



Healthy Aging by Design

James Fuccione—Massachusetts Healthy Aging Collaborative
Wendy Landman—WalkBoston

Friday, October 28 | 10:30 PM - 12:00 PM



Healthy Aging by Design

Wendy Landman – WalkBoston

James Fuccione – Mass. Healthy Aging Collaborative

October 2022

The work of the Massachusetts Healthy Aging Collaborative is supported in part by:

Point32Health
Foundation

 Harvard Pilgrim
Health Care

 TUFTS
Health Plan

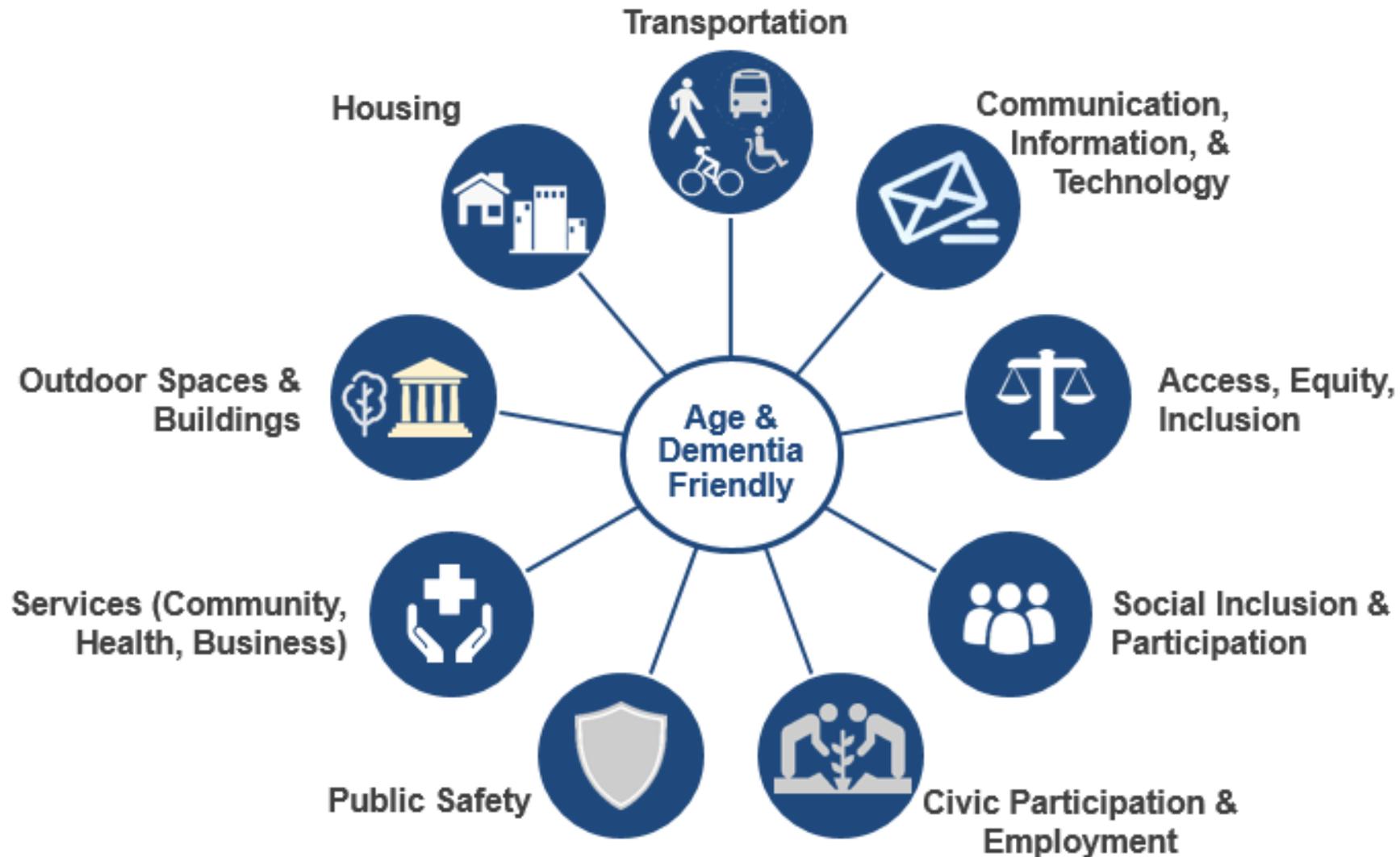


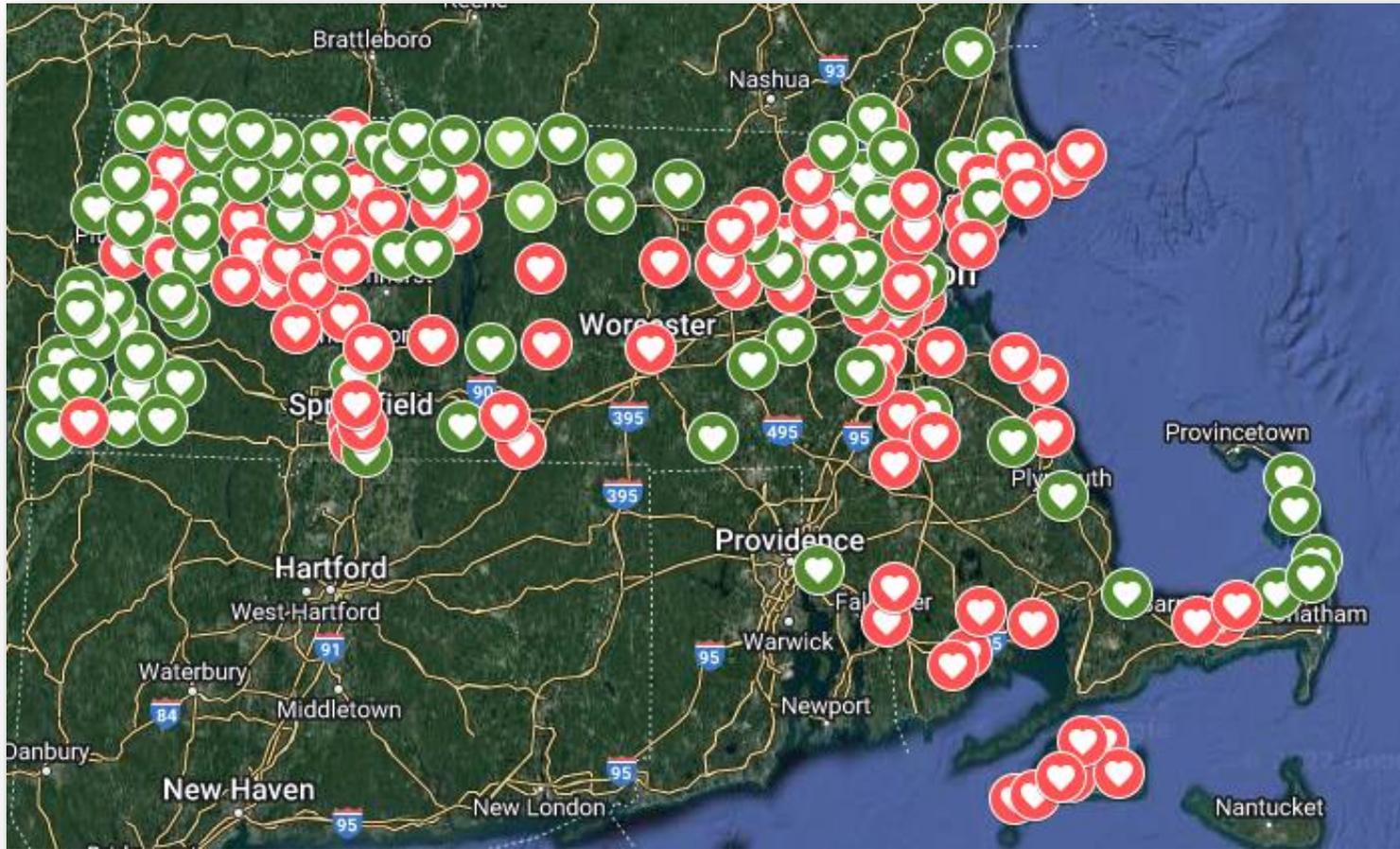
**World Health
Organization**



AARP[®]

- ✓ Age-friendly environments foster health and well-being and the participation of people as they age. **They are accessible, equitable, inclusive, safe and secure, and supportive.**
- ✓ Without age-friendly environments, health for all cannot be achieved.
- ✓ Creating barrier-free and affordable housing, accessible public spaces, and transportation enable people to stay independent and participate in community life.
- ✓ **Older people play a crucial role in their communities** – they engage in paid or volunteering work, transmit experience and knowledge, and help their families with caring responsibilities.
- ✓ ...These contributions can only be ensured if societies foster their health and participation.





Statewide Activity

112 "active" age-friendly" communities

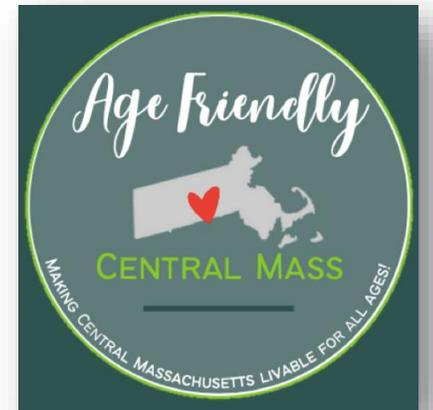
151 communities covered by age-friendly regions

101 Dementia Friendly

Statewide commitment

**MetroCommon
2050**

Age Friendly Pioneer Valley Communities





OUR WORK

AGE-FRIENDLY

RESOURCES

JOIN

NEWS



About

Contact



DATA REPORT

Explore the Report

Highlights Report

Community Profiles

Infographic

State Maps

Interactive Map

Data Sources and Methods

Find Other Data

Area Plans on Aging

HOME > DATA REPORT > EXPLORE THE REPORT > COMMUNITY PROFILES

+/-TEXT SIZE PRINT   

Community Profiles

Choose a city or town to download its community profile.

Choose a county to view a collection of community profiles.

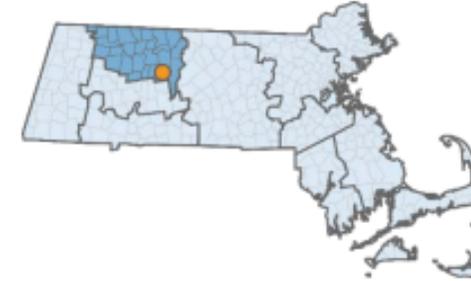
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2018 MASSACHUSETTS HEALTHY AGING COMMUNITY PROFILE

Shutesbury (Franklin)



Shutesbury is a rural town near Springfield with 252 residents aged 65 or older. The transit score suggests that there is minimal transit (0/10). Compared to state averages, older residents do better on several of healthy aging indicators, with lower rates of obesity, high cholesterol, depression, anxiety disorders, Alzheimer's disease, diabetes, chronic obstructive pulmonary disease, asthma, hypertension, heart attack, ischemic heart disease, congestive heart failure, atrial fibrillation, peripheral vascular disease, arthritis, osteoporosis, leukemias and lymphomas, lung cancer, anemia, chronic kidney disease, liver diseases, glaucoma, cataract, ulcers, and visual impairment. However, they have higher rates of post-traumatic stress disorder and personality disorders. Community resources to promote healthy aging include a Council on Aging and a Parks and Recreation department.



POPULATION CHARACTERISTICS

	BETTER / WORSE STATE RATE ¹	COMMUNITY ESTIMATE	STATE ESTIMATE
Total population all ages		1,802	6,742,143
Population 60 years or older as % of total population		27.2%	21.2%
Total population 60 years or older		491	1,428,144
Population 65 years or older as % of total population		14.0%	15.1%
Total population 65 years or older		252	1,016,679
% 65-74 years		71.0%	55.3%
% 75-84 years		22.6%	29.4%
% 85 years or older		6.3%	15.2%
Gender (65+ population)			
% female		50.4%	57.2%
Race/Ethnicity (65+ population)			
% White		100.0%	90.0%



Salem for All Ages Leadership Council

Chairperson

- Kim Driscoll – Mayor, City of Salem

Leadership Council

- Margaret Brennan – Executive Director, North Shore Community Health Center
- Mary Butler – Chief, Salem Police Department
- Linda Coffill – Chair, Salem Council on Aging Board
- Jeff Cohen – Chair, Salem No Place for Hate Committee
- Tom Daniel – Director of Planning and Community Development, City of Salem
- Elizabeth Debski – Executive Director, Salem Partnership
- Rosaleen Doherty – Owner, Right at Home
- Beth Gerard – President (2018), Salem City Council
- Lynda Hartigan – Deputy Director, Peabody Essex Museum
- Judith Kane – Administrator, Brookhouse Home
- John Keenan – President, Salem State University
- Paul Lanzikos – Executive Director, North Shore Elder Services
- Sherry Leonard – Director of Community Relations, John Bertram House
- Mickey Northcutt – Executive Director, North Shore Community Development Coalition
- Rinus Oosthoek – Executive Director, Salem Chamber of Commerce
- Dr. David Roberts – President & CEO, North Shore Medical Center/Salem Hospital
- Margarita Ruiz – Superintendent, Salem Public Schools
- Joan Tobin – President (2018), SSU Explorers Lifelong Learning Institute



Public Health
Prevent. Promote. Protect.
Framingham Health Department



Age Strong
Commission





Healthy Aging For All

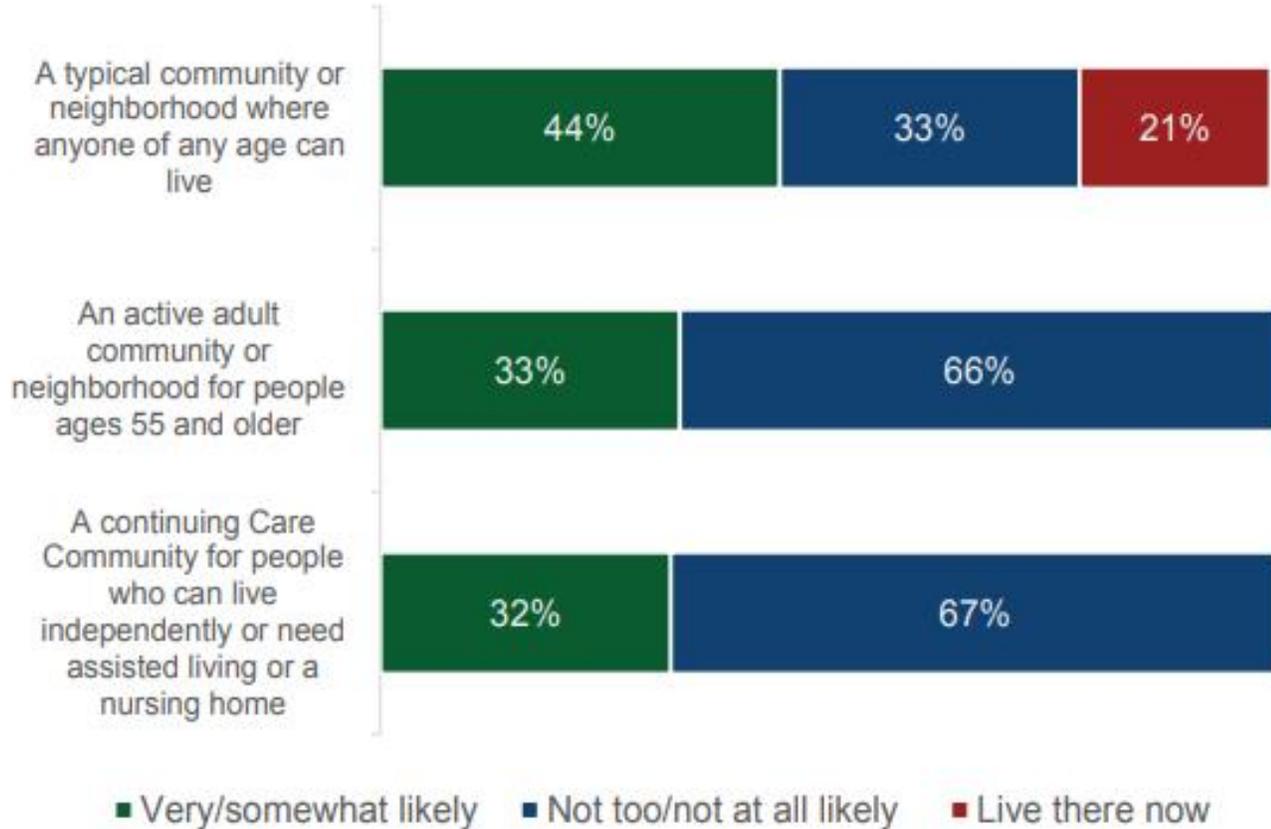
A GUIDE FOR PROMOTING INCLUSION IN
AGE- AND DEMENTIA-FRIENDLY COMMUNITIES

Inclusive Communities Crosswalk

The crosswalk can serve as a discussion and planning guide for stakeholder groups about different topics that are considerate of all residents in a city, town or region.

	 Transportation	 Housing	 Social Inclusion & Participation	 Civic Participation & Employment	 Communication and Information	 Services (Business, Community, Health)	 Outdoor Spaces & Buildings	 Public Safety	 Custom Theme	 Technology
Age										
Behavioral Health										
Country of Origin										
Dementia										
Disability										
Economic Security										
Gender										
Location										
Language										
LGBTQIA										
Race/Ethnicity										
Religion										
Residential Setting										
Substance Use Disorder										
Veterans										
Other										

In the future, how likely do you think you will move into:

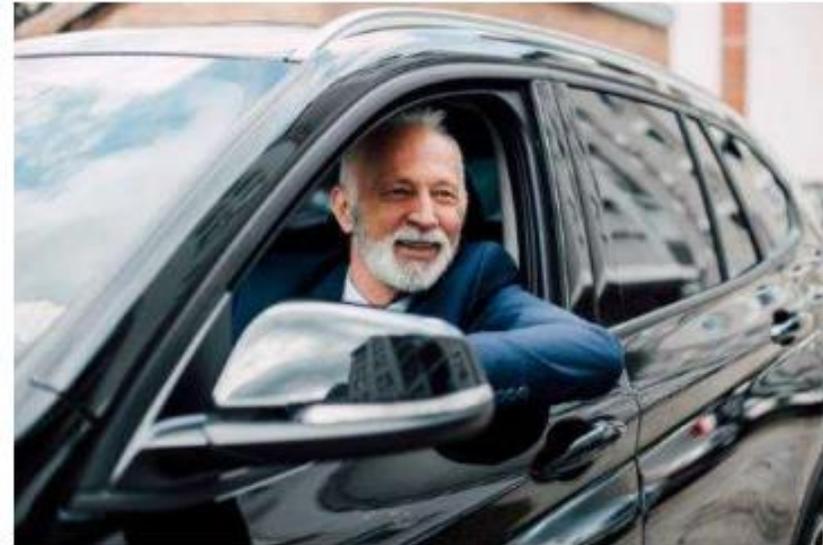
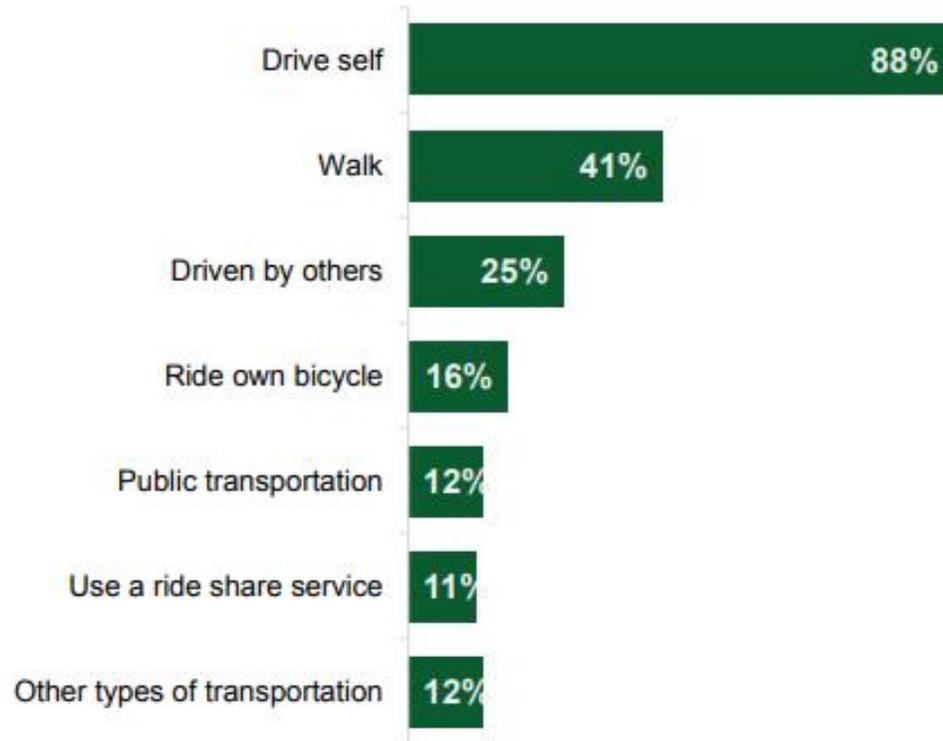


Percent who need the following home modifications to continue living at their current residence *In the event they need physical assistance*



Most Americans, regardless of age, get around by car.

A large majority of Americans drive themselves, including 70% of adults ages 85 and older. While people residing in cities are more likely to use public transportation or walk, 84% of urbanites also get around by car.



ReiMAging Aging

Planning Together
to Create an Age-Friendly
Future for Massachusetts

YEAR THREE PROGRESS REPORT



Published May 2022

Age-Friendly Bus Stops: Creating Bus Stops for People of All Ages

The purpose of this document is to act as a resource to equip communities with information and ideas to transform bus stops to be age-friendly.



Healthy Aging with a Criminal Record in Hampden County MA

A health impact assessment about the use of Criminal Offender Registration Information (CORIS) in housing decisions
November 2021



THE SALEM NEWS

Salem councilors OK new in-law apartment rules



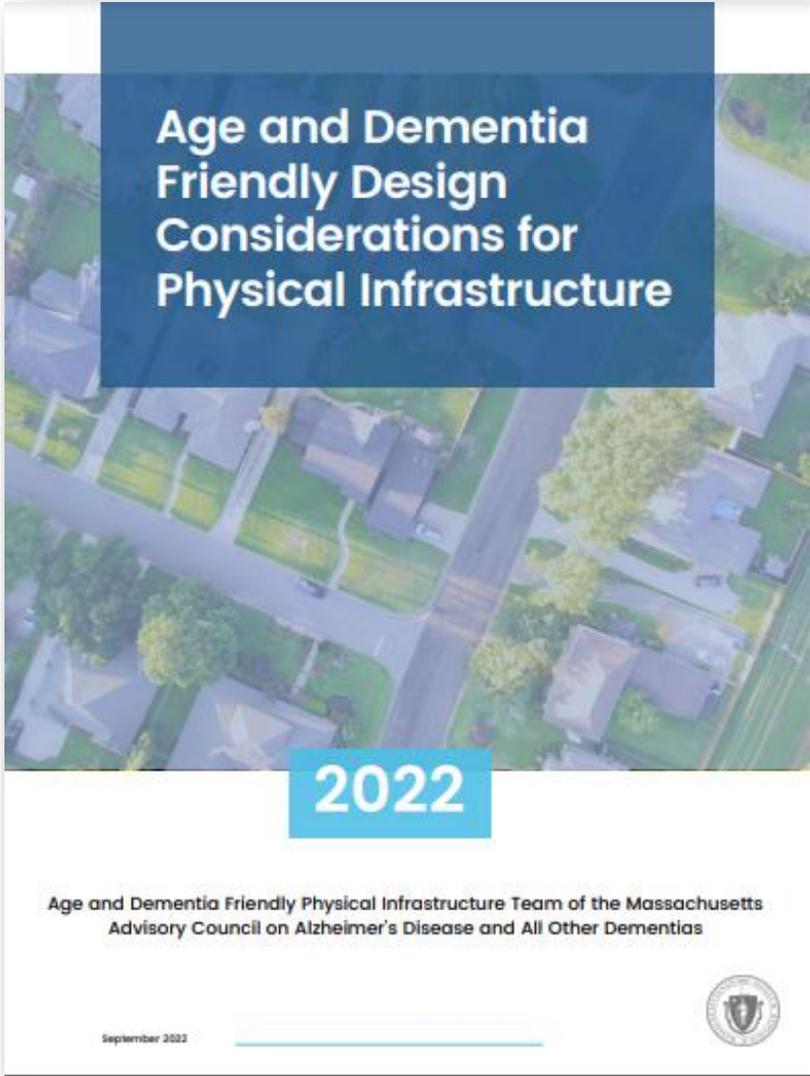
Healthy Aging in Action



Shared Streets and Spaces Grant Program

A funding program that supports quick-launch improvements to public health, safe mobility, and strengthened commerce in Massachusetts municipalities.

- **The Cape Ann Transit Authority, in partnership with Rockport, Gloucester, Ipswich, and Essex, received \$302,937.17** to install shelters, benches, and schedule signage for fixed and seasonal routes that serve students, tourists, residents, and seniors.
- **Cummington received \$31,802.00** to upgrade a crosswalk with high-visibility striping and new ADA-compliant curb ramps in front of Community House/Church and Hillside Terrace Senior Housing on Main Street.
- **Hatfield received \$56,641.52** to install eight solar-powered button-activated flashing crosswalk signals along two main arteries in town and to extend a sidewalk at the Campawonk elderly housing complex.
- **Holyoke received \$200,000.00** to install raised crosswalks along with RRFBs at three locations that are heavily used by children and seniors and where vehicles travel at high speeds.
- **Sharon received \$73,340.00** to install the town's first bikeshare system, with one location at the MBTA Commuter Rail station and another at the community center/senior center.



**Age and Dementia
Friendly Design
Considerations for
Physical Infrastructure**

2022

Age and Dementia Friendly Physical Infrastructure Team of the Massachusetts
Advisory Council on Alzheimer's Disease and All Other Dementias

September 2022



Focus Areas:

- Buildings
- Public Outdoor Spaces
- Transportation
- Housing Developments



Seating

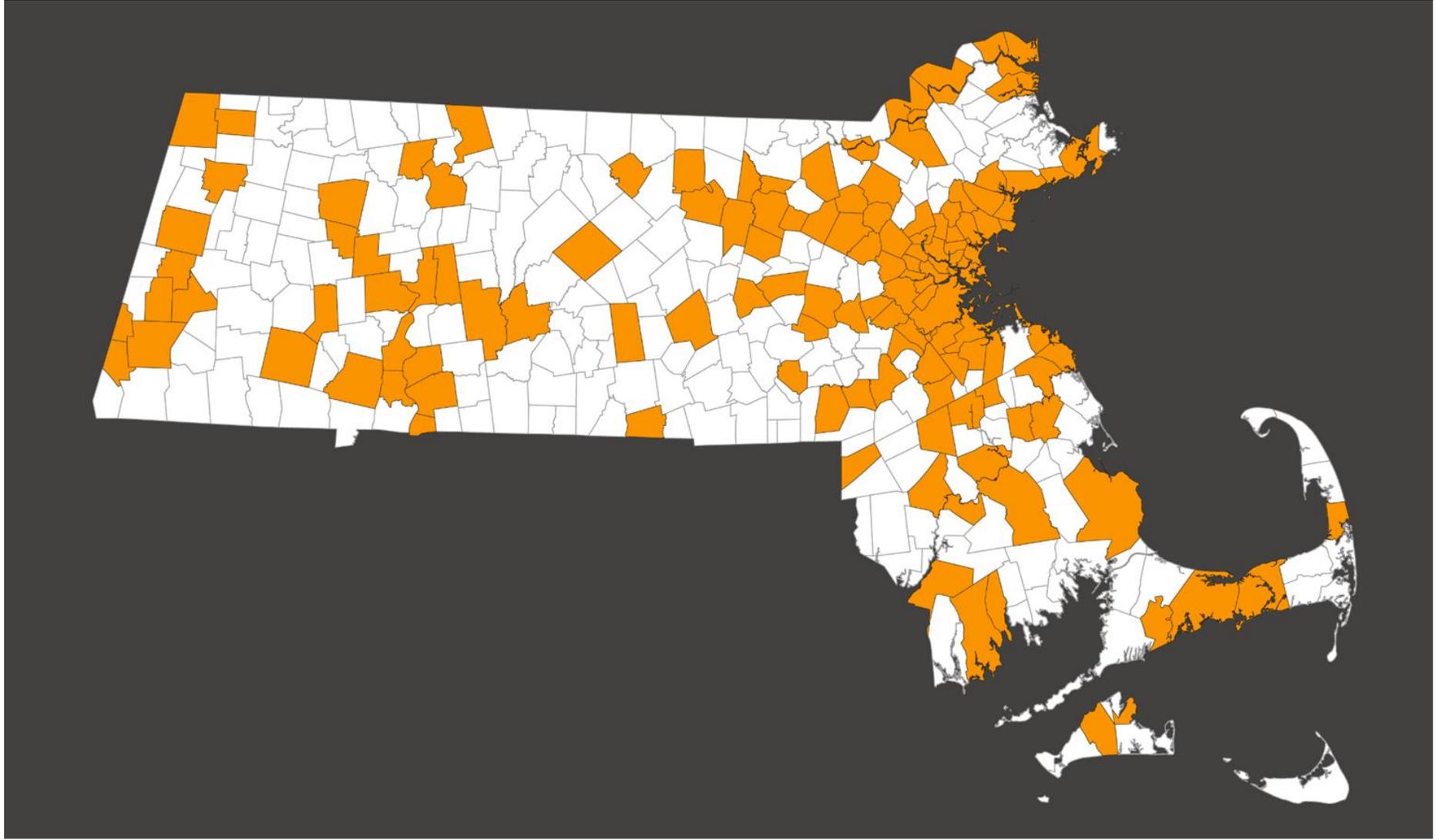
Seating outside the building (such as benches) and inside (chairs) have a familiar appearance. For example, choose a recognizable shaped bench with armrests over an abstract or decorative looking bench, as the purpose of an abstract object might not be apparent.



Intersections: Mobility, Equity and the Built Environment

BSA Symposium, October 2022





Why is age-friendly walking important?

#1 - Older adults want walkable communities!

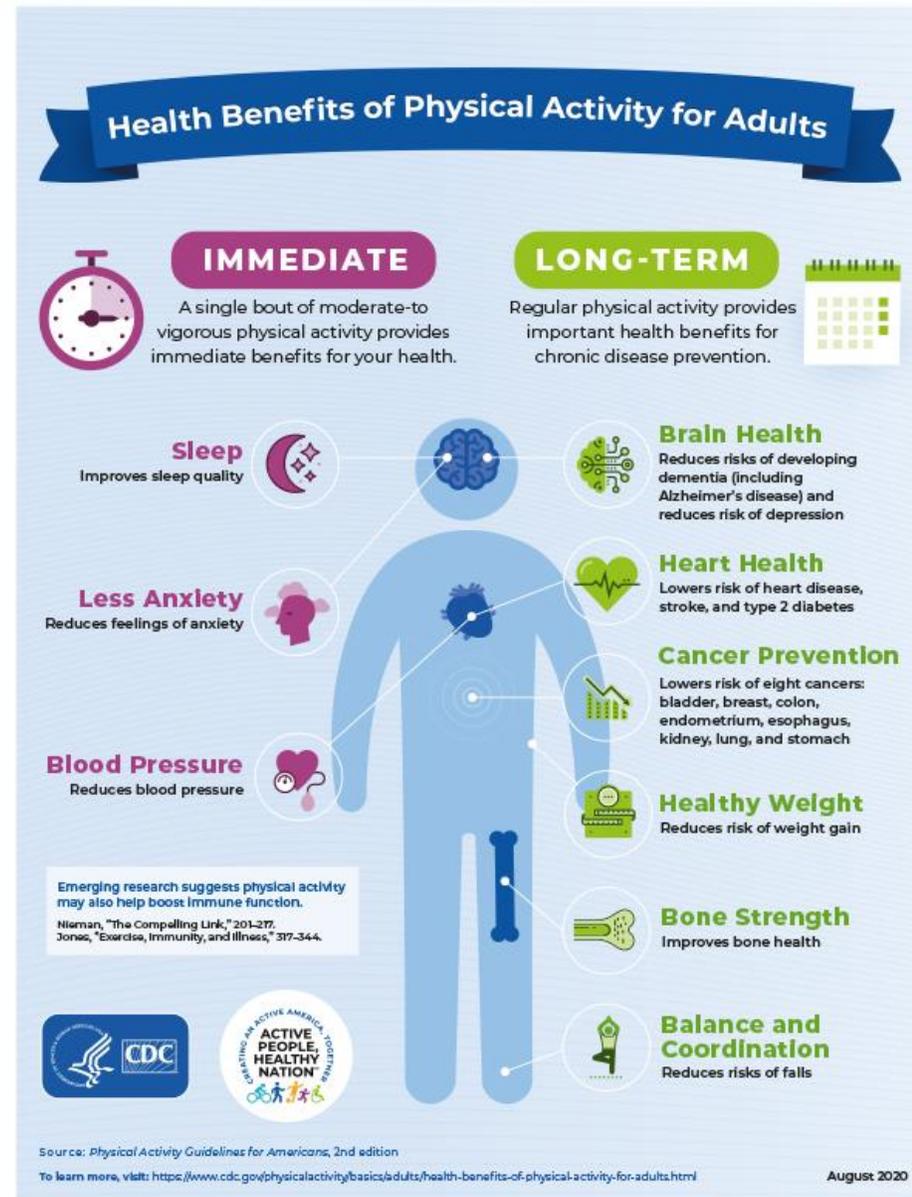
During Boston's Age-Friendly focus group research nearly HALF of all the recommendations called for improving walkability.

Plus...

- Mental, cognitive, heart, and all aspects of health
- Independence and social connections
- Traffic Safety

Health

- All aspects of health benefit from walking - including most chronic diseases: obesity, diabetes, immune system, pain reduction, etc. etc.
- Older adults who regularly walk have better health in every category measured
- Safe, accessible sidewalk networks make this possible



Independence and social connections

Walking increases opportunities for face-to-face social contact and helps people to map their neighbourhood in social terms. Trust, sympathy, respect, understanding, loyalty and co-operation - qualities core to social connection - come more easily through direct contact. (*Victoria Walks*)

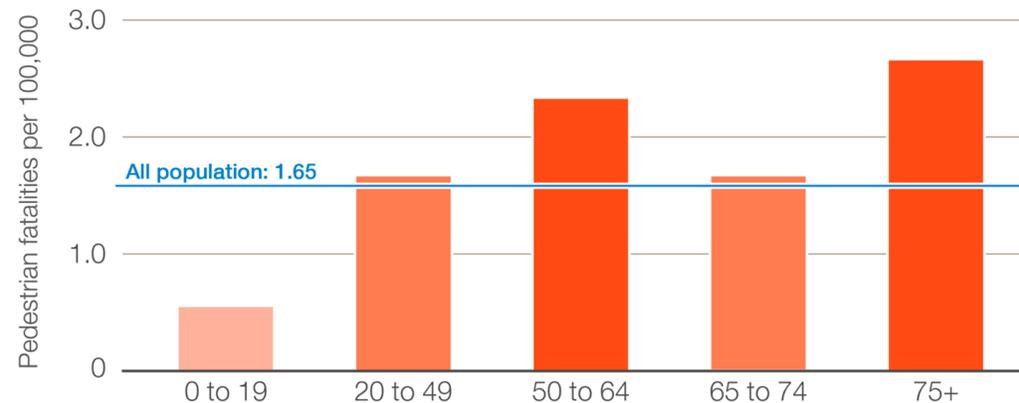
Walkable communities and communities where more people walk offer opportunities for personal interaction and social involvement. In these communities, people can: walk with family members or friends, stop to chat with neighbors while walking their dog, walk to a local store or bus stop with a friend, meet regularly for a group walk, or participate in a “walking meeting” with colleagues. These interactions help strengthen the personal bonds that bring people and communities together, creating more social cohesion and social capital. (*Iowa Healthiest State Initiative*)

Traffic Safety

In 2021, 36% of pedestrians killed on Massachusetts roads were over age 65, even though only 17% of the Massachusetts population is over 65 according to the US Census. People 65+ are over-represented in pedestrian crash deaths.

Older adults are disproportionately killed

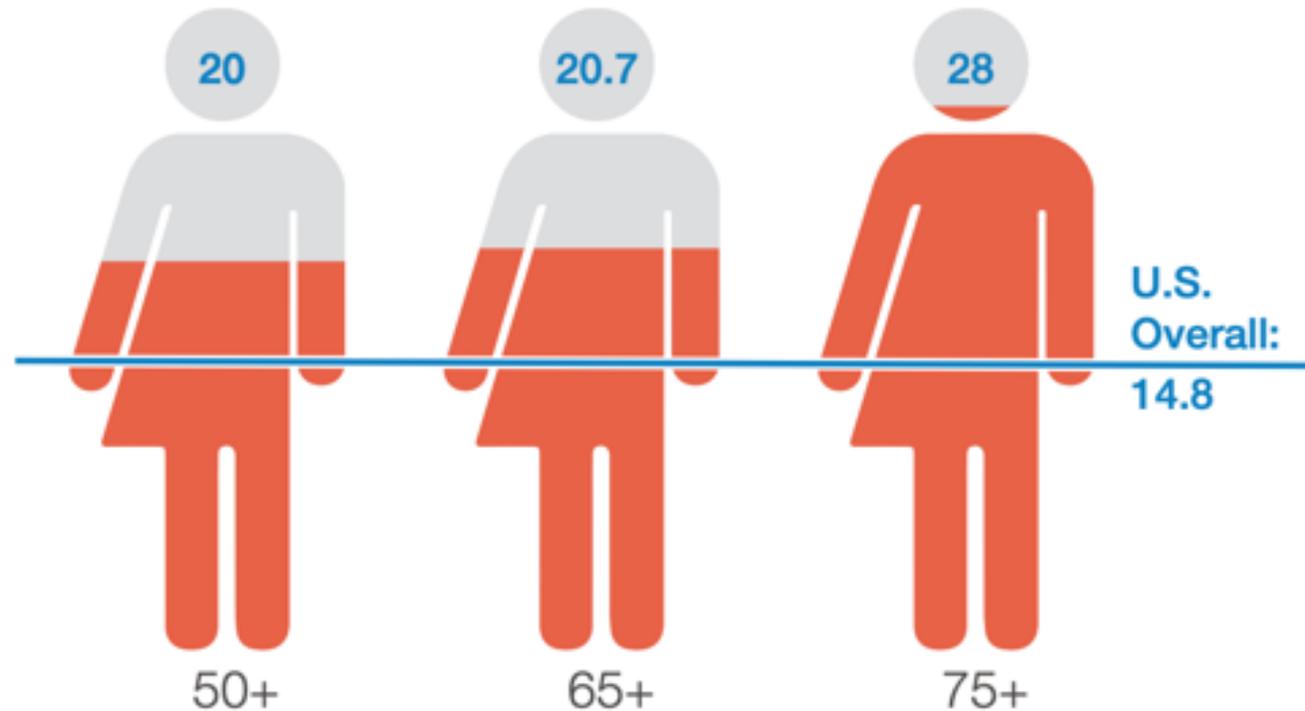
Pedestrian fatalities per 100,000 people by age



[:rous-by-design/](#)

Age and pedestrian survival

Relative Pedestrian Danger by Age (2008-2017)



$$\frac{\text{Pedestrian Deaths}}{\text{Population}} \times 100,000 \times \frac{\text{Percentage of Walking Trips}}{\text{Percentage of Walking Trips}} = \text{Pedestrian Danger Index}$$

What Goes Into an Age-Friendly Walking Environment?

→ Ped 101 (In Brief)



Walkability: more than the *ability* to walk



Walkability includes:



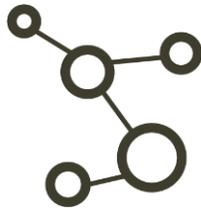
SAFETY



COMFORT



ACCESS



CONNECTIONS



DESTINATIONS



ACTIVITY

Safety: Provide safe crossings + smooth walkways



Signs and crosswalks alert drivers to potential walkers



Walking surfaces should be smooth and well-lit

Comfort: Create an inviting walking environment



Maintain the pedestrian realm year round with snow removal and trash collection

Comfort: Create an inviting walking environment



Provide shade, places to rest, and welcoming building facades

Access: Make streets navigable for everyone



Wheelchair users are 36% more likely to be in fatal crashes than other peds

Consider people with different types of physical and cognitive disability

Access: Make streets navigable for everyone



Keep walkways, curbs, and crosswalks smooth, wide and clear from obstructions

Connections: Get people where they need to go



Streets and sidewalks balance walking, biking, transit with cars



Paths and crosswalks are where they are needed

Destinations: Reach a variety of places



Mix of offices, shops, restaurants and residences



Lots of destinations that appeal to different people

Activity: Make people want to be there



Installations, banners + art can activate street life and contribute to civic pride

Festive lighting encourages evening activity

Walkability can be...



Rural



Urban

Working on Age-Friendly Walking

- How WalkBoston works
- Partnering with Travel Trainers
- Working with family caregiver support staff

WalkBoston's Greatest Hits for Age-Friendly Walking

Practical steps municipalities can take to help older adults age in community

INFRASTRUCTURE



Make street crossings safer with longer WALK times, raised crossings, bump outs, signals, and many other options



Provide large type/well-lit street signs and wayfinding



Identify and mark publicly accessible toilets



Improve night lighting



Make bus and transit stops fully accessible



Provide lots of benches



Plant lots of shade trees



Make sure that parks are age-friendly (e.g. benches, shade, smooth walking paths)

WalkBoston's Greatest Hits for Age-Friendly Walking

Practical steps municipalities can take to help older adults age in community

POLICIES AND PRACTICES



Include seniors in municipal infrastructure planning



Provide an explicit budget for sidewalk installation and maintenance



Establish age-friendly partnerships among municipal departments (e.g. library-council on aging; disabilities commission-public works)



Slow traffic (with traffic calming and reduced speed limits) and add "Senior Slow Zones" (like school zones)



Through zoning and planning, build senior-serving facilities (housing, senior centers, clinics) in the most walkable locations in town



Review municipal plans with an age-friendly lens



Enact and enforce sidewalk snow shoveling



Lead age-friendly walk audits with seniors and municipal staff (from transportation, public works, police, council on aging, elected officials)

Build a constituency of senior walking champions



Who?

- Walking Clubs
- Neighborhood Councils
- Senior center visitors
- Public Library visitors
- Community center visitors

How?

- Zoom WalkBoston Ped101 workshop
- WalkBoston Walk & Talk
- Age-Friendly Walk Audits
- Form a committee
- Walk audit tools: AARP & FHWA

Form an Age-Friendly Built Environment Committee



Committee members

- Older adult residents
- Council on Aging
- Housing Authority
- Public Library
- Department of Planning
- Department of Public Works
- Department of Parks & Recreation
- Law enforcement
- Bike/Ped Committees
- Disabilities Commission
- Community based organizations
- Schools

Age-Friendly Walk Audits the WalkBoston way



Why walk audits?

- Constituency Building
- Infrastructure Improvements
- Policy Development

Walk audit steps

1. Determine the purpose of the walk audit
2. Define the desired outcomes
3. Create a strategic participant list
4. Identify the route
5. Define the process details
 - a. WalkBoston Ped101
 - b. Decision to use prompts/worksheets
 - c. Report writing
6. Assign follow-up roles to participants
7. Follow recommendations through to action

Discussion



Contact information

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Thank you!

Contact:

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Our Supporters:

Point32Health
Foundation



Harvard Pilgrim
Health Care



TUFTS
Health Plan



Massachusetts
Councils On Aging



Executive Office
Of Elder Affairs





**A SYMPOSIUM ON
INTERSECTIONAL
AND
PARTICIPATORY
DESIGN
PROCESSES**

*Hosted by
BSA Women in
Design in
collaboration with
the **Design for
Aging Committee,
Access
Committee, and
the BSLA***

INTERSECTIONS:

MOBILITY, EQUITY, AND THE BUILT ENVIRONMENT

OCTOBER

28-29

A SYMPOSIUM BY



IN PARTNERSHIP WITH

ACCESS COMMITTEE

**DESIGN FOR AGING
COMMITTEE**



GOLD

SASAKI



SILVER

Perkins&Will

DIMELLA
SHAFFER



BRONZE



SUPPORTER

utile