

October 2016

Updates from Kathy

Age-Friendly Sarasota aspires to be a lifelong community for people of all ages, life stages and abilities. This month we embrace **Lifelong Community Tenets** as a guiding principle – representing the first “L” in our tagline: “FOR ALL AGES.”

Lifelong Community Tenets support active, healthy, and engaged living and promotes social, civic and economic participation across the life course for all persons. This can be achieved in a variety of ways across the domains of livability including:

- **Outdoor Spaces and Public Buildings** that accommodate people with varying sensory and mobility abilities
- **Housing** that supports aging in place across a wide array of styles and price points
- **Social Participation** that fosters wholistic health – mental, physical, social and more
- **Civic Participation and Employment** opportunities in multiple areas that support our individual and collective needs to live dignified lives
- **Respect and Social Inclusion** in all aspects of community life
- **Communication and Information** via a variety of means to educate and enrich our daily lives, needs and preferences
- **Community Supports and Health Services** that offer help and care to residents, friends and neighbors that face needs across the spectrum of daily life
- **Transportation** options that meet a range of needs and preferences including physical abilities and economic means



Age-Friendly Spotlight

8 – 80 Cities

Gil Penalosa, founder and chair of 8-80 Cities, states that livable communities start slowly. They start with traffic slowed down to 20 mph in neighborhoods, to make pedestrians safe whether they are eight or 80 years old. Bike lanes are physically separated from roadways so people who would have never considered biking feel safe pedaling their toddlers to school. They have public spaces that celebrate public life, including parks where people can gather, play and rest. And they have clean, fast, public transportation that gives people choices about how to get around.

According to Penalosa, Public Transportation is most effective if it is designed with the public, not just transportation, in mind. People respond to transport that is clean, modern and fast – something that gets them where they are going faster than a car and makes them feel valued at the same time. High-speed buses are the most cost-efficient form of public transport, according to Penalosa, but the most important thing is that public transport reach all parts of a city. The goal is not to ban cars or insist on bikes, but to give residents choices.

Public Transportation should be:

- **Comfortable, affordable and efficient.** It should send a message that those who ride it are important.
- **Accessible** from all parts of the city, to give people choices.
- **Attractive.** For example, when a bus looks like a trolley, people have more positive reactions.

Source: <http://www.knightfoundation.org/features/livable-cities/>



Did You Know?

AFS Community Report Spotlight on Transportation

Among Sarasota County Residents who participated in our study:

- 81 – percent of Boomers report accessing travel for evening and entertainment as important
- 77 – percent of Boomers report affordability as the most important community public transportation feature
- 76 – percent of respondents age 70 plus report accessibility as the most important community public transportation feature
- 41 – percent of Boomers report riding a bike to get around
- 18 – percent of respondents age 70 plus report taking a taxi



Inaugural Age-Friendly Florida Sharing Symposium

On September 29 & 30 representatives from 15 communities throughout Florida gathered in Sarasota for the inaugural Age-Friendly Florida Sharing Symposium.

The two-day sharing, learning and connecting event was created by Age-Friendly Sarasota and AARP Florida who hosted this event with the support from The Patterson Foundation.

This first-of-its-kind event offered participants from age-friendly communities throughout the state the opportunity to gather together for the first time as they share their journeys, successes and challenges with one another. It was an opportunity to learn from one another, create synergy, incubate ideas, develop key relationships and establish a foundation for the Age-Friendly Florida network.

To learn more and stay informed on the latest developments for Age-Friendly Florida, follow [#AgeFriendlyFL](#).



Age-Friendly Innovation

Uber and Lyft

The past decade has seen the advent of several shared economy business models for transportation: Uber and Lyft.

Both Uber and Lyft are ride-sharing mobile application programs that allow people to submit a request for travel, which is routed to drivers who use their own cars to transport riders.

Uber was founded in 2009, and Lyft in 2012, and both operate throughout the United States though Lyft is far less available and Uber is international as well.

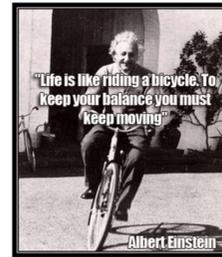
Both Uber and Lyft's pricing are comparable to taxis although there is no payment transaction between driver and rider in either. Tipping is optional, but more expected with Lyft.

For more information about the service or becoming an Uber driver, check out their website [here](#).

For more information about Lyft, check out their [website](#).

For more information about the comparison of Uber and Lyft, click [here](#).

Congratulations to Jeff Johnson, AARP FL State Director, @Name_u_know for his fun Tweets and Retweets at the Inaugural Age-Friendly Florida Sharing Symposium.



Submit Ideas

Want to share an upcoming event or program related to making Sarasota County age-friendly? Please send to: info@AgeFriendlySarasota.org

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A New Way to Go →



Celebrating Age-Friendly Sarasota

AARP Florida and Uber Partnering

On September 27, Uber and AARP Florida partnered on new ways to think about making our homes and communities more livable - transforming how we live, work, travel and play with a roundtable event at the Sarasota Classic Car Museum.

AARP addressed how longer lifespans are disrupting aging and transforming our society.

Uber addressed how technology and the sharing economy are transforming how people move around their communities.

Dr. Kathy Black represented Age-Friendly Sarasota and shared findings from the Sarasota community pertaining to transportation preferences and the important role of creating options for the community. See *Did You Know* section for more key nuggets from the Sarasota community findings on transportation.

What is the number under the parked car?

Click on the car to enlarge the image; answer will be in next month's newsletter!



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Member of the World Health Organization Global Network of Age-friendly Cities and Communities

For questions, please contact info@AgeFriendlySarasota.org or call us at (941) 444-0243

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