Age-Friendly Florida's Transportation Checklist

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LEARN MORE
AARP.org/Livable

Florida's Age-Friendly Communities

For an updated list of Age-Friendly Communities in Florida, visit –
aarp.org/livable-communities/network-age-friendly-communities

(as of August 2022)

What is a Livable Community?

Did you know that terms such as "age-friendly communities," "livable communities," and "aging in place" all share a similar vision; that is, people of all ages and abilities deserve to live their life to the fullest at all life stages. This means improving access to different modes of transportation while maintaining mobility independence and quality of life.

> "**Mobility Independence** means being able to get to and from the places you need and want to go with or without a car"
>
> | Safe Mobility for Life

Florida's Safe Mobility for Life Coalition uses AARP's term of "Livable Communities" which is defined as "A community that is safe and secure. It offers choices in where to live and how to get around. And it equitably serves residents of all ages, ability levels, incomes, races, ethnicities, and other backgrounds."

AARP's 8 Domains of Livability is a framework that supports Florida's Age-Friendly Initiative known as "Livable Florida," which is led in partnership between the Florida Department of Elder Affairs and AARP Florida. Together they are working to create and support Livable Communities in cities, towns, and villages across the state. The Coalition recognizes and supports the 8 Domains of Livability framework, particularly the Transportation Domain as it aligns with both our expertise and the goals of our Safe Mobility for Life Strategic Action Plan. The transportation resources we develop help support safe, accessible, and affordable transportation options to help people of all ages get to and from places they need and want to go, with or without a personal vehicle.

This Age-Friendly Florida's Transportation Checklist is one of those resources and was developed to help identify your personal transportation needs and then determine if a community has the features and services to meet those needs.

By completing this Checklist, you will learn how well a community meets your transportation needs to help you maintain mobility independence.

How to Use This Checklist

There are four key steps to help you determine how well a community meets your safety and mobility needs in the categories of **Community Design**, **Getting Around**, **Street Safety and Security**, and **Neighborhood Support Services**.

To begin, consider the following steps as you reflect on your own mobility and access where you currently reside as well as for communities in which you might consider living in the future. Note that each category includes scoring to provide you with the opportunity to best weigh your needs and preferences.

STEP 1
Think about what is important for you to have in a community to help you remain independent, mobile, and active (i.e., walkable, access to transportation options, nearby shopping, restaurants, medical services, parks, museums, theaters, etc.).

Then, write it down:

Example:

It is important for me to have a grocery store within walking distance to my house. I would also want a dog friendly park nearby for exercise and meeting friends so I don't have to depend on a vehicle to get there.

STEP 2
Name the community you want to review:

**Paradise Palms**   **34747**
(City/Community)   (Zip)

STEP 3
We have identified specific statements under the following four categories of **Community Design**, **Getting Around**, **Street Safety and Security**, and **Neighborhood Support Services**, as they relate to a livable community. With your Community from **Step 2** in mind, read the statements in the four categories (Pages 12-24) and answer each statement as "Very True," "Unsure," or "Not True." Note that you will need to check ☑ only one box for each statement to get a correct score for each category.

Take notes along the way and learn more about each category from the resources provided at the end. If you are unsure about the answer to any statement, consider talking with family, neighbors, or community leaders. Remember, there are no wrong answers, this is an evaluation from your point of view only.

Community Design

An age-friendly community has well-designed, shaded, and well-lit buildings, streets, sidewalks, and bikeways. They invite a sense of equity, safety, and pride and offer a range of affordable housing options where people live in close proximity to shops and services.
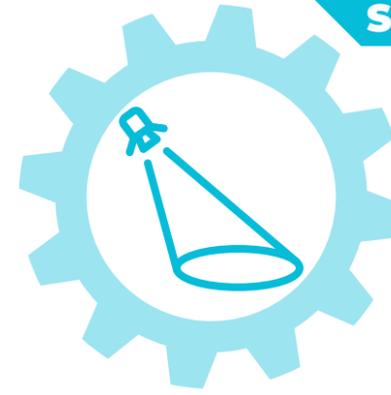
Street Safety and Security

An age-friendly community provides design features that support safety, access, and mobility. They contain well-lit, hazard-free sidewalks and paths, which are essential to encourage walking and biking, an active lifestyle, and minimize the risk of slips and falls. It offers a high degree of connectivity to help boost social interaction and active transportation.

Getting Around

An age-friendly community provides safe, easy, and equitable access to transportation services, amenities, and support services. It offers a wide variety of viable transportation options for people of all ages and with all physical and cognitive abilities to maintain their safe mobility and connection to the community, beyond driving.

Neighborhood Support Services

An age-friendly community encourages participation by providing access to a range of affordable activities, employment, and lifelong learning. It also offers an adequate range of community, health, and home support services.

Age-Friendly Communities

Age-friendly communities are inclusive and considerate of the perspectives of residents of all ages and abilities. In an age-friendly community, people of all ages can go for a walk, ride a bike, safely cross streets, get around without a car, live safely and comfortably, spend time outdoors, enjoy public spaces, go shopping, find the services they need, and make their city, town, or neighborhood a lifelong home.

STEP 4

Once you complete **Step 3**, the Checklist will automatically summarize the total number of responses for each "Very True," "Unsure," or "Not True". You can review the scoring results for your Community on pages 26-27.

Example

Community Design	Very True	Unsure	Not True
	4	2	1

Getting Around	Very True	Unsure	Not True
	8	12	4
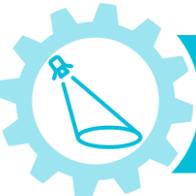
Street Safety and Security	Very True	Unsure	Not True
	7	6	4

Neighborhood Support Services	Very True	Unsure	Not True
	8	4	4

Total	Very True	Unsure	Not True
	27	24	13

Let's Get Started

STEP 1

What are your personal mobility needs for remaining active?

STEP 2

Name the Community you want to review:

(City/Community)   (Zip)

STEP 3

Complete pages 12-24

STEP 4

See your scores for each of the four categories auto-populated on page 26 and review total scoring results for your Community on page 27.

Community Design

| Well-designed, Shaded Buildings |
| Affordable Housing |
| Sidewalks and Bikeways |
| Well-lit Areas |

An age-friendly community has well-designed, shaded, and well-lit buildings, streets, sidewalks, and bikeways. They invite a sense of equity, safety, and pride and offer a range of affordable housing options where people live in close proximity to shops and services.

Please check only one box ("Very True," "Unsure," or "Not True") for each statement in the table below.

In the community I am reviewing:	Very True	Unsure	Not True
Alternative housing options are available, such as co-housing with others, secondary suites or "Mother-in-Law Apartments," apartments above or attached to street level businesses.	☐	☐	☐
It is comfortable, convenient, and easy for me to walk, roll, bike, take the bus, or ride with a friend, to the places where I need/want to go.	☐	☐	☐
Grocery stores, pharmacies, medical offices, hospitals, schools, libraries, community centers, and places of worship are located near one another and close to my home.	☐	☐	☐
Parks, community gardens, or other green spaces are within walking distance from my home.	☐	☐	☐

In the community I am reviewing:	Very True	Unsure	Not True
Shopping, restaurants, coffee shops, theaters, schools, and fitness centers are within walking distance from home or a short transit trip, bicycle ride, or ride service trip away.	☐	☐	☐
When I walk, bike, or roll I can find shade, a bench or quiet place to rest, a clean public restroom, and water fountains.	☐	☐	☐
There are signs that make it easy to find my way to destinations.	☐	☐	☐
Community Design Scores			

The following resources can help you learn more about **Community Design** in a livable community:

8-80 Cities: 880cities.org

AARP Livable Communities: aarp.org/livable

AARP Livability Index: livabilityindex.aarp.org/

AARP Network of Age-Friendly States and Communities: aarp.org/livable-communities/network-age-friendly-communities/

AARP Walk Audit Tool Kit: aarp.org/livable-communities/getting-around/info-2014/aarp-walk-audit-tool-kit.html

Federal Highway Administration's Livability Resources: fhwa.dot.gov/livability/

Florida Action Plan on Aging (2022): elderaffairs.org/wp-content/uploads/Livable-Florida-Action-Plan_2022.pdf

National Aging in Place Council: ageinplace.org

National Association of City Transportation Officials (NACTO)- Street Design Guidance: nacto.org/program/design-guidance/

Role of Parks in Aging in Place: nrpa.org/blog/the-role-of-parks-in-aging-in-place/

Smart Growth America - Complete Streets: smartgrowthamerica.org/what-are-complete-streets/

Getting Around

Safe, Easy, and Equitable Access

Viable Transportation Options

Community Connection

An age-friendly community provides safe, easy, and equitable access to transportation services, amenities, and support services. It offers a wide variety of viable transportation options for people of all ages and with all physical and cognitive abilities to maintain their safe mobility and connection to the community, beyond driving.

Please check only one box ("Very True," "Unsure," or "Not True") for each statement in the table below.

In the community I am reviewing:	Very True	Unsure	Not True
Sidewalks are accessible and there are no gaps in connectivity.	☐	☐	☐
Bicycle lanes and shared-use paths are accessible and there are no gaps in connectivity.	☐	☐	☐
I can get from my home to my destination with few barriers, such as busy driveways, steep climbs, crossing busy streets, or railroad tracks.	☐	☐	☐
Public transit services are available with many connecting routes.	☐	☐	☐
The public transit system provides easy to understand schedules and route maps.	☐	☐	☐

In the community I am reviewing:	Very True	Unsure	Not True
There are accessible, comfortable, and safe transit stops offering shade and protection from the weather close to my home and destination.	☐	☐	☐
The public transit system is affordable and offers discounts for older adults.	☐	☐	☐
Travel trainers are available to help me learn how to use the transit system.	☐	☐	☐
The transit system takes me where I want to go in a reasonable amount of time.	☐	☐	☐
Paratransit services or demand response services (Dial-a-ride) are available to provide door-to-door transportation for people with disabilities or mobility challenges.	☐	☐	☐
Affordable transportation options like community van services are available.	☐	☐	☐
Transportation Network Companies, like Uber or Lyft are available.	☐	☐	☐
Ride sharing services like carpool, vanpool, or shared autos (Zipcars) are available to run errands.	☐	☐	☐
Local roads are designated for golf cart use by the local government.	☐	☐	☐
Bicycle sharing services are available and can accommodate older adults and people with disabilities.	☐	☐	☐
Volunteer driver programs are available to provide rides for older adults who may need special assistance and support.	☐	☐	☐

In the community I am reviewing:	Very True	Unsure	Not True
Convenient, safe, and affordable parking is available near many of my destinations.	☐	☐	☐
Adequate space is available for unloading groceries or to be picked up by taxi, rideshare service, and/or shuttle.	☐	☐	☐
On-street parking is available, which makes it easier to get to shops or drop-off passengers.	☐	☐	☐
Long-term parking spaces, lots, or garages are safe, convenient, and have sufficient lighting.	☐	☐	☐
Parking fees are reasonable, and the parking systems are easy to use.	☐	☐	☐
Bicycle parking is available near my home and destination.	☐	☐	☐
Golf cart parking is available near my home and destination.	☐	☐	☐
Dementia-friendly transportation services that consider the special needs of passengers with all types of memory problems are available.	☐	☐	☐
Getting Around Scores			

The following resources can help you learn more about **Getting Around** in a livable community:

Bicycling: Using Transportation Options in Florida booklet: fdot.tips/Cycling

Florida's Guide to Safe Mobility for Life: fdot.tips/guide

Golf Carts: How to Use Transportation Options in Florida brochure: fdot.tips/golfcarts

Public Transit: How to Use Transportation Options in Florida booklet: fdot.tips/public-transit

Safe Mobility for Life, Dementia and Transportation Resources: safemobilityfl.com/DementiaandTransportation.htm

Transportation Network Companies: How to Use Transportation Options in Florida brochure: fdot.tips/TNC

Walking: How to Use Transportation Options in Florida booklet: fdot.tips/walking
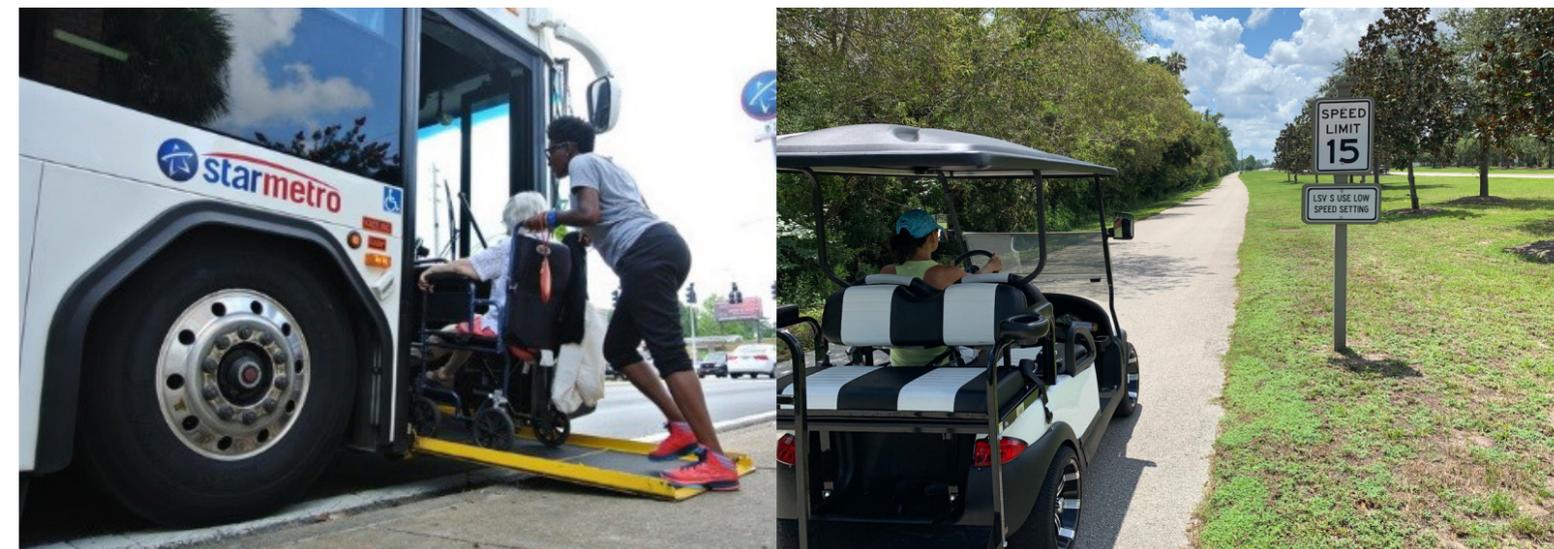
Street Safety and Security

Well-lit, Hazard-free Sidewalks
Connected Paths

An age-friendly community provides design features that support safety, access, and mobility. They contain well-lit, hazard-free sidewalks and paths, which are essential to encourage walking and biking, an active lifestyle, and minimize the risk of slips and falls. It offers a high degree of connectivity to help boost social interaction and active transportation.

Please check only one box ("Very True," "Unsure," or "Not True") for each statement in the table below.

In the community I am reviewing:	Very True	Unsure	Not True
Roads inside the community have large road signs with reflective letters and are easy to read.	☐	☐	☐
Busy roads have shorter distances, less than two football fields (600 feet), between pedestrian crossings.	☐	☐	☐
Busy intersections have marked crosswalks, curb ramps, and well-maintained pedestrian crossing signs and signals.	☐	☐	☐
Crosswalks have sufficient lighting at night so that pedestrians can be seen by drivers.	☐	☐	☐

In the community I am reviewing:	Very True	Unsure	Not True
There are safe places to cross the road midblock when intersections are too far apart or do not take me to my destination.	☐	☐	☐
There are pedestrian refuge islands in place to help reduce my crossing distance and increase my visibility on wide roads.	☐	☐	☐
Signalized intersections have countdown pedestrian signals in place with adequate time to safely cross.	☐	☐	☐
There are accessible pedestrian signals in place with audible tones, speech message, and/or vibrating surface to help visually impaired pedestrians safely cross the street.	☐	☐	☐
There are marked bicycle lanes, shared use paths, and/or 4-foot shoulders to safely and comfortably ride a bike.	☐	☐	☐
Sidewalks and paths do not lead me past undesirable or unsafe locations, such as abandoned buildings, barbed wire fencing, or other unpleasant structures.	☐	☐	☐
Sidewalks and paths are smooth, free of tripping hazards and other objects or obstructions, while being wide enough to safely and comfortably use a wheelchair or mobility device.	☐	☐	☐
Sidewalks and paths are accessible and have curb-ramps at all driveways and intersections.	☐	☐	☐
Streets are interconnected and have few dead ends or cul-de-sacs.	☐	☐	☐

In the community I am reviewing:	Very True	Unsure	Not True
I do not have to travel far out of my way to walk to my destination, get to a street crossing with a pedestrian signal, or explore new places.	☐	☐	☐
There are people out in the streets at most times of the day.	☐	☐	☐
There are well-lit areas at night.	☐	☐	☐
There are no blind alleys or other hidden areas.	☐	☐	☐
Street Safety and Security Scores			

The following resources can help you learn more about **Street Safety and Security** in a livable community:

Alert Today Florida: alerttodayflorida.com

FDOT Community Traffic Safety Teams: fdot.gov/Safety/programs/yourcommunity.shtm

FDOT Complete Streets Initiative: flcompletestreets.com/

**Safe Mobility for Life Roadway Safety Tip Card Series:** safemobilityfl.com/ResourceCenter.htm

DID YOU KNOW? ━━━

Each FDOT District has a full-time Community Traffic Safety Teams (CTST) Coordinator who works closely with the CTST in their geographic area to help solve traffic safety problems and to raise public awareness.

TIP
Contact your local CTST to address any road safety issue in your community. To find contact information for your local CTST, see the **Street Safety and Security** Resources section.
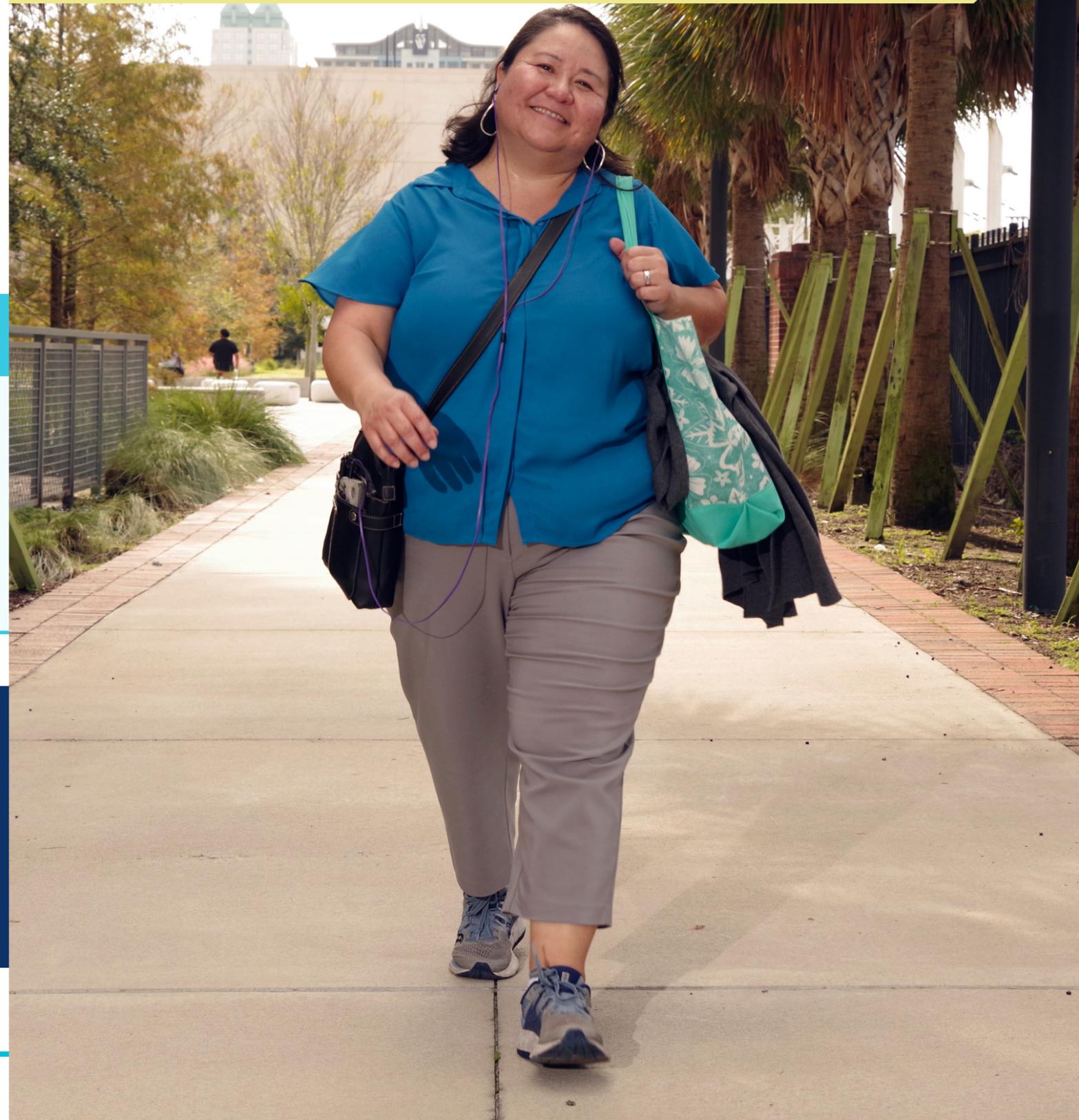
Neighborhood Support Services

Access to Activities, Employment, and Learning
Range of Support Services

An age-friendly community encourages participation by providing access to a range of affordable activities, employment, and lifelong learning. It also offers an adequate range of community, health, and home support services.

Please check only one box ("Very True," "Unsure," or "Not True") for each statement in the table below.

In the community I am reviewing:	Very True	Unsure	Not True
Meal delivery services to my home are available.	☐	☐	☐
Congregate meal sites are in close proximity to my home.	☐	☐	☐
There are adult day programs or respite services available.	☐	☐	☐
There are caregiver support groups available.	☐	☐	☐
Counseling is available for financial, insurance, or legal services.	☐	☐	☐
Delivery services (e.g., of groceries, medicines, etc.) are available.	☐	☐	☐

In the community I am reviewing:	Very True	Unsure	Not True
Affordable, accessible, and well-constructed housing is available with places where people of all ages and abilities can live.	☐	☐	☐
Places where people of all ages and abilities can socialize are available.	☐	☐	☐
A variety of health care professionals are available in close proximity to my home.	☐	☐	☐
Health and social services are available and conveniently located.	☐	☐	☐
Opportunities to improve driver safety, including driver safety courses and CarFit safety events are available.	☐	☐	☐
Trips and activities to support healthy active lifestyles, such as nature walks, trips to local farmer's markets, and bike rides are available.	☐	☐	☐
Exercise and education programs exist to promote physical and mental health.	☐	☐	☐
Active senior centers, libraries, and community centers that offer a variety of cultural, recreational, social, and civic activities are available.	☐	☐	☐
Free or low-cost classes and activities are available.	☐	☐	☐

In the community I am reviewing:	Very True	Unsure	Not True
There are opportunities for meaningful volunteering and/or paid work.	☐	☐	☐
Neighborhood Support Services Scores			

The following resources can help you learn more about **Neighborhood Support Services** in a livable community:

Approved Driver Safety Courses: flhsmv.gov/driver-licenses-id-%20cards/education-courses/

CarFit: car-fit.org

Community Care for the Elderly Program: elderaffairs.org/programs-services/caregiving/community-care-for-the-elderly-cce-program/

Find a Ride Florida: findarideflorida.org/

Florida Aging and Disability Resource Centers: elderaffairs.org/resource-directory/aging-and-disability-resource-centers-adrcs/

Healthy Aging in Parks: nrpa.org/our-work/partnerships/initiatives/healthy-aging-in-parks/

TIP

Use findarideflorida.org to learn what transportation options are available in your community.

TIP

Visit Florida's Aging and Disability Resource Centers (ADRCs) or call the Elder Helpline toll free at 1-800-963-5337 to contact your local ADRC and learn about available local program and services.
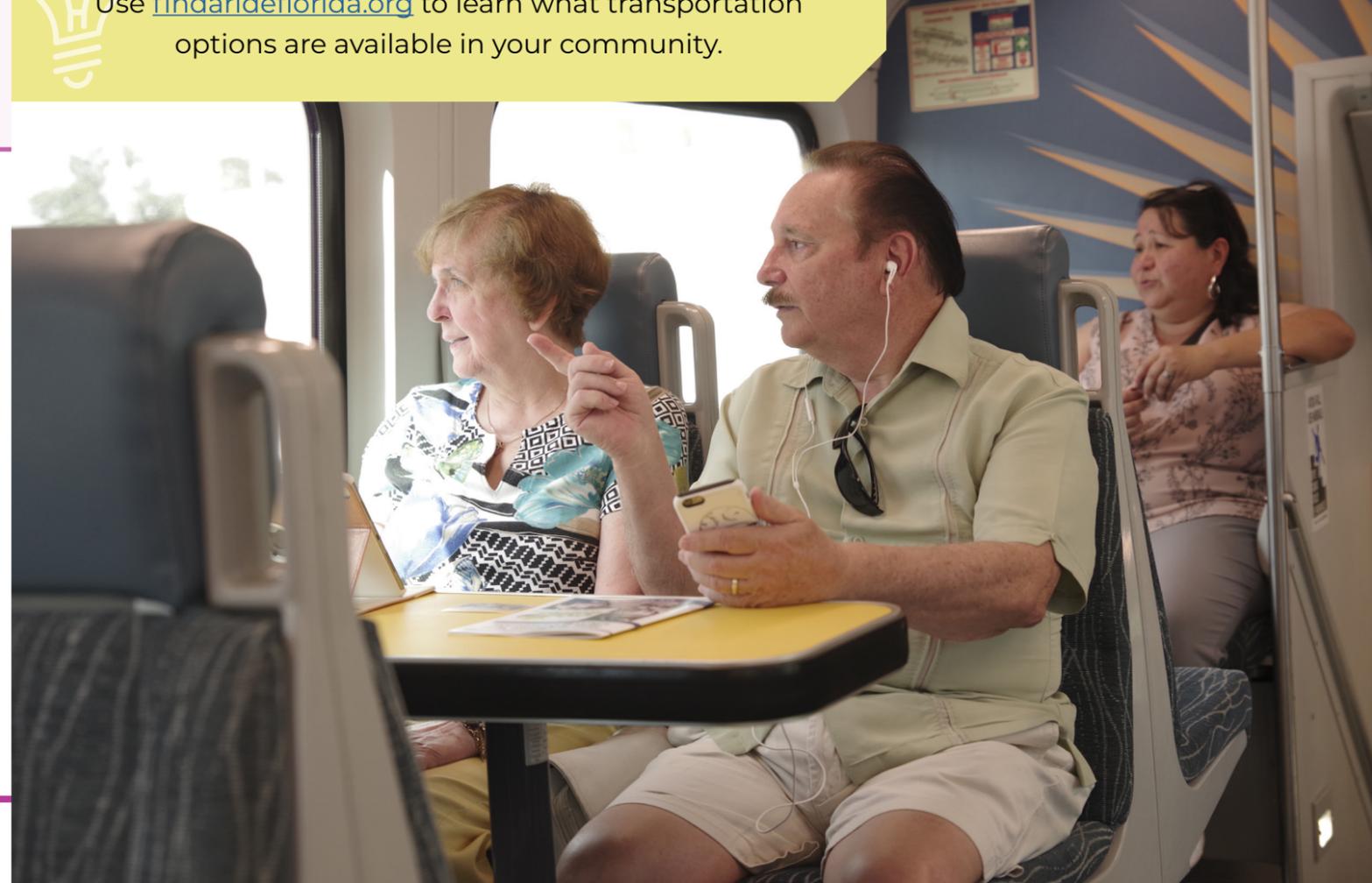
Step 4

Now that you have finished the Checklist, take a moment to review your overall scoring results and think of what you have learned about your Community.

	Very True	Unsure	Not True
Community Design			

	Very True	Unsure	Not True
Getting Around			

	Very True	Unsure	Not True
Street Safety and Security			

	Very True	Unsure	Not True
Neighborhood Support Services			

	Very True	Unsure	Not True
Total			

Scoring

Based on the Total Scores, see the scoring results below for your Community:

Very True	Unsure	Not True

If "Very True" has the highest score	The community promotes an individual's ability to age in place
If "Unsure" has the highest score	The community addresses some of your safety and mobility needs
If "Not True" has the highest score	The community does not meet your safety and mobility needs

If your Community under review got the highest score under "Unsure" or "Not True," review the list of resources provided in every category to help you find a community that will meet your personal mobility needs. You can also check out the AARP Livability Index to do more research on your Community.

It is important to remember that no one community will meet all preferences and needs. Look back to **Step 1** and remember what is important for you to have in a community to help you successfully age in place and use that in your decision-making.

You can also visit SafeMobilityFL.com/LivableCommunities to learn more about age-friendly communities, how to discover your transportation options, plus what you can do to get more involved in bringing age-friendly features and designs to your community.

Notes

SafeMobilityFL.com