

# Updates: Age-Friendly Lawrence and Lowell

Sabrina Noel, PhD, RD

Assistant Professor

Department of Biomedical and Nutritional Sciences

Center for Population Health

# Age-Friendly Initiative Lawrence

Funded by the Tufts Health Plan Foundation

**14.3%**

Of Lawrence's 79, 337 residents  
are 60 years and older

*Actual estimate= ~90,000 people*

Higher rates of:

Hospital/ ER visits  
Heart problems  
Depression  
Alzheimer's  
Diabetes  
COPD

**51%**

of elders are of  
Hispanic descent

**52% of elders have incomes**

**<\$20,000**

**30%**

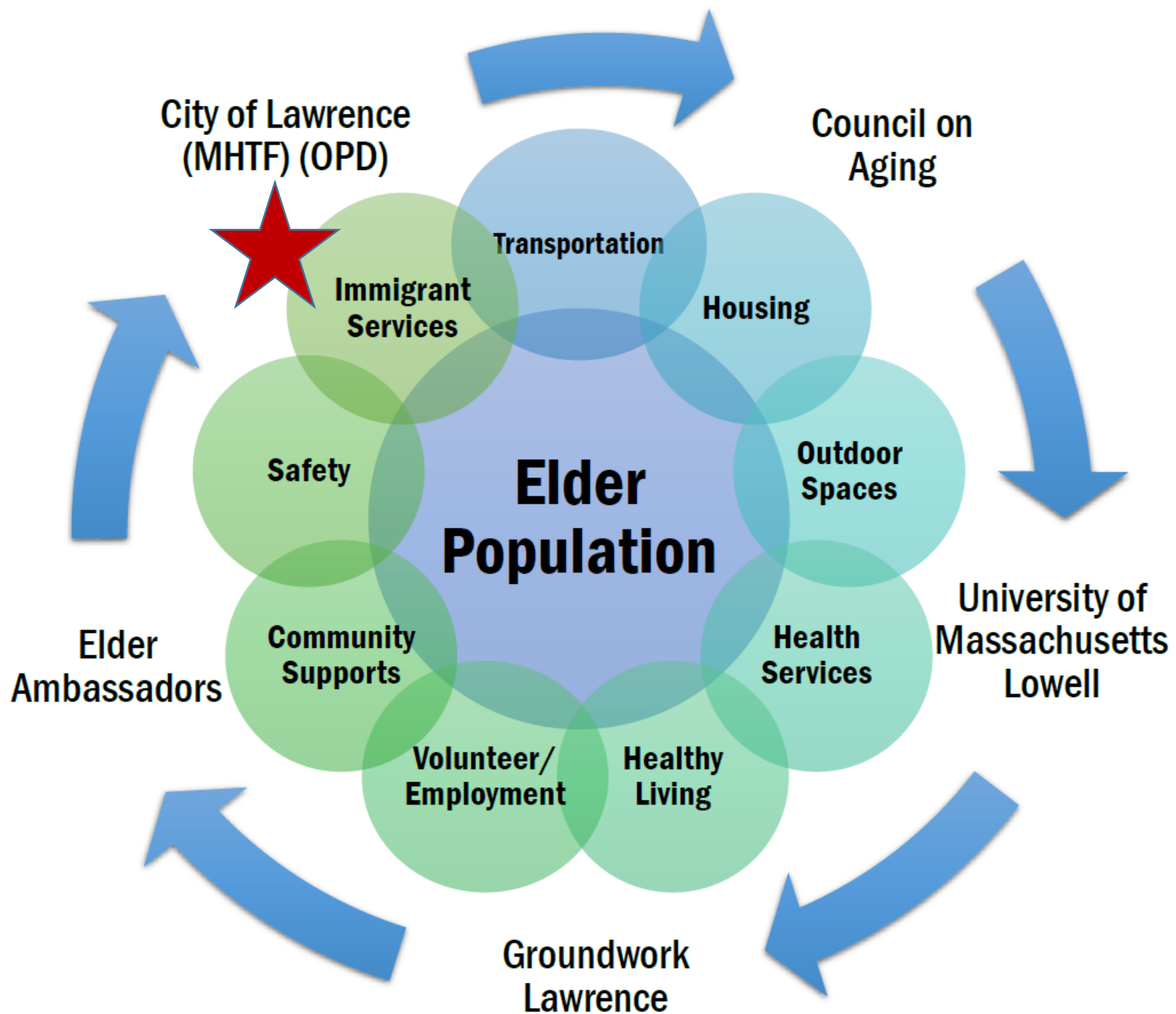
of seniors spend  
**more than half** of  
their income on  
housing

**8 years**

is the **average wait time** for a federally  
subsidized elderly studio or one- bedroom unit

# Age-Friendly Domains

- 9 domains based on the World Health Organization's livability domains



# Immigrant Services

- We are among the few communities that have focused on immigration in their Age-Friendly initiative
- Secondary Data

50. In what year did you first come to live in the U.S.?: \_\_\_\_\_

51. Do you feel your immigration status affects your overall quality of life?

- Yes, often
- Sometimes
- No, never

52. If you are not a U.S Citizen, what is the main reason why you have not naturalized and become a U.S citizen?

- Needs to learn English
- Difficult test
- I am afraid to take it
- Have tried but have not been successful
- Cost of application is too high
- Process is too complicated
- Do not know how/need info
- Have not had time to do it
- No interest/would not even if could
- Currently applying
- Will apply soon (within the next year)
- Not eligible yet/waiting for green card
- Don't know
- Refused
- Other reasons: Please specify

# Development of Themes

- Reviewed existing age-friendly initiatives and communities
- Created a report of best practices, methodology, and reported issues
- Drafted themes and indicators
  - Revised with Age-Friendly Team and experts in the areas of the domains
  - Community members and City administrators

# Transportation

Theme	Indicator
Public transit	<ul style="list-style-type: none"><li>-Number of buses that are accessible, clean, timely and with destination clearly displayed</li><li>-Bus stops/shelters are safe and accessible (i.e. with proper seating, lights, well-covered, snow removed, and of convenient location relative to seniors' houses)</li></ul>
Door to door service	<ul style="list-style-type: none"><li>-Availability of a variety of services (e.g. paratransit, and go, shuttles, volunteer drivers)</li><li>-Number of transportation services available</li><li>-Availability of same-day service</li></ul>
Age-Friendly Streets and parking	<ul style="list-style-type: none"><li>-Streets have clear and consistent signage</li><li>-Number of streets with adequate rain drainage)</li><li>-There are adequate parking spaces</li><li>-Drivers ed. and refresher courses</li></ul>

## Example of Measurement Tools

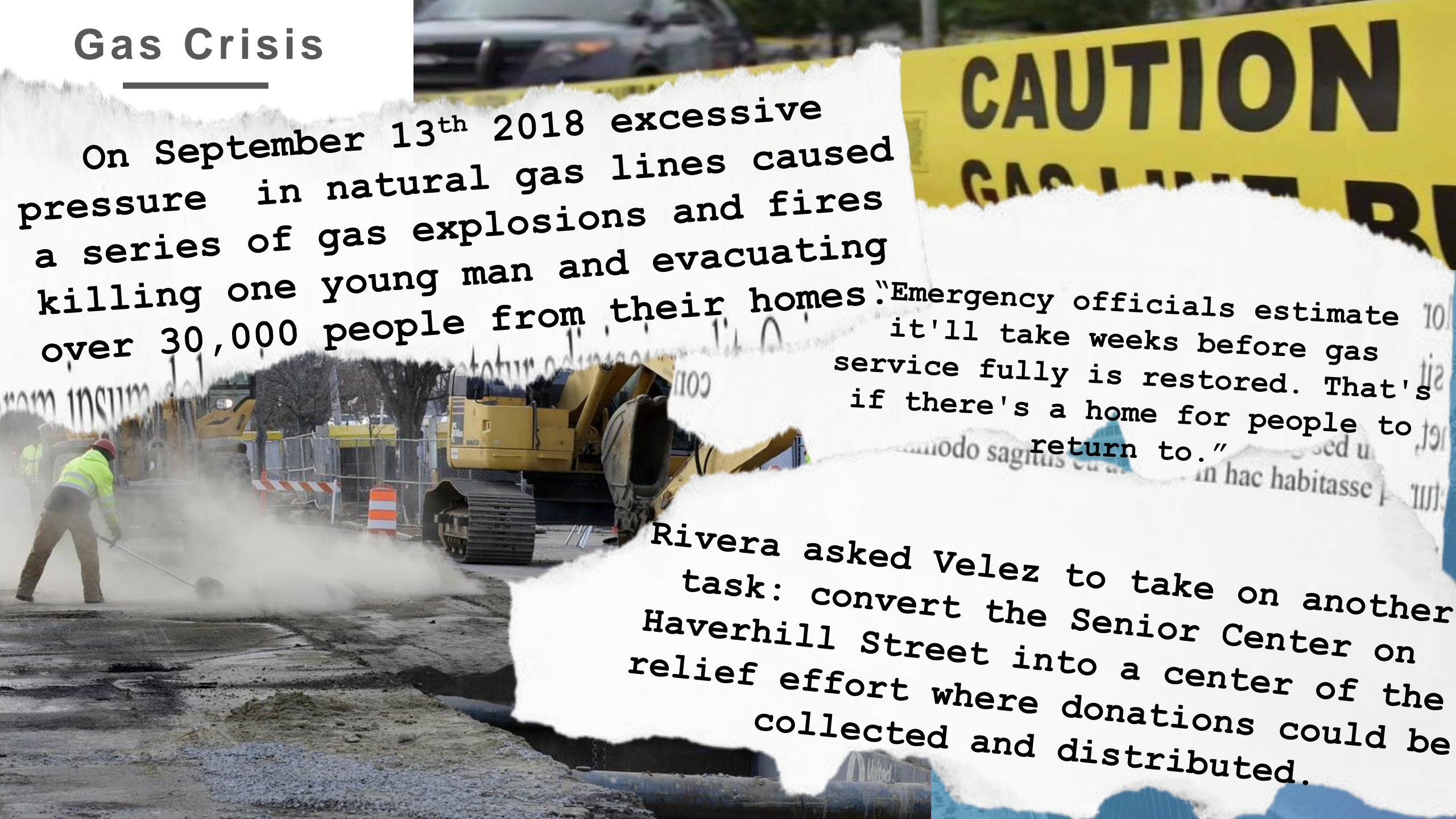
- Administrative data from local transit authority
- Count data
- Focus groups

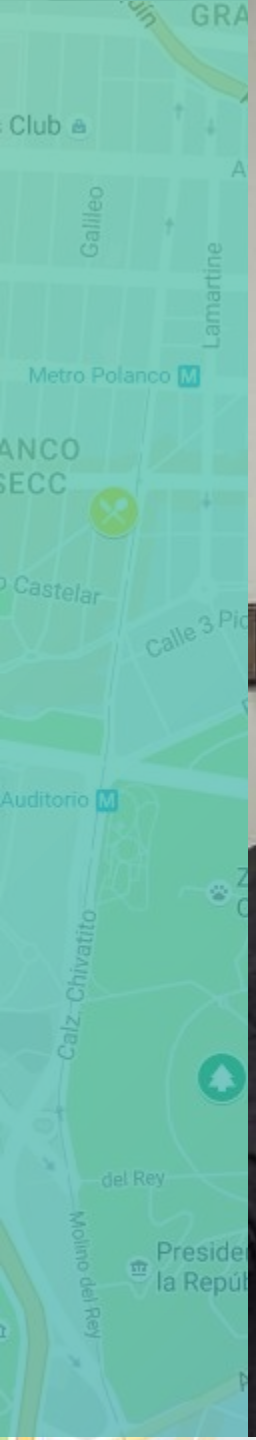
# Gas Crisis

On September 13<sup>th</sup> 2018 excessive pressure in natural gas lines caused a series of gas explosions and fires killing one young man and evacuating over 30,000 people from their homes.

Emergency officials estimate it'll take weeks before gas service fully is restored. That's if there's a home for people to return to."

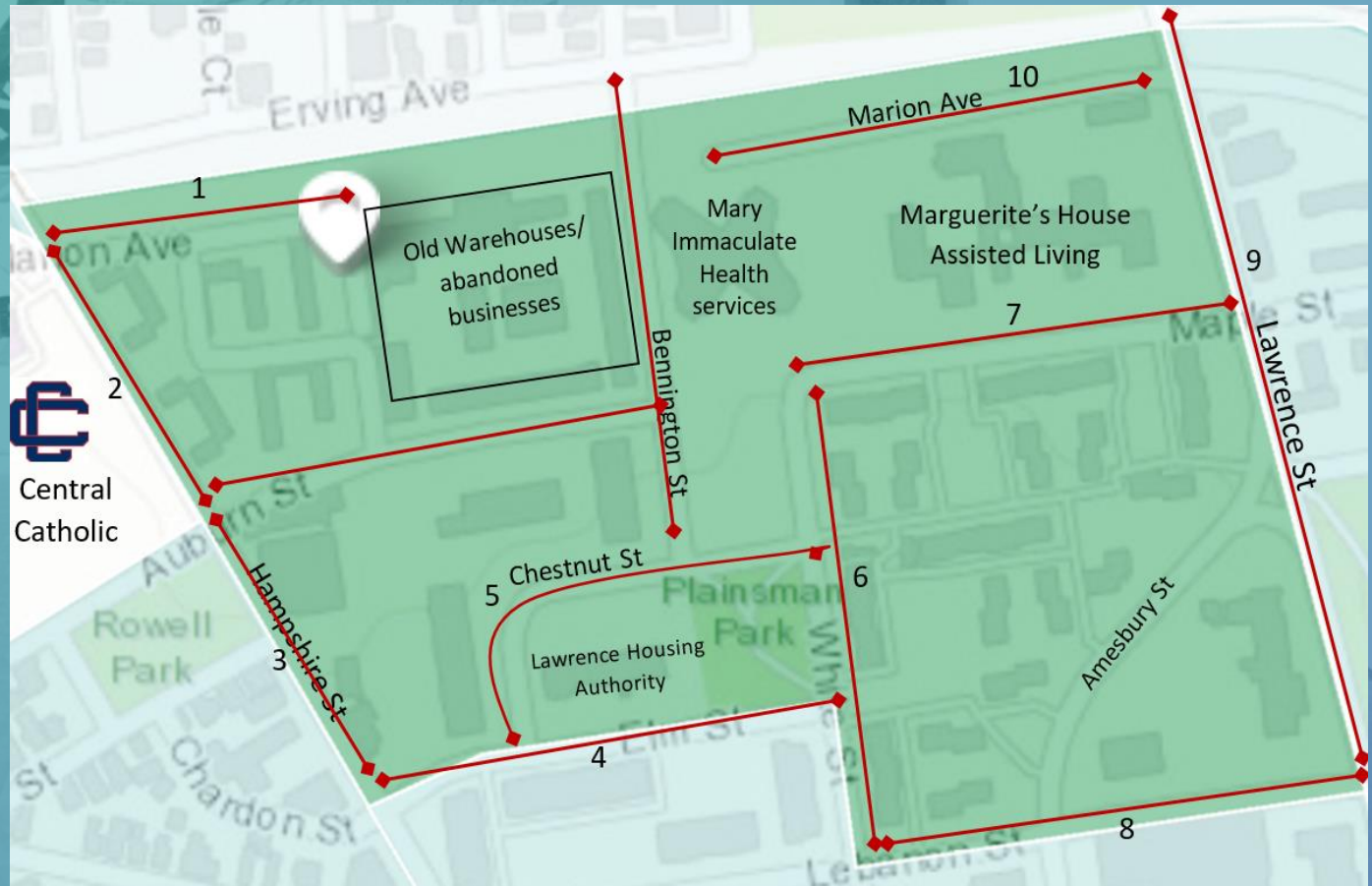
Rivera asked Velez to take on another task: convert the Senior Center on Haverhill Street into a center of the relief effort where donations could be collected and distributed.







# Zones 1 and 2



# AARP Walk Audit Tool Kit

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- Many communities are designed with motor vehicle travel in mind, with little to no focus on the needs of pedestrians
- Walking is the most popular mode of transportation for older adults living in Lawrence, MA
  - 40% of older adults in the city of Lawrence do not own a motor vehicle
- **AARP Walkability Tool:** To assess the walkability of the sidewalks and streets in the community
- **Sections:** Crossing Streets and Intersections, sidewalks, driver behavior, safety, comfort and appeal, overall ratings and observations

## ▶ SIDEWALKS

Complete one sheet for each sidewalk-equipped street within your walk area.

Street observed: \_\_\_\_\_ between \_\_\_\_\_ and \_\_\_\_\_  
Street Name Cross Street 1 Cross Street 2

Day and Date of week: \_\_\_\_\_

Time observations began: \_\_\_\_\_ AM | PM      Time observations ended: \_\_\_\_\_ AM | PM

**DIRECTIONS:** Place a ✓ next to any items that are a problem for pedestrians and note:

- What might be especially problematic for a child, older adult or person with disabilities?
- What is the exact location of each problem? Record a landmark or side of street (North, South, East or West) on the line to the right of each item you check.

### PROBLEMS FOR PEDESTRIANS

- There are no sidewalks, paths or shoulders.
- The sidewalks are not continuous (i.e., segments are missing).
- The sidewalk isn't wide enough for two people to walk together side-by-side (minimum width needed: 5 feet).
- The sidewalk is broken or cracked.
- There's no buffer between traffic and the sidewalk.

### LOCATION

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# Age-Friendly Community Survey

How important do you think it is to have the following in your community?

	Extremely important	Very important	Somewhat important	Not very important	Not at all important
A home repair service for low-income and older adults that helps with repairs	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Seasonal services such as lawn work or snow removal for low-income and older adults	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Homes that are equipped with features such as a no-step entry, wider doorway, first floor bedroom and bath, grab bars in bathrooms	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Well-maintained and safe low-income housing	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

# Community Park Assessment

- Used the validated Community Park Assessment Tool (CPAT 2012) developed by Kansas State University, University of Missouri, and City of Kansas City Missouri Parks and Recreation Department.
- User-Friendly tool used to assess:
  - Potential for Physical Activity Promotion
  - Park Quality and Safety
  - Available Activity Areas
  - Access and Neighboring areas
- ~3.5 hours spent observing 4 parks so far

12. Activity Areas	# of Areas	Area 1		Area 2		Area 3	
<b>a. Playground</b>	(# : _____)						
Useable		<input type="checkbox"/> No	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> Yes
Good condition		<input type="checkbox"/> No	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> Yes
Distinct areas for different age groups		<input type="checkbox"/> No	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> Yes
Colorful equipment (i.e., 3+ colors)		<input type="checkbox"/> No	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> Yes
Shade cover for some (25%+) of the area		<input type="checkbox"/> No	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> Yes
Benches in/surrounding area		<input type="checkbox"/> No	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> Yes
Fence around area (i.e., half or more)		<input type="checkbox"/> No	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> Yes
Separation or distance from road		<input type="checkbox"/> No	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> Yes
Comments:							
<b>b. Sport Field (football/soccer)</b>	(# : _____)						
Useable		<input type="checkbox"/> No	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> Yes
Good condition		<input type="checkbox"/> No	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> Yes
Comments:							
<b>c. Baseball Field</b>	(# : _____)						
Useable		<input type="checkbox"/> No	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> Yes
Good condition		<input type="checkbox"/> No	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> Yes
Comments:							
<b>d. Swimming Pool</b>	(# : _____)						
Useable		<input type="checkbox"/> No	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> Yes
Good condition		<input type="checkbox"/> No	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> Yes
Comments:							
<b>e. Splash Pad</b>	(# : _____)						
Useable		<input type="checkbox"/> No	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> Yes
Good condition		<input type="checkbox"/> No	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> Yes
Comments:							
<b>f. Basketball Court</b>	(# : _____)						
Useable		<input type="checkbox"/> No	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> Yes

# Parking Lot Audit

- 20 parking lots assessed to date
- Employ additional data collection methods

## PARKING LOT AUDIT



Surveyor Name:

Date:

Location/ parking lot surveyed:

### ENTRANCE AND EXITS

Parking lot gate or entrance is accessible and easy to locate

Parking lot exit is easy to find and accessible

Auto open gates operate smoothly

Gates are easily accessible

There are parking attendants available

There are easily visible and accessible pay stations

# Community Food Assessment

- Goal: To assess food accessibility, affordability, and quality of food in the City of Lawrence
- Data collection to include (but not limited to):
  - Literature review
  - Key informant interviews
  - Focus groups
  - Community surveys
  - Community mapping
  - PhotoVoice



Costello Park Urban Farm  
(GroundWork Lawrence)



# Next Steps: July 2019- January 2020

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- Engage Elder Ambassadors
- Employ additional data collection methods





# Age-Friendly Lowell: A Planning Project

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Funded by the Greater Lowell Health Alliance



**Advisory  
Board  
Members**

**Naomi Prendergast:** D'Youville, President and CEO

**Diane Tradd:** City of Lowell, Assistant City Manager/  
DPD Director

**Kerran Vigroux:** City of Lowell, Health and Human  
Services Director

**Sovanna Pouv:** CMAA, Executive Director

**Joyce Dastou:** Council on Aging Board of Directors

**Molyka Tieng:** Lowell Police Department

# AGE-FRIENDLY LOWELL

A Greater Lowell Health Alliance Community Health Initiatives Grant



The background is a teal-tinted photograph of an industrial cityscape. In the foreground, a large truss bridge spans across a wide river. In the background, several industrial buildings and tall smokestacks are visible against a hazy sky. The overall scene is somewhat desaturated due to the teal overlay.

# Open Discussion

# THANK YOU

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## City of Lawrence

Vilma Martinez-Dominguez, Director  
Community Development  
Elecia Miller, MHTF Coordinator  
Martha Velez, Executive Director Senior Center  
Angeline Garcia, Outreach Coordinator  
Heather McMann, Executive Director  
Groundwork Lawrence  
Lesly Melendez, Deputy Director Groundwork  
Lawrence

City Administrators

## City of Lowell

Kerrie D'Entremont, Executive Director GLHA  
Advisory Board Members

## UMass Lowell

David Cornell, Phd, DPT  
Katherine Tucker, PhD  
Robin Toof, EdD  
Andrew Hostetler, PhD  
Karen Melillo, PhD  
David Turcotte, ScD  
Casey Leon, MPH  
Michelly Santos, MPH  
Liam Fouhy

sabrina\_noel@uml.edu