



UTAH FOUNDATION

RESEARCH • ANALYZE • INFORM

Older Utahns Project

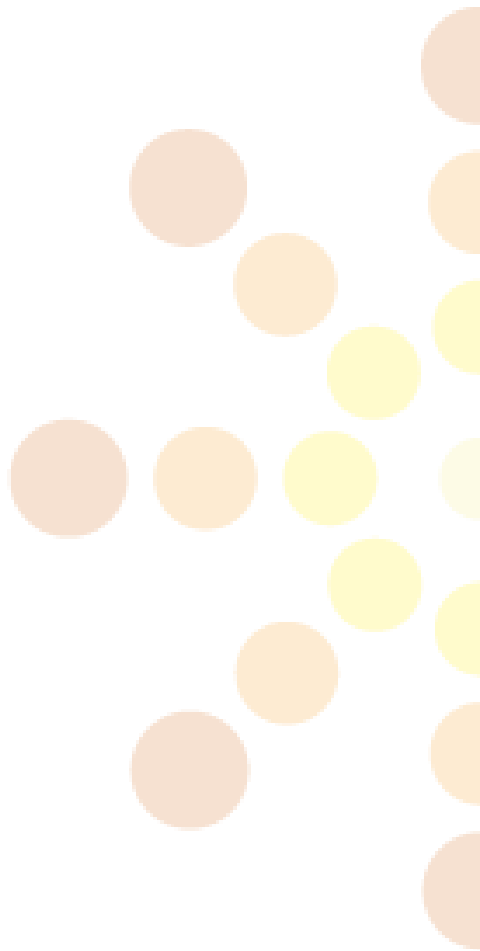
Where Utah's Municipalities Are

UCOA Quarterly Meeting – August 14, 2025

The Study

Aging in Place

- ▶ Transportation
- ▶ Housing
- ▶ Healthcare
- ▶ Social Connection



Key Policy Suggestions

A couple of policy suggestions have stuck out from the rest within the housing, healthcare, and social connection topics.

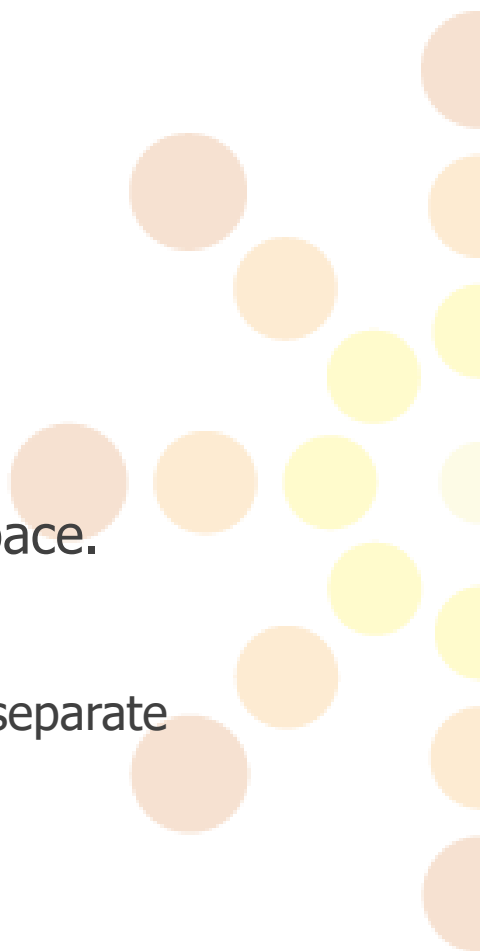




Housing

Housing

- ▶ ADUs: Internal and Detached
 - ▶ Easy downsizing in a familiar neighborhood.
 - ▶ Proximity to family/other residents.
 - ▶ Ability to remain independent in manageable space.
 - ▶ Example: Farmington
 - ▶ Subordinate single-family dwellings: DADUs but separate ownership



Farmington SSFs



Detached SSF



Corner Lot SSF



University Health Care
University Hospital

Healthcare

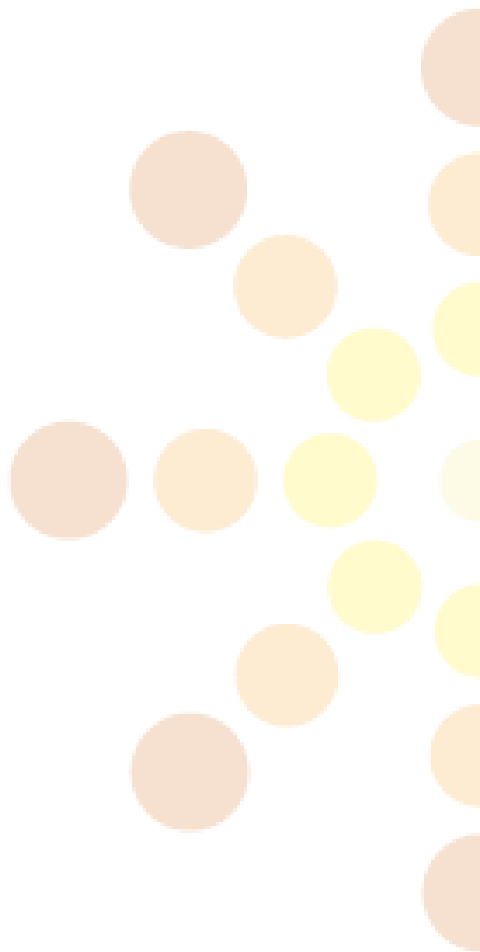
Healthcare

- ▶ Bridging Healthcare and Caregiving Teams
 - ▶ Referrals to resources/assistance accessing them.
 - ▶ Help caregivers gain access to training.
 - ▶ Smoother transitions between different teams.
 - ▶ Example: Nevada Senior Services' Hospital 2 Home Care Transitions Program





HOSPITAL 2 HOME
CARE TRANSITIONS





Social Connection

Social Connection

- ▶ Day Program Expansion
 - ▶ Build community and fight social isolation.
 - ▶ Can provide meals and transportation.
 - ▶ Access to other resources and information.
 - ▶ Example: SLCo's in-person and virtual senior centers





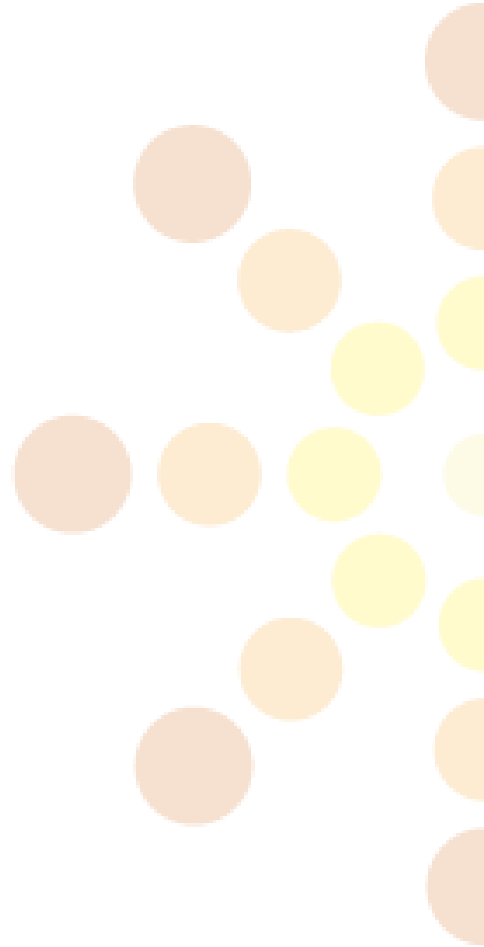
General Plan Inventory

The Utah Foundation has been taking an inventory of Utah general plans to see how cities and municipalities are preparing for an aging population.



Inventory Review

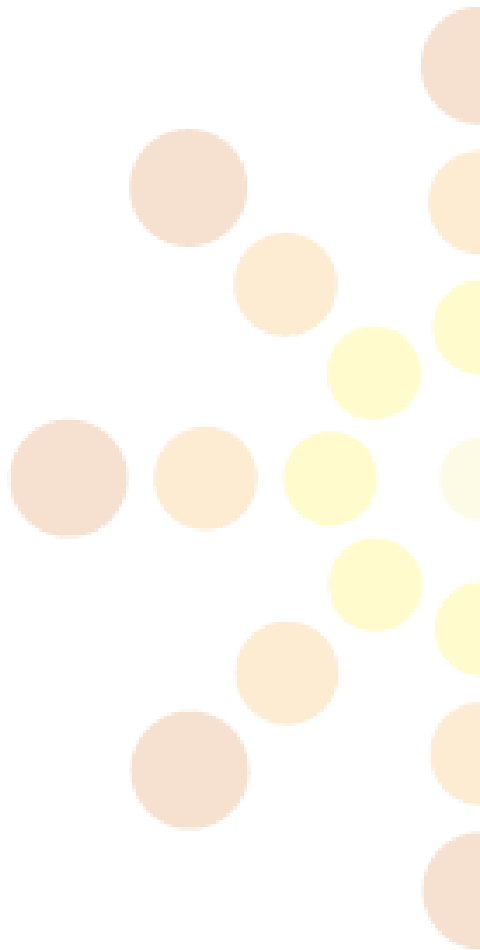
- ▶ Aging, senior, older adults
- ▶ Ages, abilities
- ▶ Accessibility



Community	Population Size	General Plan		WFRC only items (NOT REQUIRED IN GENERAL PLANS; please include any comments or additional info on				
		Link	Adoption Date (most recent amendment date)	Do plans consider "aging," "seniors," "older adults," and "adults over 55" "60" "65"?	Do plans consider "children under 10" or something similar?	Do plans consider "accessibility" or "mobility" for all abilities?	Do plans consider "walkability"?	Does the plan explicitly include goals or actions to create a "healthy community", or prioritize "health" in some way?
Alpine	10,298	Linked on municipality name	Nov. 30, 2021	Y - p. 10, 17	U - family park mention on p. 21	N	U - p. 12, 13	N
American Fork	34,422		May. 14, 2024	Y - MIH 9; P 4; B&P 186, 171, 197;	Y - MSt 39, 40, 51; P 4; B&P 52, 84, 151-154, 186, 197,	Y - B&P 186, 187, 198, 199, 204	Y- MSt "ped. friendly"; P 5; B&P 30	Y- B&P 12
Cedar Fort	417		Aug. 13, 2020	Y - 33, 37*	Y* - 37	Y - 34,	N	N

Inventory Highlights

- ▶ Most plans acknowledge aging/seniors:
 - ▶ 80/118 = 68% of GPs so far mention
 - ▶ Elements: housing, transportation, parks
 - ▶ Often use “all ages and abilities”
 - ▶ Elements with occasional depth
 - ▶ Often seen in housing elements



Notable Cities

There are four general plans in Utah that pay particular attention to aging and the needs of older adults.





Sandy

Sandy

- ▶ Increasing range of housing types/alternative housing for aging in place.
- ▶ Considers specific cultural/social opportunities for older adults.
- ▶ Mentions accessible design and access to supportive amenities.
- ▶ Existing options introduced.

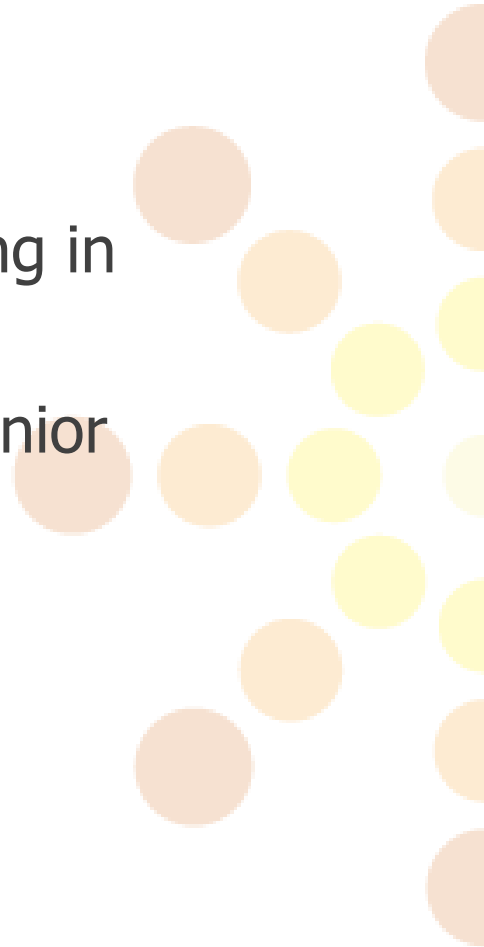




Hurricane

Hurricane

- ▶ Need to ensure affordable housing for aging in place/focus on aging in place.
- ▶ Supports and mentions diverse types of senior facilities.
- ▶ Transit options with emphasis on seniors.
- ▶ Community events for all ages.





Millcreek

Millcreek

- ▶ Focus on aging in place.
- ▶ Suggests city retrofitting/repair programs for older adults' houses.
- ▶ Need for accessibility and close distances to amenities.
- ▶ Mentions sufficient crosswalk time for older pedestrians.



An aerial photograph of a suburban neighborhood in Highland, Utah. The foreground and middle ground are filled with numerous houses, many with swimming pools, surrounded by green lawns and trees. In the background, a large body of water (Lake Powell) is visible, with a range of mountains in the distance under a clear blue sky.

Highland

Highland

- ▶ Full senior housing element in plan.
 - ▶ Multiple areas of senior housing/in-home care.
- ▶ Plans for higher quality senior services (senior center).
- ▶ Encourages universal design in all housing.
- ▶ Acknowledges “over-planning” for migration.





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