

# AGE FRIENDLY FAYETTEVILLE

**...A Community for a Lifetime...**

Jean Henry, PhD & Alishia Ferguson, PhD LMSW  
University of Arkansas

# What does it mean to age in community?



**Aging in community – Proactive strategy of creating supportive neighborhoods and networks to increase the quality of life and happiness of older adults, while at the same time promoting health and well-being for the community.**

# What is an Age Friendly City or Community?

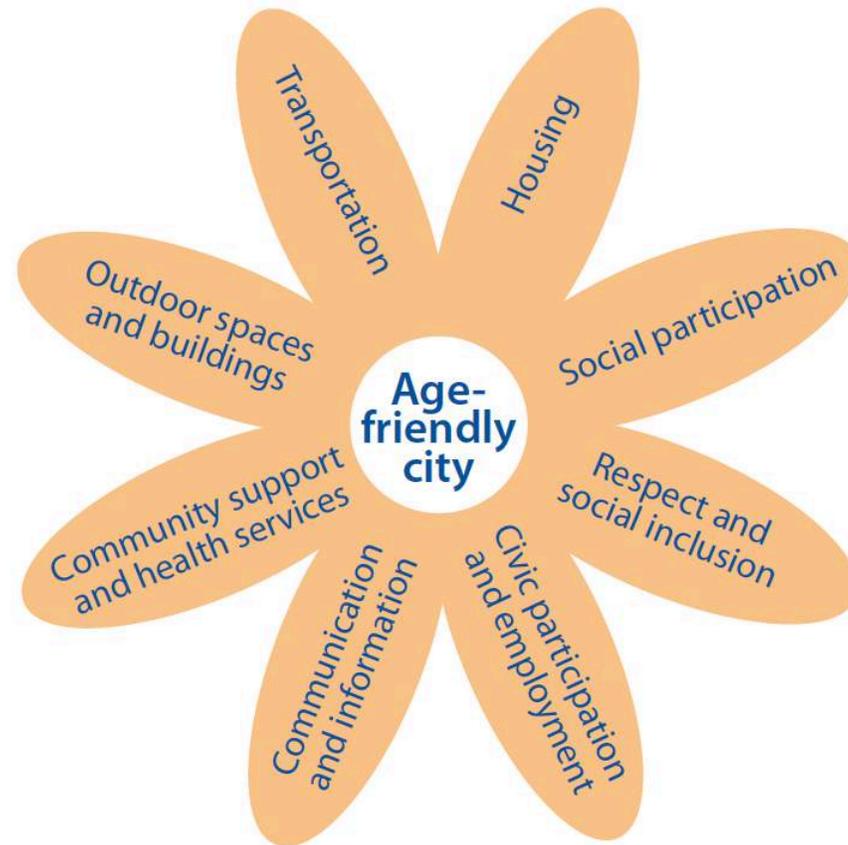
To be age friendly, a community must enable community members to live full and meaningful lives as they age consistent with the resident's age-related developmental needs & priorities. (Scharlach & Lehning, 2016).

...an inclusive and accessible urban environment that promotes active aging” [by targeting] “environmental, social and economic factors that influence the health and wellbeing of older adults” [in the community] ([who.int/ageing](http://who.int/ageing))



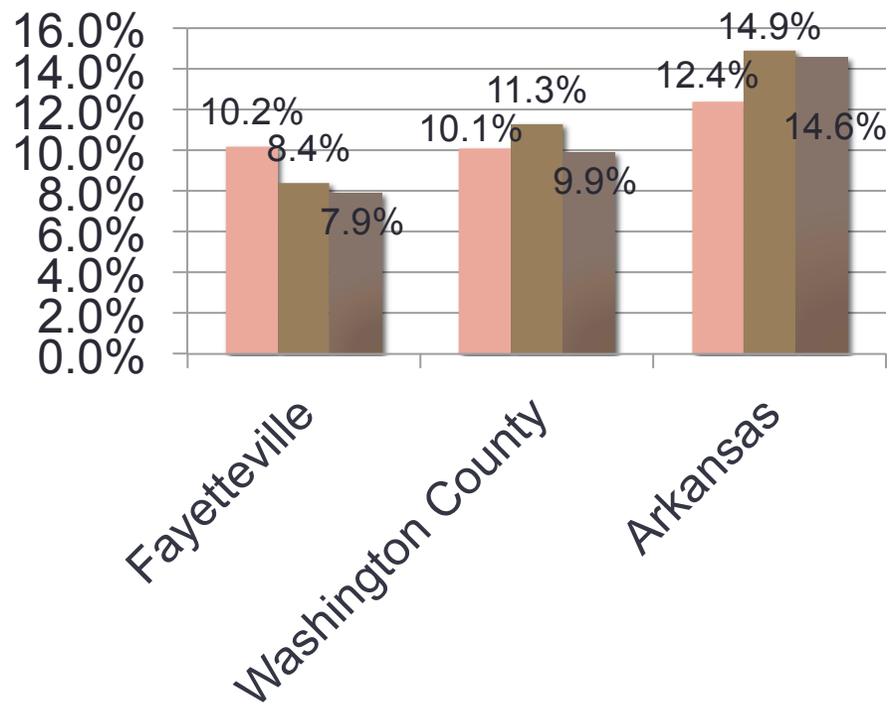
photo credit: City of Fayetteville Website

# What are the components of an Age Friendly Community?



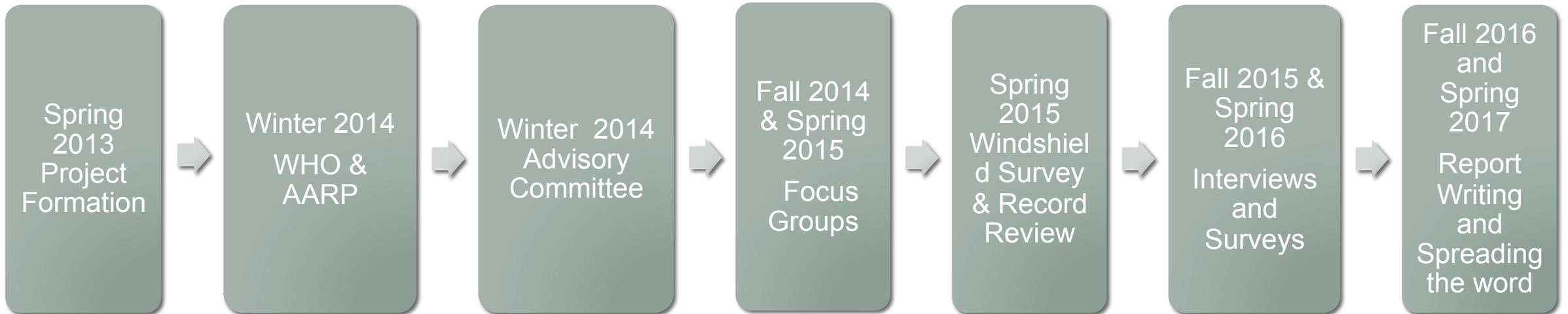
# Age Friendly Fayetteville Important for our Community

- The number of older adults in Fayetteville is declining.



- Older adults are more likely to:
  - Have money
  - Own a home
  - Vote
  - Volunteer
  - Work in flexible positions
- Older adults provide:
  - Mentorship
  - Wisdom
  - Sense of Community

# Timeline for the Initiative



# Where do aging adults want to live?

## Nationally:

AARP reports that up to 90% of Americans want to remain in their residence as long as possible and 80% stated that their current residence is where they will always live. (AARP, 2011).

Aging in place: “the ability to remain in one’s own home or community as long as desired, even when experiencing potential age-related changes in health, social & financial resources” (Scharlach and Lehning, 2016, p. 5).

## Age Friendly Fayetteville:

68% of the sample have lived in Fayetteville longer than 10 years  
72% of the sample plan to remain in Fayetteville as they age;  
19% are undecided

# Our Survey Sample

694 people took the survey either on paper or online

- ◆ The average age was 63 years; 87% of the sample was 50 years or older
- ◆ 58% own their own homes
- ◆ The median income was high at \$45,000 to \$50,000 per year; however 26% of the sample was \$25,000 or lower. (18,000 nationally)
- ◆ Mean age is 63 years; 87% of the sample is 50 and older.

# Do I stay or Do I go??

## Reasons to Stay

1.Friends and Family –	78%
2.Amenities –	59%
3.Services –	47%
4.Parks –	45%
5.Safety -	37%
8.Affordable Housing -	14%

## Reasons to Leave

1.Friends and Family –	57%
2.Job Opportunities –	30%
3.Affordable Housing –	20%

# Attitudes and Beliefs about Housing in Fayetteville

## Focus Groups (8 groups)

- Need affordable housing and housing that is not student oriented

## Windshield Survey (3 topic areas; 6 projects)

### Need affordable housing

- Low Income Options
  - Nantucket (older adult focus)
  - Weddington Place (older adult focus)
  - Hillcrest (older adults get preferred status)
  - Peachtree Village (Farmington; also assisted living)
- Luxury Options
  - Butterfield Trail Village
  - The Gardens at Arkanshire (Springdale)
- Nursing Homes
  - Available,
  - Expensive
  - limited Medicaid options

## Attitudes and Beliefs about Housing in Fayetteville

<b>Survey Question</b>	<b>Results</b>
Sufficient, affordable housing for frail & disabled older adults is available with appropriate services provided nearby.	60% disagree
Affordable housing is available in areas that are safe and close to services and the rest of the community.	56% disagree
Subsidized housing is generally safe.	40% disagree
Affordable home maintenance and support services are available.	38% disagree
Home modification providers understand the needs of older people.	50% disagree

# Attitudes and Beliefs about Housing in Fayetteville

If Age Friendly Fayetteville could change or add one program or policy to make Fayetteville more Age Friendly, what would it be?

<b>Comment category</b>	<b>Comments (272 total)</b>
Transportation	36%
Community Support & Health Services	21%
Communication and Information	14%
Housing	12%
Outdoor Spaces	11%
Social Participation	11%
Inclusion and Respect	07%
Civic Participation and Employment	03%

# Suggested Changes

- Housing for people of mixed ages, so that older people can age in place in an environment that is not only for people of their own age
- A program to help seniors afford to live in a rental home – modest house with small yard...get away from the excessive noise and environmental hazards of apt. living..
- Provide affordable services for seniors to have [worn] in our homes...  
Example...repair of items in home, tree trimming or removal after storms.
- Please offer more building maintenance for home owners/landlords/renters.
- Housing geared toward elderly who are not ready for Butterfield Trail, or not qualified for Nantucket. Nothing geared for middle income 65+ in town but thousands of bedrooms for students.
-

## **IDK – COMMUNICATION AND HIDDEN POPULATIONS**

**There were three trends that were clear across all data collection methods and prominent throughout the survey.**

- The IDK category was marked consistently at 20 to 50% on most items in the survey
- Fayetteville has issues with getting the word out. This was clear in the focus groups, the windshield survey and in the survey.
- Transportation is an issue.

**These three trends are related to housing for an aging population.**

- IDK means that these issues of older adults are hidden or ignored by citizens
- Communication and information issues may be why the issues are hidden and may be why people don't use the services that we have.
- Spotty public transportation creates isolated adults who cannot integrate in the community.

# AGE FRIENDLY FAYETTEVILLE

**...A Community for a Lifetime...**