

## **FREE REPORT**

### **10 Elements of a Home in High Demand for an Aging Population**

John Lennon once asked a generation to “Imagine living life in peace,” now those same baby boomers (1946 to 1964) and Gen Xers (1965 to 1985) must imagine living life in old age as nearly one in five Americans will be over sixty-five in 2030. We will be living in a world that will never be young again as each generation grows older than the one before. Now, imagine yourself at eighty years of age; where do you see yourself living? Have you thought about it; I mean really imagined what it will be like?

Aging baby boomers have around 72 million members, while Gen Xers number around 65 million—all will be living longer and many with chronic conditions. They will also be more spread out in suburban areas. This should get you thinking about the relationship between aging and geography. The competition for so-called “aging in the right place” destinations will be fierce as the supply of age-friendly housing is snapped up.

#### **“Peter Pan Housing”**

Peter Pan is a character who never grows up. This dream of eternal youth is used by some urban planners to describe the Never-Never Land of the Nation’s endless sprawl of suburbs designed for people who never grow old. After WWII, young families flocked to the suburbs to live the American dream of a home with living areas and kitchen on the first floor, bed, and bath on the second floor, and laundry in the basement. This setup was designed to fit the military’s ideal subject of the six-foot, 190-pound, healthy, strong, 20-year-old male.

Today, that same end-user is a senior citizen with aging adult children soon to face many of the same issues they are living with now. And the challenge with the new developments is much like the ones facing the old developments, miles from any commerce, expansive lawns with steep yards, gates for privacy, hilltop settings with lots of stairs, wide cul-de-sacs, limited sidewalks, and no bus stops. These “amenities” may be selling points for young families but for older adults, the auto-oriented living areas which require commuter trips due to geographic isolation can be barriers to aging in place.

#### **New Urbanism**

“New urbanism” is a reaction to this suburban sprawl, creating human-scale, walkable communities, transit-oriented, with mixed-use, much along the lines of old European cities. Also known as traditional neighborhood developments (TNDs), these communities are showing up all around the country. For example, Fairview Village in Portland, Oregon is a TND which boasts community living that is multigenerational, pedestrian-oriented, near bus/light-rail, with shops and a civic center just minutes away. The homes are traditional craftsmen, and some have Universal Design elements, along with porches and sidewalks for neighbors to keep in touch with each other—like they once did.

You might be living in Peter Pan Housing and gradually finding it's not working for you, or soon won't be. If that's the case, consider looking into one of these TNDs or the many neo-traditional neighborhoods around the country.

If you are planning on buying, selling, staying put, or looking for other types of housing such as rental/vacation/investment property, here are **10 elements to consider:**

**1) Single Level/Accessible-Bathroom on Main, non-Barrier Entrance, 32-36" Doorways**

**2) Location Near a Bus Stop/Light-rail Station**

**3) Markets/Entertainment Within Walking Distance (aka "20-minute neighborhood")**

**4) Smart Home Hub/wired for VOICE-tech/AI for Smart Home Technology**

**5) Porch/Sidewalks & Nearby Park-Green Spaces**

**6) Easy to Maintain Exteriors/Landscaping/Sustainable/Energy & water conservation**

**\*Passive home features**

**7) Universal Design Features in Bathroom/Kitchen**

**8) Home Office-Flex Spaces**

**9) Open Floorplans & Large Windows Natural Light**

**10) Accessory Dwelling Unit for potential options to house an aging loved one—or future caregiver living quarters, if or when you need support in the future.**

These 10 elements will be in high demand as the population ages and seeks quality-of-life as an outcome of housing choices.

**Key Terms:** New Urbanism Neotraditional neighborhood Traditional Neighborhood Developments (TNDs) Note: The Mid-Century Ranch-Style building design of the past is back in demand.

Example Neo-Traditional Housing Two Rivers' newest neighborhood is reminiscent of communities of yesteryear when life was simpler. Inspired by Traditional Neighborhood Design (TND), the homes are built with a high level of architectural detail to form a unique, blended streetscape that fosters front-porch-friendly living. Woven around walkable streets, bike paths, and central parks, this design creates a strong social fabric and allows residents to stay connected by stepping outside to see their neighbors.

The historic downtown sections of Annapolis are a close example of this architectural style. Other historic examples include Georgetown, Alexandria, and downtown Frederick.

TWO RIVERS livetworivers.com (This is an example of a higher-end Neotraditional Neighborhood)

**Report by Patrick Roden PhD**

**Author:** Women, Aging & Myths: 10 Steps to Loving Your Long Life (Amazon)

**Journal Series:** WHAT I WANT YOU TO KNOW ABOUT AGING (Amazon)

**Website:** aginginplace.com

\*Passive Home to see more: [https://en.wikipedia.org/wiki/Passive\\_house](https://en.wikipedia.org/wiki/Passive_house)