

# Parks for All Ages:

A white paper on the age friendly assessment and continuous improvement of parks in the city of Rochester, Minnesota

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## Increased Interest in Aging Actively

- » 14.4% of Olmsted County residents were 65+ in 2015
- » According to a 2013 survey, issues related to aging (elderhealth) was cited as one of the most pressing community health issues in Olmsted county

## Implications for Parks & Recreation

- » More senior recreation
- » More mid-day recreation programs
- » Less strenuous outdoor recreation- more walking, gardening, culture, etc.
- » Desire for volunteer opportunities

Rochester Parks & Recreation 2015/2016 System Plan



## **INTRODUCTION**

In an era marked by demographic shifts and a growing emphasis on community inclusivity, the concept of age-friendly park design is taking center stage in the realm of urban planning and recreation development. As our community continues to evolve, the need for public spaces that address the diverse needs and preferences of all generations becomes increasingly evident. This white paper considers the intersection of age friendly park design principles and those principles set forth by the National Recreation and Park Association's (NRPA) Commission for Accreditation of Park and Recreation Agencies (CAPRA).

Parks serve as essential hubs for physical activity, social interaction, relaxation, and cultural enrichment. The vision of age-friendly park design aligns seamlessly with CAPRA's commitment to excellence in park and recreation management, ensuring that public spaces are thoughtfully designed, accessible, and responsive to the unique requirements of people of all ages.

In preparing this white paper, we do not to assume or imply that parks in the City of Rochester are not currently "age friendly." Rather, our purpose is to:

- (1) Lay the groundwork for how the age friendliness of our parks might be assessed in keeping the continuous improvement process shared by AARP Network of Age Friendly States and Communities and NRPA's CAPRA; and,
- (2) Propose this shared commitment to continuous improvement can serve as a basis for collaboration between Age Friendly Olmsted County and the City of Rochester Parks and Recreation Department.

### **I. AGE FRIENDLY PARKS**

Age friendly parks serve as vital community spaces where individuals of all ages can come together, engage in recreational activities, and foster social connections. However, the design of these parks often overlooks the potential for intergenerational interaction and fails to cater to the diverse needs of different age groups. Designing age friendly parks provides numerous benefits they offer to individuals and communities.

#### **Promoting Social Cohesion:**

Age friendly parks provide opportunities for people of different ages to interact, connect, and build relationships. By creating spaces that encourage intergenerational mingling, these parks foster a sense of community and social cohesion. Children can learn from the wisdom and experiences of older adults, while older adults can experience the joy and vitality of youth. Interactions among different age groups promote understanding, empathy, and a shared sense of belonging.

#### **Encouraging Active Lifestyles:**

Designing public parks that cater to multiple age groups promotes active and healthy lifestyles. By incorporating a variety of amenities such as playgrounds, sports courts, walking paths, and fitness stations, these parks encourage physical activity among children, adults, and older adults

alike. Shared activities and exercise opportunities motivate individuals of all ages to engage in regular physical exercise, leading to improved health and well-being across the community.

**Enhancing Mental Well-being:**

Age friendly parks have a positive impact on mental well-being. They provide spaces for relaxation, recreation, and connection, which can reduce stress and improve overall mental health. Intergenerational interactions foster a sense of purpose and belonging, combating feelings of isolation or loneliness among older adults and promoting the development of social skills and empathy in children. The park becomes a hub for positive social experiences and a source of emotional support for individuals of all ages.

**Learning and Skill Development:**

Age friendly parks offer unique opportunities for learning and skill development. Children can learn from older adults, benefiting from their knowledge, experiences, and wisdom. Older adults, in turn, can engage in activities that keep their minds sharp and active, such as teaching, storytelling, or mentoring. By creating spaces for knowledge sharing, these parks contribute to lifelong learning and promote intergenerational knowledge transfer.

**Strengthening Community Bonds:**

Age friendly parks strengthen community bonds and encourages civic engagement. These parks become gathering spaces where people from all walks of life can come together, fostering a sense of unity and shared responsibility for the community's well-being. Collaborative efforts, such as organizing events, maintaining the park, or participating in intergenerational activities, create a stronger sense of community ownership and pride.

**Creating Inclusive Spaces:**

Age friendly parks promote inclusivity by catering to the needs of individuals of all abilities, cultures, and backgrounds. By incorporating accessible design features, such as ramps, sensory elements, and seating with varied heights, these parks ensure that people with disabilities, older adults, and caregivers can navigate and enjoy the space comfortably. Inclusive parks send a powerful message of acceptance and equal participation, fostering a more inclusive and equitable community.

By promoting intergenerational mingling, active lifestyles, mental well-being, learning opportunities, community bonds, and inclusivity, age friendly parks contribute to the overall health, happiness, and vitality of individuals and communities.

**II. WHY AGE-FRIENDLY PARK DESIGN?**

Age friendly parks are designed to address the needs and preferences of individuals across different age groups, promoting inclusivity and well-being. Here are three compelling arguments for the importance of age-friendly parks:

- *Enhancing Quality of Life for All Ages:* Age friendly parks create spaces that improve the quality of life for individuals of all ages. By providing accessible amenities, comfortable seating, and well-maintained pathways, these parks enable people to engage in physical activity, socialize,

and connect with nature. They offer opportunities for recreation, relaxation, and enjoyment, contributing to the overall well-being and happiness of individuals across generations.

- *Promoting Health and Active Lifestyles:* Age-friendly parks play a crucial role in promoting health and active lifestyles for people of all ages. These parks offer a range of activities and facilities, including walking paths, playgrounds, sports courts, and fitness stations, encouraging physical exercise and movement. Regular physical activity has numerous health benefits, such as reducing the risk of chronic diseases, improving cardiovascular fitness, enhancing mobility, and boosting mental well-being. Age-friendly parks provide accessible and inclusive environments that motivate individuals to stay active and maintain healthy habits.
- *Fostering Social Interaction and Community Cohesion:* Age-friendly parks serve as gathering spaces where people from different generations can come together, fostering social interaction and community cohesion. These parks create opportunities for intergenerational connections, enabling older adults, children, and individuals of all ages to engage in shared activities, learn from one another, and build relationships. Intergenerational interactions promote empathy, understanding, and respect, breaking down stereotypes and bridging the gap between generations. Age-friendly parks strengthen the sense of community and social support networks, leading to increased social connectedness and a stronger sense of belonging for all park visitors.

### III. AGE FRIENDLY PARK DESIGN PRINCIPLES:

When designing public parks specifically for older adults, it is important to consider their unique needs and preferences. Here are five design elements that provide excellent public parks for older adults in Rochester, MN:

1. ***Age Friendly Amenities:*** Incorporate amenities that cater to the needs of older adults. This includes installing comfortable seating areas with backrests and armrests, shaded areas for relaxation, and accessible paths for easy mobility. Consider including fitness stations specifically designed for older adults to promote physical activity and overall well-being.
2. ***Safety and Accessibility:*** Ensure that the park is designed with safety and accessibility in mind. Install proper lighting to enhance visibility during evening hours, maintain even walking surfaces, and provide handrails and ramps for easy navigation. Clear signage and wayfinding markers should be placed throughout the park to assist older adults in finding their way and prevent any potential hazards.
3. ***Social Spaces and Programs:*** Create designated social spaces within the park where older adults can gather, socialize, and engage in activities. Designate picnic areas, community gardens, or outdoor seating arrangements that facilitate interactions and foster a sense of community. Additionally, consider organizing programs or events specifically tailored for older adults, such as group walks, exercise classes, or educational workshops.

4. **Natural Elements and Wellness:** Integrate natural elements and wellness features that promote relaxation and tranquility. Incorporate walking paths surrounded by greenery, gardens with fragrant flowers and herbs, and areas for meditation or tai chi. Access to nature has proven benefits for mental and physical well-being, providing a peaceful environment for older adults to enjoy.
5. **Accessibility to Services:** Locate the parks in proximity to essential services for older adults. Ensure that there are nearby amenities such as public transportation stops, accessible parking spaces, and restrooms. Older adults should be able to access the park easily and have their basic needs met without significant barriers.

These design elements provide public parks that address the needs and preferences of older adults. These parks will not only enhance the quality of life for older adults but also contribute to the overall well-being and inclusivity of the community.

#### IV. COMPARING CAPRA AND AGE FRIENDLY PARK DESIGN

The Commission for Accreditation of Park and Recreation Agencies (CAPRA) sets standards for the management and operation of public parks, while age-friendly park design focuses on creating inclusive and accessible spaces for individuals of all ages, particularly older adults.

Here is a brief comparison of where the two approaches most closely align:

##### **CAPRA Standards:**

- **Safety and Risk Management:** CAPRA guidelines prioritize safety measures, such as regular inspections, maintenance of equipment, and appropriate signage, to minimize potential risks to park visitors.
- **Facility and Program Development:** CAPRA standards focus on offering a range of facilities and programs to meet the diverse needs and interests of the community. This may include sports fields, playgrounds, picnic areas, and organized activities.
- **Community Engagement and Partnerships:** CAPRA encourages park agencies to actively engage with the community, seek input from stakeholders, and develop partnerships to enhance park services and programs.

##### **Age Friendly Parks Design Principles:**

- **Accessibility and Inclusivity:** Age-friendly public parks emphasize creating accessible spaces that accommodate the needs of all individuals, including older adults and people with disabilities. This includes features like smooth walking paths, seating areas, accessible restrooms, and design elements that consider physical limitations and sensory impairments.
- **Age-Appropriate Amenities:** Age-friendly parks incorporate amenities that specifically address the preferences and abilities of older adults, such as fitness equipment designed for their needs, seating with backrests and armrests, and spaces for socialization and relaxation.

- *Intergenerational Engagement:* Age-friendly parks promote intergenerational interaction and programming. They encourage activities and spaces that facilitate connections and learning opportunities between different age groups, fostering a sense of community and shared experiences.
- *Health and Well-being:* Age-friendly parks prioritize features that support physical and mental well-being, such as walking paths, outdoor exercise equipment, accessible gardens, and areas for quiet reflection or meditation.
- *Safety and Security:* Similar to CAPRA standards, age-friendly parks emphasize safety. This includes proper lighting, clear signage, maintenance of pathways and equipment, and measures to ensure park visitors feel secure.

## **V. ASSESSING AGE FRIENDLINESS**

Designing an assessment tool that combines CAPRA public park standards with age-friendly public design principles can help evaluate the effectiveness and inclusivity of public parks. Here is a suggested framework for such an assessment tool:

### **1. ACCESSIBILITY AND INCLUSIVITY:**

- a. Are park pathways and amenities designed to be accessible for individuals with disabilities and older adults?
- b. Is there a sufficient number of seating areas with backrests and armrests throughout the park?
- c. Are there accessible restroom facilities available for park visitors?

### **2. AGE APPROPRIATE AMENITIES:**

- a. Does the park provide fitness equipment that caters to the needs of older adults?
- b. Are there designated areas for socialization and relaxation within the park?
- c. Does the park offer amenities that are suitable for individuals of different age groups, including children, adults, and older adults?

### **3. INTERGENERATIONAL ENGAGEMENT:**

- a. Are there spaces or programming that encourage intergenerational interactions and activities?
- b. Does the park provide opportunities for learning, mentorship, or shared experiences between different age groups?
- c. Are there designated areas or facilities that promote intergenerational engagement?

### **4. HEALTH AND WELL-BEING:**

- a. Does the park offer amenities and facilities that support physical activity and promote a healthy lifestyle?
- b. Are there walking paths or trails available for park visitors of all ages?
- c. Does the park provide spaces for relaxation, meditation, or quiet reflection?

**5. SAFETY AND SECURITY:**

- a. Is there proper lighting throughout the park to ensure visibility and safety, especially during evening hours?
- b. Are there clear and visible signage to guide park visitors and communicate park rules?
- c. Is there a system in place for addressing safety concerns and monitoring park security?

**6. COMMUNITY ENGAGEMENT AND PARTNERSHIPS:**

- a. Does the park department actively engage with the local community, seeking input and feedback?
- b. Are there partnerships established with community organizations or stakeholders to enhance park services and programs?
- c. Does the park provide opportunities for community involvement in park planning and decision-making processes?

The assessment tool can be structured as a questionnaire or checklist, where each criterion is evaluated on a scale or with specific yes/no responses. Park managers, local authorities, and community members can utilize this tool to assess the compliance of public parks with both CAPRA standards and age-friendly public design principles. The results can then be used to identify areas for improvement and guide future park development and management strategies.

The “Park Toolkit” included in *AARP’s Creating Parks and Public Spaces for People of all Ages* can be used to follow up with a more detailed assessment.

**VI. PROPOSED AGE FRIENDLY OLMSTED COUNTY (AFOC) AND THE CITY OF ROCHESTER PARKS AND RECREATION DEPARTMENT (RPRD) COLLABORATION**

AFOC and RPRD can work together synergistically to create inclusive and vibrant public spaces consistent with age friendly park design principles and CAPRA standards. By aligning our goals, we can enhance the overall well-being and quality of life for community members.

Here's an overview of how these we might cooperate:

- 1. Shared Vision:** AFOC and RPRD share a common vision of creating accessible, welcoming, and diverse public spaces that cater to individuals of all ages. We recognize the importance of promoting social interaction, physical activity, and community engagement within these spaces.
- 2. Community Engagement:** AFOC actively engages with community members, including seniors, to gather insights and feedback about their needs, preferences, and expectations regarding park facilities and programming. This valuable input informs the RPRD’s decision-making process, ensuring that the design and offerings are responsive to the community's desires.
- 3. Inclusive Park Design:** The RPRD integrates age-friendly design principles into its planning process, aligning with CAPRA standards that emphasize inclusivity, accessibility, and universal design. Playgrounds, seating areas, pathways, and amenities are designed to accommodate diverse age groups, mobility levels, and abilities.

4. **Intergenerational Programming:** AFOC collaborates with the RPRD to develop and promote age friendly programs and events within the park spaces. These activities foster connections between different generations, encouraging mutual learning, understanding, and social bonds.
5. **Safety and Security:** AFOC and RPRD work together to ensure that the park spaces meet safety and security standards outlined by CAPRA. Clear sightlines, appropriate lighting, and well-maintained facilities create a secure environment for people of all ages to enjoy.
6. **Education and Awareness:** AFOC contributes to raising awareness within the community about the benefits of age-friendly park design and helps community members appreciate the efforts being made RPRD to create spaces that cater to their diverse needs.
7. **Feedback and Continuous Improvement:** Regular feedback loops are established between the AFOC and RPRD. This ensures that the park design and programming remain responsive to evolving community needs and preferences, aligning with CAPRA's emphasis on continuous improvement.
8. **Collaborative Advocacy:** AFOC and RPRD collaborate to advocate for funding, resources, and policies that support the ongoing development and maintenance of age-friendly parks. Our joint efforts amplify the message and garner community and stakeholder support.

## CONCLUSION

Age-friendly parks provide a range of benefits that enhance the quality of life for individuals across generations. They promote physical activity, support health and well-being, foster social interaction and community cohesion, and create inclusive spaces that cater to the diverse needs and preferences of people of all ages.

Designing and maintaining age-friendly parks is essential for creating vibrant, healthy, and inclusive communities where individuals can thrive and enjoy the benefits of outdoor spaces. These parks provide spaces for people of all ages to interact, engage in physical activities, and foster social connections.

Incorporating both CAPRA standards and age friendly principles will lead to well-managed parks that provide diverse amenities, prioritize safety, and create environments where people of all ages can enjoy recreational activities and foster social connections.



## APPENDIX

### CAPRA STANDARDS AND THE AGE-FRIENDLY OLMSTED COUNTY 2022-2025 ACTION PLAN

**CAPRA** = The National Accreditation Standards,  
Commission for Accreditation of Park & Recreation  
Agencies, Sixth Edition, 2019 ([link](#))

**AFOC** = Age-Friendly Olmsted County 2022-2025 Action Plan,  
September 2022 ([link](#))

Age-Friendly Olmsted County (AFOC) is a cross-sector initiative to ensure that residents of Olmsted County have what they need to live with autonomy and dignity in all life's stages. When Olmsted County became a member of the AARP Network of Age-Friendly States and Communities in early 2020, it officially joined a global movement, with roots in the World Health Organization, to help cities and communities respond to an aging population and prepare for a permanently older society.

Our Rochester volunteers have been reviewing related issues in the City of Rochester, which fall primarily within the domain of the Parks and Recreation Department. This document highlights shared values and goals in relation to the CAPRA accreditation process, and to the Department's System Plan.

#### Section 1 – Planning & Policy, Community Engagement

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##### **Community Involvement (CAPRA fundamental standard 2.9, page 40)**

*Standard: The agency shall include community involvement in the planning process that includes ongoing and systematic outreach to include the entire community. It is critical that the diversity of individuals (i.e., all cultures, ages, and abilities) and local, regional, and national non-governmental community organizations, agencies, businesses, and service providers such as the Red Cross, Sierra Club, Trust for Public Land, YMCA/YWCA, Boys and Girls Club, and local foundations and employers are afforded opportunities for input.*

##### **Recreation Programming Plan (CAPRA fundamental standard 6.1, page 113)**

*Standard: Leisure and recreation are integral to a community's social, cultural and economic development. The agency shall have a Recreation Program Plan (RPP) covering 2-3 years that is updated periodically and shall address all leisure and recreation programs and services.*

##### **Recreation Programming Plan (CAPRA fundamental standard 6.1, p.114)**

*f. Programs and Services Management Matrix (include agency's matrix for a sample facility, program, service and special event with the following categories):*

- i. Program types (self-directed [6.1.3], leader-directed [6.1.4], etc.);*
- ii. Genders, life stage/age groups (pre-school, teen, senior, family, etc.);*
- iii. Data/statistical collection (surveys, demographic reports, etc.);*
- iv. SMART (specific, measurable, relevant, achievable, time-bound) program objectives and evaluation  
(6.2\*);*
- v. Scope of program opportunities/classification formats (6.3) (special event, drop-in, etc.; equipment rental and checkout, etc.; leisure education open house, checklist, etc.; aquatics, after-school,*

arts, etc.);

vi. Outreach to diverse and underserved populations (6.31\*);

vii. Health and wellness promotion (6.4.1) (physical, emotional, social, etc.); and

viii. Program promotion

**Scope of Program Opportunities (CAPRA standard 6.3, page 122)**

*Suggested Evidence of Compliance: Provide a matrix or listing of programs by fields, demonstrating clearly how the agency provides opportunities for proficiency levels, socioeconomic levels, racial and ethnic backgrounds, ages, and genders.*

Rochester Park & Rec system plan (RPRSP) approved 2016 ( <a href="#">link</a> )	AFOC Action Plan ( <a href="#">link</a> ) items and relevant AARP resources
<p>Changing Health Trends (RPRSP p.24)            Increased interest in aging actively            Implications for Parks &amp; Recreation:  <i>More <u>senior</u> recreation</i>  <i>More mid-day recreation programs</i></p> <p>Demographic Overview (RPRSP p.31)  <u>Age and Gender</u>  <i>Currently Rochester is a relatively youthful city... Population projections, however, show an <u>aging population by 2040. The largest percentage growth will be in the 65 to 85 cohort...</u></i></p>	<p>AFOC action plan proposals:            Goal #6: Ensure concerns of older adults inform public planning and policy</p> <p><b>6.ii Parks and recreational facilities are expanded and planned with an intention to support older adult access and activities</b>  <i><b>Engage the Rochester Park &amp; Rec system for mutual goals</b></i>  <i><b>Review park assets for age-friendly accessibility and activities</b></i></p> <p><b>6.iii Opportunities to promote age-friendly planning, policy, and community outcomes are pursued as appropriate</b>  <i><b>Sponsor forums. Earned media coverage. Engage in public meetings and hearings, community engagement &amp; research projects</b></i></p> <p>AARP Roadmap to Livability:  <a href="#">Creating Parks &amp; Public Spaces for People of All Ages</a>            D20447:  <i><b>invite the community</b></i> (p. 10)  <i><b>build broad-based alliances</b></i> (p. 10)  <i><b>encourage stewardship</b></i> (p. 10)  <i><b>slow down the streets</b></i> (p. 12)  <i><b>remove barriers, take back space</b></i> (p. 14, 16)  <i><b>find champions in unlikely places</b></i> (p. 18)  <i><b>identify shared goals: outreach to neighborhood assns, senior communities</b></i> (p. 18)</p>

Section 2 – Community Supports & Health Services

**Programs and Services Management (CAPRA standard 6.1, page 111)**

*Park and recreation agencies should have a program that educates the public about the intrinsic and extrinsic benefits that leisure (time, activity, experience) and participation in self- directed and leader-directed recreation activities provide. It should include the three (3) behavior domains: psychomotor (manipulation and coordination of physical skills and abilities), affective (interests, appreciations, attitudes and values) and cognitive (intellectual skills and abilities).*

Rochester Park & Rec system plan (RPRSP) approved 2016 ( <a href="#">link</a> )	AFOC Action Plan ( <a href="#">link</a> ) items and relevant AARP resources
	<p>AFOC action plan proposals:</p> <p>Goal #3: Develop cross-sector, holistic, culturally appropriate <u>dementia</u> informed approach to care AFOC action plan proposals:</p> <p>3.ii Promote cross-referral &amp; integrate a communication protocol among partnering entities</p> <p>3.ii.2 <b>compile community service, resources, education opportunities regarding dementia support.</b></p> <p>3.iii Connect family, friends and neighbor care partners of persons with dementia to services, education and resources</p> <p>3.iii.1 1. <b>BIPOC Outreach with care partners</b></p> <p>3.iii.3 3. <b>BIPOC Outreach for ongoing communication and case management for as long as care partner/person with dementia desires</b></p> <p>non-AARP programming option: European “Cycling Without Age” model (<a href="http://CyclingWithoutAge.org">CyclingWithoutAge.org</a>)</p>

Section 3 – Education on Aging in Place

**Leisure education program examples (CAPRA, standard 6.1, p.112)**

*Community presentations regarding leisure benefits at libraries, senior citizen centers, special recreation associations, and at business and industry meetings.*

<p><b>Rochester Park &amp; Rec system plan (RPRSP) approved 2016 (<a href="#">link</a>)</b></p>	<p><b>AFOC Action Plan (<a href="#">link</a>) items and relevant AARP resources</b></p>
<p>Community Health (RPRSP, p.15)  <i>Recreation programs that are offered for all <u>ages</u> and income levels promote lifelong learning opportunities and a supportive community atmosphere. Specific programs can provide enjoyable learning activities for youth, keep <u>seniors</u> active and connected, or educate all community members about the importance of <u>active living</u> and sustainability.</i></p> <p>Cultivate Health (RPRSP, p.64)  <i>Today, few can argue the need for parks and recreation to cultivate a culture of <u>well-being and active living</u> within a community. Rochester especially, because of its role as host and home to the Mayo Clinic and its visitors, must embrace and meet this need with vigor. In recognition of this, the Parks and Recreation Department will:</i></p> <ul style="list-style-type: none"> <li><i>* Provide a diversity of quality facilities to support <u>life-long activity</u></i></li> <li><i>* Support <u>healthy living</u> by providing a pedestrian/bicycling network</i></li> <li><i>* Offer programming and education to support healthy choices</i></li> <li><i>* Protect environmental health through sustainability initiatives</i></li> </ul>	<p>AFOC action plan proposals:            Goal #5: Education on Aging in Place is widely available and utilized.  <b><i>Form a senior education coordinating committee Identify/assess existing ed resources (venue, presentations, &amp; subject matter experts) curate available materials and maintain a directory develop communication strategies to drive awareness across County</i></b></p> <p>Examples of AFOC education modules:            Home safety and fall prevention            In-home healthcare services and how to access them            Transportation considerations and options            Technology tools for progressive impairment (vision, hearing, dexterity, tactile sensation)            Fitness, health, diet, and exercise            Social considerations (friends, groups, learning opportunities)</p> <p>AARP Roadmap to Livability:  <a href="#">Creating Parks &amp; Public Spaces for People of All Ages</a>            D20447:  <b><i>fitness lots suitable for adults &amp; seniors</i></b> (p. 8, 21)  <b><i>off-season &amp; slack-time use of buildings and concessions</i></b></p> <p>Creating Parks &amp; Pub Spaces:  <b><i>Walk audit: promote senior friendly park places</i></b>  <b><i>public space audit</i></b>  <b><i>public space field study</i></b></p>

Section 4 – Outreach, Networking, Combatting Ageism

No CAPRA correlate identified

<p><b>Rochester Park &amp; Rec system plan</b> (RPRSP) approved 2016 (<a href="#">link</a>)</p>	<p><b>AFOC Action Plan (<a href="#">link</a>)</b> items and relevant AARP resources</p>
<p>Changing Health Trends (RPRSP p.24) Increasing physical + mental health problems Implications for Parks &amp; Recreation: <i>More support for <u>active living</u></i> <i>New fitness opportunities</i></p> <p>Programming (RPRSP p.101) captions &amp; body text <i>*Utilize permanent park facilities as <u>event spaces</u> when possible</i> <i>* Promote <u>Active living at all ages</u></i> <i>1.1.3. Collaborate with cultural groups to provide <u>community events in the parks.</u></i> <i>1.1.6 Collaborate with the schools and other organizations to provide <u>community education in the parks.</u></i></p> <p>Public Health (RPRSP p.108) <i>1. Leverage Parks and Recreation to <u>Improve Public Health and Well-Being</u></i> <i>1.1 Encourage <u>active living</u></i> <i>1.1.3. Add outdoor equipment adjacent to playgrounds to <u>support adult activity while children are playing.</u></i> <i>1.1.4. Add <u>outdoor equipment along trails</u></i> <i>1.1.5. Increase exposure to the array of recreational opportunities by providing low-cost and low commitment trial programs targeted towards children, <u>seniors</u>, and immigrants.</i> <i>1.2. Seek, support, and engage potential partners in addressing <u>public health.</u></i></p>	<p>Goal #1: Increase availability of affordable Home and Community Based Services (HCBS) AFOC action plan proposals: 1.i HCBS reflect the cultural needs of diverse aging communities: <b>1.i.1 <i>community engagement sessions with BIPOC elders and care partners</i></b> 1.ii HCBS availability shared with and understood by rural and low to moderate income older adults &amp; care <b>1.ii.3 <i>improve and expand education, visibility, and services for low-income and rural elders</i></b></p>

Section 4 – Outreach, Networking, Combatting Ageism *continued*

No CAPRA correlate identified

Rochester Park & Rec system plan (RPRSP) approved 2016 ( <a href="#">link</a> )	AFOC Action Plan ( <a href="#">link</a> ) items and relevant AARP resources
<p>Toolkit to include resources on <u>fitness, mobility, balance, fall risk, gait aids, emergency call options, senior housing options</u></p>	<p>Goal #4: Effective tools &amp; protocols are available for identified providers and individuals.</p> <p>AARP Roadmap to Livability <a href="#">website</a> • <a href="#">book</a></p> <p>AARP Roadmap to Livability: <a href="#">Community Listening Session Tool Kit</a> D20362</p> <p>AARP Roadmap to Livability: <a href="#">Creating Parks &amp; Public Spaces for People of All Ages</a> D20447</p> <p><b>Provide Activities</b> (p.6)</p> <p><b>Design for All</b> (p.8)</p> <p><b>Engage and Energize</b> (p.10)</p> <p><b>Put Pedestrians First</b> (p.12), especially “slow down the streets”</p> <p><b>Remove Barriers</b> (p.14)</p> <p><b>Think Outside the Box</b> (p.18)</p> <p>AARP Livability Index for <a href="#">Rochester</a> • <a href="#">Olmsted County</a> • <a href="#">Minnesota</a></p> <p>ParkServe database (<a href="http://tpl.org/city/rochester-minnesota">tpl.org/city/rochester-minnesota</a>), <a href="#">ParkEvaluator</a></p> <p>AARP Walk Audit tool Kit (p.24)</p> <p>Programming Calendar (p.36)</p> <p>AARP <a href="#">Walk Audit Toolkit</a> D20381</p> <p>AARP <a href="#">Home Fit Guide</a> D18959</p>

No CAPRA correlate identified

Rochester Park & Rec system plan (RPRSP) approved 2016 ( <a href="#">link</a> )	AFOC Action Plan ( <a href="#">link</a> ) items and relevant AARP resources
<p>Funding Recommendations (RPRSP p.118)</p> <p><i>1.2.11. Continue to work collaboratively with Public Works and <u>Olmsted County Planning on development, trail and bikeway projects, and environmental initiatives.</u></i></p>	<p>AFOC action plan proposals:</p> <p>Goal #7: Extend age-friendly network participation in Olmsted County Cross communication:</p> <p><b>Olmsted Co &amp; local park organizations</b></p> <p><b>Rochester and other municipal agencies</b></p> <p><b>secondary education: UMR, WSU, RCTC</b></p> <p><b>age-friendly advocacy: AF Minnesota, SEMAAA, AARP</b></p> <p>related groups: <b>125 Live</b>, specialty organizations</p> <p>AARP Roadmap to Livability: <a href="#">Creating Parks &amp; Public Spaces for People of All Ages</a> D20447</p>

Section 4 – Outreach, Networking, Combatting Ageism *continued*

No CAPRA correlate identified

<p><b>Rochester Park &amp; Rec system plan</b> (RPRSP) approved 2016 (<a href="#">link</a>) City of Rochester 2022-2023 Action Plan - 2022 Quarter 3 Update (<a href="#">link</a>)</p>	<p><b>AFOC Action Plan (<a href="#">link</a>)</b> items and relevant AARP resources</p>
<p>Changing Health Trends (RPRSP p.24) Increased interest in <u>aging</u> actively Implications for Parks &amp; Recreation: <i>More <u>senior</u> recreation</i> <i>More <u>mid-day</u> recreation programs</i> Definition of diversity (2022 Diversity, Equity and Inclusion Action Plan Update, City of Rochester) <i>Variation in human identity including but not limited to <u>age</u>, <u>race</u>, <u>ethnicity</u>, <u>ability/disability</u>, <u>gender</u> <u>identity</u>, <u>sexual orientation</u>, <u>socio-</u> <u>economic status</u>, <u>veteran status</u>, and <u>migrant status</u>.</i></p>	<p>AFOC action plan proposals: Goal #8: Address age-based barriers to opportunity and access 8.i Built environments in Olmsted County communities are safe and accessible <b><i>Promote and support walking audits</i></b> 8.ii DEI policies and initiatives prominently include ageism <b><i>Review DEI policies and initiatives for inclusion of ageism</i></b> 8.iii Public educated about ageism <b><i>Develop media campaigns to decrease tolerance of ageism</i></b> Opportunities for outreach &amp; engagement of the senior community <b><i>Offer concession facility &amp; shelter use during idle hours (in &amp; outdoor) for senior social activities in a public-private partnership with AARP or AFOC partners</i></b></p>

## Section 5 – Funding Opportunities

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### Key short-term enhancements to the System Plan

- walk audits of current parks and trails
- expand placement of benches at rest intervals on trails
- expand placement of adult fitness-related equipment in parks, including in more quiet/tranquil locations
- rest strips??

### Past grant success of local projects:

- Rochester Friendship Park in Meadow Park neighborhood: 2020 Mayo Clinic grant for \$50,000  
<https://www.postbulletin.com/community/new-mural-park-the-result-of-neighborhoods-unity>

### Potential grant funding avenues:

- National
  - AARP Community Challenge Grants <https://www.aarp.org/livable-communities/community-challenge/>
  - AARP Foundation Grants Program <https://www.aarp.org/aarp-foundation/grants/>
  - National Endowment for the Humanities <https://www.neh.gov/grants>
  - National Institute on Aging <https://www.nia.nih.gov/research/grants-funding>
  - UIS Bank Community Possible Grant Program <https://www.usbank.com/about-us-bank/community/community-possible-grant-program.html>
  - US Federal <https://www.grants.gov/web/grants/search-grants.html>
- State
  - Age-Friendly Minnesota Grants Program <https://mn.gov/dhs/age-friendly-mn/>
  - McKnight Foundation: Vibrant & Equitable Communities  
<https://www.mcknight.org/grants/for-grant-seekers/>
  - Minn Department of Administration <https://mn.gov/grants/>
  - Minn Department of Human Services: Live Well at Home Grants  
<https://mn.gov/dhs/partners-and-providers/grants-rfps/live-well/>
  - Minn DHS is seeking to support Family, Friend, and Neighbor (FFN) Caregivers  
<http://mn.gov/dhs/partners-and-providers/grants-rfps/open-rfps/index.jsp?id=1053-579123>
  - Minnesota Historical and Cultural Heritage Grants Program  
<https://www.mnhs.org/preservation/legacy-grants/about>  
<https://www.mnhs.org/preservation/legacy-grants/funded-projects>
  - Minnesota Humanities Center grants <https://www.mnhum.org/what-we-do/grants/>
- County/Local
  - Mayo Clinic Community Contributions Program  
<https://communityengagement.mayoclinic.org/rochester/submit-a-proposal/>
  - Mayo Clinic EverybodyIN Fund for Change Grants  
<https://communityengagement.mayoclinic.org/everybodyin/>
  - Rochester Area Foundation Better Communities Grants  
<https://rochesterarea.org/nonprofits/better-communities-grants/>