



Action Plan for an Age-Friendly Miami-Dade



AGE FRIENDLY INITIATIVE
Miami-Dade County

Acknowledgements

The Miami-Dade Age-Friendly Initiative was developed in order to take advantage of the opportunities and meet the challenges presented by the growing number of older adults in South Florida. This Initiative would not be possible without the collective work and impact of supporters and partner organizations. We gratefully acknowledge the funding provided by the Grantmakers in Aging's (GIA) Community AGenda through support from the Pfizer Foundation, which has been crucial in all stages of this project and has helped us lay the backbone for sustainability of the initiative. Additional funding from AARP Florida, HSBC, and United Way of Miami-Dade has also helped support the work being done. The Miami-Dade Age-Friendly Initiative has benefited at all phases from the guidance and collaboration from several agencies and organizations that came together with the common goal of shaping our community for all ages, the members of which we warmly thank for their donation of time, knowledge, and support:

Lead Agencies

AARP Florida

Alliance for Aging

Miami-Dade County

Health Foundation of South Florida

United Way of Miami-Dade

Urban Health Partnerships

Steering Committee

Raymond Adrian, Unidad of Miami Beach

Francine Anderson, Miami-Dade County

Department of Cultural Affairs

Teresita Ascanio, Miami-Dade County

Adele R. Bagley, Miami-Dade County

Gretchen Bessing, Catalyst Miami

Santiago Bunce, Catalyst Miami

Laura Cantwell, AARP Florida

Daniella Levine Cava, Miami-Dade County

Commission, District 8

Carmen Centeno, Miami-Dade County

Ana Chamas, Miami-Dade County

Paulo Chaves, FIU, Herbert Wertheim College of
Medicine

Michelle Ciccazzo, FIU, Robert Stempel College of
Public Health & Social Work

Luis Collazo, Town of Miami Lakes, Communities for
a Lifetime

Olga Connor, Florida Department of Health in
Miami-Dade County

Sara J. Czaja, University of Miami, Miller School of
Medicine

Mary Donworth, United Way of Miami-Dade

Kamalah Fletcher, Catalyst Miami

Shari Gantman, Health Foundation of South Florida

Anamarie Garces, Urban Health Partnerships

Marcela Gutiérrez, Gutierrez Consulting
Partnerships

Ali Habashi, University of Miami

Mari Saydal Hamilton, Miami-Dade County

Eric Hansen, Miami-Dade Parks, Recreation & Open
Spaces

David Henderson, Miami-Dade Metropolitan
Planning Organization

Susan Holtzman, Office of Commissioner Daniela
Levine Cava

Barbara A. (Bobbie) Ibarra, Miami Coalition for the
Homeless, Greater Miami Chamber of Commerce

Marsha Jenakovich, Alliance for Aging

Betty Jimenez, Miami-Dade County Office of the Mayor, Miami-Dade County Communities for a Lifetime
Jack Kardys, Miami-Dade County Parks, Recreation & Open Spaces
Kevin M. Kirwin, City of Miami Parks & Recreation
Margie Lee, AARP
Marialaura Leslie, Miami-Dade County Department of Cultural Affairs
Gaby Lopez, Miami-Dade County Office of the Mayor
Steven Marcus, Health Foundation of South Florida
Iveris L. Martinez, FIU Herbert Wertheim College of Medicine, Department of Humanities, Health & Society
Edeline Modestin, Miami-Dade County Office of the Mayor
Maria Nardi, Miami-Dade County Parks, Recreation & Open Spaces
George Parrado, Miami-Dade County Parks, Recreation & Open Spaces
Natalie Pascarella, Miami-Dade County
Martha Pelaez, Health Foundation of South Florida
G. Adriana Perez, College of Nursing and Health Innovation, Arizona State University

Maria (Marilyn) Rams, AARP Foundation WorkSearch /Town of Cutler Bay Communities for a Lifetime
Jenna Rassif, Greater Miami Society of Human Resource Management
Lillian Rivera, Miami-Dade County Health Department
Carlos Roa, Miami-Dade Metropolitan Planning Organization
Max Rothman, Alliance for Aging
Isabel Rovira, Urban Health Partnerships
David Saltman, Florida International University
Linda Schotthoefer, United Way of Miami-Dade
Michael Spring, Miami-Dade County Office of the Mayor
Enrique Vega Garcia, Pan American Health Organization / World Health Organization (PAHO/WHO)
Edgar R. Vieira, Florida International University, Department of Physical Therapy
Rahel Weldeyesus, Office of Commissioner Levine Cava, District 8
Mark Woerner, Miami-Dade County, Department of Regulatory & Economic Resources, Planning
Peter Wood, Health Foundation of South Florida

Action Plan Work Group

The Action Plan Work Group is comprised of members of the lead agencies and Steering Committee who met over the last year to discuss, research, and strategize on the issues related to older adults in Miami-Dade County and begin to draft a plan to take steps toward making Miami-Dade more age-friendly. They are:

Francine Anderson
Teresita Ascanio
Laura Cantwell
Carmen Centeno
Ana Chammas
Laurie Fucini-Joy
Anamarie Garces
Mayra Garcia
Marcela Gutiérrez

Mari Saydal Hamilton
Eric Hansen
Susan Holtzman
Marsha Jenakovich
Betty Jimenez
Marialaura Leslie
Amelinda Loddó
Edeline Modestin
Maria Nardi

Natalie Pascarella
Martha Pelaez
Isabel Rovira
Linda Schotthoefer
Peter Wood

Catalyst Miami Facilitators:
Santiago Bunce
& Kamalah Fletcher

Table of Contents

- **Executive Summary** 5
- **Introduction** 9
 - *About the Miami-Dade Age-Friendly Initiative* 9
 - *Background on Older Adults in Miami-Dade County* 12
- **About this Plan** 14
 - How the plan was developed 14
 - Goal 15
 - Overview of the Eight Domains of Livability 15
 - Priorities for this plan 16
 - How to use this plan 18
- **Priority Areas: Built Environment** 20
 - Domain 1: Outdoor Spaces and Buildings 21
 - Domain 2: Transportation 25
 - Domain 3: Housing 30
- **Social Environment** 35
 - Domain 4: Social Participation 36
 - Domain 5: Respect & Social Inclusion 38
 - Domain 6: Civic Participation & Employment 40
 - Domain 7: Communication & Information 42
 - Domain 8: Community & Health Services 44
- **Next Steps** 46
 - Get Involved 46
 - Contact Us 46
 - Follow Us 46
- **References** 47

Executive Summary

Data suggests that if an individual reaches 65 years of age, it is likely this individual will live until 85.²⁶ Miami-Dade County has the largest number of older adult residents in Florida (nearly half a million are age 60+), and that number is expected to double in the next 25 years.²⁹ How well Miami-Dade responds to the aging phenomenon will depend on how well we prepare our communities to do so. The Miami-Dade Age-Friendly Initiative, made possible by Grantmakers In Aging's (GIA) Community AGEnda: Improving America for All Ages with funds from the Pfizer Foundation, is intended to make our community one that fosters a physical and social environment for older adults of all ages to stay active and healthy with dignity and enjoyment. Now in its third year, the initiative continues to engage local partners across numerous sectors to consider the local successes, assets, needs and gaps present in our community. This initiative is a partnership between several agencies in Miami-Dade County and our lead agencies—AARP Florida, Alliance for Aging, Health Foundation of South Florida, Miami-Dade County, United Way of Miami-Dade and Urban Health Partnerships.

About the Action Plan

This action plan was developed using a Results-Based Accountability (RBA) framework to guide the collaboration among the partner organizations in the step-by-step decision-making process towards reaching a Collective Impact^{3,4}. Municipalities and local governments are encouraged to read through this plan and choose strategies that they would like to see realized in their own communities. Overarching strategies and actions within these strategies are outlined in each of the built environment domains. In addition, the social environment domains are also addressed and included. Municipalities are encouraged to work with their planning departments, constituents, and interested older adults to choose strategies and actions that are most important and applicable to their community's wants and needs. In addition, three overarching strategies have been identified that can be implemented on a larger scale and may encompass several of the domains mentioned throughout this plan. The overall goal of this action plan and for the initiative is to: ***Create a community for all ages, where older adults in Miami-Dade can stay active and healthy with dignity and enjoyment.*** This vision was continuously referenced as the action plan was developed.

During the very early stages of the RBA process, the work group decided that the best way to approach the action plan was to develop strategies in line with the World Health Organization's (WHO) eight domains of city life and livability. To encourage world cities to plan for aging as an integral part of planning the built and social environment, the WHO initiated a global, collaborative initiative in 2005 to identify the key features of an "age-friendly" city that would be meaningful to communities around the world. Based primarily on the experiences of older adult residents, this set of age-friendly urban features provides a framework to guide a city's self-assessment and serve as a tool for community advocacy.⁶ The model for an age-friendly community includes multi-sector involvement and incorporates all aspects of the natural, built and social environment.⁶ These domains include: Outdoor Spaces and Buildings; Transportation; Housing; Social Participation; Respect and Social Inclusion; Civic Participation and Employment; Communication and Information; and Community Support and Health Services.

Overarching Strategies

The overarching strategies involve a series of policy, systems, and environment changes and actions that together orient us towards achieving our ultimate goal of creating a Miami-Dade that is inclusive and accessible to older adults of all ages. These overarching strategies should be considered to be implemented in any community and alongside any of the other strategies identified in the plan. They include:

Older Adult Engagement

Older adults should be active participants in the implementation and planning process. It is important to understand what they think and engage them in developing solutions. Engaging older adults is extremely important because they know best about the needs and challenges faced on a daily basis. Older adults' participation not only helps in the decision making process, but it also empowers them to contribute to society, stay socially engaged, and work towards the betterment of their own communities and lives.

Older Adults in All Policies

The key information obtained by engaging older adults in the decision-making process provides a fundamental understanding of what policy attributes are needed to create an age-friendly community that fosters active and healthy aging. Policy recommendations and changes are paramount to implementing and maintaining the necessary changes older adults need to age in place. Current and future policies should be reviewed to ensure that older adults' needs are considered and should be modified to include any that are not.

Older Adult Representation and Advocacy

Advocacy is a very important strategy to achieve the goal of creating age-friendly communities. In order to address the current challenges that prevent older adults from maintaining quality of life, there needs to be an active and ongoing presence of older adult advocates on key boards to generate the necessary policies to ensure that senior living laws and regulations meet the needs of the aging population.

PRIORITY AREAS: Built Environment

The built environment refers to human-made space that allows for daily living within a community. The built environment encompasses all the physical aspects of where we live and work including elements such as neighborhoods, buildings, parks, pedestrian infrastructures, land use patterns, the way houses are built, and the transportation systems that connect them all together, among others. The way the built environment is designed has a direct impact on the quality of life and health outcome of the people living in it. Urbanization and sprawl can lead to poorly designed built environment, which can directly impact the health of the population. Conversely, neighborhoods that are built to encourage all modes of transportation can lead to more opportunities for physical activity and social interaction. Because of the major role the built environment plays on the quality of life for all ages, the Miami-Dade County Age-Friendly Initiative determined the three built environment domains will be the priority areas of the initiative. The built environment domains include ⁵:



Domain 1: Outdoor Spaces and Buildings

Age-friendly outdoor spaces and parks are those that are clean and pleasant with green spaces and outdoor seating, adequate pedestrian infrastructure that includes well maintained and unobstructed sidewalks, appropriate curbs to accommodate wheelchairs, and pedestrian crossings that allow enough time for seniors to safely cross among other features. Additionally, the buildings and businesses within them should be similarly secure, welcoming and, accessible for all ages and abilities.



Domain 2: Transportation

Since mobility declines with aging, an age-friendly community needs to have a variety of reliable transportation options, and all areas and services in a community need to be accessible by public transportation and be adapted to accommodate disabled people. The availability of different options and modes of transportation is also important to meet the needs of older adults.



Domain 3: Housing

An age-friendly community must have housing available that is affordable, located in safe neighborhoods, and in close proximity to businesses and services in the community. In addition, housing that is near public transit or has links to public transit make it easier for people of all ages to live in and get around. Furthermore, adapted housing that meets the needs of older adults and disabled people should be provided.

Domain-Related Strategies:

Outdoor Spaces and Buildings

1 PARKS AND PROGRAMMING

Establish safe parks and programs that meet age-friendly park standards through proximity, standards, and promotion.

2 AGE-FRIENDLY BUSINESSES

Increase the number of age-friendly businesses in Miami-Dade County

3 PLACEMAKING

Improve the sense of place, comfort, and interconnectedness of communities by promoting age-friendly amenities and events, as well as connectivity between public spaces and neighborhoods.

Transportation

1 ACTIVE TRANSPORTATION AND SAFE STREETS

Advocate and implement streets that are safe for all modes, users and mobility.

2 MOTORIZED AND ON-DEMAND TRANSPORTATION

Ensure older adults have the opportunity to safely drive as well as have knowledge of and access to on-demand transportation services.

3 BETTER ACCESS AND QUALITY OF TRANSIT STOPS

Ensure that older adults have knowledge of resources for transit and how to use it, as well as have better access to quality transit stops.

Housing

1 AFFORDABILITY

Provide affordable housing options and availability to older adults through education, policy, and an increase in affordable options.

2 ACCESSIBILITY AND ADAPTABILITY

Ensure that older adults are able to live in homes that are accessible or able to be modified and adaptable to their needs.

3 PROGRAMS AND SERVICES

Ensure that services and programs meet the housing needs of older adults

Additional Domains: Social Environment

The social environment is generally defined as the social setting people live in and involves many aspects of our daily lives. Because of the direct impact the built environment has on one's ability to engage with the social aspects of a community, the social environment is inextricably linked to the built environment, and thus, includes the physical surroundings. The design of the community along with the availability of resources determines the level of interaction an individual has with the social aspects of the community. If the aspects of the three built environment domains are in place, it will assist in covering the gaps found on the five domains of the social environment. The social domains are ⁵:



Domain 4: Social Participation

An age-friendly community should have affordable and conveniently located events, activities, and opportunity for social engagement tailored to all ages, including older adults.



Domain 5: Respect and Social Inclusion

An age-friendly city promotes awareness and understands the value and needs of older adults. Additionally, the input of older adults should be included in the decision-making process for all aspects and areas of the community.



Domain 6: Civic Participation and Employment

The availability of sufficient and varied employment, volunteering and training program opportunities tailored to older adults is also key to an age-friendly community. Similar to domain five, older adults should be included in the decision-making in both private and public sectors to effectively meet their needs.



Domain 7: Communication and Information

In an age-friendly community it is important to have continued and widespread distribution of information, therefore an efficient communication system needs be in place to reach all individuals and effectively inform residents of the services, programs and resources available in the community.



Domain 8: Community Support and Health Services

In order to meet the needs of older adults, an age-friendly community needs to provide adequate access to all levels of health care and offer services that promote, maintain and restore health. Community support including delivery of services, social services and widespread information and resources for emergency planning is vital to older adults.

Next Steps

We are now taking steps toward changing our community. Your interest in this Action Plan for an Age-Friendly Miami-Dade shows that you are committed to making Miami a more comfortable place for everyone to live, especially older adults. You have read through the plan and are *dedicated to effecting change* — but what's next? If you haven't done so already, we invite you to sign the Mayor's Challenge and pledge to make your corner of Miami more age-friendly at www.AgeFriendlyMiami.org/Challenge. We also encourage you to take the following steps to continue improving Miami-Dade County, bit by bit:

- Get more involved and join our Steering Committee by contacting us at www.AgeFriendlyMiami.org/Contact.
- Sign up for our updates by joining our mailing list at www.AgeFriendlyMiami.org/Contact.
- Start Planning! Use this plan to help guide you as you make decisions about what steps to take in your own community, focusing on those domains and topics that are of most interest and are most needed by the older adults in your community.
- Apply for Technical Assistance at www.AgeFriendlyMiami.org/Technical-Assistance if you would like to work with us or want more information about taking the first steps on a project in your community.
- Are there changes that you think Miami should make its priority? Specific ways the Age-Friendly Initiative can help? Do you have information on what's happening in your community or what you are doing or planning to do? From policy commentary to environmental changes, we want to hear about it! Contact us via the our website or contact information below.

Introduction



About the Miami-Dade Age-Friendly Initiative

Data suggests that if an individual reaches 65 years of age, it is likely this individual will live until 85.²⁶ Miami-Dade County has the largest number of older adult residents in Florida (nearly half a million are age 60+), and that number is expected to double in the next 25 years.²⁹ How well Miami-Dade responds to the aging phenomenon will depend on how well we prepare our communities to do so. The Miami-Dade Age-Friendly Initiative, made possible by Grantmakers In Aging's (GIA) Community AGEnda: Improving America for All Ages with funds from the Pfizer Foundation, is intended to make our community one that fosters a physical and social environment for older adults of all ages to stay active and healthy with dignity and enjoyment. Now in its third year, the initiative continues to engage local partners across numerous sectors to consider the local successes, assets, needs and gaps present in our community. This initiative is a partnership between several agencies in Miami-Dade County and our lead agencies – AARP Florida, Alliance for Aging, Health Foundation of South Florida, Miami-Dade County, United Way of Miami-Dade and Urban Health Partnerships.

Accomplishments

In the first two years, the Initiative worked to make age-friendly revisions to long-term County planning policies affecting land use, community health and design and transportation, improve the safety and ease with which older adults walk to neighborhood amenities such as banks, grocery stores and pharmacies, improve park programming and infrastructure for older adults, increase employment opportunities for older adults, and foster multi-sectorial leadership and action.

During 2012-2013 and 2013-2014, Year 1 and Year 2, respectively, the initiative worked to make age-friendly revisions to long-term county planning policies affecting land use, community health and design, and transportation; improve the safety and ease with which older adults walk to neighborhood amenities such as banks, grocery stores and pharmacies; improve park programming and infrastructure for older adults; increase employment opportunities for older adults; and foster leadership and action within multiple sectors.

[Action Plan for an Age-Friendly Miami-Dade]

Accomplishments include:

- Miami-Dade County Planning staff reviewed and accepted recommended age-friendly changes to the county's Comprehensive Development Master Plan (CDMP) in the transportation, community health and design and land use elements.
- The county's Long Range Transportation Plan (Plan 2040) was modified to include specific objectives, measures and transportation analysis with an increased focus on older adults.
- The Miami-Dade Transit 10Ahead Transportation Development Plan Steering Committee was provided with a series of recommendations over the past 12 months related to older adults. The plan's goals, objectives and outreach tactics, and the committee's process have benefited from an increase in input from older adult residents.
- A toolkit was developed to assist state and local governments to solicit input from older adults on large-scale public sector transportation projects.
- A marketing campaign was designed and implemented to attract larger numbers of older adults to county parks; an increase in older adult programming was achieved.
- A countywide age-friendly park designation process was developed.
- Specific age-friendly capital improvement projects were identified and added to a list for future funding by Miami-Dade County Parks, Recreation and Open Spaces.
- The Greater Miami Chamber of Commerce, South Florida Workforce and other local employers were engaged to increase employment opportunities for older adults; two "older adult employment" promotional videos were created and posted on the web.
- An age-friendly business district was developed in Little Havana where more than 25 businesses within a quarter-mile of the target location provided purchasing incentives for older adults to walk every Tuesday to their stores.
- The Little Havana Safe Routes to Age in Place Virtual Advisory Committee has been maintained and has provided ongoing input to the Florida State Department of Transportation.
- A study on Community Leader Attitudes Toward Issues Affecting Older Adults was commissioned and completed by Bendixen & Amadi International.
- The World Health Organization (WHO) Age-Friendly Community Designation Process was researched and a Miami-Dade County WHO Age-Friendly Community Designation Plan was developed to consider applying for designation in the future.
- The Miami-Dade County Mayor's Office has pledged its support for the Miami-Dade Age-Friendly Initiative.
- An age-friendly awareness campaign was developed and is being implemented targeting civic and business leadership in order to ensure that local key leaders and stakeholders are prepared to better meet the needs and interests of the growing older adult population.
- The first ever Miami-Dade Age-Friendly Summit, with a focus on the identified key priorities for the initiative, took place May 12, 2015.
- Miami-Dade Mayor Carlos Gimenez issued the Mayor's Challenge to encourage individuals, organizations and municipalities to pledge to take steps toward making their community more age-friendly.

Current Projects

The initiative, now in its third year, is working to expand and sustain its work by engaging key stakeholders, developing the action plan, launching an awareness campaign targeting community leaders and decision-makers, and providing information and technical assistance.

Year-3 Project Aims

1. Leadership Development

The initiative is working to secure and maintain multi-agency commitment among a core group of diverse organizations for the ongoing leadership of the initiative.

2. Priorities and Action Plan

Community age-friendly priorities identified have guided the development of this action plan using the Results Based Accountability and Collective Impact framework method.

3. Project Expansion and Vitality

Several of the projects initiated in the first two years of the initiative are being expanded or completed, including policy and neighborhood components.

Policy Component

This component includes furthering the policy agenda by having proposed age-friendly modifications, policies, objectives and metrics adopted in the Comprehensive Development Master Plan (CDMP), Long-Range Transportation Plan (LRP), and Transportation Development Plan (TDP).

Neighborhood Component

This component focuses on expanding on the success of the Age-Friendly Business District in Little Havana. The Age-Friendly Business District has helped businesses become more aware of older patrons, educating store owners on how to be age-friendly, and how to retain older employees. Expansion will include securing more buy-in from community leaders who may want to implement similar districts in their areas.

4. Technical Assistance

Lastly, the initiative's leaders are striving to grow age-friendly resources and capacities in Miami-Dade County. They are networking with selected communities throughout the county and other community groups, such as the Healthy Community Partnerships in Little Havana and Miami Gardens, where they are monitoring progress and providing information and technical assistance. The initiative is also continuing to work and share information with the other four Community AGEnda national sites in Indiana, Kansas City, Phoenix and Atlanta.

Background on Older Adults in Miami-Dade County

Demographics

Miami-Dade County is the most populous county in Florida, and according to 2013 American Community Survey Estimates has an 2,549,075 residents. It also houses the largest population of older adults in the state. More than 26% of the population in Miami-Dade County is 55 and older and 14% of the population is 65 and older with the age ranges as described below³⁰:

- 283,478 are between 55 and 64 years old
- 316,830 are between 65 and 84 years old
- 49,889 are 85 years and older

Nearly half a million (498,551) older adults aged 60 and older live in Miami-Dade. An estimated 366,719 (approximately 15% of total population) individuals living in Miami-Dade County are 65 years and older, where 58.3% are female and 41.7% are male. 64.9% of the population is Hispanic or Latino (any race).³⁰. Additional demographics from the estimates are as follows:

Household Type

Out of the estimated 828,031 households in Miami-Dade, 188,928 are households with individuals 65 and older:

- 55.85 are family households
 - 39.9% are Married couples
 - 12.1% are female householders with no husband present and a family
- 44.2% are non-family households
 - 40.7% are householders living alone

Housing

Owner occupied housing cost as a percentage of household income in the past 12 months

Out of the estimated 130,289 owner occupied units

- 55.8% spend less than 30% of annual income on housing
- 44.2% spend 30% or more of annual on housing

Rent occupied housing cost as a percentage of household income in the past 12 months

Out of the 58,639 rent occupied units

- 36% spend less than 30% of income on housing
- 64% spend 30% or more on housing

Disability Status

Out of the estimated 359,613 non-institutionalized older adults aged 65 and over

- 35.7% have some type of disability
- 64.3% have no disabilities

Employment Status

Out of the estimated 366,719 older adults age 65 and over

- 15.8% (approximately 57,941) are in the labor force including:

- 52,440 employed
- 5,500 unemployed
- 84.2% are not in the labor force

Economic Status & Cost Burden

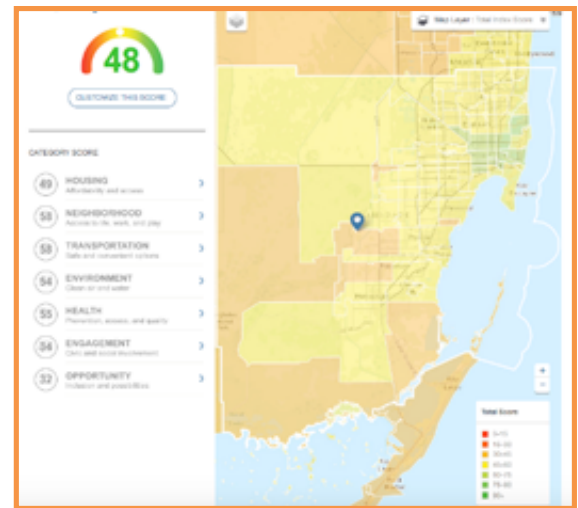
According to the Florida Department of Elder Affairs Miami-Dade 2013 Profile Report, 19.7% of older adults aged 60 and older live below the poverty line with 27.4% living at 125% of the poverty line.

Of those households with older adults, aged 65 and older, 27.2% have a cost burden above 30% and an income below 50% of the area median income.

Livability Status

According to the AARP Livability Index, Miami-Dade County's livability score is 48 out of 100 with 50 representing the average and 100 representing a most livable score. AARP Public Policy Institute developed the Livability Index as a web-based tool to measure community livability with seven major livability categories. Miami-Dade ranks as follows in each of the categories:

- Housing: 49
- Neighborhood: 58
- Transportation: 58
- Environment: 54
- Health: 55
- Engagement: 34
- Opportunity: 32



It is important to make Miami-Dade livable for all ages and to continue to work to meet the needs of older adults. In order to achieve this, support at the county and local municipal levels is needed. Miami-Dade County Mayor Carlos Gimenez is committed to advocating for the most vulnerable members of our community and making a difference in their lives. There is still a need to showcase that the needs of children and older adults are not mutually exclusive and that we can create a community that is livable and enjoyable for all ages. With the support of our leaders and an interest for change, it is more important than ever to engage older adults and empower them to work together with community organizations to build a more inclusive, livable community.

About the Action Plan



How the plan was developed

This action plan was developed using a Results-Based Accountability (RBA) framework to guide the collaboration among the partner organizations in the step-by-step decision-making process towards reaching a Collective Impact^{3,4}. This framework is based on the use of a common agenda, a shared measurement system, mutually reinforcing activities, continuous communication and a backbone support organization; all of which are important in achieving collective success in the design, implementation and evaluation of the plan^{3,4}.

The RBA model is a disciplined way of thinking and taking action used by communities to improve the lives of children, families and the community as a whole. It is also used by agencies to improve the performance of their programs. RBA was chosen because it facilitates moving from talking to action, helps groups to surface and challenge assumptions that can be barriers to innovation, builds collaboration and consensus, and uses data to ensure accountability for both the well-being of communities and the performance of programs.

Two key RBA principles include: (1) starting with ends, working backwards to means, and (2) ensuring data-driven, transparent decision-making. From November 2014 to June 2015, the Age-Friendly Initiative Action Plan Work Group met to implement the RBA process and develop this plan. Data was collected and reviewed and strategies were developed for implementation. Those strategies and projects that will be implemented in the next phase of the initiative will complete the RBA process by developing performance measures and continued data collection. Follow up on results and data collected will be incorporated in order to measure progress.

This plan was developed to be a 5-year action plan to be reviewed and updated each year to identify priorities for the following year. The plan will be used to guide the strategies and goals being implemented by the Age-Friendly Initiative. It is also meant to allow local municipalities to use its contents to help guide prioritization and planning within their own communities.

In June 2015, as a first step to this multi-year plan, the Action Plan Work Group met to identify and determine the priority areas that would be the focus of the first year of the plan's implementation. These are outlined in this section.

Goal

The overall goal of this action plan and for the initiative is to: **Create a community for all ages, where older adults in Miami-Dade can stay active and healthy with dignity and enjoyment.** This vision was continuously referenced as the action plan was developed. During the very early stages of the RBA process, the work group decided that the best way to approach the action plan was to develop strategies in line with the WHO’s eight domains of city life and livability.

Overview of the Eight Domains of Livability

“An age-friendly city is an inclusive and accessible urban environment that promotes active aging”⁵

To encourage world cities to plan for aging as an integral part of planning the built and social environment, the World Health Organization (WHO) initiated a global, collaborative initiative in 2005 to identify the key features of an “age-friendly” city that would be meaningful to communities around the world. Based primarily on the experiences of older adult residents, this set of age-friendly urban features provides a framework to guide a city’s self-assessment and serve as a tool for community advocacy.⁶ The model for an age-friendly community includes multi-sector involvement and incorporates all aspects of the natural, built, and social environment.⁶

The WHO’s eight domains of city life are interconnected and together impact the health and quality of life of older adults. The eight domains can be broken down into aspects of the built environment and social environment as outlined in Figure 1.

Figure 1. Domains of an Age-Friendly Community: Built and Social Environments



Adapted from: Suzanne Garon, University of Sherbrooke

Built Environment Domains

1. Outdoor Spaces and Buildings: Outdoor spaces and buildings and parks should be clean, have enjoyable natural surroundings and green spaces, provide proper pedestrian infrastructure including even, and unobstructed sidewalks, and plenty of crosswalks. These are places where community members can interact, engage with one another and be physically active, and are important backbones of the environment in which we live.

2. Transportation: The ability to easily access transport is vital to independent living; transportation is one of the most important components of active aging. The availability of different options of affordable public transportation for all older adults is essential and affects all other aspects of livability.

3. Housing: Housing is another factor that affects the quality of life older adults will have. The availability of multiple affordable housing options located close to services and facilities is an important characteristic of an age-friendly community.

Social Environment Domains

4. Social Participation: Social participation and social support are strongly connected to good health and well-being throughout life. Participating in leisure, social, cultural and spiritual activities in the community and with the family, allows older adults to continue to exercise their competence, to enjoy respect, and to maintain or establish supportive and caring relationships. It fosters social integration and is the key to maintaining a good quality of life.

5. Respect and Social Inclusion: Respectful and inclusive public and commercial services and products adapted to seniors' needs and preferences are also important. Additionally, older adults should be recognized as important contributors to the community and be included as full partners in community decision-making that affects them.

6. Civic Participation and Employment: Age-friendly communities have multiple employment and volunteer opportunities that are tailored to their needs and interests, allowing older adults to remain active and socially connected, fostering health, good sense of well-being and overall quality of life.

7. Communication and Information: Effective communication is also an important feature of age-friendly communities both by providing information to older adults about how they may be able to access resources as well as helping the community understand the value and needs of older adults in the community.

8. Community and Health Services: Vital to maintaining health and independence of older adults is the availability of accessible health and support services. Among these are: services for promoting, maintaining and restoring health; residential care facilities; social services for older adults; and home care services that include health services, personal care and housekeeping.

Priorities for this plan

Based on the WHO's eight domains of city life impacting the quality of life of older adults, the initiative is primarily focused on the three built environment domains: Outdoor Spaces and Buildings, Transportation and Housing. By making the built environment livable, older adults are provided with the tools and resources they

need to engage safely in the community. These work hand-in-hand with the five social environment domains: Social Participation, Respect and Social Inclusion, Civic Participation and Employment, Communication and Information, and Community Support and Health Services. Conversely, if the built environment is difficult to live in or manage, it may have negative effects on all aspects of the lives of older adults.

According to the WHO, disability is a broad term that includes physical impairments, activity and participation restrictions and limitations, which are all directly influenced by the built environment.^{7,8} Studies have shown an association between poor street conditions, heavy traffic and excessive noise with difficulty in performing certain activities such as standing in place, lifting objects, and climbing stairs.^{9,10} Furthermore, poor pedestrian infrastructure such as uneven or obstructed sidewalks is one of the main causes of outdoor falls among the older adult population¹¹, which has also been shown to lead to increased difficulty in walking – up to four times more difficult for older adults with lower extremity weakness.¹² Nationally representative data in the United States has demonstrated that living in a neighborhood that relies heavily on motor vehicle transportation leads to a 50% greater chance of an older adult developing mobility deficiency over time.¹³ Once mobility becomes impaired, social participation becomes limited and in some cases, nonexistent. Even though physical capability takes place at the individual level, social participation requires performance at the societal level through the fulfillment of social roles, and if the built environment is not age-friendly this social interaction declines significantly.^{19,20}

In addition, barriers in the built environment combined with physical limitations may lead to fear of walking on the streets alone, causing further social isolation.¹⁶ Data has shown that more than half of older adults with some kind of physical impairment or limitation do not engage in physical activity as a result of the built and natural environment.¹⁸

Moreover, these limitations prevent older adults from seeking medical care in a timely manner, and thus, make them less likely to receive screening and other preventive medical services due to the barriers in the built environment such as lack of proper transportation and other physical barriers that hinder their ability to reach health care facilities.^{14, 15, 17} The vast evidence described above demonstrates not only the impact the built environment has on social environment, but also emphasizes the need and importance of addressing the current challenges found in the three built environment domains.

Creating an age-friendly built environment is paramount to fostering ongoing participation in the social environment through inclusion, civic participation and employment, and communication and information readily available to all. This will help to ensure that all community members have an opportunity to interact with and enjoy the community in which they live.

Within these priority areas, the Miami-Dade Age-Friendly Initiative Work Group identified more specific strategies to focus on during the first year of this 5-year action plan. These were chosen based on the present-day and assets in the community. They are:

- **Outdoor Spaces and Buildings**
 - Parks and Programming (with a focus on education and policy)
- **Transportation**
 - Active Transportation and Safe Streets (with a focus on education and policy)
- **Housing**
 - Affordability (with a focus on transit-oriented issues, education, and policy)

How to use this plan



Municipalities and local governments are encouraged to read through this plan and choose strategies that they would like to see realized in their own communities. Overarching strategies and actions within these strategies are outlined in each of the built environment domains. In addition, the social environment domains are also addressed and included. Municipalities are encouraged to work with their planning departments, constituents, and interested older adults to choose strategies and actions that are most important and applicable to their community's wants and needs. In addition, three overarching strategies have been identified that can be implemented on a larger scale and may encompass several of the domains mentioned throughout this plan.

Overarching Strategies

The overarching strategies involve a series of policy, systems, and environment changes and actions that together orient us towards achieving our ultimate goal of creating a Miami-Dade that is inclusive and accessible to older adults of all ages. These overarching strategies should be considered to be implemented in any community and alongside any of the other strategies identified in the plan. They include:

Older Adult Engagement

Older adults should be active participants in the implementation and planning process. It is important to understand what they think and engage them in developing solutions. Engaging older adults is extremely important because they know best about the needs and challenges faced on a daily basis. Older adults' participation not only helps in the decision making process, but it also empowers them to contribute to society, stay socially engaged, and work towards the betterment of their own communities and lives.

Older Adults in All Policies

The key information obtained by engaging older adults in the decision-making process provides a fundamental understanding of what policy attributes are needed to create an age-friendly community that fosters active and healthy aging. Policy recommendations and changes are paramount to implementing and maintaining the necessary changes older adults need to age in place. Current and future policies should be reviewed to ensure

that older adults' needs are considered and should be modified to include any that are not. Inserting language to consider older adults into policies will ensure that decision-makers think about the particular needs of older adults as they develop plans for the community going forward.

Older Adult Representation and Advocacy

Advocacy is a very important strategy to achieve the goal of creating age-friendly communities. In order to address the current challenges that prevent older adults from maintaining quality of life, there needs to be an active and ongoing presence of older adult advocates on key boards to generate the necessary policies to ensure that senior living laws and regulations meet the needs of the aging population. Older adult advocates should be identified for boards related to each of the eight domains of livability: Outdoor Spaces and Buildings; Transportation; Housing; Social Participation; Respect and Social Inclusion; Civic Participation and Employment; Communication and Information; and Community Support and Health Services.

PRIORITY AREAS: Built Environment



The built environment refers to human-made space that allows for daily living within a community. The built environment encompasses all the physical aspects of where we live and work including elements such as neighborhoods, buildings, parks, pedestrian infrastructures, land use patterns, the way houses are built, and the transportation systems that connect them all together, among others. The way the built environment is designed has a direct impact on the quality of life and health outcome of the people living in it. Urbanization and sprawl can lead to poorly designed built environment, which can directly impact the health of the population. Conversely, neighborhoods that are built to encourage all modes of transportation can lead to more opportunities for physical activity and social interaction. Because of the major role the built environment plays on the quality of life for all ages, the Miami-Dade County Age-Friendly Initiative determined the three built environment domains that will be the priority areas of the initiative. The following sections will cover each of the built environment domains, our vision for a more age-friendly Miami-Dade, strategies and actions that can be implemented to realize these changes, as well as ideas for potential partners for implementation. The built environment domains include:⁵



Domain 1: Outdoor Spaces and Buildings:

Age-friendly outdoor spaces and parks are those that are clean and pleasant with green spaces and outdoor seating, adequate pedestrian infrastructure that includes well-maintained and unobstructed sidewalks, appropriate curbs to accommodate wheelchairs, and pedestrian crossings that allow enough time for seniors to safely cross among other features. Additionally, the buildings and businesses within them should be similarly secure, welcoming and, accessible for all ages and abilities.



Domain 2: Transportation

Since mobility declines with aging, an age-friendly community needs to have a variety of reliable transportation options, and all areas and services in a community need to be accessible by public transportation and be adapted to accommodate disabled people. The availability of different options and modes of transportation is also important to meet the needs of older adults.



Domain 3: Housing

An age-friendly community must have housing available that is affordable, located in safe neighborhoods, and in close proximity to businesses and services in the community. In addition, housing that is near transit or has links to transit make it easier for people of all ages to live and get around. Furthermore, adapted housing that meets the needs of older adults and disabled people should be provided.



Domain 1: Outdoor Spaces and Buildings

Vision:

Older adults have a safe and enjoyable physical environment in which to live and be active.

Why is this important?

The benefits of walking are numerous and can not only improve physical and mental health, but can also aid in allowing for opportunity for social interaction and building a sense of community.³² The physical environment in which we live can have a profound effect on our sense of place, our interactions with our neighbors, and our sense of community. Safe and enjoyable public spaces and physical environments encourage citizens to utilize them more, interact with their communities and become active through biking, walking, etc.

A study conducted in Portland, Oregon demonstrated how neighborhood design influences quality of life. Some key elements in a community were identified by older adults who participated in focus groups. These included: local shopping areas and services to provide older adults with places to walk, engage with other community members, and stay active without the need of a car; and neighborhood aesthetics and overall attractiveness to encourage walking for both exercise and pleasure.

This information is important for making policy recommendations to make improvements and assist in land use planning as well as in the development of other age-friendly neighborhood design features.²¹

What's happening in Miami-Dade?

Many communities throughout the nation were designed with a car in mind to get from place to



place and not designed for pedestrians. Miami-Dade is now faced with making changes to fit the needs and wants of the current population. We have to work together to ensure new developments are walkable, enjoyable, interconnected, and emphasized mixed-used. We must also find ways to make existing infrastructure more enjoyable. We have to work together to ensure that our current public spaces have a sense of “place” and sense of “somewhere” where residents want to spend and enjoy their time. Miami-Dade has made strides in recent years in planning for more livable and age-friendly communities, parks and places, but there is still work to be done.

The Comprehensive Development Master Plan (CDMP) contains Miami-Dade County’s Department of Regulatory and Economic Resources’ (RER) general objectives and policies addressing where and how it intends to develop or conserve land and natural resources throughout the next 10 to 20 years. It also includes how the county will deliver services to accomplish the plan’s objectives. Recommendations for amendments to the Community Health and Design Element, Transportation Element and Land Use Element were adopted unanimously by the Board of County

[Action Plan for an Age-Friendly Miami-Dade]

Commissioners in February 2015. As a result, older adults are a greater consideration throughout the plan.

In addition, the update to the Miami-Dade County 2040 Long-Range Transportation Plan (LRTP) is a primary activity in Miami-Dade County's transportation planning process. By attending public meetings, providing the Miami-Dade Metropolitan Planning Organization (MPO) with narratives and data related to age-friendly needs and establishing an ongoing rapport with the MPO regarding age-friendly best practices, the incorporation of age-friendly language within two of the 2040 LRTP objectives was secured. It is important to note that prior to this version, Miami-Dade LRTPs did not include goals and objectives specific to the aging population.

Parks build community. They are excellent areas for recreation and leisure. Our goal is to continue to build safe, accessible, beautiful parks and public spaces for older adults to enjoy. Miami-Dade County Parks, Recreation and Open Spaces (PROS) has been an engaged partner in the Age-Friendly Initiative having developed the age-friendly park designation criteria and promoting older adult programs through a marketing campaign at 13 pilot park sites. Some of the criteria for age-friendly parks include clean and pleasant public areas, benches, good signage and lighting, accessible restrooms, and nonslip pavement. The PROS department is also working to identify improvement opportunities throughout the park system by building more pathways, shaded areas and benches and other amenities that improve the user

experience.

Increased use of parks can be achieved by improving accessibility and the proximity of parks relative to older adults. At present, access to safe, walkable routes is not available to everyone. In the City of Miami, according to The Trust for Public Land's 2015 ParkScore, 71% of older adults, aged 64 and older, are served by a park within close walking distance (half-mile radius); 29% are left out.³¹ In Unincorporated Miami-Dade County, the Unincorporated Municipal Services Area (UMSA) March 2015 estimates show that 53% of older adults are served by a park within close walking distance (half-mile radius); 47% are left out.³⁷

Miami-Dade's PROS has several programs available for older adults to be active, such as Walk with Ease and Walk for Life—self-directed incentive-based walking programs. The number of older adults enrolled and participating in park programs, as of March 2015, include: 450 in walking clubs, 440 in enhanced fitness groups, and 400 in other social programs.

Crime can be a deterrent for park usage. According to Miami-Dade Police Department 2009 – 2013 data, violent and nonviolent crimes have decreased in the last five years; violent crimes against the elderly have increased during the same period. Addressing both actual and perceived safety issues is important. Negative perceptions may persist due to lack of police presence in some areas related to budget cuts, and unawareness of a drop in crime rates.

Overarching Strategies

1 OLDER ADULT ENGAGEMENT

Engage older adults in the planning and implementation process of strategies related to Outdoor Spaces and Buildings.

2 OLDER ADULTS IN ALL POLICIES

Review policies related to outdoors spaces, buildings, and community designs in order to determine if older adults are considered or should be considered and included in the policies. Advocate for policy modifications and additions as needed.

3 OLDER ADULT REPRESENTATION AND ADVOCACY

Identify boards related to Outdoor Spaces and Buildings and community design that should include an older adult advocate on the committee or council. Promote inclusion of an advocate and periodically review whether their time on the committee is effecting change.

Outdoor Spaces and Buildings - Strategies & Actions

1 PARKS AND PROGRAMMING **Priority for Year 1*

Establish safe parks and programs that meet age-friendly park criteria through proximity, standards and promotion.

- **Increase Proximity**
 - Increase number of parks that are in close walking distance (half- mile radius) of older adults
 - Develop a study to identify targeted neighborhoods where parks are needed (not serving older adults within a half-mile radius)
 - Prioritize parks in areas where there is the most need, such as in areas where there is a higher concentration of older adults
- **Standards**
 - Increase the number of parks that meet “Age-Friendly Park” facility standards as developed by the Miami-Dade Parks, Recreation and Open Spaces
 - Increase the number of programs available for older adults in Miami-Dade County and municipal parks
 - Secure funding to incorporate standard amenities within parks
 - Develop an age-friendly charter/master plan for use by municipalities
- **Education and Information**
 - Educate and share the parks’ standards with local interested municipalities and organizations
 - Promote the availability and utilization of age-friendly parks and programs among older adults and community members

2 AGE-FRIENDLY BUSINESSES

Increase the number of age-friendly businesses in Miami-Dade County

- **Standards**
 - Educate the community about the availability of the Miami-Dade Age-Friendly Business District Toolkit
 - Provide technical assistance to communities that are interested in developing similar age-friendly business districts
 - Explore the possibility of finding a countywide sponsor who will grant businesses in other districts an age-friendly business designation
- **Promotion**
 - Promote the existence of the Age-Friendly Business District in Little Havana
 - Promote the opportunity for expansion of districts and an increase of age-friendly businesses throughout the community

3

PLACEMAKING

Improve the sense of place, comfort, and interconnectedness of communities by promoting age-friendly amenities and events, as well as connectivity between public spaces and neighborhoods.

- **Amenities**
 - Promote municipal or county building codes that encourage inclusion of benches and other features in public spaces and ensure promote a sense of place
 - Promote more public art to create landmarks, make areas more aesthetically pleasing, and assist with wayfinding
- **Events**
 - Promote more events in public spaces that increase a sense of place and of safety, where there will be more activity and vigilance
- **Connectivity**
 - Promote connectivity between trails, public spaces, and neighborhoods ensure that transit connects people to the places they want to be
 - Promote wayfinding and walkability through signage with large, easy to read print and implementation projects such as Walk Your City

Potential Partners

- AARP Florida
- Artists
- Age-Friendly Business District
- Alliance for Aging
- Art in Public Spaces
- Commissioners, Local Leaders
- Cultural Affairs Departments
- Developers
- Florida Department of Transportation (FDOT)
- Greater Miami Chamber of Commerce
- Health Foundation of South Florida
- Media (local newspapers, news programs)
- Miami-Dade County
- Miami-Dade Metropolitan Planning Organization
- Nonprofit Organizations
- Parks, Recreation and Open Spaces Departments (local and county level)
- Police Departments (local and county level)
- Public Works Departments (local and county level)
- United Way of Miami-Dade
- Urban Health Partnerships

Resources and More Information

- Age-Friendly Business District Information: <https://agefriendlymiami.org/project/age-friendly-business-district/>
- Age-Friendly Parks Information: <https://agefriendlymiami.org/project/age-friendly-parks/>
- Age-Friendly Policy Information: <https://agefriendlymiami.org/project/age-friendly-public-policy/>
- The Trust for Public Land Parkscore: <http://parkscore.tpl.org>
- Miami-Dade Community Policing, Crime Prevention & Juvenile Programs Annual Evaluation: <http://www.miamidade.gov/police/library/community-policing.pdf>
- Miami-Dade PROS Active Older Adults Programs: <http://www.miamidade.gov/parks/active-adults.asp>
- Walk Your City: <https://walkyourcity.org/>



Domain 2: Transportation

Vision:

Older adults utilize a variety of types of transportation they want and need to move throughout the community.

Why is this important?

The ability to readily access desired destinations is vital to independent living; transportation is a cross-cutting issue and one of the most important components of active aging.⁵ Even if there are public spaces, engagement opportunities and services available to older adults, it is important for them to be able to access them. Urbanization has led communities to become sprawled, creating barriers that are not conducive for drivers and pedestrians to share the roads. Since many neighborhoods were designed with drivers in mind, there is a lack of pedestrian infrastructure such as traffic calming features like narrowed roads and speed humps, adequate sidewalks and crosswalks. This creates barriers for pedestrians, even healthy older adults are challenged to cross an intersection in the time allotted (based on the common 3.5 feet per second.)³³ While this poses risks to all pedestrians, older adults are at an increased risk of getting hit by a car and those aged 75 and older are more likely to be in a fatal accident. Data suggests this issue may increase as this population continues to grow.³⁴

Many older adults live long past their driving years and may eventually be forced to give up driving due to disability or impairment, or due to the costs associated with driving. Loss of driving can result in a sense of loss in independence, social isolation and an overall decline in quality of life if there are no good alternatives. That is why the availability of affordable alternative transportation is so important for older adults to maintain their independence.



The United States is not prepared to meet the challenges affecting mobility in older adults, especially with continued urbanization and automobile dependency.²² The availability of several modes of accessible and affordable transportation is a key factor in promoting active aging, since the ability to move around the neighborhood influences all other aspects of livability. Gaps in public transportation should be addressed to cover infrastructure, equipment and service for all modes of transportation in order to create an age-friendly community. Cost and reliability are also factors that influences the use of public transportation and need to be addressed.⁵

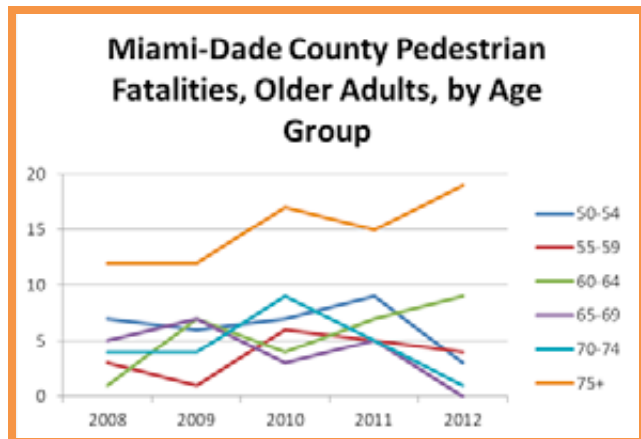
One way to overcome transportation issues is by implementing Complete Streets principles, which provide appropriate infrastructure for all modes and all ages and abilities.

What's happening in Miami-Dade?

According to the 2008-2012 records for pedestrian fatalities in Miami-Dade County, there has been a modest increase in the number of older adults' fatalities among some aged 50 and over, with the greatest increase is seen among older adults aged 75 years and older. In 2012, the group aged 75 and

[Action Plan for an Age-Friendly Miami-Dade]

older accounted for more than 50% of all pedestrian deaths among individuals aged 50 and older.



Miami-Dade Metropolitan Planning Organization, 2008-2012

Due to the lack of adequate pedestrian infrastructure, South Florida scored 145.33 on the Pedestrian Danger Index in the recent Dangerous by Design Report.²⁷ According to this report South Florida is one of the four least pedestrian-friendly places in the country. As our population ages and population density increases, we will have to accommodate more pedestrians, particularly those who have given up their car keys and must rely on other modes of transportation.

Driving

According to Florida Department of Motor Vehicles data, the percentage of older adults, aged 60 years and older, with a driver license has remained relatively constant over the past five years, with only a mild increase among drivers between the ages of 60 and 79, and a modest decline among those aged 80 or more.³⁵ For many older adults, driving can be a symbol of freedom and ability to maintain independence. This is especially true in Miami-Dade County, where the use of cars for transportation is so widespread. Currently, there are no set standards of determining whether someone is able to continue driving, leaving the decision to the older adults affected, their families and caregivers. The Florida Department of Transportation (FDOT) is currently working to develop resources for families and caregivers to help them initiate discussion and decision-making as to whether the older adult should continue or

stop driving.

Transit

As a service to its older adult residents aged 65 and older, its Social Security Beneficiaries 64 years of age or under, and to its disabled veterans, Miami-Dade County offers eligible residents Golden Passport/Patriot Passport EASY Cards that provide users with free transit rides on all forms of public transit, including the Metrobus and Metrorail systems. During the April-June 2015 quarter, Miami-Dade Transit issued 2,681 Golden Passport cards (65 and older), 1,325 Golden Passport cards (under 65) and 114 Patriot Passport cards. Currently, there are 239,621 certified Golden Passport/Patriot Passport customer accounts. These include: 167,068 Golden Passport (65 and older); 63,698 Golden Passport (under 65); and 8,855 Patriot Passport customers. However, the use of public transit poses barriers to older adults as it is impacted by the weather and other factors. Another challenge is meeting the needs of older adults in terms of routes. Safety concerns, especially after dark, may be perceived as an additional barrier to using Metrorail.

Many local municipalities are providing additional means of transportation such as free trolley services in cities like Coral Gables and Doral. They are a simple and free option for older adults who want to access amenities and services within their community and neighborhood. These services have expanded to more areas due to funding from the Citizen's Independent Transportation Trust half-penny sales surtax's Municipal Transportation Program but do not exist in every community in Miami-Dade.³⁸

On Demand Services

On-demand, call-up door-to-door services are often preferred even when mass transit is available because of the convenience. Yet, cost and availability can pose challenges. The Special Transportation Service (STS) is a low-cost service for those who are eligible in Miami-Dade County. Recently, costs have increased to \$3.50 per trip, and \$7.00 for round trip. Personal care attendants travelling with STS customers ride free. There are existing policies that limit the types of service

vehicles that can be used for STS, which creates barriers for individuals with disabilities.

Many local health providers also provide door-to-door services to facilitate access to doctor's appointments and procedures at their facilities. There are some agencies that pay the STS fee for patients to use their services, but it is still challenging for older adults to reach other destinations.

According to Miami-Dade STS data from September 2010 to September 2014, the STS client population exceeds 30,000 and more than 75 percent of this group is 62 years and older. In September 2014, 6,076 were between the ages of 62 and 74; 16,694 were 75 and older. From 2010 to 2014 there has been an increase in older adults, aged 62 and older, authorized to ride STS and there has also been an overall increase in costs to Miami-Dade to provide the service to its residents.

Overarching Strategies

1 OLDER ADULT ENGAGEMENT

Engage older adults in the planning and implementation process of strategies related to Transportation.

2 OLDER ADULTS IN ALL POLICIES

Review policies related to Transportation in order to determine if older adults are considered or should be considered and included in the policies. Advocate for policy modifications and additions as needed.

3 OLDER ADULT REPRESENTATION AND ADVOCACY

Identify boards related to Transportation that should include an older adult advocate on the committee or council. Promote inclusion of an advocate and periodically review whether their time on the committee is effecting change.

Transportation - Strategies & Actions

1 ACTIVE TRANSPORTATION & SAFE STREETS **Priority for Year 1*

Advocate and implement streets that are safe for all modes, users and mobility.

- **Standards, Policies and Planning**
 - Develop model policies and model plans for adoption by municipalities
 - Advocate for adoption of policies and plans at the local level
 - Ensure all ages and abilities are considered in all aspects of policies and plans
- **Safe Routes to Age in Place**
 - **Engineering:**
 - Design the physical environment to create safer, more convenient connections to the community and to local resources and services
 - Conduct an audit of routes within communities commonly used by older adults in order to obtain an accurate understanding of the difficulty of certain routes and what can be

[Action Plan for an Age-Friendly Miami-Dade]

- done to make them better and safer
 - Conduct audits together with local nonprofits, planning organizations, and older adult residents
- **Education:**
 - Increase knowledge about transportation safety and how it can affect access to healthy food, recreational opportunities, healthcare, open spaces, libraries, and employment and economic opportunities in order to allow older adults to live in community confidently and independently for as long as possible.
 - Educate community members about 3-1-1 system that can be used to report any hazards or issues
 - Promote safety programs for older adults such as the Alliance for Aging’s Safe Steps/Pasos Seguros program
- **Encouragement:**
 - Ensure that laws and policies, such as driving and pedestrian laws, keep older adults safe and help improve the environment
 - Utilize audits and crash data to prioritize areas for Complete Streets modifications.
- **Enforcement:**
 - Ensure that laws and policies, such as driving and pedestrian laws, keep older adults safe and help improve the environment
- **Evaluation:**
 - Measure the results (outcomes) of the efforts or steps taken as part of this program.
- **Improve Crosswalks**
 - Identify the most dangerous crossings for older adults within communities utilizing existing data (local studies, crash data or walking audits) to identifying intersections in need of change
 - Work with Miami-Dade Public Works to expand the crosswalk time at intersections that dangerous and heavily used by older adults
 - Implement additional crosswalk improvements where needed such as shorter crossings, flashing lights, and audible crosswalks

2

MOTORIZED AND ON-DEMAND TRANSPORTATION

Ensure older adults have the opportunity to drive safely as well as have knowledge of and access to on-demand transportation services.

- **Education**
 - Promote safe-driver education and resources
 - Develop a usable list of all on-demand services with contact information, eligibility information and cost within the county or in individual municipalities
 - Promote current on-demand services to older adults as alternatives to driving
- **Entrepreneurial Programs**
 - Encourage new, entrepreneurial programs that work towards an unmet need aimed at older adults. A program in which older adults could request a driver at a particular time of their choosing in order to travel to a location of their choosing
 - Provide grants, stipends or “hack-a-thon” events to develop ideas, cultivate individuals to champion those ideas and develop programming

3

BETTER ACCESS AND QUALITY OF TRANSIT STOPS

Ensure that older adults have knowledge of resources for transit and how to use them, as well as have better access to quality transit stops.

- **Education**
 - Promote and educate the community about the Golden Passport – a free card available to eligible Miami-Dade residents for free public transit throughout the county
 - Develop short educational trips for groups of older adults to learn to utilize public transit with a trip to local cultural centers to encourage use
- **Research and Focus Groups**
 - Develop focus groups and research to understand the needs of older adults using public transit, especially those who use buses, in order to gain information about the gaps and needed amenities
- **Improve Quality of and Access to Stops**
 - Advocate for programs or plans to place public transit, especially bus stops, at corners or near crosswalks, with adequate seating (height and quality) and sufficient cover (from rain and sun) so that older adults can easily and comfortably access them
 - Advocate for additional public transit stops in areas to serve older adults' needs and connect them to libraries, public spaces and parks.

Potential Partners

- AAA
- AARP Florida
- Alliance for Aging (Safe Steps/Pasos Seguros Program)
- Community Leaders
- Florida Department of Transportation (FDOT)
- Greater Miami Chamber of Commerce
- Health Foundation of South Florida
- ITN Volunteer Driver Partners
- Medical Centers (Health Action Network)
- Miami-Dade County
- Miami-Dade Cultural Affairs
- Miami-Dade Transit
- Miami-Dade Metropolitan Planning Organization
- Planning and Transportation Departments (municipal and county)
- Public Works Departments (municipal and county)
- United Way of Miami-Dade
- Urban Health Partnerships

Resources and More Information

- Age-Friendly Policy Information: <https://agefriendlymiami.org/project/age-friendly-public-policy/>
- Alliance for Aging Safe Steps/Pasos Seguros: <http://www.allianceforaging.org/consumers/pedestrian-safety/safe-steps-1>
- Florida Safe Mobility for Seniors Resources: <http://www.safeandmobileseniors.org/>
- Miami-Dade Golden Passport: www.miamidade.gov/transit/golden-passport.asp
- Safe Routes to Age in Place Information: <https://agefriendlymiami.org/project/safe-routes-to-age-in-place/>
- Temporo-spatial gait parameters during street crossing conditions: a comparison between younger and older adults: <http://www.ncbi.nlm.nih.gov/pubmed/25530113>



Domain 3: Housing

Vision:

Housing for older adults is affordable, accessible, and adapted to their needs and interests

Why is this important?

For older adults aging in the community, living conditions can promote health, enhance their coping abilities and reduce disablement. However, living conditions can also create stress and increase risks of illness and accidents. Socioeconomic disparities in housing are likely to contribute to inequalities in interior conditions. Social resources such as coresidential relationships, social network ties and social support are also shaped by housing. A set of risky or stressful physical and ambient living conditions including structural disrepair, clutter, lack of cleanliness, noise and odor can lead to significant decline in the quality of life of older adults.²³ Older adults who have a coresident partner and more sources of support are exposed to fewer risky or harmful living conditions. This suggests that living conditions are an important, though overlooked, factor that can have a significant effect on quality of life.²³ In addition, results from a study on homeless older adults showed that older adults who acquired housing experienced improvements in depression.²⁴ Appropriate housing is directly linked to mobility that allows older adults to engage in social participation and inclusion, and access and use of community and social services. Availability of housing that is affordable, well maintained, and adapted to the needs of older adults is vital to their safety, well-being and independence.⁵

What's happening in Miami-Dade?

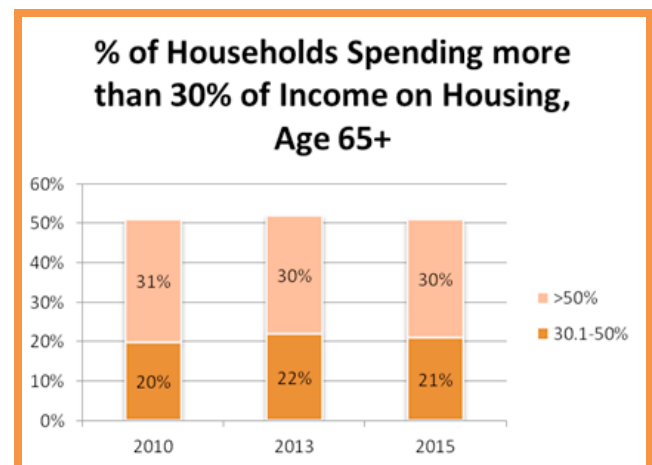
According to the 2013 American Community Survey Estimates, of the approximately 828,031 households in Miami-Dade, 188,928 households



are individuals aged 65 and older (more than 20%). 69% of older adult households are 69.0% owner-occupied while 31.0% are renter occupied.³⁰

Affordability

The high cost of living and rental shortage in Miami-Dade can be a barrier for older adults, making it difficult for them to afford adequate housing. According to the Florida Housing Data Clearinghouse for 2015, nearly 51% of those aged 65 and older spent at least 30% of their income on rent or mortgage; of those 51%, 21% spent more than 30% of their incomes on housing, and the remaining 30% spent more than 50% of their income on housing.³⁶



Florida Housing Data Clearinghouse, University of Florida,
Shimberg Center for Housing Studies, 2015

Section 8 of the Housing Act of 1937 (Section 8) allows for rental housing assistance to private landlords on behalf of low-income households. There are programs through Section 8 that give families with children priority over older adults. Units specific for older adults have high demand and low availability, leaving many people on a waiting list for years, and in some cases, the wait extends beyond their lifetime. According to the Miami-Dade County Public Housing and Community Development (PHCD) department, as of June 2015, there are 4,983 older adults, aged 62 and older, receiving assistance through this program and almost three times the amount (14,368) are on the waiting list.

The Housing Choice Voucher Program is the federal government's major program for assisting very low-income families, the elderly and the disabled to afford housing in the private market. As of March 2015, there are 4,977 older adults, aged 62 and older, receiving assistance through this program and more than three times this amount (16,907) are on the waiting list. The stock of affordable housing is continuing to decline in Miami-Dade as developers are building more and more luxury buildings as a result of the improving economy.

Even for older adults who own their own homes, affordability can be an issue. Costs to maintain the property can be burdensome and many cannot afford to make repairs or pay for the increasing taxes, leading many to choose to stop paying homeowners insurance once it is no longer required, putting themselves at risk. The Miami-Dade County Community Action and Human Services Department Energy Division provide

weatherization assistance—the program is designed to reduce energy consumption in the home. By reducing the energy bills of low-income families, weatherization reduces dependency and frees these funds for use on more pressing family needs. There is currently a waiting list of 175 older adults on standby for environmental modifications.

Other organizations that also provide services include the AAA, the Florida Department of Elder Affairs Community Care for the Elderly (CCE) Program's three lead agencies in Miami-Dade which include: First Quality Home Care Services, Little Havana Activities & Nutrition Centers of Dade County, Inc., and United Home Healthcare Services, Inc., as well as the County's community based organization.

Adaptability and Accessibility

If older adults choose to stay in their homes, many do not have the ability to maintain and adapt their homes on their own, either physically or financially, to fit their needs. Moreover, environmental and home modification programs for the older adults have waiting lists due to the high demand, and the Older Americans Act, which provides repair programs, does not provide adequate assistance to complete repairs.

In addition, due to the lack of data on older adults living with family in intergenerational homes in Miami-Dade, there may be more demand for services to adapt homes to older adults' needs than is currently known. This challenge faced in Miami-Dade County is further complicated in cases of immigration and undocumented families, who cannot sign up for waiting lists and do not qualify for many available programs.

Overarching Strategies

1 OLDER ADULT ENGAGEMENT

Engage older adults in the planning and implementation process of strategies related to Housing.

2 OLDER ADULTS IN ALL POLICIES

Review policies related to Housing in order to determine if older adults are considered or should be considered and included in the policies. Advocate for policy modifications and additions as needed.

3 OLDER ADULT REPRESENTATION & ADVOCACY

Identify boards related to Housing that should include an older adult advocate on the committee or council. Promote inclusion of an advocate and periodically review whether their time on the committee is effecting change.

Housing - Strategies and Actions

1 AFFORDABILITY **Priority for Year 1*

Provide affordable housing options and availability to older adults through education, policy, and an increase in affordable options.

- **Education**
 - Make residents aware of issues with affordability. Spread awareness about the extent of the problems and dangers of doing nothing
 - Educate the public about the impending loss of affordable housing stock
 - Raise awareness on how difficult it is for older adults to meet code enforcement requirements
- **City, Council & State-Level Policy**
 - Prioritize program resources for the highest-risk applicants (Small Housing Authority Reform Proposal (SHARP), etc.)
 - Develop policies that keep us from losing ground on the current levels of affordable housing stock (eminent domain style adjustment on expiring affordability mandates)
 - Advocate for program funding for very low-income households to include policies regarding aging in place from the Senate Appropriations, Florida State Housing Initiatives Partnership (SHIP), and local dollars
 - Advocate for inclusionary zoning ordinances and incentives that encourage a given share of new construction to be affordable for people with low to moderate incomes. Include language to address the needs of older adults or how much housing should be dedicated to older adults
 - Advocate for multigenerational considerations in eligibility criteria for income-based public assistance
 - Adjust codes and reduce tax restrictions in order to allow and encourage reasonable additions to existing owner-occupied homes thus increasing affordable housing stock (more mother-in-law suites and converted garages)
 - Limit code enforcement for older adult homeowners to issues that are of a life threatening

- nature
- Advocate for transit-oriented development of affordable housing

2 ACCESSIBILITY AND ADAPTABILITY

Ensure that older adults are able to live in homes that are accessible or able to be modified and adaptable to their needs.

- **Education**
 - Build awareness of issues related to homeowners and making their home environment safe at home, as making safety modifications more affordable
 - Educate the community about the importance of adaptability and accessibility to increase the number of units that older adults can live in
 - Educate older adults about resources available for financing and adaptability, or modifying homes to make them safe for older adults to age in place
 - Increase funding sources for adaptability such as programs and microloans for older adults
- **Policy**
 - Create and/or promote age-friendly standards for older adult housing
 - Generate and allocate resources must be allocated/generated to address waiting lists for all programs connected to housing access and adaptability for older adults
 - Address the need for coordination between adaptability programs to include all phases of work
 - Implement a systematic older adult home environment assessment program using checklists such as Check for Safety: A Home Fall Prevention Checklist for Older Adults (Centers for Disease Control and Prevention) and Older Adult Fall Prevention Checklist (National Safety Council) and others

3 PROGRAMS AND SERVICES

Ensure that services and programs meet the housing needs of older adults

- **Education**
 - Develop or aggregate accurate local data in order to better tell the local story of needs and gaps in services
 - Educate the public about the availability of programs and how to navigate these systems.
- **Policy**
 - Advocate for the need for coordination of existing and available programs.
 - Advocate for the need for public and private partnerships to address the issues of financial resources and innovation around supply and demand of services
 - Advocate for review of eligibility requirements for programs to ensure older adults have access to the services they need

Potential Partners

- AARP Florida
- Alliance for Aging
- Building Owners
- Developers
- Greater Miami Chamber of Commerce
- Health Foundation of South Florida
- Miami-Dade County
- Miami-Dade County Housing and Community Development
- Mayors, Commissioners, Community Leaders
- Realtors
- Smart Growth Partnership
- STEPS in the Right Direction
- United Way of Miami-Dade
- Urban Health Partnerships

Resources and Additional Information

- Check for Safety. A Home Fall Prevention Checklist for Older Adults: www.cdc.gov/HomeandRecreationalSafety/pubs/English/booklet_Eng_desktop-a.pdf
- First Quality Home Care Services: <http://www.firstqualityhomecare.com/>
- Florida Department of Elder Affairs Community Care for the Elderly (CCE) Program: <http://elderaffairs.state.fl.us/doea/cce.php>
- Little Havana Activities & Nutrition Centers of Dade County, Inc.: <http://www.lhanc.org/>
- Miami-Dade County Public Housing and Community Development: <http://www.miamidade.gov/housing/home.asp>
- STEPS Florida Program : <http://www.stepsflorida.org/>
- Older Adult Fall Prevention Checklist: www.nsc.org/NSCDocuments_Advocacy/Fact%20Sheets/Slips-Trips-and-Falls.pdf
- United Home Healthcare Services, Inc.: <http://www.unitedhomecare.com/>

Social Environment



The social environment is generally defined as the social setting people live in and involves many aspects of our daily lives. Because of the direct impact the built environment has on one's ability to engage with the social aspects of a community, the social environment is inextricably linked to the built environment, and thus, includes the physical surroundings. The design of the community along with the availability of resources determines the level of interaction an individual has with the social aspects of the community. If the aspects of the three built environment domains are in place, it will assist in covering the gaps found on the five domains of the social environment. The social environment domains are ⁵:



Domain 4: Social Participation

An age-friendly community should have affordable and conveniently located events, activities, and opportunity for social engagement tailored to all ages, including older adults.



Domain 5: Respect and Social Inclusion

An age-friendly community promotes awareness and understands the value and needs of older adults. Additionally, the input of older adults should be included in the decision-making process for all aspects and areas of the community.



Domain 6: Civic Participation and Employment

The availability of sufficient and varied employment, volunteering and training program opportunities tailored to older adults is also key to an age-friendly community. Similar to domain five, older adults should be included in the decision-making in both private and public sectors to effectively meet their needs.



Domain 7: Communication and Information

In an age-friendly community it is important to have continued and widespread distribution of information, therefore an efficient communication system needs to be in place to reach all individuals and effectively inform residents of the services, programs and resources available in the community.



Domain 8: Community Support and Health Services

In order to meet the needs of older adults, an age-friendly community needs to provide adequate access to all levels of healthcare and offer services that promote, maintain, and restore health. Community support including delivery of services, social services, and widespread information and resources for emergency planning is vital to older adults.



Domain 4: Social Participation

Vision:

Older adults enjoy a wide range of opportunities for social participation

Why is this important?

Continued social participation is strongly connected to good quality of life, good health, and overall well being. The active participation in recreational, cultural, and spiritual activities available in the community help form supportive and caring relationships, which can generate a sense of well being and establish social integration. These are paramount factors in active aging and good health outcomes.⁵ Social participation combats isolation and encourages older adults to continue to live vibrantly in the community.

What's happening in Miami-Dade?

The Miami-Dade County Department of Cultural Affairs *Golden Ticket Arts Guide* offers senior residents, aged 62 and older, an array of cultural events. They can enjoy everything included in the guide at no cost.



The Miami-Dade County Parks, Recreation and Open Spaces' Active Older Adults Program is a local effort to encourage older adults, aged 55 and older, to improve their health and well-being by participating in programs that will help them stay physically and mentally active.

In addition, the Miami-Dade Public Library System's Get Social @ the Library: Lifetime Living through Art for Older Adults provides a series of art workshops, led by professional teaching artists, that offer older adults, aged 55 and older, learning and social engagement opportunities at selected branches.

Overarching Strategies

1

OLDER ADULT ENGAGEMENT

Engage older adults in the planning and implementation process of strategies related to Social Participation.

2

OLDER ADULTS IN ALL POLICIES

Review policies related to Social Participation in order to determine if older adults are considered or should be considered and included in the policies. Advocate for policy modifications and additions as needed.

3

OLDER ADULT REPRESENTATION AND ADVOCACY

Identify boards related to Social Participation that should include an older adult advocate on the committee or council. Promote inclusion of an advocate and periodically review whether their time on the committee is effecting change.

Suggestions for Additional Strategies

While there may be many program available at the county, municipal and organizational level, there is a lack of information about these programs and many older adults are not aware of their availability. In order to increase older adults' social participation, we need to increase awareness Accessible transportation to reach these programs is also an important factor toward increasing social participation; strategies that combine training on using public transit to get to some of these programs may also be beneficial.

Resources & Additional Information

- Miami-Dade County Cultural Affairs Golden Ticket Program: <http://www.miamidadearts.org/education/golden-ticket-arts-guide>
- Miami-Dade County Parks, Recreation and Open Spaces Department's Active Older Adults Program: <http://www.miamidade.gov/parks/active-adults.asp>
- Miami-Dade Public Library System's Get Social @ the Library: Lifetime Living through Art for Older Adults Program: <http://www.miamidade.gov/mayor/library/Service-Needs-Working-Group/SN08%20Program%20Plan%20-%20Calendar%20of%20Events/SN8%20Program%20Plan%20-%20Calendar%20of%20Events%20Attachments/Lifetime%20Arts%20for%20Seniors.pdf>



Domain 5: Respect and Social Inclusion

Vision:

Older adults feel welcomed and valued in all community settings

Why is this important?

Respect and social inclusion is extremely important in the social environment for older adults. Today, there is a growing gap between generations, due in part to the advances in technology, which has contributed to the widespread misunderstanding about aging and often times can lead to a lack of consideration of older adults' needs from family, community and during services provided.⁵ This gap among generations can lead to ageism and preconceived notions that may lead to serious consequences such as social isolation and depression. Some see older adults as needy, and on their way out rather than active and vibrant part of our society. Addressing the challenges found in this area is essential for older adults and is possible through communitywide events and activities tailored to all generations and toward understanding. The encouragement of intergenerational interaction not only creates awareness about the needs of older adults, but also fosters respect and social inclusion.

What's happening in Miami-Dade?

Older adults have become less visible in our communities because there are fewer roles that they can play, so they tend to become less engaged in the community. This can be further exacerbated by poverty, socioeconomic problems, disability, as well as safety concerns.

There are currently several programs available for older adults in Miami-Dade County addressing the issues of respect of older adults and social inclusion. These include the Positive Living Award, through



the Alliance for Aging, where business and community leaders who support the efforts of the Alliance, applaud those older adults who are “giving back” to their communities; Miami-Dade County’s Grandparents Raising Grandchildren Initiative in conjunction with Miami-Dade County Public Schools (M-DCPS) Office of Community Services that provides support services to grandparent caregivers in South Dade.

The County also has a volunteer month that includes many older adults that are contributing to their community. This is an indicator that older adults are, and want to be, involved in the community. Additionally, there are currently 25 businesses in Little Havana signed up to be a part of the Age-Friendly Business District pilot project. All of the businesses provide discounts to older adults in the area on Tuesdays, making them feel respected and wanted in the businesses.

While these are steps in the right direction, a study conducted by United Way of Miami-Dade and Bendixen & Amadi International in 2013 found that taken as a whole, there is little immediate consciousness of the challenges facing the older adult population. However, when prompted,

opinion leaders recognized the importance of addressing the issues related to this ever-growing group in Miami-Dade County. This suggests a need for continued education of the community on the

topic, in order to create an atmosphere in which any proposed effort on behalf of older adults could succeed.

Overarching Strategies

1 OLDER ADULT ENGAGEMENT

Engage older adults in the planning and implementation process of strategies related to respect and social inclusion.

2 OLDER ADULTS IN ALL POLICIES

Review policies related to Respect and Social inclusion in order to determine if older adults are considered or should be considered and included in the policies. Advocate for policy modifications and additions as needed.

3 OLDER ADULT REPRESENTATION AND ADVOCACY

Identify boards related to Respect and Social Inclusion that should include an older adult advocate on the committee or council. Promote inclusion of an advocate and periodically review whether their time on the committee is effecting change.

Suggestions for Additional Strategies

One of the best ways to involve older adults and ensure they feel respected and included is to ask them about their wants and needs. For example, the AARP Community Survey will give us additional insight into their challenges. It is also important to encourage key institutions in our communities to expand their opportunities for inclusion of older adults as well as motivate key community institutions to demonstrate age friendliness. One way to do this is to include at least one older adult or older adult advocate in decision-making bodies, committees and other groups. Additional strategies that may be implemented include: develop an action plan for perception and awareness about older adults; create age-friendly policies around institutions; and foster advocacy and greater involvement of senior groups to advocate for the action plan. Other strategies can include working with Elder issues Committees of the Consortium for a Healthier Miami Dade and sponsoring events that highlight the work of older adults.

Resources and Additional Information

- Alliance for Aging Positive Living Award: <http://www.allianceforaging.org/201-positive-living-award-nominations-are-being-accepted>
- AARP Community Survey: <http://www.aarp.org/livable-communities/info-2014/aarp-community-survey-questionnaire.html>
- Bendixen & Amandi Assessment-of-community-leaders-perceptions-relating-to-older-adult-issues: <https://agefriendlymiami.org/project/assessment-of-community-leaders-perceptions-relating-to-older-adult-issues/>



Domain 6: Civic Participation and Employment

Vision:

Older adults have a wide range of employment and civic engagement opportunities.

Why is this important?

Civic participation and employment opportunities are also key components of the social environment and, as such, need to be readily available in the community. Many older adults do not choose traditional retirement and want to continue contributing to their communities after retirement, allowing them to remain active either through paid or voluntary work. Although employment and civic engagement are an important factor in being involved and a part of the community, there are many barriers that limit the availability of opportunities including cultural barriers, lack of awareness of the capability of seniors, and stereotypes on limitations, among others.

In addition, lack of employment opportunities is a large barrier especially to older adults and families that need additional income to make ends meet. This can lead to serious results including the inability to afford adequate housing, and consequently a decline in quality of life⁵

What's happening in Miami-Dade?

Florida's "Longevity Economy" is defined as the sum of all economic activity that is supported by the consumer spending of households headed by someone aged 50 and older, according to a report released by AARP and Oxford Economics. This includes spending both in Florida and on exports from Florida to other states. The report found that



this age group contributed to the economy in a positive, outsized proportion to their share of the population. While it represented 29% of Florida's population in 2013, it accounted for 54% of Florida's gross domestic product. The report also shows that older adults make a significant contribution to Florida's workforce.³⁹

According to American Community Survey data, from 2009 to 2013, the percentage of older adults, aged 55 and older who are employed in Miami-Dade, has had a slight overall increase. In 2013, this group made up nearly 20% of the labor force.³⁰

It has been difficult in Miami-Dade County to garner support for employment programs specifically targeted to older adults. Although studies have shown that older adults often come with more experience and need less training than their young counterparts, employers may not understand this or they may feel they should not recruit one particular age group.

Overarching Strategies

1 OLDER ADULT ENGAGEMENT

Engage older adults in the planning and implementation process of strategies related to Civic Participation and Employment .

2 OLDER ADULTS IN ALL POLICIES

Review policies related to Civic Participation and Employment in order to determine if older adults are considered or should be considered and included in the policies. Advocate for policy modifications and additions as needed.

3 OLDER ADULT REPRESENTATION AND ADVOCACY

Identify boards related to Civic Participation and Employment that should include an older adult advocate on the committee or council. Promote inclusion of an advocate and periodically review whether their time on the committee is effecting change.

Suggestions for Additional Strategies

One potential strategy is to create a toolkit and other informational material on how to work with older adults and build dynamic intergenerational workplaces in Miami-Dade. Another important strategy includes building awareness among employers about the value of hiring older adults. Lastly, increasing opportunities for civic engagement and building awareness among older adults about the ways they can get involved.

Resources and Additional Information

- Be on the cutting edge for the boom in older workers:
http://www.hfsf.org/Uploads/Presentation_MultiGenerational_Retention_Management.pdfMiami
- Dade Age-Friendly Initiative Resources for Increasing Employment Opportunities for Older Adults:
<https://agefriendlymiami.org/project/increasing-employment-opportunities-for-older-adults/>
- Employ Florida Marketplace, Silver Edition: <https://www.employflorida.com/portals/silver/Default.asp>
- Get in front or get left behind: The value proposition of recruiting & retaining older employees:
http://www.hfsf.org/Uploads/Cutting_Edge_Recruitment.pdf
- Value Proposition or Verdict Risk Perceptions and Misperceptions of the Legal Rights and Risks of Older Workers For the Human Resources Professional:
http://www.hfsf.org/Uploads/Legal_Rights_Risks_of_Older_Workers.pdf
- Video Resources: Reasons to Recruit & Retain Older Workers and Intergenerational Workforce Dynamics: <https://agefriendlymiami.org/tools-resources/>



Domain 7: Communication and Information

Vision:

The broader community is aware and knowledgeable about the presence, value, needs and wants of older adults.

Why is this important?

A widespread distribution through various communication systems is paramount to an effective social environment. The communication of information regarding events, programs and services must be based on the needs and interests of older adults. It also must show the community's general understanding and ability to provide services and information to meet these needs and interests accordingly.⁵

Communication and Information is an extremely important domain since it is vital to the effectiveness of other domains, especially Social Participation, Respect and Inclusion, Civic Participation and Employment, and Community Support and Health Services. There is a need to have widespread communication and information of available services, programs and resources available to assist older adults and organizations must communicate it properly.

What's happening in Miami-Dade?

Today, although there are many sources of information, it can be fragmented and hard to find local, relevant information in one place. Another challenge is cultural issues that need to be considered. Older adults in Miami-Dade are diverse in age, ethnicity, ability, health and socioeconomic



status, therefore understanding and disseminating culturally sensitive information is paramount.

Moreover, in order to address gaps in communication and information we need to become aware of what the media is reporting.

The Alliance for Aging reports that from 2012 to 2014 the Aging and Disability Resource Connection (ADRC) has seen a significant increase in the number of calls, from 28,594 calls in 2012 to 75,130 in 2014 – a notable 163% increase. The top reasons for calls were to inquire about: income support and assistance; individual, family and community support. On the issue of health care, callers asked for help with Medicare, Medicaid and SHINE (Serving Health Insurance Needs of Elders), a free program offered by the Florida Department of Elder Affairs and the Alliance for Aging where specially trained volunteers in Miami-Dade and Monroe counties assist individuals with Medicare, Medicaid and health insurance questions by providing one-on-one counseling and information.

Overarching Strategies

1 OLDER ADULT ENGAGEMENT

Engage older adults in the planning and implementation process of strategies related to Communication and Information.

2 OLDER ADULTS IN ALL POLICIES

Review policies related to Communication and Information in order to determine if older adults are considered or should be considered and included in the policies. Advocate for policy modifications and additions as needed.

3 OLDER ADULT REPRESENTATION AND ADVOCACY

Identify boards related to Communication and Information that should include an older adult advocate on the committee or council. Promote inclusion of an advocate and periodically review whether their time on the committee is effecting change.

Suggestions for Additional Strategies

One strategy is to connect organizations and older adults to centralized websites and other sources of information to broadly communicate events, programs and services for this population. Efforts must be made to ensure that older adults are involved and knowledgeable about changes and opportunities as they occur.

Beyond information for older adults, the general population and community leaders and decision makers can also benefit from increased communication and information that is informative and compelling regarding the needs and interests of this population. One potential strategy involves developing a partnership with the media, including larger local newspapers like the Miami Herald or/and small municipal newsletters and magazines, to implement campaigns and publish articles about older adults and their needs on a regular basis. Refined messaging is needed to engage local leaders and to convey the urgency of preparing for the aging of our community. Communication must also stress the opportunities and benefits in creating a community that works for all ages.

Resources and Additional Information

- Administration on Aging (AoA) Communication with Older Adults: http://www.aoa.acl.gov/AoA_Programs/Tools_Resources/Older_Adults.aspx
- Aging and Disability Resource Center (ADRC): <http://www.allianceforaging.org/consumers/get-help-information/adrc>
- SHINE Information: <http://www.allianceforaging.org/consumers/shine-resources>



Domain 8: Community Support and Health Services

Vision:

Older adults are supported by quality health care, community-based wellness and supportive services.

Why is this important?

The ability of older adults to maintain long-term independence in the community is directly based on the availability of accessible quality health care and support services. Home care services including personal care and housekeeping is also very important to aging in place. Additionally, quality residential care facilities need to be affordable and located in close proximity to businesses and services. According to a study published on the Journals of Gerontology, out of the estimated 38.1 million Medicare beneficiaries, aged 65 and older, 5.5 million (15%) live in a residential facility, including 2.5 million in retirement homes, 1 million in assisted-living facilities, 1.1 million in nursing homes, and approximately only 1 million are living independently. Sometimes, many of the needs of older adults are unmet in these facilities especially the ones providing care to dependent older adults, resulting in lower physical and cognitive capacity.²⁵ The results of this study clearly highlight the need of having affordable, high-quality residential care facilities with respectful and properly trained professionals. In order for older adults to enjoy all other domains, they need to have an adequate community support and health services available for promoting, maintaining and restoring health so they may continue to live healthy, active lives with dignity.⁵

What's happening in Miami-Dade?

The percentage of older adults in Miami-Dade County who are currently receiving proper health



screenings and preventive services is very low, with only 20.2% of women between the ages of 50 and 64 and only 23.1% of men in the same age group being served. These numbers are lower than the national percentage of 27.2% and 30.8%, respectively.²⁷ This data demonstrates a significant problem in meeting the health need of this aging population, since the lack of preventive care will directly impact their ability to age in place and maintain good quality of life and independence.

The lack of wellness visits and adequate primary care leads to preventable hospitalizations, high rates of depressions and other poor health outcomes. In Miami-Dade, 26.1% of older adults suffer from depression; 91.5% exhibit one or more cardiovascular disease risk factors or behaviors; and while approximately 9% of the total population has diabetes, older adults account for 30.7% of those affected.^{2,27}

Efforts to address the gaps in quality health care in Miami-Dade include the partnerships between the Florida Health Networks (FHN), aging and disability providers, and other community-based organizations that link clinical and community

services. The FHN supports contracting with managed care plans and allows direct service delivery of billable evidence-based preventive health and wellness services, leading to improved health promotion and comprehensive care coordination.

Overarching Strategies

1 OLDER ADULT ENGAGEMENT

Engage older adults in the planning and implementation process of strategies related to Community Support and Health Services.

2 OLDER ADULTS IN ALL POLICIES

Review policies related to Community Support and Health Services in order to determine if older adults are considered or should be considered and included in the policies. Advocate for policy modifications and additions as needed.

3 OLDER ADULT REPRESENTATION AND ADVOCACY

Identify boards related to Community Support and Health Services that should include an older adult advocate on the committee or council. Promote inclusion of an advocate and periodically review whether their time on the committee is effecting change.

Suggestions for Additional Strategies

According to the input provided by community leaders and stakeholders at the Miami-Dade Age-Friendly Summit, some of the needs related to Community Support and Health Services could be addressed by providing free temporary health aids for those with temporary injuries; having a community health report card available specific to older adults broken down by age groups; and advocating for additional community funding for home and community-based services such as meals and in-home care. Other areas where community members identified a need for change were: increase for caregiver support and basic training; increase for older adult fitness programs such as community-based walk programs; and oral and eye care. Providing older adults with comprehensive health care services is paramount, as it will determine the level in which older adults are able to engage and enjoy a livable community and overall quality of life.

Resources and Additional Information

- Alliance for Aging Healthy Aging Programs: <http://www.allianceforaging.org/consumers/healthy-aging/healthy-aging-programs>
- Consortium for a Healthier Miami-Dade Elder Issues / Mayor's Initiative on Aging: <http://www.healthymiamidade.org/committees/elder-issues-mayor-s-initiative-on-aging/initiatives->
- Florida Department of Health: Miami-Dade County: <http://miamidade.floridahealth.gov/>

Next Steps

Get Involved

We are now taking steps toward changing our community. Your interest in this Action Plan for an Age-Friendly Miami-Dade shows that you are committed to making Miami a more livable community for all ages, especially older adults. You have read through the plan and are *dedicated to effecting change* — but what's next?

If you haven't done so already, we invite you to sign the Mayor's Challenge and pledge to make your corner of Miami more age-friendly at www.AgeFriendlyMiami.org/Challenge.

We also encourage you to take these steps to continue improving Miami-Dade County, bit by bit:

- ✓ Get more involved and join our Steering Committee by contacting us at www.AgeFriendlyMiami.org/Contact.
- ✓ Sign up for our updates by joining our mailing list at www.AgeFriendlyMiami.org/Contact.
- ✓ Start Planning! Use this plan to help guide you as you make decisions about what steps to take in your own neighborhood, focusing on those domains and topics that are of most interest and are most needed by the older adults in your area.
- ✓ Apply for Technical Assistance at www.AgeFriendlyMiami.org/Technical-Assistance if you would like to work with us or want more information about taking the first steps on a project in your area.

There's one more thing we hope you do — share with us. Are there changes that you think should make its priority? Specific ways the Age-Friendly Initiative can help? Do you have information on what's happening in your community or what you are doing or planning to do? From policy commentary to environmental changes, we want to hear about it! Contact us via our website or contact information below.

Contact Us

For more information on the Miami-Dade Age-Friendly Initiative please contact:

Peter Wood, MPA

Co-Director, Miami-Dade Age-Friendly Initiative

pwood@hfsf.org

305.374.7200

Martha Pelaez, PhD

Co-Director, Miami-Dade Age-Friendly Initiative

mpelaez@healthyagingsf.org

305.374.7200

Follow Us

Website: www.AgeFriendlyMiami.org

Twitter: @AgeFriendlyMIA

Facebook.com/AgeFriendlyMiami

References

1. Census 2010 Demographic Profile Broward, Miami-Dade, Palm Beach and Florida. (n.d.). Retrieved from <http://www.miamidade.gov/planning/library/reports/2010-census-demographic-profile.pdf>
2. American FactFinder - Community Facts. (n.d.). Retrieved from http://factfinder.census.gov/faces/nav/jsf/pages/community_facts.xhtml
3. Epps, D. (2013). Creating Collective Impact with Results-Based Accountability™ Retrieved from <http://resultsleadership.org/creating-collective-impact-with-results-based-accountability/>
4. Kania, J., & Kramer, M. (2011). Collective impact. *Stanford Social Innovation Review*, 9(1), 36-41.
5. WHO GLOBAL NETWORK OF AGE-FRIENDLY CITIES©. (n.d.). Retrieved from http://www.who.int/ageing/publications/Global_age_friendly_cities_Guide_English.pdf
6. Plouffe, L., & Kalache, A. (2010). Towards Global Age-Friendly Cities: Determining Urban Features that Promote Active Aging. *Journal of Urban Health: Bulletin of the New York Academy of Medicine*, 87(5), 733–739. doi:10.1007/s11524-010-9466-0
7. Clarke, P. J., Ailshire, J. A., Nieuwenhuijsen, E. R., & de Kleijn-de Vrankrijker, M. W. (2011). Participation among adults with disability: The role of the urban environment. *Social Science & Medicine* (1982), 72, 1674–1684. doi:10.1016/j.socscimed.2011.03.025
8. Clarke, P. J. (2014). The Role of the Built Environment and Assistive Devices for Outdoor Mobility in Later Life. *The Journals of Gerontology Series B: Psychological Sciences and Social Sciences*, 69(Suppl 1), S8-S15
9. Balfour, J. L., & Kaplan, G. A. (2002). Neighborhood environment and loss of physical function in older adults: evidence from the Alameda County study. *American Journal of Epidemiology*, 155, 507e515
10. Schootman, M., Andresen, E. M., Wolinsky, F. D., Malmstron, T. K., Miller, J. P., & Miller, D. K. (2006). Neighborhood conditions and risk of incident lower-body functional limitations among middle-aged African Americans. *American Journal of Epidemiology*, 163, 450e458.
11. Li, W., Keegan, T. H. M., Sternfeld, B., Sidney, S., Quesenberry, C. P., & Kelsey, J. L. (2006). Outdoor falls among middle-aged and older adults: a neglected public health problem. *American Journal of Public Health*, 96, 1192e1200.
12. Clarke, P., Ailshire, J. A., Bader, M., Morenoff, J. D., & House, J. S. (2008). Mobility disability and the urban built environment. *American Journal of Epidemiology*, 168, 506e513.
13. Clarke, P., Ailshire, J. A., & Lantz, P. (2009). "Urban built environments and trajectories of mobility disability: findings from a national sample of community dwelling American adults (1986e2001). *Social Science & Medicine*, 69, 964e970.
14. Andriacchi, R. (1997). The internal medicine perspective¹. *American Journal of Physical Medicine & Rehabilitation*, 76, 17e20.
15. Chevarley, F. M., Thierry, J. M., Gill, C. J., Ryerson, A. B., & Nosek, M. A. (2006). Health, preventive health care, and health care access among women with disabilities in the 1994e1995 national health interview survey, supplement on disability. *Women's Health Issues*, 16, 297e312.
16. Debnam, K., Harris, J., Morris, I., Parikh, S., & Shirey, L. (2002). Durham county socially isolated older adults: An action-oriented community diagnosis. *University of North Carolina at Chapel Hill*

[Action Plan for an Age-Friendly Miami-Dade]

School of Public Health, Department of Health Behavior and Health Education.

17. Ramirez, A., Farmer, G. C., Grant, D., & Papachristou, T. (2005). Disability and preventive cancer screening: results from the 2001 California health interview survey. *American Journal of Public Health, 95*, 2057e2064.

18. Rimmer, J. H., Riley, B., Wang, E., Rauworth, A., & Jurkowski, J. (2004). Physical activity participation among persons with disabilities: barriers and facilitators. *American Journal of Preventive Medicine, 26*, 419e425.

19. Whiteneck, G., & Dijkers, M. P. (2009). Difficult to measure constructs: conceptual and methodological issues concerning participation and environmental factors. *Archives of Physical Medicine and Rehabilitation, 90*, S22eS35.

20. World Health Organization. (2001). International classification of functioning, disability and health. Switzerland. Geneva.

21. Michael, Y., Green, M., & Farquhar, S. (n.d.). Neighborhood design and active aging. *Health & Place, 734-740*.

22. Rosenbloom, S. (2009). Meeting transportation needs in an aging-friendly community. *Generations, 33*(2), 33-43

23. Cornwell, E. Y. (2014). Social Resources and Disordered Living Conditions Evidence From a National Sample of Community-Residing Older Adults. *Research on Aging, 36*(4), 399-430.

24. Brown, R. T., Miao, Y., Mitchell, S. L., Bharel, M., Patel, M., Ard, K. L., ... & Steinman, M. A. (2015). Health Outcomes of Obtaining Housing Among Older Homeless Adults. *American journal of public health, 0*, e1-e7

25. Freedman, V. A., & Spillman, B. C. (2014). The Residential Continuum From Home to Nursing Home: Size, Characteristics and Unmet Needs of Older Adults. *The Journals of Gerontology Series B:*

Psychological Sciences and Social Sciences, 69(Suppl 1), S42-S50.

26. AARP. (2015). AARP Livability Index. Retrieved from <http://livabilityindex.aarp.org/search#Miami+Dade+County+FL+USA>

27. Smart Growth America. (2014). Dangerous by Design. Retrieved from <http://www.smartgrowthamerica.org/research/dangerous-by-design/dbd2014/national-overview/>

28. Social Security Administration. (2015) Calculators: Life Expectancy. Retried from: <http://www.ssa.gov/planners/lifeexpectancy.html>

29. University of Florida, Bureau of Economic and Business Research. (2015) Florida Population Studies: Population Projections by Age, Race, and Hispanic Origin for Florida.

30. US Census. (2013) American Community Survey Estimates, 2009-2013 American Community Survey 5-Year Estimates. Retrieved from: <http://factfinder.census.gov/faces/tableservices/jsf/pages/productview.xhtml?src=bkmk>

31. The Trust for Public Land. (2015) Parkscore, City Profile: Miami. Retrieved from: <http://parkscore.tpl.org/city.php?city=Miami>

32. Wood, L. Frank, L. D., Giles-Corti B. (2010). Sense of community and its relationship with walking and neighborhood design. *Social Science & Medicine*. doi:10.1016/j.socscimed.2010.01.021.

33. Viera, E. R., Lim, H. H. Hallal, C. Z. et al. (2014). Temporo-spatial gait parameters during street crossing conditions: a comparison between younger and older adults. *Gait & Posture*. DOI: <http://dx.doi.org/10.1016/j.gaitpost.2014.12.001>

34. Centers for Disease Control and Prevention. (2014). Injury Prevention & Control: Motor Vehicle Safety, Pedestrian Safety. Retrieved from: http://www.cdc.gov/Motorvehiclesafety/Pedestrian_safety/

