

AGE & DEMENTIA FRIENDLY STERLING

Thursday September 19, 2019

Master Plan Committee

WHAT IS AN AGE FRIENDLY COMMUNITY?

A community that encourages active ageing by optimizing opportunities for health, participation and security in order to enhance quality of life as people age



HOW DOES THE AGING POPULATION AFFECT OUR COMMUNITY?

The Longevity Economy is comprised of
111 MILLION AMERICANS aged 50-plus



If the 'Longevity Economy' were a country, it would be the **THIRD LARGEST ECONOMY** on the planet.

GDP IN TRILLIONS OF U.S. DOLLARS



THEY
GENERATE
\$7.6
TRILLION
IN ECONOMIC
ACTIVITY.

That's a **\$500 BILLION**
increase from 2013!



This huge amount includes
\$5.6 TRILLION in consumer
spending (including health
care) each year, generating
\$1.8 TRILLION in taxes.

The under-50 population
spends **\$4.9 trillion**.



PARTICIPANTS OF THE LONGEVITY ECONOMY ARE....

- Diverse
- Long term home owners
- Long term commitment to the community
- Active in the workplace
- Active consumers of leisure activities
- Entrepreneurs
- Volunteers
- Donators
- Busting myths about how aging affects our communities!

PHILANTHROPIC & CHARITABLE



People 50-plus **DONATE** at a larger rate than younger generations.
They also **VOLUNTEER** more.

Volunteer time

That same year,
they also volunteered
an average of

**133
HOURS**



And they hold **83% OF U.S. HOUSEHOLD WEALTH**

WHO ARE STERLING SENIORS?

28.5%

of Sterling Residents are 60+



2,267 Seniors



55.4% of Residents
65+ Have Annual
Household Incomes
> \$50,000

11.8% Live in Poverty



94% of Residents 60+
Own their Home

16.4% of Residents 65+
Live Alone

13.1% of Residents 65+ are living
with Alzheimer's
or related dementia

30.5%

of Residents 65+
Are Employed

Sterling Residents 65+ score better than the state
estimate on 25 indicators of healthy aging including:

Depression

Tobacco Use Disorders

COPD

Hypertension

Arthritis

Osteoporosis

CREATING AN AGE & DEMENTIA FRIENDLY STERLING

Focus on creating a social and
physical environment that supports
all ages and **all** abilities



Age & Dementia Friendly

Sterling emphasizes collaboration, equity and inclusion.



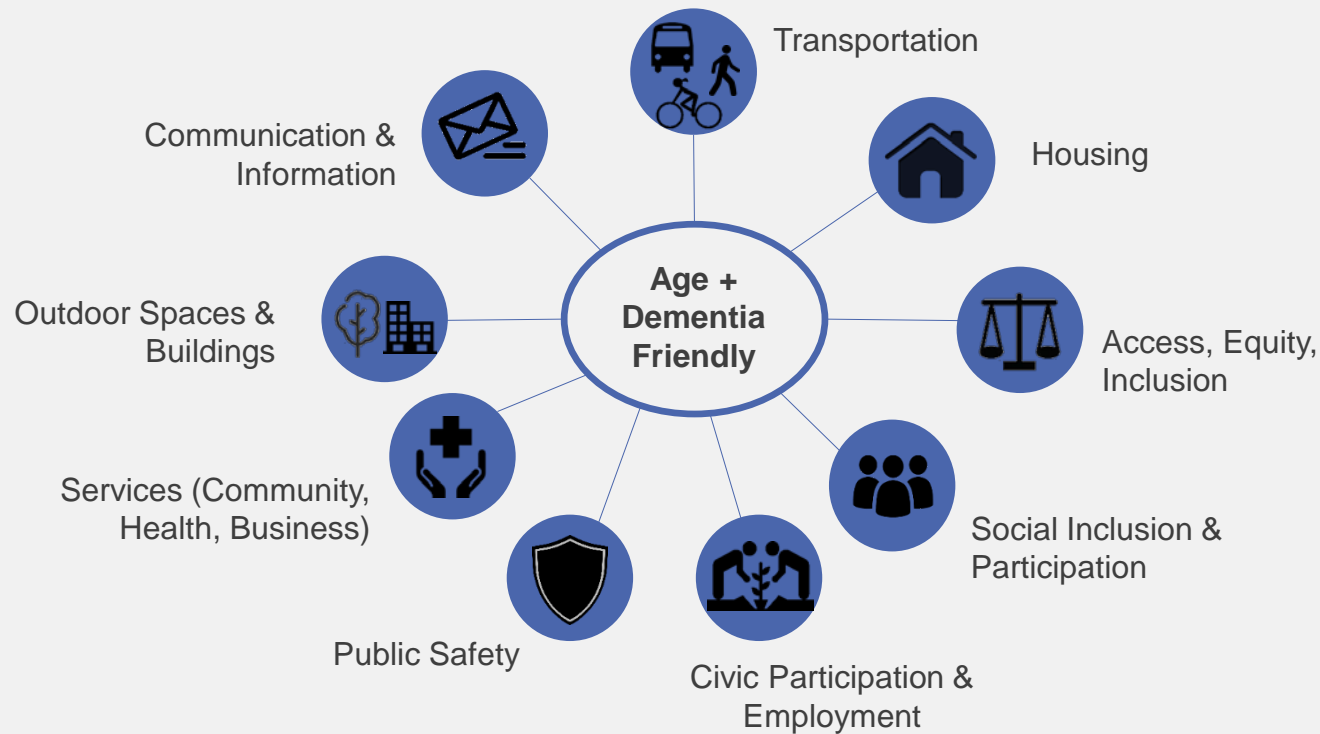
AGE & DEMENTIA FRIENDLY MASTER PLAN

Using an age friendly lens in
our planning process means
broadening our perspective



Age and Dementia Friendly Communities

- A **continuous improvement** and **collective impact process** for communities
- This framework is a **menu of options** – action plan based on **community feedback**



LAND USE & HOUSING

- Zoning
 - Protects character of the town while allowing residents to shop local
 - In-law apartments, cluster housing
- Housing
 - Single floor living
 - Opportunities to downsize & remain in Sterling



TRANSPORTATION

- Individual and group transportation options
 - Uber, public transportation,
- Transportation for individuals with disabilities
- Complete Streets



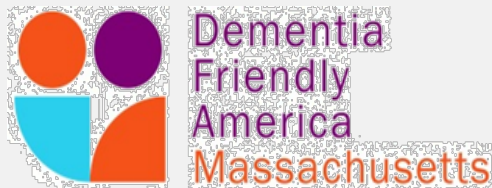
OPEN SPACE & RECREATION

- Multi-Use Recreation Facilities
- Multi-Generation Recreation Facilities
- Green Spaces



By taking the time now
to plan for an age friendly future,
we ensure that any
tax dollars spent
benefit the most people

RESOURCES TO HELP SUPPORT THE WORK





**Sterling, a great place
to grow up
and grow old**