



Membership Application

To join the AARP Network of Age-Friendly Communities and the World Health Organization Global Network of Age-Friendly Cities and Communities

- If you have questions while completing this form, please email livable@aarp.org.
- If you need additional space for answering the questions you may add an additional sheet of paper.

APPLICATION SUBMISSION DATE: 2/25/2019

Section 1: COMMUNITY DETAILS

NAME OF THE COMMUNITY: City of Orlando

STATE: Florida

POPULATION SIZE: 238,300 (Census 2010)

PERCENTAGE OF RESIDENTS ABOVE THE AGE OF 60: 13.4 (Census 2010)

NAME AND TITLE OF THE ELECTED OFFICIAL SIGNING THE OFFICIAL COMMITMENT: Mayor Buddy Dyer

OFFICE ADDRESS OF THE SIGNER: 400 South Orange Ave., Orlando, FL 32801

Section 2: COMMUNITY CONTACT FOR THE AARP NETWORK OF AGE-FRIENDLY COMMUNITIES

The community contact is the local staff member or volunteer who is primarily responsible for carrying out the community-level work — it is not the responsible AARP staff member.

[Redacted]

[Redacted]

[Redacted]

[Redacted]

Please describe the named person's role in the city or community's age-friendly initiative:

Kathleen Russell provides support and direction for the Mayor's Committee on Aging, which has advised and communicated to the Mayor issues of importance to older residents in Orlando for the past 30 years. The Committee makes recommendations to the Mayor on specific City policies and programs of benefit to older adults and helps promote and communicate City programs to Orlando's older adult population. The committee consists of 10-14 members who meet monthly at the Beardall Senior Center.

Section 3: COMMUNITY ACTIVITIES, ENGAGEMENTS and COLLABORATIONS

1) Please provide a brief summary of the community policies, programs and services that are targeted toward older people and how the community plans to become more age-friendly.

Please see attached narrative

2) How will the community engage and involve older people in the process of becoming a more age-friendly?

The City is charging the Mayor’s Committee on Aging with developing a plan to become an Age-Friendly community. The Committee is in the process of adding members who represent not only organizations that provide senior services in Orlando, but who constitute a diverse group of seniors interested in creating a more age-friendly community, in disrupting aging in Orlando, and in ensuring that seniors have many options to them for housing, lifelong learning, transportation and community / social involvement, as they age. The Committee will administer a survey to elicit a broad array of responses from seniors in Orlando, and will incorporate survey results into the Age Friendly Community Plan.

3) Briefly describe the mechanisms the community has or is planning to put in place to facilitate collaborative planning and implementation between different agencies and departments.

The Mayor’s Committee on Aging has representatives from a number of different agencies, including the Senior Resource Alliance, a nonprofit that coordinates services for elders in the 4-county area; Seniors First, a local provider of Meals on Wheels, in-home care, and more; a representative from the Orange County Office on Aging; an AARP representative; a Retired Senior Volunteer Program coordinator; and providers of senior housing, health care, day care, and transportation services. The Committee meets every other month, inviting guests to speak about programs and services in the community of benefit to seniors. Members of the Committee have met with representatives from a number of city departments and have issued recommendations to make the city a more age-friendly community. This Committee will continue to serve as the body that will gather input from seniors, draft a plan, monitor its implementation and evaluate outcomes.

Section 4: NETWORK MEMBERSHIP

Your answers to the following questions will help us complete your membership in the global age-friendly network and better enable us to understand how to support the network.

4) How do you hope to contribute to the AARP Network of Age-Friendly Communities and the World Health Organization Global Network of Age-Friendly Communities?

As a member of the AARP Network of Age-Friendly Communities, the City of Orlando hopes to promote the adoption of age-friendly practices that make cities inclusive for people in all phases of life. The City of Orlando hopes that by listing itself as an Age-Friendly Community, researchers may study practices and policies and contribute to the growing body of data and research on WHO's Global Network of Age-Friendly Communities website that assists policy makers in using evidence-based approaches to healthy aging.

5) What motivated your community to join the AARP Network of Age-Friendly Communities and the World Health Organization Global Network of Age-Friendly Communities?

The City of Orlando prides itself on its inclusiveness. One of the key priorities of this administration is to Create a City for Everyone. This includes older adults.

6) Please provide a digital (JPG, PNG or PDF) file or link of a logo or other image that represents your community.

<http://www.cityoforlando.net/assets/>

The image resolution should be at least 72 dpi. As an example of an image, here's ours >



Section 3: Community Activities, Engagements and Collaborations

1) Please provide a brief summary of the community policies, programs and services that are targeted toward older people and how the community plans to become more age-friendly.

The Mayor's Committee on Aging has worked for 45 years to promote concerns of seniors in the City, thereby making the city more age-friendly. Here are some ways in which Orlando is age friendly, and some initiatives to make it more so:

Recreation and Socializing with other Seniors: Beardall and L. Claudia Allen Senior Centers offer free activities six days a week, providing opportunities for fitness, recreation, lifelong learning, and building social connections. In addition, seven neighborhood centers offer daily or weekly senior programs, allowing older adults to connect with their neighbors. From kickboxing and kung fu to art classes and balance training, the Mark Street Senior Center, run by Orange County, offers a variety of senior classes on the near north side of downtown. Orlando is home to 148 parks, gardens, recreation areas, neighborhood centers and playgrounds, including the 50-acre Leu Gardens, a botanical oasis minutes from downtown. Abundant lakes (over 100) provide scenic walkways as well as boating and fishing. Currently, 63% of residents live within 10 minutes of a park. The City has committed to the 10minutewalk campaign to increase this to 100% by adopting a master parks plan by 2022 with significant public input that would ensure that all residents have access to parks. Blessed with year-round sunshine and subtropical climate, residents can easily enjoy these outdoor amenities year-round.

Services for Seniors: Orlando has an abundance of nonprofit and government agencies which provide needed services for seniors, including the Senior Resource Alliance, which coordinates services for elders in the 4-county area; Orange County Office on Aging; Volunteers for Community Impact, which empowers seniors to volunteer; Lighthouse Central Florida, which provides independent living skills for visually impaired elders; Share the Care, which provides in-home respite care; Guardian Care Nursing & Rehabilitation Services; and Seniors First, which provides Meals on Wheels. Many of these organizations are supported by grants from the City of Orlando's Community Investment Program, which provided \$337,000 in grants for senior programs in 2018-19.

Housing Opportunities: The City assists homeowners who qualify with home repairs and energy improvements to reduce code violations and improve energy efficiency. Seniors who may be on a fixed income and no longer working may find it difficult to make needed repairs or pay high up-front costs for energy improvements. Seniors First nonprofit assists adults age 60+ with support and services to live at home as long as possible, including providing Meals on Wheels. For those seeking a higher level of care, Orlando Lutheran Towers Foundation offers financial assistance to qualifying members of the Orlando Senior Health Life Care Community. The City is expanding its investments in affordable housing. Recently, LIFT Orlando and Columbia Residential broke ground on a \$23.5 million affordable senior apartment community close to downtown with support from the City. Over 75% of the Orlando Housing Authority's 6,141 rental units are located in the City. New condominium developments in the downtown area also provide housing opportunities for seniors and others who desire to live in an accessible environment, close to Orlando's rich cultural and recreation amenities.

Transportation: Transit options in Orlando are growing. Orlando boasts a free downtown bus service called Lymmo that shuttles passengers around downtown, stopping at downtown senior highrises, the public library, grocery store, bank, courthouse, post office, performing arts center, sporting arenas and more. The Sunrail commuter rail service provides an alternate way to get downtown easily for those who may be reluctant to drive in traffic from DeBary or Poinciana to downtown Orlando. Seniors 65 and over qualify for a 50% discount. New rail service through Virgin Trains/Brightline will connect Orlando to Miami and Tampa. While Orlando's walkability score has been average, the City is working to improve walkability and bikeability with a new pedestrian bridge over Hwy. 50 and by completing the Orlando Urban Trail. New development in Baldwin Park, Downtown South, Creative Village and the Packing District all emphasize pedestrian and bike-friendly development, where residents can live, work, learn and play in their neighborhood. Orlando is committed to becoming a more pedestrian-friendly city, partnering with Best Foot Forward to implement Vision Zero, an initiative to reduce pedestrian fatalities and injuries to zero by 2040.

Lifelong Learning: Orlando's Creative Village plan includes a downtown campus of Valencia College and the University of Central Florida. Adults age 60 and over can audit classes at either institution for free on a space-available basis. Orange County offers a free monthly LIFE Information for Elders Seminar Series at the Orlando Public Library; lunch is provided on a first-come, first-serve basis. Five city library locations offer free wifi, public computers and technology classes; NextChapter program series for older adults; free home delivery service for books, and audio books and selected DVDs. The downtown library boasts the Melrose Center for Creativity, Technology and Innovation with a recording studio, video studio, photo studio, simulators, 3D printers, sewing studio, and classes to learn to use the equipment, all of which is free for Orlando residents. The Dr. Phillips Center for the Performing Arts hosts world-class cultural performances; the center is in the process of developing a new educational series geared towards seniors interested in the arts. The City has supported Central Florida Community Arts which offers arts and wellness programs for older adults.

City Services: The City of Orlando offers free recycling and trash carts for every house. Carts are easily wheeled and don't require lifting. Upon request, elderly residents and residents with disabilities can leave their carts by their house and solid waste pick-up staff will wheel it to the curb. The City is updating its website so residents can easily request city services using a computer or smart phone. Recently, the City initiated the Downtown Ambassadors program. Ambassadors provide a friendly presence on downtown streets seven days a week, providing directions, safety escorts, reporting suspicious activity and ensuring that our downtown area is clean; police offers conduct bike patrols, improving public safety downtown. The Orlando Fire Department offers free blood pressure checks and glucose testing at fire stations and health fairs, as well as free smoke alarms; their Elderlinks program connects seniors to additional services. The Orlando Police Department cooperates with "Seniors vs. Crime," an initiative started by the Florida Attorney General to eliminate fraud and victimization of seniors by providing pro bono representation in civil cases. Neighborhood Watch and Dog Walker Watch programs improve safety in Orlando neighborhoods. Orange County maintains a special needs registry for those who may need special assistance during a disaster.