

# BACK-AND FORTH-TO BASICS

## Basic Needs at all Stages of Life



### GROCERY STORES

Even a small format grocery can cover the basics. What matters is how you can get there.



### PHARMACIES

Access to prescriptions tends to become a more pressing need as we age.



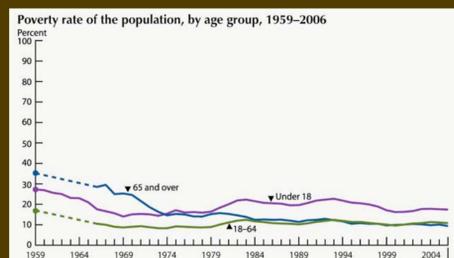
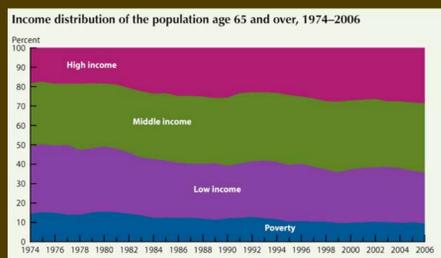
### COFFEE SHOPS

Perhaps not a universally shared need, but one some folks take very seriously.

### PROXIMITY TO DAILY NEEDS IS A FINANCIAL CONSIDERATION

*The American dream of owning one's own home may result in millions of senior households living in auto-dependent suburban homes which have lost value compared to smaller homes in more central locations where many of their services will be located.*

— Arthur Nelson, Director of Metropolitan Research, University of Utah



### DAILY NEEDS

Relying on others for basic daily needs is among the most trying aspects of aging. Groceries. Medicines. For some, even coffee and a chance to catch up on local news is seen as a need. But what happens when these needs are only served with the help of an automobile?

The result is a sense of isolation and an increasing lack of independence. That's why true lifelong communities, through zoning practices that allow for reasonable, low-intensity use mixing, ensure that many basic needs can be attended to on foot, or via transit services.

Yes, we can always turn to others for help with our day-to-day requirements. But should we have to?

### MEDICAL CARE

The percentage of seniors living in poverty has been dropping now for 50 years. Today, the potential economic impacts of the retiring Boomer generation, 60% of which possess middle or high income levels, are substantial. Bottom line, their wealth, combined with their sheer numbers, means money, and a lot of it. Communities best positioned to prosper in the next two decades will be those attractive to senior needs and preferences. A big part of that attraction is access to medical care.

From doctors to clinics to hospitals, how well is Decatur positioned to benefit from these trends? What can be done to better leverage and promote our assets?



### TOT LOTS AND PARKS

Can you walk your child to the playground? Can they walk there alone or with friends?



### WALKABLE SCHOOLS

Walking to school used to be the norm. Today it's rare, but new commitment is changing that.



### COMMUNITY GARDENS

Working—and playing—in the garden nourishes body and soul and has appeal for all ages.



### RECREATION

The idea of driving to play or to work-out seems wrong somehow. Should Soccer Moms be required?



### PUBS AND GATHERING SPOTS

Neither home nor work, the casual places where we gather are a principal part of our quality of life.



### SHOPS AND RESTAURANTS

Walkable streets, lined with shops and restaurants, are where everyday life happens.

### SERVICES AND AMENITIES

The need for easy access to services and amenities knows no age group. From tot lot playgrounds to schools and libraries to pubs and cafes to recreation, we have a desire for convenience and choice that extends throughout our entire lives.

Simply put, being able to do the things we want to do without assistance from others is the very definition of independence. Not only does such freedom take a burden off our own shoulders, it takes it off the shoulders of family, friends and providers as well.

How does Decatur stack up? From free-range kids to active seniors and all points in between, is our community making it easy?