

Innovative Spaces: Creating Age-friendly Outdoor Spaces for Longevity and Connection



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Introduction



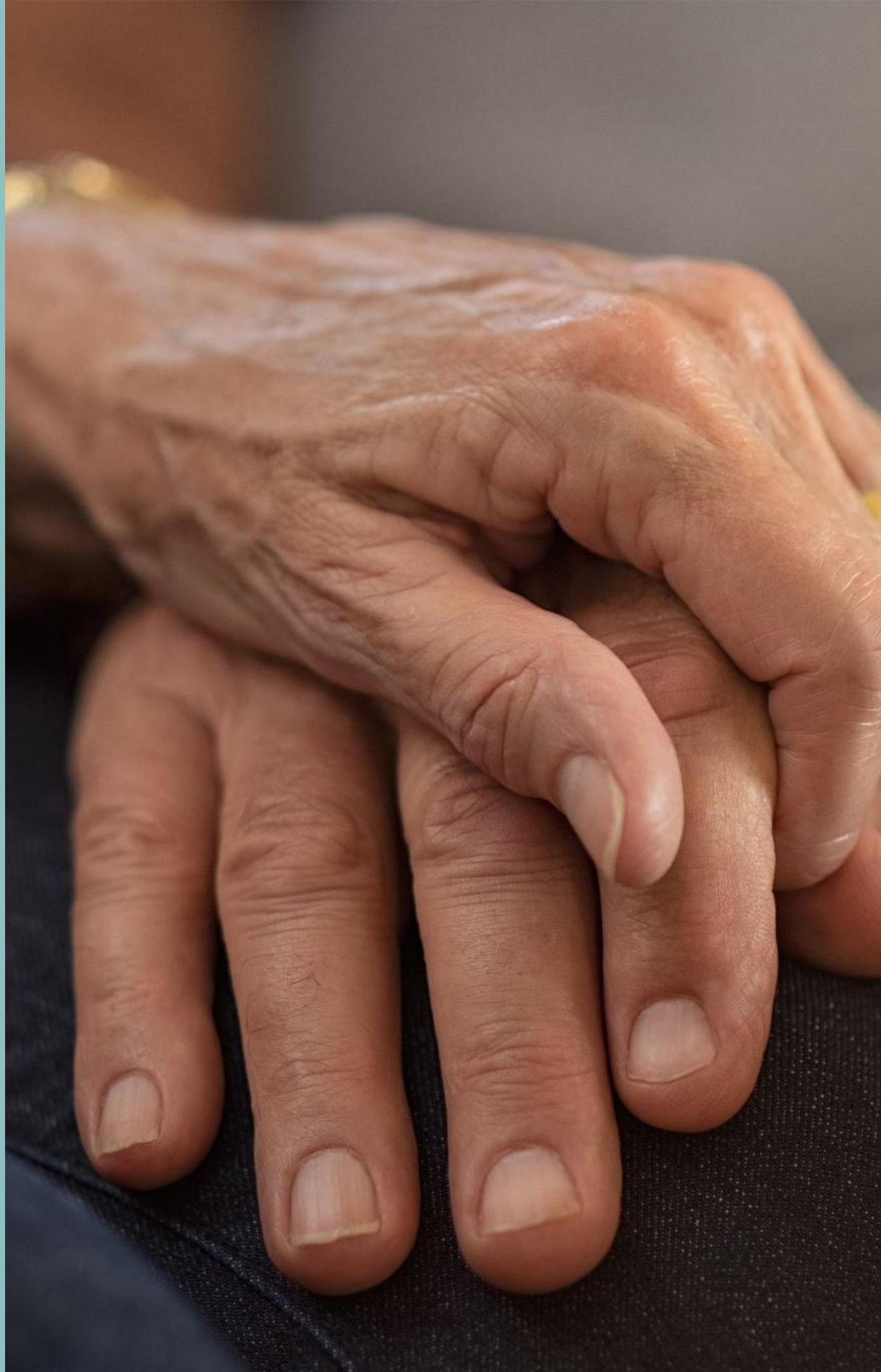


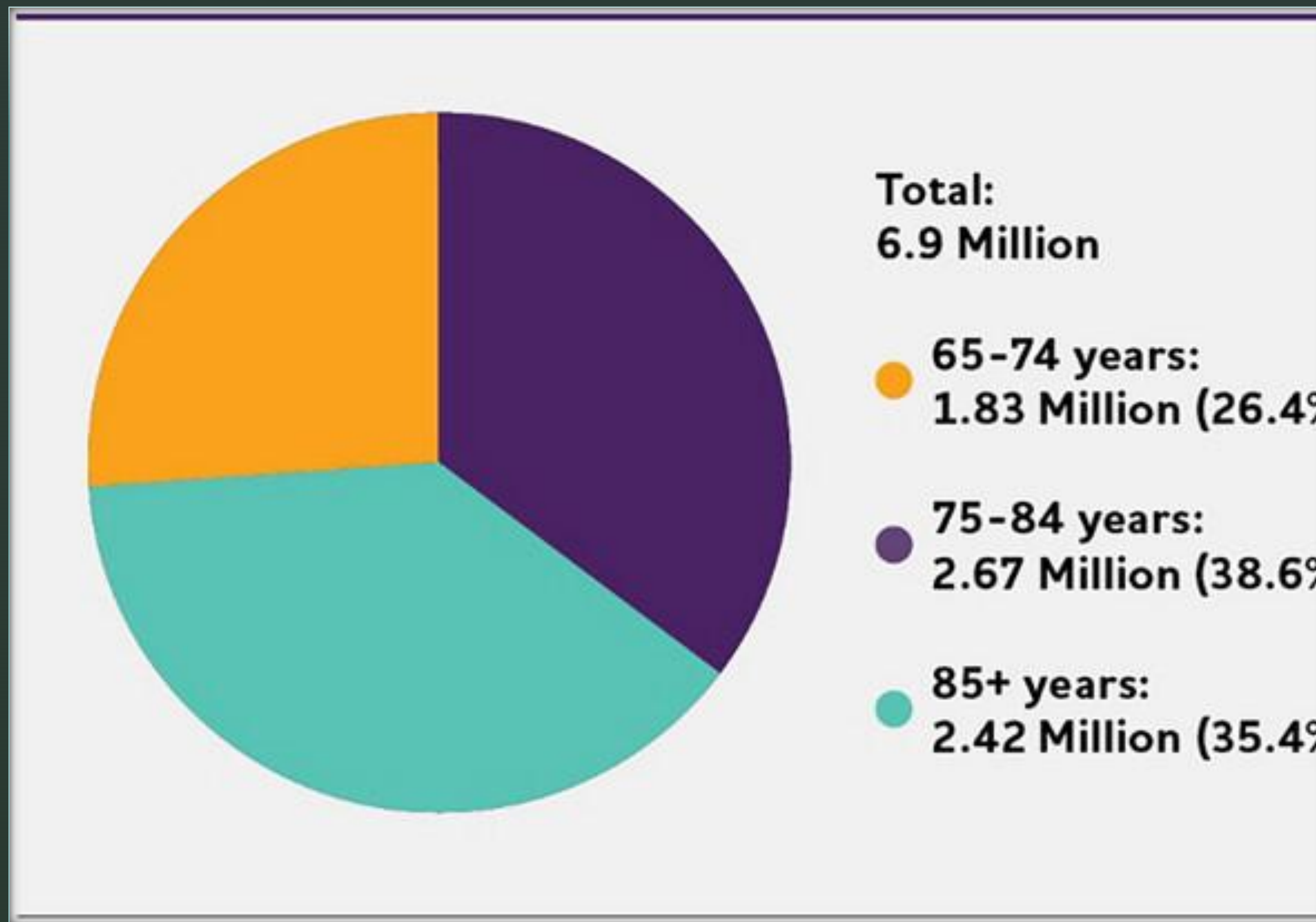
Our Aging Communities

- Every day 10,000 baby boomers reach age 65
- By 2030, 1 in 6 people worldwide will be over 60
- 88% of older adults prefer to age in place, making accessible public spaces essential.

Current State of Health: Aging Population

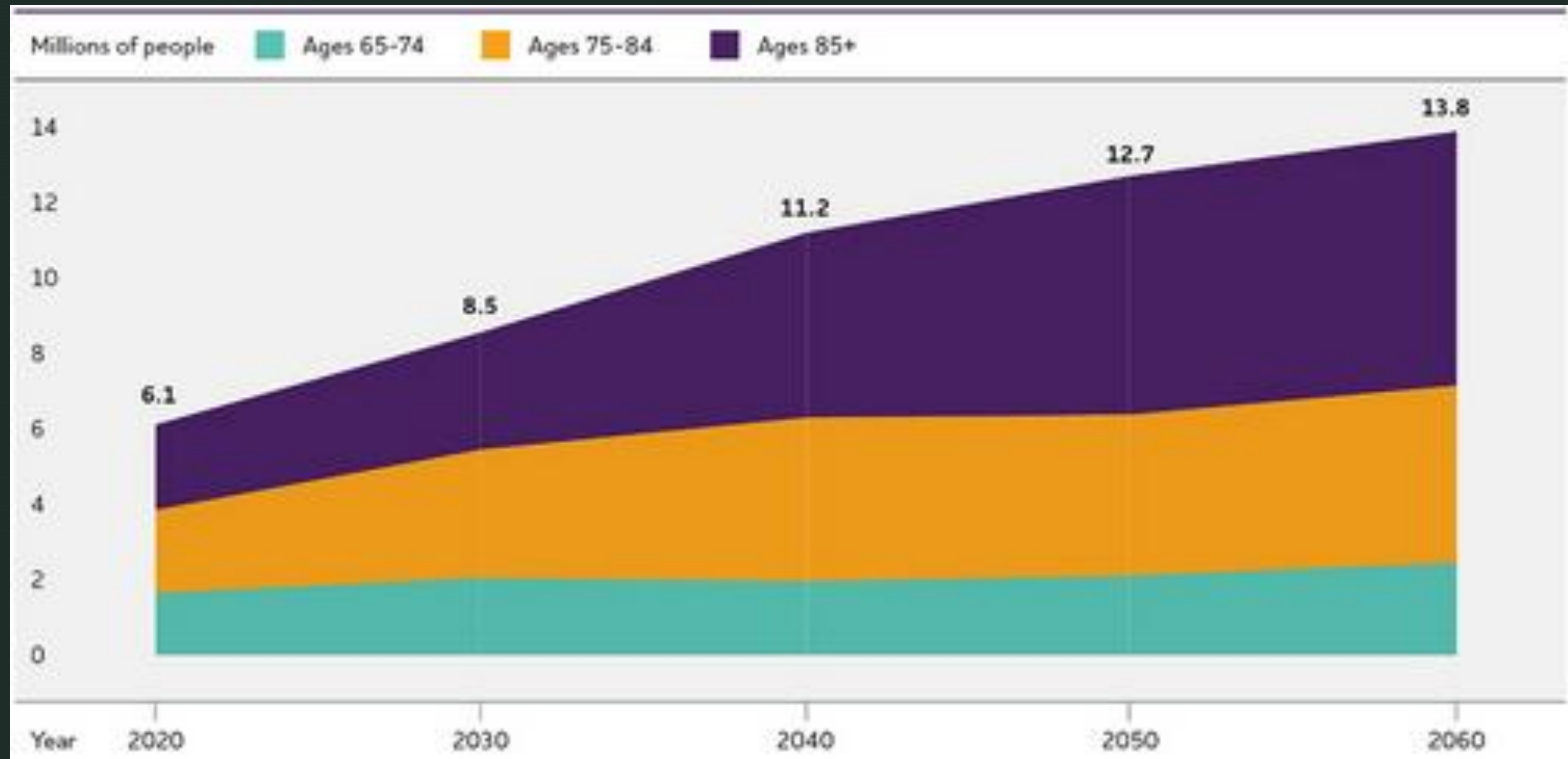
- With rise in aging community comes a rise in age-related health issues²
- In US, 92% of older adults have at least one chronic condition.
- 77% have two or more chronic conditions
- 2/3 of deaths among 65+ each year are caused by heart disease, cancer, stroke, and diabetes



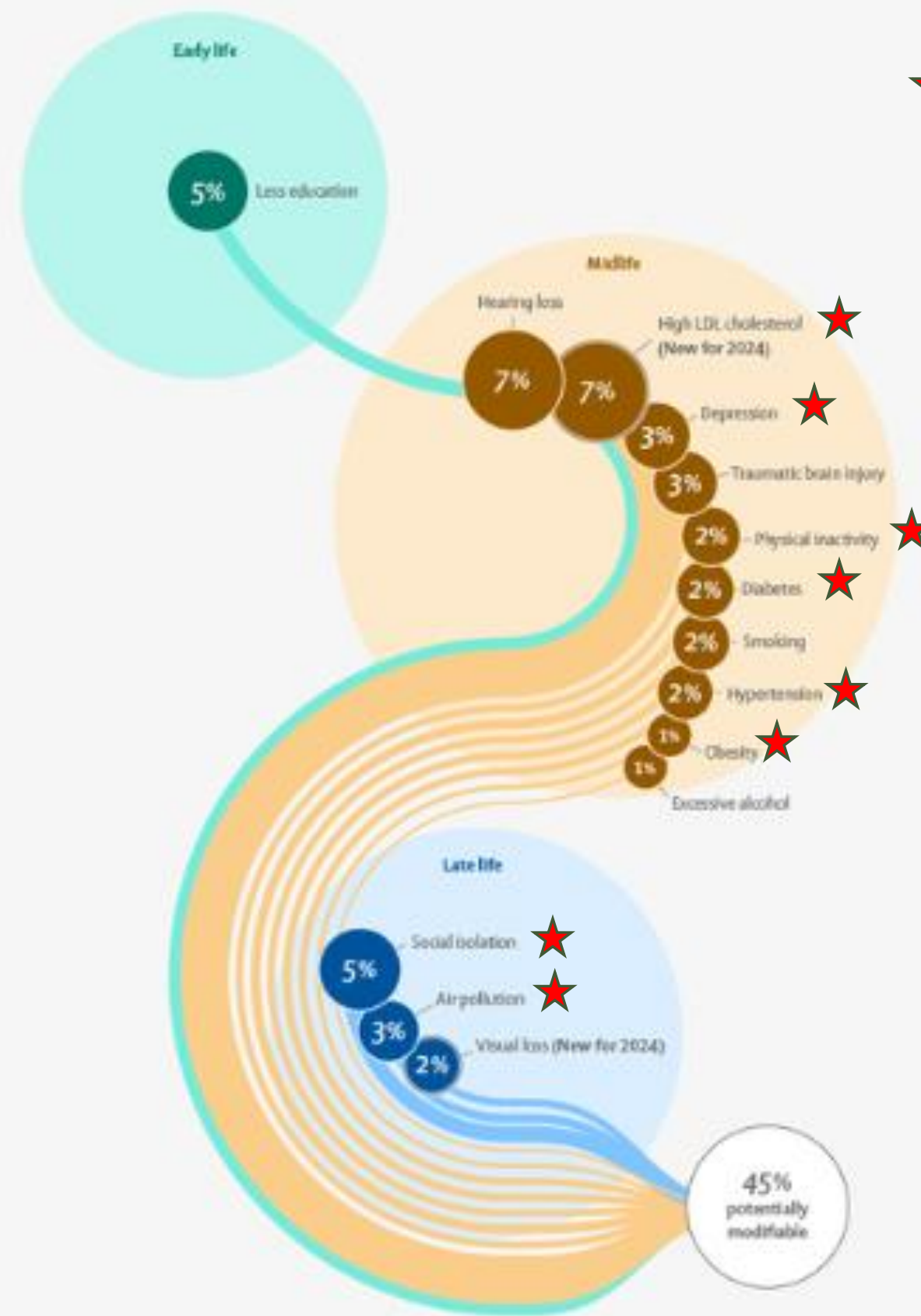


Dementia: On the Rise

2024 Alzheimer's disease facts and figures



2024 Alzheimer's disease facts and figures



★ Can a senior park have an impact on the risk of developing dementia?

THE LANCET

**Dementia prevention,
intervention, and care
2024**



Marge: I love going to the park with my daughter!

Joanne: My husband and I do our exercises at the park every day.

Betty: There is a great park right in my neighborhood and I go there all the time!

Just Being in Nature Matters



Physical Benefits



Cognitive
Benefits



Social Benefits



Mental/Emotional
Wellbeing



Chronic Disease
Management



Nutritional Intake





Senior-centric Parks:

Intentional Design + Targeted Amenities= The Perfect Prescription

Frederick, Maryland

- Population of 86,000 people, aging at 3x the national rate
- 1 in 5 Frederick residents is 60 or older
- The 85+ cohort set to quadruple over next 20 years.
- 11% of the population aged 65 or older has a diagnosis of dementia
- 22 large county parks, 72 city-managed parks, 4 dog parks, **0 senior parks**

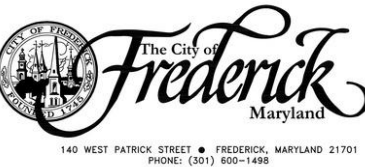
Coming Soon

PROPOSED SENIORSCAPES PARK FEATURES

- Senior-Centric Features
 - Nearby parking and drop off zone
 - Accessible bathroom and water fountain
 - Shade structures
 - Level walking path with graded challenges
 - Active and quiet spaces
 - Maximum distance 50' between seating surfaces
- Dementia-Friendly Features
 - Split rail fence around area
 - Caregiver respite near entrance/exit
 - Sensory, cognitive, and motor activities
- Healthy Aging Features
 - Physical
 - Cardio
 - 820' long Walking Path
 - Upright/recumbent bike
 - Arm bike
 - Cross trainer with touch screen
 - Strength
 - Leg press
 - Horizontal row
 - Pull down
 - Chest press
 - Balance
 - Step up and bar
 - Up and Go
 - Log beam with rails
 - Mobility
 - Up and Go
 - Leg lift and Flex wheel
 - Parallel bars
 - Stairs
 - Ramp
 - Stretch station
 - Steppingstones
 - Surface challenges with rails
 - Turf
 - Stones
 - Waves
 - Logs
 - Cognitive Health
 - Socialization
 - Brain games/cognitive stimulation
 - Putting green
 - Music station
 - Emotional and Mental Well-being
 - Exposure to nature/green and blue spaces
 - Social opportunities
 - Social Engagement
 - Pavilion and gazebo
 - Walking path
 - Games (brain games, putting green)



Asbury SeniorScapes
at MONOCACY VILLAGE PARK
FREDERICK, MD
SEPTEMBER 2024



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Strength: Low Impact Fitness Equipment



Cardio: Fitness Equipment and Walking Path



Balance: Up and Go, Balance Beam, Step Up, Parallel Bars



Mobility: Stairs and Ramp



Mobility: Surface Challenge



Brain Health: Clock, Scavenger Hunt, Memory Games



Brain Health and Socialization: Putting Green, Open Space



Sensory: Music Station, Nature Spaces

Park Funding was a G.I.F.T

- Grants
- Individuals
- Foundations
- Town





Longevity and Connection

1. We can shift how we think about aging.
2. We can shift how we utilize the inherently healthy resources found in public parks.

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Thank you for this
opportunity!

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