

# **Pedestrian Safety Workshop: A Focus on Older Adults**

## **Resources for Participants**

The following resources provide additional information on pedestrian programs, policies and designs that can be used to create safer and more walkable environments.

### **Safety**

*Stepping Out - Mature Adults: Be Healthy, Walk Safely*, National Highway Traffic Safety Administration. Describes health benefits of walking, resources for getting started, tips for staying safe, and suggestions for making the community a safer place to walk.

<http://www.nhtsa.dot.gov>. Search for “Stepping Out – Mature Adults: Be Healthy, Walk Safely”

*National Resource Center for Safe Aging*

Online library contains resources for public health and older adult care professionals and others who work with older adults on issues of safety.

<http://www.safeaging.org/resources/resources.asp>

*WalkingInfo.org*, the Pedestrian and Bicycle Information Center.

Provides comprehensive resources and tools for encouraging and improving conditions for walking such as pedestrian safety guide and countermeasure selection system, data and pedestrian plans.

<http://www.walkinginfo.org>

*Active Living Resource Center*, the National Center for Bicycling and Walking.

Includes downloadable materials and guidance for safe walking in many settings.

<http://www.activelivingresources.org>

*Pedestrian Mobility and Safety Audit Guide*, Institute of Transportation Engineers and the American Association of Retired Persons (AARP).

Describes how to assess the built environment to identify safety concerns for older adults.

<http://www.ite.org/PedAudits/AuditGuide.pdf>

### **Physical activity and health**

*Creating Communities for Active Aging: a Guide to Developing a Strategic Plan to Increase Walking and Biking by Older Adults in Your Community*

Guide can be used to develop a strategic plan to engage older adults in more physical activity.

[http://www.prevent.org/images/stories/Files/publications/Active\\_Aging.pdf](http://www.prevent.org/images/stories/Files/publications/Active_Aging.pdf)

*Building Healthy Communities for Active Aging*, U.S. Environmental Protection Agency.

Describes healthy aging, smart growth and the EPA recognition program.

<http://epa.gov/aging/bhc/index.htm>

*The National Blueprint: Increasing Physical Activity Among Adults Age 50 and Older.*

Outlines barriers and strategies for increasing physical activity levels throughout the population.

<http://www.agingblueprint.org>

*Live Well, Live Long Health Promotion and Disease Prevention for Older Adults*, the American Society on Aging Adults.

<http://www.asaging.org/cdc/module6/phase1/index.cfm>

*Step Up to Better Health*, AARP.

A ten week walking program designed to boost daily activity. Users build up to walking 10,000 steps per day and track their progress on the web site.

<http://aarp.stepuptobetterhealth.com/default.asp>

### **Changing the physical environment**

*Highway Design Handbook for Older Drivers and Pedestrians*, Federal Highway Administration.

Provides information that links older road user characteristics to highway design, operational attributes, and traffic engineering recommendations by addressing specific roadway features.

<http://www.tfhrf.gov/humanfac/01103/coverfront.htm>

*PEDSAFE: Pedestrian Safety Guide and Countermeasure Selection System*, Federal Highway Administration.

Provides information on possible engineering, education, or enforcement treatments for improving pedestrian safety and mobility.

<http://www.walkinginfo.org/pedsafe>

*Guide for the Planning, Design and Operation of Pedestrian Facilities*, American Association of State and Highway Transportation Officials (AASHTO).

Presents effective measures for accommodating pedestrians on public rights-of-way and recognizes the profound effect that land use planning and site design have on pedestrian mobility. The guide can be purchased through the AASHTO web site at: <http://www.transportation.org>

*Designing Sidewalks and Trails for Access, Parts 1 and 2*, Federal Highway Administration.

Provide practice standards for applying the American with Disabilities Act (ADA).

Part 1 available at: <http://www.fhwa.dot.gov/environment/sidewalks/index.htm>

Part 2 available at: <http://www.fhwa.dot.gov/environment/sidewalk2/>

*The Americans with Disabilities Act Accessibility Guidelines for Buildings and Facilities*, the U.S. Access Board.

Contains scoping and technical requirements for accessibility to buildings and facilities by individuals with disabilities under the Americans with Disabilities Act (ADA) of 1990.

<http://www.access-board.gov/adaag/html/adaag.htm>

*National Transportation Enhancements Clearinghouse*.

Provides information about Federal Transportation Enhancement-funded projects, which include pedestrian and bicycle facilities as well as the process for submitting an application.

<http://www.enhancements.org>