Creating Parks and Public Spaces for People of All Ages

A Step-by-Step Guide

AARP.org/LivableParks
About Us

Our organizations have come together to highlight the importance of parks — and give community leaders (and park advocates from all corners) tools they can use to both create and improve green spaces and public places for people of all ages. This resource is funded by AARP.

Founded in 1958, AARP is a nonprofit, nonpartisan social welfare organization with a membership of nearly 38 million that empowers people to choose how they live as they age. The AARP Livable Communities initiative works nationwide to support the efforts of neighborhoods, towns, cities and rural areas to provide safe, walkable streets; age-friendly housing and transportation options; access to needed services; and opportunities for residents of all ages to participate in community life.

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8 80 Cities, a nonprofit organization based in Toronto, Ontario, works to improve the quality of life for people living in cities. 8 80 Cities brings citizens together to enhance mobility and public spaces in order to create more vibrant, healthy and equitable communities. 8 80 Cities believes that if everything we do in our public spaces is great for an 8-year-old and an 80-year-old, then it will be great for all people. 8 80 Cities has worked on park and public space projects in more than 300 cities on five continents.

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Trust for Public Land (TPL) is a national nonprofit that works to connect everyone to the benefits and joys of the outdoors. As a leader in equitable access to the outdoors, TPL works with communities to create parks and protect public land where they are needed most. Since 1972, TPL has protected more than 3 million acres of public land, created more than 5,000 parks, trails, schoolyards, and iconic outdoor spaces, raised $84 billion in public funding for parks and public lands, and connected more than 9 million people to the outdoors.

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A Step-by-Step Guide

By AARP, 8 80 Cities and Trust for Public Land

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About This Guide

Creating Parks and Public Spaces for People of All Ages has been produced for a broad audience — local leaders, policymakers, community advocates and neighborhood residents — for use in collecting data, evaluating opportunities, and generating ideas for how to increase the quality and quantity of parks and outdoor spaces nationwide. This free publication is available for order or download at AARP.org/LivableParks.

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INTRODUCTION

Parks Help Make Communities Livable for People of All Ages

Public parks are important places for building a sense of community and social belonging. They are spaces that belong to everyone, regardless of age, gender, ethnicity, religion or income. However, the way parks are designed, maintained and programmed doesn’t always reflect the purpose and promise of such uniquely public spaces. Pinched for funds by competing priorities, many municipalities neglect their park networks or fail to invest in these vital places as their communities grow and change.

Quality Parks and Green Spaces ...

- **IMPROVE PHYSICAL HEALTH**
  Parks help raise the physical activity levels of park users, reduce their obesity rates, increase vitamin D levels and improve blood pressure, bone density and cardiorespiratory fitness.

- **PROVIDE MENTAL HEALTH BENEFITS**
  Access to parks and natural areas has been shown to reduce stress, anger and aggression; improve coping abilities; lessen social isolation; enhance relationship skills; and improve cognitive function. For children, learning in natural environments can boost reading, math, science and social studies skills. Time spent in natural environments can boost cognitive function and problem-solving; reduce hyperactivity; and improve focus, attention and behavior.

- **CREATE CLEANER AIR AND WATER**
  Parks, green spaces and trees play a vital role in improving focus, attention and behavior.

- **ENABLE PEOPLE OF ALL AGES TO GET OUT AND ABOUT**
  Public parks and outdoor spaces became a needed respite and sought-after destination when the global COVID-19 pandemic forced social distancing and prevented indoor gatherings.

- **ADD VALUE AND SAVE MONEY**
  Trust for Public Land reports that city parks provide both direct economic value and cost savings benefits to municipalities. The impact is seen and can be measured by looking at seven factors:
  1. Increased property values (which bring increased tax revenue)
  2. Park-related spending by tourists
  3. The direct use of a park system by residents
  4. The good health of residents
  5. A sense of community cohesion (which, by building social bonds, can help prevent problems that would otherwise incur costs for law enforcement or fire protection)
  6. Clean water
  7. Clean air

- **ENHANCE COMMUNITY CONNECTIONS**
  Great parks and public spaces build community pride, bring people together, and increase civic engagement and the sense of belonging.

But Many Parks and Green Spaces Aren’t Benefiting People of All Ages

- **PUBLIC PARKS ARE FALLING SHORT FOR OLDER ADULTS**
  Throughout the world and across the United States, populations are aging.
  By 2050, 1 in 6 people worldwide will be age 65 or older. By 2030, 1 in 5 Americans will be 65-plus. By 2034, older adults in the United States are expected to outnumber children for the first time ever.
  Older adults represent an increasingly large share of the U.S. population, but their use of parks is disproportionately low.
  A 2014 study of 174 neighborhood parks in 25 major U.S. cities found that children — representing 20 percent of the total U.S. population — made up 38 percent of park users. Although adults age 60 and older accounted for 20 percent of the general population, they represented only 4 percent of total park users.

- **CHILDREN ARE SPENDING LESS TIME OUTDOORS**
  Even though children in the aforementioned study represented the highest percentage of park users, the amount of time children spend outdoors has declined significantly over the past two generations. Limited outdoor play opportunities and a lack of nature-rich experiences have a negative impact on child development.

- **THERE IS A SOLUTION, AND A RATHER SIMPLE ONE AT THAT**
  Says Gil Penalosa, the founder and chair of 8 80 Cities and a parks and public spaces expert: “If everything we do in our public spaces is great for an 8-year-old and an 80-year-old, then it will be great for people of all ages.”

The Goal

A PARK WITHIN A 10-MINUTE WALK

Trust for Public Land — along with the National Recreation and Park Association and the Urban Land Institute — is leading a movement to ensure that everyone in the United States has access to a quality park or green space within a 10-minute walk of his or her home.

From Portland, Maine, to Honolulu, Hawaii, more than 200 mayors endorse the 10-minute walk as a park standard for all.

While the U.S. has a vast and inspiring national parks system as well as much state-managed and protected parkland, the nation is short on community-level parks and green spaces — and there’s an even greater deficit of high-quality community parks that are well-used and well-loved.

The good news is that everyone in a community can help keep local parks safe, accessible and vibrant. Some efforts may take years to show results, but any initiative of any size can start today.

Learn more at 10minutewalk.org.
1. IMPROVE EXISTING PARKS

The typical American city has 18,000 acres of parkland within its borders. That’s a lot of real estate to work with. Cities have a massive opportunity to leverage their existing parkland assets to create healthier, more connected and more vibrant communities.

2. CONNECT PEOPLE TO PARKS

What use is a park if people can’t get to it? For communities to be healthy and active, residents must be able to safely walk and ride their bicycles to and within public parks.

3. CREATE NEW PARKS (EVEN IN UNCONVENTIONAL SPACES)

Building connected, active, dynamic park systems within walking distance of every home may not be achievable in the short term, especially in communities that lack parks and green spaces. In such cases, planners and advocates may need to think outside the box and look for opportunities in unconventional spaces, such as underused or abandoned public areas that can be transformed into places for gathering, playing and other types of recreation.

Good park management goes beyond routine maintenance, such as emptying trash cans and repairing broken benches. The first step for any county, city, town or neighborhood that’s looking to improve its parks or build new ones is to take a holistic view of what a park is and what park workers can and should be doing. That means looking strategically at existing assets, how to connect the community to those assets and how to identify potential new resources that can create opportunities for interaction. In all of these strategies, employing a focus on creativity — paired with bringing diverse user groups together — will pay dividends.
Have you ever been to a beautiful park only to find there isn’t much to do in it? Energy is the hardest quality to bring to a park because energy can’t be designed or built. A wide range of programs, events and activities are critical to creating parks that are dynamic, inclusive, accessible and welcoming to people of all ages and interests. A consistent calendar of community-building activities will draw people to a park. Quality programming balances large-scale events such as concerts, festivals and movie nights with smaller activities along the lines of dance classes, knitting groups and book clubs.

Among the ways to create dynamic parks for people of all ages:

- **PROGRAM FOR ALL AGES**
  Parks and public spaces should — as much as possible — be for everyone, which means offering activities for toddlers and teens, adults and older adults. Public places with varied and dynamic programming that’s responsive to the community’s needs often result from building a culture of partnerships and participation.

- **OPERATE YEAR-ROUND**
  Cities and towns often invest millions of dollars to build and maintain park systems. If those parks are only used for part of the year, the community isn’t getting a very good return on its investment. By developing uses and activities for all 12 months, park management can maximize the facility’s value. (See an example from Anchorage, Alaska, on page 33.)

- **SCHEDULE SEASONAL ACTIVITIES**
  If parks and green places are to be used year-round, park management must take advantage of the opportunities each season brings. Lighting, music, food, shade and warmth are among the key ingredients for successful seasonal programming.

- **OFFER VARIETY THROUGHOUT THE DAY**
  Visit any park or outdoor gathering place at 7 a.m. Visit again at noon, once more at 5 p.m. and again at 8 p.m. The people who use the space differs each time. Understanding the ebb and flow of a park space and the different interests of its users can help in developing programs that engage existing users and attract new ones.
STRATEGY

Design for All

Seeking to understand what draws families and children to parks, urban planners examined 50 inner-city and 50 suburban parks. The researchers found that active recreation facilities and well-designed natural features are key to capturing children’s attention — getting them away from electronic devices and outside into parks. 3

We know that women, older adults and parents with young children rate park safety and comfort as high priorities. Because of that, the presence of women, children and older adults is a significant indicator of good park design. If a park doesn’t have many such users, think about what elements or qualities might be deterring their visits.

Park infrastructure should enable rather than discourage inclusive and dynamic uses and activities. When that isn’t happening, park management can leverage any pleasant and popular areas that do exist while improving the areas that don’t feel safe or comfortable.

Among the ways to design for all:

• CREATE COMFORTABLE PLACES
  Even the most active park user needs a place to occasionally sit. Well-placed and welcoming park seating is especially vital for older adults. Quality seating encourages people to use parks more often and for longer periods of time.

• PROVIDE AMENITIES
  Small-ticket items — such as functioning water fountains, clean and safe restrooms, informative signage — say a lot about the quality of a park and its home community. Signage should be legible, attractive and consistent. While trash bins are a must-have park item and not an amenity per se, such receptacles should enable visitors to sort their throwaways for recycling and the bins need to be regularly emptied and kept as insect- and rodent-free as possible.

• SUPPORT PHYSICAL ACTIVITIES FOR PEOPLE OF ALL AGES
  The structures and equipment in parks and public spaces should appeal to users of diverse ages, abilities and interests.

  Playgrounds should be available and have equipment suitable for the very young, for school-age children (including teens) and even adults. Outdoor table and field games such as boccie, ping-pong, checkers and chess can be enjoyed by people of all ages.

  Pedestrian paths are consistently rated by older adults as the most desired infrastructure feature to have in parks. Even in small parks, walking paths with marked distances provide users with an easy way to exercise. Paths should be wide enough to accommodate visitors who are pushing strollers or using wheelchairs.

  Fitness lots are often designed to be used by a narrow age demographic. But exercise spaces can and should enable physical activities by people of all ages. Park planners need to think strategically about where to place exercise equipment and fitness lots so the spaces will attract users.

  Natural design features, such as community gardens, can encourage outdoor activities, local pride and intergenerational projects.

  Flexible design allows for customizing spaces for different uses. An example: a basketball court that becomes a skating rink in the winter.

  Great parks provide spaces for active, passive and contemplative recreation. A mixture of sports facilities, public art, open spaces, quiet nooks, running paths and seating areas will create a park that has something for everyone.


SPOTLIGHT

Zachary Reyna Memorial Playground

1 acre | LaBelle, Florida

The Hendry LaBelle Civic Park is a 22-acre recreational compound in the rural central Florida community of LaBelle (population 4,600). The park contains several soccer fields and basketball courts, a pickleball court, a recreation center, a dog park and more.

In 2014, the park set aside an acre within its grounds for the multigenerational Zachary Reyna Memorial Playground. Named in honor of a young resident who was stricken by a rare and deadly infection, the space features an area for children ages 2 to 5, another for 5- to 12-year-olds, several exercise stations for adults, picnic tables, barbecue pits, benches and a drinking fountain.

The city positioned the playground beneath a canopy of trees and within walking distance of the area’s schools and residential neighborhoods. This sort of project is typically found in larger cities, where tax dollars for park projects are more readily available. That’s why Ramiro Rodriguez, Hendry LaBelle’s recreation director, put together a board of influential community members.

As the conception of this playground project, we recognized that the funding would not be coming from local revenue,” he said.

An all-volunteer board of community members launched and ran the fundraising campaign that made the playground a reality. One of the largest donors wasn’t even a LaBelle resident.

When asked why she contributed, the donor explained, “I wanted children to have a safe place to play, and I believe in paying it forward.”

While donations and grants funded the playground’s creation, the city provides its maintenance.

RELEVANT TOOL: Community Asset Map, page 38
STRATEGY
Engage and Energize

The first thing people typically encounter when entering a park is a large sign with an exhaustive list of restricted and forbidden activities. Many local governments see their role in park management as regulators, with park visitors needing to be monitored and supervised.

But good park management is about facilitation. Residents, community groups and local businesses possess an often untapped capacity to bring life and energy to parks.

Among the ways to engage and energize:

- **INVITE THE COMMUNITY**
  Include residents and other stakeholders before, during and after making major decisions or changes. To do this, community engagement activities can’t be limited to 7 p.m. meetings at city hall. Hosting fun, innovative engagement activities at various times of the day can catch people as they go about their daily routines. When leaders, advocates and municipal staff seek out people at nearby libraries, community centers, transit hubs and schools they can gather information about and from individuals who aren’t regular park users.

- **BUILD BROAD-BASED ALLIANCES**
  The most successful and well-used parks require a range of committed partners, each of whom can lend a flavor and expertise to creating a vibrant park or outdoor public space. Developing partnerships between parks and local chambers of commerce, neighborhood associations, libraries, community centers, businesses, hospitals, schools, retirement homes, faith groups and other community organizations will build the kind of sustainable, inclusive community stewardship needed for parks management.

- **ENCOURAGE STEWARDSHIP**
  Engaged and energized residents tend to have stronger connections to their local parks and public spaces. A common form of organized park stewardship is “Friends of ...” groups, which are typically nonprofit organizations composed of volunteers who care deeply about the park and will advocate for improvements and organize fundraisers, special events, programs and more. Creating a friends group or working closely with an existing one is an excellent way to get park improvements off to a good start and ensure that the park is cared for and enhanced for years to come.

Located in the city’s Iron Triangle neighborhood, the Elm Playlot sits in an area with high levels of poverty and, at times, crime. The city’s attempt to revitalize the park by installing generic off-the-shelf playground equipment failed. The play set was vandalized within the first week.

Help arrived in 2008 in the form of Pogo Park, a community development corporation that transforms blighted, neglected and little-used inner-city parks into, the firm says, “safe, green and beautiful public spaces for children to play.”

The Pogo Park team understood that a successful transformation of the space depended upon residents being directly involved in the process. Pogo Park hired and trained residents to serve on the Elm Playlot Action Committee. Members committed to planning, designing, building and managing the Elm Playlot. They adopted an iterative approach to their work by constructing prototypes of ideas collected from the community. The successful samples were fine-tuned for permanent use.

“If the community makes the changes themselves, then the change is deeper and felt more widely,” said Toody Maher, executive director of Pogo Park.

**SPOTLIGHT**

**Elm Playlot**

0.5 acre | Richmond, California

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**RELEVANT TOOLS:** Intercept Survey, page 25
AARP Pop-Up Placemaking Tool Kit, page 39
GOAL

Connect People to Parks

In 2017, San Francisco became the first city in the United States to ensure that all of its residents were within a 10-minute walk of a park. People who lived within walking distance of a park during the COVID-19 pandemic, could safely get outside, gather with friends, exercise and perhaps better maintain their mental health. Alas, the 100 million Americans who don’t have a park close to home were vying for the same patch of outdoor space as many of their neighbors. And as the data around access to parks shows, that was too often the case for low-income neighborhoods and communities of color, the same communities that were hit hardest by the virus.

STRATEGY

Put Pedestrians First

Walking is the most popular activity in parks. The economic, social and health benefits of walking are well-documented, so much so that the U.S. Centers for Disease Control and Prevention describes walking as “the closest thing you can have to a wonder drug.”

Walking allows people to interact, which encourages a sense of belonging. People who interact often with others are less likely to experience dementia if they walk regularly, and research shows that children who walk to local destinations, such as school or a park, exhibit higher levels of happiness, energy and relaxation.

Among the ways to put pedestrians first:

• THINK HUMAN SCALE
  If the walk to a park is difficult or unsafe, people won’t make the effort. That’s why streets must be designed at a human scale, which means creating an atmosphere of comfort, dynamism and safety for pedestrians, as well as a connected network of sidewalks that are maintained, properly lit, and lined with a varied and interesting streetscape.

• SLOW DOWN THE STREETS
  Lower income neighborhoods see a disproportionately high number of pedestrian fatalities. Older adults and children account for more than 25 percent of all pedestrian deaths and more than 20 percent of all pedestrian injuries. Pedestrians struck by vehicles traveling at 40 mph die as a result 80 percent of the time. When struck by a vehicle traveling 20 mph, pedestrians survive 90 percent of the time.

Slower speeds, safe crossings and continuous sidewalks are key ingredients for connecting parks to the people who need them the most.

Tattnall Square Park

16 acres | Macon, Georgia

Tattnall Square Park is one of the oldest parks in the United States. But over time, as the city of Macon’s fortunes declined, the park was poorly maintained and became crime-ridden.

The creation of the volunteer group Friends of Tattnall Square Park, and a grant in 2010 from the Knight Foundation, helped restore the public square into a vibrant gathering space in Macon’s College Hill neighborhood.

Numerous design changes made the park a safer, more comfortable and overall more useful place for people of all ages.

Many of the improvements were inspired by the municipality’s decision to join the AARP Network of Age-Friendly States and Communities. (Learn more about that program at AARP.org/AgeFriendly). Working with AARP Georgia and a livability consultant, local stakeholders assessed the walkability and age-friendly features of the park and its surroundings.

Among the recommended and implemented changes: Bicycle lanes and wide sidewalks were installed. A roundabout was constructed to make the nearby streets safer by slowing the fast-moving traffic around the park. Motor vehicles are now barred from the park’s interior.

Asphalt surfaces were torn up and replaced with trees and landscaping. Benches, performance spaces and drinking fountains were added. The lighting was updated, and an elegant fountain was installed to replace one removed in the 1960s.

A roundabout was constructed to make the nearby streets safer by slowing the fast-moving traffic around the park. Motor vehicles are now barred from the park’s interior. Tattnall Square Park's centerpiece structure inspires splashing — and reading. The brick paths leading to and around the fountain feature inspiring words (“Trust,” “Hope,” “Justice,” “Love”) and other engraved messages. The park's trash cans double as displays for quotations from both famous names and local residents.

RELEVANT TOOL: AARP Walk Audit Tool Kit, page 24
STRATEGY
Remove Barriers

In 2016, the New York City Department of Parks & Recreation launched the Parks Without Borders initiative to make the city’s parks more open, welcoming and beautiful by improving “entrances, edges and park-adjacent spaces.” Small-scale yet high-impact design changes can make parks more inviting and accessible.

Among the ways to remove barriers:

- **PUT OUT THE WELCOME MAT**
  Improving access to park spaces and upgrading entrances and perimeters are excellent ways to enhance the connectivity and accessibility of a park or other public space. For instance, an entrance can be widened, repositioned or aesthetically enhanced. Gates and fences can be lowered or removed to increase visibility between a park and the neighborhood it serves.

- **DECORATE!**
  Improving a park and its perimeter can involve adding outdoor furnishings, such as benches, tables and sun umbrellas. Adjacent spaces can get a face-lift in the form of, for instance, distinctive pavement, artwork and attractive accessories. Whimsically crafted bicycle racks are dually beneficial as decorative and practical additions.

- **GO GREEN OR GREENER**
  Sometimes an area that’s considered to be a park or public space isn’t particularly green. In such cases, greenery needs to be added with in-ground landscaping and trees or, if that’s not possible, potted plants and flowers.

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**SPOTLIGHT**

Centennial Commons

0.5 acre | Philadelphia, Pennsylvania

The Parkside neighborhood of Philadelphia lacks basic amenities, such as a recreational center or library. What it does have, directly across Parkside Avenue, is Fairmount Park, a space that was enhanced in 2018 by adopting both “borderless park” and pedestrian-friendly principles.

Launched by the Fairmount Park Conservancy, the Centennial Commons project, named for the site of the Centennial Exhibition of 1876, is part of Reimagining the Civic Commons, a national initiative that counters economic and social fragmentation in cities by revitalizing and connecting parks and other public spaces.

The two goals of the project’s “Parkside Edge” effort: make it easier for pedestrians to access the park (Parkside Avenue can be challenging to cross) and make them want to visit the park.

“Parks only reach their potential when people use them,” said Jamie Gauthier, executive director of the Fairmount Park Conservancy. “Through an extensive community engagement process, we learned that Parkside residents have long used these lawns for picnics, but they wanted some proper seating. We realized that people were risking fast-moving traffic just to cross the street.”

By adding pedestrian crossings and traffic-calming measures, the project improved the safety of park-bound pedestrians.

To entice residents into the park, custom swings and benches were placed along the street to make the area more than just an accessway to a large open field.

The additions have helped to integrate the park into the streetscape and attract people of all ages and abilities to the space.

When the first phase of the improvements opened for use, Gauthier declared, “We’re seeing the beginnings of how this historic site can be remade into a welcoming community gathering place.”

RELEVANT TOOLS: AARP Walk Audit Tool Kit, page 24
Intercept Survey, page 25
GOAL
Create New Parks (Even in Unconventional Spaces)

Many publicly owned buildings, such as schools, libraries and civic centers, have outdoor spaces, be they courtyards or parking lots, lawns or open fields, that can be repurposed for passive or active recreation and other forms of programming. Other examples of unconventional places for parks, greenery and gathering places include vacant lots, laneways, highway underpasses, bus shelters and streets. For neighborhoods lacking traditional parkland, such spaces can serve as catalysts for community transformation.

STRATEGY
Take Back Space

The point of “parkifying” unconventional spaces is to turn underused and/or neglected locations into places for people.

Among the ways to take back space:

- **BE IMAGINATIVE**
  When a location wasn’t originally intended to be a park or recreational space, or when items weren’t designed for such places, creativity is key. For instance, a seaside town might turn a no-longer-seaworthy boat into a playground structure for kids to climb on. In 2011, artist Candy Chang used chalkboard paint to cover the facade of an abandoned house in New Orleans, Louisiana. She then stenciled the prompt “Before I die I want to ...,” inviting people to complete the statement by writing their responses using colorful chalk. The wall was quickly filled with statements. After receiving worldwide attention, Chang created a guide for how other communities could do the same.

- **ADD VALUE**
  Whatever is created needs to improve the area and be useful to it. For example, the best idea to create a pocket park (see page 19) in a vacant lot located in an area people can’t easily walk, bicycle or drive to. However, the same project might be a great addition in a walkable, bike-friendly neighborhood that has no parks.

- **BUILD IT BECAUSE IT’S WANTED**
  Whatever type of park or green space is added needs to be wanted by the community. Successful examples of parkifying unusual spaces spur people to think differently about their communities and inspire others to attempt similar projects where they live.

SPOTLIGHT
Gallery Alley
Less than 0.5 acre | Wichita, Kansas

Located in downtown Fargo, North Dakota, Broadway Square is a self-proclaimed “Placemaking Space” created for community gathering. The half-acre park’s unique seating (see the red spool-like objects) is a practical attraction.

The phrase “Meet me in the alley” has often served as a threat. That’s changing in many downtowns nationwide.

For instance, in 2017, the Wichita Downtown Development Corp. transformed an underused alley (located at 616 E. Douglas Street) into Gallery Alley, a vibrant, walkable public space filled with outdoor dining and activities and art and music by local artists and entertainers.

To make the space cozier, the alley’s brick pavement was painted in bright colors and bistro lights were strung along the entire 140-foot length.

In its prior life, the 15-foot-wide alley was used by downtown drivers as a traffic-avoiding shortcut. Yet even drivers considered the space unsafe as well as inconvenient. (If two cars entered from opposite ends, one would have to back out. Moreover, visibility was limited for cars exiting the alley and merging into traffic on the city’s streets.)

Sometimes all it takes to transform a space is some paint and strings of lights, tables and chairs, music, and people. By “activating” the alley with simple design-and-use interventions, Wichita turned a dark, unsafe space into a safe and inviting destination for all.

RELEVANT TOOL: Programming Calendar, page 36
STRATEGY

Think Outside the Box

There are times when a great idea or project hits a dead end simply because there’s no official process for getting it done. This is a common stumbling block for ideas so novel and creative that they’ve never been attempted before.

Among the ways to think outside the box:

• CREATE IDEAS AND SOLUTIONS
  It’s worth taking the time to learn what might prevent a project from being implemented. Innovators need to know the rules in order to relax them. Pioneers often need to achieve their goals by simultaneously ignoring and abiding by the rules. Effective advocacy and community outreach, as well as finding loopholes in, for instance, zoning codes and permitting processes, can reveal ways to circumvent the norms in order to create people-friendly spaces.

• FIND CHAMPIONS IN UNLIKELY PLACES
  Parkifying unconventional spaces will likely require finding champions — municipal offices, business owners, nonprofits — that might be unaccustomed to dealing with park- and public-space-related issues. Since these stakeholders may be unfamiliar with the benefits of activating underutilized spaces for recreational use, the onus is on the placemaker to build a strong case for the project.

• IDENTIFY SHARED GOALS
  When park advocates seek out potential partners or benefactors, the advocates need to know how their goals align with those of the individuals or groups they’re hoping to work with. For instance, if the proposed project takes place on a privately owned parking lot, identify how the activities can also benefit the landowner. If the aim of the project is to reduce social isolation, try approaching the city’s public health department, which may have the same goal. When a project’s goals are aligned with those of others, the project’s wins can also become their wins.

SPOTLIGHT

Plazas, Pocket Parks and Parklets

20 square feet and up | Lots of locations — nationwide

When a community has more asphalt than green acres, parks and public spaces often need to take to the streets.

The NYC Plaza Program partners with local organizations to transform underused streets into vibrant public spaces. The program is a key part of the city’s effort to ensure that all New Yorkers live within a 10-minute walk of quality open space. A similar solution is the “pocket park.” Such spaces, which sometimes consist of little more than a mowed lawn and a few tables and chairs, are an excellent way to fill vacant lots or oddly shaped parcels of land and keep them from becoming eyesores or outright hazards.

The term “parklets” describes on-street parking spaces that have been transformed into public seating areas. Municipal-transportation, planning or economic-development departments often manage parklet programs. However, the concept’s origins are grassroots, going back to 2005, when the San Francisco–based design firm Rebar transformed a parking spot into a mini-park by rolling out a carpet of live grass and topping it with a bench and potted tree.

As retold by CityLab, after feeding the parking meter, the designers “retreated across the street to observe the results.... Within minutes, a man sat down on the bench, took off his shoes, and began to eat lunch. Another person joined soon after, and the two began having a conversation. That’s when [the] collaborators knew they were on to something: ‘We created an opportunity for social interaction that wasn’t there before.’ ”

The experiment inspired PARKing Day, usually celebrated on the third Friday of September. During the height of the COVID-19 pandemic, parklets — and closed streets that were transformed into outdoor dining rooms (or “StrEateries”) — helped restaurants throughout the nation remain open to diners and stay in business.

RELEVANT TOOL: ParkServe, page 23
This section features worksheets and planning resources to guide local leaders and residents through the planning phases of improving a park or public space. These tools were developed and are used by AARP, 8 80 Cities and Trust for Public Land. Regardless of the type of space being improved, these tools, resources and worksheets (yes, go ahead and make copies) will help answer the following questions before a public space project is implemented:

- Who uses the community’s existing parks and public spaces and what do they do there?
- What challenges do the community’s parks and public spaces face?
- What opportunities exist for enhancing the community’s parks and public spaces?
- What people and groups should be included in efforts to improve the parks and public spaces?

**STEP 1:** Use the AARP Livability Index (page 22) to gain a deeper understanding of the community and identify its strengths and weaknesses.

**STEP 2:** Use the ParkServe tool (page 23) from Trust for Public Land to learn how many residents live near a park or green space.

**STEP 3:** Visit the actual or potential project location and conduct a Public Space Audit (page 28).

**STEP 4:** Use the AARP Walk Audit Tool Kit (page 24) to assess the area’s walkability.

**STEP 5:** Use the Public Space Field Study (page 32) to understand who visits the park or public location and what they do there.

**STEP 6:** Recruit volunteers and have them help conduct an Intercept Survey (page 25) so the project team can understand how visitors feel about a park or green space location.

**STEP 7:** Collect and organize data from the Public Space Audit, the Public Space Field Study and the Intercept Survey to identify key themes and commonalities.

**STEP 8:** Complete the Community Asset Map (page 38) to identify key stakeholders and partners who might support the community’s parks and public space efforts.

**STEP 9:** Complete the Programming Calendar (page 36) to understand what types of activities or events already happen in the location and identify new ideas that could make the space more inclusive and accessible.

**STEP 10:** Use the AARP Pop-Up Placemaking Tool Kit (page 39) to test potential solutions or livability features.

---

**PART 2**

**The Tool Kit**

The forest-like Guy Mason Park playground is located down a hill off of busy Wisconsin Avenue in Washington, D.C.

A mobile sauna in Como Park was a hot spot during Saint Paul, Minnesota’s annual winter carnival.

Can’t get the kids to the beach? Take them to a parking lot instead. That’s what many parents did in Macon, Georgia, after the city delivered two truckloads of play sand for a downtown event.

A FitLot is an outdoor fitness park that makes gym-quality exercise equipment accessible to the public. An AARP Community Challenge grant helped fund some programming at this lot in New Orleans, Louisiana, where a team of coaches provided 36 hours of free training to, reports an organizer, “an extremely dedicated group of seniors in a community that suffers one of the largest health disparity gaps in the country.”

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**PARK PLANNING TOOL**

**The Steps**

**STEP 1:** Use the AARP Livability Index (page 22) to gain a deeper understanding of the community and identify its strengths and weaknesses.

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**STEP 10:** Use the AARP Pop-Up Placemaking Tool Kit (page 39) to test potential solutions or livability features.
The web-based AARP Livability Index is an interactive tool that assesses the livability of neighborhoods and communities across the United States. Developed by the AARP Public Policy Institute, the index was created to inform and encourage local leaders, policymakers and residents to make their communities more livable for people of all ages.

To calculate livability scores, the index uses more than 50 national data sources and 61 indicators spread across the seven categories: Housing, Neighborhood, Transportation, Environment, Health, Engagement, Opportunity.

The index can use an address; zip code; or town, city or county name to access an overall livability assessment or determine a score in any of seven major categories.

INSTRUCTIONS
1. Go to AARP.org/LivabilityIndex and search for an address, zip code, municipality or state.
2. Record the index scores in the grid (right).

ANALYZING THE RESULTS
• Note which livability categories the community performs well in and which need improvement.
• List the categories that could be improved by enhancing the accessibility and vibrancy of the community's parks and public spaces.

Developed by Trust for Public Land, ParkServe is an online database that assesses the availability of parks and green spaces within a 10-minute walk of residential properties.

INSTRUCTIONS
1. Go to ParkServe.org and search for a city. Complete the Community Parks Profile below.
2. Click "See [City Name] Map" to explore where parks are most needed. This will generate a map of the city and identify areas of need for park space based on the 10-minute-walk principle.
3. Use the website’s ParkEvaluator Tool to identify where you’d like to add new parks or public spaces.

ANALYZING THE RESULTS
• Note whether the neighborhood lacks access to parks, and expand the menus under Equity, Health and Climate to learn more.
• If the neighborhood is already well-served by parks, consider what can be done to improve those and other green spaces.

Community Parks Profile

- Percentage of residents within a 10-minute walk of a park
- Number of parks within the city
- Total park acreage within the city
- Median park size
- Persons per acre of parkland
- Percentage of youth within a 10-minute walk of a park
- Name of the city's largest park
- Acreage of the city's largest park
Too many communities in the United States are designed exclusively or almost exclusively for automobile travel, with little consideration given to the needs of pedestrians.

Multilane roadways that are unsafe to cross and a lack of sidewalks and street maintenance are all factors that discourage or outright prevent people from walking within their communities.

The data and documentation gathered during a walk audit can be shared with elected officials and municipal staff to help bring about needed change.

A walk audit can improve a community by:

- Helping to create a pedestrian-friendly environment
- Increasing exercise opportunities for community members
- Fostering more social interactions among neighbors
- Reducing the need to drive — and better enabling non-drivers to get where they need and want to go
- Reducing traffic congestion and pollution
- Increasing property values

INSTRUCTIONS

A resident, community group and/or local leader can survey and report on the safety and walkability of a street, intersection or neighborhood by downloading or ordering the free, photo-filled 28-page publication. Visit AARP.org/WalkAudit

Learn how people feel about and use parks and public spaces. Combined with the Public Space Audit (page 28), this data will provide a detailed picture of the area’s assets and needs.

SUPPLIES NEEDED

- Pens
- Clipboards
- Intercept Survey Worksheets (see page 26)

INSTRUCTIONS

1. Identify a Space

The location can be an existing park, public space or underused site (e.g., a street, school playground, alley, parking lot).

2. Visit the Location, Distribute the Surveys

Approach people who are spending time in or passing through the park or public green space. Identify yourself as a researcher and ask if they have a couple of minutes to answer an anonymous survey about the location. Give each person a survey sheet. Stay close by to answer any questions he or she may have.

ANALYZING THE RESULTS

- Read all of the completed survey forms to identify patterns or common responses.
- Sort the data by characteristics such as age, gender and/or income level. Doing so can help identify common themes or specific needs.

TOOL KIT TIPS

- Conduct the survey at different times of day and during different days of the week to ensure that a diverse mix of park users are represented.
- Recruit friends or volunteers to help.
- Record and organize the results on spreadsheets to help identify patterns and key findings.

Walkability of the area, based on the findings above:

- Great
- Acceptable
- Mixed
- Poor

11. Summary

WORKSHEETS

Make a Map

Take photographs and/or video of the area so others can see the challenges and strengths of the audit location.

Use a mapping website to capture and print a bird’s-eye-view image of the walk audit area or draw a simple map of the

Location/Street Name(s):

Audit Date:

Start time:

SINGLE-LOCATION

1. Benches and other outdoor seating areas have been cleared of snow and ice

2. The transit stop or station is in a useful location

3. The transit stop or station protects waiting passengers from moving vehicles

4. The transit stop or station feels safe from crime

5. Other (explain below)

ANALYZING THE RESULTS

- Read all of the completed survey forms to identify patterns or common responses.
- Sort the data by characteristics such as age, gender and/or income level. Doing so can help identify common themes or specific needs.

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- Recruit friends or volunteers to help.
- Record and organize the results on spreadsheets to help identify patterns and key findings.

Walkability of the area, based on the findings above:

- Great
- Acceptable
- Mixed
- Poor

11. Summary
1. Why did you come here today? (Check all that apply)
   - Just passing through
   - Waiting for transit
   - An event (Which one?)
   - Food and/or drink
   - Active recreation (walking, bicycling, exercise, sports, etc.)
   - Meeting family and/or friends
   - Spending time by myself
   - Other (Please explain)

2. How often do you visit this park or outdoor space?
   - Daily
   - Weekly
   - Monthly
   - Annually or less

3. How did you get here today? (Check all that apply)
   - Walk
   - Bike
   - Transit
   - Private car
   - Taxi / Uber / Lyft
   - Other (Please explain)

4. How was your trip here?
   - Very good
   - Good
   - Fair
   - Poor
   - Very poor
   Why?

5. If you walked, how would you rate the sidewalks you used to get here?
   - Very good
   - Good
   - Fair
   - Poor
   - Very poor

6. If you bicycled, how would you rate the bicycle lanes or bicycle-priority streets, if any?
   - Very good
   - Good
   - Fair
   - Poor
   - Very poor

7. If you took public transit, how would you rate the nearest transit stop?
   - Very good
   - Good
   - Fair
   - Poor
   - Very poor

8. If you drove, how would you rate the parking situation here?
   - Very good
   - Good
   - Fair
   - Poor
   - Very poor

9. Have you ever actively supported or helped maintain this park or outdoor space?
   - Yes
   - No
   If yes, please explain:

10. Overall, how would you rate this park or outdoor space?
    - Very good
    - Good
    - Fair
    - Poor
    - Very poor

11. What do you like about this park or outdoor space?

12. What don’t you like about this location?

13. What uses or activities would you like to see here in the future?

14. In your opinion, which age groups would enjoy this space? (Check all that apply)
    - All ages
    - Children
    - Teens
    - Adults
    - Older adults

15. What is your age?
    - Under 13
    - 13–17
    - 18–24
    - 25–44
    - 45–64
    - 65+

16. Do you identify as:
    - Female
    - Male
    - Nonbinary

17. What is your household’s income? (Do not include roommates unless taxes are filed jointly)
    - Under $15,000
    - $15,000–$24,999
    - $25,000–$34,999
    - $35,000–49,999
    - $50,000–$74,999
    - $75,000–$99,999
    - $100,000+

18. Do you identify as: (Check all that apply)
    - African American
    - Asian American
    - Hispanic or Latinx
    - Indigenous, American Indian or Alaska Native
    - Native Hawaiian or Pacific Islander
    - White
    - Other (Please explain)

19. What is your zip code?

20. Is there anything else you would like to share?
Public Space Audit

The Public Space Audit provides a mix of qualitative and quantitative data to identify what is currently working in a space and what aspects need to be improved. This activity will help evaluate the experience of visiting the area and provide insights about the location’s design and programming.

SUPPLIES NEEDED
- Pen
- Clipboard
- Copy of the Public Space Audit Worksheet

INSTRUCTIONS

1. Identify the Location
   The audit space can be an existing park, public place or underused site (e.g., street, school playground, alley, parking lot).

2. Visit the Location
   Become familiar with the site and its surroundings before answering the questions.

3. Complete the Worksheet
   Record the date, time and location. Feel free to make additional notes and observations.

ANALYZING THE RESULTS
- Since these results will represent the experience of the auditor, it’s important to supplement the data by collecting feedback from others in the neighborhood. The Intercept Survey (page 25) will help do that.

TOOL KIT TIP
- For some questions, about a location’s size, for instance, it may be better to seek the answer through online resources such as Google Maps or by contacting the parks or transportation department.

Public Space Audit Worksheet

Name: __________________________________________

Location: __________________________________________

Date: __________________ Time: ___ a.m. | p.m. (Circle one)

Weather: __________________________________________

1. Describe this location:
   What is it? (e.g., park, alley, street corner) __________________________
   Where is it? (address or nearest intersection) __________________________
   How big is it? (approximately) __________________________
   Is it public property? __________________________

2. Describe the surrounding area:
   What type of area is it? (Check all that apply)
   ☐ Residential  ☐ Industrial  ☐ Rural/Undeveloped  ☐ Commercial  ☐ Mixed-Use
   What are some key destinations in the area? (e.g., library, school, coffee shop) __________________________

3. How does this location make you feel?
   Comfortable ☐ ☐ ☐ ☐
   Playful ☐ ☐ ☐ ☐
   Relaxed ☐ ☐ ☐ ☐
   Safe ☐ ☐ ☐ ☐
   Social ☐ ☐ ☐ ☐
   Strongly Agree ☐ ☐ ☐ ☐
   Agree ☐ ☐ ☐ ☐
   Disagree ☐ ☐ ☐ ☐
   Strongly Disagree ☐ ☐ ☐ ☐

   Why do you feel this way? __________________________________________

A park along Water Street in remote, tiny Eastport, Maine (population 1,600), has walking paths, benches, picnic tables, a Little Free Library — and a great view.
6. How well-connected is the location?

**Walking**

a. The streets in or adjacent to the location have sidewalks. Agree | Disagree

b. There are clear directional signs or visual cues to guide people to the space. Agree | Disagree
c. There are pedestrian signals at intersections. Agree | Disagree
d. The signals provide adequate crossing time for slower walkers. Agree | Disagree
e. There are signals or design elements for blind/visually impaired pedestrians. Agree | Disagree

f. Sidewalks and crossings are accessible for people using mobility aids (e.g., a wheelchair). Agree | Disagree
g. There are traffic calming features (e.g., speed bumps) in the area. Agree | Disagree

h. What is the posted speed limit in the area? Agree | Disagree

**Cycling**

a. There are designated bike lanes or trails connected to the space. Agree | Disagree

b. There is a secure place to park your bike in the space. Agree | Disagree

7. How likely are you/would you be to allow your child or an older relative to visit this location?

Likely | Somewhat likely | Not likely

8. What opportunities do you see for this location?


9. What challenges do you see for this location?


Public Space Audit Worksheet (page 2 of 3)
The Public Space Field Study is divided into two observational surveys, which you will fill out yourself: One is focused on how people move to and from a space, the other on what people do in the space. If possible, conduct the survey at different times of the day, different days of the week and even different seasons of the year.

**SUPPLIES NEEDED**
- Pen
- Clipboard
- Public Space Field Study Worksheets (page 34)

**INSTRUCTIONS**

1. **Identify a Space**
   - The location can be an existing park, public space or underused site (e.g., street, school playground, alley, parking lot). Become familiar with the site and its surroundings. Determine the entry/exit point of the space or the area of greatest activity. Stand in a location that provides a broad view of the area.

2. **Select and Complete a Worksheet**
   - Draw a simple map on the worksheet and mark a spot at which you'll be able to see the greatest number of park users. Record the date and time of your data collection at the top of the sheet.

   **Worksheet A: Movement Study** (see page 34)
   - Record the number of people walking into or out of the space, the number of people riding a bicycle and, as accurately as possible, the gender and age of those who pass by.
   - Observe and record information about the people in the area for 15-minute intervals.

   **Worksheet B: Activity Study** (see page 35)
   - Record the activities of people in the space, dividing the activities into categories if necessary. Also record, as accurately as possible, the gender and age of those who pass by.
   - Observe and record information about the activities in the area for 15-minute intervals.

**ANALYZING THE RESULTS**
- Who is missing or underrepresented, based on the observations? (It can be useful to compare the survey findings with local census data to determine whether the mix of people who visit the site reflects the area's demographics.)
- Age data are useful when developing new programming or design ideas. For instance, if older adults aren’t visiting the area, consider reaching out to them to understand why.
- The presence or underrepresentation of women during the observation period can be a significant issue. Women tend to be selective about the public spaces they visit. A lack of female park visitors could be an indication that a space is considered unsafe.
- Are a range of activities taking place in the park or public space?
- Are there activities the community might enjoy that aren’t currently happening in the space?
- Is a mix of passive activities (sitting, socializing) and active activities (playing, exercising) occurring in the space?

**TOOL KIT TIP**
- Try to complete these activities during typical weather conditions.
- Recruit friends or volunteers to help implement the activity studies.
- Record the final results in a spreadsheet to help organize and summarize the data.

In 2015, elected leaders in Anchorage, Alaska, voted to turn a former greenhouse property that was in disrepair into a much-needed 12-acre recreation area and green space in the city’s east end. The Muldoon Town Square Park is usable year-round, with a colorful “all-inclusive” playground, picnic shelter and running track. In the winter, the track becomes a curvy ice ribbon that’s used by both new and experienced skaters.
**Public Space Field Study Worksheet**

**PART A: Movement Study**

Name: 

Location: 

Date:  

Start Time:  

End Time:  

Weather:  

### Pedestrians

<table>
<thead>
<tr>
<th>AGE</th>
<th>FEMALE</th>
<th>MALE</th>
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<tbody>
<tr>
<td>Children (under 13)</td>
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<td></td>
<td></td>
</tr>
<tr>
<td>Teens (15–19)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Younger Adults (20–39)</td>
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</tr>
<tr>
<td>Adults (40–64)</td>
<td></td>
<td></td>
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</tr>
<tr>
<td>Older Adults (65+)</td>
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</table>

### Bicyclists

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</tr>
</thead>
<tbody>
<tr>
<td>Children (under 13)</td>
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<tr>
<td>Older Adults (65+)</td>
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</table>

**PART B: Activity Study**

Name: 

Location: 

Date:  

Start Time:  

End Time:  

Weather:  

### Activity Types

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<thead>
<tr>
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<th>NUMBER OF PARTICIPANTS</th>
<th>ACTIVITY</th>
<th>NUMBER OF PARTICIPANTS</th>
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<tr>
<td>Walking</td>
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<td>Resting</td>
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<tr>
<td>Sitting</td>
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<td>Exercising</td>
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<tr>
<td>Talking/Socializing</td>
<td></td>
<td>Bicycling</td>
<td></td>
</tr>
<tr>
<td>Eating/Drinking</td>
<td></td>
<td>Vending</td>
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</tr>
<tr>
<td>Board Games, etc.</td>
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<td>Entertaining</td>
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<tr>
<td>Playing</td>
<td></td>
<td>Waiting</td>
<td></td>
</tr>
<tr>
<td>Team Sports</td>
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### Age and Gender

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</table>
INSTRUCTIONS

1. Identify a Space
   The location can be an existing park, public space or underused site (e.g., street, school playground, alley, parking lot).

2. List the Existing Activities
   Use the Programming Calendar Worksheet to record the current activities, programs and events, checking all that apply. (These details can often be found online.) Also record the season, time of day and intended audience.

3. List Ideas for New Activities
   Complete a second calendar worksheet by noting ideas for the types of activities, programs and events that seem appropriate. Check all that apply.

ANALYZING THE RESULTS
• The activities listed should be suitable for a range of seasons, times and age groups.
• Every column (season, time of day, age group) should be marked at least twice.
• Ideally, some activities will apply to more than one season, time or age group.

The Rose Kennedy Greenway is a linear park that spans 1.5 miles through several neighborhoods in Boston, Massachusetts. The greenway partners with cultural institutions and businesses to host more than 400 free, multicultural, multigenerational public programs and events a year.
A Community Asset Map is useful for identifying local stakeholders, like-minded organizations and potential partners, including decision-makers who may need to approve any park or green space project.

Other local figures, such as elected officials or influential residents, can give a project legitimacy and momentum by lending their support.

Altogether, an asset map is a way of creating a list of people and groups to connect with when planning a public space improvement project.

INSTRUCTIONS
1. List the names of influential people and organizations in the community, divided by category.

2. Include any contact information.

3. If desired, enter the information into a spreadsheet.

ANALYZING THE RESULTS
Consider the needs and interests of each stakeholder:

- How do the interests of those stakeholders align with the project’s goals?
- What questions or concerns might they have?
- Before approaching any individuals or organizations, consider what aspects of the project are and are not negotiable.

LOCATION

- Government departments and agencies
- Resident associations and community groups
- Nonprofit and service organizations
- Creative and communications professionals
- Elected officials
- Schools and youth groups
- Businesses and business associations
- Older-adult centers and advocacy groups

When done right, temporary livability projects can lead to permanent change. Testing potential solutions by demonstrating them for the community can build support — and often outright enthusiasm — for needed change.

- Pop-up projects typically involve community members working together to bring attention to overlooked spaces, address neighborhood issues, or test ideas for how to make improvements within a public or, sometimes, private space such as streets, empty buildings or underused lots.
- A pop-up demonstration can be organized and implemented quickly or over time.
- Pop-up projects can involve the temporary placement of bike lanes, crosswalks, parklets, sidewalk cafes, plazas, benches, potted trees and more. Such trial runs allow communities to evaluate new concepts and make adjustments before investing in large-scale change.

INSTRUCTIONS
Visit AARP.org/LivablePopUp to order or download the free 40-page publication and find articles and “recipes” for creating temporary spaces (like the Pittsfield, Massachusetts, alleyway below) that pop!
Creating Parks and Public Spaces That People Want to Use

According to Trust for Public Land, park spaces that feature any of the following will entice people (and often pets) of all ages to spend time outdoors.

\[ \text{The tennis-like game of PICKLEBALL is popular among the 50-plus set — so much so in Wisconsin’s Chippewa Valley that the area has several dozen indoor or outdoor courts.} \]

\[ \text{People and pets of all ages have fun at a DOG PARK in Lancaster, Pennsylvania.} \]

\[ \text{When a COMMUNITY GARDEN (officially the Florence Fang Asian Community Garden) opened in the Bayview-Hunters Point neighborhood of San Francisco, California, it filled a need for green space and healthy food.} \]

\[ \text{A SPLASH PAD in downtown Phoenix, Arizona, provides welcome relief from the heat — and some silly fun — for people of all ages and abilities.} \]

\[ \text{TRAILS for walking and hiking (like this one in Dryden, New York), are great places for being active. Having a place to sit along the way is always appreciated.} \]

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Resources for local leaders, livability practitioners and involved residents about zoning, cold weather spaces, equity, and homelessness.

From AARP and Congress for the New Urbanism
AARP.org/Livable

From 880Cities
880Cities.org
- Winter Placemaking Guide
- Addressing Homelessness in Parks: An Inclusive Practices Guide

From Trust for Public Land
TPL.org
- Parks and an Equitable Recovery

Creating Parks and Public Spaces for People of All Ages
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Public parks are important places for building a sense of community and social belonging. They are spaces that belong to everyone, regardless of age, gender, ethnicity, religion or income.

However, the way parks are designed, maintained and programmed doesn’t always reflect the purpose and promise of such uniquely public spaces. Pinched for funds by competing priorities, many municipalities neglect their park networks or fail to invest in these vital places as their communities grow and change.

AARP, 8 80 Cities and Trust for Public Land have come together to highlight the importance of parks — and give community leaders (and park advocates from all corners) tools they can use to both create and improve green spaces and public places for people of all ages.

Visit AARP.org/LivableParks to download a PDF of this guide or order a free printed edition.

Several of the parks projects pictured in this guide were created with support from the AARP Community Challenge grant program. Learn about this annual opportunity at AARP.org/CommunityChallenge.

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