



# MOVING FORWARD WITHOUT LEAVING THEM BEHIND: OPEN SPACES FOR AN AGING POPULATION

**Roxanne Blackwell, Hon. ASLA**

Director, Federal Government Affairs  
American Society of Landscape Architects

Photo: West Shore Park – Baltimore, MD



# ASLA **MISSION AND VISION**

2011 ASLA Professional Awards Winner  
Portland Mall Revitalization – Portland, OR  
Firm: ZGF Architects, LLP

# Land and Water Conservation Fund

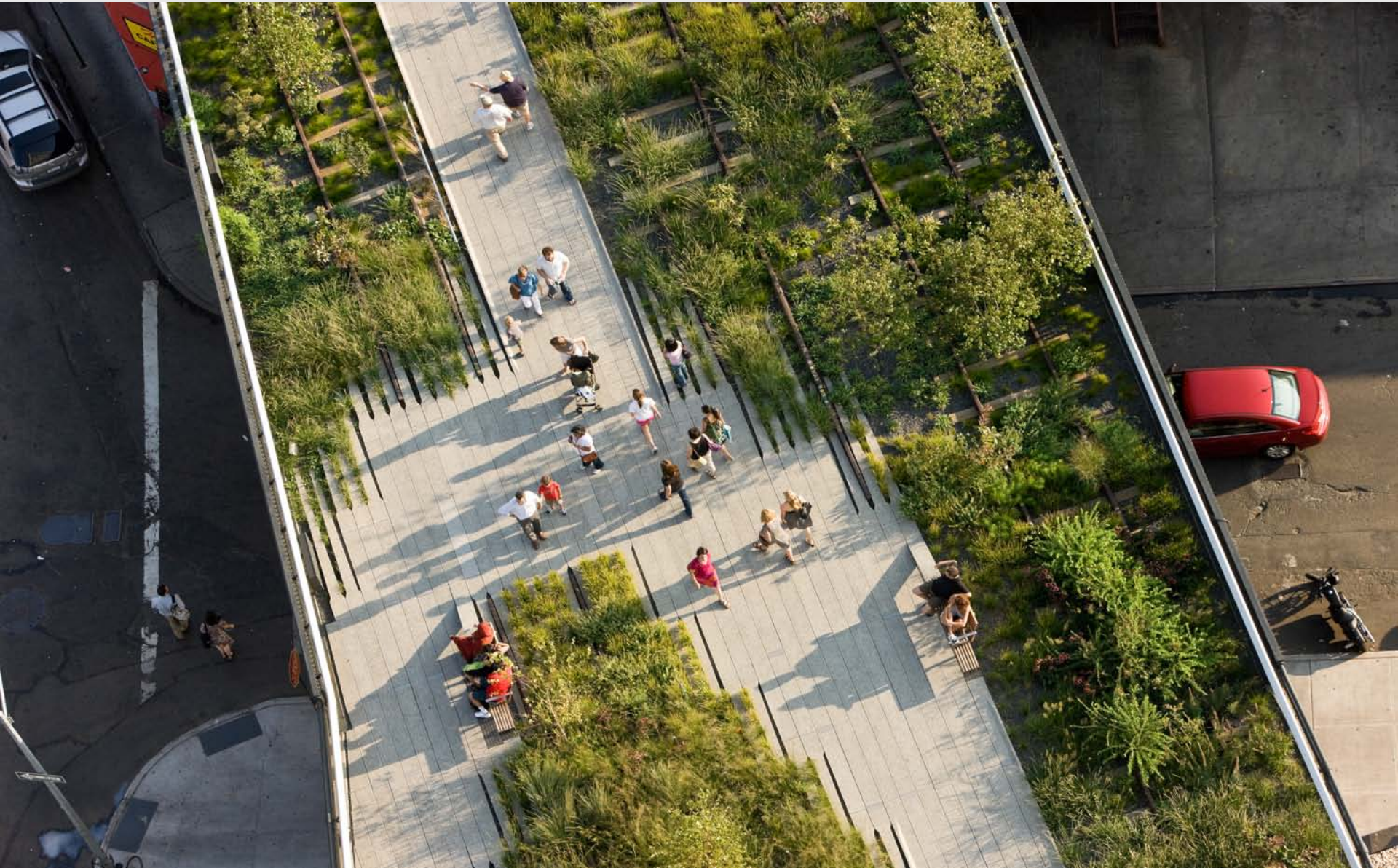


**LWCF Funded Project**  
Confluence Park – Denver, CO



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# Community Parks Revitalization Act



2010 ASLA Professional Award Winner  
The High Line – New York, NY  
Firm: James Corner Operations, Diller Scofidio + Renfro



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# U.S. Surgeon General Call to Action: Walkable Communities



2009 ASLA Professional Award Winner  
Buffalo Bayou Promenade – Houston, TX  
Firm: SWA Group



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# ASLA ADVOCACY TOOLS

Photo: Complete Street Project  
Charles Street – Baltimore, MD

# ASLA iAdvocate Network



**Join iAdvocate Network:  
[www.advocate.asla.org](http://www.advocate.asla.org)**



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# Placemaking for an Aging Population

Saturday, Feb. 13

**Research Surrounding  
design-guidelines for  
senior-friendly parks**

**Madeline Brozen**

Lewis Center for Regional Policy Studies

UCLA Luskin School of Public Affairs

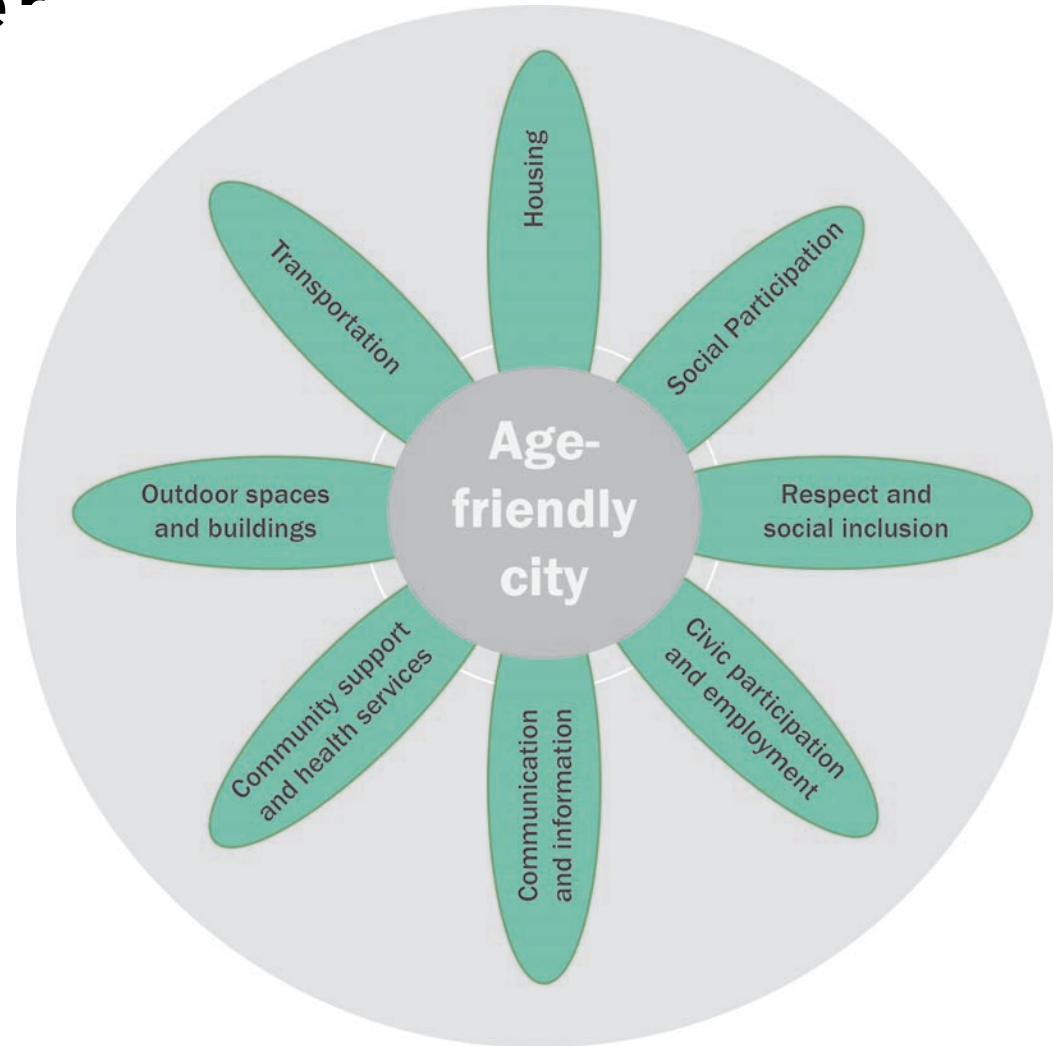
# AGENDA

- Why focus on parks for older adults?
- Previous research
- What we heard from older adults
- Converting lessons into design
- Design take-aways

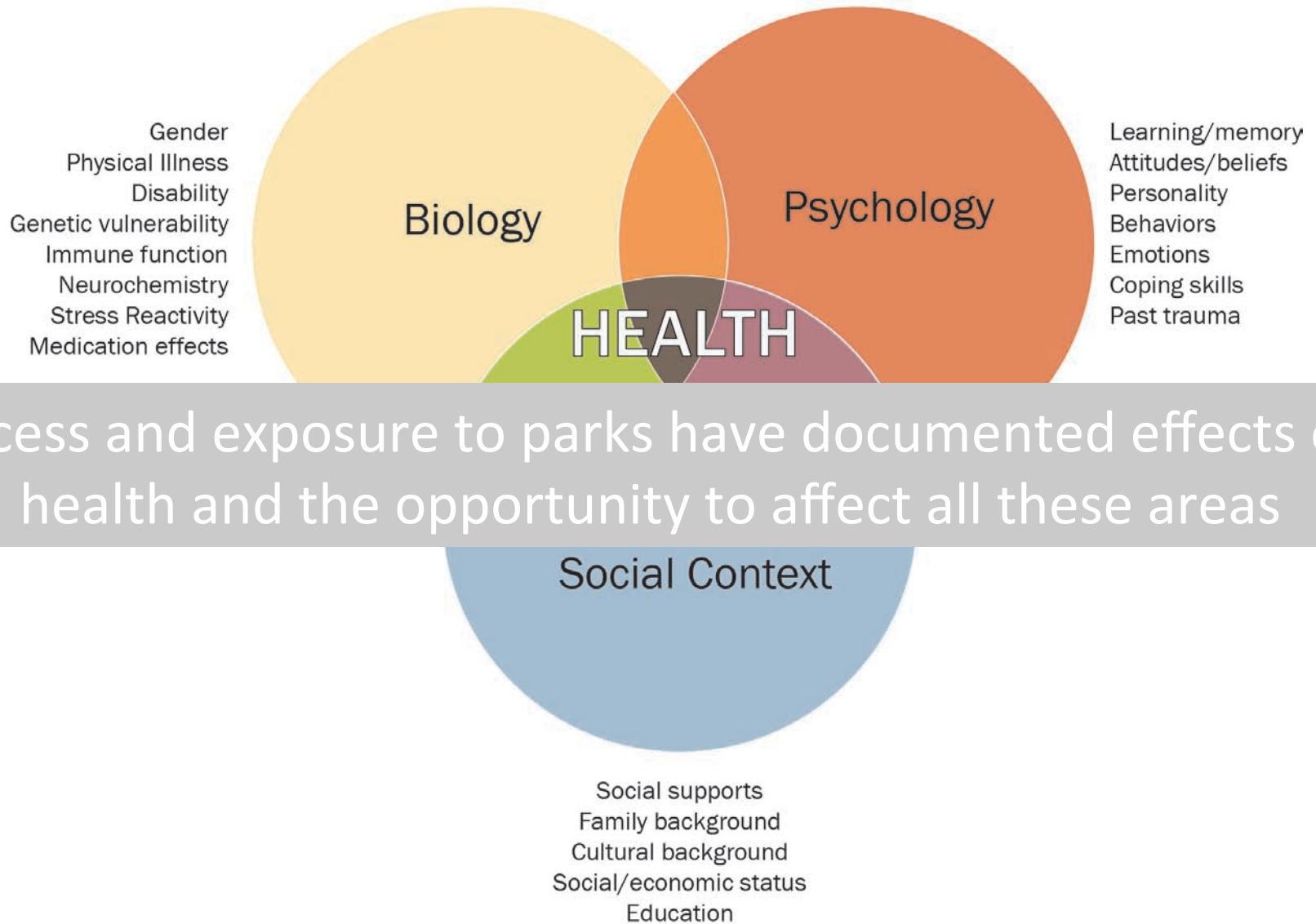


# Why parks for older adults?

- Part of World Health Organization's "age friendly cities"
- Mental and physical health benefits
- Encouraging the most inactive and underserved groups to travel to parks



# Biopsychosocial Approach to Understanding Health



Access and exposure to parks have documented effects on health and the opportunity to affect all these areas

# Focus group

## Overview

8 focus groups in a low-income area of Los Angeles

### Varied participants

- Seniors
- Center staff
- Caregivers

*“I think it affects a lot, because especially if you come here and you do your little exercise you do a little walking, it affects. You become alive and it does not matter how old you are. You do these routinely, like every day. We come here everyday. I think that is good enough for us, and it helps us [be] alive, healthy, and we become more sociable.”*

**Focus  
group  
results**



# Recommendations at a glance

CONTROL

CHOICE

SAFETY AND SECURITY

ACCESSIBILITY

SOCIAL SUPPORT

PHYSICAL ACTIVITY

PRIVACY

CONTACT WITH NATURE

COMFORT

AESTHETIC AND SENSORY DELIGHT



# CONTROL

## ORIENTATION AND WAY FINDING IS ESSENTIAL

## VISIBLE PARK SIGN LEGIBLE MAP IN MANY PLACES



# CHOICE

PASSIVE AND ACTIVE

SUN AND SHADE

MOVEABLE  
FURNITURE



# SAFETY AND SECURITY

~~Most salient issue from focus groups~~

CRIME

FALLS

TRAFFIC



# ACCESSIBILITY

PATH GRADE

LEGIBLE SIGNAGE –  
LARGE FONTS AND  
54" FROM GROUND

EN ROUTE TO PARK



# DESIGN ENCOURAGING SOCIAL SUPPORT



SOCIOPETAL DESIGN

# PROVIDING OPPORTUNITIES FOR PHYSICAL ACTIVITY



# PRIVACY: BALANCING AGAINST ISOLATION



# CONTACT WITH NATURE, COMFORT AND SENSORY DELIGHT





# Largest challenge: Intergenerational Playground



# CONCLUSION

Designing senior parks does not require vastly different concepts

Requires keeping this group in mind throughout entire design process

More and improved parks are beneficial to all



# MOVING FORWARD WITHOUT LEAVING THEM BEHIND: OPEN SPACES FOR AN AGING POPULATION

Alissa Turtletaub

MIAMI-DADE COUNTY

PARKS, RECREATION AND OPEN SPACES

FEBRUARY 13, 2016





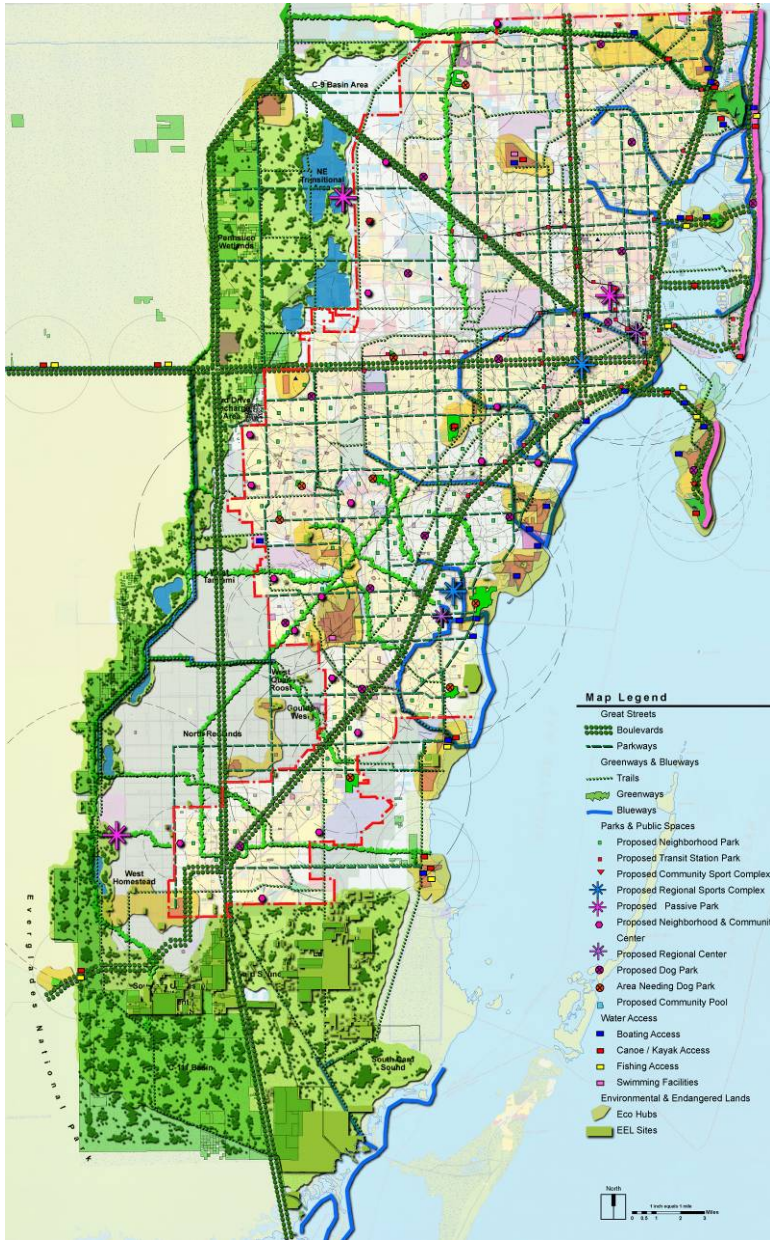
**ALISSA TURTLETAUB**

**MIAMI-DADE COUNTY**

**PARKS, RECREATION AND OPEN SPACES**

**PLANNING AND DESIGN EXCELLENCE**

**SENIOR PLANNER**



parks • public spaces • natural areas • cultural areas • greenways • water trails • streets

# The Miami-Dade County parks and open space system Master Plan

A 50-Year, unifying vision for a livable, sustainable Miami-Dade County



parks • public spaces • natural areas • cultural areas • greenways • water trails • streets

1. PARKS
2. PUBLIC SPACES
3. NATURAL & CULTURAL AREAS
4. GREENWAYS & BLUEWAYS
5. STREETS

# GUIDING PRINCIPLES



## SEAMLESSNESS

Every element of the County, including neighborhoods, parks, natural areas, streets, civic centers and commercial areas, should be connected without regard to jurisdiction.



## EQUITY

Every resident should be able to enjoy the same quality of public facilities and services regardless of income, age, race, ability or geographic location.



## ACCESS

Every resident should be able to safely and comfortably walk, bicycle, drive and/or ride transit from their home to work, school, parks, shopping and community facilities.



## BEAUTY

Every public space, including streets, parks, plazas and civic buildings, should be designed to be as aesthetically pleasing as possible, and to compliment the natural and cultural landscape.



## SUSTAINABILITY

Every action and improvement of the Park System, including facilities, programs, operations and management, should contribute to the economic, social and environmental prosperity of the County.



## MULTIPLE BENEFITS

Every single public action should generate multiple public benefits to maximize taxpayer dollars.

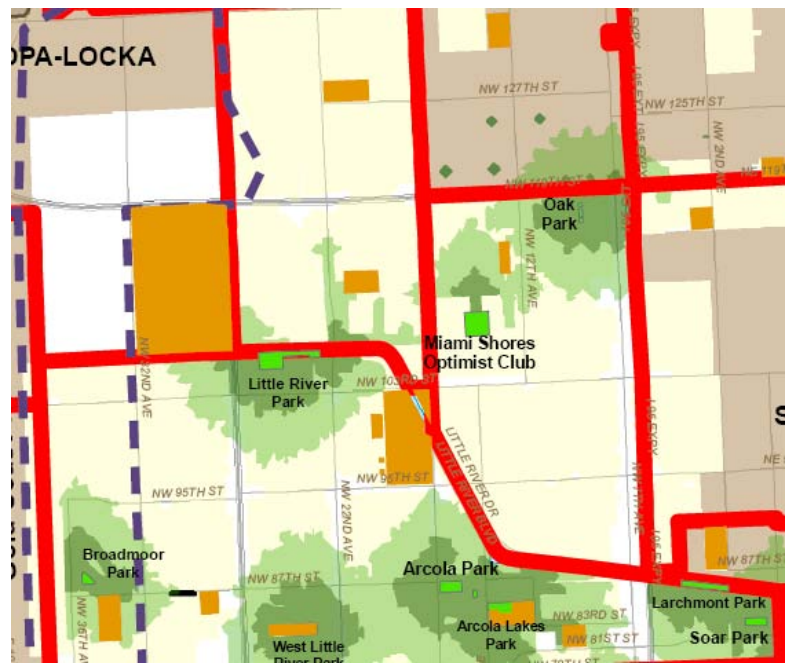
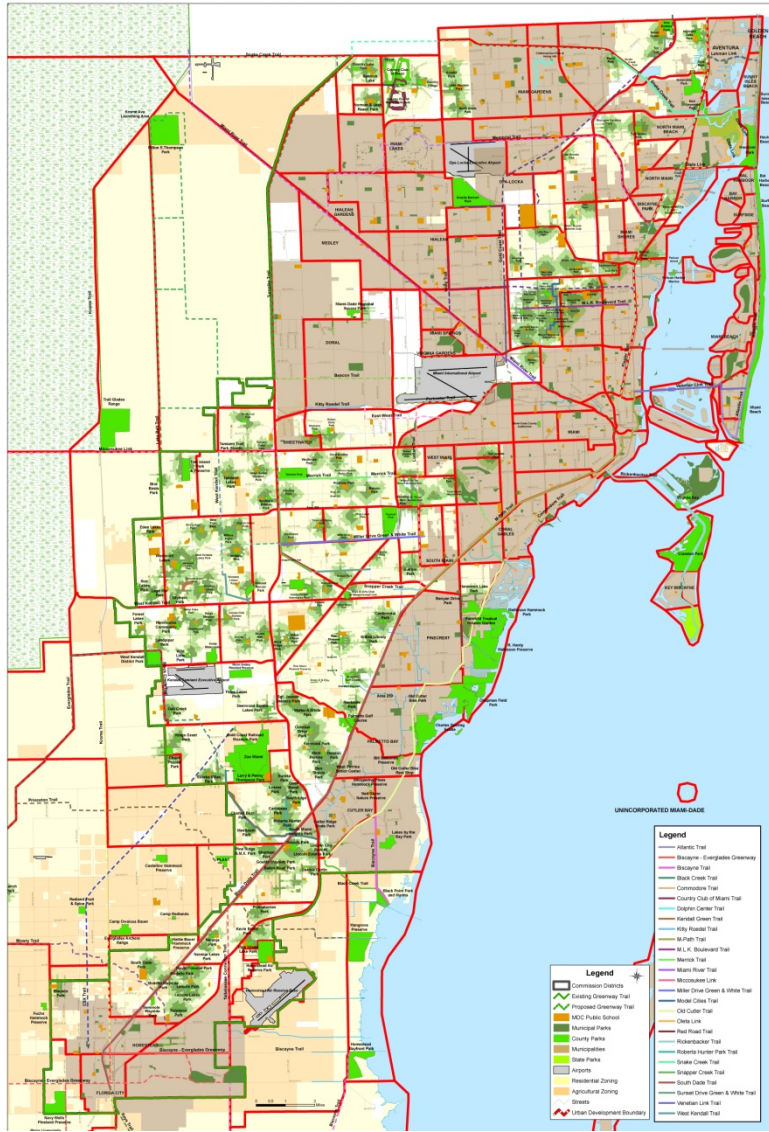
# EQUITY

ARE WE SERVING PEOPLE FAIRLY?



# ACCESS

EVERY RESIDENT IN MIAMI-DADE COUNTY SHOULD BE ABLE TO REACH A PARK WITHIN A 10-MINUTE WALK FROM THEIR HOME





# DEMOGRAPHICS

- **COUNTY POPULATION: 2,549,075** (2013 American Community Survey)
- **26% OF THE POPULATION IS 55 AND OLDER**
- **14% OF THE POPULATION IS 65 AND OLDER**
- **NEARLY HALF-MILLION (498,551) ADULTS AGED 60 AND OLDER IN MIAMI-DADE COUNTY**



# COMPONENTS OF AN AGE FRIENDLY COMMUNITY



*Adapted from: Suzanne Garon, University of Sherbrooke*

# AGE FRIENDLY PARKS TOOLKIT



TOOLKIT

AGE FRIENDLY INITIATIVE  
Miami-Dade County



<https://agefriendlymiami.org/ParksToolkit/>



# PARKS AND OPEN SPACES

## BENEFITS FOR AN AGING POPULATION

- PHYSICAL ACTIVITY AND SOCIAL INTERACTION
- PROMOTES ACTIVE LIVING
- IMPROVED MENTAL HEALTH AND OVERALL WELL BEING
- INCREASING ROLE IN PUBLIC HEALTH
- AGE-FRIENDLY PARKS ARE FRIENDLY FOR PEOPLE OF ALL AGES AND ABILITIES
- ENHANCE PROPERTY VALUES, ATTRACT HOMEBUYERS AND INCREASE MUNICIPAL VALUE



# AGE-FRIENDLY INITIATIVE

## OUTDOOR SPACES & PARKS

## POLICY CHANGES

## PROGRAM OPPORTUNITIES

## INFRASTRUCTURE IMPROVEMENTS

IN AN EFFORT TO ENCOURAGE OLDER ADULTS TO  
REMAIN ACTIVE AND ENGAGED IN THE COMMUNITY



# AGE-FRIENDLY INITIATIVE POLICY

- AMENDMENTS TO THE COUNTY'S COMPREHENSIVE DEVELOPMENT MASTER PLAN (CDMP) ADOPTED FEB. 2015 TO INCORPORATE AGE-FRIENDLY LANGUAGE AND POLICY
- LONG RANGE TRANSPORTATION PLAN (LRTP) AMENDED, APPROVED OCT. 2014
- PARKS, RECREATION AND OPEN SPACES DEPT. POLICY, JUNE 2013
- DEVELOPED AGE-FRIENDLY CRITERIA (ACCESS AND CONDITIONS)



# AGE-FRIENDLY INITIATIVE PROGRAMMING

- ADDED OLDER ADULT PROGRAMS (ENHANCED FITNESS, YOGA, ETC.)
- INCENTIVIZE PARTICIPATION IN WALKING CLUBS
- DEVELOPED OUTDOOR EXERCISE AREAS (PROGRAM CARDS)
- HOST HEALTH AND WELLNESS FAIRS AT COMMUNITY PARKS
- SENIOR PROGRAMS OFFERED DAILY



# MIAMI-DADE PARKS AGE FRIENDLY PROGRAMS

## Walk for Life

- Self Directed Walking Program
- Participant Recognition & Reward
- Identify a Leader – establish neighborhood walking clubs

## Enhance Fitness

- Three 1 hour sessions per week for 16 weeks
- Focuses on stretching, flexibility, balance, low impact aerobics and strength training exercises

## Matter of Balance

- Reduce Fear of Falling
- Addresses physical, social and cognitive factors
- Two, 2 hour sessions per week for 4 weeks

## Chronic Disease Self Management

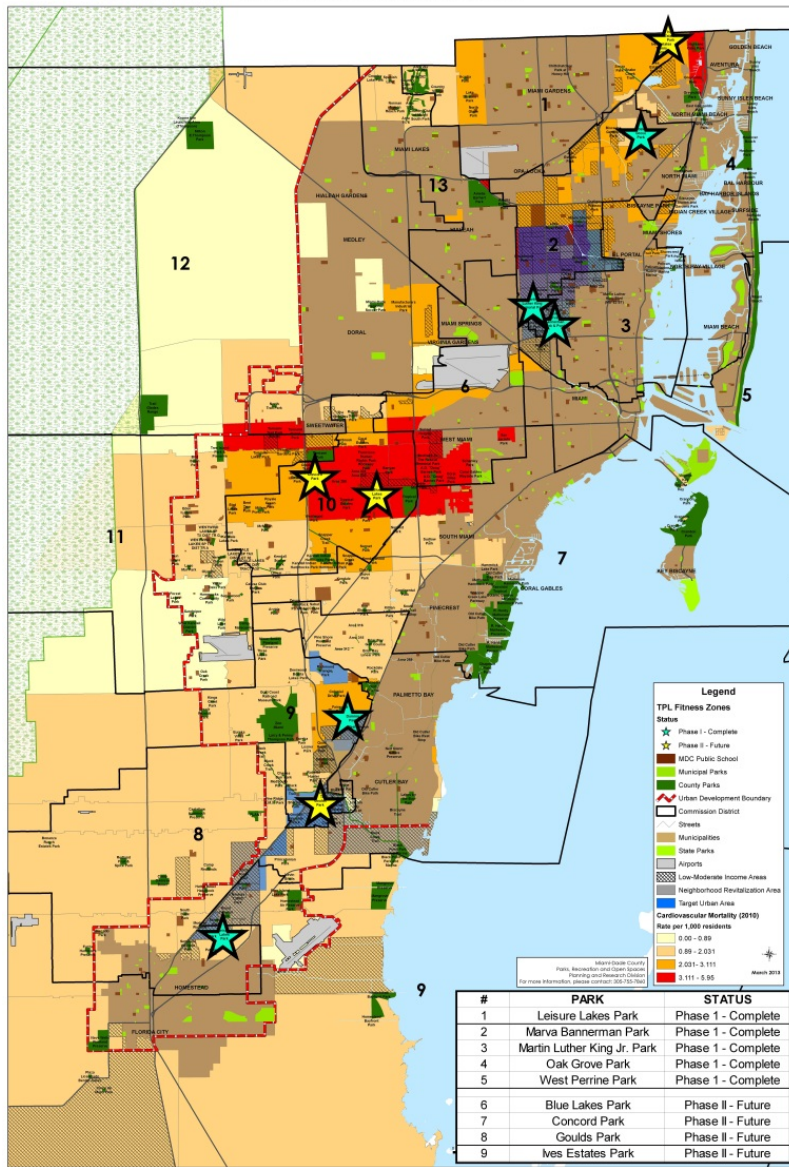
- Developed at Stanford University





# FITNESS ZONES










# FITNESS ZONES - TARGETED IN AREAS OF HEALTH AND ECONOMIC DISPARITY

# FITNESS ZONE – ROUTINES

## ACTIVE ADULT EXERCISE ROUTINES

### Age-Friendly Recreation

	Beginner Routine	Moderate Routine	Advanced Routine
 <b>SQUAT PRESS</b>	<b>Beginner Level</b> Resistance Level: 1-2 Repetitions: 8-10 Sets: 1	<b>Moderate Level</b> Resistance Level: 2-3 Repetitions: 10-12 Sets: 2	<b>Advanced Level</b> Resistance Level: 4-5 Repetitions: 12-15 Sets: 3
When looking down make sure to keep your knees behind your toes, as you lower yourself down as if sitting in a chair.			
 <b>ASSISTED PUSHUP</b>	<b>Beginner Level</b> Resistance Level: Mid Bar Repetitions: 8-10 Sets: 1	<b>Moderate Level</b> Resistance Level: Mid Bar Repetitions: 10-12 Sets: 2	<b>Advanced Level</b> Resistance Level: Mid Bar Repetitions: 12-15 Sets: 3
Grasp the bar with arms extended and lower your chest to the bar. Push back into starting position and repeat.			
 <b>CHEST BACKPRESS</b>	<b>Beginner Level</b> Resistance Level: 1-2 Repetitions: 8-10 Sets: 1	<b>Moderate Level</b> Resistance Level: 3-4 Repetitions: 12-15 Sets: 2	<b>Advanced Level</b> Resistance Level: 5-6 Repetitions: 15-20 Sets: 3
Push handles away from your chest while keeping back pressed flat against the chair. Relax and let the handles return to chest and repeat.			
 <b>AB CRUNCH LEG LIFT</b>	<b>Beginner Level</b> Resistance Level: N/A Repetitions: 8-10 Sets: 1	<b>Moderate Level</b> Resistance Level: N/A Repetitions: 12-15 Sets: 2	<b>Advanced Level</b> Resistance Level: N/A Repetitions: 15-20 Sets: 3
AB: Secure feet and lay flat on the platform. Curl up so that shoulders lift up while supporting your neck. Relax back to starting point and repeat.			
Lift: Position back square on platform. Grasp supports and lift legs straight up and then back down to a flat position. Relax and repeat.			
 <b>CARDIO STEPPER</b>	<b>Beginner Level</b> Resistance Level: 1-2 Repetitions: 8-10 Sets: 1	<b>Moderate Level</b> Resistance Level: 3-4 Repetitions: 12-15 Sets: 2	<b>Advanced Level</b> Resistance Level: 5-6 Repetitions: 15-20 Sets: 3

STAY HYDRATED

## RACK CARDS

- EXERCISE SUGGESTIONS
- SENIOR ORIENTED
- BEGINNER, MODERATE, ADVANCED LEVELS
- PFIZER FOUNDATION & TPL

**AGE FRIENDLY INITIATIVE**  
 Miami-Dade County  
 Hosted by Health Foundation of South Florida

Miami Dade County--in partnership with the Health Department, the Health Foundation of South Florida, MetLife and The Trust for Public Land's Fitness Zone® program--provides free outdoor fitness equipment in local parks.

Connecting People and Parks for Life



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 LANDSCAPE ARCHITECTS

# AGE-FRIENDLY INITIATIVE

## INFRASTRUCTURE IMPROVEMENTS

- DEVELOPED AGE FRIENDLY DESIGN AND ACCESS CRITERIA
- EVALUATED OUR PARKS BASED ON CRITERIA
- IDENTIFIED IMPROVEMENT OPPORTUNITIES (INTERNAL & EXTERNAL)
- DETERMINED COSTS
- IMPLEMENT IMPROVEMENTS AS FUNDING BECOMES AVAILABLE



# WITHIN THE PARK

- Wayfinding
- Rest Areas
- Shade
- Safety
- Public Restrooms
- Pathway Infrastructure
  - Well Maintained, Free from Obstructions, Appropriate Width and Materials, Dropped Curbs and Wheelchair Accessible Ramps, Separate Bicycle and Pedestrian



## Pathways



# ACCESS TO PARKS

- Safe Routes to Parks
- Park Access Improvement Plan
- Evaluation Checklist
- Access Criteria
  - *Distance:* 10 minute walk, or ¼ to ½ mile service area
  - *Sidewalks:* Both sides of the street, ADA compliant
  - *Pedestrian & Bicycle Infrastructure:* Complete Streets
  - *Greenway Trail Connections*
  - *Public Transit:* Accessible via the public transit network



# EVALUATING PARK ACCESSIBILITY

## Steps to Evaluating Park Accessibility

These steps will help determine if a park meets the Miami-Dade County Parks, Recreation and Open Spaces Department's Park Access Criteria:

1. Select a park.
2. Determine the walkable ¼-mile service area around the park. The service area should not include obstacles a pedestrian would encounter when walking, but reflect the walkable portions of the neighborhood.
3. Create a base map of the park which identifies elements within the vicinity of the park:
  - Park boundary
  - Street networks
  - Public transit bus stop or rail stations
  - Schools
  - Libraries
  - Bike lanes and greenway trails
4. Evaluate base map using the Park Access Criteria to establish the existing conditions and a preliminary identification of opportunities and constraints for improving pedestrian accessibility to the park. The evaluation should include:
  - Identification of existing sidewalks
  - Lack of sidewalks
  - Access points into the park
  - Shade trees
  - Crosswalks
  - Intersections
5. Organize meetings with appropriate stakeholders such as Park Managers to gain their input on observations and recommendations.
6. Perform an audit of park and surrounding area to evaluate additional items not recognized on a map, such as deteriorated sidewalk pavement or lack of ADA curb ramps.
7. Conduct an in-depth analysis to determine detail recommendations for improving accessibility to the park. Potential recommendations could include:
  - Wayfinding signage
  - Bike lanes
  - Installation of sidewalks
  - Connection to improve access to park (such as greenway trail connections)
  - Installation of rest areas
8. Create an access improvement recommendations map for the park.



Information on how the Miami-Dade County Parks, Recreation & Open Spaces Department evaluated park accessibility can be found in the **Virtual Appendix** of this toolkit.

The base map, evaluation, analysis, and recommendation maps should be used to coordinate with stakeholders and the community. A strategic prioritization and implementation plan should be developed to identify projects that will be executed to improve accessibility to the park. Recommendations should be categorized, either by short-term/long-term improvements or internal/partnership action items.

# MAXIMIZE ACCESS TO PARKS THROUGH DESIGN INTERVENTIONS





# Design Interventions: Sidewalks



Images Courtesy of Walkable and Livable Communities

# Design Interventions: Mid-Block Crossings



Photo Credit: City of Glendale, CA



Photo Credit: City of Berkeley, CA

# Design Interventions: Intersection Improvements



Images Courtesy of Walkable and Livable Communities



# Design Interventions: Crosswalks



Photo credit: [www.pedbikeimages.org](http://www.pedbikeimages.org) / Dan Burden



Photo credit: [bloomington.in.gov](http://bloomington.in.gov)

# Design Interventions: Wayfinding

**Goal:** "To better understand concerns users may have with locating, accessing and using these public facilities."



## Parks

Miami-Dade County Parks & Recreation Department  
**Wayfinding Plan**



**Project Principals:**

- 1 Provide access to all cultures
- 2 Promote brand awareness
- 3 Clear direction to Park destinations
- 4 Promote interpretive experiences (Historic, Cultural, and Ecological)
- 5 Promote facility safety
- 6 Design consistency in MDCPRD



# Design Interventions: Pedestrian Bridge



Photo credit: Parsons Brinckerhoff. Durham Community Trail (rails to trails project) Durham, North Carolina



Photo credit: City of Fort Worth

# Design Interventions: Rest Areas

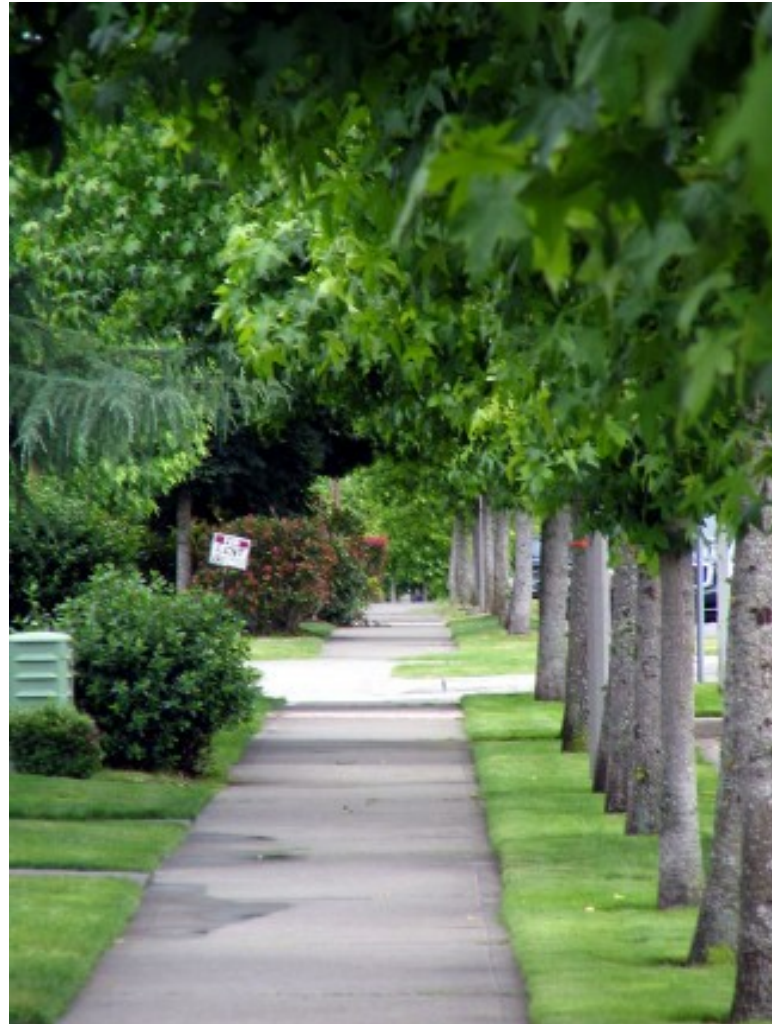


Photo credit: Newark Downtown District



Photo credit: Bruce Landis, courtesy of USDOT, FHWA Safe Roads for a safer Future

# Design Interventions: Shade





# Design Interventions: Greenway Connections



# Design Interventions: Public Transit & Bike Facilities



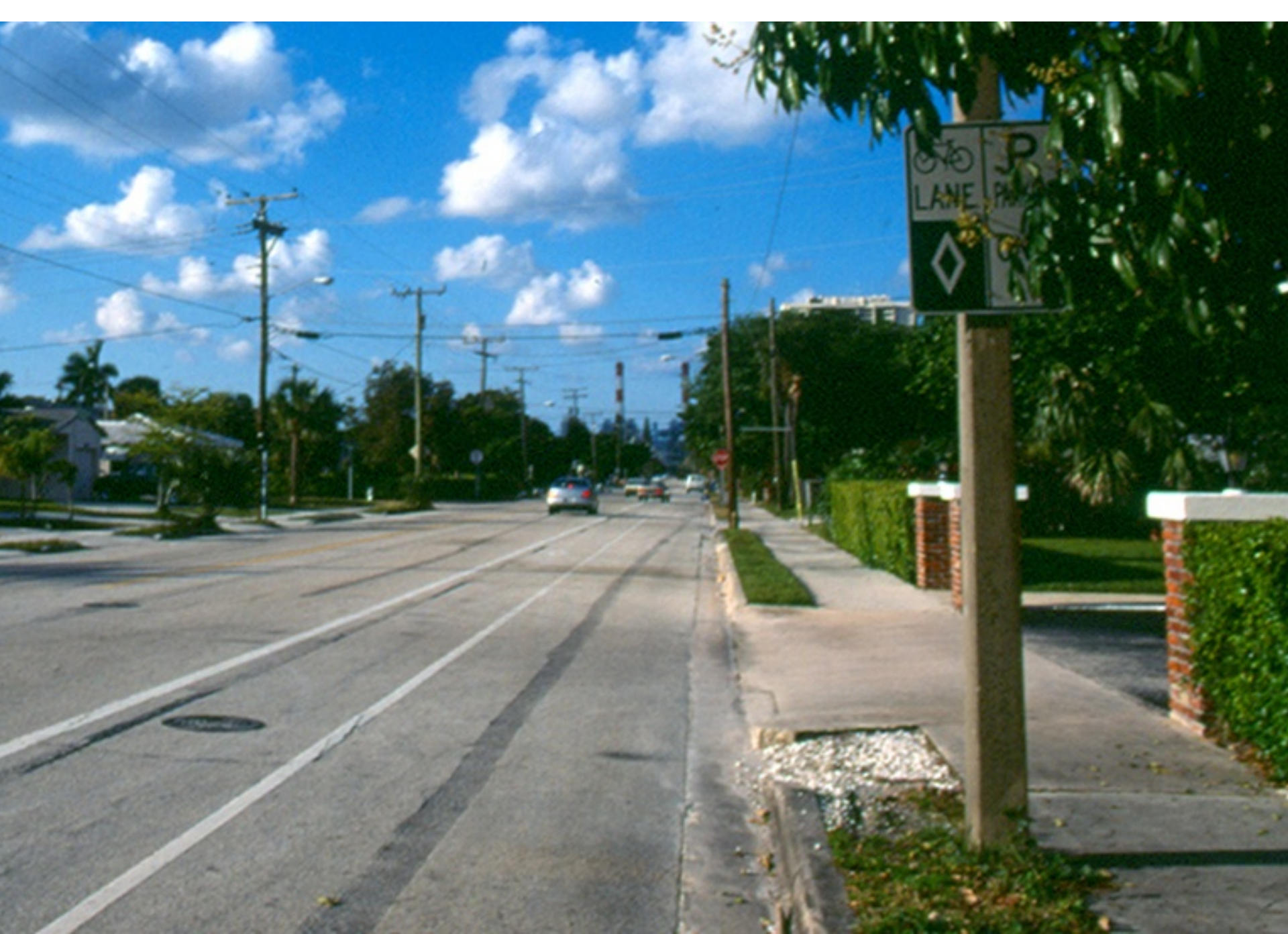
Photos : [www.pedbikeimages.org](http://www.pedbikeimages.org) / Dan Burden



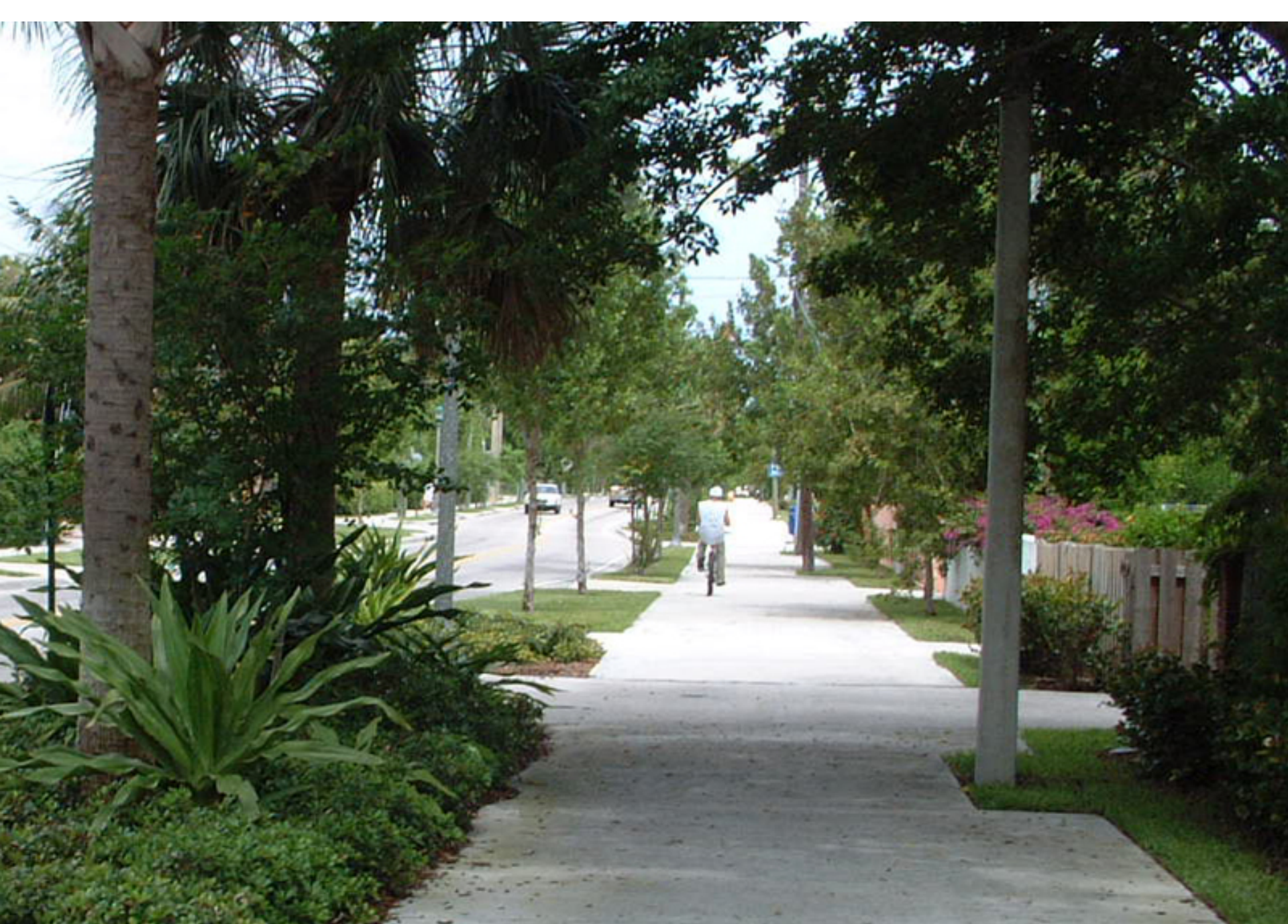


NO  
PARKING  
ANY  
TIME





BICYCLE  
LANE  
P  
PARKING







A. Offich





SW 70 AV

#BOLAS-VX



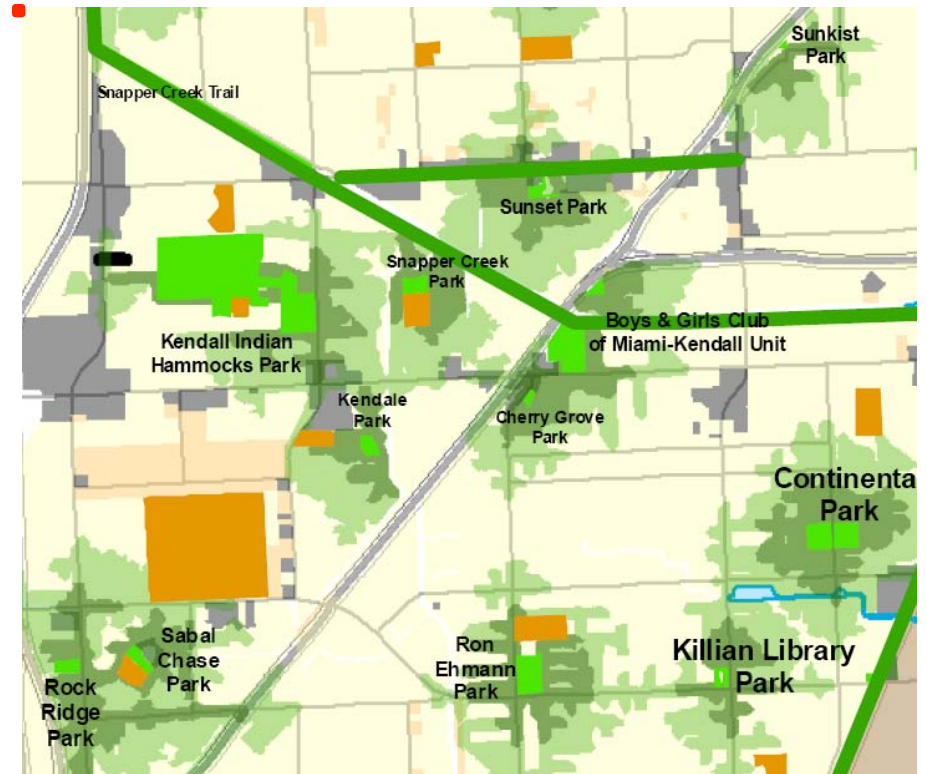
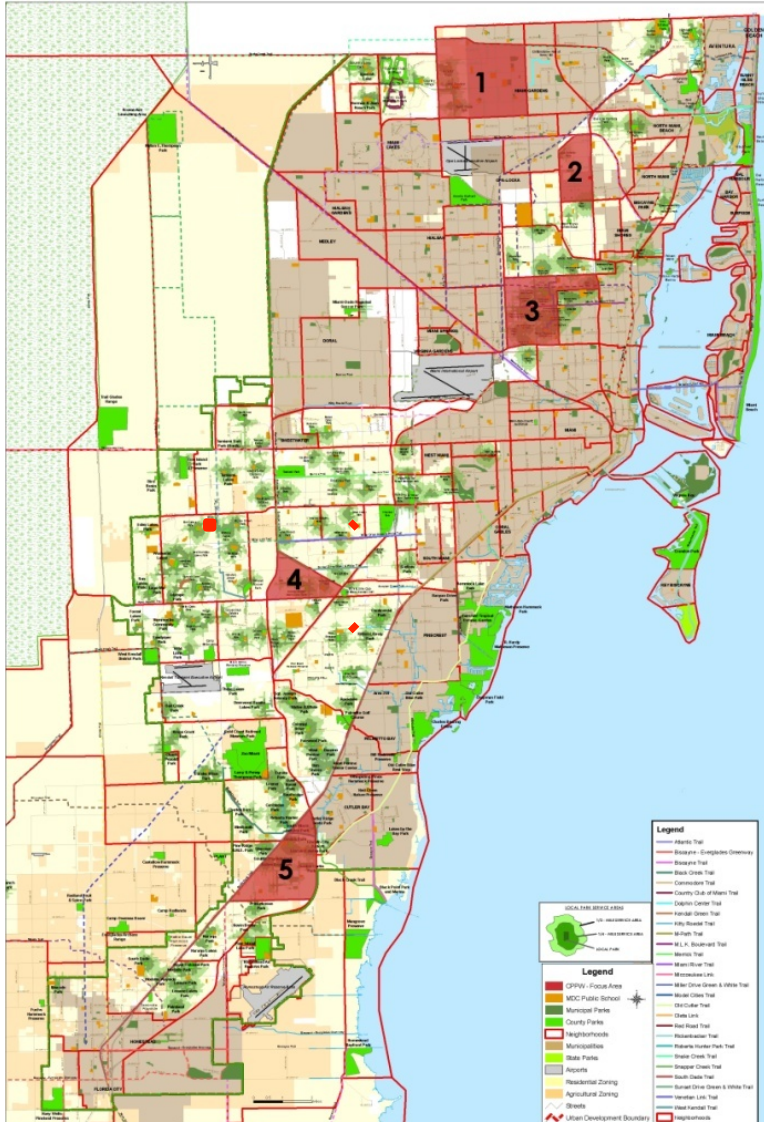
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# CASE STUDY: KENDALL INDIAN HAMMOCKS PARK



# KENDALL INDIAN HAMMOCKS PARK

MIAMI-DADE COUNTY  
 SELECTED FOCUS AREAS FOR ACQUISITION/IMPROVEMENT  
 PARK AND RECREATION DEPARTMENT



# EVALUATE CURRENT CONDITIONS



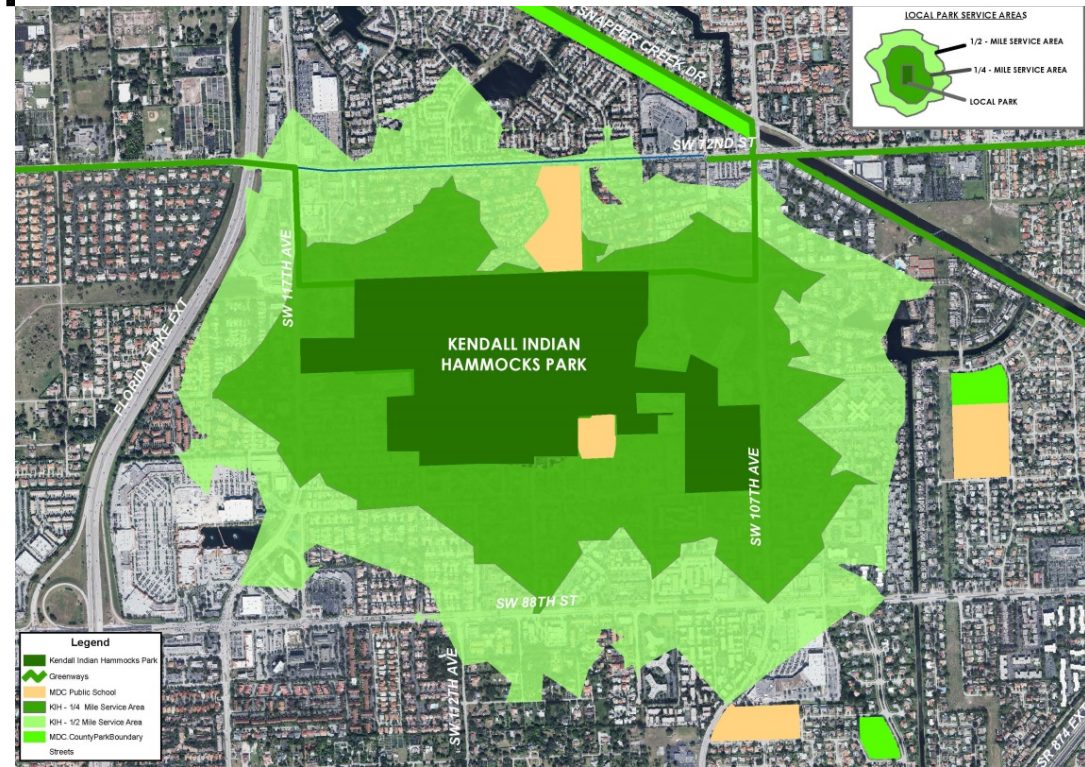
# IDENTIFY DESIGN INTERVENTION RECOMMENDATIONS



# PARK ACCESS DOUBLED AND SERVICE AREA MAXIMIZED THOROUGH DESIGN INTERVENTIONS



## KENDALL INDIAN HAMMOCKS PARK



# AGE-FRIENDLY PARKS





# THANK YOU



- MIAMI-DADE PARKS, RECREATION AND OPEN SPACES
- HEALTH FOUNDATION OF SOUTH FLORIDA
- PFIZER FOUNDATION
- AARP FLORIDA
- ALLIANCE FOR AGING
- UNITED WAY OF MIAMI-DADE
- URBAN HEALTH PARTNERSHIPS
- WORLD HEALTH ORGANIZATION- GLOBAL AGE FRIENDLY CITIES PROGRAM



# Moving Forward Without Leaving Them Behind – Open Spaces for an Aging Population

Brian Bainnson, ASLA  
Quatrefoil Inc.

# Qualities of a Therapeutic Landscape

- **Comforting**
- **Supportive**
- **Easy to Understand Physically and Spiritually**
- **Recognizable**
- **Reflects the User Group**
- **Uses Local Materials and Regional Elements**

# AHTA Guidelines

## 1. Scheduled and Programed Activities



# AHTA Guidelines

## 2. Features modified to improve accessibility



# AHTA Guidelines

## 3. Well defined perimeters



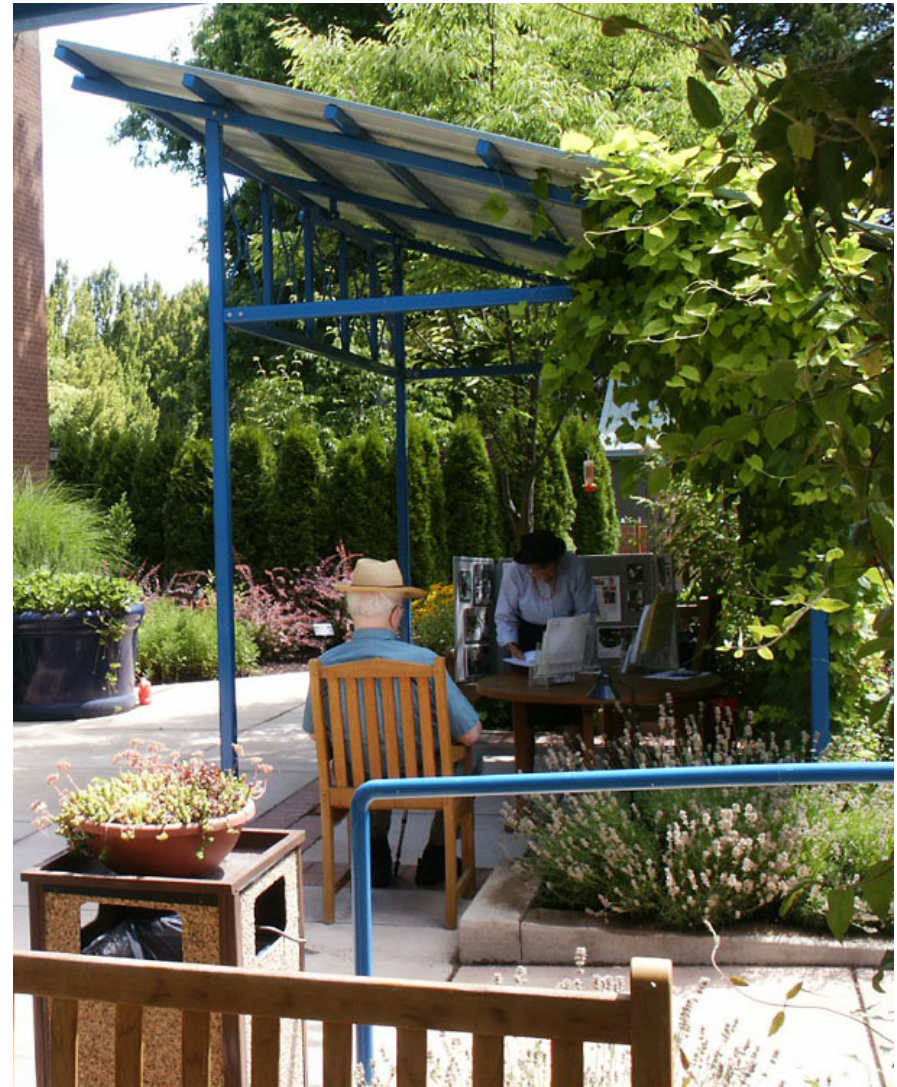
# AHTA Guidelines

4. A profusion of plants and people/  
plant interactions



# AHTA Guidelines

## 5. Benign and supportive conditions





# AHTA Guidelines

## 6. Universal design



# AHTA Guidelines

## 7. Recognizable placemaking



# Portland Memory Garden



# Portland Memory Garden



# Portland Memory Garden



# Portland Memory Garden



# Portland Memory Garden



# Portland Memory Garden





# Portland Memory Garden



# Portland Memory Garden



# Portland Memory Garden



# Portland Memory Garden



# Portland Memory Garden



# Portland Memory Garden



# Portland Memory Garden



# Portland Memory Garden





# Portland Memory Garden



# Providence Benedictine Nursing Home



# Providence Benedictine Nursing Home



# Providence Benedictine Nursing Home



# Providence Benedictine Nursing Home



# Providence Benedictine Nursing Home



# Providence Benedictine Nursing Home



# Marquis Care Rehab Walk





# Marquis Care Rehab Walk



# Marquis Care Rehab Walk



# Marquis Care Rehab Walk



# Marquis Care Rehab Walk



# Resources

- American Horticultural Therapy Association  
[www.ahta.org](http://www.ahta.org)
- Center of Design for an Aging Society  
[www.centerofdesign.org](http://www.centerofdesign.org)
- Therapeutic Landscapes Database  
[www.healinglandscapes.org](http://www.healinglandscapes.org)



# QUESTIONS?





# Contact Information

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