



Ridgely Seniors on the Move

February 5, 2019

**Assessment Submitted by the
Tennessee Commission on Aging and Disability**

Table of Contents

Background 2

Grant Overview 2

Grant Activities to Date..... 3

Results of Senior Surveys 4

Camelot Manor Walking Assessment 9

Ridgely Manor / Reelfoot Village Walking Assessment 16

Recommendations 23

Next Steps 23

Background

The mission of the Tennessee Commission on Aging and Disability (TCAD) is to bring together and leverage programs, resources, and organizations to protect and ensure the quality of life and independence of older Tennesseans and adults with disabilities.

TCAD recognizes the important role that a healthy built environment and livable community play in this quality of life and independence of older Tennesseans. Older adults are more likely to, not own a car, have a mobility limitation, and have one or more health conditions.

Lake County is home to over 1,100 adults ages 65 and older, over 300 of who live in Ridgely. Ridgely is home to a vibrant, senior center with a Community Garden, one of the largest and most plentiful community gardens in the State. This garden is accessible to individuals of varying physical abilities, and produces many crops each season which are then used to supplement the Senior Center's noon congregate meals on weekdays. Ridgely Senior Center's congregate meals serve approximately 50 participants over 500 meals each month. At least two housing communities where many older adults reside. are located less than one mile from this Senior Center. While these communities are both within walking distance of the Senior Center with grocery stores and medical offices along the route, most residents of these communities choose to drive personal vehicles or golf carts to the Senior Center. A walkable path between these residencies and Center and would increase the livability of this rural community. Older adults in Ridgely would not only be able to attend more events at the Senior Center, but participate more actively in their community.

Grant Overview

The purpose of this grant is to build upon the strengths of the community, while improving the ability for seniors to access active transportation as a way to visit the senior center. This 2-year, \$84,460 grant through the TN Department of Health is carried out in partnership with the Northwest Area Agency on Aging and Disability, Ridgely Senior Center, Tennessee Department of Health, and USDA – Rural Development.

The grant consists of the following components (1) assessment of barriers that older adults face when traveling to and from the Ridgely Senior Center; (2) programming to increase older adult knowledge of health benefits related to walking and confidence in walking to and from the senior center; (3) Infrastructure Design/Construction to improve the publicly-accessible infrastructure in order to increase walkability and pedestrian friendly streets surrounding the Center, and; (4) Evaluation. Grant activities will focus on “The Five E’s”—Evaluation, Education, Encouragement , Enforcement, Engineering.

Grant Activities to Date

- ❖ August 21, 2018 – Stakeholder meeting
- ❖ October 2018 – Walking assessment of Built Environment
- ❖ November – December, 2018 Surveys of Seniors who live in Ridgely

Results of Senior Surveys

- 41 Surveys Completed
 - 7 excluded due to being under 60
 - 5 excluded due to living in Tiptonville
- **30 included in Analysis**

Average Age = 73 (range 60, 93)

1. During the past month, other than your regular job, did you participate in any physical activities or exercises such as running, calisthenics, golf, gardening, or walking for exercise?

52%	(15)	Yes
41%	(12)	No
6%	(2)	Don't Know / Not sure

2. During the past 3 days, have you been to other rooms of your home besides the room where you sleep?

94%	(29)	Yes
6%	(2)	No

3. During the past 3 days, have you been to an area immediately outside your home such as your porch, deck or patio, hallway of an apartment building or garage?

90%	(28)	Yes
10%	(3)	No

4. During the past 3 days, have you been to an area outside your home such as a yard, courtyard, driveway or parking lot?

97%	(30)	Yes
3%	(1)	No

5. During the past 3 days, have you been to places in your immediate neighborhood but beyond your own property or apartment building?

77%	(24)	Yes
23%	(7)	No

6. During the past 3 days, have you been to places outside your immediate neighborhood but within your town or community?

100%	(29)	Yes
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7. During the past 3 days, have you been to places outside your immediate town or community?

93%	(25)	Yes
7%	(2)	No

8. During the past 3 days, have you been to places outside of your county?

54% (15) Yes

46% (13) No

9. During the past 3 days, have you been to places outside the state of Tennessee?

14% (4) Yes

86% (24) No

10. During the past 3 days, have you been to places outside the southeast region (outside Kentucky, Mississippi, Missouri, etc.)?

14% (4) Yes

86% (25) No

11. What types of programming / activities do you think would be helpful to get older adults in your community walking more?

Warm weather, transportation, closer walking track

- Warm weather, transportation, closer walking track
- Like to have exercise center
- A building open to the public for activities (exercise, walking, equipment to exercise, weights)
- We need an indoor place to walk as well as outside
- Encouragement
- Morning Walks
- Walking or bicycling track close to center
- We could get here if we had walking area around our center
- Maybe something inside. Older people don't feel safe outside when it starts getting dark.
- Walk and have a "picnic day"
- I would like more places to exercise
- Sidewalk at back of center on Main
- Have a community day once a month, where neighbors can gather in the park together and socialize

		Strongly Disagree	Disagree	Agree	Strongly Agree	Don't Know
<u>INDOOR AREAS</u>						
1	My town has private indoor exercise areas (pay to use).	<u>58.8%</u>	41.2%	0.0%	0.0%	5.4%
2	The indoor exercise areas are nice to use and well kept (there is little or no trash, no broken glass, and equipment works).	40.6%	<u>53.1%</u>	6.3%	0.0%	11.1%
3	The indoor exercise areas in my town are generally safe.	40.6%	<u>59.4%</u>	0.0%	0.0%	13.5%
4	My town offers indoor exercise activities (programs, sports teams, classes, lessons, etc)	40.6%	<u>56.3%</u>	3.1%	0.0%	13.5%
5	There is equipment for physical activity or exercise at the indoor exercise areas in my town.	42.4%	<u>57.6%</u>	0.0%	0.0%	10.8%
6	There are choices of activities for physical activity or exercise at the indoor exercise areas in my town.	47.1%	<u>52.9%</u>	0.0%	0.0%	7.1%
<u>OUTDOOR AREAS</u>						
7	Outdoor exercise areas in my town have available restrooms.	40.0%	10.0%	46.7%	3.3%	16.7%
8	Outdoor exercise areas in my town have water fountains.	48.0%	48.0%	4.0%	0.0%	32.4%
9	There are sufficient police officers or sheriffs patrolling the outdoor areas in my town where people could be physically active or exercise.	44.1%	38.2%	11.9%	5.9%	5.6%

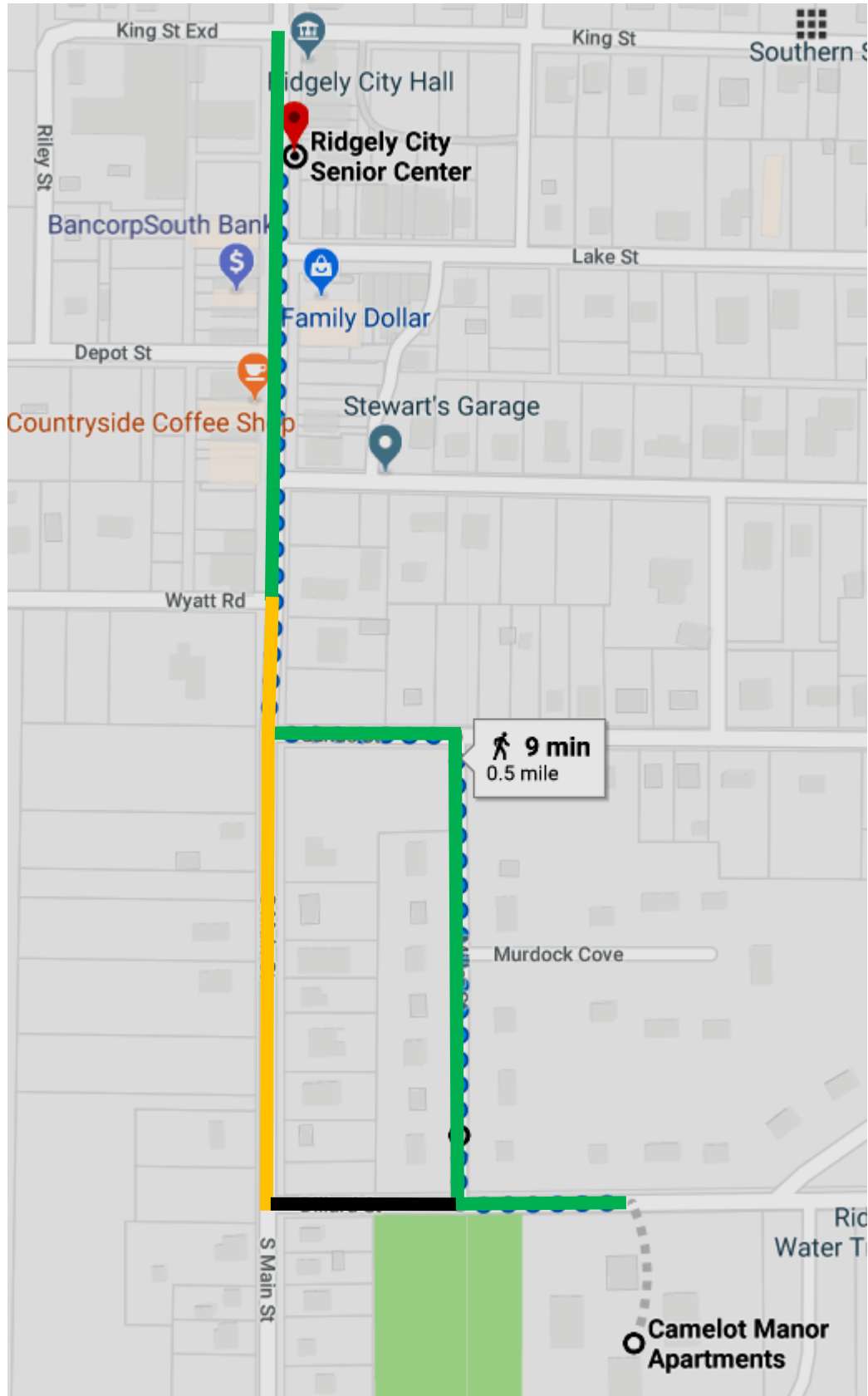
		Strongly Disagree	Disagree	Agree	Strongly Agree	Don't Know
<u>TOWN CENTER</u>						
10	There are shopping areas and places to eat in the town center.	48.6%	34.3%	31.4%	5.7%	2.8%
11	There are sidewalks in the town center.	5.9%	8.8%	<u>79.4%</u>	5.9%	2.9%
12	The sidewalks are nice to use in the town center (they are shaded, there are pleasant things to look at, no trash).	22.9%	34.3%	42.9%	0.0%	2.8%
13	The sidewalks are nice to use in the town center (they are well kept and not uneven).	25.7%	28.6%	42.9%	2.9%	2.8%
14	The streets are marked where I should cross in the town center or there are crosswalks.	18.8%	31.3%	40.6%	9.4%	8.6%
15	The area around the town center has working streetlights.	12.1%	9.1%	<u>72.7%</u>	6.1%	8.3%
16	There is equipment for physical activity or exercise in the town center at indoor places.	45.5%	<u>51.5%</u>	3.0%	0.0%	8.3%
17	There is equipment for physical activity or exercise in the town center at outdoor places.	<u>51.6%</u>	45.2%	3.2%	0.0%	11.4%
18	There are several choices of activities for physical activity or exercise in the town center.	42.4%	<u>54.5%</u>	3.0%	0.0%	8.3%
<u>SCHOOLS</u>						
19	The school(s) in my town has playground(s) with equipment.	0.0%	13.3%	<u>69.4%</u>	16.7%	0.0%
20	There is equipment for physical activity or exercise at the school(s).	3.6%	14.3%	<u>67.9%</u>	14.3%	20.0%
21	There are choices of activities for physical activity or exercise at the school(s).	7.4%	25.9%	<u>55.6%</u>	11.1%	22.9%

		Strongly Disagree	Disagree	Agree	Strongly Agree	Don't Know
<u>CHURCHES</u>						
22	My town has churches with indoor recreational areas for exercise open to the public.	25.0%	41.7%	33.0%	0.0%	33.3%
23	My town has churches with outdoor recreational areas for exercise open to the public.	38.5%	<u>50.0%</u>	11.5%	0.0%	29.7%
24	I can use the indoor church areas for physical activity or exercise.	33.3%	<u>63.0%</u>	3.7%	0.0%	22.9%
25	I can use the outdoor church areas for physical activity or exercise.	32.1%	<u>57.1%</u>	10.7%	0.0%	22.2%
26	Churches in my town offer exercise or physical activity programming or activities.	37.0%	<u>59.3%</u>	10.7%	0.0%	27.0%
27	Churches in my town have public playgrounds with equipment.	37.9%	48.3%	13.8%	0.0%	21.6%
28	Churches in my town encourage exercise or being physically active.	35.7%	<u>50.0%</u>	14.3%	0.0%	24.3%
<u>AREA AROUND YOUR HOME</u>						
29	There are crosswalks in the area around my home.	27.0%	48.6%	21.6%	2.7%	0.0%
30	The roads around my home have a place to walk or ride a bike next to the road (shoulder, bike lane, built path, etc).	25.0%	44.4%	25.0%	5.6%	2.7%
31	The roads around my home have good lighting.	14.3%	31.4%	<u>51.4%</u>	2.9%	0.0%
32	There are sidewalks on most of the roads in the area around my home.	16.2%	45.9%	37.8%	0.0%	0.0%
33	There are sidewalks in the area I live that connect places so that you can walk from place to place (like connecting a store to the post office).	26.5%	44.1%	29.4%	0.0%	2.9%

**Camelot Manor
Walking Assessment**

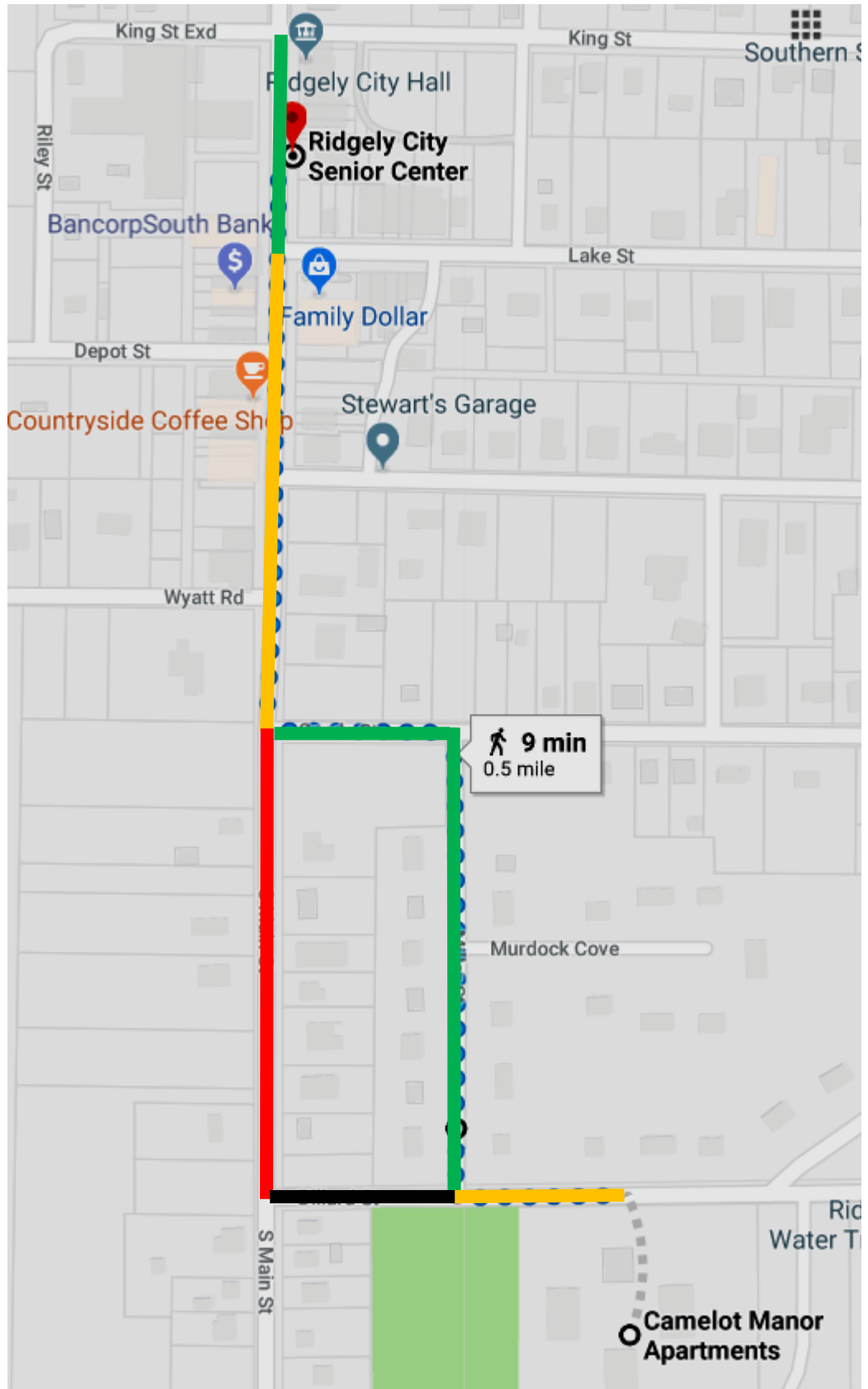
Sidewalk Completeness / Continuity

-  Incomplete
-  Complete
-  No sidewalk



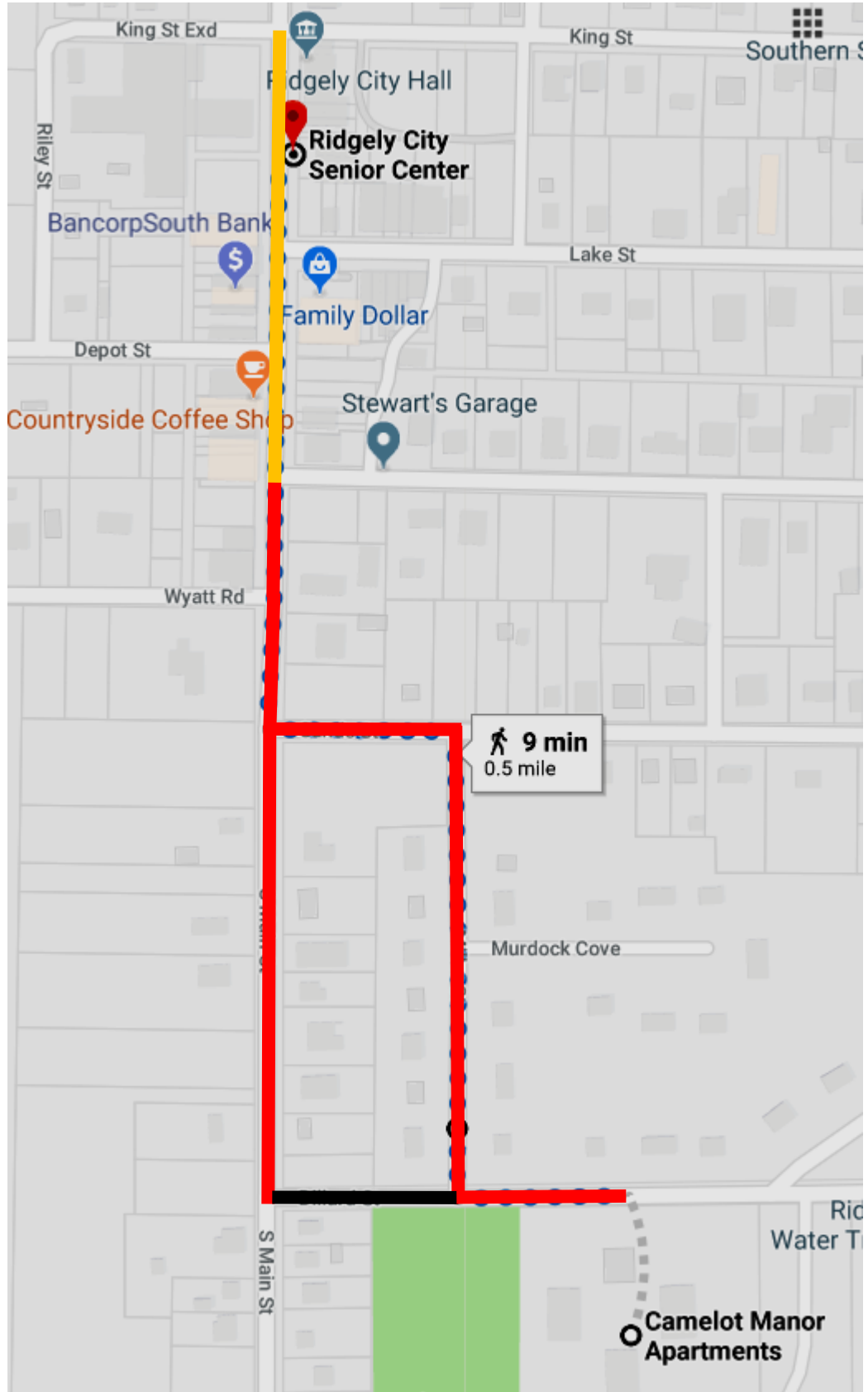
Path Condition / Maintenance

- █ Poor
- █ Fair
- █ Good
- █ No Path



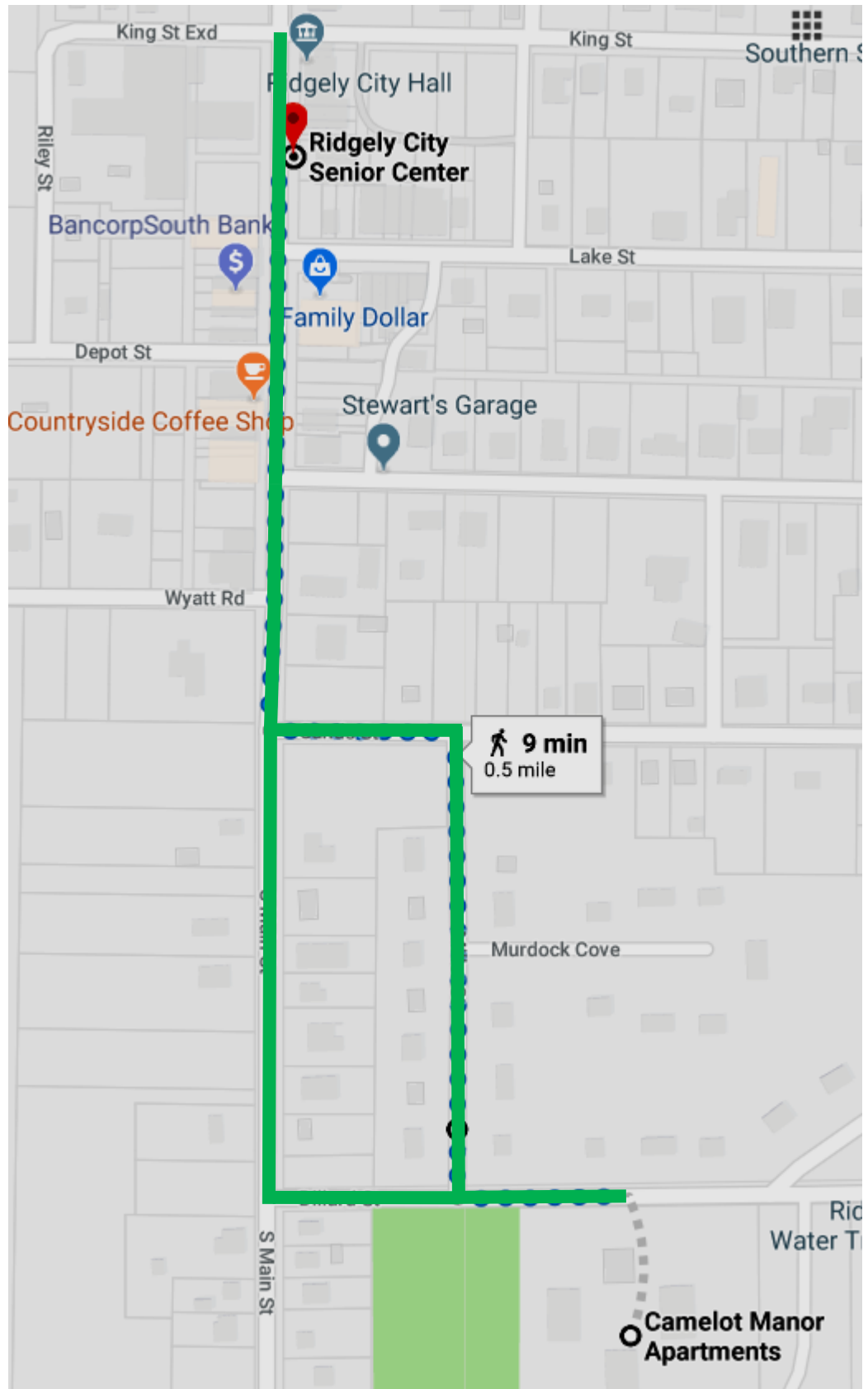
Sidewalk Width

-  Less than 4 feet
-  4 to 8 feet
-  Over 8 feet
-  No sidewalk

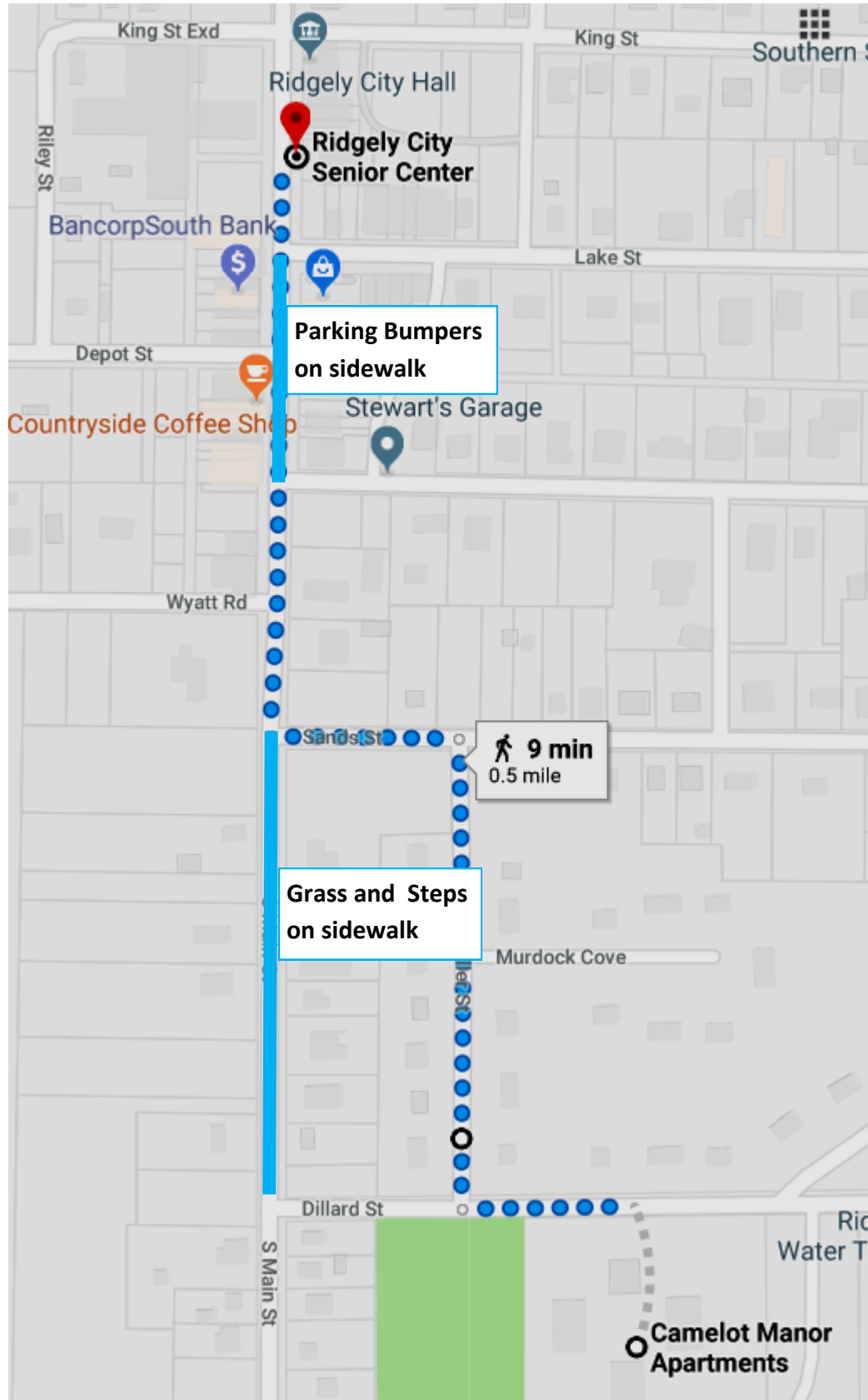


Cleanliness / Maintenance





- Poor
- Fair
- Good

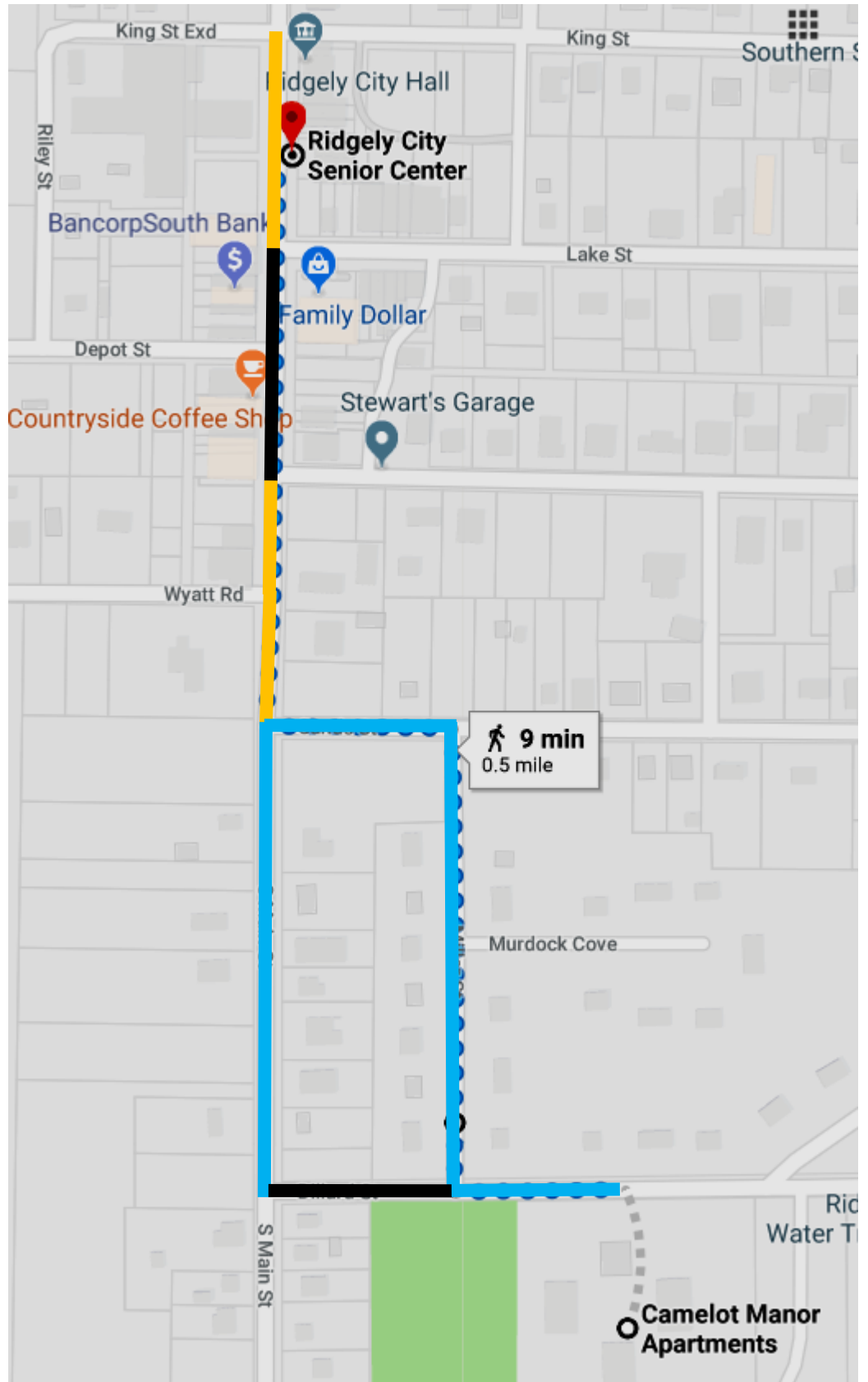


Path Obstruction



Lighting

-  Road Lighting
-  Pedestrian Lighting
-  Other Lighting
-  No Lighting



**Ridgely Manor / Reelfoot Village
Walking Assessment**

Path Condition / Maintenance

- Poor
- Fair
- Good
- No Path



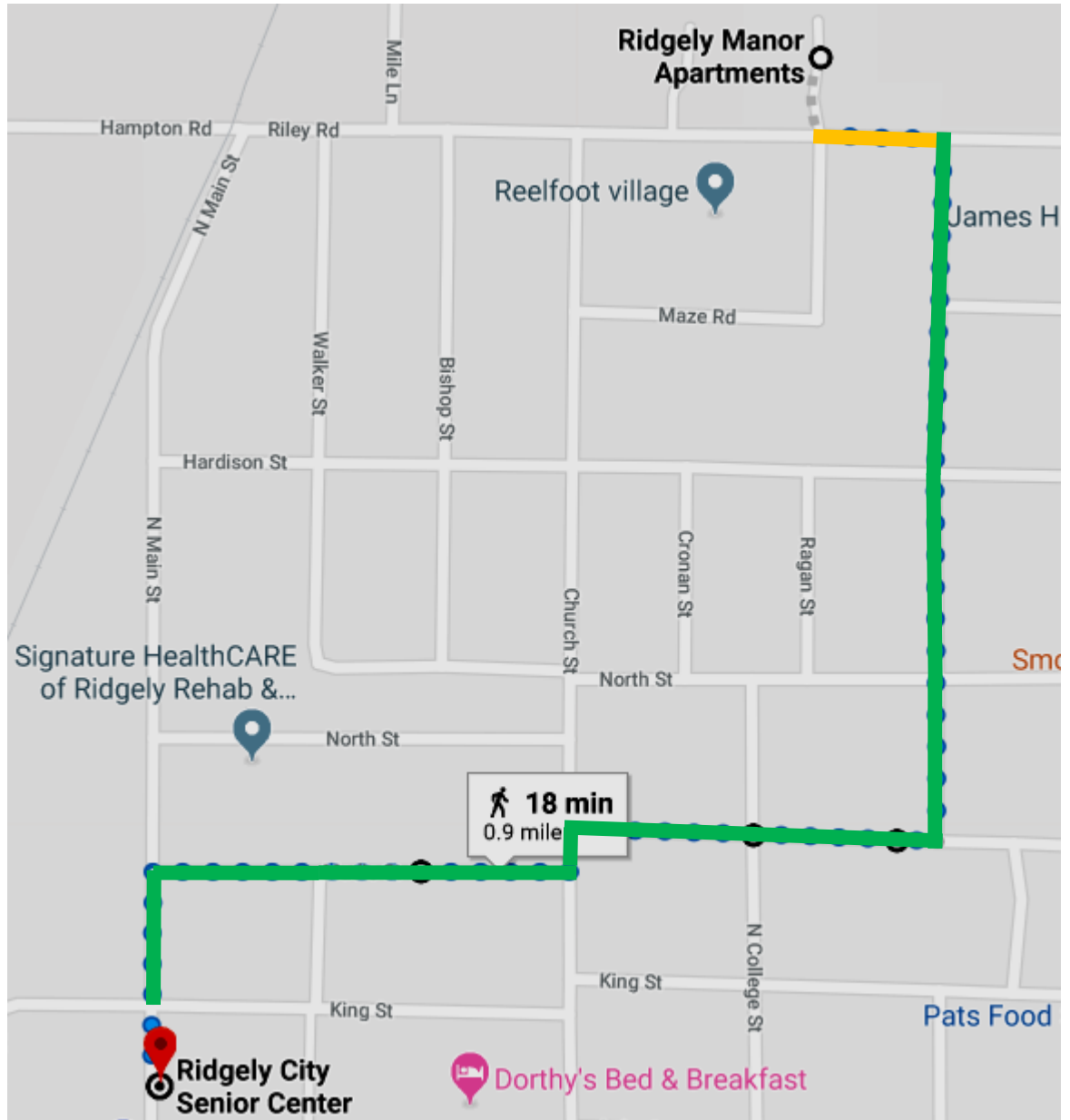
Sidewalk Width

-  Less than 4 feet
-  4 to 8 feet
-  Over 8 feet
-  No sidewalk



Cleanliness / Maintenance

- █ Poor
- █ Fair
- █ Good



Path Obstruction



Recommendations

1. Increase opportunities for exercise within the county, as most people had not left county in past 3 days.
2. Increase access to safe, indoor exercise areas and activities. This could be done through partnership with churches or schools, as most seniors responded that churches in their communities did not promote or offer exercise opportunities.
3. Build upon successes of town center. Most people feel positively about sidewalks and lighting in town center.
 - Add exercise opportunities there and build connections outwards.
 - Add equipment for physical activity or exercise in the town center at indoor and outdoor places.
 - Increase lighting in area surrounding residential areas to connect these areas to town center. Residents report having good light at town center but insufficient lighting near their homes.
4. Infrastructure
 - Clear Obstructions
 - Add lighting on Main Street between Lake and Poplar Street
 - Add sidewalk and lighting on Madie St between N College St and E College St
 - Sidewalk repair, maintenance, and curb cuts as recommended by TLM

Next Steps

- 1) Discuss findings with stakeholders and local government officials.
- 2) Research opportunities to increase access to indoor/outdoor exercise for seniors.
- 3) Connect seniors with opportunities to access indoor/outdoor exercise.
- 4) Continue to provide project updates quarterly to stakeholders and local government officials.