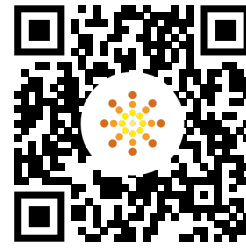


Preparing for Utah's Aging Population

What Local Leaders Need to Know



Scan here for
the full report.

Utah Foundation research shows most communities acknowledge their aging residents, but few are planning for them.

The Numbers

- By 2060, nearly 1 in 4 Utahns will be over 65, up from 12% in 2020.
- 83% of county general plans mention aging, but only about one-third include concrete strategies.
- 59% of city and town general plans mention aging, but only about one-third includes real, actionable planning.

Why It Matters for Your Community

General plans shape everything from housing to transportation to public infrastructure. Communities that plan ahead for an aging population are better positioned to serve everyone: older residents, young families, and people with mobility challenges alike.

Five Areas to Consider in Your Next General Plan Update

1. Community leader action — Explore funding tools (grants, tax incentives, public-private partnerships) for senior services.
2. Social connection — Design public spaces and programs that reduce isolation; loneliness carries health risks comparable to smoking.
3. Housing — Encourage ADUs, universal design, and a range of housing types for different stages of aging.
4. Transportation — Prioritize walkability, accessible transit, and housing near transit and services.
5. Healthcare — Support central pharmacy access, long-term care investment, and food security programs like Meals on Wheels.

The Ask

General plans should be revisited at least every decade. If your community's plan is due for an update, or has never addressed aging residents in depth, now is the time to start.

Learn More

Read the full report series, *Preparing for Utah's Aging Population*, and get practical examples of what other communities are doing at utahfoundation.org.



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Examples of strategies for age-friendly communities from Utah general plans.

Umbrella Topics	Policy Strategies	Benefit
Community Leader Action	Senior services funding: explore grants/tax incentives/public-private partnerships for community senior services.	Generate funds for senior services and provide said services.
Community Leader Action	Encourage job growth in the senior services sector.	Provide services for older adults and expand opportunities for job seekers.
Community Leader Action	Use general plans to guide education campaigns.	Ensure older adults are prepared for possibly harmful situations and use them to promote community connectedness.
Connections	Encourage relationships between older adult housing and community facilities.	Increase opportunities for connection with other older adults and intergenerationally.
Connections	Expand older adult-friendly recreational activities.	Increase connections among older adults, expand recreational opportunities, and give older adults a voice in expansion.
Housing	Encourage age-friendly/ universal design in housing.	Accommodate a wide range of abilities and encourage safe, comfortable aging in place.
Housing	Encourage internal and external ADU development.	Increase the availability of older adult-friendly housing options and encourage aging in place.
Housing	Encourage multi-generational households.	Allows older adults and families to save money on housing, childcare, and adult care.
Housing	Provide a range of housing types for older adults to accommodate different aging stages.	Accommodate different stages of aging and increase older adult-friendly housing options.
Transportation	Encourage development that focuses on pedestrian safety.	Ease transport for older adults, promote community, and provide easier access to amenities.
Transportation	Support accessible transit options.	Ensure transportation for older adults, increase accessibility, and ease the burden on caretakers.
Health care	Encourage pharmacies in central locations.	Easier access to medication and care.
Health care	Expand investment in older adult care & long-term care services.	Ensure older adults have the opportunity to receive care and a greater range of options.
Health care	Support programs like Meals on Wheels.	Ensuring food access.

