



AARP Bulletin

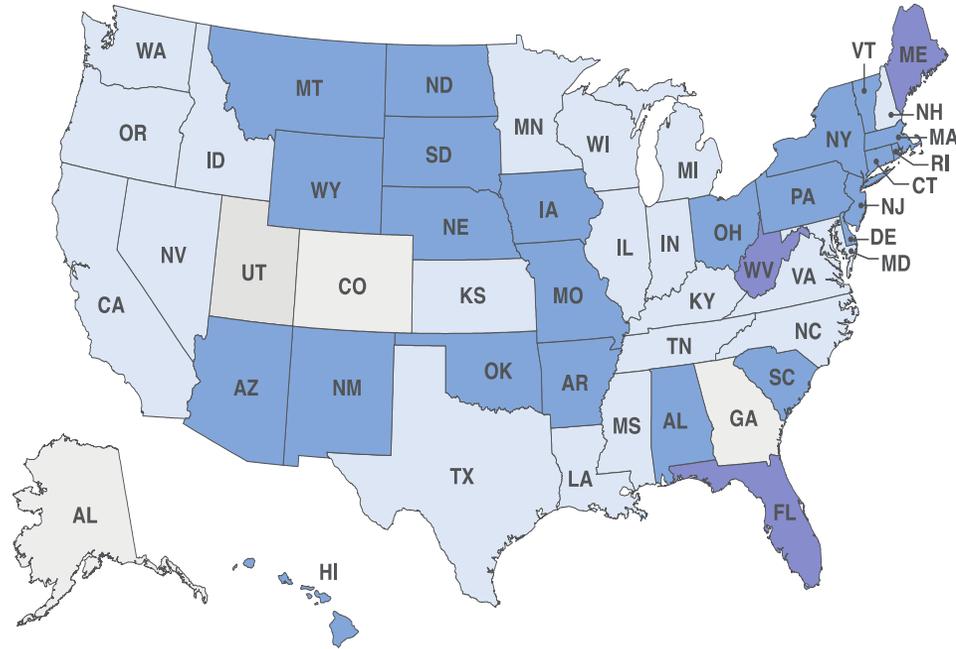
Safe Routes for Older Adults: Walking, Cycling, and Transit

Bandana Shrestha
Director of Community Engagement
AARP Oregon

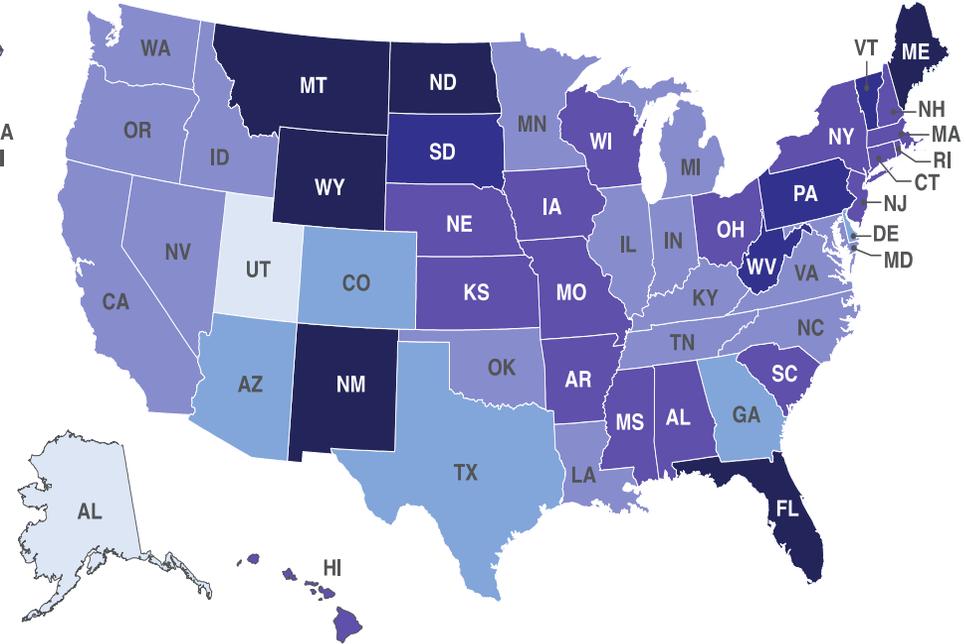


America is aging

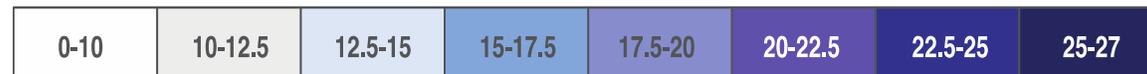
2015



2030

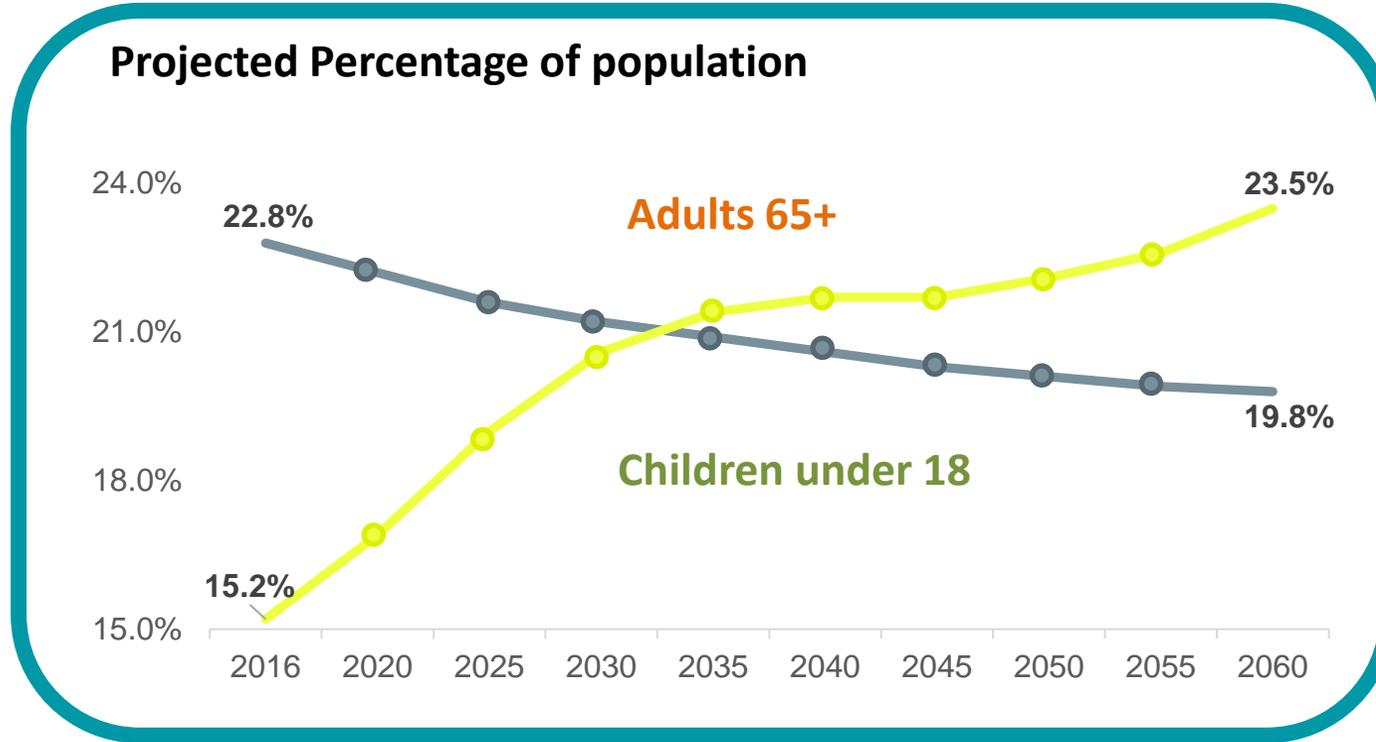


PERCENT OF POPULATION AGE 65+



AARP
Real Possibilities

Source: US Census



Median age will increase from 38 today to 43 in 2060.



Source: US Census Bureau (March, 2018). Older People Projected to Outnumber Children for First time in US History. Retrieved from: <https://bit.ly/2p8zoQY>



By 2050

45%

of the older population
will be non-white
compared to 26% in
2015.



8 IN 10 people 50+ want to live in their own homes as communities as they age



Age-Friendly Communities Model

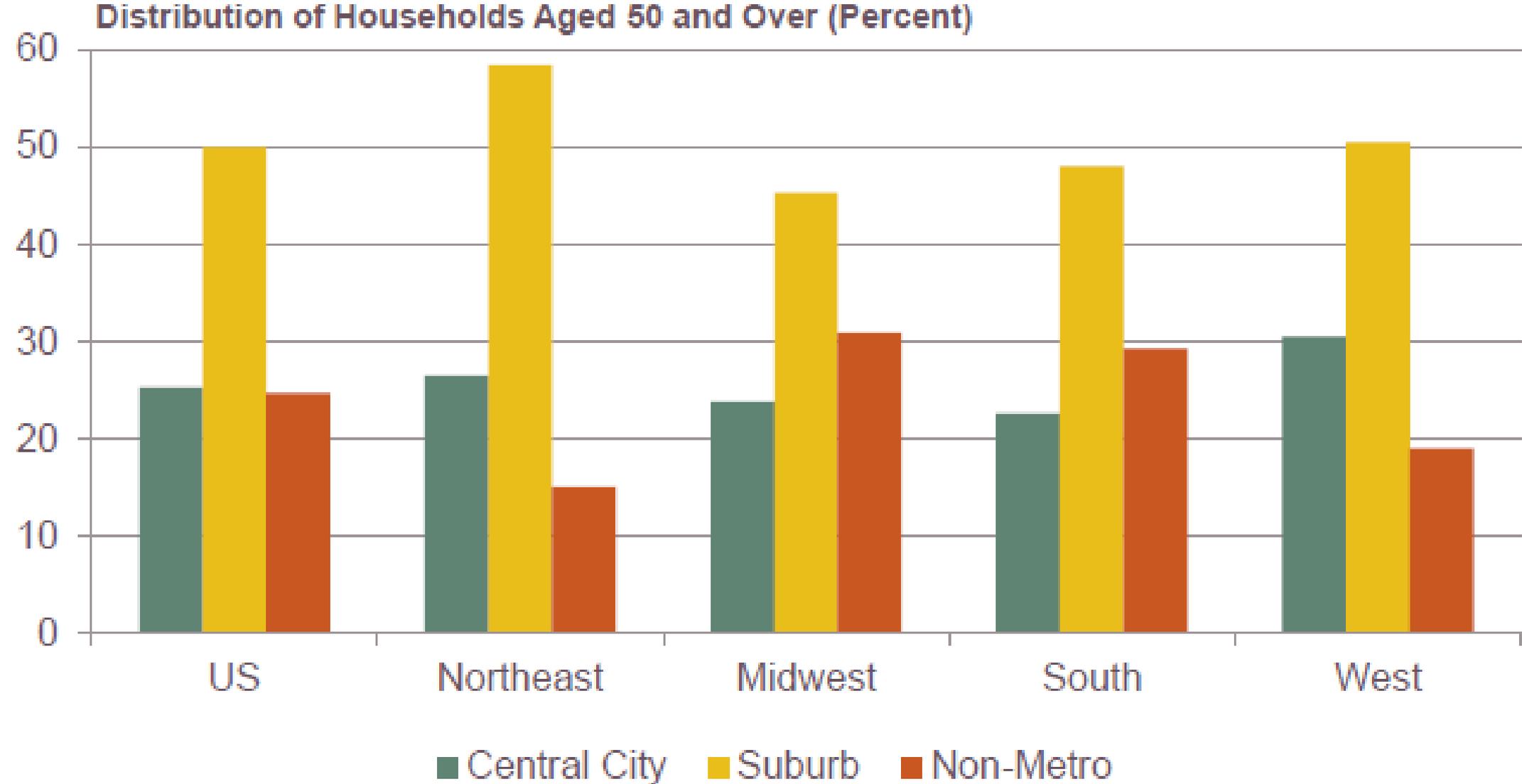


Continuum of Transportation and Mobility Options



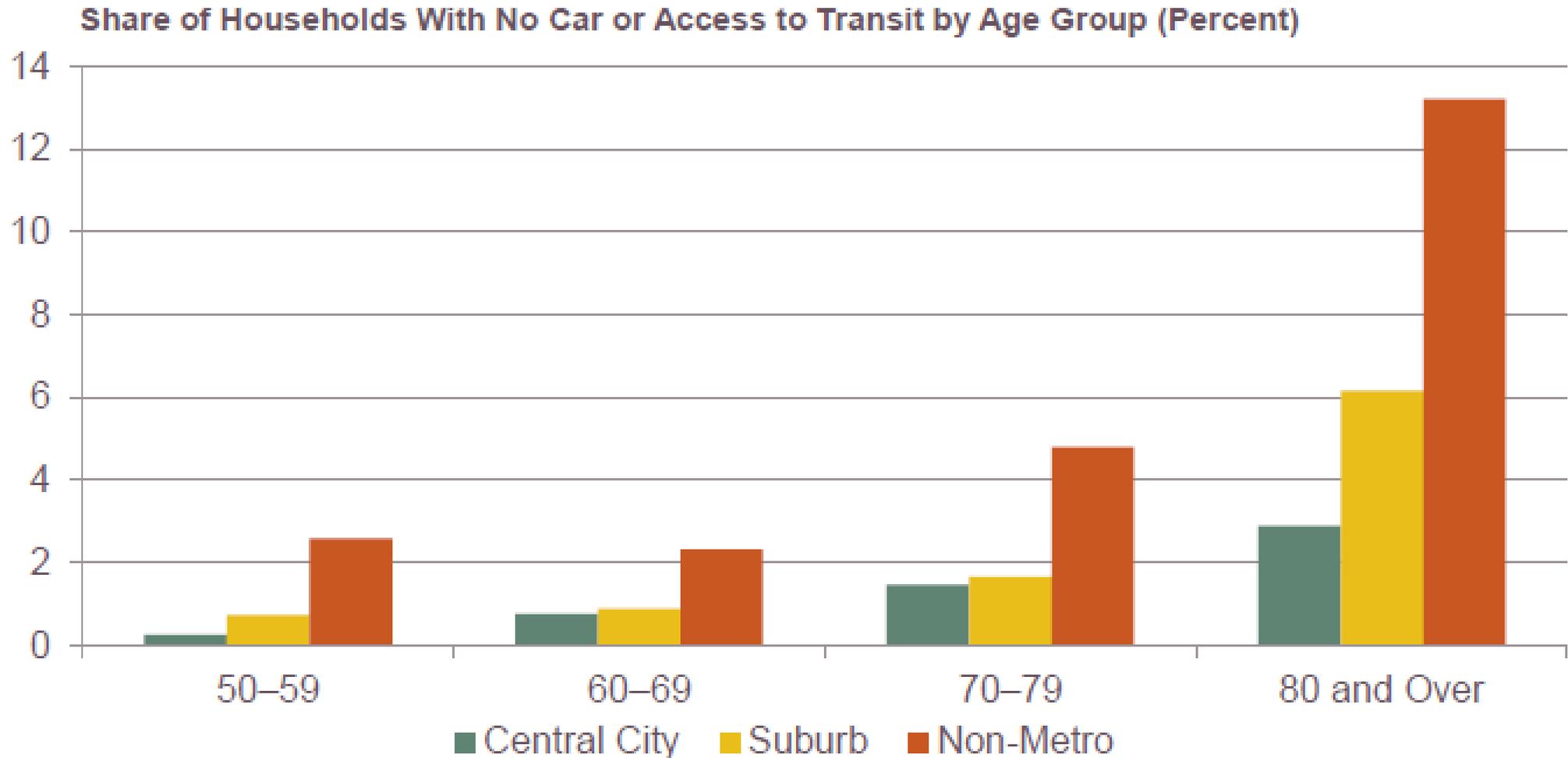


Most Older Adults Live in Suburban Communities



Source: Joint Center for Housing Studies of Harvard University

Without Cars or Nearby Transit, Increasing Shares of Older Adults in Outlying Areas Are at Risk of Isolation



Getting Around in our Communities



Streets are Unsafe in Many Communities

Between 2008 and 2017, **drivers struck and killed 49,340 people** who were walking on streets all across the United States. That's more than **13 people per day**, or **one person every hour and 46 minutes**.

Smart Growth America

2019 Dangerous By Design

But the number of pedestrian fatalities per year has increased since 2009, and **older adults are over-represented among pedestrian fatalities in 35 states**.

League of American Bicyclists

2018 Benchmarking Report



What drives this trend?



AARP Network of Age-Friendly States and Communities

Among the hundreds of communities that have joined the AARP Network of Age-Friendly States and Communities, many have made improved walkability and individual mobility a priority.



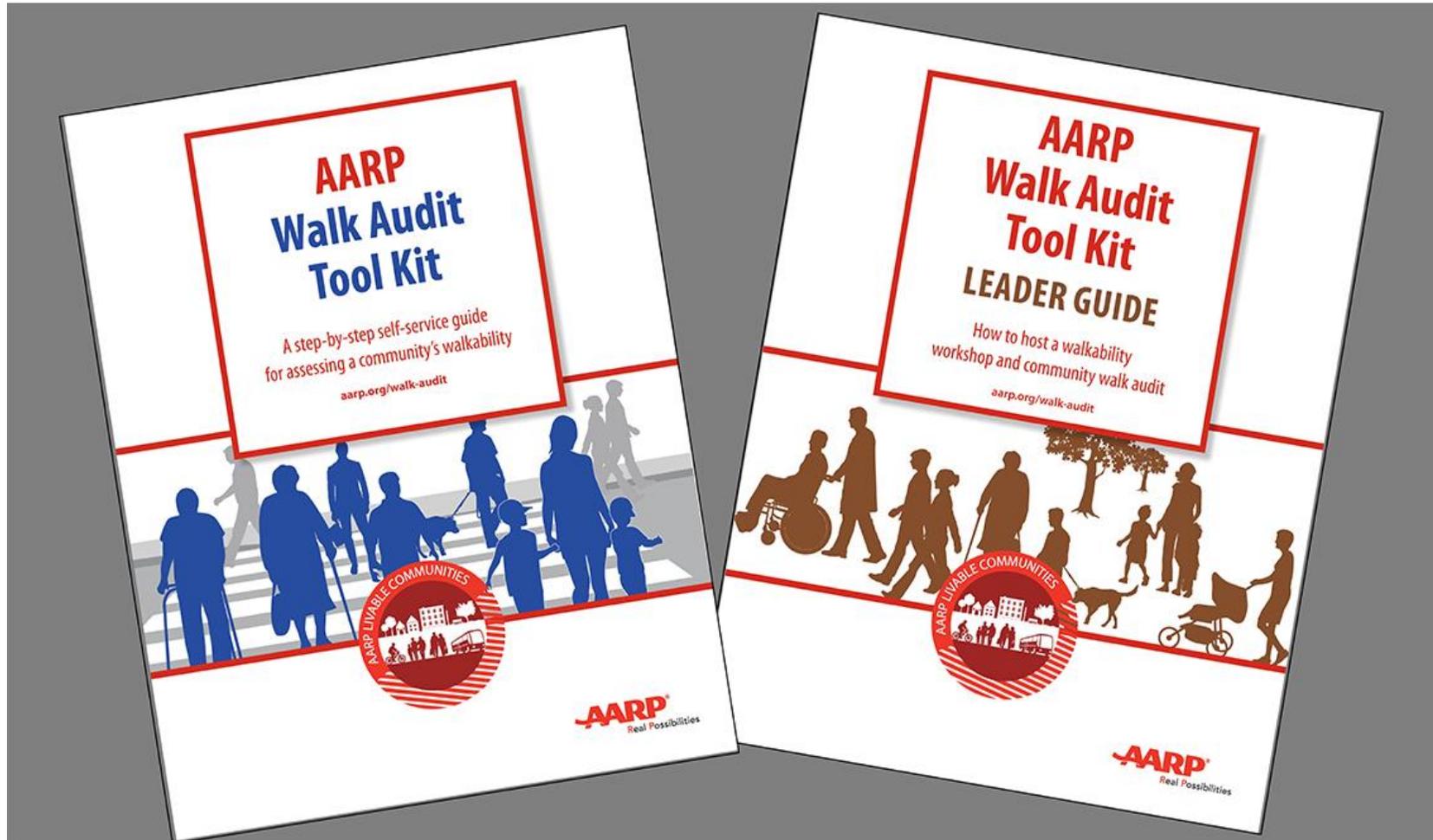
63% seek to improve walkability and support Complete Streets efforts that make roads safer for bike/ped activity.

71% want to develop individual's transportation knowledge and skills, including awareness of non-driving options for mobility.

63% of include actions related to pedestrian safety

Learn more about the Network at aarp.org/livable

Walks Audits



aarp.org/walk-audit

Why Use the Walk Audit?

Increased pedestrian safety begins with identifying roads and intersections that are dangerous – and how they need to change.



- Engages, empowers and equips community members to evaluate safety, and identify priorities that need improvement.
- Facilitates intergenerational collaboration, civic engagements, and volunteerism.
- Provides opportunity to engage organizational and community stakeholders and partners

Conducting the Audit

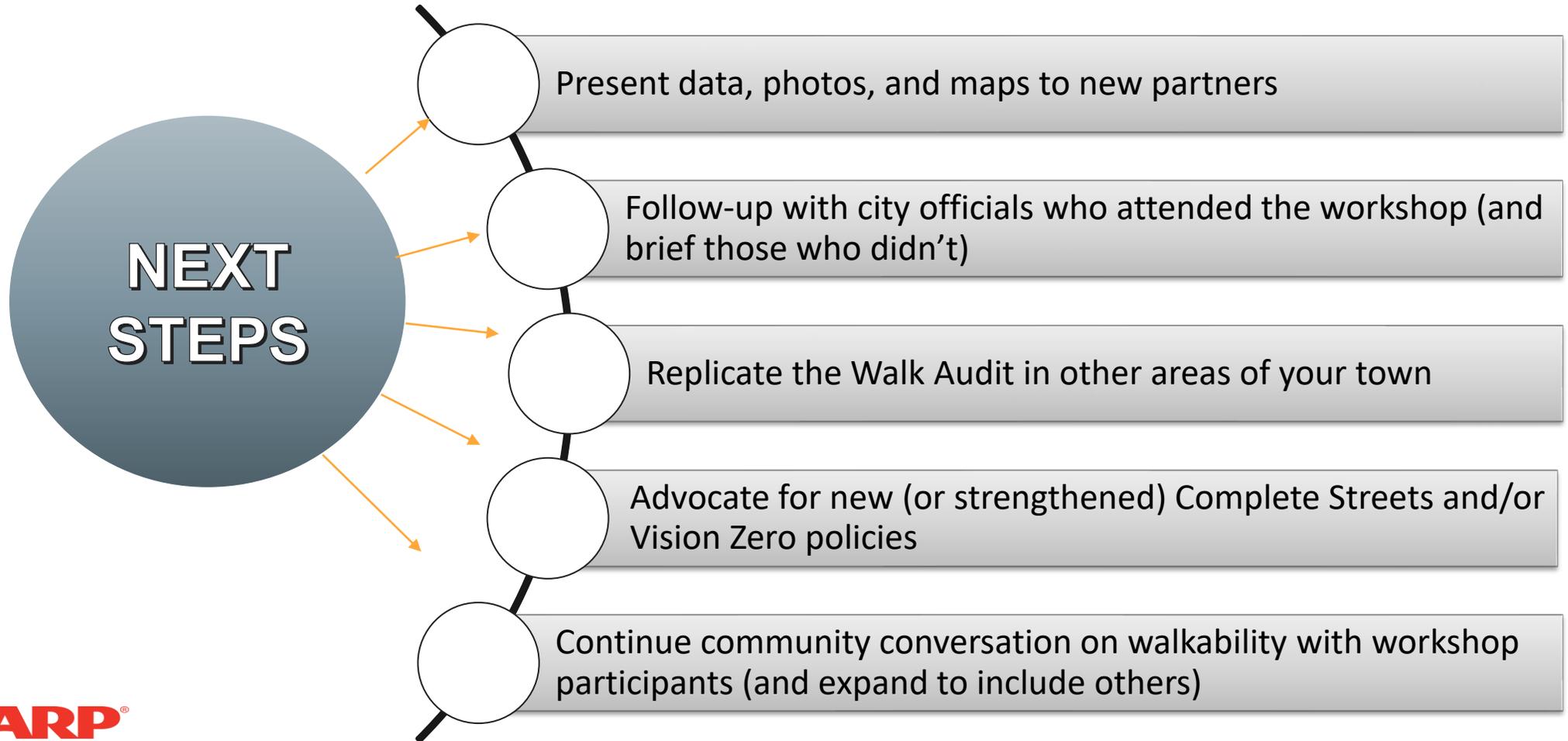


The Tool Kit will guide you to observe and record your observations on the following topics:

- Crossing Streets and Intersections
- Sidewalks
- Driver Behavior
- Safety
- Comfort and Appeal
- Overall Ratings and Observations

Take Action!

The Walk Audit will prompt you to convert your insights into action.



Turn a regular walk into a walk audit!

The image displays three overlapping worksheets from AARP (Real Possibilities) designed for walk audits. The top-left worksheet, 'Who's Using the Street?', is a data collection form with a table for recording the number of individuals observed in various categories. The top-right worksheet, 'Make a Road Map', includes a grid for drawing a map of the audit area and instructions on how to use it. The bottom-center worksheet, 'Community Walk Audit', provides a checklist of street conditions and infrastructure to evaluate during the walk.

AARP Real Possibilities Who's Using the Street? WORKSHEET

Street Name(s)/Community Name: _____ Start: _____ AM | PM End: _____

Audit Date (MM/DD/YYYY): _____

	NUMBER OF INDIVIDUALS OBSERVED (use hash marks # for counting)
People walking at an average pace	
People walking slowly	
People pushing baby strollers and/or walking with young children	
People crossing against the signal	
People using a mobility aid (i.e. a wheelchair, cane, walker)	
People waiting for and/or traveling to public transit	
People traveling to/from a school	
People riding bicycles, scooters and/or skateboards	

AARP Real Possibilities Make a Road Map WORKSHEET

- Draw a simple map of the Walk Audit area in the space below. Label the streets.
- Take photographs and/or video of the area so others can see the challenges and strengths of the audit area.
- Match and mark the photograph and/or video location(s) to the map.
- Indicate any other problem spots or areas of opportunity (i.e. a bus stop with no seating or shelter).

AARP Real Possibilities Community Walk Audit WORKSHEET

Street Name(s)/Community Name: _____

Audit Date (MM/DD/YYYY): _____ Start: _____ AM | PM End: _____ AM | PM

Posted Speed Limit: _____ Total Number of Vehicle Lanes: _____ One-Way Two-Way

The street has no sidewalk | a sidewalk on one side of the street | a sidewalk on both sides of the street

If the street has no sidewalk, does it need one? Yes | No | Maybe (Explain: _____)

YES | NO | Does Not Apply or Other

- The sidewalk is separated from the street by a barrier or buffer (i.e. a curb, grass, landscaping).
- The sidewalk is in good condition. (If not, what's wrong? _____)
- The sidewalk is free of obstacles (i.e. hydrants, utility poles, trash).
- The sidewalk is continuous (i.e. no segments are missing).
- The sidewalk is complete (i.e. it doesn't just randomly end).
- The sidewalk is wide enough for two people to walk side by side.

AARP.org/WalkAudit

Learn More + Stay in Touch



Twitter:
[@AARPLivable](https://twitter.com/AARPLivable)



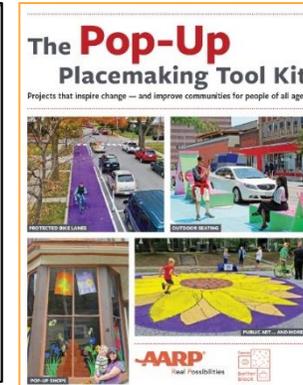
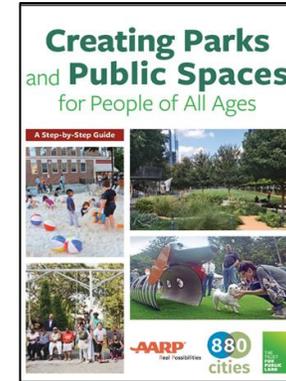
Facebook:
[AARPLivableCommunities](https://www.facebook.com/AARPLivableCommunities)



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Map of members of AARP Network of Age-Friendly States and Communities



AARP Community Challenge grants have funded programs in — to name just a few places — Philadelphia, Pennsylvania (top row), Washington, D.C., (far left), Fort Worth, Texas, and Danville, Kentucky.

AARP Livable Communities
Free E-Newsletter

Tool kits, guides, how-to's, interviews, slideshows, best practices, news and much more

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More information and tools are available at
aarp.org/livable



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Thank you

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Real Possibilities