

Designing for Florida's Aging Population

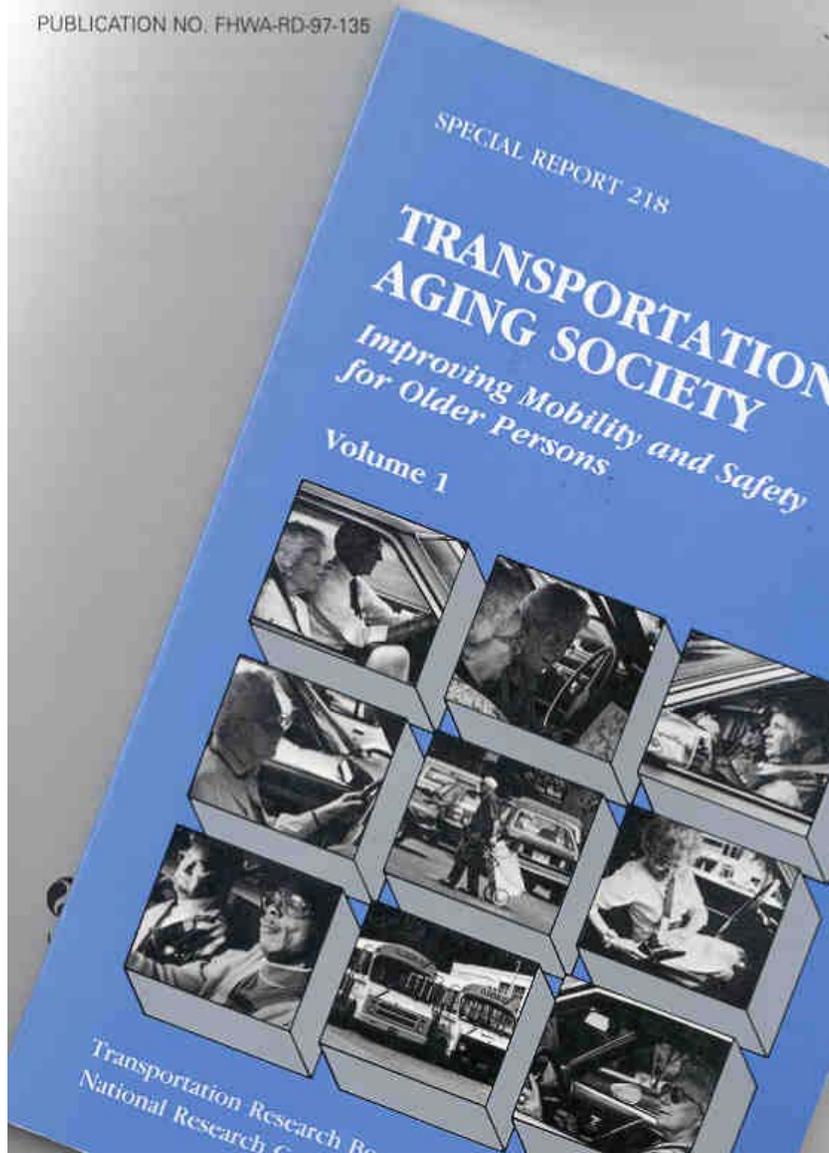


FDOT's Safe Mobility for Life Program

Gail M. Holley
State Traffic Engineering & Operations Office

Older Driver Highway Design Handbook

PUBLICATION NO. FHWA-RD-97-135



History Lesson

- ◆ Transportation Research Board's Special Report 218: Transportation in an Aging Society.
- ◆ FHWA Older Driver Pilot Program.
- ◆ FDOT's Elder Road User Program.
 - ✓ Implemented roadway improvements to compensate for age-related changes



Roadway Improvements



The Impact of Aging on Driving

- ◆ Physical Condition
- ◆ Cognition
- ◆ Visual





Physical Condition

- ◆ Loss of muscle mass and bone strength, which can increase your chances of injury or death in a crash.
- ◆ Decreased flexibility may cause rigidity or limited range of motion in the neck, arms, legs, or joints.



Cognition

- ◆ Includes your thinking and how well you use your sensory perception, attention, learning, memory, thought, visual processing, reading, and problem solving.
- ◆ Driving is a very complex activity that requires you to use many of these skills.

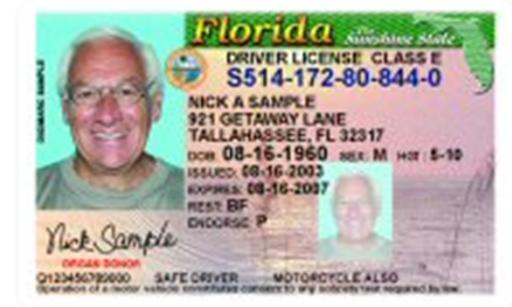
Vision

- ◆ 90% of the information required for safe driving relates to vision.
- ◆ Aging drivers need:
 - ✓ More light to help distinguish roadway features
 - ✓ To be closer to properly read signs and markings
 - ✓ More time to recover from glare due to headlights or sun



Florida Driver License – Vision

- ◆ For all drivers - 20/70 is the minimum corrected visual acuity necessary to obtain your driver license in the State of Florida.
- ◆ Drivers over age 80 are required to pass a vision test when obtaining or renewing their driver license.



3 Things to Remember

- ◆ The changes of aging do not affect all drivers at the same age or in the same way.
- ◆ Ability, not age is a factor when someone should start to transition from driving.
- ◆ Improvements that benefit older adults, benefit road users of all ages.

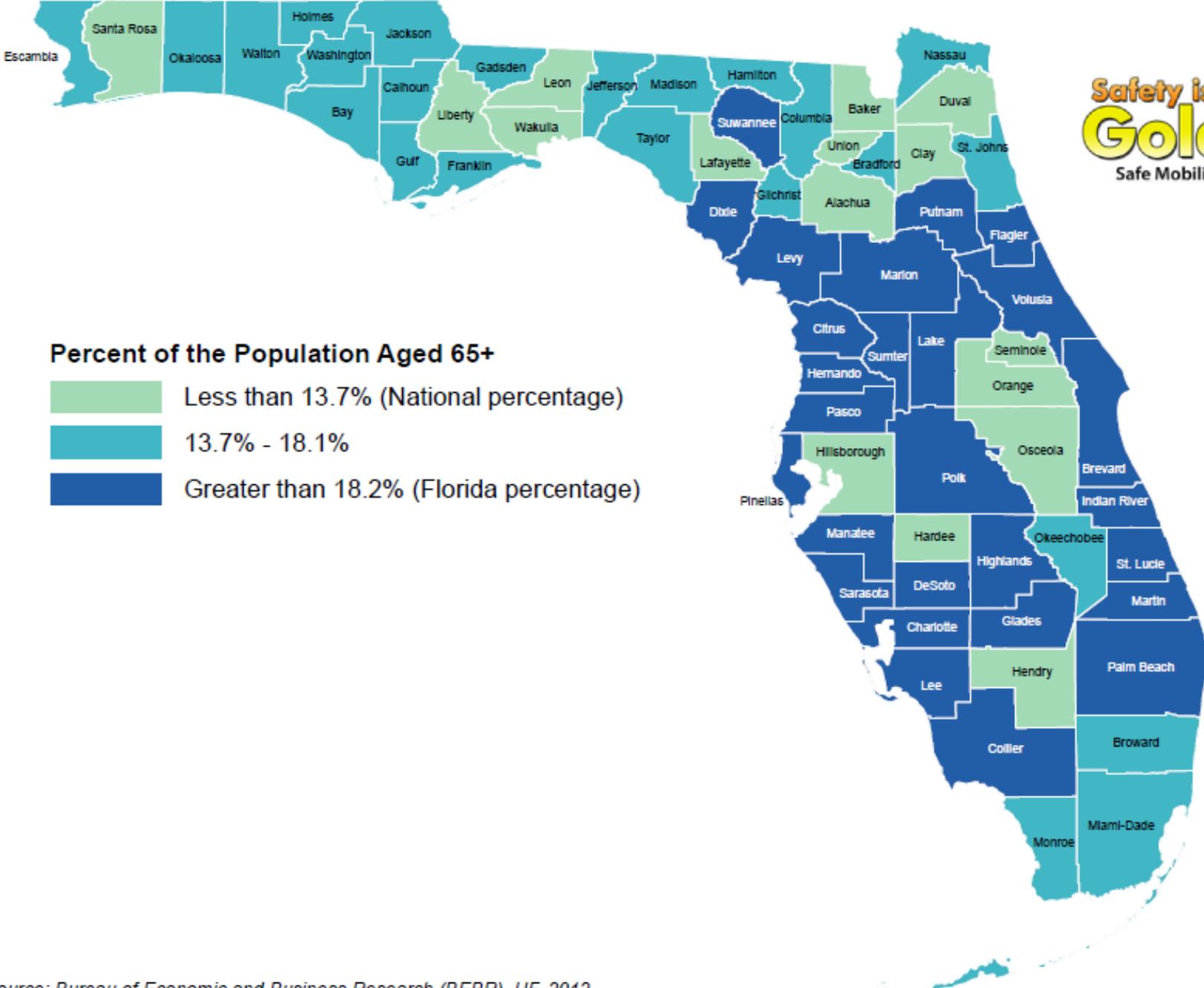
Florida's Population is Aging Faster than the Rest of the Nation

State 65+ Population Projections

2000 State Rank		2010 State Ranking		2030 State Ranking	
Florida	1	Florida	1	Florida	1
Pennsylvania	2	West Virginia	2	Maine	2
West Virginia	3	Maine	3	Wyoming	3
Iowa	4	Pennsylvania	4	New Mexico	4
North Dakota	5	North Dakota	5	Montana	5

Source: U.S. Census Bureau

Florida's Aging Road Users (65+), 2012



Percent of the Population Aged 65+

- Less than 13.7% (National percentage)
- 13.7% - 18.1%
- Greater than 18.2% (Florida percentage)

Source: Bureau of Economic and Business Research (BEBR), UF, 2012

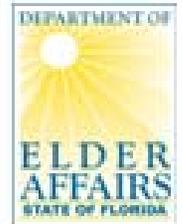
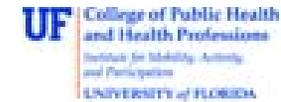
**We have a Statewide
Coalition Working Together
to Improve the Safety,
Access, and Mobility of
Florida's Aging Population**



THE FLORIDA STATE UNIVERSITY
PEPPER INSTITUTE ON AGING AND PUBLIC POLICY



U.S. Department of Transportation
Federal Highway Administration



Safety is Golden

Safe Mobility for Life Coalition



Our Approach



- ◆ Change how agencies and organizations work together to address challenges and develop resources.
- ◆ Promote a positive, consistent approach to a broad issue.
- ◆ Balance safety and mobility needs of aging Floridians.
- ◆ Develop and evaluate programs and resources for all stakeholders.

**We Developed a Strategic
Safety Plan as a Blueprint
to Help Reduce Crashes for
Florida's Aging Road Users**

Florida's Aging Road User Strategic Safety Plan

- ◆ **Goal:** Reduce fatalities, injuries and crashes by improving the safety, access, and mobility of aging road users.
- ◆ Comprehensive plan to address both safety and mobility issues.
- ◆ Aligns with the 2060 Florida Transportation Plan.
- ◆ Ties into Florida's Strategic Highway Safety Plan.



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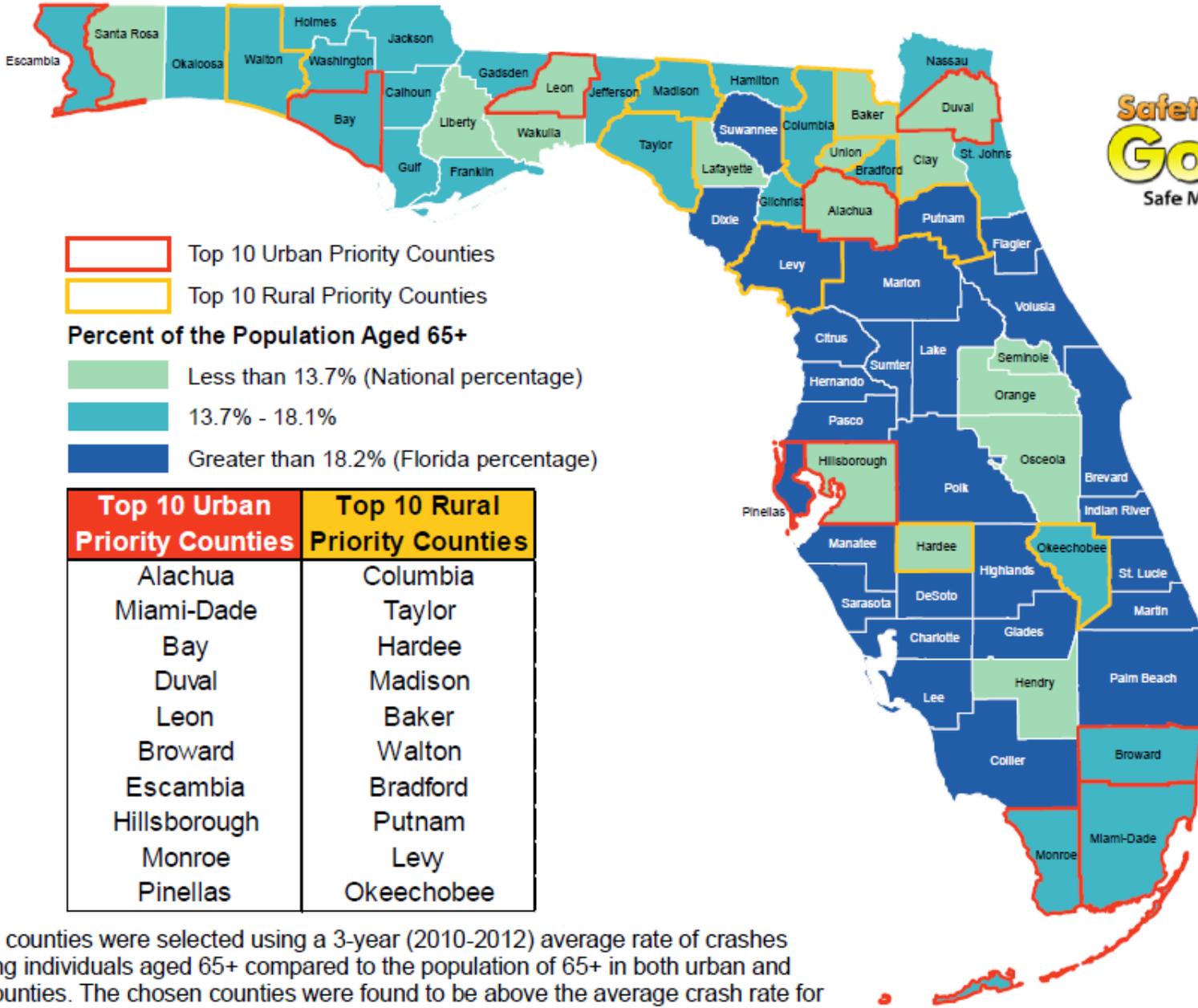
At Risk Drivers Emphasis Area



Ten Emphasis Areas

- ◆ Program Management, Evaluation, and Resources
- ◆ Data Collection and Analysis
- ◆ Outreach and Education
- ◆ Advocacy and Policy
- ◆ Aging in Place
- ◆ Prevention and Early Recognition
- ◆ Assessment, Remediation, and Rehabilitation
- ◆ Licensing and Enforcement
- ◆ Other Road Users
- ◆ Transitioning from Driving

2014 Florida's Aging Road User (65+) Priority Counties



Priority counties were selected using a 3-year (2010-2012) average rate of crashes involving individuals aged 65+ compared to the population of 65+ in both urban and rural counties. The chosen counties were found to be above the average crash rate for rural and urban counties, respectively.

Source: Bureau of Economic and Business Research (BEBR), UF, 2012; FDOT Crash Analysis Reporting System (CARS), 2012

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Aging in Place: Goals and Objectives

- ◆ **Goal:** Promote and encourage practices that support and enhance aging in place.
- ◆ **Objective:** Increase the number of livable communities in Florida.
- ◆ **Objective:** Improve the transportation environment to better accommodate the safety, access, and mobility of aging road users.

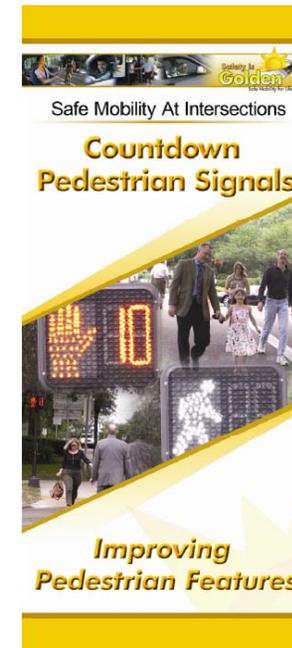
Aging in Place: Resources

- ◆ Roadway and Pedestrian Improvements.
- ◆ Aging in Place Checklist.
- ◆ Planning for Driving Retirement.

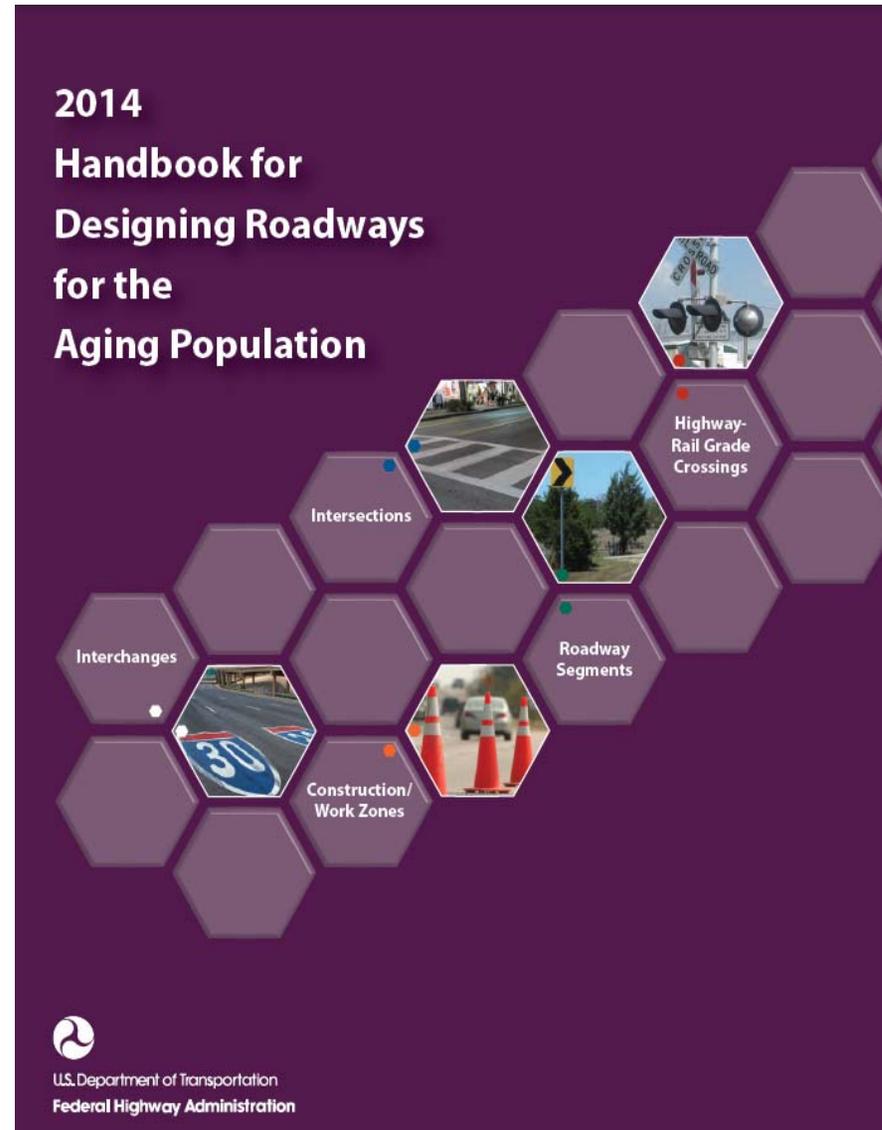


Roadway & Pedestrian Improvements

- ◆ Develop Educational Materials.
- ◆ Promote on Local Roads.
 - ✓ Chapter 18 – FL Greenbook
- ◆ Conduct Human Factors Research Studies to help with decision-making.
- ◆ Standards and Guidance.
 - ✓ TEM/Design Standards/Greenbook
 - ✓ Website (www.flcams.org)
 - ✓ FHWA: Older Driver Design Handbook



FHWA's Handbook for Designing Roadways for the Aging Population



Aging in Place Resources:

What's Next...

FHWA's Handbook for Designing Roadways for the Aging Population

- ◆ Team to review and incorporate recommendations wherever possible.
- ◆ Provide research to support and enhance promising practices.
- ◆ Update and distribute standards and guidance.
- ◆ Provide training to address recommendations and make Florida specific.

Aging in Place Checklist

- ◆ To help older adults find communities that meet their mobility needs.
- ◆ Identifies four areas to help promote aging in place:
 - ✓ Community Design
 - ✓ Getting Around
 - ✓ Street Safety and Security
 - ✓ Support Program and Social Services
- ◆ Will help determine if an existing community or new one will meet needs to successfully age in place.

Sample from Aging in Place Checklist

Getting Around

Pedestrian Travel: Community streets should support walkability.

Sidewalks:

Yes

No

Are safe, continuous, accessible, and well-maintained.

Allow me to get directly from my home to my destination with few barriers, such as busy, high-speed streets, railroad tracks, or steep climbs.

Do not lead me past abandoned buildings, unsafe structures or other unpleasant developments.

Pedestrian and Bicycle Pathways: Walking and bicycling are essential to maintaining an active, healthy lifestyle and are important means of travel, recreation, or for exercise.

Pathways, greenways, or shared-use paths:

Yes

No

Are safe, continuous, accessible, and well-maintained.

Allow me to walk or ride a bike between many important destinations.

Transportation Retirement Plan

- ◆ Provide information to help older adults prepare to safely transition from driving.
- ◆ Will develop and focus group test educational materials to assist in planning.



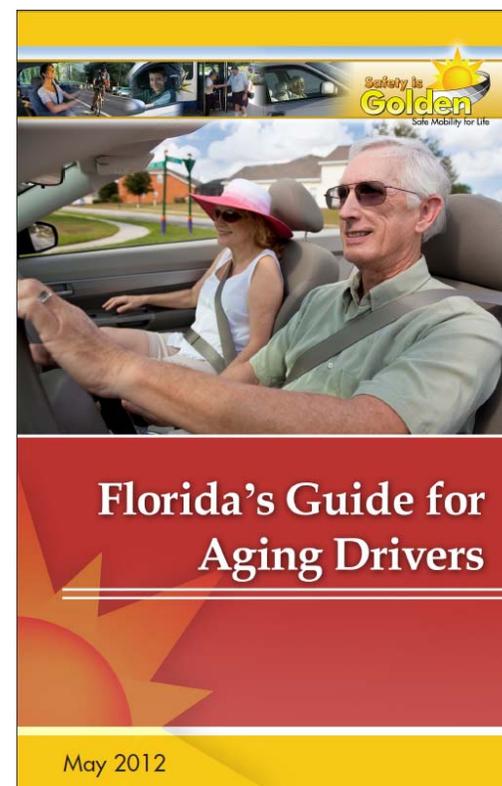
Direct Access to Resources

Web



The screenshot shows the homepage of the website. At the top, there is a navigation menu with links: "About Us", "Road User", "Roadway", "Vehicle", "Laws", and "Find a Ride". The main header features the "Safety is Golden" logo with a sun icon and the tagline "Safe Mobility for Life". Below the header is a large banner image showing an older man in a wheelchair, a woman in a car, and a man in a car. A search bar is located below the banner, with the text "Google Custom Search" and "Search This Site". To the right of the search bar are social media icons for Facebook, Twitter, YouTube, and Email. The main content area has the heading "Improving Safety, Access, and Mobility for Florida's Aging Road Users". Below this heading is a paragraph of text: "Florida leads the nation with 18.2 percent of our population 65 years and older (UF Bureau of Economic and Business Research, 2012). Our sunny warm climate makes Florida an ideal retirement destination. It is projected that the number of residents 65 years and older will continue to grow. By the year 2030, over 27 percent of our population will be over the age of 65, compared to 19 percent for the rest of the nation. (U.S. Census Bureau)." Another paragraph follows: "Florida is also working hard to lead the nation in preparing to meet the transportation safety and mobility challenges that arise from the inevitable increases to our aging population. This website was developed and is maintained by the Florida Department of Transportation (FDOT) to support the work and efforts of our Safe Mobility for Life Coalition." Below this is another paragraph: "Whether you are an older adult, family member (living in or out of Florida), friend, health care professional, law enforcement, local government, engineer/planner, safety advocate, or aging service provider, this site is designed to be your virtual 'one stop shop'. It provides you easy access to transportation safety and mobility information and resources designed to" A "News" section is visible at the bottom, with a headline: "May is Older Americans Month! This year's theme is Safe Today, Healthy Tomorrow. We are conducting a Safety is Golden Mobility Fair at Parkview Baptist Church in Lake City on Tuesday, May 20th to help keep older adults living in and around Columbia County safe and mobile throughout their lifetime. (more info)".

Print



The image shows the cover of a printed guide titled "Florida's Guide for Aging Drivers". The cover features a large photograph of an older man and woman driving in a car. The "Safety is Golden" logo is in the top right corner. The title "Florida's Guide for Aging Drivers" is prominently displayed in the center. At the bottom, it indicates the date "May 2012".

www.SafeandMobileSeniors.org

How You Can Help

- ◆ Incorporate the roadway and safety countermeasures in your plans and projects.
 - ✓ **Remember:** What helps older adults, benefits road users of all ages.
- ◆ Help promote aging road user safety and mobility resources.
- ◆ Stay connected and engaged to help us prepare our state to meet the transportation/mobility needs of our aging population.
 - ✓ Listserv, Website, and social media

Together We Can Help Floridians Successfully Age in Place



Gail Holley

Safe Mobility for Life Program & Research Manager

Florida Dept of Transportation

State Traffic Engineering and Operations Office

Email: gail.holley@dot.state.fl.us

Phone: 850-410-5414

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