

Aging in Place Checklist ✓



Safety is
Golden

Safe Mobility for Life Coalition

What Does Aging in Place Mean? It is living in a community with some level of independence in a residence of your choice. This includes having access to services that are needed day to day, while maintaining your independence and quality of life.

This **Aging in Place** checklist was developed by the Safe Mobility for Life Coalition to help you determine if your community has features and services that contribute to a rewarding, healthy, and mobile life as you grow older or age in place. This is especially important to consider as you approach your retirement years or begin to experience personal mobility issues.

To help in your review, we have identified four areas that promote **Aging in Place**:

- **Community Design**
- **Getting Around**
- **Street Safety and Security**
- **Support Services and Social Programs**

By completing this checklist, you will learn how well your community meets your mobility needs to help you successfully age in place.

Instructions

Step 1: Think about what is important for you to have in a community to help you remain independent, mobile, and active (i.e., walk-able, access to transit, nearby stores, parks, and social activities, dog friendly etc.). Now, write it down:

Step 2: Name the community you want to review:

Step 3: With this community in mind, answer “Yes or “No” to the features listed in each section. If you are unsure about some of the answers, use the internet or call friends and family to help you. After each section, highlight the things you learned in the space provided.

YES **NO**



Let's get started!

Community Design

Active Community: An active community is a compact place where people live close to services, shops, and to each other.

- | | YES | NO |
|--|-----------------------|--------------------------|
| 1. Compact dwelling choices are available, such as secondary suites or “Mother in Law Apartments” or Mixed-use buildings, such as apartments above or attached to street level retail. | <input type="radio"/> | <input type="checkbox"/> |
| 2. Destinations in my town are close enough where I can walk, roll, bike, or take the bus. | <input type="radio"/> | <input type="checkbox"/> |
| 3. Few interruptions exist along area streets, such as large parking lots or vacant sites. | <input type="radio"/> | <input type="checkbox"/> |

Design: Well-designed, shaded and lit buildings, streets, sidewalks and bikeways invite a sense of safety and pride. The design of a good neighborhood brings people together.

- | | YES | NO |
|--|-----------------------|--------------------------|
| 4. Grocery stores, pharmacies, medical offices, hospitals, schools, libraries, community centers and places of worship are grouped together and a short distance from my home. | <input type="radio"/> | <input type="checkbox"/> |

5. Parks, community gardens, or other green spaces are a short distance from my home.
6. Retail, restaurants, coffee shops, theaters, schools, and fitness centers are a short distance from home or a short transit, bicycle or taxi ride away.

Comfort and Convenience: Streets and civic spaces should be clean, comfortable, and inviting.

- | | YES | NO |
|--|-----------------------|--------------------------|
| 7. When I walk or bike I can find shade, a bench or quiet place to rest, a clean public restroom, and water fountains. | <input type="radio"/> | <input type="checkbox"/> |
| 8. There are signs that make it easy to find your way to destinations. | <input type="radio"/> | <input type="checkbox"/> |
| 9. Road signs have large, reflective letters and are easy to read. | <input type="radio"/> | <input type="checkbox"/> |
| 10. On street parking is available which makes it easier to get to shops or drop-off passengers. | <input type="radio"/> | <input type="checkbox"/> |

Getting Around

Pedestrian and Bicycle Pathways: Walking and bicycling are essential to maintaining an active, healthy lifestyle and are important means of travel, recreation, or for exercise.

Sidewalks:

YES **NO**

1. Are safe, continuous, accessible, and well-maintained and are easy to travel with assistive devices.

2. Allow me to get directly from my home to my destination with few barriers, such as busy high-speed streets, railroad tracks, or steep climbs.

3. Do not lead me past abandoned buildings, unsafe structures or other unpleasant developments.

Pathways, greenways, or shared-use paths: **YES** **NO**

4. Are safe, continuous, accessible, and well-maintained.

5. Allow me to walk or ride a bike between many important destinations.

Access to Transit: Reliable transit systems are important to all towns, but are essential to age-friendly communities where many residents do not own or drive cars.

Local transit system (bus or rail):

- | | YES | NO |
|---|-----------------------|--------------------------|
| 6. Has many connecting routes, frequent service with easy to understand schedules and route maps. | <input type="radio"/> | <input type="checkbox"/> |
| 7. Has accessible, comfortable, and safe stops/stations within a short distance from my home. | <input type="radio"/> | <input type="checkbox"/> |
| 8. Provides service to other modes of transportation. | <input type="radio"/> | <input type="checkbox"/> |
| 9. Is affordable and takes me where I want to go. | <input type="radio"/> | <input type="checkbox"/> |

Parking: Compact and convenient and safe parking improves access to destinations.

- | | YES | NO |
|--|-----------------------|--------------------------|
| 10. Parking is provided on most streets. | <input type="radio"/> | <input type="checkbox"/> |
| 11. Parking spaces are set-aside for unloading groceries or to make a quick trip in and out. | <input type="radio"/> | <input type="checkbox"/> |
| 12. Parking spaces, lots, or garages are safe and have sufficient lighting . | <input type="radio"/> | <input type="checkbox"/> |

Street Safety and Security

Safe Street Crossings: Safe pedestrian crossings with special accommodations should be provided at all four corners of every busy intersection.

- | | YES | NO |
|--|-----------------------|--------------------------|
| 1. Most busy intersections have well-maintained, well-marked crosswalks, curb cut ramps, and pedestrian countdown signals. | <input type="radio"/> | <input type="checkbox"/> |
| 2. Intersections are safely designed and sufficient lighting at night. | <input type="radio"/> | <input type="checkbox"/> |
| 3. Pedestrians feel confident and safe when crossing busy streets because distances are short (refuge islands are provided on wide streets), traffic is slow, and drivers are generally respectful of pedestrians. | <input type="radio"/> | <input type="checkbox"/> |

Sidewalks: A hazard-free pedestrian environment is essential to encourage walking and active lifestyles and to minimize the risk of slips and falls.

Sidewalks and other walking routes:

- | | YES | NO |
|---|-----------------------|--------------------------|
| 4. Are smooth, free of tripping hazards and wide enough for safe and comfortable walking. | <input type="radio"/> | <input type="checkbox"/> |

- 5. Are accessible and have curb-ramps at all corners.
- 6. Do not have frequent or extra wide curb-cuts at commercial driveways.

Short Block Lengths: Encourage social interaction and walking; they also encourage slower speeds because vehicles have less distance to accelerate.

- | | YES | NO |
|--|-----------------------|--------------------------|
| 7. Streets are interconnected and have few cul-de-sacs or dead-ends. | <input type="radio"/> | <input type="checkbox"/> |
| 8. The distance between intersections is generally less than 600 feet (two football fields). | <input type="radio"/> | <input type="checkbox"/> |
| 9. I do not have to travel far out of my way to change directions to walk to my destination or explore new places. | <input type="radio"/> | <input type="checkbox"/> |

Security: Personal security is not only a matter of protecting people from crime or personal harm, but also dispelling the perception that streets are unsafe.

- | My community feels safe because: | YES | NO |
|--|-----------------------|--------------------------|
| 10. There are many people out and about. | <input type="radio"/> | <input type="checkbox"/> |
| 11. All areas are well-lit with street lights and there is activity in nearby buildings. | <input type="radio"/> | <input type="checkbox"/> |

12. There are no blind alleys or other hidden areas.



Support Services and Social Programs

Social services: Programs that subsidize or improve access to adult care, prepared meals, and professional services are critically important to older adults.

My community offers:

- | | YES | NO |
|---|-----------------------|--------------------------|
| 1. Meal delivery and/or congregate meal sites. | <input type="radio"/> | <input type="checkbox"/> |
| 2. Adult day programs or caregiver support. | <input type="radio"/> | <input type="checkbox"/> |
| 3. Financial and insurance counseling and legal services. | <input type="radio"/> | <input type="checkbox"/> |

Housing & Transportation: Programs that improve the quality, availability, and affordability of housing and transportation options for older adults at all levels of ability. This includes universal design, which means to produce buildings, products, and environments that are accessible to everyone regardless of age or ability.

- | | YES | NO |
|---|-----------------------|--------------------------|
| 4. Universal design and easy access to services are highly encouraged. | <input type="radio"/> | <input type="checkbox"/> |
| 5. Affordable well-constructed housing is available with places where people of all ages can socialize. | <input type="radio"/> | <input type="checkbox"/> |

6. Convenient and affordable variety of transportation options are available, such as dial-a-ride service, shared autos (Zip cars), shared bicycles (bike sharing), taxis, or volunteer driver programs.
7. Aging/older driver safety training, such as CarFit and driver safety courses are available.

Health: Programs that promote active lifestyles and improve access to affordable physical and mental health care.

- | | YES | NO |
|--|-----------------------|--------------------------|
| 8. Trips and activities to support healthy active lifestyles, such as nature walks, trips to local farmer's markets, and bike rides are available. | <input type="radio"/> | <input type="checkbox"/> |
| 9. Exercise and education programs exist to promote physical and mental health. | <input type="radio"/> | <input type="checkbox"/> |

Civic Life: Programs that promote civic participation, social opportunities, employment, and lifelong learning help older adults lead more fulfilling and enriching lives.

- | | YES | NO |
|--|-----------------------|--------------------------|
| 10. Active senior centers with a variety of social and civic activities offered. | <input type="radio"/> | <input type="checkbox"/> |
| 11. Variety of free or low cost classes. | <input type="radio"/> | <input type="checkbox"/> |

12. Opportunities for meaningful
volunteering and paid work.

13. Community gardening or other healthy
ways to access food.

Summary

Step 4: Now that you have finished the checklist, take a moment to summarize what you learned about your community. Does it have access to services that are needed day to day, while maintaining your independence and quality of life?

Did it meet the needs you listed in **Step 1** for you to successfully age in place?

Congratulations!

You have just taken the first step in learning whether

(fill in community name here)

meets your mobility needs to ensure you remain independent and active in your community as you age.

If you learned that your community didn't meet your needs, don't worry! You can visit www.SafeandMobileSeniors.org/AginginPlace to find other resources to help you find an ideal Florida age-friendly community and complete the checklist again!

Visit www.SafeandMobileSeniors.org to learn more about staying safe and mobile in Florida. You can download more copies of this Aging in Place Checklist, find community resources, local transportation options, and much more!

Funded by the



www.SafeandMobileSeniors.org

