

October 2009

CHA

CHOICES FOR HEALTHY AGING

What Are the Housing Needs of Davis Seniors? *CHA Community Outreach Results*

Prepared by

The Choices for Healthy Aging (CHA) Steering Committee

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Prepared for

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CHOICES FOR HEALTHY AGING

October 30, 2009

To: Fellow Davis Residents, City Council Members, Commissioners and City Staff

We are proud to be part of a community that has a long history of recognizing, confronting and creating solutions to serious local and global challenges of all types. The citizens of Davis have and continue to work hard to ensure that ours is a thoughtful and inclusive community. Now, we face a new challenge.

The “Silver Tsunami”

Davis is in the path of a quietly gathering monumental storm — the same one that is poised to inundate the nationwide health-care system and undermine the solvency of the Social Security and Medicare. “Silver tsunami” is the term used to describe the cresting wave of the “baby boom” generation that has begun hitting the beachhead of retirement years. “Boomers” are the 78 million Americans born between 1946 and 1964, and today they are about 25 percent of the U.S. population.

The “boomers” at the tail end of the wave are now 45 years old, but the men and woman at the leading edge are 63 years old. As they have aged beyond their child-bearing years, and their kids have married and started their own households, many have found that they no longer need the large homes in which they raised their families. They’re paying to cool and heat empty rooms, and landscaping chores in which they once took great pride have now become burdensome or even challenging for people with physical limitations. We understand from this group that they will want their golden years to be active, challenging, and meaningful. Sensitive home design and understanding the lifestyle requirements of today’s seniors will be key to Davis’ response to a changing trend.

A Scarcity of Housing Choices

Housing to meet the needs of today’s senior population, which is rapidly growing, is inadequate in the city of Davis. The scarcity of options has prompted our group of concerned citizens to form Choices for Healthy Aging (CHA), a grassroots organization that began conducting discussions among Davis residents in 2007 in cooperation with Davis Neighbors Inc. (DNI), a business enterprise composed of longtime Davis citizens and professionals. Working collaboratively since then, CHA has encouraged and welcomed suggestions and ideas from more than 1,100 community members. The requests and recommendations that emerged from these outreach discussions are represented in this report.

In brief, we have learned that many individuals who have lived in Davis for the past 20, 30, 40 or more years would like to have homeownership choices available so they can downsize, maintain their connections with the community, have access to support services, remain independent in a multi-generational and sustainable neighborhood designed to allow them to age gracefully in place. We are seeking a new concept in Davis that is compatible with our perception of the prevailing views of the community while at the same time providing an adequate economic base to meet the needs of Davis and to support the level of services we have learned would be desirable.

What do Davis seniors seek as they plan for their future?

- Property ownership with choices of home sizes, styles and affordability
- Multi-generational environment with an emphasis on seniors
- A neighborhood woven with natural greenbelt “braids” and park areas
- Seamless connections to surrounding neighborhoods
- Completion of and connections to the Davis bicycle greenbelt system
- Homes with “universal design” features and integrated technology
- Spa and fitness center, wellness and exercise opportunities
- On-site joint provider medical clinic, urgent care and rehabilitation center
- Availability of contracted exterior property maintenance services
- Alternative energy generation and conservation measures
- Lifelong learning classes
- Transportation services to requested Davis locations
- Opportunities for maximizing long-term wellness

Our outreach efforts will continue, and we believe we can begin to broaden the vision of what housing for today’s seniors could be. We hope you will have an open mind and envision the potential for new concepts that could respond to not only the housing needs we have but also add value to the Davis community. Thank you for the opportunity to share all that we have learned from our fellow citizens.

Sincerely,
The CHA Steering Committee



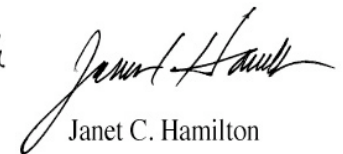
Mary Jo Bryan



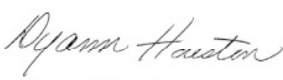
Pam Gill-Fisher



Janice Graham-Welsh



Janet C. Hamilton



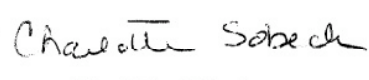
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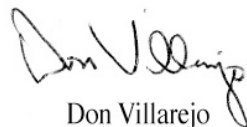
Chris Snow



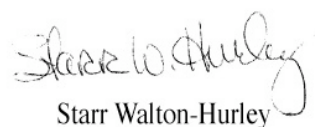
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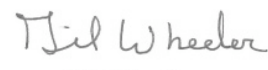
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Outreach Program Description

What Are the Housing Needs of Davis Seniors?

CHA Community Outreach Results

Meeting Log Summary

210 Meetings

1,130 Attendees

November 2007 thru October 2009

(Daily log of meetings available upon request)

Outreach evolution

Initial attendees were invited from a collective group of friends, professional acquaintances, University of California staff members and administrators, Medical providers (Sutter Health, UC Davis Health System, Kaiser Permanente and Catholic Healthcare West-Mercy), hospice organizations, UC Davis School of Nursing, Yolo County Health Council, Area 4 Agency on Aging, and local citizens with expertise in gerontology, medical technology, environmentally sustainable design, architecture and universal furniture and interior design, along with a range of in-home health service providers and local farmers involved with the visioning of urban farms.

From these initial meetings we each collected names of Davis residents whom we felt might be interested in brainstorming about senior living in Davis. From those who attended our gatherings, we were given more names. A great percentage of our contacts were provided by word of mouth. We often receive calls from those who had heard about us from their friends, colleagues and family members.

Meeting information

Meetings held: 1 to 2 times per week.

Duration: 1.5 to 2 hours

Location: Community Conference Room, 3500 Anderson Road

Meeting times: Noon or 5:30pm, modest lunch or snacks provided.

Meeting format

Upon arrival

Attendees fill out information on a sign-in sheet. They are given a handout with a brief agenda, three guiding questions and an area for notes.

Introductions

Attendees share information about themselves — *e.g.* how long they have lived in Davis, interests, profession(s), children, why they have chosen to live in Davis, what they are looking for as they plan for their future.

Informal roundtable discussions

We assembled a tremendous amount of information from participants during the first eight months of our outreach meetings. During this time period our group began to understand that this undertaking was about far more than housing. The complexity of issues that people face as they begin to talk about how they want to spend the second half of their lives expanded our vision and the scope of work we believe needs to be addressed.

Over the course of the ensuing six months our discussion shifted from not only listening, but also sharing the ideas we had learned from community members and professionals. The feedback during this phase was much more in depth and detailed.

In recent months the meetings have settled into a format opening with an introduction of how we arrived at this point in our exploration of senior needs, and a brief summary of what we have learned from our meetings. We then move into open discussion – documenting ideas, answering questions and brainstorming.

At the end of the meetings, we request permission to share the information we discussed, and add the contact information of participants to our database. We also ask attendees to forward any suggestions of other Davis residents who they believe would be interested in sharing ideas with us.

Meeting follow-up

After each meeting we: *1) enter attendee names into our database; 2) send a “thank you” e-mail message and invite follow-up questions or ideas; 3) periodically send email updates and additional information about Choices for Healthy Aging (CHA).*

Follow-up communication

Every few months we send out an email update with the latest news regarding the progress of our outreach meetings, other community activities affecting senior housing, the latest demographic statistics and interesting lifestyle information.

Ongoing

We will continue to expand our outreach efforts to neighborhoods and community groups who have an interest in contributing to our discussions. We welcome any member of the Davis community who would like to join our meetings. Please contact us anytime to receive more information about CHA and/or to receive a schedule of outreach meetings. (530) 574-0005 cha10@comcast.com

Who are today's seniors?

Senior citizens in the United States today can be classified by three distinct generations: the traditionalists (born 1900 –1935), the pre-boomers (born during WWII) and the “baby boom” generation (born following WWII). The Area 4 Agency on Aging studied these different senior generations and determined the following:

“Many people believe that boomers will be different kinds of seniors than their parents. In particular, boomers as a group tend to have value beliefs and expectations that clash with the ‘traditional’ senior experience. The boomers, they say, will want their golden years to be active, challenging, and meaningful. In truth, the stereotypical image of sleepy, silver-haired elders spending their days in rocking chairs has been outdated for some time. By all accounts, however, the boomers’ transition into the ‘golden years’ will color every facet of American life.”

The following is sampling of questions we would ask during the outreach meetings:

Is there a need for a new approach to housing and lifestyle choices for Davis seniors?

What is important to you as you begin to plan for the future?

What are your hopes and fears as you look ahead?

What housing choices, living environment and lifestyle will meet your needs today and in the future?

Many groups in our community have spoken about the lack of Davis housing choices, services and amenities to meet their needs. These groups include:

- Current senior residents who want to downsize.
- Residents who would like the opportunity to live in a home with Universal Design features.
- Those who want a more energy efficient home to reduce monthly costs, and minimize their environmental impacts.
- Davis residents who live here and would like their parents to live in Davis.
- Older adults who would like to have a newer home with less maintenance.
- Disabled residents, including students who seek a low maintenance homes, universal design features and access to health and wellness support services.
- UCD Retired Faculty.
- Parents with disabled or physically challenged children.
- Davis residents who will be 55 + in coming years.

Current Statistics

+9.4% - Increase in Davis population from 2000 to 2008

+51.1% - Increase of Davis residents aged 55 or older from 2000 to 2008

(Source: American Community Survey (ACS), US Census Bureau, released October 27, 2009)

Outreach Results by Topic

Fears & Concerns
Lifestyle & Wellness Requests
Land Use Ideas
Home Preferences
Daily Neighborhood Services
Davis Living
Professional Services
Transportation
Collaboration with the Davis Community

The following pages present the documented comments, quotes and suggestions from meetings with more than 1,100 Davis residents. The goal is to help guide potential projects to prepare more comprehensive housing solutions and more choices for our citizens who desire to downsize, remain independent in Davis and plan for their future.

We recognize that the challenge for any builder of a unique project that offers a combination of housing and services is to maintain affordability. From community input during our outreach discussions we have determined that the way to meet this pressing need is to tailor services to the widely variable budgetary limitations of Davis residents. Such flexibility can be achieved by integrating a series of adaptable options in which basic services can be provided to all and additional services can be added for those who choose to use them.

Fears & Concerns

Our outreach discussions covered many ideas of how to address the fears people have as they move into their senior years. Below is a series of expressed concerns. Each is followed by attendees suggested concept ideas or comments that could address many of these fears.

- “My fear is that I will become more and more isolated as my ability to get around is less. I would be so sad if I could not interact with people each day.
SUGGESTION: “Isolation can be addressed by living in a neighborhood that is designed to encourage social interaction, offer outdoor activities, be in proximity to shopping, and have transportation available.”
- “Loss of ability to be independent is what I fear the most. If I had a choice to move to a smaller home that I could own, a place where I could stay as I get older and keep my independence, I would move tomorrow!”
SUGGESTION: “If the homes would be designed with universal features and were close to daily services and health-care access, people could be more independent and would be able to stay in control of their lifestyle for a very long time.”
- “If we want to stay in Davis we will have to live in an institutional setting. We want our freedom but sometimes need assistance. With so few choices in Davis our kids are pressuring us to look outside of Davis, but we really do not want to leave our community.”
SUGGESTION: “With the right combination of adaptable home design, in home monitoring technology and access to health and wellness services, most people could avoid having to choose a more institutional setting. They would be able to maintain their independence and their family could feel more at ease.”
- “I am afraid I will have to move out of Davis because there are no options. A few of my friends have left because there are no acceptable homeownership choices that fit their active lives. We all contribute a great deal to the community and it would be a great loss if more of us had no other alternatives than to move out of town.”
SUGGESTION: “If there were more downsizing homeownership choices in Davis, that had an emphasis on services we might need, my older friends would not be moving away.”
- “I fear losing my ability to maintain my social activities because I am becoming less mobile and I live in a neighborhood where all of my friends are now gone.”
SUGGESTION: “Social interaction is so important to me and my friends. I would like to see a neighborhood designed where I can live in a home that is mine and allows me to walk and visit with my friends and neighbors.”
- “I would like to downsize and be in a neighborhood that is safe and friendly, but there is no way I would move into a gated community!”
SUGGESTION: “Any new project should be seamlessly integrated into surrounding neighborhoods even if there is an emphasis and services oriented to those over 55.”

- “Downsizing means different things to different people. My friends want a much smaller home so they can travel more. On the other hand we would like a home similar in size to what we have but with a different use of space!”
SUGGESTION: “Because downsizing is different for each of us it would be important to offer a wide variety of home sizes, styles, and price levels.”
- “I spent the last six years caring for my parents as they declined. I wanted to be there for them but it was so difficult. I need to be able to plan for my future and not have all of the burden fall on my kids. There are limited opportunities in Davis to feel secure if something happens to us.”
SUGGESTION: “Homes designed to age in place and that have access to available services would give family members support in the event their parents needs change. Most parents do not want their children responsible for their daily needs.”
- “How are we going to take care of our parents? “We moved here from back East 20 years ago. My folks are still there and are now in their 70’s. They have health issues. We worry everyday and want them to move to Davis. The do not like the limited choices here. We are afraid we will have to move our parents into an institutional setting against their will.”
COMMENT: “My parents would move closer to us if there were more choices in Davis. They would like to be able to downsize, own their own home and be able to keep their independence. It would be so wonderful if they could live near us. They could watch the grandchildren grow up, and we would not be so worried about them all of the time.”
- “We don’t want to be separated if one of us becomes too ill to stay at home. There are few choices now for us to stay together or at least be close by.”
SUGGESTION: “Can a neighborhood of homes be designed and located close by a thoughtfully designed assisted living service, such as a home-style board and care? My friends’ husband lives in a home that was converted to a small board and care in her neighborhood. It is very nice and she can easily go to be with him as often as she likes.”
- “I am on a fixed income and I am worried that homes with homeowners fees that cover services will not fit my budget.”
SUGGESTION: “The best way to meet this concern is to adjust services to the widely variable budgetary limitations of Davis residents.
- “We’re losing good people from Davis who are valued members of our community. They want to plan for their future but they cannot find what they’re looking for here.”
COMMENT: “The ideas we are talking about at this meeting would have been so great for my husband and me. He has to be in a dementia care unit in Woodland, and I still live in our home. I drive to visit him every day so he doesn’t forget me. I am 78 years old and it is so hard to get there. I wish he could be closer.”
- “There are so many of us living in homes that were meant for 4 or 6 people, and now only two of us are at home. It is great underutilization of a home and yard space meant for growing families.”

COMMENT: “If we could stay in Davis, buy a newer home designed to be energy efficient, adaptable to us as we age, with a bit less square footage we would easily consider downsizing.

- “Our home was perfect when all the kids were home, but now they are all grown and gone. My wife and I seem to be rattling around the house, paying high-energy bills and having to maintain a big yard. We have looked in Davis to buy a smaller home, but there are no choices that appeal to our lifestyle. We would love to sell our house to a younger family who could make better use of this space.”

COMMENT: “More choices to downsize would provide a better use of existing resources, and might help to reinvigorate neighborhoods with children, as well as provide the city a bit more property tax revenue when these older homes are sold.”

- “I do not want to live in a place where everyone is the same age, and there is no way I want my home in an age-restricted environment.”

SUGGESTION: “I understand that age-qualification allows for all ages to be included. I read that at least 80% of homes would require one of the resident homeowners to be 55 years of age, and up to 20 percent of the homes will not require any qualification. It seems that this type of program will help to address many issues. The services many of us want could be in close proximity, but all ages can live there and grandparents raising grandkids and those looking to create a home with their extended families will have more choices. All of these possibilities make for a more vibrant place to live.”

- “My house is paid for and I am on a fixed income. I cannot afford higher property taxes.”

SUGGESTION: Property Transfer Tax Laws for those 55 years of age and older.

- “I would be very interested in selling my home and downsizing, but I don’t want to lose my Prop. 13 tax advantage. Is it true you can transfer your tax base to another home you purchase if you are over 55?”

SUGGESTION: Upon researching this we found that the Property Transfer Tax Laws protect seniors over 55. Qualifying Yolo County seniors will be pleased to know that they may be able to transfer the tax base of their existing home to a new property. Passage of Proposition 60 in 1986 amended the tax code with a provision that allows seniors to transfer the base-year value of their home when they sell that home and buy another. To qualify, they must meet four criteria: (1) both properties must be within the same county and must be eligible for the Homeowners’ Exemption; (2) at least one resident homeowner must be at least 55 years of age; (3) the current market value of the replacement dwelling must be no greater than that of the original property; and (4) the replacement dwelling must have been acquired or newly constructed within two years of the sale of the original property.

Lifestyle & Wellness Requests

We consistently have heard that a variety of opportunities integrated into a neighborhood setting will ensure the quality of life we all love about Davis.”

Lifestyle comments

“Build into a community a sense of community.”

- Different generations should live together. This brings life to a community.
- Design a physical living environment to prevent injury and support health.
- Healthy lifestyle activities and social interaction helps keep folks out of the hospital.
- Create a community and a culture that will keep us healthy and functional as long as possible.
- All services and facilities that can should be made available to all of Davis as well as this neighborhood.
- Neighborhood social dynamics and sense of community are important.
- Organic, local, seasonal foods served in all eateries.
- Neighborhood has to be kid friendly. We want children to love the area.

Suggested wellness facilities, activities and entertainment

“It would be great to have a space for community activities.”

- Fitness center (aerobics, strength training, trainers, aqua aerobics pool, lap pool, etc.)
- Rehabilitation facility with a therapy pool, proper equipment & guidance.
- Day spa, including facilities for massage, sauna, jacuzzi, beauty care, and a hair salon
- Lodge concept (social, dining, entertainment, education, concierge)
- Sharing library
- Computer center
- Lifelong learning center
- Peer group teaching
- Tutoring and mentoring school children
- Culinary kitchen (with guest chefs, cooking demos)
- Healthy meals available 1–3 times per day
- Meeting rooms
- Performances by UC Davis, Davis Senior High School, junior high and elementary school children
- Cooperative work spaces (woodshop, mechanics garage, ceramics, art studio, quilting, model building, hobby room, music studio). This could be available to residents who would like to participate on an a la carte basis.

Organized programs

“I would like to see a “shared housing” service to help folks connect with a house mate.”

- Social activities (e.g., dancing, games, movies, book clubs, cards)
- Outdoor activities (e.g. walking, hiking, bird watching, biking, etc.)
- Wellness education (e.g. nutrition, exercise, social, etc.)
- Other educational opportunities (e.g., speakers from UC Davis, cooking classes, demonstrations for a variety of activities, UCD Extension classes, etc.)
- Volunteer opportunities
- Senior learning center
- Summer programs for grandchildren
- Events schedule publication and distribution

Health-care resources and services

“Offer conventional and holistic health services on site.”

Ready access to wellness and health care is often cited as a necessary component of any senior oriented neighborhood and should be available to the entire community. Requests included:

- Joint Provider Clinic shared by different Healthcare systems
- Urgent Care Services on site
- Adult Day Care
- In-home Respite Care
- EMS Station
- Pharmacy
- Hospice Consortium
- Continuum of Care: independent living > assisted living > Alzheimer’s disease and dementia care center
- Medical Assessment Clinic
- Geriatrician Specialist on site
- Sociologist, psychologist, other counseling professionals with offices close by
- Dental Services
- Acupuncture
- Massage Therapy
- Naturopathic Health Services

Medical equipment and procedures

“I would like to see a model in which different health care systems can share equipment and facilities. This would consolidate resources and possibly reduce costs.”

- Telemedicine services
- Blood drawing services
- Bladder ultra sound
- Bone density scanner
- Vital sign assessment
- Mobile MRI (under development with CITRIS)

Recreation and fitness

“I love to walk on the greenbelt. It feels so great to start the day walking in the fresh air, noticing birds and animals in the nature areas and watching all the children ride their bikes to school.”

Staying healthy and maintaining healthy daily activities is a high priority for those we have met with. Participants in our meetings suggested numerous fitness-related activity areas, including:

- Parks and play fields
- Bocce ball
- Tennis
- Golf access
- Putting greens
- Basketball hoops
- Playgrounds for children
- Fishing ponds (catch & release, fly casting stations, etc.)
- Squash courts
- Dance studio
- Lacrosse wall
- Croquet
- Shuffle board
- Outdoor exercise stations for mature adults. (e.g., for tubing, par course)
- Bicycle sharing program
- Game room (pool, darts, cards, foosball, video games etc.)

Fitness center

“A fitness center should be available to the entire community and run similarly to existing athletic clubs.”

- Rehabilitation services (including a therapy pool and classes)
- Day spa (e.g., massage, sauna, jacuzzi, beauty care, hair salon)
- Indoor or outdoor pool with an area for kids
- Ability for clients to bring in their own personal trainer
- Appropriate workout equipment for strength, balance & stretching exercises
- Aerobic equipment and classes
- Yoga and Tai Chi classes
- Walking
- Community sports club meetings & activities, athletic events & performances (i.e. fun runs/walks, synchronized swimming, etc.)

Land Use Ideas

The following suggestions are related to land use applications and design.

General input

“Make the overall environment feel inviting and warm from the roadways and greenbelts to the interiors of the homes.”

- Maximize interconnectivity with surrounding areas
- Greater integration and utilization of Open Space
- Houses clustered in small neighborhoods facing green spaces.
- Incorporate housing into greenway areas
- Apply feng shui methodology when planning the layout of a project.
- Micro-neighborhood groupings connected by natural greenbelt systems.
- Low-impact development applications (e.g., permeable road surfaces, natural drainage to recharge ground water, rain gardens, swales)

Open space requests

“Create a wetland forest, involve community and service habitat. Great for all ages.”

- Nature center
- Dog park with seating (4-foot-high fence, gravel base for good drainage)
- Urban farm with roadside stand on main roadway and greenbelt circulation routes
- Urban forest
- Incorporate more areas like Northstar pond and the associated habitat area. Explore ideas to create a significant expansion of this area and connect between existing Davis neighborhoods
- Sports fields
- Playground areas
- Extensive greenbelt/bikeway/NEV system
- Shaded seating located often along greenbelts and pathways

Circulation suggestions

“I think that roadways and greenbelts in a senior-oriented complex should be designed to encourage the use of compact electric vehicles.”

- Be sure to provide safe access to existing shopping and services
- Design extensive bike path systems and connect to the Davis Bike Loop
- Improvements on adjacent roadways so car travel will be safe and efficient
- Incorporate “Way Finding” applications (visual and sensory) to circulation routes.
- Apply a grid design to the street plan
- Use roundabouts instead of traffic signals where possible
- Design bikeways to pass under roadways where practical
- Design pathways for electric carts to use

Neighborhood design ideas

“I prefer narrow streets because they tend to manage vehicle speed, create a sense of closeness and enable neighbors to comfortably interact with one another.”

- The micro-neighborhood idea should be explored. Glacier Circle is a nice example.
- If custom lots are sold there must be a time limit to build out.
- Covered walkways to entries and public buildings
- Create natural greenbelt “braids” that could connect the micro-neighborhood idea
- Small neighborhood square (see section titled “Neighborhood Square)
- Physical plant on site (Paradise Valley has one)
- Adequate guest parking
- Storage units close by (special family items, memorabilia, boats, motor homes, etc.)
- Keep lawn areas to common spaces. Design rock gardens and incorporate native and non-native plants that do not require that much care. Avoid pesticide and herbicide use.

Close proximity

“It would be great to be in walking distance of a lap pool and a grocery store.”

- Grocery shopping
- Pharmacy
- Library
- Healthcare services
- Fitness center
- Community activity center
- Habitat area
- Parks & greenbelts
- Existing infrastructure (water, sewer, gas, electric)
- Public transportation

Home Preferences

The wide range of home sizes, styles and affordability that people were interested in was amazing. It is apparent that there is a need for any new project to provide a host of choices offered to meet the diverse preferences and income abilities of Davis seniors.

Home considerations and requests

“We really would like to downsize and travel more. When we entertain we just go out.”

- Home ownership
- Condo ownership
- Townhomes
- Live/work
- Rental housing
- Custom home design opportunities
- Co-op housing
- Housing to meet the City of Davis Affordable Housing requirements
- Homes for disabled adults and students
- Caregivers home opportunities (create a jobs housing balance)
- Caregiver hostile (temporary boarding if they live out of town)
- Streng-style home (e.g., open, airy, skylights)
- Pajaro style condominiums
- Eichler Style
- Diverse architectural styles and sizes
- Costs to meet all income levels
- Low-maintenance grounds
- Exterior home maintenance taken care of
- Cluster housing (to encourage interactions with multi-generational families and friends)
- Home clusters could be resident hobby-based (for enthusiasts of cars, wood working, quilting and other hobbies)
- Cottages associated with HOA for guests
- Design options for auxiliary units. Could rent to a student, housekeeper or caregiver
- Pre-sell units. Start a waiting list for interested Davis residents and their parents
- Do not advertise out of town or design a marketing Web site

What size homes are desired?

“Our family visits once a year and it works out fine for them to stay in a hotel. It would be nice to have accommodations within walking distance of our home.”

- Less than 1,000-square-foot condominium options for singles and those who travel or want a low-cost home
- 1,000 – 2,500 square feet was the average range
- Some folks want visitors to stay in their homes while others felt that accommodations close by would be great.
- Single story (majority)

- Two story (a small percentages expressed this preference) with the main living area and master bedroom downstairs and a guest bedroom or office upstairs. Those with a two-story preference would like to have a view from the second floor.

Home spaces requested

“My kids visit all the time and I want to have a room for them in our home. These are special times for us, especially as the grandkids grow up.”

- Up to date kitchen – materials and appliances more with the times.
- Kitchen design as the gathering place – “We love to entertain.”
- Open, airy, interior spaces - “Lot’s of natural light helps prevent depression.”
- Nice views to outdoor areas
- Great room spaces
- Private yards
- High ceilings
- Front porches
- Covered bike parking
- Laundry room
- Limited fencing except for private patio
- Garages in the rear
- Ample storage space
- Moveable walls so you can easily change the use of a space.
- Parking and outlets for electric carts or cars.
- Easy access to kitchen from carport
- Interior design and space planning to accommodate homeowner’s needs as they change
- Shared home design concept: common rooms central with personal spaces around them
- Central food storage – to keep seasonal produce as long as possible
- Central meat locker – for groups of families who would like to purchase local natural meat in bulk to save cost.

Home design elements

“It would be prohibitively expensive to retrofit our home to a point that will allow us to age in place. Such a remodel will increase our property taxes significantly. Our first choice would be to purchase a newer home designed to adapt to our changing needs.”

- Universal accessibility (wide doorways, hallways, stepless entrances, showers, multiple counter heights, adaptable cabinetry, etc.
- Use full-spectrum lighting
- Plenty of natural lighting with skylights, solar tubes, proper window placement
- Optimal cross ventilation to take advantage of the Delta breeze in the warm months.
- Floor plans that maximize the interaction with the outdoors by incorporating private courtyards, patios and small garden areas
- Lots of visual interaction with outdoors
- All homes should be pre-wired for in-home health monitoring equipment that the homeowner may require (e.g., vital sign monitoring, teleconferencing equipment, sensor

- floors) and for notification to emergency medical services that will have client information on file
- The ability to add an in-home elevator or stairway lift in two-story home. Build the infrastructure into the walls during construction so the addition of the equipment will be of minimal cost.
 - Security system
 - Emergency power generators
 - Adaptable cabinetry to meet all needs (uppers 13” deep, lowers with pull out shelves)
 - Use short-nap carpets and modest carpet pads
 - Low threshold tubs & no step showers
 - “Smart lighting” along baseboards, hallways and bathroom lights
 - Sound proofing in common-wall units
 - Non-slip flooring in the kitchen and bathroom
 - Research O’Furo bath fixtures (Japanese style walk-in, sit down tub)
 - Pocket Doors
 - Murphy beds
 - Heaters in bathrooms
 - Trash bin location for easy transfer from house to container
 - Tea cart to move things around within homes
 - Small workbench
 - Raised planting beds for gardens at the home
 - Retractable clothes line
 - Home Options (example: choice of having a workroom rather than a garage)
 - Neighborhood wifi for wireless internet access

Environmentally sensitive suggestions

I’m interested in energy-saving features, to save costs and because I am concerned about the environment. If I am going to make a move it has to be to a more sustainable home environment. ”

- Passive solar orientation
- Photovoltaic power generation “farms” in fields, or located on parking structures or placed over parking lot areas
- Ground source heat pumps run with solar energy
- Use of environmentally sensitive materials (made from re-used and recycled material)
- Recycled building materials and finishes
- Options to incorporate alternative energy applications
- Chargers & parking for electric carts and cars
- Radiant heating
- On-demand hot water
- Low-maintenance landscaping with drought tolerant plants
- Reclaiming grey water to irrigate landscaping
- Roofs designed for rainwater catchment

Daily Neighborhood Services

The ability to walk to areas for socializing, eating, having coffee and other leisure activities was often discussed in meetings. Daily services centrally located in a neighborhood, that complements other retail in the area was thought to be a nice addition to any concept. The following is a list of ideas and services that were suggested to be located in and around a small neighborhood square.

- Coffee house with a lending library and movie sharing
- Café, bar small eatery
- Community lodge
- Fitness/spa/rehab center
- Child daycare associated with adult daycare facility (serving the child day care needs of caregivers, the community and seniors) Currently there is no Adult day care in Davis.
- Drop-in daycare (child & adult)
- Private school for grades k-3
- Bank and credit union satellite offices
- Satellite veterinary clinic
- Special equipment rentals and sales
- FedEx Kinko's or other mailing or shipping facility
- P.O. Box Office
- Entertainment stage
- Playground
- Picnic tables
- Small offices
- Medical, dental, counseling offices
- Extended stay hotel and respite care facility
- Storefront studio and gallery to create and display locally created art
- Park area adjacent to and interconnected with neighborhood square
- Proper circulation to the square from existing neighborhoods would encourage use and make for a pleasant and energetic atmosphere.
- Public art features
- Church or a place for Mass and other religious services

Davis Living

In the tradition of Davis, the following ideas demonstrate that while folks are ready to make a few changes, they want to be able to keep the best of what they have with them. The ideas documented below reflect this common desire.

Outdoor amenities

“Nearby greenbelts and natural trails would be important to me.”

Other suggestions and ideas included:

- Natural habitat areas with viewing areas
- Fishing ponds
- Zen Garden, Rose Garden, English Garden, etc.
- Mileage markers on greenbelts
- Bike and electric cart paths

Food production

“I love to grow as much of my own food as possible. It brings me joy to work in my garden and create meals to share with my friends and family.”

“How about having a common tool house that everyone shares?”

Other suggestions and ideas included:

- Community organic gardens (could provide produce for a small eatery)
- Beds in garden area raised to wheelchair height, with hose bibb in each raised bed, and maybe timers on those hose bibbs
- Flower gardens
- Small organic orchard
- Organic vineyard
- Edible landscaping
- Chickens
- Beehives

Possible common spaces

“ I love to woodwork. Maybe there could be a coop woodshop with other folks like me to keep our tools and build small projects. We could even help repair things for our friends and neighbors.”

Other suggestions and ideas which residents could choose as an add on to their homeowners program.

- Bicycle repair Do-it-yourself (like Bike Forth!)
- Car wash area
- Mini storage
- Woodshop
- Music, art and ceramics studio
- Auto shop self-repair
- Quilting, sewing and other crafts and hobbies

Pets

“I would love to downsize, but only if I can take my dog!”

- Satellite veterinary clinic on site
- Pet hotel
- Pet sitters
- Dog walkers for those who are not able to properly exercise their pets
- Visiting pet program for those with minimal mobility
- Caregiver dogs
- Pet groomer

Home & Neighborhood Security

“We want to feel safe in our neighborhood but there is no way we want to live in a gated community!”

- Crime prevention measures
 - Well-lit walkways, streets and pathways
 - Outdoor motion sensor lights that will go on if someone passes by
 - Neighborhood Watch program
 - Organized gatherings to get to know your immediate neighbors.
- Emergency preparedness plan
- Emergency telephones in outdoor areas

Volunteer involvement

“Older people can be caregivers, too!”

- Support network training
- Stephen Ministries (www.stephenministries.org)
- Senior volunteers for child day care
- Concierge service volunteers
- Shuttle driving
- Senior mentoring program- seniors volunteer to help school children with homework after school
- Student volunteers to help older adults in the computer lab and assist with video games and other technologies
- Child and adult day care services on site

Professional Services

It has been suggested that resident volunteers could support many of the services below. Because of the nature of the Davis community we expect some individuals might be willing to volunteer some of their professional expertise with those who need advice. Other services would fees.

Professional services for residents

“Quality of services and care is reflected in the quality of management.”

- Homeowners Association
- Health insurance advocate
- Long-term insurance and Medicare guidance
- Geriatric psychologist
- Social worker access
- Psychologist
- Nutritionist
- Exercise specialist
- In-home healthcare providers
- Care management services
- Financial planner
- Estate lawyer
- Real estate adviser — specialist in senior market
- Cooks and chefs
- House cleaning service
- Vacation rental service enabling folks who traveling for extended periods to rent their home to someone visiting Davis
- Concierge
- Travel Agent

Insurance, advisors

“Put in writing a stated progression for neighborhood homeowners — something to the effect that says there will be opportunities for them to move to a more dependent living situation if necessary.”

- Caregivers need to be bonded
- Long-term health insurance carrier that would cater to the needs of the community
- Group insurance plans
- Estate planner
- Financial advisor

Protection

“There must be a way to protect the elderly from being taken advantage of by in-home caregivers. I have heard stories from friends about caregivers who ask for financial help over and above their pay. And others about seniors who have some dementia and forget they paid their caregiver for the month, and when asked for payment again they just pay.”

- Guidance counselors to help protect from fraud scams and financial abuse
- In-home caregivers need to be screened — research a registry of caregivers

Professional homeowners association

“All workers must be certified. This should include anyone who provides ongoing service to individual residents, as recommended by the HOA. — for example, plumbers, carpenters, etc.”

- Define a base rate of services
- Define a la carte services to be added to an individual’s HOA dues if desired
- Have a maintenance contract on each property
- Fee differentials to those outside of the neighborhood that make use of services

Transportation

Participants expressed strong preferences for a variety of choices in transportation, including keeping their own cars on their properties, roadways that will accommodate small electric carts safely, greenbelts for walking and bicycles, easy access to public transit and on demand transportation service.

Ideas for transportation options

- On-demand shuttle service (rides to church, downtown, around town)
- Make greenbelts and paths wide enough for pedestrians and electrical vehicles (EVs)
- To minimize the use of autos within the neighborhoods, have the primary transportation be electric carts, and park cars in more distant lots
- Car sharing program (Flex Car, Rental Car Coop, ZIP)
- Rental car service
- Bike rental or bike sharing (include three-wheelers)
- Safe NEV route to downtown shopping
- Work with golf course to leave some carts in a central location for neighborhood golfers
- Easy access to existing public transportation
- Transit Mobility Training — educate individuals how to use Davis transportation options
- Signal time for roadway crossings should be longer.
- Work with railways to make better use of rail system
- Encourage use of trains to the Bay Area

Collaboration with the Davis Community

Numerous organizations and institutions in Davis and the surrounding communities have offered their expertise to guide intelligent approach for a best-of-class senior-oriented neighborhood reflective of the Davis reputation for innovation.

Organizations that have provided ideas and suggestions:

- UC Davis Betty Irene Moore School of Nursing
- UC Davis School of Medicine, Department of Internal Medicine, Division of General Medicine, Geriatrics and Bioethics
- Kaiser Permanente
- Sutter Health
- Woodland Healthcare (Mercy)
- UC Davis Health System
- Institute for Restorative Health
- OSHER Life Long Learning (UC Extension)
- Davis Farm to School Connection
- UCD California Lighting and Technology Center
- Onsite Power Systems Inc.—developer of Anaerobic Phased Solids (APS) Digester Systems
- UC Davis Energy Efficiency Center
- CITRIS (Center for Innovative Technology in the Interest of Society)
- Intel Corp.

Meetings with Local professionals:

- Gerontology
- Medical technology
- Environmentally sustainable design
- Architecture and universal furniture/interior design
- A range of in-home health service providers and local farmers involved with the visioning of urban farms.



CHOICES FOR HEALTHY AGING

“Davis needs a broader vision, with creative solutions to address our demographic shift. Working together we can yet again set a new standard and be a model for other cities as they plan for their future.”

Meeting log summary

210 - Meetings from November 2007 thru October 2009

1,130 - Attendees from the Davis community

Current Statistics

+9.4% - Increase in Davis population from 2000 to 2008

+51.1% - Increase of Davis residents aged 55 or older from 2000 to 2008

(Source: American Community Survey (ACS), US Census Bureau, released October 27, 2009)

What Are the Housing Needs of Davis Seniors?

CHA Community Outreach Results

October 2009

Prepared by

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