



# Communities for a Lifetime



One in four Americans is aged 55+

## 185

Number of Hoosier communities in which at least 25% of the population is aged 55+

## 8

Number of Hoosier communities designated as Communities for a Lifetime

## 66

Estimated number of Hoosier communities undertaking CfaL projects

Sources: 2010 Census, Indiana Housing and Community Development Authority

We know our older population is growing in number. We know the vast majority of that population wishes to age in place. **But do Indiana communities currently offer the quality of place required to serve individuals of all ages and abilities? By and large, the answer today is no.**

To ensure that all Hoosiers live in a place that supports their physical, social, mental and economic well-being, we can begin shaping **Communities for a Lifetime (CfaL)**. In these locales, both the built environment and the social fabric are constructed to support those growing up and growing old.

This issue brief highlights the four domains of CfaLs and demonstrates how they are put into action. It introduces many of the individuals and institutions involved in this work, as well as some communities that are already planning for the future. Lastly, it suggests how you can get involved and learn more.

If you want to help create an Indiana in which all citizens are connected to the people, places, services and information that make life more livable, read on. Building a community for a lifetime may be just what you have in mind.

Domains 2-3

Players & Best Practices 4

Getting Involved & Learning More 5

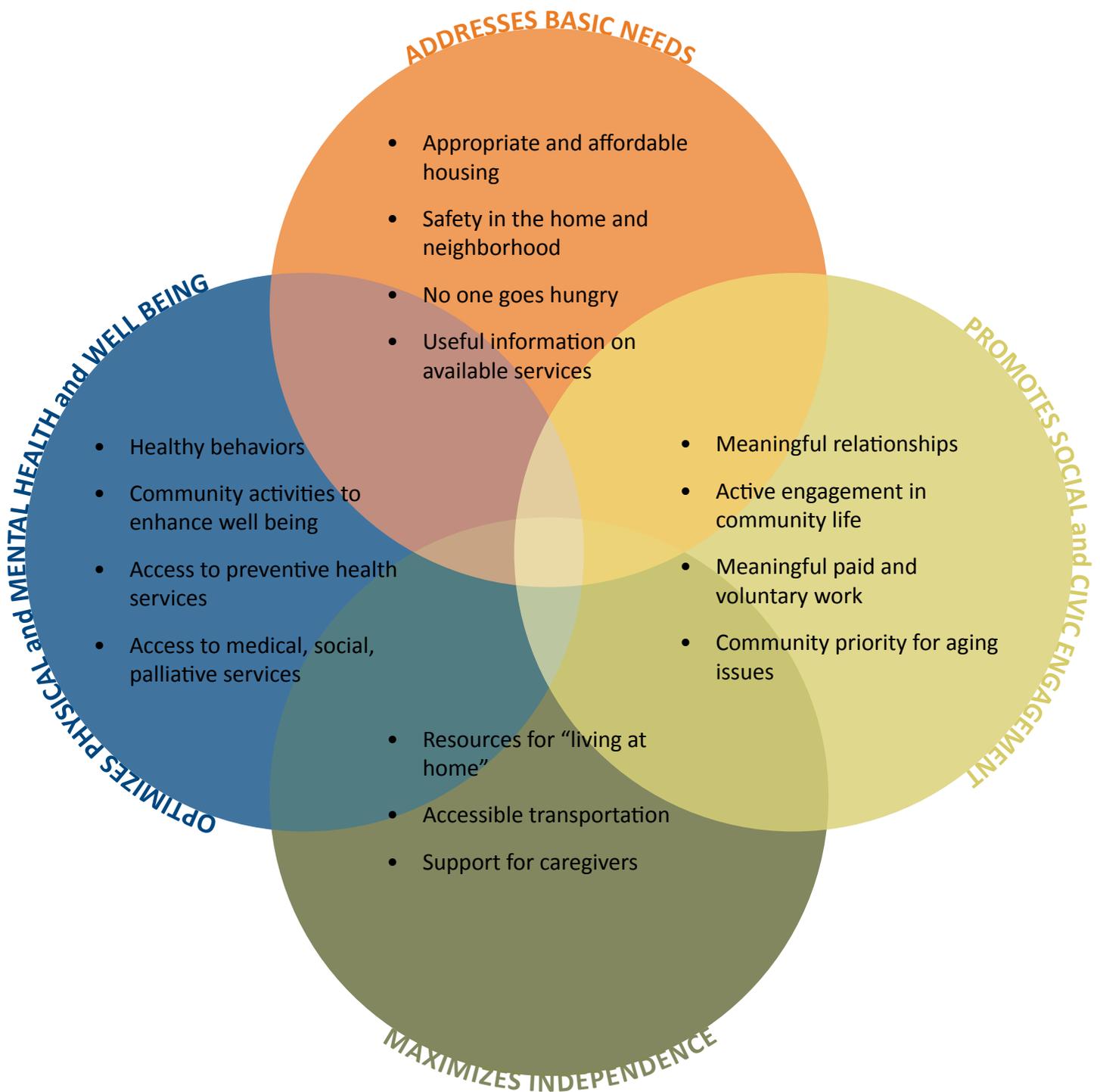
 Indiana Grantmakers **ALLIANCE**  
*...advancing philanthropy*  
[indianagrantomakers.org](http://indianagrantomakers.org)

  
*Indiana Institute on Disability and Community*  
Indiana's University Center for Excellence in Developmental Disabilities  
Research, Education, and Service  
[iidc.indiana.edu](http://iidc.indiana.edu)

  
INDIANA UNIVERSITY PUBLIC POLICY INSTITUTE  
[policyinstitute.iu.edu](http://policyinstitute.iu.edu)

# Communities for a Lifetime Domains

## THE FOUR DOMAINS OF COMMUNITIES FOR A LIFETIME



Adapted from the Center for Home Care Policy and Research, Visiting Nurse Service of New York

# Incorporating the Domains into Your Community

## THE FOUR DOMAINS IN ACTION

Source: Indiana Governor's Council for People with Disabilities



### Accessibility Components

A Accessible Mass Transit

### Livability Components

- 1 Community Policing & Neighborhood Watch
- 2 Recreation Areas

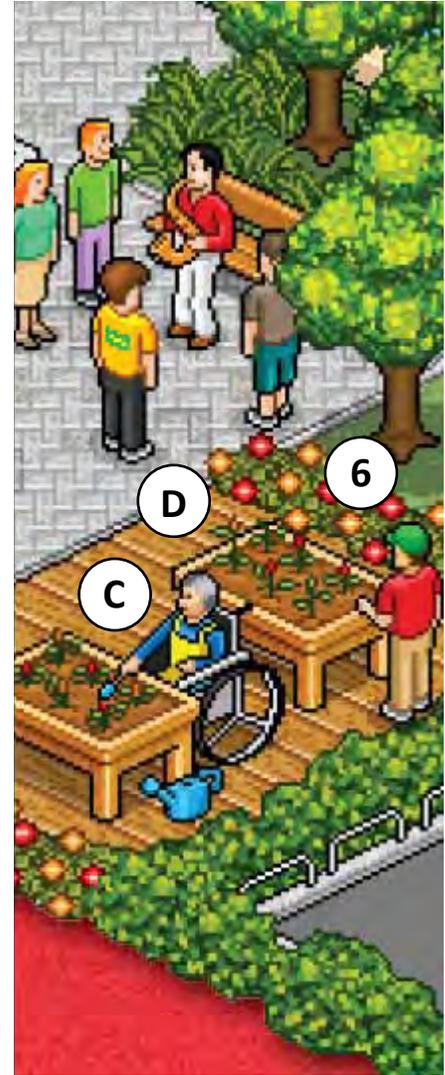


### Accessibility Components

B Curb Cuts

### Livability Components

- 3 Public Art & Music
- 4 Sidewalks
- 5 Bike Lanes/Complete Streets



### Accessibility Components

C Raised Garden Beds

D Zero-Step Entrance

### Livability Components

6 Community Gardens

### Additional Accessibility Components

Handrails, automatic doors, audible crosswalk signals, accessible vehicle parking, ramps, accessible playground equipment

### Additional Livability Components

Libraries, grocery/retail stores, schools, restaurants, affordable/appropriate housing, public recycling, community centers, entertainment venues

# Communities for a Lifetime Players & Best Practices

Many stakeholder groups can and should be involved when planning your community for a lifetime. Think broadly when seeking out partners, and remember that the lines between the below groups are often blurred.

## Neighborhoods

### Residents

Individuals of all ages and abilities  
Associations

### Institutions

Churches  
Neighborhood Nonprofits  
Businesses

## Professionals

### For-Profits

Architects  
Developers

### Nonprofits

Community Development Corporations  
Economic Development Organizations  
Agencies  
Universities

## Government

### Elected Officials

Town Councils  
Mayors  
Governors

### Civil Servants

Planners

## BECOMING A CFAL

### Linton

Linton, Indiana mobilized a senior advisory group and key public officials that identified home safety and mobility as a priority. The community secured funding for a neighborhood-based home modification program that benefited elders and local contractors, while empowering older citizens as decision-makers. Their work garnered CfaL designation and funding from the Indiana Housing and Community Development Authority. For more information, contact **Noble Stallons** at [mrstalwood@sbcglobal.net](mailto:mrstalwood@sbcglobal.net).

### St. Joseph County

The Community Foundation of St. Joseph County participated in the [AdvantAge Initiative](#) to guide its community toward elder-friendliness. As a result, it has partnered with its Area Agency on Aging, local government and other funders to provide more than \$2 million in ongoing in-home/respite care, home modifications and related caregiver education. For more information, contact **Chris Nanni** at [chris@cfsjc.org](mailto:chris@cfsjc.org).

### Rising Sun

To help its community retain its elderly population and become an active retirement destination, the Rising Sun Regional Foundation (RSRF) awarded a \$100,000 grant to the Rising Sun Retirement Task Force. The Task Force completed site visits to successful programs, spoke with prospective developers, conducted a market analysis, and drafted a detailed report for city administrators as part of the initiative. Then, working with neighboring cities and nationally-recognized CfaL experts, these groups hosted a roundtable discussion on the potential of decentralized, senior-friendly housing in historic downtowns. The foundation's role as a consistent leader, information provider and community convener is maintaining CfaL momentum in the regions it serves. For more information, contact **Ed Sullivan** at [esullivan43@comcast.net](mailto:esullivan43@comcast.net).

# Getting Involved & Learning More

## HOW TO HELP

- Take stock of community assets and liabilities in order to craft improvement strategies
- Support a collaborative planning process among funders, government and business
- Facilitate communication between stakeholders
- Serve as a neutral convener and connector
- Advocate for communities for a lifetime

## ADDITIONAL RESOURCES

Click on any of the resources below for more.

### Articles / Reports / Research

- Aging Well in Communities
- A Blueprint for Action: Developing a Livable Community for All Ages

### Websites

- Communities for All Ages
- Creating Aging-Friendly Communities
- The NORC Blueprint: Guide to Community Action

### Initiatives / Organizations / Projects

- The AdvantAge Initiative
- Community Partnership for Older Adults
- Indiana Communities for a Lifetime
- Lifelong Communities
- The Project for Public Spaces
- Putting Smart Growth to Work in Rural Communities

### *Still Have Questions?*

Ask Phil Stafford at IU's  
Indiana Institute on Disability and Community  
at [staffor@indiana.edu](mailto:staffor@indiana.edu).

## Analyzing Proposals

How does this proposal contribute toward building a community for a lifetime? Which domains does it address?

What proof exists that this initiative is an actionable priority? What is the theory of change?

Who was involved in determining the need for this intervention? The solution?

Does this proposal suit existing/emerging community and transportation plans?

**Community  
AGEnda**

This brief was made possible through Grantmakers in Aging's Community AGEnda Initiative, funded by the Pfizer Foundation.