

# Healthy Community Healthy Aging

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# Trends

- Aging Population
- Urbanization
- Increase in multiple chronic diseases
- Quality of life

# Vocabulary Overview

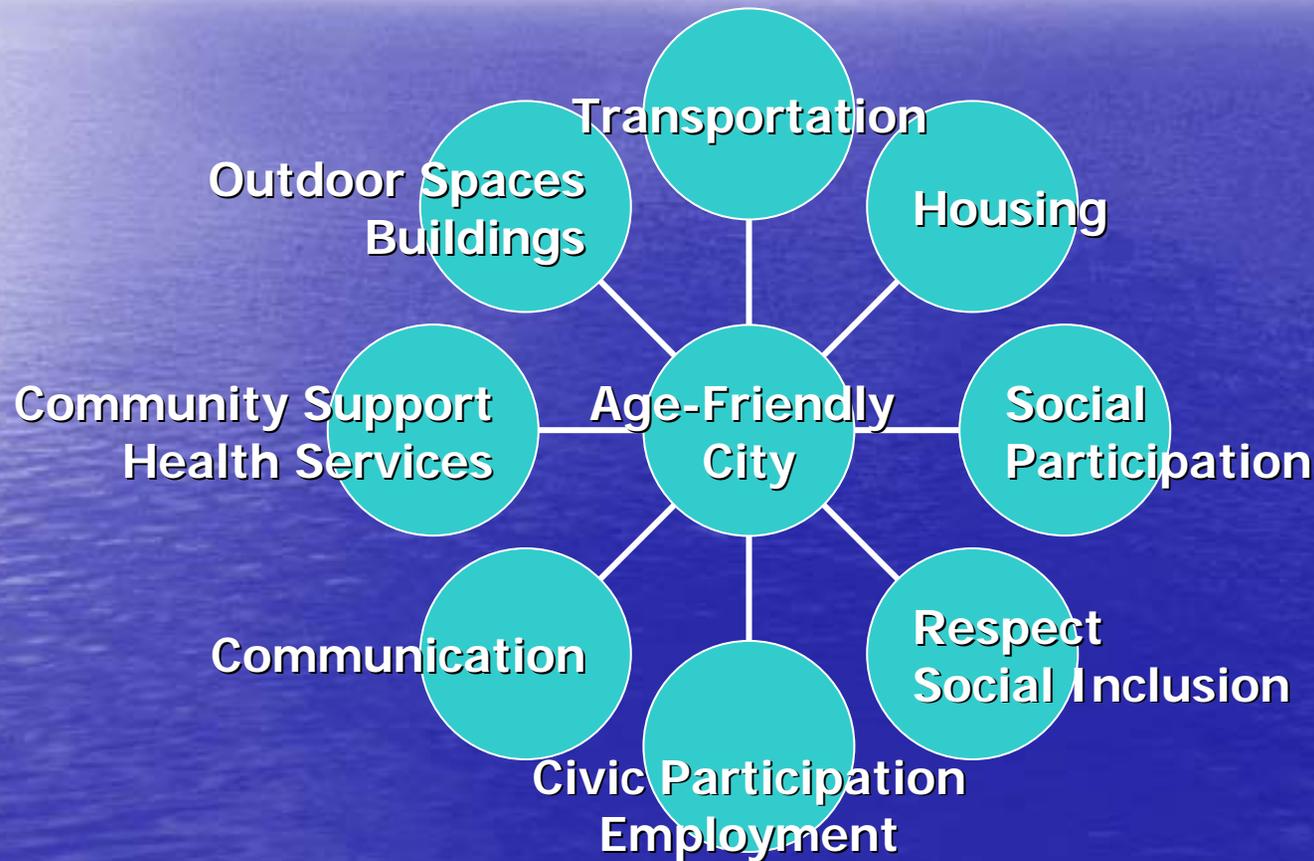
- **Built Environment**
- **Age-Friendly Cities**
- **Aging in Place**
- **General Plans**
- **General Plan Elements**
- **Specific Plans**

# SPOT THE OBVIOUS



# Age – Friendly City Topic Areas

Global Age-Friendly Cities: A Guide  
World Health Organization



# Social Participation

- **Accessibility of Events & Activities**
  - Location
  - Time
  - Admission is easy, no membership
- **Affordability**
  - No hidden costs
  - Private & public help keep events free for older population
- **Range of Events and Activities**
  - Appeal to diverse population
- **Facilities & Settings of Events**
  - Accessible to all ages and abilities
- **Communication of Events**
  - Includes multiple mediums
  - Information about accessibility & transportation options
- **Addressing Isolation**
  - Personal invitations
  - Easy to attend

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# Social Inclusion

- **Respectful & Inclusive Services**
  - When developing an intervention, activity or service for this population...ask them
  - Courteous staff that WANT to be around the aging population
- **Public Image of Aging**
  - Be aware of public image that depicts aging stereotypes
- **Economic Inclusion**
- **Community Inclusion**
  - Aging population is purposefully included in decision making
- **Public Education**
  - Provide opportunities to be involved in education
  - Provide opportunities to engage in lifelong learning
- **Intergenerational & Family Interactions**
  - Family activities are planned with the aging population in mind, not just children.
  - Activities bring together generations

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# Civic Partnership & Employment

- **Volunteer Options**
  - A range of options
  - Training provided
  - Utilize volunteer opportunities for life long learning
- **Employment Options**
  - A range of opportunities
  - Retirement is a choice not mandatory
  - Utilize institutional knowledge
- **Training**
- **Accessibility**
  - Flexibility, Time, Location, Transportation

# Communication & Information

- **Oral Communication**
  - No jargon or slang
  - Information announced at public meetings, clubs or other forms of “viral” communication that are accessible to the aging community.
- **Printed Communication**
  - Various forms utilized in various languages
  - Large lettering
- **Plain language**
- **Computers & Internet**
  - More users in the aging community
  - Consider their social sites

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# Community Support & Health Services

- **Service Accessibility**
  - A range of health and social services are provided
  - Services are accessible
    - Time, Location, Transportation
  - Services are what the population want and need
  - Services are affordable
  - Service facilities are safe, visible, and accessible
- **Emergency Planning**
  - Includes aging population of all abilities and health
  - Includes aging population in planning process
  - Provides opportunities for aging population to be a part of the rescuers... not just the rescued

WHAT IS THIS?



# SPOT THE OBVIOUS



# Housing

- **Affordability**
- **Services**
  - Close in proximity
  - Available
  - All levels of services
- **Design**
  - Cognizant of weather extremes
  - Surfaces and passage ways are designed for all levels of ability
  - Modifications for all levels of abilities
- **Maintenance**
  - Services are available and affordable
  - Programs are in place to assist residents when in need of additional help
- **Aging in Place**

# Aging in Place Designs

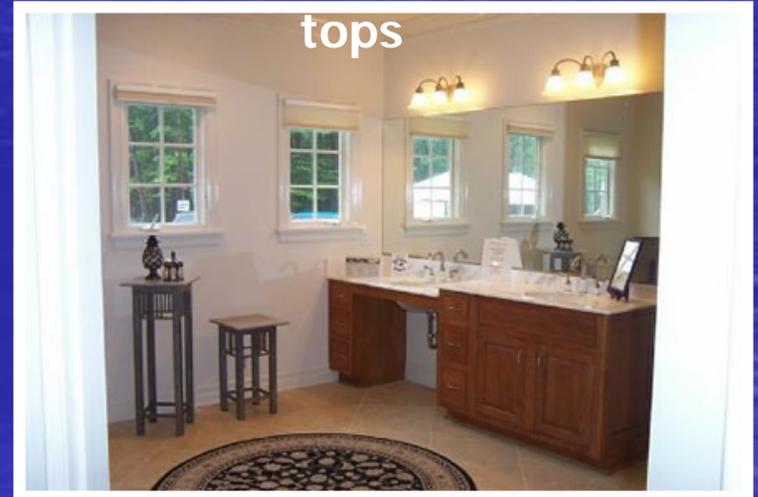


No step entry ways to buildings



Elevated toilet with grip bar

Knee room & lowered counter tops



# Aging in Place Designs

- Electrical outlets at 18 inches instead of 12
- Light switches at 42" instead of 48
- Light switches reachable from the door
- Lower window sills especially for windows on the street
- Contrast colors between floor and walls
- Color borders around floor and counter-top edges
- Non skid flooring
- Peep hole at a low height
- Levered door handles instead of knobs
- Room for side by side refrigerator



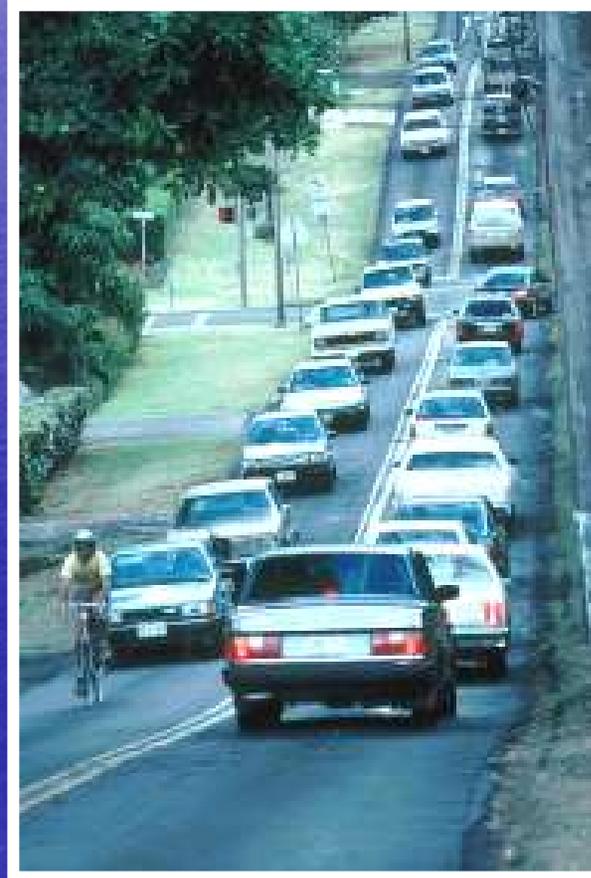
# Transportation

- **Availability**
  - Door to door
- **Affordability**
  - Rates should be consistent and posted
  - Affordable parking for private vehicles
- **Reliability**
- **Frequency**
- **Destinations**
  - Consider destinations to health centers, hospitals, grocery stores, parks, banks
  - Consider easy ability to go to destinations between cities
  - Stops are located close to destinations
- **Age Friendly Vehicles**
  - Specialized services for people with varying abilities
  - Vehicles that have clear signage, lower steps, higher seats
- **Safety**
  - Stops have benches and shelter
  - Easy to read instructions and signage
  - Refresher and safety driving courses
  - Safe, well light parking garages

# SPOT THE OBVIOUS



# SPOT THE OBVIOUS



# Outdoor Spaces and Buildings

- Pedestrian & bike friendly streets
- Smooth surfaces
- Public toilets
- Seating – protected from the environment
- Services are clustered
- Adequate signage
- Enforcement of traffic laws regarding pedestrians & bikes
- Visible police & safety officials
- Low steps into buildings with railings
- Sidewalks wide enough to accommodate wheelchairs
- Traffic islands
- Adequate timing for crosswalks
- Sufficient lighting

# Outdoor Spaces and Buildings

- **Outdoor Falls**
- **Loss of Physical Function**
- **Health Behaviors/Obesity**
- **Control of Chronic Disease**

# SPOT THE OBVIOUS



# Foothill Avenue at Oro Vista Avenue Los Angeles, Sunland, 91042



Facing forward



Looking left

**Observation date and time: April 9, 2008, 10:00 a.m. to 11:00 a.m.**

**Crosswalk: Crossing Foothill Avenue (south) at Oro Vista Avenue**

**Neighborhood type: Commercial, borders residential areas**

**Local infrastructure: Pharmacy, dry cleaners, restaurants, grocery stores**

**Distance to nearest bus stop: 3 feet (Metro 90, 91, 169, 290)**

**Other information: Park two blocks west, senior housing two blocks west on Foothill Blvd., many apartment complexes to the west along Foothill Blvd.**

# Foothill Avenue at Oro Vista Avenue

## Minimum Walking Speeds

Condition	Transit Distance	
	Curb-to-curb (77 feet)	Curb to middle of last traffic lane (71 feet)
Green traffic light	3.67 feet per second	3.09 feet per second
Countdown timer only	4.81 feet per second	4.44 feet per second

Curb-to-curb distance  
covered at 2.8 fps during  
green traffic light

Curb-to-curb distance  
covered at 2.8 fps during  
countdown timer only



*Minimum walking speeds exceeding 2.8 fps are shown in red.*

# SPOT THE OBVIOUS



# FIX THE OBVIOUS



**SPOT THE OBVIOUS**



**FIX THE OBVIOUS**



# Roles for Public Health Influencing Community Health

- Provide a health perspective in planning decisions
- Provide health data to support healthy, livable community projects
- Assist with community assessments

# INFLUENCE

- Empower/mobilize grassroots coalitions
  - Professional life & PERSONAL LIFE
- Use & teach health messaging techniques
- NEVER underestimate the power of a personal connection or story!

# Thank You!

- Q&A