Community engAGEment for Age Friendly Environments

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Our nation is aging... Oregon is no exception!

Campus-community health partnership to create a more 'Age-Friendly' Clackamas County!

Age-friendly places support all people's choices that enhance their health and well-being and allow participation in all aspects of community life.

Adapted from World Health Organization, 2007.
Study Purpose

- Examine factors that support or limit people’s ability to age actively and successfully in place
- Explain differences in residents’ perceptions of the age-friendliness of rural and non-rural communities

**METHODS**

**PEOPLE**

- Telephone-delivered survey of randomly selected County households (n=387)

**PLACE**

- Community attribute mapping using MAPPS of rural (n=3) and non-rural communities (n=3)

**People Aging Actively and Successfully in Age-Friendly Places**

Adapted from BMC Public Health, 2007

**General health**

- Good (46.8%) or Excellent (34.6%)

**City or town closest to their home**

- Milwaukie (15.5%), Oregon City (13.4%) and Lake Oswego (11.1%)

**Rural residents**: 45.7% of those surveyed

Survey conducted by Portland State University’s Survey Research Lab for the engAGE in Community project.

Telephone Survey Research

**Community = Geographic Place where the Person Lives**

- General health: Good (46.8%) or Excellent (34.6%)
- City or town closest to their home: Milwaukie (15.5%), Oregon City (13.4%) and Lake Oswego (11.1%)
- Rural residents: 45.7% of those surveyed

Telephone survey of Clackamas County adults (n=387) conducted in Winter 2011

<table>
<thead>
<tr>
<th>Community Attribute Areas (32 items):</th>
</tr>
</thead>
<tbody>
<tr>
<td>Transportation and mobility</td>
</tr>
<tr>
<td>Housing</td>
</tr>
<tr>
<td>Accessibility of outdoor spaces/buildings</td>
</tr>
<tr>
<td>Respect and inclusion</td>
</tr>
<tr>
<td>Social participation</td>
</tr>
<tr>
<td>Civic involvement</td>
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<tr>
<td>Communication and information</td>
</tr>
<tr>
<td>Community support and health services</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Telephone survey of Clackamas County adults (n=387) conducted in Winter 2011</th>
</tr>
</thead>
<tbody>
<tr>
<td>Age</td>
</tr>
<tr>
<td>24.4%</td>
</tr>
<tr>
<td>62.4%</td>
</tr>
<tr>
<td>25%</td>
</tr>
<tr>
<td>37.1%</td>
</tr>
<tr>
<td>Household Size</td>
</tr>
<tr>
<td>18.1%</td>
</tr>
<tr>
<td>38.1%</td>
</tr>
<tr>
<td>Annual Household Income</td>
</tr>
<tr>
<td>21.7%</td>
</tr>
<tr>
<td>11.9%</td>
</tr>
<tr>
<td>13.7%</td>
</tr>
</tbody>
</table>

Represents folks living in rural areas
Telephone Survey Research

"Please think about your community. I’m going to read you several statements and ask you to tell me how much you agree or disagree with each of them and then how important each of them is to you."

1. My community is walkable with sidewalks and paths that are maintained.
   - Do you strongly disagree, disagree, agree, or strongly agree with that statement?
   - And how important is that to you, not important, somewhat important, important, or very important?

2. Public buildings are accessible to people with different abilities.
   - Do you strongly disagree, disagree, agree, or strongly agree with that statement?
   - And how important is that to you, not important, somewhat important, important, or very important?

3. A range of housing options are available that meet a variety of abilities and lifestyles.
   - Do you strongly disagree, disagree, agree, or strongly agree with that statement?
   - And how important is that to you, not important, somewhat important, important, or very important?

Community-Engaged Participatory Action Research (CPAR) using MAPPS

Mapping Attributes using Participatory Photographic Surveys

MAPPS combines UNIQUE tools - Participatory Photo Mapping1 and the Community Readiness Model2
- explore people’s experiences of health and place
- assess age-friendly resources and readiness for change
- communicate experiences to inform decisions and actions

Our Goal for MAPPS

engage local residents and partner with communities to develop collaborations and design projects to improve healthy aging options for ALL Clackamas County people and places

Mapping Community Attributes using Participatory Photographic Surveys

1. Community residents use GPS and photography to map attributes of the community
2. Mappers decide which photographs along routes best represent the conditions in the community
3. Community members – residents and sector stakeholders discuss photographs as supporting or hindering place-based aging

MAPPS was developed and facilitated by Extension’s Family & Community Health faculty for the engage in Community project.
**MAPPS Rural & Non-Rural Communities:**
- Hoodland (December 2010)
- Wilsonville (March 2011)
- Canby (April 2011)
- Oregon City (September 2011)
- Damascus (November 2011)
- N.Clackamas (March 2012)

**MAPPS Volunteers:** 62 women and men who reside in their respective participating community mapped over 630 community attributes.

**MAPPS Community Conversations:** Over 220 participants commented on the physical, social, and service assets of their community place.

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**Analytical Frame**

**WHO model organized into 3 separate and intersecting environmental categories**

- **Attributes of People** operate at multiple levels:
  - Individual: beliefs/values, strengths/feelings, knowledge/skills, demographics
  - Group: families, social networks, supportive relationships
  - Community: culture and norms

- **Attributes of Place,** experienced as assets or obstacles, operate:
  - Locally or proximally: homes, schools, worksites, neighborhoods, community
  - Distally: county, state, national, corporate, global

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**Significant Results of Contingency Table Analyses**

**Telephone Survey Sample of Clackamas County, Oregon Adult Residents (n=387)**

<table>
<thead>
<tr>
<th></th>
<th>Rural</th>
<th>Non-Rural</th>
</tr>
</thead>
<tbody>
<tr>
<td>Transportation</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Adequate public transportation</td>
<td>48.6%</td>
<td>31.0%</td>
</tr>
<tr>
<td>Adequate special needs transportation</td>
<td>28.9%</td>
<td>11.7%</td>
</tr>
<tr>
<td>Housing</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Long-term care options available</td>
<td>20.0%</td>
<td>7.7%</td>
</tr>
<tr>
<td>Fewer rural reported this attribute as important</td>
<td>66.6%</td>
<td>73.4%</td>
</tr>
<tr>
<td>Outdoor Spaces and Buildings</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Community is walkable</td>
<td>67.0%</td>
<td>32.4%</td>
</tr>
<tr>
<td>Fewer rural reported this attribute as important</td>
<td>38.0%</td>
<td>61.8%</td>
</tr>
<tr>
<td>Public buildings are accessible</td>
<td>22.7%</td>
<td>12.3%</td>
</tr>
<tr>
<td>Fewer rural reported this attribute as important</td>
<td>59.0%</td>
<td>68.5%</td>
</tr>
</tbody>
</table>

*Note: Alpha level for analyses was 0.05.*
Age-Friendly Physical Environment Supports and Barriers Proximal and Distal to Communities in Clackamas County, Oregon

**Physical Environment Themes**

- Age-Friendly Supports and Barriers

**Significant Results of Contingency Table Analyses**

**Telephone Survey Sample of Clackamas County, Oregon Adult Residents (n=387)**

More rural compared to non-rural residents reported they strongly disagreed/disagreed that these attributes were available in their community.
Age-Friendly Social Environment Supports and Barriers Proximal and Distal to Communities in Clackamas County, Oregon

Social Environment Themes

Age-Friendly Supports
- Strong sense of community and belonging that is as ‘good as family’
- Community and adult centers, faith groups, ‘senior only’ activities
- Locally-owned businesses, restaurants, and entertainment venues
- Historical sites promote pride in Clackamas County history
  - Volunteerism and opportunities for civic engagement valued and necessary resources
  - Accessible and inclusive programs and gardens
  - Locally hosted community events

Barriers to Age-Friendliness
- In-commuting and transient populations
- Absence of supports for ethnic minorities
- Commercial vacancies and safety
- Policies, rules, or costs that limit inclusion or volunteerism
  - Shortage of intergenerational social, cultural, and civic opportunities

Significant Results of Contingency Table Analyses

Telephone Survey Sample of Clackamas County, Oregon Adult Residents (n=387)

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<thead>
<tr>
<th></th>
<th>Rural</th>
<th>Non-Rural</th>
</tr>
</thead>
<tbody>
<tr>
<td>Information about events, programs and services</td>
<td>19.0%</td>
<td>10.0%</td>
</tr>
<tr>
<td>Fewer rural rated this attribute as important</td>
<td>64.7%</td>
<td>75.4%</td>
</tr>
</tbody>
</table>

Note: Alpha level for analyses was 0.05.
Age-Friendly Service Environment Supports and Barriers Proximal and Distal to Communities in Clackamas County, Oregon

Service Environment Themes

Age-Friendly Supports
- Perceived adequate community support and health services
- Variety of communications and information sources and media services

Barriers to Age-Friendliness
- Critical gaps in availability of community services to support health and independent living in smaller, rural communities
- Rural locations revealed more service barriers than supports for aging in place compared to less remote, more metropolitan locations

Conclusions
- Research considering the person-environment fit (Menec et al. 2011)
- “Resource poor” built environment in rural communities (Butler & Maiden 2008)
- “Baby boomers” engaging in and advocating for innovative and appropriate housing policies (Kennedy 2010)
- “Productive engagement” of older people in community (Gonzales & Morrow-Howell 2009)
- Gaps in availability of local services to support health and independence force older adults to leave their community (Beverly et al. 2005)

Findings Support
- Differences between real and perceived existence and importance of environmental assets emerged
- Differences between rural and non-rural people and places existed
- “…age-friendliness is about both the past and future...we need to come together, we need to blend our ideas and create the community that we want – a community for all ages.”