

*TRANSPORTATION SERVICES:
Coolidge Expansion and Impact*

Sudbury Council on Aging

9 January 2017

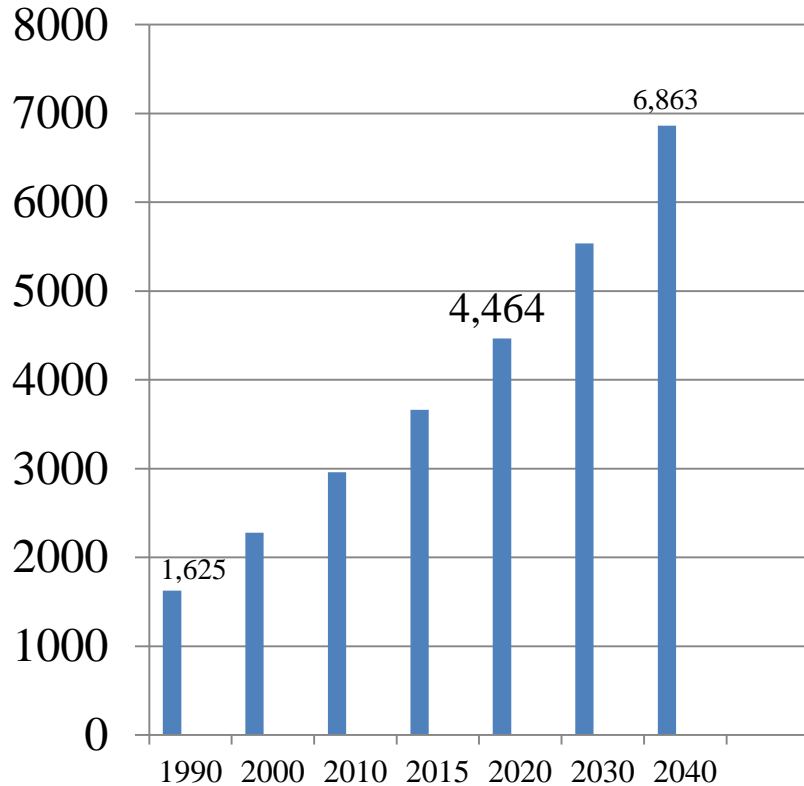
CoA Request

Given already strained town transportation services for seniors and disabled, the CoA requests that Coolidge partner with the Senior Center and MWRTA by providing annual support (lease or purchase vehicle, plus operating costs) of an accessible van:

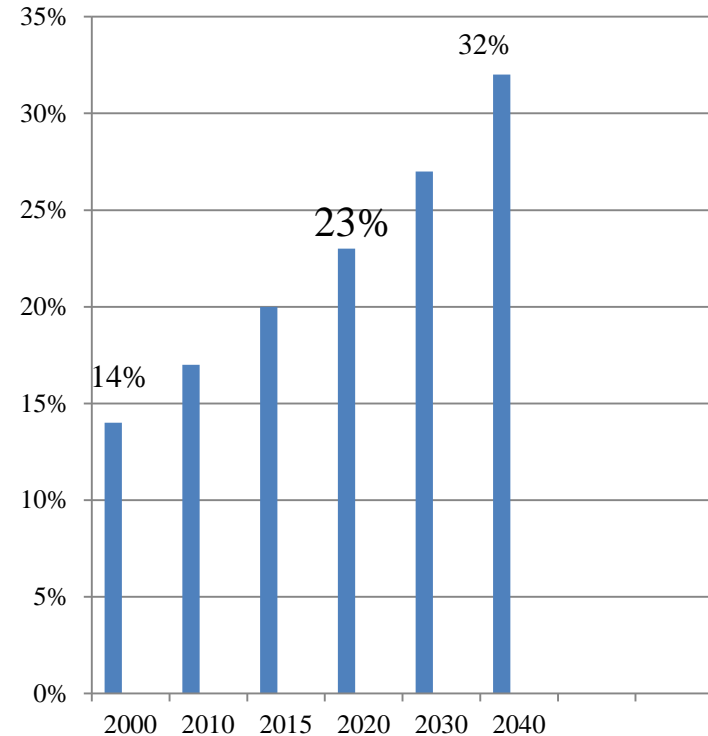
- To meet needs of Coolidge residents,
- To offer social engagement opportunities among current Route 20 senior residences (e.g., Coolidge, Maple Meadow, Spring Hill, Meadow Walk, Longfellow Glen, etc.) as well as access to Town resources, and
- To connect with potential future transportation services along Route 20, from Marlborough to Wayland.

Growth of Older Adults - Sudbury

Number



Percentage of Total



NOTE: Data for 2020 and beyond do not take into account Coolidge phase 2, Meadow Walk, or future developments.

Available Transportation

- Current services
 - Two CoA accessible vans (M-F, 8:30 AM – 4 PM)
 - Kiessling (MWRTA vendor) van (Tues, Thurs, 7- 8:30 AM, 4-7 PM)
 - Possible MWRTA connections for longer trips (including fixed route busses and access to Boston Longwood hospitals and to MBTA transit)
- Limitations
 - Unmet needs for transportation beyond current resources
 - Complexity of using available MWRTA services for longer trips
 - Inflexibility (fixed schedules and required reservation)

Sudbury Reality

- Sudbury is a “car dependent community” (Mass. Healthy Aging Data Report, 2013)
- Area Agency on Aging noted sizable “unmet transportation needs” of seniors and disabled in Sudbury (Bay Path, 2016)

“[The] state’s over-65 population is growing at record pace.... But with 70% of Americans over 50 living in suburban or rural areas with little or no public transportation, a person’s home is not just his castle but his [*sic*] prison.” (Boston *Globe* 2015)

Transportation Is Key to Healthy Aging

- “Lifeline to independence” (Shillman House)
 - Groceries
 - Medicines
 - Errands
 - Social/cultural activities
- Addresses “diminished social connectedness,” (AARP Foundation Report)
 - Isolation and poor health are linked (CDC)
 - “Lack of transportation” is primary risk for isolation...

Cost, Fee, Service Data

- Annual operating costs
 - Two CoA vans (drivers, insurance, fuel) = \$106,000; vehicles leased from MWRTA
 - Kiessling van, \$12,500
- Fees
 - \$1 each way in town,
 - \$2 each way out of town (MBTA fees not included)
- Each CoA van provided over 2,000 rides in FY 2016 (>11,000 miles)
- New van purchase = \$66K; lease = \$20K/yr

Sudbury population (total, and older adults)

	1990	2000	2010	2015	2020	2030	2040
Total actual (a)	--	16,481	17,510	18,317			
Total projected (b)					19,233	20,194	21,204
<i>Older Adults</i>							
60+ actual	1,625 (c)	2,277 (c)	2,958 (c)	3,660 (a)			
60+ projected (c)					3,669		
60+ projected (d)					4,464	5,535	6,863
60+ as % total (e)		14%	17%	20%	23%	27%	32%

NOTES:

- (a) Sudbury town census data.
- (b) Total town population projected at conservative 5% growth (actual = 6% growth 2000-2010 and 5% growth 2010-2015).
- (c) Research Unit, EOE, based on MISER data/projections and reported in *BayPath Elder Services, Area Agency on Aging, FY 2014-2017 Area Plan*.
- (d) 60+ population projected at conservative 24% decade-on-decade growth, which is the projected increase from 2010 to 2020 (EOEA data, as above). **NOTE: This more rapid growth does not take into account the development of age-restricted communities such as Meadow Walk and Coolidge.**
- (e) Percentages based on actual numbers for 2000, 2010, and 2015 and on projections thereafter.

Additional References:

- U.S. Bureau of the Census, *The Older Population: 2010* (www.census.gov)
- U.S. Centers for Disease Control, *The State of Aging and Health in America* (2013)
- AARP Foundation, *Framework for Isolation in Adults Over 50* (2013)
- Department of Elder Affairs, *Assessing the Needs of Elder Floridians* (2013)