

Florida Communities:

*Planning*

**NOW**

*for Senior Mobility*

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**Future trends predict the need to  
develop senior mobility plans NOW.**

*Collectively, we will provide you with strategies  
and tools to use in your community planning  
that address the state's increasing aging  
population.*

# Florida Agencies & Communities

*Why are we concerned  
about Planning*

**NOW**

*for Senior Mobility?*

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# *Reality Check...the Baby Boomers Are Here!*

- Who are baby boomers?
- 1946 – 1964
  - Every 8 seconds a baby boomer turns 60!
  - A majority of these elders are what we would consider “healthy” elders, much healthier than our parents
  - People 60 years old today have an actuarial life expectancy of 82.3

## *Just the Facts...*

### Florida's demographics are changing

- By 2030, the elder population in Florida (60+) will double (over 8M)
- 3 out of 5 people between the ages of 21 and 64 do not have any type of retirement plan
- 5 of the top 7 counties in the US ranked according to age 65+ are in Florida
- Top populated counties: Miami-Dade, Broward, Palm Beach, Hillsborough, Orange, Pinellas & Duval

# *Florida's Plan of Action*

A solution to the problem:

- The *Communities for a Lifetime* initiative is a state and local program that assists Florida cities, towns and counties in planning and implementing needed changes to accommodate the needs of their community, benefiting both youth and elders
- With smart growth planning, elders can remain an active, vital and contributing individual in your community for a lifetime

# *Benefits of Creating Communities for a Lifetime*

- Provide seniors an opportunity to remain independent in their own communities
- Increased safety through coordination of transportation, community planning and neighborhood interaction
- Improved physical and mental health of residents

## *Three key challenges:*

- Cannot depend on the government to do it all
- It is important not to require elders to conform to our molds or models, rather we must accommodate them – one size does not fit all
- How do we plan for our elders to be safe, mobile and live in their community for a lifetime?

# *How Should Communities Deal with the Challenges?*

- Join the CFAL community team!
  - Evaluate current conditions within the community in areas such as transportation and housing
  - Plan for future improvements or enhancements for their seniors
  - Develop partnerships to implement recommended improvements

# *Who Should Be Involved in CFAL?*

- Aging network partners
- City and/or county staff - neighborhood preservation, law enforcement, fire fighters, animal services
- City and regional planners
- Chamber of Commerce/Economic Development Council
- Business community
- Medical community (medical, non-medical, rehabilitative)
- Faith-based community
- Parks and recreation staff
- Public works/utilities
- Volunteers - civic organizations, senior volunteers
- Colleges and adult educators

# *Transportation Solutions*

- Driving, roadway changes & enhancements
- Discounts for seniors, neighborhoods within safe walking distance
- Options for individuals with disabilities
- More emphasis on public transit, walking and bicycling systems

# *What Can We Do?*

## Success Story

In October 2005, Orlando built support among government, senior organizations and transportation authorities and established ITNOrlando, a model public/private partnership providing transportation options to seniors in their city

- First ride scheduled for October 2006

## ***Food for Thought...***

- ***If you always do what you always did, you will always get what you always got.”***

***Is this philosophy going to work in planning your community's future?***

# Florida GrandDriver®

*Get Around **Safe** and Sound*

## Selma Sauls

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and Motor Vehicles

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Safety and Motor Vehicles*



# *Florida's Driving Population Demographics (8/01/06)*

<b>Age Group</b>	<b>Total</b>
All Drivers	15,545,395
55+	4,903,461
70+	1,905,026
80+	683,657
85+	280,421
90+	75,117
100+	Approx. 691



# *What is Florida GrandDriver®?*

- Education and Awareness Campaign
  - Based on American Association of Motor Vehicle Administrators (AAMVA) program
- Public relations, advertising, Web site, future 1-800#, special events, speakers
- Connecting people with information



# Florida GrandDriver®



*Get Around **Safe** and **Sound***

- Promote Safe Mobility for Life
- Community Connectivity
- Extend Years of Safe Driving
- Encourage Positive Education to Influence Self-Regulation
- Generate Suitable Transportation Alternatives



# *Florida GrandDriver<sup>®</sup> Partners*

- AAMVA: GrandDriver<sup>®</sup>
- AARP Driver Safety Program
- AAA Mature Operator Course
- Area Agencies on Aging
- American Occupational Therapy Association (AOTA)
- The Association of Driver Rehabilitation Specialists
- National Highway Traffic Safety Administration



# *Still Pickin' Up Good Vibrations!*



# *Age alone doesn't determine driving ability*



- Change in Health Status
- Pattern of Dents, Close Calls
- Do You Feel Safe In the Car?
- **Should be a Conversation, Not an Ambush**
  - AARP/The Hartford – “We Need To Talk”  
<http://www.thehartford.com/talkwitholderdrivers/>



# *Some Examples of What To Look For..*

- **Difficulty working the pedals**
- Gets lost or disoriented even in familiar places
- Difficulty merging on freeways, or turning onto busy streets
- Confusion at exits
- Parking inappropriately
- Weaves, straddles lanes, drifts into other lanes or changes lanes without signaling
- Hitting curbs
- Driving at inappropriate speeds
- Delayed responses to unexpected situations (i.e. emergency vehicles)
- Not anticipating dangerous situation
- **Forgetting how to start the car**



# *Florida At Risk Driver Council*

- Established by Section 322.181, F.S.
- Published “The Effects of Aging on Driving Ability Report” (2004)
- Promote public education & public awareness
- Promote alternative transportation
- Engage health professionals
- Engage families
- Engage community leaders
- Promote wellness



## *Other Resource Programs*

- Governor's Statewide TRIAD
- FDOT Community Traffic Safety Teams
- Drivewell Program (American Society on Aging (ASA))
- CarFit ® (ASA, AAA, AARP and AOTA)
- AARP and AAA Driver Safety Courses
- Community Level Transit Programs
  - United We Ride
- Commission on Transportation Disadvantage
- Volunteer Programs
  - Independent Transportation Network (ITNAmerica®)



# *Benefits of Partnering*

- Safety Net for Seniors is Created
- Connectivity to Needed Services
- Knowledge of Resources to Assist
- System is Designed to “Fit the Person”
- More Funding Resources Available
- Broadens Perspectives and Opportunities to Be Proactive

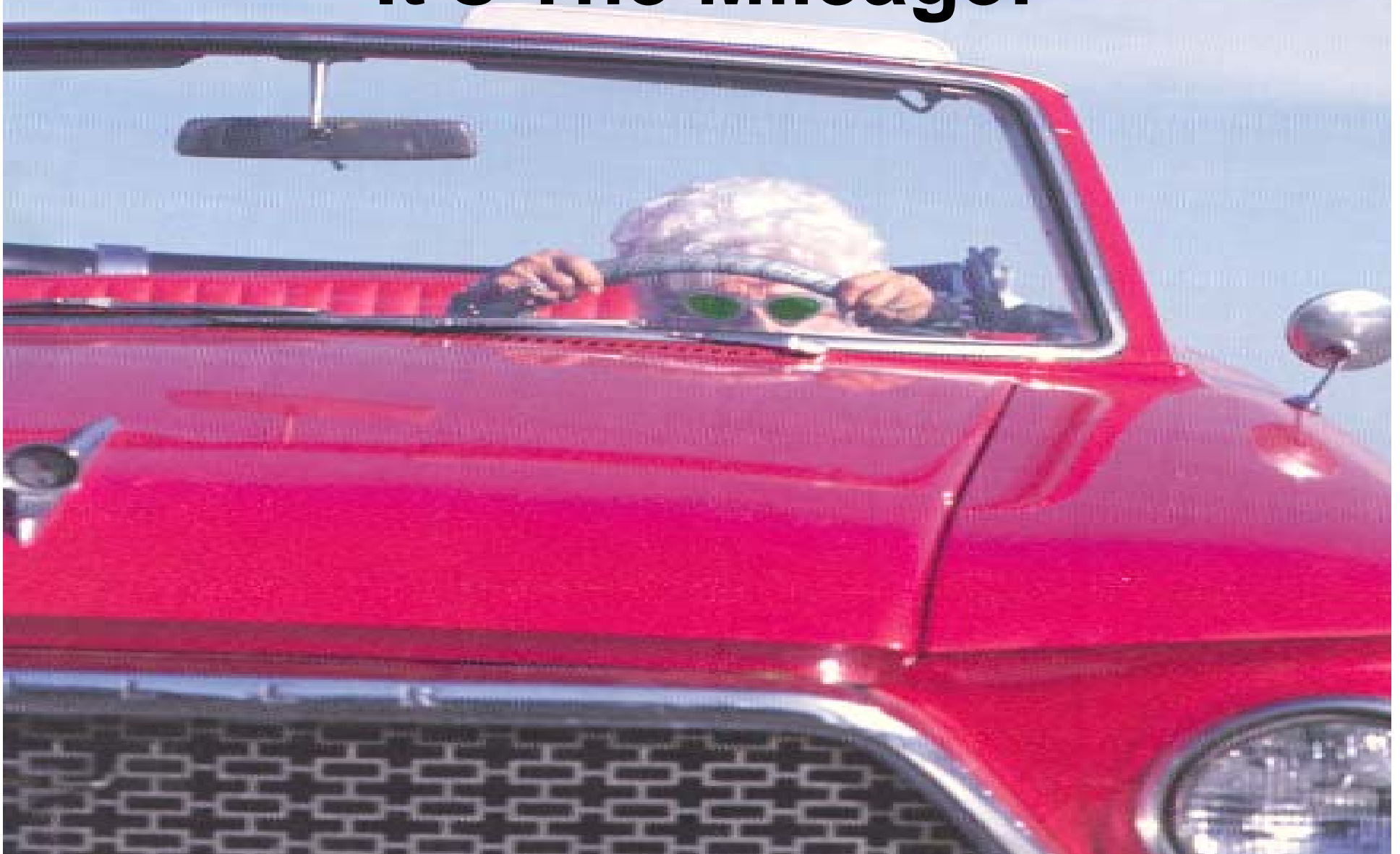


# *What's the Bottom Line?*

- No one right answer
- Adapt
- Plan ahead
- Talk now



**It's Not The Years.....  
It's The Mileage!**



***Florida's Elder  
Road User  
Program***

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# *Background*

- TRB Special Report 218 – Transportation in an Aging Society
- FHWA Older Driver Pilot Program
  - Florida At-Risk Driving Council
  - FDOT's Elder Road User Program
    - Established by Policy Statement (000-750-001)
    - Roadway Improvements on State Hwy System



# *Elder Road User Program Goals - 1991*

- Roadway Improvements based on the FHWA Highway Design Handbook for Older Drivers and Pedestrians
- Improve visibility of traffic control devices
- Provide advance notice to traffic situations
- Simplify decision making at intersection and interchange approaches
- Provide pedestrian enhancements



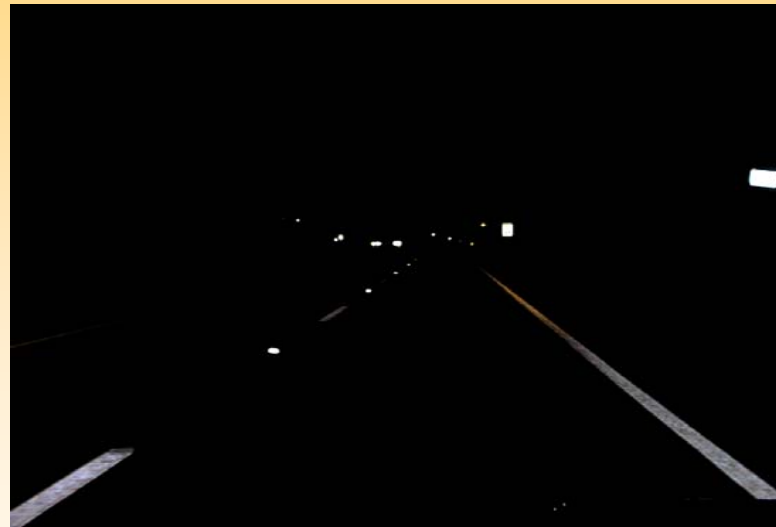
# ***Increase Visibility: 6 Inch Pavement Markings***

- Statewide - Increased lane and edge line widths from 4 inches
- The standard for the State Highway System
- Completed by FDOT Maintenance within 2 years



# ***Increase Visibility: Reflective Pavement Markers (RPMs)***

- Statewide - Increased number of reflective pavement markers by specifying 40 foot spacing
- Standard on the State Highway System
- Completed by FDOT Maintenance within 2 years



## *Increase Visibility:*

# *Larger Lettering on Guide Signs*

- Letter size based on speed of roadway
- Use of upper/lower case preferred
- Standards shown in Section 6.3 of the Traffic Engineering Manual



## *Increase Visibility: Overhead Street Name Sign*

- Minimum 8 inch letters
- Initially installed at signalized intersections with 20,000 ADT – now most intersections
- Support local government's use of internally illuminated street name signs



## *Increase Visibility: Work Zones*

- Better maintenance of devices
- Pavement marking and RPM standards apply here too
- More advance warning signs



# *Increase Visibility: Revised Warning, Stop, and Yield Signs*

- Designed for 20/70 visual acuity
- Standards shown in Elder Road User Section 6.2 of the Traffic Engineering Manual



# *Advance Notification: Advance Street Name Sign*

- At all major signalized intersections
- Use large lettering, based on posted speed



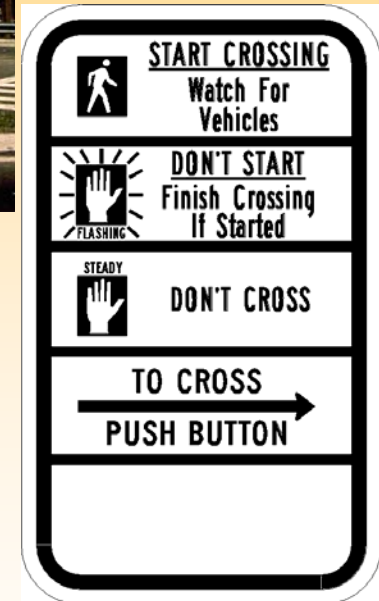
# *Advance Notification: Advance Warning Signs*

- Signal ahead
- Stop and yield ahead
- Symbol signs used



# *Pedestrian Enhancements*

- Refuge islands
- High emphasis crosswalks
- Slower walk speeds
- Signal display educational plaque
- Countdown Pedestrian Signals



# *Countdown Pedestrian Signals*



- Statewide Policy (Topic No. 000-750-010) for use on State Highway System
- Installation criteria found in Section 3.9 of the Traffic Engineering Manual
- Conducting before/after evaluation at sites in Broward County
- Approved devices found on FDOT's Approved Products List (APL)



## *Current Program Goals*

- Maintain/enhance partnerships
- Increase Communication/Outreach
- Provide Seamless Roadway System
- Additional Roadway Improvements
- Develop Business Plan
  - Based on NCHRP Report 500, Volume 9: A Guide for Reducing Collisions Involving Older Drivers



## ***ERUP - Business Plan Strategies***

- Establish and maintain partnerships with both state, local, and private agencies
- Enhance the safety, accessibility, and mobility of Florida's aging population (*NCHRP Report 500 Vol. 9 Objective 3.1A*)
- Reflect the FDOT Elder Road User Program on the non-State Highway System network



# ***Strategy 1: Establish and maintain partnerships - Activities***

- Current partners: DHSMV, DOEA, DCA, DOH, Transportation Disadvantage, Safety, Planning, Design, Maintenance, Transit, FHWA, FL At Risk Drivers Council, District Traffic Operations
- Future partners: AARP, AAA, local traffic engineers and planners, multi-modal agencies



## ***Strategy 2: Enhance safety, accessibility, and mobility - Activities***

- Establish broad-based coalition plan for addressing transportation needs of older adults (*NCHRP Report 500, Vol. 9 Strategy 3.1A1*)
- Perform before/after evaluations improvements
- Older driver research topics
  - Human factors and effectiveness studies on roadway improvements
  - Livable Communities



## ***Strategy 2: Enhance safety, accessibility, and mobility – Activities - continued***

- Training for planners & designers tailored specifically for FL roadways
  - Based on the FHWA Design Handbook for Older Drivers and Pedestrians
  - Specific examples and FL references



# ***Strategy 3: Roadway Improvements on non-State Highway System - Activities***

- Determine current level of roadway improvements on local roads
- Identify existing local senior mobility programs
- Cost analysis
- Determine possible funding sources
- Standardize roadway improvements in the Florida Greenbook
- Communicate benefits of program to local governments



## *Conclusion*

- Partnering is key to program success
- No one agency can do it alone
- Need to have a collective organized approach to address issues
  - Roadway, Community, and Motorist
- Roadway changes improve safety and benefit everyone, not just older driver



## *Contact Information*

- Communities for a Lifetime Initiative
  - Sunny Phillips (Phillipsca@elderaffairs.org)
  - [www.communitiesforalifetime.org](http://www.communitiesforalifetime.org)
- Florida GrandDriver Program
  - Selma Sauls (sauls.selma@hsmv.state.fl.us)
  - [www.floridagranddriver.com](http://www.floridagranddriver.com)
- Elder Road User Program
  - Gail Holley (gail.holley@dot.state.fl.us)
  - [www.dot.state.fl.us/trafficoperations/Operations/ElderRdUser.htm](http://www.dot.state.fl.us/trafficoperations/Operations/ElderRdUser.htm)

