

Livable Orlando: An Age-Friendly Initiative

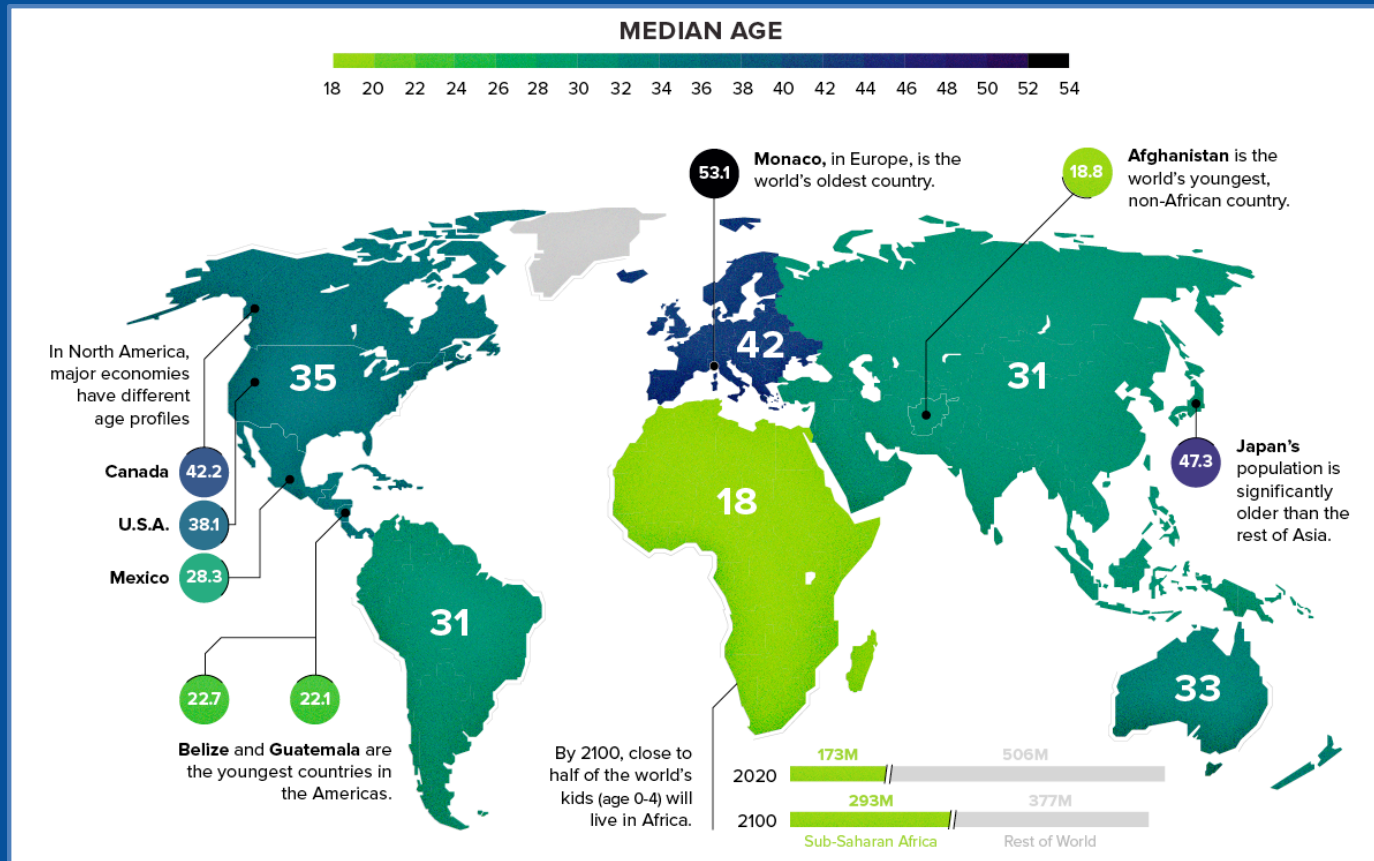
Loews Royal Pacific Hotel at Universal Orlando
March 25, 2023

Presented by
Paul S. Lewis, FAICP

Livable Orlando: An Age-Friendly Initiative

The Median Age of Continents

Africa has the world's youngest population, with a median age in the teens.

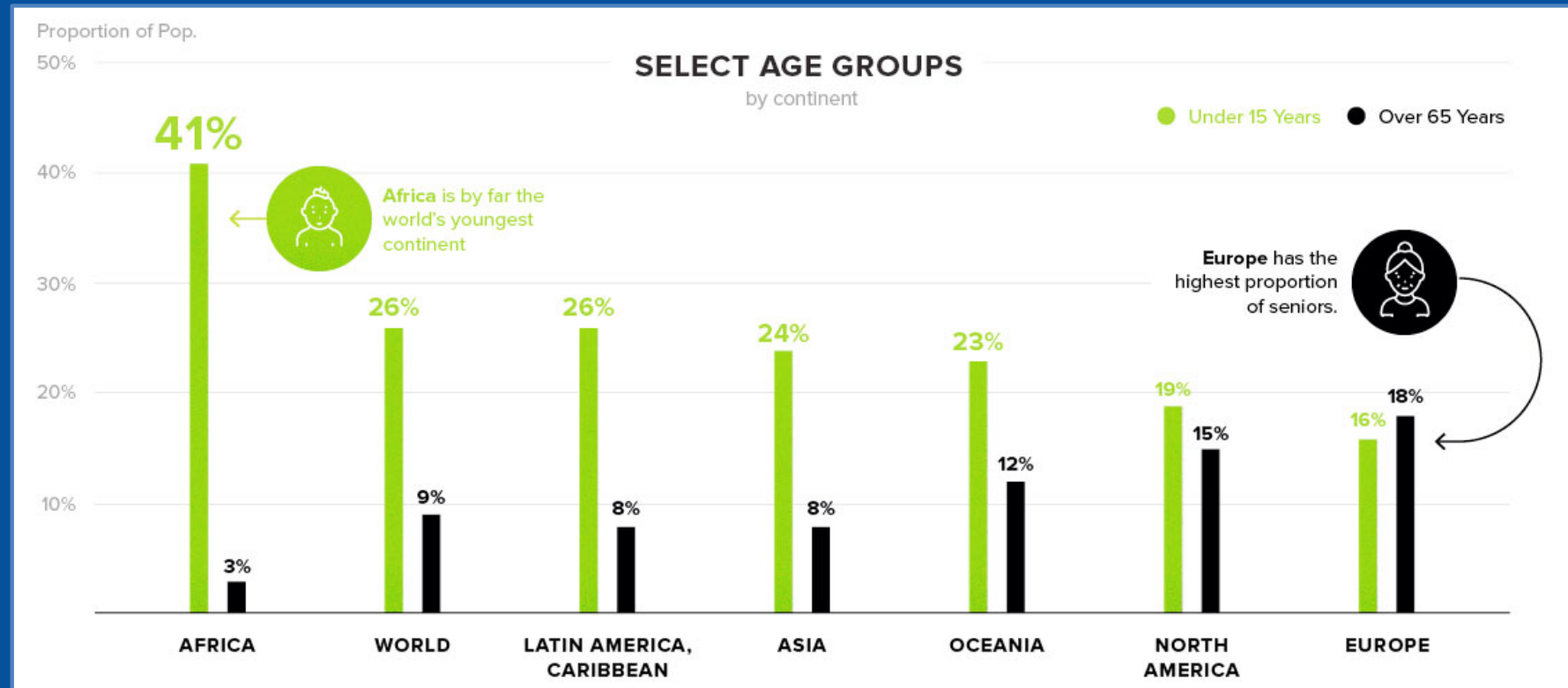


Source: VisualCapitalist.com – February 2019
(CIA World Factbook, Gates Notes, Statista)

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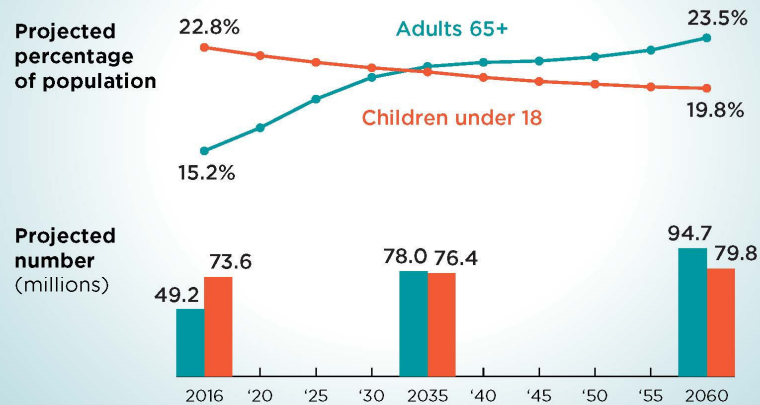
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An Aging Nation

Projected Number of Children
and Older Adults

For the First Time in U.S. History Older Adults Are
Projected to Outnumber Children by 2035



Note: 2016 data are estimates not projections.

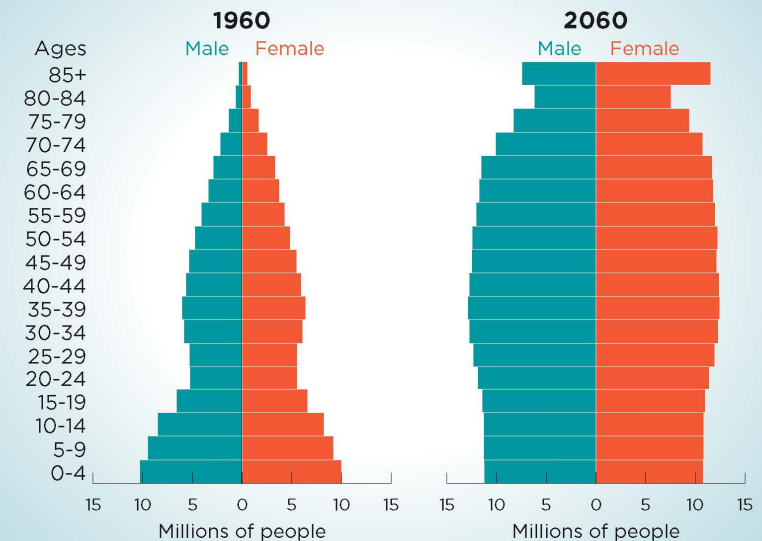
United States
Census
Bureau

U.S. Department of Commerce
Economics and Statistics Administration
U.S. CENSUS BUREAU
[census.gov](https://www.census.gov)

Source: National Population
Projections, 2017
www.census.gov/programs-surveys/popproj.html

From Pyramid to Pillar: A Century of Change

Population of the United States



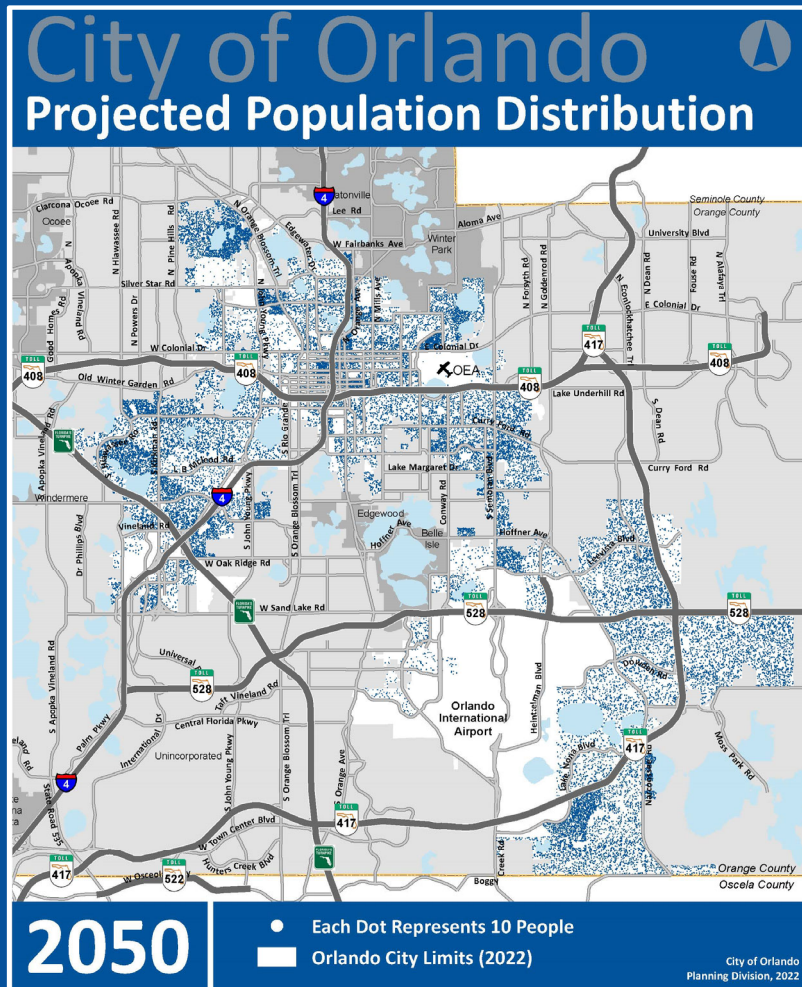
United States
Census
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By 2035, the number of adults older than 65 will be greater than the number of children under 18.

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- 2020 Population: 307,573 (U.S. Census)
- 2023 Population: 330,964 (City Estimate)
- 65+ Years in Age in 2021: 12.4%
- 2050 Projected Population: 468,069
- Land Area in 2023: +/-119 sq. miles

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The AARP Network of Age-Friendly States & Communities



- The AARP Network of Age-Friendly States and Communities is the United States affiliate of the World Health Organization's Age-Friendly Cities and Communities Program, an international effort launched in 2006 to help cities prepare for rapid population aging and the parallel trend of urbanization.
- The program has participating communities in more than 20 nations, as well as 10 affiliates representing more than 1,000 communities.
- As of March 2023, there are nine states, one territory (U.S. Virgin Islands), and over 743 communities participating in the network.
- **Orange County recently joined the network, allowing for even greater collaboration!**
- In the U.S., approximately 100 million people live in a town, city, county, territory, or state that has enrolled in the network.
- **Joining the network is the beginning of the process, not the end!**

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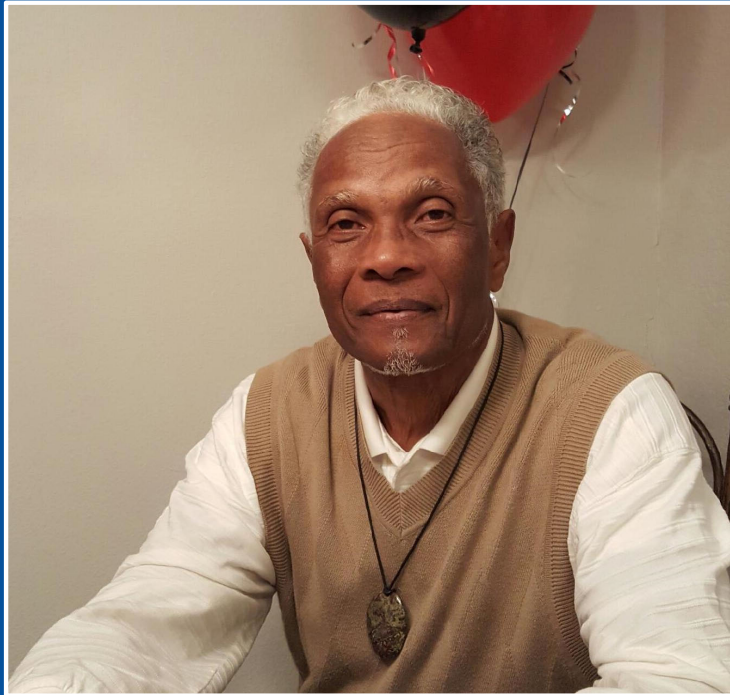


On October 28, 2019, the City of Orlando joined the AARP Network of Age-Friendly Communities. As a member of the network, we have committed to conducting a community assessment to determine our city's age-friendliness, to develop an action plan based on its findings and implement age-friendly initiatives.

Mayor's Committee on Livability & Healthy Aging As of March 2023

- Dean Grandin, AICP – Chair, Orlando Resident
- Tristan Ruby, MPH – Vice Chair, Senior's First, Inc.
- Tobi Allen – Orlando Resident
- Nicole Brown – Orange County Office on Aging
- Ingrid Collins – AARP Florida - Orlando
- Marwa El-Menshawi, MD, Cornerstone Health Services
- Joan Erwin, League of Women Voters of Orange County
- Joan Hansen – Orlando Resident
- Marie Hernandez – AARP Volunteer
- Sarah Larsen – MetroPlan Orlando
- Eric Mabbagu – Orlando Senior Health Network
- Paul Meunier – Orlando Resident
- Karla Radka – Senior Resource Alliance
- Reverend Erika Rembert Smith – Washington Shores Presbyterian Church
- Ken Terrell – Oak Central Florida
- Ladda Thiamwong, PhD, RN – University of Central Florida

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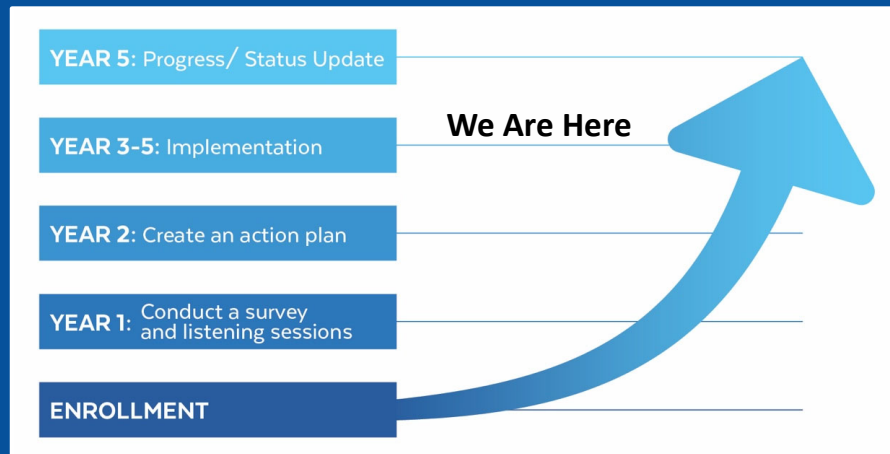
July 2, 1943 – February 16, 2022

Dedication

The *Livable Orlando Age-Friendly Action Plan* is dedicated to the memory of Lynn Nicholson, a dear friend and tireless neighborhood champion, who provided invaluable wisdom as a member of the Mayor's Committee on Livability & Healthy Aging.

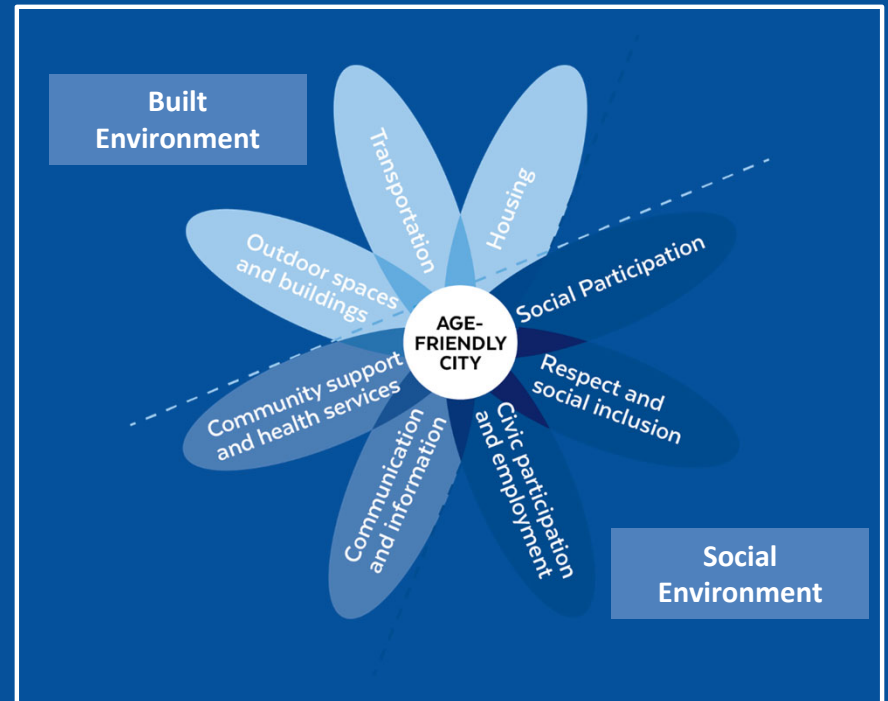
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Our Process



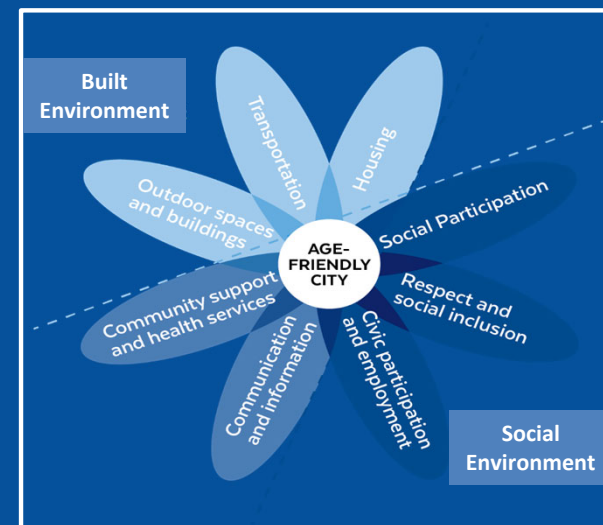
- Age-Friendly Community Livability Survey
- Community Engagement – 30+ Neighborhood and Community Events to listen and gather input.
- The *Livable Orlando: An Age-Friendly Initiative Action Plan 2022-2025* was approved by the Orlando City Council on September 12, 2022.

8 Domains of Livability



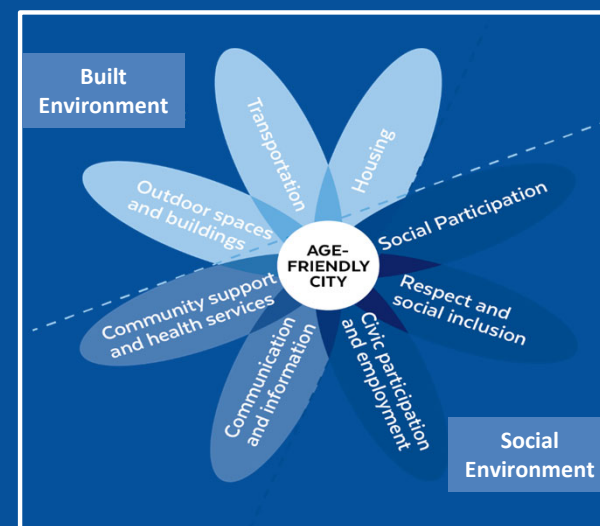
8 Domains of Livability – The Built Environment

Domain	Overarching Goals
OUTDOOR SPACES & BUILDINGS	<p>WE ENVISION...</p> <p>...an Age-Friendly Orlando where older adults can safely, easily, and comfortably access the natural and built environment, including parks, greenspaces, trails, and sidewalks, as well as public buildings.</p> <p>...an Age-Friendly Orlando where older adults can improve their health and longevity by encouraging active lifestyles including participation in meaningful recreational and cultural activities.</p>
HOUSING	<p>WE ENVISION...</p> <p>...an Age-Friendly Orlando in which safe, appropriately designed housing options are available and affordable to older adults, including housing with services that help them age in place and to enjoy their home.</p>
TRANSPORTATION (MOBILITY)	<p>WE ENVISION...</p> <p>...an Age-Friendly Orlando in which older adults can safely, conveniently, and comfortably travel where they want and need to go so that they can participate fully in their community.</p>



8 Domains of Livability – The Social Environment

Domain	Overarching Goals
CIVIC PARTICIPATION & EMPLOYMENT	WE ENVISION... ...an Age-Friendly Orlando in which older adults have access to work opportunities as well as to meaningful volunteer opportunities.
RESPECT & SOCIAL INCLUSION	WE ENVISION... ...an Age-Friendly Orlando that actively listens to, engages with, and celebrates the valuable contributions of, older adults in the community.
SOCIAL PARTICIPATION	WE ENVISION... ...an Age-Friendly Orlando with a wide array of affordable, equitable, and accessible social, recreational, and cultural opportunities for older adults.
COMMUNITY SUPPORT & HEALTH SYSTEMS	WE ENVISION... ...an Age-Friendly Orlando that offers affordable, person-centered health care and supportive social services which promote active and independent living. ...an Age-Friendly Orlando that recognizes the special needs of our community living with dementia, their family and caregivers, and that creates supportive communities which promote an enhanced quality of life.
COMMUNICATION & INFORMATION	WE ENVISION... ...an Age-Friendly Orlando in which an effective communication system reaches and engages community members of all ages, including older adults.



Livable Orlando: An Age-Friendly Initiative Action Plan

APPENDIX A - ACTION ITEM MATRIX

DOMAIN: OUTDOOR SPACES & BUILDINGS					
GOAL	ACTION ITEM	YEARS			
GOAL A.1 - Ensure that the needs and opinions of older adults are considered in park and open space planning and design.	Action Item A.1.1: Create a system to engage surrounding neighborhood residents, including older adults, via surveys, community meetings, and other engagement methods through the park planning and design process.	1	2	3	
	Action Item A.1.2: Develop a set of recommendations for age-friendly and dementia-friendly park features to use as a guideline when designing City-owned parks and greenspaces.	1	2	3	
	Action Item A.1.3: Mitigate the effects of extreme heat on vulnerable populations such as older adults by providing trees in parks, open spaces and along roadways/paths, shade structures, and water/cooling amenities (e.g., splash pads, water fountains) in public parks, where practicable.	1	2	3	
	Action Item A.1.4: Work with the Orlando Police Department (OPD) to educate older adults about how they can improve the safety of Orlando's outdoor spaces including encouraging older adults to report problems or concerns and to participate in OPD Community Programs such as Neighborhood Watch groups, the Citizen Observe Program, LGBTQ Safe Place, and National Night Out.	1	2	3	
GOAL A.2 - Improve the sense of place, comfort, and interconnectedness of communities by promoting culturally appropriate age-friendly amenities and events.	Action Item A.2.1: Promote more public art to create landmarks, to make areas more aesthetically pleasing, and to assist with wayfinding.	1	2	3	
	Action Item A.2.2: Work with the Families, Parks & Recreation Department, Downtown Development Board/Community Redevelopment Agency, and Main Street Districts to promote age-friendly events that increase a sense of place and of safety.	1	2	3	
	Action Item A.2.3: Explore the creation of an Age-Friendly Certification Program and/or Age-Friendly Business Tool Kit that would educate and assist businesses in better serving their customers, no matter their age or ability.	1	2	3	
	Action Item A.2.4: Recognize and encourage grassroots efforts such as Dementia-Friendly Dining in Central Florida.	1	2	3	
GOAL A.3 - Encourage application of Universal Design principles to create an accessible and equitable built environment.	Action Item A.3.1: Develop Universal Design principles/best practices that can be provided to developers, builders, homeowners, and business owners as part of the planning and permitting process.	1	2	3	

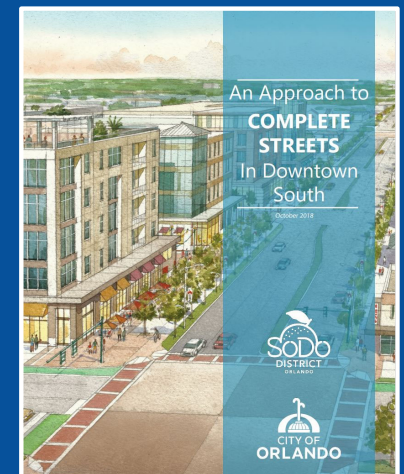
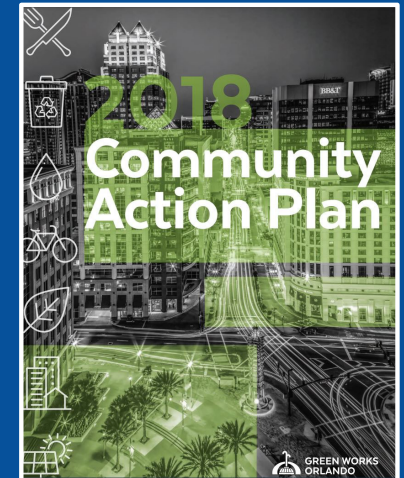
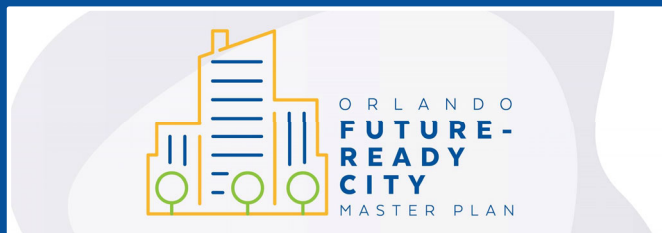
Goals & Specific Action Items

- 25 Specific Goals
- 85 Specific Action Items
- Equity Through An Age-Friendly Lens

Intersecting Initiatives

We are “cross-pollinating” our Age-Friendly Action Plan with the following:

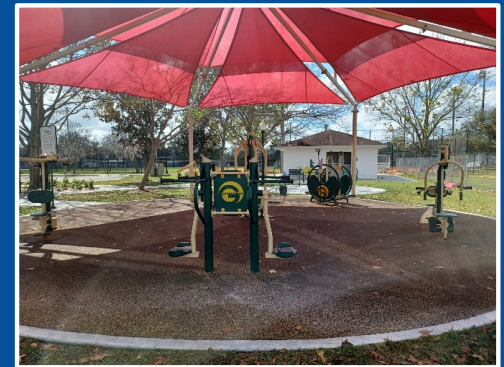
- City of Orlando Growth Management Plan and Land Development Code
- Green Works Orlando Community Action Plan (Sustainability/Resiliency)
- Orlando Future-Ready City Master Plan
- Orlando Parks Master Plan
- Downtown Master Plan (Project DTO 2.0)
- Complete Streets Strategy
- Orlando Transportation Guidelines
- Vision Zero Orlando Action Plan
- Regional Affordable Housing Initiative
- Orange County Housing For All
- MetroPlan Orlando’s Health Strategic Plan



Outdoor Spaces & Buildings – Intergenerational Planning & Design

Grand Avenue Neighborhood Center & Park

- This \$17 million project includes the renovation of the existing historic building and a new gymnasium, offices for staff, a teen room, game room, classrooms for educational programs, a computer room, a recording studio, and expanded arts wing.
- The surrounding park has also been improved to include age-friendly amenities including playgrounds for children of different age groups, a musical instrument garden, and an ADA-accessible all-ages exercise equipment area with shade structure – so important in the hot climate of Central Florida.
- These outdoor amenities are in close proximity to each other with shaded seating areas designed specifically to allow parents and grandparents to watch their children and grandchildren.



Outdoor Spaces & Buildings Action Item A.1.3: *Mitigate the effects of extreme heat on vulnerable populations such as older adults by providing shade trees in parks, open spaces and along roadways/paths, shade structures, and water/cooling amenities (e.g., splash pads, water fountains) in public parks, where appropriate.*

Housing – Preserving Affordability

Preserving Affordable Housing for Older Adults

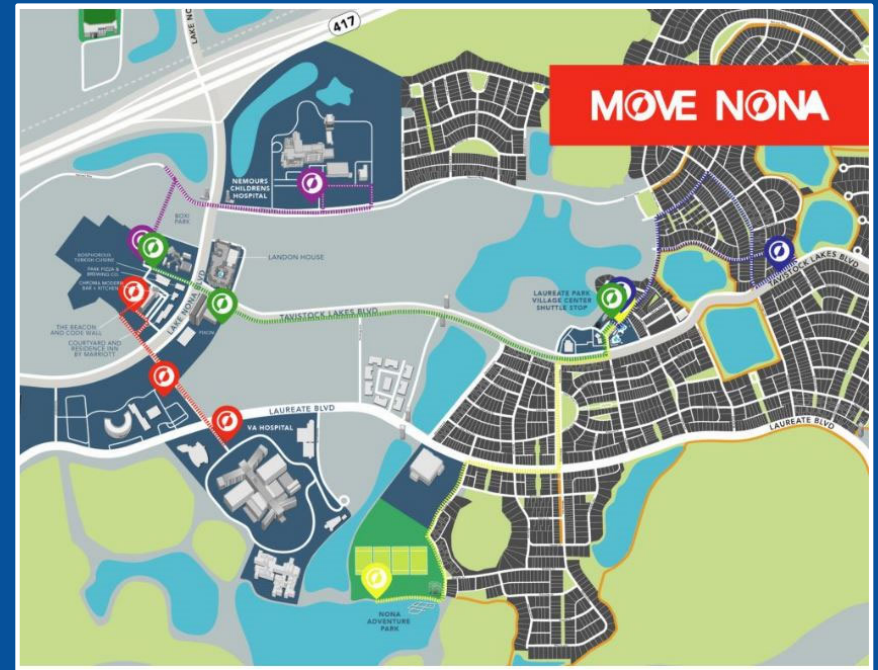
- Preserving affordable housing for our older adult residents is critical to our community's livability.
- Baptist Terrace opened in 1969 as a 197-unit affordable senior living community.
- The affordability and age restrictions would have expired in 2021. After that, the building could have been purchased by a developer and turned into luxury condos.
- Through our Downtown Orlando Community Redevelopment Agency, the City of Orlando provided \$1 million dollars to help the Orlando Neighborhood Improvement Corporation purchase and completely renovate the building, which has been renamed The Roberts.
- On March 31, 2022, our community celebrated this wonderful affordable housing preservation story with a ribbon cutting and re-dedication event.



Transportation – Improving the Mobility Experience

Move Nona

- Move Nona shuttles are operated by Beep, an autonomous mobility solutions provider in Orlando's Lake Nona – Laureate Park neighborhood. It is the largest and longest-running single-site fleet in the country.
- The shuttles are all electric.
- Connects the town center, UCF Medical School, VA Medical Center, Nemours Children's Hospital, and the residential neighborhood including The Gatherings 55+ community.
- www.lakenona.com/things/autonomous-vehicles-move-nona/



- Move Nona shuttles are ADA Accessible
- Shuttles arrive at a stop every 10-15 minutes
- Schedule and tracking in real-time by downloading Ride Beep, available for iOS and Android

On the Horizon – Mobility and Placemaking

Lake Nona's GreenLink (Coming Soon)

- Move Nona will be an important component of the GreenLink is a linear park system connecting the residential and commercial zones of the Lake Nona Medical City – Laureate Park neighborhood.
- The park will be framed by mid-rise mixed-use development containing activated civic space, bike/pedestrian facilities, and stormwater conveyance, all in a very attractive urban environment.



On the Horizon – Community Support & Health Systems



UCF Disability, Aging and Technology (DAT) Cluster Initiative

- The City of Orlando is blessed to have a world-class university in the University of Central Florida (UCF) whose faculty are conducting important work in the intersecting fields of medicine and technology.
- UCF's Disability, Aging and Technology (DAT) Cluster designs, develops and disseminates practical and affordable interventions to help people with disabilities and older adults move better and smarter, reintegrating people using technology while promoting health and wellbeing.

NIH-Funded Fall Study

- One of the members of the UCF DAT initiative, **Dr. Ladda Thiamwong, PhD, RN**, and one of the members of our Mayor's Committee on Livability & Healthy Aging, has been working on a National Institutes of Health (NIH) project focused on technology-based fall risk assessments in low-income older adults.
- In the initial study, Orlando residents were able to significantly reduce their fall risk and improve their quality of life using an affordable intervention that did not require special training.
- In November 2022, the NIH awarded the UCF DAT team with a follow-up 4-year (2022-2026), \$2.3 million grant for "Optimizing a Technology-Based Body and Mind Intervention to Prevent Falls and Reduce Health Disparities in Low-Income Populations".

Age-Friendly – Community Support & Health Systems Action Item 2.2:

Take advantage of existing and emergent technologies to assist people to age in place at home, such as unobtrusive monitoring of activity to identify changes in health, digital technologies that help people stay in touch with family and friends, and other assistive technologies.

On the Horizon – Age-Friendly Resiliency




Social Participation Action Item F.3.1: *Explore different concepts for transforming Orlando's senior centers and recreational centers to emphasize intergenerational opportunities.*

Community Support & Health Systems Action Item G.2.1: *Explore telehealth in the city's senior centers and recreation centers with an emphasis on communities of concern, and to significantly reduce health inequities.*

Help Orlando...Build Programming for Seniors

**Help Orlando
Build programming for seniors!**



YOU can help Orlando's Family, Parks & Recreation expand their senior programming at the community level. It's easy — just tell us how you'd like to be involved.

I'd like to:

☐ Help identify programs & services at my closest center and can attend a community meeting.

☐ Provide feedback on programming recommendations and can attend a community meeting.

☐ Get emails to learn what's being offered and when.

Tell us about yourself: (so we can follow up with you)

Have you ever visited a center? If yes, which one(s): _____

☐ Tell me which center is closest to me!!

My Name: _____

My Address (City, State, Zip): _____

My Email: _____

My Phone: _____ Is it a Cell or Home number: _____

Thank you!

- Arts & crafts
- Computer & smart phone training
- Exercise classes
- Resource seminars
- Senior groups
- Special events
- Sports
- Trips
- And MORE!!

- The Families, Parks & Recreation Department (FPR) operates two (2) senior centers and sixteen (16) community and neighborhood centers.
- FPR is currently working on a Parks Master Plan Update to analyze both existing facility conditions and programs.
- One of the goals of the Parks Master Plan Update is to provide programming that is community-oriented, responsive, continually adaptable, and age-inclusive.
- Changes will include a web update with more programming information especially for older adults, and more resident involvement with programming based on neighborhood feedback.
- We would appreciate your participation in this effort by filling out the pledge card.

2021 AARP Community Challenge Grant – “Tables of Connection”



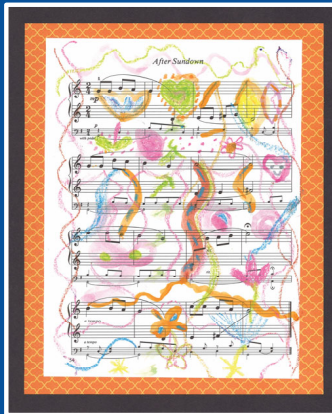
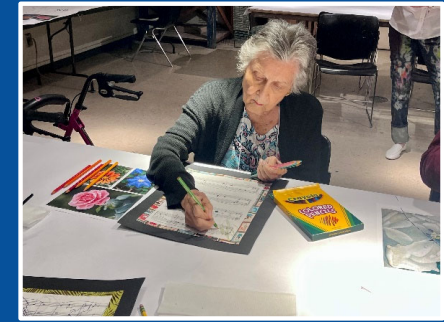
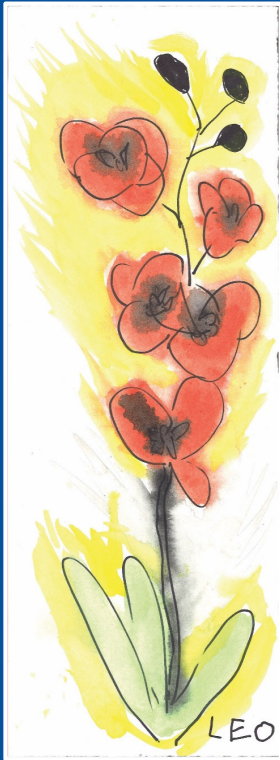
Project Details

- Purchase and installation of wheelchair-accessible, solar-operated table and shade structure in two neighborhood parks: Prince Hall Park and Willows Park.
- Outfitted with Wi-Fi hotspots and charging stations.
- The tables bring needed connectivity to two neighborhoods in which 57% and 33% of residents, respectively, lack broadband service – much higher do Co than the Orlando average of 18%.
- Rated for 175 mph winds, each table provides critically important services to residents after a storm or other power outage.
- Local artists have painted the concrete pads upon which the tables sit, providing a colorful, unique park amenity.



Thank You! **AARP**

[AARP Orlando Community Challenge - YouTube](#)



The *Livable Orlando: An Age-Friendly Initiative Action Plan 2022-2025* features artwork created by **Art's the Spark** participants, a program offered by the Orlando Museum of Art for those living with memory or neurological impairments, such as Alzheimer's disease and Parkinson's disease.

We've also included poems from the City of Orlando's 2021 Words & Wisdom Poetry Contest in the Action Plan.

Call to Action

- The *Livable Orlando Age-Friendly Action Plan* has identified significant challenges for all of us – residents, public agencies, the private sector, nonprofit service providers, and cultural institutions. But it also gives us opportunities to transform the way we think about aging.
- Over the next four years, existing business and community partnerships will be enhanced and new partnerships will be created to effectively implement the action plan.
- Quite simply, our goal is to make Orlando a place to live better for longer, and for our city to be more accessible for everyone...to truly create a “Community for a Lifetime”.

The *Livable Orlando Age-Friendly Action Plan* can be found
on the City of Orlando's website here:

[AARP Age-Friendly Community - City of Orlando](#)

