Dakota COUNTY

Public Health
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TO LIFELONG SUPPORT

Communities for a Lifetime Initiative

Apple Valley CFL City Profile Overview, Sep. 6, 2017

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Dakota County: an aging County

- **In 2010**, 39,816 people were age 65 and older
- **2010 to 2020**: people age 65 and older in Dakota County is projected to **nearly double**
- **2010 to 2030**: people age 65 and older in Dakota County is projected to **more than triple**



Source: Minnesota Department of Human Services

What are Communities For a Lifetime?

- Good places to **grow up** and **grow older**
- **A community planning framework**, a philosophy of inclusiveness; plan for needs of older adults can benefit all age groups… (curb cuts)
- **Healthy, active, successful residents** yield economic & social benefits for whole community
- **CFL resonates with more people**; more people benefit!



What makes a Community for a Lifetime?

- **Transportation options** to help keep people mobile and independent
- **Walkability: sidewalks and paths** that are walkable for transport and exercise
- **A full range of affordable housing options** as needs change
- Accessible and quality **services that support older adults and caregivers** in home and community settings
- Flexible and supportive **employment and volunteer opportunities**, including **intergenerational activities**
- **Effective technology** to connect people and help with life's activities
- **Access to affordable healthcare** and adequate **caregiver supports**

All of us benefit from CFL!

- If cities want to **keep their residents**, they will have to **become more "Age-Friendly"**

- All of us can benefit from **more walkable, bikeable communities** that offer **more transit** and **affordable housing options**, more **green space/parks**, and **opportunities to exercise** and **engage with their community**…

- **As people age**, **CFL become even more essential** to living a vial, active, and healthy life. **Life becomes more localized** as we become less mobile!



CFL Objectives and Approach

- I**ncreased awareness** of demographic changes
- Engage in active **planning and activities**
- Build **best practice models, pilots, community projects**



CFL Workgroups

- **Hastings Boomer Advisory Council**: supporting community edu. activities for older adults/boomers; Hastings LOOP Circulator Bus (2016)
- **Mendota Heights Active Adults group**: newsletter, connecting active adults to social activities, programing in Mendota Heights
- **Living Longer & Stronger in West St. Paul**: Resource Directory for Older Adults; LOOP Circulator Bus, Survey of Older Adults (2017)
- **Apple Valley Education & Service Committee**: Hayes Senior Center held forum on community resiliency, including CFL
- **Eagan Forward:** Amenities for Boomer and Millennials group made recommendations to the city on mixed-use development, housing, bikeability; met with Vikings about training facility

CFL City Profiles



- **Completed in Dec. 2016** for all 11 major cities
- **Show where a city stands, compares to neighbors**
- Highlight **Age-Friendly community indicators**
- **Inform Comprehensive Planning process**; make case!
- **Shared final profiles with city staff**; overview for council work sessions
- **Next steps**: sharing profiles with key leaders/residents; presenting to civic clubs; developing checklist to evaluate impact

CFL City Profile, contents page

Population – page 3

Overall Livability – page 4

Boomers in 2014	Age 65+ in 2014	AARP Livability Index Score (0-100)
11.1%	26.9%	59

Housing – page 5

Home Owners 65+ Spending 30% or More In 2014	Renters 65+ Spending 30% or More In 2014	Subsidized Rentals per 100 People Age 75-84	Housing Performance Score in 2006 - 2015 (0-100)
27%	67%	17	77

Assisted Living Units per 100 People Age 85+	Memory Care Units per 100 People Age 85+	Non-Single Family Homes in 2015	Homes with Single Level Living Option in 2014
38	3	47%	34%

Mobility – page 12

Annual Household Transportation Costs in 2008-2012	City-Wide Walk Score in 2016 (0-100)	Mixed-Use Area Walk Score in 2016 (0-100)	Percent of Streets with Sidewalks or Trails in 2015
$13,350	21	70	57%

Daily Fixed Route Public Transit	Door-to-Door Transit	Volunteer Driver Program	Traffic Crashes per 1,000 People 65+ in 2014
Yes	Yes	Yes	19

Land Use – page 17

Mixed-Use Land in 2010	Park Land in 2010	Number of Grocery Stores in ½ Mile Radius
0.3%	15.6%	0.5

Community Life – page 20

Age 65+ in Labor Force in 2014	Age 65+ Volunteer Hrs. in 2014	Age 65+ Living Alone in 2014	Change in Crime 2010 to 2015
37.3%	134,393	28%	-23.7%

Age-Friendly Policies – page 24

Accessory Dwelling Policy	Complete Streets Policy	Mixed Use Land Development Policy	Bike Walk Policy
Yes	Yes*	Yes	Yes

(All data presented in this one page overview is from 2013 unless otherwise noted.)

Overall Livability

The AARP Livability Index

The AARP Livability Index is a web-based tool that allows users to measure the overall livability of US neighborhoods, cities, counties, or states based on 40 quantitative metrics and 20 public policies defined by the AARP's Public Policy Institute. The 40 measures of livability and 20 public policy are divided into seven major categories: housing, neighborhood, transportation, environment, health, engagement, and opportunity. The tool allows users to compare the results for their community with other communities, including national leaders in livability. 100 is the highest possible score in each category. Scores above 50 should be considered above-average, and scores below 50, below-average.

AARP Index Scores for Apple Valley and Select Peer Cities, 0 to 100

Category	Apple Valley	Burnsville	Eagan	Lakeville	Minnesota
Total Score	**59**	**59**	**59**	**58**	**60**
Housing	**48**	51	47	41	58
Neighborhood	**59**	60	58	55	52
Transportation	**52**	52	50	47	59
Environment	**59**	55	60	66	62
Health	**65**	65	67	65	60
Engagement	**57**	60	58	58	67
Opportunity	**71**	69	69	72	62

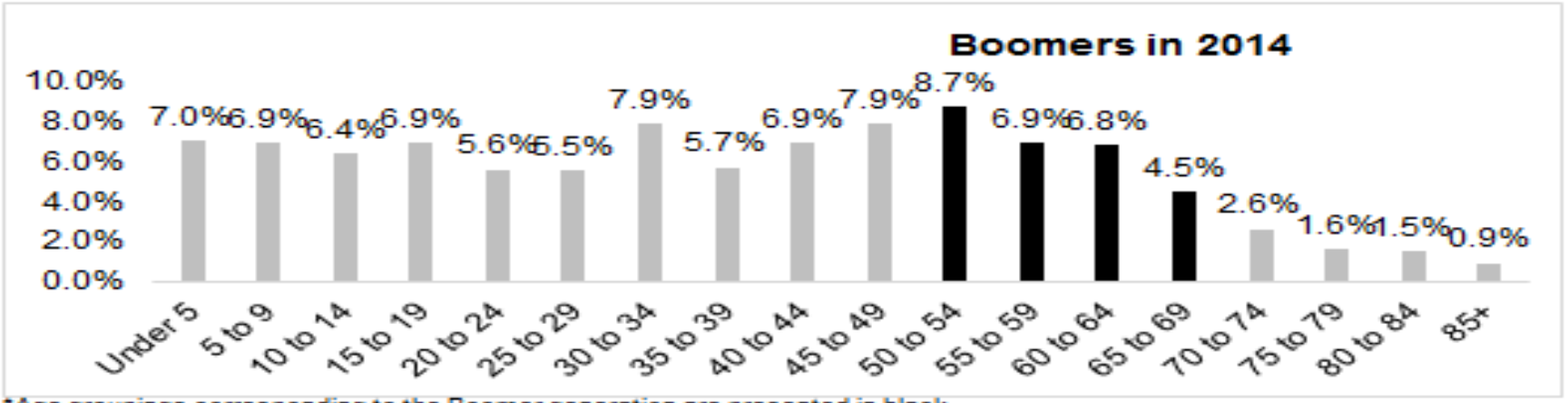
Source: AARP Livability Index, Retrieved on November 30, 2016 from: https://livabilityindex.aarp.org

Population

Aging of the Population

The Baby Boom generation, born between 1946 and 1964, now age 50 to 68, represents a large percentage of the population. As they age, many Boomers will want to remain in the community where they currently live. Cities that recognize and respond positively to the aging population can gain a competitive advantage by meeting the needs and desires of their older population, and in doing so, will attract younger age groups that want an age-friendly community.

Population by Age for Apple Valley in 2014



*Age groupings corresponding to the Boomer generation are presented in black.
Source: 2011-2014 American Community Survey (Table S0101)

In 2014, **11.1%** of Apple Valley residents were 65 and older. However, this age group will grow substantially over the next 20 years, as members of the much larger boomer cohort age. The boomer age group (in 2014) represents more than a quarter of the Apple Valley population (**26.9 %**). According to AARP, since 1990, roughly 90% of older Americans have stayed in the county they've been living in, if not the very same home. **Is Apple Valley prepared for Boomers to age in place in the community?**

In a 2014 National Council on Aging Survey, 54% of older adults (age 60+) said their community is doing enough to prepare for the needs of the growing aging population. [1]

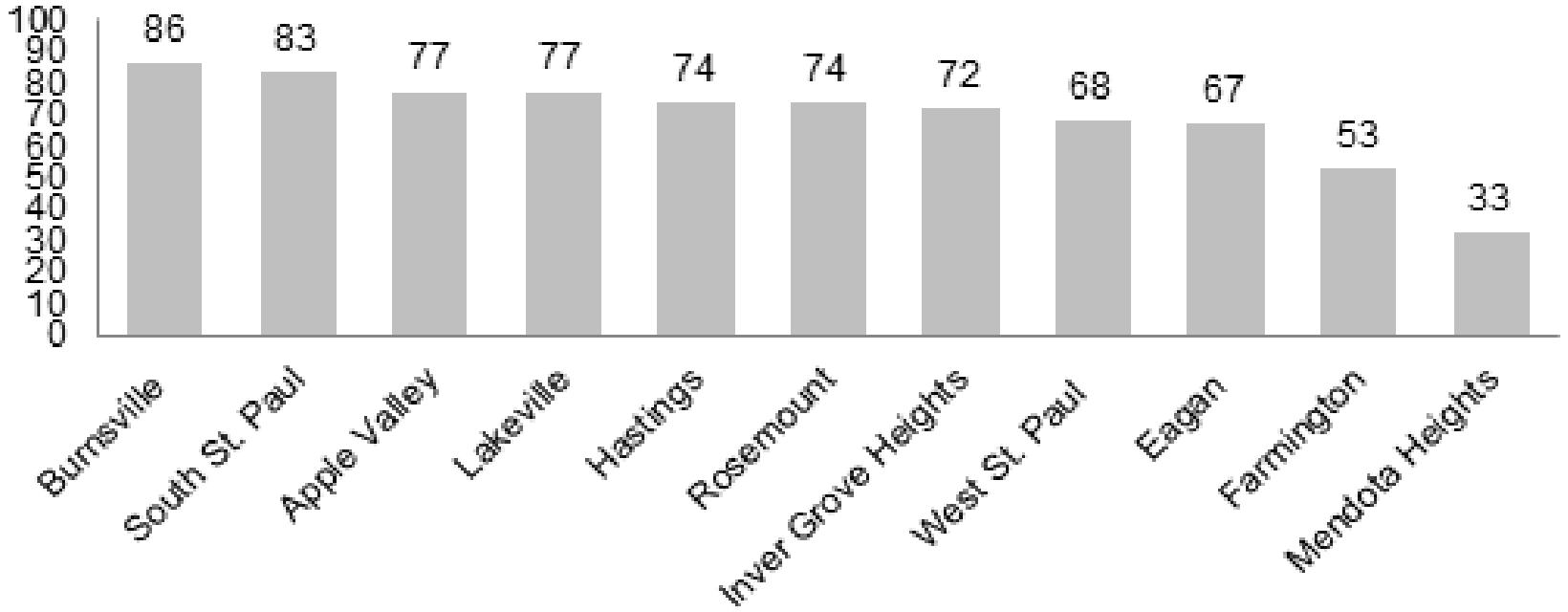
Housing

Overall Housing Performance

Indicator: High or Increasing Annual Housing Performance Score

The Metropolitan Council rates Twin Cities' area communities to promote effective housing development and to make funding decisions for local housing projects. Each community's score is based on the following broad criteria: (a) Increased housing variety, (b) Housing cost, (c) Mixed land uses, (d) Increased transportation choices, and (e) Leverage of private investment. [3]

2006 – 2015 Average Housing Performance Scores of Select Dakota County Cities, 0 to 100



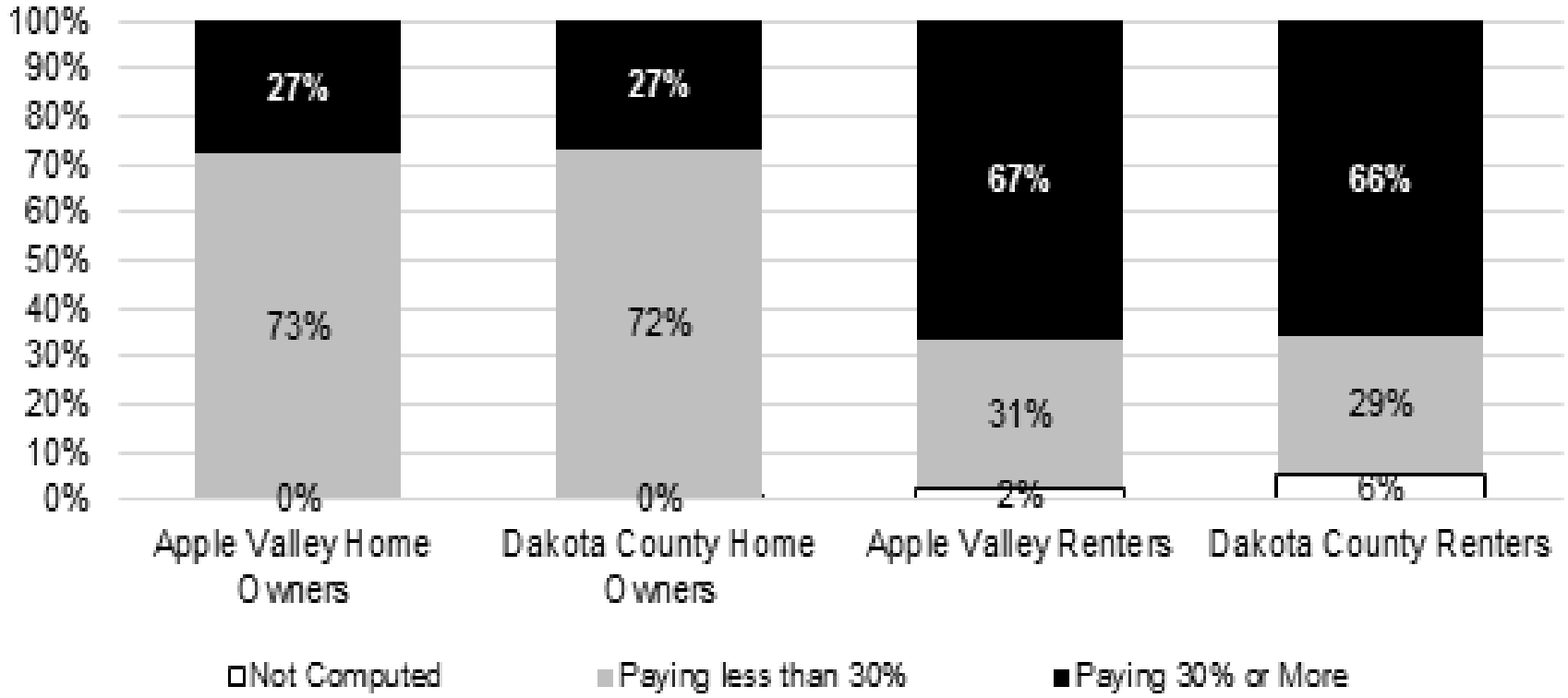
For the specific scoring criteria, please see: *Guidelines for Priority Funding for Housing Performance*
Source: Metropolitan Council Housing Performance Scores, 2006 - 2015.

Housing Affordability

Indicator: Spending 30% or Less of Household Income on Housing

This measure has long been a standard for defining housing as affordable. It is a good measure of affordability whether a household is above or below the Median Household Income in a community. In most communities, the cost of rental housing is of greater concern than owner-occupied homes—many more renters pay more for their housing as a percentage of their income.

Housing Costs as Percent of Gross Income for Homeowners and Renters 65+ in 2014



Source: 2009-2014 American Community Survey (Table B25093 and B25072)

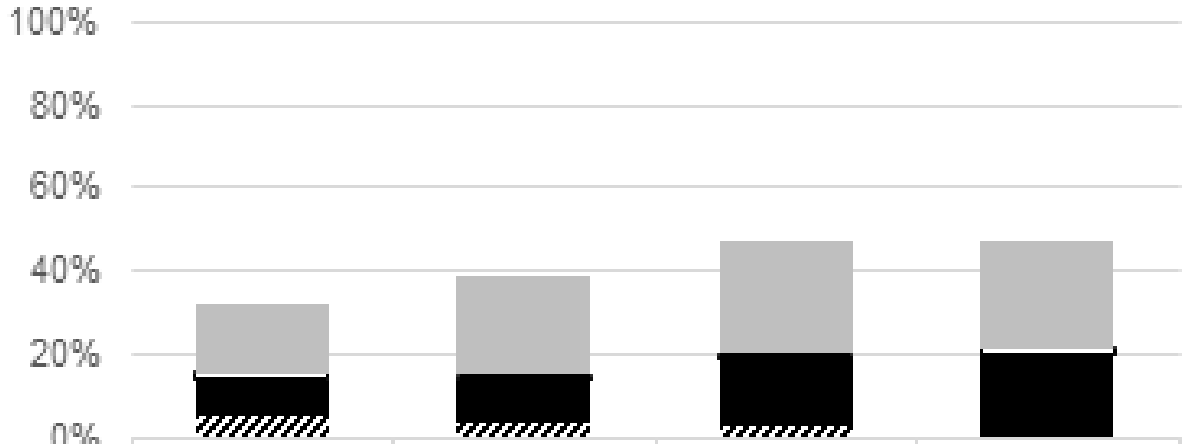
Housing Choice

Indicator: Increased Variety of Housing Beyond Single-family Homes

A person's housing needs and preferences evolve throughout their life. Housing variety, including the cost and features of homes, allow people to grow-up and age in the same community. Communities that lack housing variety that is desirable to older residents may lose those residents to other communities within the county or elsewhere.

Percentage of Non-Single Family Home Housing by Type in Apple Valley, 1990-2014



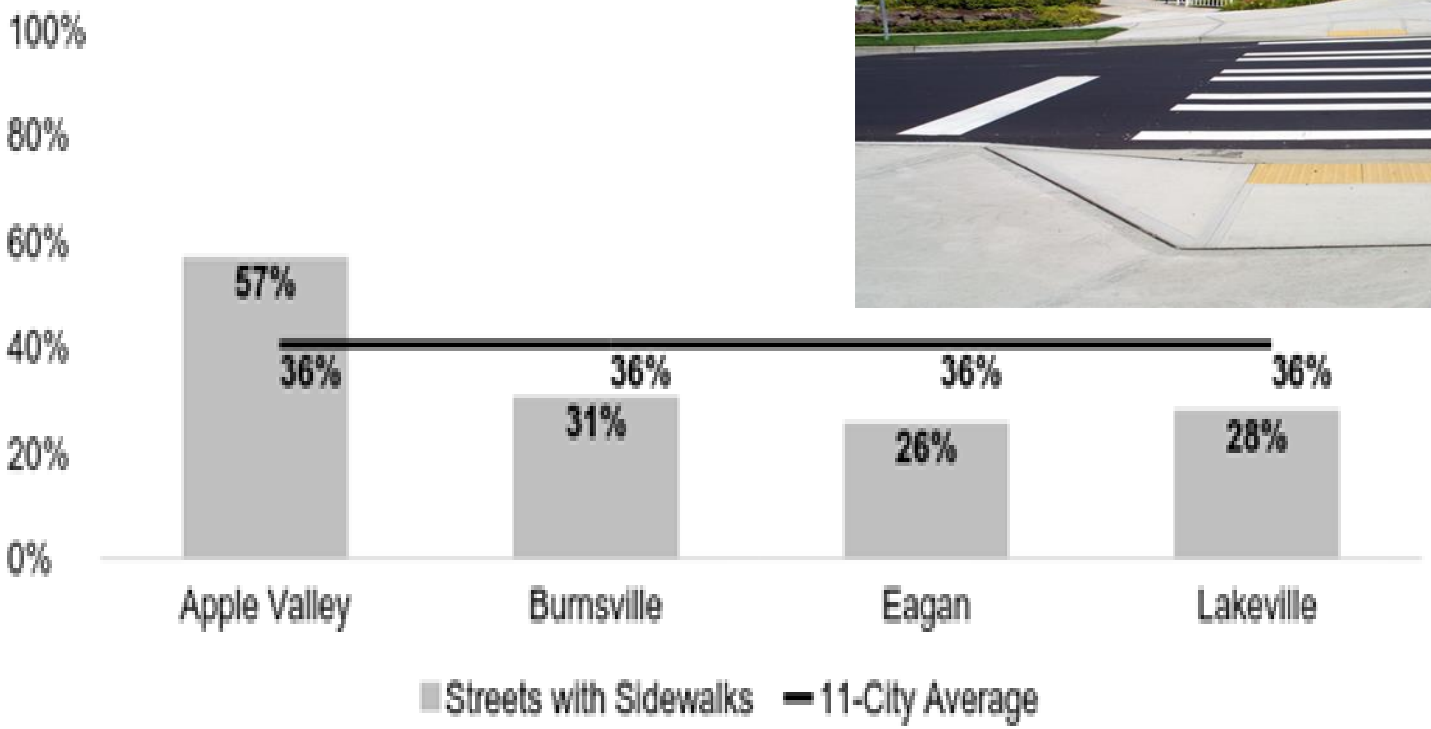


	1990	2000	2010	2015
Townhomes (single-family attached)	17%	24%	27%	26%
Duplex, Triplex and Quad	1%	1%	1%	1%
Multifamily Rentals or Condos (5 units +)	9%	10%	17%	18%
Manufactured Home	5%	3%	3%	2%

Source: U.S. Census 1990, 2000, 2010, and 2015; Metropolitan Council Housing Stock Estimates, 2015.

Percent of Streets with Sidewalks or Trails in 2015





Note: "Streets" are defined here as local roads, county roads, and county-state aid highways.
Source: Dakota County Physical Development Division, 2015

Apple Valley compares very favorably to its peers on this measure. The city well exceeds the average percentage of sidewalk coverage for the eleven major cities in Dakota County. **As Apple Valley develops or redevelops land, how might the city improve its pedestrian infrastructure?**

WALKABILITY

INDICATOR: WALK SCORE, 0 TO 100

Walking, or rolling using an assistive device, is the most basic and affordable mode of transportation. However, since many streetscapes are designed primarily for cars, walkers may find the distances to their destination too great and the routes unsafe. Walk Scores measure the walkability of an area using digital maps and data about distances to common amenities and pedestrian friendliness.

City-Wide Walk Score	Galaxie Ave & 153rd St. Walk Score
21	70

90–100	Walker's Paradise: *Daily errands do not require a car*
70–89	Very Walkable: *Most errands can be accomplished on foot*
50–69	Somewhat Walkable: *Some errands can be done on foot*
25–49	Car-Dependent: *Most errands require a car*
0–24	Car-Dependent: *Almost all errands require a car*

Source: https://www.walkscore.com/MN/Apple_Valley, Retrieved on October 31, 2016

City-Wide Walk Score	Burnsville Parkway & Nicollet Avenue Walk Score
31	68

90–100	Walker's Paradise: *Daily errands do not require a car*
70–89	Very Walkable: *Most errands can be accomplished on foot*
50–69	Somewhat Walkable: *Some errands can be done on foot*
25–49	Car-Dependent: *Most errands require a car*
0–24	Car-Dependent: *Almost all errands require a car*

Source: https://www.walkscore.com/MN/Burnsville, Retrieved on October 31, 2016

City-Wide Walk Score	Cedar Grove Walk Score
21	43

90–100	Walker's Paradise: *Daily errands do not require a car*
70–89	Very Walkable: *Most errands can be accomplished on foot*
50–69	Somewhat Walkable: *Some errands can be done on foot*
25–49	Car-Dependent: *Most errands require a car*
0–24	Car-Dependent: *Almost all errands require a car*

Source: https://www.walkscore.com/MN/Eagan, Retrieved on October 31, 2016

City-Wide Walk Score	Downtown Lakeville Walk Score
14	44

90–100	Walker's Paradise: *Daily errands do not require a car*
70–89	Very Walkable: *Most errands can be accomplished on foot*
50–69	Somewhat Walkable: *Some errands can be done on foot*
25–49	Car-Dependent: *Most errands require a car*
0–24	Car-Dependent: *Almost all errands require a car*

Source: https://www.walkscore.com/MN/Lakeville, Retrieved on October 31, 2016

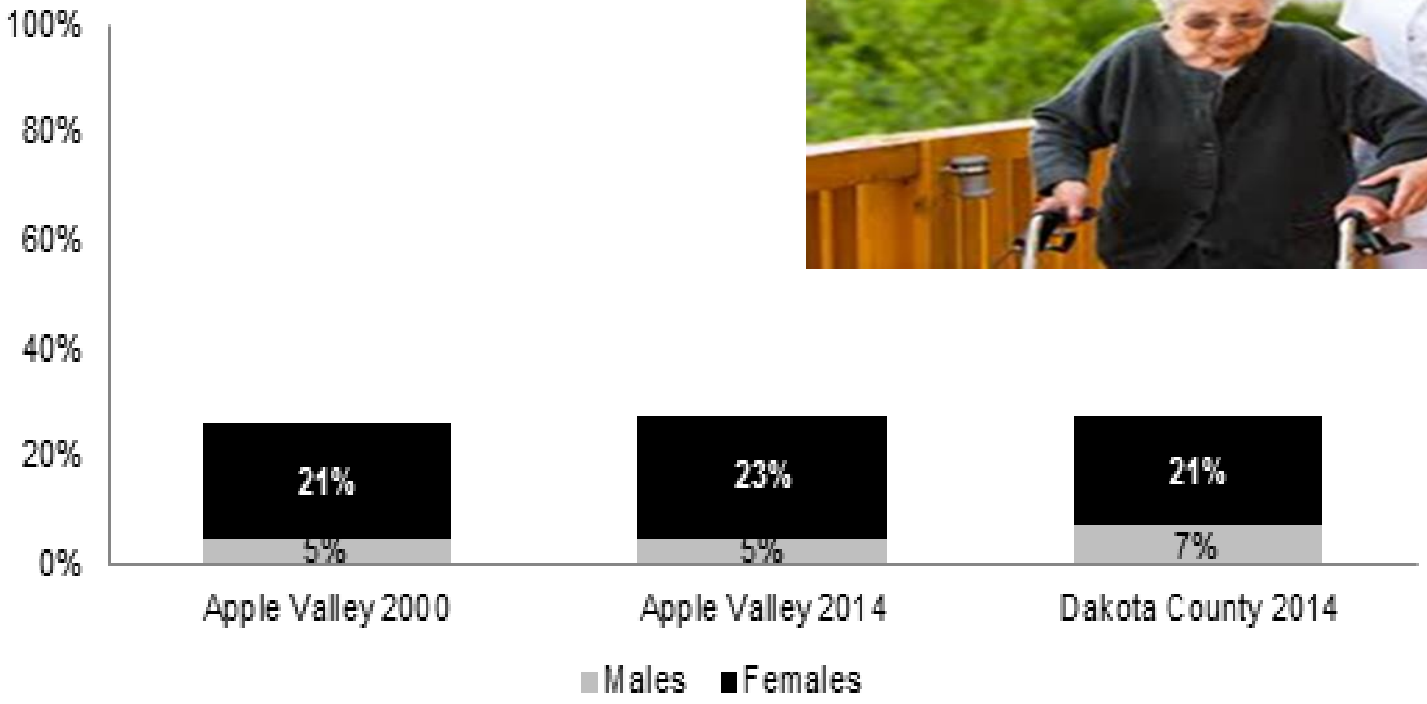
Living Alone

Indicator: Percent of People 65+ Living Alone

Some people live alone and are content with their circumstances. However, people who live alone tend to have less income, and as they age, find it more difficult to remain mobile, access services, and stay involved in the life of the community. Communities need to be aware of this segment of the population and better shape the community environment to support these residents.



Age 65 and Over Living Alone, 2000 and 2014



Source: 2009-2014 American Community Survey (Table B09020); US Census 2000 (Table P030)

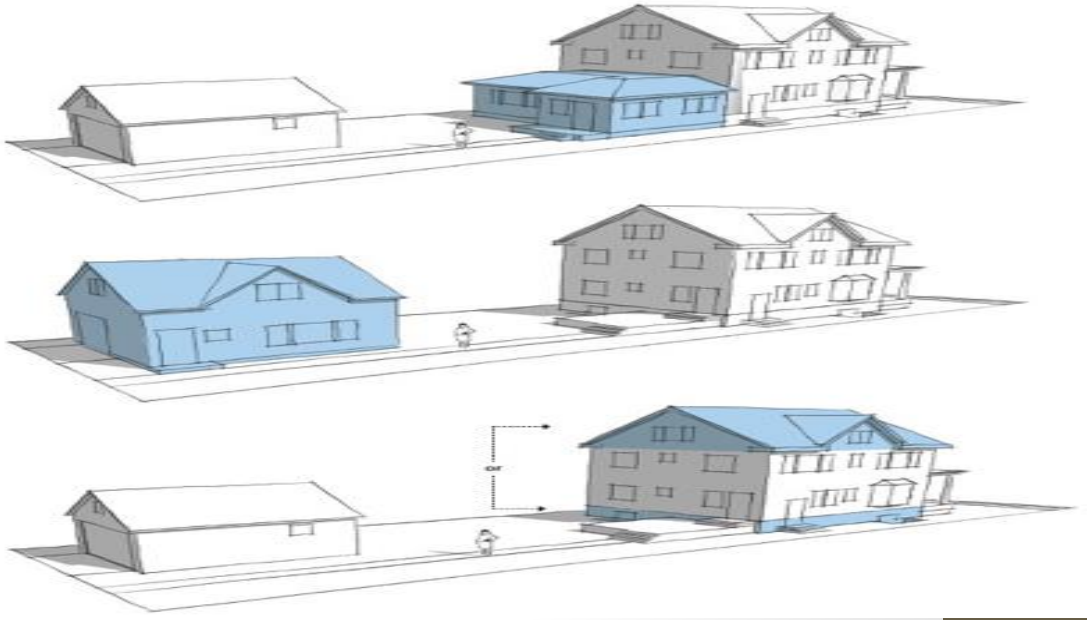
Age-Friendly Policies

Accessory Dwelling Unit Policy

An accessory dwelling unit (ADU) – also known as a "granny flat," "mother-in-law apartment" or "carriage house" – is a self-contained living unit that can be located within the walls of an existing or newly constructed home, or that can be an addition to an existing home. It can also be a freestanding structure on the same lot as the main house. ADUs have received significant attention in recent years as a way to provide more flexible housing options using existing housing stock. Over the past few decades, municipalities across the country have adopted standards to allow or encourage the construction of ADUs.

Accessory Dwelling Unit Policy: Yes/No?	**Yes**
Some Policy Details Apple Valle does have an Accessory Dwelling Unit Policy.	

- **Accessory Dwelling Unit Policy**
- **Complete Streets Policy**
- **Mixed-Use Land Policy**
- **Bike Walk Policy**



Dakota County Communities for a Lifetime Initiative

What Cities and Counties Can Do to Create Age-Friendly Communities

Issues	Key Challenges	Action Steps, Goals, Recommendations	Potential Partners
Housing *(For more info., see CFL City Profiles, pg. 5)*	Affordable housing options are limited, forcing some people to leave their community. Too many people are paying > 30% of their income for housing, especially renters (58% of Dakota C. renters).	• Encourage development of a **full range of housing options** (rental apts., condos, single level units, independent and assisted living). • Offer **tax incentives** for new affordable housing for older adults or mixed-age. • Support projects funded through **HUD Section 202 housing**.	• *Housing developers* • *Cities* • *Trade groups* • *Dakota County Community Development Agency* • *Nonprofits*
	Home and building design is tailored to narrow range of physical abilities, when most people want to "age in place" and in their community.	• Institute **home modification** and **repair programs** and **loan fund**. • Encourage and incentivize **universal design**, "visit-ability" in new housing. • Enact **Accessory Dwelling Unit policy**.	
	Suburban housing, services and transit are typically not mixed or well-coordinated.	• **Build Transit-Oriented Development** (TOD): housing with walkable streets, transit options, and easy access to goods and services. • **Create partnerships** with housing and service providers.	

Any Questions?

Please advocate for Age-Friendly communities!

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Communities for a Lifetime Initiative

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