Age Friendly Pioneer Valley

ACTIVE TRANSPORTATION &
COMPLETE STREETS

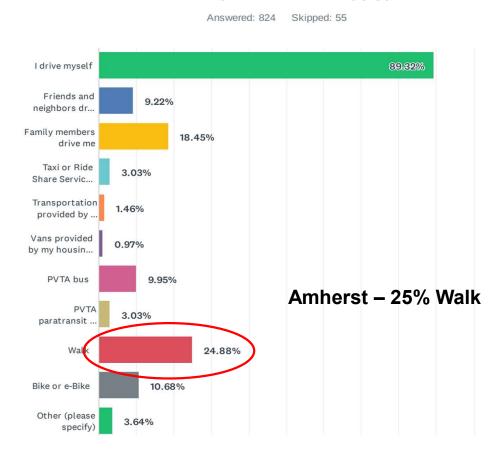Tuesday, March 11th – 11 am – 12:30 pm

on Zoom

Agenda

1. **Welcome/Introductions**

2. **Age Friendly Communities and Active Transportation**

3. **PVPC Bike and Pedestrian Plan – Presentation & Discussion**

4. **Complete Streets Program**

5. **Roundtable Discussion** (if time allows)

6. **Topics for upcoming meetings**

Local Age Friendly Surveys & Assessments

❖ Although most people still drive themselves, responses generally ranged from 13% (East Longmeadow) to 42% (Northampton) who said that they **walk** when they can to meet their transportation needs

Q48 What are the primary ways in which you meet your transportation needs? (check all that apply)

Answered: 824   Skipped: 55

- I drive myself — 89.32%
- Friends and neighbors dr... — 9.22%
- Family members drive me — 18.45%
- Taxi or Ride Share Servic... — 3.03%
- Transportation provided by ... — 1.46%
- Vans provided by my housin... — 0.97%
- PVTA bus — 9.95%
- PVTA paratransit ... — 3.03%
- Walk — 24.88%
- Bike or e-Bike — 10.68%
- Other (please specify) — 3.64%

Amherst – 25% Walk

Transportation Infrastructure Considerations for Older Adults

➢ **Safe routes to** Bus or Van stops, shelters at bus stops

➢ **Walking and biking infrastructure** is safe, accessible and comfortable for people of all ages

- o **Sidewalks** are in good condition for people with mobility limitations as well as people with strollers
- o **Road crossings are well lit,** allow time for slower walkers or rollers to cross, with **pedestrian islands** and **well-timed signals**

➢ **Trails for all abilities** (Unpaved Trails for All)

➢ **Traffic Speeds are slower** where people walk

➢ **Signs** are clear and easy to read

Considerations for people with Visual Impairments (from MAB)

- ▶ **Accessible curb cuts and ramps**

- ▶ **Detectable warning surfaces**

- ▶ **Tactile paving** (e.g., surfaces that help to guide people who are visually impaired from the main path to a specific point of interest)

- ▶ **Audible or tactile pedestrian signals**

- ▶ Safety **positioning of ramps**

- ▶ **Leveraging GPS apps** that help blind and visually impaired users find accessibility information, such as intersections, tactile paving, and audible traffic signals

Benefits of Active Living for reducing risk of Dementia, and Infrastructure Justice

➢ Regular physical exercise can lower the risk of Alzheimer's and vascular dementia by increasing blood and oxygen flow to the brain.

➢ Older African Americans and Hispanics/Latinos are more likely to live with Alzheimer's and other dementias

➢ Health, Lifestyle and Socioeconomic risk factors contribute to these disparities
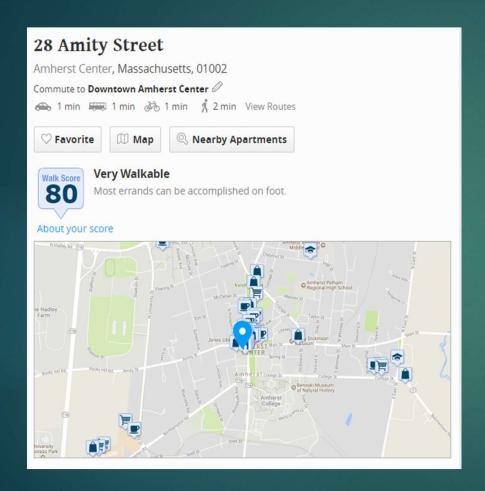
Design Considerations for people with Dementia

➤ **Landmarks** that can be easily spotted

➤ **Benches with arm rests and backrests**

➤ Paths of travel are safe and accessible, **wide enough for side-by-side walking** and mobility devices

➤ Continuous pathways with **contrasted edges** to avoid tripping

➤ Avoid patterns, shiny surfaces and surfaces that might create issues with depth perception

➤ Clearly **mark all level changes** and provide handrails when possible

➤ **Well-lit streets** and **audio cues** at crosswalks

➤ **Clear and Concise signage**, include symbols and graphics

Source: Age and Dementia Friendly Design
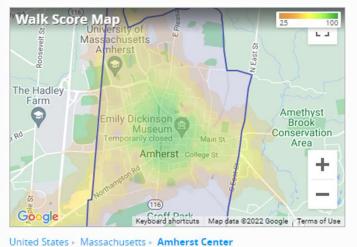Considerations for Physical Infrastructure

Walkability varies by location

28 Amity Street

Amherst Center, Massachusetts, 01002

Commute to **Downtown Amherst Center**

🚗 1 min 🚌 1 min 🚲 1 min 🚶 2 min View Routes

♡ Favorite   📖 Map   🔍 Nearby Apartments

Walk Score **80**   **Very Walkable**
Most errands can be accomplished on foot.

About your score

Walk Score **52**   **Amherst Center is Somewhat Walkable**
Some errands can be accomplished on foot.
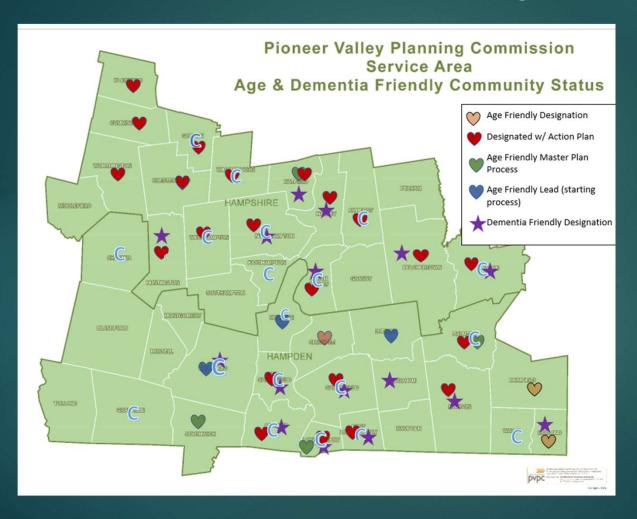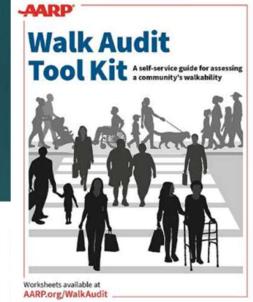
Amherst Center residents.

Amherst Center

United States ▸ Massachusetts ▸ **Amherst Center**

Pioneer Valley – Complete Streets Programs

Pioneer Valley Planning Commission
Service Area
Age & Dementia Friendly Community Status

❖ 18/43 Cities and Towns have Complete Streets Policies in place

❖ 14/43 have submitted Prioritization Plans

What can you do to improve walking in your community?

- Advocate for your City or Town to adopt **a Complete Streets Policy** and to develop a Complete Streets **Prioritization Plan**

- Conduct **walk audits** with residents:
  - Walk Massachusetts
  - AARP Walk Audit tool

AARP
Walk Audit Tool Kit A self-service guide for assessing a community's walkability

Worksheets available at
AARP.org/WalkAudit

walkBoston

Mass in Motion

Huntington Village Center Walk Audit
Huntington, MA
May 2, 2017

MAKING MASSACHUSETTS MORE WALKABLE
Old City Hall | 45 School Street | Boston MA 02108 | T: 617.367.9255 | F: 617.367.9285 | info@walkboston.org | www.walkboston.org

Pioneer Valley Bike & Pedestrian Plan

Jeff McCullough and Rana

Engagement

- ► John Zienowicz – Actionable items?
  - ► In order to access bike or walkable areas have to drive to them – spaces are a distance from where people live

Next Age Friendly Pioneer Valley Meeting

- ► Present final Age Friendly Pioneer Valley Report & Action Plan
- ► Plans for future work (pending funding)