Building an Age-friendly Durham

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Mayor's Innovation Project 2026 Winter Meeting

Born in Wilmington, North Carolina

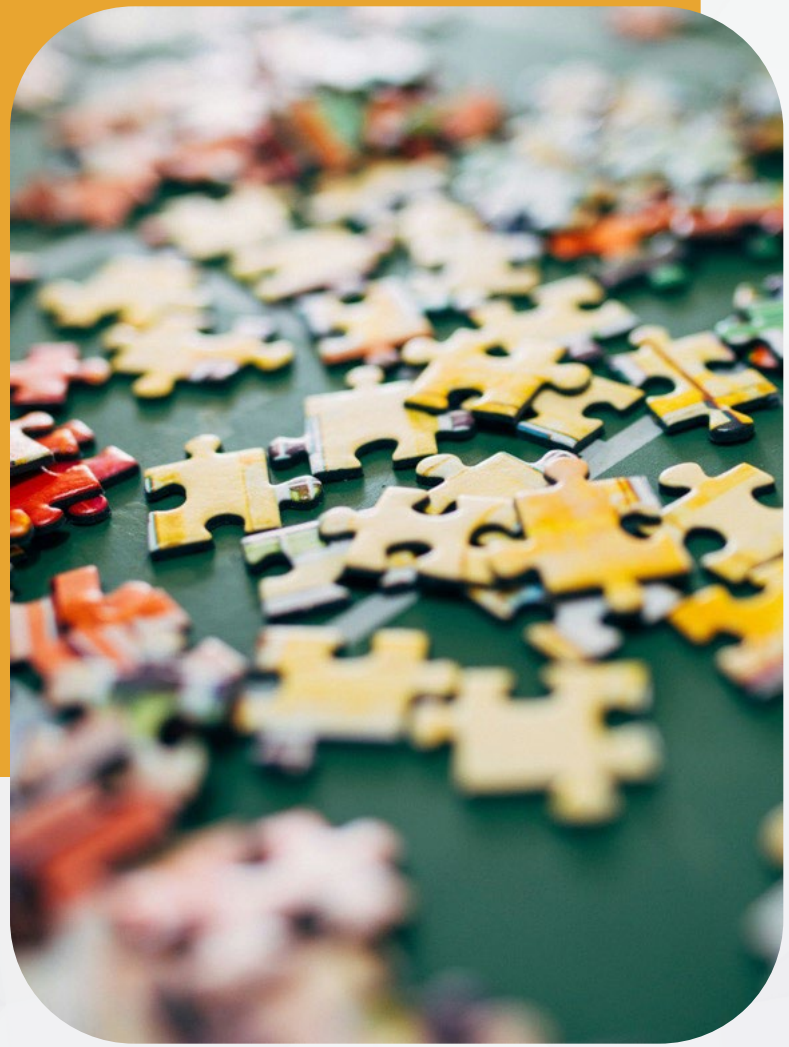
A Durham resident for more than 30 years

Aging Well Durham’s first Executive Director





Durham is a community where all adults age well.



Role with Durham Aging Plan

- Convene working groups to identify community gaps, strengthen existing age-friendly assets or create if missing
- Participate actively in coalitions that are also working to improve quality of life for Durham
- Work in solidarity with aging adults to amplify priorities and for advocacy
- Share age-friendly models and practices

Why Durham Needs an Aging Plan

Table 2 Projected Population Change, 2022-2042, Durham County[42]

Age	2022		2042		% Change 2022-2042
	County #	County %	County #	County %	
Total	334,379		418,972		25%
0-17	75,069	22%	84,300	20%	12%
18-44	140,442	42%	169,143	40%	20%
45-59	57,610	17%	74,309	18%	29%
60+	61,258	18%	91,220	22%	49%
65+	44,884	13%	68,719	16%	53%
85+	4,863	1%	12,103	3%	149%

Why Durham Needs an Aging Plan

- **The number of adults in the US who will develop dementia is projected to double by the year 2060 from approximately 514,000 to 1 million each year**
- **77% of older adults want to remain in their homes for the long term**
- **Older adult homeownership is decreasing as the number of renters 65 years and older is growing from 7.4 million in 2020 to 12.9 million in 2040**

Why Durham Needs an Aging Plan

- **Improved public infrastructure for all**

- **Strengthened intergenerational connections – challenging the narrative that youth and older adults do not have shared interests and must compete for resources**



Why Durham Needs an Aging Plan

- Based on national data, older adults overwhelmingly view aging as a positive experience
- Data from the American Psychological Association reveals that people are generally more satisfied with their lives and more optimistic about growing older



Ageism

- **Stereotypes (our thoughts)**
- **Prejudice (our feelings)**
- **Discrimination (our behaviors) towards others or oneself based on age**



2025-2030 Durham Comprehensive Aging Plan

- Covers nine domains of livability
- Created over 18 months by 6 livability groups and 9 listening sessions
- Created by more than 220 individuals from Durham's civic, public and private sectors
- More than 50 lead agencies, including Durham City and County government departments will be involved in the Plan's implementation over the next 2-4 years



City of Durham Departments – Lead Agencies & Partners



- City of Durham Transportation Department
- City-County Emergency Management
- Durham Community Safety Department
  - Durham's Continuum of Care
  - "HEART" (Holistic Empathetic Assistance Response Tea ms)
- Housing and Neighborhood Services
- Planning and Development

Supporting the Work

1. Join the Network of Age-friendly Communities and States
2. Be actively involved in your community's age-friendly process – from engagement to evaluation
3. Promote your community's Age-friendly Plan & activities by dedicating City resources – funding, collaboration, time
4. Listen to older adults, unpack your own biases about aging and challenge ageism

Thank You

www.agingwelldurham.org

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