

# Age Inspired Thinking: Planning for All Ages Age-Friendly Planning for a County Park System



Miami-Dade County  
Parks, Recreation and Open Spaces





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**MIAMI-DADE COUNTY**

**PARKS, RECREATION AND OPEN SPACES**

**PLANNING AND DESIGN EXCELLENCE**

**SENIOR PLANNER**



















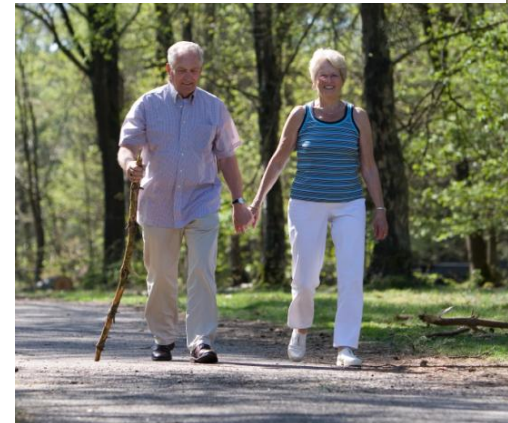
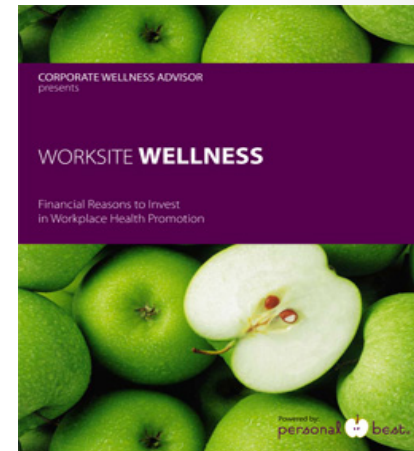


# From this:





# To this:





Great Parks  
Great Public Spaces  
Great Natural and Cultural  
Great Greenways and Blueways  
Great Streets

parks • public spaces • natural areas • cultural areas • greenways • water trails • streets

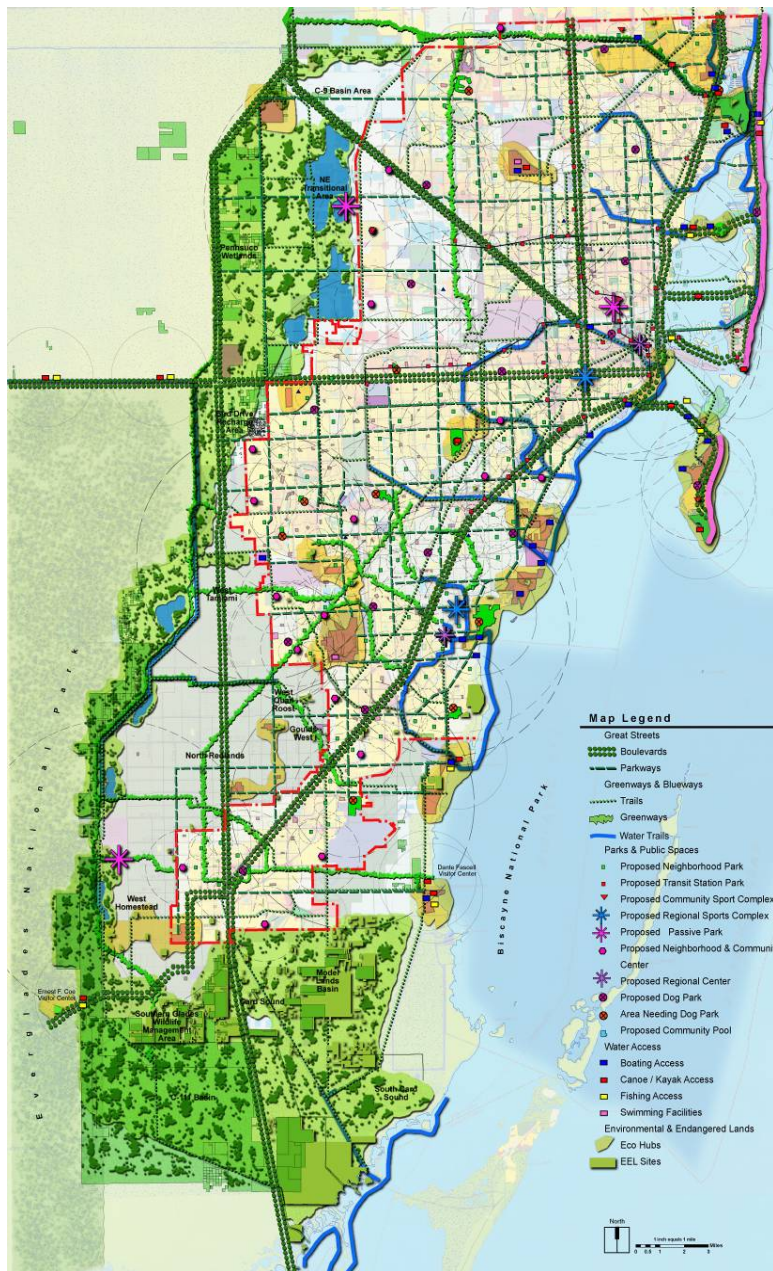
# The Miami-Dade County parks and open space system Master Plan

A 50-Year, unifying vision for a livable, sustainable Miami-Dade County



parks • public spaces • natural areas • cultural areas • greenways • water trails • streets





# Parks & Recreation

JUNE 2012  
WWW.NRPA.ORG

## Masters OF THE Plan

Miami-Dade's Bold Blueprint for the Future

Miami-Dade County Mayor  
Carlos A. Gimenez

Platte River Restoration | Economic Recovery | Artificial Sports Turf



# GUIDING PRINCIPLES



## SEAMLESSNESS

Every element of the County, including neighborhoods, parks, natural areas, streets, civic centers and commercial areas, should be connected without regard to jurisdiction.



## EQUITY

Every resident should be able to enjoy the same quality of public facilities and services regardless of income, age, race, ability or geographic location.



## ACCESS

Every resident should be able to safely and comfortably walk, bicycle, drive and/or ride transit from their home to work, school, parks, shopping and community facilities.



## BEAUTY

Every public space, including streets, parks, plazas and civic buildings, should be designed to be as aesthetically pleasing as possible, and to compliment the natural and cultural landscape.



## SUSTAINABILITY

Every action and improvement of the Park System, including facilities, programs, operations and management, should contribute to the economic, social and environmental prosperity of the County.



## MULTIPLE BENEFITS

Every single public action should generate multiple public benefits to maximize taxpayer dollars.



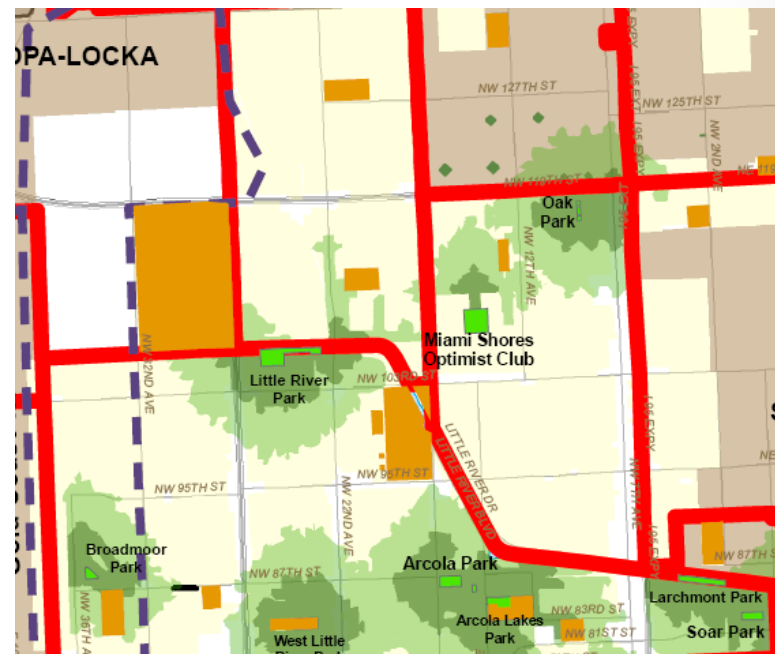
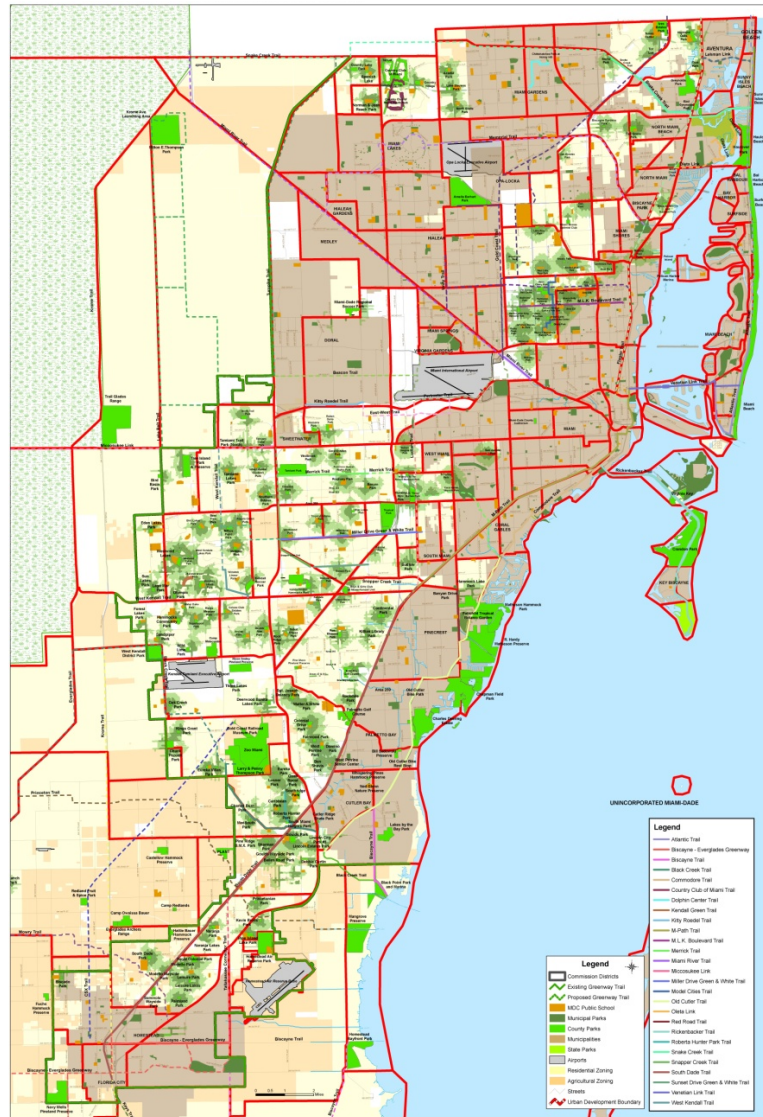
# EQUITY

ARE WE SERVING PEOPLE FAIRLY?



# ACCESS

EVERY RESIDENT IN MIAMI-DADE  
COUNTY SHOULD BE ABLE TO  
REACH A PARK WITHIN A 10-  
MINUTE WALK FROM THEIR HOME





# 2 Tier Park System

## **County Wide System of Regional Parks**

- Population Based Sport Parks
- Resource Based – Cultural, Historic, Natural
- Greenway Network
- Serves 2.4 million residents



## **Local Park Department**

- Unincorporated areas (UMSA)
- Serving 1.5 million residents





# Miami-Dade Parks - Regional



Haulover Park



Crandon Park



# Miami-Dade Parks - Local



**Oak Grove Park**



**Ben Shavis Park**



# Demographics

- County Population: 2,549,075 (2013 American Community Survey)
- 26% of the population is 55 and older
- 14% of the population is 65 and older
- Nearly half million (498,551) older adults aged 60 and older live in Miami-Dade County



# MIAMI-DADE AGE-FRIENDLY PARKS

## TOOLKIT

AGE FRIENDLY INITIATIVE  
Miami-Dade County



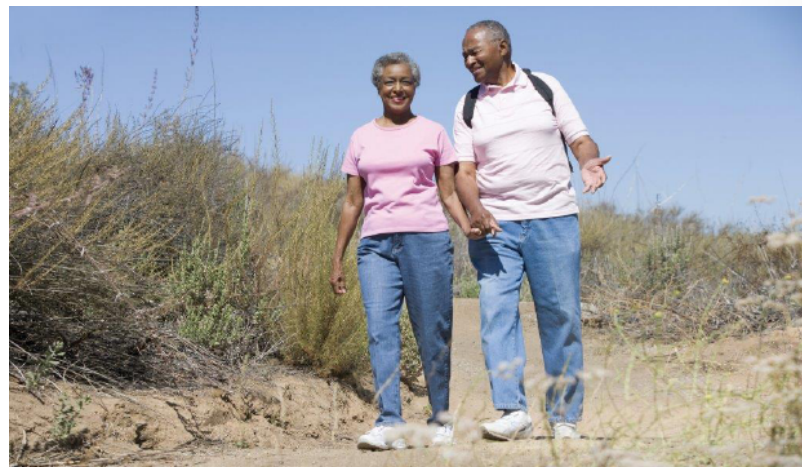


## Overview of the Miami-Dade Age-Friendly Initiative & Parks Toolkit



# Parks and Green Spaces Benefits

- Opportunities for Physical Activity and Social Interaction
- Promotes Active Living
- Improved Mental Health and Overall Well Being
- Age-Friendly Parks are friendly for people of all ages and abilities
- Increasing Role in Public Health
- Enhance Property Values, Attract Homebuyers and Retirees, Increase Municipal Revenue





# Age Friendly Initiative

## **Policy Changes** **Program Opportunities** **Infrastructure Improvements**

In an effort to encourage older adults to remain active and engaged in the community



# Age Friendly Initiative

## Policy

- Amendments to the **County's Comprehensive Development Master Plan** (CDMP) adopted in February 2015
- **Long Range Transportation Plan** (LRTP) amended to incorporate age-friendly language and policy, approved Oct. 2014
- Parks, Recreation and Open Spaces Dept. established internal **policy and guiding documents** in June 2013
- Developed age friendly **criteria** (access and conditions)
- Amended policies, practices and protocols





# Age Friendly Initiative

## Programming

- Added older adult programs (EnhancedFitness, Yoga)
- Incentivize participation in Walking Clubs
- Developed Outdoor Exercise Areas (program cards)
- Host monthly health and wellness fairs at community parks
- Promote programs through marketing efforts
- Senior Programs offered Daily



# Age Friendly Initiative

## Infrastructure Improvements

- Developed age friendly design and access criteria (lighted pathways; shaded seating and programs)
- Evaluated our parks based on criteria
- Identified improvement opportunities (internal and external)
- Determined costs
- Added to unfunded needs list
- As funding becomes available – policy will guide priorities





# Parks Programming

- Tailoring Programs to Older Adults
  - Psychosocial and Built Environment Factors
  - Foster Social Support
  - Strengthen Self Confidence and Motivation
  - Morning Exercise, Group Activities, Walking, Dance Classes, etc.



# Miami-Dade Park Programs

- **Walk for Life**

- Self Directed Walking Program
- Participant Recognition & Reward
- Identify a Leader – establish neighborhood walking clubs

- **Enhance Fitness**

- Three 1 hour sessions per week for 16 weeks
- Focuses on stretching, flexibility, balance, low impact aerobics and strength training exercises

- **Matter of Balance**

- Reduce Fear of Falling
- Addresses physical, social and cognitive factors
- Two, 2 hour sessions per week for 4 weeks

- **Chronic Disease Self Management**

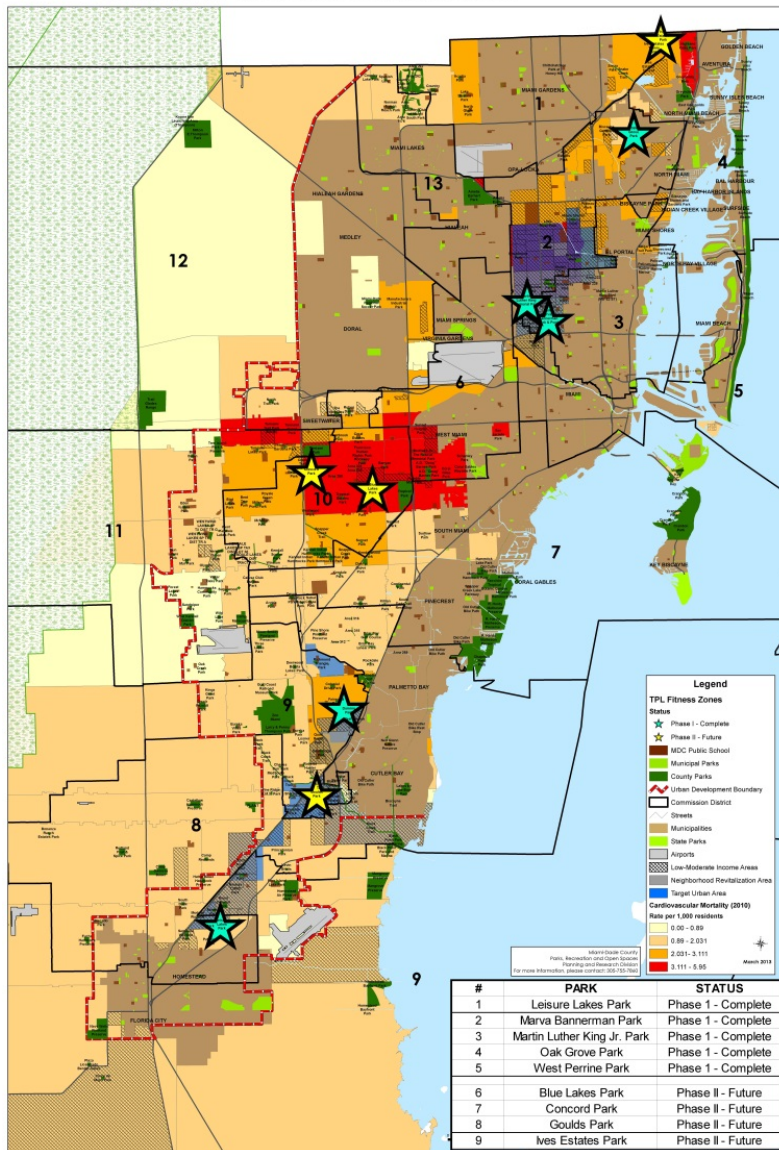
- Developed at Stanford University





# FITNESS ZONES










# FITNESS ZONES TARGETED IN AREAS OF HEALTH AND ECONOMIC DISPARITY




# FITNESS ZONE – ROUTINES

**ACTIVE ADULT EXERCISE ROUTINES**

Age-Friendly Recreation




	Beginner Routine	Moderate Routine	Advanced Routine		
 <div style="background-color: #808080; color: white; padding: 5px; text-align: center;"><b>SQUAT PRESS</b></div>	<u><b>Beginner Level</b></u> Resistance Level: 1-2 Repetitions: 8-10 Sets: 1	<u><b>Moderate Level</b></u> Resistance Level: 2-3 Repetitions: 10-12 Sets: 2	<u><b>Advanced Level</b></u> Resistance Level: 4-5 Repetitions: 12-15 Sets: 3	STAY HYDRATED	
When looking down make sure to keep your knees behind your toes, as you lower yourself down as if sitting in a chair.					
 <div style="background-color: #808080; color: white; padding: 5px; text-align: center;"><b>ASSISTED PUSHUP</b></div>	<u><b>Beginner Level</b></u> Resistance Level: Mid Bar Repetitions: 8-10 Sets: 1	<u><b>Moderate Level</b></u> Resistance Level: Mid Bar Repetitions: 10-12 Sets: 2	<u><b>Advanced Level</b></u> Resistance Level: Mid Bar Repetitions: 12-15 Sets: 3		
Grasp the bar with arms extended and lower your chest to the bar. Push back into starting position and repeat.					
 <div style="background-color: #808080; color: white; padding: 5px; text-align: center;"><b>CHEST BACKPRESS</b></div>	<u><b>Beginner Level</b></u> Resistance Level: 1-2 Repetitions: 8-10 Sets: 1	<u><b>Moderate Level</b></u> Resistance Level: 3-4 Repetitions: 12-15 Sets: 2	<u><b>Advanced Level</b></u> Resistance Level: 5-6 Repetitions: 15-20 Sets: 3		
Push handles away from your chest while keeping back pressed flat against the chair. Relax and let the handles return to chest and repeat.					
 <div style="background-color: #808080; color: white; padding: 5px; text-align: center;"><b>AB CRUNCH LEG LIFT</b></div>	<u><b>Beginner Level</b></u> Resistance Level: N/A Repetitions: 8-10 Sets: 1	<u><b>Moderate Level</b></u> Resistance Level: N/A Repetitions: 12-15 Sets: 2	<u><b>Advanced Level</b></u> Resistance Level: N/A Repetitions: 15-20 Sets: 3		
AB: Secure feet and lay flat on the platform. Curl up so that shoulders lift up while supporting your neck. Relax back to starting point and repeat.					
Lift: Position back square on platform. Grasp supports and lift legs straight up and then back down to a flat position. Relax and repeat.					
 <div style="background-color: #808080; color: white; padding: 5px; text-align: center;"><b>CARDIO STEPPER</b></div>	<u><b>Beginner Level</b></u> Resistance Level: 1-2 Repetitions: 8-10 Sets: 1	<u><b>Moderate Level</b></u> Resistance Level: 3-4 Repetitions: 12-15 Sets: 2	<u><b>Advanced Level</b></u> Resistance Level: 5-6 Repetitions: 15-20 Sets: 3		



Miami-Dade County  
Hosted by Health Foundation of South Florida

Miami Dade County--in partnership with the Health Department, the Health Foundation of South Florida, MetLife and The Trust for Public Land's Fitness Zone® program--provides free outdoor fitness equipment in local parks.

Connecting People and Parks for Life

## RACK CARDS

- EXERCIZE SUGGESTIONS
- SENIOR ORIENTED
- BEGINNER, MODERATE, ADVANCED LEVELS
- PFIZER FOUNDATION & TPL

# Elements of an Age Friendly Community



*Adapted from: Suzanne Garon, University of Sherbrooke*



# Outdoor Spaces & Buildings

- Pleasant and Clean Environment
- Adequate Pedestrian Infrastructure
- A Safe Environment
- Age-Friendly Buildings
- Provide Accessibility & Assistance



# Within the Park

- Wayfinding
- Rest Areas
- Shade
- Safety
- Public Restrooms
- Pathway Infrastructure
  - Well Maintained, Free from Obstructions, Appropriate Width and Materials, Dropped Curbs and Wheelchair Accessible Ramps, Separate Bicycle and Pedestrian Pathways





# Universal Design

Design of systems and environments to be as usable as possible by as many people as possible regardless of age, ability or situation.



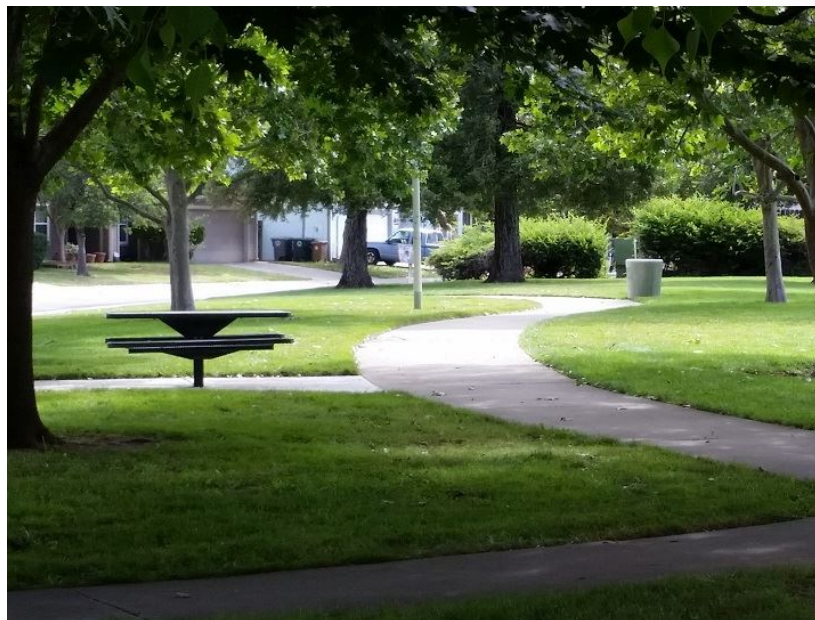
# Age Friendly Park Designation

## **Bronze** Standard

### Criteria Include:

#### Outdoor Seating Benches

- Well maintained
- Shaded
- Accessible from paved walking path



#### Paved Walking Path

- Contiguous and free of obstruction
- Non-slip and wide enough for wheelchairs
- Easily accessible from parking area





# Age Friendly Park Designation

## **Silver** Standard

### Criteria Include:

- All Bronze standard Age friendly Park criteria

### Outdoor Seating Benches

- Have hand rests
- Appropriately spaced along pathway



### Paved Walking Path

- Reserved for pedestrians
- Marked distance

### Park Signage

- Be large enough with readable font
- Include wayfinding information



# Age Friendly Park Designation

## **Gold** Standard

### Criteria Include:

- All Bronze and Silver standard Age Friendly Park criteria

### Cycle Path

- Separate from pedestrian pathway

### Buildings

- Accessible with ramps, railings and/or non-slip stairs

### Health and Wellness Programming

- Regularly scheduled programs related to health, wellness or fitness

### Water and Restrooms

- Access to drinking water (indoor or outdoor)
- Access to restrooms





# Access to Parks

- Safe Routes to Parks
- Park Access Improvement Plan
- Access to and within Parks
- Access Criteria
  - *Distance*: 10 minute walk, or ¼ to ½ mile service area
  - *Sidewalks*: Both sides of the street, ADA compliant
  - *Pedestrian & Bicycle Infrastructure*: Complete Streets
  - *Greenway Trail Connections*
  - *Public Transit*: Accessible via the public transit network



# Steps to Evaluating Park Accessibility

## Steps to Evaluating Park Accessibility

These steps will help determine if a park meets the Miami-Dade County Parks, Recreation and Open Spaces Department's Park Access Criteria:

1. Select a park.
2. Determine the walkable ¼-mile service area around the park. The service area should not include obstacles a pedestrian would encounter when walking, but reflect the walkable portions of the neighborhood.
3. Create a base map of the park which identifies elements within the vicinity of the park:
  - Park boundary
  - Street networks
  - Public transit bus stop or rail stations
  - Schools
  - Libraries
  - Bike lanes and greenway trails
4. Evaluate base map using the Park Access Criteria to establish the existing conditions and a preliminary identification of opportunities and constraints for improving pedestrian accessibility to the park. The evaluation should include:
  - Identification of existing sidewalks
  - Lack of sidewalks
  - Access points into the park
  - Shade trees
  - Crosswalks
  - Intersections
5. Organize meetings with appropriate stakeholders such as Park Managers to gain their input on observations and recommendations.
6. Perform an audit of park and surrounding area to evaluate additional items not recognized on a map, such as deteriorated sidewalk pavement or lack of ADA curb ramps.
7. Conduct an in-depth analysis to determine detail recommendations for improving accessibility to the park. Potential recommendations could include:
  - Wayfinding signage
  - Bike lanes
  - Installation of sidewalks
  - Connection to improve access to park (such as greenway trail connections)
  - Installation of rest areas
8. Create an access improvement recommendations map for the park.



Information on how the Miami-Dade County Parks, Recreation & Open Spaces Department evaluated park accessibility can be found in the **Virtual Appendix** of this toolkit.

The base map, evaluation, analysis, and recommendation maps should be used to coordinate with stakeholders and the community. A strategic prioritization and implementation plan should be developed to identify projects that will be executed to improve accessibility to the park. Recommendations should be categorized, either by short-term/long-term improvements or internal/partnership action items.



# Improve Access to Existing Parks Through Design Interventions



# Design Interventions: Sidewalks



Images Courtesy of Walkable and Livable Communities



# Design Interventions: Mid-Block Crossings



Photo Credit: City of Glendale, CA



Photo Credit: City of Berkeley, CA

# Design Interventions: Intersection Improvements



Images Courtesy of Walkable and Livable Communities





# Design Interventions: Crosswalks



Photo credit: [www.pedbikeimages.org](http://www.pedbikeimages.org) / Dan Burden



Photo credit: [bloomington.in.gov](http://bloomington.in.gov)

# Design Interventions: Wayfinding

**Goal:** "To better understand concerns users may have with locating, accessing and using these public facilities."



## Parks

Miami-Dade County Parks & Recreation Department

## Wayfinding Plan



Park Rules



Vehicular Directional



Educational



Map



Identification

### Project Principals:

1. Provide access to all cultures
2. Promote brand awareness
3. Clear direction to Park destinations
4. Promote interpretive experiences (Historic, Cultural, and Ecological)
5. Promote facility safety
6. Design consistency in MDcPRD





# Design Interventions: Pedestrian Bridge



Photo credit: Parsons Brinckerhoff. Durham Community Trail (rails to trails project)  
Durham, North Carolina



Photo credit: City of Fort Worth

# Design Interventions: Rest Areas



Photo credit: Newark Downtown District



Photo credit: Bruce Landis, courtesy of USDOT, FHWA Safe Roads for a safer Future



# Design Interventions: Shade



# Design Interventions: Greenway Connections





# Design Interventions: Public Transit & Bike Facilities



Photos : [www.pedbikeimages.org](http://www.pedbikeimages.org) / Dan Burden



# Implementation















































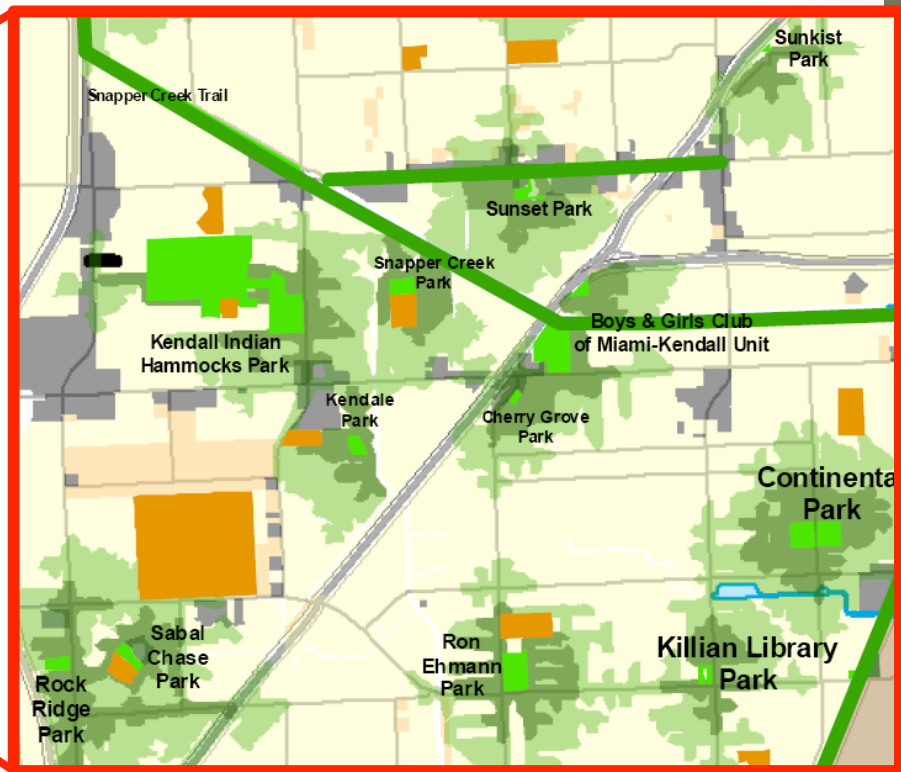
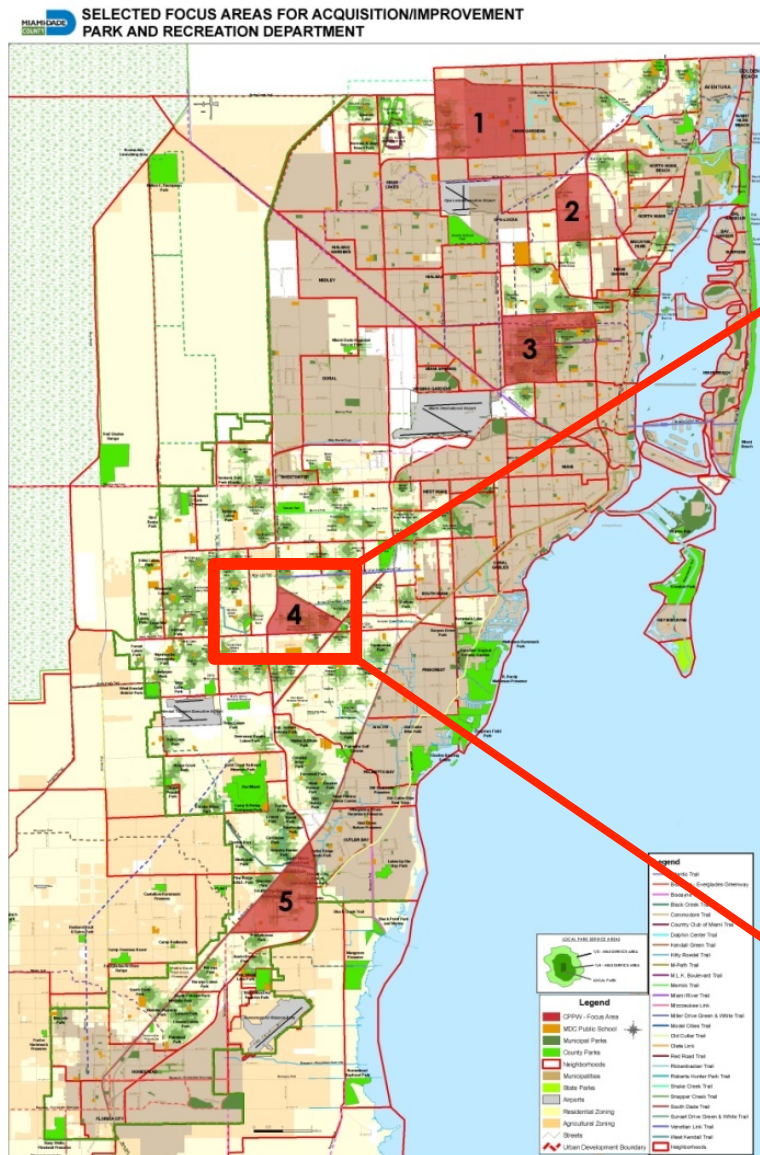


# Case Study: Kendall Indian Hammocks Park





# Kendall Indian Hammocks Park



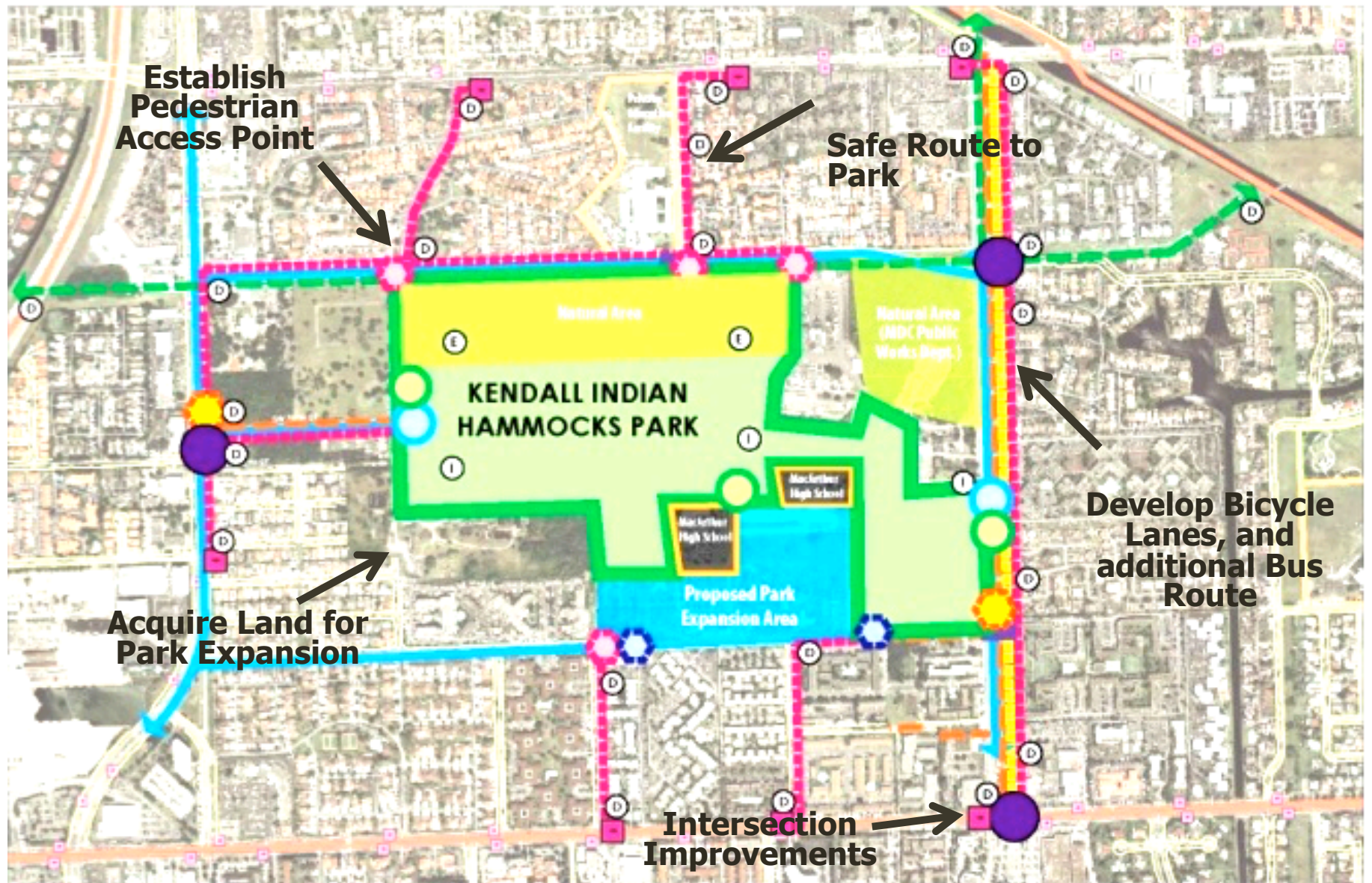


Age Group	Percentage
18-24	15%
25-34	25%
35-44	35%
45-54	20%
55-64	10%
65-74	5%
75-84	2%
85+	1%





# Identify Design Intervention Recommendations





# Kendall Indian Hammocks Park



Park Access  
Doubled and  
Service Area  
Maximized via  
Design Interventions





# Miami-Dade County Parks Toolkit

<https://agefriendlymiami.org/ParksToolkit/>



## 1. Community Leisure Interests Survey Report

### 1. Community Leisure Interests Survey Report

## 2. Wayfinding & Signage Plan

## 3. Evaluating Park Accessibility

## 4. Miami-Dade Pilot Project Examples

## 5. Comprehensive Park Program Schedule

## 6. Walk For Life Resource Guide

## 7. Park Program Sample Marketing Materials

## 8. Age Friendly Park Policy Checklist

## 9. Age Friendly Park Program Policy Checklist

## 10. South Florida Parks Coalition Charter

# Age Friendly Parks





# Age Friendly Initiative

Pfizer Foundation

AARP Florida

Alliance for Aging

United Way of Miami-Dade

Urban Health Partnerships

Health Foundation of South Florida

World Health Organization – Global Age Friendly Cities Project

Miami-Dade County Parks, Recreation and Open Spaces



# Thank you

