all ages.
2. Housing: Housing is accessible, designed, or modified to age in the community with affordable housing options for varying life stages.
3. Transportation: Recognizing the geographic needs of the state, transportation in River Forest will be safe, reliable, and easy to use, including accessible and affordable public transit.
4. Civic Participation and Employment: Older adults in River Forest will continue to work for pay, volunteer their skills, and actively engage in community life.
5. Respect and Social Inclusion: Everyone feels valued. The wisdom and experience of older adults are considered with intergenerational and multicultural options to eliminate ageism.

DRAFT

6. Social Participation: To combat isolation, there will be opportunities for older adults to engage in the life of their community with accessible and affordable activities that are meaningful, engaging, and safe.

7. Communication and Information: Communities support the dissemination of and access to information in various ways.

8. Community and Health Services: All people have access to affordable health care and community services that help them live safely and with dignity

**The Ad Hoc Committee agreed to include technology as a 9th domain of Age Friendly for the purposes of the community assessment.*

WHO/AARP Framework, Process, and Key Principles

The WHO and AARP Network of Age-Friendly States and Communities is a worldwide movement with over 40 countries participating across the globe. AARP is the U.S. affiliate and currently has over 400 communities in its membership network (The Network supports members through research, materials, and tools on best practices, professional development opportunities, technical assistance, and mini grants (AARP, 2019).

In a recent blog post, AARP provided guidance to assist communities as they strive to create livable communities by developing and implementing age-friendly policies and practices (AARP, 2019):

1. Leverage the current and potential contributions of older adults in your community. Look for opportunities to engage older adults as volunteers, entrepreneurs, or contributors to the local arts scene.
2. Recognize the value of retaining older adults' connections to both people and place. These associations are valuable to both the individual and the community and cannot be quickly or easily replicated in a new environment.
3. Ensure access to the built environment. Poor design of our homes, parks, streets, walkways, and transit infrastructure prevents access and engagement.
4. Support housing affordability and choice. Housing options should be available and affordable to people at all income levels.
5. Invest in a range of transportation options. One in every five persons age 65+ does not drive. Many need to use public transportation; others will need the additional support of paratransit, reduced fare taxis, or volunteer driver programs.
6. Improve health. Communities benefit when residents have access to healthy food options, opportunities for walking, biking and exercising, and access to health facilities.
7. Foster safety and personal security. Community safety and security initiatives prevent injuries, promote neighborhood cohesion, and maximize opportunities for residents to be active and engaged.

DRAFT

8. Support older adults and their family caregivers through long-term supports and services (LTSS). LTSS programs enable residents to stay in their homes as they age.
9. Coordinate planning processes. Community land use, housing, transportation, supportive services, and community health care planning should be interconnected.
10. Engage residents of all ages in community planning. Decisions regarding land use, housing, transportation, and services have broad effects on the lives of residents. The entire community must be represented in the process and costs and benefits must be shared across the entire community.

The Age Friendly Advisory Ad-Hoc Committee recommends that the Village of River Forest incorporate these practices into the development and implementation of Village function and related business.

SECTION 4: AGE FRIENDLY RIVER FOREST NEEDS ASSESSMENT

Joining the AARP Network of Age-Friendly States and Communities in 2019 and developing the Ad Hoc Committee for Age-Friendly River Forest in 2020 represents the completion of stage one of the Age-Friendly process. The second stage of the Age-Friendly process—conducting a community needs assessment—began in August of 2020. The needs assessment was designed and conducted by the Ad Hoc Committee for Age-Friendly River Forest.

Community Profile

Commented [LM4]: <https://www.cmap.illinois.gov/documents/10180/102881/River+Forest.pdf>

Introduction to River Forest

Ten miles west of the Loop on the eastern bank of the Des Plaines River, River Forest grew from a settlement established near a sawmill in 1831 into one of the Chicago area's most picturesque suburbs. Like its sister village of Oak Park, the community experienced growth after the Chicago fire of 1871, when displaced city residents moved west looking for a new place to settle. After the village made infrastructure improvements in the late 19th century, the population grew quickly and became known for significant residential architecture such as Frank Lloyd Wright's Winslow House.

River Forest was incorporated as a Village on October 30, 1880. Prior to that, it was considered part of a larger community called Harlem, which included parts of Oak Park and Forest Park. Fearing the possibility of alcohol-related problems if Harlem incorporated, River Forest residents banded together to incorporate a smaller and initially "dry" community. Forest Park and Oak Park followed suit and were incorporated in 1884 and 1901, respectively.

River Forest has a strong base of residents who are committed to keeping the community vibrant and providing support to those who need it. For example, through grants and philanthropic fund management, the Oak Park-River Forest Community Foundation supports local nonprofits and social-service organizations.

DRAFT

The Village of River Forest provides a variety of services aimed at its older adult residents. Such programs and services include the: Senior Handyperson Program, Senior Basement Protection Program, and Senior Citizen and Persons with Disabilities Snow Removal Program. The Village of River Forest and the Townships of Oak Park and River Forest. Township Senior Services of Oak Park and River Forest continues to provide a full array of services such as meals, transportation, care management, information/referral, as well as various support programs.

Demographic and Diversity of River Forest

River Forest is an affluent community of 11,597 with an average household income of \$206,744. Nearly three-quarters of all adults age 25 or older have a college degree. Persons 65 and older make up 17.5 percent of the population, and 94 percent of homes report having a computer and a broadband internet subscription.

- Population – 11,597
- Median Age – 41.6
- Per Capita Income – \$73,339
- Median Home Value – \$568,900
- Median Family Income – \$158,929
- Mean Family Income – \$251,095
- Median Household Income – \$106,947
- Mean Household Income – \$206,744
- Unemployment Rate (IDES) – 4.8 percent

The population is 84.1 percent white, 4 percent Black or African American, 4.8 percent Asian and 6.4 percent Hispanic or Latino (of any race). When considering racial diversity, the Village of River Forest can be considered homogenous. However, as a community the Village is diverse in other ways, including in ethnicity, religion, age, sexual orientation, and a range of other factors. The Village of River Forest is committed to diversity and inclusion as evidenced by the creation of the Diversity, Equity, and Inclusion Advisory Group and recent diversity and inclusion partnerships with the surrounding communities of Maywood and Melrose Park, IL.

**Source: US Census Bureau (2021). Population by Age and Sex for the United States: 2021. Retrieved from <https://www.census.gov/quickfacts/riverforestvillageillinois>*

Description of Age Friendly Features

Age-friendliness is an important part of any community, and the Village of River Forest is no exception. From the services and amenities that it provides, to the activities and programs it offers, River Forest works hard to ensure that it is a place that is welcoming and accommodating to all ages.

DRAFT

River Forest has an excellent public transportation system that is accessible and safe for older adults, making it easier for them to get around. Additionally, the community has sidewalks and pathways that are wheelchair-friendly, allowing older adults and those with mobility issues to safely navigate the neighborhood. River Forest also offers a number of activities and programs to keep older adults engaged and active. These include classes and social events that are designed to bring older adults together and give them the opportunity to socialize and make new friends.

Additionally, there are health and mobility resources that are available to help older adults stay independent and remain in their homes. Finally, the Village of River Forest is committed to providing services and support that are tailored to meet the unique needs of older adults. This includes access to health care, physical therapy, and nutrition services, as well as financial and legal assistance. Overall, River Forest is an age-friendly place that meets the needs of most all individuals.

What Did We Do?

Beginning in August 2020, the Village of River Forest's Age Friendly Advisory Ad Hoc Committee met virtually at monthly meetings to gather information and develop recommendations outlined in this report. The breadth of the meetings ranged from an overview by AARP about the tenets of an age-friendly state, presentations by AARP designated age-friendly cities and communities, public testimony, and expert testimony. Additionally, the committee created, disseminated, and analyzed the results from a community-wide survey with a representative sample size of middle-aged and older adults in the Village (see Appendix A for survey questions, responses, and description of the sample). The survey response rate was 60%. Through each meeting, the committee understood current efforts being made with older adults in River Forest. The committee drafted essential recommendations for the Village through each meeting and working session. Following the needs assessment, we created an action plan and strategy for implementation.

How Did We Do It?

The Ad Hoc Committee conducted an age friendly needs assessment for the Village of River Forest. Using a survey from a randomly selected sample of River Forest residents age 45 and older, we captured valuable information about various elements of age-friendliness in River Forest. We assessed what older residents need and want from their perspectives to age safely and securely in the place in River Forest. Furthermore, the needs assessment provided needed information regarding the Village's aging-friendly initiative to build on existing community strengths to address gaps in services.

To assess community needs and aspirations for experiencing age-friendliness we developed a 64-item, Likert Scale survey with questions grouped in the following categories:

DRAFT

Communication and Information	Housing and Finances
Technology	Civil, Social Involvement, Volunteer Opportunities
Outdoor Spaces and Buildings	Social Participation
Access to Transportation	Respect and Social Inclusion
	Demographics

Demographics of Respondents

A random selection was used to recruit respondents for a community survey. We used the voter registration to capture a representative sample of people over the age of 55 in the Village of River Forest. Three hundred survey were sent to the randomized sample; 201 surveys were completed and returned establishing a response rate of 67%.

Demographic Variable	Number of Respondents	Percentage of Respondents
Age		
55 - 59	33	17.2%
60 - 64	31	16.2%
65 - 74	91	47.4%
75 - 84	26	13.5%
85+	11	5.7%
Gender		
Female		60%
Male		40%
Non-binary		0%
Race		

Inclusion of Older Adults and Diverse Populations

A randomized sampling technique was used to gather these data. The committee did not over sample for diversity. The committee does however in the listing of recommendations, advocate for policies and practices that support the inclusion of older adults and diverse populations at the Village and community level.

AARP Livability Score

The Village of River Forest, IL has an AARP Livability Score of 55

Commented [LM5]: (<https://livabilityindex.aarp.org/search/River%20Forest,%20Illinois,%20United%20States#compare>).

DRAFT

What Lessons Did We Learn?

Results from the River Forest Age Friendly Survey (see Appendix A) indicated several critical areas of focus for age friendly efforts to create an action plan. Overwhelming, residents in the Village of River Forest reported wanting to age in their community. These seven domains are: housing, outdoor spaces and buildings, transportation, social participation, communication and information, civic participation, and respect and human inclusion.

Key Findings from Community Age-Friendly Assessment

Note: Only items of significance emerging from survey results (concerns – less than 20% no, 20 to 30 is low, 30 to 40 moderate and anything greater than 40% is high) as agreed upon by committee in previous discussion)

Social Participation

- Some concern about learning about social events
- Some concern about the lack of range of events and activities sufficiently varied

Technology

- No major concerns with technology for villagers
- Findings demonstrate the 96% of households have Internet and large number of people have and do use comfortably use technology

Respect and Social Inclusion

- No major concerns with age discrimination and very few getting negative remarks related to age

Civic/Social Involvement and Volunteer Opportunities

- Appear to be adequate for civic involvement and volunteers opportunities, however people expressed interesting in having more opportunities for social involvement

Communication and Information

- No major concerns other than trying to understand whether or not to use regular mail or digital communication

Community Support and Services for Older Adults

- It is important to RF is supportive of people living with dementia
- Need to do a better job helping people understand what services for OA are available and how to access services

Outdoor Spaces and Buildings

- Existing concerns for improved seating and streetlighting

Access to Transportation

DRAFT

- No major concerns with access to transportation other than better communication from the Village about transport services for older adults

Housing and Finances

- Most important thing is that people have options in different settings to age in River Forest
- Caveat: we uncovered that people would entertain modify existing space to accommodate a care situation
- Accessory Dwelling Units (ADU) – 23% would consider it

The findings from this needs assessment were used to establish priorities, set goals, and decide action steps for the Age Friendly River Forest Action Plan.

SECTION 5: AGE FRIENDLY RIVER FOREST ACTION PLAN

Using findings from the community assessment and its outcomes, this proposed action plan is based on the Village of River Forest's current situation. The committee recommends that the Village of River Forest adopt this Action and Implementation Plan then subsequently submit the plan to AARP. The Action and Evaluation Plan will lead to the subsequent steps needed for achieving greater age-friendliness in the years to come. These steps include implementing the plan; sharing solutions, best practices and progress reports with AARP; and evaluating outcomes and impacts to guide the development of new goals.

Management of Implementation Plan

The needs of residents in all Eight Domains of Livability are important. Based on the findings of the Age Friendly River Forest Community Needs Assessment, the committee identified the following area as immediate priorities: housing, outdoor spaces and buildings, transportation, social participation, communication and information, civic participation, and respect and human inclusion.

Domain-Specific Detailed Findings and Action Items

HOUSING

In an age friendly framework, AARP defines has determined that housing needs to be accessible and designed or modified to support people desiring to age in the community. This includes affordable housing options for varying life stages. Affordable housing refers to housing that is considered to be within the financial means of a specific group of people, typically those with low to moderate incomes. The specific income limits and the cost of housing considered to be affordable can vary depending on the location and the specific program or policy being used to define affordability. In general, affordable housing is intended to allow people to live in a place they can afford without spending a disproportionate amount of their income on housing costs.

Commented [LM6]: The order of presentation of findings should align with survey as we did not capture any ranking of priority in the survey

DRAFT

Findings

When survey respondents were asked about River Forest housing options and issues to address in its age-friendly planning, there were some concerns. Respondents express some interest in having accessible and affordable homes in River Forest.

An essential part of being able to age in a community is the ability to age in place. This necessitates the demand for age-appropriate and affordable housing and dwelling structures that enable people to optimize their agency and abilities.

Respondents were asked if they would consider modifying the property to accommodate others or living in an accessory dwelling unit. Nearly 25% of respondents indicated they would be willing to modify to live in age friendly space. In other words, River Forest older adults wish to continue to live in River Forest (“age in community”) and to remain in their current homes (“age in place”). Furthermore, there is moderate interest among River Forest seniors to add an accessory dwelling unit to their property, i.e., 23% of respondents expressed an interest. Accessory dwelling units offer the opportunity to facilitate continuing to age in place or in age in community within River Forest.

Aging in place requires the maintenance and creation of age-appropriate affordable housing and dwelling structures that enable people to maximize their ability and “agency,” namely to maximize the opportunity to make their own choice of whether to remain in their home and in River Forest or to move elsewhere. AARP’s age-friendly framework calls for housing to be accessible and designed or modified to support people desiring to age in the community. This includes affordable housing options for varying life stages and independent living capabilities. (moved)

Figure X provides a high-level view of the Action Plan for Housing. Evidence to support these goals, objective and actions follow.

Figure X

Goal	Objective	Action	Implementation dependencies	Evaluation
Bolster accessibility	Increase home modifications in existing residences for older adults living in the Village of River Forest	Create a streamlined process for modifications to accommodate needs of older adults. Support residents in understanding and accessing home modification resources. (builders, products, workshops, and funding).		

Commented [LM7]: Do we want to use this table format for each domain?

DRAFT

Goal	Objective	Action	Implementation dependencies	Evaluation
Bolster affordability	Explore the possibility of accessory dwelling units	Create new zoning codes that allow and promote accessory Encourage the development of a moderately priced senior living facility.		

Basis

Survey data indicated that:

- Nearly 68 percent of those responding agreed or strongly with the statement “It is important for me to age in River Forest.” (Survey Item 48)
- Almost 79 percent of those surveyed reported they wished to continue to live in River Forest for at least six more years. Over 61 percent wish to live here for 11 or more years. (Item 59)
- Similarly, nearly three quarters desire to remain in their current abode for at least six years with 56.7 percent inclined to continue to live in their current home for 11 or more years. (Item 58)
- Feel safe in my home and believe my home is in a safe neighborhood (95% agree and 89% agree respectively). Caveat – AARP rates RF low on crime rate – above the national average based on violent and property crime/10,000 people.
- A large majority agree that they do not want to live in “identifiable older-adult housing.”
- A large majority do not live in or want to live in multi-family units.
- A large majority want to stay in their own homes. Those who own their own residences now project that if they move it would be into someplace they still owned (e.g. move from their current 2 story house to a one-story house or condo or townhouse). Only 10% of respondents had a desire for rentals.
- 61% of respondents age 55 to 74 are also willing to live in in-law suites or ADU. Of the people who strongly agree that they’re willing to live in these units, 100% of them are in the group of respondents who say they’d consider modifying their home.
- Nearly a quarter of River Forest seniors would consider modifying their property to add an accessory dwelling unit and would consider living in an accessory dwelling unit. More than 23 percent of those surveyed reported that they would consider modifying their property to create an accessory dwelling unit and nearly 24 percent would consider living in one. (Items 50 and 51)

DRAFT

- Similarly, nearly 24 percent would consider modifying their property to create a separate living space for a caretaker, boarder, or parent. (Item 49)
- More than nine in ten River Forest seniors report that their current home would allow them to have another person live with them. (Item 45)
- Close to one in five River Forest seniors report that they cannot easily meet their monthly housing costs including property tax. (Item 42)

Challenges

A good quarter of respondents would consider modifying their homes to enable others to live there, including putting in an ADU or in-law suite. This same quarter also says they dwell in homes that support having another person live there. This group of respondents span all ages but are most heavily weighted to 55-74 years old (33% of them). 61% of this group of respondents are also willing to live in in-law suites or ADU. Of the people who strongly agree that they're willing to live in these units, 100% of them are in the group of respondents who say they'd consider modifying their home.

Circumstances may necessitate moving to "identifiable older-adult housing" despite current preferences, and since the majority of respondents want to stay in River Forest, the Village should be offering at least some options (based on assessments and "actuarial-type" projections).

AARP rates River Forest above the national average in crime.

Recommendations

River Forest needs to encourage housing that is accessible and conducive to aging in place. Create a streamlined process for modifications to accommodate needs of older adults. Encourage the development of a moderately priced senior living facility. Explore the possibility of accessory dwelling units. Furthermore, the Village need to work to ensure access to the built environment while promoting quality design of homes and housing infrastructure to bolster access, affordability, and ability to age in place. This will require the Village to support housing affordability and choice while striving to create housing options that are available and affordable to people at all income levels and all abilities.

Goals:

1. Facilitate a continuum of housing options affordable to River Forest seniors to enable them to age in community for as long as they wish to live here. (DL)

Essential Activity: Facilitate enabling River Forest seniors to remain in their current homes as they grow older

Target Date for Completion

Commented [LM8]: Is the beyond the scope of our action plan?

DRAFT

Organization/Individual Responsible for Activity

Resources Needed

Indicator of Progress

2. Assure that no older River Forest resident who wants to age in the village will be forced out due to a lack of appropriate and affordable housing options. (DL)

Essential Activity: Facilitate creation of new affordable housing options along the continuum of age friendly housing to enable River Forest seniors to age within River Forest.

Target Date for Completion

Organization/Individual Responsible for Activity

Resources Needed

Indicator of Progress

3. Create and sustain adequate and comprehensive housing options to rent and/or own which are suitable for a wide range of incomes, levels of ability, and across stages of life

Essential Activity: Develop a River Forest Age Friendly housing vision statement

Target Date for Completion

Organization/Individual Responsible for Activity

Resources Needed

Indicator of Progress

4. Create and support the development of an age-friendly framework for the Housing and Building Zoning Commission in the Village to ensure opportunities for older adults to modify housing accordingly

Essential Activity:

Target Date for Completion

Organization/Individual Responsible for Activity

Commented [LM9]: Is this beyond the scope of our action plan?

DRAFT

Resources Needed

Indicator of Progress

5. Create a streamlined process to facilitate modifications for older adults living in the Village of River Forest by supporting them in understanding and accessing home modification resources (builders, products, workshops, and funding)

Essential Activity: Create a fast-track system for home modifications specifically for older adults and people with disabilities

Target Date for Completion

Organization/Individual Responsible for Activity

Resources Needed

Indicator of Progress

6. Mandate that homeowners, builders, and realtors of new home construction River Forest will enhance safety for all ages and promote aging in place for older adults by understanding and adopting features of universal design

Essential Activity:

Target Date for Completion

Organization/Individual Responsible for Activity

Resources Needed

Indicator of Progress

7. Explore the need for new zoning codes that allow and promote accessory dwelling units for older adults to use how best they see fit.

Essential Activity:

Target Date for Completion

Organization/Individual Responsible for Activity

Resources Needed

DRAFT

Indicator of Progress

8. Support the pilot of a best practice home-sharing program for older adults living in the River Forest

Essential Activity:

Target Date for Completion

Organization/Individual Responsible for Activity

Resources Needed

Indicator of Progress

OUTDOOR SPACES AND BUILDINGS

AARP suggests that outdoor spaces and buildings as well as green spaces, safe streets, sidewalks, outdoor seating and accessible buildings be used and enjoyed by people of all ages.

Findings

Respondents identified less issues related to the Village of River Forest's outdoor spaces and buildings. Most respondents considered the Village to value and provide availability of well-maintained and safe parks and opportunities for outdoor recreation.

Survey respondents did express an interest in making River forest more walkable, expressing the desire for sidewalk improvements, adequate streetlighting and additional benches for sitting and resting be placed throughout the Village. There is a need to upgrade River Forest's street lighting to promote nighttime pedestrian and driver safety. Additionally, with more than a third of River Forest older adults expressing that there are not enough places to sit and rest in the village, more benches are needed.

Basis

Walking

- The majority of respondents considered River Forest to be a walkable community
- 19% of respondents indicated the need for safer sidewalks
- 81% indicated adequate lighting for walking and driving

DRAFT

- 14% disagreed with the statement that “sidewalks in my neighborhood are safe for me to use”
- Only 10.6% disagreed with the statement that they usually have enough time to cross streets safely in River Forest” while more than 89 percent agreed

Seating

- 27% of respondents do not think seating is adequate and 22% are neutral
- More than one in four respondents reported that there are not enough places to sit or rest throughout the village
- 30% of respondents who were neutral or felt the question was not applicable, 36% reported that there are not enough places to rest or sit within River Forest.

Lighting

- 19% of respondents finding inadequate lighting for driving and walking present
- 31 % disagreed with the survey statement “Street lights in River Forest are bright enough for me to safely walk at night.”

Challenges

It will take a coordinated effort by the Village, park district, and other entities to meet needs related to lighting, sidewalk-related safety improvements as well as providing benches and providing places to sit and rest throughout the Village.

Recommendations

River Forest needs to ensure that the Village has green spaces, safe streets, sidewalks, outdoor seating, and accessible buildings are used and enjoyed by people of all ages.

Goals:

1. Provide brighter lighting that is confined to the streets and sidewalks through the use of light shields and directed lighting to keep light from bleeding onto front lawns and into living rooms and front porches

Essential Activity:

Target Date for Completion

Organization/Individual Responsible for Activity

Resources Needed

DRAFT

Indicator of Progress

2. Create a plan to ensure sidewalks are accessible and safe for walking.

Essential Activity:

Target Date for Completion

Organization/Individual Responsible for Activity

Resources Needed

Indicator of Progress

3. Implement bench-installation program and related map for resting throughout the Village

Essential Activity:

Target Date for Completion

Organization/Individual Responsible for Activity

Resources Needed

Indicator of Progress

TRANSPORTATION

ARPR encourages that towns, cities, and villages recognize the geographic needs in their communities, and provide transportation options that are safe, reliable, and easy-to-use, including accessible and affordable public transit. Transportation was identified by respondents as being accessible, however survey results indicate that the majority of residents drive themselves places. In general, the Village should have accessible, convenient, reliable, and affordable public transportation.

Findings

While River Forest seniors have easy access to public transportation, they overwhelmingly continue to drive themselves to get where they need to go. The vast majority of River Forest seniors continue to be independent in their transportation choices. Relatively few depend on others for their transportation. In general, older adults in River Forest are largely unaware of the transportation services that River Forest Township provides.

Basis

DRAFT

- Nearly 70% of River Forest seniors report they have easy access to public transportation such as Metra, buses, and the Elevated. Fewer than seven percent do not. However, fewer than eight percent usually take public transportation.
- 90% of River Forest seniors report that they usually drive themselves where they need to go.
- Relatively few depend on others for their transportation with fewer than seven percent usually taking a taxi or rideshare, and less than five percent reporting they depend on others to get to where they need to go.
- Fewer than four percent need assistance to get from their home to their ride.
- 19% of respondents are aware of the transportation services the township furnishes.

Challenges

While 90 percent of respondents drive themselves to get around, there remains a proportion of older adults in River Forest who are dependent on others for transportation. The challenge is to provide and effectively inform residents about the local transportation services.

Recommendations

River Forest needs to have transportation options that are safe, reliable, and easy to use, including accessible and affordable public transit.

Goals:

1. Maximize awareness and use of existing transportation and mobility options for residents by River Forest Township

Essential Activity: Communicate availability and cost of buses and cars: CTA fixed routes, on-demand, travel train, and private and small-organization vans and cars, and other transports serving the Village

Target Date for Completion

Organization/Individual Responsible for Activity

Resources Needed

Indicator of Progress

2. Promote use of existing transportation options

DRAFT

Essential Activity: Document and promote use of active transportation options with maps and directories

Target Date for Completion

Organization/Individual Responsible for Activity

Resources Needed

Indicator of Progress

3. Create public transportation platform (entry and exit ways) that are accessible

Essential Activity: Make the CTA and METRA stations accessible (ADA and age friendly)

Target Date for Completion

Organization/Individual Responsible for Activity

Resources Needed

Indicator of Progress

SOCIAL PARTICIPATION

Social participation, inclusion, and educational opportunities are another important dimension of age-friendly communities. With the age friendly framework, AARP intends for communities to combat isolation while providing opportunities for older adults to engage in the life of their community with accessible and affordable activities that are meaningful, engaging and safe.

Findings

While information obtained from research participants shows the majority are aware that there are community level activities to be engaged in, a significant minority of respondents feel there are not enough opportunities to meet people in River Forest. River Forest residents see a strong alignment between the importance and availability of social opportunities such as continuing education, cultural activities, activities for older adults specifically, and activities for people of all ages. Some concerns were expressed about the availability of information about social activities. Respondents indicated their desire for more occasions to meet people in River Forest, more variety in event and activity programming, and more opportunities for social involvement in the Village.

DRAFT

Basis

- 65% strongly agree that activities and events in River Forest are organized in places that are accessible to me
- 20% of respondents feel there are not enough opportunities to meet people in River Forest.
- Only 23% of older adults in River Forest have difficulty learning about local social events.

Challenges

There was a range in responses on social participation and engagement. A solid third are Neutral about issues of inclusion, belonging, valued, and participation. This percentage suggests something may be missing in the Village to keep responders from feeling inclined to answer positively. Or it could be that they don't care about inclusion, belonging et al; but that also suggests a disengagement of sorts from the Village. The disengagement is not negative if it comes from residents finding a sense of "community" elsewhere (personally made friendships, Chicago-wide groups and places). Finding out reasons for Neutrals is important for determining whether actions of various types by the Village would be worthwhile.

Recommendations

The Village of River Forest needs to combat isolation while providing opportunities for older adults to engage in the life of their community with accessible and affordable activities that are meaningful, engaging and safe.

Goals:

1. Create opportunities for more expansive community engagement

Essential Activity: Provide more opportunities for social activities and no-cost-to-seniors events and improve communication about the events

Target Date for Completion

Organization/Individual Responsible for Activity

Resources Needed

Indicator of Progress

DRAFT

2. Host Age Friendly/Seniors Appreciation Day Town Hall Event

Action Item:

3. Provide enhanced programing at the libraries and community centers/places for people to convene

Action items:

4. Expand intergenerational social opportunities

Essential Activity: Work with relevant Village departments to expand intergenerational programming in settings such as parks, libraries, museums and other nonprofit arts organizations, community and senior centers, and other facilities

Target Date for Completion

Organization/Induvial Responsible for Activity

Resources Needed

Indicator of Progress

5. Expand innovative programming to decrease social isolation among older adults

Essential Activity: Create daily call program or work with animal shelter for pet adoption

Target Date for Completion

Organization/Induvial Responsible for Activity

Resources Needed

Indicator of Progress

6. Expand social participation and reduce social isolation through participation in the arts

Essential Activity:

Target Date for Completion

Organization/Induvial Responsible for Activity

DRAFT

Resources Needed

Indicator of Progress

CIVIC ENGAGEMENT and SOCIAL INVOLVEMENT

Civic engagement is characterized as having older adults continue to work for pay, volunteer their skills, and be actively engaged in community life.

Findings:

Survey results suggested that older adults in the Village were satisfied with opportunities for civic engagement and social participation.

Basis

- Most River Forest seniors with an opinion report that they are satisfied with opportunities for civic involvement here.
- Most River Forest seniors with an opinion are satisfied with opportunities to volunteer in the village.
- River Forest seniors tend to feel like a valued member of the River Forest community.

Challenges

Not all respondents expressed a lack of civic engagement as a concern.

Recommendations

The Village of River Forest needs to provide opportunities for older adults continue to work for pay, volunteer their skills, and be actively engaged in community life.

Goals:

1. Create and maintain volunteer opportunity directly for those interested in volunteering

Essential Activity:

Target Date for Completion

Organization/Individual Responsible for Activity

Resources Needed

Indicator of Progress

DRAFT

2. Create and older adult advisory committee for Village political business

Essential Activity:

Target Date for Completion

Organization/Individual Responsible for Activity

Resources Needed

Indicator of Progress

COMMUNICATION AND INFORMATION

Age Friendly communities support the dissemination of and access to information in a variety of ways.

Findings

Respondents indicated the need to receive information from the Village in various media forms (print and electronic). Furthermore, there was considerable concern regarding the lack of information on the available services for older adults and the ability to access those services when needed. Approximately, 60% percent of participants indicated they know about older adult services and can access them. This suggests that there is a considerable percentage of the population of older adults in the Village that do not know what services exist. Respondents also expressed a significant interest in having the Village be a place that is supportive for people living with dementia.

Basis

[insert desired tables to illustrate findings]

- River Forest seniors report that they are comfortable using electronic communication devices.
- River Forest seniors understand digital and printed communications from the village.
- While most River Forest seniors prefer to receive village communications electronically, a significant percentage prefer to receive village communications by mail.
- Nearly nine in ten River Forest seniors report they are comfortable using the Internet, smart phones, and other electronic devices. (Items 6-8)

DRAFT

- More than three quarters of River Forest seniors report that the digital information the village sends them is easy to read in terms of type face and size. (Item18)
- More than 92 percent of River Forest seniors report that they can understand printed information from the village (Item19) while 86 percent say the same about digital information. (Item 20)
- While 60 percent prefer to receive village information via electronic means (Item21), nearly 29 percent prefer to receive village information in print via the U.S. mail.
- Just 30 percent of River Forest seniors report that social services in River Forest meet their needs. Under eight percent reported that these services meet their needs. Sixty-two percent were neutral or chose “not applicable.” (Item 23)
- About one in four River Forest seniors knows what services for older adults are available in River Forest (Item 24) while 26 percent know how to access these services. (Item 25)
- Fewer than six percent of River Forest seniors use services for older adults in the village. (Item 26)

Challenges

Recommendations

The Village of River Forest needs to better support a variety of options for the dissemination of and access to information.

Goals:

1. Increase awareness of existing resources that support older adults as they age in place in their home or this community

Essential Activity:

Target Date for Completion

Organization/Individual Responsible for Activity

Resources Needed

Indicator of Progress

DRAFT

2. Further refine network of communication channels in River Forest for receiving and sharing information such as community events and services

Essential Activity: Work to eliminate digital divide by providing more information on the form of mailings

Target Date for Completion

Organization/Individual Responsible for Activity

Resources Needed

Indicator of Progress

3. Establish and maintain public posting sites, including additional kiosks in strategic locations

Essential Activity:

Target Date for Completion

Organization/Individual Responsible for Activity

Resources Needed

Indicator of Progress

4. Create an Age Friendly Rubric and Checklist that is incorporated in all Village work/decision-making and planning

Essential Activity:

Target Date for Completion

Organization/Individual Responsible for Activity

Resources Needed

Indicator of Progress

DRAFT

RESPECT AND INCLUSION

In an age friendly community, everyone feels valued. The wisdom and experience of older adults is considered with intergenerational and multicultural options, with a goal to eliminate ageism.

Findings

A large number of respondents reported not feeling valued as a community member in the Village. Age discrimination against River Forest seniors is not widespread. Respondents expressed there to be a low level of ageism in River Forest.

Basis

- Only about 50% of the respondents agreed or strongly agreed that they felt like a valued member of the River Forest community. That more people didn't respond positively, however, might just be that it is unclear to respondents what that feeling is supposed to feel like. Almost 37% responded neutral.
- A large majority does not feel discriminated against based on age; nor have they experienced ageist comments.
- Of the 21 who do not feel valued have lived 11+ years in River Forest however have remained in River Forest despite this feeling. Eleven percent of respondents reported that they sometime feel discriminated against due to their age. (Item 10)
- Fewer than seven percent of River Forest seniors report hearing annoying or negative remarks due to their perceived age. (Item 9)

Challenges

Non-white residents are underrepresented in the survey. It's important to know if non-whites and whites have the same experience of feeling valued or not. Economic brackets may not all be represented adequately either.

Recommendations

The Village of River Forest needs value the wisdom and experience of older adults is considered with intergenerational and multicultural options, with a goal to eliminate ageism.

Goals:

1. To adequately represent all interests in River Forest, gather more data from underrepresented groups

Essential Activity:

DRAFT

Target Date for Completion

Organization/Individual Responsible for Activity

Resources Needed

Indicator of Progress

Conclusions

This preliminary report serves to inform the Village of River Forest Board on the data gathered and how that shaped the recommendations. Further exploration may be needed on various recommendations to develop an action plan. The Age-Friendly Advisory Ad Hoc Committee conducted this work in an unprecedented pandemic and that provided a unique lens to inform this work.

Age-Friendly River Forest is about making critical investments that will help older adults live healthier and more fulfilling lives as they age in place, and continue to contribute in myriad ways to making River Forest a better place to grow up and grow old. An Age Friendly River Forest strives to be a community where people can live in place where they are respected and included, that are free of barriers based on a person's age, and where they are recognized for what they have done and added to our state. People of all ages should feel they and their families can live good lives as they grow old.

The Age-Friendly Advisory Ad Hoc Committee developed recommendations in the midst of the COVID 19 pandemic. This experience suggests there may be a need for emergency preparedness as a unique and 9th domain of livability.

[insert summary table here]

SECTION X: APPENDICES AND SUPPORTING DOCUMENTATION

- Appendix A – Survey
- Appendix B – Village Ordinance

SECTION X: REFERENCES

AARP (2019). AARP Network of Age-Friendly States and Communities: The member list. Retrieved from

DRAFT

<https://www.aarp.org/livable-communities/network-age-friendly-communities/info-2014/member-list.html>

World Health Organization (2018, February 5). Ageing and health. Retrieved from <https://www.who.int/news-room/fact-sheets/detail/ageing-and-health>

DRAFT



Age-Friendly River Forest

Creating a Livable Community for All

Year Two Report and Action Plan

February 2023

Prepared by:
The Village of River Forest's
Age-Friendly *Ad Hoc* Committee

Barbara's changes/comments:

• Opening

o I wrote a cover page Memo to the Trustees introducing them to the Action Plan instead of including an Intro to them in the Action Plan itself. That way we can just write the Action Plan to accord with AARP's suggested guidelines.

- Structure

o It is now in the structure that AARP lays out - Community Profile, Intro to Plan, Domain-Specific Actions.

o I have not filled out all of the Community Profile but put text into each subsection that specifies what should be in that subsection.

o I have moved text around a lot to fit the structure and it flows very nicely now. Some of the subsections are complete; some still need some more text.

- AARP Livability.

o A summary of AARP's program is not included in the AARP guidelines for content within the Plan. It can go in an appendix. AARP does want to see how their domains & livability indicators fit with our community profile and I did that. I related the ratings from our 2022 Livability score to AARP's domains.

- Domain specific Actions in the Plan

o I wrote up the Domain Specific section on Social Participation and Civic Engagement. I put it right after Dan's write up on Housing so that the 2 Domains that we've structured so far with Goals, Objectives, Actions, etc are together - making it easier to keep working down the list.

Commented [LM1]: I think we need to documents:

1. Report to Village

2. Action Plan

We attempted to create those subheadings and breaks in our first draft

Commented [LM2]: I am not seeing the AARP structure rather a checklist of items to include in an order that works for us

Commented [LM3]: It needs to be front and center for the Village Report for context and not as back matter to the plan

Executive Summary

DL: Suggest we write a 1 to 3 page executive summary highlighting key findings and goals *after* rest of the report is written and, if desired, include a cover letter from the village board although one is not really necessary. Perhaps a letter of conveyance from the village president would be appropriate when submitting to AARP.

(or a letter from President Adduci)

DRAFT

Table of Contents

To: Village of River Forest Board of Trustees
From: The Age-Friendly *Ad Hoc* Committee
Subject: Proposed Action, Implementation, and Evaluation Plan for AARPP Age-Friendliness
Date: XXXXXXXX

The Age-Friendly *Ad Hoc* Committee was tasked with assessing the age-friendliness of the Village of River Forest and creating an Action Plan for the Village to approve and then eventually submit to the American Association of Retired Persons (AARP).

"The COVID19 pandemic has only heightened the importance and need for this ad hoc committee. Given the virus' effect on our elderly and the need to rethink how we build an age-friendly community, the timeliness of this committee couldn't be better.

The goals remains the same and below are some direction for the committee to consider but certainly not limited to these 5.

1. Conduct a baseline assessment of age-friendliness of the Village
2. Research and Discuss the new normal for age friendly communities amid COVID19 and other factors stemming from this pandemic.
3. Evaluate and Prepare a plan based on the American Association of Retired Persons and other organizations approaches to an age friendly community.
4. Review and Present the Plan to the Village Board and Village President for endorsement and consideration
5. Present the Final Plan to the Village Board and Village President to adopt by majority vote an Age Friendly Plan that will integrate with our municipal code for implementation of the Plan."

The goal is to support the Village of River Forest in being a designated age-friendly community and included in the AARP Age-Friendly national directory.

The committee has evaluated findings from a community-wide survey and has prepared an Age-Friendly Action, Implementation and Evaluation Plan, following AARP guidelines for form and content (<https://www.aarp.org/livable-communities/network-age-friendly-communities/info-2014/how-to-create-a-community-action-plan.html>). It details the community assessment that the Committee conducted; its outcomes; and resulting actions, implementations, and evaluations that the Committee proposes to advance age-friendliness in the Village of River Forest.

The purpose of this report is to submit this Age-Friendly Action, Implementation, and Evaluation Plan to the Board of Trustees for their consideration. After the Trustees review the Plan, the Committee recommends that the Trustees submit a final version to AARP.

Commented [LM4]: And providing a report to the Village

Commented [LM5]: Revisit email from May 14, 2022 from CA:

"The COVID19 pandemic has only heightened the importance and need for this ad hoc committee. Given the virus' effect on our elderly and the need to rethink how we build an age-friendly community, the timeliness of this committee couldn't be better.

The goals remains the same and below are some direction for the committee to consider but certainly not limited to these 5.

1. Conduct a baseline assessment of age-friendliness of the Village
2. Research and Discuss the new normal for age friendly communities amid COVID19 and other factors stemming from this pandemic.
3. Evaluate and Prepare a plan based on the American Association of Retired Persons and other organizations approaches to an age friendly community.
4. Review and Present the Plan to the Village Board and Village President for endorsement and consideration
5. Present the Final Plan to the Village Board and Village President to adopt by majority vote an Age Friendly Plan that will integrate with our municipal code for implementation of the Plan."

Formatted: Font: (Default) Times New Roman

Commented [LM6]: Aren't we already are part of this network?

<https://www.vrf.us/news/item/259>

Commented [LM7]: We also have prepared a report on what we found

DRAFT

Once the Plan is launched it will enable stakeholders in the Village of River Forest to pursue the next steps needed for achieving greater age-friendliness in the years to come. These steps include implementing the plan; sharing solutions, best practices and progress reports with AARP; and evaluating outcomes and impacts to subsequently guide the development of new goals and initiatives.

Age-Friendly River Forest

Action, Implementation and Evaluation Plan

Introduction

1. Community Profile

DL: Needs copyediting and citations. Are the data from the 2020 census and 2021 or 2022 American Community Survey 5-year estimates? Normally, the American Community Survey results are published each December, but that schedule could be off due to the pandemic.

1.1. Introduction to River Forest — Make it come alive for people who don't know RF. Give a short history and what it's like to live in RF

1.1.1.2.

~~The Village of River Forest is a mature community located approximately 10 miles west of downtown Chicago. River Forest is a village located in Cook County, Illinois. It is an affluent suburb of Chicago and is known for its carefully preserved historic homes and tree-lined streets. River Forest is home to many parks, restaurants, shopping, and cultural attractions. The village is also home to Concordia University Chicago and Dominican University. The Village is home comprised of 11,172 residents, an assortment of businesses and two universities: Concordia and Dominican. The Village and~~ is bounded on its west side by the Des Plaines River and large tracts of Cook County Forest Preserves. River Forest is bordered to the east by Oak Park, to the south by Forest Park, to the north by Elmwood Park, and to the west, across the Des Plaines River, by Melrose Park and Maywood. River Forest is centrally and conveniently located in the Chicago metropolitan area and it is well served by an efficient roadway network and mass transportation system.

1.2.1.3. Describe social and demographic info about the population – Use stats to project how much the older population in RF will grow in the next 20 years.

River Forest is an affluent community of 11,597 with an average household income of \$206,744. Nearly three-quarters of all adults age 25 or older have a college degree. Persons 65 and older make up 17.5 percent of the population. 94 percent of homes report having a computer and a broadband internet subscription. **NEEDS CITATIONS**

- Population – 11,597
- Median Age – 41.6
- Per Capita Income – \$73,339
- Median Home Value – \$568,900
- Median Family Income – \$158,929
- Mean Family Income – \$251,095
- Median Household Income – \$106,947
- Mean Household Income – \$206,744

Commented [LM8]: We need a report of what we

Commented [LM9]: We need some sort of intro that contextualizes this report and subsequent plan

Commented [LM10]: This is the action plan

<https://www.aarp.org/livable-communities/network-age-friendly-communities/info-2014/how-to-create-a-community-action-plan.html>

Formatted: Font: 12 pt, Bold, Font color: Auto, Shadow

Formatted: Normal

Commented [LM11]: Where did the headings and numbering format come from? AARP?

Commented [LM12]: US Census Bureau (2021). Population by Age and Sex for the United States: 2021. Retrieved from <https://www.census.gov/quickfacts/riverforestvillageillinois>

DRAFT

- Unemployment Rate (IDES) – 4.8 percent

The population is 84.1 percent white, 4 percent Black or African American, 4.8 percent Asian and 6.4 percent Hispanic or Latino (of any race).

~~1.3.1.4.~~ **Point out the physical and social environment and programs and services** that make RF a great place in which to age. Relate the Livability Index specifically to RF. Point out age friendly things already in place – fostered by the Village, commerce, other institutions Include here the assets that RF has at present in programs, services, infrastructure. Include select statistics. Talk about ongoing initiatives recently begun (e.g. Dementia-Friendly; meeting of regional mayors/councils). Include the names of people who are guiding the work. Key partnerships

An age-friendly community engages older people and understands that to be age-friendly, the community must consider the social, economic, environmental, and lifestyle factors that influence wellness, quality of life, and aging. Age friendliness means making the Village of River Forest a community where people of all ages and backgrounds can thrive with a good quality of life as they grow older.

River Forest has long provided many aspects of an age-friendly and livable community. Gauged against AARP's own Livability Index, River Forest this year scored at or above the national median on the following indicators of livability in AARP's **seven age-friendliness domains**:

AARP domains and indicators of livability:

- ◆ **Housing** - Affordability and access

Availability of multi-family housing, availability of subsidized housing

- ◆ **Neighborhood** - Proximity and Security

Access to groceries, farmers' markets, parks, libraries, access to jobs by transit and car

Diversity of destinations

Activity density

Percent of vacant units

- ◆ **Transportation** - Safety and Convenience

Local transit, walking trips, household transportation costs, speed limits, crash rates

- ◆ **Environment** - Clean Air and Water

- ◆ **Engagement** - Civic and Social Involvement

Opportunity for civic engagement, social involvement index

- ◆ **Health** - Prevention, Access, and Quality

Smoking and obesity ~~prevalence~~ prevalence, access to exercise, preventable hospitalization rate

- ◆ **Opportunity** - Inclusion and Possibilities

Jobs per worker, high school graduation rate, age diversity

Commented [LM13]: 8 domains but we added technology – so 9

Commented [LM14]: Different than domains of AF? We didn't ask about all these in the survey

Commented [LM15]: This is confusing... I think we should focus on these when we make recommendations to the Village

Formatted: Normal, No bullets or numbering

As detailed below in 2.3. Lessons Learned and 2.4. Highlights of Findings, room for improvement still exists in aspects of each of these Livability domains. The River Forest Age-Friendly Action, Implementation, and Evaluation Plan addresses them.,

1.4.1.5. Describe the ways in which the Committee has assessed the community to gauge residents' perceptions about age-friendly issues now and projected into the future. Assessment instrument (survey) – how questions were determined, how sample was selected, how diversity in respondents was handled

To assess community needs and aspirations for experiencing age-friendliness we developed a 64-item, Likert Scale survey with questions grouped in the following categories, strongly resembling the AARP Livability domains:

Communication and Information	Housing and Finances
Technology	Civil, Social Involvement, Volunteer Opportunities
Outdoor Spaces and Buildings	Social Participation
Access to Transportation	Respect and Social Inclusion
	Demographics

Figure XX.

The survey also offered several opportunities for free text entries so that respondents could add comments, concerns, and additional information about their views on age-friendliness in River Forest.

To develop questions, the Committee examined at least three surveys conducted by other communities to assess age-friendliness and reviewed surveys from the research literature on age-friendliness. Most surveys used Likert scale forms, and the Committee followed that lead. To develop the questions, at least six Committee meetings were devoted to drafting, revising, finetuning, and wordsmithing the survey questions.

The Committee conducted the survey with residents 55 years old and older. To select a sample reflective of River Forest residents 55 and older, the Committee generated a random representative list, assigning random numbers to data from River Forest records on residents 55 years and older, stratified by gender.

1.5.1.6. Survey response rate, broken down into demographic attributes. Reflections on representativeness of respondents.

The survey had a 60% response rate (N=201)

Almost all the questions were answered by at least 190 people. Through free text entries, the survey generated 173 written comments.

In terms of representing the River Forest population of ~~55-year~~55-year olds and older, respondents broke down demographically as follows:

Gender: 40.5% Male, 59.5% Female

Race: 93.4% White; 3.8% Asian, 2.7% Black

Ethnicity: 96.8% Not Hispanic or Latino, 3.2% Hispanic

DRAFT

Respondents represent the River Forest target group pretty well. We did not collect socioeconomic data so cannot speak to that representation.

Representation of race and ethnicity are a little off in our survey from AARP's figures for the 2022 Livability score. But AARP considers a population of 50 years and older and we start at 55 years old. [AARP: 85% White, 4% Asian, 6% Black, and 6% Hispanic or Latino.]

~~4-6.1.7.~~ Description of other data the Committee used – e.g. AARP Livability Index, national data

~~4-7.1.8.~~ Limitations to methods and where uncertainty still exists. E.g. socioeconomic brackets, unmet needs in social participation or social needs being taken care of elsewhere.

2. Introduction to the Plan

2.1 ~~Mission, Vision~~ Mission and Values

The **vision** is to have a community that is livable and sustainable, is safe and secure, has affordable and appropriate housing and transportation options, and supportive community features and services. These resources will enhance personal independence; allow residents to thrive as they age in place; foster residents' engagement in the community's civic, economic, and social life; and support individuals and families when a loved one needs additional care.

The **mission** is to create and sustain a more livable Village for older adults who choose to age in place in their current home or in this community and to create a community where people of all ages and backgrounds can thrive with a good quality of life as they grow older.

Our **values** include:

- **Respect** for older adults as experienced, vital contributors to the social, economic, civic and life of the community
- **Inclusion** of voices and needs of ALL older adults in our planning, programs, and policies
- **Shared vision and common agenda** for quality of life in ~~Oxford/Oxford~~ Township River Forest
- **Collaboration** with local, regional, and national stakeholders doing related work
- **Evidence-driven methods** such as uses of current data and information to guide the work
- **Promotion of existing** programs and services
- **Openness to innovation such as piloting of best practices** from other Age-Friendly communities and seeking new technologies
- ~~Ensuring access to Seeking new technologies~~ These are not values
- **Inter-generational interactions and synergies** for solutions and community improvements that benefit multiple generations

Formatted: Not Highlight

Commented [LM16]: Making sure people have access to new and innovative technologies is a value

2.2. Committee Members involved in the Development of the Plan

Trustee Respcio Vazquez, Chair (age XX)
Daniel Lauber (age 74)
Deborah Frederick (age XX)

James Flanagan (age 56)
Lydia Manning (age 45)
Barbara Mirel (age XX)

Commented [LM17]: Where is section 2 – the rationale section? Page 5 of the original report

Helen Kwan (age XX)

*All members worked on the assessment and creation of this report as well as action and implementation plan.

The members of the River Forest Age-Friendly Advisory Ad Hoc Committee and the Village staff member on the Committee comprise substantial knowledge and experience in aging in-place, gerontology, and city and community planning. The Committee met monthly from July, 2020 to present. The task was to conduct an age-friendly needs assessment for the Village of River Forest. Our work involved the following:

- **Educating ourselves.**

Learned about the tenets of age-friendliness developed by AARP and the World Health Organization; programs implemented in other AARP designated age-friendly cities and communities, public testimony, expert testimony and initiatives in our own Village.

Reviewed other survey examples, considering options and choosing the effective survey questions for the community to assess age-friendliness in River Forest.

- **Conducting a community survey.**

Created, pilot tested and disseminated a survey to assess the community.

- **Analyzing, interpreting, and drawing conclusions from survey results.**

Descriptively analyzed and cross-tabulated results to identify relationships revealing positive aspects of age-friendliness currently found in River Forest, aspects in need of improvement, and aspects that are high priorities.

Related survey results to River Forest's 2022 score on AARP Livability and to other salient research related to communities taking steps to anticipate and support aging populations.

- **Composing a comprehensive Action Plan accompanied by Evaluation methods .** The Committee gathered feedback from residents on a penultimate version of the plan through a town hall meeting. The Committee finalized the Plan based on feedback.

2.3. People Involved in the Development of the Plan

Commented [LM18]: It's our committee

2.4. Summary of Lessons Learned About the Community from an Age-Friendly Assessment

Commented [LM19]: All this was captured in the first draft – where did it go?

2.5. Highlights of Findings from the Needs Assessment Survey

The Committee assessed through survey research what older residents need and want from their perspectives to age safely and securely in the place in River Forest. Furthermore, the needs assessment provided needed information regarding the Village's aging-friendly initiative to build on existing community strengths to address gaps in services.

Commented [LM20]: Key Findings were:

Results from the River Forest Age-Friendly Survey (see Appendix A) indicated five critical areas of focus for age-friendly efforts to create an action plan. Overwhelming, residents in the

DRAFT

Village of River Forest reported wanting to age in their community. These seven domains are: housing, outdoor spaces and buildings, transportation, social participation, communication and information, civic participation, and respect and human inclusion.

Key findings included:

Social Participation

- #4 no to low – learning about social events
- #5 was low to moderate – range of events and activities sufficiently varied

Technology

- No major concerns with technology for villagers
- Findings demonstrate the 96% of households have Internet and large number of people have and do use comfortably use technology

Respect and Social Inclusion

- No major concerns with age discrimination and very few getting negative remarks related to age

Civic/Social Involvement and Volunteer Opportunities

- Appear to be adequate for civic involvement and volunteers opportunities, however people expressed interesting in having more opportunities for social involvement

Communication and Information

- No major concerns other than trying to understand whether or not to use regular mail or digital communication

Community Support and Services for Older Adults

- #27 – it is important to RF is supportive of people living with dementia
- #24 and #25 – need to do a better job helping people understand what services for OA are available and how to access services

Outdoor Spaces and Buildings

- #31 and #32 – concerns for improved seating and streetlighting

Access to Transportation

- No major concerns with access to transportation other than better communication from the Village about transport services for older adults

Housing and Finances

- Most important thing is that people have options in different settings to age in River Forest
- Caveat: we uncovered that people would entertain modify existing space to accommodate a care situation
- #51 – ADU – only 23% would consider it

Commented [LM21]: Note: Only items of significance emerging from survey results (concerns – less than 20% no, 20 to 30 is low, 30 to 40 moderate and anything greater than 40% is high) as agreed upon by committee in previous discussion)

Housing

An essential part of being able to age in a community is the ability to age in place. Aging in place requires the maintenance and creation of age-appropriate affordable housing and dwelling structures that enable people to maximize their ability and “agency,” namely to maximize the opportunity to make their own choice of whether to remain in their home and in River Forest or to move elsewhere. Respondents were asked if they would consider modifying their property to accommodate others or consider living in an accessory dwelling unit. A quarter of respondents indicated they would be willing to modify or live in age-friendly modified housing.

Outdoor Spaces and Buildings

Older adults in River Forest feel strongly that there needs to be adequate street lighting for wayfinding, walking, and driving at night. Additionally, more seating and places for stopping to sit and rest are needed throughout the village.

Transportation

While River Forest seniors have easy access to public transportation, they overwhelmingly continue to drive themselves to get where they need to go.

Social Participation

Respondents indicated their desire for more occasions to meet people in River Forest, more variety in event and activity programming, and more opportunities for social involvement in the Village.

Communication and Information

Respondents indicated the need to receive information from the Village in various media forms (print and electronic). Furthermore, there was considerable concern regarding the lack of information on the available services for older adults and the ability to access those services when needed. Sixty percent of participants indicated they know about older adult services and how to access them. Respondents also expressed a salient interest in having the Village be a place that is supportive for people living with dementia.

Civic Participation

Survey results suggested that older adults in the Village were eager for more opportunities for civic engagement.

Respect and Human Inclusion

Survey responses indicated that while issues related to ageism were not a concern, half of respondents reported not feeling valued as a community member in River Forest.

The findings from this needs assessment were used to establish priorities, set goals, and decide action steps for the Age-Friendly River Forest Action Plan.

2.6 Overseeing and Managing the Implementation of the Plan

3. Domain-Specific Action Plans

Using findings from the community assessment and its outcomes, this proposed Action Plan is based on the Village of River Forest’s current situation. It provides detail for each of the domains in Figure xx, all of which are addressed in the survey and associated with AARP domains of livability, as well.

Communication and Information	Housing and Finances
Technology	Civil, Social Involvement, Volunteer Opportunities
Outdoor Spaces and Buildings	Social Participation
Access to Transportation	Respect and Social Inclusion

Figure xx.

3.1. Housing

When survey respondents were asked about River Forest issues to address in the village’s age-friendly planning, housing emerged as the top priority. Accessible, affordable single-family and multiple-family homes, and affordable housing options appropriate for older adults are needed in River Forest.

An essential part of being able to age in a community is the ability to age in place. Aging in place requires the maintenance and creation of age-appropriate affordable housing and dwelling structures that enable people to maximize their ability and “agency,” namely to maximize the opportunity to make their own choice of whether to remain in their home and in River Forest or to move elsewhere. AARP’s age-friendly framework calls for housing to be accessible and designed or modified to support people desiring to age in the community. This includes affordable housing options for varying life stages and independent living capabilities. (moved) Figure xx provides a high-level view of the Action Plan for Housing. Evidence to support these goals, objective and actions follow.

Figure xx. Housing

Goal	Objective	Action	Implementation dependencies	Evaluation
Bolster accessibility	<p>Increase home modifications in existing residences for older adults living in the Village of River Forest</p> <p>Explore the possibility of</p>	<p>Create a streamlined process for modifications to accommodate needs of older adults.</p> <p>Support residents in understanding and accessing home modification resources. (builders, products, workshops, and funding).</p>		

Commented [LM22]: How we do know that?

Commented [LM23]: Do survey findings indicate that?

Commented [LM24]: This needs defining

Commented [LM25]: Does affordable housing need to be defined and contextualized?

Affordable housing refers to housing that is deemed affordable to people with a median household income as determined by the area in which the housing is located. The specific definition of "affordable" can vary depending on the area and the household income level, but it generally means that the cost of rent or ownership should not exceed a certain percentage of the household's income. Affordable housing can include a range of housing options, such as apartments, townhouses, and single-family homes, and can be provided through a variety of programs and initiatives at the local, state, and federal level. The goal of affordable housing is to make it possible for people with low or moderate incomes to access safe, decent, and affordable housing.

Is affordable housing achievable in RF?

Goal	Objective	Action	Implementation dependencies	Evaluation
Bolster affordability	accessory dwelling units	<p>Create new zoning codes that allow and promote accessory</p> <p>Encourage the development of a moderately priced senior living facility.</p>		

Findings

Respondents were asked if they would consider modifying their property to accommodate others or consider living in an accessory dwelling unit. A quarter of respondents indicated they would be willing to modify or live in age-friendly modified housing.

DL: I'm not so sure that we want to say "housing dedicated to older adults" because, as numerous committee members have noted, the survey found that people want to live in their homes, a house, or multifamily, but they're not looking to live in an assisted living facility, nursing home, or group home. Now, as we all know, that's not a necessarily realistic long-term view of the housing we'll need as we get older. I think recognize that nobody really wants to have to eventually avail themselves of assisted living, a group home, or a nursing home, but such housing will be needed for a substantial proportion of those of us who live long enough. So I suspect that the phrase "housing appropriate for older adults" is a more inclusive and appropriate phrase that "housing dedicated to older adults." And perhaps we should openly discuss this as is done in the next new paragraph.

Nationally, 77 percent of adults 50 and older report they want to age in their community for as long as possible.¹ Nearly 68 percent of the River Forest seniors responding to the survey "agreed" or "strongly agreed" with the statement "It is important for me to age in River Forest." (Survey Item 48) Almost 79 percent of those surveyed reported they wished to continue to live in River Forest for at least six more years. Over 61 percent wish to live here for 11 or more years. (Survey Item 59)

It's equally well-established that seniors across the nation would prefer to age in place in their current home. Nationally, 76 percent of adults 50 and older want to stay in their homes as long as

Commented [LM26]: Aging in community and aging in place in your own home are not necessarily synonymous

¹ AARP, *2018 Home and Community Preferences Survey*, "Staying in the Home and Community," 2019.

DRAFT

possible.² River Forest seniors are no different. Nearly three quarters report they wish to remain in their current abode for at least six years with 56.7 percent inclined to continue to live in their current home for 11 or more years. (Survey Item 58)

With aging in place an essential element to facilitate aging in community, there is a need for age-appropriate affordable housing and dwelling structures that enable River Forest seniors to optimize their abilities and maximize agency, namely to fully enable the opportunity to make their own choice of whether to remain in their River Forest home, move elsewhere in the village, or to move elsewhere.

River Forest seniors are so determined to age in place if possible, that nearly a quarter of them would be willing to modify their property to, for example, add an accessory dwelling unit so they could remain in their homes. Accessory dwelling units facilitate continuing to age in place or age in community within River Forest. The concept of accessory dwelling units has not been widely discussed in River Forest — making this level of interest in them even more significant.

The types of housing in which River Forest seniors live are typical of the entire community. Seventy-seven percent of the village's seniors live in single-family houses while three percent live in a townhouse and 17.8 percent in multifamily homes. (Survey Item 54) Respondents reported that 97.4 percent own their home and 2.6 percent rent. (Survey Item 53)

Given that the large majority of River Forest's seniors currently live in single-family ownership housing in which they would prefer to age in place, it is not surprising that report that they do not want to live in "identifiable older-adult housing," want to live in single-family housing, and do not want to rent. But as explained above, circumstances may interfere with these desires and other types of housing may be needed to enable a significant proportion of River Forest seniors to age in community once they no longer have the capability to age in place.

Taking all of this into consideration, it is no surprise that the first choice preferences of where the village's seniors would consider moving to next in River Forest are:

DL: I'm a bit confused by the data for Question 60 immediately below where respondents ranked in order (1, 2, 3) the types of homes they would consider moving to next in River Forest. Unless I'm missing something (and I could be), I would think that the total of first choices would be about 100 percent, but it's 180 percent! We might want to revisit how these figures were calculated for Question 60.

- ◆ Single-family house (82 percent)
- ◆ Condominium apartment(48.3 percent)
- ◆ Townhouse (15.7 percent)
- ◆ Retirement home or assisted living for seniors (14.3 percent)
- ◆ Accessory dwelling unit (9.8 percent)
- ◆ Nursing home (5.4 percent)
- ◆ Rental apartment (5.3 percent)

While no respondents opted for a group home as their first choice, group homes were the second choice for 15.2 percent of respondents and third choice for 17.4 percent.

DL: It's likely that a graph might be a more effective way to show the data immediately above. That would allow us to easily show the first and second

² Ibid.

choice results too. I can whip one together pretty quickly if we wish to go this more visual route. But again, let's check how these data were compiled.

[insert desired tables or graphs to illustrate findings if they would help the reader]

In addition, our random-sample survey of River Forest seniors revealed that:

- ◆ Nearly 68 percent of those responding agreed or strongly with the statement "It is important for me to age in River Forest." (Survey Item 48)
- ◆ Almost 79 percent of those surveyed reported they wished to continue to live in River Forest for at least six more years. Over 61 percent wish to live here for 11 or more years. (Survey Item 59)
- ◆ Similarly, nearly three quarters desire to remain in their current abode for at least six years with 56.7 percent inclined to continue to live in their current home for 11 or more years. (Survey Item 58)
- ◆ Ninety-five percent feel safe in their own homes and 89 percent believe that their homes are in a safe neighborhood. Caveat – AARP rates RF low on crime rate – above the national average based on violent and property crime/10,000 people. ????? SEE COMMENT BELOW

DL: I'm really unclear on what the AARP crime rating is. I thought that AARP bizarrely rated River Forest as having a high crime rate. Let's straighten this out and adjust the above item accordingly.

Let's review those two findings immediately above

- ◆ A large majority want to stay in their own homes. Those who own their own residences now project that if they move it would be into someplace they still owned (e.g. move from their current two-story house to a single-story house, condominium, or townhouse). Only 10 percent of respondents wished to rent.

DL: I must be missing something, where does the 10 percent wishing to rent figure above come from?

- ◆ Sixty-one percent of respondents age 55 to 74 are also willing to live in an accessory dwelling unit or in-law suite. Of those who strongly agree that they're willing to live in these units, all of them also reported they would consider modifying their home to allow for an accessory dwelling unit.
- ◆ Nearly a quarter of River Forest seniors would consider modifying their property to add an accessory dwelling unit and would consider living in an accessory dwelling unit. More than 23 percent of those surveyed reported that they would consider modifying their property to create an accessory dwelling unit and nearly 24 percent would consider living in one. (Survey Items 50 and 51)
- ◆ Similarly, nearly 24 percent would consider modifying their property to create a separate living space for a caretaker, boarder, or parent. (Survey Item 49) At this time, just 2.6 percent of River Forest seniors have a caregiver. (Survey Item 56)

DRAFT

- ◆ More than nine in ten River Forest seniors report that their current home would allow them to have another person live with them. (Survey Item 45)
- ◆ Close to one in five River Forest seniors report that they cannot easily meet their monthly housing costs including property tax. (Survey Item 42)

DL: It's interesting that the 2017 American Community Survey 5-year estimates report that 40.5 percent of River Forest homeowners do *not* have a mortgage. My educated guess is that the proportion is likely even higher among our seniors which would, of course make it easier for them to "easily meet their monthly housing costs." Interestingly, 25.8 percent of those without a mortgage and 28.9 percent with a mortgage are cost-burdened (namely spend 30 percent or more of gross income on housing). Of those, the vast majorities are spending 35 percent or more. River Forest is too small for the survey to report on severely cost burdened (50 percent or more) homeowners. Among our tenants, 23.4 percent are severely cost-burdened with 42.2 percent cost burdened.

Unfortunately, I don't think these data are broken down by age cohort – River Forest is just too small population-wise.

Challenges

A good quarter of respondents would consider modifying their homes to enable others to live there, including putting in an ADU or in-law suite. This same quarter also says they dwell in homes that support having another person live there. This group of respondents span all ages but are most heavily weighted to 55–74 years old (33 percent of them). Sixty-one percent of this group of respondents are also willing to live in a in-law suite or accessory dwelling unit. Of the people who strongly agree that they're willing to live in these units, all of them are in the group of respondents who say they'd consider modifying their home.

DL: This is covered earlier. I don't know that it needs to be repeated. Or it might make more sense to move the earlier discussion to over here. Let's think about it.

While the vast majority of River Forest seniors, the reality is that at some juncture, one's ability to live independently will decline to the point that they cannot continue to live in their home even with home health care they may be able to afford. At some point, a significant proportion of River Forest's older residents will need to avail themselves of an independent living facility, assisted living (whether it be in a housing complex or a small group home for seniors with disabilities), or a nursing home. Currently, the American Community Survey reports that 14.4 percent of River Forest residents age 65 to 74 and 45.1 percent of those 75 and over have a disability. The survey also reports that 19 percent of River Foresters 75 and older have an "independent living difficulty," ten percent have a "self-care difficulty," and 25.4 percent have an "ambulatory difficulty."³

³ 2019 American Community Survey 5-Year Estimates, Table S1810. Available at <https://data.census.gov/cedsci/table?q=River%20Forest,%20Illinois&tid=ACST5Y2019.S1810>.

DL: If we keep these data in, I'll get the latest American Community Survey figures for the next iteration of this report.

Consequently, circumstances may necessitate, despite current preferences, moving to “identifiable older–adult housing,” and since the vast majority of respondents want to stay in River Forest, the village should allow some supportive housing options to meet this need which will enable aging in community (based on assessments and “actuarial–type” projections). These disabilities can require modifications to one’s housing to enable aging in place. Our survey revealed considerable interest in undertaking those modifications. Nearly 25 percent of survey respondents indicated they would be willing to modify their homes to continue to live in them. Such modifications include ramps, chair lifts, wider doorways, and bathroom updates that would enable seniors to remain in their homes. And as discussed earlier, nearly a quarter of village seniors would consider making the modifications needed to add an accessory dwelling unit either in their house or elsewhere on their property.

AARP rates River Forest above the national average in crime.

DL: Again, what’s with the AARP crime rating and is there really any need for this part of the report to mention it? I suggest taking it out.

Recommendations

River Forest needs to encourage housing that is accessible and conducive to aging in place and in community. Create a streamlined process for modifications to accommodate needs of older adults. Encourage the development of a moderately priced senior living facility. Explore the possibility of accessory dwelling units. Furthermore, the Village need to work to ensure access to the built environment while promoting quality design of homes and housing infrastructure to bolster access, affordability, and ability to age in place. This will require the Village to support housing affordability and choice while striving to create housing options that are available and affordable to people at all income levels and all abilities.

DL: The above recommendations seem to come out of nowhere. Might it not be productive to merge them into the Goals/Essential Activities below? I'll try to do that.

Goals, Objectives, and Essential Activities

Goals

1. **Facilitate a continuum of housing choices affordable to River Forest seniors to enable them to age in place and in community for as long as they wish to live here. (DL)**

Objective: Facilitate enabling River Forest seniors to remain in their current homes as they grow older.

DRAFT

Essential activity: Amend the village’s zoning code to permit River Forest residents to add, with minimal administrative barriers, an accessory dwelling unit.

To prevent abuse of this concept, it is essential that either the primary dwelling or the accessory dwelling unit be owner occupied. This requirement will preserve the purpose of accessory dwelling units by preventing speculators from turning a house into a mini-dormitory by adding an accessory dwelling unit.

Target Date for Completion: One year

Organization/Individual Responsible for Activity: Designated commission dedicated to writing zoning text amendment with an outside consultant with considerable knowledge of zoning for accessory dwelling units.

Resources Needed: Expertise

Indicator of Progress: Adoption of zoning amendments by the village board after receiving recommendations from the Zoning Board of Appeals.

Objective: Facilitate age-friendly home modifications and design to make current homes of older residents more accessible to seniors with disabilities.

Essential Activity: Identify and remove any impediments to home modifications for accessibility in all village codes governing property maintenance including, but not limited to, Title 4, “Building Regulations.”

Target Date for Completion:

Organization/Individual Responsible for Activity:

Resources Needed:

Indicator of Progress:

Essential Activity: Train village staff and members of the village’s Zoning Board of Appeals in age-friendly planning and zoning practices that ensure opportunities for older adults to modify housing accordingly.

Target Date for Completion:

Organization/Individual Responsible for Activity:

Resources Needed:

Indicator of Progress:

Essential Activity: Educate residents about options available for home modification that will enable seniors to remain in their homes.

Target Date for Completion:

Organization/Individual Responsible for Activity:

Resources Needed:

Indicator of Progress:

Essential Activity: Publish and widely distribute in print as well as online a directory of contractors, builders, consultants, products, and funding sources for home modifications to enable seniors to age in place.

Target Date for Completion:

Organization/Individual Responsible for Activity:

Resources Needed:

Indicator of Progress:

Essential Activity: Work with River Forest Township and private entities to expand home sharing opportunities through design and pilot programs and education of villagers about home sharing options.

Target Date for Completion:

Organization/Individual Responsible for Activity:

Resources Needed:

Indicator of Progress:

Essential Activity: Establish and support a pilot “best practice” home-sharing program for older adults living in the River Forest.

Target Date for Completion:

Organization/Individual Responsible for Activity:

Resources Needed:

Indicator of Progress:

Essential Activity: Expand opportunities for home care and assisted living type services by educating the public about available services and establishing a local registry of licensed/certified providers. An alternative is for the village to participate in a regional registry of these services.

Target Date for Completion:

Organization/Individual Responsible for Activity:

Resources Needed:

Indicator of Progress:

Essential Activity: Promote and facilitate the conversion of seniors’ conventional housing ownership to mutual housing associations or low-equity cooperatives to enable seniors to affordably age in place.

Target Date for Completion:

Organization/Individual Responsible for Activity:

Resources Needed:

Indicator of Progress:

Essential Activity: Amend village zoning and building codes to adopt universal design in new home construction to enhance safety for all ages and train home buildings and contractors in universal design to promote aging in place for older adults.

Target Date for Completion:

Organization/Individual Responsible for Activity:

Resources Needed:

Indicator of Progress:

Essential Activity:

Target Date for Completion:

Organization/Individual Responsible for Activity:

Resources Needed:

DRAFT

Indicator of Progress:

Essential Activity:

Target Date for Completion:

Organization/Individual Responsible for Activity:

Resources Needed:

Indicator of Progress:

Essential Activity:

Target Date for Completion: Look into adopting an accessibility ordinance for all new residential construction that requires at least one wheelchair accessible entrance to new dwelling units.

Organization/Individual Responsible for Activity:

Resources Needed:

Indicator of Progress:

Goal

2. Assure that no older River Forest resident who wants to age in the village will be forced out due to a lack of appropriate and affordable housing options. (DL)

Objective: Create and sustain a comprehensive range of rental and ownership housing options that serve a wide range of incomes and levels of ability across all stages of life.

Essential Activity: Identify and revise existing village code provisions that impede or prohibit the establishment of a full continuum of housing options for seniors to age within River Forest

Target Date for Completion:

Organization/Individual Responsible for Activity:

Resources Needed:

Indicator of Progress:

Essential Activity: Amend the village's zoning ordinance to remove provisions that impede establishing assisted living facilities small enough to emulate a family (community residences for people with disabilities) and replace them with provisions that comply with the nation's Fair Housing Act.

Target Date for Completion:

Organization/Individual Responsible for Activity:

Resources Needed:

Indicator of Progress:

Essential Activity: Look into amending village codes to facilitate the development of age-friendly "missing middle housing" that provides age appropriate ownership opportunities through low-equity cooperatives and mutual housing associations.

Our survey found that River Forest seniors want to continue to own rather than rent – but there’s a gap between this desire and reality. These two ownership models offer a compromise between wishes and reality: a way to continue to own while keeping the housing affordable to the same income cohort in the future.

Target Date for Completion:

Organization/Individual Responsible for Activity:

Resources Needed:

Indicator of Progress:

Essential Activity: Eliminate from River Forest village codes and ordinances any disincentives or impediments to aging–supportive housing and community.

Target Date for Completion:

Organization/Individual Responsible for Activity:

Resources Needed:

Indicator of Progress:

Essential Activity: Facilitate creation of new affordable housing options along the continuum of age–friendly housing to enable River Forest seniors to age within River Forest.

Target Date for Completion:

Organization/Individual Responsible for Activity:

Resources Needed:

Indicator of Progress:

Essential Activity: Develop a River Forest Age–Friendly housing vision statement

Target Date for Completion:

Organization/Individual Responsible for Activity:

Resources Needed:

Indicator of Progress:

Essential Activity: In exchange for increases in density beyond that allowed as of right in new developments and redevelopments, require the inclusion of affordable housing that broadens the economic and racial diversity of older adults in River Forest in accord with the purposes of the village’s Diversity, Inclusion, and Equity initiatives.

Target Date for Completion:

Organization/Individual Responsible for Activity:

Resources Needed:

Indicator of Progress:

3.2. Social Participation and Civic Engagement

Support for active aging is strongly valued by the Village of River Forest. In part, River Forest can accomplish this support by offering structures and activities for socializing, learning with others, engaging culturally, volunteering, and being involved with younger generations. This support also involves assuring that activities are accessible and that they are publicized widely and clearly. Through

DRAFT

such activities aging populations derive a strong sense of connectedness to their community and feel included and valued, all factors tied to positive active aging.

Findings

Results from the eight survey questions related to social participation were underwhelming and also complicated. Of the eight, only one question generated a high enough positive response rate to claim a healthy majority – 65% - shared this positive perception. This item was people’s response that activities and events are organized in places that are accessible to the respondent. Two other questions also elicited a majority positive response rate but it was only the barest possible majority – 50%. Specifically, 50% of respondents respectively felt like valued members of the River Forest community and 50% believed it was easy to learn about social events in River Forest. Forty eight percent of respondents – almost a majority - believed they had opportunities for civic engagement

Despite this underwhelming positive response to the social participation questions, negative perceptions did not prevail either. In none of the eight questions did any more than 23% of respondents hold negative perceptions about the current state of social participation in River Forest. What complicates results in this way is that across the questions a solid and persistent 30% of the respondents on average replied “Neutral.” This neutrality pertains to opportunities for civic involvement, opportunities for volunteering, and feeling like a valued member of the community. Cross tabulations show that of the people responding neutral a large majority of them were the same people for each question.

Almost a third of the respondents do not have an opinion about various aspects of social participation, inclusion and sense of value in River Forest. Not enough evidence exists to know with certainty how to interpret this finding. Could it be that respondents do not look to River Forest for these experiences but rather spread their net wider to the metro area? As two different respondents wrote:

“We are very active & involved in many activities and not all in RF. We have many friends here already.”

“Currently I consider RF to be my "bedroom community." My business are social outlets tend to be elsewhere. Would be delighted if decent restaurants would open here.”\

Or might people feel disengaged from having a social presence in the Village and either be indifferent about that disengagement or have learned to be indifferent? As these two respondents note:

“I do not find that RF has many activities for residents. Other than the park district, I don't hear/read (electronically) about activities. Possibly an activity from the library, but our community orgs, churches, business do not seem to promote community involvement.”

“We have lived here for 38 years. Both of us have always worked and brought up three sons who attended public schools throughout their education... We had found it difficult to ever feel like we belonged since neither of us are from here (most people seem to have deep roots in the community from generations) and our affiliations were not with the Christian churches. Schools did not recognize our holidays, etc. I volunteered throughout my time here.

Commented [LM27]: If we are going to add qualitative data here I think we need to do this throughout; for consistency

Though explanations for this pattern of persistent neutrality toward social participation may be elusive, results do suggest the need for certain actions. For example, River Forest would benefit from a clearer understanding of what aging residents want from the community in regard to social participation, inclusion, and a sense of being valued. River Forest, also, might benefit from proactively getting seniors involved with the Village to plan and promote community activities, events, and intergenerational opportunities relevant to residents' desires. Along the same lines, Village leaders could become more involved themselves in working with schools, commerce, faith organizations, and other community organizations to better integrate seniors into the workings of these institutions. For example, one respondent wrote in the comment "My church community St. Luke make me feel included."

Besides positive and neutral findings, some negative perceptions about social participation were notable, largely because they were shared by a quarter of the respondents in each case. Three notable issues are:

1. The range of events and activities that River Forest offered is not varied enough
2. Respondents are not satisfied with opportunities for social interactions
3. It is not easy – at least for a quarter of respondents - to learn about social events in River Forest.

For the first two issues, when the neutral responses are added to the negative responses, more people felt either neutral or negative about these issues than positive - respectively 59% and 56% of the respondents.

[I don't remember seeing this results in the survey or talking about as evidenced by data] River Forest residents see a strong alignment between the importance and availability of social opportunities such as continuing education, cultural activities, activities for older adults specifically, and activities for people of all ages.

Commented [LM28]: ?

Goals, Objectives, and Essential Activities

Goal

Increase Village leaders' insights into aging residents' needs and wants for social participation and inclusion to establish criteria fulfilling activities, events and other opportunities for socializing

Objective:

Learn from residents themselves what if anything they want from their River Forest community in regard to a social life and a sense of having value in the community and how the Village might go about fostering what they want.

Actions:

Hold focus groups of residents with diverse members to learn about members' views.

Include municipal as well as commercial leaders in the focus groups.

Experiment with possible activities and events through pop-up scheduling

Link with Village communications to create motivating messaging about events

Target Date for Completion:

Organization/Individual Responsible for Activity:

Resources Needed:

Indicator of Progress:

Objective: Include residents 55 years and older in the development of initiatives aimed at social participation and inclusion

DRAFT

Actions:

Give seniors active roles and meaningful responsibilities within planning sessions at the Village level and in implementing and evaluating programs and other initiatives.
Create cadres of “social ambassadors” with resources for generating and sustaining participation.
Create networks with community organizations and commerce to integrate seniors into their ongoing work, with processes for recognizing seniors’ contributions
Create a diversity of activities that accord with seniors’ needs and wants.

Target Date for Completion:

Organization/Individual Responsible for Activity:

Resources Needed:

Indicator of Progress:

Goal

Create a community ethos in which intergenerational interactions are an integral part of people’s lives, across ages.

Objective:

Establish cooperative efforts between town, nonprofits, schools, and commerce leaders to develop and implement plans for integrating social interactions across generations into many of the common workings of organizations.

Actions

Create paid and volunteer opportunities. Create such opportunities as: greeters, positions of value in schools and faith organizations, tutoring during school hours, neighborhood groups, involvement in law enforcement training or office assistance, groups dedicated to developing programming of interest of all age groups, lunch hour breaks from work that enable younger working people to attend some of the same events as retired people (e.g. 19C programs, college events).

When necessary, create cost-free or low cost training for the people who will take part in the opportunities.

Create an older adult advisory committee for Village political business

Target Date for Completion:

Organization/Individual Responsible for Activity:

Resources Needed:

Indicator of Progress:

Goal

Assure ample space and scheduling for people to convene.

Objective:

Make libraries and community centers available and accessible for social interactions.

Action

Create agreements with organizations that have space to make space available for programming that will enhance age-friendly social participation and inclusion.

Target Date for Completion:

Organization/Individual Responsible for Activity:

Resources Needed:

Indicator of Progress:

Goal

Prevent or reduce social isolation.

Objective

The survey did not explicitly address social isolation but it is a perennial issue in aging populations and is a foremost concern for AARP. The objective, therefore, is to develop programs that will preempt social isolation and reduce it where it does occur.

Actions

Develop call programs

Create programs in the arts or in senior college attendance to reduce social isolation

Target Date for Completion:

Organization/Individual Responsible for Activity:

Resources Needed:

Indicator of Progress:

Outdoor Spaces and Buildings

Priority Findings and Outcomes

Older adults in River Forest feel strongly that there needs to be adequate street lighting for wayfinding, walking, and driving at night. Additionally, more seating and places for stopping to sit and rest are needed throughout the village.

AARP suggests that outdoor spaces and buildings as well as green spaces, safe streets, sidewalks, outdoor seating and accessible buildings be used and enjoyed by people of all ages.

Findings

Respondents identified less issues related to the Village of River Forest's outdoor spaces and buildings. Most respondents considered the Village to value and provide availability of well-maintained and safe parks and opportunities for outdoor recreation.

Survey respondents did express an interest in making River forest more walkable, expressing the desire for sidewalk improvements, adequate streetlighting and additional benches for sitting and resting be placed throughout the Village. There is a need to upgrade River Forest's street lighting to promote nighttime pedestrian and driver safety. Additionally, with more than a third of River Forest older adults expressing that there are not enough places to sit and rest in the village, more benches are needed.

Basis

[insert desired tables to illustrate findings]

DRAFT

- The majority of respondents considered River Forest to be a walkable community
- Sidewalks are perceived as safe by 81 percent of respondents
- 20 percent of respondents finding inadequate lighting for driving and walking present
- 27 percent of respondents do not think seating is adequate and 22 percent are neutral
- 31 percent disagreed with the survey statement “Street lights in River Forest are bright enough for me to safely walk at night.” (Item 32)
- More than one in four respondents reported that there are not enough places to sit or rest throughout the village
- 30 percent of respondents who were neutral or felt the question was not applicable, 36 percent report that there are not enough places to rest or sit within River Forest. (Item 31)
- 14 percent disagreed with the statement that “sidewalks in my neighborhood are safe for me to use” while more than 80 percent agreed. (Item 29)
- Only 10.6 percent disagreed with the statement that they usually have enough time to cross streets safely in River Forest” while more than 89 percent agreed. (Item 30)

Challenges

It will take a coordinated effort by the Village, park district, and other entities to meet needs related to lighting, sidewalk–related safety improvements as well as providing benches and providing places to sit and rest throughout the Village.

Recommendations

River Forest needs to ensure that the Village has green spaces, safe streets, sidewalks, outdoor seating, and accessible buildings are used and enjoyed by people of all ages.

Goals, Objectives, and Essential Activities

Goals

1. Enhance and improve public spaces for safety, quality of life and community access

DL: While these are really quite good, they aren’t really goals. They’re more like action items (or objectives).

Essential Activity:

Target Date for Completion:

Organization/Individual Responsible for Activity:

Resources Needed:

Indicator of Progress:

Commented [LM29]: A goal can be defined as something that an individual or a group of people aim to achieve.. is this not achievable?

Commented [LM30]: I disagree

2. Implement strategies that reduce the contrast between headlights and ambient lighting can ease this problem and increase ambient light on the roadways and sidewalks

to a level that makes nearly all older adults (and others in River Forest) feel safer when driving or walking within the village.

Essential Activity:

Target Date for Completion:

Organization/Individual Responsible for Activity:

Resources Needed:

Indicator of Progress:

3. Provide brighter lighting that is confined to the streets and sidewalks through the use of light shields and directed lighting to keep light from bleeding onto front lawns and into living rooms and front porches

Essential Activity:

Target Date for Completion:

Organization/Individual Responsible for Activity:

Resources Needed:

Indicator of Progress:

4. Create a plan to ensure sidewalks are accessible and safe for walking.

Essential Activity:

Target Date for Completion:

Organization/Individual Responsible for Activity:

Resources Needed:

Indicator of Progress:

5. Implement bench–installation program and related map for resting throughout the Village

Essential Activity:

Target Date for Completion:

Organization/Individual Responsible for Activity:

Resources Needed:

Indicator of Progress:

Transportation

Priority Findings and Outcomes

While River Forest seniors have easy access to public transportation, they overwhelmingly continue to drive themselves to get where they need to go.

DRAFT

ARPR encourages that towns, cities, and villages recognize the geographic needs in their communities, and provide transportation options that are safe, reliable, and easy-to-use, including accessible and affordable public transit. Transportation was identified by respondents as being accessible, however survey results indicate that the majority of residents drive themselves places. In general, the Village should have accessible, convenient, reliable, and affordable public transportation.

Findings

While River Forest seniors have easy access to public transportation, they overwhelmingly continue to drive themselves to get where they need to go. The vast majority of River Forest seniors continue to be independent in their transportation choices. Relatively few depend on others for their transportation. In general, older adults in River Forest are largely unaware of the transportation services that River Forest Township provides.

Basis

[insert desired tables to illustrate findings]

- Two-thirds of River Forest seniors report they have easy access to public transportation such as Metra, buses, and the Elevated. Fewer than seven percent do not. (Item 34)
However, fewer than eight percent usually take public transportation. (Item 35)
- Nine out of ten River Forest seniors report that they usually drive themselves where they need to go. (Item 36)
- Relatively few depend on others for their transportation with fewer than seven percent usually taking a taxi or rideshare, and less than five percent reporting they depend on others to get to where they need to go. (Items 37–38)
- Fewer than four percent need assistance to get from their home to their ride. (Item 39)
- 19 percent of respondents are aware of the transportation services the township furnishes. (Item 40)

Challenges

While 90 percent of respondents drive themselves to get around, there remains a proportion of older adults in River Forest who are dependent on others for transportation. The challenge is to provide and effectively inform residents about the local transportation services.

Recommendations

River Forest needs to have transportation options that are safe, reliable, and easy to use, including accessible and affordable public transit.

Goals, Objectives, and Essential Activities

Goals

DL: Good ideas, but again not really goals. More like action items or objectives.

Commented [LM31]: Given the data and findings, what do you suggest these goals should be?

1. Maximize awareness and use of existing transportation and mobility options for residents by River Forest Township

Essential Activity: Communicate availability and cost of buses and cars: CTA fixed routes, on-demand, travel train, and private and small-organization vans and cars, and other transports serving the Village

Target Date for Completion:

Organization/Individual Responsible for Activity:

Resources Needed:

Indicator of Progress:

2. Promote use of existing transportation options

Essential Activity: Document and promote use of active transportation options with maps and directories

Essential Activity:

Target Date for Completion:

Organization/Individual Responsible for Activity:

Resources Needed:

Indicator of Progress:

3. Create public transportation options that are accessible

Essential Activity: Make the CTA and METRA stations accessible (ADA and age-friendly)

Essential Activity:

Target Date for Completion:

Organization/Individual Responsible for Activity:

Resources Needed:

Indicator of Progress:

4. Ease the task of driving and reduce driving times by assuring clear 2-way passage on side streets by minimizing parking on both sides of a narrow side street

Essential Activity:

Target Date for Completion:

Organization/Individual Responsible for Activity:

Resources Needed:

Indicator of Progress:

DRAFT

5. Promote driver education and safety education options

Essential Activity: Promote AARP's safety technology programs)

Target Date for Completion:

Organization/Individual Responsible for Activity:

Resources Needed:

Indicator of Progress:

Communication and Information

Priority Findings and Outcomes

Respondents indicated the need to receive information from the Village in various media forms (print and electronic). Furthermore, there was considerable concern regarding the lack of information on the available services for older adults and the ability to access those services when needed. Sixty percent of participants indicated they know about older adult services and how to access them. Respondents also expressed a salient interest in having the Village be a place that is supportive for people living with dementia.

Age-Friendly communities support the dissemination of and access to information in a variety of ways.

Findings

Respondents indicated the need to receive information from the Village in various media forms (print and electronic). Furthermore, there was considerable concern regarding the lack of information on the available services for older adults and the ability to access those services when needed. Approximately, 60 percent of participants indicated they know about older adult services and can access them. This suggests that there is a considerable percentage of the population of older adults in the Village that do not know what services exist. Respondents also expressed a salient interest in having the Village be a place that is supportive for people living with dementia.

Basis

[insert desired tables to illustrate findings]

- River Forest seniors report that they are comfortable using electronic communication devices.
- River Forest seniors understand digital and printed communications from the village.
- While most River Forest seniors prefer to receive village communications electronically, a significant percentage prefer to receive village communications by mail.
- Nearly nine in ten River Forest seniors report they are comfortable using the Internet, smart phones, and other electronic devices. (Items 6–8)
- More than three quarters of River Forest seniors report that the digital information the village sends them is easy to read in terms of type face and size. (Item 18)
- More than 92 percent of River Forest seniors report that they can understand printed information from the village (Item 19) while 86 percent say the same about digital information. (Item 20)
- While 60 percent prefer to receive village information via electronic means (Item 21), nearly 29 percent prefer to receive village information in print via the U.S. mail.
 - *Just 30 percent of River Forest seniors report that social services in River Forest meet their needs. Under eight percent reported that these services meet their needs. Sixty-two percent were neutral or chose “not applicable.” (Item 23)*
 - *About one in four River Forest seniors knows what services for older adults are available in River Forest (Item 24) while 26 percent know how to access these services. (Item 25)*
 - *Fewer than six percent of River Forest seniors use services for older adults in the village. (Item 26)*

Challenges

Recommendations

The Village of River Forest needs to better support a variety of options for the dissemination of and access to information.

Goals, Objectives, and Essential Activities

Goals

- 1. Increase awareness of existing resources that support older adults as they age in place in their home or this community**

DRAFT

Essential Activity:

Target Date for Completion:

Organization/Individual Responsible for Activity:

Resources Needed:

Indicator of Progress:

2. Further refine network of communication channels in River Forest for receiving and sharing information such as community events and services

Essential Activity: Work to eliminate digital divide by providing more information on the form of mailings.

Target Date for Completion:

Organization/Individual Responsible for Activity:

Resources Needed:

Indicator of Progress:

3. Establish and maintain public posting sites, including additional kiosks in strategic locations

Essential Activity:

Target Date for Completion:

Organization/Individual Responsible for Activity:

Resources Needed:

Indicator of Progress:

4. Host village wide informational session or create a speaker's bureau on Age-Friendly River Forest and related information and opportunities

Essential Activity:

Target Date for Completion:

Organization/Individual Responsible for Activity:

Resources Needed:

Indicator of Progress:

5. Develop a River Forest Age-Friendly Brand (logo and website) to promote and bolster Age-Friendly Efforts in the Village

Essential Activity:

Target Date for Completion:

Organization/Individual Responsible for Activity:

Resources Needed:

Indicator of Progress:

6. Create an Age-Friendly Rubric and Checklist that in incorporated in all Village work/decision-making and planning

Essential Activity:

Target Date for Completion:
Organization/Individual Responsible for Activity:
Resources Needed:
Indicator of Progress:

Conclusions

This preliminary report serves to inform the Village of River Forest Board on the data gathered and how that shaped the recommendations. Further exploration may be needed on various recommendations to develop an action plan. The Age-Friendly Advisory Ad Hoc Committee conducted this work in an unprecedented pandemic and that provided a unique lens to inform this work.

Age-Friendly River Forest is about making critical investments that will help older adults live healthier and more fulfilling lives as they age in place, and continue to contribute in myriad ways to making River Forest a better place to grow up and grow old. An age-friendly River Forest strives to be a community where people can live in place where they are respected and included, that are free of barriers based on a person's age, and where they are recognized for what they have done and added to our state. People of all ages should feel they and their families can live good lives as they grow old.

The Age-Friendly Advisory Ad Hoc Committee developed recommendations in the midst of the COVID 19 pandemic. This experience suggests there may be a need for emergency preparedness as a unique and 9th domain of livability.

[insert summary table here]

Section X: Appendices and Supporting Documentation

- Appendix A – Survey
- Appendix B – Village Ordinance

Move to APPENDIX

Section 3: Overview of Age-Friendly (AARP and WHO)

In 2006 the World Health Organization (WHO) created a network, the Age-Friendly Cities and Communities, to prepare the world for the rapidly aging society. Its framework includes eight domains of livability that impact older adults and can be used to help a community gauge, organize, and prioritize how to become a livable community. Continuing the effort by WHO,

DRAFT

AARP created the Network of Age-Friendly States and Communities in the United States. The AARP network is affiliated with the WHO's Age-Friendly Cities and Communities initiative.

The 8 Domains of Livability

The 8 Domains of Livability framework is used by many of the towns, cities, counties, and states enrolled in the AARP Network of the Age-Friendly States and Communities to plan their work to be more livable for people of all ages. Learn more at <https://www.aarp.org/livable-communities/network-age-friendly-communities/info-2016/8-domains-of-livability-introduction.html>

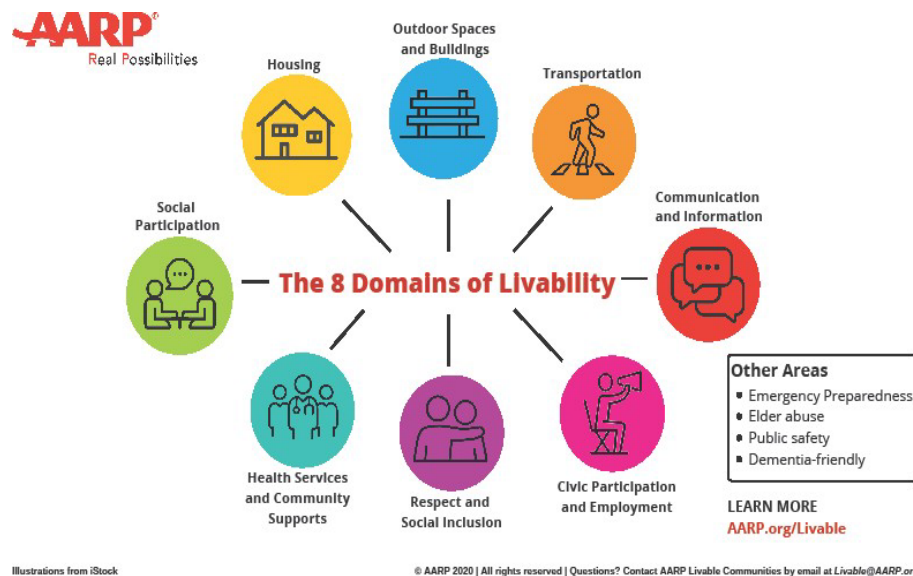


Figure 1. Each circle represents one of the “8 Domains of Livability:” Outdoor spaces, transportation, communication, civic participation, respect, health services, social participation, and housing. Plus, four other areas: Emergency preparedness, elder abuse, public safety, and dementia-friendly.

1. **Outdoor Spaces and Buildings:** Green spaces, safe streets, sidewalks, outdoor seating, and accessible buildings are used and enjoyed by people of all ages.
2. **Housing:** Housing is accessible, designed, or modified to age in the community with affordable housing options for varying life stages.
3. **Transportation:** Recognizing the geographic needs of the state, transportation in River Forest will be safe, reliable, and easy to use, including accessible and affordable public transit.

4. **Civic Participation and Employment:** Older adults in River Forest will continue to work for pay, volunteer their skills, and actively engage in community life.
5. **Respect and Social Inclusion:** Everyone feels valued. The wisdom and experience of older adults are considered with intergenerational and multicultural options to eliminate ageism.
6. **Social Participation:** To combat isolation, there will be opportunities for older adults to engage in the life of their community with accessible and affordable activities that are meaningful, engaging, and safe.
7. **Communication and Information:** Communities support the dissemination of and access to information in various ways.
8. **Community and Health Services:** All people have access to affordable health care and community services that help them live safely and with dignity

WHO/AARP Framework, Process, and Key Principles

The WHO and AARP Network of Age-Friendly States and Communities is a worldwide movement with over 40 countries participating across the globe. AARP is the U.S. affiliate and currently has over 400 communities in its membership network (The Network supports members through research, materials, and tools on best practices, professional development opportunities, technical assistance, and mini grants (AARP, 2019).

In a recent blog post, AARP provided guidance to assist communities as they strive to create livable communities by developing and implementing age-friendly policies and practices (AARP, 2019):

1. Leverage the current and potential contributions of older adults in your community. Look for opportunities to engage older adults as volunteers, entrepreneurs, or contributors to the local arts scene.
2. Recognize the value of retaining older adults' connections to both people and place. These associations are valuable to both the individual and the community and cannot be quickly or easily replicated in a new environment.
3. Ensure access to the built environment. Poor design of our homes, parks, streets, walkways, and transit infrastructure prevents access and engagement.
4. Support housing affordability and choice. Housing options should be available and affordable to people at all income levels.
5. Invest in a range of transportation options. One in every five persons age 65+ does not drive. Many need to use public transportation; others will need the additional support of paratransit, reduced fare taxis, or volunteer driver programs.
6. Improve health. Communities benefit when residents have access to healthy food options, opportunities for walking, biking and exercising, and access to health facilities.
7. Foster safety and personal security. Community safety and security initiatives prevent injuries, promote neighborhood cohesion, and maximize opportunities for residents to be active and engaged.
8. Support older adults and their family caregivers through long-term supports and services (LTSS). LTSS programs enable residents to stay in their homes as they age.
9. Coordinate planning processes. Community land use, housing, transportation, supportive services, and community health care planning should be interconnected.

DRAFT

10. Engage residents of all ages in community planning. Decisions regarding land use, housing, transportation, and services have broad effects on the lives of residents. The entire community must be represented in the process and costs and benefits must be shared across the entire community.

The Age-Friendly Advisory Ad-Hoc Committee recommends that the Village of River Forest incorporate these practices into the development and implementation of Village function and related business.

Section X: References

AARP (2019). AARP Network of Age-Friendly States and Communities: The member list. Available from:
<https://www.aarp.org/livable-communities/network-age-friendly-communities/info-2014/member-list.html>

World Health Organization (2018, February 5). Ageing and health. Available from:
<https://www.who.int/news-room/fact-sheets/detail/ageing-and-health>

Age Friendly River Forest

Action Plan Recommendations

NEEDS COMMITTEE INPUT AND APPROVAL

Key Findings from Community Age-Friendly Assessment

(the findings should shape our recommendations and action items)

Note: Only items of significance emerging from survey results (concerns – less than 20% no, 20 to 30 is low, 30 to 40 moderate and anything greater than 40% is high) as agreed upon by committee in previous discussion)

Social Participation

- Some concern about learning about social events
- Some concern about the lack of range of events and activities sufficiently varied

Technology

- No major concerns with technology for villagers
- Findings demonstrate the 96% of households have Internet and large number of people have and do use comfortably use technology

Respect and Social Inclusion

- No major concerns with age discrimination and very few getting negative remarks related to age

Civic/Social Involvement and Volunteer Opportunities

- Appear to be adequate for civic involvement and volunteers opportunities, however people expressed interesting in having more opportunities for social involvement

Communication and Information

- No major concerns other than trying to understand whether or not to use regular mail or digital communication

Community Support and Services for Older Adults

- It is important to RF is supportive of people living with dementia
- Need to do a better job helping people understand what services for OA are available and how to access services

Outdoor Spaces and Buildings

- Existing concerns for improved seating and streetlighting

Access to Transportation

- No major concerns with access to transportation other than better communication from the Village about transport services for older adults

Housing and Finances

- Most important thing is that people have options in different settings to age in River Forest
- Caveat: we uncovered that people would entertain modify existing space to accommodate a care situation
- Accessory Dwelling Units (ADU) – 23% would consider it

Housing

Goal	Objective	Action	Implementation dependencies	Evaluation
Bolster accessibility	Increase home modifications in existing residences for older adults living in the Village of River Forest	Create a streamlined process for modifications to accommodate needs of older adults. Support residents in understanding and accessing home modification resources. (builders, products, workshops, and funding). Create new zoning codes that allow and promote accessory		
Bolster affordability	Explore the possibility of accessory dwelling units	Encourage the development of a moderately priced senior living facility.		

Goals, Objectives, and Essential Activities

Goals

1. **Facilitate a continuum of housing choices affordable to River Forest seniors to enable them to age in place and in community for as long as they wish to live here. (DL)**

Objective: Facilitate enabling River Forest seniors to remain in their current homes as they grow older.

Essential activity: Amend the village's zoning code to permit River Forest residents to add, with minimal administrative barriers, an accessory dwelling unit.

To prevent abuse of this concept, it is essential that either the primary dwelling or the accessory dwelling unit be owner occupied. This requirement will preserve the purpose of accessory dwelling units by preventing speculators from turning a house into a mini-dormitory by adding an accessory dwelling unit.

Target Date for Completion: One year

Organization/Individual Responsible for Activity: Designated commission dedicated to writing zoning text amendment with an outside consultant with considerable knowledge of zoning for accessory dwelling units.

Resources Needed: Expertise

Indicator of Progress: Adoption of zoning amendments by the village board after receiving recommendations from the Zoning Board of Appeals.

Objective: Facilitate age-friendly home modifications and design to make current homes of older residents more accessible to seniors with disabilities.

Essential Activity: Identify and remove any impediments to home modifications for accessibility in all village codes governing property maintenance including, but not limited to, Title 4, "Building Regulations."

Target Date for Completion:

Organization/Individual Responsible for Activity:

Resources Needed:

Indicator of Progress:

Essential Activity: Train village staff and members of the village's Zoning Board of Appeals in age-friendly planning and zoning practices that ensure opportunities for older adults to modify housing accordingly.

Target Date for Completion:

Organization/Individual Responsible for Activity:

Resources Needed:

Indicator of Progress:

Essential Activity: Educate residents about options available for home modification that will enable seniors to remain in their homes.

Target Date for Completion:

Organization/Individual Responsible for Activity:

Resources Needed:

Indicator of Progress:

Essential Activity: Publish and widely distribute in print as well as online a directory of contractors, builders, consultants, products, and funding sources for home modifications to enable seniors to age in place.

Target Date for Completion:

Organization/Individual Responsible for Activity:

Resources Needed:

Indicator of Progress:

Essential Activity: Work with River Forest Township and private entities to expand home sharing opportunities through design and pilot programs and education of villagers about home sharing options.

Target Date for Completion:

Organization/Individual Responsible for Activity:

Resources Needed:

Indicator of Progress:

Essential Activity: Establish and support a pilot “best practice” home-sharing program for older adults living in the River Forest.

Target Date for Completion:

Organization/Individual Responsible for Activity:

Resources Needed:

Indicator of Progress:

Essential Activity: Expand opportunities for home care and assisted living type services by educating the public about available services and establishing a local registry of licensed/certified providers. An alternative is for the village to participate in a regional registry of these services.

Target Date for Completion:

Organization/Individual Responsible for Activity:

Resources Needed:

Indicator of Progress:

Essential Activity: Promote and facilitate the conversion of seniors’ conventional housing ownership to mutual housing associations or low-equity cooperatives to enable seniors to affordably age in place.

Target Date for Completion:

Organization/Individual Responsible for Activity:

Resources Needed:

Indicator of Progress:

Essential Activity: Amend village zoning and building codes to adopt universal design in new home construction to enhance safety for all ages and train home builders and contractors in universal design to promote aging in place for older adults.

Target Date for Completion:

Organization/Individual Responsible for Activity:

Resources Needed:

Indicator of Progress:

Essential Activity:

Target Date for Completion:

Organization/Individual Responsible for Activity:

Resources Needed:

Indicator of Progress:

Essential Activity:

Target Date for Completion:

Organization/Individual Responsible for Activity:

Resources Needed:

Indicator of Progress:

Essential Activity:

Target Date for Completion: Look into adopting an accessibility ordinance for all new residential construction that requires at least one wheelchair accessible entrance to new dwelling units.

Organization/Individual Responsible for Activity:

Resources Needed:

Indicator of Progress:

Goal

2. Assure that no older River Forest resident who wants to age in the village will be forced out due to a lack of appropriate and affordable housing options. (DL)

Objective: Create and sustain a comprehensive range of rental and ownership housing options that serve a wide range of incomes and levels of ability across all stages of life.

Essential Activity: Identify and revise existing village code provisions that impede or prohibit the establishment of a full continuum of housing options for seniors to age within River Forest

Target Date for Completion:

Organization/Individual Responsible for Activity:

Resources Needed:

Indicator of Progress:

Essential Activity: Amend the village's zoning ordinance to remove provisions that impede establishing assisted living facilities small enough to emulate a family (community residences for people with disabilities) and replace them with provisions that comply with the nation's Fair Housing Act.

Target Date for Completion:

Organization/Individual Responsible for Activity:

Resources Needed:

Indicator of Progress:

Essential Activity: Look into amending village codes to facilitate the development of age-friendly "missing middle housing" that provides age appropriate ownership opportunities through low-equity cooperatives and mutual housing associations.

Our survey found that River Forest seniors want to continue to own rather than rent – but there's a gap between this desire and reality. These two ownership models offer a compromise between wishes and reality: a way to continue to own while keeping the housing affordable to the same income cohort in the future.

Target Date for Completion:

Organization/Individual Responsible for Activity:

Resources Needed:

Indicator of Progress:

Essential Activity: Eliminate from River Forest village codes and ordinances any disincentives or impediments to aging-supportive housing and community.

Target Date for Completion:

Organization/Individual Responsible for Activity:

Resources Needed:

Indicator of Progress:

Essential Activity: Facilitate creation of new affordable housing options along the continuum of age-friendly housing to enable River Forest seniors to age within River Forest.

Target Date for Completion:

Organization/Individual Responsible for Activity:

Resources Needed:

Indicator of Progress:

Essential Activity: Develop a River Forest Age-Friendly housing vision statement

Target Date for Completion:

Organization/Individual Responsible for Activity:

Resources Needed:

Indicator of Progress:

Essential Activity: In exchange for increases in density beyond that allowed as of right in new developments and redevelopments, require the inclusion of affordable housing that broadens the economic and racial diversity of older adults in River Forest in accord with the purposes of the village's Diversity, Inclusion, and Equity initiatives.

Target Date for Completion:

Organization/Individual Responsible for Activity:

Resources Needed:

Indicator of Progress:

Housing (from previous drafts)

Goals:

1. Facilitate a continuum of housing options affordable to River Forest seniors to enable them to age in community for as long as they wish to live here. (DL)

Essential Activity: Facilitate enabling River Forest seniors to remain in their current homes as they grow older

Target Date for Completion

Organization/Individual Responsible for Activity

Resources Needed

Indicator of Progress

Commented [LM1]: Is this beyond the scope of our action plan?

2. Assure that no older River Forest resident who wants to age in the village will be forced out due to a lack of appropriate and affordable housing options. (DL)

Essential Activity: Facilitate creation of new affordable housing options along the continuum of age friendly housing to enable River Forest seniors to age within River Forest.

Target Date for Completion

Organization/Individual Responsible for Activity

Resources Needed

Indicator of Progress

Commented [LM2]: Is this beyond the scope of our action plan?

3. Create and sustain adequate and comprehensive housing options to rent and/or own which are suitable for a wide range of incomes, levels of ability, and across stages of life

Essential Activity: Develop a River Forest Age Friendly housing vision statement

Target Date for Completion

Organization/Individual Responsible for Activity

Resources Needed

Indicator of Progress

4. Create and support the development of an age-friendly framework for the Housing and Building Zoning Commission in the Village to ensure opportunities for older adults to modify housing accordingly

Essential Activity:

Target Date for Completion

Organization/Individual Responsible for Activity

Resources Needed

Indicator of Progress

5. Create a streamlined process to facilitate modifications for older adults living in the Village of River Forest by supporting them in understanding and accessing home modification resources (builders, products, workshops, and funding)

Essential Activity: Create a fast-track system for home modifications specifically for older adults and people with disabilities

Target Date for Completion

Organization/Individual Responsible for Activity

Resources Needed

Indicator of Progress

6. Mandate that homeowners, builders, and realtors of new home construction River Forest will enhance safety for all ages and promote aging in place for older adults by understanding and adopting features of universal design

Essential Activity:

Target Date for Completion

Organization/Individual Responsible for Activity

Resources Needed

Indicator of Progress

7. Explore the need for new zoning codes that allow and promote accessory dwelling units for older adults to use how best they see fit.

Essential Activity:

Target Date for Completion

Organization/Individual Responsible for Activity

Resources Needed

Indicator of Progress

8. Support the pilot of a best practice home-sharing program for older adults living in the River Forest

Essential Activity:

Target Date for Completion

Organization/Individual Responsible for Activity

Resources Needed

Indicator of Progress

Outdoor Spaces and Buildings

Goals:

1. Provide brighter lighting that is confined to the streets and sidewalks through the use of light shields and directed lighting to keep light from bleeding onto front lawns and into living rooms and front porches

Essential Activity:

Target Date for Completion

Organization/Individual Responsible for Activity

Resources Needed

Indicator of Progress

2. Create a plan to ensure sidewalks are accessible and safe for walking.

Essential Activity:

Target Date for Completion

Organization/Individual Responsible for Activity

Resources Needed

Indicator of Progress

3. Implement bench-installation program and related map for resting throughout the Village

Essential Activity:

Target Date for Completion

Organization/Individual Responsible for Activity

Resources Needed

Indicator of Progress

Transportation

Goals:

1. Maximize awareness and use of existing transportation and mobility options for residents by River Forest Township

Essential Activity: Communicate availability and cost of buses and cars: CTA fixed routes, on-demand, travel train, and private and small-organization vans and cars, and other transports serving the Village

Target Date for Completion

Organization/Individual Responsible for Activity

Resources Needed

Indicator of Progress

2. Promote use of existing transportation options

Essential Activity: Document and promote use of active transportation options with maps and directories

Target Date for Completion

Organization/Individual Responsible for Activity

Resources Needed

Indicator of Progress

3. Create public transportation platform (entry and exit ways) that are accessible

Essential Activity: Make the CTA and METRA stations accessible (ADA and age friendly)

Target Date for Completion

Organization/Individual Responsible for Activity

Resources Needed

Indicator of Progress

Social Participation

Goals:

1. Create opportunities for more expansive community engagement

Essential Activity: Provide more opportunities for social activities and no-cost-to-seniors events and improve communication about the events

Target Date for Completion

Organization/Individual Responsible for Activity

Resources Needed

Indicator of Progress

2. Host Age Friendly/Seniors Appreciation Day Town Hall Event

Action Item:

3. Provide enhanced programming at the libraries and community centers/places for people to convene

Action items:

4. Expand intergenerational social opportunities

Essential Activity: Work with relevant Village departments to expand intergenerational programming in settings such as parks, libraries, museums and other nonprofit arts organizations, community and senior centers, and other facilities

Target Date for Completion

Organization/Individual Responsible for Activity

Resources Needed

Indicator of Progress

5. Expand innovative programming to decrease social isolation among older adults

Essential Activity: Create daily call program or work with animal shelter for pet adoption

Target Date for Completion

Organization/Individual Responsible for Activity

Resources Needed

Indicator of Progress

6. Expand social participation and reduce social isolation through participation in the arts

Essential Activity:

Target Date for Completion

Organization/Individual Responsible for Activity

Resources Needed

Indicator of Progress

Civic and Social Involvement

Goals:

1. Create and maintain volunteer opportunity directly for those interested in volunteering

Essential Activity:

Target Date for Completion

Organization/Individual Responsible for Activity

Resources Needed

Indicator of Progress

2. Create and older adult advisory committee for Village political business

Essential Activity:

Target Date for Completion

Organization/Individual Responsible for Activity

Resources Needed

Indicator of Progress

Communication and Information

Goals:

1. Increase awareness of existing resources that support older adults as they age in place in their home or this community

Essential Activity:

Target Date for Completion

Organization/Individual Responsible for Activity

Resources Needed

Indicator of Progress

2. Further refine network of communication channels in River Forest for receiving and sharing information such as community events and services

Essential Activity: Work to eliminate digital divide by providing more information on the form of mailings

Target Date for Completion

Organization/Individual Responsible for Activity

Resources Needed

Indicator of Progress

3. Establish and maintain public posting sites, including additional kiosks in strategic locations

Essential Activity:

Target Date for Completion

Organization/Individual Responsible for Activity

Resources Needed

Indicator of Progress

4. Create an Age Friendly Rubric and Checklist that is incorporated in all Village work/decision-making and planning

Essential Activity:

Target Date for Completion

Organization/Individual Responsible for Activity

Resources Needed

Indicator of Progress

Respect and Inclusion

Goals:

1. To adequately represent all interests in River Forest, gather more data from underrepresented groups

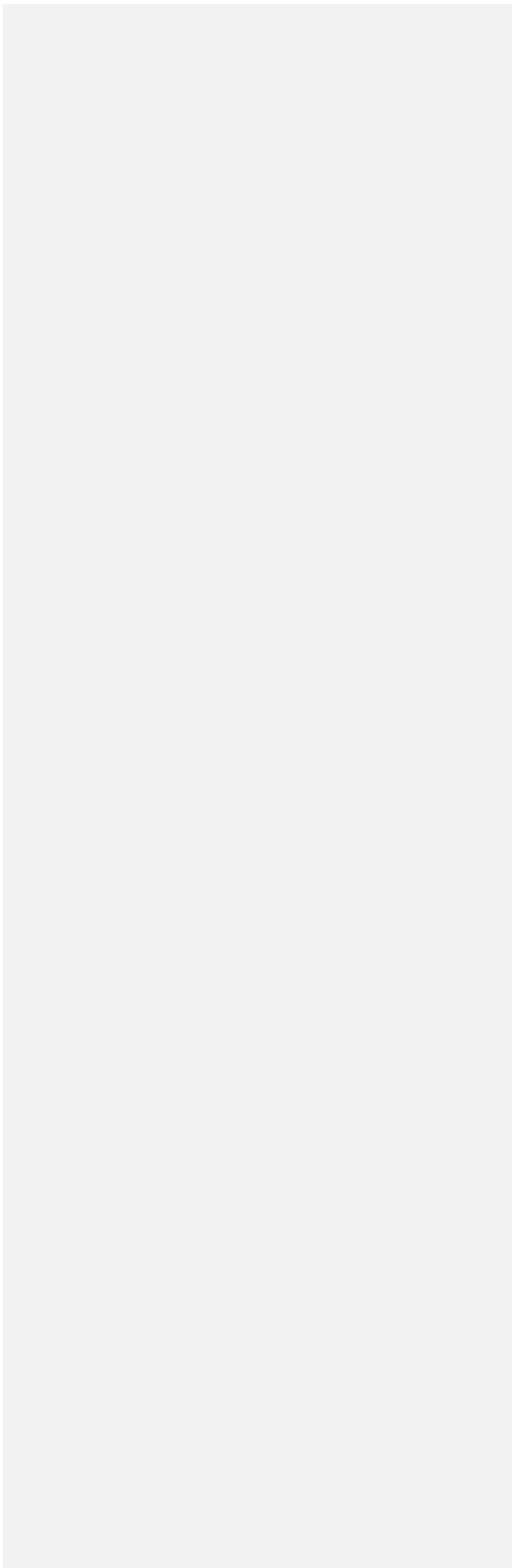
Essential Activity:

Target Date for Completion

Organization/Individual Responsible for Activity

Resources Needed

Indicator of Progress



Age Friendly Community Assessment and Proposed Action Plan

Village of River Forest, Illinois

Prepared by:

*The Village of River Forest's
Age-Friendly Ad Hoc Committee*

Agenda

- Background on project AARP Survey
 - Survey
 - Results
- Next Steps
 - Recommendation
 - Action Plan
 - Implementation

Background

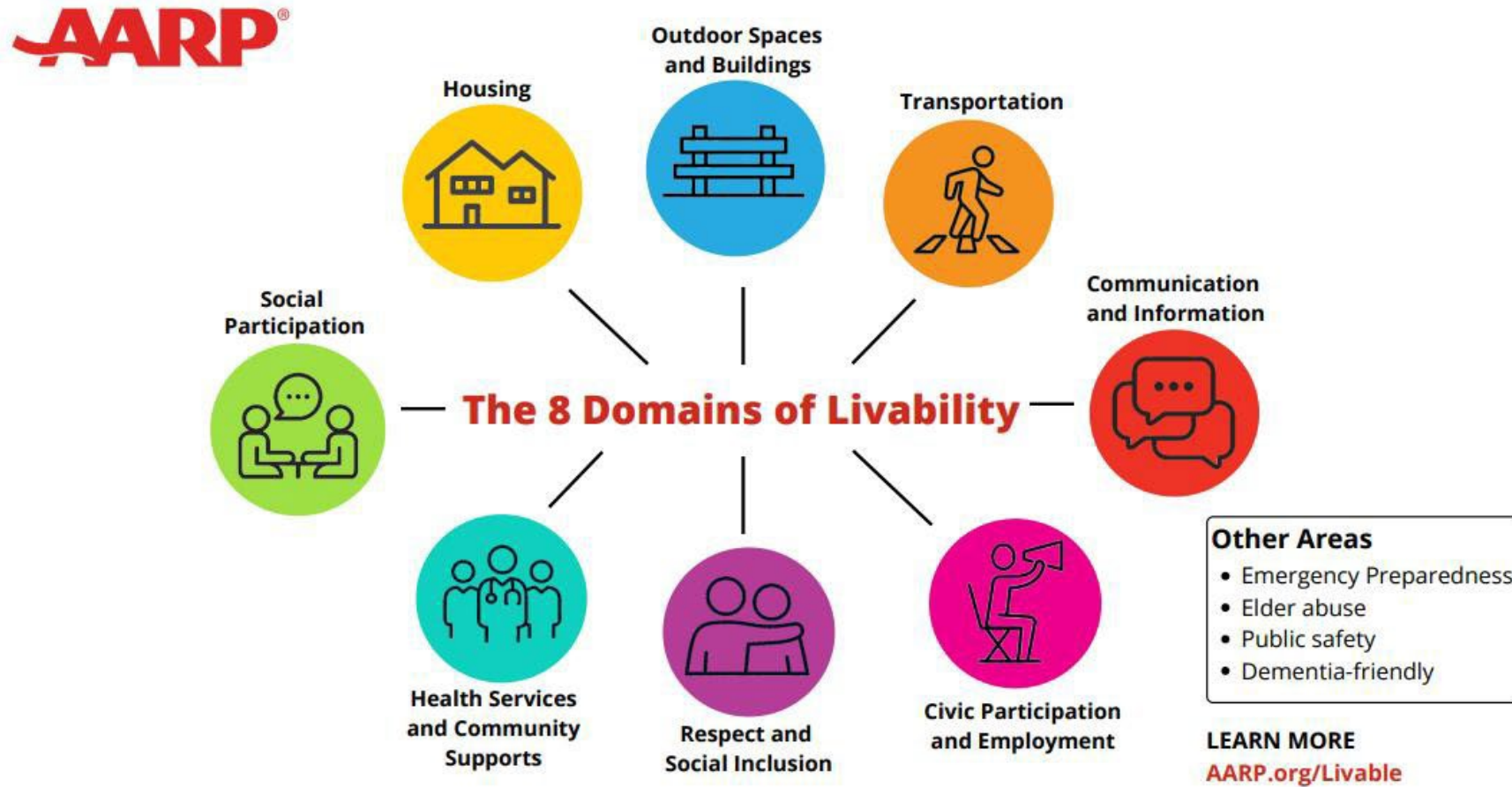
River Forest Demographics

- Population – 11,597
- Median Age – 41.6
- Per Capita Income – \$73,339
- Median Home Value – \$568,900
- Median Family Income – \$158,929
- Mean Family Income – \$251,095
- Median Household Income – \$106,947
- Mean Household Income – \$206,744
- Unemployment Rate (IDES) – 4.8 percent

*Source: US Census Bureau (2021). Population by Age and Sex for the United States: 2021. Retrieved from <https://www.census.gov/quickfacts/riverforestvillageillinois>

Aging population

AARP Network of Livable Communities (ALCN)



Applied for Age Friendly Designation

November, 2019, the Village of River Forest became a member of the AARP Network of Age-Friendly States and Communities

- (1) To conduct a baseline assessment of existing age-friendliness in River Forest by surveying members of the community; and
- (2) from results, to develop an Action Plan for the Board of Trustees to adopt and submit to AARP

Ad Hoc Committee Formed (charge)

1. Conduct a baseline assessment of age-friendliness of the Village
2. Research and Discuss the new normal for age friendly communities amid COVID19 and other factors stemming from this pandemic.
3. Evaluate and Prepare a plan based on the American Association of Retired Persons and other organizations approaches to an age friendly community.
4. Review and Present the Plan to the Village Board and Village President for endorsement and consideration
5. Present the Final Plan to the Village Board and Village President to adopt by majority vote an Age Friendly Plan that will integrate with our municipal code for implementation of the Plan.

SURVEY

Collection methods

- A random selection was used to recruit respondents for a community survey. We used the voter registration to capture a representative sample of people over the age of 55 in the Village of River Forest. Three hundred survey were sent to the randomized sample; 201 surveys were completed and returned establishing a response rate of 67%.

Analysis

Findings and Outcomes

Housing

Outdoor spaces and buildings

Transportation

Social participation

Communication and information

Civic participation

Respect and human inclusion

Key Findings

Social Participation

Some concern about learning about social events

Some concern about the lack of range of events and activities sufficiently varied

Technology

No major concerns with technology for villagers

Findings demonstrate the 96% of households have Internet and large number of people have and do use comfortably use technology

Respect and Social Inclusion

No major concerns with age discrimination and very few getting negative remarks related to age

Civic/Social Involvement and Volunteer Opportunities

Appear to be adequate for civic involvement and volunteers opportunities, however people expressed interesting in having more opportunities for social involvement

Communication and Information

No major concerns other than trying to understand whether or not to use regular mail or digital communication

Community Support and Services for Older Adults

It is important to RF is supportive of people living with dementia

Need to do a better job helping people understand what services for OA are available and how to access services

Outdoor Spaces and Buildings

Existing concerns for improved seating and streetlighting

Access to Transportation

No major concerns with access to transportation other than better communication from the Village about transport services for older adults

Housing and Finances

Most important thing is that people have options in different settings to age in River Forest

Caveat: we uncovered that people would entertain modify existing space to accommodate a care situation

Accessory Dwelling Units (ADU) – 23% would consider it

Next Steps

Recommendations

- TBD by committee input and approval
- Proposed Action Plan