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Safe Mobility for Life Coalition Promotes Aging in Place Checklist

Helping older adults find communities that meets their current and future mobility needs

TALLAHASSEE – May is Older Americans Month and what better way to celebrate the occasion than providing Floridians information to help them understand their personal mobility needs and learn how their community can meet those needs. Surveys consistently show the majority of older adults want to live in their own homes, surrounded by family and friends, as long as they are able. The question is, how do they know if their community can meet their mobility and service needs?

Florida's Safe Mobility for Life Coalition has developed an **Aging in Place Checklist**, available at no cost, which walks individuals through a step-by-step process to determine their needs and whether their community can meet them. Designed to help people think about what is important in a community to remain independent, mobile, and active, even after transitioning from driving. The interactive checklist, helps answer how well an existing community or a new one, meets an individual's personal mobility needs in four areas: Community Design; Getting Around; Street Safety & Security, and Support Services & Social Programs.

The Safe Mobility for Life Coalition, a group of professionals from 27 organizations is committed to offering tools to help residents remain safe and mobile though out their lifetime as well as reduce the crash rate for Florida drivers 65 years and older.

Laura Cantwell, Associate State Director for Advocacy with AARP in Florida summed up why the checklist is needed. *"Aging in place is about a community being a great place for people of all ages. AARP surveys show that nearly 90% of the 50+ population want to stay in their homes and communities as they age, where they have strong social networks and a sense of familiarity. AARP and other members of the coalition are working to ensure you can live in your home and community for as long as possible by providing resources to help you successfully age in place."*

Electronic copies of the checklist can be found on the Coalition's website: www.FLsams.org/AginginPlace.htm along with other resources to help people successfully age in place. If you are interested in receiving a hard copy, please contact:

Safe Mobility for Life Resource Center
636 West Call Street
Tallahassee, FL 32306
safe-mobility-for-life@fsu.edu

Successful aging in place contributes to a rewarding, healthy, and mobile life as you approach retirement years and with a little planning, the Safe Mobility for Life Coalition can help your find ideal Florida age-friendly community.

www.dot.state.fl.us

Consistent, Predictable, Repeatable