# Title Slide - Age-Friendly Walking and Pedestrian Safety

Adi Nochur, WalkBoston  
MA Community Transportation Coordination Conference  
May 2, 2017

walkBoston Logo

## Slide 1- WalkBoston works with communities across the Commonwealth

Image: Map of Massachusetts with WalkBoston communities shaded in orange. The cities are listed in alphabetical order as follows: Abington, Amesbury, Amherst, Andover, Arlington, Ashfield, Ayer, Barnstable, Barre, Bedford, Belchertown, Belmont, Beverly, Bolton, Boston, Boxborough, Braintree, Brockton, Brookline, Cambridge, Canton, Chelsea, Cohasset, Danvers, Dartmouth, Dedham, Dudley, Eastham, Easton, Everett, Fall River, Fitchburg, Framingham, Franklin, Gardner, Gloucester, Hadley, Hanson, Harvard, Holyoke, Lancaster, Lawrence, Lee, Lenox, Leominster, Lexington, Lincoln, Lowell, Lynn, Malden, Manchester by the Sea, Marblehead, Marlborough, Mashpee, Medford, Melborn, Methuen, Milford, Milton, Natick, Needham, New Bedford, Newton, Norfolk, North Adams, North Attenborough, Northampton, Northborough, Norwell , Oak Bluffs, Peabody, Pembroke, Pittsfield, Plymouth, Quincy, Revere, Salem, Salisbury, Shirley, Somerville, Stockbridge, Swampscott, Taunton, Wakefield, Walpole, Waltham, Watertown, Wellesley, Westfield, Westford, Westwood, Weymouth, Winchester, Winthrop, Woburn, Worcester

## Slide 2 – What is Age-Friendly Walking?

* Some considerations
  + Sidewalk conditions/maintenance
  + ADA compliance
  + Benches
  + Lighting
  + Shade
  + Public restrooms
  + Traffic speed
  + Signal timing
  + Street crossing distance
  + …and more!
* Image: An older adult woman using a mobility assistance device walks by two older adult men sitting on a bench.

## Slide 3 – Age-Friendly Case Studies

* Williamsburg: Healthy Aging and Community Design
* Boston: Age-Friendly Walking

## Slide 4 – Williamsburg: Healthy Aging

* Images:
  + Individuals taking part in a walk analysis of Williamsburg, Massachusetts
* Logos: Healthy Hampshire, Mass in Motion, Pioneer Valley Planning Commission, Williamsburg Massachusetts Town Logo

## Slide 5 – Walkability and Age-Friendly Boston

* Improving Boston’s Walkability a Priority for Seniors
  + Image: An image adapted from the World Health Organization by S. Harris (Design for Aging Committee, BSA). The image is a yellow flower with the words “Age-friendly city” in the center and the eight WHO age friendly themes listed on an individual petal. The themes are:
    - Transportation
    - Housing
    - Social Participation
    - Respect and Social Inclusion
    - Civic Participation and Employment
    - Communication and Information
    - Community Support and Health Services
    - Outdoor Space and Buildings
  + Nearly 50% of all listening session recommendations centered on improving Boston’s walkability
  + Conditions of sidewalks and timing and locations of crosswalks are a primary challenge
  + Trash and graffiti make making unpleasant in some areas
  + Safety and availability of parks are strengths

## Slide 6 – Age-Friendly Walking in Boston

* Partnership between WalkBoston, Elderly Commission/Age-Friendly Boston, and other city agencies and community partners to support safe and comfortable walking for seniors in the City of Boston
* Near-term goal: work from 2016-2018 in three pilot neighborhoods (South End, Mattapan, East Boston) to implement street and sidewalk improvements
* Long-term goal: use lessons learned from pilots to create guidelines for a multi-agency citywide approach to senior walking

## Slide 7 – Pilot Neighborhoods

* East Boston – Meridian/Border Street corridors
* South End – Mass Ave corridor
* Mattapan – Mattapan Square
* Neighborhoods selected in part based upon racial and economic demographic data (focus on low-income seniors and seniors of color)

Image: Percent of population age 60 and over, 2014. Pilot neighborhoods (East Boston –Meridian/Border Streets, South End – Mass Avenue, Mattapan Square) are circled. 15-25% of the community is age 60 and over in East Boston/Meridian Border Street Corridors. 15-25% of the Massachusetts Avenue corridor of the South End is age 60 and over. 20-25% of the Mattapan Square community is age 60 and over.

## Slide 8 – Age-Friendly Walk audit – South End

Image: Individuals taking part in an age-friendly walk audit on Massachusetts Avenue in Boston’s South End neighborhood.

## Slide 9 – Age-Friendly Walk audit – Mattapan

Image: Individuals taking part in an age-friendly walk audit on Blue Hill Avenue in Boston’s Mattapan neighborhood.

## Slide 10 – Age-Friendly Walk audit – East Boston

Image: Individuals taking part in an age-friendly walk audit on Meridian Street in Boston’s East Boston neighborhood.

## Slide 11 – Next Steps

* Work with agency/community partners to advance improvements in pilot neighborhoods
* Work with agency partners to create processes for citywide action items
* Image:

## Slide 12 – Lessons Learned

* Walkability is critical to seniors’ physical and economic mobility and thus to aging in place
* Age-Friendly Walking/Healthy Aging presents a frame to bring new collaborators and diverse stakeholders together
* Directly addressing the needs of vulnerable populations benefits all. *Safe and comfortable walking for seniors means safe and comfortable walking for everyone!*

## Slide 13 – Questions?

Adi Nochur, WalkBoston

ANOCHUR@WALKBOSTON.ORG

617-367-9255

Images: walkBoston staff presenting to various communities