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
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
Community Parks Revitalization Act

2010 ASLA Professional Award Winner
The High Line – New York, NY
Firm: James Corner Operations, Diller Scofido + Renfro
U.S. Surgeon General
Call to Action: Walkable Communities

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

Photo: Complete Street Project
Charles Street – Baltimore, MD
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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
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

A senior park

- Safety
- Attractive natural attributes
- Adequate facilities meetings seniors’ needs
- Social support network
- Low-impact, applicable physical activities
- Appropriate age composition
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 LPLACES
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
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 the 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
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-MIUTE 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

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
## Active Adult Exercise Routines

**Age-Friendly Recreation**

### Squat Press
- **Beginner Level**
  - Resistance Level: 1-3
  - Repetitions: 8-10
  - Sets: 3
- **Moderate Level**
  - Resistance Level: 3-5
  - Repetitions: 10-12
  - Sets: 2
- **Advanced Level**
  - Resistance Level: 5-7
  - Repetitions: 12-15
  - Sets: 1

When looking down make sure to keep your knees behind your toes, as you lower yourself down if sitting in a chair.

### Assisted Pushup
- **Beginner Level**
  - Resistance Level: Mid Bar
  - Repetitions: 8-10
  - Sets: 2
- **Moderate Level**
  - Resistance Level: Mid Bar
  - Repetitions: 10-12
  - Sets: 2
- **Advanced Level**
  - 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.

### Chest Back Press
- **Beginner Level**
  - Resistance Level: 3-5
  - Repetitions: 8-10
  - Sets: 3
- **Moderate Level**
  - Resistance Level: 5-7
  - Repetitions: 12-15
  - Sets: 2
- **Advanced Level**
  - Resistance Level: 7-9
  - Repetitions: 15-20
  - Sets: 1

Grab handles away from your chest while keeping back pressed flat against the chair. Relax and let the handles return to chest and repeat.

### Ab Crunch Leg Lift
- **Beginner Level**
  - Resistance Level: Mid A
  - Repetitions: 8-10
  - Sets: 2
- **Moderate Level**
  - Resistance Level: Mid A
  - Repetitions: 10-12
  - Sets: 2
- **Advanced Level**
  - Resistance Level: Mid A
  - Repetitions: 12-15
  - Sets: 2

Ab商wee feet and lay. Eat in ergoplatform. Count up to that is only up while supporting your own. Relax back to starting point and repeat.

### Cardio Stepper
- **Beginner Level**
  - Resistance Level: 3-6
  - Repetitions: 8-10
  - Sets: 3
- **Moderate Level**
  - Resistance Level: 5-8
  - Repetitions: 12-15
  - Sets: 2
- **Advanced Level**
  - Resistance Level: 7-9
  - Repetitions: 15-20
  - Sets: 1

Place feet back and up. Grab supports and lift legs straight up and then back down in a flat position. Relax and repeat.
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 4-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 network
   - Public transit bus stops 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 detailed 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.

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 categories, 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 Berkley, CA
Design Interventions: Intersection Improvements

Images Courtesy of Walkable and Livable Communities
Design Interventions: Crosswalks

Photo credit: www.pedbikeimages.org / Dan Burden

Photo credit: 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

Greynolds Park
Tropical Park
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 / Dan Burden
CASE STUDY:
KENDALL INDIAN HAMMOCKS PARK
EVALUATE CURRENT CONDITIONS
IDENTIFY DESIGN INTERVENTION RECOMMENDATIONS

- Establish Pedestrian Access Point
- Safe Route to Park
- Develop Bicycle Lanes, and additional Bus Route & Stops
- Acquire Land for Park Expansion
- Intersection Improvements
KENDALL INDIAN HAMMOCKS PARK

PARK ACCESS DOUBLED AND SERVICE AREA MAXIMIZED THOROUGH DESIGN INTERVENTIONS
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 Programmed 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
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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
Marquis Care Rehab Walk
Marquis Care Rehab Walk
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Marquis Care Rehab Walk
Resources

- American Horticultural Therapy Association
  www.ahta.org
- Center of Design for an Aging Society
  www.centerofdesign.org
- Therapeutic Landscapes Database
  www.healinglandscapes.org
QUESTIONS?
Contact Information

Roxanne Blackwell, Hon. ASLA – rblackwell@asla.org
Madeline Brozen – mbrozen@luskin.ucla.edu
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