MOBILITY INITIATIVES FOR AN AGING POPULATION
A SCAN OF CURRENT PRACTICES

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BACKGROUND
- Introduction
- Study Goals
- Age-Friendly NYC
- Aging Population, Demographics, Trends
- Challenges to Mobility

CASE STUDIES
- Driving – Roadway Improvements and Licensing Policy Changes
- Public Transportation, Taxis and For-hire vehicles
- Pedestrian Improvements – Signage and Crosswalk Changes
- Planning Tools – Smart Growth and Street Design
- Innovative Technologies and Educational Programs

NEXT STEPS
The Department of City Planning predicts that in 20 years, New York City’s shares of schoolchildren and older people will be about the same, 15 percent each, a sharp change from 1950, when schoolchildren outnumbered older residents by more than 2 to 1.

- Identify current mobility issues of older adults
- Help our city better address the mobility needs of its growing senior population
- Examine innovative solutions in transportation mobility and accessibility for an aging population
- Provide demographic information, travel patterns and trends supporting the projected growth of the 65 and over population
- Seek potential mobility solutions for older adults by examining 17 current practices within the United States and throughout the world.
59 initiatives in 4 categories:

- Community and Civic Participation
- Housing
- Public Spaces and Transportation
- Health and Social Services

Initiative #34 - “Conduct a study to better address the mobility needs of older New Yorkers.”

17 current practices/case studies in 5 categories:

- Driving
- Public Transportation
- Pedestrian
- Smart Growth and Street Design
- Innovation and Education

14 case studies echo initiatives outlined in Age-Friendly NYC.
Americans over 65 represent the fastest growing population segment in the United States.

- **65+ population**
  - 2000: 35 million (12.9%)
  - 2030: 72.1 million (19%)

- **85+ population**
  - 2000: 4.5 million
  - 2030: 9.0 million
*the following graphics illustrate data from the 2000 U.S. Census and the Department of City Planning, Population Division projections for 2030

**Aging Population Demographics and Trends: New York City**

**2000**
- **Total population**: 8.1 million
- **65+ population**: ~937,857

**2030**
- **Total population**: 9.1 million
- **65+ population**: ~1,352,375

**FIGURE 2: Total Population by Borough**

**FIGURE 3: Elderly Population in Borough**
Impact of Aging on Mobility
Mobility impairments can result from many of the natural results of aging:

- Loss of vision
- Loss of hearing
- Muscle strength
- Reduced flexibility
- Changes in reaction time
- Changes in cognitive skills

Planning for a future New York City that preserves the quality of life for the aging as well as ALL New Yorkers will need to take into account the above challenges, especially loss of vision and changes in reaction time, since they are two primary abilities that tend to decrease with age.
The case studies section of the report is divided into 5 categories: Driving, Public Transportation, Pedestrian, Planning Tools and Innovative Technology and Educational Programs

Within each section are current practices illustrating innovative solutions in transportation, mobility, and accessibility for an aging population that are currently in place within cities in the United States and other world cities. These practices address the challenges of our aging population.

**DRIVING-ROADWAY IMPROVEMENTS AND LICENSING POLICY CHANGES**
- Showcase Roadway Project - DETROIT, MICHIGAN
- 20 MPH Zones - LONDON, ENGLAND
- Elderly Licensing and Labeling Safety Policies - TOKYO, JAPAN

**PUBLIC TRANSPORTATION, TAXIS AND FOR-HIRE VEHICLES**
- Step-Free Access - LONDON, ENGLAND
- Access at the MBTA - BOSTON, MASSACHUSETTS
- Accessible Taxis - LONDON, ENGLAND
- ITN Portland - Dignified Transportation Services for Seniors - PORTLAND, MAINE

**PEDESTRIAN IMPROVEMENTS-SIGNAGE AND CROSSWALK CHANGES**
- LED Crosswalk Signs - NAVAL STATION MAYPORT, FLORIDA
- Flashing Beacon and Ground Flashers - SAN JOSE, CALIFORNIA
- Pedestrian Actuated Crosswalk Flashers - KIRKLAND, WASHINGTON

**PLANNING TOOLS - SMART GROWTH AND STREET DESIGN**
- Smart Growth and Transit-Oriented Development - PORTLAND, OREGON
- Russellville Park Transit-Oriented Development - PORTLAND, OREGON
- Complete Streets Policy - MASSACHUSETTS
- Universal Design - NORWAY

**INNOVATIVE TECHNOLOGIES AND EDUCATIONAL PROGRAMS**
- Active Aging Program - PORTLAND, OREGON
- Car-Fit Program - UNITED STATES
- Pedestrian Navigation System - JAPAN
Showcase Roadway Project
Detroit, Michigan
Improving roadway and street signage

20 MPH Zones
United Kingdom
lowering vehicle speeds greatly reduce serious injuries and fatalities

Elderly Licensing and the Vehicle Labeling Policy
Tokyo, Japan
setting new requirements for older drivers
The Showcase Roadway Project (Detroit, Michigan)

- Countdown Signals
- Increased Font Size
- Clearview Font
- LED Lenses
- Retroflectivity
- Painted Curbs

NYC APPLICATIONS and Opportunities:
Clearview Font on street signs; Signage Improvements.
PUBLIC TRANSPORTATION, Taxis and For-Hire Vehicles

Step-Free Access
London, England
Adjustments to London’s underground rail system to provide step-free access

Access at the Massachusetts Bay Transportation Authority
Boston, Massachusetts
Impact of class action lawsuit on MBTA and transit systems across the country

Accessible Taxis
London, England
Three taxi programs that provide alternative modes of transportation with on-demand options

The Independent Transportation Network
Portland, Maine
Expands transit options by providing on-demand transportation by both paid and volunteer drivers
Step-Free Access
London, England
- Remove all steps or barriers
- Provide step-free access from street to platform wherever possible

NYC APPLICATIONS and Opportunities:
- Currently 72 Stations are ADA accessible; 100 Key Stations will be accessible by 2020 (25 percent of stations)
- Increase reliability of escalator and elevator service.
- PlanNYC emphasizes improving access to existing transit by 2030.
PEDESTRIAN IMPROVEMENTS – Signage and Crosswalk Changes

LED Crosswalk Signs
Naval Station Mayport, Florida
Improvements to sign visibility at crosswalks and intersections

Flashing Beacons and Ground Flashers
San Jose California
observe yielding and braking at intersections in order to provide more safety at crosswalks

Pedestrian Actuated Crosswalk Flashers
Kirkland, Washington
increasing safety by highlighting crosswalks
PEDESTRIAN IMPROVEMENTS – Signage and Crosswalk Changes

LED Crosswalk Signs
Flashing Beacons and Ground Flashers
Pedestrian Actuated Crosswalk Flashers

NYC APPLICATIONS and Opportunities:
- Elements of all three case studies could be combined to improve safety at crosswalks
- Flashing Beacons have been used near selected schools in NYC as a NYC DOT pilot project
- Pedestrian Actuated Crosswalks are located at 1500 intersections in NYC, but none of them incorporate embedded ground flashers
PLANNING TOOLS - Smart Growth and Street Design

**Smart Growth and Transit-Oriented Development**
Portland, Oregon
implementing policies that integrate housing, transportation and sustainability

**The Russellville Park Transit-Oriented Development**
Portland, Oregon
transit-oriented development specifically aimed at growth designed for seniors

**Complete Streets Policy**
Massachusetts
promotes safely designed streets to benefit all users

**Universal Design**
Norway
applies the principles of Universal Design to the planning and design of spaces
Universal Design
- Applies the principles of Universal Design
- Planning and design of buildings, transportation facilities, public spaces, and information technologies to be usable by all people.

NYC APPLICATIONS and Opportunities:
- Current law requires ADA access in new buildings
- Many buildings, public spaces, and transit facilities in NYC were built before ADA and are not required to provide universal access
Active Aging Programs
Portland, Oregon
provide programs for older adults that encourage cycling and walking to keep them mobile.

The Car-Fit Program
United States
educational program that offers older adults the opportunity to check how well their vehicles fit them to attain maximum comfort and safety.

Pedestrian Navigation System
Japan
incorporates technology to help older adults to navigate their surroundings safely whether they are driving, utilizing public transportation, or making other drivers aware of their presence.
Active Aging Programs (Portland, Oregon)
- provide programs for older adults that encourage cycling and walking to keep them mobile.

NYC APPLICATIONS and Opportunities:
- The City Parks Foundation offers seniors over 60 recreation opportunities in nine parks throughout the City.
- Proposed senior exercise equipment in John Jay Park on Upper East Side.
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Next Steps

Update demographic analysis using the 2010 census

Analyze possible application/implementation of case studies in neighborhoods with high concentrations of older residents

Investigate additional current mobility practices that could be applicable to NYC

Create a compendium of information on aging and mobility to serve as a reference for all relevant agencies

Continue nurturing an age-integrated society by supporting, enhancing, and implementing mobility improvements for the increasing population of older New Yorkers.