

# PLANNING FOR HEALTHIER COMMUNITIES: CONSIDER A NURSE

PRESENTED BY:



American Planning Association  
Florida Chapter

*Creating Great Communities for All*



Planning Webcast Series  
May 20, 2022  
AICP CM Event #9246952

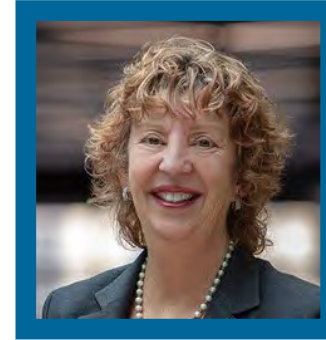
# YOUR PRESENTERS



Alex Magee  
*Executive Director*  
**APA Florida**



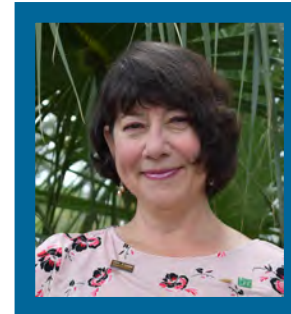
Laura Cantwell  
*Associated State Director  
of Advocacy & Outreach*  
**AARP Florida**



Laurie Benson, BSN  
*Executive Director*  
**Nurses on Boards  
Coalition**



Paul Lewis, FAICP  
*Chief Planning Manager*  
**City of Orlando**



Susan Poplin, AICP, MSP  
*Principal Planner*  
**Tallahassee-Leon County  
Planning Department**

# APA FLORIDA'S EFFORTS AT PLANNING HEALTHY COMMUNITIES

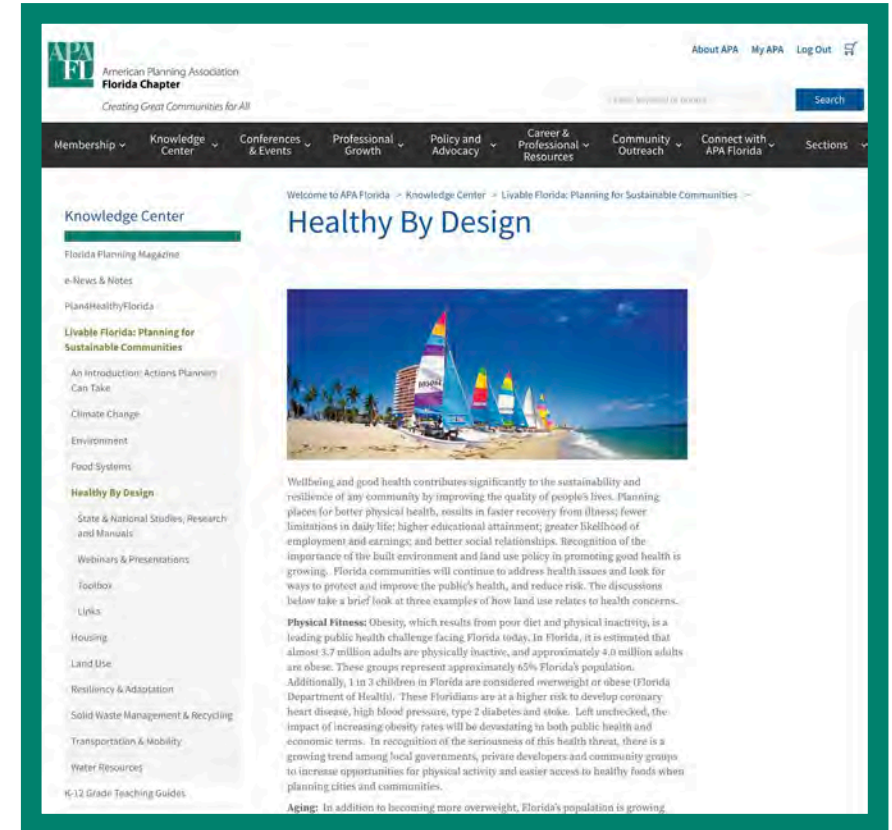


American Planning Association  
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# PREVIOUS APA FLORIDA INITIATIVES

- Supported legislation
  - Use of state transportation dollars for establishment of statewide system of interconnected multiuse trails (2014)
  - Healthy food financing initiative (2016)
- Provided continuing education on health-related issues at annual conferences and local section level
- Included panels on health and planning at annual public policy workshops
- Included *Healthy by Design* resource page as part of Livable Florida microsite in the APA Florida Chapter website







# PLANNERS4 HEALTH AWARDS

National initiative by  
American Planning  
Association

Funded by Centers for  
Disease Control and  
Prevention's Division of  
Community Health in 2016

**Planners4Health Session One:  
Assessing the Healthy Communities Landscape**



The illustration shows a cross-section of a community landscape. On the left, there are green trees and a yellow building. In the center, there are more green trees and a yellow building. On the right, there are green trees and a yellow building. A road with cars and a person walking is in the middle. The bottom of the illustration has a blue banner with the text 'PLAN4Health' and the American Planning Association logo.

**PLAN4Health**

**APPA**  
American Planning Association  
Making Great Communities Happen

**PLAN4Health**  
An American Planning Association Project



# PLANNERS4HEALTH



**Goal:** Strengthen the capacity of APA chapters to integrate planning and public health



**Deliverables:**

Assessment of health and planning

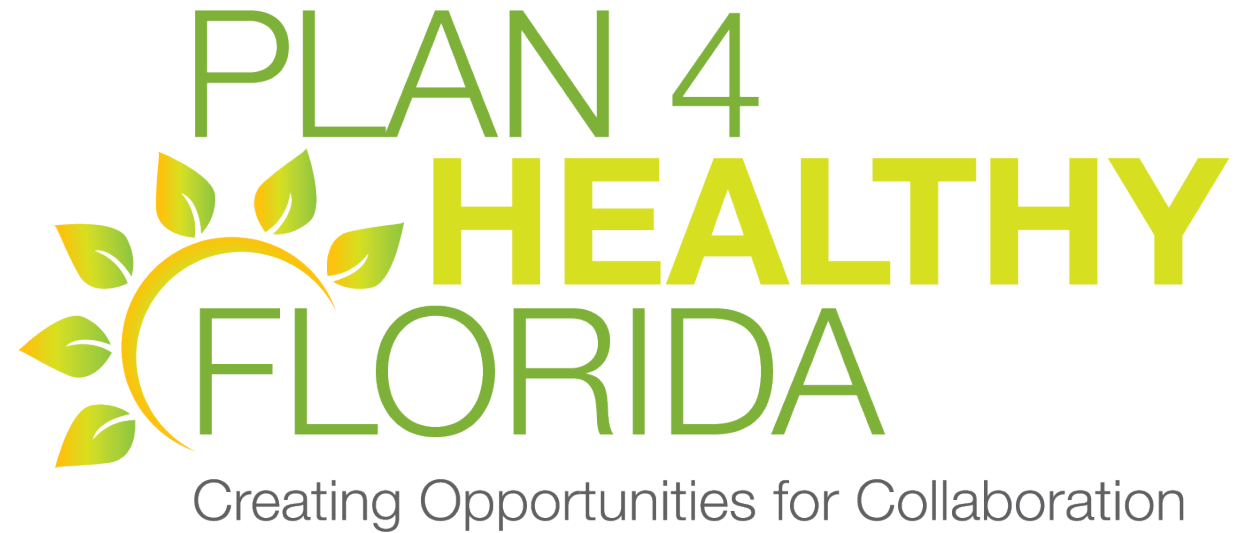
Host roundtable with key stakeholders

Identify next steps for chapter and stakeholders

# PROJECT PURPOSE

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- A collaborative effort to enhance and encourage cross-sectional relationships
- A product that will be sustainable
- A product we can easily distribute/easy access

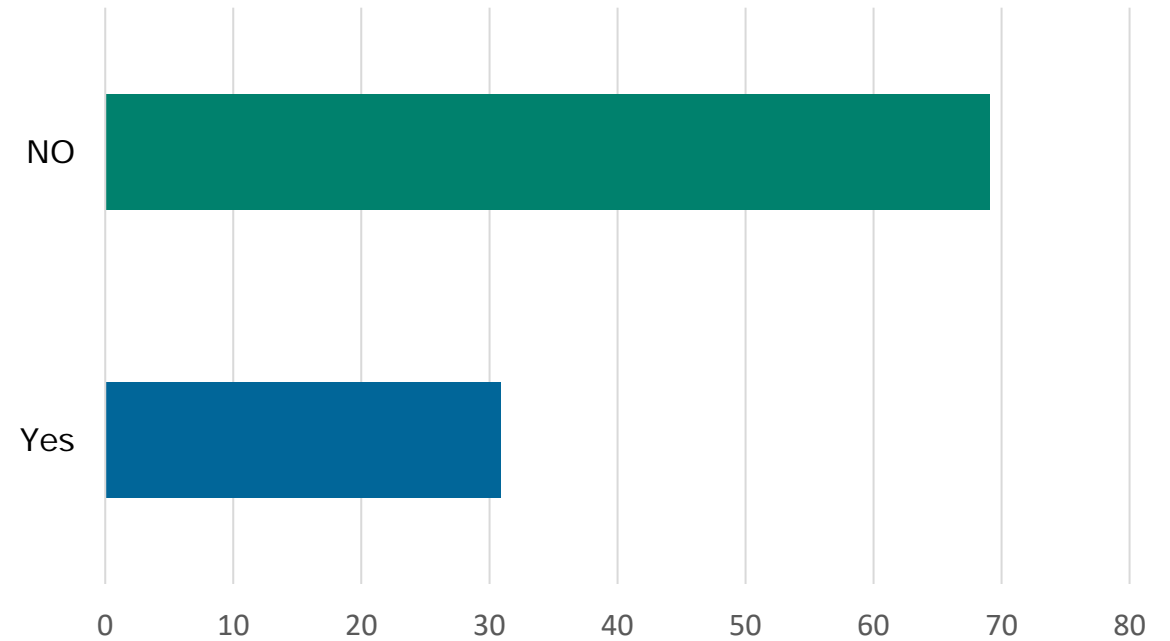


# PROJECT DISCOVERY: FACILITATED TASKFORCE MEETING

- Brainstorming session on what we MUST do, what we SHOULD do, and what we SHOULD NOT do
- Consensus: “Through a web-based platform, intersect planning and public health.”

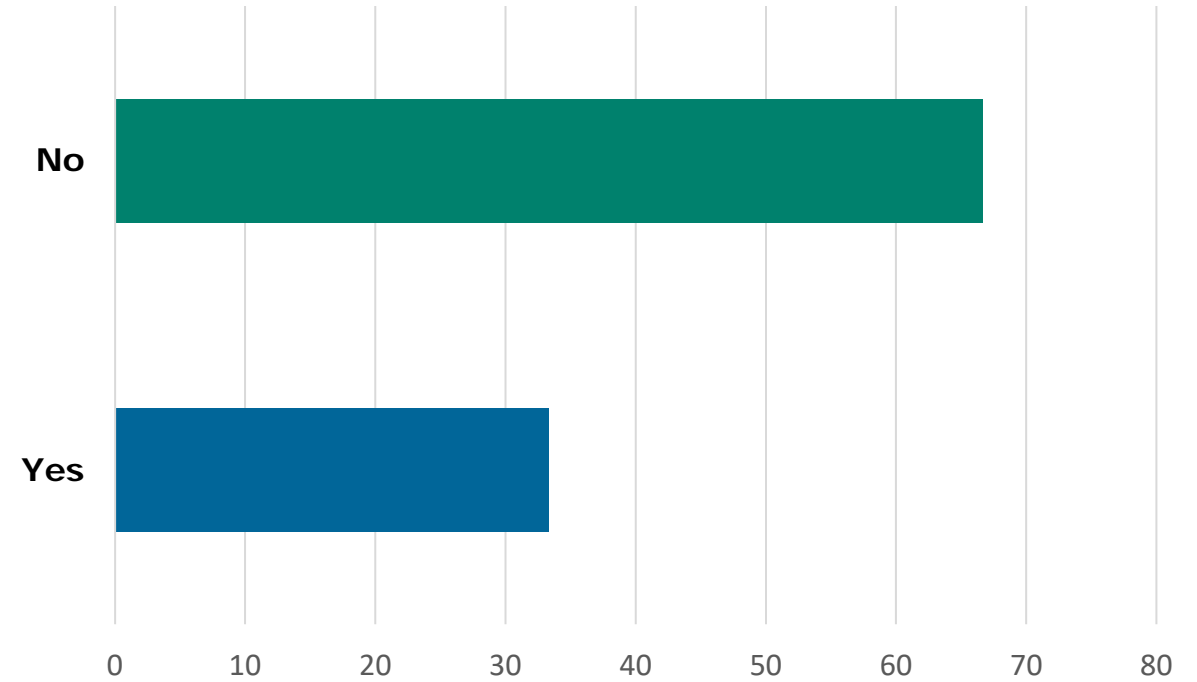


# Percentage of planners that interact with public health officials in their line of work



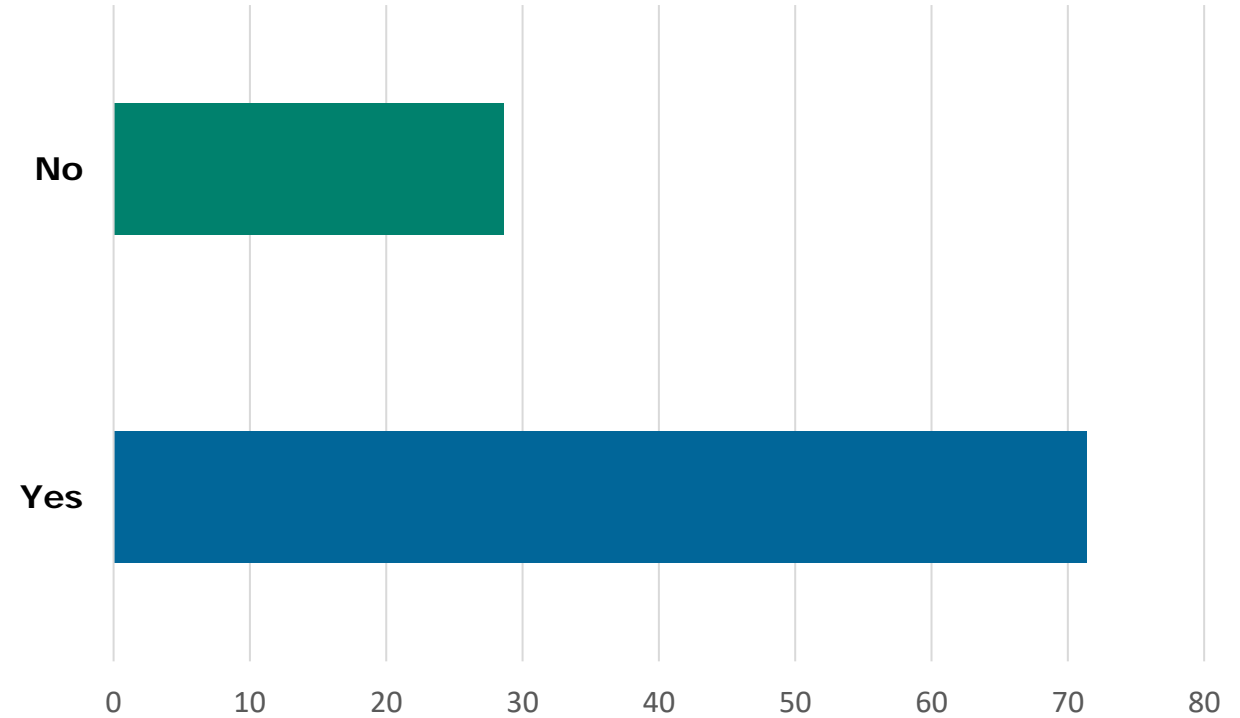
YES: 30.91% NO: 69.09%

# Percentage of health officials that interact with planners in their line of work



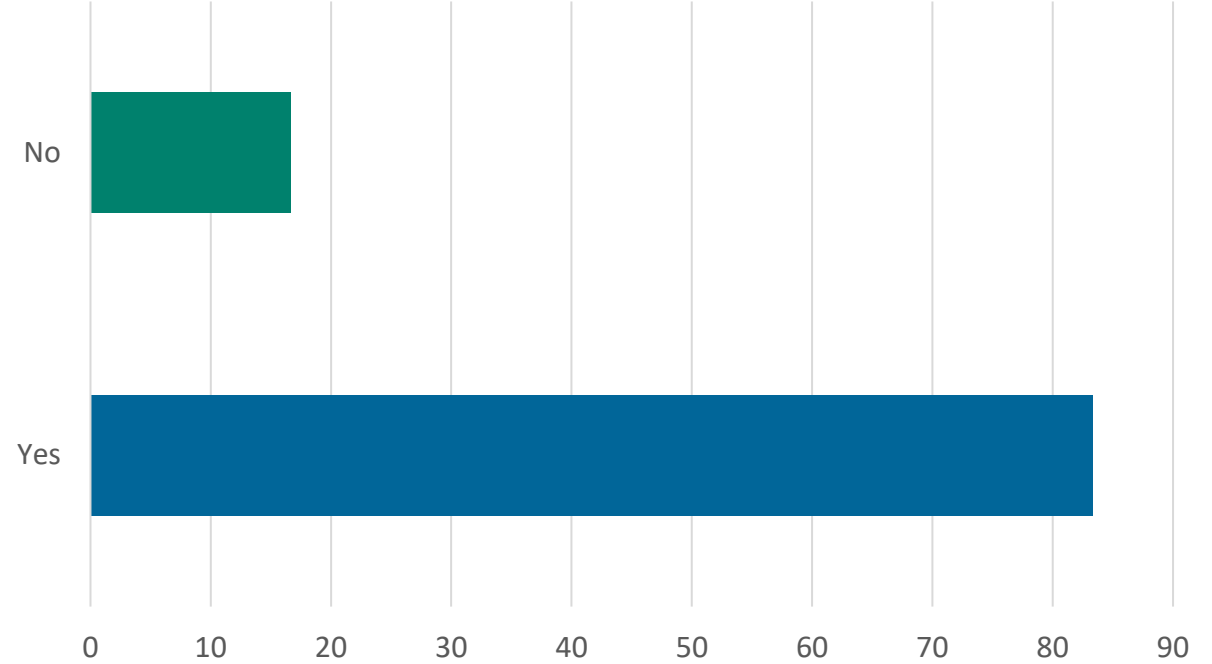
YES: 33.33% NO: 66.67%

**Percentage of planners that thought there is political interest in guiding growth toward healthier communities**



**YES: 71.36%    NO: 28.64%**

**Percentage of health officials that thought there is political interest in improving health initiatives in their communities**



**YES: 83.33%    NO: 16.67%**



# NEXT STEPS – COLLABORATION OF PROFESSIONS

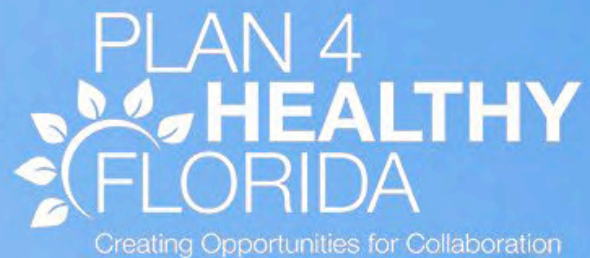
- Held a roundtable meeting with the stakeholders and additionally invited professions, mostly public health professions.
- Facilitated meeting to discuss website goals, content, and funding.
- Conducted exercises to create content.

HOME

RESOURCES

GLOSSARY

EVENTS



PROFESSIONAL SPOTLIGHT

ABOUT US

# HEALTHY COMMUNITIES

CREATING OPPORTUNITIES FOR COLLABORATION

[plan4healthyfl.org](http://plan4healthyfl.org)



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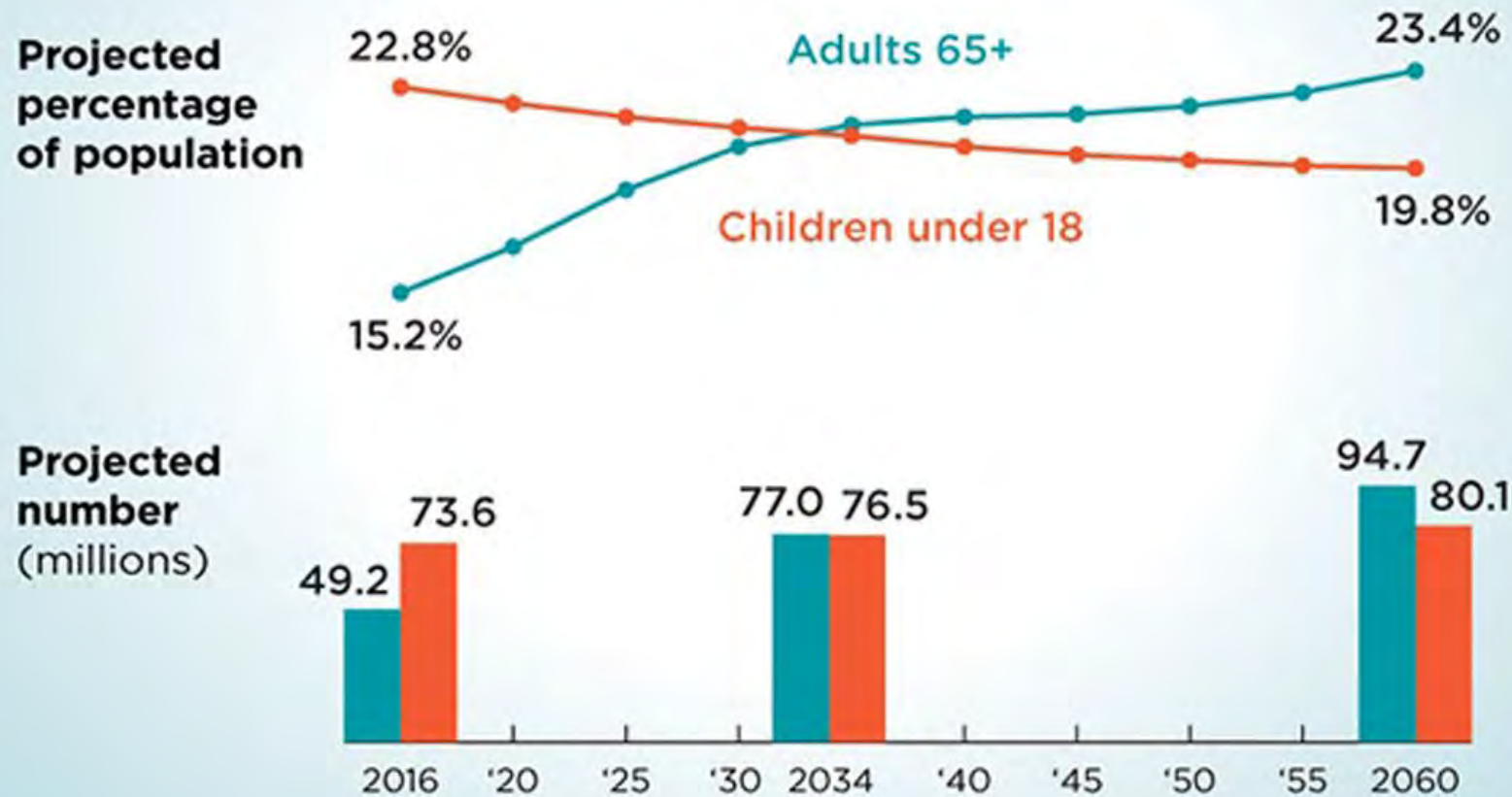
# PLANNING FOR HEALTHIER COMMUNITIES: CONSIDER A NURSE

**LAURA CANTWELL**

**AARP FLORIDA: ASSOCIATE STATE DIRECTOR**



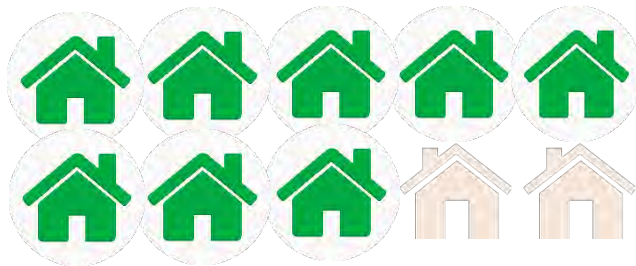
## For the First Time in U.S. History Older Adults Are Projected to Outnumber Children by 2034





8 of 10  
ADULTS

age 50 and older want to  
stay where they live



77%

Strongly agree with the  
statement, “I would like to  
**remain in my community as  
long as possible.**”

76%

Strongly agree with the  
statement, “I would like to  
**remain in my current home  
as long as possible.**”

# MILLENNIALS AND BABY BOOMERS WANT WALKABLE, MIXED-USE NEIGHBORHOODS

**Age  
doesn't  
define us**

**80%**

Well maintained, safe and accessible streets

**82%**

Conveniently-located grocery stores

**83%**

Safe Parks

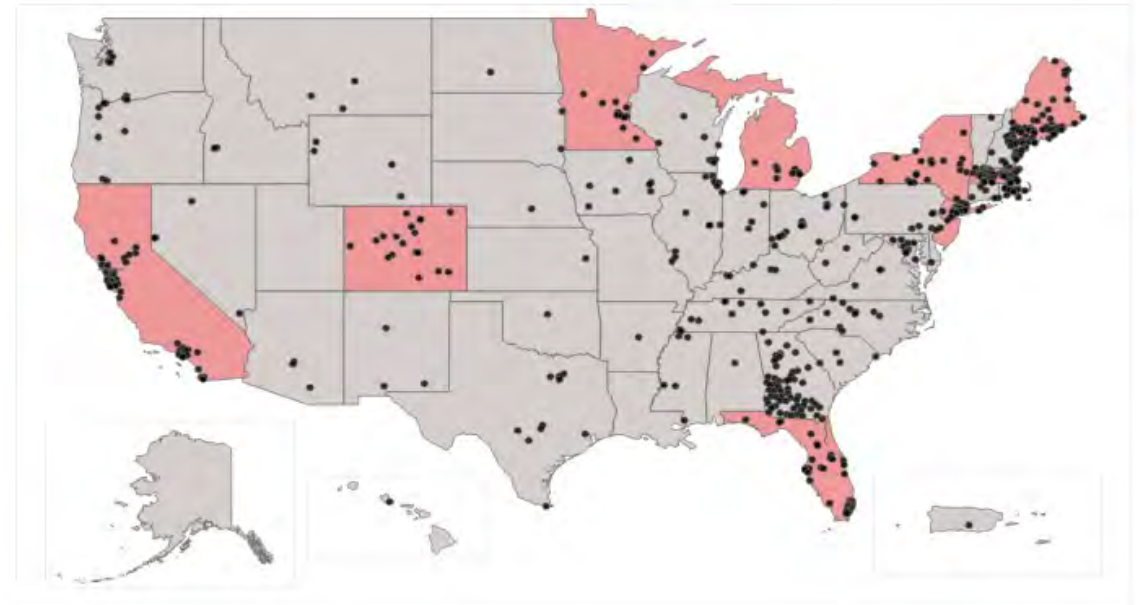
**87%**

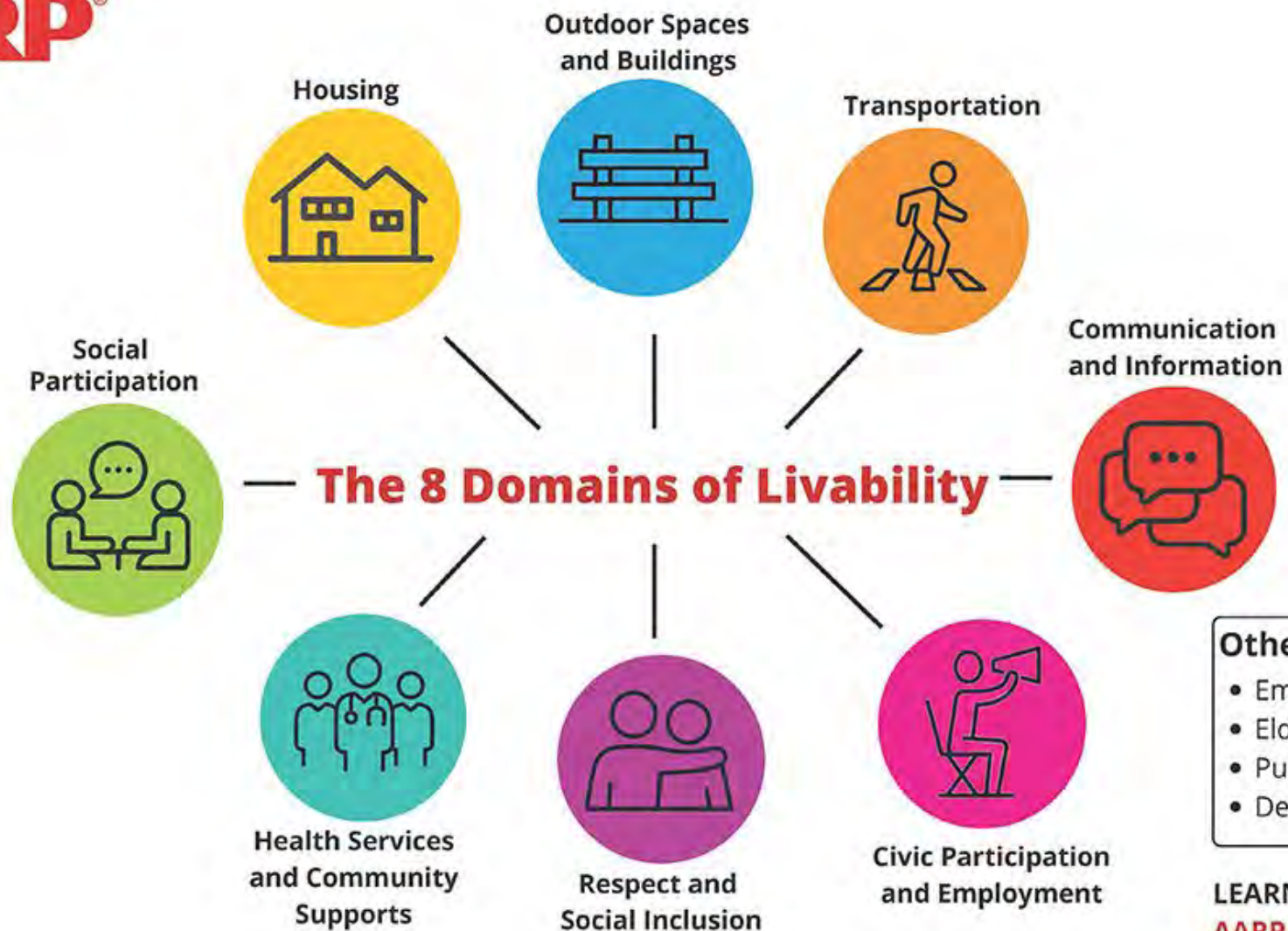
Well-maintained health care facilities

# WHAT IS AGE-FRIENDLY?

An **age-friendly community** is one that is free from physical and social barriers and is supported by policies, systems, services, products and technologies that:

- promote health and build and maintain physical and mental capacity across the life course; and
- enable people, even when experiencing capacity loss, to continue to do the things they value.





#### Other Areas

- Emergency Preparedness
- Elder abuse
- Public safety
- Dementia-friendly

**LEARN MORE**  
[AARP.org/Livable](https://AARP.org/Livable)

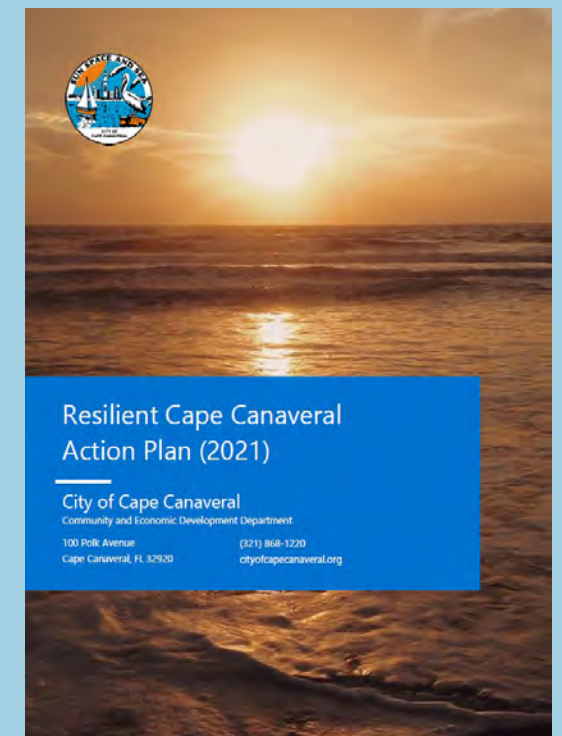


# Multi-Faceted Age-Friendly Community Approach

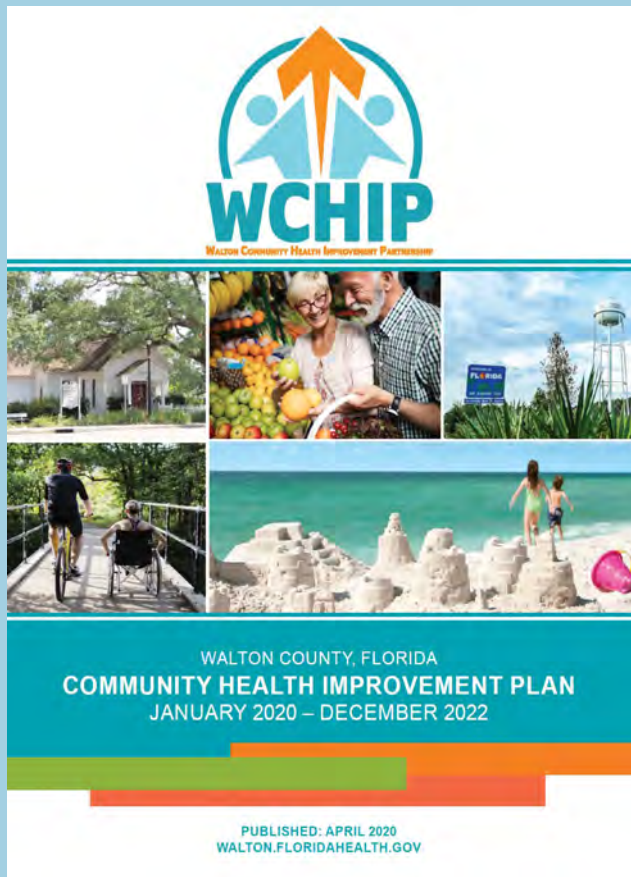
## ST. PETERSBURG AGE-FRIENDLY COMMUNITY ACTION PLAN



February 2021



# Age-Friendly Communities and Health



- Alignment of Community Health Improvement Plan and Age-Friendly Action Plan
- Integration of Department of Health in Age-Friendly Committees
- Older Adult Data



# Outdoor Spaces & Buildings

## Creating Parks and Public Spaces for People of All Ages

A Step-by-Step Guide



**AARP**  
Real Possibilities  
Available at  
[AARP.org/LivableParks](https://www.aarp.org/LivableParks)

**880**  
cities

THE  
NATION'S  
FOR  
PUBLIC  
LAND

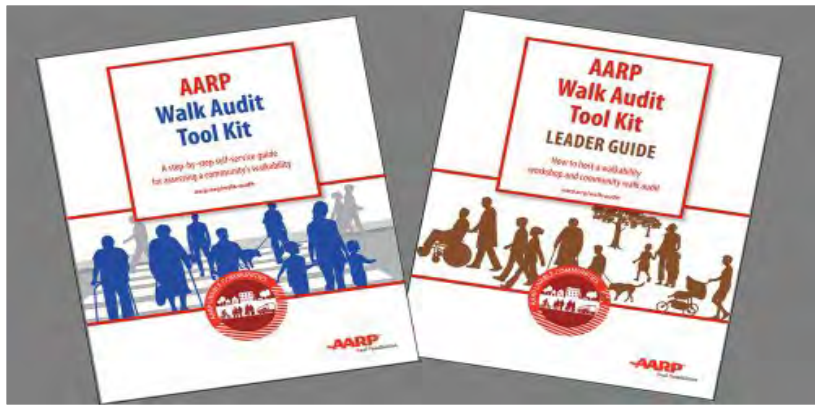


Credit: Miami-Dade Age-Friendly Initiative



Credit: AARP St. Petersburg FitLot

# Transportation



Credit: AARP Volunteer Ken Reinhardt

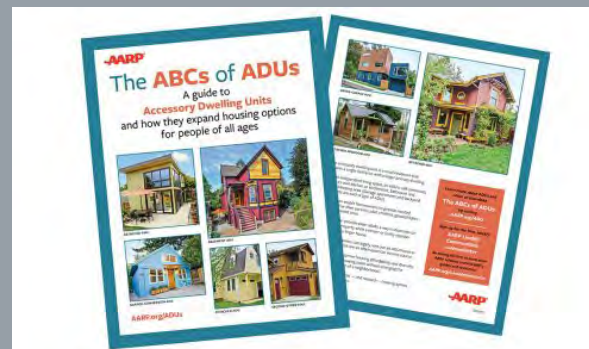
- Complete Streets
- Vision Zero
- Metropolitan Planning Organization Citizen Advisory Committee



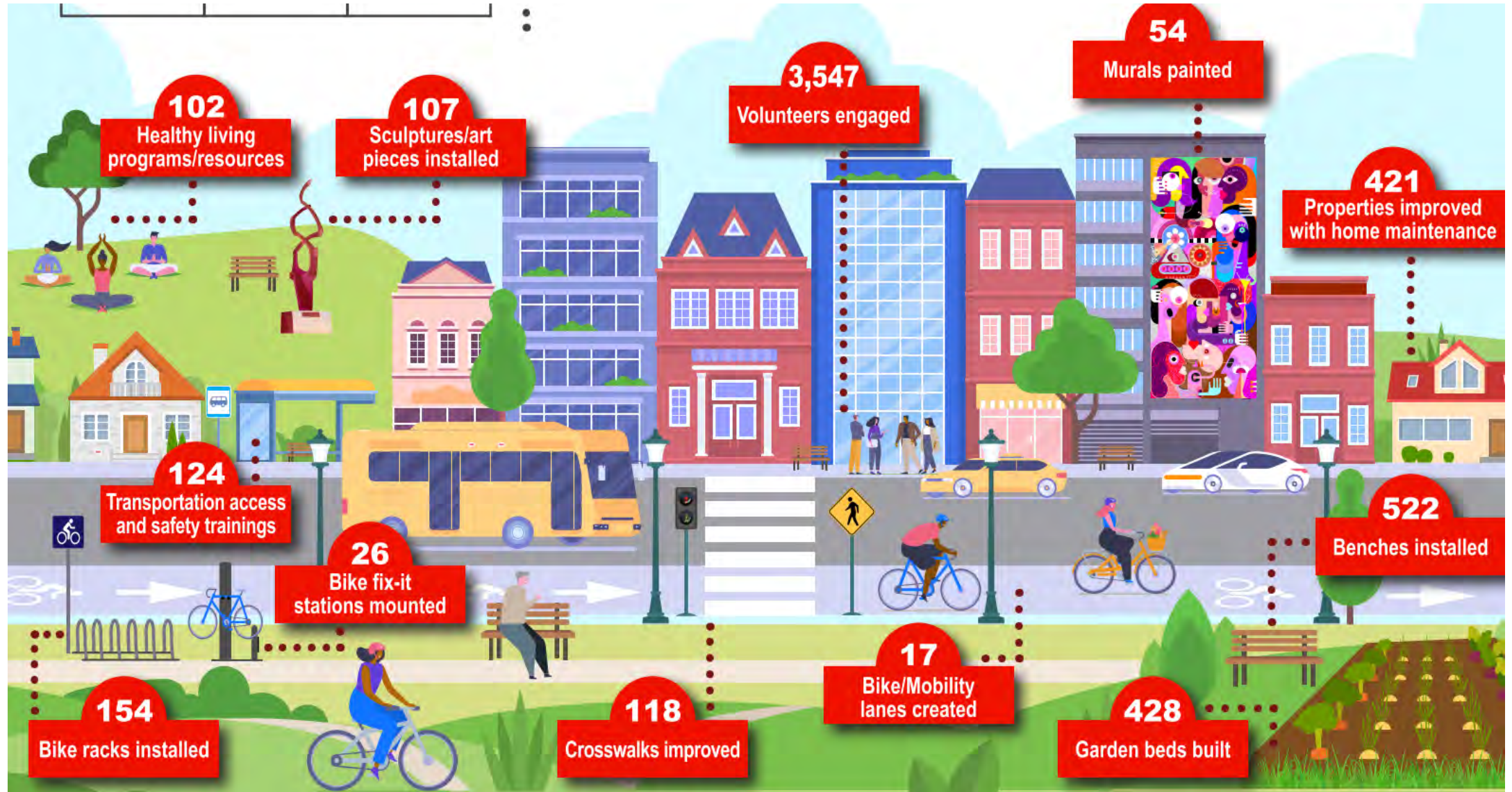
# Housing



- Affordable Housing
- Universal Design
- Accessory Dwelling Units



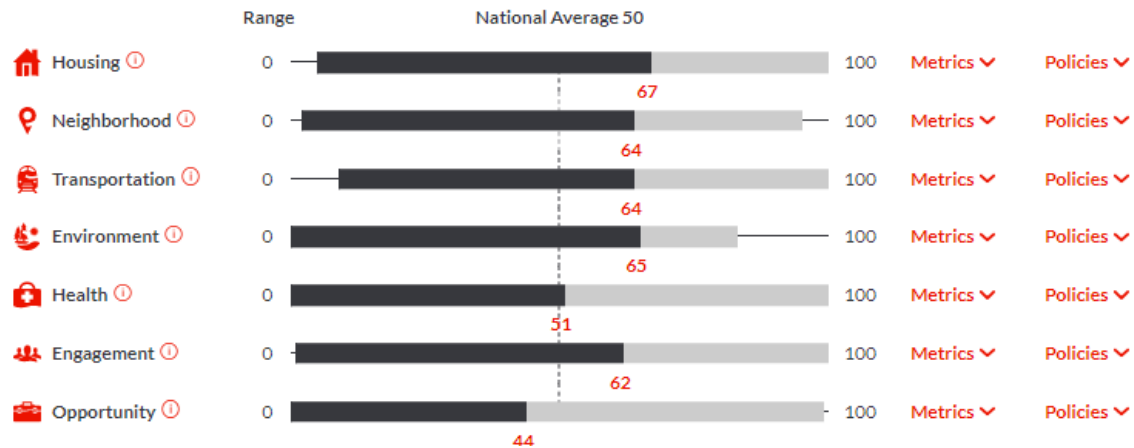
# AARP COMMUNITY CHALLENGE GRANTS





## Category Scores

These are the neighborhood scores for Zip Code 33701. Explore the metrics and policies behind the numbers.



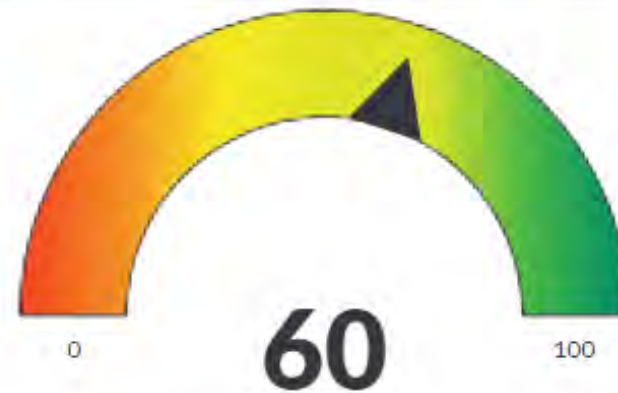
## Zip Code 33701

County:

[Pinellas County](#)

State:

[Florida](#)



The overall livability index score for Zip Code 33701 is 60. This is in the top half of communities in the U.S.

## Demographics

Total Population:

**12,633**

African American: 18%

Asian: 2%

Hispanic: 8%

White: 75%

Age 50+: 44%

Age 65+: 22%

Households w/Disabilities: 15%

Life Expectancy: 76 years old

Households Without a Vehicle: 18%

Median Income: \$45,013

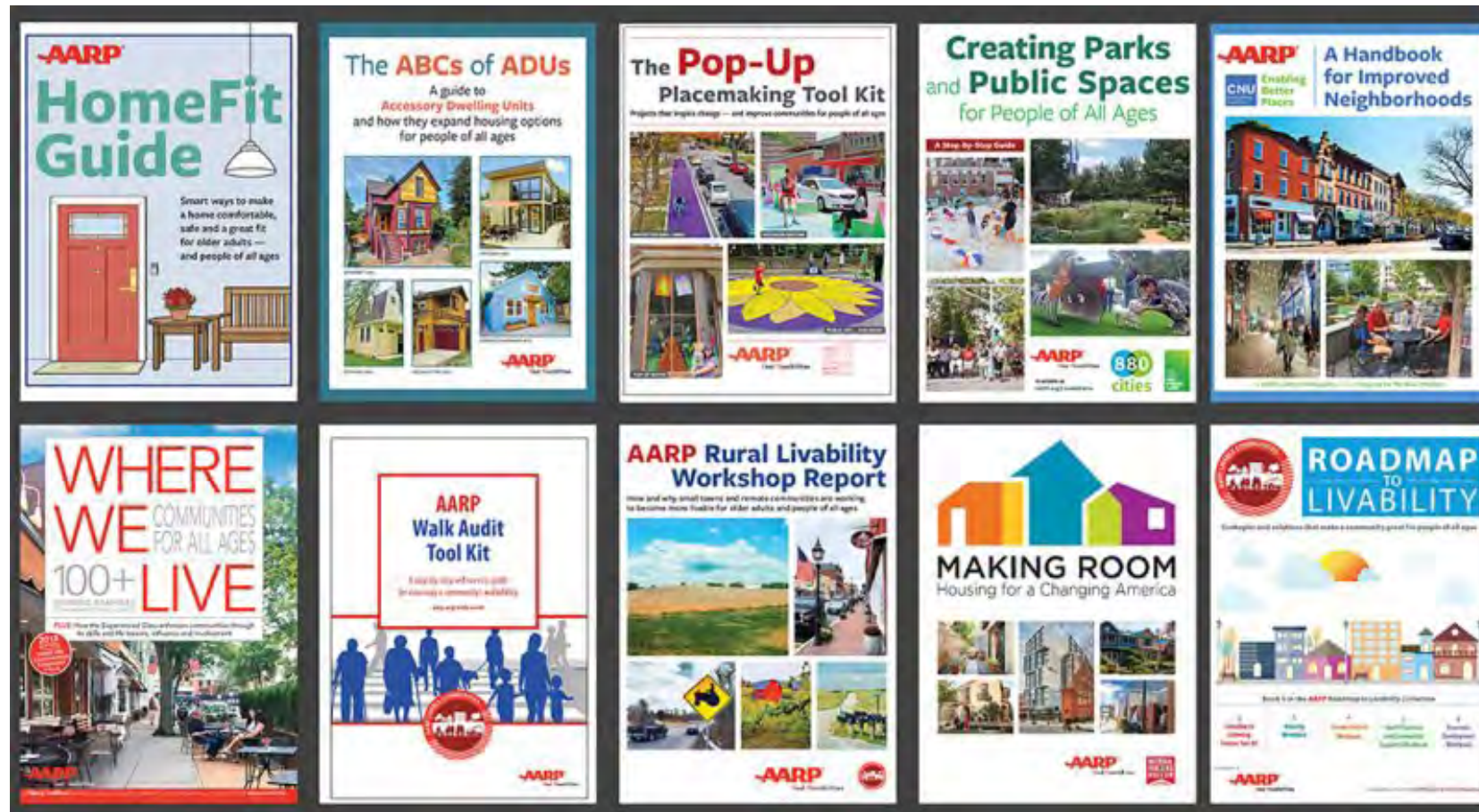
Poverty: 18%

Upward Mobility: 40 ⓘ

[Sources for Demographic Data Points](#)

**WWW.AARP.ORG/LIVABILITYINDEX**

AARP.ORG/LIVABLE



## CONNECT WITH US

Visit us on the web at:

- [aarp.org/livable](http://aarp.org/livable)

Subscribe to our award-winning FREE e-newsletter at:

- [aarp.org/livable-subscribe](http://aarp.org/livable-subscribe)

Laura Cantwell

- [lcantwell@aarp.org](mailto:lcantwell@aarp.org)





American Planning Association  
**Florida Chapter**

*Creating Great Communities for All*



Collaboration with APA Florida, AARP Florida, and NOBC  
**Planning for Healthier Communities: Consider a Nurse**

May 20, 2022

Laurie Benson, BSN Executive Director, NOBC



# Objectives:

- Provide an overview and awareness of the unique opportunity for APA chapters to include nurses on your boards and committees to create healthier communities at the intersection of planning and public health
- Leverage the collaboration of APA Florida, AARP Florida, and NOBC
- Help build local capacity in support of Plan4Health goals to address population health goals and the inclusion of health in non-traditional sectors
- Understand the easy process to tap into the NOBC database and network to request a nurse or nurses to serve on local community boards and committees across the country

# Mission Alignment

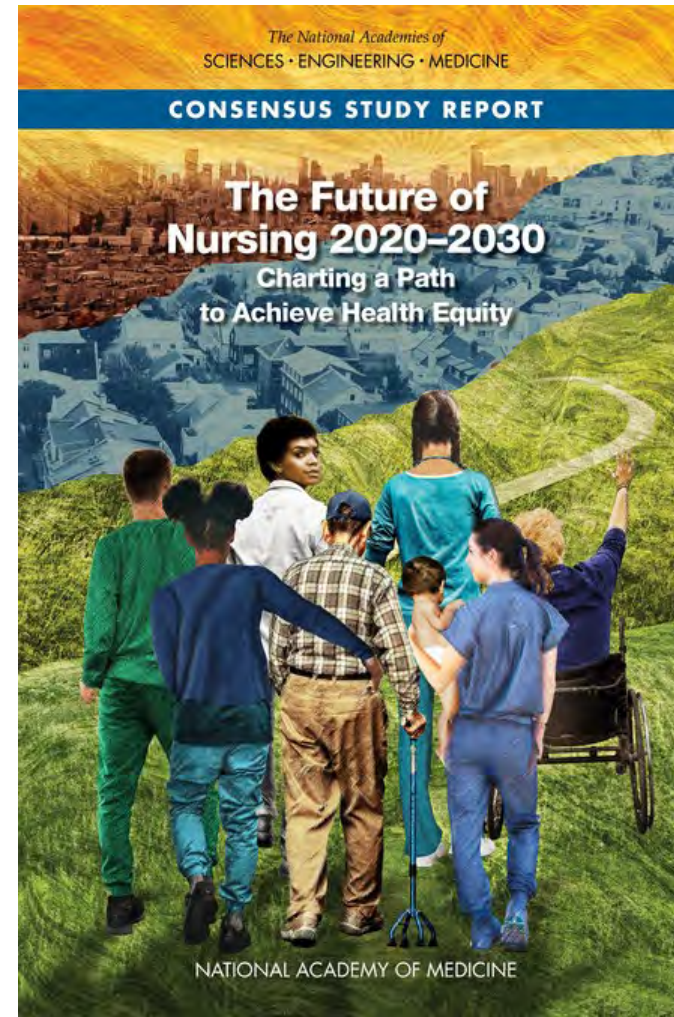
- **APA Florida Mission:** Creating great communities for all
- **AARP Florida Mission:** To empower people to choose how they live as they age.
- **NOBC Mission:** To improve the health of communities through the service of nurses on boards and other governing bodies.



# NOBC Strategy Map 2022-2025



# The Future of Nursing 2020-2030: Charting a Path to Achieve Health Equity



# So.....Why Nurses?

All boards benefit from the unique perspective of nurses to achieve the goals of improved health and efficient and effective health care systems at the local, state and national level.





# Nurses Bring a Special Set of Skills

- Leadership
- Quality and Process Improvement
- Communications
- Human Resources
- Strategic Planning
- Finance
- Teamwork
- Research
- Systems Thinking
- Change Theory



# Nurses in communities across the country are prepared and interested in serving on boards and committees!

- Skilled in all phases of the assessment, planning, implementation and evaluation processes
- Adept at addressing the social determinants of health, promoting a culture of health, and achieving health equity for all
- Provide access to care for all populations
- Serve patients and families of all ages
- Share best practices and resources
- Model collaboration principles
- Committed to creating healthier communities



American Planning Association  
**Florida Chapter**

*Creating Great Communities for All*



# Nurses on Boards Coalition Current Member Organizations

- AARP
- Academy of Medical-Surgical Nurses
- American Academy of Nursing
- American Association for Men in Nursing
- American Association of Nurse Anesthesiology
- American Holistic Nurses Association
- American Nephrology Nurses Association
- American Nurses Association
- American Nurses Foundation
- American Organization for Nursing Leadership
- Association of periOperative Registered Nurses
- Association of Public Health Nurses
- Association of Women's Health, Obstetric, and Neonatal
- Case Management Society of America
- Chi Eta Phi Sorority
- Emergency Nurses Association
- Infusion Nurses Society
- National Association of Hispanic Nurses
- National Black Nurses Association
- National League for Nursing
- National Nurse-Led Care Consortium
- National Student Nurses Association
- Oncology Nursing Society
- Organization for Associate Degree Nursing
- Action Coalition
- The American Association of Nurse Attorneys



# How to connect with nurses who are interested in working in your communities

- Review the APA One Page Summary
- Complete the **APA FIND A NURSE FORM**
- NOBC will review your submission and contact you to address any questions
- NOBC sends out the opportunity to our network including nurses registered in the NOBC database who are interested in serving and through our NOBC Member Organizations, Strategic Partners, State Contacts, and those who have completed the AARP Interest in serving form
- The process includes 3 weeks for candidates to respond
- NOBC will share the qualified nurse candidates with you for your consideration
- Notify NOBC of your selection
- NOBC and AARP support the selected nurse/nurses with resources and support



## Nurses on Boards Coalition (NOBC), AARP Florida, and APA Florida collaboration

*Are you interested in including a nurse leader who is passionate about creating great communities for all? We can connect you to local nurses.*

### **What is NOBC?**

Nurses on Boards Coalition (NOBC) represents national and state efforts by nurses and others working to build healthier communities. Our mission is to improve the health of communities through the service of nurses on boards and other bodies.

### **Why Consider a Nurse?**

#### **Nurses Bring a Special Set of Skills to Support Communities:**

*Leadership, Quality and Process Improvement, Communications, Human Resources, Strategic Planning, Finance, Teamwork, Research, Systems Thinking, Change Theory.*

- Promote a culture of health
- Provide access to care for all populations
- Serve patients and families of all ages
- Share best practices and resources
- Model collaboration principles
- Commitment to creating healthier communities

## How Can We Help?

- Conduct a match with nurses who have indicated an interest in serving in support of your mission and work in your communities
- Introduce you to one or more nurses for you to consider as members of your local boards and/or relevant local committees such as Arts and Planning, Transportation, Housing, Parks and Recreation, Citizen Engagement Committees, etc.

## Next steps:

Interested in including a nurse? Contact Storm Young [storm@nursesonboardscoalition.org](mailto:storm@nursesonboardscoalition.org) to set up an introductory call. During the call, we will assist you as you complete the [Find a Nurse – American Planning Association \(APA\)](#) form.

**For more information contact:** Laurie Benson, BSN, NOBC Executive Director,  
[Laurie@nursesonboardscoalition.org](mailto:Laurie@nursesonboardscoalition.org) 608-215-4425

*Special thanks to Laura Cantwell, AARP Florida and Julia “Alex” Magee, APA Florida for their collaboration in creating this form.*



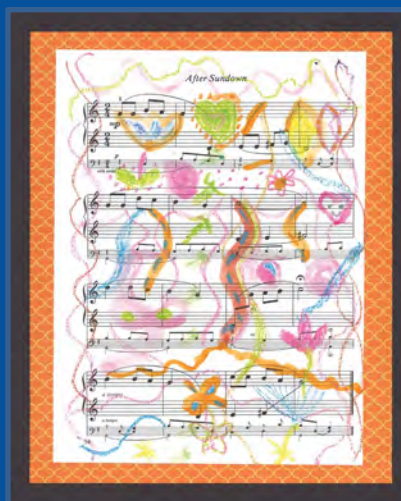
# How Can We Help?

*Please let us know how we can support you as you consider a nurse to join in support of your mission and work.*

**Thank you for your commitment and all you  
enable to create great communities!**



NOBC: Laurie Benson, BSN  
[laurie@nursesonboardscoalition.org](mailto:laurie@nursesonboardscoalition.org)



## Livable Orlando: An Age-Friendly Initiative

APA Webinar - Planning for Healthier Communities: Consider a Nurse  
May 20, 2022

Presented by  
Paul S. Lewis, FAICP



# City of Orlando – Regional Context



Source: MyRegion.org How Shall We Grow 2050 Vision



2020 Population: 307,573 (Census)  
2021 Population: 313,975 (BEBR)  
2022 Population: 319,722 (Paul)

65+ Years in Age in 2020: 10.2%

2050 Projected Population: 434,835

Land Area in 2022: +/-119 sq. miles



# Previous Orlando “Health in Planning” Efforts

## Get Active Orlando (Active Living by Design) – Mid to Late 2000’s

**Background:** The Get Active Orlando partnership (GAO), part of Orlando’s Active Living by Design initiative, focused on Downtown Orlando’s Community Redevelopment Area, including the Parramore Heritage District, home to many low-income and ethnically diverse residents, including many older adults. The GAO partnership included Parramore Kidz Zone, Orange County Health Department, University of Central Florida, Advent Health, Orlando Health, **Florida Nurses Association**, MetroPlan Orlando, the Florida Bicycling Association, and neighborhood residents.

**Intervention:** Get Active Orlando conducted a baseline survey of all streets, sidewalks, and bicycle lanes in the project area and identified a sequence of plans and policies in which to incorporate changes identified in the assessment. To create more immediate opportunities for active living, the partnership initiated a senior walking program, a bicycle refurbishment and giveaway program, and community bike-riding events, and led a social-marketing campaign that emphasized simple lifestyle changes.

**Results:** Get Active Orlando influenced adoption of public policies supporting active living in Orlando, including the Downtown Transportation Plan, Streetscape Guidelines, Design Standards Review Checklist, and Growth Management Plan policies.

*Get Active Orlando was funded by a 5-year, \$200,000 grant from the Robert Wood Johnson Foundation.*



**Lessons Learned:** Initial assessment data served as a strong platform for policy change. Creating connections across disciplines including land use planning, transportation, public health, and economic development allowed GAO to secure policy change to influence design of the built environment. Engaging community members, including youth and older adults, was an important factor in program success.





# Previous Orlando “Health in Planning” Efforts

## Parramore Comprehensive Neighborhood Plan (Approved 2015)





# Previous Orlando “Health in Planning” Efforts



- Makes it easier for people to live healthy lives.
- Decreases dependence on the personal automobile
- Provides opportunities for people to be physically active and socially engaged



# Previous Orlando “Health in Planning” Efforts



Maximize the Opportunity for All Residents to Get Physical Activity



Increase Housing Opportunities



Promote Social & Environmental Justice



Empower Champions for a Healthy Community



Encourage Mixed Use Development



Make Education the Cornerstone of Revitalization



Improve Access to Job Opportunities



Invest in People – Not Cars



Promote Access to Healthy Food



Drive Economic Development by Creating a Unique Identity

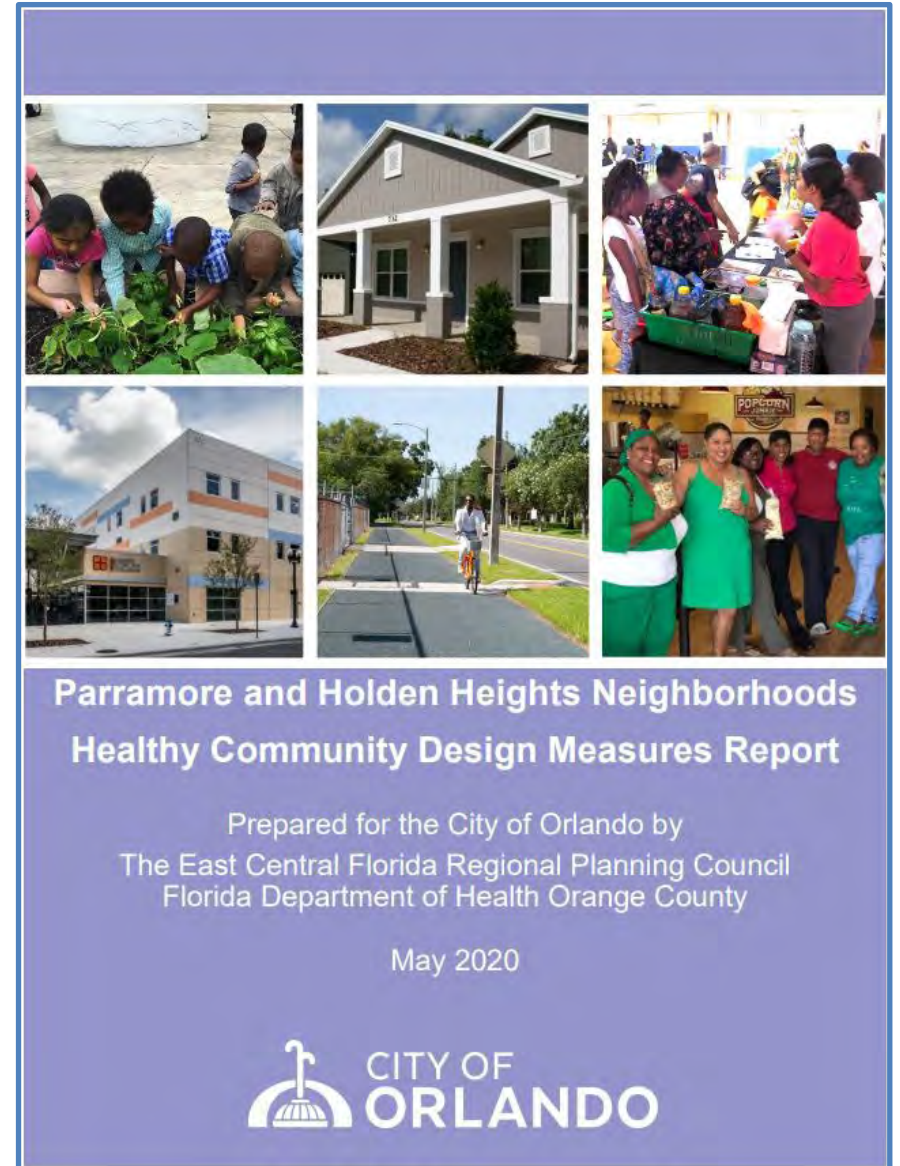


# Previous Orlando “Health in Planning” Efforts

## Parramore Comprehensive Neighborhood Plan – HCD Measures Report

- Promote Social & Environmental Justice – Action Item #6 called for the City of Orlando to conduct a Community Health Needs Assessment to determine the health and wellness status of residents and address attitudes towards health, healthy eating and physical activity as well as existing health conditions.
- The Healthy Community Design Measures Report was prepared in partnership with the East Central Florida Regional Planning Council and the Florida Department of Health in Orange County in 2020.
- The report examines the 10 Healthy Community Design principles upon which the Parramore Comprehensive Neighborhood Plan was based in relation to the social determinants of health. The report provides invaluable baseline data and analysis that can be used in future longitudinal health and livability studies.

To learn more about the Parramore Comprehensive Neighborhood Plan, and the Healthy Community Design Measures Report, please see our webpage on [www.orlando.gov](http://www.orlando.gov) here: [Parramore Comprehensive Plan - City of Orlando](#)



# Livable Orlando: An Age-Friendly Initiative



On October 28, 2019, the City of Orlando joined the AARP Network of Age-Friendly Communities. As a member of the network, we have committed to conducting a community assessment to determine our city's age-friendliness, to develop an action plan based on its findings and implement age-friendly initiatives.



## Mayor's Committee on Livability & Healthy Aging – Composition (includes two Registered Nurses)

- Dean Grandin, AICP – Chair, Former Orlando City Planning Director
- Tristan Ruby, MPH – Vice Chair, Senior's First, Inc.
- Tobi Allen – Orlando Resident
- Nicole Brown – Orange County Office on Aging
- Ingrid Collins – AARP Florida - Orlando
- Marwa El-Menshawi, MD, Cornerstone Health Services
- Joan Hansen – Orlando Resident
- Marie Hernandez – Orlando Resident and AARP Volunteer
- Sarah Larsen – MetroPlan Orlando
- Eric Mabbagu – Orlando Senior Health Network
- Paul Meunier – Orlando Resident
- **Gloria Pickar, EdD, RN – Orlando Resident**
- Karla Radka – Senior Resource Alliance
- Reverend Erika Rembert Smith – Washington Shores Presbyterian Church
- Ken Terrell – Oak Central Florida
- **Ladda Thiamwong, PhD, RN – University of Central Florida**



# Livable Orlando: An Age-Friendly Initiative

## Developing an age-friendly community: the process

Year 5: Progress / status update

Years 3-5: Implementation

Year 2: Create an action plan

Year 1: Conduct a survey and listening sessions

Enrollment

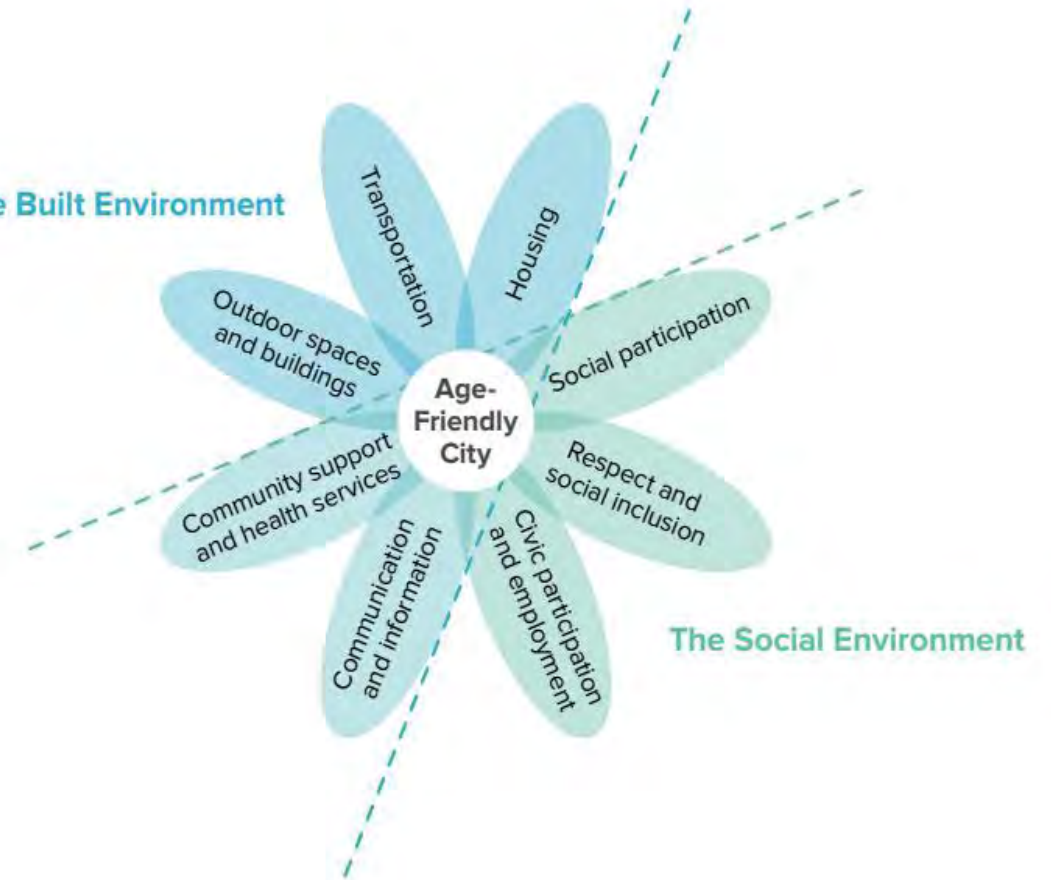
**We Are Here**

Members of the [AARP Network of Age-Friendly States and Communities](#) program commit to improving their age-friendliness and submit to a rigorous membership assessment cycle. Being an age-friendly community requires a commitment to a five-year cycle of continuous improvements.

- The 1<sup>st</sup> draft of our Livable Orlando: An Age-Friendly Initiative Action Plan 2022-2025 is currently being reviewed internally and by the Mayor's Committee.
- We anticipate adoption/acceptance in either July or August of this year.



## The Built Environment





# Livable Orlando: An Age-Friendly Initiative

## Built Environment

Domain	Overarching Goals
OUTDOOR SPACES & BUILDINGS	<b>WE ENVISION...</b> ...an Age-Friendly Orlando where older adults can safely, easily, and comfortably access the natural and built environment, including parks, greenspaces, trails, and sidewalks, as well as public buildings. ...an Age-Friendly Orlando where older adults can improve their health and longevity by encouraging active lifestyles including participation in meaningful recreational and cultural activities.
HOUSING	<b>WE ENVISION...</b> ...an Age-Friendly Orlando in which safe, appropriately designed housing options are available and affordable to older adults, including housing with services that help them age in place and to enjoy their home.
TRANSPORTATION (MOBILITY)	<b>WE ENVISION...</b> ...an Age-Friendly Orlando in which older adults can safely, conveniently, and comfortably travel where they want and need to go so that they can participate fully in their community.



### Age-Friendly Action Plan

- 25 Specific Goals
- 85 Specific Action Items
- Equity Through An Age-Friendly Lens



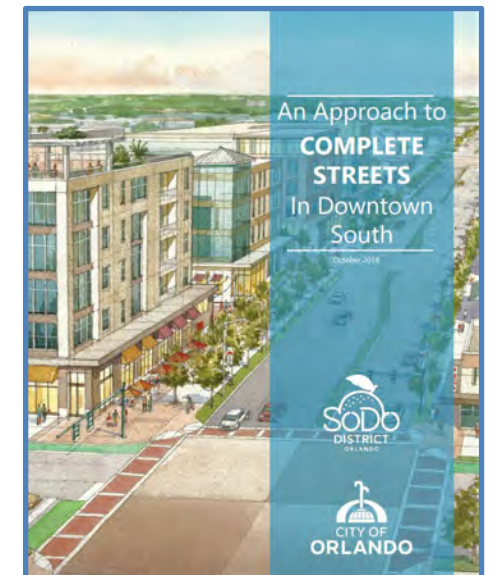
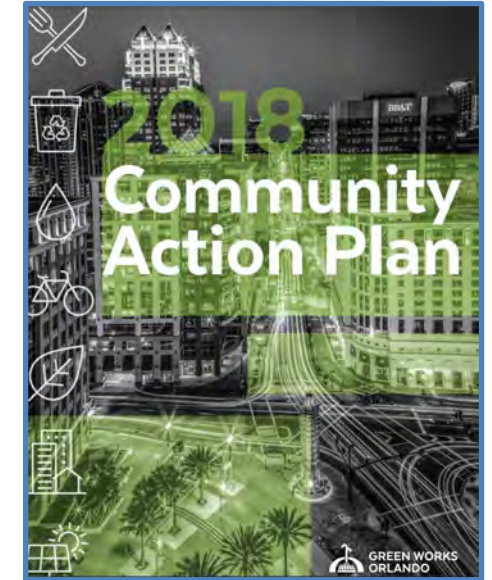
## Social Environment

Domain	Overarching Goals
CIVIC PARTICIPATION & EMPLOYMENT	<b>WE ENVISION...</b> ...an Age-Friendly Orlando in which older adults have access to work opportunities as well as to meaningful volunteer opportunities.
RESPECT & SOCIAL INCLUSION	<b>WE ENVISION...</b> ...an Age-Friendly Orlando that actively listens to, engages with, and celebrates the valuable contributions of, older adults in the community.
SOCIAL PARTICIPATION	<b>WE ENVISION...</b> ...an Age-Friendly Orlando with a wide array of affordable, equitable, and accessible social, recreational, and cultural opportunities for older adults.
COMMUNITY SUPPORT & HEALTH SYSTEMS	<b>WE ENVISION...</b> ...an Age-Friendly Orlando that offers affordable, person-centered health care and supportive social services which promote active and independent living. ...an Age-Friendly Orlando that recognizes the special needs of our community living with dementia, their family and caregivers, and that creates supportive communities which promote an enhanced quality of life.
COMMUNICATION & INFORMATION	<b>WE ENVISION...</b> ...an Age-Friendly Orlando in which an effective communication system reaches and engages community members of all ages, including older adults.

# Cross-Pollination of Planning Efforts

We are “cross-pollinating” our Age-Friendly Action Plan with the following:

- City of Orlando Growth Management Plan and Land Development Code
- Green Works Orlando Community Action Plan (Sustainability/Resiliency)
- Orlando Future-Ready City Master Plan
- Orlando Parks Master Plan
- Downtown Master Plan (Project DTO 2.0)
- Complete Streets Strategy (Implementation)
- Orlando Transportation Guidelines
- Vision Zero Orlando Action Plan
- Regional Affordable Housing Initiative
- Orange County Housing For All
- MetroPlan Orlando’s Health Strategic Plan

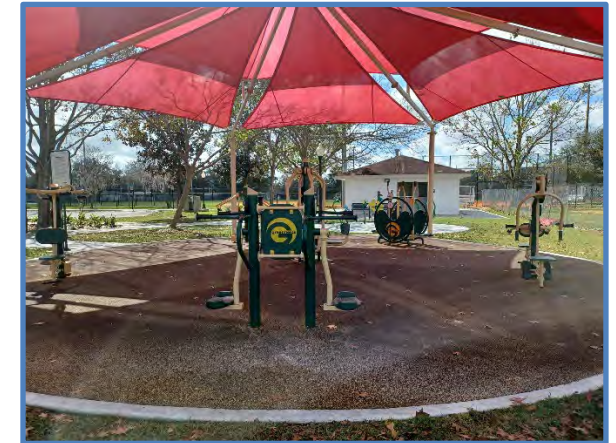




# Outdoor Spaces & Buildings – Intergenerational Planning & Design

## Grand Avenue Neighborhood Center & Park

- The City of Orlando recently acquired the former Grand Avenue Elementary School building and grounds in order to renovate and expand the original footprint. This \$17 million project includes the renovation and adaptive reuse of the existing historic building but also includes a new gymnasium, offices for staff, a teen room, game room, classrooms for educational programs, a computer room, a recording studio, and expanded arts wing where Orlando's Pottery Studio has moved and plenty of storage space.
- Grand Avenue Park which surrounds the neighborhood center has also been improved to include age-friendly amenities including playgrounds for children of different age groups, a musical instrument garden, and an ADA-accessible all-ages exercise equipment area with shade structure – so important in the hot climate of Central Florida.
- The playground, musical instrument garden, and adult exercise areas are all in close proximity to each other with shaded seating areas designed specifically to allow parents and grandparents to watch their children and grandchildren as they play and as they enjoy the park amenities themselves.



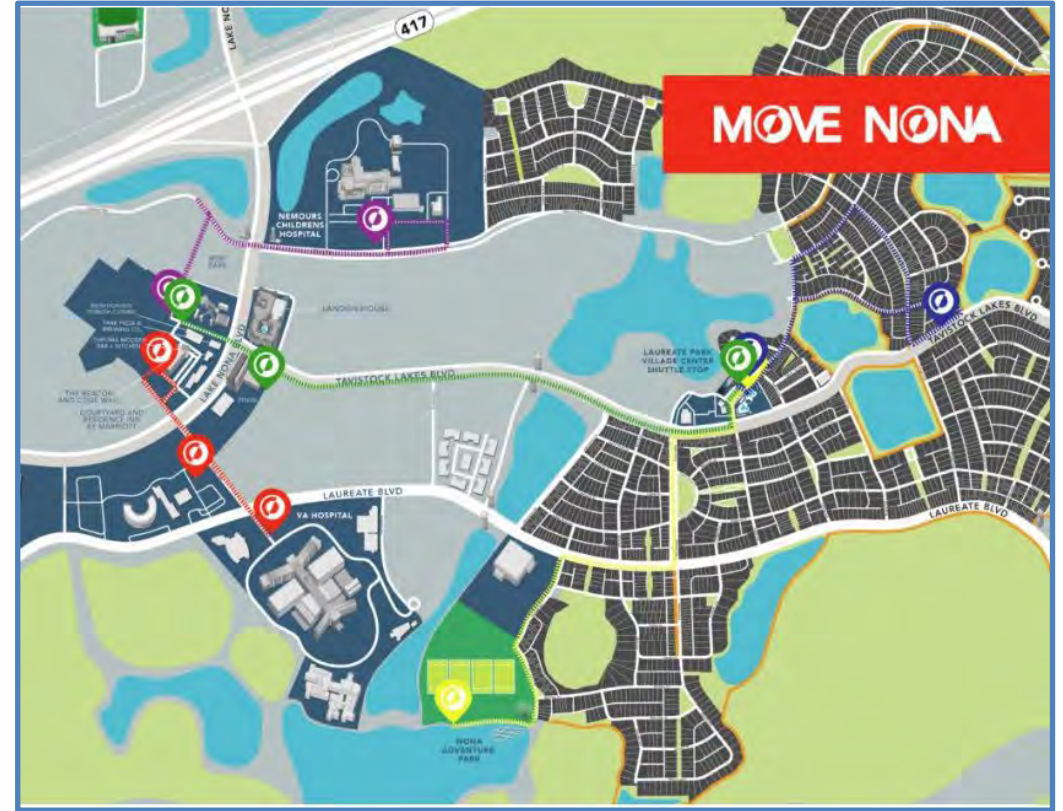
**Age-Friendly – Outdoor Spaces & Buildings Action Item 1.3:** Mitigate the effects of extreme heat on vulnerable populations such as older adults by providing shade trees in parks, open spaces and along roadways/paths, shade structures, and water/cooling amenities (e.g., splash pads, water fountains) in public parks, where appropriate.



# On the Horizon – Improving the Mobility Experience

## Move Nona

- Move Nona shuttles are operated by Beep, an autonomous mobility solutions provider in Orlando's Lake Nona – Laureate Park neighborhood. It is the largest and longest-running single-site fleet in the country.
- The shuttles are all electric.
- Connects the town center, UCF Medical School, VA Medical Center Nemours Children's Hospital and the residential neighborhood including The Gatherings 55+ community.
- [www.lakenona.com/things/autonomous-vehicles-move-nona/](http://www.lakenona.com/things/autonomous-vehicles-move-nona/)



- Move Nona shuttles are ADA Accessible
- Shuttles arrive at a stop every 10-15 minutes
- Schedule and tracking in real-time by downloading Ride Beep, available for iOS and Android





# On the Horizon – Placemaking, Mobility, and Parks

## Lake Nona's Greenlink (Coming Soon)

- Greenlink is a linear park system connecting the residential and commercial zones of the Lake Nona Medical City – Laureate Park neighborhood.
- The park will be framed by mid-rise mixed-use development containing activated civic space, bike/pedestrian facilities, Move Nona autonomous vehicles, and stormwater conveyance, all in a very attractive urban environment.





# On the Horizon – Age-Friendly Resiliency



**Age-Friendly – Social Participation Action Item 3.1:** Explore different concepts for transforming Orlando's senior centers and recreational centers to emphasize intergenerational opportunities.



**Age-Friendly – Community Support & Health Systems Action Item 2.1:** Explore telehealth in the city's senior centers and recreation centers with an emphasis on communities of concern, and to significantly reduce health inequities.

# 2021 AARP Community Challenge Grant – “Tables of Connection”



*After reviewing over 3,560 applications across the United States (144 applications in Florida), AARP selected the “Tables of Connection” project with an award of \$20,000. Orlando was one of 243 total grantees from across the country, with 8 grantees located here in Florida. This was a quick action grant with installation having been completed in late November.*



## Project Details

- Purchase and installation of wheelchair-accessible, solar-operated table and shade structure in two neighborhood parks: Prince Hall Park and Willows Park.
- Outfitted with Wi-Fi hotspots and charging stations, each table connects residents to the internet, charges up to 4 wireless devices and powers 4 laptops at once.
- The tables bring needed connectivity to two neighborhoods in which 57% and 33% of residents, respectively, lack broadband service – much higher than the Orlando average of 18%.
- Rated for 175 mph winds, each table provides critically important services to residents after a storm or other natural disaster, allowing people to charge their phones, call loved ones, restore services, and get to emergency information during a power outage.
- Local artists have painted the concrete pads upon which the tables sit, providing a colorful, unique park amenity.



**Thank You!** 



## 2021 AARP Community Challenge Grant – “Tables of Connection”



**Prince Hall Park**  
*Artist: German Lemus*





# The Additive Value of Nurses on Boards



## UCF Disability, Aging and Technology (DAT) Cluster Initiative

- The City of Orlando is blessed to have a world-class university in the University of Central Florida (UCF) whose faculty are conducting important work in the intersecting fields of medicine and technology.
- UCF's Disability, Aging and Technology (DAT) Cluster designs, develops and disseminates practical and affordable interventions to help people with disabilities and older adults move better and smarter, reintegrating people using technology while promoting health and wellbeing.



## NIH-Funded Fall Study

- One of the members of the UCF DAT initiative, **Dr. Ladda Thiamwong, PhD, RN**, and one of the members of our Mayor's Committee on Livability & Healthy Aging, has been working on a National Institutes of Health (NIH) project focused on technology-based fall risk assessments in low-income older adults at the Kinneret Apartments senior tower in Orlando.
- In the initial study, Orlando residents were able to significantly reduce their fall risk and improve their quality of life using an affordable intervention that did not require special training. Additional grant funds are being pursued through NIH to expand the program to benefit less privileged socioeconomic groups who cannot travel for services or have limited resources.

## Age-Friendly – Community Support & Health Systems Action Item 2.2:

Take advantage of existing and emergent technologies to assist people to age in place at home, such as unobtrusive monitoring of activity to identify changes in health, digital technologies that help people stay in touch with family and friends, and other assistive technologies.

# AARP, Nurses on Boards Coalition & Orlando

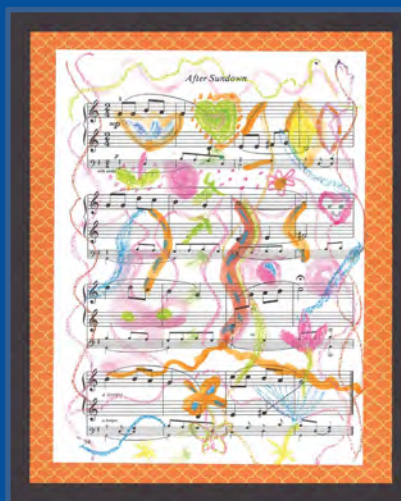
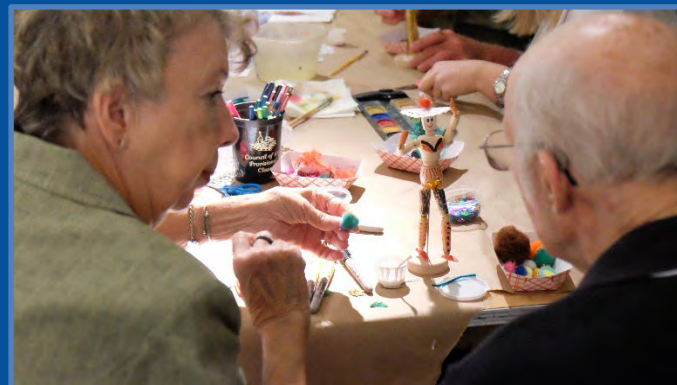


## Our Relationship So Far

- AARP Florida first introduced City staff to Laurie Benson with the Nurses on Boards Coalition in 2021, and further conversations with the Orlando City Clerk (who handles all of our advisory boards) ensued.
- In March 2022, Orlando completed the AARP/NOB Find A Nurse Form to promote nurses on boards opportunities.
- Further coordination between the Nurses on Boards Coalition staff and the City Clerk led to the identification of 13 nurses in the Orlando area who might be interested in serving on a City of Orlando advisory board. As of early May 2022, three (3) nurses have applied.
- Orlando believes that the perspective of nurses is critical in a wide range of topic areas related to health and livability. We look forward to building this relationship as we implement our Livable Orlando: An Age-Friendly Initiative Action Plan 2022-2025.







The **Livable Orlando: An Age-Friendly Initiative Action Plan 2022-2025** features artwork created by **Art's the Spark** participants, a program offered by the Orlando Museum of Art for those living with memory or neurological impairments, such as Alzheimer's disease and Parkinson's disease.

We've also included poems from the City of Orlando's 2021 Words & Wisdom Poetry Contest in the Action Plan.

# An Intergovernmental Moment of Zen



Please visit Orange County's Age-Friendly Website and take their survey!  
[www.ocfl.net/FamiliesHealthSocialSvcs/SeniorServices/LivableCommunitiesInitiative](http://www.ocfl.net/FamiliesHealthSocialSvcs/SeniorServices/LivableCommunitiesInitiative)

## Thank You!





# Focus on Health & Nursing



Leon County Population Growth in 55-80+ Population

Age-Friendly Designation

Emphasizes Health & Wellness

Relationship Building and Connections

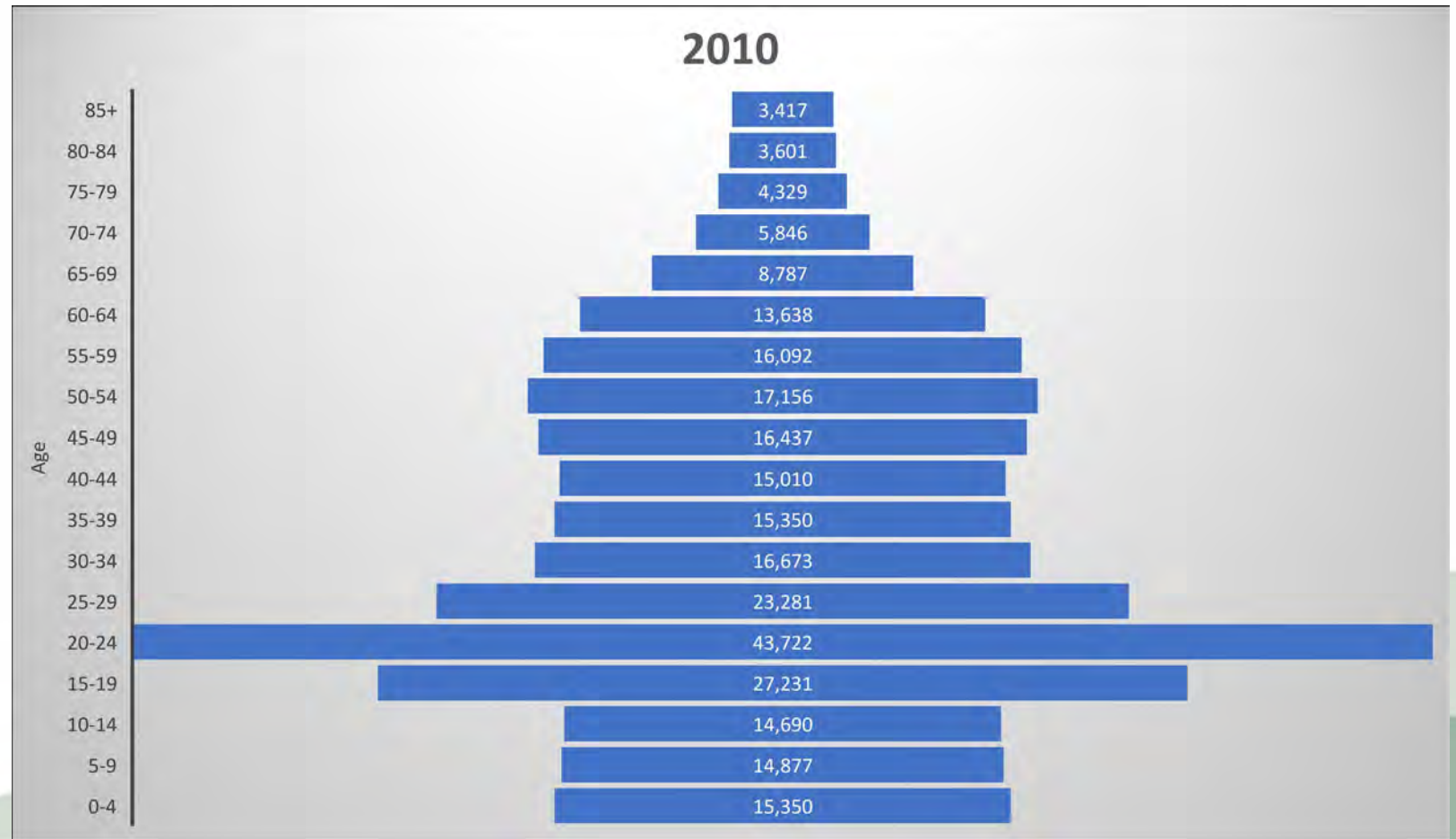
Nurses As Part of AFC Partner Boards and Committees



**Tallahassee-Leon County, Florida**

## Leon County Population Statistics

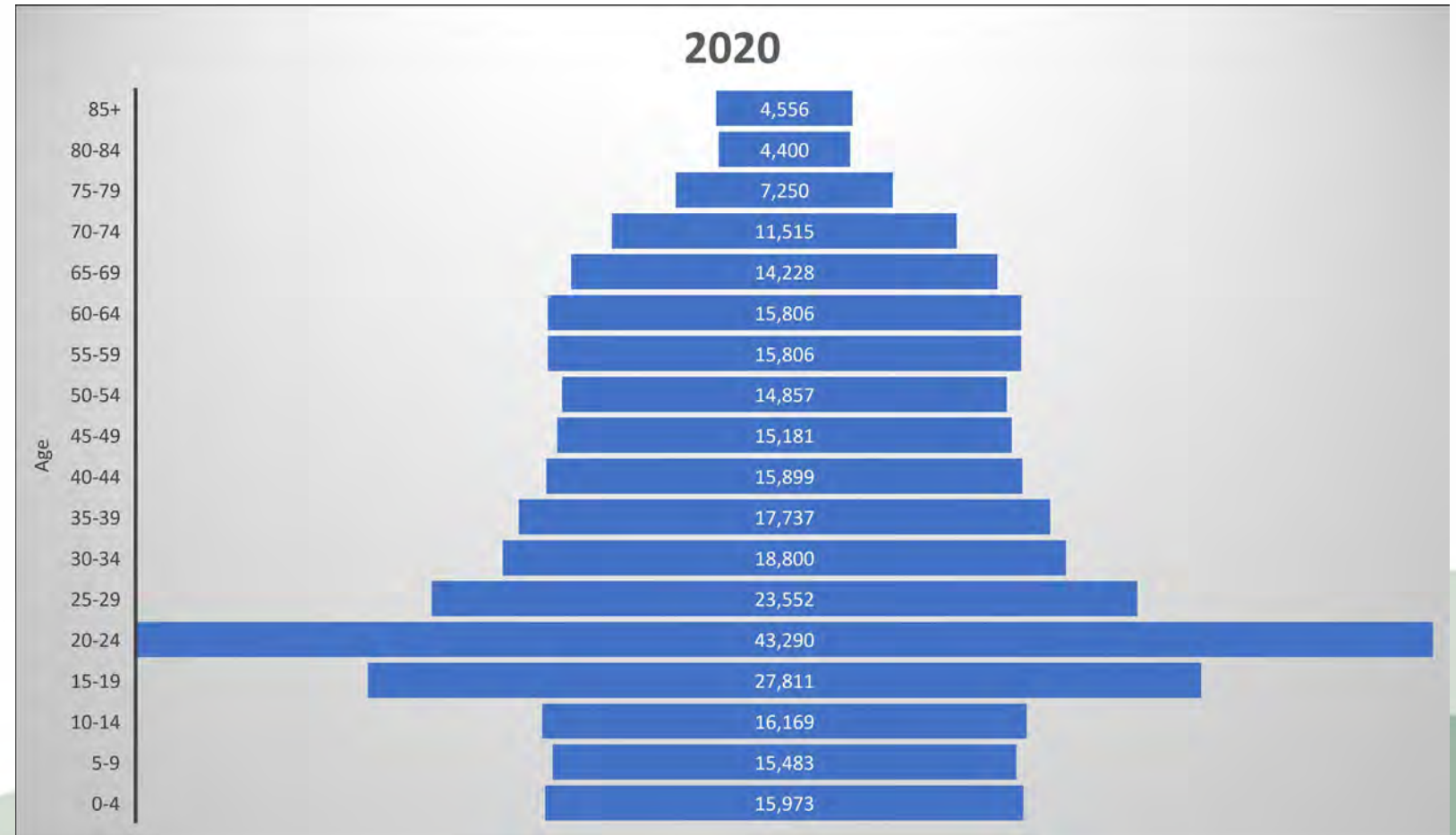
- Total Population: **275,487**
- Population 50+: **72,866**
- Percentage 50+: **26.45%**



# Population in 2010

## Leon County Population Statistics

- Total Population: **298,313**
- Population 50+: **88,418**
- Percentage 50+: **29.64%**



# Population in 2020



## Leon County Population Statistics

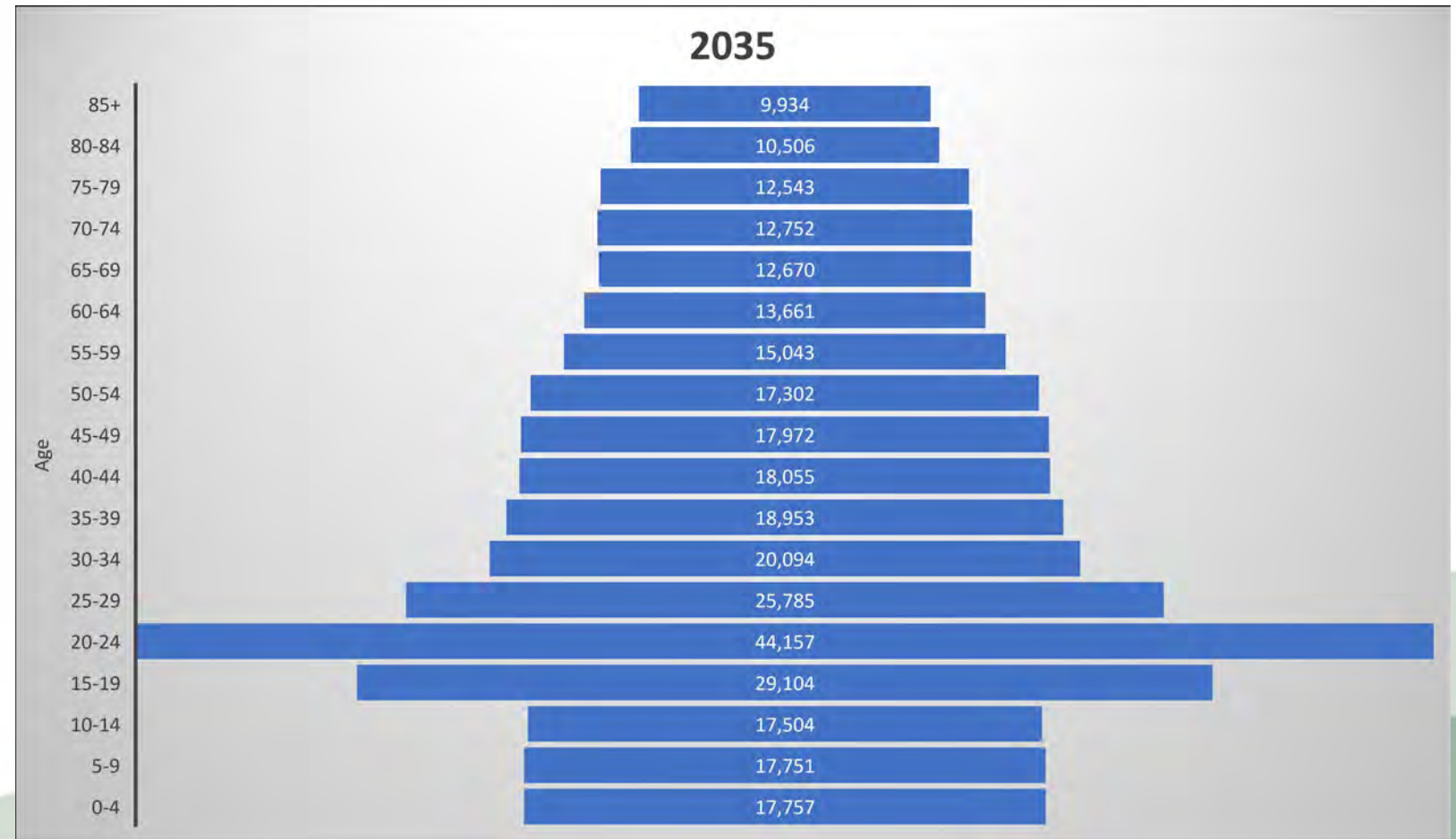
- Total Population: **311,878**
- Population 50+: **94,582**
- Percentage 50+: **30.33%**



# Population in 2025

## Leon County Population Statistics

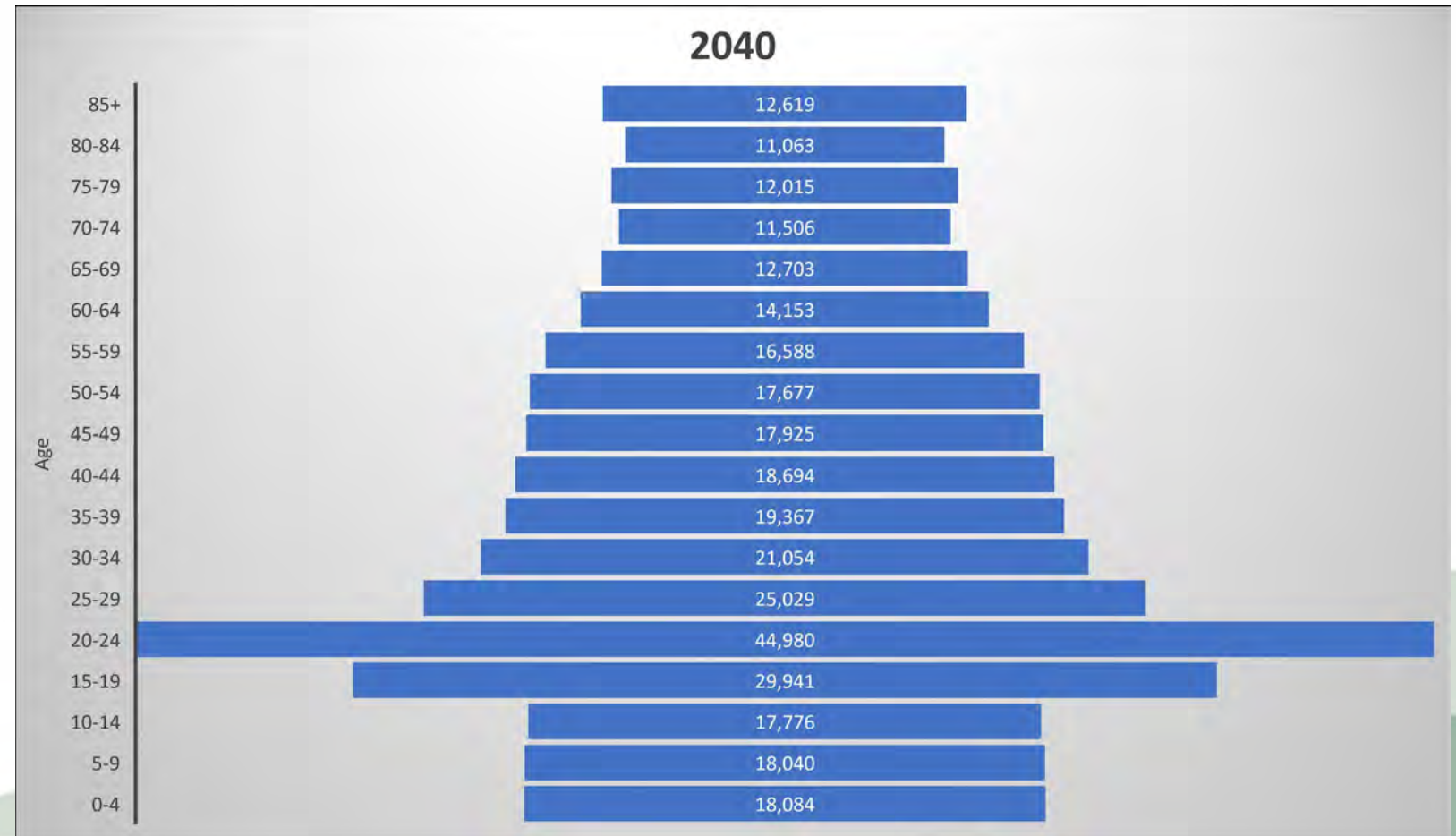
- Total Population: **331,543**
- Population 50+: **104,411**
- Percentage 50+: **31.49%**



# Population in 2035

## Leon County Population Statistics

- Total Population: **339,214**
- Population 50+: **108,324**
- Percentage 50+: **31.93%**



# Population in 2040



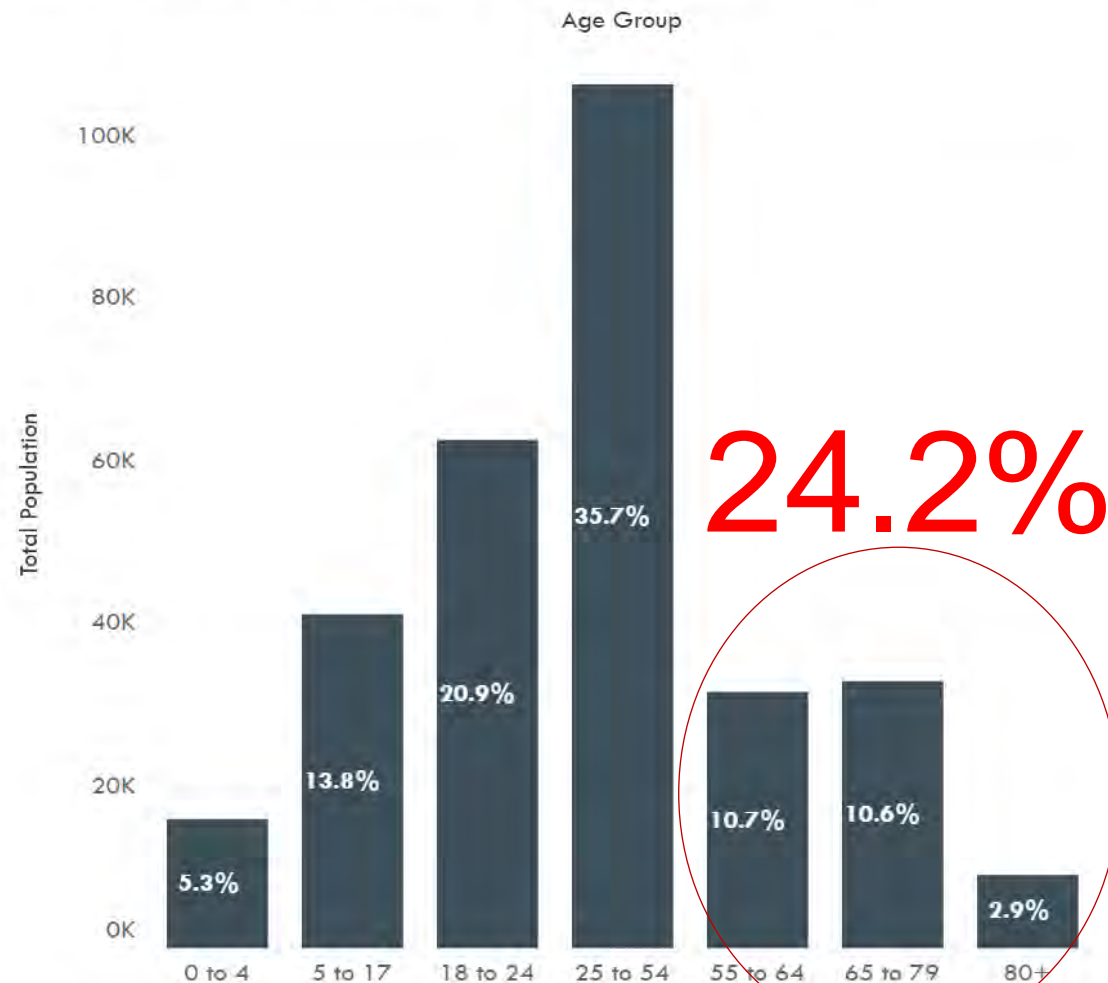
# Leon County Population Statistics

- Total Population: **346,037**
- Population 50+: **111,180**
- Percentage 50+: **32.13%**



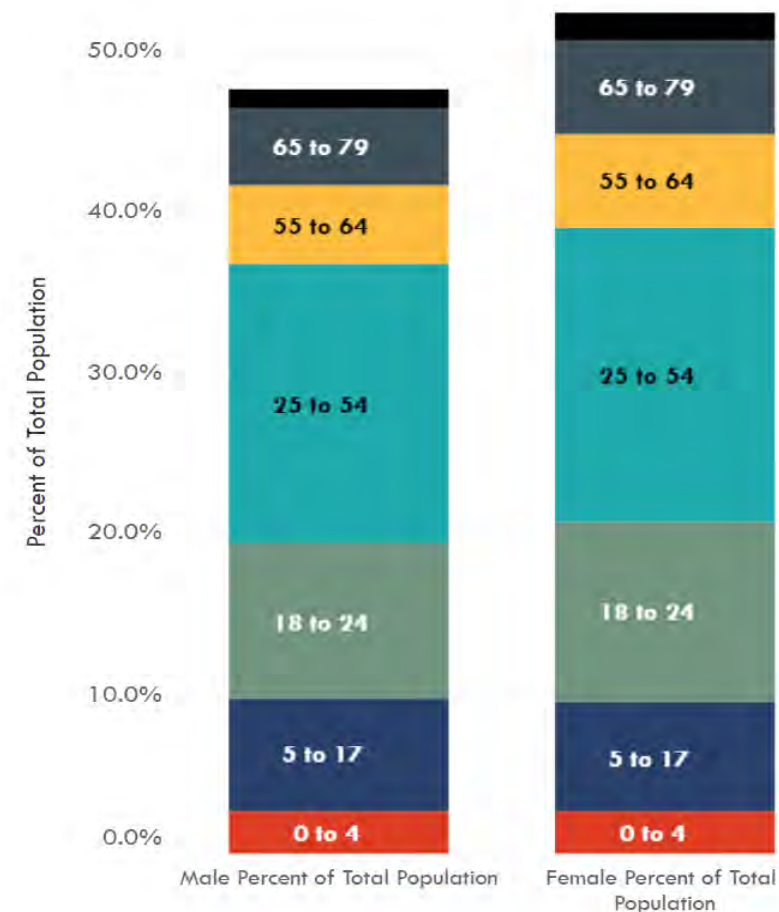
Population in 2045

# Leon County Population by Age Group, 2020



Source: University of Florida, Bureau of Economic & Business Research, "Florida Population Studies, Bulletin 190", June 2021

# Leon County Population by Age and Sex, as Percent of Total Population



+ a b | e a u

## Additional Population Statistics

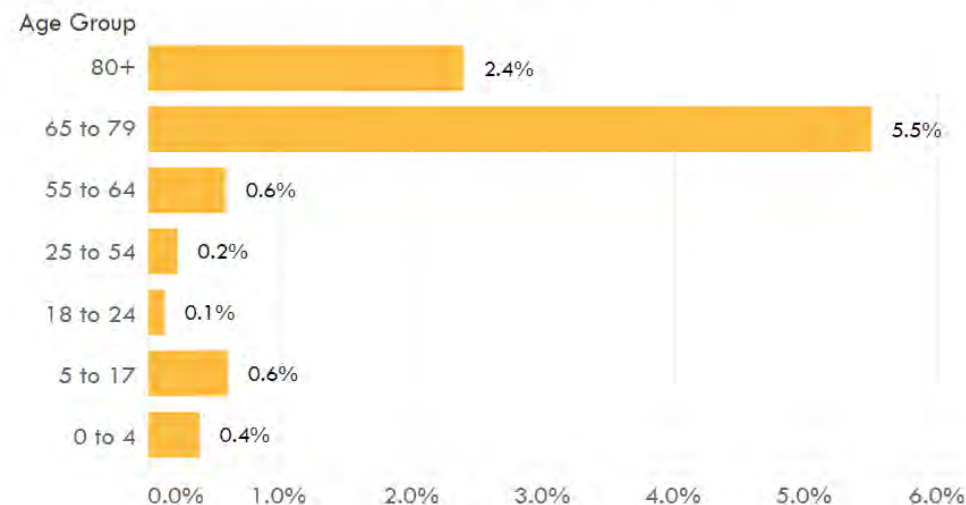
Although the 65-79 age group represents 11% of Leon County's total population, it is the fastest growing age group, growing at an annual rate of nearly 5.5% per year during 2010-2020.

Leon County Population Growth by Age Group, 2010-2020



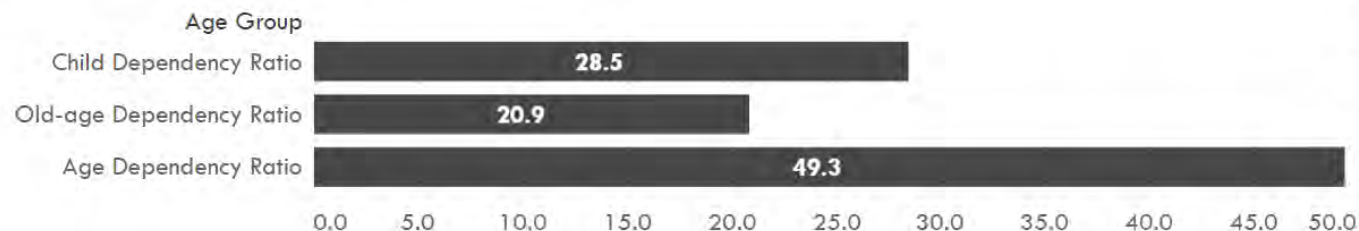
Source: University of Florida, Bureau of Economic & Business Research, "Florida Population Studies, Bulletin 187", June 2020

Leon County Average Annual Growth by Age Group, 2010-2020



Avg. Ann. Growth 2010-2020

Leon County Age Dependency Ratio, 2020



**Child Dependency Ratio** is the ratio of population under 18 to the population ages 18-64.

**Old-age Dependency Ratio** is the ratio of population 65 and older to the population ages 18-64.

**Age Dependency Ratio** is the ratio of population under 18 and over 65 to the population ages 18-64.

# Population Growth by Age Group



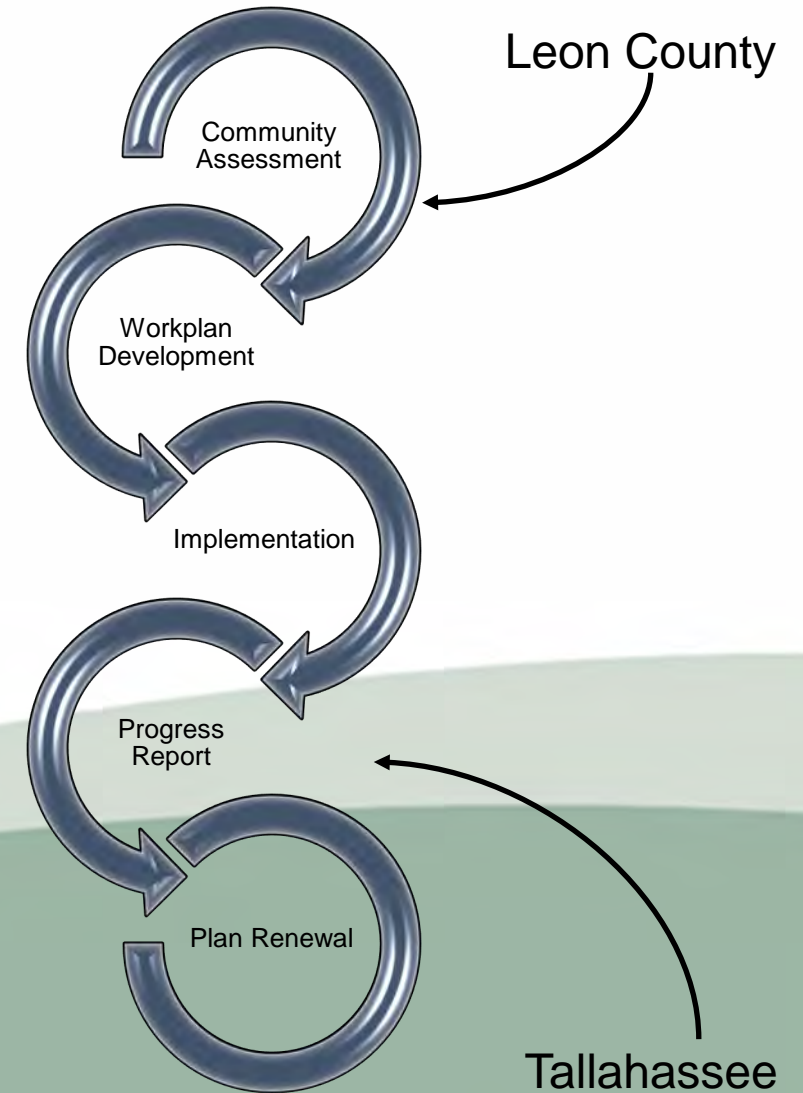




## What is the current status?



Laura Cantwell (center), AARP Florida Associate State Director, congratulates Mayor John Dailey and the City Commissioners for completing Tallahassee's Age Friendly Community Action Plan.



# The Age Friendly Community Plan

## **Local AFC Tallahassee Leadership and Electeds**

**City Parks Recreation & Neighborhood Affairs** –  
Manages TSC

**Tallahassee Senior Center** – Central AFC Organization  
for Tallahassee

**Tallahassee Senior Foundation** – Assists in funding  
and programming TSC activities/programs

**Other City Departments** – Critical coordination entities  
on Tallahassee AFC items

## **Leon County Leadership and Electeds**

**County AFC Coordinator in County Administration** –  
Works with TSC, Planning and other county departments

**County Departments** – Coordination entities on Leon  
County AFC items

## **PLACE Department – Manages planning**

**Tallahassee-Leon County Planning Department** –  
Liaison for local AFC that works with TSC, County AFC  
Coordinator, other city and county departments, and local  
and state TSC partners

## **Partners not part of local government but work with each other, the Senior Center, and Planning**

**AARP** – Manages the AFC Network

**AFC Network members** (including Tallahassee  
& Leon County)

**Capital Coalition on Aging**

**Advantage Aging Solutions**

**Nurses on Board Coalition**

## **Florida Department of Elder Affairs**

The state agency AFC partner works with TSC,  
AARP, Planning and partners

# **The Local Age-Friendly Network**

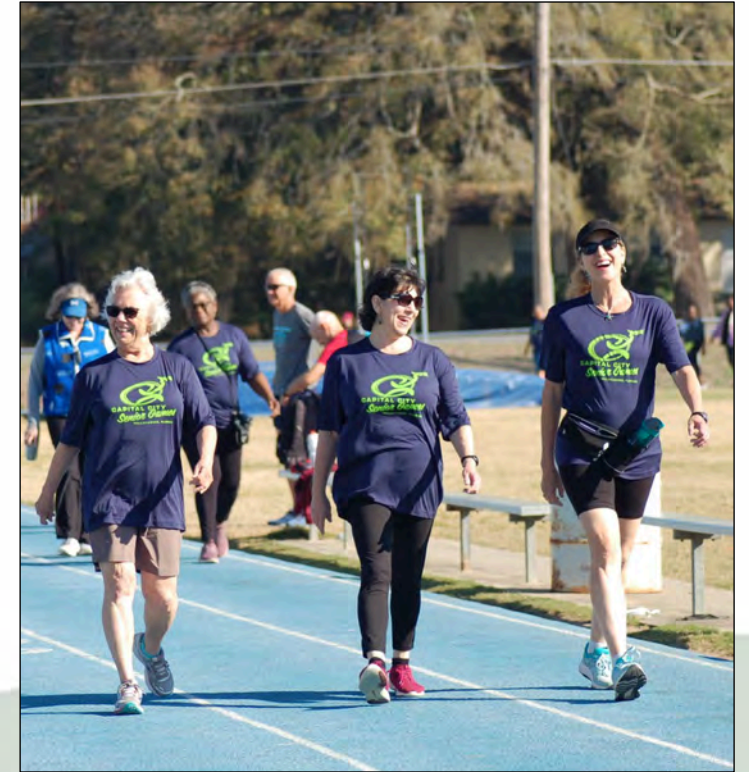


## Tallahassee Senior Center Health Program Coordinator Ruth Nickens

- Is a nurse!
- Oversees health initiatives and programs
- Participates in community health events
- Assists in monitoring AFC action steps
- And so much more!

## Planning Department Age-Friendly Liaison

- Coordinates with the TSC staff Health Program Coordinator
- Educates on related Planning policy, programs, events and activities
- Assists in monitoring and updating AFC action steps
- Participates in AFC community health events



# Health TSC and Planning Relationship

## Slow Roll Bike Ride with a Planner

- Education
- Outdoor lifestyle
- Exercise
- Public Places
- Bike Month



**The Result: Tangible Activity Crossing Planning**



## Tallahassee-Leon County Comprehensive Plan Elements

- Land Use
- Mobility
- Recreation and Open Space

### Public Engagement and Outreach

#### AARP Domains of Livability

At some point, every person of every age gets hurt, becomes ill or simply needs some help.

While it's important that care be available nearby, it's essential that residents can access and afford the services required.

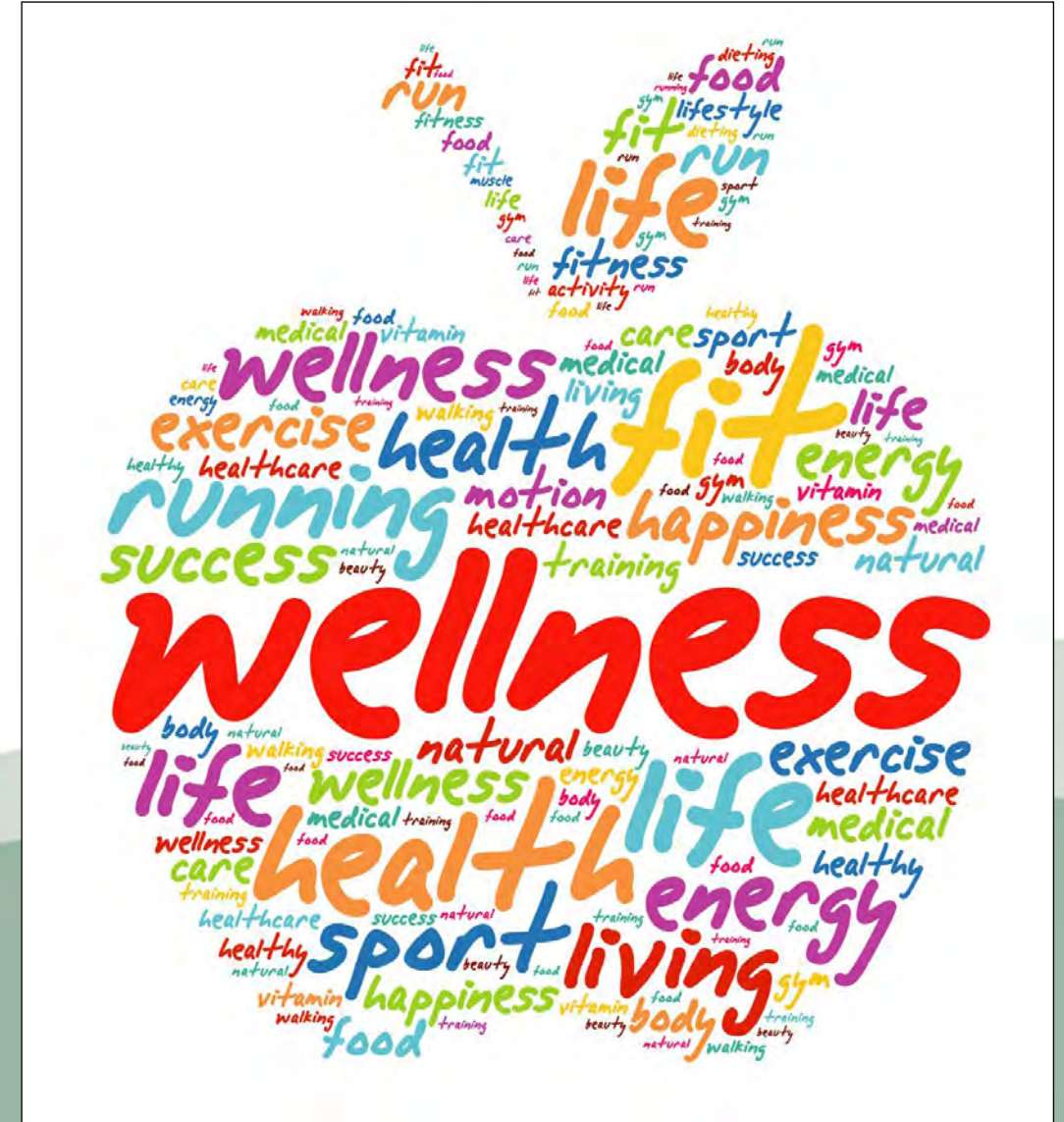


## Domain One: Health & Wellness



# Goals

- Add Wellness Strategies to promote active living and social fitness
- Increase Awareness of Resources
- Success Factors
  - Provide Information & Referral Services for Seniors and Caregivers through coordination, facilitation, and partnering with community resources and services through coordination (70 per month or 700 per year)
  - Hone resource information on resource cards
  - Multiple community organizations and aging services to assist individuals
  - Registered nurse for services and liaison



## Health & Wellness AFC Related Action Steps

## Active Living Expo

- Educate about Planning and AFC Domains
- Solicit Input about Age-Friendly Communities
- Center Accreditation Participation
- Cycling Events
- Outdoor Symposium



## Results in Education & Awareness Activities



## Tallahassee-Leon County Comprehensive Plan Elements

- Land Use
- Mobility
- Utilities
- Capital Improvements

### Public Engagement and Outreach

#### AARP Domains of Livability

Driving shouldn't be the only way to get around.

Public transit options can be as expansive and as infrastructure dependent as a train system or as targeted as a taxi service that provides non-drivers with rides to and from a doctor's office.

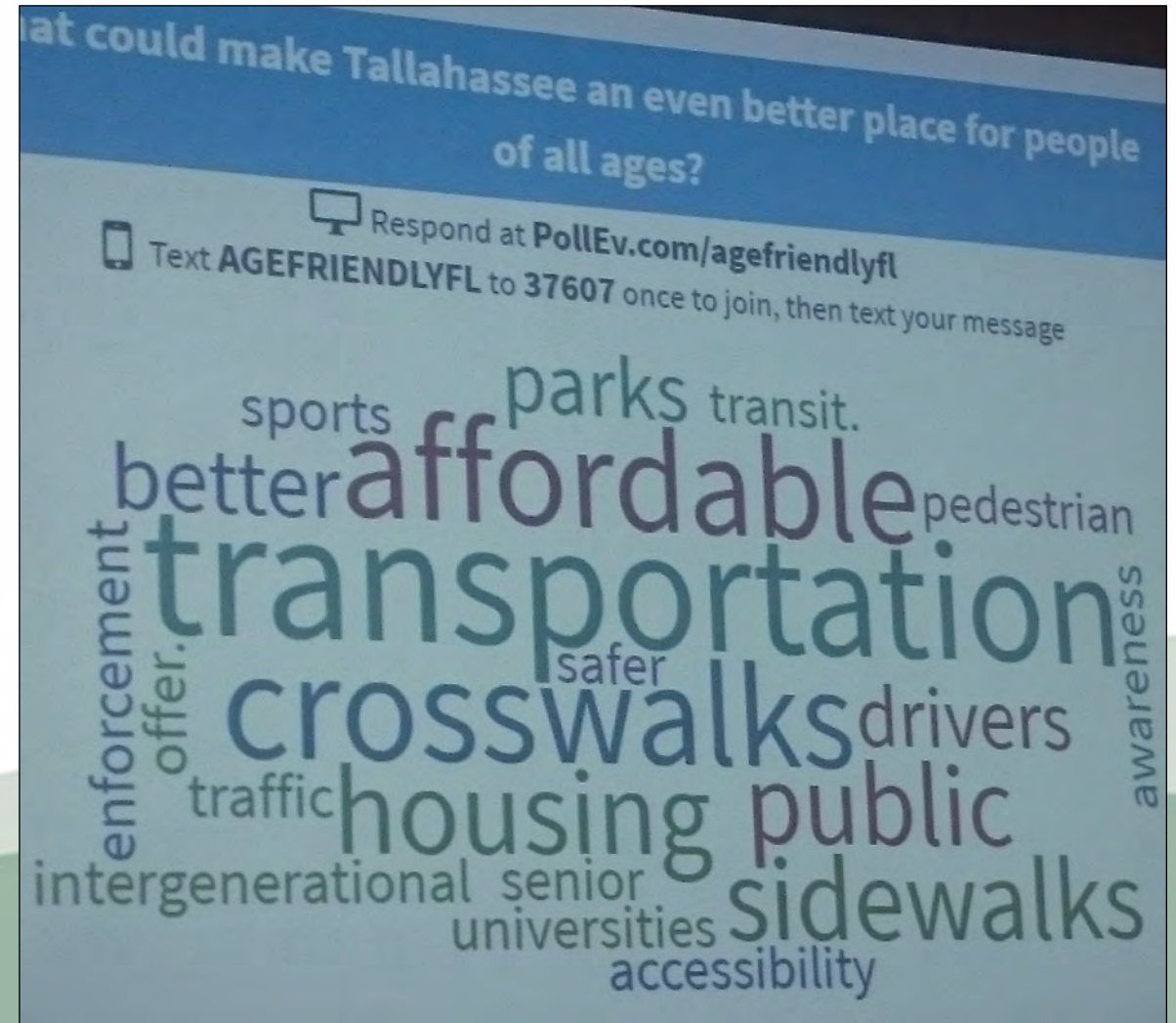


## Domain Two: Transportation & Streets



## Goals

- Increase Awareness of existing driver programs
- Improve Condition and Safety for Seniors
  - Better driver signage
  - Better and safer pedestrian crosswalks and sidewalks
- Reflect Complete Streets in the Comprehensive Plan
- Success Factors
  - Provide Information About Education Programs
  - Add signs and wayfinding
  - Include complete streets in comprehensive plan reform



## Transportation & Streets AFC Action Steps

The transportation system shall be designed and operated to provide safe, convenient and context-sensitive access for pedestrians, bicyclists, motorists, and public transportation users of all ages and abilities.  
Objective 1.2 [M]



## Complete Streets





## Wayfinding at Senior Center



## Tallahassee Leon- County Comprehensive Plan Elements

- Land Use
- Utilities
- Historic Preservation
- Housing

### AARP Domains of Livability

Most people want to remain in their own home and community as they age.

Doing so *is* possible if housing is designed or modified for aging in place and a community has affordable housing options for varying life stages.



## Domain Three: Housing

## Goals

- Increase Capacity and Awareness of Repair Programs and Services to Residents
- Support additional options for affordable housing
- Success Factors
  - Education through programs
  - Revise the zoning code to address Accessory Dwelling Units
  - Support Age-Friendly Communities in the Future Land Use Element of the Comprehensive Plan



## Housing Related AFC Action Steps



## **Downsizing Symposium and TALL Group Presentation on Housing**

- Housing supply/densities
- Housing types,
- Location and proximity to other uses and transportation options.

## **Planning Work on Land Use and Housing Elements**

- Housing supply/densities
- Housing types,
- Location and proximity to other uses and transportation options.



# **Housing Related Activities**



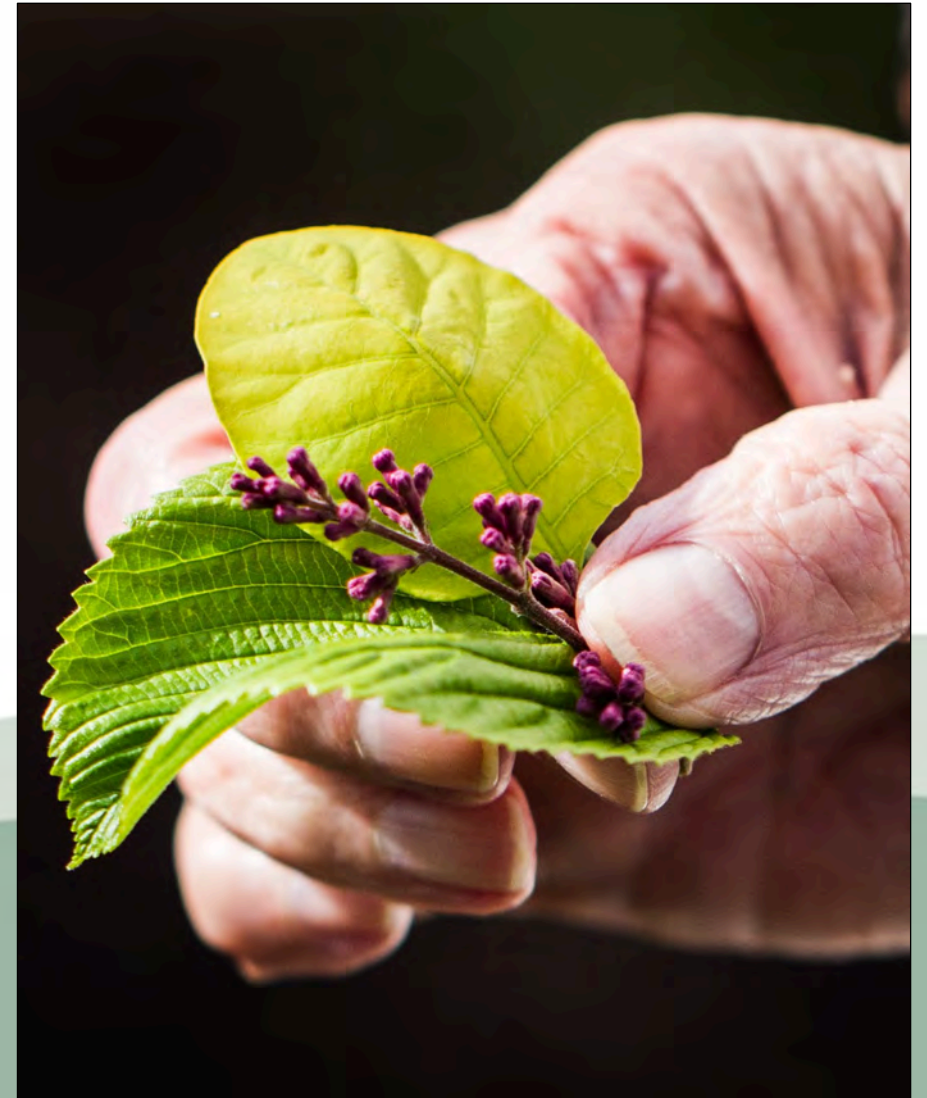
## Tallahassee-Leon County Comprehensive Plan Elements

- Land Use
- Mobility
- Utilities
- Capital Improvements
- Conservation
- Parks and Recreation
- Historic Preservation

### AARP Domains of Livability

People need public places to gather — indoors and out.

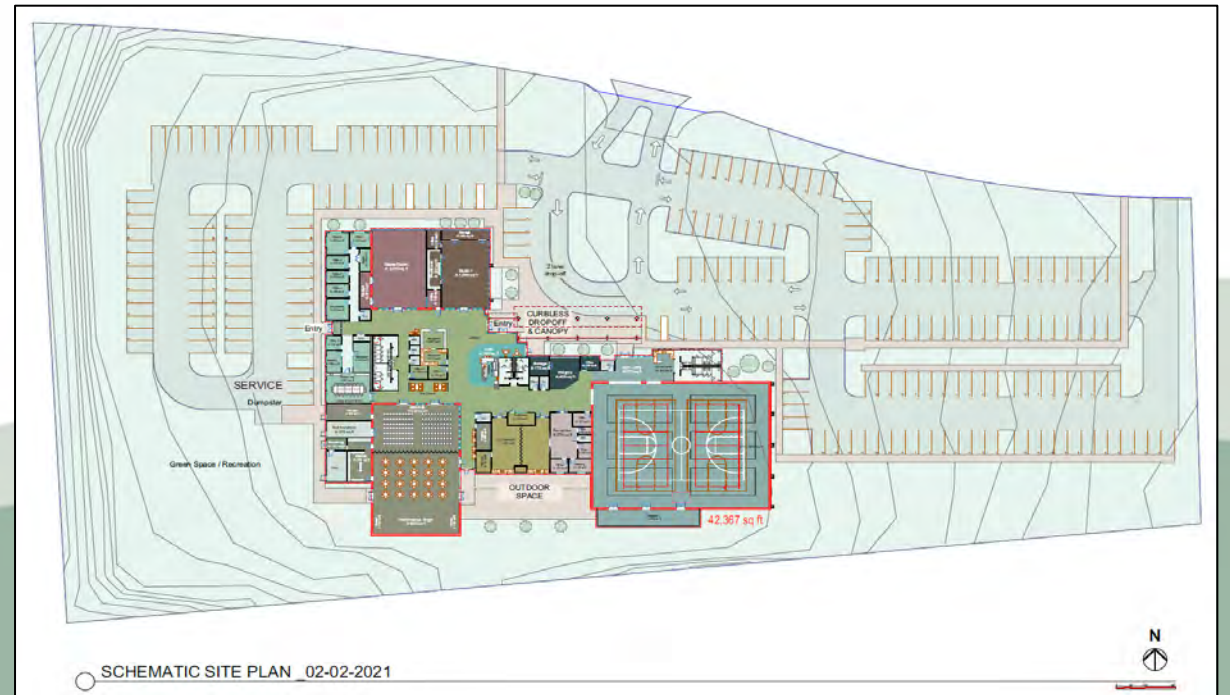
Green spaces, safe streets, sidewalks, outdoor seating and accessible buildings (think elevators, stairs with railings, etc.) can be used and enjoyed by people of all ages.



## Domain Four: Outdoor Spaces & Buildings

## Goals

- Compile a list of programmed projects that provide for trails and sidewalks for pedestrians and cyclists
- Host public hearings on a new senior center and park in south Tallahassee
- Update the parks inventory for AFC
- Success Factors
  - Completion of programming list
  - Finish new park design and start construction
  - Process citizen input and begin work on new senior center



# Outdoor Spaces & Buildings AFC Action Steps



## Coordinated and Hosted Outdoor Events

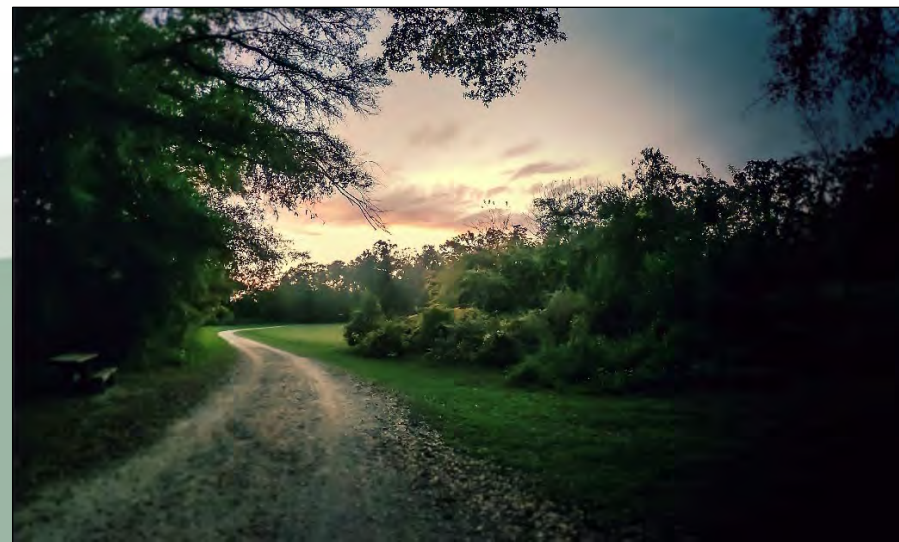


## Monitor and Annually List MMTD projects

- New Park is under construction
- Planning's DesignWorks assisted in review of the new senior center

## Maintain Greenways Planning Objective

Objective 6.1: [C] - Local government shall implement a county-wide greenways network. It shall be the intent of the greenways network to provide for integrated natural resources management and protection, resource-based recreation, educational and historical interpretive opportunities, and increased opportunities for alternative modes of transportation with an emphasis on connectivity among these resources.



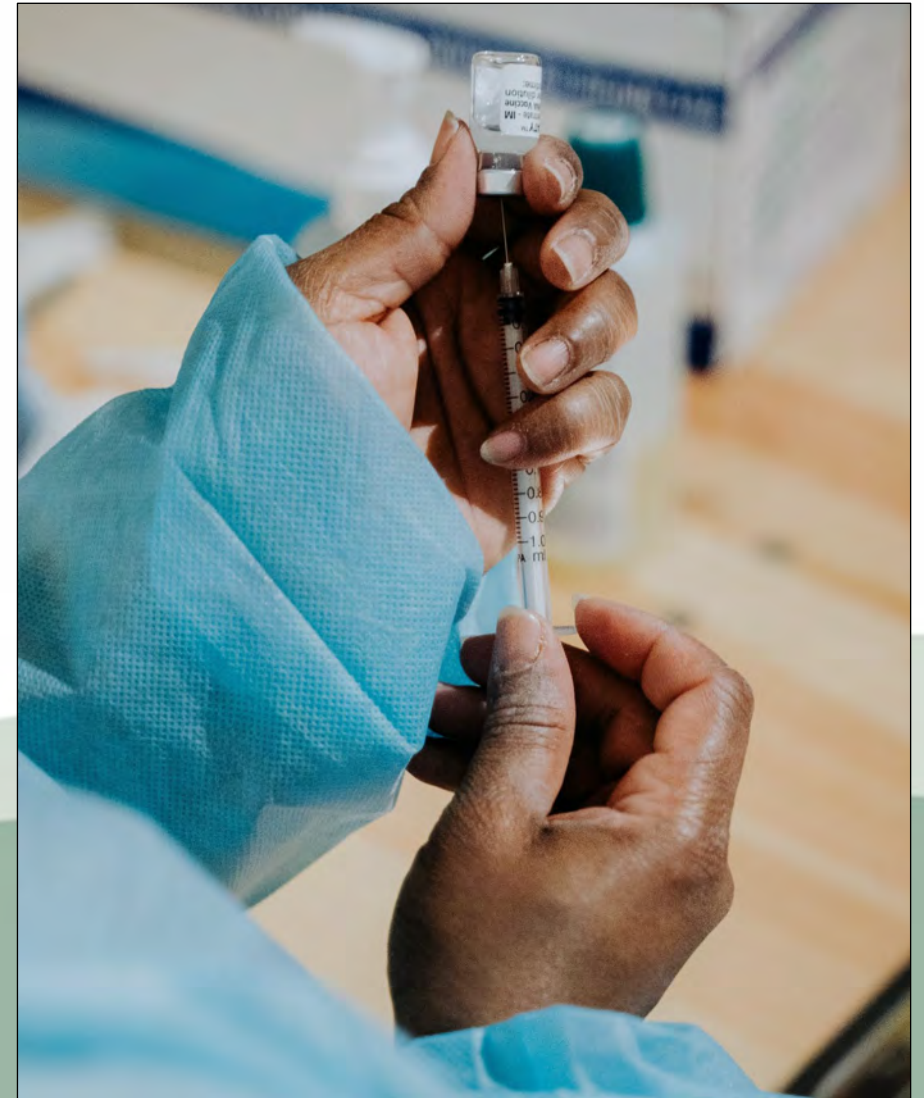
# Results in Outdoor Events & Policy Planning



Florida State University  
School of Nursing

Florida Agricultural & Mechanical University  
School of Nursing

Tallahassee Community College  
School of Nursing

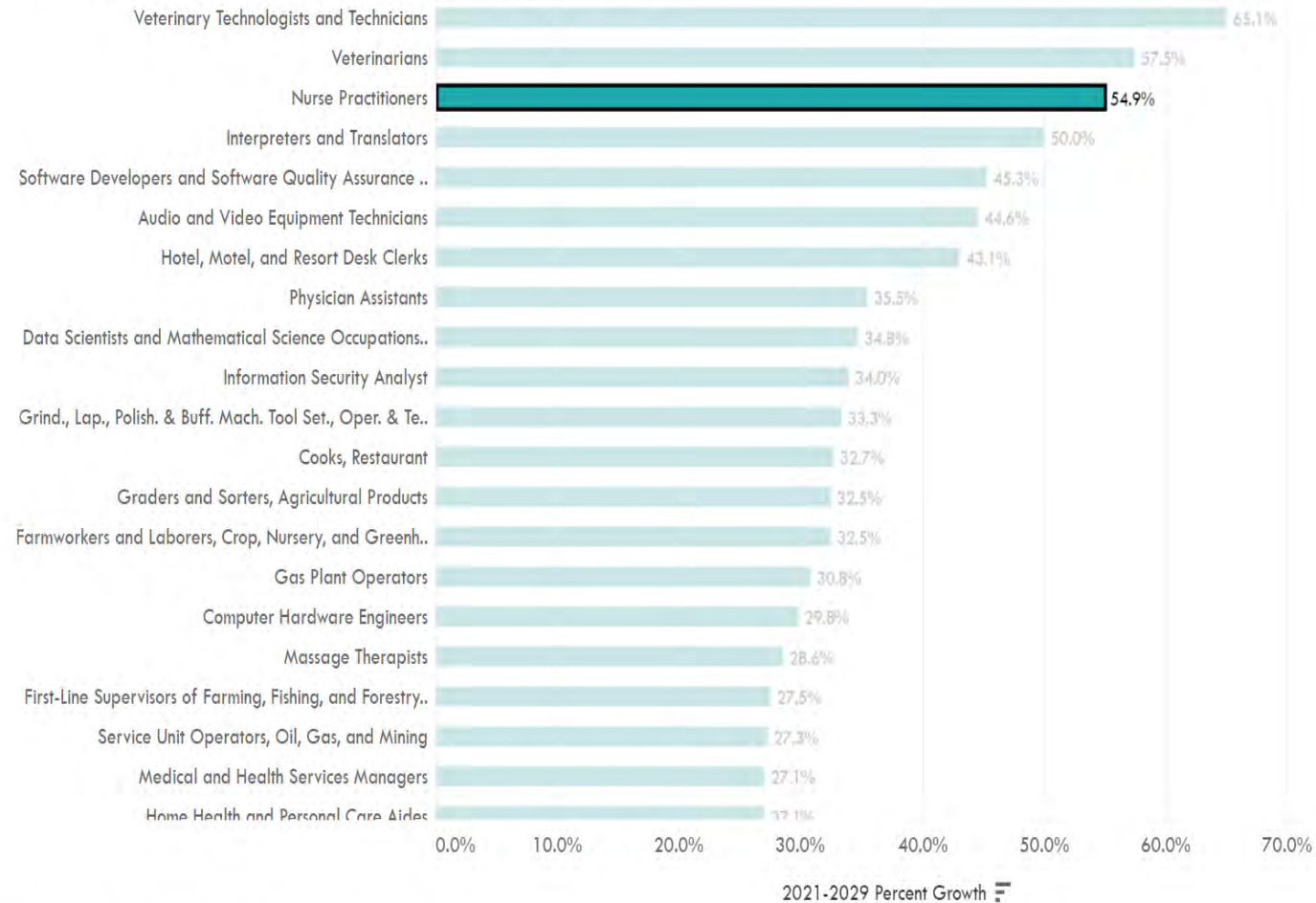


# Resources Contributing to Nursing Education

- FAMU Physical Therapy
- FAMU Pharmacy
- FAMU College of Social Work
- FSU College of Nursing
- FSU Exercise Science (often pre-med)
- FSU Music Therapy
- FSU College of Social Work
- FSU Recreation & Tourism
- FSU College of Medicine
- FSU Psychology
- Kaiser University Occupational Therapy Assistant program
- TCC Dental Hygiene
- TCC Nursing
- Thomas University College of Social Work
- TMH Family Practice Residency Program
- TMH Internal Medicine Residency Program

## Resources Contributing to Nursing Education

## Fastest Growing Occupations in Capital Region (2021-2029)



Note: Capital Region includes Gadsden, Leon, and Wakulla counties.

Source: Florida Department of Economic Opportunity, Labor Market Information, Florida Employment Projections.

Title:	Nurse Practitioners
Occupation Category:	Healthcare Practitioners and Technical
2021-2029 Percent Growth:	54.9%
2021 Employment:	337
2029 Projected Employment:	522

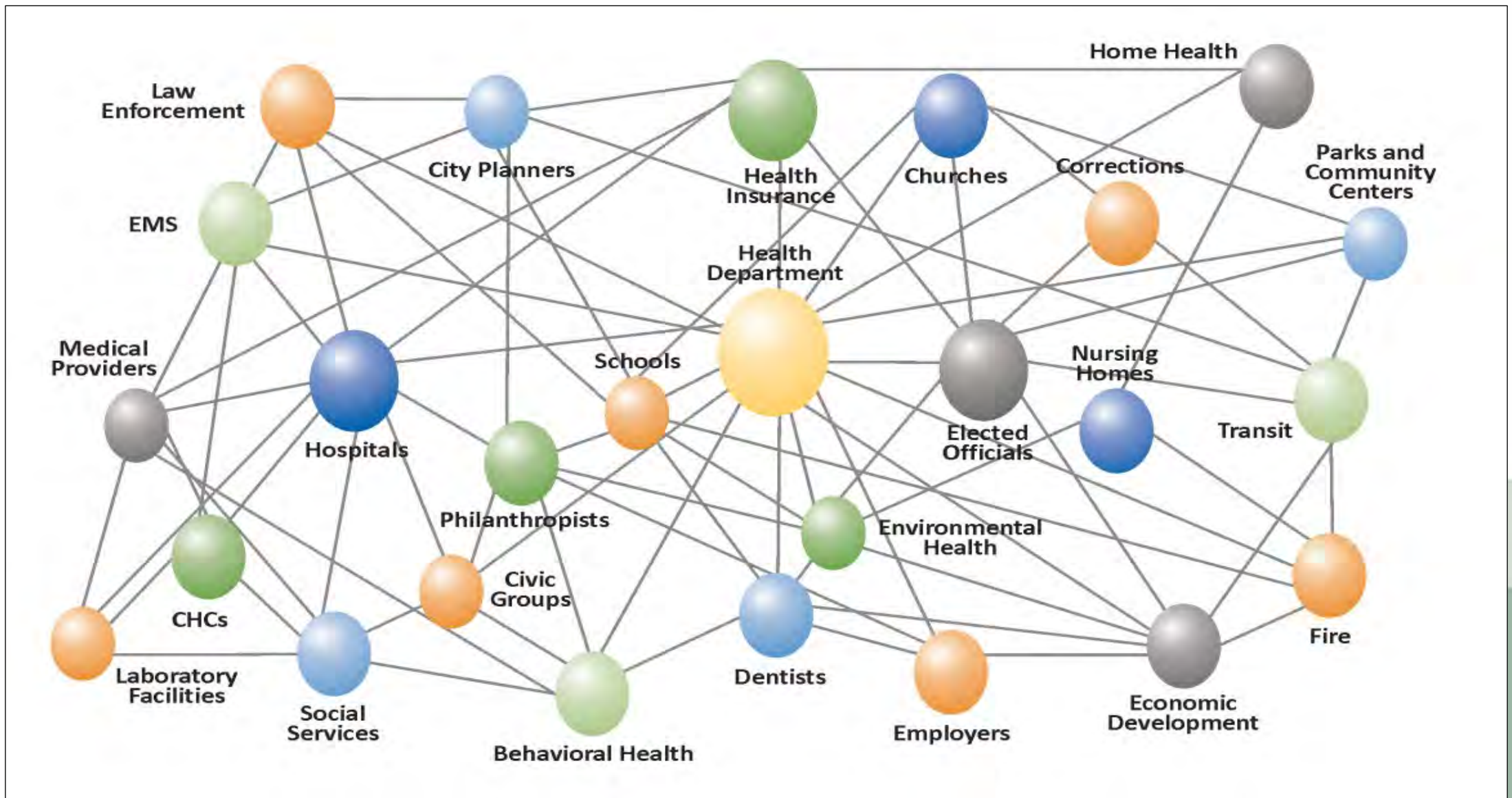
# Fastest Growing Occupations



A diverse set of industries call Tallahassee-Leon County home. While state government and universities have long been associated with our community, we have a growing and vibrant private sector with tremendous companies operating in the manufacturing, transportation, financial services, and health services fields.

- 2,000+ Manufacturing Employees with an Average Wage of \$50,000
- 3,000+ Information Employees with an Average Wage of \$61,000
- Nearly 5,000 Finance & Insurance Employees with an Average Wage of \$65,000
- 22,000+ Health Care & Social Assistance with an Average Wage of \$52,000





**Source:** Florida Department of Health, Community Health Assessment 2017, Health Planning Council of Northeast Florida  
[https://www.flhealthcharts.gov/Charts/documents/Leon\\_CHA.pdf](https://www.flhealthcharts.gov/Charts/documents/Leon_CHA.pdf)

# Inventory Health Network

## Do you have a nurse on your board of directors?

Organization	Response	Comments
Elder Care Services	✓	Retired Nurse on the board
Big Bend Hospice		
Foundation Board	✓	Retired Nurse on the board
Executive Board	✓	Practicing Nurse
Area Aging Solutions	x	None on the board
Alzheimer's Project	x	None on the board
Tallahassee Senior Center Foundation	✓	Retired Nurse on the board



## Do you have any other health care providers on your board of directors?

Organization	Response	Comments
Elder Care Services	✓	Pathologist and psychologist
Big Bend Hospice		
Foundation Board	✓	Licensed therapist
Executive Board	✓	Pathologist and psychologist
Area Aging Solutions	x	None on the board
Alzheimer's Project	✓	Marriage and family therapist & internal, geriatric and hospice physical
Tallahassee Senior Center Foundation	✓	Therapist

## Would your organization benefit by having a nurse on your board? If so, how?

Organization	Response	Comments
Elder Care Services	✓	Yes, we want to have a professional on our board for every lane of our business
Big Bend Hospice		
Foundation Board	✓	Yes. To have representation from all sectors
Executive Board	✓	Same as above
Area Aging Solutions	✓	Maybe. For consulting on or establishing relationship with physician offices and other health care professionals
Alzheimer's Project	✓	Maybe
Tallahassee Senior Center Foundation	✓	Maybe

Mission of the  
Board or Committee

Activity level

Appointment level  
and requirements



# Other Considerations

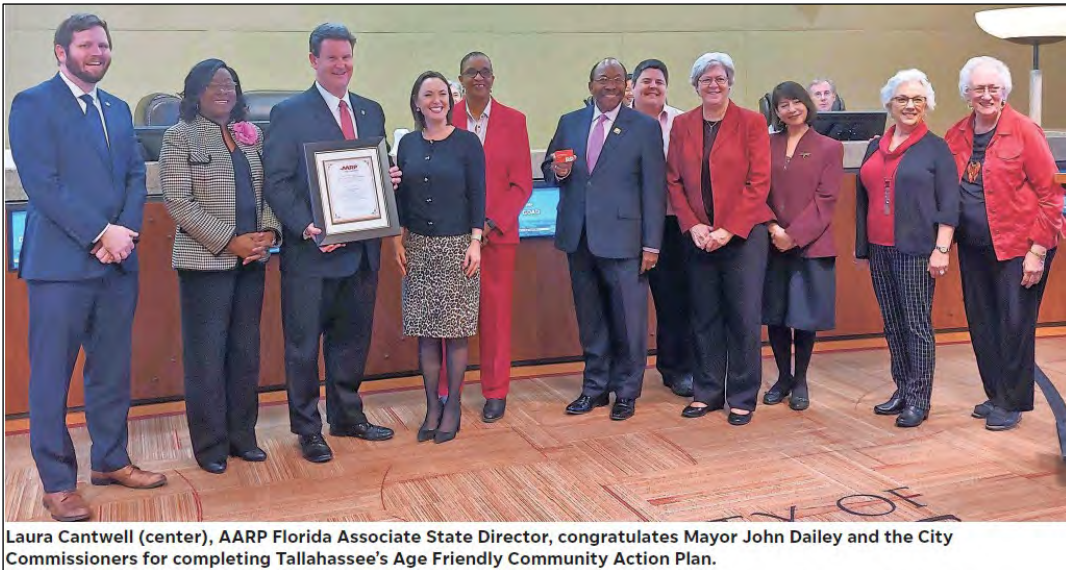


## Joint City County Advisory Boards

- Joint City/County Bicycle Work Group

## Leon County

- Big Bend Health Council
- Tallahassee Sports Council



## Other Collaboratively Identified Boards/Committees

- 2-1-1 Big Bend, Inc.
- Apalachee Center, Inc.
- Bond Community Health Center
- Capital Health Plan
- Capital Medical Society
- Capital Regional Medical Center
- Tallahassee Housing Authority
- Tallahassee Memorial HealthCare
- United Partners for Human Services
- United Way of the Big Bend
- Whole Child Leon

# Possibilities as Community Planners



# THANK YOU FOR JOINING US!

## ANY QUESTIONS?

### Contact us:

Alex Magee: [fapa@floridaplanning.org](mailto:fapa@floridaplanning.org)

Laura Cantwell: [lcantwell@aarp.org](mailto:lcantwell@aarp.org)

Laurie Benson: [laurie@nursesonboardscoalition.org](mailto:laurie@nursesonboardscoalition.org)

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Susan Poplin: [Susan.Poplin@talgov.com](mailto:Susan.Poplin@talgov.com)