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State of Aging in Portland

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A sincere posthumous thank you to the late Commissioner Nick Fish, who served the City of Portland and its citizens honorably. He was a true champion for older adults and making our community more age friendly.

From co-authors DeLaTorre and Neal to Dr. Lycan, your curiosity, vision, and steady work has created novel and interesting ways to understand the social demography of aging. You have laid a path for future research, policy, and practice. Thank you.

State of Aging in Portland – Summary Report

Introduction

From 2006-2019, the Age-Friendly Portland Initiative operated as a city-university-community partnership that began in 2006, resulting from a global World Health Organization (WHO) research project. In 2010, the City of Portland joined the WHO Global Network of Age-Friendly Cities and Communities and in 2012, it also joined the AARP Network of Age-Friendly States and Communities. The Action Plan for an Age-friendly Portland was passed by Resolution by Portland City Council in 2013 (Resolution No. 37039) and contains 10 domains: (1) housing; (2) transportation; (3) outdoor spaces and buildings; (4) employment and the economy; (5) civic participation and volunteering; (6) social participation; (7) respect and social inclusion; (8) health services; (9) community services; and (10) communication and information.

From 2006-2019, the age-friendly efforts were coordinated by two of the co-authors of this paper – Margaret B. Neal and Alan DeLaTorre – and in 2019, the City of Portland funded a program manager position within the Bureau of Planning and Sustainability; Alan DeLaTorre moved from Portland State University to the City in December 2019, and currently manages the program.

About this Study

The State of Aging in Portland study highlights historical, current, and projected trends related to older adults and the age structure in the city of Portland and the greater metropolitan area. Although the primary focus has been the city of Portland, we have also looked at trends with respect to broader metropolitan area, including the seven counties that include and surround Portland city. Some analyses have looked at the city, compared to its inner and outer suburbs, while others compare Portland to other mid-size cities in the U.S. These approaches are meant to highlight trends and to provide researcher a roadmap for future research. The study is intended to inform staff at the City of Portland, partners in the aging network, and other stakeholders interested in and involved with making our community a better place to grow up and grow old.

Although the original WHO conceptualization of age-friendly research defined the study population to be 60, we have generally used age 65 when discussing older adults in this report. However, we have used many different age groupings to analyze and display data; furthermore, we have examined trends from birth to death, in some sections, and understand the aging experience is not uniform and is influenced by many factors. This study and the partnerships that have made it possible, have emphasized equity through intersections with age, such as race and disability, both of which are critically important to understanding aging and health. Other factors such as gender, housing tenure, and household size and composition, and more have been examined.

Accompanying this report are five learning modules in PowerPoint format that correspond to the sections of this report: (1) Population, (2) Race, (3) Disabilities, (4) Housing, and (5) Livability. Each of those learning modules should be viewed as a presentation as they are animated; those modules provide deeper analyses, as compared with this summary report.

Methods

The project team examined existing data available to the public, as described below. We consulted Portland State University faculty from the Institute on Aging and Population Research Center at Portland State University and staff from the City of Portland, Multnomah County, and Metro.

Detailed descriptions of sources, analytic approaches, and references can be found in the five learning modules that accompany this report: (1) Population; (2) Race; (3) Disability; (4) Housing; and (5) Livability. The following data sources were used:

The U.S. Decennial Census. The U.S. Census counts every resident in the United States at 10-year intervals and gathers data on residents' demographic and household characteristics (household size, families, home ownership). The 2010 Census reported data on age and sex distributions, race, Hispanic or Latino origin, household relationship and type, the group quarters population, and housing occupancy and tenure (whether the housing occupant owns or rents). Data at the census block level, tract level, and city level were used. A limitation is that the latest Census data available are 10 years old. Results of the 2020 census should be available by September 30, 2021.

The American Community Survey (ACS). The American Community Survey (ACS) is an ongoing survey conducted annually by the U.S. Census Bureau to gather information on a variety of subjects, including demographics, economics, housing and social characteristics and is the only national source for data on disability. The data are released at 1- or 5- year intervals (the 3-year data product has been discontinued). Each year the sample size is approximately 2.4% (about 3.5 million addresses), or about 12% for the five-year data. This relatively small annual sample size results in substantial sampling error, especially for small geographies such as census tracts. We used three 5-year data sets: 2013-17, 2014-18, 2015-19.

The ACS/Public Use Microdata Sample (ACS/PUMS) files. These files enable data users to create custom estimates and tables, free of charge, that are not available through ACS pre-tabulated data products. PUMS files are records from individuals or housing units, with disclosure protection enabled so that individuals or housing units cannot be identified. The Census Bureau produces ACS 1-year and 5-year PUMS files, allowing a choice between single-year and multi-year estimates, depending on research needs. We used the ACS/PUMS data for the seven-county Portland Metropolitan Statistical Area to create tables that were not published as ACS summary tables.

The American Housing Survey (AHS). The AHS, sponsored by the Department of Housing and Urban Development (HUD) and conducted by the U.S. Census Bureau, is a longitudinal housing unit survey performed biennially in odd-numbered years, with samples redrawn in 1985 and 2015. The survey has been the most comprehensive national housing survey in the United States since its inception in 1973, providing information about the size, composition, quality and cost of housing in the United States and major metropolitan areas and measuring changes in our housing stock as it ages. The survey's principal coverage is of the 15 largest metropolitan areas in the United States. Although Portland is not one of the 15, data are available for 2019, 2015,

and 2011. The AHS has a relatively small sample size: 117,422 units for the nation and only about 3,000 per metropolitan area. We mainly used the national data from the AHS, as much of the Portland data were suppressed due to the small sample size.

Metro's Regional Land Information Survey (RLIS). RLIS is a compilation of more than 100 geographic information system data layers that serve as the spatial data infrastructure for the Portland metropolitan area. These data were used to analyze and map land use data (i.e., zoning designations such as single family, multifamily, and mixed use) that were compared with population characteristics (e.g., age, income).

Metro's 2018 Affordable Housing Database. Metro (the Portland metropolitan area's regional governing body) tracks the creation of new regulated affordable housing in the four-county area that includes Clackamas, Multnomah, and Washington counties in Oregon and Clark county in Washington. The inventory does not include dormitory-style units with shared bedrooms, homeless shelters, or what could be considered market-rate affordable rental housing.

Metroscope Population Projection. Oregon counties are required to produce population forecasts in part to ensure an adequate supply of buildable land. For the area inside of the urban growth boundary in Clackamas, Washington, and Multnomah Counties, Metro produces these forecasts using an urban simulation model, Metroscope, that was developed locally. We make use of Metro's census tract-level residential forecast for 2035. Although it does not produce a population forecast per se, based on relationships between housing type and socioeconomic profiles one can convert projections of households to population.

Hamilton-Perry (HP) Model Population Forecast. For comparison purposes we provide an alternative population forecast using a simplified version of the cohort-component model, the Hamilton-Perry method, based solely on trends in the age data between the 2000 and 2010 Census. This model starts with a beginning population by age and sex and forecasts subsequent populations by adding births, and net migrants, and subtracting deaths, extrapolating trends from age/sex data for two points in time. The HP model provides a forecast of *persons* by age.

The City of Portland's 2019 Portland Insights Survey. To describe Portland's livability from the perspective of Portland residents, we used data from this survey, which included 30 quantitative questions pertaining to Portland as a place, Portland as opportunity, safety issues, services and environment, and disaster preparation. For the present study, respondents age 20 and over and who were residents of the city were included ($N \leq 7{,}645$). We examined the similarities and differences in responses by the age group of respondents and then further analyzed the responses according to respondents' income, race/ethnicity, gender, and housing tenure (rent/own status). Although the City attempted to include all residents of the city in the study, including making special outreach to traditionally under-represented groups, the respondents do not necessary comprise a representative sample.

Qualitative Data Gathered Through Internet Searches. The Internet was searched to find descriptions of housing types for older adults and for affordable housing developments in the region.

Part 1 – Population

From 2000 to 2010, Portland's population increased from 529,131 to 583,776, an annual rate of growth of 0.99%. From 2010 to 2015, after the great recession, growth increased to an annual growth rate of 1.55%. This growth was driven by the large number of boomers (born from 1946-1964) approaching and surpassing age 65, and the younger cohorts reflecting earlier periods of strong workforce age in-migration. Compared to the seven-county Portland Metropolitan area, a larger share of the City's population is in the 20-44 working age group.

As displayed in the table to the right (source: U.S. Census, 2000 & 2010), patterns of growth and decline among different age groups, races, and geographic locations are observable from 2000-2010. The city of Portland lost population at both ends of the age spectrum (those 0-19 and 65 and older) while Portland's inner and outer suburbs gained population across all age categories, with particularly strong growth of middle-age individuals age 45-64; the inner and outer suburbs have grown due to in-migration from this group from outside the metropolitan area and from city-to-suburb moves. Future aging in place is expected across all regions due to a large pre-retirement age population, especially in the suburban areas. Areas of major concentrations of older adults in Portland include the central city, other blocks to the west of the Willamette River, the eastside areas around Parkrose, Argay, Gateway, Montavilla, and Woodstock.

2010 - 2000

All

	Total	00-19	20-44	45-64	65-PP
Portland	54,717	-156	26,094	28,932	-153
Inner	104,871	15,654	11,533	55,595	22,089
Outer	138,540	24,165	14,820	68,593	30,962
Metro	298,128	39,663	52,447	153,120	52,898

White, Non-Hispanic

	Total	00-19	20-44	45-64	65-PP
Portland	22,115	-9,371	14,904	19,128	-2,546
Inner	17,971	-18,183	-16,331	35,865	16,620
Outer	84,433	243	-1,803	57,373	28,620
Metro	124,519	-27,311	-3,230	112,366	42,694

Hispanic

	Total	00-19	20-44	45-64	65-PP
Portland	19,224	7,803	7,366	3,491	564
Inner	42,960	20,003	15,142	6,614	1,201
Outer	36,818	17,149	11,368	6,937	1,364
Metro	99,002	44,955	33,876	17,042	3,129

Other Non-Hispanic

	Total	00-19	20-44	45-64	65-PP
Portland	13,378	1,412	3,824	6,313	1,829
Inner	43,940	13,834	12,722	13,116	4,268
Outer	17,289	6,773	5,255	4,283	978
Metro	74,607	22,019	21,801	23,712	7,075

A review of migration patterns from Multnomah County from 2012-2017 for the age 65 and older population showed that in-migration and out-migration were nearly balanced; the net flow of migrants for Multnomah County was +13. By contrast, the net flow for Multnomah County for the 20-34 age group was +4,004.

Metroscope population projections by the regional government, Metro, were compared with a Hamilton-Perry model. The Metroscope model is largely employment driven, which makes sense as workers need housing; the Metroscope projections estimates housing demand and supply and generates estimates of housing that is needed across the region. Metroscope provides a forecast of *households* by age, forecasting the number of persons living in households where the householder is a certain age, for example, age 65 and older. Due to the strong workforce orientation of Metroscope, and because it does not track age cohorts through time, we have some reservations about the ability of Metroscope to forecast the future location of older households.

The Hamilton-Perry forecast uses a cohort-component model based on trends in age data from the 2000 and 2010 Censuses. A weakness of the model is that it is based on the 2000-2010 population data, which includes the Great Recession of 2008 but not the subsequent recovery. Following the recession, a boom in multi-family housing construction in the city occurred and, after 2010, there was an influx of younger households moving to the city. Still, the model should perform well for the age 65 and older population, many of whom were in their 40's and 50's in 2010, the beginning of the forecast period, and most are likely to remain in the same residence through their 60's.

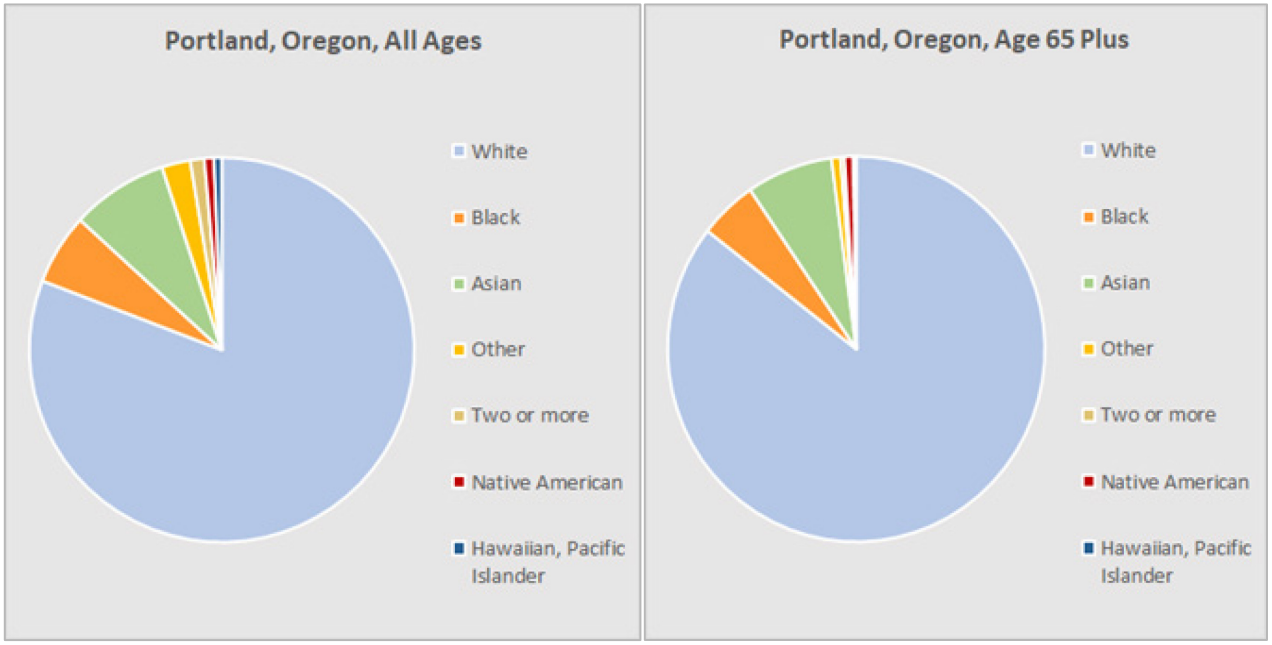
The Hamilton-Perry forecast suggested more growth of the age 65 and older population in areas with a concentration of 2010 retirement and pre-retirement-age population. The Metroscope forecast suggested more growth of the age 65 and older population in areas with new apartment and condominium development.

Additional findings available in Part 1 - Population include:

- Comparisons of mid-sized U.S. cities to Portland with respect to age structure. In 2015, Portland's age 65 and older population (12.0%) was most similar to Oklahoma City (11.9%) and Seattle (12.1%).
- Additional comparisons between Portland city, its inner suburbs, and its outer suburbs from 2000-2015.
- Trends related to age, land use/zoning designations, and net migration, which show shifting patterns of households in single family, multifamily units, and mixed use zones.

Part 2 – Race

Portland is a mostly White city, generally similar to comparison cities Seattle and Minneapolis. The largest racial/ethnic group in the city and for both the entire population and persons age 65 and older was White non-Hispanic. As the charts below show, non-White groups are the minority of the population, and there are even fewer non-White older persons, in part due to recent immigration of younger minority persons (source: American Community Survey, 2013-2017).



The table below details the number of people age 65 and older in each of the race categories over the past two censuses (source: U.S. Census, 2000 & 2010). Outside of the White non-Hispanic population, the two largest populations are older Blacks and Asians, with Asians surpassing Blacks in 2010.

Race, Hispanic Origin 65+	2000			2010		
	Male	Female	Total	Male	Female	Total
White, non-Hispanic	20,840	32,943	53,783	21,169	29,863	51,032
Hispanic	349	420	769	579	747	1,326
Black	1,142	1,713	2,855	1,389	1,857	3,246
Asian	1,204	1,560	2,764	1,866	2,336	4,202
Native American	108	154	262	143	169	312
Hawiian, Pacific Islander	14	20	34	40	50	90
Other race	121	139	260	184	217	401
Two or more races	323	439	762	305	383	688

Below are additional trends related to age, race, and location for White non-Hispanic, Black, Hispanic, Asian, and Native American older adults:

White non-Hispanic:

- The age 65 and older White non-Hispanic population of Portland decreased from 53,783 persons in 2000 to 51,032 in 2010 (-2,751).
- In 2000 this group was about equally distributed between Portland and its inner and outer suburbs. By 2010, the numbers shrank slightly in Portland and grew substantially in the suburban areas.

Black:

- The age 65 and older Black population of Portland increased slightly from 2,855 in 2000 to 3,246 in 2010 (+391).
- The greatest loss of older Blacks was in the Albina core area, where the 2010 number dropped to as little as 61% of the number in 2000.
- By the 2010 Census, there was a major redistribution of Blacks to east Multnomah County, Gresham, and to suburbs in Clackamas and Washington Counties and to Clark County in Washington.

Hispanic:

- Both in 2000 and 2010, the numbers of Hispanics age 65 and older were relatively small (769 and 1,326, respectively); however, from 2000 to 2010, the numbers nearly doubled (+557).
- Concentrations of Hispanics (all ages and age 65 and older) can be found throughout the Portland metro area, including in Multnomah, Washington, Clackamas, and Clark Counties.
- In the city of Portland, the largest concentrations of Hispanics in 2010 were in Portland's east and southeast neighborhoods.
- There are relatively few Hispanics age 65 and older, but there are substantial numbers in the 50-64 age group who will pass age 65 in the next two decades.

Asian

- The city of Portland's age 65 and older Asian population grew from 2,764 in 2000 to 4,202 in 2010 (+1,438).
- The Asian population of Portland includes culturally diverse groups who settled in Portland at different times, with the two largest groups (all ages and 65 and older) being Chinese and Vietnamese.
- The largest concentration of Asians age 65 and older in Portland is in the southeastern corner of the city, which is also the area of greatest growth for Asians age 65 and older.
- Hawaiians and Pacific Islanders: This is a relatively young population, with the numbers falling off sharply over age 50.

Native Americans

- The number of older Native Americans in Portland is small. There are substantial numbers in the pre-65 age groups that could foretell growth.
- The total number of Native Americans was less than 1% of Portland's 2010 population (5,779 of 583,776).
- The Native American population (all ages and 65 and older) is widely distributed across the Portland metropolitan Area, with several concentrations.

Additional findings available in Part 2 - Race include:

- Comparisons of mid-sized U.S. cities to Portland with respect to race of their older adults. Although Portland's two largest minority populations are Blacks and Asians, they are small compared to many other cities.
- Population pyramids of the different racial groups are offered. These visualizations show how the age-gender structures have changed over time and how they differ from one another.
- Mapping of race by age (ages 20-44 and 65 and older) throughout the metropolitan area; additionally, diversity indices are provided, which detail how similar or diverse a census tract is, compared to those within the tract.
- Additional details regarding housing and locational patterns for Blacks by age, including trends in the historic Albina community in the city of Portland.

Part 3- Disabilities

Data from the American Community Survey (see the table on the right for survey items and questions) were used to understand disability trends in Portland and the region. These six disability questions are not asked as part of the Census.

Survey item	Wording of question
Hearing	Is this person deaf or does he/she have serious difficulty hearing?
Vision	Is this person blind or does he/she have serious difficulty seeing even when wearing glasses?
Cognition	Because of a physical, mental, or emotional condition does this person have serious difficulty concentrating, remembering, or making decisions?
Ambulatory	Does this person have serious difficulty walking or climbing stairs?
Self Care	Does this person have difficulty dressing or bathing?
Independent living	Because of a physical, mental, or emotional condition, does this person have difficulty doing errands alone such as visiting a doctor's office or shopping?

In general, the prevalence of multiple chronic diseases or disabilities begins increasing for people who are in their 70s and 80s (Santoni, et al., 2015). The incidence of reported disability rises with age for all six disability types for Portland, and increases in disability prevalence with age are greatest for those with ambulatory, independent living, and hearing disabilities.

According to 5-year data from the ACS, 38% of all those age 65 and older living in the city of Portland had at least one disability, and disability prevalence varied based on several characteristics:

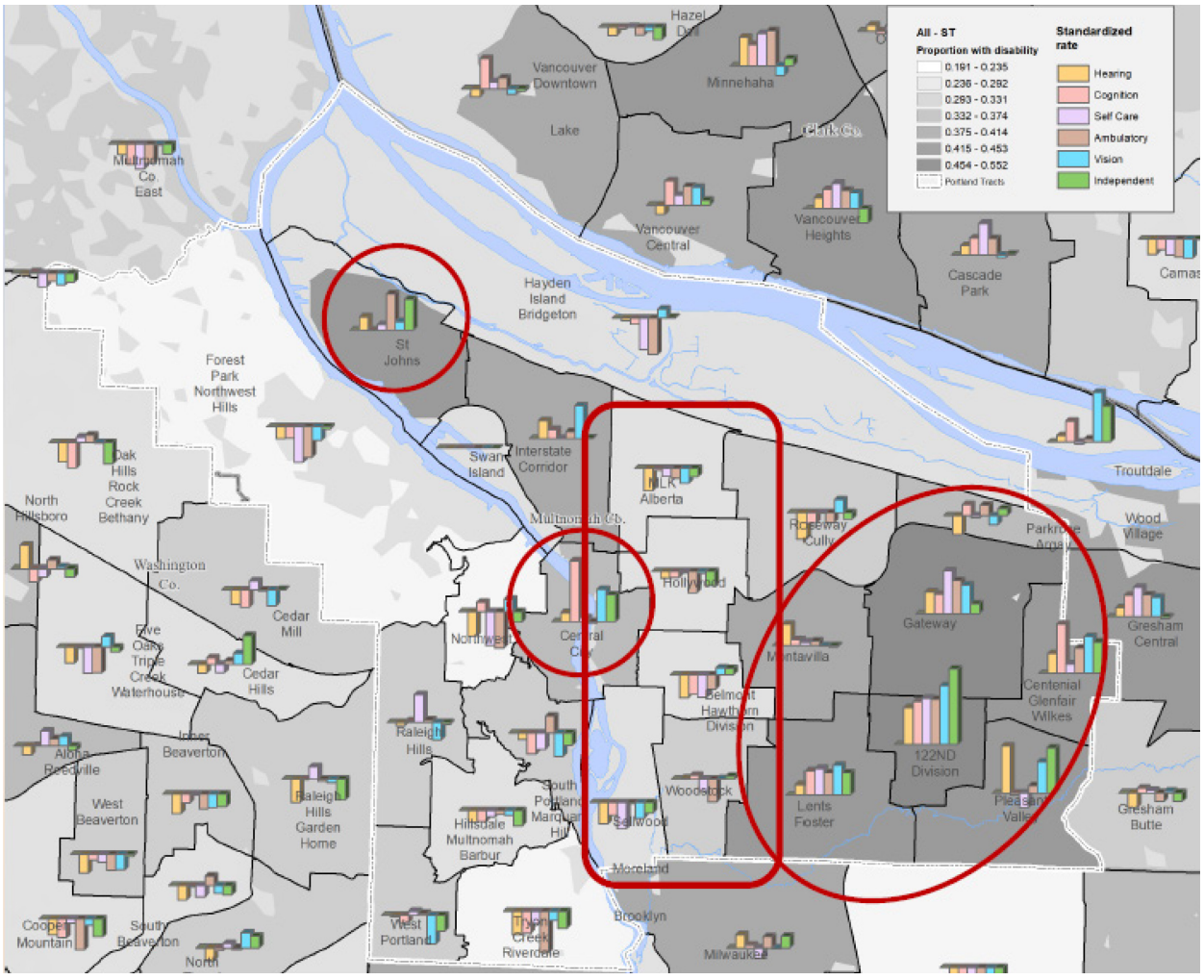
- Households (based on 5-year ACS 2017): Disability prevalence was higher for households with incomes under $80,000 and those with non-married residents.
- Individuals (based on 5-year ACS 2018): Disability prevalence was higher for those with lower educational attainment and those closer to or below poverty line.
- The impact of income on incidence of disability appears to be greater for the older age groups in the city of Portland compared to those in the inner and outer suburbs.
- For younger persons, cognitive disability is more prevalent than ambulatory, independent living, and self-care disability.

Analyses of disability by housing type and housing tenure (i.e., own vs. rent) yielded several variations that are noteworthy:

- The number of older persons with a cognitive disability increases with age, as does the proportion of people living in group quarters.
- For people with hearing and vision disabilities, the number of older persons in single-family housing is higher than for other types of disability.
- In general, people with a disability are more likely to live in an apartment, rather than a single-family home that is owned.
- People in their 70s and later with a disability are more likely to live in group quarters than those without a disability.
- Those with independent living, self-care, or cognitive disabilities are more likely to live in group quarters beginning in their 60s.

This project emulated an analysis approach from the City of Portland known as 20-minute neighborhoods, called *supertracts* in this project and extended to the seven-county Portland Metropolitan Area. Portland's 20-minute neighborhoods were designed to provide people access to commercial services and amenities as pedestrians, cyclists, or on public transit. The approach combines census tracts to help reduce the amount of sampling variability in the data and allows the grouping of tracts to have recognized names, such as MLK-Alberta and Belmont-Hawthorne-Division. Several notable disability trends for the 65 and older population emerged (see corresponding table, below):

- The high values on all or most of the six types of disability appear in Portland's the St. Johns area and outer eastside areas, e.g., Gateway, 122nd-Division.
- The preponderance of mostly low values is in the band of neighborhoods within the inner eastside of the city, e.g., Hollywood, Belmont-Hawthorne-Division.
- The anomaly of high rates of cognitive disability is in the Central City.



Additional findings available in Part 3 - Disability include:

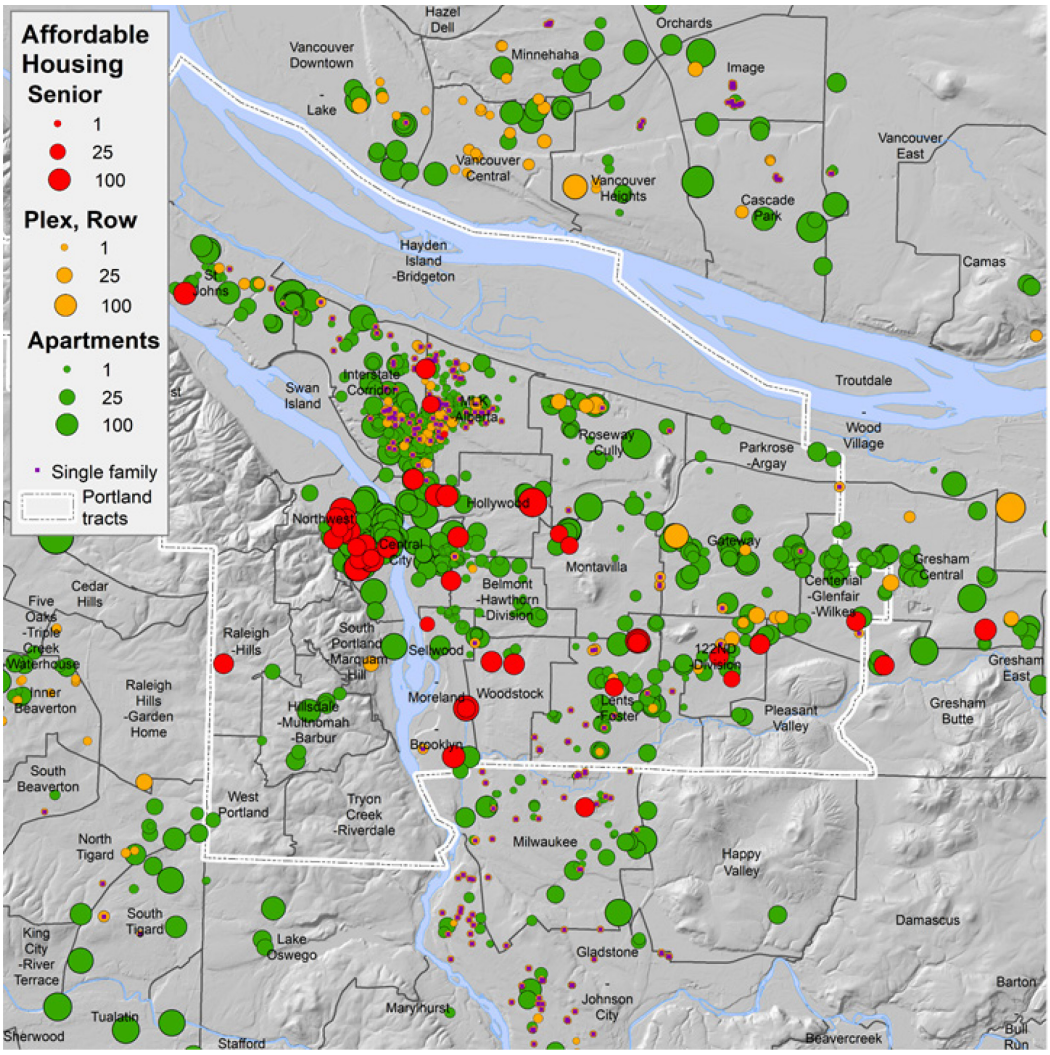
- A deeper exploration of disability as it relates to income, age, geographic locational, housing type and tenure (rent/own), and insurance type (public/private).
- A detailed mapping of trends related to disability compared by age, type, and race.

Part 4 - Housing

The largest number of persons age 65 and older in Portland are living in single-family owner-occupied homes; many have lived there for 20 or more years and have been aging in place. There are also many older adults residing in neighborhoods that are gentrifying, and those residents' incomes are typically less than half of the younger households moving in.

For householders ages 35-59, 58% are married couples residing in single-family owner-occupied housing. More householders age 75 and older are found in multi-family developments with 20 and more units, perhaps because larger developments tend to have elevators. A smaller number of older persons live in rental housing, mainly apartments. These people either have not had the resources or have chosen not to purchase a home. Most of these older households are rent burdened, paying more than 35% of their income on rent.

Metro's 2018 Affordable Housing Database lists 21,021 affordable housing units in developments with five or more units in the city of Portland. 5,359 of these housing units were restricted by age, income, and/or disability status. Since disabilities increase with age and are more common for lower income persons, eligibility may occur before the threshold age criterion for a development, usually age 55 or 62.



Whereas market-rate assisted living developments are looking at the impending wave of baby boomers, this wave has already crested for residents of affordable housing. Most of the affordable housing developments have long or closed waiting lists, and many more persons are qualified than there are available units. From 2000 to 2009, 1,495 affordable units for seniors were added; from 2010 to 2019, only 377 units were added. Since most of the households are small, mainly one person, most of the housing consists of studio and one-bedroom units, and most of the affordable housing units are independent living, not providing the level of care like that in licensed assisted living developments.

Additional findings available in Part 4 - Housing include:

- An exploration of the age of affordable housing and the structure type, e.g., high-, mid-, low-rise buildings. Most are multifamily and built before 1990 (the passage of the Americans with Disabilities Act.
- Examples of many affordable housing developments for older adults are given, with deep dives into the characteristics of the people living in the block in which they are located, including age distribution, gender balance, household types, and racial composition.

Part 5 - Livability

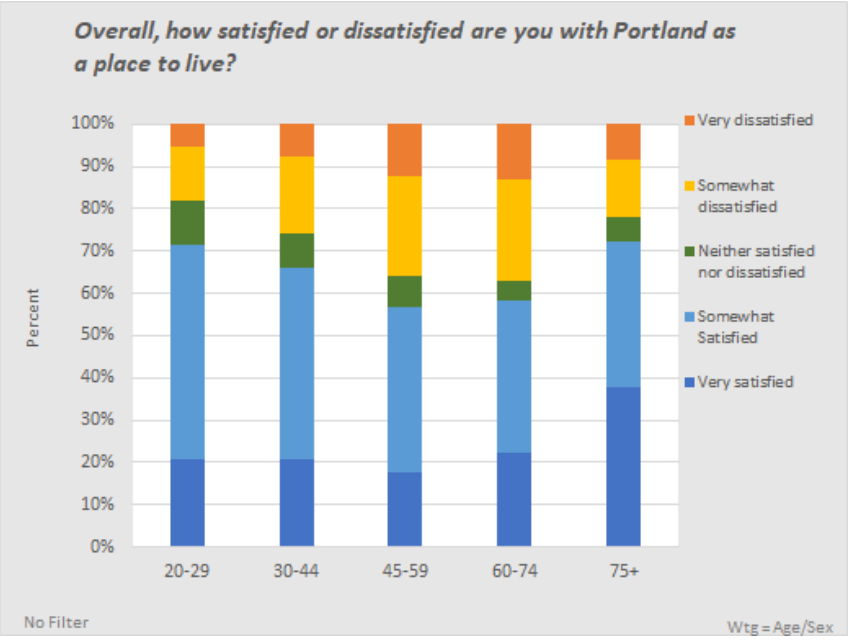
The 2019 Portland Insights Survey was conducted by the City of Portland and received over 8,814 complete responses from Portlanders. Although the respondent pool was more White and more affluent than the general population of Portland residents, the 2019 survey increased representation from communities of color compared to the 2016 Auditor's Survey**.** For the present study, only residents of the city of Portland age 20 and older were included in the analyses (N ≤ 7,645). The 30 quantitative questions pertained to Portland as a place, Portland as opportunity, safety issues, services and environment, and disaster preparation

General Findings

- Respondents' age was related to the responses in a majority of survey items, but in varying ways; sometimes there was little difference by age group.
- In other cases, the responses of older and younger adults diverged. For example, older persons were more dissatisfied with the condition of streets, sidewalks, and public spaces, with the condition of roads, and with new construction in their neighborhoods. Alternatively, with respect to protection by police from violent crime and from property crime, satisfaction levels, while low, increased with age.
- Respondents age 75+ often held the most positive views, occasionally in tandem with the youngest age group (20-29).
- Generally, age group differences or similarities remained consistent in the sub-analyses by income, race/ethnicity, gender identity and rent/own status.
- In addition to respondents' age, often, responses also differed by respondents' household income, race/ethnicity, gender identity, and rent/own status.

Portland as a Place

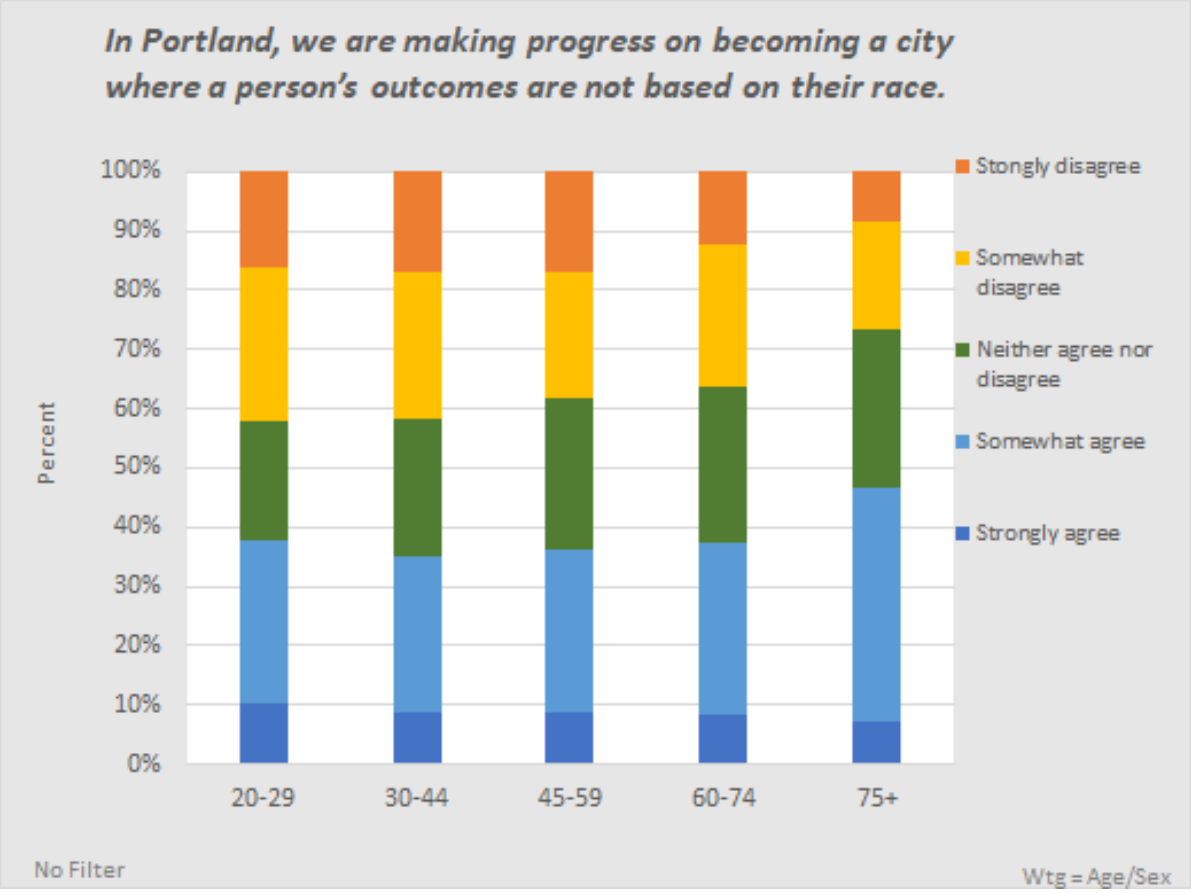
- Feelings about Portland as a place were mixed. Satisfaction/positive views either generally declined with age (except for the 75+) or remained consistent across age.
- The majority of respondents did not feel positive about the future of the city, were not satisfied with Portland as a place to raise children and did not feel that it was easy to get needed information from the City.
- Alternatively, most respondents were satisfied with Portland as a place to live, as a place to work or go to school, and as a place to be



part of a community. For example, in the chart at the bottom of the previous page, the majority of respondents felt satisfied with Portland as a place to live, although this was true for even more of those in the youngest and oldest age groups.

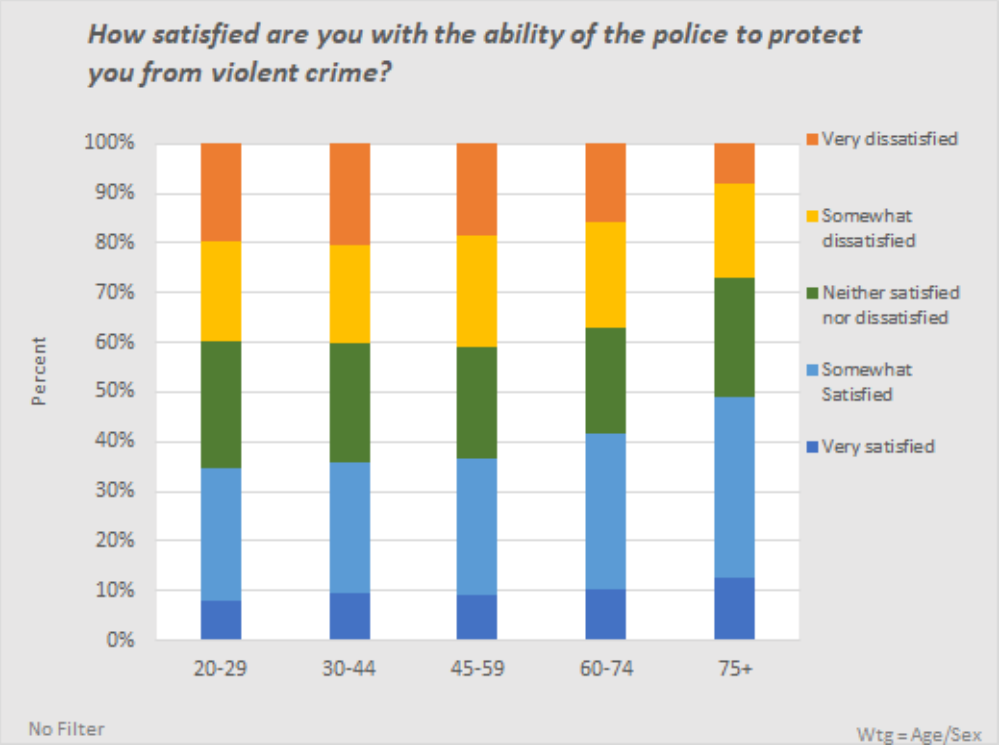
Portland as Opportunity

- Overall, the majority of survey respondents did not see Portland as a place for opportunity with respect to racial equity, finding a job with sufficient income, keeping one's home, and influencing City decisions. The exception was access to education and training.
- For most but not all items, agreement/satisfaction declined with age.
- As detailed in the chart below, less than half of all respondents, in any age group, agreed that progress is being made on becoming a city where a person's outcomes are not based on their race. There was not much difference by age, except those 75+ were more likely to agree and less likely to disagree.



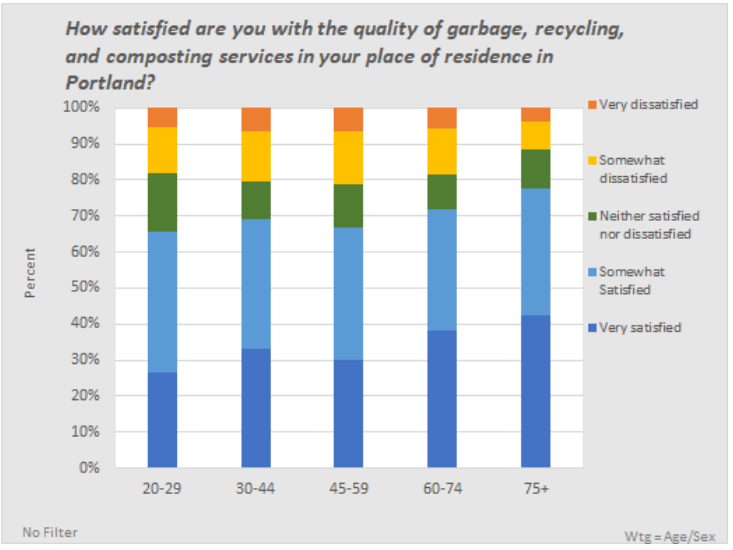
Safety Issues

- Most respondents in all age groups felt safe walking during the day or night in their neighborhoods.
- Most respondents in all age groups also felt safe walking during the day in the central city; however, at the time of this survey – even before the pandemic and protests for racial justice – a majority of Portlanders, regardless of age, did not feel safe walking at night in the central city.
- As detailed in the chart on the right, most respondents were not satisfied with police protection from either violent crime or property crime, although satisfaction generally increased with age.

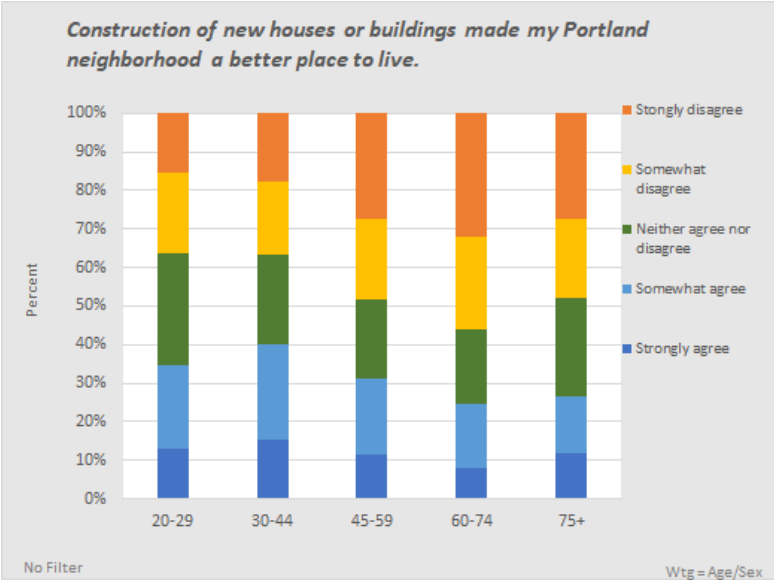


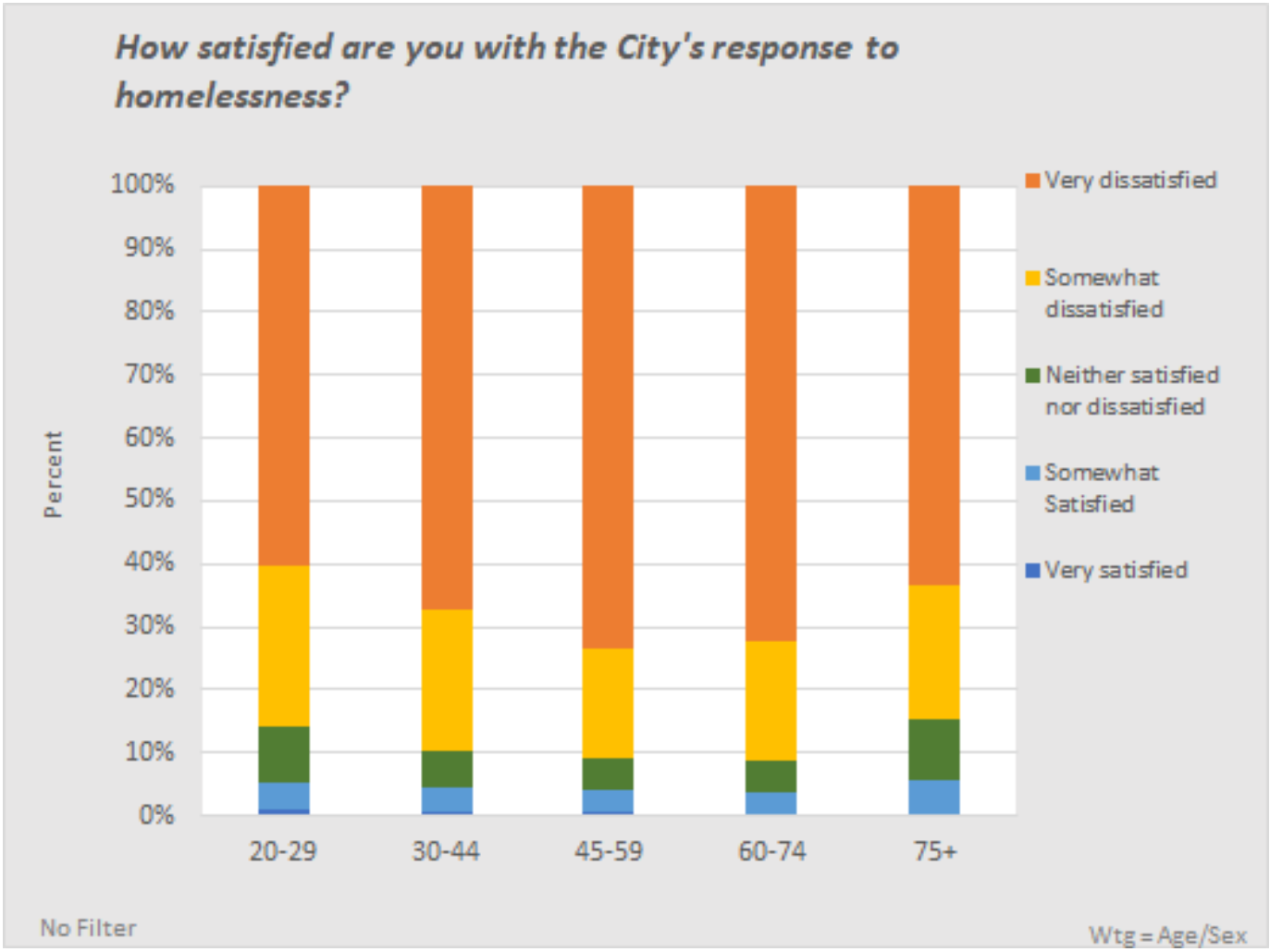
Services and Environment

- Satisfaction was mixed with respect to City services and the city's environment. For features where negative reactions predominated, those negative feelings generally increased with age. For features viewed positively, reactions generally became more positive with age.
- The majority of respondents in each age group were satisfied with:
    - the reliability of their daily commute
    - the quality of residential garbage, recycling, and composting services (see chart on right)
    - water quality of Portland's rivers and streams
    - the safety of parks and natural areas
    - the cleanliness of parks and natural areas.



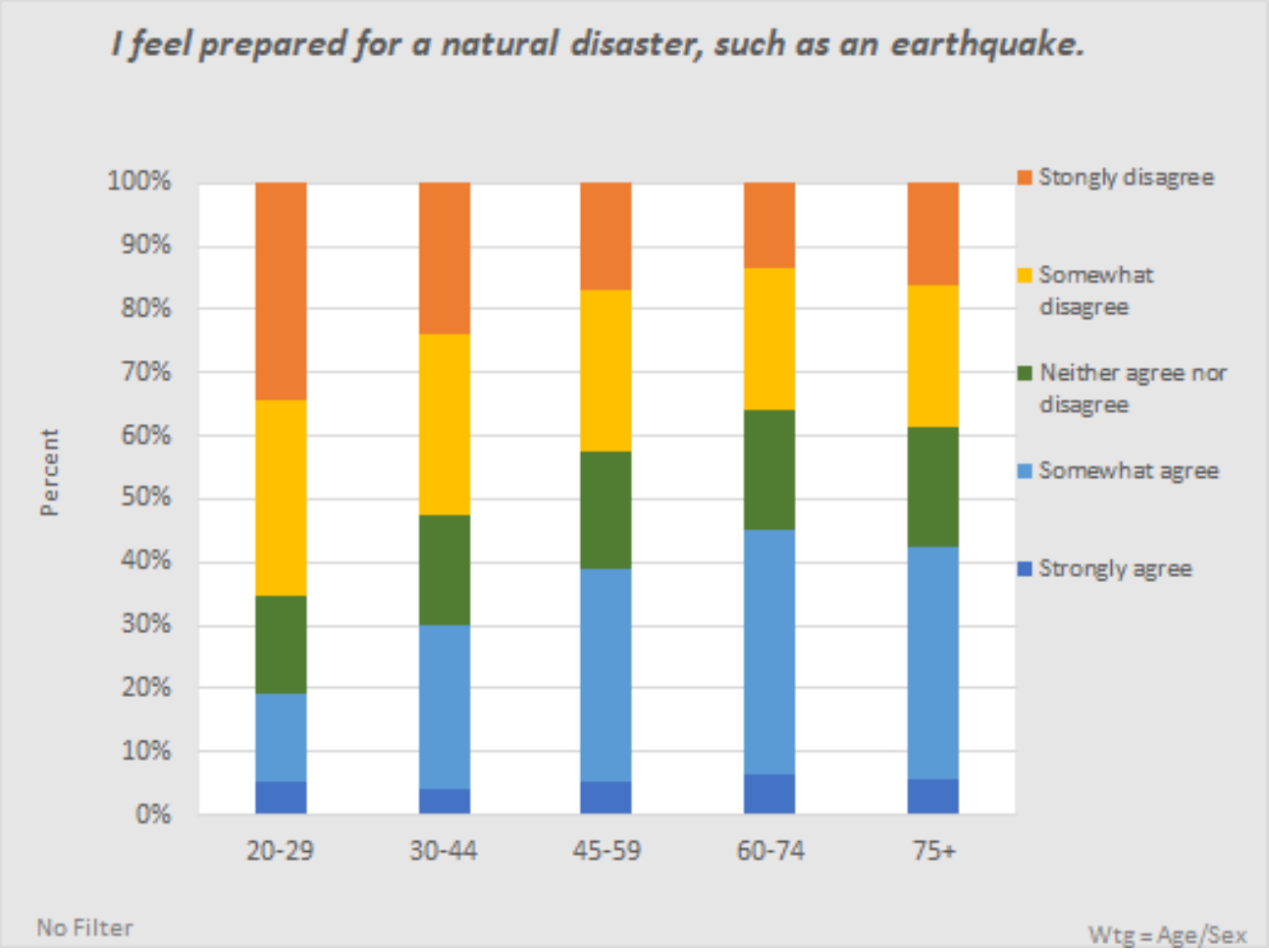
- The majority of respondents were dissatisfied, however, with respect to:
  - construction in the neighborhood (see chart on right)
  - the cleanliness and physical condition of streets and roads
  - commute traffic and safety
  - the value of the City utility (sewer and water) bill
  - the City's response to homelessness, where satisfaction declined with age until age 75+ (see chart below).





Disaster Preparedness

- Most respondents did not feel prepared for a natural disaster, such as an earthquake. Well under half of respondents in any age group, and fewer than 20% of those age 20-29, said they felt prepared.
- Older respondents reported more preparedness than younger respondents.



Additional findings available in Part 5 - Livability include:

- Related the Action Plan for an Age-Friendly Portland (Action Item 5.1 – Foster Meaningful Involvement of Older Adults in Citywide), many respondents disagreed that they have power to influence City decisions, although differences in age existed.
- Detailed examination of the effects of income, race/ethnicity, gender identity, and rent/own status, in addition to age, on Portlander's views of the city's livability. Typically, respondents with lower incomes, who were members of a minority group, who did not identify as male or female, and/or who rented rather than owned their residence had less positive views.

Conclusion and Recommendations

As detailed above, this project is intended to inform the City of Portland and other government partners, collaborators in the aging network, and stakeholders who are interested in making Portland and the region a better place to grow up and grow old. We hope that this report will spur additional research, but that it will also lead to action through improved awareness, policies, and practice.

Future data analyses:

- The tables in the State of Aging report should be updated when the 2020 U.S. Decennial Census data become available in September 2021. This will provide an opportunity to compare trends, extending the 2000 to 2010 analyses carried out in this report.
- The American Community Survey (ACS) and related Public Use Microdata Sample (PUMS) data provide a wealth of data on a annual basis, much of which is more detailed than the Census (note: challenges with sample size must be considering when analyzing these data).
- We encourage the use of *supertracts* an analysis approach, which combines census tracts – like Portland's 20-minute neighborhoods approach – which assists in reducing the amount of sampling variability in those annual data; it also allows the grouping of tracts to have recognized names in the region (e.g., MLK-Alberta).
- Updates to population forecasts be Metro should be considered (see Part 1-Population and the accompany PowerPoint for details on the Metroscope and Hamilton-Perry projections).
- Findings from the 2019 Portland Insights Survey revealed that, more often than not, in addition to the age of respondents, respondents' views also differed by respondents' household income, race/ethnicity, gender identity, and rent/own status; related analyses of Census and ACS data often revealed significant differences by neighborhood.
    - To assure that future surveys of Portland's livability reflect as best possible the views of Portland residents, every attempt should be made to maximize participation in the survey by the full range of Portlanders with respect to age, disability status, race/ethnicity, income, gender identity, whether they rent or own their residence and neighborhood in the city.
    - In addition, survey responses should be analyzed specifically examining these characteristics in order to best understand the similarities and differences among residents.

Equity and age:

- The City of Portland does not define age, specially, as an equity issue. However, as we discovered in these analyses, individuals who identify as Black, Indigenous, and/or a Person of Color (BIPOC) experience aging, disability, displacement, income, and other factors across the life course with more challenges and barriers, as compared with White non-Hispanics and other subpopulations.

- Considering a life course approach to aging and health, we assume that people accumulate advantages and disadvantages that can affect their quality of life and well-being. BIPOC and low-income communities, in particular, are faced with adverse environments and outcomes, when compared with White non-Hispanics and people with higher incomes.

Translation of Research into Policies and Practices:

- The section on housing points to the real and immediate need for more affordable housing for older adults, especially housing for those at or below 30% of Area Median Income (and at or below 50%). This should be a foremost priority for housing agencies in Portland, the region, state, and federal levels.
- As the livability section notes, meaningful community engagement is both desired and needed. Local governments and community organizations should increase the opportunities for engagement by older adults and youth, people with disability, low-income individuals, and other who have not had a "seat at the table" to date.

Implementation of Existing Policies and Plans:

- The Action Plan for an Age-Friendly Portland offers a roadmap for age-friendly actions that address the physical, social, and service environments. Although it was accepted in 2013, many of the action items remain relevant today.
- The City of Portland's 2035 Comprehensive Plan offers many age-friendly policies and directions that can shape a more age-friendly future. Implementation efforts are underway, but more can be done to address aging across the life course, especially for BIPOC and low-income communities. As this study has highlighted, there are areas of the city that have higher proportions of people with specific disabilities, displacement pressures, and other challenges to meet not only their daily needs, but their ability to thrive and find health and well-being.