Designing for Florida’s Aging Population

FDOT’s Safe Mobility for Life Program

Gail M. Holley
State Traffic Engineering & Operations Office
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

<table>
<thead>
<tr>
<th>2000 State Rank</th>
<th>2010 State Ranking</th>
<th>2030 State Ranking</th>
</tr>
</thead>
<tbody>
<tr>
<td>Florida</td>
<td>1</td>
<td>Florida</td>
</tr>
<tr>
<td>Pennsylvania</td>
<td>2</td>
<td>West Virginia</td>
</tr>
<tr>
<td>West Virginia</td>
<td>3</td>
<td>Maine</td>
</tr>
<tr>
<td>Iowa</td>
<td>4</td>
<td>Pennsylvania</td>
</tr>
<tr>
<td>North Dakota</td>
<td>5</td>
<td>North Dakota</td>
</tr>
</tbody>
</table>

*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
March 2014
We have a Statewide Coalition Working Together to Improve the Safety, Access, and Mobility of Florida’s Aging Population
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.

✓ At Risk Drivers Emphasis Area
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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

Top 10 Urban Priority Counties
- Alachua
- Miami-Dade
- Bay
- Duval
- Leon
- Broward
- Escambia
- Hillsborough
- Monroe
- Pinellas

Top 10 Rural Priority Counties
- Columbia
- Taylor
- Hardee
- Madison
- Baker
- Walton
- Bradford
- Putnam
- Levy
- Okeechobee

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

March 2014
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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.flsams.org)
  ✓ FHWA: Older Driver Design Handbook
FHWA’s Handbook for Designing Roadways for the Aging Population

2014 Handbook for Designing Roadways for the Aging Population

U.S. Department of Transportation
Federal Highway Administration
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.

<table>
<thead>
<tr>
<th>Sidewalks:</th>
<th>Yes</th>
<th>No</th>
</tr>
</thead>
<tbody>
<tr>
<td>Are safe, continuous, accessible, and well-maintained.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>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.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Do not lead me past abandoned buildings, unsafe structures or other unpleasant developments.</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**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.

<table>
<thead>
<tr>
<th>Pathways, greenways, or shared-use paths:</th>
<th>Yes</th>
<th>No</th>
</tr>
</thead>
<tbody>
<tr>
<td>Are safe, continuous, accessible, and well-maintained.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Allow me to walk or ride a bike between many important destinations.</td>
<td></td>
<td></td>
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</table>
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

Improving Safety, Access, and Mobility for Florida's Aging Road Users

Florida leads the nation with 18.2 percent of our population 65 years and older (U.S. 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).

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.

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

Print

Florida’s Guide for Aging Drivers

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

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