

CONTENTS

FOREWORD, Andrés Duany	xi
INTRODUCTION, Robert Jenkins	xiii
PREFACE	xiv
ACKNOWLEDGMENTS	xviii

PART I

CHALLENGES AND OPPORTUNITIES 1

1	THE LONGEVITY CHALLENGE TO URBANISM	3
	The Challenge	3
	The Scale of Response: Pedestrian Sheds and Neighborhoods	7
	Seniors Housing Communities as Change Agents	11
	Toward the Development of Lifelong Neighborhoods	14
	Conclusions	18
2	ACCESS AND URBANISM	21
	Introduction	21
	Go Forth Boldly	22
	On Whose Behalf We Regulate	24
	Advancing Accessibility Aspirations Beyond Minimum Standards	31
	Stewardship	38

3 HEALTH, HEALTHCARE, AND URBANISM 45

- Environmental Health, Safety, and Welfare 45
- Reestablishing a Healthy Land-Use Paradigm 48
- Knowledge and Action: Finding an Institutional Basis for Public Health and Land-Use Planning Integration 50
- Beyond Intent and Toxicity: Establishing Frameworks for Planning Action 54
- Beyond Planning: Healthy Environment Implementation Frameworks 64

4 NEIGHBORHOOD WELLNESS AND RECREATION 71

- Urban Design and Wellness Industry Market Research 71
- Aging and Wellness 73
- Redefining the Lifelong Environment: Wellness in Community 77
- Conclusion 86

PART II

NETWORKS AND DIVERSITY 87

5 CONNECTIONS 89

- Connectivity 91
- Pedestrian Access and Transit 103

6 DIVERSITY 109

- Planning for Diversity 109
- Zoning for Diversity 111
- Building Codes and Housing Diversity 121

PART III**SENIORS HOUSING 125****7 EVOLUTION OF SENIOR
DEVELOPMENT TYPES 129**

Early Senior Care Models 129

Institutional Neglect 133

Diversification of the Senior
Housing Type 134**8 THE LIFELONG
NEIGHBORHOOD MARKET 149**Market Study Elements of Critical
Importance to Lifelong Neighborhoods 149Factors That Contribute to Residency in
Age-Restricted Communities 156Factors That Deter Older Adults
from Moving to Age-Restricted
Communities 164Lifelong Neighborhoods and
Influencing Factors 167**9 SENIORS HOUSING
COMPONENTS 171**Initiating Lifelong Neighborhood
Design with a Market Study 172

Seniors Housing Components 174

Service Policy Components 198

Built-Environment Policy Components 199

PART IV

**URBAN TO RURAL
CASE STUDIES 207**

**10 PENN SOUTH NORC CASE STUDY
OF AGING A DENSE URBAN CORE 209**

Lifelong Summary 209

Context 210

Innovations in Health and Wellness

Programming: Penn South Discovers the
NORC Concept 212

Connectivity and Access 214

Dwellings and Retail 216

Health and Wellness 218

Community Building Spaces 219

Jeff Dullea Intergenerational Garden 220

**11 BEACON HILL CASE STUDY OF
AGING AND TOWN CENTERS 223**

Lifelong Summary 223

Context 224

Innovations in Health and Wellness

Programming 225

Connectivity and Access 226

Dwellings and Retail 227

Health and Wellness 230

Community Building Spaces 232

**12 MABLETON CASE STUDY OF
AGING AND NEIGHBORHOOD CENTER 235**

Lifelong Summary 235

Overview 237

Context 238

Redeveloping as a Lifelong Community 239

Mableton Elementary School Redeveloped
as a Civic Center 253

13 ELDER-CENTRIC VILLAGES: EXPLORING HOW SENIOR HOUSING CAN INCENTIVIZE URBAN RENEWAL IN RURAL AMERICA 257

Lifelong Summary 257

Evaluating Small-Town Living and
Walkability 259

Providing an Elder-Centric Village 263

INDEX 267

