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## **Lifelong Housing for Fayetteville, AR Useful Websites**

**Prepared by the League of Women Voters of Washington County, Arkansas**

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### **League of Women Voters Washington County, AR –**

<http://www.lwvarwc.org>

The LWVWC held a panel on Lifelong Housing on February 16, 2017. You can download the program and PowerPoints of presentations, view photos from the event, and find the link to the recorded video of the panel at the above site. Search under “Links / Resources for Programs.”

A Lifelong Housing Working Group was created immediately following the panel. This website list was developed and is being maintained as part of the effort to spread information about the need for and the importance of Lifelong Housing.

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### **AARP –**

AARP is a nonprofit, nonpartisan, social welfare organization with a membership of nearly 38 million that helps people turn their goals and dreams into real possibilities, strengthens communities and fights for the issues that matter most to families — such as health care, employment and income security, and protection from financial abuse.

See AARP Livable Communities website, with multiple resources including a regular newsletter on the topic: <http://www.aarp.org/livable-communities/about/>

See Aging in place remodel slide show (Nov 2015):

[http://www.aarp.org/livable-communities/housing/info-2015/home-fit-renovation-slideshow.html?cmp=NLC-WBLTR-DSO-MCTRL-111315-TS7-919293&ET\\_CID=919293&ET\\_RID=909367&encparam=YmspPqirfrgeTbG/Z0rlyOQlbVGfZ/EuCyKUoAv43Kg=#slide14](http://www.aarp.org/livable-communities/housing/info-2015/home-fit-renovation-slideshow.html?cmp=NLC-WBLTR-DSO-MCTRL-111315-TS7-919293&ET_CID=919293&ET_RID=909367&encparam=YmspPqirfrgeTbG/Z0rlyOQlbVGfZ/EuCyKUoAv43Kg=#slide14)

See AARP program to combat elder isolation, which can be a problem for those aging in place but spending too much time alone:

<http://connect2affect.org/>

### **Age Friendly Fayetteville –**

Age Friendly Fayetteville is a partnership between the City of Fayetteville, the Fayetteville Chamber of Commerce and the University of Arkansas. We are sponsored by the Office for Studies on Aging at the University of Arkansas and the Inclusion Group of the Fayetteville Forward Economic Accountability Council.

<https://agefriendlyfayetteville.uark.edu/>

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Facebook: <https://www.facebook.com/AgeFriendlyFayetteville/>

### **Aging in Place Technology Watch –**

Laurie M. Orlov, a tech industry veteran, writer, speaker and elder care advocate, is the founder of *Aging in Place Technology Watch* -- market research that provides thought leadership, analysis and guidance about technologies and services that enable boomers and seniors to remain longer in their home of choice. In addition to her technology background and years as a technology industry analyst, Laurie has served as a volunteer long-term care ombudsman and is certified in Geriatric Care Management from the University of Florida.

<https://www.ageinplacetech.com/>

**New!**

### **Arkansas Department of Human Services -**

Contact Human Services Division of Aging and Adult Services, to find out whether you or a loved one might qualify for support services of various kinds:

<http://humanservices.arkansas.gov/daas/Pages/default.aspx>

See the “Arkansas Choices in Homecare” area of this page, “a Medicaid program that includes home and community-based services for adults ages 21 through 64 with a physical disability and seniors age 65 or older.” Eligible persons can receive funding for, “Environmental Modifications - Changes to your home that will help you get around more easily and safely like grab bars or a wheelchair ramp.” Benefits for modifications can range up to \$7,500 if qualified.

<http://humanservices.arkansas.gov/daas/Pages/ARChoices.aspx>

Download the “2016 Public Benefits & Services for Arkansas Seniors” – see page 84, “Aging Programs & Services,” where services provided through Area Agency on Aging offices are listed, including home repair / modification.

<http://www.daas.ar.gov/seniorbenefits/Other pages for Website/2016 Public Benefits for Seniors.pdf>

### **The Bipartisan Policy Center -**

The Bipartisan Policy Center is a non-profit organization that combines the best ideas from both parties to promote health, security, and opportunity for all Americans. BPC drives principled and politically viable policy solutions through the power of rigorous analysis, painstaking negotiation, and aggressive advocacy. As the only Washington, DC-based think tank that actively promotes bipartisanship, BPC works to address the key challenges facing the nation. Our policy solutions are the product of informed deliberations by former elected and appointed officials, business and labor leaders, and academics and advocates who represent both ends of the political spectrum. We are currently focused on health, energy, national and homeland security, the economy, housing, immigration, infrastructure, and governance.

<http://bipartisanpolicy.org/library/recommendations-for-healthy-aging/>

See: multiple resources, including videos of thought leaders, under ‘Housing’ tab:

<http://bipartisanpolicy.org/topics/housing/>

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### **Books –**

**New!**

Notable popular press publications concerning Lifelong Housing (referring to Amazon.com as several sources for purchase will be listed):

*The Accessible Home: Designing for All Ages & Abilities*

Deborah Pierce

<https://www.amazon.com/Accessible-Home-Designing-Ages-Abilities/dp/1600854915>

### **Booming Your Bottom Line –**

“America's #1 podcast for small business owners serving the aging Boomers.” (from their website). Provides training, coaching and consulting.

<http://bybllive.com/episode/78/>

### **The Cohousing Association –**

Coho/US is a national non-profit raising awareness of the benefits of cohousing and supporting the development of cohousing communities nationwide. [They] serve as a connector and clearinghouse to grow and nurture cohousing. Coho/US advances cohousing by assisting forming and existing communities through a robust network of resources and access to technical assistance; and educating the public about the benefits of cohousing, from resource conservation and sustainability to resilient communities and healthy families.

<http://www.cohousing.org/>

<http://www.cohousing.org/aging>

### **Building code requirements for Lifelong Housing design –**

**New!**

One approach to stimulating changes towards Lifelong Housing in new construction is to include these standards in the design and construction codes of municipalities. Austin, TX, took a step in this direction in January, 2014, by requiring certain **visitability standards** be met in construction of new single-family or duplex dwellings with habitable space on the first floor. You may view the ordinance here:

<http://www.austintexas.gov/edims/document.cfm?id=205386>

It includes the design standards needed to allow a person in a wheelchair to visit a dwelling (entry, bathroom route and visitable bathrooms, along with light switches, receptacles and environmental controls accessible to a wheelchair user).

### **Conference of Mayors statement on proposed federal budget cuts –**

**New!**

The Conference of Mayors website presents an analysis of the budget cuts contained in President Trump's Proposed FY18 budget. Many of these would directly affect benefits needed by seniors, including those that help low-income seniors with home repairs and modifications. You can find the Mayors' analysis and strategy for fighting the budget cuts here:

<https://www.usmayors.org/fy18-budget>

### **Congressional action –**

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Via Next Avenue (see their entry below, as well): For an innovative approach to funding home modifications proposed in the U.S. Congress (but not passed so far):

Initial introduction of the bill in 2016:

<http://www.nextavenue.org/aging-place-tax-credits-get-step-closer/>

Introduction in 2017:

<http://cris.house.gov/news/documentsingle.aspx?DocumentID=148>

Via Facebook page for Senator Elizabeth Warren: Because of low incomes and limited assets, about 4 million senior households are eligible for rental assistance, but only about a third of those who need this help can actually get it. As a result, a large majority of low-income senior households face paying more than half of their income for rent or living in severely inadequate conditions, or both. It's time for Congress to increase funding for new construction of affordable housing for seniors – in Massachusetts and nationwide. Video of hearing May 21, 2017:

[https://www.facebook.com/senatorelizabethwarren/videos/783225688506593/?autoplay\\_reason=all\\_page\\_organic\\_allowed&video\\_container\\_type=0&video\\_creator\\_product\\_type=2&app\\_id=2392950137&live\\_video\\_guests=0](https://www.facebook.com/senatorelizabethwarren/videos/783225688506593/?autoplay_reason=all_page_organic_allowed&video_container_type=0&video_creator_product_type=2&app_id=2392950137&live_video_guests=0)

### **ECHO Housing – Elder Cottage Housing Opportunity -**

From ECHO Housing website : <https://www.caring.com/articles/echo-housing>

What is an ECHO?

An elder cottage housing opportunity, or ECHO, is a small, temporary housing unit that can be installed in a backyard -- most commonly used to accommodate older adults.

ECHO housing units are self-contained prefab homes (usually between 400 and 800 square feet) that allow someone to remain largely independent while still living within earshot of your family. ECHO housing usually includes all the amenities of a house -- a kitchen, a bedroom, a bathroom, and a living room -- albeit on a very small scale. They first gained popularity in Australia, where they're known as granny flats, in the 1970s. ECHO housing caught on in the United States in the late 1980s and has since been promoted by AARP as an inexpensive housing solution for older adults.

The Home Store - <https://www.the-homestore.com/handouts/in-law-additions/>

ECHO rules in Code of Federal Regulations (CFR) -

<https://www.law.cornell.edu/cfr/text/24/92.258>

Elder Cottages - <http://www.eldercottages.com/>

<https://toughnickel.com/real-estate/Prefabricated-Modular-Cabins>

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### **EngAGE -**

EngAGE is a non-profit that transforms aging and the way people think about aging by turning affordable senior apartment communities into vibrant centers of learning, wellness, and creativity.

<http://www.engagedaging.org/>

### **Frameworks Institute –**

Eight of the nation's leading aging-focused organizations have formed an unprecedented partnership to create a better public understanding of older adults' needs and contributions to society — and subsequently to improve the lives of all people as they age. This coalition includes AARP, the American Federation for Aging Research, the American Geriatrics Society, the American Society on Aging, The Gerontological Society of America, Grantmakers in Aging, the National Council on Aging, and the National Hispanic Council on Aging. Together they represent and have direct access to millions of older adults and thousands of individuals working in aging-related professions.

Note that each of these organizations host websites containing useful information.

<http://frameworksinstitute.org/reframing-aging.html>

### **Golden Girls Network –**

“Our home office is in Bowie, Maryland, where our founder, Bonnie Moore, lives in the first Golden Girls Network home. The idea for Golden Girls Network developed as a result of her personal experiences. After extensive remodeling to her home, she and her husband split up, and she was left with a beautiful home and a mortgage that she could not afford. On top of that, the 2008 recession hit and she lost equity and didn't even try to sell. She started looking for roommates, and found friends. Then, people started asking her what it was like to live with a bunch of women, and she found herself in business helping others to start their own Golden Girls”

<http://goldengirlsnetwork.com/about-golden-girls-network/>

### **Health Affairs (journal) -**

*Health Affairs* is the leading journal of health policy thought and research. The peer-reviewed journal was founded in 1981 under the aegis of Project HOPE, a nonprofit international health education organization. *Health Affairs* explores health policy issues of current concern in domestic and international spheres. Its mission is to serve as a high-level, nonpartisan forum to promote analysis and discussion on improving health and health care, and to address such issues as cost, quality, and access.

Article: Home-Based Care Program Reduces Disability And Promotes Aging In Place (2016)

<http://m.content.healthaffairs.org/content/35/9/1558.abstract>

### **HomeAdvisor –**

is the free and easy way for homeowners to find and connect with trusted home improvement, maintenance and repair professionals. As the nation's largest online home improvement

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marketplace, we've connected more than 35 million homeowners to our network of pre-screened home service professionals since we started in 1999.

[HomeAdvisor Insights Forum | Aging In Place 2015](http://www.homeadvisor.com/article.center.Senior-Care.94.html)  
<http://www.homeadvisor.com/article.center.Senior-Care.94.html>

#### **Housing Arkansas –**

is an advocacy coalition of stakeholders whose purpose is to expand public support and secure funding for the Arkansas Housing Trust Fund (AHTF). The AHTF provides 'but-for' funding projects that add to the supply of quality, accessible, affordable homes in the state. It is the only source of state-appropriated funds for housing. A round of demonstration grants was awarded and allocated in 2015-16. Currently, the AHTF's cupboard is empty. Housing Arkansas sought unsuccessfully to secure ongoing, dedicated funding during the 2017 General Assembly from existing Real Estate Transfer Tax revenues. No new taxes were sought or raised. Information about eligible uses and applicants and about the 2017 Campaign can be found on the coalition's website: <https://www.housingar.org>

#### **Joint Center for Housing Studies, Harvard University –**

The Harvard Joint Center for Housing Studies advances understanding of housing issues and informs policy. Through its research, education, and public outreach programs, the center helps leaders in government, business, and the

See 2016 report: "Projections and Implications for Housing a Growing Population: Older Adults 2015-2035"

<http://www.jchs.harvard.edu/housing-a-growing-population-older-adults>

#### **Louis Tenenbaum –**

"the nation's leading authority on Aging in Place." (from his website) – writes a blog on Aging in Place which includes many links to outside resources.

<http://www.louistenbaum.com/category/blog/>

#### **Mobile Home Parks –**

**New!**

Many citizens who need housing modifications as they age live in mobile manufactured homes, either in a home they own or one they rent, in a mobile home park. There are many aspects to serving the needs of persons living in mobile homes. But increasingly across the country, state and local leaders are realizing that the closure of mobile home parks is becoming an important issue, directly affecting the options and quality of life for mobile home residents.

Quite often, individuals and families do not have the resources to afford to move a trailer they own. And they may need more time to make alternative arrangements than they are afforded by new land owners. This is particularly true for older park residents who may be dealing with multiple disabilities, and may be dependent on park neighbors and local public transportation to meet their day-to-day living and medical needs.

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Brenda Jose, executive director of Unlimited Choices, a “community based, private, non-profit corporation providing housing rehabilitation services” in Portland, Oregon (<http://www.unlimitedchoices.org/>), emphasizes the fact that, “**Trailer parks are the largest *unsubsidized* source of low-income housing in the United States.**”

Keeping mobile home parks available, and effectively assisting residents when they are forced to move from a park that is closing, are both complex undertakings. Oregon has been working on this problem and in 2015 adopted a law to address some of the key problems that arise for park tenants. Ms. Jose shared the following useful resources from Oregon’s experience:

On mobile home park closures:

<https://www.oregon.gov/ohcs/Pages/manufactured-dwelling-park-closures-oregon.aspx>

Resources:

<https://www.oregon.gov/ohcs/Pages/manufactured-dwelling-park-living-resources.aspx>

Manufactured Home Park Solutions Collaborative Local Agency Toolkit Online:

<http://www.oregon.gov/ohcs/CRD/mcrc/docs/09-14-2016-Manufactured-Home-Park-Preservation-Toolkit.pdf>

Law:

<https://www.oregonlaws.org/ors/90.645>

#### **National Aging in Place Council -**

NAIPC® wants to be your primary informational resource so that you remain active and healthy throughout your retirement years. We have established a network of professionals from the private, public and non-profit sectors who can help you plan for your future housing and care needs. Our web site provides additional ideas and information to help you accomplish whatever goals you may have.

<http://www.ageinplace.org/>

#### **National Association of Home Builders –**

The NAHB is a Provider for the Interior Design Continuing Education Council (IDCEC). They offer Universal Design/Build courses for CEU credit for IDCEC and for members of the American Society of Interior Designers and International Interior Design Association.

See “Understanding Aging in Place and Universal Design,”

<https://www.nahb.org/en/consumers/homeownership/aging-in-place-vs-universal-design.aspx>

**National Public Radio –**

**New!**

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Airs stories on senior issues regularly. Here is a recent one specifically on housing issues:

Meet A Home Contractor Who Helps Older People Age In Place  
by Ina Jaffe

NPR - May 31, 2017

Leon Watts III stands out among his fellow gerontology students at the University of Southern California's Davis School of Gerontology. They all look to be under 25. Watts is 66. What led up to his return to school was decades spent rehabbing homes in Los Angeles. Over that time, his clients have aged and he's seen their needs change. Watts decided he'd be able to do a lot more for them with a master's degree in gerontology....

[http://www.npr.org/2017/05/31/528949740/meet-a-home-contractor-who-helps-older-people-age-in-place?sc=17&f=2&utm\\_source=iosnewsapp&utm\\_medium=Email&utm\\_campaign=app](http://www.npr.org/2017/05/31/528949740/meet-a-home-contractor-who-helps-older-people-age-in-place?sc=17&f=2&utm_source=iosnewsapp&utm_medium=Email&utm_campaign=app)

A search on their site on the term “seniors” yields many more stories:

<http://www.npr.org/search/index.php?searchinput=seniors&dateId=0&programId=0>

#### **Next Avenue –**

Our mission is to meet the needs and unleash the potential of older Americans through the power of media. Next Avenue is produced by Twin Cities PBS (TPT). It is public media’s first and only national journalism service for America’s booming older population. Our daily content delivers vital ideas, context and perspectives on issues that matter most as we age.

<http://www.nextavenue.org/special-report/transforming-life-as-we-age/>

See: Aging in America: Long Term Care Planning • What could aging cost you and your family? (video) – several short videos available

See: Aging in the ‘Right’ Place: <http://www.nextavenue.org/aging-right-place/>

See: Starters Guide to Golden Girls Home (co-housing resources):

<http://www.nextavenue.org/starters-guide-golden-girls-home/>

For an innovative approach to funding home modifications proposed in the U.S. Congress (but not passed so far):

Initial introduction of the bill in 2016:

<http://www.nextavenue.org/aging-place-tax-credits-get-step-closer/>

Introduction in 2017:

<http://cris.house.gov/news/documentsingle.aspx?DocumentID=148>

**New!**

To celebrate its fifth anniversary, Next Avenue compiled a set of stories looking at the future of aging.

<http://www.nextavenue.org/special-report/celebrating-next-avenues-fifth-anniversary/>

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**PayingforSeniorCare.com** - The PayingforSeniorCare.com website and the Eldercare Financial Resource Locator Tool were created and are maintained by the American Elder Care Research Organization. The organization's mission is to assist individuals in the planning and implementing of long-term senior care. The website is designed to help families and caregivers locate information about long-term care resources for their loved ones, and to find the public and private programs available to assist in covering the cost of such care.

<https://www.payingforseniorcare.com/longtermcare/paying-for-home-care.html>

On this site, information on possible sources of funding for home modifications:

[https://www.payingforseniorcare.com/home-modifications/how-to-pay-for-home-mods.html - title5](https://www.payingforseniorcare.com/home-modifications/how-to-pay-for-home-mods.html-title5)

And a page specifically on AR options for care in AR:

<https://www.payingforseniorcare.com/financial-assistance/arkansas.html>

This page (a little out of date, but a good start) can help you sort out the types of care/ roles played, and what they are called, etc.:

[https://www.payingforseniorcare.com/longtermcare/find\\_provider.html](https://www.payingforseniorcare.com/longtermcare/find_provider.html)

It includes a tool to help locate resources based on a specific person's needs:

[https://www.payingforseniorcare.com/longtermcare/resources/locator\\_tool.html](https://www.payingforseniorcare.com/longtermcare/resources/locator_tool.html)

There is a lot to take in on all of these programs and offices. Better to start as early as possible and develop a plan tailored to a person's anticipated needs.

**PBS –**

Nashville Public Television's NPT Reports: Aging Matters. Episode 5: Aging Matters: Aging In Place

<http://www.pbs.org/video/2365516125/>

**Pew Research Center – Sandwich Generation –**

Useful reports on demographics and financial realities related to elders and family caregivers.

<http://www.pewsocialtrends.org/2013/01/30/the-sandwich-generation/>

**Politico –**

See "The Agenda 2020: A Special Report on the Future of Health"

<http://www.politico.com/agenda/issue/agenda-2020-health>

**Rogue Valley Council of Governments, Oregon –**

[http://rvcog.org/mn.asp?pg=SDS\\_Lifelong\\_Housing](http://rvcog.org/mn.asp?pg=SDS_Lifelong_Housing)

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<http://lifelonghousing.org/>

### **Senior Housing News –**

Senior Housing News (SHN) is a leading source for news and information covering the senior housing industry. With a national reach of over 30,000 professionals that includes senior housing operators, developers, banking institutions, real estate investment trusts, private equity, and service providers catering to the industry. (targeting housing industry providers, but some useful information for consumers as well)

<http://seniorhousingnews.com/>

See: “Harvard: Will Senior Housing Keep Up As Aging Population Soars?”

<http://seniorhousingnews.com/2016/12/15/harvard-will-senior-housing-keep-aging-population-soars/>

### **SOURCES for Community Independent Living –**

**New!**

SOURCES provides services, support, and advocacy for individuals with disabilities, their families and the community. They have long experience assisting individuals with all aspects of dealing with disabilities so that they may live independently. They are currently launching a capital campaign to fund a new Center for Inclusion that will include an Aging in Place Resource Center. Through the new Center, they will be able to help older persons remain in their homes as they age, which surveys indicate is the preferred choice of the vast majority of Americans.

<http://www.arsources.org/>

### **STAR information for Age Friendly Communities –**

**New!**

The STAR Community Rating System (STAR) is the “nation’s leading framework and certification program for local sustainability. Cities and Counties use STAR to measure their progress across social, economic and environmental performance areas.” View their website here: <http://www.starcommunities.org/>. The STAR technical guide contains several targeted Outcomes and Actions for Aging in the Community. Fayetteville is a designated Age Friendly city, and is pursuing action on several of the recommendations for advancing in the STAR initiative relative to its support for happy and health senior life. The sections of the STAR technical guide related to Aging in the Community are available on the website of the League of Women Voters of Washington County, Arkansas, under the Lifelong Housing issue section. Eleven “Local Action” items are outlined in the guide.

### **YouTube Videos:**

Searches such as “Age Friendly,” “Age Friendly Housing” and “Age Friendly Communities” will turn up a number of useful videos related to supportive environments for aging well in your home and your community:

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[https://www.youtube.com/results?search\\_query=Age+Friendly+](https://www.youtube.com/results?search_query=Age+Friendly+)