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

Miami-Dade County Parks, Recreation and Open Spaces
From this:
To this:
Great Parks
Great Public Spaces
Great Natural and Cultural
Great Greenways and Blueways
Great Streets

The Miami-Dade County parks and open space system Master Plan
A 50-Year, unifying vision for a livable, sustainable Miami-Dade County
Memorandum

Date: February 19, 2008

To: Honorable Chairman Bruno A. Barreiro
and Members, Board of County
Commissioners

From: George E.拉萨

Subject: Miami-Dade County Park and Open Space System Master Plan

Resolution No. R-171-08

Recommendation
It is recommended that this Board of County Commissioners (BCC) adopt the
attached resolution which approves the Miami-Dade County Park and Open Space
System Master Plan, endorses the principles, goals and vision of the plan and
directs the Mayor or his designee to develop an implementation strategy and action
plan that will ensure that those principles, goals and vision are fully embedded in
the County's strategic plan, incorporated into the goals and policies of effecting
County departments, and communicated to all public agencies, including public
schools, other municipalities, state and federal agencies, no later than twelve
months after the adoption of this resolution.

Scope
The Park and Open Space System Master Plan is a Countywide plan.

Fiscal Impact/Funding Source
The plan is not a capital development plan, but rather a vision document that
articulates goals and policies for park and public realm development in the future.

Track Record/ Monitor
MDPR will have the responsibility for coordinating future efforts to implement the
plan. Those efforts will involve other County departments, including Planning and
Zoning, Public Works, Transit, DERM, GSA, Libraries, and Cultural Affairs, and state
and federal agencies involved in public realm development.

Background
The Park and Open Space System Master Plan is a broad policy framework and
vision document that will guide the development and stewardship of parks and
conservation open space into the 21st century. It envisions a system that connects
communities through parks, public spaces, natural and cultural areas, greenways,
water trails and streets. That system will provide a framework for a more livable
and sustainable South Florida. The goal of the Park and Open Space System Master
Plan is to ensure the development of a great park system comprised of the public
realm that improves the overall quality of life for all our residents and visitors.
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-MIUTE 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
Elements of an Age Friendly Community

Adapted from: Suzanne Garon, University of Sherbrooke
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 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 (Enhanced Fitness, 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

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
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
Areas for Improvement

Top 5 reasons that Prevent Residents from Using Available Parks and Recreation Programs:

1. Insufficient Security
2. Lack of Knowledge of What is Offered
3. Poor Maintenance of Facilities
4. Too Distant from Home
5. Lack of Quality Programs with High Frequency
Miami-Dade County Age-Friendly Policies

- Miami Dade County **Comprehensive Development Master Plan** (CDMP) revisions adopted in 2015
  - Community Health and Design, Transportation, Land Use, and the Recreation and Open Space Elements
  - Community Health and Design Element examples:
    - Objective CHD-1: Miami-Dade shall apply design standards to the public domain to encourage physical activity across generations
    - Objective CHD-1D: Design communities to support children’s the daily routines of its residents, particularly children and older adults by establishing proximity among uses (e.g. schools, daycare, senior and/or community centers, recreation facilities, open space, etc.)
Miami-Dade County Age-Friendly Policies

- CDMP – **Recreation and Open Space Element (ROSE)** Policies
- ROSE included Level of Service for parks that was based solely on acreage, and did not take into account specific recreation needs or equitable access to parks and open spaces
- Open Space Master Plan, the ROSE was amended in 2010
  - Development of new criteria based on access and neighborhood needs
  - Intended to create a park system that facilitates the development of a more livable and sustainable community
Miami-Dade County Age-Friendly Policies

- Miami-Dade County 2040 Long Range Transportation Plan (LRTP)
  - Updated every 5 years
  - Requirement to meet Federal and State standards
  - Age-Friendly goals, objectives, best practices, metrics and modifications over time were recommended for inclusion
  - Public meetings held with the Metropolitan Planning Organization (MPO)
  - In October 2014, the MPO Governing Board approved the 2040 Long Range Transportation Plan including age-friendly considerations, language and objectives.
Miami-Dade County Age-Friendly Policies

- Miami-Dade County Park Structure and Landscape Pattern Book, known as the "Pattern Book"
- Aims to enhance park aesthetics and ensure the public can safely and securely enjoy recreational opportunities
- And for the County to cost-effectively extend the useful life of existing facilities
- Comprehensive set of design standards
- Improvements to existing parks planned for updates and new park facilities
- Appropriate for people of all ages, but with an emphasis for age-friendly design and improvements
Miami-Dade County
Age-Friendly Policies

- Parks, Recreation and Open Spaces Department Policy in the *Operations Manual: Age-Friendly Parks Policy and Checklist*
- **Policy Statement:**
  - The Miami-Dade Parks, Recreation and Open Spaces Department is committed to provide standards and criteria, and encourage active living for older adults by providing appropriate facilities, recreation programs, services and events.
- Implemented December 2013
- Capital Improvements Checklist
- Recreation Programs Checklist
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
Marketing Strategies

• Brochures
  • Local Non-Profit Organizations
  • Doctors Offices
  • Medical Centers
  • Community Centers
• Host Intergenerational Events
• Social Marketing
• Ciclovias
FITNESS ZONES TARGETED IN AREAS OF HEALTH AND ECONOMIC DISPARITY
# Fitness Zone - Routines

## Active Adult Exercise Routines

### Age-Friendly Recreation

<table>
<thead>
<tr>
<th>Beginner Routine</th>
<th>Moderate Routine</th>
<th>Advanced Routine</th>
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<tbody>
<tr>
<td><strong>SQUAT PRESS</strong></td>
<td><strong>ASSISTED PULLUP</strong></td>
<td><strong>CHEST BACKPRESS</strong></td>
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<tr>
<td>Beginner Level 1-2</td>
<td>Resistance Level 5</td>
<td>Resistance Level 5</td>
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<tr>
<td>Repetitions: 10-15</td>
<td>Repetitions: 15-20</td>
<td>Repetitions: 15-20</td>
</tr>
<tr>
<td>Sets: 3</td>
<td>Sets: 3</td>
<td>Sets: 3</td>
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### EXERCISE SUGGESTIONS
- **Senior Oriented**
- **Beginner, Moderate, Advanced Levels**
- **PFIZER FOUNDATION & TPL**

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**AGE FRIENDLY INITIATIVE**

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**
Resources - Programs

- **Miami-Dade Active Adult Programs**: [www.miamidade.gov/parks/active-adults.asp](http://www.miamidade.gov/parks/active-adults.asp)
- **Silver Sneakers**: [www.silversneakers.com](http://www.silversneakers.com)
- **Community Based Programs**: [www.cdc.gov/aging/pdf/community-based_physical_activity_programs_for_older_adults.pdf](http://www.cdc.gov/aging/pdf/community-based_physical_activity_programs_for_older_adults.pdf)
- **#NewWaytoMove event video**: [https://www.youtube.com/watch?v=jgVsp4yBQpw](https://www.youtube.com/watch?v=jgVsp4yBQpw)
- **VERB Campaign**: [http://www.cdc.gov/YouthCampaign/](http://www.cdc.gov/YouthCampaign/)
Outdoor Spaces & Buildings

- Pleasant and Clean Environment
- Adequate Pedestrian Infrastructure
- A Safe Environment
- Age-Friendly Buildings
- Provide Accessibility & Assistance
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
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
So What Can You Do?

Institute Policy Changes
Develop Older Adult Programs
Identify Park Improvements
Resources - Accessibility

- **Complete Streets**: www.smartgrowthamerica.org/complete---streets
- **Walkability**: www.walkscore.com
- **FDOT Multimodal Level of Service Tool**: www.dot.state.fl.us/planning/systems/programs/sm/los/
- **Crash Data**: https://s4.geoplan.ufl.edu/
- **Tree Canopy Field Tool**: http://phytosphere.com/treeord/ccep.htm
- **Corridor Connectivity**: http://transportation.ky.gov/Congestion---Toolbox/Pages/connectivity.aspx
Action Steps

• Assess Parks in your Community
• Set Priorities & Long and Short Term Goals
• Identify Existing Policies
• Advocate for Support within and outside the Community
  • Local Residents
  • Dept. of Transit and Transportation
  • Local Businesses and Organizations
  • City Health Department
  • City Council
• Advocate for Political Commitment from the Mayor or Governor
• Identify additional Policies that support age-friendly improvements, enhancement and programs in parks.
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 1/4-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 recommendation map for the park.

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.
Assessing Parks in Your Community – Getting to the Park

- Are there signs indicating the park location?
- How many pedestrian entrances does the park have?
- How many public transit stops are in close proximity to the park?
- Is parking available?
- Are there sidewalks on the roads within ¼ - ½ mile of the park?
- Are the sidewalks free of obstructions, wide enough and with curb cuts adequate for wheelchair use?
- Are there crosswalks on roads surrounding the park?
- Are there shaded areas within ¼ mile of the park?
- Are there outdoor seating areas with hand rests within ¼ mile of the park?
Assessing Parks in Your Community – Within the Park

Built Environment
- Is there wayfinding within the park?
- Are there walk/bike paths within the park?
- Are public restrooms available?
- Is there outdoor seating with hand rests available?
- Are areas within the park properly maintained?
- Are there shaded areas within the park?
Assessing Parks in Your Community – Within the Park

Safety

- Is there visible police patrol surrounding and within the park?
- Are there emergency call boxes within the park?
- Is there street lighting within the park and along sidewalks ¼ mile from the park?
- Is there lighting within park facilities?
- Are there any other safety or appearance concerns surrounding or within the park?
- Are there ‘eyes on the park’ from surrounding residences?
Assessing Parks in Your Community – Within the Park

**Programming**
- Are there programs specifically tailored for older adults?
- Are there programs available for other age groups?
- Are programs conducted at suitable times?
- Are programs available all year round?
- Is information about programs available and advertised within the community?
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.
Maximize 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 Berkley, CA

Photo Credit: City of Glendale, CA
Design Interventions: Intersection Improvements

Images Courtesy of Walkable and Livable Communities
Design Interventions: Crosswalks

Photo credit: www.pedbikeimages.org / Dan Burden

Photo credit: bloomington.in.gov
Design Interventions: Wayfinding
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

Image by AECOM
Design Interventions: Public Transit & Bike Facilities

Photos: www.pedbikeimages.org / Dan Burden
Implementation
Case Study: Kendall Indian Hammocks Park
Identify Design Intervention Recommendations

- Safe Route to Park
- Establish Pedestrian Access Point
- Develop Bicycle Lanes, and additional Bus Route
- Acquire Land for Park Expansion
- Intersection Improvements
- Proposed Park Expansion Area
- Kendall Indian Hammocks Park
Kendall Indian Hammocks Park

Park Access Doubled and Service Area Maximized via Design Interventions
Miami-Dade County Parks Toolkit

https://agefriendyimiami.org/ParksToolkit/

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